RZEŹNICZEK INTRO 2017

Wydarzenie: Festiwal Biegu Rzeźnika
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-06-11
Miejsce: Cisna
Dystans: 28 km

Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	**JAWORSKI Tomasz**	**1617**		M30	1	**02:53:34.70**	**02:53:46.25**		5:47	10.4 (100%)
2	**SNARSKI Bogdan**	**1871**	ALBATROSY	M30	2	**02:55:20.65**	**02:55:34.10**	+00:01:47 (1.0%)	5:50	10.3 (99.0%)
3	**BIELAK Mateusz**	**1661**		M20	1	**02:55:46.15**	**02:55:58.65**	+00:02:12 (1.3%)	5:51	10.2 (98.1%)
4	**KĄKOL Zbigniew**	**1885**	WETERTEAM	M30	3	**03:00:17.75**	**03:00:28.15**	+00:06:41 (3.7%)	6:00	10 (96.2%)
5	**KŁOPOCKI Jan**	**1836**	#WPISZCOKOLWIEK	M20	2	**03:02:09.00**	**03:02:24.85**	+00:08:38 (4.7%)	6:04	9.9 (95.2%)
6	**DOLATA Łukasz**	**1551**	POWIATOWE CENTRUM SPORTU W BEŁCHATOWIE	M30	4	**03:04:54.00**	**03:05:05.55**	+00:11:19 (6.1%)	6:09	9.7 (93.3%)
7	**SZAŁ Tomasz**	**1704**	NIE ZA DALEKO	M30	5	**03:07:36.35**	**03:08:14.95**	+00:14:28 (7.7%)	6:15	9.6 (92.3%)
8	**MIKOŁAJCZYK Krzysztof**	**1562**		M40	1	**03:11:59.85**	**03:12:14.60**	+00:18:28 (9.6%)	6:24	9.4 (90.4%)
9	**KRZYSZŁOWSKI Rafał**	**1799**		M40	2	**03:13:11.00**	**03:13:28.85**	+00:19:42 (10.2%)	6:26	9.3 (89.4%)
10	**SIKOŃCZYK Miłosz**	**1868**		M20	3	**03:14:28.70**	**03:14:51.45**	+00:21:05 (10.8%)	6:28	9.3 (89.4%)
11	**GONIWIECHA Rafał**	**1876**	ENDURANCE TEAM	M30	6	**03:15:22.15**	**03:15:44.20**	+00:21:57 (11.2%)	6:30	9.2 (88.5%)
12	**KAŃDUŁA Grzegorz**	**1875**	NEST.POZNAN.PL	M30	7	**03:17:24.25**	**03:17:41.30**	+00:23:55 (12.1%)	6:34	9.1 (87.5%)
13	**WYRĘBEK Maciej**	**1837**		M30	8	**03:18:44.55**	**03:19:20.65**	+00:25:34 (12.8%)	6:37	9.1 (87.5%)
14	**DRZAZGA Tomasz**	**1884**		M30	9	**03:20:59.30**	**03:21:36.65**	+00:27:50 (13.8%)	6:41	9 (86.5%)
15	**MICHALSKI Marcin**	**1750**	FUNFLY	M30	10	**03:21:26.40**	**03:21:43.55**	+00:27:57 (13.9%)	6:42	8.9 (85.6%)
16	**SIWIELA Mateusz**	**1833**	RUNEDA/CIAGNIEWILKADOLASU.PL	M20	4	**03:21:35.60**	**03:22:00.60**	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
17	**WĄS Grzegorz**	**1812**		M40	3	**03:21:34.15**	**03:22:00.70**	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
18	**KURZYDŁO Michał**	**1816**		M20	5	**03:21:38.60**	**03:22:00.75**	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
19	**JARMOLIŃSKI Piotr**	**1813**	WIECZORNE BIEGANIE W SZCZECINIE	M40	4	**03:24:19.10**	**03:24:41.35**	+00:30:55 (15.1%)	6:48	8.8 (84.6%)
20	**WETHACZ Dariusz**	**1510**		M30	11	**03:24:27.90**	**03:24:44.15**	+00:30:57 (15.1%)	6:48	8.8 (84.6%)
21	**KROTLA Piotr**	**1804**		M30	12	**03:24:03.35**	**03:24:44.25**	+00:30:58 (15.1%)	6:48	8.8 (84.6%)
22	**BRYL Marcin**	**1552**		M30	13	**03:24:49.75**	**03:25:03.45**	+00:31:17 (15.3%)	6:49	8.8 (84.6%)
23	**MALCZEWSKI Piotr**	**1758**	MTB MOSIR DUKLA	M30	14	**03:25:47.40**	**03:26:18.05**	+00:32:31 (15.8%)	6:51	8.7 (83.7%)
24	**KURZYDŁO Krzysztof**	**1815**		M30	15	**03:26:07.35**	**03:26:29.00**	+00:32:42 (15.8%)	6:52	8.7 (83.7%)
25	**WIERNEK Tomek**	**1878**	ENDURANCE TEAM	M40	5	**03:26:07.75**	**03:26:29.70**	+00:32:43 (15.8%)	6:52	8.7 (83.7%)
26	**ŻOŁNACZ Maciej**	**1817**		M30	16	**03:26:03.35**	**03:26:30.55**	+00:32:44 (15.9%)	6:52	8.7 (83.7%)
27	**LISICKI Marek**	**1506**	KB ARTURÓWEK ŁÓDŹ	M60	1	**03:26:46.65**	**03:27:06.35**	+00:33:20 (16.1%)	6:53	8.7 (83.7%)
28	**GOŚCIŃSKI Sławomir**	**1707**	IZERSKA GRUPA BIEGOWA	M30	17	**03:27:21.10**	**03:27:35.40**	+00:33:49 (16.3%)	6:54	8.7 (83.7%)
29	**GROMADA Piotr**	**1659**	TSA SANDOMIERZ	M30	18	**03:28:11.70**	**03:28:42.85**	+00:34:56 (16.7%)	6:56	8.6 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
30	**WOJNAROWCZ Tomasz**	**1872**	OBOZYBIEGOWE.PL/SPARTANIEDZIECIĄ	M30	19	**03:30:19.20**	**03:30:36.10**	+00:36:49 (17.5%)	7:00	8.6 (82.7%)
31	**POSADOWSKI Cyprian**	**1741**		M30	20	**03:31:22.50**	**03:31:49.45**	+00:38:03 (18.0%)	7:02	8.5 (81.7%)
32	**OCHAŁEK Piotr**	**1580**		M30	21	**03:31:45.20**	**03:32:03.90**	+00:38:17 (18.1%)	7:03	8.5 (81.7%)
33	**FRISZ Jakub**	**1547**		M30	22	**03:32:07.45**	**03:32:37.35**	+00:38:51 (18.3%)	7:04	8.5 (81.7%)
34	**KASPEREK Piotr**	**1756**		M30	23	**03:33:51.60**	**03:34:09.90**	+00:40:23 (18.9%)	7:07	8.4 (80.8%)
35	**SZUFNARA Adrian**	**1887**		M20	6	**03:33:52.35**	**03:34:10.20**	+00:40:23 (18.9%)	7:07	8.4 (80.8%)
36	**SOWIŃSKI Marcin**	**1678**		M30	24	**03:35:01.20**	**03:35:49.20**	+00:42:02 (19.5%)	7:10	8.4 (80.8%)
37	**CHORABIK Armand**	**1874**	ZABIEGANI MIELEC	M20	7	**03:37:19.25**	**03:37:28.35**	+00:43:42 (20.1%)	7:14	8.3 (79.8%)
38	**KRAMER Rafał**	**1742**	BIEGIEMRADOM	M50	1	**03:37:21.00**	**03:37:38.35**	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
39	**DZIERGIEWICZ Andrzej**	**1576**		M20	8	**03:37:07.15**	**03:37:38.95**	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
40	**DZIECIĄTKO Karol**	**1746**		M20	9	**03:37:02.20**	**03:37:39.15**	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
41	**KUCHARSKI Waldemar**	**1793**		M40	6	**03:36:58.90**	**03:37:41.35**	+00:43:55 (20.2%)	7:13	8.3 (79.8%)
42	**MAJCHROWSKI Jacek**	**1674**	BBL TARNOBRZEG	M40	7	**03:38:11.50**	**03:38:27.75**	+00:44:41 (20.5%)	7:16	8.2 (78.8%)
43	**MIKUŚKIEWICZ Piotr**	**1854**	RUN TEAM CHMIELNIK	M30	25	**03:37:52.15**	**03:38:28.65**	+00:44:42 (20.5%)	7:15	8.3 (79.8%)
44	**MIERZWIŃSKI Adam**	**1775**		M30	26	**03:37:58.95**	**03:38:29.60**	+00:44:43 (20.5%)	7:15	8.3 (79.8%)
45	**KOTUŁA Rafał**	**1640**		M30	27	**03:39:47.65**	**03:40:00.20**	+00:46:13 (21.0%)	7:19	8.2 (78.8%)
46	**SZABLA Marcin**	**1602**	SAINT GOBAIN SQUAD	M40	8	**03:40:45.70**	**03:40:55.30**	+00:47:09 (21.3%)	7:21	8.2 (78.8%)
47	**ARMACIŃSKI Filip**	**1722**	WOJAK TEAM***	M20	10	**03:41:16.30**	**03:41:53.60**	+00:48:07 (21.7%)	7:22	8.1 (77.9%)
48	**GÓRSKI Adam**	**1818**		M30	28	**03:43:08.55**	**03:43:35.75**	+00:49:49 (22.3%)	7:26	8.1 (77.9%)
49	**NOWICKI Piotr**	**1863**	HARDKOROWA TURYSTYKA JOGGINGOWA	M30	29	**03:43:32.95**	**03:44:20.60**	+00:50:34 (22.5%)	7:27	8.1 (77.9%)
50	**PIĄTEK Bartosz**	**1820**		M20	11	**03:43:55.25**	**03:44:40.55**	+00:50:54 (22.7%)	7:27	8 (76.9%)
51	**PACIA Sebastian**	**1780**		M30	30	**03:45:02.55**	**03:45:28.30**	+00:51:42 (22.9%)	7:30	8 (76.9%)
52	**KUŹMICZ Wojciech**	**1795**		M30	31	**03:45:02.30**	**03:45:28.50**	+00:51:42 (22.9%)	7:30	8 (76.9%)
53	**HAERTEL Benedikt**	**1759**		M30	32	**03:45:10.50**	**03:45:43.95**	+00:51:57 (23.0%)	7:30	8 (76.9%)
54	**KRUKAR Jakub**	**1660**		M30	33	**03:45:10.05**	**03:45:44.10**	+00:51:57 (23.0%)	7:30	8 (76.9%)
55	**PITAS Andrzej**	**1883**	ZAPIERDALACZE	M40	9	**03:45:02.75**	**03:45:52.60**	+00:52:06 (23.1%)	7:30	8 (76.9%)
56	**WALASZCZYK Piotr**	**1642**	ENDURANCE TEAM	M30	34	**03:46:44.10**	**03:47:06.65**	+00:53:20 (23.5%)	7:33	7.9 (76.0%)
57	**ŚLEZIAK Tomek**	**1856**		M30	35	**03:47:30.25**	**03:47:49.50**	+00:54:03 (23.7%)	7:35	7.9 (76.0%)
58	**MAZUR Bartosz**	**1645**		M30	36	**03:48:18.65**	**03:48:34.30**	+00:54:48 (24.0%)	7:36	7.9 (76.0%)
59	**JAKUBECKI Michał**	**1577**		M20	12	**03:49:05.40**	**03:49:47.90**	+00:56:01 (24.4%)	7:38	7.9 (76.0%)
60	**GIBAŁA Marcin**	**1695**		M40	10	**03:50:30.40**	**03:50:57.85**	+00:57:11 (24.8%)	7:41	7.8 (75.0%)
61	**SZMIDT Karol**	**1683**	SZMIDT I SYN	M30	37	**03:50:28.85**	**03:50:58.60**	+00:57:12 (24.8%)	7:40	7.8 (75.0%)
62	**ZIELIŃSKI Dariusz**	**1680**	FUZJO-SPORT ŁĘCZNA	M30	38	**03:50:43.00**	**03:51:09.35**	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
63	**DYLEWSKI Paweł**	**1668**	FIZJO-SPORT	M30	39	**03:50:42.00**	**03:51:09.45**	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
64	**KOŁODZIEJCZYK Maciej**	**1667**		M30	40	**03:50:42.80**	**03:51:09.65**	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
65	**KASPRZYKOWSKI Zbigniew**	**1829**	ORNIS SIEDLCE	M40	11	**03:51:14.90**	**03:51:40.60**	+00:57:54 (25.0%)	7:42	7.8 (75.0%)
66	**WOŹNIAK Janusz**	**1561**	PORMAT JEDLICZE BIEGA	M50	2	**03:51:36.30**	**03:51:59.00**	+00:58:12 (25.1%)	7:43	7.8 (75.0%)
67	**KOWALICKI Marcin**	**1858**	Z BUTA WJEŻDZAM	M20	13	**03:53:20.00**	**03:53:45.75**	+00:59:59 (25.7%)	7:46	7.7 (74.0%)
68	**PATRO Jacek**	**1789**	BIŁGORAJ BIEGA	M30	41	**03:53:28.30**	**03:53:46.60**	+01:00:00 (25.7%)	7:46	7.7 (74.0%)
69	**NOWAKOWSKI Leszek**	**1803**		M30	42	**03:53:07.15**	**03:53:46.70**	+01:00:00 (25.7%)	7:46	7.7 (74.0%)
70	**KRUKAR Adam**	**1646**		M40	12	**03:53:17.70**	**03:53:48.20**	+01:00:01 (25.7%)	7:46	7.7 (74.0%)
71	**MILEWSKI Łukasz**	**1656**		M30	43	**03:53:22.70**	**03:53:51.15**	+01:00:04 (25.7%)	7:46	7.7 (74.0%)
72	**ŚLUSARCZYK Maciej**	**1559**		M30	44	**03:53:57.15**	**03:54:12.55**	+01:00:26 (25.8%)	7:47	7.7 (74.0%)
73	**KĘDREK Emil**	**1810**	HABYS	M40	13	**03:55:01.20**	**03:55:22.90**	+01:01:36 (26.2%)	7:50	7.7 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
74	**MILEWSKI Konrad**	**1655**		M20	14	**03:54:54.95**	**03:55:23.50**	+01:01:37 (26.2%)	7:49	7.7 (74.0%)
75	**ZIELONKA Maksymilian**	**1859**	Z BUTA WJEŻDZAM	M30	45	**03:55:10.50**	**03:55:36.30**	+01:01:50 (26.2%)	7:50	7.7 (74.0%)
76	**WIERZBA Piotr**	**1643**	DEADLIFT	M30	46	**03:56:01.50**	**03:56:31.00**	+01:02:44 (26.5%)	7:52	7.6 (73.1%)
77	**POMORSKI Marcin**	**1555**		M40	14	**03:58:27.30**	**03:58:42.10**	+01:04:55 (27.2%)	7:56	7.5 (72.1%)
78	**APANOWICZ Piotr**	**1736**		M40	15	**03:58:18.45**	**03:58:53.45**	+01:05:07 (27.3%)	7:56	7.6 (73.1%)
79	**PILECKI Paweł**	**1729**	ACCENTURE - ACCELERATE	M30	47	**03:58:44.10**	**03:59:32.55**	+01:05:46 (27.5%)	7:57	7.5 (72.1%)
80	**GLINKA Jakub**	**1557**		M20	15	**03:59:02.10**	**03:59:42.25**	+01:05:56 (27.5%)	7:58	7.5 (72.1%)
81	**KARASEK Grzegorz**	**1600**		M30	48	**04:00:04.70**	**04:00:19.05**	+01:06:32 (27.7%)	8:00	7.5 (72.1%)
82	**JAŚLARZ Jarek**	**1845**	IRONMAN CS SZCZECIN	M50	3	**04:00:48.95**	**04:01:05.50**	+01:07:19 (27.9%)	8:01	7.5 (72.1%)
83	**SKRZYPEK Krzysztof**	**1676**	KLICZ BANDA	M30	49	**04:01:41.95**	**04:01:56.25**	+01:08:10 (28.2%)	8:03	7.4 (71.2%)
84	**ŁYSZCZARZ Błażej**	**1755**		M30	50	**04:01:34.45**	**04:02:01.60**	+01:08:15 (28.2%)	8:03	7.5 (72.1%)
85	**GRABOWSKI Sebastian**	**1633**	ENDORŚWINKI	M30	51	**04:02:14.65**	**04:02:51.60**	+01:09:05 (28.4%)	8:04	7.4 (71.2%)
86	**WILCZYŃSKI Witold**	**1651**	KLUB MATIEGO JEŻOWE	M30	52	**04:02:59.20**	**04:03:32.75**	+01:09:46 (28.6%)	8:05	7.4 (71.2%)
87	**ANTOSZ Bogdan**	**1834**		M40	16	**04:04:48.00**	**04:05:11.95**	+01:11:25 (29.1%)	8:09	7.4 (71.2%)
88	**CEGIEŁKO Paweł**	**1542**		M40	17	**04:05:26.05**	**04:06:15.00**	+01:12:28 (29.4%)	8:10	7.3 (70.2%)
89	**HEJNAR Jerzy**	**1802**		M30	53	**04:07:12.55**	**04:07:38.90**	+01:13:52 (29.8%)	8:14	7.3 (70.2%)
90	**RYZIŃSKI Ryszard**	**1621**		M40	18	**04:08:19.90**	**04:09:02.70**	+01:15:16 (30.2%)	8:16	7.2 (69.2%)
91	**ZIELASKOWSKI Michał**	**1628**		M40	19	**04:08:18.85**	**04:09:04.35**	+01:15:18 (30.2%)	8:16	7.2 (69.2%)
92	**WOJCIECHOWSKI Krzysztof**	**1718**		M40	20	**04:08:45.85**	**04:09:05.50**	+01:15:19 (30.2%)	8:17	7.2 (69.2%)
93	**CORA Krzychu**	**1866**	ENDURANCE TEAM	M40	21	**04:08:51.70**	**04:09:13.45**	+01:15:27 (30.3%)	8:17	7.2 (69.2%)
94	**PASIAK Przemysław**	**1693**		M30	54	**04:08:55.15**	**04:09:21.20**	+01:15:34 (30.3%)	8:17	7.2 (69.2%)
95	**CZARNIK Stanisław**	**1503**	MIECHOWICKA GRUPA BIEGOWA	M30	55	**04:09:11.05**	**04:09:55.70**	+01:16:09 (30.5%)	8:18	7.2 (69.2%)
96	**BARSZCZ Marek**	**1630**	BARANOWRUN	M30	56	**04:09:30.75**	**04:10:04.15**	+01:16:17 (30.5%)	8:19	7.2 (69.2%)
97	**WARZYŃSKI Beniamin**	**1575**		M30	57	**04:13:01.35**	**04:13:30.20**	+01:19:43 (31.5%)	8:26	7.1 (68.3%)
98	**KAWA Paweł**	**1649**	WWW.WTEMAGENCJA.PL	M30	58	**04:12:58.90**	**04:13:38.90**	+01:19:52 (31.5%)	8:25	7.1 (68.3%)
99	**SZWAŁEK Krzysztof**	**1839**		M30	59	**04:13:15.75**	**04:13:57.90**	+01:20:11 (31.6%)	8:26	7.1 (68.3%)
100	**KRYGIER Rafał**	**1625**	NZOZ PRZYCHODNIA SPECJALISTYCZNA GEMINI	M40	22	**04:13:35.60**	**04:14:04.90**	+01:20:18 (31.6%)	8:27	7.1 (68.3%)
101	**KRYSIŃSKI Witold**	**1524**		M30	60	**04:14:49.55**	**04:15:29.35**	+01:21:43 (32.0%)	8:29	7.1 (68.3%)
102	**AMBICKI Miłosz**	**1809**		M20	16	**04:15:10.85**	**04:15:54.20**	+01:22:07 (32.1%)	8:30	7.1 (68.3%)
103	**FASZCZEWSKI Adam**	**1694**		M30	61	**04:15:55.45**	**04:16:16.70**	+01:22:30 (32.2%)	8:31	7 (67.3%)
104	**KSIAZEK Leszek**	**1835**	MELIORANT	M40	23	**04:15:59.70**	**04:16:36.70**	+01:22:50 (32.3%)	8:31	7 (67.3%)
105	**KUBISIAK Dariusz**	**1521**		M50	4	**04:16:05.60**	**04:16:38.05**	+01:22:51 (32.3%)	8:32	7 (67.3%)
106	**MATYJA Paweł**	**1785**	GSK RUNNERS TEAM	M30	62	**04:16:07.65**	**04:16:43.05**	+01:22:56 (32.3%)	8:32	7 (67.3%)
107	**KNOLL Leszek**	**1529**		M30	63	**04:16:38.05**	**04:17:16.35**	+01:23:30 (32.5%)	8:33	7 (67.3%)
108	**SZTERN Łukasz**	**1535**	JACEGBIEGA / 2H2S	M30	64	**04:17:00.70**	**04:17:31.50**	+01:23:45 (32.5%)	8:34	7 (67.3%)
109	**KŁOŚ Artur**	**1761**	PKO BANK POLSKI	M30	65	**04:17:00.40**	**04:17:35.00**	+01:23:48 (32.5%)	8:34	7 (67.3%)
110	**STUDZIŃSKI Jakub**	**1612**		M30	66	**04:18:06.65**	**04:18:30.15**	+01:24:43 (32.8%)	8:36	7 (67.3%)
111	**PISARCZYK Jakub**	**1865**		M40	24	**04:18:20.30**	**04:18:51.60**	+01:25:05 (32.9%)	8:36	7 (67.3%)
112	**WALENTOWSKI Maciej**	**1517**	2H2S	M30	67	**04:18:21.60**	**04:18:52.50**	+01:25:06 (32.9%)	8:36	7 (67.3%)
113	**BRĄGOSZEWSKI Paweł**	**1682**		M40	25	**04:18:14.10**	**04:18:52.65**	+01:25:06 (32.9%)	8:36	7 (67.3%)
114	**GRZYB Sławek**	**1842**	EKSPEDYCJA MRÓWKA	M40	26	**04:20:34.20**	**04:20:56.75**	+01:27:10 (33.4%)	8:41	6.9 (66.3%)
115	**MALCZEWSKI Konrad**	**1764**	MTB MOSIR DUKLA	M30	68	**04:23:02.25**	**04:23:34.70**	+01:29:48 (34.1%)	8:46	6.8 (65.4%)
116	**WIERCIŃSKI Łukasz**	**1786**	GSK RUNNERS TEAM	M30	69	**04:23:10.75**	**04:23:46.80**	+01:30:00 (34.1%)	8:46	6.8 (65.4%)
117	**ROSŁON Tomasz**	**1679**	NEW BALANCE ESKA TEAM	M40	27	**04:23:09.40**	**04:23:47.00**	+01:30:00 (34.1%)	8:46	6.8 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
118	**KAWALEC Bartłomiej**	**1549**	WWW.WEDKI.PL	M40	28	**04:23:21.50**	**04:23:53.90**	+01:30:07 (34.2%)	8:46	6.8 (65.4%)
119	**BIAŁEK Mariusz**	**1639**	ENDURANCE TEAM	M30	70	**04:23:39.10**	**04:24:00.15**	+01:30:13 (34.2%)	8:47	6.8 (65.4%)
120	**WRÓBEL Bartłomiej**	**1500**	CISNA	M40	29	**04:25:15.75**	**04:25:31.95**	+01:31:45 (34.6%)	8:50	6.8 (65.4%)
121	**ŻUKOWSKI Grzegorz**	**1641**	ENDURANCE TEAM	M40	30	**04:25:21.60**	**04:25:42.45**	+01:31:56 (34.6%)	8:50	6.8 (65.4%)
122	**KRUK Krzysztof**	**1636**	CROSSFIT ZABRZE	M30	71	**04:26:07.45**	**04:26:28.05**	+01:32:41 (34.8%)	8:52	6.8 (65.4%)
123	**GIEC Piotr**	**1740**		M30	72	**04:26:44.15**	**04:27:23.60**	+01:33:37 (35.0%)	8:53	6.7 (64.4%)
124	**SZYMAŃSKI Piotr**	**1862**		M40	31	**04:27:03.35**	**04:27:30.80**	+01:33:44 (35.0%)	8:54	6.7 (64.4%)
125	**SZYMAŃSKI Artur**	**1579**		M40	32	**04:27:05.35**	**04:27:32.00**	+01:33:45 (35.0%)	8:54	6.7 (64.4%)
126	**FLIS Piotr**	**1744**	DANIEL'S TEAM	M30	73	**04:27:35.15**	**04:28:05.55**	+01:34:19 (35.2%)	8:55	6.7 (64.4%)
127	**BLAUT Marcin**	**1855**	NIGHT RUNNERS	M40	33	**04:28:42.15**	**04:29:13.60**	+01:35:27 (35.5%)	8:57	6.7 (64.4%)
128	**GAJDECKI Tomek**	**1531**	ACCENTURE	M30	74	**04:28:28.95**	**04:29:15.35**	+01:35:29 (35.5%)	8:56	6.7 (64.4%)
129	**KOLCZYŃSKI Jarosław**	**1823**	EMOTIVO.COM.PL	M30	75	**04:28:30.30**	**04:29:16.60**	+01:35:30 (35.5%)	8:57	6.7 (64.4%)
130	**WOJCIECHOWSKI Konrad**	**1702**		M30	76	**04:29:33.35**	**04:29:56.10**	+01:36:09 (35.6%)	8:59	6.7 (64.4%)
131	**WRÓBLEWSKI Łukasz**	**1607**	NOWA HUTA	M20	17	**04:29:39.80**	**04:30:01.75**	+01:36:15 (35.6%)	8:59	6.7 (64.4%)
132	**ĆWIEK Paweł**	**1593**		M30	77	**04:29:42.95**	**04:30:09.05**	+01:36:22 (35.7%)	8:59	6.7 (64.4%)
133	**KRZYŻAK Łukasz**	**1701**		M30	78	**04:30:18.20**	**04:30:41.45**	+01:36:55 (35.8%)	9:00	6.7 (64.4%)
134	**CZAJKOWSKI Łukasz**	**1838**		M30	79	**04:29:59.75**	**04:30:42.80**	+01:36:56 (35.8%)	8:59	6.7 (64.4%)
135	**WARZOCHA Ryszard**	**1857**		M50	5	**04:31:05.95**	**04:31:34.00**	+01:37:47 (36.0%)	9:02	6.6 (63.5%)
136	**SPYCHALSKI Radosław**	**1563**		M30	80	**04:31:09.25**	**04:31:47.55**	+01:38:01 (36.1%)	9:02	6.6 (63.5%)
137	**ŚLUSARSKI Włodzimierz**	**1781**	OBOZYBIEGOWE.PL	M50	6	**04:31:42.85**	**04:31:59.70**	+01:38:13 (36.1%)	9:03	6.6 (63.5%)
138	**ROSÓŁ Rafał**	**1665**	EXTREME HDK BYTOM	M30	81	**04:32:10.20**	**04:32:24.50**	+01:38:38 (36.2%)	9:04	6.6 (63.5%)
139	**KOLKA Peter**	**1658**		M20	18	**04:32:25.45**	**04:32:46.50**	+01:39:00 (36.3%)	9:04	6.6 (63.5%)
140	**NAWROT Waldek**	**1713**		M40	34	**04:33:45.45**	**04:34:18.90**	+01:40:32 (36.7%)	9:07	6.6 (63.5%)
141	**KAWALEC Kamil**	**1550**	7 PIWEK GÓRNIK LUBLIN	M30	82	**04:36:46.95**	**04:37:19.30**	+01:43:33 (37.3%)	9:13	6.5 (62.5%)
142	**TERZONI Christian**	**1620**		M30	83	**04:37:02.90**	**04:37:32.50**	+01:43:46 (37.4%)	9:14	6.5 (62.5%)
143	**CZYKALSKI Grzegorz**	**1846**		M40	35	**04:37:30.90**	**04:37:55.00**	+01:44:08 (37.5%)	9:15	6.5 (62.5%)
144	**BILSKI Marek**	**1754**		M40	36	**04:38:03.05**	**04:38:53.45**	+01:45:07 (37.7%)	9:16	6.5 (62.5%)
145	**MOCZYDŁOWSKI Łukasz**	**1792**	NSZ	M40	37	**04:40:34.10**	**04:40:59.10**	+01:47:12 (38.2%)	9:21	6.4 (61.5%)
146	**WARZYBOK Marcin**	**1589**		M30	84	**04:40:40.60**	**04:41:09.60**	+01:47:23 (38.2%)	9:21	6.4 (61.5%)
147	**CZYŻEWSKI Przemysław**	**1791**	NSZ	M30	85	**04:41:01.15**	**04:41:28.75**	+01:47:42 (38.3%)	9:22	6.4 (61.5%)
148	**WIERZBICKI Paweł**	**1634**	TSA SANDOMIERZ	M40	38	**04:42:57.95**	**04:43:29.70**	+01:49:43 (38.7%)	9:25	6.4 (61.5%)
149	**OPALIŃSKI Bartłomiej**	**1724**		M30	86	**04:43:16.40**	**04:43:48.75**	+01:50:02 (38.8%)	9:26	6.4 (61.5%)
150	**BAUTECKI Piotr**	**1505**		M30	87	**04:44:11.15**	**04:44:35.85**	+01:50:49 (38.9%)	9:28	6.3 (60.6%)
151	**ZEMŁA Piotr**	**1800**		M40	39	**04:43:54.40**	**04:44:41.15**	+01:50:54 (39.0%)	9:27	6.3 (60.6%)
152	**UJMA Paweł**	**1773**		M30	88	**04:44:34.60**	**04:44:59.75**	+01:51:13 (39.0%)	9:29	6.3 (60.6%)
153	**DRONKA Dominik**	**1590**		M30	89	**04:44:32.25**	**04:45:00.95**	+01:51:14 (39.0%)	9:29	6.3 (60.6%)
154	**KALANDYK Robert**	**1732**	WŁÓCZYBIEGI	M40	40	**04:44:37.85**	**04:45:05.90**	+01:51:19 (39.0%)	9:29	6.3 (60.6%)
155	**RYCHLIK Tomasz**	**1731**		M40	41	**04:44:44.65**	**04:45:28.45**	+01:51:42 (39.1%)	9:29	6.3 (60.6%)
156	**LUTOBORSKI Tomasz**	**1569**		M20	19	**04:45:22.10**	**04:45:57.35**	+01:52:11 (39.2%)	9:30	6.3 (60.6%)
157	**MAJER Andrzej**	**1798**		M30	90	**04:46:34.00**	**04:46:51.50**	+01:53:05 (39.4%)	9:33	6.3 (60.6%)
157	**SIECZKOWSKI Artur**	**1533**	NATURAL BORN RUNNERS	M40	42	**04:46:17.00**	**04:46:51.50**	+01:53:05 (39.4%)	9:32	6.3 (60.6%)
159	**BRYSIAK Ziemowit**	**1567**		M40	43	**04:48:06.65**	**04:48:38.20**	+01:54:51 (39.8%)	9:36	6.2 (59.6%)
160	**DĘBOWSKI Błażej**	**1632**	1986	M30	91	**04:48:21.35**	**04:49:01.35**	+01:55:15 (39.9%)	9:36	6.2 (59.6%)
161	**DRABIK Jacek**	**1824**		M50	7	**04:48:43.50**	**04:49:08.50**	+01:55:22 (39.9%)	9:37	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
162	**MIEDZINSKI Piotr**	**1657**	MSD RUNNING CLUB	M40	44	**04:48:45.35**	**04:49:11.90**	+01:55:25 (39.9%)	9:37	6.2 (59.6%)
163	**BRZEZIŃSKI Mateusz**	**1509**		M40	45	**04:49:47.85**	**04:50:29.45**	+01:56:43 (40.2%)	9:39	6.2 (59.6%)
164	**HOJSZYK Maciej**	**1629**		M30	92	**04:51:38.95**	**04:52:18.65**	+01:58:32 (40.6%)	9:43	6.2 (59.6%)
165	**GAWRON Bartłomiej**	**1586**	CALLTECH BARTŁOMIEJ GAWRON	M40	46	**04:54:00.15**	**04:54:22.10**	+02:00:35 (41.0%)	9:48	6.1 (58.7%)
166	**WOLSKI Kamil**	**1540**	BIEGAM NA TARCHOMINIE	M30	93	**04:55:15.10**	**04:56:00.75**	+02:02:14 (41.3%)	9:50	6.1 (58.7%)
167	**SZMYD Kamil**	**1752**	WOJAK TEAM***	M20	20	**04:56:31.50**	**04:57:09.25**	+02:03:23 (41.5%)	9:53	6.1 (58.7%)
168	**DZIOPA Paweł**	**1527**	WKURW_TEAM	M40	47	**04:58:03.50**	**04:58:45.05**	+02:04:58 (41.8%)	9:56	6 (57.7%)
169	**SMOLIŃSKI Jakub**	**1610**	TS OUR TEAM	M20	21	**04:58:37.70**	**04:59:00.10**	+02:05:13 (41.9%)	9:57	6 (57.7%)
170	**IŁOWIECKI Mariusz**	**1766**		M50	8	**05:01:45.20**	**05:02:17.55**	+02:08:31 (42.5%)	10:03	6 (57.7%)
171	**NOWIK Tomasz**	**1852**		M30	94	**05:03:17.55**	**05:03:40.10**	+02:09:53 (42.8%)	10:06	5.9 (56.7%)
172	**MAŁYSA Łukasz**	**1543**		M30	95	**05:03:15.40**	**05:03:47.45**	+02:10:01 (42.8%)	10:06	5.9 (56.7%)
173	**KRZTOŃ Krzysztof**	**1831**		M20	22	**05:04:43.20**	**05:05:29.30**	+02:11:43 (43.1%)	10:09	5.9 (56.7%)
174	**KARDACH Marcin**	**1609**		M20	23	**05:05:35.25**	**05:05:58.50**	+02:12:12 (43.2%)	10:11	5.9 (56.7%)
175	**DAWID Mirosław**	**1534**		M50	9	**05:06:09.55**	**05:06:34.45**	+02:12:48 (43.3%)	10:12	5.9 (56.7%)
175	**GANCARCZYK Bartek**	**1819**		M20	24	**05:05:47.00**	**05:06:34.45**	+02:12:48 (43.3%)	10:11	5.9 (56.7%)
177	**KOWALCZYK Mariusz**	**1566**		M40	48	**05:06:33.80**	**05:07:17.95**	+02:13:31 (43.5%)	10:13	5.9 (56.7%)
178	**MACIEJEWSKI Karol**	**1779**	BIEGIEM RADOM!	M40	49	**05:12:05.15**	**05:12:22.70**	+02:18:36 (44.4%)	10:24	5.8 (55.8%)
179	**DREWNIK Robert**	**1881**		M30	96	**05:12:53.60**	**05:13:42.35**	+02:19:56 (44.6%)	10:25	5.8 (55.8%)
180	**KRZYWICKI Tomasz**	**1715**	SCADOR.COM	M40	50	**05:14:05.40**	**05:14:43.05**	+02:20:56 (44.8%)	10:28	5.7 (54.8%)
181	**STELMASZCZYK Konrad**	**1827**		M40	51	**05:21:22.35**	**05:21:41.25**	+02:27:55 (46.0%)	10:42	5.6 (53.8%)
181	**RAFALSKI Marcin**	**1825**		M40	52	**05:21:22.15**	**05:21:41.25**	+02:27:55 (46.0%)	10:42	5.6 (53.8%)
183	**RZECZKOWSKI Maciej**	**1711**		M40	53	**05:21:28.20**	**05:22:15.55**	+02:28:29 (46.1%)	10:42	5.6 (53.8%)
184	**KUŚMIERSKI Krzysztof**	**1721**	WKG IM WALEREGO GOETLA	M40	54	**05:21:27.90**	**05:22:15.85**	+02:28:29 (46.1%)	10:42	5.6 (53.8%)
185	**MITURA Marek**	**1790**		M40	55	**05:22:35.05**	**05:22:56.50**	+02:29:10 (46.2%)	10:45	5.6 (53.8%)
186	**BARYZA Robert**	**1560**		M40	56	**05:22:39.40**	**05:23:17.70**	+02:29:31 (46.3%)	10:45	5.6 (53.8%)
187	**MAŚLANKA Ireneusz**	**1584**	NIGHT RUNERS GLIWICE	M50	10	**05:23:03.65**	**05:23:37.55**	+02:29:51 (46.3%)	10:46	5.6 (53.8%)
188	**ŚWIECZKOWSKI Wiesław**	**1504**	WIESIU BIEGA	M30	97	**05:23:10.00**	**05:23:45.00**	+02:29:58 (46.3%)	10:46	5.6 (53.8%)
189	**BISKUPSKI Błażej**	**1848**	ŁÓDŹ RUNNING TEAM	M40	57	**05:26:31.05**	**05:27:06.05**	+02:33:19 (46.9%)	10:53	5.5 (52.9%)
190	**FURMAN Michał**	**1512**	OCHAJO RUN & FRIENDS	M30	98	**05:26:39.00**	**05:27:14.55**	+02:33:28 (46.9%)	10:53	5.5 (52.9%)
191	**BEŁKOT Dariusz**	**1697**		M50	11	**05:26:46.35**	**05:27:28.35**	+02:33:42 (46.9%)	10:53	5.5 (52.9%)
192	**MITKOWSKI Paweł**	**1672**		M20	25	**05:26:49.60**	**05:27:30.50**	+02:33:44 (46.9%)	10:53	5.5 (52.9%)
193	**BIŚ Rafał**	**1594**		M50	12	**05:40:46.85**	**05:41:29.95**	+02:47:43 (49.1%)	11:21	5.3 (51.0%)
194	**MAŁŻ Daniel**	**1605**		M20	26	**05:46:54.00**	**05:47:17.60**	+02:53:31 (50.0%)	11:33	5.2 (50.0%)
195	**BOCHENEK Janusz**	**1591**	WKURW_TEAM	M60	2	**05:49:00.20**	**05:49:44.30**	+02:55:58 (50.3%)	11:38	5.2 (50.0%)
196	**GONCERZEWICZ Marek**	**1583**	STARE BABICE BIEGAJĄ	M30	99	**05:52:48.20**	**05:53:16.90**	+02:59:30 (50.8%)	11:45	5.1 (49.0%)
197	**PANCZENKO Kamil**	**1511**	OWM LUBLIN	M20	27	**05:57:20.00**	**05:58:01.80**	+03:04:15 (51.5%)	11:54	5 (48.1%)
	MIRECKI Jan	**1841**		M40		**DNF**	**DNF**		-	- (0.0%)

Znaleziono 198 wynik(ów)