



DYCHA NA JELENI SKOK 2020

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VI FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2020-06-06
Cisna
11 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	DUDCZAK Michał	3427	BUFF TEAM POLAND	M20	1		00:55:11.00		5:01	12 (100%)
2	TARASEK Wojciech	3148	#ANDRZEJDLUGOSZTEAM / ELEMENO.PL	M20	2		00:58:36.35	+00:03:25 (5.8%)	5:19	11.3 (94.2%)
3	BROJ Marcel	3428	BUFF TEAM POLAND	M20	3		01:00:21.45	+00:05:10 (8.6%)	5:29	10.9 (90.8%)
4	PISAREK Maciej	3195		M40	1		01:00:23.80	+00:05:12 (8.6%)	5:29	10.9 (90.8%)
5	ZALEWSKI Andrzej	3039	TEAN NUTRILITE	M60	1		01:02:52.25	+00:07:41 (12.2%)	5:42	10.5 (87.5%)
6	MULARCZYK Paweł	3290	GRUPA JURA 'PL	M20	4		01:07:08.50	+00:11:57 (17.8%)	6:06	9.8 (81.7%)
7	WETHACZ Dariusz	3270	LOKOMOTIV MAJDAN	M30	1		01:07:11.25	+00:12:00 (17.9%)	6:06	9.8 (81.7%)
8	GARDENER Jacek	3382	JACEKBIEGA RUNNING TEAM	M50	1		01:10:08.90	+00:14:57 (21.3%)	6:22	9.4 (78.3%)
9	RAKSZAWA Krzysztof	3472	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	2		01:10:29.95	+00:15:18 (21.7%)	6:24	9.4 (78.3%)
10	ZĄBCZYŃSKI Dominik	3451	ALPIN SPORT HOKA ONE ONE TEAM	M40	3		01:10:32.85	+00:15:21 (21.8%)	6:24	9.4 (78.3%)
11	MARCOL Mateusz	3424		M30	2		01:13:29.10	+00:18:18 (24.9%)	6:40	9 (75.0%)
12	ŚWIĘTOŃ Grzegorz	3272		M40	4		01:14:41.45	+00:19:30 (26.1%)	6:47	8.8 (73.3%)
13	ILKIEWICZ Adam	3306	3BRO	M30	3		01:14:41.75	+00:19:30 (26.1%)	6:47	8.8 (73.3%)
14	ROGÓŻ Jan	3163		M14	1		01:16:39.20	+00:21:28 (28.0%)	6:58	8.6 (71.7%)
15	BIELSKI Roman	3124		M50	2		01:16:50.95	+00:21:39 (28.2%)	6:59	8.6 (71.7%)
16	FULARA Kamil	3240		M20	5		01:17:00.80	+00:21:49 (28.3%)	7:00	8.6 (71.7%)
17	MĘŻYKOWSKI Michał	3470		M40	5		01:17:47.50	+00:22:36 (29.1%)	7:04	8.5 (70.8%)
18	ASŁANOWICZ Marcin	3455		M40	6		01:19:49.15	+00:24:38 (30.9%)	7:15	8.3 (69.2%)
19	ZAWADZKI Marcin	3386	SZCZEWANY TRZMIEL TEAM	M30	4		01:20:18.55	+00:25:07 (31.3%)	7:18	8.2 (68.3%)
20	SZYBIAK Maciej	3109	AGONA W&M	M14	2		01:20:26.10	+00:25:15 (31.4%)	7:18	8.2 (68.3%)
21	BEDNAREK Piotr	3441		M20	6		01:21:34.40	+00:26:23 (32.4%)	7:25	8.1 (67.5%)
22	GAŁUSZKA Tomasz	3205	SKITUROWE BIESZCZADY	M40	7		01:22:56.80	+00:27:45 (33.5%)	7:32	8 (66.7%)
23	TWARDUŚ Leszek	3298		M30	5		01:23:26.70	+00:28:15 (33.9%)	7:35	7.9 (65.8%)
24	FUDALI Jacek	3107		M30	6		01:23:40.00	+00:28:29 (34.0%)	7:36	7.9 (65.8%)
25	ROGÓŻ Marcin	3180		M30	7		01:23:56.10	+00:28:45 (34.3%)	7:37	7.9 (65.8%)
26	BANASZKIEWICZ Rafał	3166		M30	8		01:24:05.40	+00:28:54 (34.4%)	7:38	7.8 (65.0%)
27	WETHACZ Mateusz	3336		M30	9		01:24:28.65	+00:29:17 (34.7%)	7:40	7.8 (65.0%)
28	MARCOL Mateusz	3363		M30	10		01:24:46.85	+00:29:35 (34.9%)	7:42	7.8 (65.0%)
29	WOŁOSZYN Artur	3307		M30	11		01:25:05.90	+00:29:54 (35.2%)	7:44	7.8 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto	Różn	Tempo min/km	Tempo km/h
							11km			
30	FILIPEK Mariusz	3160		M20	7		01:26:10.10	+00:30:59 (36.0%)	7:50	7.7 (64.2%)
31	GAŁUSZKA Mariusz	3177	GOPR	M40	8		01:26:53.80	+00:31:42 (36.5%)	7:53	7.6 (63.3%)
32	JARMOLIŃSKI Piotr	3275	MARCINŚWIERCTEAM	M40	9		01:27:21.95	+00:32:10 (36.8%)	7:56	7.6 (63.3%)
33	WOŹNIAK Janusz	3033	PORMAT JEDLICZE BIEGA	M50	3		01:27:24.75	+00:32:13 (36.9%)	7:56	7.6 (63.3%)
34	KOZIOŁ Dariusz	3161		M30	12		01:27:41.15	+00:32:30 (37.1%)	7:58	7.5 (62.5%)
35	MUCHA Przemysław	3326		M20	8		01:27:58.05	+00:32:47 (37.3%)	7:59	7.5 (62.5%)
36	ZIARKO Mateusz	3349		M20	9		01:28:00.35	+00:32:49 (37.3%)	8:00	7.5 (62.5%)
37	KAWALEC Krystian	3217		M40	10		01:28:02.70	+00:32:51 (37.3%)	8:00	7.5 (62.5%)
38	ZAMOJSKI Sebastian	3114	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	M40	11		01:29:09.50	+00:33:58 (38.1%)	8:06	7.4 (61.7%)
39	JANAS Marian	3353	DYNAMIC	M60	2		01:29:09.65	+00:33:58 (38.1%)	8:06	7.4 (61.7%)
40	SMYKA Bartłomiej	3321		M40	12		01:29:48.95	+00:34:37 (38.6%)	8:09	7.3 (60.8%)
41	ROŚCIŃSKI Franciszek	3498	SAMOTNY WILK	M50	4		01:30:23.05	+00:35:12 (38.9%)	8:13	7.3 (60.8%)
42	PODESZWA Marek	3435	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50	5		01:30:23.70	+00:35:12 (39.0%)	8:13	7.3 (60.8%)
43	SZAREK Michał	3322		M30	13		01:30:49.45	+00:35:38 (39.2%)	8:15	7.3 (60.8%)
44	ROGÓŻ Rafał	3162		M40	13		01:31:19.60	+00:36:08 (39.6%)	8:18	7.2 (60.0%)
45	UCHEREK Kazimierz	3078		M50	6		01:31:43.85	+00:36:32 (39.8%)	8:20	7.2 (60.0%)
46	CWEN Marcin	3186		M20	10		01:31:53.30	+00:36:42 (39.9%)	8:21	7.2 (60.0%)
47	SOLOVIOV Volodymyr	3395		M20	11		01:31:57.75	+00:36:46 (40.0%)	8:21	7.2 (60.0%)
48	LACHOWICZ Ryszard	3390		M50	7		01:32:09.50	+00:36:58 (40.1%)	8:22	7.2 (60.0%)
49	ASŁANOWICZ Marcin	3301		M40	14		01:32:12.20	+00:37:01 (40.2%)	8:22	7.2 (60.0%)
50	METRYCKI Dariusz	3315	BIEGACZ NOWOSOLNA	M40	15		01:32:14.40	+00:37:03 (40.2%)	8:23	7.2 (60.0%)
51	LUTY Przemysław	3341		M20	12		01:33:30.65	+00:38:19 (41.0%)	8:30	7.1 (59.2%)
52	WARAKSA Tomasz	3250	VEGE RUNNERS	M30	14		01:33:41.95	+00:38:30 (41.1%)	8:31	7 (58.3%)
53	WÓLKIEWICZ Paweł	3070	KS STASZEWSKY	M50	8		01:33:48.10	+00:38:37 (41.2%)	8:31	7 (58.3%)
54	WIERZBA Jacek	3404	KLUB BIEGACZA SUKCES ŻMIGRÓD	M40	16		01:34:03.70	+00:38:52 (41.3%)	8:33	7 (58.3%)
55	KOTOWSKI Sławomir	3238		M50	9		01:34:20.45	+00:39:09 (41.5%)	8:34	7 (58.3%)
56	KANDEFER Wojciech	3204	KB„ATHLETIC"ZRĘCIN	M50	10		01:34:22.55	+00:39:11 (41.5%)	8:34	7 (58.3%)
57	WRÓŃSKI Łukasz	3396		M20	13		01:34:48.35	+00:39:37 (41.8%)	8:37	7 (58.3%)
58	GAJOS Łukasz	3282	LIGA GENTLEMANÓW	M30	15		01:35:04.95	+00:39:53 (42.0%)	8:38	6.9 (57.5%)
59	DĘBSKI Łukasz	3338		M30	16		01:35:05.05	+00:39:54 (42.0%)	8:38	6.9 (57.5%)
60	LAMERS Przemek	3339		M20	14		01:35:29.80	+00:40:18 (42.2%)	8:40	6.9 (57.5%)
61	UJMA Stanisław	3106		M60	3		01:36:12.85	+00:41:01 (42.6%)	8:44	6.9 (57.5%)
62	STASIAK Adam	3334		M14	3		01:36:22.35	+00:41:11 (42.7%)	8:45	6.8 (56.7%)
63	GAJOS Paweł	3289		M20	15		01:36:39.25	+00:41:28 (42.9%)	8:47	6.8 (56.7%)
64	KARSKI Tomasz	3225		M30	17		01:36:50.60	+00:41:39 (43.0%)	8:48	6.8 (56.7%)
65	BOROWSKI Jeremi	3408		M14	4		01:37:21.80	+00:42:10 (43.3%)	8:51	6.8 (56.7%)
66	SZULWIC Rafał	3337	LIGA GENTLEMENÓW	M30	18		01:37:25.35	+00:42:14 (43.4%)	8:51	6.8 (56.7%)
67	KONCA Aleksander	3001	KB OŻARÓW MAZOWIECKI BIEGA	M20	16		01:37:31.20	+00:42:20 (43.4%)	8:51	6.8 (56.7%)
68	CHYLIŃSKI Bartosz	3429		M30	19		01:38:19.85	+00:43:08 (43.9%)	8:56	6.7 (55.8%)
69	STACH Jacek	3305		M40	17		01:38:28.80	+00:43:17 (44.0%)	8:57	6.7 (55.8%)
70	RAINCO Jerzy	3413		M30	20		01:38:39.15	+00:43:28 (44.1%)	8:58	6.7 (55.8%)
71	FLORYSZCZAK Marian	3391		M60	4		01:38:48.15	+00:43:37 (44.1%)	8:58	6.7 (55.8%)
72	MATYSIAK Michał	3397	KOPALNIA MOCY TARNOBRZEG	M30	21		01:38:57.65	+00:43:46 (44.2%)	8:59	6.7 (55.8%)
73	GRONIECKI Mikołaj	3357		M40	18		01:40:00.40	+00:44:49 (44.8%)	9:05	6.6 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto	Różn	Tempo min/km	Tempo km/h
							11km			
74	HERTEL Michał	3410	SNG WILD DUCK	M40	19		01:40:10.10	+00:44:59 (44.9%)	9:06	6.6 (55.0%)
75	WARZYCHA Krzysztof	3182	MAXEL	M50	11		01:40:54.40	+00:45:43 (45.3%)	9:10	6.5 (54.2%)
76	MITRUCZUK Sławomir	3087		M40	20		01:41:19.70	+00:46:08 (45.5%)	9:12	6.5 (54.2%)
77	POKRYWKA Stefan	3499		M60	5		01:41:39.75	+00:46:28 (45.7%)	9:14	6.5 (54.2%)
78	BIAŁEK Michał	3090		M20	17		01:42:06.50	+00:46:55 (46.0%)	9:16	6.5 (54.2%)
79	MAZURCZUK Gabriel	3062	WIST	M14	5		01:42:30.10	+00:47:19 (46.2%)	9:19	6.4 (53.3%)
80	SZEWCZYK Bartosz	3432	AUROVITAS	M30	22		01:43:22.45	+00:48:11 (46.6%)	9:23	6.4 (53.3%)
81	OLSZAK Maciej	3149	5 MBOT	M30	23		01:43:59.15	+00:48:48 (46.9%)	9:27	6.3 (52.5%)
82	ŁYSEK Artur	3010	NIE LAM SIĘ	M20	18		01:44:05.95	+00:48:54 (47.0%)	9:27	6.3 (52.5%)
83	HRYCAJ Mariusz	3037	WKURW TEAM / REBELLION OF FREE RUNNERS	M40	21		01:44:06.55	+00:48:55 (47.0%)	9:27	6.3 (52.5%)
84	HANUSIAK Leszek	3281	KONIU SQUAD	M30	24		01:44:24.65	+00:49:13 (47.1%)	9:29	6.3 (52.5%)
85	OLSZAK Zenon	3268	WARSAW RUN CLUB	M50	12		01:45:16.80	+00:50:05 (47.6%)	9:34	6.3 (52.5%)
86	KUTNIK Mirosław	3392	KB BIAŁA BIEGA	M40	22		01:45:19.65	+00:50:08 (47.6%)	9:34	6.3 (52.5%)
87	SUDAKOWSKI Bartek	3348	COCONUT TEAM	M20	19		01:45:23.70	+00:50:12 (47.6%)	9:34	6.3 (52.5%)
88	ANDRZEJEWSKI Maciej	3359		M30	25		01:45:58.55	+00:50:47 (47.9%)	9:38	6.2 (51.7%)
89	NOWORYTA Bartłomiej	3044	TECHNIPFMC	M30	26		01:46:10.75	+00:50:59 (48.0%)	9:39	6.2 (51.7%)
90	BUGAŁA Robert	3143	SOLID HOUSE	M50	13		01:47:04.60	+00:51:53 (48.5%)	9:44	6.2 (51.7%)
91	MAĆZKA Michał	3314		M40	23		01:47:46.00	+00:52:35 (48.8%)	9:47	6.1 (50.8%)
92	HARNIK Aleksander	3327	KOPALNIA MOCY	M14	6		01:48:25.35	+00:53:14 (49.1%)	9:51	6.1 (50.8%)
93	KUBICKI Mariusz	3303		M40	24		01:48:29.85	+00:53:18 (49.1%)	9:51	6.1 (50.8%)
94	KUC Adam	3259	THE STRYCHERS	M40	25		01:48:31.90	+00:53:20 (49.2%)	9:52	6.1 (50.8%)
95	STAWIARZ Paweł	3019		M30	27		01:49:41.50	+00:54:30 (49.7%)	9:58	6 (50.0%)
96	SUROWIEC Paweł	3452		M40	26		01:51:19.70	+00:56:08 (50.4%)	10:07	5.9 (49.2%)
97	SADOWSKI Mieczysław	3453		M40	27		01:51:20.25	+00:56:09 (50.4%)	10:07	5.9 (49.2%)
98	GOŁĘBIEWSKI Rafał	3181		M30	28		01:51:45.55	+00:56:34 (50.6%)	10:09	5.9 (49.2%)
99	GRABAREK Mateusz	3000		M30	29		01:51:48.10	+00:56:37 (50.6%)	10:09	5.9 (49.2%)
100	KUNKEL Sławomir	3412		M30	30		01:51:50.90	+00:56:39 (50.7%)	10:10	5.9 (49.2%)
101	BUKAŁA Jacek	3083		M50	14		01:52:09.20	+00:56:58 (50.8%)	10:11	5.9 (49.2%)
102	KALANDYK Krzysztof	3342		M20	20		01:52:12.70	+00:57:01 (50.8%)	10:12	5.9 (49.2%)
103	WICHLIŃSKI Łukasz	3274		M20	21		01:52:40.95	+00:57:29 (51.0%)	10:14	5.9 (49.2%)
104	PENAR Arkadiusz	3213		M50	15		01:53:05.35	+00:57:54 (51.2%)	10:16	5.8 (48.3%)
105	ANDRASZ Paweł	3100		M20	22		01:53:19.10	+00:58:08 (51.3%)	10:18	5.8 (48.3%)
106	KUBASIK Marcin	3168		M30	31		01:53:49.75	+00:58:38 (51.5%)	10:20	5.8 (48.3%)
107	DAGIEL Janusz	3170	NIE ŻARTUJ, ŻE NAS ZAPISAŁEŚ	M30	32		01:53:56.05	+00:58:45 (51.6%)	10:21	5.8 (48.3%)
108	LINDA Jakub	3352		M20	23		01:53:59.40	+00:58:48 (51.6%)	10:21	5.8 (48.3%)
109	KOCIUMBAS Kacper	3351		M20	24		01:53:59.45	+00:58:48 (51.6%)	10:21	5.8 (48.3%)
110	BERNAT Rafał	3169	NIE ŻARTUJ, ŻE NAS ZAPISAŁEŚ	M30	33		01:54:01.40	+00:58:50 (51.6%)	10:22	5.8 (48.3%)
111	WRÓBEL Bartłomiej	3189	CISNA	M40	28		01:54:12.30	+00:59:01 (51.7%)	10:22	5.8 (48.3%)
112	ŁUKAWSKI Tomek	3369	B4SPORT	M20	25		01:54:17.85	+00:59:06 (51.7%)	10:23	5.8 (48.3%)
113	DOMŻOŁ Radosław	3110	FULFILL DREAMS TEAM PSZCZYNA	M20	26		01:54:25.00	+00:59:14 (51.8%)	10:24	5.8 (48.3%)
114	MIŚKIEWICZ Krzysztof	3371	B4SPORT	M50	16		01:56:12.65	+01:01:01 (52.5%)	10:33	5.7 (47.5%)
115	SYKUŁA Rafał	3184	TRUCKS BULLS	M30	34		01:56:17.80	+01:01:06 (52.5%)	10:34	5.7 (47.5%)
116	TRELA Roman	3167	TRUCKS BULLS	M40	29		01:56:18.65	+01:01:07 (52.6%)	10:34	5.7 (47.5%)
117	MICHAŁEK Jarosław	3304		M50	17		01:56:24.60	+01:01:13 (52.6%)	10:35	5.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
118	LATAK Michał	3283	JACEKBIEGA RUNNING TEAM	M40	30		01:56:49.55	+01:01:38 (52.8%)	10:37	5.6 (46.7%)
119	MARCOL Wojciech	3367		M50	18		01:57:00.75	+01:01:49 (52.8%)	10:38	5.6 (46.7%)
120	PORĘBSKI Tomasz	3450		M30	35		01:57:09.15	+01:01:58 (52.9%)	10:39	5.6 (46.7%)
121	CZEKALSKI Mariusz	3398	BBL	M40	31		01:57:10.35	+01:01:59 (52.9%)	10:39	5.6 (46.7%)
122	MARCOL Wojciech	3368		M14	7		01:57:16.35	+01:02:05 (52.9%)	10:39	5.6 (46.7%)
123	WALKOWIAK Karol	3255	WALBET TEAM	M30	36		01:58:35.80	+01:03:24 (53.5%)	10:46	5.6 (46.7%)
124	NOWAK Michał	3257	WALBET TEAM	M30	37		01:58:47.80	+01:03:36 (53.5%)	10:48	5.6 (46.7%)
125	KRAJKA Roman	3254	WALBET TEAM	M30	38		01:59:07.45	+01:03:56 (53.7%)	10:49	5.5 (45.8%)
126	JANISZEWSKI Sławomir	3399	RAWA TIM ZAWSZE SLIM	M40	32		01:59:09.05	+01:03:58 (53.7%)	10:49	5.5 (45.8%)
127	KORDEK Patryk	3256	WALBET TEAM	M20	27		01:59:10.35	+01:03:59 (53.7%)	10:50	5.5 (45.8%)
128	SZCZEPANIAK Dominik	3258	WALBET TEAM	M30	39		01:59:42.40	+01:04:31 (53.9%)	10:52	5.5 (45.8%)
129	SZADKOWSKI Paweł	3383	BP RUNNING TEAM	M30	40		01:59:44.55	+01:04:33 (53.9%)	10:53	5.5 (45.8%)
130	SZYMCZYŃSKI Błażej	3035		M30	41		02:00:20.75	+01:05:09 (54.1%)	10:56	5.5 (45.8%)
131	BIENIECKI Marek	3347	OTK RZEŹNIK	M20	28	00:40:00	02:00:22.00	+01:05:11 (54.2%)	7:18	8.2 (68.3%)
132	KOWALCZUK Paweł	3297		M30	42		02:00:39.40	+01:05:28 (54.3%)	10:58	5.5 (45.8%)
133	DZIAŁO Łukasz	3171		M20	29		02:02:16.40	+01:07:05 (54.9%)	11:06	5.4 (45.0%)
134	WIECZOREK Adrian	3196		M30	43		02:02:31.75	+01:07:20 (55.0%)	11:08	5.4 (45.0%)
135	WITKOWSKI Krzysztof	3323	KOPALNIA MOCY TARNOBRZEG	M40	33		02:02:43.30	+01:07:32 (55.0%)	11:09	5.4 (45.0%)
136	HARNIK Michał	3328	KOPALNIA MOCY	M30	44		02:02:48.10	+01:07:37 (55.1%)	11:09	5.4 (45.0%)
137	BATOREK Bogdan	3436	RAWA TIM ZAWSZE SLIM	M40	34		02:03:01.45	+01:07:50 (55.1%)	11:11	5.4 (45.0%)
138	KABAT Paweł	3458		M50	19		02:03:37.70	+01:08:26 (55.4%)	11:14	5.3 (44.2%)
139	GRACZYK Piotr	3324		M30	45		02:04:00.75	+01:08:49 (55.5%)	11:16	5.3 (44.2%)
140	LEŚNIEWSKI Tomek	3223	LAFIRYNDY & GAMONIE	M40	35		02:04:21.35	+01:09:10 (55.6%)	11:18	5.3 (44.2%)
141	OLEWNIK Łukasz	3448	AGB TORFY	M30	46		02:04:39.40	+01:09:28 (55.7%)	11:20	5.3 (44.2%)
142	ŁUKOMSKI Maciej	3373	ŁÓDZKI KLUB WYSOKOGÓRSKI	M40	36		02:05:19.25	+01:10:08 (56.0%)	11:23	5.3 (44.2%)
143	BECHTA Damian	3291	ADIDAS RUNNERS WARSAW	M20	30		02:05:59.60	+01:10:48 (56.2%)	11:27	5.2 (43.3%)
144	RECZEK Sebastian	3288	KS ZIELONO CZARNI	M40	37		02:07:37.75	+01:12:26 (56.8%)	11:36	5.2 (43.3%)
145	MACHOWSKI Artur	3343		M20	31		02:08:27.85	+01:13:16 (57.0%)	11:40	5.1 (42.5%)
146	PARTYKA Andrzej	3375	RZESZOWSKIE GAZELE I GEPARDY	M40	38		02:09:12.05	+01:14:01 (57.3%)	11:44	5.1 (42.5%)
147	KOZA Sebastian	3179	SSW TEAM KROŚNICE	M20	32		02:09:46.15	+01:14:35 (57.5%)	11:47	5.1 (42.5%)
148	TOKARZ Krzysztof	3271		M30	47		02:09:48.30	+01:14:37 (57.5%)	11:48	5.1 (42.5%)
149	SKOREK Paweł	3423	SSW TEAM KROŚNICE	M30	48		02:09:51.05	+01:14:40 (57.5%)	11:48	5.1 (42.5%)
150	ASŁANOWICZ Max	3456		M14	8		02:10:09.65	+01:14:58 (57.6%)	11:50	5.1 (42.5%)
151	PISINGAS Mariusz	3319	BIEGANIE TO MÓJ TRZEŻWY	M40	39		02:11:08.80	+01:15:57 (57.9%)	11:55	5 (41.7%)
152	FRANKIEWICZ Karol	3332		M30	49		02:11:37.80	+01:16:26 (58.1%)	11:57	5 (41.7%)
153	MAŁEK Krzysztof	3156		M30	50		02:11:50.15	+01:16:39 (58.1%)	11:59	5 (41.7%)
154	BYSZEWSKI Filip	3449		M20	33		02:11:58.50	+01:16:47 (58.2%)	11:59	5 (41.7%)
155	ANGOWSKI Marcin	3094		M40	40		02:12:25.95	+01:17:14 (58.3%)	12:02	5 (41.7%)
156	MAZURKIEWICZ Bartłomiej	3264	ZAPOROWY MARATON TEAM	M20	34		02:13:03.20	+01:17:52 (58.5%)	12:05	5 (41.7%)
157	BARWINEK Robert	3389		M30	51		02:13:12.65	+01:18:01 (58.6%)	12:06	5 (41.7%)
158	PAWLAK Bartosz	3024		M40	41		02:13:54.40	+01:18:43 (58.8%)	12:10	4.9 (40.8%)
159	JAMBOR Michał	3025	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	42		02:13:55.50	+01:18:44 (58.8%)	12:10	4.9 (40.8%)
160	STAŃCZYK Mateusz	3097		M30	52		02:14:37.85	+01:19:26 (59.0%)	12:14	4.9 (40.8%)
161	BUDZYŃ Paweł	3316	VISEGRAD MARATON RYTRO	M40	43		02:15:15.00	+01:20:04 (59.2%)	12:17	4.9 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto	Różn	Tempo min/km	Tempo km/h
							11km			
162	CIEPAK Krystian	3466	GIT EKIPA	M20	35		02:16:54.20	+01:21:43 (59.7%)	12:26	4.8 (40.0%)
163	CIEPAK Adam	3465	GIT EKIPA !	M40	44		02:16:55.20	+01:21:44 (59.7%)	12:26	4.8 (40.0%)
164	ZAGÓRSKI Mateusz	3046		M20	36		02:17:20.35	+01:22:09 (59.8%)	12:29	4.8 (40.0%)
165	REDMER Bartłomiej	3071		M20	37		02:17:21.25	+01:22:10 (59.8%)	12:29	4.8 (40.0%)
166	SZUBA Krzysztof	3038		M50	20		02:17:24.05	+01:22:13 (59.8%)	12:29	4.8 (40.0%)
167	KLIMEK Łukasz	3394		M40	45		02:17:27.85	+01:22:16 (59.9%)	12:29	4.8 (40.0%)
168	NIEMYJSKI Maciej	3252	BIEGOWE MISIE	M20	38		02:17:56.65	+01:22:45 (60.0%)	12:32	4.8 (40.0%)
169	MALAGOWSKI Marcin	3202		M30	53		02:18:40.90	+01:23:29 (60.2%)	12:36	4.8 (40.0%)
170	KALICIŃSKI Jarosław	3049	ŚLĘZAKTEAM	M30	54		02:18:47.30	+01:23:36 (60.2%)	12:37	4.8 (40.0%)
171	KOCHANIAK Andrzej	3032		M30	55		02:18:49.15	+01:23:38 (60.2%)	12:37	4.8 (40.0%)
172	FURMAN Michał	3276	OCHAJORUN & FRIENDS	M30	56		02:19:15.25	+01:24:04 (60.4%)	12:39	4.7 (39.2%)
173	KASZUBA Ryszard	3017	KLUB SPORTOWY PRESTIGE	M60	6		02:19:58.60	+01:24:47 (60.6%)	12:43	4.7 (39.2%)
174	TURNIAK Dariusz	3057		M40	46		02:20:41.85	+01:25:30 (60.8%)	12:47	4.7 (39.2%)
175	KACZYŃSKI Artur	3346		M40	47		02:20:54.95	+01:25:43 (60.8%)	12:48	4.7 (39.2%)
176	KLĘCZAR Igor	3445		M20	39		02:21:12.40	+01:26:01 (60.9%)	12:50	4.7 (39.2%)
177	LASEK Jarek	3362		M40	48		02:21:52.45	+01:26:41 (61.1%)	12:53	4.7 (39.2%)
178	FORMA Rafał	3361		M40	49		02:21:53.05	+01:26:42 (61.1%)	12:53	4.7 (39.2%)
179	DUSZA Łukasz	3028		M30	57		02:21:55.90	+01:26:44 (61.1%)	12:54	4.7 (39.2%)
180	BIESZCZ Jakub	3330		M14	9		02:23:19.65	+01:28:08 (61.5%)	13:01	4.6 (38.3%)
181	WOŁOWIEC Marcin	3088		M40	50		02:24:03.65	+01:28:52 (61.7%)	13:05	4.6 (38.3%)
182	WETOSZKA Piotr	3384	TKKF KRZNA BIAŁA PODLASKA	M30	58		02:26:56.00	+01:31:45 (62.4%)	13:21	4.5 (37.5%)
183	PRYSZCZ Mirosław	3318		M40	51		02:28:05.50	+01:32:54 (62.7%)	13:27	4.5 (37.5%)
184	GUZIK Wojciech	3123	POKOLENIE X	M50	21		02:28:24.05	+01:33:13 (62.8%)	13:29	4.4 (36.7%)
185	KANIEWSKI Michał	3292	DZIKI DZIK TEAM	M20	40		02:32:07.30	+01:36:56 (63.7%)	13:49	4.3 (35.8%)
186	DASZCZYŃSKI Adam	3308	ADASKO TEAM	M40	52		02:32:09.10	+01:36:58 (63.7%)	13:49	4.3 (35.8%)
187	MIANOWSKI Jakub	3433		M20	41		02:32:12.60	+01:37:01 (63.7%)	13:50	4.3 (35.8%)
188	HAIDUK Dawid	3246		M20	42		02:33:38.05	+01:38:27 (64.1%)	13:58	4.3 (35.8%)
189	PŁĄŻEWSKI Paweł	3234	RUNEGADES BRWINÓW	M40	53		02:34:45.60	+01:39:34 (64.3%)	14:04	4.3 (35.8%)
190	WDOWIARSKI Maciej	3227		M20	43		02:35:08.65	+01:39:57 (64.4%)	14:06	4.3 (35.8%)
191	POLAK Mikołaj	3081		M40	54		02:36:45.60	+01:41:34 (64.8%)	14:15	4.2 (35.0%)
192	REWERS Dariusz	3350	ULTRA WAY TEAM	M40	55		02:37:58.90	+01:42:47 (65.1%)	14:21	4.2 (35.0%)
193	KALINOWSKI Janusz	3418		M60	7		02:41:47.20	+01:46:36 (65.9%)	14:42	4.1 (34.2%)
194	BIESZCZ Robert	3329		M40	56		02:42:25.45	+01:47:14 (66.0%)	14:45	4.1 (34.2%)
195	KĘPKA Robert	3421	BIEGUSIEM.PL	M30	59		02:44:26.40	+01:49:15 (66.4%)	14:57	4 (33.3%)
196	GRUBE Bartosz	3444	SUT - STRASZYN ULTRA TEAM	M30	60		02:44:56.90	+01:49:45 (66.5%)	14:59	4 (33.3%)
197	BĄCZEK Krzysztof	3462	GIT EKIPA	M40	57		02:44:57.90	+01:49:46 (66.5%)	14:59	4 (33.3%)
198	MICHNIEWSKI Piotr	3461		M30	61		02:44:58.10	+01:49:47 (66.5%)	14:59	4 (33.3%)
199	RADYK Jakub	3136	PRZEMYSKI KLUB BIEGACZA	M30	62		02:45:56.20	+01:50:45 (66.7%)	15:05	4 (33.3%)
200	KRUZEL Rafał	3228	BIEGOWE MISIE	M40	58		02:47:12.15	+01:52:01 (67.0%)	15:12	3.9 (32.5%)
201	CZAPLA Andrzej	3279		M60	8		02:47:36.05	+01:52:25 (67.1%)	15:14	3.9 (32.5%)
202	ZUBA Rafał	3381	BLACK RIVER	M20	44		02:49:01.95	+01:53:50 (67.4%)	15:22	3.9 (32.5%)
203	SCIEPKO Damian	3403	ECO LED PRESTIGE	M30	63		02:49:39.00	+01:54:28 (67.5%)	15:25	3.9 (32.5%)
204	TWARDOWSKI Tomasz	3235	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	59		02:54:38.70	+01:59:27 (68.4%)	15:52	3.8 (31.7%)
205	SAR Michał	3102	FUDU & CO SPORT TEAM	M40	60		02:56:29.50	+02:01:18 (68.7%)	16:02	3.7 (30.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
206	WOJTAL Marcin	3365	ANASTAZJA PIERWSZY RZEŹNIK	M40	61		02:59:41.85	+02:04:30 (69.3%)	16:20	3.7 (30.8%)
207	GIERLOTKA Rafał	3364		M40	62		02:59:44.70	+02:04:33 (69.3%)	16:20	3.7 (30.8%)
208	KALINOWSKI Krzysztof	3192		M30	64		03:02:47.25	+02:07:36 (69.8%)	16:37	3.6 (30.0%)
209	JAROSZ Grzegorz	3411		M50	22		03:02:56.20	+02:07:45 (69.8%)	16:37	3.6 (30.0%)
210	JAGODA Adam	3012	FUCHS OIL TEAM	M50	23		03:07:12.95	+02:12:01 (70.5%)	17:01	3.5 (29.2%)
211	GUDOWSKI Robert	3416	KARKONOSKITEAM	M40	63		03:10:10.80	+02:14:59 (71.0%)	17:17	3.5 (29.2%)
212	KLARECKI Adrian	3125		M40	64		03:18:24.60	+02:23:13 (72.2%)	18:02	3.3 (27.5%)
213	NICPON Sebastian	3154	PATOBIEGACZE	M30	65		03:22:00.65	+02:26:49 (72.7%)	18:21	3.3 (27.5%)
214	SULEWSKI Maciej	3065	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	65		03:46:56.40	+02:51:45 (75.7%)	20:37	2.9 (24.2%)
215	MILEWSKI Dominik	3188	GĄBIN BIEGA	M20	45		04:00:11.50	+03:05:00 (77.0%)	21:50	2.7 (22.5%)
216	JAGODA Mateusz	3009	FUCHS OIL TEAM	M20	46		04:21:25.30	+03:26:14 (78.9%)	23:45	2.5 (20.8%)

Znaleziono 216 wynik(ów)