



II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	LACHOWSKI Andrzej	9	LACHO TEAM	M30	1	00:07:51	01:47:24	02:18:36	02:47:06	02:56:55	03:04:46.30		4:08	14.5 (100%)
2	DZIEWIŃSKI Damian	660	TG „SOKÓŁ” SANOK	M30	2	00:07:59	01:50:56	02:24:27	02:54:10	03:04:54	03:12:53.65	+00:08:07 (4.2%)	4:19	13.9 (95.9%)
3	KRAWCZYK Paweł	3	DARE 2B TEAM	M30	3	00:07:52	01:47:26	02:18:37	02:52:23	03:06:08	03:14:00.95	+00:09:14 (4.8%)	4:20	13.8 (95.2%)
4	KOCZWARA Tomek	264		M30	4	00:08:42	01:56:21	02:30:39	03:01:46	03:10:12	03:18:54.70	+00:14:08 (7.1%)	4:27	13.5 (93.1%)
5	CISZCZONIK Sebastian	730	SPORTIVA.PL	M30	5	00:08:32	01:58:07	02:32:22	03:02:10	03:10:47	03:19:19.35	+00:14:33 (7.3%)	4:28	13.4 (92.4%)
6	PASIECZNY Robert	155	SPRINT GORZYCE	M30	6	00:08:54	02:01:32	02:36:40	03:08:02	03:17:07	03:26:01.40	+00:21:15 (10.3%)	4:37	13 (89.7%)
7	GAWLIK Sławek	257	MAM-W	M30	7	00:09:55	02:05:03	02:39:40	03:11:13	03:18:38	03:28:33.35	+00:23:47 (11.4%)	4:40	12.8 (88.3%)
8	KRZYSZTOŃ Marcin	10	GMP LASY / KRAŚNIK	M30	8	00:08:53	02:02:04	02:38:42	03:11:06	03:20:11	03:29:04.60	+00:24:18 (11.6%)	4:41	12.8 (88.3%)
9	POŻAK Grzegorz	455	LUBARTÓWBIEGA.PL	M30	9	00:09:06	02:03:56	02:40:04	03:11:45	03:21:26	03:30:32.05	+00:25:45 (12.2%)	4:43	12.7 (87.6%)
10	GURGUL Sebastian	447	AROMAT NÓG	M30	10	00:09:40	02:04:39	02:42:11	03:14:46	03:23:34	03:33:14.75	+00:28:28 (13.4%)	4:46	12.5 (86.2%)
11	WALASZCZYK Sławomir	741		M30	11	00:08:45	02:04:13	02:42:17	03:15:11	03:25:36	03:34:21.60	+00:29:35 (13.8%)	4:48	12.5 (86.2%)
12	ZIOŁO Jarosław	665	SANOK	M30	12	00:09:50	02:06:36	02:44:11	03:16:31	03:25:15	03:35:05.15	+00:30:18 (14.1%)	4:49	12.4 (85.5%)
13	PAJDOSZ Rafał	111	KB BIAŁA BIEGA	M30	13	00:09:17	02:05:23	02:44:10	03:17:09	03:26:22	03:35:39.05	+00:30:52 (14.3%)	4:50	12.4 (85.5%)
14	NITKIEWICZ Marcin	564	TASOWANIE	M30	14	00:09:17	02:07:41	02:45:57	03:19:22	03:29:26	03:38:43.80	+00:33:57 (15.5%)	4:54	12.2 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						2km	26.5km	34.2km	40.7km					
15	ZWIERZCHOWSKI Andrzej	460	BIEGUNKA TEAM	M30	15	00:09:27	02:07:43	02:44:53	03:19:13	03:30:11	03:39:38.75	+00:34:52 (15.9%)	4:55	12.2 (84.1%)
16	GIŻA Grzegorz	726		M30	16	00:10:09	02:12:43	02:49:13	03:21:07	03:29:53	03:40:02.75	+00:35:16 (16.0%)	4:56	12.2 (84.1%)
17	SŁUPEK Tomasz	114	FORMA WODZISŁAW ŚLĄSKI	M30	17	00:09:17	02:10:16	02:49:53	03:23:12	03:32:09	03:41:26.05	+00:36:39 (16.6%)	4:57	12.1 (83.4%)
18	PAŁKA Tomasz	195	LUZYX	M30	18	00:11:34	02:07:57	02:46:11	03:22:23	03:32:07	03:43:41.50	+00:38:55 (17.4%)	5:00	12 (82.8%)
19	MIEDZIEJEWSKI Andrzej	611	WKURW_TEAM	M30	19	00:09:31	02:13:04	02:52:27	03:26:09	03:34:34	03:44:05.85	+00:39:19 (17.5%)	5:01	11.9 (82.1%)
20	SADOWSKI Kuba	681		M30	20	00:10:00	02:11:48	02:51:21	03:26:13	03:36:43	03:46:43.55	+00:41:57 (18.5%)	5:05	11.8 (81.4%)
21	ŚLĘCZKA Damian	220	DIT PRO	M30	21	00:09:15	02:11:28	02:51:55	03:27:33	03:38:05	03:47:20.55	+00:42:34 (18.7%)	5:05	11.8 (81.4%)
22	WASYŁÓW Jacek	734	KB IC PRZEMYSŁ	M30	22	00:11:00	02:13:18	02:55:00	03:29:24	03:38:00	03:49:00.00	+00:44:13 (19.3%)	5:08	11.7 (80.7%)
23	PRĘTNIK Sławomir	554		M30	23	00:10:36	02:13:11	02:53:47	03:30:49	03:41:05	03:51:41.05	+00:46:54 (20.2%)	5:11	11.6 (80.0%)
24	SZYMAŃSKI Arkadiusz	120		M30	24	00:12:30	02:18:09	02:56:50	03:32:40	03:39:13	03:51:43.90	+00:46:57 (20.3%)	5:11	11.5 (79.3%)
25	KRZYCH Piotr	167	LO LUBACZÓW-BIEGAMY AKADEMIA SPORTU	M30	25	00:12:27	02:20:23	03:00:13	03:33:35	03:39:44	03:52:11.65	+00:47:25 (20.4%)	5:12	11.5 (79.3%)
26	JASKÓLSKI Piotr	349	NIGHT RUNNERS SŁUPSK	M30	26	00:09:20	02:14:42	02:56:08	03:32:13	03:43:11	03:52:31.75	+00:47:45 (20.5%)	5:12	11.5 (79.3%)
27	TYBUREK Michał	93	BIEGAJĄCY ŚWIDNIK	M30	27	00:09:39	02:14:04	02:55:22	03:32:42	03:43:24	03:53:03.25	+00:48:16 (20.7%)	5:13	11.5 (79.3%)
28	JANISZEWSKI Artur	215	WEŻ NIEPIERDOL	M30	28	00:10:35	02:20:02	03:00:49	03:34:21	03:43:25	03:54:00.90	+00:49:14 (21.0%)	5:14	11.4 (78.6%)
29	GRYGIERZEC Grzegorz	115		M30	29	00:09:51	02:15:23	02:56:57	03:33:22	03:44:36	03:54:27.75	+00:49:41 (21.2%)	5:15	11.4 (78.6%)
30	PRĘDKI Mirosław	748		M30	30	00:12:25	02:20:22	03:02:50	03:35:42	03:42:07	03:54:32.90	+00:49:46 (21.2%)	5:15	11.4 (78.6%)
31	KRZEMIŃSKI Marcin	482	SPRINT GORZYCE	M30	31	00:10:23	02:17:54	02:58:37	03:35:12	03:45:11	03:55:34.40	+00:50:48 (21.6%)	5:16	11.4 (78.6%)
32	KOT Rafał	251	WAY BEHIND HORIZON	M30	32	00:10:48	02:19:21	03:00:10	03:35:20	03:45:04	03:55:52.95	+00:51:06 (21.7%)	5:17	11.3 (77.9%)
33	SZWAGIERCZAK Andrzej	485	BIEGUSIEM. PL	M30	33	00:12:40	02:24:22	03:03:47	03:37:52	03:43:58	03:56:38.65	+00:51:52 (21.9%)	5:18	11.3 (77.9%)
34	GRĘBOWIEC Mateusz	278	TSA SANDOMIERZ	M30	34	00:10:44	02:16:59	02:58:38	03:35:31	03:46:02	03:56:46.45	+00:52:00 (22.0%)	5:18	11.3 (77.9%)
35	DZIUBAN Łukasz	314	ZAPOROWY MARATOM TEAM	M30	35	00:09:19	02:17:24	02:59:57	03:36:40	03:47:29	03:56:48.70	+00:52:02 (22.0%)	5:18	11.3 (77.9%)
36	POBORCA Łukasz	375		M30	36	00:08:58	02:11:46	02:56:13	03:35:12	03:48:07	03:57:05.70	+00:52:19 (22.1%)	5:18	11.3 (77.9%)
37	SZPINDA Sebastian	95	BIŁGORAJ ULTRA TRAIL	M30	37	00:10:42	02:16:47	02:57:58	03:36:11	03:47:44	03:58:26.60	+00:53:40 (22.5%)	5:20	11.2 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
38	KOBIERSKI Piotr	359	UNIWERSYTECKI KLUB ALPINISTYCZNY	M30	38	00:11:41	02:19:15	03:00:23	03:36:41	03:46:51	03:58:32.05	+00:53:45 (22.5%)	5:20	11.2 (77.2%)
39	JÓZEFCZYK Jakub	218	FINISZ RYMANÓW	M30	39	00:11:00	02:18:11	03:01:29	03:38:28	03:49:14	04:00:14.20	+00:55:27 (23.1%)	5:23	11.1 (76.6%)
40	RYBITWA Jarosław	421		M30	40	00:11:11	02:20:26	03:02:23	03:39:27	03:49:15	04:00:26.45	+00:55:40 (23.2%)	5:23	11.1 (76.6%)
41	KILIAN Mateusz	576	JÓZEFIŃSKA TEAM	M30	41	00:10:13	02:18:54	03:00:03	03:38:40	03:50:21	04:00:34.35	+00:55:48 (23.2%)	5:23	11.1 (76.6%)
42	ŁAGOŻNY Łukasz	43	BRUBECK TEAM	M30	42	00:10:59	02:20:40	03:02:46	03:41:04	03:50:20	04:01:19.65	+00:56:33 (23.4%)	5:24	11.1 (76.6%)
43	KORZONEK Marcin	503	SPRINT GORZYCE	M30	43	00:09:57	02:18:03	02:58:53	03:39:04	03:51:29	04:01:26.70	+00:56:40 (23.5%)	5:24	11.1 (76.6%)
44	WÓJCIK Tomasz	343	SPRINT GORZYCE	M30	44	00:09:57	02:18:47	03:03:04	03:41:10	03:53:07	04:03:04.25	+00:58:17 (24.0%)	5:26	11 (75.9%)
45	DUCKI Piotr	788	OTK	M30	45	00:10:31	02:21:13	03:04:53	03:42:41	03:53:45	04:04:16.05	+00:59:29 (24.4%)	5:28	11 (75.9%)
46	KOWALSKI - BARYSZNIKOW Mikołaj	671	KINGRUNNER.COM	M30	46	00:10:26	02:20:46	03:06:54	03:45:08	03:55:07	04:05:33.15	+01:00:46 (24.8%)	5:30	10.9 (75.2%)
47	PAWŁOWSKI Arkadiusz	351		M30	47	00:13:26	02:22:31	03:05:32	03:45:00	03:53:08	04:06:34.40	+01:01:48 (25.1%)	5:31	10.9 (75.2%)
48	MICHALAK Artur	696	PGB SPORTOWA PACZKA	M30	48	00:10:14	02:16:53	03:00:29	03:43:19	03:56:25	04:06:39.30	+01:01:53 (25.1%)	5:31	10.8 (74.5%)
49	WAŁCZYK Krzysztof	724		M30	49	00:11:52	02:24:32	03:06:52	03:45:48	03:55:26	04:07:18.35	+01:02:32 (25.3%)	5:32	10.8 (74.5%)
50	KNOPEK Robert	693	KNEDEL BIEGA W GÓRAK	M30	50	00:10:01	02:20:30	03:06:29	03:46:31	03:57:56	04:07:57.75	+01:03:11 (25.5%)	5:33	10.8 (74.5%)
51	WIECZOREK Piotr	537		M30	51	00:12:29	02:25:49	03:09:34	03:47:02	03:55:40	04:08:09.45	+01:03:23 (25.5%)	5:33	10.8 (74.5%)
52	TRACZ Łukasz	198	AQUAREH WWW.STYLSPA.COM.PL	M30	52	00:11:52	02:28:33	03:11:08	03:48:24	03:56:43	04:08:35.60	+01:03:49 (25.7%)	5:34	10.8 (74.5%)
53	SKUBIDA Adam	712		M30	53	00:09:56	02:18:06	03:08:23	03:48:16	03:58:46	04:08:42.55	+01:03:56 (25.7%)	5:34	10.8 (74.5%)
54	POPIEL Andrzej	545		M30	54	00:09:55	02:18:08	03:08:48	03:47:53	03:59:56	04:09:51.65	+01:05:05 (26.1%)	5:36	10.7 (73.8%)
55	ZYGMUNT Marcin	589	ZYGABIEGA.BLOGSPOT.COM	M30	55	00:10:30	02:23:56	03:08:31	03:47:44	03:59:51	04:10:21.85	+01:05:35 (26.2%)	5:36	10.7 (73.8%)
56	SOBLIK Łukasz	328		M30	56	00:12:30	02:30:05	03:11:32	03:48:21	03:58:12	04:10:42.75	+01:05:56 (26.3%)	5:37	10.7 (73.8%)
57	PALUCH Tobiasz	561	RUNFORFUN RYGLICE	M30	57	00:11:12	02:23:05	03:07:33	03:47:47	03:59:50	04:11:02.50	+01:06:16 (26.4%)	5:37	10.7 (73.8%)
58	CZWERENKO Wojciech	452	SANOK	M30	58	00:11:27	02:22:16	03:08:34	03:49:23	04:00:29	04:11:56.35	+01:07:10 (26.7%)	5:38	10.6 (73.1%)
58	KRAJEWSKI Jakub	200	ZAPOROWY MARATON	M30	58	00:11:27	02:22:16	03:08:34	03:49:24	04:00:29	04:11:56.35	+01:07:10 (26.7%)	5:38	10.6 (73.1%)
60	SMUDA Grzegorz	684	POGOŃ ZA CHLEBEM	M30	60	00:10:32	02:19:58	03:06:54	03:49:49	04:01:56	04:12:28.85	+01:07:42 (26.8%)	5:39	10.6 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
61	MYSZKOWSKI Sebastian	637	KALIŃSKATEAM	M30	61	00:12:39	02:37:04	03:21:35	03:56:03	04:00:41	04:13:20.35	+01:08:34 (27.1%)	5:40	10.6 (73.1%)
62	NIŻNIK Marcin	183	NOWY STYL RUNNING TEAM	M30	62	00:09:38	02:20:56	03:06:26	03:51:53	04:03:58	04:13:36.85	+01:08:50 (27.1%)	5:41	10.6 (73.1%)
63	BOROWIK Tomasz	695	ATOM	M30	63	00:12:17	02:26:04	03:11:11	03:53:00	04:03:24	04:15:41.00	+01:10:54 (27.7%)	5:43	10.5 (72.4%)
64	PARZYSZEK Marcin	355	JACEKBIEGA RUNNING TEAM	M30	64	00:10:16	02:20:38	03:10:54	03:53:33	04:06:18	04:16:34.60	+01:11:48 (28.0%)	5:45	10.4 (71.7%)
65	FIJAŁKOWSKI Radosław	142	CROSSFIT GCW	M30	65	00:10:03	02:23:29	03:13:15	03:55:11	04:07:29	04:17:32.10	+01:12:45 (28.3%)	5:46	10.4 (71.7%)
66	PILECKI Maciej	750		M30	66	00:15:10	02:30:12	03:16:13	03:56:13	04:03:01	04:18:11.70	+01:13:25 (28.4%)	5:47	10.4 (71.7%)
67	CZELEJ Rafał	61	BIEGAJĄCY ŚWIDNIK	M30	67	00:10:57	02:23:44	03:09:51	03:53:34	04:07:16	04:18:13.80	+01:13:27 (28.4%)	5:47	10.4 (71.7%)
68	REJ Mirosław	140		M30	68	00:13:57	02:38:06	03:21:55	03:58:37	04:04:19	04:18:16.40	+01:13:30 (28.5%)	5:47	10.4 (71.7%)
69	LONC Tomasz	139		M30	69	00:13:57	02:38:08	03:21:55	03:58:37	04:04:37	04:18:34.85	+01:13:48 (28.5%)	5:47	10.3 (71.0%)
70	MAŚŁANKA Piotr	168		M30	70	00:11:06	02:27:42	03:16:23	03:55:48	04:07:58	04:19:04.40	+01:14:18 (28.7%)	5:48	10.3 (71.0%)
71	TURCZANIK Fabian	344	BIEGUSIEM.PL	M30	71	00:12:35	02:35:16	03:20:36	03:58:58	04:07:01	04:19:36.05	+01:14:49 (28.8%)	5:49	10.3 (71.0%)
72	KUSZ Tomasz	331		M30	72	00:10:45	02:24:33	03:12:47	03:54:56	04:09:38	04:20:23.25	+01:15:36 (29.0%)	5:50	10.3 (71.0%)
73	WIĄCEK Marcin	317	JSC JASŁO	M30	73	00:12:02	02:28:08	03:14:12	03:56:00	04:08:24	04:20:26.55	+01:15:40 (29.1%)	5:50	10.3 (71.0%)
74	KAMIŃSKI Krzysztof	37	PŁOCK BIEGA NO AGE LIMIT	M30	74	00:13:23	02:36:50	03:21:00	03:58:56	04:07:06	04:20:29.45	+01:15:43 (29.1%)	5:50	10.3 (71.0%)
75	FIGURA Marcin	132	KWIDZYN RUN	M30	75	00:12:34	02:37:39	03:21:06	04:00:05	04:07:56	04:20:30.10	+01:15:43 (29.1%)	5:50	10.3 (71.0%)
76	FILIPOWICZ Jakub	368		M30	76	00:13:25	02:35:04	03:20:58	03:58:57	04:07:14	04:20:39.55	+01:15:53 (29.1%)	5:50	10.3 (71.0%)
77	SZCZYRBOWSKI Michał	385	AKADEMIAROLKARZA.PL	M30	77	00:12:31	02:29:55	03:17:32	03:57:54	04:08:38	04:21:09.20	+01:16:22 (29.2%)	5:51	10.2 (70.3%)
78	JAWORSKI Łukasz	535		M30	78	00:13:11	02:31:06	03:17:20	03:57:30	04:08:01	04:21:12.00	+01:16:25 (29.3%)	5:51	10.2 (70.3%)
79	PLUTA Paweł	394	AKADEMIAROLKARZA MICHAŁ	M30	79	00:12:30	02:30:14	03:17:33	03:57:41	04:08:49	04:21:19.20	+01:16:32 (29.3%)	5:51	10.2 (70.3%)
80	MILEWSKI Mateusz	350	KRAINA WIECZNYCH MROZÓW	M30	80	00:12:09	02:31:29	03:21:29	04:00:19	04:09:46	04:21:55.70	+01:17:09 (29.5%)	5:52	10.2 (70.3%)
81	BERGAŃSKI Michał	614		M30	81	00:13:04	02:31:45	03:17:57	03:58:53	04:09:07	04:22:11.30	+01:17:25 (29.5%)	5:52	10.2 (70.3%)
82	KWAS August	184		M30	82	00:12:09	02:28:56	03:19:44	04:00:35	04:10:16	04:22:25.50	+01:17:39 (29.6%)	5:53	10.2 (70.3%)
83	ŁOCHAŃSKI Grzegorz	550	BRYŚIE	M30	83	00:11:00	02:26:05	03:16:42		04:12:11	04:23:11.35	+01:18:25 (29.8%)	5:54	10.2 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
84	WENTLAND Tomasz	63	NOWA HUTA TEAM	M30	84	00:13:05	02:28:41	03:16:42	04:00:18	04:10:11	04:23:16.40	+01:18:30 (29.8%)	5:54	10.2 (70.3%)
85	ROWIŃSKI Michał	181	LUBAWA KOCHA BIEGAĆ	M30	85	00:12:48	02:44:38	03:29:22	04:04:18	04:10:42	04:23:30.30	+01:18:44 (29.9%)	5:54	10.2 (70.3%)
86	SKRZYPCZAK Piotr	721	OTK RZEŹNIK	M30	86	00:10:36	02:32:39	03:20:23	04:02:27	04:16:42	04:27:18.65	+01:22:32 (30.9%)	5:59	10 (69.0%)
87	URBASEK Łukasz	678		M30	87	00:12:50	02:41:59	03:29:00	04:06:25	04:14:42	04:27:32.90	+01:22:46 (30.9%)	5:59	10 (69.0%)
88	KIEPIELA Dawid	403	KLUB BIEGACZA FARTLEK	M30	88	00:10:43	02:28:52	03:25:45	04:08:09	04:19:21	04:30:04.25	+01:25:17 (31.6%)	6:03	9.9 (68.3%)
89	KAZUBSKI Piotr	714		M30	89	00:13:04	02:28:20	03:17:07	04:03:39	04:17:01	04:30:05.35	+01:25:19 (31.6%)	6:03	9.9 (68.3%)
90	KWIATKOWSKI Wojciech	92	TSA SANDOMIERZ	M30	90	00:11:10	02:29:11	03:20:04	04:06:38	04:20:05	04:31:15.30	+01:26:29 (31.9%)	6:04	9.9 (68.3%)
91	FOLAND Bogumił	342	SPARTA	M30	91	00:09:05	02:25:59	03:21:26	04:06:13	04:23:03	04:32:08.70	+01:27:22 (32.1%)	6:06	9.8 (67.6%)
92	PŁOMIŃSKI Marcin	546	ŁÓDŹ RUNNING TEAM/WKURW_TEAM	M30	92	00:13:18	02:36:58	03:27:23	04:08:47	04:18:55	04:32:13.35	+01:27:27 (32.1%)	6:06	9.8 (67.6%)
93	DZIAŁABIJ Krzysztof	650		M30	93	00:11:45	02:39:55	03:28:04	04:10:07	04:20:35	04:32:20.65	+01:27:34 (32.2%)	6:06	9.8 (67.6%)
94	TYLEK Konrad	267	CRAZY DRAGONS	M30	94	00:13:50	02:38:54	03:29:21	04:10:15	04:18:43	04:32:33.10	+01:27:46 (32.2%)	6:06	9.8 (67.6%)
95	RIJ Tomasz	256	FINISZ RYMANÓW	M30	95	00:12:03	02:36:58	03:27:36		04:20:47	04:32:50.80	+01:28:04 (32.3%)	6:07	9.8 (67.6%)
96	GWIZDAŁA Łukasz	472	THENATURAT	M30	96	00:11:45	02:35:13	03:27:00	04:10:25	04:21:50	04:33:35.10	+01:28:48 (32.5%)	6:08	9.8 (67.6%)
97	FLOREK Sebastian	334	NORAFSPORT	M30	97	00:13:13	02:37:29	03:27:08	04:09:23	04:20:48	04:34:01.80	+01:29:15 (32.6%)	6:08	9.8 (67.6%)
98	SZCZYPIORKOWSKI Emil	468	GOOD LIFE FITNESS	M30	98	00:13:31	02:34:38	03:25:05	04:10:29	04:21:04	04:34:35.75	+01:29:49 (32.7%)	6:09	9.7 (66.9%)
99	WOJCIESZAK Marcin	346		M30	99	00:12:06	02:37:25	03:27:28	04:11:07	04:23:15	04:35:21.75	+01:30:35 (32.9%)	6:10	9.7 (66.9%)
100	PASELA Bartosz	699	SMASHING PAPKINS	M30	100	00:12:42	02:36:18	03:27:26	04:11:11	04:22:59	04:35:41.35	+01:30:55 (33.0%)	6:10	9.7 (66.9%)
101	HERBA Krystian	704	DAR-BUD TEAM	M30	101	00:11:58	02:44:38	03:34:08	04:15:08	04:23:55	04:35:53.95	+01:31:07 (33.0%)	6:11	9.7 (66.9%)
102	MATUSIAK Michał	672	ROWERY MAŁGOŚKA	M30	102	00:13:40	02:44:40	03:33:31	04:14:13	04:22:15	04:35:55.85	+01:31:09 (33.0%)	6:11	9.7 (66.9%)
103	GURAZDA Kamil	495	KLUB (SPORTING CLUB NAME)	M30	103	00:14:08	02:42:27	03:32:49	04:13:46	04:23:18	04:37:26.35	+01:32:40 (33.4%)	6:13	9.6 (66.2%)
104	KOZERA Waldemar	96		M30	104	00:11:24	02:32:38	03:24:57	04:10:42	04:26:10	04:37:34.90	+01:32:48 (33.4%)	6:13	9.6 (66.2%)
105	BEDNARCZYK Paweł	406		M30	105	00:12:01	02:33:37	03:23:13	04:10:43	04:26:09	04:38:10.20	+01:33:23 (33.6%)	6:14	9.6 (66.2%)
106	BOGACZYK Krzysztof	196	RÓWNE	M30	106	00:12:32	02:34:19	03:30:31	04:14:37	04:25:47	04:38:19.15	+01:33:32 (33.6%)	6:14	9.6 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
107	STOBRAWA Rafał	292	DART BLACHOWNIA	M30	107	00:14:01	02:44:52	03:33:13	04:15:05	04:26:29	04:40:30.75	+01:35:44 (34.1%)	6:17	9.5 (65.5%)
108	STASZEWSKI Maciej	245	JANOWIANKA	M30	108	00:12:18	02:26:47	03:35:37	04:17:37	04:28:43	04:41:01.75	+01:36:15 (34.3%)	6:18	9.5 (65.5%)
109	WÓJTOWICZ Pafcio	402	BIEGAJZNAMI.PL	M30	109	00:12:18	02:26:30	03:35:36	04:17:36	04:28:44	04:41:02.00	+01:36:15 (34.3%)	6:18	9.5 (65.5%)
110	PSZENICZKA Grzegorz	594		M30	110	00:11:23	02:36:03	03:30:40	04:14:39	04:29:59	04:41:22.70	+01:36:36 (34.3%)	6:18	9.5 (65.5%)
111	KRZYSZTOŃ Piotr	365	GMP LASY / KRAŚNIK	M30	111	00:11:35	02:38:12	03:30:02	04:15:27	04:29:50	04:41:25.70	+01:36:39 (34.3%)	6:18	9.5 (65.5%)
112	GAJEWSKI Michał	552	WET ZA WET	M30	112	00:13:28	02:41:31	03:30:23	04:14:50	04:28:02	04:41:30.05	+01:36:43 (34.4%)	6:18	9.5 (65.5%)
113	ŚLIWIŃSKI Paweł	252		M30	113	00:14:30	02:45:59	03:41:47	04:22:19	04:28:14	04:42:44.15	+01:37:57 (34.6%)	6:20	9.5 (65.5%)
114	KRAWCZAK Kamil	515	BIEGUSIEM.PL	M30	114	00:12:35	02:40:48	03:36:48	04:19:37	04:30:45	04:43:20.50	+01:38:34 (34.8%)	6:21	9.4 (64.8%)
115	KAWĘCKI Łukasz	771		M30	115	00:11:12	02:35:58	03:36:02	04:19:16	04:32:21	04:43:33.30	+01:38:47 (34.8%)	6:21	9.4 (64.8%)
116	MIELCZAREK Wojtek	39		M30	116	00:13:12	02:46:52	03:38:01	04:20:38	04:31:11	04:44:23.00	+01:39:36 (35.0%)	6:22	9.4 (64.8%)
117	HUSZCZO Aleksander	113	KLUB BIEGACZA WARTA	M30	117	00:13:29	02:42:48	03:37:11	04:20:31	04:31:44	04:45:13.20	+01:40:26 (35.2%)	6:23	9.4 (64.8%)
118	DAWID Mariusz	109		M30	118	00:12:42	02:42:31	03:34:22	04:19:14	04:35:25	04:48:07.10	+01:43:20 (35.9%)	6:27	9.3 (64.1%)
119	WAWRZYNIAK Michał	492	KLUB BIEGACZA WARTA	M30	119	00:12:48	02:42:56	03:37:52	04:23:16	04:35:25	04:48:13.95	+01:43:27 (35.9%)	6:27	9.3 (64.1%)
120	KACZMARCZYK Piotr	358	UKS SZKOŁA RAJSKA W KRAKOWIE	M30	120	00:13:19	02:41:26	03:38:00	04:23:41	04:35:29	04:48:48.65	+01:44:02 (36.0%)	6:28	9.3 (64.1%)
121	GALUSKIN Alexey	652	GRUPA NOMAX	M30	121	00:12:39	02:42:52	03:39:41	04:27:47	04:36:10	04:48:49.85	+01:44:03 (36.0%)	6:28	9.3 (64.1%)
122	MŁODOŻENIEC Mirosław	51	REMBERTÓW TEAM	M30	122	00:12:36	02:35:43	03:29:01	04:20:08	04:36:24	04:49:00.15	+01:44:13 (36.1%)	6:28	9.3 (64.1%)
123	GOLBA Łukasz	11		M30	123	00:13:29	02:47:41	03:39:11	04:25:17	04:36:21	04:49:50.70	+01:45:04 (36.3%)	6:29	9.2 (63.4%)
124	ANTONIAK Michał	483	PWC	M30	124	00:13:43	03:00:06	03:47:54	04:29:25	04:38:09	04:51:52.25	+01:47:05 (36.7%)	6:32	9.2 (63.4%)
125	GONTARZ Jarosław	669	TRI ENGINES	M30	125	00:11:09	02:28:19	03:23:43	04:24:47	04:40:55	04:52:04.90	+01:47:18 (36.7%)	6:32	9.2 (63.4%)
126	GUT Paweł	464	KB LOK BOCHNIA	M30	126	00:13:21	02:56:32	03:50:33	04:30:02	04:38:50	04:52:11.95	+01:47:25 (36.8%)	6:33	9.2 (63.4%)
127	OBROŚLAK Grzegorz	715	TRAPER LUBACZÓW	M30	127	00:12:27	02:38:23	03:36:28	04:25:22	04:41:02	04:53:29.50	+01:48:43 (37.0%)	6:34	9.1 (62.8%)
128	STOJANOWSKI Dawid	309	RUNHOGS	M30	128	00:13:51	02:53:38	03:45:59	04:29:06	04:39:40	04:53:31.80	+01:48:45 (37.1%)	6:34	9.1 (62.8%)
129	LEPIARZ Marcin	781		M30	129		02:43:38	03:40:01	04:27:10		04:53:37.35	+01:48:51 (37.1%)	6:35	9.1 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
130	KULCZYŃSKI Rafał	502	ROZBIEGANI BUDOWLANI	M30	130	00:12:51	02:46:38	03:43:42	04:27:59	04:40:55	04:53:46.00	+01:48:59 (37.1%)	6:35	9.1 (62.8%)
131	ŚLĄCZKA Arkadiusz	242	FINISZ RYMANÓW	M30	131	00:13:16	02:47:22	03:45:20	04:30:11	04:41:52	04:55:08.40	+01:50:22 (37.4%)	6:37	9.1 (62.8%)
132	GOSTKOWSKI Bartek	551		M30	132	00:12:16	02:45:21	03:45:01	04:30:27	04:42:53	04:55:09.50	+01:50:23 (37.4%)	6:37	9.1 (62.8%)
133	CHMIEL Michał	170	RZESZOWSKIE GAZELE I GEPARDY	M30	133	00:12:45	02:47:34	03:44:33	04:31:04	04:42:27	04:55:12.20	+01:50:25 (37.4%)	6:37	9.1 (62.8%)
134	ZAWIŚLAK Kazimierz	337		M30	134	00:12:08	02:52:46	03:48:50	04:32:33	04:43:44	04:55:52.65	+01:51:06 (37.6%)	6:38	9 (62.1%)
135	NALEPKA Zdzisław	272	BIEGIEM PRZEZ GÓRY	M30	135	00:10:43	02:44:39	03:41:22	04:28:45	04:45:14	04:55:57.80	+01:51:11 (37.6%)	6:38	9 (62.1%)
136	BIEDROŃ Wojciech	300	NOWA HUTA TEAM	M30	136	00:13:22	02:48:23	03:43:22	04:30:49	04:43:46	04:57:08.75	+01:52:22 (37.8%)	6:39	9 (62.1%)
137	STRZECHA Tomasz	450	GOŃ ZAJĄCZKA SQAD	M30	137	00:13:58	02:49:41	03:44:27	04:31:54	04:43:27	04:57:25.35	+01:52:39 (37.9%)	6:40	9 (62.1%)
138	GROMADA Piotr	685	TSA SANDOMIERZ	M30	138	00:12:59	02:42:00	03:51:09	04:33:08	04:44:32	04:57:31.35	+01:52:45 (37.9%)	6:40	9 (62.1%)
139	OLCZYK Cezary	45		M30	139	00:13:12	02:50:20	03:49:01	04:33:28	04:44:22	04:57:34.65	+01:52:48 (37.9%)	6:40	9 (62.1%)
140	SIKORSKI Piotr	755	WF SPORTRUN TEAM	M30	140	00:13:12	02:49:47	03:48:38	04:33:10	04:44:31	04:57:43.15	+01:52:56 (37.9%)	6:40	9 (62.1%)
141	MAKOWSKI Marek	318	SUPER WTP/PPP	M30	141	00:12:57	02:57:26	03:52:26	04:36:27	04:46:54	04:59:51.50	+01:55:05 (38.4%)	6:43	8.9 (61.4%)
142	MAZUR Sławomir	389	GRUPETTO GORLICE	M30	142	00:12:43	02:54:02	03:48:25	04:34:15	04:47:28	05:00:11.15	+01:55:24 (38.4%)	6:43	8.9 (61.4%)
143	CHARCHUT Roman	103		M30	143	00:13:37	02:57:12	03:50:51	04:36:26	04:46:34	05:00:11.55	+01:55:25 (38.4%)	6:43	8.9 (61.4%)
144	KOKOT Roman	217	AKTYWNY DYNÓW	M30	144	00:13:58	02:55:44	03:47:57	04:35:04	04:46:16	05:00:14.20	+01:55:27 (38.5%)	6:43	8.9 (61.4%)
145	KOZIOŁKO Tomasz	531		M30	145	00:13:12	02:48:23	03:44:21	04:31:47	04:47:02	05:00:14.50	+01:55:28 (38.5%)	6:43	8.9 (61.4%)
146	MUNIAK Kamil	76	KUKUCZSPORT.PL	M30	146	00:12:16	02:49:07	03:50:34	04:35:08	04:48:04	05:00:20.80	+01:55:34 (38.5%)	6:44	8.9 (61.4%)
147	BUTNY Rafał	411	COMPLEXSPORTS TRIATHLON TEAM	M30	147	00:14:46	02:53:58	03:52:12	04:36:20	04:45:40	05:00:26.95	+01:55:40 (38.5%)	6:44	8.9 (61.4%)
148	GRUCHALA Piotr	414	POINT	M30	148	00:14:47	02:53:59	03:52:13	04:36:27	04:45:40	05:00:27.05	+01:55:40 (38.5%)	6:44	8.9 (61.4%)
149	MIROCHA Łukasz	467	UKASZ TEAM	M30	149	00:13:14	02:53:33	03:48:43	04:35:44	04:47:53	05:01:07.45	+01:56:21 (38.6%)	6:45	8.9 (61.4%)
150	PIETRYSZYN Mariusz	202		M30	150	00:13:46	02:53:58	03:49:27	04:36:33	04:47:36	05:01:22.85	+01:56:36 (38.7%)	6:45	8.9 (61.4%)
151	SWACHA Piotr	567	BIŁGORAJ BIEGA	M30	151	00:13:26	02:57:04	03:52:53	04:36:44	04:48:02	05:01:28.15	+01:56:41 (38.7%)	6:45	8.9 (61.4%)
152	POPŁAWSKI Piotr	670	PGB SPORTOWA PACZKA	M30	152	00:13:04	03:03:18	04:00:08	04:42:08	04:50:27	05:03:31.75	+01:58:45 (39.1%)	6:48	8.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
153	ORZECHOWSKI Bartosz	321	KW WARSZAWA	M30	153	00:12:30	02:47:41	03:48:01	04:38:14	04:51:07	05:03:37.60	+01:58:51 (39.1%)	6:48	8.8 (60.7%)
154	WIŚNIEWSKI Krzysztof	210	KEREZA TEAM	M30	154	00:12:56	02:55:38	03:55:03	04:40:05	04:52:35	05:05:31.05	+02:00:44 (39.5%)	6:51	8.8 (60.7%)
155	ZYGADLEWICZ Grzegorz	418	BIEGAJĄCY ŚWIDNIK	M30	155	00:13:54	02:49:40	03:51:38	04:40:51	04:51:57	05:05:51.40	+02:01:05 (39.6%)	6:51	8.7 (60.0%)
156	KOSACKI Jacek	785	GOOD LIFE FITNESS	M30	156	00:13:33	02:53:08	03:50:48	04:38:21	04:52:22	05:05:55.00	+02:01:08 (39.6%)	6:51	8.7 (60.0%)
157	PŁONKA Paweł	761	ŻYWCEM ZABIEGANI	M30	157	00:11:31	02:47:24	03:45:03	04:36:04	04:54:53	05:06:24.85	+02:01:38 (39.7%)	6:52	8.7 (60.0%)
158	DYMEK Paweł	779	MIELECKIE BIEGACZE	M30	158	00:12:51	02:50:29	03:49:15	04:37:17	04:53:44	05:06:35.00	+02:01:48 (39.7%)	6:52	8.7 (60.0%)
159	TROJNAR Damian	131	JUTRZENKA DĘBNO	M30	159	00:12:27	02:48:47	03:54:41	04:41:24	04:54:35	05:07:02.35	+02:02:16 (39.8%)	6:53	8.7 (60.0%)
160	MĘŻYŃSKI Michał	619		M30	160	00:14:38	02:53:02	03:55:14	04:40:54	04:52:59	05:07:37.60	+02:02:51 (39.9%)	6:53	8.7 (60.0%)
161	BĄK Marcin Michał	787	ŚWIĘTY SPOKÓJ SANOK	M30	161	00:13:54	02:56:09	03:54:06	04:41:53	04:54:31	05:08:25.50	+02:03:39 (40.1%)	6:54	8.7 (60.0%)
162	WOŹNIAK Michał	688	BANDA GRUDNIA	M30	162	00:13:12	02:51:31	03:58:29		04:55:45	05:08:57.95	+02:04:11 (40.2%)	6:55	8.7 (60.0%)
163	WISZNIEWSKI Karol	505	AKS POLONIA WARSZAWA	M30	163	00:13:22	02:52:17	04:04:59	04:49:28	04:57:54	05:11:16.00	+02:06:29 (40.6%)	6:58	8.6 (59.3%)
164	RAMM Aleksander	382	SMILEY ULTRAS :)	M30	164	00:12:22	03:00:09	03:59:28	04:47:16	04:59:28	05:11:50.85	+02:07:04 (40.7%)	6:59	8.6 (59.3%)
165	KĘSA Andrzej	399		M30	165	00:12:03	02:56:50	03:55:22	04:44:59	05:00:34	05:12:37.35	+02:07:51 (40.9%)	7:00	8.6 (59.3%)
166	ARENTEWICZ Grzegorz	136	TORUN MULTISPORT TEAM	M30	166	00:14:26	02:55:34	03:54:18	04:42:17	04:58:22	05:12:48.00	+02:08:01 (40.9%)	7:00	8.6 (59.3%)
167	PELA Dariusz	134	TMT SKY-TRANS	M30	167	00:14:26	02:55:35	03:54:18	04:42:16	04:58:22	05:12:48.15	+02:08:01 (40.9%)	7:00	8.6 (59.3%)
168	JURCZAK Daniel	214	MIŃSKA GRUPA ROWEROWA	M30	168	00:12:09	02:53:25	03:53:59	04:45:38	05:01:37	05:13:46.40	+02:09:00 (41.1%)	7:02	8.5 (58.6%)
169	KWARTA Tomasz	565		M30	169	00:12:47	02:50:13	03:52:50	04:43:35	05:01:29	05:14:16.30	+02:09:30 (41.2%)	7:02	8.5 (58.6%)
170	ADAMSKI Michał	36	WOP	M30	170	00:12:47	02:49:16	03:52:49	04:44:09	05:01:29	05:14:16.50	+02:09:30 (41.2%)	7:02	8.5 (58.6%)
171	SAŁACIAK Marcin	332	GLKS RZEPEDŹ	M30	171	00:14:49	02:52:38	03:55:04	04:42:20	04:59:51	05:14:40.40	+02:09:54 (41.3%)	7:03	8.5 (58.6%)
172	MAZIARZ Jakub	798	ZABIEGANI MIELEC	M30	172	00:13:10	03:02:51	04:06:41	04:50:07	05:01:36	05:14:46.95	+02:10:00 (41.3%)	7:03	8.5 (58.6%)
173	ZIOŁO Paweł	87	WATRA TEAM	M30	173	00:14:34	02:54:43	03:57:33	04:48:07	05:00:46	05:15:20.00	+02:10:33 (41.4%)	7:04	8.5 (58.6%)
174	PRZYGÓRZEWSKI Jarosław	792	LESKO	M30	174	00:13:57	02:53:44	03:54:05	04:46:16	05:01:31	05:15:28.95	+02:10:42 (41.4%)	7:04	8.5 (58.6%)
175	ZMYSŁOWSKI Łukasz	597		M30	175	00:12:46	02:42:26	03:58:36	04:47:39	05:02:46	05:15:32.45	+02:10:46 (41.4%)	7:04	8.5 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
176	SMOLIŃSKI Paweł	197	RUGBY KLUB SANOK / SMASHING PAPKINS	M30	176	00:12:07	02:59:22	03:59:19	04:49:05	05:03:39	05:15:46.00	+02:10:59 (41.5%)	7:04	8.5 (58.6%)
177	SAŁAPA Kamil	494	KLUB (SPORTING CLUB NAME)	M30	177	00:13:17	03:04:03	04:03:25	04:50:06	05:03:10	05:16:27.15	+02:11:40 (41.6%)	7:05	8.5 (58.6%)
178	NOWAK Łukasz	605		M30	178	00:14:35	03:01:42	04:01:22	04:49:23	05:02:17	05:16:52.15	+02:12:05 (41.7%)	7:06	8.4 (57.9%)
179	GÓRNIIEWICZ Marcin	461	MBANK	M30	179	00:13:58	03:07:42	04:08:55	04:53:36	05:03:08	05:17:06.75	+02:12:20 (41.7%)	7:06	8.4 (57.9%)
180	MIŚKÓW Marcin	79	BIEGAMY Z SERCEM.PL	M30	180	00:11:45	02:57:26	04:00:15	04:50:06	05:06:49	05:18:34.95	+02:13:48 (42.0%)	7:08	8.4 (57.9%)
181	KORBUT Radosław	280		M30	181	00:14:50	03:03:42	04:06:34	04:53:30	05:04:19	05:19:09.65	+02:14:23 (42.1%)	7:09	8.4 (57.9%)
182	SALWA Szymon	613	SEAAT	M30	182	00:14:02	02:56:58	04:04:50	04:53:13	05:06:25	05:20:27.80	+02:15:41 (42.3%)	7:11	8.4 (57.9%)
183	DONIEC Sebastian	22	WWW.ADWOKATDONIEC.PL	M30	183	00:13:18	03:06:09	04:06:30	04:54:11	05:08:04	05:21:22.75	+02:16:36 (42.5%)	7:12	8.3 (57.2%)
184	BUCZYŃSKI Radosław	240	NIGHT RUNNERS GLIWICE	M30	184	00:12:33	03:00:00	04:04:16	04:55:11	05:09:56	05:22:29.65	+02:17:43 (42.7%)	7:13	8.3 (57.2%)
185	FIDOR Michał	276	RUNHOGS TYCHY	M30	185	00:13:50	02:56:11	04:02:04	04:54:31	05:10:51	05:24:41.95	+02:19:55 (43.1%)	7:16	8.2 (56.6%)
186	KOPCZYŃSKI Maciej	558		M30	186	00:14:01	03:02:43	04:04:53	04:58:33	05:11:57	05:25:58.05	+02:21:11 (43.3%)	7:18	8.2 (56.6%)
187	BARAN Jakub	299		M30	187	00:15:55	03:07:42	04:07:57	05:01:04	05:11:50	05:27:45.70	+02:22:59 (43.6%)	7:20	8.2 (56.6%)
188	ZAKRZEWSKI Szymon	504		M30	188	00:11:40	02:58:09	04:02:36	04:52:30	05:17:08	05:28:48.15	+02:24:01 (43.8%)	7:22	8.1 (55.9%)
189	KRASOWSKI Łukasz	130		M30	189	00:12:38	03:08:17	04:15:02	05:02:48	05:16:16	05:28:54.80	+02:24:08 (43.8%)	7:22	8.1 (55.9%)
190	TUTKA Maksymilian	443	LEŻAJSK	M30	190	00:12:37	03:08:18	04:15:04	05:02:49	05:16:18	05:28:55.75	+02:24:09 (43.8%)	7:22	8.1 (55.9%)
191	KRASOŃ Janusz	177	RKM ' SOPELEK'	M30	191	00:14:04	03:05:09	04:10:47	05:02:40	05:17:16	05:31:20.35	+02:26:34 (44.2%)	7:25	8.1 (55.9%)
191	SOWA Jacek	720	RZESZOWSKI KLUB MORSÓW SOPELEK	M30	191	00:14:04	03:05:08	04:10:48	05:02:37	05:17:16	05:31:20.35	+02:26:34 (44.2%)	7:25	8.1 (55.9%)
193	SZEFER Wiktor	760	CRAZY DRAGONS	M30	193	00:14:00	03:06:52	04:18:43	05:07:11	05:18:27	05:32:27.10	+02:27:40 (44.4%)	7:27	8 (55.2%)
194	THIER Dominik J.	287	PZSF	M30	194	00:15:09	03:10:30	04:18:36	05:07:33	05:17:47	05:32:56.45	+02:28:10 (44.5%)	7:27	8 (55.2%)
195	HIPNER Marcin	398	SPOT PSZCZYNA	M30	195	00:14:28	03:09:44	04:15:13	05:04:11	05:19:47	05:34:15.45	+02:29:29 (44.7%)	7:29	8 (55.2%)
196	NIEDZIELA Michał	282		M30	196	00:14:43	03:13:06	04:17:46	05:06:54	05:19:37	05:34:20.35	+02:29:34 (44.7%)	7:29	8 (55.2%)
197	GRYSZKO Piotr	540	1,2 TRI DRUŻYNA WILKA	M30	197	00:14:17	03:10:08	04:16:44	05:08:22	05:22:03	05:36:20.95	+02:31:34 (45.1%)	7:32	8 (55.2%)
198	WAKULSKI Andrzej	705	KEREZA LUBLIN	M30	198	00:13:31	03:02:59	04:18:48	05:10:05	05:23:15	05:36:46.30	+02:32:00 (45.1%)	7:33	7.9 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
199	PRZYBYŁ Zbigniew	152	SZURKOWO	M30	199	00:15:43	03:09:43	04:17:23	05:08:52	05:21:58	05:37:41.95	+02:32:55 (45.3%)	7:34	7.9 (54.5%)
200	STASZEWSKI Kamil	40		M30	200	00:14:51	03:12:52	04:16:46	05:08:40	05:22:54	05:37:45.35	+02:32:59 (45.3%)	7:34	7.9 (54.5%)
201	PIOTROWSKI Michał	647		M30	201	00:13:07	02:59:15	04:10:39	05:06:54	05:25:55	05:39:02.45	+02:34:16 (45.5%)	7:36	7.9 (54.5%)
202	CHODOROWSKI Arkadiusz	533		M30	202	00:13:14	03:11:50	04:14:37	05:11:53	05:30:08	05:43:22.30	+02:38:36 (46.2%)	7:41	7.8 (53.8%)
203	GÓRCZYŃSKI Przemysław	433	DREAMTEAM	M30	203	00:15:42	03:12:19	04:26:04	05:15:25	05:28:24	05:44:06.65	+02:39:20 (46.3%)	7:42	7.8 (53.8%)
204	JANIK Paweł	725		M30	204	00:12:46	02:49:14	04:05:04	05:12:47	05:33:45	05:46:31.90	+02:41:45 (46.7%)	7:46	7.7 (53.1%)
205	BODNIAK Tomasz	15		M30	205	00:13:38	03:22:20	04:32:07	05:22:04	05:38:50	05:52:28.65	+02:47:42 (47.6%)	7:54	7.6 (52.4%)
206	WALASZEK Paweł	609	AGB TORFY	M30	206	00:13:38	03:24:37	04:35:40	05:26:21	05:39:48	05:53:26.85	+02:48:40 (47.7%)	7:55	7.6 (52.4%)
207	SIWIEC Tomasz	590	BIEGNĘ DLA MARCINA	M30	207	00:12:40	03:24:18	04:34:15	05:27:05	05:44:06	05:56:46.35	+02:52:00 (48.2%)	7:59	7.5 (51.7%)
208	BANASIEWICZ Paweł	325		M30	208	00:12:28	02:54:09	04:19:43	05:22:36	05:45:19	05:57:47.85	+02:53:01 (48.4%)	8:01	7.5 (51.7%)
209	SZWARCZYŃSKI Łukasz	165		M30	209	00:09:35	03:41:20	04:39:37	05:29:35	05:48:39	05:58:14.55	+02:53:28 (48.4%)	8:01	7.5 (51.7%)
210	CWOJDZIŃSKI Piotr	592	NIGHT RUNNERS	M30	210	00:13:18	03:12:42	04:37:30	05:28:52	05:45:18	05:58:36.60	+02:53:50 (48.5%)	8:02	7.5 (51.7%)
211	BURACZYŃSKI Michał	486		M30	211	00:14:38	03:24:34	04:40:34	05:30:24	05:44:15	05:58:53.40	+02:54:07 (48.5%)	8:02	7.5 (51.7%)
212	ADAMOWSKI Jacek	260	NIGHT RUNNERS GLIWICE	M30	212	00:14:28	03:14:52	04:35:43	05:33:06	05:44:58	05:59:26.80	+02:54:40 (48.6%)	8:03	7.4 (51.0%)
213	JAŁKIEWICZ Juliusz	128		M30	213	00:16:18	03:20:30	04:30:50	05:28:51	05:43:34	05:59:52.60	+02:55:06 (48.7%)	8:04	7.4 (51.0%)
214	MACIECHOWSKI Łukasz	501	SPOREST	M30	214	00:14:12	03:15:43	04:40:20	05:33:16	05:47:54	06:02:06.90	+02:57:20 (49.0%)	8:07	7.4 (51.0%)
215	OKARMA Wojciech	454	SPOREST	M30	215	00:14:11	03:15:47	04:40:16	05:33:11	05:47:59	06:02:10.15	+02:57:23 (49.0%)	8:07	7.4 (51.0%)
216	CICH Kamil	82		M30	216	00:13:59	02:58:32	04:16:41	05:21:45	05:50:05	06:04:04.55	+02:59:18 (49.2%)	8:09	7.4 (51.0%)
217	ZIELIŃSKI Mateusz	259	RUN SPACE BYDGOSZCZ	M30	217	00:14:41	03:28:55	04:32:42	05:32:21	05:50:00	06:04:41.15	+02:59:54 (49.3%)	8:10	7.3 (50.3%)
217	APANASIEWICZ Bartosz	397	RUNSPACE.PL	M30	217	00:14:41	03:28:53	04:32:39	05:32:20	05:50:00	06:04:41.15	+02:59:54 (49.3%)	8:10	7.3 (50.3%)
219	PUTAJ Rafał	702	PGB SPORTOWA PACZKA	M30	219	00:14:31	03:28:27	04:48:15	05:38:46	05:50:58	06:05:29.55	+03:00:43 (49.4%)	8:11	7.3 (50.3%)
220	KILIAN Marcin	579		M30	220	00:12:16	03:12:33	04:25:23	05:31:35	05:56:45	06:09:01.95	+03:04:15 (49.9%)	8:16	7.3 (50.3%)
221	GROCHOWSKI Wojciech	512	KW WARSZAWA	M30	221	00:13:33	03:24:00	04:46:47	05:41:56	05:57:52	06:11:25.45	+03:06:39 (50.3%)	8:19	7.2 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
222	ZALEWSKI Karol	488	KOLEBA LUBARTÓW	M30	222	00:14:15	03:23:59	04:45:23	05:40:19	05:58:12	06:12:27.45	+03:07:41 (50.4%)	8:21	7.2 (49.7%)
223	OSIŃSKI Robert	55	NIGHT RUNNERS GLIWICE	M30	223	00:14:07	03:14:50	04:48:16	05:41:49	05:58:33	06:12:40.80	+03:07:54 (50.4%)	8:21	7.2 (49.7%)
224	OBZRUT Bartosz	208	ŚREMSKA GRUPA NIEUSTANYCH OPTYMISTÓW	M30	224	00:15:44	03:22:37	04:41:46	05:38:08	05:59:32	06:15:16.40	+03:10:30 (50.8%)	8:24	7.1 (49.0%)
225	KORNET Jakub	228		M30	225	00:13:31	03:13:05	04:35:52	05:36:31	06:04:44	06:18:15.05	+03:13:28 (51.2%)	8:28	7.1 (49.0%)
226	MAZIEC Dariusz	105	NKB CHYŻY NOWY TOMYŚL	M30	226	00:14:03	03:33:58	04:47:40	05:48:54	06:11:28	06:25:31.40	+03:20:45 (52.1%)	8:38	6.9 (47.6%)
227	BUSZKIEWICZ Mirosław	442	KGB OSTROWIEC ŚWIETOKRZYSKI	M30	227	00:15:23	03:37:51	05:00:21	05:54:58	06:10:19	06:25:42.40	+03:20:56 (52.1%)	8:38	6.9 (47.6%)
228	GEMZIK Jacek	175	NIGHT RUNNERS	M30	228	00:13:50	03:30:35	04:52:24	05:56:38	06:19:25	06:33:15.05	+03:28:28 (53.0%)	8:49	6.8 (46.9%)
229	CAGARA Paweł	171		M30	229	00:14:36	03:35:19	04:54:24	05:55:45	06:20:46	06:35:22.20	+03:30:35 (53.3%)	8:51	6.8 (46.9%)
230	ŚNIEŻKO Eugeniusz	738	TEAM AKTYWNI Z CUKRZYCĄ	M30	230	00:16:38	03:48:44	05:07:28	06:06:43	06:28:48	06:45:26.90	+03:40:40 (54.4%)	9:05	6.6 (45.5%)
	ROBEL Wojciech	630	TG SOKÓŁ SANOK	M30		00:09:39 DNF	02:11:45 DNF	02:54:18 DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIĘBA Marcin	621		M30		00:12:13 DNF	02:51:33 DNF	04:13:28 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 232 wynik(ów)