



16. BIAŁYSTOK BIEGA

(https://bialystokbiega.pl/)

BIAŁYSTOK BIEGA | NOCNA PIĄTKA

16. Białystok Biega (/16-bialystok-biega/m1540.html)



(http://b4sport.pl)

Organizator : **Fundacja Białystok Biega**

Data : **2026-09-12**

Miejsce : **Białystok**

Dystans : **5 km**

Regulamin: **Otwórz  (https://bialystokbiega.pl/regulamin-2/)**

Zgłoszonych : **1825**

Wystartowało : **1653**

Nie ukończyło : **0**

Ukończyło : **1653**

Na trasie : **0**

Klasyfikacje w punktach pomiarowych: Start (/bialystok-biega-nocna-piatka/e7813.html?embedded=0×=0&full_results=0&auto=0&location_nr=-2) | 3.2km (/bialystok-biega-nocna-piatka/e7813.html?times=0&full_results=0&embedded=0&auto=0&location_nr=2) | **Meta (/bialystok-biega-nocna-piatka/e7813.html?times=0&full_results=0&embedded=0&auto=0)**

Klasyfikacje wg kategorii: **Wszyscy (/bialystok-biega-nocna-piatka/e7813.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1)** | Drużyny (/bialystok-biega-nocna-piatka/druzyny/e7813/c74907.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K - Białostoczanka (/bialystok-biega-nocna-piatka/k-bialostoczanka/e7813/c74859.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K OPEN (/bialystok-biega-nocna-piatka/k-open/e7813/c74853.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M - Białostoczanin (/bialystok-biega-nocna-piatka/m-bialostoczanin/e7813/c74858.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M OPEN (/bialystok-biega-nocna-piatka/m-open/e7813/c74851.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-12 (/bialystok-biega-nocna-piatka/k-12/e7813/c74854.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-12 (/bialystok-biega-nocna-piatka/m-12/e7813/c74855.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-20 (/bialystok-biega-nocna-piatka/k-20/e7813/c74842.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-20 (/bialystok-biega-nocna-piatka/m-20/e7813/c74846.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-30 (/bialystok-biega-nocna-piatka/k-30/e7813/c74843.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-30 (/bialystok-biega-nocna-piatka/m-30/e7813/c74847.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-40 (/bialystok-biega-nocna-piatka/k-40/e7813/c74856.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-40 (/bialystok-biega-nocna-piatka/m-40/e7813/c74848.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-50 (/bialystok-biega-nocna-piatka/k-50/e7813/c74844.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-50 (/bialystok-biega-nocna-piatka/m-50/e7813/c74852.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-60 (/bialystok-biega-nocna-piatka/k-60/e7813/c74857.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-60 (/bialystok-biega-nocna-piatka/m-60/e7813/c74849.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K-70 (/bialystok-biega-nocna-piatka/k-70/e7813/c74845.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M-70 (/bialystok-biega-nocna-piatka/m-70/e7813/c74850.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	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1	NJOROGE Derrick Chege	5001	BENEDEK-TEAM	DEBRECEN		M-20	1	M 1		00:00:03	00:08:55	00:14:12	00:14:16		2:50	21.2 (100%)
2	KARITA Raphael Gacheru	5002	BENEDEK-TEAM	DEBRECEN		M-20	2	M 2		00:00:03	00:08:56	00:14:34	00:14:37	+00:00:21 (2.5%)	2:54	20.6 (97.2%)
3	PRZYBYŁA Adrian	5005	RUN GOKU TEAM	IŁAWA		M-30	1	M 3	Run Goku Team	00:00:03	00:09:30	00:15:05	00:15:08	+00:00:52 (5.8%)	3:00	19.9 (93.9%)
4	LEOŃCZUK Andrzej	5008	PREFBET SONAROL	BIAŁYSTOK		M-30	2	M 4	Leospeed	00:00:03	00:09:34	00:15:08	00:15:11	+00:00:55 (6.1%)	3:01	19.8 (93.4%)
5	TEREBUN Szymon	5517	KS PODLASIE	WIDOWO		M-12	1	M 5		00:00:03	00:10:06	00:15:46	00:15:49	+00:01:33 (9.9%)	3:08	19.1 (90.1%)
6	ZELENKO Bohdan	5337	TEA.M RUN	BIAŁYSTOK		M-20	3	M 6	TEA.M RUN	00:00:03	00:10:06	00:15:51	00:15:54	+00:01:39 (10.4%)	3:10	18.9 (89.2%)
7	TARASEWICZ Igor	6000		BIAŁYSTOK		M-30	3	M 7		00:00:03	00:10:16	00:15:58	00:16:01	+00:01:45 (11.0%)	3:11	18.8 (88.7%)
8	JANKOWSKI Andrzej	6627	DR RUNNING GROUP	BIAŁYSTOK		M-30	4	M 8	DR RUNNING GROUP	00:00:03	00:10:16	00:16:04	00:16:07	+00:01:51 (11.6%)	3:12	18.7 (88.2%)
9	OSIK Miłosz	6010	KALINOWSKI TEAM	BIAŁYSTOK		M-12	2	M 9	Kalinowski Team	00:00:04	00:10:24	00:16:10	00:16:14	+00:01:57 (12.1%)	3:13	18.6 (87.7%)
10	AUGUSTYNOWICZ Wojciech	6028	MKS JUVENIA BIAŁYSTOK	OGRODNICZKI		M-30	5	M 10	MKS Juvenia Białystok	00:00:03	00:10:32	00:16:27	00:16:31	+00:02:14 (13.6%)	3:17	18.3 (86.3%)
11	MARKIEWICZ Grzegorz	6003	KALINOWSKI TEAM	CZEREMCHA		M-30	6	M 11	Kalinowski Team	00:00:03	00:10:27	00:16:27	00:16:31	+00:02:14 (13.7%)	3:17	18.3 (86.3%)
12	KIARIE Loise Wambui	5004	BENEDEK-TEAM	DEBRECEN		K-20	1	K 1		00:00:03	00:10:19	00:16:29	00:16:32	+00:02:16 (13.8%)	3:17	18.2 (85.8%)
13	KAMAU Jecinta Mwende	5003	BENEDEK-TEAM	DEBRECEN		K-20	2	K 2		00:00:03	00:10:20	00:16:34	00:16:38	+00:02:21 (14.3%)	3:18	18.1 (85.4%)
14	WALESIUK Maksymilian	6220	UKS G 8 BIELANY	BIAŁYSTOK		M-12	3	M 12		00:00:03	00:10:20	00:16:44	00:16:47	+00:02:31 (15.1%)	3:20	17.9 (84.4%)
15	ŁOŚ Tomasz	6619	TM IRON TEAM	BIAŁYSTOK		M-40	1	M 13	TM Iron Team	00:00:04	00:10:54	00:17:02	00:17:07	+00:02:49 (16.6%)	3:24	17.6 (83.0%)
16	KLECZYŃSKI Kamil	6614		BIAŁYSTOK		M-30	7	M 14		00:00:03	00:10:46	00:17:05	00:17:08	+00:02:52 (16.8%)	3:24	17.6 (83.0%)
17	SAK Damian	6648	PODLASIE BIAŁYSTOK	BIAŁYSTOK		M-12	4	M 15		00:00:04	00:10:54	00:17:10	00:17:14	+00:02:57 (17.2%)	3:25	17.5 (82.5%)
18	BIENDZIO Emilian	6624		BIAŁYSTOK		M-30	8	M 16		00:00:04	00:10:54	00:17:20	00:17:24	+00:03:07 (18.1%)	3:27	17.3 (81.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
19	POGORZELSKI Kamil	5075	BESKIDY TRAIL	BIAŁYSTOK		M-20	4	M 17	Białystok Biega Team	00:00:04	00:11:05	00:17:24	00:17:29	+00:03:11 (18.4%)	3:28	17.3 (81.6%)
20	LOZYNSKYI Borys	5867	TEA.M RUN	BIAŁYSTOK		M-20	5	M 18	TEA.M RUN	00:00:04	00:10:54	00:17:25	00:17:29	+00:03:12 (18.4%)	3:28	17.2 (81.1%)
21	PRZYBYŁA Agnieszka	5006	RUN GOKU TEAM	ŁŁAWĄ		K-30	1	K 3	Run Goku Team	00:00:03	00:10:59	00:17:27	00:17:30	+00:03:14 (18.6%)	3:29	17.2 (81.1%)
22	RUSINIAK Kamil	5063	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-30	9	M 19	Rozbiegany Bielsk Podlaski	00:00:04	00:10:58	00:17:28	00:17:32	+00:03:15 (18.7%)	3:29	17.2 (81.1%)
23	DANILCZUK Arkadiusz	5288	LEOSPED	ZABLUDOW		M-50	1	M 20	Leo sped	00:00:03	00:11:06	00:17:33	00:17:37	+00:03:20 (19.1%)	3:30	17.1 (80.7%)
24	GRABOWSKI Rafał	5854	GRYGOTEAM	SOKOŁY PERKI LACHY		M-30	10	M 21		00:00:03	00:10:57	00:17:44	00:17:47	+00:03:31 (19.9%)	3:32	16.9 (79.7%)
25	MARCINKIEWICZ Wojciech	5353	CBZC	BIAŁYSTOK		M-40	2	M 22		00:00:06	00:11:22	00:17:42	00:17:49	+00:03:29 (19.7%)	3:32	17 (80.2%)
26	DRAŻBA Łukasz	5222		SUWAŁKI		M-40	3	M 23	Rozbiegani Suwałki	00:00:03	00:11:26	00:17:47	00:17:51	+00:03:34 (20.1%)	3:33	16.9 (79.7%)
27	WALESIUK Maciej	6839	STREFA ZMIAN	BIAŁYSTOK		M-50	2	M 24		00:00:04	00:11:26	00:17:59	00:18:04	+00:03:46 (21.0%)	3:35	16.7 (78.8%)
28	KUCHAREWICZ Marcin	5318		SOKÓŁKA		M-30	11	M 25		00:00:04	00:11:23	00:18:03	00:18:07	+00:03:50 (21.3%)	3:36	16.6 (78.3%)
29	SUTKOWSKI Adam	6164		KOŁAKI KOŚCIELNE		M-12	5	M 26		00:00:04	00:11:34	00:18:15	00:18:20	+00:04:02 (22.2%)	3:38	16.5 (77.8%)
30	GUARRERA Francesco	6086	MASPEX	BIAŁYSTOK		M-30	12	M 27	Maspex	00:00:05	00:11:42	00:18:19	00:18:24	+00:04:06 (22.4%)	3:39	16.4 (77.4%)
31	ŻMIEŃKO Mariusz	5214	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-40	4	M 28	Rozbiegany Bielsk Podlaski	00:00:05	00:11:39	00:18:19	00:18:24	+00:04:06 (22.4%)	3:39	16.4 (77.4%)
32	SZYDŁOWSKI Adrian	5287	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M-30	13	M 29	Pędziwiatr Białystok	00:00:04	00:11:36	00:18:21	00:18:26	+00:04:09 (22.6%)	3:40	16.4 (77.4%)
33	MARCISZEWSKA Klaudia	5458	AKADEMIA WOJSK ŁĄDOWYCH	BIAŁYSTOK		K-20	3	K 4		00:00:03	00:11:45	00:18:23	00:18:27	+00:04:10 (22.8%)	3:40	16.3 (76.9%)
34	PIETKUN Łukasz	6760	KALINOWSKI TEAM	KOLNO		M-30	14	M 30	Kalinowski Team	00:00:05	00:11:48	00:18:25	00:18:30	+00:04:12 (22.8%)	3:40	16.3 (76.9%)
35	BACKIEL Jakub	6892		BIAŁYSTOK		M-30	15	M 31		00:00:04	00:11:44	00:18:30	00:18:35	+00:04:17 (23.2%)	3:41	16.2 (76.4%)
36	ŁEMPICKI Paweł	5551	KALINOWSKI TEAM	KLEPACZE		M-30	16	M 32	Kalinowski Team	00:00:05	00:11:42	00:18:31	00:18:37	+00:04:18 (23.3%)	3:41	16.2 (76.4%)
37	STANKIEWICZ Zdzisław	6221		AUGUSTÓW		M-50	3	M 33		00:00:04	00:11:41	00:18:35	00:18:39	+00:04:22 (23.6%)	3:42	16.2 (76.4%)
38	ZALEWSKI Bartek	5285		ELK		M-30	17	M 34		00:00:05	00:11:38	00:18:35	00:18:41	+00:04:22 (23.6%)	3:42	16.2 (76.4%)
39	WAWRZYNOWICZ Michał	6582	ROZBIEGANI SUWAŁKI	AUGUSTÓW		M-30	18	M 35		00:00:05	00:11:47	00:18:36	00:18:41	+00:04:23 (23.6%)	3:42	16.1 (75.9%)
40	BARANOWSKI Karol	5317		BIAŁYSTOK		M-40	5	M 36		00:00:05	00:11:48	00:18:37	00:18:42	+00:04:24 (23.7%)	3:43	16.1 (75.9%)
41	DALLEMURA Maciek	5037	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-20	6	M 37	Białystok Biega Team	00:00:07	00:11:54	00:18:35	00:18:43	+00:04:22 (23.6%)	3:42	16.2 (76.4%)
42	JAROMIN Mariusz	5260		BIAŁYSTOK		M-30	19	M 38		00:00:06	00:11:52	00:18:38	00:18:45	+00:04:25 (23.8%)	3:43	16.1 (75.9%)
43	KULEVICH Ruslan	6708	TEA.M RUN	BIAŁYSTOK		M-30	20	M 39	TEA.M RUN	00:00:06	00:11:49	00:18:41	00:18:47	+00:04:28 (23.9%)	3:43	16.1 (75.9%)
44	SZLASZYŃSKA Wioleta	5122		GOŁDAP		K-30	2	K 5		00:00:05	00:11:52	00:18:44	00:18:50	+00:04:31 (24.2%)	3:44	16 (75.5%)
45	BANASZEWSKI Robert	5316	ENERGY NORTLE	ŁAPY		M-30	21	M 40		00:00:08	00:12:19	00:18:43	00:18:52	+00:04:30 (24.1%)	3:44	16 (75.5%)
46	OLCHOWIK Hubert	6315		BIAŁYSTOK		M-30	22	M 41		00:00:05	00:12:04	00:18:46	00:18:52	+00:04:33 (24.3%)	3:44	16 (75.5%)
47	JENOROWSKI Jakub	5860		BIAŁYSTOK		M-20	7	M 42		00:00:06	00:11:50	00:18:45	00:18:52	+00:04:32 (24.3%)	3:44	16 (75.5%)
48	MATWIEJCZUK Paweł	6557		BIAŁYSTOK		M-30	23	M 43		00:00:05	00:12:09	00:18:47	00:18:52	+00:04:34 (24.4%)	3:45	16 (75.5%)
49	TRUSZCZYŃSKI Paweł	5127	KOLEJNY RUNNING CLUB	BIAŁYSTOK		M-30	24	M 44	#KolejnyRunningClub	00:00:05	00:11:51	00:18:49	00:18:55	+00:04:36 (24.5%)	3:45	16 (75.5%)
50	ŁUKASZUK Arkadiusz	5476	BIAŁYSTOK BIEGA TEAM	TUROŚŃ KOŚCIELNA		M-30	25	M 45	Białystok Biega Team	00:00:06	00:11:54	00:18:49	00:18:56	+00:04:36 (24.5%)	3:45	16 (75.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
51	POTAPO Artur	6298		BIAŁYSTOK		M-20	8	M 46		00:00:10	00:11:56	00:18:50	00:19:00	+00:04:37 (24.5%)	3:45	15.9 (75.0%)
52	BARTOSZEWICZ Jan	5311	KALINOWSKI TEAM	BIAŁYSTOK		M-40	6	M 47	Kalinowski Team	00:00:05	00:11:52	00:18:53	00:18:58	+00:04:40 (24.8%)	3:46	15.9 (75.0%)
53	PERKOWSKI Damian	6156		ŁAPY		M-12	6	M 48		00:00:09	00:12:20	00:18:55	00:19:04	+00:04:42 (24.9%)	3:46	15.9 (75.0%)
54	PRZYBYŁOWSKI Daniil	6176	TEA.M RUN	BIAŁYSTOK		M-40	7	M 49	TEA.M RUN	00:00:19	00:12:04	00:18:57	00:19:17	+00:04:44 (25.1%)	3:47	15.8 (74.5%)
55	BARTOSZUK Rafał	6613	FPL BIAŁYSTOK	BIAŁYSTOK		M-30	26	M 50	FPL Białystok	00:00:12	00:11:51	00:19:03	00:19:15	+00:04:50 (25.4%)	3:48	15.8 (74.5%)
56	PYTEL Patryk	5457	STREFA ZMIAN	MICHAŁOWO		M-30	27	M 51		00:00:07	00:12:12	00:19:04	00:19:11	+00:04:51 (25.5%)	3:48	15.8 (74.5%)
57	KOZŁOWSKI Damian	6112		RADULE		M-30	28	M 52		00:00:17	00:12:15	00:19:04	00:19:22	+00:04:51 (25.5%)	3:48	15.8 (74.5%)
58	ROSZKO Damian	6644	DR RUNNING GROUP	BIAŁYSTOK		M-30	29	M 53	DR RUNNING GROUP	00:00:04	00:12:26	00:19:07	00:19:12	+00:04:54 (25.7%)	3:49	15.7 (74.1%)
59	KIEDA Aleksandra	6620	IRONWOMAN FIT	BIAŁYSTOK		K-30	3	K 6		00:00:03	00:11:58	00:19:09	00:19:13	+00:04:56 (25.8%)	3:49	15.7 (74.1%)
60	GLUSZYŃSKI Łukasz	6059	CROSSFIT JUST RAW	BIAŁYSTOK		M-30	30	M 54		00:00:06	00:12:05	00:19:12	00:19:18	+00:04:59 (26.0%)	3:50	15.6 (73.6%)
61	SUPRUN Marcin	6020		BIAŁYSTOK		M-30	31	M 55		00:00:09	00:12:18	00:19:14	00:19:24	+00:05:01 (26.1%)	3:50	15.6 (73.6%)
62	KACZMARCZYK Kamil	5884	RUN TEAM PIĄTNICA	PIĄTNICA		M-30	32	M 56		00:00:04	00:12:19	00:19:20	00:19:25	+00:05:07 (26.6%)	3:51	15.5 (73.1%)
63	SZYMCZUK Bogusław	5062	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-30	33	M 57	Rozbiegany Bielsk Podlaski	00:00:10	00:12:23	00:19:27	00:19:38	+00:05:14 (27.0%)	3:53	15.4 (72.6%)
64	WÓJCICKI Krystian	5274		RUDA		M-20	9	M 58		00:04:24	00:12:43	00:19:31	00:23:55	+00:05:18 (27.2%)	3:53	15.4 (72.6%)
65	CYBULKO Antoni	6776		BIAŁYSTOK		M-12	7	M 59		00:00:06	00:12:17	00:19:32	00:19:38	+00:05:19 (27.3%)	3:54	15.4 (72.6%)
66	KURYŁOWICZ Adrian	5104		BIAŁYSTOK		M-40	8	M 60		00:00:07	00:12:18	00:19:32	00:19:39	+00:05:19 (27.3%)	3:54	15.4 (72.6%)
67	HURYNOVICH Yauheni	5432	TEA.M RUN	BIALYSTOK		M-30	34	M 61	TEA.M RUN	00:00:17	00:12:25	00:19:37	00:19:54	+00:05:24 (27.6%)	3:55	15.3 (72.2%)
68	SŁOWIKOWSKI Piotr	5199	MD RUN TRAINING	BIAŁYSTOK		M-40	9	M 62	MD RUN TRAINING	00:00:10	00:12:27	00:19:37	00:19:48	+00:05:24 (27.6%)	3:55	15.3 (72.2%)
69	OZAN Marta	5241		BIAŁYSTOK		K-20	4	K 7	Kalinowski Team	00:00:05	00:12:18	00:19:37	00:19:43	+00:05:24 (27.6%)	3:55	15.3 (72.2%)
70	KORZENIEWSKI Marcin	6755	1 PODLASKA BRYGADA OBRONY POGRANICZA	HALICKIE		M-30	35	M 63	1PBOP	00:00:05	00:11:52	00:19:37	00:19:42	+00:05:24 (27.6%)	3:55	15.3 (72.2%)
71	CZYŻEWSKI Dominik	6122		BIELSK PODLASKI		M-20	10	M 64		00:00:06	00:12:33	00:19:39	00:19:45	+00:05:26 (27.7%)	3:55	15.3 (72.2%)
72	KARDASZ Michał	6196	DRTUSZ BIEGA	NOWODWORCE		M-30	36	M 65	DrTusz Biega	00:00:07	00:12:37	00:19:39	00:19:46	+00:05:26 (27.7%)	3:55	15.3 (72.2%)
73	GRODZKI Łukasz	6244		BIAŁYSTOK		M-30	37	M 66	MERKURY	00:00:15	00:12:31	00:19:41	00:19:56	+00:05:28 (27.8%)	3:55	15.3 (72.2%)
74	KUCZYŃSKI Patryk	5211		GRAJEWO		M-20	11	M 67		00:04:23	00:12:44	00:19:42	00:24:05	+00:05:29 (27.9%)	3:56	15.2 (71.7%)
75	SOCHACKI Karol	6132	RUN TEAM PIĄTNICA	BUDY CZARNOCKIE		M-30	38	M 68		00:00:04	00:12:30	00:19:42	00:19:47	+00:05:29 (27.9%)	3:56	15.2 (71.7%)
76	SZCZYKOWSKA Joanna	5331	MD RUN TRAINING	BIAŁYSTOK		K-30	4	K 8	MD RUN TRAINING	00:00:10	00:12:23	00:19:43	00:19:53	+00:05:30 (27.9%)	3:56	15.2 (71.7%)
77	BAKUNIEWICZ Paweł	5074		BIAŁYSTOK		M-30	39	M 69		00:00:06	00:12:38	00:19:45	00:19:52	+00:05:32 (28.1%)	3:56	15.2 (71.7%)
78	ADAMOWICZ Ernest	5230		BIAŁYSTOK		M-30	40	M 70		00:00:06	00:12:38	00:19:45	00:19:51	+00:05:32 (28.1%)	3:56	15.2 (71.7%)
79	SZYLAK Kacper	6217	ROSTI RUNNING TEAM	BIAŁYSTOK		M-20	12	M 71	Rosti Running Team	00:00:13	00:12:37	00:19:47	00:20:00	+00:05:34 (28.2%)	3:57	15.2 (71.7%)
80	GOŁĘBSKI Kamil	6872		BIAŁYSTOK		M-30	41	M 72		00:04:23	00:12:42	00:19:50	00:24:13	+00:05:37 (28.4%)	3:57	15.1 (71.2%)
81	KOZIATEK Marcin	5355	OSP SZCZYTNO	SZCZYTNO		M-30	42	M 73		00:00:05	00:12:34	00:19:52	00:19:58	+00:05:39 (28.5%)	3:58	15.1 (71.2%)
82	NIEMYJSKI Maciej	6065	VIKING RUNNING TEAM	CHOROSZCZ		M-20	13	M 74		00:00:12	00:12:54	00:19:53	00:20:05	+00:05:40 (28.5%)	3:58	15.1 (71.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
83	BIBUŁOWICZ Jakub	6105		SURAŻ		M-12	8	M 75		00:00:11	00:12:37	00:19:54	00:20:05	+00:05:41 (28.6%)	3:58	15.1 (71.2%)
84	KIEDA Patryk	5300		BIAŁYSTOK		M-30	43	M 76		00:00:09	00:12:26	00:19:54	00:20:04	+00:05:41 (28.6%)	3:58	15.1 (71.2%)
85	JAKÓBOWSKI Marcin	5611		BIAŁYSTOK		M-20	14	M 77		00:00:16	00:12:52	00:19:54	00:20:11	+00:05:41 (28.6%)	3:58	15.1 (71.2%)
86	JAGŁOWSKI Patryk	5405	ROZBIEGANI SUWAŁKI	SUWAŁKI		M-20	15	M 78	Rozbiegani Suwałki	00:00:04	00:12:42	00:19:55	00:20:00	+00:05:42 (28.7%)	3:58	15.1 (71.2%)
87	BUSŁOWSKI Filip	6832	3T BIAŁYSTOK	BIAŁYSTOK		M-12	9	M 79	3T Białystok	00:00:08	00:12:52	00:19:55	00:20:04	+00:05:42 (28.7%)	3:58	15.1 (71.2%)
88	KŁOSEK Kacper	6695		BIAŁYSTOK		M-20	16	M 80		00:00:14	00:13:04	00:19:57	00:20:12	+00:05:44 (28.8%)	3:59	15.1 (71.2%)
89	KONOŃCZUK Łukasz	5055	DANIEL_BIEGA TEAM	MICHAŁOWO		M-30	44	M 81		00:00:09	00:12:40	00:19:58	00:20:08	+00:05:45 (28.9%)	3:59	15 (70.8%)
90	GADZIŃSKI Krzysztof	5129	KAN-THERM RACING TEAM	BIAŁYSTOK		M-40	10	M 82	KAN-therm Racing Team	00:00:08	00:12:39	00:20:00	00:20:08	+00:05:47 (29.0%)	3:59	15 (70.8%)
91	AMBROŻEWICZ Adrian	5093	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-20	17	M 83	Rozbiegany Bielsk Podlaski	00:00:07	00:12:47	00:20:00	00:20:07	+00:05:47 (29.0%)	3:59	15 (70.8%)
92	KAPUŚCIŃSKI Jakub	6150	LEDWOATLECI	BIAŁYSTOK		M-30	45	M 84	LEDWOATLECI	00:00:17	00:12:55	00:20:00	00:20:18	+00:05:48 (29.0%)	3:59	15 (70.8%)
93	SZPAKOWSKI Zbigniew	5242	KALLOS STHENOS	BIAŁYSTOK		M-50	4	M 85		00:00:00	00:12:50	00:20:02	00:20:02	+00:05:49 (29.1%)	4:00	15 (70.8%)
94	LEWKO Adam	5481	FRANSPOL TEAM	BIAŁYSTOK		M-40	11	M 86		00:04:22	00:12:57	00:20:02	00:24:25	+00:05:49 (29.1%)	4:00	15 (70.8%)
95	ALEKSIEJUK Mikołaj	6337	DR RUNNING GROUP	BIAŁYSTOK		M-20	18	M 87	DR RUNNING GROUP	00:00:04	00:12:27	00:20:05	00:20:09	+00:05:52 (29.2%)	4:00	15 (70.8%)
96	OKSZTUL Agnieszka	5154		JUROWCE		K-30	5	K 9		00:00:11	00:12:42	00:20:05	00:20:16	+00:05:52 (29.3%)	4:00	15 (70.8%)
97	KUCZYŃSKI Rafał	5520	MARATONKA GRAJEWO	MIECZE		M-40	12	M 88		00:00:11	00:12:37	00:20:05	00:20:16	+00:05:52 (29.3%)	4:00	15 (70.8%)
98	ZDANOWICZ Maciej	6678		BIAŁYSTOK		M-20	19	M 89		00:00:09	00:12:42	00:20:06	00:20:15	+00:05:53 (29.3%)	4:00	14.9 (70.3%)
99	PRUSZYŃSKI Mateusz	6661		BIAŁYSTOK		M-30	46	M 90		00:00:12	00:12:55	00:20:06	00:20:18	+00:05:53 (29.3%)	4:00	14.9 (70.3%)
100	KADŁUBISKI Kacper	5089	KLUB JUDO POLITECHNIKI BIAŁOSTOCKIEJ	BIAŁYSTOK		M-40	13	M 91		00:00:15	00:12:36	00:20:06	00:20:21	+00:05:53 (29.3%)	4:00	14.9 (70.3%)
101	MOŚCICKI Stanisław	6500		KSIĘŻYNO		M-12	10	M 92		00:00:07	00:12:36	00:20:09	00:20:16	+00:05:56 (29.5%)	4:01	14.9 (70.3%)
102	GRODZKI Paweł	5416		BIAŁYSTOK		M-20	20	M 93		00:04:22	00:12:56	00:20:11	00:24:34	+00:05:59 (29.6%)	4:01	14.9 (70.3%)
103	KRZYŻANOWSKA Milena	5437	LEOSPEED	ZAŚCIANKI		K-30	6	K 10	Leo sped	00:00:08	00:12:43	00:20:12	00:20:21	+00:05:59 (29.7%)	4:02	14.9 (70.3%)
104	KAMIŃSKI Artur	5053	WSPR W BIAŁYMSTOKU ZPD W BIELSKU PODLASKIM	BIELSK PODLASKI		M-40	14	M 94	Rozbiegany Bielsk Podlaski	00:00:21	00:12:55	00:20:13	00:20:34	+00:06:00 (29.7%)	4:02	14.9 (70.3%)
105	BUSŁOWSKI Adrian	6828		BIAŁYSTOK		M-40	15	M 95		00:00:08	00:12:53	00:20:15	00:20:23	+00:06:02 (29.8%)	4:02	14.8 (69.8%)
106	KARWIŃSKI Marcin	5118		BIAŁYSTOK		M-50	5	M 96		00:00:13	00:12:57	00:20:16	00:20:30	+00:06:03 (29.9%)	4:02	14.8 (69.8%)
107	JASIŃSKI Mateusz	5250		RUDA KOLONIA		M-20	21	M 97		00:00:03	00:12:50	00:20:18	00:20:21	+00:06:05 (30.0%)	4:03	14.8 (69.8%)
108	ARTEMIUK Kasjan	6120		BIAŁYSTOK		M-20	22	M 98		00:00:06	00:12:49	00:20:21	00:20:27	+00:06:08 (30.2%)	4:03	14.8 (69.8%)
109	BRZozowski Jacek	6880		BIAŁYSTOK		M-40	16	M 99		00:00:08	00:13:01	00:20:21	00:20:29	+00:06:08 (30.2%)	4:03	14.8 (69.8%)
110	KOWALSKI Kuba	5383	KUBA KOWALSKI TRIATHLON	BIAŁYSTOK		M-20	23	M 100		00:00:14	00:12:53	00:20:23	00:20:37	+00:06:10 (30.3%)	4:04	14.7 (69.3%)
111	ZIUZIA Aleksander	5139		BIAŁYSTOK		M-30	47	M 101		00:00:16	00:13:03	00:20:23	00:20:39	+00:06:10 (30.3%)	4:04	14.7 (69.3%)
112	POSZWA Grzegorz	5675	KALINOWSKI TEAM	BIAŁYSTOK		M-40	17	M 102	Kalinowski Team	00:00:11	00:12:57	00:20:23	00:20:35	+00:06:10 (30.3%)	4:04	14.7 (69.3%)
113	STEFAŃSKI Janek	5384	USK	MICHAŁOWO		M-30	48	M 103		00:00:15	00:13:05	00:20:23	00:20:39	+00:06:10 (30.3%)	4:04	14.7 (69.3%)
114	HANCHAR Ihar	6096	ROSTI RUNNING TEAM	BIAŁYSTOK		M-30	49	M 104	Rosti Running Team	00:04:36	00:13:00	00:20:25	00:25:02	+00:06:12 (30.4%)	4:04	14.7 (69.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
115	SEMBORSKI Daniel	5695		BIAŁYSTOK		M-30	50	M 105		00:00:11	00:12:58	00:20:26	00:20:38	+00:06:13 (30.5%)	4:04	14.7 (69.3%)
116	JANCZEWSKI Karol	6093	MASPEX	BIAŁYSTOK		M-30	51	M 106	Maspex	00:04:22	00:13:13	00:20:27	00:24:50	+00:06:14 (30.6%)	4:05	14.7 (69.3%)
117	ALICKA Ewa	6851		SZCZUCZYN		K-30	7	K 11		00:00:06	00:12:47	00:20:28	00:20:34	+00:06:15 (30.6%)	4:05	14.7 (69.3%)
118	MIKUTOWICZ Renata	5147	KAN-THERM RACING TEAM	BIAŁYSTOK		K-30	8	K 12	KAN-therm Racing Team	00:00:07	00:13:02	00:20:30	00:20:38	+00:06:17 (30.7%)	4:05	14.6 (68.9%)
119	RUMINOWICZ Łukasz	5769		BIAŁYSTOK		M-30	52	M 107		00:00:08	00:13:02	00:20:31	00:20:40	+00:06:18 (30.8%)	4:05	14.6 (68.9%)
120	JASZCZUR Oliwia	5043	AIKIRUNNERS	BIAŁYSTOK		K-20	5	K 13		00:00:06	00:12:48	00:20:33	00:20:40	+00:06:20 (30.9%)	4:06	14.6 (68.9%)
121	KALIADA Aliaksei	5163	TEA.M RUN	BIAŁYSTOK		M-30	53	M 108	TEA.M RUN	00:00:16	00:12:48	00:20:33	00:20:49	+00:06:20 (30.9%)	4:06	14.6 (68.9%)
122	ŁOŚ Mariusz	5128	#KOLEJNYRUNNINGCLUB	BIAŁYSTOK		M-20	24	M 109	#KolejnyRunningClub	00:00:06	00:12:55	00:20:33	00:20:40	+00:06:20 (30.9%)	4:06	14.6 (68.9%)
123	OKSIUTA Grzegorz	5593		BIAŁYSTOK		M-30	54	M 110		00:00:15	00:13:28	00:20:33	00:20:48	+00:06:20 (30.9%)	4:06	14.6 (68.9%)
124	DZIEWIĄTKOWSKI Tomasz	5103		BIAŁYSTOK		M-30	55	M 111		00:00:20	00:13:19	00:20:34	00:20:54	+00:06:21 (30.9%)	4:06	14.6 (68.9%)
125	POLAK Ignacy	5991	KS PODLASIE	BIAŁYSTOK		M-12	11	M 112		00:00:11	00:12:59	00:20:34	00:20:46	+00:06:21 (30.9%)	4:06	14.6 (68.9%)
126	KULGASZCZUK Jakub	5453		GRABÓWKA		M-20	25	M 113		00:00:18	00:13:08	00:20:35	00:20:54	+00:06:22 (31.0%)	4:06	14.6 (68.9%)
127	PAWŁOWSKI Maciej	5102	POSG	KUŹNICA		M-30	56	M 114		00:00:17	00:13:13	00:20:37	00:20:55	+00:06:24 (31.1%)	4:07	14.6 (68.9%)
128	DEC Piotr	6838	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-30	57	M 115	Białystok Biega Team	00:00:05	00:12:48	00:20:38	00:20:43	+00:06:25 (31.1%)	4:07	14.6 (68.9%)
129	MATOSZKO Adam	5029		BIAŁYSTOK		M-30	58	M 116		00:04:33	00:13:33	00:20:38	00:25:12	+00:06:25 (31.2%)	4:07	14.6 (68.9%)
130	GLUSZYŃSKA Paulina	6026		SOWLANY		K-30	9	K 14		00:00:09	00:13:07	00:20:43	00:20:52	+00:06:30 (31.4%)	4:08	14.5 (68.4%)
131	STASZEWSKI Paweł	5306		BIAŁYSTOK		M-30	59	M 117		00:00:18	00:13:22	00:20:44	00:21:03	+00:06:31 (31.5%)	4:08	14.5 (68.4%)
132	FIEDORCZUK Mariusz	5714		BIAŁYSTOK		M-30	60	M 118		00:00:12	00:13:00	00:20:45	00:20:57	+00:06:32 (31.5%)	4:08	14.5 (68.4%)
133	YUSHKEVICH Karyna	5203	TEA.M RUN	BIAŁYSTOK		K-30	10	K 15		00:00:10	00:13:12	00:20:46	00:20:56	+00:06:33 (31.6%)	4:08	14.5 (68.4%)
134	ŚLESZYŃSKI Zbigniew	6780		BIAŁYSTOK		M-40	18	M 119		00:00:11	00:13:16	00:20:47	00:20:59	+00:06:34 (31.7%)	4:09	14.4 (67.9%)
135	SALAMOŃSKI Michał	6511		BOROWA GÓRA		M-20	26	M 120		00:00:18	00:13:19	00:20:48	00:21:06	+00:06:35 (31.7%)	4:09	14.4 (67.9%)
136	ŻEBROWSKI Łukasz	6121		BACIKI DALSZE		M-20	27	M 121		00:00:06	00:13:09	00:20:48	00:20:54	+00:06:35 (31.7%)	4:09	14.4 (67.9%)
137	SUROWIEC Filip	6241	CROSSFIT JUST RAW	BIAŁYSTOK		M-30	61	M 122		00:00:12	00:13:04	00:20:48	00:21:01	+00:06:36 (31.7%)	4:09	14.4 (67.9%)
138	RAMOTOWSKI Tomasz	6087		BIAŁYSTOK		M-20	28	M 123	Maspex	00:04:29	00:13:18	00:20:49	00:25:18	+00:06:36 (31.8%)	4:09	14.4 (67.9%)
139	MAKAREWICZ Tomasz	5861		BIAŁYSTOK		M-30	62	M 124		00:00:04	00:13:08	00:20:49	00:20:53	+00:06:36 (31.8%)	4:09	14.4 (67.9%)
140	CZARTORYSKA Sylwia	6701	GRYGO TEAM	ŁOMŻA		K-40	1	K 16		00:00:09	00:13:06	00:20:49	00:20:59	+00:06:36 (31.8%)	4:09	14.4 (67.9%)
141	MARTYNOWICZ Michał	6554		CZARNA BIAŁOSTOCKA		M-20	29	M 125		00:00:19	00:13:11	00:20:49	00:21:09	+00:06:37 (31.8%)	4:09	14.4 (67.9%)
142	GOŁĘBIEWSKI Adrian	6903	SPARTA	ZAŚCIANKI		M-40	19	M 126		00:00:08	00:13:08	00:20:51	00:20:59	+00:06:38 (31.9%)	4:09	14.4 (67.9%)
143	KUNDZICZ Kacper	6862		SOKÓŁKA		M-12	12	M 127		00:00:05	00:13:17	00:20:53	00:20:59	+00:06:40 (32.0%)	4:10	14.4 (67.9%)
144	CHOIŃSKI Adrian	6306		ŁAPY		M-12	13	M 128		00:00:10	00:13:16	00:20:54	00:21:04	+00:06:41 (32.0%)	4:10	14.4 (67.9%)
145	ANDRUKIEWICZ Jakub	6889		BIAŁYSTOK		M-20	30	M 129		00:04:26	00:13:08	00:20:56	00:25:23	+00:06:43 (32.1%)	4:10	14.3 (67.5%)
146	POGORZELSKI Paweł	6703		WYSOKIE MAZOWIECKIE		M-30	63	M 130		00:00:13	00:13:12	00:20:56	00:21:09	+00:06:43 (32.2%)	4:11	14.3 (67.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
147	PENDOWSKI Kamil	5511	NADAKTYWNI	BIAŁYSTOK		M-40	20	M 131	Nadaktywni	00:00:10	00:13:05	00:20:57	00:21:07	+00:06:44 (32.2%)	4:11	14.3 (67.5%)
148	DZIENISIK Michał	5304		BIAŁYSTOK		M-20	31	M 132		00:00:07	00:13:13	00:20:57	00:21:04	+00:06:44 (32.2%)	4:11	14.3 (67.5%)
149	HRYNIEWIECKI Kamil	6850	ROZBIEGANY BIELSK PODLASKI	WORONIE		M-30	64	M 133	ROZBIEGANY BIELSK PODLASKI	00:00:19	00:13:33	00:20:57	00:21:17	+00:06:44 (32.2%)	4:11	14.3 (67.5%)
150	DROJEWSKI Adam	5056		BIAŁYSTOK		M-50	6	M 134		00:00:19	00:13:25	00:20:58	00:21:17	+00:06:45 (32.2%)	4:11	14.3 (67.5%)
151	CYZEWSKI Jakub	6847		UHOWO		M-20	32	M 135		00:04:23	00:13:23	00:20:59	00:25:23	+00:06:46 (32.3%)	4:11	14.3 (67.5%)
152	JENOROWSKA Wioletta	6273		BIAŁYSTOK		K-50	1	K 17		00:00:07	00:13:25	00:20:59	00:21:06	+00:06:46 (32.3%)	4:11	14.3 (67.5%)
153	ŻYLIŃSKI Szymon	6642		SOKÓŁKA		M-12	14	M 136		00:00:08	00:13:13	00:20:59	00:21:08	+00:06:46 (32.3%)	4:11	14.3 (67.5%)
154	LIPISZKO Adam	6032		DOBRZYNIOWO FABRYCZNE		M-20	33	M 137		00:00:14	00:13:06	00:20:59	00:21:14	+00:06:46 (32.3%)	4:11	14.3 (67.5%)
155	CYWONIUK Grzegorz	5440	PEDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M-50	7	M 138	Pędziwiatr Białystok	00:00:13	00:13:25	00:21:00	00:21:13	+00:06:47 (32.3%)	4:11	14.3 (67.5%)
156	GAWRYŁUK Łukasz	6448		POROSŁY		M-30	65	M 139		00:00:14	00:13:18	00:21:01	00:21:16	+00:06:48 (32.4%)	4:11	14.3 (67.5%)
157	SZYMAŃSKI Kamil	6805	18 PUŁK ROZPOZNAWCZY	BIAŁYSTOK		M-30	66	M 140		00:00:14	00:13:43	00:21:01	00:21:16	+00:06:49 (32.4%)	4:11	14.3 (67.5%)
158	TULICKI Rafał	6816		SUWAŁKI		M-30	67	M 141		00:00:04	00:13:25	00:21:03	00:21:07	+00:06:50 (32.5%)	4:12	14.3 (67.5%)
159	MATEJCZYK Mateusz	5592		BIAŁYSTOK		M-30	68	M 142		00:00:15	00:13:12	00:21:04	00:21:19	+00:06:51 (32.6%)	4:12	14.3 (67.5%)
160	SZYMAŃSKI Sylwester	6489		SUWAŁKI		M-60	1	M 143		00:04:28	00:13:27	00:21:05	00:25:33	+00:06:52 (32.6%)	4:12	14.2 (67.0%)
161	MARKIEWICZ Dominik	5115		BIAŁYSTOK		M-20	34	M 144		00:00:13	00:13:22	00:21:07	00:21:21	+00:06:54 (32.7%)	4:13	14.2 (67.0%)
162	ZADYKOWICZ Kamil	5498	OSTATNI GASI ŚWIATŁO	BIAŁYSTOK		M-30	69	M 145		00:04:25	00:13:45	00:21:09	00:25:35	+00:06:56 (32.8%)	4:13	14.2 (67.0%)
163	RADZIWOŃSKA Emilia	5286	KALINOWSKI TEAM	BIAŁYSTOK		K-40	2	K 18	Kalinowski Team	00:00:04	00:13:14	00:21:09	00:21:14	+00:06:56 (32.9%)	4:13	14.2 (67.0%)
164	ZIMNOCH Michał	6345		SUCHOWOLA		M-30	70	M 146		00:04:27	00:13:44	00:21:10	00:25:38	+00:06:57 (32.9%)	4:13	14.2 (67.0%)
165	GRĄDZKI Paweł	5256		KORYCIN		M-30	71	M 147		00:04:32	00:13:50	00:21:11	00:25:44	+00:06:59 (33.0%)	4:13	14.2 (67.0%)
166	GOŁDA Karol	5202		WŁOSZCZOWA		M-30	72	M 148		00:04:25	00:13:31	00:21:14	00:25:40	+00:07:02 (33.1%)	4:14	14.1 (66.5%)
167	DĄBROWSKI Mariusz	5707		BIAŁYSTOK		M-30	73	M 149		00:00:09	00:13:38	00:21:17	00:21:26	+00:07:04 (33.3%)	4:15	14.1 (66.5%)
168	PIETRASZ Łukasz	5815	JRG SOKÓŁKA	MINKOWCE		M-20	35	M 150		00:00:08	00:13:38	00:21:17	00:21:25	+00:07:04 (33.3%)	4:15	14.1 (66.5%)
169	HLEBOWICZ Jakub	5656		BIAŁYSTOK		M-20	36	M 151		00:00:09	00:13:42	00:21:20	00:21:30	+00:07:07 (33.4%)	4:15	14.1 (66.5%)
170	DAKOWICZ Sebastian	6406		BIAŁYSTOK		M-12	15	M 152		00:04:43	00:14:02	00:21:20	00:26:03	+00:07:07 (33.4%)	4:15	14.1 (66.5%)
171	PUCH-PIETRASZUK Magdalena	5379		BIAŁYSTOK		K-30	11	K 19	STRABAG Białystok	00:00:13	00:13:43	00:21:23	00:21:37	+00:07:10 (33.6%)	4:16	14 (66.0%)
172	JAWDOSIUK Łukasz	6787		BIAŁYSTOK		M-20	37	M 153		00:00:13	00:13:30	00:21:23	00:21:36	+00:07:10 (33.6%)	4:16	14 (66.0%)
173	FIŁOŃCZUK Piotr	6051		KLEPACZE		M-20	38	M 154		00:00:15	00:14:02	00:21:26	00:21:42	+00:07:13 (33.7%)	4:16	14 (66.0%)
174	NIEDŹWIECKA Gabriela	6280	KS PODLASIE	BIAŁYSTOK		K-12	1	K 20		00:00:05	00:13:36	00:21:27	00:21:33	+00:07:14 (33.8%)	4:17	14 (66.0%)
175	SOSNOWSKI Patryk	5296		KLEOSIN		M-30	74	M 155		00:04:24	00:13:38	00:21:28	00:25:52	+00:07:15 (33.8%)	4:17	14 (66.0%)
176	GAWROŃSKI Kacper	6507		BIAŁYSTOK		M-20	39	M 156		00:00:18	00:13:50	00:21:30	00:21:49	+00:07:17 (33.9%)	4:17	14 (66.0%)
177	SIERZPUTOWSKI Przemysław	5052		ŁOMŻA		M-30	75	M 157		00:04:28	00:13:46	00:21:30	00:25:59	+00:07:17 (33.9%)	4:17	14 (66.0%)
178	KRZYŻANOWSKI Mateusz	5445		ZAŚCIANKI		M-30	76	M 158		00:00:08	00:13:35	00:21:30	00:21:39	+00:07:17 (34.0%)	4:17	14 (66.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
179	ŁAJEWSKI Piotr	5834	ROZBIEGANI SUWAŁKI	SUWAŁKI		M-20	40	M 159	Rozbiegani Suwałki	00:04:24	00:13:37	00:21:30	00:25:55	+00:07:17 (34.0%)	4:17	14 (66.0%)
180	VOITSIK Tatsiana	5905	BELARUS TRIATHLON FEDERACJA	GRODNO		K-40	3	K 21		00:00:06	00:13:45	00:21:31	00:21:38	+00:07:18 (34.0%)	4:17	14 (66.0%)
181	GRABOWSKI Michał	6303		SUCHEDNIÓW		M-40	21	M 160		00:00:17	00:13:42	00:21:32	00:21:50	+00:07:19 (34.0%)	4:18	13.9 (65.6%)
182	OPOŃSKI Artur	6383	ELK TU BIEGAM	ELK		M-40	22	M 161	Elk Tu Biegam	00:00:19	00:13:52	00:21:32	00:21:52	+00:07:19 (34.0%)	4:18	13.9 (65.6%)
183	SOCHOŃ Katarzyna	5295	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		K-40	4	K 22	Pędziwiatr Białystok	00:00:05	00:13:37	00:21:33	00:21:39	+00:07:21 (34.1%)	4:18	13.9 (65.6%)
184	KLIM Michalina	5373		BIAŁYSTOK		K-20	6	K 23		00:04:21	00:13:53	00:21:34	00:25:55	+00:07:21 (34.1%)	4:18	13.9 (65.6%)
185	CHOMICKI Mateusz	6023		BIAŁYSTOK		M-30	77	M 162		00:00:19	00:13:39	00:21:36	00:21:55	+00:07:23 (34.2%)	4:18	13.9 (65.6%)
186	JANKOWSKI Maciej	6579		BIAŁYSTOK		M-12	16	M 163		00:00:07	00:13:27	00:21:37	00:21:44	+00:07:24 (34.3%)	4:19	13.9 (65.6%)
187	LENCZEWSKI Krzysztof	6812	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-30	78	M 164	ROZBIEGANY BIELSK PODLASKI	00:04:30	00:13:57	00:21:37	00:26:08	+00:07:24 (34.3%)	4:19	13.9 (65.6%)
188	WEREDA Grzegorz	5414		BIAŁYSTOK		M-30	79	M 165		00:05:01	00:14:01	00:21:38	00:26:39	+00:07:25 (34.4%)	4:19	13.9 (65.6%)
189	ŁAPIŃSKI Paweł	6829		ŁAPY		M-12	17	M 166		00:00:05	00:13:25	00:21:41	00:21:47	+00:07:28 (34.5%)	4:20	13.8 (65.1%)
190	KAŁUDZIŃSKI Grzegorz	5363	KOLNO BIEGA	CZERWONE		M-20	41	M 167	Kolno Biega	00:00:12	00:13:36	00:21:44	00:21:56	+00:07:31 (34.6%)	4:20	13.8 (65.1%)
191	SADOWSKI Patryk	6151		BIAŁYSTOK		M-30	80	M 168		00:00:16	00:13:31	00:21:45	00:22:01	+00:07:32 (34.7%)	4:20	13.8 (65.1%)
192	KRESSO Grzegorz	5354		BIAŁYSTOK		M-30	81	M 169		00:04:24	00:13:57	00:21:45	00:26:09	+00:07:32 (34.7%)	4:20	13.8 (65.1%)
193	DERPA Adrian	5297		WASILKÓW		M-30	82	M 170		00:00:16	00:14:14	00:21:46	00:22:02	+00:07:33 (34.7%)	4:20	13.8 (65.1%)
194	CWALINA Bartosz	5277	KOLNO BIEGA	KOLNO		M-20	42	M 171	Kolno Biega	00:00:12	00:13:37	00:21:46	00:21:58	+00:07:33 (34.7%)	4:20	13.8 (65.1%)
195	TALECKI Tomasz	6736	1PBOP	BIAŁYSTOK		M-40	23	M 172	1PBOP	00:04:26	00:13:58	00:21:46	00:26:13	+00:07:33 (34.8%)	4:20	13.8 (65.1%)
196	PIWOWARSKA Amelia	5409		BIAŁYSTOK		K-20	7	K 24		00:00:14	00:13:45	00:21:48	00:22:02	+00:07:35 (34.8%)	4:21	13.8 (65.1%)
197	MALESINSKI Adam	5952		BIALYSTOK		M-20	43	M 173		00:04:28	00:13:57	00:21:48	00:26:16	+00:07:35 (34.8%)	4:21	13.8 (65.1%)
198	MADEJA Przemysław	5513		WASILKÓW		M-30	83	M 174		00:04:30	00:14:02	00:21:48	00:26:18	+00:07:35 (34.8%)	4:21	13.8 (65.1%)
199	ZANIEWSKI Kamil	6720		WASILKÓW		M-30	84	M 175		00:00:18	00:13:55	00:21:48	00:22:07	+00:07:35 (34.8%)	4:21	13.8 (65.1%)
200	STOCKI Marek	6085	BIAŁYSTOK BIEGA TEAM	OLMONTY		M-30	85	M 176	Białystok Biega Team	00:00:12	00:13:57	00:21:48	00:22:01	+00:07:35 (34.9%)	4:21	13.8 (65.1%)
201	ŚNIEĆ Julia	5175		BIAŁYSTOK		K-12	2	K 25		00:00:11	00:13:45	00:21:49	00:22:00	+00:07:36 (34.9%)	4:21	13.8 (65.1%)
202	ZDRAJKOWSKA Julia	5356	KALINOWSKI TEAM	BIAŁYSTOK		K-30	12	K 26	Kalinowski Team	00:00:06	00:13:51	00:21:49	00:21:55	+00:07:36 (34.9%)	4:21	13.8 (65.1%)
203	BORYSIEWICZ Wojciech	6456		BIAŁYSTOK		M-30	86	M 177		00:00:17	00:14:05	00:21:50	00:22:07	+00:07:37 (34.9%)	4:21	13.8 (65.1%)
204	POSTOŁOWICZ Piotr	5198		BIAŁYSTOK		M-20	44	M 178		00:00:13	00:13:51	00:21:51	00:22:05	+00:07:38 (35.0%)	4:21	13.7 (64.6%)
205	MADEJA Adam	5426	MKS BARRACUDA	GRABÓWKA		M-50	8	M 179		00:04:30	00:14:06	00:21:51	00:26:22	+00:07:39 (35.0%)	4:22	13.7 (64.6%)
206	ANDRAKA Łukasz	5120	PĘDZIWIATR BIAŁYSTOK	BIALYSTOK		M-40	24	M 180	Pędziwiatr Białystok	00:04:36	00:14:19	00:21:52	00:26:28	+00:07:39 (35.0%)	4:22	13.7 (64.6%)
207	TABĘDZKA Katarzyna	5407		KAMIENNA STARA		K-40	5	K 27		00:00:10	00:13:54	00:21:54	00:22:04	+00:07:41 (35.2%)	4:22	13.7 (64.6%)
208	SZAWLUK Mateusz	5291		WASILKÓW		M-20	45	M 181		00:04:45	00:14:27	00:21:55	00:26:41	+00:07:43 (35.2%)	4:22	13.7 (64.6%)
209	GRABOWSKA Magdalena	5105	UDSK	BIAŁYSTOK		K-30	13	K 28		00:00:12	00:14:07	00:21:55	00:22:08	+00:07:43 (35.2%)	4:22	13.7 (64.6%)
210	PUZAN Dominik	6428		BIAŁYSTOK		M-20	46	M 182		00:04:33	00:14:33	00:21:56	00:26:29	+00:07:43 (35.2%)	4:22	13.7 (64.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
211	RUTKOWSKI Bartłomiej	6068		BIAŁYSTOK		M-12	18	M 183		00:00:11	00:14:04	00:21:57	00:22:08	+00:07:44 (35.3%)	4:23	13.7 (64.6%)
212	DUDEL Mateusz	5439		BIAŁYSTOK		M-12	19	M 184		00:04:35	00:13:53	00:21:57	00:26:33	+00:07:44 (35.3%)	4:23	13.7 (64.6%)
213	KOMAR Patryk	5617		BIAŁYSTOK		M-30	87	M 185		00:04:43	00:14:03	00:21:58	00:26:42	+00:07:45 (35.3%)	4:23	13.7 (64.6%)
214	RUTKOWSKI Jakub	5149		BIAŁYSTOK		M-30	88	M 186		00:04:26	00:14:05	00:21:58	00:26:25	+00:07:45 (35.4%)	4:23	13.7 (64.6%)
215	BAZAREWSKI Maciej	5503	BIELDRUK TEAM	BIAŁYSTOK		M-40	25	M 187	Bieldruk Team	00:04:27	00:13:56	00:21:59	00:26:27	+00:07:46 (35.4%)	4:23	13.7 (64.6%)
216	ZAJKOWSKI Robert	5388	WINLAND	SOBOLEWO		M-40	26	M 188		00:04:23	00:14:02	00:22:00	00:26:23	+00:07:47 (35.4%)	4:23	13.6 (64.2%)
217	OZLANSKI Adam	6897		GRABÓWKA		M-30	89	M 189		00:04:27	00:14:07	00:22:00	00:26:28	+00:07:47 (35.4%)	4:23	13.6 (64.2%)
218	KUNA Michał	5974		BIAŁYSTOK		M-30	90	M 190		00:08:20	00:14:31	00:22:00	00:30:21	+00:07:47 (35.4%)	4:23	13.6 (64.2%)
219	BAŁDYGA Karol	6317		BIAŁYSTOK		M-20	47	M 191		00:04:23	00:14:03	00:22:01	00:26:24	+00:07:48 (35.5%)	4:23	13.6 (64.2%)
220	BLAŻEWICZ Dariusz	5336	WINLAND	BIAŁYSTOK		M-50	9	M 192		00:04:22	00:14:06	00:22:01	00:26:23	+00:07:48 (35.5%)	4:23	13.6 (64.2%)
221	ROMANOWICZ Albert	6106		POROSŁY		M-20	48	M 193		00:00:19	00:13:57	00:22:01	00:22:21	+00:07:48 (35.5%)	4:23	13.6 (64.2%)
222	PIEKUTOWSKI Marcin	5607		BIAŁYSTOK		M-20	49	M 194		00:04:20	00:14:13	00:22:01	00:26:21	+00:07:48 (35.5%)	4:23	13.6 (64.2%)
223	KOMAR Maciej	5610		KRUSZEWO WYPYCHY		M-20	50	M 195		00:04:43	00:14:10	00:22:02	00:26:45	+00:07:49 (35.5%)	4:24	13.6 (64.2%)
224	ZALEWSKA Amelia	5992		BIAŁYSTOK		K-12	3	K 29		00:00:07	00:13:43	00:22:02	00:22:10	+00:07:49 (35.5%)	4:24	13.6 (64.2%)
225	WANAT Jan	6043		CIASNE		M-12	20	M 196		00:04:30	00:14:02	00:22:04	00:26:35	+00:07:51 (35.6%)	4:24	13.6 (64.2%)
226	ROMAŃCZUK Mariusz	5620		MICHAŁOWO		M-30	91	M 197		00:00:09	00:13:52	00:22:04	00:22:14	+00:07:51 (35.6%)	4:24	13.6 (64.2%)
227	MICHALSKI Sebastian	5140	PĘDZIWIATR BIAŁYSTOK	KSIĘŻYNO-KOLONIA		M-40	27	M 198	Pędziwiatr Białystok	00:04:20	00:14:22	00:22:04	00:26:25	+00:07:51 (35.6%)	4:24	13.6 (64.2%)
228	CZAJKOWSKI Krzysztof	5141		BIAŁYSTOK		M-30	92	M 199		00:00:18	00:13:57	00:22:04	00:22:23	+00:07:51 (35.6%)	4:24	13.6 (64.2%)
229	HOLMES Jacob	6461		BIAŁYSTOK		M-12	21	M 200		00:08:25	00:14:12	00:22:04	00:30:30	+00:07:52 (35.7%)	4:24	13.6 (64.2%)
230	KOSCIUCZYK Krzysztof	6626	NATURE LOVERS GRUSZKI	GRUSZKI		M-40	28	M 201		00:00:13	00:14:21	00:22:05	00:22:19	+00:07:52 (35.7%)	4:24	13.6 (64.2%)
231	KUŁAK Aneta	6447		BIAŁYSTOK		K-30	14	K 30	Departament Prędkości UMWP	00:00:14	00:13:58	00:22:06	00:22:20	+00:07:53 (35.7%)	4:24	13.6 (64.2%)
232	ADAMOWICZ Adam	5358		BIAŁYSTOK		M-50	10	M 202		00:08:28	00:14:32	00:22:07	00:30:36	+00:07:54 (35.8%)	4:25	13.6 (64.2%)
233	PŁOŃSKI Grzegorz	5137		ŁAPY		M-20	51	M 203		00:04:29	00:14:03	00:22:08	00:26:37	+00:07:55 (35.8%)	4:25	13.6 (64.2%)
234	JAWOROWICZ Ewa	6035		BIAŁYSTOK		K-20	8	K 31		00:00:15	00:14:17	00:22:08	00:22:24	+00:07:55 (35.8%)	4:25	13.6 (64.2%)
235	SUCHOCKA Zuzanna	6069		IGNATKI OSIEDLE		K-12	4	K 32		00:04:28	00:14:12	00:22:09	00:26:37	+00:07:56 (35.9%)	4:25	13.6 (64.2%)
236	WIŚNIEWSKA Joanna	5172	MD RUN TRAINING	NIEWODNICA KORYCKA		K-50	2	K 33	MD RUN TRAINING	00:00:15	00:13:58	00:22:13	00:22:29	+00:08:01 (36.1%)	4:26	13.5 (63.7%)
237	SZUMOWSKI Andrzej	5207	BIAŁOSTOCKA SEKTA BIEGACZY	WASILKÓW		M-50	11	M 204		00:04:31	00:14:11	00:22:14	00:26:46	+00:08:01 (36.1%)	4:26	13.5 (63.7%)
238	WALUKIEWICZ Radosław	5171	ROZBIEGANI SUWAŁKI	SUWAŁKI		M-40	29	M 205	Rozbiegani Suwałki	00:04:24	00:14:05	00:22:15	00:26:39	+00:08:02 (36.2%)	4:26	13.5 (63.7%)
239	KOPIENSKI Marcin	5479		ŚREDZIŃSIE		M-30	93	M 206		00:04:23	00:14:03	00:22:15	00:26:38	+00:08:02 (36.2%)	4:26	13.5 (63.7%)
240	VODCHYTS Ivan	5486		BREST	AIN	M-30	94	M 207		00:00:11	00:14:14	00:22:16	00:22:27	+00:08:03 (36.2%)	4:26	13.5 (63.7%)
241	PAPLAUSKAYA Viktoryia	5487	RUN4FUN.BY	GRODNO	AIN	K-20	9	K 34		00:00:10	00:14:15	00:22:17	00:22:27	+00:08:04 (36.3%)	4:27	13.5 (63.7%)
242	GOSIEWSKI Marcin	6581	MARATONKA GRAJEWO	GRAJEWO		M-40	30	M 208		00:08:30	00:14:38	00:22:17	00:30:48	+00:08:04 (36.3%)	4:27	13.5 (63.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
243	TEREBUN Edward	6135	--	WIDOWO		M-50	12	M 209		00:00:10	00:14:10	00:22:20	00:22:30	+00:08:07 (36.4%)	4:27	13.4 (63.2%)
244	MODZELEWSKI Stefan	5975		OGRODNIKI		M-30	95	M 210		00:08:21	00:14:30	00:22:20	00:30:42	+00:08:07 (36.4%)	4:27	13.4 (63.2%)
245	JABŁOŃSKI Łukasz	6129		BIAŁYSTOK		M-30	96	M 211		00:04:20	00:14:20	00:22:20	00:26:40	+00:08:07 (36.4%)	4:27	13.4 (63.2%)
246	JABŁOŃSKI Kacper	6499		BIAŁYSTOK		M-20	52	M 212		00:10:04	00:14:38	00:22:21	00:32:26	+00:08:08 (36.5%)	4:27	13.4 (63.2%)
247	BOGUSZEWSKI Mateusz	5033	DRTUSZ BIEGA	BIAŁYSTOK		M-20	53	M 213	DrTusz Biega	00:00:17	00:14:17	00:22:22	00:22:40	+00:08:09 (36.5%)	4:28	13.4 (63.2%)
248	ŚLIŻEWSKI Adam	6174		BIAŁYSTOK		M-30	97	M 214		00:04:43	00:14:06	00:22:22	00:27:05	+00:08:09 (36.5%)	4:28	13.4 (63.2%)
249	KARPOWICZ Grzegorz	5979		BIAŁYSTOK		M-40	31	M 215		00:04:45	00:13:52	00:22:23	00:27:08	+00:08:10 (36.6%)	4:28	13.4 (63.2%)
250	JASZCZUK Mateusz	5483		BIAŁYSTOK		M-20	54	M 216		00:04:21	00:14:05	00:22:24	00:26:46	+00:08:12 (36.6%)	4:28	13.4 (63.2%)
251	KONARZEWSKI Michał	5258		BIALYSTOK		M-30	98	M 217		00:00:12	00:14:09	00:22:25	00:22:38	+00:08:12 (36.6%)	4:28	13.4 (63.2%)
252	BIBUŁOWICZ Krzysztof	6009		SURAŻ		M-40	32	M 218		00:04:24	00:13:49	00:22:26	00:26:50	+00:08:13 (36.7%)	4:28	13.4 (63.2%)
253	MICHALEWICZ Marcin	5167		PRUSZKÓW		M-40	33	M 219		00:00:10	00:14:12	00:22:27	00:22:37	+00:08:14 (36.7%)	4:29	13.4 (63.2%)
254	DEPCZYŃSKI Wojciech	6664		BIAŁYSTOK		M-30	99	M 220		00:00:17	00:14:24	00:22:30	00:22:47	+00:08:17 (36.9%)	4:29	13.3 (62.7%)
255	PARFIENIUK Jakub	5164		BIELSK PODLASKI		M-20	55	M 221		00:08:22	00:14:18	00:22:30	00:30:53	+00:08:17 (36.9%)	4:29	13.3 (62.7%)
256	PUCHAŁSKI Jakub	6694		ŁOMŻA		M-12	22	M 222		00:00:14	00:14:33	00:22:30	00:22:44	+00:08:17 (36.9%)	4:29	13.3 (62.7%)
257	ŁADNY Kamil	6544		SOLNICZKI		M-40	34	M 223		00:04:22	00:14:21	00:22:30	00:26:52	+00:08:17 (36.9%)	4:29	13.3 (62.7%)
258	WOJTKOWSKI Piotr	5847		BIAŁYSTOK		M-20	56	M 224	Wilki	00:04:41	00:14:22	00:22:31	00:27:12	+00:08:18 (36.9%)	4:29	13.3 (62.7%)
258	BALDAK Jolanta	5402	USK	BIAŁYSTOK		K-30	15	K 35		00:04:20	00:14:32	00:22:31	00:26:51	+00:08:18 (36.9%)	4:29	13.3 (62.7%)
260	SMOLSKA-JEMIELIANIUK Justyna	5902	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK		K-30	16	K 36		00:00:19	00:14:28	00:22:32	00:22:52	+00:08:19 (37.0%)	4:30	13.3 (62.7%)
261	PRUS Marek	5232		NOWODWORCE		M-50	13	M 225		00:00:12	00:14:25	00:22:33	00:22:46	+00:08:20 (37.0%)	4:30	13.3 (62.7%)
262	BIELECKA Joanna	5883		BIAŁYSTOK		K-30	17	K 37		00:04:25	00:14:12	00:22:35	00:27:01	+00:08:22 (37.1%)	4:30	13.3 (62.7%)
263	MŚCICHOWSKI Artur	5958		WARSZAWA		M-20	57	M 226		00:00:07	00:14:21	00:22:36	00:22:43	+00:08:23 (37.1%)	4:30	13.3 (62.7%)
264	SULEWSKI Adam	6726	PALISANDER RUNNING TEAM	BIAŁYSTOK		M-30	100	M 227	PALISANDER RUNNING TEAM	00:00:17	00:14:08	00:22:37	00:22:54	+00:08:24 (37.2%)	4:31	13.3 (62.7%)
265	SOKÓŁ Przemysław	5065	WODOCIĄGI BIAŁOSTOCKIE	BIAŁYSTOK		M-30	101	M 228		00:00:07	00:14:13	00:22:39	00:22:47	+00:08:26 (37.3%)	4:31	13.3 (62.7%)
266	JÓŻWICKI Franciszek	6311	PODLASKIE KOCURY	CHRABOŁY		M-12	23	M 229	Podlaskie Kocury	00:00:05	00:14:12	00:22:40	00:22:46	+00:08:27 (37.3%)	4:31	13.2 (62.3%)
267	CHOJNOWSKI Łukasz	5188		BIAŁYSTOK		M-30	102	M 230		00:04:54	00:14:49	00:22:41	00:27:35	+00:08:28 (37.4%)	4:31	13.2 (62.3%)
268	NIEWIŃSKI Arkadiusz	5759		KSIĘŻYNO-KOLONIA		M-40	35	M 231		00:04:20	00:14:23	00:22:41	00:27:02	+00:08:28 (37.4%)	4:31	13.2 (62.3%)
269	KORBUT Marek	5472	WINLAND	BIAŁYSTOK		M-40	36	M 232		00:04:21	00:14:25	00:22:42	00:27:03	+00:08:29 (37.4%)	4:32	13.2 (62.3%)
270	LISOWSKI Kacper	5366		BIALYSTOK		M-20	58	M 233		00:04:20	00:14:07	00:22:42	00:27:02	+00:08:29 (37.4%)	4:32	13.2 (62.3%)
271	DARDA Radosław	5133		BIAŁYSTOK		M-50	14	M 234		00:00:18	00:14:36	00:22:43	00:23:01	+00:08:30 (37.5%)	4:32	13.2 (62.3%)
272	SOARES Aneta	5079		WARSZAWA		K-30	18	K 38		00:00:16	00:14:26	00:22:44	00:23:00	+00:08:31 (37.5%)	4:32	13.2 (62.3%)
273	BRUSZEWSKI Konrad	5223		BIAŁYSTOK		M-30	103	M 235		00:08:43	00:14:38	00:22:45	00:31:28	+00:08:32 (37.6%)	4:32	13.2 (62.3%)
274	JÓŻWICKI Sławek	6789	MARATONKA POTOCZYŻNA	POTOCZYŻNA		M-50	15	M 236		00:00:15	00:14:23	00:22:45	00:23:01	+00:08:32 (37.6%)	4:32	13.2 (62.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
275	SZCZECINA Kamil	5298	BCO	BIAŁYSTOK		M-30	104	M 237		00:00:04	00:14:03	00:22:46	00:22:51	+00:08:34 (37.6%)	4:32	13.2 (62.3%)
276	DANIŁOWSKI Mariusz	6314		BIAŁYSTOK		M-40	37	M 238		00:08:27	00:14:39	00:22:47	00:31:15	+00:08:34 (37.7%)	4:33	13.2 (62.3%)
277	ZAWISTOWSKI Konrad	5369		CZARNA BIAŁOSTOCKA		M-30	105	M 239		00:00:19	00:14:31	00:22:48	00:23:07	+00:08:35 (37.7%)	4:33	13.2 (62.3%)
278	MASALSKI Daniel	6605		BIAŁYSTOK		M-30	106	M 240		00:08:52	00:14:36	00:22:49	00:31:42	+00:08:36 (37.8%)	4:33	13.2 (62.3%)
279	MATAN Arkadiusz	5374	BIAŁYATOK BIEGA TEAM	BIAŁYSTOK		M-30	107	M 241		00:00:13	00:14:38	00:22:49	00:23:03	+00:08:37 (37.8%)	4:33	13.2 (62.3%)
280	POLAK Robert	5990	MD RUN TRAINING	BIAŁYSTOK		M-40	38	M 242	MD Run Training	00:00:15	00:14:20	00:22:50	00:23:05	+00:08:37 (37.8%)	4:33	13.2 (62.3%)
281	MAĆKOWIAK Maciej	5408		BIAŁYSTOK		M-12	24	M 243		00:04:22	00:13:59	00:22:51	00:27:13	+00:08:38 (37.8%)	4:33	13.1 (61.8%)
282	JASIŃSKA Małgorzata	5935		BIAŁYSTOK		K-30	19	K 39		00:04:21	00:14:40	00:22:51	00:27:12	+00:08:38 (37.8%)	4:34	13.1 (61.8%)
283	MURAWSKI Jakub	6415		BIAŁYSTOK		M-20	59	M 244		00:04:41	00:14:45	00:22:51	00:27:33	+00:08:38 (37.9%)	4:33	13.1 (61.8%)
284	KRUKOWSKI Andrzej	5340		JUROWCE		M-50	16	M 245		00:04:47	00:14:28	00:22:51	00:27:39	+00:08:39 (37.9%)	4:33	13.1 (61.8%)
285	BANACH Andrzej	6184	KOLNO BIEGA	KOLNO		M-40	39	M 246	Kolno Biega	00:08:20	00:14:39	00:22:52	00:31:12	+00:08:39 (37.9%)	4:34	13.1 (61.8%)
286	KULFAN Łukasz	6097	ROSTI RUNNING TEAM	BIAŁYSTOK		M-40	40	M 247	Rosti Running Team	00:04:20	00:14:28	00:22:52	00:27:12	+00:08:39 (37.9%)	4:34	13.1 (61.8%)
287	PUZANOWSKI Grzegorz	5227		BIAŁYSTOK		M-30	108	M 248		00:00:13	00:14:53	00:22:52	00:23:06	+00:08:39 (37.9%)	4:34	13.1 (61.8%)
288	LAPTSEVICH Yaraslau	5239		BIAŁYSTOK		M-12	25	M 249		00:04:20	00:15:06	00:22:54	00:27:14	+00:08:41 (38.0%)	4:34	13.1 (61.8%)
289	CHODZIUTKO Andrzej	5201		BIAŁYSTOK		M-40	41	M 250		00:08:21	00:14:58	00:22:55	00:31:16	+00:08:42 (38.0%)	4:34	13.1 (61.8%)
290	PUZIUK Michał	5618		BIAŁYSTOK		M-30	109	M 251		00:00:15	00:14:38	00:22:55	00:23:11	+00:08:42 (38.0%)	4:34	13.1 (61.8%)
291	FIŁOŃCZUK Robert	6052		KLEPACZE		M-20	60	M 252		00:00:15	00:14:35	00:22:56	00:23:11	+00:08:43 (38.0%)	4:34	13.1 (61.8%)
292	CZAJKOWSKI Marcin	6503		BIAŁYSTOK		M-30	110	M 253		00:00:17	00:14:25	00:22:56	00:23:13	+00:08:43 (38.1%)	4:34	13.1 (61.8%)
293	JAKUBOWSKI Daniel	5418		BIAŁYSTOK		M-30	111	M 254		00:04:38	00:14:45	00:22:57	00:27:36	+00:08:44 (38.1%)	4:35	13.1 (61.8%)
294	SIELWONCZUK Agnieszka	5084		BIAŁYSTOK		K-40	6	K 40		00:04:32	00:14:25	00:22:58	00:27:30	+00:08:45 (38.1%)	4:35	13.1 (61.8%)
295	WIĘŚŁAW Tomasz	6612		BIAŁYSTOK		M-30	112	M 255		00:04:21	00:14:29	00:22:59	00:27:20	+00:08:46 (38.2%)	4:35	13.1 (61.8%)
296	ZABŁOCKI Mateusz	6675		BIAŁYSTOK		M-30	113	M 256		00:04:37	00:14:51	00:23:00	00:27:37	+00:08:47 (38.2%)	4:35	13.1 (61.8%)
297	BANACH Magdalena	6182	KOLNO BIEGA	KOLNO		K-40	7	K 41	Kolno Biega	00:08:22	00:14:37	00:23:01	00:31:23	+00:08:48 (38.3%)	4:35	13 (61.3%)
298	DAWIDZIUK Przemysław	6389	BEZ ZNIECZULENIA	BIAŁYSTOK		M-30	114	M 257	Bez Znieczulenia	00:00:07	00:14:37	00:23:01	00:23:08	+00:08:48 (38.3%)	4:35	13 (61.3%)
299	KUZMICZ Piotr	6343		BIAŁYSTOK		M-40	42	M 258		00:04:53	00:14:59	00:23:01	00:27:55	+00:08:48 (38.3%)	4:35	13 (61.3%)
300	CHUTKOWSKA Agnieszka	6185	KOLNO BIEGA	KOLNO		K-40	8	K 42	Kolno Biega	00:04:20	00:14:34	00:23:01	00:27:22	+00:08:48 (38.3%)	4:35	13 (61.3%)
301	SANTOROWSKI Tadeusz	5390	FUNDACJA GOLDEN BOATS ACADEMY	WARSZAWA		M-50	17	M 259		00:04:34	00:14:56	00:23:03	00:27:38	+00:08:50 (38.4%)	4:36	13 (61.3%)
302	STOCKI Krzysztof	5567		WASILKÓW		M-30	115	M 260		00:04:43	00:14:56	00:23:04	00:27:47	+00:08:51 (38.4%)	4:36	13 (61.3%)
303	ŁAKUS Bartłomiej	5790		BIAŁYSTOK		M-20	61	M 261		00:00:17	00:15:00	00:23:04	00:23:21	+00:08:51 (38.4%)	4:36	13 (61.3%)
304	PANEK Seweryn	5216	MAFIA TEAM LUBLINIEC	LISOWICE		M-20	62	M 262		00:04:31	00:14:49	00:23:05	00:27:36	+00:08:52 (38.5%)	4:36	13 (61.3%)
305	NIEWIAROWSKI Mateusz	6616		BIAŁYSTOK		M-20	63	M 263		00:04:42	00:14:54	00:23:08	00:27:51	+00:08:55 (38.6%)	4:37	13 (61.3%)
306	CZARNECKI Dariusz	5299		BIAŁYSTOK		M-40	43	M 264		00:00:12	00:14:33	00:23:09	00:23:21	+00:08:56 (38.6%)	4:37	13 (61.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
307	OWSIANKO Piotr	5647		SZCZUCZYN		M-30	116	M 265		00:04:27	00:15:02	00:23:09	00:27:37	+00:08:56 (38.7%)	4:37	13 (61.3%)
308	WNOROWSKI Janusz	6139		BIAŁYSTOK		M-30	117	M 266		00:04:41	00:14:51	00:23:09	00:27:51	+00:08:56 (38.7%)	4:37	13 (61.3%)
308	KONCZEREWICZ Mariusz	6691	ROZBIEGANY BIELSK PODLASKI	ORZECHOWICZE		M-40	44	M 267		00:04:42	00:14:56	00:23:09	00:27:52	+00:08:56 (38.7%)	4:37	13 (61.3%)
310	MARKOWSKI Marek	6724	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M-50	18	M 268	ROZBIEGANY BIELSK PODLASKI	00:04:41	00:14:56	00:23:12	00:27:53	+00:08:59 (38.8%)	4:38	12.9 (60.8%)
311	WOJTKOWSKI Jakub	6197		BIAŁYSTOK		M-20	64	M 269		00:00:14	00:14:36	00:23:14	00:23:28	+00:09:01 (38.9%)	4:38	12.9 (60.8%)
312	LIPIŃSKA Maria	6650		BIAŁYSTOK		K-12	5	K 43		00:04:40	00:14:38	00:23:14	00:27:54	+00:09:02 (38.9%)	4:38	12.9 (60.8%)
313	GRYC Joanna	6364	MD RUN TRAINING	BIAŁYSTOK		K-40	9	K 44		00:04:27	00:14:53	00:23:15	00:27:42	+00:09:02 (38.9%)	4:38	12.9 (60.8%)
314	GLINIECKA Żaneta	6715	TWORZYMY SYLWETKI	BIAŁYSTOK		K-30	20	K 45		00:08:32	00:15:13	00:23:15	00:31:47	+00:09:02 (38.9%)	4:38	12.9 (60.8%)
315	SZYPULEWSKA Natalia	5629		BIAY		K-20	10	K 46		00:04:42	00:15:10	00:23:15	00:27:58	+00:09:02 (38.9%)	4:38	12.9 (60.8%)
316	SEKŚCIŃSKI Michał	5061	LAN TECHNIKA	BIAŁYSTOK		M-30	118	M 270		00:04:39	00:15:13	00:23:17	00:27:56	+00:09:04 (39.0%)	4:39	12.9 (60.8%)
317	SIENKIEWICZ Krzysztof	6285		KRYPNO KOŚCIELNE		M-20	65	M 271		00:04:46	00:15:06	00:23:18	00:28:05	+00:09:05 (39.0%)	4:39	12.9 (60.8%)
318	MELANIUK Radosław	6818	ZZM	BIAŁYSTOK		M-40	45	M 272		00:04:33	00:14:51	00:23:18	00:27:52	+00:09:05 (39.0%)	4:39	12.9 (60.8%)
319	BŁASZKO Dawid	6734	PALISANDER RUNNING TEAM	SOWLANY		M-40	46	M 273	PALISANDER RUNNING TEAM	00:00:18	00:14:47	00:23:18	00:23:36	+00:09:05 (39.0%)	4:39	12.9 (60.8%)
320	CZAJKOWSKI Paweł	6201		KRYPNO KOŚCIELNE		M-30	119	M 274		00:04:45	00:14:53	00:23:18	00:28:04	+00:09:05 (39.0%)	4:39	12.9 (60.8%)
321	KASJANIUK-KOZŁOWSKA Julita	6599		BIELSK PODLASKI		K-20	11	K 47		00:05:09	00:15:03	00:23:19	00:28:28	+00:09:06 (39.1%)	4:39	12.9 (60.8%)
322	NAREWSKI Adrian	5464		BIAŁYSTOK		M-30	120	M 275		00:00:13	00:14:47	00:23:19	00:23:33	+00:09:06 (39.1%)	4:39	12.9 (60.8%)
323	MACIUKA Filip	6752		BIALYSTOK		M-20	66	M 276		00:04:33	00:15:09	00:23:19	00:27:53	+00:09:06 (39.1%)	4:39	12.9 (60.8%)
324	ZIMNOCH Krzysztof	6213	KS PODLASIE	BIAŁYSTOK		M-12	26	M 277		00:04:22	00:14:26	00:23:19	00:27:42	+00:09:06 (39.1%)	4:39	12.9 (60.8%)
325	KWIATEK Magdalena	5283		PIASECZNO		K-40	10	K 48		00:08:23	00:14:56	00:23:20	00:31:43	+00:09:07 (39.1%)	4:39	12.9 (60.8%)
326	ZABOROWSKI Adrian	5434		BIAŁYSTOK		M-30	121	M 278		00:04:27	00:14:33	00:23:21	00:27:48	+00:09:08 (39.2%)	4:39	12.9 (60.8%)
327	KAMIŃSKI Paweł	5070		BIAŁYSTOK		M-30	122	M 279		00:04:30	00:14:58	00:23:21	00:27:51	+00:09:08 (39.2%)	4:39	12.9 (60.8%)
328	KIJANKA Patryk	6669	ANDYOPTIC	BIALYSTOK		M-40	47	M 280		00:08:28	00:14:28	00:23:22	00:31:51	+00:09:09 (39.2%)	4:40	12.9 (60.8%)
329	CYBULSKI Dawid	5138		BIAŁYSTOK		M-30	123	M 281		00:10:20	00:15:08	00:23:22	00:33:43	+00:09:09 (39.2%)	4:40	12.9 (60.8%)
330	JARMOŁOWICZ Małgorzata	5174	MD RUN TRAINING	BIAŁYSTOK		K-50	3	K 49		00:00:16	00:14:57	00:23:22	00:23:39	+00:09:09 (39.2%)	4:40	12.9 (60.8%)
331	ROSZKOWSKI Krystian	5973		ŁAPY		M-12	27	M 282		00:04:22	00:15:12	00:23:23	00:27:46	+00:09:10 (39.2%)	4:40	12.8 (60.4%)
332	PILSIUK Sergiusz	6696		BIAŁYSTOK		M-12	28	M 283		00:04:47	00:14:40	00:23:23	00:28:10	+00:09:10 (39.3%)	4:40	12.8 (60.4%)
333	KRZYWICKI Daniel	6737		LIPSK		M-20	67	M 284		00:04:24	00:15:06	00:23:25	00:27:50	+00:09:12 (39.3%)	4:40	12.8 (60.4%)
334	KOCHAŃSKI Krystian	5412		BIAŁYSTOK		M-30	124	M 285		00:04:36	00:15:11	00:23:25	00:28:02	+00:09:12 (39.4%)	4:40	12.8 (60.4%)
335	HRYŃ Maciej	6824		BIAŁYSTOK		M-20	68	M 286		00:08:30	00:15:26	00:23:26	00:31:56	+00:09:13 (39.4%)	4:40	12.8 (60.4%)
336	DADURA Adam	5500		BIAŁYSTOK		M-40	48	M 287		00:09:50	00:15:17	00:23:27	00:33:18	+00:09:14 (39.4%)	4:41	12.8 (60.4%)
337	ŁUKASZEWICZ Mateusz	5716		BIAŁYSTOK		M-20	69	M 288		00:04:38	00:15:00	00:23:28	00:28:06	+00:09:15 (39.5%)	4:41	12.8 (60.4%)
338	LASKOWSKI Mateusz	5742		BIAŁYSTOK		M-12	29	M 289		00:04:22	00:14:39	00:23:28	00:27:50	+00:09:15 (39.5%)	4:41	12.8 (60.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
339	FIEDOSIUK Krzysztof	6355		BIAŁYSTOK		M-30	125	M 290	Białystok Biega Team	00:04:47	00:14:57	00:23:29	00:28:16	+00:09:16 (39.5%)	4:41	12.8 (60.4%)
340	SADŁOWSKI Mariusz	6849		NIEWODNICA KORYCKA		M-40	49	M 291		00:04:39	00:15:14	00:23:29	00:28:08	+00:09:16 (39.5%)	4:41	12.8 (60.4%)
341	KRZYWICKA Monika	5413		BIAŁYSTOK		K-30	21	K 50		00:04:56	00:15:09	00:23:30	00:28:27	+00:09:17 (39.6%)	4:41	12.8 (60.4%)
342	KRUSZEWSKI Grzegorz	6235		NOWE PIEKUTY		M-40	50	M 292		00:04:38	00:15:08	00:23:30	00:28:09	+00:09:17 (39.6%)	4:41	12.8 (60.4%)
343	KREMER Olena	6272		BIALYSTOK		K-40	11	K 51		00:04:26	00:15:02	00:23:30	00:27:56	+00:09:17 (39.6%)	4:41	12.8 (60.4%)
344	JÓŻWICKI Karol	6312	PODLASKIE KOCURY	CHRABOŁY		M-40	51	M 293	Podlaskie Kocury	00:00:09	00:15:03	00:23:30	00:23:40	+00:09:17 (39.6%)	4:41	12.8 (60.4%)
345	OWŁASIUK Michał	5229		BIAŁYSTOK		M-30	126	M 294		00:04:32	00:14:56	00:23:31	00:28:03	+00:09:18 (39.6%)	4:41	12.8 (60.4%)
346	MORAWSKA Edyta	6751	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K-50	4	K 52	Białystok Biega Team	00:04:31	00:15:01	00:23:31	00:28:02	+00:09:18 (39.6%)	4:41	12.8 (60.4%)
347	FEDOROWICZ Hubert	5386		ZAMBROW		M-30	127	M 295		00:04:37	00:15:08	00:23:31	00:28:09	+00:09:18 (39.6%)	4:41	12.8 (60.4%)
348	KLIKOWSKI Dawid	6739		BIAŁYSTOK		M-30	128	M 296		00:04:46	00:15:30	00:23:31	00:28:17	+00:09:18 (39.6%)	4:41	12.8 (60.4%)
349	SOSZYŃSKI Rafał	5468	BIELDRUK TEAM	BIAŁYSTOK		M-40	52	M 297	Bieldruk Team	00:04:27	00:14:35	00:23:31	00:27:59	+00:09:19 (39.6%)	4:42	12.8 (60.4%)
350	GOŁASZEWSKA Emilia	5736	MD RUN TRAINING	BIAŁYSTOK		K-40	12	K 53	MD Run Training	00:04:27	00:15:31	00:23:32	00:27:59	+00:09:19 (39.7%)	4:42	12.8 (60.4%)
351	PRONIEWSKI Patryk	5433		BIAŁYSTOK		M-30	129	M 298		00:04:39	00:15:06	00:23:33	00:28:12	+00:09:20 (39.7%)	4:42	12.8 (60.4%)
352	CZAJKOWSKA Justyna	6202		KRYPNO KOŚCIELNE		K-30	22	K 54		00:04:46	00:14:59	00:23:33	00:28:19	+00:09:20 (39.7%)	4:42	12.8 (60.4%)
353	BIELUCZYK Rafał	5455	EURUS	BIAŁYSTOK		M-40	53	M 299		00:00:15	00:14:46	00:23:33	00:23:49	+00:09:20 (39.7%)	4:42	12.8 (60.4%)
354	GLINIECKI Dominik	6717	TWORZYMY SYLWETKI	BIAŁYSTOK		M-30	130	M 300		00:08:33	00:15:23	00:23:33	00:32:07	+00:09:21 (39.7%)	4:42	12.8 (60.4%)
355	KOZIOŁ Aleksandra	5145		BIAŁYSTOK		K-20	12	K 55		00:00:15	00:15:03	00:23:33	00:23:49	+00:09:21 (39.7%)	4:42	12.7 (59.9%)
356	KŁOS Jacek	6716	BIAŁYSTOK BIEGA TEAM	GRABÓWKA		M-60	2	M 301	Białystok Biega Team	00:04:31	00:15:04	00:23:34	00:28:06	+00:09:21 (39.7%)	4:42	12.7 (59.9%)
357	ZARĘBA Aleksandra	6655		BIAŁYSTOK		K-20	13	K 56		00:00:12	00:15:23	00:23:34	00:23:46	+00:09:21 (39.7%)	4:42	12.7 (59.9%)
358	ZALEWSKI Mateusz	6423	AKADEMIA KOSZYKÓWKI MŁODE ŻUBRY BIAŁYSTOK	BIAŁYSTOK		M-30	131	M 302		00:08:39	00:14:55	00:23:34	00:32:14	+00:09:21 (39.7%)	4:42	12.7 (59.9%)
359	OLSZEWSKI Tomasz	6080		BIAŁYSTOK		M-12	30	M 303		00:04:30	00:14:51	00:23:34	00:28:05	+00:09:21 (39.7%)	4:42	12.7 (59.9%)
360	GRYCIUK Walenty	5282		NURZEC-STACJA		M-50	19	M 304		00:04:46	00:15:11	00:23:34	00:28:21	+00:09:21 (39.7%)	4:42	12.7 (59.9%)
361	LASKOWSKI Paweł	5876		BIAŁYSTOK		M-30	132	M 305		00:09:30	00:15:10	00:23:35	00:33:06	+00:09:22 (39.8%)	4:42	12.7 (59.9%)
362	KOZŁOWSKI Paweł	6062		RADULE		M-30	133	M 306		00:08:20	00:15:24	00:23:36	00:31:56	+00:09:23 (39.8%)	4:42	12.7 (59.9%)
363	URBANEK Jakub	6539		BIAŁYSTOK		M-30	134	M 307		00:04:45	00:15:30	00:23:36	00:28:22	+00:09:23 (39.8%)	4:42	12.7 (59.9%)
364	KASJANIUK Dawid	6284		BIAŁYSTOK		M-20	70	M 308		00:04:36	00:15:13	00:23:37	00:28:13	+00:09:24 (39.8%)	4:43	12.7 (59.9%)
365	GODLEWSKA Diana	5262		ŁOMŻA		K-30	23	K 57		00:04:26	00:14:59	00:23:37	00:28:04	+00:09:24 (39.9%)	4:43	12.7 (59.9%)
366	SOKÓLSKI Tomasz	5143		GNIEŁA		M-50	20	M 309		00:04:29	00:15:00	00:23:37	00:28:07	+00:09:24 (39.9%)	4:43	12.7 (59.9%)
367	BAJABUSKI Wojtek	6757		BIAŁYSTOK		M-40	54	M 310		00:04:23	00:14:48	00:23:38	00:28:01	+00:09:25 (39.9%)	4:43	12.7 (59.9%)
368	KONOPKA Marcin	5640		JEDWABNE		M-20	71	M 311		00:08:31	00:15:34	00:23:38	00:32:10	+00:09:25 (39.9%)	4:43	12.7 (59.9%)
369	MICHALCZUK Mateusz	6873	AZS SGH WARSZAWA	BIAŁYSTOK		M-20	72	M 312		00:04:34	00:15:27	00:23:39	00:28:13	+00:09:26 (39.9%)	4:43	12.7 (59.9%)
370	SZORC Norbert	6388		BIAŁYSTOK		M-20	73	M 313		00:08:35	00:15:29	00:23:40	00:32:15	+00:09:27 (40.0%)	4:43	12.7 (59.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
371	MIĘKUS Sebastian	5446	GABIADIDOMI	BIAŁYSTOK		M-40	55	M 314		00:04:31	00:14:57	00:23:40	00:28:11	+00:09:27 (40.0%)	4:43	12.7 (59.9%)
372	FERENC Magdalena	5041		BIAŁYSTOK		K-20	14	K 58		00:04:47	00:15:19	00:23:40	00:28:28	+00:09:28 (40.0%)	4:43	12.7 (59.9%)
373	BAJGUS Piotr	6275		BIAŁYSTOK		M-20	74	M 315		00:08:23	00:15:12	00:23:41	00:32:04	+00:09:28 (40.0%)	4:43	12.7 (59.9%)
374	HRYNIEWICKI Jakub	6817		BIELSK PODLASKI		M-20	75	M 316		00:04:20	00:14:46	00:23:41	00:28:01	+00:09:28 (40.0%)	4:43	12.7 (59.9%)
375	PRZEMIELEWSKI Patryk	5744		BIAŁYSTOK		M-20	76	M 317		00:09:19	00:15:20	00:23:42	00:33:01	+00:09:29 (40.1%)	4:44	12.7 (59.9%)
376	ANUCIK Przemysław	5788	ANUCIKI	BIAŁYSTOK		M-30	135	M 318	Anuciki	00:09:58	00:15:08	00:23:42	00:33:40	+00:09:29 (40.1%)	4:44	12.7 (59.9%)
377	NICZYPORUK Marcin	6344		BIAŁYSTOK		M-30	136	M 319		00:04:53	00:15:11	00:23:43	00:28:36	+00:09:30 (40.1%)	4:44	12.7 (59.9%)
378	KLISHEUSKI Anatoli	5435	RUN4FUN	SOLIGORSK		M-50	21	M 320		00:04:21	00:15:21	00:23:44	00:28:06	+00:09:31 (40.2%)	4:44	12.7 (59.9%)
379	MASAJŁO Emil	5514		KURIANY		M-40	56	M 321		00:04:28	00:14:48	00:23:44	00:28:13	+00:09:31 (40.2%)	4:44	12.7 (59.9%)
380	KWIATKOWSKI Marek	5394		BIAŁYSTOK		M-40	57	M 322		00:04:36	00:15:05	00:23:45	00:28:22	+00:09:32 (40.2%)	4:44	12.6 (59.4%)
381	SOCHOŃ Zbigniew	5284	LUBELSKI URZĄD CELNO-SKARBOWY	ŻARY		M-50	22	M 323		00:04:24	00:15:02	00:23:46	00:28:11	+00:09:33 (40.2%)	4:44	12.6 (59.4%)
382	DZIEDZIK Patrycja	6656		BIAŁYSTOK		K-20	15	K 59		00:04:21	00:15:06	00:23:48	00:28:09	+00:09:35 (40.3%)	4:45	12.6 (59.4%)
383	KAMIŃSKI Patryk	5760		BIAŁYSTOK		M-20	77	M 324		00:09:19	00:15:30	00:23:49	00:33:08	+00:09:36 (40.4%)	4:45	12.6 (59.4%)
384	KAMIŃSKI Daniel	6714		BIAŁYSTOK		M-30	137	M 325		00:04:29	00:15:14	00:23:49	00:28:19	+00:09:37 (40.4%)	4:45	12.6 (59.4%)
385	DŹWIL Mariusz	5851		LEGA		M-40	58	M 326		00:04:44	00:15:07	00:23:50	00:28:34	+00:09:37 (40.4%)	4:45	12.6 (59.4%)
386	CHILKIEWICZ Małgorzata	5333		BIELSK PODLASKI		K-40	13	K 60		00:04:38	00:15:15	00:23:50	00:28:28	+00:09:37 (40.4%)	4:45	12.6 (59.4%)
387	HOŃKO Marek	6887		KLEOSIN		M-30	138	M 327		00:04:35	00:15:00	00:23:50	00:28:26	+00:09:37 (40.4%)	4:45	12.6 (59.4%)
388	ZALEWSKI Marcin	5253	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M-40	59	M 328	Pędziwiatr Białystok	00:04:26	00:15:17	00:23:52	00:28:18	+00:09:39 (40.5%)	4:46	12.6 (59.4%)
389	WANAT Iwona	6042		CIASNE		K-40	14	K 61		00:04:31	00:15:07	00:23:52	00:28:23	+00:09:39 (40.5%)	4:46	12.6 (59.4%)
390	BUHAYENKA Aleh	5117	RUN4FUN	BARANOVICHI		M-50	23	M 329		00:04:21	00:15:24	00:23:54	00:28:15	+00:09:41 (40.5%)	4:46	12.6 (59.4%)
391	KUŹMICKI Mateusz	6229		BIAŁYSTOK		M-20	78	M 330		00:08:29	00:15:41	00:23:54	00:32:23	+00:09:41 (40.6%)	4:46	12.6 (59.4%)
392	MAGUSIEWICZ Adam	6825		BIAŁYSTOK		M-30	139	M 331		00:04:36	00:15:28	00:23:54	00:28:31	+00:09:41 (40.6%)	4:46	12.6 (59.4%)
393	KOMAR Patryk	6848		BIAŁYSTOK		M-20	79	M 332		00:04:23	00:15:31	00:23:55	00:28:19	+00:09:42 (40.6%)	4:46	12.6 (59.4%)
394	BIELICKI Tomasz	6166		BIAŁYSTOK		M-30	140	M 333		00:04:51	00:15:14	00:23:56	00:28:47	+00:09:43 (40.6%)	4:47	12.5 (59.0%)
395	KRYSIEWICZ Łukasz	5859		GRABÓWKA		M-40	60	M 334		00:05:10	00:14:37	00:23:56	00:29:06	+00:09:43 (40.6%)	4:46	12.5 (59.0%)
396	BRZozowski Leszek	5051		BIAŁYSTOK		M-40	61	M 335		00:04:23	00:15:11	00:23:56	00:28:20	+00:09:43 (40.7%)	4:46	12.5 (59.0%)
397	DRYL Ksawery	5959		BIAŁYSTOK		M-12	31	M 336		00:04:37	00:15:07	00:23:57	00:28:34	+00:09:44 (40.7%)	4:47	12.5 (59.0%)
398	JURCZUK Filip	5971		BIAŁYSTOK		M-30	141	M 337		00:04:37	00:15:58	00:23:58	00:28:36	+00:09:46 (40.8%)	4:47	12.5 (59.0%)
399	ANTANOVICH Valentina	5048	TEA.M RUN	BIAŁYSTOK		K-40	15	K 62	TEA.M RUN	00:08:26	00:15:20	00:23:59	00:32:25	+00:09:46 (40.8%)	4:47	12.5 (59.0%)
400	SAWICKI Szczepan	5362		BIAŁYSTOK		M-30	142	M 338		00:04:46	00:15:29	00:23:59	00:28:46	+00:09:46 (40.8%)	4:47	12.5 (59.0%)
401	WIĘCKOWSKI Szymon	6474		BIAŁYSTOK		M-30	143	M 339		00:04:29	00:15:22	00:23:59	00:28:28	+00:09:46 (40.8%)	4:47	12.5 (59.0%)
402	ZAMORA Piotr	6189		BIAŁYSTOK		M-20	80	M 340		00:04:28	00:14:47	00:24:01	00:28:29	+00:09:48 (40.8%)	4:47	12.5 (59.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
403	CHOIŃSKI Bogusław	5069		BIAŁYSTOK		M-50	24	M 341		00:08:56	00:15:33	00:24:01	00:32:57	+00:09:48 (40.9%)	4:47	12.5 (59.0%)
404	SAWOŃ Dawid	6472		BIAŁYSTOK		M-20	81	M 342		00:04:58	00:15:28	00:24:02	00:29:00	+00:09:49 (40.9%)	4:48	12.5 (59.0%)
405	MONIETA Marek	6299		BIAŁYSTOK		M-12	32	M 343		00:04:33	00:15:34	00:24:03	00:28:37	+00:09:50 (41.0%)	4:48	12.5 (59.0%)
406	IZBICKI Grzegorz	5206		SUWAŁKI		M-20	82	M 344		00:10:11	00:15:37	00:24:05	00:34:16	+00:09:52 (41.0%)	4:48	12.5 (59.0%)
407	DUDEL Jerzy	5438	TOP10DZIADY	BIAŁYSTOK		M-40	62	M 345		00:04:35	00:15:31	00:24:05	00:28:40	+00:09:52 (41.0%)	4:48	12.5 (59.0%)
408	CHILIMONIUK Kinga	5255		BIAŁYSTOK		K-20	16	K 63		00:04:28	00:15:24	00:24:05	00:28:34	+00:09:52 (41.0%)	4:48	12.5 (59.0%)
409	ANISEROWICZ Joanna	5045		BIAŁYSTOK		K-30	24	K 64		00:05:04	00:15:22	00:24:07	00:29:12	+00:09:54 (41.1%)	4:49	12.5 (59.0%)
410	PIEKUTOWSKI Łukasz	6075		BIAŁYSTOK		M-20	83	M 346		00:04:30	00:15:52	00:24:07	00:28:37	+00:09:54 (41.1%)	4:49	12.5 (59.0%)
411	TOPOLSKA Marlena	5929		WASILKÓW		K-30	25	K 65		00:04:20	00:15:34	00:24:08	00:28:28	+00:09:55 (41.1%)	4:49	12.4 (58.5%)
412	CIERESZKO Iwona	5231		KLEPACZE		K-50	5	K 66		00:04:24	00:15:15	00:24:08	00:28:33	+00:09:55 (41.1%)	4:49	12.4 (58.5%)
413	STODUŁKO Bartosz	5423		BIAŁYSTOK		M-30	144	M 347		00:04:42	00:15:42	00:24:08	00:28:50	+00:09:55 (41.1%)	4:49	12.4 (58.5%)
414	DUDAREWICZ Bartosz	6885		ŁOMŻA		M-20	84	M 348		00:04:38	00:15:50	00:24:08	00:28:47	+00:09:55 (41.2%)	4:49	12.4 (58.5%)
415	WIERZBICKI Jakub	5086		ZAŚCIANKI		M-20	85	M 349		00:04:59	00:15:26	00:24:08	00:29:08	+00:09:56 (41.2%)	4:49	12.4 (58.5%)
416	ŁEMPICKI Damian	6158		IGNATKI-OSIEDLE		M-20	86	M 350		00:08:39	00:15:21	00:24:09	00:32:48	+00:09:56 (41.2%)	4:49	12.4 (58.5%)
417	KOWALSKA Katarzyna	5235		WARSZAWA		K-40	16	K 67		00:08:23	00:15:21	00:24:09	00:32:32	+00:09:56 (41.2%)	4:49	12.4 (58.5%)
418	GIESKO Przemysław	6131		BIAŁYSTOK		M-40	63	M 351		00:04:43	00:15:09	00:24:09	00:28:53	+00:09:56 (41.2%)	4:49	12.4 (58.5%)
419	ŻYLIŃSKI Patryk	6636		WARSZAWA		M-20	87	M 352		00:08:22	00:15:39	00:24:11	00:32:34	+00:09:58 (41.3%)	4:49	12.4 (58.5%)
420	MISARKO Mariusz	6534		BIAŁYSTOK		M-40	64	M 353		00:04:25	00:15:15	00:24:11	00:28:37	+00:09:58 (41.3%)	4:49	12.4 (58.5%)
421	DOMARADZKI Adrian	5915		CHOROSZCZ		M-30	145	M 354		00:08:53	00:15:39	00:24:11	00:33:05	+00:09:58 (41.3%)	4:49	12.4 (58.5%)
422	KUCZYŃSKA Joanna	5312		BIAŁYSTOK		K-20	17	K 68		00:08:30	00:15:32	00:24:15	00:32:45	+00:10:02 (41.4%)	4:50	12.4 (58.5%)
423	ZAWADZKI Michał	5294	USK	BIAŁYSTOK		M-30	146	M 355		00:08:31	00:15:40	00:24:15	00:32:46	+00:10:02 (41.4%)	4:50	12.4 (58.5%)
424	SZYMBORSKI Karol	5508		BIAŁYSTOK		M-40	65	M 356		00:08:29	00:15:32	00:24:16	00:32:46	+00:10:03 (41.5%)	4:50	12.4 (58.5%)
425	KOWALSKI Krystian	6592		BIAŁYSTOK		M-30	147	M 357		00:09:24	00:15:14	00:24:17	00:33:41	+00:10:04 (41.5%)	4:51	12.4 (58.5%)
426	JACKOWSKI Igancy	6596		BIAŁYSTOK		M-12	33	M 358		00:04:55	00:15:41	00:24:17	00:29:13	+00:10:04 (41.5%)	4:51	12.4 (58.5%)
427	BIBUŁOWICZ Monika	5836		SURAŻ		K-40	17	K 69		00:04:25	00:15:26	00:24:17	00:28:43	+00:10:04 (41.5%)	4:51	12.4 (58.5%)
428	SUMA Sebastian	5348		BIAŁYSTOK		M-40	66	M 359		00:04:55	00:15:45	00:24:19	00:29:14	+00:10:06 (41.6%)	4:51	12.3 (58.0%)
429	PACAK Małgorzata	5976		KOŁOBRZEG		K-20	18	K 70		00:09:50	00:16:01	00:24:20	00:34:11	+00:10:07 (41.6%)	4:51	12.3 (58.0%)
430	ŻARNOCH Leszek	5245	NIE NALEŻĘ DO ŻADNEGO	BIAŁYSTOK		M-50	25	M 360		00:04:24	00:15:15	00:24:20	00:28:45	+00:10:07 (41.6%)	4:51	12.3 (58.0%)
431	MATYS Marek	5329		BIAŁYSTOK		M-50	26	M 361		00:04:30	00:15:32	00:24:20	00:28:51	+00:10:07 (41.6%)	4:51	12.3 (58.0%)
432	RYGASIEWICZ Ewa	5309		BIAŁYSTOK		K-30	26	K 71		00:04:32	00:15:42	00:24:21	00:28:53	+00:10:08 (41.7%)	4:51	12.3 (58.0%)
433	KOPCZEWSKI Tadeusz	6200	MASPEX TEAM	BIAŁYSTOK		M-50	27	M 362	Maspex	00:04:45	00:15:15	00:24:21	00:29:07	+00:10:09 (41.7%)	4:51	12.3 (58.0%)
434	ŚLĄZAK Marcin	6685		ŁAPY		M-40	67	M 363		00:09:46	00:15:50	00:24:22	00:34:08	+00:10:09 (41.7%)	4:52	12.3 (58.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
435	JAROMA Monika	6535		SUCHOWOLA		K-20	19	K 72		00:10:08	00:15:43	00:24:23	00:34:31	+00:10:10 (41.8%)	4:52	12.3 (58.0%)
436	GUZIAK Bernadeta	5783		BIAŁYSTOK		K-30	27	K 73		00:08:25	00:15:24	00:24:24	00:32:49	+00:10:11 (41.8%)	4:52	12.3 (58.0%)
437	KUCHAREWICZ Damian	6549		SOKÓŁKA		M-20	88	M 364		00:08:28	00:15:51	00:24:26	00:32:54	+00:10:13 (41.9%)	4:52	12.3 (58.0%)
438	SAWICKI Adam	6645		BIAŁYSTOK		M-30	148	M 365		00:04:59	00:15:47	00:24:27	00:29:26	+00:10:14 (41.9%)	4:53	12.3 (58.0%)
439	WASIELEWSKI Grzegorz	5828		KIERSNÓWEK		M-30	149	M 366		00:00:18	00:15:35	00:24:27	00:24:46	+00:10:15 (41.9%)	4:53	12.3 (58.0%)
440	HAKAŁO Adrianna	5032	NEVER_TOO_LATE	BIAŁYSTOK		K-30	28	K 74		00:04:28	00:15:48	00:24:28	00:28:57	+00:10:15 (42.0%)	4:53	12.3 (58.0%)
441	KRASOWSKI Paweł	6143	FLOWAIR	ZAMBRÓW		M-30	150	M 367		00:04:22	00:15:11	00:24:29	00:28:52	+00:10:16 (42.0%)	4:53	12.3 (58.0%)
442	MALINOWSKI Aleks	6577		BIAŁYSTOK		M-12	34	M 368		00:09:19	00:16:20	00:24:29	00:33:48	+00:10:16 (42.0%)	4:53	12.3 (58.0%)
443	KUNDA Michal	6900		ZASCIANKI		M-40	68	M 369		00:04:54	00:15:48	00:24:29	00:29:24	+00:10:16 (42.0%)	4:53	12.3 (58.0%)
444	ŚWISTAK Radosław	5698		BIAŁYSTOK		M-30	151	M 370		00:04:34	00:15:31	00:24:31	00:29:06	+00:10:18 (42.1%)	4:53	12.2 (57.5%)
445	NADLEWSKA Paula	5953		BIAŁYSTOK		K-20	20	K 75		00:08:26	00:15:33	00:24:32	00:32:59	+00:10:19 (42.1%)	4:54	12.2 (57.5%)
446	KORZUN Kamil	5108		BIAŁYSTOK		M-40	69	M 371		00:08:27	00:15:22	00:24:33	00:33:00	+00:10:20 (42.1%)	4:54	12.2 (57.5%)
447	KOCHAŃSKI Karol	5392		BIAŁYSTOK		M-30	152	M 372		00:04:40	00:15:54	00:24:34	00:29:15	+00:10:21 (42.2%)	4:54	12.2 (57.5%)
448	CHILKIEWICZ Piotr	5335		BIELSK PODLASKI		M-40	70	M 373		00:04:38	00:15:16	00:24:35	00:29:14	+00:10:22 (42.2%)	4:54	12.2 (57.5%)
449	ZABIELSKI Karol	5098		ŁOMŻA		M-30	153	M 374		00:04:26	00:15:39	00:24:35	00:29:01	+00:10:22 (42.2%)	4:54	12.2 (57.5%)
450	ŁUKOWSKI Kamil	5614		POROSŁY		M-40	71	M 375		00:08:33	00:15:31	00:24:36	00:33:10	+00:10:23 (42.3%)	4:54	12.2 (57.5%)
451	MISIUKIEWICZ Tomasz	6356		BIAŁYSTOK		M-30	154	M 376		00:04:41	00:15:44	00:24:37	00:29:18	+00:10:24 (42.3%)	4:55	12.2 (57.5%)
452	PERŁO Dariusz	6218		BIAŁYSTOK		M-50	28	M 377	Podlaska Fundacja Rozwoju Regionalnego	00:08:24	00:15:24	00:24:37	00:33:02	+00:10:24 (42.3%)	4:55	12.2 (57.5%)
453	GRABOWICZ Mirosław	5396	SOKÓLSKA GRUPA BIEGOWA	SOKÓŁKA		M-60	3	M 378		00:04:39	00:15:39	00:24:37	00:29:17	+00:10:24 (42.3%)	4:55	12.2 (57.5%)
454	SUCHOCKI Adrian	5040		BIAŁYSTOK		M-30	155	M 379		00:04:32	00:15:12	00:24:37	00:29:09	+00:10:24 (42.3%)	4:55	12.2 (57.5%)
455	KAMIŃSKI Marcin	5345		BIAŁYSTOK		M-30	156	M 380		00:08:32	00:16:00	00:24:38	00:33:10	+00:10:25 (42.3%)	4:55	12.2 (57.5%)
456	OFMAN Rafał	5962		SUPRAŚL		M-30	157	M 381		00:04:30	00:15:38	00:24:39	00:29:09	+00:10:26 (42.4%)	4:55	12.2 (57.5%)
457	MAŁASZKIEWICZ Ania	6022		BIAŁYSTOK		K-12	6	K 76		00:04:41	00:15:30	00:24:40	00:29:21	+00:10:27 (42.4%)	4:55	12.2 (57.5%)
458	WOŁOSIK Dominik	6366		BIAŁYSTOK		M-30	158	M 382		00:09:26	00:16:07	00:24:40	00:34:06	+00:10:27 (42.4%)	4:55	12.2 (57.5%)
459	ANDREIKOVA Valentyna	5338	TEA.M RUN	BIAŁYSTOK		K-20	21	K 77	TEA.M RUN	00:04:26	00:15:49	00:24:40	00:29:07	+00:10:27 (42.4%)	4:55	12.2 (57.5%)
460	BURZYŃSKI Maciej	6665		BIAŁYSTOK		M-20	89	M 383		00:04:48	00:15:56	00:24:41	00:29:30	+00:10:28 (42.4%)	4:55	12.2 (57.5%)
461	RUDNICKI Robert	6641	BINGOBOMBA RUNNING CLUB EST. 2026	BIAŁYSTOK		M-30	159	M 384	Bingobomba Running Club est. 2026	00:08:23	00:15:41	00:24:43	00:33:06	+00:10:30 (42.5%)	4:56	12.1 (57.1%)
462	CHMIELEWSKI Karol	6253		BIAŁYSTOK		M-30	160	M 385	MERKURY	00:04:44	00:15:44	00:24:43	00:29:28	+00:10:30 (42.5%)	4:56	12.1 (57.1%)
463	WNOROWSKA Katarzyna	6677	BINGOBOMBA RUNNING CLUB	BIAŁYSTOK		K-30	29	K 78	Bingobomba Running Club est. 2026	00:08:22	00:15:42	00:24:43	00:33:06	+00:10:31 (42.6%)	4:56	12.1 (57.1%)
464	LEWICKI Tomasz	5987		BIAŁYSTOK		M-12	35	M 386		00:04:43	00:15:54	00:24:44	00:29:27	+00:10:31 (42.6%)	4:56	12.1 (57.1%)
465	LEONOWICZ Ewa	5290		BIAŁYSTOK		K-40	18	K 79		00:04:25	00:15:53	00:24:45	00:29:10	+00:10:32 (42.6%)	4:56	12.1 (57.1%)
466	LESIUK Karol	6290	AMATOR	BIAŁYSTOK		M-30	161	M 387	DwaJeden	00:09:06	00:16:10	00:24:45	00:33:52	+00:10:32 (42.6%)	4:56	12.1 (57.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
467	KAMIŃSKA Magdalena	5035	UDSK	BIAŁYSTOK		K-30	30	K 80		00:08:32	00:16:01	00:24:45	00:33:18	+00:10:32 (42.6%)	4:56	12.1 (57.1%)
468	HOROSZ Michał	6146		BIAŁYSTOK		M-12	36	M 388		00:04:30	00:15:34	00:24:46	00:29:16	+00:10:33 (42.6%)	4:56	12.1 (57.1%)
469	SAWCZUK Dagmara	5642		BIAŁYSTOK		K-20	22	K 81		00:04:31	00:15:36	00:24:46	00:29:17	+00:10:33 (42.6%)	4:56	12.1 (57.1%)
470	ZIMNOCH Adam	6265		BIAŁYSTOK		M-12	37	M 389		00:08:37	00:15:54	00:24:46	00:33:24	+00:10:33 (42.7%)	4:56	12.1 (57.1%)
471	TOCZYDŁOWSKI Dariusz	6047		DOBRZYNIOWO DUŻE		M-40	72	M 390		00:08:32	00:15:51	00:24:47	00:33:19	+00:10:34 (42.7%)	4:57	12.1 (57.1%)
472	PIEKUTOWSKI Miłosz	6074		WARSZAWA		M-20	90	M 391		00:04:30	00:15:54	00:24:47	00:29:18	+00:10:34 (42.7%)	4:57	12.1 (57.1%)
473	CZYŻEWSKA Justyna	5841		BIAŁYSTOK		K-30	31	K 82		00:04:51	00:16:02	00:24:48	00:29:39	+00:10:35 (42.7%)	4:57	12.1 (57.1%)
474	ŁUBNICKI Kamil	5590		SZPIETOWO		M-30	162	M 392		00:04:51	00:16:20	00:24:48	00:29:40	+00:10:36 (42.7%)	4:57	12.1 (57.1%)
475	MACIEJEWSKI Artur	6738	MARATONKA BOGUSZE	BOGUSZE		M-30	163	M 393		00:08:30	00:16:34	00:24:51	00:33:22	+00:10:38 (42.8%)	4:57	12.1 (57.1%)
476	PALIWODA Adam	6811	ELK TU BIEGAM	BARANY		M-50	29	M 394		00:04:33	00:15:54	00:24:52	00:29:26	+00:10:39 (42.9%)	4:58	12.1 (57.1%)
477	SOKÓLSKI Mateusz	6282		BIAŁYSTOK		M-30	164	M 395		00:04:45	00:16:10	00:24:53	00:29:38	+00:10:40 (42.9%)	4:58	12.1 (57.1%)
478	PYZOWSKI Mariusz	6868	SIEMBIEGA	MIELNIK		M-40	73	M 396		00:04:30	00:15:52	00:24:54	00:29:24	+00:10:41 (42.9%)	4:58	12.1 (57.1%)
479	CIBOROWSKI Paweł	5200	1 PBOT	ŁAPY		M-40	74	M 397	1 PBOT	00:04:49	00:16:21	00:24:54	00:29:43	+00:10:41 (42.9%)	4:58	12.1 (57.1%)
480	BOŻENKO Piotr	6159		BIAŁYSTOK		M-30	165	M 398		00:04:39	00:15:53	00:24:54	00:29:34	+00:10:41 (43.0%)	4:58	12.1 (57.1%)
481	DEMBINSKI Krzysztof	5630		SZCZUCZYN		M-20	91	M 399		00:04:49	00:15:57	00:24:55	00:29:44	+00:10:42 (43.0%)	4:58	12.1 (57.1%)
482	JAWORSKI Paweł	6161		BIAŁYSTOK		M-30	166	M 400		00:04:51	00:15:08	00:24:55	00:29:47	+00:10:42 (43.0%)	4:58	12 (56.6%)
483	DEK Emil	5524		BIAŁYSTOK		M-40	75	M 401		00:08:26	00:16:05	00:24:57	00:33:23	+00:10:44 (43.1%)	4:59	12 (56.6%)
484	KIELCZEWSKI Konrad	5818		BIAŁYSTOK		M-40	76	M 402		00:04:21	00:15:48	00:24:57	00:29:19	+00:10:44 (43.1%)	4:59	12 (56.6%)
485	LITWINIUK Paweł	6340		NAREWKA		M-40	77	M 403		00:08:31	00:15:59	00:24:57	00:33:29	+00:10:45 (43.1%)	4:59	12 (56.6%)
486	BOHDAN Milena	5522		BIAŁYSTOK		K-12	7	K 83		00:04:33	00:15:58	00:24:59	00:29:33	+00:10:46 (43.1%)	4:59	12 (56.6%)
487	ŁUCEWICZ Piotr	5819		POROSŁY		M-30	167	M 404		00:04:31	00:15:56	00:25:00	00:29:31	+00:10:47 (43.2%)	4:59	12 (56.6%)
488	RYBOŁOWICZ Marcin	5800		BIAŁYSTOK		M-30	168	M 405		00:09:26	00:15:54	00:25:01	00:34:27	+00:10:48 (43.2%)	4:59	12 (56.6%)
489	ROTKIEWICZ Ksenia	6055		SOKOLKA		K-12	8	K 84		00:04:24	00:16:07	00:25:01	00:29:25	+00:10:48 (43.2%)	4:59	12 (56.6%)
490	SZEREMETA Grzegorz	6807		BIAŁYSTOK		M-30	169	M 406		00:04:44	00:16:11	00:25:01	00:29:45	+00:10:48 (43.2%)	4:59	12 (56.6%)
491	BAIKOU Yahor	5320		BIAŁYSTOK		M-30	170	M 407		00:08:23	00:15:55	00:25:01	00:33:24	+00:10:48 (43.2%)	4:59	12 (56.6%)
492	KRYSZTOPOWICZ Emilia	6281		BIAŁYSTOK		K-20	23	K 85		00:04:44	00:16:11	00:25:01	00:29:46	+00:10:48 (43.2%)	4:59	12 (56.6%)
493	ZIMNOCH Marcin	5370	FIZJOBIOTIC	BIAŁYSTOK		M-40	78	M 408		00:08:37	00:16:04	00:25:02	00:33:39	+00:10:49 (43.3%)	5:00	12 (56.6%)
494	VOITSIK Mikhail	5263	BELARUS TRIATHLON FEDERACJA	GRODNO		M-40	79	M 409		00:04:30	00:15:53	00:25:03	00:29:34	+00:10:50 (43.3%)	5:00	12 (56.6%)
495	KROM Weronika	5166	VIKING RUNNING TEAM	BIAŁYSTOK		K-20	24	K 86		00:08:32	00:16:14	00:25:04	00:33:36	+00:10:51 (43.3%)	5:00	12 (56.6%)
496	PERKOWSKA Katarzyna	5054	NIE DOTYCZY	IGNATRKI OSIEDLE		K-50	6	K 87		00:04:29	00:15:50	00:25:04	00:29:34	+00:10:51 (43.3%)	5:00	12 (56.6%)
497	SIDORCZUK Dariusz	5132		BIAŁYSTOK		M-50	30	M 410		00:05:12	00:15:51	00:25:04	00:30:17	+00:10:51 (43.4%)	5:00	12 (56.6%)
498	IGNATOWICZ Kacper	6402		SUWAŁKI		M-12	38	M 411		00:10:32	00:16:04	00:25:05	00:35:37	+00:10:52 (43.4%)	5:00	12 (56.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
499	WASILEWSKI Krystian	6301		ZAGRUSZANY		M-20	92	M 412		00:09:46	00:15:58	00:25:05	00:34:51	+00:10:52 (43.4%)	5:00	12 (56.6%)
500	PROKOPIUK Tomasz	6316		SIENKIEWICZE		M-40	80	M 413		00:04:47	00:15:40	00:25:05	00:29:53	+00:10:52 (43.4%)	5:00	12 (56.6%)
501	PAWŁUSZEWICZ Łukasz	6385		WASILKÓW		M-30	171	M 414		00:04:32	00:16:23	00:25:06	00:29:38	+00:10:53 (43.4%)	5:00	12 (56.6%)
502	GAWRYCH Rafał	6393		SUWAŁKI		M-30	172	M 415		00:10:32	00:16:03	00:25:07	00:35:39	+00:10:54 (43.4%)	5:01	12 (56.6%)
503	MAKSIMIUK Dorota	6672	MD RUN TRAINING	BIAŁYSTOK		K-40	19	K 88	MD Run Training	00:04:27	00:16:01	00:25:07	00:29:35	+00:10:54 (43.5%)	5:01	12 (56.6%)
504	CHMIELEWSKI Krzysztof	6380		BIAŁYSTOK		M-40	81	M 416		00:09:17	00:16:17	00:25:07	00:34:25	+00:10:54 (43.5%)	5:01	12 (56.6%)
505	CHMIELEWSKA Helena	6172		BIAŁYSTOK		K-12	9	K 89		00:00:05	00:15:42	00:25:08	00:25:14	+00:10:55 (43.5%)	5:01	11.9 (56.1%)
506	SZERENOS Sabina	5425		SZERENOSY		K-30	32	K 90		00:08:30	00:16:33	00:25:10	00:33:40	+00:10:57 (43.6%)	5:01	11.9 (56.1%)
507	ZABIELSKI Piotr	5236		JASIONÓWKA		M-30	173	M 417		00:08:58	00:16:21	00:25:11	00:34:10	+00:10:58 (43.6%)	5:01	11.9 (56.1%)
508	JAKUBOWSKA Marzena	6585		KURIANY		K-40	20	K 91		00:04:28	00:16:04	00:25:12	00:29:41	+00:10:59 (43.6%)	5:02	11.9 (56.1%)
509	ROSA Robert	6309	AKADEMIA SZTUKI WOJENNEJ	GŁOGÓW		M-50	31	M 418		00:08:23	00:16:02	00:25:12	00:33:36	+00:10:59 (43.6%)	5:02	11.9 (56.1%)
510	CZARNOGÓRSKI Mateusz	6799		BIAŁYSTOK		M-30	174	M 419		00:04:46	00:16:21	00:25:14	00:30:01	+00:11:01 (43.7%)	5:02	11.9 (56.1%)
511	OKUROWSKI Karol	6430	FORMOZA PODLASKA	KLEOSIN		M-30	175	M 420		00:08:31	00:16:38	00:25:14	00:33:46	+00:11:01 (43.7%)	5:02	11.9 (56.1%)
512	KALINOWSKI Adam	6138		BIAŁYSTOK		M-40	82	M 421		00:08:40	00:16:41	00:25:14	00:33:55	+00:11:01 (43.7%)	5:02	11.9 (56.1%)
513	WAŚKO Natalia	6012		BIAŁYSTOK		K-20	25	K 92		00:04:46	00:16:19	00:25:14	00:30:01	+00:11:02 (43.7%)	5:02	11.9 (56.1%)
514	WASILEWSKI Adam	6307		BIAŁYSTOK		M-40	83	M 422		00:08:38	00:16:21	00:25:15	00:33:53	+00:11:02 (43.7%)	5:02	11.9 (56.1%)
515	ZIMNOCH Amelia	5708	KS PODLASIE	BIAŁYSTOK		K-12	10	K 93		00:08:20	00:16:05	00:25:15	00:33:35	+00:11:02 (43.8%)	5:02	11.9 (56.1%)
516	SZCZERBIŃSKA Izabela	5835		DOBRZYNIOWO DUŻE		K-30	33	K 94	Dwójka na Start	00:04:35	00:16:39	00:25:15	00:29:50	+00:11:02 (43.8%)	5:02	11.9 (56.1%)
517	PUCHALSKI Artur	6689		ŁOMŻA		M-40	84	M 423	STRABAG Białystok	00:04:27	00:15:56	00:25:16	00:29:43	+00:11:03 (43.8%)	5:02	11.9 (56.1%)
518	NASUTA Kamil	6486		BIAŁYSTOK		M-40	85	M 424		00:10:03	00:16:23	00:25:17	00:35:20	+00:11:04 (43.8%)	5:03	11.9 (56.1%)
519	GODLEWSKI Paweł	6381		BIAŁYSTOK		M-20	93	M 425		00:04:20	00:15:47	00:25:17	00:29:37	+00:11:05 (43.8%)	5:03	11.9 (56.1%)
520	WÓJCIK Damian	6431	FORMOZA PODLASKA	ŁAPY		M-30	176	M 426		00:08:32	00:16:37	00:25:18	00:33:50	+00:11:05 (43.9%)	5:03	11.9 (56.1%)
521	PUCHALSKI Szczepan	5319	GEORUN	BIAŁYSTOK		M-40	86	M 427	GEORUN	00:04:43	00:16:18	00:25:18	00:30:02	+00:11:05 (43.9%)	5:03	11.9 (56.1%)
522	BIAŁOBLÓCKI Mirosław	5278	KUNDZIN	SOKÓŁKA		M-70	1	M 428		00:04:23	00:16:21	00:25:21	00:29:45	+00:11:08 (44.0%)	5:03	11.8 (55.7%)
523	CZARNIECKI Jerzy	5403		KARAKULE		M-40	87	M 429		00:08:20	00:16:31	00:25:21	00:33:42	+00:11:08 (44.0%)	5:04	11.8 (55.7%)
524	DYSZEWSKA Kaja	5505	EURUS	BIAŁYSTOK		K-20	26	K 95		00:09:03	00:16:26	00:25:23	00:34:26	+00:11:10 (44.0%)	5:04	11.8 (55.7%)
525	SOPATA-FLOREK Monika	5581		BIAŁYSTOK		K-30	34	K 96		00:04:26	00:16:05	00:25:24	00:29:50	+00:11:11 (44.1%)	5:04	11.8 (55.7%)
526	ROGUZ Leon	6572		STANISŁAWOWO		M-12	39	M 430		00:08:32	00:16:44	00:25:24	00:33:57	+00:11:11 (44.1%)	5:04	11.8 (55.7%)
527	CITKO Dominika	6765		BIAŁYSTOK		K-30	35	K 97		00:04:50	00:16:15	00:25:24	00:30:15	+00:11:11 (44.1%)	5:04	11.8 (55.7%)
528	MAKSYMOWICZ Grzegorz	5209		BIAŁYSTOK		M-50	32	M 431		00:08:30	00:16:19	00:25:24	00:33:55	+00:11:12 (44.1%)	5:04	11.8 (55.7%)
529	JAKONIUK Konrad	5789		SUWAŁKI		M-50	33	M 432		00:04:21	00:16:05	00:25:25	00:29:47	+00:11:12 (44.1%)	5:04	11.8 (55.7%)
530	SZESZKO Paweł	6617	PYSTOK	BIAŁYSTOK		M-30	177	M 433		00:08:29	00:16:16	00:25:26	00:33:55	+00:11:13 (44.2%)	5:04	11.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
531	MARCHEL Kacper	5082		BIAŁYSTOK		M-20	94	M 434		00:05:00	00:16:34	00:25:26	00:30:27	+00:11:13 (44.2%)	5:04	11.8 (55.7%)
532	PĘSKI Rafał	5419	PLUM RUNNING TEAM	BIAŁYSTOK		M-30	178	M 435		00:08:29	00:16:28	00:25:26	00:33:56	+00:11:14 (44.2%)	5:04	11.8 (55.7%)
533	WOŁOWICZ Sylwia	5119		BIAŁYSTOK		K-30	36	K 98		00:08:23	00:16:01	00:25:27	00:33:51	+00:11:14 (44.2%)	5:05	11.8 (55.7%)
534	WILMAN Damian	5793		BIALYSTOK		M-20	95	M 436		00:00:19	00:16:16	00:25:28	00:25:47	+00:11:15 (44.2%)	5:05	11.8 (55.7%)
535	BOROWSKI Mariusz	6488		ZABŁUDÓW		M-30	179	M 437		00:10:03	00:16:05	00:25:29	00:35:32	+00:11:16 (44.2%)	5:05	11.8 (55.7%)
536	PIORUNEK Michał	6057		BIAŁYSTOK		M-20	96	M 438		00:04:42	00:16:16	00:25:29	00:30:11	+00:11:16 (44.3%)	5:05	11.8 (55.7%)
537	WASILUK Katarzyna	5422		WASILKÓW		K-20	27	K 99		00:08:33	00:16:26	00:25:30	00:34:04	+00:11:17 (44.3%)	5:05	11.8 (55.7%)
538	KALINOWSKA Urszula	5862		DĄBRÓWKI		K-40	21	K 100		00:04:25	00:16:10	00:25:30	00:29:56	+00:11:18 (44.3%)	5:05	11.8 (55.7%)
539	ŚLIWA Mateusz	6048		BIAŁYSTOK		M-30	180	M 439		00:04:36	00:16:36	00:25:31	00:30:08	+00:11:18 (44.3%)	5:05	11.8 (55.7%)
540	BUŁA Weronika	6884		NOWY DWÓR GDAŃSKI		K-30	37	K 101		00:04:39	00:16:22	00:25:32	00:30:11	+00:11:19 (44.4%)	5:06	11.8 (55.7%)
541	WASILEWSKA Kinga	5963		BIALYSTOK		K-30	38	K 102		00:08:51	00:16:26	00:25:35	00:34:26	+00:11:22 (44.5%)	5:06	11.7 (55.2%)
542	SAWICKA Sylwia	6407		GRABÓWKA		K-30	39	K 103		00:04:29	00:16:09	00:25:35	00:30:05	+00:11:22 (44.5%)	5:06	11.7 (55.2%)
543	SOWUL Łukasz	5494		CZARNA BIAŁOSTOCKA		M-30	181	M 440		00:04:29	00:15:59	00:25:36	00:30:06	+00:11:23 (44.5%)	5:06	11.7 (55.2%)
544	KOŚCIUKIEWICZ Dawid	6570		GRABÓWKA		M-40	88	M 441	Co ja tu robię	00:08:40	00:16:48	00:25:37	00:34:17	+00:11:24 (44.5%)	5:07	11.7 (55.2%)
545	SAWICKI Mateusz	6283		BIAŁYSTOK		M-20	97	M 442		00:04:35	00:16:19	00:25:37	00:30:13	+00:11:24 (44.5%)	5:07	11.7 (55.2%)
546	GRECKI Daniel	6351		BIAŁYSTOK		M-30	182	M 443		00:08:22	00:16:13	00:25:37	00:33:59	+00:11:24 (44.6%)	5:07	11.7 (55.2%)
547	TRESKA Paulina	6224	PKO LEASING	BIAŁYSTOK		K-40	22	K 104		00:04:58	00:16:12	00:25:39	00:30:37	+00:11:26 (44.6%)	5:07	11.7 (55.2%)
548	RASZCZYK Katarzyna	6191	KOLNO BIEGA	KOLNO		K-40	23	K 105	Kolno Biega	00:08:21	00:16:22	00:25:39	00:34:01	+00:11:26 (44.6%)	5:07	11.7 (55.2%)
549	TRYŁĄG Kamil	5795		NOWODWORCE		M-40	89	M 444		00:09:50	00:16:35	00:25:41	00:35:32	+00:11:28 (44.7%)	5:07	11.7 (55.2%)
550	LESZCZYŃSKI Piotr	5752		BIAŁYSTOK		M-12	40	M 445		00:00:08	00:16:06	00:25:41	00:25:49	+00:11:28 (44.7%)	5:07	11.7 (55.2%)
551	DŁUŻNIEWSKI Jakub	6622		BIAŁYSTOK		M-20	98	M 446	WspPower	00:08:21	00:16:17	00:25:42	00:34:04	+00:11:29 (44.7%)	5:08	11.7 (55.2%)
552	GOŁKO Mariusz	6291		BIAŁYSTOK		M-50	34	M 447		00:10:21	00:16:55	00:25:44	00:36:06	+00:11:31 (44.8%)	5:08	11.7 (55.2%)
553	SZUMSKI Maciej	6790		BIAŁYSTOK		M-30	183	M 448		00:04:48	00:16:51	00:25:45	00:30:34	+00:11:32 (44.8%)	5:08	11.7 (55.2%)
554	RACZKOWSKI Kamil	6460		BIAŁYSTOK		M-30	184	M 449		00:04:43	00:15:06	00:25:46	00:30:29	+00:11:33 (44.9%)	5:08	11.7 (55.2%)
555	GUARRERA Paulina	6378		BIAŁYSTOK		K-30	40	K 106		00:04:48	00:16:24	00:25:46	00:30:35	+00:11:34 (44.9%)	5:08	11.7 (55.2%)
556	FANCONY Mario	6248		BIAŁYSTOK		M-40	90	M 450	MERKURY	00:10:15	00:16:48	00:25:47	00:36:03	+00:11:34 (44.9%)	5:09	11.6 (54.7%)
557	ANDRZEJEWSKI Maciej	6712		BIAŁYSTOK		M-40	91	M 451		00:08:36	00:16:39	00:25:47	00:34:24	+00:11:34 (44.9%)	5:09	11.6 (54.7%)
558	LEONIUK Paweł	5999		CHOROSZCZ		M-30	185	M 452		00:04:36	00:16:31	00:25:48	00:30:24	+00:11:35 (44.9%)	5:09	11.6 (54.7%)
559	SOKÓŁ Sylwester	6267	FORMOZA PODLASKA	BIAŁYSTOK		M-30	186	M 453		00:08:31	00:16:38	00:25:49	00:34:20	+00:11:36 (45.0%)	5:09	11.6 (54.7%)
560	DMITRUK Piotr	6353		BIAŁYSTOK		M-30	187	M 454		00:08:48	00:17:04	00:25:49	00:34:38	+00:11:36 (45.0%)	5:09	11.6 (54.7%)
561	PAWŁUSZEWICZ Paweł	5595		BIAŁYSTOK		M-30	188	M 455		00:04:37	00:16:47	00:25:50	00:30:27	+00:11:37 (45.0%)	5:09	11.6 (54.7%)
562	ZHYLINSKAYA Dziyana	6136		BIAŁYSTOK		K-30	41	K 107		00:08:57	00:16:29	00:25:50	00:34:47	+00:11:37 (45.0%)	5:09	11.6 (54.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
563	POSŁUSZNA Karolina	5521		BIAŁYSTOK		K-20	28	K 108		00:08:28	00:16:42	00:25:50	00:34:19	+00:11:37 (45.0%)	5:09	11.6 (54.7%)
564	ZAJCZYK Przemysław	5027		GRABÓWKA		M-40	92	M 456		00:08:21	00:16:12	00:25:51	00:34:12	+00:11:38 (45.0%)	5:09	11.6 (54.7%)
565	KLINICKI Marcin	6608		BIAŁYSTOK		M-40	93	M 457		00:04:27	00:16:29	00:25:52	00:30:20	+00:11:39 (45.1%)	5:10	11.6 (54.7%)
566	BUDZICKA Emilia	5633		BIAŁYSTOK		K-30	42	K 109		00:08:22	00:16:51	00:25:54	00:34:16	+00:11:41 (45.2%)	5:10	11.6 (54.7%)
567	MALINOWSKA Natalia	6277		BIAŁYSTOK		K-20	29	K 110		00:04:38	00:16:38	00:25:55	00:30:33	+00:11:42 (45.2%)	5:10	11.6 (54.7%)
568	DOMINIUK Grzegorz	6505		OLMONTY		M-40	94	M 458		00:09:19	00:17:09	00:25:57	00:35:16	+00:11:44 (45.3%)	5:11	11.6 (54.7%)
569	LACH Wojciech	6223		BIAŁYSTOK		M-30	189	M 459		00:04:47	00:17:09	00:25:57	00:30:45	+00:11:44 (45.3%)	5:11	11.6 (54.7%)
570	LIAUCHUK Kamila	5028	N50	BIAŁYSTOK		K-12	11	K 111		00:00:07	00:16:03	00:25:58	00:26:06	+00:11:45 (45.3%)	5:11	11.6 (54.7%)
571	MANKIEVIČ Siarhiej	5404		BIAŁYSTOK		M-30	190	M 460		00:08:34	00:16:41	00:25:58	00:34:33	+00:11:45 (45.3%)	5:11	11.6 (54.7%)
572	OSTAPCZUK Andrzej	5831		BIAŁYSTOK		M-50	35	M 461		00:10:20	00:17:00	00:25:59	00:36:19	+00:11:46 (45.3%)	5:11	11.6 (54.7%)
573	EJDYS Jakub	6821		IGNATKI-OSIEDLE		M-20	99	M 462		00:09:15	00:16:58	00:26:01	00:35:16	+00:11:48 (45.4%)	5:11	11.5 (54.2%)
574	GRYGOROWICZ Przemek	5204	BIEGAM, BO ŻONA POZWOLIŁA :)	BIAŁYSTOK		M-40	95	M 463		00:08:20	00:16:56	00:26:01	00:34:22	+00:11:48 (45.4%)	5:11	11.5 (54.2%)
575	CIWONIUK Magdalena	6594		BIAŁYSTOK		K-30	43	K 112		00:09:24	00:16:44	00:26:02	00:35:26	+00:11:49 (45.4%)	5:12	11.5 (54.2%)
576	FABRYCKI Łukasz	5399	DRTUSZ BIEGA	BIAŁYSTOK		M-20	100	M 464	DrTusz Biega	00:08:24	00:16:57	00:26:03	00:34:28	+00:11:51 (45.5%)	5:12	11.5 (54.2%)
577	WYSOCKA Kamila	6266		BIAŁYSTOK		K-30	44	K 113		00:08:30	00:16:42	00:26:04	00:34:35	+00:11:51 (45.5%)	5:12	11.5 (54.2%)
578	DUBOWSKI Wiktor	6477		BIAŁYSTOK		M-12	41	M 465		00:08:28	00:16:53	00:26:05	00:34:33	+00:11:52 (45.5%)	5:12	11.5 (54.2%)
579	TELLOS Justyna	5780	HAJNÓWKA BIEGA	HAJNÓWKA		K-40	24	K 114		00:04:22	00:16:45	00:26:05	00:30:28	+00:11:53 (45.6%)	5:12	11.5 (54.2%)
580	BUCZYŁOWSKI Adam	6625		AUGUSTÓW		M-30	191	M 466		00:09:34	00:16:44	00:26:06	00:35:41	+00:11:53 (45.6%)	5:12	11.5 (54.2%)
581	ANTOSIUK Piotr	6145		BIAŁYSTOK		M-40	96	M 467		00:08:27	00:17:01	00:26:08	00:34:36	+00:11:55 (45.6%)	5:13	11.5 (54.2%)
582	RADOMSKA Joanna	6803		BIAŁYSTOK		K-30	45	K 115	Ostry team	00:04:47	00:16:56	00:26:08	00:30:55	+00:11:55 (45.7%)	5:13	11.5 (54.2%)
583	MARTYNIUK Paweł	6530	1PBOP	BIAŁYSTOK		M-40	97	M 468	1PBOP	00:09:48	00:17:29	00:26:08	00:35:56	+00:11:56 (45.7%)	5:13	11.5 (54.2%)
584	MOŚCICKI Piotr	5254		BIAŁYSTOK		M-30	192	M 469		00:00:00	00:18:21	00:26:09	00:26:09	+00:11:56 (45.7%)	5:13	11.5 (54.2%)
585	WOŁEJKO Rafał	5911		BIAŁYSTOK		M-30	193	M 470		00:04:26	00:16:30	00:26:09	00:30:36	+00:11:56 (45.7%)	5:13	11.5 (54.2%)
586	KLIM Przemysław	6481		BIAŁYSTOK		M-20	101	M 471		00:08:50	00:17:24	00:26:10	00:35:00	+00:11:57 (45.7%)	5:13	11.5 (54.2%)
587	PIKTEL Iwona	6436		BIAŁYSTOK		K-40	25	K 116		00:08:24	00:16:42	00:26:10	00:34:35	+00:11:57 (45.7%)	5:13	11.5 (54.2%)
588	SILKOWSKA Małgorzata	5499		BIAŁYSTOK		K-30	46	K 117		00:04:35	00:16:40	00:26:10	00:30:46	+00:11:57 (45.7%)	5:13	11.5 (54.2%)
589	WYSOCKI Bartosz	6497		SOLNICZKI		M-30	194	M 472		00:04:29	00:16:43	00:26:11	00:30:40	+00:11:58 (45.7%)	5:13	11.5 (54.2%)
590	HRYNIEWSKI Rafał	5411		BIAŁYSTOK		M-30	195	M 473		00:04:35	00:16:40	00:26:11	00:30:46	+00:11:58 (45.7%)	5:13	11.5 (54.2%)
591	OSTROWSKI Szymon	6289		BIAŁYSTOK		M-12	42	M 474		00:08:24	00:16:44	00:26:12	00:34:36	+00:11:59 (45.8%)	5:14	11.5 (54.2%)
592	REDLIŃSKI Mariusz	5451	18 PR	TUROŚŃ KOŚCIELNA		M-50	36	M 475		00:04:42	00:16:55	00:26:13	00:30:55	+00:12:00 (45.8%)	5:14	11.5 (54.2%)
593	KUCZEWSKA Joanna	6434		BIAŁYSTOK		K-30	47	K 118		00:08:38	00:16:54	00:26:13	00:34:51	+00:12:00 (45.8%)	5:14	11.5 (54.2%)
594	IWANIUK Agnieszka	5447		BIAŁYSTOK		K-40	26	K 119		00:04:44	00:17:06	00:26:13	00:30:58	+00:12:00 (45.8%)	5:14	11.5 (54.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
595	FIGIEL Urszula	6764	CROSSFIT BIAŁYSTOK	BIAŁYSTOK		K-40	27	K 120		00:08:39	00:16:53	00:26:13	00:34:52	+00:12:00 (45.8%)	5:14	11.5 (54.2%)
596	WITAS Łukasz	5168		BIAŁYSTOK		M-40	98	M 476		00:04:28	00:16:46	00:26:13	00:30:41	+00:12:00 (45.8%)	5:14	11.5 (54.2%)
597	KONOPKO Ryszard	6823		BIAŁYSTOK		M-12	43	M 477		00:08:24	00:16:26	00:26:13	00:34:37	+00:12:00 (45.8%)	5:14	11.5 (54.2%)
598	BALUK Aleksander	6686		CIASNE		M-12	44	M 478		00:04:26	00:16:16	00:26:13	00:30:39	+00:12:00 (45.8%)	5:14	11.5 (54.2%)
599	DOBRYNIEWSKI Krystian	6025		BIAŁYSTOK		M-20	102	M 479		00:09:46	00:16:54	00:26:15	00:36:01	+00:12:02 (45.9%)	5:14	11.4 (53.8%)
600	MITROSZ Robert	5492	BIELDRUK TEAM	BIAŁYSTOK		M-50	37	M 480	Bieldruk Team	00:04:27	00:16:24	00:26:15	00:30:42	+00:12:02 (45.9%)	5:14	11.4 (53.8%)
601	ROSZKOWSKI Marcin	6706		KRYNICA ZDRÓJ		M-30	196	M 481		00:09:52	00:17:25	00:26:15	00:36:07	+00:12:02 (45.9%)	5:14	11.4 (53.8%)
602	SZTUKOWSKI Marcin	6749		BIAŁYSTOK		M-20	103	M 482		00:10:07	00:17:08	00:26:15	00:36:22	+00:12:02 (45.9%)	5:14	11.4 (53.8%)
603	BARNAŚ Paweł	6101	ROSTI RUNNING TEAM	BIAŁYSTOK		M-40	99	M 483	Rosti Running Team	00:08:33	00:17:08	00:26:16	00:34:50	+00:12:03 (45.9%)	5:14	11.4 (53.8%)
604	PANKIEWICZ Paweł	6187		BIAŁYSTOK		M-40	100	M 484		00:10:38	00:16:47	00:26:17	00:36:55	+00:12:04 (46.0%)	5:15	11.4 (53.8%)
605	TSIARESHKA Uladzislau	5049	TEA.M RUN	BIAŁYSTOK		M-20	104	M 485		00:04:46	00:17:03	00:26:18	00:31:05	+00:12:05 (46.0%)	5:15	11.4 (53.8%)
606	PAJEWSKA Gabriela	5189		BIAŁYSTOK		K-30	48	K 121		00:04:25	00:16:26	00:26:19	00:30:44	+00:12:06 (46.0%)	5:15	11.4 (53.8%)
607	ŻEMOJDUK Gosia	5932		BIAŁYSTOK		K-30	49	K 122		00:04:33	00:16:53	00:26:19	00:30:52	+00:12:06 (46.0%)	5:15	11.4 (53.8%)
608	JURKOWICZ Dominika	6855		BIAŁYSTOK		K-20	30	K 123		00:04:28	00:16:41	00:26:19	00:30:48	+00:12:07 (46.0%)	5:15	11.4 (53.8%)
609	RAUBE Ariel	5361		BIAŁYSTOK		M-30	197	M 486		00:10:29	00:15:03	00:26:20	00:36:50	+00:12:07 (46.1%)	5:15	11.4 (53.8%)
610	JARMOLIK Eugeniusz	5176		BIAŁYSTOK		M-60	4	M 487		00:04:58	00:17:03	00:26:23	00:31:21	+00:12:10 (46.2%)	5:16	11.4 (53.8%)
611	PASZKOWSKI Paweł	6860		WASILKÓW		M-20	105	M 488		00:04:24	00:16:54	00:26:23	00:30:47	+00:12:10 (46.2%)	5:16	11.4 (53.8%)
612	MAŃKO Agata	5823		NOWODWORCE		K-30	50	K 124		00:04:35	00:16:37	00:26:25	00:31:01	+00:12:12 (46.2%)	5:16	11.4 (53.8%)
613	CHMIELEWSKA Edyta	5186	OSTATNI GASZĄ ŚWIATŁO TEAM💡	AUGUSTÓW		K-30	51	K 125	Ostatni gaszą światło Team💡	00:04:46	00:16:47	00:26:25	00:31:12	+00:12:12 (46.2%)	5:16	11.4 (53.8%)
614	SACZUK Zuzanna	6877		NIEWODNICA KORYCKA		K-12	12	K 126		00:08:26	00:16:52	00:26:26	00:34:52	+00:12:13 (46.3%)	5:16	11.4 (53.8%)
615	ROGOWSKA Aleksandra	6895		BIAŁYSTOK		K-20	31	K 127		00:04:33	00:17:06	00:26:26	00:30:59	+00:12:13 (46.3%)	5:16	11.4 (53.8%)
616	KONOPKA Szymon	5031		ŁOMŻA		M-20	106	M 489		00:04:25	00:16:59	00:26:26	00:30:51	+00:12:13 (46.3%)	5:16	11.4 (53.8%)
617	POPLAWSKI Mirek	6777		BIAŁYSTOK		M-60	5	M 490		00:04:23	00:16:31	00:26:26	00:30:49	+00:12:13 (46.3%)	5:16	11.4 (53.8%)
618	SZYMAŃSKI Grzegorz	6354		BIAŁYSTOK		M-20	107	M 491		00:08:40	00:17:07	00:26:27	00:35:07	+00:12:14 (46.3%)	5:17	11.4 (53.8%)
619	ALEKSIEJUK Adam	5170	ŻANDARMERIA WOJSKOWA	BIAŁYSTOK		M-40	101	M 492		00:04:31	00:17:01	00:26:28	00:30:59	+00:12:15 (46.3%)	5:17	11.3 (53.3%)
620	JANCZAK Angelika	5429		LEGNICA		K-50	7	K 128		00:04:31	00:17:05	00:26:30	00:31:02	+00:12:17 (46.4%)	5:17	11.3 (53.3%)
621	JELENIEWSKA Justyna	5553		MOŃKI		K-30	52	K 129		00:04:21	00:16:38	00:26:30	00:30:52	+00:12:17 (46.4%)	5:17	11.3 (53.3%)
622	KLEPACKI Szymon	6154		BIAŁYSTOK		M-12	45	M 493		00:08:53	00:17:30	00:26:31	00:35:24	+00:12:18 (46.4%)	5:17	11.3 (53.3%)
623	MUSZYŃSKI Jerzy	6438		BIAŁYSTOK		M-20	108	M 494		00:08:46	00:17:28	00:26:31	00:35:17	+00:12:18 (46.4%)	5:17	11.3 (53.3%)
624	WYSOCKI Piotr	6269		BIAŁYSTOK		M-30	198	M 495		00:08:40	00:16:57	00:26:31	00:35:11	+00:12:18 (46.4%)	5:18	11.3 (53.3%)
625	GOŁĘBIEWSKA Milena Anna	5480		BIAŁYSTOK		K-12	13	K 130		00:08:28	00:17:07	00:26:32	00:35:01	+00:12:19 (46.5%)	5:18	11.3 (53.3%)
626	PRZYBYŁOWSKI Krzysztof	5375		BIAŁYSTOK		M-40	102	M 496		00:10:01	00:17:54	00:26:33	00:36:34	+00:12:20 (46.5%)	5:18	11.3 (53.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
627	KONOPKO Wiktoria	5791		BIAŁYSTOK		K-20	32	K 131		00:08:34	00:17:23	00:26:33	00:35:07	+00:12:20 (46.5%)	5:18	11.3 (53.3%)
628	ŁUKASZEWICZ Daniel	6531		BIAŁYSTOK		M-40	103	M 497		00:09:47	00:17:29	00:26:33	00:36:21	+00:12:20 (46.5%)	5:18	11.3 (53.3%)
629	DUBOWSKA Karolina	6891		BIAŁYSTOK		K-30	53	K 132		00:08:20	00:17:05	00:26:35	00:34:55	+00:12:22 (46.6%)	5:18	11.3 (53.3%)
630	WOŁOSIK Alina	6593	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		K-40	28	K 133	ROZBIEGANY BIELSK PODLASKI	00:04:37	00:17:01	00:26:35	00:31:13	+00:12:22 (46.6%)	5:18	11.3 (53.3%)
631	ZABOROWSKI Michał	5637		BIAŁYSTOK		M-30	199	M 498		00:08:35	00:16:42	00:26:36	00:35:11	+00:12:23 (46.6%)	5:18	11.3 (53.3%)
632	CHARUBIN Mariusz	5240	ZWIĄZEK ŻOŁNIERZY NARODOWYCH SIŁ ZBROJNYCH NSZ	PISZ		M-40	104	M 499		00:04:23	00:16:45	00:26:37	00:31:01	+00:12:24 (46.6%)	5:19	11.3 (53.3%)
633	GRYKO Patrycja	5185		BIAŁYSTOK		K-12	14	K 134		00:08:44	00:16:44	00:26:37	00:35:22	+00:12:24 (46.6%)	5:19	11.3 (53.3%)
634	ONISZCZUK Maciej	6453		BIAŁYSTOK		M-20	109	M 500		00:04:48	00:16:39	00:26:38	00:31:26	+00:12:25 (46.7%)	5:19	11.3 (53.3%)
635	IŁENDO Michał	6827		BIAŁYSTOK		M-12	46	M 501		00:08:41	00:16:23	00:26:39	00:35:20	+00:12:26 (46.7%)	5:19	11.3 (53.3%)
636	BREŃKO Tomasz	5922		BIAŁYSTOK		M-30	200	M 502	Sii Running Team	00:08:33	00:17:10	00:26:40	00:35:14	+00:12:27 (46.7%)	5:19	11.3 (53.3%)
637	PIEKUTOWSKA Anna	5933		ŁAPY		K-40	29	K 135		00:09:20	00:17:43	00:26:41	00:36:01	+00:12:28 (46.8%)	5:19	11.3 (53.3%)
638	OSTROWSKI Daniel	5123	KAN-THERM RACING TEAM	BIAŁYSTOK		M-40	105	M 503	KAN-therm Racing Team	00:00:00	00:18:36	00:26:41	00:26:41	+00:12:28 (46.8%)	5:19	11.3 (53.3%)
639	SZOKA Jakub	6416		BIAŁYSTOK		M-20	110	M 504		00:08:48	00:16:59	00:26:41	00:35:29	+00:12:28 (46.8%)	5:19	11.3 (53.3%)
640	CYLWIK Szymon	6077		BIAŁYSTOK		M-12	47	M 505		00:08:28	00:17:03	00:26:42	00:35:10	+00:12:29 (46.8%)	5:20	11.2 (52.8%)
641	PSTUŚ Jacek	6574		WASILKÓW		M-50	38	M 506		00:00:20	00:17:07	00:26:42	00:27:02	+00:12:29 (46.8%)	5:20	11.2 (52.8%)
642	ZDANOWICZ Joanna	5050		DOBRZYNIOWO DUŻE		K-12	15	K 136		00:09:28	00:17:14	00:26:42	00:36:11	+00:12:30 (46.8%)	5:20	11.2 (52.8%)
643	DMOCHOWSKI Piotr	5371		WYSOKIE MAZOWIECKIE		M-30	201	M 507		00:08:25	00:16:57	00:26:43	00:35:09	+00:12:30 (46.8%)	5:20	11.2 (52.8%)
644	POPLAWSKA Monika	6527		BIAŁYSTOK		K-40	30	K 137		00:04:44	00:17:13	00:26:44	00:31:28	+00:12:31 (46.9%)	5:20	11.2 (52.8%)
645	CHARKIEWICZ Andrzej	5359		BIAŁYSTOK		M-40	106	M 508		00:08:41	00:16:49	00:26:44	00:35:26	+00:12:31 (46.9%)	5:20	11.2 (52.8%)
646	OSTROWSKI Tomasz	6288		BIAŁYSTOK		M-40	107	M 509		00:08:23	00:16:49	00:26:45	00:35:08	+00:12:32 (46.9%)	5:20	11.2 (52.8%)
647	MALINOWSKI Karol	6276		BIAŁYSTOK		M-30	202	M 510		00:04:38	00:16:58	00:26:45	00:31:23	+00:12:32 (46.9%)	5:20	11.2 (52.8%)
648	GRYGIEWICZ Łukasz	5694		BIAŁYSTOK		M-30	203	M 511		00:00:18	00:16:43	00:26:45	00:27:04	+00:12:32 (46.9%)	5:20	11.2 (52.8%)
649	PODGÓRSKI Jacek	5509		BIAŁYSTOK		M-40	108	M 512		00:08:32	00:17:07	00:26:45	00:35:18	+00:12:32 (46.9%)	5:20	11.2 (52.8%)
650	SMOLAK Adam	6331		BIAŁYSTOK		M-40	109	M 513		00:08:26	00:16:42	00:26:46	00:35:12	+00:12:33 (46.9%)	5:21	11.2 (52.8%)
651	OLECHNO Kornel	5158		BIAŁYSTOK		M-20	111	M 514		00:04:38	00:17:18	00:26:46	00:31:25	+00:12:33 (46.9%)	5:20	11.2 (52.8%)
652	ANISENIA Aliaksandr	5397		BIALYSTOK		M-30	204	M 515		00:08:28	00:16:48	00:26:46	00:35:15	+00:12:33 (47.0%)	5:20	11.2 (52.8%)
653	ŚLIWA Katarzyna	5822		BIAŁYSTOK		K-30	54	K 138		00:04:36	00:16:55	00:26:48	00:31:24	+00:12:35 (47.0%)	5:21	11.2 (52.8%)
654	KAMIŃSKA Agata	6342		GRAJEWO		K-30	55	K 139		00:08:30	00:17:39	00:26:48	00:35:18	+00:12:35 (47.0%)	5:21	11.2 (52.8%)
655	GŁOWACKA Emilia	5654		SOBOLEWO		K-30	56	K 140		00:08:42	00:17:20	00:26:48	00:35:31	+00:12:35 (47.0%)	5:21	11.2 (52.8%)
655	TOŁWIŃSKI Adrian	5385		BIAŁYSTOK		M-12	48	M 516	Sprinterzy	00:08:33	00:17:06	00:26:48	00:35:21	+00:12:35 (47.0%)	5:21	11.2 (52.8%)
657	KACPURA Piotr	5046		STOCZEK		M-50	39	M 517		00:04:49	00:17:15	00:26:48	00:31:38	+00:12:36 (47.0%)	5:21	11.2 (52.8%)
658	PTASZYŃSKA Joanna	5594		BIAŁYSTOK		K-50	8	K 141		00:08:22	00:16:50	00:26:49	00:35:11	+00:12:36 (47.0%)	5:21	11.2 (52.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
659	SIDOROWICZ Kamil	6699		MALAWICZE DOLNE		M-20	112	M 518		00:08:38	00:17:11	00:26:49	00:35:27	+00:12:36 (47.0%)	5:21	11.2 (52.8%)
660	GROSZYK Małgorzata	6302		BIAŁYSTOK		K-40	31	K 142		00:04:33	00:16:57	00:26:49	00:31:22	+00:12:36 (47.0%)	5:21	11.2 (52.8%)
661	SEK Konrad	5078	1PBOT	BIAŁYSTOK		M-30	205	M 519		00:08:32	00:17:11	00:26:49	00:35:22	+00:12:36 (47.0%)	5:21	11.2 (52.8%)
662	KRYNICKI Bartłomiej	5866		KLEOSIN		M-20	113	M 520		00:08:25	00:17:27	00:26:50	00:35:15	+00:12:37 (47.1%)	5:21	11.2 (52.8%)
663	KRYNICKA Angelika	5081		KLEOSIN		K-20	33	K 143		00:08:25	00:17:28	00:26:50	00:35:15	+00:12:37 (47.1%)	5:21	11.2 (52.8%)
664	STEFANOWICZ Zdzisław	6628		BIAŁYSTOK		M-50	40	M 521		00:08:25	00:17:22	00:26:51	00:35:17	+00:12:38 (47.1%)	5:21	11.2 (52.8%)
665	KHAMRENKA-USHAKOVA Iryna	5352		BIALYSTOK		K-30	57	K 144		00:08:27	00:17:19	00:26:51	00:35:19	+00:12:39 (47.1%)	5:22	11.2 (52.8%)
666	JABŁOŃSKI Mateusz	5631		BIAŁYSTOK		M-30	206	M 522		00:04:47	00:17:05	00:26:52	00:31:39	+00:12:39 (47.1%)	5:22	11.2 (52.8%)
667	WOŁYŃ Marcin	5026		BIAŁYSTOK		M-30	207	M 523		00:08:39	00:17:19	00:26:52	00:35:32	+00:12:39 (47.1%)	5:22	11.2 (52.8%)
668	RUTKOWSKI Damian	5109		BIAŁYSTOK		M-20	114	M 524		00:04:42	00:15:48	00:26:53	00:31:35	+00:12:40 (47.2%)	5:22	11.2 (52.8%)
669	KUŁAKOWSKI Michał	5237	IAS BIAŁYSTOK	BIAŁYSTOK		M-30	208	M 525		00:08:23	00:17:13	00:26:53	00:35:17	+00:12:41 (47.2%)	5:22	11.2 (52.8%)
670	MAŃKA Lena	6334	NAREWKA	NAREWKA		K-12	16	K 145		00:08:31	00:17:10	00:26:54	00:35:25	+00:12:41 (47.2%)	5:22	11.2 (52.8%)
671	SOSNOWSKI Paweł	6575		BIAŁYSTOK		M-40	110	M 526		00:08:29	00:17:25	00:26:54	00:35:24	+00:12:41 (47.2%)	5:22	11.2 (52.8%)
672	HOLAK Marta	5623		BIAŁYSTOK, PODLASKIE		K-30	58	K 146		00:08:22	00:17:14	00:26:55	00:35:18	+00:12:42 (47.2%)	5:22	11.2 (52.8%)
673	BLASHUK Siarhei	6180		BIALYSTOK		M-30	209	M 527	Białystok Biega Team	00:04:53	00:17:47	00:26:56	00:31:49	+00:12:43 (47.3%)	5:22	11.1 (52.4%)
674	KOROLUK Krzysztof	5484	BIELDRUK TEAM	BIAŁYSTOK		M-40	111	M 528	Bieldruk Team	00:04:28	00:16:42	00:26:57	00:31:25	+00:12:44 (47.3%)	5:23	11.1 (52.4%)
675	PATEJUK Agnieszka	5391		SURAŻ		K-30	59	K 147		00:08:25	00:17:20	00:26:58	00:35:23	+00:12:45 (47.3%)	5:23	11.1 (52.4%)
676	SKARŻYŃSKI Piotr	5197		BIAŁYSTOK		M-20	115	M 529		00:04:26	00:17:23	00:26:58	00:31:25	+00:12:45 (47.3%)	5:23	11.1 (52.4%)
677	ROMANIUK Sandra	6808		BIAŁYSTOK		K-20	34	K 148		00:04:34	00:18:01	00:26:59	00:31:34	+00:12:46 (47.4%)	5:23	11.1 (52.4%)
678	KULESZA Adam	6666		BIAŁYSTOK		M-50	41	M 530		00:08:29	00:17:26	00:27:01	00:35:31	+00:12:48 (47.4%)	5:23	11.1 (52.4%)
679	GLIWA Andrzej	5960	ATP OLIMPIA	BIELSK PODLASKI		M-50	42	M 531		00:04:46	00:17:09	00:27:02	00:31:48	+00:12:49 (47.4%)	5:24	11.1 (52.4%)
680	WISZOWATA Aneta	5085		BIAŁYSTOK		K-30	60	K 149		00:08:23	00:17:23	00:27:02	00:35:25	+00:12:49 (47.5%)	5:24	11.1 (52.4%)
681	SAWICKI Mateusz	5313	GROSZKI BIAŁYSTOK	BIAŁYSTOK		M-12	49	M 532		00:08:34	00:17:37	00:27:03	00:35:38	+00:12:50 (47.5%)	5:24	11.1 (52.4%)
682	SAWICKI Dariusz	6046	GROSZKI BIAŁYSTOK	BIAŁYSTOK		M-40	112	M 533		00:08:34	00:17:37	00:27:03	00:35:38	+00:12:50 (47.5%)	5:24	11.1 (52.4%)
683	NIESCIERUK Andrzej	5156	2 SERCA JEDNO TEMPO	KLEPACZE		M-50	43	M 534		00:08:29	00:17:16	00:27:04	00:35:34	+00:12:51 (47.5%)	5:24	11.1 (52.4%)
684	BOGDAN Marcin	5743		OGRODNICZKI		M-30	210	M 535		00:04:36	00:17:00	00:27:04	00:31:41	+00:12:51 (47.5%)	5:24	11.1 (52.4%)
685	SAWICKI Przemek	5273	KC JUROWCE	JUROWCE		M-30	211	M 536		00:04:35	00:17:11	00:27:04	00:31:40	+00:12:51 (47.5%)	5:24	11.1 (52.4%)
686	TKACZUK Eugeniusz	5305		BIELSK PODLASKI		M-60	6	M 537		00:08:37	00:17:38	00:27:05	00:35:43	+00:12:52 (47.6%)	5:24	11.1 (52.4%)
687	RYBOŁOWICZ Patrycja	5798		BIAŁYSTOK		K-30	61	K 150		00:09:24	00:17:32	00:27:05	00:36:30	+00:12:53 (47.6%)	5:24	11.1 (52.4%)
688	PAWLUCZUK Monika	5650		BIAŁYSTOK		K-30	62	K 151		00:09:09	00:17:32	00:27:06	00:36:16	+00:12:53 (47.6%)	5:24	11.1 (52.4%)
689	OWCZARSKA-PAWLUCZUK Angelika	5930	ROBIM CO MOŻEM	BIAŁYSTOK		K-30	63	K 152	Robim co możemy	00:08:42	00:17:19	00:27:07	00:35:50	+00:12:54 (47.6%)	5:25	11.1 (52.4%)
690	PODGÓRSKA Renata	6432		BIAŁYSTOK		K-40	32	K 153		00:08:33	00:17:13	00:27:08	00:35:41	+00:12:55 (47.6%)	5:25	11.1 (52.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
691	GAJEWSKA Ewelina	6561		GRABÓWKA		K-30	64	K 154		00:04:23	00:17:15	00:27:08	00:31:31	+00:12:55 (47.6%)	5:25	11.1 (52.4%)
692	WASILUK Monika	5131		CHOROSZCZ		K-30	65	K 155		00:08:53	00:17:48	00:27:09	00:36:02	+00:12:56 (47.7%)	5:25	11.1 (52.4%)
693	PAWILCZ Bartosz	6262		BIAŁYSTOK		M-12	50	M 538		00:08:26	00:17:02	00:27:09	00:35:35	+00:12:56 (47.7%)	5:25	11.1 (52.4%)
694	JAKUBOWSKA Małgorzata	6697		KURIANY		K-12	17	K 156		00:04:29	00:17:19	00:27:11	00:31:40	+00:12:58 (47.8%)	5:25	11 (51.9%)
695	MALINOWSKA Izabela	5444		BIAŁYSTOK		K-20	35	K 157		00:08:38	00:17:46	00:27:12	00:35:50	+00:12:59 (47.8%)	5:26	11 (51.9%)
696	LINDEBNY Łukasz	6548		BIAŁYSTOK		M-40	113	M 539		00:09:52	00:17:56	00:27:12	00:37:05	+00:12:59 (47.8%)	5:26	11 (51.9%)
697	ŚCISŁO Kazimierz	6639		FASTY		M-12	51	M 540	Fasty & Wściekli	00:08:54	00:18:20	00:27:14	00:36:08	+00:13:01 (47.8%)	5:26	11 (51.9%)
698	ROGOWSKA Malgorzata	5985		BIAŁYSTOK		K-30	66	K 158		00:08:28	00:17:23	00:27:14	00:35:42	+00:13:01 (47.8%)	5:26	11 (51.9%)
699	PUSZKO Beata	6279		BIAŁYSTOK		K-40	33	K 159		00:08:37	00:17:28	00:27:14	00:35:52	+00:13:01 (47.9%)	5:26	11 (51.9%)
700	SZATKO Jakub	5180		BIAŁYSTOK		M-20	116	M 541		00:04:36	00:17:08	00:27:14	00:31:51	+00:13:01 (47.9%)	5:26	11 (51.9%)
701	KLEPACKI Paweł	6153		BIAŁYSTOK		M-40	114	M 542		00:08:53	00:17:45	00:27:15	00:36:08	+00:13:02 (47.9%)	5:26	11 (51.9%)
702	MOŚCICKI Zenon	5249	NIE	RUTKI		M-70	2	M 543		00:08:24	00:17:19	00:27:15	00:35:39	+00:13:02 (47.9%)	5:26	11 (51.9%)
703	KRUPA Bartosz	5382		BIAŁYSTOK		M-30	212	M 544		00:08:54	00:17:35	00:27:17	00:36:11	+00:13:04 (47.9%)	5:27	11 (51.9%)
704	MADEJA Maksymilian	5417		GRABÓWKA		M-12	52	M 545		00:08:34	00:17:29	00:27:17	00:35:52	+00:13:04 (47.9%)	5:27	11 (51.9%)
705	BOBROWSKA Diana	5737		JUROWCE		K-30	67	K 160		00:09:52	00:17:46	00:27:17	00:37:10	+00:13:04 (47.9%)	5:27	11 (51.9%)
706	MUŚKO Maja	6071		BIAŁYSTOK		K-12	18	K 161		00:08:26	00:17:53	00:27:17	00:35:44	+00:13:05 (48.0%)	5:27	11 (51.9%)
707	SUPRUNOWICZ Gabriel	6445		BIAŁYSTOK		M-12	53	M 546		00:08:31		00:27:19	00:35:51	+00:13:06 (48.0%)	5:27	11 (51.9%)
708	SUPRUNOWICZ Krzysztof	6446		BIAŁYSTOK		M-40	115	M 547		00:08:32		00:27:19	00:35:52	+00:13:06 (48.0%)	5:27	11 (51.9%)
709	PILICH Michał	6658		WARSZAWA		M-40	116	M 548		00:08:30	00:17:35	00:27:20	00:35:51	+00:13:07 (48.0%)	5:27	11 (51.9%)
710	RADZIEWICZ Adrian	6095	ROSTI RUNNING TEAM	BIAŁYSTOK		M-30	213	M 549	Rosti Running Team	00:04:48	00:17:55	00:27:20	00:32:09	+00:13:07 (48.0%)	5:27	11 (51.9%)
711	SZYDŁOWSKA Ewa	5920		CZARNA BIAŁOSTOCKA		K-30	68	K 162		00:08:39	00:17:35	00:27:20	00:36:00	+00:13:07 (48.0%)	5:27	11 (51.9%)
712	ŁUKSZA Anna	5921		BIAŁYSTOK		K-50	9	K 163		00:08:39	00:17:35	00:27:20	00:36:00	+00:13:07 (48.1%)	5:27	11 (51.9%)
713	HOŃKO Kamila	5395		AUGUSTÓW		K-30	69	K 164		00:04:43	00:17:26	00:27:20	00:32:04	+00:13:08 (48.1%)	5:27	11 (51.9%)
714	GAWĘDA Szymon	5246		BIAŁYSTOK		M-20	117	M 550		00:08:45	00:18:07	00:27:21	00:36:06	+00:13:08 (48.1%)	5:27	11 (51.9%)
715	PRABUCKI Kacper	6171		NAREW		M-12	54	M 551		00:09:22	00:18:03	00:27:21	00:36:43	+00:13:08 (48.1%)	5:27	11 (51.9%)
716	POGORZELSKI Igor	6002		BIAŁYSTOK		M-20	118	M 552		00:08:59	00:17:50	00:27:21	00:36:21	+00:13:09 (48.1%)	5:27	11 (51.9%)
717	MALINOWSKI Przemek	6134		BIAŁYSTOK		M-40	117	M 553		00:09:19	00:17:32	00:27:23	00:36:43	+00:13:10 (48.1%)	5:28	11 (51.9%)
718	NIERODA Ilona	5398	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		K-30	70	K 165	Pędziwiatr Białystok	00:04:32	00:17:23	00:27:23	00:31:55	+00:13:10 (48.1%)	5:28	11 (51.9%)
719	SZERSZUNOWICZ Kasia	5781	HAJNÓWKA BIEGA	HAJNÓWKA		K-40	34	K 166		00:04:22	00:17:25	00:27:24	00:31:46	+00:13:11 (48.1%)	5:28	11 (51.9%)
720	STOCZKO Kamil	6732	NADAKTYWNI	BIAŁYSTOK		M-30	214	M 554		00:08:26	00:17:07	00:27:24	00:35:51	+00:13:11 (48.2%)	5:28	11 (51.9%)
721	RACIBORSKI Paweł	6547		WYSOKIE MAZOWIECKIE		M-20	119	M 555		00:10:34	00:18:13	00:27:24	00:37:59	+00:13:11 (48.2%)	5:28	11 (51.9%)
722	BORODZIEJ Zuzanna	6837	3T BIAŁYSTOK	BIAŁYSTOK		K-12	19	K 167	3T Białystok	00:08:28	00:17:10	00:27:24	00:35:52	+00:13:11 (48.2%)	5:28	11 (51.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
723	DANILCZUK Emilia	5195	1 PBOT	BIAŁYSTOK		K-40	35	K 168	1 PBOT	00:05:08	00:17:35	00:27:26	00:32:35	+00:13:13 (48.2%)	5:28	10.9 (51.4%)
724	BRAŃSKA Agnieszka	5091		BIAŁYSTOK		K-40	36	K 169		00:04:41	00:17:27	00:27:26	00:32:08	+00:13:13 (48.2%)	5:28	10.9 (51.4%)
725	GIERASIMIUK Anna	6243		BIAŁYSTOK		K-40	37	K 170	MERKURY	00:08:21	00:17:25	00:27:26	00:35:48	+00:13:13 (48.2%)	5:28	10.9 (51.4%)
726	DUDEK Artur	6733		BIAŁYSTOK		M-12	55	M 556		00:08:33	00:18:07	00:27:27	00:36:01	+00:13:14 (48.2%)	5:29	10.9 (51.4%)
727	MOROZ Adam	5247		BIAŁYSTOK		M-40	118	M 557		00:09:25	00:18:03	00:27:28	00:36:53	+00:13:15 (48.3%)	5:29	10.9 (51.4%)
728	KUCZYŃSKA Magdalena	5314		OPACZ KOLONIA		K-40	38	K 171		00:08:41	00:17:52	00:27:28	00:36:10	+00:13:15 (48.3%)	5:29	10.9 (51.4%)
729	MALISZEWSKA Agnieszka	5280	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K-50	10	K 172	Białystok Biega Team	00:08:20	00:17:40	00:27:29	00:35:49	+00:13:16 (48.3%)	5:29	10.9 (51.4%)
730	KOSIŃSKI Hubert	6476		BIAŁYSTOK		M-40	119	M 558		00:08:42	00:18:00	00:27:29	00:36:12	+00:13:16 (48.3%)	5:29	10.9 (51.4%)
731	TWORKOWSKI Kamil	5627		BIAŁYSTOK		M-30	215	M 559		00:10:05	00:17:38	00:27:29	00:37:35	+00:13:16 (48.3%)	5:29	10.9 (51.4%)
732	BONDA Krzysztof	6274		OLMONTY		M-20	120	M 560		00:08:57	00:17:29	00:27:29	00:36:27	+00:13:16 (48.3%)	5:29	10.9 (51.4%)
733	KOSIŃSKI Olaf	6563		BIAŁYSTOK		M-12	56	M 561		00:08:42	00:18:01	00:27:30	00:36:12	+00:13:17 (48.3%)	5:29	10.9 (51.4%)
734	KOWALCZUK Katarzyna	6098	ROSTI RUNNING TEAM	BIAŁYSTOK		K-30	71	K 173	Rosti Running Team	00:04:35	00:18:04	00:27:30	00:32:06	+00:13:17 (48.4%)	5:29	10.9 (51.4%)
735	ŁAZEWSKI Kamil	6016		BIAŁYSTOK		M-30	216	M 562	DwaJeden	00:09:12	00:17:35	00:27:31	00:36:43	+00:13:18 (48.4%)	5:29	10.9 (51.4%)
736	WIELICZKO Paweł	6767		WASILKÓW		M-40	120	M 563	Białystok Biega Team	00:08:37	00:17:30	00:27:31	00:36:09	+00:13:18 (48.4%)	5:29	10.9 (51.4%)
737	PAREJKO Piotr	6859		BIAŁYSTOK		M-30	217	M 564		00:09:03	00:18:16	00:27:31	00:36:35	+00:13:18 (48.4%)	5:29	10.9 (51.4%)
738	KOSIŃSKA Katarzyna	5755		BIAŁYSTOK		K-40	39	K 174		00:08:42	00:18:01	00:27:32	00:36:14	+00:13:19 (48.4%)	5:30	10.9 (51.4%)
739	ŁOCHOWSKA Maria	5613	NEVER_TOO_LATE	SOBOLEWO		K-40	40	K 175		00:04:25	00:17:23	00:27:34	00:31:59	+00:13:21 (48.5%)	5:30	10.9 (51.4%)
740	WESOŁOWSKA Wioleta	5904		BIAŁYSTOK		K-30	72	K 176	Sisters	00:09:18	00:17:33	00:27:34	00:36:52	+00:13:21 (48.5%)	5:30	10.9 (51.4%)
741	SHASHKOVA Volha	6600	RUN4FUN.BY	BREST		K-40	41	K 177		00:04:34	00:17:30	00:27:34	00:32:09	+00:13:21 (48.5%)	5:30	10.9 (51.4%)
742	ANTOSIUK Szymon	6144	3T	BIAŁYSTOK		M-12	57	M 565		00:00:09	00:17:35	00:27:34	00:27:43	+00:13:21 (48.5%)	5:30	10.9 (51.4%)
743	SHASHKOU Yahor	5485	RUN4FUN.BY	BREST		M-40	121	M 566		00:04:34	00:17:29	00:27:34	00:32:09	+00:13:21 (48.5%)	5:30	10.9 (51.4%)
744	BIETKAŁ Katarzyna	6754		SZUDZIAŁOWO		K-40	42	K 178		00:08:49	00:17:38	00:27:35	00:36:24	+00:13:22 (48.5%)	5:30	10.9 (51.4%)
745	ŁAPIŃSKI Krzysztof	6604		BIAŁYSTOK		M-40	122	M 567		00:10:12	00:17:50	00:27:35	00:37:47	+00:13:22 (48.5%)	5:30	10.9 (51.4%)
746	ŁAPIŃSKI Karol	6667		BIAŁYSTOK		M-40	123	M 568		00:08:22	00:17:32	00:27:35	00:35:58	+00:13:22 (48.5%)	5:30	10.9 (51.4%)
747	JUCHIMOWICZ Marcin	6761		BIAŁYSTOK		M-30	218	M 569		00:09:29	00:18:35	00:27:36	00:37:05	+00:13:23 (48.5%)	5:30	10.9 (51.4%)
748	KONOPKO Izabela	5887		BIAŁYSTOK		K-20	36	K 179		00:08:35	00:18:07	00:27:36	00:36:11	+00:13:23 (48.5%)	5:30	10.9 (51.4%)
749	NIEDBAŁA Ewelina	5810		BIAŁYSTOK		K-20	37	K 180		00:04:36	00:17:42	00:27:37	00:32:13	+00:13:24 (48.6%)	5:31	10.9 (51.4%)
750	KRUPA Tomasz	5956	ALPB	BIAŁYSTOK		M-12	58	M 570		00:08:47	00:18:06	00:27:37	00:36:25	+00:13:24 (48.6%)	5:31	10.9 (51.4%)
751	HONCHAROVA Natallia	6178		BIAŁYSTOK		K-20	38	K 181		00:04:45	00:17:34	00:27:38	00:32:23	+00:13:25 (48.6%)	5:31	10.9 (51.4%)
752	ZABROCKA Maria	5261		BIAŁYSTOK		K-20	39	K 182		00:08:45	00:18:06	00:27:40	00:36:26	+00:13:27 (48.7%)	5:31	10.9 (51.4%)
753	PRABUCKI Emil	6170		NAREW		M-30	219	M 571		00:09:21	00:17:56	00:27:41	00:37:02	+00:13:28 (48.7%)	5:31	10.8 (50.9%)
754	SZOKA Kamil	5410		CHOROSZCZ		M-30	220	M 572		00:09:31	00:18:16	00:27:41	00:37:12	+00:13:28 (48.7%)	5:31	10.8 (50.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
755	KRAUZE-ROMEJKO Katarzyna	6629		NIEWODNICA KORYCKA		K-50	11	K 183		00:08:37	00:17:56	00:27:41	00:36:18	+00:13:28 (48.7%)	5:31	10.8 (50.9%)
756	RUTO Dzmitry	5090	TEA.M RUN	BIAŁYSTOK		M-30	221	M 573	TEA.M RUN	00:08:26	00:16:36	00:27:41	00:36:07	+00:13:28 (48.7%)	5:31	10.8 (50.9%)
757	KRYSIEWICZ Wioletta	6542		GRABÓWKA		K-40	43	K 184		00:08:20	00:17:33	00:27:42	00:36:02	+00:13:29 (48.7%)	5:32	10.8 (50.9%)
758	KUCHAREWICZ Agata	6133		SOKÓŁKA		K-40	44	K 185		00:09:56	00:17:51	00:27:42	00:37:39	+00:13:29 (48.7%)	5:32	10.8 (50.9%)
759	MATYSIUK Paweł	6027		BIAŁYSTOK		M-30	222	M 574	DwaJeden	00:09:08	00:17:45	00:27:43	00:36:52	+00:13:30 (48.8%)	5:32	10.8 (50.9%)
760	LIPIŃSKI Tomasz	6649		BIAŁYSTOK		M-40	124	M 575		00:04:40	00:17:23	00:27:44	00:32:24	+00:13:31 (48.8%)	5:32	10.8 (50.9%)
761	HRYNKO Piotr	6367		WASILKÓW		M-20	121	M 576		00:10:15	00:18:04	00:27:45	00:38:00	+00:13:32 (48.8%)	5:32	10.8 (50.9%)
762	MAŁYSZKO Renata	5238		CZARNA BIAŁOSTOCKA		K-40	45	K 186		00:08:59	00:17:38	00:27:45	00:36:45	+00:13:32 (48.8%)	5:32	10.8 (50.9%)
763	SYCHOWSKA Paulina	6286	PODLASKIE KOCURY	WASILKÓW		K-30	73	K 187	Podlaskie Kocury	00:08:24	00:17:31	00:27:46	00:36:10	+00:13:33 (48.8%)	5:32	10.8 (50.9%)
764	ŁUKAWSKA Monika	6211		BIAŁYSTOK		K-30	74	K 188		00:08:41	00:17:52	00:27:46	00:36:28	+00:13:33 (48.9%)	5:32	10.8 (50.9%)
765	KRETOWICZ Leszek	5380	BIAŁYSTO BIEGA	BIAŁYSTOK		M-40	125	M 577		00:08:41	00:17:37	00:27:47	00:36:28	+00:13:34 (48.9%)	5:33	10.8 (50.9%)
766	SAMUKHA Yaraslau	6562		BIAŁYSTOK		M-30	223	M 578		00:10:00	00:18:28	00:27:48	00:37:48	+00:13:35 (48.9%)	5:33	10.8 (50.9%)
767	OSTAPCZUK Ela	5762		BIALYSTOK		K-40	46	K 189		00:04:44	00:17:52	00:27:48	00:32:33	+00:13:35 (48.9%)	5:33	10.8 (50.9%)
768	CHILIŃSKA Weronika	5740		BIAŁYSTOK		K-12	20	K 190		00:09:28	00:17:32	00:27:48	00:37:16	+00:13:35 (48.9%)	5:33	10.8 (50.9%)
769	HRYSZKIEWICZ Ewa	5452		BIAŁYSTOK		K-30	75	K 191		00:04:42	00:18:08	00:27:48	00:32:31	+00:13:35 (48.9%)	5:33	10.8 (50.9%)
770	BIERNACKI Dariusz	5234		BIAŁYSTOK		M-50	44	M 579		00:09:28	00:17:52	00:27:48	00:37:16	+00:13:35 (48.9%)	5:33	10.8 (50.9%)
771	RYTKA Piotr	5989		SOBIENIE-JEZIORY		M-40	126	M 580		00:08:53	00:18:06	00:27:50	00:36:43	+00:13:37 (49.0%)	5:33	10.8 (50.9%)
772	DREWNOWSKI Leopold	6293		BIAŁYSTOK		M-20	122	M 581		00:09:57	00:17:17	00:27:50	00:37:47	+00:13:37 (49.0%)	5:33	10.8 (50.9%)
773	BARGIELSKA Adrianna	6800		BIAŁYSTOK		K-30	76	K 192		00:09:12	00:18:09	00:27:50	00:37:03	+00:13:37 (49.0%)	5:33	10.8 (50.9%)
774	FRANKOWSKA Monika	6115		BIAŁYSTOK		K-40	47	K 193		00:04:41	00:17:46	00:27:51	00:32:32	+00:13:38 (49.0%)	5:33	10.8 (50.9%)
775	JABŁOŃSKA-TRYPUĆ Agata	5393		BIAŁYSTOK		K-40	48	K 194		00:04:48	00:18:05	00:27:51	00:32:39	+00:13:38 (49.0%)	5:33	10.8 (50.9%)
776	MONIETA Izabela	6300		BIAŁYSTOK		K-40	49	K 195		00:04:47	00:18:07	00:27:52	00:32:40	+00:13:39 (49.0%)	5:34	10.8 (50.9%)
777	MALISZEWSKI Leszek	6833		BIAŁYSTOK		M-40	127	M 582		00:09:06	00:18:16	00:27:53	00:37:00	+00:13:40 (49.1%)	5:34	10.8 (50.9%)
778	RANIEWICZ Magdalena	5711		BIAŁYSTOK		K-30	77	K 196		00:00:17	00:18:10	00:27:53	00:28:11	+00:13:41 (49.1%)	5:34	10.8 (50.9%)
779	HRYSZKO Magdalena	5126		BIAŁYSTOK		K-30	78	K 197		00:00:16	00:18:09	00:27:54	00:28:11	+00:13:41 (49.1%)	5:34	10.8 (50.9%)
780	POPLAWSKA Julia	6778		GRÓDEK		K-12	21	K 198		00:09:06	00:17:44	00:27:54	00:37:01	+00:13:42 (49.1%)	5:34	10.8 (50.9%)
781	ONISZCZUK Marcin	6452		BIAŁYSTOK		M-12	59	M 583		00:04:48	00:17:37	00:27:55	00:32:43	+00:13:42 (49.1%)	5:34	10.8 (50.9%)
782	JAKUBOWSKI Mirosław	6698		KURIANY		M-50	45	M 584		00:04:29	00:17:47	00:27:55	00:32:24	+00:13:42 (49.1%)	5:34	10.8 (50.9%)
783	PYŻYK Kacper	6514		JERONIKI		M-20	123	M 585		00:09:32	00:17:37	00:27:56	00:37:28	+00:13:43 (49.1%)	5:34	10.7 (50.5%)
784	MATAR Suzan	5969		SOKÓŁKA		K-40	50	K 199		00:09:57	00:17:50	00:27:56	00:37:53	+00:13:43 (49.1%)	5:34	10.7 (50.5%)
785	WICHOWSKA Agata	6036		BIAŁYSTOK		K-30	79	K 200		00:08:49	00:18:12	00:27:56	00:36:45	+00:13:43 (49.2%)	5:34	10.7 (50.5%)
786	WISIŃSKI Piotr	5215	RUN TO THANK JP II 1920	SZABDA		M-60	7	M 586		00:08:56	00:18:49	00:27:57	00:36:53	+00:13:44 (49.2%)	5:35	10.7 (50.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
787	ANTON Kirchuk	5606		BIAŁYSTOK		M-60	8	M 587		00:10:59	00:17:40	00:27:58	00:38:57	+00:13:45 (49.2%)	5:35	10.7 (50.5%)
788	ALEKSANDRA Aleksandra	5552		NOWODOWRCE		K-30	80	K 201		00:09:50	00:17:52	00:27:58	00:37:48	+00:13:45 (49.2%)	5:35	10.7 (50.5%)
789	KRETUŃSKI Marcin	5244		BIAŁYSTOK		M-30	224	M 588		00:04:34	00:17:42	00:27:58	00:32:32	+00:13:45 (49.2%)	5:35	10.7 (50.5%)
790	BIELICKA Beata	6792		ŁAPY		K-40	51	K 202		00:08:34	00:17:56	00:27:58	00:36:33	+00:13:45 (49.2%)	5:35	10.7 (50.5%)
791	KOTYŃSKI Piotr	6735	PALISANDER RUNNING TEAM	BIAŁYSTOK		M-30	225	M 589	PALISANDER RUNNING TEAM	00:09:31	00:17:30	00:27:59	00:37:31	+00:13:46 (49.3%)	5:35	10.7 (50.5%)
792	MALISZ Jerzy	6788		CIASNE		M-50	46	M 590		00:04:30	00:17:35	00:27:59	00:32:29	+00:13:46 (49.3%)	5:35	10.7 (50.5%)
793	DĄBROWSKA Marta	6853		BIAŁYSTOK		K-50	12	K 203		00:09:27	00:18:23	00:28:00	00:37:28	+00:13:47 (49.3%)	5:35	10.7 (50.5%)
794	DĄBROWSKI Marcel	6852		BIAŁYSTOK		M-20	124	M 591		00:09:28	00:18:23	00:28:00	00:37:28	+00:13:47 (49.3%)	5:35	10.7 (50.5%)
795	IWANOW Aleksander	5928	GAISENKOWICZ TEAM	BIAŁYSTOK		M-30	226	M 592		00:00:13	00:18:08	00:28:00	00:28:14	+00:13:47 (49.3%)	5:35	10.7 (50.5%)
796	PERŁO Dorota	6219		BIAŁYSTOK		K-50	13	K 204		00:08:34	00:17:53	00:28:00	00:36:35	+00:13:47 (49.3%)	5:35	10.7 (50.5%)
797	ZAPOLNIK Daniel	6491		BIAŁYSTOK		M-30	227	M 593		00:08:31	00:17:45	00:28:00	00:36:32	+00:13:47 (49.3%)	5:35	10.7 (50.5%)
798	SIENKIEWICZ Paulina	5212	MISIE KAMISIA	BIAŁYSTOK		K-20	40	K 205		00:08:28	00:17:56	00:28:01	00:36:30	+00:13:48 (49.3%)	5:35	10.7 (50.5%)
799	CZERWONKA Andżelika	5130		BIAŁYSTOK		K-20	41	K 206		00:10:00	00:18:23	00:28:01	00:38:02	+00:13:48 (49.3%)	5:35	10.7 (50.5%)
800	IWANOW Helena	5927	GAISENKOWICZ TEAM	BIAŁYSTOK		K-60	1	K 207		00:00:13	00:18:11	00:28:01	00:28:15	+00:13:48 (49.3%)	5:35	10.7 (50.5%)
801	MARCINKIEWICZ Marta	6099	ROSTI RUNNING TEAM	BIAŁYSTOK		K-30	81	K 208	Rosti Running Team	00:04:35	00:18:04	00:28:02	00:32:38	+00:13:49 (49.3%)	5:36	10.7 (50.5%)
802	PĘDZIŃSKI Jakub	6369		BIAŁYSTOK		M-40	128	M 594		00:09:15	00:18:12	00:28:03	00:37:18	+00:13:50 (49.4%)	5:36	10.7 (50.5%)
803	MAŁYSZKO Justyna	5112	OSTATNI GASZĄ ŚWIATŁO TEAM💡	BIAŁYSTOK		K-20	42	K 209	Ostatni gaszą światło Team💡	00:04:25	00:17:53	00:28:04	00:32:29	+00:13:51 (49.4%)	5:36	10.7 (50.5%)
804	WĘŚ Marcin	5303		BIAŁYSTOK		M-20	125	M 595		00:08:39	00:17:40	00:28:05	00:36:45	+00:13:52 (49.4%)	5:36	10.7 (50.5%)
805	KAŻMIERSKI Wojciech	5951		BIAŁYSTOK		M-60	9	M 596		00:08:43	00:17:53	00:28:06	00:36:50	+00:13:53 (49.4%)	5:36	10.7 (50.5%)
806	BOHDAN Adam	5461		BIAŁYSTOK		M-50	47	M 597		00:09:14	00:18:13	00:28:07	00:37:21	+00:13:54 (49.5%)	5:37	10.7 (50.5%)
807	KALINOWSKA Sylwia	5067		DEGUCIE		K-20	43	K 210		00:04:22	00:17:46	00:28:07	00:32:30	+00:13:54 (49.5%)	5:37	10.7 (50.5%)
808	PIECKA Urszula	5473		ŁYSKI		K-30	82	K 211		00:05:02	00:17:36	00:28:07	00:33:09	+00:13:54 (49.5%)	5:37	10.7 (50.5%)
809	NIKSA Alicja	6541		SZUĆ		K-20	44	K 212		00:08:23	00:18:13	00:28:07	00:36:30	+00:13:54 (49.5%)	5:37	10.7 (50.5%)
810	MILTYK Adam	5431	PERFEKT BODY SOKÓŁKA	SOKÓŁKA		M-40	129	M 598	Białystok Biega Team	00:09:58	00:17:49	00:28:08	00:38:07	+00:13:55 (49.5%)	5:37	10.7 (50.5%)
811	BIELSKA Karolina	6462		BIAŁYSTOK		K-40	52	K 213		00:08:24	00:18:13	00:28:10	00:36:35	+00:13:57 (49.6%)	5:37	10.7 (50.5%)
812	TRESZCZOTKA Wioletta	6013		BIAŁYSTOK		K-20	45	K 214		00:04:47	00:18:06	00:28:11	00:32:58	+00:13:58 (49.6%)	5:37	10.7 (50.5%)
813	MAKSIMOWICZ Tomasz	6483		BIAŁYSTOK		M-40	130	M 599		00:08:45	00:17:53	00:28:12	00:36:58	+00:13:59 (49.6%)	5:38	10.6 (50.0%)
814	SZYMAŃSKA Magdalena	5360		BIAŁYSTOK		K-40	53	K 215		00:09:35	00:18:29	00:28:12	00:37:48	+00:14:00 (49.6%)	5:38	10.6 (50.0%)
815	KHARYTONAVA Milana	5038	N50	BIAŁYSTOK		K-30	83	K 216	N50	00:08:29	00:17:57	00:28:14	00:36:43	+00:14:01 (49.7%)	5:38	10.6 (50.0%)
816	MORAWSKA Alicja	6359		BIAŁYSTOK		K-12	22	K 217		00:04:52	00:18:45	00:28:15	00:33:08	+00:14:02 (49.7%)	5:38	10.6 (50.0%)
817	SĘKARA Izabela	5217		BIAŁYSTOK		K-30	84	K 218		00:09:12	00:18:31	00:28:15	00:37:28	+00:14:02 (49.7%)	5:38	10.6 (50.0%)
818	PIETRASZEWSKI Patryk	5518	/	BIAŁYSTOK		M-20	126	M 600	Po Zwycięstwo	00:10:18	00:18:38	00:28:15	00:38:34	+00:14:03 (49.7%)	5:38	10.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
819	JAREMISZYN Krzysztof	6199	DRTUSZ BIEGA	BIAŁYSTOK		M-20	127	M 601	DrTusz Biega	00:09:31	00:18:35	00:28:16	00:37:47	+00:14:03 (49.7%)	5:38	10.6 (50.0%)
820	APOŃ Szymon	6874		BIAŁYSTOK		M-12	60	M 602		00:04:40	00:18:38	00:28:16	00:32:56	+00:14:03 (49.7%)	5:38	10.6 (50.0%)
821	BANACHOWICZ Anna	6743		BIAŁYSTOK		K-12	23	K 219		00:04:50	00:17:15	00:28:16	00:33:06	+00:14:03 (49.7%)	5:38	10.6 (50.0%)
822	MORAWSKA Agnieszka	6358		BIAŁYSTOK		K-40	54	K 220		00:04:52	00:18:45	00:28:16	00:33:09	+00:14:03 (49.7%)	5:38	10.6 (50.0%)
823	CHOJNOWSKI Andrzej	5713		BIAŁYSTOK		M-60	10	M 603		00:08:45	00:18:33	00:28:17	00:37:02	+00:14:04 (49.8%)	5:39	10.6 (50.0%)
824	SKRECKZO Emilia	6623	3 T	BIALYSTOK		K-12	24	K 221		00:08:27	00:18:11	00:28:17	00:36:44	+00:14:04 (49.8%)	5:39	10.6 (50.0%)
825	SZCZEPAŃSKI Sebastian	6357		GRABÓWKA		M-40	131	M 604	DwaJeden	00:09:16	00:18:27	00:28:18	00:37:35	+00:14:05 (49.8%)	5:39	10.6 (50.0%)
826	ROKICKI Bartosz	5816	AP TALENT	BIAŁYSTOK		M-12	61	M 605		00:09:59	00:18:05	00:28:19	00:38:18	+00:14:06 (49.8%)	5:39	10.6 (50.0%)
827	BARANOWSKA Monika	5321		ORZECHOWICZE		K-40	55	K 222		00:09:17	00:18:27	00:28:19	00:37:36	+00:14:06 (49.8%)	5:39	10.6 (50.0%)
828	MOZYRSKA Dorota	5251	DZIKI Z INFORMATYKI	BIAŁYSTOK		K-50	14	K 223	Dziki z Informatyki	00:04:44	00:18:14	00:28:19	00:33:03	+00:14:06 (49.8%)	5:39	10.6 (50.0%)
829	TRZESZCZKOWSKI Robert	6621		BIAŁYSTOK		M-30	228	M 606		00:10:54	00:17:57	00:28:20	00:39:15	+00:14:07 (49.9%)	5:39	10.6 (50.0%)
830	STOCZKO Natalia	6382	3T	KLEPACZE		K-12	25	K 224		00:08:27	00:18:10	00:28:21	00:36:49	+00:14:08 (49.9%)	5:39	10.6 (50.0%)
831	PUCIŁOWSKA Zuzanna	6123		BIAŁYSTOK		K-12	26	K 225		00:08:29	00:17:52	00:28:21	00:36:50	+00:14:08 (49.9%)	5:39	10.6 (50.0%)
832	WISZOWATA Zuzanna	6377	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K-12	27	K 226	Białystok Biega Team	00:04:39	00:18:24	00:28:22	00:33:01	+00:14:09 (49.9%)	5:40	10.6 (50.0%)
833	DZIKOWSKI Wojciech	5344	STREFA ZMIAN	TUROŚŃ KOŚCIELNA		M-40	132	M 607		00:05:03	00:17:39	00:28:22	00:33:26	+00:14:09 (49.9%)	5:40	10.6 (50.0%)
834	DZIKOWSKA Maria	6173		TUROŚŃ KOŚCIELNA		M-12	62	M 608		00:05:03	00:17:39	00:28:22	00:33:26	+00:14:09 (49.9%)	5:40	10.6 (50.0%)
835	RUDNICKA Jadwiga	5302		BIAŁYSTOK		K-60	2	K 227		00:00:16	00:18:15	00:28:22	00:28:39	+00:14:10 (49.9%)	5:40	10.6 (50.0%)
836	KOJKOŁ Konrad	6517		BIAŁYSTOK		M-20	128	M 609		00:08:56	00:18:10	00:28:23	00:37:20	+00:14:10 (50.0%)	5:40	10.6 (50.0%)
837	SMERCZAK Małgorzata	5471		GRABÓWKA		K-30	85	K 228		00:08:43	00:18:28	00:28:24	00:37:08	+00:14:11 (50.0%)	5:40	10.6 (50.0%)
838	KUCHARCZYK Agnieszka	5504		WARSZAWA		K-30	86	K 229		00:08:43	00:18:28	00:28:24	00:37:08	+00:14:11 (50.0%)	5:40	10.6 (50.0%)
839	GAJEWSKI Krzysztof	5506	BIAŁOSTOCKA SEKTA BIEGACZY	GRABÓWKA		M-40	133	M 610		00:08:43	00:18:28	00:28:25	00:37:08	+00:14:12 (50.0%)	5:40	10.6 (50.0%)
840	PIECZYŃSKI Wiesław	6673		AUGUSTÓW		M-70	3	M 611		00:08:36	00:18:23	00:28:25	00:37:01	+00:14:12 (50.0%)	5:40	10.6 (50.0%)
841	MARKOWSKA Sylwia	5134		BOĆKI		K-30	87	K 230		00:08:52	00:18:39	00:28:27	00:37:19	+00:14:14 (50.1%)	5:41	10.6 (50.0%)
842	HEJZA Joanna	5349	5 BATALION CZOŁGÓW	BIAŁYSTOK		K-40	56	K 231		00:08:52	00:18:39	00:28:27	00:37:20	+00:14:15 (50.1%)	5:41	10.6 (50.0%)
843	OGIJEWICZ Piotr	5136		BIELSK PODLASKI		M-30	229	M 612		00:08:52	00:18:40	00:28:27	00:37:20	+00:14:15 (50.1%)	5:41	10.6 (50.0%)
844	DZIEMIŃSKI Rafał	6551		BIAŁYSTOK		M-40	134	M 613		00:09:14	00:18:28	00:28:28	00:37:42	+00:14:15 (50.1%)	5:41	10.5 (49.5%)
845	KLIMIUK Kamil	5489	DUCH PUSZCZY	WASILKÓW		M-40	135	M 614		00:04:44	00:18:15	00:28:28	00:33:13	+00:14:15 (50.1%)	5:41	10.5 (49.5%)
846	SZYSZKIEWICZ Paulina	5803		NAREW		K-30	88	K 232		00:08:50	00:18:22	00:28:28	00:37:19	+00:14:16 (50.1%)	5:41	10.5 (49.5%)
847	KONARZEWSKA Anna	6635		KRUPNIKI		K-30	89	K 233		00:09:16	00:18:40	00:28:29	00:37:45	+00:14:16 (50.1%)	5:41	10.5 (49.5%)
848	ZALEWSKI Stanisław	5842		BIAŁYSTOK		M-30	230	M 615		00:09:55	00:18:27	00:28:31	00:38:27	+00:14:18 (50.2%)	5:41	10.5 (49.5%)
849	KUSZYŃSKI Maciej	6501		BIAŁYSTOK		M-50	48	M 616		00:08:42	00:18:26	00:28:31	00:37:14	+00:14:18 (50.2%)	5:41	10.5 (49.5%)
850	STAWORKO Martyna	6092		BIAŁYSTOK		K-20	46	K 234		00:08:45	00:18:29	00:28:32	00:37:18	+00:14:19 (50.2%)	5:42	10.5 (49.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
851	KULIKOWSKA Sylwia	5558		BIAŁYSTOK		K-30	90	K 235		00:08:57	00:19:05	00:28:32	00:37:29	+00:14:19 (50.2%)	5:42	10.5 (49.5%)
852	GAŁAŚ Adrianna	5825		CHRZANÓW		K-20	47	K 236		00:10:16	00:18:23	00:28:33	00:38:49	+00:14:20 (50.2%)	5:42	10.5 (49.5%)
853	MIKOŁAJCZYK Ewa	5967		SOKÓŁKA		K-40	57	K 237		00:09:56	00:18:27	00:28:33	00:38:30	+00:14:20 (50.3%)	5:42	10.5 (49.5%)
854	OLSZEWSKI Dominik	5228		BIAŁYSTOK		M-30	231	M 617		00:09:07	00:18:56	00:28:33	00:37:41	+00:14:20 (50.3%)	5:42	10.5 (49.5%)
855	WYSOCKA Magdalena	5060		KNYSZYN		K-30	91	K 238		00:08:37	00:18:49	00:28:35	00:37:13	+00:14:22 (50.3%)	5:42	10.5 (49.5%)
856	ZABIELSKA Aneta	5257		KNYSZYN		K-30	92	K 239		00:08:37	00:18:49	00:28:36	00:37:13	+00:14:23 (50.3%)	5:42	10.5 (49.5%)
857	JEDLIŃSKA Paulina	5125		KNYSZYN		K-30	93	K 240		00:08:37	00:18:50	00:28:37	00:37:15	+00:14:24 (50.4%)	5:43	10.5 (49.5%)
858	MICHALUK Robert	6050		SZPIETOWO		M-50	49	M 618		00:08:26	00:18:18	00:28:38	00:37:05	+00:14:26 (50.4%)	5:43	10.5 (49.5%)
859	JABŁOŃSKI Kamil	6108		JABŁOŃ KOŚCIELNA		M-30	232	M 619		00:08:25	00:18:10	00:28:39	00:37:05	+00:14:26 (50.4%)	5:43	10.5 (49.5%)
860	BUSŁOWSKI Kamil	6260		BIAŁYSTOK		M-30	233	M 620	MERKURY	00:09:09	00:20:06	00:28:40	00:37:49	+00:14:27 (50.4%)	5:43	10.5 (49.5%)
861	KRUKOWSKA Anna	5087		BIAŁYSTOK		K-30	94	K 241		00:08:20	00:18:12	00:28:41	00:37:02	+00:14:28 (50.5%)	5:43	10.5 (49.5%)
862	JAROSZ Paweł	5173	LIDERUS TEAM	BIAŁYSTOK		M-30	234	M 621		00:10:27	00:19:00	00:28:41	00:39:09	+00:14:28 (50.5%)	5:43	10.5 (49.5%)
863	HULETSKI Dzimtry	6601	TEA.M RUN	BIAŁYSTOK		M-30	235	M 622		00:09:17	00:19:02	00:28:41	00:37:59	+00:14:29 (50.5%)	5:43	10.5 (49.5%)
864	KOWALCZUK Kamil	5638		BIAŁYSTOK		M-30	236	M 623		00:08:25	00:18:45	00:28:42	00:37:08	+00:14:29 (50.5%)	5:44	10.5 (49.5%)
865	IWANIUK Martyna	6414		BIAŁYSTOK		K-20	48	K 242		00:08:30	00:18:48	00:28:43	00:37:14	+00:14:30 (50.6%)	5:44	10.5 (49.5%)
866	AL-BAHLOLI Madlen	5768		BIAŁYSTOK		K-30	95	K 243		00:04:25	00:18:17	00:28:44	00:33:09	+00:14:31 (50.6%)	5:44	10.4 (49.1%)
867	SUROWIEC Magdalena	6718	CROSSFIT JUST RAW	BIALYSTOK		K-30	96	K 244		00:08:45	00:18:28	00:28:44	00:37:30	+00:14:31 (50.6%)	5:44	10.4 (49.1%)
868	ZAKRZEWSKI Antoni	6374	3T	BIAŁYSTOK		M-12	63	M 624		00:04:40	00:18:38	00:28:45	00:33:26	+00:14:32 (50.6%)	5:44	10.4 (49.1%)
869	ŚLIWKO Paweł	5088		BIAŁYSTOK		M-30	237	M 625		00:08:51	00:18:21	00:28:46	00:37:37	+00:14:33 (50.6%)	5:44	10.4 (49.1%)
870	OKUROWSKI Rafał	5893		BIAŁYSTOK		M-30	238	M 626		00:10:27	00:19:01	00:28:46	00:39:13	+00:14:33 (50.6%)	5:44	10.4 (49.1%)
871	CHODOLEWA Aleksandra	6019		BIAŁYSTOK		K-20	49	K 245		00:09:49	00:18:20	00:28:46	00:38:36	+00:14:33 (50.6%)	5:44	10.4 (49.1%)
872	SMOLEJ Marta	6450		BIAŁYSTOK		K-20	50	K 246	Białystok Biega Team	00:08:24	00:18:31	00:28:46	00:37:11	+00:14:33 (50.6%)	5:44	10.4 (49.1%)
873	KONOPKO Julia	5792		WARSZAWA		K-20	51	K 247		00:08:34	00:17:56	00:28:48	00:37:22	+00:14:35 (50.7%)	5:45	10.4 (49.1%)
874	BRZOSTOWSKI Piotr	6646		ZAMBRÓW		M-30	239	M 627		00:08:30	00:18:38	00:28:48	00:37:18	+00:14:35 (50.7%)	5:45	10.4 (49.1%)
875	ZAJKOWSKA Anna	5491	DRTUSZ BIEGA	BIALYSTOK		K-30	97	K 248	DrTusz Biega	00:09:23	00:18:41	00:28:49	00:38:13	+00:14:36 (50.7%)	5:45	10.4 (49.1%)
876	KOWALCZUK Blanka	5639	KS PODLASIE	BIAŁYSTOK		K-12	28	K 249		00:08:25	00:18:46	00:28:49	00:37:14	+00:14:36 (50.7%)	5:45	10.4 (49.1%)
877	KAMIŃSKA Karolina	5898	SII RUNNING TEAM	BIAŁYSTOK		K-30	98	K 250		00:08:45	00:18:28	00:28:50	00:37:36	+00:14:37 (50.7%)	5:45	10.4 (49.1%)
878	ŁUKSZA Marta	5034		BIAŁYSTOK		K-30	99	K 251		00:08:36	00:18:26	00:28:51	00:37:27	+00:14:38 (50.8%)	5:45	10.4 (49.1%)
879	SNARSKI Grzegorz	5066		BIAŁYSTOK		M-30	240	M 628		00:08:36	00:18:26	00:28:51	00:37:27	+00:14:38 (50.8%)	5:45	10.4 (49.1%)
880	APTACY Bartosz	6510		BIAŁYSTOK		M-20	129	M 629		00:10:23	00:19:07	00:28:51	00:39:14	+00:14:38 (50.8%)	5:45	10.4 (49.1%)
881	GÓRSKA Hanna	5497		BIAŁYSTOK		K-12	29	K 252		00:09:36	00:19:18	00:28:52	00:38:29	+00:14:39 (50.8%)	5:46	10.4 (49.1%)
882	RADZISZEWSKI Paweł	5662		ZABŁUDÓW		M-40	136	M 630		00:10:18	00:18:56	00:28:52	00:39:10	+00:14:39 (50.8%)	5:46	10.4 (49.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
883	MINKIEWICZ Bartłomiej	5310		BIAŁYSTOK		M-20	130	M 631		00:08:25	00:18:10	00:28:54	00:37:19	+00:14:41 (50.8%)	5:46	10.4 (49.1%)
884	PTASZYŃSKA Ania	5735		BIAŁYSTOK		K-12	30	K 253		00:08:27	00:18:29	00:28:54	00:37:21	+00:14:41 (50.9%)	5:46	10.4 (49.1%)
885	OSTAPCZUK Martyna	5764		BIALYSTOK		K-12	31	K 254		00:04:45	00:18:33	00:28:55	00:33:40	+00:14:42 (50.9%)	5:46	10.4 (49.1%)
886	KOTYŃSKI Mariusz	6509		BIAŁYSTOK		M-20	131	M 632		00:10:23	00:19:08	00:28:56	00:39:19	+00:14:43 (50.9%)	5:46	10.4 (49.1%)
887	KONOŃCZUK Edyta	5496	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K-50	15	K 255		00:04:35	00:18:47	00:28:56	00:33:32	+00:14:43 (50.9%)	5:46	10.4 (49.1%)
888	DEMIANIUK Anita	5169		BIAŁYSTOK		K-20	52	K 256		00:09:17	00:18:35	00:28:58	00:38:16	+00:14:46 (51.0%)	5:47	10.4 (49.1%)
889	BOGDAN Paulina	5493		OGRODNICZKI		K-30	100	K 257		00:08:23	00:18:27	00:28:59	00:37:23	+00:14:46 (51.0%)	5:47	10.4 (49.1%)
890	DZIEKOŃSKA Monika	6305		BIAŁYSTOK		K-40	58	K 258		00:09:58	00:18:58	00:28:59	00:38:58	+00:14:47 (51.0%)	5:47	10.4 (49.1%)
891	ROSZKOWSKA Monika	5264		BIAŁYSTOK		K-30	101	K 259		00:09:52	00:19:13	00:29:01	00:38:53	+00:14:48 (51.0%)	5:47	10.3 (48.6%)
892	WALUK Franciszek	5676		BIAŁYSTOK		M-60	11	M 633		00:08:51	00:18:38	00:29:01	00:37:53	+00:14:48 (51.1%)	5:47	10.3 (48.6%)
893	KIEMIESZ Emil	5365		SOBOLEWO		M-20	132	M 634		00:09:39	00:19:50	00:29:02	00:38:41	+00:14:49 (51.1%)	5:48	10.3 (48.6%)
894	VIALICHKA Yulia	5161		BIALYSTOK		K-30	102	K 260		00:08:37	00:19:14	00:29:02	00:37:40	+00:14:49 (51.1%)	5:48	10.3 (48.6%)
895	NIEWIAROWSKA Sylwia	6155		BIAŁYSTOK		K-30	103	K 261		00:04:32	00:17:56	00:29:02	00:33:35	+00:14:49 (51.1%)	5:48	10.3 (48.6%)
896	DWOJAKOWSKI Hubert	6072		BIAŁYSTOK		M-30	241	M 635		00:08:55	00:18:29	00:29:02	00:37:58	+00:14:49 (51.1%)	5:48	10.3 (48.6%)
897	RAZHYNski Andrei	5160		BIAŁYSTOK		M-40	137	M 636		00:08:38	00:19:13	00:29:03	00:37:41	+00:14:50 (51.1%)	5:48	10.3 (48.6%)
898	WOJTCZUK Katarzyna	6433		BIAŁYSTOK		K-20	53	K 262		00:08:38	00:18:50	00:29:03	00:37:42	+00:14:50 (51.1%)	5:48	10.3 (48.6%)
899	STRZELIŃSKI Kamil	5387		BIAŁYSTOK		M-12	64	M 637		00:08:36	00:19:25	00:29:03	00:37:40	+00:14:50 (51.1%)	5:48	10.3 (48.6%)
900	GREŚ Józef	6857		MICHAŁOWO		M-60	12	M 638		00:04:42	00:18:34	00:29:05	00:33:48	+00:14:52 (51.2%)	5:48	10.3 (48.6%)
901	HERMANOWSKI Adam	6233		ZABŁUDÓW		M-50	50	M 639		00:10:18	00:18:58	00:29:06	00:39:24	+00:14:53 (51.2%)	5:49	10.3 (48.6%)
902	TEUL Szymon	5942		BIAŁYSTOK		M-12	65	M 640		00:09:10	00:18:18	00:29:06	00:38:16	+00:14:53 (51.2%)	5:48	10.3 (48.6%)
903	ROMANOWSKA Anna	5575		JUCHNOWIEC KOŚCIELNY		K-30	104	K 263		00:04:20	00:18:33	00:29:06	00:33:27	+00:14:53 (51.2%)	5:48	10.3 (48.6%)
904	CZERECH Adrian	6405		BIAŁYSTOK		M-30	242	M 641		00:09:26	00:18:59	00:29:07	00:38:33	+00:14:54 (51.2%)	5:49	10.3 (48.6%)
905	BARGŁOWSKI Kamil	5148		BIAŁYSTOK		M-20	133	M 642		00:08:38	00:19:36	00:29:07	00:37:46	+00:14:55 (51.2%)	5:49	10.3 (48.6%)
906	OGONOWSKI Michał	5560	AKADEMIA SPORTU MEDYK	WROCŁAW		M-40	138	M 643		00:09:45	00:18:44	00:29:09	00:38:54	+00:14:56 (51.3%)	5:49	10.3 (48.6%)
907	RUTKOWSKA Anita	5150		BIAŁYSTOK		K-20	54	K 264		00:04:39	00:18:39	00:29:09	00:33:48	+00:14:56 (51.3%)	5:49	10.3 (48.6%)
908	ROMBEL Krzysztof	6653		BIAŁYSTOK		M-20	134	M 644		00:09:24	00:19:13	00:29:09	00:38:34	+00:14:56 (51.3%)	5:49	10.3 (48.6%)
909	KROTEŃ Anna	5367		BIAŁYSTOK		K-40	59	K 265		00:09:44	00:19:14	00:29:12	00:38:57	+00:14:59 (51.4%)	5:50	10.3 (48.6%)
910	MILEWSKI Michał	6844		BIALYSTOK		M-40	139	M 645		00:09:26	00:19:07	00:29:13	00:38:39	+00:15:00 (51.4%)	5:50	10.3 (48.6%)
911	AKSIUTSIN Leanid	6899	BGT TEAM	OLMONTY		M-30	243	M 646	BGT Team	00:04:33	00:18:33	00:29:13	00:33:47	+00:15:00 (51.4%)	5:50	10.3 (48.6%)
912	TRYKOSZKO Kinga	6251		BIAŁYSTOK		K-20	55	K 266	MERKURY	00:09:18	00:19:07	00:29:14	00:38:33	+00:15:02 (51.4%)	5:50	10.3 (48.6%)
913	NOWOWIEJSKI Łukasz	5368		BIAŁYSTOK		M-40	140	M 647		00:09:44	00:19:14	00:29:15	00:38:59	+00:15:02 (51.4%)	5:50	10.3 (48.6%)
914	WIELKOPOLSKA Urszula	6740		GRABÓWKA		K-40	60	K 267	Pędzące czterdziestki	00:08:29	00:18:47	00:29:15	00:37:44	+00:15:02 (51.4%)	5:50	10.3 (48.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
915	BIERĆ Aleksandra	5749		BIAŁYSTOK		K-12	32	K 268		00:08:46	00:19:13	00:29:15	00:38:01	+00:15:02 (51.4%)	5:50	10.3 (48.6%)
916	PETELSKA Ewelina	6008		OLMONTY		K-30	105	K 269		00:09:39	00:19:21	00:29:15	00:38:55	+00:15:02 (51.4%)	5:50	10.3 (48.6%)
917	KOT Łukasz	6193		WARSZAWA		M-20	135	M 648		00:08:27	00:19:29	00:29:15	00:37:43	+00:15:03 (51.5%)	5:50	10.3 (48.6%)
918	WASILEWSKA Wioleta	6746		BIAŁYSTOK		K-40	61	K 270		00:08:29	00:18:46	00:29:17	00:37:47	+00:15:04 (51.5%)	5:51	10.3 (48.6%)
919	CHODYNIECKA Monika	5430		BIAŁYSTOK		K-30	106	K 271		00:04:44	00:19:03	00:29:17	00:34:02	+00:15:04 (51.5%)	5:51	10.3 (48.6%)
920	SABASZ Stanisław	6747		GRABÓWKA		M-20	136	M 649		00:09:37	00:18:54	00:29:17	00:38:55	+00:15:04 (51.5%)	5:51	10.3 (48.6%)
921	NOBILI Carla	6671		BIAŁYSTOK		K-12	33	K 272	AndyOptic	00:08:30	00:19:18	00:29:18	00:37:48	+00:15:05 (51.5%)	5:51	10.2 (48.1%)
922	LEWICKA Izabela	5910		BIAŁYSTOK		K-20	56	K 273		00:08:27	00:19:29	00:29:18	00:37:45	+00:15:05 (51.5%)	5:51	10.2 (48.1%)
923	GAŁAŚ Adrian	5194		CHRZANÓW		M-20	137	M 650		00:10:15	00:19:40	00:29:18	00:39:34	+00:15:05 (51.5%)	5:51	10.2 (48.1%)
924	CZYŻEWSKI Mateusz	5183		BIAŁYSTOK		M-30	244	M 651		00:09:45	00:19:05	00:29:18	00:39:04	+00:15:06 (51.5%)	5:51	10.2 (48.1%)
925	MAŁAKOWSKA Monika	5914	PĘDZIVIATRIS	BIAŁYSTOK		K-50	16	K 274		00:09:04	00:19:16	00:29:19	00:38:24	+00:15:06 (51.6%)	5:51	10.2 (48.1%)
926	CZYŻEWSKA Julia	5179		BIAŁYSTOK		K-20	57	K 275		00:09:45	00:19:05	00:29:19	00:39:05	+00:15:06 (51.6%)	5:51	10.2 (48.1%)
927	GINSZT Marlena	5886		HAJNÓWKA		K-40	62	K 276		00:08:22	00:18:26	00:29:19	00:37:42	+00:15:07 (51.6%)	5:51	10.2 (48.1%)
928	BAŁAZY Beata	5988		BIAŁYSTOK		K-40	63	K 277		00:08:22	00:18:43	00:29:21	00:37:44	+00:15:08 (51.6%)	5:51	10.2 (48.1%)
929	MAKAREWICZ Kacper	5346		BIAŁYSTOK		M-30	245	M 652		00:08:52	00:19:52	00:29:22	00:38:15	+00:15:10 (51.6%)	5:52	10.2 (48.1%)
930	TIMIŃSKA Aleksandra	5159		ZABŁUDÓW		K-20	58	K 278		00:09:36	00:19:39	00:29:22	00:38:59	+00:15:10 (51.6%)	5:52	10.2 (48.1%)
931	BANASZEWSKA Urszula	6054	ENERGY NORTLE	ŁAPY		K-30	107	K 279		00:10:04	00:19:29	00:29:24	00:39:28	+00:15:11 (51.7%)	5:52	10.2 (48.1%)
932	PRZEMIELEWSKA Urszula	6116		BIAŁYSTOK		K-40	64	K 280		00:04:41	00:18:51	00:29:24	00:34:06	+00:15:12 (51.7%)	5:52	10.2 (48.1%)
933	MOWEL Paweł	6485		WASILKÓW		M-30	246	M 653		00:10:02	00:19:33	00:29:25	00:39:27	+00:15:12 (51.7%)	5:52	10.2 (48.1%)
934	MIELECH Kamila	6750		BIAŁYSTOK		K-30	108	K 281		00:08:24	00:18:48	00:29:25	00:37:49	+00:15:12 (51.7%)	5:52	10.2 (48.1%)
935	RYSZKOWSKA Aneta	6429		BIAŁYSTOK		K-30	109	K 282		00:09:56	00:19:00	00:29:25	00:39:21	+00:15:12 (51.7%)	5:52	10.2 (48.1%)
936	WOJEWÓDZKI Franciszek	6568		STUDZIANKI		M-12	66	M 654		00:08:50	00:19:38	00:29:25	00:38:16	+00:15:12 (51.7%)	5:52	10.2 (48.1%)
937	STRZELIŃSKI Marcin	5377		BIAŁYSTOK		M-40	141	M 655		00:08:36	00:19:21	00:29:26	00:38:02	+00:15:13 (51.7%)	5:52	10.2 (48.1%)
938	HAJKOWSKA Gabriela	6781		NOWY DWÓR		K-20	59	K 283		00:09:32	00:18:39	00:29:26	00:38:58	+00:15:13 (51.7%)	5:52	10.2 (48.1%)
939	HRYNKIEWICZ Bartosz	6814		BIENIOWCE KOLONIA		M-20	138	M 656		00:09:32	00:18:39	00:29:26	00:38:58	+00:15:13 (51.7%)	5:52	10.2 (48.1%)
940	SIEMIENIUK Michał	6102	ROSTI RUNNING TEAM	BIAŁYSTOK		M-30	247	M 657	Rosti Running Team	00:09:19	00:18:57	00:29:27	00:38:47	+00:15:14 (51.8%)	5:53	10.2 (48.1%)
941	KARWIŃSKA Urszula	5116		BIAŁYSTOK		K-40	65	K 284		00:09:04	00:19:17	00:29:27	00:38:32	+00:15:14 (51.8%)	5:53	10.2 (48.1%)
942	LUBECKA Gabriela	6882		BIAŁYSTOK		K-20	60	K 285		00:08:28	00:18:28	00:29:28	00:37:57	+00:15:15 (51.8%)	5:53	10.2 (48.1%)
943	DWORAKOWSKA Kinga	5114		BIAŁYSTOK		K-20	61	K 286		00:08:36	00:19:14	00:29:28	00:38:04	+00:15:15 (51.8%)	5:53	10.2 (48.1%)
944	KRYŃSKI Antoni	6881		BIAŁYSTOK		M-12	67	M 658	DwaJeden	00:09:11	00:19:29	00:29:28	00:38:40	+00:15:15 (51.8%)	5:53	10.2 (48.1%)
945	JABŁONOWSKA Emilia	6029		BIAŁYSTOK		K-12	34	K 287		00:09:03	00:19:33	00:29:29	00:38:33	+00:15:16 (51.8%)	5:53	10.2 (48.1%)
946	NAZARUK Anna	5948		BIAŁYSTOK		K-20	62	K 288		00:04:26	00:18:51	00:29:30	00:33:57	+00:15:17 (51.9%)	5:53	10.2 (48.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
947	MOKICKI Piotr	5044		BIAŁYSTOK		M-50	51	M 659		00:09:20	00:19:24	00:29:31	00:38:51	+00:15:18 (51.9%)	5:53	10.2 (48.1%)
948	KRYŃSKI Marek	6015		BIAŁYSTOK		M-40	142	M 660	DwaJeden	00:09:11	00:19:29	00:29:31	00:38:43	+00:15:18 (51.9%)	5:53	10.2 (48.1%)
949	PACUK Marcin	6278		BIAŁYSTOK		M-30	248	M 661		00:04:43	00:18:41	00:29:31	00:34:15	+00:15:18 (51.9%)	5:53	10.2 (48.1%)
950	ROMBEL Aleksandra	6654		BIAŁYSTOK		K-20	63	K 289		00:09:24	00:19:13	00:29:31	00:38:56	+00:15:18 (51.9%)	5:53	10.2 (48.1%)
951	WISZENKO Mateusz	6674		BIAŁYSTOK		M-30	249	M 662		00:04:43	00:18:42	00:29:31	00:34:15	+00:15:18 (51.9%)	5:53	10.2 (48.1%)
952	KRASIŃSKA Karolina	6397		FASTY		K-40	66	K 290	Podlaska Fundacja Rozwoju Regionalnego	00:08:33	00:19:42	00:29:31	00:38:05	+00:15:18 (51.9%)	5:53	10.2 (48.1%)
953	KRASIŃSKA Malwina	6400		FASTY		K-12	35	K 291	Podlaska Fundacja Rozwoju Regionalnego	00:08:33	00:19:43	00:29:31	00:38:05	+00:15:18 (51.9%)	5:53	10.2 (48.1%)
954	ŚWIDERSKA Magdalena	5696		CHOROSZCZ		K-12	36	K 292		00:04:35	00:18:45	00:29:32	00:34:07	+00:15:19 (51.9%)	5:54	10.2 (48.1%)
955	GOŁĘBIEWSKI Jakub	5474	SPARTA	ZAŚCIANKI		M-12	68	M 663		00:08:58	00:19:43	00:29:32	00:38:30	+00:15:19 (51.9%)	5:54	10.2 (48.1%)
956	JUSZKIEWICZ Eugeniusz	5205		BIAŁYSTOK		M-40	143	M 664		00:09:38	00:18:43	00:29:33	00:39:12	+00:15:20 (51.9%)	5:54	10.2 (48.1%)
957	KLEJPS Wojciech	5372		BIAŁYSTOK		M-30	250	M 665		00:09:18	00:19:47	00:29:34	00:38:52	+00:15:21 (52.0%)	5:54	10.2 (48.1%)
958	RACZKIEWICZ Marta	5906		WARSZAWA		K-20	64	K 293		00:08:27	00:19:29	00:29:34	00:38:02	+00:15:21 (52.0%)	5:54	10.2 (48.1%)
959	ŻAMOJTUK Michał	6387		CHOROSZCZ		M-20	139	M 666		00:09:18	00:19:28	00:29:34	00:38:53	+00:15:22 (52.0%)	5:54	10.1 (47.6%)
960	NIKOŁAJUK Justyna	5706		BIAŁYSTOK		K-30	110	K 294		00:08:24	00:18:55	00:29:36	00:38:00	+00:15:23 (52.0%)	5:54	10.1 (47.6%)
961	ZŁOTNIK Katarzyna	6681		BIAŁYSTOK		K-40	67	K 295		00:08:54	00:19:30	00:29:37	00:38:31	+00:15:24 (52.0%)	5:55	10.1 (47.6%)
962	BAJKO Dominika	6424		BIAŁYSTOK		K-20	65	K 296		00:09:31	00:19:15	00:29:38	00:39:09	+00:15:25 (52.1%)	5:55	10.1 (47.6%)
963	ZALEWSKI Wojciech	6727		BIELSK PODLASKI		M-60	13	M 667		00:09:07	00:18:56	00:29:38	00:38:45	+00:15:25 (52.1%)	5:55	10.1 (47.6%)
964	CITKO Natalia	5557		BIAŁYSTOK		K-12	37	K 297		00:08:31	00:18:48	00:29:38	00:38:10	+00:15:25 (52.1%)	5:55	10.1 (47.6%)
965	CZERSKA Tala	6425		BIAŁYSTOK		K-20	66	K 298		00:09:51	00:19:28	00:29:39	00:39:30	+00:15:26 (52.1%)	5:55	10.1 (47.6%)
966	KACZANOWSKA Katarzyna	5894	SII RUNNING TEAM	BIAŁYSTOK		K-40	68	K 299		00:09:29	00:19:30	00:29:40	00:39:10	+00:15:27 (52.1%)	5:55	10.1 (47.6%)
967	EJSMONT Izabela	5773		BIAŁYSTOK		K-20	67	K 300		00:09:26	00:19:24	00:29:40	00:39:07	+00:15:27 (52.1%)	5:55	10.1 (47.6%)
968	SAEICKA Gabriela	6758		SUCHOWOLA		K-20	68	K 301		00:08:48	00:20:00	00:29:41	00:38:30	+00:15:28 (52.1%)	5:55	10.1 (47.6%)
969	RUSZCZYŃSKI Szymon	6239		BIAŁYSTOK		M-30	251	M 668		00:09:14	00:18:59	00:29:41	00:38:56	+00:15:28 (52.2%)	5:55	10.1 (47.6%)
970	PIETROWCOW Gabriela	5728		WASILKÓW		K-20	69	K 302		00:08:55	00:19:23	00:29:42	00:38:38	+00:15:29 (52.2%)	5:56	10.1 (47.6%)
971	ZAMORA Zofia	5730		BIAŁYSTOK		K-20	70	K 303		00:08:55	00:19:24	00:29:42	00:38:38	+00:15:29 (52.2%)	5:56	10.1 (47.6%)
972	SZWARC Ilona	5916		BIAŁYSTOK		K-40	69	K 304		00:09:29	00:19:37	00:29:43	00:39:12	+00:15:30 (52.2%)	5:56	10.1 (47.6%)
973	BRONIEWICZ Piotr	5279	DRTUSZ BIEGA	BIAŁYSTOK		M-40	144	M 669	DrTusz Biega	00:09:33	00:19:01	00:29:43	00:39:17	+00:15:30 (52.2%)	5:56	10.1 (47.6%)
974	KULESZA Kamil	5421		BIAŁYSTOK		M-30	252	M 670		00:09:18	00:19:19	00:29:43	00:39:02	+00:15:30 (52.2%)	5:56	10.1 (47.6%)
975	ZAGÓRSKA Aneta	6876	DRTUSZ BIEGA	BIAŁYSTOK		K-30	111	K 305	DrTusz Biega	00:09:33	00:19:01	00:29:43	00:39:17	+00:15:30 (52.2%)	5:56	10.1 (47.6%)
976	PRUSZYŃSKI Jakub	5213		BIAŁYSTOK		M-20	140	M 671		00:09:19	00:19:19	00:29:43	00:39:03	+00:15:30 (52.2%)	5:56	10.1 (47.6%)
977	HRYNIEWICKI Dariusz	6566		BIAŁYSTOK		M-60	14	M 672		00:04:31	00:18:36	00:29:44	00:34:16	+00:15:31 (52.2%)	5:56	10.1 (47.6%)
978	PRASNOWSKI Tomasz	6329		BIAŁYSTOK		M-30	253	M 673		00:10:14	00:19:52	00:29:45	00:40:00	+00:15:32 (52.2%)	5:56	10.1 (47.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
979	MISHOTA Hanna	6810		BIAŁYSTOK		K-30	112	K 306		00:08:27	00:18:19	00:29:46	00:38:13	+00:15:33 (52.3%)	5:56	10.1 (47.6%)
980	EJSMONT Ada	5776		BIAŁYSTOK		K-20	71	K 307		00:09:26	00:19:27	00:29:46	00:39:12	+00:15:33 (52.3%)	5:56	10.1 (47.6%)
981	KRYSZTOFIAK Maciej	5782		BIAŁYSTOK		M-30	254	M 674		00:09:26	00:19:26	00:29:47	00:39:13	+00:15:34 (52.3%)	5:57	10.1 (47.6%)
982	DĄBROWSKI Michał	6332	PĘDZĄCE KOMBINERKI PMB	BIAŁYSTOK		M-40	145	M 675	Pędzące Kombinierki PMB	00:08:33	00:18:50	00:29:48	00:38:22	+00:15:36 (52.4%)	5:57	10.1 (47.6%)
983	KAŻMIERSKI Dariusz	6466	AIKIRUNNERS	OLMONTY		M-50	52	M 676		00:09:57	00:19:52	00:29:49	00:39:46	+00:15:36 (52.4%)	5:57	10.1 (47.6%)
984	POPIELSKA Magdalena	5903	SII RUNNING TEAM	WARSZAWA		K-30	113	K 308	Sii Running Team	00:08:46	00:19:10	00:29:50	00:38:37	+00:15:37 (52.4%)	5:57	10.1 (47.6%)
985	CHORUŻY Natalia	5853		BIAŁYSTOK		K-20	72	K 309		00:09:47	00:19:49	00:29:53	00:39:41	+00:15:40 (52.5%)	5:58	10 (47.2%)
986	NOWIK Paulina	5775		BIAŁYSTOK		K-30	114	K 310		00:08:35	00:19:13	00:29:54	00:38:30	+00:15:41 (52.5%)	5:58	10 (47.2%)
987	PISZCZATOWSKI Kamil	6426		CHOROSZCZ		M-20	141	M 677		00:09:31	00:19:14	00:29:54	00:39:26	+00:15:41 (52.5%)	5:58	10 (47.2%)
988	SKUBICH Tomasz	5644		BIAŁYSTOK		M-30	255	M 678		00:10:14	00:18:55	00:29:55	00:40:09	+00:15:42 (52.5%)	5:58	10 (47.2%)
989	SZCZUKIEWICZ Patryk	6203		BIAŁYSTOK		M-30	256	M 679		00:10:11	00:19:18	00:29:55	00:40:07	+00:15:42 (52.5%)	5:58	10 (47.2%)
990	FIEDORUK Paulina	5750		BIAŁYSTOK		K-20	73	K 311		00:09:52	00:19:42	00:29:55	00:39:47	+00:15:42 (52.5%)	5:58	10 (47.2%)
991	ŻUKOWSKI Marian	5030	AIKIRUNNER	WASILKÓW		M-50	53	M 680		00:09:57	00:19:48	00:29:55	00:39:53	+00:15:42 (52.5%)	5:58	10 (47.2%)
992	SIKORSKI Damian	6183		BIAŁYSTOK		M-30	257	M 681		00:10:11	00:19:20	00:29:56	00:40:07	+00:15:43 (52.5%)	5:58	10 (47.2%)
993	WIELICZKO Izabela	5073		BIAŁYSTOK		K-20	74	K 312		00:08:57	00:19:20	00:29:56	00:38:53	+00:15:43 (52.6%)	5:58	10 (47.2%)
994	FERDYN Paweł	6204		BIAŁYSTOK		M-30	258	M 682		00:10:11	00:19:21	00:29:57	00:40:08	+00:15:44 (52.6%)	5:59	10 (47.2%)
995	STYPULKOWSKA Lidia	5442		WYSOKIE MAZOWIECKIE		K-12	38	K 313		00:09:23	00:19:35	00:29:57	00:39:21	+00:15:44 (52.6%)	5:59	10 (47.2%)
996	SASIM Mikita	6470		BIAŁYSTOK		M-40	146	M 683		00:08:35	00:19:47	00:29:57	00:38:33	+00:15:44 (52.6%)	5:59	10 (47.2%)
997	GODLEWSKI Grzegorz	5443		BIAŁYSTOK		M-40	147	M 684		00:09:23	00:19:34	00:29:57	00:39:21	+00:15:45 (52.6%)	5:59	10 (47.2%)
998	LEWKO Mariusz	6565		BIAŁYSTOK		M-40	148	M 685		00:08:27	00:18:58	00:29:58	00:38:25	+00:15:45 (52.6%)	5:59	10 (47.2%)
999	MATEJKO Patryk	5646		BIAŁYSTOK		M-20	142	M 686		00:09:06	00:19:45	00:29:58	00:39:04	+00:15:45 (52.6%)	5:59	10 (47.2%)
1000	JODANIEWSKI Rafał	5723		BIAŁYSTOK		M-40	149	M 687		00:08:51	00:19:52	00:29:58	00:38:50	+00:15:45 (52.6%)	5:59	10 (47.2%)
1001	BORKOWICZ-JODANIEWSKA Beata	5677		BIAŁYSTOK		K-30	115	K 314		00:08:51	00:19:51	00:29:58	00:38:50	+00:15:45 (52.6%)	5:59	10 (47.2%)
1002	RAFAŁKO Patryk	5797		BIAŁYSTOK		M-30	259	M 688		00:09:25	00:19:48	00:30:00	00:39:25	+00:15:47 (52.7%)	5:59	10 (47.2%)
1003	WALENDZIUK Magdalena	6836		NOWE ALEKSANDROWO		K-30	116	K 315		00:08:34	00:19:15	00:30:01	00:38:36	+00:15:48 (52.7%)	5:59	10 (47.2%)
1004	RYCHLIK Patrycja	5705		BIAŁYSTOK		K-20	75	K 316		00:08:59	00:19:24	00:30:01	00:39:01	+00:15:48 (52.7%)	5:59	10 (47.2%)
1005	DRAL Miłosz	5693		SĘDZISZÓW MAŁOPOLSKI		M-20	143	M 689		00:08:59	00:19:24	00:30:02	00:39:01	+00:15:49 (52.7%)	6:00	10 (47.2%)
1006	BOBRZYK Dawid	6324		BIAŁYSTOK		M-20	144	M 690		00:08:32	00:19:58	00:30:02	00:38:35	+00:15:49 (52.7%)	6:00	10 (47.2%)
1007	WOJTACH Magdalena	6729		BIAŁYSTOK		K-20	76	K 317		00:08:51	00:19:53	00:30:02	00:38:54	+00:15:49 (52.7%)	6:00	10 (47.2%)
1008	PUCIŁOWSKA Angelika	6728		BIAŁYSTOK		K-20	77	K 318		00:08:51	00:19:53	00:30:04	00:38:55	+00:15:51 (52.8%)	6:00	10 (47.2%)
1009	GIERASIMIUK Marcin	6796		BIAŁYSTOK		M-30	260	M 691	My dla Innych - Mieszkalnictwo	00:10:26	00:20:46	00:30:06	00:40:33	+00:15:53 (52.8%)	6:00	10 (47.2%)
1010	KILIAN Agnieszka	6569		STUDZIANKI		K-50	17	K 319		00:08:50	00:19:38	00:30:06	00:38:57	+00:15:54 (52.8%)	6:01	10 (47.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1011	KUROWSKA Klaudia	5643		BIAŁYSTOK		K-30	117	K 320		00:09:13	00:19:37	00:30:07	00:39:20	+00:15:54 (52.8%)	6:01	10 (47.2%)
1012	SHYMANCHYK Yahor	6119		BIALYSTOK		M-30	261	M 692		00:09:35	00:19:49	00:30:09	00:39:44	+00:15:56 (52.9%)	6:01	10 (47.2%)
1013	KOSACKI Krzysztof	5276	BRAK	SOKÓŁKA		M-40	150	M 693		00:09:30	00:19:22	00:30:12	00:39:42	+00:15:59 (53.0%)	6:02	9.9 (46.7%)
1014	MYSTKOWSKA Aleksandra	6779		BIAŁYSTOK		K-20	78	K 321		00:08:49	00:19:39	00:30:12	00:39:02	+00:16:00 (53.0%)	6:02	9.9 (46.7%)
1015	HOŁUBOWICZ Aleksandra	5389		BIAŁYSTOK		K-12	39	K 322		00:08:41	00:19:40	00:30:13	00:38:55	+00:16:00 (53.0%)	6:02	9.9 (46.7%)
1016	ABRAMOWICZ Magdalena	5839		BIAŁYSTOK		K-40	70	K 323		00:09:27	00:19:55	00:30:13	00:39:41	+00:16:00 (53.0%)	6:02	9.9 (46.7%)
1017	LINDEBNA Małgorzata	6550		BIAŁYSTOK		K-40	71	K 324		00:08:31	00:19:05	00:30:13	00:38:45	+00:16:00 (53.0%)	6:02	9.9 (46.7%)
1018	KWASIBORSKI Kamil	6365		BIAŁYSTOK		M-40	151	M 694		00:09:53	00:19:37	00:30:14	00:40:08	+00:16:01 (53.0%)	6:02	9.9 (46.7%)
1019	DĄBROWSKA Anna	6536		BIAŁYSTOK		K-30	118	K 325		00:08:36	00:19:35	00:30:15	00:38:52	+00:16:02 (53.0%)	6:02	9.9 (46.7%)
1020	STOBIECKI Adam	5039		POROSŁY		M-30	262	M 695		00:11:01	00:19:41	00:30:15	00:41:17	+00:16:02 (53.1%)	6:02	9.9 (46.7%)
1021	REMBOWSKA Barbara	5325		CZARNA BIAŁOSTOCKA		K-50	18	K 326		00:04:36	00:19:07	00:30:16	00:34:52	+00:16:03 (53.1%)	6:02	9.9 (46.7%)
1022	BARAN Patrycja	5968		NOWODWORCE		K-30	119	K 327		00:09:15	00:19:49	00:30:16	00:39:32	+00:16:04 (53.1%)	6:02	9.9 (46.7%)
1023	PAŃKOWSKA Joanna	5966		BIAŁYSTOK		K-30	120	K 328		00:09:15	00:19:48	00:30:17	00:39:33	+00:16:04 (53.1%)	6:03	9.9 (46.7%)
1024	GABRYLEWSKA Mirka	5770		BIAŁYSTOK		K-40	72	K 329		00:08:30	00:19:24	00:30:17	00:38:47	+00:16:04 (53.1%)	6:03	9.9 (46.7%)
1025	GODLEWSKI Adam	6350	CIECHANOWIEC BIEGA	CIECHANOWIEC		M-40	152	M 696		00:08:52	00:19:03	00:30:18	00:39:11	+00:16:05 (53.1%)	6:03	9.9 (46.7%)
1026	DUDZIŃSKI Konrad	6390		BIAŁYSTOK		M-30	263	M 697		00:09:35	00:20:44	00:30:19	00:39:54	+00:16:06 (53.1%)	6:03	9.9 (46.7%)
1027	FLORCZYK Łukasz	5226	1 PBOT	BIAŁYSTOK		M-30	264	M 698	1 PBOT	00:19:21	00:18:35	00:30:19	00:49:41	+00:16:06 (53.2%)	6:03	9.9 (46.7%)
1028	ANDRAKA Agnieszka	5660		BIAŁYSTOK		K-30	121	K 330		00:09:30	00:19:55	00:30:21	00:39:51	+00:16:08 (53.2%)	6:03	9.9 (46.7%)
1029	ANDRAKA Zuzanna	5811		BIAŁYSTOK		K-12	40	K 331		00:09:30	00:19:55	00:30:21	00:39:51	+00:16:08 (53.2%)	6:03	9.9 (46.7%)
1030	MARCZEWSKA Kinga	5652		BIAŁYSTOK		K-30	122	K 332		00:09:10	00:19:39	00:30:21	00:39:31	+00:16:08 (53.2%)	6:04	9.9 (46.7%)
1031	KONOPKO Tomasz	6797		FASTY		M-30	265	M 699	Fasty & Wściekli	00:08:54	00:19:22	00:30:21	00:39:16	+00:16:08 (53.2%)	6:03	9.9 (46.7%)
1032	MISZKOWICZ-ADAMOWICZ Urszula	6555		CZARNA BIAŁOSTOCKA		K-20	79	K 333		00:04:37	00:19:26	00:30:22	00:34:59	+00:16:09 (53.2%)	6:04	9.9 (46.7%)
1033	DOLIŃSKA Marta	5673		BIAŁYSTOK		K-30	123	K 334		00:08:25	00:19:53	00:30:22	00:38:47	+00:16:09 (53.2%)	6:04	9.9 (46.7%)
1034	MICHALEWICZ Magdalena	6245		BIAŁYSTOK		K-40	73	K 335	MERKURY	00:04:33	00:19:30	00:30:24	00:34:58	+00:16:11 (53.3%)	6:04	9.9 (46.7%)
1035	MIKLAS Karolina	6258		BIAŁYSTOK		K-40	74	K 336	MERKURY	00:04:33	00:19:30	00:30:25	00:34:58	+00:16:12 (53.3%)	6:04	9.9 (46.7%)
1036	KALINOWSKA Roksana	6795	STOWARZYSZENIE MY DLA INNYCH	BIAŁYSTOK		K-30	124	K 337	My dla Innych - Mieszkalnictwo	00:10:26	00:20:26	00:30:25	00:40:51	+00:16:12 (53.3%)	6:04	9.9 (46.7%)
1037	ANDRAKA Izabela	5796		BIAŁYSTOK		K-30	125	K 338		00:09:28	00:20:08	00:30:25	00:39:54	+00:16:12 (53.3%)	6:04	9.9 (46.7%)
1038	ŻUKOWSKA Weronika	5601		BIAŁYSTOK		K-20	80	K 339		00:09:10	00:20:27	00:30:27	00:39:37	+00:16:14 (53.4%)	6:05	9.9 (46.7%)
1039	DYBKOWSKA Anna	5634		BIAŁYSTOK		K-40	75	K 340		00:10:14	00:19:41	00:30:28	00:40:42	+00:16:16 (53.4%)	6:05	9.9 (46.7%)
1040	JANISZEWSKI Jędrzej	6725	MY DLA INNYCH	BIAŁYSTOK		M-30	266	M 700	My Dla Innych	00:10:27	00:20:26	00:30:29	00:40:57	+00:16:16 (53.4%)	6:05	9.8 (46.2%)
1041	KONOPKA Paweł	5663		NIWODNICA KORYCKA		M-30	267	M 701	Na co mi to było	00:09:21	00:20:07	00:30:29	00:39:51	+00:16:16 (53.4%)	6:05	9.8 (46.2%)
1042	RUDNICKA Anna	6663	BINGOBOMBA RUNNING CLUB EST. 2026	BIAŁYSTOK		K-30	126	K 341	Bingobomba Running Club est. 2026	00:09:39	00:19:41	00:30:29	00:40:09	+00:16:17 (53.4%)	6:05	9.8 (46.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1043	OLESZCZUK Paulina	5668		BIAŁYSTOK		K-30	127	K 342		00:08:37	00:19:09	00:30:30	00:39:07	+00:16:17 (53.4%)	6:05	9.8 (46.2%)
1044	SZCZAWIŃSKA Monika	5939		BIAŁYSTOK		K-30	128	K 343		00:09:18	00:19:31	00:30:31	00:39:50	+00:16:18 (53.5%)	6:05	9.8 (46.2%)
1045	TRUSIEWICZ Anna	6370		BIAŁYSTOK		K-30	129	K 344		00:08:49	00:19:43	00:30:33	00:39:23	+00:16:20 (53.5%)	6:06	9.8 (46.2%)
1046	TOCZYŁOWSKI Janusz	6081		ZŁOTORIA 138A		M-40	153	M 702		00:09:15	00:20:12	00:30:33	00:39:48	+00:16:20 (53.5%)	6:06	9.8 (46.2%)
1047	SZYMCZUK Małgorzata	6117		ŻABIKOWO PYWATNE		K-50	19	K 345		00:04:59	00:19:33	00:30:34	00:35:33	+00:16:21 (53.5%)	6:06	9.8 (46.2%)
1048	PRZYBYŁOWSKA Oksana	5347	UDSK	BIAŁYSTOK		K-30	130	K 346		00:08:47	00:19:53	00:30:35	00:39:22	+00:16:22 (53.5%)	6:06	9.8 (46.2%)
1049	POPLAWSKI Cezary	5351		BIAŁYSTOK		M-50	54	M 703		00:09:57	00:19:53	00:30:36	00:40:33	+00:16:23 (53.6%)	6:06	9.8 (46.2%)
1050	CHRZANOWSKA Marta	6700		BIAŁYSTOK		K-30	131	K 347		00:08:56	00:20:12	00:30:36	00:39:32	+00:16:23 (53.6%)	6:06	9.8 (46.2%)
1051	OLSZYŃSKI Tomasz	6335		BIAŁYSTOK		M-40	154	M 704		00:08:33	00:20:03	00:30:37	00:39:11	+00:16:24 (53.6%)	6:07	9.8 (46.2%)
1052	ROGAŁSKA Małgorzata	6207		GRABÓWKA		K-40	76	K 348		00:09:04	00:20:07	00:30:37	00:39:42	+00:16:24 (53.6%)	6:07	9.8 (46.2%)
1053	KLEKOT Martyna	6024		WARSZAWA		K-30	132	K 349		00:08:36	00:19:51	00:30:37	00:39:13	+00:16:24 (53.6%)	6:07	9.8 (46.2%)
1054	KLEKOT Marcelina	5292		BIAŁYSTOK		K-30	133	K 350		00:08:36	00:19:51	00:30:37	00:39:13	+00:16:24 (53.6%)	6:07	9.8 (46.2%)
1055	WYSOCKI Wojciech	5598		BIAŁYSTOK		M-50	55	M 705		00:09:03	00:20:02	00:30:37	00:39:40	+00:16:24 (53.6%)	6:07	9.8 (46.2%)
1056	BACIA Hanna	6422	DUCH PUSZCZY	WASILKÓW		M-40	155	M 706		00:04:45	00:19:01	00:30:37	00:35:23	+00:16:24 (53.6%)	6:07	9.8 (46.2%)
1057	PIECZULIS-CZOKAŁO Izabela	5747		ŁAPY		K-40	77	K 351		00:09:20	00:19:38	00:30:39	00:39:59	+00:16:26 (53.7%)	6:07	9.8 (46.2%)
1058	KORZENIEWSKA Anna	6225		BIAŁYSTOK		K-40	78	K 352		00:09:22	00:19:42	00:30:39	00:40:02	+00:16:26 (53.7%)	6:07	9.8 (46.2%)
1059	PIECZULIS Urszula	5162		ELK		K-30	134	K 353		00:09:20	00:19:38	00:30:39	00:39:59	+00:16:26 (53.7%)	6:07	9.8 (46.2%)
1060	SZORC Magdalena	5572		BIAŁYSTOK		K-30	135	K 354		00:09:16	00:19:59	00:30:39	00:39:56	+00:16:26 (53.7%)	6:07	9.8 (46.2%)
1061	SIEREDA Mateusz	5965		BIAŁYSTOK		M-30	268	M 707		00:09:24	00:19:00	00:30:40	00:40:05	+00:16:27 (53.7%)	6:07	9.8 (46.2%)
1062	LISOWSKA Aneta	5192		BIAŁYSTOK		K-20	81	K 355		00:09:29	00:19:40	00:30:40	00:40:09	+00:16:27 (53.7%)	6:07	9.8 (46.2%)
1063	REGUCKA Jola	6756		SOWLANY		K-40	79	K 356		00:08:32	00:19:48	00:30:41	00:39:14	+00:16:28 (53.7%)	6:07	9.8 (46.2%)
1064	SZARKOWSKA Amelia	6181	GEORUN	BIAŁYSTOK		K-12	41	K 357		00:04:37	00:19:18	00:30:42	00:35:19	+00:16:29 (53.7%)	6:08	9.8 (46.2%)
1065	ŁUKASZEWICZ Marek	6484		BIAŁYSTOK		M-40	156	M 708		00:08:49	00:19:40	00:30:42	00:39:32	+00:16:29 (53.7%)	6:08	9.8 (46.2%)
1066	ZAŁEWSKA Paulina	6408		BIAŁYSTOK		K-30	136	K 358		00:10:16	00:19:40	00:30:42	00:40:59	+00:16:29 (53.7%)	6:08	9.8 (46.2%)
1067	ŁAPIŃSKA Ewa	6647		BIAŁYSTOK		K-40	80	K 359		00:05:05	00:19:43	00:30:43	00:35:49	+00:16:30 (53.8%)	6:08	9.8 (46.2%)
1068	ŚCISŁO Hubert	6637		FASTY		M-40	157	M 709	Fasty & Wściekli	00:08:55	00:19:28	00:30:43	00:39:38	+00:16:30 (53.8%)	6:08	9.8 (46.2%)
1069	RIBEIRO Luis	6457		BIAŁYSTOK		M-50	56	M 710		00:09:07	00:19:39	00:30:47	00:39:54	+00:16:34 (53.9%)	6:09	9.8 (46.2%)
1070	WIEREMIEJUK Łukasz	6683		BIAŁYSTOK		M-40	158	M 711		00:08:58	00:20:27	00:30:48	00:39:46	+00:16:35 (53.9%)	6:09	9.7 (45.8%)
1071	WEKA Krzysztof	5307	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M-40	159	M 712	Białystok Biega Team	00:04:32	00:19:41	00:30:48	00:35:21	+00:16:35 (53.9%)	6:09	9.7 (45.8%)
1072	WIERZBICKA Anna	5265		BIAŁYSTOK		K-30	137	K 360		00:09:19	00:19:57	00:30:49	00:40:08	+00:16:36 (53.9%)	6:09	9.7 (45.8%)
1073	ŁASICA Paula	6528		BIAŁYSTOK		K-30	138	K 361		00:08:24	00:19:42	00:30:50	00:39:15	+00:16:37 (53.9%)	6:09	9.7 (45.8%)
1074	KULESZA Renata	6011		BIAŁYSTOK		K-40	81	K 362		00:08:47	00:19:58	00:30:51	00:39:38	+00:16:38 (54.0%)	6:09	9.7 (45.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1075	ZAJKO Magdalena	6192		BIAŁYSTOK		K-40	82	K 363		00:08:56	00:19:17	00:30:51	00:39:48	+00:16:39 (54.0%)	6:09	9.7 (45.8%)
1076	DOŻYNKA Grażyna	5955	BBL	BIAŁYSTOK		K-50	20	K 364		00:08:47	00:19:58	00:30:52	00:39:39	+00:16:39 (54.0%)	6:10	9.7 (45.8%)
1077	GRABOWSKI Janusz	5863		BIAŁYSTOK		M-30	269	M 713		00:09:12	00:20:00	00:30:52	00:40:04	+00:16:39 (54.0%)	6:10	9.7 (45.8%)
1078	IWANOWSKA Aleksandra	5364		OLECKO		K-20	82	K 365		00:08:44	00:20:40	00:30:53	00:39:37	+00:16:40 (54.0%)	6:10	9.7 (45.8%)
1079	ROJEWSKI Mariusz	6506		BIAŁYSTOK		M-40	160	M 714		00:09:04	00:19:46	00:30:53	00:39:57	+00:16:40 (54.0%)	6:10	9.7 (45.8%)
1080	ŁAPIŃSKA Zofia	6330	3T BIAŁYSTOK	BIAŁYSTOK		K-12	42	K 366		00:08:28	00:18:35	00:30:53	00:39:21	+00:16:40 (54.0%)	6:10	9.7 (45.8%)
1081	FALINA Mateusz	5281		BIAŁYSTOK		M-30	270	M 715		00:10:00	00:19:47	00:30:55	00:40:55	+00:16:42 (54.1%)	6:10	9.7 (45.8%)
1082	MAKOWSKA Karolina	6141		BIAŁYSTOK		K-30	139	K 367		00:09:12	00:19:42	00:30:55	00:40:07	+00:16:42 (54.1%)	6:10	9.7 (45.8%)
1083	BACIA Marek	6421	DUCH PUSZCZY	WASILKÓW		M-50	57	M 716		00:04:45	00:19:27	00:30:57	00:35:43	+00:16:45 (54.1%)	6:11	9.7 (45.8%)
1084	LITWIŃSKA Karolina	5949		BIAŁYSTOK		K-30	140	K 368		00:10:04	00:20:33	00:30:58	00:41:02	+00:16:45 (54.1%)	6:11	9.7 (45.8%)
1085	GOŁĘBIEWSKI Filip	6901	SPARTA	ZAŚCIANKI		M-12	69	M 717		00:04:22	00:18:25	00:30:59	00:35:21	+00:16:46 (54.1%)	6:11	9.7 (45.8%)
1086	CYUŃCZYK Agata	5771		BIAŁYSTOK		K-40	83	K 369		00:10:04	00:20:24	00:30:59	00:41:03	+00:16:46 (54.2%)	6:11	9.7 (45.8%)
1087	CHMIELEWSKI Józef	6748		CIECHANOWIEC		M-40	161	M 718		00:08:51	00:20:00	00:30:59	00:39:51	+00:16:46 (54.2%)	6:11	9.7 (45.8%)
1088	HOŁOWIENKO Marta	6259		BIAŁYSTOK		K-20	83	K 370	MERKURY	00:09:08	00:20:09	00:31:00	00:40:08	+00:16:47 (54.2%)	6:11	9.7 (45.8%)
1089	MEYNARCZUK Jakub	6247		BIAŁYSTOK		M-20	145	M 719	MERKURY	00:09:08	00:20:08	00:31:00	00:40:09	+00:16:47 (54.2%)	6:11	9.7 (45.8%)
1090	URBANOWICZ Martyna	6659		KRAKÓW		K-20	84	K 371		00:09:25	00:20:55	00:31:01	00:40:26	+00:16:48 (54.2%)	6:11	9.7 (45.8%)
1091	NECCIA Luca	6871		BIAŁYSTOK		M-50	58	M 720		00:09:49	00:20:10	00:31:01	00:40:50	+00:16:48 (54.2%)	6:11	9.7 (45.8%)
1092	STANISŁAWAJTYS Paulina	5757		BIAŁYSTOK		K-30	141	K 372		00:09:14	00:20:19	00:31:01	00:40:16	+00:16:48 (54.2%)	6:11	9.7 (45.8%)
1093	HRYNIEWICZ Paulina	5772		BIAŁYSTOK		K-30	142	K 373		00:08:35	00:19:51	00:31:02	00:39:37	+00:16:49 (54.2%)	6:12	9.7 (45.8%)
1094	RUSIECKI Rafał	6294		BIAŁYSTOK		M-40	162	M 721		00:09:07	00:20:52	00:31:02	00:40:10	+00:16:49 (54.2%)	6:12	9.7 (45.8%)
1095	ZUBRZYCKA Magdalena	6753		SOKÓŁKA		K-40	84	K 374		00:08:49	00:19:38	00:31:02	00:39:52	+00:16:49 (54.2%)	6:12	9.7 (45.8%)
1096	SZPAKOWICZ Martyna	6690		BIAŁOWIEŻA		K-20	85	K 375		00:10:20	00:19:35	00:31:02	00:41:23	+00:16:49 (54.2%)	6:12	9.7 (45.8%)
1097	PERŁOWSKA Maria	6194		BIAŁYSTOK		K-12	43	K 376		00:08:53	00:19:35	00:31:02	00:39:56	+00:16:50 (54.2%)	6:12	9.7 (45.8%)
1098	KURYŁO Jakub	5323		OBRUBNIKI		M-30	271	M 722		00:09:06	00:19:56	00:31:03	00:40:09	+00:16:50 (54.3%)	6:12	9.7 (45.8%)
1099	RAKOWSKI Bartosz	6878		BIAŁYSTOK		M-20	146	M 723		00:04:39	00:19:12	00:31:07	00:35:47	+00:16:54 (54.4%)	6:13	9.6 (45.3%)
1100	PACEWICZ Marta	5632		BIAŁYSTOK		K-30	143	K 377		00:09:23	00:20:10	00:31:07	00:40:31	+00:16:54 (54.4%)	6:13	9.6 (45.3%)
1101	SOBIESZCZAK Piotr	6741		ŁAPY		M-40	163	M 724		00:09:46	00:20:39	00:31:08	00:40:54	+00:16:55 (54.4%)	6:13	9.6 (45.3%)
1102	SADOWSKA-SAWICKA Urszula	6564		ZLOTORIA		K-40	85	K 378		00:09:51	00:19:42	00:31:08	00:41:00	+00:16:55 (54.4%)	6:13	9.6 (45.3%)
1103	WILK Paweł	5983		BIAŁYSTOK		M-40	164	M 725		00:09:52	00:21:18	00:31:09	00:41:02	+00:16:56 (54.4%)	6:13	9.6 (45.3%)
1104	MATEJCZYK Agnieszka	5774		BIAŁYSTOK		K-30	144	K 379		00:04:38	00:19:54	00:31:10	00:35:48	+00:16:57 (54.4%)	6:13	9.6 (45.3%)
1105	MONACH Paulina	5981		BIAŁYSTOK		K-30	145	K 380		00:09:53	00:20:46	00:31:10	00:41:04	+00:16:57 (54.4%)	6:13	9.6 (45.3%)
1106	MUSZYŃSKA Monika	6033		BIAŁYSTOK		K-30	146	K 381		00:09:53	00:20:46	00:31:10	00:41:04	+00:16:57 (54.4%)	6:13	9.6 (45.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1107	SAMOJŁOWICZ Monika	6584		BIAŁYSTOK		K-30	147	K 382		00:10:00	00:19:54	00:31:10	00:41:11	+00:16:57 (54.4%)	6:13	9.6 (45.3%)
1108	MIKOŁAJCZYK Grzegorz	6216		BIAŁYST		M-40	165	M 726		00:10:00	00:19:55	00:31:11	00:41:12	+00:16:58 (54.5%)	6:13	9.6 (45.3%)
1109	OBUCHOWICZ Alina	6379		DĄBROWA BIAŁOSTOCKA		K-20	86	K 383		00:04:40	00:20:02	00:31:13	00:35:53	+00:17:00 (54.5%)	6:14	9.6 (45.3%)
1110	SAWOŚKO Gabriela	6310		BIAŁYSTOK		K-30	148	K 384		00:08:23	00:19:38	00:31:14	00:39:38	+00:17:01 (54.5%)	6:14	9.6 (45.3%)
1111	CZERNIAWSKI Andrzej	5332		BIAŁYSTOK		M-40	166	M 727		00:08:23	00:19:38	00:31:15	00:39:38	+00:17:02 (54.5%)	6:14	9.6 (45.3%)
1112	ZACHAR Vera	6879	BGT TEAM	BIAŁYSTOK		K-40	86	K 385	BGT Team	00:04:35	00:19:48	00:31:15	00:35:50	+00:17:02 (54.5%)	6:14	9.6 (45.3%)
1113	JASTRZĘBIEC-ŚWIĘCICKA Anna	5672		BIAŁYSTOK		K-20	87	K 386		00:08:36	00:20:08	00:31:15	00:39:52	+00:17:02 (54.6%)	6:14	9.6 (45.3%)
1114	KALESNIKAVA Hanna	6082		BIAŁYSTOK		K-50	21	K 387		00:04:41	00:20:05	00:31:16	00:35:58	+00:17:03 (54.6%)	6:14	9.6 (45.3%)
1115	ŚWIĘTOCHOWSKA Danuta	5555		BIAŁYSTOK		K-60	3	K 388		00:09:22	00:20:57	00:31:16	00:40:39	+00:17:03 (54.6%)	6:14	9.6 (45.3%)
1116	BABKOVA Alina	6875	BGT TEAM	BIALYSTOK		K-20	88	K 389	BGT Team	00:04:31	00:19:52	00:31:17	00:35:48	+00:17:04 (54.6%)	6:15	9.6 (45.3%)
1117	MAŁYSZKO Emilia	6842		BIAŁYSTOK		K-20	89	K 390		00:08:30	00:19:34	00:31:18	00:39:49	+00:17:05 (54.6%)	6:15	9.6 (45.3%)
1118	MAFIONI Igor	5449		BIAŁYSTOK		M-30	272	M 728		00:09:51	00:19:45	00:31:20	00:41:11	+00:17:07 (54.7%)	6:15	9.6 (45.3%)
1119	BORUCH-BACKIEL Małgorzata	6893		BIAŁYSTOK		K-40	87	K 391		00:08:23	00:19:59	00:31:20	00:39:43	+00:17:07 (54.7%)	6:15	9.6 (45.3%)
1120	TOLWIŃSKI Hubert	5779		BIAŁYSTOK		M-30	273	M 729		00:10:35	00:21:30	00:31:21	00:41:56	+00:17:08 (54.7%)	6:15	9.6 (45.3%)
1121	KOWALSKA Julia	6130		ZŁOTORIA		K-20	90	K 392		00:09:48	00:20:25	00:31:21	00:41:10	+00:17:08 (54.7%)	6:15	9.6 (45.3%)
1122	ZANIEWSKI Paweł	6634		BIAŁYSTOK		M-30	274	M 730	Bingobomba Running Club est. 2026	00:09:38	00:20:07	00:31:22	00:41:00	+00:17:09 (54.7%)	6:16	9.6 (45.3%)
1123	LAPTSEVICH Uladzimir	5878		BIAŁYSTOK		M-50	59	M 731		00:08:51	00:19:56	00:31:22	00:40:13	+00:17:09 (54.7%)	6:16	9.6 (45.3%)
1124	GIERSEWSKI Mateusz	5210		POZNAŃ		M-30	275	M 732		00:10:07	00:20:24	00:31:23	00:41:31	+00:17:10 (54.7%)	6:16	9.6 (45.3%)
1125	KRUPA Marta	5381		BIAŁYSTOK		K-30	149	K 393		00:08:51	00:20:17	00:31:25	00:40:16	+00:17:12 (54.8%)	6:16	9.6 (45.3%)
1126	BANDURSKI Łukasz	5193		POROSŁY		M-30	276	M 733		00:08:54	00:20:41	00:31:26	00:40:20	+00:17:13 (54.8%)	6:16	9.6 (45.3%)
1127	ZIMNOCH Paweł	5875		BIAŁYSTOK		M-20	147	M 734		00:08:48	00:20:07	00:31:27	00:40:16	+00:17:14 (54.9%)	6:17	9.5 (44.8%)
1128	WŁOSTOWSKA Monika	6304		BIAŁYSTOK		K-40	88	K 394		00:09:58	00:20:14	00:31:28	00:41:27	+00:17:16 (54.9%)	6:17	9.5 (44.8%)
1129	OKNIŃSKA Aleksandra	5874		BIAŁYSTOK		K-20	91	K 395		00:08:47	00:20:07	00:31:29	00:40:17	+00:17:16 (54.9%)	6:17	9.5 (44.8%)
1130	LANGE Magdalena	5599		BIAŁYSTOK		K-40	89	K 396		00:08:24	00:20:00	00:31:29	00:39:54	+00:17:16 (54.9%)	6:17	9.5 (44.8%)
1131	TRUSEWICZ Piotr	6395	BIELDRUK TEAM	BIALYSTOK		M-30	277	M 735	Bieldruk Team	00:10:01	00:20:55	00:31:29	00:41:31	+00:17:16 (54.9%)	6:17	9.5 (44.8%)
1132	ILICZ Łukasz	5424		DĄBROWA BIAŁOSTOCKA		M-30	278	M 736		00:09:55	00:20:05	00:31:30	00:41:25	+00:17:17 (54.9%)	6:17	9.5 (44.8%)
1133	OGONOWSKA Renata	6533	OSTRÓW BIEGA	MAŁKINIA GÓRNA		K-40	90	K 397		00:09:40	00:20:19	00:31:30	00:41:10	+00:17:17 (54.9%)	6:17	9.5 (44.8%)
1134	ZABUDOWSKA Joanna	5519		CZYŻEW		K-50	22	K 398		00:09:40	00:20:19	00:31:30	00:41:10	+00:17:17 (54.9%)	6:17	9.5 (44.8%)
1135	DEONIZIAK-ŚWIDERSKA Ania	5881		KLEPACZE		K-40	91	K 399		00:08:52	00:20:20	00:31:30	00:40:23	+00:17:17 (54.9%)	6:17	9.5 (44.8%)
1136	KACZANOWSKA Katarzyna	6394	BIELDRUK TEAM	BIAŁYSTOK		K-30	150	K 400	Bieldruk Team	00:10:00	00:20:33	00:31:30	00:41:31	+00:17:17 (54.9%)	6:17	9.5 (44.8%)
1137	WACEWICZ Łukasz	6710		BIAŁYSTOK		M-30	279	M 737		00:09:24	00:20:37	00:31:32	00:40:57	+00:17:19 (55.0%)	6:18	9.5 (44.8%)
1138	PIETKUN Paulina	6768	KOLNO BIEGA	KOLNO		K-30	151	K 401	1PBOP	00:00:21	00:20:31	00:31:33	00:31:54	+00:17:20 (55.0%)	6:18	9.5 (44.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1139	FIEDORCZUK Julita	5602		BIAŁYSTOK		K-40	92	K 402		00:08:56	00:20:35	00:31:33	00:40:30	+00:17:20 (55.0%)	6:18	9.5 (44.8%)
1140	ŚWIECIK Marlena	6769	KOLNO BIEGA	KOZIOŁ		K-30	152	K 403	Kolno Biega	00:00:20	00:20:32	00:31:34	00:31:55	+00:17:21 (55.0%)	6:18	9.5 (44.8%)
1141	DOWGIERT Sylwia	5058		BIAŁYSTOK		K-30	153	K 404		00:09:31	00:20:05	00:31:34	00:41:06	+00:17:21 (55.0%)	6:18	9.5 (44.8%)
1142	LITWIEJKO Patrycja	6869		BIAŁYSTOK		K-20	92	K 405		00:09:36	00:20:25	00:31:34	00:41:11	+00:17:22 (55.0%)	6:18	9.5 (44.8%)
1143	KUCZYŃSKI Piotr	5510		BIAŁYSTOK		M-50	60	M 738		00:10:10	00:20:31	00:31:35	00:41:45	+00:17:22 (55.0%)	6:18	9.5 (44.8%)
1144	LABUSCH Dominik	6168		BIAŁYSTOK		M-20	148	M 739		00:09:36	00:20:16	00:31:35	00:41:11	+00:17:22 (55.0%)	6:18	9.5 (44.8%)
1145	SINIŁO Szymon	5937		BIAŁYSTOK		M-20	149	M 740		00:09:27	00:20:09	00:31:35	00:41:02	+00:17:22 (55.0%)	6:18	9.5 (44.8%)
1146	ARCISZEWSKA Marta	5501	EURUS	BIAŁYSTOK		K-20	93	K 406		00:08:43	00:20:19	00:31:35	00:40:19	+00:17:22 (55.0%)	6:18	9.5 (44.8%)
1147	PRYMAKA Mateusz	6883	PALISANDER RUNNING TEAM	CHOROSZCZ		M-30	280	M 741	PALISANDER RUNNING TEAM	00:08:44	00:20:19	00:31:36	00:40:20	+00:17:23 (55.1%)	6:18	9.5 (44.8%)
1148	ANDROSIUK Kacper	6398	BIELDRUK TEAM	BIAŁYSTOK		M-20	150	M 742	Bieldruk Team	00:10:05	00:20:53	00:31:37	00:41:42	+00:17:24 (55.1%)	6:19	9.5 (44.8%)
1149	PIEKARSKA Patrycja	6361		BIAŁYSTOK		K-12	44	K 407		00:09:06	00:20:14	00:31:37	00:40:43	+00:17:24 (55.1%)	6:19	9.5 (44.8%)
1150	LEWONIEWSKI Dariusz	6325		BIAŁYSTOK		M-30	281	M 743		00:09:56	00:20:32	00:31:37	00:41:34	+00:17:24 (55.1%)	6:19	9.5 (44.8%)
1151	FALKOWSKI Marek	5221		BIAŁYSTOK		M-40	167	M 744		00:09:48	00:20:28	00:31:38	00:41:27	+00:17:25 (55.1%)	6:19	9.5 (44.8%)
1152	LEOŃCZYK Daniel	6463		BIAŁYSTOK		M-20	151	M 745		00:09:14	00:20:49	00:31:38	00:40:53	+00:17:25 (55.1%)	6:19	9.5 (44.8%)
1153	ZDANOWSKA Aleksandra	5512		BIAŁYSTOK		K-20	94	K 408		00:09:13	00:20:48	00:31:38	00:40:52	+00:17:25 (55.1%)	6:19	9.5 (44.8%)
1154	ŁOSIEWICZ Ewelina	6742		BIAŁYSTOK		K-30	154	K 409		00:08:41	00:20:16	00:31:39	00:40:20	+00:17:26 (55.1%)	6:19	9.5 (44.8%)
1155	KOZŁOWSKA Klaudia	5758		BIAŁYSTOK		K-12	45	K 410		00:08:26	00:19:44	00:31:39	00:40:05	+00:17:26 (55.1%)	6:19	9.5 (44.8%)
1156	KIEMIESZ Karolina	6021		SOBOLEWO		K-20	95	K 411		00:09:39	00:20:06	00:31:39	00:41:18	+00:17:26 (55.1%)	6:19	9.5 (44.8%)
1157	CIESIELSKA Marta	6473		TOPILEC		K-40	93	K 412		00:08:43	00:20:45	00:31:40	00:40:24	+00:17:27 (55.2%)	6:19	9.5 (44.8%)
1158	KOZŁOWSKA Marta	5879		BIAŁYSTOK		K-30	155	K 413		00:10:05	00:20:13	00:31:40	00:41:46	+00:17:28 (55.2%)	6:19	9.5 (44.8%)
1159	NIEŚCIERUK Anna	5155	2 SERCA JEDNO TEMPO	KLEPACZE		K-40	94	K 414		00:08:29	00:20:11	00:31:41	00:40:10	+00:17:28 (55.2%)	6:19	9.5 (44.8%)
1160	KOWALSKA Małgorzata	5308	NIE PIERWSI NIE OSTATNI	BIAŁYSTOK		K-30	156	K 415		00:09:05	00:20:23	00:31:44	00:40:50	+00:17:31 (55.2%)	6:20	9.5 (44.8%)
1161	PANKIEWICZ Marta	6702		ZAŚCIANKI		K-40	95	K 416		00:08:58	00:20:16	00:31:44	00:40:43	+00:17:31 (55.3%)	6:20	9.5 (44.8%)
1162	CIMOCH Zuzanna	5681		BIAŁYSTOK		K-12	46	K 417		00:09:50	00:21:09	00:31:45	00:41:35	+00:17:32 (55.3%)	6:20	9.5 (44.8%)
1163	MICHAJŁOW Edyta	5733		BIAŁYSTOK		K-30	157	K 418		00:09:29	00:21:27	00:31:45	00:41:15	+00:17:33 (55.3%)	6:20	9.5 (44.8%)
1164	CIMOCH Kamil	5680		BIAŁYSTOK		M-30	282	M 746		00:09:49	00:21:09	00:31:46	00:41:36	+00:17:33 (55.3%)	6:20	9.5 (44.8%)
1165	PIETRASZKO Ewa	6004		BIAŁYSTOK		K-40	96	K 419		00:09:13	00:20:44	00:31:46	00:40:59	+00:17:33 (55.3%)	6:20	9.5 (44.8%)
1166	ZUBRYCKI Krzysztof	5837	BULWAR KRUPNIKI RZĄDZI! :))	BIAŁYSTOK		M-30	283	M 747		00:09:16	00:21:26	00:31:46	00:41:03	+00:17:33 (55.3%)	6:20	9.5 (44.8%)
1167	MUCHARSKA Emilia	5191		BIAŁYSTOK		K-20	96	K 420		00:10:00	00:20:37	00:31:47	00:41:47	+00:17:34 (55.3%)	6:21	9.4 (44.3%)
1168	CZYRSKA Ewelina	6209		BIAŁYSTOK		K-30	158	K 421		00:08:55	00:20:17	00:31:48	00:40:43	+00:17:35 (55.3%)	6:21	9.4 (44.3%)
1169	GOŁĘBIEWSKA Agata	6687	SPARTA	ZAŚCIANKI		K-40	97	K 422		00:08:58	00:20:16	00:31:48	00:40:47	+00:17:36 (55.3%)	6:21	9.4 (44.3%)
1170	RUDZIŃSKA Kamila	5271		BIAŁYSTOK		K-40	98	K 423		00:08:28	00:20:15	00:31:49	00:40:17	+00:17:36 (55.4%)	6:21	9.4 (44.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1171	BIERĆ Katarzyna	6845		BIAŁYSTOK		K-40	99	K 424		00:08:27	00:20:16	00:31:50	00:40:17	+00:17:37 (55.4%)	6:21	9.4 (44.3%)
1172	CYWIŃSKI Kamil	6487		BIAŁYSTOK		M-30	284	M 748		00:10:03	00:20:12	00:31:50	00:41:53	+00:17:37 (55.4%)	6:21	9.4 (44.3%)
1173	KIEDA Ewelina	6160		BIAŁYSTOK		K-40	100	K 425		00:08:23	00:20:06	00:31:50	00:40:13	+00:17:37 (55.4%)	6:21	9.4 (44.3%)
1174	WOLAŃSKI Michał	5600		BIAŁYSTOK		M-40	168	M 749		00:09:55	00:20:37	00:31:50	00:41:45	+00:17:37 (55.4%)	6:21	9.4 (44.3%)
1175	OMIELIANIUK Patrycja	5342		HAJNÓWKA		K-20	97	K 426		00:08:58	00:20:34	00:31:50	00:40:48	+00:17:37 (55.4%)	6:21	9.4 (44.3%)
1176	JANKOWSKI Piotr	6529		BIAŁYSTOK		M-40	169	M 750		00:10:29	00:20:46	00:31:50	00:42:19	+00:17:37 (55.4%)	6:21	9.4 (44.3%)
1177	KOWALEWSKA Julia	6707		BIAŁYSTOK		K-12	47	K 427		00:08:59	00:19:56	00:31:50	00:40:50	+00:17:38 (55.4%)	6:21	9.4 (44.3%)
1178	BONDA Magdalena	5720		BIAŁYSTOK		K-40	101	K 428		00:08:26	00:20:18	00:31:51	00:40:17	+00:17:38 (55.4%)	6:21	9.4 (44.3%)
1179	JURCZUK Nika	5996		BIAŁYSTOK		K-20	98	K 429		00:09:30	00:20:50	00:31:52	00:41:23	+00:17:39 (55.4%)	6:22	9.4 (44.3%)
1180	KOWALCZUK Aleksandra	5980		BIAŁYSTOK		K-30	159	K 430		00:09:51	00:20:53	00:31:54	00:41:45	+00:17:41 (55.5%)	6:22	9.4 (44.3%)
1181	CHILKIEWICZ Sylwia	5674	ZIELONY BIAŁYSTOK - URZĄD MIEJSKI W BIAŁYMSTOKU	ŁYSKI		K-30	160	K 431		00:08:54	00:20:20	00:31:56	00:40:51	+00:17:43 (55.5%)	6:22	9.4 (44.3%)
1182	BOŁTUĆ Adam	6078		BIAŁYSTOK		M-50	61	M 751		00:08:27	00:20:35	00:31:57	00:40:25	+00:17:44 (55.5%)	6:23	9.4 (44.3%)
1183	OWERCZUK Kamila	6493		GRÓDEK		K-30	161	K 432		00:09:11	00:20:57	00:31:57	00:41:09	+00:17:44 (55.6%)	6:23	9.4 (44.3%)
1184	DOWGIERT Szymon	6545		SOKÓŁKA		M-20	152	M 752		00:08:29	00:19:27	00:31:58	00:40:27	+00:17:45 (55.6%)	6:23	9.4 (44.3%)
1185	ARONOWICZ Maciej	6723	KYOKUSHIN TEAM WASILKÓW	WASILKÓW		M-40	170	M 753		00:09:54	00:20:42	00:31:58	00:41:52	+00:17:45 (55.6%)	6:23	9.4 (44.3%)
1186	ROSZKOWSKA Magdalena	5670	ORLY LEASINGU	ŁAPY		K-30	162	K 433		00:08:36	00:20:17	00:31:58	00:40:34	+00:17:45 (55.6%)	6:23	9.4 (44.3%)
1187	PIJANOWSKI Kamil	6588		ŻERDZINA		M-20	153	M 754		00:08:50	00:20:33	00:31:58	00:40:49	+00:17:45 (55.6%)	6:23	9.4 (44.3%)
1188	PAWEŁKO Emilia	6546		BIAŁYSTOK		K-20	99	K 434		00:08:28	00:19:27	00:31:58	00:40:27	+00:17:45 (55.6%)	6:23	9.4 (44.3%)
1189	POROC Paweł	6774		BIAŁYSTOK		M-30	285	M 755		00:04:47	00:20:28	00:32:00	00:36:47	+00:17:47 (55.6%)	6:23	9.4 (44.3%)
1190	SOŁOWIANIUK Piotr	6791	X-CODE	BIAŁYSTOK		M-40	171	M 756	X-Code	00:09:01	00:21:05	00:32:00	00:41:02	+00:17:47 (55.6%)	6:23	9.4 (44.3%)
1191	ŻUKOWSKA Patrycja	6784		BIAŁYSTOK		K-30	163	K 435	X-Code	00:09:01	00:21:06	00:32:00	00:41:02	+00:17:48 (55.6%)	6:23	9.4 (44.3%)
1192	CYNDLER Dariusz	6786		WASILKÓW		M-30	286	M 757	X-Code	00:09:00	00:21:09	00:32:01	00:41:02	+00:17:48 (55.6%)	6:23	9.4 (44.3%)
1193	DOBROŃSKI Janusz	6783	X-CODE	WIZNA		M-40	172	M 758	X-Code	00:09:00	00:21:07	00:32:02	00:41:02	+00:17:49 (55.7%)	6:24	9.4 (44.3%)
1194	POLAKOWSKA Maria	5756		BIAŁYSTOK		K-20	100	K 436		00:09:15	00:20:43	00:32:02	00:41:17	+00:17:49 (55.7%)	6:24	9.4 (44.3%)
1195	P. K.	6638		BIAŁYSTOK		K-30	164	K 437	Bingobomba Running Club est. 2026	00:09:40	00:20:30	00:32:03	00:41:43	+00:17:50 (55.7%)	6:24	9.4 (44.3%)
1196	PIETKUN Tomasz	6458		BIAŁYSTOK		M-40	173	M 759		00:09:22	00:20:34	00:32:05	00:41:27	+00:17:52 (55.7%)	6:24	9.4 (44.3%)
1197	ZOMKOWSKI Mateusz	6680		BIAŁYSTOK		M-30	287	M 760		00:10:11	00:20:59	00:32:05	00:42:17	+00:17:52 (55.7%)	6:24	9.4 (44.3%)
1198	WOLKOWYCKI Paweł	5406	KALINOWSKI TEAM	KSIĘŻYNO		M-30	288	M 761	Kalinowski Team	00:10:29	00:20:16	00:32:06	00:42:36	+00:17:53 (55.8%)	6:24	9.4 (44.3%)
1199	BOHOJŁO Kamil	5187		PONIKŁA		M-40	174	M 762		00:04:26	00:20:00	00:32:07	00:36:33	+00:17:54 (55.8%)	6:25	9.3 (43.9%)
1200	KOBESZKO Anna	6070		BIAŁYSTOK		K-30	165	K 438		00:09:39	00:20:27	00:32:07	00:41:47	+00:17:55 (55.8%)	6:25	9.3 (43.9%)
1201	KOLEŚNIK Kamil	6083		BIAŁYSTOK		M-40	175	M 763		00:09:38	00:20:26	00:32:08	00:41:46	+00:17:55 (55.8%)	6:25	9.3 (43.9%)
1202	POPLAWSKI Karol	6084		BIAŁYSTOK		M-40	176	M 764		00:09:39	00:20:26	00:32:08	00:41:47	+00:17:55 (55.8%)	6:25	9.3 (43.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1203	KULEVICH Tatsiana	5324	TEA.M RUN	BIAŁYSTOK		K-30	166	K 439	TEA.M RUN	00:09:50	00:21:17	00:32:08	00:41:59	+00:17:55 (55.8%)	6:25	9.3 (43.9%)
1204	ALEXEEV Yuriy	6865		BIAŁYSTOK	AIN	M-30	289	M 765	TEA.M RUN	00:09:49	00:21:18	00:32:08	00:41:58	+00:17:55 (55.8%)	6:25	9.3 (43.9%)
1205	WOLKOWYCKA Ewelina	6688	BIEGNĘ DLA WOŁKA	KSIĘŻYNO		K-30	167	K 440	Wolki	00:10:23	00:20:22	00:32:10	00:42:34	+00:17:57 (55.8%)	6:25	9.3 (43.9%)
1206	MIEŃKO Julia	6759		BIAŁYSTOK		K-20	101	K 441		00:10:20	00:21:05	00:32:11	00:42:31	+00:17:58 (55.9%)	6:25	9.3 (43.9%)
1206	ZDROJKOWSKA Magda	6469		BIELSK PODLASKI		K-30	168	K 442		00:10:19	00:21:06	00:32:11	00:42:31	+00:17:58 (55.9%)	6:25	9.3 (43.9%)
1208	CHMIELEWSKI Jakub	5420		BIAŁYSTOK		M-20	154	M 766		00:09:18	00:20:29	00:32:13	00:41:32	+00:18:00 (55.9%)	6:26	9.3 (43.9%)
1209	KARPACZ Dawid	6056		BIAŁYSTOK		M-40	177	M 767		00:08:42	00:20:40	00:32:14	00:40:56	+00:18:01 (55.9%)	6:26	9.3 (43.9%)
1210	DULEWICZ Kacper	6396	DRTUSZ BIEGA	BIAŁYSTOK		M-20	155	M 768	DrTusz Biega	00:09:33	00:21:00	00:32:15	00:41:48	+00:18:02 (56.0%)	6:26	9.3 (43.9%)
1211	NORMANTOWICZ Joanna	6615		SUPRAŚL		K-30	169	K 443		00:09:54	00:20:26	00:32:15	00:42:09	+00:18:02 (56.0%)	6:26	9.3 (43.9%)
1212	MILCZUNAS Justyna	6815		BIAŁYSTOK		K-40	102	K 444		00:09:31	00:20:40	00:32:17	00:41:49	+00:18:04 (56.0%)	6:27	9.3 (43.9%)
1213	SZUMSKA Wiktoria	5913		BIAŁYSTOK		K-20	102	K 445		00:09:32	00:21:37	00:32:18	00:41:51	+00:18:05 (56.0%)	6:27	9.3 (43.9%)
1214	MILCZUNAS Marcin	6516		BIAŁYSTOK		M-40	178	M 769		00:09:32	00:20:40	00:32:18	00:41:50	+00:18:05 (56.0%)	6:27	9.3 (43.9%)
1215	GRODZKA Julia	6631		BIAŁYSTOK		K-20	103	K 446		00:09:46	00:20:39	00:32:20	00:42:07	+00:18:07 (56.1%)	6:27	9.3 (43.9%)
1216	GOŁKO Michał	5919	SII RUNNING TEAM	BIALYSTOK		M-20	156	M 770	Sii Running Team	00:08:49	00:21:25	00:32:21	00:41:11	+00:18:08 (56.1%)	6:27	9.3 (43.9%)
1217	LEWICKA Laura	5094		BIAŁYSTOK		K-20	104	K 447		00:10:08	00:21:11	00:32:23	00:42:31	+00:18:10 (56.1%)	6:28	9.3 (43.9%)
1218	MIKOŁAJCZYK Gabriela	5095		BIAŁYSTOK		K-20	105	K 448		00:10:08	00:21:11	00:32:23	00:42:31	+00:18:10 (56.1%)	6:28	9.3 (43.9%)
1219	IWANOWSKA Monika	6813		BIAŁYSTOK		K-30	170	K 449		00:09:12	00:20:22	00:32:23	00:41:36	+00:18:10 (56.2%)	6:28	9.3 (43.9%)
1220	ZIELINKO Małgorzata	5653	ŻUBERTEAM	KLEPACZE		K-30	171	K 450		00:09:10	00:20:39	00:32:24	00:41:34	+00:18:11 (56.2%)	6:28	9.3 (43.9%)
1221	KOROL Kinga	6089		BIAŁYSTOK		K-12	48	K 451		00:10:22	00:21:16	00:32:24	00:42:47	+00:18:11 (56.2%)	6:28	9.3 (43.9%)
1222	KOROL Dariusz	6088		BIAŁYSTOK		M-40	179	M 771		00:10:22	00:21:16	00:32:24	00:42:47	+00:18:11 (56.2%)	6:28	9.3 (43.9%)
1223	ZIELINKO Łukasz	5107	ŻUBERTEAM	KLEPACZE		M-30	290	M 772		00:09:10	00:20:38	00:32:24	00:41:34	+00:18:11 (56.2%)	6:28	9.3 (43.9%)
1224	RAU Marta	5224	FAFARAFa	BIAŁYSTOK		K-60	4	K 452		00:10:16	00:20:57	00:32:24	00:42:41	+00:18:11 (56.2%)	6:28	9.3 (43.9%)
1225	GOŁUBOWSKI Mikołaj	6587		BIAŁYSTOK		M-12	70	M 773		00:09:55	00:21:26	00:32:26	00:42:22	+00:18:13 (56.2%)	6:28	9.3 (43.9%)
1226	JAROMA Michał	5635		SUCHOWOLA		M-20	157	M 774		00:10:10	00:20:22	00:32:26	00:42:37	+00:18:13 (56.2%)	6:28	9.3 (43.9%)
1227	NARTOWICZ Małgorzata	6586		BIAŁYSTOK		K-12	49	K 453		00:09:55	00:21:26	00:32:27	00:42:22	+00:18:14 (56.2%)	6:29	9.3 (43.9%)
1228	STACHURSKA Katarzyna	5218		BIAŁYSTOK		K-30	172	K 454		00:09:15	00:20:58	00:32:28	00:41:43	+00:18:15 (56.3%)	6:29	9.2 (43.4%)
1229	BARGŁOWSKA Amelia	5794		BIAŁYSTOK		K-12	50	K 455		00:08:38	00:20:33	00:32:29	00:41:08	+00:18:17 (56.3%)	6:29	9.2 (43.4%)
1230	KEMPISTY Martyna	5947		BIAŁYSTOK		K-30	173	K 456		00:10:10	00:21:19	00:32:32	00:42:42	+00:18:19 (56.3%)	6:30	9.2 (43.4%)
1231	MATAN Magdalena	6271		BIAŁYSTOK		K-30	174	K 457		00:08:40	00:21:04	00:32:32	00:41:12	+00:18:19 (56.3%)	6:30	9.2 (43.4%)
1232	OSTAPCZUK Julia	5802		BIAŁYSTOK		K-20	106	K 458		00:09:13	00:21:01	00:32:32	00:41:46	+00:18:19 (56.4%)	6:30	9.2 (43.4%)
1233	SZUMARSKA Dominika	6451		BIAŁYSTOK		K-20	107	K 459		00:09:31	00:21:21	00:32:32	00:42:04	+00:18:20 (56.4%)	6:30	9.2 (43.4%)
1234	DEDERKO Mateusz	5243		NOWODWORCE		M-30	291	M 775		00:09:57	00:21:16	00:32:33	00:42:30	+00:18:20 (56.4%)	6:30	9.2 (43.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1235	DEDERKO Dorota	6578	USK NEUROCHIRURGIA	BIAŁYSTOK		K-50	23	K 460		00:09:56	00:21:19	00:32:33	00:42:29	+00:18:20 (56.4%)	6:30	9.2 (43.4%)
1236	SUPRUN Edyta	6140		BIAŁYSTOK		K-30	175	K 461		00:08:54	00:20:53	00:32:34	00:41:29	+00:18:21 (56.4%)	6:30	9.2 (43.4%)
1237	CHARKO Julita	5671		GRABÓWKA		K-30	176	K 462		00:08:24	00:21:22	00:32:36	00:41:01	+00:18:23 (56.4%)	6:30	9.2 (43.4%)
1238	NOWAK Monika	5619		ZAMOŚĆ		K-30	177	K 463		00:04:49	00:21:33	00:32:36	00:37:26	+00:18:23 (56.4%)	6:30	9.2 (43.4%)
1239	PUL Joanna	6822		BIAŁYSTOK		K-50	24	K 464		00:09:18	00:21:03	00:32:37	00:41:55	+00:18:24 (56.5%)	6:31	9.2 (43.4%)
1240	SAMUSIEWICZ Dawid	6861		BIAŁYSTOK		M-20	158	M 776		00:08:57		00:32:38	00:41:35	+00:18:25 (56.5%)	6:31	9.2 (43.4%)
1241	STASZEWSKA Magda	6236		BIAŁYSTOK		K-40	103	K 465		00:09:12	00:21:04	00:32:38	00:41:50	+00:18:25 (56.5%)	6:31	9.2 (43.4%)
1242	DMOCHOWSKA Emilia	5765		BIAŁYSTOK		K-30	178	K 466		00:10:11	00:21:01	00:32:39	00:42:51	+00:18:26 (56.5%)	6:31	9.2 (43.4%)
1243	RYBIŃSKA Sandra	6318		BIAŁYSTOK		K-20	108	K 467		00:10:30	00:21:19	00:32:40	00:43:11	+00:18:27 (56.5%)	6:31	9.2 (43.4%)
1244	ŁUSZCZ Joanna	6711		BIAŁYSTOK		K-60	5	K 468		00:10:01	00:21:12	00:32:41	00:42:43	+00:18:28 (56.6%)	6:31	9.2 (43.4%)
1245	KWIATKOWSKI Tomasz	5688		CHOROSZCZ		M-30	292	M 777		00:08:39	00:21:50	00:32:41	00:41:21	+00:18:29 (56.6%)	6:32	9.2 (43.4%)
1246	MOJSA Marlena	6005		BIAŁYSTOK		K-30	179	K 469		00:09:58	00:21:03	00:32:42	00:42:40	+00:18:29 (56.6%)	6:32	9.2 (43.4%)
1247	PERKOWSKI Dawid	6177		BIAŁYSTOK		M-30	293	M 778		00:08:55	00:20:41	00:32:42	00:41:37	+00:18:29 (56.6%)	6:32	9.2 (43.4%)
1248	BIRULA Zuzanna	5456	EURUS	GRABÓWKA		K-40	104	K 470		00:09:18	00:21:19	00:32:43	00:42:02	+00:18:30 (56.6%)	6:32	9.2 (43.4%)
1249	SOŁJAN Jakub	6313	PODLASKIE KOCURY	BIAŁYSTOK		M-40	180	M 779	Podlaskie Kocury	00:09:29	00:20:59	00:32:43	00:42:12	+00:18:30 (56.6%)	6:32	9.2 (43.4%)
1250	KWIATKOWSKA-KRUSZYNIEWICZ Anna	6246		BIAŁYSTOK		K-40	105	K 471	MERKURY	00:09:28	00:21:01	00:32:44	00:42:12	+00:18:32 (56.6%)	6:32	9.2 (43.4%)
1251	NIEDŹWIEDŹ Mateusz	5259	AND1	BIAŁYSTOK		M-30	294	M 780		00:09:06	00:21:01	00:32:45	00:41:51	+00:18:32 (56.6%)	6:32	9.2 (43.4%)
1252	LESZCZYŃSKI Adam	5843		BIAŁYSTOK		M-40	181	M 781		00:09:01	00:20:33	00:32:46	00:41:47	+00:18:33 (56.6%)	6:32	9.2 (43.4%)
1253	BUDNIK Wiktoria	6843		BIAŁYSTOK		K-20	109	K 472		00:10:20	00:21:12	00:32:46	00:43:06	+00:18:33 (56.6%)	6:32	9.2 (43.4%)
1254	NOWOWIEJSKA Klaudia	6490		BIAŁYSTOK		K-30	180	K 473		00:08:55	00:20:41	00:32:46	00:41:41	+00:18:33 (56.7%)	6:32	9.2 (43.4%)
1255	JURKOWSKA Ania	5961		BIAŁSTOK		K-20	110	K 474		00:10:20	00:21:12	00:32:46	00:43:06	+00:18:33 (56.7%)	6:32	9.2 (43.4%)
1256	GIERASIMCZUK Mateusz	6745		BIAŁYSTOK		M-30	295	M 782		00:09:26	00:21:03	00:32:46	00:42:13	+00:18:33 (56.7%)	6:32	9.2 (43.4%)
1257	RYBOŁOWICZ Gabriela	6287		BIAŁYSTOK		K-20	111	K 475		00:09:49	00:21:43	00:32:47	00:42:36	+00:18:34 (56.7%)	6:33	9.2 (43.4%)
1258	CZOCHAŃSKA Izabela	5488		BIAŁYSTOK		K-40	106	K 476		00:09:58	00:20:43	00:32:47	00:42:45	+00:18:34 (56.7%)	6:33	9.2 (43.4%)
1259	MISIEJCZUK Marek	6785		BIAŁYSTOK		M-40	182	M 783		00:09:12	00:20:59	00:32:48	00:42:01	+00:18:35 (56.7%)	6:33	9.2 (43.4%)
1260	WRZESIŃSKA Marta	5151		BIAŁYSTOK		K-40	107	K 477		00:10:03	00:20:51	00:32:49	00:42:52	+00:18:36 (56.7%)	6:33	9.1 (42.9%)
1261	MISIEJCZUK Diana	6494		BIAŁYSTOK		K-30	181	K 478		00:09:11	00:21:00	00:32:49	00:42:01	+00:18:36 (56.7%)	6:33	9.1 (42.9%)
1262	SZYMAŃSKI Ignacy	6633	INTRUM	WASILKÓW		M-12	71	M 784	INTRUM	00:10:23	00:21:22	00:32:49	00:43:13	+00:18:36 (56.7%)	6:33	9.1 (42.9%)
1263	SZYMAŃSKA Lilia	6632	INTRUM	WASILKÓW		K-12	51	K 479		00:10:24	00:21:22	00:32:50	00:43:14	+00:18:37 (56.7%)	6:33	9.1 (42.9%)
1264	ZIMNOCH Maria	6212		BIAŁYSTOK		K-12	52	K 480		00:04:23	00:20:28	00:32:50	00:37:14	+00:18:37 (56.7%)	6:33	9.1 (42.9%)
1265	ZIÓŁKOWSKI Bartosz	6496		BIAŁYSTOK		M-20	159	M 785		00:08:44	00:21:18	00:32:51	00:41:36	+00:18:38 (56.8%)	6:33	9.1 (42.9%)
1266	ROKICKA Ewa	5812		BIAŁYSTOK		K-40	108	K 481		00:09:59	00:21:10	00:32:51	00:42:51	+00:18:38 (56.8%)	6:33	9.1 (42.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1267	ROGOWSKA Kornelia	6591		BIAŁYSTOK		K-20	112	K 482		00:09:32	00:22:45	00:32:53	00:42:26	+00:18:40 (56.8%)	6:34	9.1 (42.9%)
1268	MIELECH Ewa	5289		OSOWICZE		K-50	25	K 483		00:09:33	00:21:33	00:32:53	00:42:27	+00:18:40 (56.8%)	6:34	9.1 (42.9%)
1269	DAMSZEL Joanna	5121	MASTERMED	BIAŁYSTOK		K-20	113	K 484		00:08:39	00:20:41	00:32:55	00:41:35	+00:18:42 (56.9%)	6:34	9.1 (42.9%)
1270	HRYĆ Kamila	5165		BIELSK PODLASKI		K-20	114	K 485		00:08:52	00:20:51	00:32:57	00:41:50	+00:18:44 (56.9%)	6:35	9.1 (42.9%)
1271	ZIMNOCH Eliza	5799		BIAŁYSTOK		K-40	109	K 486		00:08:34	00:22:34	00:32:58	00:41:33	+00:18:45 (56.9%)	6:35	9.1 (42.9%)
1272	KAROLCZUK Magdalena	5651		BIAŁYSTOK		K-30	182	K 487		00:09:10	00:21:35	00:33:00	00:42:11	+00:18:47 (57.0%)	6:35	9.1 (42.9%)
1273	DOŁENGIEWICZ Piotr	5641		BIAŁYSTOK		M-30	296	M 786		00:09:42	00:21:09	00:33:01	00:42:44	+00:18:48 (57.0%)	6:35	9.1 (42.9%)
1274	KAROLCZAK Ewa	5970		BIAŁYSTOK		K-20	115	K 488		00:10:35	00:21:46	00:33:01	00:43:36	+00:18:48 (57.0%)	6:35	9.1 (42.9%)
1275	ZIÓŁKOWSKI Kacper	6498		BIAŁYSTOK		M-30	297	M 787		00:08:44	00:21:19	00:33:02	00:41:46	+00:18:49 (57.0%)	6:36	9.1 (42.9%)
1276	PROCHORUK Aleksandra	5609		BIAŁYSTOK		K-20	116	K 489		00:08:44	00:21:16	00:33:02	00:41:46	+00:18:49 (57.0%)	6:36	9.1 (42.9%)
1277	KACPURA Ewelina	6479		BIAŁYSTOK		K-30	183	K 490		00:08:50	00:21:37	00:33:02	00:41:52	+00:18:49 (57.0%)	6:36	9.1 (42.9%)
1278	WASILUK Łukasz	6018		BIAŁYSTOK		M-40	183	M 788		00:10:00	00:21:50	00:33:02	00:43:02	+00:18:49 (57.0%)	6:36	9.1 (42.9%)
1279	ONISZCZUK Maria	6017		BIAŁYSTOK		K-30	184	K 491		00:09:59	00:21:51	00:33:02	00:43:02	+00:18:49 (57.0%)	6:36	9.1 (42.9%)
1280	SZYMAŃSKA Agnieszka	6630	INTRUM	WASILKÓW		K-40	110	K 492	INTRUM	00:10:23	00:21:22	00:33:02	00:43:26	+00:18:49 (57.0%)	6:36	9.1 (42.9%)
1281	DĄBROWSKA Zofia	6206		BIAŁYSTOK		K-50	26	K 493		00:08:49	00:21:38	00:33:03	00:41:53	+00:18:50 (57.0%)	6:36	9.1 (42.9%)
1282	DRUĆ Sebastian	6319		POROSŁY		M-30	298	M 789		00:09:57	00:21:30	00:33:03	00:43:00	+00:18:50 (57.0%)	6:36	9.1 (42.9%)
1283	GALASZEWSKA Julia	6662	AZS UNIWERSYTET WARSZAWSKI	SUWAŁKI		K-20	117	K 494		00:09:25	00:21:25	00:33:04	00:42:29	+00:18:51 (57.1%)	6:36	9.1 (42.9%)
1284	SADOWSKI Łukasz	5687		BIAŁYSTOK		M-30	299	M 790		00:09:40	00:22:13	00:33:06	00:42:46	+00:18:53 (57.1%)	6:36	9.1 (42.9%)
1285	RZEMEK Zuzanna	6268		BIAŁYSTOK		K-20	118	K 495		00:10:08	00:21:25	00:33:07	00:43:15	+00:18:54 (57.1%)	6:37	9.1 (42.9%)
1286	KRYNICKA Natalia	6126		BIAŁYSTOK		K-20	119	K 496		00:09:32	00:22:44	00:33:07	00:42:39	+00:18:54 (57.1%)	6:37	9.1 (42.9%)
1287	ZIMNOCH Maja	5709		BIAŁYSTOK		K-12	53	K 497		00:08:34	00:22:34	00:33:07	00:41:42	+00:18:54 (57.1%)	6:37	9.1 (42.9%)
1288	TOMASZUK Ewelina	5692		WASILKÓW		K-40	111	K 498		00:10:19	00:21:20	00:33:07	00:43:27	+00:18:54 (57.1%)	6:37	9.1 (42.9%)
1289	SZPAKOWSKI Marek	6163		BIAŁYSTOK		M-50	62	M 791		00:09:52	00:21:15	00:33:07	00:43:00	+00:18:55 (57.1%)	6:37	9.1 (42.9%)
1290	KŁOS Aneta	5691		BIAŁYSTOK		K-40	112	K 499		00:10:19	00:21:20	00:33:08	00:43:27	+00:18:55 (57.1%)	6:37	9.1 (42.9%)
1291	SIENKIEWICZ Jakub	5326		BIAŁYSTOK		M-40	184	M 792		00:10:38	00:21:55	00:33:09	00:43:48	+00:18:56 (57.2%)	6:37	9.1 (42.9%)
1292	WRÓBLEWSKA Katarzyna	5669		NOWODWORCE		K-30	185	K 500		00:08:36	00:20:41	00:33:10	00:41:46	+00:18:57 (57.2%)	6:37	9.1 (42.9%)
1293	KOPEĆ Paweł	6061		BIAŁYSTOK		M-20	160	M 793		00:10:17	00:20:59	00:33:10	00:43:27	+00:18:57 (57.2%)	6:37	9.1 (42.9%)
1294	BOBROWSKI Krzysztof	6250		BIAŁYSTOK		M-30	300	M 794	MERKURY	00:10:15	00:21:49	00:33:10	00:43:25	+00:18:57 (57.2%)	6:37	9.1 (42.9%)
1295	BAŁDYGA Paulina	5252		BIAŁYSTOK		K-20	120	K 501		00:09:27	00:21:42	00:33:10	00:42:37	+00:18:57 (57.2%)	6:37	9.1 (42.9%)
1296	SZYMUSIUK Krzysztof	6327		BIAŁYSTOK		M-30	301	M 795		00:09:56	00:21:15	00:33:11	00:43:08	+00:18:58 (57.2%)	6:37	9 (42.5%)
1297	DUBIJ Albert	5322		OGRODNICZKI		M-50	63	M 796		00:08:51	00:20:57	00:33:12	00:42:03	+00:18:59 (57.2%)	6:38	9 (42.5%)
1298	PANASEWICZ Marta	5753		BIAŁYSTOK		K-30	186	K 502		00:10:04	00:21:25	00:33:12	00:43:16	+00:18:59 (57.2%)	6:38	9 (42.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1299	DUBIJ Ewa	6094		OGRODNICZKI		K-50	27	K 503		00:08:50	00:21:04	00:33:13	00:42:03	+00:19:00 (57.2%)	6:38	9 (42.5%)
1300	SZULC-DEDERKO Joanna	5401		NOWODWORCE		K-30	187	K 504		00:09:57	00:21:17	00:33:14	00:43:12	+00:19:02 (57.3%)	6:38	9 (42.5%)
1301	RUTKOWSKI Sebastian	6007		BIAŁYSTOK		M-30	302	M 797		00:09:54	00:21:10	00:33:15	00:43:09	+00:19:02 (57.3%)	6:38	9 (42.5%)
1302	CIERESZKO Alina	5490		IZBISZCZE		K-40	113	K 505		00:09:56	00:21:19	00:33:15	00:43:11	+00:19:02 (57.3%)	6:38	9 (42.5%)
1303	TOMULEWICZ Anna	6610		KRYNKI		K-50	28	K 506		00:09:45	00:21:33	00:33:15	00:43:00	+00:19:02 (57.3%)	6:38	9 (42.5%)
1304	MŁYŃCZYK Michał	6684		BIAŁYSTOK		M-20	161	M 798		00:10:27	00:22:03	00:33:15	00:43:43	+00:19:02 (57.3%)	6:38	9 (42.5%)
1305	ZAREMBA Katarzyna	6006		BIAŁYSTOK		K-30	188	K 507		00:09:53	00:21:10	00:33:15	00:43:09	+00:19:02 (57.3%)	6:38	9 (42.5%)
1306	TOMULEWICZ Julian	6611		BIAŁYSTOK		M-12	72	M 799		00:09:44	00:21:34	00:33:15	00:43:00	+00:19:03 (57.3%)	6:38	9 (42.5%)
1307	ZADURA Adam	5865		BIAŁYSTOK		M-30	303	M 800		00:09:41	00:21:11	00:33:16	00:42:57	+00:19:03 (57.3%)	6:38	9 (42.5%)
1308	KORONKIEWICZ Maciej	5657		BIAŁYSTOK		M-20	162	M 801		00:09:46	00:20:40	00:33:16	00:43:03	+00:19:03 (57.3%)	6:38	9 (42.5%)
1309	WIŚNIEWSKA Dominika	5864		BIAŁYSTOK		K-30	189	K 508		00:09:41	00:21:11	00:33:16	00:42:58	+00:19:03 (57.3%)	6:38	9 (42.5%)
1310	GOLONKO Magdalena	5233		HAJNÓWKA		K-20	121	K 509		00:08:49	00:21:28	00:33:16	00:42:06	+00:19:03 (57.3%)	6:38	9 (42.5%)
1311	NAJMANOWICZ Błażej	5719		BIAŁYSTOK		M-12	73	M 802		00:08:38	00:21:32	00:33:17	00:41:55	+00:19:04 (57.3%)	6:39	9 (42.5%)
1312	GOLĄB Marcin	6864		ZAŚCIANKI		M-30	304	M 803		00:10:17	00:21:36	00:33:17	00:43:34	+00:19:04 (57.3%)	6:39	9 (42.5%)
1313	DOBROGOWSKA Julia	6519		WARSZAWA		K-20	122	K 510		00:08:58	00:21:26	00:33:17	00:42:16	+00:19:04 (57.3%)	6:39	9 (42.5%)
1314	ŚLIWOWSKA Bogusława	6373		BIAŁYSTOK		K-30	190	K 511		00:09:27	00:21:42	00:33:17	00:42:45	+00:19:05 (57.3%)	6:39	9 (42.5%)
1315	DOBROGOWSKI Paweł	6518		ŁOMŻA		M-12	74	M 804		00:08:58	00:21:26	00:33:17	00:42:16	+00:19:05 (57.3%)	6:39	9 (42.5%)
1316	BAŁDYGA-KWIEĆKOWSKA Jolanta	5885		KOLNO		K-50	29	K 512		00:09:27	00:21:41	00:33:18	00:42:46	+00:19:05 (57.3%)	6:39	9 (42.5%)
1317	ŁUKASZEWICZ Karolina	6401		BIAŁYATOK		K-40	114	K 513	Podlaska Fundacja Rozwoju Regionalnego	00:08:34	00:22:08	00:33:19	00:41:54	+00:19:06 (57.4%)	6:39	9 (42.5%)
1318	PIATROVA Veranika	6346		BIAŁYSTOK		K-20	123	K 514	2mood	00:09:21	00:21:18	00:33:19	00:42:40	+00:19:06 (57.4%)	6:39	9 (42.5%)
1319	CZECH Karolina	6693		BIAŁYSTOK		K-20	124	K 515		00:10:28	00:21:34	00:33:19	00:43:48	+00:19:06 (57.4%)	6:39	9 (42.5%)
1320	JABŁOŃSKA Katarzyna	6495		BIAŁYSTOK		K-20	125	K 516		00:10:18	00:21:40	00:33:20	00:43:39	+00:19:07 (57.4%)	6:39	9 (42.5%)
1321	ZABOROWSKA Emilia	5219		BIAŁYSTOK		K-20	126	K 517		00:10:19	00:21:40	00:33:20	00:43:39	+00:19:07 (57.4%)	6:39	9 (42.5%)
1322	PIETRZAK Kacper	5478		FASTY		M-20	163	M 805		00:10:19	00:21:41	00:33:20	00:43:39	+00:19:07 (57.4%)	6:39	9 (42.5%)
1323	KARANKEVICH Maria	6347		BIAŁYSTOK		K-30	191	K 518	2mood	00:09:21	00:21:18	00:33:21	00:42:42	+00:19:08 (57.4%)	6:39	9 (42.5%)
1324	TOMASZEWSKA Paulina	5182		BIAŁYSTOK		K-20	127	K 519		00:10:09	00:21:40	00:33:21	00:43:31	+00:19:09 (57.4%)	6:39	9 (42.5%)
1325	TOMASZEWSKI Maciej	5146		BIAŁYSTOK		M-20	164	M 806		00:10:09	00:21:39	00:33:22	00:43:31	+00:19:09 (57.4%)	6:40	9 (42.5%)
1326	ŁOSZEWSKI Mariusz	6348		BIAŁYSTOK		M-60	15	M 807		00:09:03	00:20:56	00:33:23	00:42:26	+00:19:10 (57.5%)	6:40	9 (42.5%)
1327	SOKÓLSKI Karol	6841		BIAŁYSTOK		M-30	305	M 808		00:09:59	00:21:13	00:33:25	00:43:24	+00:19:12 (57.5%)	6:40	9 (42.5%)
1328	KLIMUSZKO Justyna	6840		BIAŁYSTOK		K-20	128	K 520		00:09:59	00:21:13	00:33:25	00:43:25	+00:19:12 (57.5%)	6:40	9 (42.5%)
1329	ZBROJEWSKA Oliwia	6418		JABŁOŃ JANKOWCE		K-20	129	K 521		00:08:42	00:21:33	00:33:26	00:42:09	+00:19:13 (57.5%)	6:40	9 (42.5%)
1330	AMBROSIEWICZ Kacper	5661		BIAŁYSTOK		M-30	306	M 809		00:09:45	00:21:30	00:33:27	00:43:13	+00:19:14 (57.6%)	6:41	9 (42.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1331	KUPRIANOWICZ Joanna	5270		BIAŁYSTOK		K-40	115	K 522		00:08:52	00:21:25	00:33:28	00:42:21	+00:19:15 (57.6%)	6:41	9 (42.5%)
1332	KOTOWSKA Natalia	6886		BIAŁYSTOK		K-20	130	K 523		00:09:49	00:21:29	00:33:28	00:43:17	+00:19:15 (57.6%)	6:41	9 (42.5%)
1333	FIEDORCZUK Róża	6904		OLSZTYN		K-20	131	K 524		00:09:49	00:21:29	00:33:28	00:43:17	+00:19:15 (57.6%)	6:41	9 (42.5%)
1334	SZYMBORSKA Sylwia	6858		BIAŁYSTOK		K-30	192	K 525		00:08:42	00:21:33	00:33:28	00:42:10	+00:19:15 (57.6%)	6:41	9 (42.5%)
1335	ZAJCZYK-GOŁĄB Amanda	6863		BIAŁYSTOK		K-30	193	K 526		00:10:16	00:21:36	00:33:29	00:43:46	+00:19:16 (57.6%)	6:41	9 (42.5%)
1336	OGRODNIK Mateusz	6410		BIAŁYSTOK		M-30	307	M 810		00:10:26	00:22:26	00:33:29	00:43:56	+00:19:16 (57.6%)	6:41	9 (42.5%)
1337	POPLAWSKA Katarzyna	5272		BIAŁYSTOK		K-20	132	K 527		00:10:20	00:22:08	00:33:30	00:43:50	+00:19:17 (57.6%)	6:41	9 (42.5%)
1338	DĄBROWSKA Gabriela	5144		BIAŁYSTOK		K-20	133	K 528		00:10:30	00:21:32	00:33:31	00:44:01	+00:19:18 (57.6%)	6:41	9 (42.5%)
1339	KOBYLIŃSKI Piotr	5855		BIAŁYSTOK		M-40	185	M 811		00:08:52	00:21:26	00:33:33	00:42:25	+00:19:20 (57.7%)	6:42	8.9 (42.0%)
1340	GRYKO Karolina	5184		BIAŁYSTOK		K-12	54	K 529		00:08:44	00:21:02	00:33:33	00:42:18	+00:19:20 (57.7%)	6:42	8.9 (42.0%)
1341	GRYKO Łukasz	5181		BIAŁYSTOK		M-40	186	M 812		00:08:44	00:21:02	00:33:33	00:42:18	+00:19:20 (57.7%)	6:42	8.9 (42.0%)
1342	DEC Anna	5080		BIAŁYSTOK		K-30	194	K 530		00:08:26	00:20:56	00:33:34	00:42:01	+00:19:21 (57.7%)	6:42	8.9 (42.0%)
1343	KŁOKOWSKA Izabela	6606		PASYNKI		K-20	134	K 531		00:10:22	00:21:55	00:33:34	00:43:57	+00:19:21 (57.7%)	6:42	8.9 (42.0%)
1344	BARAŃSKA Aleksandra	6031		BIAŁYSTOK		K-30	195	K 532		00:08:55	00:21:06	00:33:35	00:42:31	+00:19:23 (57.7%)	6:42	8.9 (42.0%)
1345	PODOLSZAŃSKA Kamila	6595		MARKOWO		K-20	135	K 533		00:09:37	00:22:32	00:33:36	00:43:13	+00:19:23 (57.7%)	6:42	8.9 (42.0%)
1346	WACEWICZ Mariusz	6014		BIAŁYSTOK		M-30	308	M 813		00:09:23	00:20:59	00:33:37	00:43:00	+00:19:24 (57.8%)	6:43	8.9 (42.0%)
1347	CZECH Piotr	6137		NIEWODNICA KOŚCIELNA		M-20	165	M 814		00:10:25	00:21:38	00:33:37	00:44:03	+00:19:24 (57.8%)	6:43	8.9 (42.0%)
1348	ROŻKO Paweł	5142		BIAŁYSTOK		M-40	187	M 815		00:09:23	00:20:59	00:33:37	00:43:01	+00:19:24 (57.8%)	6:43	8.9 (42.0%)
1349	SKARŻYŃSKA Adrianna	5829		BIAŁYSTOK		K-20	136	K 534		00:08:57	00:21:37	00:33:38	00:42:35	+00:19:25 (57.8%)	6:43	8.9 (42.0%)
1350	KONDZIOR Łukasz	5603		BIAŁYSTOK		M-20	166	M 816		00:09:43	00:21:49	00:33:38	00:43:22	+00:19:25 (57.8%)	6:43	8.9 (42.0%)
1351	KURZYNA Natalia Maria	6058		KNYSZYN		K-30	196	K 535		00:09:47	00:21:03	00:33:40	00:43:28	+00:19:27 (57.8%)	6:43	8.9 (42.0%)
1352	ŁAPIŃSKA Olivia	6254		STARE WYKNO		K-12	55	K 536		00:08:33	00:21:39	00:33:40	00:42:14	+00:19:27 (57.8%)	6:43	8.9 (42.0%)
1353	TRZASKA Michalina	6255		STARE WYKNO		K-12	56	K 537		00:08:33	00:21:39	00:33:40	00:42:14	+00:19:27 (57.8%)	6:43	8.9 (42.0%)
1354	CHODOROWSKA Ula	5699		BIAŁYSTOK		K-50	30	K 538		00:08:57	00:21:21	00:33:42	00:42:39	+00:19:29 (57.8%)	6:44	8.9 (42.0%)
1355	ROGOWSKA Agnieszka	5704		BIAŁYSTOK		K-50	31	K 539		00:08:56	00:21:21	00:33:42	00:42:39	+00:19:29 (57.9%)	6:44	8.9 (42.0%)
1356	KRYNICKI Marcin	6465		WYGODA		M-40	188	M 817		00:09:27	00:20:37	00:33:42	00:43:09	+00:19:29 (57.9%)	6:44	8.9 (42.0%)
1357	RZEMEK Maja	6210		JUCHNOWIEC KOŚCIELNY		K-12	57	K 540		00:10:08	00:21:27	00:33:44	00:43:52	+00:19:31 (57.9%)	6:44	8.9 (42.0%)
1358	PAWILCZ Barbara	5580	CROSSFIT JUSTRAW	BIAŁYSTOK		K-40	116	K 541		00:09:02	00:21:44	00:33:45	00:42:47	+00:19:32 (57.9%)	6:44	8.9 (42.0%)
1359	BRZOZOWSKI Piotr	5563		BIAŁYSTOK		M-12	75	M 818		00:09:14	00:21:57	00:33:46	00:43:00	+00:19:33 (57.9%)	6:44	8.9 (42.0%)
1360	HAJDUCZENIA Ela	6125		BIAŁYSTOK		K-40	117	K 542		00:10:07	00:21:55	00:33:47	00:43:54	+00:19:34 (58.0%)	6:45	8.9 (42.0%)
1361	HAJDUCZENIA Marcin	5330		BIAŁYSTOK		M-40	189	M 819		00:10:07	00:21:55	00:33:48	00:43:55	+00:19:35 (58.0%)	6:45	8.9 (42.0%)
1362	MODZELEWSKI Mateusz	6409		WYSOKIE MAZOWIECKIE		M-30	309	M 820		00:10:26	00:22:09	00:33:49	00:44:16	+00:19:36 (58.0%)	6:45	8.9 (42.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1363	ANKIEWICZ Anna	6640		FASTY		K-30	197	K 543	Fasty & Wściekli	00:08:55	00:21:45	00:33:50	00:42:46	+00:19:37 (58.0%)	6:45	8.9 (42.0%)
1364	SZYSZKO Rafał	6442		BIAŁYSTOK		M-20	167	M 821		00:08:26	00:21:00	00:33:51	00:42:17	+00:19:38 (58.0%)	6:45	8.9 (42.0%)
1365	MIECZKOWSKA Bogumiła	6890	PLUM RUNNING TEAM	BIAŁYSTOK		K-40	118	K 544		00:09:06	00:22:00	00:33:53	00:42:59	+00:19:40 (58.1%)	6:46	8.9 (42.0%)
1366	DĄBROWSKA Magda	6238		BIAŁYSTOK		K-30	198	K 545		00:09:05	00:21:59	00:33:53	00:42:59	+00:19:40 (58.1%)	6:46	8.9 (42.0%)
1367	GLIŃSKI Wojciech	6834		WASILKOW		M-40	190	M 822		00:08:53	00:21:27	00:33:53	00:42:46	+00:19:40 (58.1%)	6:46	8.9 (42.0%)
1368	KULMACZ Katarzyna	6227		BIAŁYSTOK		K-20	137	K 546		00:09:05	00:22:00	00:33:53	00:42:59	+00:19:40 (58.1%)	6:46	8.9 (42.0%)
1369	WROBEL Elzbieta	6270		BIAŁYSTOK		K-50	32	K 547		00:09:05	00:22:00	00:33:54	00:42:59	+00:19:41 (58.1%)	6:46	8.9 (42.0%)
1370	BURAWSKA Kamila	5977		BIAŁYSTOK		K-20	138	K 548		00:10:02	00:22:06	00:33:57	00:43:59	+00:19:44 (58.2%)	6:47	8.8 (41.5%)
1371	SADOWSKA Agnieszka	6854	PZU SPORT TEAM	BIAŁYSTOK		K-40	119	K 549		00:00:16	00:21:13	00:33:57	00:34:14	+00:19:45 (58.2%)	6:47	8.8 (41.5%)
1372	SUMKOWSKI Marcin	6264		BIAŁYSTOK		M-30	310	M 823		00:09:40	00:21:46	00:33:58	00:43:39	+00:19:45 (58.2%)	6:47	8.8 (41.5%)
1373	LIS Marcin	6386	PĘDZIWIATRIS	WARSZAWA		M-50	64	M 824		00:09:07	00:21:50	00:33:58	00:43:06	+00:19:45 (58.2%)	6:47	8.8 (41.5%)
1374	SUMKOWSKA Paulina	6263		BIAŁYSTOK		K-30	199	K 550		00:09:40	00:21:47	00:33:59	00:43:40	+00:19:46 (58.2%)	6:47	8.8 (41.5%)
1375	KUŹMICKA Paulina	5901		BIAŁYSTOK		K-30	200	K 551		00:10:11	00:21:52	00:33:59	00:44:11	+00:19:46 (58.2%)	6:47	8.8 (41.5%)
1376	PRYWATNA Osoba	6603		BIAŁYSTOK		K-50	33	K 552		00:09:51	00:22:21	00:34:00	00:43:52	+00:19:47 (58.2%)	6:47	8.8 (41.5%)
1377	SARAFIN Agnieszka	6261	SII RUNNING TEAM	BIAŁYSTOK		K-40	120	K 553	Sii Running Team	00:08:46	00:21:36	00:34:01	00:42:48	+00:19:48 (58.2%)	6:47	8.8 (41.5%)
1378	ZAPOLNIK Urszula	6492		BIAŁYSTOK		K-30	201	K 554		00:08:31	00:21:26	00:34:01	00:42:32	+00:19:48 (58.2%)	6:47	8.8 (41.5%)
1379	WINNICKA Hanna	6573		BIAŁYSTOK		K-12	58	K 555		00:09:51	00:22:20	00:34:03	00:43:55	+00:19:50 (58.3%)	6:48	8.8 (41.5%)
1380	TARASIUK Monika	6109	ODPOWIEDŹ TO 42	HAJNÓWKA		K-30	202	K 556		00:08:59	00:21:18	00:34:03	00:43:02	+00:19:50 (58.3%)	6:48	8.8 (41.5%)
1381	ZUBOWICZ Janina	6215		SEJNY		K-60	6	K 557		00:04:41	00:21:52	00:34:03	00:38:44	+00:19:50 (58.3%)	6:48	8.8 (41.5%)
1382	SZEWCZAK Andrzej	6149		PAJEWO		M-60	16	M 825		00:10:03	00:22:32	00:34:03	00:44:07	+00:19:50 (58.3%)	6:48	8.8 (41.5%)
1383	LEMPART Mikołaj	6831		BIAŁYSTOK		M-12	76	M 826		00:04:40	00:21:56	00:34:03	00:38:44	+00:19:50 (58.3%)	6:48	8.8 (41.5%)
1384	KOMAR Katarzyna	5978		KRUSZEWO-WYPYCHY 32		K-50	34	K 558		00:09:20	00:21:35	00:34:03	00:43:24	+00:19:50 (58.3%)	6:48	8.8 (41.5%)
1385	LEMPART-OSTRYSZ Aneta	6719		NOWODWORCE		K-30	203	K 559		00:04:40	00:21:53	00:34:03	00:38:44	+00:19:50 (58.3%)	6:48	8.8 (41.5%)
1386	SZULBORSKA Amelia	6308	3T	BIAŁYSTOK		K-12	59	K 560		00:08:45	00:20:58	00:34:04	00:42:49	+00:19:51 (58.3%)	6:48	8.8 (41.5%)
1387	TRUCHAN Wiesław	6214	ROZBIEGANI SUWAŁKI	SUWAŁKI		M-60	17	M 827		00:04:42	00:21:52	00:34:05	00:38:47	+00:19:52 (58.3%)	6:48	8.8 (41.5%)
1388	TAUDUL Urszula	6449	GRUPA BIEGOWA CZARNA BIAŁOSTOCKA	CZARNA BIAŁOSTOCKA		K-50	35	K 561		00:09:15	00:21:44	00:34:07	00:43:22	+00:19:54 (58.4%)	6:49	8.8 (41.5%)
1389	DEC Natalia	6198		BIAŁYSTOK		K-20	139	K 562		00:08:53	00:22:13	00:34:08	00:43:02	+00:19:55 (58.4%)	6:49	8.8 (41.5%)
1390	MARKOWSKI Piotr	5786		BIAŁYSTOK		M-30	311	M 828		00:10:12	00:21:39	00:34:10	00:44:23	+00:19:57 (58.4%)	6:49	8.8 (41.5%)
1391	DZIĘGIELEWSKA Ola	6652		BIAŁYSTOK		K-30	204	K 563		00:08:43	00:22:22	00:34:10	00:42:54	+00:19:58 (58.4%)	6:49	8.8 (41.5%)
1392	BYKOWSKA Katarzyna	6038		BIAŁYSTOK		K-40	121	K 564		00:09:09	00:22:49	00:34:11	00:43:21	+00:19:58 (58.5%)	6:49	8.8 (41.5%)
1393	ŻAKOWICZ Gniewomir	6001		WASILKÓW		M-30	312	M 829		00:10:05	00:22:32	00:34:11	00:44:17	+00:19:59 (58.5%)	6:49	8.8 (41.5%)
1394	JARYMOWICZ Waldemar	6296		BIAŁYSTOK		M-40	191	M 830		00:09:08	00:22:49	00:34:12	00:43:20	+00:19:59 (58.5%)	6:50	8.8 (41.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1395	OLSZEWSKA Agnieszka	5622		BIAŁYSTOK		K-40	122	K 565		00:09:21	00:21:45	00:34:13	00:43:35	+00:20:00 (58.5%)	6:50	8.8 (41.5%)
1396	GRANATYR Agnieszka	5427	BIAŁYSTOK BIEGA TEAM	SOBOLEWO		K-40	123	K 566		00:10:03	00:22:09	00:34:13	00:44:17	+00:20:00 (58.5%)	6:50	8.8 (41.5%)
1397	JUCHNO Bogdan	5754		BIAŁYSTOK		M-40	192	M 831		00:09:21	00:21:46	00:34:13	00:43:35	+00:20:00 (58.5%)	6:50	8.8 (41.5%)
1398	MAGUSIEWICZ Patrycja	6826		BIAŁYSTOK		K-30	205	K 567		00:08:23	00:21:07	00:34:13	00:42:37	+00:20:01 (58.5%)	6:50	8.8 (41.5%)
1399	KRASOWSKA Milena	5954		SOBOLEWO		K-30	206	K 568		00:10:33	00:21:47	00:34:14	00:44:47	+00:20:01 (58.5%)	6:50	8.8 (41.5%)
1400	OŻAROWSKA Edyta	5964		SOKOŁY		K-40	124	K 569		00:09:20	00:21:35	00:34:14	00:43:34	+00:20:01 (58.5%)	6:50	8.8 (41.5%)
1401	SKRĘTEK Paulina	5327		BIAŁYSTOK		K-40	125	K 570		00:09:44	00:21:44	00:34:14	00:43:58	+00:20:01 (58.5%)	6:50	8.8 (41.5%)
1402	KOZAKIEWICZ Patrycja	5805		BIAŁYSTOK		K-30	207	K 571		00:09:28	00:22:05	00:34:15	00:43:44	+00:20:03 (58.5%)	6:50	8.8 (41.5%)
1403	OSTASZEWSKI Daniel	6567		BIAŁYSTOK		M-30	313	M 832		00:10:33	00:22:17	00:34:16	00:44:50	+00:20:03 (58.6%)	6:50	8.8 (41.5%)
1404	MISZKIEL Aleksandra	6643		BIAŁYSTOK		K-20	140	K 572		00:08:43	00:22:22	00:34:16	00:43:00	+00:20:03 (58.6%)	6:50	8.8 (41.5%)
1405	STEFANOWSKA Kinga	5293		BIAŁYSTOK		K-12	60	K 573		00:09:05	00:22:02	00:34:17	00:43:23	+00:20:04 (58.6%)	6:51	8.8 (41.5%)
1406	ROZWADOWSKA Natalia	6242		BIAŁYSTOK		K-20	141	K 574		00:10:30	00:21:36	00:34:18	00:44:49	+00:20:05 (58.6%)	6:51	8.8 (41.5%)
1407	OSTROWSKA Julia	5689		BIAŁYSTOK		K-20	142	K 575		00:08:45	00:22:17	00:34:18	00:43:04	+00:20:05 (58.6%)	6:51	8.8 (41.5%)
1408	KUPIECKA Emilia	5554		SZCZUCZYN		K-50	36	K 576		00:10:18	00:22:01	00:34:21	00:44:40	+00:20:08 (58.7%)	6:51	8.7 (41.0%)
1409	STALEWSKI Konrad	6232		BIAŁYSTOK		M-20	168	M 833		00:09:01	00:22:43	00:34:23	00:43:24	+00:20:10 (58.7%)	6:52	8.7 (41.0%)
1410	KARCZEWSKA Małgorzata	5097		BIAŁYSTOK		K-12	61	K 577		00:08:48	00:22:02	00:34:23	00:43:11	+00:20:10 (58.7%)	6:52	8.7 (41.0%)
1411	GODLEWSKA Małgorzata	6231		BIAŁYSTOK		M-20	169	M 834		00:09:00	00:22:43	00:34:23	00:43:24	+00:20:10 (58.7%)	6:52	8.7 (41.0%)
1412	KOROL Marek	6722		BIAŁYSTOK		M-50	65	M 835		00:09:03	00:21:39	00:34:24	00:43:28	+00:20:11 (58.7%)	6:52	8.7 (41.0%)
1413	GINTOWT Aleksandra	5059		BIAŁYSTOK		K-40	126	K 578		00:09:03	00:21:40	00:34:24	00:43:28	+00:20:11 (58.7%)	6:52	8.7 (41.0%)
1414	RUDNICKA Marlena	6502		BIAŁYSTOK		K-30	208	K 579		00:08:43	00:22:23	00:34:24	00:43:07	+00:20:11 (58.7%)	6:52	8.7 (41.0%)
1415	OLESZEK Dominika	5778		BIAŁYSTOK		K-30	209	K 580		00:10:31	00:22:32	00:34:25	00:44:56	+00:20:12 (58.7%)	6:52	8.7 (41.0%)
1416	LASZUK Mateusz	6556		BIAŁYSTOK		M-30	314	M 836		00:09:34	00:21:56	00:34:26	00:44:00	+00:20:13 (58.8%)	6:52	8.7 (41.0%)
1417	LASZUK Gabriela	6375		BIAŁYSTOK		K-30	210	K 581		00:09:33	00:21:57	00:34:27	00:44:00	+00:20:14 (58.8%)	6:53	8.7 (41.0%)
1418	KOZIEJKO Stanisław	5936	BIEGAM DLA JUSTYSI	BIAŁYSTOK		M-60	18	M 837		00:04:32	00:21:45	00:34:27	00:38:59	+00:20:14 (58.8%)	6:53	8.7 (41.0%)
1419	SEWASTIANOWICZ Joanna	6297		BIAŁYSTOK		K-30	211	K 582		00:08:38	00:21:51	00:34:28	00:43:06	+00:20:15 (58.8%)	6:53	8.7 (41.0%)
1420	MYŚLIŃSKA Justyna	5683		BIAŁYSTOK		K-50	37	K 583		00:08:20	00:22:03	00:34:33	00:42:54	+00:20:20 (58.9%)	6:54	8.7 (41.0%)
1421	KONOPKO Agata	6798		FASTY		K-30	212	K 584	Fasty & Wściekli	00:08:55	00:21:54	00:34:36	00:43:31	+00:20:23 (59.0%)	6:54	8.7 (41.0%)
1422	ZALEWSKA Magdalena	6147		BOĆKI		K-30	213	K 585		00:10:19	00:22:30	00:34:37	00:44:57	+00:20:24 (59.0%)	6:55	8.7 (41.0%)
1423	KRYŃSKI Paweł	5157		WASILKÓW		M-30	315	M 838		00:10:19	00:22:30	00:34:37	00:44:57	+00:20:24 (59.0%)	6:55	8.7 (41.0%)
1424	TEUL Joanna	5940		BIAŁYSTOK		K-40	127	K 586		00:09:15	00:22:02	00:34:40	00:43:56	+00:20:27 (59.0%)	6:55	8.7 (41.0%)
1425	KRASZEWSKA Paulina	6371		BIAŁYSTOK		M-30	316	M 839		00:10:13	00:22:06	00:34:40	00:44:53	+00:20:27 (59.0%)	6:55	8.7 (41.0%)
1426	NIEGOWSKA Kinga	6372		BIAŁYSTOK		K-12	62	K 587		00:10:13	00:22:06	00:34:40	00:44:54	+00:20:28 (59.0%)	6:55	8.7 (41.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1427	ANUCIK Marta	5787	ANUCIKI	BIAŁYSTOK		K-30	214	K 588	Anuciki	00:09:59	00:22:02	00:34:43	00:44:42	+00:20:30 (59.1%)	6:56	8.6 (40.6%)
1428	BIEDRYCKA Wiktoria	5659		BIAŁYSTOK		K-12	63	K 589		00:08:48	00:22:03	00:34:44	00:43:33	+00:20:32 (59.1%)	6:56	8.6 (40.6%)
1429	BIEDRYCKI Krzysztof	5466		BIAŁYSTOK		M-40	193	M 840		00:08:48	00:22:04	00:34:45	00:43:34	+00:20:32 (59.1%)	6:56	8.6 (40.6%)
1430	POPEŁAWSKA Ewa	5350		BIAŁYSTOK		K-30	215	K 590		00:08:22	00:22:06	00:34:47	00:43:10	+00:20:34 (59.2%)	6:57	8.6 (40.6%)
1431	DMOCHOWSKI Kamil	5763		BIAŁYSTOK		M-30	317	M 841		00:10:11	00:22:08	00:34:48	00:45:00	+00:20:35 (59.2%)	6:57	8.6 (40.6%)
1432	CZERNIAKIEWICZ Anna	5890	OUTDOOR TRAINING	BIAŁYSTOK		K-40	128	K 591		00:08:32	00:22:08	00:34:50	00:43:22	+00:20:37 (59.2%)	6:57	8.6 (40.6%)
1433	MOTYKA Krzysztof	5891	OUTDOOR TRAINING	GRABÓWKA		M-40	194	M 842		00:08:32	00:22:08	00:34:50	00:43:23	+00:20:37 (59.2%)	6:57	8.6 (40.6%)
1434	MASAJŁO Natalia	6867		BIAŁYSTOK		K-30	216	K 592		00:10:34	00:22:44	00:34:51	00:45:25	+00:20:38 (59.3%)	6:57	8.6 (40.6%)
1435	WIŚNIEWSKI Marek	6186		ŁÓMŻA		M-40	195	M 843		00:10:01	00:22:13	00:34:53	00:44:55	+00:20:40 (59.3%)	6:58	8.6 (40.6%)
1436	SAWICKA Róża	6045		ZŁOTORIA		K-12	64	K 593		00:09:51	00:24:04	00:34:53	00:44:45	+00:20:40 (59.3%)	6:58	8.6 (40.6%)
1437	ŁAZAREWICZ-OSTASZEWSKA Monika	6090		BIAŁYSTOK		K-30	217	K 594		00:09:04	00:22:06	00:34:54	00:43:59	+00:20:41 (59.3%)	6:58	8.6 (40.6%)
1438	OSTASZEWSKI Michał	6091		BIAŁYSTOK		M-30	318	M 844		00:09:04	00:22:06	00:34:54	00:43:59	+00:20:41 (59.3%)	6:58	8.6 (40.6%)
1439	ANTONOWICZ Katarzyna	6256		BIAŁYSTOK		K-40	129	K 595	MERKURY	00:10:22	00:22:19	00:34:55	00:45:17	+00:20:42 (59.3%)	6:58	8.6 (40.6%)
1440	HRYNIEWICKA Gabriela	6064		BIAŁYSTOK		K-20	143	K 596		00:09:13	00:21:56	00:34:56	00:44:10	+00:20:43 (59.3%)	6:58	8.6 (40.6%)
1441	POŁUSZEJKO Bartłomiej	6066		SOKÓŁKA		M-40	196	M 845		00:09:13	00:21:54	00:34:56	00:44:10	+00:20:43 (59.4%)	6:58	8.6 (40.6%)
1442	BIELAWSKA Kinga	6660		BIAŁYSTOK		K-20	144	K 597		00:09:25	00:22:27	00:34:57	00:44:23	+00:20:44 (59.4%)	6:59	8.6 (40.6%)
1443	LANGE Katarzyna	6292		BIAŁYSTOK		K-40	130	K 598		00:08:24	00:22:06	00:34:58	00:43:22	+00:20:45 (59.4%)	6:59	8.6 (40.6%)
1444	GRABOWSKA Magdalena	5909		KURIANY		K-30	218	K 599	Na co mi to było	00:09:02	00:22:15	00:34:58	00:44:00	+00:20:45 (59.4%)	6:59	8.6 (40.6%)
1445	BILKIEWICZ Arkadiusz	5738		ZAŚCIANKI		M-50	66	M 846		00:09:13	00:21:47	00:35:00	00:44:13	+00:20:47 (59.4%)	6:59	8.6 (40.6%)
1446	SZCZERBA Tomasz	6190		BIAŁYSTOK		M-30	319	M 847		00:10:12	00:22:21	00:35:00	00:45:13	+00:20:47 (59.4%)	6:59	8.6 (40.6%)
1447	SIERZPUTOWSKA Ewa	6589		JANOWO		K-40	131	K 600		00:08:50	00:22:05	00:35:00	00:43:51	+00:20:47 (59.4%)	6:59	8.6 (40.6%)
1448	RUTKOWSKA Urszula	6188		BIAŁYSTOK		K-20	145	K 601		00:10:12	00:22:20	00:35:01	00:45:14	+00:20:48 (59.4%)	6:59	8.6 (40.6%)
1449	ZAMBRZYCKA Monika	5817		WASILKÓW		K-30	219	K 602		00:10:14	00:22:17	00:35:03	00:45:18	+00:20:50 (59.5%)	7:00	8.6 (40.6%)
1450	ŻUKOWSKA Marlena	5746		BIAŁYSTOK		K-30	220	K 603		00:10:00	00:22:05	00:35:03	00:45:04	+00:20:50 (59.5%)	7:00	8.6 (40.6%)
1451	KACYNEL Hanna	5576		BIAŁYSTOK		K-20	146	K 604		00:08:49	00:23:28	00:35:04	00:43:53	+00:20:51 (59.5%)	7:00	8.6 (40.6%)
1452	LEWSZUK Emilia	6607		MICHAŁOWO		K-30	221	K 605	Co ja tu robię	00:10:10	00:22:52	00:35:05	00:45:15	+00:20:52 (59.5%)	7:00	8.6 (40.6%)
1453	LEWSZUK Magdalena	5608	CO JA TU ROBIĘ	MICHAŁOWO		K-30	222	K 606		00:10:10	00:22:52	00:35:05	00:45:15	+00:20:52 (59.5%)	7:00	8.6 (40.6%)
1454	DZIEMIAŃCZYK Mateusz	5628		SOBOLEWO		M-20	170	M 848		00:10:12	00:22:48	00:35:09	00:45:21	+00:20:56 (59.6%)	7:01	8.5 (40.1%)
1455	SEBESTIANIUK Eliza	5667		BIAŁYSTOK		K-20	147	K 607	Na co mi to było	00:09:22	00:22:26	00:35:11	00:44:34	+00:20:59 (59.6%)	7:01	8.5 (40.1%)
1456	SEBESTIANIUK Łukasz	5666		BIAŁYSTOK		M-30	320	M 849	Na co mi to było	00:09:22	00:22:26	00:35:12	00:44:34	+00:20:59 (59.6%)	7:02	8.5 (40.1%)
1457	KOSSAKOWSKI Paweł	5664		DOBRZYNIOWO DUŻE		M-30	321	M 850	Na co mi to było	00:09:23	00:22:26	00:35:12	00:44:35	+00:20:59 (59.7%)	7:02	8.5 (40.1%)
1458	ZIMNOCH Daria	6467		POROSŁY KOLONIA		K-20	148	K 608		00:08:42	00:22:11	00:35:13	00:43:55	+00:21:00 (59.7%)	7:02	8.5 (40.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1459	ŁOŃSKI Kuba	5702		BIAŁYSTOK		M-20	171	M 851		00:09:00	00:22:41	00:35:13	00:44:13	+00:21:00 (59.7%)	7:02	8.5 (40.1%)
1460	KOSSAKOWSKA Ramona	5665		DOBRZYNIOWO DUŻE		K-30	223	K 609	Na co mi to było	00:09:22	00:22:28	00:35:13	00:44:36	+00:21:00 (59.7%)	7:02	8.5 (40.1%)
1461	ELIASZ Krzysztof	5946		ŁOMŻA		M-30	322	M 852	Na co mi to było	00:09:22	00:22:26	00:35:13	00:44:36	+00:21:00 (59.7%)	7:02	8.5 (40.1%)
1462	MŁYNARCZYK Jarosław	6063		NOWODWORCE		M-30	323	M 853		00:08:53	00:22:46	00:35:13	00:44:07	+00:21:00 (59.7%)	7:02	8.5 (40.1%)
1463	KOMENDACKA Katarzyna	5072		BIAŁYSTOK		K-20	149	K 610		00:09:39	00:22:50	00:35:17	00:44:57	+00:21:05 (59.8%)	7:03	8.5 (40.1%)
1464	ŻOCH Katarzyna	6532		WARSZAWA		K-30	224	K 611		00:09:00	00:22:41	00:35:18	00:44:19	+00:21:05 (59.8%)	7:03	8.5 (40.1%)
1465	GRYCUK Krzysztofa	5838		BIAŁYSTOK		K-50	38	K 612		00:04:27	00:22:13	00:35:19	00:39:46	+00:21:06 (59.8%)	7:03	8.5 (40.1%)
1466	PRYZMONT Jakub	5071		KLEOSIN		M-20	172	M 854		00:09:40	00:22:50	00:35:19	00:44:59	+00:21:06 (59.8%)	7:03	8.5 (40.1%)
1467	CHOROMANSKI Albert	6524		BIAŁYSTOK		M-20	173	M 855		00:09:33	00:22:47	00:35:19	00:44:52	+00:21:06 (59.8%)	7:03	8.5 (40.1%)
1468	DYBKO Dominika	5852		BIAŁYSTOK		K-20	150	K 613		00:04:27	00:22:13	00:35:19	00:39:46	+00:21:06 (59.8%)	7:03	8.5 (40.1%)
1469	MOJSAK Paulina	5701		BIAŁYSTOK		K-20	151	K 614		00:09:00	00:22:41	00:35:19	00:44:19	+00:21:06 (59.8%)	7:03	8.5 (40.1%)
1470	SIEMION Janusz	5604	STOWARZYSZENIE "NASZ SZCZUCZYN"	SZCZUCZYN		M-50	67	M 856		00:08:56	00:22:05	00:35:19	00:44:16	+00:21:06 (59.8%)	7:03	8.5 (40.1%)
1471	GRZEŚ Darek	5076		BIAŁYSTOK		M-50	68	M 857		00:09:21	00:23:08	00:35:20	00:44:41	+00:21:07 (59.8%)	7:03	8.5 (40.1%)
1472	SZNAJDER-GRZEŚ Kasia	5077		BIAŁYSTOK		K-50	39	K 615		00:09:21	00:22:50	00:35:20	00:44:41	+00:21:07 (59.8%)	7:03	8.5 (40.1%)
1473	URBAŃSKI Adam	5625		BIAŁYSTOK		M-50	69	M 858		00:09:02	00:22:54	00:35:22	00:44:25	+00:21:09 (59.8%)	7:04	8.5 (40.1%)
1474	GUTOWSKA Ela	5597		GRABÓWKA		K-50	40	K 616		00:09:02	00:22:54	00:35:22	00:44:24	+00:21:09 (59.8%)	7:04	8.5 (40.1%)
1475	MŁYNARCZYK Katarzyna	5586		NOWODWORCE		K-30	225	K 617		00:08:53	00:22:47	00:35:25	00:44:19	+00:21:12 (59.9%)	7:04	8.5 (40.1%)
1476	HONCHARENKO Anastasiia	6538		BIAŁYSTOK		K-20	152	K 618		00:08:41	00:22:39	00:35:26	00:44:08	+00:21:13 (59.9%)	7:04	8.5 (40.1%)
1477	SZYMBORSKI Jakub	6537		BIAŁYSTOK		M-12	77	M 859		00:08:41	00:22:40	00:35:27	00:44:08	+00:21:14 (59.9%)	7:05	8.5 (40.1%)
1478	SAFIEJKO Sylwia	6399	BIELDRUK TEAM	BIAŁYSTOK		K-40	132	K 619	Bieldruk Team	00:10:00	00:22:21	00:35:29	00:45:30	+00:21:16 (60.0%)	7:05	8.5 (40.1%)
1479	DZIENISZEWSKA Karolina	5573		BIAŁYSTOK		K-20	153	K 620		00:09:15	00:22:41	00:35:29	00:44:45	+00:21:16 (60.0%)	7:05	8.5 (40.1%)
1480	KONSTAŃCZUK Jakub	5895		BIAŁYSTOK		M-30	324	M 860	Sii Running Team	00:10:29	00:23:53	00:35:33	00:46:02	+00:21:20 (60.0%)	7:06	8.4 (39.6%)
1481	NIEMOTKO Agata	5846		WOJNAROWICE		K-50	41	K 621		00:08:41	00:22:47	00:35:37	00:44:19	+00:21:24 (60.1%)	7:07	8.4 (39.6%)
1482	KOWALCZYK Dariusz	6560		BIAŁYSTOK		M-30	325	M 861		00:09:08	00:22:44	00:35:38	00:44:46	+00:21:25 (60.1%)	7:07	8.4 (39.6%)
1483	ŻWIRKO Wiktoria	6127		BIAŁYSTOK		K-20	154	K 622		00:09:47	00:22:35	00:35:38	00:45:25	+00:21:25 (60.1%)	7:07	8.4 (39.6%)
1484	RIBEIRO Edyta	6454		BIAŁYSTOK		K-40	133	K 623		00:09:08	00:22:44	00:35:38	00:44:46	+00:21:25 (60.1%)	7:07	8.4 (39.6%)
1485	ZYZIK Kacper	6128		KONIECPOL		M-20	174	M 862		00:09:47	00:22:35	00:35:38	00:45:26	+00:21:25 (60.1%)	7:07	8.4 (39.6%)
1486	KOWALCZYK Iwona	6559		BIAŁYSTOK		K-30	226	K 624		00:09:08	00:22:46	00:35:38	00:44:47	+00:21:26 (60.2%)	7:07	8.4 (39.6%)
1487	KUCZYŃSKA Marta	5612		BIAŁYSTOK		K-30	227	K 625		00:10:25	00:22:50	00:35:39	00:46:05	+00:21:26 (60.2%)	7:07	8.4 (39.6%)
1488	WIERZBICKA Julia	6403		BIAŁYSTOK		K-20	155	K 626		00:09:44	00:23:12	00:35:41	00:45:25	+00:21:28 (60.2%)	7:07	8.4 (39.6%)
1489	SEBASTIANIUK Tomasz	6525		BIAŁYSTOK		M-20	175	M 863		00:09:43	00:23:12	00:35:42	00:45:25	+00:21:29 (60.2%)	7:08	8.4 (39.6%)
1490	KURZYNA Anna Maria	6704		KNYSZYN		K-12	65	K 627		00:09:45	00:22:40	00:35:42	00:45:28	+00:21:29 (60.2%)	7:08	8.4 (39.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1491	HUSTSINOVICH Darya	6898	BGT TEAM	BIAŁYSTOK		K-20	156	K 628		00:04:31	00:21:31	00:35:44	00:40:15	+00:21:31 (60.3%)	7:08	8.4 (39.6%)
1492	JARMOC Aneta	6113		BIAŁYSTOK		K-30	228	K 629		00:08:26	00:22:28	00:35:44	00:44:10	+00:21:31 (60.3%)	7:08	8.4 (39.6%)
1493	ŁOSZEWSKA Marta	6114		BIAŁYSTOK		K-40	134	K 630		00:08:26	00:22:28	00:35:44	00:44:10	+00:21:31 (60.3%)	7:08	8.4 (39.6%)
1494	BIERNACKA Agnieszka	6526		BIAŁYSTOK		K-40	135	K 631		00:10:05	00:23:11	00:35:44	00:45:50	+00:21:31 (60.3%)	7:08	8.4 (39.6%)
1495	GÓRNIK Monika	6249		BIAŁYSTOK		K-40	136	K 632	MERKURY	00:10:28	00:23:22	00:35:44	00:46:13	+00:21:32 (60.3%)	7:08	8.4 (39.6%)
1496	GRĄDZKA Monika	6226		BIAŁYSTOK		K-40	137	K 633		00:10:04	00:23:11	00:35:47	00:45:52	+00:21:35 (60.3%)	7:09	8.4 (39.6%)
1497	DEC Wiola	6039		BIAŁYSTOK		K-40	138	K 634		00:09:13	00:22:58	00:35:48	00:45:01	+00:21:35 (60.3%)	7:09	8.4 (39.6%)
1498	ŁUKASZEWICZ Blanka	6543		BIAŁYSTOK		K-12	66	K 635		00:09:51	00:23:24	00:35:49	00:45:40	+00:21:36 (60.3%)	7:09	8.4 (39.6%)
1499	ZALESKA Zofia	6558		BIAŁYSTOK		K-12	67	K 636		00:09:51	00:23:24	00:35:49	00:45:40	+00:21:36 (60.4%)	7:09	8.4 (39.6%)
1500	BOHOJŁO Zuzanna	5807		BIAŁYSTOK		K-12	68	K 637		00:04:26	00:22:32	00:35:50	00:40:16	+00:21:37 (60.4%)	7:09	8.4 (39.6%)
1501	PRUSZYŃSKI Bartek	6512		BIAŁYSTOK		M-20	176	M 864		00:09:37	00:24:06	00:35:50	00:45:28	+00:21:37 (60.4%)	7:09	8.4 (39.6%)
1502	JEZIERSKI Franciszek	6523		BIAŁYSTOK		M-20	177	M 865		00:09:37	00:24:04	00:35:51	00:45:28	+00:21:38 (60.4%)	7:09	8.4 (39.6%)
1503	BURZYŃSKA-MALINOWSKA Edyta	6597		BIAŁYSTOK		K-40	139	K 638		00:08:24	00:22:46	00:35:51	00:44:15	+00:21:38 (60.4%)	7:09	8.4 (39.6%)
1504	ŻUKOWSKI Artur	5745		BIAŁYSTOK		M-30	326	M 866		00:10:02	00:23:03	00:35:51	00:45:54	+00:21:38 (60.4%)	7:09	8.4 (39.6%)
1505	CZAJKOWSKA Justyna	6044		BIAŁYSTOK		K-40	140	K 639		00:08:47	00:22:50	00:35:53	00:44:41	+00:21:40 (60.4%)	7:10	8.4 (39.6%)
1506	RADZISZEWSKA Aleksandra	6520		BIAŁYSTOK		K-20	157	K 640		00:09:35	00:24:08	00:35:53	00:45:28	+00:21:40 (60.4%)	7:10	8.4 (39.6%)
1507	BUSŁOWSKA Aleksandra	6522		BIAŁYSTOK		K-20	158	K 641		00:09:34	00:24:09	00:35:54	00:45:28	+00:21:41 (60.4%)	7:10	8.4 (39.6%)
1508	BACH Patrycja	6521		BIAŁYSTOK		K-20	159	K 642		00:09:33	00:24:09	00:35:54	00:45:28	+00:21:41 (60.4%)	7:10	8.4 (39.6%)
1509	PACHUCKA Monika	5682		BIAŁYSTOK		K-40	141	K 643		00:09:12	00:23:05	00:35:59	00:45:12	+00:21:46 (60.5%)	7:11	8.3 (39.2%)
1510	DZIENISZEWSKA Monika	5589		AUGUSTÓW		K-30	229	K 644		00:10:17	00:23:52	00:35:59	00:46:17	+00:21:46 (60.5%)	7:11	8.3 (39.2%)
1511	ROSZKOWSKA Katarzyna	6124		BIAŁYSTOK		K-40	142	K 645		00:09:03	00:23:15	00:36:05	00:45:08	+00:21:52 (60.6%)	7:12	8.3 (39.2%)
1512	CHOMICKA Wiktoria	6404		BIŁYSTOK		K-20	160	K 646		00:09:43	00:23:11	00:36:05	00:45:49	+00:21:52 (60.6%)	7:12	8.3 (39.2%)
1513	ROSZKOWSKA Wioleta	6104		ŁAPY		K-40	143	K 647		00:09:54	00:23:28	00:36:05	00:46:00	+00:21:52 (60.6%)	7:12	8.3 (39.2%)
1514	WASILEWSKA Ewa	6598		ŁAPY		K-40	144	K 648		00:09:54	00:23:28	00:36:06	00:46:00	+00:21:53 (60.7%)	7:12	8.3 (39.2%)
1515	ZANIEWSKA Sylwia	5495	EURUS	BIAŁYSTOK		K-40	145	K 649		00:10:24	00:23:07	00:36:09	00:46:34	+00:21:56 (60.7%)	7:13	8.3 (39.2%)
1516	FILIPOWICZ Maja	5712		BIAŁYSTOK		K-12	69	K 650		00:08:38	00:23:09	00:36:09	00:44:48	+00:21:56 (60.7%)	7:13	8.3 (39.2%)
1517	WYSOCKA-KAZBERUK Urszula	6167		BIAŁYSTOK		K-30	230	K 651		00:09:41	00:23:42	00:36:09	00:45:51	+00:21:56 (60.7%)	7:13	8.3 (39.2%)
1518	FILIPOWICZ Renata	5710		BIAŁYSTOK		K-40	146	K 652		00:08:38	00:23:09	00:36:09	00:44:48	+00:21:56 (60.7%)	7:13	8.3 (39.2%)
1519	KAWAŁKO Ewelina	6468		BIAŁYSTOK		K-40	147	K 653		00:10:24	00:22:56	00:36:12	00:46:36	+00:21:59 (60.8%)	7:14	8.3 (39.2%)
1520	KAVALIUK Barbara	5734		BIAŁYSTOK		K-40	148	K 654		00:09:27	00:23:10	00:36:15	00:45:43	+00:22:02 (60.8%)	7:14	8.3 (39.2%)
1521	BABICZ Elżbieta	5900	BEZGLUTENOWE PODLASIE	BIAŁYSTOK		K-50	42	K 655		00:08:47	00:23:08	00:36:15	00:45:02	+00:22:02 (60.8%)	7:14	8.3 (39.2%)
1522	PAWŁUSZEWICZ Katarzyna	5596		BIAŁYSTOK		K-30	231	K 656		00:04:38	00:22:31	00:36:16	00:40:54	+00:22:03 (60.8%)	7:14	8.3 (39.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1523	EJDYS Aleksandra	6801		IGNATKI-OSIEDLE		K-20	161	K 657		00:09:17	00:23:21	00:36:19	00:45:37	+00:22:06 (60.9%)	7:15	8.3 (39.2%)
1524	JONIO Renata	5813		BIAŁYSTOK		K-20	162	K 658		00:08:56	00:23:41	00:36:22	00:45:19	+00:22:09 (61.0%)	7:16	8.3 (39.2%)
1525	TRZONKOWSKA Daria	6618		BIAŁYSTOK		K-30	232	K 659		00:08:39	00:23:57	00:36:23	00:45:03	+00:22:10 (61.0%)	7:16	8.3 (39.2%)
1526	ZUBARAU Ihar	6339	TEA.M RUN	BIAŁYSTOK		M-40	197	M 867		00:09:42	00:23:31	00:36:25	00:46:07	+00:22:12 (61.0%)	7:16	8.2 (38.7%)
1527	ZUBAREVA Viktoria	6341		BIAŁYSTOK		K-12	70	K 660		00:09:42	00:23:31	00:36:25	00:46:08	+00:22:12 (61.0%)	7:16	8.2 (38.7%)
1528	CHANIŁO Łukasz	6475		BIAŁYSTOK		M-30	327	M 868		00:08:46	00:23:49	00:36:26	00:45:13	+00:22:13 (61.0%)	7:17	8.2 (38.7%)
1529	WRÓBLEWSKA-GAWRYLUK Monika	6049		BIAŁYSTOK		K-40	149	K 661		00:09:17	00:23:00	00:36:26	00:45:44	+00:22:13 (61.0%)	7:16	8.2 (38.7%)
1530	KOZŁOWA Walentyna	6384		BIAŁYSTOK		K-30	233	K 662		00:09:17	00:23:00	00:36:26	00:45:44	+00:22:13 (61.0%)	7:16	8.2 (38.7%)
1531	CHANIŁO Antoni	6478		BIAŁYSTOK		M-12	78	M 869		00:08:46	00:23:49	00:36:27	00:45:13	+00:22:14 (61.0%)	7:17	8.2 (38.7%)
1532	DUBROWSKA Julia	6412		BIAŁYSTOK		K-30	234	K 663		00:09:44	00:24:17	00:36:27	00:46:12	+00:22:14 (61.0%)	7:17	8.2 (38.7%)
1533	SZORC Ewa	6053		BIAŁYSTOK		K-40	150	K 664		00:09:30	00:23:40	00:36:28	00:45:58	+00:22:15 (61.0%)	7:17	8.2 (38.7%)
1534	MAZEWSKA Martyna	5462		BIALYSTOK		K-30	235	K 665		00:10:17	00:23:28	00:36:28	00:46:45	+00:22:15 (61.1%)	7:17	8.2 (38.7%)
1535	MAZEWSKI Marcin	5463		BIAŁYSTOK		M-30	328	M 870		00:10:16	00:23:25	00:36:28	00:46:45	+00:22:15 (61.1%)	7:17	8.2 (38.7%)
1536	NIEMOTKO Wojciech	5899		WOJNAROWICE		M-50	70	M 871		00:08:40	00:22:47	00:36:29	00:45:09	+00:22:16 (61.1%)	7:17	8.2 (38.7%)
1537	DUBROUSKI Ivan	6413		BIALYSTOK		M-30	329	M 872		00:09:44	00:24:17	00:36:29	00:46:13	+00:22:16 (61.1%)	7:17	8.2 (38.7%)
1538	CHILIŃSKI Paweł	5739		BIAŁYSTOK		M-40	198	M 873		00:10:32	00:22:57	00:36:30	00:47:02	+00:22:17 (61.1%)	7:17	8.2 (38.7%)
1539	PODBIEŁŁO Paulina	6118		BIAŁYSTOK		K-40	151	K 666	Białystok Biega Team	00:08:57	00:22:50	00:36:32	00:45:30	+00:22:19 (61.1%)	7:18	8.2 (38.7%)
1540	ROŚŁAN Karolina	5804		BIAŁYSTOK		K-20	163	K 667		00:10:21	00:23:46	00:36:33	00:46:55	+00:22:20 (61.1%)	7:18	8.2 (38.7%)
1541	ROŚŁAN Dawid	5190		BIAŁYSTOK		M-20	178	M 874		00:10:21	00:23:47	00:36:36	00:46:58	+00:22:23 (61.2%)	7:18	8.2 (38.7%)
1542	ZAMBROWSKA Anna	6257		BIAŁYSTOK		K-40	152	K 668	MERKURY	00:10:22	00:23:33	00:36:36	00:46:59	+00:22:23 (61.2%)	7:18	8.2 (38.7%)
1543	ROSIŃSKA Maria	5726		BIAŁYSTOK		K-20	164	K 669		00:09:47	00:24:12	00:36:40	00:46:27	+00:22:27 (61.3%)	7:19	8.2 (38.7%)
1544	TEUL Paweł	5941		BIAŁYSTOK		M-40	199	M 875		00:09:16	00:22:41	00:36:40	00:45:56	+00:22:27 (61.3%)	7:19	8.2 (38.7%)
1545	BIELSKA Patrycja	5727		BIAŁYSTOK		K-20	165	K 670		00:09:47	00:24:11	00:36:40	00:46:28	+00:22:28 (61.3%)	7:19	8.2 (38.7%)
1546	KARWOWSKA Agnieszka	5559	ELK TU BIEGAM	ELK		K-40	153	K 671		00:09:02	00:23:51	00:36:43	00:45:46	+00:22:30 (61.3%)	7:20	8.2 (38.7%)
1547	NAJMANOWICZ Iwona	5718		BIAŁYSTOK		K-40	154	K 672		00:08:37	00:23:03	00:36:47	00:45:25	+00:22:35 (61.4%)	7:21	8.2 (38.7%)
1548	JASIŃSKA Julia	6459		BIAŁYSTOK		K-12	71	K 673		00:10:14	00:23:44	00:36:48	00:47:02	+00:22:35 (61.4%)	7:21	8.2 (38.7%)
1549	GAŁA Kacper	6440		KLEPACZE		M-30	330	M 876		00:09:24	00:23:10	00:36:48	00:46:13	+00:22:35 (61.4%)	7:21	8.2 (38.7%)
1550	KOWALCZUK Iza	6360		BIAŁYSTOK		K-20	166	K 674		00:08:47	00:23:15	00:36:49	00:45:37	+00:22:36 (61.4%)	7:21	8.2 (38.7%)
1551	SZCZYTKO Marcin	5748		NIECKI		M-30	331	M 877		00:09:01	00:24:58	00:36:49	00:45:51	+00:22:36 (61.4%)	7:21	8.2 (38.7%)
1552	KUPREWICZ Natalia	5721		BIAŁYSTOK		K-20	167	K 675		00:09:01	00:24:58	00:36:50	00:45:51	+00:22:37 (61.4%)	7:21	8.2 (38.7%)
1553	SŁOMKA Monika	5470		BIAŁYSTOK		K-30	236	K 676		00:00:00	00:27:21	00:36:51	00:36:51	+00:22:38 (61.5%)	7:21	8.1 (38.2%)
1554	KALIŃSKA Karolina	5849		BIAŁYSTOK		K-30	237	K 677		00:09:05	00:24:07	00:36:53	00:45:59	+00:22:40 (61.5%)	7:22	8.1 (38.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1555	SZAŁWIŃSKA Marta	5848		HALICKIE		K-30	238	K 678		00:09:05	00:24:08	00:36:54	00:46:00	+00:22:41 (61.5%)	7:22	8.1 (38.2%)
1556	STOKOWSKA Marzena	6252		BIAŁYSTOK		K-30	239	K 679	MERKURY	00:10:30	00:23:32	00:36:55	00:47:25	+00:22:42 (61.5%)	7:22	8.1 (38.2%)
1557	SZYMBORSKA Joanna	6195		JABŁOŃ JANKOWCE 37		K-50	43	K 680		00:08:40	00:23:04	00:36:56	00:45:37	+00:22:43 (61.5%)	7:22	8.1 (38.2%)
1558	PROKOPCZYK Diana	6142		BIAŁYSTOK		K-30	240	K 681		00:08:58	00:22:53	00:36:56	00:45:54	+00:22:43 (61.6%)	7:22	8.1 (38.2%)
1559	RYTWIŃSKA Monika	6455		CHOROSZCZ		K-40	155	K 682		00:08:43	00:23:53	00:36:57	00:45:40	+00:22:44 (61.6%)	7:23	8.1 (38.2%)
1560	BORECKI Rafał	6775		BIAŁYSTOK		M-40	200	M 878		00:08:32	00:22:45	00:36:57	00:45:30	+00:22:44 (61.6%)	7:23	8.1 (38.2%)
1561	WALENDZIUK Iga	5591		AUGUSTÓW		K-20	168	K 683		00:10:17	00:24:41	00:37:05	00:47:22	+00:22:52 (61.7%)	7:24	8.1 (38.2%)
1562	CHRZANOWSKA Elżbieta	6731		BIAŁYSTOK		K-40	156	K 684		00:10:13	00:23:42	00:37:08	00:47:21	+00:22:55 (61.7%)	7:25	8.1 (38.2%)
1563	CHRZANOWSKI Karol	6730	TOP AUTO	BIAŁYSTOK		M-40	201	M 879		00:10:13	00:23:43	00:37:08	00:47:22	+00:22:55 (61.8%)	7:25	8.1 (38.2%)
1564	WASILUK-MAKSYMIUK Katarzyna	6763		BIAŁYSTOK		K-30	241	K 685		00:10:08	00:23:17	00:37:08	00:47:17	+00:22:55 (61.8%)	7:25	8.1 (38.2%)
1565	MAKSYMIUK Tomasz	6762		BIAŁYSTOK		M-30	332	M 880		00:10:08	00:23:16	00:37:08	00:47:17	+00:22:55 (61.8%)	7:25	8.1 (38.2%)
1566	MOŻEJKO Kamila	5827		BIAŁYSTOK		K-30	242	K 686		00:09:28	00:24:11	00:37:09	00:46:38	+00:22:56 (61.8%)	7:25	8.1 (38.2%)
1567	DOMINIAK Aleksandra	5826		BIAŁYSTOK		K-30	243	K 687		00:09:28	00:24:11	00:37:09	00:46:37	+00:22:56 (61.8%)	7:25	8.1 (38.2%)
1568	HERMANOWSKA Barbara	6234		ZABŁUDÓW		K-50	44	K 688		00:10:18	00:23:22	00:37:10	00:47:29	+00:22:58 (61.8%)	7:25	8.1 (38.2%)
1569	ZBIERAJEWSKA Małgorzata	5556		BIAŁYSTOK		K-40	157	K 689		00:08:42	00:23:49	00:37:21	00:46:03	+00:23:08 (62.0%)	7:27	8 (37.7%)
1570	KURYŚ Karolina	5809		BIAŁYSTOK		K-30	244	K 690		00:04:44	00:23:47	00:37:22	00:42:07	+00:23:09 (62.0%)	7:28	8 (37.7%)
1571	KOCHANOWSKA Barbara	6809		BIAŁYSTOK		K-12	72	K 691		00:09:05	00:24:29	00:37:23	00:46:28	+00:23:10 (62.0%)	7:28	8 (37.7%)
1572	ŚWINIARSKA-GÜYÜM Marta	6802		BIAŁYSTOK		K-30	245	K 692		00:04:48	00:23:44	00:37:23	00:42:12	+00:23:10 (62.0%)	7:28	8 (37.7%)
1573	RUTKOWSKA Wioleta	6515		BIAŁYSTOK		K-30	246	K 693		00:10:31	00:24:13	00:37:27	00:47:59	+00:23:14 (62.1%)	7:29	8 (37.7%)
1574	MILEWSKI Szymon	6679		BIAŁYSTOK		M-12	79	M 881		00:09:04	00:24:31	00:37:28	00:46:33	+00:23:15 (62.1%)	7:29	8 (37.7%)
1575	ŁUPIŃSKA Katarzyna	6417		KLEPACZE		K-30	247	K 694		00:08:46	00:23:46	00:37:29	00:46:15	+00:23:16 (62.1%)	7:29	8 (37.7%)
1576	FIRSZ Julita	5857		BIAŁYSTOK		K-30	248	K 695		00:09:09	00:24:02	00:37:29	00:46:38	+00:23:16 (62.1%)	7:29	8 (37.7%)
1577	MILEWSKI Adam	6676		BIAŁYSTOK		M-40	202	M 882		00:09:04	00:24:31	00:37:29	00:46:33	+00:23:16 (62.1%)	7:29	8 (37.7%)
1578	FIEDORCZUK Monika	5731		ZABLUDOW		K-40	158	K 696		00:09:29	00:23:14	00:37:30	00:46:59	+00:23:17 (62.1%)	7:29	8 (37.7%)
1579	SKUP Jagoda	6692		BIAŁYSTOK		K-12	73	K 697		00:10:06	00:23:44	00:37:35	00:47:41	+00:23:22 (62.2%)	7:30	8 (37.7%)
1580	KLIMA Julia	6682		BIAŁYSTOK		K-12	74	K 698		00:10:06	00:23:45	00:37:35	00:47:42	+00:23:23 (62.2%)	7:30	8 (37.7%)
1581	MALISZEWSKA Dorota	5934		BIAŁYSTOK		K-40	159	K 699		00:08:39	00:24:01	00:37:37	00:46:16	+00:23:24 (62.2%)	7:31	8 (37.7%)
1582	CHRZANOWSKA Katarzyna	5585		BIAŁYSTOK		K-30	249	K 700		00:09:34	00:23:58	00:37:37	00:47:12	+00:23:24 (62.2%)	7:31	8 (37.7%)
1583	KALISZ Natalia	5957		BIAŁYSTOK		K-30	250	K 701		00:10:35	00:24:39	00:37:38	00:48:13	+00:23:25 (62.3%)	7:31	8 (37.7%)
1584	STODOLNIK Monika	5477		WARSZAWA		K-30	251	K 702		00:08:45	00:23:58	00:37:40	00:46:25	+00:23:27 (62.3%)	7:31	8 (37.7%)
1585	JAROSZEK Bartłomiej	5448		ZIELONKA		M-20	179	M 883		00:08:45	00:23:58	00:37:41	00:46:26	+00:23:28 (62.3%)	7:31	8 (37.7%)
1586	LELO Piotr	5986		BIAŁYSTOK		M-40	203	M 884		00:08:28	00:23:58	00:37:43	00:46:12	+00:23:30 (62.3%)	7:32	8 (37.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1587	JABŁOŃSKA Emilia	6804		BIAŁYSTOK		K-30	252	K 703	Ostry team	00:09:41	00:24:54	00:37:43	00:47:25	+00:23:30 (62.4%)	7:32	8 (37.7%)
1588	SZOTKO Luiza	5690		BIAŁYSTOK		K-20	169	K 704		00:08:57	00:23:26	00:37:49	00:46:46	+00:23:36 (62.4%)	7:33	7.9 (37.3%)
1589	BLĄŻEJEWSKA-GAŁA Paulina	6295		KLEPACZE		K-30	253	K 705		00:09:24	00:25:17	00:38:00	00:47:25	+00:23:47 (62.6%)	7:35	7.9 (37.3%)
1590	STAŃCZUK Julia	5616		BIAŁYSTOK		K-12	75	K 706		00:08:44	00:23:44	00:38:04	00:46:49	+00:23:51 (62.7%)	7:36	7.9 (37.3%)
1591	TRYKOSZKO Michał	5998		BORSUKÓWKA		M-30	333	M 885		00:09:19	00:24:03	00:38:07	00:47:26	+00:23:54 (62.7%)	7:37	7.9 (37.3%)
1592	KŁOCZKO Adam	5888		BIAŁYSTOK		M-20	180	M 886		00:09:35	00:23:44	00:38:07	00:47:43	+00:23:54 (62.7%)	7:37	7.9 (37.3%)
1593	LENCZEWSKA Weronika	5225		BIAŁYSTOK		K-20	170	K 707		00:10:27	00:24:15	00:38:09	00:48:36	+00:23:56 (62.8%)	7:37	7.9 (37.3%)
1594	HERMAN Magdalena	5722		BIAŁYSTOK		K-30	254	K 708		00:10:25	00:24:26	00:38:09	00:48:34	+00:23:56 (62.8%)	7:37	7.9 (37.3%)
1595	HYŻYK Anna	6471	INTRUM	BIAŁYSTOK		K-30	255	K 709		00:10:25	00:23:56	00:38:14	00:48:40	+00:24:02 (62.9%)	7:38	7.9 (37.3%)
1596	ARTEMIUK Szymon	5725		BIAŁYSTOK		M-30	334	M 887		00:10:26	00:24:21	00:38:15	00:48:41	+00:24:02 (62.9%)	7:38	7.8 (36.8%)
1597	BOGDAN Agata	5724		BIAŁYSTOK		K-30	256	K 710		00:10:25	00:24:21	00:38:16	00:48:42	+00:24:03 (62.9%)	7:38	7.8 (36.8%)
1598	BEKISZ Elżbieta	5636		BIAŁYSTOK		K-70	1	K 711		00:10:14	00:24:23	00:38:19	00:48:33	+00:24:06 (62.9%)	7:39	7.8 (36.8%)
1599	PUCHLIK Małgorzata	6540		BIAŁYSTOK		K-20	171	K 712		00:09:43	00:24:27	00:38:19	00:48:03	+00:24:06 (62.9%)	7:39	7.8 (36.8%)
1600	BEKISZ Agnieszka	5096		BIAŁYSTOK		K-50	45	K 713		00:10:13	00:24:24	00:38:19	00:48:33	+00:24:06 (62.9%)	7:39	7.8 (36.8%)
1601	KWIATKOWSKA Urszula	5645		BIAŁYSTOK		K-20	172	K 714		00:09:36	00:24:25	00:38:23	00:47:59	+00:24:10 (63.0%)	7:40	7.8 (36.8%)
1602	KLIMOWICZ Paulina	6819		BIALYSTOK		K-30	257	K 715		00:10:25	00:24:26	00:38:27	00:48:52	+00:24:14 (63.1%)	7:41	7.8 (36.8%)
1603	MODZELEWSKA Karolina	5984		BIAŁYSTOK		K-20	173	K 716		00:10:02	00:24:47	00:38:32	00:48:34	+00:24:19 (63.1%)	7:42	7.8 (36.8%)
1604	HARABURDA Łukasz	6328		BIAŁYSTOK		M-20	181	M 888		00:10:02	00:24:47	00:38:33	00:48:35	+00:24:20 (63.2%)	7:42	7.8 (36.8%)
1605	CZARKOWSKA Natalia	5926		JABŁOŃ DĄBROWA		K-20	174	K 717		00:10:01	00:24:48	00:38:33	00:48:35	+00:24:20 (63.2%)	7:42	7.8 (36.8%)
1606	BAKUN Amelia	6169		SOKOLANY		K-20	175	K 718		00:10:08	00:25:00	00:38:37	00:48:46	+00:24:24 (63.2%)	7:43	7.8 (36.8%)
1607	REĆKO Konrad	6157		SOKÓŁKA		M-20	182	M 889		00:10:08	00:25:00	00:38:38	00:48:46	+00:24:25 (63.2%)	7:43	7.8 (36.8%)
1608	SIMELA Sandra	6771		BIAŁYSTOK		K-20	176	K 719		00:10:04	00:24:41	00:38:45	00:48:49	+00:24:32 (63.3%)	7:44	7.7 (36.3%)
1609	CIERESZYŃSKI Gabriel	6772		BIAŁYSTOK		M-20	183	M 890		00:10:04	00:24:40	00:38:45	00:48:49	+00:24:32 (63.3%)	7:44	7.7 (36.3%)
1610	KONDEJ-MUSZYŃSKA Katarzyna	6439		BIAŁYSTOK		K-60	7	K 720		00:08:49	00:25:03	00:38:47	00:47:36	+00:24:34 (63.4%)	7:45	7.7 (36.3%)
1611	MUSZYŃSKI Jerzy	6437		BIAŁYSTOK		M-60	19	M 891		00:08:48	00:24:57	00:38:48	00:47:36	+00:24:35 (63.4%)	7:45	7.7 (36.3%)
1612	KILON Zuzanna	6793		BIAŁYSTOK		K-12	76	K 721		00:09:44	00:25:08	00:38:58	00:48:43	+00:24:45 (63.5%)	7:47	7.7 (36.3%)
1613	MEREDOVA Sofia	6794		BIAŁYSTOK		K-12	77	K 722		00:09:45	00:25:08	00:39:00	00:48:45	+00:24:47 (63.6%)	7:47	7.7 (36.3%)
1614	SZYMANIUK Justyna	6336	NAREWKA	NAREWKA		K-40	160	K 723		00:09:37	00:25:12	00:39:13	00:48:51	+00:25:00 (63.8%)	7:50	7.7 (36.3%)
1615	MAŃKA Kamil	6333	NAREWKA	NAREWKA		M-40	204	M 892		00:09:37	00:25:12	00:39:13	00:48:51	+00:25:01 (63.8%)	7:50	7.7 (36.3%)
1616	JANKOWSKA Urszula	6583		ŁAPY		K-40	161	K 724		00:09:03	00:24:55	00:39:20	00:48:23	+00:25:07 (63.9%)	7:51	7.6 (35.8%)
1617	MOTYKA Krzysztof	6668	OUTDOOR TRAINING	GRABÓWKA		M-40	205	M 893		00:08:32	00:25:32	00:39:36	00:48:08	+00:25:23 (64.1%)	7:54	7.6 (35.8%)
1618	MATYS Czesław	6411		BIAŁYSTOK		M-50	71	M 894		00:09:34	00:26:05	00:39:42	00:49:16	+00:25:29 (64.2%)	7:56	7.6 (35.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1619	FALKOWSKA Małgorzata	6713	KOLEKTYW WDZIĘCZNOŚCI	BIAŁYSTOK		K-30	258	K 725	Kolektyw Wdzięczności	00:09:30	00:26:19	00:39:49	00:49:19	+00:25:36 (64.3%)	7:57	7.5 (35.4%)
1620	KONOPKA Ewelina	5850		NIEWODNICA KORYCKA		K-30	259	K 726	Na co mi to było	00:00:00	00:29:28	00:39:50	00:39:50	+00:25:37 (64.4%)	7:57	7.5 (35.4%)
1621	JABŁOŃSKA Anita	6148		BIAŁYSTOK		K-20	177	K 727		00:09:31	00:26:30	00:39:56	00:49:28	+00:25:43 (64.4%)	7:58	7.5 (35.4%)
1622	JABŁOŃSKI Dawid	5343		BIAŁYSTOK		M-30	335	M 895		00:09:31	00:26:31	00:39:56	00:49:28	+00:25:43 (64.4%)	7:58	7.5 (35.4%)
1623	LITWIŃCZUK Magda	5938		BIAŁYSTOK		K-30	260	K 728		00:08:46	00:25:30	00:39:59	00:48:45	+00:25:46 (64.5%)	7:59	7.5 (35.4%)
1624	BRAJCZEWSKA Ewa	5502		BIAŁYSTOK		K-50	46	K 729		00:08:39	00:25:48	00:40:15	00:48:55	+00:26:02 (64.7%)	8:02	7.5 (35.4%)
1625	JAKUBIAK Piotr	6830		BIAŁYSTOK		M-30	336	M 896		00:09:08	00:25:31	00:40:16	00:49:25	+00:26:03 (64.7%)	8:02	7.5 (35.4%)
1626	BAŁDYGA Angelika	6376		BIAŁYSTOK		K-40	162	K 730		00:09:08	00:25:42	00:40:18	00:49:26	+00:26:05 (64.8%)	8:03	7.4 (34.9%)
1627	SZYPULSKA Anna	5615	BIEGANIA SIĘ NIE ZAPOMINA	BIAŁYSTOK		K-40	163	K 731		00:08:37	00:24:55	00:40:27	00:49:04	+00:26:14 (64.9%)	8:05	7.4 (34.9%)
1628	KISILEWICZ Marta	6670		BIAŁYSTOK		K-30	261	K 732		00:09:24	00:25:34	00:40:38	00:50:03	+00:26:25 (65.0%)	8:07	7.4 (34.9%)
1629	MAJEWSKI Ignacy	5469		BIAŁYSTOK		M-70	4	M 897		00:10:44	00:25:31	00:40:50	00:51:35	+00:26:38 (65.2%)	8:09	7.4 (34.9%)
1630	CHROBAK Mariusz	5784		BIAŁYSTOK		M-30	337	M 898		00:10:03	00:26:10	00:41:09	00:51:13	+00:26:56 (65.5%)	8:13	7.3 (34.4%)
1631	CHROBAK Emilia	5785		BIAŁYSTOK		K-30	262	K 733		00:10:03	00:26:09	00:41:10	00:51:13	+00:26:57 (65.5%)	8:13	7.3 (34.4%)
1632	PRZEMIELEWSKA Katarzyna	5741		BŁYSTOK		K-50	47	K 734		00:10:31	00:26:03	00:41:15	00:51:46	+00:27:02 (65.6%)	8:14	7.3 (34.4%)
1633	PIJANOWSKA Patrycja	6590		ŻERDZINA		K-20	178	K 735		00:08:51	00:26:11	00:41:36	00:50:27	+00:27:23 (65.9%)	8:18	7.2 (34.0%)
1634	MROZ Paulina	5568		CZARNA BIAŁOSTOCKA		K-30	263	K 736		00:09:11	00:26:38	00:41:49	00:51:00	+00:27:36 (66.0%)	8:21	7.2 (34.0%)
1635	WYSZOLMIRSKA Małgorzata	5570		CZARNA BIAŁOSTOCKA		K-30	264	K 737		00:09:11	00:26:38	00:41:49	00:51:00	+00:27:36 (66.0%)	8:21	7.2 (34.0%)
1636	ZIELIŃSKI Paweł	5266		BIAŁYSTOK		M-30	338	M 899		00:10:32	00:28:38	00:41:50	00:52:22	+00:27:37 (66.1%)	8:21	7.2 (34.0%)
1637	SERAFIN Alicja	5943		BIAŁYSTOK		K-40	164	K 738		00:00:00	00:29:53	00:42:11	00:42:11	+00:27:58 (66.3%)	8:25	7.1 (33.5%)
1638	ŁUPIŃSKI Michał	5467		KLEPACZE		M-30	339	M 900		00:08:47	00:27:37	00:42:16	00:51:03	+00:28:03 (66.4%)	8:26	7.1 (33.5%)
1639	STANKIEWICZ Zofia	6553		BIAŁYSTOK		K-20	179	K 739		00:09:35	00:27:10	00:42:24	00:52:00	+00:28:11 (66.5%)	8:28	7.1 (33.5%)
1640	STASZEWSKA Aniela	6237		BIAŁYSTOK		K-40	165	K 740		00:09:12	00:27:08	00:42:46	00:51:58	+00:28:33 (66.8%)	8:32	7 (33.0%)
1641	ORZECHOWSKA Maria	5993		BIAŁYSTOK		K-20	180	K 741		00:09:11	00:27:35	00:43:01	00:52:12	+00:28:48 (67.0%)	8:35	7 (33.0%)
1642	WIECH-LEWANDOWSKA Monika	5923		BIAŁYSTOK		K-20	181	K 742		00:09:10	00:27:37	00:43:01	00:52:12	+00:28:48 (67.0%)	8:35	7 (33.0%)
1643	KRETOWICZ Filip	5579		IGNATKI		M-12	80	M 901		00:10:37	00:27:31	00:43:27	00:54:04	+00:29:14 (67.3%)	8:41	6.9 (32.5%)
1644	STANIENDA Zuzanna	5925		BIAŁYSTOK		K-20	182	K 743		00:09:02	00:32:02	00:43:28	00:52:31	+00:29:15 (67.3%)	8:41	6.9 (32.5%)
1645	KRETOWICZ Sylwia	5578		IGNATKI		K-30	265	K 744		00:10:36	00:27:31	00:43:29	00:54:06	+00:29:16 (67.3%)	8:41	6.9 (32.5%)
1646	UGWUEDE Iwona	6391		BIAŁYSTOK		K-30	266	K 745		00:09:00	00:27:21	00:43:32	00:52:33	+00:29:20 (67.4%)	8:42	6.9 (32.5%)
1647	DZIENISZEWSKI Marcin	5515		AUGUSTÓW		M-30	340	M 902		00:10:18	00:27:00	00:43:43	00:54:01	+00:29:30 (67.5%)	8:44	6.9 (32.5%)
1648	DZIENISZEWSKA Zofia	5626		AUGUSTÓW		K-12	78	K 746		00:10:17	00:27:01	00:43:44	00:54:01	+00:29:31 (67.5%)	8:44	6.9 (32.5%)
1649	CZABAN Kasia	5562	KILOMETERKI	BIAŁYSTOK		K-50	48	K 747		00:09:13	00:28:11	00:45:28	00:54:42	+00:31:15 (68.8%)	9:05	6.6 (31.1%)
1650	BIERYŁO Adrian	6770		BIAŁYSTOK		M-40	206	M 903		00:09:44	00:29:23	00:46:00	00:55:45	+00:31:47 (69.1%)	9:11	6.5 (30.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	3.2km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1651	PRACZUK Martyna	5808		BIAŁYSTOK		K-20	183	K 748		00:00:00	00:34:41	00:48:27	00:48:27	+00:34:14 (70.7%)	9:41	6.2 (29.2%)
1652	SZCZYTKO Katarzyna	5924		BIAŁYSTOK		K-20	184	K 749		00:09:02	00:33:00	00:53:56	01:02:58	+00:39:43 (73.7%)	10:46	5.6 (26.4%)
1653	BIERYŁO Wiktoria	5777		BIAŁYSTOK		K-12	79	K 750		00:00:00	00:39:08	00:55:44	00:55:44	+00:41:31 (74.5%)	11:08	5.4 (25.5%)

Znaleziono 1653 wynik(ów)