



(https://biegpamiecisybiru.pl/)

BIEG PAMIĘCI SYBIRU - BIAŁYSTOK 10KM

Bieg Pamięci Sybiru (/bieg-pamieci-sybiru/m1405.html)



(http://
b4sport.pl)

Organizator : **Fundacja Białystok Biega**

Data : **2026-02-07**

Miejsce : **Białystok**

Dystans : **10 km**

Otwórz ⓘ (https://

Regulamin: **biegpamiecisybiru.pl/
regulamin-2/)**

Zgłoszonych : **402**

Wystartowało : **359**

Nie ukończyło : **0**

Ukończyło : **359**

Na trasie : **0**

Klasyfikacje w punktach pomiarowych: Start (/bieg-pamieci-sybiru-bialystok-10km/e7076.html?embedded=0×=0&auto=0&location_nr=-2) | 5.3km (/bieg-pamieci-sybiru-bialystok-10km/e7076.html?times=0&embedded=0&auto=0&location_nr=2) | 7.8km (/bieg-pamieci-sybiru-bialystok-10km/e7076.html?times=0&embedded=0&auto=0&location_nr=3) | **Meta (/bieg-pamieci-sybiru-bialystok-10km/e7076.html?times=0&embedded=0&auto=0)**

Klasyfikacje wg kategorii: **Wszyscy (/bieg-pamieci-sybiru-bialystok-10km/e7076.html?times=0&embedded=0&auto=0&location_nr=-1)** | K OPEN (/bieg-pamieci-sybiru-bialystok-10km/k-open/e7076/c67767.html?times=0&embedded=0&auto=0&location_nr=-1) | M OPEN (/bieg-pamieci-sybiru-bialystok-10km/m-open/e7076/c67770.html?times=0&embedded=0&auto=0&location_nr=-1) | K15 (/bieg-pamieci-sybiru-bialystok-10km/k15/e7076/c67768.html?times=0&embedded=0&auto=0&location_nr=-1) | M15 (/bieg-pamieci-sybiru-bialystok-10km/m15/e7076/c67771.html?times=0&embedded=0&auto=0&location_nr=-1) | K20 (/bieg-pamieci-sybiru-bialystok-10km/k20/e7076/c67772.html?times=0&embedded=0&auto=0&location_nr=-1) | M20 (/bieg-pamieci-sybiru-bialystok-10km/m20/e7076/c67773.html?times=0&embedded=0&auto=0&location_nr=-1) | K30 (/bieg-pamieci-sybiru-bialystok-10km/k30/e7076/c67774.html?times=0&embedded=0&auto=0&location_nr=-1) | M30 (/bieg-pamieci-sybiru-bialystok-10km/m30/e7076/c67775.html?times=0&embedded=0&auto=0&location_nr=-1) | K40 (/bieg-pamieci-sybiru-bialystok-10km/k40/e7076/c67776.html?times=0&embedded=0&auto=0&location_nr=-1) | M40 (/bieg-pamieci-sybiru-bialystok-10km/m40/e7076/c67777.html?times=0&embedded=0&auto=0&location_nr=-1) | K50 (/bieg-pamieci-sybiru-bialystok-10km/k50/e7076/c67778.html?times=0&embedded=0&auto=0&location_nr=-1) | M50 (/bieg-pamieci-sybiru-bialystok-10km/m50/e7076/c67779.html?times=0&embedded=0&auto=0&location_nr=-1) | K60 (/bieg-pamieci-sybiru-bialystok-10km/k60/e7076/c67780.html?times=0&embedded=0&auto=0&location_nr=-1) | M60 (/bieg-pamieci-sybiru-bialystok-10km/m60/e7076/c67781.html?times=0&embedded=0&auto=0&location_nr=-1) | K70 (/bieg-pamieci-sybiru-bialystok-10km/k70/e7076/c67782.html?times=0&embedded=0&auto=0&location_nr=-1) | M70 (/bieg-pamieci-sybiru-bialystok-10km/m70/e7076/c67769.html?times=0&embedded=0&auto=0&location_nr=-1)

Klasyfikacja wg czasu netto. Wyniki nieoficjalne !!!

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|----------------------------|----------------------|----------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-------------|----------------|----------------|-----------------------|------------------------|---------------------|-----------------|---------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 1 | MARKIEWICZ Grzegorz | 187 | KALINOWSKI TEAM | CZEREMCHA | | M30 | 1 | M 1 | 00:00:02 | 00:20:59 | 00:31:24 | 00:41:25 | 00:41:27 | | 4:08 | 14.5 (100%) |
| 2 | RUSINIAK Kamil | 12 | KALINOWSKI TEAM | BIELSK PODLASKI | | M30 | 2 | M 2 | 00:00:02 | 00:21:00 | 00:31:25 | 00:41:37 | 00:41:40 | +00:00:12 (0.5%) | 4:09 | 14.4 (99.3%) |
| 3 | KUCHAREWICZ Marcin | 99 | | SOKÓŁKA | | M30 | 3 | M 3 | 00:00:03 | 00:21:00 | 00:31:25 | 00:41:54 | 00:41:57 | +00:00:29 (1.2%) | 4:11 | 14.3 (98.6%) |
| 4 | FILIPKOWSKI Mariusz | 175 | UKS TECHNIK AUGUSTÓW | AUGUSTÓW | | M15 | 1 | M 4 | 00:00:03 | 00:21:53 | 00:32:34 | 00:42:48 | 00:42:52 | +00:01:23 (3.2%) | 4:16 | 14 (96.6%) |
| 5 | PARZYCH Mariusz | 358 | 18 BIAŁOSTOCKI PUŁK ROZPOZNAWCZY | BIAŁYSTOK | | M30 | 4 | M 5 | 00:00:02 | 00:21:55 | 00:32:48 | 00:43:32 | 00:43:35 | +00:02:07 (4.9%) | 4:21 | 13.8 (95.2%) |
| 6 | OSMÓLSKI Robert | 93 | NADAKTYWNI | SIELACHOWSKIE | | M40 | 1 | M 6 | 00:00:04 | 00:21:59 | 00:32:55 | 00:43:43 | 00:43:47 | +00:02:18 (5.3%) | 4:22 | 13.7 (94.5%) |
| 7 | SAJEWSKI Przemek | 318 | KALINOWSKI TEAM | BIAŁYSTOK | | M50 | 1 | M 7 | 00:00:04 | 00:21:58 | 00:33:06 | 00:44:07 | 00:44:11 | +00:02:41 (6.1%) | 4:24 | 13.6 (93.8%) |
| 8 | KOLEDA Artur | 65 | PROPARKIET | MAZURKI | | M50 | 2 | M 8 | 00:00:03 | 00:22:09 | 00:33:17 | 00:44:26 | 00:44:29 | +00:03:00 (6.8%) | 4:26 | 13.5 (93.1%) |
| 9 | JAKUBOWSKI Tomasz | 254 | DAWAJ KALACH TEAM | AUGUSTÓW | | M30 | 5 | M 9 | 00:00:02 | 00:21:53 | 00:33:07 | 00:44:58 | 00:45:01 | +00:03:33 (7.9%) | 4:29 | 13.3 (91.7%) |
| 10 | BOKUNIEWICZ Hubert | 261 | | NIEDŹWIEDZKIE | | M30 | 6 | M 10 | 00:00:07 | 00:23:26 | 00:34:23 | 00:45:05 | 00:45:12 | +00:03:39 (8.1%) | 4:30 | 13.3 (91.7%) |
| 11 | LEWANDOWSKI Łukasz | 259 | | BIELSK PODLASKI | | M30 | 7 | M 11 | 00:00:04 | 00:22:49 | 00:34:11 | 00:45:07 | 00:45:12 | +00:03:42 (8.2%) | 4:30 | 13.3 (91.7%) |
| 12 | CIAPKA Piotr | 256 | 18PR | KRAKÓW | | M40 | 2 | M 12 | 00:00:04 | 00:22:42 | 00:33:50 | 00:45:08 | 00:45:12 | +00:03:42 (8.2%) | 4:30 | 13.3 (91.7%) |
| 13 | POGORZELSKI Kamil | 113 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | | M20 | 1 | M 13 | 00:00:03 | 00:22:29 | 00:33:50 | 00:45:10 | 00:45:14 | +00:03:45 (8.3%) | 4:30 | 13.3 (91.7%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|----------------------|----------------------|--------------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 14 | STANKIEWICZ Zdzisław | 263 | | AUGUSTÓW |  | M50 | 3 | M 14 | 00:00:03 | 00:22:42 | 00:34:01 | 00:45:18 | 00:45:22 | +00:03:53 (8.6%) | 4:31 | 13.2 (91.0%) |
| 15 | PANICZKO Sławomir | 170 | BIEGANIE.ORG | BIAŁYSTOK |  | M50 | 4 | M 15 | 00:00:04 | 00:23:04 | 00:34:26 | 00:45:21 | 00:45:25 | +00:03:56 (8.7%) | 4:32 | 13.2 (91.0%) |
| 16 | PNIEWSKI Tomasz | 198 | KALINOWSKI TEAM | BIAŁYSTOK |  | M30 | 8 | M 16 | 00:00:08 | 00:23:16 | 00:34:22 | 00:45:27 | 00:45:36 | +00:04:02 (8.9%) | 4:32 | 13.2 (91.0%) |
| 17 | GUARRERA Francesco | 186 | | BIAŁYSTOK |  | M30 | 9 | M 17 | 00:00:03 | 00:22:31 | 00:34:01 | 00:45:29 | 00:45:33 | +00:04:04 (9.0%) | 4:32 | 13.2 (91.0%) |
| 18 | LOZYNSKYI Borys | 281 | TEA.M RUN | BIAŁYSTOK |  | M20 | 2 | M 18 | 00:00:04 | 00:22:48 | 00:34:21 | 00:45:46 | 00:45:50 | +00:04:20 (9.5%) | 4:34 | 13.1 (90.3%) |
| 19 | KIZHUK Aliaksandr | 172 | | MOSTY |  | M50 | 5 | M 19 | 00:00:05 | 00:22:54 | 00:34:19 | 00:45:49 | 00:45:54 | +00:04:23 (9.6%) | 4:34 | 13.1 (90.3%) |
| 20 | PIETKUN Łukasz | 312 | 1 PBOT / KALINOWSKI TEAM | BIAŁYSTOK |  | M30 | 10 | M 20 | 00:00:04 | 00:23:02 | 00:34:23 | 00:45:55 | 00:46:00 | +00:04:30 (9.8%) | 4:35 | 13.1 (90.3%) |
| 21 | SEMIANEYEU Andrei | 276 | RUN4FUN.BY | GRODNO |  | M40 | 3 | M 21 | 00:00:07 | 00:23:39 | 00:34:55 | 00:45:58 | 00:46:05 | +00:04:33 (9.9%) | 4:35 | 13.1 (90.3%) |
| 22 | NOWAK Marcin | 209 | ROCH JASIENICA | JASIENICA |  | M40 | 4 | M 22 | 00:00:08 | 00:23:24 | 00:34:58 | 00:46:20 | 00:46:28 | +00:04:54 (10.6%) | 4:37 | 13 (89.7%) |
| 23 | GINDOROWICZ Wiktor | 310 | BCCR3W X MILSPORT | WASILKÓW |  | M30 | 11 | M 23 | 00:00:08 | 00:23:19 | 00:34:59 | 00:46:34 | 00:46:42 | +00:05:09 (11.1%) | 4:39 | 12.9 (89.0%) |
| 24 | PŁOŃSKI Marcin | 416 | | BIAŁYSTOK |  | M20 | 3 | M 24 | 00:00:06 | 00:23:44 | 00:35:10 | 00:46:39 | 00:46:45 | +00:05:14 (11.2%) | 4:39 | 12.9 (89.0%) |
| 25 | WOŹNIAK Ireneusz | 67 | | CZARNA BIAŁOSTOCKA |  | M50 | 6 | M 25 | 00:00:04 | 00:23:18 | 00:34:53 | 00:46:47 | 00:46:51 | +00:05:21 (11.5%) | 4:40 | 12.8 (88.3%) |
| 26 | BŁAŻ Dominik | 201 | XI LO BIAŁYSTOK | KLEPACZE |  | M15 | 2 | M 26 | 00:00:08 | 00:23:41 | 00:35:08 | 00:46:54 | 00:47:03 | +00:05:29 (11.7%) | 4:41 | 12.8 (88.3%) |
| 27 | KOLEDA Albert | 54 | PROPARKIET | MAZURKI |  | M50 | 7 | M 27 | 00:00:04 | 00:23:22 | 00:35:02 | 00:46:56 | 00:47:00 | +00:05:31 (11.8%) | 4:41 | 12.8 (88.3%) |
| 28 | GAWRYLUK Marcin | 397 | PODLASKIE KOCURY | BIAŁYSTOK |  | M40 | 5 | M 28 | 00:00:07 | 00:24:07 | 00:35:36 | 00:47:06 | 00:47:13 | +00:05:41 (12.1%) | 4:42 | 12.7 (87.6%) |
| 29 | MATOSZKO Adam | 9 | | BIAŁYSTOK |  | M30 | 12 | M 29 | 00:00:07 | 00:23:53 | 00:35:32 | 00:47:27 | 00:47:34 | +00:06:02 (12.7%) | 4:44 | 12.6 (86.9%) |
| 30 | BIERĆ Jakub | 245 | | BIAŁYSTOK |  | M30 | 13 | M 30 | 00:00:09 | 00:23:57 | 00:35:35 | 00:47:31 | 00:47:41 | +00:06:06 (12.9%) | 4:45 | 12.6 (86.9%) |
| 31 | LASKOWSKI Bartosz | 282 | | BIAŁYSTOK |  | M30 | 14 | M 31 | 00:02:42 | 00:23:58 | 00:36:00 | 00:47:38 | 00:50:20 | +00:06:13 (13.1%) | 4:45 | 12.6 (86.9%) |
| 32 | JASIŃSKI Kacper | 292 | | BIAŁYSTOK |  | M20 | 4 | M 32 | 00:00:06 | 00:23:42 | 00:35:27 | 00:47:42 | 00:47:48 | +00:06:16 (13.2%) | 4:46 | 12.6 (86.9%) |
| 33 | BARANOWSKI Karol | 129 | | BIAŁYSTOK |  | M40 | 6 | M 33 | 00:00:04 | 00:23:54 | 00:35:53 | 00:47:57 | 00:48:01 | +00:06:32 (13.6%) | 4:47 | 12.5 (86.2%) |
| 34 | PRZEPIÓRA Mateusz | 355 | BAND OF RUNNERS | WASILKÓW |  | M40 | 7 | M 34 | 00:00:05 | 00:24:19 | 00:36:22 | 00:47:59 | 00:48:05 | +00:06:34 (13.7%) | 4:47 | 12.5 (86.2%) |
| 35 | GRĄDZKI Łukasz | 16 | MELANŻ SQUAD REPREZENT | KLEPACZE |  | M40 | 8 | M 35 | 00:00:07 | 00:24:06 | 00:36:04 | 00:48:00 | 00:48:08 | +00:06:35 (13.7%) | 4:47 | 12.5 (86.2%) |
| 36 | PUCHALSKI Mateusz | 336 | BIAŁYSTOK BIEGA TEAM | CIECHANOWIEC |  | M20 | 5 | M 36 | 00:00:08 | 00:24:06 | 00:35:59 | 00:48:02 | 00:48:10 | +00:06:37 (13.8%) | 4:48 | 12.5 (86.2%) |
| 37 | PAWŁOWSKI Piotr | 72 | SP KORYCIN | KORYCIN |  | M40 | 9 | M 37 | 00:00:05 | 00:24:00 | 00:36:10 | 00:48:12 | 00:48:18 | +00:06:47 (14.1%) | 4:49 | 12.5 (86.2%) |
| 38 | PRZEPIÓRA Łukasz | 342 | BAND OF RUNNERS | WARSZAWA |  | M40 | 10 | M 38 | 00:00:05 | 00:24:20 | 00:36:23 | 00:48:16 | 00:48:21 | +00:06:51 (14.2%) | 4:49 | 12.4 (85.5%) |
| 39 | STYPUŁKOWSKI Piotr | 284 | | BIAŁYSTOK |  | M40 | 11 | M 39 | 00:00:07 | 00:24:25 | 00:36:37 | 00:48:35 | 00:48:43 | +00:07:10 (14.8%) | 4:51 | 12.4 (85.5%) |
| 40 | PRZYBYŁOWSKI Daniil | 84 | TEA.M RUN | BIAŁYSTOK |  | M40 | 12 | M 40 | 00:00:10 | 00:24:23 | 00:36:25 | 00:48:42 | 00:48:53 | +00:07:17 (15.0%) | 4:52 | 12.3 (84.8%) |
| 41 | GRYCIUK Walenty | 182 | | NURZEC-STACJA |  | M50 | 8 | M 41 | 00:00:09 | 00:24:35 | 00:36:43 | 00:48:58 | 00:49:07 | +00:07:32 (15.4%) | 4:53 | 12.3 (84.8%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|-----------------------------|----------------------|----------------------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 42 | STEFANIAK Jakub | 5 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | M20 | 6 | M 42 | 00:00:09 | 00:25:01 | 00:37:04 | 00:48:59 | 00:49:08 | +00:07:34 (15.5%) | 4:53 | 12.3 (84.8%) |
| 43 | MIKUTOWICZ Renata | 34 | KAN-THERM RACING TEAM | BIAŁYSTOK |  | K30 | 1 | K 1 | 00:00:03 | 00:24:45 | 00:36:58 | 00:49:08 | 00:49:11 | +00:07:42 (15.7%) | 4:54 | 12.2 (84.1%) |
| 44 | OSIK Przemysław | 264 | KALINOWSKI TEAM | NIEWODNICA KORYCKA |  | M30 | 15 | M 43 | 00:00:08 | 00:24:34 | 00:36:49 | 00:49:12 | 00:49:21 | +00:07:47 (15.8%) | 4:55 | 12.2 (84.1%) |
| 45 | MONIUSZKO Jakub | 301 | | BIAŁYSTOK |  | M20 | 7 | M 44 | 00:02:31 | 00:25:05 | 00:37:05 | 00:49:18 | 00:51:50 | +00:07:53 (16.0%) | 4:55 | 12.2 (84.1%) |
| 46 | MOŚCICKI Piotr | 127 | | BIAŁYSTOK |  | M30 | 16 | M 45 | 00:02:35 | 00:25:49 | 00:37:41 | 00:49:23 | 00:51:58 | +00:07:58 (16.1%) | 4:56 | 12.2 (84.1%) |
| 47 | GÓRECKI Kamil | 375 | TRAMWAJE WARSZAWSKIE | WARSZAWA |  | M30 | 17 | M 46 | 00:02:19 | 00:25:29 | 00:37:32 | 00:49:26 | 00:51:45 | +00:08:01 (16.2%) | 4:56 | 12.1 (83.4%) |
| 48 | HRYNIEWSKI Rafał | 340 | | BIAŁYSTOK |  | M30 | 18 | M 47 | 00:00:10 | 00:25:02 | 00:37:19 | 00:49:30 | 00:49:41 | +00:08:05 (16.3%) | 4:56 | 12.1 (83.4%) |
| 49 | SHCHAHRATSOU Siarhei | 294 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | M40 | 13 | M 48 | 00:02:25 | 00:25:11 | 00:37:16 | 00:49:31 | 00:51:57 | +00:08:06 (16.4%) | 4:57 | 12.1 (83.4%) |
| 50 | ZIMNOCH Michał | 168 | | SUCHOWOLA |  | M30 | 19 | M 49 | 00:00:07 | 00:24:37 | 00:36:53 | 00:49:42 | 00:49:50 | +00:08:17 (16.7%) | 4:58 | 12.1 (83.4%) |
| 51 | KIEDA Patryk | 37 | KAN-THERM RACING TEAM | BIAŁYSTOK |  | M30 | 20 | M 50 | 00:00:08 | 00:25:01 | 00:37:11 | 00:49:49 | 00:49:58 | +00:08:24 (16.9%) | 4:58 | 12 (82.8%) |
| 52 | KOSIOREK Łukasz | 415 | PODLASKIE KOCURY | BIAŁYSTOK |  | M40 | 14 | M 51 | 00:02:18 | 00:26:07 | 00:38:11 | 00:49:58 | 00:52:17 | +00:08:33 (17.1%) | 4:59 | 12 (82.8%) |
| 53 | NIEWIAROWSKI Jakub | 344 | | BIAŁYSTOK |  | M20 | 8 | M 52 | 00:02:25 | 00:25:54 | 00:37:58 | 00:50:02 | 00:52:27 | +00:08:37 (17.2%) | 5:00 | 12 (82.8%) |
| 54 | POPOWSKA Monika | 154 | 14 SUWALSKI PUŁK PRZECIWPANCERNY | SUWAŁKI |  | K30 | 2 | K 2 | 00:00:04 | 00:24:57 | 00:37:24 | 00:50:02 | 00:50:07 | +00:08:37 (17.2%) | 5:00 | 12 (82.8%) |
| 55 | SZPAKOWSKI Zbigniew | 236 | KALLOS STHENOS | BIAŁYSTOK |  | M50 | 9 | M 53 | 00:00:06 | 00:25:25 | 00:37:49 | 00:50:05 | 00:50:12 | +00:08:40 (17.3%) | 5:00 | 12 (82.8%) |
| 56 | MADEJSKI Dariusz | 27 | NIEPODLEGŁE KIELCZANY | KIELCZANY |  | M40 | 15 | M 54 | 00:00:06 | 00:25:19 | 00:37:46 | 00:50:11 | 00:50:18 | +00:08:46 (17.5%) | 5:01 | 12 (82.8%) |
| 57 | KROPIWNICKI Marcin | 303 | | BIAŁYSTOK |  | M40 | 16 | M 55 | 00:00:08 | 00:25:09 | 00:37:47 | 00:50:12 | 00:50:21 | +00:08:47 (17.5%) | 5:01 | 12 (82.8%) |
| 58 | GOLINSKI Marek | 387 | 505329481 | ŁOMŻA |  | M40 | 17 | M 56 | 00:00:07 | 00:24:56 | 00:37:34 | 00:50:18 | 00:50:25 | +00:08:53 (17.7%) | 5:01 | 11.9 (82.1%) |
| 59 | PAWŁOWSKI Maciej | 169 | | KUŹNICA |  | M30 | 21 | M 57 | 00:02:18 | 00:25:08 | 00:38:04 | 00:50:21 | 00:52:40 | +00:08:56 (17.8%) | 5:02 | 11.9 (82.1%) |
| 60 | PAWŁOWICZ Piotr | 385 | | BOBROWA |  | M30 | 22 | M 58 | 00:02:18 | 00:25:21 | 00:37:53 | 00:50:22 | 00:52:40 | +00:08:56 (17.8%) | 5:02 | 11.9 (82.1%) |
| 61 | ŻOCH Hubert | 325 | | KRYNKI |  | M30 | 23 | M 59 | 00:02:31 | 00:25:14 | 00:38:00 | 00:50:25 | 00:52:56 | +00:09:00 (17.9%) | 5:02 | 11.9 (82.1%) |
| 62 | BOKUNIEWICZ Dominik | 274 | | SUWAŁKI |  | M20 | 9 | M 60 | 00:00:07 | 00:24:57 | 00:37:43 | 00:50:59 | 00:51:07 | +00:09:34 (18.8%) | 5:05 | 11.8 (81.4%) |
| 63 | BAKUNIEWICZ Paweł | 393 | | BIAŁYSTOK |  | M30 | 24 | M 61 | 00:00:09 | 00:25:56 | 00:38:28 | 00:51:00 | 00:51:09 | +00:09:35 (18.8%) | 5:05 | 11.8 (81.4%) |
| 64 | ROMANEK Kamil | 243 | | BIAŁYSTOK |  | M30 | 25 | M 62 | 00:02:17 | 00:26:11 | 00:38:53 | 00:51:05 | 00:53:22 | +00:09:40 (18.9%) | 5:06 | 11.7 (80.7%) |
| 65 | PELCZAR Krzysztof | 403 | JEŹDZCY APOKALIPSY | BIAŁYSTOK |  | M40 | 18 | M 63 | 00:02:35 | 00:25:45 | 00:38:17 | 00:51:13 | 00:53:48 | +00:09:48 (19.1%) | 5:07 | 11.7 (80.7%) |
| 66 | DALLEMURA Maciek | 2 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | M20 | 10 | M 64 | 00:00:09 | 00:25:50 | 00:38:34 | 00:51:25 | 00:51:34 | +00:10:00 (19.5%) | 5:08 | 11.7 (80.7%) |
| 67 | GRZEŚ Kamil | 1 | BIAŁYSTOK BIEGA TEAM | KLEPACZE |  | M15 | 3 | M 65 | 00:00:09 | 00:25:50 | 00:38:38 | 00:51:25 | 00:51:34 | +00:10:00 (19.5%) | 5:08 | 11.7 (80.7%) |
| 68 | MIŃKO Piotr | 244 | | BIAŁYSTOK |  | M40 | 19 | M 66 | 00:00:10 | 00:26:00 | 00:38:52 | 00:51:29 | 00:51:39 | +00:10:04 (19.6%) | 5:08 | 11.7 (80.7%) |
| 69 | TWAROWSKI Dariusz | 17 | OSTRÓW BIEGA | OSTRÓW MAZOWIECKA |  | M40 | 20 | M 67 | 00:02:20 | 00:26:40 | 00:39:09 | 00:51:31 | 00:53:51 | +00:10:06 (19.6%) | 5:09 | 11.7 (80.7%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|----------------------------------|----------------------|---------------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 70 | BLOCH Ryszard | 404 | | NURZEC-STACJA |  | M40 | 21 | M 68 | 00:00:06 | 00:25:48 | 00:38:51 | 00:51:48 | 00:51:55 | +00:10:23 (20.1%) | 5:10 | 11.6 (80.0%) |
| 71 | CZUBASZEK Robert | 389 | | BIAŁYSTOK |  | M50 | 10 | M 69 | 00:02:19 | 00:26:30 | 00:39:13 | 00:51:50 | 00:54:10 | +00:10:25 (20.1%) | 5:10 | 11.6 (80.0%) |
| 72 | OZAN Marta | 89 | | BIAŁYSTOK |  | K20 | 1 | K 3 | 00:00:05 | 00:25:32 | 00:38:56 | 00:51:54 | 00:51:59 | +00:10:29 (20.2%) | 5:11 | 11.6 (80.0%) |
| 73 | KOPKO Aleksandra | 57 | | BIAŁYSTOK |  | K20 | 2 | K 4 | 00:00:10 | 00:25:57 | 00:38:52 | 00:51:55 | 00:52:05 | +00:10:30 (20.2%) | 5:11 | 11.6 (80.0%) |
| 74 | RADLMACHER Jakub | 345 | | BIAŁYSTOK |  | M50 | 11 | M 70 | 00:00:07 | 00:25:53 | 00:38:50 | 00:52:02 | 00:52:09 | +00:10:37 (20.4%) | 5:12 | 11.5 (79.3%) |
| 75 | NOSALIK Franciszek | 370 | ORTOSTOM AUGUSTÓW | AUGUSTÓW |  | M20 | 11 | M 71 | 00:02:18 | 00:26:07 | 00:38:22 | 00:52:03 | 00:54:22 | +00:10:38 (20.5%) | 5:12 | 11.5 (79.3%) |
| 76 | KRAJEWSKA - KORSAK Dorota | 315 | | ELK |  | K40 | 1 | K 5 | 00:00:06 | 00:26:03 | 00:38:56 | 00:52:04 | 00:52:10 | +00:10:38 (20.5%) | 5:12 | 11.5 (79.3%) |
| 77 | SAWKO Łukasz | 373 | | KLEOSIN |  | M30 | 26 | M 72 | 00:02:39 | 00:26:33 | 00:39:12 | 00:52:05 | 00:54:44 | +00:10:39 (20.5%) | 5:12 | 11.5 (79.3%) |
| 78 | CHRZEŚT Dawid | 346 | | BIAŁYSTOK |  | M20 | 12 | M 73 | 00:02:25 | 00:26:15 | 00:39:07 | 00:52:08 | 00:54:33 | +00:10:43 (20.6%) | 5:12 | 11.5 (79.3%) |
| 79 | PAWLIKOWSKI Adam | 366 | LIEDEL WINNICA | MIESZKI LEŚNIKI |  | M40 | 22 | M 74 | 00:00:10 | 00:26:24 | 00:39:29 | 00:52:35 | 00:52:45 | +00:11:09 (21.2%) | 5:15 | 11.4 (78.6%) |
| 80 | BRAŁKOWSKI Łukasz | 162 | | BIAŁYSTOK |  | M40 | 23 | M 75 | 00:00:10 | 00:25:58 | 00:38:55 | 00:52:44 | 00:52:54 | +00:11:18 (21.5%) | 5:16 | 11.4 (78.6%) |
| 81 | WNOROWSKI Karol | 171 | PALISANDER RUNNING TEAM | SOKOŁY |  | M30 | 27 | M 76 | 00:02:20 | 00:26:56 | 00:39:51 | 00:52:46 | 00:55:07 | +00:11:21 (21.5%) | 5:16 | 11.4 (78.6%) |
| 82 | KIETLIŃSKI Sebastian | 218 | 1PBOT | BIAŁYSTOK |  | M20 | 13 | M 77 | 00:00:08 | 00:25:58 | 00:38:59 | 00:52:50 | 00:52:58 | +00:11:24 (21.6%) | 5:16 | 11.4 (78.6%) |
| 83 | KOMAR Ivan | 381 | TEA.M RUN | BIAŁYSTOK | | M30 | 28 | M 78 | 00:04:50 | 00:29:05 | 00:41:20 | 00:53:11 | 00:58:02 | +00:11:46 (22.1%) | 5:19 | 11.3 (77.9%) |
| 84 | KRETOWICZ Leszek | 111 | | BIAŁYSTOK |  | M40 | 24 | M 79 | 00:00:09 | 00:26:49 | 00:40:05 | 00:53:21 | 00:53:30 | +00:11:56 (22.4%) | 5:20 | 11.3 (77.9%) |
| 85 | ZIMNOCH Paweł | 374 | | JUCHNOWIEC DOLNY |  | M30 | 29 | M 80 | 00:02:24 | 00:27:01 | 00:40:24 | 00:53:35 | 00:55:59 | +00:12:09 (22.7%) | 5:21 | 11.2 (77.2%) |
| 86 | JUSZKIEWICZ Karina | 200 | | BIAŁYSTOK |  | K30 | 3 | K 6 | 00:02:34 | 00:27:28 | 00:40:37 | 00:53:37 | 00:56:11 | +00:12:11 (22.8%) | 5:21 | 11.2 (77.2%) |
| 87 | KLIMCZUK Tomasz | 165 | | BIAŁYSTOK |  | M40 | 25 | M 81 | 00:02:26 | 00:27:49 | 00:40:47 | 00:53:41 | 00:56:07 | +00:12:16 (22.9%) | 5:22 | 11.2 (77.2%) |
| 88 | TWOREK-KUJAWSKI Paweł | 379 | | BIAŁYSTOK |  | M40 | 26 | M 82 | 00:02:31 | 00:27:18 | 00:40:30 | 00:53:41 | 00:56:12 | +00:12:16 (22.9%) | 5:22 | 11.2 (77.2%) |
| 89 | DĄBROWSKI Mateusz | 86 | AUTO IDEA TEAM | BIAŁYSTOK |  | M30 | 30 | M 83 | 00:02:18 | 00:26:31 | 00:39:52 | 00:53:43 | 00:56:01 | +00:12:18 (22.9%) | 5:22 | 11.2 (77.2%) |
| 90 | TOMASZEWSKI Adrian | 275 | ZABIEGANI ŁAPACZE ODDECHU | SOBOLEWO |  | M40 | 27 | M 84 | 00:02:17 | 00:26:47 | 00:40:21 | 00:53:47 | 00:56:05 | +00:12:22 (23.0%) | 5:22 | 11.2 (77.2%) |
| 91 | MAKULSKI Łukasz | 194 | SBC | CARACASS |  | M40 | 28 | M 85 | 00:02:23 | 00:27:32 | 00:40:42 | 00:53:49 | 00:56:12 | +00:12:24 (23.1%) | 5:22 | 11.2 (77.2%) |
| 92 | GLIŃSKI Paweł | 293 | 2 BZMOTLEG | GRAJEWO |  | M40 | 29 | M 86 | 00:02:30 | 00:26:57 | 00:40:22 | 00:53:55 | 00:56:26 | +00:12:30 (23.2%) | 5:23 | 11.1 (76.6%) |
| 93 | PIELECKI Marcin | 368 | KTW - KALINOWSKI TEAM | BIAŁYSTOK |  | M40 | 30 | M 87 | 00:02:24 | 00:28:21 | 00:41:29 | 00:54:15 | 00:56:39 | +00:12:50 (23.7%) | 5:25 | 11.1 (76.6%) |
| 94 | KUBERSKI Marcei | 390 | HOLIDAY BOYS | BIAŁYSTOK |  | M20 | 14 | M 88 | 00:02:30 | 00:28:05 | 00:41:22 | 00:54:23 | 00:56:54 | +00:12:58 (23.9%) | 5:26 | 11 (75.9%) |
| 95 | KALIADA Aliaksei | 31 | TEA.M RUN | BIAŁYSTOK |  | M30 | 31 | M 89 | 00:02:25 | 00:27:37 | 00:41:12 | 00:54:54 | 00:57:19 | +00:13:28 (24.6%) | 5:29 | 10.9 (75.2%) |
| 96 | KŁOCZKO Damian | 348 | | DOBRYNIEWO DUŻE |  | M20 | 15 | M 90 | 00:00:02 | 00:27:15 | 00:41:05 | 00:54:58 | 00:55:00 | +00:13:32 (24.7%) | 5:29 | 10.9 (75.2%) |
| 97 | ŁAPUĆ Daniel | 330 | | BIAŁYSTOK |  | M30 | 32 | M 91 | 00:00:06 | 00:27:10 | 00:41:02 | 00:55:04 | 00:55:11 | +00:13:39 (24.8%) | 5:30 | 10.9 (75.2%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|-----------------------|----------------------|----------------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 98 | KOROLCZUK Maciej | 414 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | M30 | 33 | M 92 | 00:02:32 | 00:27:46 | 00:41:17 | 00:55:06 | 00:57:38 | +00:13:40 (24.8%) | 5:30 | 10.9 (75.2%) |
| 99 | SIAHODNIK Aleh | 338 | RUN4FUN.BY | GRODNO |  | M40 | 31 | M 93 | 00:02:18 | 00:27:20 | 00:41:06 | 00:55:06 | 00:57:24 | +00:13:41 (24.8%) | 5:30 | 10.9 (75.2%) |
| 100 | STASZEWSKI Adam | 174 | | BIAŁYSTOK |  | M30 | 34 | M 94 | 00:00:04 | 00:27:18 | 00:41:10 | 00:55:12 | 00:55:16 | +00:13:46 (25.0%) | 5:31 | 10.9 (75.2%) |
| 101 | GRABOWICZ Mirosław | 176 | SOKÓLSKA GRUPA BIEGOWA | SOKÓŁKA |  | M60 | 1 | M 95 | 00:00:05 | 00:27:17 | 00:41:14 | 00:55:14 | 00:55:20 | +00:13:49 (25.0%) | 5:31 | 10.9 (75.2%) |
| 102 | KORYCKI Tomasz | 3 | | BIAŁYSTOK |  | M40 | 32 | M 96 | 00:00:05 | 00:26:39 | 00:40:47 | 00:55:16 | 00:55:22 | +00:13:51 (25.1%) | 5:31 | 10.9 (75.2%) |
| 103 | ŁUGOWSKI Krzysztof | 384 | | BIAŁYSTOK |  | M30 | 35 | M 97 | 00:02:25 | 00:27:09 | 00:41:16 | 00:55:17 | 00:57:43 | +00:13:52 (25.1%) | 5:31 | 10.9 (75.2%) |
| 104 | BZURA Przemysław | 353 | 18 PR | BIAŁYSTOK |  | M30 | 36 | M 98 | 00:02:22 | 00:28:01 | 00:41:48 | 00:55:17 | 00:57:40 | +00:13:52 (25.1%) | 5:31 | 10.9 (75.2%) |
| 105 | SZUMOWSKI Andrzej | 142 | BIAŁOSTOCKA SEKTA BIEGACZY | WASILKÓW |  | M50 | 12 | M 99 | 00:02:28 | 00:27:37 | 00:41:26 | 00:55:18 | 00:57:46 | +00:13:53 (25.1%) | 5:31 | 10.9 (75.2%) |
| 106 | SOSNOWSKA Diana | 21 | DO OSTATNIEGO KILOMETRA | KLEOSIN |  | K30 | 4 | K 7 | 00:02:33 | 00:27:54 | 00:41:34 | 00:55:19 | 00:57:52 | +00:13:53 (25.1%) | 5:31 | 10.8 (74.5%) |
| 107 | KRUKOWSKI Andrzej | 205 | | JUROWCE |  | M50 | 13 | M 100 | 00:02:16 | 00:27:32 | 00:41:17 | 00:55:24 | 00:57:41 | +00:13:59 (25.3%) | 5:32 | 10.8 (74.5%) |
| 108 | DADURA Adam | 250 | | BIAŁYSTOK |  | M40 | 33 | M 101 | 00:02:26 | 00:28:33 | 00:41:54 | 00:55:29 | 00:57:56 | +00:14:04 (25.4%) | 5:32 | 10.8 (74.5%) |
| 109 | KOMOSA Michał | 14 | | SOLNICZKI |  | M30 | 37 | M 102 | 00:02:30 | 00:29:14 | 00:42:43 | 00:55:32 | 00:58:03 | +00:14:07 (25.4%) | 5:33 | 10.8 (74.5%) |
| 110 | HARASIM Kamil | 290 | AIKIRUNERS | BIAŁYSTOK |  | M30 | 38 | M 103 | 00:02:16 | 00:27:58 | 00:41:41 | 00:55:34 | 00:57:51 | +00:14:09 (25.5%) | 5:33 | 10.8 (74.5%) |
| 111 | FERREIRA Goncalo | 396 | | BIALYSTOK |  | M40 | 34 | M 104 | 00:02:36 | 00:28:36 | 00:42:08 | 00:55:37 | 00:58:13 | +00:14:11 (25.5%) | 5:33 | 10.8 (74.5%) |
| 112 | KAVALCHUK Alena | 23 | TEA.M RUN | BIALYSTOK | | K30 | 5 | K 8 | 00:02:25 | 00:27:52 | 00:41:36 | 00:55:40 | 00:58:05 | +00:14:15 (25.6%) | 5:33 | 10.8 (74.5%) |
| 113 | STEFANIUK Krzysztof | 407 | | CZARNA BIAŁYSTOK |  | M30 | 39 | M 105 | 00:02:24 | 00:27:58 | 00:41:41 | 00:55:40 | 00:58:05 | +00:14:15 (25.6%) | 5:33 | 10.8 (74.5%) |
| 114 | ALEKSIEJEW Michał | 337 | | WARSZAWA |  | M30 | 40 | M 106 | 00:02:36 | 00:29:11 | 00:42:40 | 00:55:44 | 00:58:20 | +00:14:18 (25.7%) | 5:34 | 10.8 (74.5%) |
| 115 | BURZYŃSKI Marcin | 354 | 18PR | BIAŁYSTOK |  | M40 | 35 | M 107 | 00:02:22 | 00:28:01 | 00:41:51 | 00:55:56 | 00:58:19 | +00:14:31 (26.0%) | 5:35 | 10.7 (73.8%) |
| 116 | BARANOWSKI Paweł | 273 | | NIEDŹWIEDZKIE |  | M30 | 41 | M 108 | 00:02:18 | 00:27:18 | 00:41:21 | 00:56:09 | 00:58:27 | +00:14:43 (26.2%) | 5:36 | 10.7 (73.8%) |
| 117 | BILMIN Piotr | 197 | XI LO BIALYSTOK | BIAŁYSTOK |  | M50 | 14 | M 109 | 00:02:36 | 00:28:45 | 00:42:32 | 00:56:10 | 00:58:47 | +00:14:45 (26.3%) | 5:37 | 10.7 (73.8%) |
| 118 | RADZIWONOWSKI Bartosz | 255 | 1 PBOT | BIAŁYSTOK |  | M50 | 15 | M 110 | 00:02:16 | 00:28:47 | 00:42:34 | 00:56:28 | 00:58:44 | +00:15:02 (26.7%) | 5:38 | 10.6 (73.1%) |
| 119 | PRUS Marek | 140 | | NOWODWORCE |  | M50 | 16 | M 111 | 00:02:27 | 00:28:59 | 00:42:53 | 00:56:34 | 00:59:02 | +00:15:09 (26.8%) | 5:39 | 10.6 (73.1%) |
| 120 | KUCZYŃSKI Piotr | 401 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | M50 | 17 | M 112 | 00:02:23 | 00:30:00 | 00:43:24 | 00:56:35 | 00:58:59 | +00:15:10 (26.8%) | 5:39 | 10.6 (73.1%) |
| 121 | MURAWSKI Grzegorz | 376 | | BIAŁYSTOK |  | M40 | 36 | M 113 | 00:02:18 | 00:27:33 | 00:41:38 | 00:56:36 | 00:58:54 | +00:15:10 (26.8%) | 5:39 | 10.6 (73.1%) |
| 122 | BOGUSZEWSKI Mateusz | 45 | DRTUSZ BIEGA | BIAŁYSTOK |  | M20 | 16 | M 114 | 00:02:38 | 00:29:25 | 00:43:11 | 00:56:39 | 00:59:17 | +00:15:14 (26.9%) | 5:39 | 10.6 (73.1%) |
| 123 | KALINOWSKI Patrycjusz | 317 | | BIAŁYSTOK |  | M40 | 37 | M 115 | 00:02:21 | 00:28:47 | 00:43:10 | 00:56:42 | 00:59:04 | +00:15:16 (27.0%) | 5:40 | 10.6 (73.1%) |
| 124 | PILIC Marcin | 350 | ER TEAM | BIAŁYSTOK |  | M30 | 42 | M 116 | 00:02:21 | 00:28:11 | 00:42:22 | 00:56:43 | 00:59:05 | +00:15:18 (27.0%) | 5:40 | 10.6 (73.1%) |
| 125 | ZAJKOWSKI Robert | 297 | WINLAND | SOBOLEWO |  | M40 | 38 | M 117 | 00:02:20 | 00:28:35 | 00:42:45 | 00:56:46 | 00:59:06 | +00:15:20 (27.0%) | 5:40 | 10.6 (73.1%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|----------------------|----------------------|----------------------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 126 | ANDRAKA Łukasz | 215 | | BIAŁYSTOK |  | M40 | 39 | M 118 | 00:02:20 | 00:28:43 | 00:42:52 | 00:56:48 | 00:59:08 | +00:15:23 (27.1%) | 5:40 | 10.6 (73.1%) |
| 127 | KUCZYŃSKI Rafał | 36 | | MIECZE |  | M40 | 40 | M 119 | 00:02:21 | 00:28:15 | 00:42:42 | 00:56:58 | 00:59:19 | +00:15:33 (27.3%) | 5:41 | 10.5 (72.4%) |
| 128 | PUCIŁOWSKI Mirosław | 394 | NADAKTYWNI | BIAŁYSTOK |  | M60 | 2 | M 120 | 00:02:19 | 00:28:03 | 00:42:22 | 00:57:09 | 00:59:28 | +00:15:44 (27.5%) | 5:42 | 10.5 (72.4%) |
| 129 | CHOIŃSKI Bogusław | 167 | | BIAŁYSTOK |  | M50 | 18 | M 121 | 00:02:55 | 00:29:29 | 00:43:15 | 00:57:13 | 01:00:09 | +00:15:48 (27.6%) | 5:43 | 10.5 (72.4%) |
| 130 | ŁUGOWSKI Kamil | 35 | | ZAMBRÓW |  | M40 | 41 | M 122 | 00:02:16 | 00:28:39 | 00:42:54 | 00:57:15 | 00:59:32 | +00:15:50 (27.7%) | 5:43 | 10.5 (72.4%) |
| 131 | SOCHOŃ Zbigniew | 212 | | ŻARY |  | M50 | 19 | M 123 | 00:00:07 | 00:27:45 | 00:42:09 | 00:57:20 | 00:57:28 | +00:15:55 (27.8%) | 5:43 | 10.5 (72.4%) |
| 132 | WIŃSKI Adam | 206 | KALINOWSKI TEAM | BIAŁYSTOK |  | M40 | 42 | M 124 | 00:02:24 | 00:29:03 | 00:43:19 | 00:57:27 | 00:59:52 | +00:16:02 (27.9%) | 5:44 | 10.4 (71.7%) |
| 133 | TOPOLEWICZ Artur | 234 | ROSTI RUNNING TEAM | BIAŁYSTOK |  | M50 | 20 | M 125 | 00:02:18 | 00:29:22 | 00:43:27 | 00:57:30 | 00:59:48 | +00:16:05 (28.0%) | 5:44 | 10.4 (71.7%) |
| 134 | GAWKOWSKI Artur | 79 | OSTRÓW BIEGA | OSTRÓW MAZOWIECKA |  | M30 | 43 | M 126 | 00:02:32 | 00:30:01 | 00:44:04 | 00:57:34 | 01:00:06 | +00:16:08 (28.1%) | 5:45 | 10.4 (71.7%) |
| 135 | WARACKI Kamil | 73 | | OSTRÓW MAZOWIECKA |  | M30 | 44 | M 127 | 00:02:31 | 00:30:02 | 00:44:06 | 00:57:34 | 01:00:06 | +00:16:09 (28.1%) | 5:45 | 10.4 (71.7%) |
| 136 | TOREBKO Andrzej | 116 | | BIAŁYSTOK |  | M50 | 21 | M 128 | 00:04:49 | 00:29:29 | 00:43:46 | 00:57:39 | 01:02:28 | +00:16:14 (28.2%) | 5:45 | 10.4 (71.7%) |
| 137 | KLOC Dawid | 299 | | BIAŁYSTOK |  | M30 | 45 | M 129 | 00:02:40 | 00:27:53 | 00:42:17 | 00:57:50 | 01:00:31 | +00:16:25 (28.4%) | 5:46 | 10.4 (71.7%) |
| 138 | MAKAREWICZ Paweł | 4 | | FOLWARKI MAŁE |  | M30 | 46 | M 130 | 00:02:18 | 00:28:21 | 00:42:45 | 00:57:53 | 01:00:12 | +00:16:28 (28.5%) | 5:47 | 10.4 (71.7%) |
| 139 | MIĘKUS Sebastian | 412 | GABIADIDOMI | BIAŁYSTOK |  | M40 | 43 | M 131 | 00:02:27 | 00:29:00 | 00:43:13 | 00:57:55 | 01:00:23 | +00:16:30 (28.5%) | 5:47 | 10.4 (71.7%) |
| 140 | SKORUPSKA Ewa | 203 | BIAŁOSTOCKA SEKTA BIEGACZY | KLEOSIN |  | K30 | 6 | K 9 | 00:02:20 | 00:29:10 | 00:43:34 | 00:57:56 | 01:00:17 | +00:16:31 (28.5%) | 5:47 | 10.4 (71.7%) |
| 141 | BORZECHOWSKI Maciej | 213 | | BIAŁYSTOK |  | M30 | 47 | M 132 | 00:02:16 | 00:28:36 | 00:43:19 | 00:58:02 | 01:00:18 | +00:16:37 (28.6%) | 5:48 | 10.3 (71.0%) |
| 142 | BRZOZOWSKI Leszek | 96 | | BIAŁYSTOK |  | M40 | 44 | M 133 | 00:02:24 | 00:29:18 | 00:43:31 | 00:58:06 | 01:00:31 | +00:16:41 (28.7%) | 5:48 | 10.3 (71.0%) |
| 143 | KOWALSKA Katarzyna | 47 | | WARSZAWA |  | K40 | 2 | K 10 | 00:02:27 | 00:28:54 | 00:43:21 | 00:58:07 | 01:00:34 | +00:16:42 (28.7%) | 5:48 | 10.3 (71.0%) |
| 144 | MALINOWSKYJ Mykoła | 386 | WITKOWSKI&WINIARSKI RUNNING TEAM | BUDY CIEPIELIŃSKIE |  | M40 | 45 | M 134 | 00:02:24 | 00:30:09 | 00:44:30 | 00:58:31 | 01:00:56 | +00:17:06 (29.2%) | 5:51 | 10.3 (71.0%) |
| 145 | DOROSZKIEWICZ Jakub | 356 | | BIAŁYSTOK |  | M20 | 17 | M 135 | 00:02:25 | 00:30:06 | 00:44:41 | 00:58:40 | 01:01:06 | +00:17:15 (29.4%) | 5:51 | 10.2 (70.3%) |
| 146 | POPŁAWSKI Wojciech | 163 | | BIAŁYSTOK |  | M40 | 46 | M 136 | 00:02:35 | 00:29:45 | 00:44:23 | 00:58:50 | 01:01:26 | +00:17:25 (29.6%) | 5:52 | 10.2 (70.3%) |
| 147 | DAWIDEJT Maria | 132 | AGR PODLASIE | AUGUSTÓW |  | K15 | 1 | K 11 | 00:02:19 | 00:29:01 | 00:44:01 | 00:58:57 | 01:01:17 | +00:17:32 (29.8%) | 5:53 | 10.2 (70.3%) |
| 148 | DAWIDEJT Paweł | 131 | AGR PODLASIE | AUGUSTÓW |  | M40 | 47 | M 137 | 00:02:19 | 00:29:01 | 00:43:59 | 00:58:58 | 01:01:17 | +00:17:33 (29.8%) | 5:53 | 10.2 (70.3%) |
| 149 | RADZICKI Patryk | 43 | @INFORMATYK_BIEGA | NURZEC STACJA |  | M40 | 48 | M 138 | 00:02:34 | 00:30:09 | 00:44:17 | 00:58:59 | 01:01:33 | +00:17:34 (29.8%) | 5:53 | 10.2 (70.3%) |
| 150 | PTASZYŃSKI Wojciech | 287 | | BIAŁYSTOK |  | M30 | 48 | M 139 | 00:02:23 | 00:28:46 | 00:43:12 | 00:59:02 | 01:01:25 | +00:17:37 (29.9%) | 5:54 | 10.2 (70.3%) |
| 151 | BARANOWSKI Adam | 148 | NADAKTYWNI | BIAŁYSTOK |  | M40 | 49 | M 140 | 00:02:22 | 00:30:14 | 00:45:06 | 00:59:02 | 01:01:24 | +00:17:37 (29.9%) | 5:54 | 10.2 (70.3%) |
| 152 | MANIAS Tomasz | 383 | CROSSFIT JUST RAW | BIAŁYSTOK |  | M30 | 49 | M 141 | 00:02:28 | 00:29:26 | 00:44:24 | 00:59:03 | 01:01:31 | +00:17:37 (29.9%) | 5:54 | 10.2 (70.3%) |
| 153 | WIĘSŁAW Tomasz | 266 | | BIAŁYSTOK |  | M30 | 50 | M 142 | 00:02:29 | 00:29:26 | 00:43:59 | 00:59:05 | 01:01:35 | +00:17:39 (29.9%) | 5:54 | 10.2 (70.3%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|------------------------------|----------------------|----------------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 154 | JAŁOSZEWSKI Mateusz | 395 | | KUŹNICA |  | M30 | 51 | M 143 | 00:02:19 | 00:29:17 | 00:44:01 | 00:59:07 | 01:01:27 | +00:17:42 (30.0%) | 5:54 | 10.2 (70.3%) |
| 155 | KRASOWSKI Bartosz | 217 | | BIAŁYSTOK |  | M30 | 52 | M 144 | 00:02:26 | 00:29:39 | 00:44:26 | 00:59:09 | 01:01:36 | +00:17:44 (30.0%) | 5:54 | 10.1 (69.7%) |
| 156 | SZYDŁOWSKI Grzegorz | 392 | | RUMEJKI |  | M20 | 18 | M 145 | 00:02:29 | 00:30:10 | 00:44:45 | 00:59:09 | 01:01:39 | +00:17:44 (30.0%) | 5:54 | 10.1 (69.7%) |
| 157 | OSTASZEWSKI Marcin | 115 | | ZAŚCIANKI |  | M40 | 50 | M 146 | 00:02:23 | 00:30:06 | 00:44:34 | 00:59:11 | 01:01:34 | +00:17:45 (30.0%) | 5:55 | 10.1 (69.7%) |
| 158 | PTASZYŃSKI Wojciech | 288 | | TUROŚŃ KOŚCIELNA |  | M50 | 22 | M 147 | 00:02:23 | 00:29:32 | 00:44:06 | 00:59:13 | 01:01:37 | +00:17:48 (30.1%) | 5:55 | 10.1 (69.7%) |
| 159 | BŁASZKOWSKA Agnieszka | 226 | | PISZ |  | K40 | 3 | K 12 | 00:02:25 | 00:29:36 | 00:44:11 | 00:59:15 | 01:01:41 | +00:17:50 (30.1%) | 5:55 | 10.1 (69.7%) |
| 160 | ZAWISTOWSKI Konrad | 286 | | CZARNA BIAŁOSTOCKA |  | M30 | 53 | M 148 | 00:02:29 | 00:29:50 | 00:44:49 | 00:59:16 | 01:01:46 | +00:17:51 (30.1%) | 5:55 | 10.1 (69.7%) |
| 161 | MOROZ Adam | 378 | | BIAŁYSTOK |  | M40 | 51 | M 149 | 00:02:31 | 00:30:01 | 00:44:41 | 00:59:26 | 01:01:58 | +00:18:01 (30.3%) | 5:56 | 10.1 (69.7%) |
| 162 | KRAKOWSKI Darek | 151 | | BIAŁYSTOK |  | M50 | 23 | M 150 | 00:02:26 | 00:29:35 | 00:44:18 | 00:59:29 | 01:01:56 | +00:18:04 (30.4%) | 5:56 | 10.1 (69.7%) |
| 163 | ŻARNOCH Leszek | 122 | | BIAŁYSTOK |  | M50 | 24 | M 151 | 00:02:21 | 00:29:04 | 00:44:06 | 00:59:32 | 01:01:53 | +00:18:07 (30.4%) | 5:57 | 10.1 (69.7%) |
| 164 | MURASZKIEWICZ Bartosz | 153 | | BIAŁYSTOK |  | M30 | 54 | M 152 | 00:02:30 | 00:30:15 | 00:44:48 | 00:59:47 | 01:02:17 | +00:18:22 (30.7%) | 5:58 | 10 (69.0%) |
| 165 | DEJA Piotr | 219 | | BIAŁYSTOK |  | M40 | 52 | M 153 | 00:05:00 | 00:32:23 | 00:46:31 | 00:59:49 | 01:04:50 | +00:18:24 (30.8%) | 5:58 | 10 (69.0%) |
| 166 | WASILEWSKI Grzegorz | 335 | | BIAŁYSTOK |  | M30 | 55 | M 154 | 00:04:57 | 00:29:30 | 00:44:10 | 00:59:50 | 01:04:47 | +00:18:25 (30.8%) | 5:58 | 10 (69.0%) |
| 167 | TKACZUK Eugeniusz | 155 | | BIELSK PODLASKI |  | M60 | 3 | M 155 | 00:02:29 | 00:30:38 | 00:45:05 | 00:59:51 | 01:02:20 | +00:18:26 (30.8%) | 5:59 | 10 (69.0%) |
| 168 | MAKSYMOWICZ Grzegorz | 195 | | BIAŁYSTOK |  | M50 | 25 | M 156 | 00:02:37 | 00:31:15 | 00:45:57 | 00:59:51 | 01:02:29 | +00:18:26 (30.8%) | 5:59 | 10 (69.0%) |
| 169 | WASILEWSKI Jarosław | 64 | | LISOWO |  | M50 | 26 | M 157 | 00:02:35 | 00:31:13 | 00:45:52 | 00:59:52 | 01:02:27 | +00:18:26 (30.8%) | 5:59 | 10 (69.0%) |
| 170 | GRĄDZKA Katarzyna | 270 | | KONOWAŁY |  | K30 | 7 | K 13 | 00:04:53 | 00:29:50 | 00:44:51 | 00:59:54 | 01:04:48 | +00:18:29 (30.9%) | 5:59 | 10 (69.0%) |
| 171 | CZAPLEJEWICZ Juliusz | 188 | | BIAŁYSTOK |  | M40 | 53 | M 158 | 00:05:01 | 00:30:18 | 00:44:47 | 00:59:57 | 01:04:59 | +00:18:32 (30.9%) | 5:59 | 10 (69.0%) |
| 172 | PLICHTA Jakub | 413 | BIAŁYSTOK BIEGA | BIAŁYSTOK |  | M20 | 19 | M 159 | 00:02:20 | 00:30:06 | 00:45:17 | 01:00:06 | 01:02:27 | +00:18:41 (31.1%) | 6:00 | 10 (69.0%) |
| 173 | ZAWADZKI Michał | 77 | | BIAŁYSTOK |  | M30 | 56 | M 160 | 00:02:35 | 00:30:34 | 00:45:30 | 01:00:14 | 01:02:50 | +00:18:49 (31.3%) | 6:01 | 10 (69.0%) |
| 174 | ŁAPIŃSKI Jan | 185 | | BIAŁYSTOK |  | M20 | 20 | M 161 | 00:04:52 | 00:30:59 | 00:45:36 | 01:00:25 | 01:05:17 | +00:19:00 (31.5%) | 6:02 | 9.9 (68.3%) |
| 175 | ANDROSIUK Monika | 306 | 1PBOT | ZAMBRÓW |  | K40 | 4 | K 14 | 00:04:49 | 00:31:22 | 00:46:11 | 01:00:34 | 01:05:23 | +00:19:08 (31.6%) | 6:03 | 9.9 (68.3%) |
| 176 | LEBIEDZIŃSKI Marcin | 347 | 1PBOT | SUPRAŚL |  | M40 | 54 | M 162 | 00:04:48 | 00:31:21 | 00:46:12 | 01:00:35 | 01:05:24 | +00:19:10 (31.7%) | 6:03 | 9.9 (68.3%) |
| 177 | KRYŃSKI Paweł | 232 | | WASILKÓW |  | M30 | 57 | M 163 | 00:02:28 | 00:31:40 | 00:46:15 | 01:00:36 | 01:03:04 | +00:19:10 (31.7%) | 6:03 | 9.9 (68.3%) |
| 178 | KARNY Agata | 229 | | BIAŁYSTOK |  | K20 | 3 | K 15 | 00:02:38 | 00:31:21 | 00:46:01 | 01:00:37 | 01:03:15 | +00:19:12 (31.7%) | 6:03 | 9.9 (68.3%) |
| 179 | JAŁOSZEWSKA Magdalena | 410 | | WARSZAWA |  | K30 | 8 | K 16 | 00:02:18 | 00:30:08 | 00:45:21 | 01:00:38 | 01:02:56 | +00:19:12 (31.7%) | 6:03 | 9.9 (68.3%) |
| 180 | SZUTKIEWICZ Marta | 29 | BIAŁOSTOCKA SEKTA BIEGACZY | BIAŁYSTOK |  | K30 | 9 | K 17 | 00:05:06 | 00:31:16 | 00:46:22 | 01:00:38 | 01:05:45 | +00:19:13 (31.7%) | 6:03 | 9.9 (68.3%) |
| 181 | SOPATA-FLOREK Monika | 78 | | BIAŁYSTOK |  | K30 | 10 | K 18 | 00:02:17 | 00:29:52 | 00:45:00 | 01:00:40 | 01:02:57 | +00:19:14 (31.7%) | 6:03 | 9.9 (68.3%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|--|-------------------|---|-----------|------|-------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| | | | | | | | | | | | | | | | | |
| 182 | MINKIEWICZ Bartłomiej | 230 | | BIAŁYSTOK |  | M20 | 21 | M 164 | 00:02:17 | 00:29:48 | 00:45:33 | 01:00:54 | 01:03:11 | +00:19:28 (32.0%) | 6:05 | 9.9 (68.3%) |
| 183 | KULIKOWSKI Marek | 161 | | IGNATKI |  | M50 | 27 | M 165 | 00:02:29 | 00:31:22 | 00:46:11 | 01:00:54 | 01:03:24 | +00:19:29 (32.0%) | 6:05 | 9.9 (68.3%) |
| 184 | SOBOLEWSKI Adam | 369 | | IGNATKI OSIEDLE |  | M40 | 55 | M 166 | 00:02:25 | 00:29:50 | 00:45:17 | 01:00:55 | 01:03:20 | +00:19:29 (32.0%) | 6:05 | 9.9 (68.3%) |
| 185 | PĘSKI Rafał | 58 | PLUM RUNNING TEAM | BIAŁYSTOK |  | M30 | 58 | M 167 | 00:02:28 | 00:30:31 | 00:45:43 | 01:00:58 | 01:03:27 | +00:19:33 (32.1%) | 6:05 | 9.8 (67.6%) |
| 186 | SEKŚCIŃSKI Michał | 304 | LANTECHNIKA | BIAŁYSTOK |  | M30 | 59 | M 168 | 00:02:36 | 00:30:26 | 00:45:42 | 01:00:59 | 01:03:35 | +00:19:33 (32.1%) | 6:05 | 9.8 (67.6%) |
| 187 | PLICHTA Dariusz | 405 | | FASTY |  | M30 | 60 | M 169 | 00:02:21 | 00:30:07 | 00:45:17 | 01:01:00 | 01:03:21 | +00:19:35 (32.1%) | 6:05 | 9.8 (67.6%) |
| 188 | RUSIECKI Andrzej | 28 | WOLNO ALE DOKŁADNIE | BIAŁYSTOK |  | M50 | 28 | M 170 | 00:04:56 | 00:31:43 | 00:46:32 | 01:01:01 | 01:05:57 | +00:19:35 (32.1%) | 6:06 | 9.8 (67.6%) |
| 189 | MIĘKISZ Marcin | 382 | GIRO DEVELOPMENT MILSPORT TEAM | BIAŁYSTOK |  | M50 | 29 | M 171 | 00:02:27 | 00:31:40 | 00:46:17 | 01:01:04 | 01:03:32 | +00:19:39 (32.2%) | 6:06 | 9.8 (67.6%) |
| 190 | PLISZKA Piotr | 59 | 1PBOT | BIAŁYSTOK |  | M20 | 22 | M 172 | 00:04:48 | 00:31:22 | 00:46:13 | 01:01:04 | 01:05:53 | +00:19:39 (32.2%) | 6:06 | 9.8 (67.6%) |
| 191 | PUZIUK Michał | 158 | | BIAŁYSTOK |  | M30 | 61 | M 173 | 00:00:05 | 00:28:53 | 00:44:22 | 01:01:05 | 01:01:10 | +00:19:39 (32.2%) | 6:06 | 9.8 (67.6%) |
| 192 | CZEMIEL-MIĘKISZ Marta | 341 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | K40 | 5 | K 19 | 00:02:27 | 00:31:43 | 00:46:22 | 01:01:05 | 01:03:32 | +00:19:40 (32.2%) | 6:06 | 9.8 (67.6%) |
| 193 | ROMEJKO Piotr | 145 | 22 WOK | KOMOROWO |  | M40 | 56 | M 174 | 00:02:32 | 00:31:22 | 00:46:17 | 01:01:07 | 01:03:39 | +00:19:41 (32.2%) | 6:06 | 9.8 (67.6%) |
| 194 | CHARUBIN Mariusz | 114 | ZWIĄZEK ŻOŁNIERZY NARODOWYCH SIŁ ZBROJNYCH | PISZ |  | M40 | 57 | M 175 | 00:00:06 | 00:30:26 | 00:45:32 | 01:01:07 | 01:01:13 | +00:19:42 (32.2%) | 6:06 | 9.8 (67.6%) |
| 195 | HAKAŁO Adrianna | 106 | NEVER_TOO_LATE | BIAŁYSTOK |  | K30 | 11 | K 20 | 00:02:32 | 00:31:39 | 00:46:30 | 01:01:07 | 01:03:40 | +00:19:42 (32.3%) | 6:06 | 9.8 (67.6%) |
| 196 | DWILIŃSKA Magdalena | 289 | BIAŁYSTOK BIEGA TEAM | NOWODWORCE |  | K30 | 12 | K 21 | 00:02:32 | 00:31:03 | 00:46:01 | 01:01:09 | 01:03:41 | +00:19:44 (32.3%) | 6:06 | 9.8 (67.6%) |
| 197 | LEŚNIEWSKA Ola | 83 | FUTRALIS | POROSŁY |  | K40 | 6 | K 22 | 00:02:30 | 00:31:00 | 00:46:08 | 01:01:17 | 01:03:48 | +00:19:52 (32.4%) | 6:07 | 9.8 (67.6%) |
| 198 | LEŚNIEWSKI Daniel | 82 | FUTRALIS | POROSŁY |  | M40 | 58 | M 176 | 00:02:30 | 00:30:58 | 00:46:08 | 01:01:25 | 01:03:55 | +00:20:00 (32.6%) | 6:08 | 9.8 (67.6%) |
| 199 | WARSZYCKI Paweł | 189 | | SIEMIATYCZE |  | M40 | 59 | M 177 | 00:02:35 | 00:30:31 | 00:45:38 | 01:01:30 | 01:04:05 | +00:20:05 (32.7%) | 6:08 | 9.8 (67.6%) |
| 200 | SIŁKOWSKA Małgorzata | 339 | | BIAŁYSTOK |  | K30 | 13 | K 23 | 00:02:24 | 00:30:47 | 00:46:18 | 01:01:45 | 01:04:10 | +00:20:20 (32.9%) | 6:10 | 9.7 (66.9%) |
| 201 | KAMIŃSKI Cezary | 291 | | BIAŁYSTOK |  | M50 | 30 | M 178 | 00:02:21 | 00:29:49 | 00:45:26 | 01:01:56 | 01:04:17 | +00:20:31 (33.1%) | 6:11 | 9.7 (66.9%) |
| 202 | CHILKIEWICZ Piotr | 300 | ULTRA NIE -BIEGACZE BIELSK PODLASKI | BIELSK PODLADKI |  | M40 | 60 | M 179 | 00:02:33 | 00:29:12 | 00:44:49 | 01:02:00 | 01:04:34 | +00:20:35 (33.2%) | 6:11 | 9.7 (66.9%) |
| 203 | ZALEWSKA Magdalena | 406 | OSTRÓW BIEGA | OSTRÓW MAZOWIECKA |  | K40 | 7 | K 24 | 00:02:32 | 00:31:20 | 00:46:23 | 01:02:02 | 01:04:34 | +00:20:37 (33.3%) | 6:12 | 9.7 (66.9%) |
| 204 | TWAROWSKA Monika | 18 | OSTRÓW BIEGA | OSTRÓW MAZOWIECKA |  | K30 | 14 | K 25 | 00:02:31 | 00:31:21 | 00:46:21 | 01:02:03 | 01:04:34 | +00:20:38 (33.3%) | 6:12 | 9.7 (66.9%) |
| 205 | KOPCZEWSKI Tadeusz | 231 | | BIAŁYSTOK |  | M50 | 31 | M 180 | 00:02:27 | 00:31:42 | 00:46:23 | 01:02:04 | 01:04:31 | +00:20:39 (33.3%) | 6:12 | 9.7 (66.9%) |
| 206 | KURZYNA Tomasz | 322 | | BIAŁYSTOK |  | M50 | 32 | M 181 | 00:02:24 | 00:30:45 | 00:46:04 | 01:02:13 | 01:04:37 | +00:20:48 (33.4%) | 6:13 | 9.6 (66.2%) |
| 207 | MATYS Marek | 137 | | BIAŁYSTOK |  | M50 | 33 | M 182 | 00:02:35 | 00:31:59 | 00:46:56 | 01:02:14 | 01:04:50 | +00:20:49 (33.5%) | 6:13 | 9.6 (66.2%) |
| 208 | ZALEWSKI Leszek | 359 | | CIASNE |  | M30 | 62 | M 183 | 00:04:59 | 00:32:24 | 00:47:23 | 01:02:15 | 01:07:14 | +00:20:50 (33.5%) | 6:13 | 9.6 (66.2%) |
| 209 | KOCHANOWSKA Katarzyna | 343 | BIAŁYSTOK BIEGA TEAM | BIALYSTOK |  | K40 | 8 | K 26 | 00:02:23 | 00:31:22 | 00:46:34 | 01:02:20 | 01:04:43 | +00:20:54 (33.6%) | 6:13 | 9.6 (66.2%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|---------------------------|----------------------|--------------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 210 | ZIELIŃSKI Paweł | 351 | KNOCKOUT GANG | SIŁA | | M40 | 61 | M 184 | 00:02:22 | 00:30:19 | 00:46:00 | 01:02:21 | 01:04:43 | +00:20:56 (33.6%) | 6:14 | 9.6 (66.2%) |
| 211 | SZESZKO Paweł | 22 | | BIAŁYSTOK | | M30 | 63 | M 185 | 00:02:33 | 00:30:24 | 00:45:53 | 01:02:26 | 01:04:59 | +00:21:00 (33.7%) | 6:14 | 9.6 (66.2%) |
| 212 | OWŁASIUK Michał | 7 | | BIAŁYSTOK | | M30 | 64 | M 186 | 00:04:50 | 00:31:22 | 00:46:58 | 01:02:44 | 01:07:35 | +00:21:19 (34.0%) | 6:16 | 9.6 (66.2%) |
| 213 | ZACZKIEWICZ Wiktoria | 62 | | BIAŁYSTOK | | K20 | 4 | K 27 | 00:02:31 | 00:31:03 | 00:47:29 | 01:02:46 | 01:05:17 | +00:21:20 (34.0%) | 6:16 | 9.6 (66.2%) |
| 214 | MOGILEWSKI Marek | 184 | | ZAŚCIANKI | | M40 | 62 | M 187 | 00:04:50 | 00:32:06 | 00:47:31 | 01:02:59 | 01:07:49 | +00:21:34 (34.3%) | 6:17 | 9.5 (65.5%) |
| 215 | BIERĆ Jarosław | 240 | JEST DOBRZE | BIAŁYSTOK | | M50 | 34 | M 188 | 00:02:27 | 00:31:42 | 00:46:33 | 01:03:04 | 01:05:32 | +00:21:39 (34.3%) | 6:18 | 9.5 (65.5%) |
| 216 | HUSZCZA Kamila | 146 | | BIAŁYSTOK | | K30 | 15 | K 28 | 00:02:17 | 00:31:19 | 00:47:08 | 01:03:04 | 01:05:22 | +00:21:39 (34.3%) | 6:18 | 9.5 (65.5%) |
| 217 | SOŁOWIEJ Wiktoria | 253 | | BIAŁYSTOK | | K20 | 5 | K 29 | 00:02:26 | 00:31:50 | 00:47:33 | 01:03:14 | 01:05:40 | +00:21:49 (34.5%) | 6:19 | 9.5 (65.5%) |
| 218 | MORAWSKA Edyta | 277 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | | K50 | 1 | K 30 | 00:02:37 | 00:31:59 | 00:47:37 | 01:03:21 | 01:05:58 | +00:21:56 (34.6%) | 6:20 | 9.5 (65.5%) |
| 219 | GRYGOROWICZ Przemek | 178 | BIEGAM, BO ŻONA POZWOLIŁA:) | BIAŁYSTOK | | M40 | 63 | M 189 | 00:04:50 | 00:31:50 | 00:47:30 | 01:03:24 | 01:08:15 | +00:21:59 (34.7%) | 6:20 | 9.5 (65.5%) |
| 220 | ŻEGACZEWSKA Justyna | 32 | | BIAŁYSTOK | | K20 | 6 | K 31 | 00:04:51 | 00:31:50 | 00:47:13 | 01:03:29 | 01:08:20 | +00:22:04 (34.8%) | 6:20 | 9.5 (65.5%) |
| 221 | KOZAK Tomasz | 279 | | BIAŁYSTOK | | M30 | 65 | M 190 | 00:02:39 | 00:31:58 | 00:47:14 | 01:03:36 | 01:06:15 | +00:22:11 (34.9%) | 6:21 | 9.4 (64.8%) |
| 222 | TARASEWICZ Paweł | 298 | | BIAŁYSTOK | | M40 | 64 | M 191 | 00:02:27 | 00:32:25 | 00:48:16 | 01:03:40 | 01:06:07 | +00:22:15 (35.0%) | 6:21 | 9.4 (64.8%) |
| 223 | SURÓWKA Jakub | 331 | | BIAŁYSTOK | | M30 | 66 | M 192 | 00:02:26 | 00:31:32 | 00:47:24 | 01:03:50 | 01:06:16 | +00:22:25 (35.1%) | 6:22 | 9.4 (64.8%) |
| 224 | RYBAŁTOWSKI Mirosław | 63 | SPARTANIE DZIECIOM | KLEOSIN | | M50 | 35 | M 193 | 00:04:56 | 00:31:14 | 00:47:11 | 01:03:51 | 01:08:47 | +00:22:26 (35.1%) | 6:23 | 9.4 (64.8%) |
| 225 | KOMAR Dorota | 210 | | KĄTY | | K20 | 7 | K 32 | 00:02:35 | 00:33:19 | 00:48:43 | 01:03:54 | 01:06:30 | +00:22:29 (35.2%) | 6:23 | 9.4 (64.8%) |
| 226 | DOWGIERT-MIELCZAREK Marta | 411 | | BIAŁYSTOK | | K40 | 9 | K 33 | 00:02:27 | 00:32:02 | 00:47:49 | 01:04:00 | 01:06:27 | +00:22:35 (35.3%) | 6:23 | 9.4 (64.8%) |
| 227 | KŁOS Jacek | 278 | BIAŁYSTOK BIEGA TEAM | GRABÓWKA | | M60 | 4 | M 194 | 00:02:37 | 00:31:59 | 00:47:36 | 01:04:00 | 01:06:38 | +00:22:35 (35.3%) | 6:23 | 9.4 (64.8%) |
| 228 | MILKOWSKI Tadeusz | 400 | SAMOTNY WILK | MILKOWICE-STAWKI | | M50 | 36 | M 195 | 00:02:24 | 00:33:29 | 00:48:53 | 01:04:10 | 01:06:34 | +00:22:44 (35.5%) | 6:24 | 9.4 (64.8%) |
| 229 | GIERMANIUK Anna | 399 | HAJNÓWKA BIEGA | HAJNÓWKA | | K50 | 2 | K 34 | 00:02:24 | 00:33:29 | 00:48:53 | 01:04:10 | 01:06:34 | +00:22:45 (35.5%) | 6:24 | 9.4 (64.8%) |
| 230 | KOBUS KOZAKIEWICZ Izabela | 20 | | SIEMIATYCZE | | K40 | 10 | K 35 | 00:02:35 | 00:32:15 | 00:48:08 | 01:04:30 | 01:07:05 | +00:23:05 (35.8%) | 6:26 | 9.3 (64.1%) |
| 231 | FALKOWSKI Emil | 66 | ULTRA NIE - BIEGACZE BIELSK PODLASKI | BIELSK PODLASKI | | M40 | 65 | M 196 | 00:02:34 | 00:32:05 | 00:47:45 | 01:04:33 | 01:07:07 | +00:23:08 (35.8%) | 6:27 | 9.3 (64.1%) |
| 232 | CHILKIEWICZ Małgorzata | 248 | ULTRA NIE-BIEGACZE BIELSK PODLASKI | BIELSK PODLASKI | | K40 | 11 | K 36 | 00:02:34 | 00:32:04 | 00:47:45 | 01:04:33 | 01:07:07 | +00:23:08 (35.9%) | 6:27 | 9.3 (64.1%) |
| 233 | TOPOLSKA Marlena | 262 | | WASILKÓW | | K30 | 16 | K 37 | 00:02:29 | 00:32:16 | 00:48:27 | 01:04:34 | 01:07:03 | +00:23:09 (35.9%) | 6:27 | 9.3 (64.1%) |
| 234 | CZACZKOWSKI Krzysztof | 38 | | DĄBRÓWKI | | M30 | 67 | M 197 | 00:04:55 | 00:33:24 | 00:49:20 | 01:04:37 | 01:09:32 | +00:23:12 (35.9%) | 6:27 | 9.3 (64.1%) |
| 235 | MISNIK Ivan | 180 | TEA.M RUN | BIAŁYSTOK | | M40 | 66 | M 198 | 00:04:57 | 00:34:00 | 00:49:14 | 01:04:37 | 01:09:35 | +00:23:12 (35.9%) | 6:27 | 9.3 (64.1%) |
| 236 | ANTANOVICH Valentina | 118 | TEA.M RUN | BIAŁYSTOK | | K40 | 12 | K 38 | 00:04:57 | 00:34:00 | 00:49:15 | 01:04:38 | 01:09:35 | +00:23:12 (35.9%) | 6:27 | 9.3 (64.1%) |
| 237 | KALINOWSKA Urszula | 30 | | DĄBRÓWKI | | K40 | 13 | K 39 | 00:04:54 | 00:33:21 | 00:49:07 | 01:04:49 | 01:09:44 | +00:23:24 (36.1%) | 6:28 | 9.3 (64.1%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|----------------------|-------------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 238 | ŁOMOTOWSKI Szymon | 39 | | BIAŁYSTOK |  | M30 | 68 | M 199 | 00:02:29 | 00:32:55 | 00:48:58 | 01:04:59 | 01:07:28 | +00:23:33 (36.3%) | 6:29 | 9.2 (63.4%) |
| 239 | SKOMIN Daniel | 319 | | BIAŁYSTOK |  | M30 | 69 | M 200 | 00:05:05 | 00:33:15 | 00:49:02 | 01:05:09 | 01:10:15 | +00:23:44 (36.4%) | 6:30 | 9.2 (63.4%) |
| 240 | CHODAKOWSKI Daniel | 352 | | BIAŁYSTOK |  | M20 | 23 | M 201 | 00:04:58 | 00:33:34 | 00:49:38 | 01:05:09 | 01:10:08 | +00:23:44 (36.4%) | 6:30 | 9.2 (63.4%) |
| 241 | LITWINIUK Paweł | 237 | | NAREWKA |  | M40 | 67 | M 202 | 00:02:37 | 00:32:02 | 00:47:47 | 01:05:11 | 01:07:48 | +00:23:45 (36.5%) | 6:31 | 9.2 (63.4%) |
| 242 | MNICH Patryk | 46 | | BIAŁYSTOK |  | M20 | 24 | M 203 | 00:04:57 | 00:33:34 | 00:49:39 | 01:05:11 | 01:10:09 | +00:23:46 (36.5%) | 6:31 | 9.2 (63.4%) |
| 243 | BERNATOWICZ Karolina | 108 | DO OSTATNIEGO KILOMETRA | BIAŁYSTOK |  | K20 | 8 | K 40 | 00:04:53 | 00:33:20 | 00:49:30 | 01:05:20 | 01:10:14 | +00:23:55 (36.6%) | 6:31 | 9.2 (63.4%) |
| 244 | MOZYRSKA Dorota | 105 | DZIKI Z INFORMATYKI | BIAŁYSTOK |  | K50 | 3 | K 41 | 00:04:49 | 00:32:17 | 00:48:14 | 01:05:20 | 01:10:10 | +00:23:55 (36.6%) | 6:31 | 9.2 (63.4%) |
| 245 | PLESKIEWICZ Maciej | 216 | | WASILKÓW |  | M30 | 70 | M 204 | 00:02:24 | 00:31:26 | 00:47:57 | 01:05:21 | 01:07:45 | +00:23:56 (36.6%) | 6:32 | 9.2 (63.4%) |
| 246 | BUTKIEWICZ Robert | 202 | | OKUNIEWIEC |  | M30 | 71 | M 205 | 00:04:54 | 00:31:26 | 00:48:00 | 01:05:40 | 01:10:34 | +00:24:15 (36.9%) | 6:33 | 9.1 (62.8%) |
| 247 | BAŃKOWSKA Katarzyna | 193 | | SOKÓŁKA |  | K40 | 14 | K 42 | 00:02:35 | 00:33:37 | 00:49:44 | 01:05:45 | 01:08:20 | +00:24:20 (37.0%) | 6:34 | 9.1 (62.8%) |
| 248 | SIDORCZUK Dariusz | 196 | | BIAŁYSTOK |  | M50 | 37 | M 206 | 00:04:50 | 00:33:23 | 00:49:44 | 01:06:13 | 01:11:03 | +00:24:48 (37.5%) | 6:37 | 9.1 (62.8%) |
| 249 | GAŁAŻYN-SIDORCZUK Małgorzata | 222 | | BIAŁYSTOK |  | K60 | 1 | K 43 | 00:04:49 | 00:33:23 | 00:49:44 | 01:06:14 | 01:11:03 | +00:24:48 (37.5%) | 6:37 | 9.1 (62.8%) |
| 250 | BRONIEWICZ Piotr | 103 | DRTUSZ BIEGA | BIAŁYSTOK |  | M40 | 68 | M 207 | 00:02:38 | 00:33:39 | 00:50:01 | 01:06:14 | 01:08:53 | +00:24:49 (37.5%) | 6:37 | 9.1 (62.8%) |
| 251 | SOKOŁOWSKA Urszula | 107 | ROCH JASIEINICA | OSTRÓW MAZOWIECKA |  | K20 | 9 | K 44 | 00:02:37 | 00:34:07 | 00:50:33 | 01:06:15 | 01:08:53 | +00:24:50 (37.5%) | 6:37 | 9.1 (62.8%) |
| 252 | GRYGIĘNCZE Beata | 119 | | BIAŁYSTOK |  | K30 | 17 | K 45 | 00:02:37 | 00:33:54 | 00:49:48 | 01:06:16 | 01:08:54 | +00:24:51 (37.5%) | 6:37 | 9.1 (62.8%) |
| 253 | ZAJKOWSKA Anna | 311 | DRTUSZ BIEGA | BIAŁYSTOK |  | K30 | 18 | K 46 | 00:02:38 | 00:33:40 | 00:50:03 | 01:06:17 | 01:08:56 | +00:24:52 (37.5%) | 6:37 | 9.1 (62.8%) |
| 254 | WAŁUSZKO Konrad | 247 | | BIAŁYSTOK |  | M30 | 72 | M 208 | 00:05:01 | 00:34:31 | 00:50:59 | 01:06:28 | 01:11:29 | +00:25:03 (37.7%) | 6:38 | 9 (62.1%) |
| 255 | MARCINKIEWICZ Marta | 233 | ROSTI RUNNING TEAM | BIAŁYSTOK |  | K30 | 19 | K 47 | 00:02:33 | 00:33:47 | 00:50:11 | 01:06:32 | 01:09:05 | +00:25:06 (37.8%) | 6:39 | 9 (62.1%) |
| 256 | BOJKO Jurij | 164 | | KLEPACZE | | M40 | 69 | M 209 | 00:04:53 | 00:32:50 | 00:50:12 | 01:06:32 | 01:11:26 | +00:25:07 (37.8%) | 6:39 | 9 (62.1%) |
| 257 | SUMA Sebastian | 235 | | BIAŁYSTOK |  | M40 | 70 | M 210 | 00:04:52 | 00:33:28 | 00:50:21 | 01:06:53 | 01:11:46 | +00:25:28 (38.1%) | 6:41 | 9 (62.1%) |
| 258 | UŻYŃSKI Bartłomiej | 323 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | M40 | 71 | M 211 | 00:02:36 | 00:33:49 | 00:50:05 | 01:07:09 | 01:09:46 | +00:25:44 (38.3%) | 6:42 | 8.9 (61.4%) |
| 259 | KAMIŃSKA Dominika | 357 | | BIAŁYSTOK |  | K20 | 10 | K 48 | 00:04:51 | 00:35:28 | 00:52:29 | 01:07:15 | 01:12:06 | +00:25:50 (38.4%) | 6:43 | 8.9 (61.4%) |
| 260 | BUĆKO Szymon | 112 | | ZARZECZANY |  | M15 | 4 | M 212 | 00:04:55 | 00:34:01 | 00:50:35 | 01:07:26 | 01:12:22 | +00:26:01 (38.6%) | 6:44 | 8.9 (61.4%) |
| 261 | LANGE Marcin | 388 | | BIAŁYSTOK |  | M40 | 72 | M 213 | 00:02:39 | 00:33:40 | 00:50:03 | 01:07:32 | 01:10:12 | +00:26:07 (38.7%) | 6:45 | 8.9 (61.4%) |
| 262 | PIASECKA Izabela | 305 | 1PBOT | STAWISKI |  | K30 | 20 | K 49 | 00:04:48 | 00:33:07 | 00:50:17 | 01:07:36 | 01:12:25 | +00:26:11 (38.7%) | 6:45 | 8.9 (61.4%) |
| 263 | PERKOWSKA Katarzyna | 211 | NIE DOTYCZY | KLEOSIN |  | K50 | 4 | K 50 | 00:04:50 | 00:32:53 | 00:50:01 | 01:07:37 | 01:12:28 | +00:26:12 (38.8%) | 6:45 | 8.9 (61.4%) |
| 264 | JUSZKIEWICZ Eugeniusz | 199 | | BIAŁYSTOK |  | M40 | 73 | M 214 | 00:04:55 | 00:34:30 | 00:51:22 | 01:07:41 | 01:12:36 | +00:26:16 (38.8%) | 6:46 | 8.9 (61.4%) |
| 265 | ŁUKOWSKI Kamil | 257 | | POROSŁY |  | M40 | 74 | M 215 | 00:04:56 | 00:34:34 | 00:51:23 | 01:07:41 | 01:12:38 | +00:26:16 (38.8%) | 6:46 | 8.9 (61.4%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|---------------------------------|----------------------|----------------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 266 | KOJKOŁ Konrad | 380 | | BIAŁYSTOK |  | M20 | 25 | M 216 | 00:02:18 | 00:32:25 | 00:49:35 | 01:07:42 | 01:10:00 | +00:26:16 (38.8%) | 6:46 | 8.9 (61.4%) |
| 267 | CISZEWSKI Patryk | 361 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | M30 | 73 | M 217 | 00:02:32 | 00:33:00 | 00:49:42 | 01:07:58 | 01:10:31 | +00:26:33 (39.1%) | 6:47 | 8.8 (60.7%) |
| 268 | GRAJEWSKI Grzegorz | 367 | | GRABÓWKA |  | M30 | 74 | M 218 | 00:02:32 | 00:33:02 | 00:49:54 | 01:07:59 | 01:10:31 | +00:26:33 (39.1%) | 6:47 | 8.8 (60.7%) |
| 269 | CHUCZUN Grzegorz | 332 | | BIAŁYSTOK |  | M50 | 38 | M 219 | 00:05:01 | 00:34:38 | 00:51:19 | 01:08:01 | 01:13:03 | +00:26:36 (39.1%) | 6:48 | 8.8 (60.7%) |
| 270 | MARTYNOWICZ Magdalena | 309 | | BIAŁYSTOK |  | K30 | 21 | K 51 | 00:04:51 | 00:35:06 | 00:51:47 | 01:08:18 | 01:13:10 | +00:26:52 (39.4%) | 6:49 | 8.8 (60.7%) |
| 271 | KOROLCZUK Paweł | 160 | | HALICKIE |  | M40 | 75 | M 220 | 00:04:56 | 00:35:59 | 00:51:53 | 01:08:21 | 01:13:17 | +00:26:56 (39.4%) | 6:50 | 8.8 (60.7%) |
| 272 | KOROLCZUK Klaudia | 159 | | BIAŁYSTOK |  | K15 | 2 | K 52 | 00:04:55 | 00:36:00 | 00:51:53 | 01:08:21 | 01:13:17 | +00:26:56 (39.4%) | 6:50 | 8.8 (60.7%) |
| 273 | IMBIORKIEWICZ Paulina | 313 | | BIAŁYSTOK |  | K30 | 22 | K 53 | 00:04:54 | 00:34:21 | 00:51:31 | 01:08:25 | 01:13:19 | +00:27:00 (39.5%) | 6:50 | 8.8 (60.7%) |
| 274 | KLEKOT Marcelina | 88 | | BIAŁYSTOK |  | K30 | 23 | K 54 | 00:04:49 | 00:34:43 | 00:51:38 | 01:08:26 | 01:13:16 | +00:27:01 (39.5%) | 6:50 | 8.8 (60.7%) |
| 275 | SĘK Konrad | 76 | 1PBOT | BIAŁYSTOK |  | M30 | 75 | M 221 | 00:02:21 | 00:33:07 | 00:50:53 | 01:08:26 | 01:10:47 | +00:27:01 (39.5%) | 6:50 | 8.8 (60.7%) |
| 276 | MALISZEWSKI Dariusz | 268 | RUN4FUN / WATERFUN DOJLIDY | BIAŁYSTOK |  | M40 | 76 | M 222 | 00:04:57 | 00:35:47 | 00:52:44 | 01:08:33 | 01:13:30 | +00:27:08 (39.6%) | 6:51 | 8.8 (60.7%) |
| 277 | RODMAŃSKA Iwona | 204 | MD RUN | BIAŁYSTOK |  | K50 | 5 | K 55 | 00:02:34 | 00:33:38 | 00:50:34 | 01:08:47 | 01:11:21 | +00:27:22 (39.8%) | 6:52 | 8.7 (60.0%) |
| 278 | PUCHAŁSKI Szczepan | 190 | GEORUN | BIAŁYSTOK |  | M40 | 77 | M 223 | 00:02:36 | 00:32:47 | 00:49:53 | 01:08:47 | 01:11:23 | +00:27:22 (39.8%) | 6:52 | 8.7 (60.0%) |
| 279 | ZŁOTKOWSKI Kacper | 364 | POLSKIOBIAD | BIAŁYSTOK |  | M20 | 26 | M 224 | 00:05:00 | 00:34:36 | 00:51:32 | 01:08:49 | 01:13:49 | +00:27:23 (39.8%) | 6:52 | 8.7 (60.0%) |
| 280 | KOSZEWNİK Gabi | 365 | WHACK STOCK | BIAŁYSTOK |  | K20 | 11 | K 56 | 00:05:00 | 00:34:37 | 00:51:33 | 01:08:49 | 01:13:49 | +00:27:24 (39.8%) | 6:52 | 8.7 (60.0%) |
| 281 | RACZKOWSKA Małgosia | 150 | | PODMACHARCE |  | K20 | 12 | K 57 | 00:04:57 | 00:35:06 | 00:52:08 | 01:09:00 | 01:13:58 | +00:27:35 (40.0%) | 6:53 | 8.7 (60.0%) |
| 282 | KONARZEWSKI Michał | 10 | | BIAŁYSTOK |  | M30 | 76 | M 225 | 00:02:34 | 00:32:53 | 00:50:29 | 01:09:03 | 01:11:37 | +00:27:38 (40.0%) | 6:54 | 8.7 (60.0%) |
| 283 | KULESZA Kamil | 402 | | BIAŁYSTOK |  | M20 | 27 | M 226 | 00:04:50 | 00:35:27 | 00:52:30 | 01:09:05 | 01:13:56 | +00:27:40 (40.1%) | 6:54 | 8.7 (60.0%) |
| 284 | GRYKO Jakub | 91 | | BIAŁYSTOK |  | M30 | 77 | M 227 | 00:04:57 | 00:35:37 | 00:52:28 | 01:09:10 | 01:14:08 | +00:27:44 (40.1%) | 6:54 | 8.7 (60.0%) |
| 285 | BACKIEL Michał | 316 | | BIAŁYSTOK |  | M20 | 28 | M 228 | 00:05:05 | 00:35:52 | 00:53:00 | 01:09:16 | 01:14:21 | +00:27:51 (40.2%) | 6:55 | 8.7 (60.0%) |
| 286 | ZIELIŃSKA Aleksandra | 130 | | CIECIERÓWKA |  | K20 | 13 | K 58 | 00:04:53 | 00:34:39 | 00:51:35 | 01:09:23 | 01:14:17 | +00:27:58 (40.3%) | 6:56 | 8.6 (59.3%) |
| 287 | KULFAN Marcin | 228 | BIAŁYSTOK BIEGA TEAM | BUDNO |  | M40 | 78 | M 229 | 00:04:55 | 00:35:56 | 00:53:21 | 01:09:36 | 01:14:32 | +00:28:11 (40.5%) | 6:57 | 8.6 (59.3%) |
| 288 | BARCZYŃSKI Artur | 227 | | SOBÓTKA |  | M50 | 39 | M 230 | 00:04:59 | 00:36:19 | 00:53:00 | 01:09:41 | 01:14:41 | +00:28:16 (40.6%) | 6:58 | 8.6 (59.3%) |
| 289 | KHAMRENKA-USHAKOVA Iryna | 246 | | BIAŁYSTOK |  | K30 | 24 | K 59 | 00:04:54 | 00:35:22 | 00:52:17 | 01:09:45 | 01:14:40 | +00:28:20 (40.6%) | 6:58 | 8.6 (59.3%) |
| 290 | OŻGA Wiesław | 95 | PALESTRA GIŻYCKO | GIŻYCKO |  | M60 | 5 | M 231 | 00:02:16 | 00:33:05 | 00:51:32 | 01:09:47 | 01:12:03 | +00:28:22 (40.7%) | 6:58 | 8.6 (59.3%) |
| 291 | MOSAKOWSKI Piotr | 90 | | NOWY DWÓR MAZOWIECKI |  | M30 | 78 | M 232 | 00:05:04 | 00:35:11 | 00:52:05 | 01:10:03 | 01:15:07 | +00:28:37 (40.9%) | 7:00 | 8.6 (59.3%) |
| 292 | SOSNOWSKI Patryk | 104 | | KLEOSIN |  | M30 | 79 | M 233 | 00:04:53 | 00:36:18 | 00:53:24 | 01:10:17 | 01:15:11 | +00:28:52 (41.1%) | 7:01 | 8.5 (58.6%) |
| 293 | SASIM Mikita | 377 | | BIAŁYSTOK |  | M40 | 79 | M 234 | 00:05:05 | 00:36:10 | 00:53:40 | 01:10:43 | 01:15:49 | +00:29:18 (41.5%) | 7:04 | 8.5 (58.6%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|----------------------|----------------------|----------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 294 | SIENNICKI Krzysztof | 120 | | ŁAPY |  | M30 | 80 | M 235 | 00:02:37 | 00:34:01 | 00:52:08 | 01:10:45 | 01:13:23 | +00:29:20 (41.5%) | 7:04 | 8.5 (58.6%) |
| 295 | FIEDORUK Aneta | 238 | | BIAŁYSTOK |  | K40 | 15 | K 60 | 00:02:33 | 00:35:33 | 00:53:07 | 01:11:01 | 01:13:35 | +00:29:36 (41.7%) | 7:06 | 8.5 (58.6%) |
| 296 | RUTKOWSKA Agnieszka | 320 | 1.PBOT | ZAMBRÓW |  | K30 | 25 | K 61 | 00:04:49 | 00:34:50 | 00:52:50 | 01:11:04 | 01:15:53 | +00:29:39 (41.7%) | 7:06 | 8.4 (57.9%) |
| 297 | DUDZIŃSKA Karina | 258 | FLASH | BIAŁYSTOK |  | K20 | 14 | K 62 | 00:02:41 | 00:34:41 | 00:52:21 | 01:11:04 | 01:13:45 | +00:29:39 (41.7%) | 7:06 | 8.4 (57.9%) |
| 298 | WOLAŃSKI Michał | 179 | | BIAŁYSTOK |  | M40 | 80 | M 236 | 00:02:22 | 00:36:51 | 00:54:14 | 01:11:04 | 01:13:26 | +00:29:39 (41.7%) | 7:06 | 8.4 (57.9%) |
| 299 | MALISZ Jerzy | 85 | | CIASNE |  | M50 | 40 | M 237 | 00:02:30 | 00:34:51 | 00:52:53 | 01:11:07 | 01:13:38 | +00:29:42 (41.8%) | 7:06 | 8.4 (57.9%) |
| 300 | ZABUDOWSKA Joanna | 324 | | CZYŻEW |  | K50 | 6 | K 63 | 00:02:32 | 00:35:38 | 00:53:20 | 01:11:34 | 01:14:07 | +00:30:09 (42.1%) | 7:09 | 8.4 (57.9%) |
| 301 | OGONOWSKA Renata | 191 | OSTRÓW BIEGA | MAŁKINIA GÓRNA |  | K40 | 16 | K 64 | 00:02:32 | 00:35:37 | 00:53:18 | 01:11:39 | 01:14:12 | +00:30:13 (42.2%) | 7:09 | 8.4 (57.9%) |
| 302 | ZYŚK Sylwia | 24 | OSTRÓW BIEGA | MAŁKINIA GÓRNA |  | K30 | 26 | K 65 | 00:02:31 | 00:35:07 | 00:53:22 | 01:11:40 | 01:14:12 | +00:30:15 (42.2%) | 7:09 | 8.4 (57.9%) |
| 303 | KRAWCZUK Jerzy | 295 | DZIKI Z INFORMATYKI | BIAŁYSTOK |  | M40 | 81 | M 238 | 00:04:58 | 00:36:27 | 00:54:03 | 01:11:52 | 01:16:50 | +00:30:27 (42.4%) | 7:11 | 8.4 (57.9%) |
| 304 | NIEWIŃSKI Michał | 128 | | BIAŁYSTOK |  | M20 | 29 | M 239 | 00:04:59 | 00:36:58 | 00:54:45 | 01:11:55 | 01:16:55 | +00:30:30 (42.4%) | 7:11 | 8.3 (57.2%) |
| 305 | LASKOWSKI Marcin | 221 | | ELK |  | M40 | 82 | M 240 | 00:02:40 | 00:35:39 | 00:53:33 | 01:12:07 | 01:14:48 | +00:30:42 (42.6%) | 7:12 | 8.3 (57.2%) |
| 306 | SMOCZEK Barbara | 220 | | GRAJEWO |  | K30 | 27 | K 66 | 00:02:40 | 00:35:39 | 00:53:34 | 01:12:08 | 01:14:48 | +00:30:42 (42.6%) | 7:12 | 8.3 (57.2%) |
| 307 | KORZENIEWSKI Mateusz | 124 | | BIAŁYSTOK |  | M20 | 30 | M 241 | 00:05:00 | 00:35:29 | 00:53:11 | 01:12:10 | 01:17:10 | +00:30:44 (42.6%) | 7:12 | 8.3 (57.2%) |
| 308 | PRUSZYŃSKI Jakub | 123 | | BIAŁYSTOK |  | M20 | 31 | M 242 | 00:05:00 | 00:35:29 | 00:53:13 | 01:12:10 | 01:17:11 | +00:30:45 (42.6%) | 7:12 | 8.3 (57.2%) |
| 309 | RUTKOWSKI Eryk | 327 | | BIAŁYSTOK |  | M20 | 32 | M 243 | 00:02:38 | 00:36:27 | 00:54:29 | 01:12:13 | 01:14:52 | +00:30:48 (42.7%) | 7:13 | 8.3 (57.2%) |
| 310 | ZABIELSKA Aneta | 8 | | KNYSZYN |  | K30 | 28 | K 67 | 00:02:28 | 00:35:40 | 00:53:48 | 01:12:15 | 01:14:43 | +00:30:50 (42.7%) | 7:13 | 8.3 (57.2%) |
| 311 | WYSOCKA Magdalena | 6 | | KNYSZYN |  | K30 | 29 | K 68 | 00:02:28 | 00:35:41 | 00:53:51 | 01:12:15 | 01:14:43 | +00:30:50 (42.7%) | 7:13 | 8.3 (57.2%) |
| 312 | LOTKOWSKI Radosław | 81 | | AUGUSTÓW |  | M40 | 83 | M 244 | 00:02:20 | 00:34:27 | 00:53:17 | 01:12:17 | 01:14:38 | +00:30:52 (42.7%) | 7:13 | 8.3 (57.2%) |
| 313 | POLECKA Magdalena | 267 | | BIAŁYSTOK |  | K20 | 15 | K 69 | 00:02:39 | 00:36:42 | 00:54:33 | 01:12:42 | 01:15:21 | +00:31:16 (43.0%) | 7:16 | 8.3 (57.2%) |
| 314 | KOSICKA Edyta | 349 | | ŁAPY |  | K30 | 30 | K 70 | 00:04:55 | 00:36:56 | 00:54:38 | 01:12:52 | 01:17:47 | +00:31:27 (43.2%) | 7:17 | 8.2 (56.6%) |
| 315 | GNIEDZIEJKO Daniel | 391 | | POŚWIĘTNE |  | M30 | 81 | M 245 | 00:04:51 | 00:35:47 | 00:53:51 | 01:13:02 | 01:17:53 | +00:31:36 (43.3%) | 7:18 | 8.2 (56.6%) |
| 316 | BOJAR Paweł | 321 | | WARSZAWA |  | M50 | 41 | M 246 | 00:02:38 | 00:36:34 | 00:54:40 | 01:13:02 | 01:15:40 | +00:31:37 (43.3%) | 7:18 | 8.2 (56.6%) |
| 317 | BOGUCKA Sandra | 149 | | ŻWIKIELE |  | K20 | 16 | K 71 | 00:04:58 | 00:36:34 | 00:55:00 | 01:14:11 | 01:19:09 | +00:32:45 (44.2%) | 7:25 | 8.1 (55.9%) |
| 318 | REMBOWSKA Barbara | 302 | | CZARNA BIAŁOSTOCKA |  | K50 | 7 | K 72 | 00:02:29 | 00:36:32 | 00:55:30 | 01:15:10 | 01:17:40 | +00:33:45 (44.9%) | 7:30 | 8 (55.2%) |
| 319 | KONOŃCZUK Edyta | 71 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK |  | K50 | 8 | K 73 | 00:02:29 | 00:36:38 | 00:55:31 | 01:15:11 | 01:17:40 | +00:33:45 (44.9%) | 7:31 | 8 (55.2%) |
| 320 | JASIŃSKA Mariola | 138 | | BOGUSZE |  | K40 | 17 | K 74 | 00:05:04 | 00:39:35 | 00:58:23 | 01:15:20 | 01:20:24 | +00:33:54 (45.0%) | 7:31 | 8 (55.2%) |
| 321 | DOJLIDKO Tomek | 207 | N50 | BIAŁYSTOK |  | M40 | 84 | M 247 | 00:04:59 | 00:39:22 | 00:58:34 | 01:15:20 | 01:20:19 | +00:33:54 (45.0%) | 7:31 | 8 (55.2%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|------------------------|----------------------|----------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 322 | ZABOROWSKA Emilia | 61 | | BIAŁYSTOK |  | K20 | 17 | K 75 | 00:04:58 | 00:39:31 | 00:58:36 | 01:15:23 | 01:20:22 | +00:33:57 (45.1%) | 7:32 | 8 (55.2%) |
| 323 | PARTYKA Urszula | 135 | SZEPTUCHY | GRAJEWO |  | K50 | 9 | K 76 | 00:05:04 | 00:39:34 | 00:58:20 | 01:16:05 | 01:21:09 | +00:34:40 (45.6%) | 7:36 | 7.9 (54.5%) |
| 324 | LEŃKOWSKA Maja | 136 | SZEPTUCHY | WARSZAWA |  | K40 | 18 | K 77 | 00:05:04 | 00:39:36 | 00:58:21 | 01:16:05 | 01:21:09 | +00:34:40 (45.6%) | 7:36 | 7.9 (54.5%) |
| 325 | WIELANOWSKI Bartosz | 50 | | BIAŁYSTOK |  | M30 | 82 | M 248 | 00:04:56 | 00:33:55 | 00:55:11 | 01:16:24 | 01:21:20 | +00:34:58 (45.8%) | 7:38 | 7.9 (54.5%) |
| 326 | CZERNIAKIEWICZ Martyna | 239 | | BIAŁYSTOK |  | K20 | 18 | K 78 | 00:04:52 | 00:38:07 | 00:57:55 | 01:16:42 | 01:21:35 | +00:35:17 (46.0%) | 7:40 | 7.8 (53.8%) |
| 327 | GÓRSKA Hanna | 360 | 4GORSKI | BIAŁYSTOK |  | K15 | 3 | K 79 | 00:02:21 | 00:37:44 | 00:57:32 | 01:16:55 | 01:19:17 | +00:35:30 (46.2%) | 7:41 | 7.8 (53.8%) |
| 328 | KARWIŃSKA Urszula | 251 | | BIAŁYSTOK |  | K40 | 19 | K 80 | 00:04:56 | 00:38:55 | 00:58:14 | 01:17:25 | 01:22:22 | +00:36:00 (46.5%) | 7:44 | 7.8 (53.8%) |
| 329 | KARWIŃSKI Marcin | 252 | | BIAŁYSTOK |  | M50 | 42 | M 249 | 00:04:56 | 00:38:53 | 00:58:07 | 01:17:25 | 01:22:22 | +00:36:00 (46.5%) | 7:44 | 7.8 (53.8%) |
| 330 | TURLEJ Mariusz | 102 | | WARSZAWA |  | M50 | 43 | M 250 | 00:04:57 | 00:40:31 | 00:58:47 | 01:17:27 | 01:22:25 | +00:36:02 (46.5%) | 7:44 | 7.7 (53.1%) |
| 331 | LITWIN Joanna | 101 | | WARSZAWA |  | K30 | 31 | K 81 | 00:04:57 | 00:40:32 | 00:58:46 | 01:17:27 | 01:22:24 | +00:36:02 (46.5%) | 7:44 | 7.7 (53.1%) |
| 332 | KEMPISTY Piotr | 326 | ROWEROWY BIAŁYSTOK | BIAŁYSTOK |  | M40 | 85 | M 251 | 00:05:02 | 00:38:59 | 00:57:47 | 01:17:33 | 01:22:36 | +00:36:08 (46.6%) | 7:45 | 7.7 (53.1%) |
| 333 | KUREK Krzysztof | 173 | | BIAŁYSTOK |  | M40 | 86 | M 252 | 00:05:02 | 00:38:59 | 00:57:49 | 01:17:34 | 01:22:36 | +00:36:08 (46.6%) | 7:45 | 7.7 (53.1%) |
| 334 | SIENKIEWICZ Jakub | 408 | | BIAŁYSTOK |  | M40 | 87 | M 253 | 00:02:33 | 00:37:52 | 00:57:18 | 01:17:55 | 01:20:29 | +00:36:30 (46.9%) | 7:47 | 7.7 (53.1%) |
| 335 | SKRĘTEK Paulina | 409 | | BIAŁYSTOK |  | K40 | 20 | K 82 | 00:02:34 | 00:38:34 | 00:57:52 | 01:18:10 | 01:20:45 | +00:36:45 (47.0%) | 7:48 | 7.7 (53.1%) |
| 336 | WALENDZIUK Łukasz | 126 | | BIAŁYSTOK |  | M30 | 83 | M 254 | 00:05:01 | 00:38:26 | 00:57:49 | 01:18:14 | 01:23:16 | +00:36:49 (47.1%) | 7:49 | 7.7 (53.1%) |
| 337 | CHAŃKO Paweł | 98 | | CHOROSZCZ |  | M30 | 84 | M 255 | 00:05:03 | 00:39:01 | 00:58:10 | 01:18:24 | 01:23:28 | +00:36:59 (47.2%) | 7:50 | 7.7 (53.1%) |
| 338 | TURCZUK Paula | 117 | | BIAŁYSTOK |  | K30 | 32 | K 83 | 00:05:01 | 00:38:33 | 00:57:53 | 01:18:31 | 01:23:32 | +00:37:06 (47.3%) | 7:51 | 7.6 (52.4%) |
| 339 | GINTOWT Aleksandra | 56 | | BIAŁYSTOK |  | K40 | 21 | K 84 | 00:04:51 | 00:38:30 | 00:58:09 | 01:18:35 | 01:23:26 | +00:37:09 (47.3%) | 7:51 | 7.6 (52.4%) |
| 340 | KOROL Marek | 133 | | BIAŁYSTOK |  | M50 | 44 | M 256 | 00:04:51 | 00:38:30 | 00:58:09 | 01:18:35 | 01:23:26 | +00:37:10 (47.3%) | 7:51 | 7.6 (52.4%) |
| 341 | FALKOWSKI Marek | 296 | | BIAŁYSYOK |  | M40 | 88 | M 257 | 00:04:52 | 00:36:35 | 00:57:03 | 01:18:58 | 01:23:51 | +00:37:32 (47.6%) | 7:53 | 7.6 (52.4%) |
| 342 | BASTEK Zuzanna | 265 | | PSZ |  | K40 | 22 | K 85 | 00:00:06 | 00:38:27 | 00:58:27 | 01:19:07 | 01:19:13 | +00:37:42 (47.7%) | 7:54 | 7.6 (52.4%) |
| 343 | FABIAŃSKI Michał | 121 | | BIAŁYSTOK |  | M30 | 85 | M 258 | 00:05:01 | 00:38:27 | 00:57:54 | 01:19:23 | 01:24:25 | +00:37:58 (47.8%) | 7:56 | 7.6 (52.4%) |
| 344 | MIELECH Ewa | 272 | | OSOWICZE |  | K50 | 10 | K 86 | 00:04:53 | 00:39:29 | 00:59:06 | 01:19:37 | 01:24:31 | +00:38:12 (48.0%) | 7:57 | 7.5 (51.7%) |
| 345 | MAŁYSKO Kamil | 224 | N50 | BIAŁYSTOK |  | M30 | 86 | M 259 | 00:04:59 | 00:39:33 | 00:59:41 | 01:19:57 | 01:24:57 | +00:38:32 (48.2%) | 7:59 | 7.5 (51.7%) |
| 346 | SIENKIEWICZ Paulina | 225 | N50 | BIAŁYSTOK |  | K20 | 19 | K 87 | 00:04:58 | 00:39:38 | 00:59:42 | 01:19:58 | 01:24:57 | +00:38:33 (48.2%) | 7:59 | 7.5 (51.7%) |
| 347 | KARWOWSKI Emily | 333 | | ŁOMŻA |  | K30 | 33 | K 88 | 00:04:59 | 00:39:45 | 01:00:49 | 01:22:03 | 01:27:03 | +00:40:38 (49.5%) | 8:12 | 7.3 (50.3%) |
| 348 | ZDANOWSKA Aleksandra | 371 | | BIAŁYSTOK |  | K20 | 20 | K 89 | 00:04:56 | 00:42:21 | 01:02:44 | 01:22:40 | 01:27:36 | +00:41:15 (49.9%) | 8:15 | 7.3 (50.3%) |
| 349 | LEOŃCZYK Daniel | 372 | | BIAŁYSTOK |  | M20 | 33 | M 260 | 00:04:55 | 00:42:19 | 01:02:42 | 01:22:41 | 01:27:36 | +00:41:15 (49.9%) | 8:16 | 7.3 (50.3%) |

| Msc | Zawodnik | Numer | Klub | Miejscowość | Kraj | Kategoria | Mkat | K/M | Czas startu | Split 5.3km | Split 7.8km | Czas netto 10km | Czas brutto 10km | Różnica w czasie | Tempo min/km | Tempo km/h |
|-----|------------------------------|----------------------|----------------------|----------------------|---|----------------------|----------------------|----------------------|-------------|-------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | | | | |
| 350 | GRANATYR Agnieszka | 208 | BIAŁYSTOK BIEGA TEAM | SOBOLEWO |  | K40 | 23 | K 90 | 00:04:52 | 00:40:58 | 01:01:49 | 01:23:07 | 01:27:59 | +00:41:41 (50.2%) | 8:18 | 7.2 (49.7%) |
| 351 | GRZEŚ Dariusz | 52 | | BIAŁYSTOK |  | M50 | 45 | M 261 | 00:04:53 | 00:43:16 | 01:04:19 | 01:25:05 | 01:29:58 | +00:43:39 (51.3%) | 8:30 | 7.1 (49.0%) |
| 352 | SZNAJDER-GRZEŚ Kasia | 53 | | BIAŁYSTOK |  | K50 | 11 | K 91 | 00:04:52 | 00:42:09 | 01:02:59 | 01:25:05 | 01:29:57 | +00:43:40 (51.3%) | 8:30 | 7.1 (49.0%) |
| 353 | AROMINIAK Marta | 283 | | ZABŁUDÓW |  | K40 | 24 | K 92 | 00:05:02 | 00:41:46 | 01:02:46 | 01:25:37 | 01:30:39 | +00:44:12 (51.6%) | 8:33 | 7 (48.3%) |
| 354 | MALISZEWSKI Krzysztof | 271 | | BIAŁYSTOK |  | M40 | 89 | M 262 | 00:05:02 | 00:41:44 | 01:02:44 | 01:25:37 | 01:30:39 | +00:44:12 (51.6%) | 8:33 | 7 (48.3%) |
| 355 | LEWICKA Laura | 48 | | BIAŁYSTOK |  | K20 | 21 | K 93 | 00:05:03 | 00:42:00 | 01:03:44 | 01:26:17 | 01:31:20 | +00:44:52 (52.0%) | 8:37 | 7 (48.3%) |
| 356 | MIKOŁAJCZYK Gabriela | 42 | | BIAŁYSTOK |  | K20 | 22 | K 94 | 00:05:03 | 00:42:00 | 01:03:43 | 01:26:17 | 01:31:21 | +00:44:52 (52.0%) | 8:37 | 7 (48.3%) |
| 357 | BEZUBIK Jakub | 110 | | WARSZAWA |  | M30 | 87 | M 263 | 00:04:53 | 00:45:14 | 01:07:52 | 01:29:23 | 01:34:17 | +00:47:58 (53.7%) | 8:56 | 6.7 (46.2%) |
| 358 | WYSZYŃSKI Zbigniew | 181 | I O TO CHODZI | BIAYSTOK |  | M70 | 1 | M 264 | 00:04:54 | 00:41:48 | 01:04:47 | 01:29:48 | 01:34:43 | +00:48:23 (53.9%) | 8:58 | 6.7 (46.2%) |
| 359 | GRYGORCZUK Wojciech | 51 | | SUPRAŚL |  | M15 | 5 | M 265 | 00:04:53 | 00:45:46 | 01:08:31 | 01:29:57 | 01:34:51 | +00:48:32 (54.0%) | 8:59 | 6.7 (46.2%) |

Znaleziono 359 wynik(ów)

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