

# IV Noc STO-nogi Milanówek

26.11.2016

Organizatorzy **STO-nogi Milanówek**, czyli:  
Społeczne Towarzystwo Oświatowe w Milanówku  
Społeczne Liceum Ogólnokształcące Nr 5 STO w Milanówku



Zawody sędziowali: Leszek Janasik i Krzysztof Jarząbek

MIEJSCE OPEN	NR STARTOWY	IMIĘ	NAZWISKO	MIASTO	KLUB	KAT WIEKOWA	MIEJSCE	START NETTO	Pokonany dystans w m																						
									1800	3600	5400	7200	9000	10800	12600	14400	16200	18000	19800	21600	23400	25200	27000	28800	30600	32400	34200	36000	37800	39600	
1	948	Patryk	Kościełski	Legionowo	Ministerstwo Głupich Kroków	M40	1	16:07:26.26	00:00:00	00:08:17.21	00:16:30.75	00:24:48.15	00:33:17.14	00:41:57.66	00:50:47.15	00:59:11.02	01:07:36.66	01:16:13.09	01:24:44.77	01:33:28.25	01:42:08.81	01:50:53.30	01:59:24.06	02:07:56.45	02:16:43.66	02:25:42.74	02:34:44.89	02:43:26.24	02:52:09.32	03:00:27.03	03:09:21.05
2	858	Radosław	Selke	Milanówek	MORTI	M30	1	16:07:26.26	00:00:00	00:07:38.95	00:15:07.54	00:22:38.90	00:30:15.06	00:38:10.99	00:45:58.95	00:53:44.82	01:01:36.16	01:09:29.36	01:17:29.57	01:25:25.04	01:33:26.44	01:41:33.71	01:49:36.97	01:57:45.65	02:05:55.55	02:14:21.90	02:23:07.78	02:32:23.65	02:42:03.35	02:52:09.79	
3	870	Robert	Prokopiuk	Jesionka	M40	2	16:07:26.26	00:00:00	00:08:52.45	00:17:26.77	00:26:06.61	00:34:37.75	00:43:14.50	00:51:42.84	01:00:31.28	01:09:14.88	01:18:00.20	01:27:24.55	01:36:22.36	01:45:19.46	01:54:18.55	02:03:42.02	02:12:56.56	02:22:38.25	02:31:42.09	02:40:52.02	02:50:06.23	02:59:20.53	03:09:28.30		
4	821	Konrad	Taber	Brwinów	Active Prosperia/STO-nogi Milanówek	M20	1	16:07:26.26	00:00:00	00:08:16.36	00:16:51.86	00:25:17.30	00:33:33.91	00:42:10.01	00:50:55.65	00:59:40.27	01:08:38.64	01:17:34.22	01:26:31.58	01:35:29.09	01:44:38.38	01:53:50.14	02:03:18.00	02:12:52.55	02:22:20.26	02:31:50.04	02:41:26.06	02:50:41.60	02:59:56.10	03:13:00.31	
5	830	Adam	Szczepański	Milanówek	Albatrosy	M30	2	16:07:26.26	00:00:00	00:08:26.57	00:16:56.14	00:25:43.26	00:34:29.87	00:43:13.55	00:51:57.93	01:00:54.89	01:09:41.99	01:18:34.18	01:27:39.09	01:36:47.44	01:46:02.43	01:55:24.34	02:04:53.32	02:14:42.79	02:24:18.22	02:34:08.78	02:44:05.57	02:53:53.71	03:03:42.39		
6	881	Damián	Drzewiecki	Piastów	SGGW Runners	M30	3	16:07:26.26	00:00:00	00:09:07.01	00:18:05.48	00:26:55.14	00:35:40.54	00:44:31.81	00:53:32.07	01:02:31.44	01:11:40.80	01:20:36.98	01:29:41.46	01:38:48.60	01:47:56.07	01:57:29.40	02:06:54.27	02:16:40.16	02:26:33.94	02:36:35.72	02:46:29.61	02:56:24.92	03:05:10.37		
7	922	Marcin	Basis	Warszawa	Biegam Naturalnie	M40	3	16:07:26.26	00:00:00	00:08:13.53	00:16:04.25	00:24:02.87	00:32:05.92	00:40:14.26	00:48:29.25	00:56:35.60	01:04:49.55	01:13:03.34	01:21:22.61	01:30:09.32	01:39:24.43	01:48:58.57	01:58:43.77	02:10:51.05	02:20:49.65	02:31:55.23	02:44:33.00	02:57:46.47			
8	943	Ryszard	Lukaszewicz	Warszawa		M50	1	16:07:26.26	00:00:00	00:09:36.07	00:18:28.24	00:27:27.52	00:36:33.68	00:45:30.16	00:54:22.89	01:03:27.90	01:12:29.79	01:21:29.04	01:30:33.62	01:39:42.96	01:48:59.43	01:58:08.90	02:07:24.22	02:17:36.08	02:27:15.98	02:37:27.90	02:49:25.02	03:01:10.02			
9	844	Mariusz	Szymański	Blonie	Krejni Tim Blonie	M20	2	16:07:26.26	00:00:00	00:09:53.91	00:19:37.88	00:29:15.57	00:38:55.66	00:48:35.75	00:58:17.72	01:07:31.58	01:16:47.57	01:26:10.72	01:35:35.65	01:45:03.90	01:56:04.46	02:05:32.73	02:15:05.89	02:24:23.23	02:34:41.63	02:44:11.02	02:53:49.39	03:03:25.26			
10	891	Grzesiek	Smoliński	Milanówek	MORTI	M30	4	16:07:26.26	00:00:00	00:09:30.51	00:18:26.82	00:27:29.06	00:36:12.16	00:45:01.05	00:54:04.68	01:03:14.39	01:12:29.02	01:21:38.68	01:30:53.75	01:40:28.15	01:49:58.84	01:59:57.35	02:09:32.11	02:19:59.96	02:33:03.80	02:42:56.29	02:53:37.28	03:04:22.36			
11	855	Leszek	Goli	Warszawa	Budimex	M40	4	16:07:26.26	00:00:00	00:08:56.34	00:17:53.05	00:26:54.27	00:35:57.26	00:45:00.59	00:54:11	01:03:24.81	01:12:42.95	01:22:08.31	01:31:36.05	01:41:18.77	01:51:01.28	02:01:07.14	02:11:21.92	02:21:42.52	02:32:21.04	02:43:14.80	02:54:17.94	03:06:23.18			
12	1003	Daniel	Pietrzak	Pruszków	Dzikię Bąki z Leśnej Łąki	M20	3	16:07:26.26	00:00:00	00:09:06.41	00:18:10.14	00:26:59.32	00:35:47.12	00:44:54.50	00:54:04.03	01:03:14.09	01:12:31.92	01:22:01.80	01:31:32.73	01:41:14.49	01:50:57.24	02:00:51.39	02:11:49.47	02:22:12.30	02:32:52.41	02:43:58.04	02:55:31.31	03:06:41.67			
13	825	Dominik	Berliński	Otrębusy	WPRunning	M30	5	16:07:26.26	00:00:00	00:11:38.22	00:22:07.67	00:31:53.12	00:41:33.54	00:51:30.60	01:01:21.67	01:11:08.12	01:21:06.64	01:30:52.73	01:40:25.32	01:49:56.63	01:59:28.96	02:08:55.02	02:18:20.66	02:28:15.18	02:38:16.93	02:48:37.22	02:57:59.07	03:08:53.26			
14	971	MICHAŁ	MIELCARZ	BLONIE	KREZJI TIM BLONIE	M30	6	16:07:26.26	00:00:00	00:09:21.99	00:18:24.72	00:27:25.64	00:36:39.32	00:45:32.27	00:54:21.50	01:03:17.30	01:12:27.67	01:21:40.82	01:31:19.46	01:41:12.62	01:51:25.42	02:02:15.82	02:13:10.37	02:23:51.73	02:34:33.35	02:45:37.94	02:57:46.30				
15	976	Paweł	Tulik	KB Ożarów Mazowiecki	KB Ożarów Mazowiecki Biega	M40	5	16:07:26.26	00:00:00	00:11:33.46	00:21:20.38	00:30:50.42	00:40:34.33	00:50:20.20	01:00:47.46	01:10:44.67	01:20:40.37	01:30:37.49	01:40:30.12	01:50:39.23	02:00:32.80	02:10:52.97	02:20:50.90	02:30:45.18	02:40:38.88	02:50:53.21	03:00:51.50				
16	874	Andrzej	Szeremeta	Warszawa	PZU Sport Team	M40	6	16:07:26.26	00:00:00	00:09:04.18	00:18:12.74	00:27:26.14	00:36:43.61	00:46:10.93	00:55:48.45	01:05:20.22	01:14:55.16	01:24:38.45	01:34:42.03	01:44:54.30	01:55:27.71	02:05:49.53	02:16:29.04	02:27:36.87	02:39:06.94	02:50:11.47	03:01:14.82				
17	859	Piotr	Sprengel	Milanówek	MORTI	M20	4	16:07:26.26	00:00:00	00:08:16.52	00:16:33.49	00:25:17.54	00:34:14.71	00:43:13.59	00:52:14.71	01:01:13.57	01:09:49.27	01:19:29.76	01:29:40.62	01:39:45.57	01:50:40.46	02:02:02.49	02:13:26.10	02:27:25.44	02:43:05.83	02:57:22.82	03:12:53.17				
18	987	Piotr	Gawarski	Blonie	LKS Olympt Blonie	M30	7	16:07:26.26	00:00:00	00:08:09.36	00:16:10.35	00:24:11.31	00:32:13.01	00:40:22.86	00:48:30.03	00:56:57.59	01:05:22.11	01:13:47.59	01:22:15.41	01:30:43.53	01:39:19.81	01:47:52.40	01:56:59.41	02:10:32.79	02:19:50.37	02:36:34.83					
19	974	Tobiasz	Nowakowski	Stanisławów	MKB Dreptak	M20	5	16:07:26.26	00:00:00	00:08:47.32	00:16:57.59	00:25:18.71	00:33:37.51	00:42:13.03	00:50:52.40	01:01:28.12	01:10:28.37	01:19:25.39	01:28:49.31	01:38:11.67	01:51:51.99	02:08:05.74	02:17:51.59	02:28:55.26	02:39:54.71	02:53:59.22					
20	1010	Liliana	Kolacz			K30	1	16:07:26.26	00:00:00	00:09:41.91	00:19:03.84	00:28:32.24	00:38:03.05	00:47:34.10	00:57:14.45	01:07:16.95	01:17:15.64	01:27:22.25	01:37:37.32	01:47:54.41	01:58:16.33	02:08:32.20	02:18:59.28	02:30:24.88	02:42:19.19	02:54:36.75					
21	951	Mirosław	Sujak	Mińsk Mazowiecki	MKB Dreptak	M50	2	16:07:26.26	00:00:00	00:09:39.14	00:19:03.37	00:28:32.61	00:38:02.19	00:47:33.16	00:57:13.65	01:07:34.75	01:16:55.78	01:26:44.52	01:37:35.53	01:47:53.86	01:58:14.99	02:08:09.89	02:18:07.97	02:30:21.95	02:42:17.59	02:54:42.80					
22	810	Wojciech	Lewdorowicz	Kady	Sam Sobie Klubem	M30	9	16:07:26.26	00:00:00	00:09:36.50	00:18:52.63	00:28:26.24	00:37:49.56	00:47:24.57	00:56:27.07	01:05:48.06	01:15:29.86	01:25:26.23	01:35:25.36	01:45:58.08	01:57:00.50	02:08:05.33	02:19:32.23	02:31:27.38	02:43:31.56	02:55:34.01					
23	895	Piotr	Tulik	Ożarów Maz.	KB Ożarów Mazowiecki Biega	M40	7	16:07:26.26	00:00:00	00:11:34.03	00:21:21.18	00:30:51.50	00:40:37.52	00:50:22.41	01:00:48.54	01:10:46.39	01:20:57.15	01:31:16.06	01:42:15.68	01:52:59.84	02:04:43.15	02:15:52.59	02:27:58.85	02:39:42.82	02:51:32.97	03:03:50.72					
24	841	MARCIN	PACHOLSKI	BLONIE	KREZJI TIM BLONIE	M30	10	16:07:26.26	00:00:00	00:09:56.87	00:19:53.11	00:29:54.00	00:39:53.91	00:50:00.80	01:00:14.74	01:10:16.96	01:21:35.51	01:31:40.99	01:42:27.67	01:52:57.48	02:03:26.84	02:14:16.45	02:25:08.42	02:36:30.71	02:48:31.20	03:04:05.77					
25	838	Mieczysław	Kędziński	Milanówek		M50	3	16:07:26.26	00:00:00	00:10:45.13	00:20:40.28	00:30:33.59	00:40:23.33	00:49:53.65	00:59:11.90	01:08:51.22	01:20:14.63	01:31:13.18	01:41:11.97	01:51:19.60	02:02:11.94	02:13:11.36	02:25:10.58	02:37:04.85	02:51:18.93	03:04:51.27					
26	901	Marek	Kękowski	Grodzisk Mazowiecki	Biegi Grodzisk Mazowiecki	M50	4	16:07:26.26	00:00:00	00:11:35.67	00:21:23.45	00:32:29.75	00:42:06.32	00:51:57.81	01:02:06.64	01:12:08.90	01:22:39.44	01:33:34.81	01:46:07.88	01:58:29.18	02:09:31.16	02:20:55.07	02:32:16.18	02:43:48.56	02:55:08.89	03:05:46.51					
27	913	Przemysław	Kiełki	Grodzisk Mazowiecki	Dogoń Grodzisk Mazowiecki	M30	11	16:07:26.26	00:00:00	00:09:54.54	00:19:34.47	00:29:21.14	00:39:23.14	00:49:21.12	00:59:31.10	01:09:52.21	01:20:58.08	01:31:16.56	01:43:26.99	01:55:30.63	02:06:41.48	02:18:22.08	02:30:26.38	02:44:09.59	02:56:32.66	03:07:58.00					
28	834	Tomasz	Kwapiński	Grodzisk Mazowiecki	DOGOŃ GRODZISK MAZOWIECKI	M40	8	16:07:26.26	00:00:00	00:11:50.84	00:23:13.20	00:34:24.73	00:46:22.48	00:56:51.88	01:07:16.17	01:17:51.03	01:28:37.31	01:39:14.84	01:50:01.61	02:00:46.97	02:13:45.61	02:25:05.96	02:36:18.78	02:47:37.98	02:58:41.39	03:09:56.04					
29	1011	Katarzyna	Fajnas		Dogoń Grodzisk	K40	1	16:07:26.26	00:00:00	00:09:49.19	00:19:50.96	00:29:52.83	00:39:51.43	00:49:59.66	01:00:21.45	01:10:57.90	01:21:36.11	01:32:28.21	01:43:44.19	01:55:19.78	02:06:59.99	02:19:49.80	02:32:11.66	02:44:54.45	02:57:21.02	03:10:26.83					
30	937	Małgorzata	Matusiak	Milanówek		K20	1	16:07:26.26	00:00:00	00:09:54.09	00:19:50.52	00:29:52.42	00:39:51.28	00:49:59.20	01:00:21.34	01:10:57.65	01:21:35.78	01:32:27.58	01:43:43.48	01:55:19.50	02:06:59.74	02:19:49.15	02:32:11.34	02:44:53.63	02:57:20.71	03:10:27.13					
31	1006	Andrzej	Gumkowski		BBL Ostrołęka	M60	1	16:07:26.26	00:00:00	00																					



99	995	Anna	Jarkowska	Blonie	Krejni Tim	K30	15	16:07:26.26	00:00:00	00:12:23.47	00:23:50.19	00:35:15.68	00:46:59.05	00:59:54.67	01:11:40.03	01:25:48.74	01:40:26.45	01:58:49.75	02:12:58.22
100	999	Maciek	Zyto	Pruszków		M40	29	16:07:26.26	00:00:00	00:13:30.02	00:23:00.89	00:31:56.97	00:40:35.21	00:50:36.49	00:59:06.37	01:08:29.94	01:17:30.50	01:25:19.01	
101	1012	Bruno	Nowakowski	Milanówek	STO-nogi	M20	14	16:07:26.26	00:00:00	00:11:54.49	00:23:07.73	00:33:42.67	00:44:38.54	00:55:17.30	01:06:27.92	01:17:45.40	01:29:40.96	01:42:33.63	
102	873	Katarzyna	Helbin	Milanówek	Triathlon Milanówek	K40	4	16:07:26.26	00:00:00	00:11:44.37	00:23:05.46	00:34:03.94	00:45:05.88	00:56:15.80	01:07:47.25	01:18:54.66	01:31:11.75	01:43:37.66	
103	818	Piotr	Lucak	Budziska	CST RUN TEAM	M30	28	16:07:26.26	00:00:00	00:14:30.90	00:27:20.04	00:39:30.96	00:50:44.43	01:01:55.66	01:13:20.55	01:25:04.97	01:36:50.65	01:48:37.83	
104	805	Marta	Brulińska	Warszawa	Biegam na Tarchominie	K20	4	16:07:26.26	00:00:00	00:13:33.05	00:24:43.48	00:35:54.93	00:48:50.60	00:59:52.92	01:11:32.95	01:24:24.81	01:36:32.39	01:53:50.95	
105	826	Jarosław	Prugar	Nadarzyn	ASRAZ	M40	30	16:07:26.26	00:00:00	00:13:02.67	00:25:15.67	00:37:39.13	00:50:26.61	01:03:14.52	01:17:01.32	01:27:20.26	01:36:53.91		
106	954	Kasia	Olesinska	Grodzisk Mazowiecki		K30	16	16:07:26.26	00:00:00	00:13:30.34	00:26:03.56	00:38:47.73	00:51:35.28	01:04:10.28	01:16:36.18	01:29:29.39	01:42:40.70		
107	927	Dominik	Czyż	Zegrze	Grupa Biegowa CHTMO	M30	29	16:07:26.26	00:00:00	00:12:40.41	00:24:25.31	00:36:18.58	00:49:05.58	01:02:21.22	01:17:03.23	01:32:22.81	01:49:34.18		
108	956	Jerzy	Taber	Brwinów	Active Prosperia/STO-nogi Milanówek	M50	7	16:07:26.26	00:00:00	00:10:35.70	00:24:36.41	00:36:05.86	00:47:49.23	01:07:51.34	01:21:12.99	01:41:46.64	02:03:32.79		
109	963	Grzegorz	Wiśniewski	Blonie	Krejni Tim	M20	15	16:07:26.26	00:00:00	00:13:25.34	00:25:16.69	00:35:32.84	00:48:52.63	01:02:28.78	01:21:51.31	01:51:20.89	02:07:17.54		
110	909	Marcin	Orlikowski	Milanówek		M40	31	16:07:26.26	00:00:00	00:11:45.19	00:22:34.69	00:32:50.37	00:43:08.48	00:53:27.41	01:03:53.37	01:14:33.17			
111	849	Anna	Janiszewska			K30	17	16:07:26.26	00:00:00	00:11:56.15	00:22:30.92	00:32:28.01	00:43:06.48	00:53:51.17	01:04:44.61	01:15:55.80			
112	950	Bartosz	Łukijanuk	Milanówek		M30	30	16:07:26.26	00:00:00	00:15:34.79	00:25:42.71	00:43:28.38	00:53:47.93	01:03:26.65	01:13:31.63	01:27:11.61			
113	1013	Bożena	Ziętarska	Ciechocin		K40	5	16:07:26.26	00:00:00	00:12:57.33	00:24:44.15	00:37:24.49	00:49:26.76	01:01:43.76	01:14:04.55	01:29:30.10			
114	846	Katarzyna	Kapuściak	Sade Budy	DOGOŃ Grodzisk	K20	5	16:07:26.26	00:00:00	00:13:28.28	00:25:21.29	00:36:57.62	00:48:30.19	01:01:16.20	01:13:14.95	01:32:16.78			
115	998	Agata	Zyto	Pruszków	Kosmata Kuchnia	K40	5	16:07:26.26	00:00:00	00:13:45.52	00:26:46.32	00:39:49.68	00:53:01.97	01:06:25.12	01:19:50.71	01:33:26.16			
116	835	Robert	Budżaj	Jaktorów	Neptunet Team	M40	33	16:07:26.26	00:00:00	00:14:59.90	00:28:11.35	00:41:10.09	00:54:01.01	01:06:47.71	01:18:51.16	01:34:58.93			
117	996	Marek	Mikucki	Warszawa		M30	31	16:07:26.26	00:00:00	00:14:59.92	00:28:11.85	00:41:10.38	00:54:01.75	01:06:47.61	01:19:47.32	01:35:09.41			
118	979	Igor	Popiołek	Pruszków	Turbo Pruszków/STO-nogi Milanówek	M20	16	16:07:26.26	00:00:00	00:13:34.24	00:27:45.83	00:45:10.33	01:00:07	01:15:44.74	01:44:35.36	02:05:53.43			
119	962	Ewa	Duńska-Andrzejewska	Warszawa		K40	6	16:07:26.26	00:00:00	01:05:23.23	01:19:52.67	01:32:47.40	01:49:54.73	02:02:39.13	02:16:51.63	02:32:05.40			
120	902	Paweł	Kuna	Warszawa	Biegam na Tarchominie	M30	32	16:07:26.26	00:00:00	00:13:32.94	00:26:17.66	00:45:06.68	01:04:31.87	01:53:50.37	02:06:09.53	02:37:43.41			
121	908	Piotr	Tokarski	Pruszków		M30	33	16:07:26.26	00:00:00	00:12:24.88	00:22:53.20	00:33:03.87	00:43:18.57	00:53:35.02	01:03:47.15				
122	917	TOMASZ	STODULSKI	PRUSZKÓW		M30	34	16:07:26.26	00:00:00	00:12:25.00	00:22:54.63	00:33:04.27	00:43:20.10	00:53:35.59	01:03:50.87				
123	936	Piotr	Malczak	Grodzisk Mazowiecki	DOGOŃ Grodzisk Mazowiecki	M30	35	16:07:26.26	00:00:00	00:11:36.98	00:22:51.62	00:33:46.07	00:44:50.91	00:55:57.89	01:07:14.34				
124	938	Marek	Bładowski	Grodzisk Mazowiecki	DANFOS	M30	36	16:07:26.26	00:00:00	00:13:38.88	00:24:54.57	00:36:14.26	00:46:37.24	00:57:22.60	01:08:44.08				
125	903	Paulina	Sadowy-Selke	Milanówek	MORTI	K20	6	16:07:26.26	00:00:00	00:12:43.34	00:24:08.25	00:35:17.11	00:46:40.67	00:57:48.02	01:08:53.06				
126	940	Tomasz	Olejnik	Grodzisk Mazowiecki	DANFOS	M20	17	16:07:26.26	00:00:00	00:13:37.63	00:25:09.27	00:36:13.99	00:47:19.20	00:58:36.61	01:09:38.37				
127	939	Tomasz	Łyżkowski	Grodzisk Mazowiecki	DANFOS	M40	34	16:07:26.26	00:00:00	00:13:37.72	00:25:10.74	00:36:06.81	00:47:24.23	00:58:51.16	01:11:04.11				
128	806	Adam	Ryczek	Warszawa	Biegam Na Tarchominie	M30	37	16:07:26.26	00:00:00	00:12:52.86	00:22:58.25	00:32:27.76	00:42:37.82	00:51:59.71	01:11:49.93				
129	871	Jasio	Prugar	Nadarzyn	ASRAZ	M20	18	16:07:26.26	00:00:00	00:13:02.50	00:25:16.30	00:37:39.03	00:50:25.74	01:03:14.95	01:16:59.20				
130	934	Anna	Jągłowska	Książenice	Dogoń Grodzisk Mazowiecki	K40	7	16:07:26.26	00:00:00	00:13:51.94	00:26:34.18	00:39:31.90	00:52:36.28	01:04:33.76	01:18:29.59				
131	878	Ireneusz	Baranski	Milanówek	Dogon Grodzisk	M50	8	16:07:26.26	00:00:00	00:13:52.08	00:26:35.98	00:39:34.63	00:52:39.28	01:05:40.07	01:18:31.15				
132	867	Teodor	Pasternak	Pruszków	STO-nogi Milanówek / TURBO Pruszków	M40	35	16:07:26.26	00:00:00	00:13:36.28	00:27:01.27	00:40:11.76	00:51:55.34	01:04:29.71	01:18:35.94				
133	848	Tomasz	Górski	Pruszków	Turbo Pruszków/STO-nogi Milanówek	M40	36	16:07:26.26	00:00:00	00:11:32.15	00:23:08.12	00:34:39.17	00:46:39.42	01:04:28.31	01:18:36.85				
134	809	Kamila	Mucha	Konin		M30	38	16:07:26.26	00:00:00	00:13:32.30	00:26:03.16	00:39:16.97	00:52:57.27	01:06:43.56	01:20:32.72				
135	811	Monika	Michalska	Legionowo		K30	18	16:07:26.26	00:00:00	00:13:30.01	00:24:49.05	00:36:28.98	00:50:30.60	01:02:06.12	01:20:55.15				
136	994	Michał	Sobczak	Grodzisk Mazowiecki	DOGOŃ Grodzisk	M20	19	16:07:26.26	00:00:00	00:13:29.96	00:25:49.15	00:37:58.73	00:50:12.85	01:18:02.93	01:31:15.09				
137	991	Patrycja	Dmoch	Blonie	Krejni Tim Blonie	K20	7	16:07:26.26	00:00:00	00:13:26.74	00:25:16.96	00:48:52.39	01:05:31.17	01:21:52.86	01:38:54.42				
138	851	Krzysztof	Stencel	Warszawa		M40	37	16:07:26.26	00:00:00	00:16:58.67	00:41:36.05	01:19:25.74	01:30:54.01	01:42:33.69	01:53:19.20				
139	896	Arkadiusz	Szydlak	Grodzisk Mazowiecki	DOGOŃ Grodzisk	M30	39	16:07:26.26	00:00:00	00:08:59.53	00:18:04.53	00:27:24.37	00:36:32.43	00:45:38.40	02:07:24.96				
140	804	Bartosz	Cybuchowski		Klub Biegacza PLL LOT	M30	40	16:07:26.26	00:00:00	00:14:45.59	00:28:14.73	00:41:00.94	01:44:40.58	01:57:05.04	02:10:13.06				
141	972	KATARZYNA	MIELCARZ	BLONIE	KREZI TIM BLONIE	K30	19	16:07:26.26	00:00:00	00:12:38.94	00:25:24.45	00:39:05.33	01:02:38.05	01:19:28.28	02:17:33.55				
142	985	Eliza	Warmińska-Bartoszek	Blonie	Krejni Tim Blonie	K40	8	16:07:26.26	00:00:00	00:12:38.15	00:25:24.52	00:39:05.91	01:02:42.58	01:19:27.85	02:17:33.74				
143	932	kacper	Kisielński	Chotomów	UKS Siudemka Legionowo	M20	20	16:07:26.26	00:00:00	00:14:44.26	00:27:04.48	00:42:10.76	01:21:07.17	01:50:40.12	02:34:58.61				
144	905	Kamil	Szpot		BBL Książenice	M30	41	16:07:26.26	00:00:00	00:13:36.99	00:25:09.60	00:36:01.74	00:46:32.74	01:03:07.84					
145	872	Piotr	Kotkowski	Warszawa	JackeBiega Running Team	M40	38	16:07:26.26	00:00:00	00:11:35.02	00:23:05.90	00:34:55.22	00:46:39.51	01:04:28.47					
146	827	Maja	Kwapińska	Grodzisk Maz	Dogoń Grodzisk Maz	K30	20	16:07:26.26	00:00:00	00:17:18.93	00:30:26.75	00:43:54.78	00:57:55.25	01:11:59.60					
147	864	Katarzyna	Popiołek	Pruszków	Turbo Pruszków/STO-nogi Milanówek	K40	9	16:07:26.26	00:00:00	00:15:07.35	00:27:54.76	00:41:23.77	00:54:32.14	01:17:18.56					
148	815	Agnieszka	Orlikowska	Milanówek		K40	10	16:07:26.26	00:00:00	00:14:06.78	00:29:08.84	00:44:51.01	01:01:09.07	01:18:05.76					
149	863	KOSMA	PASTERNAK	PRUSZKÓW	STO-nogi MILANÓWEK/TURBO PRUSZKÓW	M20	21	16:07:26.26	00:00:00	00:13:36.21	00:27:01.91	00:41:22.73	00:59:53.86	01:24:57.61					
150	889	Aleksandra	Okoniewska	Grodzisk Mazowiecki	Dogoń Grodzisk	K20	8	16:07:26.26	00:00:00	00:20:23.30	00:46:34.75	01:25:58.78	01:47:54.35	02:09:05.76					
151	820	Marzena	Lucak	Budziska	CST RUN TEAM	K30	21	16:07:26.26	00:00:00	00:14:35.13	00:27:28.32	00:41:20.56	00:59:36.79						
152	978	Milosz	Popiołek	Pruszków	Turbo Pruszków/STO-Nogi Milanówek	M20	22	16:07:26.26	00:00:00	00:11:43.05	00:24:35.94	00:38:48.94	01:01:13.13						
153	882	Robert	Szewczyk	Piastów	Przyjaciel STO-nogi Milanówek	M40	39	16:07:26.26	00:00:00	00:11:36.06	00:23:05.57	00:34:57.69	01:15:46.99						
154	853	Michalina	Stencel	Warszawa		K20	9	16:07:26.26	00:00:00	00:16:56.73	00:41:30.51	00:43:31.38	01:19:26.20						
155	984	Katarzyna	Samborska			K20	10	16:07:26.26	00:00:00	00:12:39.45	00:26:58.96	00:42:16.84	02:05:08.99						
156	890	Jan	Jurkitewicz	Milanówek		M20	23	16:07:26.26	00:00:00	00:11:31.34	00:23:12.42	00:36:01.36	02:05:27.93						
157	967	Michał	Siłka	Milan															