



**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: M40

| 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   | <b>FARON Robert</b>               | <b>13</b>  | SALCO SPORT TEAM                     | M40       | 1    | 00:00:32          | 01:58:25                | 02:29:21              | 02:59:48                | <b>03:14:32.95</b>      | <b>03:14:32.95</b>       |                      | 4:21            | 13.8<br>(100%)  |
| 2   | <b>WIERNUSZ Krzysztof</b>         | <b>341</b> | FINISZ RYMANÓW                       | M40       | 2    | 00:00:33          | 02:04:29                | 02:40:39              | 03:18:10                | <b>03:35:06.25</b>      | <b>03:35:06.25</b>       | +00:20:33<br>(9.6%)  | 4:49            | 12.4<br>(89.9%) |
| 3   | <b>PASIECZNY Robert</b>           | <b>206</b> | FARTLEK GO                           | M40       | 3    | 00:00:29          | 02:05:14                | 02:41:22              | 03:20:21                | <b>03:38:09.65</b>      | <b>03:38:09.65</b>       | +00:23:36<br>(10.8%) | 4:53            | 12.3<br>(89.1%) |
| 4   | <b>PIETRZYK Wojciech</b>          | <b>220</b> | LACHO TEAM                           | M40       | 4    | 00:00:45          | 02:06:23                | 02:44:47              | 03:24:43                | <b>03:44:08.90</b>      | <b>03:44:08.90</b>       | +00:29:35<br>(13.2%) | 5:01            | 11.9<br>(86.2%) |
| 5   | <b>KOBIERSKI Piotr</b>            | <b>112</b> | UKA ULTRAS RUNNERS                   | M40       | 5    | 00:00:50          | 02:14:11                | 02:52:02              | 03:29:28                | <b>03:46:35.00</b>      | <b>03:46:35.00</b>       | +00:32:02<br>(14.1%) | 5:04            | 11.8<br>(85.5%) |
| 6   | <b>GOTFRYD Adam</b>               | <b>186</b> |                                      | M40       | 6    | 00:00:34          | 02:13:11                | 02:53:43              | 03:37:55                | <b>03:56:49.80</b>      | <b>03:56:49.80</b>       | +00:42:16<br>(17.9%) | 5:18            | 11.3<br>(81.9%) |
| 7   | <b>GOŚCINIEWICZ Paweł</b>         | <b>651</b> |                                      | M40       | 7    | 00:00:38          | 02:16:25                | 02:56:31              | 03:41:04                | <b>04:01:08.15</b>      | <b>04:01:08.15</b>       | +00:46:35<br>(19.3%) | 5:24            | 11.1<br>(80.4%) |
| 8   | <b>JASTRZĄB Piotr</b>             | <b>216</b> | DEKAN LESKO                          | M40       | 8    | 00:00:39          | 02:14:18                | 02:57:57              | 03:41:47                | <b>04:01:23.00</b>      | <b>04:01:23.00</b>       | +00:46:50<br>(19.4%) | 5:24            | 11.1<br>(80.4%) |
| 9   | <b>BORDA-SIECZKOWSKI Jarosław</b> | <b>509</b> |                                      | M40       | 9    | 00:00:35          | 02:17:09                | 03:01:53              | 03:48:57                | <b>04:09:53.05</b>      | <b>04:09:53.05</b>       | +00:55:20<br>(22.1%) | 5:36            | 10.7<br>(77.5%) |
| 10  | <b>BIAŁECKI Krzysztof</b>         | <b>507</b> | EPIDEMIASPORTU                       | M40       | 10   | 00:01:46          | 02:23:37                | 03:06:50              | 03:52:08                | <b>04:10:50.05</b>      | <b>04:10:50.05</b>       | +00:56:17<br>(22.4%) | 5:37            | 10.7<br>(77.5%) |
| 11  | <b>JANIK Mariusz</b>              | <b>127</b> | LACHO TEAM                           | M40       | 11   | 00:00:44          | 02:16:55                | 03:03:03              | 03:48:47                | <b>04:10:58.65</b>      | <b>04:10:58.65</b>       | +00:56:25<br>(22.5%) | 5:37            | 10.7<br>(77.5%) |
| 12  | <b>KONIAK Michał</b>              | <b>171</b> | ONEMANRUNTEAM                        | M40       | 12   | 00:00:43          | 02:21:35                | 03:07:52              | 03:52:18                | <b>04:11:05.10</b>      | <b>04:11:05.10</b>       | +00:56:32<br>(22.5%) | 5:37            | 10.7<br>(77.5%) |
| 13  | <b>MICHALAK Mariusz</b>           | <b>677</b> | DZIKIE ŻYCIE RUN TEAM                | M40       | 13   | 00:00:36          | 02:18:50                | 03:04:20              | 03:50:43                | <b>04:11:27.40</b>      | <b>04:11:27.40</b>       | +00:56:54<br>(22.6%) | 5:38            | 10.6<br>(76.8%) |
| 14  | <b>SZWEBLIK Krzysztof</b>         | <b>391</b> | KRZYSZTOF SZWEBLIK                   | M40       | 14   | 00:01:04          | 02:22:28                | 03:07:24              | 03:51:58                | <b>04:12:01.00</b>      | <b>04:12:01.00</b>       | +00:57:28<br>(22.8%) | 5:39            | 10.6<br>(76.8%) |
| 15  | <b>JAŁOZA Ireneusz</b>            | <b>493</b> | KLUB BIEGAJĄCYCH LEŚNIKÓW / ZADYSZKA | M40       | 15   | 00:01:11          | 02:19:18                | 03:05:42              | 03:54:15                | <b>04:16:15.30</b>      | <b>04:16:15.30</b>       | +01:01:42<br>(24.1%) | 5:44            | 10.4<br>(75.4%) |
| 16  | <b>GMITEREK Tomasz</b>            | <b>289</b> |                                      | M40       | 16   | 00:01:10          | 02:24:22                | 03:09:11              | 03:56:54                | <b>04:18:06.30</b>      | <b>04:18:06.30</b>       | +01:03:33<br>(24.6%) | 5:47            | 10.4<br>(75.4%) |

| 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      |                      |              |                 |
| 17  | DAŁOMIS Lesław         | 441   |                                  | M40       | 17   | 00:01:25 | 02:27:42      | 03:14:09    | 03:57:14      | 04:18:23.20 | 04:18:23.20 | +01:03:50<br>(24.7%) | 5:47         | 10.4<br>(75.4%) |
| 18  | MURAK Robert           | 29    |                                  | M40       | 18   | 00:01:50 | 02:25:21      | 03:11:29    | 03:57:09      | 04:18:51.80 | 04:18:51.80 | +01:04:18<br>(24.8%) | 5:48         | 10.3<br>(74.6%) |
| 19  | DOROTA Zbyszek         | 213   | RUN RUN OLESZYCE                 | M40       | 19   | 00:02:20 | 02:20:43      | 03:08:47    | 03:55:36      | 04:19:14.20 | 04:19:14.20 | +01:04:41<br>(25.0%) | 5:48         | 10.3<br>(74.6%) |
| 20  | ROBERT Mazurek         | 267   | SKLEP BIEGACZA LUBLIN TEAM / LSB | M40       | 20   | 00:00:47 | 02:22:48      | 03:11:51    | 03:57:30      | 04:19:17.75 | 04:19:17.75 | +01:04:44<br>(25.0%) | 5:48         | 10.3<br>(74.6%) |
| 21  | SKRZESZEWSKI Henryk P. | 57    |                                  | M40       | 21   | 00:00:35 | 02:17:21      | 03:08:27    | 03:58:52      | 04:20:51.85 | 04:20:51.85 | +01:06:18<br>(25.4%) | 5:50         | 10.3<br>(74.6%) |
| 22  | BORÓWKA Ryszard        | 448   |                                  | M40       | 22   | 00:00:48 | 02:20:52      | 03:11:04    | 03:58:58      | 04:21:17.25 | 04:21:17.25 | +01:06:44<br>(25.5%) | 5:51         | 10.2<br>(73.9%) |
| 23  | STĘPIEŃ Wojciech       | 23    | NIGHT RUNNERS GLIWICE            | M40       | 23   | 00:01:03 | 02:23:30      | 03:11:53    | 04:00:19      | 04:21:24.45 | 04:21:24.45 | +01:06:51<br>(25.6%) | 5:51         | 10.2<br>(73.9%) |
| 24  | PYRKOSZ Damian         | 318   | FESTIWALU BIEGÓW KRYNICA         | M40       | 24   | 00:01:32 | 02:28:58      | 03:16:58    | 04:03:04      | 04:22:34.15 | 04:22:34.15 | +01:08:01<br>(25.9%) | 5:53         | 10.2<br>(73.9%) |
| 25  | KRUPA Grzegorz         | 100   | KS SOBÓTKA                       | M40       | 25   | 00:01:05 | 02:23:22      | 03:12:11    | 04:01:33      | 04:23:06.60 | 04:23:06.60 | +01:08:33<br>(26.1%) | 5:53         | 10.2<br>(73.9%) |
| 26  | BRZEZIŃSKI Andrzej     | 45    | RYKOWISKO                        | M40       | 26   | 00:00:32 | 02:26:24      | 03:14:39    | 04:03:34      | 04:24:39.35 | 04:24:39.35 | +01:10:06<br>(26.5%) | 5:56         | 10.1<br>(73.2%) |
| 27  | GLEISNER Tomasz        | 273   | TARNÓW                           | M40       | 27   | 00:01:12 | 02:26:49      | 03:16:28    | 04:04:45      | 04:24:40.35 | 04:24:40.35 | +01:10:07<br>(26.5%) | 5:56         | 10.1<br>(73.2%) |
| 28  | PRUCNAL Zbigniew       | 446   | ELKO24.PL JASŁO                  | M40       | 28   | 00:00:32 | 02:16:26      | 03:08:42    | 04:04:13      | 04:24:54.40 | 04:24:54.40 | +01:10:21<br>(26.6%) | 5:56         | 10.1<br>(73.2%) |
| 29  | WIKTOROWICZ Tomasz     | 574   |                                  | M40       | 29   | 00:00:54 | 02:32:14      | 03:20:51    | 04:08:20      | 04:29:02.25 | 04:29:02.25 | +01:14:29<br>(27.7%) | 6:01         | 9.9<br>(71.7%)  |
| 30  | PACHO Sylwester        | 706   | PAPIKI                           | M40       | 30   | 00:00:32 | 02:29:38      | 03:20:06    | 04:08:36      | 04:30:10.50 | 04:30:10.50 | +01:15:37<br>(28.0%) | 6:03         | 9.9<br>(71.7%)  |
| 31  | KMAK Sławek            | 199   | PAPIKI                           | M40       | 31   | 00:00:32 | 02:29:37      | 03:20:06    | 04:08:36      | 04:30:13.75 | 04:30:13.75 | +01:15:40<br>(28.0%) | 6:03         | 9.9<br>(71.7%)  |
| 32  | KOWALCZYK Rafał        | 768   |                                  | M40       | 32   | 00:01:01 | 02:22:37      | 03:14:27    | 04:08:27      | 04:31:07.05 | 04:31:07.05 | +01:16:34<br>(28.2%) | 6:04         | 9.9<br>(71.7%)  |
| 33  | MAŁEK Piotr            | 725   | KB MARATON TUREK                 | M40       | 33   | 00:02:33 | 02:32:36      | 03:24:38    | 04:11:56      | 04:34:50.55 | 04:34:50.55 | +01:20:17<br>(29.2%) | 6:09         | 9.7<br>(70.3%)  |
| 34  | SOKALSKI Grzegorz      | 504   | PARKRUN KOONSTANCIN              | M40       | 34   | 00:02:45 | 02:28:12      | 03:18:09    | 04:11:13      | 04:36:04.25 | 04:36:04.25 | +01:21:31<br>(29.5%) | 6:11         | 9.7<br>(70.3%)  |
| 35  | FALKOWSKI Piotr        | 69    | PIASECZNO                        | M40       | 35   | 00:01:17 | 02:32:59      | 03:25:11    | 04:14:48      | 04:36:22.90 | 04:36:22.90 | +01:21:49<br>(29.6%) | 6:11         | 9.7<br>(70.3%)  |
| 36  | ZYGMUNT Marcin         | 639   | ZAKŁAD KARNY NR 2 GRUDZIĄDZ      | M40       | 36   | 00:01:24 | 02:26:46      | 03:18:07    | 04:14:33      | 04:38:30.10 | 04:38:30.10 | +01:23:57<br>(30.1%) | 6:14         | 9.6<br>(69.6%)  |
| 37  | NOWINOWSKI Andrzej     | 672   | KB MARATON TUREK                 | M40       | 37   | 00:00:45 | 02:32:21      | 03:24:41    | 04:15:48      | 04:40:01.40 | 04:40:01.40 | +01:25:28<br>(30.5%) | 6:16         | 9.6<br>(69.6%)  |
| 38  | OBROŚLAK Grzegorz      | 89    | TRAPER/ BIEGOMANIA LUBACZÓW      | M40       | 38   | 00:01:12 | 02:36:27      | 03:29:07    | 04:18:32      | 04:41:37.50 | 04:41:37.50 | +01:27:04<br>(30.9%) | 6:18         | 9.5<br>(68.8%)  |
| 39  | NAGIEL Andrzej         | 802   | ZABIEGANI CZĘSTOCHOWA            | M40       | 39   | 00:01:49 | 02:24:03      | 03:19:16    | 04:15:27      | 04:41:42.80 | 04:41:42.80 | +01:27:09<br>(30.9%) | 6:18         | 9.5<br>(68.8%)  |
| 40  | CHOJECKI Dariusz       | 591   | KEREZA LUBLIN                    | M40       | 40   | 00:02:17 | 02:34:12      | 03:25:52    | 04:16:44      | 04:41:46.90 | 04:41:46.90 | +01:27:13<br>(31.0%) | 6:19         | 9.5<br>(68.8%)  |
| 41  | SKIBE Tomasz           | 28    | OPEL ACTIVE TEAM                 | M40       | 41   | 00:01:09 | 02:34:42      | 03:26:40    | 04:18:11      | 04:41:47.95 | 04:41:47.95 | +01:27:15<br>(31.0%) | 6:19         | 9.5<br>(68.8%)  |

| 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      |                   |              |             |
| 42  | JADZIEWICZ Jakub   | 685   | PRO-RUNNING.PL                        | M40       | 42   | 00:00:43 | 02:27:51      | 03:26:04    | 04:18:12      | 04:41:54.35 | 04:41:54.35 | +01:27:21 (31.0%) | 6:19         | 9.5 (68.8%) |
| 43  | OLEJNICZAK Piotr   | 826   |                                       | M40       | 43   | 00:02:49 | 02:40:01      | 03:33:11    | 04:20:41      | 04:42:24.55 | 04:42:24.55 | +01:27:51 (31.1%) | 6:19         | 9.5 (68.8%) |
| 44  | BRYGIER Jacek      | 261   | RYKOWISKO                             | M40       | 44   | 00:02:15 | 02:41:31      | 03:34:45    | 04:21:59      | 04:42:25.60 | 04:42:25.60 | +01:27:52 (31.1%) | 6:19         | 9.5 (68.8%) |
| 45  | SŁUJA Adam         | 645   |                                       | M40       | 45   | 00:01:02 | 02:30:36      | 03:25:06    | 04:17:30      | 04:43:06.50 | 04:43:06.50 | +01:28:33 (31.3%) | 6:20         | 9.5 (68.8%) |
| 46  | PAWŁOWSKI Piotr    | 729   | GRAVITAN                              | M40       | 46   | 00:02:24 | 02:43:28      | 03:35:04    | 04:22:26      | 04:43:39.05 | 04:43:39.05 | +01:29:06 (31.4%) | 6:21         | 9.4 (68.1%) |
| 47  | PANDER Marek       | 618   | HR MAX ZORY                           | M40       | 47   | 00:01:40 | 02:41:42      | 03:34:20    | 04:22:01      | 04:43:39.85 | 04:43:39.85 | +01:29:06 (31.4%) | 6:21         | 9.4 (68.1%) |
| 48  | PALUCH Andrzej     | 409   | ZABIEGANI MIELEC                      | M40       | 48   | 00:00:52 | 02:30:04      | 03:28:01    | 04:21:02      | 04:44:00.30 | 04:44:00.30 | +01:29:27 (31.5%) | 6:22         | 9.4 (68.1%) |
| 49  | HYZ Marek          | 241   | OTM-BIŁGORAJ BIEGA                    | M40       | 49   | 00:01:09 | 02:30:13      | 03:25:41    | 04:21:13      | 04:45:45.35 | 04:45:45.35 | +01:31:12 (31.9%) | 6:24         | 9.4 (68.1%) |
| 50  | KRASOŃ Mariusz     | 62    | TSA SANDOMIERZ                        | M40       | 50   | 00:01:12 | 02:34:26      | 03:29:44    | 04:22:26      | 04:45:46.05 | 04:45:46.05 | +01:31:13 (31.9%) | 6:24         | 9.4 (68.1%) |
| 51  | DONIEC Marek       | 200   | PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA' | M40       | 51   | 00:02:18 | 02:39:30      | 03:32:33    | 04:22:10      | 04:46:38.20 | 04:46:38.20 | +01:32:05 (32.1%) | 6:25         | 9.3 (67.4%) |
| 52  | ŚWIĘTEK Tomasz     | 634   |                                       | M40       | 52   | 00:02:28 | 02:37:06      | 03:33:27    | 04:22:34      | 04:47:14.70 | 04:47:14.70 | +01:32:41 (32.3%) | 6:26         | 9.3 (67.4%) |
| 53  | KOWALCZYK Grzesiek | 116   |                                       | M40       | 53   | 00:01:56 | 02:39:58      | 03:34:27    | 04:24:31      | 04:47:55.70 | 04:47:55.70 | +01:33:22 (32.4%) | 6:27         | 9.3 (67.4%) |
| 54  | DROZD Maciej       | 440   |                                       | M40       | 54   | 00:01:29 | 02:43:00      | 03:35:43    | 04:24:46      | 04:47:58.05 | 04:47:58.05 | +01:33:25 (32.4%) | 6:27         | 9.3 (67.4%) |
| 55  | SZEREMETA Andrzej  | 197   | PZU SPORT TEAM                        | M40       | 55   | 00:00:35 | 02:36:47      | 03:33:15    | 04:25:02      | 04:49:26.85 | 04:49:26.85 | +01:34:53 (32.8%) | 6:29         | 9.2 (66.7%) |
| 56  | NIŻNIK Marcin      | 280   | NOWY STYL GROUP RUNNING TEAM          | M40       | 56   | 00:00:58 | 02:35:51      | 03:30:16    | 04:24:35      | 04:49:29.00 | 04:49:29.00 | +01:34:56 (32.8%) | 6:29         | 9.2 (66.7%) |
| 57  | SZWAJKA Robert     | 484   |                                       | M40       | 57   | 00:00:47 | 02:30:43      | 03:28:58    | 04:23:38      | 04:49:36.70 | 04:49:36.70 | +01:35:03 (32.8%) | 6:29         | 9.2 (66.7%) |
| 58  | SUCHODOLSKI Jerzy  | 538   |                                       | M40       | 58   | 00:02:28 | 02:39:48      | 03:33:53    | 04:25:01      | 04:50:56.05 | 04:50:56.05 | +01:36:23 (33.1%) | 6:31         | 9.2 (66.7%) |
| 59  | MICHNO Tomasz      | 87    | LACHO TEAM                            | M40       | 59   | 00:02:13 | 02:40:22      | 03:28:32    | 04:27:35      | 04:50:57.05 | 04:50:57.05 | +01:36:24 (33.1%) | 6:31         | 9.2 (66.7%) |
| 60  | GOZDALSKI Jarosław | 265   | WITKOWO BIEGA                         | M40       | 60   | 00:02:47 | 03:07:52      | 03:51:24    | 04:35:52      | 04:54:20.75 | 04:54:20.75 | +01:39:47 (33.9%) | 6:35         | 9.1 (65.9%) |
| 61  | CZAPLA Arkadiusz   | 109   |                                       | M40       | 61   | 00:02:32 | 02:40:50      | 03:38:18    | 04:30:51      | 04:55:58.05 | 04:55:58.05 | +01:41:25 (34.3%) | 6:38         | 9 (65.2%)   |
| 62  | SIPIERA Tomasz     | 34    | LACHO TEAM                            | M40       | 62   | 00:02:12 | 02:40:22      | 03:37:44    | 04:31:34      | 04:56:27.05 | 04:56:27.05 | +01:41:54 (34.4%) | 6:38         | 9 (65.2%)   |
| 63  | FRĄC Dariusz       | 492   | NIGHT RUNNERS GLIWICE                 | M40       | 63   | 00:02:01 | 02:41:08      | 03:38:42    | 04:33:10      | 04:56:58.80 | 04:56:58.80 | +01:42:25 (34.5%) | 6:39         | 9 (65.2%)   |
| 64  | SOFUŁ Tomasz       | 726   |                                       | M40       | 64   | 00:01:46 | 02:47:10      | 03:41:27    | 04:33:36      | 04:57:05.10 | 04:57:05.10 | +01:42:32 (34.5%) | 6:39         | 9 (65.2%)   |
| 65  | JEDLIŃSKI Bartosz  | 91    | MARATOŃCZYK DĘBICA                    | M40       | 65   | 00:01:07 | 02:49:05      | 03:45:14    | 04:35:15      | 04:57:08.80 | 04:57:08.80 | +01:42:35 (34.5%) | 6:39         | 9 (65.2%)   |
| 66  | KUTNIK Mirosław    | 598   | KB BIAŁA BIEGA                        | M40       | 66   | 00:01:09 | 02:42:00      | 03:41:49    | 04:33:50      | 04:57:25.15 | 04:57:25.15 | +01:42:52 (34.6%) | 6:40         | 9 (65.2%)   |

| 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      |                   |              |             |
| 67  | SZLEGIER Dariusz     | 734   | BIEGAMYRAZEM.PL                      | M40       | 67   | 00:00:47 | 02:38:01      | 03:36:10    | 04:32:00      | 04:58:04.85 | 04:58:04.85 | +01:43:31 (34.7%) | 6:40         | 9 (65.2%)   |
| 68  | STARZYŃSKI Stefan    | 619   | PERFECT RUNNER LUBLIN                | M40       | 68   | 00:02:59 | 02:47:11      | 03:41:24    | 04:34:23      | 04:59:59.70 | 04:59:59.70 | +01:45:26 (35.1%) | 6:43         | 8.9 (64.5%) |
| 69  | RZĄDKOWSKI Krzysztof | 428   | KLUB WYSOKOGÓRSKI LUBLIN             | M40       | 69   | 00:02:09 | 02:53:18      | 03:46:42    | 04:37:33      | 05:00:43.40 | 05:00:43.40 | +01:46:10 (35.3%) | 6:44         | 8.9 (64.5%) |
| 70  | WOLWOWICZ Zbigniew   | 380   |                                      | M40       | 70   | 00:01:54 | 02:47:38      | 03:44:08    | 04:36:15      | 05:00:49.10 | 05:00:49.10 | +01:46:16 (35.3%) | 6:44         | 8.9 (64.5%) |
| 71  | SERAFIN Piotr        | 632   |                                      | M40       | 71   | 00:01:21 | 02:46:35      | 03:42:11    | 04:36:01      | 05:01:04.50 | 05:01:04.50 | +01:46:31 (35.4%) | 6:45         | 8.9 (64.5%) |
| 72  | SADKOWSKI Bartosz    | 614   | HURAGAN ŁBISKA                       | M40       | 72   | 00:02:42 | 02:50:53      | 03:46:57    | 04:38:10      | 05:01:20.75 | 05:01:20.75 | +01:46:47 (35.4%) | 6:45         | 8.9 (64.5%) |
| 73  | DROZD Sławmomir      | 191   | WWF-UR                               | M40       | 73   | 00:00:56 | 02:49:42      | 03:43:37    | 04:37:16      | 05:01:30.70 | 05:01:30.70 | +01:46:57 (35.5%) | 6:45         | 8.9 (64.5%) |
| 74  | HOROWSKI Tomasz      | 77    | URODZENI BIEGACZE WWW.BORNRUNNERS.PL | M40       | 74   | 00:01:46 | 02:47:39      | 03:43:41    | 04:37:01      | 05:02:14.55 | 05:02:14.55 | +01:47:41 (35.6%) | 6:46         | 8.9 (64.5%) |
| 75  | MIĘKUS Hubert        | 111   |                                      | M40       | 75   | 00:00:55 | 02:44:44      | 03:40:11    | 04:33:57      | 05:02:33.30 | 05:02:33.30 | +01:48:00 (35.7%) | 6:47         | 8.8 (63.8%) |
| 76  | KŁOSOK Adam          | 290   |                                      | M40       | 76   | 00:01:56 | 02:46:32      | 03:49:14    | 04:39:25      | 05:02:56.65 | 05:02:56.65 | +01:48:23 (35.8%) | 6:47         | 8.8 (63.8%) |
| 77  | KALTENBERG Janusz    | 473   |                                      | M40       | 77   | 00:02:12 | 02:49:43      | 03:44:56    | 04:40:31      | 05:05:06.35 | 05:05:06.35 | +01:50:33 (36.2%) | 6:50         | 8.8 (63.8%) |
| 78  | CHMURA Piotr         | 801   |                                      | M40       | 78   | 00:02:13 | 02:48:33      | 03:46:14    | 04:39:40      | 05:05:35.45 | 05:05:35.45 | +01:51:02 (36.3%) | 6:51         | 8.8 (63.8%) |
| 79  | TOMAS Dariusz        | 443   |                                      | M40       | 79   | 00:02:12 | 02:49:45      | 03:44:59    | 04:40:31      | 05:06:47.15 | 05:06:47.15 | +01:52:14 (36.6%) | 6:52         | 8.7 (63.0%) |
| 80  | SZPYT Ryszard        | 259   | BUT BIŁGORAJ ULTRA TRAIL             | M40       | 80   | 00:01:10 | 02:39:15      | 03:39:27    | 04:41:10      | 05:06:54.05 | 05:06:54.05 | +01:52:21 (36.6%) | 6:52         | 8.7 (63.0%) |
| 81  | MAKOS Adam           | 270   | SILESIA RUNNING TEAM                 | M40       | 81   | 00:02:28 | 02:48:46      | 03:47:21    | 04:42:20      | 05:07:40.45 | 05:07:40.45 | +01:53:07 (36.8%) | 6:53         | 8.7 (63.0%) |
| 82  | SUŁKOWSKI Maciej     | 283   |                                      | M40       | 82   | 00:01:44 | 02:41:13      | 03:42:27    | 04:42:00      | 05:09:45.05 | 05:09:45.05 | +01:55:12 (37.2%) | 6:56         | 8.6 (62.3%) |
| 83  | PRÜFER Paweł         | 300   |                                      | M40       | 83   | 00:00:56 | 02:45:50      | 03:44:45    | 04:42:17      | 05:10:56.80 | 05:10:56.80 | +01:56:23 (37.4%) | 6:58         | 8.6 (62.3%) |
| 84  | BOGUSZ Bartosz       | 424   |                                      | M40       | 84   | 00:02:08 | 02:46:40      | 03:49:21    | 04:43:14      | 05:11:02.55 | 05:11:02.55 | +01:56:29 (37.5%) | 6:58         | 8.6 (62.3%) |
| 85  | ZYCH Zbigniew        | 266   | LUBELSKA GRUPA TRIATHLONU            | M40       | 85   | 00:02:39 | 02:50:32      | 03:52:17    | 04:45:07      | 05:11:04.05 | 05:11:04.05 | +01:56:31 (37.5%) | 6:58         | 8.6 (62.3%) |
| 86  | ŁUKASZEK Artur       | 129   | LUBARTOWBIEGA                        | M40       | 86   | 00:01:54 | 02:35:17      | 03:37:06    | 04:40:36      | 05:11:47.70 | 05:11:47.70 | +01:57:14 (37.6%) | 6:59         | 8.6 (62.3%) |
| 87  | MALINOWSKI Marcin    | 647   |                                      | M40       | 87   | 00:00:54 | 02:42:35      | 03:45:28    | 04:42:54      | 05:11:58.35 | 05:11:58.35 | +01:57:25 (37.6%) | 6:59         | 8.6 (62.3%) |
| 88  | KOŁTUNIEWICZ Andrzej | 683   | WIEŚ TAŃCZY I BIEGA                  | M40       | 88   | 00:01:54 | 02:47:37      | 03:50:16    | 04:45:14      | 05:12:13.60 | 05:12:13.60 | +01:57:40 (37.7%) | 7:00         | 8.6 (62.3%) |
| 89  | ABEL Krzysiek        | 456   | AKG                                  | M40       | 89   | 00:02:49 | 02:52:57      | 03:50:23    | 04:46:16      | 05:12:15.60 | 05:12:15.60 | +01:57:42 (37.7%) | 7:00         | 8.6 (62.3%) |
| 90  | ŁUKASIAK Sylwester   | 104   |                                      | M40       | 90   | 00:01:47 | 02:46:17      | 03:44:44    | 04:43:20      | 05:12:19.55 | 05:12:19.55 | +01:57:46 (37.7%) | 7:00         | 8.6 (62.3%) |
| 91  | PILICHOWSKI Wojciech | 93    | GRUPA SZALONYCH ROWERZYSTÓW          | M40       | 91   | 00:02:48 | 02:48:52      | 03:57:23    | 04:49:28      | 05:14:29.75 | 05:14:29.75 | +01:59:56 (38.1%) | 7:03         | 8.5 (61.6%) |

| 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      |                      |              |                |
| 92  | SROKA Zbigniew          | 796   |                                     | M40       | 92   | 00:02:12 | 02:51:39      | 03:51:08    | 04:47:51      | 05:15:45.45 | 05:15:45.45 | +02:01:12<br>(38.4%) | 7:04         | 8.5<br>(61.6%) |
| 93  | MAZUR Grzegorz          | 233   | GRUPA SKROMNYCH BIEGACZY TARNÓW     | M40       | 93   | 00:01:14 | 02:49:11      | 03:50:46    | 04:47:41      | 05:15:50.80 | 05:15:50.80 | +02:01:17<br>(38.4%) | 7:04         | 8.5<br>(61.6%) |
| 94  | ŚWIĘTOCHOWSKI Arkadiusz | 223   | GRUPA SKROMNYCH BIEGACZY            | M40       | 94   | 00:01:14 | 02:49:12      | 03:50:47    | 04:47:41      | 05:15:53.65 | 05:15:53.65 | +02:01:20<br>(38.4%) | 7:04         | 8.5<br>(61.6%) |
| 95  | KUBIAK Adam             | 179   | DZIKIE GRUBASY SZATANA              | M40       | 95   | 00:02:48 | 03:01:14      | 04:00:38    | 04:52:02      | 05:16:30.90 | 05:16:30.90 | +02:01:57<br>(38.5%) | 7:05         | 8.5<br>(61.6%) |
| 96  | ZAKRZEWSKI Robert       | 814   | RUN VEGAN                           | M40       | 96   | 00:02:45 | 03:01:07      | 03:59:08    | 04:48:16      | 05:17:32.25 | 05:17:32.25 | +02:02:59<br>(38.7%) | 7:07         | 8.4<br>(60.9%) |
| 97  | KŁODOWSKI Jacek         | 698   |                                     | M40       | 97   | 00:01:21 | 02:50:34      | 03:54:24    | 04:51:15      | 05:17:33.25 | 05:17:33.25 | +02:03:00<br>(38.7%) | 7:07         | 8.4<br>(60.9%) |
| 98  | MIROŚŁAW Albert         | 390   | LUBELSKA GRUPA TRIATHLONU/WW TEAM   | M40       | 98   | 00:01:27 | 02:55:59      | 04:01:19    | 04:53:33      | 05:18:03.35 | 05:18:03.35 | +02:03:30<br>(38.8%) | 7:07         | 8.4<br>(60.9%) |
| 99  | ĆWIEK Dariusz           | 226   |                                     | M40       | 99   | 00:02:01 | 02:54:40      | 03:57:28    | 04:51:08      | 05:18:30.45 | 05:18:30.45 | +02:03:57<br>(38.9%) | 7:08         | 8.4<br>(60.9%) |
| 100 | ZAJĄC Tomasz            | 582   |                                     | M40       | 100  | 00:02:31 | 02:44:56      | 03:49:08    | 04:48:05      | 05:19:55.30 | 05:19:55.30 | +02:05:22<br>(39.2%) | 7:10         | 8.4<br>(60.9%) |
| 101 | JANIK Janusz Johan      | 50    | NIGHT RUNNERS GLIWICE               | M40       | 101  | 00:01:10 | 02:45:45      | 03:52:20    | 04:52:27      | 05:20:02.75 | 05:20:02.75 | +02:05:29<br>(39.2%) | 7:10         | 8.4<br>(60.9%) |
| 102 | LOREK Marek             | 182   | KB MARATOŃCZYK DĘBICA               | M40       | 102  | 00:02:05 | 02:52:32      | 03:55:58    | 04:54:32      | 05:22:22.75 | 05:22:22.75 | +02:07:49<br>(39.7%) | 7:13         | 8.3<br>(60.1%) |
| 103 | SZYPUŁA Wojciech        | 663   |                                     | M40       | 103  | 00:01:56 | 03:01:57      | 04:01:17    | 04:54:57      | 05:22:44.70 | 05:22:44.70 | +02:08:11<br>(39.7%) | 7:14         | 8.3<br>(60.1%) |
| 104 | BŁAJSZCZAK Karol        | 719   | TSA SANDOMIERZ                      | M40       | 104  | 00:01:19 | 02:56:08      | 04:03:09    | 04:56:58      | 05:22:45.45 | 05:22:45.45 | +02:08:12<br>(39.7%) | 7:14         | 8.3<br>(60.1%) |
| 105 | CHORZĘPA Mariusz        | 528   | TSA -SANDOMIERZ                     | M40       | 105  | 00:01:18 | 02:56:09      | 04:03:08    | 04:56:58      | 05:22:46.10 | 05:22:46.10 | +02:08:13<br>(39.7%) | 7:14         | 8.3<br>(60.1%) |
| 106 | WILTOWSKI Wojciech      | 707   | TEAM EDOKUMENTY                     | M40       | 106  | 00:02:04 | 02:51:18      | 03:54:26    | 04:54:06      | 05:23:57.60 | 05:23:57.60 | +02:09:24<br>(39.9%) | 7:15         | 8.3<br>(60.1%) |
| 107 | WASIELEWSKI Włodzimierz | 396   | KLUB SPORTOWY ZDZIESZOWICE-BIKETEAM | M40       | 107  | 00:01:19 | 03:00:27      | 04:02:18    | 04:57:04      | 05:23:58.55 | 05:23:58.55 | +02:09:25<br>(39.9%) | 7:15         | 8.3<br>(60.1%) |
| 108 | ZAJDEL Sławomir         | 307   | MRÓWKA JAROSŁAW ACTIVE TEAM         | M40       | 108  | 00:01:57 | 03:02:25      | 04:03:59    | 04:58:17      | 05:23:59.45 | 05:23:59.45 | +02:09:26<br>(40.0%) | 7:15         | 8.3<br>(60.1%) |
| 109 | PILECKI Maciej          | 791   |                                     | M40       | 109  | 00:03:10 | 03:04:08      | 04:08:24    | 05:01:33      | 05:24:57.05 | 05:24:57.05 | +02:10:24<br>(40.1%) | 7:17         | 8.2<br>(59.4%) |
| 110 | CHWALISZEWSKI Jarosław  | 49    | NIGHT RUNNERS GLIWICE               | M40       | 110  | 00:01:18 | 02:50:20      | 03:58:57    | 04:59:09      | 05:27:10.10 | 05:27:10.10 | +02:12:37<br>(40.5%) | 7:20         | 8.2<br>(59.4%) |
| 111 | MAKINIA Wawrzyniec      | 747   |                                     | M40       | 111  | 00:03:02 | 02:57:53      | 03:56:00    | 04:57:53      | 05:27:26.60 | 05:27:26.60 | +02:12:53<br>(40.6%) | 7:20         | 8.2<br>(59.4%) |
| 112 | KULIBERDA Tomasz        | 784   | TEATR O.DE.LA                       | M40       | 112  |          | 03:09:20      | 04:10:37    | 05:03:26      | 05:28:14.95 | 05:28:14.95 | +02:13:42<br>(40.7%) | 7:21         | 8.2<br>(59.4%) |
| 113 | CZMOK Rafał             | 433   | ACTIV-MEDIA                         | M40       | 113  | 00:02:39 | 03:05:38      | 04:06:30    | 05:01:40      | 05:29:20.15 | 05:29:20.15 | +02:14:47<br>(40.9%) | 7:23         | 8.1<br>(58.7%) |
| 114 | WOJTOWICZ Daniel        | 18    |                                     | M40       | 114  | 00:02:31 | 03:00:14      | 04:06:25    | 05:01:33      | 05:30:26.25 | 05:30:26.25 | +02:15:53<br>(41.1%) | 7:24         | 8.1<br>(58.7%) |
| 115 | BARTOSZEK Krzysztof     | 533   | MROWKA ACTIVE TEAM JAROSŁAW         | M40       | 115  | 00:01:57 | 02:58:01      | 03:59:17    | 05:01:17      | 05:31:01.80 | 05:31:01.80 | +02:16:28<br>(41.2%) | 7:25         | 8.1<br>(58.7%) |
| 116 | LIS Marek               | 130   |                                     | M40       | 116  | 00:03:22 | 03:12:07      | 04:12:09    | 05:06:22      | 05:31:51.85 | 05:31:51.85 | +02:17:18<br>(41.4%) | 7:26         | 8.1<br>(58.7%) |

| 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      |                      |              |                |
| 117 | SERAFIN Robert             | 727   |                                 | M40       | 117  | 00:01:21 | 02:46:36      | 03:48:31    | 04:57:32      | 05:32:11.65 | 05:32:11.65 | +02:17:38<br>(41.4%) | 7:26         | 8.1<br>(58.7%) |
| 118 | GRABIŃSKI<br>Waldemar      | 546   | ROGOZIŃSKI KLUB BIEGACZA        | M40       | 118  | 00:01:12 | 03:05:51      | 04:10:53    | 05:06:50      | 05:33:00.15 | 05:33:00.15 | +02:18:27<br>(41.6%) | 7:27         | 8<br>(58.0%)   |
| 119 | KANTOR Darek               | 410   | RUN_HELPERSI                    | M40       | 119  | 00:01:54 | 03:06:58      | 04:10:45    | 05:05:41      | 05:33:08.55 | 05:33:08.55 | +02:18:35<br>(41.6%) | 7:28         | 8<br>(58.0%)   |
| 120 | BAHIR Said                 | 149   | MAROKO -PRZEMYŚL                | M40       | 120  | 00:02:36 | 03:19:58      | 04:18:48    | 05:10:16      | 05:36:33.45 | 05:36:33.45 | +02:22:00<br>(42.2%) | 7:32         | 8<br>(58.0%)   |
| 121 | GRUCHAŁA Piotr             | 461   |                                 | M40       | 121  | 00:01:18 | 03:07:22      | 04:09:21    | 05:06:55      | 05:37:10.60 | 05:37:10.60 | +02:22:37<br>(42.3%) | 7:33         | 7.9<br>(57.2%) |
| 122 | GACKI<br>Zdobystaw         | 502   | GACCY TEAM                      | M40       | 122  | 00:01:18 | 03:07:22      | 04:09:21    | 05:06:55      | 05:37:12.05 | 05:37:12.05 | +02:22:39<br>(42.3%) | 7:33         | 7.9<br>(57.2%) |
| 123 | KWIECIEŃ<br>Krzysztof      | 527   | 4K TEAM TARNÓW                  | M40       | 123  | 00:02:50 | 03:17:38      | 04:18:36    | 05:12:22      | 05:37:13.40 | 05:37:13.40 | +02:22:40<br>(42.3%) | 7:33         | 7.9<br>(57.2%) |
| 124 | OLSZEWSKI<br>Jacek         | 53    |                                 | M40       | 124  | 00:00:39 | 02:44:06      | 04:07:40    | 05:06:31      | 05:37:18.90 | 05:37:18.90 | +02:22:45<br>(42.3%) | 7:33         | 7.9<br>(57.2%) |
| 125 | OPOLSKI Piotr              | 338   | LUKS LUBARTÓW - SEKCJA SZACHOWA | M40       | 125  | 00:01:59 | 03:08:00      | 04:09:25    | 05:08:34      | 05:37:37.20 | 05:37:37.20 | +02:23:04<br>(42.4%) | 7:34         | 7.9<br>(57.2%) |
| 126 | KAZANOWSKI<br>Marcin       | 607   |                                 | M40       | 126  | 00:01:58 | 03:05:33      | 04:08:34    | 05:07:21      | 05:38:55.45 | 05:38:55.45 | +02:24:22<br>(42.6%) | 7:35         | 7.9<br>(57.2%) |
| 127 | HAJDO Robert               | 189   | VICTORIA BRZESKO                | M40       | 127  | 00:01:58 | 03:06:06      | 04:12:33    | 05:10:23      | 05:39:41.95 | 05:39:41.95 | +02:25:09<br>(42.7%) | 7:36         | 7.9<br>(57.2%) |
| 128 | CHARKOT<br>Sławomir        | 252   | BIEGUSIEM.PL                    | M40       | 128  | 00:02:56 | 03:00:21      | 04:18:05    | 05:14:26      | 05:40:41.40 | 05:40:41.40 | +02:26:08<br>(42.9%) | 7:38         | 7.9<br>(57.2%) |
| 129 | WITKOWSKI<br>Dominik       | 291   | KARL KNAUER POLAND              | M40       | 129  | 00:01:58 | 02:57:56      | 04:04:16    | 05:08:16      | 05:40:50.20 | 05:40:50.20 | +02:26:17<br>(42.9%) | 7:38         | 7.9<br>(57.2%) |
| 130 | SOLECKI<br>Krzysztof       | 425   |                                 | M40       | 130  | 00:02:09 | 03:01:06      | 04:05:05    | 05:10:14      | 05:43:40.70 | 05:43:40.70 | +02:29:07<br>(43.4%) | 7:42         | 7.8<br>(56.5%) |
| 131 | WOJCIECHOWSKI<br>Krzysztof | 633   |                                 | M40       | 131  | 00:02:00 | 03:08:53      | 04:20:26    | 05:15:24      | 05:44:57.15 | 05:44:57.15 | +02:30:24<br>(43.6%) | 7:44         | 7.8<br>(56.5%) |
| 132 | ŻYRA Grzegorz              | 521   |                                 | M40       | 132  | 00:02:03 | 03:17:22      | 04:18:17    | 05:16:47      | 05:44:59.15 | 05:44:59.15 | +02:30:26<br>(43.6%) | 7:44         | 7.8<br>(56.5%) |
| 133 | DĄBEK Paweł                | 674   |                                 | M40       | 133  | 00:03:10 | 03:09:41      | 04:15:08    | 05:16:15      | 05:45:07.65 | 05:45:07.65 | +02:30:34<br>(43.6%) | 7:44         | 7.8<br>(56.5%) |
| 134 | RYŚ Andrzej                | 346   |                                 | M40       | 134  | 00:02:23 | 03:09:53      | 04:20:31    | 05:16:54      | 05:45:19.85 | 05:45:19.85 | +02:30:46<br>(43.7%) | 7:44         | 7.7<br>(55.8%) |
| 135 | GARCZYŃSKI<br>Darek        | 71    |                                 | M40       | 135  | 00:02:09 | 02:58:52      | 04:28:02    | 05:21:10      | 05:46:48.15 | 05:46:48.15 | +02:32:15<br>(43.9%) | 7:46         | 7.7<br>(55.8%) |
| 136 | SZCZEPANIAK<br>Karol       | 744   | CROSS STRACENÓW TEAM            | M40       | 136  | 00:02:50 | 03:13:45      | 04:19:42    | 05:18:46      | 05:50:19.35 | 05:50:19.35 | +02:35:46<br>(44.5%) | 7:51         | 7.6<br>(55.1%) |
| 137 | WAJCOWICZ<br>Witold        | 36    | POZYTYWNE ZABIEGANI SANOK       | M40       | 137  | 00:01:49 | 03:17:09      | 04:26:27    | 05:22:23      | 05:51:35.15 | 05:51:35.15 | +02:37:02<br>(44.7%) | 7:52         | 7.6<br>(55.1%) |
| 138 | BURY Marek                 | 349   |                                 | M40       | 138  | 00:02:20 | 03:15:58      | 04:28:13    | 05:24:47      | 05:51:40.90 | 05:51:40.90 | +02:37:07<br>(44.7%) | 7:53         | 7.6<br>(55.1%) |
| 139 | KOCHANIEC<br>Waldemar      | 568   | CENTRUM ANIMACJI SPOŁECZNEJ     | M40       | 139  | 00:02:07 | 03:15:55      | 04:28:22    | 05:26:13      | 05:54:24.80 | 05:54:24.80 | +02:39:51<br>(45.1%) | 7:56         | 7.6<br>(55.1%) |
| 140 | JAKUBOWSKI<br>Daniel       | 567   | CENTRUM ANIMACJI SPOŁECZNEJ     | M40       | 140  | 00:02:06 | 03:15:56      | 04:28:21    | 05:26:13      | 05:54:25.70 | 05:54:25.70 | +02:39:52<br>(45.1%) | 7:56         | 7.6<br>(55.1%) |
| 141 | SWOBODA<br>Jarosław        | 79    | NIGHT RUNNERS GLIWICE           | M40       | 141  | 00:02:53 | 03:13:56      | 04:22:43    | 05:23:09      | 05:55:10.65 | 05:55:10.65 | +02:40:37<br>(45.2%) | 7:57         | 7.5<br>(54.3%) |

| 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      |                      |              |                |
| 142 | KOŁODZIEJ Jacek       | 56    | NIGHT RUNNERS GLIWICE                 | M40       | 142  | 00:01:22 | 03:12:47      | 04:22:43    | 05:23:09      | 05:55:13.65 | 05:55:13.65 | +02:40:40<br>(45.2%) | 7:57         | 7.5<br>(54.3%) |
| 143 | STĘPIEŃ Maksymilian   | 301   |                                       | M40       | 143  |          | 03:10:44      | 04:23:54    | 05:25:58      | 05:55:20.05 | 05:55:20.05 | +02:40:47<br>(45.2%) | 7:58         | 7.5<br>(54.3%) |
| 144 | KOBIERSKI Szymon      | 76    |                                       | M40       | 144  | 00:02:01 | 03:12:21      | 04:25:04    | 05:25:38      | 05:56:36.95 | 05:56:36.95 | +02:42:04<br>(45.4%) | 7:59         | 7.5<br>(54.3%) |
| 145 | TOMASZEWSKI Wojtek    | 471   | BRACIAT                               | M40       | 145  | 00:02:17 | 03:17:51      | 04:28:18    | 05:26:27      | 05:56:58.45 | 05:56:58.45 | +02:42:25<br>(45.5%) | 8:00         | 7.5<br>(54.3%) |
| 146 | PRYCIŃSKI Krzysztof   | 576   | CAFE SZKOLNA 16                       | M40       | 146  | 00:02:38 | 03:23:20      | 04:30:33    | 05:30:10      | 05:58:11.40 | 05:58:11.40 | +02:43:38<br>(45.7%) | 8:01         | 7.5<br>(54.3%) |
| 147 | MANIAK Łukasz         | 78    |                                       | M40       | 147  | 00:02:47 | 03:19:21      | 04:29:25    | 05:28:51      | 05:58:24.15 | 05:58:24.15 | +02:43:51<br>(45.7%) | 8:02         | 7.5<br>(54.3%) |
| 148 | SIÓDIAK Cezary        | 231   | SPARTANIE DZIECIOM                    | M40       | 148  | 00:02:40 | 03:19:50      | 04:29:45    | 05:29:50      | 05:58:40.30 | 05:58:40.30 | +02:44:07<br>(45.8%) | 8:02         | 7.5<br>(54.3%) |
| 149 | SĘKOWSKI Damian       | 450   |                                       | M40       | 149  | 00:02:46 | 03:17:13      | 04:22:58    | 05:30:44      | 05:59:40.95 | 05:59:40.95 | +02:45:08<br>(45.9%) | 8:03         | 7.4<br>(53.6%) |
| 150 | BOROWIEC Arkadiusz    | 217   | CHEŁM BIEGA/BRACIA.B                  | M40       | 150  | 00:01:59 | 03:18:31      | 04:30:37    | 05:32:04      | 05:59:50.10 | 05:59:50.10 | +02:45:17<br>(45.9%) | 8:04         | 7.4<br>(53.6%) |
| 151 | JURCZAK Daniel        | 82    | TRIPAKA                               | M40       | 151  | 00:01:04 | 03:23:45      | 04:32:00    | 05:34:04      | 06:00:45.90 | 06:00:45.90 | +02:46:12<br>(46.1%) | 8:05         | 7.4<br>(53.6%) |
| 152 | MICHALCZEWSKI Andrzej | 177   |                                       | M40       | 152  | 00:02:55 | 03:16:38      | 04:30:09    | 05:31:05      | 06:03:37.15 | 06:03:37.15 | +02:49:04<br>(46.5%) | 8:09         | 7.4<br>(53.6%) |
| 153 | SMAGA Krzysztof       | 400   | BANDA GRUDNIA                         | M40       | 153  | 00:01:40 | 03:24:03      | 04:39:11    | 05:36:07      | 06:03:40.85 | 06:03:40.85 | +02:49:07<br>(46.5%) | 8:09         | 7.4<br>(53.6%) |
| 154 | JAKUBOWSKI Wojciech   | 829   | KB GEOTERMIA UNIEJÓW                  | M40       | 154  | 00:02:33 | 03:14:57      | 04:36:05    | 05:36:31      | 06:04:56.15 | 06:04:56.15 | +02:50:23<br>(46.7%) | 8:10         | 7.3<br>(52.9%) |
| 155 | PAWŁOWSKI Paweł       | 359   |                                       | M40       | 155  | 00:01:55 | 03:23:37      | 04:31:07    | 05:35:23      | 06:06:32.25 | 06:06:32.25 | +02:51:59<br>(46.9%) | 8:13         | 7.3<br>(52.9%) |
| 156 | WASAŹNIK Marcin       | 239   | DZIKIE GRUBASY SZATANA                | M40       | 156  | 00:01:48 | 03:23:14      | 04:36:27    | 05:37:19      | 06:07:15.80 | 06:07:15.80 | +02:52:42<br>(47.0%) | 8:14         | 7.3<br>(52.9%) |
| 157 | ZYGO Grzegorz         | 444   | UWOLNIĆ ŚLIMAKA                       | M40       | 157  | 00:01:42 | 03:24:16      | 04:39:12    | 05:36:07      | 06:09:31.00 | 06:09:31.00 | +02:54:58<br>(47.4%) | 8:17         | 7.2<br>(52.2%) |
| 158 | ZIELONKA Bogumił      | 779   | PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA' | M40       | 158  | 00:02:24 | 03:21:56      | 04:29:17    | 05:31:47      | 06:10:00.55 | 06:10:00.55 | +02:55:27<br>(47.4%) | 8:17         | 7.2<br>(52.2%) |
| 159 | BATOR Marek           | 636   |                                       | M40       | 159  | 00:01:26 | 03:24:30      | 04:35:13    | 05:40:20      | 06:11:11.15 | 06:11:11.15 | +02:56:38<br>(47.6%) | 8:19         | 7.2<br>(52.2%) |
| 160 | WAŚKOWICZ Waldemar    | 210   |                                       | M40       | 160  | 00:02:01 | 03:18:39      | 04:37:24    | 05:40:24      | 06:11:22.40 | 06:11:22.40 | +02:56:49<br>(47.6%) | 8:19         | 7.2<br>(52.2%) |
| 161 | RĄPAŁA Wojciech       | 762   |                                       | M40       | 161  | 00:02:53 | 03:22:35      | 04:41:53    | 05:41:06      | 06:11:37.50 | 06:11:37.50 | +02:57:04<br>(47.6%) | 8:19         | 7.2<br>(52.2%) |
| 162 | MYSŁEK Radosław       | 805   |                                       | M40       | 162  | 00:03:07 | 03:26:27      | 04:35:59    | 05:41:49      | 06:13:59.05 | 06:13:59.05 | +02:59:26<br>(48.0%) | 8:23         | 7.2<br>(52.2%) |
| 163 | SIDOROWICZ Grzegorz   | 751   | AXA RUNNING TEAM                      | M40       | 163  | 00:01:47 | 03:30:23      | 04:40:33    | 05:42:36      | 06:15:46.05 | 06:15:46.05 | +03:01:13<br>(48.2%) | 8:25         | 7.1<br>(51.4%) |
| 164 | GRZEGORZ Gąszczuk     | 431   | NOWA HUTA TEAM                        | M40       | 164  | 00:02:58 | 03:33:00      | 04:58:58    | 05:51:24      | 06:16:11.10 | 06:16:11.10 | +03:01:38<br>(48.3%) | 8:26         | 7.1<br>(51.4%) |
| 165 | TALMA Paweł           | 156   | LUBARTOWBIEGA.PL                      | M40       | 165  | 00:02:46 | 03:23:55      | 04:50:02    | 05:48:09      | 06:16:41.30 | 06:16:41.30 | +03:02:08<br>(48.4%) | 8:26         | 7.1<br>(51.4%) |
| 166 | KWIATKOWSKI Marek     | 666   | DZIKI BAGIENNE                        | M40       | 166  | 00:01:50 | 03:27:45      | 04:40:30    | 05:44:59      | 06:17:21.35 | 06:17:21.35 | +03:02:48<br>(48.4%) | 8:27         | 7.1<br>(51.4%) |

| 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  |
|-----|--------------------|-------|--------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 167 | CAŁA Maciej        | 658   | CHCIAŁEM SE POBIEGAĆ     | M40       | 167  | 00:01:06          | 03:28:55                | 04:39:02              | 05:45:54                | 06:20:49.45             | 06:20:49.45              | +03:06:16<br>(48.9%) | 8:32            | 7<br>(50.7%)   |
| 168 | MAŁKIEWICZ Dariusz | 211   | PGB SPORTOWA PACZKA      | M40       | 168  | 00:03:03          | 03:30:59                | 04:52:24              | 05:50:42                | 06:21:21.15             | 06:21:21.15              | +03:06:48<br>(49.0%) | 8:33            | 7<br>(50.7%)   |
| 169 | KORNIŁOW Piotr     | 6     |                          | M40       | 169  | 00:02:25          | 03:39:24                | 04:52:02              | 05:52:36                | 06:22:37.65             | 06:22:37.65              | +03:08:04<br>(49.2%) | 8:34            | 7<br>(50.7%)   |
| 170 | BEHRENDT Bartek    | 413   | NIGHT RUNNERS GLIWICE    | M40       | 170  | 00:02:07          | 03:34:19                | 04:47:21              | 05:53:34                | 06:24:04.65             | 06:24:04.65              | +03:09:31<br>(49.3%) | 8:36            | 7<br>(50.7%)   |
| 171 | PRZYBYSZ Mariusz   | 165   |                          | M40       | 171  | 00:02:46          | 03:23:55                | 04:50:02              | 05:53:09                | 06:25:04.45             | 06:25:04.45              | +03:10:31<br>(49.5%) | 8:38            | 6.9<br>(50.0%) |
| 172 | KĘTRZYŃSKI Ryszard | 201   | ZABIEGANI MIELEC         | M40       | 172  | 00:02:14          | 03:35:26                | 04:52:46              | 05:54:56                | 06:27:42.75             | 06:27:42.75              | +03:13:09<br>(49.8%) | 8:41            | 6.9<br>(50.0%) |
| 173 | ADAMOWSKI Jacek    | 643   | NIGHT RUNNERS GLIWICE    | M40       | 173  | 00:01:15          | 03:34:31                | 04:52:02              | 05:58:02                | 06:29:10.50             | 06:29:10.50              | +03:14:37<br>(50.0%) | 8:43            | 6.9<br>(50.0%) |
| 174 | GRZYBEK Piotr      | 733   | KEREZA                   | M40       | 174  | 00:02:21          | 03:20:53                | 04:43:26              | 05:53:22                | 06:31:02.75             | 06:31:02.75              | +03:16:29<br>(50.2%) | 8:46            | 6.8<br>(49.3%) |
| 175 | FARMAS Dariusz     | 522   | NOWA HUTA TEAM           | M40       | 175  | 00:01:55          | 03:33:04                | 05:01:14              | 06:01:57                | 06:32:10.55             | 06:32:10.55              | +03:17:37<br>(50.4%) | 8:47            | 6.8<br>(49.3%) |
| 176 | MICHALSKI Henryk   | 302   | GRUPA AZOTY TARNÓW       | M40       | 176  | 00:01:43          | 03:41:23                | 04:55:14              | 05:57:26                | 06:37:16.00             | 06:37:16.00              | +03:22:43<br>(51.0%) | 8:54            | 6.7<br>(48.6%) |
| 177 | WÓJTOWICZ Paweł    | 501   |                          | M40       | 177  | 00:03:11          | 03:10:13                | 04:42:03              | 05:56:29                | 06:37:41.30             | 06:37:41.30              | +03:23:08<br>(51.1%) | 8:55            | 6.7<br>(48.6%) |
| 178 | ORZECZ Artur       | 321   | KROKODYLE KOLBUSZOWA     | M40       | 178  | 00:03:08          | 03:30:35                | 04:49:43              | 05:54:10                | 06:38:59.65             | 06:38:59.65              | +03:24:26<br>(51.2%) | 8:56            | 6.7<br>(48.6%) |
| 179 | DRAPALA Jan        | 320   | KROKODYLE KOLBUSZOWA     | M40       | 179  | 00:03:08          | 03:30:35                | 04:49:35              | 05:54:12                | 06:39:00.60             | 06:39:00.60              | +03:24:27<br>(51.2%) | 8:56            | 6.7<br>(48.6%) |
| 180 | BACZA Piotr        | 137   | PRZEMYŚL - MAROKO        | M40       | 180  | 00:02:36          | 03:31:07                | 04:59:01              | 06:06:14                | 06:39:05.85             | 06:39:05.85              | +03:24:32<br>(51.3%) | 8:56            | 6.7<br>(48.6%) |
| 181 | RYMARZ Grzegorz    | 476   |                          | M40       | 181  | 00:03:01          | 03:29:05                | 04:52:33              | 06:02:47                | 06:39:07.15             | 06:39:07.15              | +03:24:34<br>(51.3%) | 8:56            | 6.7<br>(48.6%) |
| 182 | MARKIEWICZ Rafał   | 775   |                          | M40       | 182  | 00:02:54          | 03:30:09                | 05:00:25              | 06:06:33                | 06:39:39.65             | 06:39:39.65              | +03:25:06<br>(51.3%) | 8:57            | 6.7<br>(48.6%) |
| 183 | BAĆMAGA Jan        | 192   | TURLAM SIĘ DO METY - JP2 | M40       | 183  | 00:01:57          | 03:32:31                | 05:00:26              | 06:06:33                | 06:39:40.70             | 06:39:40.70              | +03:25:07<br>(51.3%) | 8:57            | 6.7<br>(48.6%) |
| 184 | HYZIAK Jakub       | 264   | JJ.RUNNERS               | M40       | 184  | 00:02:06          | 03:37:34                | 04:53:22              | 06:05:03                | 06:42:13.30             | 06:42:13.30              | +03:27:40<br>(51.6%) | 9:01            | 6.7<br>(48.6%) |
| 185 | KOZŁOWSKI Robert   | 40    | DOCE PARES POLSKA        | M40       | 185  | 00:01:09          | 03:28:54                | 04:47:01              | 06:04:58                | 06:43:23.20             | 06:43:23.20              | +03:28:50<br>(51.8%) | 9:02            | 6.6<br>(47.8%) |
| 186 | MAZUR Jerzy        | 490   |                          | M40       | 186  | 00:02:32          | 03:32:13                | 04:59:16              | 06:13:52                | 06:54:21.25             | 06:54:21.25              | +03:39:48<br>(53.0%) | 9:17            | 6.5<br>(47.1%) |
| 187 | DURA Piotr         | 554   | PKB ENDORFINA            | M40       | 187  | 00:02:29          | 03:52:51                | 05:13:54              | 06:26:06                | 07:04:46.55             | 07:04:46.55              | +03:50:13<br>(54.2%) | 9:31            | 6.3<br>(45.7%) |
| 188 | WRÓBEL Dominik     | 552   | AZS PWSZ KROSNO          | M40       | 188  | 00:02:34          | 04:02:42                | 05:37:14              | 06:50:14                | 07:26:55.45             | 07:26:55.45              | +04:12:22<br>(56.5%) | 10:01           | 6<br>(43.5%)   |
| 189 | RUDZKI Tomasz      | 128   | BIEGACZ NOWOSOLNA        | M40       | 189  | 00:01:52          | 03:56:17                | 05:49:11              | 07:04:34                | 07:48:44.20             | 07:48:44.20              | +04:34:11<br>(58.5%) | 10:30           | 5.7<br>(41.3%) |
|     | LADNER Paul        | 822   |                          | M40       |      | 00:02:21<br>DNF   | 03:10:47 DNF            | 04:23:53 DNF          | DNF                     | DNF                     | DNF                      | -                    | -               | -<br>(0.0%)    |