



III ULTRA MARATON BIESZCZADZKI

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										52km	52km			
63	JACKOWSKI Jacek	242	JGB "SOKÓŁ"	M40	63	01:01:25	03:10:22	04:40:39		06:55:52.70	06:56:05.45	+02:26:55 (35.3%)	7:59	7.5 (64.7%)
64	BŁASZKIEWICZ Tomasz	46	TEMMPO WAŁBRZYCH	M40	64	01:11:11	03:29:53	04:50:30		06:57:08.70	06:58:18.60	+02:29:09 (35.7%)	8:01	7.5 (64.7%)
65	PIECH Krzysztof	730	WARSZAWA	M40	65	01:06:11	03:16:22	04:43:33		06:58:50.75	06:59:51.05	+02:30:41 (35.9%)	8:03	7.4 (63.8%)
66	KACZOR Waldemar	171	RES-VET RZESZÓW	M40	66	01:01:28	03:09:22	04:32:23		06:59:28.50	07:00:04.15	+02:30:54 (35.9%)	8:04	7.4 (63.8%)
67	NIEDZIELA Wojciech	473		M40	67	01:13:52	03:29:52	04:53:08		07:00:29.70	07:01:28.45	+02:32:18 (36.1%)	8:05	7.4 (63.8%)
68	SEMIENIUK Tomasz	357	GRAJEK PRASKI	M40	68	01:07:17	03:18:05	04:41:42		07:01:04.20	07:01:44.65	+02:32:35 (36.2%)	8:05	7.4 (63.8%)
69	SZPYT Ryszard	616	BIŁGORAJ	M40	69	01:08:00	03:22:09	04:43:39		07:01:30.20	07:02:06.40	+02:32:56 (36.2%)	8:06	7.4 (63.8%)
70	BRONOWICKI Jarosław	760	PRO-RUN WROCŁAW	M40	70	01:09:11	03:20:35	04:44:30		07:01:46.85	07:02:32.55	+02:33:23 (36.3%)	8:06	7.4 (63.8%)
71	PALCZAK Rafał	85	GŁOGÓW MAŁOPOLSKI	M40	71	01:12:27	03:28:53	04:53:46		07:03:46.60	07:04:13.05	+02:35:03 (36.6%)	8:08	7.4 (63.8%)
72	OLEKSYK Wojciech	744	BKB VICTORIA BRZESKO	M40	72	01:08:01	03:16:43	04:42:55		07:03:39.25	07:04:16.25	+02:35:06 (36.6%)	8:08	7.4 (63.8%)
73	SZULBORSKI Darek	163	TKKF PŁOCK	M40	73	01:08:46	03:26:09	04:49:21		07:05:38.05	07:05:58.55	+02:36:49 (36.8%)	8:11	7.3 (62.9%)
74	KIRKIEWICZ Ireneusz	17		M40	74	01:11:12	03:29:50	04:53:40		07:06:02.70	07:06:47.00	+02:37:37 (36.9%)	8:11	7.3 (62.9%)
75	GALUSZKA Bogdan	210	JGB SOKOL	M40	75	01:20:25	03:38:21	04:57:24		07:06:45.90	07:06:58.15	+02:37:48 (37.0%)	8:12	7.3 (62.9%)
76	GUZIK Robert	241	PEDRAFORCA	M40	76	01:10:41	03:24:28	04:52:56		07:06:33.45	07:07:30.00	+02:38:20 (37.0%)	8:12	7.3 (62.9%)
77	WOJDA Dariusz	333	DZIKIE DZIKI	M40	77	01:10:17	03:28:06	04:50:24		07:07:41.15	07:08:13.20	+02:39:03 (37.1%)	8:13	7.3 (62.9%)
78	MAJKUCIŃSKI Marek	681	BIEGIEM RADOM!	M40	78	01:09:42	03:29:16	04:54:55		07:07:56.30	07:08:44.55	+02:39:35 (37.2%)	8:13	7.3 (62.9%)
79	PIOTROWSKI Wiktor	246	KĘTRZYN	M40	79	01:05:09	03:15:00	04:38:16		07:08:29.70	07:08:57.20	+02:39:47 (37.3%)	8:14	7.3 (62.9%)
80	KOPER Jacek	576	ŁÓDŹ	M40	80	01:07:19	03:25:36	04:54:57		07:10:01.70	07:10:19.15	+02:41:09 (37.5%)	8:16	7.3 (62.9%)
81	RYCZEK Mariusz	713	KMD	M40	81	01:08:13	03:31:47	04:59:03		07:10:07.00	07:10:26.95	+02:41:17 (37.5%)	8:16	7.3 (62.9%)
82	GAWRON Marcin	722	TARNÓW	M40	82	01:16:09	03:31:00	04:53:54		07:09:38.50	07:10:31.75	+02:41:22 (37.5%)	8:15	7.3 (62.9%)
83	SKWARŁO Marek	16	ŚW. ANTONI PIŁA	M40	83	01:09:05	03:28:04	04:57:33		07:10:55.00	07:11:05.00	+02:41:55 (37.6%)	8:17	7.2 (62.1%)
84	GRABOWICZ Paweł	289	SIEKIERKI WIELKIE	M40	84	01:12:59	03:35:09	05:00:25		07:10:15.75	07:11:19.05	+02:42:09 (37.6%)	8:16	7.3 (62.9%)
85	KACZOROWSKI Przemysław	407	SZCZECIN	M40	85	01:11:39	03:33:41	04:58:47		07:11:14.45	07:11:35.70	+02:42:26 (37.6%)	8:17	7.2 (62.1%)

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

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

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