III ULTRA MARATON BIESZCZADZKI

Organizator: OTK Rzeźnik
Data: 2015-10-11
Miejsce: Cisna
Dystans: 52 km

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	**WĄSOWICZ Jan**	**594**	KRAKOW	M40	1	00:51:38	02:14:30	03:06:10		**04:29:07.15**	**04:29:09.50**		5:10	11.6 (100%)
2	**FARON Robert**	**1**	SALCO SPORT TEAM	M40	2	00:51:46	02:21:34	03:14:54		**04:34:09.15**	**04:34:11.80**	+00:05:02 (1.8%)	5:16	11.4 (98.3%)
3	**HUZIOR Piotr**	**219**	ATTIQ FAKE RUNNERS NOWY TARG	M40	3	00:51:41	02:26:05	03:24:32		**04:56:18.40**	**04:56:20.00**	+00:27:10 (9.2%)	5:41	10.5 (90.5%)
4	**ŻYTO Maciej**	**525**	RTV EURO AGD	M40	4	00:58:47	02:38:31	03:36:42		**05:06:11.55**	**05:06:15.85**	+00:37:06 (12.1%)	5:53	10.2 (87.9%)
5	**JANOWICZ Roman**	**683**		M40	5	00:54:16	02:30:45	03:34:44		**05:11:06.70**	**05:11:24.65**	+00:42:15 (13.6%)	5:58	10 (86.2%)
6	**ŚLASKI Radosław**	**778**	STRZYŻÓW	M40	6	00:55:52	02:35:44	03:39:17		**05:16:09.45**	**05:16:31.70**	+00:47:22 (15.0%)	6:04	9.9 (85.3%)
7	**CHAMIIELEC Bogusław**	**314**	LUBIN	M40	7	00:56:59	02:37:13	03:47:12		**05:34:09.80**	**05:34:18.50**	+01:05:09 (19.5%)	6:25	9.3 (80.2%)
8	**WOŁOSZYN Ryszard**	**551**	PIZUNY ROZTOCZE WSCHODNIE	M40	8	01:02:34	02:51:19	03:57:48		**05:35:33.00**	**05:35:44.25**	+01:06:34 (19.8%)	6:27	9.3 (80.2%)
9	**LESZCZYŃSKI Andrzej**	**699**	BODY CLUB MŁAWA	M40	9	00:58:53	02:45:13	03:52:13		**05:38:38.75**	**05:38:57.15**	+01:09:47 (20.6%)	6:30	9.2 (79.3%)
10	**OLEK Paweł**	**613**	KWW	M40	10	00:58:36	02:46:57	03:55:31		**05:40:50.25**	**05:40:58.80**	+01:11:49 (21.1%)	6:33	9.2 (79.3%)
11	**CICHOŃ Maciej**	**784**	WEJHEROWO	M40	11	00:53:00	02:38:21	03:52:34		**05:46:05.90**	**05:46:14.25**	+01:17:04 (22.3%)	6:39	9 (77.6%)
12	**BIESIEKIERSKI Krzysztof**	**630**	AKM OLIMP OLSZTYN / SKLEPBIEGOWY.COM	M40	12	01:01:22	02:51:25	04:04:18		**05:47:49.30**	**05:48:06.95**	+01:18:57 (22.7%)	6:41	9 (77.6%)
13	**WIERZBICKI Grzegorz**	**559**	NOWE IGANIE	M40	13	00:59:29	02:50:04	04:01:10		**05:51:17.10**	**05:51:29.15**	+01:22:19 (23.4%)	6:45	8.9 (76.7%)
14	**BARANIAK Radosław**	**329**	LUBOŃ	M40	14	00:55:02	02:47:41	04:02:02		**05:54:19.85**	**05:54:21.75**	+01:25:12 (24.0%)	6:48	8.8 (75.9%)
15	**WYBOR Tomasz**	**411**	ŁÓDŹ RUNNING TEAM	M40	15	01:07:16	03:04:41	04:12:42		**05:54:12.85**	**05:54:44.20**	+01:25:34 (24.1%)	6:48	8.8 (75.9%)
16	**BARTOSIEWICZ Andrzej**	**267**	TKD SZAKAL JEŻYCE	M40	16	01:02:38	02:58:01	04:08:28		**05:55:47.60**	**05:56:44.05**	+01:27:34 (24.5%)	6:50	8.8 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
17	**JASTRZĄB Piotr**	**597**	DEKAN LESKO	M40	17	00:58:52	02:54:40	04:11:04		**05:58:33.20**	**05:58:38.20**	+01:29:28 (24.9%)	6:53	8.7 (75.0%)
18	**LENCZOWSKI Kuba**	**765**	KT WATER KNIGHTS ZABIERZÓW	M40	18	01:04:07	03:00:28	04:11:18		**05:57:35.40**	**05:58:46.75**	+01:29:37 (25.0%)	6:52	8.7 (75.0%)
19	**BRZEZIŃSKI Andrzej**	**301**	RYKOWISKO	M40	19	01:00:46	02:53:52	04:05:11		**06:00:24.15**	**06:00:44.35**	+01:31:34 (25.4%)	6:55	8.7 (75.0%)
20	**SZWAJKA Robert**	**236**	STALOWA WOLA	M40	20	01:05:13	02:58:04	04:11:08		**06:01:49.90**	**06:02:16.10**	+01:33:06 (25.7%)	6:57	8.6 (74.1%)
21	**NOWAK Piotr**	**102**	BIESZCZADY	M40	21	01:08:30	03:05:07	04:14:41		**06:02:58.25**	**06:03:44.30**	+01:34:34 (26.0%)	6:58	8.6 (74.1%)
22	**WYROBEK Łukasz**	**656**	KRAKÓW	M40	22	00:59:15	02:49:16	04:03:09		**06:04:57.50**	**06:05:04.90**	+01:35:55 (26.3%)	7:01	8.5 (73.3%)
23	**RYCYK Grzegorz**	**694**	KRASNYSTAW BIEGA	M40	23	01:10:54	03:14:31	04:19:54		**06:04:48.85**	**06:05:15.80**	+01:36:06 (26.3%)	7:00	8.6 (74.1%)
24	**FALKOWSKI Piotr**	**69**	PIASECZNO	M40	24	01:00:37	02:58:19	04:11:59		**06:06:03.10**	**06:06:09.50**	+01:37:00 (26.5%)	7:02	8.5 (73.3%)
25	**KRUPA Grzegorz**	**664**	GÓRSKI PÓŁMARATON ŚLĘŻAŃSKI	M40	25	01:00:16	02:59:19	04:12:58		**06:06:15.20**	**06:06:27.95**	+01:37:18 (26.6%)	7:02	8.5 (73.3%)
26	**WĘSIERSKI Dariusz**	**756**	WWW.SMREKOWAOSADA.PL	M40	26	01:04:56	03:03:20	04:16:21		**06:05:46.15**	**06:06:29.25**	+01:37:19 (26.6%)	7:02	8.5 (73.3%)
27	**KRUŻEL Rafał**	**447**	RADOMYŚL WIELKI	M40	27	01:02:02	02:57:48	04:12:36		**06:10:55.80**	**06:11:06.65**	+01:41:57 (27.5%)	7:07	8.4 (72.4%)
28	**ŁUBIAN Michał**	**80**	CTL LOGISTICS	M40	28	01:04:40	02:59:19	04:11:09		**06:11:08.30**	**06:11:21.25**	+01:42:11 (27.5%)	7:08	8.4 (72.4%)
29	**TELEON Piotr**	**443**	JACEKBIEGA RUNNINGTEAM	M40	29	00:58:39	02:53:11	04:10:53		**06:12:08.25**	**06:12:53.05**	+01:43:43 (27.8%)	7:09	8.4 (72.4%)
30	**GÓRSKI Krzysztof**	**95**	DĄBRÓWKA NOWA BIEGOWI ZAJAWKOWICZE	M40	30	00:58:53	02:52:38	04:13:36		**06:15:21.45**	**06:15:43.75**	+01:46:34 (28.4%)	7:13	8.3 (71.6%)
31	**SZYDA Wojciech**	**494**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	31	01:03:38	03:04:45	04:17:06		**06:17:51.85**	**06:17:59.35**	+01:48:49 (28.8%)	7:15	8.3 (71.6%)
32	**WIŚNIEWSKI Piotr**	**657**	SKÓRCZ	M40	32	01:03:28	03:02:58	04:18:14		**06:20:04.75**	**06:20:24.50**	+01:51:15 (29.2%)	7:18	8.2 (70.7%)
33	**MALIŃSKI Marek**	**556**		M40	33	01:01:33	03:02:12	04:21:19		**06:22:27.50**	**06:22:32.85**	+01:53:23 (29.6%)	7:21	8.2 (70.7%)
34	**SZCZEPANIAK Michał**	**286**	WOŁOMIN	M40	34	01:06:00	03:02:22	04:16:59		**06:22:35.20**	**06:23:41.80**	+01:54:32 (29.9%)	7:21	8.2 (70.7%)
35	**GOS Grzegorz**	**701**	KGW LESZNOWOLA	M40	35	01:02:33	02:57:54	04:12:16		**06:25:16.45**	**06:25:30.20**	+01:56:20 (30.2%)	7:24	8.1 (69.8%)
36	**DARSKI Rafał**	**330**	WIRY	M40	36	00:58:52	03:04:30	04:20:09		**06:25:56.70**	**06:25:58.60**	+01:56:49 (30.3%)	7:25	8.1 (69.8%)
37	**KACZOREK Marcin**	**353**	JÓZEFÓW	M40	37	01:04:49	03:07:47	04:25:29		**06:27:47.90**	**06:28:19.50**	+01:59:10 (30.7%)	7:27	8 (69.0%)
38	**CIEŚLA Jarosław**	**568**	BIEGAJĄCE MAŁŻEŃSTWO	M40	38	01:00:21	02:58:39	04:19:58		**06:28:46.40**	**06:29:01.40**	+01:59:51 (30.8%)	7:28	8 (69.0%)
39	**MARSZAŁEK Andrzej**	**285**	SWARZĘDZ	M40	39	01:07:30	03:07:56	04:25:07		**06:29:02.15**	**06:29:32.60**	+02:00:23 (30.9%)	7:28	8 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
40	**DEMKÓW Przemysław**	**697**	KB SOBÓTKA	M40	40	01:03:26	02:59:29	04:20:09		**06:31:07.65**	**06:31:23.00**	+02:02:13 (31.2%)	7:31	8 (69.0%)
41	**ŚMIECHOWICZ Filip**	**207**	LUBLIN	M40	41	01:07:43	03:11:07	04:30:52		**06:32:07.40**	**06:32:27.75**	+02:03:18 (31.4%)	7:32	8 (69.0%)
42	**CHOJNACKI Leszek**	**800**	IADP	M40	42	01:07:48	03:07:33	04:23:47		**06:32:51.50**	**06:33:46.30**	+02:04:36 (31.6%)	7:33	7.9 (68.1%)
43	**KONIECZNY Marcin**	**440**	HOUSE OF SKILLS	M40	43	00:59:09	02:59:13	04:23:42		**06:34:44.25**	**06:34:54.25**	+02:05:44 (31.8%)	7:35	7.9 (68.1%)
44	**WIŚNIEWSKI Jacek**	**487**	RUNNERS TEAM KĘTRZYN	M40	44	01:05:07	03:12:06	04:32:17		**06:37:11.25**	**06:37:39.35**	+02:08:29 (32.3%)	7:38	7.9 (68.1%)
45	**MIKOWSKI Artur**	**667**	GRÓJEC	M40	45	01:07:38	03:16:19	04:34:50		**06:36:59.15**	**06:37:48.20**	+02:08:38 (32.3%)	7:38	7.9 (68.1%)
46	**WOJCIECHOWSKI Michał**	**376**	SPARTANIE DZIECIOM	M40	46	01:08:30	03:18:37	04:32:50		**06:37:25.80**	**06:37:48.55**	+02:08:39 (32.3%)	7:38	7.9 (68.1%)
47	**LEWANDOWSKI Robert**	**691**	BIEGAM Z RADOŚCI	M40	47	01:07:25	03:18:46	04:35:18		**06:37:32.35**	**06:38:03.55**	+02:08:54 (32.4%)	7:38	7.8 (67.2%)
48	**DZIERKA Mariusz**	**564**	TOMASZÓW MAZOWIECKI	M40	48	01:07:04	03:14:19	04:35:13		**06:38:03.60**	**06:38:30.35**	+02:09:20 (32.5%)	7:39	7.8 (67.2%)
49	**TUROWICZ Piotr**	**577**	WARSZAWA	M40	49	01:01:51	03:16:42	04:42:17		**06:38:59.25**	**06:39:33.70**	+02:10:24 (32.6%)	7:40	7.8 (67.2%)
50	**MAJEWSKI Arkadiusz**	**626**	WODZISŁAW ŚLASKI	M40	50		03:14:53	04:36:03		**06:43:02.10**	**06:43:02.10**	+02:13:52 (33.2%)	7:45	7.7 (66.4%)
51	**JUSZKIEWICZ Zbigniew**	**422**	EŁK	M40	51	00:58:27	03:00:19	04:28:17		**06:42:56.95**	**06:43:03.95**	+02:13:54 (33.2%)	7:44	7.7 (66.4%)
52	**SZULC Krzysztof**	**169**	NIGHT RUNNERS WARSZAWA	M40	52	01:04:23	03:11:11	04:31:18		**06:44:13.25**	**06:44:31.60**	+02:15:22 (33.5%)	7:46	7.7 (66.4%)
53	**DEDERKO Piotr**	**237**	STRAŻ GRANICZNA BIAŁYSTOK	M40	53	01:04:56	03:17:51	04:35:41		**06:44:03.05**	**06:44:36.60**	+02:15:27 (33.5%)	7:46	7.7 (66.4%)
54	**DRABEK Artur**	**52**	KOBIERNICE	M40	54	01:09:40	03:12:41	04:38:18		**06:46:14.10**	**06:46:29.10**	+02:17:19 (33.8%)	7:48	7.7 (66.4%)
55	**JACHYM Marcin**	**669**	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	55	01:04:43	03:13:25	04:38:16		**06:46:38.10**	**06:47:21.50**	+02:18:12 (33.9%)	7:49	7.7 (66.4%)
56	**NADROWSKI Piotr**	**250**	KONDYCJA	M40	56	01:12:15	03:25:20	04:42:25		**06:46:48.15**	**06:47:40.65**	+02:18:31 (34.0%)	7:49	7.7 (66.4%)
57	**ZYCH Zbigniew**	**409**	LUBLIN	M40	57	01:05:42	03:11:24	04:34:11		**06:47:29.35**	**06:47:51.50**	+02:18:42 (34.0%)	7:50	7.7 (66.4%)
58	**KRZYWICKI Paweł**	**282**	WARSZAWA	M40	58	01:06:21	03:21:28	04:42:10		**06:48:13.35**	**06:49:05.50**	+02:19:56 (34.2%)	7:51	7.6 (65.5%)
59	**MOŻEJKO Artur**	**558**	SPARTANIE DZIECIOM	M40	59	01:05:49	03:08:35	04:32:24		**06:49:05.00**	**06:50:16.85**	+02:21:07 (34.4%)	7:52	7.6 (65.5%)
60	**CHOJECKI Dariusz**	**761**	L	M40	60	01:05:12	03:17:14	04:40:46		**06:49:45.50**	**06:50:20.95**	+02:21:11 (34.4%)	7:52	7.6 (65.5%)
61	**ROSZKOWSKI Marcin**	**795**	WARSZAWA	M40	61	01:07:12	03:23:06	04:44:38		**06:54:11.85**	**06:54:46.15**	+02:25:36 (35.1%)	7:57	7.5 (64.7%)
62	**JAREMA Marek**	**50**	KRAKÓW	M40	62	01:06:25	03:16:19	04:41:21		**06:54:35.60**	**06:55:15.80**	+02:26:06 (35.2%)	7:58	7.5 (64.7%)

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63	**JACKOWSKI Jacek**	**242**	JGB "SOKÓŁ"	M40	63	01:01:25	03:10:22	04:40:39		**06:55:52.70**	**06:56:05.45**	+02:26:55 (35.3%)	7:59	7.5 (64.7%)
64	**BŁASZKIEWICZ Tomasz**	**46**	TEMMPO WAŁBRZYCH	M40	64	01:11:11	03:29:53	04:50:30		**06:57:08.70**	**06:58:18.60**	+02:29:09 (35.7%)	8:01	7.5 (64.7%)
65	**PIECH Krzysztof**	**730**	WARSZAWA	M40	65	01:06:11	03:16:22	04:43:33		**06:58:50.75**	**06:59:51.05**	+02:30:41 (35.9%)	8:03	7.4 (63.8%)
66	**KACZOR Waldemar**	**171**	RES-VET RZESZÓW	M40	66	01:01:28	03:09:22	04:32:23		**06:59:28.50**	**07:00:04.15**	+02:30:54 (35.9%)	8:04	7.4 (63.8%)
67	**NIEDZIELA Wojciech**	**473**		M40	67	01:13:52	03:29:52	04:53:08		**07:00:29.70**	**07:01:28.45**	+02:32:18 (36.1%)	8:05	7.4 (63.8%)
68	**SEMENIUK Tomasz**	**357**	GRAJEK PRASKI	M40	68	01:07:17	03:18:05	04:41:42		**07:01:04.20**	**07:01:44.65**	+02:32:35 (36.2%)	8:05	7.4 (63.8%)
69	**SZPYT Ryszard**	**616**	BIŁGORAJ	M40	69	01:08:00	03:22:09	04:43:39		**07:01:30.20**	**07:02:06.40**	+02:32:56 (36.2%)	8:06	7.4 (63.8%)
70	**BRONOWICKI Jarosław**	**760**	PRO-RUN WROCŁAW	M40	70	01:09:11	03:20:35	04:44:30		**07:01:46.85**	**07:02:32.55**	+02:33:23 (36.3%)	8:06	7.4 (63.8%)
71	**PALCZAK Rafał**	**85**	GŁOGÓW MAŁOPOLSKI	M40	71	01:12:27	03:28:53	04:53:46		**07:03:46.60**	**07:04:13.05**	+02:35:03 (36.6%)	8:08	7.4 (63.8%)
72	**OLEKSYK Wojciech**	**744**	BKB VICTORIA BRZESKO	M40	72	01:08:01	03:16:43	04:42:55		**07:03:39.25**	**07:04:16.25**	+02:35:06 (36.6%)	8:08	7.4 (63.8%)
73	**SZULBORSKI Darek**	**163**	TKKF PŁOCK	M40	73	01:08:46	03:26:09	04:49:21		**07:05:38.05**	**07:05:58.55**	+02:36:49 (36.8%)	8:11	7.3 (62.9%)
74	**KIRKIEWICZ Ireneusz**	**17**		M40	74	01:11:12	03:29:50	04:53:40		**07:06:02.70**	**07:06:47.00**	+02:37:37 (36.9%)	8:11	7.3 (62.9%)
75	**GALUSZKA Bogdan**	**210**	JGB SOKOL	M40	75	01:20:25	03:38:21	04:57:24		**07:06:45.90**	**07:06:58.15**	+02:37:48 (37.0%)	8:12	7.3 (62.9%)
76	**GUZIK Robert**	**241**	PEDRAFORCA	M40	76	01:10:41	03:24:28	04:52:56		**07:06:33.45**	**07:07:30.00**	+02:38:20 (37.0%)	8:12	7.3 (62.9%)
77	**WOJDA Dariusz**	**333**	DZIKIE DZIKI	M40	77	01:10:17	03:28:06	04:50:24		**07:07:41.15**	**07:08:13.20**	+02:39:03 (37.1%)	8:13	7.3 (62.9%)
78	**MAJKUCIŃSKI Marek**	**681**	BIEGIEM RADOM!	M40	78	01:09:42	03:29:16	04:54:55		**07:07:56.30**	**07:08:44.55**	+02:39:35 (37.2%)	8:13	7.3 (62.9%)
79	**PIOTROWSKI Wiktor**	**246**	KĘTRZYN	M40	79	01:05:09	03:15:00	04:38:16		**07:08:29.70**	**07:08:57.20**	+02:39:47 (37.3%)	8:14	7.3 (62.9%)
80	**KOPER Jacek**	**576**	ŁÓDŹ	M40	80	01:07:19	03:25:36	04:54:57		**07:10:01.70**	**07:10:19.15**	+02:41:09 (37.5%)	8:16	7.3 (62.9%)
81	**RYCZEK Mariusz**	**713**	KMD	M40	81	01:08:13	03:31:47	04:59:03		**07:10:07.00**	**07:10:26.95**	+02:41:17 (37.5%)	8:16	7.3 (62.9%)
82	**GAWRON Marcin**	**722**	TARNÓW	M40	82	01:16:09	03:31:00	04:53:54		**07:09:38.50**	**07:10:31.75**	+02:41:22 (37.5%)	8:15	7.3 (62.9%)
83	**SKWARŁO Marek**	**16**	ŚW. ANTONI PIŁA	M40	83	01:09:05	03:28:04	04:57:33		**07:10:55.00**	**07:11:05.00**	+02:41:55 (37.6%)	8:17	7.2 (62.1%)
84	**GRABOWICZ Paweł**	**289**	SIEKIERKI WIELKIE	M40	84	01:12:59	03:35:09	05:00:25		**07:10:15.75**	**07:11:19.05**	+02:42:09 (37.6%)	8:16	7.3 (62.9%)
85	**KACZOROWSKI Przemysław**	**407**	SZCZECIN	M40	85	01:11:39	03:33:41	04:58:47		**07:11:14.45**	**07:11:35.70**	+02:42:26 (37.6%)	8:17	7.2 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
86	**ZIELIŃSKI Michał**	**416**	SPARTANIE DZIECIOM	M40	86	01:14:18	03:28:31	04:54:07		**07:11:05.80**	**07:12:00.95**	+02:42:51 (37.7%)	8:17	7.2 (62.1%)
87	**TRAFAS Dariusz**	**541**	Z LASU PLOCK	M40	87	01:12:27	03:31:29	04:53:14		**07:12:23.40**	**07:12:44.85**	+02:43:35 (37.8%)	8:18	7.2 (62.1%)
88	**DOMIN Tomasz**	**73**	KRAKÓW	M40	88	01:10:48	03:32:22	04:55:28		**07:12:24.95**	**07:13:08.20**	+02:43:58 (37.9%)	8:18	7.2 (62.1%)
89	**WĄSOWSKI Krzysztof**	**437**	LUBELSKIE STOWARZYSZENIE BIEGOWE	M40	89	01:04:08	03:09:27	04:41:12		**07:14:04.80**	**07:14:10.75**	+02:45:01 (38.0%)	8:20	7.2 (62.1%)
90	**KARPIŃSKI Robert**	**356**	SPARTANIE DZIECIOM	M40	90	01:12:18	03:31:03	04:59:01		**07:13:20.45**	**07:14:13.40**	+02:45:03 (38.0%)	8:20	7.2 (62.1%)
91	**PACANOWSKI Robert**	**36**	WEŁNICA BIEGA	M40	91	01:09:51	03:31:42	04:58:50		**07:14:10.15**	**07:14:33.65**	+02:45:24 (38.1%)	8:20	7.2 (62.1%)
92	**PRZYBYLSKI Przemysław**	**342**	WEŁNICA BIEGA	M40	92	01:05:29	03:23:46	04:54:53		**07:14:11.65**	**07:14:35.40**	+02:45:25 (38.1%)	8:20	7.2 (62.1%)
93	**BARTOSIEWICZ Bartlomiej**	**645**	RZESZOW	M40	93	01:06:14	03:22:14	04:45:53		**07:15:23.80**	**07:15:29.35**	+02:46:19 (38.2%)	8:22	7.2 (62.1%)
94	**PROC Leszek**	**789**	SPARTANIE DZIECIOM	M40	94	01:08:09	03:33:50	05:00:21		**07:17:13.25**	**07:18:24.30**	+02:49:14 (38.6%)	8:24	7.1 (61.2%)
95	**NITSCH Tomasz**	**581**	UNTS WARSZAWA	M40	95	01:07:36	03:28:14	04:54:35		**07:21:38.60**	**07:22:28.30**	+02:53:18 (39.2%)	8:29	7.1 (61.2%)
96	**PALIK Marcin**	**500**	LOŻA SZYDERCÓW KIELCE	M40	96	01:06:35	03:19:46	04:48:17		**07:22:32.00**	**07:22:53.15**	+02:53:43 (39.2%)	8:30	7.1 (61.2%)
97	**SOPAŁA Jakub**	**130**	RUDNIK NAD SANEM	M40	97	01:13:16	03:36:53	05:04:46		**07:23:49.05**	**07:24:31.40**	+02:55:21 (39.5%)	8:32	7 (60.3%)
98	**BRZOSTEK Krzysztof**	**748**	WHITE RIVER	M40	98	01:11:06	03:36:32	05:01:36		**07:24:32.25**	**07:25:29.20**	+02:56:19 (39.6%)	8:32	7 (60.3%)
99	**MAZUR Robert**	**393**	SMASHING PĄPKINS	M40	99	01:13:16	03:30:45	04:57:34		**07:24:55.45**	**07:25:53.20**	+02:56:43 (39.6%)	8:33	7 (60.3%)
100	**FINFANDO Zbigniew**	**662**	IZABELIN	M40	100	01:12:25	03:32:05	04:57:10		**07:25:12.00**	**07:26:11.80**	+02:57:02 (39.7%)	8:33	7 (60.3%)
101	**PESZEK Bogdan**	**519**	AKTYWNY DYNÓW	M40	101	01:12:04	03:42:04	05:09:06		**07:28:41.45**	**07:29:03.35**	+02:59:53 (40.1%)	8:37	7 (60.3%)
102	**NIZIOŁEK Marek**	**170**	ZABORZE	M40	102	01:15:08	03:43:26	05:13:36		**07:30:51.90**	**07:31:48.70**	+03:02:39 (40.4%)	8:40	6.9 (59.5%)
103	**FILIPOWICZ Wojciech**	**580**	WARSZAWA	M40	103	01:12:51	03:41:40	05:10:39		**07:30:50.00**	**07:32:02.05**	+03:02:52 (40.5%)	8:40	6.9 (59.5%)
104	**KOSTKA Janusz**	**65**	POSMAKUJ RUN TEAM	M40	104	01:08:52	03:37:47	05:08:36		**07:33:13.85**	**07:33:37.30**	+03:04:27 (40.7%)	8:42	6.9 (59.5%)
105	**JAKUBOWSKI Wojciech**	**91**	KB GEOTERMIA UNIEJÓW	M40	105	01:05:40	03:33:28	05:06:58		**07:35:19.05**	**07:35:30.90**	+03:06:21 (40.9%)	8:45	6.9 (59.5%)
106	**NADOLSKI Stanisław**	**303**	CHELM	M40	106	01:12:27	03:34:07	05:05:59		**07:36:15.60**	**07:36:48.45**	+03:07:38 (41.1%)	8:46	6.8 (58.6%)
107	**WAKUŁA Marek**	**465**	SIEDLCE	M40	107	01:07:09	03:36:14	05:08:41		**07:36:47.00**	**07:37:12.55**	+03:08:03 (41.1%)	8:47	6.8 (58.6%)
108	**STENCEL Piotr**	**495**	WODZISŁAW ŚLĄSKI	M40	108	01:11:45	03:39:16	05:14:08		**07:37:21.50**	**07:37:25.60**	+03:08:16 (41.2%)	8:47	6.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
109	**SZYMCZAK Miroslaw**	**351**	SPARTANIEDZIECIOM/DREAMRUN	M40	109	01:15:22	03:36:36	05:06:50		**07:37:21.40**	**07:38:19.60**	+03:09:10 (41.3%)	8:47	6.8 (58.6%)
110	**BRONISZEWSKI Jakub**	**632**	ZĄBKI	M40	110	01:18:29	03:43:11	05:10:48		**07:38:11.30**	**07:39:16.45**	+03:10:06 (41.4%)	8:48	6.8 (58.6%)
111	**MOTYKA Artur**	**712**	TARNÓW	M40	111	01:08:30	03:31:50	04:59:38		**07:39:29.25**	**07:39:48.95**	+03:10:39 (41.5%)	8:50	6.8 (58.6%)
112	**LIPIŃSKI Ireneusz**	**610**	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	112	01:10:31	03:39:42	05:12:49		**07:41:02.00**	**07:41:18.90**	+03:12:09 (41.7%)	8:51	6.8 (58.6%)
113	**WALERCZYK Pawel**	**696**	KORNIK	M40	113	01:07:24	03:35:39	05:14:09		**07:40:32.10**	**07:41:29.25**	+03:12:19 (41.7%)	8:51	6.8 (58.6%)
114	**WYSOCKI Tomasz**	**343**	RYBNIK	M40	114	01:11:57	03:42:53	05:13:45		**07:42:34.95**	**07:43:18.70**	+03:14:09 (41.9%)	8:53	6.7 (57.8%)
115	**KWIECIEŃ Krzysztof**	**460**	RUNSHOP.PL	M40	115	01:16:10	03:46:37	05:19:45		**07:42:36.95**	**07:43:28.65**	+03:14:19 (41.9%)	8:53	6.7 (57.8%)
116	**GŁUCHOWSKI Przemysław**	**552**	TORTUGA ADVENTURE TEAM	M40	116	01:10:01	03:32:36	05:02:37		**07:43:41.25**	**07:44:05.60**	+03:14:56 (42.0%)	8:55	6.7 (57.8%)
117	**ZEMBROŃ Jacek**	**34**	RZESZÓW	M40	117	01:16:25	03:47:06	05:19:19		**07:44:34.55**	**07:45:24.85**	+03:16:15 (42.2%)	8:56	6.7 (57.8%)
118	**MARSZAŁKOWSKI Grzegorz**	**31**	ŚW. ANTONI	M40	118	01:14:05	03:50:43	05:21:12		**07:46:48.25**	**07:46:58.50**	+03:17:49 (42.4%)	8:58	6.7 (57.8%)
119	**SZYMIK Marcin**	**544**	RATOWNIK GÓRNICZY	M40	119	01:09:55	03:38:52	05:12:23		**07:46:44.65**	**07:47:23.15**	+03:18:13 (42.4%)	8:58	6.7 (57.8%)
120	**TKACZYK Przemysław**	**48**	CZCICIELE BOBRZEJ NORY	M40	120	01:12:01	03:40:32	05:21:41		**07:48:20.30**	**07:48:56.35**	+03:19:46 (42.6%)	9:00	6.7 (57.8%)
121	**CAŁKA Grzegorz**	**584**	RADZYMIN RUN TEAM	M40	121	01:16:14	03:47:20	05:18:25		**07:49:21.65**	**07:49:43.50**	+03:20:34 (42.7%)	9:01	6.6 (56.9%)
122	**MYTNIK Grzegorz**	**266**	KLUB TRIATHLONOWY WATER KNIGHTS ZABIERZÓW	M40	122	01:12:56	03:39:00	05:13:39		**07:50:22.50**	**07:51:35.00**	+03:22:25 (42.9%)	9:02	6.6 (56.9%)
123	**CHORYŁEK Leszek**	**752**	CZĘSTOCHOWA	M40	123	01:12:57	03:37:41	05:14:22		**07:51:27.10**	**07:52:21.20**	+03:23:11 (43.0%)	9:03	6.6 (56.9%)
124	**RAUCHFLEISZ Andrzej**	**649**	CZOPKI KOLCZASTE	M40	124	01:17:44	03:55:39	05:32:41		**07:53:00.90**	**07:53:30.75**	+03:24:21 (43.2%)	9:05	6.6 (56.9%)
125	**STAN Marcin**	**402**	WHITE RABBIT RUNNING TEAM	M40	125	01:12:29	03:39:27	05:16:51		**07:53:45.30**	**07:54:06.30**	+03:24:56 (43.2%)	9:06	6.6 (56.9%)
126	**KORZEC Pawel**	**419**	DLAPILOTA.PL	M40	126	01:12:29	03:39:27	05:16:46		**07:53:45.50**	**07:54:06.40**	+03:24:56 (43.2%)	9:06	6.6 (56.9%)
127	**NOWAK Jaroslaw**	**47**	POZNAŃ	M40	127	01:14:12	03:51:34	05:24:42		**07:55:09.90**	**07:56:14.00**	+03:27:04 (43.5%)	9:08	6.6 (56.9%)
128	**TATARA Dariusz**	**225**	CHORZÓW	M40	128	01:06:55	03:36:13	05:17:51		**08:00:11.50**	**08:00:54.95**	+03:31:45 (44.0%)	9:14	6.5 (56.0%)
129	**JABŁOŃSKI Michał**	**720**	WARSZAWA	M40	129	01:19:06	03:51:09	05:23:12		**08:01:04.95**	**08:01:38.10**	+03:32:28 (44.1%)	9:15	6.5 (56.0%)
130	**MROZOWSKI Paweł**	**705**	ORANGE POLSKA	M40	130	01:19:06	03:51:08	05:23:12		**08:01:05.50**	**08:01:38.15**	+03:32:28 (44.1%)	9:15	6.5 (56.0%)
131	**SZYMAŃSKI Adam**	**774**		M40	131	01:15:35	03:54:41	05:26:09		**08:00:59.65**	**08:01:41.25**	+03:32:31 (44.1%)	9:14	6.5 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
132	**STANKIEWICZ Ireneusz**	**313**	LUBIN-START ŚCINAWA	M40	132	01:13:37	03:44:11	05:22:26		**08:01:24.75**	**08:01:58.80**	+03:32:49 (44.2%)	9:15	6.5 (56.0%)
133	**KAWA Michał**	**110**	PUŁAWY	M40	133	01:16:04	03:36:42	05:16:03		**08:02:56.05**	**08:03:55.55**	+03:34:46 (44.4%)	9:17	6.5 (56.0%)
134	**GROSSE Paweł**	**727**	WARSZAWA	M40	134	01:09:48	03:40:47	05:39:24		**08:07:07.15**	**08:07:15.80**	+03:38:06 (44.8%)	9:22	6.4 (55.2%)
135	**PAPE Martin**	**373**	WITC	M40	135	01:16:47	03:43:04	05:24:40		**08:07:40.55**	**08:08:33.05**	+03:39:23 (44.9%)	9:22	6.4 (55.2%)
136	**SŁUPECKI Radosław**	**319**	CHOTOMÓW	M40	136	01:11:38	03:36:49	05:21:24		**08:09:09.55**	**08:10:10.15**	+03:41:00 (45.1%)	9:24	6.4 (55.2%)
137	**ROGÓSZ Piotr**	**337**	ODBIEGAMYODNORMY	M40	137	01:15:41	03:47:03	05:27:35		**08:10:51.15**	**08:11:31.95**	+03:42:22 (45.2%)	9:26	6.4 (55.2%)
138	**WICIAK Ziemowit**	**528**	STAROGARD GDAŃSKI	M40	138	01:16:48	03:59:53	05:38:52		**08:11:18.70**	**08:12:28.85**	+03:43:19 (45.3%)	9:26	6.4 (55.2%)
139	**LICHWA Grzegorz**	**788**		M40	139	01:14:01	03:57:02	05:32:27		**08:11:31.90**	**08:12:33.25**	+03:43:23 (45.4%)	9:27	6.3 (54.3%)
140	**BOLANOWSKI Piotr**	**227**	POSADA GÓRNA	M40	140	01:11:48	03:52:00	05:21:03		**08:19:46.65**	**08:20:11.80**	+03:51:02 (46.2%)	9:36	6.2 (53.4%)
141	**ŁOKAS Andrzej**	**134**	BĘDZIN	M40	141	01:21:35	04:00:52	05:44:53		**08:23:23.70**	**08:24:26.15**	+03:55:16 (46.6%)	9:40	6.2 (53.4%)
142	**GARCARZ Mariusz**	**747**	LIMANOWA	M40	142	01:19:43	04:03:46	05:44:16		**08:26:15.95**	**08:27:00.70**	+03:57:51 (46.9%)	9:44	6.2 (53.4%)
143	**LEŚNIEWICZ Tomasz**	**124**	STARE WUJE	M40	143	01:13:54	03:52:03	05:44:06		**08:30:27.60**	**08:31:35.25**	+04:02:25 (47.4%)	9:48	6.1 (52.6%)
144	**KUBALA Sylwester**	**90**	KALISZ	M40	144	01:19:54	04:09:44	05:49:35		**08:37:59.65**	**08:38:45.35**	+04:09:35 (48.1%)	9:57	6 (51.7%)
145	**SMYK Robert**	**806**	OTK RZEŹNIK	M40	145	01:20:17	04:10:07	05:58:35		**08:50:59.05**	**08:52:07.70**	+04:22:58 (49.4%)	10:12	5.9 (50.9%)
146	**SIÓDMIAK Cezary**	**254**	KALIŃSKA TEAM-WARSZAWA	M40	146	01:15:44	03:56:50	05:53:28		**08:55:08.15**	**08:55:16.85**	+04:26:07 (49.7%)	10:17	5.8 (50.0%)
147	**HOLOVIN Jozef**	**520**	BARCZEWKO	M40	147	01:21:53	04:18:10	06:16:54		**09:00:03.65**	**09:00:19.70**	+04:31:10 (50.2%)	10:23	5.8 (50.0%)
	ŚMIECHOWICZ Gerard	**589**	WARSZAWA	M40		01:40:35 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MUSIAŁ Michał	**526**	BYDGOSZCZ	M40		00:59:06 DNF	02:57:46 DNF	04:32:16 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SKWIERCZYNSKI Darek	**703**	SULEJÓWEK	M40		01:03:38 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PIĄTEK Roman	**605**	KRAKÓW	M40		DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 151 wynik(ów)