



III ULTRA MARATON BIESZCZADZKI

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

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	KOCZWARA Tomek	504	RADOMYŚL WIELKI	M30	1	00:52:56	02:28:37	03:24:20		04:51:23.90	04:51:35.15		5:36	10.7 (100%)
2	KRZYSZTOŃ Marcin	380	GMP LASZY	M30	2	00:53:02	02:28:42	03:24:26		04:53:03.40	04:53:08.15	+00:01:33 (0.5%)	5:38	10.6 (99.1%)
3	LITWIŃSKI Robert	668	VEGERUNNERS GRUDZIĄDZ	M30	3	00:55:22	02:28:52	03:23:49		04:53:00.30	04:53:12.60	+00:01:37 (0.6%)	5:38	10.6 (99.1%)
4	WIERNUSZ Krzysztof	478	FINISZ RYMANÓW	M30	4	00:52:48	02:28:48	03:26:53		04:59:30.20	04:59:33.85	+00:07:58 (2.7%)	5:45	10.4 (97.2%)
5	BIERNAWSKI Piotr	220	ATTIQ FAKE RUNNERS NOWY TARG	M30	5	00:51:40	02:23:05	03:22:53		04:59:38.70	04:59:41.05	+00:08:05 (2.7%)	5:45	10.4 (97.2%)
6	DUDZIK Robert	147	MSZANA DOLNA	M30	6	00:53:41	02:33:43	03:33:42		05:01:41.90	05:01:46.35	+00:10:11 (3.4%)	5:48	10.3 (96.3%)
7	ŁACHUT Wojciech	799	TRIATHLON SERIES TEAM / TEMPO MŁAWA	M30	7	00:52:38	02:26:59	03:27:34		05:06:15.45	05:06:29.70	+00:14:54 (4.9%)	5:53	10.2 (95.3%)
8	JAKUBCZYK Paweł	198	CKBABCIE	M30	8	00:58:27	02:39:06	03:38:11		05:10:55.00	05:11:01.10	+00:19:25 (6.2%)	5:58	10 (93.5%)
9	POŻAK Grzegorz	654	LUBARTÓW BIEGA	M30	9	00:58:24	02:39:20	03:38:56		05:11:29.50	05:11:40.85	+00:20:05 (6.4%)	5:59	10 (93.5%)
10	TOPOLSKI Marcin	109	JADOWNIKI	M30	10	00:57:23	02:39:17	03:38:57		05:11:54.35	05:11:58.90	+00:20:23 (6.5%)	5:59	10 (93.5%)
11	ZWIERZCHOWSKI Andrzej	561	BIEGUNKA TEAM	M30	11	00:57:29	02:38:26	03:39:23		05:14:18.75	05:14:30.00	+00:22:54 (7.3%)	6:02	9.9 (92.5%)
12	GAWLIK Sławek	211	KRAKÓW	M30	12	00:57:27	02:35:49	03:37:10		05:14:28.85	05:14:43.50	+00:23:08 (7.4%)	6:02	9.9 (92.5%)
13	KROSNY Sebastian	690	BIEGAMYZSERCEM-BBL-BIEGATON MIKOŁÓW	M30	13	00:54:38	02:35:50	03:36:40		05:19:40.15	05:19:43.65	+00:28:08 (8.8%)	6:08	9.8 (91.6%)
14	PRĘDKI Mirosław	144	JASŁO	M30	14	00:53:46	02:34:18	03:39:01		05:24:30.85	05:24:34.85	+00:32:59 (10.2%)	6:14	9.6 (89.7%)
15	JANIAK Paweł	565	LENIWCE.PL	M30	15	00:57:30	02:38:28	03:44:01		05:27:09.85	05:27:21.10	+00:35:45 (10.9%)	6:17	9.5 (88.8%)
16	KUBICKI Darek	260	WANIEWSKI COACHING	M30	16	00:54:25	02:32:38	03:35:09		05:27:21.45	05:27:35.50	+00:36:00 (11.0%)	6:17	9.5 (88.8%)

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	SZKODA Dariusz	602	RUDA ŚLĄSKA	M30	17	00:56:06	02:41:11	03:49:39		05:32:49.65	05:32:55.80	+00:41:20 (12.4%)	6:24	9.4 (87.9%)
18	CHODAKOWSKI Marceli	679	K.B.GEOTERMIA UNIEJÓW	M30	18	01:02:41	02:49:16	03:56:16		05:34:28.35	05:34:32.80	+00:42:57 (12.8%)	6:25	9.3 (86.9%)
19	GRABIEC Marcin	724	KOLBUSZOWA	M30	19	00:59:35	02:45:49	03:52:11		05:35:10.20	05:35:19.90	+00:43:44 (13.0%)	6:26	9.3 (86.9%)
20	NIEDŹWIEDŹ Tomasz	718	SIŁA OGRA TRAIL TEAM	M30	20	01:01:16	02:50:33	03:57:17		05:35:14.55	05:35:28.60	+00:43:53 (13.1%)	6:26	9.3 (86.9%)
21	CZYŻKOWSKI Rafał	502	WARSZAWA	M30	21	00:57:29	02:38:24	03:49:06		05:38:34.25	05:38:46.10	+00:47:10 (13.9%)	6:30	9.2 (86.0%)
22	KRZYSZCZAK Jaromir	38	CZCICIELE BOBRZEJ NORCY	M30	22	00:58:26	02:49:03	03:57:11		05:38:55.90	05:39:15.35	+00:47:40 (14.1%)	6:31	9.2 (86.0%)
23	GIŻA Grzegorz	714	RADOMYŚL WIELKI	M30	23	00:58:35	02:50:51	03:59:50		05:39:42.50	05:39:53.50	+00:48:18 (14.2%)	6:31	9.2 (86.0%)
24	PIEKIELNY Mariusz	745	WIERUNSZÓW	M30	24	01:05:34	02:59:51	04:05:20		05:40:07.65	05:40:15.80	+00:48:40 (14.3%)	6:32	9.2 (86.0%)
25	IGNATOWICZ Marcin	98	MIELEC	M30	25	00:59:37	02:46:14	03:54:50		05:40:47.90	05:40:57.25	+00:49:22 (14.5%)	6:33	9.2 (86.0%)
26	RECŁAW Arkadiusz	555	VEGE RUNNERS	M30	26	01:02:27	02:57:56	04:02:56		05:42:10.80	05:42:27.75	+00:50:52 (14.9%)	6:34	9.1 (85.0%)
27	ŁOWCZAK Bartosz	560	LUBLIN	M30	27	01:05:42	02:58:58	04:04:48		05:42:00.10	05:42:34.45	+00:50:59 (14.9%)	6:34	9.1 (85.0%)
28	ŁOJEK Krzysztof	335	POBITE GARY	M30	28	00:58:43	02:45:05	03:53:11		05:42:43.85	05:42:47.00	+00:51:11 (14.9%)	6:35	9.1 (85.0%)
29	BROL Marcin	9	SPORT W WIELKIM MIEŚCIE	M30	29	00:55:15	02:41:16	03:50:23		05:43:30.00	05:43:34.20	+00:51:59 (15.1%)	6:36	9.1 (85.0%)
30	TYBUREK Michał	142	LUBLIN	M30	30	01:02:42	02:53:43	04:00:57		05:44:46.60	05:45:00.05	+00:53:24 (15.5%)	6:37	9 (84.1%)
31	MAZUR Tomasz	595	CHĘCINY	M30	31	01:02:10	02:55:47	04:01:38		05:45:44.25	05:45:53.65	+00:54:18 (15.7%)	6:38	9 (84.1%)
32	CHMIELEWSKI Tomasz	450	WARSZAWA	M30	32	01:00:18	02:50:13	03:58:11		05:45:08.50	05:46:05.90	+00:54:30 (15.8%)	6:38	9 (84.1%)
33	JANISZEWSKI Artur	753	KATOWICE	M30	33	01:05:49	03:02:10	04:05:56		05:46:07.90	05:46:11.55	+00:54:36 (15.8%)	6:39	9 (84.1%)
34	WŁODARCZYK Michał	228		M30	34	00:58:59	02:48:51	03:58:19		05:46:32.00	05:46:55.15	+00:55:20 (15.9%)	6:39	9 (84.1%)
35	ŚWIDEREK Jacek	249		M30	35	01:01:49	02:54:42	04:04:11		05:47:06.10	05:47:13.30	+00:55:38 (16.0%)	6:40	9 (84.1%)
36	MADEJSKI Sławomir	514	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	36	00:59:21	02:53:47	04:05:00		05:48:35.55	05:48:40.60	+00:57:05 (16.4%)	6:42	9 (84.1%)
37	MIREK Grzegorz	773	KRAKÓW	M30	37	01:02:18	02:47:57	03:56:24		05:48:46.10	05:49:12.55	+00:57:37 (16.5%)	6:42	8.9 (83.2%)
38	DZIUBAN Łukasz	741	GOPR BIESZCZADY/ZAPOROWY MARATON ORELEC	M30	38	01:02:13	02:49:57	04:00:18		05:49:23.15	05:49:39.40	+00:58:04 (16.6%)	6:43	8.9 (83.2%)
39	BASTA Konrad	331	BASTA TEAM ŁÓDŹ	M30	39	01:00:04	02:51:20	04:00:34		05:50:00.55	05:50:19.95	+00:58:44 (16.8%)	6:43	8.9 (83.2%)

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	KORULCZYK Łukasz	275	LUBLIN	M30	40	01:00:28	02:50:29	03:59:13		05:51:23.35	05:51:36.20	+01:00:01 (17.1%)	6:45	8.9 (83.2%)
41	WIĘCH Piotr	633	WOŁOMIN	M30	41	01:04:32	02:57:57	04:03:40		05:50:51.10	05:51:39.65	+01:00:04 (17.1%)	6:44	8.9 (83.2%)
42	ADAMCZUK Mariusz	143	NAPIERAMY! SOPOT	M30	42	01:04:49	02:58:51	04:06:18		05:51:59.90	05:52:29.40	+01:00:54 (17.3%)	6:46	8.9 (83.2%)
43	BARBARA Jacek	754	ADIDAS RUNNING TEAM POLAND	M30	43	00:55:01	02:47:42	04:01:31		05:52:39.85	05:52:43.35	+01:01:08 (17.3%)	6:46	8.8 (82.2%)
44	MURAK Robert	12		M30	44	01:01:35	02:53:09	04:03:56		05:53:31.85	05:54:00.35	+01:02:25 (17.6%)	6:47	8.8 (82.2%)
45	SZCZEPAŃSKI Adam	349	ALBATROSY	M30	45	01:00:23	02:54:31	04:04:37		05:54:50.75	05:55:11.70	+01:03:36 (17.9%)	6:49	8.8 (82.2%)
46	BŁACHEWICZ Krzysztof	444	IŁAWA	M30	46	01:02:21	02:59:28	04:04:34		05:54:46.75	05:55:33.15	+01:03:58 (18.0%)	6:49	8.8 (82.2%)
47	BYTNIEWSKI Dariusz	27	PIEROŃSKIE HANYSY	M30	47	01:00:09	02:48:14	03:53:59		05:55:25.15	05:55:40.15	+01:04:05 (18.0%)	6:50	8.8 (82.2%)
48	MOSSOP Andrew	578	WARSZAWA	M30	48	01:03:24	02:54:40	04:02:54		05:55:51.50	05:56:44.25	+01:05:09 (18.3%)	6:50	8.8 (82.2%)
49	NIŻNIK Marcin	45		M30	49	01:02:25	02:56:43	04:05:41		05:57:20.40	05:57:28.35	+01:05:53 (18.4%)	6:52	8.7 (81.3%)
50	ZACZEK Maciej	321	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	50	01:05:13	02:58:41	04:05:31		05:58:06.95	05:58:13.20	+01:06:38 (18.6%)	6:53	8.7 (81.3%)
51	GAŁĄZKA Zbigniew	811	JW 3939	M30	51	01:01:52	02:49:18	04:01:57		05:57:31.80	05:58:28.15	+01:06:53 (18.7%)	6:52	8.7 (81.3%)
52	MURAWSKI Maciej	532	MIKI TEAM	M30	52	00:59:57	02:50:28	04:05:37		05:57:58.00	05:58:34.40	+01:06:59 (18.7%)	6:53	8.7 (81.3%)
53	PĘKALA Michał	762	ALBATROSY	M30	53	01:06:17	03:00:49	04:11:19		05:58:51.95	05:59:34.60	+01:07:59 (18.9%)	6:54	8.7 (81.3%)
54	KORDOWICZ Łukasz	181		M30	54	01:04:10	02:57:42	04:03:54		05:59:22.60	05:59:55.75	+01:08:20 (19.0%)	6:54	8.7 (81.3%)
55	CZERWIEC Artur	810	KT WATER KNIGHTS ZABIERZÓW	M30	55	01:07:16	02:55:55	04:06:33		05:59:22.80	06:00:33.55	+01:08:58 (19.1%)	6:54	8.7 (81.3%)
56	KOŁODZIEJSKI Jarek	164	NIGDY W ŻYCIU NIE BIEGNĘ HARDCORA...	M30	56	01:03:56	03:01:44	04:12:47		06:01:00.20	06:01:32.00	+01:09:56 (19.3%)	6:56	8.6 (80.4%)
57	BISIKIEWICZ Michał	469	OLSZTYN	M30	57	01:02:51	02:58:09	04:11:38		06:01:27.55	06:01:37.85	+01:10:02 (19.4%)	6:57	8.6 (80.4%)
58	SOBCZAK Krzysztof	757	PURDA	M30	58	01:02:51	02:57:33	04:08:58		06:02:46.10	06:02:57.05	+01:11:21 (19.7%)	6:58	8.6 (80.4%)
59	PAWŁOWSKI Arek	624	WARSZAWA	M30	59	01:05:09	02:57:01	04:10:01		06:04:06.70	06:04:34.45	+01:12:59 (20.0%)	7:00	8.6 (80.4%)
60	GOLIAT Damian	512	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	60	01:05:21	03:04:39	04:17:53		06:04:38.30	06:04:45.30	+01:13:10 (20.1%)	7:00	8.6 (80.4%)
61	SKÓRA Tomasz	278	SKÓRZEC	M30	61	01:05:26	02:58:52	04:11:42		06:04:23.20	06:04:48.35	+01:13:13 (20.1%)	7:00	8.6 (80.4%)
62	MATYSIAK Marcin	553	GAPMONT RUNNING TEAM	M30	62	01:02:39	03:07:11	04:17:00		06:04:35.60	06:04:52.65	+01:13:17 (20.1%)	7:00	8.6 (80.4%)

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63	KRZEMIŃSKI Marcin	505	SPRINT GORZYCE	M30	63	01:01:49	02:59:30	04:13:14		06:05:20.45	06:05:38.95	+01:14:03 (20.3%)	7:01	8.5 (79.4%)
64	SOBOLEWSKI Sebastian	491		M30	64	01:02:11	02:57:56	04:08:15		06:05:29.90	06:06:07.90	+01:14:32 (20.4%)	7:01	8.5 (79.4%)
65	BASZAK Tomasz	665	SIŁA OGRA	M30	65	01:05:49	03:10:14	04:17:43		06:06:11.90	06:06:25.25	+01:14:50 (20.4%)	7:02	8.5 (79.4%)
66	MAZUREK Robert	390	LUBLIN	M30	66	01:00:01	02:54:15	04:09:26		06:07:48.05	06:08:09.60	+01:16:34 (20.8%)	7:04	8.5 (79.4%)
67	FIJAŁKOWSKI Radosław	188	GCW CROSSFIT WARSZAWA	M30	67	01:05:45	03:04:53	04:16:22		06:08:44.70	06:09:10.60	+01:17:35 (21.0%)	7:05	8.5 (79.4%)
68	FRANCZAK Łukasz	570	GDANSK	M30	68	01:03:25	03:05:44	04:16:48		06:08:52.55	06:09:37.65	+01:18:02 (21.1%)	7:05	8.5 (79.4%)
69	RYBAK Przemysław	600	TRI PUŁAWY	M30	69	01:07:48	03:04:24	04:16:00		06:08:39.45	06:09:39.45	+01:18:04 (21.1%)	7:05	8.5 (79.4%)
70	PAWLAK Gabriel	224	VASCOTEAM WROCŁAW	M30	70	00:59:14	02:55:26	04:11:40		06:09:38.55	06:09:48.40	+01:18:13 (21.2%)	7:06	8.4 (78.5%)
71	PAWLUŚ Mirosław	586	JSC JASŁO	M30	71	01:02:45	03:00:02	04:13:08		06:09:10.15	06:10:02.60	+01:18:27 (21.2%)	7:05	8.5 (79.4%)
72	RYNKIEWICZ Rafał	67	GRUPA BIEGOWA CHTMO, LEGIONOWO	M30	72	01:00:57	02:57:52	04:14:06		06:12:13.75	06:12:40.10	+01:21:04 (21.8%)	7:09	8.4 (78.5%)
73	PŁOSKOŃSKI Michał	192	RYKOWISKO	M30	73	01:04:18	03:04:30	04:21:45		06:12:29.20	06:12:50.25	+01:21:15 (21.8%)	7:09	8.4 (78.5%)
74	CZURYŁOWICZ Krzysztof	458	WARSZAWA	M30	74	01:02:33	03:03:02	04:15:52		06:11:59.60	06:12:57.75	+01:21:22 (21.8%)	7:09	8.4 (78.5%)
75	GAJOS Daniel	414		M30	75	01:07:12	03:10:23	04:21:14		06:12:42.00	06:13:25.90	+01:21:50 (21.9%)	7:10	8.4 (78.5%)
76	CZUBIK Wojciech	692	JASIELSKIE STOWARZYSZENIE CYKLISTÓW	M30	76	01:02:41	03:00:00	04:14:31		06:12:46.45	06:13:39.95	+01:22:04 (22.0%)	7:10	8.4 (78.5%)
77	ZARZYŃKI Artur	177	FUNFLY	M30	77	01:03:19	03:00:22	04:12:18		06:12:51.80	06:13:58.60	+01:22:23 (22.0%)	7:10	8.4 (78.5%)
78	DWORAKOWSKI Andrzej	259	ŁAPSCY LAJTOWCY	M30	78	01:06:35	03:00:04	04:12:47		06:13:25.60	06:14:13.25	+01:22:38 (22.1%)	7:10	8.4 (78.5%)
79	WASYLÓW Jacek	672	KB IZBA CELNA PRZEMYSŁ	M30	79	00:58:32	02:54:35	04:13:39		06:14:50.75	06:15:16.15	+01:23:41 (22.3%)	7:12	8.3 (77.6%)
80	ADAMCZYK Łukasz	293	ŁÓDŹ	M30	80	01:01:35	03:00:59	04:15:53		06:15:10.15	06:15:50.55	+01:24:15 (22.4%)	7:12	8.3 (77.6%)
81	KRAWCZYK Michał	682	WARSZAWA	M30	81	01:02:35	03:02:49	04:19:14		06:15:43.95	06:15:52.30	+01:24:17 (22.4%)	7:13	8.3 (77.6%)
82	SOLECKI Tomasz	153	GOMOLA TRANS AIRCO	M30	82	01:04:49	03:01:08	04:12:58		06:15:35.00	06:16:23.50	+01:24:48 (22.5%)	7:13	8.3 (77.6%)
83	PARZYSZEK Marcin	15	EXTREME TATRAS TEAM WARSZAWA	M30	83	00:59:21	02:52:36	04:11:36		06:16:14.70	06:16:30.05	+01:24:54 (22.6%)	7:14	8.3 (77.6%)
84	NOWAK Przemysław	154	KABEL TEAM BYDGOSZCZ	M30	84	01:05:08	03:10:38	04:21:45		06:19:01.10	06:19:27.55	+01:27:52 (23.2%)	7:17	8.2 (76.6%)
85	GROCHOWSKI Wojciech	588	KW WARSZAWA	M30	85	01:03:28	03:00:34	04:17:02		06:20:00.45	06:20:37.90	+01:29:02 (23.4%)	7:18	8.2 (76.6%)

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
86	SUSKI Marcin	202	KRAKÓW	M30	86	01:02:05	03:05:20	04:19:56		06:20:34.40	06:20:56.25	+01:29:21 (23.5%)	7:19	8.2 (76.6%)
87	CYTACKI Dawid	729	RYKOWISKO	M30	87	01:04:40	03:05:09	04:21:56		06:21:11.00	06:21:32.90	+01:29:57 (23.6%)	7:19	8.2 (76.6%)
88	CHUDYBA Michał	653		M30	88	01:03:13	03:01:39	04:16:49		06:20:29.20	06:21:38.25	+01:30:03 (23.6%)	7:19	8.2 (76.6%)
89	MILKOWSKI Rafał	392	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M30	89	01:04:30	03:10:10	04:29:00		06:21:03.45	06:21:43.00	+01:30:07 (23.6%)	7:19	8.2 (76.6%)
90	SZPINDA Sebastian	217	BIŁGORAJ	M30	90	01:04:20	03:03:15	04:18:00		06:21:53.10	06:22:28.25	+01:30:53 (23.8%)	7:20	8.2 (76.6%)
91	TRACZ Łukasz	638	AQUAREH PWSTE JAROSŁAW	M30	91	01:05:59	03:05:50	04:20:45		06:22:58.70	06:23:07.65	+01:31:32 (23.9%)	7:21	8.1 (75.7%)
92	POŻAROWSZCZYK Adam	404	LEGIONOWO	M30	92	01:04:11	03:03:05	04:19:36		06:23:26.30	06:23:40.05	+01:32:04 (24.0%)	7:22	8.1 (75.7%)
93	STYCZEŃ Piotr	199	CKBABCIE	M30	93	01:05:20	03:04:39	04:20:01		06:23:40.05	06:23:47.25	+01:32:12 (24.0%)	7:22	8.1 (75.7%)
94	STANICKI Mateusz	635	TRINERGY TEAM	M30	94	01:00:34	03:06:26	04:30:07		06:25:07.60	06:25:20.35	+01:33:45 (24.3%)	7:24	8.1 (75.7%)
95	PERYKASZA Paweł	251	NIGHT RUNNERS +PLUS+	M30	95	01:05:09	03:06:14	04:21:55		06:24:45.60	06:25:29.90	+01:33:54 (24.4%)	7:23	8.1 (75.7%)
96	FABIŃSKI Marcin	417	GRUDZIĄDZ / VISSCHER-CARAVELLE	M30	96	01:04:42	03:04:21	04:19:50		06:25:13.45	06:25:42.40	+01:34:07 (24.4%)	7:24	8.1 (75.7%)
97	PIECHA Artur	804	T-MOBILE RUNNING TEAM	M30	97	01:01:59	03:02:53	04:17:13		06:25:38.40	06:25:43.75	+01:34:08 (24.4%)	7:24	8.1 (75.7%)
98	MIELNICZEK Jerzy	743	WARSZAWA	M30	98	01:04:35	03:04:04	04:21:57		06:25:54.45	06:25:57.45	+01:34:22 (24.5%)	7:25	8.1 (75.7%)
99	SKWIERCZYŃSKI Adam	166	INTEGRACYJNY KLUB SPORTOWY IKS SIEDLCE	M30	99	01:11:39	03:16:49	04:29:12		06:25:31.10	06:26:10.50	+01:34:35 (24.5%)	7:24	8.1 (75.7%)
100	JAKUBCZYK Dariusz	197	CKBABCIE	M30	100	01:05:20	03:04:41	04:22:52		06:26:21.50	06:26:27.90	+01:34:52 (24.6%)	7:25	8.1 (75.7%)
101	SMUDA Marcin	137	TYCHY	M30	101	01:07:41	03:05:28	04:21:30		06:25:37.85	06:26:38.15	+01:35:03 (24.6%)	7:24	8.1 (75.7%)
102	KOWALEWSKI Krzysztof	354	WARSZAWA	M30	102	01:05:33	03:10:52	04:28:57		06:26:22.15	06:26:38.30	+01:35:03 (24.6%)	7:25	8.1 (75.7%)
103	ZWOLIŃSKI Łukasz	28	AKADEMIA BIEGANIA	M30	103	01:05:14	03:12:27	04:31:30		06:29:13.65	06:29:19.25	+01:37:44 (25.1%)	7:29	8 (74.8%)
104	KAMIŃSKI Michał	346	12TRI.PL	M30	104	01:08:38	03:12:32	04:28:55		06:29:24.65	06:29:40.00	+01:38:04 (25.2%)	7:29	8 (74.8%)
105	ZAJĄC Tomasz	809	KT WATER KNIGHTS ZABIERZÓW	M30	105	01:04:06	03:00:17	04:12:17		06:28:30.70	06:29:42.55	+01:38:07 (25.2%)	7:28	8 (74.8%)
106	PASELA Bartosz	398	SMASHING PAPKINS	M30	106	01:07:13	03:10:11	04:28:29		06:28:48.05	06:29:46.15	+01:38:11 (25.2%)	7:28	8 (74.8%)
107	SMOLIŃSKI Paweł	599	RUGBY KLUB SANOK	M30	107	01:02:24	03:07:24	04:29:58		06:30:36.35	06:30:41.70	+01:39:06 (25.4%)	7:30	8 (74.8%)
108	KWAS August	740	RYKI	M30	108	01:00:00	02:51:22	04:23:59		06:31:02.65	06:31:07.75	+01:39:32 (25.5%)	7:31	8 (74.8%)

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	KOCHANIAK Rafał	385	WARSZAWA	M30	109	01:06:33	03:08:59	04:26:38		06:30:30.90	06:31:11.35	+01:39:36 (25.5%)	7:30	8 (74.8%)
110	BRUDEREK Tomasz	598	JABŁONNA	M30	110	01:08:29	03:10:17	04:28:32		06:30:15.25	06:31:20.65	+01:39:45 (25.5%)	7:30	8 (74.8%)
111	KUBACKI Sebastian	429	OSIEDLE NIEWIADÓW	M30	111	01:08:29	03:10:18	04:28:32		06:30:15.05	06:31:20.90	+01:39:45 (25.5%)	7:30	8 (74.8%)
112	WAŁCZYK Krzysztof	489	ŁÓWCE	M30	112	01:04:14	03:04:12	04:28:59		06:30:57.25	06:31:28.75	+01:39:53 (25.5%)	7:31	8 (74.8%)
113	IWAN Paweł	548	GDAŃSK	M30	113	01:06:11	03:10:38	04:27:43		06:31:04.60	06:31:33.45	+01:39:58 (25.5%)	7:31	8 (74.8%)
114	KAMIŃSKI Robert	671	12TRI.PL	M30	114	01:06:18	03:12:43	04:29:41		06:32:03.65	06:32:19.50	+01:40:44 (25.7%)	7:32	8 (74.8%)
115	RUZIK Rafał	678		M30	115	01:05:17	03:10:09	04:27:39		06:32:01.65	06:32:22.35	+01:40:47 (25.7%)	7:32	8 (74.8%)
116	SZALAK Paweł	378	LUBLIN	M30	116	00:59:59	02:57:51	04:20:41		06:33:24.35	06:33:48.25	+01:42:13 (26.0%)	7:33	7.9 (73.8%)
117	PUŁA Waldemar	675	LUBLIN	M30	117	01:00:02	02:57:51	04:19:49		06:33:28.65	06:33:48.85	+01:42:13 (26.0%)	7:34	7.9 (73.8%)
118	BARANOWSKI Jacek	792	JACEKBIEGA RUNNINGTEAM	M30	118	01:05:31	03:12:06	04:32:18		06:34:00.05	06:34:07.10	+01:42:31 (26.0%)	7:34	7.9 (73.8%)
119	SUCHOWIECKI Wojciech	375	TRI NEGU-OUB-ARTNEO.PL	M30	119	00:59:10	02:59:20	04:23:42		06:34:44.55	06:34:54.50	+01:43:19 (26.2%)	7:35	7.9 (73.8%)
120	SOŁTYS Marcin	652	JASŁO	M30	120	01:07:24	03:12:10	04:29:04		06:34:12.25	06:34:59.55	+01:43:24 (26.2%)	7:34	7.9 (73.8%)
121	ZAWADZKI Maciej	361	WARSZAWA	M30	121	01:07:04	03:07:16	04:27:33		06:34:06.85	06:35:16.20	+01:43:41 (26.2%)	7:34	7.9 (73.8%)
122	MASNY Dawid	493	TRUCHTACZ.PL	M30	122	01:03:00	03:07:21	04:24:15		06:36:37.10	06:36:59.25	+01:45:24 (26.6%)	7:37	7.9 (73.8%)
123	PYDA Tomasz	312	WARSZAWA	M30	123	01:07:50	03:14:17	04:29:02		06:37:38.85	06:38:09.70	+01:46:34 (26.8%)	7:38	7.8 (72.9%)
124	MATWIEJCZYK Gabriel	751	RUNYOURLIFE.PL	M30	124	01:00:46	03:01:13	04:25:02		06:38:28.70	06:38:40.30	+01:47:05 (26.9%)	7:39	7.8 (72.9%)
125	GRONIECKI Mikołaj	294	WARSZAWA	M30	125	01:07:20	03:12:12	04:35:43		06:39:43.85	06:40:01.15	+01:48:26 (27.1%)	7:41	7.8 (72.9%)
126	PLACZEK Paweł	452		M30	126	01:11:14	03:26:36	04:43:44		06:39:43.75	06:40:24.25	+01:48:49 (27.2%)	7:41	7.8 (72.9%)
127	BOROWSKI Adam	104	INOWROCLAW	M30	127	01:00:27	02:58:37	04:19:42		06:41:06.80	06:41:16.45	+01:49:41 (27.3%)	7:42	7.8 (72.9%)
128	PILECKI Maciej	22	WROCŁAW	M30	128	01:07:26	03:22:01	04:38:25		06:40:59.20	06:42:12.60	+01:50:37 (27.5%)	7:42	7.8 (72.9%)
129	WRONA Klaudiusz	766		M30	129	01:10:28	03:16:57	04:36:24		06:41:39.15	06:42:16.65	+01:50:41 (27.5%)	7:43	7.8 (72.9%)
130	GRYGIEL Marek	218	KRAKÓW	M30	130	01:08:17	03:23:54	04:43:32		06:42:22.30	06:43:08.25	+01:51:33 (27.7%)	7:44	7.8 (72.9%)
131	SUPROŃ Piotr	318	ARCADIS RUNNING TEAM	M30	131	01:04:08	03:05:54	04:31:24		06:43:29.20	06:43:49.55	+01:52:14 (27.8%)	7:45	7.7 (72.0%)

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	ZDEB Artur	431	RUDNIK NAD SANEM	M30	132	01:04:13	03:02:51	04:29:13		06:43:16.95	06:43:57.95	+01:52:22 (27.8%)	7:45	7.7 (72.0%)
133	ABRAMCZUK Jakub	371	100HRMAX.PL	M30	133	01:02:54	03:22:59	04:44:42		06:44:44.60	06:44:49.15	+01:53:14 (28.0%)	7:47	7.7 (72.0%)
134	NOWAK Michał	366	WEŁNICA BIEGA	M30	134	01:02:27	03:01:50	04:33:17		06:44:58.90	06:45:22.55	+01:53:47 (28.1%)	7:47	7.7 (72.0%)
135	GÓRSKI Mariusz	320	TYCHY	M30	135	00:58:37	03:15:15	04:35:21		06:45:54.55	06:45:59.55	+01:54:24 (28.2%)	7:48	7.7 (72.0%)
136	DOMSKI Marcin	204	DRUŻYNA SZPIKU	M30	136	01:04:12	03:12:33	04:32:23		06:45:44.60	06:46:12.00	+01:54:36 (28.2%)	7:48	7.7 (72.0%)
137	JEŻ Adam	60	WARSZAWA	M30	137	01:10:47	03:20:32	04:38:53		06:47:16.15	06:47:44.75	+01:56:09 (28.5%)	7:49	7.7 (72.0%)
138	ŁUKASZ Sosnowski	726	12TRI	M30	138	01:06:47	03:13:45	04:36:07		06:48:14.65	06:48:39.20	+01:57:04 (28.6%)	7:51	7.6 (71.0%)
139	RIJ Tomasz	448	RYMANÓW ZDRÓJ	M30	139	01:09:00	03:16:13	04:36:15		06:48:16.95	06:48:42.70	+01:57:07 (28.7%)	7:51	7.6 (71.0%)
140	WÓJTOWICZ Paweł	456	BIEGAJZNAMI.PL	M30	140	01:10:23	03:16:06	04:35:29		06:48:05.50	06:48:50.45	+01:57:15 (28.7%)	7:50	7.6 (71.0%)
141	STASZEWSKI Maciej	592	JANÓW LUBELSKI	M30	141	01:10:21	03:16:07	04:35:29		06:48:05.40	06:48:51.35	+01:57:16 (28.7%)	7:50	7.6 (71.0%)
142	KĄKOL Łukasz	749		M30	142	01:02:16	03:04:36	04:29:33		06:48:38.30	06:48:56.85	+01:57:21 (28.7%)	7:51	7.6 (71.0%)
143	SAŁAŃSKI Wojciech	634	WARSZAWA	M30	143	01:05:01	03:08:40	04:34:35		06:48:00.05	06:49:09.40	+01:57:34 (28.7%)	7:50	7.6 (71.0%)
144	KOCOT Sebastian	482	SOSNOWIEC	M30	144	01:06:40	03:16:19	04:36:30		06:48:48.90	06:49:35.45	+01:58:00 (28.8%)	7:51	7.6 (71.0%)
145	PAWĘŻKA Mirosław	362	ORANGE POLSKA	M30	145	01:11:12	03:20:55	04:43:06		06:49:00.10	06:49:37.40	+01:58:02 (28.8%)	7:51	7.6 (71.0%)
146	DEMBECKI Marcin	56	SIEMIANOWICE ŚLĄSKIE	M30	146	01:04:11	03:17:14	04:41:54		06:49:28.45	06:50:03.90	+01:58:28 (28.9%)	7:52	7.6 (71.0%)
147	ZMYŚŁOWSKI Łukasz	238		M30	147	01:05:11	03:17:13	04:40:19		06:49:44.60	06:50:21.20	+01:58:46 (28.9%)	7:52	7.6 (71.0%)
148	ŚWIDZIŃSKI Tomasz	711	VEGE RUNNERS	M30	148	01:11:32	03:20:40	04:39:54		06:51:16.70	06:51:56.10	+02:00:20 (29.2%)	7:54	7.6 (71.0%)
149	KUBIK Filip	794	PROFIDEA	M30	149	01:08:25	03:20:18	04:37:41		06:51:09.10	06:52:11.80	+02:00:36 (29.3%)	7:54	7.6 (71.0%)
150	MAJ Sławomir	185	ŚWIDNIK	M30	150	01:11:40	03:19:36	04:47:40		06:52:31.15	06:52:43.60	+02:01:08 (29.4%)	7:55	7.6 (71.0%)
151	OBIDZIŃSKI Adam	44	NAPIERAMY! / Sopot	M30	151	01:12:27	03:33:46	04:49:44		06:52:29.95	06:52:57.70	+02:01:22 (29.4%)	7:55	7.6 (71.0%)
152	MARCINIEC Bogusław	132	ZAGORZYCE	M30	152	01:06:05	03:17:10	04:37:48		06:52:44.25	06:53:00.90	+02:01:25 (29.4%)	7:56	7.6 (71.0%)
153	GOLBA Łukasz	370	MIELEC	M30	153	01:11:43	03:22:58	04:42:54		06:52:36.60	06:53:09.25	+02:01:34 (29.4%)	7:56	7.6 (71.0%)
154	NOWOTYŃSKI Jakub	492	KRAKÓW	M30	154	01:09:27	03:16:01	04:37:42		06:52:08.20	06:53:12.60	+02:01:37 (29.4%)	7:55	7.6 (71.0%)

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
155	CAGARA Paweł	316	STALOWA WOLA	M30	155	01:05:13	03:09:16	04:35:28		06:52:52.15	06:53:19.35	+02:01:44 (29.5%)	7:56	7.6 (71.0%)
156	OSTROWSKI Artur	466	YULO RUN TEAM SIEDLCE	M30	156	01:07:42	03:18:47	04:41:59		06:53:40.10	06:53:52.65	+02:02:17 (29.5%)	7:57	7.5 (70.1%)
157	DZIENISZEWSKI Tomasz	263	WARSZAWA	M30	157	01:08:37	03:26:07	04:46:00		06:53:56.95	06:54:29.25	+02:02:54 (29.7%)	7:57	7.5 (70.1%)
158	JAREMA Maciej	77	LOKOMOTIV MAJDAN	M30	158	01:08:24	03:19:31	04:40:50		06:54:25.40	06:55:06.70	+02:03:31 (29.8%)	7:58	7.5 (70.1%)
159	KOZERA Waldemar	420		M30	159	01:09:45	03:16:26	04:43:51		06:54:20.75	06:55:20.30	+02:03:45 (29.8%)	7:58	7.5 (70.1%)
160	DARLIŃSKI Artur	660	A-D-E-A GLIWICE	M30	160	01:05:24	03:16:27	04:41:54		06:55:11.95	06:55:22.30	+02:03:47 (29.8%)	7:59	7.5 (70.1%)
161	KRZYSZTOŃ Piotr	379	GMP LASY	M30	161	01:05:12	03:14:50	04:39:56		06:56:31.60	06:56:50.45	+02:05:15 (30.0%)	8:00	7.5 (70.1%)
162	KOZAKIEWICZ Zbigniew	180	BRZEG DOLNY	M30	162	01:00:27	02:58:36	04:30:57		06:56:07.45	06:57:06.35	+02:05:31 (30.1%)	8:00	7.5 (70.1%)
163	MAJDAN Łukasz	430	SPARTANIE DZIECIOM	M30	163	01:12:12	03:25:23	04:47:44		06:56:23.75	06:57:18.20	+02:05:43 (30.1%)	8:00	7.5 (70.1%)
164	ZIĘTEK Marcin	755	JAWORZNO	M30	164	01:09:11	03:26:52	04:49:30		06:57:28.05	06:58:02.10	+02:06:26 (30.2%)	8:01	7.5 (70.1%)
165	KOŁODZIEJSKI Ariel	325	XTEAM	M30	165	01:14:18	03:37:27	04:59:05		06:57:33.80	06:58:24.75	+02:06:49 (30.3%)	8:01	7.5 (70.1%)
166	GĄSIOROWSKI Maciej	769	WARSZAWA	M30	166	01:11:33	03:26:19	04:48:29		06:58:13.20	06:59:14.85	+02:07:39 (30.5%)	8:02	7.5 (70.1%)
167	PIETRYSZYN Mariusz	513	PRZEMYŚL	M30	167	01:08:40	03:19:06	04:46:36		06:58:40.50	06:59:30.75	+02:07:55 (30.5%)	8:03	7.5 (70.1%)
168	BAŁAZY Patryk	291	PGB SPORTOWA PACZKA	M30	168	01:13:02	03:31:00	04:50:42		06:58:26.95	06:59:38.25	+02:08:03 (30.5%)	8:02	7.5 (70.1%)
169	SZCZEPANIAK Marcin	700	KONIN	M30	169	01:03:09	03:02:52	04:29:14		07:01:19.95	07:01:52.35	+02:10:17 (30.9%)	8:06	7.4 (69.2%)
170	NIEMCZEWSKI Borys	270	TIMEBANDIT CORPS	M30	170	01:02:43	03:20:24	04:42:13		07:01:31.95	07:01:57.25	+02:10:22 (30.9%)	8:06	7.4 (69.2%)
171	DZIAMSKI Tomasz	281	KOBYLNIKI	M30	171	01:09:03	03:08:24	04:31:26		07:01:04.85	07:02:05.45	+02:10:30 (30.9%)	8:05	7.4 (69.2%)
172	KOBEŁUK Damian	182		M30	172	01:07:59	03:22:09	04:43:40		07:01:31.40	07:02:06.35	+02:10:31 (30.9%)	8:06	7.4 (69.2%)
173	DZIEDZIC Artur	29	WAŁBRZYCH	M30	173	01:19:24	03:34:58	04:53:35		07:00:54.80	07:02:08.50	+02:10:33 (30.9%)	8:05	7.4 (69.2%)
174	ZAWADZKI Piotr	468	NIGHT RUNNERS Z LASU	M30	174	01:12:28	03:31:29	04:52:49		07:03:27.05	07:03:47.45	+02:12:12 (31.2%)	8:08	7.4 (69.2%)
175	GADOMSKI Radosław	485	PKO BANK POLSKI	M30	175	01:07:28	03:24:49	04:53:48		07:02:47.05	07:03:54.25	+02:12:19 (31.2%)	8:07	7.4 (69.2%)
176	MAŃKOWSKI Krzysztof	372	12TRI.PL DRUŻYNA WILKA OLSZTYN	M30	176	01:09:41	03:27:11	04:50:44		07:04:04.75	07:04:22.75	+02:12:47 (31.3%)	8:09	7.4 (69.2%)
177	KIELAK Daniel	685	ALBATROSY	M30	177	01:02:58	03:15:28	04:43:51		07:04:10.70	07:04:29.30	+02:12:54 (31.3%)	8:09	7.4 (69.2%)

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
178	KADŁUBEK Aleksander	625	TKTJ	M30	178	01:14:03	03:36:53	04:57:43		07:04:40.15	07:05:18.95	+02:13:43 (31.4%)	8:10	7.3 (68.2%)
179	SMOLARCZYK Tomasz	607	TY KRAKUSIE	M30	179	01:05:41	03:21:31	04:48:59		07:04:39.00	07:05:29.00	+02:13:53 (31.5%)	8:09	7.3 (68.2%)
180	KOTLARSKI Marcin	21		M30	180	01:10:30	03:25:57	04:53:39		07:04:21.00	07:05:30.45	+02:13:55 (31.5%)	8:09	7.4 (69.2%)
181	BŁASZKIEWICZ Bogusz	269	BIEGACZE NETAPP	M30	181	01:16:06	03:39:54	04:58:44		07:05:48.50	07:06:23.45	+02:14:48 (31.6%)	8:11	7.3 (68.2%)
182	ARKUSZ Marcin	120	KRAKÓW	M30	182	01:03:01	03:13:26	04:42:41		07:06:44.45	07:06:50.35	+02:15:15 (31.7%)	8:12	7.3 (68.2%)
183	FIGEL Michał	650	MIKI TEAM	M30	183	01:08:51	03:22:43	04:50:16		07:06:33.80	07:07:12.35	+02:15:37 (31.7%)	8:12	7.3 (68.2%)
184	SIERZPUTOWSKI Grzegorz	587		M30	184	01:04:45	03:07:02	04:39:22		07:07:15.15	07:07:33.45	+02:15:58 (31.8%)	8:12	7.3 (68.2%)
185	KUBAREK Łukasz	350	NIGDY W ŻYCIU NIE BIEGNĘ HARDCORA....	M30	185	01:14:18	03:37:31	04:59:03		07:06:43.35	07:07:34.40	+02:15:59 (31.8%)	8:12	7.3 (68.2%)
186	KUNCEWICZ Marek	146		M30	186	01:08:51	03:22:11	04:48:44		07:08:11.65	07:09:07.50	+02:17:32 (32.1%)	8:14	7.3 (68.2%)
187	WIŚNIEWSKI Krzysztof	737	ĆMIŁÓW	M30	187	01:11:09	03:26:11	04:51:05		07:09:49.15	07:10:25.10	+02:18:49 (32.3%)	8:15	7.3 (68.2%)
188	OSTROWSKI Ignacy	476		M30	188	01:11:03	03:22:54	04:46:57		07:10:11.95	07:10:25.15	+02:18:50 (32.3%)	8:16	7.3 (68.2%)
189	GAURA Łukasz	352	BYDGOSZCZ	M30	189	01:05:44	03:16:24	04:44:52		07:09:55.70	07:10:44.65	+02:19:09 (32.3%)	8:16	7.3 (68.2%)
190	STUSIŃSKI Mariusz	582	PIORUNNERS	M30	190	01:07:31	03:19:13	04:45:50		07:09:58.15	07:10:51.35	+02:19:16 (32.3%)	8:16	7.3 (68.2%)
191	ZIELIŃSKI Paweł	151		M30	191	01:12:04	03:30:01	04:53:18		07:10:08.75	07:11:06.25	+02:19:31 (32.4%)	8:16	7.3 (68.2%)
192	ZYCH Wiktor	455	SWORNEGACIE	M30	192	01:07:37	03:28:13	04:54:05		07:11:02.05	07:11:51.80	+02:20:16 (32.5%)	8:17	7.2 (67.3%)
193	KOZŁOWSKI Bartek	265	WAWA	M30	193	01:12:49	03:24:54	04:52:41		07:11:49.90	07:12:54.15	+02:21:19 (32.6%)	8:18	7.2 (67.3%)
194	KMUK Tomasz	742	PADEW NARODOWA	M30	194	01:17:24	03:41:26	05:06:58		07:12:33.90	07:13:36.35	+02:22:01 (32.8%)	8:19	7.2 (67.3%)
195	SKRZYPCZAK Piotr	666	OTK RZEŹNIK	M30	195	01:07:34	03:21:23	04:49:08		07:13:35.30	07:13:57.15	+02:22:22 (32.8%)	8:20	7.2 (67.3%)
196	FYDA Piotr	764	KROSNO POLANKA	M30	196	01:06:59	03:21:05	04:51:16		07:15:33.60	07:15:47.95	+02:24:12 (33.1%)	8:22	7.2 (67.3%)
197	PAPIEWSKI Przemysław	426		M30	197	01:13:45	03:35:25	05:02:32		07:14:51.05	07:15:54.40	+02:24:19 (33.1%)	8:21	7.2 (67.3%)
198	BOROWSKI Rafał	363	KW WARSZAWA	M30	198	01:02:04	03:09:04	04:42:20		07:16:04.90	07:16:28.55	+02:24:53 (33.2%)	8:23	7.2 (67.3%)
199	BUSZ Jacek	64	DRUŻYNA KORMORANA	M30	199	01:07:53	03:15:06	04:42:20		07:16:39.50	07:17:35.10	+02:25:59 (33.4%)	8:23	7.1 (66.4%)
200	SIWIEC Tomasz	433	RZESZÓW	M30	200	01:10:47	03:30:21	04:56:52		07:18:19.15	07:19:22.60	+02:27:47 (33.6%)	8:25	7.1 (66.4%)

										Czas netto	Czas brutto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	52km	52km	Różn	min/km	km/h
201	ZYGMUNT Marcin	488	ZK NR 2 GRUDZIĄDZ	M30	201	01:12:56	03:34:17	04:57:30		07:18:52.65	07:19:23.65	+02:27:48 (33.6%)	8:26	7.1 (66.4%)
202	BARON Jacek	435	VADAIN	M30	202	01:12:57	03:34:18	04:57:46		07:18:52.45	07:19:23.75	+02:27:48 (33.6%)	8:26	7.1 (66.4%)
203	WRÓBEL Łukasz	78	KB BIAŁA BIEGA , MIĘDZYRZEC PODLASKI	M30	203	01:08:49	03:28:09	04:56:15		07:18:53.05	07:19:32.20	+02:27:57 (33.7%)	8:26	7.1 (66.4%)
204	ŚLĄCZKA Arkadiusz	61	FINISZ RYMANÓW	M30	204	01:10:11	03:28:44	04:54:55		07:18:32.95	07:19:45.30	+02:28:10 (33.7%)	8:26	7.1 (66.4%)
205	GÓRECKI Rafał	49	LESZNO	M30	205	01:07:37	03:33:10	04:59:29		07:19:21.50	07:19:58.00	+02:28:22 (33.7%)	8:26	7.1 (66.4%)
206	APANASIEWICZ Bartosz	66	CENTRUM BYDGOSZCZ	M30	206	01:07:35	03:28:45	04:59:16		07:19:32.55	07:20:01.10	+02:28:25 (33.7%)	8:27	7.1 (66.4%)
207	ZIÓŁKO Maciek	767	WATER KNIGHTS	M30	207	01:10:37	03:23:39	04:53:13		07:20:53.75	07:22:05.10	+02:30:29 (34.0%)	8:28	7.1 (66.4%)
208	DOLATOWSKI Łukasz	233	WARSZAWA	M30	208	01:07:48	03:32:08	05:01:12		07:23:55.45	07:24:25.45	+02:32:50 (34.4%)	8:32	7 (65.4%)
209	WOJCIESZAK Marcin	283	ZAGÓRZ	M30	209	01:08:22	03:28:44	05:00:22		07:28:14.65	07:29:29.05	+02:37:53 (35.1%)	8:37	7 (65.4%)
210	KOKOT Roman	579	AKTYWNY DYNÓW	M30	210	01:12:09	03:42:05	05:09:00		07:29:48.20	07:30:11.05	+02:38:35 (35.2%)	8:39	6.9 (64.5%)
211	PLASZCZYK Tomasz	232	SPORT=EVO GDAŃSK	M30	211	01:17:17	03:49:57	05:12:03		07:30:23.85	07:31:24.00	+02:39:48 (35.4%)	8:39	6.9 (64.5%)
212	WOŹNIAK Michał	707	LUBLIN	M30	212	01:11:55	03:33:04	05:02:25		07:31:26.75	07:32:04.60	+02:40:29 (35.5%)	8:40	6.9 (64.5%)
213	HADAŁA Ignacy	212	SPORT&FUTURE	M30	213	01:12:24	03:33:30	05:10:24		07:31:55.35	07:32:25.70	+02:40:50 (35.6%)	8:41	6.9 (64.5%)
214	ŁUGOWSKI Karol	156	MIŃSK MAZOWIECKI	M30	214	01:07:32	03:32:13	05:00:41		07:33:07.75	07:34:01.05	+02:42:25 (35.8%)	8:42	6.9 (64.5%)
215	WYSTRYCHOWSKI Marcin	271	BFAGENCJA.PL	M30	215	01:18:24	03:43:02	05:09:44		07:35:47.40	07:35:54.60	+02:44:19 (36.0%)	8:45	6.8 (63.6%)
216	ROSIŃSKI Krzysztof	223	BYDGOSZCZ	M30	216	01:22:17	03:49:02	05:17:17		07:41:29.00	07:42:05.90	+02:50:30 (36.9%)	8:52	6.8 (63.6%)
217	SPYRA Zdzisław	674	PSZCZYNA	M30	217	01:14:02	03:39:00	05:12:30		07:42:37.60	07:42:47.05	+02:51:11 (37.0%)	8:53	6.7 (62.6%)
218	ŻMUDKA Bartek	574	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M30	218	01:11:57	03:42:52	05:13:32		07:42:34.30	07:43:18.20	+02:51:43 (37.1%)	8:53	6.7 (62.6%)
219	MATYJA Piotr	688	PIOTRKÓW TRYBUNALSKI	M30	219	01:16:26	03:48:30	05:15:26		07:43:38.25	07:44:40.95	+02:53:05 (37.3%)	8:54	6.7 (62.6%)
220	SZCZERBA Rafał	200	ŁÓDŹ	M30	220	01:16:05	03:40:45	05:16:17		07:44:14.45	07:45:10.60	+02:53:35 (37.3%)	8:55	6.7 (62.6%)
221	KOŁODZIEJCZYK Maciej	521	FIZO-SPORT	M30	221	01:11:13	03:38:12	05:03:44		07:48:10.20	07:48:51.70	+02:57:16 (37.8%)	9:00	6.7 (62.6%)
222	DYLEWSKI Paweł	522	FIZJO-SPORT ŁĘCZNA	M30	222	01:11:15	03:38:11	05:04:47		07:48:10.15	07:48:51.90	+02:57:16 (37.8%)	9:00	6.7 (62.6%)
223	MĘŻYŃSKI Michał	731	WARSZAWA	M30	223	01:14:09	03:40:35	05:11:38		07:49:14.10	07:50:28.25	+02:58:53 (38.0%)	9:01	6.6 (61.7%)

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
224	WOJCIECHOWSKI Bartosz	721	SKĘPE	M30	224	01:09:12	03:36:08	05:14:24		07:51:21.45	07:51:27.35	+02:59:52 (38.2%)	9:03	6.6 (61.7%)
225	STASIEWICZ Łukasz	695	LUBLIN	M30	225	01:11:11	03:49:22	05:24:53		07:52:17.60	07:52:52.55	+03:01:17 (38.3%)	9:04	6.6 (61.7%)
226	GOSTKOWSKI Bartek	686	KRAKÓW	M30	226	01:12:27	03:47:42	05:19:35		07:52:50.35	07:53:26.25	+03:01:51 (38.4%)	9:05	6.6 (61.7%)
227	KUCHARCZYK Robert	439	SILESIA RUNNERS CLUB	M30	227	01:12:18	03:33:38	05:12:19		07:52:37.20	07:53:29.40	+03:01:54 (38.4%)	9:05	6.6 (61.7%)
228	BIELAŃSKI Jakub	797	WYTRZEŻWIAŁKA	M30	228	01:16:47	03:47:47	05:16:59		07:53:17.80	07:53:48.25	+03:02:13 (38.5%)	9:06	6.6 (61.7%)
229	BIZOŃ Michał	165	WWW.RUNSPACE.PL	M30	229	01:16:38	03:51:35	05:27:31		07:53:44.00	07:54:14.15	+03:02:39 (38.5%)	9:06	6.6 (61.7%)
230	GEZELA Robert	191	EUFORIABIEGACZA.PL	M30	230	01:21:42	04:02:52	05:33:25		07:55:14.80	07:56:05.85	+03:04:30 (38.8%)	9:08	6.6 (61.7%)
231	DONIEC Sebastian	71	WWW.ADWOKATDONIEC.PL	M30	231	01:16:43	03:56:16	05:32:36		08:03:46.95	08:04:39.90	+03:13:04 (39.8%)	9:18	6.4 (59.8%)
232	SOBCZAK Maciej	369		M30	232	01:13:53	03:49:20	05:27:14		08:05:11.15	08:05:40.85	+03:14:05 (40.0%)	9:19	6.4 (59.8%)
233	PRAŻMOWSKI Piotr	206	AM NAT KRAAKÓW	M30	233	01:12:04	03:41:38	05:23:36		08:09:22.25	08:10:21.95	+03:18:46 (40.5%)	9:24	6.4 (59.8%)
234	SZTYPA Marcin	506	ATMA	M30	234	01:14:28	03:50:56	05:29:12		08:10:10.65	08:11:05.80	+03:19:30 (40.6%)	9:25	6.4 (59.8%)
235	SKÓRA Sebastian	183	ŁAŃCUT	M30	235	01:13:33	03:48:46	05:24:37		08:14:51.25	08:15:37.95	+03:24:02 (41.2%)	9:30	6.3 (58.9%)
236	KWIATKOWSKI Marek	499	WARSZAWA	M30	236	01:15:55	03:42:19	05:08:40		08:21:33.45	08:22:02.35	+03:30:27 (41.9%)	9:38	6.2 (57.9%)
237	SOBOL Tomasz	629		M30	237	01:14:55	03:47:56	05:18:42		08:33:05.55	08:33:51.80	+03:42:16 (43.3%)	9:52	6.1 (57.0%)
238	SZYMAŃSKI Paweł	229	LESZNO	M30	238	01:15:01	04:08:31	05:54:22		08:38:25.90	08:39:35.50	+03:48:00 (43.9%)	9:58	6 (56.1%)
239	SACHA Łukasz	620	TRIWAWA	M30	239	01:11:34	03:29:21	05:00:51		08:40:58.30	08:41:35.85	+03:50:00 (44.1%)	10:01	6 (56.1%)
240	RYCZEK Adam	739	BIEGAM NA TARCHOMINIE	M30	240	01:11:39	03:46:39	05:38:30		08:45:43.65	08:46:48.05	+03:55:12 (44.6%)	10:06	5.9 (55.1%)
241	ISALSKI Przemek	261	POZNAŃ	M30	241	01:23:41	04:12:36	05:54:12		08:47:15.80	08:48:20.80	+03:56:45 (44.8%)	10:08	5.9 (55.1%)
242	ANDRZEJEWSKI Maciej	388	WARSZAWA	M30	242	01:19:16	04:08:48	05:57:53		08:49:16.40	08:49:33.75	+03:57:58 (44.9%)	10:10	5.9 (55.1%)
243	GMAJ Daniel	787		M30	243	01:17:58	03:58:34	05:51:32		08:50:24.65	08:51:13.55	+03:59:38 (45.1%)	10:12	5.9 (55.1%)
244	ADAMOWSKI Jacek	807	NIGHT RUNNERS GLIWICE	M30	244	01:18:10	04:05:42	05:51:50		08:51:00.20	08:52:07.50	+04:00:32 (45.2%)	10:12	5.9 (55.1%)
245	OKARMA Wojtek	723		M30	245	01:18:21	04:03:34	05:54:42		08:56:13.15	08:57:00.75	+04:05:25 (45.7%)	10:18	5.8 (54.2%)
246	ALEKSANDROWICZ Łukasz	226	SPARTANIE DZIECIOM	M30	246	01:22:48	04:19:59	06:14:07		09:42:08.20	09:43:06.50	+04:51:31 (50.0%)	11:11	5.4 (50.5%)

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
	PREJZNAR Marcin	601	MTB MOSIR DUKLA	M30		00:54:14 DNF	02:49:59 DNF	04:27:39 DNF	DNF	DNF	DNF		-	- (0.0%)
	CYGANEK Grzegorz	355	BYDGOSZCZ	M30		01:00:55 DNF	02:57:49 DNF	04:49:05 DNF	DNF	DNF	DNF		-	- (0.0%)
	GRODECKI Piotr	569		M30		01:09:25 DNF	03:29:24 DNF	05:19:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	MICHALSKI Arkadiusz	622	MODEROWKA	M30		01:02:26 DNF	03:21:23 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WYWROT Grzegorz	421		M30		01:05:26 DNF	03:24:34 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWAK Daniel	24	PROTEMPO.PL	M30		01:14:25 DNF	04:00:25 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRAUSE Grzegorz	647	GDAŃSK	M30		01:17:14 DNF	04:03:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SIKORSKI Krzysiek	542	SSF TRINERGY TEAM	M30		01:26:38 DNF	04:19:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LUBIŃSKI Mikołaj	618	BIEGAM BO NIE LUBIE	M30		01:22:26 DNF	04:29:19 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHMIEL Michał	368	RZESZÓW	M30		01:10:17 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BARTUŚ Bartosz	655	GDYNIA	M30		01:10:37 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 257 wynik(ów)