RZEŹNICZEK

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 28 km

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
1	**FARON Robert**	**4039**	SALCO GARMIN TEAM	M40	1	**02:11:42.65**		4:42	12.8 (100%)
2	**ZEBATKA Lary**	**4342**		M40	2	**02:20:30.35**	+00:08:47 (6.3%)	5:01	12 (93.8%)
3	**SIKOŃCZYK Miłosz**	**4920**	RUNNING PERFORMANCE	M30	1	**02:29:07.70**	+00:17:25 (11.7%)	5:19	11.3 (88.3%)
4	**TABER Konrad**	**4979**		M20	1	**02:40:05.40**	+00:28:22 (17.7%)	5:43	10.5 (82.0%)
5	**PERYKASZA Paweł**	**4571**	GRUPALUKTRANS.PL	M40	3	**02:40:17.40**	+00:28:34 (17.8%)	5:43	10.5 (82.0%)
6	**FITAK Wiesław**	**4043**	POLACY BIEGAJĄ W NL	M30	2	**02:40:32.20**	+00:28:49 (18.0%)	5:44	10.5 (82.0%)
7	**WĘGLIŃSKI Mikołaj**	**4492**		M30	3	**02:41:02.45**	+00:29:19 (18.2%)	5:45	10.4 (81.3%)
8	**MULARCZYK Paweł**	**4899**	PAWEŁ MULARCZYK	M30	4	**02:41:21.30**	+00:29:38 (18.4%)	5:45	10.4 (81.3%)
9	**MAKOWSKI Maciej**	**4987**	KORONA PABIANICE	M40	4	**02:41:46.15**	+00:30:03 (18.6%)	5:46	10.4 (81.3%)
10	**MAZUR Sebastian**	**4291**		M30	5	**02:43:12.80**	+00:31:30 (19.3%)	5:49	10.3 (80.5%)
11	**GAZDOWICZ Michał**	**4056**	RUNPASSION.PL TEAM	M20	2	**02:44:20.30**	+00:32:37 (19.9%)	5:52	10.2 (79.7%)
12	**GRABIŃSKI Wojciech**	**4666**	#BIEGIEMWLAS	M20	3	**02:45:54.10**	+00:34:11 (20.6%)	5:55	10.1 (78.9%)
13	**GAWRON Przemysław**	**4960**	SŁOŃCA JURY	M40	5	**02:52:46.50**	+00:41:03 (23.8%)	6:10	9.7 (75.8%)
14	**TELEJKO Łukasz**	**4221**	ORZESZEK TEAM	M20	4	**02:54:02.30**	+00:42:19 (24.3%)	6:12	9.7 (75.8%)
15	**CZERWIONKA Jakub**	**4509**	GMINA WICKO	M20	5	**02:54:41.65**	+00:42:59 (24.6%)	6:14	9.6 (75.0%)
16	**GABRYCH Arkadiusz**	**4050**		M30	6	**02:55:13.90**	+00:43:31 (24.8%)	6:15	9.6 (75.0%)
17	**STĘPIEŃ Krzysztof**	**4986**	GILLETTE RUN	M40	6	**02:55:31.80**	+00:43:49 (25.0%)	6:16	9.6 (75.0%)
18	**GRYGIEL Marek**	**5022**	JACEKBIEGA RUNNING TEAM	M40	7	**02:55:57.50**	+00:44:14 (25.1%)	6:17	9.5 (74.2%)
19	**KURASIK Tomasz**	**4711**		M40	8	**02:58:41.60**	+00:46:58 (26.3%)	6:22	9.4 (73.4%)
20	**ZIELAK Dariusz**	**5018**		M40	9	**02:58:51.15**	+00:47:08 (26.4%)	6:23	9.4 (73.4%)
21	**HEJNAR Jakub**	**4672**		M40	10	**02:59:35.55**	+00:47:52 (26.7%)	6:24	9.4 (73.4%)
22	**BRUS Marcin**	**4975**		M40	11	**03:00:07.15**	+00:48:24 (26.9%)	6:25	9.3 (72.7%)
23	**STAWIARZ Paweł**	**4586**	140MINUT.PL	M30	7	**03:01:24.30**	+00:49:41 (27.4%)	6:28	9.3 (72.7%)
24	**POŻAROWSZCZYK Adam**	**4311**	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	8	**03:01:28.75**	+00:49:46 (27.4%)	6:28	9.3 (72.7%)
25	**WASSER Michał**	**4236**		M20	6	**03:01:40.40**	+00:49:57 (27.5%)	6:29	9.2 (71.9%)
26	**PUC Paweł**	**4313**	TRUCHTACZE GZICHÓW	M40	12	**03:02:13.80**	+00:50:31 (27.7%)	6:30	9.2 (71.9%)
27	**KOZŁOWSKI Paweł**	**4098**		M40	13	**03:02:40.45**	+00:50:57 (27.9%)	6:31	9.2 (71.9%)
28	**KOT Rafał**	**4951**	LEDLENSER // MUAY RUNNING TEAM	M40	14	**03:03:06.40**	+00:51:23 (28.1%)	6:32	9.2 (71.9%)
29	**PIETRZAK Daniel**	**4160**		M20	7	**03:03:32.25**	+00:51:49 (28.2%)	6:33	9.2 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
30	**BRĄCZKOWSKI Damian**	**4259**		M20	8	**03:04:28.35**	+00:52:45 (28.6%)	6:35	9.1 (71.1%)
31	**WSZOŁEK Mirosław**	**4242**	MYSZOJELENIE	M30	9	**03:04:40.20**	+00:52:57 (28.7%)	6:35	9.1 (71.1%)
32	**CZUMIEL Maciej**	**4463**		M40	15	**03:04:43.00**	+00:53:00 (28.7%)	6:35	9.1 (71.1%)
33	**ROŚ Dominik**	**4178**		M30	10	**03:05:01.10**	+00:53:18 (28.8%)	6:36	9.1 (71.1%)
34	**GILARSKI Rafał**	**4516**	PRO300_PROJECTDISCIPLINE	M30	11	**03:05:05.70**	+00:53:23 (28.8%)	6:36	9.1 (71.1%)
35	**KAKOL Grzegorz**	**4685**	BALLS OF STEEL	M30	12	**03:05:35.15**	+00:53:52 (29.0%)	6:37	9.1 (71.1%)
36	**NOWICKI Łukasz**	**4299**		M40	16	**03:05:49.25**	+00:54:06 (29.1%)	6:38	9 (70.3%)
37	**BARANOWSKI Jacek**	**4254**	JACEKBIEGA RUNNING TEAM	M40	17	**03:05:53.80**	+00:54:11 (29.1%)	6:38	9 (70.3%)
38	**WRÓBLEWSKI Michał**	**4414**	WHISKY AFICIONADOS	M30	13	**03:06:17.15**	+00:54:34 (29.3%)	6:39	9 (70.3%)
39	**FELUCH Krzysztof**	**4982**	JACEK BIEGA RUNNING TEAM	M40	18	**03:06:54.40**	+00:55:11 (29.5%)	6:40	9 (70.3%)
40	**WIEWIÓRA Krzysztof**	**4598**		M30	14	**03:08:07.90**	+00:56:25 (30.0%)	6:43	8.9 (69.5%)
41	**RÓŻALSKI Lukasz**	**4780**		M40	19	**03:08:09.05**	+00:56:26 (30.0%)	6:43	8.9 (69.5%)
42	**SZPYT Grzegorz**	**4210**		M40	20	**03:10:20.60**	+00:58:37 (30.8%)	6:47	8.8 (68.8%)
43	**SZYMAŃSKI Mateusz**	**4943**		M20	9	**03:11:21.85**	+00:59:39 (31.2%)	6:50	8.8 (68.8%)
44	**SUDACKI Sebastian**	**4812**		M20	10	**03:12:10.55**	+01:00:27 (31.5%)	6:51	8.7 (68.0%)
45	**STRADOMSKI Artur**	**4810**	MARKOWI BIEGACZE	M40	21	**03:12:17.60**	+01:00:34 (31.5%)	6:52	8.7 (68.0%)
46	**MUSZYŃSKI Piotr**	**4145**	TEAM PAPRY	M40	22	**03:13:03.85**	+01:01:21 (31.8%)	6:53	8.7 (68.0%)
47	**JAWOREK Grzegorz**	**4981**		M40	23	**03:13:06.15**	+01:01:23 (31.8%)	6:53	8.7 (68.0%)
48	**CIEŚLA Krzysztof**	**4027**		M30	15	**03:13:20.10**	+01:01:37 (31.9%)	6:54	8.7 (68.0%)
49	**RAK Wojciech**	**4172**	SII RUNNING TEAM	M30	16	**03:14:09.15**	+01:02:26 (32.2%)	6:56	8.7 (68.0%)
50	**MOLENDA Tomasz**	**4141**		M30	17	**03:14:55.85**	+01:03:13 (32.4%)	6:57	8.6 (67.2%)
51	**KOT Krzysztof**	**4475**	MPK - RZESZÓW	M40	24	**03:15:06.35**	+01:03:23 (32.5%)	6:58	8.6 (67.2%)
52	**BASĄG Marek**	**4344**	GINGER POWER	M30	18	**03:15:17.75**	+01:03:35 (32.6%)	6:58	8.6 (67.2%)
53	**MORGAŚ Mariusz**	**4562**		M30	19	**03:15:28.85**	+01:03:46 (32.6%)	6:58	8.6 (67.2%)
54	**GADZIŃSKI Marcin**	**4515**		M30	20	**03:15:51.30**	+01:04:08 (32.8%)	6:59	8.6 (67.2%)
55	**BRÓG Wojciech**	**4628**		M40	25	**03:16:04.95**	+01:04:22 (32.8%)	7:00	8.6 (67.2%)
56	**STAROBRAT Arkadiusz**	**4324**	ALETEMPO	M50	1	**03:16:13.15**	+01:04:30 (32.9%)	7:00	8.6 (67.2%)
57	**BARANOWSKI Andrzej**	**5004**	TRIWAWA	M30	21	**03:16:35.05**	+01:04:52 (33.0%)	7:01	8.5 (66.4%)
58	**LIPIŃSKI Hubert**	**4721**	KS KANAŁEK	M30	22	**03:17:38.35**	+01:05:55 (33.4%)	7:03	8.5 (66.4%)
59	**ZIELIŃSKI Piotr**	**4846**		M30	23	**03:17:39.20**	+01:05:56 (33.4%)	7:03	8.5 (66.4%)
60	**PODCZASZY Tomasz**	**4162**	AZS AWF MASTERS KRAKÓW	M30	24	**03:18:13.40**	+01:06:30 (33.6%)	7:04	8.5 (66.4%)
61	**KOWALSKI Sebastian**	**4094**		M40	26	**03:18:17.00**	+01:06:34 (33.6%)	7:04	8.5 (66.4%)
62	**KĘPSKI Rafał**	**5083**		M40	27	**03:18:53.20**	+01:07:10 (33.8%)	7:06	8.4 (65.6%)
63	**SZWED Tomasz**	**4212**	SUSKA GRUPA BIEGOWA	M30	25	**03:18:58.20**	+01:07:15 (33.8%)	7:06	8.4 (65.6%)
64	**LASEK Leszek**	**4885**	KALLIPSO RUNERS TEAM	M50	2	**03:19:01.65**	+01:07:19 (33.8%)	7:06	8.4 (65.6%)
65	**KŁOS Łukasz**	**4083**	ASICSFRONTRUNNERPOLSKA	M30	26	**03:19:05.85**	+01:07:23 (33.8%)	7:06	8.4 (65.6%)
66	**FIGIEL Bartosz**	**4649**		M30	27	**03:19:34.75**	+01:07:52 (34.0%)	7:07	8.4 (65.6%)
67	**ASŁANOWICZ Marcin**	**4498**	ŻÓRAWSKI TEAM	M40	28	**03:19:57.55**	+01:08:14 (34.1%)	7:08	8.4 (65.6%)
68	**WOJCIECHOWSKI Tobiasz**	**4937**		M30	28	**03:20:14.05**	+01:08:31 (34.2%)	7:09	8.4 (65.6%)
69	**FILIPIUK Tomek**	**4266**	POWIAT ŚWIDNICKI	M30	29	**03:20:19.15**	+01:08:36 (34.2%)	7:09	8.4 (65.6%)
70	**BRYL Marcin**	**4629**		M40	29	**03:22:28.45**	+01:10:45 (34.9%)	7:13	8.3 (64.8%)
71	**JÓŹWIAK Rafał**	**5027**	JACEKBIEGA RUNNING TEAM	M30	30	**03:22:33.60**	+01:10:50 (35.0%)	7:14	8.3 (64.8%)
72	**RUKUSZEWICZ Wawrzyniec**	**4781**	DZIKIE GRUBASY SZATANA	M40	30	**03:22:40.00**	+01:10:57 (35.0%)	7:14	8.3 (64.8%)
73	**LUBAŃSKI Mateusz**	**4723**	KS BARYCZ MILICZ	M30	31	**03:22:47.90**	+01:11:05 (35.1%)	7:14	8.3 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
74	**PYRKOSZ Damian**	**4170**		M50	3	**03:23:14.65**	+01:11:32 (35.2%)	7:15	8.3 (64.8%)
75	**PODLEŚ Robert**	**4164**	COBI POLAND TEAM	M50	4	**03:23:19.50**	+01:11:36 (35.2%)	7:15	8.3 (64.8%)
76	**KRAHEL Marcin**	**4544**		M30	32	**03:23:24.10**	+01:11:41 (35.2%)	7:15	8.3 (64.8%)
77	**KOŁODZIEJ Roman**	**4087**		M40	31	**03:23:30.55**	+01:11:47 (35.3%)	7:16	8.3 (64.8%)
78	**PYSZYNSKI Mariusz**	**5088**	TRI POWER	M40	32	**03:23:30.65**	+01:11:48 (35.3%)	7:16	8.3 (64.8%)
79	**SOŁOWIEJ Daniel**	**4191**	TEAM KARAŚ ELBLĄG	M40	33	**03:24:01.85**	+01:12:19 (35.4%)	7:17	8.2 (64.1%)
80	**DROZDEK Kacper**	**4860**	BIEGAJĄCE DROZDKI	M20	11	**03:24:07.60**	+01:12:24 (35.5%)	7:17	8.2 (64.1%)
81	**SZKLARSKI Jacek**	**5052**		M40	34	**03:24:39.95**	+01:12:57 (35.6%)	7:18	8.2 (64.1%)
82	**WSZOŁEK Dawid**	**4243**	MYSZOJELENIE	M30	33	**03:24:49.90**	+01:13:07 (35.7%)	7:18	8.2 (64.1%)
83	**POROWSKI Waldek**	**4973**	KB SOBÓTKA	M40	35	**03:24:55.10**	+01:13:12 (35.7%)	7:19	8.2 (64.1%)
84	**CITKOWSKI Dorian**	**5051**		M30	34	**03:25:04.95**	+01:13:22 (35.8%)	7:19	8.2 (64.1%)
85	**MALINA Michał**	**4382**	HUTNIK RUN	M30	35	**03:25:29.85**	+01:13:47 (35.9%)	7:20	8.2 (64.1%)
86	**WARAKSA Tomasz**	**4491**	VEGE RUNNERS	M30	36	**03:25:55.35**	+01:14:12 (36.0%)	7:21	8.2 (64.1%)
87	**SOSNOWSKI Rafał**	**4922**		M30	37	**03:27:08.65**	+01:15:26 (36.4%)	7:23	8.1 (63.3%)
88	**ŻMIJEWSKI Dariusz**	**5057**		M50	5	**03:27:59.35**	+01:16:16 (36.7%)	7:25	8.1 (63.3%)
89	**MAJCZAK Miroslaw**	**4985**		M40	36	**03:28:43.30**	+01:17:00 (36.9%)	7:27	8 (62.5%)
90	**RACŁAWICKI Kacper**	**4958**		M20	12	**03:28:50.80**	+01:17:08 (36.9%)	7:27	8 (62.5%)
91	**BODZIOCH Grzegorz**	**4852**	GORLICKA GRUPA BIEGOWA	M40	37	**03:29:02.35**	+01:17:19 (37.0%)	7:27	8 (62.5%)
92	**PROTASIEWICZ Piotr**	**4911**	WISŁA KRAKÓW	M30	38	**03:29:33.90**	+01:17:51 (37.2%)	7:29	8 (62.5%)
93	**FALKOWSKI Piotr**	**5097**		M50	6	**03:29:33.95**	+01:17:51 (37.2%)	7:29	8 (62.5%)
94	**KOCIUMBAS Bartosz**	**4540**	KB SOBÓTKA	M40	38	**03:29:40.85**	+01:17:58 (37.2%)	7:29	8 (62.5%)
95	**OLSZEWSKI Piotr**	**4445**		M20	13	**03:29:41.90**	+01:17:59 (37.2%)	7:29	8 (62.5%)
96	**KUŚMIREK Grzegorz**	**4882**		M40	39	**03:29:42.05**	+01:17:59 (37.2%)	7:29	8 (62.5%)
97	**SYROCKI Arkadiusz**	**4205**	BREMBO	M40	40	**03:29:48.65**	+01:18:06 (37.2%)	7:29	8 (62.5%)
98	**KAWALIŁO Piotr**	**4081**	MPEC RZESZÓW	M30	39	**03:29:54.80**	+01:18:12 (37.3%)	7:29	8 (62.5%)
99	**SIEMIESZ Paweł**	**4184**	SOCA	M20	14	**03:29:58.70**	+01:18:16 (37.3%)	7:29	8 (62.5%)
100	**MUSIOŁ Michał**	**4443**	SARNI TĘTENT	M30	40	**03:30:09.90**	+01:18:27 (37.3%)	7:30	8 (62.5%)
101	**MAŚLANY Mariusz**	**4289**	ELEKTROMETAL ENERGETYKA SA	M40	41	**03:30:33.20**	+01:18:50 (37.4%)	7:31	8 (62.5%)
102	**SZYMAJDA Adam**	**4816**	EQUINI	M40	42	**03:31:21.90**	+01:19:39 (37.7%)	7:32	7.9 (61.7%)
103	**PŁOCHOCKI Piotr**	**4764**	LOBOMOTO	M30	41	**03:31:33.00**	+01:19:50 (37.7%)	7:33	7.9 (61.7%)
104	**LUBAŃSKI Robert**	**4379**	BRAK	M50	7	**03:31:58.40**	+01:20:15 (37.9%)	7:34	7.9 (61.7%)
105	**BUDZYŃSKI Adam**	**4632**	UNITED RUNNERS	M40	43	**03:32:16.85**	+01:20:34 (38.0%)	7:34	7.9 (61.7%)
106	**WOŹNIAK Janusz**	**4338**	PORMAT JEDLICZE BIEGA	M50	8	**03:32:30.60**	+01:20:47 (38.0%)	7:35	7.9 (61.7%)
107	**WYSOCKI Aleksander**	**4244**	MATNER RUNNING TEAM	M30	42	**03:32:33.35**	+01:20:50 (38.0%)	7:35	7.9 (61.7%)
108	**CICHOŃ Maciej**	**4348**	42.195 WEJHEROWO	M40	44	**03:32:35.35**	+01:20:52 (38.0%)	7:35	7.9 (61.7%)
109	**GABRYCH Łukasz**	**4049**	SAINT-GOBAIN SQUAD	M30	43	**03:33:34.20**	+01:21:51 (38.3%)	7:37	7.9 (61.7%)
110	**JADWIŃSKI Wojciech**	**4674**	KS KANAŁEK	M40	45	**03:33:53.10**	+01:22:10 (38.4%)	7:38	7.9 (61.7%)
111	**GUZ Marcin**	**4870**		M40	46	**03:33:54.10**	+01:22:11 (38.4%)	7:38	7.9 (61.7%)
112	**SMACZNY Bartłomiej**	**4921**		M30	44	**03:33:56.45**	+01:22:13 (38.4%)	7:38	7.9 (61.7%)
113	**ZALEWSKI Andrzej**	**4339**	TEAM NUTRILITE	M60	1	**03:34:37.40**	+01:22:54 (38.6%)	7:39	7.8 (60.9%)
114	**SELWANOWICZ Aleksander**	**4788**	G4	M50	9	**03:34:40.80**	+01:22:58 (38.6%)	7:40	7.8 (60.9%)
115	**LEBIEST Radosław**	**4116**		M30	45	**03:34:57.60**	+01:23:14 (38.7%)	7:40	7.8 (60.9%)
116	**KOMOSIŃSKI Łukasz**	**4088**		M40	47	**03:35:04.95**	+01:23:22 (38.8%)	7:40	7.8 (60.9%)
117	**LEŚNIAK Dawid**	**4118**		M30	46	**03:35:50.80**	+01:24:08 (39.0%)	7:42	7.8 (60.9%)

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118	**PARUCKI Michał**	**4750**	VEGE RUNNERS / DRUŻYNA BIEGOWA LECHA POZNAŃ	M40	48	**03:36:15.60**	+01:24:32 (39.1%)	7:43	7.8 (60.9%)
119	**SUMOREK Sebastian**	**4489**		M40	49	**03:36:24.50**	+01:24:41 (39.1%)	7:43	7.8 (60.9%)
120	**KRUPA Grzegorz**	**5050**	KB SOBÓTKA	M40	50	**03:36:45.70**	+01:25:03 (39.2%)	7:44	7.8 (60.9%)
121	**RUSNAK Oleg**	**4784**		M30	47	**03:36:50.00**	+01:25:07 (39.3%)	7:44	7.7 (60.2%)
122	**ADAMKIEWICZ Michał**	**4610**	ŁÓDŹRUNCREW/JAKOTEAM	M30	48	**03:37:18.40**	+01:25:35 (39.4%)	7:45	7.7 (60.2%)
123	**STASIAK Jakub**	**4195**	ORLEN RUNNING TEAM	M40	51	**03:37:37.55**	+01:25:54 (39.5%)	7:46	7.7 (60.2%)
124	**ŚCIBOR Adrian**	**4929**		M30	49	**03:38:22.60**	+01:26:39 (39.7%)	7:47	7.7 (60.2%)
125	**SITEK Arkadiusz**	**4583**	AKTYWNI WĘGRÓW	M40	52	**03:38:54.30**	+01:27:11 (39.8%)	7:49	7.7 (60.2%)
126	**PAGÓRSKI Tomasz**	**4447**		M30	50	**03:39:20.70**	+01:27:38 (40.0%)	7:50	7.7 (60.2%)
127	**JÓZWIAK Piotr**	**4963**	KITA TEAM	M40	53	**03:39:49.60**	+01:28:06 (40.1%)	7:51	7.6 (59.4%)
128	**JAWORSKI Przemysław**	**4679**		M30	51	**03:39:55.10**	+01:28:12 (40.1%)	7:51	7.6 (59.4%)
129	**GŁOGOWSKI Konrad**	**4517**		M30	52	**03:40:05.10**	+01:28:22 (40.2%)	7:51	7.6 (59.4%)
130	**SOWA Wojciech**	**4923**		M20	15	**03:40:13.35**	+01:28:30 (40.2%)	7:51	7.6 (59.4%)
131	**KITOWSKI Bartosz**	**4082**	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	54	**03:40:20.00**	+01:28:37 (40.2%)	7:52	7.6 (59.4%)
132	**KARCZMARCZYK Mateusz**	**4686**		M30	53	**03:40:42.95**	+01:29:00 (40.3%)	7:52	7.6 (59.4%)
133	**SIWEK Maciej**	**4797**	RYKOWISKO TEAM	M40	55	**03:41:00.55**	+01:29:17 (40.4%)	7:53	7.6 (59.4%)
134	**LATAWIEC Bartosz**	**4114**	SZAROTKA ROKICINY PODHALAŃSKI	M30	54	**03:41:08.70**	+01:29:26 (40.4%)	7:53	7.6 (59.4%)
135	**LATAWIEC Jakub**	**4113**		M40	56	**03:41:16.85**	+01:29:34 (40.5%)	7:54	7.6 (59.4%)
136	**RZĘSA Łukasz**	**4581**		M30	55	**03:41:18.85**	+01:29:36 (40.5%)	7:54	7.6 (59.4%)
137	**KUTERA Konrad**	**4280**		M30	56	**03:41:35.15**	+01:29:52 (40.6%)	7:54	7.6 (59.4%)
138	**MUCHA Kamil**	**4144**		M30	57	**03:42:00.10**	+01:30:17 (40.7%)	7:55	7.6 (59.4%)
139	**MIKULSKI Wojciech**	**4560**		M40	57	**03:42:58.60**	+01:31:15 (40.9%)	7:57	7.5 (58.6%)
140	**KALICIŃSKI Jarosław**	**4368**	ŚLĘZAK TEAM	M30	58	**03:43:50.50**	+01:32:07 (41.2%)	7:59	7.5 (58.6%)
141	**BUCZYŃSKI Radosław**	**4631**	COMPANEROS ASFALT TEAM	M30	59	**03:44:23.00**	+01:32:40 (41.3%)	8:00	7.5 (58.6%)
142	**KRÓL Maciej**	**4704**	WIRAN TEAM	M40	58	**03:44:26.05**	+01:32:43 (41.3%)	8:00	7.5 (58.6%)
143	**RUTKOWSKI Adam**	**4179**	OLENDER	M20	16	**03:44:47.30**	+01:33:04 (41.4%)	8:01	7.5 (58.6%)
144	**POPEK Bartosz**	**4309**		M20	17	**03:44:52.50**	+01:33:09 (41.4%)	8:01	7.5 (58.6%)
145	**LUDWICZAK Mariusz**	**4553**	#WKURW-TEAM	M50	10	**03:44:58.20**	+01:33:15 (41.5%)	8:02	7.5 (58.6%)
146	**LEWANDOWSKI Michał**	**4121**		M20	18	**03:45:27.50**	+01:33:44 (41.6%)	8:03	7.5 (58.6%)
147	**SZYNALIK Igor**	**5044**	TISS	M20	19	**03:45:28.00**	+01:33:45 (41.6%)	8:03	7.5 (58.6%)
148	**BIEL Sebastian**	**4500**	BIEGANIE SZYDERCÓW	M30	60	**03:45:37.35**	+01:33:54 (41.6%)	8:03	7.4 (57.8%)
149	**OSLISLOK Paweł**	**4154**	SOCA	M20	20	**03:45:46.20**	+01:34:03 (41.7%)	8:03	7.4 (57.8%)
150	**DUDEK Maciej**	**4353**		M20	21	**03:45:49.10**	+01:34:06 (41.7%)	8:03	7.4 (57.8%)
151	**BEDNARZ Krzysztof**	**4256**	4K TEAM TARNÓW	M60	2	**03:45:54.20**	+01:34:11 (41.7%)	8:04	7.4 (57.8%)
152	**IWANIEC Piotr**	**5047**	BIEGANIE SZYDERCÓW	M30	61	**03:45:56.80**	+01:34:14 (41.7%)	8:04	7.4 (57.8%)
153	**CZEKALSKI Mariusz**	**5039**		M40	59	**03:46:16.55**	+01:34:33 (41.8%)	8:04	7.4 (57.8%)
154	**SACZEWSKI Arkadiusz**	**4786**	DZIKI GOŁOBORZY	M40	60	**03:46:56.80**	+01:35:14 (42.0%)	8:06	7.4 (57.8%)
155	**SEKAL Pawel**	**4787**		M30	62	**03:47:17.15**	+01:35:34 (42.1%)	8:07	7.4 (57.8%)
156	**PIELECHA Rafał**	**4158**	FITNESS FREAK	M40	61	**03:47:21.85**	+01:35:39 (42.1%)	8:07	7.4 (57.8%)
157	**BAUGARTNER Marcin**	**4616**	KLUBSILESIA.PL	M40	62	**03:47:48.95**	+01:36:06 (42.2%)	8:08	7.4 (57.8%)
158	**ZMARLAK Paweł**	**4956**		M20	22	**03:47:50.45**	+01:36:07 (42.2%)	8:08	7.4 (57.8%)
159	**KONDRATOWICZ Bartłomiej**	**4698**		M30	63	**03:48:04.30**	+01:36:21 (42.3%)	8:08	7.4 (57.8%)
160	**HOŁUBIEC Paweł**	**4471**	YULO RUN TEAM SIEDLCE	M40	63	**03:48:15.85**	+01:36:33 (42.3%)	8:09	7.4 (57.8%)
161	**SOBCZYŃSKI Paweł**	**4190**	PEES	M40	64	**03:48:24.75**	+01:36:42 (42.3%)	8:09	7.4 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
162	**MUMOT Dariusz**	**4442**		M40	65	**03:48:54.05**	+01:37:11 (42.5%)	8:10	7.3 (57.0%)
163	**GRACZYK Damian**	**4426**		M30	64	**03:48:54.80**	+01:37:12 (42.5%)	8:10	7.3 (57.0%)
164	**MUCKUS Filip**	**4740**	KS KANAŁEK	M30	65	**03:49:00.00**	+01:37:17 (42.5%)	8:10	7.3 (57.0%)
165	**MASLANKA Michal**	**4732**	BKAS WATAHA	M40	66	**03:49:22.15**	+01:37:39 (42.6%)	8:11	7.3 (57.0%)
166	**CHLIPAŁA Marek**	**4022**		M30	66	**03:49:24.95**	+01:37:42 (42.6%)	8:11	7.3 (57.0%)
167	**WARZOCHA Szymon**	**4334**		M20	23	**03:49:41.85**	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
168	**LISIECKI Jacek**	**4552**	CAMEL W ZALEWIE	M40	67	**03:49:42.15**	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
169	**WALUŚKIEWICZ Artur**	**4933**	SOLA FIDE	M50	11	**03:49:52.80**	+01:38:10 (42.7%)	8:12	7.3 (57.0%)
170	**BOGUSZ Paweł**	**4014**	SANTANDER RUNNERS TEAM	M30	67	**03:50:10.70**	+01:38:28 (42.8%)	8:13	7.3 (57.0%)
171	**WOŹNIAK Mateusz**	**4939**		M30	68	**03:50:16.45**	+01:38:33 (42.8%)	8:13	7.3 (57.0%)
172	**GAŁUSZKA Tomasz**	**4053**	SKITUROWE BIESZCZADY	M40	68	**03:50:20.40**	+01:38:37 (42.8%)	8:13	7.3 (57.0%)
173	**PNIEWSKI Mariusz**	**4908**		M30	69	**03:50:31.70**	+01:38:49 (42.9%)	8:13	7.3 (57.0%)
174	**ZARĘBA Bartłomiej**	**4841**		M30	70	**03:50:35.25**	+01:38:52 (42.9%)	8:14	7.3 (57.0%)
175	**POTERA Maciej**	**4577**		M30	71	**03:51:14.55**	+01:39:31 (43.0%)	8:15	7.3 (57.0%)
176	**SOBOLEWSKI Dariusz**	**5033**	VEGE RUNNERS	M50	12	**03:51:17.45**	+01:39:34 (43.1%)	8:15	7.3 (57.0%)
177	**WRÓBEL Paweł**	**4604**		M40	69	**03:52:02.65**	+01:40:20 (43.2%)	8:17	7.2 (56.3%)
178	**SAPIERZYŃSKI Adam**	**4582**		M30	72	**03:52:03.25**	+01:40:20 (43.2%)	8:17	7.2 (56.3%)
179	**GRABOWICZ Mirosław**	**4521**	SOKÓLSKA GRUPA BIEGOWA	M50	13	**03:52:09.75**	+01:40:27 (43.3%)	8:17	7.2 (56.3%)
180	**MAJCHRZAK Filip**	**4726**	TATERNIK ADVENTURE TEAM	M20	24	**03:52:13.70**	+01:40:31 (43.3%)	8:17	7.2 (56.3%)
181	**SADKOWSKI Paweł**	**4917**		M40	70	**03:52:14.65**	+01:40:32 (43.3%)	8:17	7.2 (56.3%)
182	**KĘPKA Robert**	**4690**	BIEGUSIEM.PL	M40	71	**03:52:45.05**	+01:41:02 (43.4%)	8:18	7.2 (56.3%)
183	**KOSTKA Robert**	**4091**	TEAM ZALEWSKI	M40	72	**03:52:47.95**	+01:41:05 (43.4%)	8:18	7.2 (56.3%)
184	**RUSINEK Łukasz**	**4783**		M30	73	**03:52:52.30**	+01:41:09 (43.4%)	8:19	7.2 (56.3%)
185	**GALEK Adam**	**4051**		M40	73	**03:52:59.95**	+01:41:17 (43.5%)	8:19	7.2 (56.3%)
186	**FLIŚ Łukasz**	**4651**	AKTYWNA PSZCZYNA	M30	74	**03:53:14.85**	+01:41:32 (43.5%)	8:19	7.2 (56.3%)
187	**RENC Patryk**	**4579**	SERCE TYBETU	M30	75	**03:53:19.15**	+01:41:36 (43.5%)	8:19	7.2 (56.3%)
188	**NARZYMSKI Tomasz**	**4565**		M40	74	**03:53:27.25**	+01:41:44 (43.6%)	8:20	7.2 (56.3%)
189	**GRZEJSZCZYK Łukasz**	**4271**		M30	76	**03:53:58.25**	+01:42:15 (43.7%)	8:21	7.2 (56.3%)
190	**JANAS Marian**	**5037**		M60	3	**03:54:19.30**	+01:42:36 (43.8%)	8:22	7.2 (56.3%)
191	**ADAMCZYK Łukasz**	**4609**	SPARTAN TRAINING GROUP WARSZAWA	M30	77	**03:54:26.05**	+01:42:43 (43.8%)	8:22	7.2 (56.3%)
192	**WÓJCIK Karol**	**4413**	NIEWYCHOWANI FIZYCZNIE	M20	25	**03:54:33.10**	+01:42:50 (43.8%)	8:22	7.2 (56.3%)
193	**POPARDA Paweł**	**5005**	PZU SPORT TEAM	M40	75	**03:54:42.50**	+01:42:59 (43.9%)	8:22	7.2 (56.3%)
194	**BUCIOR Łukasz**	**4970**	AZS POLITECHNIKA LUBELSKA	M20	26	**03:54:48.55**	+01:43:05 (43.9%)	8:23	7.2 (56.3%)
195	**GLINKA Jakub**	**4866**		M20	27	**03:55:11.20**	+01:43:28 (44.0%)	8:23	7.1 (55.5%)
196	**TKACZ Przemysław**	**4594**		M40	76	**03:55:15.05**	+01:43:32 (44.0%)	8:24	7.1 (55.5%)
197	**SIKORA Grzegorz**	**4186**		M30	78	**03:55:16.35**	+01:43:33 (44.0%)	8:24	7.1 (55.5%)
198	**STEMPNIAK Jędrzej**	**4326**		M20	28	**03:55:38.60**	+01:43:55 (44.1%)	8:24	7.1 (55.5%)
199	**ŁUSZCZEK Paweł**	**4129**		M40	77	**03:55:50.85**	+01:44:08 (44.2%)	8:25	7.1 (55.5%)
200	**LUTOBORSKI Tomasz**	**4886**		M20	29	**03:55:52.20**	+01:44:09 (44.2%)	8:25	7.1 (55.5%)
201	**BANASZEK Waldemar**	**4004**	FSL	M40	78	**03:55:57.25**	+01:44:14 (44.2%)	8:25	7.1 (55.5%)
202	**KOPANIA Kamil**	**4089**	K.S TĘCZA	M30	79	**03:56:02.75**	+01:44:20 (44.2%)	8:25	7.1 (55.5%)
203	**KUJAWA Marcin**	**4109**		M40	79	**03:56:12.00**	+01:44:29 (44.2%)	8:26	7.1 (55.5%)
204	**SOCHA Jan**	**4319**		M60	4	**03:56:22.50**	+01:44:39 (44.3%)	8:26	7.1 (55.5%)
205	**SKÓRA Przemysław**	**5042**	MONARCHOWIE GÓR	M40	80	**03:56:23.40**	+01:44:40 (44.3%)	8:26	7.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
206	**GAWŁOWICZ Robert**	**4054**	DZIKIE BORSUKI	M50	14	**03:56:25.05**	+01:44:42 (44.3%)	8:26	7.1 (55.5%)
207	**BIENIEK Rafal**	**4502**	BBT	M40	81	**03:56:30.30**	+01:44:47 (44.3%)	8:26	7.1 (55.5%)
208	**BIJATOWSKI Adrian**	**5017**		M30	80	**03:56:59.25**	+01:45:16 (44.4%)	8:27	7.1 (55.5%)
209	**SOWA Bogusław**	**4192**		M30	81	**03:57:06.75**	+01:45:24 (44.5%)	8:28	7.1 (55.5%)
210	**TARNAWSKI Sławomir**	**4220**		M30	82	**03:57:07.90**	+01:45:25 (44.5%)	8:28	7.1 (55.5%)
211	**WIELGOCKI Artur**	**4597**		M30	83	**03:57:08.60**	+01:45:25 (44.5%)	8:28	7.1 (55.5%)
212	**SROKA Zbigniew**	**4322**		M50	15	**03:57:14.25**	+01:45:31 (44.5%)	8:28	7.1 (55.5%)
213	**WYCZAWSKI Piotr**	**5076**		M50	16	**03:57:21.10**	+01:45:38 (44.5%)	8:28	7.1 (55.5%)
214	**LAMENTA Andrzej**	**4549**		M40	82	**03:57:31.75**	+01:45:49 (44.5%)	8:28	7.1 (55.5%)
215	**KOSUDA Paweł**	**4878**	CROSS TRENING MAZOVIA CIECHANÓW	M40	83	**03:57:34.70**	+01:45:52 (44.6%)	8:29	7.1 (55.5%)
216	**GRĘBA Damian**	**4868**	NIEPOŁOMICE BIEGAJĄ	M30	84	**03:57:54.60**	+01:46:11 (44.6%)	8:29	7.1 (55.5%)
217	**MOJSKI Adam**	**4295**	WOLF SYSTEM	M30	85	**03:58:02.85**	+01:46:20 (44.7%)	8:30	7.1 (55.5%)
218	**WIERZBICKI Marek**	**4830**	AKADEMIA KETTLEBELLS WARSZAWA	M30	86	**03:58:25.85**	+01:46:43 (44.8%)	8:30	7 (54.7%)
219	**KORDYŚ Adam**	**4090**	KLUB BIEGOWY SZUSZARNIA	M30	87	**03:59:02.95**	+01:47:20 (44.9%)	8:32	7 (54.7%)
220	**KURZEJA Łukasz**	**4112**	TKKF JASTRZĄB RUDA ŚLĄSKA	M40	84	**03:59:03.90**	+01:47:21 (44.9%)	8:32	7 (54.7%)
221	**BOROWSKI Tomasz**	**4954**	MTS HAMER	M50	17	**03:59:04.55**	+01:47:21 (44.9%)	8:32	7 (54.7%)
222	**ROST Michał**	**4177**		M20	30	**03:59:04.60**	+01:47:21 (44.9%)	8:32	7 (54.7%)
223	**KUNYSZ Paweł**	**4111**		M20	31	**03:59:05.55**	+01:47:22 (44.9%)	8:32	7 (54.7%)
224	**GRABOWSKI Wojciech**	**4668**		M40	85	**03:59:10.30**	+01:47:27 (44.9%)	8:32	7 (54.7%)
225	**KRAJEWSKI Konrad**	**4880**	MARKOWI BIEGACZE	M30	88	**03:59:48.65**	+01:48:06 (45.1%)	8:33	7 (54.7%)
226	**KWIATKOWSKI Kajetan**	**4437**	SUT - STRASZYN ULTRA TEAM	M30	89	**04:00:53.15**	+01:49:10 (45.3%)	8:36	7 (54.7%)
227	**MŁYNARYK Tomasz**	**4561**	BIEGANIE SZYDERCÓW	M30	90	**04:00:58.45**	+01:49:15 (45.3%)	8:36	7 (54.7%)
228	**BARANOWSKI Mariusz**	**4614**		M40	86	**04:01:16.85**	+01:49:34 (45.4%)	8:37	7 (54.7%)
229	**ZABOROWSKI Jan**	**4839**	AKADEMIA KETTLEBELLS	M30	91	**04:01:25.35**	+01:49:42 (45.4%)	8:37	7 (54.7%)
230	**KOZIOŁ Darek**	**4434**		M30	92	**04:01:53.05**	+01:50:10 (45.5%)	8:38	6.9 (53.9%)
231	**STROISZ Grzegorz**	**4452**		M30	93	**04:02:06.65**	+01:50:24 (45.6%)	8:38	6.9 (53.9%)
232	**SZCZĘSNY Rafał**	**5013**		M50	18	**04:02:40.85**	+01:50:58 (45.7%)	8:40	6.9 (53.9%)
233	**SMOSARSKI Łukasz**	**4398**		M30	94	**04:02:46.25**	+01:51:03 (45.7%)	8:40	6.9 (53.9%)
234	**RYBCZYŃSKI Dawid**	**4451**		M30	95	**04:03:26.90**	+01:51:44 (45.9%)	8:41	6.9 (53.9%)
235	**MARCINKOWSKI Michał**	**4383**		M50	19	**04:03:28.60**	+01:51:45 (45.9%)	8:41	6.9 (53.9%)
236	**KAŁDON Sławomir**	**4472**		M30	96	**04:03:34.65**	+01:51:52 (45.9%)	8:41	6.9 (53.9%)
237	**STEFANIUK Rafał**	**4325**	DOBROMIEJSKI KLUB BIEGACZA " ODCISK "	M40	87	**04:03:40.95**	+01:51:58 (45.9%)	8:42	6.9 (53.9%)
238	**WYPLER Marcin**	**4994**	WARTKIE PIERONY	M40	88	**04:03:49.60**	+01:52:06 (46.0%)	8:42	6.9 (53.9%)
239	**WRÓBEL Bartłomiej**	**4837**	CISNA	M40	89	**04:04:08.80**	+01:52:26 (46.1%)	8:43	6.9 (53.9%)
240	**KULIKOWSKI Adam**	**4708**		M30	97	**04:05:18.80**	+01:53:36 (46.3%)	8:45	6.8 (53.1%)
241	**ŚLIWIŃSKI Andrzej**	**4947**		M60	5	**04:05:23.40**	+01:53:40 (46.3%)	8:45	6.8 (53.1%)
242	**NESTEROWICZ Tomasz**	**4900**	BIEGUSIEM.PL	M40	90	**04:05:23.85**	+01:53:41 (46.3%)	8:45	6.8 (53.1%)
243	**PASTERNAK Robert**	**4306**		M50	20	**04:05:48.75**	+01:54:06 (46.4%)	8:46	6.8 (53.1%)
244	**PALIGA Rafał**	**5000**		M40	91	**04:06:00.65**	+01:54:18 (46.5%)	8:47	6.8 (53.1%)
245	**UJMA Stanisław**	**4229**	INTER.AUTO.PL	M60	6	**04:06:17.35**	+01:54:34 (46.5%)	8:47	6.8 (53.1%)
246	**GRUDNIEWSKI Tomasz**	**4064**		M40	92	**04:06:19.95**	+01:54:37 (46.5%)	8:47	6.8 (53.1%)
247	**PRZEWŁOKA Wojciech**	**4169**	SAINT-GOBAIN SQUAD	M40	93	**04:06:24.85**	+01:54:42 (46.5%)	8:48	6.8 (53.1%)
248	**PIRÓG Wojciech**	**4483**		M30	98	**04:06:42.00**	+01:54:59 (46.6%)	8:48	6.8 (53.1%)
249	**BŁAŻAK Bartlomiej**	**4011**		M30	99	**04:06:46.05**	+01:55:03 (46.6%)	8:48	6.8 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
250	**ZAJKOWSKI Michał**	**4416**	VEGE RUNNERS	M40	94	**04:06:46.10**	+01:55:03 (46.6%)	8:48	6.8 (53.1%)
251	**JĘDRZEJEK Marek**	**4072**		M30	100	**04:06:51.25**	+01:55:08 (46.6%)	8:48	6.8 (53.1%)
252	**POBUDKIEWICZ Seweryn**	**4575**		M30	101	**04:07:19.55**	+01:55:36 (46.7%)	8:49	6.8 (53.1%)
253	**NAKONIECZNY Jacek**	**4385**	SII RUNNING TEAM	M30	102	**04:08:06.05**	+01:56:23 (46.9%)	8:51	6.8 (53.1%)
254	**MADAJ Paweł**	**4130**	MADGOLD TEM	M50	21	**04:08:41.00**	+01:56:58 (47.0%)	8:52	6.8 (53.1%)
255	**ORŁOWSKI Robert**	**4302**		M40	95	**04:08:51.35**	+01:57:08 (47.1%)	8:53	6.8 (53.1%)
256	**GŁOWACKI Andrzej**	**4519**	MŁODY VS STARY	M50	22	**04:09:06.35**	+01:57:23 (47.1%)	8:53	6.7 (52.3%)
257	**FURMAŃCZUK Mateusz**	**4654**	GLADIATORS BY RMF4RT	M30	103	**04:09:25.40**	+01:57:42 (47.2%)	8:54	6.7 (52.3%)
258	**MIKOŁAJCZYK Paweł**	**4441**		M30	104	**04:09:47.55**	+01:58:04 (47.3%)	8:55	6.7 (52.3%)
259	**MAREK Tomasz**	**4136**		M40	96	**04:09:50.30**	+01:58:07 (47.3%)	8:55	6.7 (52.3%)
260	**MAŁEK Krzysztof**	**4132**		M30	105	**04:09:54.05**	+01:58:11 (47.3%)	8:55	6.7 (52.3%)
261	**CHMIELEWSKI Tomasz**	**4260**	ZIEMOWIT NOWOGRÓD	M40	97	**04:10:08.80**	+01:58:26 (47.3%)	8:56	6.7 (52.3%)
262	**POGODA Adam**	**4909**		M30	106	**04:10:22.70**	+01:58:40 (47.4%)	8:56	6.7 (52.3%)
263	**SZYNKARUK Wojciech**	**4953**	BEZ KLUBU	M40	98	**04:10:25.30**	+01:58:42 (47.4%)	8:56	6.7 (52.3%)
264	**MITAS Dariusz**	**4738**	PKS - PIWNY KLUB SPORTOWY	M30	107	**04:10:26.80**	+01:58:44 (47.4%)	8:56	6.7 (52.3%)
265	**PAWLIKOWSKI Michał**	**4307**		M40	99	**04:10:39.15**	+01:58:56 (47.5%)	8:57	6.7 (52.3%)
266	**KUŹMA Krzysiek**	**4715**		M40	100	**04:10:43.50**	+01:59:00 (47.5%)	8:57	6.7 (52.3%)
267	**SIPIERA Tomasz**	**4187**		M40	101	**04:10:52.20**	+01:59:09 (47.5%)	8:57	6.7 (52.3%)
268	**BAJOREK Norbert**	**4003**	FITNESS FREAKS	M40	102	**04:10:54.55**	+01:59:11 (47.5%)	8:57	6.7 (52.3%)
269	**WAWRO Szymon**	**4409**		M30	108	**04:11:06.65**	+01:59:24 (47.5%)	8:58	6.7 (52.3%)
270	**CZYŻOWICZ Michał**	**4032**		M30	109	**04:11:20.40**	+01:59:37 (47.6%)	8:58	6.7 (52.3%)
271	**KONDRAK Jan**	**4697**	LUBELSKA FEDERACJA BARDÓW	M60	7	**04:11:29.35**	+01:59:46 (47.6%)	8:58	6.7 (52.3%)
272	**KOCOŃ Mariusz**	**5010**	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	23	**04:11:36.45**	+01:59:53 (47.7%)	8:59	6.7 (52.3%)
273	**KLARECKI Adrian**	**4691**	ULTRA WAY TEAM / ASTMA TEAM	M40	103	**04:11:40.70**	+01:59:58 (47.7%)	8:59	6.7 (52.3%)
274	**ŻUROWSKI Łukasz**	**4253**	BBKS ŁAWECZKA WILANÓW	M40	104	**04:11:55.90**	+02:00:13 (47.7%)	8:59	6.7 (52.3%)
275	**KUŁAKOWSKI Piotr**	**4709**	CZŁAPACZE	M60	8	**04:12:15.75**	+02:00:33 (47.8%)	9:00	6.7 (52.3%)
276	**FIEDORCZUK Łukasz**	**4996**	HDD WINNICZKI	M40	105	**04:12:16.00**	+02:00:33 (47.8%)	9:00	6.7 (52.3%)
277	**FRĄCZEK Piotr**	**4512**	MĄKA DRAWSKI MŁYN	M20	32	**04:12:22.00**	+02:00:39 (47.8%)	9:00	6.7 (52.3%)
278	**LITWORA Sebastian**	**4124**		M40	106	**04:12:34.20**	+02:00:51 (47.9%)	9:01	6.7 (52.3%)
279	**KOZŁOWSKI Sebastian**	**4700**		M30	110	**04:12:43.75**	+02:01:01 (47.9%)	9:01	6.6 (51.6%)
280	**PIETRUSZEWSKI Bartłomiej**	**4573**		M40	107	**04:13:09.25**	+02:01:26 (48.0%)	9:02	6.6 (51.6%)
281	**SERAFIN Bartłomiej**	**4918**		M30	111	**04:13:23.60**	+02:01:40 (48.0%)	9:02	6.6 (51.6%)
282	**ZARZYCKI Krzysztof**	**4842**	DZIKI BRZEG	M30	112	**04:13:29.40**	+02:01:46 (48.0%)	9:03	6.6 (51.6%)
283	**CIENKI Szymon**	**4856**		M30	113	**04:14:27.15**	+02:02:44 (48.2%)	9:05	6.6 (51.6%)
284	**SULIMA Grzegorz**	**4203**		M40	108	**04:15:02.10**	+02:03:19 (48.4%)	9:06	6.6 (51.6%)
285	**KWIECIEŃ Krzysztof**	**4281**		M40	109	**04:15:16.00**	+02:03:33 (48.4%)	9:07	6.6 (51.6%)
286	**NOWAK Miroslaw**	**5058**	NIE MA	M40	110	**04:15:33.90**	+02:03:51 (48.5%)	9:07	6.6 (51.6%)
287	**CHODZIŃSKI Daniel**	**4023**		M40	111	**04:15:36.30**	+02:03:53 (48.5%)	9:07	6.6 (51.6%)
288	**MICHALCZAK Paweł**	**4734**	WKS WAWEL KRAKÓW BNO	M40	112	**04:16:06.00**	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
289	**TOMAKA Bartlomiej**	**4819**		M40	113	**04:16:06.30**	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
290	**ZAŁĘCKI Michał**	**4340**		M30	114	**04:16:54.05**	+02:05:11 (48.7%)	9:10	6.5 (50.8%)
291	**DYŚKO Łukasz**	**4037**		M30	115	**04:17:36.10**	+02:05:53 (48.9%)	9:12	6.5 (50.8%)
292	**GLAZER Marcin**	**4945**	PKO BANK POLSKI	M30	116	**04:17:38.35**	+02:05:55 (48.9%)	9:12	6.5 (50.8%)
293	**GRABAREK Mateusz**	**4364**		M30	117	**04:17:59.80**	+02:06:17 (48.9%)	9:12	6.5 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
294	**SZYMAŃSKI Jakub**	**4817**	BOMBEL TEAM	M20	33	**04:18:04.00**	+02:06:21 (49.0%)	9:13	6.5 (50.8%)
295	**JAROS Piotr**	**4968**		M30	118	**04:18:11.65**	+02:06:29 (49.0%)	9:13	6.5 (50.8%)
296	**STELMACH Piotr**	**4808**		M40	114	**04:18:23.30**	+02:06:40 (49.0%)	9:13	6.5 (50.8%)
297	**MARKOWSKI Marcin**	**4731**	SZAKALE BAŁUT	M40	115	**04:18:35.65**	+02:06:53 (49.1%)	9:14	6.5 (50.8%)
298	**SIUDA Adam**	**4188**		M30	119	**04:18:41.85**	+02:06:59 (49.1%)	9:14	6.5 (50.8%)
299	**BRZEZIŃSKI Piotr**	**4017**		M30	120	**04:18:46.35**	+02:07:03 (49.1%)	9:14	6.5 (50.8%)
300	**FILA Michał**	**5003**		M30	121	**04:18:51.50**	+02:07:08 (49.1%)	9:14	6.5 (50.8%)
301	**KUCZBORSKI Jarosław**	**4705**	HARPAGAN SOSNOWIEC	M40	116	**04:19:10.25**	+02:07:27 (49.2%)	9:15	6.5 (50.8%)
302	**PŁOCIENICZAK Jacek**	**4765**	SAME LAMY	M20	34	**04:19:37.35**	+02:07:54 (49.3%)	9:16	6.5 (50.8%)
303	**MAZEK Łukasz**	**4138**	A NA ILE KILOMETRÓW TEN MARATON	M30	122	**04:20:30.45**	+02:08:47 (49.4%)	9:18	6.4 (50.0%)
304	**KACZOROWSKI Tomasz**	**4682**	PKS - PIWNY KLUB SPORTOWY	M30	123	**04:20:42.80**	+02:09:00 (49.5%)	9:18	6.4 (50.0%)
305	**KONIECPOLSKI Krzysztof**	**4432**		M50	24	**04:20:49.90**	+02:09:07 (49.5%)	9:18	6.4 (50.0%)
306	**KURKOWSKI Krzysztof**	**5019**		M40	117	**04:20:54.90**	+02:09:12 (49.5%)	9:19	6.4 (50.0%)
307	**LIS Krzysztof**	**5140**		M50	25	**04:21:02.90**	+02:09:20 (49.5%)	9:19	6.4 (50.0%)
308	**GŁAZ Marek**	**4057**		M30	124	**04:21:14.50**	+02:09:31 (49.6%)	9:19	6.4 (50.0%)
309	**PIOTROWSKI Bartłomiej**	**4161**		M30	125	**04:21:45.25**	+02:10:02 (49.7%)	9:20	6.4 (50.0%)
310	**FOGT Maciej**	**4045**	CB163	M40	118	**04:21:51.70**	+02:10:09 (49.7%)	9:21	6.4 (50.0%)
311	**KOWALSKI Marcin**	**4543**	RADOMNO BIEGA	M40	119	**04:21:57.50**	+02:10:14 (49.7%)	9:21	6.4 (50.0%)
312	**CEGIEŁKO Paweł**	**4854**	NIE NALEŻĘ DO KLUBU	M40	120	**04:22:01.80**	+02:10:19 (49.7%)	9:21	6.4 (50.0%)
313	**FLASZEWSKI Adam**	**4358**	SPORTOWY KAŹMIERZ	M30	126	**04:23:09.90**	+02:11:27 (50.0%)	9:23	6.4 (50.0%)
313	**GRABARCZYK Łukasz**	**4363**	PAKIET ODBIORĘ	M30	126	**04:23:09.90**	+02:11:27 (50.0%)	9:23	6.4 (50.0%)
315	**KŁODZIŃSKI Klaudiusz**	**4539**		M50	26	**04:23:53.25**	+02:12:10 (50.1%)	9:25	6.4 (50.0%)
316	**UJMA Paweł**	**4228**	WWW.INTER.AUTO.PL	M40	121	**04:23:57.20**	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
317	**ROGE Michał**	**4392**		M30	128	**04:23:57.60**	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
318	**HUZAREWICZ Heniek**	**4673**		M40	122	**04:24:50.90**	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
319	**SZYMSKI Rafał**	**4818**	CIDRY LOTAJOM	M40	123	**04:24:51.50**	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
320	**BLAJER Piotr**	**4965**		M30	129	**04:24:51.95**	+02:13:09 (50.3%)	9:27	6.3 (49.2%)
321	**OGONOWSKI Michał**	**4151**	CB163	M40	124	**04:25:05.95**	+02:13:23 (50.3%)	9:28	6.3 (49.2%)
322	**RADYK Jakub**	**4773**	PRZEMYSKI KLUB BIEGACZA	M30	130	**04:25:42.50**	+02:13:59 (50.4%)	9:29	6.3 (49.2%)
323	**BIS Tomasz**	**5029**	KAWKA	M40	125	**04:25:43.45**	+02:14:00 (50.4%)	9:29	6.3 (49.2%)
324	**RADZIK Szymon**	**5030**	KAWKA	M40	126	**04:25:45.50**	+02:14:02 (50.4%)	9:29	6.3 (49.2%)
325	**WASIK Michal**	**4235**		M30	131	**04:27:04.85**	+02:15:22 (50.7%)	9:32	6.3 (49.2%)
326	**NOWAK Marcin**	**4298**	KLUB BIEGACZA RTV EURO AGD	M20	35	**04:27:21.05**	+02:15:38 (50.7%)	9:32	6.3 (49.2%)
327	**NIEMIEC Łukasz**	**4902**		M20	36	**04:27:22.70**	+02:15:40 (50.7%)	9:32	6.3 (49.2%)
328	**PASEK Przemysław**	**4904**		M20	37	**04:27:23.30**	+02:15:40 (50.7%)	9:32	6.3 (49.2%)
329	**SOWIŃSKI Mikołaj**	**4321**		M20	38	**04:27:35.65**	+02:15:53 (50.8%)	9:33	6.3 (49.2%)
330	**URBAŃCZYK Marcin**	**4230**		M40	127	**04:28:00.10**	+02:16:17 (50.9%)	9:34	6.3 (49.2%)
331	**STEBELSKI Łukasz**	**5028**	KASZUBY MAN	M40	128	**04:28:03.50**	+02:16:20 (50.9%)	9:34	6.3 (49.2%)
332	**DROZDEK Włodzimierz**	**4859**	BIEGAJĄCE DROZDKI	M50	27	**04:28:14.20**	+02:16:31 (50.9%)	9:34	6.3 (49.2%)
333	**KARPIŁOWSKI Bartosz**	**4538**	VICIOUS CIRCLE	M40	129	**04:28:24.45**	+02:16:41 (50.9%)	9:35	6.3 (49.2%)
334	**GAWRON Paweł**	**4055**	KONINRUN	M60	9	**04:28:28.15**	+02:16:45 (50.9%)	9:35	6.3 (49.2%)
335	**KARSKI Tomasz**	**4687**		M30	132	**04:28:39.20**	+02:16:56 (51.0%)	9:35	6.3 (49.2%)
336	**ROSTEK Arkadiusz**	**5065**		M40	130	**04:28:39.90**	+02:16:57 (51.0%)	9:35	6.3 (49.2%)
337	**GÓRKA Bogusław**	**4062**	SUSKA GRUPA BIEGOWA	M40	131	**04:28:42.65**	+02:17:00 (51.0%)	9:35	6.3 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
338	**OLSZEWSKI Jacek**	**4745**	RYKOWISKO TEAM	M40	132	**04:29:10.40**	+02:17:27 (51.1%)	9:36	6.2 (48.4%)
339	**PISINGAS Mariusz**	**4574**	BIEGANIE TO MÓJ TRZEŹWY	M40	133	**04:29:21.40**	+02:17:38 (51.1%)	9:37	6.2 (48.4%)
340	**DWORNICKI Tomasz**	**5040**	RGB	M40	134	**04:29:24.75**	+02:17:42 (51.1%)	9:37	6.2 (48.4%)
341	**BRODZIAK Arkadiusz**	**4504**		M40	135	**04:29:28.30**	+02:17:45 (51.1%)	9:37	6.2 (48.4%)
342	**CHABLO Daniel**	**4462**	STUMBRASIKI	M40	136	**04:29:36.55**	+02:17:53 (51.1%)	9:37	6.2 (48.4%)
343	**CZELIŃSKI Leszek**	**4508**	CAMEL W ZALEWIE	M50	28	**04:29:38.50**	+02:17:55 (51.2%)	9:37	6.2 (48.4%)
344	**STRZEMIECZNY Piotr**	**4200**		M30	133	**04:29:46.75**	+02:18:04 (51.2%)	9:38	6.2 (48.4%)
345	**PODOLAK Rafał**	**4766**	GLADIATORS BY RMF4RT	M20	39	**04:29:58.45**	+02:18:15 (51.2%)	9:38	6.2 (48.4%)
346	**PIEJAK Tomasz**	**4760**	AKADEMIA KETTLEBELLS WARSZAWA	M30	134	**04:30:08.80**	+02:18:26 (51.2%)	9:38	6.2 (48.4%)
347	**MAŁEK Krzysztof**	**4133**		M40	137	**04:30:14.30**	+02:18:31 (51.3%)	9:39	6.2 (48.4%)
348	**KACZYŃSKI Artur**	**4683**		M40	138	**04:31:04.95**	+02:19:22 (51.4%)	9:40	6.2 (48.4%)
349	**KICIŃSKI Piotr**	**4371**		M40	139	**04:31:52.45**	+02:20:09 (51.6%)	9:42	6.2 (48.4%)
350	**SZMATLOCH Bartłomiej**	**4208**	RETROBAJTEL	M30	135	**04:32:02.95**	+02:20:20 (51.6%)	9:42	6.2 (48.4%)
351	**OSTROWSKI Mirosław**	**4569**		M30	136	**04:32:08.90**	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
352	**IGNASZEWSKI Przemysław**	**5002**	VEGENERAT BIEGOWY	M40	140	**04:32:09.20**	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
353	**SZMATLOCH Maciek**	**4209**	RETROBAJTEL	M40	141	**04:32:11.10**	+02:20:28 (51.6%)	9:43	6.2 (48.4%)
354	**PIĘTKA Piotr**	**4308**	AMERNET	M40	142	**04:32:12.70**	+02:20:30 (51.6%)	9:43	6.2 (48.4%)
355	**GRONIECKI Mikołaj**	**4983**	KTÓRĘDY PO PIWO,)	M40	143	**04:32:14.65**	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
356	**RUPNIK Janusz**	**4782**	K.B. MARATON TUREK	M50	29	**04:32:15.60**	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
357	**RECZEK Sebastian**	**4315**	KS ZIELONO-CZARNI	M40	144	**04:32:28.90**	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
358	**KLĘCZAR Igor**	**5084**		M30	137	**04:32:28.95**	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
359	**RATOWSKI Marek**	**4314**	PODGÓRZ TORUŃ	M40	145	**04:32:29.70**	+02:20:47 (51.7%)	9:43	6.2 (48.4%)
360	**FRAŃSKI Łukasz**	**4359**	NKB CHYŻY NOWY TOMYŚL	M40	146	**04:32:44.10**	+02:21:01 (51.7%)	9:44	6.2 (48.4%)
361	**HAJDUK Tomek**	**4427**	YULO RUN TEAM	M40	147	**04:33:26.60**	+02:21:43 (51.8%)	9:45	6.1 (47.7%)
362	**SICIARSKI Marcin**	**4317**		M40	148	**04:34:22.35**	+02:22:39 (52.0%)	9:47	6.1 (47.7%)
363	**MASŁOWSKI Dariusz**	**4555**		M40	149	**04:34:42.90**	+02:23:00 (52.1%)	9:48	6.1 (47.7%)
364	**SIEROCIŃSKI Robert**	**4795**	CROSSFIT SIEDLCE	M40	150	**04:34:50.45**	+02:23:07 (52.1%)	9:48	6.1 (47.7%)
365	**PREIS Kamil**	**4167**	SII RUNNING TEAM	M20	40	**04:35:12.00**	+02:23:29 (52.1%)	9:49	6.1 (47.7%)
366	**MASZKOWSKI Rafał**	**4557**		M40	151	**04:35:17.10**	+02:23:34 (52.2%)	9:49	6.1 (47.7%)
367	**MAZUREK Grzegorz**	**4139**		M40	152	**04:35:32.00**	+02:23:49 (52.2%)	9:50	6.1 (47.7%)
368	**NĘCKI Łukasz**	**4741**	SŁOŃCA JURY	M40	153	**04:35:57.90**	+02:24:15 (52.3%)	9:51	6.1 (47.7%)
369	**SKORUS Jakub**	**4488**	WKURW_TEAM	M20	41	**04:36:02.20**	+02:24:19 (52.3%)	9:51	6.1 (47.7%)
370	**KASIŃSKI Radosław**	**4473**	HERNIK TEAM	M40	154	**04:36:29.00**	+02:24:46 (52.4%)	9:52	6.1 (47.7%)
371	**TYMA Krzysztof**	**4405**	CB163	M30	138	**04:36:30.30**	+02:24:47 (52.4%)	9:52	6.1 (47.7%)
372	**HATALA Grzegorz**	**4871**		M30	139	**04:36:38.90**	+02:24:56 (52.4%)	9:52	6.1 (47.7%)
373	**JAGODA Mateusz**	**4529**	FUCHS OIL TEAM	M20	42	**04:36:52.85**	+02:25:10 (52.4%)	9:53	6.1 (47.7%)
374	**ROKOSZ Marek**	**4777**		M50	30	**04:37:09.40**	+02:25:26 (52.5%)	9:53	6.1 (47.7%)
375	**SALA Pawel**	**5016**	TURBACZ TRAIL/ B4SPORT TO NAJLEPSZA FIRMA POMIAROWA	M40	155	**04:37:13.75**	+02:25:31 (52.5%)	9:54	6.1 (47.7%)
376	**KASZA Bartosz**	**4080**		M30	140	**04:37:26.80**	+02:25:44 (52.5%)	9:54	6.1 (47.7%)
377	**OSIADŁY Bartosz**	**4153**		M30	141	**04:37:37.30**	+02:25:54 (52.6%)	9:54	6.1 (47.7%)
378	**BOROWIEC Arkadiusz**	**4625**	CHEŁM BIEGA	M40	156	**04:38:46.85**	+02:27:04 (52.8%)	9:57	6 (46.9%)
379	**PRYSZCZ Mirosław**	**5066**		M40	157	**04:39:18.90**	+02:27:36 (52.8%)	9:58	6 (46.9%)
380	**WAŁCZYK Wojciech**	**4827**		M40	158	**04:39:34.05**	+02:27:51 (52.9%)	9:59	6 (46.9%)
381	**SIEWIERSKI Adam**	**4185**	TEAM PAPRY	M40	159	**04:39:51.30**	+02:28:08 (52.9%)	9:59	6 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
382	**PODKUL Konrad**	**4163**		M30	142	**04:40:06.00**	+02:28:23 (53.0%)	10:00	6 (46.9%)
383	**KUCHARSKI Adam**	**4547**		M40	160	**04:40:24.10**	+02:28:41 (53.0%)	10:00	6 (46.9%)
384	**CHYLIŃSKI Bartosz**	**4507**		M30	143	**04:40:51.55**	+02:29:08 (53.1%)	10:01	6 (46.9%)
385	**MAJKA Wojciech**	**4728**	TRENER24H.COM.PL	M40	161	**04:41:05.50**	+02:29:22 (53.1%)	10:02	6 (46.9%)
386	**STOLTMAN Jan**	**4925**		M20	43	**04:41:30.65**	+02:29:48 (53.2%)	10:03	6 (46.9%)
387	**FORNAL Jacek**	**4046**		M30	144	**04:41:31.75**	+02:29:49 (53.2%)	10:03	6 (46.9%)
388	**WYSMOLIŃSKI Jan**	**4607**		M20	44	**04:41:32.55**	+02:29:49 (53.2%)	10:03	6 (46.9%)
389	**KOLASIŃSKI Marcin**	**4693**		M30	145	**04:41:40.70**	+02:29:58 (53.2%)	10:03	6 (46.9%)
390	**OLSZÓWKA Karol**	**4746**		M30	146	**04:41:42.50**	+02:29:59 (53.2%)	10:03	6 (46.9%)
391	**ŚWIERKOWSKI Robert**	**4216**		M40	162	**04:41:45.30**	+02:30:02 (53.3%)	10:03	6 (46.9%)
392	**ANDRZEJEWSKI Maciej**	**4460**	KTÓRĘDY PO PIWO	M30	147	**04:41:47.95**	+02:30:05 (53.3%)	10:03	6 (46.9%)
393	**PENAR Arkadiusz**	**4448**		M50	31	**04:42:59.10**	+02:31:16 (53.5%)	10:06	5.9 (46.1%)
394	**MICHNIEWSKI Tomasz**	**4140**	FENOLE	M40	163	**04:43:07.75**	+02:31:25 (53.5%)	10:06	5.9 (46.1%)
395	**SZOPA Grzegorz**	**4490**		M50	32	**04:43:53.90**	+02:32:11 (53.6%)	10:08	5.9 (46.1%)
396	**CHODZIAK Marcin**	**5036**		M30	148	**04:44:19.05**	+02:32:36 (53.7%)	10:09	5.9 (46.1%)
397	**PAWLAK Bartosz**	**4753**		M40	164	**04:45:27.55**	+02:33:44 (53.9%)	10:11	5.9 (46.1%)
398	**JAMBOR Michał**	**4676**	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	165	**04:45:32.25**	+02:33:49 (53.9%)	10:11	5.9 (46.1%)
399	**KOSTECKI Tomasz**	**4433**	R&T	M40	166	**04:45:33.60**	+02:33:50 (53.9%)	10:11	5.9 (46.1%)
400	**PARAFINIAK Szymon**	**4304**		M30	149	**04:45:38.20**	+02:33:55 (53.9%)	10:12	5.9 (46.1%)
401	**PASTERNAK Wojciech**	**4305**		M40	167	**04:46:03.00**	+02:34:20 (54.0%)	10:12	5.9 (46.1%)
402	**WOŹNIAK Przemysław**	**4412**	WIELISZEW HERON TEAM	M30	150	**04:46:43.50**	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
403	**MĄCZKA Bronisław**	**5021**	OTK RZEŹNIK	M60	10	**04:46:43.55**	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
404	**KRZYSZTOFOWICZ Andrzej**	**4546**		M40	168	**04:47:20.15**	+02:35:37 (54.2%)	10:15	5.8 (45.3%)
405	**DYŚ Wojciech**	**4036**	SANTANDER RUNNERS TEAM	M30	151	**04:47:46.55**	+02:36:03 (54.2%)	10:16	5.8 (45.3%)
406	**MROSZYŃSKI Wojciech**	**4384**	NIGHT RUNNERS	M30	152	**04:47:48.60**	+02:36:05 (54.2%)	10:16	5.8 (45.3%)
407	**ŁUKAWSKI Tomek**	**3136**	B4TEAM	M20	45	**04:48:05.85**	+02:36:23 (54.3%)	10:17	5.8 (45.3%)
408	**KAZIRÓD Sebastian**	**4474**	STUMBRASIKI	M50	33	**04:48:18.80**	+02:36:36 (54.3%)	10:17	5.8 (45.3%)
409	**MROZIK Michał**	**4999**	POWER TRAINING	M30	153	**04:48:27.65**	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
410	**MATYJASIAK Konrad**	**4890**		M40	169	**04:48:27.85**	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
411	**WASIEWICZ Michał**	**4233**		M30	154	**04:48:37.05**	+02:36:54 (54.4%)	10:18	5.8 (45.3%)
412	**KRAWCZYK Sławomir**	**4100**		M50	34	**04:49:24.85**	+02:37:42 (54.5%)	10:20	5.8 (45.3%)
413	**POLAŃSKI Robert**	**4165**	NOĆNE WOŁKI	M40	170	**04:49:28.45**	+02:37:45 (54.5%)	10:20	5.8 (45.3%)
414	**WRÓBEL Radosław**	**4606**		M30	155	**04:49:34.10**	+02:37:51 (54.5%)	10:20	5.8 (45.3%)
415	**WRÓBEL Piotr**	**4605**		M60	11	**04:49:34.30**	+02:37:51 (54.5%)	10:20	5.8 (45.3%)
416	**DZIOPA Paweł**	**4038**	WKURW_TEAM	M50	35	**04:49:41.85**	+02:37:59 (54.5%)	10:20	5.8 (45.3%)
417	**WALKOWSKI Tomasz**	**4457**	AKTYWNI KOCIEWIACY	M30	156	**04:50:54.00**	+02:39:11 (54.7%)	10:23	5.8 (45.3%)
418	**KURZYDŁO Bartosz**	**4548**		M30	157	**04:50:59.35**	+02:39:16 (54.7%)	10:23	5.8 (45.3%)
419	**NOWICKI Bartosz**	**4990**	ROZBIEGANY PIASTÓW	M30	158	**04:51:15.85**	+02:39:33 (54.8%)	10:24	5.8 (45.3%)
420	**GÓRSKI Krzysztof**	**4267**	MK-NET	M40	171	**04:51:21.10**	+02:39:38 (54.8%)	10:24	5.8 (45.3%)
421	**STANISZEWSKI Maciej**	**4802**		M40	172	**04:51:30.30**	+02:39:47 (54.8%)	10:24	5.8 (45.3%)
422	**SZYMCZYK Maciej**	**4213**		M30	159	**04:51:47.90**	+02:40:05 (54.9%)	10:25	5.8 (45.3%)
423	**SMOLEŃ Tomasz**	**4189**		M30	160	**04:51:48.05**	+02:40:05 (54.9%)	10:25	5.8 (45.3%)
424	**WŁADYKA Marcin**	**4936**	ASP WWA	M40	173	**04:51:52.70**	+02:40:10 (54.9%)	10:25	5.8 (45.3%)
425	**ROSZAK Zbigniew**	**4486**	WATAHA ŁĄCZY NAS BIEGANIE	M30	161	**04:52:25.50**	+02:40:42 (55.0%)	10:26	5.7 (44.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
426	**DĘBSKI Jan**	**4464**	SOŁTYS SUCHARZEWO	M60	12	**04:52:25.75**	+02:40:43 (55.0%)	10:26	5.7 (44.5%)
427	**CZAPIŃSKI Bartosz**	**4637**	DZIKI GOŁOBORZY	M40	174	**04:52:30.65**	+02:40:48 (55.0%)	10:26	5.7 (44.5%)
428	**WILOWSKI Wojciech**	**5011**	BIEGANIE SZYDERCOW	M40	175	**04:53:05.20**	+02:41:22 (55.1%)	10:28	5.7 (44.5%)
429	**OBARSKI Norbert**	**4744**		M60	13	**04:53:07.75**	+02:41:25 (55.1%)	10:28	5.7 (44.5%)
430	**RESZKA Łukasz**	**4316**	POWIAT ŚWIDNICKI	M40	176	**04:53:11.95**	+02:41:29 (55.1%)	10:28	5.7 (44.5%)
431	**STANISŁAWSKI Emil**	**4801**	AKADEMIA KETTLEBELLS WARSZAWA	M30	162	**04:53:18.95**	+02:41:36 (55.1%)	10:28	5.7 (44.5%)
432	**WYBRANIEC Wojciech**	**5063**	OFIARY JEDZENIA KOTLETÓW	M40	177	**04:54:09.80**	+02:42:27 (55.2%)	10:30	5.7 (44.5%)
433	**BŁAŻEJEWSKI Kacper**	**4012**	CB163	M30	163	**04:54:18.40**	+02:42:35 (55.2%)	10:30	5.7 (44.5%)
434	**NOWACKI Łukasz**	**4297**	POGODNI	M40	178	**04:54:21.95**	+02:42:39 (55.3%)	10:30	5.7 (44.5%)
435	**CIEŚLA Dariusz**	**4026**		M40	179	**04:54:25.50**	+02:42:42 (55.3%)	10:30	5.7 (44.5%)
436	**KLIMASZYK Łukasz**	**4273**		M20	46	**04:54:38.45**	+02:42:55 (55.3%)	10:31	5.7 (44.5%)
437	**MOCEK Stanisław**	**4893**	EUROFINS	M40	180	**04:55:04.45**	+02:43:21 (55.4%)	10:32	5.7 (44.5%)
438	**PLIŻGA Sebastian**	**4992**	BYDLAKI	M30	164	**04:55:50.20**	+02:44:07 (55.5%)	10:33	5.7 (44.5%)
439	**ZAKRZEWSKI Marcin**	**4246**	#BIEGAMYNAOSTRO	M30	165	**04:56:46.15**	+02:45:03 (55.6%)	10:35	5.7 (44.5%)
440	**PRZYBYŁA Krzysztof**	**4912**	ADIDAS RUNNERS WARSAW	M30	166	**04:56:59.35**	+02:45:16 (55.7%)	10:36	5.7 (44.5%)
441	**KULAK Paweł**	**4980**		M40	181	**04:57:26.50**	+02:45:43 (55.7%)	10:37	5.6 (43.8%)
442	**KROTOS Krzysztof**	**4102**	OQS	M40	182	**04:57:35.20**	+02:45:52 (55.7%)	10:37	5.6 (43.8%)
443	**MASZKOWSKI Piotr**	**4288**	OBORYGENI	M40	183	**04:58:02.25**	+02:46:19 (55.8%)	10:38	5.6 (43.8%)
444	**MOŚ Rafał**	**5064**	B4TEAM	M40	184	**04:58:34.55**	+02:46:51 (55.9%)	10:39	5.6 (43.8%)
445	**TUREK Paweł**	**4227**		M40	185	**04:58:53.50**	+02:47:10 (55.9%)	10:40	5.6 (43.8%)
446	**ZYBERT Mateusz**	**4848**	DABEX-BOLT	M30	167	**04:58:54.10**	+02:47:11 (55.9%)	10:40	5.6 (43.8%)
447	**MOCZYDŁOWSKI Marcin Jan**	**4955**	#BIEGAMYNAOSTRO TEAM	M30	168	**04:59:23.75**	+02:47:41 (56.0%)	10:41	5.6 (43.8%)
448	**SZTANDERA Grzegorz**	**5046**	BIEGANIE SZYDERCÓW	M30	169	**04:59:32.65**	+02:47:50 (56.0%)	10:41	5.6 (43.8%)
449	**KOTARBA Mateusz**	**4542**	MONKEY SAUSAGE	M30	170	**04:59:42.15**	+02:47:59 (56.1%)	10:42	5.6 (43.8%)
450	**GOCYLA Dariusz**	**4520**	DARZYBÓRUNNER-SKA	M50	36	**05:00:29.50**	+02:48:46 (56.2%)	10:43	5.6 (43.8%)
451	**TARNOWSKI Michał**	**4591**		M30	171	**05:00:41.35**	+02:48:58 (56.2%)	10:44	5.6 (43.8%)
452	**KONCA Aleksander**	**4695**	KB OŻARÓW MAZOWIECKI BIEGA	M20	47	**05:01:36.95**	+02:49:54 (56.3%)	10:46	5.6 (43.8%)
453	**STRUS Sebastian**	**4811**		M40	186	**05:02:12.00**	+02:50:29 (56.4%)	10:47	5.6 (43.8%)
454	**KONCA Mariusz**	**4694**	KB OŻARÓW MAZOWIECKI BIEGA	M40	187	**05:02:42.05**	+02:50:59 (56.5%)	10:48	5.6 (43.8%)
455	**ROSTEK Andrzej**	**4778**	MARKOWI BIEGACZE	M50	37	**05:03:07.10**	+02:51:24 (56.5%)	10:49	5.5 (43.0%)
456	**DOMIN Daniel**	**4034**	MULTIPLIER TEAM	M40	188	**05:03:22.65**	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
457	**DENKOWSKI Wojciech**	**4641**	BP RUNNING TEAM	M50	38	**05:03:22.80**	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
458	**CZWAKIEL Krzysztof**	**4031**	JGB SOKÓŁ JAROSŁAW	M30	172	**05:03:27.55**	+02:51:44 (56.6%)	10:50	5.5 (43.0%)
459	**KIEŁCZYŃSKI Waldemar Piotr**	**4875**		M30	173	**05:04:28.95**	+02:52:46 (56.7%)	10:52	5.5 (43.0%)
460	**SULEJA Karol**	**4813**	KB MARATON TUREK	M40	189	**05:04:56.25**	+02:53:13 (56.8%)	10:53	5.5 (43.0%)
461	**KWIATKOWSKI Arkadiusz**	**4883**	MBANK	M40	190	**05:05:03.40**	+02:53:20 (56.8%)	10:53	5.5 (43.0%)
462	**KĘDZIOR Grzegorz**	**4873**		M20	48	**05:05:09.55**	+02:53:26 (56.8%)	10:53	5.5 (43.0%)
463	**SEREDA Andrii**	**4395**		M30	174	**05:05:19.30**	+02:53:36 (56.9%)	10:54	5.5 (43.0%)
464	**POPCZYK Piotr**	**4166**		M40	191	**05:05:26.70**	+02:53:44 (56.9%)	10:54	5.5 (43.0%)
465	**KUBICKI Mariusz**	**4107**	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	M40	192	**05:05:35.50**	+02:53:52 (56.9%)	10:54	5.5 (43.0%)
466	**TRZECIAK Krzysztof**	**4931**	FABRYKA DZIKA	M30	175	**05:05:35.60**	+02:53:52 (56.9%)	10:54	5.5 (43.0%)
467	**SCHMIDT Sebastian**	**4993**		M20	49	**05:06:17.15**	+02:54:34 (57.0%)	10:56	5.5 (43.0%)
468	**TOMKIEWICZ Jakub**	**4331**		M20	50	**05:07:02.85**	+02:55:20 (57.1%)	10:57	5.5 (43.0%)
469	**TOMKIEWICZ Przemysław**	**4332**		M40	193	**05:07:02.95**	+02:55:20 (57.1%)	10:57	5.5 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
470	**GRZECHNIK Roman**	**4468**	BIEGAMYRAZEM.PL	M60	14	**05:07:41.85**	+02:55:59 (57.2%)	10:59	5.5 (43.0%)
471	**ANDRASZ Paweł**	**4001**		M20	51	**05:07:50.75**	+02:56:08 (57.2%)	10:59	5.5 (43.0%)
472	**GOLEBIOWSKI Michal**	**4969**		M40	194	**05:08:38.75**	+02:56:56 (57.3%)	11:01	5.4 (42.2%)
473	**ŁAZARSKI Tomasz**	**4126**		M40	195	**05:08:42.10**	+02:56:59 (57.3%)	11:01	5.4 (42.2%)
474	**SZULC Waldemar**	**4928**	BRAK	M30	176	**05:08:58.80**	+02:57:16 (57.4%)	11:02	5.4 (42.2%)
475	**ŻMUDA Radosław**	**4849**		M40	196	**05:09:37.70**	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
476	**WNUK Przemysław**	**4834**		M30	177	**05:09:37.75**	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
477	**JANIK Johan Janusz**	**4677**	COMPANEROS ASFALT TEAM	M40	197	**05:11:08.25**	+02:59:25 (57.7%)	11:06	5.4 (42.2%)
478	**TERLECKI Władysław**	**4593**	MŁODY VS STARY	M40	198	**05:11:12.55**	+02:59:29 (57.7%)	11:06	5.4 (42.2%)
479	**DUDA Wojciech**	**4646**	SKAWINA BIEGA	M40	199	**05:11:51.80**	+03:00:09 (57.8%)	11:08	5.4 (42.2%)
480	**DYMOWSKI Piotr**	**4355**		M30	178	**05:12:24.30**	+03:00:41 (57.8%)	11:09	5.4 (42.2%)
481	**TOMCZYK Marcin**	**4404**	REZERWOWE PSY	M30	179	**05:12:25.30**	+03:00:42 (57.8%)	11:09	5.4 (42.2%)
482	**CHWASTOWSKI Filip**	**4347**		M30	180	**05:13:39.65**	+03:01:57 (58.0%)	11:12	5.4 (42.2%)
483	**BIBRO Daniel**	**4008**		M30	181	**05:13:44.35**	+03:02:01 (58.0%)	11:12	5.4 (42.2%)
484	**GUCWA Jaroslaw**	**4066**		M50	39	**05:13:44.60**	+03:02:01 (58.0%)	11:12	5.4 (42.2%)
485	**LENART Tomasz**	**4718**	ŁÓDŹRUNCREW/JAKOTEAM	M40	200	**05:14:02.55**	+03:02:19 (58.1%)	11:12	5.3 (41.4%)
486	**KROCZYK Lesław**	**4702**		M40	201	**05:14:08.90**	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
487	**GDYNIA Daniel**	**4657**		M40	202	**05:14:09.45**	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
488	**GAUDEN Piotr**	**4467**	SPC	M40	203	**05:15:21.25**	+03:03:38 (58.2%)	11:15	5.3 (41.4%)
489	**RYŻYŃSKI Tomasz**	**4915**	CHEŁM BIEGA	M40	204	**05:15:45.75**	+03:04:03 (58.3%)	11:16	5.3 (41.4%)
490	**LASEK Piotr**	**4283**		M40	205	**05:15:59.90**	+03:04:17 (58.3%)	11:17	5.3 (41.4%)
491	**WASZAK Marek**	**4237**		M50	40	**05:17:00.40**	+03:05:17 (58.5%)	11:19	5.3 (41.4%)
492	**KĘPSKI Jarosław**	**4874**		M30	182	**05:18:42.75**	+03:07:00 (58.7%)	11:22	5.3 (41.4%)
493	**GRZEGORZ Skibiński**	**4670**		M40	206	**05:19:02.60**	+03:07:19 (58.7%)	11:23	5.3 (41.4%)
494	**CZAJKA Aleksander**	**4351**		M40	207	**05:20:11.90**	+03:08:29 (58.9%)	11:26	5.2 (40.6%)
495	**MYŚLIWIEC Andrzej**	**4146**		M60	15	**05:21:10.15**	+03:09:27 (59.0%)	11:28	5.2 (40.6%)
496	**HELMAN Jaroslaw**	**2187**		M40	208	**05:21:51.45**	+03:10:08 (59.1%)	11:29	5.2 (40.6%)
497	**CZEMPIEL Mateusz**	**4639**	LECYMY DURŚ	M30	183	**05:21:55.60**	+03:10:12 (59.1%)	11:29	5.2 (40.6%)
498	**HARNIK Michał**	**4524**	KOPALNIA MOCY	M30	184	**05:22:01.15**	+03:10:18 (59.1%)	11:30	5.2 (40.6%)
499	**JĘCZMIŃSKI Filip**	**4533**	SAMI SWOI	M20	52	**05:22:07.10**	+03:10:24 (59.1%)	11:30	5.2 (40.6%)
500	**FUDALI Jacek**	**4048**		M30	185	**05:22:14.95**	+03:10:32 (59.1%)	11:30	5.2 (40.6%)
501	**WOŹNIAK Mariusz**	**4602**	ULTRASY	M50	41	**05:25:03.15**	+03:13:20 (59.5%)	11:36	5.2 (40.6%)
502	**NOWAK Marcin**	**4742**	SZAKALE BAŁUT	M40	209	**05:25:07.10**	+03:13:24 (59.5%)	11:36	5.2 (40.6%)
503	**HERMAN Paweł**	**4991**	MLUKS TRZEBIATÓW	M40	210	**05:26:30.25**	+03:14:47 (59.7%)	11:39	5.1 (39.8%)
504	**RYBIENIK Lech**	**4394**	NIEZRZESZONY	M40	211	**05:26:46.45**	+03:15:03 (59.7%)	11:40	5.1 (39.8%)
505	**BUKAŁA Jacek**	**4018**		M50	42	**05:27:51.80**	+03:16:09 (59.8%)	11:42	5.1 (39.8%)
506	**KOSZAŁKA Marcin**	**4277**	KLUB WYSOKOGÓRSKI KRAKÓW	M50	43	**05:28:04.85**	+03:16:22 (59.9%)	11:43	5.1 (39.8%)
507	**GIERLOTKA Rafał**	**5043**	BRAK	M40	212	**05:28:11.15**	+03:16:28 (59.9%)	11:43	5.1 (39.8%)
508	**NASKRĘT Dariusz**	**5026**		M40	213	**05:28:34.95**	+03:16:52 (59.9%)	11:44	5.1 (39.8%)
509	**PŁAŻEWSKI Paweł**	**4763**	RUNEGADES BRWINÓW	M40	214	**05:28:39.25**	+03:16:56 (59.9%)	11:44	5.1 (39.8%)
510	**BOGUCKI Arkadiusz**	**4013**	AKADEMIA HOLISTYCZNA	M40	215	**05:30:17.65**	+03:18:35 (60.1%)	11:47	5.1 (39.8%)
511	**TROĆ Karol Paweł**	**4225**	SLOW JOGGING SIEDLCE	M40	216	**05:30:24.75**	+03:18:42 (60.1%)	11:48	5.1 (39.8%)
512	**STUDZIŃSKI Michał**	**4201**		M30	186	**05:31:06.60**	+03:19:23 (60.2%)	11:49	5.1 (39.8%)
513	**ŚWIERKOWSKI Piotr**	**4217**		M30	187	**05:32:35.25**	+03:20:52 (60.4%)	11:52	5.1 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
514	**WYSOCKI Tomasz**	**5086**		M40	217	**05:34:02.60**	+03:22:19 (60.6%)	11:55	5 (39.1%)
515	**SIEMIŃSKI Michał**	**4791**	ROZBIEGANY SULEJÓWEK	M30	188	**05:35:20.15**	+03:23:37 (60.7%)	11:58	5 (39.1%)
516	**MIELNICZUK Stanisław**	**4294**	PERFECT RUNNER TEAM	M60	16	**05:35:24.80**	+03:23:42 (60.7%)	11:58	5 (39.1%)
517	**MIELNICZUK Tomasz**	**4293**	PERFECT RUNNER TEAM	M30	189	**05:35:24.85**	+03:23:42 (60.7%)	11:58	5 (39.1%)
518	**KWIECIEŃ Jacek**	**4716**	MARKOWI BIEGACZE	M60	17	**05:36:31.30**	+03:24:48 (60.9%)	12:01	5 (39.1%)
519	**BARTNICKI Filip**	**4006**		M20	53	**05:38:04.25**	+03:26:21 (61.0%)	12:04	5 (39.1%)
520	**TYMOSZUK Michał**	**4407**	KB BIAŁA BIEGA	M40	218	**05:38:30.00**	+03:26:47 (61.1%)	12:05	5 (39.1%)
521	**LASEK Krzysztof**	**4282**	RUN, FOREST, RUN!	M30	190	**05:39:45.55**	+03:28:02 (61.2%)	12:08	4.9 (38.3%)
522	**FURTAK Gerard**	**4424**	ONE WAY TICKET	M20	54	**05:39:49.90**	+03:28:07 (61.2%)	12:08	4.9 (38.3%)
523	**MICHAŁEK Paweł**	**4440**	ONE WAY TICKET	M20	55	**05:39:51.85**	+03:28:09 (61.2%)	12:08	4.9 (38.3%)
524	**KAWECKI Dariusz**	**4370**	ETISOFT RUNNING TEAM	M50	44	**05:40:35.35**	+03:28:52 (61.3%)	12:09	4.9 (38.3%)
525	**FILAS Rafał**	**5069**		M40	219	**05:46:24.65**	+03:34:42 (62.0%)	12:22	4.8 (37.5%)
526	**KOZIEŁ Marcin**	**4096**		M40	220	**05:47:35.85**	+03:35:53 (62.1%)	12:24	4.8 (37.5%)
527	**ŁYSEK Artur**	**4381**	NIE LAM SIĘ	M20	56	**05:47:50.00**	+03:36:07 (62.1%)	12:25	4.8 (37.5%)
528	**BAWOR Marcin**	**4967**		M40	221	**05:57:08.60**	+03:45:25 (63.1%)	12:45	4.7 (36.7%)
529	**KĘPA Piotr**	**4689**	SAME PRZYJEMNOŚCI	M30	191	**05:57:24.90**	+03:45:42 (63.1%)	12:45	4.7 (36.7%)
530	**SREBRO Kacper Antoni**	**4194**		M20	57	**05:58:33.85**	+03:46:51 (63.3%)	12:48	4.7 (36.7%)
531	**SREBRO Michał**	**4193**		M50	45	**05:58:35.15**	+03:46:52 (63.3%)	12:48	4.7 (36.7%)
532	**PIOTROWSKI Marek**	**4762**	MORSOWNICY Z LEGNICY	M50	46	**05:58:37.35**	+03:46:54 (63.3%)	12:48	4.7 (36.7%)
533	**GRACZYK Wojciech**	**4269**		M20	58	**05:58:40.55**	+03:46:57 (63.3%)	12:48	4.7 (36.7%)
534	**WÓJTOWICZ Paweł**	**4940**	-	M50	47	**05:59:11.80**	+03:47:29 (63.3%)	12:49	4.7 (36.7%)
535	**WIATER Krzysztof**	**4238**		M50	48	**06:00:44.85**	+03:49:02 (63.5%)	12:53	4.7 (36.7%)
536	**ROMANOWSKI Slawomir**	**4485**		M60	18	**06:01:14.25**	+03:49:31 (63.5%)	12:54	4.7 (36.7%)
537	**POPIOŁEK Jacek**	**4910**		M40	222	**06:02:19.90**	+03:50:37 (63.6%)	12:56	4.6 (35.9%)
538	**JAGODA Adam**	**4528**	FUCHS OIL TEAM	M50	49	**06:07:05.65**	+03:55:23 (64.1%)	13:06	4.6 (35.9%)
539	**SZADKOWSKI Paweł**	**5023**		M30	192	**06:08:52.80**	+03:57:10 (64.3%)	13:10	4.6 (35.9%)
540	**BRATKO Zbigniew**	**4420**	65+	M60	19	**06:11:00.60**	+03:59:17 (64.5%)	13:15	4.5 (35.2%)
541	**KURCZEWSKI Aleksander**	**5045**		M50	50	**06:13:03.10**	+04:01:20 (64.7%)	13:19	4.5 (35.2%)
542	**JANCZEWSKI Sebastian**	**4428**		M30	193	**06:13:26.80**	+04:01:44 (64.7%)	13:20	4.5 (35.2%)
543	**PERLAK Maciej**	**4449**		M20	59	**06:13:27.40**	+04:01:44 (64.7%)	13:20	4.5 (35.2%)
544	**BIELECKI Tomasz**	**4618**	STOWARZYSZENIE SŁOŃCA JURY	M40	223	**06:15:51.05**	+04:04:08 (65.0%)	13:25	4.5 (35.2%)
545	**PERKOWSKI Tomasz**	**4756**		M40	224	**06:18:04.35**	+04:06:21 (65.2%)	13:30	4.4 (34.4%)
546	**SOŁTYSEK Sebastian**	**4800**	UNIVERSAL SOLDIERS	M40	225	**06:18:46.20**	+04:07:03 (65.2%)	13:31	4.4 (34.4%)
547	**TATARSKI Michał**	**5072**		M20	60	**06:21:09.00**	+04:09:26 (65.4%)	13:36	4.4 (34.4%)
548	**MROZIŃSKI Andrzej**	**4896**	WITAR	M50	51	**06:21:21.25**	+04:09:38 (65.5%)	13:37	4.4 (34.4%)
549	**KACZKIEWICZ Damian**	**4535**	NIGHT RUNNERS GLIWICE	M40	226	**06:23:54.30**	+04:12:11 (65.7%)	13:42	4.4 (34.4%)
550	**LARA Krzysztof**	**4550**	GRUPA JURA PL	M40	227	**06:26:52.60**	+04:15:09 (66.0%)	13:49	4.3 (33.6%)
551	**POPŁAWSKI Krystian**	**4768**	GLADIATORS BY RMF 4RT	M30	194	**06:33:26.60**	+04:21:43 (66.5%)	14:03	4.3 (33.6%)
552	**ŻOŁNA Jakub**	**4850**	FULFILL DREAMS TEAM PSZCZYNA	M20	61	**06:33:43.70**	+04:22:01 (66.5%)	14:03	4.3 (33.6%)
553	**ZIENCINA Marcin**	**4418**		M40	228	**06:36:57.60**	+04:25:14 (66.8%)	14:10	4.2 (32.8%)
554	**ZIEŃCINA Mateusz**	**4419**		M30	195	**06:37:00.30**	+04:25:17 (66.8%)	14:10	4.2 (32.8%)
555	**WIDERA Karol**	**4411**		M30	196	**06:37:06.25**	+04:25:23 (66.8%)	14:10	4.2 (32.8%)
556	**BOGUSZEWSKI Grzegorz**	**4623**	UNIVERSALSPORT	M30	197	**06:38:18.15**	+04:26:35 (66.9%)	14:13	4.2 (32.8%)
557	**KAŁKA Marcin**	**4076**		M40	229	**06:39:10.45**	+04:27:27 (67.0%)	14:15	4.2 (32.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
558	**SZKAMRUK Janusz**	**4453**	EXTREMALNE OTK NA RELAKSIE	M60	20	**06:41:38.05**	+04:29:55 (67.2%)	14:20	4.2 (32.8%)
559	**ELMINOWSKI Wojciech**	**4357**	ELBLĄG	M50	52	**06:46:01.90**	+04:34:19 (67.6%)	14:30	4.1 (32.0%)
560	**OLEKSIAK Filip**	**5062**	UNIVERSAL SPORT	M20	62	**06:50:39.15**	+04:38:56 (67.9%)	14:39	4.1 (32.0%)
561	**DZIĘCIOŁ Adam**	**4648**	UNIVERSALSPORT	M30	198	**06:50:40.25**	+04:38:57 (67.9%)	14:40	4.1 (32.0%)
562	**ŻARNOWSKI Jacek**	**4608**	SAMI SWOI	M40	230	**06:51:06.40**	+04:39:23 (68.0%)	14:40	4.1 (32.0%)
563	**WIELGOSZ Mariusz**	**4934**	BRAK	M50	53	**06:52:38.85**	+04:40:56 (68.1%)	14:44	4.1 (32.0%)
564	**MAJKA Dariusz**	**4888**		M40	231	**06:52:39.20**	+04:40:56 (68.1%)	14:44	4.1 (32.0%)
565	**TWARDOWSKI Tomasz**	**4595**	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	232	**06:54:07.05**	+04:42:24 (68.2%)	14:47	4.1 (32.0%)
566	**PILAWA Hubert**	**5075**		M20	63	**06:54:42.70**	+04:43:00 (68.2%)	14:48	4.1 (32.0%)
567	**NOWIŃSKI Jakub**	**4149**	WYŻSZA SZKOŁA REHABILITACJI	M40	233	**07:08:57.05**	+04:57:14 (69.3%)	15:19	3.9 (30.5%)
568	**BIESZCZ Robert**	**5035**		M40	234	**07:09:10.20**	+04:57:27 (69.3%)	15:19	3.9 (30.5%)
569	**KORWEK Michał**	**5049**		M40	235	**07:10:45.25**	+04:59:02 (69.4%)	15:23	3.9 (30.5%)
570	**PAWŁOWSKI Marcin**	**4906**		M40	236	**07:13:27.70**	+05:01:45 (69.6%)	15:28	3.9 (30.5%)
571	**PRZYBYLIŃSKI Cezary**	**4770**	RUNEGADES BRWINÓW	M40	237	**07:16:05.50**	+05:04:22 (69.8%)	15:34	3.9 (30.5%)
572	**TYCZYŃSKI Krzysztof**	**4456**	"AKTYWNI KOCIEWIACY"	M30	199	**07:29:41.40**	+05:17:58 (70.7%)	16:03	3.7 (28.9%)
573	**KOŚCIELNY Andrzej**	**4971**	AKTYWNI KOCIEWIACY SKÓRCZ	M60	21	**07:29:42.90**	+05:18:00 (70.7%)	16:03	3.7 (28.9%)
574	**REY Patryk**	**4175**	REY RUNNING TEAM	M20	64	**07:45:29.60**	+05:33:46 (71.7%)	16:37	3.6 (28.1%)
575	**REY Andrzej**	**4174**	REY RUNNING TEAM	M40	238	**07:45:30.90**	+05:33:48 (71.7%)	16:37	3.6 (28.1%)
576	**KACZMARCZYK Paweł**	**4430**	TATA I SYN	M20	65	**08:48:43.55**	+06:37:00 (75.1%)	18:52	3.2 (25.0%)
577	**KACZMARCZYK Mirosław**	**4429**	TATA I SYN	M50	54	**08:48:44.35**	+06:37:01 (75.1%)	18:53	3.2 (25.0%)
DQ	**KARWOWSKI Piotr**	**5008**		M30		**06:18:05.45 DQ**		0:00	4.4 (34.4%)
	ZACNY Łukasz	**5055**		M30		**DNF**		-	- (0.0%)
	KUSZ Janusz	**4713**		M40		**DNF**		-	- (0.0%)
	WILAMOWSKI Daniel	**4335**		M30		**DNF**		-	- (0.0%)
	KUKLA Łukasz	**4706**	DZIKI GOŁOBORZY	M40		**DNF**		-	- (0.0%)

Znaleziono 582 wynik(ów)