



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Zimowy Maraton Bieszczadzki 2017  
Fundacja Bieg Rzeźnika  
2017-01-29  
Cisna  
44,6 km

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

| Msc | Zawodnik              | Numer | Klub                                        | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------|-------|---------------------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 1   | CISZCZONIK Sebastian  | 511   | DOBRY ZBEER, RGIG                           | M30       | 1    | 00:00:35          | 01:59:32                | 02:35:59              | 03:12:32                | 03:30:31.70             | 03:30:31.70              |                      | 4:43            | 12.7<br>(100%)  |
| 2   | ŚLĘCZKA Damian        | 257   | ARGO SP. Z O.O. ŁAŃCUT / DIT PRO            | M30       | 2    | 00:00:41          | 02:09:27                | 02:46:43              | 03:25:54                | 03:43:20.00             | 03:43:20.00              | +00:12:48<br>(5.7%)  | 5:00            | 12<br>(94.5%)   |
| 3   | GAWLIK Sławek         | 426   | MARCINSWIERCTEAM                            | M30       | 3    | 00:00:34          | 02:07:51                | 02:45:30              | 03:26:49                | 03:44:47.50             | 03:44:47.50              | +00:14:15<br>(6.3%)  | 5:02            | 11.9<br>(93.7%) |
| 4   | NOWAKOWSKI Tobiasz    | 331   | MKB DREPTAK                                 | M30       | 4    | 00:00:52          | 02:05:16                | 02:44:58              | 03:25:59                | 03:45:55.45             | 03:45:55.45              | +00:15:23<br>(6.8%)  | 5:03            | 11.8<br>(92.9%) |
| 5   | FLOREK Sebastian      | 615   | NORAFSPORT                                  | M30       | 5    | 00:01:09          | 02:16:40                | 02:54:06              | 03:32:17                | 03:48:33.15             | 03:48:33.15              | +00:18:01<br>(7.9%)  | 5:07            | 11.7<br>(92.1%) |
| 6   | HETMAN Radosław       | 377   | GRUPA NOMAX                                 | M30       | 6    | 00:00:42          | 02:09:07                | 02:48:19              | 03:32:52                | 03:52:02.05             | 03:52:02.05              | +00:21:30<br>(9.3%)  | 5:12            | 11.5<br>(90.6%) |
| 7   | PRĘTNIK Sławomir      | 416   | ORGAZM ANTYLOPY                             | M30       | 7    | 00:00:49          | 02:12:50                | 02:53:19              | 03:35:03                | 03:55:06.15             | 03:55:06.15              | +00:24:34<br>(10.5%) | 5:16            | 11.4<br>(89.8%) |
| 8   | AUGUSTYŃSKI Sylwester | 64    | LACHO TEAM                                  | M30       | 8    | 00:02:08          | 02:14:53                | 02:57:28              | 03:40:25                | 04:00:39.55             | 04:00:39.55              | +00:30:07<br>(12.5%) | 5:23            | 11.1<br>(87.4%) |
| 9   | TYBUREK Michał        | 518   | BIEGAJĄCY ŚWIDNIK                           | M30       | 9    | 00:00:40          | 02:15:06                | 03:00:22              | 03:42:48                | 04:01:37.15             | 04:01:37.15              | +00:31:05<br>(12.9%) | 5:25            | 11.1<br>(87.4%) |
| 10  | KRZEMIŃSKI Marcin     | 348   | SPRINT GORZYCE                              | M30       | 10   | 00:02:13          | 02:20:15                | 03:01:36              | 03:44:03                | 04:02:16.25             | 04:02:16.25              | +00:31:44<br>(13.1%) | 5:25            | 11<br>(86.6%)   |
| 11  | ŁAGOŻNY Łukasz        | 782   | BRUBECK TEAM                                | M30       | 11   | 00:00:40          | 02:16:57                | 03:00:49              | 03:44:16                | 04:02:37.85             | 04:02:37.85              | +00:32:06<br>(13.2%) | 5:26            | 11<br>(86.6%)   |
| 12  | LAKSA Dariusz         | 652   |                                             | M30       | 12   | 00:00:38          | 02:16:25                | 02:56:28              | 03:41:05                | 04:02:42.55             | 04:02:42.55              | +00:32:10<br>(13.3%) | 5:26            | 11<br>(86.6%)   |
| 13  | URBASEK Łukasz        | 215   |                                             | M30       | 13   | 00:01:57          | 02:19:05                | 03:01:07              | 03:44:03                | 04:04:22.75             | 04:04:22.75              | +00:33:51<br>(13.9%) | 5:28            | 11<br>(86.6%)   |
| 14  | SUROWIEC Grzegorz     | 816   | BESTA SP. Z O.O.                            | M30       | 14   | 00:00:38          | 02:18:04                | 03:01:13              | 03:45:30                | 04:04:46.45             | 04:04:46.45              | +00:34:14<br>(14.0%) | 5:29            | 10.9<br>(85.8%) |
| 15  | CZAJKA Karol          | 70    | INKUBATOR PRZEDSIĘBIORCZOŚCI W LUBLINIE FRL | M30       | 15   | 00:00:38          | 02:13:44                | 03:00:14              | 03:44:23                | 04:05:27.35             | 04:05:27.35              | +00:34:55<br>(14.2%) | 5:30            | 10.9<br>(85.8%) |
| 16  | KOZIEŁ Grzegorz       | 188   | SILESIA RUNNERS CLUB                        | M30       | 16   | 00:01:01          | 02:19:25                | 03:02:58              | 03:47:51                | 04:07:31.20             | 04:07:31.20              | +00:36:59<br>(14.9%) | 5:32            | 10.8<br>(85.0%) |
| 17  | WASYŁÓW Jacek         | 463   | ANTEK TEAM PRZEMYSŁ                         | M30       | 17   | 00:01:07          | 02:21:27                | 03:07:36              | 03:50:36                | 04:09:39.60             | 04:09:39.60              | +00:39:07<br>(15.7%) | 5:35            | 10.7<br>(84.3%) |

| Msc | Zawodnik            | Numer | Klub                    | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|-------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|--------------|
|     |                     |       |                         |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |              |
| 18  | KWIATKOWSKI Michael | 25    |                         | M30       | 18   | 00:00:43 | 02:15:38      | 03:03:48    | 03:51:55      | 04:13:22.05 | 04:13:22.05 | +00:42:50 (16.9%) | 5:40         | 10.6 (83.5%) |
| 19  | DUCKI Piotr         | 749   | OTK                     | M30       | 19   | 00:01:03 | 02:23:16      | 03:07:22    | 03:53:15      | 04:13:39.60 | 04:13:39.60 | +00:43:07 (17.0%) | 5:41         | 10.5 (82.7%) |
| 20  | MISZCZAK Szymon     | 824   | REHABILITANCI.ORG.PL    | M30       | 20   | 00:00:44 | 02:24:02      | 03:10:30    | 03:54:45      | 04:14:20.70 | 04:14:20.70 | +00:43:49 (17.2%) | 5:42         | 10.5 (82.7%) |
| 21  | WIĘCH Piotr         | 389   |                         | M30       | 21   | 00:01:10 | 02:22:28      | 03:12:04    | 03:56:09      | 04:14:24.45 | 04:14:24.45 | +00:43:52 (17.2%) | 5:42         | 10.5 (82.7%) |
| 22  | BARANOWSKI Jacek    | 735   | JACEKBIEGA RUNNING TEAM | M30       | 22   | 00:00:50 | 02:19:55      | 03:08:36    | 03:54:23      | 04:14:52.00 | 04:14:52.00 | +00:44:20 (17.4%) | 5:42         | 10.5 (82.7%) |
| 23  | BACHER Stanisław    | 620   |                         | M30       | 23   | 00:00:55 | 02:11:05      | 03:01:11    | 03:54:04      | 04:17:44.70 | 04:17:44.70 | +00:47:13 (18.3%) | 5:46         | 10.4 (81.9%) |
| 24  | REJ Mirosław        | 106   | M&T WYJADACZE PARÓWKÓW  | M30       | 24   | 00:00:55 | 02:22:11      | 03:08:09    | 03:55:16      | 04:18:43.50 | 04:18:43.50 | +00:48:11 (18.6%) | 5:48         | 10.3 (81.1%) |
| 25  | LONC Tomasz         | 107   | M&T WYJADACZE PARÓWKÓW  | M30       | 25   | 00:00:54 | 02:22:21      | 03:08:09    | 03:55:20      | 04:18:45.35 | 04:18:45.35 | +00:48:13 (18.6%) | 5:48         | 10.3 (81.1%) |
| 26  | DUDA Paweł          | 422   | HOTEL NAFTA KROSNO      | M30       | 26   | 00:00:58 | 02:26:32      | 03:12:52    | 03:59:05      | 04:19:22.90 | 04:19:22.90 | +00:48:51 (18.8%) | 5:48         | 10.3 (81.1%) |
| 27  | ŻUREK Paweł         | 324   | RUNTEAM PAWŁOWICE       | M30       | 27   | 00:01:52 | 02:25:51      | 03:12:42    | 03:58:46      | 04:19:56.00 | 04:19:56.00 | +00:49:24 (19.0%) | 5:49         | 10.3 (81.1%) |
| 28  | BRZOZOWSKI Łukasz   | 219   | I-BS.PL SPORT TEAM      | M30       | 28   | 00:00:45 | 02:19:26      | 03:08:43    | 03:58:53      | 04:21:13.55 | 04:21:13.55 | +00:50:41 (19.4%) | 5:51         | 10.2 (80.3%) |
| 29  | GURGUL Sebastian    | 94    | AROMAT NÓG              | M30       | 29   | 00:01:02 | 02:30:21      | 03:14:57    | 04:00:13      | 04:21:13.85 | 04:21:13.85 | +00:50:42 (19.4%) | 5:51         | 10.2 (80.3%) |
| 30  | CAGARA Paweł        | 766   |                         | M30       | 30   | 00:00:44 | 02:23:24      | 03:12:41    | 04:00:55      | 04:21:54.80 | 04:21:54.80 | +00:51:23 (19.6%) | 5:52         | 10.2 (80.3%) |
| 31  | ŁUKASIK Michał      | 724   | RUN-BIKE.PL             | M30       | 31   | 00:02:09 | 02:24:01      | 03:12:52    |               | 04:23:17.25 | 04:23:17.25 | +00:52:45 (20.0%) | 5:54         | 10.2 (80.3%) |
| 32  | CZELEJ Rafał        | 184   | BIEGAJĄCY ŚWIDNIK       | M30       | 32   | 00:00:50 | 02:20:54      | 03:10:34    | 04:01:39      | 04:23:37.10 | 04:23:37.10 | +00:53:05 (20.1%) | 5:54         | 10.2 (80.3%) |
| 33  | PIECUCH Marcin      | 90    | LACHO TEAM              | M30       | 33   | 00:02:03 | 02:28:27      | 03:16:16    | 04:03:33      | 04:24:37.60 | 04:24:37.60 | +00:54:05 (20.4%) | 5:55         | 10.1 (79.5%) |
| 34  | GRĘBOWIEC Mateusz   | 19    | TSA SANDOMIERZ          | M30       | 34   | 00:01:09 | 02:25:51      | 03:15:45    | 04:03:48      | 04:24:48.65 | 04:24:48.65 | +00:54:16 (20.5%) | 5:56         | 10.1 (79.5%) |
| 35  | SOŁOWIEJ Łukasz     | 774   |                         | M30       | 35   | 00:00:44 | 02:28:06      | 03:16:25    | 04:04:45      | 04:24:53.90 | 04:24:53.90 | +00:54:22 (20.5%) | 5:56         | 10.1 (79.5%) |
| 36  | MATUSIAK Michał     | 143   | ROWERY MAŁGOŚKA         | M30       | 36   | 00:01:00 | 02:23:08      | 03:16:35    | 04:05:55      | 04:26:14.90 | 04:26:14.90 | +00:55:43 (20.9%) | 5:58         | 10.1 (79.5%) |
| 37  | POTOCZNY Piotr      | 477   | K&K                     | M30       | 37   | 00:01:44 | 02:29:40      | 03:18:09    | 04:05:58      | 04:26:56.10 | 04:26:56.10 | +00:56:24 (21.1%) | 5:59         | 10 (78.7%)   |
| 38  | NOWAK Piotr         | 373   |                         | M30       | 38   | 00:01:29 | 02:24:54      | 03:15:10    | 04:05:18      | 04:27:04.85 | 04:27:04.85 | +00:56:33 (21.2%) | 5:59         | 10 (78.7%)   |
| 39  | DEJAS Tomasz        | 105   |                         | M30       | 39   | 00:01:44 | 02:28:35      | 03:18:07    | 04:09:26      | 04:31:25.00 | 04:31:25.00 | +01:00:53 (22.4%) | 6:05         | 9.9 (78.0%)  |
| 40  | FLĄDRO Daniel       | 244   |                         | M30       | 40   | 00:00:56 | 02:26:31      | 03:19:56    | 04:09:28      | 04:31:26.45 | 04:31:26.45 | +01:00:54 (22.4%) | 6:05         | 9.9 (78.0%)  |
| 41  | MACHUCKI Adrian     | 160   | 21 BSP                  | M30       | 41   | 00:00:46 | 02:27:04      | 03:17:59    | 04:08:20      | 04:32:08.00 | 04:32:08.00 | +01:01:36 (22.6%) | 6:06         | 9.8 (77.2%)  |
| 42  | HYDZIK Grzegorz     | 251   |                         | M30       | 42   | 00:01:26 | 02:37:07      | 03:26:55    | 04:17:11      | 04:38:37.90 | 04:38:37.90 | +01:08:06 (24.4%) | 6:14         | 9.6 (75.6%)  |

| Msc | Zawodnik                | Numer | Klub                        | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------|-------|-----------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                         |       |                             |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 43  | PONIEWOZIK Irek         | 72    |                             | M30       | 43   | 00:00:42 | 02:36:19      | 03:29:04    | 04:17:51      | 04:39:41.55 | 04:39:41.55 | +01:09:09 (24.7%) | 6:16         | 9.6 (75.6%) |
| 44  | HAUPT Krzysztof         | 778   |                             | M30       | 44   | 00:01:54 | 02:28:28      | 03:20:33    | 04:16:17      | 04:39:44.75 | 04:39:44.75 | +01:09:13 (24.7%) | 6:16         | 9.6 (75.6%) |
| 45  | KUSZ Tomasz             | 276   |                             | M30       | 45   | 00:02:52 | 02:35:59      | 03:27:27    | 04:17:59      | 04:41:49.35 | 04:41:49.35 | +01:11:17 (25.3%) | 6:19         | 9.5 (74.8%) |
| 46  | ZAWADZKI Mariusz        | 339   |                             | M30       | 46   | 00:00:40 | 02:34:50      | 03:25:20    | 04:16:40      | 04:42:14.50 | 04:42:14.50 | +01:11:42 (25.4%) | 6:19         | 9.5 (74.8%) |
| 47  | BASZAK Tomasz           | 671   | SIŁA OGRA                   | M30       | 47   | 00:00:45 | 02:40:38      | 03:30:51    | 04:20:07      | 04:42:30.95 | 04:42:30.95 | +01:11:59 (25.5%) | 6:20         | 9.5 (74.8%) |
| 48  | KSIĄŻKIEWICZ Bartłomiej | 101   | ROCKY BALBOA RUNNING CLUB   | M30       | 48   | 00:00:39 | 02:35:39      | 03:30:15    | 04:19:54      | 04:42:34.50 | 04:42:34.50 | +01:12:02 (25.5%) | 6:20         | 9.5 (74.8%) |
| 49  | KOSIN Paweł             | 212   | KLUB BIEGAJĄCYCH LEŚNIKÓW   | M30       | 49   | 00:01:12 | 02:38:00      | 03:30:16    | 04:20:36      | 04:43:24.20 | 04:43:24.20 | +01:12:52 (25.7%) | 6:21         | 9.4 (74.0%) |
| 50  | WECLAS Maciek           | 466   |                             | M30       | 50   | 00:02:30 | 02:48:51      | 03:38:43    | 04:24:26      | 04:43:40.15 | 04:43:40.15 | +01:13:08 (25.8%) | 6:21         | 9.4 (74.0%) |
| 51  | ILKIEWICZ Adam          | 637   | ALLIANZ RUNNING TEAM        | M30       | 51   | 00:02:06 | 02:48:47      | 03:37:39    | 04:24:27      | 04:44:11.20 | 04:44:11.20 | +01:13:39 (25.9%) | 6:22         | 9.4 (74.0%) |
| 52  | SMOLEŃ Piotr            | 535   |                             | M30       | 52   | 00:02:28 | 02:32:41      | 03:31:47    | 04:21:24      | 04:44:33.90 | 04:44:33.90 | +01:14:02 (26.0%) | 6:22         | 9.4 (74.0%) |
| 53  | RIJ Tomasz              | 480   | FINISZ RYMANÓW              | M30       | 53   | 00:01:45 | 02:43:04      | 03:34:50    | 04:24:06      | 04:47:09.45 | 04:47:09.45 | +01:16:37 (26.7%) | 6:26         | 9.3 (73.2%) |
| 54  | ZIĘBA Marcin            | 11    | PORANNY PATROL              | M30       | 54   | 00:02:52 | 02:32:07      | 03:28:47    | 04:21:25      | 04:47:40.05 | 04:47:40.05 | +01:17:08 (26.8%) | 6:26         | 9.3 (73.2%) |
| 55  | KRÓLIKOWSKI Igor        | 337   | RABBITS                     | M30       | 55   | 00:01:17 | 02:35:44      | 03:30:34    | 04:24:01      | 04:47:50.65 | 04:47:50.65 | +01:17:18 (26.9%) | 6:27         | 9.3 (73.2%) |
| 56  | JANKOWSKI Sebastian     | 544   |                             | M30       | 56   | 00:01:36 | 02:40:49      | 03:35:21    | 04:23:56      | 04:47:54.65 | 04:47:54.65 | +01:17:22 (26.9%) | 6:27         | 9.3 (73.2%) |
| 57  | ZAWADZKI Piotr          | 258   | NIGHT RUNNERS PŁOCK         | M30       | 57   | 00:00:33 | 02:39:09      | 03:33:51    | 04:24:57      | 04:47:56.70 | 04:47:56.70 | +01:17:25 (26.9%) | 6:27         | 9.3 (73.2%) |
| 58  | KORDOWICZ Łukasz        | 80    | BUT BIŁGORAJ ULTRA TRAIL    | M30       | 58   | 00:01:08 | 02:28:16      | 03:25:42    | 04:23:00      | 04:48:13.10 | 04:48:13.10 | +01:17:41 (27.0%) | 6:27         | 9.3 (73.2%) |
| 59  | SUDZIŃSKI Jacek         | 436   |                             | M30       | 59   | 00:02:12 | 02:41:29      | 03:34:59    | 04:24:52      | 04:49:38.55 | 04:49:38.55 | +01:19:06 (27.3%) | 6:29         | 9.2 (72.4%) |
| 60  | WINIARCZYK Emil         | 126   |                             | M30       | 60   | 00:00:57 | 02:33:12      | 03:29:58    | 04:25:20      | 04:51:12.10 | 04:51:12.10 | +01:20:40 (27.7%) | 6:31         | 9.2 (72.4%) |
| 61  | TWARDOWSKI Tomasz       | 358   |                             | M30       | 61   | 00:02:55 | 02:43:17      | 03:36:58    | 04:28:00      | 04:52:40.20 | 04:52:40.20 | +01:22:08 (28.1%) | 6:33         | 9.1 (71.7%) |
| 62  | PIETRYSZYN Mariusz      | 41    |                             | M30       | 62   | 00:00:46 | 02:36:33      | 03:35:38    | 04:29:27      | 04:53:37.10 | 04:53:37.10 | +01:23:05 (28.3%) | 6:35         | 9.1 (71.7%) |
| 63  | RUSZNICA Tomasz         | 46    | ZSG RZESZÓW                 | M30       | 63   | 00:01:35 | 02:54:33      | 03:44:11    | 04:32:41      | 04:53:38.95 | 04:53:38.95 | +01:23:07 (28.3%) | 6:35         | 9.1 (71.7%) |
| 64  | GAŁUSZKA Bogusław       | 254   |                             | M30       | 64   | 00:02:05 | 02:47:35      | 03:44:36    | 04:33:13      | 04:53:39.85 | 04:53:39.85 | +01:23:08 (28.3%) | 6:35         | 9.1 (71.7%) |
| 65  | KOŚCIAŃSKI Paweł        | 664   |                             | M30       | 65   | 00:02:55 | 02:48:31      | 03:39:52    | 04:32:39      | 04:54:14.10 | 04:54:14.10 | +01:23:42 (28.4%) | 6:35         | 9.1 (71.7%) |
| 66  | SEGIET Paweł            | 313   | SILESIA RUNNERS CLUB        | M30       | 66   | 00:01:03 | 02:33:59      | 03:30:44    | 04:28:31      | 04:54:50.85 | 04:54:50.85 | +01:24:19 (28.6%) | 6:36         | 9.1 (71.7%) |
| 67  | MILEWSKI Mateusz        | 776   | MINISTERSTWO GŁUPICH KROKÓW | M30       | 67   | 00:02:22 | 02:44:34      | 03:40:21    | 04:31:58      | 04:54:58.35 | 04:54:58.35 | +01:24:26 (28.6%) | 6:36         | 9.1 (71.7%) |

| Msc | Zawodnik             | Numer | Klub                         | Kategoria | Mkat | Start_2k |                         |                       |                         | Czas netto<br>44.6km | Czas brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
|     |                      |       |                              |           |      | 0.1km    | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km |                      |                       |                      |                 |                |
| 68  | GWIZDAŁA Łukasz      | 605   | THENATURAT                   | M30       | 68   | 00:02:21 | 02:49:45                | 03:44:09              | 04:33:55                | 04:57:05.95          | 04:57:05.95           | +01:26:34<br>(29.1%) | 6:39            | 9<br>(70.9%)   |
| 69  | BYRCZEK Michał       | 225   |                              | M30       | 69   | 00:01:28 | 02:47:38                | 03:43:49              | 04:34:40                | 04:57:06.70          | 04:57:06.70           | +01:26:35<br>(29.1%) | 6:39            | 9<br>(70.9%)   |
| 70  | KANIEWSKI Ireneusz   | 627   |                              | M30       | 70   | 00:02:25 | 02:40:56                | 03:37:43              | 04:32:20                | 04:57:14.20          | 04:57:14.20           | +01:26:42<br>(29.2%) | 6:39            | 9<br>(70.9%)   |
| 71  | WRÓBEL Adam          | 712   |                              | M30       | 71   | 00:02:16 | 02:46:57                | 03:44:12              | 04:35:00                | 04:57:44.55          | 04:57:44.55           | +01:27:12<br>(29.3%) | 6:40            | 9<br>(70.9%)   |
| 72  | ŻYWCZAK Artur        | 742   | KM PSP KRAKÓW                | M30       | 72   | 00:00:41 | 02:40:32                | 03:40:01              | 04:36:01                | 04:57:58.20          | 04:57:58.20           | +01:27:26<br>(29.3%) | 6:40            | 9<br>(70.9%)   |
| 73  | MORAWA Mateusz       | 168   | LACHO TEAM                   | M30       | 73   | 00:02:17 | 02:40:22                | 03:39:29              | 04:35:25                | 04:58:06.25          | 04:58:06.25           | +01:27:34<br>(29.4%) | 6:41            | 9<br>(70.9%)   |
| 74  | SKOTNICKI Dariusz    | 234   | EKIPA Z TARNOWA              | M30       | 74   | 00:02:16 | 02:45:31                | 03:43:29              | 04:35:03                | 04:58:18.75          | 04:58:18.75           | +01:27:47<br>(29.4%) | 6:41            | 9<br>(70.9%)   |
| 75  | OSIŃSKI Robert       | 170   |                              | M30       | 75   | 00:02:19 | 02:45:45                | 03:40:59              | 04:35:12                | 04:58:20.70          | 04:58:20.70           | +01:27:49<br>(29.4%) | 6:41            | 9<br>(70.9%)   |
| 76  | POPŁAWSKI Piotr      | 378   | PGB SPORTOWA PACZKA          | M30       | 76   | 00:01:12 | 02:44:16                | 03:40:57              | 04:34:38                | 04:59:40.35          | 04:59:40.35           | +01:29:08<br>(29.7%) | 6:43            | 8.9<br>(70.1%) |
| 77  | GUZIK Łukasz         | 811   | KKKT                         | M30       | 77   | 00:03:00 | 02:54:59                | 03:49:37              | 04:38:52                | 04:59:41.50          | 04:59:41.50           | +01:29:09<br>(29.8%) | 6:43            | 8.9<br>(70.1%) |
| 78  | SWACHA Piotr         | 312   | BIŁGORAJ BIEGA               | M30       | 78   | 00:01:44 | 02:47:42                | 03:44:47              | 04:36:14                | 05:00:56.80          | 05:00:56.80           | +01:30:25<br>(30.0%) | 6:44            | 8.9<br>(70.1%) |
| 79  | SZKODA Robert        | 357   | BIŁGORAJ BIEGA               | M30       | 79   | 00:01:30 | 02:47:42                | 03:44:49              | 04:36:14                | 05:00:57.70          | 05:00:57.70           | +01:30:26<br>(30.0%) | 6:44            | 8.9<br>(70.1%) |
| 80  | CHRUŚCIEL Michał     | 817   | SPRINT GORZYCE               | M30       | 80   | 00:02:00 | 02:45:23                | 03:45:49              | 04:37:20                | 05:01:17.35          | 05:01:17.35           | +01:30:45<br>(30.1%) | 6:45            | 8.9<br>(70.1%) |
| 81  | PELA Dariusz         | 297   | SKY-TRANS TMT TORUŃ          | M30       | 81   | 00:01:25 | 02:43:49                | 03:40:31              | 04:34:43                | 05:01:53.95          | 05:01:53.95           | +01:31:22<br>(30.3%) | 6:46            | 8.9<br>(70.1%) |
| 82  | CHODAKOWSKI Marcelli | 789   | K.B.GEOTERMIA UNIEJÓW        | M30       | 82   | 00:02:31 | 02:44:04                | 03:43:43              | 04:36:05                | 05:01:54.35          | 05:01:54.35           | +01:31:22<br>(30.3%) | 6:46            | 8.9<br>(70.1%) |
| 83  | POGOCKI Piotr        | 275   |                              | M30       | 83   | 00:02:53 | 02:48:45                | 03:45:16              | 04:38:29                | 05:02:15.50          | 05:02:15.50           | +01:31:43<br>(30.3%) | 6:46            | 8.9<br>(70.1%) |
| 84  | MAŚLANKA Piotr       | 763   | BYDGOŚCIE                    | M30       | 84   | 00:01:51 | 02:43:46                | 03:43:30              | 04:39:18                | 05:02:36.35          | 05:02:36.35           | +01:32:04<br>(30.4%) | 6:47            | 8.8<br>(69.3%) |
| 85  | ANDRES Kamil         | 434   | KS JANUSZE                   | M30       | 85   | 00:02:37 | 03:08:25                | 03:57:41              | 04:44:00                | 05:02:48.90          | 05:02:48.90           | +01:32:17<br>(30.5%) | 6:47            | 8.8<br>(69.3%) |
| 86  | NOWACKI Dawid        | 262   |                              | M30       | 86   | 00:03:08 | 02:55:17                | 03:54:05              | 04:42:08                | 05:03:15.75          | 05:03:15.75           | +01:32:44<br>(30.6%) | 6:47            | 8.8<br>(69.3%) |
| 87  | SUCH Arkadiusz       | 371   | RZESZOWSKIE GAZELE I GEPARDY | M30       | 87   | 00:03:05 | 02:51:59                | 03:47:06              | 04:38:35                | 05:03:23.00          | 05:03:23.00           | +01:32:51<br>(30.6%) | 6:48            | 8.8<br>(69.3%) |
| 88  | BUCZYŃSKI Radosław   | 154   | NIGHT RUNNERS GLIWICE        | M30       | 88   | 00:01:13 | 02:43:03                | 03:44:38              | 04:39:26                | 05:04:40.00          | 05:04:40.00           | +01:34:08<br>(30.9%) | 6:49            | 8.8<br>(69.3%) |
| 89  | JAKUBIEC Szymon      | 166   | LACHO TEAM                   | M30       | 89   | 00:02:18 | 02:58:46                | 03:56:43              | 04:44:25                | 05:05:52.65          | 05:05:52.65           | +01:35:20<br>(31.2%) | 6:51            | 8.7<br>(68.5%) |
| 90  | TRYBUCHOWICZ Michał  | 752   |                              | M30       | 90   | 00:01:50 | 02:53:32                | 03:55:33              | 04:44:56                | 05:05:53.35          | 05:05:53.35           | +01:35:21<br>(31.2%) | 6:51            | 8.7<br>(68.5%) |
| 91  | SAMSON Sebastian     | 580   |                              | M30       | 91   | 00:01:37 | 02:47:28                | 03:46:04              | 04:40:34                | 05:06:25.25          | 05:06:25.25           | +01:35:53<br>(31.3%) | 6:52            | 8.7<br>(68.5%) |
| 92  | ŻURAWSKI Sławomir    | 393   | PGB SPORTOWA PACZKA          | M30       | 92   | 00:01:12 | 02:47:13                | 03:50:50              | 04:43:10                | 05:06:58.20          | 05:06:58.20           | +01:36:26<br>(31.4%) | 6:52            | 8.7<br>(68.5%) |

| Msc | Zawodnik            | Numer | Klub                        | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|---------------------|-------|-----------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                     |       |                             |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 93  | GOLBA Łukasz        | 54    | ZABIEGANI MIELEC            | M30       | 93   | 00:01:21 | 02:46:13      | 03:47:01    | 04:43:05      | 05:07:35.35 | 05:07:35.35 | +01:37:03<br>(31.6%) | 6:53         | 8.7<br>(68.5%) |
| 94  | KALANDYK Wojciech   | 117   | TURLAM SIĘ DO METY          | M30       | 94   | 00:01:57 | 02:49:07      | 03:50:19    | 04:41:41      | 05:07:37.05 | 05:07:37.05 | +01:37:05<br>(31.6%) | 6:53         | 8.7<br>(68.5%) |
| 95  | CZACHOR Andrzej     | 118   | TURLAM SIĘ DO METY          | M30       | 95   | 00:01:57 | 02:49:07      | 03:50:18    | 04:41:41      | 05:07:37.65 | 05:07:37.65 | +01:37:05<br>(31.6%) | 6:53         | 8.7<br>(68.5%) |
| 96  | KULON Marcin        | 797   |                             | M30       | 96   | 00:03:09 | 02:55:04      | 03:49:59    | 04:44:01      | 05:07:42.80 | 05:07:42.80 | +01:37:11<br>(31.6%) | 6:53         | 8.7<br>(68.5%) |
| 97  | DOMAGAŁA Michał     | 757   |                             | M30       | 97   | 00:02:58 | 02:58:07      | 03:53:45    | 04:44:21      | 05:08:05.85 | 05:08:05.85 | +01:37:34<br>(31.7%) | 6:54         | 8.7<br>(68.5%) |
| 98  | WŁODEK Mateusz      | 500   |                             | M30       | 98   | 00:01:45 | 02:41:14      | 03:42:27    | 04:42:00      | 05:09:45.35 | 05:09:45.35 | +01:39:13<br>(32.0%) | 6:56         | 8.6<br>(67.7%) |
| 99  | MROZEK Krzysztof    | 429   | BIEGAM BO CHCĘ              | M30       | 99   | 00:00:50 | 02:45:29      | 03:50:21    | 04:43:34      | 05:10:13.15 | 05:10:13.15 | +01:39:41<br>(32.1%) | 6:57         | 8.6<br>(67.7%) |
| 100 | WICZUK Michał       | 419   | MKB DREPTAK                 | M30       | 100  | 00:00:53 | 02:41:04      | 03:46:49    | 04:41:43      | 05:10:15.35 | 05:10:15.35 | +01:39:43<br>(32.1%) | 6:57         | 8.6<br>(67.7%) |
| 101 | BORSIAK Sebastian   | 132   |                             | M30       | 101  | 00:03:06 | 02:48:41      | 03:48:51    | 04:42:50      | 05:11:05.35 | 05:11:05.35 | +01:40:33<br>(32.3%) | 6:58         | 8.6<br>(67.7%) |
| 102 | KOKOT Roman         | 691   | AKTYWNY DYNÓW               | M30       | 102  | 00:01:41 | 02:50:49      | 03:48:45    | 04:44:06      | 05:11:10.70 | 05:11:10.70 | +01:40:39<br>(32.3%) | 6:58         | 8.6<br>(67.7%) |
| 103 | POSADZKI Paweł      | 499   | MPFOTO.COM.PL               | M30       | 103  | 00:03:08 | 02:54:28      | 03:53:28    | 04:45:37      | 05:11:15.60 | 05:11:15.60 | +01:40:43<br>(32.4%) | 6:58         | 8.6<br>(67.7%) |
| 104 | PYSZKO Janusz       | 203   | WWW.GOHARDORGOHOME.PL       | M30       | 104  | 00:01:20 | 02:45:34      | 03:47:00    | 04:43:13      | 05:11:19.50 | 05:11:19.50 | +01:40:47<br>(32.4%) | 6:58         | 8.6<br>(67.7%) |
| 105 | ANDREJKOW Arkadiusz | 263   |                             | M30       | 105  | 00:01:23 | 02:50:41      | 03:46:59    | 04:43:13      | 05:11:31.55 | 05:11:31.55 | +01:40:59<br>(32.4%) | 6:59         | 8.6<br>(67.7%) |
| 106 | SUSKI Józef         | 125   | BIEGACZ NOWOSOLNA           | M30       | 106  | 00:01:08 | 02:49:37      | 03:48:59    | 04:44:09      | 05:11:49.50 | 05:11:49.50 | +01:41:17<br>(32.5%) | 6:59         | 8.6<br>(67.7%) |
| 107 | ŚCIBOR Marcin       | 670   | KB GALERIA WARSZAWA         | M30       | 107  | 00:01:34 | 02:53:39      | 03:51:57    | 04:45:34      | 05:12:14.25 | 05:12:14.25 | +01:41:42<br>(32.6%) | 7:00         | 8.6<br>(67.7%) |
| 108 | GUT Przemysław      | 765   | JACEKBIEGA RUNNING TEAM     | M30       | 108  | 00:01:49 | 02:49:28      | 03:52:15    | 04:46:28      | 05:12:21.35 | 05:12:21.35 | +01:41:49<br>(32.6%) | 7:00         | 8.6<br>(67.7%) |
| 109 | PRZYCHODZEŃ Paweł   | 394   |                             | M30       | 109  | 00:01:50 | 02:49:27      | 03:52:16    | 04:46:28      | 05:12:23.60 | 05:12:23.60 | +01:41:51<br>(32.6%) | 7:00         | 8.6<br>(67.7%) |
| 110 | BANASIEWICZ Paweł   | 248   | POZYTYWNIIE ZABIEGANI SANOK | M30       | 110  | 00:01:26 | 02:55:06      | 03:54:18    | 04:46:35      | 05:12:24.70 | 05:12:24.70 | +01:41:53<br>(32.6%) | 7:00         | 8.6<br>(67.7%) |
| 111 | DYMEK Paweł         | 286   | FESTINALENTE                | M30       | 111  | 00:01:09 | 02:50:21      | 03:50:20    | 04:46:38      | 05:12:27.85 | 05:12:27.85 | +01:41:56<br>(32.6%) | 7:00         | 8.6<br>(67.7%) |
| 112 | ROMANÓW Przemek     | 736   | TRUCHT TARCHOMIN TEAM       | M30       | 112  | 00:01:32 | 02:53:29      | 03:52:48    | 04:48:29      | 05:13:03.20 | 05:13:03.20 | +01:42:31<br>(32.8%) | 7:01         | 8.5<br>(66.9%) |
| 113 | RABADA Artur        | 299   |                             | M30       | 113  | 00:01:45 | 02:47:23      | 03:50:10    | 04:46:55      | 05:14:00.35 | 05:14:00.35 | +01:43:28<br>(33.0%) | 7:02         | 8.5<br>(66.9%) |
| 114 | BODZON Marcin       | 309   | ŻÓŁW ULTRAS TEAM WOŁOMIN    | M30       | 114  | 00:02:27 | 03:01:13      | 03:58:46    | 04:50:16      | 05:14:07.45 | 05:14:07.45 | +01:43:35<br>(33.0%) | 7:02         | 8.5<br>(66.9%) |
| 115 | RUTA Mikołaj        | 352   | SPORTMATRIX.COM             | M30       | 115  | 00:02:20 | 02:48:59      | 03:49:09    | 04:46:02      | 05:14:25.30 | 05:14:25.30 | +01:43:53<br>(33.0%) | 7:02         | 8.5<br>(66.9%) |
| 116 | JANIK Paweł         | 180   | CF RZESZÓW 6AM              | M30       | 116  | 00:03:06 | 02:52:48      | 03:50:44    | 04:47:36      | 05:14:29.05 | 05:14:29.05 | +01:43:57<br>(33.1%) | 7:03         | 8.5<br>(66.9%) |
| 117 | KISIAŁA Filip       | 30    | LACHO TEAM                  | M30       | 117  | 00:02:13 | 02:56:26      | 03:53:38    | 04:48:55      | 05:15:27.30 | 05:15:27.30 | +01:44:55<br>(33.3%) | 7:04         | 8.5<br>(66.9%) |

| Msc | Zawodnik             | Numer | Klub                       | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|----------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                      |       |                            |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 118 | KRAWCZAK Kamil       | 110   | BIEGUSIEM.PL               | M30       | 118  | 00:02:54 | 03:00:21      | 03:59:41    | 04:49:22      | 05:16:37.95 | 05:16:37.95 | +01:46:06 (33.5%) | 7:05         | 8.5 (66.9%) |
| 119 | POTONIEC Grzegorz    | 772   |                            | M30       | 119  | 00:02:50 | 02:54:00      | 03:57:22    | 04:50:45      | 05:16:46.60 | 05:16:46.60 | +01:46:14 (33.5%) | 7:06         | 8.4 (66.1%) |
| 120 | ŻOŁNIEROWICZ Hubert  | 86    | BIEGAM BO LUBIĘ ZĄBKI TEAM | M30       | 120  | 00:02:46 | 02:54:43      | 03:58:57    | 04:53:36      | 05:18:56.00 | 05:18:56.00 | +01:48:24 (34.0%) | 7:09         | 8.4 (66.1%) |
| 121 | SOCHA Marcin         | 771   | AKTYWNY DYNÓW              | M30       | 121  | 00:01:38 | 02:55:13      | 03:55:42    | 04:51:09      | 05:19:26.35 | 05:19:26.35 | +01:48:54 (34.1%) | 7:09         | 8.4 (66.1%) |
| 122 | KIEWISZ Adam         | 709   | SS DRUŻYNA WILKA           | M30       | 122  | 00:02:11 | 02:48:20      | 03:55:36    | 04:53:37      | 05:21:17.05 | 05:21:17.05 | +01:50:45 (34.5%) | 7:12         | 8.3 (65.4%) |
| 123 | SZYPUŁA Michał       | 659   | LIBURNIA TEAM              | M30       | 123  | 00:01:56 | 03:01:56      | 04:00:42    | 04:54:57      | 05:22:43.45 | 05:22:43.45 | +01:52:11 (34.8%) | 7:14         | 8.3 (65.4%) |
| 124 | KWIATKOWSKI Wojciech | 142   | TSA SANDOMIERZ             | M30       | 124  | 00:01:11 | 02:49:24      | 04:01:24    | 04:56:35      | 05:22:46.85 | 05:22:46.85 | +01:52:15 (34.8%) | 7:14         | 8.3 (65.4%) |
| 125 | JAZŁOCKI Łukasz      | 364   |                            | M30       | 125  | 00:01:30 | 02:53:42      | 03:54:36    | 04:53:46      | 05:23:56.70 | 05:23:56.70 | +01:53:25 (35.0%) | 7:15         | 8.3 (65.4%) |
| 126 | KOZUBAŁA Piotr       | 460   | ŻÓŁW ULTRAS TEAM           | M30       | 126  | 00:02:27 | 03:01:21      | 04:03:47    | 04:59:59      | 05:24:23.05 | 05:24:23.05 | +01:53:51 (35.1%) | 7:16         | 8.2 (64.6%) |
| 127 | KADŁUBEK Mateusz     | 228   | GOGGLE PRO ACTIVE EYEWEAR  | M30       | 127  | 00:02:45 | 03:00:27      | 04:02:47    | 04:56:59      | 05:24:44.05 | 05:24:44.05 | +01:54:12 (35.2%) | 7:16         | 8.2 (64.6%) |
| 128 | ŚLIWIŃSKI Paweł      | 295   | SZATAN                     | M30       | 128  | 00:02:54 | 03:01:24      | 04:05:06    | 04:59:48      | 05:27:52.05 | 05:27:52.05 | +01:57:20 (35.8%) | 7:21         | 8.2 (64.6%) |
| 129 | PILCH Daniel         | 15    | WWW.GOHARDORGOHOME.PL      | M30       | 129  | 00:01:19 | 03:00:13      | 04:04:11    | 05:02:24      | 05:29:40.20 | 05:29:40.20 | +01:59:08 (36.1%) | 7:23         | 8.1 (63.8%) |
| 130 | CEGLARZ Jacek        | 386   | SZERBUD TEAM               | M30       | 130  | 00:02:05 | 03:00:26      | 04:07:06    | 05:02:23      | 05:29:48.05 | 05:29:48.05 | +01:59:16 (36.2%) | 7:23         | 8.1 (63.8%) |
| 131 | KORBUT Radosław      | 483   |                            | M30       | 131  | 00:02:40 | 03:04:25      | 04:07:58    | 05:03:22      | 05:30:27.40 | 05:30:27.40 | +01:59:55 (36.3%) | 7:24         | 8.1 (63.8%) |
| 132 | SKUBIDA Marcin       | 306   | SPRINT GORZYCE             | M30       | 132  | 00:02:14 | 02:53:20      | 04:03:52    | 05:02:55      | 05:31:24.75 | 05:31:24.75 | +02:00:53 (36.5%) | 7:25         | 8.1 (63.8%) |
| 133 | WAŻNY Andrzej        | 644   | TYNEXPOL                   | M30       | 133  | 00:01:29 | 03:00:07      | 04:05:24    | 05:02:06      | 05:32:09.95 | 05:32:09.95 | +02:01:38 (36.6%) | 7:26         | 8.1 (63.8%) |
| 134 | KOWALCZYK Jarek      | 452   |                            | M30       | 134  | 00:02:54 | 03:02:15      | 04:08:25    | 05:04:19      | 05:32:13.35 | 05:32:13.35 | +02:01:41 (36.6%) | 7:26         | 8.1 (63.8%) |
| 135 | SIKORA Tomasz        | 383   |                            | M30       | 135  | 00:01:57 | 02:54:27      | 04:04:51    | 05:02:40      | 05:32:24.70 | 05:32:24.70 | +02:01:53 (36.7%) | 7:27         | 8.1 (63.8%) |
| 136 | RADZICKI Wojciech    | 711   | JESTEM Z CHEŁMA            | M30       | 136  | 00:01:33 | 02:58:39      | 04:08:46    | 05:05:19      | 05:32:32.75 | 05:32:32.75 | +02:02:01 (36.7%) | 7:27         | 8 (63.0%)   |
| 137 | WILK Bartosz         | 517   | WILCZE PSTRYKI             | M30       | 137  | 00:03:04 | 03:11:28      | 04:16:50    | 05:08:03      | 05:32:52.65 | 05:32:52.65 | +02:02:20 (36.8%) | 7:27         | 8 (63.0%)   |
| 138 | KALIŃSKI Kamil       | 202   |                            | M30       | 138  | 00:02:53 | 03:13:12      | 04:13:00    | 05:08:55      | 05:33:11.10 | 05:33:11.10 | +02:02:39 (36.8%) | 7:28         | 8 (63.0%)   |
| 139 | LIPINSKI Daniel      | 284   | RUNTEAM PAWŁOWICE          | M30       | 139  | 00:01:55 | 03:16:03      | 04:18:20    | 05:09:43      | 05:33:32.30 | 05:33:32.30 | +02:03:00 (36.9%) | 7:28         | 8 (63.0%)   |
| 140 | BALICKI Marcin       | 230   |                            | M30       | 140  | 00:01:06 | 03:13:11      | 04:12:26    | 05:07:07      | 05:33:42.35 | 05:33:42.35 | +02:03:10 (36.9%) | 7:28         | 8 (63.0%)   |
| 141 | ANIELSKI Przemysław  | 718   |                            | M30       | 141  | 00:02:21 | 02:51:37      | 04:04:57    | 05:05:51      | 05:34:24.25 | 05:34:24.25 | +02:03:52 (37.0%) | 7:29         | 8 (63.0%)   |
| 142 | MARUSIAK Piotr       | 44    |                            | M30       | 142  | 00:02:41 | 03:12:06      | 04:10:14    | 05:07:02      | 05:34:27.75 | 05:34:27.75 | +02:03:56 (37.1%) | 7:29         | 8 (63.0%)   |

| Msc | Zawodnik               | Numer | Klub                                   | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|----------------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                        |       |                                        |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 143 | MIŚKÓW Marcin          | 525   | ZARAZIĆ PASJĄ                          | M30       | 143  | 00:02:51 | 03:00:42      | 04:05:04    | 05:06:36      | 05:34:31.70 | 05:34:31.70 | +02:04:00 (37.1%) | 7:30         | 8 (63.0%)   |
| 144 | KOLANKO Michał         | 668   | INFOSOFTWARE POLSKA                    | M30       | 144  | 00:02:43 | 03:12:09      | 04:10:12    | 05:07:02      | 05:34:33.40 | 05:34:33.40 | +02:04:01 (37.1%) | 7:30         | 8 (63.0%)   |
| 145 | GRANDA Paweł           | 498   | 21 DAPLOT                              | M30       | 145  | 00:02:39 | 03:08:03      | 04:10:30    | 05:07:23      | 05:35:32.00 | 05:35:32.00 | +02:05:00 (37.3%) | 7:31         | 8 (63.0%)   |
| 146 | ADAMSKI Michał         | 221   | WOP                                    | M30       | 146  | 00:01:27 | 03:09:06      | 04:11:50    | 05:09:22      | 05:37:16.50 | 05:37:16.50 | +02:06:44 (37.6%) | 7:33         | 7.9 (62.2%) |
| 147 | MANICKI Leszek         | 298   | OLEJEKASZUBSKIE.PL                     | M30       | 147  | 00:02:24 | 03:00:47      | 04:10:25    | 05:06:04      | 05:37:38.50 | 05:37:38.50 | +02:07:06 (37.6%) | 7:34         | 7.9 (62.2%) |
| 148 | BABIJ Jakub            | 549   | MINDFULNESS INSIDE                     | M30       | 148  | 00:02:26 | 03:05:39      | 04:06:15    | 05:05:37      | 05:37:39.35 | 05:37:39.35 | +02:07:07 (37.7%) | 7:34         | 7.9 (62.2%) |
| 149 | JANUS Sławomir         | 119   | LIVERKI TEAM                           | M30       | 149  | 00:01:28 | 03:02:47      | 04:09:29    | 05:07:32      | 05:37:48.90 | 05:37:48.90 | +02:07:17 (37.7%) | 7:34         | 7.9 (62.2%) |
| 150 | TOBIASZ Kamil          | 532   | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ        | M30       | 150  | 00:02:30 | 03:05:16      | 04:10:27    | 05:09:36      | 05:38:49.35 | 05:38:49.35 | +02:08:17 (37.9%) | 7:35         | 7.9 (62.2%) |
| 151 | PTAK Patryk            | 760   | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ        | M30       | 151  | 00:02:30 | 03:05:17      | 04:10:27    | 05:09:35      | 05:38:50.55 | 05:38:50.55 | +02:08:18 (37.9%) | 7:35         | 7.9 (62.2%) |
| 152 | KOZIEŁ Tomasz          | 609   | UNLIMITED TRIATHLON CLUB               | M30       | 152  | 00:02:23 | 02:50:49      | 04:03:15    | 05:06:49      | 05:38:52.10 | 05:38:52.10 | +02:08:20 (37.9%) | 7:35         | 7.9 (62.2%) |
| 153 | GRUNTOWSKI Mateusz     | 485   | NIEMO ADVENTURE                        | M30       | 153  | 00:01:52 | 03:06:57      | 04:10:53    | 05:10:55      | 05:39:45.20 | 05:39:45.20 | +02:09:13 (38.0%) | 7:37         | 7.9 (62.2%) |
| 154 | NAPORA Przemysław      | 351   | BLIZEJ NIZ DALEJ                       | M30       | 154  | 00:02:23 | 03:09:53      | 04:18:51    | 05:15:17      | 05:40:32.15 | 05:40:32.15 | +02:10:00 (38.2%) | 7:38         | 7.9 (62.2%) |
| 155 | CHMIEL Michał          | 27    | RZESZOWSKIE GAZELE I GEPARDY           | M30       | 155  | 00:01:41 | 03:09:54      | 04:17:41    | 05:13:56      | 05:41:13.95 | 05:41:13.95 | +02:10:42 (38.3%) | 7:39         | 7.8 (61.4%) |
| 156 | RAMM Aleksander        | 190   | SMILEY ULTRAS :)                       | M30       | 156  | 00:01:26 | 03:06:57      | 04:16:02    | 05:12:52      | 05:42:37.60 | 05:42:37.60 | +02:12:05 (38.6%) | 7:40         | 7.8 (61.4%) |
| 157 | SIWIEC Tomasz          | 14    |                                        | M30       | 157  | 00:01:35 | 03:06:13      | 04:16:56    | 05:14:09      | 05:43:45.50 | 05:43:45.50 | +02:13:13 (38.8%) | 7:42         | 7.8 (61.4%) |
| 158 | PRZYGÓRZEWSKI Jarosław | 777   |                                        | M30       | 158  | 00:02:41 | 03:10:03      | 04:14:52    | 05:13:03      | 05:44:05.55 | 05:44:05.55 | +02:13:33 (38.8%) | 7:42         | 7.8 (61.4%) |
| 159 | ARENTEWICZ Grzegorz    | 530   | TORUŃ MULTISPORT TEAM                  | M30       | 159  | 00:01:27 | 03:09:10      | 04:19:44    |               | 05:44:26.70 | 05:44:26.70 | +02:13:55 (38.9%) | 7:43         | 7.8 (61.4%) |
| 160 | CIOCZEK Konrad         | 157   |                                        | M30       | 160  | 00:03:06 | 03:11:30      | 04:18:20    | 05:16:19      | 05:44:27.70 | 05:44:27.70 | +02:13:56 (38.9%) | 7:43         | 7.8 (61.4%) |
| 161 | PAŚKO Rafał            | 392   | PRZEMYSKI KLUB BIEGACZA / TEATR S.A.N. | M30       | 161  | 00:02:33 | 03:14:37      | 04:17:40    | 05:13:11      | 05:44:53.10 | 05:44:53.10 | +02:14:21 (39.0%) | 7:43         | 7.8 (61.4%) |
| 162 | SUDER Michał           | 519   |                                        | M30       | 162  | 00:02:03 | 03:17:23      | 04:18:16    | 05:16:47      | 05:45:00.95 | 05:45:00.95 | +02:14:29 (39.0%) | 7:44         | 7.8 (61.4%) |
| 163 | TROJNAR Damian         | 642   | KS JANUSZE                             | M30       | 163  | 00:02:38 | 03:08:59      | 04:18:21    | 05:17:34      | 05:46:02.20 | 05:46:02.20 | +02:15:30 (39.2%) | 7:45         | 7.7 (60.6%) |
| 164 | SZATYŁOWICZ Przemysław | 730   | PORANNY PATROL                         | M30       | 164  | 00:02:52 | 03:06:36      | 04:17:35    | 05:17:40      | 05:46:25.05 | 05:46:25.05 | +02:15:53 (39.2%) | 7:46         | 7.7 (60.6%) |
| 165 | BULWAN Radosław        | 655   |                                        | M30       | 165  | 00:01:29 | 03:02:11      | 04:13:56    | 05:16:26      | 05:47:32.30 | 05:47:32.30 | +02:17:00 (39.4%) | 7:47         | 7.7 (60.6%) |
| 166 | PAWĘZKA Mirosław       | 553   | BANDA GRUDNIA                          | M30       | 166  | 00:02:08 | 03:30:29      | 04:29:18    | 05:23:36      | 05:50:24.75 | 05:50:24.75 | +02:19:53 (39.9%) | 7:51         | 7.6 (59.8%) |
| 167 | STOJANOWSKI Dawid      | 58    | RUNHOGS TYCHY                          | M30       | 167  | 00:02:51 | 03:21:43      | 04:30:48    | 05:26:19      | 05:51:39.25 | 05:51:39.25 | +02:21:07 (40.1%) | 7:53         | 7.6 (59.8%) |

| Msc | Zawodnik              | Numer | Klub                         | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                       |       |                              |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 168 | PARYS Michał          | 335   |                              | M30       | 168  | 00:02:27 | 03:10:30      | 04:27:41    | 05:24:02      | 05:52:35.65 | 05:52:35.65 | +02:22:03 (40.3%) | 7:54         | 7.6 (59.8%) |
| 169 | FIDOR Michał          | 12    | RUNHOGS TYCHY                | M30       | 169  | 00:02:52 | 03:21:42      | 04:30:45    | 05:26:22      | 05:52:54.95 | 05:52:54.95 | +02:22:23 (40.3%) | 7:54         | 7.6 (59.8%) |
| 170 | ZINCZUK Kamil         | 178   | EURO-KONSULT                 | M30       | 170  | 00:02:26 | 03:20:40      | 04:35:10    | 05:28:51      | 05:55:18.15 | 05:55:18.15 | +02:24:46 (40.7%) | 7:57         | 7.5 (59.1%) |
| 171 | MACHURA Michał        | 385   | HARPAGAN SOSNOWIEC           | M30       | 171  | 00:01:00 | 03:11:24      | 04:22:34    | 05:24:35      | 05:56:52.85 | 05:56:52.85 | +02:26:21 (41.0%) | 8:00         | 7.5 (59.1%) |
| 172 | TOMASZEWSKI Piotr     | 459   | BRACIAT                      | M30       | 172  | 00:02:17 | 03:17:49      | 04:28:15    | 05:26:28      | 05:56:58.45 | 05:56:58.45 | +02:26:26 (41.0%) | 8:00         | 7.5 (59.1%) |
| 173 | ŚLĄCZKA Arkadiusz     | 654   | FINISZ RYMANÓW               | M30       | 173  | 00:01:44 | 03:15:43      | 04:26:02    | 05:28:07      | 05:58:04.45 | 05:58:04.45 | +02:27:32 (41.2%) | 8:01         | 7.5 (59.1%) |
| 174 | URBANIAK Hubert       | 804   | ROZBIEGANY RAWICZ            | M30       | 174  | 00:02:16 | 03:18:23      | 04:33:03    | 05:29:21      | 05:58:13.20 | 05:58:13.20 | +02:27:41 (41.2%) | 8:01         | 7.5 (59.1%) |
| 175 | POTOCZNY Bartosz      | 606   | SIŁA I OGIEŃ                 | M30       | 175  | 00:02:10 | 03:09:07      | 04:24:24    | 05:28:50      | 05:58:44.35 | 05:58:44.35 | +02:28:12 (41.3%) | 8:02         | 7.5 (59.1%) |
| 176 | KĄDUŁA Grzegorz       | 640   | NEST.POZNAN.PL               | M30       | 176  | 00:02:53 | 03:23:41      | 04:27:21    | 05:29:04      | 05:59:27.05 | 05:59:27.05 | +02:28:55 (41.4%) | 8:03         | 7.4 (58.3%) |
| 177 | ZIELIŃSKI Łukasz      | 16    |                              | M30       | 177  | 00:03:00 | 03:15:19      | 04:22:22    | 05:26:32      | 05:59:36.40 | 05:59:36.40 | +02:29:04 (41.5%) | 8:03         | 7.4 (58.3%) |
| 178 | GODLEWSKI Krzysztof   | 22    | NOWY STYL GROUP RUNNING TEAM | M30       | 178  | 00:01:05 | 03:14:02      | 04:27:32    | 05:30:36      | 06:00:10.65 | 06:00:10.65 | +02:29:38 (41.5%) | 8:04         | 7.4 (58.3%) |
| 179 | WOJNAR Paweł          | 253   | OIRP WARSZAWA                | M30       | 179  | 00:01:51 | 03:13:18      | 04:28:25    | 05:31:32      | 06:00:34.15 | 06:00:34.15 | +02:30:02 (41.6%) | 8:05         | 7.4 (58.3%) |
| 180 | KAMIŃSKI Marek        | 403   |                              | M30       | 180  | 00:02:25 | 03:30:57      | 04:37:12    | 05:34:29      | 06:00:37.65 | 06:00:37.65 | +02:30:05 (41.6%) | 8:05         | 7.4 (58.3%) |
| 181 | PIEKARSKI Andrzej     | 737   | GRZMOT GRZMIĄCA              | M30       | 181  | 00:01:19 | 03:06:26      | 04:22:51    | 05:28:44      | 06:02:25.40 | 06:02:25.40 | +02:31:53 (41.9%) | 8:07         | 7.4 (58.3%) |
| 182 | DONIEC Sebastian      | 185   | WWW.ADWOKATDONIEC.PL         | M30       | 182  | 00:02:06 | 03:06:27      | 04:22:51    | 05:28:44      | 06:02:25.80 | 06:02:25.80 | +02:31:54 (41.9%) | 8:07         | 7.4 (58.3%) |
| 183 | GOŹDZICKI Łukasz      | 334   | ENDORŚWINKI                  | M30       | 183  | 00:02:18 | 03:24:29      | 04:32:09    | 05:35:43      | 06:02:31.90 | 06:02:31.90 | +02:32:00 (41.9%) | 8:07         | 7.4 (58.3%) |
| 184 | NOWAK Mariusz         | 229   |                              | M30       | 184  | 00:01:27 | 03:18:11      | 04:27:54    | 05:30:06      | 06:02:37.10 | 06:02:37.10 | +02:32:05 (41.9%) | 8:07         | 7.4 (58.3%) |
| 185 | ZAWADZKI Krystian     | 827   |                              | M30       | 185  | 00:02:02 | 03:13:09      | 04:34:52    | 05:31:51      | 06:03:39.50 | 06:03:39.50 | +02:33:07 (42.1%) | 8:09         | 7.4 (58.3%) |
| 186 | KWARTA Tomasz         | 277   | WOP                          | M30       | 186  | 00:01:29 | 03:19:59      | 04:34:24    | 05:33:05      | 06:04:00.55 | 06:04:00.55 | +02:33:28 (42.2%) | 8:09         | 7.4 (58.3%) |
| 187 | MYGA Michał           | 397   | HEARTLESS                    | M30       | 187  | 00:02:23 | 03:13:57      | 04:26:25    | 05:31:25      | 06:04:02.90 | 06:04:02.90 | +02:33:31 (42.2%) | 8:09         | 7.4 (58.3%) |
| 188 | CHODOROWSKI Arkadiusz | 311   |                              | M30       | 188  | 00:03:01 | 03:30:20      | 04:34:58    | 05:35:30      | 06:05:18.00 | 06:05:18.00 | +02:34:46 (42.4%) | 8:11         | 7.3 (57.5%) |
| 189 | RYCZKO Andrzej        | 355   |                              | M30       | 189  | 00:03:09 | 03:29:47      | 04:47:20    | 05:39:31      | 06:05:49.90 | 06:05:49.90 | +02:35:18 (42.5%) | 8:12         | 7.3 (57.5%) |
| 190 | AURZECKI Michał       | 255   | DZIKIE GRUBASY SZATANA       | M30       | 190  | 00:01:48 | 03:23:17      | 04:36:27    | 05:37:19      | 06:07:16.10 | 06:07:16.10 | +02:36:44 (42.7%) | 8:14         | 7.3 (57.5%) |
| 191 | GAȚARCZYK Mariusz     | 245   | DZIKIE GRUBASY SZATANA       | M30       | 191  | 00:01:44 | 03:23:18      | 04:36:27    | 05:37:20      | 06:07:16.25 | 06:07:16.25 | +02:36:44 (42.7%) | 8:14         | 7.3 (57.5%) |
| 192 | ŁĄCKI Maciej          | 370   |                              | M30       | 192  | 00:02:21 | 03:25:02      | 04:37:05    | 05:39:21      | 06:07:47.95 | 06:07:47.95 | +02:37:16 (42.8%) | 8:14         | 7.3 (57.5%) |

| Msc | Zawodnik              | Numer | Klub                            | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-----------------------|-------|---------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                       |       |                                 |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 193 | BRACH Jakub           | 608   |                                 | M30       | 193  | 00:02:24 | 03:23:39      | 04:37:48    | 05:38:53      | 06:10:00.95 | 06:10:00.95 | +02:39:29<br>(43.1%) | 8:17         | 7.2<br>(56.7%) |
| 194 | GOŁĘBIEWSKI Roman     | 181   | GBUREK                          | M30       | 194  | 00:02:01 | 03:18:39      | 04:37:23    | 05:40:24      | 06:11:22.55 | 06:11:22.55 | +02:40:50<br>(43.3%) | 8:19         | 7.2<br>(56.7%) |
| 195 | BIEŃKOWSKI Stanisław  | 537   | TOMASZEWSKA HUSARIA             | M30       | 195  | 00:02:57 | 03:16:02      | 04:34:28    | 05:41:06      | 06:12:33.10 | 06:12:33.10 | +02:42:01<br>(43.5%) | 8:21         | 7.2<br>(56.7%) |
| 196 | STEFANIAK Marcin      | 551   | TKD SZAKAL JEŻYCE RUNNERS       | M30       | 196  | 00:02:52 | 03:36:32      | 04:45:34    | 05:44:54      | 06:12:36.00 | 06:12:36.00 | +02:42:04<br>(43.5%) | 8:21         | 7.2<br>(56.7%) |
| 197 | STASZEWSKI Kamil      | 281   |                                 | M30       | 197  | 00:02:56 | 03:18:28      | 04:34:56    | 05:40:26      | 06:14:00.10 | 06:14:00.10 | +02:43:28<br>(43.7%) | 8:23         | 7.2<br>(56.7%) |
| 198 | ŚLANDA Maciej         | 758   |                                 | M30       | 198  | 00:02:38 | 03:24:08      | 04:35:51    | 05:42:18      | 06:15:48.30 | 06:15:48.30 | +02:45:16<br>(44.0%) | 8:25         | 7.1<br>(55.9%) |
| 199 | KUROWSKI Michał       | 274   | NIGHT RUNNER`S GLIWICE          | M30       | 199  | 00:02:48 | 03:22:29      | 04:35:35    | 05:41:32      | 06:16:39.75 | 06:16:39.75 | +02:46:08<br>(44.1%) | 8:26         | 7.1<br>(55.9%) |
| 200 | SZCZEPAŃSKI Marcin    | 503   | OSR GDYNIA                      | M30       | 200  | 00:01:16 | 03:23:33      | 04:38:40    | 05:45:21      | 06:19:43.10 | 06:19:43.10 | +02:49:11<br>(44.6%) | 8:30         | 7<br>(55.1%)   |
| 201 | SIEMASZKO Wojciech    | 75    |                                 | M30       | 201  | 00:02:14 | 03:32:11      | 04:43:45    | 05:46:21      | 06:19:56.25 | 06:19:56.25 | +02:49:24<br>(44.6%) | 8:31         | 7<br>(55.1%)   |
| 202 | NAWROCKI Konrad       | 669   | UNLIMITED TRIATHLON CLUB        | M30       | 202  | 00:02:24 | 03:34:17      | 04:43:49    | 05:49:09      | 06:20:53.40 | 06:20:53.40 | +02:50:21<br>(44.7%) | 8:32         | 7<br>(55.1%)   |
| 203 | CWOJDZIŃSKI Piotr     | 214   | NIGHT RUNNERS POZNAŃ            | M30       | 203  | 00:01:14 | 03:33:59      | 04:59:03    | 06:01:31      | 06:31:14.25 | 06:31:14.25 | +03:00:42<br>(46.2%) | 8:46         | 6.8<br>(53.5%) |
| 204 | RZEPA Andrzej         | 676   | JÓZEFIŃSKA TEAM                 | M30       | 204  | 00:02:00 | 03:28:52      | 04:53:47    | 05:57:26      | 06:31:26.00 | 06:31:26.00 | +03:00:54<br>(46.2%) | 8:46         | 6.8<br>(53.5%) |
| 205 | DZIUBEK Marcin        | 601   | SEKCJA PIASKI                   | M30       | 205  | 00:02:18 | 03:25:09      | 04:53:12    | 06:00:43      | 06:36:30.95 | 06:36:30.95 | +03:05:59<br>(46.9%) | 8:53         | 6.7<br>(52.8%) |
| 206 | KOTUŁA Jarosław       | 208   | SKLEP BIEGACZA TEAM/ ORA LUBLIN | M30       | 206  | 00:02:44 | 03:43:19      | 05:05:48    | 06:06:36      | 06:38:44.00 | 06:38:44.00 | +03:08:12<br>(47.2%) | 8:56         | 6.7<br>(52.8%) |
| 207 | MIŁOŃ Mariusz         | 812   |                                 | M30       | 207  | 00:02:22 | 03:31:44      | 05:05:33    | 06:07:28      | 06:38:55.30 | 06:38:55.30 | +03:08:23<br>(47.2%) | 8:56         | 6.7<br>(52.8%) |
| 208 | SOWA Jacek            | 85    | RKM SOPELEK                     | M30       | 208  | 00:01:35 | 03:41:32      | 05:05:13    | 06:07:51      | 06:39:12.30 | 06:39:12.30 | +03:08:40<br>(47.3%) | 8:57         | 6.7<br>(52.8%) |
| 209 | KRASOŃ Janusz         | 81    | RKM 'SOPELEK'                   | M30       | 209  | 00:01:35 | 03:41:32      | 05:05:14    | 06:07:52      | 06:39:16.15 | 06:39:16.15 | +03:08:44<br>(47.3%) | 8:57         | 6.7<br>(52.8%) |
| 210 | TERLIKOWSKI Paweł     | 350   | BIEGUSIEM.PL                    | M30       | 210  | 00:03:04 | 03:55:00      | 05:04:29    | 06:06:10      | 06:39:20.10 | 06:39:20.10 | +03:08:48<br>(47.3%) | 8:57         | 6.7<br>(52.8%) |
| 211 | KACPERSKI Błażej      | 602   | KADA BŁAŻEJ KACPERSKI           | M30       | 211  | 00:03:05 | 03:44:47      | 05:00:03    | 06:05:38      | 06:40:03.75 | 06:40:03.75 | +03:09:32<br>(47.4%) | 8:58         | 6.7<br>(52.8%) |
| 212 | ŚNIEŻKO Eugeniusz     | 20    | TEAM AKTYWNI Z CUKRZYCĄ         | M30       | 212  | 00:02:29 | 03:52:45      | 05:04:52    | 06:09:46      | 06:41:37.00 | 06:41:37.00 | +03:11:05<br>(47.6%) | 9:00         | 6.7<br>(52.8%) |
| 213 | WÓJTOWICZ Paweł       | 573   | LUBLIN BIEGA                    | M30       | 213  | 00:02:49 | 03:34:56      | 04:59:58    | 06:07:31      | 06:41:57.45 | 06:41:57.45 | +03:11:25<br>(47.6%) | 9:00         | 6.7<br>(52.8%) |
| 214 | MATWIEJCZYK Sebastian | 767   | TEAM AKTYWNI Z CUKRZYCĄ         | M30       | 214  | 00:02:31 | 03:52:45      | 05:04:54    | 06:09:45      | 06:43:45.35 | 06:43:45.35 | +03:13:13<br>(47.9%) | 9:03         | 6.6<br>(52.0%) |
| 215 | KSIĄŻEK Dawid         | 572   | LUBLIN BIEGA                    | M30       | 215  | 00:02:46 | 03:30:11      | 04:59:48    | 06:14:23      | 06:49:26.15 | 06:49:26.15 | +03:18:54<br>(48.6%) | 9:10         | 6.5<br>(51.2%) |
| 216 | KARPIŃSKI Paweł       | 235   | DZIKIE GRUBASY SZATANA          | M30       | 216  | 00:01:43 | 03:40:51      | 05:07:11    | 06:16:15      | 06:49:34.80 | 06:49:34.80 | +03:19:03<br>(48.6%) | 9:10         | 6.5<br>(51.2%) |
| 217 | CHACIŃSKI Marcin      | 560   | DZIKIE GRUBASY SZATANA          | M30       | 217  | 00:01:48 | 03:41:12      | 05:07:11    | 06:16:16      | 06:49:44.80 | 06:49:44.80 | +03:19:13<br>(48.6%) | 9:11         | 6.5<br>(51.2%) |

| Msc | Zawodnik          | Numer | Klub                     | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------|-------|--------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 218 | POTERA Marcin     | 65    | FUKS GARKI               | M30       | 218  | 00:02:30          | 03:29:52                | 05:16:53              | 06:17:39                | 06:50:28.80             | 06:50:28.80              | +03:19:57<br>(48.7%) | 9:12            | 6.5<br>(51.2%) |
| 219 | KĘDZIOR Michał    | 420   | DRUŻYNA SZPIKU           | M30       | 219  | 00:02:20          | 03:48:25                | 05:06:36              | 06:17:00                | 06:52:13.95             | 06:52:13.95              | +03:21:42<br>(48.9%) | 9:14            | 6.5<br>(51.2%) |
| 220 | KĘPKA Robert      | 495   | BIEGUSIEM.PL             | M30       | 220  | 00:03:04          | 03:54:57                | 05:16:50              | 06:29:55                | 07:04:06.50             | 07:04:06.50              | +03:33:34<br>(50.4%) | 9:30            | 6.3<br>(49.6%) |
| 221 | DANIELCZYK Damian | 686   |                          | M30       | 221  | 00:01:24          | 03:54:22                | 05:18:22              | 06:26:26                | 07:04:36.20             | 07:04:36.20              | +03:34:04<br>(50.4%) | 9:31            | 6.3<br>(49.6%) |
| 222 | MYŚLIŃSKI Tomasz  | 344   | BIEGUSIEM.PL             | M30       | 222  | 00:03:04          | 03:54:58                | 05:16:45              | 06:29:55                | 07:06:48.85             | 07:06:48.85              | +03:36:17<br>(50.7%) | 9:34            | 6.3<br>(49.6%) |
| 223 | MUTER Łukasz      | 487   | NOWA HUTA TEAM           | M30       | 223  | 00:02:51          | 03:34:24                | 05:11:04              | 06:37:14                | 07:22:55.30             | 07:22:55.30              | +03:52:23<br>(52.5%) | 9:55            | 6<br>(47.2%)   |
| 224 | TUTAK Daniel      | 694   | FURIOSI POLANKA          | M30       | 224  | 00:02:55          | 04:04:01                | 05:35:16              | 06:52:15                | 07:30:33.20             | 07:30:33.20              | +04:00:01<br>(53.3%) | 10:06           | 5.9<br>(46.5%) |
| 224 | OKARMA Wojciech   | 681   | SPOREST                  | M30       | 225  | 00:02:55          | 04:04:05                | 05:33:46              | 06:52:17                | 07:30:33.20             | 07:30:33.20              | +04:00:01<br>(53.3%) | 10:06           | 5.9<br>(46.5%) |
|     | SZPINDA Sebastian | 246   | BUT BIŁGORAJ ULTRA TRAIL | M30       |      | 00:01:08<br>DNF   | 02:20:20 DNF            | 03:06:48 DNF          | 04:23:01 DNF            | DNF                     | DNF                      |                      | -               | -<br>(0.0%)    |

Znaleziono 226 wynik(ów)