



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

RZEŹNICZEK

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

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	PERYKASZA Paweł	4571	GRUPALUKTRANS.PL	M40	3	02:40:17.40	+00:28:34 (17.8%)	5:43	10.5 (82.0%)
4	MAKOWSKI Maciej	4987	KORONA PABIANICE	M40	4	02:41:46.15	+00:30:03 (18.6%)	5:46	10.4 (81.3%)
5	GAWRON Przemysław	4960	SŁOŃCA JURY	M40	5	02:52:46.50	+00:41:03 (23.8%)	6:10	9.7 (75.8%)
6	STĘPIEŃ Krzysztof	4986	GILLETTE RUN	M40	6	02:55:31.80	+00:43:49 (25.0%)	6:16	9.6 (75.0%)
7	GRYGIEL Marek	5022	JACEKBIEGA RUNNING TEAM	M40	7	02:55:57.50	+00:44:14 (25.1%)	6:17	9.5 (74.2%)
8	KURASIK Tomasz	4711		M40	8	02:58:41.60	+00:46:58 (26.3%)	6:22	9.4 (73.4%)
9	ZIELAK Dariusz	5018		M40	9	02:58:51.15	+00:47:08 (26.4%)	6:23	9.4 (73.4%)
10	HEJNAR Jakub	4672		M40	10	02:59:35.55	+00:47:52 (26.7%)	6:24	9.4 (73.4%)
11	BRUS Marcin	4975		M40	11	03:00:07.15	+00:48:24 (26.9%)	6:25	9.3 (72.7%)
12	PUC Paweł	4313	TRUCHTACZE GZICHÓW	M40	12	03:02:13.80	+00:50:31 (27.7%)	6:30	9.2 (71.9%)
13	KOZŁOWSKI Paweł	4098		M40	13	03:02:40.45	+00:50:57 (27.9%)	6:31	9.2 (71.9%)
14	KOT Rafał	4951	LEDLENSER // MUAY RUNNING TEAM	M40	14	03:03:06.40	+00:51:23 (28.1%)	6:32	9.2 (71.9%)
15	CZUMIEL Maciej	4463		M40	15	03:04:43.00	+00:53:00 (28.7%)	6:35	9.1 (71.1%)
16	NOWICKI Łukasz	4299		M40	16	03:05:49.25	+00:54:06 (29.1%)	6:38	9 (70.3%)
17	BARANOWSKI Jacek	4254	JACEKBIEGA RUNNING TEAM	M40	17	03:05:53.80	+00:54:11 (29.1%)	6:38	9 (70.3%)
18	FELUCH Krzysztof	4982	JACEK BIEGA RUNNING TEAM	M40	18	03:06:54.40	+00:55:11 (29.5%)	6:40	9 (70.3%)
19	RÓŻALSKI Łukasz	4780		M40	19	03:08:09.05	+00:56:26 (30.0%)	6:43	8.9 (69.5%)
20	SZPYT Grzegorz	4210		M40	20	03:10:20.60	+00:58:37 (30.8%)	6:47	8.8 (68.8%)
21	STRADOMSKI Artur	4810	MARKOWI BIEGACZE	M40	21	03:12:17.60	+01:00:34 (31.5%)	6:52	8.7 (68.0%)
22	MUSZYŃSKI Piotr	4145	TEAM PAPRY	M40	22	03:13:03.85	+01:01:21 (31.8%)	6:53	8.7 (68.0%)
23	JAWOREK Grzegorz	4981		M40	23	03:13:06.15	+01:01:23 (31.8%)	6:53	8.7 (68.0%)
24	KOT Krzysztof	4475	MPK - RZESZÓW	M40	24	03:15:06.35	+01:03:23 (32.5%)	6:58	8.6 (67.2%)
25	BRÓG Wojciech	4628		M40	25	03:16:04.95	+01:04:22 (32.8%)	7:00	8.6 (67.2%)
26	KOWALSKI Sebastian	4094		M40	26	03:18:17.00	+01:06:34 (33.6%)	7:04	8.5 (66.4%)
27	KĘPSKI Rafał	5083		M40	27	03:18:53.20	+01:07:10 (33.8%)	7:06	8.4 (65.6%)
28	ASŁANOWICZ Marcin	4498	ŻÓRAWSKI TEAM	M40	28	03:19:57.55	+01:08:14 (34.1%)	7:08	8.4 (65.6%)
29	BRYL Marcin	4629		M40	29	03:22:28.45	+01:10:45 (34.9%)	7:13	8.3 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						28km			
30	RUKUSZEWICZ Wawrzyniec	4781	DZIKIE GRUBASY SZATANA	M40	30	03:22:40.00	+01:10:57 (35.0%)	7:14	8.3 (64.8%)
31	KOŁODZIEJ Roman	4087		M40	31	03:23:30.55	+01:11:47 (35.3%)	7:16	8.3 (64.8%)
32	PYSZYNSKI Mariusz	5088	TRI POWER	M40	32	03:23:30.65	+01:11:48 (35.3%)	7:16	8.3 (64.8%)
33	SOŁOWIEJ Daniel	4191	TEAM KARAŚ ELBLĄG	M40	33	03:24:01.85	+01:12:19 (35.4%)	7:17	8.2 (64.1%)
34	SZKLARSKI Jacek	5052		M40	34	03:24:39.95	+01:12:57 (35.6%)	7:18	8.2 (64.1%)
35	POROWSKI Waldek	4973	KB SOBÓTKA	M40	35	03:24:55.10	+01:13:12 (35.7%)	7:19	8.2 (64.1%)
36	MAJCZAK Mirosław	4985		M40	36	03:28:43.30	+01:17:00 (36.9%)	7:27	8 (62.5%)
37	BODZIOCH Grzegorz	4852	GORLICKA GRUPA BIEGOWA	M40	37	03:29:02.35	+01:17:19 (37.0%)	7:27	8 (62.5%)
38	KOCIUMBAS Bartosz	4540	KB SOBÓTKA	M40	38	03:29:40.85	+01:17:58 (37.2%)	7:29	8 (62.5%)
39	KUŚMIREK Grzegorz	4882		M40	39	03:29:42.05	+01:17:59 (37.2%)	7:29	8 (62.5%)
40	SYROCKI Arkadiusz	4205	BREMBO	M40	40	03:29:48.65	+01:18:06 (37.2%)	7:29	8 (62.5%)
41	MAŚLANY Mariusz	4289	ELEKTROMETAL ENERGETYKA SA	M40	41	03:30:33.20	+01:18:50 (37.4%)	7:31	8 (62.5%)
42	SZYMAJDA Adam	4816	EQUINI	M40	42	03:31:21.90	+01:19:39 (37.7%)	7:32	7.9 (61.7%)
43	BUDZYŃSKI Adam	4632	UNITED RUNNERS	M40	43	03:32:16.85	+01:20:34 (38.0%)	7:34	7.9 (61.7%)
44	CICHOŃ Maciej	4348	42.195 WEJHEROWO	M40	44	03:32:35.35	+01:20:52 (38.0%)	7:35	7.9 (61.7%)
45	JADWIŃSKI Wojciech	4674	KS KANAŁEK	M40	45	03:33:53.10	+01:22:10 (38.4%)	7:38	7.9 (61.7%)
46	GUZ Marcin	4870		M40	46	03:33:54.10	+01:22:11 (38.4%)	7:38	7.9 (61.7%)
47	KOMOSIŃSKI Łukasz	4088		M40	47	03:35:04.95	+01:23:22 (38.8%)	7:40	7.8 (60.9%)
48	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%)
49	SUMOREK Sebastian	4489		M40	49	03:36:24.50	+01:24:41 (39.1%)	7:43	7.8 (60.9%)
50	KRUPA Grzegorz	5050	KB SOBÓTKA	M40	50	03:36:45.70	+01:25:03 (39.2%)	7:44	7.8 (60.9%)
51	STASIAK Jakub	4195	ORLEN RUNNING TEAM	M40	51	03:37:37.55	+01:25:54 (39.5%)	7:46	7.7 (60.2%)
52	SITEK Arkadiusz	4583	AKTYWNI WĘGRÓW	M40	52	03:38:54.30	+01:27:11 (39.8%)	7:49	7.7 (60.2%)
53	JÓZWIAK Piotr	4963	KITA TEAM	M40	53	03:39:49.60	+01:28:06 (40.1%)	7:51	7.6 (59.4%)
54	KITOWSKI Bartosz	4082	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	54	03:40:20.00	+01:28:37 (40.2%)	7:52	7.6 (59.4%)
55	SIWEK Maciej	4797	RYKOWISKO TEAM	M40	55	03:41:00.55	+01:29:17 (40.4%)	7:53	7.6 (59.4%)
56	LATAWIEC Jakub	4113		M40	56	03:41:16.85	+01:29:34 (40.5%)	7:54	7.6 (59.4%)
57	MIKULSKI Wojciech	4560		M40	57	03:42:58.60	+01:31:15 (40.9%)	7:57	7.5 (58.6%)
58	KRÓL Maciej	4704	WIRAN TEAM	M40	58	03:44:26.05	+01:32:43 (41.3%)	8:00	7.5 (58.6%)
59	CZEKAŁSKI Mariusz	5039		M40	59	03:46:16.55	+01:34:33 (41.8%)	8:04	7.4 (57.8%)
60	SACZEWSKI Arkadiusz	4786	DZIKI GOŁOБОRZY	M40	60	03:46:56.80	+01:35:14 (42.0%)	8:06	7.4 (57.8%)
61	PIELECHA Rafał	4158	FITNESS FREAK	M40	61	03:47:21.85	+01:35:39 (42.1%)	8:07	7.4 (57.8%)
62	BAUGARTNER Marcin	4616	KLUBSILESIA.PL	M40	62	03:47:48.95	+01:36:06 (42.2%)	8:08	7.4 (57.8%)
63	HOŁUBIEC Paweł	4471	YULO RUN TEAM SIEDLCE	M40	63	03:48:15.85	+01:36:33 (42.3%)	8:09	7.4 (57.8%)
64	SOBCZYŃSKI Paweł	4190	PEES	M40	64	03:48:24.75	+01:36:42 (42.3%)	8:09	7.4 (57.8%)
65	MUMOT Dariusz	4442		M40	65	03:48:54.05	+01:37:11 (42.5%)	8:10	7.3 (57.0%)
66	MASŁANKA Michał	4732	BKAS WATAHA	M40	66	03:49:22.15	+01:37:39 (42.6%)	8:11	7.3 (57.0%)
67	LISIECKI Jacek	4552	CAMEL W ZALEWIE	M40	67	03:49:42.15	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
68	GAŁUSZKA Tomasz	4053	SKITUROWE BIESZCZADY	M40	68	03:50:20.40	+01:38:37 (42.8%)	8:13	7.3 (57.0%)
69	WRÓBEL Paweł	4604		M40	69	03:52:02.65	+01:40:20 (43.2%)	8:17	7.2 (56.3%)
70	SADKOWSKI Paweł	4917		M40	70	03:52:14.65	+01:40:32 (43.3%)	8:17	7.2 (56.3%)
71	KĘPKA Robert	4690	BIEGUSIEM.PL	M40	71	03:52:45.05	+01:41:02 (43.4%)	8:18	7.2 (56.3%)
72	KOSTKA Robert	4091	TEAM ZALEWSKI	M40	72	03:52:47.95	+01:41:05 (43.4%)	8:18	7.2 (56.3%)
73	GALEK Adam	4051		M40	73	03:52:59.95	+01:41:17 (43.5%)	8:19	7.2 (56.3%)

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74	NARZYMSKI Tomasz	4565		M40	74	03:53:27.25	+01:41:44 (43.6%)	8:20	7.2 (56.3%)
75	POPARDA Paweł	5005	PZU SPORT TEAM	M40	75	03:54:42.50	+01:42:59 (43.9%)	8:22	7.2 (56.3%)
76	TKACZ Przemysław	4594		M40	76	03:55:15.05	+01:43:32 (44.0%)	8:24	7.1 (55.5%)
77	ŁUSZCZEK Paweł	4129		M40	77	03:55:50.85	+01:44:08 (44.2%)	8:25	7.1 (55.5%)
78	BANASZEK Waldemar	4004	FSL	M40	78	03:55:57.25	+01:44:14 (44.2%)	8:25	7.1 (55.5%)
79	KUJAWA Marcin	4109		M40	79	03:56:12.00	+01:44:29 (44.2%)	8:26	7.1 (55.5%)
80	SKÓRA Przemysław	5042	MONARCHOWIE GÓR	M40	80	03:56:23.40	+01:44:40 (44.3%)	8:26	7.1 (55.5%)
81	BIENIEK Rafał	4502	BBT	M40	81	03:56:30.30	+01:44:47 (44.3%)	8:26	7.1 (55.5%)
82	LAMENTA Andrzej	4549		M40	82	03:57:31.75	+01:45:49 (44.5%)	8:28	7.1 (55.5%)
83	KOSUDA Paweł	4878	CROSS TRENING MAZOVIA CIECHANÓW	M40	83	03:57:34.70	+01:45:52 (44.6%)	8:29	7.1 (55.5%)
84	KURZEJA Łukasz	4112	TKKF JASTRZĄB RUDA ŚLĄSKA	M40	84	03:59:03.90	+01:47:21 (44.9%)	8:32	7 (54.7%)
85	GRABOWSKI Wojciech	4668		M40	85	03:59:10.30	+01:47:27 (44.9%)	8:32	7 (54.7%)
86	BARANOWSKI Mariusz	4614		M40	86	04:01:16.85	+01:49:34 (45.4%)	8:37	7 (54.7%)
87	STEFANIUK Rafał	4325	DOBROMIEJSKI KLUB BIEGACZA " ODCISK "	M40	87	04:03:40.95	+01:51:58 (45.9%)	8:42	6.9 (53.9%)
88	WYPLER Marcin	4994	WARTKIE PIERONY	M40	88	04:03:49.60	+01:52:06 (46.0%)	8:42	6.9 (53.9%)
89	WRÓBEL Bartłomiej	4837	CISNA	M40	89	04:04:08.80	+01:52:26 (46.1%)	8:43	6.9 (53.9%)
90	NESTEROWICZ Tomasz	4900	BIEGUSIEM.PL	M40	90	04:05:23.85	+01:53:41 (46.3%)	8:45	6.8 (53.1%)
91	PALIGA Rafał	5000		M40	91	04:06:00.65	+01:54:18 (46.5%)	8:47	6.8 (53.1%)
92	GRUDNIEWSKI Tomasz	4064		M40	92	04:06:19.95	+01:54:37 (46.5%)	8:47	6.8 (53.1%)
93	PRZEWŁOKA Wojciech	4169	SAINT-GOBAIN SQUAD	M40	93	04:06:24.85	+01:54:42 (46.5%)	8:48	6.8 (53.1%)
94	ZAJKOWSKI Michał	4416	VEGE RUNNERS	M40	94	04:06:46.10	+01:55:03 (46.6%)	8:48	6.8 (53.1%)
95	ORŁOWSKI Robert	4302		M40	95	04:08:51.35	+01:57:08 (47.1%)	8:53	6.8 (53.1%)
96	MAREK Tomasz	4136		M40	96	04:09:50.30	+01:58:07 (47.3%)	8:55	6.7 (52.3%)
97	CHMIELEWSKI Tomasz	4260	ZIEMOWIT NOWOGRÓD	M40	97	04:10:08.80	+01:58:26 (47.3%)	8:56	6.7 (52.3%)
98	SZYNKARUK Wojciech	4953	BEZ KLUBU	M40	98	04:10:25.30	+01:58:42 (47.4%)	8:56	6.7 (52.3%)
99	PAWLIKOWSKI Michał	4307		M40	99	04:10:39.15	+01:58:56 (47.5%)	8:57	6.7 (52.3%)
100	KUŻMA Krzysiek	4715		M40	100	04:10:43.50	+01:59:00 (47.5%)	8:57	6.7 (52.3%)
101	SIPIERA Tomasz	4187		M40	101	04:10:52.20	+01:59:09 (47.5%)	8:57	6.7 (52.3%)
102	BAJOREK Norbert	4003	FITNESS FREAKS	M40	102	04:10:54.55	+01:59:11 (47.5%)	8:57	6.7 (52.3%)
103	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%)
104	ŻUROWSKI Łukasz	4253	BBKS ŁAWECZKA WILANÓW	M40	104	04:11:55.90	+02:00:13 (47.7%)	8:59	6.7 (52.3%)
105	FIEDORCZUK Łukasz	4996	HDD WINNICZKI	M40	105	04:12:16.00	+02:00:33 (47.8%)	9:00	6.7 (52.3%)
106	LITWORA Sebastian	4124		M40	106	04:12:34.20	+02:00:51 (47.9%)	9:01	6.7 (52.3%)
107	PIETRUSZEWSKI Bartłomiej	4573		M40	107	04:13:09.25	+02:01:26 (48.0%)	9:02	6.6 (51.6%)
108	SULIMA Grzegorz	4203		M40	108	04:15:02.10	+02:03:19 (48.4%)	9:06	6.6 (51.6%)
109	KWIECIEŃ Krzysztof	4281		M40	109	04:15:16.00	+02:03:33 (48.4%)	9:07	6.6 (51.6%)
110	NOWAK Mirosław	5058	NIE MA	M40	110	04:15:33.90	+02:03:51 (48.5%)	9:07	6.6 (51.6%)
111	CHODZIŃSKI Daniel	4023		M40	111	04:15:36.30	+02:03:53 (48.5%)	9:07	6.6 (51.6%)
112	MICHALCZAK Paweł	4734	WKS WAWEL KRAKÓW BNO	M40	112	04:16:06.00	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
113	TOMAKA Bartłomiej	4819		M40	113	04:16:06.30	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
114	STELMACH Piotr	4808		M40	114	04:18:23.30	+02:06:40 (49.0%)	9:13	6.5 (50.8%)
115	MARKOWSKI Marcin	4731	SZAKALE BAŁUT	M40	115	04:18:35.65	+02:06:53 (49.1%)	9:14	6.5 (50.8%)
116	KUCZBORSKI Jarosław	4705	HARPAGAN SOSNOWIEC	M40	116	04:19:10.25	+02:07:27 (49.2%)	9:15	6.5 (50.8%)
117	KURKOWSKI Krzysztof	5019		M40	117	04:20:54.90	+02:09:12 (49.5%)	9:19	6.4 (50.0%)

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118	FOGT Maciej	4045	CB163	M40	118	04:21:51.70	+02:10:09 (49.7%)	9:21	6.4 (50.0%)
119	KOWALSKI Marcin	4543	RADOMNO BIEGA	M40	119	04:21:57.50	+02:10:14 (49.7%)	9:21	6.4 (50.0%)
120	CEGIEŁKO Paweł	4854	NIE NALEŻĘ DO KLUBU	M40	120	04:22:01.80	+02:10:19 (49.7%)	9:21	6.4 (50.0%)
121	UJMA Paweł	4228	WWW.INTER.AUTO.PL	M40	121	04:23:57.20	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
122	HUZAREWICZ Heniek	4673		M40	122	04:24:50.90	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
123	SZYMSKI Rafał	4818	CIDRY LOTAJOM	M40	123	04:24:51.50	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
124	OGONOWSKI Michał	4151	CB163	M40	124	04:25:05.95	+02:13:23 (50.3%)	9:28	6.3 (49.2%)
125	BIS Tomasz	5029	KAWKA	M40	125	04:25:43.45	+02:14:00 (50.4%)	9:29	6.3 (49.2%)
126	RADZIK Szymon	5030	KAWKA	M40	126	04:25:45.50	+02:14:02 (50.4%)	9:29	6.3 (49.2%)
127	URBAŃCZYK Marcin	4230		M40	127	04:28:00.10	+02:16:17 (50.9%)	9:34	6.3 (49.2%)
128	STEBELSKI Łukasz	5028	KASZUBY MAN	M40	128	04:28:03.50	+02:16:20 (50.9%)	9:34	6.3 (49.2%)
129	KARPIŁOWSKI Bartosz	4538	VICIOUS CIRCLE	M40	129	04:28:24.45	+02:16:41 (50.9%)	9:35	6.3 (49.2%)
130	ROSTEK Arkadiusz	5065		M40	130	04:28:39.90	+02:16:57 (51.0%)	9:35	6.3 (49.2%)
131	GÓRKA Bogusław	4062	SUSKA GRUPA BIEGOWA	M40	131	04:28:42.65	+02:17:00 (51.0%)	9:35	6.3 (49.2%)
132	OLSZEWSKI Jacek	4745	RYKOWISKO TEAM	M40	132	04:29:10.40	+02:17:27 (51.1%)	9:36	6.2 (48.4%)
133	PISINGAS Mariusz	4574	BIEGANIE TO MÓJ TRZEŻWY	M40	133	04:29:21.40	+02:17:38 (51.1%)	9:37	6.2 (48.4%)
134	DWORNICKI Tomasz	5040	RGB	M40	134	04:29:24.75	+02:17:42 (51.1%)	9:37	6.2 (48.4%)
135	BRODZIAK Arkadiusz	4504		M40	135	04:29:28.30	+02:17:45 (51.1%)	9:37	6.2 (48.4%)
136	CHABLO Daniel	4462	STUMBRASIKI	M40	136	04:29:36.55	+02:17:53 (51.1%)	9:37	6.2 (48.4%)
137	MAŁEK Krzysztof	4133		M40	137	04:30:14.30	+02:18:31 (51.3%)	9:39	6.2 (48.4%)
138	KACZYŃSKI Artur	4683		M40	138	04:31:04.95	+02:19:22 (51.4%)	9:40	6.2 (48.4%)
139	KICIŃSKI Piotr	4371		M40	139	04:31:52.45	+02:20:09 (51.6%)	9:42	6.2 (48.4%)
140	IGNASZEWSKI Przemysław	5002	VEGENERAT BIEGOWY	M40	140	04:32:09.20	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
141	SZMATLOCH Maciek	4209	RETROBAJTEL	M40	141	04:32:11.10	+02:20:28 (51.6%)	9:43	6.2 (48.4%)
142	PIĘTKA Piotr	4308	AMERNET	M40	142	04:32:12.70	+02:20:30 (51.6%)	9:43	6.2 (48.4%)
143	GRONIECKI Mikołaj	4983	KTÓRĘDY PO PIWO,)	M40	143	04:32:14.65	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
144	RECZEK Sebastian	4315	KS ZIELONO-CZARNI	M40	144	04:32:28.90	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
145	RATOWSKI Marek	4314	PODGÓRZ TORUŃ	M40	145	04:32:29.70	+02:20:47 (51.7%)	9:43	6.2 (48.4%)
146	FRAŃSKI Łukasz	4359	NKB CHYŻY NOWY TOMYŚL	M40	146	04:32:44.10	+02:21:01 (51.7%)	9:44	6.2 (48.4%)
147	HAJDUK Tomek	4427	YULO RUN TEAM	M40	147	04:33:26.60	+02:21:43 (51.8%)	9:45	6.1 (47.7%)
148	SICIARSKI Marcin	4317		M40	148	04:34:22.35	+02:22:39 (52.0%)	9:47	6.1 (47.7%)
149	MASŁOWSKI Dariusz	4555		M40	149	04:34:42.90	+02:23:00 (52.1%)	9:48	6.1 (47.7%)
150	SIEROCIŃSKI Robert	4795	CROSSFIT SIEDLCE	M40	150	04:34:50.45	+02:23:07 (52.1%)	9:48	6.1 (47.7%)
151	MASZKOWSKI Rafał	4557		M40	151	04:35:17.10	+02:23:34 (52.2%)	9:49	6.1 (47.7%)
152	MAZUREK Grzegorz	4139		M40	152	04:35:32.00	+02:23:49 (52.2%)	9:50	6.1 (47.7%)
153	NĘCKI Łukasz	4741	SŁOŃCA JURY	M40	153	04:35:57.90	+02:24:15 (52.3%)	9:51	6.1 (47.7%)
154	KASIŃSKI Radosław	4473	HERNIK TEAM	M40	154	04:36:29.00	+02:24:46 (52.4%)	9:52	6.1 (47.7%)
155	SALA Paweł	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%)
156	BOROWIEC Arkadiusz	4625	CHEŁM BIEGA	M40	156	04:38:46.85	+02:27:04 (52.8%)	9:57	6 (46.9%)
157	PRYSZCZ Mirosław	5066		M40	157	04:39:18.90	+02:27:36 (52.8%)	9:58	6 (46.9%)
158	WAŁCZYK Wojciech	4827		M40	158	04:39:34.05	+02:27:51 (52.9%)	9:59	6 (46.9%)
159	SIEWIERSKI Adam	4185	TEAM PAPRY	M40	159	04:39:51.30	+02:28:08 (52.9%)	9:59	6 (46.9%)
160	KUCHARSKI Adam	4547		M40	160	04:40:24.10	+02:28:41 (53.0%)	10:00	6 (46.9%)
161	MAJKA Wojciech	4728	TRENER24H.COM.PL	M40	161	04:41:05.50	+02:29:22 (53.1%)	10:02	6 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
162	ŚWIERKOWSKI Robert	4216		M40	162	04:41:45.30	+02:30:02 (53.3%)	10:03	6 (46.9%)
163	MICHNIEWSKI Tomasz	4140	FENOLE	M40	163	04:43:07.75	+02:31:25 (53.5%)	10:06	5.9 (46.1%)
164	PAWLAK Bartosz	4753		M40	164	04:45:27.55	+02:33:44 (53.9%)	10:11	5.9 (46.1%)
165	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%)
166	KOSTECKI Tomasz	4433	R&T	M40	166	04:45:33.60	+02:33:50 (53.9%)	10:11	5.9 (46.1%)
167	PASTERNAK Wojciech	4305		M40	167	04:46:03.00	+02:34:20 (54.0%)	10:12	5.9 (46.1%)
168	KRZYSZTOFOWICZ Andrzej	4546		M40	168	04:47:20.15	+02:35:37 (54.2%)	10:15	5.8 (45.3%)
169	MATYJASIAK Konrad	4890		M40	169	04:48:27.85	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
170	POLAŃSKI Robert	4165	NOĆNE WOŁKI	M40	170	04:49:28.45	+02:37:45 (54.5%)	10:20	5.8 (45.3%)
171	GÓRSKI Krzysztof	4267	MK-NET	M40	171	04:51:21.10	+02:39:38 (54.8%)	10:24	5.8 (45.3%)
172	STANISZEWSKI Maciej	4802		M40	172	04:51:30.30	+02:39:47 (54.8%)	10:24	5.8 (45.3%)
173	WŁADYKA Marcin	4936	ASP WWA	M40	173	04:51:52.70	+02:40:10 (54.9%)	10:25	5.8 (45.3%)
174	CZAPIŃSKI Bartosz	4637	DZIKI GOŁOBORZY	M40	174	04:52:30.65	+02:40:48 (55.0%)	10:26	5.7 (44.5%)
175	WIŁOWSKI Wojciech	5011	BIEGANIE SZYDERCOW	M40	175	04:53:05.20	+02:41:22 (55.1%)	10:28	5.7 (44.5%)
176	RESZKA Łukasz	4316	POWIAT ŚWIDNICKI	M40	176	04:53:11.95	+02:41:29 (55.1%)	10:28	5.7 (44.5%)
177	WYBRANIEC Wojciech	5063	OFIARY JEDZENIA KOTLETÓW	M40	177	04:54:09.80	+02:42:27 (55.2%)	10:30	5.7 (44.5%)
178	NOWACKI Łukasz	4297	POGODNI	M40	178	04:54:21.95	+02:42:39 (55.3%)	10:30	5.7 (44.5%)
179	CIEŚLA Dariusz	4026		M40	179	04:54:25.50	+02:42:42 (55.3%)	10:30	5.7 (44.5%)
180	MOCEK Stanisław	4893	EUROFINS	M40	180	04:55:04.45	+02:43:21 (55.4%)	10:32	5.7 (44.5%)
181	KULAK Paweł	4980		M40	181	04:57:26.50	+02:45:43 (55.7%)	10:37	5.6 (43.8%)
182	KROTOS Krzysztof	4102	OQS	M40	182	04:57:35.20	+02:45:52 (55.7%)	10:37	5.6 (43.8%)
183	MASZKOWSKI Piotr	4288	OBORYGENI	M40	183	04:58:02.25	+02:46:19 (55.8%)	10:38	5.6 (43.8%)
184	MOŚ Rafał	5064	B4TEAM	M40	184	04:58:34.55	+02:46:51 (55.9%)	10:39	5.6 (43.8%)
185	TUREK Paweł	4227		M40	185	04:58:53.50	+02:47:10 (55.9%)	10:40	5.6 (43.8%)
186	STRUS Sebastian	4811		M40	186	05:02:12.00	+02:50:29 (56.4%)	10:47	5.6 (43.8%)
187	KONCA Mariusz	4694	KB OŻARÓW MAZOWIECKI BIEGA	M40	187	05:02:42.05	+02:50:59 (56.5%)	10:48	5.6 (43.8%)
188	DOMIN Daniel	4034	MULTIPLIER TEAM	M40	188	05:03:22.65	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
189	SULEJA Karol	4813	KB MARATON TUREK	M40	189	05:04:56.25	+02:53:13 (56.8%)	10:53	5.5 (43.0%)
190	KWIATKOWSKI Arkadiusz	4883	MBANK	M40	190	05:05:03.40	+02:53:20 (56.8%)	10:53	5.5 (43.0%)
191	POPCZYK Piotr	4166		M40	191	05:05:26.70	+02:53:44 (56.9%)	10:54	5.5 (43.0%)
192	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%)
193	TOMKIEWICZ Przemysław	4332		M40	193	05:07:02.95	+02:55:20 (57.1%)	10:57	5.5 (43.0%)
194	GOLEBIEWSKI Michał	4969		M40	194	05:08:38.75	+02:56:56 (57.3%)	11:01	5.4 (42.2%)
195	ŁAZARSKI Tomasz	4126		M40	195	05:08:42.10	+02:56:59 (57.3%)	11:01	5.4 (42.2%)
196	ŻMUDA Radosław	4849		M40	196	05:09:37.70	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
197	JANIK Johan Janusz	4677	COMPANEROS ASFALT TEAM	M40	197	05:11:08.25	+02:59:25 (57.7%)	11:06	5.4 (42.2%)
198	TERLECKI Władysław	4593	MŁODY VS STARY	M40	198	05:11:12.55	+02:59:29 (57.7%)	11:06	5.4 (42.2%)
199	DUDA Wojciech	4646	SKAWINA BIEGA	M40	199	05:11:51.80	+03:00:09 (57.8%)	11:08	5.4 (42.2%)
200	LENART Tomasz	4718	ŁÓDŻRUNCREW/JAKOTEAM	M40	200	05:14:02.55	+03:02:19 (58.1%)	11:12	5.3 (41.4%)
201	KROCZYK Lesław	4702		M40	201	05:14:08.90	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
202	GDYNIA Daniel	4657		M40	202	05:14:09.45	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
203	GAUDEN Piotr	4467	SPC	M40	203	05:15:21.25	+03:03:38 (58.2%)	11:15	5.3 (41.4%)
204	RYŻYŃSKI Tomasz	4915	CHEŁM BIEGA	M40	204	05:15:45.75	+03:04:03 (58.3%)	11:16	5.3 (41.4%)
205	LASEK Piotr	4283		M40	205	05:15:59.90	+03:04:17 (58.3%)	11:17	5.3 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
206	GRZEGORZ Skibiński	4670		M40	206	05:19:02.60	+03:07:19 (58.7%)	11:23	5.3 (41.4%)
207	CZAJKA Aleksander	4351		M40	207	05:20:11.90	+03:08:29 (58.9%)	11:26	5.2 (40.6%)
208	HELMAN Jarosław	2187		M40	208	05:21:51.45	+03:10:08 (59.1%)	11:29	5.2 (40.6%)
209	NOWAK Marcin	4742	SZAKALE BAŁUT	M40	209	05:25:07.10	+03:13:24 (59.5%)	11:36	5.2 (40.6%)
210	HERMAN Paweł	4991	MLUKS TRZEBIATÓW	M40	210	05:26:30.25	+03:14:47 (59.7%)	11:39	5.1 (39.8%)
211	RYBIENIK Lech	4394	NIEZRZESZONY	M40	211	05:26:46.45	+03:15:03 (59.7%)	11:40	5.1 (39.8%)
212	GIERLOTKA Rafał	5043	BRĄK	M40	212	05:28:11.15	+03:16:28 (59.9%)	11:43	5.1 (39.8%)
213	NASKRĘT Dariusz	5026		M40	213	05:28:34.95	+03:16:52 (59.9%)	11:44	5.1 (39.8%)
214	PŁĄŻEWSKI Paweł	4763	RUNEGADES BRWINÓW	M40	214	05:28:39.25	+03:16:56 (59.9%)	11:44	5.1 (39.8%)
215	BOGUĆKI Arkadiusz	4013	AKADEMIA HOLISTYCZNA	M40	215	05:30:17.65	+03:18:35 (60.1%)	11:47	5.1 (39.8%)
216	TROĆ Karol Paweł	4225	SLOW JOGGING SIEDLCE	M40	216	05:30:24.75	+03:18:42 (60.1%)	11:48	5.1 (39.8%)
217	WYSOCKI Tomasz	5086		M40	217	05:34:02.60	+03:22:19 (60.6%)	11:55	5 (39.1%)
218	TYMOSZUK Michał	4407	KB BIAŁA BIEGA	M40	218	05:38:30.00	+03:26:47 (61.1%)	12:05	5 (39.1%)
219	FILAS Rafał	5069		M40	219	05:46:24.65	+03:34:42 (62.0%)	12:22	4.8 (37.5%)
220	KOZIEŁ Marcin	4096		M40	220	05:47:35.85	+03:35:53 (62.1%)	12:24	4.8 (37.5%)
221	BAWOR Marcin	4967		M40	221	05:57:08.60	+03:45:25 (63.1%)	12:45	4.7 (36.7%)
222	POPIOŁEK Jacek	4910		M40	222	06:02:19.90	+03:50:37 (63.6%)	12:56	4.6 (35.9%)
223	BIELECKI Tomasz	4618	STOWARZYSZENIE SŁOŃCA JURY	M40	223	06:15:51.05	+04:04:08 (65.0%)	13:25	4.5 (35.2%)
224	PERKOWSKI Tomasz	4756		M40	224	06:18:04.35	+04:06:21 (65.2%)	13:30	4.4 (34.4%)
225	SOŁTYSEK Sebastian	4800	UNIVERSAL SOLDIERS	M40	225	06:18:46.20	+04:07:03 (65.2%)	13:31	4.4 (34.4%)
226	KACZKIEWICZ Damian	4535	NIGHT RUNNERS GLIWICE	M40	226	06:23:54.30	+04:12:11 (65.7%)	13:42	4.4 (34.4%)
227	LARA Krzysztof	4550	GRUPA JURA PL	M40	227	06:26:52.60	+04:15:09 (66.0%)	13:49	4.3 (33.6%)
228	ZIENCINA Marcin	4418		M40	228	06:36:57.60	+04:25:14 (66.8%)	14:10	4.2 (32.8%)
229	KALKA Marcin	4076		M40	229	06:39:10.45	+04:27:27 (67.0%)	14:15	4.2 (32.8%)
230	ŻARNOWSKI Jacek	4608	SAMI SWOI	M40	230	06:51:06.40	+04:39:23 (68.0%)	14:40	4.1 (32.0%)
231	MAJKA Dariusz	4888		M40	231	06:52:39.20	+04:40:56 (68.1%)	14:44	4.1 (32.0%)
232	TWARDOWSKI Tomasz	4595	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	232	06:54:07.05	+04:42:24 (68.2%)	14:47	4.1 (32.0%)
233	NOWIŃSKI Jakub	4149	WYŻSZA SZKOŁA REHABILITACJI	M40	233	07:08:57.05	+04:57:14 (69.3%)	15:19	3.9 (30.5%)
234	BIESZCZ Robert	5035		M40	234	07:09:10.20	+04:57:27 (69.3%)	15:19	3.9 (30.5%)
235	KORWEK Michał	5049		M40	235	07:10:45.25	+04:59:02 (69.4%)	15:23	3.9 (30.5%)
236	PAWŁOWSKI Marcin	4906		M40	236	07:13:27.70	+05:01:45 (69.6%)	15:28	3.9 (30.5%)
237	PRZYBYLIŃSKI Cezary	4770	RUNEGADES BRWINÓW	M40	237	07:16:05.50	+05:04:22 (69.8%)	15:34	3.9 (30.5%)
238	REY Andrzej	4174	REY RUNNING TEAM	M40	238	07:45:30.90	+05:33:48 (71.7%)	16:37	3.6 (28.1%)
	KUSZ Janusz	4713		M40		DNF		-	- (0.0%)
	KUKLA Łukasz	4706	DZIKI GOŁOBORZY	M40		DNF		-	- (0.0%)

Znaleziono 240 wynik(ów)