



PKO BIAŁYSTOK PÓŁMARATON

(https://bialystokpolmaraton.pl/)

PKO BIAŁYSTOK PÓŁMARATON

13. PKO Białystok Półmaraton (/13-pko-bialystok-polmaraton/m1449.html)

B4SPORT

INTELEIGENTNE ZAWODY SPORTOWE

(http://b4sport.pl)

Organizator : Fundacja Białystok Biega

Data : 2026-05-10

Miejsce : Białystok

Dystans : 21.098 km

Regulamin: [Otwórz](#) (https://bialystokpolmaraton.pl/regulamin/)

Zgłoszonych : 5095

Wystartowało : 4407

Nie ukończyło : 1

Ukończyło : 4406

Na trasie : 0

Klasyfikacje w punktach pomiarowych: Start (/pko-bialystok-polmaraton/e7303.html?embedded=0×=0&full_results=0&auto=0&location_nr=-2) | 5km (/pko-bialystok-polmaraton/e7303.html?times=0&full_results=0&embedded=0&auto=0&location_nr=2) | 10km (/pko-bialystok-polmaraton/e7303.html?times=0&full_results=0&embedded=0&auto=0&location_nr=3) | 15km (/pko-bialystok-polmaraton/e7303.html?times=0&full_results=0&embedded=0&auto=0&location_nr=4) | 20km (/pko-bialystok-polmaraton/e7303.html?times=0&full_results=0&embedded=0&auto=0&location_nr=5) | **Meta (/pko-bialystok-polmaraton/e7303.html?times=0&full_results=0&embedded=0&auto=0)**

Klasyfikacje wg kategorii: **Wszyscy (/pko-bialystok-polmaraton/e7303.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1)** | <1:35 (/pko-bialystok-polmaraton/1-35/e7303/c70095.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | >1:35 (/pko-bialystok-polmaraton/1-35/e7303/c70096.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | >1:45 (/pko-bialystok-polmaraton/1-45/e7303/c70097.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | >1:50 (/pko-bialystok-polmaraton/1-50/e7303/c70098.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | >1:55 (/pko-bialystok-polmaraton/1-55/e7303/c70099.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | >2:00 (/pko-bialystok-polmaraton/2-00/e7303/c70100.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | >2:10 (/pko-bialystok-polmaraton/2-10/e7303/c70101.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Drużyny (/pko-bialystok-polmaraton/druzyny/e7303/c70028.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Wszyscy zawodnicy (/pko-bialystok-polmaraton/wszyscy-zawodnicy/e7303/c70034.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Kat. Akademicka K (/pko-bialystok-polmaraton/kat-akademicka-k/e7303/c70020.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Nauczycielki i pracownice oświaty (/pko-bialystok-polmaraton/nauczycielki-i-pracownice-oswiaty/e7303/c70024.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | OPEN K (/pko-bialystok-polmaraton/open-k/e7303/c70005.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Podlasianka (/pko-bialystok-polmaraton/podlasianka/e7303/c70033.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Pracownik Medyczny K (/pko-bialystok-polmaraton/pracownik-medyczny-k/e7303/c70023.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Służby Mundurowe K (/pko-bialystok-polmaraton/sluzby-mundurowe-k/e7303/c70022.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Kat. Akademicka M (/pko-bialystok-polmaraton/kat-akademicka-m/e7303/c70019.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Nauczyciele i pracownicy oświaty (/pko-bialystok-polmaraton/nauczyciele-i-pracownicy-oswiaty/e7303/c70025.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | OPEN M (/pko-bialystok-polmaraton/open-m/e7303/c70006.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Podlasienin (/pko-bialystok-polmaraton/podlasienin/e7303/c70032.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Pracownik Medyczny M (/pko-bialystok-polmaraton/pracownik-medyczny-m/e7303/c70031.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Służby Mundurowe M (/pko-bialystok-polmaraton/sluzby-mundurowe-m/e7303/c70021.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Polka (/pko-bialystok-polmaraton/polka/e7303/c70030.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | Polak (/pko-bialystok-polmaraton/polak/e7303/c70029.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K20 (/pko-bialystok-polmaraton/k20/e7303/c70007.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M20 (/pko-bialystok-polmaraton/m20/e7303/c70013.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K30 (/pko-bialystok-polmaraton/k30/e7303/c70008.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M30 (/pko-bialystok-polmaraton/m30/e7303/c70014.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K40 (/pko-bialystok-polmaraton/k40/e7303/c70009.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M40 (/pko-bialystok-polmaraton/m40/e7303/c70015.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K50 (/pko-bialystok-polmaraton/k50/e7303/c70010.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M50 (/pko-bialystok-polmaraton/m50/e7303/c70016.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K60 (/pko-bialystok-polmaraton/k60/e7303/c70011.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M60 (/pko-bialystok-polmaraton/m60/e7303/c70017.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M70 (/pko-bialystok-polmaraton/m70/e7303/c70018.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K70 (/pko-bialystok-polmaraton/k70/e7303/c70012.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	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
1	KAPTILA Kennedy Kimutai	5	BENEDEK-TEAM	DEBRECEN		M30	1	M 1	<1:35		00:00:01	2026-05-10 10:00:38	00:14:41	00:29:18	00:44:26	00:59:24	01:02:46	01:02:47		2:58	20.2 (100%)
2	NJOROGE Derrick Chege	15	BENEDEK-TEAM	DEBRECEN		M20	1	M 2	<1:35		00:00:01	2026-05-10 10:00:38	00:14:41	00:29:27	00:44:59	01:01:30	01:05:03	01:05:05	+00:02:17 (3.5%)	3:04	19.5 (96.5%)
3	KONCEWICZ Szymon	3244	AKADEMIA LEONA KOŹMIŃSKIEGO	BIAŁYSTOK		M20	2	M 3	<1:35		00:00:00	2026-05-10 10:00:37	00:16:09	00:32:41	00:49:40	01:06:15	01:09:56	01:09:56	+00:07:10 (10.3%)	3:18	18.1 (89.6%)
4	JEBET Valentine	2	BENEDEK-TEAM	DEBRECEN		K20	1	K 1	<1:35		00:00:01	2026-05-10 10:00:38	00:16:48	00:33:52	00:51:06	01:08:02	01:11:50	01:11:52	+00:09:04 (12.6%)	3:24	17.6 (87.1%)
5	SZYMKIEWICZ Filip	4172		KIELCE		M30	2	M 4	<1:35		00:00:01	2026-05-10 10:00:38	00:16:48	00:33:52	00:51:21	01:08:34	01:12:31	01:12:32	+00:09:45 (13.5%)	3:26	17.5 (86.6%)
6	KAMAU Jecinta Mwende	6	BENEDEK-TEAM	DEBRECEN		K20	2	K 2	<1:35		00:00:00	2026-05-10 10:00:37	00:16:49	00:33:52	00:51:25	01:08:59	01:12:50	01:12:51	+00:10:04 (13.8%)	3:27	17.4 (86.1%)
7	MATULEWICZ Mateusz	1436		SUPRAŚL		M30	3	M 5	<1:35		00:00:01	2026-05-10 10:00:38	00:17:07	00:34:26	00:52:04	01:09:22	01:13:15	01:13:17	+00:10:29 (14.3%)	3:28	17.3 (85.6%)
8	GETEK Marcin	2983	GODZINA ZERO ELK	ELK		M40	1	M 6	<1:35	Godzina Zero	00:00:01	2026-05-10 10:00:38	00:17:28	00:34:55	00:52:54	01:09:51	01:13:36	01:13:38	+00:10:50 (14.7%)	3:29	17.2 (85.1%)
9	ZALESKI Kacper	5434		CZARNA BIAŁOSTOCKA		M20	3	M 7	<1:35		00:00:01	2026-05-10 10:00:38	00:17:41	00:35:40	00:53:22	01:10:25	01:14:11	01:14:12	+00:11:25 (15.4%)	3:30	17.1 (84.7%)
10	PASZKIEWICZ Izabela	13	AZS UMCS LUBLIN	TERESPOL		K30	1	K 3	<1:35		00:00:00	2026-05-10 10:00:37	00:17:28	00:34:57	00:52:56	01:10:28	01:14:32	01:14:32	+00:11:46 (15.8%)	3:31	17 (84.2%)
11	MALEC Sylwester	1390	#ADAMCZERWIŃSKITEAM	NOWE RYBIE		M20	4	M 8	<1:35		00:00:03	2026-05-10 10:00:40	00:17:46	00:35:23	00:53:21	01:10:55	01:14:55	01:14:58	+00:12:09 (16.2%)	3:32	16.9 (83.7%)
12	BŁOŃSKI Jakub	4978	PRZEBIEGANE	WARSZAWA		M30	4	M 9	<1:35		00:00:01	2026-05-10 10:00:38	00:17:13	00:34:48	00:52:55	01:10:55	01:15:01	01:15:03	+00:12:15 (16.3%)	3:33	16.9 (83.7%)
13	CHROBAK Łukasz	2931	TEAM RUDNIK	ZAKLICZYN		M40	2	M 10	<1:35		00:00:03	2026-05-10 10:00:40	00:17:35	00:35:24	00:53:28	01:11:16	01:15:05	01:15:09	+00:12:19 (16.4%)	3:33	16.9 (83.7%)
14	SZCZECINA Dariusz	2122	GRUPETTO GORLICE	BOBOWA		M30	5	M 11	<1:35		00:00:02	2026-05-10 10:00:39	00:18:07	00:36:01	00:53:56	01:11:21	01:15:11	01:15:13	+00:12:25 (16.5%)	3:33	16.8 (83.2%)
15	MARKIEWICZ Grzegorz	228	KALINOWSKI TEAM	BIAŁYSTOK		M30	6	M 12	<1:35	Kalinowski Team	00:00:02	2026-05-10 10:00:39	00:17:40	00:35:40	00:54:03	01:12:03	01:15:50	01:15:52	+00:13:04 (17.2%)	3:35	16.7 (82.7%)
16	KONOPKO Joanna	8	LUKS HAŃCZA SUWAŁKI	SUWAŁKI		K30	2	K 4	<1:35	Godzina Zero	00:00:01	2026-05-10 10:00:38	00:17:27	00:35:20	00:53:45	01:11:51	01:15:52	01:15:53	+00:13:05 (17.3%)	3:35	16.7 (82.7%)
17	TABACZYŃSKI Maciej	4411		WARSZAWA		M30	7	M 13	<1:35		00:00:00	2026-05-10 10:00:37	00:17:28	00:35:21	00:53:46	01:11:52	01:15:53	01:15:53	+00:13:07 (17.3%)	3:35	16.7 (82.7%)
18	KARALIOU Kiryl	5409	RUN4FUN	MINSK		M50	1	M 14	<1:35		00:00:01	2026-05-10 10:00:38	00:18:15	00:36:25	00:54:36	01:12:19	01:16:13	01:16:15	+00:13:27 (17.7%)	3:36	16.6 (82.2%)
19	BRYŁA Krzysztof	4893		WARSZAWA		M40	3	M 15	<1:35		00:00:01	2026-05-10 10:00:38	00:18:03	00:36:20	00:54:38	01:12:31	01:16:22	01:16:24	+00:13:36 (17.8%)	3:37	16.6 (82.2%)
20	KESLER Hubert	1535	NARAMOWICE BIEGAJĄ	POZNAŃ		M30	8	M 16	<1:35	Naramowice Biegają	00:00:02	2026-05-10 10:00:39	00:17:32	00:35:27	00:54:02	01:12:41	01:16:48	01:16:50	+00:14:02 (18.3%)	3:38	16.5 (81.7%)
21	CIESZYŃSKI Łukasz	431		WYSOKA		M20	5	M 17	<1:35		00:00:03	2026-05-10 10:00:40	00:18:12	00:36:23	00:54:43	01:12:53	01:16:55	01:16:59	+00:14:09 (18.4%)	3:38	16.5 (81.7%)
22	ARONOWSKI Dominik	5428		WARSZAWA		M30	9	M 18	<1:35		00:00:03	2026-05-10 10:00:40	00:18:09	00:36:24	00:55:02	01:13:19	01:17:12	01:17:16	+00:14:26 (18.7%)	3:39	16.4 (81.2%)
23	JASIŃSKI Łukasz	5431		ZLOTOKLOS		M40	4	M 19	<1:35		00:00:02	2026-05-10 10:00:39	00:18:13	00:36:20	00:54:53	01:13:13	01:17:15	01:17:17	+00:14:29 (18.8%)	3:39	16.4 (81.2%)
24	RÓŻAŃSKI Krystian	4619	PORTA ACTIVE TEAM	ELK		M40	5	M 20	<1:35	Godzina Zero	00:00:02	2026-05-10 10:00:39	00:18:15	00:36:24	00:54:50	01:13:20	01:17:19	01:17:22	+00:14:33 (18.8%)	3:39	16.4 (81.2%)
25	BŁASZCZYK Bartłomiej	2899		ŁÓDŹ		M40	6	M 21	<1:35		00:00:04	2026-05-10 10:00:41	00:18:42	00:36:58	00:55:41	01:13:43	01:17:32	01:17:37	+00:14:46 (19.1%)	3:40	16.3 (80.7%)
26	STASIUKAITIS Simas	407	BĖGIMO KLUBAS	PANEVĖŽYS		M40	7	M 22	<1:35		00:00:10	2026-05-10 10:00:47	00:18:24	00:36:52	00:55:34	01:13:35	01:17:35	01:17:45	+00:14:49 (19.1%)	3:40	16.3 (80.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
27	LISOK Maksim	1336	RUNSTUDIO	BIAŁYSTOK		M20	6	M 23	<1:35		00:00:02	2026-05-10 10:00:39	00:18:18	00:36:43	00:55:24	01:13:50	01:17:47	01:17:49	+00:15:01 (19.3%)	3:41	16.3 (80.7%)
28	ADAMOWICZ Ernest	2501		BIAŁYSTOK		M30	10	M 24	<1:35		00:00:02	2026-05-10 10:00:39	00:18:25	00:37:03	00:55:43	01:13:50	01:17:50	01:17:53	+00:15:04 (19.4%)	3:41	16.3 (80.7%)
29	GRZYB Daniel	2196	PROF-GEO GEODEZJA	SZYNWAŁD		M30	11	M 25	<1:35		00:00:05	2026-05-10 10:00:42	00:18:12	00:36:19	00:55:09	01:13:59	01:18:04	01:18:09	+00:15:18 (19.6%)	3:41	16.2 (80.2%)
30	SZARŁOWICZ Jakub	2639	HAŁASA TEAM	KATOWICE		M30	12	M 26	<1:35		00:00:02	2026-05-10 10:00:39	00:18:14	00:36:49	00:55:49	01:14:30	01:18:27	01:18:29	+00:15:41 (20.0%)	3:43	16.1 (79.7%)
31	ALICKI Krzysztof	2670		GDAŃSK		M30	13	M 27	<1:35		00:00:02	2026-05-10 10:00:39	00:18:22	00:36:59	00:55:53	01:14:35	01:18:38	01:18:41	+00:15:52 (20.2%)	3:43	16.1 (79.7%)
32	GARLIŃSKI Łukasz	1493	KB KROKUS KWIATKOWICE	WIELOWIEŚ		M30	14	M 28	<1:35	KB KROKUS KWIATKOWICE	00:00:00	2026-05-10 10:00:37	00:17:30	00:35:29	00:54:21	01:14:36	01:18:49	01:18:50	+00:16:03 (20.4%)	3:44	16.1 (79.7%)
33	BIENDZIO Emilian	4516		BIAŁYSTOK		M30	15	M 29	<1:35		00:00:03	2026-05-10 10:00:40	00:18:32	00:37:09	00:56:10	01:14:49	01:18:58	01:19:02	+00:16:12 (20.5%)	3:44	16 (79.2%)
34	GRABOWSKI Rafał	3577	GRYGO TEAM	SOKOŁY		M30	16	M 30	<1:35		00:00:02	2026-05-10 10:00:39	00:18:13	00:36:42	00:55:38	01:14:43	01:19:01	01:19:04	+00:16:15 (20.6%)	3:44	16 (79.2%)
35	OSIAK Łukasz	2253		GOŁĄB		M40	8	M 31	<1:35		00:00:03	2026-05-10 10:00:40	00:18:15		00:55:56	01:14:55	01:19:08	01:19:11	+00:16:22 (20.7%)	3:44	16 (79.2%)
36	ŁAPIŃSKA Anna	6416	KS WARSZAWIANKA W-WA/ KU AZS WAT	WARSZAWA		K30	3	K 5	<1:35		00:00:00	2026-05-10 10:00:37	00:18:16	00:37:05	00:56:28	01:15:04	01:19:12	01:19:12	+00:16:26 (20.8%)	3:45	16 (79.2%)
37	BODNAR Andrii	3288	NYZHNYK TEAM	WARSZAWA		M30	17	M 32	<1:35		00:00:03	2026-05-10 10:00:40	00:18:31	00:37:21	00:56:22	01:14:58	01:19:09	01:19:12	+00:16:23 (20.7%)	3:45	16 (79.2%)
38	KOBUS Sebastian	3645	#ADAMCZERWINSKITEAM	KRAKÓW		M20	7	M 33	<1:35	#adamczerwinski team	00:00:05	2026-05-10 10:00:42	00:19:06	00:38:02	00:57:06	01:15:26	01:19:12	01:19:17	+00:16:26 (20.8%)	3:45	16 (79.2%)
39	CZAJKOWSKI Michał	4203	EASYRUNNING TEAM	WARSZAWA		M30	18	M 34	<1:35	EasyRunning Team	00:00:04	2026-05-10 10:00:41	00:18:30	00:37:19	00:56:25	01:15:16	01:19:22	01:19:27	+00:16:36 (20.9%)	3:45	16 (79.2%)
40	ZYCH Jakub	3321	PSZCZÓŁKOWSKI TEAM	OTWOCK		M20	8	M 35	<1:35		00:00:05	2026-05-10 10:00:42	00:18:57	00:37:56	00:57:00	01:15:26	01:19:23	01:19:29	+00:16:37 (21.0%)	3:45	16 (79.2%)
41	BAGDANAVIČIUS Audrius	5088	KAUNO BMK	KAUNAS		M40	9	M 36	<1:35		00:00:05	2026-05-10 10:00:42	00:19:13	00:38:08	00:57:08	01:15:34	01:19:38	01:19:44	+00:16:52 (21.2%)	3:46	15.9 (78.7%)
42	BERNER Szymon	2985	KU AZS WAT	WARSZAWA		M20	10	M 37	<1:35		00:00:02	2026-05-10 10:00:39	00:18:33	00:37:21	00:56:23	01:15:36	01:19:46	01:19:48	+00:17:00 (21.3%)	3:46	15.9 (78.7%)
43	REIJNEN Sebastian	1983		KRISTIANSAND		M20	9	M 38	<1:35		00:00:05	2026-05-10 10:00:42	00:19:13	00:38:12	00:57:21	01:15:48	01:19:43	01:19:48	+00:16:57 (21.3%)	3:46	15.9 (78.7%)
44	KUCHAREWICZ Marcin	452		SOKÓŁKA		M30	19	M 39	<1:35		00:00:03	2026-05-10 10:00:40	00:19:05	00:38:01	00:56:54	01:15:37	01:19:49	01:19:52	+00:17:03 (21.4%)	3:46	15.9 (78.7%)
45	DRAŻBA Łukasz	4105	GODZINA ZERO	SUWAŁKI		M40	10	M 40	<1:35	Godzina Zero	00:00:02	2026-05-10 10:00:39	00:18:34	00:37:30	00:56:47	01:15:51	01:19:53	01:19:55	+00:17:07 (21.4%)	3:47	15.9 (78.7%)
46	MARUCHA Wojciech	389		KRASNYSTAW		M30	20	M 41	<1:35		00:00:04	2026-05-10 10:00:41	00:18:42	00:37:30	00:56:37	01:15:38	01:19:51	01:19:56	+00:17:05 (21.4%)	3:47	15.9 (78.7%)
47	ZELENKO Bohdan	477	TEA.M RUN	BIAŁYSTOK		M20	12	M 42	<1:35	TEA.M RUN	00:00:01	2026-05-10 10:00:38	00:17:38	00:35:49	00:55:57	01:16:02	01:19:58	01:19:59	+00:17:12 (21.5%)	3:47	15.8 (78.2%)
48	DZIOCH Jakub	2378		GODZISZEWO		M20	11	M 43	<1:35		00:00:03	2026-05-10 10:00:40	00:19:21	00:38:36	00:57:50	01:16:04	01:19:57	01:20:00	+00:17:11 (21.5%)	3:47	15.8 (78.2%)
49	ŚWIDERSKI Łukasz	2511	IG: LUKE_SWIDERSKI	GRABÓWKA		M30	21	M 44	<1:35		00:00:04	2026-05-10 10:00:41	00:18:49	00:37:52	00:57:08	01:16:03	01:19:59	01:20:04	+00:17:13 (21.5%)	3:47	15.8 (78.2%)
50	WÓJCIK Sylwester	505		KORCZEW		M30	23	M 45	<1:35		00:00:00		00:19:43	00:38:59	00:58:14	01:16:32	01:20:12	01:20:12	+00:17:26 (21.8%)	3:48	15.8 (78.2%)
51	MICHALAK Radosław	1139	LEGION PIŁA	PIŁA		M30	22	M 46	<1:35	Reprezentanci Wielkopolski	00:00:14	2026-05-10 10:00:51	00:19:15	00:38:26	00:57:37	01:16:13	01:20:12	01:20:26	+00:17:26 (21.7%)	3:48	15.8 (78.2%)
52	ZALEWSKI Bartek	471		ELK		M30	24	M 47	<1:35		00:00:03	2026-05-10 10:00:40	00:18:40	00:37:44	00:57:07	01:16:22	01:20:38	01:20:41	+00:17:52 (22.2%)	3:49	15.7 (77.7%)
53	KOLAKOWSKI Marek	5413		ZAMBRÓW		M20	13	M 48	<1:35		00:00:04	2026-05-10 10:00:41	00:19:26	00:38:54	00:58:25	01:16:48	01:20:45	01:20:49	+00:17:59 (22.3%)	3:49	15.7 (77.7%)
54	CYNТА Maciej	3009	KOZAK SPORT TEAM	OLSZTYN		M30	25	M 49	<1:35		00:00:04	2026-05-10 10:00:41	00:19:12	00:38:19	00:57:35	01:16:35	01:20:47	01:20:51	+00:18:01 (22.3%)	3:49	15.7 (77.7%)
55	PRĄDZYŃSKI Jarosław	6327	ELK TU BIEGAM	ELK		M40	11	M 50	<1:35	ELK TU BIEGAM	00:00:08	2026-05-10 10:00:45	00:18:59	00:37:54	00:57:20	01:16:44	01:21:05	01:21:14	+00:18:19 (22.6%)	3:50	15.6 (77.2%)
56	SADURA Krzysztof	3063		PULAWY		M20	14	M 51	<1:35		00:00:04	2026-05-10 10:00:41	00:19:06	00:38:02	00:57:25	01:17:02	01:21:18	01:21:22	+00:18:32 (22.8%)	3:51	15.6 (77.2%)
57	KUCHAREWICZ Marcin	467		BIAŁYSTOK		M30	26	M 52	<1:35		00:00:07	2026-05-10 10:00:44	00:19:11	00:38:31	00:58:06	01:17:20	01:21:31	01:21:39	+00:18:45 (23.0%)	3:51	15.5 (76.7%)
58	MIODUSZEWSKI Bogusław	4305		LEGIONOWO		M30	27	M 53	<1:35		00:00:05	2026-05-10 10:00:42	00:19:28	00:38:43	00:58:13	01:17:22	01:21:32	01:21:38	+00:18:46 (23.0%)	3:51	15.5 (76.7%)
59	RYCIAK Szymon	4694		WARSZAWA		M20	15	M 54	<1:35		00:00:06	2026-05-10 10:00:43	00:19:07	00:38:11	00:57:46	01:17:17	01:21:35	01:21:42	+00:18:49 (23.1%)	3:51	15.5 (76.7%)
60	RUSINIAK Kamil	365	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M30	28	M 55	<1:35	Rozbiegany Bielsk Podlaski	00:00:02	2026-05-10 10:00:39	00:19:29	00:38:38	00:58:11	01:17:25	01:21:37	01:21:40	+00:18:51 (23.1%)	3:52	15.5 (76.7%)
61	SZADURA Krzysztof	5186	RUCH IZBICA	ŁOPIENNIK DOLNY		M30	29	M 56	<1:35		00:00:06	2026-05-10 10:00:43	00:19:36	00:39:02	00:58:32	01:17:38	01:21:41	01:21:48	+00:18:55 (23.2%)	3:52	15.5 (76.7%)
62	JAMBOR Michał	4520	ŻÓRAWSKI TEAM	WARSZAWA		M40	12	M 57	>1:45	Żórawski Team	00:03:02	2026-05-10 10:03:39	00:19:56	00:39:09	00:58:33	01:17:28	01:21:42	01:24:45	+00:18:56 (23.2%)	3:52	15.5 (76.7%)
63	BARDON Maciej	3497	ZABIERZÓW BIEGA	ZABIERZÓW		M20	16	M 58	<1:35		00:00:04	2026-05-10 10:00:41	00:19:33	00:39:04	00:58:54	01:17:47	01:21:43	01:21:48	+00:18:57 (23.2%)	3:52	15.5 (76.7%)
64	CIERCZEK Rafał	1330		ROGÓW SOBÓCKI		M30	30	M 59	<1:35		00:00:08	2026-05-10 10:00:45	00:18:59	00:38:04	00:57:45	01:17:25	01:21:44	01:21:52	+00:18:58 (23.2%)	3:52	15.5 (76.7%)
65	MOŚCIŃSKI Mateusz	2563		SUWAŁKI		M20	17	M 60	<1:35		00:00:07	2026-05-10 10:00:44	00:18:24	00:37:48	00:57:54	01:17:47	01:21:53	01:22:00	+00:19:07 (23.4%)	3:52	15.5 (76.7%)
66	ZIELIŃSKI Patryk	2087		ŁOMŻA		M40	13	M 61	<1:35		00:00:06	2026-05-10 10:00:43	00:19:30	00:38:57	00:58:25	01:17:42	01:21:59	01:22:05	+00:19:13 (23.4%)	3:53	15.4 (76.2%)
67	SOBCZYK Grzegorz	2411	KOZIENICKI BIEGACZ	KOZIENICE		M30	31	M 62	<1:35	KOZIENICKI BIEGACZ	00:00:06	2026-05-10 10:00:43	00:19:30	00:39:04	00:58:47	01:17:59	01:22:08	01:22:15	+00:19:22 (23.6%)	3:53	15.4 (76.2%)
68	KOZŁOWSKI Dominik	2769	KS WYSOKIN	WYSOKIN		M20	18	M 63	<1:35		00:00:08	2026-05-10 10:00:45	00:19:29	00:38:41	00:58:30	01:18:08	01:22:17	01:22:26	+00:19:31 (23.7%)	3:53	15.4 (76.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
69	TREPIAK Dominik	4102		WARSZAWA		M30	32	M 64	<1:35		00:00:03	2026-05-10 10:00:40	00:20:04	00:40:02	00:59:47	01:18:28	01:22:23	01:22:26	+00:19:37 (23.8%)	3:54	15.4 (76.2%)
70	TRUSIAK Artur	1260	KS BIEGAJĄCE ZĄBKI	ZĄBKI		M50	2	M 65	<1:35		00:00:04	2026-05-10 10:00:41	00:19:40	00:39:31	00:59:12	01:18:23	01:22:31	01:22:35	+00:19:44 (23.9%)	3:54	15.3 (75.7%)
71	ŻEBROWSKI Jacek	1576		KIERZLINY		M40	14	M 66	<1:35		00:00:02	2026-05-10 10:00:39	00:19:02	00:38:37	00:58:33	01:18:22	01:22:36	01:22:38	+00:19:50 (24.0%)	3:54	15.3 (75.7%)
72	TYMOSIAK Szymon	1616		WARSZAWA		M20	19	M 67	<1:35		00:00:16	2026-05-10 10:00:53	00:20:15	00:40:24	01:00:14	01:18:39	01:22:43	01:22:59	+00:19:57 (24.1%)	3:55	15.3 (75.7%)
73	WOJTCZAK Mateusz	2105	LEBIODA RUNNING TEAM	AUGUSTÓW		M20	20	M 68	<1:35		00:00:04	2026-05-10 10:00:41	00:19:51	00:39:44	00:59:41	01:18:44	01:22:45	01:22:50	+00:19:59 (24.2%)	3:55	15.3 (75.7%)
74	PIECHNIK Łukasz	2925		INOWROCLAW		M20	21	M 69	<1:35		00:00:04	2026-05-10 10:00:41	00:19:37	00:39:05	00:59:12	01:18:34	01:22:50	01:22:55	+00:20:04 (24.2%)	3:55	15.3 (75.7%)
75	IWANIUK Michał	4469		KSIĘŻYNO		M20	22	M 70	<1:35		00:00:05	2026-05-10 10:00:42	00:20:04	00:40:03	00:59:47	01:18:42	01:22:51	01:22:57	+00:20:05 (24.3%)	3:55	15.3 (75.7%)
76	BUDZIŃSKI Michał	4164	PAN BUDZIK RUNNING TEAM	RAWA MAZOWIECKA		M20	23	M 71	<1:35		00:00:03	2026-05-10 10:00:40	00:19:27	00:38:54	00:58:51	01:18:30	01:22:51	01:22:55	+00:20:05 (24.3%)	3:55	15.3 (75.7%)
77	ROMAN Jan	4801	MELO RUNNERS CLUB / DENTSU RUNNERS	WARSZAWA		M40	15	M 72	<1:35		00:00:07	2026-05-10 10:00:44	00:19:28	00:39:04	00:59:05	01:18:42	01:22:55	01:23:02	+00:20:09 (24.3%)	3:55	15.3 (75.7%)
78	JARMOŁOWICZ Jacek	4021	MD RUN TRAINING	IZABELIN		M50	3	M 73	<1:35	MD Run Training	00:00:07	2026-05-10 10:00:44	00:20:03	00:40:03	00:59:44	01:18:50	01:22:55	01:23:03	+00:20:09 (24.3%)	3:55	15.3 (75.7%)
79	KRUSZEWSKI Mariusz	2395	MD RUN TRAINING	BIAŁYSTOK		M50	4	M 74	<1:35	MD Run Training	00:00:07	2026-05-10 10:00:44	00:20:02	00:40:00	00:59:43	01:18:50	01:22:59	01:23:07	+00:20:13 (24.4%)	3:55	15.3 (75.7%)
80	ZIĘTEK Andrzej	3646	NEXTIT.PL TEAM / KUBA RUN TEAM	RADOM		M40	16	M 75	<1:35		00:00:05	2026-05-10 10:00:42	00:19:31	00:39:19	00:59:26	01:18:55	01:22:59	01:23:05	+00:20:13 (24.4%)	3:55	15.3 (75.7%)
81	OMIELAN Wojciech	527		ELK		M30	33	M 76	<1:35		00:00:04	2026-05-10 10:00:41	00:20:03	00:40:09	00:59:45	01:18:49	01:23:01	01:23:06	+00:20:15 (24.4%)	3:56	15.3 (75.7%)
82	STOCZKO Kamil	2053	NADAKTYWNI	BIAŁYSTOK		M30	34	M 77	<1:35	Nadaktywni	00:00:04	2026-05-10 10:00:41	00:19:47	00:39:41	00:59:42	01:18:59	01:23:03	01:23:07	+00:20:17 (24.4%)	3:56	15.2 (75.2%)
83	TOMASZEWSKI Piotr	1543	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	SUWAŁKI		M40	17	M 78	<1:35		00:00:10	2026-05-10 10:00:47	00:19:10	00:38:35	00:58:46	01:18:49	01:23:04	01:23:14	+00:20:18 (24.5%)	3:56	15.2 (75.2%)
84	RUTA Przemysław	2164	#ZALINIAMETYTEAM	SZCZECIN		M40	18	M 79	<1:35	#zaliniametyteam	00:00:10	2026-05-10 10:00:47	00:19:59	00:39:59	00:59:41	01:19:00	01:23:05	01:23:15	+00:20:19 (24.5%)	3:56	15.2 (75.2%)
85	WIŚNIEWSKI Kacper	4483	PAWKO RUNNER TEAM	SŁUPSK		M20	24	M 80	<1:35		00:00:03	2026-05-10 10:00:40	00:18:33	00:37:22	00:56:57	01:18:52	01:23:08	01:23:12	+00:20:22 (24.5%)	3:56	15.2 (75.2%)
86	ROGULSKI Adam	3433		ŁÓDŹ		M20	25	M 81	<1:35		00:00:07	2026-05-10 10:00:44	00:19:30	00:39:26	00:59:39	01:19:04	01:23:16	01:23:24	+00:20:30 (24.6%)	3:56	15.2 (75.2%)
87	GORAJ Maximilien	1640		BIAŁYSTOK		M20	26	M 82	<1:35		00:00:04	2026-05-10 10:00:41	00:19:11	00:38:34	00:58:37	01:18:47	01:23:22	01:23:27	+00:20:36 (24.7%)	3:57	15.2 (75.2%)
88	KARPIŃSKI Tomasz	3223		SUWAŁKI		M30	35	M 83	<1:35		00:00:09	2026-05-10 10:00:46	00:20:00	00:39:58	00:59:42	01:19:16	01:23:33	01:23:43	+00:20:47 (24.9%)	3:57	15.2 (75.2%)
89	KONECKO Adrian	4249	ROSTI RUNNING TEAM	BIAŁYSTOK		M30	36	M 84	<1:35	Rosti Running Team	00:00:11	2026-05-10 10:00:48	00:20:06	00:40:02	00:59:52	01:19:11	01:23:35	01:23:47	+00:20:49 (24.9%)	3:57	15.1 (74.8%)
90	KARWOWSKI Marcin	2366		ŁASKARZEW		M30	37	M 85	<1:35		00:00:02	2026-05-10 10:00:39	00:19:20	00:38:52	00:58:48	01:19:05	01:23:37	01:23:40	+00:20:51 (24.9%)	3:57	15.1 (74.8%)
91	KONIECZNY Grzegorz	312		GDAŃSK		M40	19	M 86	<1:35		00:00:05	2026-05-10 10:00:42	00:19:29	00:39:02	00:59:12	01:19:18	01:23:41	01:23:46	+00:20:55 (25.0%)	3:57	15.1 (74.8%)
92	MISZTAŁ Marcin	4389	DREAM TEAM WOKÓŁ LYSEJ GÓRY	HUTA NOWA		M40	20	M 87	<1:35		00:00:20	2026-05-10 10:00:57	00:19:49	00:39:45	00:59:38	01:19:32	01:23:41	01:24:01	+00:20:55 (25.0%)	3:57	15.1 (74.8%)
93	MELLER Piotr	4559		WĘGORZEWO		M20	27	M 88	<1:35		00:00:03	2026-05-10 10:00:40	00:20:04	00:40:06	00:59:48	01:19:23	01:23:41	01:23:45	+00:20:55 (25.0%)	3:57	15.1 (74.8%)
94	ZUKAUSKAS Antanas	628	MARATONAS	JONAVA		M40	21	M 89	<1:35		00:00:10	2026-05-10 10:00:47	00:19:13	00:38:39	00:58:47	01:19:13	01:23:44	01:23:54	+00:20:58 (25.1%)	3:58	15.1 (74.8%)
95	BRZOZA Michał	2996		PŁOCK		M20	28	M 90	<1:35		00:00:10	2026-05-10 10:00:47	00:20:01	00:40:05	01:00:09	01:19:49	01:23:59	01:24:10	+00:21:13 (25.3%)	3:58	15.1 (74.8%)
96	BIELAWSKI Marek	4602	HAJNÓWKA BIEGA	BIAŁOWIEŻA		M50	5	M 91	<1:35		00:00:17	2026-05-10 10:00:54	00:19:53	00:39:53	01:00:04	01:19:45	01:24:05	01:24:23	+00:21:19 (25.4%)	3:59	15.1 (74.8%)
97	STSIAPANYCHAU Aliaksei	4563		BIAŁYSTOK		M30	38	M 92	<1:35		00:00:03	2026-05-10 10:00:40	00:19:35	00:39:23	00:59:34	01:19:49	01:24:15	01:24:18	+00:21:29 (25.5%)	3:59	15 (74.3%)
98	WOŁOSZ Marcin	400	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	SOBIECIN		M40	22	M 93	<1:35	MOTYKA TEAM	00:00:17	2026-05-10 10:00:54	00:19:52	00:39:55	00:59:59	01:19:56	01:24:15	01:24:32	+00:21:29 (25.5%)	3:59	15 (74.3%)
99	SZYMKOWSKI Krzysztof	2672	GASPOL SA	WARSZAWA		M40	23	M 94	<1:35		00:00:08	2026-05-10 10:00:45	00:20:07	00:40:18	01:00:21	01:20:09	01:24:16	01:24:24	+00:21:30 (25.5%)	3:59	15 (74.3%)
100	SUCHODOLSKI Maciej	4245		AUGUSTÓW		M40	24	M 95	<1:35		00:00:07	2026-05-10 10:00:44	00:19:59	00:40:00	00:59:42	01:19:32	01:24:26	01:24:33	+00:21:40 (25.7%)	4:00	15 (74.3%)
101	CHOLEWSKI Piotr	2627	KB WYSZKÓW	WYSZKÓW		M30	39	M 96	<1:35		00:00:04	2026-05-10 10:00:41	00:20:04	00:40:09	01:00:14	01:20:05	01:24:28	01:24:33	+00:21:42 (25.7%)	4:00	15 (74.3%)
102		10004				Wszyscy zawodnicy	1	1	Drużyny		00:00:18	2026-05-10 10:00:55	00:19:20	00:39:17	00:59:55	01:20:16	01:24:30	01:24:48	+00:21:44 (25.7%)	4:00	15 (74.3%)
103	CHOJNACKI Szymon	5156	KLUB BIEGACZA JURUND SZCZYTNO	SZCZYTNO		M40	25	M 97	<1:35		00:00:07	2026-05-10 10:00:44	00:19:59	00:40:01	00:59:43	01:19:32	01:24:33	01:24:41	+00:21:47 (25.8%)	4:00	15 (74.3%)
104	GAJEK Ireneusz	4354	ASFALTLOVE DZIKI	CIECHANÓW		M40	26	M 98	<1:35		00:00:07	2026-05-10 10:00:44	00:20:03	00:40:03	01:00:22	01:20:15	01:24:34	01:24:41	+00:21:48 (25.8%)	4:00	15 (74.3%)
105	MARIUSZ MAŁEK Małek	2314	RELENTLESS	ZEGRZE		M50	6	M 99	<1:35		00:00:04	2026-05-10 10:00:41	00:19:37	00:39:39	01:00:10	01:20:17	01:24:35	01:24:40	+00:21:49 (25.8%)	4:00	15 (74.3%)
106	KWIATKOWSKI Leszek	3557	FLORIAN PYSZEL TEAM	ADAMÓW		M30	40	M 100	<1:35		00:00:19	2026-05-10 10:00:56	00:20:22	00:40:37	01:00:47	01:20:19	01:24:39	01:24:58	+00:21:53 (25.9%)	4:00	15 (74.3%)
107	GARBAČIŪNAS Vaidas	1247		KAUNAS		M40	27	M 101	<1:35	Kauno BMK	00:00:11	2026-05-10 10:00:48	00:20:04	00:40:07	01:00:28	01:20:26	01:24:41	01:24:52	+00:21:55 (25.9%)	4:00	15 (74.3%)
108	MADEJEK Kamil	1313	VEGE RUNNERS	WARSZAWA		M40	28	M 102	<1:35	VEGE RUNNERS	00:00:06	2026-05-10 10:00:43	00:20:01	00:40:00	01:00:30	01:20:25	01:24:42	01:24:49	+00:21:56 (25.9%)	4:00	14.9 (73.8%)
109	KAPELEWSKI Dariusz	4918	BK STEP	ŁOMŻA		M40	29	M 103	<1:35		00:00:11	2026-05-10 10:00:48	00:20:22	00:40:35	01:00:48	01:20:33	01:24:45	01:24:56	+00:21:58 (25.9%)	4:00	14.9 (73.8%)
110	KARLSEN Luk Nikolai	2742		BIAŁYSTOK		M20	29	M 104	>1:35		00:02:55	2026-05-10 10:03:32	00:20:38	00:40:58		01:20:48	01:24:46	01:27:42	+00:22:00 (26.0%)	4:01	14.9 (73.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
111	GLEZOWSKI Jacek	2211	ZALEWSKI PERFORMANCE ACADEMY / LUNA NIECHORZE	NIECHORZE		M50	7	M 105	<1:35		00:00:11	2026-05-10 10:00:48	00:19:30	00:38:52	00:59:04	01:20:01	01:24:48	01:24:59	+00:22:02 (26.0%)	4:01	14.9 (73.8%)
112	ROSPARA Mariusz	4553	SPORT GENERATION	WARSZAWA		M40	30	M 106	<1:35		00:00:02	2026-05-10 10:00:39	00:20:07	00:40:11	01:00:26	01:20:24	01:24:50	01:24:52	+00:22:04 (26.0%)	4:01	14.9 (73.8%)
113	KOSTKA Paweł	3412	TEAM ZABIEGANEDNI	WARSZAWA		M40	31	M 107	<1:35		00:00:06	2026-05-10 10:00:43	00:20:07	00:40:11	01:00:40	01:20:42	01:24:59	01:25:06	+00:22:13 (26.2%)	4:01	14.9 (73.8%)
114	MATYLA Robert	2021		WROCŁAW		M30	41	M 108	<1:35		00:00:10	2026-05-10 10:00:47	00:20:18	00:40:38	01:01:05	01:20:59	01:25:02	01:25:12	+00:22:16 (26.2%)	4:01	14.9 (73.8%)
115	PERKOWSKI Mateusz	4700	SUWALSKI KLUB KOLARSKI	SUWAŁKI		M20	30	M 109	<1:35		00:00:11	2026-05-10 10:00:48	00:19:56	00:39:57	01:00:06	01:20:35	01:25:02	01:25:14	+00:22:16 (26.2%)	4:01	14.9 (73.8%)
116	MAŃCZUK Angelika	1069		BIAŁYSTOK		K30	4	K 6	<1:35		00:00:08	2026-05-10 10:00:45	00:20:01	00:40:02	01:00:08	01:20:36	01:25:04	01:25:13	+00:22:18 (26.2%)	4:01	14.9 (73.8%)
117	KWIATKOWSKI Paweł	2869		BIAŁYSTOK		M20	31	M 110	<1:35		00:00:08	2026-05-10 10:00:45	00:20:00	00:40:01	01:00:11	01:20:35	01:25:05	01:25:14	+00:22:19 (26.2%)	4:01	14.9 (73.8%)
118	CHOJECKI Robert	2630	MARKOWI BIEGACZE	MARKI		M30	42	M 111	<1:35		00:00:03	2026-05-10 10:00:40	00:20:01	00:40:16	01:00:47	01:20:54	01:25:06	01:25:10	+00:22:20 (26.3%)	4:01	14.9 (73.8%)
119	ZDZIECHOWICZ Karol	3501	STREFA ZMIAN	WASILKÓW		M30	43	M 112	<1:35	Strefa Zmian	00:00:08	2026-05-10 10:00:45	00:20:00	00:40:05	01:00:30	01:20:47	01:25:06	01:25:15	+00:22:20 (26.3%)	4:01	14.9 (73.8%)
120	HRYTSYSHYN Dmytro	6379		KRAKÓW		M30	44	M 113	<1:35		00:00:11	2026-05-10 10:00:48	00:20:22	00:40:44	01:01:02	01:20:59	01:25:10	01:25:21	+00:22:23 (26.3%)	4:02	14.9 (73.8%)
121	PRYSZMANT Krzysztof	3818		OLECKO		M30	45	M 114	<1:35		00:00:19	2026-05-10 10:00:56	00:20:51	00:41:20	01:01:28	01:21:05	01:25:14	01:25:33	+00:22:28 (26.4%)	4:02	14.9 (73.8%)
122	KULAWCZYK Weronika	2959		PNIEWO		K20	3	K 7	<1:35		00:00:05	2026-05-10 10:00:42	00:20:02	00:40:04	01:00:15	01:20:44	01:25:17	01:25:23	+00:22:31 (26.4%)	4:02	14.8 (73.3%)
123	TRZASKA Artur	2772		ŁOMŻA		M30	46	M 115	>1:35		00:02:31	2026-05-10 10:03:08	00:20:56	00:41:42	01:01:49	01:21:12	01:25:18	01:27:50	+00:22:32 (26.4%)	4:02	14.8 (73.3%)
124	MILCZARCZYK Dariusz	364	KOZIENICKI BIEGACZ	KOZIENICE		M30	47	M 116	<1:35	Kozienski Biegacz	00:00:06	2026-05-10 10:00:43	00:20:08	00:40:10	01:00:37	01:20:53	01:25:20	01:25:27	+00:22:34 (26.5%)	4:02	14.8 (73.3%)
125	GRYGORCZUK Michał	3969		BIAŁYSTOK		M20	32	M 117	<1:35		00:00:11	2026-05-10 10:00:48	00:20:24	00:40:35	01:01:15	01:21:14	01:25:24	01:25:35	+00:22:38 (26.5%)	4:02	14.8 (73.3%)
126	TARNOWSKI Maciej	5411		WARSZAWA		M40	32	M 118	<1:35		00:00:03	2026-05-10 10:00:40	00:20:06	00:40:11	01:00:35	01:20:51	01:25:27	01:25:31	+00:22:41 (26.6%)	4:02	14.8 (73.3%)
127	PASTUKHOV Vasyl	1675		WARSZAWA		M30	48	M 119	<1:35		00:00:10	2026-05-10 10:00:47	00:20:03	00:40:03	01:00:34	01:21:07	01:25:40	01:25:51	+00:22:54 (26.7%)	4:03	14.8 (73.3%)
128	KWARCIAK Mariusz	4538	BRT	KIELCE		M40	33	M 120	<1:35		00:00:06	2026-05-10 10:00:43	00:20:04	00:40:06	01:00:59	01:21:40	01:25:46	01:25:52	+00:23:00 (26.8%)	4:03	14.8 (73.3%)
129	CHOJNACKI Michał	5064	WARTO TEAM	WROCŁAW		M30	49	M 121	<1:35		00:00:09	2026-05-10 10:00:46	00:19:52	00:40:00	01:00:38	01:21:20	01:25:46	01:25:56	+00:23:00 (26.8%)	4:03	14.8 (73.3%)
130	BARTOSZEWICZ Jan	3358	KALINOWSKI TEAM	BIAŁYSTOK		M40	34	M 122	<1:35		00:00:07	2026-05-10 10:00:44	00:19:52	00:40:18	01:01:16	01:21:25	01:25:50	01:25:57	+00:23:04 (26.9%)	4:04	14.8 (73.3%)
131	KOLEDA Artur	3350	PROPARKIET AUGUSTÓW	AUGUSTÓW		M50	8	M 123	<1:35		00:00:07	2026-05-10 10:00:44	00:20:27	00:41:04	01:01:39	01:21:37	01:25:53	01:26:00	+00:23:07 (26.9%)	4:04	14.7 (72.8%)
132	KALUDZIŃSKI Grzegorz	3561	KOLNO BIEGA	CZERWONE		M20	33	M 124	<1:35	Kolno Biega	00:00:04	2026-05-10 10:00:41	00:20:00	00:40:02	01:00:04	01:21:12	01:25:54	01:25:58	+00:23:07 (26.9%)	4:04	14.7 (72.8%)
133	AMBROZY Leszek	1321	ZADYSZKA/T.G.SOKÓŁ BUKOWNICA	BUKOWNICA		M40	35	M 125	<1:35	Zadyszka/T.G.Sokół Bukownica	00:00:09	2026-05-10 10:00:46	00:19:59	00:40:02	01:00:42	01:21:20	01:25:54	01:26:03	+00:23:08 (26.9%)	4:04	14.7 (72.8%)
134	BABULA Ryszard	3097	ELECTROLUX ŻARÓW	UDANIN		M40	36	M 126	<1:35		00:00:07	2026-05-10 10:00:44	00:20:50	00:41:31	01:02:02	01:21:50	01:26:00	01:26:08	+00:23:14 (27.0%)	4:04	14.7 (72.8%)
135	RENAUD Nathan	4424		GOUVIEUX		M20	34	M 127	<1:35		00:00:09	2026-05-10 10:00:46	00:19:12	00:38:31	00:58:50	01:20:37	01:26:00	01:26:09	+00:23:14 (27.0%)	4:04	14.7 (72.8%)
136	WIATROWSKI Patryk	3733		LUBLIN		M20	35	M 128	<1:35		00:00:09	2026-05-10 10:00:46	00:20:32	00:41:04	01:01:41	01:21:44	01:26:00	01:26:10	+00:23:14 (27.0%)	4:04	14.7 (72.8%)
137	MURALIS Virgilijus	349	MARATONAS	JONAVA		M60	1	M 129	<1:35		00:00:11	2026-05-10 10:00:48	00:20:20	00:40:46	01:01:36	01:21:43	01:26:10	01:26:21	+00:23:24 (27.2%)	4:04	14.7 (72.8%)
138	KASPRZAK Kacper	2698		BYDGOSZCZ		M20	36	M 130	<1:35		00:00:17	2026-05-10 10:00:54	00:20:54	00:41:40	01:02:13	01:22:03	01:26:10	01:26:28	+00:23:24 (27.2%)	4:04	14.7 (72.8%)
139	WÓJTOWICZ Błażej	2909		ŁÓDŹ		M30	50	M 131	>1:35		00:00:12	2026-05-10 10:00:49	00:20:46	00:41:25	01:02:02	01:22:07	01:26:15	01:26:27	+00:23:29 (27.2%)	4:05	14.7 (72.8%)
140	SZUŁOWSKI Tomasz	1789	WANDA PANFIL TEAM	TOMASZÓW MAZOWIECKI		M40	37	M 132	<1:35	WANDA PANFIL TEAM	00:00:02	2026-05-10 10:00:39	00:19:50	00:39:46	01:00:04	01:21:12	01:26:15	01:26:17	+00:23:29 (27.2%)	4:05	14.7 (72.8%)
141	SMERECZAŃSKI Nazar	2093	MD RUN TRAINING	BIAŁYSTOK		M30	51	M 133	<1:35	MD Run Training	00:00:07	2026-05-10 10:00:44	00:20:03	00:40:08	01:00:55	01:21:38	01:26:18	01:26:25	+00:23:32 (27.3%)	4:05	14.7 (72.8%)
142	MICHAŁOWSKI Piotr	1571	NADAKTYWNI	BIAŁYSTOK		M30	52	M 134	<1:35	Nadaktywni	00:00:13	2026-05-10 10:00:50	00:20:32	00:41:18	01:01:59	01:21:58	01:26:18	01:26:31	+00:23:32 (27.3%)	4:05	14.7 (72.8%)
143	NAJBAR Adam	2655		WARSZAWA		M30	53	M 135	<1:35		00:00:05	2026-05-10 10:00:42	00:20:44	00:41:25	01:02:00	01:21:50	01:26:18	01:26:24	+00:23:32 (27.3%)	4:05	14.7 (72.8%)
144	TYDA Radosław	3604		POZNAŃ		M20	37	M 136	<1:35		00:00:11	2026-05-10 10:00:48	00:20:56	00:41:47	01:02:20	01:22:10	01:26:21	01:26:32	+00:23:35 (27.3%)	4:05	14.7 (72.8%)
145	WŁADYCZAŃSKI Mateusz	4714	PODLASKIE KOCURY	BIAŁYSTOK		M30	54	M 137	<1:35	Podlaskie Kocury	00:00:09	2026-05-10 10:00:46	00:20:03	00:40:11	01:01:07	01:21:49	01:26:29	01:26:38	+00:23:43 (27.4%)	4:05	14.6 (72.3%)
146	BANASZEWSKI Robert	3658		ŁAPY		M30	55	M 138	<1:35		00:00:03	2026-05-10 10:00:40	00:20:06	00:40:04	01:01:03	01:22:03	01:26:32	01:26:35	+00:23:46 (27.5%)	4:06	14.6 (72.3%)
147	STĘPIEŃ Zenon	473		KIELCE		M60	2	M 139	<1:35		00:00:09	2026-05-10 10:00:46	00:20:52	00:41:28	01:02:04	01:22:10	01:26:32	01:26:41	+00:23:46 (27.5%)	4:06	14.6 (72.3%)
148	JURKOWSKI Artur	2642	ZGLECHÓW RUNNERS	ZGLECHÓW		M30	56	M 140	>1:35		00:02:35	2026-05-10 10:03:12	00:20:36	00:41:10	01:01:55	01:22:14	01:26:36	01:29:12	+00:23:50 (27.5%)	4:06	14.6 (72.3%)
149	UMIŃSKA Karolina	5994		TOMASZÓW LUBELSKI		K20	4	K 8	<1:35		00:00:09	2026-05-10 10:00:46	00:20:22	00:40:44	01:01:48	01:22:13	01:26:38	01:26:48	+00:23:52 (27.6%)	4:06	14.6 (72.3%)
150	PERKOWSKI Aleksander	2161		SOKÓŁKA		M30	57	M 141	<1:35		00:00:21	2026-05-10 10:00:58	00:20:26	00:40:38	01:01:32	01:22:04	01:26:44	01:27:05	+00:23:58 (27.6%)	4:06	14.6 (72.3%)
151	SAJEWSKI Przemek	3611	KALINOWSKI TEAM	BIAŁYSTOK		M50	9	M 142	<1:35	Kalinowski Team	00:00:03	2026-05-10 10:00:40	00:20:09	00:40:36	01:01:39	01:22:14	01:26:48	01:26:51	+00:24:02 (27.7%)	4:06	14.6 (72.3%)
152	MAJNERT Paweł	4210		WARSZAWA		M40	38	M 143	<1:35		00:00:15	2026-05-10 10:00:52	00:20:40	00:41:22	01:02:01	01:22:26	01:26:53	01:27:08	+00:24:07 (27.8%)	4:07	14.6 (72.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
153	KORZENIEWSKI Marcin	5412	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	HALICKIE		M30	58	M 144	<1:35	1.PBOT	00:00:09	2026-05-10 10:00:46	00:20:51	00:41:28	01:02:09	01:22:31	01:26:55	01:27:05	+00:24:09 (27.8%)	4:07	14.6 (72.3%)
154	SUPRUN Marcin	2286		BIAŁYSTOK		M30	59	M 145	<1:35		00:00:14	2026-05-10 10:00:51	00:21:03	00:41:44	01:02:23	01:22:45	01:27:02	01:27:16	+00:24:15 (27.9%)	4:07	14.5 (71.8%)
155	WÓDKOWSKI Łukasz	1791	ADIDAS RUNNERS POZNAŃ	POZNAŃ		M40	39	M 146	<1:35		00:00:05	2026-05-10 10:00:42	00:20:04	00:40:10	01:01:24	01:22:20	01:27:02	01:27:07	+00:24:16 (27.9%)	4:07	14.5 (71.8%)
156	ZBIEĆ Dariusz	1171	DARFIK TEAM	ŻELKÓW		M40	40	M 147	<1:35	DARFIK TEAM	00:00:13	2026-05-10 10:00:50	00:21:09	00:41:43	01:02:25	01:22:36	01:27:02	01:27:16	+00:24:16 (27.9%)	4:07	14.5 (71.8%)
157	WILCZURA Marek	4613	SPARTANIE DZIECIOM	WARSZAWA		M50	10	M 148	<1:35		00:00:17	2026-05-10 10:00:54	00:21:15	00:41:38	01:02:18	01:22:33	01:27:06	01:27:23	+00:24:20 (27.9%)	4:07	14.5 (71.8%)
158	GUT Mateusz	2348	GLOBAL UNIQ TRAINING	OLSZTYN		M30	60	M 149	>1:35	Global Uniq Training	00:00:13	2026-05-10 10:00:50	00:21:14	00:42:02	01:03:02	01:23:13	01:27:07	01:27:20	+00:24:21 (28.0%)	4:07	14.5 (71.8%)
159	INDRELIUNAS Klaudijus	4551	BITE	VILNIUS		M40	41	M 150	<1:35		00:02:29	2026-05-10 10:03:06	00:20:55	00:41:30	01:02:25	01:22:44	01:27:07	01:29:37	+00:24:21 (28.0%)	4:07	14.5 (71.8%)
160	AUGUSTYNIAK Jakub	2705		RADOM		M20	38	M 151	<1:35		00:00:09	2026-05-10 10:00:46	00:20:17	00:41:08	01:02:15	01:22:47	01:27:08	01:27:18	+00:24:22 (28.0%)	4:07	14.5 (71.8%)
161	PŁOCKE Michał	4426	IZBA ADWOKACKA W WARSZAWIE	MICHAŁOWICE-WIEŚ		M30	61	M 152	<1:35		00:00:10	2026-05-10 10:00:47	00:20:48	00:41:25	01:02:09	01:22:43	01:27:08	01:27:19	+00:24:22 (28.0%)	4:07	14.5 (71.8%)
162	OSMÓLSKI Robert	5424	NADAKTYWNI	SIELACHOWSKIE		M40	42	M 153	<1:35	Nadaktywni	00:00:03	2026-05-10 10:00:40	00:19:54	00:40:41	01:02:10	01:22:42	01:27:09	01:27:12	+00:24:23 (28.0%)	4:07	14.5 (71.8%)
163	MAKOWSKI Oskar	4771		TCZEW		M20	39	M 154	>1:35	8 lewych nóg	00:02:18	2026-05-10 10:02:55	00:20:07	00:41:16	01:02:28	01:22:59	01:27:14	01:29:33	+00:24:28 (28.1%)	4:08	14.5 (71.8%)
164	NIZIO Adam	6439		POZNAŃ		M30	62	M 155	<1:35		00:00:17	2026-05-10 10:00:54	00:21:01	00:41:53	01:02:35	01:22:46	01:27:15	01:27:32	+00:24:29 (28.1%)	4:08	14.5 (71.8%)
165	DOMORADZKI Robert	2492	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ/GRYGO TEAM	ŁOMŻA		M50	11	M 156	<1:35	1.PBOT	00:00:09	2026-05-10 10:00:46	00:20:26	00:41:05	01:02:10	01:22:51	01:27:15	01:27:25	+00:24:29 (28.1%)	4:08	14.5 (71.8%)
166	OŻAN Marta	2081		BIAŁYSTOK		K20	5	K 9	>1:35		00:00:05	2026-05-10 10:00:42	00:20:23	00:41:21	01:02:30	01:22:47	01:27:16	01:27:22	+00:24:30 (28.1%)	4:08	14.5 (71.8%)
167	CHLAŚCIAK Adam	1059	BODY MOVE	WARSZAWA		M30	63	M 157	<1:35	Body Move	00:00:12	2026-05-10 10:00:49	00:21:17	00:42:03	01:03:02	01:23:15	01:27:17	01:27:29	+00:24:31 (28.1%)	4:08	14.5 (71.8%)
168	PÓLTORAK Krzysztof	3726	KALINOWSKI TEAM	BIAŁYSTOK		M40	43	M 158	<1:35	Kalinowski Team	00:00:07	2026-05-10 10:00:44	00:20:27	00:40:56	01:01:53	01:22:48	01:27:18	01:27:26	+00:24:32 (28.1%)	4:08	14.5 (71.8%)
169	JURKOWSKI Kamil	3099	AURORA TEAM	KIELCE		M30	64	M 159	<1:35		00:00:11	2026-05-10 10:00:48	00:20:57	00:41:52	01:02:51	01:23:08	01:27:23	01:27:35	+00:24:37 (28.2%)	4:08	14.5 (71.8%)
170	RAMOTOWSKI Tomasz	3742		BIAŁYSTOK		M20	40	M 160	<1:35	Maspex	00:00:16	2026-05-10 10:00:53	00:21:16	00:42:03	01:03:00	01:23:05	01:27:24	01:27:40	+00:24:38 (28.2%)	4:08	14.5 (71.8%)
171	KOSSAKOWSKI Dominik	4367	LOCAL RUN CLUB KATOWICE	TARNOWSKIE GÓRY		M30	65	M 161	<1:35		00:00:17	2026-05-10 10:00:54	00:21:18	00:42:02	01:02:51	01:23:02	01:27:24	01:27:42	+00:24:38 (28.2%)	4:08	14.5 (71.8%)
172	SOĆKO Kamil	2132		BIAŁA PODLASKA		M40	44	M 162	<1:35		00:00:06	2026-05-10 10:00:43	00:19:59	00:40:09	01:01:43	01:22:53	01:27:25	01:27:32	+00:24:39 (28.2%)	4:08	14.5 (71.8%)
173	BAŁULIS Rajmund	2390		SUWAŁKI		M30	66	M 163	<1:35		00:00:08	2026-05-10 10:00:45	00:20:02	00:40:19	01:01:34	01:22:46	01:27:28	01:27:37	+00:24:42 (28.3%)	4:08	14.5 (71.8%)
174	PANASIUK Paweł	3610	PODLASKIE KOCURY/IPBOT	DOBRZYNIOWO DUŻE		M40	45	M 164	>1:55	Podlaskie Kocury	00:00:09	2026-05-10 10:00:46	00:21:02	00:41:59	01:03:07	01:23:20	01:27:31	01:27:41	+00:24:45 (28.3%)	4:08	14.5 (71.8%)
175	JUROS Sebastian	2917		BAUTZEN		M40	46	M 165	<1:35		00:00:12	2026-05-10 10:00:49	00:21:14	00:42:01	01:02:58	01:23:22	01:27:37	01:27:49	+00:24:51 (28.4%)	4:09	14.5 (71.8%)
176	BOGUSZ Mikołaj	3130		POZNAŃ		M30	67	M 166	<1:35		00:00:13	2026-05-10 10:00:50	00:20:55	00:41:43	01:02:49	01:23:19	01:27:40	01:27:54	+00:24:54 (28.4%)	4:09	14.4 (71.3%)
177	WAWRZYCZEK Zbigniew	2149	AKTYWNA PSZCZYNA RUNNERS TEAM	ŁĄKA		M40	47	M 167	<1:35		00:00:12	2026-05-10 10:00:49	00:20:57	00:41:51	01:02:50	01:23:21	01:27:45	01:27:57	+00:24:59 (28.5%)	4:09	14.4 (71.3%)
178	KOPÓWKA Mateusz	1014		LISZKI		M30	68	M 168	<1:35		00:00:07	2026-05-10 10:00:44	00:21:09	00:42:14	01:03:09	01:23:30	01:27:47	01:27:55	+00:25:01 (28.5%)	4:09	14.4 (71.3%)
179	KENTZER-NOWAKOWSKI Marcin	2254		POZNAŃ		M40	48	M 169	<1:35		00:00:08	2026-05-10 10:00:45	00:20:43	00:41:38	01:02:58	01:23:28	01:27:53	01:28:01	+00:25:07 (28.6%)	4:09	14.4 (71.3%)
180	OLCHOWIK Hubert	1521		BIAŁYSTOK		M30	69	M 170	>1:35		00:02:22	2026-05-10 10:02:59	00:20:30	00:41:40	01:02:44	01:23:37	01:27:54	01:30:16	+00:25:08 (28.6%)	4:09	14.4 (71.3%)
181	SZYMAŃSKI Daniel	6389		NOWY DWÓR MAZOWIECKI		M30	70	M 171	<1:35		00:02:22	2026-05-10 10:02:59	00:20:40	00:41:34	01:02:34	01:23:24	01:27:54	01:30:17	+00:25:08 (28.6%)	4:09	14.4 (71.3%)
182	WOŁKOWYCKI Paweł	4922	KALINOWSKI TEAM	KSIĘŻYNO		M30	71	M 172	<1:35	Kalinowski Team	00:02:22	2026-05-10 10:02:59	00:20:36	00:41:33	01:02:35	01:23:25	01:27:58	01:30:21	+00:25:12 (28.7%)	4:10	14.4 (71.3%)
183	KUCZKO Jarosław	2946		BIAŁYSTOK		M50	12	M 173	<1:35		00:00:11	2026-05-10 10:00:48	00:20:54	00:41:48	01:02:56	01:23:22	01:28:00	01:28:11	+00:25:14 (28.7%)	4:10	14.4 (71.3%)
184	JANOWSKI Kacper	5417	18 PUŁK ROZPOZNAWCZY	BIAŁYSTOK		M30	72	M 174	<1:35		00:00:23	2026-05-10 10:01:00	00:21:23	00:42:43	01:03:40	01:23:46	01:28:03	01:28:26	+00:25:17 (28.7%)	4:10	14.4 (71.3%)
185	KREZYMON Michał	2854	DZIKIE KOTY	WARSZAWA		M20	41	M 175	<1:35		00:00:16	2026-05-10 10:00:53	00:21:01	00:41:56	01:03:00	01:23:45	01:28:04	01:28:20	+00:25:18 (28.7%)	4:10	14.4 (71.3%)
186	WYGOCKI Piotr	2014	TEAM ADAM	KONIN		M30	73	M 176	<1:35		00:00:12	2026-05-10 10:00:49	00:21:46	00:43:00	01:03:57	01:23:59	01:28:06	01:28:18	+00:25:20 (28.8%)	4:10	14.4 (71.3%)
187	SKRZYNIARZ Marek	428		KIELCE		M50	13	M 177	<1:35		00:00:09	2026-05-10 10:00:46	00:20:49	00:41:37	01:02:32	01:23:26	01:28:06	01:28:16	+00:25:20 (28.8%)	4:10	14.4 (71.3%)
188	DUSZCZAK Radosław	4982	GANG_KOTA	PRZEMYŚL		M40	49	M 178	<1:35		00:00:05	2026-05-10 10:00:42	00:21:05	00:41:57	01:02:57	01:23:35	01:28:07	01:28:13	+00:25:21 (28.8%)	4:10	14.4 (71.3%)
189	PARZYCH Katarzyna	238	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK		K50	1	K 10	>1:35		00:00:16	2026-05-10 10:00:53	00:21:02	00:41:54	01:02:59	01:23:35	01:28:08	01:28:24	+00:25:22 (28.8%)	4:10	14.4 (71.3%)
190	KUPIS Filip	5106		LUBOCHNIA		M20	42	M 179	<1:35		00:00:13	2026-05-10 10:00:50	00:21:14	00:42:00	01:03:05	01:23:45	01:28:08	01:28:22	+00:25:22 (28.8%)	4:10	14.4 (71.3%)
191	KRUPKA Adrian	3426	ADI JEST KUURDE	OSTROŁĘKA		M20	43	M 180	<1:35		00:00:15	2026-05-10 10:00:52	00:21:22	00:42:43	01:03:56	01:23:55	01:28:12	01:28:27	+00:25:26 (28.8%)	4:10	14.4 (71.3%)
192	KRAWCZYK Łukasz	1578		WARSZAWA		M30	74	M 181	<1:35		00:00:12	2026-05-10 10:00:49	00:21:13	00:42:05	01:03:02	01:23:31	01:28:13	01:28:25	+00:25:27 (28.9%)	4:10	14.4 (71.3%)
193	SITKOWSKI Łukasz	1265	PAWKO RUNNER TEAM	WARSZAWA		M30	75	M 182	<1:35	PAWKO RUNNER TEAM	00:00:11	2026-05-10 10:00:48	00:21:14	00:42:05	01:03:02	01:23:32	01:28:13	01:28:25	+00:25:27 (28.9%)	4:10	14.4 (71.3%)
194	PIETKUN Łukasz	309	1 PBOT	BIAŁYSTOK		M30	76	M 183	<1:35	1 PBOT	00:00:09	2026-05-10 10:00:46	00:20:48	00:41:44	01:02:55	01:23:51	01:28:14	01:28:24	+00:25:28 (28.9%)	4:10	14.4 (71.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
195	JASTRZĘBSKI Robert	1105	KS START PUŁASKI WARKA	WARKA		M40	50	M 184	<1:35	KS START PUŁASKI WARKA	00:00:18	2026-05-10 10:00:55	00:20:54	00:41:53	01:02:55	01:23:41	01:28:15	01:28:34	+00:25:29 (28.9%)	4:10	14.3 (70.8%)
196	PRZYBYŁOWSKI Daniil	1033	TEA.M RUN	BIAŁYSTOK		M40	51	M 185	<1:35	TEA.M RUN	00:00:10	2026-05-10 10:00:47	00:20:01	00:40:35	01:02:03	01:23:27	01:28:17	01:28:28	+00:25:31 (28.9%)	4:11	14.3 (70.8%)
197	FLOREK Piotr	1705		RYBNIK		M40	52	M 186	<1:35		00:00:10	2026-05-10 10:00:47	00:21:01	00:42:03	01:03:06	01:23:48	01:28:18	01:28:28	+00:25:32 (28.9%)	4:11	14.3 (70.8%)
198	ŁAZANOWSKI Rafał	5429	WITAR	TARNOBRZEG		M50	14	M 187	<1:35		00:00:16	2026-05-10 10:00:53	00:21:16	00:42:07	01:03:17	01:23:56	01:28:19	01:28:35	+00:25:33 (28.9%)	4:11	14.3 (70.8%)
199	PRZEPIÓRA Mateusz	1487	BAND OF RUNNERS	WASILKÓW		M40	53	M 188	<1:35	Band of Runners	00:00:15	2026-05-10 10:00:52	00:21:26	00:42:44	01:03:56	01:24:02	01:28:21	01:28:36	+00:25:34 (29.0%)	4:11	14.3 (70.8%)
200	MATOSZKO Adam	101		BIAŁYSTOK		M30	77	M 189	>1:45		00:06:04	2026-05-10 10:06:41		00:42:03	01:03:06	01:23:54	01:28:23	01:34:27	+00:25:37 (29.0%)	4:11	14.3 (70.8%)
201	BURCZYK Robert	4808	ROBO	GDAŃSK		M30	78	M 190	<1:35		00:00:07	2026-05-10 10:00:44	00:20:40	00:41:34	01:02:53	01:23:48	01:28:25	01:28:33	+00:25:39 (29.0%)	4:11	14.3 (70.8%)
202	MARTINS Jaelmir	5426		WARSZAWA		M30	79	M 191	<1:35		00:00:06	2026-05-10 10:00:43	00:19:48	00:40:15	01:01:35	01:23:21	01:28:26	01:28:32	+00:25:40 (29.0%)	4:11	14.3 (70.8%)
203	KISIEL Andrzej	3555		BIAŁYSTOK		M40	54	M 192	<1:35		00:00:16	2026-05-10 10:00:53	00:21:09	00:42:04	01:03:21	01:23:57	01:28:27	01:28:43	+00:25:41 (29.0%)	4:11	14.3 (70.8%)
204	BUDZICH Tomasz	387	TRI SEBUŚ TEAM	CHAMSK		M30	80	M 193	>1:35		00:02:54	2026-05-10 10:03:31	00:21:21	00:42:20	01:03:23	01:24:05	01:28:27	01:31:22	+00:25:41 (29.0%)	4:11	14.3 (70.8%)
205	NOWAK Paweł	2475		WARSZAWA		M30	81	M 194	>1:35		00:00:11	2026-05-10 10:00:48	00:20:55	00:41:49	01:03:15	01:24:04	01:28:31	01:28:42	+00:25:45 (29.1%)	4:11	14.3 (70.8%)
206	Ł Arkadiusz	4238	PSP	TUROŚŃ KOŚCIELNA		M30	82	M 195	>1:35		00:00:23	2026-05-10 10:01:00	00:19:59	00:41:22	01:02:41	01:24:03	01:28:33	01:28:56	+00:25:47 (29.1%)	4:11	14.3 (70.8%)
207	SEMIANEYEU Andrei	5421	RUN4FUN.BY	GRODNO		M40	55	M 196	<1:35	Run4Fun	00:00:10	2026-05-10 10:00:47	00:21:05	00:42:08	01:03:25	01:24:04	01:28:34	01:28:45	+00:25:48 (29.1%)	4:11	14.3 (70.8%)
208	MURAWSKI Dawid	5406	ZABIEGANY WOŁOMIN	WOŁOMIN		M30	83	M 197	<1:35		00:00:11	2026-05-10 10:00:48	00:21:11	00:42:20	01:03:39	01:24:16	01:28:37	01:28:48	+00:25:51 (29.2%)	4:11	14.3 (70.8%)
209	GRZĄDKOWSKI Seweryn	6360	MAZOVIA PROACTIV	WŁADYSŁAWOWO		M50	15	M 198	<1:35		00:00:07	2026-05-10 10:00:44	00:20:25	00:41:05	01:02:35	01:23:52	01:28:39	01:28:47	+00:25:53 (29.2%)	4:12	14.3 (70.8%)
210	KRASICKI Daniel	493	PODLASKIE KOCURY	BIAŁYSTOK		M30	84	M 199	>1:35	Podlaskie Kocury	00:00:15	2026-05-10 10:00:52	00:21:25	00:42:23	01:03:42	01:24:09	01:28:41	01:28:57	+00:25:55 (29.2%)	4:12	14.3 (70.8%)
211	ZAJAC Rafał	1045	ŻADEN	SANDOMIERZ		M30	85	M 200	<1:35		00:02:21	2026-05-10 10:02:58	00:20:32	00:41:37	01:03:06	01:24:15	01:28:41	01:31:03	+00:25:55 (29.2%)	4:12	14.3 (70.8%)
212	KOUSHAR Vasili	5964	TEA.M RUN	BIAŁYSTOK		M30	86	M 201	<1:35	TEA.M RUN	00:02:24	2026-05-10 10:03:01	00:21:18	00:42:06	01:03:10	01:23:59	01:28:41	01:31:06	+00:25:55 (29.2%)	4:12	14.3 (70.8%)
213	KACZMAREK Jarek	292	GUMKOWSKI TEAM	KONIN		M40	56	M 202	<1:35		00:00:10	2026-05-10 10:00:47	00:21:02	00:42:00	01:03:09	01:24:04	01:28:44	01:28:54	+00:25:58 (29.3%)	4:12	14.3 (70.8%)
214	KIZHUK Aliaksandr	3778		MOSTY		M50	16	M 203	<1:35		00:00:14	2026-05-10 10:00:51	00:21:24	00:42:38	01:03:45	01:24:22	01:28:47	01:29:01	+00:26:01 (29.3%)	4:12	14.3 (70.8%)
215	FIŁO Adam	2520		KRAKÓW		M30	87	M 204	<1:35		00:00:21	2026-05-10 10:00:58	00:21:20	00:42:40	01:03:57	01:24:30	01:28:47	01:29:09	+00:26:01 (29.3%)	4:12	14.3 (70.8%)
216	WIŚNIEWSKI Mateusz	2521	TEN BIEG TO NASZA WSPÓLNA DECYZJA	POZNAŃ		M30	88	M 205	<1:35		00:00:20	2026-05-10 10:00:57	00:21:08	00:42:00	01:03:19	01:24:18	01:28:49	01:29:09	+00:26:03 (29.3%)	4:12	14.3 (70.8%)
217	KRZYSZCZAK Przemysław	4829	ZABIEGANY WOŁOMIN	WOŁOMIN		M30	89	M 206	<1:35	Zabiegany Wolomin	00:00:22	2026-05-10 10:00:59	00:21:23	00:42:29	01:03:57	01:24:24	01:28:49	01:29:12	+00:26:03 (29.3%)	4:12	14.3 (70.8%)
218	KOTELKIN Dmitrii	5081	GOOGLE WARSAW RUNNING CLUB	WARSZAWA		M30	90	M 207	<1:35	Google Warsaw Running Club	00:00:11	2026-05-10 10:00:48	00:19:58	00:40:20	01:02:09	01:24:03	01:28:50	01:29:01	+00:26:04 (29.4%)	4:12	14.3 (70.8%)
219	PARADA Jonasz	5143		POZNAŃ		M30	91	M 208	>1:35		00:02:22	2026-05-10 10:02:59	00:20:13	00:41:04	01:02:40	01:24:15	01:28:52	01:31:15	+00:26:06 (29.4%)	4:12	14.2 (70.3%)
220	WIELGUS Łukasz	3681		OPOCZNO		M30	92	M 209	<1:35		00:00:22	2026-05-10 10:00:59	00:21:32	00:42:51	01:04:11	01:24:33	01:28:52	01:29:15	+00:26:06 (29.4%)	4:12	14.2 (70.3%)
221	PŁOŃSKI Marcin	4689		BIAŁYSTOK		M20	44	M 210	<1:35		00:00:08	2026-05-10 10:00:45	00:21:13	00:42:17	01:03:56	01:24:35	01:28:56	01:29:04	+00:26:09 (29.4%)	4:12	14.2 (70.3%)
222	KONCZEWSKI Maciej	5982		ROLLING MEADOWS		M30	93	M 211	<1:35		00:10:00	2026-05-10 10:10:37	00:21:34	00:42:51	01:03:58	01:24:29	01:28:56	01:38:57	+00:26:10 (29.4%)	4:12	14.2 (70.3%)
223	KOWALEWICZ Patryk	123	AZS POLITECHNIKA BIAŁOSTOCKA	UHOWO		M20	45	M 212	<1:35		00:00:16	2026-05-10 10:00:53	00:20:39	00:41:18	01:02:47	01:24:13	01:28:58	01:29:14	+00:26:12 (29.5%)	4:12	14.2 (70.3%)
224	WOJTKOWIAK Marta	5427		WARSZAWA		K40	1	K 11	<1:35		00:00:09	2026-05-10 10:00:46	00:20:23	00:41:06	01:02:50	01:24:13	01:28:58	01:29:08	+00:26:12 (29.5%)	4:12	14.2 (70.3%)
225	BOCHYŃSKI Maciej	1646	SOSW PN. "CENTRUM AUTYZMU I CAŁOŚCIOWYCH ZABURZEŃ ROZWOJOWYCH"	KRAKÓW		M30	94	M 213	<1:35		00:00:17	2026-05-10 10:00:54	00:21:30	00:42:50	01:04:06	01:24:46	01:28:58	01:29:15	+00:26:12 (29.5%)	4:12	14.2 (70.3%)
226	DALLEMURA Maciek	1027	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M20	46	M 214	<1:35	Białystok Biega Team	00:00:14	2026-05-10 10:00:51	00:21:27	00:42:45	01:04:02	01:24:44	01:29:01	01:29:15	+00:26:15 (29.5%)	4:13	14.2 (70.3%)
227	KOWALCZYK Rafał	2844	#BASIATEAM	LUBLIN		M40	57	M 215	<1:35		00:00:16	2026-05-10 10:00:53	00:20:46	00:41:38	01:02:51	01:24:13	01:29:01	01:29:18	+00:26:15 (29.5%)	4:13	14.2 (70.3%)
228	BOROWIECKI Marcin	2837		WARSZAWA		M30	95	M 216	<1:35		00:00:15	2026-05-10 10:00:52	00:21:20	00:42:32	01:03:45	01:24:28	01:29:02	01:29:18	+00:26:16 (29.5%)	4:13	14.2 (70.3%)
229	SALWA Jarosław	2089		SZCZECIN		M30	96	M 217	<1:35		00:00:19	2026-05-10 10:00:56	00:20:53	00:42:00	01:03:20	01:24:22	01:29:02	01:29:21	+00:26:16 (29.5%)	4:13	14.2 (70.3%)
230	FEDEROWICZ Cyryl	6362	PĘDZĄCE BĄKI	STAVANGER		M40	58	M 218	<1:35		00:00:15	2026-05-10 10:00:52	00:21:12	00:42:30	01:03:50	01:24:35	01:29:02	01:29:18	+00:26:16 (29.5%)	4:13	14.2 (70.3%)
231	SAWICKI Mateusz	4097		BIAŁYSTOK		M30	97	M 219	<1:35		00:02:22	2026-05-10 10:02:59	00:20:30	00:41:41	01:03:15	01:24:32	01:29:04	01:31:26	+00:26:18 (29.5%)	4:13	14.2 (70.3%)
232	VERAMEICHYK Yahor	4705	TEA.M RUN	BIAŁYSTOK		M30	98	M 220	<1:35	TEA.M RUN	00:00:21	2026-05-10 10:00:58	00:21:10	00:41:58	01:03:14	01:24:25	01:29:04	01:29:26	+00:26:18 (29.5%)	4:13	14.2 (70.3%)
233	MICHALCZUK Łukasz	4244	BCC	BIAŁYSTOK		M30	99	M 221	<1:35	BCC	00:00:17	2026-05-10 10:00:54	00:21:26	00:42:48	01:04:04	01:24:50	01:29:04	01:29:22	+00:26:18 (29.5%)	4:13	14.2 (70.3%)
234	KUR Marcin	3134		BIAŁYSTOK		M30	100	M 222	<1:35		00:00:06	2026-05-10 10:00:43	00:20:37	00:41:31	01:03:02	01:24:34	01:29:04	01:29:11	+00:26:18 (29.5%)	4:13	14.2 (70.3%)
235	SZMIGIEL Klaudia	5949	DECATHLON LUBLIN	LUBLIN		K30	5	K 12	<1:35		00:00:13	2026-05-10 10:00:50	00:21:11	00:42:01	01:03:23	01:24:25	01:29:06	01:29:19	+00:26:20 (29.6%)	4:13	14.2 (70.3%)
236	RUSZCZEWSKI Andrzej	492	VEGE RUNNERS	WARSZAWA		M40	59	M 223	<1:35	Vege Runners	00:00:20	2026-05-10 10:00:57	00:21:23	00:42:44	01:04:00	01:24:47	01:29:06	01:29:27	+00:26:20 (29.6%)	4:13	14.2 (70.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
237	DOŁĘGIEWICZ Dominik	3467		ZABŁUDÓW		M20	47	M 224	<1:35		00:00:09	2026-05-10 10:00:46	00:20:09	00:40:02	01:01:11	01:24:49	01:29:09	01:29:18	+00:26:23 (29.6%)	4:13	14.2 (70.3%)
238	STANKOWSKI Bartłomiej	381	METALOVEPLUCA	BIELICHA		M30	101	M 225	<1:35		00:00:16	2026-05-10 10:00:53	00:21:15	00:42:23	01:03:53	01:24:45	01:29:12	01:29:28	+00:26:26 (29.6%)	4:13	14.2 (70.3%)
239	MAZUREK Jarosław	3156	KB PACE	PRUSZKÓW		M40	60	M 226	<1:35	KB PACE	00:00:14	2026-05-10 10:00:51	00:21:25	00:42:51	01:04:04	01:24:57	01:29:16	01:29:31	+00:26:30 (29.7%)	4:13	14.2 (70.3%)
240	KOWALCZYK Karol	6077		WARSZAWA		M40	61	M 227	<1:35		00:00:13	2026-05-10 10:00:50	00:21:25	00:42:51	01:04:07	01:24:41	01:29:16	01:29:30	+00:26:30 (29.7%)	4:13	14.2 (70.3%)
241	KOZACZEWSKI Oskar	4622	SWORDS ATHLETICS	WARSZAWA		M40	62	M 228	<1:35		00:00:12	2026-05-10 10:00:49	00:21:26	00:42:43	01:04:05	01:24:49	01:29:20	01:29:33	+00:26:34 (29.7%)	4:13	14.2 (70.3%)
242	SOKOL Mariusz	4194	BCC	BIAŁYSTOK		M40	63	M 229	<1:35	BCC	00:00:18	2026-05-10 10:00:55	00:21:24	00:42:47	01:04:04	01:24:58	01:29:20	01:29:39	+00:26:34 (29.8%)	4:13	14.2 (70.3%)
243	SEKOWSKI Adam	1778	WTF?!SOLOTEAM	BIAŁYSTOK		M50	17	M 230	<1:35		00:00:14	2026-05-10 10:00:51	00:21:24	00:42:44	01:04:03	01:24:54	01:29:21	01:29:35	+00:26:35 (29.8%)	4:14	14.2 (70.3%)
244	KONOPKA Mateusz	1707		ZAMBRÓW		M30	102	M 231	<1:35		00:00:16	2026-05-10 10:00:53	00:21:02	00:41:59	01:03:20	01:24:43	01:29:22	01:29:38	+00:26:36 (29.8%)	4:14	14.2 (70.3%)
245	KANIA Michał	1941		ŁÓDŹ		M20	48	M 232	<1:35		00:00:19	2026-05-10 10:00:56	00:21:25	00:42:47	01:04:02	01:25:00	01:29:22	01:29:41	+00:26:36 (29.8%)	4:14	14.2 (70.3%)
246	DĄBROWSKI Gabriel	3015	CYCTEAM	BIAŁYSTOK		M20	49	M 233	<1:35		00:00:18	2026-05-10 10:00:55	00:21:23	00:42:46	01:04:03	01:24:43	01:29:23	01:29:41	+00:26:37 (29.8%)	4:14	14.2 (70.3%)
247	ŚWIERCZEWSKI Marcin	4131	MARKOWI BIEGACZE	SIERAKÓW		M30	103	M 234	<1:35		00:00:23	2026-05-10 10:01:00	00:21:39	00:42:49	01:04:01	01:24:48	01:29:23	01:29:46	+00:26:37 (29.8%)	4:14	14.2 (70.3%)
248	BOGDZIEL Marcin	4123	EAST RAW GLADIATOR	BIAŁYSTOK		M30	104	M 235	<1:35		00:00:18	2026-05-10 10:00:55	00:21:39	00:42:56	01:04:10	01:25:02	01:29:26	01:29:44	+00:26:40 (29.8%)	4:14	14.2 (70.3%)
249	WYSOCKI Tomasz	1431	NADAKTYWNI	BIAŁYSTOK		M40	64	M 236	<1:35	Nadaktywni	00:00:16	2026-05-10 10:00:53	00:21:28	00:42:48	01:04:05	01:24:59	01:29:27	01:29:44	+00:26:41 (29.8%)	4:14	14.2 (70.3%)
250	WYSOCKI Adam	5016	SPARTA	AUGUSTÓW		M50	18	M 237	<1:35		00:00:11	2026-05-10 10:00:48	00:21:27	00:43:00	01:04:53	01:25:07	01:29:27	01:29:39	+00:26:41 (29.8%)	4:14	14.2 (70.3%)
251	PIOTRAK Piotr	1433	SMOK TEAM	OSTRÓW MAZOWIECKA		M30	105	M 238	<1:35		00:00:23	2026-05-10 10:01:00	00:21:35	00:42:49	01:03:58	01:25:01	01:29:29	01:29:52	+00:26:43 (29.9%)	4:14	14.1 (69.8%)
252	SKORY Mateusz	1396		WARSZAWA		M20	50	M 239	<1:35		00:00:16	2026-05-10 10:00:53	00:21:26	00:42:49	01:04:04	01:25:06	01:29:30	01:29:47	+00:26:44 (29.9%)	4:14	14.1 (69.8%)
253	LEWDOROWICZ Wojciech	189	SAM SOBIE KLUBEM	KADY		M40	65	M 240	<1:35		00:00:10	2026-05-10 10:00:47	00:21:26	00:42:52	01:04:06	01:25:01	01:29:30	01:29:41	+00:26:44 (29.9%)	4:14	14.1 (69.8%)
254	BURA Yury	235	DOVYDKO RUNNING CLUB	GDAŃSK		M40	66	M 241	<1:35		00:00:04	2026-05-10 10:00:41	00:20:05	00:41:05	01:03:21	01:24:56	01:29:30	01:29:35	+00:26:44 (29.9%)	4:14	14.1 (69.8%)
255	LOTYSH Ivan	2176	ULTIMA THULE	KRAKÓW		M30	106	M 242	>1:35		00:00:14	2026-05-10 10:00:51	00:21:23	00:42:46	01:04:05	01:25:06	01:29:32	01:29:47	+00:26:46 (29.9%)	4:14	14.1 (69.8%)
256	MAMOŃ Dariusz	2932		ZATOR		M40	67	M 243	<1:35		00:00:18	2026-05-10 10:00:55	00:21:09	00:42:28	01:03:53	01:25:05	01:29:34	01:29:53	+00:26:48 (29.9%)	4:14	14.1 (69.8%)
257	TOMASZEK Marcin	3627		GARWOLIN		M30	107	M 244	<1:35		00:00:23	2026-05-10 10:01:00	00:21:36	00:42:55	01:04:20	01:25:18	01:29:35	01:29:59	+00:26:49 (30.0%)	4:14	14.1 (69.8%)
258	ANDRUSIEWICZ Piotr	4041	TEAM LESIU	RAKOWISKA		M30	108	M 245	<1:35		00:00:10	2026-05-10 10:00:47	00:20:07	00:40:32	01:02:05	01:24:26	01:29:36	01:29:46	+00:26:49 (30.0%)	4:14	14.1 (69.8%)
259	SZYDŁOWSKI Adrian	3360	CHŁOPCY CHORTENOWCY	BIAŁYSTOK		M30	109	M 246	<1:35	CHŁOPCY CHORTENOWCY	00:00:13	2026-05-10 10:00:50	00:21:28	00:42:48	01:04:05	01:25:09	01:29:38	01:29:52	+00:26:52 (30.0%)	4:14	14.1 (69.8%)
260	KĄŻMIERCZAK Łukasz	2682		WARSZAWA		M30	110	M 247	<1:35		00:00:14	2026-05-10 10:00:51	00:21:22	00:42:48	01:04:08	01:25:15	01:29:40	01:29:54	+00:26:54 (30.0%)	4:14	14.1 (69.8%)
261	KRUSZNIEWSKI Jarek	4570		SUWAŁKI		M40	68	M 248	<1:35		00:00:12	2026-05-10 10:00:49	00:21:28	00:42:54	01:04:10	01:25:08	01:29:40	01:29:53	+00:26:54 (30.0%)	4:14	14.1 (69.8%)
262	LETUN Yauheni	3913	TEA.M RUN	BIAŁYSTOK		M20	51	M 249	<1:35	TEA.M RUN	00:00:15	2026-05-10 10:00:52	00:21:19	00:42:32	01:04:00	01:25:05	01:29:40	01:29:56	+00:26:54 (30.0%)	4:14	14.1 (69.8%)
263	SUPIŃSKI Adam	4620	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M30	111	M 250	<1:35		00:00:13	2026-05-10 10:00:50	00:21:27	00:42:47	01:04:04	01:25:11	01:29:42	01:29:55	+00:26:56 (30.0%)	4:15	14.1 (69.8%)
264	GINDOROWICZ Wiktor	4195	BCC	BIAŁYSTOK		M30	112	M 251	<1:35	BCC	00:00:17	2026-05-10 10:00:54	00:21:22	00:42:46	01:04:02	01:25:05	01:29:42	01:30:00	+00:26:56 (30.0%)	4:15	14.1 (69.8%)
265	CYBULSKI Dawid	3848		ZAMOŚĆ		M20	52	M 252	<1:35		00:00:09	2026-05-10 10:00:46	00:21:29	00:42:51	01:04:07	01:25:01	01:29:43	01:29:53	+00:26:57 (30.1%)	4:15	14.1 (69.8%)
266	KULESH Pavel	4274	TEA.M RUN	BIAŁYSTOK		M40	69	M 253	<1:35	TEA.M RUN	00:00:21	2026-05-10 10:00:58	00:21:38	00:42:50	01:03:59	01:25:02	01:29:43	01:30:05	+00:26:57 (30.1%)	4:15	14.1 (69.8%)
267	KULEVICH Ruslan	4864	TEA.M RUN	BIAŁYSTOK		M30	113	M 254	<1:35	TEA.M RUN	00:00:15	2026-05-10 10:00:52	00:21:15	00:42:31	01:03:50	01:25:05	01:29:46	01:30:01	+00:27:00 (30.1%)	4:15	14.1 (69.8%)
268	OSOWSKI Kajetan	4301		LUBLIN		M30	114	M 255	<1:35		00:00:14	2026-05-10 10:00:51	00:21:22	00:42:50	01:04:10	01:25:10	01:29:47	01:30:02	+00:27:01 (30.1%)	4:15	14.1 (69.8%)
269	ZIUZIA Aleksander	1512		BIAŁYSTOK		M30	115	M 256	<1:35		00:02:33	2026-05-10 10:03:10	00:21:52	00:43:07	01:05:03	01:25:31	01:29:48	01:32:22	+00:27:02 (30.1%)	4:15	14.1 (69.8%)
270	ASŁANOWICZ Marcin	508	ŻÓRAWSKI TEAM	WARSZAWA		M50	19	M 257	<1:35		00:00:18	2026-05-10 10:00:55	00:21:23	00:42:42	01:04:02	01:25:09	01:29:49	01:30:07	+00:27:03 (30.1%)	4:15	14.1 (69.8%)
271	GONERKA Szymon	3233		PYZDRY		M20	53	M 258	>1:35		00:02:33	2026-05-10 10:03:10	00:21:10	00:42:43	01:04:36	01:25:23	01:29:49	01:32:22	+00:27:03 (30.1%)	4:15	14.1 (69.8%)
272	DZIOSA Sebastian	5423		WARSZAWA		M20	54	M 259	<1:35		00:00:22	2026-05-10 10:00:59	00:21:29	00:42:48	01:04:09	01:25:21	01:29:49	01:30:12	+00:27:03 (30.1%)	4:15	14.1 (69.8%)
273	CHMIELEWSKI Kamil	4323		BIAŁYSTOK		M20	55	M 260	>1:35		00:02:33	2026-05-10 10:03:10	00:21:11	00:42:42	01:04:40	01:25:28	01:29:50	01:32:24	+00:27:04 (30.1%)	4:15	14.1 (69.8%)
274	KLAMBOROWSKI Artur	4589	POBIEGAJMY.PL	WARSZAWA		M30	116	M 261	<1:35		00:00:15	2026-05-10 10:00:52	00:21:24	00:42:52	01:04:20	01:25:29	01:29:51	01:30:07	+00:27:05 (30.2%)	4:15	14.1 (69.8%)
275	ŁAWRESZUK Igor	1304	PRO-AM PUSKAJ	ZABŁUDÓW		M40	70	M 262	<1:35		00:00:15	2026-05-10 10:00:52	00:21:26	00:42:49	01:04:04	01:25:11	01:29:52	01:30:07	+00:27:06 (30.2%)	4:15	14.1 (69.8%)
276	MULIKOV Petro	1936		KRAKÓW		M40	71	M 263	>1:35		00:02:26	2026-05-10 10:03:03	00:21:19	00:43:05	01:04:46	01:25:26	01:29:53	01:32:20	+00:27:07 (30.2%)	4:15	14.1 (69.8%)
277	MAGDZIUK Paweł	3606	PODLASKIE KOCURY	KNYSZYN		M40	72	M 264	<1:35		00:00:09	2026-05-10 10:00:46	00:21:16	00:42:37	01:04:03	01:25:16	01:29:53	01:30:03	+00:27:07 (30.2%)	4:15	14.1 (69.8%)
278	RUTKOWSKI Maciej	1945	TEAM KOPEĆ	ŻARZYN		M30	117	M 265	>1:50		00:00:13	2026-05-10 10:00:50	00:21:23	00:42:46	01:04:05	01:25:11	01:29:56	01:30:10	+00:		

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
279	PRUSAKIEWICZ Katarzyna	5015	DD RUNNING TEAM	WARSZAWA		K30	6	K 13	<1:35		00:00:07	2026-05-10 10:00:44	00:20:28	00:41:44	01:03:34	01:25:18	01:29:58	01:30:06	+00:27:12 (30.2%)	4:15	14.1 (69.8%)
280	GOGACZ Przemysław	2537		CZARNOLAS		M20	56	M 266	<1:35		00:00:22	2026-05-10 10:00:59	00:21:30	00:42:47	01:04:07	01:25:21	01:30:02	01:30:24	+00:27:16 (30.3%)	4:15	14.1 (69.8%)
281	FABIŃSKI Rafał	4763	LUBIE FRYTKI Z MAJONEZEM	BRATKOWICE		M30	118	M 267	<1:35		00:00:15	2026-05-10 10:00:52	00:21:27	00:42:52	01:04:22	01:25:38	01:30:03	01:30:19	+00:27:17 (30.3%)	4:16	14.1 (69.8%)
282	WRZESIŃSKI Maciej	1755		BIAŁYSTOK		M20	57	M 268	<1:35		00:00:00	2026-05-10 10:00:37	00:21:31	00:43:10	01:05:00	01:26:01	01:30:08	01:30:08	+00:27:22 (30.4%)	4:16	14 (69.3%)
283	WIERZBICKI Piotr	1917		MILANÓWEK		M30	119	M 269	>1:35		00:02:23	2026-05-10 10:03:00	00:21:35	00:43:13	01:04:52	01:25:46	01:30:08	01:32:32	+00:27:22 (30.4%)	4:16	14 (69.3%)
284	PRYSZMANT Łukasz	3799		OLECKO		M30	120	M 270	>1:35		00:02:24	2026-05-10 10:03:01	00:21:07	00:42:40	01:04:23	01:25:37	01:30:09	01:32:34	+00:27:23 (30.4%)	4:16	14 (69.3%)
285	ŻMUDA Michał	4615		RASZYN		M40	73	M 271	<1:35		00:00:16	2026-05-10 10:00:53	00:21:23	00:42:46	01:04:01	01:25:26	01:30:11	01:30:28	+00:27:25 (30.4%)	4:16	14 (69.3%)
286	KACPRZAK Kamil	1395	RUNNING NURSES	CIECHANÓW		M30	121	M 272	<1:35	Running Nurses	00:00:23	2026-05-10 10:01:00	00:21:36	00:42:56	01:04:29	01:25:41	01:30:13	01:30:36	+00:27:27 (30.4%)	4:16	14 (69.3%)
287	WIĘCH Arek	4643		MARKI		M30	122	M 273	<1:35		00:00:06	2026-05-10 10:00:43	00:21:08	00:42:21	01:04:11	01:25:40	01:30:15	01:30:21	+00:27:29 (30.5%)	4:16	14 (69.3%)
288	NOWINOWSKI Andrzej	2110	KB MARATON TUREK	TUREK		M50	20	M 274	<1:35	kb maraton turek	00:00:20	2026-05-10 10:00:57	00:21:00	00:42:01	01:03:57	01:25:40	01:30:22	01:30:43	+00:27:36 (30.6%)	4:16	14 (69.3%)
289	BERNACKI Adam	5162		WARSZAWA		M30	123	M 275	<1:35		00:00:07	2026-05-10 10:00:44	00:21:35	00:42:55	01:04:13	01:25:52	01:30:24	01:30:31	+00:27:38 (30.6%)	4:17	14 (69.3%)
290	SOKOŁOWSKI Mateusz	2699	ULTRA PIOTRKÓW	PIOTRKÓW TRYBUNALSKI		M40	74	M 276	<1:35		00:00:11	2026-05-10 10:00:48	00:21:26	00:42:52	01:04:16	01:25:37	01:30:25	01:30:37	+00:27:39 (30.6%)	4:17	14 (69.3%)
291	WOJTAS Damian	4387		MAGNUSZEW		M20	58	M 277	>1:35		00:02:25	2026-05-10 10:03:02	00:20:42	00:42:21	01:04:30	01:25:57	01:30:27	01:32:52	+00:27:41 (30.6%)	4:17	14 (69.3%)
292	GODUŁA Kamil	4397	CLOUD MANIACS	WARSZAWA		M40	75	M 278	<1:35		00:00:13	2026-05-10 10:00:50	00:21:25	00:42:49	01:04:17	01:25:46	01:30:29	01:30:43	+00:27:43 (30.6%)	4:17	14 (69.3%)
293	WOLNY Łukasz	4599		LUBLINIEC		M30	124	M 279	<1:35		00:00:11	2026-05-10 10:00:48	00:21:30	00:42:52	01:04:17	01:25:54	01:30:30	01:30:42	+00:27:44 (30.7%)	4:17	14 (69.3%)
294	BARANOWSKI Łukasz	4964	TEAM KOPEĆ	KOLNO		M40	76	M 280	>1:35		00:02:27	2026-05-10 10:03:04	00:21:59	00:43:27	01:04:56	01:25:47	01:30:34	01:33:02	+00:27:48 (30.7%)	4:17	14 (69.3%)
295	TROMZA Yauheni	532		OLSZTYN		M30	125	M 281	<1:35		00:00:21	2026-05-10 10:00:58	00:21:37	00:42:52	01:04:13	01:26:06	01:30:36	01:30:57	+00:27:50 (30.7%)	4:17	14 (69.3%)
296	KWIATKOWSKI Dawid	5408	.QUEST	POZNAŃ		M40	77	M 282	<1:35		00:00:16	2026-05-10 10:00:53	00:21:26	00:42:39	01:04:16	01:25:46	01:30:36	01:30:52	+00:27:50 (30.7%)	4:17	14 (69.3%)
297	JAROMIN Mariusz	5993		BIAŁYSTOK		M30	126	M 283	<1:35		00:00:07	2026-05-10 10:00:44	00:20:50	00:42:02	01:04:01	01:25:51	01:30:38	01:30:45	+00:27:52 (30.8%)	4:17	14 (69.3%)
298	JAMASZEWSKA Ewelina	509	MD RUN TRAINING	BIAŁYSTOK		K20	6	K 14	<1:35	MD RUN TRAINING	00:00:22	2026-05-10 10:00:59	00:22:17	00:44:18	01:06:10	01:26:27	01:30:42	01:31:04	+00:27:56 (30.8%)	4:17	14 (69.3%)
299	HINC Tomasz	4542	PARKRUN GDAŃSK POŁUDNIE	GDAŃSK		M40	78	M 284	>1:35		00:02:26	2026-05-10 10:03:03	00:21:21	00:42:35	01:04:26	01:25:59	01:30:47	01:33:13	+00:28:01 (30.9%)	4:18	13.9 (68.8%)
300	TARGONSKI Sergei	604		MINSK		M40	79	M 285	>1:45		00:06:00	2026-05-10 10:06:37	00:21:55	00:43:19	01:05:12	01:26:20	01:30:52	01:36:53	+00:28:06 (30.9%)	4:18	13.9 (68.8%)
301	GOŁĘBIEWSKI Michał	4945		GĄSOCIN		M30	127	M 286	<1:35		00:00:18	2026-05-10 10:00:55	00:21:44	00:43:40	01:05:10	01:26:29	01:30:52	01:31:10	+00:28:06 (30.9%)	4:18	13.9 (68.8%)
302	SZYMKOWSKI Dawid	4637		WARSZAWA		M30	128	M 287	<1:35		00:00:03	2026-05-10 10:00:40	00:21:18	00:42:54	01:04:52	01:26:39	01:31:00	01:31:04	+00:28:14 (31.0%)	4:18	13.9 (68.8%)
303	BLONDEL Florian	3139		PARIS		M30	129	M 288	<1:35		00:00:25	2026-05-10 10:01:02	00:21:31	00:42:53	01:04:18	01:26:09	01:31:03	01:31:29	+00:28:17 (31.1%)	4:18	13.9 (68.8%)
304	WYSZYŃSKI Wojciech	5420		AUGUSTÓW		M30	130	M 289	<1:35		00:00:19	2026-05-10 10:00:56	00:22:10	00:44:23	01:06:14	01:26:54	01:31:05	01:31:24	+00:28:19 (31.1%)	4:18	13.9 (68.8%)
305	KLEKNER Łukasz	209	MD RUN TRAINING	BIAŁYSTOK		M30	131	M 290	<1:35	MD RUN TRAINING	00:00:22	2026-05-10 10:00:59	00:22:19	00:44:17	01:06:09	01:26:51	01:31:11	01:31:33	+00:28:24 (31.2%)	4:19	13.9 (68.8%)
306	BARDOŃ Paweł	3780		ZABIERZÓW		M40	80	M 291	<1:35		00:00:18	2026-05-10 10:00:55	00:21:41	00:43:42	01:05:40	01:26:39	01:31:13	01:31:31	+00:28:27 (31.2%)	4:19	13.9 (68.8%)
307	ŁOPIŃSKI Łukasz	2579		ŁOCHÓW		M40	81	M 292	<1:35		00:02:23	2026-05-10 10:03:00	00:21:01	00:42:46	01:04:56	01:26:37	01:31:16	01:33:39	+00:28:30 (31.2%)	4:19	13.9 (68.8%)
308	MITURA Damian	5576		DĘBLIN		M30	132	M 293	>1:35		00:02:24	2026-05-10 10:03:01	00:21:16	00:42:57	01:05:11	01:26:33	01:31:16	01:33:41	+00:28:30 (31.2%)	4:19	13.9 (68.8%)
309	KORABIEWSKI Mikołaj	1128		PŁONKA-STRUMIANKA		M30	133	M 294	<1:35		00:00:23	2026-05-10 10:01:00	00:21:43	00:43:45	01:05:53	01:26:51	01:31:17	01:31:41	+00:28:31 (31.3%)	4:19	13.9 (68.8%)
310	SZUBERT Tomasz	125	KB MARATON TUREK	TUREK		M40	82	M 295	<1:35	KB Maraton Turek	00:00:11	2026-05-10 10:00:48	00:20:30	00:41:35	01:03:54	01:26:10	01:31:19	01:31:30	+00:28:32 (31.3%)	4:19	13.9 (68.8%)
311	MAREK Rafał	2445	SPPP B-B	ŻYWIEC		M30	134	M 296	<1:35	SPPP BB	00:00:20	2026-05-10 10:00:57	00:21:20	00:43:04	01:05:08	01:26:34	01:31:19	01:31:40	+00:28:33 (31.3%)	4:19	13.9 (68.8%)
312	WEISS Krzysztof	1682		ŚWIDNICA		M40	83	M 297	>1:35		00:02:19	2026-05-10 10:02:56	00:21:30	00:43:13	01:05:15	01:26:48	01:31:20	01:33:40	+00:28:34 (31.3%)	4:19	13.9 (68.8%)
313	LEWKO Adam	511	FRANSPOŁ TEAM	BIAŁYSTOK		M40	84	M 298	<1:35		00:02:24	2026-05-10 10:03:01	00:20:59	00:42:42	01:05:21	01:26:55	01:31:20	01:33:45	+00:28:34 (31.3%)	4:19	13.9 (68.8%)
314	TROCIŃSKI Grzegorz	2447		ŁÓDŹ		M50	21	M 299	>1:35		00:02:21	2026-05-10 10:02:58	00:20:42	00:42:26	01:04:34	01:26:27	01:31:22	01:33:43	+00:28:36 (31.3%)	4:19	13.9 (68.8%)
315	JĘDRZEJCZYK Jarosław	4755	RUN CREW OSTROŁĘKA	OSTROŁĘKA		M40	85	M 300	<1:35		00:00:24	2026-05-10 10:01:01	00:21:53	00:43:25	01:05:14	01:26:47	01:31:22	01:31:47	+00:28:36 (31.3%)	4:19	13.9 (68.8%)
316	BUSZTA Paweł	1456	BORGWARNER RUNNING TEAM	BRZÓZA STADNICKA		M30	135	M 301	<1:35		00:00:14	2026-05-10 10:00:51	00:21:26	00:42:51	01:04:26	01:26:30	01:31:24	01:31:38	+00:28:38 (31.3%)	4:19	13.9 (68.8%)
317	KULAKOWSKI Michał	1587		BIAŁYSTOK		M30	136	M 302	>1:35		00:00:23	2026-05-10 10:01:00	00:22:15	00:44:17	01:06:09	01:26:59	01:31:24	01:31:48	+00:28:38 (31.3%)	4:19	13.9 (68.8%)
318	WILKIEL Szymon	6409	MD RUN TRAINING	BIAŁYSTOK		M30	137	M 303	>1:35	MD Run Training	00:00:22	2026-05-10 10:00:59	00:22:19	00:44:18	01:06:10	01:27:00	01:31:26	01:31:48	+00:28:40 (31.4%)	4:19	13.8 (68.3%)
319	BRANICKI Tomasz	1482	PERFECT RUNNER TEAM	MELGIEW		M50	22	M 304	<1:35	PERFECT RUNNER TEAM	00:00:19	2026-05-10 10:00:56	00:21:50	00:43:40	01:05:47	01:26:52	01:31:28	01:31:48	+00:28:42 (31.4%)	4:20	13.8 (68.3%)
320	ŻMIEŃKO Mariusz	1315	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M40	86	M 305	>1:35		00:03:00	2026-05-10 10:03:37	00:22:01	00:43:32	01:05:29	01:26:55	01:31:29	01:34:30	+00:28:43 (31.4%)		

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
321	DZIENISZEWSKI Daniel	1742		BIAŁYSTOK		M40	87	M 306	<1:35		00:00:15	2026-05-10 10:00:52	00:21:02	00:42:22	01:04:29	01:26:39	01:31:30	01:31:46	+00:28:44 (31.4%)	4:20	13.8 (68.3%)
322	DOMSKI Maciej	4220		ELBLĄG		M30	138	M 307	<1:35		00:00:17	2026-05-10 10:00:54	00:20:32	00:42:34	01:04:50	01:26:47	01:31:31	01:31:48	+00:28:45 (31.4%)	4:20	13.8 (68.3%)
323	RADZIWOŃSKA Emilia	469	KALINOWSKI TEAM	BIAŁYSTOK		K40	2	K 15	>1:35	Kalinowski Team	00:02:18	2026-05-10 10:02:55	00:21:12	00:42:55	01:05:05	01:26:45	01:31:32	01:33:51	+00:28:46 (31.4%)	4:20	13.8 (68.3%)
324	CHODOWIEC Emil	1589		NURZEC-STACJA		M40	88	M 308	<1:35		00:00:22	2026-05-10 10:00:59	00:22:25	00:44:20	01:06:11	01:27:02	01:31:35	01:31:58	+00:28:49 (31.5%)	4:20	13.8 (68.3%)
325	GŁAZ Adrian	2159		JAWORZNO		M20	59	M 309	>1:35		00:02:36	2026-05-10 10:03:13	00:21:29	00:42:54	01:05:01	01:26:54	01:31:35	01:34:12	+00:28:49 (31.5%)	4:20	13.8 (68.3%)
326	SAKNYS Svajunas	399		ROKISKIS		M30	139	M 310	>1:35		00:02:31	2026-05-10 10:03:08	00:22:25	00:44:19	01:05:47	01:26:59	01:31:37	01:34:09	+00:28:51 (31.5%)	4:20	13.8 (68.3%)
327	GADZIŃSKI Krzysztof	152	KAN-THERM RACING TEAM	BIAŁYSTOK		M40	89	M 311	<1:35	KAN-therm Racing Team	00:00:18	2026-05-10 10:00:55	00:21:42	00:42:53	01:05:04	01:26:53	01:31:37	01:31:56	+00:28:51 (31.5%)	4:20	13.8 (68.3%)
328	PIETRYCH Paweł	2817		ŁÓDŹ		M20	60	M 312	>1:45		00:06:08	2026-05-10 10:06:45	00:22:22	00:44:02	01:05:51	01:27:04	01:31:38	01:37:47	+00:28:52 (31.5%)	4:20	13.8 (68.3%)
329	BIEGAŃSKI Adrian	113	BBL GIŻYCKO	GIŻYCKO		M30	140	M 313	>1:35		00:02:23	2026-05-10 10:03:00	00:21:24	00:43:12	01:05:20	01:26:58	01:31:39	01:34:02	+00:28:53 (31.5%)	4:20	13.8 (68.3%)
330	FICIŃSKI Grzegorz	1002		WARSZAWA		M30	141	M 314	>1:35		00:00:14	2026-05-10 10:00:51	00:21:26	00:42:50	01:04:42	01:26:58	01:31:40	01:31:54	+00:28:54 (31.5%)	4:20	13.8 (68.3%)
331	NIEDZIAŁEK Adam	4634		SIEDLCE		M30	142	M 315	>1:35		00:02:35	2026-05-10 10:03:12	00:21:53	00:43:39	01:05:56	01:27:17	01:31:42	01:34:17	+00:28:56 (31.6%)	4:20	13.8 (68.3%)
332	KIETLIŃSKI Sebastian	3449	1 PBOT	BIAŁYSTOK		M20	61	M 316	>1:35		00:00:19	2026-05-10 10:00:56	00:21:22	00:42:44	01:04:32	01:26:53	01:31:42	01:32:01	+00:28:56 (31.6%)	4:20	13.8 (68.3%)
333	GRUSZCZYŃSKI Rafał	4484	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	ŁOMŻA		M40	90	M 317	<1:35	1.PBOT	00:00:10	2026-05-10 10:00:47	00:20:34	00:41:56	01:04:00	01:26:50	01:31:42	01:31:53	+00:28:56 (31.6%)	4:20	13.8 (68.3%)
334	SKOMRA Krzysztof	2187	T-MOBILE	WARSZAWA		M40	91	M 318	>1:45		00:02:24	2026-05-10 10:03:01	00:21:38	00:43:19	01:05:26	01:27:13	01:31:45	01:34:09	+00:28:59 (31.6%)	4:20	13.8 (68.3%)
335	SKŁODOWSKI Tomasz	584		WOŁOMIN		M20	62	M 319	<1:35		00:00:15	2026-05-10 10:00:52	00:22:18	00:44:16	01:06:16	01:27:36	01:31:50	01:32:06	+00:29:04 (31.7%)	4:21	13.8 (68.3%)
336	ŻMUDZIŃSKI Jakub	2882		WARSZAWA		M30	143	M 320	<1:35		00:00:05	2026-05-10 10:00:42	00:21:48	00:43:37	01:05:35	01:27:10	01:31:50	01:31:56	+00:29:04 (31.7%)	4:21	13.8 (68.3%)
337	SZPEJDA Karol	2829	ALWAYS UPHILL	WARSZAWA		M20	63	M 321	<1:35		00:02:29	2026-05-10 10:03:06	00:22:21	00:44:09	01:06:18	01:27:28	01:31:53	01:34:22	+00:29:07 (31.7%)	4:21	13.8 (68.3%)
338	DYSZKIEWICZ Rafał	1497		BIAŁYSTOK		M30	144	M 322	>1:35		00:02:33	2026-05-10 10:03:10	00:21:50	00:43:28	01:05:31	01:27:15	01:31:56	01:34:29	+00:29:10 (31.7%)	4:21	13.8 (68.3%)
339	BALANDARD Gabriel	6332		SKIERNIEWICE		M20	64	M 323	>1:35		00:02:39	2026-05-10 10:03:16	00:22:23	00:44:39	01:06:41	01:27:28	01:31:58	01:34:38	+00:29:12 (31.8%)	4:21	13.8 (68.3%)
340	NOWIKOW Gleb	2577	TEA.M RUN	WARSZAWA		M30	145	M 324	>1:35	TEA.M RUN	00:02:47	2026-05-10 10:03:24	00:21:58	00:43:39	01:05:35	01:27:16	01:31:59	01:34:46	+00:29:13 (31.8%)	4:21	13.8 (68.3%)
341	FOS Andrzej	3112		RÓŻANY		M40	92	M 325	<1:35		00:02:29	2026-05-10 10:03:06	00:21:49	00:43:06	01:05:22	01:27:14	01:31:59	01:34:29	+00:29:13 (31.8%)	4:21	13.8 (68.3%)
342	SMOLUCHA Bartłomiej	1008		ŁĘKI GÓRNE		M30	146	M 326	<1:35		00:00:20	2026-05-10 10:00:57	00:21:21	00:42:45	01:05:01	01:27:21	01:32:00	01:32:21	+00:29:14 (31.8%)	4:21	13.8 (68.3%)
343	GIEGIEL Łukasz	4492		WARSZAWA		M40	93	M 327	<1:35		00:00:15	2026-05-10 10:00:52	00:21:28	00:42:52	01:04:52	01:27:16	01:32:09	01:32:24	+00:29:23 (31.9%)	4:22	13.7 (67.8%)
344	ZIEZIO Patryk	1803	PAWKO RUNNER	WARSZAWA		M30	147	M 328	>1:35		00:02:32	2026-05-10 10:03:09	00:22:35	00:44:22	01:06:05	01:27:27	01:32:09	01:34:42	+00:29:23 (31.9%)	4:22	13.7 (67.8%)
345	KRAŚNICKI Grzegorz	3475		CHOROSZCZ		M50	23	M 329	<1:35		00:00:20	2026-05-10 10:00:57	00:21:45	00:43:35	01:05:37	01:27:18	01:32:12	01:32:32	+00:29:26 (31.9%)	4:22	13.7 (67.8%)
346	GLIGA Paweł	3247	ALL-FOR-ONE TRIBE	WARSZAWA		M50	24	M 330	>1:35		00:02:29	2026-05-10 10:03:06	00:21:52	00:43:42	01:05:51	01:27:32	01:32:13	01:34:43	+00:29:27 (31.9%)	4:22	13.7 (67.8%)
347	DĄBROWSKI Jan	3375		WARSZAWA		M30	148	M 331	<1:35		00:00:15	2026-05-10 10:00:52	00:21:48	00:43:36	01:05:28	01:27:21	01:32:16	01:32:31	+00:29:30 (32.0%)	4:22	13.7 (67.8%)
348	CZUBASZEK Robert	1666		BIAŁYSTOK		M50	25	M 332	<1:35		00:00:06	2026-05-10 10:00:43	00:21:10	00:42:44	01:04:47	01:27:17	01:32:17	01:32:23	+00:29:31 (32.0%)	4:22	13.7 (67.8%)
349	BOSIŃSKI Jarosław	5573		MARKI		M50	26	M 333	Drużyny		00:02:37	2026-05-10 10:03:14	00:22:20	00:44:14	01:06:00	01:27:30	01:32:20	01:34:57	+00:29:34 (32.0%)	4:22	13.7 (67.8%)
350	KRZYŻANOWSKA Milena	3999		ZAŚCIANKI		K30	7	K 16	>1:35	Leospeed	00:02:24	2026-05-10 10:03:01	00:21:22	00:43:14	01:05:17	01:27:25	01:32:21	01:34:46	+00:29:35 (32.0%)	4:22	13.7 (67.8%)
351	DZIÓŁKO Adrian	4154		WARSZAWA		M30	149	M 334	>1:35		00:02:59	2026-05-10 10:03:36	00:21:27	00:43:17	01:05:16	01:27:34	01:32:22	01:35:21	+00:29:36 (32.1%)	4:22	13.7 (67.8%)
352	DOROSZKIEWICZ Jacek	5545		BIAŁYSTOK		M20	65	M 335	>1:35		00:02:20	2026-05-10 10:02:57	00:21:33	00:43:19	01:05:36	01:27:45	01:32:24	01:34:44	+00:29:38 (32.1%)	4:22	13.7 (67.8%)
353	MAJER Bogusława	3639	VEGE RUNNERS	WARSZAWA		K40	3	K 17	<1:35	VEGE RUNNERS	00:00:21	2026-05-10 10:00:58	00:22:18	00:44:19	01:06:11	01:27:53	01:32:25	01:32:47	+00:29:39 (32.1%)	4:22	13.7 (67.8%)
354	GAWOR Aleksander	3402		CEGLÓW		M30	150	M 336	<1:35		00:00:22	2026-05-10 10:00:59	00:21:37	00:42:49	01:05:44	01:27:47	01:32:26	01:32:49	+00:29:40 (32.1%)	4:22	13.7 (67.8%)
355	KIEDA Aleksandra	5432	IRONWOMAN FIT	BIAŁYSTOK		K30	8	K 18	<1:35		00:00:02	2026-05-10 10:00:39	00:21:39	00:43:06	01:05:26	01:27:32	01:32:28	01:32:31	+00:29:42 (32.1%)	4:22	13.7 (67.8%)
356	POGORZELSKI Kamil	1368	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M20	66	M 337	<1:35	Białystok Biega Team	00:00:07	2026-05-10 10:00:44	00:20:28	00:42:31	01:04:52	01:27:28	01:32:32	01:32:39	+00:29:46 (32.2%)	4:23	13.7 (67.8%)
357	KNASIAK Adam	4346	ARKADIUSZ GARDZIELEWSKI TEAM	DZIEĆMIARKI		M40	94	M 338	>1:35		00:02:34	2026-05-10 10:03:11	00:22:26	00:44:47	01:06:54	01:28:05	01:32:33	01:35:07	+00:29:47 (32.2%)	4:23	13.7 (67.8%)
358	GORAJ Adam	5126	YABBA DABBA DO!!!	GLIWICE		M40	95	M 339	<1:35		00:00:05	2026-05-10 10:00:42	00:21:45	00:43:47	01:06:25	01:27:49	01:32:34	01:32:40	+00:29:48 (32.2%)	4:23	13.7 (67.8%)
359	LOZYNSKYI Borys	581	TEA.M RUN	BIAŁYSTOK		M20	67	M 340	<1:35	TEA.M RUN	00:00:04	2026-05-10 10:00:41	00:20:33	00:42:06	01:04:28	01:27:38	01:32:35	01:32:39	+00:29:49 (32.2%)	4:23	13.7 (67.8%)
360	DRESZLER Wiesław	2483		SKOWARCZ		M50	27	M 341	>1:35		00:02:37	2026-05-10 10:03:14	00:22:23	00:44:43	01:06:46	01:27:59	01:32:35	01:35:13	+00:29:49 (32.2%)	4:23	13.7 (67.8%)
361	BEDNARSKI Dawid	2810		KIELCE		M30	151	M 342	>1:35		00:02:18	2026-05-10 10:02:55	00:21:11	00:42:55	01:05:11	01:27:31	01:32:36	01:34:54	+00:29:50 (32.2%)	4:23	13.7 (67.8%)
362	CHROBOCIŃSKI Konrad	4792		PŁOCK		M30	152	M 343	<1:35		00:00:02	2026-05-10 10:00:39	00:21:42	00:43:30	01:06:03	01:27:57	01:32:38	01:32:40	+00:29:52 (32.2%)	4:23	13.7 (67.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
363	PANAS Oliwia	5194	19NBOT	KRUPE		K20	7	K 19	<1:35		00:00:14	2026-05-10 10:00:51	00:21:45	00:43:07	01:05:29	01:27:52	01:32:38	01:32:52	+00:29:52 (32.2%)	4:23	13.7 (67.8%)
364	SENGER Robert	2025	TRIZPERFORMANCE	WARSZAWA		M40	96	M 344	<1:35		00:00:10	2026-05-10 10:00:47	00:21:31	00:43:36	01:06:06	01:27:55	01:32:38	01:32:49	+00:29:52 (32.3%)	4:23	13.7 (67.8%)
365	ŁABUZ Krzysztof	3928	NADIR JĘDRZEJÓW	PIASKI		M30	153	M 345	<1:35		00:02:26	2026-05-10 10:03:03	00:21:50	00:44:02	01:06:23	01:28:08	01:32:42	01:35:09	+00:29:56 (32.3%)	4:23	13.7 (67.8%)
366	BURZYŃSKI Rafał	6067		WARSZAWA		M40	97	M 346	>1:45		00:02:30	2026-05-10 10:03:07	00:21:31	00:43:21	01:05:48	01:27:49	01:32:42	01:35:13	+00:29:56 (32.3%)	4:23	13.7 (67.8%)
367	GAWOR Tomasz	1267		CEGLÓW		M60	3	M 347	>1:35		00:00:23	2026-05-10 10:01:00	00:21:36	00:43:07	01:05:43	01:27:50	01:32:43	01:33:06	+00:29:57 (32.3%)	4:23	13.7 (67.8%)
368	TRUSZCZYŃSKI Paweł	2600		NOWODWORCE		M30	154	M 348	>1:35		00:02:18	2026-05-10 10:02:55	00:20:34	00:42:08	01:05:07	01:27:45	01:32:44	01:35:02	+00:29:57 (32.3%)	4:23	13.7 (67.8%)
369	SOLTYSIK Aleksandra	2106		ROKITNO		K20	8	K 20	<1:35		00:00:15	2026-05-10 10:00:52	00:21:26	00:43:22	01:06:05	01:28:04	01:32:45	01:33:01	+00:29:59 (32.3%)	4:23	13.7 (67.8%)
370	KŁOSEK Mateusz	1096		WARSZAWA		M30	155	M 349	<1:35		00:02:30	2026-05-10 10:03:07	00:22:53	00:44:57	01:07:15	01:28:11	01:32:46	01:35:17	+00:30:00 (32.4%)	4:23	13.6 (67.3%)
371	GLEUSZYŃSKI Łukasz	3964	CROSSFIT JUST RAW	BIAŁYSTOK		M30	156	M 350	>1:35		00:02:30	2026-05-10 10:03:07	00:22:55	00:44:57	01:07:15	01:28:11	01:32:49	01:35:20	+00:30:03 (32.4%)	4:23	13.6 (67.3%)
372	ŁUCZAK Tomasz	1668	KB MARATON TUREK	TUREK		M40	98	M 351	<1:35	kb maraton turek	00:00:21	2026-05-10 10:00:58	00:22:05	00:44:09	01:06:30	01:28:15	01:32:49	01:33:10	+00:30:03 (32.4%)	4:23	13.6 (67.3%)
373	JEŻEWSKI Jacek	1506	KB BIAŁA BIEGA	BIAŁA PODLASKA		M50	28	M 352	<1:35	KB Biała Biega	00:02:20	2026-05-10 10:02:57	00:22:35	00:44:17	01:06:16	01:27:59	01:32:51	01:35:12	+00:30:05 (32.4%)	4:23	13.6 (67.3%)
374	MAJEWSKI Przemysław	3500	MAJRUN	GDAŃSK		M40	99	M 353	>1:35	MajRun	00:02:31	2026-05-10 10:03:08	00:22:12	00:44:37	01:06:58	01:28:20	01:32:51	01:35:23	+00:30:05 (32.4%)	4:23	13.6 (67.3%)
375	PALONKA Adam	4273		RUDA ŚLĄSKA		M40	100	M 354	<1:35		00:00:17	2026-05-10 10:00:54	00:21:37	00:43:24	01:05:52	01:28:08	01:32:54	01:33:11	+00:30:08 (32.4%)	4:24	13.6 (67.3%)
376	ZYCH Ryszard	3862		GIELNIOW		M60	4	M 355	>1:50		00:02:25	2026-05-10 10:03:02	00:21:28	00:43:13	01:05:21	01:27:58	01:32:54	01:35:20	+00:30:08 (32.4%)	4:24	13.6 (67.3%)
377	JAKIMIUK Joachim	4019		LUBNIKI		M30	157	M 356	>1:35		00:02:40	2026-05-10 10:03:17	00:22:56	00:45:15	01:07:24	01:28:26	01:32:56	01:35:36	+00:30:10 (32.5%)	4:24	13.6 (67.3%)
378	SZCZUROWSKI Wiktor	5419		TORUŃ		M20	68	M 357	<1:35		00:00:17	2026-05-10 10:00:54	00:22:10	00:44:27	01:06:59	01:28:33	01:32:56	01:33:13	+00:30:10 (32.5%)	4:24	13.6 (67.3%)
379	MACIEJEWSKI Michał	6328	#ZALINIŃIĄMETYTEAM	PRUSZKÓW		M40	101	M 358	<1:35		00:02:26	2026-05-10 10:03:03	00:22:20	00:44:51	01:06:51	01:28:18	01:32:57	01:35:24	+00:30:11 (32.5%)	4:24	13.6 (67.3%)
380	SADECKI Adam	4406		DZIAŁDOWO		M40	102	M 359	<1:35		00:00:17	2026-05-10 10:00:54	00:21:57	00:43:54	01:06:07	01:28:17	01:32:57	01:33:14	+00:30:11 (32.5%)	4:24	13.6 (67.3%)
381	EJSMONT Krzysiek	2186	NADAKTYWNI	SUPRAŚL		M30	158	M 360	<1:35	Nadaktywni	00:00:03	2026-05-10 10:00:40	00:20:08	00:40:49	01:02:54	01:27:56	01:32:57	01:33:01	+00:30:11 (32.5%)	4:24	13.6 (67.3%)
382	PERKA Artur	3142	ZBUCKI RUCH	RÓWCE		M30	159	M 361	>1:35		00:02:23	2026-05-10 10:03:00	00:22:06	00:44:06	01:06:18	01:28:14	01:32:58	01:35:21	+00:30:11 (32.5%)	4:24	13.6 (67.3%)
383	IWANOWSKI Jarosław	2936		CEKANOWO		M40	103	M 362	>1:35		00:03:02	2026-05-10 10:03:39	00:22:23	00:44:24	01:06:34	01:28:10	01:32:58	01:36:00	+00:30:12 (32.5%)	4:24	13.6 (67.3%)
384	ZYŚK Arkadiusz	4991	LKS KURPIE	ŁAWY		M50	29	M 363	<1:35		00:00:21	2026-05-10 10:00:58	00:21:56	00:44:01	01:06:25	01:28:26	01:32:58	01:33:19	+00:30:12 (32.5%)	4:24	13.6 (67.3%)
385	MARTYNOWICZ Michał	570		CZARNA BIAŁOSTOCKA		M20	69	M 364	>1:35		00:02:27	2026-05-10 10:03:04	00:22:00	00:43:33	01:05:54	01:28:02	01:32:58	01:35:26	+00:30:12 (32.5%)	4:24	13.6 (67.3%)
386	BARTCZAK Piotr	4565	NAJMOVICZ TRIATHLON	OLSZTYN		M50	30	M 365	<1:35		00:00:08	2026-05-10 10:00:45	00:21:59	00:44:13	01:07:08	01:28:29	01:32:59	01:33:08	+00:30:13 (32.5%)	4:24	13.6 (67.3%)
387	MAKOWSKI Krystian	565		RYPIN		M20	70	M 366	>1:35		00:02:31	2026-05-10 10:03:08	00:21:46	00:43:46	01:06:17	01:28:18	01:33:05	01:35:37	+00:30:19 (32.6%)	4:24	13.6 (67.3%)
388	SZPAKOWSKI Zbigniew	3734	KALLOS STHENOS	BIAŁYSTOK		M50	31	M 367	<1:35		00:02:20	2026-05-10 10:02:57	00:21:59	00:43:38	01:05:52	01:28:03	01:33:05	01:35:25	+00:30:19 (32.6%)	4:24	13.6 (67.3%)
389	ANDROSIUK Tomasz	4324	HAJNÓWKA BIEGA	HAJNÓWKA		M40	104	M 368	>1:35	Hajnówka Biega	00:02:21	2026-05-10 10:02:58	00:21:59	00:44:07	01:06:29	01:28:22	01:33:06	01:35:27	+00:30:20 (32.6%)	4:24	13.6 (67.3%)
390	SOŁOGUBA Jan	166	HAJNÓWKA BIEGA	HAJNÓWKA		M30	160	M 369	>1:35	Hajnówka Biega	00:02:21	2026-05-10 10:02:58	00:21:59	00:44:05	01:06:30	01:28:22	01:33:06	01:35:27	+00:30:20 (32.6%)	4:24	13.6 (67.3%)
391	PIECZUR Piotr	2454		BIAŁYSTOK		M40	105	M 370	>1:35		00:02:26	2026-05-10 10:03:03	00:21:10	00:42:55	01:05:41	01:28:17	01:33:09	01:35:35	+00:30:23 (32.6%)	4:24	13.6 (67.3%)
392	PUDŁO Marcin	1896	PACMAN RUNNING TEAM	RYKI		M30	161	M 371	<1:35		00:02:31	2026-05-10 10:03:08	00:22:28	00:44:49	01:07:13	01:28:49	01:33:10	01:35:41	+00:30:23 (32.6%)	4:24	13.6 (67.3%)
393	BAZYLUK Ewa	3192	KALINOWSKI TEAM	CZARNA BIAŁOSTOCKA		K40	4	K 21	<1:35		00:00:18	2026-05-10 10:00:55	00:21:35	00:43:22	01:05:50	01:28:08	01:33:10	01:33:28	+00:30:24 (32.6%)	4:24	13.6 (67.3%)
394	KOZŁOWSKI Jakub	4752	PAIN IS TEMPORARY	WROCŁAW		M30	162	M 372	>1:35	Pain is Temporary	00:02:34	2026-05-10 10:03:11	00:22:24	00:44:53	01:07:10	01:28:44	01:33:12	01:35:46	+00:30:26 (32.7%)	4:24	13.6 (67.3%)
395	KASOWICZ Hubert	1275		BIAŁYSTOK		M30	163	M 373	<1:35		00:00:17	2026-05-10 10:00:54	00:21:45	00:44:02	01:06:37	01:28:25	01:33:13	01:33:30	+00:30:27 (32.7%)	4:25	13.6 (67.3%)
396	KRUPIŃSKA Małgorzata	1156		WARSZAWA		K30	9	K 22	<1:35		00:02:28	2026-05-10 10:03:05	00:22:32	00:44:41	01:07:02	01:28:35	01:33:15	01:35:43	+00:30:29 (32.7%)	4:25	13.6 (67.3%)
397	STAJER Tomasz	1514	ENDURANCE TEAM	SIEMIANOWICE ŚLĄSKIE		M40	106	M 374	<1:35		00:02:28	2026-05-10 10:03:05	00:22:26	00:44:41	01:07:01	01:28:31	01:33:15	01:35:44	+00:30:29 (32.7%)	4:25	13.6 (67.3%)
398	ROZEN Andrzej	2268		WARSZAWA		M40	107	M 375	<1:35		00:02:37	2026-05-10 10:03:14	00:22:32	00:45:07	01:07:31	01:28:47	01:33:15	01:35:52	+00:30:29 (32.7%)	4:25	13.6 (67.3%)
399	DYGAS Hubert	208	TTRUNNERS	KLAUDYN		M30	164	M 376	<1:35		00:02:28	2026-05-10 10:03:05	00:22:30	00:44:46	01:07:03	01:28:35	01:33:16	01:35:44	+00:30:30 (32.7%)	4:25	13.6 (67.3%)
400	SIEŃKO Cezary	4296		BIAŁYSTOK		M20	71	M 377	>1:35		00:02:27	2026-05-10 10:03:04	00:22:42	00:45:16	01:07:36	01:29:06	01:33:18	01:35:45	+00:30:32 (32.7%)	4:25	13.6 (67.3%)
401	WERULIK Marek	3065		KOMORÓW		M40	108	M 378	<1:35		00:02:32	2026-05-10 10:03:09	00:22:42	00:44:52	01:07:18	01:28:49	01:33:19	01:35:52	+00:30:33 (32.8%)	4:25	13.6 (67.3%)
402	LASKOWSKI Kamil	1457	BIAŁYSTOK BIEGA TEAM	WASILKÓW		M30	165	M 379	<1:35	Białystok Biega Team	00:00:08	2026-05-10 10:00:45	00:22:14	00:44:39	01:06:54	01:28:41	01:33:20	01:33:29	+00:30:34 (32.8%)	4:25	13.6 (67.3%)
403	NIEDZIAŁKOWSKI Karol	109		WARSZAWA		M30	166	M 380	>1:35		00:02:27	2026-05-10 10:03:04	00:21:42	00:43:18	01:06:07	01:28:28	01:33:20	01:35:48	+00:30:34 (32.8%)	4:25	13.6 (67.3%)
404	CZAJKOWSKI Damian	2694		GRÓJEC		M20	72	M 381	<1:35		00:02:21	2026-05-10 10:02:58	00:21:51	00:44:11	01:06:35	01:28:46	01:33				

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
405	PĘTLAK Marek	1254		SOCHACZEW		M30	167	M 382	>1:35		00:02:29	2026-05-10 10:03:06	00:22:30	00:44:54	01:07:17	01:28:55	01:33:25	01:35:55	+00:30:39 (32.8%)	4:25	13.6 (67.3%)
406	MILLER Piotr	4360		WARSZAWA		M30	168	M 383	>1:35		00:02:24	2026-05-10 10:03:01	00:22:05	00:44:19	01:06:51	01:28:48	01:33:25	01:35:50	+00:30:39 (32.8%)	4:25	13.6 (67.3%)
407	PAWŁOWSKI Eryk	4759	LIGA TEAM	ZĄBKI		M20	73	M 384	<1:35		00:02:31	2026-05-10 10:03:08	00:21:51	00:43:44	01:06:10	01:28:29	01:33:25	01:35:56	+00:30:39 (32.8%)	4:25	13.6 (67.3%)
408	MUŚKO Igor	4915		BIAŁYSTOK		M30	169	M 385	>1:35		00:02:27	2026-05-10 10:03:04	00:22:27	00:44:53	01:07:17	01:28:57	01:33:26	01:35:54	+00:30:40 (32.8%)	4:25	13.6 (67.3%)
409	PRZYSTUPA Mateusz	3202	COCA COLA RUNNERS	BIAŁYSTOK		M30	170	M 386	<1:35		00:00:22	2026-05-10 10:00:59	00:21:39	00:43:21	01:06:00	01:28:40	01:33:27	01:33:49	+00:30:41 (32.8%)	4:25	13.5 (66.8%)
410	JASTRZĘBSKI Daniel	2693		STARE OKNINY		M30	171	M 387	>1:35		00:02:38	2026-05-10 10:03:15	00:22:42	00:44:57	01:07:12	01:28:56	01:33:27	01:36:06	+00:30:41 (32.8%)	4:25	13.5 (66.8%)
411	TALANETS Artsiom	3439		WARSZAWA		M20	74	M 388	<1:35		00:00:22	2026-05-10 10:00:59	00:22:59	00:45:14	01:07:23	01:28:53	01:33:29	01:33:52	+00:30:43 (32.9%)	4:25	13.5 (66.8%)
412	IGIELSKA-BELA Barbara	2558	FORMA FITNESS CLUB	KARTUZY		K40	5	K 23	<1:35		00:00:14	2026-05-10 10:00:51	00:21:30	00:43:19	01:05:54	01:28:28	01:33:29	01:33:44	+00:30:43 (32.9%)	4:25	13.5 (66.8%)
413	DŁUGOSZ Adam	4178	FUTURE LOGISTICS TEAM	RUDY		M40	109	M 389	>1:45		00:06:01	2026-05-10 10:06:38		00:44:46	01:07:19	01:28:55	01:33:30	01:39:32	+00:30:44 (32.9%)	4:25	13.5 (66.8%)
414	DWULAT Tomasz	3554		BARCIANY		M50	32	M 390	<1:35		00:02:25	2026-05-10 10:03:02	00:22:31	00:44:57	01:07:20	01:29:02	01:33:31	01:35:56	+00:30:45 (32.9%)	4:25	13.5 (66.8%)
415	JARZEMBOWSKI Kamil	2158		WROCŁAW		M30	172	M 391	>1:35		00:02:32	2026-05-10 10:03:09	00:22:23	00:44:49	01:07:10	01:28:51	01:33:31	01:36:04	+00:30:45 (32.9%)	4:25	13.5 (66.8%)
416	MINNER Roman	4616	MAJONEZ KIELECKI ACTIVE TEAM	GÓRNO		M40	110	M 392	<1:35	Majonez Kielecki Active Team	00:02:21	2026-05-10 10:02:58	00:22:09	00:44:43	01:07:14	01:28:55	01:33:31	01:35:53	+00:30:45 (32.9%)	4:25	13.5 (66.8%)
417	REDKO Jarosław	2513		RAWICZ		M30	173	M 393	>1:35		00:02:23	2026-05-10 10:03:00	00:21:48	00:44:05	01:06:36	01:28:50	01:33:32	01:35:55	+00:30:46 (32.9%)	4:25	13.5 (66.8%)
418	GLONEK Mariusz	2259		DOBROŃ		M30	174	M 394	<1:35		00:00:12	2026-05-10 10:00:49	00:22:39	00:44:55	01:07:37	01:29:01	01:33:36	01:33:49	+00:30:50 (32.9%)	4:26	13.5 (66.8%)
419	FURTEK Iwona	2424		KRAKÓW		K40	6	K 24	<1:35		00:02:24	2026-05-10 10:03:01	00:21:26	00:44:13	01:06:47	01:29:00	01:33:36	01:36:00	+00:30:50 (33.0%)	4:26	13.5 (66.8%)
420	PAWLIŃSKI Wiktor	215		SUCHOWOLA		M30	175	M 395	<1:35		00:02:20	2026-05-10 10:02:57	00:22:02	00:44:34	01:07:14	01:28:55	01:33:37	01:35:57	+00:30:51 (33.0%)	4:26	13.5 (66.8%)
421	LEWARTOWSKI Arkadiusz	2543		GOLINA		M50	33	M 396	>1:35		00:02:25	2026-05-10 10:03:02	00:21:42	00:43:47	01:06:21	01:28:45	01:33:37	01:36:03	+00:30:51 (33.0%)	4:26	13.5 (66.8%)
422	KOBRZYŃSKI Piotr	2859	KOBRA TEAM	SIEDLCE		M30	176	M 397	>1:35		00:02:25	2026-05-10 10:03:02	00:23:04	00:45:45	01:08:09	01:29:08	01:33:38	01:36:04	+00:30:52 (33.0%)	4:26	13.5 (66.8%)
423	KRÓL Dawid	2311		PRZYSZOWA		M20	75	M 398	>1:35		00:06:14	2026-05-10 10:06:51	00:24:24	00:49:06	01:10:00	01:29:32	01:33:39	01:39:53	+00:30:53 (33.0%)	4:26	13.5 (66.8%)
424	LEONIUK Paweł	1145	NADAKTYWNI	BIAŁYSTOK		M40	111	M 399	<1:35	Nadaktywni	00:02:23	2026-05-10 10:03:00	00:22:02	00:44:21	01:06:51	01:28:49	01:33:40	01:36:03	+00:30:54 (33.0%)	4:26	13.5 (66.8%)
425	JENOROWSKI Jakub	2717		BIAŁYSTOK		M20	76	M 400	>1:45		00:02:50	2026-05-10 10:03:27	00:22:10	00:44:28	01:06:55	01:29:00	01:33:40	01:36:30	+00:30:54 (33.0%)	4:26	13.5 (66.8%)
426	KOŃCZYŃSKI Tomasz	2145		MROKÓW		M30	177	M 401	>1:45		00:02:28	2026-05-10 10:03:05	00:22:54	00:45:14	01:07:32	01:28:59	01:33:40	01:36:09	+00:30:54 (33.0%)	4:26	13.5 (66.8%)
427	STĘPIEŃ Sylwester	2825		KĘTRZYN		M40	112	M 402	<1:35		00:02:27	2026-05-10 10:03:04	00:22:27	00:44:52	01:07:16	01:29:00	01:33:40	01:36:08	+00:30:54 (33.0%)	4:26	13.5 (66.8%)
428	WASIAK Wiesław	1524		ŁÓDŹ		M60	5	M 403	>1:35		00:02:30	2026-05-10 10:03:07	00:22:05	00:44:11	01:06:42	01:28:52	01:33:40	01:36:10	+00:30:54 (33.0%)	4:26	13.5 (66.8%)
429	ADAMSKI Wojciech	4302		HAJNÓWKA		M40	113	M 404	>1:35		00:02:42	2026-05-10 10:03:19	00:21:48	00:44:02	01:06:53	01:28:53	01:33:41	01:36:23	+00:30:55 (33.0%)	4:26	13.5 (66.8%)
430	OSKWAREK Michał	2223		KRAKÓW		M30	178	M 405	<1:35		00:02:27	2026-05-10 10:03:04	00:22:51	00:45:21	01:07:50	01:29:10	01:33:42	01:36:09	+00:30:56 (33.0%)	4:26	13.5 (66.8%)
431	OSTRÓWKA Weronika	3519		WARSZAWA		K30	10	K 25	>1:35		00:02:20	2026-05-10 10:02:57	00:22:06	00:44:04	01:06:35	01:28:48	01:33:44	01:36:05	+00:30:58 (33.1%)	4:26	13.5 (66.8%)
432	ŁAPATA Artur	3725		BIAŁYSTOK		M20	77	M 406	<1:35		00:00:14	2026-05-10 10:00:51	00:22:02	00:44:20	01:06:57	01:29:04	01:33:45	01:34:00	+00:30:59 (33.1%)	4:26	13.5 (66.8%)
433	PRUSZYŃSKI Mateusz	4077		BIAŁYSTOK		M30	179	M 407	<1:35		00:02:26	2026-05-10 10:03:03	00:22:31	00:44:57	01:07:20	01:29:13	01:33:49	01:36:15	+00:31:03 (33.1%)	4:26	13.5 (66.8%)
434	SIOK Michał	1424		BABA		M30	180	M 408	>1:35		00:02:25	2026-05-10 10:03:02	00:22:46	00:44:24	01:06:10	01:28:53	01:33:50	01:36:15	+00:31:04 (33.1%)	4:26	13.5 (66.8%)
435	WĘGRZYN Michał	3808		WARSZAWA		M40	114	M 409	>1:35		00:02:36	2026-05-10 10:03:13	00:22:48	00:45:01	01:07:14	01:29:01	01:33:51	01:36:28	+00:31:05 (33.1%)	4:26	13.5 (66.8%)
436	SAWICKI Bartosz	242	DZIKIE DZIKI GORZÓW	WARSZAWA		M30	181	M 410	>1:35		00:02:53	2026-05-10 10:03:30	00:22:42	00:45:08	01:07:45	01:29:22	01:33:51	01:36:45	+00:31:05 (33.1%)	4:26	13.5 (66.8%)
437	PTAK Martin	2133	SUŁKOWSKI RUNNING TEAM	KRAKÓW		M30	182	M 411	<1:35		00:02:22	2026-05-10 10:02:59	00:22:36	00:44:58	01:07:17	01:29:03	01:33:52	01:36:14	+00:31:06 (33.1%)	4:26	13.5 (66.8%)
438	OLEWIŃSKI Tomek	4984	MD RUN TRAINING	BIAŁYSTOK		M40	115	M 412	>1:35	MD Run Training	00:02:27	2026-05-10 10:03:04	00:22:30	00:44:56	01:07:21	01:29:25	01:33:53	01:36:20	+00:31:07 (33.2%)	4:26	13.5 (66.8%)
439	PRZYSBOROWSKA Sylwia	3628		STRZENIÓWKA		K30	11	K 26	>1:35		00:02:23	2026-05-10 10:03:00	00:21:06	00:43:13	01:05:58	01:28:57	01:33:55	01:36:18	+00:31:09 (33.2%)	4:27	13.5 (66.8%)
440	CHEŁMIŃSKA Katarzyna	4696		AUGUSTÓW		K20	9	K 27	<1:35		00:00:17	2026-05-10 10:00:54	00:21:35	00:43:20	01:05:51	01:28:41	01:33:55	01:34:13	+00:31:09 (33.2%)	4:27	13.5 (66.8%)
441	ADASIEWICZ Julia	3150		WARSZAWA		K20	10	K 28	<1:35		00:02:42	2026-05-10 10:03:19	00:23:04	00:45:39	01:07:51	01:29:20	01:33:55	01:36:37	+00:31:09 (33.2%)	4:27	13.5 (66.8%)
442	JABŁONIEC Dominik	334	KS START PUŁASKI WARKA	WARKA		M40	116	M 413	<1:35		00:00:22	2026-05-10 10:00:59	00:21:44	00:44:24	01:06:59	01:29:12	01:33:56	01:34:18	+00:31:10 (33.2%)	4:27	13.5 (66.8%)
443	PRZYBYCIEŃ Maciej	3443		GORLICE		M30	183	M 414	>1:35		00:02:41	2026-05-10 10:03:18	00:23:08	00:46:01	01:08:28	01:29:29	01:33:57	01:36:39	+00:31:11 (33.2%)	4:27	13.5 (66.8%)
444	MARZAVIN Artsiom	2938		WROCŁAW		M30	184	M 415	>1:35		00:02:27	2026-05-10 10:03:04		00:44:55	01:07:18	01:29:14	01:33:58	01:36:25	+00:31:12 (33.2%)	4:27	13.5 (66.8%)
445	KUDELSKI Dawid	5050		SKIERNIEWICE		M20	78	M 416	>1:35		00:02:55	2026-05-10 10:03:32	00:22:52	00:45:22	01:07:58	01:29:34	01:33:59	01:36:55	+00:31:13 (33.2%)	4:27	13.5 (66.8%)
446	KWIECIŃSKI Piotr	2026	BRAK	LUBLIN		M40	117	M 417	>1:35		00:02:35	2026-05-10 10:03:12	00:23:06	00:45:46	01:08:10	01:29:42	01:34:00	01:36:36	+00:31:14 (33.2%)	4:27	13.5 (66.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
447	SZEREMETA Grzegorz	425		BIAŁYSTOK		M30	185	M 418	>1:35		00:02:25	2026-05-10 10:03:02	00:21:45	00:43:57	01:06:26	01:28:59	01:34:02	01:36:28	+00:31:16 (33.3%)	4:27	13.5 (66.8%)
448	ZANIEWSKI Tomasz	6398		BIAŁYSTOK		M50	34	M 419	>1:35		00:02:34	2026-05-10 10:03:11	00:23:02	00:45:41	01:08:17	01:29:39	01:34:02	01:36:37	+00:31:16 (33.3%)	4:27	13.5 (66.8%)
449	WAWRZYNOWICZ Michał	1210	ROZBIEGANI SUWAŁKI	AUGUSTÓW		M30	186	M 420	>1:50	Rozbiegani Suwałki	00:09:58	2026-05-10 10:10:35	00:21:34	00:43:18	01:06:00	01:29:07	01:34:03	01:44:01	+00:31:17 (33.3%)	4:27	13.5 (66.8%)
450	GĘDEK Przemysław	2675		JACOCHÓW		M30	187	M 421	>1:50		00:02:25	2026-05-10 10:03:02	00:21:57	00:45:00	01:07:20	01:29:16	01:34:03	01:36:29	+00:31:17 (33.3%)	4:27	13.5 (66.8%)
451	KOSYCARZ Damian	3199		KOMORSK		M20	79	M 422	<1:35		00:02:31	2026-05-10 10:03:08	00:22:46	00:45:09	01:07:38	01:29:26	01:34:05	01:36:37	+00:31:19 (33.3%)	4:27	13.5 (66.8%)
452	PALCHYKAU Maksim	3287	TEA. M RUN	BIAŁYSTOK		M30	188	M 423	>1:45		00:02:25	2026-05-10 10:03:02	00:21:56	00:44:31	01:07:21	01:29:25	01:34:06	01:36:31	+00:31:20 (33.3%)	4:27	13.5 (66.8%)
453	NIEMANCEWICZ Łukasz	5559	PRZYGODY W LESIE FHUJ	BIAŁYSTOK		M30	189	M 424	>1:35	Przygody w lesie fhuj	00:02:56	2026-05-10 10:03:33	00:22:35	00:44:59	01:07:43	01:29:50	01:34:06	01:37:02	+00:31:20 (33.3%)	4:27	13.5 (66.8%)
454	MARKIEWICZ Bartłomiej	2207		BIŁGORAJ		M20	80	M 425	<1:35		00:00:19	2026-05-10 10:00:56	00:21:19	00:42:47	01:05:28	01:29:00	01:34:06	01:34:26	+00:31:20 (33.3%)	4:27	13.5 (66.8%)
455	POŚPIECH Mateusz	5582		BIAŁYSTOK		M30	190	M 426	>1:35		00:02:26	2026-05-10 10:03:03	00:22:34	00:44:57	01:07:22	01:29:21	01:34:08	01:36:35	+00:31:22 (33.3%)	4:27	13.5 (66.8%)
456	ŚMIAŁOWSKI Mateusz	5174		WARSZAWA		M30	191	M 427	>1:35		00:02:26	2026-05-10 10:03:03	00:22:29	00:44:57	01:07:22	01:29:17	01:34:09	01:36:35	+00:31:23 (33.3%)	4:27	13.4 (66.3%)
457	WASIAK Miłoslawa	254		OLSZTYN		K30	12	K 29	<1:35		00:00:04	2026-05-10 10:00:41	00:22:22	00:44:39	01:07:11	01:29:22	01:34:09	01:34:14	+00:31:23 (33.3%)	4:27	13.4 (66.3%)
458	SKWARCZ Maciej	2836		LUBLIN		M40	118	M 428	>1:35		00:02:34	2026-05-10 10:03:11	00:22:38	00:44:52	01:07:13	01:29:19	01:34:10	01:36:45	+00:31:24 (33.4%)	4:27	13.4 (66.3%)
459	ORZEŁ Marcin	3958	KRÓL RUNNING TEAM	KATOWICE		M40	119	M 429	<1:35		00:02:19	2026-05-10 10:02:56		00:45:05	01:07:27	01:29:18	01:34:12	01:36:31	+00:31:26 (33.4%)	4:27	13.4 (66.3%)
460	MENCEL Adam	4017	KILOMETRE RUN CLUB	GDYNIA		M20	81	M 430	>1:35		00:02:43	2026-05-10 10:03:20	00:22:18	00:44:38	01:07:04	01:29:15	01:34:12	01:36:55	+00:31:26 (33.4%)	4:27	13.4 (66.3%)
461	OSTROWSKI Patryk	1018		WYSOKIE MAZOWIECKIE		M20	82	M 431	>1:35		00:02:31	2026-05-10 10:03:08	00:22:29	00:44:58	01:07:19	01:29:25	01:34:12	01:36:44	+00:31:26 (33.4%)	4:27	13.4 (66.3%)
462	MARIN IRIGARAY Alberto	2166		POZNAŃ		M30	192	M 432	<1:35		00:02:37	2026-05-10 10:03:14	00:22:58	00:45:40	01:08:13	01:29:53	01:34:14	01:36:51	+00:31:28 (33.4%)	4:27	13.4 (66.3%)
463	TROJANOWSKI Michał	4185	BIEGAJ POD OKIEM TRENERA	WARSZAWA		M20	83	M 433	<1:35		00:00:19	2026-05-10 10:00:56	00:22:12	00:44:29	01:07:18	01:29:30	01:34:14	01:34:33	+00:31:28 (33.4%)	4:27	13.4 (66.3%)
464	SAVCHENKO Serhii	3962	NEW BALANCE RUN KLUB	WARSZAWA		M40	120	M 434	>1:35		00:02:33	2026-05-10 10:03:10	00:22:15	00:44:55	01:07:26	01:29:24	01:34:14	01:36:48	+00:31:28 (33.4%)	4:27	13.4 (66.3%)
465	WALCZAK Dawid	5552		SIEMIATYCZE		M20	84	M 435	>1:35		00:02:29	2026-05-10 10:03:06	00:22:28	00:44:52	01:07:17	01:29:31	01:34:17	01:36:46	+00:31:31 (33.4%)	4:28	13.4 (66.3%)
466	WASILEWSKI Piotr	1667		SUWAŁKI		M20	85	M 436	>1:35		00:02:50	2026-05-10 10:03:27	00:22:21	00:44:11	01:06:24	01:28:59	01:34:17	01:37:07	+00:31:31 (33.4%)	4:28	13.4 (66.3%)
467	ZIUZIA Jan	184	POZDRAWIAM ASIĘ I MAMĘ	MICHAŁOWO		M30	193	M 437	>1:35		00:02:34	2026-05-10 10:03:11	00:22:40	00:45:27	01:08:04	01:29:50	01:34:18	01:36:52	+00:31:31 (33.4%)	4:28	13.4 (66.3%)
468	KUSIOR Tomasz	2677	LAZY RUNNING CLUB	KRAKÓW		M30	194	M 438	>1:45		00:02:38	2026-05-10 10:03:15	00:22:38	00:44:57	01:07:25	01:29:47	01:34:18	01:36:57	+00:31:32 (33.5%)	4:28	13.4 (66.3%)
469	SASIN Przemek	4281		WARSZAWA		M30	195	M 439	<1:35		00:00:07	2026-05-10 10:00:44	00:21:32	00:43:42	01:06:58	01:29:33	01:34:19	01:34:27	+00:31:33 (33.5%)	4:28	13.4 (66.3%)
470	SUSKA Mikołaj	325		OTWOCK		M20	86	M 440	>1:45		00:03:03	2026-05-10 10:03:40	00:22:45	00:45:13	01:07:46	01:29:32	01:34:20	01:37:23	+00:31:34 (33.5%)	4:28	13.4 (66.3%)
471	POTAPO Artur	363		BIAŁYSTOK		M20	87	M 441	>1:35		00:02:33	2026-05-10 10:03:10	00:22:29	00:44:57	01:07:41	01:29:52	01:34:20	01:36:53	+00:31:34 (33.5%)	4:28	13.4 (66.3%)
472	GERLIK Paweł	1423	DOGOŃ GRODZISK MAZOWIECKI	HUTA ŻABIOWOLSKA		M40	121	M 442	>1:35		00:02:29	2026-05-10 10:03:06	00:22:27	00:44:53	01:07:19	01:29:27	01:34:21	01:36:50	+00:31:35 (33.5%)	4:28	13.4 (66.3%)
473	KRAKOWIAK Bartłomiej	2726		WIELISZEW		M20	88	M 443	<1:35		00:02:27	2026-05-10 10:03:04	00:22:32	00:45:02	01:07:29	01:29:35	01:34:21	01:36:49	+00:31:35 (33.5%)	4:28	13.4 (66.3%)
474	MAGDA Marek	4940		MEDYKA		M40	122	M 444	<1:35		00:00:08	2026-05-10 10:00:45	00:21:17	00:43:10	01:06:13	01:29:19	01:34:22	01:34:31	+00:31:36 (33.5%)	4:28	13.4 (66.3%)
475	DREWULSKI Michał	3415	MD RUN TRAINING	BIAŁYSTOK		M30	196	M 445	>1:35		00:02:27	2026-05-10 10:03:04	00:22:24	00:44:58	01:07:23	01:29:34	01:34:25	01:36:52	+00:31:39 (33.5%)	4:28	13.4 (66.3%)
476	GRYGORCZUK Paweł	1590	UNIwersytet w Białymstoku	BIAŁYSTOK		M30	197	M 446	>1:35		00:02:38	2026-05-10 10:03:15	00:22:59	00:45:44	01:08:13	01:29:48	01:34:25	01:37:03	+00:31:39 (33.5%)	4:28	13.4 (66.3%)
477	DZIEWIĄTKOWSKI Tomasz	462		BIAŁYSTOK		M30	198	M 447	>1:35		00:02:31	2026-05-10 10:03:08	00:22:32	00:45:00	01:07:34	01:29:50	01:34:25	01:36:57	+00:31:39 (33.5%)	4:28	13.4 (66.3%)
478	PYTEL Patryk	4574	STREFA ZMIAN	BIAŁYSTOK		M30	199	M 448	<1:35	Strefa Zmian	00:00:12	2026-05-10 10:00:49	00:21:28	00:42:57	01:06:05	01:29:29	01:34:26	01:34:38	+00:31:40 (33.5%)	4:28	13.4 (66.3%)
479	WALCZAK Grzegorz	2866		MASŁOMIĄÇA		M30	200	M 449	<1:35		00:02:37	2026-05-10 10:03:14	00:22:27	00:44:58	01:07:54	01:30:00	01:34:28	01:37:05	+00:31:42 (33.6%)	4:28	13.4 (66.3%)
480	DUDZIŃSKI Maciej	3532		PRUSZKÓW		M40	123	M 450	>1:35		00:02:31	2026-05-10 10:03:08	00:22:16	00:44:47	01:07:19	01:29:30	01:34:28	01:37:00	+00:31:42 (33.6%)	4:28	13.4 (66.3%)
481	WALKOWIAK Paweł	1844	AKTYWNE BORKI	WRZOSÓW		M30	201	M 451	<1:35		00:02:24	2026-05-10 10:03:01	00:21:34	00:44:02	01:07:07	01:29:37	01:34:28	01:36:52	+00:31:42 (33.6%)	4:28	13.4 (66.3%)
482	MILLER Jarosław	4717	KLUB HERBATY PW	ŁAGÓW		M30	202	M 452	>1:35		00:02:35	2026-05-10 10:03:12	00:22:47	00:45:30	01:08:14	01:30:04	01:34:30	01:37:05	+00:31:44 (33.6%)	4:28	13.4 (66.3%)
483	SIECZAK Marek	3528	STARGLASS TEAM OSTROŁĘKA	OSTROŁĘKA		M50	35	M 453	>1:35		00:02:54	2026-05-10 10:03:31	00:22:56	00:45:28	01:07:58	01:29:51	01:34:31	01:37:25	+00:31:45 (33.6%)	4:28	13.4 (66.3%)
484	SKOTNICZNY Michał	4870	#ADAMCZERWIŃSKITEAM	KRAKÓW		M20	89	M 454	>1:35		00:02:32	2026-05-10 10:03:09	00:23:07	00:45:44	01:08:20	01:30:09	01:34:31	01:37:04	+00:31:45 (33.6%)	4:28	13.4 (66.3%)
485	SOBIERSKA Dorota	1190	WANDA PANFIL TEAM	TOMASZÓW MAZOWIECKI		K40	7	K 30	>1:35		00:02:43	2026-05-10 10:03:20	00:22:50	00:45:27	01:07:57	01:29:56	01:34:33	01:37:17	+00:31:47 (33.6%)	4:28	13.4 (66.3%)
486	KOSIOREK Łukasz	3480	PODLASKIE KOCURY	BIAŁYSTOK		M40	124	M 455	>1:35		00:02:31	2026-05-10 10:03:08	00:23:02	00:45:45	01:08:19	01:30:09	01:34:34	01:37:05	+00:31:48 (33.6%)	4:28	13.4 (66.3%)
487	BULACH Marek	5018	KMP BIAŁYSTOK	BIAŁYSTOK		M40	125	M 456	>1:35	KMP	00:02:40	2026-05-10 10:03:17	00:22:57	00:45:34	01:08:10	01:30:03	01:34:35	01:37:15	+00:31:49 (33.6%)	4:28	13.4 (66.3%)
488	KALINOWSKI Grzegorz	159		DOBRE MIASTO		M40	126	M 457	<1:35		00:00:21	2026-05-10 10:00:58	00:22:10	00:44:20	01:06:57						

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
489	LEGUTKO Maksymilian	4573		WARSZAWA		M30	203	M 458	<1:35		00:00:07	2026-05-10 10:00:44	00:22:26	00:45:03	01:07:50	01:30:00	01:34:37	01:34:44	+00:31:50 (33.7%)	4:29	13.4 (66.3%)
490	PAWLUCZUK Paweł	1253		GRABÓWKA		M40	127	M 459	<1:35		00:02:37	2026-05-10 10:03:14	00:22:57	00:45:09	01:07:25	01:29:45	01:34:37	01:37:14	+00:31:51 (33.7%)	4:29	13.4 (66.3%)
491	CZECH Rafał	3967	AKADEMIA LEKKOATLETYCZNA MARCINA URBASIA	PAŁĘDZIE		M30	204	M 460	>1:35		00:02:45	2026-05-10 10:03:22	00:22:52	00:45:30	01:08:02	01:29:58	01:34:37	01:37:22	+00:31:51 (33.7%)	4:29	13.4 (66.3%)
492	DOBROMILSKI Leon	2827		ŚRODA ŚLĄSKA		M20	90	M 461	>1:35		00:03:00	2026-05-10 10:03:37	00:23:04	00:45:54	01:08:38	01:30:14	01:34:39	01:37:39	+00:31:53 (33.7%)	4:29	13.4 (66.3%)
493	ROGOŻA Paweł	2414		MARKI		M20	91	M 462	>1:35		00:02:56	2026-05-10 10:03:33	00:23:27	00:45:55	01:08:24	01:30:17	01:34:40	01:37:36	+00:31:54 (33.7%)	4:29	13.4 (66.3%)
494	ARENDARCZYK Kinga	2732		KRAKÓW		K20	11	K 31	>1:35		00:02:35	2026-05-10 10:03:12	00:22:55	00:45:36	01:08:04	01:30:03	01:34:40	01:37:16	+00:31:54 (33.7%)	4:29	13.4 (66.3%)
495	KONDRATOWICZ Sebastian	4232		WARSZAWA		M40	128	M 463	>1:35		00:02:28	2026-05-10 10:03:05	00:22:31	00:44:57	01:07:22	01:29:41	01:34:42	01:37:10	+00:31:56 (33.7%)	4:29	13.4 (66.3%)
496	OMILION Sławomir	4983		WARSZAWA		M40	129	M 464	<1:35		00:02:25	2026-05-10 10:03:02	00:22:37	00:45:11	01:07:38	01:29:57	01:34:42	01:37:07	+00:31:56 (33.7%)	4:29	13.4 (66.3%)
497	ŻEGARSKI Tomasz	2812	NIGHT RUNNERS	LEGIONOWO		M40	130	M 465	>1:45		00:06:05	2026-05-10 10:06:42	00:22:49	00:45:18	01:07:57	01:30:02	01:34:43	01:40:49	+00:31:57 (33.7%)	4:29	13.4 (66.3%)
498	TKACZUK Tomasz	4427		BIAŁYSTOK		M30	205	M 466	<1:35		00:02:26	2026-05-10 10:03:03	00:22:29	00:44:53	01:07:19	01:29:43	01:34:44	01:37:10	+00:31:58 (33.8%)	4:29	13.4 (66.3%)
499	STEFANOWSKI Piotr	4514	1PBOT	BIAŁYSTOK		M40	131	M 467	<1:35	1.PBOT	00:06:19	2026-05-10 10:06:56	00:23:40	00:46:41	01:08:48	01:30:11	01:34:44	01:41:03	+00:31:58 (33.8%)	4:29	13.4 (66.3%)
500	OSEWSKI Paweł	5047		WARSZAWA		M40	132	M 468	<1:35		00:00:25	2026-05-10 10:01:02	00:22:04	00:44:14	01:06:54	01:29:40	01:34:45	01:35:10	+00:31:59 (33.8%)	4:29	13.4 (66.3%)
501	MAKOWSKI Karol	6358	KB PACE	NOWE KOZŁOWICE		M20	92	M 469	>1:35	KB PACE	00:02:20	2026-05-10 10:02:57	00:22:33	00:45:22	01:08:40	01:30:24	01:34:48	01:37:09	+00:32:02 (33.8%)	4:29	13.4 (66.3%)
502	KOWALSKI Kamil	1155		GDAŃSK		M30	206	M 470	>1:35		00:02:31	2026-05-10 10:03:08	00:23:06	00:45:50	01:08:16	01:30:08	01:34:49	01:37:21	+00:32:03 (33.8%)	4:29	13.4 (66.3%)
503	KORZENIOWSKI Piotr	1221		WARSZAWA		M40	133	M 471	>1:35		00:02:55	2026-05-10 10:03:32	00:22:47	00:45:01	01:07:33	01:29:53	01:34:50	01:37:45	+00:32:04 (33.8%)	4:29	13.4 (66.3%)
504	GRYGORUK Mirosław	4628	HAJNÓWKA BIEGA	HAJNÓWKA		M40	134	M 472	>1:45	Hajnówka Biega	00:02:18	2026-05-10 10:02:55	00:20:59	00:43:11	01:06:32	01:29:39	01:34:51	01:37:10	+00:32:05 (33.8%)	4:29	13.3 (65.8%)
505	BUKAŁA Oktawia	1471	VEGE RUNNERS	WARSZAWA		K30	13	K 32	>1:35	VEGE RUNNERS	00:02:53	2026-05-10 10:03:30	00:22:41	00:45:24	01:07:57	01:30:02	01:34:52	01:37:46	+00:32:06 (33.8%)	4:29	13.3 (65.8%)
506	PROKOPIUK Adam	5043		BIAŁYSTOK		M40	135	M 473	>1:35		00:02:39	2026-05-10 10:03:16	00:22:33	00:45:03	01:07:53	01:30:02	01:34:52	01:37:32	+00:32:06 (33.9%)	4:29	13.3 (65.8%)
507	KOLPAK Tadeusz	1173	ROZBIEGANA SKAWINA	SKAWINA		M40	136	M 474	>1:35		00:02:19	2026-05-10 10:02:56	00:21:42	00:43:41	01:06:40	01:29:45	01:34:55	01:37:15	+00:32:09 (33.9%)	4:29	13.3 (65.8%)
508	SZYMANSKI Rafał	3951		WARSZAWA		M30	207	M 475	<1:35		00:02:32	2026-05-10 10:03:09	00:22:28	00:44:52	01:07:17	01:30:02	01:34:57	01:37:30	+00:32:11 (33.9%)	4:29	13.3 (65.8%)
509	PACZOSKI Krystian	1852		PNIEWISKI		M30	208	M 476	>1:45		00:02:35	2026-05-10 10:03:12	00:22:23	00:44:57	01:07:56	01:30:19	01:34:58	01:37:33	+00:32:12 (33.9%)	4:30	13.3 (65.8%)
510	KUSYK Konrad	2580		ŁĘCZNA		M30	209	M 477	>1:35		00:02:31	2026-05-10 10:03:08	00:23:03	00:45:44	01:08:21	01:30:15	01:35:00	01:37:32	+00:32:14 (33.9%)	4:30	13.3 (65.8%)
511	DERBICH Michał	3026	ŚWIŃSKI PĘD PRO TEAM	PULAWY		M30	210	M 478	>1:35		00:02:57	2026-05-10 10:03:34	00:22:41	00:45:11	01:07:52	01:30:08	01:35:00	01:37:58	+00:32:14 (33.9%)	4:30	13.3 (65.8%)
512	SZYMAŃSKI Kamil	1560		ZGIERZ		M40	137	M 479	>1:35		00:02:30	2026-05-10 10:03:07	00:23:02	00:45:43	01:08:20	01:30:17	01:35:02	01:37:32	+00:32:16 (34.0%)	4:30	13.3 (65.8%)
513	WACHOL Paweł	1347		PŁOCK		M40	138	M 480	>1:35		00:02:30	2026-05-10 10:03:07	00:22:31	00:44:58	01:07:46	01:30:07	01:35:02	01:37:33	+00:32:16 (34.0%)	4:30	13.3 (65.8%)
514	PAWŁOWSKI Maciej	1644		KUŹNICA		M30	211	M 481	>1:35		00:06:07	2026-05-10 10:06:44	00:22:30	00:45:07	01:08:09	01:30:28	01:35:03	01:41:10	+00:32:17 (34.0%)	4:30	13.3 (65.8%)
515	URBANIAK Marcin	3474	BIEGAJĄCE DZIKI	LESZCZYDÓŁ-NOWINY		M30	212	M 482	>1:35		00:02:48	2026-05-10 10:03:25	00:22:51	00:45:23	01:08:02	01:30:25	01:35:03	01:37:51	+00:32:17 (34.0%)	4:30	13.3 (65.8%)
516	SAMBORSKI Maciej	3529		BIAŁYSTOK		M30	213	M 483	<1:35		00:00:18	2026-05-10 10:00:55	00:21:25	00:43:39	01:06:25	01:29:55	01:35:04	01:35:22	+00:32:18 (34.0%)	4:30	13.3 (65.8%)
517	ŁAGUNA Wojciech	1516	PYSTOK	BIAŁYSTOK		M40	139	M 484	>1:35	PyStok	00:02:37	2026-05-10 10:03:14	00:22:58	00:45:40	01:08:15	01:30:10	01:35:04	01:37:41	+00:32:18 (34.0%)	4:30	13.3 (65.8%)
518	BAKUNIEWICZ Paweł	2746		BIAŁYSTOK		M30	214	M 485	>1:35		00:02:32	2026-05-10 10:03:09	00:23:01	00:45:42	01:08:18	01:30:16	01:35:04	01:37:37	+00:32:18 (34.0%)	4:30	13.3 (65.8%)
519	KOMAR Ivan	3286	RUN4FUN	BIAŁYSTOK		M30	215	M 486	>1:45		00:02:24	2026-05-10 10:03:01	00:22:34	00:45:02	01:07:25	01:29:59	01:35:05	01:37:30	+00:32:19 (34.0%)	4:30	13.3 (65.8%)
520	LURA-HESS Magne	5718	SANDNES	STAVANGER		M20	93	M 487	>1:45	.	00:02:35	2026-05-10 10:03:12	00:22:55	00:45:54	01:08:44	01:30:18	01:35:05	01:37:40	+00:32:19 (34.0%)	4:30	13.3 (65.8%)
521	TOCZYDŁOWSKI Jakub	4607		BIAŁYSTOK		M30	216	M 488	>1:35		00:02:37	2026-05-10 10:03:14	00:22:36	00:45:23	01:08:09	01:30:11	01:35:05	01:37:43	+00:32:19 (34.0%)	4:30	13.3 (65.8%)
522	TROCIŃSKI Kacper	2446	AZS PRZ RZESZÓW	ŁÓDŹ		M20	94	M 489	>1:35		00:02:21	2026-05-10 10:02:58	00:21:00	00:43:10	01:06:06	01:30:18	01:35:07	01:37:28	+00:32:21 (34.0%)	4:30	13.3 (65.8%)
523	ZEMBRZUSKI Dawid	4908		BIAŁYSTOK		M20	95	M 490	>1:35		00:03:03	2026-05-10 10:03:40	00:23:43	00:48:10	01:14:16	01:29:51	01:35:08	01:38:12	+00:32:22 (34.0%)	4:30	13.3 (65.8%)
524	KAMIŃSKI Artur	1518	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M40	140	M 491	>1:35		00:02:31	2026-05-10 10:03:08	00:23:05	00:45:44	01:08:23	01:30:28	01:35:09	01:37:40	+00:32:23 (34.0%)	4:30	13.3 (65.8%)
525	TERESZKIEWICZ Adam	4713		RZESZÓW		M40	141	M 492	<1:35		00:00:23	2026-05-10 10:01:00	00:21:49	00:44:07	01:07:12	01:30:15	01:35:10	01:35:33	+00:32:24 (34.1%)	4:30	13.3 (65.8%)
526	KILARSKI Wojciech	446		KLIMONTÓW		M20	96	M 493	<1:35		00:02:37	2026-05-10 10:03:14	00:23:01	00:45:42	01:08:16	01:30:19	01:35:11	01:37:48	+00:32:25 (34.1%)	4:30	13.3 (65.8%)
527	CITKOWSKA Klaudia	4595		WARSZAWA		K20	12	K 33	<1:35		00:00:20	2026-05-10 10:00:57	00:21:43	00:43:40	01:06:37	01:30:15	01:35:11	01:35:32	+00:32:25 (34.1%)	4:30	13.3 (65.8%)
528	MATYLA Szymon	1426		POZNAN		M50	36	M 494	>1:35		00:02:27	2026-05-10 10:03:04	00:22:29	00:45:01	01:07:46	01:30:18	01:35:14	01:37:41	+00:32:28 (34.1%)	4:30	13.3 (65.8%)
529	WILGA Mateusz	5556		BIAŁYSTOK		M20	97	M 495	>1:35		00:02:35	2026-05-10 10:03:12	00:23:03	00:45:48	01:08:32	01:30:25	01:35:15	01:37:50	+00:32:29 (34.1%)	4:30	13.3 (65.8%)
530	MIGDA Łukasz	2884	MASTERS ATHLETICS LIFE IWICZNA	NOWA WOLA		M40	142	M 496	>1:35		00:02:36	2026-05-10 10:03:13	00:23:35	00:46:47	01:09:12	01:30:41	01:35:15	01:37:52	+00:32:29 (34.1%)	4:30	13.3 (65.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
531	ZUBARAU Ihar	4524	MIKKELLER RUNNING CLUB MINSK	BIAŁYSTOK		M40	143	M 497	>1:35		00:02:36	2026-05-10 10:03:13	00:23:03	00:45:48	01:08:15	01:30:29	01:35:16	01:37:52	+00:32:30 (34.1%)	4:30	13.3 (65.8%)
532	PRUSACZYK Artur	3205		DZBENIN		M50	37	M 498	>1:35		00:02:32	2026-05-10 10:03:09	00:22:46	00:45:37	01:08:19	01:30:28	01:35:17	01:37:49	+00:32:31 (34.1%)	4:30	13.3 (65.8%)
533	SOŁOWIEJ Michał	4554		MOŃKI		M20	98	M 499	<1:35		00:02:25	2026-05-10 10:03:02	00:21:59	00:44:42	01:08:15	01:30:35	01:35:18	01:37:44	+00:32:32 (34.1%)	4:30	13.3 (65.8%)
534	OCIEPKA Przemysław	1580		WIELISZEW		M30	217	M 500	>1:35		00:02:37	2026-05-10 10:03:14	00:22:57	00:45:40	01:08:14	01:30:24	01:35:18	01:37:56	+00:32:32 (34.1%)	4:30	13.3 (65.8%)
535	PIĘTAS Tomasz	6387	:)	KALINÓWKA		M50	38	M 501	<1:35		00:00:17	2026-05-10 10:00:54	00:22:25	00:44:58	01:07:42	01:30:19	01:35:18	01:35:36	+00:32:32 (34.2%)	4:30	13.3 (65.8%)
536	ZALUSKI Łukasz	2139		KRAKÓW		M30	218	M 502	>1:35		00:02:49	2026-05-10 10:03:26	00:22:35	00:45:29	01:08:53	01:30:41	01:35:20	01:38:10	+00:32:34 (34.2%)	4:31	13.3 (65.8%)
537	KĄCKI Paweł	1259	RĄCZE RACICZKI	WARSZAWA		M50	39	M 503	<1:35		00:02:50	2026-05-10 10:03:27	00:22:44	00:45:21	01:08:01	01:30:24	01:35:25	01:38:16	+00:32:39 (34.2%)	4:31	13.3 (65.8%)
538	KORZENIECKI Marcin	2750	DĄBROWSKI TEAM	OSTROŁĘKA		M40	144	M 504	>1:35		00:02:32	2026-05-10 10:03:09	00:22:47	00:45:37	01:08:17	01:30:23	01:35:27	01:37:59	+00:32:41 (34.3%)	4:31	13.3 (65.8%)
539	KOSSAKOWSKI Rafał	5543		BIAŁYSTOK		M30	219	M 505	>1:35		00:02:39	2026-05-10 10:03:16	00:22:48	00:44:59	01:07:23	01:29:56	01:35:28	01:38:07	+00:32:42 (34.3%)	4:31	13.3 (65.8%)
540	CZACZKOWSKI Karol	5407		SZERENOSY		M20	99	M 506	<1:35		00:00:14	2026-05-10 10:00:51	00:21:32	00:44:16	01:07:24	01:30:44	01:35:28	01:35:42	+00:32:42 (34.3%)	4:31	13.3 (65.8%)
541	KACZOR Grzegorz	2961		KRAKÓW		M30	220	M 507	>1:55		00:18:37	2026-05-10 10:19:14	00:21:58	00:44:46	01:08:16	01:30:36	01:35:29	01:54:06	+00:32:42 (34.3%)	4:31	13.3 (65.8%)
542	PRACZ Emil	4002		BIAŁYSTOK		M40	145	M 508	>1:35		00:02:30	2026-05-10 10:03:07	00:22:35	00:45:08	01:08:02	01:30:25	01:35:29	01:38:00	+00:32:43 (34.3%)	4:31	13.3 (65.8%)
543	ZIELIŃSKI Marcin	6349		KATOWICE		M40	146	M 509	>1:35		00:14:14	2026-05-10 10:14:51	00:23:40	00:46:52	01:09:39	01:31:00	01:35:29	01:49:44	+00:32:43 (34.3%)	4:31	13.3 (65.8%)
544	WACEWICZ Rafał	4564	STREFA ZMIAN	BIAŁYSTOK		M40	147	M 510	>1:35	Strefa Zmian	00:02:23	2026-05-10 10:03:00	00:22:13	00:45:01	01:07:42	01:30:31	01:35:32	01:37:55	+00:32:45 (34.3%)	4:31	13.3 (65.8%)
545	RYBAK Przemysław	4594	TRENER_BARDZIEJ_FUNKCJONALNY	PULAWY		M40	148	M 511	<1:35		00:00:16	2026-05-10 10:00:53	00:21:23		01:08:01	01:30:44	01:35:33	01:35:49	+00:32:47 (34.3%)	4:31	13.3 (65.8%)
546	OKSZTUŁ Agnieszka	1777	BIAŁOSTOCKA SEKTA BIEGACZY	JUROWCE		K30	14	K 34	>1:35	Białostocka Sekta Biegaczy	00:02:33	2026-05-10 10:03:10	00:22:59	00:45:40	01:08:17	01:30:37	01:35:34	01:38:08	+00:32:48 (34.3%)	4:31	13.2 (65.3%)
547	SHYLA Pavel	5433		STOLIN		M20	100	M 512	<1:35		00:00:01	2026-05-10 10:00:38	00:22:00	00:45:07	01:08:35	01:31:03	01:35:35	01:35:37	+00:32:48 (34.3%)	4:31	13.2 (65.3%)
548	JAKÓBCZYK Kacper	5551		KRAKÓW		M20	101	M 513	>1:35		00:02:33	2026-05-10 10:03:10		00:45:50	01:08:41	01:30:40	01:35:35	01:38:08	+00:32:49 (34.3%)	4:31	13.2 (65.3%)
549	ROSZKOWSKI Paweł	3263		BIAŁYSTOK		M20	102	M 514	>1:35		00:02:31	2026-05-10 10:03:08	00:23:05	00:45:43	01:08:20	01:30:36	01:35:37	01:38:08	+00:32:51 (34.4%)	4:31	13.2 (65.3%)
550	WRÓBLEWICZ Michał	2734		WARSZAWA		M30	221	M 515	>1:45		00:02:30	2026-05-10 10:03:07	00:22:30	00:45:05	01:07:51	01:30:32	01:35:37	01:38:08	+00:32:51 (34.4%)	4:31	13.2 (65.3%)
551	RZEPNICKI Marcin	3364	PATOHOLICS	KOLNO		M30	222	M 516	>1:35		00:02:43	2026-05-10 10:03:20	00:22:32	00:45:29	01:08:09	01:30:50	01:35:37	01:38:21	+00:32:51 (34.4%)	4:31	13.2 (65.3%)
552	SAK Aleksandra	4445		AUGUSTÓW		K40	8	K 35	>1:35		00:02:42	2026-05-10 10:03:19	00:22:12	00:44:34	01:07:32	01:30:35	01:35:37	01:38:20	+00:32:51 (34.4%)	4:31	13.2 (65.3%)
553	TRACZYK Adrian	1693	OSTRÓW BIEGA	OSTRÓW MAZOWIECKA		M20	103	M 517	<1:35	Ostrów Biega	00:02:30	2026-05-10 10:03:07	00:23:02	00:45:43	01:08:19	01:30:36	01:35:38	01:38:09	+00:32:52 (34.4%)	4:31	13.2 (65.3%)
554	SZCZYPIÓR Mateusz	1408		KŁOBUCK		M30	223	M 518	<1:35		00:02:26	2026-05-10 10:03:03	00:22:56	00:45:44	01:08:25	01:30:44	01:35:38	01:38:05	+00:32:52 (34.4%)	4:31	13.2 (65.3%)
555	ŚMIETAŁO Dawid	4396		WARSZAWA		M30	224	M 519	>1:35		00:06:07	2026-05-10 10:06:44	00:22:50	00:45:44	01:08:40	01:30:52	01:35:39	01:41:46	+00:32:52 (34.4%)	4:31	13.2 (65.3%)
556	GODLEWSKI Andrzej	2599	BIEGAMY DLA ZDROWIA	BORAWSKIE		M40	149	M 520	<1:35	Biegamy dla Zdrowia	00:00:13	2026-05-10 10:00:50	00:21:15	00:42:27	01:05:19	01:30:14	01:35:39	01:35:52	+00:32:53 (34.4%)	4:31	13.2 (65.3%)
557	SOSNOWSKA-LIPOWSKA Aleksandra	4740		ŁOMIANKI DOLNE		K40	9	K 36	<1:35		00:00:23	2026-05-10 10:01:00	00:22:06	00:44:30	01:07:31	01:30:38	01:35:40	01:36:03	+00:32:54 (34.4%)	4:32	13.2 (65.3%)
558	BUDZYŃSKI Aleksander	1805		KRAKÓW		M30	225	M 521	<1:35		00:02:36	2026-05-10 10:03:13	00:22:57	00:45:40	01:08:17	01:30:45	01:35:40	01:38:17	+00:32:54 (34.4%)	4:32	13.2 (65.3%)
559	GALANT Krzysztof	4866		SŁUPSK		M50	40	M 522	>1:35		00:03:03	2026-05-10 10:03:40	00:23:17	00:45:49	01:08:32	01:30:48	01:35:41	01:38:45	+00:32:55 (34.4%)	4:32	13.2 (65.3%)
560	PODWYSOCKI Paweł	4488	LSAS RUN TEAM	WARSZAWA		M40	150	M 523	>1:35		00:02:22	2026-05-10 10:02:59	00:22:07	00:44:26	01:07:21	01:30:44	01:35:42	01:38:05	+00:32:56 (34.4%)	4:32	13.2 (65.3%)
561	MASTALEREK Jakub	2988	KS FENIKS OPOCZNO	OPOCZNO		M30	226	M 524	>1:35		00:02:48	2026-05-10 10:03:25	00:22:35	00:45:23	01:08:05	01:30:50	01:35:43	01:38:31	+00:32:56 (34.4%)	4:32	13.2 (65.3%)
562	OLEWIŃSKI Michał	5581		TYCHY		M40	151	M 525	>1:50		00:02:29	2026-05-10 10:03:06	00:22:13	00:44:54	01:07:55	01:30:48	01:35:44	01:38:13	+00:32:58 (34.4%)	4:32	13.2 (65.3%)
563	DOBROŃSKI Janusz	1332		WIZNA		M40	152	M 526	>1:35		00:02:45	2026-05-10 10:03:22	00:22:43	00:45:24	01:08:08	01:30:57	01:35:44	01:38:30	+00:32:58 (34.4%)	4:32	13.2 (65.3%)
564	GALIMOVIEŇ Eglė	499		JONAVA		K40	10	K 37	>1:35		00:00:19	2026-05-10 10:00:56	00:22:46	00:45:27	01:08:25	01:31:01	01:35:44	01:36:04	+00:32:58 (34.4%)	4:32	13.2 (65.3%)
565	RAMOTOWSKI Remigiusz	4844		LEWICKIE		M50	41	M 527	<1:35		00:02:23	2026-05-10 10:03:00	00:21:48	00:44:21	01:07:26	01:30:35	01:35:47	01:38:11	+00:33:01 (34.5%)	4:32	13.2 (65.3%)
566	ŻABA Krzysztof	2212		SOSNOWIEC		M40	153	M 528	>1:35		00:02:22	2026-05-10 10:02:59	00:22:38	00:45:09	01:07:54	01:30:50	01:35:48	01:38:10	+00:33:02 (34.5%)	4:32	13.2 (65.3%)
567	CHODZIUTKO Andrzej	1684		BIAŁYSTOK		M40	154	M 529	>1:45		00:06:01	2026-05-10 10:06:38	00:22:34	00:46:08	01:09:34	01:31:26	01:35:48	01:41:50	+00:33:02 (34.5%)	4:32	13.2 (65.3%)
568	POPIOLEK Piotr	2960		ŁYSOKANIE		M20	104	M 530	>1:35		00:02:22	2026-05-10 10:02:59	00:20:30	00:43:29	01:07:17	01:30:49	01:35:49	01:38:11	+00:33:03 (34.5%)	4:32	13.2 (65.3%)
569	WÓJCIK Tomasz	3488	HARDY WYŻSZA FORMA	WROCŁAW		M40	155	M 531	>1:45		00:06:30	2026-05-10 10:07:07	00:22:29	00:45:08	01:08:02	01:31:00	01:35:49	01:42:20	+00:33:03 (34.5%)	4:32	13.2 (65.3%)
570	KIEDA Patryk	598	KAN-THERM RACING TEAM	BIAŁYSTOK		M30	227	M 532	>1:35	KAN-therm Racing Team	00:03:12	2026-05-10 10:03:49	00:22:34	00:45:03	01:07:45	01:30:27	01:35:49	01:39:02	+00:33:03 (34.5%)	4:32	13.2 (65.3%)
571	CZERWIEC Andrzej	1872	MARKOWI BIEGACZE	MARKI		M40	156	M 533	<1:35		00:00:22	2026-05-10 10:00:59	00:21:53	00:44:17	01:07:29	01:30:45	01:35:50	01:36:12	+00:33:04 (34.5%)	4:32	13.2 (65.3%)
572	CIUŚNIAK Marcin	1220		SŁOMNIKI		M40	157	M 534	>1:35		00:02:34	2026-05-10 10:03:11	00:23:05	00:45:45	01:08:25	01:30:50	01:35:50	01:38:24	+00:33:04 (34.5%)	4:32	13.2 (65.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
573	CUPIAL Iza	1581		WARSZAWA		K30	15	K 38	<1:35		00:02:26	2026-05-10 10:03:03	00:22:33	00:45:00	01:08:14	01:30:51	01:35:50	01:38:17	+00:33:04 (34.5%)	4:32	13.2 (65.3%)
574	HYNAS Michał	268		KALISZ		M30	228	M 535	>1:35		00:02:21	2026-05-10 10:02:58	00:22:36	00:45:05	01:07:36	01:30:44	01:35:51	01:38:12	+00:33:05 (34.5%)	4:32	13.2 (65.3%)
575	BRZĘCZEK Dawid	1601		WARSZAWA		M30	229	M 536	>1:35		00:02:53	2026-05-10 10:03:30	00:22:44	00:44:59	01:07:49	01:30:39	01:35:51	01:38:45	+00:33:05 (34.5%)	4:32	13.2 (65.3%)
576	SVENDSEN Jan Hugo	3796		OSLO		M20	105	M 537	>1:35		00:02:34	2026-05-10 10:03:11	00:23:05	00:45:53	01:08:45	01:30:54	01:35:51	01:38:26	+00:33:05 (34.5%)	4:32	13.2 (65.3%)
577	DULNIK Marcin	4950	BIEGOWE.PL	WARSZAWA		M40	158	M 538	<1:35		00:00:20	2026-05-10 10:00:57	00:22:28	00:44:52	01:08:04	01:30:50	01:35:52	01:36:13	+00:33:06 (34.5%)	4:32	13.2 (65.3%)
578	SZLASZYŃSKA Wioleta	443		GOŁDAP		K30	16	K 39	<1:35		00:00:15	2026-05-10 10:00:52	00:21:48	00:44:00	01:07:58	01:30:56	01:35:55	01:36:11	+00:33:09 (34.6%)	4:32	13.2 (65.3%)
579	SIEROCIUK Łukasz	1073	PODLASKIE KOCURY	JEDWABNE		M40	159	M 539	<1:35		00:02:34	2026-05-10 10:03:11	00:22:42	00:45:22	01:08:18	01:30:54	01:35:55	01:38:30	+00:33:09 (34.6%)	4:32	13.2 (65.3%)
580	DAWIDOWSKI Roman	4413		STRADUNY		M50	42	M 540	<1:35		00:00:12	2026-05-10 10:00:49	00:22:08	00:44:34	01:07:50	01:30:56	01:35:55	01:36:08	+00:33:09 (34.6%)	4:32	13.2 (65.3%)
581	PIASECKI Łukasz	1648		LUBLIN		M20	106	M 541	>1:35		00:02:48	2026-05-10 10:03:25	00:23:41	00:46:26	01:08:59	01:31:15	01:36:01	01:38:49	+00:33:15 (34.6%)	4:32	13.2 (65.3%)
582	ŻELECHOWSKI Mateusz	1861		PODGÓRZE		M20	107	M 542	<1:35		00:02:30	2026-05-10 10:03:07	00:22:19	00:45:01	01:08:11	01:31:04	01:36:04	01:38:35	+00:33:18 (34.7%)	4:33	13.2 (65.3%)
583	MAKAROWSKI Bartosz	1773	BLOK_B	PRZEMYŚL		M40	160	M 543	>1:35		00:02:48	2026-05-10 10:03:25	00:23:08	00:46:01	01:09:00	01:31:29	01:36:08	01:38:56	+00:33:21 (34.7%)	4:33	13.2 (65.3%)
584	JERMAK Łukasz	1095		GOŁDAP		M40	161	M 544	>1:35		00:02:42	2026-05-10 10:03:19	00:21:51	00:43:55	01:07:03	01:30:58	01:36:08	01:38:51	+00:33:22 (34.7%)	4:33	13.2 (65.3%)
585	CYBULKO Antoni	3276		BIAŁYSTOK		M20	108	M 545	>2:10		00:22:02	2026-05-10 10:22:39	00:22:59	00:45:48	01:09:00	01:31:17	01:36:10	01:58:13	+00:33:24 (34.7%)	4:33	13.2 (65.3%)
586	CIRUK Natalia	1195		SUWAŁKI		K20	13	K 40	>1:35		00:06:11	2026-05-10 10:06:48	00:22:50	00:45:52	01:08:49	01:31:28	01:36:13	01:42:25	+00:33:27 (34.8%)	4:33	13.2 (65.3%)
587	CHARYTONIUK Piotr	6369		BIAŁYSTOK		M30	230	M 546	<1:35		00:06:09	2026-05-10 10:06:46	00:22:14	00:44:53	01:08:21	01:31:15	01:36:14	01:42:24	+00:33:28 (34.8%)	4:33	13.2 (65.3%)
588	JAGŁOWSKI Patryk	595	ROZBIEGANI SUWAŁKI	SUWAŁKI		M20	109	M 547	>1:35	Rozbiegani Suwalki	00:02:21	2026-05-10 10:02:58	00:22:21	00:45:06	01:08:03	01:31:12	01:36:14	01:38:36	+00:33:28 (34.8%)	4:33	13.2 (65.3%)
589	PARENT Alex	3880		OTTAWA		M30	231	M 548	<1:35		00:00:20	2026-05-10 10:00:57	00:22:11	00:44:31	01:08:00	01:31:22	01:36:16	01:36:36	+00:33:30 (34.8%)	4:33	13.2 (65.3%)
590	WÓJTOWICZ Mariusz	3452		ZAWIEPRZYCE-KOLONIA		M40	162	M 549	>1:50		00:10:12	2026-05-10 10:10:49	00:22:58	00:45:59	01:09:30	01:31:51	01:36:18	01:46:31	+00:33:32 (34.8%)	4:33	13.1 (64.9%)
591	ANTIPOV Egor	5084	GRIZZLY TRACK CLUB	WARSZAWA		M30	232	M 550	<1:35		00:09:58	2026-05-10 10:10:35	00:25:09	00:48:34	01:10:58	01:31:53	01:36:19	01:46:17	+00:33:33 (34.8%)	4:33	13.1 (64.9%)
592	KULESZA Łukasz	2881		BIAŁYSTOK		M30	233	M 551	>1:45		00:06:03	2026-05-10 10:06:40	00:22:57	00:46:00	01:08:57	01:31:36	01:36:25	01:42:29	+00:33:39 (34.9%)	4:34	13.1 (64.9%)
593	KRUTUL Cezary	5418	BULLET TEAM	BIAŁYSTOK		M40	163	M 552	<1:35		00:02:31	2026-05-10 10:03:08	00:23:03	00:45:43	01:08:19	01:31:09	01:36:25	01:38:57	+00:33:39 (34.9%)	4:34	13.1 (64.9%)
594	SOSNOWSKA Diana	496	DO OSTATNIEGO KILOMETRA	BIAŁYSTOK		K30	17	K 41	>1:35		00:02:22	2026-05-10 10:02:59	00:22:39	00:45:28	01:08:35	01:31:34	01:36:30	01:38:52	+00:33:44 (35.0%)	4:34	13.1 (64.9%)
595	MARTISAUSKAS Donatas	5206	KAUNAS TRAIL RUNNERS	ELBLAG/KAUNAS		M40	164	M 553	>1:50		00:10:14	2026-05-10 10:10:51	00:24:15	00:47:03	01:09:43	01:31:46	01:36:34	01:46:49	+00:33:48 (35.0%)	4:34	13.1 (64.9%)
596	WOCH Patryk	449		BRZozOWICA DUŻA		M20	110	M 554	<1:35		00:13:57	2026-05-10 10:14:34	00:22:24	00:45:24	01:08:36	01:31:42	01:36:34	01:50:32	+00:33:48 (35.0%)	4:34	13.1 (64.9%)
597	SZAFRANEK Krzysztof	2075		STARGARD		M40	165	M 555	>1:35		00:02:59	2026-05-10 10:03:36	00:23:26	00:46:31	01:09:33	01:31:44	01:36:35	01:39:34	+00:33:48 (35.0%)	4:34	13.1 (64.9%)
598	KWASNIEWSKI Krzysztof	4660		WARSAW		M50	43	M 556	<1:35		00:02:54	2026-05-10 10:03:31	00:23:13	00:46:01	01:09:12	01:31:49	01:36:36	01:39:30	+00:33:50 (35.0%)	4:34	13.1 (64.9%)
599	CELEBAŃSKI Patryk	3686		KRAKÓW		M20	111	M 557	>1:45		00:02:45	2026-05-10 10:03:22	00:23:17	00:46:29	01:09:22	01:31:51	01:36:37	01:39:23	+00:33:51 (35.0%)	4:34	13.1 (64.9%)
600	GOLDA Karol	293		WŁOSZCZOWA		M30	234	M 558	>1:35		00:02:42	2026-05-10 10:03:19	00:22:57	00:45:37	01:08:37	01:31:32	01:36:37	01:39:19	+00:33:51 (35.0%)	4:34	13.1 (64.9%)
601	DĄBROWSKI Paweł	4911	SPARTA 1951	SZEPietOWO		M30	235	M 559	>1:35		00:02:47	2026-05-10 10:03:24	00:22:56	00:45:52	01:08:58	01:31:49	01:36:38	01:39:26	+00:33:52 (35.1%)	4:34	13.1 (64.9%)
602	HERNIK Sebastian	3875	KUBA RUN TEAM	RADOM		M40	166	M 560	>1:35		00:02:46	2026-05-10 10:03:23	00:23:27	00:46:36	01:09:33	01:31:55	01:36:39	01:39:25	+00:33:53 (35.1%)	4:34	13.1 (64.9%)
603	DURU Cagri	4724		WARSZAWA		M40	167	M 561	>1:45		00:06:06	2026-05-10 10:06:43	00:23:01	00:45:53	01:09:02	01:31:46	01:36:40	01:42:46	+00:33:54 (35.1%)	4:34	13.1 (64.9%)
604	SZAWLUK Mateusz	3981		WASILKÓW		M20	112	M 562	>1:35		00:02:57	2026-05-10 10:03:34	00:23:38	00:46:34	01:09:55	01:32:07	01:36:40	01:39:37	+00:33:54 (35.1%)	4:34	13.1 (64.9%)
605	BOKUNIEWICZ Dominik	4209		SUWAŁKI		M20	113	M 563	<1:35		00:00:20	2026-05-10 10:00:57	00:23:04	00:46:01	01:08:57	01:31:40	01:36:42	01:37:02	+00:33:56 (35.1%)	4:34	13.1 (64.9%)
606	CHALIMONIUK Rafał	4054		JANOW PODLASKI		M30	236	M 564	>1:35		00:03:00	2026-05-10 10:03:37	00:23:56	00:47:07	01:09:58	01:32:07	01:36:42	01:39:43	+00:33:56 (35.1%)	4:34	13.1 (64.9%)
607	BOGUSŁAW Ireneusz	4807		MAJDAN KRASIENIŃSKI		M20	114	M 565	>1:35		00:02:59	2026-05-10 10:03:36	00:23:24	00:46:26	01:09:33	01:31:56	01:36:43	01:39:42	+00:33:57 (35.1%)	4:34	13.1 (64.9%)
608	WERESZCZUK Marcin	4330	MAD TEMPO TEAM	JUSZKOWY GRÓD		M40	168	M 566	>1:35		00:02:38	2026-05-10 10:03:15	00:23:24	00:46:39	01:09:36	01:31:54	01:36:44	01:39:22	+00:33:58 (35.1%)	4:35	13.1 (64.9%)
609	DĘBOWSKI Marcin	1150	SĄ WOLNIEJSI	OLSZTYN		M50	44	M 567	<1:35	Są Wolniejsi	00:02:35	2026-05-10 10:03:12	00:23:19	00:46:09	01:09:22	01:31:54	01:36:45	01:39:21	+00:33:59 (35.1%)	4:35	13.1 (64.9%)
610	KACZYŃSKI Dawid	4235	NADAKTYWNI	BIAŁYSTOK		M30	237	M 568	>1:35		00:03:03	2026-05-10 10:03:40	00:23:19	00:46:12	01:09:31	01:31:55	01:36:46	01:39:49	+00:33:59 (35.1%)	4:35	13.1 (64.9%)
611	GÓRKA Adrian	3115		GDAŃSK		M20	115	M 569	<1:35		00:02:28	2026-05-10 10:03:05	00:23:05	00:46:06	01:09:30	01:32:11	01:36:47	01:39:16	+00:34:01 (35.2%)	4:35	13.1 (64.9%)
612	ZANIEWSKI Maksymilian	5541		BIAŁYSTOK		M30	238	M 570	>1:35		00:02:35	2026-05-10 10:03:12	00:23:01	00:46:03	01:09:10	01:31:56	01:36:51	01:39:27	+00:34:05 (35.2%)	4:35	13.1 (64.9%)
613	ZDRAJKOWSKA Julia	479	KALINOWSKI TEAM	BIAŁYSTOK		K30	18	K 42	<1:35	Kalinowski Team	00:00:02	2026-05-10 10:00:39	00:21:52	00:44:41	01:08:31	01:31:45	01:36:52	01:36:55	+00:34:06 (35.2%)	4:35	13.1 (64.9%)
614	JELEŃ Piotr	3693		WARSZAWA		M40	169	M 571	>1:35		00:02:37	2026-05-10 10:03:14	00:23:03	00:45:45	01:08:37	01:31:42	01:36:53	01:39:31	+00:34:07 (35.2%)	4:35	13.1 (64.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
615	SZYMCZUK Bogusław	1116		BIELSK PODLASKI		M30	239	M 572	>1:35		00:02:35	2026-05-10 10:03:12	00:23:08	00:46:02	01:09:07	01:31:56	01:36:54	01:39:29	+00:34:08 (35.2%)	4:35	13.1 (64.9%)
616	MATREŃCZYK Jakub	4687		WARSZAWA		M30	240	M 573	>1:35		00:02:59	2026-05-10 10:03:36	00:23:33	00:46:42	01:09:44	01:32:05	01:36:55	01:39:54	+00:34:08 (35.2%)	4:35	13.1 (64.9%)
617	STEPCZUK Katarzyna	1470	KB BIAŁA BIEGA	SIEDLCE		K40	11	K 43	<1:35	KB Biała Biega	00:02:20	2026-05-10 10:02:57	00:22:41	00:45:38	01:09:18	01:32:10	01:36:55	01:39:15	+00:34:09 (35.2%)	4:35	13.1 (64.9%)
618	PAZUŁA Ewa	4776	KB WYSZKÓW	WYSZKÓW		K30	19	K 44	<1:35	KB Wyszków	00:02:41	2026-05-10 10:03:18	00:23:05	00:46:02	01:09:25	01:32:03	01:36:55	01:39:36	+00:34:09 (35.2%)	4:35	13.1 (64.9%)
619	PUŚCIAN Mateusz	3407		RYBIENKO NOWE		M30	241	M 574	>1:35		00:02:41	2026-05-10 10:03:18	00:23:06	00:46:03	01:09:26	01:32:05	01:36:55	01:39:36	+00:34:09 (35.3%)	4:35	13.1 (64.9%)
620	PUŚCIAN Katarzyna	3994	KB WYSZKÓW	RYBIENKO NOWE		K30	20	K 45	>1:35		00:02:41	2026-05-10 10:03:18	00:23:08	00:46:03	01:09:26	01:32:05	01:36:55	01:39:36	+00:34:09 (35.3%)	4:35	13.1 (64.9%)
621	MAŃK Michalina	1277		SKRZESZEW		K20	14	K 46	>1:35		00:02:20	2026-05-10 10:02:57	00:23:56	00:47:13	01:10:13	01:32:12	01:36:56	01:39:16	+00:34:10 (35.3%)	4:35	13.1 (64.9%)
622	KACZMARCZYK Kamil	3342	RUN TEAM PIĄTNICA	PIĄTNICA		M30	242	M 575	>1:35	Run Team Piątnica	00:02:54	2026-05-10 10:03:31	00:23:12	00:46:18	01:09:25	01:32:16	01:36:56	01:39:50	+00:34:10 (35.3%)	4:35	13.1 (64.9%)
623	PARKHOMAU Aliaksandr	5164		GDAŃSK		M40	170	M 576	>1:35		00:02:22	2026-05-10 10:02:59	00:21:10	00:44:29	01:08:26	01:31:55	01:36:57	01:39:20	+00:34:11 (35.3%)	4:35	13.1 (64.9%)
624	PORĘBA Lech	1703	KB WYSZKÓW	WYSZKÓW		M60	6	M 577	<1:35		00:02:18	2026-05-10 10:02:55	00:22:43	00:45:16	01:08:40	01:31:41	01:36:57	01:39:16	+00:34:11 (35.3%)	4:35	13.1 (64.9%)
625	GALACH Krzysztof	4223		TOMASZÓW MAZOWIECKI		M40	171	M 578	>1:35		00:02:43	2026-05-10 10:03:20	00:22:50	00:45:39	01:08:54	01:31:57	01:36:58	01:39:42	+00:34:12 (35.3%)	4:35	13.1 (64.9%)
626	CIASZEK Bartłomiej	3481		PARZNIEW		M40	172	M 579	>1:35		00:02:46	2026-05-10 10:03:23	00:23:28	00:46:39	01:09:50	01:32:11	01:36:59	01:39:46	+00:34:13 (35.3%)	4:35	13.1 (64.9%)
627	GRABOWSKI Robert	2294		DOBRE MIASTO		M40	173	M 580	<1:35		00:02:28	2026-05-10 10:03:05	00:22:47	00:45:52	01:08:56	01:32:07	01:37:01	01:39:29	+00:34:15 (35.3%)	4:35	13.1 (64.9%)
628	NOWOSADKO Aleksander	1075	BODY MOVE	STARA WIEŚ		M30	243	M 581	>1:45	Body Move	00:02:25	2026-05-10 10:03:02	00:22:36	00:45:33	01:08:48	01:32:05	01:37:02	01:39:27	+00:34:16 (35.3%)	4:35	13 (64.4%)
629	PIECHOTA Maciej	1060	BODYMOVE TEAM	SKIERNIEWICE		M40	174	M 582	>1:35	Body Move	00:02:25	2026-05-10 10:03:02	00:22:36	00:45:34	01:08:48	01:32:05	01:37:02	01:39:27	+00:34:16 (35.3%)	4:35	13 (64.4%)
630	PIETRASZ Łukasz	4683	JRG SOKÓŁKA	MINKOWCE		M20	116	M 583	>1:35		00:02:43	2026-05-10 10:03:20	00:23:40	00:47:08	01:10:18	01:32:32	01:37:03	01:39:47	+00:34:17 (35.3%)	4:35	13 (64.4%)
631	NOWAKOWSKI Bartosz	373	KUBA RUN TEAM	RADOM		M40	175	M 584	>1:35		00:03:04	2026-05-10 10:03:41	00:23:48	00:47:08	01:10:10	01:32:31	01:37:04	01:40:09	+00:34:18 (35.4%)	4:35	13 (64.4%)
632	GOLINSKI Marek	2206	18 PUŁK LOGISTYCZNY	ŁOMŻA		M40	176	M 585	>1:35		00:02:56	2026-05-10 10:03:33	00:22:19	00:45:10	01:08:43	01:32:01	01:37:05	01:40:02	+00:34:19 (35.4%)	4:36	13 (64.4%)
633	STASZAK Krzysztof	2515		OTWOCK		M40	177	M 586	>1:45		00:06:22	2026-05-10 10:06:59	00:23:39	00:47:08	01:10:59	01:32:42	01:37:07	01:43:30	+00:34:21 (35.4%)	4:36	13 (64.4%)
634	VEDERNIKOV Ilya	4049		WARSZAWA		M40	178	M 587	>1:35	IV	00:02:44	2026-05-10 10:03:21	00:23:35	00:46:52	01:10:27	01:32:45	01:37:08	01:39:53	+00:34:22 (35.4%)	4:36	13 (64.4%)
635	GRZYWIŃSKI Piotr	3137		LEGIONOWO		M30	244	M 588	>1:35		00:02:30	2026-05-10 10:03:07	00:23:09	00:45:58	01:08:59	01:32:00	01:37:08	01:39:38	+00:34:22 (35.4%)	4:36	13 (64.4%)
636	MARSZALEK Jan	2928	ITMBW KRAKÓW	KRAKÓW		M30	245	M 589	>1:35		00:02:56	2026-05-10 10:03:33	00:23:27	00:46:42	01:09:36	01:32:14	01:37:09	01:40:06	+00:34:23 (35.4%)	4:36	13 (64.4%)
637	STASIAKIEWICZ Maciej	4967		ELK		M20	117	M 590	>1:35		00:02:23	2026-05-10 10:03:00	00:22:54	00:45:59	01:09:32	01:32:21	01:37:10	01:39:33	+00:34:24 (35.4%)	4:36	13 (64.4%)
638	BUBIAK Kamil	1028		KRAKÓW		M30	246	M 591	>1:35		00:02:45	2026-05-10 10:03:22	00:23:36	00:46:48	01:10:06	01:32:36	01:37:12	01:39:58	+00:34:26 (35.4%)	4:36	13 (64.4%)
639	GOLĘBIEWSKI Piotr	3516		PRUSZKÓW		M50	45	M 592	>1:35		00:02:38	2026-05-10 10:03:15	00:22:57	00:45:44	01:08:54	01:32:11	01:37:13	01:39:52	+00:34:27 (35.5%)	4:36	13 (64.4%)
640	KRYSTOWSKI Mariusz	3924		ZAMBRÓW		M30	247	M 593	>1:45		00:06:03	2026-05-10 10:06:40	00:22:50	00:45:46	01:09:24	01:32:23	01:37:15	01:43:18	+00:34:29 (35.5%)	4:36	13 (64.4%)
641	GREEN Sebastian	1818		BANBURY		M30	248	M 594	<1:35		00:00:18	2026-05-10 10:00:55	00:22:48	00:45:21	01:08:09	01:32:01	01:37:17	01:37:35	+00:34:31 (35.5%)	4:36	13 (64.4%)
642	KISZKIEL Ivan	5558	RUN4FUN	GRODNO		M50	46	M 595	>1:35		00:03:01	2026-05-10 10:03:38		00:46:40	01:09:45	01:32:24	01:37:20	01:40:21	+00:34:34 (35.5%)	4:36	13 (64.4%)
643	KOLENDOWICZ Marcin	3116		KRAKÓW		M40	179	M 596	>1:35		00:02:28	2026-05-10 10:03:05	00:21:54	00:44:50	01:08:22	01:32:05	01:37:20	01:39:49	+00:34:34 (35.5%)	4:36	13 (64.4%)
644	WARDA Wiktoria	2910		ŁÓDŹ		K20	15	K 47	>1:35		00:02:31	2026-05-10 10:03:08	00:23:28	00:46:38	01:09:56	01:32:37	01:37:21	01:39:53	+00:34:35 (35.5%)	4:36	13 (64.4%)
645	WOLIŃSKI Sebastian	3318		WARSZAWA		M40	180	M 597	<1:35		00:03:04	2026-05-10 10:03:41	00:23:30	00:46:55	01:10:15	01:32:37	01:37:22	01:40:26	+00:34:35 (35.5%)	4:36	13 (64.4%)
646	KIELBASA Szymon	1954		NOWY SĄCZ		M20	118	M 598	<1:35		00:02:48	2026-05-10 10:03:25	00:23:39	00:46:59	01:10:13	01:32:47	01:37:22	01:40:10	+00:34:36 (35.6%)	4:36	13 (64.4%)
647	RACZAK Justyna	3151	HARDY WYŻSZA FORMA	WROCŁAW		K30	21	K 48	>1:45	Hardy Wyższa Forma	00:02:48	2026-05-10 10:03:25	00:23:06	00:45:59	01:09:21	01:32:22	01:37:23	01:40:12	+00:34:37 (35.6%)	4:36	13 (64.4%)
648	MIKOŁAJCZYK Marcin	1698	GRYGO TEAM	ŁOMŻA		M50	47	M 599	>1:35		00:02:49	2026-05-10 10:03:26	00:23:37	00:47:04	01:10:13	01:32:37	01:37:24	01:40:13	+00:34:38 (35.6%)	4:36	13 (64.4%)
649	NIEJADLIK Łukasz	2469	REDRUN	MARKI		M40	181	M 600	>1:45		00:06:25	2026-05-10 10:07:02	00:21:58	00:44:46	01:08:32	01:32:22	01:37:25	01:43:51	+00:34:39 (35.6%)	4:36	13 (64.4%)
650	POKRZYWA Dariusz	5124		LUBLIN		M30	249	M 601	>1:35		00:02:40	2026-05-10 10:03:17	00:23:42	00:46:54	01:10:12	01:32:49	01:37:25	01:40:06	+00:34:39 (35.6%)	4:36	13 (64.4%)
651	NIESTĘPSKI Krzysztof	1414	ENDURANCE TEAM	SIEMIANOWICE ŚL.		M50	48	M 602	>1:35		00:02:29	2026-05-10 10:03:06	00:22:33	00:45:22	01:08:43	01:32:19	01:37:26	01:39:55	+00:34:40 (35.6%)	4:37	13 (64.4%)
652	WYSZYŃSKI Michał	5539	KLAPEK TEAM	AUGUSTÓW		M20	119	M 603	>1:35		00:02:47	2026-05-10 10:03:24	00:23:39	00:46:52	01:10:12	01:32:54	01:37:26	01:40:13	+00:34:40 (35.6%)	4:37	13 (64.4%)
653	BRZOSTEK Patryk	1305		OSTROŁĘKA		M40	182	M 604	>1:35		00:02:23	2026-05-10 10:03:00	00:23:22	00:46:28	01:09:59	01:32:41	01:37:26	01:39:49	+00:34:40 (35.6%)	4:37	13 (64.4%)
654	KALINOWSKI Adam	5544	KB PACE	PRUSZKÓW		M40	183	M 605	>1:35	KB PACE	00:10:27	2026-05-10 10:11:04	00:22:44	00:45:44	01:09:15	01:32:34	01:37:26	01:47:53	+00:34:40 (35.6%)	4:37	13 (64.4%)
655	FIADYTNIK Mikalaj	2978	RUN4FUN.BY	GRODNO		M40	184	M 606	>1:35		00:02:52	2026-05-10 10:03:29	00:23:42	00:46:59	01:09:51	01:32:37	01:37:27	01:40:20	+00:34:41 (35.6%)	4:37	13 (64.4%)
656	LITWINIEC Daniel	1444		ŻYRARDÓW		M40	185	M 607	>1:35		00:02:50	2026-05-10 10:03:27	00:23:40	00:47:09	01:10:31	01:32:37	01:37:28	01:40:18	+00:34:42 (35.6%)	4:37	13 (64.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
657	KARCZEWSKI Tomek	4100	TEAM IMPOSSIBLE	BIELSK PODLASKI		M20	120	M 608	>1:35		00:02:33	2026-05-10 10:03:10	00:23:59	00:47:23	01:10:28	01:32:42	01:37:29	01:40:02	+00:34:43 (35.6%)	4:37	13 (64.4%)
658	MIKUTOWICZ Renata	1152	KAN-THERM RACING TEAM	BIAŁYSTOK		K30	22	K 49	>1:35	Kan-therm Racing Team	00:02:23	2026-05-10 10:03:00		00:45:03	01:08:49	01:32:24	01:37:31	01:39:55	+00:34:45 (35.6%)	4:37	13 (64.4%)
659	MAZIEWSKI Tomasz	5715		BIAŁYSTOK		M40	186	M 609	>1:45		00:06:18	2026-05-10 10:06:55	00:24:00	00:47:13	01:10:35	01:32:51	01:37:32	01:43:51	+00:34:46 (35.7%)	4:37	13 (64.4%)
660	PELCZAR Krzysztof	4205	JEŹDZCY APOKALIPSY	BIAŁYSTOK		M40	187	M 610	>1:35		00:02:39	2026-05-10 10:03:16	00:23:11	00:46:18	01:09:57	01:32:45	01:37:34	01:40:14	+00:34:48 (35.7%)	4:37	13 (64.4%)
661	PIETUSZYŃSKI Aleksander	1699		KWIDZYN		M50	49	M 611	>1:35		00:02:35	2026-05-10 10:03:12	00:23:01	00:45:57	01:09:17	01:32:33	01:37:34	01:40:10	+00:34:48 (35.7%)	4:37	13 (64.4%)
662	JUSZCZAK Włodzimierz	1586	AKTYWNY OSTRZESZOW	OSTRZESZOW		M60	7	M 612	>1:35		00:03:01	2026-05-10 10:03:38	00:23:15	00:46:06	01:09:33	01:32:32	01:37:34	01:40:35	+00:34:48 (35.7%)	4:37	13 (64.4%)
663	FLAK Tomasz	1279	BIEGUNKA LEŚNA	LUBLINIEC		M40	188	M 613	>1:45		00:06:08	2026-05-10 10:06:45	00:22:55	00:45:51	01:09:32	01:32:29	01:37:35	01:43:43	+00:34:49 (35.7%)	4:37	13 (64.4%)
664	KURYŁOWICZ Adrian	274		BIAŁYSTOK		M40	189	M 614	>1:35		00:02:44	2026-05-10 10:03:21	00:22:52	00:45:38	01:08:43	01:32:25	01:37:36	01:40:20	+00:34:50 (35.7%)	4:37	13 (64.4%)
665	BOROWIEC Sławomir	1228	-	WARSZAWA		M50	50	M 615	>1:35		00:03:01	2026-05-10 10:03:38	00:23:30	00:46:57	01:10:21	01:32:49	01:37:38	01:40:39	+00:34:52 (35.7%)	4:37	13 (64.4%)
666	GRONEK Piotr	4159		LEGIONOWO		M40	190	M 616	>1:35		00:02:54	2026-05-10 10:03:31	00:23:39	00:47:06	01:10:30	01:32:45	01:37:38	01:40:32	+00:34:52 (35.7%)	4:37	13 (64.4%)
667	BIERĆ Jakub	5580		BIAŁYSTOK		M30	250	M 617	>1:35		00:02:35	2026-05-10 10:03:12	00:23:06	00:46:02	01:09:13	01:32:03	01:37:38	01:40:13	+00:34:52 (35.7%)	4:37	13 (64.4%)
668	WORKUN Piotr	5535	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	BIAŁYSTOK		M50	51	M 618	>1:35	1.PBOT	00:02:52	2026-05-10 10:03:29	00:22:46	00:45:21	01:08:48	01:32:23	01:37:40	01:40:32	+00:34:53 (35.7%)	4:37	13 (64.4%)
669	JARZEŃCKI Jacek	1544		HAJNÓWKA		M20	121	M 619	>1:35		00:02:38	2026-05-10 10:03:15	00:23:47	00:47:13	01:10:40	01:33:09	01:37:42	01:40:21	+00:34:56 (35.8%)	4:37	13 (64.4%)
670	SIERNIAWSKI Sławomir	3158		MAŁASZEWICZE		M50	52	M 620	>1:45		00:06:05	2026-05-10 10:06:42	00:23:16	00:46:49	01:10:42	01:33:06	01:37:43	01:43:48	+00:34:57 (35.8%)	4:37	13 (64.4%)
671	DANIELUK Marcin	4020	TYTAN77	RESZEL		M30	251	M 621	>1:35		00:06:09	2026-05-10 10:06:46	00:24:15	00:47:35	01:10:39	01:32:52	01:37:44	01:43:53	+00:34:58 (35.8%)	4:37	13 (64.4%)
672	HOFFMANN Mateusz	4897		TCZEW		M30	252	M 622	>1:45		00:02:50	2026-05-10 10:03:27	00:23:22	00:46:36	01:09:53	01:32:51	01:37:45	01:40:35	+00:34:59 (35.8%)	4:37	13 (64.4%)
673	CZERNIAK Izabela	221	PLAWGO TEAM	OLSZTYN		K30	23	K 50	>1:35		00:02:36	2026-05-10 10:03:13	00:23:15	00:46:09	01:09:43	01:32:46	01:37:47	01:40:23	+00:35:01 (35.8%)	4:38	12.9 (63.9%)
674	RYBNIK Łukasz	2101		DĄBROWA GÓRNICZA		M40	191	M 623	>1:35		00:02:28	2026-05-10 10:03:05	00:22:44	00:45:56	01:09:51	01:32:57	01:37:47	01:40:16	+00:35:01 (35.8%)	4:38	12.9 (63.9%)
675	KOWALCZUK-FIJAŁKOWSKA Sara	2479		WARSZAWA		K20	16	K 51	<1:35		00:00:21	2026-05-10 10:00:58	00:21:37	00:44:30	01:08:50	01:32:32	01:37:49	01:38:10	+00:35:03 (35.8%)	4:38	12.9 (63.9%)
676	WITOWSKI Rafał	5118	MKB DREPTAK	MIENIA		M50	53	M 624	>1:35		00:02:24	2026-05-10 10:03:01	00:22:57	00:46:04	01:09:31	01:32:34	01:37:49	01:40:13	+00:35:03 (35.8%)	4:38	12.9 (63.9%)
677	SŁOWIKOWSKI Piotr	4848	MD RUN TRAINING	JUROWCE		M40	192	M 625	>1:35	MD Run Training	00:02:26	2026-05-10 10:03:03	00:22:34	00:45:17	01:09:14	01:32:52	01:37:50	01:40:16	+00:35:04 (35.8%)	4:38	12.9 (63.9%)
678	STEMPIEŃ Łukasz	2612		ŁÓDŹ		M40	193	M 626	>1:50		00:10:08	2026-05-10 10:10:45	00:23:14	00:46:44	01:10:23	01:33:02	01:37:50	01:47:59	+00:35:04 (35.9%)	4:38	12.9 (63.9%)
679	MALATYŃSKI Robert	3166		LEGIONOWO		M40	194	M 627	>1:35		00:02:48	2026-05-10 10:03:25	00:22:52	00:45:50	01:09:24	01:32:49	01:37:51	01:40:39	+00:35:05 (35.9%)	4:38	12.9 (63.9%)
680	BARTOSZUK Rafał	4936	FPL BIAŁYSTOK	BIAŁYSTOK		M30	253	M 628	>1:35	FPL Białystok	00:02:34	2026-05-10 10:03:11	00:23:06	00:45:55	01:09:26	01:32:58	01:37:52	01:40:26	+00:35:06 (35.9%)	4:38	12.9 (63.9%)
681	KONIECZNY Konrad	323	BIEGACZE STU MOSTÓW	CZERMNO		M30	254	M 629	>1:35	Biegacze Stu Mostów	00:02:21	2026-05-10 10:02:58	00:22:22	00:45:11	01:09:13	01:32:47	01:37:52	01:40:14	+00:35:06 (35.9%)	4:38	12.9 (63.9%)
682	KIJORA Maja	2660	ELK TU BIEGAM	ELK		K40	12	K 52	>1:35	ELK TU BIEGAM	00:02:45	2026-05-10 10:03:22	00:23:23	00:46:30	01:09:55	01:33:00	01:37:52	01:40:38	+00:35:06 (35.9%)	4:38	12.9 (63.9%)
683	KROPIWNICKI Marcin	5554		BIAŁYSTOK		M40	195	M 630	>1:35		00:02:45	2026-05-10 10:03:22	00:23:29	00:46:35	01:09:51	01:33:00	01:37:54	01:40:39	+00:35:08 (35.9%)	4:38	12.9 (63.9%)
684	ANTOSIK Wiktor	2238		ŁOWICZ		M40	196	M 631	>1:35		00:02:32	2026-05-10 10:03:09	00:23:04	00:45:58	01:09:26	01:32:56	01:37:55	01:40:27	+00:35:09 (35.9%)	4:38	12.9 (63.9%)
685	KULA Łukasz	3948		PIASTÓW		M30	255	M 632	>1:35		00:02:41	2026-05-10 10:03:18	00:23:10	00:46:54	01:10:25	01:33:05	01:37:55	01:40:37	+00:35:09 (35.9%)	4:38	12.9 (63.9%)
686	PIEJKO Rafał	4546	PODIUM	PRZEWORSK		M40	197	M 633	>1:35		00:02:29	2026-05-10 10:03:06	00:22:37	00:45:19	01:09:16	01:33:01	01:37:57	01:40:27	+00:35:11 (35.9%)	4:38	12.9 (63.9%)
687	MIKUS Paulina	2709	JAROSLAWSKA GRUPA BIEGOWA SOKÓŁ	CHOTYNYEC		K40	13	K 53	>1:35		00:02:30	2026-05-10 10:03:07	00:23:05	00:45:57	01:09:52	01:33:00	01:37:58	01:40:28	+00:35:12 (35.9%)	4:38	12.9 (63.9%)
688	GUARINO Roberto	4845	RUNNING CLUB NAPOLI	NAPLES		M20	122	M 634	<1:35		00:00:23	2026-05-10 10:01:00	00:23:22	00:47:06	01:11:05	01:33:29	01:37:58	01:38:22	+00:35:12 (35.9%)	4:38	12.9 (63.9%)
689	DUSZYŃSKI Krzysztof	4193	BCC	BIAŁYSTOK		M30	256	M 635	<1:35	BCC	00:00:18	2026-05-10 10:00:55	00:21:45	00:47:49	01:10:31	01:32:58	01:38:00	01:38:19	+00:35:14 (36.0%)	4:38	12.9 (63.9%)
690	WACŁAWIK Emil	3914		WARSZAWA		M20	123	M 636	>1:35		00:02:45	2026-05-10 10:03:22	00:23:40	00:46:47	01:09:59	01:33:00	01:38:01	01:40:46	+00:35:15 (36.0%)	4:38	12.9 (63.9%)
691	KLIMCZYK Sebastian	5575		WARSZAWA		M40	198	M 637	>1:35		00:02:51	2026-05-10 10:03:28	00:22:35	00:45:20	01:08:50	01:32:50	01:38:01	01:40:52	+00:35:15 (36.0%)	4:38	12.9 (63.9%)
692	CIESIELSKI Mateusz	2382		KRAKÓW		M20	124	M 638	<1:35		00:02:33	2026-05-10 10:03:10	00:23:07	00:46:15	01:09:50	01:33:01	01:38:02	01:40:35	+00:35:16 (36.0%)	4:38	12.9 (63.9%)
693	KAMINSKI Adam	111		BIAŁYSTOK		M30	257	M 639	<1:35		00:06:36	2026-05-10 10:07:13	00:24:03	00:47:29	01:11:02	01:33:16	01:38:02	01:44:39	+00:35:16 (36.0%)	4:38	12.9 (63.9%)
694	KOTELCZUK Michał	1213		ŁOMŻA		M30	258	M 640	>1:35	Łomża	00:02:39	2026-05-10 10:03:16		00:46:46	01:10:19	01:33:16	01:38:03	01:40:42	+00:35:17 (36.0%)	4:38	12.9 (63.9%)
695	BZURA Przemysław	4496	18 PR	BIAŁYSTOK		M30	259	M 641	>1:55	18 pułk rozpoznawczy	00:18:43	2026-05-10 10:19:20	00:26:02	00:49:37	01:12:34	01:33:40	01:38:03	01:56:47	+00:35:17 (36.0%)	4:38	12.9 (63.9%)
696	KOWALSKI Paweł	3530	TEAM ZABIEGANEDNI	WARSZAWA		M40	199	M 642	>1:35	Team ZabieganeDni	00:02:34	2026-05-10 10:03:11	00:23:03	00:45:53	01:09:18	01:32:52	01:38:03	01:40:38	+00:35:17 (36.0%)	4:38	12.9 (63.9%)
697	DZIURA Michał	4883		WARSZAWA		M30	260	M 643	>1:35		00:02:58	2026-05-10 10:03:35	00:23:32	00:47:02	01:10:26	01:33:15	01:38:04	01:41:02	+00:35:18 (36.0%)	4:38	12.9 (63.9%)
698	JARMOC Kamil	3566	PODLASKIE KOCURY	BIAŁYSTOK		M30	261	M 644	>1:35		00:02:59	2026-05-10 10:03:36	00:23:12	00:46:33	01:10:21	01:33:29	01:38:07 </				

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
699	ADAMSKI Marcin	3423		HAJNÓWKA		M50	54	M 645	>1:35		00:02:43	2026-05-10 10:03:20	00:22:53	00:45:54	01:09:49	01:33:07	01:38:07	01:40:50	+00:35:21 (36.0%)	4:38	12.9 (63.9%)
700	BAKUN Monika	5200		ELK		K20	17	K 54	>1:35		00:02:47	2026-05-10 10:03:24	00:24:12	00:47:59	01:11:18	01:33:29	01:38:07	01:40:55	+00:35:21 (36.0%)	4:38	12.9 (63.9%)
701	HERMANN Tomasz	486	SAŁ WOLNIESII	OLSZTYN		M40	200	M 646	<1:35		00:02:53	2026-05-10 10:03:30	00:23:57	00:47:32	01:11:02	01:33:27	01:38:08	01:41:02	+00:35:22 (36.1%)	4:39	12.9 (63.9%)
702	TWAROWSKI Dariusz	1434	OSTRÓW BIEGA	OSTRÓW MAZOWIECKA		M40	201	M 647	>1:45	Ostrów Biega	00:03:02	2026-05-10 10:03:39	00:22:57	00:46:10	01:09:44	01:33:02	01:38:09	01:41:11	+00:35:23 (36.1%)	4:39	12.9 (63.9%)
703	WYSOCKI Wojciech	3010		GIŻYCKO		M30	262	M 648	>1:35		00:02:26	2026-05-10 10:03:03	00:22:35	00:46:53	01:10:29	01:33:22	01:38:10	01:40:37	+00:35:24 (36.1%)	4:39	12.9 (63.9%)
704	JAKIEL Rafał	4153		WROCŁAW		M20	125	M 649	>1:35		00:02:36	2026-05-10 10:03:13	00:23:22	00:46:42	01:10:09	01:33:13	01:38:10	01:40:47	+00:35:24 (36.1%)	4:39	12.9 (63.9%)
705	GRĄDZIK Marcin	1982		WARSZAWA		M30	263	M 650	>1:35		00:02:41	2026-05-10 10:03:18	00:23:07	00:46:10	01:10:11	01:33:13	01:38:11	01:40:53	+00:35:25 (36.1%)	4:39	12.9 (63.9%)
706	NERKO Piotr	1455	KOLNO BIEGA	CZERWONE		M50	55	M 651	>1:45		00:06:06	2026-05-10 10:06:43	00:22:57	00:46:29	01:10:08	01:33:23	01:38:12	01:44:19	+00:35:26 (36.1%)	4:39	12.9 (63.9%)
707	BOGACKI Witold	2183		LUBZINA		M40	202	M 652	>1:45		00:06:11	2026-05-10 10:06:48	00:23:43	00:47:09	01:10:39	01:33:19	01:38:16	01:44:27	+00:35:30 (36.1%)	4:39	12.9 (63.9%)
708	TYSZKA Roland	4455	BIAŁYSTOK BIEGA TEAM	SIENKIEWICZE		M40	203	M 653	>1:35	Białystok Biega Team	00:06:02	2026-05-10 10:06:39	00:23:37	00:47:16	01:10:48	01:33:16	01:38:16	01:44:18	+00:35:30 (36.1%)	4:39	12.9 (63.9%)
709	PIĄSTKA Piotr	1874	KB MARATON TUREK	TUREK		M40	204	M 654	>1:35	kb maratón turek	00:02:55	2026-05-10 10:03:32	00:23:30	00:46:26	01:09:49	01:33:14	01:38:16	01:41:12	+00:35:30 (36.1%)	4:39	12.9 (63.9%)
710	DRIAŃSKI Marcin	4331	OSP OSINY	STARACHOWICE		M40	205	M 655	>1:35		00:02:55	2026-05-10 10:03:32	00:23:28	00:46:22	01:10:07	01:33:22	01:38:17	01:41:13	+00:35:31 (36.1%)	4:39	12.9 (63.9%)
711	TARGOWSKI Adam	2056		WARSZAWA		M40	206	M 656	>1:35		00:02:50	2026-05-10 10:03:27	00:23:16	00:46:43	01:10:18	01:33:23	01:38:17	01:41:07	+00:35:31 (36.1%)	4:39	12.9 (63.9%)
712	PACIORKOWSKI Marcin	2488		SKIERNIEWICE		M40	207	M 657	>1:45		00:02:55	2026-05-10 10:03:32	00:23:11	00:46:23	01:09:51	01:33:08	01:38:18	01:41:13	+00:35:32 (36.2%)	4:39	12.9 (63.9%)
713	MATYJASIAK Konrad	524	TEAM ZABIEGANEDNI	WARSZAWA		M50	56	M 658	>1:35	Team ZabieganeDni	00:02:32	2026-05-10 10:03:09	00:22:24	00:45:08	01:09:21	01:32:48	01:38:18	01:40:51	+00:35:32 (36.2%)	4:39	12.9 (63.9%)
714	ŚWIACKA Roksana	1200	ROZBIEGANI SUWAŁKI	MAĆKOWA RUDA		K40	14	K 55	<1:35	Rozbiegani Suwalki	00:00:08	2026-05-10 10:00:45	00:22:13	00:45:23	01:09:38	01:33:05	01:38:19	01:38:28	+00:35:33 (36.2%)	4:39	12.9 (63.9%)
715	SZYMCZUK Piotr	5103		WARSZAWA		M30	264	M 659	<1:35		00:00:10	2026-05-10 10:00:47	00:22:57	00:45:34	01:09:04	01:33:11	01:38:20	01:38:31	+00:35:34 (36.2%)	4:39	12.9 (63.9%)
716	SARNACKA Olga	4726	CBZC	BIAŁYSTOK		K40	15	K 56	>1:35		00:02:26	2026-05-10 10:03:03	00:23:26	00:46:54	01:10:27	01:33:19	01:38:20	01:40:47	+00:35:34 (36.2%)	4:39	12.9 (63.9%)
717	KUŹMICKI Karol	1765		WROCŁAW		M60	8	M 660	>1:35		00:02:56	2026-05-10 10:03:33	00:23:34	00:46:41	01:10:06	01:33:16	01:38:21	01:41:17	+00:35:35 (36.2%)	4:39	12.9 (63.9%)
718	RAMOTOWSKI Sylwester	3769		BIAŁYSTOK		M40	208	M 661	>1:35		00:02:51	2026-05-10 10:03:28	00:23:38	00:47:15	01:10:39	01:33:44	01:38:24	01:41:16	+00:35:38 (36.2%)	4:39	12.9 (63.9%)
719	BRATEK Marcin	4640		JÓZEFOSŁAW		M30	265	M 662	>1:45		00:06:00	2026-05-10 10:06:37	00:23:23	00:47:03	01:10:51	01:33:22	01:38:25	01:44:26	+00:35:39 (36.2%)	4:39	12.9 (63.9%)
720	KULAK Przemysław	2953	MARKOWI BIEGACZE	MARKI		M40	209	M 663	>1:35		00:02:32	2026-05-10 10:03:09	00:23:02	00:46:08	01:10:04	01:33:25	01:38:27	01:40:59	+00:35:40 (36.3%)	4:39	12.9 (63.9%)
721	SZKAŁUBA Artur	1607		WARSZAWA		M40	210	M 664	>1:35		00:02:51	2026-05-10 10:03:28	00:23:00	00:46:31	01:10:28	01:33:38	01:38:28	01:41:19	+00:35:41 (36.3%)	4:39	12.9 (63.9%)
722	GAWŁOWICZ Eryk	1496	RUNNING NURSES	CIECHANÓW		M30	266	M 665	>1:35	Running Nurses	00:02:52	2026-05-10 10:03:29	00:23:32	00:46:57	01:10:27	01:33:35	01:38:29	01:41:21	+00:35:43 (36.3%)	4:40	12.9 (63.9%)
723	TRINICK Adam	4243		WARSZAWA		M30	267	M 666	>1:45		00:02:49	2026-05-10 10:03:26	00:22:47	00:45:43	01:09:32	01:33:27	01:38:29	01:41:19	+00:35:43 (36.3%)	4:40	12.9 (63.9%)
724	SAŁAPATEK Robert	1343	BIEGOWA ŚWIDNICA	LUTOMIA		M50	57	M 667	>1:35		00:02:47	2026-05-10 10:03:24	00:23:01	00:45:55	01:09:32	01:33:18	01:38:30	01:41:17	+00:35:44 (36.3%)	4:40	12.9 (63.9%)
725	KALINOWSKI Piotr	1094	TECHNIKUM EKONOMICZNE NR 8 W WARSZAWIE	WARSZAWA		M40	211	M 668	>1:35		00:02:36	2026-05-10 10:03:13	00:23:08	00:46:34	01:10:02	01:33:26	01:38:31	01:41:08	+00:35:45 (36.3%)	4:40	12.9 (63.9%)
726	SKOLMOWSKI Jakub	1021		LUBAWA		M30	268	M 669	>1:45		00:06:04	2026-05-10 10:06:41	00:23:05	00:46:30	01:10:13	01:33:41	01:38:34	01:44:38	+00:35:48 (36.3%)	4:40	12.8 (63.4%)
727	CIELAS Marcin	2666	SPPP BIELSKO-BIAŁA	KAMESZNICA		M40	212	M 670	>1:35		00:03:05	2026-05-10 10:03:42	00:23:22	00:46:31	01:09:59	01:33:20	01:38:34	01:41:40	+00:35:48 (36.3%)	4:40	12.8 (63.4%)
728	PYLE Adam	5998		SAVANNAH		M40	213	M 671	>1:35		00:02:47	2026-05-10 10:03:24	00:21:20	00:43:41	01:08:30	01:33:29	01:38:35	01:41:23	+00:35:49 (36.3%)	4:40	12.8 (63.4%)
729	DRUZIŁ Daniel	2643		KRAKÓW		M30	269	M 672	>1:35		00:02:26	2026-05-10 10:03:03	00:23:36	00:47:23	01:10:43	01:33:51	01:38:36	01:41:02	+00:35:50 (36.4%)	4:40	12.8 (63.4%)
730	DŹUGAJ Przemysław	3560	ECHO TWARDOGÓRA	DĄBROWA		M40	214	M 673	>1:35		00:02:53	2026-05-10 10:03:30	00:23:35	00:47:00	01:10:22	01:33:38	01:38:38	01:41:31	+00:35:52 (36.4%)	4:40	12.8 (63.4%)
731	RODAK Szymon	6368		LISIE KĄTY		M30	270	M 674	>1:35		00:02:53	2026-05-10 10:03:30	00:23:55	00:47:57	01:11:49	01:34:08	01:38:39	01:41:33	+00:35:53 (36.4%)	4:40	12.8 (63.4%)
732	PASIUK Mateusz	1507		GRABÓWKA		M30	271	M 675	>1:35		00:02:36	2026-05-10 10:03:13	00:22:35	00:45:39	01:08:58	01:33:20	01:38:40	01:41:16	+00:35:54 (36.4%)	4:40	12.8 (63.4%)
733	OPOLSKI Patryk	4684		WROCŁAW		M30	272	M 676	>1:35		00:02:31	2026-05-10 10:03:08	00:22:30	00:45:13	01:09:10	01:33:36	01:38:40	01:41:11	+00:35:54 (36.4%)	4:40	12.8 (63.4%)
734	SIANKO Piotr	2404		BIAŁYSTOK		M30	273	M 677	>1:35		00:06:03	2026-05-10 10:06:40	00:23:36	00:47:05	01:11:17	01:33:58	01:38:40	01:44:44	+00:35:54 (36.4%)	4:40	12.8 (63.4%)
735	MARCINIAK Paweł	4380	BALTIC RESCUE TEAM	SOCHACZEW		M20	126	M 678	>1:35		00:02:56	2026-05-10 10:03:33	00:24:15	00:48:10	01:11:47	01:34:06	01:38:41	01:41:38	+00:35:55 (36.4%)	4:40	12.8 (63.4%)
736	KIELAN Dominik	3702	NEW BALANCE RUN CLUB	WARSZAWA		M30	274	M 679	>1:35		00:02:28	2026-05-10 10:03:05	00:23:39	00:47:22	01:10:48	01:33:56	01:38:41	01:41:10	+00:35:55 (36.4%)	4:40	12.8 (63.4%)
737	BIGOŚIŃSKI Dominik	4852	BIGOS TEAM	BIAŁYSTOK		M20	127	M 680	>1:35	BIGOS TEAM	00:02:43	2026-05-10 10:03:20	00:23:53	00:47:22	01:10:55	01:33:39	01:38:42	01:41:26	+00:35:55 (36.4%)	4:40	12.8 (63.4%)
738	KĘDRA Adrian	2242		CZĘSTOCHOWA		M30	275	M 681	>1:35		00:02:50	2026-05-10 10:03:27	00:23:43	00:47:25	01:11:07	01:34:04	01:38:42	01:41:32	+00:35:56 (36.4%)	4:40	12.8 (63.4%)
739	SMOLIŃSKI Adrian	2903		GDAŃSK		M20	128	M 682	<1:35		00:02:43	2026-05-10 10:03:20	00:23:43	00:47:15	01:10:41	01:33:46	01:38:44	01:41:27	+00:35:58 (36.4%)	4:40	12.8 (63.4%)
740	KORDOWSKI Rafał	4856		GDAŃSK		M20	129	M 683	>1:35		00:02:42	2026-05-10 10:03:19	00:23:44	00:47:15	01:10:42	01:33:46	01:38:44	01:41:27	+00:35:58 (36.4%)	4:40	12.8 (63.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
741	SZWEDA Adrian	3846		WARSZAWA		M30	276	M 684	>1:45		00:06:11	2026-05-10 10:06:48	00:22:47	00:46:13	01:10:17	01:33:50	01:38:45	01:44:56	+00:35:59 (36.4%)	4:40	12.8 (63.4%)
742	SZMIT Julia	5548		GIŻYCKO		K20	18	K 57	>1:35		00:02:27	2026-05-10 10:03:04	00:23:13	00:46:18	01:09:45	01:33:24	01:38:45	01:41:12	+00:35:59 (36.4%)	4:40	12.8 (63.4%)
743	JĘDRO Łukasz	2835		POLICE		M30	277	M 685	>1:50		00:10:05	2026-05-10 10:10:42	00:21:50	00:45:29	01:09:00	01:33:36	01:38:45	01:48:51	+00:35:59 (36.5%)	4:40	12.8 (63.4%)
744	GABRYSZEWSKI Artur	3310	LIPNOWSKI KLUB BIEGACZA ARCZCIACH	LIPNO		M40	215	M 686	>1:50		00:02:52	2026-05-10 10:03:29	00:23:34	00:46:46	01:10:26	01:33:51	01:38:45	01:41:37	+00:35:59 (36.5%)	4:40	12.8 (63.4%)
745	OPOŃSKI Artur	3517	ELK TU BIEGAM	BARANY		M40	216	M 687	>1:35	ELK TU BIEGAM	00:02:44	2026-05-10 10:03:21	00:23:38	00:46:58	01:10:12	01:33:33	01:38:47	01:41:31	+00:36:01 (36.5%)	4:40	12.8 (63.4%)
746	JANECZKO Jakub	4824		SEKIERCZYN		M20	130	M 688	>1:35		00:02:45	2026-05-10 10:03:22	00:24:04	00:47:50	01:11:20	01:33:50	01:38:47	01:41:33	+00:36:01 (36.5%)	4:40	12.8 (63.4%)
747	OKSIEJCZUK Daniel	2767		BIAŁYSTOK		M20	131	M 689	>1:35		00:02:49	2026-05-10 10:03:26	00:23:39	00:47:07	01:10:31	01:33:58	01:38:47	01:41:36	+00:36:01 (36.5%)	4:40	12.8 (63.4%)
748	STYŚ-DUSZA Jolanta	267		WROCŁAW		K40	16	K 58	>1:35		00:02:25	2026-05-10 10:03:02	00:22:57	00:46:50	01:10:37	01:33:54	01:38:49	01:41:14	+00:36:03 (36.5%)	4:40	12.8 (63.4%)
749	GÓRSKA Diana	6420		BIAŁYSTOK		K30	24	K 59	>1:35		00:02:54	2026-05-10 10:03:31	00:23:27	00:46:41	01:10:07	01:33:34	01:38:50	01:41:44	+00:36:03 (36.5%)	4:41	12.8 (63.4%)
750	PATYNOWSKI Sławomir	4395	AVERBIT RUNNING TEAM	MYSIADŁO		M50	58	M 690	>1:55		00:14:00	2026-05-10 10:14:37	00:22:32	00:45:46	01:09:56	01:33:43	01:38:50	01:52:51	+00:36:04 (36.5%)	4:41	12.8 (63.4%)
751	BARTKIEWICZ Michał	1810		WARSZAWA		M40	217	M 691	>1:35		00:02:41	2026-05-10 10:03:18	00:23:51	00:47:30	01:11:16	01:34:00	01:38:51	01:41:32	+00:36:05 (36.5%)	4:41	12.8 (63.4%)
752	KACZMAREK Andrzej	1183	DRUŻYNA ML	KĘTRZYN		M50	59	M 692	>1:35		00:02:24	2026-05-10 10:03:01	00:22:32	00:45:15	01:08:56	01:33:21	01:38:51	01:41:16	+00:36:05 (36.5%)	4:41	12.8 (63.4%)
753	SZCZECIŃSKI Marcin	5717		OLSZTYN		M30	278	M 693	>1:45		00:06:15	2026-05-10 10:06:52	00:23:54	00:47:01	01:12:42	01:34:06	01:38:52	01:45:07	+00:36:06 (36.5%)	4:41	12.8 (63.4%)
754	DMOWSKI Kacper	4785		WARSZAWA		M20	132	M 694	>1:35		00:02:56	2026-05-10 10:03:33	00:24:16	00:48:09	01:11:47	01:34:07	01:38:53	01:41:49	+00:36:07 (36.5%)	4:41	12.8 (63.4%)
755	KEMPIŃSKI Jarosław	2243	RUN DDZ	DZIERŻONIÓW		M40	218	M 695	>1:50		00:02:47	2026-05-10 10:03:24	00:23:42	00:47:16	01:10:49	01:33:58	01:38:53	01:41:41	+00:36:07 (36.5%)	4:41	12.8 (63.4%)
756	SANCHEZ-BERMEJO ALVAREZ Guillermo	4008	MIS HUEVOS	SEVILLA		M20	133	M 696	>1:35		00:02:51	2026-05-10 10:03:28	00:24:19	00:48:10	01:11:35	01:34:11	01:38:53	01:41:45	+00:36:07 (36.5%)	4:41	12.8 (63.4%)
757	KOŁODZIEJSKI Kacper	2095		TORUŃ		M30	279	M 697	>1:35		00:02:46	2026-05-10 10:03:23	00:23:41	00:47:13	01:10:37	01:33:58	01:38:54	01:41:40	+00:36:08 (36.5%)	4:41	12.8 (63.4%)
758	DOMANOWSKA Dominika	3460		WARSZAWA		K20	19	K 60	>1:35		00:02:27	2026-05-10 10:03:04	00:23:16	00:46:30	01:10:21	01:33:54	01:38:54	01:41:22	+00:36:08 (36.5%)	4:41	12.8 (63.4%)
759	PIASEK Piotr	5068		OSTROŁĘKA		M60	9	M 698	>1:35		00:02:55	2026-05-10 10:03:32	00:23:30	00:46:57	01:10:30	01:33:54	01:38:55	01:41:50	+00:36:08 (36.6%)	4:41	12.8 (63.4%)
760	KARWIŃSKI Marcin	507		BIAŁYSTOK		M50	60	M 699	>1:45		00:03:02	2026-05-10 10:03:39	00:23:30	00:46:54	01:10:20	01:33:45	01:38:55	01:41:57	+00:36:09 (36.6%)	4:41	12.8 (63.4%)
761	TOMASZYCKI Łukasz	3859		SOKÓŁKA		M30	280	M 700	>1:35		00:02:59	2026-05-10 10:03:36	00:22:47	00:46:03	01:10:17	01:33:54	01:38:56	01:41:55	+00:36:09 (36.6%)	4:41	12.8 (63.4%)
762	KACZYŃSKI Daniel	4420		ZAMBRÓW		M40	219	M 701	>1:35		00:02:20	2026-05-10 10:02:57	00:23:57	00:47:39	01:11:07	01:34:09	01:38:56	01:41:16	+00:36:10 (36.6%)	4:41	12.8 (63.4%)
763	PAWLIK Tomasz	4889		RZESZÓW		M40	220	M 702	>1:45		00:02:44	2026-05-10 10:03:21	00:23:43	00:47:10	01:10:37	01:34:03	01:38:56	01:41:41	+00:36:10 (36.6%)	4:41	12.8 (63.4%)
764	ROGAŁA Marcin	3885		OLSZTYN		M30	281	M 703	>1:45		00:02:57	2026-05-10 10:03:34		00:46:22	01:09:09	01:33:56	01:38:57	01:41:55	+00:36:11 (36.6%)	4:41	12.8 (63.4%)
765	SOWA Jan	4818		ŁAŃCUT		M20	134	M 704	>1:50		00:14:16	2026-05-10 10:14:53	00:24:01	00:47:42	01:11:20	01:34:21	01:38:58	01:53:14	+00:36:12 (36.6%)	4:41	12.8 (63.4%)
766	ŁEMPICKI Paweł	324	KALINOWSKI TEAM	KLEPACZE		M30	282	M 705	<1:35	Kalinowski Team	00:00:21	2026-05-10 10:00:58	00:21:36	00:43:43	01:08:49	01:33:31	01:38:58	01:39:19	+00:36:12 (36.6%)	4:41	12.8 (63.4%)
767	ZUBOWICZ Łukasz	4412	PGE EO	BIAŁYSTOK		M30	283	M 706	<1:35		00:02:32	2026-05-10 10:03:09	00:22:56	00:46:01	01:10:02	01:33:56	01:38:59	01:41:31	+00:36:12 (36.6%)	4:41	12.8 (63.4%)
768	KUBIAK Piotr	2036	FAQRAK TEAM	LUBOŃ		M30	284	M 707	<1:35		00:02:58	2026-05-10 10:03:35	00:23:29	00:47:03	01:11:43	01:34:10	01:39:01	01:42:00	+00:36:15 (36.6%)	4:41	12.8 (63.4%)
769	WALKOWIAK Rafał	1148		WROCŁAW		M40	221	M 708	>1:35		00:02:40	2026-05-10 10:03:17	00:23:48	00:47:16	01:11:09	01:34:13	01:39:01	01:41:42	+00:36:15 (36.6%)	4:41	12.8 (63.4%)
770	PIETRASZKO Grzegorz	2459	SPPP B-B	ŻYWIEC (WOJ. ŚLĄSKIE)		M40	222	M 709	>1:45		00:03:05	2026-05-10 10:03:42	00:23:25	00:46:49	01:10:15	01:33:56	01:39:02	01:42:07	+00:36:16 (36.6%)	4:41	12.8 (63.4%)
771	ZYDLEWSKI Michał	3936	KP PSP SOCHACZEW	BROCHÓW		M40	223	M 710	>1:35		00:02:43	2026-05-10 10:03:20	00:23:45	00:47:18	01:11:06	01:34:17	01:39:03	01:41:46	+00:36:17 (36.6%)	4:41	12.8 (63.4%)
772	ADAMCZYK Maciej	2000		KRAKÓW		M30	285	M 711	>1:35		00:02:26	2026-05-10 10:03:03	00:22:30	00:45:22	01:08:58	01:33:35	01:39:03	01:41:29	+00:36:17 (36.6%)	4:41	12.8 (63.4%)
773	RUSTS Aliaksandr	4416	TEA.M RUN	BIAŁYSTOK		M30	286	M 712	>1:35		00:02:57	2026-05-10 10:03:34	00:23:31	00:47:05	01:10:49	01:33:57	01:39:03	01:42:01	+00:36:17 (36.6%)	4:41	12.8 (63.4%)
774	TOKARSKI Kamil	4135		WARSZAWA		M20	135	M 713	>1:45		00:06:05	2026-05-10 10:06:42	00:23:19	00:47:00	01:10:50	01:34:05	01:39:03	01:45:09	+00:36:17 (36.6%)	4:41	12.8 (63.4%)
775	GODLEWSKI Adam	4535		BIAŁYSTOK		M30	287	M 714	>1:35		00:02:29	2026-05-10 10:03:06	00:23:46	00:47:05	01:10:37	01:33:50	01:39:03	01:41:33	+00:36:17 (36.6%)	4:41	12.8 (63.4%)
776	BRUK Maciej	1868		BIAŁYSTOK		M30	288	M 715	>1:50		00:14:01	2026-05-10 10:14:38	00:24:09	00:47:54	01:11:27	01:34:21	01:39:04	01:53:05	+00:36:18 (36.7%)	4:41	12.8 (63.4%)
777	RATUSZNY Łukasz	2281		OLECKO		M30	289	M 716	>1:45		00:06:22	2026-05-10 10:06:59	00:23:00	00:46:10	01:09:50	01:33:29	01:39:04	01:45:26	+00:36:18 (36.7%)	4:41	12.8 (63.4%)
778	OSTASZEWSKI Ireneusz	2497	JEDNOOSOBOWE KOŁO BIEGOWE IM. FRYDERYKA CHOPINA	BIAŁYSTOK		M50	61	M 717	>1:35		00:02:59	2026-05-10 10:03:36	00:23:29	00:47:01	01:10:23	01:33:58	01:39:04	01:42:04	+00:36:18 (36.7%)	4:41	12.8 (63.4%)
779	BARTOSIAK Norbert	3534	MINISTERSTWO FINANSÓW	WARSZAWA		M30	290	M 718	>1:35		00:02:50	2026-05-10 10:03:27	00:23:34	00:47:02	01:10:28	01:33:58	01:39:05	01:41:55	+00:36:19 (36.7%)	4:41	12.8 (63.4%)
780	KACZMARCZYK Oskar	4585	FLEXLEAN RUN TEAM	WROCŁAW		M30	291	M 719	>1:35		00:02:50	2026-05-10 10:03:27	00:23:36	00:46:48	01:10:29	01:34:06	01:39:06	01:41:56	+00:36:20 (36.7%)	4:41	12.8 (63.4%)
781	TRUSIEWICZ Tomasz	5758		MIKŁASZEWO		M20	136	M 720	>1:50		00:06:00	2026-05-10 10:06:37	00:22:16	00:45:59	01:10:27	01:33:47	01:39:06	01:45:07	+00:36:20 (36.7%)	4:41	12.8 (63.4%)
782	HOLUBKA Zuzanna	2285		WARSZAWA		K20	20	K 61	>1:35		00:02:31	2026-05-10 10:03:08	00:22:26	00:45:12	01:09:25	01:33:57	01:39:06	01:41:37	+00:36:20 (36.7%)	4:41	12.8 (63.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
783	RAKOWSKI Piotr	3847		WARSAW		M30	292	M 721	>1:45		00:14:00	2026-05-10 10:14:37	00:24:10	00:47:55	01:11:28	01:34:21	01:39:06	01:53:07	+00:36:20 (36.7%)	4:41	12.8 (63.4%)
784	DYDYMSKI Krzysztof	2006		RUMIA		M50	62	M 722	>1:35		00:02:34	2026-05-10 10:03:11	00:23:02	00:46:06	01:09:49	01:33:44	01:39:07	01:41:42	+00:36:21 (36.7%)	4:41	12.8 (63.4%)
785	CZAPLEJEWICZ Marek	2811		BOGUSZE		M30	293	M 723	>1:45		00:06:33	2026-05-10 10:07:10	00:25:00	00:49:49	01:13:02	01:34:51	01:39:07	01:45:41	+00:36:21 (36.7%)	4:41	12.8 (63.4%)
786	ŚRON Przemysław	1637		POZNAŃ		M50	63	M 724	>1:35		00:02:45	2026-05-10 10:03:22	00:23:40	00:47:06	01:10:37	01:33:56	01:39:07	01:41:53	+00:36:21 (36.7%)	4:41	12.8 (63.4%)
787	SKRODZKI Michał	358	BIEGAJĄCY MISIO:)	TARNOWSKIE GÓRY		M30	294	M 725	>1:35		00:02:43	2026-05-10 10:03:20	00:22:51	00:45:27	01:08:13	01:33:25	01:39:08	01:41:51	+00:36:22 (36.7%)	4:41	12.8 (63.4%)
788	FREICHER Dominik	2258		KRAKÓW		M30	295	M 726	>1:35		00:02:27	2026-05-10 10:03:04	00:23:31	00:47:07	01:10:53	01:34:10	01:39:08	01:41:36	+00:36:22 (36.7%)	4:41	12.8 (63.4%)
789	MOSTOWSKA Monika	5197		GDAŃSK		K30	25	K 62	>1:35		00:02:49	2026-05-10 10:03:26	00:24:14	00:48:18	01:11:46	01:34:19	01:39:10	01:41:59	+00:36:24 (36.7%)	4:41	12.8 (63.4%)
790	DZIADURA Zenon	5537	WITAR TARNOBRZEG	TARNOBRZEG		M70	1	M 727	>1:35		00:03:00	2026-05-10 10:03:37	00:23:31	00:47:03	01:10:47	01:34:06	01:39:11	01:42:12	+00:36:25 (36.7%)	4:42	12.8 (63.4%)
791	KOZAK Piotr	2108		PRUSZCZ GDAŃSKI		M20	137	M 728	>1:35		00:00:22	2026-05-10 10:00:59	00:22:34	00:46:06	01:10:11	01:34:27	01:39:11	01:39:34	+00:36:25 (36.7%)	4:42	12.8 (63.4%)
792	MARKIEWICZ Patryk	1092	SUPLEMENT	BIAŁYSTOK		M20	138	M 729	>1:35		00:02:24	2026-05-10 10:03:01	00:22:42	00:45:46	01:11:36	01:34:11	01:39:13	01:41:37	+00:36:26 (36.7%)	4:42	12.8 (63.4%)
793	KOWALEWICZ Paweł	3365		BOLESŁAWOWO		M30	296	M 730	>1:35		00:02:52	2026-05-10 10:03:29	00:23:35	00:47:05	01:10:30	01:34:06	01:39:15	01:42:08	+00:36:29 (36.8%)	4:42	12.8 (63.4%)
794	BERNATOWICZ Paweł	4878		ELK		M40	224	M 731	>1:35		00:02:22	2026-05-10 10:02:59	00:23:40	00:47:26	01:11:59	01:34:29	01:39:15	01:41:38	+00:36:29 (36.8%)	4:42	12.8 (63.4%)
795	STĘPNIAK Janusz	4661		WASILKÓW		M60	10	M 732	>1:45		00:06:16	2026-05-10 10:06:53	00:24:02	00:47:36	01:11:14	01:34:23	01:39:16	01:45:33	+00:36:30 (36.8%)	4:42	12.8 (63.4%)
796	PIECZARA Dawid	106		TYCHY		M40	225	M 733	>1:45		00:06:32	2026-05-10 10:07:09	00:24:31	00:48:17	01:12:12	01:34:29	01:39:18	01:45:50	+00:36:32 (36.8%)	4:42	12.8 (63.4%)
797	GRUCA Adam	3899		ZAWODZIE		M40	226	M 734	>1:45		00:06:12	2026-05-10 10:06:49	00:23:51	00:47:40	01:11:43	01:34:38	01:39:18	01:45:31	+00:36:32 (36.8%)	4:42	12.8 (63.4%)
798	SOBOTA Artur	4746	DECOARTY.PL	WARSZAWA		M50	64	M 735	>1:35		00:02:57	2026-05-10 10:03:34	00:23:33	00:47:05	01:10:32	01:34:01	01:39:18	01:42:15	+00:36:32 (36.8%)	4:42	12.8 (63.4%)
799	ADAMKOWSKI Patryk	2421		JAROTY		M30	297	M 736	>1:45		00:02:42	2026-05-10 10:03:19	00:23:45	00:47:14	01:10:52	01:34:23	01:39:19	01:42:01	+00:36:33 (36.8%)	4:42	12.7 (62.9%)
800	ŻYGADŁO Dawid	4934	WITKOWSKI@WINIARSKI RUNNING TEAM	SZCZYTNA		M30	298	M 737	>1:35		00:02:44	2026-05-10 10:03:21	00:23:41	00:47:10	01:10:54	01:34:05	01:39:20	01:42:04	+00:36:34 (36.8%)	4:42	12.7 (62.9%)
801	JUŻWIK Robert	203	DOMINTEAM	OPOCZNO		M30	299	M 738	>1:35		00:03:05	2026-05-10 10:03:42	00:24:18	00:48:08	01:11:39	01:34:25	01:39:20	01:42:25	+00:36:34 (36.8%)	4:42	12.7 (62.9%)
802	SIELECKI Michał	1290		KOMOROWO		M40	227	M 739	>1:35		00:02:48	2026-05-10 10:03:25	00:23:43	00:47:05	01:10:38	01:34:09	01:39:21	01:42:10	+00:36:35 (36.8%)	4:42	12.7 (62.9%)
803	ANTONOWICZ Wojciech	4946		SZCZECIN		M60	11	M 740	>1:35		00:02:50	2026-05-10 10:03:27	00:23:35	00:47:03	01:10:31	01:34:09	01:39:23	01:42:14	+00:36:37 (36.9%)	4:42	12.7 (62.9%)
804	GOŚCIŁOWICZ Valery	4788		BIAŁYSTOK		M20	139	M 741	>1:35		00:00:21	2026-05-10 10:00:58	00:22:35	00:46:06	01:10:12	01:34:27	01:39:24	01:39:46	+00:36:38 (36.9%)	4:42	12.7 (62.9%)
805	TOMASZEWSKA Nadia	2861		ELK		K20	21	K 63	>1:35		00:02:22	2026-05-10 10:02:59	00:23:20	00:46:44	01:10:53	01:34:27	01:39:25	01:41:48	+00:36:39 (36.9%)	4:42	12.7 (62.9%)
806	YATSUK Egor	3268	SWORDS ATHLETICS	WARSZAWA		M30	300	M 742	<1:35		00:02:39	2026-05-10 10:03:16	00:22:58	00:45:59	01:10:04	01:34:18	01:39:25	01:42:04	+00:36:39 (36.9%)	4:42	12.7 (62.9%)
807	GULIDA Marta	3271		WARSAW		K20	22	K 64	>1:35		00:02:39	2026-05-10 10:03:16	00:22:57	00:45:59	01:10:05	01:34:18	01:39:25	01:42:04	+00:36:39 (36.9%)	4:42	12.7 (62.9%)
808	PLOCKE Szymon	4877		WARSZAWA		M30	301	M 743	>1:35		00:02:50	2026-05-10 10:03:27	00:23:39	00:47:04	01:11:04	01:34:22	01:39:28	01:42:18	+00:36:42 (36.9%)	4:42	12.7 (62.9%)
809	SZELECH Agata	4219		JADACHY		K40	17	K 65	>1:35		00:02:26	2026-05-10 10:03:03	00:23:34	00:47:17	01:10:57	01:34:19	01:39:28	01:41:54	+00:36:42 (36.9%)	4:42	12.7 (62.9%)
810	PASEK Karol	4451	PZU SPORT TEAM	WARSZAWA		M30	302	M 744	>1:35		00:03:03	2026-05-10 10:03:40	00:24:02	00:48:00	01:11:55	01:34:40	01:39:28	01:42:32	+00:36:42 (36.9%)	4:42	12.7 (62.9%)
811	KAZARIAN Ruslan	3800		WARSZAWA		M30	303	M 745	>1:45		00:18:44	2026-05-10 10:19:21	00:23:12	00:46:50	01:10:47	01:34:24	01:39:28	01:58:13	+00:36:42 (36.9%)	4:42	12.7 (62.9%)
812	HERMAN Mariusz	220		GARDYNY		M30	304	M 746	>1:35		00:02:36	2026-05-10 10:03:13	00:23:34	00:47:09	01:10:47	01:34:25	01:39:29	01:42:06	+00:36:43 (36.9%)	4:42	12.7 (62.9%)
813	MARUŃSKI Mariusz	2879		CERANÓW		M30	305	M 747	>1:35		00:02:48	2026-05-10 10:03:25	00:23:39	00:46:46	01:10:40	01:34:11	01:39:30	01:42:19	+00:36:44 (36.9%)	4:42	12.7 (62.9%)
814	WITKOWSKI Michał	3126		JÓZEFÓW		M50	65	M 748	>1:35		00:02:45	2026-05-10 10:03:22	00:23:43	00:47:09	01:11:09	01:34:31	01:39:31	01:42:17	+00:36:45 (36.9%)	4:42	12.7 (62.9%)
815	BOBROWSKI Piotr	328	TRI SEBUŚ TEAM	ŻYRARDÓW		M40	228	M 749	>1:35		00:02:55	2026-05-10 10:03:32	00:23:36	00:47:02	01:10:24	01:34:05	01:39:32	01:42:28	+00:36:46 (37.0%)	4:42	12.7 (62.9%)
816	ŚWIERSZCZ Adam	1057		PISZ		M30	306	M 750	>1:35		00:02:21	2026-05-10 10:02:58	00:23:32	00:47:10	01:10:59	01:34:24	01:39:34	01:41:56	+00:36:48 (37.0%)	4:43	12.7 (62.9%)
817	GUMKOWSKI Michał	3106		OLSZTYN		M30	307	M 751	>1:35		00:02:52	2026-05-10 10:03:29	00:24:08	00:48:00	01:11:59	01:34:30	01:39:35	01:42:28	+00:36:49 (37.0%)	4:43	12.7 (62.9%)
818	GRABOWSKI Bartłomiej	1480		KRAKÓW		M30	308	M 752	>1:35		00:03:04	2026-05-10 10:03:41	00:23:57	00:47:42	01:11:37	01:34:47	01:39:37	01:42:42	+00:36:51 (37.0%)	4:43	12.7 (62.9%)
819	SAULIAK Mikhail	5077		POZNAŃ		M40	229	M 753	>1:35		00:06:42	2026-05-10 10:07:19	00:24:42	00:48:50	01:12:44	01:35:10	01:39:39	01:46:21	+00:36:53 (37.0%)	4:43	12.7 (62.9%)
820	BUTKIEWICZ Marcin	211		BIAŁYSTOK		M20	140	M 754	>1:35		00:02:36	2026-05-10 10:03:13	00:22:39	00:45:14	01:08:32	01:34:33	01:39:41	01:42:17	+00:36:55 (37.0%)	4:43	12.7 (62.9%)
821	DRAŻYK Mateusz	142		WROCŁAW		M30	309	M 755	<1:35		00:02:46	2026-05-10 10:03:23	00:23:40	00:47:10	01:10:56	01:34:32	01:39:41	01:42:27	+00:36:55 (37.0%)	4:43	12.7 (62.9%)
822	KOCOŃ Rafał	5583	EMERYCI DRINK TEAM	WARSZAWA		M40	230	M 756	>1:35		00:06:13	2026-05-10 10:06:50	00:23:46	00:47:13	01:10:59	01:34:43	01:39:42	01:45:55	+00:36:56 (37.1%)	4:43	12.7 (62.9%)
823	SIDOROWICZ Dawid	4018		GOŁDAP		M30	310	M 757	>1:35		00:02:20	2026-05-10 10:02:57	00:22:40	00:45:53	01:10:05	01:34:37	01:39:43	01:42:04	+00:36:57 (37.1%)	4:43	12.7 (62.9%)
824	MURAWSKI Mateusz	5100		BIAŁYSTOK		M20	141	M 758	>1:45		00:03:04	2026-05-10 10:03:41	00:24:04	00:47:26	01:11:34	01:34:46	01:39:43	01:42:48	+00:36:57 (37.1%)	4:43	12.7 (62.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
825	CWANEK Aleksandra	1980	STREFA ZMIAN	BIALYSTOK		K20	23	K 66	>1:35	Strefa Zmian	00:02:38	2026-05-10 10:03:15	00:23:01	00:46:38	01:10:39	01:34:27	01:39:43	01:42:22	+00:36:57 (37.1%)	4:43	12.7 (62.9%)
826	FILIPIAK Marcin	1605		WARSZAWA		M40	231	M 759	>1:35		00:02:41	2026-05-10 10:03:18	00:23:51	00:47:30	01:11:16	01:34:34	01:39:43	01:42:25	+00:36:57 (37.1%)	4:43	12.7 (62.9%)
827	GEŚIARZ Szymon	2344		PŁOCK		M40	232	M 760	>1:35		00:02:46	2026-05-10 10:03:23	00:23:36	00:47:06	01:10:32	01:34:21	01:39:43	01:42:30	+00:36:57 (37.1%)	4:43	12.7 (62.9%)
828	MADEJSKI Darek	1918	BIEGAM BO NIE LUBIĘ	SEJNY		M40	233	M 761	>1:50		00:10:03	2026-05-10 10:10:40	00:23:22	00:46:48	01:10:27	01:34:06	01:39:43	01:49:47	+00:36:57 (37.1%)	4:43	12.7 (62.9%)
829	KOSIŃSKI Jakub	3280		BIALYSTOK		M20	142	M 762	>1:35		00:02:36	2026-05-10 10:03:13	00:23:43	00:46:53	01:10:38	01:34:32	01:39:43	01:42:20	+00:36:57 (37.1%)	4:43	12.7 (62.9%)
830	ŚWIDERGOŁ Piotr	453		KATOWICE		M30	311	M 763	<1:35		00:00:24	2026-05-10 10:01:01	00:22:26	00:45:46	01:10:16	01:34:33	01:39:44	01:40:09	+00:36:58 (37.1%)	4:43	12.7 (62.9%)
831	OSZYWA Damian	2914		KIELCE		M40	234	M 764	>1:35		00:02:50	2026-05-10 10:03:27	00:23:35	00:47:08	01:10:56	01:34:39	01:39:45	01:42:36	+00:36:59 (37.1%)	4:43	12.7 (62.9%)
832	SZCZECINA Kamil	2452		BIALYSTOK		M30	312	M 765	>1:45		00:06:06	2026-05-10 10:06:43	00:22:36	00:46:14	01:10:29	01:34:32	01:39:47	01:45:54	+00:37:01 (37.1%)	4:43	12.7 (62.9%)
833	KARPIŃSKI Jarosław	535		RADOM		M40	235	M 766	>1:35		00:06:00	2026-05-10 10:06:37	00:24:24	00:48:32	01:12:39	01:35:00	01:39:47	01:45:48	+00:37:01 (37.1%)	4:43	12.7 (62.9%)
834	ORZESZEK Bartosz	2818	KS TĘCZA	TORUŃ		M30	313	M 767	>1:35		00:03:04	2026-05-10 10:03:41	00:24:19	00:48:35	01:12:26	01:35:08	01:39:48	01:42:52	+00:37:02 (37.1%)	4:43	12.7 (62.9%)
835	GRYGORUK Marek	3468	BIALYSTOK BIEGA TEAM	BIELSK PODLASKI		M50	66	M 768	>1:35		00:02:53	2026-05-10 10:03:30	00:23:12	00:46:38	01:10:46	01:34:32	01:39:49	01:42:43	+00:37:03 (37.1%)	4:43	12.7 (62.9%)
836	CZAPLIŃSKI Michał	614		OSTRÓŁĘKA		M40	236	M 769	>1:35		00:02:54	2026-05-10 10:03:31	00:23:30	00:47:04	01:11:02	01:34:45	01:39:51	01:42:45	+00:37:05 (37.2%)	4:43	12.7 (62.9%)
837	SZCZEPURA Michał	4654	BIEGAJĄCY DIETETYK TEAM	BIALYSTOK		M40	237	M 770	>1:35		00:02:34	2026-05-10 10:03:11	00:23:01	00:45:55	01:09:26	01:34:05	01:39:52	01:42:26	+00:37:06 (37.2%)	4:43	12.7 (62.9%)
838	JAROSZEWSKI Rafał	3184	ECHO TWARDOGÓRA	TWARDOGÓRA		M50	67	M 771	>1:35	MLKS ECHO TWARDOGÓRA	00:02:59	2026-05-10 10:03:36	00:23:40	00:47:13	01:11:10	01:34:56	01:39:52	01:42:52	+00:37:06 (37.2%)	4:43	12.7 (62.9%)
839	GRĄDZIK Piotr	2453		RADOM		M40	238	M 772	>1:45		00:06:43	2026-05-10 10:07:20	00:23:43	00:47:04	01:11:17	01:34:53	01:39:53	01:46:36	+00:37:07 (37.2%)	4:43	12.7 (62.9%)
840	GNIŁA Maciej	3320	BIEGAM NA TARCHOMINIE	WARSZAWA		M40	239	M 773	>1:50	BIEGAM NA TARCHOMINIE	00:06:19	2026-05-10 10:06:56	00:24:19	00:48:23	01:12:15	01:35:09	01:39:53	01:46:12	+00:37:07 (37.2%)	4:43	12.7 (62.9%)
841	OSAK Marek	4399		WARSZAWA		M50	68	M 774	>1:50		00:06:10	2026-05-10 10:06:47	00:23:40	00:47:18	01:11:09	01:34:46	01:39:54	01:46:04	+00:37:08 (37.2%)	4:44	12.7 (62.9%)
842	WISZOWATY Mateusz	6408		BIALYSTOK		M20	143	M 775	>1:35		00:18:39	2026-05-10 10:19:16	00:23:33	00:47:39	01:11:40	01:35:08	01:39:55	01:58:35	+00:37:09 (37.2%)	4:44	12.7 (62.9%)
843	SZCZERBIŃSKA Anna	4955		LUBLIN		K30	26	K 67	>1:45		00:06:16	2026-05-10 10:06:53	00:24:42	00:49:09	01:12:51	01:35:12	01:39:56	01:46:13	+00:37:10 (37.2%)	4:44	12.7 (62.9%)
844	PRZYCHODKO Michał	2270		HENRYKOWO		M30	314	M 776	>1:55		00:02:42	2026-05-10 10:03:19	00:23:41	00:47:15	01:11:06	01:34:46	01:39:57	01:42:39	+00:37:11 (37.2%)	4:44	12.7 (62.9%)
845	MOKRZEWSKI Wojciech	2821		WYSOKIE MAZOWIECKIE		M60	12	M 777	>1:35		00:06:40	2026-05-10 10:07:17	00:23:47	00:47:20	01:11:08	01:34:50	01:39:57	01:46:37	+00:37:11 (37.2%)	4:44	12.7 (62.9%)
846	GAJEWSKA-NADARZYŃSKA Aleksandra	3878		MŁAWA		K40	18	K 68	>1:45		00:02:46	2026-05-10 10:03:23	00:23:40	00:47:13	01:11:00	01:34:56	01:39:58	01:42:44	+00:37:12 (37.2%)	4:44	12.7 (62.9%)
847	CYWONIUK Kamil	3573		BIALYSTOK		M20	144	M 778	>1:55		00:06:29	2026-05-10 10:07:06	00:24:19	00:48:30	01:12:30	01:35:16	01:40:00	01:46:29	+00:37:14 (37.2%)	4:44	12.7 (62.9%)
848	KĘDZIOREK Tomasz	585	KAN-THERM RACING TEAM	BIALYSTOK		M30	315	M 779	>1:35	KAN-therm Racing Team	00:03:05	2026-05-10 10:03:42	00:24:05	00:47:53	01:11:33	01:34:59	01:40:02	01:43:08	+00:37:16 (37.3%)	4:44	12.7 (62.9%)
849	LACHOWICZ Łukasz	3790		SIEMIATYCZE		M30	316	M 780	>1:35		00:02:58	2026-05-10 10:03:35	00:24:26	00:48:29	01:12:49	01:35:22	01:40:03	01:43:01	+00:37:17 (37.3%)	4:44	12.7 (62.9%)
850	ŁACHACZ Karol	4287	WIOSKA BIEGACZY	SUWAŁKI		M30	317	M 781	>1:35		00:02:43	2026-05-10 10:03:20	00:23:40	00:47:09	01:10:36	01:34:49	01:40:03	01:42:47	+00:37:17 (37.3%)	4:44	12.7 (62.9%)
851	JAKUBOWSKI Szymon	4312		GOSTYŃ		M20	145	M 782	>1:35		00:02:46	2026-05-10 10:03:23	00:23:41	00:47:11	01:10:36	01:34:46	01:40:04	01:42:50	+00:37:18 (37.3%)	4:44	12.7 (62.9%)
852	KUCZKO Agnieszka	2945	KS PODLASIE BIALYSTOK	BIALYSTOK		K50	2	K 69	>1:35		00:02:27	2026-05-10 10:03:04	00:23:54	00:47:34	01:11:39	01:35:07	01:40:04	01:42:32	+00:37:18 (37.3%)	4:44	12.7 (62.9%)
853	ŚŁOTWIŃSKI Adam	4303	ELK TU BIEGAM	ELK		M40	240	M 783	>1:35	ELK TU BIEGAM	00:02:43	2026-05-10 10:03:20	00:23:43	00:47:09	01:10:36	01:34:47	01:40:04	01:42:47	+00:37:18 (37.3%)	4:44	12.7 (62.9%)
854	STEFANIAK Jakub	1341		BIALYSTOK		M20	146	M 784	>1:45		00:06:04	2026-05-10 10:06:41	00:24:19	00:48:29	01:12:31	01:35:30	01:40:04	01:46:09	+00:37:18 (37.3%)	4:44	12.7 (62.9%)
855	RUTKOWSKA Martyna	5048		BIALYSTOK		K20	24	K 70	>1:55		00:18:14	2026-05-10 10:18:51	00:23:38	00:47:26	01:11:48	01:35:27	01:40:04	01:58:19	+00:37:18 (37.3%)	4:44	12.7 (62.9%)
856	WSZEBOROWSKA Madzia	3499	ELK TU BIEGAM	ELK		K30	27	K 71	>1:35	ELK TU BIEGAM	00:02:44	2026-05-10 10:03:21	00:23:27	00:47:04	01:10:46	01:34:58	01:40:05	01:42:49	+00:37:18 (37.3%)	4:44	12.7 (62.9%)
857	STOŃ Jarosław	5965		WARSZAWA		M30	318	M 785	>1:35		00:18:36	2026-05-10 10:19:13	00:23:09	00:46:36	01:11:09	01:35:02	01:40:05	01:58:41	+00:37:18 (37.3%)	4:44	12.7 (62.9%)
858	SOCHOŃ Katarzyna	3362		DOBRYNIEWO DUŻE		K40	19	K 72	>1:35		00:02:38	2026-05-10 10:03:15	00:23:48	00:47:17	01:11:15	01:35:04	01:40:05	01:42:43	+00:37:19 (37.3%)	4:44	12.7 (62.9%)
859	CZECHOWSKI Tomasz	4237	DEMED STOMATOLOGIA	ŁÓMŻA		M40	241	M 786	>1:35		00:03:17	2026-05-10 10:03:54	00:22:42	00:45:42	01:09:59	01:34:45	01:40:05	01:43:22	+00:37:19 (37.3%)	4:44	12.7 (62.9%)
860	KOWALCZYK-GROCHŁA Agata	4126	KB MCKIS JAWORZNO / NIGHT RUNNERS JAAORZNO	JAWORZNO		K40	20	K 73	>1:45		00:06:35	2026-05-10 10:07:12	00:23:22	00:47:00	01:10:59	01:34:59	01:40:06	01:46:41	+00:37:20 (37.3%)	4:44	12.6 (62.4%)
861	SZTOLBERG Paweł	4453		BIALYSTOK		M30	319	M 787	>1:45	Pain is Temporary	00:06:28	2026-05-10 10:07:05	00:24:52	00:48:52	01:12:39	01:35:14	01:40:06	01:46:34	+00:37:20 (37.3%)	4:44	12.6 (62.4%)
862	KONDRATOWICZ Paweł	4638		BIALYSTOK		M30	320	M 788	>1:35		00:02:44	2026-05-10 10:03:21	00:23:33	00:47:05	01:11:28	01:35:16	01:40:06	01:42:51	+00:37:20 (37.3%)	4:44	12.6 (62.4%)
863	PIETRUSKA Aleksandra	5549	NADAKTYWNI	BIALYSTOK		K20	25	K 74	>1:35	Nadaktywni	00:02:49	2026-05-10 10:03:26	00:23:38	00:47:07	01:11:16	01:35:20	01:40:07	01:42:57	+00:37:21 (37.3%)	4:44	12.6 (62.4%)
864	OKRASINSKI Dariusz	2964		KNYSZYN		M40	242	M 789	>2:00		00:19:12	2026-05-10 10:19:49	00:23:55	00:47:42	01:12:30	01:35:26	01:40:07	01:59:20	+00:37:21 (37.3%)	4:44	12.6 (62.4%)
865	SOSNA Kazimierz	243		BIERUŃ		M60	13	M 790	>1:45		00:06:08	2026-05-10 10:06:45	00:23:32	00:47:34	01:11:19	01:34:53	01:40:07	01:46:15	+00:37:21 (37.3%)	4:44	12.6 (62.4%)
866	BASZEŃ Tomasz	5546	VIKING RUNNING TEAM	BIALYSTOK		M20	147	M 791	>1:35		00:02:54	2026-05-10 10:03:31	00:24:30	00:48:38	01:12:26	01:35:20	01:40:13	01:43:07	+00:37:27 (37.4%)	4:44	12.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
867	HANCHAR Ihar	4286	ROSTI RUNNING TEAM	BIAŁYSTOK		M30	321	M 792	>1:45	Rosti Running Team	00:06:11	2026-05-10 10:06:48	00:24:13	00:48:33	01:12:37	01:35:29	01:40:15	01:46:27	+00:37:29 (37.4%)	4:45	12.6 (62.4%)
868	SARNACKA Zuzanna	6394		WYSZKÓW		K20	26	K 75	>1:35		00:02:21	2026-05-10 10:02:58	00:23:23	00:47:02	01:11:07	01:35:02	01:40:17	01:42:39	+00:37:31 (37.4%)	4:45	12.6 (62.4%)
869	PAROL Izabela	1266	BWRUNNERS	WARSZAWA		K30	28	K 76	>1:35		00:02:28	2026-05-10 10:03:05	00:22:39	00:45:53	01:10:55	01:35:10	01:40:20	01:42:48	+00:37:34 (37.4%)	4:45	12.6 (62.4%)
870	OSTROWSKI Marek	171	COLGATE RUNNING TEAM	ŚWIDNICA		M30	322	M 793	<1:35		00:02:51	2026-05-10 10:03:28		00:47:19			01:40:21	01:43:12	+00:37:35 (37.5%)	4:45	12.6 (62.4%)
871	SYPEK Igor	4268		WROCŁAW		M30	323	M 794	>1:35		00:03:02	2026-05-10 10:03:39	00:24:26	00:48:52	01:12:39	01:35:25	01:40:22	01:43:24	+00:37:36 (37.5%)	4:45	12.6 (62.4%)
872	SZYMANOWSKI Robert	1338		SULEJÓWEK		M40	243	M 795	>1:45		00:06:20	2026-05-10 10:06:57	00:23:50	00:47:38	01:11:33	01:35:23	01:40:23	01:46:43	+00:37:37 (37.5%)	4:45	12.6 (62.4%)
873	CHROMIK Mateusz	2564	ESKADRA SMALCÓW ALFA	MIEDZYRZECZE DOLNE		M30	324	M 796	>1:35	Eskadra Samców Alfa	00:06:10	2026-05-10 10:06:47	00:24:32	00:49:08	01:13:28	01:35:49	01:40:23	01:46:34	+00:37:37 (37.5%)	4:45	12.6 (62.4%)
874	KWIECIŃSKI Albert	1942		WARSZAWA		M20	148	M 797	>1:50		00:02:56	2026-05-10 10:03:33	00:24:05	00:48:07	01:12:04	01:35:25	01:40:24	01:43:20	+00:37:38 (37.5%)	4:45	12.6 (62.4%)
875	HORWAT Mikołaj	2096	ESKADRA SMALCÓW ALFA	PAWŁOWICE		M30	325	M 798	>1:35	Eskadra Smalców Alfa	00:06:10	2026-05-10 10:06:47	00:24:32	00:49:10	01:13:27	01:35:48	01:40:24	01:46:34	+00:37:38 (37.5%)	4:45	12.6 (62.4%)
876	STRYJEK Janusz	5177	PILOT TEAM	WARSZAWA		M30	326	M 799	>1:35		00:02:37	2026-05-10 10:03:14	00:23:12	00:46:37	01:11:26	01:35:07	01:40:24	01:43:02	+00:37:38 (37.5%)	4:45	12.6 (62.4%)
877	ROMANIUK Dariusz	629		BIAŁYSTOK		M20	149	M 800	>1:55		00:14:06	2026-05-10 10:14:43	00:24:30	00:48:12	01:12:24	01:35:23	01:40:24	01:54:31	+00:37:38 (37.5%)	4:45	12.6 (62.4%)
878	MORAWSKI Wojciech	2596	ASICS	WARSZAWA		M30	327	M 801	>1:35		00:02:50	2026-05-10 10:03:27	00:23:37	00:47:11	01:10:59	01:35:10	01:40:25	01:43:15	+00:37:38 (37.5%)	4:45	12.6 (62.4%)
879	SZYŁAK Kacper	4180		RACZKI		M20	150	M 802	>1:50		00:10:30	2026-05-10 10:11:07	00:25:10	00:49:30	01:13:39	01:35:58	01:40:25	01:50:55	+00:37:39 (37.5%)	4:45	12.6 (62.4%)
880	WILIŃSKI Piotr	2190		ŁOMIANKI		M40	244	M 803	>1:35		00:02:57	2026-05-10 10:03:34	00:24:17	00:48:11	01:11:59	01:35:09	01:40:25	01:43:22	+00:37:39 (37.5%)	4:45	12.6 (62.4%)
881	BANAŚ Mateusz	2126		WROCŁAW		M40	245	M 804	>1:45		00:06:33	2026-05-10 10:07:10	00:23:54	00:47:45	01:11:41	01:35:12	01:40:25	01:46:59	+00:37:39 (37.5%)	4:45	12.6 (62.4%)
882	SOMPOLIŃSKA Małgorzata	1517		WROCŁAW		K20	27	K 77	>1:45		00:06:02	2026-05-10 10:06:39	00:23:55	00:48:25	01:12:52	01:35:52	01:40:26	01:46:29	+00:37:40 (37.5%)	4:45	12.6 (62.4%)
883	PUCHAŁA Michał	2297		KRAKÓW		M20	151	M 805	>1:45		00:06:06	2026-05-10 10:06:43	00:23:06	00:46:28	01:10:47	01:35:20	01:40:26	01:46:32	+00:37:40 (37.5%)	4:45	12.6 (62.4%)
884	GORZELAŃCZYK Łukasz	3088	ALCHEMIA BIEGANIA	DĄBROWA GÓRNICZA		M30	328	M 806	>1:35		00:02:51	2026-05-10 10:03:28	00:23:39	00:47:10	01:11:15	01:35:31	01:40:27	01:43:19	+00:37:41 (37.5%)	4:45	12.6 (62.4%)
885	GOŁOS Piotr	2257		SOPOT		M50	69	M 807	<1:35		00:00:19	2026-05-10 10:00:56	00:23:54	00:48:41	01:12:59	01:35:33	01:40:27	01:40:46	+00:37:41 (37.5%)	4:45	12.6 (62.4%)
886	SIWIAK Jakub	4065	#UMCS	TRAWNIKI		M20	152	M 808	>1:45		00:06:13	2026-05-10 10:06:50	00:22:48	00:46:29	01:10:38	01:35:07	01:40:29	01:46:42	+00:37:43 (37.5%)	4:45	12.6 (62.4%)
887	DRUŻYŃSKI Tomasz	4989		BIAŁYSTOK		M30	329	M 809	>1:45		00:06:38	2026-05-10 10:07:15	00:24:47	00:49:10	01:13:18	01:35:40	01:40:29	01:47:07	+00:37:43 (37.5%)	4:45	12.6 (62.4%)
888	SAWOŃ Piotr	2980		BIAŁYSTOK		M40	246	M 810	>1:45		00:06:38	2026-05-10 10:07:15	00:24:03	00:48:13	01:12:18	01:35:32	01:40:29	01:47:07	+00:37:43 (37.5%)	4:45	12.6 (62.4%)
889	KARCZMARCZYK Jakub	2317	RUN CREW OSTROŁĘKA	OSTROŁĘKA		M40	247	M 811	>1:45		00:02:56	2026-05-10 10:03:33	00:24:04	00:48:13	01:12:41	01:35:35	01:40:30	01:43:27	+00:37:44 (37.6%)	4:45	12.6 (62.4%)
890	MODZELEWSKI Wiesław	3484	STARGLASSTEM OSTROŁĘKA	OSTROŁĘKA		M60	14	M 812	>1:35		00:02:56	2026-05-10 10:03:33	00:24:04	00:48:12	01:12:41	01:35:35	01:40:30	01:43:27	+00:37:44 (37.6%)	4:45	12.6 (62.4%)
891	YARMOSCH Sascha	4275		WARSZAWA		M30	330	M 813	>1:35		00:10:41	2026-05-10 10:11:18	00:22:48	00:46:41	01:11:17	01:35:14	01:40:31	01:51:12	+00:37:45 (37.6%)	4:45	12.6 (62.4%)
892	MIERZYŃSKI Michał	3579		BIAŁYSTOK		M30	331	M 814	>1:35		00:02:45	2026-05-10 10:03:22	00:23:40	00:47:15	01:11:20	01:35:18	01:40:31	01:43:17	+00:37:45 (37.6%)	4:45	12.6 (62.4%)
893	KOCÓJ Marcelina	4865		TRZEBINIA		K30	29	K 78	>1:45		00:02:47	2026-05-10 10:03:24	00:23:19	00:46:51	01:11:26	01:35:28	01:40:32	01:43:19	+00:37:46 (37.6%)	4:45	12.6 (62.4%)
894	GÓRNIAK Krzysztof	2171	KRIS BERGER TEAM	WROCŁAW		M30	332	M 815	>1:45		00:06:17	2026-05-10 10:06:54	00:24:34	00:48:30	01:12:26	01:35:38	01:40:33	01:46:51	+00:37:47 (37.6%)	4:45	12.6 (62.4%)
895	KAMIEŃSKI Jarek	1635	BIAŁE ŻUBRY NAREWKA	NAREWKA		M40	248	M 816	>1:35		00:06:11	2026-05-10 10:06:48	00:24:21	00:48:20	01:12:20	01:35:33	01:40:33	01:46:45	+00:37:47 (37.6%)	4:45	12.6 (62.4%)
896	POGODZIŃSKI Karol	582	BAZINGA RUN	WARSZAWA		M30	333	M 817	>1:35		00:03:03	2026-05-10 10:03:40	00:23:39	00:47:53	01:12:14	01:35:45	01:40:34	01:43:38	+00:37:48 (37.6%)	4:45	12.6 (62.4%)
897	SZACIŁO Marcin	4971		BIAŁYSTOK		M40	249	M 818	>1:35		00:06:02	2026-05-10 10:06:39	00:24:24	00:48:49	01:13:02	01:35:53	01:40:34	01:46:37	+00:37:48 (37.6%)	4:45	12.6 (62.4%)
898	SZACIŁO Piotr	4452	JSPS POLSKA	BIAŁYSTOK		M40	250	M 819	>1:50		00:06:02	2026-05-10 10:06:39	00:24:25	00:48:50	01:13:02	01:35:53	01:40:35	01:46:37	+00:37:49 (37.6%)	4:45	12.6 (62.4%)
899	JANIK Patryk	5765		KRAKÓW		M30	334	M 820	>1:45		00:36:02	2026-05-10 10:36:39	00:15:42	00:42:49	01:09:45	01:35:21	01:40:35	02:16:37	+00:37:49 (37.6%)	4:45	12.6 (62.4%)
900	HEJDUK Krzysztof	5127		WARSZAWA		M40	251	M 821	>1:50		00:06:27	2026-05-10 10:07:04	00:24:23	00:48:18	01:12:18	01:35:45	01:40:35	01:47:03	+00:37:49 (37.6%)	4:45	12.6 (62.4%)
901	TALECKI Tomasz	3949	1 PBOT	BIAŁYSTOK		M40	252	M 822	>2:00		00:13:59	2026-05-10 10:14:36	00:24:08	00:47:33	01:11:33	01:35:32	01:40:38	01:54:38	+00:37:52 (37.6%)	4:46	12.6 (62.4%)
902	DEREJCZYK Marcin	3506		WARSZAWA		M20	153	M 823	>1:35		00:02:43	2026-05-10 10:03:20	00:23:51	00:47:45	01:12:08	01:35:49	01:40:39	01:43:22	+00:37:53 (37.6%)	4:46	12.6 (62.4%)
903	GRZECH Wiktoria	1717		BIAŁYSTOK		K20	28	K 79	>1:35		00:02:46	2026-05-10 10:03:23	00:23:40	00:47:13	01:11:23	01:35:27	01:40:39	01:43:25	+00:37:53 (37.6%)	4:46	12.6 (62.4%)
904	GURGIELEWICZ Mieczysław	5979	1 PODLASKA BRYGADA OBRONY TERYTORIALNEJ	BIAŁYSTOK		M50	70	M 824	>1:45	1.PBOT	00:10:10	2026-05-10 10:10:47	00:24:22	00:48:14	01:12:16	01:35:34	01:40:40	01:50:51	+00:37:54 (37.7%)	4:46	12.6 (62.4%)
905	LASKOWSKI Bartosz	4939		BIAŁYSTOK		M30	335	M 825	>2:00		00:20:06	2026-05-10 10:20:43	00:24:42	00:48:10	01:12:26	01:35:52	01:40:40	02:00:47	+00:37:54 (37.7%)	4:46	12.6 (62.4%)
906	MYŚLIWIEC Paweł	5986		ŻÓŁTKI		M30	336	M 826	>1:55		00:06:39	2026-05-10 10:07:16	00:23:52	00:47:44	01:12:08	01:35:34	01:40:41	01:47:20	+00:37:55 (37.7%)	4:46	12.6 (62.4%)
907	BAJER Grzegorz	1373	BIEGAM BO LUBIEŹ	SOSNOWIEC		M50	71	M 827	<1:35		00:00:19	2026-05-10 10:00:56	00:23:16	00:47:13	01:11:28	01:35:25	01:40:41	01:41:00	+00:37:55 (37.7%)	4:46	12.6 (62.4%)
908	HRYNIEWSKI Rafał	542		BIAŁYSTOK		M30	337	M 828	>1:35		00:03:03	2026-05-10 10:03:40	00:23:09	00:46:42	01:11:40	01:35:42	01:40:42	01:43:45	+00:37:56 (37.7%)	4:46	12.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
909	WIŚNIEWSKI Janusz	1967	BIEGAJĄCE ZĄBKI	ZĄBKI		M40	253	M 829	>1:45		00:06:09	2026-05-10 10:06:46	00:24:15	00:47:45	01:11:44	01:35:34	01:40:42	01:46:52	+00:37:56 (37.7%)	4:46	12.6 (62.4%)
910	PIEKARSKI Andrzej	5991		WARSZAWA		M40	254	M 830	>1:55		00:13:59	2026-05-10 10:14:36	00:23:28	00:47:15	01:11:45	01:35:34	01:40:43	01:54:42	+00:37:57 (37.7%)	4:46	12.6 (62.4%)
911	PERNAS GÓMEZ Nicolás	5557		BIALYSTOK		M20	154	M 831	>1:35		00:02:52	2026-05-10 10:03:29	00:24:40	00:48:38	01:12:14	01:35:41	01:40:44	01:43:36	+00:37:58 (37.7%)	4:46	12.6 (62.4%)
912	BUDZKO Vital	1184	TEA.M RUN	HRODNA		M50	72	M 832	>1:35	TEA.M RUN	00:02:57	2026-05-10 10:03:34	00:23:31	00:47:03	01:11:12	01:35:18	01:40:45	01:43:43	+00:37:59 (37.7%)	4:46	12.6 (62.4%)
913	MAKOS Wiktor	4171		WARSZAWA		M20	155	M 833	>1:35		00:02:35	2026-05-10 10:03:12	00:23:00	00:45:52	01:10:48	01:35:39	01:40:46	01:43:21	+00:38:00 (37.7%)	4:46	12.6 (62.4%)
914	POKAROWSKI Maciej	2906		LUBLIN		M30	338	M 834	>1:35		00:02:47	2026-05-10 10:03:24	00:24:14	00:48:24	01:12:31	01:36:01	01:40:47	01:43:34	+00:38:01 (37.7%)	4:46	12.6 (62.4%)
915	DĄBROWSKI Kacper	1165		KOBYŁKA		M20	156	M 835	>1:45		00:06:10	2026-05-10 10:06:47	00:23:30	00:47:37	01:12:02	01:35:47	01:40:48	01:46:58	+00:38:02 (37.7%)	4:46	12.6 (62.4%)
916	BOGDANSKI Ludwik	4025	-	WARSZAWA		M40	255	M 836	>1:45		00:06:43	2026-05-10 10:07:20	00:22:57	00:46:09	01:10:23	01:35:12	01:40:48	01:47:31	+00:38:02 (37.7%)	4:46	12.6 (62.4%)
917	SOKOŁOWSKI Julian	1903		IGNATKI-OSIEDLE		M20	157	M 837	>2:00		00:14:07	2026-05-10 10:14:44	00:24:52	00:49:32	01:13:33	01:36:04	01:40:48	01:54:56	+00:38:02 (37.7%)	4:46	12.6 (62.4%)
918	ŁAJEWSKI Piotr	2401		SUWAŁKI		M20	158	M 838	>1:45		00:06:24	2026-05-10 10:07:01	00:24:09	00:48:19	01:12:43	01:35:58	01:40:49	01:47:13	+00:38:03 (37.7%)	4:46	12.6 (62.4%)
919	TRUSZKOWSKI Kamil	2635		BIALYSTOK		M30	339	M 839	>1:35		00:06:14	2026-05-10 10:06:51	00:25:02	00:49:14	01:13:29	01:36:13	01:40:49	01:47:03	+00:38:03 (37.8%)	4:46	12.6 (62.4%)
920	MYSZKIEWICZ Agnieszka	4867	BIEGANIE POD SOKOLIM OKIEM	WARSZAWA		K40	21	K 80	>1:35		00:02:43	2026-05-10 10:03:20	00:23:48	00:47:30	01:11:54	01:35:37	01:40:50	01:43:33	+00:38:04 (37.8%)	4:46	12.6 (62.4%)
921	KAFKA Paweł	2502	ESKADRA LUBOŃ/LUBOŃSKI KLUB BIEGACZA	LUBOŃ		M30	340	M 840	>1:45		00:06:02	2026-05-10 10:06:39	00:23:39	00:47:22	01:11:53	01:35:48	01:40:51	01:46:53	+00:38:05 (37.8%)	4:46	12.6 (62.4%)
922	DROJEWSKI Adam	135		BIALYSTOK		M50	73	M 841	>1:35		00:02:58	2026-05-10 10:03:35	00:24:18	00:48:33	01:12:52	01:36:08	01:40:51	01:43:50	+00:38:05 (37.8%)	4:46	12.6 (62.4%)
923	SIUCHNIŃSKI Patryk	3787		WARSZAWA		M20	159	M 842	>1:35		00:03:02	2026-05-10 10:03:39	00:23:48	00:47:39	01:11:44	01:35:51	01:40:51	01:43:54	+00:38:05 (37.8%)	4:46	12.6 (62.4%)
924	GAWEŁKO Paweł	4652		BIALYSTOK		M40	256	M 843	>1:45		00:10:01	2026-05-10 10:10:38	00:25:17	00:49:22	01:13:27	01:36:07	01:40:52	01:50:54	+00:38:06 (37.8%)	4:46	12.6 (62.4%)
925	WŁODKOWSKI Robert	5578	PKO BANK POLSKI	WARSZAWA		M40	257	M 844	>1:35	PKO BP	00:02:58	2026-05-10 10:03:35	00:24:10	00:47:54	01:12:02	01:35:43	01:40:53	01:43:51	+00:38:07 (37.8%)	4:46	12.6 (62.4%)
926	GÓRECKA Aleksandra	2113		GDAŃSK		K20	29	K 81	>1:50		00:10:06	2026-05-10 10:10:43	00:23:43	00:47:25	01:12:00	01:36:03	01:40:56	01:51:02	+00:38:10 (37.8%)	4:46	12.5 (61.9%)
927	POPŁAWSKI Michael	4938	ACCENTURE RUN CLUB	WARSZAWA		M30	341	M 845	>1:45		00:09:58	2026-05-10 10:10:35	00:24:59	00:49:14	01:13:32	01:36:33	01:40:57	01:50:56	+00:38:11 (37.8%)	4:47	12.5 (61.9%)
928	FIRYSIUK Tomasz	5076		ŁUKÓW		M50	74	M 846	>1:45		00:06:19	2026-05-10 10:06:56	00:24:22	00:48:25	01:12:45	01:35:56	01:40:59	01:47:19	+00:38:13 (37.9%)	4:47	12.5 (61.9%)
929	MINIUK Magdalena	571	TEAM KOPEĆ	BIALYSTOK		K30	30	K 82	<1:35		00:06:03	2026-05-10 10:06:40	00:23:50	00:47:45	01:12:07	01:35:49	01:40:59	01:47:02	+00:38:13 (37.9%)	4:47	12.5 (61.9%)
930	MINIUK Paweł	588	POBIEGAMY	BIALYSTOK		M30	342	M 847	<1:35		00:06:03	2026-05-10 10:06:40	00:23:51	00:47:45	01:12:07	01:35:49	01:40:59	01:47:03	+00:38:13 (37.9%)	4:47	12.5 (61.9%)
931	MIKOŁAJCZYK Paweł	2384	KLUB BIEGACZA KĄTY WROCŁAWSKIE	SADKÓW		M40	258	M 848	>1:45		00:06:06	2026-05-10 10:06:43	00:24:20	00:49:03	01:13:04	01:36:07	01:40:59	01:47:06	+00:38:13 (37.9%)	4:47	12.5 (61.9%)
932	GRABOWSKI Adam	1823		SUCHOWOLA		M20	160	M 849	>1:45		00:02:44	2026-05-10 10:03:21	00:23:41	00:47:12	01:10:56	01:35:07	01:41:00	01:43:45	+00:38:14 (37.9%)	4:47	12.5 (61.9%)
933	WALCZAK Dawid	1473		KONIN		M30	343	M 850	>1:35		00:06:19	2026-05-10 10:06:56	00:24:26	00:48:52	01:12:47	01:36:01	01:41:01	01:47:20	+00:38:15 (37.9%)	4:47	12.5 (61.9%)
934	JUSZKIEWICZ Karina	250		BIALYSTOK		K30	31	K 83	>1:45		00:06:27	2026-05-10 10:07:04	00:24:14	00:48:35	01:12:38	01:36:06	01:41:02	01:47:30	+00:38:16 (37.9%)	4:47	12.5 (61.9%)
935	ŁAJZA Filip	2966		KATOWICE		M30	344	M 851	>1:45		00:06:29	2026-05-10 10:07:06	00:24:14	00:48:05	01:12:08	01:35:45	01:41:03	01:47:32	+00:38:17 (37.9%)	4:47	12.5 (61.9%)
936	PRASNOWSKA Magda	3729	PUMBARUNNINGTEAM	BIALYSTOK		K30	32	K 84	>1:35		00:02:55	2026-05-10 10:03:32	00:23:37	00:47:36	01:12:00	01:35:57	01:41:03	01:43:58	+00:38:17 (37.9%)	4:47	12.5 (61.9%)
937	CAŁA Justyna	2205	AZS AKF KRAKÓW MASTERS	KRAKÓW		K40	22	K 85	>1:45		00:06:06	2026-05-10 10:06:43	00:23:17	00:47:17	01:11:52	01:36:05	01:41:04	01:47:11	+00:38:18 (37.9%)	4:47	12.5 (61.9%)
938	NADROWSKI Kamil	2608		WARSZAWA		M30	345	M 852	>1:45		00:06:22	2026-05-10 10:06:59	00:24:17	00:48:30	01:12:54	01:36:10	01:41:06	01:47:29	+00:38:20 (37.9%)	4:47	12.5 (61.9%)
939	RĄCZKA Daniel	2528	SYNERGIA CROSSCAMP	OLAWA		M30	346	M 853	>1:45		00:06:26	2026-05-10 10:07:03	00:24:23	00:48:48	01:12:59	01:36:27	01:41:06	01:47:33	+00:38:20 (37.9%)	4:47	12.5 (61.9%)
940	KULIKOU Andrei	3440		WARSZAWA		M20	161	M 854	>1:45		00:06:42	2026-05-10 10:07:19	00:24:30	00:48:41	01:12:40	01:36:10	01:41:07	01:47:50	+00:38:21 (37.9%)	4:47	12.5 (61.9%)
941	BOGUSZ Wojciech	4876	STARSZAKI BIALYSTOK	BIALYSTOK		M60	15	M 855	>1:45		00:06:10	2026-05-10 10:06:47	00:24:17	00:48:14	01:12:24	01:36:08	01:41:07	01:47:18	+00:38:21 (37.9%)	4:47	12.5 (61.9%)
942	WOJTKIELEWICZ Krzysztof	4479		BIALYSTOK		M20	162	M 856	>1:45		00:06:07	2026-05-10 10:06:44	00:23:49	00:48:03	01:12:31	01:36:17	01:41:07	01:47:15	+00:38:21 (37.9%)	4:47	12.5 (61.9%)
943	WIERONSKI Wojciech	2409		KRAKOW		M50	75	M 857	>1:45		00:03:02	2026-05-10 10:03:39	00:23:59	00:48:03	01:12:21	01:36:04	01:41:10	01:44:13	+00:38:24 (38.0%)	4:47	12.5 (61.9%)
944	CICHOŃ Paweł	2619		SAMBORZEC		M40	259	M 858	>1:45		00:06:04	2026-05-10 10:06:41	00:22:40	00:46:37	01:10:43	01:35:40	01:41:11	01:47:15	+00:38:24 (38.0%)	4:47	12.5 (61.9%)
945	SUSŁOWICZ Andrzej	1325		WROCŁAW		M50	76	M 859	>1:45		00:06:19	2026-05-10 10:06:56	00:25:10	00:49:33	01:13:19	01:36:23	01:41:11	01:47:31	+00:38:25 (38.0%)	4:47	12.5 (61.9%)
946	MATYSZCZAK Krzysztof	3678	MASADA FIGHT CLUB	WARSZAWA		M40	260	M 860	>1:45		00:06:15	2026-05-10 10:06:52	00:23:54	00:47:43	01:12:05	01:36:04	01:41:12	01:47:28	+00:38:26 (38.0%)	4:47	12.5 (61.9%)
947	TOMASZEWSKI Krzysztof	1849	KB MARATON TUREK	TUREK		M50	77	M 861	<1:35	kb maraton turek	00:02:53	2026-05-10 10:03:30	00:23:37	00:47:16	01:11:23	01:35:52	01:41:16	01:44:09	+00:38:30 (38.0%)	4:47	12.5 (61.9%)
948	BORUCINSKI Patryk	5201		WROCŁAW		M40	261	M 862	>1:45		00:06:12	2026-05-10 10:06:49	00:24:25	00:48:06	01:12:32	01:36:06	01:41:16	01:47:29	+00:38:30 (38.0%)	4:47	12.5 (61.9%)
949	STASZEWSKI Paweł	1511		BIALYSTOK		M30	347	M 863	>1:45		00:06:13	2026-05-10 10:06:50	00:23:09	00:46:45	01:11:26	01:36:01	01:41:18	01:47:32	+00:38:32 (38.1%)	4:48	12.5 (61.9%)
950	KISIALIOU Yauhen	476	SWORDS ATHLETICS	WARSZAWA		M40	262	M 864	>1:45		00:06:41	2026-05-10 10:07:18	00:23:53	00:47:35	01:12:01	01:36:07	01:41:19	01			

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
951	CHMURA Artur	3146		WARSZAWA		M20	163	M 865	>1:35		00:02:42	2026-05-10 10:03:19	00:23:47	00:47:58	01:12:14	01:36:09	01:41:19	01:44:01	+00:38:33 (38.1%)	4:48	12.5 (61.9%)
952	CZYŻ Adrianna	3334		WARSZAWA		K30	33	K 86	>1:35		00:02:47	2026-05-10 10:03:24	00:24:16	00:48:28	01:12:37	01:36:20	01:41:20	01:44:07	+00:38:34 (38.1%)	4:48	12.5 (61.9%)
953	WOZNIAKOWSKI Piotr	5711		WARSZAWA		M30	348	M 866	>1:45		00:06:11	2026-05-10 10:06:48	00:24:26	00:49:16	01:13:45	01:36:41	01:41:22	01:47:34	+00:38:36 (38.1%)	4:48	12.5 (61.9%)
954	WRÓBEL Tomasz	420	EPAM SYSTEMS POLAND	WROCŁAW		M40	263	M 867	>1:35		00:03:00	2026-05-10 10:03:37	00:24:23	00:48:24	01:12:29	01:36:09	01:41:22	01:44:23	+00:38:36 (38.1%)	4:48	12.5 (61.9%)
955	GRODZKI Michał	1547		WARSZAWA		M40	264	M 868	>1:35		00:02:52	2026-05-10 10:03:29	00:23:26	00:47:18	01:12:13	01:36:28	01:41:22	01:44:15	+00:38:36 (38.1%)	4:48	12.5 (61.9%)
956	MARKIEWICZ Dominik	337		WARSZAWA		M20	164	M 869	>1:45		00:06:11	2026-05-10 10:06:48	00:24:36	00:49:07	01:13:05	01:36:23	01:41:23	01:47:34	+00:38:37 (38.1%)	4:48	12.5 (61.9%)
957	KALPAKOU Dzianis	3690		WARSZAWA		M30	349	M 870	>1:45		00:06:01	2026-05-10 10:06:38	00:24:27	00:49:00	01:13:25	01:36:53	01:41:25	01:47:27	+00:38:39 (38.1%)	4:48	12.5 (61.9%)
958	GRYZŁO Adrian	3203		SIEKIERCZYNA		M20	165	M 871	>1:45		00:06:07	2026-05-10 10:06:44	00:23:49	00:47:35	01:11:33	01:36:05	01:41:26	01:47:34	+00:38:40 (38.1%)	4:48	12.5 (61.9%)
959	ŚLIWA Agnieszka	2144	AZS AKF KRAKÓW MASTERS	KRAKÓW		K40	23	K 87	>1:35		00:06:06	2026-05-10 10:06:43	00:24:10	00:48:23	01:12:56	01:36:28	01:41:26	01:47:33	+00:38:40 (38.1%)	4:48	12.5 (61.9%)
959	ZALEWSKI Igor	1372		ZAMBRÓW		M20	166	M 872	>1:45		00:06:15	2026-05-10 10:06:52	00:24:20	00:48:58	01:13:18	01:36:46	01:41:26	01:47:42	+00:38:40 (38.1%)	4:48	12.5 (61.9%)
961	CIESIELCZYK Filip	1110	WTCH TEAM	KRUSZEWNIA		M40	265	M 873	>1:45		00:06:32	2026-05-10 10:07:09	00:24:55	00:48:53	01:12:44	01:36:18	01:41:26	01:47:59	+00:38:40 (38.1%)	4:48	12.5 (61.9%)
962	KUPIS Jakub	5107		WARSZAWA		M20	167	M 874	>1:45		00:06:21	2026-05-10 10:06:58	00:24:35	00:49:18	01:13:57	01:36:48	01:41:28	01:47:49	+00:38:42 (38.2%)	4:48	12.5 (61.9%)
963	KIGGEN Kaitlyn C.	369		BIAŁYSTOK		K20	30	K 88	>1:45		00:10:34	2026-05-10 10:11:11	00:23:54	00:47:49	01:12:28	01:36:28	01:41:29	01:52:04	+00:38:43 (38.2%)	4:48	12.5 (61.9%)
964	ŁASKI Lukasz	3447		OTWOCK		M30	350	M 875	>1:35		00:06:17	2026-05-10 10:06:54	00:24:55	00:48:59	01:13:02	01:36:35	01:41:29	01:47:47	+00:38:43 (38.2%)	4:48	12.5 (61.9%)
965	ZIELIŃSKI Arkadiusz	2593		GDAŃSK		M50	78	M 876	>1:35		00:02:51	2026-05-10 10:03:28	00:24:24	00:48:33	01:12:45	01:36:26	01:41:31	01:44:23	+00:38:45 (38.2%)	4:48	12.5 (61.9%)
966	MAŁECKI Mateusz	3304		WARSZAWA		M30	351	M 877	>1:35		00:06:20	2026-05-10 10:06:57	00:24:41	00:49:08	01:13:00	01:36:27	01:41:32	01:47:52	+00:38:46 (38.2%)	4:48	12.5 (61.9%)
967	JANOWIAK Wojciech	1072		WARSZAWA		M50	79	M 878	>1:35		00:02:53	2026-05-10 10:03:30	00:23:52	00:47:52	01:12:26	01:36:29	01:41:33	01:44:27	+00:38:47 (38.2%)	4:48	12.5 (61.9%)
968	TOMASZEWSKI Mateusz	4229	RUN TEAM PIONKI	PIONKI		M20	168	M 879	>1:45		00:06:10	2026-05-10 10:06:47	00:24:42	00:48:37	01:12:44	01:36:36	01:41:34	01:47:44	+00:38:48 (38.2%)	4:48	12.5 (61.9%)
969	ZALEWSKI Dariusz	3054	NADAKTYWNI	BIAŁYSTOK		M50	80	M 880	>1:35	Nadaktywni	00:03:04	2026-05-10 10:03:41	00:23:39	00:47:54	01:12:32	01:36:35	01:41:35	01:44:40	+00:38:49 (38.2%)	4:48	12.5 (61.9%)
970	SIERGIEJ Szymon	3569		WASILKÓW		M40	266	M 881	>2:00		00:10:21	2026-05-10 10:10:58	00:25:11	00:49:04	01:12:42	01:36:18	01:41:35	01:51:57	+00:38:49 (38.2%)	4:48	12.5 (61.9%)
971	KAMIŃSKI Daniel	3376		BIAŁYSTOK		M20	169	M 882	>1:35		00:02:46	2026-05-10 10:03:23	00:23:42	00:47:21	01:11:45	01:36:22	01:41:35	01:44:22	+00:38:49 (38.2%)	4:48	12.5 (61.9%)
972	CYWONIUK Grzegorz	260	GREGOR MEBLE	BIAŁYSTOK		M50	81	M 883	>1:35		00:02:35	2026-05-10 10:03:12	00:23:03	00:46:33	01:11:18	01:35:57	01:41:38	01:44:13	+00:38:52 (38.2%)	4:48	12.5 (61.9%)
973	KALINOWSKI Adam	2913		WARSZAWA		M40	267	M 884	>1:35		00:10:25	2026-05-10 10:11:02	00:24:45	00:48:54	01:13:11	01:36:34	01:41:38	01:52:03	+00:38:52 (38.3%)	4:48	12.5 (61.9%)
974	KURNICKI Piotr	3446		NIEWODNICA KORYCKA		M30	352	M 885	>1:45		00:06:17	2026-05-10 10:06:54	00:24:52	00:48:59	01:13:02	01:36:35	01:41:38	01:47:56	+00:38:52 (38.3%)	4:48	12.5 (61.9%)
975	PRZEMIELEWSKA Joanna	3503		BAKAŁARZEWO		K20	31	K 89	>1:45		00:10:08	2026-05-10 10:10:45	00:23:19	00:47:35	01:12:17	01:36:45	01:41:40	01:51:48	+00:38:54 (38.3%)	4:49	12.5 (61.9%)
976	BOJKIEWICZ Jarosław	2368		KAŃKOWO		M30	353	M 886	>1:45		00:06:14	2026-05-10 10:06:51	00:24:11	00:48:16	01:12:25	01:36:43	01:41:40	01:47:54	+00:38:54 (38.3%)	4:49	12.5 (61.9%)
977	TWAROWSKI Michał	4081	SRPOL	BIAŁYSTOK		M20	170	M 887	>1:35		00:03:02	2026-05-10 10:03:39	00:23:01	00:46:28	01:10:26	01:35:58	01:41:40	01:44:43	+00:38:54 (38.3%)	4:49	12.5 (61.9%)
978	NAWROCKI Mariusz	2073	MN1313	LUBLIN		M40	268	M 888	>1:50		00:10:32	2026-05-10 10:11:09	00:24:49	00:49:19	01:13:21	01:36:56	01:41:44	01:52:17	+00:38:58 (38.3%)	4:49	12.4 (61.4%)
979	ROSTKOWSKI Paweł	491	1 PBOT	ŚNIADOWO		M20	171	M 889	>1:45	1 PBOT	00:06:29	2026-05-10 10:07:06	00:23:46	00:47:17	01:11:31	01:36:15	01:41:44	01:48:14	+00:38:58 (38.3%)	4:49	12.4 (61.4%)
980	FRAIGEDO NIETO Gabriel	4124		MADRID		M20	172	M 890	>1:45		00:06:29	2026-05-10 10:07:06	00:24:28	00:48:54	01:13:16	01:36:47	01:41:47	01:48:16	+00:39:01 (38.3%)	4:49	12.4 (61.4%)
981	FEDARAU Andrei	3298	RUN4FUN.BY	GRODNO		M40	269	M 891	>1:50		00:02:46	2026-05-10 10:03:23	00:23:53	00:47:56	01:12:27	01:36:42	01:41:48	01:44:35	+00:39:02 (38.4%)	4:49	12.4 (61.4%)
982	PERLEJEWSKI Michał	3943	1. PBOT	SUWAŁKI		M20	173	M 892	>1:45		00:10:05	2026-05-10 10:10:42	00:22:53	00:46:11	01:10:08	01:35:48	01:41:49	01:51:55	+00:39:03 (38.4%)	4:49	12.4 (61.4%)
983	GLUSZKO Rafał	4591	NOCNY BÓR TEAM	GŁOGÓW MAŁOPOLSKI		M30	354	M 893	>1:35		00:02:38	2026-05-10 10:03:15	00:23:19	00:46:27	01:11:22	01:36:21	01:41:50	01:44:29	+00:39:04 (38.4%)	4:49	12.4 (61.4%)
984	BAJKOWSKI Kacper	3322		BIAŁYSTOK		M20	174	M 894	>1:55		00:14:18	2026-05-10 10:14:55	00:24:26	00:49:10	01:13:41	01:37:10	01:41:51	01:56:09	+00:39:04 (38.4%)	4:49	12.4 (61.4%)
985	DZIĘGA Mateusz	3413		TROPISZÓW		M30	355	M 895	>1:35		00:02:52	2026-05-10 10:03:29	00:24:04	00:48:12	01:12:42	01:36:41	01:41:52	01:44:45	+00:39:06 (38.4%)	4:49	12.4 (61.4%)
986	PRACKI Bernard	5716		BIAŁYSTOK		M40	270	M 896	>1:45		00:06:08	2026-05-10 10:06:45	00:24:18	00:48:40	01:13:26	01:37:13	01:41:53	01:48:01	+00:39:07 (38.4%)	4:49	12.4 (61.4%)
987	KRÓL Krzysztof	2315		PRZYSZOWA		M50	82	M 897	>1:45		00:06:12	2026-05-10 10:06:49	00:24:25	00:49:07	01:13:23	01:36:56	01:41:54	01:48:06	+00:39:07 (38.4%)	4:49	12.4 (61.4%)
988	MUSZYŃSKI Daniel	4742	18 BIAŁOSTOCKI PUŁK ROZPOZNAWCZY	BIAŁYSTOK		M20	175	M 898	<1:35	18 pułk rozpoznawczy	00:00:18	2026-05-10 10:00:55	00:21:51	00:45:50	01:11:14	01:36:10	01:41:54	01:42:12	+00:39:08 (38.4%)	4:49	12.4 (61.4%)
989	GETEK Damian	3844		ŁOMŻA		M40	271	M 899	>1:35		00:02:39	2026-05-10 10:03:16	00:23:25	00:47:13	01:11:20	01:36:26	01:41:54	01:44:33	+00:39:08 (38.4%)	4:49	12.4 (61.4%)
990	GAWOR Maksymilian	3834		CEGLÓW		M30	356	M 900	>1:35		00:00:23	2026-05-10 10:01:00	00:23:25	00:47:20	01:12:48	01:36:45	01:41:55	01:42:19	+00:39:09 (38.4%)	4:49	12.4 (61.4%)
991	OLSZEWSKA Renata	2991		WARSZAWA		K40	24	K 90	>1:45		00:02:41	2026-05-10 10:03:18	00:23:52	00:47:30	01:12:10	01:36:44	01:41:56	01:44:38	+00:39:10 (38.4%)	4:49	12.4 (61.4%)
992	SOCHACKI Karol	1970	RUN TEAM PIĄTNICA	BUDY CZARNOCKIE		M30	357	M 901	>1:45	Run Team Piątnica	00:06:22	2026-05-10 10:06:59	00:23:17	00:46:57	01:12:01	01:36:39	01:41:56	01:48:19	+00:39:10 (38.4%)	4:49	12.4 (61.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Fala startowa	Drużyna 1	Czas startu	Moment startu	5km	10km	15km	20km	Czas netto 21.098km	Czas brutto 21.098km	Różnica w czasie	Tempo min/km	Tempo km/h
									▼												
993	GAWLIK Wojciech	2618		BYDGOSZCZ		M40	272	M 902	>1:35		00:06:03	2026-05-10 10:06:40	00:24:22	00:49:22	01:13:55	01:37:16	01:41:58	01:48:01	+00:39:12 (38.4%)	4:49	12.4 (61.4%)
994	PRZYBYLSKI Michał	4398		RADOM		M50	83	M 903	>1:35		00:02:45	2026-05-10 10:03:22	00:23:34	00:46:54	01:10:49	01:36:24	01:41:58	01:44:43	+00:39:12 (38.5%)	4:49	12.4 (61.4%)
995	CZERKAWSKI Piotr	3486		WROCŁAW		M30	358	M 904	>1:45		00:06:30	2026-05-10 10:07:07	00:24:53	00:48:53	01:13:16	01:36:50	01:41:59	01:48:29	+00:39:13 (38.5%)	4:49	12.4 (61.4%)
996	AMBROŻEWICZ Adrian	4458	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M20	176	M 905	>1:35		00:02:33	2026-05-10 10:03:10	00:23:58	00:47:34	01:12:14	01:36:50	01:41:59	01:44:33	+00:39:13 (38.5%)	4:49	12.4 (61.4%)
997	TOKAJ Mateusz	2669		ZDUŃSKA WOLA		M30	359	M 906	<1:35		00:00:19	2026-05-10 10:00:56	00:22:09	00:46:11	01:11:57	01:36:59	01:42:01	01:42:21	+00:39:15 (38.5%)	4:50	12.4 (61.4%)
998	KUBISZTAL Tomasz	4464		RADOMYŚŁ WIELKI		M20	177	M 907	>1:45		00:06:04	2026-05-10 10:06:41	00:24:23	00:49:21	01:13:54	01:37:29	01:42:02	01:48:06	+00:39:16 (38.5%)	4:50	12.4 (61.4%)
999	SAWKA Krzysztof	4450	MARKOWI BIEGACZE	WARSZAWA		M30	360	M 908	>1:45		00:02:52	2026-05-10 10:03:29	00:24:22	00:48:46	01:13:25	01:37:08	01:42:03	01:44:56	+00:39:17 (38.5%)	4:50	12.4 (61.4%)
1000	ZAŁEWSKI Krzysztof	4353	EL-ZAL KRZYSZTOF ZALEWSKI	GDAŃSK		M40	273	M 909	>1:45		00:06:03	2026-05-10 10:06:40	00:23:54	00:48:07	01:12:39	01:36:52	01:42:04	01:48:07	+00:39:18 (38.5%)	4:50	12.4 (61.4%)

Wyświetlono pierwszych 1000 rekordów. Jeśli nie ma Twojego wyniku na liście, skorzystaj z pól do wyszukiwania nad listą