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LP	Nazwisko	Imię	Klub	Rok ur	Kat.	Msc Kat	1000m	1500m	3000m	czas sek	01:00:00	średnia/km
1	Łobodziński	Piotr	AZS Uniwersytet Warszawski	1985	M2	open	02:42,3	4:11.15	9:04,20	957,65	00:15:58	00:02:54
2	Kuśmierz	Sylwester	BYLEDOBIEC ANIN	1978	M3	open	2:35.64	4:15,23	09:07,1	957,97	00:15:58	00:02:54
3	Świątkowski	Bartosz	AZS WAT Warszawa	1989	M2	open	2:40.63	04:21,6	9:25,15	987,38	00:16:27	00:03:00
4	Beauvillain	Jeremy	issy triathlon	1981	M3	1	2:57.17	04:26,2	9:15,67	999,04	00:16:39	00:03:02
5	Wojtkowski	Jan	UKS Impuls	1986	M2	1	2:42,99	04:28,1	10:13.60	1044,69	00:17:25	00:03:10
6	Łasiński	Michał	12tri.pl	1987	M2	2	2:50,99	04:32,4	10:01.54	1044,93	00:17:25	00:03:10
7	Potrzuski	Kamil	AZS Uniwersytet Warszawski	1987	M2	3	2:53,46	4:34,64	09:58,2	1046,30	00:17:26	00:03:10
8	Starzyński	Wojciech	Entre.pl Team	1971	M4	1	02:55,1	4:46,41	9:49.56	1051,07	00:17:31	00:03:11
9	Szyborski	Rafał	KB PIMAR Legionowo	1992	M1	1	2:51,28	04:36,0	10:09.65	1056,93	00:17:37	00:03:12
10	Zwierzchoń	Grzegorz	12tri.pl	1981	M3	2	2:50,38	4:32,56	10:18,4	1061,34	00:17:41	00:03:13
11	Ignatowicz	Andrzej	TRUCHT TARCHOMIN TEAM	1974	M3	3	2:57,99	04:48,4	10:03.80	1070,19	00:17:50	00:03:15
12	Czechowski	Marek	aleTempo	1987	M2	4	2:58,48	04:44,5	10:09.23	1072,21	00:17:52	00:03:15
13	Alberski	Przemysław	Akuku	1986	M2	5	3:00,63	4:47,58	10:10,0	1078,21	00:17:58	00:03:16
14	Górzyński	Maciej	T-mobile Running Team	1970	M4	2	3:00,88	4:44,37	10:17.12	1082,37	00:18:02	00:03:17
15	Stupak	Marcin		1988	M2	6	02:54,2	4:51,98	10:19.31	1085,49	00:18:05	00:03:17





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16	Król	Dariusz	Aktywny Relaks Wołomin	1964	M4	3	3:01,00	04:57,6	10:08.34	1086,94	00:18:07	00:03:18
17	Skibiński	Marek	Lasek Bielański Team	1990	M2	7	2:59,00	04:46,5	10:30.66	1096,16	00:18:16	00:03:19
18	Łukaszewicz	Ryszard	Warszawa-Wola	1961	M5	1	3:07,72	4:45,70	10:34.48	1107,90	00:18:28	00:03:21
19	Magierski	Jerzy	Byledobiec	1956	M5	2	3:02,80	4:58.34	10:27,1	1108,24	00:18:28	00:03:21
20	Piotrowski	Andrzej	Entre.pl Team	1972	M3	4	2:58.79	04:54,0	10:36,56	1109,35	00:18:29	00:03:22
21	Drabczyk	Szymon	Warszawa	1960	M5	3	03:13,3	4:52,88	10:29.47	1115,65	00:18:36	00:03:23
22	Żywek	Maciej	ale Tempo	1973	M3	5	3:18,68	4:55,56	10:30,3	1124,54	00:18:45	00:03:24
23	Drewnowski	Robert		1973	M3	6	2:55,80	4:56,96	10:58,9	1131,66	00:18:52	00:03:26
24	Strzeżysz	Piotr	KS Bednarska	1973	M3	7	3:02,33	04:51,3	11:04,43	1138,06	00:18:58	00:03:27
25	Zielińska	Weronika	12tri.pl	1986	K2	open	3:02,57	05:03,3	11:01.20	1147,07	00:19:07	00:03:29
26	Rustecki	Mariusz	Warszawa Śródmieście	1973	M3	8	03:06,7	5:13,39	10:48.20	1148,29	00:19:08	00:03:29
27	Dąbrowski	Mariusz	KB-Rebus.pl	1977	M3	9	3:10,41	4:58,99	10:59.68	1149,08	00:19:09	00:03:29
28	Ziętek	Olga	Akademia Triathlonu Warszawa	1988	K2	open	3:22,43	5:05,66	10:47,12	1155,21	00:19:15	00:03:30
29	Kawa	Michał		1992	M1	2	3:20,66	5:11,14	10:46,3	1158,10	00:19:18	00:03:31
30	Płachciński	Patryk	ERA Running Team	1974	M3	10	03:18,1	5:05,24	10:58,95	1162,29	00:19:22	00:03:31
31	Pękala	Leszek	Warszawskie Hospicjum dla Dzieci	1975	M3	11	3:07,19	4:56,88	11:27,5	1171,57	00:19:32	00:03:33
32	Wąsiński	Jan	KS Bednarska	1983	M2	8	3:07,41	05:28,1	11:00.19	1175,70	00:19:36	00:03:34





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33	Niemczyk	Damian	Sport Balance	1983	M2	9	3:15,06	5:05,90	11:15,0	1175,96	00:19:36	00:03:34
34	Fazan	Rafał	fazers	1971	M4	4	03:22,0	5:07,52	11:10,52	1180,04	00:19:40	00:03:35
35	Kumoch	Jakub	Przeciężność Służew	1975	M3	12	3:25,56	05:13,0	11:07,50	1186,06	00:19:46	00:03:36
36	Barcentewicz	Mikołaj	12tri.pl	1988	M2	10	03:12,2	5:05,78	11:36,09	1194,07	00:19:54	00:03:37
37	Kotecki	Arkadiusz	Park Skaryszewski	1980	M3	13	3:11,59	5:21,83	11:27,5	1200,92	00:20:01	00:03:38
38	Terczyński	Paweł	12tri.pl	1973	M3	14	3:10,73	05:23,1	11:31,39	1205,22	00:20:05	00:03:39
39	Zdziechowski	Szymon		1979	M3	15	3:14,31	05:21,2	11:34,74	1210,25	00:20:10	00:03:40
40	Lau	Marcin	LawFamily	1974	M3	16	3:21,07	5:22,82	11:26,72	1210,61	00:20:11	00:03:40
41	Piasecki	Tomasz	MIMUW	1980	M3	17	03:15,2	5:12,44	11:43,23	1210,87	00:20:11	00:03:40
42	Szymański	Paweł	AZS AON	1985	M2	11	3:24,38	5:20,53	11:49,5	1234,41	00:20:34	00:03:44
43	Łasiński	Paweł	12tri.pl	1983	M2	12	3:26,21	5:16,11	11:52,1	1234,42	00:20:34	00:03:44
44	Pałgan	Grzegorz	KS BEDNARSKA	1978	M3	18	3:24,88	5:26,82	11:46,11	1237,81	00:20:38	00:03:45
45	Skarzyńska	Magdalena	AZS Politechnika Warszawska	1987	K2	open	3:23,01	5:22,35	11:52,82	1238,18	00:20:38	00:03:45
46	Zgliński	Piotr	KB-Rebus.pl	1974	M3	19	3:23,11	5:20,38	11:56,77	1240,26	00:20:40	00:03:46
47	Bielec	Artur	Rembertów team	1973	M3	20	3:27,29	5:30,42	11:43,08	1240,79	00:20:41	00:03:46
48	Kościelny	Tomasz	4F Sport Performance	1983	M2	13	03:30,2	5:21,25	11:49,88	1241,33	00:20:41	00:03:46
49	Kasiński	Grzegorz	T-Mobile Running Team	1970	M4	5	3:27,26	05:25,1	11:49,61	1241,97	00:20:42	00:03:46





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50	Dąbrowski	Jarosław	4F Sport Performance	1973	M3	21	3:20,33	5:37.68	11:44,50	1242,51	00:20:43	00:03:46
51	Firas	Józef	Al Khatib	1985	M2	14	3:09,08	5:34,35	12:01,8	1245,23	00:20:45	00:03:46
52	Górski	Dominik	ITI Adventure Team/KNJ	1978	M3	22	3:13,71	05:24,4	12:07.93	1246,04	00:20:46	00:03:47
53	Domagała	Jarosław		1966	M4	6	3:29,82	5:34,29	11:44.01	1248,12	00:20:48	00:03:47
54	Skalski	Mikołaj		1995	M1	3	03:10,1	5:36,05	12:02.14	1248,29	00:20:48	00:03:47
55	Szczepanik	Mariusz	Ściezki Biegowe Pole Mokotowskie	1975	M3	23	3:36,59	05:28,2	11:48,97	1253,76	00:20:54	00:03:48
56	Źródlak	Marek		1973	M4	7	3:31.10	5:22.11	12:01.08	1254,29	00:20:54	00:03:48
57	Górski	Marcin	Szalejące Zajęce	1980	M3	24	03:31,2	5:40,26	11:48.91	1260,37	00:21:00	00:03:49
58	Kamiński	Michał	Art Profi Warszawa	1986	M2	15	3:22,05	5:45,44	11:53,6	1261,09	00:21:01	00:03:49
59	Pawlicki	Tomasz	12tri.pl	1980	M3	25	3:23,73	5:35.25	12:04,1	1263,08	00:21:03	00:03:50
60	Bielerzewski	Jakub		1974	M3	26	3:24.72	5:41,77	11:58,58	1265,07	00:21:05	00:03:50
61	Raszewski	Piotr	Henkel Polska	1980	M3	27	3:24,92	5:32,70	12:08,4	1266,02	00:21:06	00:03:50
62	Kuriata	Marcin	Rembertów Team	1975	M3	28	3:28,04	5:35,46	12:06,1	1269,60	00:21:10	00:03:51
63	Michalski	Bartłomiej	KNJ	1989	M2	16	03:30,5	5:24.54	12:18,08	1273,12	00:21:13	00:03:51
64	Opowicz	Marzena	Active Sports	1963	K4	1	03:33,3	5:39,19	12:01.80	1274,29	00:21:14	00:03:52
65	Korzonkowski	Zbigniew	Entre.Pl Team	1950	M6	1	3:42,56	05:39,0	11:55.23	1276,79	00:21:17	00:03:52
66	Biela	Wojciech	Pragmatits	1980	M3	29	3:19.64	5:29,96	12:30,11	1279,31	00:21:19	00:03:53





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67	Skrzypkowski	Tomasz	adventuresquad.pl	1957	M5	4	3:33.37	5:41,95	12:15,43	1290,75	00:21:31	00:03:55
68	Lewandowska	Martyna	ale Tempo	1979	K3	1	3:37,23	5:36.25	12:17,8	1291,28	00:21:31	00:03:55
69	Kieszek	Tadeusz	K.S. Ożarówianka	1956	M5	5	03:46,3	5:45.0	11:59,99	1291,33	00:21:31	00:03:55
70	Jachimiak	Andrzej	Saska Kępa	1980	M3	30	3:24,88	5:34,74	12:32.18	1291,80	00:21:32	00:03:55
71	Pułkownik	Marcin	KB-Rebus.pl	1977	M3	31	3:34,25	5:31,13	12:29.41	1294,79	00:21:35	00:03:55
72	Skalski	Piotr		1967	M4	8	3:29,90	05:40,2	12:30,03	1300,13	00:21:40	00:03:56
73	Góral	Tadeusz	Warszawa	1970	M4	9	5:12.64	05:17,9	11:12,12	1302,66	00:21:43	00:03:57
74	Zakrzewski	Rafał	KS Bednarska	1976	M3	32	3:36.16	5:36,43	12:30,2	1302,79	00:21:43	00:03:57
75	Milczarczyk	Tomasz	PSP Warszawa	1976	M3	33	3:34,84	5:42.72	12:26,6	1304,16	00:21:44	00:03:57
76	Grycner	Paweł	Bezimienni	1984	M2	17	3:27.65	5:50,18	12:28,1	1305,93	00:21:46	00:03:57
77	Pojawa	Tomasz	Byledobiec Anin	1973	M3	34	3:30,95	5:44,34	12:31.14	1306,43	00:21:46	00:03:58
78	Kęcik	Janusz	Warszawa-Powisłe	1951	M6	2	3:39,69	05:48,4	12:20.68	1308,77	00:21:49	00:03:58
79	Bagiński	Paweł	Warszawa - Ursynów	1976	M3	35	03:40,3	5:48,28	12:23.69	1312,27	00:21:52	00:03:59
80	Szelwachowski	Dariusz	KB Las Hormigas	1964	M4	10	3:26,2	5:46,55	12:43.48	1316,23	00:21:56	00:03:59
81	Dąbrowski	Cezary	Maxi Piaseczno	1971	M4	11	3:10,01	7:50.08	10:56,4	1316,49	00:21:56	00:03:59
82	Plasota	Jan		1975	M3	36	3:33.81	06:02,2	12:28,00	1322,01	00:22:02	00:04:00
83	Brzozowski	Andrzej	Warszawa	1954	M5	6	3:45.07	5:59,32	12:21,0	1325,39	00:22:05	00:04:01





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84	Żurek	Katarzyna	WKB Meta Lubliniec	1975	K3	2	3:50,20	05:57,2	12:22.59	1329,99	00:22:10	00:04:02
85	Kossakowska	Katarzyna	Las Kabacki	1974	K3	3	3:35,84	06:02,3	12:36,2	1334,34	00:22:14	00:04:03
86	Freites	Luis	Pol-Ven Team	1961	M5	7	03:53,4	5:51,09	12:30,48	1334,97	00:22:15	00:04:03
87	Dobrowolski	Krzysztof	Warszawa	1951	M6	3	03:38,8	5:47,93	12:51,17	1337,90	00:22:18	00:04:03
88	Czwaro	Tomasz		1978	M3	37	3:35,07	5:46,79	12:56.39	1338,25	00:22:18	00:04:03
89	Pawłowska-Pojawa	Anna	Byledobiec Anin	1976	K3	4	3:42,77	6:03,97	12:36.22	1342,96	00:22:23	00:04:04
90	Starzyński	Andrzej	KB DROGA	1942	M6	4	3:40,74	05:46,3	12:59,74	1346,78	00:22:27	00:04:05
91	Karpiński	Robert	Marki	1971	M4	12	3:47,87	05:55,2	12:45.52	1348,59	00:22:29	00:04:05
92	Odolczyk	Joanna	ABC Kondycja	1965	K4	2	03:56,3	6:04,10	12:29.94	1350,34	00:22:30	00:04:06
93	Bernaciak	Paweł	Gabryelin	1980	M3	38	3:31,09	5:54.85	13:04,6	1350,54	00:22:31	00:04:06
94	Machnacki	Michał	Grupa Biegowa CHTMO	1976	M3	39	3:37.07	05:56,4	12:58,59	1352,06	00:22:32	00:04:06
95	Siedlecki	Tomasz	Grójec	1985	M2	18	3:44,24	5:30,35	13:17.86	1352,45	00:22:32	00:04:06
96	Supińska	Justyna		1987	K2	1	04:02,9	06:15,1	12:17.85	1355,85	00:22:36	00:04:07
97	Korkosz	Andrzej	GROTY TEAM	1977	M3	40	3:47,06	5:53.03	12:57,3	1357,39	00:22:37	00:04:07
98	Słowiński	Marek		1974	M3	41	3:34.87	6:07,18	12:56,87	1358,92	00:22:39	00:04:07
99	Sienkiewicz	Paweł		1974	M3	42	03:43,1	5:55,23	13:01.39	1359,72	00:22:40	00:04:07
100	Ferraris	Danilo	Art Profi	1956	M5	8	3:50,32	5:57.24	12:55,3	1362,86	00:22:43	00:04:08





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101	Grzeszczyk	Bartosz	KNJ	1988	M2	19	3:38,70	5:43.82	13:20,40	1362,92	00:22:43	00:04:08
102	Zalewski	Piotr	aleTEMPO	1969	M4	13	03:43,4	5:54,77	13:12,51	1370,68	00:22:51	00:04:09
103	Hinzmann	Szymon		1978	M3	43	3:47,78	5:56,86	13:12.06	1376,70	00:22:57	00:04:10
104	Szota	Jarosław	ART PROFI TEAM	1977	M3	44	3:47,80	06:09,0	13:04.68	1381,48	00:23:01	00:04:11
105	Królak	Piotr	Warszawa Goctaw	1974	M3	45	3:56,80	06:05,1	13:00,68	1382,58	00:23:03	00:04:11
106	Senator	Ryszard	aleTEMPO	1957	M5	9	03:55,2	6:02.31	13:09,67	1387,18	00:23:07	00:04:12
107	Świć	Rafał	Trucht Tarchomin Team	1974	M3	46	03:51,2	6:15,00	13:20.67	1406,87	00:23:27	00:04:16
108	Kulesza	Andrzej	SASKA KĘPA	1960	M5	10	3:51,50	06:14,5	13:27.12	1413,12	00:23:33	00:04:17
109	Darka	Marcin	Lasek Bielański Team	1976	M3	47	3:35,13	5:59,15	14:24,4	1438,68	00:23:59	00:04:22
110	Kruczkowska	Celina	Pragmatits	1982	K2	2	3:57,58	6:17,52	14:03.81	1458,91	00:24:19	00:04:25
111	Bukowski	Janusz	GAZOWNIA WARSZAWSKA	1956	M5	11	3:59,91	06:48,1	13:50,11	1478,12	00:24:38	00:04:29
112	Nastalek	Tomasz	T-Mobile Running Team	1963	M4	14	4:05,37	06:42,1	13:52.37	1479,84	00:24:40	00:04:29
113	Mizieliński	Artur	Warszawa	1974	M3	48	4:19,70	6:30.00	14:11,1	1500,80	00:25:01	00:04:33
114	Mikuła	Tomasz	Warszawa	1966	M4	15	4:11,13	6:44,96	14:05,4	1501,49	00:25:01	00:04:33
115	Szota	Emilia	ART PROFI TEAM	1982	K2	3	4:12,13	06:40,3	14:11.75	1504,18	00:25:04	00:04:33
116	Grabowska	Renata	aleTEMPO	1972	K3	5	4:19.79	06:50,1	13:55,27	1505,16	00:25:05	00:04:34
117	Augustyniak	Bogusław		1959	M5	12	4:04,63	06:53,0	14:08.06	1505,69	00:25:06	00:04:34





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118	Budyta	Katarzyna		1985	K2	4	4:10.18	6:33,71	14:30,64	1514,53	00:25:15	00:04:35
119	Osowiecka	Małgorzata	KS Bednarska	1984	K2	5	4:14.39	6:36,45	14:26,1	1516,94	00:25:17	00:04:36
120	Kulesza	Filip	SASKA KĘPA	1996	M1	4	3:46,08	06:27,3	15:10.90	1524,28	00:25:24	00:04:37
121	Butkiewicz	Małgorzata	KB Galeria Warszawa	1966	K4	3	4:21.18	06:59,2	14:24,89	1545,27	00:25:45	00:04:41
122	Szparaga	Dorota		1973	K3	6	3:59,03	06:38,2	15:31.09	1568,32	00:26:08	00:04:45
123	Pankowski	Andrzej Paweł	Freerunner	1969	M4	16	4:17,55	07:14,5	16:03.05	1655,10	00:27:35	00:05:01
124	Kordek	Agnieszka		1981	K3	7	4:47.50	7:18,82	15:32,08	1658,40	00:27:38	00:05:02
125	Żywek	Teresa	ABC Kondycja	1947	K6	1	4:36,85	7:20,10	16:03.05	1680,00	00:28:00	00:05:05
126	Szarska	Iwona	aleTEMPO	1960	K5	1	5:04,92	07:33,4	16:10.98	1729,30	00:28:49	00:05:14
127	Bulicz-Kasprzak	Katarzyna		1976	K3	8	4:36,82	7:52.30	17:18,2	1787,32	00:29:47	00:05:25
128	Noworyta	Jacek	Warszawa -niezrzeszony	1942	M6	5	5:08,94	7:59.36	17:18,5	1826,80	00:30:27	00:05:32
129	Bartkowiak	Henryk	GIBnO Warszawa	1946	M6	6	5:48,68	9:13,56	20:31,1	2133,34	00:35:33	00:06:28

