



PKO BIAŁYSTOK PÓŁMARATON

(https://bialystokpolmaraton.pl/)

PKO BIAŁYSTOK NOCNY BIEG NA 5

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

B4SPORT

INTELIGENTNE ZAWODY SPORTOWE

(http://b4sport.pl)

Organizator : Fundacja Białystok Biega

Data : 2026-05-09

Miejsce : Białystok

Dystans : 5 km

Regulamin: [Otwórz ↗ \(https://bialystokpolmaraton.pl/regulamin-bieg-na-5/\)](https://bialystokpolmaraton.pl/regulamin-bieg-na-5/)

Zgłoszonych : 2855

Wystartowało : 2509

Nie ukończyło : 5

Ukończyło : 2504

Na trasie : 5

Klasyfikacje w punktach pomiarowych: Start (/pko-bialystok-nocny-bieg-na-5/e7305.html?embedded=0×=0&full_results=0&auto=0&location_nr=-2) | 2.5km (/pko-bialystok-nocny-bieg-na-5/e7305.html?times=0&full_results=0&embedded=0&auto=0&location_nr=2) | **Meta (/pko-bialystok-nocny-bieg-na-5/e7305.html?times=0&full_results=0&embedded=0&auto=0)**

Klasyfikacje wg kategorii: **Wszyscy (/pko-bialystok-nocny-bieg-na-5/e7305.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1)** | Drużyny (/pko-bialystok-nocny-bieg-na-5/druzyny/e7305/c70043.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | **Wszyscy (/pko-bialystok-nocny-bieg-na-5/wszyscy/e7305/c70056.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1)** | OPEN K (/pko-bialystok-nocny-bieg-na-5/open-k/e7305/c70054.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | OPEN M (/pko-bialystok-nocny-bieg-na-5/open-m/e7305/c70037.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K12 (/pko-bialystok-nocny-bieg-na-5/k12/e7305/c70044.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M12 (/pko-bialystok-nocny-bieg-na-5/m12/e7305/c70045.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K20 (/pko-bialystok-nocny-bieg-na-5/k20/e7305/c70052.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M20 (/pko-bialystok-nocny-bieg-na-5/m20/e7305/c70053.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K30 (/pko-bialystok-nocny-bieg-na-5/k30/e7305/c70038.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M30 (/pko-bialystok-nocny-bieg-na-5/m30/e7305/c70055.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K40 (/pko-bialystok-nocny-bieg-na-5/k40/e7305/c70042.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M40 (/pko-bialystok-nocny-bieg-na-5/m40/e7305/c70048.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K50 (/pko-bialystok-nocny-bieg-na-5/k50/e7305/c70039.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M50 (/pko-bialystok-nocny-bieg-na-5/m50/e7305/c70049.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K60 (/pko-bialystok-nocny-bieg-na-5/k60/e7305/c70041.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M60 (/pko-bialystok-nocny-bieg-na-5/m60/e7305/c70050.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | M70 (/pko-bialystok-nocny-bieg-na-5/m70/e7305/c70051.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1) | K70 (/pko-bialystok-nocny-bieg-na-5/k70/e7305/c70040.html?times=0&full_results=0&embedded=0&auto=0&location_nr=-1)

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

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
1	NJOROGE Derrick Chege	7007	BENEDEK-TEAM	DEBRECEN		M20	1	M 1		00:00:00	2026-05-09 20:59:59	00:07:04	00:14:07	00:14:08		2:49	21.3 (100%)
2	KAPTILA Kennedy Kimutai	7008	BENEDEK-TEAM	DEBRECEN		M30	1	M 2		00:00:01	2026-05-09 21:00:00	00:07:03	00:14:10	00:14:12	+00:00:02 (0.3%)	2:49	21.2 (99.5%)
3	BOROWSKI Damian	7012	KIPRUN TEAM	FABIANÓW		M20	2	M 3	Kiprun Team	00:00:00	2026-05-09 20:59:59	00:07:05	00:14:18	00:14:19	+00:00:10 (1.3%)	2:51	21 (98.6%)
4	MEVSHA Mykola	7013		LESZNO		M30	2	M 4		00:00:00	2026-05-09 20:59:59	00:07:05	00:14:32	00:14:32	+00:00:24 (2.8%)	2:54	20.7 (97.2%)
5	WIĄCEK Aleksander	7015	KIPRUN TEAM	KOŁBIEL		M20	3	M 5	Kiprun Team	00:00:00	2026-05-09 20:59:59	00:07:19	00:14:51	00:14:52	+00:00:44 (5.0%)	2:58	20.2 (94.8%)
6	KOVALCHUK Yaroslav	7016	AKADEMIA WYTRZYMAŁOŚCI	WARSZAWA		M20	4	M 6		00:00:01	2026-05-09 21:00:00	00:07:45	00:15:24	00:15:25	+00:01:16 (8.3%)	3:04	19.5 (91.5%)
7	PARSZCZYŃSKI Łukasz	7009	TEAMPARSZCZYŃSKICH	WILKASY		M40	1	M 7	TeamParszczyńskich	00:00:00	2026-05-09 20:59:59	00:07:48	00:15:28	00:15:29	+00:01:20 (8.7%)	3:05	19.4 (91.1%)
8	BONDARUK Paweł	9021	KS PODLASIE BIAŁYSTOK	BIAŁYSTOK		M20	5	M 8		00:00:02	2026-05-09 21:00:01	00:07:46	00:15:43	00:15:46	+00:01:36 (10.2%)	3:08	19.1 (89.7%)
9	WĘZIK Mikołaj	10225	KIPRUN TEAM	BYTOM		M20	6	M 9	Kiprun Team	00:00:00	2026-05-09 20:59:59	00:07:55	00:15:46	00:15:46	+00:01:38 (10.4%)	3:09	19 (89.2%)
10	JEBET Valentine	7005	BENEDEK-TEAM	DEBRECEN		K20	1	K 1		00:00:00	2026-05-09 20:59:59	00:08:07	00:16:00	00:16:01	+00:01:53 (11.8%)	3:11	18.8 (88.3%)
11	LEOŃCZUK Andrzej	7014	18 PUŁK ROZPOZNAWCZY	BIAŁYSTOK		M30	3	M 10		00:00:01	2026-05-09 21:00:00	00:07:55	00:16:01	00:16:02	+00:01:53 (11.8%)	3:11	18.8 (88.3%)
12	JANKOWSKI Andrzej	9112	PODLASIE BIAŁYSTOK	BIAŁYSTOK		M30	4	M 11		00:00:02	2026-05-09 21:00:01	00:07:55	00:16:02	00:16:04	+00:01:54 (11.9%)	3:12	18.7 (87.8%)
13	ZELENKO Bohdan	7477	TEA.M RUN	BIALYSTOK		M20	7	M 12	TEA.M RUN	00:00:01	2026-05-09 21:00:00	00:07:54	00:16:03	00:16:05	+00:01:56 (12.1%)	3:12	18.7 (87.8%)
14	WALESIUK Maksymilian	9902	STREFA ZMIAN	BIAŁYSTOK		M12	1	M 13	Strefa Zmian	00:00:02	2026-05-09 21:00:01	00:08:07	00:16:03	00:16:06	+00:01:55 (12.0%)	3:12	18.7 (87.8%)
15	ZASTAWNY Karol	9733	KUJAWSKY RUNNERS	GDAŃSK		M30	5	M 14		00:00:02	2026-05-09 21:00:01	00:08:08	00:16:03	00:16:06	+00:01:56 (12.1%)	3:12	18.7 (87.8%)
16	TARASEWICZ Igor	8841		BIAŁYSTOK		M30	6	M 15		00:00:02	2026-05-09 21:00:01	00:08:08	00:16:05	00:16:07	+00:01:58 (12.3%)	3:12	18.7 (87.8%)
17	KAMAU Jecinta Mwend	7004	BENEDEK-TEAM	DEBRECEN		K20	2	K 2		00:00:00	2026-05-09 20:59:59	00:08:07	00:16:09	00:16:10	+00:02:01 (12.6%)	3:13	18.6 (87.3%)
18	LISOWSKA Aleksandra	7010	AZS UWM OLSZTYN	OLSZTYN		K30	1	K 3		00:00:00	2026-05-09 20:59:59	00:08:09	00:16:17	00:16:18	+00:02:09 (13.3%)	3:15	18.4 (86.4%)
19	MARKIEWICZ Grzegorz	7228	KALINOWSKI TEAM	BIAŁYSTOK		M30	7	M 16	Kalinowski Team	00:00:02	2026-05-09 21:00:01	00:08:14	00:16:36	00:16:38	+00:02:29 (15.0%)	3:18	18.1 (85.0%)
20	KARPIUK Małgorzata	7002	KLUB SPORTOWY PODLASIE BIAŁYSTOK	BIAŁYSTOK		K20	3	K 4		00:00:00	2026-05-09 20:59:59	00:08:18	00:16:42	00:16:43	+00:02:34 (15.4%)	3:20	18 (84.5%)
21	OSIK Miłosz	8999	KALINOWSKI TEAM	BIAŁYSTOK		M12	2	M 17	Kalinowski Team	00:00:03	2026-05-09 21:00:02	00:08:22	00:16:43	00:16:46	+00:02:36 (15.6%)	3:20	18 (84.5%)
22	KIREJCZYK Ernest	8153		BIAŁYSTOK		M30	8	M 18		00:00:02	2026-05-09 21:00:01	00:08:39	00:16:49	00:16:52	+00:02:41 (16.1%)	3:21	17.9 (84.0%)
23	AUGUSTYNOWICZ Wojciech	9111	MKS JUVENIA BIAŁYSTOK	OGRODNICZKI		M30	10	M 19	MKS Juvenia Białystok	00:00:01	2026-05-09 21:00:00	00:08:28	00:16:51	00:16:53	+00:02:43 (16.2%)	3:21	17.8 (83.6%)
24	WÓJCIK Sylwester	7505		KORCZEW		M30	9	M 20		00:00:03	2026-05-09 21:00:02	00:08:34	00:16:50	00:16:54	+00:02:42 (16.1%)	3:21	17.8 (83.6%)
25	JAGIELSKA Ewa	7001	KS PREFBET-SONAROL ŁOMŻA	WYSZKÓW		K40	1	K 5		00:00:00	2026-05-09 20:59:59	00:08:33	00:16:59	00:17:00	+00:02:52 (16.9%)	3:23	17.7 (83.1%)
26	RUSINIAK Kamil	7365	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M30	11	M 21	Rozbiegany Bielsk Podlaski	00:00:02	2026-05-09 21:00:01	00:08:31	00:17:11	00:17:13	+00:03:03 (17.8%)	3:25	17.5 (82.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
27	OMIELAN Wojciech	7527		ELK		M30	12	M 22		00:00:02	2026-05-09 21:00:01	00:08:28	00:17:16	00:17:18	+00:03:08 (18.2%)	3:26	17.4 (81.7%)
28	ANDRZEJUK Bogusław	9163		BIAŁYSTOK		M50	1	M 23		00:00:02	2026-05-09 21:00:01	00:08:39	00:17:17	00:17:19	+00:03:09 (18.3%)	3:27	17.4 (81.7%)
29	KOT Sebastian	8891	MD RUN TRAINING	BIAŁYSTOK		M30	13	M 24	MD Run Training	00:00:03	2026-05-09 21:00:02	00:08:22	00:17:19	00:17:22	+00:03:11 (18.4%)	3:27	17.3 (81.2%)
30	RAFALIK Kamil	8218	ROCH JASZENICA	KALINOWO		M30	14	M 25		00:00:01	2026-05-09 21:00:00	00:08:41	00:17:24	00:17:25	+00:03:16 (18.9%)	3:28	17.3 (81.2%)
31	CHEŁCHOWSKI Michał	8354		WARSZAWA		M20	8	M 26		00:00:03	2026-05-09 21:00:02	00:08:55	00:17:30	00:17:34	+00:03:23 (19.3%)	3:29	17.2 (80.8%)
32	MASTALERZ Daniel	7552		WARSZAWA		M20	9	M 27		00:00:05	2026-05-09 21:00:04	00:08:55	00:17:33	00:17:39	+00:03:26 (19.6%)	3:30	17.1 (80.3%)
33	SZLASZYŃSKI Przemysław	9013		GOŁDAP		M40	2	M 28		00:00:02	2026-05-09 21:00:01	00:08:39	00:17:38	00:17:40	+00:03:30 (19.9%)	3:31	17 (79.8%)
34	NOWIKOW Damian	8655		BIAŁYSTOK		M20	10	M 29		00:00:03	2026-05-09 21:00:02	00:08:49	00:17:38	00:17:42	+00:03:31 (20.0%)	3:31	17 (79.8%)
35	ZIELENKIEWICZ Krzysztof	10063	MKS JUVENIA BIAŁYSTOK	BIAŁYSTOK		M40	4	M 30	Kalinowski Team	00:00:04	2026-05-09 21:00:03	00:08:43	00:17:38	00:17:42	+00:03:30 (19.9%)	3:31	17 (79.8%)
36	HOROSZKO Michał	8990	OLSZEWSKY RUNNING ACADEMY	WARSZAWA		M30	15	M 31		00:00:04	2026-05-09 21:00:03	00:08:42	00:17:39	00:17:43	+00:03:32 (20.0%)	3:31	17 (79.8%)
37	ABOLINS Markuss	8162	MARATONA KLUBS	TALSI		M12	3	M 32		00:00:01	2026-05-09 21:00:00	00:08:47	00:17:42	00:17:44	+00:03:34 (20.2%)	3:32	17 (79.8%)
38	ŁODEJ Krzysztof	8201	LUBELSKI BIEGACZ TEAM	MŁYNEK		M40	3	M 33	Lubelski Biegacz Team	00:00:06	2026-05-09 21:00:05	00:08:54	00:17:38	00:17:44	+00:03:30 (19.9%)	3:31	17 (79.8%)
39	LEWANDOWSKI Mateusz	9044	BKS WATAHA WARSZAWA	NOWY DWÓR MAZOWIECKI		M20	11	M 34		00:00:04	2026-05-09 21:00:03	00:08:48	00:17:40	00:17:45	+00:03:33 (20.1%)	3:31	17 (79.8%)
40	MINIUK Paweł	7588	POBIEGAMY	BIAŁYSTOK		M30	17	M 35		00:00:03	2026-05-09 21:00:02	00:08:50	00:17:45	00:17:49	+00:03:37 (20.5%)	3:32	16.9 (79.3%)
41	MIMISH Yauheni	10004	AZOT RUNNING	GRODNO		M30	16	M 36		00:00:07	2026-05-09 21:00:06	00:08:52	00:17:43	00:17:50	+00:03:35 (20.3%)	3:32	17 (79.8%)
42	CHLABICZ Paweł	10142	ŚLĘZAK TEAM	BIAŁYSTOK		M30	18	M 37		00:00:03	2026-05-09 21:00:02	00:08:59	00:17:49	00:17:53	+00:03:42 (20.8%)	3:33	16.9 (79.3%)
43	KONIECZNY Grzegorz	7312		GDAŃSK		M40	5	M 38		00:00:05	2026-05-09 21:00:04	00:08:55	00:17:49	00:17:54	+00:03:41 (20.7%)	3:33	16.9 (79.3%)
44	ANDREJCZUK Michał	9370		POROSŁY		M20	12	M 39		00:00:03	2026-05-09 21:00:02	00:09:00	00:17:57	00:18:00	+00:03:49 (21.3%)	3:35	16.7 (78.4%)
45	DZIEKOŃSKA Magdalena	9227	TEAM PARSZCZYŃSKICH	GIŻYCKO		K30	2	K 6	TeamParszczyńskich	00:00:02	2026-05-09 21:00:01	00:09:00	00:17:57	00:18:00	+00:03:50 (21.4%)	3:35	16.7 (78.4%)
46	LEWDOROWICZ Wojciech	7189	SAM SOBIE KLUBEM	KADY		M40	6	M 40		00:00:04	2026-05-09 21:00:03	00:09:00	00:17:58	00:18:03	+00:03:51 (21.5%)	3:35	16.7 (78.4%)
47	MARUCHA Wojciech	7389		KRASNYSTAW		M30	19	M 41		00:00:04	2026-05-09 21:00:03	00:08:56	00:17:58	00:18:03	+00:03:51 (21.4%)	3:35	16.7 (78.4%)
48	STASIUKAITIS Simas	407	BĖGIMO KLUBAS	PANEVĖŽYS		M40	7	M 42		00:00:07	2026-05-09 21:00:06	00:09:08	00:17:59	00:18:07	+00:03:52 (21.5%)	3:35	16.7 (78.4%)
49	FILIPCHYK Vasili	9043		WARSZAWA		M30	20	M 43		00:00:04	2026-05-09 21:00:03	00:09:10	00:18:04	00:18:09	+00:03:57 (21.9%)	3:36	16.6 (77.9%)
50	SUCHECKI Sylwester	9585	ADAMPOL S.A. TEAM	BIAŁYSTOK		M20	13	M 44		00:00:03	2026-05-09 21:00:02	00:09:02	00:18:08	00:18:11	+00:04:00 (22.1%)	3:37	16.6 (77.9%)
51	KUCHAREWICZ Marcin	7452		SOKÓŁKA		M30	21	M 45		00:00:08	2026-05-09 21:00:07	00:09:08	00:18:07	00:18:15	+00:03:59 (22.0%)	3:37	16.6 (77.9%)
52	NOSALIK Franciszek	7206	ORTOSTOM AUGUSTÓW	AUGUSTÓW		M20	14	M 46		00:00:04	2026-05-09 21:00:03	00:09:14	00:18:08	00:18:13	+00:04:01 (22.2%)	3:37	16.6 (77.9%)
53	KOŁOSOWSKI Kamil	10092	200 PROCENT TĘTNA TRIATHLON	BIAŁYSTOK		M30	22	M 47		00:00:03	2026-05-09 21:00:02	00:09:05	00:18:10	00:18:14	+00:04:03 (22.3%)	3:37	16.5 (77.5%)
54	BASTEK Daniel	9974	LKS KURPIE	NOWA WIEŚ		M20	15	M 48		00:00:03	2026-05-09 21:00:02	00:09:13	00:18:13	00:18:17	+00:04:05 (22.5%)	3:38	16.5 (77.5%)
55	ROGAŁSKI Piotr	8669	PODLASKIE KOCURY	OLMONTY		M30	23	M 49	Podlaskie Kocury	00:00:04	2026-05-09 21:00:03	00:09:10	00:18:19	00:18:23	+00:04:11 (22.9%)	3:39	16.4 (77.0%)
56	DUCHNOWSKI Łukasz	9375	TEAM PARSZCZYŃSKICH	CHRUŚCIELE		M40	8	M 50	TeamParszczyńskich	00:00:03	2026-05-09 21:00:02	00:08:58	00:18:19	00:18:22	+00:04:11 (22.9%)	3:39	16.4 (77.0%)
57	JAMASZEWSKA Ewelina	7509	MD RUN TRAINING	BIAŁYSTOK		K20	4	K 7	MD RUN TRAINING	00:00:03	2026-05-09 21:00:02	00:08:58	00:18:20	00:18:24	+00:04:12 (23.0%)	3:39	16.4 (77.0%)
58	POGORZELSKI Kamil	8109	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M20	16	M 51	Białystok Biega Team	00:00:03	2026-05-09 21:00:02	00:09:08	00:18:21	00:18:24	+00:04:13 (23.1%)	3:39	16.4 (77.0%)
59	ZAŁEWSKI Bartek	7471		ELK		M30	24	M 52		00:00:04	2026-05-09 21:00:03	00:09:03	00:18:22	00:18:27	+00:04:14 (23.1%)	3:40	16.3 (76.5%)
60	PIETKUN Łukasz	7309	1 PBOT	BIAŁYSTOK		M30	25	M 53	1 PBOT	00:00:08	2026-05-09 21:00:07	00:09:18	00:18:23	00:18:32	+00:04:16 (23.2%)	3:40	16.3 (76.5%)
61	SUTKOWSKI Adam	9462		KOŁAKI KOŚCIELNE		M12	4	M 54		00:00:02	2026-05-09 21:00:01	00:09:05	00:18:24	00:18:27	+00:04:16 (23.3%)	3:40	16.3 (76.5%)
62	BANAŚ Michał	9210		BIAŁA PODLASKA		M20	17	M 55		00:00:05	2026-05-09 21:00:04	00:09:12	00:18:26	00:18:31	+00:04:18 (23.4%)	3:40	16.3 (76.5%)
63	SZNEJDER Mateusz	8875		BIAŁYSTOK		M30	26	M 56		00:00:08	2026-05-09 21:00:07	00:09:21	00:18:26	00:18:34	+00:04:19 (23.4%)	3:40	16.3 (76.5%)
64	CZOKAŁO Filip	10226		WARSZAWA		M20	18	M 57		00:00:04	2026-05-09 21:00:03	00:09:14	00:18:27	00:18:32	+00:04:20 (23.5%)	3:41	16.3 (76.5%)
65	KOWALEWICZ Patryk	7123	AZS POLITECHNIKA BIAŁOSTOCKA	UHOWO		M20	19	M 58		00:00:06	2026-05-09 21:00:05	00:09:01	00:18:28	00:18:34	+00:04:20 (23.5%)	3:41	16.3 (76.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
66	WIERCIŃSKI Piotr	8051	SSP SUPRAŚL	SUPRAŚL		M12	5	M 59		00:00:07	2026-05-09 21:00:06	00:09:10	00:18:28	00:18:36	+00:04:21 (23.6%)	3:41	16.3 (76.5%)
67	BURA Yury	7235	DOVYDKO RUNNING CLUB	GDAŃSK		M40	9	M 60		00:00:04	2026-05-09 21:00:03	00:09:08	00:18:29	00:18:34	+00:04:22 (23.7%)	3:41	16.2 (76.1%)
68	LOZYNSKYI Borys	7581	TEA.M RUN	BIAŁYSTOK		M20	20	M 61	TEA.M RUN	00:00:05	2026-05-09 21:00:04	00:09:09	00:18:30	00:18:35	+00:04:22 (23.7%)	3:41	16.2 (76.1%)
69	GUARRERA Francesco	8738	MASPEX	BIAŁYSTOK		M30	27	M 62	Maspex	00:00:08	2026-05-09 21:00:07	00:09:18	00:18:30	00:18:39	+00:04:22 (23.7%)	3:41	16.2 (76.1%)
70	BACKIEL Jakub	9137		BIAŁYSTOK		M30	28	M 63		00:00:04	2026-05-09 21:00:03	00:09:16	00:18:32	00:18:36	+00:04:24 (23.8%)	3:42	16.2 (76.1%)
71	NASUTO Jacek	10227		BIAŁYSTOK		M30	29	M 64		00:00:06	2026-05-09 21:00:05	00:09:21	00:18:32	00:18:39	+00:04:25 (23.8%)	3:42	16.2 (76.1%)
72	CIERASZKO Konrad	8774	KUJAWSCY RUNNERS	SUWAŁKI		M20	21	M 65		00:00:02	2026-05-09 21:00:01	00:09:15	00:18:33	00:18:36	+00:04:25 (23.9%)	3:42	16.2 (76.1%)
73	KLEKNER Łukasz	7209	MD RUN TRAINING	BIAŁYSTOK		M30	30	M 66	MD RUN TRAINING	00:00:03	2026-05-09 21:00:02	00:09:13	00:18:35	00:18:38	+00:04:27 (24.0%)	3:42	16.2 (76.1%)
74	KLIMEK Andrzej	9034		WARSZAWA		M40	10	M 67		00:00:05	2026-05-09 21:00:04	00:09:18	00:18:40	00:18:45	+00:04:32 (24.4%)	3:43	16.1 (75.6%)
75	WOŁOSZ Marcin	7400	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	SOBIECIN		M40	11	M 68	MOTYKA TEAM	00:00:06	2026-05-09 21:00:05	00:09:12	00:18:43	00:18:49	+00:04:35 (24.5%)	3:44	16 (75.1%)
76	PERKOWSKI Jarosław	10007	MD RUN TRAINING	KARAKULE		M60	1	M 69	MD Run Training	00:00:03	2026-05-09 21:00:02	00:09:16	00:18:43	00:18:47	+00:04:35 (24.6%)	3:44	16 (75.1%)
77	ABOLINS Martins	8163	MARATONA KLUBS	TALSI		M12	6	M 70		00:00:02	2026-05-09 21:00:01	00:09:19	00:18:45	00:18:47	+00:04:38 (24.7%)	3:44	16 (75.1%)
78	ZUKAUSKAS Antanas	7628	MARATONAS	JONAVA		M40	12	M 71		00:00:07	2026-05-09 21:00:06	00:09:20	00:18:46	00:18:54	+00:04:38 (24.8%)	3:44	16 (75.1%)
79	TROMZA Yauheni	7532		OLSZTYN		M30	31	M 72		00:03:39	2026-05-09 21:03:38	00:09:14	00:18:47	00:22:26	+00:04:39 (24.8%)	3:45	16 (75.1%)
80	DANOWSKI Mateusz	9107		BIAŁYSTOK		M20	22	M 73		00:00:03	2026-05-09 21:00:02	00:09:18	00:18:47	00:18:51	+00:04:39 (24.8%)	3:45	16 (75.1%)
81	KILAŃSKI Jan	9145	CTS	WARSZAWA		M30	32	M 74		00:00:05	2026-05-09 21:00:04	00:09:19	00:18:53	00:18:59	+00:04:46 (25.3%)	3:46	15.9 (74.6%)
82	BORYS Łukasz	9437		BIAŁYSTOK		M20	23	M 75		00:00:05	2026-05-09 21:00:04	00:09:33	00:18:54	00:19:00	+00:04:46 (25.3%)	3:46	15.9 (74.6%)
83	ŻMIEŃKO Mariusz	8607	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		M40	13	M 76		00:03:38	2026-05-09 21:03:37	00:09:21	00:18:55	00:22:33	+00:04:47 (25.4%)	3:46	15.9 (74.6%)
84	JENOROWSKI Jakub	8441		BIAŁYSTOK		M20	24	M 77		00:00:05	2026-05-09 21:00:04	00:09:14	00:18:56	00:19:01	+00:04:48 (25.4%)	3:46	15.9 (74.6%)
85	SKŁODOWSKI Tomasz	7584		WOŁOMIN		M20	25	M 78		00:03:38	2026-05-09 21:03:37	00:09:35	00:19:00	00:22:39	+00:04:53 (25.7%)	3:47	15.8 (74.2%)
86	SAKNYS Svajunas	7399		ROKISKIS		M30	33	M 79		00:00:05	2026-05-09 21:00:04		00:19:00	00:19:06	+00:04:53 (25.7%)	3:47	15.8 (74.2%)
87	MAKOWSKI Karol	9336	KB PACE	NOWE KOZŁOWICE		M20	26	M 80		00:00:04	2026-05-09 21:00:03	00:09:33	00:19:04	00:19:08	+00:04:56 (25.9%)	3:48	15.8 (74.2%)
88	DUDEK Bartosz	8310	MD RUN TRAINING	BIAŁYSTOK		M30	34	M 81	MD Run Training	00:03:37	2026-05-09 21:03:36	00:09:58	00:19:04	00:22:41	+00:04:56 (26.0%)	3:48	15.8 (74.2%)
89	PAŁCZYŃSKI Bartłomiej	10026	AUTO IDEA	WARSZAWA		M30	35	M 82	Auto Idea Mercedes	00:00:02	2026-05-09 21:00:01	00:09:14	00:19:06	00:19:08	+00:04:58 (26.1%)	3:48	15.7 (73.7%)
90	STASIEŁUK-GRYC Karolina	9673		BIAŁYSTOK		K40	2	K 8		00:00:08	2026-05-09 21:00:07	00:09:41	00:19:06	00:19:14	+00:04:58 (26.1%)	3:48	15.7 (73.7%)
91	TRUSZCZYŃSKI Paweł	8577		NOWODWORCE		M30	36	M 83		00:00:03	2026-05-09 21:00:02	00:09:20	00:19:07	00:19:10	+00:04:59 (26.1%)	3:49	15.7 (73.7%)
92	SZYBISTY Jakub	8924		WARSZAWA		M20	27	M 84		00:00:07	2026-05-09 21:00:06	00:09:41	00:19:07	00:19:15	+00:05:00 (26.2%)	3:49	15.7 (73.7%)
93	SOBOTA Jacek	8410	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M50	2	M 85	Białystok Biega Team	00:00:06	2026-05-09 21:00:05	00:09:34	00:19:09	00:19:15	+00:05:01 (26.3%)	3:49	15.7 (73.7%)
94	BUKAŁA Marcin	8397	VEGE RUNNERS	WARSZAWA		M30	37	M 86		00:00:07	2026-05-09 21:00:06	00:09:44	00:19:10	00:19:17	+00:05:02 (26.3%)	3:49	15.7 (73.7%)
95	CZABAJ Marcin	8238		BIAŁYSTOK		M40	14	M 87		00:00:06	2026-05-09 21:00:05	00:09:44	00:19:12	00:19:18	+00:05:04 (26.4%)	3:50	15.6 (73.2%)
96	DYGAS Hubert	7208	TTRUNNERS	KLAUDYN		M30	38	M 88		00:00:09	2026-05-09 21:00:08	00:09:44	00:19:13	00:19:22	+00:05:05 (26.5%)	3:50	15.6 (73.2%)
97	STANKOWSKI Bartłomiej	7381	METALOVEPŁUCA	BIELICHA		M30	39	M 89		00:03:40	2026-05-09 21:03:39	00:09:42	00:19:13	00:22:53	+00:05:06 (26.6%)	3:50	15.6 (73.2%)
98	ŁEMPICKI Paweł	7324	KALINOWSKI TEAM	KLEPACZE		M30	40	M 90	Kalinowski Team	00:00:06	2026-05-09 21:00:05	00:09:39	00:19:14	00:19:21	+00:05:06 (26.6%)	3:50	15.6 (73.2%)
99	RAMOTOWSKI Tomasz	8739		BIAŁYSTOK		M20	28	M 91	Maspex	00:00:08	2026-05-09 21:00:07	00:09:42	00:19:15	00:19:24	+00:05:07 (26.7%)	3:50	15.6 (73.2%)
100	BARASZKO Gabriel	8721		BIAŁYSTOK		M20	29	M 92		00:00:07	2026-05-09 21:00:06	00:09:49	00:19:18	00:19:25	+00:05:10 (26.8%)	3:51	15.6 (73.2%)
101	SIENKIEWICZ Mirosław	8258		SUWAŁKI		M60	2	M 93		00:00:06	2026-05-09 21:00:05	00:09:42	00:19:21	00:19:27	+00:05:13 (27.0%)	3:51	15.5 (72.8%)
102	SZŁASZYŃSKA Wioleta	7443		GOŁDAP		K30	3	K 9		00:00:07	2026-05-09 21:00:06	00:09:34	00:19:22	00:19:29	+00:05:14 (27.1%)	3:52	15.5 (72.8%)
103	ŁAPIŃSKI Paweł	10069		ŁĄPY		M12	7	M 94		00:00:00	2026-05-09 20:59:59	00:09:36	00:19:22	00:19:23	+00:05:14 (27.1%)	3:52	15.5 (72.8%)
104	WASIAK Mirosława	7254		OLSZTYN		K30	4	K 10		00:00:04	2026-05-09 21:00:03	00:09:41	00:19:24	00:19:29	+00:05:16 (27.2%)	3:52	15.5 (72.8%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
105	SKRZYNIARZ Marek	7428		KIELCE		M50	3	M 95		00:03:37	2026-05-09 21:03:36	00:09:42	00:19:24	00:23:02	+00:05:17 (27.2%)	3:52	15.5 (72.8%)
106	RYBAK Adam	8712	KONDYCJA PIASECZNO	USTANÓW		M40	15	M 96		00:00:05	2026-05-09 21:00:04	00:09:33	00:19:25	00:19:31	+00:05:17 (27.3%)	3:52	15.5 (72.8%)
107	DRAL Miłosz	9450		SĘDZISZÓW MAŁOPOLSKI		M20	30	M 97		00:00:05	2026-05-09 21:00:04	00:09:47	00:19:26	00:19:31	+00:05:18 (27.3%)	3:52	15.5 (72.8%)
108	KOLB Volha	9246	RUN4FUN	GRODNO		K40	3	K 11	RUN4FUN	00:00:05	2026-05-09 21:00:04	00:09:41	00:19:27	00:19:32	+00:05:19 (27.4%)	3:53	15.4 (72.3%)
109	NIEDZIAŁKOWSKI Karol	7109		WARSZAWA		M30	41	M 98		00:00:05	2026-05-09 21:00:04	00:09:35	00:19:27	00:19:33	+00:05:19 (27.4%)	3:53	15.4 (72.3%)
110	OSET Franek	9951		BIAŁYSTOK		M12	8	M 99		00:06:53	2026-05-09 21:06:52	00:09:53	00:19:27	00:26:21	+00:05:20 (27.4%)	3:53	15.4 (72.3%)
111	SARNACKI Łukasz	8329	KB WYSZKÓW	WYSZKÓW		M30	42	M 100		00:03:42	2026-05-09 21:03:41	00:09:53	00:19:27	00:23:10	+00:05:20 (27.4%)	3:53	15.4 (72.3%)
112	WOJNOWSKA Natalia	10245		GDAŃSK		K20	5	K 12		00:03:37	2026-05-09 21:03:36	00:09:44	00:19:28	00:23:06	+00:05:20 (27.5%)	3:53	15.4 (72.3%)
113	SIEMIENIUK Dorota	9312	KALINOWSKI TEAM	BIAŁYSTOK		K30	5	K 13	Kalinowski Team	00:00:04	2026-05-09 21:00:03	00:09:44	00:19:29	00:19:33	+00:05:21 (27.5%)	3:53	15.4 (72.3%)
114	ZADROŻNY Kamil	10093	TEAM KOPEĆ	KĄTY		M30	43	M 101		00:00:05	2026-05-09 21:00:04	00:09:46	00:19:30	00:19:35	+00:05:22 (27.6%)	3:53	15.4 (72.3%)
115	GUTMAŃSKI Mariusz	9223	TEAM KOPEĆ	OLSZTYN		M30	44	M 102	Team Kopeć	00:00:03	2026-05-09 21:00:02	00:09:48	00:19:31	00:19:35	+00:05:23 (27.7%)	3:53	15.4 (72.3%)
116	WAWRZYNOWICZ Michał	9388	ROZBIEGANI SUWAŁKI	AUGUSTÓW		M30	45	M 103	Rozbiegani Suwałki	00:03:38	2026-05-09 21:03:37	00:09:38	00:19:31	00:23:09	+00:05:23 (27.7%)	3:54	15.4 (72.3%)
117	WILCZEWSKI Jakub	8092	KS PREFBET-SONAROL	ZAMBRÓW		M12	9	M 104		00:03:40	2026-05-09 21:03:39	00:09:31	00:19:32	00:23:13	+00:05:25 (27.7%)	3:54	15.4 (72.3%)
118	SZUBERT Tomasz	7125	KB MARATON TUREK	TUREK		M40	16	M 105	KB Maraton Turek	00:03:38	2026-05-09 21:03:37	00:09:39	00:19:33	00:23:12	+00:05:26 (27.8%)	3:54	15.4 (72.3%)
119	ĆWIKLIŃSKI Robert	9772	PGB OSLO	OSLO		M30	46	M 106		00:00:07	2026-05-09 21:00:06	00:09:56	00:19:35	00:19:43	+00:05:27 (27.9%)	3:54	15.3 (71.8%)
120	KOZŁOWSKI Damian	8244		RADULE		M30	47	M 107		00:07:18	2026-05-09 21:07:17	00:10:07	00:19:39	00:26:57	+00:05:31 (28.1%)	3:55	15.3 (71.8%)
121	ZAŁEWSKI Wojciech	7195		ZIELONKI		M20	31	M 108		00:00:07	2026-05-09 21:00:06	00:09:47	00:19:39	00:19:46	+00:05:31 (28.1%)	3:55	15.3 (71.8%)
122	KRUPITSA Jerzy	8617		CHOROSZCZ		M60	3	M 109		00:00:08	2026-05-09 21:00:07	00:09:42	00:19:42	00:19:51	+00:05:34 (28.3%)	3:56	15.2 (71.4%)
123	GADZIŃSKI Krzysztof	7152	KAN-THERM RACING TEAM	BIAŁYSTOK		M40	17	M 110	KAN-therm Racing Team	00:00:07	2026-05-09 21:00:06	00:09:47	00:19:42	00:19:50	+00:05:35 (28.4%)	3:56	15.2 (71.4%)
124	KADŁUBISKI Kacper	8650	KLUB JUDO POLITECHNIKI BIAŁOSTOCKIEJ	BIAŁYSTOK		M40	18	M 111		00:03:39	2026-05-09 21:03:38	00:09:39	00:19:43	00:23:22	+00:05:35 (28.4%)	3:56	15.2 (71.4%)
125	LIS Maciej	8530	TEAM KOPEĆ	GARWOLIN		M20	32	M 112		00:00:06	2026-05-09 21:00:05	00:09:47	00:19:44	00:19:50	+00:05:36 (28.5%)	3:56	15.2 (71.4%)
126	DERGAY Alexandre	9054	RUN_WAWA_RUN	WARSZAWA		M50	4	M 113	RUN_WAWA_RUN	00:00:02	2026-05-09 21:00:01	00:09:54	00:19:44	00:19:47	+00:05:37 (28.5%)	3:56	15.2 (71.4%)
127	POTAPO Artur	7363		BIAŁYSTOK		M20	33	M 114		00:00:07	2026-05-09 21:00:06	00:09:51	00:19:47	00:19:55	+00:05:40 (28.7%)	3:57	15.2 (71.4%)
128	WORONOWICZ Michał	9100		WASILKÓW		M20	34	M 115		00:00:05	2026-05-09 21:00:04	00:09:53	00:19:51	00:19:57	+00:05:43 (28.9%)	3:57	15.1 (70.9%)
129	KILARSKI Wojciech	7446		KLIMONTÓW		M20	35	M 116		00:03:40	2026-05-09 21:03:39	00:09:56	00:19:53	00:23:34	+00:05:45 (29.0%)	3:58	15.1 (70.9%)
130	MAKOWSKI Krystian	7565		RYPIN		M20	36	M 117		00:03:41	2026-05-09 21:03:40	00:09:56	00:19:53	00:23:35	+00:05:46 (29.0%)	3:58	15.1 (70.9%)
131	BIBUŁOWICZ Jakub	10060		SURAŻ		M12	10	M 118		00:03:49	2026-05-09 21:03:48	00:09:59	00:19:55	00:23:44	+00:05:47 (29.1%)	3:58	15.1 (70.9%)
132	GOŁĘBSKI Kamil	8844		BIAŁYSTOK		M30	48	M 119		00:00:08	2026-05-09 21:00:07	00:09:58	00:19:56	00:20:04	+00:05:48 (29.2%)	3:58	15.1 (70.9%)
133	TOMASZEWSKI Piotr	8938	KAN THERM RACING TEAM	BIAŁYSTOK		M40	19	M 120	Kan Therm Racing Team	00:00:09	2026-05-09 21:00:08	00:09:51	00:19:56	00:20:06	+00:05:48 (29.2%)	3:59	15.1 (70.9%)
134	KONKEL Katarzyna	10228	PÓŁMARATON LUBELSKI	LUBLIN		K30	6	K 14		00:00:06	2026-05-09 21:00:05	00:09:27	00:19:56	00:20:03	+00:05:49 (29.2%)	3:58	15.1 (70.9%)
135	STĘPIEŃ Zenon	7473		KIELCE		M60	4	M 121		00:03:37	2026-05-09 21:03:36	00:10:01	00:19:57	00:23:34	+00:05:49 (29.2%)	3:59	15.1 (70.9%)
136	NIEWIŃSKI Mateusz	8055		BIAŁYSTOK		M20	37	M 122		00:03:38	2026-05-09 21:03:37	00:09:59	00:19:59	00:23:37	+00:05:51 (29.3%)	3:59	15 (70.4%)
137	PIECKA Damian	9019		ŁYSKI		M30	49	M 123		00:03:38	2026-05-09 21:03:37	00:09:56	00:20:01	00:23:39	+00:05:53 (29.5%)	3:59	15 (70.4%)
138	DZIEWIĄTKOWSKI Tomasz	7462		BIAŁYSTOK		M30	50	M 124		00:03:58	2026-05-09 21:03:57	00:10:11	00:20:01	00:24:00	+00:05:53 (29.5%)	3:59	15 (70.4%)
139	KURYŁOWICZ Adrian	7274		BIAŁYSTOK		M40	20	M 125		00:00:03	2026-05-09 21:00:02	00:09:52	00:20:02	00:20:06	+00:05:54 (29.5%)	4:00	15 (70.4%)
140	ALICKA Ewa	10167		SZCZUCZYN		K30	7	K 15		00:00:07	2026-05-09 21:00:06	00:09:51	00:20:03	00:20:10	+00:05:55 (29.6%)	4:00	15 (70.4%)
141	SZCZYKOWSKA-MILLER Joanna	9321	MD RUN TRAINING	NOWODWORCE		K30	8	K 16	MD Run Training	00:00:04	2026-05-09 21:00:03	00:09:45	00:20:03	00:20:08	+00:05:56 (29.6%)	4:00	15 (70.4%)
142	WOCH Patryk	7449		BRZÓZOWICA DUŻA		M20	38	M 126		00:03:40	2026-05-09 21:03:39	00:09:40	00:20:04	00:23:45	+00:05:56 (29.6%)	4:00	15 (70.4%)
143	JABŁONIEC Dominik	7334	KS START PUŁASKI WARKA	WARKA		M40	21	M 127		00:00:03	2026-05-09 21:00:02	00:09:52	00:20:10	00:20:14	+00:06:02 (30.0%)	4:01	14.9 (70.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
144	PUCHALSKI Mateusz	9412	BIAŁYSTOK BIEGA TEAM	CIECHANOWIEC		M20	39	M 128		00:00:04	2026-05-09 21:00:03	00:09:44	00:20:11	00:20:15	+00:06:03 (30.0%)	4:01	14.9 (70.0%)
145	KIEDA Patryk	7598	KAN-THERM RACING TEAM	BIAŁYSTOK		M30	51	M 129	KAN-therm Racing Team	00:03:38	2026-05-09 21:03:37	00:10:02	00:20:11	00:23:49	+00:06:03 (30.1%)	4:01	14.9 (70.0%)
146	LENCZEWSKI Maciej	8885		BIAŁYSTOK		M12	11	M 130		00:03:39	2026-05-09 21:03:38	00:10:12	00:20:11	00:23:51	+00:06:04 (30.1%)	4:01	14.9 (70.0%)
147	SZEREMETA Grzegorz	7425		BIAŁYSTOK		M30	52	M 131		00:03:38	2026-05-09 21:03:37	00:10:19	00:20:16	00:23:54	+00:06:08 (30.3%)	4:02	14.8 (69.5%)
148	GRZEŚ Kamil	8002	BIAŁYSTOK BIEGA TEAM	KLEPACZE		M12	12	M 132	Białystok Biega Team	00:00:06	2026-05-09 21:00:05	00:09:56	00:20:16	00:20:22	+00:06:08 (30.3%)	4:02	14.8 (69.5%)
149	TARGOŃSKI Michał	8164		BIAŁYSTOK		M20	40	M 133		00:00:03	2026-05-09 21:00:02	00:09:40	00:20:17	00:20:20	+00:06:09 (30.4%)	4:03	14.8 (69.5%)
150	GADOMSKI Łukasz	10042		PŁOŃSK		M40	22	M 134		00:03:44	2026-05-09 21:03:43	00:10:13	00:20:17	00:24:01	+00:06:09 (30.4%)	4:03	14.8 (69.5%)
151	KAPUŚCIŃSKI Jakub	8683	LEDWOATLECI	BIAŁYSTOK		M30	53	M 135	LEDWOATLECI	00:03:40	2026-05-09 21:03:39	00:10:17	00:20:17	00:23:57	+00:06:10 (30.4%)	4:03	14.8 (69.5%)
152	JASKÓLSKA-MADEJEK Magda	9910	VEGE RUNNERS	WARSZAWA		K30	9	K 17	VEGE RUNNERS	00:00:06	2026-05-09 21:00:05	00:10:04	00:20:18	00:20:25	+00:06:10 (30.5%)	4:03	14.8 (69.5%)
153	KOWALSKI Kuba	9707	KUBA KOWALSKI TRIATHLON COACH	BIAŁYSTOK		M20	41	M 136		00:00:08	2026-05-09 21:00:07	00:10:08	00:20:20	00:20:28	+00:06:12 (30.5%)	4:03	14.8 (69.5%)
154	TOŁWIŃSKI Mateusz	9506	BYLE DO METY ZP BIAŁYSTOK	BIAŁYSTOK		M12	13	M 137	Byle do mety ZP Białystok	00:13:08	2026-05-09 21:13:07	00:10:22	00:20:21	00:33:29	+00:06:13 (30.6%)	4:03	14.8 (69.5%)
155	JAGŁOWSKI Patryk	7595	ROZBIEGANI SUWAŁKI	SUWAŁKI		M20	42	M 138	Rozbiegani Suwałki	00:03:39	2026-05-09 21:03:38	00:10:08	00:20:22	00:24:01	+00:06:14 (30.7%)	4:04	14.7 (69.0%)
156	HYNAS Michał	7268		KALISZ		M30	54	M 139		00:03:38	2026-05-09 21:03:37	00:10:08	00:20:22	00:24:00	+00:06:14 (30.7%)	4:04	14.7 (69.0%)
157	ASŁANOWICZ Marcin	7508	ŻÓRAWSKI TEAM	WARSZAWA		M50	5	M 140		00:00:07	2026-05-09 21:00:06	00:10:11	00:20:23	00:20:30	+00:06:15 (30.7%)	4:04	14.7 (69.0%)
158	JAKUBOWSKA Aleksandra	9442	15 GIZYCKA BRYGADA ZMECHANIZOWANA/KLUB BIEGACZA PACE	ELK		K30	10	K 18		00:03:38	2026-05-09 21:03:37	00:10:01	00:20:25	00:24:04	+00:06:18 (30.9%)	4:04	14.7 (69.0%)
159	TARNOGÓRSKI Filip	9207		KLEOSIN		M20	43	M 141		00:03:50	2026-05-09 21:03:49	00:10:02	00:20:26	00:24:17	+00:06:19 (30.9%)	4:04	14.7 (69.0%)
160	GRĄDZKI Łukasz	10016	MELANŻ SQUAD REPREZENT	KLEPACZE		M40	23	M 142		00:04:02	2026-05-09 21:04:01	00:10:25	00:20:27	00:24:29	+00:06:19 (31.0%)	4:05	14.7 (69.0%)
161	ŚWIDERGOŁ Piotr	7453		KATOWICE		M30	55	M 143		00:03:43	2026-05-09 21:03:42	00:10:14	00:20:27	00:24:11	+00:06:19 (31.0%)	4:05	14.7 (69.0%)
162		10646				Wszyscy	1	1		00:10:05	2026-05-09 21:10:04	00:10:41	00:20:29	00:30:35	+00:06:21 (31.1%)	4:05	14.7 (69.0%)
163	MOJSAK Karolina	9528		BIAŁYSTOK		K20	6	K 19		00:03:57	2026-05-09 21:03:56	00:10:28	00:20:32	00:24:30	+00:06:24 (31.2%)	4:06	14.6 (68.5%)
164	WRÓBLEWSKI Kamil	8676		NOWODWORCE		M40	24	M 144	Dzwoń na pogotowie :)	00:00:05	2026-05-09 21:00:04	00:10:06	00:20:32	00:20:38	+00:06:24 (31.3%)	4:06	14.6 (68.5%)
165	CIECIERSKA Sylwia	8384		GDAŃSK		K40	4	K 20		00:07:10	2026-05-09 21:07:09	00:11:00	00:20:36	00:27:46	+00:06:28 (31.5%)	4:06	14.6 (68.5%)
166	TOMCZYK Kamil	9885		WARSZAWA		M30	56	M 145		00:03:40	2026-05-09 21:03:39	00:10:23	00:20:38	00:24:19	+00:06:30 (31.6%)	4:07	14.6 (68.5%)
167	CZERWIŃSKI Michał	9724		INOWROCLAW		M40	25	M 146		00:03:39	2026-05-09 21:03:38	00:10:14	00:20:38	00:24:18	+00:06:31 (31.6%)	4:07	14.6 (68.5%)
168	EBING Amanda	10034		OLSZEWKA		K30	11	K 21		00:00:06	2026-05-09 21:00:05	00:10:07	00:20:40	00:20:46	+00:06:32 (31.7%)	4:07	14.5 (68.1%)
169	KARWIŃSKI Marcin	7507		BIAŁYSTOK		M50	6	M 147		00:06:39	2026-05-09 21:06:38	00:10:18	00:20:40	00:27:19	+00:06:32 (31.7%)	4:07	14.5 (68.1%)
170	PAWŁOWICZ Piotr	10003		BOBROWA		M30	57	M 148		00:00:08	2026-05-09 21:00:07	00:10:00	00:20:40	00:20:49	+00:06:33 (31.7%)	4:07	14.5 (68.1%)
171	PRZEPÍÓRZYŃSKA Agnieszka	7286	KOZIENICKI BIEGACZ	KOZIENICE		K30	12	K 22		00:03:57	2026-05-09 21:03:56	00:09:55	00:20:40	00:24:38	+00:06:33 (31.7%)	4:07	14.5 (68.1%)
172	MILCZARCZYK Dariusz	7364	KOZIENICKI BIEGACZ	KOZIENICE		M30	58	M 149	Kozienicki Biegacz	00:03:57	2026-05-09 21:03:56	00:09:55	00:20:41	00:24:38	+00:06:33 (31.7%)	4:08	14.5 (68.1%)
173	ŁOŚ Mariusz	9342		BIAŁYSTOK		M20	44	M 150		00:03:37	2026-05-09 21:03:36	00:10:13	00:20:43	00:24:20	+00:06:35 (31.8%)	4:08	14.5 (68.1%)
174	PERZANOWSKI Jakub	7444		WARSZAWA		M30	59	M 151		00:06:43	2026-05-09 21:06:42	00:10:32	00:20:43	00:27:26	+00:06:35 (31.8%)	4:08	14.5 (68.1%)
175	DAWIDZIUK Krystian	9694		BIAŁYSTOK		M30	60	M 152		00:09:49	2026-05-09 21:09:48	00:10:32	00:20:43	00:30:33	+00:06:36 (31.9%)	4:08	14.5 (68.1%)
176	MOZOLEWSKA Joanna	8708	ZIELONY BIAŁYSTOK - URZĄD MIEJSKI W BIAŁYMSTOKU	BIAŁYSTOK		K30	13	K 23		00:06:47	2026-05-09 21:06:46	00:10:33	00:20:44	00:27:32	+00:06:37 (31.9%)	4:08	14.5 (68.1%)
177	NIEMYJSKI Maciej	10193	VIKING RUNNING TEAM	CHOROSZCZ		M20	45	M 153		00:03:42	2026-05-09 21:03:41	00:10:44	00:20:45	00:24:28	+00:06:37 (32.0%)	4:08	14.5 (68.1%)
178	KULIKOWSKI Tadeusz	8254		GOŁDAP		M50	7	M 154		00:03:39	2026-05-09 21:03:38	00:10:04	00:20:46	00:24:25	+00:06:38 (32.0%)	4:08	14.5 (68.1%)
179	TARGONSKI Sergei	7604		MINSK		M40	26	M 155		00:03:37	2026-05-09 21:03:36	00:10:30	00:20:46	00:24:23	+00:06:38 (32.0%)	4:08	14.5 (68.1%)
180	ZDRAJKOWSKA Julia	7479	KALINOWSKI TEAM	BIAŁYSTOK		K30	14	K 24	Kalinowski Team	00:00:06	2026-05-09 21:00:05	00:10:22	00:20:48	00:20:54	+00:06:40 (32.1%)	4:09	14.4 (67.6%)
181	HERMANN Tomasz	7486	SĄ WOLNIESJI	OLSZTYN		M40	27	M 156		00:00:08	2026-05-09 21:00:07	00:10:28	00:20:51	00:20:59	+00:06:43 (32.3%)	4:09	14.4 (67.6%)
182	PIECZARA Dawid	7106		TYCHY		M40	28	M 157		00:03:41	2026-05-09 21:03:40	00:10:10	00:20:51	00:24:33	+00:06:43 (32.3%)	4:09	14.4 (67.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
183	ZIMNOCH Michał	8651		SUCHOWOLA		M30	61	M 158		00:06:41	2026-05-09 21:06:40	00:10:30	00:20:52	00:27:33	+00:06:44 (32.3%)	4:10	14.4 (67.6%)
184	MATOSZKO Adam	7101		BIAŁYSTOK		M30	62	M 159		00:06:41	2026-05-09 21:06:40	00:10:42	00:20:52	00:27:34	+00:06:45 (32.4%)	4:10	14.4 (67.6%)
185	KARCZEWSKI Adam	9719		BIAŁYSTOK		M12	14	M 160	Jopa Bonito	00:03:57	2026-05-09 21:03:56	00:10:07	00:20:53	00:24:50	+00:06:45 (32.4%)	4:10	14.4 (67.6%)
186	CZUDOWSKI Tomasz	10047	DUKLANOWSKI	WARSZAWA		M40	29	M 161		00:03:53	2026-05-09 21:03:52	00:10:29	00:20:54	00:24:48	+00:06:46 (32.5%)	4:10	14.4 (67.6%)
187	SKIBIŃSKI Kamil	10246		BIAŁYSTOK		M20	46	M 162		00:00:03	2026-05-09 21:00:02	00:10:07	00:20:55	00:20:58	+00:06:47 (32.5%)	4:10	14.4 (67.6%)
188	RUMINOWICZ Łukasz	8022		BIAŁYSTOK		M30	63	M 163		00:03:40	2026-05-09 21:03:39	00:10:16	00:20:55	00:24:36	+00:06:48 (32.5%)	4:10	14.4 (67.6%)
189	AMBROŻEWICZ Adrian	8667	ROZBIEGAMY BIELSK PODLASKI	BIELSK PODLASKI		M20	47	M 164		00:03:38	2026-05-09 21:03:37	00:10:33	00:20:57	00:24:36	+00:06:50 (32.6%)	4:11	14.3 (67.1%)
190	ŁOPATOWSKI Filip	7432	SZCZUTOWO BIEGA	PŁOCK		M20	48	M 165		00:03:43	2026-05-09 21:03:42	00:10:34	00:21:01	00:24:44	+00:06:53 (32.8%)	4:12	14.3 (67.1%)
191	ALEKSIEJUK Mikołaj	9187		BIAŁYSTOK		M20	49	M 166		00:03:37	2026-05-09 21:03:36	00:10:21	00:21:03	00:24:41	+00:06:56 (33.0%)	4:12	14.3 (67.1%)
192	HRYNIEWSKI Rafał	7542		BIAŁYSTOK		M30	64	M 167		00:03:54	2026-05-09 21:03:53	00:10:34	00:21:04	00:24:58	+00:06:56 (33.0%)	4:12	14.3 (67.1%)
193	MIERZEJEWSKI Wiktor	8761		OSTROŁĘKA		M30	65	M 168		00:00:08	2026-05-09 21:00:07	00:10:24	00:21:08	00:21:16	+00:07:00 (33.2%)	4:13	14.2 (66.7%)
194	WILCZEWSKI Daniel	8091	JRG ZAMBRÓW	ZAMBRÓW		M40	30	M 169		00:03:41	2026-05-09 21:03:40	00:10:18	00:21:09	00:24:50	+00:07:01 (33.2%)	4:13	14.2 (66.7%)
195	GOŁDA Karol	7293		WŁOSZCZOWA		M30	66	M 170		00:03:45	2026-05-09 21:03:44	00:10:45	00:21:10	00:24:55	+00:07:02 (33.3%)	4:13	14.2 (66.7%)
196	KISZKIEL Ivan	7457	RUN4FUN	GRODNO		M50	8	M 171		00:03:49	2026-05-09 21:03:48	00:10:51	00:21:10	00:24:59	+00:07:03 (33.3%)	4:13	14.2 (66.7%)
197	SOBOCIŃSKA Małgorzata	9300		BIAŁYSTOK		K20	7	K 25		00:03:42	2026-05-09 21:03:41	00:10:22	00:21:11	00:24:54	+00:07:03 (33.4%)	4:13	14.2 (66.7%)
198	LEŚNIAK Rafał	9122		KRAKÓW		M20	50	M 172		00:03:50	2026-05-09 21:03:49	00:10:20	00:21:12	00:25:02	+00:07:04 (33.4%)	4:14	14.2 (66.7%)
199	DROJEWSKI Adam	7135		BIAŁYSTOK		M50	9	M 173		00:03:52	2026-05-09 21:03:51	00:10:45	00:21:12	00:25:04	+00:07:04 (33.4%)	4:14	14.2 (66.7%)
200	POGODZIŃSKI Karol	7582	BAZINGA RUN	WARSZAWA		M30	67	M 174		00:03:52	2026-05-09 21:03:51	00:10:42	00:21:13	00:25:06	+00:07:05 (33.5%)	4:14	14.2 (66.7%)
201	STRILETS Mykola	10309	TEA.M RUN	BIAŁYSTOK		M20	51	M 175		00:03:53	2026-05-09 21:03:52	00:10:41	00:21:13	00:25:07	+00:07:06 (33.5%)	4:14	14.2 (66.7%)
202	KONIECZNY Konrad	7323	BIEGACZE STU MOSTÓW	CZERMNO		M30	68	M 176	Biegacze Stu Mostów	00:03:39	2026-05-09 21:03:38	00:10:36	00:21:14	00:24:54	+00:07:07 (33.5%)	4:14	14.1 (66.2%)
203	DRUŻBA Grzegorz	9515	MASTERPRESS	BIAŁYSTOK		M30	69	M 177	Masterpress	00:03:57	2026-05-09 21:03:56	00:10:54	00:21:15	00:25:13	+00:07:08 (33.6%)	4:14	14.1 (66.2%)
204	PIEKARSKI Maciej	7549	AWF WROCŁAW	AUGUSTÓW		M20	52	M 178		00:03:41	2026-05-09 21:03:40	00:10:44	00:21:17	00:24:59	+00:07:09 (33.7%)	4:15	14.1 (66.2%)
205	KRASZEWSKI Adam	10064		ŁOMŻA		M40	31	M 179		00:03:46	2026-05-09 21:03:45	00:10:36	00:21:18	00:25:05	+00:07:11 (33.7%)	4:15	14.1 (66.2%)
206	IWANIUK Julia	8075		BIAŁYSTOK		K20	8	K 26		00:00:09	2026-05-09 21:00:08	00:10:47	00:21:19	00:21:28	+00:07:11 (33.8%)	4:15	14.1 (66.2%)
207	ZADYKOWICZ Kamil	9684	BKS	BIAŁYSTOK		M30	70	M 180		00:03:48	2026-05-09 21:03:47	00:10:51	00:21:19	00:25:07	+00:07:11 (33.8%)	4:15	14.1 (66.2%)
208	CIESZYŃSKI Łukasz	7431		WYSOKA		M20	53	M 181		00:03:50	2026-05-09 21:03:49	00:11:13	00:21:19	00:25:10	+00:07:12 (33.8%)	4:15	14.1 (66.2%)
209	KAZAKEVICIUTE Vite	8398	ORIGAMI RUNNERS	KAUNAS		K12	1	K 27	Origami runners	00:00:06	2026-05-09 21:00:05	00:11:08	00:21:22	00:21:28	+00:07:14 (33.9%)	4:16	14.1 (66.2%)
210	DUSZAK Kamil	8829		KADZIDŁO		M20	54	M 182		00:03:45	2026-05-09 21:03:44	00:10:43	00:21:22	00:25:07	+00:07:14 (33.9%)	4:16	14.1 (66.2%)
211	CZURKO Maciej	9062	BIEGNIEMY DLA J. LO I OLI	NOWY DWÓR MAZOWIECKI		M12	15	M 183		00:03:52	2026-05-09 21:03:51	00:10:34	00:21:22	00:25:15	+00:07:14 (33.9%)	4:16	14.1 (66.2%)
212	SZERLE Tomasz	7280		WARSZAWA		M40	32	M 184	Power Respect Banana	00:03:54	2026-05-09 21:03:53	00:10:39	00:21:26	00:25:20	+00:07:18 (34.1%)	4:16	14 (65.7%)
213	TULICKI Rafał	7609		SUWAŁKI		M30	71	M 185		00:03:37	2026-05-09 21:03:36	00:10:29	00:21:26	00:25:04	+00:07:19 (34.2%)	4:16	14 (65.7%)
214	WIŁOCH Kazimierz	9484		BIAŁYSTOK		M30	72	M 186		00:03:41	2026-05-09 21:03:40	00:10:45	00:21:30	00:25:12	+00:07:22 (34.3%)	4:17	14 (65.7%)
215	JUSZKIEWICZ Karina	7250		BIAŁYSTOK		K30	15	K 28		00:03:48	2026-05-09 21:03:47	00:10:48	00:21:30	00:25:19	+00:07:23 (34.4%)	4:17	14 (65.7%)
216	LIPISZKO Adam	9659		DOBRZYNIĘWO FABRYCZNE		M20	55	M 187		00:03:41	2026-05-09 21:03:40	00:10:14	00:21:33	00:25:15	+00:07:26 (34.5%)	4:18	13.9 (65.3%)
217	MISZCZUK Kamil	8950		WARSZAWA		M30	73	M 188		00:03:43	2026-05-09 21:03:42	00:10:34	00:21:34	00:25:18	+00:07:26 (34.5%)	4:18	13.9 (65.3%)
218	MARKIEWICZ Dominik	7337		WARSZAWA		M20	56	M 189		00:06:44	2026-05-09 21:06:43	00:10:48	00:21:36	00:28:20	+00:07:28 (34.6%)	4:18	13.9 (65.3%)
219	JENOROWSKA Wioletta	8444		BIAŁYSTOK		K50	1	K 29		00:03:43	2026-05-09 21:03:42	00:11:00	00:21:36	00:25:19	+00:07:28 (34.6%)	4:18	13.9 (65.3%)
220	ANIŁKOWSKI Kacper	10191	BRAK	ŁĄPY		M20	57	M 190		00:03:41	2026-05-09 21:03:40	00:10:22	00:21:36	00:25:18	+00:07:28 (34.6%)	4:18	13.9 (65.3%)
221	RUTKOWSKI Bartłomiej	7348		BIAŁYSTOK		M12	16	M 191		00:00:06	2026-05-09 21:00:05	00:10:43	00:21:37	00:21:44	+00:07:30 (34.7%)	4:19	13.9 (65.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
222	KĘDZIOREK Tomasz	7585	KAN-THERM RACING TEAM	BIAŁYSTOK		M30	74	M 192	KAN-therm Racing Team	00:04:00	2026-05-09 21:03:59	00:11:01	00:21:40	00:25:41	+00:07:33 (34.9%)	4:19	13.9 (65.3%)
223	BIBUŁOWICZ Krzysztof	8922		SURAŻ		M40	33	M 193		00:03:50	2026-05-09 21:03:49	00:10:49	00:21:41	00:25:32	+00:07:34 (34.9%)	4:19	13.8 (64.8%)
224	KORYCKI Tomasz	8996		BIAŁYSTOK		M40	34	M 194		00:07:06	2026-05-09 21:07:05	00:10:51	00:21:42	00:28:49	+00:07:34 (35.0%)	4:20	13.8 (64.8%)
225	SOSNA Kazimierz	7243		BIERUŃ		M60	5	M 195		00:03:52	2026-05-09 21:03:51	00:10:49	00:21:43	00:25:35	+00:07:35 (35.0%)	4:20	13.8 (64.8%)
226	ZINCZUK Julia	8931	KLUB PRZYJACIÓŁ MYSZKI MIKI	HAJNÓWKA		K20	9	K 30		00:03:56	2026-05-09 21:03:55	00:11:24	00:21:44	00:25:41	+00:07:37 (35.1%)	4:20	13.8 (64.8%)
227	CHOJNOWSKI Rafał	9447		BIAŁYSTOK		M20	58	M 196		00:03:49	2026-05-09 21:03:48	00:11:08	00:21:45	00:25:35	+00:07:37 (35.1%)	4:20	13.8 (64.8%)
228	OSTROWSKI Marek	7171	COLGATE RUNNING TEAM	ŚWIDNICA		M30	75	M 197		00:03:43	2026-05-09 21:03:42	00:10:36	00:21:45	00:25:28	+00:07:37 (35.1%)	4:20	13.8 (64.8%)
229	WOŹNIEWSKI Witold	9671		BIAŁYSTOK		M12	17	M 198		00:07:07	2026-05-09 21:07:06	00:11:01	00:21:46	00:28:54	+00:07:39 (35.2%)	4:20	13.8 (64.8%)
230	SOSNOWSKA Diana	7496	DO OSTATNIEGO KILOMETRA	BIAŁYSTOK		K30	16	K 31		00:03:40	2026-05-09 21:03:39	00:10:57	00:21:47	00:25:27	+00:07:39 (35.2%)	4:21	13.8 (64.8%)
231	PUCH-PIETRASZUK Magdalena	8407		BIAŁYSTOK		K30	17	K 32	STRABAG Białystok	00:03:50	2026-05-09 21:03:49	00:11:11	00:21:47	00:25:38	+00:07:39 (35.2%)	4:21	13.8 (64.8%)
232	CZECH Filip	9474		BIAŁYSTOK		M12	18	M 199		00:03:40	2026-05-09 21:03:39	00:10:26	00:21:47	00:25:27	+00:07:39 (35.2%)	4:21	13.8 (64.8%)
233	KOSTRZEWSKI Karol	8332		PRUSZKÓW		M30	76	M 200		00:04:03	2026-05-09 21:04:02	00:11:09	00:21:47	00:25:51	+00:07:40 (35.2%)	4:21	13.8 (64.8%)
234	PERKOWSKI Paweł	9008	ROSTI RUNNING TEAM	BIAŁYSTOK		M40	35	M 201	Rosti Running Team	00:03:44	2026-05-09 21:03:43	00:10:59	00:21:47	00:25:32	+00:07:40 (35.2%)	4:21	13.8 (64.8%)
235	LITWINIUK Piotr	8333		PARZNIEW		M40	36	M 202		00:04:03	2026-05-09 21:04:02	00:11:09	00:21:50	00:25:53	+00:07:43 (35.4%)	4:21	13.8 (64.8%)
236	PAPROTNY Michał	9569	18 PR	BIAŁYSTOK		M40	37	M 203		00:03:54	2026-05-09 21:03:53	00:11:08	00:21:52	00:25:46	+00:07:44 (35.4%)	4:22	13.7 (64.3%)
237	STASZEWSKI Paweł	9255		BIAŁYSTOK		M30	77	M 204		00:03:48	2026-05-09 21:03:47	00:11:05	00:21:52	00:25:41	+00:07:44 (35.4%)	4:22	13.7 (64.3%)
238	ŚNIEĆ Julia	8219		BIAŁYSTOK		K12	2	K 33		00:03:40	2026-05-09 21:03:39	00:10:51	00:21:54	00:25:34	+00:07:46 (35.5%)	4:22	13.7 (64.3%)
239	TUREK Mariusz	7568	AKADEMIA WYTRZYMAŁOŚCI	WARSZAWA		M40	38	M 205		00:03:51	2026-05-09 21:03:50	00:10:42	00:21:55	00:25:47	+00:07:47 (35.6%)	4:22	13.7 (64.3%)
240	PIETRUSZKO Hubert	9721		BIAŁYSTOK		M20	59	M 206		00:03:48	2026-05-09 21:03:47	00:11:31	00:21:55	00:25:43	+00:07:47 (35.6%)	4:22	13.7 (64.3%)
241	SUSKA Mikołaj	7325		OTWOCK		M20	60	M 207		00:03:42	2026-05-09 21:03:41	00:10:47	00:21:55	00:25:37	+00:07:47 (35.6%)	4:22	13.7 (64.3%)
242	ŚMIETANKA Filip	9676		BIAŁYSTOK		M12	19	M 208	Jopa Bonito	00:03:58	2026-05-09 21:03:57	00:10:50	00:21:55	00:25:54	+00:07:48 (35.6%)	4:22	13.7 (64.3%)
243	GOŁASZEWSKA Emilia	8550	MD RUN TRAINING	BIAŁYSTOK		K40	5	K 34	MD Run Training	00:03:59	2026-05-09 21:03:58	00:10:56	00:21:56	00:25:56	+00:07:48 (35.6%)	4:22	13.7 (64.3%)
244	MORDASZEWSKI Marcin	9884	3T BIAŁYSTOK	BIAŁYSTOK		M12	20	M 209	3T Białystok	00:06:44	2026-05-09 21:06:43	00:11:09	00:21:57	00:28:41	+00:07:49 (35.7%)	4:23	13.7 (64.3%)
245	STĘPNIIEWSKI Grzegorz	9635		LUBIECHOWA		M40	39	M 210		00:06:58	2026-05-09 21:06:57	00:11:31	00:21:58	00:28:56	+00:07:50 (35.7%)	4:23	13.7 (64.3%)
246	BUSŁOWSKI Filip	9612	3T TOTAL TRI TRAINING	BIAŁYSTOK		M12	21	M 211	3T Białystok	00:06:44	2026-05-09 21:06:43	00:11:08	00:21:58	00:28:42	+00:07:50 (35.7%)	4:23	13.7 (64.3%)
247	STYŚ-DUSZA Jolanta	7267		WROCŁAW		K40	6	K 35		00:03:56	2026-05-09 21:03:55	00:10:58	00:21:59	00:25:55	+00:07:51 (35.8%)	4:23	13.7 (64.3%)
248	GRYKO Krzysztof	8906		BIAŁYMSTOK		M40	40	M 212		00:03:51	2026-05-09 21:03:50	00:11:03	00:21:59	00:25:50	+00:07:51 (35.8%)	4:23	13.7 (64.3%)
249	CYWONIUK Grzegorz	10304	GREGOR MEBLE	BIAŁYSTOK		M50	10	M 213		00:03:43	2026-05-09 21:03:42	00:10:49	00:21:59	00:25:43	+00:07:51 (35.8%)	4:23	13.7 (64.3%)
250	LEWOŃCZUK Krzysztof	9970		BIAŁYSTOK		M20	61	M 214		00:03:58	2026-05-09 21:03:57	00:10:51	00:21:59	00:25:58	+00:07:51 (35.8%)	4:23	13.7 (64.3%)
251	PRZESTRZELSKI Paweł	9529		BIAŁYSTOK		M40	41	M 215		00:03:49	2026-05-09 21:03:48	00:11:07	00:22:00	00:25:50	+00:07:52 (35.8%)	4:23	13.6 (63.8%)
252	WELMAN Daniel	7434		LUBLIN		M30	78	M 216		00:03:40	2026-05-09 21:03:39	00:10:24	00:22:02	00:25:43	+00:07:55 (35.9%)	4:24	13.6 (63.8%)
253	ŚWIĘSZKOWSKI Mateusz	7561	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M20	62	M 217	Białystok Biega Team	00:03:49	2026-05-09 21:03:48	00:10:56	00:22:03	00:25:53	+00:07:55 (36.0%)	4:24	13.6 (63.8%)
254	KASICA Adam	7371	A+K	GRÓJEC		M50	11	M 218		00:03:51	2026-05-09 21:03:50	00:11:11	00:22:05	00:25:56	+00:07:57 (36.1%)	4:24	13.6 (63.8%)
255	KORZENIECKI Alexander	9603		BIAŁYSTOK		M12	22	M 219		00:03:48	2026-05-09 21:03:47	00:11:22	00:22:07	00:25:56	+00:07:59 (36.2%)	4:25	13.6 (63.8%)
256	BIEGAŃSKI Adrian	7113	BBL GIŻYCKO	GIŻYCKO		M30	79	M 220		00:04:04	2026-05-09 21:04:03	00:11:18	00:22:10	00:26:15	+00:08:03 (36.3%)	4:25	13.5 (63.4%)
257	KIERLEWICZ Daniel	8729		WYSOKIE MAZOWIECKIE		M40	42	M 221		00:04:00	2026-05-09 21:03:59	00:11:20	00:22:10	00:26:11	+00:08:03 (36.3%)	4:25	13.5 (63.4%)
258	DRAŻYK Mateusz	7142		WROCŁAW		M30	80	M 222		00:03:55	2026-05-09 21:03:54	00:11:11	00:22:11	00:26:06	+00:08:03 (36.4%)	4:26	13.5 (63.4%)
259	NOWAKOWSKI Bartosz	7373	KUBA RUN TEAM	RADOM		M40	43	M 223		00:09:43	2026-05-09 21:09:42	00:11:11	00:22:11	00:31:55	+00:08:03 (36.4%)	4:26	13.5 (63.4%)
260	RAMANAVA Alina	8150	IZZY RUNNING CLUB	GDAŃSK		K20	10	K 36		00:03:41	2026-05-09 21:03:40	00:11:14	00:22:11	00:25:53	+00:08:04 (36.4%)	4:25	13.5 (63.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
261	MARTYNOWICZ Michał	7570		CZARNA BIAŁOSTOCKA		M20	63	M 224		00:07:04	2026-05-09 21:07:03	00:11:16	00:22:12	00:29:17	+00:08:04 (36.4%)	4:26	13.5 (63.4%)
262	RUSAK Kamil	8544		WARSZAWA		M40	44	M 225		00:03:39	2026-05-09 21:03:38	00:11:01	00:22:12	00:25:52	+00:08:04 (36.4%)	4:26	13.5 (63.4%)
263	CZOCHAŃSKI Adam	9427		BIAŁYSTOK		M30	81	M 226	MD Run Training	00:03:44	2026-05-09 21:03:43	00:11:12	00:22:13	00:25:58	+00:08:06 (36.5%)	4:26	13.5 (63.4%)
264	CABAŁA Gracjan	8463		WILANOWO		M30	82	M 227		00:03:38	2026-05-09 21:03:37	00:10:32	00:22:14	00:25:53	+00:08:06 (36.5%)	4:26	13.5 (63.4%)
265	KOPCZYŃSKI Wojciech	9836		WARSZAWA		M30	83	M 228		00:00:06	2026-05-09 21:00:05	00:10:51	00:22:14	00:22:20	+00:08:06 (36.5%)	4:26	13.5 (63.4%)
266	ZIELINKO Łukasz	8086	KS STASZEWSCY	KLEPACZE		M30	84	M 229		00:06:43	2026-05-09 21:06:42	00:10:54	00:22:14	00:28:58	+00:08:07 (36.5%)	4:26	13.5 (63.4%)
267	GAWRYLUK Karol	10303		SUPRAŚL		M20	64	M 230		00:06:42	2026-05-09 21:06:41	00:11:04	00:22:15	00:28:57	+00:08:07 (36.5%)	4:26	13.5 (63.4%)
268	WIEWIÓRKA Mateusz	10041		HAJNÓWKA		M12	23	M 231		00:03:53	2026-05-09 21:03:52	00:10:51	00:22:15	00:26:08	+00:08:08 (36.6%)	4:26	13.5 (63.4%)
269	WOŹNIEWSKI Tomasz	7586		BIAŁYSTOK		M40	45	M 232		00:07:08	2026-05-09 21:07:07	00:11:01	00:22:16	00:29:24	+00:08:08 (36.6%)	4:26	13.5 (63.4%)
270	MIROŃCZUK Michał	9623		BIAŁYSTOK		M20	65	M 233		00:06:45	2026-05-09 21:06:44	00:11:04	00:22:16	00:29:02	+00:08:08 (36.6%)	4:27	13.5 (63.4%)
271	GAJEWSKI Mariusz	7138	ASB	PULTUSK		M50	12	M 234		00:03:44	2026-05-09 21:03:43	00:11:01	00:22:16	00:26:00	+00:08:09 (36.6%)	4:26	13.5 (63.4%)
272	MARCHEL Maciej	7130		PIĘCIOWŁÓKI		M20	66	M 235		00:07:05	2026-05-09 21:07:04		00:22:18	00:29:23	+00:08:10 (36.7%)	4:27	13.5 (63.4%)
273	MURAK Dariusz	7299	AKTYWNA PSZCZYNA	JANKOWICE		M50	13	M 236		00:04:03	2026-05-09 21:04:02	00:11:22	00:22:19	00:26:22	+00:08:11 (36.7%)	4:27	13.5 (63.4%)
274	KROMA Krzysztof	9584	PKO BANK POLSKI	OPALENICA		M40	46	M 237	PKO Bank Polski	00:06:42	2026-05-09 21:06:41	00:11:15	00:22:19	00:29:01	+00:08:12 (36.8%)	4:27	13.5 (63.4%)
275	JAKIMIEC Tomasz	8014	PIE3CKI TEAM	BIAŁYSTOK		M40	47	M 238		00:03:48	2026-05-09 21:03:47	00:11:31	00:22:21	00:26:10	+00:08:13 (36.8%)	4:27	13.4 (62.9%)
276	ADAMCZUK Filip	9468	BIEG UNKA	BIAŁYSTOK		M30	85	M 239		00:03:48	2026-05-09 21:03:47	00:11:10	00:22:21	00:26:09	+00:08:13 (36.8%)	4:27	13.4 (62.9%)
277	SKIEPKO Mikołaj	9536		ZWODZIECKIE		M12	24	M 240		00:07:18	2026-05-09 21:07:17	00:11:35	00:22:22	00:29:40	+00:08:14 (36.9%)	4:28	13.4 (62.9%)
278	GRYC Marcin	9617	PKO BANK POLSKI / MD RUN TRAINING	BIAŁYSTOK		M50	14	M 241		00:03:53	2026-05-09 21:03:52	00:11:06	00:22:23	00:26:17	+00:08:16 (37.0%)	4:28	13.4 (62.9%)
279	KĄDZIOLKA Artur	7376		WROCŁAW		M30	86	M 242		00:09:37	2026-05-09 21:09:36	00:11:22	00:22:26	00:32:03	+00:08:18 (37.1%)	4:28	13.4 (62.9%)
280	NIERADKO Adam	7330		POLICZNA		M50	15	M 243		00:03:40	2026-05-09 21:03:39	00:11:13	00:22:26	00:26:07	+00:08:19 (37.1%)	4:28	13.4 (62.9%)
281	CZYŻ Adrianna	9851		WARSZAW		K30	18	K 37		00:04:01	2026-05-09 21:04:00	00:11:26	00:22:27	00:26:29	+00:08:19 (37.1%)	4:29	13.4 (62.9%)
282	NAREWSKI Adrian	10022		BIAŁYSTOK		M30	87	M 244		00:03:58	2026-05-09 21:03:57	00:11:17	00:22:27	00:26:26	+00:08:20 (37.1%)	4:29	13.4 (62.9%)
283	ZANIEWSKI Kamil	8694		WASILKÓW		M30	88	M 245		00:03:56	2026-05-09 21:03:55	00:11:29	00:22:29	00:26:26	+00:08:21 (37.2%)	4:29	13.4 (62.9%)
284	BUJNOWSKA Malgorzata Anna	7438	PODLASKIE KOCURY	BIAŁYSTOK		K40	7	K 38	Podlaskie Kocury	00:03:53	2026-05-09 21:03:52	00:11:07	00:22:31	00:26:24	+00:08:23 (37.3%)	4:29	13.3 (62.4%)
285	PUCHALSKI Jakub	8553		ŁOMZA		M12	25	M 246		00:03:49	2026-05-09 21:03:48	00:11:43	00:22:31	00:26:21	+00:08:24 (37.3%)	4:29	13.3 (62.4%)
286	HOROSZ Michał	9123		BIAŁYSTOK		M12	26	M 247		00:04:02	2026-05-09 21:04:01	00:11:16	00:22:32	00:26:34	+00:08:24 (37.3%)	4:30	13.3 (62.4%)
287	STAEVEN Krzysztof	9920	TEAM ZABIEGANEDNI	WARSZAWA		M40	48	M 248	Team ZabieganeDni	00:04:02	2026-05-09 21:04:01	00:11:16	00:22:32	00:26:35	+00:08:24 (37.4%)	4:30	13.3 (62.4%)
288	SZYMBOREWICZ Emil	9514	18PR	BIAŁYSTOK		M30	89	M 249		00:03:54	2026-05-09 21:03:53	00:11:11	00:22:32	00:26:27	+00:08:24 (37.4%)	4:30	13.3 (62.4%)
289	PUZANOWSKI Grzegorz	9589	PKO BANK POLSKI	BIAŁYSTOK		M30	90	M 250		00:03:42	2026-05-09 21:03:41	00:11:39	00:22:32	00:26:15	+00:08:25 (37.4%)	4:30	13.3 (62.4%)
290	NICZYPORUK Sebastian	7252	NICZYPORKI	BIAŁYSTOK		M30	91	M 251		00:06:50	2026-05-09 21:06:49	00:11:41	00:22:32	00:29:23	+00:08:25 (37.4%)	4:30	13.3 (62.4%)
291	LESZCZYŃSKI Tomasz	10122		DOŁKI		M20	67	M 252		00:03:42	2026-05-09 21:03:41	00:11:35	00:22:33	00:26:15	+00:08:25 (37.4%)	4:30	13.3 (62.4%)
292	ŚWIERCZ Jacek	7177	BYLEDOBIEC ANIN	WARSZAWA		M50	16	M 253	Byledobiec Anin	00:06:44	2026-05-09 21:06:43	00:11:18	00:22:34	00:29:18	+00:08:26 (37.4%)	4:30	13.3 (62.4%)
293	GRABOWSKI Radek	8822		WARSZAWA		M40	49	M 254		00:06:51	2026-05-09 21:06:50	00:11:17	00:22:34	00:29:25	+00:08:26 (37.4%)	4:30	13.3 (62.4%)
294	GOTÓWKO Natalia	8419		WARSZAWA		K30	19	K 39		00:03:59	2026-05-09 21:03:58	00:11:21	00:22:37	00:26:36	+00:08:29 (37.6%)	4:31	13.3 (62.4%)
295	KONARZEWSKI Marcin	10315		BIAŁYSTOK		M30	92	M 255		00:03:48	2026-05-09 21:03:47	00:11:24	00:22:37	00:26:25	+00:08:29 (37.6%)	4:31	13.3 (62.4%)
296	GOŁĘBIEWSKI Adrian	8283	SPARTA CROSSFIT	BIAŁYSTOK		M40	50	M 256		00:00:08	2026-05-09 21:00:07	00:11:00	00:22:37	00:22:45	+00:08:29 (37.6%)	4:31	13.3 (62.4%)
297	KRZYŻANOWSKI Mateusz	7137		ZAŚCIANKI		M30	93	M 257		00:03:45	2026-05-09 21:03:44	00:11:05	00:22:37	00:26:23	+00:08:29 (37.6%)	4:31	13.3 (62.4%)
298	SKRODZKI Michał	7358	BIEGAJĄCY MISIO:)	TARNOWSKIE GÓRY		M30	94	M 258		00:07:09	2026-05-09 21:07:08	00:11:43	00:22:37	00:29:47	+00:08:29 (37.6%)	4:31	13.3 (62.4%)
299	PIESIECKI Czarek	10222		BIAŁYSTOK		M12	27	M 259		00:09:55	2026-05-09 21:09:54	00:11:36	00:22:37	00:32:32	+00:08:29 (37.6%)	4:31	13.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
300		10669				Wszyscy	2	2		00:10:05	2026-05-09 21:10:04	00:11:49	00:22:38	00:32:43	+00:08:30 (37.6%)	4:31	13.3 (62.4%)
301	CIUŃCZYK Bartosz	9093		BIAŁYSTOK		M12	28	M 260	Jopa Bonito	00:03:58	2026-05-09 21:03:57	00:11:20	00:22:38	00:26:36	+00:08:30 (37.6%)	4:31	13.3 (62.4%)
302	ZALEWSKI Mateusz	8112		BIAŁYSTOK		M30	95	M 261		00:03:47	2026-05-09 21:03:46	00:11:04	00:22:38	00:26:25	+00:08:30 (37.6%)	4:31	13.3 (62.4%)
303	STRECIWILK Magdalena	7388		LUBLIN		K30	20	K 40		00:03:41	2026-05-09 21:03:40	00:11:14	00:22:38	00:26:19	+00:08:31 (37.6%)	4:31	13.3 (62.4%)
304	YUSHKOUSKI Yauhen	7567		BIAŁYSTOK		M30	96	M 262		00:06:52	2026-05-09 21:06:51	00:11:39	00:22:39	00:29:32	+00:08:31 (37.7%)	4:31	13.3 (62.4%)
305	JANUSZEWSKA Marta	8963	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	ELK		K30	21	K 41		00:03:41	2026-05-09 21:03:40	00:11:12	00:22:39	00:26:21	+00:08:32 (37.7%)	4:31	13.3 (62.4%)
306	JANUSZEWSKI Maciej	8964	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	ELK		M30	97	M 263		00:03:41	2026-05-09 21:03:40	00:11:13	00:22:39	00:26:21	+00:08:32 (37.7%)	4:31	13.3 (62.4%)
307	KONOPKA Mateusz	7617		WARSZAWA		M20	68	M 264		00:06:42	2026-05-09 21:06:41	00:11:26	00:22:40	00:29:22	+00:08:32 (37.7%)	4:31	13.2 (62.0%)
308	OLSZEWSKI Tomasz	9919		BIAŁYSTOK		M12	29	M 265		00:06:45	2026-05-09 21:06:44	00:11:15	00:22:41	00:29:26	+00:08:33 (37.8%)	4:31	13.2 (62.0%)
309	RZĄCA Mariusz	9470		BIAŁYSTOK		M30	98	M 266		00:06:38	2026-05-09 21:06:37	00:11:18	00:22:42	00:29:20	+00:08:34 (37.8%)	4:32	13.2 (62.0%)
310	PILIC Marcin	7559	EAST RENT	BIAŁYSOTK		M30	99	M 267		00:06:42	2026-05-09 21:06:41	00:11:25	00:22:42	00:29:24	+00:08:34 (37.8%)	4:32	13.2 (62.0%)
311	KRASICKI Daniel	7493	PODLASKIE KOCURY	BIAŁYSTOK		M30	100	M 268	Podlaskie Kocury	00:06:41	2026-05-09 21:06:40	00:11:37	00:22:42	00:29:23	+00:08:34 (37.8%)	4:32	13.2 (62.0%)
312	GROBELNY Karina	8062		LEGNICA		K30	22	K 42		00:00:06	2026-05-09 21:00:05	00:11:01	00:22:43	00:22:49	+00:08:35 (37.8%)	4:32	13.2 (62.0%)
313	PRUS Marek	7218		NOWODWORCE		M50	17	M 269		00:06:47	2026-05-09 21:06:46	00:11:12	00:22:43	00:29:30	+00:08:35 (37.8%)	4:32	13.2 (62.0%)
314	GARLIŃSKI Łukasz	8110	KB KROKUS KWIATKOWICE	WIELOWIEŚ		M30	101	M 270	KB KROKUS KWIATKOWICE	00:00:05	2026-05-09 21:00:04	00:10:57	00:22:44	00:22:49	+00:08:36 (37.9%)	4:32	13.2 (62.0%)
315	OLECH Paweł	10210		ŁAPY		M20	69	M 271		00:07:14	2026-05-09 21:07:13	00:11:31	00:22:44	00:29:59	+00:08:37 (37.9%)	4:32	13.2 (62.0%)
316	SIWIŃSKI Paweł	9678		STERDYŃ		M20	70	M 272		00:00:05	2026-05-09 21:00:04	00:09:54	00:22:45	00:22:50	+00:08:37 (37.9%)	4:32	13.2 (62.0%)
317	SKINDER Karol	9368	CROSSFIT MAZURY	ELK		M30	102	M 273		00:03:58	2026-05-09 21:03:57	00:11:26	00:22:46	00:26:45	+00:08:38 (38.0%)	4:32	13.2 (62.0%)
318	AFTYKA Piotr	7596	ACPS TEAM	PRUSZKÓW		M40	51	M 274	ACPS Team	00:04:03	2026-05-09 21:04:02	00:11:37	00:22:46	00:26:50	+00:08:39 (38.0%)	4:32	13.2 (62.0%)
319	ZALESKA Kinga	7154		BIAŁYSTOK		K20	11	K 43		00:03:59	2026-05-09 21:03:58	00:11:42	00:22:47	00:26:46	+00:08:39 (38.0%)	4:33	13.2 (62.0%)
320	REGUŁA Wojciech	7313	PANDA TEAM	POZNAŃ		M20	71	M 275	Panda Team	00:06:48	2026-05-09 21:06:47	00:11:36	00:22:47	00:29:35	+00:08:39 (38.0%)	4:33	13.2 (62.0%)
321	KRUKOWSKI Andrzej	7575		JUROWCE		M50	18	M 276		00:07:04	2026-05-09 21:07:03	00:11:19	00:22:47	00:29:52	+00:08:40 (38.1%)	4:33	13.2 (62.0%)
322	KOWALCZYK Sylwester	7618		WALIŁY STACJA		M40	52	M 277		00:03:44	2026-05-09 21:03:43	00:11:30	00:22:48	00:26:32	+00:08:40 (38.1%)	4:33	13.2 (62.0%)
323	MAGDZIUK Jan	8559		BIAŁYSTOK		M20	72	M 278		00:03:44	2026-05-09 21:03:43	00:11:34	00:22:49	00:26:33	+00:08:41 (38.1%)	4:33	13.2 (62.0%)
324	POPLAWSKI Adam	10448		BIAŁYSTOK		M30	103	M 279		00:06:42	2026-05-09 21:06:41	00:11:46	00:22:49	00:29:31	+00:08:41 (38.1%)	4:33	13.2 (62.0%)
325	OKOŁOT Mikołaj	9840		BIAŁYSTOK		M12	30	M 280		00:09:38	2026-05-09 21:09:37	00:11:31	00:22:49	00:32:28	+00:08:41 (38.1%)	4:33	13.2 (62.0%)
326	WALUKIEWICZ Radosław	7577	ROZBIEGANI SUWAŁKI	SUWAŁKI		M40	53	M 281	Rozbiegani Suwałki	00:03:47	2026-05-09 21:03:46	00:11:32	00:22:50	00:26:37	+00:08:42 (38.2%)	4:33	13.2 (62.0%)
327	BOGDAN Krzysztof	10051	CFM MAZURY	ELK		M40	54	M 282		00:07:04	2026-05-09 21:07:03	00:11:26	00:22:50	00:29:54	+00:08:42 (38.2%)	4:33	13.2 (62.0%)
328	PUZIUK Michał	8320		BIAŁYSTOK		M30	104	M 283		00:03:46	2026-05-09 21:03:45	00:11:16	00:22:51	00:26:38	+00:08:43 (38.2%)	4:33	13.1 (61.5%)
329	GUTOWSKI Mariusz	7175		GRABÓWKA		M50	19	M 284		00:03:55	2026-05-09 21:03:54	00:11:35	00:22:53	00:26:48	+00:08:45 (38.3%)	4:34	13.1 (61.5%)
330	DERPA Adrian	7557		WASILKÓW		M30	105	M 285		00:03:55	2026-05-09 21:03:54	00:11:52	00:22:53	00:26:49	+00:08:46 (38.3%)	4:34	13.1 (61.5%)
331	OKOŁOT Jakub	9841		BIAŁYSTOK		M12	31	M 286		00:09:38	2026-05-09 21:09:37	00:11:30	00:22:55	00:32:34	+00:08:48 (38.4%)	4:34	13.1 (61.5%)
332	KOŁODKO Juliusz	9094	NADAKTYWNI	BIAŁYSTOK		M40	55	M 287		00:10:09	2026-05-09 21:10:08	00:11:25	00:22:55	00:33:05	+00:08:48 (38.4%)	4:34	13.1 (61.5%)
333	JACHOWICZ Jarosław	7343		MARKI		M40	56	M 288		00:06:42	2026-05-09 21:06:41	00:11:25	00:22:56	00:29:38	+00:08:48 (38.4%)	4:35	13.1 (61.5%)
334	MAZAN Vitali	10308		BIAŁYSTOK		M30	106	M 289		00:03:51	2026-05-09 21:03:50	00:11:49	00:22:58	00:26:49	+00:08:50 (38.5%)	4:35	13.1 (61.5%)
335	OZAN Marta	8545		BIAŁYSTOK		K20	12	K 44		00:03:38	2026-05-09 21:03:37	00:11:39	00:22:58	00:26:36	+00:08:50 (38.5%)	4:35	13.1 (61.5%)
336	WALCZAK Jakub	7497		BARCICE		M40	57	M 290		00:06:39	2026-05-09 21:06:38	00:11:32	00:22:58	00:29:38	+00:08:50 (38.5%)	4:35	13.1 (61.5%)
337	MAŁYSKO Kamil	7282	N50	BIAŁYSTOK		M30	107	M 291	N50	00:06:59	2026-05-09 21:06:58	00:11:41	00:22:59	00:29:59	+00:08:52 (38.6%)	4:35	13.1 (61.5%)
338	MITROSZ Jakub	9473		BIAŁYSTOK		M20	73	M 292		00:06:39	2026-05-09 21:06:38	00:11:20	00:23:00	00:29:39	+00:08:52 (38.6%)	4:35	13.1 (61.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
339	KRUSZEWSKI Łukasz	8880		BIAŁYSTOK		M30	108	M 293		00:03:44	2026-05-09 21:03:43	00:11:31	00:23:00	00:26:45	+00:08:53 (38.6%)	4:35	13.1 (61.5%)
340	JAWOROWICZ Ewa	8182		BIAŁYSTOK		K20	13	K 45		00:03:43	2026-05-09 21:03:42	00:11:14	00:23:00	00:26:44	+00:08:53 (38.6%)	4:35	13.1 (61.5%)
341	DĄBROWSKI Mateusz	8808	AUTO IDEA MERCEDES-BENZ	BIAŁYSTOK		M30	109	M 294	Auto Idea Mercedes-Benz	00:03:41	2026-05-09 21:03:40	00:10:55	00:23:01	00:26:42	+00:08:54 (38.7%)	4:35	13 (61.0%)
342	BUTRYMOWICZ Błażej	10005		ŁOMŻA		M20	74	M 295		00:12:49	2026-05-09 21:12:48	00:11:26	00:23:02	00:35:51	+00:08:54 (38.7%)	4:36	13 (61.0%)
343	FRANCISZKOWICZ Igor	10158		ŁOMŻA		M20	75	M 296	Wojtek maryn team	00:12:49	2026-05-09 21:12:48	00:11:27	00:23:02	00:35:51	+00:08:55 (38.7%)	4:36	13 (61.0%)
344	WOJCIUK Sebastian	8719		BIAŁYSTOK		M20	76	M 297		00:04:00	2026-05-09 21:03:59	00:11:25	00:23:03	00:27:03	+00:08:55 (38.7%)	4:36	13 (61.0%)
345	KOŁODZIEJ Adrian	7145		STRZEGOM		M30	110	M 298		00:03:52	2026-05-09 21:03:51	00:11:40	00:23:03	00:26:56	+00:08:55 (38.8%)	4:36	13 (61.0%)
346	ZALEWSKA Amelia	8330		BIAŁYSTOK		K12	3	K 46		00:06:40	2026-05-09 21:06:39	00:11:42	00:23:03	00:29:44	+00:08:56 (38.8%)	4:36	13 (61.0%)
347	SKURA Przemysław	8981		BIAŁA PODLASKA		M20	77	M 299		00:03:43	2026-05-09 21:03:42	00:11:24	00:23:05	00:26:49	+00:08:57 (38.8%)	4:36	13 (61.0%)
348	SOKÓŁ Przemysław	7377	WODOCIĄGI BIAŁOSTOCKIE	BIAŁYSTOK		M30	111	M 300		00:03:42	2026-05-09 21:03:41	00:11:40	00:23:05	00:26:47	+00:08:57 (38.8%)	4:36	13 (61.0%)
349	DMOCHOWSKI Michał	10453	BOCIANY BIAŁYSTOK	BIAŁYSTOK		M30	112	M 301		00:07:10	2026-05-09 21:07:09	00:11:56	00:23:05	00:30:16	+00:08:57 (38.9%)	4:36	13 (61.0%)
350	KISIALIOU Yauhen	7476	SWORDS ATHLETICS	WARSZAWA		M40	58	M 302		00:03:55	2026-05-09 21:03:54	00:11:31	00:23:06	00:27:02	+00:08:58 (38.9%)	4:36	13 (61.0%)
351	HORCZAK Patryk	9175		WARSZAWA		M20	78	M 303		00:03:48	2026-05-09 21:03:47	00:11:34	00:23:07	00:26:55	+00:08:59 (38.9%)	4:37	13 (61.0%)
352	BRODAKCI Waldemar	7386	POTEMODPOCZNIESZ	PULAWY		M70	1	M 304		00:06:43	2026-05-09 21:06:42	00:11:48	00:23:07	00:29:50	+00:08:59 (38.9%)	4:37	13 (61.0%)
353	DUDEL Mateusz	9372	DOUBLEDUDEL	BIAŁYSTOK		M12	32	M 305		00:12:48	2026-05-09 21:12:47	00:11:31	00:23:07	00:35:56	+00:09:00 (39.0%)	4:37	13 (61.0%)
354	SOARES Aneta	9950		WARSZAWA		K30	23	K 47		00:06:52	2026-05-09 21:06:51	00:11:47	00:23:08	00:30:00	+00:09:00 (39.0%)	4:37	13 (61.0%)
355	SZYMAŃSKI Sylwester	9247		SUWAŁKI		M60	6	M 306		00:03:56	2026-05-09 21:03:55	00:11:24	00:23:10	00:27:07	+00:09:03 (39.1%)	4:37	13 (61.0%)
356	AUSZTOL Damian	8847	BGTTEAM	BIAŁYSTOK		M30	113	M 307	BGT Team	00:03:47	2026-05-09 21:03:46	00:11:24	00:23:10	00:26:57	+00:09:03 (39.1%)	4:37	13 (61.0%)
357	WOLSZCZAK Ryszard	7390	WKZ KOZIENICE BBL	KOZIENICE		M60	7	M 308		00:03:56	2026-05-09 21:03:55	00:11:52	00:23:13	00:27:09	+00:09:05 (39.2%)	4:38	12.9 (60.6%)
358	PAPLAUSKAYA Viktoryia	8440	RUN_4_FUN.BY	BREST		K20	14	K 48	RUN_4_FUN.BY	00:06:42	2026-05-09 21:06:41	00:11:42	00:23:13	00:29:56	+00:09:05 (39.2%)	4:38	12.9 (60.6%)
359	ŻOCHOWSKI Paweł	8973		SKRZESZEW		M40	59	M 309		00:06:51	2026-05-09 21:06:50	00:11:34	00:23:14	00:30:06	+00:09:06 (39.2%)	4:38	12.9 (60.6%)
360	KROPIWNICKA Marcin	10645		BIAŁYSTOK		M40	60	M 310		00:09:59	2026-05-09 21:09:58	00:11:53	00:23:15	00:33:14	+00:09:07 (39.3%)	4:38	12.9 (60.6%)
361	BALDAK Jolanta	7605	1PBOT	BIAŁYSTOK		K30	24	K 49		00:03:54	2026-05-09 21:03:53	00:11:33	00:23:15	00:27:09	+00:09:07 (39.3%)	4:38	12.9 (60.6%)
362	ŚWIECIK Paulina	7445	1 PBOT	KOLNO		K30	25	K 50	1 PBOT	00:03:54	2026-05-09 21:03:53	00:11:32	00:23:15	00:27:09	+00:09:07 (39.3%)	4:38	12.9 (60.6%)
363	ŚWIERCZ Iwona	7176	BYLEDOBIEC ANIN	WARSZAWA		K50	2	K 51	Byledobiec Anin	00:03:46	2026-05-09 21:03:45	00:11:39	00:23:15	00:27:01	+00:09:07 (39.3%)	4:38	12.9 (60.6%)
364	BLAŻEWICZ Dariusz	7587	WINLAND	BIAŁYSTOK		M50	20	M 311		00:03:46	2026-05-09 21:03:45	00:11:37	00:23:15	00:27:02	+00:09:08 (39.3%)	4:38	12.9 (60.6%)
365	NERĆ Karolina	7104		NASIELSK		K20	15	K 52		00:03:53	2026-05-09 21:03:52	00:11:46	00:23:15	00:27:09	+00:09:08 (39.3%)	4:38	12.9 (60.6%)
366	KAPUSTA Agata	10314		WARSZAWA		K30	26	K 53		00:06:42	2026-05-09 21:06:41	00:11:56	00:23:17	00:29:59	+00:09:09 (39.4%)	4:39	12.9 (60.6%)
367	NAJDA Ewa	7179	SĄ WOLNIEJSI	OLSZTYN		K50	3	K 54	Są Wolniejsi	00:03:54	2026-05-09 21:03:53	00:11:28	00:23:17	00:27:11	+00:09:09 (39.4%)	4:39	12.9 (60.6%)
368	KRUPICKI Piotr	9467		BIAŁYSTOK		M30	114	M 312		00:06:56	2026-05-09 21:06:55	00:11:42	00:23:17	00:30:14	+00:09:10 (39.4%)	4:39	12.9 (60.6%)
369	OSTROWSKI Daniel	9245	KAN-THERM RACING TEAM	BIAŁYSTOK		M40	61	M 313	Kan Therm Racing Team	00:06:43	2026-05-09 21:06:42	00:11:37	00:23:19	00:30:03	+00:09:11 (39.4%)	4:39	12.9 (60.6%)
370	CHOIŃSKI Bogusław	7368	:))	BIAŁYSTOK		M50	21	M 314		00:06:46	2026-05-09 21:06:45	00:11:53	00:23:20	00:30:06	+00:09:12 (39.5%)	4:39	12.9 (60.6%)
371	CHILIMONIUK Kinga	8291		BIAŁYSTOK		K20	16	K 55		00:03:45	2026-05-09 21:03:44	00:11:35	00:23:23	00:27:09	+00:09:15 (39.6%)	4:40	12.8 (60.1%)
372	PROKOPIUK Aleksander	9664		BIAŁYSTOK		M12	33	M 315		00:06:56	2026-05-09 21:06:55	00:11:31	00:23:23	00:30:19	+00:09:15 (39.6%)	4:40	12.8 (60.1%)
373	PROKOPIUK Adam	9662		BIAŁYSTOK		M40	62	M 316		00:06:56	2026-05-09 21:06:55	00:11:31	00:23:24	00:30:20	+00:09:16 (39.7%)	4:40	12.8 (60.1%)
374	KŁOS Jacek	9415	BIAŁYSTOK BIEGA TEAM	GRABÓWKA		M60	8	M 317	Białystok Biega Team	00:03:41	2026-05-09 21:03:40	00:11:38	00:23:24	00:27:05	+00:09:16 (39.7%)	4:40	12.8 (60.1%)
375	KAMIŃSKI Grzegorz	7172		BIAŁYSTOK		M40	63	M 318		00:04:02	2026-05-09 21:04:01	00:11:46	00:23:25	00:27:27	+00:09:17 (39.7%)	4:40	12.8 (60.1%)
376	KRZYŻANOWSKI Alan	10458		BIAŁYSTOK		M12	34	M 319		00:03:51	2026-05-09 21:03:50	00:12:01	00:23:25	00:27:17	+00:09:17 (39.7%)	4:40	12.8 (60.1%)
377	TOKAREWICZ Paweł	7234	SOKÓLSKA GRUPA BIEGOWA	SOKÓŁKA		M40	64	M 320	Sokołska Grupa Biegowa	00:03:55	2026-05-09 21:03:54	00:11:52	00:23:26	00:27:21	+00:09:18 (39.7%)	4:41	12.8 (60.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
378	MELLER Klaudia	9211		WĘGOTRZEWO		K20	17	K 56		00:03:41	2026-05-09 21:03:40	00:11:39	00:23:26	00:27:08	+00:09:18 (39.8%)	4:40	12.8 (60.1%)
379	JACKIEWICZ Jacek	8590	OSTRÓW BIEGA	OSTRÓW MAZOWIECKA		M50	22	M 321		00:06:58	2026-05-09 21:06:57	00:11:34	00:23:26	00:30:24	+00:09:19 (39.8%)	4:40	12.8 (60.1%)
380	GRABOWICZ Mirosław	7589	SOKÓLSKA GRUPA BIEGOWA	SOKÓŁKA		M60	9	M 322		00:03:54	2026-05-09 21:03:53	00:11:40	00:23:27	00:27:22	+00:09:19 (39.8%)	4:41	12.8 (60.1%)
381	GRONKIEWICZ Maciej	9827		BARTOSZYCE		M12	35	M 323		00:03:58	2026-05-09 21:03:57	00:11:29	00:23:28	00:27:27	+00:09:20 (39.8%)	4:41	12.8 (60.1%)
382	PRUSZYŃSKI Tomasz	7514	SPACER+	SOCHONIE		M20	79	M 324		00:06:44	2026-05-09 21:06:43	00:11:44	00:23:28	00:30:13	+00:09:21 (39.9%)	4:41	12.8 (60.1%)
383	LIS Tomasz	7117		TARNÓW		M40	65	M 325		00:03:57	2026-05-09 21:03:56	00:12:04	00:23:29	00:27:26	+00:09:21 (39.9%)	4:41	12.8 (60.1%)
384	WASĄŻNIK Mariusz	7543		SIEMIATYCZE		M50	23	M 326		00:06:46	2026-05-09 21:06:45	00:11:56	00:23:29	00:30:15	+00:09:21 (39.9%)	4:41	12.8 (60.1%)
385	DOBROWOLSKI Przemysław	7367		GOLCZEWO		M30	115	M 327		00:03:45	2026-05-09 21:03:44	00:11:16	00:23:30	00:27:16	+00:09:22 (39.9%)	4:41	12.8 (60.1%)
386	JABŁOŃSKI Marek	9476		BIAŁYSTOK		M40	66	M 328		00:03:44	2026-05-09 21:03:43	00:11:36	00:23:30	00:27:15	+00:09:23 (39.9%)	4:41	12.8 (60.1%)
387	TARASZKIEWICZ Monika	9383		ZAŚCIANKI		K40	8	K 57		00:06:41	2026-05-09 21:06:40	00:11:59	00:23:30	00:30:12	+00:09:23 (39.9%)	4:41	12.8 (60.1%)
388	MAGDZIUK Andrzej	8557		BIAŁYSTOK		M40	67	M 329		00:03:46	2026-05-09 21:03:45	00:11:55	00:23:31	00:27:18	+00:09:23 (40.0%)	4:41	12.8 (60.1%)
389	NOWAK Jan Krzysztof	7311	HOTEL INTERCONTINENTAL WARSZAWA (IHG) GRUPA BIEGOWA	WARSZAWA		M20	80	M 330	HOTEL INTERCONTINENTAL WARSZAWA (IHG) GRUPA BIEGOWA	00:03:51	2026-05-09 21:03:50	00:11:32	00:23:31	00:27:23	+00:09:24 (40.0%)	4:41	12.8 (60.1%)
390	KRESSO Grzegorz	7256		BIAŁYSTOK		M30	116	M 331		00:03:55	2026-05-09 21:03:54	00:11:57	00:23:32	00:27:27	+00:09:24 (40.0%)	4:42	12.8 (60.1%)
391	OŚWIECIŃSKI Kacper	9396		BIAŁYSTOK		M20	81	M 332		00:06:55	2026-05-09 21:06:54	00:12:04	00:23:33	00:30:28	+00:09:25 (40.0%)	4:42	12.8 (60.1%)
392	SAWICKI Adam	9278	MASTERPRESS	BIAŁYSTOK		M30	117	M 333	Masterpress	00:03:59	2026-05-09 21:03:58	00:11:45	00:23:33	00:27:32	+00:09:25 (40.0%)	4:42	12.8 (60.1%)
393	SZYMANOWICZ Mariusz	7168	CHARTY CHARTOWO/CDV	POZNAŃ		M50	24	M 334	Charty Chartowo	00:06:40	2026-05-09 21:06:39	00:11:56	00:23:34	00:30:15	+00:09:26 (40.1%)	4:42	12.7 (59.6%)
394	RAUBE Ariel	9580		BIAŁYSTOK		M30	118	M 335		00:07:24	2026-05-09 21:07:23	00:12:24	00:23:35	00:30:59	+00:09:27 (40.1%)	4:42	12.7 (59.6%)
395	KACZANOWSKA Katarzyna	10178	BIELDRUK TEAM	BIAŁYSTOK		K30	27	K 58	BIELDRUK TEAM	00:03:52	2026-05-09 21:03:51	00:12:07	00:23:35	00:27:28	+00:09:27 (40.1%)	4:42	12.7 (59.6%)
396	ARCISZEWSKA Anita	9499		BIAŁYSTOK		K30	28	K 59		00:03:46	2026-05-09 21:03:45	00:11:30	00:23:36	00:27:23	+00:09:28 (40.2%)	4:42	12.7 (59.6%)
397	STASIEŃKO Łukasz	9010		BIAŁYSTOK		M12	36	M 336	Białystok Biega Team	00:03:47	2026-05-09 21:03:46	00:12:28	00:23:36	00:27:24	+00:09:29 (40.2%)	4:42	12.7 (59.6%)
398	CYBULSKI Rafał	8737		WASILKÓW		M40	68	M 337		00:06:43	2026-05-09 21:06:42	00:11:45	00:23:36	00:30:20	+00:09:29 (40.2%)	4:42	12.7 (59.6%)
399	ŁAPIŃSKI Michał	8817	AUTO IDEA MERCEDES-BENZ	WARSZAWA		M30	119	M 338	Auto Idea Mercedes-Benz	00:06:53	2026-05-09 21:06:52	00:12:09	00:23:36	00:30:30	+00:09:29 (40.2%)	4:42	12.7 (59.6%)
400	PALAMARCHUK Nazarii	10316	TEA.M RUN	BIAŁYSTOK		M20	82	M 339	TEA.M RUN	00:03:48	2026-05-09 21:03:47	00:11:37	00:23:37	00:27:26	+00:09:29 (40.2%)	4:43	12.7 (59.6%)
401	SKUTNIK Ania	9167		ELK		K50	4	K 60		00:06:50	2026-05-09 21:06:49	00:11:46	00:23:37	00:30:27	+00:09:30 (40.2%)	4:43	12.7 (59.6%)
402	KREMER Lena	9977		BIAŁYSTOK		K40	9	K 61		00:03:51	2026-05-09 21:03:50	00:11:43	00:23:37	00:27:29	+00:09:30 (40.2%)	4:43	12.7 (59.6%)
403	OWCZARCZUK Anna	9358		BIAŁYSTOK		K40	10	K 62		00:03:51	2026-05-09 21:03:50	00:11:44	00:23:38	00:27:29	+00:09:30 (40.3%)	4:43	12.7 (59.6%)
404	IWANICKA-PAŁKA Emilia	7248	PADALEC KRUSZYNIEC	WROCŁAW		K40	11	K 63		00:09:40	2026-05-09 21:09:39	00:11:52	00:23:38	00:33:19	+00:09:31 (40.3%)	4:43	12.7 (59.6%)
405	PAŁKA Łukasz	7120	PADALEC-KRUSZYNIEC	WROCŁAW		M40	69	M 340		00:09:40	2026-05-09 21:09:39	00:11:52	00:23:38	00:33:19	+00:09:31 (40.3%)	4:43	12.7 (59.6%)
406	ŚMIGIELSKI Maciej	8958		BIAŁYSTOK		M20	83	M 341	ElectrON Team	00:03:56	2026-05-09 21:03:55	00:11:34	00:23:39	00:27:35	+00:09:31 (40.3%)	4:43	12.7 (59.6%)
407	KIERUS Łukasz	7597	FBB	BIAŁYSTOK		M50	25	M 342		00:04:01	2026-05-09 21:04:00	00:12:05	00:23:39	00:27:41	+00:09:31 (40.3%)	4:43	12.7 (59.6%)
408	BUKOWSKA Oliwia	10136		BIAŁYSTOK		K20	18	K 64		00:06:43	2026-05-09 21:06:42	00:11:48	00:23:39	00:30:22	+00:09:32 (40.3%)	4:43	12.7 (59.6%)
409	TEREBUN Edward	9505	--	WIDOWO		M50	26	M 343		00:06:38	2026-05-09 21:06:37	00:11:41	00:23:40	00:30:19	+00:09:33 (40.4%)	4:43	12.7 (59.6%)
410	ZAWADZKI Przemek	8974		BIAŁYSTOK		M30	120	M 344		00:03:47	2026-05-09 21:03:46	00:11:43	00:23:41	00:27:28	+00:09:33 (40.4%)	4:43	12.7 (59.6%)
411	LIAUDENSKAS Gintaras	7408	BMK	KAUNAS		M60	10	M 345		00:07:19	2026-05-09 21:07:18	00:12:11	00:23:41	00:31:01	+00:09:33 (40.4%)	4:43	12.7 (59.6%)
412	JANKOWSKI Daniel	7475		BIAŁYSTOK		M20	84	M 346		00:03:43	2026-05-09 21:03:42	00:11:34	00:23:41	00:27:25	+00:09:34 (40.4%)	4:44	12.7 (59.6%)
413	HERMAN Mariusz	7220		GARDYNY		M30	121	M 347		00:03:52	2026-05-09 21:03:51	00:12:12	00:23:42	00:27:35	+00:09:34 (40.4%)	4:44	12.7 (59.6%)
414	SENGER Natalia	8216		WARSZAWA		K40	12	K 65		00:03:39	2026-05-09 21:03:38	00:11:41	00:23:43	00:27:22	+00:09:35 (40.5%)	4:44	12.7 (59.6%)
415	CZERNIAK Izabela	7221	PLAWGO TEAM	OLSZTYN		K30	29	K 66		00:03:52	2026-05-09 21:03:51	00:12:12	00:23:43	00:27:36	+00:09:36 (40.5%)	4:44	12.7 (59.6%)
416	GRUDZIEŃ Andrzej	7456		WARSZAWA		M40	70	M 348		00:03:57	2026-05-09 21:03:56	00:11:56	00:23:46	00:27:44	+00:09:38 (40.6%)	4:44	12.6 (59.2%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
417	GODLEWSKA Izabela	10058	KUCHNIA VIKINGA	BIAŁYSTOK		K30	30	K 67		00:03:56	2026-05-09 21:03:55	00:11:58	00:23:46	00:27:43	+00:09:39 (40.6%)	4:45	12.6 (59.2%)
418	JAŁOSZEWSKA Magdalena	9226		WARSZAWA		K30	31	K 68		00:04:00	2026-05-09 21:03:59	00:11:48	00:23:47	00:27:47	+00:09:39 (40.6%)	4:45	12.6 (59.2%)
419	KONOPKA Marcin	9273		BIAŁYSTOK		M20	85	M 349		00:03:44	2026-05-09 21:03:43	00:11:27	00:23:47	00:27:31	+00:09:39 (40.6%)	4:45	12.6 (59.2%)
420	WOJDA Wojciech	9782		BIAŁYSTOK		M30	122	M 350		00:13:03	2026-05-09 21:13:02	00:11:59	00:23:47	00:36:51	+00:09:39 (40.6%)	4:45	12.6 (59.2%)
421	KRAWCZYK Katarzyna	7372	A+K	MRAĞOWO		K40	13	K 69		00:03:52	2026-05-09 21:03:51	00:11:57	00:23:48	00:27:40	+00:09:40 (40.7%)	4:45	12.6 (59.2%)
422	KALINOWSKI Patryk	10083		BIAŁYSTOK		M20	86	M 351		00:17:18	2026-05-09 21:17:17	00:12:49	00:23:49	00:41:07	+00:09:41 (40.7%)	4:45	12.6 (59.2%)
423	TOPOLSKA Anna	7606		SUWAŁKI		K20	19	K 70		00:04:02	2026-05-09 21:04:01	00:11:52	00:23:50	00:27:52	+00:09:42 (40.8%)	4:45	12.6 (59.2%)
424	KOŁTUNIEWICZ Andrzej	7233	WIEŚ TAŃCZY I BIEGA	LUBLIN		M50	27	M 352		00:06:54	2026-05-09 21:06:53	00:12:22	00:23:50	00:30:45	+00:09:43 (40.8%)	4:45	12.6 (59.2%)
425	STRUK Martyna	10079		BIAŁYSTOK		K20	20	K 71		00:15:51	2026-05-09 21:15:50	00:11:52	00:23:51	00:39:42	+00:09:43 (40.8%)	4:45	12.6 (59.2%)
426	DĄBROWSKI Kamil	8789		BIAŁYSTOK		M20	87	M 353		00:06:55	2026-05-09 21:06:54	00:12:20	00:23:51	00:30:47	+00:09:44 (40.8%)	4:46	12.6 (59.2%)
427	ZATAJ Igor	7174	CHARTY CHARTOWO	POZNAŃ		M40	71	M 354	Charty Chartowo	00:06:38	2026-05-09 21:06:37	00:12:01	00:23:53	00:30:32	+00:09:46 (40.9%)	4:46	12.6 (59.2%)
428	SZYMANEK Przemysław	9106		ŁYSKI		M20	88	M 355		00:13:22	2026-05-09 21:13:21	00:12:13	00:23:53	00:37:16	+00:09:46 (40.9%)	4:46	12.6 (59.2%)
429	ZIELIŃSKA Angelika	7253	KB PACE	NOWE KOZŁOWICE		K20	21	K 72	KB Pace	00:03:51	2026-05-09 21:03:50	00:11:43	00:23:54	00:27:45	+00:09:46 (40.9%)	4:46	12.6 (59.2%)
430	BARGŁOWSKI Kamil	8672		BIAŁYSTOK		M20	89	M 356		00:03:54	2026-05-09 21:03:53	00:12:09	00:23:54	00:27:49	+00:09:47 (41.0%)	4:46	12.6 (59.2%)
431	ŻAK Monika	8246		ŚWIĘTOCHOWO		K40	14	K 73		00:00:07	2026-05-09 21:00:06	00:11:40	00:23:56	00:24:04	+00:09:48 (41.0%)	4:46	12.5 (58.7%)
432	JANCZEWSKI Karol	8741	MASPEX	BIAŁYSTOK		M30	123	M 357		00:07:23	2026-05-09 21:07:22	00:12:24	00:23:56	00:31:20	+00:09:49 (41.0%)	4:46	12.5 (58.7%)
433	CIMOCH Kamil	8255		BIAŁYSTOK		M30	124	M 358		00:06:42	2026-05-09 21:06:41	00:11:39	00:23:57	00:30:39	+00:09:49 (41.1%)	4:47	12.5 (58.7%)
434	RUMIŃSKA Agnieszka	9322		CHOROSZCZ		K30	32	K 74		00:06:39	2026-05-09 21:06:38	00:12:00	00:23:57	00:30:36	+00:09:49 (41.1%)	4:47	12.5 (58.7%)
435	GOSIEWSKI Paweł	9222		ZAMBRÓW		M30	125	M 359		00:07:23	2026-05-09 21:07:22	00:12:24	00:23:57	00:31:21	+00:09:50 (41.1%)	4:47	12.5 (58.7%)
436	PERŁO Dariusz	8773		BIAŁYSTOK		M50	28	M 360	Podlaska Fundacja Rozwoju Regionalnego	00:06:44	2026-05-09 21:06:43	00:11:55	00:23:58	00:30:42	+00:09:50 (41.1%)	4:47	12.5 (58.7%)
437	KOWALCZYK Marcin	8966	HYDRORUN ŁOMŻA	ŁOMŻA		M40	72	M 361		00:06:58	2026-05-09 21:06:57	00:12:00	00:23:58	00:30:57	+00:09:50 (41.1%)	4:47	12.5 (58.7%)
438	MATAN Arkadiusz	8833		BIAŁYSTOK		M30	126	M 362		00:06:44	2026-05-09 21:06:43	00:11:56	00:23:58	00:30:43	+00:09:51 (41.1%)	4:47	12.5 (58.7%)
439	JUŻWIK Robert	7203	DOMINTEAM	OPOCZNO		M30	127	M 363		00:03:40	2026-05-09 21:03:39	00:11:53	00:23:58	00:27:38	+00:09:51 (41.1%)	4:47	12.5 (58.7%)
440	BEDNARCZYK Martyna	7461		MYSZKÓW		K30	33	K 75		00:03:40	2026-05-09 21:03:39	00:11:54	00:23:59	00:27:39	+00:09:51 (41.1%)	4:47	12.5 (58.7%)
441	OCHENDUSZKIEWICZ Joanna	8089	KS CZEMPION WARSZAWA	WARSZAWA		K30	34	K 76		00:03:43	2026-05-09 21:03:42	00:12:06	00:24:00	00:27:43	+00:09:52 (41.2%)	4:47	12.5 (58.7%)
442	STYKAŁA Adrianna	8961		KRAKÓW		K20	22	K 77		00:07:18	2026-05-09 21:07:17	00:12:08	00:24:01	00:31:19	+00:09:53 (41.2%)	4:47	12.5 (58.7%)
443	REZACZ Piotr	7336		NYSA		M40	73	M 364		00:07:14	2026-05-09 21:07:13	00:12:29	00:24:01	00:31:16	+00:09:53 (41.2%)	4:47	12.5 (58.7%)
444	WIEK-REZACZ Alicja	7316		NYSA		K40	15	K 78		00:07:15	2026-05-09 21:07:14	00:12:29	00:24:01	00:31:16	+00:09:54 (41.2%)	4:47	12.5 (58.7%)
445	MARCINIAK Patryk	8930		WARSZAWA		M30	128	M 365		00:06:41	2026-05-09 21:06:40	00:12:12	00:24:02	00:30:43	+00:09:54 (41.3%)	4:48	12.5 (58.7%)
446	MIKITA Mirek	7156	SĄ WOLNIEJSI	OLSZTYN		M50	29	M 366	Są Wolniejsi	00:06:38	2026-05-09 21:06:37	00:12:00	00:24:03	00:30:41	+00:09:55 (41.3%)	4:48	12.5 (58.7%)
447	TOCHOWICZ Bartosz	7403		GOLESZÓW		M50	30	M 367		00:06:58	2026-05-09 21:06:57	00:12:17	00:24:03	00:31:01	+00:09:55 (41.3%)	4:48	12.5 (58.7%)
448	DROZD Paweł	7610		SYCYNA		M40	74	M 368		00:03:56	2026-05-09 21:03:55	00:11:52	00:24:03	00:28:00	+00:09:56 (41.3%)	4:48	12.5 (58.7%)
449	PĄCZYŃSKA Anna	7616	SĄ WOLNIEJSI OLSZTYN	SZCZĘSNE		K40	16	K 79		00:06:38	2026-05-09 21:06:37	00:12:02	00:24:04	00:30:42	+00:09:56 (41.3%)	4:48	12.5 (58.7%)
450	KRASOWSKI Bartosz	7411		BIAŁYSTOK		M30	129	M 369		00:03:50	2026-05-09 21:03:49	00:12:23	00:24:04	00:27:55	+00:09:56 (41.3%)	4:48	12.5 (58.7%)
451	CZYŻEWSKI Karol	8421		JEŻEWO STARE		M20	90	M 370	PSP	00:07:21	2026-05-09 21:07:20	00:12:22	00:24:04	00:31:25	+00:09:56 (41.4%)	4:48	12.5 (58.7%)
452	PĘKAŁA Aleksander	7105		WIELUŃ		M20	91	M 371		00:03:37	2026-05-09 21:03:36	00:11:32	00:24:05	00:27:42	+00:09:57 (41.4%)	4:48	12.5 (58.7%)
453	SOŁOWIEJ Wiktoria	7410		BIAŁYSTOK		K20	23	K 80		00:03:50	2026-05-09 21:03:49	00:12:24	00:24:05	00:27:56	+00:09:57 (41.4%)	4:48	12.5 (58.7%)
454	ROGALEWSKI Łukasz	8420		TYKOCIN		M30	130	M 372	PSP	00:07:21	2026-05-09 21:07:20	00:12:23	00:24:06	00:31:27	+00:09:58 (41.4%)	4:48	12.5 (58.7%)
455	SAWICKI Mateusz	9781	GROSZKI BIAŁYSTOK	BIAŁYSTOK		M12	37	M 373		00:09:47	2026-05-09 21:09:46	00:12:52	00:24:07	00:33:54	+00:10:00 (41.5%)	4:49	12.5 (58.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
456	SIERZPUTOWSKI Przemysław	7504		ŁOMŻA		M30	131	M 374		00:07:19	2026-05-09 21:07:18	00:12:19	00:24:07	00:31:27	+00:10:00 (41.5%)	4:49	12.5 (58.7%)
457	MATYSZEWSKI Andrzej	9810		BIAŁYSTOK		M20	92	M 375		00:06:45	2026-05-09 21:06:44	00:11:56	00:24:08	00:30:53	+00:10:00 (41.5%)	4:49	12.4 (58.2%)
458	MURALIS Virgilijus	7349	MARATONAS	JONAVA		M60	11	M 376		00:03:39	2026-05-09 21:03:38	00:11:58	00:24:08	00:27:47	+00:10:00 (41.5%)	4:49	12.4 (58.2%)
459	GALIMOVIEŇ Eglė	7499		JONAVA		K40	17	K 81		00:03:39	2026-05-09 21:03:38	00:11:59	00:24:08	00:27:48	+00:10:01 (41.5%)	4:49	12.4 (58.2%)
460	MIELENIIEWSKI Wojciech	9166	KS WOLNI ZWIĄZKOWCY	WARSZAWA		M20	93	M 377		00:03:45	2026-05-09 21:03:44	00:12:00	00:24:08	00:27:54	+00:10:01 (41.5%)	4:49	12.4 (58.2%)
461	PĘTLAK Grzegorz	7433		SOCHACZEW		M30	132	M 378		00:06:42	2026-05-09 21:06:41	00:12:15	00:24:09	00:30:51	+00:10:01 (41.5%)	4:49	12.4 (58.2%)
462	NIECHCIAŁKOWSKI Dawid	7332		SZAMOTULY		M20	94	M 379		00:07:17	2026-05-09 21:07:16	00:11:57	00:24:09	00:31:26	+00:10:01 (41.6%)	4:49	12.4 (58.2%)
463	ŻARSKI Artur	9061		BIELSK PODLASKI		M12	38	M 380		00:06:42	2026-05-09 21:06:41	00:11:40	00:24:09	00:30:52	+00:10:02 (41.6%)	4:49	12.4 (58.2%)
464	ZAKRZEWSKA Agnieszka	9045		BIAŁYSTOK		K30	35	K 82		00:03:41	2026-05-09 21:03:40	00:12:08	00:24:10	00:27:51	+00:10:02 (41.6%)	4:49	12.4 (58.2%)
465	NIEŚCIERUK Filip	8965		KLEPACZE		M20	95	M 381		00:06:46	2026-05-09 21:06:45	00:11:49	00:24:10	00:30:56	+00:10:02 (41.6%)	4:49	12.4 (58.2%)
466	MELANIUK Radosław	9826		BIAŁYSTOK		M40	75	M 382		00:07:09	2026-05-09 21:07:08	00:12:20	00:24:11	00:31:20	+00:10:03 (41.6%)	4:49	12.4 (58.2%)
467	GÓRECKI Jakub	10008		BIAŁYSTOK		M20	96	M 383		00:06:44	2026-05-09 21:06:43	00:12:09	00:24:12	00:30:57	+00:10:04 (41.7%)	4:50	12.4 (58.2%)
468	KOWALCZYK Paweł	8323	ARDENTCODE	WROCŁAW		M50	31	M 384		00:03:55	2026-05-09 21:03:54	00:12:11	00:24:12	00:28:08	+00:10:05 (41.7%)	4:50	12.4 (58.2%)
469	DUSZAK Mateusz	9366		KADZIDŁO		M12	39	M 385		00:06:47	2026-05-09 21:06:46	00:12:13	00:24:13	00:31:00	+00:10:05 (41.7%)	4:50	12.4 (58.2%)
470	SMOKTUNOWICZ Bartosz	7537		HAJNÓWKA		M30	133	M 386		00:06:45	2026-05-09 21:06:44	00:11:50	00:24:13	00:30:58	+00:10:05 (41.7%)	4:50	12.4 (58.2%)
471	MILCZUNAS Marcin	9778		BIAŁYSTOK		M40	76	M 387		00:03:57	2026-05-09 21:03:56	00:12:10	00:24:13	00:28:11	+00:10:06 (41.7%)	4:50	12.4 (58.2%)
472	KOZHYNAU Siarhei	8349	RUN_WAWA_RUN	WARSZAWA		M40	77	M 388		00:10:10	2026-05-09 21:10:09	00:12:33	00:24:14	00:34:24	+00:10:06 (41.7%)	4:50	12.4 (58.2%)
473	MATUKIEWICZ Piotr	10021		BIAŁYSTOK		M20	97	M 389		00:12:49	2026-05-09 21:12:48	00:11:29	00:24:14	00:37:03	+00:10:06 (41.7%)	4:50	12.4 (58.2%)
474	LAPTSEVICH Yaraslau	8227		BIAŁYSTOK		M12	40	M 390		00:03:48	2026-05-09 21:03:47	00:12:45	00:24:15	00:28:03	+00:10:07 (41.8%)	4:50	12.4 (58.2%)
475	PILIPIUK Łukasz	9588		BIAŁYSTOK		M20	98	M 391		00:16:07	2026-05-09 21:16:06	00:12:01	00:24:16	00:40:23	+00:10:08 (41.8%)	4:50	12.4 (58.2%)
476	KWAŚNIAK-BORYSIEWICZ Paulina	9935		BIAŁYSTOK		K30	36	K 83		00:03:53	2026-05-09 21:03:52	00:12:09	00:24:16	00:28:09	+00:10:09 (41.8%)	4:50	12.4 (58.2%)
477	DMOCHOWSKA Monia	8976		WASILKÓW		K30	37	K 84		00:07:12	2026-05-09 21:07:11	00:12:26	00:24:17	00:31:29	+00:10:09 (41.9%)	4:51	12.4 (58.2%)
478	BORYSIEWICZ Wojciech	9939		BIAŁYSTOK		M30	134	M 392		00:03:53	2026-05-09 21:03:52	00:12:10	00:24:17	00:28:10	+00:10:09 (41.9%)	4:51	12.4 (58.2%)
479	BUINAUSKIENĖ Lina	7406	BĖGIMO KLUBAS	KARMĖLAVA		K40	18	K 85		00:07:19	2026-05-09 21:07:18	00:12:31	00:24:18	00:31:37	+00:10:10 (41.9%)	4:51	12.4 (58.2%)
480	NERKO Filip	7415		AUGUSTÓW		M30	135	M 393		00:10:31	2026-05-09 21:10:30	00:12:12	00:24:18	00:34:49	+00:10:10 (41.9%)	4:51	12.4 (58.2%)
481	ANTONIUK Dariusz	8632		BIAŁYSTOK		M30	136	M 394		00:04:01	2026-05-09 21:04:00	00:12:10	00:24:18	00:28:19	+00:10:10 (41.9%)	4:51	12.4 (58.2%)
482	GAJEWSKA Monika	9065		BIAŁYSTOK		K30	38	K 86		00:04:03	2026-05-09 21:04:02	00:12:28	00:24:18	00:28:21	+00:10:10 (41.9%)	4:51	12.4 (58.2%)
483	WAŚKOWSKI Jan	9803		BIAŁYSTOK		M20	99	M 395		00:00:04	2026-05-09 21:00:03	00:11:26	00:24:18	00:24:23	+00:10:10 (41.9%)	4:51	12.4 (58.2%)
484	ŁAPIŃSKI Karol	7167		BIAŁYSTOK		M40	78	M 396		00:06:42	2026-05-09 21:06:41	00:12:17	00:24:19	00:31:02	+00:10:12 (42.0%)	4:51	12.3 (57.7%)
485	KONCZEREWICZ Mariusz	9317	MARSZOMANIACY BIELSK PODLASKI	ORZECZOWICZE		M40	79	M 397		00:10:20	2026-05-09 21:10:19	00:12:47	00:24:20	00:34:40	+00:10:12 (42.0%)	4:51	12.3 (57.7%)
486	DOWGIAŁO Paweł	8748	UWM OLSZTYN	OLSZTYN		M20	100	M 398		00:07:02	2026-05-09 21:07:01	00:12:02	00:24:21	00:31:23	+00:10:13 (42.0%)	4:51	12.3 (57.7%)
487	MANDRYK Aliaksei	7483	RUNONLINE.BY	MINSK		M40	80	M 399		00:06:42	2026-05-09 21:06:41	00:11:57	00:24:21	00:31:03	+00:10:13 (42.0%)	4:51	12.3 (57.7%)
488	SZUMOWSKI Andrzej	7472	BIAŁOSTOCKA SEKTA BIEGACZY	WASILKÓW		M50	32	M 400		00:06:40	2026-05-09 21:06:39	00:12:15	00:24:22	00:31:02	+00:10:15 (42.1%)	4:52	12.3 (57.7%)
489	TARKA Jacek	7322	RUN GLORIA	TRZEBINIA		M50	33	M 401		00:10:04	2026-05-09 21:10:03	00:12:33	00:24:24	00:34:29	+00:10:16 (42.1%)	4:52	12.3 (57.7%)
490	GRUSZEWSKI Gabriel	8345		CIELICZANKA		M12	41	M 402		00:06:47	2026-05-09 21:06:46	00:12:12	00:24:24	00:31:11	+00:10:16 (42.1%)	4:52	12.3 (57.7%)
491	ANDRUKIEWICZ Jakub	9823		BIAŁYSTOK		M20	101	M 403		00:10:21	2026-05-09 21:10:20	00:12:32	00:24:25	00:34:46	+00:10:17 (42.2%)	4:52	12.3 (57.7%)
492	LACHOWICZ Piotr	8690	IZYRUN	SIEMIATYCZE		M20	102	M 404		00:04:02	2026-05-09 21:04:01	00:12:25	00:24:25	00:28:28	+00:10:17 (42.2%)	4:52	12.3 (57.7%)
493	CZABAN Mikołaj	9282		BIAŁYSTOK		M20	103	M 405		00:09:39	2026-05-09 21:09:38	00:12:35	00:24:25	00:34:04	+00:10:17 (42.2%)	4:52	12.3 (57.7%)
494	ZAKRZEWSKI Paweł	8703		WARSZAWA		M20	104	M 406		00:03:47	2026-05-09 21:03:46	00:12:00	00:24:25	00:28:13	+00:10:18 (42.2%)	4:52	12.3 (57.7%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
495	MALINOWSKA Ewelina	9838		KRAKÓW		K30	39	K 87		00:03:50	2026-05-09 21:03:49	00:11:58	00:24:26	00:28:16	+00:10:18 (42.2%)	4:52	12.3 (57.7%)
496	BIELAWIEC Magdalena	8986	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK		K30	40	K 88		00:06:40	2026-05-09 21:06:39	00:12:14	00:24:28	00:31:09	+00:10:20 (42.3%)	4:53	12.3 (57.7%)
497	LIPIŃSKA Maria	9511		BIAŁYSTOK		K12	4	K 89		00:10:01	2026-05-09 21:10:00	00:12:11	00:24:28	00:34:30	+00:10:21 (42.3%)	4:53	12.3 (57.7%)
498	WIŚNIEWSKA Justyna	8929		WARSZAWA		K20	24	K 90		00:06:47	2026-05-09 21:06:46	00:12:05	00:24:29	00:31:16	+00:10:21 (42.3%)	4:53	12.3 (57.7%)
499	CZAJKOWSKI Marcin	8171		BIAŁYSTOK		M30	137	M 407		00:03:43	2026-05-09 21:03:42	00:12:05	00:24:29	00:28:12	+00:10:21 (42.3%)	4:53	12.3 (57.7%)
500	ZIMNOCH Amelia	9267	KS PODLASIE	BIAŁYSTOK		K12	5	K 91		00:12:55	2026-05-09 21:12:54	00:12:46	00:24:29	00:37:24	+00:10:21 (42.3%)	4:53	12.3 (57.7%)
501	WOŁYŃ Marcin	8221		BIAŁYSTOK		M30	138	M 408		00:03:50	2026-05-09 21:03:49	00:12:19	00:24:29	00:28:20	+00:10:21 (42.3%)	4:53	12.3 (57.7%)
502	SOCHOŃ Zbigniew	7241		ŻARY		M50	34	M 409		00:06:49	2026-05-09 21:06:48	00:12:18	00:24:29	00:31:18	+00:10:22 (42.4%)	4:53	12.3 (57.7%)
503	ALEKSIEJUK Maciej	10155		BIAŁYSTOK		M20	105	M 410		00:07:12	2026-05-09 21:07:11	00:12:38	00:24:29	00:31:42	+00:10:22 (42.4%)	4:53	12.3 (57.7%)
504	TKACZUK Eugeniusz	7470		BIELSK PODLASKI		M60	12	M 411		00:06:49	2026-05-09 21:06:48	00:12:34	00:24:30	00:31:19	+00:10:22 (42.4%)	4:53	12.3 (57.7%)
505	AMBROSEWICZ-WALCIK Marta	7223	SĄ WOLNIEJSI	BARTAG		K40	19	K 92	Są Wolniejsi	00:04:03	2026-05-09 21:04:02	00:12:13	00:24:30	00:28:34	+00:10:23 (42.4%)	4:53	12.3 (57.7%)
506	GRZEŚKO Tomasz	7340		SULECHÓW		M60	13	M 412		00:03:47	2026-05-09 21:03:46	00:12:10	00:24:31	00:28:18	+00:10:23 (42.4%)	4:53	12.2 (57.3%)
507	ROGAŁKA Jakub	7450		LUBOŃ		M20	106	M 413		00:03:50	2026-05-09 21:03:49	00:11:46	00:24:31	00:28:21	+00:10:23 (42.4%)	4:53	12.2 (57.3%)
508	DZIEDZIK Patrycja	9256		BIAŁYSTOK		K20	25	K 93		00:03:54	2026-05-09 21:03:53	00:12:14	00:24:31	00:28:26	+00:10:23 (42.4%)	4:53	12.2 (57.3%)
509	CHYC Marek	10109	YARD MAREK CHYC	OSOWICZE		M50	35	M 414		00:13:21	2026-05-09 21:13:20	00:12:59	00:24:32	00:37:53	+00:10:24 (42.4%)	4:54	12.2 (57.3%)
510	MAKAREWICZ Kacper	9625		BIAŁYSTOK		M30	139	M 415		00:07:12	2026-05-09 21:07:11	00:12:38	00:24:32	00:31:44	+00:10:24 (42.4%)	4:54	12.2 (57.3%)
511	BIERĆ Jarosław	9674	JEST DOBRZE	BIAŁYSTOK		M50	36	M 416		00:06:40	2026-05-09 21:06:39	00:12:23	00:24:32	00:31:12	+00:10:24 (42.5%)	4:54	12.2 (57.3%)
512	PYZOWSKI Mariusz	7583	SIEMBIGA	MAĆKOWICZE		M40	81	M 417		00:03:43	2026-05-09 21:03:42	00:12:29	00:24:32	00:28:16	+00:10:25 (42.5%)	4:54	12.2 (57.3%)
513	MOJSA Natalia	9224		DOBRZYNIOWO DUŻE		K20	26	K 94		00:03:53	2026-05-09 21:03:52	00:12:09	00:24:33	00:28:26	+00:10:25 (42.5%)	4:54	12.2 (57.3%)
513	GRYKO Artur	8392		BIAŁYSTOK		M30	140	M 418		00:09:45	2026-05-09 21:09:44	00:12:32	00:24:33	00:34:19	+00:10:25 (42.5%)	4:54	12.2 (57.3%)
515	BOBROWSKI Piotr	7328	TRI SEBUŚ TEAM	ŻYRARDÓW		M40	82	M 419		00:07:06	2026-05-09 21:07:05	00:12:33	00:24:33	00:31:40	+00:10:26 (42.5%)	4:54	12.2 (57.3%)
516	DZIEDUSZOW Krzysztof	7555	DRTUSZ BIEGA	BIAŁYSTOK		M40	83	M 420	DRTUSZ BIEGA	00:07:09	2026-05-09 21:07:08	00:12:42	00:24:34	00:31:44	+00:10:26 (42.5%)	4:54	12.2 (57.3%)
517	KOZICKA Ewelina	8752		BIAŁYSTOK		K20	27	K 95		00:09:46	2026-05-09 21:09:45	00:12:18	00:24:34	00:34:20	+00:10:26 (42.5%)	4:54	12.2 (57.3%)
518	WASILEWSKI Krystian	10061		ZAGRUSZANY		M20	107	M 421		00:07:05	2026-05-09 21:07:04	00:11:58	00:24:34	00:31:40	+00:10:27 (42.5%)	4:54	12.2 (57.3%)
519	POPLAWSKA Katarzyna	10114		BIAŁYSTOK		K30	41	K 96		00:03:56	2026-05-09 21:03:55	00:12:09	00:24:34	00:28:31	+00:10:27 (42.6%)	4:54	12.2 (57.3%)
520	MAKAREWICZ Jakub	9382		BIAŁYSTOK		M20	108	M 422		00:07:12	2026-05-09 21:07:11		00:24:35	00:31:47	+00:10:27 (42.6%)	4:54	12.2 (57.3%)
521	SIEMIENICKI Piotr	7620		WASILKÓW		M20	109	M 423		00:03:54	2026-05-09 21:03:53	00:11:21	00:24:36	00:28:30	+00:10:28 (42.6%)	4:54	12.2 (57.3%)
522	BUDZICH Tomasz	7387	TRI SEBUŚ TEAM	CHAMSK		M30	141	M 424		00:07:07	2026-05-09 21:07:06	00:12:34	00:24:36	00:31:43	+00:10:28 (42.6%)	4:54	12.2 (57.3%)
523	VOITSIK Mikhail	9898	BELARUS TRIATHLON FEDERACJA	GRODNO		M40	84	M 425		00:03:38	2026-05-09 21:03:37	00:12:00	00:24:37	00:28:15	+00:10:29 (42.7%)	4:55	12.2 (57.3%)
524	POGORZELSKI Dominik	9905		BIAŁYSTOK		M20	110	M 426		00:03:44	2026-05-09 21:03:43	00:12:15	00:24:39	00:28:23	+00:10:31 (42.7%)	4:55	12.2 (57.3%)
525	PIOTROWSKI Piotr	9566		BIAŁYSTOK		M30	142	M 427		00:03:41	2026-05-09 21:03:40	00:12:26	00:24:39	00:28:20	+00:10:31 (42.7%)	4:55	12.2 (57.3%)
526	ZALEWSKI Marcin	7327		BIAŁYSTOK		M40	85	M 428		00:04:02	2026-05-09 21:04:01	00:12:28	00:24:39	00:28:41	+00:10:31 (42.7%)	4:55	12.2 (57.3%)
527	SOSNOWSKI Patryk	7553		KLEOSIN		M30	143	M 429		00:16:15	2026-05-09 21:16:14	00:12:34	00:24:39	00:40:54	+00:10:31 (42.7%)	4:55	12.2 (57.3%)
528	ANDREIKOVA Valentyna	7478	TEA.M RUN	BIAŁYSTOK		K20	28	K 97	TEA.M RUN	00:03:48	2026-05-09 21:03:47	00:12:14	00:24:39	00:28:28	+00:10:32 (42.7%)	4:55	12.2 (57.3%)
529	KULAKOWSKI Piotr	8285		BIAŁYSTOK		M30	144	M 430		00:06:01	2026-05-09 21:06:00		00:24:39	00:30:40	+00:10:32 (42.8%)	4:55	12.2 (57.3%)
530	BOŻENKO Piotr	10456		BIAŁYSTOK		M30	145	M 431		00:06:49	2026-05-09 21:06:48	00:12:36	00:24:40	00:31:29	+00:10:32 (42.8%)	4:55	12.2 (57.3%)
531	WEREMJEWICZ Michał	9565		BIAŁYSTOK		M20	111	M 432		00:03:42	2026-05-09 21:03:41	00:12:26	00:24:40	00:28:22	+00:10:32 (42.8%)	4:55	12.2 (57.3%)
532	SIDORCZUK Bartosz	10311		BIAŁYSTOK		M30	146	M 433		00:07:18	2026-05-09 21:07:17	00:12:35	00:24:41	00:31:59	+00:10:33 (42.8%)	4:55	12.2 (57.3%)
533	SANTOROWSKI Tadeusz	9750	GOLDEN BOATS ACADEMY	WARSZAWA		M50	37	M 434		00:12:50	2026-05-09 21:12:49	00:12:56	00:24:41	00:37:31	+00:10:34 (42.8%)	4:55	12.2 (57.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
534	KLEPACKI Adam	10184		ELK		M30	147	M 435		00:06:45	2026-05-09 21:06:44	00:12:03	00:24:42	00:31:28	+00:10:34 (42.9%)	4:56	12.2 (57.3%)
535	WAWIÓRKO Krzysztof	10185		ELK		M30	148	M 436		00:06:45	2026-05-09 21:06:44	00:11:54	00:24:43	00:31:28	+00:10:35 (42.9%)	4:56	12.1 (56.8%)
536	STRZELIŃSKI Kamil	8465		BIAŁYSTOK		M12	42	M 437		00:09:51	2026-05-09 21:09:50	00:12:53	00:24:43	00:34:35	+00:10:35 (42.9%)	4:56	12.1 (56.8%)
537	KORSZAK Rafał	10084		GRABÓWKA		M30	149	M 438		00:07:13	2026-05-09 21:07:12	00:12:42	00:24:43	00:31:57	+00:10:36 (42.9%)	4:56	12.1 (56.8%)
538	ŚWISTAK Radosław	8061		BIAŁYSTOK		M30	150	M 439		00:09:59	2026-05-09 21:09:58	00:12:27	00:24:43	00:34:43	+00:10:36 (42.9%)	4:56	12.1 (56.8%)
539	BURAK Michał	7338		BIAŁYSTOK		M20	112	M 440		00:03:40	2026-05-09 21:03:39	00:11:41	00:24:44	00:28:25	+00:10:36 (42.9%)	4:56	12.1 (56.8%)
540	KRYSIEWICZ Łukasz	9301		GRABÓWKA		M40	86	M 441		00:06:40	2026-05-09 21:06:39	00:11:51	00:24:44	00:31:25	+00:10:37 (42.9%)	4:56	12.1 (56.8%)
541	SZUTKIEWICZ Marta	10217	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK		K30	42	K 98	BIAŁOSTOCKA SEKTA BIEGACZY	00:07:11	2026-05-09 21:07:10	00:12:32	00:24:44	00:31:56	+00:10:37 (42.9%)	4:56	12.1 (56.8%)
542	BIBUŁOWICZ Monika	8835		SURAŻ		K40	20	K 99		00:03:49	2026-05-09 21:03:48	00:12:20	00:24:45	00:28:35	+00:10:38 (43.0%)	4:56	12.1 (56.8%)
543	SYLWESTRZUK Grzegorz	10033		GRÓDEK		M50	38	M 442		00:06:39	2026-05-09 21:06:38	00:12:15	00:24:45	00:31:24	+00:10:38 (43.0%)	4:56	12.1 (56.8%)
544	BRU Alexandre	10457		WARSAW		M20	113	M 443		00:06:50	2026-05-09 21:06:49	00:12:17	00:24:46	00:31:36	+00:10:38 (43.0%)	4:56	12.1 (56.8%)
545	DAVID Morgane	9067		WARSAW		K20	29	K 100		00:06:50	2026-05-09 21:06:49	00:12:40	00:24:46	00:31:36	+00:10:38 (43.0%)	4:56	12.1 (56.8%)
546	TRZASKA Paulina	9725	WSMED KRAKOWSKA	BIAŁYSTOK, PODLASKIE		K40	21	K 101		00:06:39	2026-05-09 21:06:38	00:12:15	00:24:46	00:31:26	+00:10:39 (43.0%)	4:56	12.1 (56.8%)
547	KOZŁOWSKI Jakub	8869		BIAŁYSTOK		M20	114	M 444		00:03:42	2026-05-09 21:03:41	00:12:30	00:24:47	00:28:30	+00:10:39 (43.0%)	4:57	12.1 (56.8%)
548	RĘBISZEWSKA Justyna	7385	ZAKOCHANI W BIEGANIU	GRĄDY-WONIECKO		K30	43	K 102		00:06:57	2026-05-09 21:06:56	00:12:44	00:24:47	00:31:45	+00:10:40 (43.1%)	4:57	12.1 (56.8%)
549	NIEDBAŁA Ewelina	8572		CZARNA BIAŁOSTOCKA		K20	30	K 103		00:13:04	2026-05-09 21:13:03	00:12:42	00:24:47	00:37:52	+00:10:40 (43.1%)	4:57	12.1 (56.8%)
550	KAZIK Kacper	9507	BYLE DO METY ZP BIAŁYSTOK	BIAŁYSTOK		M12	43	M 445	Byle do mety ZP Białystok	00:07:17	2026-05-09 21:07:16	00:12:36	00:24:47	00:32:05	+00:10:40 (43.1%)	4:57	12.1 (56.8%)
551	KARPIŃSKI Jarosław	7535		RADOM		M40	87	M 446		00:09:44	2026-05-09 21:09:43	00:12:55	00:24:48	00:34:33	+00:10:40 (43.1%)	4:57	12.1 (56.8%)
552	GRYNIEWICZ Dawid	8733	INSPECTION	ELK		M30	151	M 447		00:03:48	2026-05-09 21:03:47	00:12:11	00:24:48	00:28:37	+00:10:40 (43.1%)	4:57	12.1 (56.8%)
553	BŁASZKO Dawid	9687	PALISANDER RUNNING TEAM	SOWLANY		M40	88	M 448		00:07:15	2026-05-09 21:07:14	00:12:39	00:24:49	00:32:04	+00:10:41 (43.1%)	4:57	12.1 (56.8%)
554	BRAJCZEWSKI Mateusz	7384	ZAKOCHANI W BIEGANIU	GRĄDY-WONIECKO		M30	152	M 449		00:06:55	2026-05-09 21:06:54	00:12:45	00:24:49	00:31:45	+00:10:42 (43.1%)	4:57	12.1 (56.8%)
555	JANOWICZ Jakub	9774		BIAŁYSTOK		M12	44	M 450		00:06:57	2026-05-09 21:06:56	00:13:22	00:24:50	00:31:47	+00:10:42 (43.1%)	4:57	12.1 (56.8%)
556	TKACZUK Krystian Edward	7550	RUNLOG	PIASTOW		M60	14	M 451		00:06:55	2026-05-09 21:06:54	00:12:36	00:24:50	00:31:46	+00:10:42 (43.2%)	4:57	12.1 (56.8%)
557	ROSZKIEWICZ Elżbieta	9731	BOGUSZE	BOGUSZE		K40	22	K 104	Bogusze	00:09:37	2026-05-09 21:09:36	00:12:39	00:24:51	00:34:28	+00:10:43 (43.2%)	4:57	12.1 (56.8%)
558	TALECKI Radosław	9491		BIAŁYSTOK		M40	89	M 452		00:09:50	2026-05-09 21:09:49	00:12:20	00:24:51	00:34:41	+00:10:44 (43.2%)	4:58	12.1 (56.8%)
559	NIEWIAROWSKI Grzegorz	7600		BIAŁYSTOK		M20	115	M 453		00:12:41	2026-05-09 21:12:40	00:11:57	00:24:52	00:37:34	+00:10:45 (43.3%)	4:58	12.1 (56.8%)
560	WALTEROWSKI Dominik	7261	WEBER ACTIVE TEAM / W POGONI ZA DUCHEM	SOSNOWIEC		M50	39	M 454	W pogoni za duchem	00:07:05	2026-05-09 21:07:04	00:12:45	00:24:53	00:31:58	+00:10:45 (43.3%)	4:58	12.1 (56.8%)
561	BRINKIEWICZ Zuzanna	7102		GDYNIA		K20	31	K 105		00:07:02	2026-05-09 21:07:01	00:12:31	00:24:53	00:31:55	+00:10:45 (43.3%)	4:58	12.1 (56.8%)
562	SIDORCZUK Sławek	9387		BIAŁYSTOK		M40	90	M 455		00:09:58	2026-05-09 21:09:57	00:13:29	00:24:53	00:34:51	+00:10:45 (43.3%)	4:58	12.1 (56.8%)
563	GRONEK Aleksander	9501	BYLE DO METY ZP BIAŁYSTOK	BIAŁYSTOK		M12	45	M 456	Byle do mety ZP Białystok	00:07:17	2026-05-09 21:07:16	00:12:35	00:24:54	00:32:11	+00:10:46 (43.3%)	4:58	12.1 (56.8%)
564	KRUSZEWSKI Grzegorz	9058		NOWE PIEKUTY		M40	91	M 457		00:03:53	2026-05-09 21:03:52	00:12:29	00:24:54	00:28:47	+00:10:47 (43.3%)	4:58	12.1 (56.8%)
565	BAŁDOWSKI Łukasz	9991		CZARNA BIAŁOSTOCKA		M20	116	M 458		00:03:58	2026-05-09 21:03:57	00:12:20	00:24:55	00:28:53	+00:10:47 (43.3%)	4:58	12.1 (56.8%)
566	GIESKO Przemysław	10085		BIAŁYSTOK		M40	92	M 459		00:04:00	2026-05-09 21:03:59	00:12:11	00:24:56	00:28:56	+00:10:48 (43.4%)	4:58	12 (56.3%)
567	SZMYGIEL Marta	10046		BIAŁYSTOK		K30	44	K 106	Solo-YOLO	00:03:48	2026-05-09 21:03:47	00:12:40	00:24:56	00:28:45	+00:10:48 (43.4%)	4:58	12 (56.3%)
568	VUCANS Igors	8158		DAUGAVPILS		M40	93	M 460		00:03:47	2026-05-09 21:03:46	00:12:38	00:24:56	00:28:43	+00:10:49 (43.4%)	4:58	12 (56.3%)
569	TSIARESHKA Uladzislau	7421	TEA.M RUN	BIAŁYSTOK		M20	117	M 461	TEA.M RUN	00:07:16	2026-05-09 21:07:15	00:12:29	00:24:57	00:32:14	+00:10:49 (43.4%)	4:59	12 (56.3%)
570	ZABIELSKI Karol	7422		ŁÓMŻA		M30	153	M 462		00:06:50	2026-05-09 21:06:49	00:12:42	00:24:57	00:31:48	+00:10:50 (43.4%)	4:59	12 (56.3%)
571	KARPIENIA Julia	9947		NIEWODNICA KORYCKA		K20	32	K 107		00:07:20	2026-05-09 21:07:19	00:12:51	00:24:58	00:32:19	+00:10:50 (43.5%)	4:59	12 (56.3%)
572	GRYŻENIA Daniel	7321	BIAŁYSTOK BIEGA	BIAŁYSTOK		M30	154	M 463		00:16:07	2026-05-09 21:16:06	00:12:33	00:24:58	00:41:06	+00:10:51 (43.5%)	4:59	12 (56.3%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
573	KARPIENIA Artur	9463		NIEWODNICA KORYCKA		M50	40	M 464		00:07:20	2026-05-09 21:07:19	00:12:50	00:24:59	00:32:19	+00:10:51 (43.5%)	4:59	12 (56.3%)
574	ZABOROWSKI Adrian	10454		BIAŁYSTOK		M30	155	M 465		00:07:07	2026-05-09 21:07:06	00:12:23	00:24:59	00:32:07	+00:10:51 (43.5%)	4:59	12 (56.3%)
575	LIS Igor	7251		BIAŁYSTOK		M20	118	M 466		00:09:40	2026-05-09 21:09:39	00:12:37	00:24:59	00:34:40	+00:10:52 (43.5%)	4:59	12 (56.3%)
576	GRYCIUK Walenty	8619		NURZEC-STACJA		M50	41	M 467		00:17:29	2026-05-09 21:17:28	00:12:54	00:25:00	00:42:29	+00:10:53 (43.5%)	4:59	12 (56.3%)
577	PLONA Patryk	10462		ŁOMŻA		M20	119	M 468		00:06:46	2026-05-09 21:06:45	00:12:31	00:25:00	00:31:47	+00:10:53 (43.5%)	4:59	12 (56.3%)
578	BOHDZIEWICZ Zbigniew	9647	BYNIO TEAM	BIAŁYSTOK		M50	42	M 469		00:03:44	2026-05-09 21:03:43	00:12:38	00:25:00	00:28:44	+00:10:53 (43.6%)	4:59	12 (56.3%)
579	OLECHNO Kornel	10150		BIAŁYSTOK		M20	120	M 470		00:06:42	2026-05-09 21:06:41	00:12:38	00:25:01	00:31:43	+00:10:53 (43.6%)	4:59	12 (56.3%)
580	SZYMAŃSKA-PLONA Magdalena	7398		ŁOMŻA		K20	33	K 108		00:06:46	2026-05-09 21:06:45	00:12:31	00:25:01	00:31:47	+00:10:53 (43.6%)	4:59	12 (56.3%)
581	MACHAJ Katarzyna	10204	PKO BANK POLSKI	WARSZAWA (BEMOWO)		K30	45	K 109	PKO Bank Polski	00:03:43	2026-05-09 21:03:42	00:12:38	00:25:01	00:28:44	+00:10:53 (43.6%)	4:59	12 (56.3%)
582	DRESLER Krzysztof	7612	PKO BANK POLSKI	WARSZAWA		M50	43	M 471		00:03:43	2026-05-09 21:03:42	00:12:38	00:25:01	00:28:44	+00:10:53 (43.6%)	4:59	12 (56.3%)
583	GRZYB Oliwier	10102		BIAŁYSTOK		M20	121	M 472		00:07:09	2026-05-09 21:07:08	00:12:33	00:25:01	00:32:10	+00:10:53 (43.6%)	4:59	12 (56.3%)
584	KRAHEL Izabela	9489		BIAŁYSTOK		K30	46	K 110		00:09:49	2026-05-09 21:09:48	00:12:37	00:25:01	00:34:51	+00:10:54 (43.6%)	4:59	12 (56.3%)
585	BIEŃKOWSKA Małgorzata	9906		WAŁBRZYCH		K40	23	K 111		00:06:55	2026-05-09 21:06:54	00:12:40	00:25:02	00:31:58	+00:10:54 (43.6%)	5:00	12 (56.3%)
586	BARAŃCZUK Marta	9274	MASTERPRESS S.A.	BIAŁYSTOK		K30	47	K 112	Masterpress	00:06:51	2026-05-09 21:06:50	00:12:34	00:25:02	00:31:54	+00:10:55 (43.6%)	5:00	12 (56.3%)
587	MARCHEL Kacper	7129		BIAŁYSTOK		M20	122	M 473		00:07:05	2026-05-09 21:07:04	00:13:15	00:25:03	00:32:09	+00:10:56 (43.7%)	5:00	12 (56.3%)
588	MIODUSZEWSKI Łukasz	8661		ZAMBRÓW		M20	123	M 474		00:06:45	2026-05-09 21:06:44	00:12:37	00:25:04	00:31:49	+00:10:56 (43.7%)	5:00	12 (56.3%)
589	PRAWDZIK Renata	8995	TEAM DUCHNOWSKI	ELK		K40	24	K 113		00:03:58	2026-05-09 21:03:57	00:12:21	00:25:04	00:29:03	+00:10:57 (43.7%)	5:00	12 (56.3%)
590	KOGUT Monika	9049		WARSZAWA		K30	48	K 114		00:07:12	2026-05-09 21:07:11	00:12:30	00:25:05	00:32:17	+00:10:57 (43.7%)	5:00	12 (56.3%)
591	PUCHAŁSKI Artur	8408		ZOSIN		M40	94	M 475	STRABAG Białystok	00:03:50	2026-05-09 21:03:49	00:12:19	00:25:05	00:28:56	+00:10:58 (43.7%)	5:00	12 (56.3%)
592	MALESZEWSKI Mariusz	9409		BIAŁYSTOK		M50	44	M 476		00:07:17	2026-05-09 21:07:16	00:13:07	00:25:06	00:32:24	+00:10:58 (43.8%)	5:00	12 (56.3%)
593	CHMIELEWSKI Karol	9016		KNYSZYN-ZAMEK		M30	156	M 477		00:06:57	2026-05-09 21:06:56	00:12:40	00:25:06	00:32:04	+00:10:59 (43.8%)	5:00	12 (56.3%)
594	DROZD Olimpia	9865		BIAŁA PODLASKA		K40	25	K 115		00:12:40	2026-05-09 21:12:39	00:12:24	00:25:07	00:37:47	+00:10:59 (43.8%)	5:01	12 (56.3%)
595	WOJCIECHEWICZ Szymon	9151		WYSOKIE MAZOWIECKIE		M30	157	M 478		00:06:46	2026-05-09 21:06:45	00:12:59	00:25:07	00:31:53	+00:10:59 (43.8%)	5:01	12 (56.3%)
596	MAKSIMOWICZ Magdalena	8797	PODLASKA FUNDACJA ROZWOJU REGIONALNEGO	BIAŁYSTOK		K40	26	K 116	Podlaska Fundacja Rozwoju Regionalnego	00:06:53	2026-05-09 21:06:52	00:12:35	00:25:08	00:32:02	+00:11:00 (43.8%)	5:01	11.9 (55.9%)
597	BOBIK Łukasz	8405		BIAŁYSTOK		M30	158	M 479		00:09:41	2026-05-09 21:09:40	00:12:45	00:25:08	00:34:50	+00:11:00 (43.8%)	5:01	11.9 (55.9%)
598	PSZCZOŁA Adam	8353		HAJNÓWKA		M20	124	M 480		00:03:42	2026-05-09 21:03:41	00:12:59	00:25:08	00:28:51	+00:11:01 (43.8%)	5:01	11.9 (55.9%)
599	KWINTAL Łukasz	7521		RADOM		M40	95	M 481		00:09:45	2026-05-09 21:09:44	00:13:00	00:25:08	00:34:54	+00:11:01 (43.9%)	5:01	11.9 (55.9%)
600	KRYŃSKI Paweł	7560		WASILKÓW		M30	159	M 482		00:09:47	2026-05-09 21:09:46	00:12:59	00:25:09	00:34:56	+00:11:01 (43.9%)	5:01	11.9 (55.9%)
601	GABRIEL Demid	8595	TEA.M RUN	BIAŁYSTOK		M20	125	M 483		00:07:19	2026-05-09 21:07:18	00:12:56	00:25:10	00:32:29	+00:11:02 (43.9%)	5:01	11.9 (55.9%)
602	MICHAŁOWSKA Karolina	7601		IGNATKI-OSIEDLE		K20	34	K 117		00:06:51	2026-05-09 21:06:50	00:12:43	00:25:10	00:32:01	+00:11:03 (43.9%)	5:01	11.9 (55.9%)
603	BRYGOŁA Andrzej	7556	KLUB BIEGACZA	LUBLIN		M60	15	M 484		00:06:46	2026-05-09 21:06:45	00:12:37	00:25:11	00:31:57	+00:11:03 (43.9%)	5:02	11.9 (55.9%)
604	BOROWY Mateusz	8479	TEAM BOROWI!!!	ELBLĄG		M12	46	M 485		00:18:03	2026-05-09 21:18:02	00:12:50	00:25:11	00:43:14	+00:11:03 (43.9%)	5:01	11.9 (55.9%)
605	MACHERA Rafał	7271		TERESÓW		M30	160	M 486		00:10:21	2026-05-09 21:10:20	00:13:25	00:25:12	00:35:34	+00:11:04 (44.0%)	5:02	11.9 (55.9%)
606	SAWICKI Bartosz	7242	DZIKIE DZIKI GORZÓW	WARSZAWA		M30	161	M 487		00:07:16	2026-05-09 21:07:15	00:13:36	00:25:13	00:32:30	+00:11:05 (44.0%)	5:02	11.9 (55.9%)
607	SZULC Andrzej	8497	TYGRYSKI	ŁAPY		M50	45	M 488		00:06:51	2026-05-09 21:06:50	00:12:20	00:25:13	00:32:04	+00:11:06 (44.0%)	5:02	11.9 (55.9%)
608	FERENC Magdalena	7198		BIAŁYSTOK		K20	35	K 118		00:06:47	2026-05-09 21:06:46	00:13:03	00:25:13	00:32:01	+00:11:06 (44.0%)	5:02	11.9 (55.9%)
609	KUTYŁA Marek	7341	BRONOWICE TEŻ BIEGAJĄ	KRAKÓW		M40	96	M 489		00:09:56	2026-05-09 21:09:55	00:12:50	00:25:14	00:35:11	+00:11:07 (44.1%)	5:02	11.9 (55.9%)
610	GUŁA Rafał	8923		BIAŁYSTOK		M20	126	M 490	ElectrON Team	00:06:51	2026-05-09 21:06:50	00:12:21	00:25:15	00:32:06	+00:11:07 (44.1%)	5:02	11.9 (55.9%)
611	WĄSIK Jakub	8215		WROCŁAW		M12	47	M 491		00:09:53	2026-05-09 21:09:52	00:12:42	00:25:18	00:35:11	+00:11:10 (44.2%)	5:03	11.9 (55.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
612	SIEMIENIUK Krzysztof	8615	KALINOWSKI TEAM	BIAŁYSTOK		M40	97	M 492	Kalinowski Team	00:06:42	2026-05-09 21:06:41	00:12:46	00:25:18	00:32:00	+00:11:10 (44.2%)	5:03	11.9 (55.9%)
613	MORAWSKA Edyta	9414	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K50	5	K 119	Białystok Biega Team	00:04:05	2026-05-09 21:04:04	00:12:37	00:25:18	00:29:23	+00:11:10 (44.2%)	5:03	11.9 (55.9%)
614	SIEMIENIUK Patrycja	8616		BIAŁYSTOK		K12	6	K 120	Kalinowski Team	00:06:41	2026-05-09 21:06:40	00:12:47	00:25:18	00:32:00	+00:11:11 (44.2%)	5:03	11.9 (55.9%)
615	KALINA Łukasz	7163		OSTRÓW WIELKOPOLSKI		M50	46	M 493		00:04:04	2026-05-09 21:04:03	00:13:01	00:25:19	00:29:24	+00:11:11 (44.2%)	5:03	11.9 (55.9%)
616	KRYNICKA Amelia	9615		OLECKO		K20	36	K 121	15PPLOT	00:03:54	2026-05-09 21:03:53	00:12:31	00:25:19	00:29:13	+00:11:11 (44.2%)	5:03	11.9 (55.9%)
617	ROSTKOWSKI Paweł	7491	1 PBOT	ŚNIAADOWO		M20	127	M 494	1 PBOT	00:09:58	2026-05-09 21:09:57	00:13:24	00:25:19	00:35:18	+00:11:12 (44.2%)	5:03	11.9 (55.9%)
618	WOŁOSIK Dominik	9495		BIAŁYSTOK		M30	162	M 495		00:07:08	2026-05-09 21:07:07	00:13:10	00:25:19	00:32:28	+00:11:12 (44.3%)	5:03	11.9 (55.9%)
619	SIENKIEWICZ Krzysztof	10143		KRYPNO KOŚCIELNE		M20	128	M 496		00:06:50	2026-05-09 21:06:49	00:12:55	00:25:20	00:32:10	+00:11:12 (44.3%)	5:03	11.9 (55.9%)
620	TARGOŃSKI Marek	8350		BIAŁYSTOK		M12	48	M 497		00:03:44	2026-05-09 21:03:43	00:12:59	00:25:20	00:29:04	+00:11:12 (44.3%)	5:03	11.8 (55.4%)
621	PUDŁOWSKI Paweł	8826		DAWIDY BANKOWE		M40	98	M 498		00:03:54	2026-05-09 21:03:53	00:12:39	00:25:20	00:29:14	+00:11:12 (44.3%)	5:03	11.8 (55.4%)
622	JABŁOŃSKI Wojciech	9756		ŁOPIENIE SZELAĞI		M50	47	M 499		00:07:05	2026-05-09 21:07:04	00:12:38	00:25:20	00:32:26	+00:11:13 (44.3%)	5:03	11.9 (55.9%)
623	JAWORSKA Marta	7307	ALL4FIT	GOLUB-DOBRZYŃ		K30	49	K 122		00:07:01	2026-05-09 21:07:00	00:12:41	00:25:21	00:32:22	+00:11:13 (44.3%)	5:03	11.8 (55.4%)
624	ZAJĄC Wojciech	9564		OŚWIĘCIM		M20	129	M 500		00:09:38	2026-05-09 21:09:37	00:12:15	00:25:21	00:35:00	+00:11:13 (44.3%)	5:03	11.8 (55.4%)
625	JABŁOŃSKI Mateusz	8198		BIAŁYSTOK		M30	163	M 501		00:07:08	2026-05-09 21:07:07	00:12:30	00:25:22	00:32:30	+00:11:14 (44.3%)	5:04	11.8 (55.4%)
626	CZAJKOWSKI Paweł	10139		KRYPNO KOŚCIELNE		M30	164	M 502		00:06:50	2026-05-09 21:06:49	00:12:55	00:25:22	00:32:12	+00:11:14 (44.4%)	5:04	11.8 (55.4%)
627	WAŁAC Jacek	7394	100 MARATHON CLUB POLSKA	GRODZISK MAZOWIECKI		M40	99	M 503		00:06:42	2026-05-09 21:06:41	00:12:57	00:25:22	00:32:05	+00:11:15 (44.4%)	5:04	11.8 (55.4%)
628	KUCZYŃSKI Kajetan	8166	ZSMS- SP.22 W BIAŁYMSTOKU	BIAŁYSTOK		M12	49	M 504		00:09:54	2026-05-09 21:09:53	00:12:31	00:25:23	00:35:17	+00:11:15 (44.4%)	5:04	11.8 (55.4%)
629	ANDROSIUK Monika	8556	1PBOT	ZAMBRÓW		K40	27	K 123		00:03:49	2026-05-09 21:03:48	00:12:38	00:25:23	00:29:12	+00:11:15 (44.4%)	5:04	11.8 (55.4%)
630	LEBIEDZIŃSKI Marcin	7458	1 PBOT	SUPRAŚŁ		M40	100	M 505	1 PBOT	00:03:49	2026-05-09 21:03:48	00:12:38	00:25:23	00:29:13	+00:11:15 (44.4%)	5:04	11.8 (55.4%)
631	WĘGROWSKI Sebastian	9877		BIAŁYSTOK		M30	165	M 506		00:07:07	2026-05-09 21:07:06	00:12:51	00:25:23	00:32:31	+00:11:15 (44.4%)	5:04	11.8 (55.4%)
632	MISIUKIEWICZ Tomasz	10134	GŁODNI PRZYGÓD	BIAŁYSTOK		M30	166	M 507		00:07:11	2026-05-09 21:07:10	00:12:49	00:25:23	00:32:35	+00:11:16 (44.4%)	5:04	11.8 (55.4%)
633	SIERAK Piotr	7226	KLUB BIEGACZA JURUND SZCZYTNO	SZCZYTNO		M50	48	M 508		00:07:02	2026-05-09 21:07:01	00:12:48	00:25:24	00:32:26	+00:11:16 (44.4%)	5:04	11.8 (55.4%)
634	HAJDUK Grzegorz	9006		WARSZAWA		M50	49	M 509		00:07:19	2026-05-09 21:07:18	00:13:08	00:25:24	00:32:44	+00:11:16 (44.4%)	5:04	11.8 (55.4%)
635	PARZYCH Maja	8121	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK		K12	7	K 124		00:09:54	2026-05-09 21:09:53	00:13:25	00:25:24	00:35:18	+00:11:17 (44.4%)	5:04	11.8 (55.4%)
636	PARZYCH Katarzyna	7238	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK		K50	6	K 125		00:09:54	2026-05-09 21:09:53	00:13:24	00:25:25	00:35:19	+00:11:17 (44.4%)	5:04	11.8 (55.4%)
637	SZYMAŃSKI Sławek	7529		PIŁA		M40	101	M 510		00:13:10	2026-05-09 21:13:09	00:12:57	00:25:25	00:38:35	+00:11:17 (44.5%)	5:04	11.8 (55.4%)
638	DUDEL Jerzy	9371	DOUBLEDUDEL	BIAŁYSTOK		M40	102	M 511		00:12:50	2026-05-09 21:12:49	00:13:24	00:25:25	00:38:16	+00:11:18 (44.5%)	5:04	11.8 (55.4%)
639	WACHACKA Sonia	8299	KS VICTORIA TRZEBINIA	FILIPOWICE		K12	8	K 126		00:06:53	2026-05-09 21:06:52	00:13:24	00:25:26	00:32:19	+00:11:18 (44.5%)	5:04	11.8 (55.4%)
640	IWANIEC Agnieszka	8792		DUBLIN		K40	28	K 127		00:06:50	2026-05-09 21:06:49	00:12:43	00:25:26	00:32:16	+00:11:18 (44.5%)	5:04	11.8 (55.4%)
641	MARTYNIUK Julia	9762	GRYGOTEAM	WASILKÓW		K20	37	K 128		00:07:11	2026-05-09 21:07:10	00:13:06	00:25:26	00:32:38	+00:11:18 (44.5%)	5:04	11.8 (55.4%)
642		10668				Wszyscy	3	3		00:10:07	2026-05-09 21:10:06	00:12:54	00:25:27	00:35:34	+00:11:19 (44.5%)	5:05	11.8 (55.4%)
643	SZWAJNOCH Łukasz	8400	KS PODLASIE	BIAŁYSTOK		M12	50	M 512		00:06:38	2026-05-09 21:06:37	00:12:33	00:25:28	00:32:06	+00:11:20 (44.6%)	5:05	11.8 (55.4%)
644	LESIŃSKA Adrianna	7490		ŁÓDŹ		K30	50	K 129		00:06:57	2026-05-09 21:06:56	00:12:31	00:25:28	00:32:25	+00:11:20 (44.6%)	5:05	11.8 (55.4%)
645	ŚCIBIOREK Arkadiusz	8308		ŁÓDŹ		M40	103	M 513		00:07:01	2026-05-09 21:07:00	00:12:59	00:25:28	00:32:30	+00:11:20 (44.6%)	5:05	11.8 (55.4%)
646	STEFANOWICZ Katarzyna	8495		OSOWICZE		K30	51	K 130		00:07:10	2026-05-09 21:07:09	00:12:42	00:25:28	00:32:38	+00:11:20 (44.6%)	5:05	11.8 (55.4%)
647	ROJECKA Magdalena	9575		BIAŁYSTOK		K40	29	K 131		00:06:52	2026-05-09 21:06:51	00:12:50	00:25:29	00:32:21	+00:11:21 (44.6%)	5:05	11.8 (55.4%)
648	SOPATA-FLOREK Monika	8582		BIAŁYSTOK		K30	52	K 132		00:06:38	2026-05-09 21:06:37	00:12:36	00:25:29	00:32:07	+00:11:21 (44.6%)	5:05	11.8 (55.4%)
649	MUŚKO Maja	8745		BIAŁYSTOK		K12	9	K 133		00:04:03	2026-05-09 21:04:02	00:13:02	00:25:29	00:29:33	+00:11:21 (44.6%)	5:05	11.8 (55.4%)
650	MATYJASIAK Konrad	7524	TEAM ZABIEGANEDNI	WARSZAWA		M50	50	M 514	Team ZabieganeDni	00:03:57	2026-05-09 21:03:56	00:12:46	00:25:29	00:29:26	+00:11:21 (44.6%)	5:05	11.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
651	BOŹEK Aleksandra	7538	TEAM ZABIEGANEDNI	WARSZAWA		K40	30	K 134	Team ZabieganeDni	00:03:57	2026-05-09 21:03:56	00:12:47	00:25:29	00:29:26	+00:11:21 (44.6%)	5:05	11.8 (55.4%)
652	ARCISZEWSKI Maciek	9616		BIAŁYSTOK		M40	104	M 515		00:06:47	2026-05-09 21:06:46	00:12:52	00:25:30	00:32:17	+00:11:22 (44.6%)	5:05	11.8 (55.4%)
653	YEFIMOVICH Pelaheya	8728	RUN4FUN	KAROBCHYTSY		K12	10	K 135	RUN_4_FUN.BY	00:07:10	2026-05-09 21:07:09	00:13:02	00:25:30	00:32:41	+00:11:22 (44.6%)	5:05	11.8 (55.4%)
654	ŻARNOCH Leszek	7116		BIAŁYSTOK		M50	51	M 516		00:03:52	2026-05-09 21:03:51	00:12:31	00:25:30	00:29:23	+00:11:22 (44.6%)	5:05	11.8 (55.4%)
655	SUCHOCKA Zuzia	8795		IGNATKI OSIEDLE		K12	11	K 136		00:04:03	2026-05-09 21:04:02	00:13:02	00:25:30	00:29:34	+00:11:23 (44.7%)	5:05	11.8 (55.4%)
656	BALA Tomasz	7569		KRZEPICE		M40	105	M 517		00:06:48	2026-05-09 21:06:47	00:12:52	00:25:30	00:32:19	+00:11:23 (44.7%)	5:05	11.8 (55.4%)
657		10672				Wszyscy	4	4		00:10:06	2026-05-09 21:10:05	00:12:39	00:25:31	00:35:37	+00:11:23 (44.7%)	5:05	11.8 (55.4%)
658	MISARKO Mariusz	9583		BIAŁYSTOK		M40	106	M 518		00:03:55	2026-05-09 21:03:54	00:12:30	00:25:31	00:29:27	+00:11:23 (44.7%)	5:05	11.8 (55.4%)
659	MASALSKA Karolina	8498		JUROWCE		K30	53	K 137		00:07:08	2026-05-09 21:07:07	00:12:45	00:25:32	00:32:40	+00:11:24 (44.7%)	5:06	11.8 (55.4%)
660	GOŁĘBIEWSKI Wojciech	9139		BIAŁYSTOK		M40	107	M 519		00:03:59	2026-05-09 21:03:58	00:12:27	00:25:35	00:29:34	+00:11:27 (44.8%)	5:06	11.7 (54.9%)
661	HOŚCIEŁOWICZ SAJDA Paula	9941		BIAŁYSTOK		K30	54	K 138		00:12:50	2026-05-09 21:12:49	00:13:10	00:25:35	00:38:26	+00:11:27 (44.8%)	5:06	11.7 (54.9%)
662	PLESKOWICZ Andrzej	10305		NAREW		M60	16	M 520		00:06:45	2026-05-09 21:06:44	00:12:28	00:25:35	00:32:21	+00:11:28 (44.8%)	5:06	11.7 (54.9%)
663	PARASZCZAK Tomasz	9547		BOBOWA		M12	51	M 521		00:10:15	2026-05-09 21:10:14	00:13:13	00:25:36	00:35:51	+00:11:28 (44.9%)	5:06	11.7 (54.9%)
664	SZCZECINA Dariusz	8342	GRUPETTO GORLICE	BOBOWA		M30	167	M 522		00:10:14	2026-05-09 21:10:13	00:13:12	00:25:36	00:35:51	+00:11:28 (44.9%)	5:06	11.7 (54.9%)
665	JANUSZKO Kacper	9831		BIAŁYSTOK		M12	52	M 523		00:09:54	2026-05-09 21:09:53	00:13:12	00:25:37	00:35:32	+00:11:29 (44.9%)	5:07	11.7 (54.9%)
666	RYGASIEWICZ Ewa	10028		BIAŁYSTOK		K30	55	K 139		00:06:39	2026-05-09 21:06:38	00:12:35	00:25:38	00:32:17	+00:11:30 (44.9%)	5:07	11.7 (54.9%)
667	ZAJKOWSKA Anna	9964	DRTUSZ BIEGA	BIALYSTOK		K30	56	K 140	DRTUSZ BIEGA	00:07:11	2026-05-09 21:07:10	00:13:03	00:25:38	00:32:49	+00:11:30 (44.9%)	5:07	11.7 (54.9%)
668	DOMAGAŁA Andrzej	7498	#AVEANDYDOMAGRUN	JELENIA GÓRA		M50	52	M 524		00:06:41	2026-05-09 21:06:40	00:12:53	00:25:38	00:32:19	+00:11:30 (44.9%)	5:07	11.7 (54.9%)
669	PAWŁUSZEWICZ Paweł	8053		BIAŁYSTOK		M30	168	M 525		00:06:41	2026-05-09 21:06:40	00:12:58	00:25:38	00:32:20	+00:11:30 (44.9%)	5:07	11.7 (54.9%)
670	KOROLCZUK Michał	9482		BIAŁYSTOK		M20	130	M 526		00:16:45	2026-05-09 21:16:44	00:13:09	00:25:38	00:42:24	+00:11:30 (44.9%)	5:07	11.7 (54.9%)
671	RUTA Natasza	9234		GRABÓWKA		K12	12	K 141		00:04:03	2026-05-09 21:04:02	00:12:55	00:25:38	00:29:42	+00:11:31 (44.9%)	5:07	11.7 (54.9%)
672	KURZYNA Łukasz	9741	KLUB BIEGACZA RTV EURO AGD	BIAŁYSTOK		M30	169	M 527		00:17:35	2026-05-09 21:17:34	00:12:31	00:25:39	00:43:15	+00:11:32 (45.0%)	5:07	11.7 (54.9%)
673	WIĄCEK Agnieszka	8589		KOLBIEL		K40	31	K 142		00:03:41	2026-05-09 21:03:40	00:12:44	00:25:40	00:29:21	+00:11:32 (45.0%)	5:07	11.7 (54.9%)
674	SUMA Sebastian	9029		BIAŁYSTOK		M40	108	M 528		00:07:19	2026-05-09 21:07:18	00:13:18	00:25:42	00:33:02	+00:11:35 (45.1%)	5:08	11.7 (54.9%)
675	URBANEK Jakub	9318		BIAŁYSTOK		M30	170	M 529		00:10:21	2026-05-09 21:10:20	00:13:34	00:25:44	00:36:05	+00:11:36 (45.1%)	5:08	11.7 (54.9%)
676	KLIKOWSKI Dawid	9386		BIAŁYSTOK		M30	171	M 530		00:10:21	2026-05-09 21:10:20	00:13:35	00:25:44	00:36:05	+00:11:36 (45.1%)	5:08	11.7 (54.9%)
677	POPLAWSKA Gabriela	8594		BIAŁYSTOK		K20	38	K 143		00:10:17	2026-05-09 21:10:16	00:13:02	00:25:45	00:36:03	+00:11:37 (45.2%)	5:08	11.7 (54.9%)
678	TOMASZUK Kacper	9315		BIAŁYSTOK		M20	131	M 531		00:07:13	2026-05-09 21:07:12	00:13:20	00:25:45	00:32:58	+00:11:37 (45.2%)	5:08	11.7 (54.9%)
679	SZYMAŃSKI Krzysztof	9783	KLUB PRZYJACIÓŁ MYSZKI MIKI	STUDZIANKI		M20	132	M 532		00:07:08	2026-05-09 21:07:07	00:12:55	00:25:45	00:32:53	+00:11:37 (45.2%)	5:08	11.7 (54.9%)
680	HORCZAK Konrad	8807		WASILKÓW		M20	133	M 533		00:10:19	2026-05-09 21:10:18	00:13:40	00:25:45	00:36:05	+00:11:38 (45.2%)	5:08	11.7 (54.9%)
681	CIULWIK Zoja	10868	GNIECIUKI	BIALYSTOK		K12	13	K 144		00:09:46	2026-05-09 21:09:45	00:13:35	00:25:45	00:35:32	+00:11:38 (45.2%)	5:08	11.7 (54.9%)
682	KOŁACZYK Katarzyna	7383		WROCŁAW		K40	32	K 145		00:07:00	2026-05-09 21:06:59	00:13:02	00:25:46	00:32:47	+00:11:38 (45.2%)	5:08	11.7 (54.9%)
683	RUTA Daria	9237		BIAŁYSTOK		K20	39	K 146		00:04:04	2026-05-09 21:04:03	00:13:06	00:25:46	00:29:50	+00:11:39 (45.2%)	5:08	11.7 (54.9%)
684	GROCH Damian	9243		BIAŁYSTOK		M30	172	M 534	Masterpress	00:06:51	2026-05-09 21:06:50	00:12:41	00:25:47	00:32:39	+00:11:39 (45.3%)	5:09	11.6 (54.5%)
685	NIWIŃSKI Andrzej	8287	ARARA	BIAŁYSTOK		M60	17	M 535		00:06:55	2026-05-09 21:06:54	00:13:01	00:25:47	00:32:42	+00:11:39 (45.3%)	5:09	11.6 (54.5%)
686	CHMIELEWSKI Krzysztof	8959		BIAŁYSTOK		M40	109	M 536		00:09:53	2026-05-09 21:09:52	00:13:09	00:25:48	00:35:41	+00:11:40 (45.3%)	5:09	11.6 (54.5%)
687	CZAJKOWSKA Justyna	10138		KRYPNO		K30	57	K 147		00:06:49	2026-05-09 21:06:48	00:12:55	00:25:48	00:32:38	+00:11:40 (45.3%)	5:09	11.6 (54.5%)
688	SUHAK Tomasz	8888		BIAŁYSTOK		M20	134	M 537		00:03:38	2026-05-09 21:03:37	00:12:23	00:25:48	00:29:27	+00:11:41 (45.3%)	5:09	11.6 (54.5%)
689	ZABROCKI Andrzej	7519	PODLASIAKI TEAM	BIAŁYSTOK		M60	18	M 538	Byle do mety ZP Białystok	00:07:16	2026-05-09 21:07:15	00:12:43	00:25:48	00:33:05	+00:11:41 (45.3%)	5:09	11.6 (54.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
690	MITROSZ Robert	10149	BIELDRUK TEAM	WASILKÓW		M50	53	M 539	BIELDRUK TEAM	00:06:47	2026-05-09 21:06:46	00:12:46	00:25:49	00:32:36	+00:11:41 (45.3%)	5:09	11.6 (54.5%)
691	OSTROWSKI Tomasz	8099		BIAŁYSTOK		M40	110	M 540		00:07:22	2026-05-09 21:07:21	00:13:10	00:25:49	00:33:11	+00:11:41 (45.3%)	5:09	11.6 (54.5%)
692	LESZCZYŃSKA Anna	8502		BIAŁYSTOK		K20	40	K 148		00:09:57	2026-05-09 21:09:56	00:13:07	00:25:50	00:35:48	+00:11:42 (45.3%)	5:09	11.6 (54.5%)
693	OSTROWSKI Jan	8565		GIŻYCKO		M20	135	M 541		00:07:09	2026-05-09 21:07:08	00:12:47	00:25:50	00:32:59	+00:11:42 (45.4%)	5:09	11.6 (54.5%)
694	GLADYSZ Szymon	7440		WARSZAWA		M30	173	M 542		00:07:18	2026-05-09 21:07:17	00:13:36	00:25:50	00:33:08	+00:11:43 (45.4%)	5:09	11.6 (54.5%)
695		10310				Wszyscy	5	5		00:03:53	2026-05-09 21:03:52	00:13:00	00:25:51	00:29:44	+00:11:43 (45.4%)	5:09	11.6 (54.5%)
696	CENDROWSKI Karol	7246		WARSZAWA		M30	174	M 543		00:07:17	2026-05-09 21:07:16	00:13:37	00:25:51	00:33:09	+00:11:43 (45.4%)	5:10	11.6 (54.5%)
697	GLUCH Marcin	7236		MARKI		M40	111	M 544		00:03:45	2026-05-09 21:03:44	00:12:47	00:25:51	00:29:36	+00:11:43 (45.4%)	5:09	11.6 (54.5%)
698	ŁUKASIAK Sebastian	9369		RADZYMIN		M40	112	M 545		00:09:41	2026-05-09 21:09:40	00:13:27	00:25:51	00:35:33	+00:11:44 (45.4%)	5:09	11.6 (54.5%)
699	CZEMIEL-MIĘKISZ Marta	7454		BIAŁYSTOK		K40	33	K 149	Białystok Biega Team	00:07:07	2026-05-09 21:07:06	00:13:13	00:25:52	00:32:59	+00:11:44 (45.4%)	5:10	11.6 (54.5%)
700	ŁOZIŃSKI Jerzy	7214	PARKRUN CHRZANÓW	LIBIĄŻ		M50	54	M 546		00:06:58	2026-05-09 21:06:57	00:13:00	00:25:52	00:32:50	+00:11:44 (45.4%)	5:10	11.6 (54.5%)
701	KOPCZEWSKI Tadeusz	8744	MASPEX	BIAŁYSTOK		M50	55	M 547		00:07:07	2026-05-09 21:07:06	00:13:13	00:25:52	00:32:59	+00:11:44 (45.4%)	5:10	11.6 (54.5%)
702	GALIŃSKI Gabriel	10660	MONAR ZACZERLANY	JUROWCE		M20	136	M 548		00:10:07	2026-05-09 21:10:06	00:12:50	00:25:52	00:35:59	+00:11:44 (45.4%)	5:10	11.6 (54.5%)
703	ANDRUSZKIEWICZ Darek	8696	DRUŻYNA STEFANA CZARNIECKIEGO	BIAŁYSTOK		M40	113	M 549		00:03:46	2026-05-09 21:03:45	00:12:33	00:25:52	00:29:39	+00:11:45 (45.4%)	5:10	11.6 (54.5%)
704	MONUSZKI Izabela	9932		GRAJEWO		K40	34	K 150		00:07:22	2026-05-09 21:07:21	00:13:11	00:25:53	00:33:15	+00:11:45 (45.5%)	5:10	11.6 (54.5%)
705	LEWCZUK Magdalena	9899		SURAŻ		K40	35	K 151		00:06:50	2026-05-09 21:06:49	00:12:52	00:25:53	00:32:44	+00:11:45 (45.5%)	5:10	11.6 (54.5%)
706	CYLWIK Szymon	8471		BIAŁYSTOK		M12	53	M 550		00:06:46	2026-05-09 21:06:45	00:12:56	00:25:53	00:32:39	+00:11:45 (45.5%)	5:10	11.6 (54.5%)
707	SMOLIŃSKI Przemysław	7217	DRACUSIEK	WARSZAWA		M30	175	M 551		00:12:44	2026-05-09 21:12:43	00:13:08	00:25:53	00:38:38	+00:11:46 (45.5%)	5:10	11.6 (54.5%)
708	IGNACIUK Gabriel	7468		BIAŁYSTOK		M20	137	M 552		00:09:56	2026-05-09 21:09:55	00:13:32	00:25:53	00:35:50	+00:11:46 (45.5%)	5:10	11.6 (54.5%)
709	GRZYBOWSKA Wiktoria	9881		GRAJEWO		K20	41	K 152		00:07:22	2026-05-09 21:07:21	00:13:09	00:25:54	00:33:16	+00:11:46 (45.5%)	5:10	11.6 (54.5%)
710	BUSIŃSKI Krzysztof	8263		BIAŁYSTOK		M50	56	M 553		00:06:48	2026-05-09 21:06:47	00:12:45	00:25:54	00:32:43	+00:11:46 (45.5%)	5:10	11.6 (54.5%)
711	SOSZYŃSKI Rafał	10197	BIELDRUK TEAM	BIAŁYSTOK		M40	114	M 554	BIELDRUK TEAM	00:12:51	2026-05-09 21:12:50	00:13:21	00:25:54	00:38:46	+00:11:47 (45.5%)	5:10	11.6 (54.5%)
712	REDUTA Emilia	10103	3T BIAŁYSTOK	KLEPACZE		K12	14	K 153	3T Białystok	00:16:35	2026-05-09 21:16:34	00:13:11	00:25:54	00:42:30	+00:11:47 (45.5%)	5:10	11.6 (54.5%)
713	ORŁOWICZ Zbigniew	8775	BIEGNĄCY PO BROWAR	SYCEWICE		M50	57	M 555		00:07:25	2026-05-09 21:07:24	00:13:12	00:25:55	00:33:20	+00:11:47 (45.5%)	5:10	11.6 (54.5%)
714	BIAŁY Kasia	9954		NOWODWORCE		K30	58	K 154		00:03:51	2026-05-09 21:03:50	00:13:13	00:25:55	00:29:46	+00:11:47 (45.5%)	5:10	11.6 (54.5%)
715	WŁOSKOWSKA Lena	9795	3 T BIAŁYSTOK	KLEPACZE		K12	15	K 155		00:16:35	2026-05-09 21:16:34	00:13:16	00:25:55	00:42:30	+00:11:47 (45.5%)	5:10	11.6 (54.5%)
716	SNITKO Łukasz	9729		BIAŁYSTOK		M20	138	M 556		00:10:02	2026-05-09 21:10:01	00:13:13	00:25:56	00:35:58	+00:11:48 (45.6%)	5:10	11.6 (54.5%)
717	TURCZYŃSKI Aleksander	9581	BRAK	BIAŁYSTOK		M60	19	M 557		00:07:04	2026-05-09 21:07:03	00:13:13	00:25:56	00:33:01	+00:11:49 (45.6%)	5:10	11.6 (54.5%)
718	WYSOCKA Martyna	8977		KĘTRZYN		K30	59	K 156		00:07:03	2026-05-09 21:07:02	00:12:41	00:25:57	00:33:00	+00:11:49 (45.6%)	5:11	11.6 (54.5%)
719	SZLENDAK Wioleta	9075		BIAŁYSTOK		K20	42	K 157		00:07:15	2026-05-09 21:07:14	00:13:04	00:25:57	00:33:13	+00:11:49 (45.6%)	5:11	11.6 (54.5%)
720	CELIŃSKA Joanna	9933	GARAŻOWE	KĘTRZYN		K40	36	K 158		00:07:03	2026-05-09 21:07:02	00:12:40	00:25:57	00:33:01	+00:11:49 (45.6%)	5:11	11.6 (54.5%)
721	JANKOWSKA Małgorzata	8618	GARAŻOWE	KĘTRZYN		K40	37	K 159		00:07:03	2026-05-09 21:07:02	00:12:39	00:25:57	00:33:01	+00:11:50 (45.6%)	5:11	11.6 (54.5%)
722	STEFANOWICZ Magdalena	10203		BIAŁYSTOK		K40	38	K 160		00:06:50	2026-05-09 21:06:49	00:12:49	00:25:58	00:32:48	+00:11:50 (45.6%)	5:11	11.6 (54.5%)
723	PAWEŁ Obrzycki	10452		BIAŁYSTOK		M40	115	M 558		00:06:38	2026-05-09 21:06:37	00:12:49	00:25:59	00:32:37	+00:11:51 (45.7%)	5:11	11.6 (54.5%)
724	WIELICZKO Paweł	10030		WASILKÓW		M40	116	M 559		00:09:40	2026-05-09 21:09:39	00:13:12	00:25:59	00:35:39	+00:11:51 (45.7%)	5:11	11.6 (54.5%)
725	CELMER Ilona	9714	GRZEŚ & MEDI TEAM	BOLSZEWO		K40	39	K 161		00:06:57	2026-05-09 21:06:56	00:13:13	00:25:59	00:32:56	+00:11:51 (45.7%)	5:11	11.6 (54.5%)
726	KUBIAK Rafał	7201	W POGONI ZA DUCHEM	SOSNOWIEC		M40	117	M 560	W pogoni za duchem	00:09:37	2026-05-09 21:09:36	00:13:17	00:25:59	00:35:36	+00:11:52 (45.7%)	5:11	11.6 (54.5%)
727	IWANOWSKI Przemek	9654		BIAŁYSTOK		M20	139	M 561		00:09:54	2026-05-09 21:09:53	00:13:30	00:25:59	00:35:54	+00:11:52 (45.7%)	5:11	11.6 (54.5%)
728	WOŁOSIEWICZ Klaudia	9475		JEŻEWO NOWE		K20	43	K 162		00:06:41	2026-05-09 21:06:40	00:12:19	00:26:00	00:32:42	+00:11:52 (45.7%)	5:11	11.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
729	SZOMKO Urszula	7173		STARA KAMIONKA		K20	44	K 163		00:04:01	2026-05-09 21:04:00	00:12:37	00:26:00	00:30:02	+00:11:52 (45.7%)	5:11	11.5 (54.0%)
730	ROGOWSKA Aleksandra	8449		ŁOMŻA		K20	45	K 164		00:07:13	2026-05-09 21:07:12	00:13:07	00:26:01	00:33:14	+00:11:53 (45.7%)	5:11	11.5 (54.0%)
731	SOKÓLSKI Tomasz	8137		GNIA		M50	58	M 562		00:06:40	2026-05-09 21:06:39	00:13:00	00:26:03	00:32:43	+00:11:55 (45.8%)	5:12	11.5 (54.0%)
732	SĘKOWSKA Karolina	9830	DREWNOFORNIR	CHOROSZCZ		K12	16	K 165		00:09:54	2026-05-09 21:09:53	00:13:24	00:26:03	00:35:58	+00:11:55 (45.8%)	5:12	11.5 (54.0%)
733	GRECKI Daniel	9889		BIAŁYSTOK		M30	176	M 563		00:10:15	2026-05-09 21:10:14	00:13:38	00:26:03	00:36:19	+00:11:56 (45.8%)	5:12	11.5 (54.0%)
734	DMOCHOWSKI Piotr	9704		WYSOKIE MAZOWIECKIE		M30	177	M 564		00:07:06	2026-05-09 21:07:05	00:12:54	00:26:04	00:33:10	+00:11:56 (45.8%)	5:12	11.5 (54.0%)
735	KARPIŃSKA Barbara	8954		WIZNA		K40	40	K 166		00:03:51	2026-05-09 21:03:50	00:13:08	00:26:04	00:29:56	+00:11:57 (45.9%)	5:12	11.5 (54.0%)
736	ROMAŃSKA Klaudia	7202	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA		K30	60	K 167	W pogoni za duchem	00:09:37	2026-05-09 21:09:36	00:13:16	00:26:05	00:35:42	+00:11:57 (45.9%)	5:12	11.5 (54.0%)
737	BAŁDOWSKI Arkadiusz	10644		BIAŁYSTOK		M20	140	M 565		00:10:22	2026-05-09 21:10:21	00:13:20	00:26:05	00:36:28	+00:11:57 (45.9%)	5:12	11.5 (54.0%)
738		10667				Wszyscy	6	6		00:10:07	2026-05-09 21:10:06	00:12:55	00:26:05	00:36:12	+00:11:57 (45.9%)	5:12	11.5 (54.0%)
739	SIENKIEWICZ Rafał	8185		BIAŁYSTOK		M20	141	M 566		00:04:01	2026-05-09 21:04:00	00:13:21	00:26:05	00:30:07	+00:11:58 (45.9%)	5:12	11.5 (54.0%)
740	KARPOWICZ Grzegorz	8270		BIAŁYSTOK		M40	118	M 567		00:07:20	2026-05-09 21:07:19	00:13:13	00:26:06	00:33:27	+00:11:58 (45.9%)	5:12	11.5 (54.0%)
741	KUCHARCZYK Kamil	9607		BIAŁYSTOK		M20	142	M 568		00:07:00	2026-05-09 21:06:59	00:13:22	00:26:07	00:33:08	+00:12:00 (46.0%)	5:13	11.5 (54.0%)
742	MATULEWICZ Natalia	9626		ŁYSKI		K40	41	K 168		00:06:50	2026-05-09 21:06:49	00:13:03	00:26:08	00:32:59	+00:12:00 (46.0%)	5:13	11.5 (54.0%)
743	HOŚCIŁO Kacper	9794		BIAŁYSTOK		M20	143	M 569		00:07:06	2026-05-09 21:07:05	00:13:06	00:26:08	00:33:15	+00:12:00 (46.0%)	5:13	11.5 (54.0%)
744	BOJARSKA Katarzyna	10450		BIAŁYSTOK		K30	61	K 169		00:09:38	2026-05-09 21:09:37	00:13:21	00:26:08	00:35:47	+00:12:01 (46.0%)	5:13	11.5 (54.0%)
745	SOBOCIŃSKI Radosław	8925		BIAŁOWIEŻA		M12	54	M 570		00:06:47	2026-05-09 21:06:46	00:13:15	00:26:09	00:32:56	+00:12:01 (46.0%)	5:13	11.5 (54.0%)
746	WALENDZIUK Justyna	7278		BIAŁYSTOK		K40	42	K 170		00:06:43	2026-05-09 21:06:42	00:12:57	00:26:09	00:32:53	+00:12:01 (46.0%)	5:13	11.5 (54.0%)
747	WIŚNIEWSKI Stanisław	8796	AUTO IDEA MERCEDES-BENZ	WARSZAWA		M30	178	M 571	Auto Idea Mercedes-Benz	00:07:14	2026-05-09 21:07:13	00:12:59	00:26:09	00:33:23	+00:12:01 (46.0%)	5:13	11.5 (54.0%)
748	BRYNKUS Magdalena	7277		SPYTKOWICE		K30	62	K 171		00:06:43	2026-05-09 21:06:42	00:12:58	00:26:09	00:32:53	+00:12:01 (46.0%)	5:13	11.5 (54.0%)
749	WYSZKOWSKI Adam	9537		BIAŁYSTOK		M12	55	M 572		00:07:17	2026-05-09 21:07:16	00:13:55	00:26:10	00:33:27	+00:12:02 (46.0%)	5:13	11.5 (54.0%)
750	SZYSZKO Piotr	10086		BIAŁYSTOK		M12	56	M 573		00:07:07	2026-05-09 21:07:06	00:12:27	00:26:10	00:33:18	+00:12:02 (46.1%)	5:13	11.5 (54.0%)
751	WRÓBEL Kacper	8381		BIAŁYSTOK		M30	179	M 574		00:09:41	2026-05-09 21:09:40	00:13:40	00:26:10	00:35:52	+00:12:02 (46.1%)	5:13	11.5 (54.0%)
752	DOWGIAŁO Adam	8747	TIE 9 W OLSZTYNIE	OLSZTYN		M12	57	M 575		00:07:02	2026-05-09 21:07:01	00:12:46	00:26:10	00:33:13	+00:12:02 (46.1%)	5:13	11.5 (54.0%)
753	PRZEDPEŁSKI Marcin	8794	AUTO IDEA MERCEDES-BENZ	WARSZAWA		M30	180	M 576	Auto Idea Mercedes-Benz	00:07:14	2026-05-09 21:07:13	00:13:19	00:26:10	00:33:24	+00:12:02 (46.1%)	5:13	11.5 (54.0%)
754	ŁAGOCKI Kamil	8013		ŁÓW		M30	181	M 577		00:13:19	2026-05-09 21:13:18	00:13:18	00:26:10	00:39:29	+00:12:02 (46.1%)	5:13	11.5 (54.0%)
755	RUDZIŃSKI Bogdan	10071	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M50	59	M 578	Białystok Biega Team	00:06:57	2026-05-09 21:06:56	00:13:03	00:26:11	00:33:09	+00:12:03 (46.1%)	5:13	11.5 (54.0%)
756	ZAJCZYK Przemysław	8003		GRABÓWKA		M40	119	M 579		00:07:20	2026-05-09 21:07:19	00:13:13	00:26:11	00:33:32	+00:12:04 (46.1%)	5:13	11.5 (54.0%)
757	NIKICIUK Ignacy	9186	NIKICIUKI	BIAŁYSTOK		M12	58	M 580	Nikiciuki	00:09:47	2026-05-09 21:09:46	00:13:38	00:26:12	00:36:00	+00:12:05 (46.1%)	5:14	11.5 (54.0%)
758	KOJKOŁ Konrad	7534		BIA		M20	144	M 581		00:07:05	2026-05-09 21:07:04	00:12:54	00:26:12	00:33:18	+00:12:05 (46.1%)	5:14	11.5 (54.0%)
759	KRUPICKA Daria	9466		BIAŁYSTOK		K30	63	K 172		00:06:56	2026-05-09 21:06:55	00:12:58	00:26:13	00:33:10	+00:12:06 (46.2%)	5:14	11.5 (54.0%)
760	LENKIEWICZ Dawid	11100		BIAŁYSTOK		M20	145	M 582		00:16:20	2026-05-09 21:16:19	00:13:52	00:26:13	00:42:33	+00:12:06 (46.2%)	5:14	11.5 (54.0%)
761	CZARNOCKI Adam	9503	BYŁE DO METY ZP BIAŁYSTOK	BIAŁYSTOK		M12	59	M 583	Byłe do mety ZP Białystok	00:07:18	2026-05-09 21:07:17	00:13:50	00:26:14	00:33:32	+00:12:06 (46.2%)	5:14	11.4 (53.5%)
762	TELLOS Justyna	9099	HAJNÓWKA BIEGA	HAJNÓWKA		K40	43	K 173		00:04:01	2026-05-09 21:04:00	00:13:21	00:26:15	00:30:16	+00:12:07 (46.2%)	5:14	11.4 (53.5%)
763	JURKOWICZ Mateusz	9758		BIAŁYSTOK		M20	146	M 584	Jurki	00:12:43	2026-05-09 21:12:42	00:13:38	00:26:15	00:38:59	+00:12:08 (46.2%)	5:14	11.4 (53.5%)
764	KALINOWSKI Tomasz	8331		BIAŁYSTOK		M30	182	M 585		00:07:17	2026-05-09 21:07:16	00:13:25	00:26:15	00:33:33	+00:12:08 (46.2%)	5:14	11.4 (53.5%)
765	OWŁASIUK Jakub	9611		BIAŁYSTOK		M20	147	M 586		00:10:06	2026-05-09 21:10:05	00:13:32	00:26:16	00:36:23	+00:12:08 (46.2%)	5:14	11.4 (53.5%)
766	SALAMON Sebastian	10206		SANDOMIERZ		M30	183	M 587		00:09:47	2026-05-09 21:09:46	00:13:43	00:26:16	00:36:04	+00:12:08 (46.3%)	5:14	11.4 (53.5%)
767	GŁOWACKI Przemysław	7146	FANATYCY PIWA	MIEOSŁAW		M40	120	M 588		00:15:53	2026-05-09 21:15:52	00:13:14	00:26:17	00:42:11	+00:12:09 (46.3%)	5:15	11.4 (53.5%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
768	GODLEWSKA Diana	7185		ŁOMŻA		K30	64	K 174		00:03:44	2026-05-09 21:03:43	00:12:59	00:26:17	00:30:02	+00:12:10 (46.3%)	5:15	11.4 (53.5%)
769	CZEMIEL Izabela	9307		BIAŁYSTOK		K30	65	K 175		00:06:48	2026-05-09 21:06:47	00:13:08	00:26:18	00:33:07	+00:12:10 (46.3%)	5:15	11.4 (53.5%)
770	BARANOWSKI Marcin	9191		BIAŁYSTOK		M20	148	M 589		00:16:20	2026-05-09 21:16:19	00:13:52	00:26:18	00:42:38	+00:12:10 (46.3%)	5:15	11.4 (53.5%)
771	SOKÓŁ Małgorzata	8870		BIAŁYSTOK		K20	46	K 176		00:03:42	2026-05-09 21:03:41	00:12:29	00:26:18	00:30:01	+00:12:10 (46.3%)	5:15	11.4 (53.5%)
772	KUNICKA Aleksandra	8116		BIAŁYSTOK		K20	47	K 177		00:07:09	2026-05-09 21:07:08	00:13:28	00:26:19	00:33:28	+00:12:11 (46.4%)	5:15	11.4 (53.5%)
773	ABOLINS Guntars	7284	MARATONA KLUBS	TALSI		M50	60	M 590		00:06:57	2026-05-09 21:06:56	00:13:12	00:26:19	00:33:17	+00:12:11 (46.4%)	5:15	11.4 (53.5%)
774	BOHDAN Milena	10198		BIAŁYSTOK		K12	17	K 178		00:09:43	2026-05-09 21:09:42	00:13:39	00:26:19	00:36:03	+00:12:12 (46.4%)	5:15	11.4 (53.5%)
775	MIRUĆ Agata	7295		BIAŁYSTOK		K30	66	K 179		00:10:24	2026-05-09 21:10:23	00:13:34	00:26:19	00:36:44	+00:12:12 (46.4%)	5:15	11.4 (53.5%)
776	PARZYCH Wojciech	7239	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK		M50	61	M 591		00:09:55	2026-05-09 21:09:54	00:13:23	00:26:21	00:36:16	+00:12:13 (46.4%)	5:15	11.4 (53.5%)
777	DZIEMIAŃCZYK Franciszek	8139	SP9	BIAŁYSTOK		M12	60	M 592		00:12:41	2026-05-09 21:12:40	00:12:57	00:26:21	00:39:02	+00:12:13 (46.4%)	5:15	11.4 (53.5%)
778	SZYMCZUK Bogusław	8435		BIELSK PODLASKI		M30	184	M 593		00:10:15	2026-05-09 21:10:14	00:13:18	00:26:21	00:36:37	+00:12:14 (46.4%)	5:15	11.4 (53.5%)
779	KUCZYŃSKI Artur	8165		BIAŁYSTOK		M50	62	M 594		00:09:55	2026-05-09 21:09:54	00:13:24	00:26:22	00:36:17	+00:12:14 (46.5%)	5:16	11.4 (53.5%)
780	JANCZAK Angelika	7279		LEGNICA		K50	7	K 180		00:06:41	2026-05-09 21:06:40	00:13:28	00:26:22	00:33:03	+00:12:14 (46.5%)	5:16	11.4 (53.5%)
781	KONDEJ Kacper	8647		LUBLIN		M20	149	M 595		00:09:55	2026-05-09 21:09:54	00:13:45	00:26:22	00:36:18	+00:12:15 (46.5%)	5:16	11.4 (53.5%)
782	ANTONIAK Piotr	9574		WARSZAWA		M30	185	M 596		00:09:45	2026-05-09 21:09:44	00:13:40	00:26:22	00:36:08	+00:12:15 (46.5%)	5:16	11.4 (53.5%)
783	KACPURA Piotr	7181		STOCZEK		M50	63	M 597		00:03:59	2026-05-09 21:03:58	00:13:16	00:26:23	00:30:22	+00:12:15 (46.5%)	5:16	11.4 (53.5%)
784	CIBOROWSKA Monika	9380		MOŃKI		K12	18	K 181		00:06:49	2026-05-09 21:06:48	00:13:07	00:26:23	00:33:13	+00:12:16 (46.5%)	5:16	11.4 (53.5%)
785	BUJNAROWSKI Mariusz	7558		BIAŁYSTOK		M30	186	M 598		00:07:03	2026-05-09 21:07:02	00:13:10	00:26:24	00:33:28	+00:12:17 (46.5%)	5:16	11.4 (53.5%)
786	PIETRZAK Jakub	8098		BIAŁYSTOK		M20	150	M 599		00:07:01	2026-05-09 21:07:00	00:13:06	00:26:25	00:33:26	+00:12:17 (46.6%)	5:16	11.4 (53.5%)
787	OSTROWSKA Marta	8727		CZARNA BIAŁOSTOCKA		K30	67	K 182		00:12:52	2026-05-09 21:12:51	00:13:48	00:26:25	00:39:18	+00:12:18 (46.6%)	5:16	11.4 (53.5%)
788	STARZEC BARAN Monika	8192	KAŃCZUCKA GRUPA BIEGOWA	ŁOPUSZKA MAŁA		K40	44	K 183		00:16:01	2026-05-09 21:16:00	00:13:50	00:26:27	00:42:29	+00:12:20 (46.6%)	5:17	11.4 (53.5%)
789	WYSOCKI Bartłomiej	9908		BIAŁYSTOK		M20	151	M 600		00:06:38	2026-05-09 21:06:37	00:13:15	00:26:28	00:33:06	+00:12:20 (46.7%)	5:17	11.3 (53.1%)
790	FILONOWICZ Michał	8896	EKIPA	BIAŁYSTOK		M20	152	M 601		00:17:11	2026-05-09 21:17:10	00:13:39	00:26:28	00:43:39	+00:12:20 (46.7%)	5:17	11.3 (53.1%)
791	PUCHALSKI Szczepan	9896	GEORUN	BIAŁYSTOK		M40	121	M 602		00:06:55	2026-05-09 21:06:54	00:12:45	00:26:28	00:33:23	+00:12:20 (46.7%)	5:17	11.3 (53.1%)
792	GRECKA Paulina	9656		BIAŁYSTOK		K30	68	K 184		00:09:39	2026-05-09 21:09:38	00:13:10	00:26:28	00:36:08	+00:12:20 (46.7%)	5:17	11.3 (53.1%)
793	ORZESZEK Bartosz	10641	KS TĘCZA	TORUŃ		M30	187	M 603	KS TĘCZA	00:09:39	2026-05-09 21:09:38	00:13:10	00:26:29	00:36:08	+00:12:21 (46.7%)	5:17	11.3 (53.1%)
794	POPŁAWSKI Mirek	8501		BIAŁYSTOK		M60	20	M 604		00:03:42	2026-05-09 21:03:41	00:13:23	00:26:29	00:30:11	+00:12:21 (46.7%)	5:17	11.3 (53.1%)
795	ROGOWSKA Dorota	8450		ŁOMŻA		K50	8	K 185		00:07:12	2026-05-09 21:07:11	00:12:55	00:26:29	00:33:42	+00:12:21 (46.7%)	5:17	11.3 (53.1%)
796	ORZESZEK Aneta	8980	KS TĘCZA	TORUŃ		K30	69	K 186		00:09:39	2026-05-09 21:09:38	00:13:09	00:26:29	00:36:09	+00:12:22 (46.7%)	5:17	11.3 (53.1%)
797	ANDRUK Wojciech	8295		BIAŁYSTOK		M50	64	M 605		00:06:47	2026-05-09 21:06:46	00:13:13	00:26:30	00:33:17	+00:12:22 (46.7%)	5:17	11.3 (53.1%)
798	JAKONIUK Konrad	8160		SUWAŁKI		M50	65	M 606		00:06:45	2026-05-09 21:06:44	00:12:24	00:26:30	00:33:15	+00:12:22 (46.7%)	5:17	11.3 (53.1%)
799	KACZKOWSKI Krzysztof	8127	BEZSPINY	KOZIENICE		M40	122	M 607		00:03:42	2026-05-09 21:03:41	00:12:54	00:26:30	00:30:12	+00:12:22 (46.7%)	5:17	11.3 (53.1%)
800	OTLEWSKI Artur	10013		BIAŁYSTOK		M20	153	M 608		00:13:09	2026-05-09 21:13:08	00:13:41	00:26:31	00:39:40	+00:12:23 (46.8%)	5:17	11.3 (53.1%)
801	OŹLAŃSKI Marcin	9868		BIAŁYSTK		M30	188	M 609	DRTUSZ BIEGA	00:13:19	2026-05-09 21:13:18	00:13:35	00:26:31	00:39:50	+00:12:23 (46.8%)	5:17	11.3 (53.1%)
802	KARPIUK Adam	8574		BIAŁYSTOK		M30	189	M 610		00:16:16	2026-05-09 21:16:15	00:13:10	00:26:31	00:42:48	+00:12:24 (46.8%)	5:17	11.3 (53.1%)
803	BOLTUĆ Sylwia	10117	MD RUN TRAINING	BIAŁYSTOK		K40	45	K 187	MD Run Training	00:07:18	2026-05-09 21:07:17	00:13:55	00:26:34	00:33:52	+00:12:26 (46.9%)	5:18	11.3 (53.1%)
804	PRYMAKA Mateusz	9651	PALISANDER RUNNING TEAM	CHOROSZCZ		M30	190	M 611		00:10:07	2026-05-09 21:10:06	00:13:54	00:26:34	00:36:41	+00:12:27 (46.9%)	5:18	11.3 (53.1%)
805	PALAMARCHUK Iryna	7574	TEA.M RUN	BIALYSTOK		K30	70	K 188	TEA.M RUN	00:07:13	2026-05-09 21:07:12	00:13:47	00:26:34	00:33:48	+00:12:27 (46.9%)	5:18	11.3 (53.1%)
806	ŻEGACZEWSKA Justyna	8448		BIAŁYSTOK		K20	48	K 189		00:13:02	2026-05-09 21:13:01	00:13:13	00:26:35	00:39:38	+00:12:27 (46.9%)	5:18	11.3 (53.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
807	KUCZEWSKA Joanna	8895		BIAŁYSTOK		K30	71	K 190	JACUZZI TEAM	00:03:51	2026-05-09 21:03:50	00:13:17	00:26:35	00:30:26	+00:12:27 (46.9%)	5:18	11.3 (53.1%)
808	KONARZEWSKI Michał	8458		BIAŁYSTOK		M30	191	M 612		00:09:58	2026-05-09 21:09:57	00:14:06	00:26:35	00:36:34	+00:12:28 (46.9%)	5:18	11.3 (53.1%)
809	SOROKIN Mateusz	9502		BIAŁYSTOK		M30	192	M 613		00:09:50	2026-05-09 21:09:49	00:13:54	00:26:36	00:36:26	+00:12:28 (46.9%)	5:18	11.3 (53.1%)
810	BRZOZOWSKI Leszek	9918		BIAŁYSTOK		M40	123	M 614		00:09:38	2026-05-09 21:09:37	00:13:12	00:26:36	00:36:14	+00:12:28 (46.9%)	5:18	11.3 (53.1%)
811	SZYMAŃSKA Ewa	10001		BIAŁYSTOK		K30	72	K 191		00:07:19	2026-05-09 21:07:18	00:13:28	00:26:36	00:33:55	+00:12:28 (46.9%)	5:18	11.3 (53.1%)
812	DRABIK Aleksander	9886		MIELEC		M30	193	M 615		00:06:57	2026-05-09 21:06:56	00:12:48	00:26:36	00:33:34	+00:12:29 (46.9%)	5:18	11.3 (53.1%)
813	JACEWICZ Jadwiga	9960		CZĘSTOCHOWA		K20	49	K 192		00:09:54	2026-05-09 21:09:53	00:13:39	00:26:37	00:36:32	+00:12:29 (47.0%)	5:19	11.3 (53.1%)
814	KACZOROWSKI Robert	7615	SĄ WOLNIEJSI	OLSZTYN		M20	154	M 616	Są Wolniejsi	00:09:38	2026-05-09 21:09:37	00:13:03	00:26:37	00:36:15	+00:12:29 (47.0%)	5:19	11.3 (53.1%)
815	PORADZIŃSKA Alicja	9027		WARSZAWA		K20	50	K 193		00:04:00	2026-05-09 21:03:59	00:13:19	00:26:37	00:30:37	+00:12:30 (47.0%)	5:19	11.3 (53.1%)
816	ANISEROWICZ Michał	9548	KALAFIORNIA DREAMIN	BIAŁYSTOK		M30	194	M 617		00:10:03	2026-05-09 21:10:02	00:13:27	00:26:37	00:36:41	+00:12:30 (47.0%)	5:19	11.3 (53.1%)
817	ŁAPIŃSKA Zofia	9604	3T	BIAŁYSTOK		K12	19	K 194		00:16:35	2026-05-09 21:16:34	00:13:15	00:26:38	00:43:13	+00:12:30 (47.0%)	5:19	11.3 (53.1%)
818	TAUSTALES Taisa	10640		WARSZAWA		K30	73	K 195		00:10:17	2026-05-09 21:10:16	00:13:29	00:26:38	00:36:55	+00:12:30 (47.0%)	5:19	11.3 (53.1%)
819	BIENIECKA Weronika	9946		MORĄG		K20	51	K 196		00:09:37	2026-05-09 21:09:36	00:13:06	00:26:38	00:36:15	+00:12:30 (47.0%)	5:19	11.3 (53.1%)
820	PERKOWSKA Katarzyna	7480	NIE DOTYCZY	IGNATKI OSIEDLE		K50	9	K 197		00:16:30	2026-05-09 21:16:29	00:13:24	00:26:39	00:43:09	+00:12:31 (47.0%)	5:19	11.3 (53.1%)
821	RYDZEWSKA Ewa	8901		BIAŁYSTOK		K40	46	K 198		00:12:42	2026-05-09 21:12:41	00:13:20	00:26:39	00:39:22	+00:12:32 (47.0%)	5:19	11.3 (53.1%)
822	ANTONIENKO - PŁOSZCZUK Barbara	10199	BIAŁOSTOCKASEKTA BIEGACZY	BIAŁYSTOK		K40	47	K 199	BIAŁOSTOCKA SEKTA BIEGACZY	00:10:11	2026-05-09 21:10:10	00:13:46	00:26:40	00:36:52	+00:12:32 (47.1%)	5:19	11.3 (53.1%)
823	FICOŃ Monika	8220		WARSZAWA		K50	10	K 200		00:10:02	2026-05-09 21:10:01	00:13:42	00:26:40	00:36:42	+00:12:32 (47.1%)	5:19	11.3 (53.1%)
824	GOZDAN Magda	8264		OLSZTYN		K20	52	K 201		00:07:04	2026-05-09 21:07:03	00:13:19	00:26:40	00:33:44	+00:12:33 (47.1%)	5:19	11.3 (53.1%)
825	EMIELJANIUK Rafał	9074		BIAŁYSTOK		M20	155	M 618		00:10:02	2026-05-09 21:10:01	00:13:52	00:26:41	00:36:44	+00:12:33 (47.1%)	5:19	11.3 (53.1%)
826	MALISZEWSKA Agnieszka	9646	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		K50	11	K 202	Białystok Biega Team	00:06:41	2026-05-09 21:06:40	00:13:11	00:26:41	00:33:23	+00:12:34 (47.1%)	5:19	11.3 (53.1%)
827	BURAKOWSKA Małgorzata	178	DAAAAAAJE RADE	SOSNOWIEC		K50	12	K 203		00:09:41	2026-05-09 21:09:40	00:13:19	00:26:42	00:36:23	+00:12:34 (47.1%)	5:20	11.2 (52.6%)
828	PALEJ Karol	8223		BRZESKO		M12	61	M 619		00:09:50	2026-05-09 21:09:49	00:12:52	00:26:42	00:36:33	+00:12:34 (47.1%)	5:20	11.2 (52.6%)
829	MAGDZIUK Antoni	8560		BIAŁYSTOK		M12	62	M 620		00:06:48	2026-05-09 21:06:47	00:13:00	00:26:42	00:33:31	+00:12:35 (47.1%)	5:20	11.2 (52.6%)
830	MAZHEIKA Pavel	8505	ZYVIE BELARUS!	BIAŁYSTOK		M40	124	M 621		00:06:48	2026-05-09 21:06:47	00:12:39	00:26:43	00:33:31	+00:12:35 (47.2%)	5:20	11.2 (52.6%)
831	BOROWY Jacek	9108	SII RUNNING TEAM	BIAŁYSTOK		M30	195	M 622	Sii Running Team	00:10:19	2026-05-09 21:10:18	00:13:50	00:26:43	00:37:02	+00:12:35 (47.2%)	5:20	11.2 (52.6%)
832	SHERSHAN Nikita	8571	RUN4FUN.BY	GRODNO		M30	196	M 623	RUN_4_FUN.BY	00:07:04	2026-05-09 21:07:03	00:13:25	00:26:44	00:33:48	+00:12:36 (47.2%)	5:20	11.2 (52.6%)
833	LIŻEWSKA Lidia	8413	KB WYSZKÓW	WYSZKÓW		K40	48	K 204		00:06:49	2026-05-09 21:06:48	00:13:38	00:26:44	00:33:33	+00:12:36 (47.2%)	5:20	11.2 (52.6%)
834	AUGUSTYNIAK Mariusz	7310		MARKI		M50	66	M 624		00:10:04	2026-05-09 21:10:03	00:13:41	00:26:44	00:36:48	+00:12:36 (47.2%)	5:20	11.2 (52.6%)
835	FIGIEL Urszula	9986	JACUZZI TEAM	BIAŁYSTOK		K40	49	K 205	JACUZZI TEAM	00:07:05	2026-05-09 21:07:04	00:13:24	00:26:44	00:33:49	+00:12:36 (47.2%)	5:20	11.2 (52.6%)
836	KRYNICKI Bartłomiej	8767		KLEOSIN		M20	156	M 625		00:09:40	2026-05-09 21:09:39	00:14:08	00:26:45	00:36:25	+00:12:37 (47.2%)	5:20	11.2 (52.6%)
837	KOROLUK Krzysztof	10179	BIELDRUK TEAM	BIAŁYSTOK		M40	125	M 626	BIELDRUK TEAM	00:12:51	2026-05-09 21:12:50	00:13:32	00:26:45	00:39:37	+00:12:37 (47.2%)	5:20	11.2 (52.6%)
838	KOC Żaneta	8527	ROZBIEGANY BIELSK PODLASKI	BIELSK PODLASKI		K20	53	K 206		00:09:38	2026-05-09 21:09:37	00:13:25	00:26:45	00:36:24	+00:12:37 (47.2%)	5:20	11.2 (52.6%)
839	JANOWICZ Michał	9773		BIAŁYSTOK		M40	126	M 627		00:06:57	2026-05-09 21:06:56	00:13:24	00:26:45	00:33:42	+00:12:37 (47.2%)	5:20	11.2 (52.6%)
840	STECZEŃ Agnieszka	7262		GDAŃSK		K40	50	K 207		00:03:46	2026-05-09 21:03:45	00:13:26	00:26:46	00:30:32	+00:12:38 (47.2%)	5:20	11.2 (52.6%)
841	TKACHENKO Danylo	9429		WARSZAWA		M20	157	M 628	Dentsu Runners Club Poland	00:10:20	2026-05-09 21:10:19	00:14:36	00:26:46	00:37:06	+00:12:38 (47.3%)	5:20	11.2 (52.6%)
842	WYSZKOWSKI Michał	9555		BIAŁYSTOK		M12	63	M 629		00:07:16	2026-05-09 21:07:15	00:13:49	00:26:46	00:34:03	+00:12:38 (47.3%)	5:20	11.2 (52.6%)
843	KLIM Mateusz	10156		BIAŁYSTOK		M20	158	M 630		00:17:18	2026-05-09 21:17:17	00:13:56	00:26:46	00:44:05	+00:12:38 (47.3%)	5:20	11.2 (52.6%)
844	DRAL Aleksandra	8982		BIAŁYSTOK		K20	54	K 208		00:06:44	2026-05-09 21:06:43	00:13:36	00:26:46	00:33:31	+00:12:39 (47.3%)	5:20	11.2 (52.6%)
845	GĘSTWICKI Paweł	7517		BRODNICA		M30	197	M 631		00:13:02	2026-05-09 21:13:01	00:13:47	00:26:47	00:39:49	+00:12:39 (47.3%)	5:21	11.2 (52.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
846	ARASIM Michał	9658		BIAŁYSTOK		M12	64	M 632		00:13:14	2026-05-09 21:13:13	00:14:47	00:26:47	00:40:01	+00:12:39 (47.3%)	5:21	11.2 (52.6%)
847	WILMAN Damian	10107		BIAŁYSTOK		M20	159	M 633		00:10:11	2026-05-09 21:10:10	00:13:40	00:26:47	00:36:59	+00:12:39 (47.3%)	5:21	11.2 (52.6%)
848	ZDASIUK Karol	10094		BIAŁYSTOK		M20	160	M 634		00:17:18	2026-05-09 21:17:17	00:13:56	00:26:47	00:44:06	+00:12:40 (47.3%)	5:21	11.2 (52.6%)
849	GRZYB Rafał	10446		OSOWICZE		M40	127	M 635		00:07:07	2026-05-09 21:07:06	00:13:24	00:26:47	00:33:55	+00:12:40 (47.3%)	5:21	11.2 (52.6%)
850	CZYŻEWSKI Piotr	10108		BRZOZA		M40	128	M 636		00:15:52	2026-05-09 21:15:51	00:14:00	00:26:49	00:42:41	+00:12:41 (47.3%)	5:21	11.2 (52.6%)
851	JUSZKIEWICZ Władysław	8322		BIAŁYSTOK		M12	65	M 637		00:07:05	2026-05-09 21:07:04	00:13:58	00:26:49	00:33:54	+00:12:41 (47.4%)	5:21	11.2 (52.6%)
852	SUPRUNOWICZ Ewa	9258		BIAŁYSTOK		K50	13	K 209		00:17:15	2026-05-09 21:17:14		00:26:49	00:44:04	+00:12:41 (47.4%)	5:21	11.2 (52.6%)
853	RUTKOWSKA Asia	9296		BIAŁYSTOK		K40	51	K 210		00:09:55	2026-05-09 21:09:54	00:13:23	00:26:49	00:36:44	+00:12:41 (47.4%)	5:21	11.2 (52.6%)
854	KONOŃCZUK Piotr	9911	PKO BANK POLSKI	BIAŁYSTOK		M20	161	M 638	PKO Bank Polski	00:03:42	2026-05-09 21:03:41	00:12:57	00:26:49	00:30:32	+00:12:41 (47.4%)	5:21	11.2 (52.6%)
855	WIELGUS Wioletta	7196	PARKRUN CHRZANÓW	CHRZANÓW		K50	14	K 211		00:07:00	2026-05-09 21:06:59	00:13:51	00:26:49	00:33:49	+00:12:41 (47.4%)	5:21	11.2 (52.6%)
856	KAŹMIERSKI Wojciech	8159		BIAŁYSTOK		M60	21	M 639		00:06:39	2026-05-09 21:06:38	00:13:12	00:26:49	00:33:29	+00:12:42 (47.4%)	5:21	11.2 (52.6%)
857	WĘŚ Marcin	9928		BIAŁYSTOK		M20	162	M 640		00:09:42	2026-05-09 21:09:41		00:26:49	00:36:31	+00:12:42 (47.4%)	5:21	11.2 (52.6%)
858	ŁUNIEWSKA Ewelina	9655		BIAŁYSTOK		K20	55	K 212	A	00:10:24	2026-05-09 21:10:23	00:14:11	00:26:49	00:37:14	+00:12:42 (47.4%)	5:21	11.2 (52.6%)
859	KOSOBUDZKI Sebastian	10459	WIKOSS TEAM	CZELADŹ		M50	67	M 641		00:06:42	2026-05-09 21:06:41	00:12:52	00:26:50	00:33:32	+00:12:42 (47.4%)	5:21	11.2 (52.6%)
860	GRZYB Natalia	10447		OSOWICZE		K12	20	K 213		00:07:07	2026-05-09 21:07:06	00:13:24	00:26:50	00:33:58	+00:12:43 (47.4%)	5:21	11.2 (52.6%)
861	KRYNICKA Angelika	7520		KLEOSIN		K20	56	K 214		00:09:39	2026-05-09 21:09:38	00:14:08	00:26:50	00:36:30	+00:12:43 (47.4%)	5:21	11.2 (52.6%)
862	PUSZKO Beata	9127		BIAŁYSTOK		K40	52	K 215		00:07:05	2026-05-09 21:07:04	00:13:24	00:26:50	00:33:56	+00:12:43 (47.4%)	5:21	11.2 (52.6%)
863	ROMANEK Marek	8606		ZAMBRÓW		M60	22	M 642		00:09:52	2026-05-09 21:09:51	00:13:43	00:26:51	00:36:43	+00:12:43 (47.4%)	5:21	11.2 (52.6%)
864	SKARŻYŃSKI Piotr	9657		BIAŁYSTOK		M20	163	M 643		00:10:08	2026-05-09 21:10:07	00:13:40	00:26:51	00:36:59	+00:12:43 (47.4%)	5:21	11.2 (52.6%)
865	SUPRUNOWICZ Gabriel	9259		BIAŁYSTOK		M12	66	M 644		00:17:14	2026-05-09 21:17:13		00:26:51	00:44:05	+00:12:43 (47.4%)	5:21	11.2 (52.6%)
866	SACZUK Zuza	8949		NIEWODNICA KORYCKA		K12	21	K 216		00:07:12	2026-05-09 21:07:11	00:14:07	00:26:51	00:34:04	+00:12:43 (47.4%)	5:21	11.2 (52.6%)
867	GALIMOVAS Rimvydas	7500	SESĖS BĖGA	JONAVA		M50	68	M 645		00:03:40	2026-05-09 21:03:39	00:13:21	00:26:51	00:30:31	+00:12:43 (47.4%)	5:21	11.2 (52.6%)
868	CHOJNOWSKI Michał	9570	18PR	BIAŁYSTOK		M40	129	M 646		00:03:55	2026-05-09 21:03:54	00:13:07	00:26:51	00:30:46	+00:12:43 (47.4%)	5:22	11.2 (52.6%)
869	DAPKUVIENE Laura	7350	MARATONAS	JONAVA		K40	53	K 217		00:03:39	2026-05-09 21:03:38	00:13:21	00:26:51	00:30:31	+00:12:44 (47.4%)	5:21	11.2 (52.6%)
870	SAWCZUK Arkadiusz	9944		BIAŁYSTOK		M50	69	M 647		00:06:55	2026-05-09 21:06:54	00:13:26	00:26:51	00:33:47	+00:12:44 (47.4%)	5:21	11.2 (52.6%)
871	GROMACKI Ireneusz	7611		BIAŁYSTOK		M40	130	M 648	1 PBOT	00:06:53	2026-05-09 21:06:52	00:13:30	00:26:52	00:33:45	+00:12:44 (47.4%)	5:22	11.2 (52.6%)
872	MOROZ Adam	7366		BIAŁYSTOK		M40	131	M 649		00:06:57	2026-05-09 21:06:56	00:13:28	00:26:53	00:33:50	+00:12:45 (47.5%)	5:22	11.2 (52.6%)
873	DOBRYNIEWSKI Filip	8824		BIAŁYSTOK		M20	164	M 650		00:06:44	2026-05-09 21:06:43	00:13:35	00:26:53	00:33:37	+00:12:45 (47.5%)	5:22	11.2 (52.6%)
874	WĄTROBIŃSKI Mateusz	9329	AUTO IDEA MERCEDES-BENZ	BIAŁYSOK		M20	165	M 651	Auto Idea Mercedes-Benz	00:06:43	2026-05-09 21:06:42	00:12:50	00:26:53	00:33:37	+00:12:46 (47.5%)	5:22	11.2 (52.6%)
875	WĄTROBIŃSKA Małgorzata	9677		BIAŁYSTOK		K20	57	K 218		00:06:43	2026-05-09 21:06:42	00:13:18	00:26:53	00:33:36	+00:12:46 (47.5%)	5:22	11.2 (52.6%)
876	SZATKO Jakub	10006		BIAŁYSTOK		M20	166	M 652		00:09:37	2026-05-09 21:09:36	00:12:57	00:26:54	00:36:31	+00:12:46 (47.5%)	5:22	11.2 (52.6%)
877	PASIERBIŃSKI Piotr	7378	WPRUNNING	PRUSZKÓW		M50	70	M 653		00:07:03	2026-05-09 21:07:02	00:14:01	00:26:54	00:33:58	+00:12:46 (47.5%)	5:22	11.2 (52.6%)
878	MOSKAL Paweł	9859		BIAŁYSTOK		M30	198	M 654	Jurki	00:12:44	2026-05-09 21:12:43	00:12:51	00:26:54	00:39:38	+00:12:46 (47.5%)	5:22	11.2 (52.6%)
879	SAROSIEK Jacek	9523		BIAŁYSTOK		M12	67	M 655		00:12:41	2026-05-09 21:12:40	00:13:45	00:26:54	00:39:36	+00:12:46 (47.5%)	5:22	11.2 (52.6%)
880	TURKOWSKA Monika	10018		BIAŁYSTOK		K30	74	K 219		00:06:58	2026-05-09 21:06:57	00:13:29	00:26:54	00:33:53	+00:12:47 (47.5%)	5:22	11.2 (52.6%)
881	SOKÓŁ Sylwester	10194	SYLWESTRUNIO	BIAŁYSTOK		M30	199	M 656		00:13:07	2026-05-09 21:13:06	00:13:54	00:26:55	00:40:02	+00:12:48 (47.6%)	5:22	11.2 (52.6%)
882	STRASZYŃSKA Natalia	9524		NOWINKA		K20	58	K 220		00:10:08	2026-05-09 21:10:07	00:13:37	00:26:55	00:37:03	+00:12:48 (47.6%)	5:22	11.2 (52.6%)
883	SZWARC Ilona	8500		BIAŁYSTOK		K40	54	K 221		00:09:49	2026-05-09 21:09:48	00:13:46	00:26:56	00:36:45	+00:12:48 (47.6%)	5:22	11.1 (52.1%)
884	MALISZEWSKI Leszek	9257		BIAŁYSTOK		M40	132	M 657		00:12:41	2026-05-09 21:12:40	00:13:33	00:26:56	00:39:37	+00:12:48 (47.6%)	5:22	11.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
885	AMBROŻEJ Dominika	8596		WARSZAWA		K20	59	K 222		00:10:01	2026-05-09 21:10:00	00:13:34	00:26:56	00:36:58	+00:12:49 (47.6%)	5:22	11.1 (52.1%)
886	MIODUSZEWSKA Magdalena	9614		BIAŁYSTOK		K30	75	K 223		00:09:50	2026-05-09 21:09:49	00:13:29	00:26:57	00:36:48	+00:12:50 (47.6%)	5:23	11.1 (52.1%)
887	DELEGACZ Marcin	8681		BIAŁYSTOK		M40	133	M 658		00:09:52	2026-05-09 21:09:51	00:13:45	00:26:58	00:36:50	+00:12:50 (47.6%)	5:23	11.1 (52.1%)
888	ALEKSIEJCZUK Marlena	8724		KOPNA GÓRA		K30	76	K 224		00:12:52	2026-05-09 21:12:51	00:13:48	00:26:58	00:39:50	+00:12:50 (47.6%)	5:23	11.1 (52.1%)
889	SIELATYCKI Piotr	9403		BIAŁYSTOK		M30	200	M 659		00:10:22	2026-05-09 21:10:21	00:13:48	00:26:58	00:37:20	+00:12:50 (47.6%)	5:23	11.1 (52.1%)
890	ANIKIEJ Paweł	8788	AUTO IDEA MERCEDES-BENZ	BIAŁYSTOK		M50	71	M 660	Auto Idea Mercedes-Benz	00:09:52	2026-05-09 21:09:51	00:13:42	00:26:58	00:36:51	+00:12:50 (47.7%)	5:23	11.1 (52.1%)
891	BOROWSKI Marcin	9488		BIAŁYSTOK		M30	201	M 661		00:09:49	2026-05-09 21:09:48	00:13:47	00:26:58	00:36:48	+00:12:51 (47.7%)	5:23	11.1 (52.1%)
892	KASIUK Bartłomiej	8488	PSP	BIAŁYSTOK		M40	134	M 662	PSP	00:07:21	2026-05-09 21:07:20	00:14:08	00:26:59	00:34:20	+00:12:51 (47.7%)	5:23	11.1 (52.1%)
893	JABŁOŃSKI Marcin	7603		BIAŁYSTOK		M30	202	M 663		00:07:11	2026-05-09 21:07:10	00:13:48	00:26:59	00:34:10	+00:12:51 (47.7%)	5:23	11.1 (52.1%)
894	TATKO Michał	9455		ŁOMŻA		M20	167	M 664		00:12:55	2026-05-09 21:12:54	00:13:51	00:26:59	00:39:55	+00:12:51 (47.7%)	5:23	11.1 (52.1%)
895	JAŻWIŃSKA Zuzanna	9012		OSTRÓW MAZOWIECKA		K20	60	K 225		00:07:11	2026-05-09 21:07:10	00:13:48	00:26:59	00:34:10	+00:12:51 (47.7%)	5:23	11.1 (52.1%)
896	ZASTAWNA Aneta	9048		WARSZAWA		K40	55	K 226		00:04:01	2026-05-09 21:04:00	00:13:22	00:26:59	00:31:01	+00:12:51 (47.7%)	5:23	11.1 (52.1%)
897	MAKSIMIUK Ula	7414		BIAŁYSTOK		K30	77	K 227		00:09:38	2026-05-09 21:09:37	00:13:46	00:27:00	00:36:39	+00:12:52 (47.7%)	5:23	11.1 (52.1%)
898	CWALINA Jarosław	9438	CROSSFIT MAZURY ELK	ELK		M40	135	M 665		00:10:28	2026-05-09 21:10:27	00:13:46	00:27:01	00:37:29	+00:12:53 (47.7%)	5:23	11.1 (52.1%)
899	MALISZEWSKA Hanna	9357		ZAŚCIANKI		K12	22	K 228	Masterpress	00:15:56	2026-05-09 21:15:55	00:14:01	00:27:01	00:42:57	+00:12:53 (47.7%)	5:23	11.1 (52.1%)
900	CIELESTA Karolina	7437		KRAKÓW		K20	61	K 229		00:09:59	2026-05-09 21:09:58	00:13:51	00:27:01	00:37:00	+00:12:53 (47.7%)	5:23	11.1 (52.1%)
901	GAŃSKA Paulina	8765		KLEOSIN		K30	78	K 230		00:16:22	2026-05-09 21:16:21	00:13:50	00:27:01	00:43:24	+00:12:54 (47.8%)	5:23	11.1 (52.1%)
902	OKOŁOT Ireneusz	9839	UP HEALTH PHARMA	BIAŁYSTOK		M40	136	M 666		00:09:39	2026-05-09 21:09:38	00:13:11	00:27:02	00:36:41	+00:12:54 (47.8%)	5:24	11.1 (52.1%)
903	OWSIANKO Piotr	9892		SZCZUCZYN		M30	203	M 667		00:16:01	2026-05-09 21:16:00	00:13:50	00:27:02	00:43:04	+00:12:55 (47.8%)	5:24	11.1 (52.1%)
904	BERNECKA Bożena	10666	RYSIOTEAM	ŁÓDZ		K60	1	K 231		00:10:16	2026-05-09 21:10:15	00:14:06	00:27:03	00:37:19	+00:12:55 (47.8%)	5:24	11.1 (52.1%)
905	SAKOWSKA Katarzyna	9798		HAJNÓWKA		K40	56	K 232		00:07:16	2026-05-09 21:07:15	00:13:57	00:27:03	00:34:19	+00:12:55 (47.8%)	5:24	11.1 (52.1%)
906	SAWICKI Dariusz	9780	GROSZKI BIAŁYSTOK	BIAŁYSTOK		M40	137	M 668		00:09:47	2026-05-09 21:09:46	00:13:46	00:27:03	00:36:51	+00:12:55 (47.8%)	5:24	11.1 (52.1%)
907	ZHYLINSKAYA Dziyana	8503		BIAŁYSTOK		K30	79	K 233		00:13:04	2026-05-09 21:13:03	00:13:36	00:27:03	00:40:07	+00:12:55 (47.8%)	5:24	11.1 (52.1%)
908	LUBIEJEWSKA Diana	9452		BIAŁYSTOK		K30	80	K 234		00:10:01	2026-05-09 21:10:00	00:13:48	00:27:04	00:37:05	+00:12:56 (47.8%)	5:24	11.1 (52.1%)
909	TARASIUK Jakub	8314		BIAŁYSTOK		M20	168	M 669		00:06:56	2026-05-09 21:06:55	00:13:53	00:27:04	00:34:00	+00:12:56 (47.8%)	5:24	11.1 (52.1%)
910	PIOTROWSKI Łukasz	9972		BIAŁYSTOK		M30	204	M 670		00:09:59	2026-05-09 21:09:58	00:13:45	00:27:05	00:37:04	+00:12:57 (47.9%)	5:24	11.1 (52.1%)
911	GRZYWOCZ Sebastian	10175	SUUNTO	PIASECZNO		M40	138	M 671		00:12:50	2026-05-09 21:12:49	00:14:39	00:27:05	00:39:55	+00:12:57 (47.9%)	5:24	11.1 (52.1%)
912	BOROWY Filip	8883	SII RUNNING TEAM	BIAŁYSTOK		M20	169	M 672		00:17:16	2026-05-09 21:17:15	00:13:50	00:27:05	00:44:22	+00:12:57 (47.9%)	5:24	11.1 (52.1%)
913	STUPKIEWICZ Bartosz	8732		BIAŁYSTOK		M40	139	M 673		00:12:41	2026-05-09 21:12:40	00:13:47	00:27:05	00:39:47	+00:12:58 (47.9%)	5:24	11.1 (52.1%)
914	ROZWADOWSKI Ignacy	8046		PRUSZKÓW		M12	68	M 674		00:09:40	2026-05-09 21:09:39	00:13:49	00:27:06	00:36:46	+00:12:58 (47.9%)	5:24	11.1 (52.1%)
915	KURYŚ Karolina	10869		BIAŁYSTOK		K30	81	K 235		00:15:55	2026-05-09 21:15:54	00:13:39	00:27:06	00:43:02	+00:12:58 (47.9%)	5:24	11.1 (52.1%)
916	KOWNACKI Mateusz	9666		MALBORK		M30	205	M 675		00:09:56	2026-05-09 21:09:55	00:13:46	00:27:07	00:37:03	+00:12:59 (47.9%)	5:25	11.1 (52.1%)
917	ROWIŃSKA Zofia	10201		SZCZEBRA		K20	62	K 236		00:16:38	2026-05-09 21:16:37	00:14:05	00:27:07	00:43:46	+00:12:59 (47.9%)	5:25	11.1 (52.1%)
918	NEŚCIORUK Magdalena	10045		WARSZAWA		K40	57	K 237		00:06:46	2026-05-09 21:06:45	00:13:23	00:27:07	00:33:54	+00:13:00 (48.0%)	5:25	11.1 (52.1%)
919	LEONOWICZ Ewa	8705		BIAŁYSTOK		K40	58	K 238		00:06:52	2026-05-09 21:06:51	00:13:37	00:27:07	00:34:00	+00:13:00 (48.0%)	5:25	11.1 (52.1%)
920	OSTROWSKI Szymon	8100		BIAŁYSTOK		M12	69	M 676		00:07:22	2026-05-09 21:07:21	00:13:14	00:27:08	00:34:30	+00:13:00 (48.0%)	5:25	11.1 (52.1%)
921	OSIECKI Dawid	9333		SOWLANY		M30	206	M 677		00:07:13	2026-05-09 21:07:12	00:14:27	00:27:09	00:34:22	+00:13:01 (48.0%)	5:25	11.1 (52.1%)
922	KONOPKA Szymon	8758		ŁOMŻA		M20	170	M 678		00:12:55	2026-05-09 21:12:54	00:13:50	00:27:09	00:40:05	+00:13:02 (48.0%)	5:25	11.1 (52.1%)
923	STEPANIUK Mikołaj	9316		HAJNÓWKA		M20	171	M 679		00:07:16	2026-05-09 21:07:15	00:13:53	00:27:10	00:34:26	+00:13:02 (48.0%)	5:25	11.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
924	SZYMAŃSKI Roman	10211	MARSZOMANIACY BIELSK PODLASKI	BIELSK PODLASKI		M40	140	M 680		00:10:20	2026-05-09 21:10:19	00:14:10	00:27:10	00:37:30	+00:13:02 (48.0%)	5:25	11.1 (52.1%)
925	MAGREL Michał	8677		BIAŁYSTOK		M40	141	M 681		00:09:56	2026-05-09 21:09:55	00:13:50	00:27:10	00:37:07	+00:13:03 (48.0%)	5:25	11.1 (52.1%)
926	IWANOWSKA Aleksandra	8626		OLECKO		K20	63	K 239		00:12:45	2026-05-09 21:12:44	00:13:47	00:27:11	00:39:56	+00:13:03 (48.1%)	5:25	11 (51.6%)
927	KONDZIOR Andrzej	10163	TOP10 DZIADY	BIAŁYSTOK		M40	142	M 682		00:12:48	2026-05-09 21:12:47	00:13:36	00:27:11	00:40:00	+00:13:04 (48.1%)	5:25	11 (51.6%)
928	SOKOŁOWSKA Urszula	8335	ROCH JASZENICA	OSTRÓW MAZOWIECKA		K20	64	K 240	ROCH Jasienica	00:07:12	2026-05-09 21:07:11	00:14:14	00:27:12	00:34:24	+00:13:04 (48.1%)	5:26	11 (51.6%)
929	JESSA Andrzej	7149	BIEGACZE JÓZEFA NOJI	PĘCKOWO		M50	72	M 683		00:07:05	2026-05-09 21:07:04	00:13:55	00:27:12	00:34:17	+00:13:04 (48.1%)	5:26	11 (51.6%)
930	WAGNER Konrad	10870		BIAŁYSTOK		M20	172	M 684		00:13:08	2026-05-09 21:13:07	00:13:43	00:27:12	00:40:20	+00:13:04 (48.1%)	5:26	11 (51.6%)
931	CHARKO Kacper	7301	BONAR TEAM	BIAŁYSTOK		M20	173	M 685	Bonar Team	00:12:44	2026-05-09 21:12:43	00:13:42	00:27:13	00:39:57	+00:13:05 (48.1%)	5:26	11 (51.6%)
932	MALEK Mateusz	7155	SII RUNNING TEAM	POZNAŃ		M50	73	M 686		00:07:03	2026-05-09 21:07:02	00:13:37	00:27:13	00:34:17	+00:13:06 (48.1%)	5:26	11 (51.6%)
933	WARPECHOWSKA Dominika	8942		BIAŁYSTOK		K20	65	K 241		00:07:10	2026-05-09 21:07:09	00:13:46	00:27:13	00:34:24	+00:13:06 (48.1%)	5:26	11 (51.6%)
934	MYSZCZYŃSKI Mariusz	9817	1.PBOT	BIAŁYSTOK		M40	143	M 687		00:06:55	2026-05-09 21:06:54	00:13:24	00:27:13	00:34:09	+00:13:06 (48.1%)	5:26	11 (51.6%)
935	ŚWIDERSKI Andrzej	9824		NOWODWORCE		M50	74	M 688		00:06:55	2026-05-09 21:06:54	00:13:23	00:27:14	00:34:09	+00:13:06 (48.2%)	5:26	11 (51.6%)
936	SOŁOGUBA Jan	7166	HAJNÓWKA BIEGA	HAJNÓWKA		M30	207	M 689	Hajnówka Biega	00:04:02	2026-05-09 21:04:01	00:13:36	00:27:14	00:31:16	+00:13:06 (48.2%)	5:26	11 (51.6%)
937	JACKIEWICZ Małgorzata	8591	OSTRÓW BIEGA	OSTRÓW MAZOWIECKA		K50	15	K 242		00:09:37	2026-05-09 21:09:36	00:13:21	00:27:14	00:36:51	+00:13:06 (48.2%)	5:26	11 (51.6%)
938	LICKIEWICZ Monika	9965	CROSSFIT BIAŁYSTOK	BIAŁYSTOK		K40	59	K 243	JACUZZI TEAM	00:07:05	2026-05-09 21:07:04	00:13:53	00:27:15	00:34:21	+00:13:07 (48.2%)	5:26	11 (51.6%)
939	CIERPKA Grzegorz	7281	PARKRUN PRUSZKÓW	PIASTÓW		M50	75	M 690		00:07:06	2026-05-09 21:07:05	00:14:08	00:27:15	00:34:22	+00:13:07 (48.2%)	5:26	11 (51.6%)
940	BORODZIEJ Zuzanna	9802	3 T BIAŁYSTOK	BIAŁYSTOK		K12	23	K 244	3T Białystok	00:15:50	2026-05-09 21:15:49	00:13:27	00:27:15	00:43:05	+00:13:07 (48.2%)	5:26	11 (51.6%)
941	KACZYŃSKA Ewelina	7342	KLUB BIEGACZA JURUND SZCZYTNO	SZCZYTNO		K30	82	K 245		00:07:03	2026-05-09 21:07:02	00:13:54	00:27:15	00:34:19	+00:13:08 (48.2%)	5:26	11 (51.6%)
942	BANACHOWICZ Anna	10057		BIAŁYSTOK		K12	24	K 246		00:12:53	2026-05-09 21:12:52	00:13:48	00:27:16	00:40:09	+00:13:08 (48.2%)	5:26	11 (51.6%)
943	JURCZAK Grzegorz	8825		BIAŁYSTOK		M40	144	M 691		00:10:32	2026-05-09 21:10:31	00:14:19	00:27:16	00:37:48	+00:13:08 (48.2%)	5:26	11 (51.6%)
944	STOLARCZYK Anna	9184		BIAŁYSTOK, POLAND		K50	16	K 247		00:06:52	2026-05-09 21:06:51	00:13:45	00:27:16	00:34:08	+00:13:08 (48.2%)	5:26	11 (51.6%)
945	KOBYLIŃSKI Bartosz	9672		BIAŁYSTOK		M12	70	M 692		00:09:52	2026-05-09 21:09:51	00:13:43	00:27:16	00:37:09	+00:13:09 (48.2%)	5:26	11 (51.6%)
946	PIETRYCH Małgorzata	8865	PERFECT BODY	SOKÓŁKA		K50	17	K 248	Perfekt Body	00:09:37	2026-05-09 21:09:36	00:13:21	00:27:16	00:36:54	+00:13:09 (48.2%)	5:26	11 (51.6%)
947	BOROVSKA Mariia	9767		BIAŁYSTOK		K20	66	K 249		00:07:10	2026-05-09 21:07:09	00:13:53	00:27:16	00:34:27	+00:13:09 (48.2%)	5:26	11 (51.6%)
948	STODOLNA Sylwia	9194	SLOW JOGGING KALISZ	KALISZ		K40	60	K 250	Slow Jogging Kalisz	00:16:16	2026-05-09 21:16:15	00:14:13	00:27:17	00:43:33	+00:13:09 (48.3%)	5:27	11 (51.6%)
949	ZAKRZEWSKA Ilona	10451		BIAŁYSTOK		K30	83	K 251		00:03:41	2026-05-09 21:03:40	00:13:23	00:27:17	00:30:58	+00:13:09 (48.3%)	5:27	11 (51.6%)
950	SABINIARZ Kamil	9668		SITOWIEC		M20	174	M 693		00:16:53	2026-05-09 21:16:52	00:14:38	00:27:17	00:44:10	+00:13:09 (48.3%)	5:27	11 (51.6%)
951	BAKUN Filip	9845		BIAŁYSTOK		M20	175	M 694		00:10:19	2026-05-09 21:10:18	00:13:56	00:27:17	00:37:37	+00:13:09 (48.3%)	5:27	11 (51.6%)
952	LESZEK Szymon	8601		GIŻYCKO		M20	176	M 695		00:07:14	2026-05-09 21:07:13	00:13:07	00:27:17	00:34:32	+00:13:10 (48.3%)	5:27	11 (51.6%)
953	BASIUKIEWICZ Sylwia	8972		HAJNÓWKA		K40	61	K 252		00:09:42	2026-05-09 21:09:41	00:13:58	00:27:17	00:37:00	+00:13:10 (48.3%)	5:27	11 (51.6%)
954	WIELGOSIŃSKI Kamil	10098		BIAŁYSTOK		M30	208	M 696		00:16:30	2026-05-09 21:16:29	00:13:31	00:27:18	00:43:48	+00:13:10 (48.3%)	5:27	11 (51.6%)
955	CIULWIK Andrzej	10867	GNIECIUKI	BIALYSTOK		M40	145	M 697		00:09:46	2026-05-09 21:09:45	00:13:38	00:27:18	00:37:04	+00:13:10 (48.3%)	5:27	11 (51.6%)
956	HANCZARENKA Dzianis	8107		BIAŁYSTOK		M30	209	M 698		00:09:38	2026-05-09 21:09:37	00:13:17	00:27:19	00:36:57	+00:13:11 (48.3%)	5:27	11 (51.6%)
957	PYŚK Anna	8411	KB WYSZKÓW	WYSZKÓW		K40	62	K 253		00:06:49	2026-05-09 21:06:48	00:13:38	00:27:19	00:34:08	+00:13:11 (48.3%)	5:27	11 (51.6%)
958	OLĘDZKA-KULIK Monika	9443	GRUPA BIEGACZY SKÓRZEC BIEGA	SIEDLCE		K40	63	K 254		00:09:41	2026-05-09 21:09:40	00:13:40	00:27:20	00:37:01	+00:13:12 (48.3%)	5:27	11 (51.6%)
959	AKSIUTSIN Leanid	8886	BGT TEAM	OLMONTY		M30	210	M 699	BGT Team	00:03:50	2026-05-09 21:03:49	00:13:26	00:27:20	00:31:10	+00:13:12 (48.4%)	5:27	11 (51.6%)
960	PIEŃCZAK Maciej	10091		BIAŁYSTOK		M40	146	M 700		00:10:28	2026-05-09 21:10:27	00:14:36	00:27:20	00:37:48	+00:13:12 (48.4%)	5:27	11 (51.6%)
961	MAKSIMUK Piotr	9225		BIAŁYSTOK		M40	147	M 701		00:10:29	2026-05-09 21:10:28	00:14:02	00:27:21	00:37:50	+00:13:13 (48.4%)	5:27	11 (51.6%)
962	TROHIMIK Vadim	8855	BGT TEAM	BIAŁYSTOK		M20	177	M 702	BGT Team	00:06:48	2026-05-09 21:06:47	00:13:42	00:27:21	00:34:09	+00:13:13 (48.4%)	5:27	11 (51.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Drużyna 1	Czas startu	Moment startu	2.5km	Czas netto 5km	Czas brutto 5km	Różnica w czasie	Tempo min/km	Tempo km/h
963	SĘKARA Piotr	9254		BIAŁYSTOK		M30	211	M 703		00:07:20	2026-05-09 21:07:19	00:14:02	00:27:21	00:34:42	+00:13:13 (48.4%)	5:27	11 (51.6%)
964	PRONIEWSKI Patryk	9395		BIAŁYSTOK		M30	212	M 704		00:06:56	2026-05-09 21:06:55	00:13:37	00:27:22	00:34:18	+00:13:14 (48.4%)	5:28	11 (51.6%)
965	ABRAMOWICZ Magdalena	8042		BIAŁYSTOK		K40	64	K 255		00:03:41	2026-05-09 21:03:40	00:13:30	00:27:22	00:31:04	+00:13:15 (48.4%)	5:28	11 (51.6%)
966	HERMANOWICZ Marta	9883	DREWNOFORNIR	BIAŁYSTOK		K12	25	K 256		00:09:55	2026-05-09 21:09:54	00:13:31	00:27:22	00:37:18	+00:13:15 (48.4%)	5:28	11 (51.6%)
967	ROZWADOWSKI Marcin	7161		PRUSZKÓW		M40	148	M 705		00:09:40	2026-05-09 21:09:39	00:13:49	00:27:23	00:37:03	+00:13:15 (48.4%)	5:28	11 (51.6%)
968	SZYPULSKA Patrycja	9149		BIAŁYSTOK		K30	84	K 257		00:06:51	2026-05-09 21:06:50	00:13:40	00:27:23	00:34:14	+00:13:15 (48.4%)	5:28	11 (51.6%)
969	OLSZEWSKA Kinga	9479		BIAŁYSTOK		K30	85	K 258		00:16:03	2026-05-09 21:16:02	00:13:54	00:27:23	00:43:26	+00:13:16 (48.5%)	5:28	11 (51.6%)
970	LIAUCHUK Kamila	7182	N50	BIAŁYSTOK		K12	26	K 259	N50	00:06:38	2026-05-09 21:06:37	00:13:16	00:27:23	00:34:02	+00:13:16 (48.5%)	5:28	11 (51.6%)
971	KOZAKIEWICZ Bartłomiej	9478		BIAŁYSTOK		M30	213	M 706		00:16:03	2026-05-09 21:16:02	00:13:53	00:27:24	00:43:27	+00:13:16 (48.5%)	5:28	11 (51.6%)
972	SĘKARA Izabela	9135		BIAŁYSTOK		K30	86	K 260		00:07:20	2026-05-09 21:07:19	00:14:02	00:27:24	00:34:45	+00:13:16 (48.5%)	5:28	11 (51.6%)
973	PERŁO Dorota	8784		BIAŁYSTOK		K50	18	K 261		00:06:45	2026-05-09 21:06:44	00:13:29	00:27:24	00:34:09	+00:13:16 (48.5%)	5:28	11 (51.6%)
974	ANTONČIKAS Audrys	7416	BÉGIMO KLUBAS	JONAVA		M60	23	M 707		00:13:06	2026-05-09 21:13:05	00:13:34	00:27:25	00:40:31	+00:13:17 (48.5%)	5:28	11 (51.6%)
975	GUARRERA Paulina	8636		BIAŁYSTOK		K30	87	K 262		00:07:08	2026-05-09 21:07:07	00:13:35	00:27:25	00:34:33	+00:13:17 (48.5%)	5:28	11 (51.6%)
976	PECYNA Dariusz	7562		ŁÓDŹ		M50	76	M 708		00:09:56	2026-05-09 21:09:55	00:14:46	00:27:25	00:37:21	+00:13:17 (48.5%)	5:28	11 (51.6%)
977	WAGNER Rafał	9890		WROCŁAW		M40	149	M 709		00:16:06	2026-05-09 21:16:05	00:14:09	00:27:25	00:43:31	+00:13:17 (48.5%)	5:28	11 (51.6%)
978	PALEJ Beata	7304		KRAKÓW		K40	65	K 263		00:09:50	2026-05-09 21:09:49	00:14:06	00:27:26	00:37:16	+00:13:18 (48.5%)	5:28	10.9 (51.2%)
979	ROGAŁO Janusz	8423		NOWE ALEKSANDROWO		M30	214	M 710	STRABAG Białystok	00:12:47	2026-05-09 21:12:46	00:13:46	00:27:26	00:40:13	+00:13:18 (48.5%)	5:28	10.9 (51.2%)
980	SZULC-DEDERKO Joanna	9023		NOWODWORCE		K30	88	K 264		00:07:07	2026-05-09 21:07:06	00:14:26	00:27:26	00:34:34	+00:13:19 (48.6%)	5:29	10.9 (51.2%)
981	DEDERKO Mateusz	9022		NOWODWORCE		M30	215	M 711		00:07:07	2026-05-09 21:07:06	00:14:27	00:27:27	00:34:34	+00:13:19 (48.6%)	5:29	10.9 (51.2%)
982	ZGŁOBICKA Izabela	9174		BIAŁYSTOK		K30	89	K 265		00:06:39	2026-05-09 21:06:38	00:13:37	00:27:27	00:34:06	+00:13:19 (48.6%)	5:29	10.9 (51.2%)
983	CITKO Natalia	8603		BIAŁYSTOK		K12	27	K 266		00:09:46	2026-05-09 21:09:45	00:13:42	00:27:27	00:37:14	+00:13:20 (48.6%)	5:29	10.9 (51.2%)
984	KRASOWSKA Lena	9144		BIAŁYSTOK		K12	28	K 267		00:10:10	2026-05-09 21:10:09	00:13:50	00:27:27	00:37:38	+00:13:20 (48.6%)	5:29	10.9 (51.2%)
985	KOŁODKO Barbara	9095	MŁODE ŻUBRY	OLMONTY		K12	29	K 268		00:10:10	2026-05-09 21:10:09	00:13:50	00:27:28	00:37:38	+00:13:20 (48.6%)	5:29	10.9 (51.2%)
986	PIETRYKOWSKA Kamila	10088	BIEGNĘ PO KEBABA	RUMIA		K20	67	K 269		00:09:38	2026-05-09 21:09:37	00:13:53	00:27:28	00:37:06	+00:13:20 (48.6%)	5:29	10.9 (51.2%)
987	SIEŃKO Tomasz	9263		BACIUTY KOLONIA		M30	216	M 712		00:07:33	2026-05-09 21:07:32	00:13:47	00:27:28	00:35:01	+00:13:20 (48.6%)	5:29	10.9 (51.2%)
988	RADZIEWICZ Adrian	9423	ROSTI RUNNING TEAM	BIAŁYSTOK		M30	217	M 713	Rosti Running Team	00:13:11	2026-05-09 21:13:10	00:14:15	00:27:28	00:40:39	+00:13:20 (48.6%)	5:29	10.9 (51.2%)
989	NIENAŁTOWSKI Konrad	8079		BIAŁYSTOK		M30	218	M 714		00:10:13	2026-05-09 21:10:12	00:14:11	00:27:28	00:37:42	+00:13:21 (48.6%)	5:29	10.9 (51.2%)
990	ROGULSKA-NOWAK Justyna	8412	KB WYSZKÓW	WYSZKÓW		K40	66	K 270		00:06:48	2026-05-09 21:06:47	00:13:38	00:27:29	00:34:17	+00:13:21 (48.6%)	5:29	10.9 (51.2%)
991	TOMASZEWSKI Maciej	8452		BIAŁYSTOK		M20	178	M 715		00:13:01	2026-05-09 21:13:00	00:13:48	00:27:29	00:40:31	+00:13:22 (48.6%)	5:29	10.9 (51.2%)
992	ZAPOLNIK Daniel	8506		BIAŁYSTOK		M30	219	M 716		00:06:59	2026-05-09 21:06:58	00:13:18	00:27:29	00:34:29	+00:13:22 (48.6%)	5:29	10.9 (51.2%)
993	ŚLIWKA Paweł	9876		JUROWCE		M12	71	M 717		00:03:46	2026-05-09 21:03:45	00:14:12	00:27:29	00:31:16	+00:13:22 (48.7%)	5:29	10.9 (51.2%)
994	JADCZAK Łukasz	9217		CZYŻEW		M30	220	M 718		00:09:54	2026-05-09 21:09:53	00:13:54	00:27:30	00:37:24	+00:13:22 (48.7%)	5:29	10.9 (51.2%)
995	GUTOWSKA SIERZPUTOWSKA Katarzyna	9216		SZEPIETOWO		K30	90	K 271		00:09:54	2026-05-09 21:09:53	00:13:53	00:27:30	00:37:25	+00:13:22 (48.7%)	5:29	10.9 (51.2%)
996	HAJDUCZENIA Marcin	7494		BIAŁYSTOK		M40	150	M 719		00:16:48	2026-05-09 21:16:47	00:14:11	00:27:30	00:44:19	+00:13:23 (48.7%)	5:29	10.9 (51.2%)
997	WYSOCKA Kamila	10663		BIAŁYSTOK		K30	91	K 272		00:13:06	2026-05-09 21:13:05	00:14:07	00:27:30	00:40:37	+00:13:23 (48.7%)	5:29	10.9 (51.2%)
998	CHARYTONIUK Adrian	9219		BIAŁYSTOK		M20	179	M 720		00:09:58	2026-05-09 21:09:57	00:14:07	00:27:31	00:37:29	+00:13:23 (48.7%)	5:29	10.9 (51.2%)
999	JEMIELIANIUK Paweł	8080		BIAŁYSTOK		M30	221	M 721		00:10:13	2026-05-09 21:10:12	00:14:11	00:27:31	00:37:44	+00:13:23 (48.7%)	5:29	10.9 (51.2%)
1000	MAŁYSZKO Wioleta	10073		BIAŁYSTOK		K20	68	K 273		00:12:56	2026-05-09 21:12:55	00:14:17	00:27:31	00:40:28	+00:13:23 (48.7%)	5:29	10.9 (51.2%)

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

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