

DYCHA NA JELENI SKOK 2019

B4SPORT

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 10.8 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	GRZĄDZIEL Dominik	5447	ATTIQ	M30	1		00:46:08.75	00:46:10.85		4:11	14.3 (100%)
2	DOMISZEWSKI Ignacy	4965		M20	1	00:01:00	00:50:00.25	00:50:01.90	+00:03:51 (7.7%)	4:27	13.5 (94.4%)
3	SZWAJA Mateusz	5376		M20	2		00:51:39.65	00:51:42.05	+00:05:31 (10.7%)	4:41	12.8 (89.5%)
4	HUZIOR Piotr	5448	ATTIQ	M40	1		00:52:25.35	00:52:28.15	+00:06:17 (12.0%)	4:46	12.6 (88.1%)
5	CHOJNACKI Wiktor	5041		M30	2		00:55:57.00	00:55:59.40	+00:09:48 (17.5%)	5:05	11.8 (82.5%)
6	ZYGMUNT Tomasz	5372		M20	3	00:01:00	00:56:17.70	00:56:21.85	+00:10:11 (18.1%)	5:01	11.9 (83.2%)
7	ZĄBCZYŃSKI Dominik	6000		M40	2	00:01:00	00:56:26.00	00:56:28.20	+00:10:17 (18.2%)	5:02	11.9 (83.2%)
8	GÓRYŃSKI Rafał	5454		M20	4		00:56:43.60	00:56:46.45	+00:10:35 (18.7%)	5:09	11.6 (81.1%)
9	BRENDZOWSKI Adam	5030	SOLINATEAM / RUNONLINE.PL TEAM	M30	3		00:57:23.80	00:57:25.60	+00:11:14 (19.6%)	5:13	11.5 (80.4%)
10	BOGUCKI Piotr	5026	SCHR	M30	4	00:01:00	00:57:29.75	00:57:32.45	+00:11:21 (19.7%)	5:08	11.7 (81.8%)
11	JÓŹWIAK Tomasz	5417		M20	5		00:58:41.65	00:58:49.35	+00:12:38 (21.5%)	5:20	11.2 (78.3%)
12	STOLARCZYK Tomasz	5308	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	3		00:59:20.85	00:59:28.60	+00:13:17 (22.4%)	5:23	11.1 (77.6%)
13	FRAĆKOWIAK Przemysław	5440		M20	6	00:01:00	01:00:55.70	01:01:07.50	+00:14:56 (24.4%)	5:26	11 (76.9%)
14	HACZ Paweł	5094		M30	5		01:01:14.15	01:01:17.45	+00:15:06 (24.7%)	5:34	10.8 (75.5%)
15	KISIELEWSKI Konrad	5442		M40	4		01:01:01.95	01:01:29.05	+00:15:18 (24.9%)	5:32	10.8 (75.5%)
16	BERLIŃSKI Dominik	5221		M40	5		01:01:24.25	01:01:29.30	+00:15:18 (24.9%)	5:34	10.7 (74.8%)
17	CEGIEŁKO Maciej	5445		M14	1		01:02:34.80	01:02:37.30	+00:16:26 (26.3%)	5:41	10.5 (73.4%)
18	KŁOSIŃSKI Rafał	5138	RACEFIGHTER GOSIR DĘBE WLK.	M40	6		01:02:37.25	01:02:40.75	+00:16:29 (26.3%)	5:41	10.5 (73.4%)
19	SZCZEPANIAK Michał	5318	RAZEM TRENUJEMY SPORT	M40	7		01:02:40.45	01:02:45.35	+00:16:34 (26.4%)	5:41	10.5 (73.4%)
20	BRÓG Wojciech	5032		M40	8	00:01:00	01:02:45.85	01:02:47.75	+00:16:36 (26.5%)	5:36	10.7 (74.8%)
21	RZĘSA Łukasz	5271		M30	6		01:02:46.45	01:02:51.15	+00:16:40 (26.5%)	5:42	10.5 (73.4%)
22	PITAS Andrzej	4966		M40	9		01:02:48.05	01:02:53.00	+00:16:42 (26.6%)	5:42	10.5 (73.4%)
23	KUNDRACIK Miroslav	4958		M30	7		01:02:20.40	01:02:55.45	+00:16:44 (26.6%)	5:40	10.6 (74.1%)
24	BRZĘCZEK Michał	4956	EXTREMALNE OTK	M40	10	00:01:00	01:03:34.20	01:03:36.30	+00:17:25 (27.4%)	5:41	10.5 (73.4%)
25	DRZEWIECKI Michał	4976		M30	8		01:03:53.60	01:04:03.10	+00:17:52 (27.9%)	5:48	10.3 (72.0%)
26	GRONIECKI Mikołaj	5441		M30	9	00:01:00	01:04:05.20	01:04:12.40	+00:18:01 (28.1%)	5:44	10.5 (73.4%)
27	SMOLARKIEWICZ Dawid	5298	WIELUŃ BIEGA	M30	10		01:04:13.65	01:04:28.15	+00:18:17 (28.4%)	5:50	10.3 (72.0%)
28	PONIEWOZIK Ireneusz	1498		M40	11		01:04:29.00	01:04:34.95	+00:18:24 (28.5%)	5:51	10.2 (71.3%)
29	KOWALCZUK Paweł	5151		M40	12		01:04:30.50	01:04:48.05	+00:18:37 (28.7%)	5:51	10.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	WILK Jakub	5381	HAPPY SCHOOL	M14	2		01:04:52.45	01:04:55.00	+00:18:44 (28.9%)	5:53	10.2 (71.3%)
31	RONDUDA Oskar	5428		M20	7	00:01:00	01:05:16.30	01:05:33.30	+00:19:22 (29.6%)	5:50	10.3 (72.0%)
32	UBYCH Mariusz	5434		M30	11		01:05:36.30	01:05:52.95	+00:19:42 (29.9%)	5:57	10.1 (70.6%)
33	DERYŁO Mateusz	5056		M20	8	00:00:30	01:06:06.10	01:06:08.50	+00:19:57 (30.2%)	5:57	10.1 (70.6%)
34	KOZIARSKI Piotr	5156	PO LINIE - PIOTR KOZIARSKI	M30	12		01:06:08.00	01:06:30.55	+00:20:19 (30.6%)	6:00	10 (69.9%)
35	ZIELONKA Michał	5385		M14	3		01:06:30.60	01:06:32.85	+00:20:22 (30.6%)	6:02	9.9 (69.2%)
36	ŚWIERCZYŃSKI Norbert	5331	RACEFIGHTER GOSIR DĘBE WLK.	M20	9	00:01:00	01:06:31.30	01:06:33.20	+00:20:22 (30.6%)	5:57	10.1 (70.6%)
37	FOREMSKI Sławomir	5073		M50	1		01:06:38.60	01:06:42.15	+00:20:31 (30.8%)	6:03	9.9 (69.2%)
38	HRYSZKO Robert	5097	TRAIN FOR SKILLS	M50	2		01:06:38.55	01:06:53.90	+00:20:43 (31.0%)	6:03	9.9 (69.2%)
39	DĄBROWSKI Maciej	5055		M30	13		01:07:01.95	01:07:01.95	+00:20:51 (31.1%)	6:05	9.8 (68.5%)
40	DACYK Sylwester	4970	SAINT GOBAIN SQUAD	M40	13	00:00:30	01:07:15.40	01:07:24.10	+00:21:13 (31.5%)	6:04	9.9 (69.2%)
41	JASNOWSKI Michał	5436		M30	14		01:07:25.70	01:07:35.20	+00:21:24 (31.7%)	6:07	9.8 (68.5%)
42	BARTKOWSKI Tobiasz	5379	BOLT TRZEMESZNO	M30	15		01:07:49.80	01:07:53.40	+00:21:42 (32.0%)	6:10	9.7 (67.8%)
43	RONDUDA Jakub	5421		M20	10	00:00:30	01:08:01.60	01:08:16.85	+00:22:06 (32.4%)	6:08	9.8 (68.5%)
44	ZWOLIŃSKI Łukasz	5423	KASZUBSKA PONIEWIERKA	M30	16	00:01:00	01:08:42.40	01:08:47.75	+00:22:36 (32.9%)	6:09	9.7 (67.8%)
45	ŁOBODOWSKI Marcin	5182	RACEFIGHTER GOSIR DĘBE WLK.	M30	17	00:01:00	01:09:00.95	01:09:04.25	+00:22:53 (33.1%)	6:11	9.7 (67.8%)
46	MILCZAREK Marcin	5201	DRUŻYNA ORZECHA ŻYRARDÓW	M30	18		01:08:51.15	01:09:08.30	+00:22:57 (33.2%)	6:15	9.6 (67.1%)
47	SADOWSKI Andrzej	5388	3TBIAŁYSTOK	M40	14	00:00:30	01:09:06.20	01:09:15.50	+00:23:04 (33.3%)	6:14	9.6 (67.1%)
48	GAWLIK Marcin	5155		M40	15	00:01:00	01:09:23.15	01:09:40.90	+00:23:30 (33.7%)	6:13	9.7 (67.8%)
49	SCHWITALLA Adrian	5007		M40	16	00:01:00	01:09:24.90	01:09:41.10	+00:23:30 (33.7%)	6:13	9.6 (67.1%)
50	BAKA Mateusz	5412		M20	11		01:09:15.90	01:09:41.25	+00:23:30 (33.7%)	6:17	9.5 (66.4%)
51	MOLSA Konrad	5203		M20	12		01:09:16.45	01:09:42.15	+00:23:31 (33.7%)	6:17	9.5 (66.4%)
52	BORGOSZ Eryk	5446		M14	4	00:00:30	01:09:43.80	01:09:46.20	+00:23:35 (33.8%)	6:17	9.5 (66.4%)
53	WALNIK Rafał	5437		M40	17		01:09:47.95	01:10:07.30	+00:23:56 (34.1%)	6:20	9.5 (66.4%)
54	SIWIEC Stanisław	5289		M60	1		01:10:17.80	01:10:20.55	+00:24:09 (34.3%)	6:23	9.4 (65.7%)
55	RONDUDA Janusz	5429		M40	18	00:00:30	01:10:11.55	01:10:27.95	+00:24:17 (34.5%)	6:20	9.5 (66.4%)
56	KUS Krzysztof	5168		M20	13		01:10:21.45	01:10:33.60	+00:24:22 (34.6%)	6:23	9.4 (65.7%)
57	WOŹNIAK Janusz	5353	PORMAT JEDLICZE BIEGA	M50	3		01:10:27.45	01:10:34.70	+00:24:23 (34.6%)	6:24	9.4 (65.7%)
58	ZYGMUNT Paweł	5373		M40	19	00:00:30	01:10:34.15	01:10:39.35	+00:24:28 (34.6%)	6:22	9.4 (65.7%)
59	SZYBIAK Maciej	5326	AGONA W&M	M14	5		01:10:37.55	01:10:43.05	+00:24:32 (34.7%)	6:25	9.3 (65.0%)
60	WRÓBLEWSKI Łukasz	5433		M30	19		01:10:56.30	01:11:12.95	+00:25:02 (35.2%)	6:26	9.3 (65.0%)
61	ŁYKO Marcin	5438		M30	20		01:10:53.30	01:11:13.05	+00:25:02 (35.2%)	6:26	9.3 (65.0%)
62	JAGODA Mateusz	4975		M50	4		01:11:13.10	01:11:28.45	+00:25:17 (35.4%)	6:28	9.3 (65.0%)
63	BINIECKI Jakub	5023	EMBORDIU	M14	6	00:00:30	01:11:52.20	01:11:58.50	+00:25:47 (35.8%)	6:29	9.2 (64.3%)
64	ŁĘPA Marcin	5181		M30	21		01:12:06.30	01:12:09.75	+00:25:58 (36.0%)	6:33	9.2 (64.3%)
65	KOŁOSOWSKI Piotr	5410		M30	22		01:12:15.30	01:12:27.45	+00:26:16 (36.3%)	6:34	9.1 (63.6%)
66	ZAMĘTA Jakub	5360		M20	14		01:13:09.20	01:13:17.60	+00:27:06 (37.0%)	6:39	9 (62.9%)
67	SENDER Andrzej	5278	TRIATHLON LUBLIN TEAM	M40	20	00:00:30	01:13:18.55	01:13:24.55	+00:27:13 (37.1%)	6:37	9.1 (63.6%)
68	MOSÓR Mariusz	5207	LISY PUSTYNI	M40	21		01:13:23.15	01:13:36.75	+00:27:25 (37.3%)	6:40	9 (62.9%)
69	SŁOWIK Adam	5295		M30	23		01:13:14.90	01:13:38.05	+00:27:27 (37.3%)	6:39	9 (62.9%)
70	DOMISZEWSKI Wojciech	4968		M50	5		01:14:16.80	01:14:22.20	+00:28:11 (37.9%)	6:45	8.9 (62.2%)
71	HEJNAR Dominik	5386		M20	15		01:13:58.75	01:14:26.65	+00:28:15 (38.0%)	6:43	8.9 (62.2%)
72	SPORNIAK Krzysztof	5302		M30	24		01:14:21.60	01:14:30.45	+00:28:19 (38.0%)	6:45	8.9 (62.2%)
73	ANDRZEJEWSKI Maciej	4964		M30	25		01:14:30.95	01:14:37.85	+00:28:27 (38.1%)	6:46	8.9 (62.2%)

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74	BARADZIN Aliaksandr	5009	BKS WATAHA	M20	16		01:14:53.05	01:15:02.15	+00:28:51 (38.5%)	6:48	8.8 (61.5%)
75	SANDOMIERSKI Krzysztof	4972		M40	22		01:14:54.00	01:15:04.90	+00:28:54 (38.5%)	6:48	8.8 (61.5%)
76	SERAFIN Bartłomiej	5279		M30	26		01:14:48.20	01:15:07.35	+00:28:56 (38.5%)	6:48	8.8 (61.5%)
77	MAŚLANKA Michał	5194		M30	27		01:14:59.40	01:15:09.15	+00:28:58 (38.6%)	6:49	8.8 (61.5%)
78	KOWALCZYK Mariusz	5424		M40	23		01:15:15.95	01:15:19.85	+00:29:09 (38.7%)	6:50	8.8 (61.5%)
79	KOWALCZYK Alan	5152	BOLT TRZEMESZNO	M30	28		01:15:44.25	01:15:54.55	+00:29:43 (39.2%)	6:53	8.7 (60.8%)
80	ROLIŃSKI Radosław	5260		M40	24		01:15:50.25	01:15:56.75	+00:29:45 (39.2%)	6:53	8.7 (60.8%)
81	GÓRA Bartosz	5083		M20	17		01:15:31.75	01:15:58.10	+00:29:47 (39.2%)	6:52	8.7 (60.8%)
82	KUS Andrzej	5167		M40	25		01:15:59.40	01:16:11.55	+00:30:00 (39.4%)	6:54	8.7 (60.8%)
83	FIRAZA Łukasz	5383		M30	29		01:15:51.50	01:16:12.60	+00:30:01 (39.4%)	6:53	8.7 (60.8%)
84	BIELECKI Krystian	5392	ŁĘCZNA BIEGA	M14	7		01:16:11.05	01:16:25.60	+00:30:14 (39.6%)	6:55	8.7 (60.8%)
85	DRABCZYK Maciej	5063		M30	30		01:16:21.35	01:16:38.50	+00:30:27 (39.7%)	6:56	8.6 (60.1%)
86	LEWANDOWSKI Przemysław	5174		M30	31		01:16:34.35	01:16:45.25	+00:30:34 (39.8%)	6:57	8.6 (60.1%)
87	BARAN Bartek	5010		M40	26		01:16:27.25	01:16:52.50	+00:30:41 (39.9%)	6:57	8.6 (60.1%)
88	JANOWSKI Tomasz	5109		M30	32	00:01:00	01:16:49.15	01:16:53.20	+00:30:42 (39.9%)	6:53	8.7 (60.8%)
89	ZGÓRSKI Mateusz	5366	BIEGUSIEM.PL	M30	33		01:16:43.10	01:16:53.50	+00:30:42 (39.9%)	6:58	8.6 (60.1%)
90	SOSIŃSKI Tomasz	5384		M30	34	00:00:30	01:16:40.80	01:17:01.60	+00:30:50 (40.0%)	6:55	8.7 (60.8%)
91	KRAWCZYK Kamil	5453		M20	18	00:01:00	01:16:54.65	01:17:03.10	+00:30:52 (40.1%)	6:54	8.7 (60.8%)
92	CZEKAŁSKI Mariusz	5391		M40	27		01:17:04.55	01:17:11.65	+00:31:00 (40.2%)	7:00	8.6 (60.1%)
93	UJMA Stanisław	5341		M60	2		01:17:04.05	01:17:14.95	+00:31:04 (40.2%)	7:00	8.6 (60.1%)
94	PODWYSOCKI Wojciech	5449	INTERAUTO	M40	28	00:00:30	01:16:57.30	01:17:21.60	+00:31:10 (40.3%)	6:57	8.6 (60.1%)
95	SZEWCZYK Jakub	5322		M30	35	00:00:30	01:17:09.70	01:17:39.65	+00:31:28 (40.5%)	6:58	8.6 (60.1%)
96	SIELICKI Krzysztof	5284		M30	36	00:01:00	01:17:31.30	01:17:49.90	+00:31:39 (40.7%)	6:57	8.6 (60.1%)
97	ŚWIĘCH Adam	5332		M40	29	00:00:30	01:17:14.05	01:18:02.45	+00:31:51 (40.8%)	6:58	8.6 (60.1%)
98	JAGODZIŃSKI Hubert	5101		M20	19		01:18:04.50	01:18:09.20	+00:31:58 (40.9%)	7:05	8.5 (59.4%)
99	KUBASIEWICZ Artur	5165	IDE NA MISTRZA	M50	6	00:01:00	01:18:13.75	01:18:23.65	+00:32:12 (41.1%)	7:01	8.5 (59.4%)
100	BOROWSKI Piotr	5029		M30	37		01:17:57.70	01:18:47.75	+00:32:36 (41.4%)	7:05	8.5 (59.4%)
101	DUDKO Mikalai	5066		M30	38	00:01:00	01:18:34.25	01:18:53.40	+00:32:42 (41.5%)	7:03	8.5 (59.4%)
102	PRZYBYLSKI Witek	5455		M30	39		01:19:03.95	01:19:09.65	+00:32:58 (41.7%)	7:11	8.3 (58.0%)
103	WILK Jan	5382		M14	8		01:19:13.45	01:19:16.30	+00:33:05 (41.7%)	7:12	8.3 (58.0%)
104	ABULEWICZ Wojciech	5456	TRENING STUDIO 17	M50	7		01:19:14.80	01:19:20.75	+00:33:09 (41.8%)	7:12	8.3 (58.0%)
105	JAMROZIK Konrad	5102		M30	40		01:19:25.55	01:19:29.45	+00:33:18 (41.9%)	7:13	8.3 (58.0%)
106	WOLSKI Kamil	4977		M30	41		01:19:31.00	01:19:34.90	+00:33:24 (42.0%)	7:13	8.3 (58.0%)
107	POKRYWKA Stefan	5387		M60	3		01:19:12.00	01:19:48.30	+00:33:37 (42.1%)	7:12	8.3 (58.0%)
108	MACIOROWSKI Michał	5186		M30	42		01:20:06.25	01:20:14.70	+00:34:03 (42.5%)	7:16	8.2 (57.3%)
109	CZARTORYJSKI Jakub	5048	BARANOWRUN	M20	20		01:20:17.35	01:20:35.80	+00:34:24 (42.7%)	7:17	8.2 (57.3%)
110	HABRAT Paweł	5093		M30	43		01:20:09.90	01:20:37.50	+00:34:26 (42.7%)	7:17	8.2 (57.3%)
111	MAĆZKA Bronisław	4955		M60	4		01:20:43.60	01:20:48.20	+00:34:37 (42.8%)	7:20	8.2 (57.3%)
112	BARSZCZ Marek	5012		M40	30		01:20:37.80	01:21:02.15	+00:34:51 (43.0%)	7:19	8.2 (57.3%)
113	KUBASIEWICZ Wojciech	5164		M20	21		01:21:03.80	01:21:14.20	+00:35:03 (43.2%)	7:22	8.1 (56.6%)
114	SZAFRAŃSKI Tomasz	5317	SUUNTO RUN TEAM	M20	22	00:00:30	01:20:46.60	01:21:23.70	+00:35:12 (43.3%)	7:17	8.2 (57.3%)
115	ZUKOWSKI Łukasz	5370		M20	23	00:00:30	01:21:28.40	01:21:44.50	+00:35:33 (43.5%)	7:21	8.2 (57.3%)
116	SZUMIŃSKI Paweł	5325		M40	31	00:00:30	01:21:22.90	01:21:53.05	+00:35:42 (43.6%)	7:21	8.2 (57.3%)
117	GOLON Leszek	5080		M30	44		01:21:33.90	01:21:54.05	+00:35:43 (43.6%)	7:24	8.1 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
118	JANAS Szymon	5104	3PBOT / 35BLP SANOK	M20	24		01:21:58.05	01:22:06.25	+00:35:55 (43.8%)	7:27	8.1 (56.6%)
119	HERTEL Michał	5394		M40	32	00:00:30	01:21:52.50	01:22:15.05	+00:36:04 (43.9%)	7:23	8.1 (56.6%)
120	KRZYMOWSKI Piotr	5431		M30	45		01:22:30.75	01:22:44.45	+00:36:33 (44.2%)	7:30	8 (55.9%)
121	FUDALI Jacek	5074	INTERAUTO	M30	46		01:22:43.90	01:22:54.85	+00:36:44 (44.3%)	7:31	8 (55.9%)
122	KORAB Grzegorz	5147	IDE NA MISTRZA	M40	33		01:22:42.10	01:23:33.90	+00:37:23 (44.7%)	7:31	8 (55.9%)
123	ANDRASZ Paweł	5005	KMP ŁÓDŹ	M20	25	00:00:30	01:24:08.20	01:24:17.55	+00:38:06 (45.2%)	7:36	7.9 (55.2%)
124	CICHOCKI Bartłomiej	5044		M20	26		01:24:32.40	01:24:48.95	+00:38:38 (45.6%)	7:41	7.8 (54.5%)
125	DOMAŁACNY Jarek	4954		M30	47		01:24:34.15	01:25:14.20	+00:39:03 (45.8%)	7:41	7.8 (54.5%)
126	JANOWSKI Mateusz	5108	LIONS	M30	48		01:24:58.05	01:25:14.35	+00:39:03 (45.8%)	7:43	7.8 (54.5%)
127	SIEDLEC Wiesław	5282		M40	34		01:25:25.10	01:25:39.10	+00:39:28 (46.1%)	7:45	7.7 (53.8%)
128	PŁUCIENNIK Krzysztof	5377		M30	49		01:25:18.95	01:25:45.80	+00:39:34 (46.2%)	7:45	7.7 (53.8%)
129	FIKAS Krzysztof	5071	SSW TEAM KROŚNICE	M60	5	00:00:30	01:25:43.00	01:25:47.35	+00:39:36 (46.2%)	7:44	7.7 (53.8%)
130	TOKARZ Krzysztof	5337		M30	50		01:25:36.85	01:25:52.00	+00:39:41 (46.2%)	7:47	7.7 (53.8%)
131	DUDEK Marcin	5398		M30	51	00:01:00	01:25:41.70	01:25:57.45	+00:39:46 (46.3%)	7:42	7.8 (54.5%)
132	UBYCH Marcin	5430	BIEGACZE ŚWINOUJŚCIE/ WKURW-TEAM	M40	35		01:25:36.60	01:25:58.10	+00:39:47 (46.3%)	7:47	7.7 (53.8%)
133	GOŁĄBIEWSKI Jarek	5081		M50	8	00:00:30	01:25:44.55	01:26:17.10	+00:40:06 (46.5%)	7:45	7.7 (53.8%)
134	MASZKOWSKI Rafał	5192		M40	36		01:26:28.05	01:27:00.25	+00:40:49 (46.9%)	7:51	7.6 (53.1%)
135	JAGODA Adam	4974	SOLID HOUSE LUBLIN	M50	9		01:26:26.05	01:27:01.00	+00:40:50 (46.9%)	7:51	7.6 (53.1%)
136	BUGAŁA Robert	5035		M50	10		01:26:33.00	01:27:02.85	+00:40:52 (46.9%)	7:52	7.6 (53.1%)
137	MARAS Ladislav	5457		M50	11		01:26:31.00	01:27:05.65	+00:40:54 (47.0%)	7:51	7.6 (53.1%)
138	LOMBARSKI Łukasz	5180	SSW TEAM KROŚNICE	M30	52		01:27:25.55	01:27:40.05	+00:41:29 (47.3%)	7:56	7.5 (52.4%)
139	PAWŁOWSKI Krzysztof	5415		M20	27	00:00:30	01:27:33.80	01:27:58.60	+00:41:47 (47.5%)	7:54	7.6 (53.1%)
140	SZYMCAK Łukasz	5329		M30	53		01:27:42.45	01:27:59.15	+00:41:48 (47.5%)	7:58	7.5 (52.4%)
141	WOJDA Dariusz	5349	DZIKIE DZIKI	M40	37		01:27:40.25	01:28:01.10	+00:41:50 (47.5%)	7:58	7.5 (52.4%)
142	DARŁAK Marek	5419		M20	28		01:27:28.55	01:28:02.15	+00:41:51 (47.5%)	7:57	7.5 (52.4%)
143	DZIEDZINA Tomasz	5068		M40	38	00:01:00	01:27:35.10	01:28:07.80	+00:41:56 (47.6%)	7:52	7.6 (53.1%)
144	MAJERNIK Milah	5458	KOTEŁ TEAM	M40	39		01:27:42.25	01:28:16.90	+00:42:06 (47.7%)	7:58	7.5 (52.4%)
145	POWIERŻA Adrian	5252		M20	29	00:00:30	01:28:00.50	01:28:23.55	+00:42:12 (47.8%)	7:57	7.5 (52.4%)
146	PAWŁOWSKI Jacek	5232		M20	30	00:00:30	01:28:16.90	01:28:41.65	+00:42:30 (47.9%)	7:58	7.5 (52.4%)
147	GUŻDZIOŁ Jarosław	5443	ACTIVE LIFE KOSICE	M40	40		01:29:12.85	01:29:43.55	+00:43:32 (48.5%)	8:06	7.4 (51.7%)
148	TUROCZY Wojtech	5339		M40	41		01:30:11.50	01:30:24.00	+00:44:13 (48.9%)	8:12	7.3 (51.0%)
149	ADAMKIEWICZ Andrzej	5400		M30	54		01:30:06.05	01:30:32.05	+00:44:21 (49.0%)	8:11	7.3 (51.0%)
150	SWOBODA Jarosław	5315	NIGHT RUNNERS GLIWICE	M40	42		01:30:33.75	01:30:38.35	+00:44:27 (49.0%)	8:14	7.3 (51.0%)
151	GIRASEK Peter	4959		M20	31		01:30:03.30	01:30:38.65	+00:44:27 (49.1%)	8:11	7.3 (51.0%)
152	ZAJĄC Łukasz	5390		M20	32	00:00:30	01:31:08.50	01:31:15.05	+00:45:04 (49.4%)	8:14	7.3 (51.0%)
153	JABŁOŃSKI Kazimierz	5099	KASZANKI	M60	6	00:00:30	01:31:36.90	01:32:13.85	+00:46:03 (49.9%)	8:17	7.2 (50.3%)
154	BURA Łukasz	5422		M40	43		01:32:06.60	01:32:23.85	+00:46:13 (50.0%)	8:22	7.2 (50.3%)
155	OLESEK Tomasz	5220		M30	55		01:32:41.10	01:32:48.50	+00:46:37 (50.2%)	8:25	7.1 (49.7%)
156	JANASZ Andrzej	5105		M40	44		01:33:23.05	01:33:41.15	+00:47:30 (50.7%)	8:29	7.1 (49.7%)
157	SĘPKOWSKI Grzegorz	5161		M40	45		01:33:35.70	01:33:52.75	+00:47:41 (50.8%)	8:30	7.1 (49.7%)
158	MASZOTA Bartek	5193		M30	56	00:00:30	01:33:45.85	01:33:56.85	+00:47:46 (50.8%)	8:28	7.1 (49.7%)
159	STEFANIUK Tomasz	5304		M40	46		01:34:06.20	01:34:14.75	+00:48:03 (51.0%)	8:33	7 (49.0%)
160	WÓJTOWICZ Paweł	5011		M40	47		01:34:29.40	01:34:59.90	+00:48:49 (51.4%)	8:35	7 (49.0%)
161	SADOCH Marcin	5272		M40	48		01:34:43.35	01:35:31.95	+00:49:21 (51.7%)	8:36	7 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	ULICNY Pavol	4957		M40	49		01:35:43.75	01:36:20.20	+00:50:09 (52.1%)	8:42	6.9 (48.3%)
163	BOJANOWSKI Alex	5064	TEAMDKMS	M20	33		01:36:42.95	01:37:00.40	+00:50:49 (52.4%)	8:47	6.8 (47.6%)
164	BIENIECKI Marek	5407		M60	7		01:37:54.15	01:38:08.35	+00:51:57 (52.9%)	8:54	6.7 (46.9%)
165	JAROSZ Grzegorz	4370		M50	12	00:00:30	01:38:23.05	01:38:46.50	+00:52:35 (53.2%)	8:53	6.7 (46.9%)
166	DUSRACALK Milan	5459	MARAS TEAM	M50	13		01:38:40.30	01:39:15.20	+00:53:04 (53.5%)	8:58	6.7 (46.9%)
167	KOCHAN Grzegorz	5140		M30	57	00:00:30	01:39:21.50	01:39:51.50	+00:53:40 (53.8%)	8:59	6.7 (46.9%)
168	BAŁAGA Marcin	5405		M40	50	00:01:00	01:39:58.80	01:40:27.55	+00:54:16 (54.0%)	8:59	6.7 (46.9%)
169	KASZUBA Ryszard	5132	KLUB SPORTOWY PRESTIGE	M60	8		01:40:32.45	01:40:35.45	+00:54:24 (54.1%)	9:08	6.6 (46.2%)
170	KOCHAŃSKI Bartosz	5142		M30	58		01:40:22.85	01:40:42.60	+00:54:31 (54.1%)	9:07	6.6 (46.2%)
171	KOLAJ Krzysztof	5144		M30	59		01:40:23.95	01:40:52.70	+00:54:41 (54.2%)	9:07	6.6 (46.2%)
172	ŻOŁNA Jakub	5375	FULFILL DREAMS TEAM PSZCZYNA	M20	34		01:40:24.40	01:40:53.35	+00:54:42 (54.2%)	9:07	6.6 (46.2%)
173	MROZIŃSKI Andrzej	5427		M50	14	00:00:30	01:40:43.30	01:40:55.60	+00:54:44 (54.2%)	9:06	6.6 (46.2%)
174	BUŚ Grzegorz	5038		M60	9	00:00:30	01:40:56.60	01:41:06.20	+00:54:55 (54.3%)	9:07	6.6 (46.2%)
175	SZCZEPAŃSKI Marcin	5396		M40	51		01:41:21.90	01:41:43.65	+00:55:32 (54.6%)	9:12	6.5 (45.5%)
176	TATARSKI Rafał	5334		M20	35		01:41:52.20	01:42:10.85	+00:56:00 (54.8%)	9:15	6.5 (45.5%)
177	OBRZUT Bartek	5217		M30	60		01:42:34.55	01:42:56.40	+00:56:45 (55.1%)	9:19	6.4 (44.8%)
178	PARADOWSKI Paweł	5227		M50	15		01:42:43.65	01:43:01.85	+00:56:51 (55.2%)	9:20	6.4 (44.8%)
179	JEZIOREK Jozi	5117		M40	52		01:42:34.70	01:43:05.25	+00:56:54 (55.2%)	9:19	6.4 (44.8%)
180	GÓRKA Bogusław	5084		M40	53		01:43:07.25	01:43:13.20	+00:57:02 (55.3%)	9:22	6.4 (44.8%)
181	SZELA Kamil	5320		M20	36	00:00:30	01:42:46.45	01:43:16.25	+00:57:05 (55.3%)	9:17	6.5 (45.5%)
182	BIESZCZ Jakub	5021		M14	9		01:42:57.15	01:43:20.95	+00:57:10 (55.3%)	9:21	6.4 (44.8%)
183	BIESZCZ Robert	5020		M40	54		01:42:57.55	01:43:21.60	+00:57:10 (55.3%)	9:21	6.4 (44.8%)
184	ZATORSKI Jerzy	5362		M60	10	00:00:30	01:44:24.00	01:44:33.00	+00:58:22 (55.8%)	9:26	6.4 (44.8%)
185	MAŁŻ Daniel	5187		M30	61		01:44:55.35	01:45:20.40	+00:59:09 (56.2%)	9:32	6.3 (44.1%)
186	BILSKI Marek	5022	VEGEDOG	M40	55		01:44:50.95	01:45:30.05	+00:59:19 (56.2%)	9:31	6.3 (44.1%)
187	LEŚNIEWSKI Tomasz	5402		M40	56		01:45:05.25	01:45:34.45	+00:59:23 (56.3%)	9:33	6.3 (44.1%)
188	KRAJEWSKI Rafał	5158	KOTEŁ TEAM	M20	37	00:00:30	01:45:35.80	01:45:59.50	+00:59:48 (56.4%)	9:33	6.3 (44.1%)
189	RADKOWSKI Dariusz	5450		M40	57		01:45:47.15	01:46:00.00	+00:59:49 (56.4%)	9:37	6.2 (43.4%)
190	BĘDŹKOWSKI Marek	5017	MORSY OSTROŁĘKA	M50	16		01:46:05.25	01:46:32.05	+01:00:21 (56.7%)	9:38	6.2 (43.4%)
190	SULEWSKI Maciej	5314	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	58		01:46:07.15	01:46:32.05	+01:00:21 (56.7%)	9:38	6.2 (43.4%)
192	KALINOWSKI Krzysztof	5125		M30	62		01:47:00.65	01:47:38.70	+01:01:27 (57.1%)	9:43	6.2 (43.4%)
193	SIERECKI Zbigniew	5408	DZIADY OCR // PIĘKNI I BESTIE	M40	59		01:48:05.75	01:48:21.30	+01:02:10 (57.4%)	9:49	6.1 (42.7%)
194	KALINOWSKI Janusz	5124		M60	11		01:48:31.90	01:49:10.55	+01:02:59 (57.7%)	9:52	6.1 (42.7%)
195	GAŁKA Jacek	5077	VEGE RUNNERS / KB SUKCES ŻMIGRÓD	M40	60		01:48:59.20	01:49:30.95	+01:03:20 (57.8%)	9:54	6.1 (42.7%)
196	POROWSKI Waldek	5251	TTT	M40	61	00:00:30	01:49:11.00	01:49:48.25	+01:03:37 (57.9%)	9:52	6.1 (42.7%)
197	SIMKO Radoslav	4960		M30	63		01:49:50.55	01:50:26.10	+01:04:15 (58.2%)	9:59	6 (42.0%)
198	MIKSZA Karol	5198	CROSSFITER BOX CHEŁM	M50	17	00:00:30	01:50:38.10	01:50:49.95	+01:04:39 (58.3%)	10:00	6 (42.0%)
199	KANIEWSKI Michał	5130	DZIKI DZIK TEAM	M20	38		01:50:55.90	01:51:23.50	+01:05:12 (58.5%)	10:05	5.9 (41.3%)
200	RYŻYŃSKI Tomasz	5269	CHEŁM BIEGA	M40	62	00:00:30	01:51:50.50	01:52:12.65	+01:06:01 (58.8%)	10:07	5.9 (41.3%)
201	MIKUŚKIEWICZ Piotr	5200	WKURW_TEAM	M30	64		01:51:45.25	01:52:16.70	+01:06:05 (58.9%)	10:09	5.9 (41.3%)
202	KĘTRZYŃSKI Ryszard	5133	ZABIEGANI MIELEC / WKURW_TEAM	M40	63		01:51:46.80	01:52:18.85	+01:06:08 (58.9%)	10:09	5.9 (41.3%)
203	BRODIUK Norbert	5031	NIGHT RUNNERS GLIWICE	M40	64		01:52:14.00	01:52:20.85	+01:06:10 (58.9%)	10:12	5.9 (41.3%)
204	SOKOŁOWSKI Artur	5300	WKURW_TEAM	M40	65		01:51:48.85	01:52:21.00	+01:06:10 (58.9%)	10:09	5.9 (41.3%)
205	BUBICZ Krzysztof	5034	WKURW_TAM	M30	65		01:51:49.15	01:52:22.55	+01:06:11 (58.9%)	10:09	5.9 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
206	SAMBORSKI Bartosz	5274	WKURW_TEAM	M40	66		01:51:52.20	01:52:23.45	+01:06:12 (58.9%)	10:10	5.9 (41.3%)
207	SMOGORZEWSKI Michał	5296	WKURW_TEAM	M30	66		01:51:51.95	01:52:24.65	+01:06:13 (58.9%)	10:10	5.9 (41.3%)
208	LAZAROWICZ Piotr	5172	WKURW_TEAM	M30	67		01:51:53.25	01:52:24.85	+01:06:14 (58.9%)	10:10	5.9 (41.3%)
209	LEDWOŃ Jakub	5409		M40	67	00:00:30	01:52:15.85	01:52:47.70	+01:06:36 (59.1%)	10:09	5.9 (41.3%)
210	WANOWSKI Andrzej	5343		M60	12	00:00:30	01:53:32.60	01:53:51.15	+01:07:40 (59.4%)	10:16	5.8 (40.6%)
211	DASZCZYŃSKI Adam	5054		M40	68		01:54:20.80	01:54:47.45	+01:08:36 (59.8%)	10:23	5.8 (40.6%)
212	KAJEWSKI Tadeusz	5122		M60	13		01:54:55.00	01:55:17.00	+01:09:06 (59.9%)	10:26	5.7 (39.9%)
213	GUT Leopold	5092	WKURW_TEAM	M20	39	00:01:00	01:55:30.25	01:56:06.05	+01:09:55 (60.2%)	10:24	5.8 (40.6%)
214	NOWORYTA Jacek	5215	ASA TEAM BIEGIEM PO ZDROWIE	M60	14		02:00:00.10	02:00:13.50	+01:14:02 (61.6%)	10:54	5.5 (38.5%)
215	MIRSKI Jerzy	5404		M20	40		02:04:55.05	02:05:28.05	+01:19:17 (63.2%)	11:21	5.3 (37.1%)
216	KAJEWSKI Rafał	5123	MIGRENA TEAM	M40	69		02:14:24.55	02:14:45.00	+01:28:34 (65.7%)	12:13	4.9 (34.3%)

Znaleziono 216 wynik(ów)