



# DYCHA NA JELENI SKOK

B4SPORT

**Wydarzenie:** VII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-05-28  
**Miejsce:** Cisna  
**Dystans:** 11 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-OPEN

| Msc | Zawodnik            | Numer | Klub                          | Kategoria | Mkat | Kara/<br>bonifikata | Czas<br>netto<br>11km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-------------------------------|-----------|------|---------------------|-----------------------|-----------|-----------------|---------------|
| 1   | JAKUBIK Marcin      | 3384  | MKS HALICZ PSG KROŚCIENKO     | M30       | 1    |                     | 01:01:42.15           |           | 5:36            | 10.7          |
| 2   | CHOJNACKI Wiktor    | 3429  |                               | M30       | 2    |                     | 01:03:39.80           | +00:01:57 | 5:47            | 10.4          |
| 3   | MULARCZYK Paweł     | 3261  | GRUPA JURA'PL                 | M30       | 3    | 00:03:50            | 01:04:01.50           | +00:02:19 | 5:28            | 11            |
| 4   | KOWALIK Marcin      | 3476  | PGE RUN OBRÓT                 | M30       | 4    |                     | 01:04:12.10           | +00:02:29 | 5:50            | 10.3          |
| 5   | PERYKASZA Paweł     | 3229  | GRUPALUKTRANS.PL              | M40       | 1    |                     | 01:04:12.15           | +00:02:30 | 5:50            | 10.3          |
| 6   | GÓROWSKI Mateusz    | 3660  | GOPR BIESZCZADY/KAGB          | M30       | 5    |                     | 01:04:17.40           | +00:02:35 | 5:50            | 10.3          |
| 7   | JARMOLINSKI Piotr   | 3655  |                               | M40       | 2    |                     | 01:04:41.15           | +00:02:59 | 5:52            | 10.2          |
| 8   | SROKA Jakub         | 3066  |                               | M20       | 1    |                     | 01:05:47.10           | +00:04:04 | 5:58            | 10            |
| 9   | SABAT Sebastian     | 3498  |                               | M20       | 2    |                     | 01:06:25.50           | +00:04:43 | 6:02            | 9.9           |
| 10  | ZAWADZKI Marcin     | 3515  | SZCZWANY TRZMIEL TEAM         | M30       | 6    |                     | 01:07:09.05           | +00:05:26 | 6:06            | 9.8           |
| 11  | SZYDŁAK Dariusz     | 3541  | RZESZOWSKA AKADEMIA KOLARSKA  | M30       | 7    |                     | 01:07:56.05           | +00:06:13 | 6:10            | 9.7           |
| 12  | GÓRYŃSKI Rafał      | 3636  |                               | M30       | 8    |                     | 01:08:10.00           | +00:06:27 | 6:11            | 9.7           |
| 13  | GILARSKI Rafał      | 3375  | PRO300_PROJECTDISCIPLINE      | M30       | 9    |                     | 01:09:58.65           | +00:08:16 | 6:21            | 9.4           |
| 14  | BARANOWSKI Jacek    | 3110  | JACEKBIEGA RUNNING TEAM       | M40       | 3    |                     | 01:10:03.80           | +00:08:21 | 6:22            | 9.4           |
| 15  | TUSZYŃSKI Zygmunt   | 3479  | PGE RUN OBRÓT                 | M30       | 10   |                     | 01:10:13.60           | +00:08:31 | 6:23            | 9.4           |
| 16  | JÓZWIAK Piotr       | 3462  | KITA TEAM                     | M40       | 4    |                     | 01:10:56.00           | +00:09:13 | 6:26            | 9.3           |
| 17  | BASAĞ Marek         | 3557  | GINGER POWER                  | M30       | 11   |                     | 01:10:58.55           | +00:09:16 | 6:27            | 9.3           |
| 18  | ZĄBCZYŃSKI Dominik  | 3606  | ALPIN SPORT HOKA ONE ONE TEAM | M50       | 1    |                     | 01:12:04.75           | +00:10:22 | 6:33            | 9.2           |
| 19  | BEREZOWSKI Waldemar | 3481  | PGE RUN OBRÓT                 | M40       | 5    |                     | 01:12:29.20           | +00:10:47 | 6:35            | 9.1           |
| 20  | STAWIARZ Paweł      | 3572  | 140MINUT.PL                   | M30       | 12   |                     | 01:12:48.65           | +00:11:06 | 6:37            | 9.1           |
| 21  | KARCZ Grzegorz      | 3582  | BĘDUSKA BRYGADA BIEGOWA       | M30       | 13   |                     | 01:12:50.55           | +00:11:08 | 6:37            | 9.1           |
| 22  | ROGÓZ Jan           | 3658  |                               | M20       | 3    |                     | 01:12:58.85           | +00:11:16 | 6:38            | 9             |
| 23  | LUBAŃSKI Mateusz    | 3395  | KS BARYCZ MILICZ              | M30       | 14   |                     | 01:13:12.05           | +00:11:29 | 6:39            | 9             |
| 24  | CYRKLER Rafał       | 3291  | OSTRÓDA RUNNERS               | M40       | 6    |                     | 01:13:20.25           | +00:11:38 | 6:40            | 9             |
| 25  | KRUPA Grzegorz      | 3084  |                               | M40       | 7    |                     | 01:13:20.80           | +00:11:38 | 6:40            | 9             |
| 26  | SZWED Tomasz        | 3159  | SUSKA GRUPA BIEGOWA           | M30       | 15   |                     | 01:13:21.80           | +00:11:39 | 6:40            | 9             |
| 27  | WEREMKO Grzegorz    | 3559  | MULTIMEDIA RUNNERS PUŁAWY     | M40       | 8    |                     | 01:13:35.75           | +00:11:53 | 6:41            | 9             |
| 28  | CIEŚLA Krzysztof    | 3547  |                               | M30       | 16   |                     | 01:14:39.45           | +00:12:57 | 6:47            | 8.8           |
| 29  | KOCIUMBAS Bartosz   | 3190  | KB SOBÓTKA                    | M40       | 9    |                     | 01:14:49.05           | +00:13:06 | 6:48            | 8.8           |

| Msc | Zawodnik                   | Numer       | Klub                                | Kategoria | Mkat | Kara/<br>bonifikata | Czas<br>netto<br>11km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|-------------|-------------------------------------|-----------|------|---------------------|-----------------------|-----------|-----------------|---------------|
| 30  | <b>CEGIEŁKO Maciej</b>     | <b>3243</b> | AZS UMCS LUBLIN                     | M20       | 4    |                     | <b>01:15:20.70</b>    | +00:13:38 | 6:50            | 8.8           |
| 31  | <b>JUSZCZAK Mateusz</b>    | <b>3022</b> | KB BIAŁA BIEGA                      | M20       | 5    |                     | <b>01:15:32.35</b>    | +00:13:50 | 6:52            | 8.7           |
| 32  | <b>UZDEJCZYK Kamil</b>     | <b>3419</b> | SOLINA TEAM                         | M30       | 17   |                     | <b>01:15:57.55</b>    | +00:14:15 | 6:54            | 8.7           |
| 33  | <b>PIWOŃSKI Adam</b>       | <b>3601</b> |                                     | M40       | 10   |                     | <b>01:16:08.15</b>    | +00:14:26 | 6:55            | 8.7           |
| 34  | <b>WOŹNIAK Janusz</b>      | <b>3422</b> | PORMAT JEDLICZE BIEGA               | M50       | 2    |                     | <b>01:16:12.80</b>    | +00:14:30 | 6:55            | 8.7           |
| 35  | <b>KRUPA Grzegorz</b>      | <b>3570</b> | KB SOBÓTKA                          | M40       | 11   |                     | <b>01:16:22.70</b>    | +00:14:40 | 6:56            | 8.6           |
| 36  | <b>NESTOROWICZ Marek</b>   | <b>3203</b> | KLUB BIEGACZA JURUND SZCZYTNO       | M50       | 3    |                     | <b>01:16:34.50</b>    | +00:14:52 | 6:57            | 8.6           |
| 37  | <b>GRONIECKI Mikołaj</b>   | <b>3427</b> | KTÓRĘDY PO PIWO,)                   | M40       | 12   |                     | <b>01:16:43.70</b>    | +00:15:01 | 6:58            | 8.6           |
| 38  | <b>NOWAK Mirosław</b>      | <b>3569</b> | NIE MA                              | M40       | 13   |                     | <b>01:17:32.00</b>    | +00:15:49 | 7:02            | 8.5           |
| 39  | <b>WRÓBLEWSKI Michał</b>   | <b>3217</b> | WHISKY AFICIONADOS                  | M30       | 18   |                     | <b>01:17:32.10</b>    | +00:15:49 | 7:02            | 8.5           |
| 40  | <b>ASŁANOWICZ Marcin</b>   | <b>3284</b> | ŻÓRAWSKI TEAM                       | M40       | 14   |                     | <b>01:18:04.40</b>    | +00:16:22 | 7:05            | 8.5           |
| 41  | <b>RUSZCZEWSKI Andrzej</b> | <b>3232</b> | VEGE RUNNERS                        | M30       | 19   |                     | <b>01:18:08.45</b>    | +00:16:26 | 7:06            | 8.4           |
| 42  | <b>WRÓBLEWSKI Marcin</b>   | <b>3100</b> | ROSTI POLSKA                        | M40       | 15   |                     | <b>01:18:18.90</b>    | +00:16:36 | 7:07            | 8.4           |
| 43  | <b>STASIAK Włodzimierz</b> | <b>3566</b> | LEANPRO                             | M30       | 20   |                     | <b>01:18:24.10</b>    | +00:16:41 | 7:07            | 8.4           |
| 44  | <b>KĘPIŃSKI Andrzej</b>    | <b>3028</b> | TEAM ELBLĄG                         | M40       | 16   |                     | <b>01:18:57.45</b>    | +00:17:15 | 7:10            | 8.4           |
| 45  | <b>MACKIEWICZ Adam</b>     | <b>3434</b> | TEAM ELBLĄG                         | M40       | 17   |                     | <b>01:18:57.55</b>    | +00:17:15 | 7:10            | 8.4           |
| 46  | <b>SZKLARSKI Jacek</b>     | <b>3562</b> |                                     | M40       | 18   |                     | <b>01:19:31.70</b>    | +00:17:49 | 7:13            | 8.3           |
| 47  | <b>WILK Krzysztof</b>      | <b>3093</b> | SARNI TĘTENT                        | M30       | 21   |                     | <b>01:19:36.40</b>    | +00:17:54 | 7:14            | 8.3           |
| 48  | <b>MUSIOŁ Michał</b>       | <b>3047</b> | SARNI TĘTENT                        | M30       | 22   |                     | <b>01:19:36.50</b>    | +00:17:54 | 7:14            | 8.3           |
| 49  | <b>MAZUR Jakub</b>         | <b>3494</b> | RUNNERS TEAM                        | M20       | 6    |                     | <b>01:20:45.50</b>    | +00:19:03 | 7:20            | 8.2           |
| 50  | <b>KORŻYK Marek</b>        | <b>3445</b> |                                     | M40       | 19   |                     | <b>01:20:46.40</b>    | +00:19:04 | 7:20            | 8.2           |
| 51  | <b>ROGÓŻ Rafał</b>         | <b>3338</b> |                                     | M40       | 20   |                     | <b>01:20:48.80</b>    | +00:19:06 | 7:20            | 8.2           |
| 52  | <b>CICHOŃ Maciej</b>       | <b>3113</b> | 42.195 WEJHEROWO                    | M40       | 21   |                     | <b>01:21:05.80</b>    | +00:19:23 | 7:22            | 8.1           |
| 53  | <b>GET Maciej</b>          | <b>3122</b> | -                                   | M40       | 22   |                     | <b>01:21:06.35</b>    | +00:19:24 | 7:22            | 8.1           |
| 54  | <b>GÓRNY Dariusz</b>       | <b>3595</b> | SŁOŃCA JURY                         | M40       | 23   |                     | <b>01:21:12.90</b>    | +00:19:30 | 7:22            | 8.1           |
| 55  | <b>ZIOBRO Tomasz</b>       | <b>3573</b> | KGB KROSNO                          | M40       | 24   |                     | <b>01:21:19.25</b>    | +00:19:37 | 7:23            | 8.1           |
| 56  | <b>ŚCIBOR Marcin</b>       | <b>3574</b> | RUCH IZBICA                         | M30       | 23   |                     | <b>01:21:21.10</b>    | +00:19:38 | 7:23            | 8.1           |
| 57  | <b>MOSKOWICZ Stefan</b>    | <b>3258</b> |                                     | M60       | 1    |                     | <b>01:21:21.45</b>    | +00:19:39 | 7:23            | 8.1           |
| 58  | <b>LUCJUSZ Krzysztof</b>   | <b>3036</b> |                                     | M20       | 7    |                     | <b>01:21:25.30</b>    | +00:19:43 | 7:24            | 8.1           |
| 59  | <b>KOT Krzysztof</b>       | <b>3222</b> | MPK - RZESZÓW                       | M40       | 25   |                     | <b>01:21:55.60</b>    | +00:20:13 | 7:26            | 8.1           |
| 60  | <b>WYSOGLĄD Henryk</b>     | <b>3581</b> | HIT THE TRAIL/SIŁOWNIA AQUA FITNESS | M50       | 4    |                     | <b>01:21:55.80</b>    | +00:20:13 | 7:26            | 8.1           |
| 61  | <b>SITEK Arkadiusz</b>     | <b>3233</b> | AKTYWNI WĘGRÓW                      | M40       | 26   |                     | <b>01:22:06.65</b>    | +00:20:24 | 7:27            | 8             |
| 62  | <b>BOROWSKI Tomasz</b>     | <b>3461</b> | MTS HAMER                           | M50       | 5    |                     | <b>01:22:08.85</b>    | +00:20:26 | 7:28            | 8             |
| 63  | <b>LASEK Leszek</b>        | <b>3313</b> | KALLIPSO RUNERS TEAM                | M50       | 6    |                     | <b>01:22:14.60</b>    | +00:20:32 | 7:28            | 8             |
| 64  | <b>CEGIEŁKO Paweł</b>      | <b>3242</b> | NIE NALEŻĘ DO KLUBU                 | M40       | 27   |                     | <b>01:22:16.30</b>    | +00:20:34 | 7:28            | 8             |
| 65  | <b>LASKOWSKI Paweł</b>     | <b>3314</b> |                                     | M30       | 24   |                     | <b>01:22:19.00</b>    | +00:20:36 | 7:29            | 8             |
| 66  | <b>ODWROT Hubert</b>       | <b>3439</b> | 3:33 TEAM                           | M50       | 7    |                     | <b>01:22:19.35</b>    | +00:20:37 | 7:29            | 8             |
| 67  | <b>STAROBRAT Arkadiusz</b> | <b>3182</b> | ALETEMPO                            | M50       | 8    |                     | <b>01:22:36.85</b>    | +00:20:54 | 7:30            | 8             |
| 68  | <b>WRÓBEL Jakub</b>        | <b>3488</b> | TROMBIKI                            | M30       | 25   |                     | <b>01:23:02.10</b>    | +00:21:19 | 7:32            | 7.9           |
| 69  | <b>FILIPEK Mariusz</b>     | <b>3118</b> |                                     | M20       | 8    |                     | <b>01:24:28.30</b>    | +00:22:46 | 7:40            | 7.8           |
| 70  | <b>TAMBORSKI Grzegorz</b>  | <b>3161</b> |                                     | M30       | 26   |                     | <b>01:24:44.65</b>    | +00:23:02 | 7:42            | 7.8           |
| 71  | <b>ŚLIWIŃSKI Andrzej</b>   | <b>3443</b> |                                     | M60       | 2    |                     | <b>01:24:56.75</b>    | +00:23:14 | 7:43            | 7.8           |
| 72  | <b>PODLEŚ Robert</b>       | <b>3057</b> | COBI POLAND TEAM                    | M50       | 9    |                     | <b>01:25:06.35</b>    | +00:23:24 | 7:44            | 7.8           |
| 73  | <b>CHORZĘPA Jakub</b>      | <b>3003</b> |                                     | M40       | 28   |                     | <b>01:25:26.40</b>    | +00:23:44 | 7:46            | 7.7           |

| Msc | Zawodnik                     | Numer       | Klub                           | Kategoria | Mkat | Kara/<br>bonifikata | Czas<br>netto<br>11km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------|-------------|--------------------------------|-----------|------|---------------------|-----------------------|-----------|-----------------|---------------|
| 74  | <b>UJMA Stanisław</b>        | <b>3605</b> |                                | M60       | 3    |                     | <b>01:25:44.45</b>    | +00:24:02 | 7:47            | 7.7           |
| 75  | <b>DOMKA Michał</b>          | <b>3453</b> | REZERWOWE PSY                  | M40       | 29   |                     | <b>01:26:17.60</b>    | +00:24:35 | 7:50            | 7.6           |
| 76  | <b>LIPIŃSKI Paweł</b>        | <b>3484</b> |                                | M30       | 27   |                     | <b>01:27:08.80</b>    | +00:25:26 | 7:55            | 7.6           |
| 76  | <b>LASOTA Grzegorz</b>       | <b>3176</b> |                                | M30       | 27   |                     | <b>01:27:08.80</b>    | +00:25:26 | 7:55            | 7.6           |
| 78  | <b>TWORZYDŁO Paweł</b>       | <b>3514</b> | RĄCZY JELEŃ                    | M40       | 30   |                     | <b>01:27:15.75</b>    | +00:25:33 | 7:55            | 7.6           |
| 79  | <b>FILIPOWSKI Rafał</b>      | <b>3006</b> | FILIPRUNTEAM                   | M40       | 31   |                     | <b>01:27:41.35</b>    | +00:25:59 | 7:58            | 7.5           |
| 80  | <b>KOWALIK Jan</b>           | <b>3031</b> |                                | M60       | 4    |                     | <b>01:27:51.00</b>    | +00:26:08 | 7:59            | 7.5           |
| 81  | <b>STACH Jacek</b>           | <b>3444</b> |                                | M40       | 32   |                     | <b>01:28:01.55</b>    | +00:26:19 | 8:00            | 7.5           |
| 81  | <b>SUDAKOWSKI Bartłomiej</b> | <b>3348</b> | COCONUT TEAM                   | M20       | 9    |                     | <b>01:28:01.55</b>    | +00:26:19 | 8:00            | 7.5           |
| 83  | <b>GŁOWACKI Andrzej</b>      | <b>3220</b> | MŁODY VS STARY                 | M50       | 10   |                     | <b>01:28:10.65</b>    | +00:26:28 | 8:00            | 7.5           |
| 84  | <b>MOJSKI Adam</b>           | <b>3600</b> | OTK RZEŹNIK                    | M30       | 29   |                     | <b>01:28:42.80</b>    | +00:27:00 | 8:03            | 7.4           |
| 85  | <b>SOBALA Maksymilian</b>    | <b>3644</b> | RK ATHLETICS                   | M20       | 10   |                     | <b>01:28:43.60</b>    | +00:27:01 | 8:03            | 7.4           |
| 86  | <b>KORZENIOWSKI Robert</b>   | <b>3664</b> | RK ATHLETICS                   | M50       | 11   |                     | <b>01:28:44.30</b>    | +00:27:02 | 8:04            | 7.4           |
| 87  | <b>RAK Wojciech</b>          | <b>3149</b> | SII RUNNING TEAM               | M30       | 30   |                     | <b>01:28:44.50</b>    | +00:27:02 | 8:04            | 7.4           |
| 88  | <b>BLOK Tomasz</b>           | <b>3363</b> |                                | M40       | 33   |                     | <b>01:28:54.15</b>    | +00:27:12 | 8:04            | 7.4           |
| 89  | <b>SWEENEY Keith</b>         | <b>3416</b> |                                | M30       | 31   |                     | <b>01:28:54.50</b>    | +00:27:12 | 8:04            | 7.4           |
| 90  | <b>PUTYRA Damian</b>         | <b>3148</b> |                                | M20       | 11   |                     | <b>01:28:59.80</b>    | +00:27:17 | 8:05            | 7.4           |
| 91  | <b>PIECHOWSKI Wiesiek</b>    | <b>3267</b> |                                | M40       | 34   |                     | <b>01:29:04.30</b>    | +00:27:22 | 8:05            | 7.4           |
| 92  | <b>MATULSKI Artek</b>        | <b>3039</b> |                                | M50       | 12   |                     | <b>01:29:53.65</b>    | +00:28:11 | 8:10            | 7.3           |
| 93  | <b>GOSZTYŁA Tomasz</b>       | <b>3014</b> |                                | M40       | 35   |                     | <b>01:30:20.15</b>    | +00:28:38 | 8:12            | 7.3           |
| 94  | <b>GRADOWSKI Piotrek</b>     | <b>3015</b> |                                | M40       | 36   |                     | <b>01:30:23.70</b>    | +00:28:41 | 8:13            | 7.3           |
| 95  | <b>MATYSIAK Michał</b>       | <b>3532</b> | KOPALNIA MOCY TARNOBRZEG       | M30       | 32   |                     | <b>01:30:33.85</b>    | +00:28:51 | 8:13            | 7.3           |
| 96  | <b>POPOWICZ Kamil</b>        | <b>3549</b> |                                | M30       | 33   |                     | <b>01:30:51.10</b>    | +00:29:08 | 8:15            | 7.3           |
| 97  | <b>CHWALISZ Włodek</b>       | <b>3438</b> | 3:33 TEAM                      | M50       | 13   |                     | <b>01:30:59.25</b>    | +00:29:17 | 8:16            | 7.3           |
| 98  | <b>KOT Rafał</b>             | <b>3460</b> | LEDLENSER // MUAY RUNNING TEAM | M40       | 37   |                     | <b>01:31:18.65</b>    | +00:29:36 | 8:18            | 7.2           |
| 99  | <b>HOŁODY Bartłomiej</b>     | <b>3018</b> | PNIOWSKI KLUB SPORTOWY         | M20       | 12   |                     | <b>01:31:48.75</b>    | +00:30:06 | 8:20            | 7.2           |
| 100 | <b>WALCZAK Paweł</b>         | <b>3511</b> |                                | M40       | 38   |                     | <b>01:31:56.50</b>    | +00:30:14 | 8:21            | 7.2           |
| 101 | <b>MUMOT Dariusz</b>         | <b>3137</b> |                                | M40       | 39   |                     | <b>01:32:14.30</b>    | +00:30:32 | 8:23            | 7.2           |
| 102 | <b>CHLEBIŃSKI Maciej</b>     | <b>3290</b> | RZESZOWSKIE GAZELE I GEPARDY   | M30       | 34   |                     | <b>01:32:31.15</b>    | +00:30:49 | 8:24            | 7.1           |
| 103 | <b>KORZENIOWSKI Xawery</b>   | <b>3663</b> | RK ATHLETICS                   | M20       | 13   |                     | <b>01:32:44.60</b>    | +00:31:02 | 8:25            | 7.1           |
| 104 | <b>ROGUZIŃSKI Radosław</b>   | <b>3061</b> | RDX                            | M30       | 35   |                     | <b>01:32:50.60</b>    | +00:31:08 | 8:26            | 7.1           |
| 105 | <b>CZEKALSKI Mariusz</b>     | <b>3501</b> |                                | M40       | 40   |                     | <b>01:32:55.40</b>    | +00:31:13 | 8:26            | 7.1           |
| 106 | <b>GRABOWICZ Mirosław</b>    | <b>3378</b> | SOKÓLSKA GRUPA BIEGOWA         | M50       | 14   |                     | <b>01:32:57.20</b>    | +00:31:15 | 8:27            | 7.1           |
| 107 | <b>JAGODA Mateusz</b>        | <b>3561</b> | FUCHS OIL TEAM                 | M20       | 14   |                     | <b>01:33:16.70</b>    | +00:31:34 | 8:28            | 7.1           |
| 108 | <b>SADKOWSKI Paweł</b>       | <b>3341</b> |                                | M40       | 41   |                     | <b>01:33:44.65</b>    | +00:32:02 | 8:31            | 7             |
| 109 | <b>WRÓBEL Bartłomiej</b>     | <b>3099</b> | CISNA                          | M40       | 42   |                     | <b>01:33:50.35</b>    | +00:32:08 | 8:31            | 7             |
| 110 | <b>POKRYWKA Stefan</b>       | <b>3505</b> | OTK RZEŹNIK                    | M60       | 5    |                     | <b>01:34:12.70</b>    | +00:32:30 | 8:33            | 7             |
| 111 | <b>MSZANOWSKI Jędrzej</b>    | <b>3465</b> | 3:33 TEAM                      | M30       | 36   |                     | <b>01:34:17.75</b>    | +00:32:35 | 8:34            | 7             |
| 112 | <b>POROWSKI Waldek</b>       | <b>3471</b> | KB SOBÓTKA                     | M40       | 43   |                     | <b>01:34:19.45</b>    | +00:32:37 | 8:34            | 7             |
| 113 | <b>PODOLAK Zbigniew</b>      | <b>3058</b> |                                | M60       | 6    |                     | <b>01:34:35.45</b>    | +00:32:53 | 8:35            | 7             |
| 114 | <b>KRÓL Maciej</b>           | <b>3391</b> | WRAN TEAM                      | M40       | 44   |                     | <b>01:34:58.45</b>    | +00:33:16 | 8:38            | 6.9           |
| 115 | <b>PISINGAS Mariusz</b>      | <b>3404</b> | BIEGANIE TO MÓJ TRZEŹWY        | M40       | 45   |                     | <b>01:35:00.10</b>    | +00:33:17 | 8:38            | 6.9           |
| 116 | <b>ŻMIJEWSKI Dariusz</b>     | <b>2585</b> |                                | M50       | 15   |                     | <b>01:35:12.55</b>    | +00:33:30 | 8:39            | 6.9           |
| 117 | <b>PODOLAK Rafał</b>         | <b>3268</b> | GLADIATORS BY RMF4RT           | M20       | 15   |                     | <b>01:35:27.50</b>    | +00:33:45 | 8:40            | 6.9           |

| Msc | Zawodnik                       | Numer       | Klub                    | Kategoria | Mkat | Kara/<br>bonifikata | Czas<br>netto<br>11km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------|-------------|-------------------------|-----------|------|---------------------|-----------------------|-----------|-----------------|---------------|
| 118 | <b>EDEL Daniel</b>             | <b>3589</b> |                         | M40       | 46   |                     | <b>01:35:44.25</b>    | +00:34:02 | 8:42            | 6.9           |
| 119 | <b>NAKONIECZNY Jacek</b>       | <b>3048</b> | SII RUNNING TEAM        | M30       | 37   |                     | <b>01:36:14.75</b>    | +00:34:32 | 8:44            | 6.9           |
| 120 | <b>DACYK Sylwester</b>         | <b>3367</b> | SAINT-GOBAIN SQUAD      | M40       | 47   |                     | <b>01:36:24.25</b>    | +00:34:42 | 8:45            | 6.8           |
| 121 | <b>DOMIN Daniel</b>            | <b>3116</b> | MULTIPLIER TEAM         | M40       | 48   |                     | <b>01:36:45.20</b>    | +00:35:03 | 8:47            | 6.8           |
| 122 | <b>NOWAKOWSKI Wiesław</b>      | <b>3262</b> | -                       | M60       | 7    |                     | <b>01:36:46.10</b>    | +00:35:03 | 8:47            | 6.8           |
| 123 | <b>STAROŃ Tomasz</b>           | <b>3411</b> |                         | M20       | 16   |                     | <b>01:36:59.40</b>    | +00:35:17 | 8:49            | 6.8           |
| 124 | <b>KMIECIK Bartosz</b>         | <b>3475</b> |                         | M40       | 49   |                     | <b>01:37:30.25</b>    | +00:35:48 | 8:51            | 6.8           |
| 125 | <b>TOPOLEWICZ Artur</b>        | <b>3085</b> | ROSTI POLSKA            | M40       | 50   |                     | <b>01:37:40.90</b>    | +00:35:58 | 8:52            | 6.8           |
| 126 | <b>MICHALAK Tomasz</b>         | <b>3526</b> | DYSTANS LESZNO          | M40       | 51   |                     | <b>01:39:03.20</b>    | +00:37:21 | 9:00            | 6.7           |
| 127 | <b>BEDNARKIEWICZ Jakub</b>     | <b>3469</b> |                         | M30       | 38   |                     | <b>01:39:38.00</b>    | +00:37:55 | 9:03            | 6.6           |
| 128 | <b>SERWATKA Michał</b>         | <b>3272</b> | BRACTWO BIEGOWE BGK     | M40       | 52   |                     | <b>01:39:40.20</b>    | +00:37:58 | 9:03            | 6.6           |
| 129 | <b>LUBAŃSKI Robert</b>         | <b>3177</b> | BRAK                    | M50       | 16   |                     | <b>01:39:51.45</b>    | +00:38:09 | 9:04            | 6.6           |
| 130 | <b>TYKSIŃSKI Rafał</b>         | <b>3086</b> | EXPRESSMAP              | M40       | 53   |                     | <b>01:39:59.55</b>    | +00:38:17 | 9:05            | 6.6           |
| 131 | <b>BAŁKOWSKI Olgierd</b>       | <b>3524</b> |                         | M20       | 17   |                     | <b>01:40:14.15</b>    | +00:38:32 | 9:06            | 6.6           |
| 132 | <b>NESTOROWICZ Maksymilian</b> | <b>3049</b> | BIESZCZADZKA WATAHA     | M30       | 39   |                     | <b>01:40:14.95</b>    | +00:38:32 | 9:06            | 6.6           |
| 133 | <b>PADO Michał</b>             | <b>3052</b> | BIESZCZADZKA WATAHA MTB | M30       | 40   |                     | <b>01:40:15.75</b>    | +00:38:33 | 9:06            | 6.6           |
| 134 | <b>POTERA Maciej</b>           | <b>3269</b> |                         | M30       | 41   |                     | <b>01:40:34.60</b>    | +00:38:52 | 9:08            | 6.6           |
| 135 | <b>FIEDORCZUK Łukasz</b>       | <b>3186</b> |                         | M40       | 54   |                     | <b>01:40:38.30</b>    | +00:38:56 | 9:08            | 6.6           |
| 136 | <b>WĘGRZYN Jakub</b>           | <b>3164</b> |                         | M20       | 18   |                     | <b>01:40:38.60</b>    | +00:38:56 | 9:08            | 6.6           |
| 137 | <b>GÓRKA Dariusz</b>           | <b>3447</b> |                         | M40       | 55   |                     | <b>01:40:48.65</b>    | +00:39:06 | 9:09            | 6.5           |
| 138 | <b>KŁĘCZAR Igor</b>            | <b>3583</b> |                         | M30       | 42   |                     | <b>01:42:19.40</b>    | +00:40:37 | 9:18            | 6.5           |
| 139 | <b>PILARSKI Kamil</b>          | <b>3403</b> |                         | M30       | 43   |                     | <b>01:43:30.65</b>    | +00:41:48 | 9:24            | 6.4           |
| 140 | <b>BECHTA Damian</b>           | <b>3285</b> |                         | M20       | 19   |                     | <b>01:44:18.85</b>    | +00:42:36 | 9:28            | 6.3           |
| 141 | <b>ŁOBEJKO Arkadiusz</b>       | <b>3257</b> |                         | M40       | 56   |                     | <b>01:44:35.30</b>    | +00:42:53 | 9:30            | 6.3           |
| 142 | <b>MODRAS Sławek</b>           | <b>3473</b> |                         | M30       | 44   |                     | <b>01:44:36.80</b>    | +00:42:54 | 9:30            | 6.3           |
| 143 | <b>GĄŁASZKIEWICZ Grzegorz</b>  | <b>3120</b> | LINDON TEAM             | M40       | 57   |                     | <b>01:44:41.90</b>    | +00:42:59 | 9:31            | 6.3           |
| 144 | <b>TYMOSZUK Michał</b>         | <b>3087</b> | KB BIAŁA BIEGA          | M40       | 58   |                     | <b>01:44:48.40</b>    | +00:43:06 | 9:31            | 6.3           |
| 145 | <b>SOŁGAŁA Tomasz</b>          | <b>3596</b> |                         | M40       | 59   |                     | <b>01:45:01.95</b>    | +00:43:19 | 9:32            | 6.3           |
| 146 | <b>GOLAS Marcin</b>            | <b>3588</b> | EXILE                   | M40       | 60   |                     | <b>01:45:07.45</b>    | +00:43:25 | 9:33            | 6.3           |
| 147 | <b>ELMINOWSKI Wojciech</b>     | <b>3218</b> | ELBLĄG                  | M50       | 17   |                     | <b>01:45:15.15</b>    | +00:43:33 | 9:34            | 6.3           |
| 148 | <b>WILAMOWSKI Daniel</b>       | <b>3092</b> |                         | M30       | 45   |                     | <b>01:45:19.05</b>    | +00:43:36 | 9:34            | 6.3           |
| 149 | <b>LENARCZYK Michał</b>        | <b>3315</b> |                         | M30       | 46   |                     | <b>01:45:20.70</b>    | +00:43:38 | 9:34            | 6.3           |
| 150 | <b>BANAJSKI Damian</b>         | <b>3441</b> |                         | M30       | 47   |                     | <b>01:45:25.70</b>    | +00:43:43 | 9:35            | 6.3           |
| 151 | <b>GĘBSKI Sławomir</b>         | <b>3013</b> | KKM KALORYFER           | M50       | 18   |                     | <b>01:45:26.75</b>    | +00:43:44 | 9:35            | 6.3           |
| 152 | <b>GŁUCHOWSKI Karol</b>        | <b>3299</b> |                         | M30       | 48   |                     | <b>01:45:34.40</b>    | +00:43:52 | 9:35            | 6.3           |
| 153 | <b>ZALEWSKI Andrzej</b>        | <b>3101</b> | TEAM NUTRILITE          | M60       | 8    |                     | <b>01:45:38.95</b>    | +00:43:56 | 9:36            | 6.2           |
| 154 | <b>BANASZAK Paweł</b>          | <b>3450</b> |                         | M20       | 20   |                     | <b>01:45:41.00</b>    | +00:43:58 | 9:36            | 6.2           |
| 155 | <b>DUDEK Arkadiusz</b>         | <b>3117</b> |                         | M50       | 19   |                     | <b>01:45:43.60</b>    | +00:44:01 | 9:36            | 6.2           |
| 156 | <b>KORBIK Łukasz</b>           | <b>3310</b> |                         | M30       | 49   |                     | <b>01:45:57.95</b>    | +00:44:15 | 9:37            | 6.2           |
| 157 | <b>GREŃ Jan</b>                | <b>3433</b> |                         | M20       | 21   |                     | <b>01:46:01.90</b>    | +00:44:19 | 9:38            | 6.2           |
| 158 | <b>TYPIŃSKI Paweł</b>          | <b>3352</b> |                         | M20       | 22   |                     | <b>01:46:09.40</b>    | +00:44:27 | 9:39            | 6.2           |
| 159 | <b>SAR Michał</b>              | <b>3271</b> |                         | M40       | 61   |                     | <b>01:46:09.90</b>    | +00:44:27 | 9:39            | 6.2           |
| 160 | <b>ADAMKIEWICZ Michał</b>      | <b>3517</b> | ŁÓDŻRUNCREW/JAKOTEAM    | M30       | 50   |                     | <b>01:47:53.25</b>    | +00:46:11 | 9:48            | 6.1           |
| 161 | <b>DEC Kamil</b>               | <b>3577</b> |                         | M20       | 23   |                     | <b>01:48:41.55</b>    | +00:46:59 | 9:52            | 6.1           |

| Msc | Zawodnik                   | Numer       | Klub                             | Kategoria | Mkat | Kara/<br>bonifikata | Czas<br>netto<br>11km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|-------------|----------------------------------|-----------|------|---------------------|-----------------------|-----------|-----------------|---------------|
| 162 | <b>FOLTA Jan</b>           | <b>3008</b> | GRUPA BIEGOWA ZARSZYN            | M50       | 20   |                     | <b>01:49:18.65</b>    | +00:47:36 | 9:56            | 6             |
| 163 | <b>GRZESIAK Grzegorz</b>   | <b>3303</b> |                                  | M40       | 62   |                     | <b>01:50:43.45</b>    | +00:49:01 | 10:03           | 6             |
| 164 | <b>GÓRECKI Piotr</b>       | <b>3377</b> |                                  | M50       | 21   |                     | <b>01:50:59.15</b>    | +00:49:17 | 10:05           | 5.9           |
| 165 | <b>SZYMCZAK Łukasz</b>     | <b>3580</b> | SSW TEAM KROŚNICE                | M30       | 51   |                     | <b>01:51:09.85</b>    | +00:49:27 | 10:06           | 5.9           |
| 166 | <b>WOJTAS Daniel</b>       | <b>3603</b> |                                  | M40       | 63   |                     | <b>01:51:56.80</b>    | +00:50:14 | 10:10           | 5.9           |
| 167 | <b>PRZYBYLIK Oktawian</b>  | <b>3467</b> | DEKA80                           | M30       | 52   |                     | <b>01:52:17.80</b>    | +00:50:35 | 10:12           | 5.9           |
| 168 | <b>WINIARSKI Krystian</b>  | <b>3094</b> | BIEGAM W RZESZOWIE               | M30       | 53   |                     | <b>01:52:32.15</b>    | +00:50:50 | 10:13           | 5.9           |
| 169 | <b>KULAK Paweł</b>         | <b>3509</b> |                                  | M40       | 64   |                     | <b>01:52:54.80</b>    | +00:51:12 | 10:15           | 5.8           |
| 170 | <b>ZGODA Tomek</b>         | <b>3440</b> | 3:33 TEAM                        | M50       | 22   |                     | <b>01:53:02.75</b>    | +00:51:20 | 10:16           | 5.8           |
| 171 | <b>GÓRKA Bogusław</b>      | <b>3123</b> | SUSKA GRUPA BIEGOWA              | M40       | 65   |                     | <b>01:53:03.15</b>    | +00:51:21 | 10:16           | 5.8           |
| 172 | <b>RZYSZKIEWICZ Tomasz</b> | <b>3527</b> | PĘDZĄCE LENIWCE                  | M40       | 66   |                     | <b>01:53:15.25</b>    | +00:51:33 | 10:17           | 5.8           |
| 173 | <b>SUDAKOWSKI Patryk</b>   | <b>3414</b> | SUDEX PATRYK SUDAKOWSKI          | M20       | 24   |                     | <b>01:53:22.40</b>    | +00:51:40 | 10:18           | 5.8           |
| 174 | <b>KROLAK Krzysztof</b>    | <b>3390</b> |                                  | M40       | 67   |                     | <b>01:53:54.80</b>    | +00:52:12 | 10:21           | 5.8           |
| 175 | <b>KLIMKOWICZ Emil</b>     | <b>3495</b> |                                  | M20       | 25   |                     | <b>01:54:07.70</b>    | +00:52:25 | 10:22           | 5.8           |
| 176 | <b>GAWRON Jarosław</b>     | <b>3121</b> | GERIATRIC ROOM                   | M40       | 68   |                     | <b>01:54:10.05</b>    | +00:52:27 | 10:22           | 5.8           |
| 177 | <b>SZYSZŁOW Mateusz</b>    | <b>3077</b> |                                  | M20       | 26   |                     | <b>01:54:17.25</b>    | +00:52:35 | 10:23           | 5.8           |
| 178 | <b>RYBIENIK Lech</b>       | <b>3064</b> | NIEZRZESZONY                     | M40       | 69   |                     | <b>01:54:25.05</b>    | +00:52:42 | 10:24           | 5.8           |
| 179 | <b>PIEKARSKI Paweł</b>     | <b>3230</b> | SFORA BMK                        | M40       | 70   |                     | <b>01:54:29.95</b>    | +00:52:47 | 10:24           | 5.8           |
| 180 | <b>HERMAN Paweł</b>        | <b>3492</b> | MLUKS TRZEBIATÓW                 | M40       | 71   |                     | <b>01:55:00.05</b>    | +00:53:17 | 10:27           | 5.7           |
| 181 | <b>GAŁAZIN Tomasz</b>      | <b>3297</b> | CASREX                           | M40       | 72   |                     | <b>01:55:04.00</b>    | +00:53:21 | 10:27           | 5.7           |
| 182 | <b>OPALIŃSKI Paweł</b>     | <b>3265</b> |                                  | M30       | 54   |                     | <b>01:55:05.55</b>    | +00:53:23 | 10:27           | 5.7           |
| 183 | <b>PATRYLAK Rafał</b>      | <b>3054</b> | GRUPA BIEGOWA ZARSZYN            | M20       | 27   |                     | <b>01:55:24.00</b>    | +00:53:41 | 10:29           | 5.7           |
| 184 | <b>BŁĘDOWSKI Łukasz</b>    | <b>3364</b> |                                  | M30       | 55   |                     | <b>01:55:40.35</b>    | +00:53:58 | 10:30           | 5.7           |
| 185 | <b>IWIŃSKI Adam</b>        | <b>3529</b> | SAINT GOBAIN SQUAD               | M40       | 73   |                     | <b>01:55:45.00</b>    | +00:54:02 | 10:31           | 5.7           |
| 186 | <b>KALICIŃSKI Jarosław</b> | <b>3252</b> | ŚLĘZAK TEAM                      | M30       | 56   |                     | <b>01:56:05.60</b>    | +00:54:23 | 10:33           | 5.7           |
| 187 | <b>KOCOŃ Mariusz</b>       | <b>3506</b> | KLINIKA ZDROWA I URODY CZ .WOŚKO | M50       | 23   |                     | <b>01:56:34.00</b>    | +00:54:51 | 10:35           | 5.7           |
| 188 | <b>POPŁAWSKI Krystian</b>  | <b>3405</b> | GLADIATORS BY RMF 4RT            | M30       | 57   |                     | <b>01:57:20.35</b>    | +00:55:38 | 10:40           | 5.6           |
| 189 | <b>RUPIK Piotr</b>         | <b>3340</b> | BRAK                             | M40       | 74   |                     | <b>01:57:25.85</b>    | +00:55:43 | 10:40           | 5.6           |
| 190 | <b>PRZYBYŁA Krzysztof</b>  | <b>3332</b> | ADIDAS RUNNERS WARSAW            | M30       | 58   |                     | <b>01:57:26.95</b>    | +00:55:44 | 10:40           | 5.6           |
| 191 | <b>DĄBKOWSKI Damian</b>    | <b>3371</b> | CROSS TRENING MAZOVIA CIECHANÓW  | M30       | 59   |                     | <b>01:57:29.65</b>    | +00:55:47 | 10:40           | 5.6           |
| 192 | <b>SURDAKCI Łukasz</b>     | <b>3276</b> | MONKEYS' TEAM                    | M30       | 60   |                     | <b>01:57:30.95</b>    | +00:55:48 | 10:40           | 5.6           |
| 193 | <b>CHORZĘPA Wojciech</b>   | <b>3442</b> |                                  | M30       | 61   |                     | <b>01:58:15.70</b>    | +00:56:33 | 10:45           | 5.6           |
| 194 | <b>DOMŻOŁ Radosław</b>     | <b>3568</b> |                                  | M20       | 28   |                     | <b>01:58:17.00</b>    | +00:56:34 | 10:45           | 5.6           |
| 195 | <b>JÓZWIAK Mikołaj</b>     | <b>3448</b> | STG WARSZAWA                     | M30       | 62   |                     | <b>01:58:29.10</b>    | +00:56:46 | 10:46           | 5.6           |
| 196 | <b>WYSOCKI Bartosz</b>     | <b>3282</b> | KS JANUSZE                       | M30       | 63   |                     | <b>01:58:35.35</b>    | +00:56:53 | 10:46           | 5.6           |
| 197 | <b>BĘTKOWSKI Tomasz</b>    | <b>3468</b> | CASREX                           | M40       | 75   |                     | <b>01:59:07.15</b>    | +00:57:25 | 10:49           | 5.5           |
| 198 | <b>MĄCZKA Bronisław</b>    | <b>3521</b> | EXTREMALNE OTK NA RELAKSIE       | M60       | 9    |                     | <b>02:00:44.10</b>    | +00:59:01 | 10:58           | 5.5           |
| 199 | <b>TERLECKI Władysław</b>  | <b>3236</b> | MŁODY VS STARY                   | M40       | 76   |                     | <b>02:00:45.90</b>    | +00:59:03 | 10:58           | 5.5           |
| 200 | <b>JABŁOŃSKI Jakub</b>     | <b>3558</b> | REZERWOWE PSY                    | M20       | 29   |                     | <b>02:00:55.40</b>    | +00:59:13 | 10:59           | 5.5           |
| 201 | <b>KOZA Sebastian</b>      | <b>3435</b> | SSW TEAM KROŚNICE                | M20       | 30   |                     | <b>02:00:55.55</b>    | +00:59:13 | 10:59           | 5.5           |
| 202 | <b>NAPIERAJ Andrzej</b>    | <b>3201</b> |                                  | M60       | 10   |                     | <b>02:00:56.30</b>    | +00:59:14 | 10:59           | 5.5           |
| 203 | <b>KACZYŃSKI Artur</b>     | <b>3305</b> |                                  | M40       | 77   |                     | <b>02:01:17.15</b>    | +00:59:35 | 11:01           | 5.4           |
| 204 | <b>KULIKOWSKI Adam</b>     | <b>3175</b> |                                  | M30       | 64   |                     | <b>02:01:21.95</b>    | +00:59:39 | 11:01           | 5.4           |
| 205 | <b>CHWASTA Mariusz</b>     | <b>3111</b> |                                  | M40       | 78   |                     | <b>02:01:59.35</b>    | +01:00:17 | 11:05           | 5.4           |

| Msc | Zawodnik                       | Numer       | Klub                      | Kategoria | Mkat | Kara/<br>bonifikata | Czas<br>netto<br>11km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------|-------------|---------------------------|-----------|------|---------------------|-----------------------|-----------|-----------------|---------------|
| 206 | <b>MIELNICZUK Tomasz</b>       | <b>3043</b> | PERFECT RUNNER TEAM       | M30       | 65   |                     | <b>02:02:23.55</b>    | +01:00:41 | 11:07           | 5.4           |
| 207 | <b>MIELNICZUK Stanisław</b>    | <b>3044</b> | PERFECT RUNNER TEAM       | M60       | 11   |                     | <b>02:02:23.70</b>    | +01:00:41 | 11:07           | 5.4           |
| 208 | <b>SZCZEPKOWSKI Paweł</b>      | <b>3212</b> | ARTEQUIPMENT              | M60       | 12   |                     | <b>02:03:44.30</b>    | +01:02:02 | 11:14           | 5.3           |
| 209 | <b>POLAK Mikołaj</b>           | <b>3145</b> |                           | M40       | 79   |                     | <b>02:03:57.60</b>    | +01:02:15 | 11:16           | 5.3           |
| 210 | <b>SŁONIEWSKI Rafał</b>        | <b>3181</b> | KADRA MOCNYCH WDRAŻEŃ     | M30       | 66   |                     | <b>02:04:04.30</b>    | +01:02:22 | 11:16           | 5.3           |
| 211 | <b>ARABASZ Paweł</b>           | <b>3456</b> |                           | M40       | 80   |                     | <b>02:04:14.10</b>    | +01:02:31 | 11:17           | 5.3           |
| 212 | <b>BUCIOR Łukasz</b>           | <b>3466</b> | AZS POLITECHNIKA LUBELSKA | M20       | 31   |                     | <b>02:05:24.05</b>    | +01:03:41 | 11:24           | 5.3           |
| 213 | <b>ANDRZEJEWSKI Maciej</b>     | <b>3238</b> | KTÓRĘDY PO PIWO           | M30       | 67   |                     | <b>02:05:35.70</b>    | +01:03:53 | 11:25           | 5.3           |
| 214 | <b>RECZEK Sebastian</b>        | <b>3151</b> | KS ZIELONO-CZARNI         | M40       | 81   |                     | <b>02:05:56.25</b>    | +01:04:14 | 11:26           | 5.2           |
| 215 | <b>RATOWSKI Marek</b>          | <b>3150</b> | PODGÓRZ TORUŃ             | M40       | 82   |                     | <b>02:05:57.30</b>    | +01:04:15 | 11:27           | 5.2           |
| 216 | <b>FRYD Błażej</b>             | <b>3172</b> |                           | M30       | 68   |                     | <b>02:06:01.30</b>    | +01:04:19 | 11:27           | 5.2           |
| 217 | <b>HABA Konrad</b>             | <b>3487</b> |                           | M30       | 69   |                     | <b>02:06:40.90</b>    | +01:04:58 | 11:30           | 5.2           |
| 218 | <b>KWIATKOWSKI Kajetan</b>     | <b>3196</b> | SUT - STRASZYN ULTRA TEAM | M30       | 70   |                     | <b>02:06:53.95</b>    | +01:05:11 | 11:32           | 5.2           |
| 219 | <b>BUZALSKI Robert</b>         | <b>3241</b> | ORANGE POLSKA             | M40       | 83   |                     | <b>02:07:53.15</b>    | +01:06:11 | 11:37           | 5.2           |
| 220 | <b>NOWAK Michał</b>            | <b>3140</b> |                           | M30       | 71   |                     | <b>02:10:02.20</b>    | +01:08:20 | 11:49           | 5.1           |
| 221 | <b>STASZCZYK Michał</b>        | <b>3346</b> |                           | M30       | 72   |                     | <b>02:10:57.25</b>    | +01:09:15 | 11:54           | 5             |
| 222 | <b>ZALEWSKI Cezary</b>         | <b>3528</b> | PĘDZĄCE LENIWCE           | M40       | 84   |                     | <b>02:12:07.15</b>    | +01:10:25 | 12:00           | 5             |
| 223 | <b>STRZYŻOWSKI Marcin</b>      | <b>3542</b> | PĘDZĄCE LENIWCE           | M40       | 85   |                     | <b>02:12:07.30</b>    | +01:10:25 | 12:00           | 5             |
| 224 | <b>DUSZA Łukasz</b>            | <b>3004</b> |                           | M30       | 73   |                     | <b>02:12:24.40</b>    | +01:10:42 | 12:02           | 5             |
| 225 | <b>REPAŁSKI Marcin</b>         | <b>3153</b> | BRYGADA RR                | M40       | 86   |                     | <b>02:12:50.50</b>    | +01:11:08 | 12:04           | 5             |
| 226 | <b>MIKSZA Karol</b>            | <b>3046</b> | CROSSFITTER BOX CHEŁM     | M50       | 24   |                     | <b>02:15:17.35</b>    | +01:13:35 | 12:17           | 4.9           |
| 227 | <b>JAGODA Adam</b>             | <b>3383</b> | FUCHS OIL TEAM            | M50       | 25   |                     | <b>02:17:04.85</b>    | +01:15:22 | 12:27           | 4.8           |
| 228 | <b>UCHEREK Kazimierz</b>       | <b>3354</b> |                           | M50       | 26   |                     | <b>02:17:53.20</b>    | +01:16:11 | 12:32           | 4.8           |
| 229 | <b>TWARDUŚ Leszek</b>          | <b>3431</b> |                           | M40       | 87   |                     | <b>02:18:04.10</b>    | +01:16:21 | 12:33           | 4.8           |
| 230 | <b>HELMAN Filip</b>            | <b>3126</b> |                           | M20       | 32   |                     | <b>02:18:22.70</b>    | +01:16:40 | 12:34           | 4.8           |
| 231 | <b>ANDRASZ Paweł</b>           | <b>3109</b> |                           | M20       | 33   |                     | <b>02:18:22.95</b>    | +01:16:40 | 12:34           | 4.8           |
| 232 | <b>NOWAK Karol</b>             | <b>3398</b> |                           | M30       | 74   |                     | <b>02:18:34.80</b>    | +01:16:52 | 12:35           | 4.8           |
| 233 | <b>MARCOL Wojciech</b>         | <b>3538</b> |                           | M20       | 34   |                     | <b>02:19:06.85</b>    | +01:17:24 | 12:38           | 4.7           |
| 234 | <b>SIENKIEWICZ Dariusz</b>     | <b>3344</b> | GS TEAM                   | M30       | 75   |                     | <b>02:20:20.30</b>    | +01:18:38 | 12:45           | 4.7           |
| 235 | <b>PIOTROWSKI Marek</b>        | <b>3548</b> | MORSOWNOCY Z LEGNICY      | M50       | 27   |                     | <b>02:20:20.50</b>    | +01:18:38 | 12:45           | 4.7           |
| 236 | <b>KULCZYCKI Andrzej</b>       | <b>3608</b> |                           | M40       | 88   |                     | <b>02:20:46.30</b>    | +01:19:04 | 12:47           | 4.7           |
| 237 | <b>ZEMŁA Piotr</b>             | <b>3106</b> |                           | M50       | 28   |                     | <b>02:21:10.45</b>    | +01:19:28 | 12:50           | 4.7           |
| 238 | <b>MICZEK Wiesław</b>          | <b>3455</b> | NIEZRZESZONY              | M60       | 13   |                     | <b>02:21:28.60</b>    | +01:19:46 | 12:51           | 4.7           |
| 239 | <b>PEHCIN Jakub</b>            | <b>3428</b> |                           | M30       | 76   |                     | <b>02:21:58.05</b>    | +01:20:15 | 12:54           | 4.6           |
| 240 | <b>KACZOR Paweł</b>            | <b>3304</b> |                           | M30       | 77   |                     | <b>02:22:17.15</b>    | +01:20:35 | 12:56           | 4.6           |
| 241 | <b>FURMAN Michał</b>           | <b>3374</b> | OCHAJORUN & FRIENDS       | M30       | 78   |                     | <b>02:22:23.80</b>    | +01:20:41 | 12:56           | 4.6           |
| 242 | <b>SZYMANEK Paweł</b>          | <b>3074</b> | ZWOLEŃNICY BIEGANIA       | M30       | 79   |                     | <b>02:23:54.20</b>    | +01:22:12 | 13:04           | 4.6           |
| 243 | <b>BURY Marek</b>              | <b>3474</b> |                           | M50       | 29   |                     | <b>02:23:56.90</b>    | +01:22:14 | 13:05           | 4.6           |
| 244 | <b>PREIS Kamil</b>             | <b>3146</b> | SII RUNNING TEAM          | M20       | 35   |                     | <b>02:24:02.05</b>    | +01:22:19 | 13:05           | 4.6           |
| 245 | <b>MICHALIK Jacek</b>          | <b>3320</b> | SŁOŃCA JURY               | M40       | 89   |                     | <b>02:24:09.85</b>    | +01:22:27 | 13:06           | 4.6           |
| 246 | <b>GRZEGORY Marek</b>          | <b>3125</b> | DECATHLON RUMIA           | M30       | 80   |                     | <b>02:24:26.85</b>    | +01:22:44 | 13:07           | 4.6           |
| 247 | <b>ZUBA Rafał</b>              | <b>3503</b> | BLACK RIVER               | M20       | 36   |                     | <b>02:24:43.75</b>    | +01:23:01 | 13:09           | 4.6           |
| 248 | <b>ZAWILSKI Zbigniew Rafał</b> | <b>3105</b> |                           | M30       | 81   |                     | <b>02:24:47.00</b>    | +01:23:04 | 13:09           | 4.6           |
| 249 | <b>SOCHACKI Mariusz</b>        | <b>3591</b> |                           | M40       | 90   |                     | <b>02:25:14.35</b>    | +01:23:32 | 13:12           | 4.5           |

| Msc | Zawodnik               | Numer | Klub                        | Kategoria | Mkat | Kara/<br>bonifikata | Czas<br>netto<br>11km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|-----------------------------|-----------|------|---------------------|-----------------------|-----------|-----------------|---------------|
| 250 | KANIEWSKI Michał       | 3386  | DZIKI DZIK TEAM             | M20       | 37   |                     | 02:26:34.20           | +01:24:52 | 13:19           | 4.5           |
| 251 | MROZIŃSKI Andrzej      | 3260  | WTAR                        | M50       | 30   |                     | 02:28:27.05           | +01:26:44 | 13:29           | 4.4           |
| 252 | KORZENIOWSKI Robert    | 3579  | RK ATHLETICS                | M50       | 31   |                     | 02:29:21.70           | +01:27:39 | 13:34           | 4.4           |
| 253 | REDMER Bartłomiej      | 3407  |                             | M20       | 38   |                     | 02:29:29.05           | +01:27:46 | 13:35           | 4.4           |
| 254 | DASZCZYŃSKI Adam       | 3369  | ADASKO TEAM                 | M40       | 91   |                     | 02:29:52.35           | +01:28:10 | 13:37           | 4.4           |
| 255 | STEC Dawid             | 3565  |                             | M30       | 82   |                     | 02:30:55.05           | +01:29:12 | 13:43           | 4.4           |
| 256 | WOJCIESZKIEWICZ Marcin | 3280  |                             | M30       | 83   |                     | 02:30:56.05           | +01:29:13 | 13:43           | 4.4           |
| 257 | MOŻEJKO Artur          | 3594  | GIT EKIPA !                 | M30       | 84   |                     | 02:32:35.80           | +01:30:53 | 13:52           | 4.3           |
| 258 | KLARECKI Adrian        | 3388  | ULTRA WAY TEAM / ASTMA TEAM | M40       | 92   |                     | 02:34:02.40           | +01:32:20 | 14:00           | 4.3           |
| 259 | WÓJTOWICZ Paweł        | 3358  | -                           | M50       | 32   |                     | 02:37:31.20           | +01:35:49 | 14:19           | 4.2           |
| 260 | KULIK Karol            | 3174  |                             | M40       | 93   |                     | 02:38:32.80           | +01:36:50 | 14:24           | 4.2           |
| 261 | REY Patryk             | 3209  | REY RUNNING TEAM            | M20       | 39   |                     | 02:39:05.45           | +01:37:23 | 14:27           | 4.1           |
| 262 | REY Andrzej            | 3210  | REY RUNNING TEAM            | M40       | 94   |                     | 02:39:06.95           | +01:37:24 | 14:27           | 4.1           |
| 263 | BALICKI Jacek          | 3520  | BIEGACZ NOWOSOLNA           | M50       | 33   |                     | 02:40:21.00           | +01:38:38 | 14:34           | 4.1           |
| 264 | BRATKO Zbigniew        | 3288  | 65+                         | M60       | 14   |                     | 02:41:32.80           | +01:39:50 | 14:41           | 4.1           |
| 265 | BĄCZEK Krzysztof       | 3598  |                             | M40       | 95   |                     | 02:43:30.50           | +01:41:48 | 14:51           | 4             |
| 266 | WIELGOSZ Mariusz       | 3355  | BRAK                        | M50       | 34   |                     | 02:44:37.30           | +01:42:55 | 14:57           | 4             |
| 267 | MAJKA Dariusz          | 3319  |                             | M40       | 96   |                     | 02:44:39.25           | +01:42:57 | 14:58           | 4             |
| 268 | DYMEK Jacek            | 3576  |                             | M40       | 97   |                     | 02:47:43.65           | +01:46:01 | 15:14           | 3.9           |
| 269 | GIERLOTKA Rafał        | 3543  | BRAK                        | M40       | 98   |                     | 02:47:45.60           | +01:46:03 | 15:15           | 3.9           |
| 270 | ROZWÓD Emil            | 3062  |                             | M30       | 85   |                     | 02:49:08.15           | +01:47:26 | 15:22           | 3.9           |
| 271 | PIENIĄŻEK Jacek        | 3206  |                             | M40       | 99   |                     | 02:49:10.30           | +01:47:28 | 15:22           | 3.9           |
| 272 | STASIAK Waldemar       | 3068  |                             | M50       | 35   |                     | 02:49:14.70           | +01:47:32 | 15:23           | 3.9           |
| 273 | DWORNICKI Tomasz       | 3533  | RGB                         | M40       | 100  |                     | 02:51:15.65           | +01:49:33 | 15:34           | 3.9           |
| 274 | KOLK Mateusz           | 3458  |                             | M20       | 40   |                     | 02:53:46.55           | +01:52:04 | 15:47           | 3.8           |
| 275 | KOLK Przemysław        | 3191  |                             | M20       | 41   |                     | 02:57:45.55           | +01:56:03 | 16:09           | 3.7           |
| 276 | MAŚLANY Mariusz        | 3200  | ELEKTROMETAL ENERGETYKA SA  | M40       | 101  |                     | 02:58:22.20           | +01:56:40 | 16:12           | 3.7           |
| 277 | PROŃCZUK Adam          | 3436  | MIMI                        | M50       | 36   |                     | 02:58:48.85           | +01:57:06 | 16:15           | 3.7           |
| 278 | KACZMARZYK Jacek       | 3250  |                             | M40       | 102  |                     | 02:59:06.70           | +01:57:24 | 16:16           | 3.7           |
| 279 | KUŚMIERCZYK Tomasz     | 3584  |                             | M30       | 86   |                     | 03:03:47.05           | +02:02:04 | 16:42           | 3.6           |
| 280 | JABŁOŃSKI Paweł        | 3020  |                             | M30       | 87   |                     | 03:04:10.80           | +02:02:28 | 16:44           | 3.6           |
| 281 | SZWEDA Karol           | 3072  |                             | M20       | 42   |                     | 03:04:11.60           | +02:02:29 | 16:44           | 3.6           |
| 282 | KORZENIOWSKI Karol     | 3131  | KORZONKI                    | M20       | 43   |                     | 03:06:58.15           | +02:05:16 | 16:59           | 3.5           |
| 283 | KOSTECKI Tomasz        | 3134  | R&T                         | M40       | 103  |                     | 03:07:02.15           | +02:05:20 | 17:00           | 3.5           |
| 284 | PIĘTKA Piotr           | 3207  | AMERNET                     | M40       | 104  |                     | 03:09:30.30           | +02:07:48 | 17:13           | 3.5           |
| 285 | SZCZĘSNY Daniel        | 3157  |                             | M30       | 88   |                     | 03:17:53.65           | +02:16:11 | 17:59           | 3.3           |
| 286 | ZAGÓRSKI Mateusz       | 3426  |                             | M20       | 44   |                     | 03:22:49.50           | +02:21:07 | 18:26           | 3.3           |
| 287 | MITURA Jerzy           | 3536  | FC HELMUTY                  | M60       | 15   |                     | 03:22:51.10           | +02:21:08 | 18:26           | 3.3           |
| 288 | RADYK Jakub            | 3334  | PRZEMYSKI KLUB BIEGACZA     | M30       | 89   |                     | 03:23:08.65           | +02:21:26 | 18:28           | 3.2           |
| 289 | SZKAMRUK Janusz        | 3554  | EXTREMALNE OTK NA RELAKSIE  | M60       | 16   |                     | 03:28:40.55           | +02:26:58 | 18:58           | 3.2           |
| 290 | DOMINIK Michał         | 3512  | S AR CA SM                  | M30       | 90   |                     | 03:30:29.35           | +02:28:47 | 19:08           | 3.1           |
| 291 | KOWALSKI Sebastian     | 3513  | S AR CA SM                  | M20       | 45   |                     | 03:30:29.45           | +02:28:47 | 19:08           | 3.1           |
| 292 | SOWA Sylwester         | 3607  |                             | M40       | 105  |                     | 03:45:45.50           | +02:44:03 | 20:31           | 2.9           |
| 293 | TESCHE Tomek           | 3081  |                             | M30       | 91   |                     | 03:51:22.80           | +02:49:40 | 21:02           | 2.9           |

| Msc | Zawodnik                    | Numer       | Klub           | Kategoria | Mkat | Kara/<br>bonifikata | Czas<br>netto<br>11km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|-------------|----------------|-----------|------|---------------------|-----------------------|-----------|-----------------|---------------|
| 294 | <b>STELMACH Jerzy</b>       | <b>3451</b> | LEŻACZE ŁĄKOWI | M50       | 37   |                     | <b>03:59:48.80</b>    | +02:58:06 | 21:48           | 2.8           |
| 295 | <b>MIECHOWICZ Tomasz</b>    | <b>3042</b> | LEŻACZE ŁĄKOWI | M50       | 38   |                     | <b>03:59:51.05</b>    | +02:58:08 | 21:48           | 2.8           |
| 296 | <b>JANCZEWSKI Sebastian</b> | <b>3546</b> |                | M30       | 92   |                     | <b>04:19:25.10</b>    | +03:17:42 | 23:35           | 2.5           |
| 297 | <b>CZEMPIEL Mateusz</b>     | <b>3366</b> | LECZYMY DURŚ   | M30       | 93   |                     | <b>04:26:16.70</b>    | +03:24:34 | 24:12           | 2.5           |
| 298 | <b>MŁYNARCZYK Krzysztof</b> | <b>3179</b> |                | M40       | 106  |                     | <b>04:39:41.60</b>    | +03:37:59 | 25:25           | 2.4           |
| 299 | <b>MAZIUK Marcin</b>        | <b>3226</b> |                | M40       | 107  |                     | <b>04:47:19.15</b>    | +03:45:37 | 26:07           | 2.3           |
| DNC | <b>KRZYŻEWSKI Roger</b>     | <b>3135</b> |                | M30       |      |                     | <b>01:03:00.35</b>    |           | 0:00            | 10.5          |
|     | <b>ROGÓŻ Jan</b>            | <b>3339</b> |                | M20       |      |                     | <b>DNF</b>            |           | -               | -             |
|     | <b>BINEK Michał</b>         | <b>3540</b> |                | M40       |      |                     | <b>DNF</b>            |           | -               | -             |

Znaleziono 302 wynik(ów)