

III ZIMOWY MARATON BIESZCZADZKI 2017 - 44,6KM

Wydarzenie: Zimowy Maraton Bieszczadzki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-01-29
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	**CZYŻ Grzegorz**	**4**	GRUPA AZOTY_AUTOMATYKA TARNÓW	M50	1	00:00:29	01:54:23	02:26:19	02:57:48	**03:13:48.15**	**03:13:48.15**		4:20	13.8 (100%)
2	**FARON Robert**	**13**	SALCO SPORT TEAM	M40	1	00:00:32	01:58:25	02:29:21	02:59:48	**03:14:32.95**	**03:14:32.95**	+00:00:44 (0.4%)	4:21	13.8 (100%)
3	**JENDRYCH Artur**	**695**	BIEGAJĄCY ŚWIDNIK	M20	1	00:00:38	01:59:04	02:32:52	03:07:47	**03:24:10.15**	**03:24:10.15**	+00:10:22 (5.1%)	4:34	13.1 (94.9%)
4	**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**	+00:16:43 (7.9%)	4:43	12.7 (92.0%)
5	**KOZIOŁ Kamil**	**218**	HUSARIA RACE TEAM	M20	2	00:00:46	01:59:55	02:36:57	03:14:59	**03:33:12.85**	**03:33:12.85**	+00:19:24 (9.1%)	4:46	12.6 (91.3%)
6	**PLOCH Jakub**	**451**	NIGHT RUNNERS ZABRZE	M20	3	00:00:30	02:04:05	02:40:54	03:17:08	**03:34:20.65**	**03:34:20.65**	+00:20:32 (9.6%)	4:48	12.5 (90.6%)
7	**WIERNUSZ Krzysztof**	**341**	FINISZ RYMANÓW	M40	2	00:00:33	02:04:29	02:40:39	03:18:10	**03:35:06.25**	**03:35:06.25**	+00:21:18 (9.9%)	4:49	12.4 (89.9%)
8	**PASIECZNY Robert**	**206**	FARTLEK GO	M40	3	00:00:29	02:05:14	02:41:22	03:20:21	**03:38:09.65**	**03:38:09.65**	+00:24:21 (11.2%)	4:53	12.3 (89.1%)
9	**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**	+00:29:31 (13.2%)	5:00	12 (87.0%)
10	**MEDEJCZYK Łukasz**	**506**		M20	4	00:00:30	02:00:47	02:41:02	03:24:34	**03:43:39.70**	**03:43:39.70**	+00:29:51 (13.4%)	5:00	12 (87.0%)
11	**PIETRZYK Wojciech**	**220**	LACHO TEAM	M40	4	00:00:45	02:06:23	02:44:47	03:24:43	**03:44:08.90**	**03:44:08.90**	+00:30:20 (13.5%)	5:01	11.9 (86.2%)
12	**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**	+00:30:59 (13.8%)	5:02	11.9 (86.2%)
13	**BEDNARZ Cezary**	**423**	BIEGAJĄCY ŚWIDNIK	M20	5	00:00:38	01:59:09	02:41:24	03:25:33	**03:45:24.65**	**03:45:24.65**	+00:31:36 (14.0%)	5:03	11.9 (86.2%)
14	**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**	+00:32:07 (14.2%)	5:03	11.8 (85.5%)
15	**KOBIERSKI Piotr**	**112**	UKA ULTRAS RUNNERS	M40	5	00:00:50	02:14:11	02:52:02	03:29:28	**03:46:35.00**	**03:46:35.00**	+00:32:46 (14.5%)	5:04	11.8 (85.5%)
16	**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**	+00:34:45 (15.2%)	5:07	11.7 (84.8%)
17	**WĘGIEL Marcin**	**635**	WWW.MALINOWYNOS.PL	M20	6	00:00:35	02:13:41	02:53:43	03:32:10	**03:51:04.75**	**03:51:04.75**	+00:37:16 (16.1%)	5:10	11.6 (84.1%)
18	**JAŁOCHA Mieczysław**	**721**	PRZEMYSKI KLUB BIEGACZA	M50	2	00:00:34	02:11:04			**03:51:29.10**	**03:51:29.10**	+00:37:40 (16.3%)	5:11	11.6 (84.1%)
19	**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**	+00:38:13 (16.5%)	5:12	11.5 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
20	**SMOLAK Piotr**	**754**	MOSIR - DUKLA	M50	3	00:00:42	02:12:08	02:51:53	03:33:43	**03:52:47.05**	**03:52:47.05**	+00:38:58 (16.7%)	5:13	11.5 (83.3%)
21	**LESZCZYŃSKI Andrzej**	**315**	BODY CLUB MŁAWA	M50	4	00:00:57	02:14:14	02:54:47	03:35:14	**03:53:50.35**	**03:53:50.35**	+00:40:02 (17.1%)	5:14	11.4 (82.6%)
22	**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**	+00:41:18 (17.6%)	5:16	11.4 (82.6%)
23	**CZUBA Jarek**	**543**		M20	7	00:00:29	02:12:46	02:54:13	03:36:19	**03:56:01.05**	**03:56:01.05**	+00:42:12 (17.9%)	5:17	11.3 (81.9%)
24	**GOTFRYD Adam**	**186**		M40	6	00:00:34	02:13:11	02:53:43	03:37:55	**03:56:49.80**	**03:56:49.80**	+00:43:01 (18.2%)	5:18	11.3 (81.9%)
25	**DOMIN Łukasz**	**710**	AKTYWNY DYNÓW	M20	8	00:00:42	02:16:56	02:58:05	03:39:08	**03:58:46.50**	**03:58:46.50**	+00:44:58 (18.8%)	5:21	11.2 (81.2%)
26	**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**	+00:46:51 (19.5%)	5:23	11.1 (80.4%)
27	**GOŚCINIEWICZ Paweł**	**651**		M40	7	00:00:38	02:16:25	02:56:31	03:41:04	**04:01:08.15**	**04:01:08.15**	+00:47:20 (19.6%)	5:24	11.1 (80.4%)
28	**JASTRZĄB Piotr**	**216**	DEKAN LESKO	M40	8	00:00:39	02:14:18	02:57:57	03:41:47	**04:01:23.00**	**04:01:23.00**	+00:47:34 (19.7%)	5:24	11.1 (80.4%)
29	**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**	+00:47:49 (19.8%)	5:25	11.1 (80.4%)
30	**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**	+00:48:28 (20.0%)	5:25	11 (79.7%)
31	**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**	+00:48:49 (20.1%)	5:26	11 (79.7%)
32	**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**	+00:48:54 (20.2%)	5:26	11 (79.7%)
33	**LUBAŃSKI Robert**	**625**		M50	5	00:00:40	02:09:58	02:51:55	03:41:04	**04:03:46.05**	**04:03:46.05**	+00:49:57 (20.5%)	5:27	11 (79.7%)
34	**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**	+00:50:34 (20.7%)	5:28	11 (79.7%)
35	**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**	+00:50:58 (20.8%)	5:29	10.9 (79.0%)
36	**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**	+00:51:39 (21.0%)	5:30	10.9 (79.0%)
37	**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**	+00:53:43 (21.7%)	5:32	10.8 (78.3%)
38	**WASYLÓW Jacek**	**463**	ANTEK TEAM PRZEMYŚL	M30	17	00:01:07	02:21:27	03:07:36	03:50:36	**04:09:39.60**	**04:09:39.60**	+00:55:51 (22.4%)	5:35	10.7 (77.5%)
39	**BORDA-SIECZKOWSKI Jarosław**	**509**		M40	9	00:00:35	02:17:09	03:01:53	03:48:57	**04:09:53.05**	**04:09:53.05**	+00:56:04 (22.4%)	5:36	10.7 (77.5%)
40	**BIAŁECKI Krzysztof**	**507**	EPIDEMIASPORTU	M40	10	00:01:46	02:23:37	03:06:50	03:52:08	**04:10:50.05**	**04:10:50.05**	+00:57:01 (22.7%)	5:37	10.7 (77.5%)
41	**JANIK Mariusz**	**127**	LACHO TEAM	M40	11	00:00:44	02:16:55	03:03:03	03:48:47	**04:10:58.65**	**04:10:58.65**	+00:57:10 (22.8%)	5:37	10.7 (77.5%)
42	**KONIARZ Michał**	**171**	ONEMANRUNTEAM	M40	12	00:00:43	02:21:35	03:07:52	03:52:18	**04:11:05.10**	**04:11:05.10**	+00:57:16 (22.8%)	5:37	10.7 (77.5%)
43	**MICHALAK Mariusz**	**677**	DZIKIE ŻYCIE RUN TEAM	M40	13	00:00:36	02:18:50	03:04:20	03:50:43	**04:11:27.40**	**04:11:27.40**	+00:57:39 (22.9%)	5:38	10.6 (76.8%)
44	**SZWEBLIK Krzysztof**	**391**	KRZYSZTOF SZWEBLIK	M40	14	00:01:04	02:22:28	03:07:24	03:51:58	**04:12:01.00**	**04:12:01.00**	+00:58:12 (23.1%)	5:39	10.6 (76.8%)
45	**MACHAŁA Kamil**	**42**	PRZEWORSKA GRUPA BIEGOWA	M20	9	00:01:25	02:27:42	03:14:09	03:54:52	**04:12:21.30**	**04:12:21.30**	+00:58:33 (23.2%)	5:39	10.6 (76.8%)
46	**GÓRKA Marcin**	**47**	UNLIMITED KRAKÓW TEAM / WWW.MARCINGORKA.PL	M20	10	00:02:09	02:19:00	03:04:48	03:51:55	**04:13:21.95**	**04:13:21.95**	+00:59:33 (23.5%)	5:40	10.6 (76.8%)
47	**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**	+00:59:33 (23.5%)	5:40	10.6 (76.8%)

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48	**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**	+00:59:51 (23.6%)	5:41	10.5 (76.1%)
49	**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**	+01:00:32 (23.8%)	5:42	10.5 (76.1%)
50	**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**	+01:00:36 (23.8%)	5:42	10.5 (76.1%)
51	**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**	+01:01:03 (24.0%)	5:42	10.5 (76.1%)
52	**JAŁOZA Ireneusz**	**493**	KLUB BIEGAJĄCYCH LEŚNIKÓW / ZADYSZKA	M40	15	00:01:11	02:19:18	03:05:42	03:54:15	**04:16:15.30**	**04:16:15.30**	+01:02:27 (24.4%)	5:44	10.4 (75.4%)
53	**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**	+01:03:56 (24.8%)	5:46	10.4 (75.4%)
54	**GMITEREK Tomasz**	**289**		M40	16	00:01:10	02:24:22	03:09:11	03:56:54	**04:18:06.30**	**04:18:06.30**	+01:04:18 (24.9%)	5:47	10.4 (75.4%)
55	**PABIAN Paweł**	**810**	BRUBECK PABIANO KRASNE TEAM	M20	11	00:00:43	02:22:50	03:11:16	03:57:19	**04:18:18.65**	**04:18:18.65**	+01:04:30 (25.0%)	5:47	10.4 (75.4%)
56	**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**	+01:04:35 (25.0%)	5:47	10.4 (75.4%)
57	**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**	+01:04:55 (25.1%)	5:48	10.3 (74.6%)
58	**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**	+01:04:57 (25.1%)	5:48	10.3 (74.6%)
59	**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**	+01:05:03 (25.1%)	5:48	10.3 (74.6%)
60	**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**	+01:05:26 (25.2%)	5:48	10.3 (74.6%)
61	**KORNAGA Janusz**	**38**	AKADEMIA SPORTU LUBACZÓW KRUS HORYNIEC	M50	6	00:00:51	02:20:46	03:08:37	03:55:56	**04:19:14.80**	**04:19:14.80**	+01:05:26 (25.2%)	5:48	10.3 (74.6%)
62	**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**	+01:05:29 (25.3%)	5:48	10.3 (74.6%)
63	**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**	+01:05:34 (25.3%)	5:48	10.3 (74.6%)
64	**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**	+01:06:07 (25.4%)	5:49	10.3 (74.6%)
65	**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**	+01:07:03 (25.7%)	5:50	10.3 (74.6%)
66	**BARAN Kamil**	**308**		M20	12	00:01:16	02:25:51	03:11:47	03:58:42	**04:21:11.95**	**04:21:11.95**	+01:07:23 (25.8%)	5:51	10.2 (73.9%)
67	**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**	+01:07:25 (25.8%)	5:51	10.2 (73.9%)
68	**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**	+01:07:25 (25.8%)	5:51	10.2 (73.9%)
69	**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**	+01:07:29 (25.8%)	5:51	10.2 (73.9%)
70	**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**	+01:07:36 (25.9%)	5:51	10.2 (73.9%)
71	**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**	+01:08:06 (26.0%)	5:52	10.2 (73.9%)
72	**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**	+01:08:46 (26.2%)	5:53	10.2 (73.9%)
73	**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**	+01:09:18 (26.3%)	5:53	10.2 (73.9%)
74	**GORZELAŃCZYK Jakub**	**570**	TOUR DE RUN	M20	13	00:01:59	02:29:48	03:18:25	04:03:10	**04:23:10.55**	**04:23:10.55**	+01:09:22 (26.4%)	5:54	10.2 (73.9%)
75	**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**	+01:09:29 (26.4%)	5:54	10.2 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
76	**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**	+01:09:48 (26.5%)	5:54	10.2 (73.9%)
77	**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**	+01:10:49 (26.8%)	5:55	10.1 (73.2%)
78	**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**	+01:10:51 (26.8%)	5:56	10.1 (73.2%)
79	**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**	+01:10:52 (26.8%)	5:56	10.1 (73.2%)
80	**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**	+01:11:00 (26.8%)	5:56	10.1 (73.2%)
81	**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**	+01:11:05 (26.8%)	5:56	10.1 (73.2%)
82	**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**	+01:11:06 (26.8%)	5:56	10.1 (73.2%)
83	**JURCZYK Łukasz**	**412**	HTTP://ALEKSANDRASTEFANSKA.PL	M20	14	00:01:13	02:31:12	03:18:36	04:05:36	**04:25:45.45**	**04:25:45.45**	+01:11:57 (27.1%)	5:57	10.1 (73.2%)
84	**IWANICKI Krzysztof**	**427**		M20	15	00:01:24	02:37:42	03:22:27	04:07:10	**04:26:06.45**	**04:26:06.45**	+01:12:18 (27.2%)	5:57	10.1 (73.2%)
85	**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**	+01:12:26 (27.2%)	5:58	10.1 (73.2%)
86	**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**	+01:13:07 (27.4%)	5:59	10 (72.5%)
87	**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**	+01:13:16 (27.4%)	5:59	10 (72.5%)
88	**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**	+01:15:14 (28.0%)	6:01	9.9 (71.7%)
89	**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**	+01:16:22 (28.3%)	6:03	9.9 (71.7%)
90	**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**	+01:16:25 (28.3%)	6:03	9.9 (71.7%)
91	**PUDELKO Roman**	**542**		M20	16	00:01:32	02:30:30	03:20:07	04:08:37	**04:30:14.75**	**04:30:14.75**	+01:16:26 (28.3%)	6:03	9.9 (71.7%)
92	**CIEŚLIK Sebastian**	**131**		M20	17	00:02:13	03:09:42		03:39:33	**04:30:37.05**	**04:30:37.05**	+01:16:48 (28.4%)	6:04	9.9 (71.7%)
93	**STODOLNY Krzysztof**	**387**		M50	7	00:00:46	02:23:58	03:16:15	04:07:25	**04:30:45.35**	**04:30:45.35**	+01:16:57 (28.4%)	6:04	9.9 (71.7%)
94	**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**	+01:17:18 (28.5%)	6:04	9.9 (71.7%)
95	**BŁACH Piotr Buła**	**703**	OPEL ACTIVE TEAM	M50	8	00:01:06	02:28:44	03:18:52	04:09:53	**04:31:23.60**	**04:31:23.60**	+01:17:35 (28.6%)	6:05	9.9 (71.7%)
96	**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**	+01:17:36 (28.6%)	6:05	9.9 (71.7%)
97	**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**	+01:17:38 (28.6%)	6:05	9.9 (71.7%)
98	**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**	+01:18:19 (28.8%)	6:06	9.8 (71.0%)
99	**GIERULA Robert**	**545**	UBS KRAKOW RUNNING TEAM	M50	9	00:03:01	02:33:35	03:21:50	04:10:43	**04:33:33.15**	**04:33:33.15**	+01:19:45 (29.2%)	6:08	9.8 (71.0%)
100	**TRETER Sebastian**	**693**		M20	18	00:01:26	02:28:39	03:22:18	04:11:59	**04:33:52.90**	**04:33:52.90**	+01:20:04 (29.2%)	6:08	9.8 (71.0%)
101	**TOMCZYK Grzegorz**	**692**		M20	19	00:01:26	02:24:21	03:22:17	04:11:59	**04:33:53.05**	**04:33:53.05**	+01:20:04 (29.2%)	6:08	9.8 (71.0%)
102	**KUDŁAK Paweł**	**656**	PORANNY PATROL	M20	20	00:02:56	02:30:19	03:21:59	04:12:17	**04:34:47.85**	**04:34:47.85**	+01:20:59 (29.5%)	6:09	9.7 (70.3%)
103	**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**	+01:21:02 (29.5%)	6:09	9.7 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
104	**MACKIEWICZ Roman**	**37**	ŁÓDŹ RUNNING TEAM	M50	10	00:01:13	02:32:12	03:22:35	04:11:49	**04:34:51.55**	**04:34:51.55**	+01:21:03 (29.5%)	6:09	9.7 (70.3%)
105	**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**	+01:22:16 (29.8%)	6:11	9.7 (70.3%)
106	**BEDNARZ Krzysztof**	**375**	4K TEAM TARNÓW	M50	11	00:01:10	02:29:47	03:21:38	04:11:58	**04:36:06.10**	**04:36:06.10**	+01:22:17 (29.8%)	6:11	9.7 (70.3%)
107	**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**	+01:22:34 (29.9%)	6:11	9.7 (70.3%)
108	**TERLECKI Krzysztof**	**557**	CHEŁM BIEGA	M50	12	00:01:21	02:32:57	03:24:33	04:14:29	**04:37:42.75**	**04:37:42.75**	+01:23:54 (30.2%)	6:13	9.6 (69.6%)
109	**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**	+01:24:41 (30.4%)	6:14	9.6 (69.6%)
110	**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**	+01:24:49 (30.4%)	6:14	9.6 (69.6%)
111	**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**	+01:25:53 (30.7%)	6:16	9.6 (69.6%)
112	**LAMPARSKI Łukasz**	**809**		M20	21	00:02:02	02:34:45	03:25:13	04:16:45	**04:39:43.55**	**04:39:43.55**	+01:25:55 (30.7%)	6:16	9.6 (69.6%)
113	**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**	+01:25:56 (30.7%)	6:16	9.6 (69.6%)
114	**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**	+01:26:13 (30.8%)	6:16	9.6 (69.6%)
115	**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**	+01:27:49 (31.2%)	6:18	9.5 (68.8%)
116	**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**	+01:27:54 (31.2%)	6:18	9.5 (68.8%)
117	**ZMYSŁOWSKI Igor**	**600**		M20	22	00:02:17	02:34:11	03:26:23	04:16:44	**04:41:46.10**	**04:41:46.10**	+01:27:57 (31.2%)	6:19	9.5 (68.8%)
118	**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**	+01:27:58 (31.2%)	6:19	9.5 (68.8%)
119	**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**	+01:27:59 (31.2%)	6:19	9.5 (68.8%)
120	**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**	+01:28:01 (31.2%)	6:19	9.5 (68.8%)
121	**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**	+01:28:06 (31.3%)	6:19	9.5 (68.8%)
122	**WOLSKI Michał**	**227**	WOLSCY BROTHERS TRIATHLON TEAM	M20	23	00:00:49	02:33:05	03:22:04	04:15:48	**04:42:12.95**	**04:42:12.95**	+01:28:24 (31.3%)	6:19	9.5 (68.8%)
123	**WOLSKI Marcin**	**17**	WOLSCY BROTHERS TRIATHLON TEAM	M20	24	00:00:48	02:32:34	03:21:56	04:15:48	**04:42:13.25**	**04:42:13.25**	+01:28:25 (31.3%)	6:19	9.5 (68.8%)
124	**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**	+01:28:26 (31.3%)	6:19	9.5 (68.8%)
125	**WĘGRZYN Krzysztof**	**561**	RZESZOWSKIE GAZELE I GEPARDY	M50	13	00:00:59	02:33:39	03:28:45	04:19:52	**04:42:23.90**	**04:42:23.90**	+01:28:35 (31.4%)	6:19	9.5 (68.8%)
126	**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**	+01:28:36 (31.4%)	6:19	9.5 (68.8%)
127	**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**	+01:28:37 (31.4%)	6:19	9.5 (68.8%)
128	**ZAWADA Krzysztof**	**496**	NESTOR&ZAWADA CLUB	M20	25	00:02:23	02:43:29	03:34:53	04:21:20	**04:42:26.60**	**04:42:26.60**	+01:28:38 (31.4%)	6:19	9.5 (68.8%)
129	**BOGACKI Andrzej**	**122**	KB MCKIS JAWORZNO	M50	14	00:00:56	02:37:03	03:29:45	04:20:12	**04:42:27.35**	**04:42:27.35**	+01:28:39 (31.4%)	6:19	9.5 (68.8%)
130	**DOMAGAŁA Kamil**	**95**	NIGHT RUNNERS ZABRZE	M20	26	00:01:52	02:34:52	03:27:24	04:18:31	**04:42:28.15**	**04:42:28.15**	+01:28:40 (31.4%)	6:20	9.5 (68.8%)
131	**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**	+01:28:42 (31.4%)	6:20	9.5 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
132	**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**	+01:28:46 (31.4%)	6:20	9.5 (68.8%)
133	**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**	+01:29:18 (31.5%)	6:20	9.5 (68.8%)
134	**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**	+01:29:36 (31.6%)	6:21	9.4 (68.1%)
135	**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**	+01:29:50 (31.7%)	6:21	9.4 (68.1%)
136	**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**	+01:29:51 (31.7%)	6:21	9.4 (68.1%)
137	**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**	+01:29:52 (31.7%)	6:21	9.4 (68.1%)
138	**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**	+01:30:12 (31.8%)	6:22	9.4 (68.1%)
139	**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**	+01:30:23 (31.8%)	6:22	9.4 (68.1%)
140	**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**	+01:30:45 (31.9%)	6:22	9.4 (68.1%)
141	**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**	+01:31:57 (32.2%)	6:24	9.4 (68.1%)
142	**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**	+01:31:57 (32.2%)	6:24	9.4 (68.1%)
143	**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**	+01:32:50 (32.4%)	6:25	9.3 (67.4%)
144	**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**	+01:33:21 (32.5%)	6:26	9.3 (67.4%)
145	**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**	+01:33:26 (32.5%)	6:26	9.3 (67.4%)
146	**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**	+01:33:51 (32.6%)	6:26	9.3 (67.4%)
147	**TWORZYDŁO Michał**	**271**	AKTYWNY DYNÓW	M20	27	00:00:42	02:30:23	03:30:22	04:22:24	**04:47:41.30**	**04:47:41.30**	+01:33:53 (32.6%)	6:27	9.3 (67.4%)
148	**WITEK Bogdan**	**650**	WATER TEAM	M50	15	00:00:57	02:36:17	03:31:09	04:23:24	**04:47:44.30**	**04:47:44.30**	+01:33:56 (32.6%)	6:27	9.3 (67.4%)
149	**STEFAŃSKI Jarosław**	**630**	W POGONI ZA DUCHEM	M50	16	00:00:59	02:36:12	03:31:47	04:23:09	**04:47:46.60**	**04:47:46.60**	+01:33:58 (32.7%)	6:27	9.3 (67.4%)
150	**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**	+01:34:02 (32.7%)	6:27	9.3 (67.4%)
151	**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**	+01:34:06 (32.7%)	6:27	9.3 (67.4%)
152	**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**	+01:34:07 (32.7%)	6:27	9.3 (67.4%)
153	**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**	+01:34:08 (32.7%)	6:27	9.3 (67.4%)
154	**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**	+01:34:09 (32.7%)	6:27	9.3 (67.4%)
155	**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**	+01:34:24 (32.8%)	6:27	9.3 (67.4%)
156	**BĄK Adam**	**526**	KKL KIELCE	M50	17	00:02:47	02:41:41	03:34:00	04:24:58	**04:48:52.80**	**04:48:52.80**	+01:35:04 (32.9%)	6:28	9.3 (67.4%)
157	**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**	+01:35:38 (33.0%)	6:29	9.2 (66.7%)
158	**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**	+01:35:40 (33.1%)	6:29	9.2 (66.7%)
159	**MARĆ Marcin**	**716**	NIGHTRUNNERS+	M20	28	00:01:16	02:33:40	03:25:18	04:20:10	**04:49:33.40**	**04:49:33.40**	+01:35:45 (33.1%)	6:29	9.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
160	**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**	+01:35:48 (33.1%)	6:29	9.2 (66.7%)
161	**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**	+01:35:50 (33.1%)	6:29	9.2 (66.7%)
162	**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**	+01:37:07 (33.4%)	6:31	9.2 (66.7%)
163	**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**	+01:37:08 (33.4%)	6:31	9.2 (66.7%)
164	**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**	+01:37:23 (33.4%)	6:31	9.2 (66.7%)
165	**SIEJA Sebastian**	**564**	JW 4115	M20	29	00:01:29	02:38:26	03:36:28	04:26:20	**04:51:39.55**	**04:51:39.55**	+01:37:51 (33.6%)	6:32	9.2 (66.7%)
166	**BIELAMOWICZ Dariusz**	**702**	PIASECZNO RUNNING TEAM	M20	30	00:00:53	02:38:18	03:35:56	04:26:41	**04:52:03.55**	**04:52:03.55**	+01:38:15 (33.6%)	6:32	9.2 (66.7%)
167	**ZABOROWSKI Robert**	**464**	KB MARATOŃCZYK DĘBICA	M50	18	00:02:16	02:36:26	03:31:09	04:26:02	**04:52:38.90**	**04:52:38.90**	+01:38:50 (33.8%)	6:33	9.1 (65.9%)
168	**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**	+01:38:52 (33.8%)	6:33	9.1 (65.9%)
169	**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**	+01:39:48 (34.0%)	6:35	9.1 (65.9%)
170	**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**	+01:39:50 (34.0%)	6:35	9.1 (65.9%)
171	**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**	+01:39:51 (34.0%)	6:35	9.1 (65.9%)
172	**PAPROCKI Wiesław**	**828**	KB MCKIS JAWORZNO	M50	19	00:01:51	02:37:04	03:31:51	04:27:24	**04:54:03.80**	**04:54:03.80**	+01:40:15 (34.1%)	6:35	9.1 (65.9%)
173	**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**	+01:40:25 (34.1%)	6:35	9.1 (65.9%)
174	**GOZDALSKI Jaroslaw**	**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**	+01:40:32 (34.2%)	6:35	9.1 (65.9%)
175	**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**	+01:41:02 (34.3%)	6:36	9.1 (65.9%)
176	**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**	+01:41:10 (34.3%)	6:36	9.1 (65.9%)
177	**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**	+01:42:09 (34.5%)	6:38	9 (65.2%)
178	**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**	+01:42:38 (34.6%)	6:38	9 (65.2%)
179	**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**	+01:43:10 (34.7%)	6:39	9 (65.2%)
180	**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**	+01:43:16 (34.8%)	6:39	9 (65.2%)
181	**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**	+01:43:17 (34.8%)	6:39	9 (65.2%)
182	**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**	+01:43:18 (34.8%)	6:39	9 (65.2%)
183	**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**	+01:43:20 (34.8%)	6:39	9 (65.2%)
184	**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**	+01:43:26 (34.8%)	6:39	9 (65.2%)
185	**GOSZTYŁA Patryk**	**360**	BRZOZOWSKI KLUB BIEGACZA	M20	31	00:00:53	02:30:23	03:33:12	04:31:11	**04:57:20.95**	**04:57:20.95**	+01:43:32 (34.8%)	6:40	9 (65.2%)
186	**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**	+01:43:37 (34.8%)	6:40	9 (65.2%)
187	**DRAUS Borys**	**714**		M20	32	00:01:34	02:52:06	03:43:38	04:33:13	**04:57:26.35**	**04:57:26.35**	+01:43:38 (34.8%)	6:40	9 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
188	**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**	+01:43:56 (34.9%)	6:40	9 (65.2%)
189	**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**	+01:44:10 (35.0%)	6:40	9 (65.2%)
190	**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**	+01:44:16 (35.0%)	6:40	9 (65.2%)
191	**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**	+01:44:18 (35.0%)	6:41	9 (65.2%)
192	**RODZOCH Daniel**	**699**		M20	33	00:01:39	02:38:12	03:38:44	04:33:07	**04:58:10.35**	**04:58:10.35**	+01:44:22 (35.0%)	6:41	9 (65.2%)
193	**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**	+01:44:30 (35.0%)	6:41	9 (65.2%)
194	**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**	+01:44:32 (35.0%)	6:41	9 (65.2%)
195	**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**	+01:45:52 (35.3%)	6:43	8.9 (64.5%)
196	**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**	+01:45:53 (35.3%)	6:43	8.9 (64.5%)
197	**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**	+01:46:11 (35.4%)	6:43	8.9 (64.5%)
198	**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**	+01:46:55 (35.6%)	6:44	8.9 (64.5%)
199	**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**	+01:47:00 (35.6%)	6:44	8.9 (64.5%)
200	**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**	+01:47:08 (35.6%)	6:44	8.9 (64.5%)
201	**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**	+01:47:09 (35.6%)	6:44	8.9 (64.5%)
202	**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**	+01:47:16 (35.6%)	6:45	8.9 (64.5%)
203	**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**	+01:47:29 (35.7%)	6:45	8.9 (64.5%)
204	**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**	+01:47:32 (35.7%)	6:45	8.9 (64.5%)
205	**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**	+01:47:42 (35.7%)	6:45	8.9 (64.5%)
206	**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**	+01:48:05 (35.8%)	6:46	8.9 (64.5%)
207	**CHODAKOWSKI Marceli**	**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**	+01:48:06 (35.8%)	6:46	8.9 (64.5%)
208	**CISZYŃSKI Marek**	**310**	START KATOWICE	M50	20	00:03:00	02:54:57	03:48:49	04:39:24	**05:01:55.00**	**05:01:55.00**	+01:48:06 (35.8%)	6:46	8.9 (64.5%)
209	**SERZYSKO Bartosz**	**604**	DELPHI RUNNING TEAM	M20	34	00:02:59	02:54:59	03:49:38	04:38:53	**05:01:56.30**	**05:01:56.30**	+01:48:08 (35.8%)	6:46	8.9 (64.5%)
210	**JANICKI Tomasz**	**536**	21DAPLOT JAROSŁAW	M20	35	00:02:38	02:48:46	03:45:55	04:37:15	**05:02:01.65**	**05:02:01.65**	+01:48:13 (35.8%)	6:46	8.9 (64.5%)
211	**KLAMUT Ryszard**	**449**		M60	1	00:01:16	02:49:33	03:44:42	04:37:07	**05:02:13.45**	**05:02:13.45**	+01:48:25 (35.9%)	6:46	8.9 (64.5%)
212	**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**	+01:48:26 (35.9%)	6:46	8.9 (64.5%)
213	**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**	+01:48:27 (35.9%)	6:46	8.9 (64.5%)
214	**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**	+01:48:45 (35.9%)	6:47	8.8 (63.8%)
215	**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**	+01:48:48 (36.0%)	6:47	8.8 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
216	**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**	+01:49:00 (36.0%)	6:47	8.8 (63.8%)
217	**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**	+01:49:08 (36.0%)	6:47	8.8 (63.8%)
218	**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**	+01:49:27 (36.1%)	6:47	8.8 (63.8%)
219	**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**	+01:49:34 (36.1%)	6:48	8.8 (63.8%)
220	**KĄDZIELAWA Marcin**	**39**	STARGLASSTEAM	M20	36	00:01:43	02:52:17	03:48:08	04:39:42	**05:03:32.80**	**05:03:32.80**	+01:49:44 (36.2%)	6:48	8.8 (63.8%)
221	**SZYBIAK Waldemar**	**453**	AGONA W&M	M50	21	00:01:41	02:45:53	03:42:57	04:36:51	**05:03:35.25**	**05:03:35.25**	+01:49:47 (36.2%)	6:48	8.8 (63.8%)
222	**KUSTROŃ Adam**	**764**		M50	22	00:02:26	02:49:32	03:54:21	04:41:22	**05:03:55.45**	**05:03:55.45**	+01:50:07 (36.2%)	6:48	8.8 (63.8%)
223	**BOGUSZ Piotr**	**690**	SS DRUŻYNA WILKA	M20	37	00:00:58	02:36:48	03:36:42	04:37:42	**05:04:26.45**	**05:04:26.45**	+01:50:38 (36.3%)	6:49	8.8 (63.8%)
224	**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**	+01:50:51 (36.4%)	6:49	8.8 (63.8%)
225	**KAPICA Dominik**	**759**		M20	38	00:01:43	02:37:19	03:41:29	04:42:13	**05:04:55.05**	**05:04:55.05**	+01:51:06 (36.4%)	6:50	8.8 (63.8%)
226	**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**	+01:51:18 (36.5%)	6:50	8.8 (63.8%)
227	**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**	+01:51:47 (36.6%)	6:51	8.8 (63.8%)
228	**POREMBSKI Leszek**	**821**	ŻYWCEM ZABIEGANI	M50	23	00:00:54	02:44:37	03:46:17	04:40:05	**05:05:49.55**	**05:05:49.55**	+01:52:01 (36.6%)	6:51	8.8 (63.8%)
229	**GNATOWSKI Przemysław**	**750**	AXA RUNNING TEAM	M20	39	00:01:51	02:53:32	03:55:32	04:44:55	**05:05:50.15**	**05:05:50.15**	+01:52:02 (36.6%)	6:51	8.7 (63.0%)
230	**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**	+01:52:04 (36.6%)	6:51	8.7 (63.0%)
231	**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**	+01:52:05 (36.6%)	6:51	8.7 (63.0%)
232	**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**	+01:52:37 (36.8%)	6:52	8.7 (63.0%)
233	**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**	+01:52:59 (36.8%)	6:52	8.7 (63.0%)
234	**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**	+01:53:05 (36.9%)	6:52	8.7 (63.0%)
235	**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**	+01:53:10 (36.9%)	6:52	8.7 (63.0%)
236	**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**	+01:53:47 (37.0%)	6:53	8.7 (63.0%)
237	**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**	+01:53:48 (37.0%)	6:53	8.7 (63.0%)
238	**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**	+01:53:49 (37.0%)	6:53	8.7 (63.0%)
239	**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**	+01:53:52 (37.0%)	6:53	8.7 (63.0%)
240	**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**	+01:53:54 (37.0%)	6:53	8.7 (63.0%)
241	**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**	+01:54:17 (37.1%)	6:54	8.7 (63.0%)
242	**PORĘBA Eugeniusz**	**541**	MIECHÓW	M50	24	00:01:42	02:54:58	03:54:44	04:45:28	**05:09:28.60**	**05:09:28.60**	+01:55:40 (37.4%)	6:56	8.6 (62.3%)
243	**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**	+01:55:56 (37.4%)	6:56	8.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
244	**WLODEK Mateusz**	**500**		M30	98	00:01:45	02:41:14	03:42:27	04:42:00	**05:09:45.35**	**05:09:45.35**	+01:55:57 (37.4%)	6:56	8.6 (62.3%)
245	**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**	+01:56:25 (37.5%)	6:57	8.6 (62.3%)
246	**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**	+01:56:27 (37.5%)	6:57	8.6 (62.3%)
247	**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**	+01:57:08 (37.7%)	6:58	8.6 (62.3%)
248	**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**	+01:57:14 (37.7%)	6:58	8.6 (62.3%)
249	**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**	+01:57:15 (37.7%)	6:58	8.6 (62.3%)
250	**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**	+01:57:17 (37.7%)	6:58	8.6 (62.3%)
251	**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**	+01:57:22 (37.7%)	6:58	8.6 (62.3%)
252	**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**	+01:57:27 (37.7%)	6:58	8.6 (62.3%)
253	**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**	+01:57:31 (37.7%)	6:58	8.6 (62.3%)
254	**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**	+01:57:43 (37.8%)	6:59	8.6 (62.3%)
255	**WOJAK Szymon**	**388**		M20	40	00:01:51	02:35:08	03:42:11	04:40:36	**05:11:47.60**	**05:11:47.60**	+01:57:59 (37.8%)	6:59	8.6 (62.3%)
256	**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**	+01:57:59 (37.8%)	6:59	8.6 (62.3%)
257	**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**	+01:58:01 (37.8%)	6:59	8.6 (62.3%)
258	**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**	+01:58:10 (37.9%)	6:59	8.6 (62.3%)
259	**JURCZAK Roman**	**279**	VITAMINS FOR YUO	M50	25	00:00:29	02:37:35	03:34:50	04:40:52	**05:12:05.30**	**05:12:05.30**	+01:58:17 (37.9%)	6:59	8.6 (62.3%)
260	**WILK Damian**	**326**		M20	41	00:02:19	02:42:52	03:38:53	04:41:36	**05:12:10.80**	**05:12:10.80**	+01:58:22 (37.9%)	6:59	8.6 (62.3%)
261	**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**	+01:58:25 (37.9%)	7:00	8.6 (62.3%)
262	**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**	+01:58:26 (37.9%)	7:00	8.6 (62.3%)
263	**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**	+01:58:27 (37.9%)	7:00	8.6 (62.3%)
264	**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**	+01:58:31 (37.9%)	7:00	8.6 (62.3%)
265	**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**	+01:58:33 (38.0%)	7:00	8.6 (62.3%)
266	**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**	+01:58:35 (38.0%)	7:00	8.6 (62.3%)
267	**BANASIEWICZ Paweł**	**248**	POZYTYWNIE ZABIEGANI SANOK	M30	110	00:01:26	02:55:06	03:54:18	04:46:35	**05:12:24.70**	**05:12:24.70**	+01:58:36 (38.0%)	7:00	8.6 (62.3%)
268	**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**	+01:58:39 (38.0%)	7:00	8.6 (62.3%)
269	**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**	+01:59:15 (38.1%)	7:01	8.5 (61.6%)
270	**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**	+02:00:12 (38.3%)	7:02	8.5 (61.6%)
271	**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**	+02:00:19 (38.3%)	7:02	8.5 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
272	**RUTA Mikolaj**	**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**	+02:00:37 (38.4%)	7:02	8.5 (61.6%)
273	**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**	+02:00:40 (38.4%)	7:03	8.5 (61.6%)
274	**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**	+02:00:41 (38.4%)	7:03	8.5 (61.6%)
275	**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**	+02:01:39 (38.6%)	7:04	8.5 (61.6%)
276	**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**	+02:01:57 (38.6%)	7:04	8.5 (61.6%)
277	**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**	+02:02:02 (38.6%)	7:04	8.5 (61.6%)
278	**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**	+02:02:05 (38.6%)	7:04	8.5 (61.6%)
279	**GURGUL Marcin**	**222**		M20	42	00:03:08	02:55:17	03:54:04	04:48:48	**05:15:58.15**	**05:15:58.15**	+02:02:10 (38.7%)	7:05	8.5 (61.6%)
280	**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**	+02:02:42 (38.8%)	7:05	8.5 (61.6%)
281	**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**	+02:02:49 (38.8%)	7:05	8.5 (61.6%)
282	**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**	+02:02:58 (38.8%)	7:06	8.4 (60.9%)
283	**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**	+02:03:44 (39.0%)	7:07	8.4 (60.9%)
284	**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**	+02:03:45 (39.0%)	7:07	8.4 (60.9%)
285	**MIROSŁAW 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**	+02:04:15 (39.1%)	7:07	8.4 (60.9%)
286	**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**	+02:04:42 (39.2%)	7:08	8.4 (60.9%)
287	**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**	+02:05:07 (39.2%)	7:09	8.4 (60.9%)
288	**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**	+02:05:38 (39.3%)	7:09	8.4 (60.9%)
289	**ŚLIWIŃSKI Andrzej**	**478**		M60	2	00:01:42	02:56:38	04:01:29	04:54:12	**05:19:27.55**	**05:19:27.55**	+02:05:39 (39.3%)	7:09	8.4 (60.9%)
290	**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**	+02:06:07 (39.4%)	7:10	8.4 (60.9%)
291	**JASZCZYŃSKI Maciej**	**163**	LACHO TEAM	M20	43	00:02:10	02:39:47	03:52:55	04:49:16	**05:19:56.00**	**05:19:56.00**	+02:06:07 (39.4%)	7:10	8.4 (60.9%)
292	**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**	+02:06:14 (39.4%)	7:10	8.4 (60.9%)
293	**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**	+02:07:28 (39.7%)	7:12	8.3 (60.1%)
294	**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**	+02:08:34 (39.9%)	7:13	8.3 (60.1%)
295	**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**	+02:08:55 (39.9%)	7:14	8.3 (60.1%)
296	**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**	+02:08:56 (40.0%)	7:14	8.3 (60.1%)
297	**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**	+02:08:57 (40.0%)	7:14	8.3 (60.1%)
298	**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**	+02:08:57 (40.0%)	7:14	8.3 (60.1%)
299	**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**	+02:08:58 (40.0%)	7:14	8.3 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
300	**LIK Marek**	**717**	CHEŁM BIEGA	M50	26	00:01:55	02:43:30	03:46:59	04:50:54	**05:23:55.90**	**05:23:55.90**	+02:10:07 (40.2%)	7:15	8.3 (60.1%)
301	**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**	+02:10:08 (40.2%)	7:15	8.3 (60.1%)
302	**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**	+02:10:09 (40.2%)	7:15	8.3 (60.1%)
303	**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**	+02:10:10 (40.2%)	7:15	8.3 (60.1%)
304	**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**	+02:10:11 (40.2%)	7:15	8.3 (60.1%)
305	**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**	+02:10:34 (40.3%)	7:16	8.2 (59.4%)
306	**KOTLIŃSKI Janusz**	**679**		M50	27	00:02:54	03:01:18	04:00:54	04:56:26	**05:24:40.95**	**05:24:40.95**	+02:10:52 (40.3%)	7:16	8.2 (59.4%)
307	**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**	+02:10:55 (40.3%)	7:16	8.2 (59.4%)
308	**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**	+02:11:08 (40.4%)	7:17	8.2 (59.4%)
309	**ADAMCZEWSKI Jakub**	**207**	NIGHT RUNNERS / NBR	M20	44	00:01:14	03:06:14	04:08:03	05:00:19	**05:26:38.35**	**05:26:38.35**	+02:12:50 (40.7%)	7:19	8.2 (59.4%)
310	**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**	+02:13:21 (40.8%)	7:20	8.2 (59.4%)
311	**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**	+02:13:38 (40.8%)	7:20	8.2 (59.4%)
312	**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**	+02:14:03 (40.9%)	7:21	8.2 (59.4%)
313	**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**	+02:14:26 (41.0%)	7:21	8.2 (59.4%)
314	**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**	+02:15:32 (41.2%)	7:23	8.1 (58.7%)
315	**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**	+02:15:52 (41.2%)	7:23	8.1 (58.7%)
316	**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**	+02:15:59 (41.2%)	7:23	8.1 (58.7%)
317	**TUROSZ Zbigniew**	**421**		M50	28	00:01:09	02:58:14	04:02:16	05:00:47	**05:29:49.55**	**05:29:49.55**	+02:16:01 (41.2%)	7:23	8.1 (58.7%)
318	**GELETA Marek**	**505**		M50	29	00:01:12	02:53:41	03:59:04	05:00:43	**05:30:17.15**	**05:30:17.15**	+02:16:29 (41.3%)	7:24	8.1 (58.7%)
319	**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**	+02:16:38 (41.3%)	7:24	8.1 (58.7%)
320	**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**	+02:16:39 (41.4%)	7:24	8.1 (58.7%)
321	**SITKO Grzegorz**	**547**	BROTHERS TEAM-JAK DALEKO NOGI PONIOSĄ	M20	45	00:01:27	02:55:34	04:07:20	05:05:27	**05:30:29.55**	**05:30:29.55**	+02:16:41 (41.4%)	7:24	8.1 (58.7%)
322	**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**	+02:17:13 (41.5%)	7:25	8.1 (58.7%)
323	**WOJTAL Patryk**	**559**		M20	46	00:02:39	03:11:28	04:16:49	05:07:10	**05:31:04.85**	**05:31:04.85**	+02:17:16 (41.5%)	7:25	8.1 (58.7%)
324	**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**	+02:17:36 (41.5%)	7:25	8.1 (58.7%)
325	**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**	+02:18:03 (41.6%)	7:26	8.1 (58.7%)
326	**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**	+02:18:21 (41.7%)	7:26	8.1 (58.7%)
327	**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**	+02:18:23 (41.7%)	7:26	8.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
328	**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**	+02:18:25 (41.7%)	7:26	8.1 (58.7%)
329	**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**	+02:18:36 (41.7%)	7:27	8.1 (58.7%)
330	**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**	+02:18:44 (41.7%)	7:27	8 (58.0%)
331	**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**	+02:19:04 (41.8%)	7:27	8 (58.0%)
332	**GRABIŃSKI 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**	+02:19:12 (41.8%)	7:27	8 (58.0%)
333	**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**	+02:19:20 (41.8%)	7:28	8 (58.0%)
334	**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**	+02:19:22 (41.8%)	7:28	8 (58.0%)
335	**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**	+02:19:44 (41.9%)	7:28	8 (58.0%)
336	**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**	+02:19:54 (41.9%)	7:28	8 (58.0%)
337	**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**	+02:20:36 (42.0%)	7:29	8 (58.0%)
338	**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**	+02:20:39 (42.1%)	7:29	8 (58.0%)
339	**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**	+02:20:43 (42.1%)	7:30	8 (58.0%)
340	**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**	+02:20:45 (42.1%)	7:30	8 (58.0%)
341	**DOMAŃSKI Jerzy**	**697**		M50	30	00:01:22	02:57:05		05:03:29	**05:35:29.05**	**05:35:29.05**	+02:21:40 (42.2%)	7:31	8 (58.0%)
342	**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**	+02:21:43 (42.2%)	7:31	8 (58.0%)
343	**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**	+02:22:45 (42.4%)	7:32	8 (58.0%)
344	**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**	+02:23:22 (42.5%)	7:33	7.9 (57.2%)
345	**GACKI Zdobysław**	**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**	+02:23:23 (42.5%)	7:33	7.9 (57.2%)
346	**KWIECIEŃ 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**	+02:23:25 (42.5%)	7:33	7.9 (57.2%)
347	**TOSNOWIEC Radosław**	**470**	READY4S	M20	47	00:02:10	03:04:06	04:07:22	05:06:08	**05:37:15.25**	**05:37:15.25**	+02:23:27 (42.5%)	7:33	7.9 (57.2%)
348	**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**	+02:23:28 (42.5%)	7:33	7.9 (57.2%)
349	**OLSZEWSKI Jacek**	**53**		M40	124	00:00:39	02:44:06	04:07:40	05:06:31	**05:37:18.90**	**05:37:18.90**	+02:23:30 (42.5%)	7:33	7.9 (57.2%)
350	**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**	+02:23:49 (42.6%)	7:34	7.9 (57.2%)
351	**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**	+02:23:50 (42.6%)	7:34	7.9 (57.2%)
352	**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**	+02:23:51 (42.6%)	7:34	7.9 (57.2%)
353	**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**	+02:24:00 (42.6%)	7:34	7.9 (57.2%)
354	**NESTOROWICZ Maksymilian**	**578**	NESTOR&ZAWADA CLUB	M20	48	00:02:23	03:07:24	04:10:20	05:08:22	**05:38:48.35**	**05:38:48.35**	+02:25:00 (42.8%)	7:35	7.9 (57.2%)
355	**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**	+02:25:01 (42.8%)	7:35	7.9 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
356	**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**	+02:25:02 (42.8%)	7:35	7.9 (57.2%)
357	**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**	+02:25:03 (42.8%)	7:35	7.9 (57.2%)
358	**KAZANOWSKI Marcin**	**607**		M40	126	00:01:58	03:05:33	04:08:34	05:07:21	**05:38:55.45**	**05:38:55.45**	+02:25:07 (42.8%)	7:35	7.9 (57.2%)
359	**PUZIO Waldemr**	**482**	KB MARATOŃCZYK DĘBICA	M50	31	00:02:14	03:10:18	04:12:52	05:10:52	**05:39:00.70**	**05:39:00.70**	+02:25:12 (42.8%)	7:36	7.9 (57.2%)
360	**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**	+02:25:53 (42.9%)	7:36	7.9 (57.2%)
361	**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**	+02:25:57 (43.0%)	7:37	7.9 (57.2%)
362	**KAMOLA Dawid**	**790**		M20	49	00:03:05	03:12:04	04:18:46	05:12:59	**05:40:27.05**	**05:40:27.05**	+02:26:38 (43.1%)	7:38	7.9 (57.2%)
363	**NAPORA Przemyslaw**	**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**	+02:26:44 (43.1%)	7:38	7.9 (57.2%)
364	**CHARKOT 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**	+02:26:53 (43.1%)	7:38	7.9 (57.2%)
365	**WITKOWSKI 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**	+02:27:02 (43.1%)	7:38	7.9 (57.2%)
366	**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**	+02:27:25 (43.2%)	7:39	7.8 (56.5%)
367	**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**	+02:28:49 (43.4%)	7:40	7.8 (56.5%)
368	**SUWERDA Jacek**	**803**		M50	32	00:02:41	03:08:33	04:15:16	05:12:58	**05:42:44.95**	**05:42:44.95**	+02:28:56 (43.5%)	7:41	7.8 (56.5%)
369	**SOLECKI Krzysztof**	**425**		M40	130	00:02:09	03:01:06	04:05:05	05:10:14	**05:43:40.70**	**05:43:40.70**	+02:29:52 (43.6%)	7:42	7.8 (56.5%)
370	**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**	+02:29:57 (43.6%)	7:42	7.8 (56.5%)
371	**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**	+02:30:17 (43.7%)	7:42	7.8 (56.5%)
372	**BOROWSKI Tomasz**	**296**	MIASTKO	M50	33	00:01:24	03:09:10	04:19:42	05:15:18	**05:44:26.30**	**05:44:26.30**	+02:30:38 (43.7%)	7:43	7.8 (56.5%)
373	**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**	+02:30:38 (43.7%)	7:43	7.8 (56.5%)
374	**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**	+02:30:39 (43.7%)	7:43	7.8 (56.5%)
375	**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**	+02:31:04 (43.8%)	7:43	7.8 (56.5%)
376	**WOJCIECHOWSKI Krzysztof**	**633**		M40	131	00:02:00	03:08:53	04:20:26	05:15:24	**05:44:57.15**	**05:44:57.15**	+02:31:09 (43.8%)	7:44	7.8 (56.5%)
377	**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**	+02:31:11 (43.8%)	7:44	7.8 (56.5%)
378	**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**	+02:31:12 (43.8%)	7:44	7.8 (56.5%)
379	**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**	+02:31:19 (43.8%)	7:44	7.8 (56.5%)
380	**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**	+02:31:31 (43.9%)	7:44	7.7 (55.8%)
381	**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**	+02:32:14 (44.0%)	7:45	7.7 (55.8%)
382	**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**	+02:32:36 (44.1%)	7:46	7.7 (55.8%)
383	**SMĘTEK Andrzej**	**467**	AKTYWNI Z CUKRZYCĄ	M50	34	00:02:41	03:13:46	04:20:01	05:17:30	**05:46:46.15**	**05:46:46.15**	+02:32:58 (44.1%)	7:46	7.7 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
384	**GARCZYŃSKI Darek**	**71**		M40	135	00:02:09	02:58:52	04:28:02	05:21:10	**05:46:48.15**	**05:46:48.15**	+02:33:00 (44.1%)	7:46	7.7 (55.8%)
385	**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**	+02:33:44 (44.2%)	7:47	7.7 (55.8%)
386	**KRZYSZTOF Wiącek**	**88**		M50	35	00:01:57	03:13:12	04:21:56	05:19:27	**05:48:31.10**	**05:48:31.10**	+02:34:42 (44.4%)	7:48	7.7 (55.8%)
387	**SZCZEPANIAK Karol**	**744**	CROSS STRACEŃCÓW TEAM	M40	136	00:02:50	03:13:45	04:19:42	05:18:46	**05:50:19.35**	**05:50:19.35**	+02:36:31 (44.7%)	7:51	7.6 (55.1%)
388	**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**	+02:36:36 (44.7%)	7:51	7.6 (55.1%)
389	**WAJCOWICZ Witold**	**36**	POZYTYWNIE ZABIEGANI SANOK	M40	137	00:01:49	03:17:09	04:26:27	05:22:23	**05:51:35.15**	**05:51:35.15**	+02:37:47 (44.9%)	7:52	7.6 (55.1%)
390	**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**	+02:37:51 (44.9%)	7:53	7.6 (55.1%)
391	**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**	+02:37:52 (44.9%)	7:53	7.6 (55.1%)
392	**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**	+02:38:47 (45.0%)	7:54	7.6 (55.1%)
393	**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**	+02:39:06 (45.1%)	7:54	7.6 (55.1%)
394	**KOCHANIEC 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**	+02:40:36 (45.3%)	7:56	7.6 (55.1%)
395	**JAKUBOWSKI 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**	+02:40:37 (45.3%)	7:56	7.6 (55.1%)
396	**SWOBODA 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**	+02:41:22 (45.4%)	7:57	7.5 (54.3%)
397	**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**	+02:41:25 (45.4%)	7:57	7.5 (54.3%)
398	**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**	+02:41:30 (45.5%)	7:57	7.5 (54.3%)
399	**STĘPIEŃ Maksymilian**	**301**		M40	143		03:10:44	04:23:54	05:25:58	**05:55:20.05**	**05:55:20.05**	+02:41:31 (45.5%)	7:58	7.5 (54.3%)
400	**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**	+02:42:48 (45.7%)	7:59	7.5 (54.3%)
401	**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**	+02:43:04 (45.7%)	8:00	7.5 (54.3%)
402	**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**	+02:43:10 (45.7%)	8:00	7.5 (54.3%)
402	**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**	+02:43:10 (45.7%)	8:00	7.5 (54.3%)
404	**ŚLUSARSKI Włodzimerz**	**404**	OBOZYBIEGOWE.PL	M50	36	00:00:46	03:18:55	04:26:26	05:26:29	**05:57:34.85**	**05:57:34.85**	+02:43:46 (45.8%)	8:01	7.5 (54.3%)
405	**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**	+02:44:16 (45.9%)	8:01	7.5 (54.3%)
406	**MELSON Maciej**	**161**	PAN	M20	50	00:01:49	03:20:22	04:26:52	05:26:29	**05:58:05.45**	**05:58:05.45**	+02:44:17 (45.9%)	8:01	7.5 (54.3%)
407	**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**	+02:44:23 (45.9%)	8:01	7.5 (54.3%)
408	**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**	+02:44:25 (45.9%)	8:01	7.5 (54.3%)
409	**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**	+02:44:36 (45.9%)	8:02	7.5 (54.3%)
410	**SIÓDMIAK 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**	+02:44:52 (46.0%)	8:02	7.5 (54.3%)
411	**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**	+02:44:56 (46.0%)	8:02	7.5 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
412	**KAŃDUŁA 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**	+02:45:38 (46.1%)	8:03	7.4 (53.6%)
413	**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**	+02:45:48 (46.1%)	8:03	7.4 (53.6%)
414	**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**	+02:45:52 (46.1%)	8:03	7.4 (53.6%)
415	**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**	+02:46:01 (46.1%)	8:04	7.4 (53.6%)
416	**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**	+02:46:22 (46.2%)	8:04	7.4 (53.6%)
417	**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**	+02:46:46 (46.3%)	8:05	7.4 (53.6%)
418	**NIZIOŁ Marian**	**198**		M60	3	00:01:50	03:13:19	04:28:25	05:31:31	**06:00:34.45**	**06:00:34.45**	+02:46:46 (46.3%)	8:05	7.4 (53.6%)
419	**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**	+02:46:49 (46.3%)	8:05	7.4 (53.6%)
420	**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**	+02:46:57 (46.3%)	8:05	7.4 (53.6%)
421	**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**	+02:48:37 (46.5%)	8:07	7.4 (53.6%)
422	**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**	+02:48:37 (46.5%)	8:07	7.4 (53.6%)
423	**DYLĄG Zbigniew**	**340**		M50	37	00:00:41	03:04:31	04:20:05	05:33:28	**06:02:26.95**	**06:02:26.95**	+02:48:38 (46.5%)	8:07	7.4 (53.6%)
424	**KŁOS Arkadiusz**	**329**		M20	51	00:02:20	03:10:27	04:29:07	05:33:49	**06:02:31.05**	**06:02:31.05**	+02:48:42 (46.5%)	8:07	7.4 (53.6%)
425	**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**	+02:48:43 (46.5%)	8:07	7.4 (53.6%)
426	**BOGACZEWICZ Dawid**	**204**	ENDORŚWINKI	M20	52	00:02:19	03:24:28	04:32:06	05:35:43	**06:02:34.50**	**06:02:34.50**	+02:48:46 (46.5%)	8:07	7.4 (53.6%)
427	**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**	+02:48:48 (46.6%)	8:07	7.4 (53.6%)
428	**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**	+02:49:49 (46.7%)	8:09	7.4 (53.6%)
429	**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**	+02:49:51 (46.7%)	8:09	7.4 (53.6%)
430	**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**	+02:49:52 (46.7%)	8:09	7.4 (53.6%)
431	**ZAWADZKI Kordian**	**597**	50 TWARZY GRZYBIARZY	M20	53	00:02:00	03:13:09	04:26:11	05:32:01	**06:03:58.95**	**06:03:58.95**	+02:50:10 (46.8%)	8:09	7.4 (53.6%)
432	**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**	+02:50:12 (46.8%)	8:09	7.4 (53.6%)
433	**URBAŃSKI Józef**	**314**	KKB MOSIR KROSNO	M50	38	00:02:32	03:23:35	04:32:17	05:33:55	**06:04:01.65**	**06:04:01.65**	+02:50:13 (46.8%)	8:09	7.4 (53.6%)
434	**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**	+02:50:14 (46.8%)	8:09	7.4 (53.6%)
435	**KUŁAKOWSKI Piotr**	**322**	CZŁAPACZE	M60	4	00:03:07	03:25:00	04:41:34	05:37:17	**06:04:13.75**	**06:04:13.75**	+02:50:25 (46.8%)	8:09	7.3 (52.9%)
436	**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**	+02:51:08 (46.9%)	8:10	7.3 (52.9%)
437	**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**	+02:51:29 (46.9%)	8:11	7.3 (52.9%)
438	**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**	+02:52:01 (47.0%)	8:12	7.3 (52.9%)
439	**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**	+02:52:44 (47.1%)	8:13	7.3 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
440	**CZERNIK Andrzej**	**250**		M60	5	00:02:48	03:01:57	04:28:09	05:30:43	**06:06:57.80**	**06:06:57.80**	+02:53:09 (47.2%)	8:13	7.3 (52.9%)
441	**WASĄŻNIK 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**	+02:53:27 (47.2%)	8:14	7.3 (52.9%)
442	**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**	+02:53:27 (47.2%)	8:14	7.3 (52.9%)
443	**GĄTARCZYK 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**	+02:53:28 (47.2%)	8:14	7.3 (52.9%)
444	**JANULEK Robert**	**288**	RUNTEAM PAWŁOWICE	M20	54	00:01:55	03:03:21	04:17:58	05:33:28	**06:07:47.00**	**06:07:47.00**	+02:53:58 (47.3%)	8:14	7.3 (52.9%)
445	**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**	+02:53:59 (47.3%)	8:14	7.3 (52.9%)
446	**ZGIET Michał**	**417**	TEATR W REMIZIE	M50	39	00:01:42	03:24:16	04:37:45	05:36:07	**06:09:29.70**	**06:09:29.70**	+02:55:41 (47.5%)	8:17	7.2 (52.2%)
447	**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**	+02:55:42 (47.6%)	8:17	7.2 (52.2%)
448	**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**	+02:56:12 (47.6%)	8:17	7.2 (52.2%)
449	**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**	+02:56:12 (47.6%)	8:17	7.2 (52.2%)
450	**BEDRYJ Mateusz**	**624**	42 DO SZCZĘŚCIA	M20	55	00:01:32	03:22:53	04:35:53	05:40:27	**06:10:15.85**	**06:10:15.85**	+02:56:27 (47.7%)	8:18	7.2 (52.2%)
451	**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**	+02:57:23 (47.8%)	8:19	7.2 (52.2%)
452	**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**	+02:57:34 (47.8%)	8:19	7.2 (52.2%)
453	**GOŁĘBIOWSKI 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**	+02:57:34 (47.8%)	8:19	7.2 (52.2%)
454	**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**	+02:57:49 (47.8%)	8:19	7.2 (52.2%)
455	**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**	+02:58:44 (48.0%)	8:21	7.2 (52.2%)
456	**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**	+02:58:47 (48.0%)	8:21	7.2 (52.2%)
457	**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**	+03:00:10 (48.2%)	8:23	7.2 (52.2%)
458	**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**	+03:00:11 (48.2%)	8:23	7.2 (52.2%)
459	**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**	+03:01:57 (48.4%)	8:25	7.1 (51.4%)
460	**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**	+03:02:00 (48.4%)	8:25	7.1 (51.4%)
461	**GRZEGORZ Gąszczyk**	**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**	+03:02:22 (48.5%)	8:26	7.1 (51.4%)
462	**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**	+03:02:51 (48.5%)	8:26	7.1 (51.4%)
463	**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**	+03:02:53 (48.6%)	8:26	7.1 (51.4%)
464	**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**	+03:03:33 (48.6%)	8:27	7.1 (51.4%)
465	**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**	+03:05:54 (49.0%)	8:30	7 (50.7%)
466	**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**	+03:06:08 (49.0%)	8:31	7 (50.7%)
467	**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**	+03:07:01 (49.1%)	8:32	7 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
468	**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**	+03:07:05 (49.1%)	8:32	7 (50.7%)
469	**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**	+03:07:33 (49.2%)	8:33	7 (50.7%)
470	**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**	+03:08:49 (49.3%)	8:34	7 (50.7%)
471	**PODOLAK Zbigniew**	**773**	PRZEMYSKIE STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50	40	00:00:46	03:35:38	04:47:06	05:49:28	**06:22:43.15**	**06:22:43.15**	+03:08:55 (49.4%)	8:34	7 (50.7%)
472	**LEWOC Leszek**	**741**		M50	41	00:01:11	03:25:44	04:44:04	05:49:01	**06:22:59.80**	**06:22:59.80**	+03:09:11 (49.4%)	8:35	7 (50.7%)
473	**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**	+03:10:16 (49.5%)	8:36	7 (50.7%)
474	**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**	+03:11:16 (49.7%)	8:38	6.9 (50.0%)
475	**FANSLAU Marek**	**705**		M50	42	00:01:37	03:28:19	04:49:28	05:53:40	**06:27:07.70**	**06:27:07.70**	+03:13:19 (49.9%)	8:40	6.9 (50.0%)
476	**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**	+03:13:54 (50.0%)	8:41	6.9 (50.0%)
477	**OBARSKI Norbert**	**66**		M50	43	00:01:16	03:33:35	04:55:17	05:59:30	**06:28:46.35**	**06:28:46.35**	+03:14:58 (50.2%)	8:43	6.9 (50.0%)
478	**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**	+03:15:22 (50.2%)	8:43	6.9 (50.0%)
479	**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**	+03:17:14 (50.4%)	8:46	6.8 (49.3%)
480	**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**	+03:17:26 (50.5%)	8:46	6.8 (49.3%)
481	**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**	+03:17:37 (50.5%)	8:46	6.8 (49.3%)
482	**TWOREK Bogusław**	**328**	BBL JAROSŁAW	M50	44	00:02:57	03:34:10	05:01:27	06:01:23	**06:31:49.90**	**06:31:49.90**	+03:18:01 (50.5%)	8:47	6.8 (49.3%)
483	**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**	+03:18:22 (50.6%)	8:47	6.8 (49.3%)
484	**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**	+03:22:42 (51.1%)	8:53	6.7 (48.6%)
485	**SATKO Jacek**	**194**		M50	45	00:02:52	03:38:11	04:54:49	06:00:00	**06:37:11.45**	**06:37:11.45**	+03:23:23 (51.2%)	8:54	6.7 (48.6%)
486	**SOKOŁOWSKI Artur**	**399**		M50	46	00:02:26	03:24:49	04:47:31	06:00:09	**06:37:13.50**	**06:37:13.50**	+03:23:25 (51.2%)	8:54	6.7 (48.6%)
487	**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**	+03:23:27 (51.2%)	8:54	6.7 (48.6%)
488	**GIEŁWANOWSKI Marek**	**150**		M20	56	00:02:37	03:32:13	04:59:15	06:03:22	**06:37:19.50**	**06:37:19.50**	+03:23:31 (51.2%)	8:54	6.7 (48.6%)
489	**PYSIEWICZ Krzysztof**	**135**	NIEZRZESZONY	M60	6	00:02:56	03:45:39	04:57:28	06:01:57	**06:37:21.25**	**06:37:21.25**	+03:23:33 (51.2%)	8:54	6.7 (48.6%)
490	**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**	+03:23:53 (51.3%)	8:55	6.7 (48.6%)
491	**SZEWC Marian**	**138**		M60	7	00:03:09	03:29:53	04:47:20	05:59:23	**06:38:41.90**	**06:38:41.90**	+03:24:53 (51.4%)	8:56	6.7 (48.6%)
492	**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**	+03:24:55 (51.4%)	8:56	6.7 (48.6%)
493	**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**	+03:25:07 (51.4%)	8:56	6.7 (48.6%)
494	**GŁUSZCZAK Jerzy**	**158**		M50	47	00:02:35	03:36:48	04:54:07	06:02:47	**06:38:56.45**	**06:38:56.45**	+03:25:08 (51.4%)	8:56	6.7 (48.6%)
495	**STRZĘPKA Krzysztof**	**361**	KROKODYLE KOLBUSZOWA	M50	48	00:03:08	03:30:35	04:49:37	05:54:11	**06:38:58.35**	**06:38:58.35**	+03:25:10 (51.4%)	8:56	6.7 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
496	**ORZECH 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**	+03:25:11 (51.4%)	8:56	6.7 (48.6%)
497	**DRAPAŁA 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**	+03:25:12 (51.4%)	8:56	6.7 (48.6%)
498	**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**	+03:25:17 (51.4%)	8:56	6.7 (48.6%)
499	**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**	+03:25:19 (51.4%)	8:56	6.7 (48.6%)
500	**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**	+03:25:24 (51.5%)	8:57	6.7 (48.6%)
501	**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**	+03:25:28 (51.5%)	8:57	6.7 (48.6%)
502	**GOMÓŁKA Wiesław**	**316**	RZESZOWSKI KLUB MORSÓW,,SOPELEK''	M50	49	00:01:35	03:41:32	05:05:14	06:07:51	**06:39:17.05**	**06:39:17.05**	+03:25:28 (51.5%)	8:57	6.7 (48.6%)
503	**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**	+03:25:31 (51.5%)	8:57	6.7 (48.6%)
504	**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**	+03:25:51 (51.5%)	8:57	6.7 (48.6%)
505	**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**	+03:25:52 (51.5%)	8:57	6.7 (48.6%)
506	**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**	+03:26:15 (51.6%)	8:58	6.7 (48.6%)
507	**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**	+03:27:48 (51.7%)	9:00	6.7 (48.6%)
508	**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**	+03:28:09 (51.8%)	9:00	6.7 (48.6%)
509	**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**	+03:28:25 (51.8%)	9:01	6.7 (48.6%)
510	**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**	+03:29:35 (52.0%)	9:02	6.6 (47.8%)
511	**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**	+03:29:57 (52.0%)	9:03	6.6 (47.8%)
512	**HORBACZEWSKI Marek**	**353**		M50	50	00:01:20	03:36:18	05:05:19	06:12:27	**06:48:18.70**	**06:48:18.70**	+03:34:30 (52.5%)	9:09	6.6 (47.8%)
513	**KIEŁB Jakub**	**376**		M20	57	00:02:20	03:37:43	05:06:35	06:15:32	**06:49:21.05**	**06:49:21.05**	+03:35:32 (52.7%)	9:10	6.5 (47.1%)
514	**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**	+03:35:38 (52.7%)	9:10	6.5 (47.1%)
515	**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**	+03:35:46 (52.7%)	9:10	6.5 (47.1%)
516	**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**	+03:35:56 (52.7%)	9:11	6.5 (47.1%)
517	**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**	+03:36:40 (52.8%)	9:12	6.5 (47.1%)
518	**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**	+03:38:25 (53.0%)	9:14	6.5 (47.1%)
519	**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**	+03:40:33 (53.2%)	9:17	6.5 (47.1%)
520	**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**	+03:50:18 (54.3%)	9:30	6.3 (45.7%)
521	**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**	+03:50:48 (54.4%)	9:31	6.3 (45.7%)
522	**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**	+03:50:58 (54.4%)	9:31	6.3 (45.7%)
523	**HENKIEL Bartłomiej**	**708**		M20	58	00:01:56	03:35:26	05:08:57	06:24:59	**07:04:47.60**	**07:04:47.60**	+03:50:59 (54.4%)	9:31	6.3 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
524	**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**	+03:53:00 (54.6%)	9:34	6.3 (45.7%)
525	**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**	+04:09:07 (56.2%)	9:55	6 (43.5%)
526	**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**	+04:13:07 (56.6%)	10:01	6 (43.5%)
527	**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**	+04:16:45 (57.0%)	10:06	5.9 (42.8%)
527	**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**	+04:16:45 (57.0%)	10:06	5.9 (42.8%)
529	**KUCHARSKI Krystian**	**738**	NR+	M20	59	00:02:10	03:47:07	05:25:23	06:50:39	**07:36:46.65**	**07:36:46.65**	+04:22:58 (57.6%)	10:14	5.9 (42.8%)
530	**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**	+04:34:56 (58.7%)	10:30	5.7 (41.3%)
531	**BALICKI Jacek**	**807**	BIEGACZ NOWOSOLNA	M50	51	00:01:51	03:56:18	05:49:19	07:10:05	**07:48:44.55**	**07:48:44.55**	+04:34:56 (58.7%)	10:30	5.7 (41.3%)
	SZPINDA Sebastian	**246**	BUT BIŁGORAJ ULTRA TRAIL	M30		00:01:08 DNF	02:20:20 DNF	03:06:48 DNF	04:23:01 DNF	**DNF**	**DNF**		-	- (0.0%)
	LADNER Paul	**822**		M40		00:02:21 DNF	03:10:47 DNF	04:23:53 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 533 wynik(ów)