

nazwisko	imię	kat.	klub	23.05.2018			20.06.2018			CAŁOŚĆ			
				3000 m	1500 m	800 m	3000 m	1500 m	800 m	3000 m	1500 m	800 m	
AMBROZIK	ŁUKASZ	M30				02:24,7			02:19,3	00:00,0	00:00,0	02:19,3	
ANISIMOWICZ	JAN	M40							02:46,7	00:00,0	00:00,0	02:46,7	
ANISIMOWICZ	WERONIKA								03:05,4	00:00,0	00:00,0	03:05,4	
ANTOSIK	MAŁGORZATA	K30				03:34,1				00:00,0	00:00,0	03:34,1	
ANTOSZEWSKI	BARTOSZ	M30				11:26,1				11:26,1	00:00,0	00:00,0	
CZERWOŃSKI	ARTUR	M50	WIDŁOROGI						02:23,3	00:00,0	00:00,0	02:23,3	
BANASZCZYK	ARKADIUSZ	M40	#RUNMEN			14:07,1			06:09,9	14:07,1	06:09,9	00:00,0	
Banaszek	Grzegorz	M				13:20,1				13:20,1	00:00,0	00:00,0	
BATORY	STEFAN	M40	BOOKSY			10:50,6			05:04,0	10:50,6	05:04,0	00:00,0	
BIĄŁOWAŚ	ALEKSANDRA	K20	ŻÓRAWSKI TEAM			12:46,7	06:16,2			02:45,2	12:46,7	06:16,2	02:45,2
BIELAS	KAMIL	M30				12:01,0				12:01,0	00:00,0	00:00,0	
BIELIŃSKI	RAFAŁ	M30				11:35,4			05:16,9	11:35,4	05:16,9	00:00,0	
BORKOWSKI	PAWEŁ	M40					04:50,9			00:00,0	04:50,9	00:00,0	
BOURGEOIS	JULIEN	M40				11:56,8				11:56,8	00:00,0	00:00,0	
BRYL	MARCIN	M30	ADIDAS RUNNERS WARSAW					02:17,8	04:53,8	00:00,0	04:53,8	02:17,8	
BRZozowski	ANDRZEJ	M60							14:43,7	03:27,0	14:43,7	00:00,0	03:27,0
BUKOWSKI	JANUSZ	M60	STOWARZYSZENIE DAĆ SIEBIE INNYM			13:27,4			08:01,3	13:27,4	08:01,3	00:00,0	
BUTKIEWICZ	MAŁGORZATA	K50	KB GALERIA WARSZAWA						16:51,0	03:54,0	16:51,0	00:00,0	03:54,0
BYRT	MARCIN	M30	KACZMAR PROJECT						11:13,4		11:13,4	00:00,0	00:00,0
Celiński	Robert	M40	AZS AWS Warszawa						09:20,1		09:20,1	00:00,0	00:00,0
CHODKIEWICZ	PAWEŁ	M30				14:27,1					14:27,1	00:00,0	00:00,0
Cichocki	Mariusz	M20	WARSAW RUN CLUB					02:37,5	05:53,6	00:00,0	05:53,6	02:37,5	
CIESIELSKI	MARCIN	M40	DUKLANOWSKI TEAM					02:25,1	04:55,4	00:00,0	04:55,4	02:25,1	
CIEŚLUK	JOANNA	K20	ADIDAS RUNNERS WARSAW						02:41,4	00:00,0	00:00,0	02:41,4	
CYBULSKI	JACEK	M40							02:09,8	00:00,0	00:00,0	02:09,8	
CYMBORSKA	JOLANTA	K30	WARSAW RUN CLUB					02:43,5	05:49,0	00:00,0	05:49,0	02:43,5	
CYNKIER	MIESZKO	M30				12:23,7			12:22,4	05:55,3	12:22,4	05:55,3	00:00,0
CYPRYAŃSKI	PIOTR	M30	CITY TRAIL TEAM				04:18,7		04:17,0	00:00,0	04:17,0	00:00,0	
CZAJKOWSKI	MAREK	M40	WARSAW RUN CLUB			12:46,7			05:37,3	12:46,7	05:37,3	00:00,0	
CZEMERYS	DARIUSZ	M40	PZU SPORT TEAM						05:05,0	00:00,0	05:05,0	00:00,0	
CZERNIAWSKI	PIOTR	M30				11:22,3			11:15,7	11:15,7	00:00,0	00:00,0	
CZERWOŃSKI	ARTUR	M50						02:17,4		00:00,0	00:00,0	02:17,4	
CZOP	MAŁGORZATA	K30						02:57,5		00:00,0	00:00,0	02:57,5	
DAWIDZIUŁ-GOSK	DIANA	K20	DD RUNING TEAM						10:48,5	10:48,5	00:00,0	00:00,0	
DĄBROWSKA	Marta							03:16,1	06:44,6	00:00,0	06:44,6	03:16,1	
DĄBROWSKA	KATARZYNA	K50	WARSAW RUN CLUB					03:27,6	06:55,7	00:00,0	06:55,7	03:27,6	

DĄBROWSKI	MATEUSZ	M30	ALLIANZ RUNNING TEAM			02:15,7		04:42,5		00:00,0	04:42,5	02:15,7
DOBZAŃSKI	JAKUB	M40			05:26,5					00:00,0	05:26,5	00:00,0
DROB	MAREK	M30		10:41,3		02:20,2				10:41,3	00:00,0	02:20,2
DRZEWIECKI	DAMIAN	M30	SGGW RUNNERS	10:30,7				04:49,9		10:30,7	04:49,9	00:00,0
DUBEK	MATEUSZ	M30	ŻÓRAWSKI TEAM				10:55,5	05:09,4		10:55,5	05:09,4	00:00,0
DU CZYŃSKI	MACIEJ	M40			04:37,3					00:00,0	04:37,3	00:00,0
DUDA	TOMASZ	M30					11:40,9			11:40,9	00:00,0	00:00,0
DUDEK	BARTŁOMIEJ	M30	12TRI.PL			03:01,0	12:21,7	05:53,6		12:21,7	05:53,6	03:01,0
DUDKOWSKI	ARTUR	M40				02:44,6		05:41,0		00:00,0	05:41,0	02:44,6
DYGAS	SARA	K20	WARSAW RUN CLUB			03:16,2		06:52,6		00:00,0	06:52,6	03:16,2
DZIEDZIC	MARLENA	K40	TRUCHT TARCHOMIN TEAM			03:27,2		07:00,6		00:00,0	07:00,6	03:27,2
Dziewicki	Kacper	M20	Azs SGH					09:34,2		09:34,2	00:00,0	00:00,0
DZIĘGIELEWSKI	ZBIGNIEW	M40	TRENINGIBIEGOWE.PL		04:45,3				02:23,7	00:00,0	04:45,3	02:23,7
DZIKOWSKI	MICHAŁ	M20	ŻÓRAWSKI TEAM		04:36,9	02:16,1			02:11,1	00:00,0	04:36,9	02:11,1
ERIKSSON	SARI	K30	RK ATHLETICS		06:09,7		13:28,3			13:28,3	06:09,7	00:00,0
FIJALKOWSKI	ADAM	M20		10:58,5						10:58,5	00:00,0	00:00,0
FLOREK	FABIAN	M30						04:19,9		00:00,0	04:19,9	00:00,0
GAJDA	ROBERT	M50			04:59,5					00:00,0	04:59,5	00:00,0
GAŁĄZKA	NATALIA	K20	RACZYŃSKI TEAM			02:35,9		05:24,8		00:00,0	05:24,8	02:35,9
GAŁUSZKA	FILIP	M30		10:08,4						10:08,4	00:00,0	00:00,0
GAWRON	PAWEŁ	M20				02:09,4				00:00,0	00:00,0	02:09,4
Giżyńska	Anna	K30		12:45,7						12:45,7	00:00,0	00:00,0
Giżyński	PRZEMYSŁAW	M30	TKKF PŁOCK		04:49,2				02:17,6	00:00,0	04:49,2	02:17,6
GŁODOWSKA	MARTA	K20	ŻÓRAWSKI TEAM				13:33,5		03:16,0	13:33,5	00:00,0	03:16,0
GŁODOWSKI	MICHAŁ	M20	ŻÓRAWSKI TEAM					04:38,6		00:00,0	04:38,6	00:00,0
GONCZARYK	MICHAŁ	M40	KACZMAR PROJECT	12:39,7			12:35,4			12:35,4	00:00,0	00:00,0
GORDON	KAMILA	K20							03:19,7	00:00,0	00:00,0	03:19,7
GOSK	DOMINIK	M20	DD RUNING TEAM				10:49,0			10:49,0	00:00,0	00:00,0
GÓRECKA	KATARZYNA	K40		13:07,0	06:07,7					13:07,0	06:07,7	00:00,0
Grela	Wojciech	M		10:27,3						10:27,3	00:00,0	00:00,0
GREWIŃSKI	TOMASZ	M40	LIPIEC RUNNING TEAM		05:16,4		11:31,3			11:31,3	05:16,4	00:00,0
GROMEK	RADOSŁAW	M30			04:15,5					00:00,0	04:15,5	00:00,0
Gronowski	Hubert	M		10:16,4						10:16,4	00:00,0	00:00,0
GRZEGOREK	PAWEŁ	M40		10:59,3						10:59,3	00:00,0	00:00,0
Grześkowiak	Bartosz	M		11:03,9						11:03,9	00:00,0	00:00,0
GRZYBOWSKI	TOMASZ	M30							02:12,7	00:00,0	00:00,0	02:12,7
GRZYWACZEWSKA	JUSTYNA	K30	CITY TRAIL TEAM		05:14,5		11:16,6			11:16,6	05:14,5	00:00,0
GULAN	NORBERT	M30			05:31,5					00:00,0	05:31,5	00:00,0
GUZOWSKI	Karol	M16	TRUCHT TARCHOMIN TEAM			03:20,1		07:29,1		00:00,0	07:29,1	03:20,1

HOŁDA	MICHAŁ	M30	WIDŁOROGI					04:59,8		00:00,0	04:59,8	00:00,0
HOROSZKO	MICHAŁ	M30					11:07,7			11:07,7	00:00,0	00:00,0
HRYCKO	KRZYSZTOF	M40	ŻÓRAWSKI TEAM			02:35,2		05:45,1		00:00,0	05:45,1	02:35,2
IGNATOWICZ	ANDRZEJ	M40	TRUCHT TARCHOMIN TEAM			02:23,3				00:00,0	00:00,0	02:23,3
IRACKI	MATEUSZ	M20				02:11,6				00:00,0	00:00,0	02:11,6
JANKOWSKI	SEBASTIAN	M30	WIELISZEW HERON TEAM						02:15,6	00:00,0	00:00,0	02:15,6
JASTRZĘBSKI	KAMIL	M20			04:02,5					00:00,0	04:02,5	00:00,0
JAWORSKA	WIOLETA	K20	ADIDAS RUNNERS WARSAW			02:36,9		05:19,6		00:00,0	05:19,6	02:36,9
JENDRYCH	REMIGIUSZ	M20						04:52,0		00:00,0	04:52,0	00:00,0
KACPRZYŃSKA	MAGDALENA	K30			06:17,0			06:04,1		00:00,0	06:04,1	00:00,0
KACZYŃSKI	PIOTR	M40				02:58,0				00:00,0	00:00,0	02:58,0
KAMIŃSKI	TOMASZ	M20		11:44,1						11:44,1	00:00,0	00:00,0
KANCIAŁA	ŁUKASZ	M30	MILANOWSCY MIŁOŚNICY LEKKOATLETYKI	05:12,6					02:26,6	00:00,0	05:12,6	02:26,6
KANIA	MICHAŁ	M20				02:09,7				00:00,0	00:00,0	02:09,7
KARASEK	JAKUB	M20				02:07,4				00:00,0	00:00,0	02:07,4
Karolkiewicz	Daniel	M30	ENTRE.PL TEAM	09:35,7				04:25,5		09:35,7	04:25,5	00:00,0
KARP	ROBERT	M40	ALLIANZ RUNNING TEAM			02:36,2	11:21,3			11:21,3	00:00,0	02:36,2
KARWOWSKI	WOJCIECH	M20						04:12,3		00:00,0	04:12,3	00:00,0
KAWECKA	MARCELINA	K20	WARSAW RUN CLUB			02:31,4			02:34,1	00:00,0	00:00,0	02:31,4
KĄDZIOŁKA	BEATA	K30			05:52,5				02:48,1	00:00,0	05:52,5	02:48,1
Kęcik	Janusz	M60		13:54,0						13:54,0	00:00,0	00:00,0
KIELAK	NATALIA	K30	WWW.NATALIABIEGAJAKSZALONA.PL	19:23,0				09:05,4		19:23,0	09:05,4	00:00,0
KIERZKOWSKI	MATEUSZ	M20	VICTUS RĘBKÓW					09:35,0		09:35,0	00:00,0	00:00,0
KIM	RENATA	K40							03:18,6	00:00,0	00:00,0	03:18,6
KISIEL	GRZEGORZ	M30		12:06,2	05:44,2					12:06,2	05:44,2	00:00,0
KLAŚ	ŁUKASZ	M40	TRUCHT TARCHOMIN TEAM					10:03,0	02:24,0	10:03,0	00:00,0	02:24,0
KOBIĄŁKA	KONRAD	M40	RKATHLETICS/NAPRZÓD MŁOCINY			02:11,3		04:32,0		00:00,0	04:32,0	02:11,3
KOMOREK	TOMASZ	M20			05:20,3					00:00,0	05:20,3	00:00,0
KONKOWSKA-SZYMAŃSKA	JOANNA	K50	WARSAW RUN CLUB	15:15,8				07:06,8	03:34,7	15:15,8	07:06,8	03:34,7
KORZENIOWSKI	DARIUSZ	M40		10:23,4						10:23,4	00:00,0	00:00,0
KOWAL	MONIKA	K30	ADIDAS RUNNERS WARSAW			02:55,7		06:11,0		00:00,0	06:11,0	02:55,7
KOWALCZYK	AGNIESZKA	K30			05:16,1					00:00,0	05:16,1	00:00,0
KOWALCZYK	ADAM	M30				02:17,0				00:00,0	00:00,0	02:17,0
Kozakowski	Marcin	M30	Medicover Runners	11:38,4				05:17,3		11:38,4	05:17,3	00:00,0
KRAMARZ	ALEKSANDER	M20		09:54,4						09:54,4	00:00,0	00:00,0
KRAWCZYKIEWICZ	DOROTA	K30	ŻÓRAWSKI TEAM		07:20,6	03:36,2	16:09,1			16:09,1	07:20,6	03:36,2
KRAWCZYKIEWICZ	MAGDA	K40	ŻÓRAWSKI TEAM		07:49,4	03:51,4	16:51,5			16:51,5	07:49,4	03:51,4
KRÓL	ARKADIUSZ	M40	WARSAW RUN CLUB			02:33,7		05:13,6		00:00,0	05:13,6	02:33,7
KRÓL	PIOTR	M30			05:01,1				02:19,9	00:00,0	05:01,1	02:19,9

KRYGIER	KRZYSZTOF	M20	ACCENTURE				04:25,8		00:00,0	04:25,8	00:00,0
KRYSIAK	JAKUB	M20	TRIWAWA / NIKE+ RUN CLUB		02:30,5		05:19,4		00:00,0	05:19,4	02:30,5
KSIĄŻKIEWICZ	PIOTR	M30		09:12,3					09:12,3	00:00,0	00:00,0
KUCHARSKI	PIOTR	M50	12TRI.PL	11:35,7			05:15,3	02:37,2	11:35,7	05:15,3	02:37,2
KULIS	GRZEGORZ	M30				09:53,0			09:53,0	00:00,0	00:00,0
KUREK	PIOTR	M30		04:34,4					00:00,0	04:34,4	00:00,0
KUROWSKI	MACIEJ	M30		10:33,1					10:33,1	00:00,0	00:00,0
KWASEK	ALEKSANDRA	K40			02:44,9			02:45,7	00:00,0	00:00,0	02:44,9
LASOŃ	MAGDALENA	K30	MEMN"JB NDI					03:23,0	00:00,0	00:00,0	03:23,0
LEMIESZ	ANETA	K30	KACZMAR PROJEKT	12:45,7		11:58,4			11:58,4	00:00,0	00:00,0
Lengiewicz	Jakub	M40	OTK Rzeźnik	11:21,9			05:13,4		11:21,9	05:13,4	00:00,0
LEŚNIAK	JACEK	M30	DRUŻYNA BLONDYNA			10:58,7			10:58,7	00:00,0	00:00,0
LEWANDOWSKA	JOANNA	K40	WARSAW RUN CLUB	15:18,9				03:21,4	15:18,9	00:00,0	03:21,4
LIPIEC	TOMASZ	M40	LIPIEC RUNNING TEAM	09:58,2			04:39,2		09:58,2	04:39,2	00:00,0
LIPSKA-MAZUREK	PAULINA	K20	NESSI SPORTSWEAR			10:39,3			10:39,3	00:00,0	00:00,0
LULIŃSKI	PAWEŁ	M30		05:24,0					00:00,0	05:24,0	00:00,0
ŁABĘDZKI	KONRAD	M30	ADIDAS RUNNERS WARSAW			10:50,7			10:50,7	00:00,0	00:00,0
ŁĘCZYCKI	ARKADIUSZ	M30		04:49,3	02:29,0				00:00,0	04:49,3	02:29,0
ŁUCZYŃSKI	TOMASZ	M40	TRENINGIBIEGOWE.PL/ADIDAS RUNNERS WARSAW		02:16,4		04:41,3		00:00,0	04:41,3	02:16,4
ŁUGOWSKI	SYLWESTER	M20	ADIDAS RUNNERS WARSAW		02:33,4		05:31,3		00:00,0	05:31,3	02:33,4
ŁUGOWSKI	DAMIAN	M30			02:08,7				00:00,0	00:00,0	02:08,7
ŁUKASZEWICZ	RYSZARD	M50			02:31,8		05:21,3		00:00,0	05:21,3	02:31,8
MACENOWICZ	MACIEJ	M30				13:52,2			13:52,2	00:00,0	00:00,0
MACHOWSKI	PAWEŁ	M20	RACZYŃSKI TEAM		02:07,3		04:24,5		00:00,0	04:24,5	02:07,3
MADEJAK	SYLWIA	K40	ŻÓRAWSKI TEAM	05:46,2			05:34,3	02:40,2	00:00,0	05:34,3	02:40,2
Makowski	Robert	M		15:34,4					15:34,4	00:00,0	00:00,0
MAKSYMIK	KRZYSZTOF	M40		05:27,0					00:00,0	05:27,0	00:00,0
MARCZUK	ROBERT	M40	INSTYTUT BADAWCZY DRÓG I MOSTÓW	05:02,2		10:57,5			10:57,5	05:02,2	00:00,0
MARKOWSKA	DOROTA	K20				15:32,3			15:32,3	00:00,0	00:00,0
MARON	MACIEJ	M20	AZS UW			10:14,8			10:14,8	00:00,0	00:00,0
MARSZYCKI	KAROL	M30		04:54,2				02:21,9	00:00,0	04:54,2	02:21,9
Mazurkiewicz	Paweł	M30			02:37,9				00:00,0	00:00,0	02:37,9
MĄDZIK	ALEKSANDRA	K30	GOLDEN TEAM				05:50,9		00:00,0	05:50,9	00:00,0
MEJER	JACEK	M30		09:55,5	02:12,4				09:55,5	00:00,0	02:12,4
MICHALAK	MARTA	K40	KB IM. P. SĘKOWSKIEGO			13:29,7			13:29,7	00:00,0	00:00,0
Michalak	Adrian	M		13:39,0					13:39,0	00:00,0	00:00,0
MICHALAK	JERZY	M60	KB IM. P.SĘKOWSKIEGO W PŁOŃSKU	07:23,9				03:18,0	00:00,0	07:23,9	03:18,0
MICHAŁOWSKA	KATARZYNA	K40	RK ATHLETICS	06:40,2		15:04,3			15:04,3	06:40,2	00:00,0
MIRECKI	MICHAŁ	M				11:18,3			11:18,3	00:00,0	00:00,0

MIZIŃSKI	PAWEŁ	M30			02:15,9				00:00,0	00:00,0	02:15,9
MŁYNARZ	KAMIL	M20	SKB KRAŚNIK			08:37,5			08:37,5	00:00,0	00:00,0
MOKRZAŃSKI	MICHAŁ	M30	WARSZAWIAKY		04:41,8			02:14,6	00:00,0	04:41,8	02:14,6
MOLEND	MATEUSZ	M20				02:36,6			00:00,0	00:00,0	02:36,6
Morawska	Marta	K		15:57,1					15:57,1	00:00,0	00:00,0
MOSZKOWICZ	EUGENIUSZ	M60	KONDYCJA				08:09,1		00:00,0	08:09,1	00:00,0
Mroczkowska	Agata	K20				03:42,4			00:00,0	00:00,0	03:42,4
NAKLICKI	MICHAŁ	M20	TRIRENT					02:06,7	00:00,0	00:00,0	02:06,7
NALAZEK	MIKOŁAJ	M20	MKB DREPTAK				11:06,9		11:06,9	00:00,0	00:00,0
NEJFELD	HANNA	K40	BIEGAM BO LUBIĘ ZĄBKI TEAM	12:11,9				05:26,6	02:42,0	12:11,9	05:26,6
NOWAKOWSKI	JACEK	M50	AKL URSYNÓW			02:24,4			02:22,7	00:00,0	00:00,0
OBARA	PRZEMYSŁAW	M20		09:30,7						09:30,7	00:00,0
OCHMAN	PIOTR	M40		10:57,8						10:57,8	00:00,0
Okrzesik	Małgorzata	K		16:26,5						16:26,5	00:00,0
OLSZAK	ZENON	M50	WARSAW RUN CLUB			02:44,6		05:33,9	00:00,0	05:33,9	02:44,6
OLSZEWSKA	KATARZYNA	K30	WARSAW RUN CLUB					03:02,1	00:00,0	00:00,0	03:02,1
Opara	Sabina	K40		12:27,7						12:27,7	00:00,0
Orczykowska	Karolina	K		12:54,3						12:54,3	00:00,0
OSKIERKO	ŁUKASZ	M20	ADIDAS RUNNERS WARSAW	08:43,3						08:43,3	00:00,0
PADUSIŃSKI	PAWEŁ	M40	KACZMAR PROJECT				12:02,6			12:02,6	00:00,0
PARTYKA	AGNIESZKA	K40	PGE ENERGETIC RUNNING					03:16,5	00:00,0	00:00,0	03:16,5
PAWLEGA	KASIA	K40	WARSAW RUN CLUB			03:35,4	17:33,9			17:33,9	00:00,0
PAWSKI	WAWRZYNIEC	M30			04:28,0			04:25,2	00:00,0	04:25,2	00:00,0
PĘDOTA	BARTOSZ							02:37,2	00:00,0	00:00,0	02:37,2
PIECH	JAKUB	M30					09:28,1			09:28,1	00:00,0
PIENIAŻEK	LESZEK	M50	LIPIEC RUNNING TEAM					05:15,2	02:36,9	00:00,0	05:15,2
PIERZAK	OLAF	M40	AMOK TEAM			02:47,9			02:45,6	00:00,0	00:00,0
PIKUL	PIOTR	M30		12:12,9				05:17,6		12:12,9	05:17,6
PILISZEK	GRZEGORZ	M30	KACZMAR PROJECT/EY			02:02,3		04:26,3	00:00,0	04:26,3	02:02,3
PŁONKA	JAROSŁAW	M40	WARSAW RUN CLUB	12:26,7				05:22,7		12:26,7	05:22,7
POBŁOCKA-DOBROWOLSKA	KAMILA	K20		10:43,0						10:43,0	00:00,0
PRĘDOTA	KRZYSZTOF	M40	TRUCHT TARCHOMIN TEAM			02:26,7		05:06,1	00:00,0	05:06,1	02:26,7
PRĘDOTA	BARTEK	M16	TRUCHT TARCHOMIN TEAM					05:48,3	00:00,0	05:48,3	00:00,0
Pruchniak	Robert	M		12:57,5						12:57,5	00:00,0
PRUS	TOMASZ	M30					11:06,2			11:06,2	00:00,0
PRUSACZYK	MICHAŁ	M16	WARSAW RUN CLUB			03:31,3			03:33,5	00:00,0	00:00,0
Prygiel	Daria	K		15:34,1						15:34,1	00:00,0
PRYJMA	FRYDERYK	M20	UNTS				09:21,6			09:21,6	00:00,0
PYSZNIAK	DOROTA	K30	ADIDAS RUNNERS WARSAW					03:15,3	00:00,0	00:00,0	03:15,3

RATASZEWSKA	EDYTA	K50	WARSAW RUN CLUB			03:42,9		07:21,5		00:00,0	07:21,5	03:42,9
RATASZEWSKI	MAREK	M50	WARSAW RUN CLUB			03:05,2		06:10,1		00:00,0	06:10,1	03:05,2
REDA	KINGA	K20				02:25,6				00:00,0	00:00,0	02:25,6
REK	IWONA	K30	MILANOWSCY MIŁOŚNICY LEKKOATLETYKI		05:27,2			11:52,0		11:52,0	05:27,2	00:00,0
ROLEWICZ	TOMASZ	M40		11:53,3						11:53,3	00:00,0	00:00,0
ROZKRUT	MAREK	M40	KACZMAR PROJECT		05:16,5				02:32,8	00:00,0	05:16,5	02:32,8
ROZMANIEC	PAWEŁ	M60			04:11,8			04:11,0		00:00,0	04:11,0	00:00,0
RÓŻAŃSKI	BARTOSZ	M30	RUNNING JARS					05:27,2		00:00,0	05:27,2	00:00,0
RUDO	JAKUB	M20	PGB SPORTOWA PACZKA			02:21,9	10:58,6			10:58,6	00:00,0	02:21,9
RYNKIEWICZ	TOMASZ	M40						04:59,5		00:00,0	04:59,5	00:00,0
RZEPKA	JACEK	M20			05:18,8					00:00,0	05:18,8	00:00,0
Rzeszutko	Marcin	M40		14:48,4						14:48,4	00:00,0	00:00,0
RZESZUTKO	ALEKSANDRA	K30	NRC			03:07,1		06:25,5		00:00,0	06:25,5	03:07,1
RZUCHOWSKI	DANIEL	M20				02:04,3				00:00,0	00:00,0	02:04,3
SADOWSKA	BEATA	K40						17:07,1		17:07,1	00:00,0	00:00,0
SADOWSKI	ADAM	M40	ROZBIEGANY SULEJÓWEK	11:26,3				05:23,8		11:26,3	05:23,8	00:00,0
SAŁAMACHA	JAROSŁAW	M30	?	10:06,5		02:20,3				10:06,5	00:00,0	02:20,3
Sawicki	Dariusz	M40				02:12,8		04:40,4		00:00,0	04:40,4	02:12,8
SEKOWSKI	MAREK	M50				02:27,8				00:00,0	00:00,0	02:27,8
SEKOWSKI	MAREK	M50	KACZMAR PROJECK						02:26,8	00:00,0	00:00,0	02:26,8
SELKE	RADOSŁAW	M30	MILANOWSCY MIŁOŚNICY LEKKOATLETY	10:52,4			10:43,1			10:43,1	00:00,0	00:00,0
SITNIK	BARTŁOMIEJ	M40		10:38,3						10:38,3	00:00,0	00:00,0
SIUDZIŃSKI	MARCIN	M30		11:51,0				05:16,8		11:51,0	05:16,8	00:00,0
SKELTON	SARAH	K30	VEGERUNNERS						03:14,3	00:00,0	00:00,0	03:14,3
SKRZYPCZAK	ADRIAN	M20		11:00,2				04:54,5		11:00,2	04:54,5	00:00,0
Sliwa	Krzysztof	M				02:24,8				00:00,0	00:00,0	02:24,8
SŁOMKA	PAWEŁ	M20	DD RUNNING TEAM			02:17,3		04:45,3		00:00,0	04:45,3	02:17,3
SOBIESZEK	SEWERYN	M30			04:29,3					00:00,0	04:29,3	00:00,0
SOCHACKI	MARCIN	M40		12:30,0						12:30,0	00:00,0	00:00,0
STANKOWSKI	RAFAŁ	M30		10:02,3				04:36,8		10:02,3	04:36,8	00:00,0
STASZCZUK	TOMASZ	M40						10:41,2		10:41,2	00:00,0	00:00,0
STEFAŃSKI	KRYSTIAN	M30	KS KANAŁEK					10:25,7		10:25,7	00:00,0	00:00,0
STOCHMAŁSKI	PIOTR	M20				02:07,7				00:00,0	00:00,0	02:07,7
STOLARZ	ŁUKASZ	M30	ALLIANZ RUNNING TEAM					11:51,8		11:51,8	00:00,0	00:00,0
SURTEL	MICHAŁ	M30	KACZMAR PROJECT			02:13,5			02:10,4	00:00,0	00:00,0	02:10,4
SYCHOWICZ	DANIEL	M30	GRAZIA RUNNING						02:16,1	00:00,0	00:00,0	02:16,1
SZCZEPANIK	MELCHIOR	M40	FRUNATICS					05:07,4		00:00,0	05:07,4	00:00,0
SZEWCZYKOWSKA	ANNA	K30	TEAM360STOPNI					11:52,3	02:40,9	11:52,3	00:00,0	02:40,9
Szostak	Paweł	M30			04:14,4					00:00,0	04:14,4	00:00,0

SZPIL	MACIEJ	M30	KLUB UŻYTKOWNIKÓW P@PL				10:32,4			10:32,4	00:00,0	00:00,0
Szul	Robert	M		12:59,6						12:59,6	00:00,0	00:00,0
SZWEDZIK	BEATA	K50		14:45,4						14:45,4	00:00,0	00:00,0
SZYJKA	MONIKA	K30				03:29,1		07:14,2		00:00,0	07:14,2	03:29,1
ŚLIWA	KRZYSZTOF	M30	NAPRZÓD MŁOCINY	10:20,8				04:47,3		10:20,8	04:47,3	00:00,0
Śliwiński	Jan	M		11:04,4						11:04,4	00:00,0	00:00,0
Świerdzewski	Damian	M20	Następny Krok	08:44,6		02:04,2	08:52,5			08:44,6	00:00,0	02:04,2
TARKA	MARCIN	M30	WIDŁOROGI			02:30,0			02:26,4	00:00,0	00:00,0	02:26,4
TOSIK	WITOLD	M30			04:58,4					00:00,0	04:58,4	00:00,0
TRZASKOWSKA	JOANNA	K30	TRUCHT TARCHOMIN TEAM			02:51,9	13:12,1	06:12,1		13:12,1	06:12,1	02:51,9
TRZEBINSKI	BARTLOMIEJ	M40	KACZMAR PROJECT	10:14,5			10:04,5			10:04,5	00:00,0	00:00,0
TUKENDORF	BARBARA	K60	RK ATHLETICS		09:56,4		21:18,4			21:18,4	09:56,4	00:00,0
URBAN	ALEKSANDER	M30						05:51,5		00:00,0	05:51,5	00:00,0
URBANIAK	ALEKSANDER	M30					11:39,8			11:39,8	00:00,0	00:00,0
WESOŁOWSKI	DOMINIK	M30	DAFTRACING				12:49,2			12:49,2	00:00,0	00:00,0
WIATROWSKI	BŁAŻEJ	M40	WIATROWSKI.PL	11:38,1			10:36,9			10:36,9	00:00,0	00:00,0
WIATROWSKI	HUBERT	M16	?	11:38,0						11:38,0	00:00,0	00:00,0
Wichowski	JACEK	M30	Medicover Runners	08:37,9			08:40,8	04:11,8		08:37,9	04:11,8	00:00,0
Więcaszek	Magdalena	K		12:52,4						12:52,4	00:00,0	00:00,0
WIĘCKOWSKI	ŁUKASZ	M20	KIFATO MK				09:29,4			09:29,4	00:00,0	00:00,0
WILCZURA	MAREK	M40		09:48,6						09:48,6	00:00,0	00:00,0
WITKOWSKA	AGNIESZKA	K20	ŻMUDA RUNNING TEAM		06:07,6		13:13,9		03:00,9	13:13,9	06:07,6	03:00,9
WITKOWSKI	PAWEŁ	M30	WIELISZEW HERON TEAM	10:07,7		02:18,0	10:22,1	04:45,3		10:07,7	04:45,3	02:18,0
WOCH	KRZYSZTOF	M30				02:34,3			02:31,4	00:00,0	00:00,0	02:31,4
WOJCIECH	BŁAZIK	M30	WARSZAWA				10:42,1			10:42,1	00:00,0	00:00,0
WOJCIECHOWSKI	SEBASTIAN	M30	VEGE RUNNERS					04:45,7		00:00,0	04:45,7	00:00,0
WOJNAROWICZ	JANUSZ	M40				02:15,4				00:00,0	00:00,0	02:15,4
WOJNAROWSKI	MICHAŁ	M30	KACZMAR PROJECT	11:42,7			11:43,1			11:42,7	00:00,0	00:00,0
WOJTKOWIAK	MARTA	K30		11:57,4		02:39,9		05:32,3	02:38,8	11:57,4	05:32,3	02:38,8
WOLAK	JAROSŁAW	M40	MBANK				13:20,3			13:20,3	00:00,0	00:00,0
WOŁOWCZYK	KRZYSZTOF	M20	UNTS				09:10,0			09:10,0	00:00,0	00:00,0
ZADŁO	KATARZYNA	K40				03:37,4				00:00,0	00:00,0	03:37,4
ZALEWSKI	JAKUB	M					14:36,8			14:36,8	00:00,0	00:00,0
ZANIEWSKI	ALEKSANDER	M30	TRIWAWA	12:02,5				05:17,4		12:02,5	05:17,4	00:00,0
ZIELIŃSKA	WERONIKA	K30	12TRI.PL / ASICS FRONTRUNNER		05:04,6				02:24,2	00:00,0	05:04,6	02:24,2
ZYCH	ŁUKASZ	M20			04:55,3				02:22,2	00:00,0	04:55,3	02:22,2
ZYCH	ROBERT	M40	ADIDAS RUNNERS WARSAW						02:23,7	00:00,0	00:00,0	02:23,7
ZYGADŁO	PIOTR	M30					14:49,5	06:53,2		14:49,5	06:53,2	00:00,0
ŻOCHOWSKA	MAGDALENA	K20	ŻÓRAWSKI TEAM						03:15,6	00:00,0	00:00,0	03:15,6

ŻOCHOWSKI	DANIEL	M20	ŻÓRAWSKI TEAM	08:53,4				04:08,8		08:53,4	04:08,8	00:00,0
ŻUBIŃSKI	PIOTR	M40	ACCELERATING POLAND			02:20,9		04:52,5		00:00,0	04:52,5	02:20,9
ŻURANIEWSKA	AGNIESZKA	K40				02:46,6				00:00,0	00:00,0	02:46,6
ŻURAWSKI	KAMIL	M20	WARSZAWSKI ULTRAS				10:36,9		02:16,8	10:36,9	00:00,0	02:16,8