

II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

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	**CZYŻ Grzegorz**	**7**	GRUPA AZOTY -AUTOMATYKA TARNÓW	M40	1	00:08:04	01:50:52	02:22:13	02:49:27	**02:57:47**	**03:05:51.50**		4:10	14.4 (100%)
2	**WIERNUSZ Krzysztof**	**499**	FINISZ RYMANÓW	M40	2	00:08:37	01:57:55	02:32:20	03:01:41	**03:09:07**	**03:17:44.20**	+00:11:52 (6.0%)	4:26	13.5 (93.8%)
3	**ŚLASKI Radosław**	**542**	WKURW_TEAM	M40	3	00:09:22	02:04:44	02:39:57	03:10:19	**03:18:18**	**03:27:40.35**	+00:21:48 (10.5%)	4:39	12.9 (89.6%)
4	**HADAM Jacek**	**94**	PRZEMYSKI KLUB BIEGACZA	M40	4	00:09:51	02:06:57	02:44:11	03:16:04	**03:23:35**	**03:33:26.65**	+00:27:35 (12.9%)	4:47	12.5 (86.8%)
5	**KOZŁOWSKI Gabriel**	**339**	BÓBR TŁUSZCZ	M40	5	00:08:52	02:02:02	02:39:50	03:15:47	**03:28:10**	**03:37:02.25**	+00:31:10 (14.4%)	4:51	12.3 (85.4%)
6	**GOŁEMBIEWSKI Marek**	**680**	MUKS PIĘTNASTKA/B4SPORT	M40	6	00:09:33	02:10:09	02:47:34	03:20:36	**03:28:36**	**03:38:09.40**	+00:32:17 (14.8%)	4:53	12.3 (85.4%)
7	**TYLEK Rafał**	**236**		M40	7	00:12:04	02:13:00	02:48:39	03:20:26	**03:26:15**	**03:38:19.95**	+00:32:28 (14.9%)	4:53	12.3 (85.4%)
8	**KUCZOK Mirosław**	**16**	FORMA WODZISŁAW ŚLĄSKI/MARATONY POLSKIE	M40	8	00:09:16	02:07:12	02:46:05	03:22:39	**03:32:33**	**03:41:49.60**	+00:35:58 (16.2%)	4:58	12.1 (84.0%)
9	**PORĘBSKI Rafał**	**62**	PORANNY PATROL	M40	9	00:08:39	02:09:57	02:48:35	03:23:31	**03:35:42**	**03:44:21.05**	+00:38:29 (17.2%)	5:01	11.9 (82.6%)
10	**CICHOŃ Maciej**	**144**	42.195 WEJHEROWO	M40	10	00:09:40	02:10:52	02:50:32	03:25:12	**03:35:10**	**03:44:50.60**	+00:38:59 (17.3%)	5:02	11.9 (82.6%)
11	**BIAŁECKI Krzysztof**	**102**	BARLINEK	M40	11	00:10:20	02:12:13	02:50:55	03:27:52	**03:37:46**	**03:48:06.45**	+00:42:14 (18.5%)	5:06	11.7 (81.3%)
12	**POLAK Stanisław**	**75**	MBANK	M40	12	00:09:50	02:15:22	02:54:35	03:29:22	**03:38:29**	**03:48:19.70**	+00:42:28 (18.6%)	5:07	11.7 (81.3%)
13	**SLADECZEK Andrzej**	**582**		M40	13	00:09:19	02:11:39	02:52:02	03:27:52	**03:39:34**	**03:48:53.85**	+00:43:02 (18.8%)	5:07	11.7 (81.3%)
14	**GOTFRYD Adam**	**683**		M40	14	00:10:10	02:13:59	02:54:07	03:29:11	**03:39:27**	**03:49:37.30**	+00:43:45 (19.1%)	5:08	11.7 (81.3%)

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
15	**LESZCZYŃSKI Andrzej**	**191**	BODY CLUB MŁAWA	M40	15	00:11:47	02:16:11	02:56:58	03:33:24	**03:41:30**	**03:53:17.05**	+00:47:25 (20.3%)	5:13	11.5 (79.9%)
16	**JASTRZĄB Piotr**	**187**	DEKAN LESKO	M40	16	00:09:16	02:12:56	02:53:45	03:32:22	**03:44:08**	**03:53:24.60**	+00:47:33 (20.4%)	5:13	11.5 (79.9%)
17	**BEDNARZ Bogdan**	**762**	ŻYWCEM ZABIEGANI	M40	17	00:11:01	02:19:48	03:01:05	03:36:42	**03:45:04**	**03:56:05.85**	+00:50:14 (21.3%)	5:17	11.3 (78.5%)
18	**MAZURKIEWICZ Tomasz**	**642**	ZAPOROWY MARATON TEAM	M40	18	00:09:19	02:17:25	02:59:56	03:36:39	**03:47:29**	**03:56:48.90**	+00:50:57 (21.5%)	5:18	11.3 (78.5%)
19	**LESIK Krzysztof**	**89**	FORMA WODZISŁAW ŚLĄSKI	M40	19	00:09:16	02:12:36	03:00:16	03:36:18	**03:47:46**	**03:57:02.40**	+00:51:10 (21.6%)	5:18	11.3 (78.5%)
20	**MURAK Robert**	**38**		M40	20	00:11:48	02:19:46	03:01:04	03:38:02	**03:45:43**	**03:57:31.90**	+00:51:40 (21.8%)	5:19	11.3 (78.5%)
21	**MAŚLANKA Jacek**	**372**	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	21	00:11:54	02:21:23	03:03:04	03:38:03	**03:46:12**	**03:58:06.05**	+00:52:14 (21.9%)	5:20	11.2 (77.8%)
22	**ZAMOJSKI Robert**	**392**		M40	22	00:10:38	02:21:57	03:02:22	03:38:23	**03:48:06**	**03:58:44.40**	+00:52:52 (22.2%)	5:21	11.2 (77.8%)
23	**JANDZIŚ Wiesław**	**352**	AKTYWNY DYNÓW	M40	23	00:12:50	02:20:03	03:01:03	03:38:48	**03:45:59**	**03:58:49.65**	+00:52:58 (22.2%)	5:21	11.2 (77.8%)
24	**KACZOREK Marcin**	**117**	VW GRUPA KACZOREK	M40	24	00:10:54	02:19:31	03:03:24	03:40:58	**03:50:48**	**04:01:42.90**	+00:55:51 (23.1%)	5:25	11.1 (77.1%)
25	**SUŁKOWSKI Maciej**	**238**		M40	25	00:11:52	02:24:00	03:05:22	03:41:10	**03:50:30**	**04:02:22.50**	+00:56:31 (23.3%)	5:26	11 (76.4%)
26	**NIESYN Adam**	**383**	SPRINT GORZYCE	M40	26	00:09:57	02:17:43	03:03:03	03:41:09	**03:53:07**	**04:03:04.45**	+00:57:12 (23.5%)	5:26	11 (76.4%)
27	**SZWAJKA Robert**	**434**		M40	27	00:11:06	02:20:24	03:03:28	03:42:32	**03:52:43**	**04:03:49.90**	+00:57:58 (23.8%)	5:28	11 (76.4%)
28	**SMOLUCH Ryszard**	**489**		M40	28	00:11:08	02:19:55	03:01:32	03:42:33	**03:53:04**	**04:04:12.80**	+00:58:21 (23.9%)	5:28	11 (76.4%)
29	**MAJEWSKI Piotr**	**784**	MELEX TEAM	M40	29	00:11:22	02:23:10	03:06:30	03:43:21	**03:52:55**	**04:04:17.20**	+00:58:25 (23.9%)	5:28	11 (76.4%)
30	**DWORAKOWSKI Andrzej**	**384**	ŁAPSCY LAJTOWCY	M40	30	00:11:40	02:20:57	03:03:31	03:42:34	**03:53:13**	**04:04:53.25**	+00:59:01 (24.1%)	5:29	10.9 (75.7%)
31	**PASTWA Grzegorz**	**797**	ULTRA BESKID SPORT	M40	31	00:10:28	02:22:34	03:08:47	03:44:43	**03:54:31**	**04:04:59.70**	+00:59:08 (24.1%)	5:29	10.9 (75.7%)
32	**WÓJCIK Tomasz**	**529**	ATYWNA STRONA ŻYCIA	M40	32	00:12:21	02:30:20	03:11:14	03:46:56	**03:53:58**	**04:06:19.30**	+01:00:27 (24.5%)	5:31	10.9 (75.7%)
33	**SZYK Artur**	**237**	JGB SOKÓŁ JAROSŁAW	M40	33	00:11:53	02:23:14	03:06:53	03:45:03	**03:54:58**	**04:06:51.95**	+01:01:00 (24.7%)	5:32	10.8 (75.0%)
34	**PACHO Sylwester**	**219**	PAPIKI	M40	34	00:10:32	02:25:28	03:11:57	03:48:04	**03:57:41**	**04:08:13.05**	+01:02:21 (25.1%)	5:33	10.8 (75.0%)
35	**KONIARZ Michał**	**68**		M40	35	00:10:17	02:24:10	03:07:48	03:47:39	**03:58:00**	**04:08:17.45**	+01:02:25 (25.1%)	5:34	10.8 (75.0%)
36	**PINDUR Grzegorz**	**268**		M40	36	00:10:24	02:21:37	03:07:13	03:47:15	**03:58:58**	**04:09:22.95**	+01:03:31 (25.5%)	5:35	10.7 (74.3%)
37	**GOSTYŃSKI Krzysztof**	**675**	GOSTYŃSCY TEAM	M40	37	00:12:41	02:24:37	03:10:26	03:49:25	**03:58:10**	**04:10:51.00**	+01:04:59 (25.9%)	5:37	10.7 (74.3%)

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	**KRUPA Grzegorz**	**774**	KB SOBÓTKA	M40	38	00:14:37	02:27:28	03:11:17	03:49:45	**03:56:19**	**04:10:56.40**	+01:05:04 (25.9%)	5:37	10.7 (74.3%)
39	**RAMS Tadeusz**	**604**	TEAM WOLBROM	M40	39	00:13:51	02:26:23	03:12:28	03:51:14	**03:58:17**	**04:12:08.55**	+01:06:17 (26.3%)	5:39	10.6 (73.6%)
40	**AUGUSTYNIAK Mariusz**	**231**	UKS TRS SUSZ	M40	40	00:11:16	02:24:41	03:10:13	03:51:12	**04:01:10**	**04:12:26.90**	+01:06:35 (26.4%)	5:39	10.6 (73.6%)
41	**MIEKUS Hubert**	**369**	ACCENTURE	M40	41	00:11:41	02:27:27	03:12:46	03:52:47	**04:04:52**	**04:16:33.10**	+01:10:41 (27.6%)	5:45	10.4 (72.2%)
42	**ZGIET Radosław**	**555**		M40	42	00:10:30	02:25:16	03:12:25	03:53:30	**04:06:15**	**04:16:45.10**	+01:10:53 (27.6%)	5:45	10.4 (72.2%)
43	**POLAK Grzegorz**	**101**	KEREZA TEAM	M40	43	00:12:33	02:27:36	03:12:23	03:53:33	**04:04:44**	**04:17:17.85**	+01:11:26 (27.8%)	5:46	10.4 (72.2%)
44	**WISZOWATY Mariusz**	**527**	AMATOR	M40	44	00:09:38	02:26:43	03:14:45	03:54:36	**04:07:58**	**04:17:36.65**	+01:11:45 (27.9%)	5:46	10.4 (72.2%)
45	**CZUBA Adam**	**44**	BOOT CAMP POLSKA/TORUŃ	M40	45	00:12:48	02:26:47	03:12:50	03:55:31	**04:06:24**	**04:19:12.45**	+01:13:20 (28.3%)	5:48	10.3 (71.5%)
46	**POLAK Jacek**	**381**	BIEGUSIEM.PL	M40	46	00:12:35	02:35:15	03:20:35	03:58:59	**04:07:01**	**04:19:36.20**	+01:13:44 (28.4%)	5:49	10.3 (71.5%)
47	**NIEMCZEWSKI Borys**	**67**	TIMEBANDIT CORPS	M40	47	00:10:58	02:27:38	03:17:42	03:58:38	**04:09:04**	**04:20:02.55**	+01:14:11 (28.5%)	5:49	10.3 (71.5%)
48	**GOTOWIEC Darek**	**296**	BÓBR TŁUSZCZ	M40	48	00:13:11	02:31:31	03:16:17	03:56:30	**04:07:13**	**04:20:24.75**	+01:14:33 (28.6%)	5:50	10.3 (71.5%)
49	**SOKALSKI Grzegorz**	**682**	PARKRUN KONSTANCIN	M40	49	00:11:57	02:27:38	03:16:39	03:57:26	**04:08:40**	**04:20:37.20**	+01:14:45 (28.7%)	5:50	10.3 (71.5%)
50	**ABEL Krzysiek**	**570**	BIEGAM BO LUBIĘ	M40	50	00:12:52	02:29:37	03:17:05	03:57:39	**04:08:59**	**04:21:51.15**	+01:15:59 (29.0%)	5:52	10.2 (70.8%)
51	**AKSTINAS Petras**	**722**	VILNIUS	M40	51	00:09:17	02:17:56	03:09:24	03:56:59	**04:12:36**	**04:21:53.35**	+01:16:01 (29.0%)	5:52	10.2 (70.8%)
52	**BRYNDZA Krzysztof**	**466**	SPEED TEAM	M40	52	00:13:15	02:39:42	03:24:55	04:03:41	**04:11:15**	**04:24:30.65**	+01:18:39 (29.7%)	5:55	10.1 (70.1%)
53	**CIESLAK Marek**	**85**		M40	53	00:12:08	02:27:59	03:15:25	03:59:49	**04:12:50**	**04:24:58.40**	+01:19:06 (29.9%)	5:56	10.1 (70.1%)
54	**MAŁYSZA Sławomir**	**235**		M40	54	00:13:07	02:32:00	03:20:59	04:01:41	**04:11:56**	**04:25:03.55**	+01:19:12 (29.9%)	5:56	10.1 (70.1%)
55	**WOJCIECHOWSKI Krzysztof**	**490**	RADLINIOKI W BIEGU	M40	55	00:12:08	02:33:04	03:22:08	04:04:16	**04:14:21**	**04:26:29.50**	+01:20:38 (30.3%)	5:58	10 (69.4%)
56	**ZAJĄCZKOWSKI Jerzy**	**205**		M40	56	00:11:07	02:25:49	03:14:00	04:00:13	**04:15:42**	**04:26:49.85**	+01:20:58 (30.3%)	5:58	10 (69.4%)
57	**KMAK Sławomir**	**413**	PAPIKI	M40	57	00:10:32	02:25:31	03:18:02	04:03:13	**04:16:30**	**04:27:02.25**	+01:21:10 (30.4%)	5:59	10 (69.4%)
58	**PAWLUŚ Mirosław**	**279**	JSC JASŁO	M40	58	00:12:02	02:26:44	03:20:33	04:03:40	**04:15:06**	**04:27:08.65**	+01:21:17 (30.4%)	5:59	10 (69.4%)
59	**STĘPIEŃ Wojciech**	**118**	JM RUNNING TEAM / NIGHT RUNNERS GLIWICE	M40	59	00:12:10	02:31:31	03:22:36	04:04:42	**04:15:18**	**04:27:28.15**	+01:21:36 (30.5%)	5:59	10 (69.4%)
60	**DERSLEY Stephen**	**77**		M40	60	00:11:28	02:33:18	03:21:33	04:05:00	**04:17:06**	**04:28:34.10**	+01:22:42 (30.8%)	6:01	10 (69.4%)

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61	**MŁODOŻENIEC Jacek**	**48**	REMBERTÓW TEAM	M40	61	00:12:36	02:35:36	03:20:30	04:03:39	**04:16:39**	**04:29:15.45**	+01:23:23 (31.0%)	6:02	9.9 (68.8%)
62	**BIELEC Artur**	**80**	REMBERTÓW TEAM	M40	62	00:12:35	02:34:39	03:20:30	04:03:35	**04:16:40**	**04:29:15.65**	+01:23:24 (31.0%)	6:02	9.9 (68.8%)
63	**KOCIEMBA Dariusz**	**710**	W TRI TEAM / LABOSPORT TEAM	M40	63	00:10:47	02:37:51	03:26:19	04:08:33	**04:20:29**	**04:31:16.85**	+01:25:25 (31.5%)	6:04	9.9 (68.8%)
64	**IDZIK Dariusz**	**661**		M40	64	00:11:40	02:30:00	03:21:17	04:06:15	**04:19:48**	**04:31:28.85**	+01:25:37 (31.5%)	6:05	9.9 (68.8%)
65	**GŁADYSZ Rafał**	**639**	WKURW_TEAM	M40	65	00:12:21	02:33:15	03:21:42	04:08:04	**04:19:13**	**04:31:34.15**	+01:25:42 (31.6%)	6:05	9.9 (68.8%)
66	**SZPYT Ryszard**	**310**	BIŁGORAJ BIEGA	M40	66	00:12:59	02:44:28	03:30:30	04:10:48	**04:19:24**	**04:32:23.45**	+01:26:31 (31.8%)	6:06	9.8 (68.1%)
67	**SIKORA Jacek**	**157**	WATER TEAM	M40	67	00:10:37	02:31:26	03:27:29	04:09:27	**04:23:35**	**04:34:12.55**	+01:28:21 (32.2%)	6:08	9.8 (68.1%)
68	**CETNAROWSKI Marcin**	**758**		M40	68	00:12:12	02:33:20	03:28:12	04:08:35	**04:22:02**	**04:34:14.15**	+01:28:22 (32.2%)	6:08	9.8 (68.1%)
69	**CHOJECKI Dariusz**	**116**	KEREZA LUBLIN	M40	69	00:12:34	02:38:55	03:29:52	04:13:25	**04:21:46**	**04:34:20.25**	+01:28:28 (32.3%)	6:09	9.8 (68.1%)
70	**DROZD Maciej**	**457**		M40	70	00:12:44	02:44:10	03:32:22	04:12:35	**04:21:42**	**04:34:26.05**	+01:28:34 (32.3%)	6:09	9.8 (68.1%)
71	**SAPIŃSKI Mariusz**	**363**	OSTOYA RYNNING TEAM	M40	71	00:12:40	02:42:36	03:30:50	04:12:33	**04:23:49**	**04:36:29.65**	+01:30:38 (32.8%)	6:11	9.7 (67.4%)
72	**LEGUTKO Włodzimierz**	**362**	OSTOYA RUNNING TEAM	M40	72	00:12:40	02:42:36	03:30:51	04:12:34	**04:23:49**	**04:36:29.75**	+01:30:38 (32.8%)	6:11	9.7 (67.4%)
73	**SUCHODOLSKI Jerzy**	**172**		M40	73	00:12:03	02:43:11	03:29:23	04:11:15	**04:25:06**	**04:37:09.90**	+01:31:18 (32.9%)	6:12	9.7 (67.4%)
74	**MAJKUCIŃSKI Marek**	**188**	BIEGIEM RADOM!	M40	74	00:11:11	02:37:25	03:30:52	04:13:08	**04:26:09**	**04:37:20.10**	+01:31:28 (33.0%)	6:13	9.6 (66.7%)
75	**GRZANECKI Rafal**	**13**	PIER...NIEBIEGAM:)	M40	75	00:12:15	02:40:06	03:27:10	04:12:11	**04:25:13**	**04:37:28.75**	+01:31:37 (33.0%)	6:13	9.6 (66.7%)
76	**JACHYM Marcin**	**571**	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	76	00:10:29	02:38:51	03:28:56	04:13:05	**04:27:11**	**04:37:40.95**	+01:31:49 (33.1%)	6:13	9.6 (66.7%)
77	**WRÓBEL Grzegorz**	**584**		M40	77	00:13:22	02:31:11	03:31:56	04:13:43	**04:24:46**	**04:38:08.70**	+01:32:17 (33.2%)	6:14	9.6 (66.7%)
78	**PIETRASZEK Mirek**	**732**		M40	78	00:12:19	02:37:40	03:29:29	04:15:04	**04:27:13**	**04:39:32.05**	+01:33:40 (33.5%)	6:16	9.6 (66.7%)
79	**CHODKIEWICZ Tomasz**	**653**	PEUGEOT POLSKA	M40	79	00:12:18	02:40:04	03:31:20	04:15:48	**04:27:22**	**04:39:40.55**	+01:33:49 (33.5%)	6:16	9.6 (66.7%)
80	**PLEWA Tomasz**	**24**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	80	00:10:55	02:34:28	03:33:00	04:16:09	**04:29:48**	**04:40:43.75**	+01:34:52 (33.8%)	6:17	9.5 (66.0%)
81	**PILICHOWSKI Wojciech**	**266**	GRUPA SZALONYCH ROWERZYSTÓW	M40	81	00:11:08	02:35:28	03:30:48	04:14:12	**04:30:14**	**04:41:22.75**	+01:35:31 (33.9%)	6:18	9.5 (66.0%)
81	**CHABROWSKI Paweł**	**588**		M40	81	00:11:23	02:35:32	03:30:42	04:14:36	**04:29:59**	**04:41:22.75**	+01:35:31 (33.9%)	6:18	9.5 (66.0%)
83	**FELIŃSKI Tomasz**	**593**		M40	83	00:11:25	02:35:59	03:30:43	04:15:18	**04:29:58**	**04:41:23.15**	+01:35:31 (33.9%)	6:18	9.5 (66.0%)

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
84	**KULESZA Robert**	**706**		M40	84	00:11:24	02:35:45	03:32:02	04:14:32	**04:29:59**	**04:41:23.30**	+01:35:31 (33.9%)	6:18	9.5 (66.0%)
85	**SMYK Robert**	**766**	OTK RZEŹNIK	M40	85	00:13:19	02:44:06	03:38:28	04:17:31	**04:29:49**	**04:43:08.55**	+01:37:17 (34.4%)	6:20	9.5 (66.0%)
86	**CISKI Piotr**	**598**		M40	86	00:13:35	02:42:39	03:35:01	04:18:08	**04:29:38**	**04:43:13.30**	+01:37:21 (34.4%)	6:21	9.4 (65.3%)
87	**MAZUREK Krzysztof**	**373**		M40	87	00:12:36	02:40:49	03:36:48	04:19:38	**04:30:44**	**04:43:20.10**	+01:37:28 (34.4%)	6:21	9.4 (65.3%)
88	**SROKA Zbigniew**	**739**		M40	88	00:13:05	02:47:25	03:36:40	04:21:20	**04:34:09**	**04:47:14.90**	+01:41:23 (35.3%)	6:26	9.3 (64.6%)
89	**SKRZESZEWSKI Henryk P.**	**156**	I-BS.PL SPORT TEAM	M40	89	00:12:30	02:35:15	03:31:15	04:22:08	**04:34:52**	**04:47:22.05**	+01:41:30 (35.3%)	6:26	9.3 (64.6%)
90	**PIKOR Jacek**	**199**		M40	90	00:13:06	02:41:49	03:39:35	04:22:24	**04:34:58**	**04:48:04.40**	+01:42:12 (35.5%)	6:27	9.3 (64.6%)
91	**ORZECH Artur**	**376**	KROKODYLE	M40	91	00:11:10	02:49:04	03:43:39	04:26:08	**04:37:47**	**04:48:57.30**	+01:43:05 (35.7%)	6:28	9.3 (64.6%)
92	**BATKO Marcin**	**353**	UKS SZKOŁA RAJSKA	M40	92	00:12:22	02:41:28	03:37:59	04:25:16	**04:39:28**	**04:51:50.85**	+01:45:59 (36.3%)	6:32	9.2 (63.9%)
93	**ŚWIDZIŃSKI Tomasz**	**645**	VEGE RUNNERS	M40	93	00:13:43	02:55:29	03:46:31	04:30:28	**04:40:01**	**04:53:44.60**	+01:47:53 (36.7%)	6:35	9.1 (63.2%)
94	**RZĄDKOWSKI Krzysztof**	**431**	KWW	M40	94	00:14:08	02:53:56	03:44:13	04:29:36	**04:39:52**	**04:54:00.05**	+01:48:08 (36.8%)	6:35	9.1 (63.2%)
95	**DZIEKAN Krzysztof**	**243**		M40	95	00:12:57	02:57:27	03:48:34	04:31:49	**04:42:31**	**04:55:28.65**	+01:49:37 (37.1%)	6:37	9.1 (63.2%)
96	**MISIAK Mirek**	**644**	WIDŁOROGI	M40	96	00:13:11	02:43:07	03:44:25	04:30:00	**04:42:22**	**04:55:33.60**	+01:49:42 (37.1%)	6:37	9.1 (63.2%)
97	**WOJDA Dariusz**	**32**	DZIKIE DZIKI	M40	97	00:12:07	02:52:44	03:48:49	04:32:32	**04:43:45**	**04:55:52.50**	+01:50:01 (37.2%)	6:38	9 (62.5%)
98	**OLESZCZUK Zbigniew**	**99**	KRASNYSTAW BIEGA	M40	98	00:11:59	02:52:57	03:54:38	04:36:36	**04:44:54**	**04:56:53.55**	+01:51:02 (37.4%)	6:39	9 (62.5%)
99	**RYCYK Grzegorz**	**53**	KRASNYSTAW BIEGA	M40	99	00:11:59	02:52:57	03:54:38	04:36:34	**04:44:54**	**04:56:53.60**	+01:51:02 (37.4%)	6:39	9 (62.5%)
100	**SZYMIK Marcin**	**476**	RATOWNIK GÓRNICZY	M40	100	00:12:08	02:45:00	03:40:37	04:29:33	**04:44:48**	**04:56:56.95**	+01:51:05 (37.4%)	6:39	9 (62.5%)
101	**ĆWIEK Dariusz**	**657**	DARIUS	M40	101	00:15:12	02:53:39	03:47:20	04:31:33	**04:42:45**	**04:57:57.00**	+01:52:05 (37.6%)	6:40	9 (62.5%)
102	**DZIADOSZ Jerzy**	**666**	ONEMANTEAM	M40	102	00:13:50	02:45:50	03:46:33	04:33:27	**04:45:23**	**04:59:13.00**	+01:53:21 (37.9%)	6:42	8.9 (61.8%)
103	**HOWIL Waldemar**	**143**	KAIZEN	M40	103	00:12:41	02:41:01	03:43:15	04:32:44	**04:46:48**	**04:59:29.65**	+01:53:38 (37.9%)	6:42	8.9 (61.8%)
104	**GRENDZIŃSKI Andrzej**	**664**	PGB SPORTOWA PACZKA	M40	104	00:13:10	02:53:00	03:47:23	04:35:17	**04:46:33**	**04:59:43.70**	+01:53:52 (38.0%)	6:43	8.9 (61.8%)
105	**KWATERA Tomasz**	**659**	KB LOK BOCHNIA	M40	105	00:13:21	02:56:34	03:51:17	04:36:53	**04:47:28**	**05:00:49.95**	+01:54:58 (38.2%)	6:44	8.9 (61.8%)
106	**BOLANOWSKI Piotr**	**225**	POSADA GÓRNA	M40	106	00:11:08	02:47:49	03:52:19	04:36:37	**04:49:55**	**05:01:03.80**	+01:55:12 (38.3%)	6:45	8.9 (61.8%)

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
107	**SZULC Krzysztof**	**308**	JOCKER TEAM	M40	107	00:13:07	02:48:15	03:48:31	04:36:06	**04:48:01**	**05:01:08.85**	+01:55:17 (38.3%)	6:45	8.9 (61.8%)
108	**HERMANOWSKI Robert**	**164**	W4TEAM	M40	108	00:12:06	02:58:16	03:55:11	04:37:33	**04:49:50**	**05:01:56.65**	+01:56:05 (38.4%)	6:46	8.9 (61.8%)
109	**TOMASZEWSKI Wojtek**	**511**	BRACIAT	M40	109	00:12:16	02:48:24	03:55:18	04:38:36	**04:50:06**	**05:02:22.40**	+01:56:30 (38.5%)	6:46	8.9 (61.8%)
110	**KOWALCZYK Grzesiek**	**628**		M40	110	00:11:50	02:48:45	03:48:48	04:35:51	**04:51:16**	**05:03:06.00**	+01:57:14 (38.7%)	6:47	8.8 (61.1%)
111	**LUPA Adam**	**517**	NTT TRIADA NAMYSŁÓW	M40	111	00:14:06	02:50:32	03:51:52	04:38:35	**04:49:45**	**05:03:51.95**	+01:58:00 (38.8%)	6:48	8.8 (61.1%)
112	**SIEKIERSKI Krzysztof**	**709**	KEREZA LUBLIN	M40	112	00:13:31	02:48:01	03:46:14	04:36:08	**04:50:38**	**05:04:09.60**	+01:58:18 (38.9%)	6:49	8.8 (61.1%)
113	**DRAPAŁA Jan**	**377**	KROKODYLE	M40	113	00:11:10	02:49:06	03:50:18	04:37:56	**04:55:26**	**05:06:36.85**	+02:00:45 (39.4%)	6:52	8.7 (60.4%)
114	**PESZEK Bogdan**	**209**	AKTYWNY DYNÓW	M40	114	00:13:58	02:57:44	03:55:35	04:42:18	**04:54:14**	**05:08:12.25**	+02:02:20 (39.7%)	6:54	8.7 (60.4%)
115	**SIÓDMIAK Cezary**	**33**		M40	115	00:13:43	02:59:49	03:55:57	04:42:17	**04:54:51**	**05:08:34.95**	+02:02:43 (39.8%)	6:55	8.7 (60.4%)
116	**ZIELONKA Bogumił**	**507**	PIOTRKOWSKI KLUB BIEGACZA ' ENDORFINA'	M40	116	00:15:18	03:05:54	04:01:19	04:46:15	**04:55:01**	**05:10:19.20**	+02:04:27 (40.1%)	6:57	8.6 (59.7%)
117	**SEWERYN Tomasz**	**539**		M40	117	00:13:55	02:57:23	03:56:01	04:44:31	**04:56:34**	**05:10:29.45**	+02:04:37 (40.1%)	6:57	8.6 (59.7%)
118	**SIDOR Paweł**	**163**	W4TEAM	M40	118	00:12:05	03:03:47	03:59:39	04:46:58	**04:59:07**	**05:11:12.20**	+02:05:20 (40.3%)	6:58	8.6 (59.7%)
119	**ZDULSKI Bartosz**	**64**		M40	119	00:12:05	03:04:11	03:59:48	04:46:58	**04:59:07**	**05:11:12.40**	+02:05:20 (40.3%)	6:58	8.6 (59.7%)
120	**KWIECIEŃ Krzysztof**	**663**	RUNSHOP.PL	M40	120	00:13:05	03:03:50	04:03:13	04:45:40	**04:58:29**	**05:11:34.80**	+02:05:43 (40.3%)	6:59	8.6 (59.7%)
121	**HYZIAK Jakub**	**112**	JJ.RUNNERS GORLICE	M40	121	00:13:18	03:05:21	03:59:23	04:46:17	**04:58:41**	**05:11:59.35**	+02:06:07 (40.4%)	6:59	8.6 (59.7%)
122	**DOMBROWSKI Wojciech**	**91**		M40	122	00:14:45	03:01:04	04:01:23	04:45:04	**04:57:21**	**05:12:06.80**	+02:06:15 (40.5%)	6:59	8.6 (59.7%)
123	**GĄSZCZYK Grzegorz**	**74**	NOWA HUTA TEAM	M40	123	00:13:22	02:52:17	04:05:01	04:49:27	**04:58:59**	**05:12:21.25**	+02:06:29 (40.5%)	7:00	8.6 (59.7%)
124	**MUCHA Tomasz**	**439**		M40	124	00:14:33	02:58:47	04:00:28	04:45:10	**04:58:09**	**05:12:42.95**	+02:06:51 (40.6%)	7:00	8.6 (59.7%)
125	**SIENKIEWICZ Wojciech**	**463**		M40	125	00:12:37	02:48:05	03:53:21	04:43:36	**05:00:16**	**05:12:53.10**	+02:07:01 (40.6%)	7:00	8.6 (59.7%)
126	**GAŁUSZKA Bogdan**	**73**	JGB 'SOKÓŁ'	M40	126	00:14:10	03:01:02	03:58:12	04:47:05	**04:58:50**	**05:13:00.95**	+02:07:09 (40.6%)	7:01	8.5 (59.0%)
127	**STEC Sebastian**	**793**	SIEMUSZOWA	M40	127	00:13:53	02:59:24	03:56:39	04:46:24	**04:59:52**	**05:13:45.65**	+02:07:54 (40.8%)	7:02	8.5 (59.0%)
128	**LAUER Jarosław**	**59**		M40	128	00:14:08	02:55:10	03:57:38	04:46:21	**05:00:34**	**05:14:42.65**	+02:08:51 (40.9%)	7:03	8.5 (59.0%)
129	**WAJCOWICZ Witold**	**98**		M40	129	00:12:07	02:59:21	03:59:17	04:49:05	**05:03:38**	**05:15:45.95**	+02:09:54 (41.1%)	7:04	8.5 (59.0%)

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	**HRYSZKIEWICZ Janusz**	**234**	UNISONO FLOW / AKMB PEDZIWIATR GLIWICE	M40	130	00:15:14	03:08:19	04:06:26	04:51:57	**05:00:45**	**05:15:59.25**	+02:10:07 (41.2%)	7:05	8.5 (59.0%)
131	**KOPER Jacek**	**222**		M40	131	00:12:52	03:05:48	04:03:10	04:49:43	**05:03:21**	**05:16:13.70**	+02:10:22 (41.2%)	7:05	8.5 (59.0%)
132	**PAPIERSKI Leszek**	**667**	PGB SPORTOWA PACZKA	M40	132	00:13:04	03:02:52	04:05:14	04:51:05	**05:03:24**	**05:16:28.30**	+02:10:36 (41.3%)	7:05	8.5 (59.0%)
133	**LOREK Marek**	**239**		M40	133	00:11:30	02:58:33	03:58:13	04:50:27	**05:07:01**	**05:18:31.40**	+02:12:39 (41.7%)	7:08	8.4 (58.3%)
134	**LESZCZYŃSKI Radosław**	**586**	AIR CONSULTING	M40	134	00:14:46	03:03:46	04:06:09	04:53:23	**05:06:04**	**05:20:50.70**	+02:14:59 (42.1%)	7:11	8.3 (57.6%)
135	**ARGALSKI Grzegorz**	**769**	KW TRÓJMIASTO	M40	135	00:12:33	02:55:36	04:07:21	04:56:32	**05:10:28**	**05:23:01.50**	+02:17:10 (42.5%)	7:14	8.3 (57.6%)
136	**CHWALISZEWSKI Jarosław**	**121**	NIGHT RUNNERS GLIWICE	M40	136	00:12:33	02:59:37	04:03:46	04:55:14	**05:12:07**	**05:24:40.45**	+02:18:48 (42.8%)	7:16	8.2 (56.9%)
137	**CEGLIŃSKI Sebastian**	**711**	JAKOOBCYCLES	M40	137	00:14:06	02:57:58	04:03:58	04:56:42	**05:11:06**	**05:25:12.90**	+02:19:21 (42.9%)	7:17	8.2 (56.9%)
138	**SKONECZNY Artur**	**192**	OPL	M40	138	00:14:28	03:04:50	04:09:02	04:57:10	**05:10:53**	**05:25:21.55**	+02:19:30 (42.9%)	7:17	8.2 (56.9%)
139	**KAPELKO Bogdan**	**616**		M40	139	00:14:17	02:57:10	04:01:59	04:53:18	**05:11:33**	**05:25:50.20**	+02:19:58 (43.0%)	7:18	8.2 (56.9%)
140	**RĘKAWEK Artur**	**412**	TRUCHTACZ.PL	M40	140	00:13:00	03:05:30	04:10:37	04:58:31	**05:14:03**	**05:27:03.85**	+02:21:12 (43.2%)	7:19	8.2 (56.9%)
141	**RUPIK Piotr**	**159**		M40	141	00:12:45	03:07:33	04:10:32	04:59:44	**05:14:32**	**05:27:17.00**	+02:21:25 (43.2%)	7:20	8.2 (56.9%)
142	**BŁACHOWICZ Rafał**	**497**	ZABIEGANI MIELEC	M40	142	00:13:27	03:11:42	04:17:44	05:05:30	**05:16:44**	**05:30:11.20**	+02:24:19 (43.7%)	7:24	8.1 (56.3%)
143	**RESZYTYŁO Grzegorz**	**641**		M40	143	00:14:24	03:11:58	04:16:45	05:06:02	**05:17:48**	**05:32:12.80**	+02:26:21 (44.1%)	7:26	8.1 (56.3%)
144	**DROŻDŻ Witold**	**295**	POLSKIE HIMALAJE 2018	M40	144	00:12:10	03:01:06	04:04:50	05:02:25	**05:21:22**	**05:33:32.75**	+02:27:41 (44.3%)	7:28	8 (55.6%)
145	**KRAUSE Dariusz**	**25**	FORMA WODZISŁAW ŚLĄSKI/ RADLIN	M40	145	00:12:09	03:04:58	04:17:49	05:07:11	**05:21:55**	**05:34:04.85**	+02:28:13 (44.4%)	7:29	8 (55.6%)
146	**WIŚNIEWSKI Marcin**	**544**	JANO TECHNIKA SANITARNA	M40	146	00:13:48	03:03:53	04:12:05	05:04:26	**05:20:22**	**05:34:10.60**	+02:28:19 (44.4%)	7:29	8 (55.6%)
147	**JAKUBOWSKI Wojciech**	**72**	KB GEOTERMIA UNIEJÓW	M40	147	00:14:30	03:16:39	04:23:33	05:10:07	**05:19:51**	**05:34:21.95**	+02:28:30 (44.4%)	7:29	8 (55.6%)
148	**PACZKOWSKI Bartosz**	**510**	218CREW	M40	148	00:14:18	03:00:57	04:08:17	05:03:29	**05:21:09**	**05:35:27.30**	+02:29:35 (44.6%)	7:31	8 (55.6%)
149	**ZAMOJSKI Adam**	**126**	ICHTIS	M40	149	00:13:34	03:04:54	04:22:43	05:10:33	**05:23:17**	**05:36:51.55**	+02:31:00 (44.8%)	7:33	7.9 (54.9%)
150	**FRUCZ Jacek**	**348**		M40	150	00:14:35	03:14:10	04:18:50	05:08:53	**05:22:26**	**05:37:01.75**	+02:31:10 (44.9%)	7:33	7.9 (54.9%)
151	**ŁABĘDZKI Bogusław**	**336**	SBD ENERGETYK RYBNIK	M40	151	00:15:22	03:13:25	04:18:38	05:10:39	**05:23:11**	**05:38:33.00**	+02:32:41 (45.1%)	7:35	7.9 (54.9%)
152	**BISKUP Rafał**	**633**		M40	152	00:10:46	03:05:40	04:21:06	05:12:02	**05:29:35**	**05:40:21.70**	+02:34:30 (45.4%)	7:37	7.9 (54.9%)

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	**MARECKI Piotr**	**462**	KB LOK BOCHNIA	M40	153	00:14:27	03:22:21	04:30:23	05:16:25	**05:25:59**	**05:40:26.75**	+02:34:35 (45.4%)	7:37	7.9 (54.9%)
154	**CEMPURA Lech**	**632**	CEMPURA LECH	M40	154	00:14:05	03:12:59	04:18:30	05:13:15	**05:27:53**	**05:41:58.25**	+02:36:06 (45.7%)	7:40	7.8 (54.2%)
155	**GRZYBEK Piotr**	**765**	KEREZA LUBLIN	M40	155	00:13:56	03:13:10	04:22:36	05:14:30	**05:31:47**	**05:45:43.85**	+02:39:52 (46.2%)	7:45	7.7 (53.5%)
156	**BATOR Marek**	**393**		M40	156	00:15:15	03:16:29	04:21:58	05:17:36	**05:31:14**	**05:46:29.30**	+02:40:37 (46.4%)	7:46	7.7 (53.5%)
157	**HEJMAN Maciej**	**780**	WKURW_TEAM	M40	157	00:13:57	03:15:33	04:25:37	05:18:23	**05:34:47**	**05:48:44.10**	+02:42:52 (46.7%)	7:49	7.7 (53.5%)
158	**ŁUKASIEWICZ Marcin**	**500**	KS START PUŁASKI WARKA	M40	158	00:12:49	03:13:34	04:30:20	05:20:41	**05:36:46**	**05:49:35.65**	+02:43:44 (46.8%)	7:50	7.7 (53.5%)
159	**SIDOROWICZ Grzegorz**	**697**	AXA RUNNING TEAM	M40	159	00:12:32	03:15:40	04:22:51	05:19:50	**05:38:27**	**05:50:59.25**	+02:45:07 (47.0%)	7:52	7.6 (52.8%)
160	**WESTER Mieczyslaw**	**612**	NIGHT RUNNERS GLIWICE	M40	160	00:14:48	03:24:24	04:32:17	05:21:53	**05:37:15**	**05:52:03.10**	+02:46:11 (47.2%)	7:53	7.6 (52.8%)
161	**NIEDZWIEDZKI Tomasz**	**626**		M40	161	00:11:45	03:17:16	04:38:30	05:29:06	**05:45:46**	**05:57:31.30**	+02:51:39 (48.0%)	8:00	7.5 (52.1%)
162	**SPYRA Zdzisław**	**261**	ŚLĄSKA OFICYNA DRUKARSKA	M40	162	00:15:01	03:21:05	04:36:34	05:31:37	**05:48:07**	**06:03:08.05**	+02:57:16 (48.8%)	8:08	7.4 (51.4%)
163	**JUCHA Jacek**	**46**	CA BROKER/ CA AKTYWNI	M40	163	00:15:24	03:27:30	04:37:27	05:31:30	**05:47:44**	**06:03:08.30**	+02:57:16 (48.8%)	8:08	7.4 (51.4%)
164	**ŚWIĘTOCHOWSKI Arkadiusz**	**84**	GRUPA SKROMNYCH BIEGACZY	M40	164	00:13:39	03:13:39	04:40:48	05:34:33	**05:52:00**	**06:05:39.65**	+02:59:48 (49.2%)	8:11	7.3 (50.7%)
165	**ZDYBEL Tomasz**	**509**	BADASS RUNNERS	M40	165	00:15:06	03:22:41	04:36:31	05:33:36	**05:50:50**	**06:05:56.85**	+03:00:05 (49.2%)	8:12	7.3 (50.7%)
166	**JACKOWSKI Jacek**	**27**	JGB 'SOKÓŁ'	M40	166	00:14:10	03:19:16	04:35:49	05:34:44	**05:52:38**	**06:06:48.65**	+03:00:57 (49.3%)	8:13	7.3 (50.7%)
167	**DURA Piotr**	**789**	WKURW_TEAM	M40	167	00:15:19	03:32:24	04:39:12	05:34:21	**05:53:40**	**06:08:59.05**	+03:03:07 (49.6%)	8:16	7.3 (50.7%)
168	**PIĄTEK Roman**	**701**	PGB SPORTOWA PACZKA	M40	168	00:14:34	03:28:26	04:48:12	05:39:51	**05:55:04**	**06:09:38.60**	+03:03:47 (49.7%)	8:17	7.2 (50.0%)
169	**KONIECZNY Jacek**	**530**	DRUŻYNA SZPIKU	M40	169	00:15:43	03:09:42	04:41:46	05:37:38	**05:54:22**	**06:10:05.55**	+03:04:14 (49.8%)	8:17	7.2 (50.0%)
170	**KRYGOWSKI Zbigniew**	**638**	BIEGAM AS LUBACZÓW	M40	170	00:13:34	03:26:04	04:40:59	05:39:55	**05:56:59**	**06:10:33.35**	+03:04:41 (49.8%)	8:18	7.2 (50.0%)
171	**KOWALCZYK Mariusz**	**47**		M40	171	00:13:47	03:07:44	04:45:33	05:45:35	**06:06:07**	**06:19:54.70**	+03:14:03 (51.1%)	8:31	7 (48.6%)
DQ	**LIPUS Andrzej**	**327**		M40		DQ	DQ	DQ	DQ	**DQ**	**DQ**		0:00	43.7 (303.5%)
	JEŻ Marcin	**388**		M40		00:09:52 DNF	02:24:34 DNF	03:39:48 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOCIOŁEK Andrzej	**110**	KANCELARIA SPORTOWA STASZEWSCY	M40		00:14:45 DNF	03:01:17 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 174 wynik(ów)