

# VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2020  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2020-01-25  
**Miejsce:** Cisna  
**Dystans:** 23 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

| Msc | Zawodnik                    | Numer       | Klub                        | Kategoria | Mkat | Za Skrzyżowaniem 6.5km | Brzeziniak 13.3km | Przed Skrzyżowaniem 19.4km | Kara/ bonifikata | Czas netto 23km    | Czas brutto 23km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|-------------|-----------------------------|-----------|------|------------------------|-------------------|----------------------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>KRUPA Paweł</b>          | <b>1008</b> | STALOWOWOLSKI KLUB BIEGACZA | M40       | 1    | 00:27:25               | 00:57:29          | 01:23:45                   |                  | <b>01:38:24.95</b> | <b>01:38:29.20</b> |                   | 4:16         | 14 (100%)    |
| 2   | <b>KURYŁOWICZ Michał</b>    | <b>1159</b> |                             | M40       | 2    | 00:27:16               | 00:58:29          | 01:26:50                   |                  | <b>01:42:21.75</b> | <b>01:42:26.30</b> | +00:03:57 (3.9%)  | 4:27         | 13.5 (96.4%) |
| 3   | <b>MIKOŁAJCZUK Grzegorz</b> | <b>1212</b> | YULO RUN TEAM SIEDLCE       | M40       | 3    | 00:28:58               | 01:00:27          | 01:29:50                   |                  | <b>01:45:33.95</b> | <b>01:45:38.90</b> | +00:07:09 (6.8%)  | 4:35         | 13.1 (93.6%) |
| 4   | <b>JARMOLIŃSKI Piotr</b>    | <b>1002</b> | MARCINŚWIERCTEAM            | M40       | 4    | 00:29:08               | 01:01:31          | 01:30:36                   |                  | <b>01:45:56.70</b> | <b>01:45:58.60</b> | +00:07:29 (7.1%)  | 4:36         | 13 (92.9%)   |
| 5   | <b>CELMER Piotr</b>         | <b>1043</b> | CTS TRIWAWA                 | M40       | 5    | 00:28:52               | 01:01:59          | 01:31:33                   |                  | <b>01:47:07.75</b> | <b>01:47:11.65</b> | +00:08:42 (8.1%)  | 4:39         | 12.9 (92.1%) |
| 6   | <b>BRYL Marcin</b>          | <b>1038</b> | ADIDAS RUNNERS WARSAW       | M40       | 6    | 00:30:02               | 01:03:31          | 01:32:16                   |                  | <b>01:47:37.10</b> | <b>01:47:50.15</b> | +00:09:20 (8.7%)  | 4:40         | 12.8 (91.4%) |
| 7   | <b>MATYSIAK Tomasz</b>      | <b>1204</b> | CTS                         | M40       | 7    | 00:28:54               | 01:03:41          | 01:34:38                   |                  | <b>01:50:17.70</b> | <b>01:50:21.65</b> | +00:11:52 (10.8%) | 4:47         | 12.5 (89.3%) |
| 8   | <b>DYMON Bartłomiej</b>     | <b>1064</b> | BIEGAJ-ZAPOBIEGAJ           | M40       | 8    | 00:29:56               | 01:03:32          | 01:34:31                   |                  | <b>01:50:36.85</b> | <b>01:50:52.85</b> | +00:12:23 (11.2%) | 4:48         | 12.5 (89.3%) |
| 9   | <b>WAŁDOWSKI Dominik</b>    | <b>1329</b> | XRUNNERS                    | M40       | 9    | 00:30:04               | 01:03:45          | 01:34:49                   |                  | <b>01:51:20.85</b> | <b>01:51:42.95</b> | +00:13:13 (11.8%) | 4:50         | 12.4 (88.6%) |
| 10  | <b>ZAŁEWSKI Bartłomiej</b>  | <b>1359</b> | BBL ZDUŃSKA WOLA            | M40       | 10   | 00:31:44               | 01:05:58          | 01:36:15                   |                  | <b>01:51:55.40</b> | <b>01:52:01.50</b> | +00:13:32 (12.1%) | 4:51         | 12.3 (87.9%) |
| 11  | <b>ZUBIK Michał</b>         | <b>1368</b> | LUBELSKA GRUPA TRIATHLONU   | M40       | 11   | 00:31:01               | 01:05:53          | 01:36:20                   |                  | <b>01:52:03.00</b> | <b>01:52:33.75</b> | +00:14:04 (12.5%) | 4:52         | 12.3 (87.9%) |
| 12  | <b>STEPANIUK Adam</b>       | <b>1301</b> | CHEŁM BIEGA                 | M40       | 12   | 00:31:04               | 01:05:58          | 01:36:38                   |                  | <b>01:52:33.55</b> | <b>01:52:52.75</b> | +00:14:23 (12.8%) | 4:53         | 12.3 (87.9%) |
| 13  | <b>ZIOBROWSKI Łukasz</b>    | <b>1365</b> |                             | M40       | 13   | 00:30:20               | 01:04:39          | 01:36:45                   |                  | <b>01:55:21.00</b> | <b>01:55:26.85</b> | +00:16:57 (14.7%) | 5:00         | 12 (85.7%)   |
| 14  | <b>LATOSZEK Rafał</b>       | <b>1168</b> | CTS                         | M40       | 14   | 00:32:04               | 01:08:41          | 01:40:30                   |                  | <b>01:56:18.15</b> | <b>01:56:22.85</b> | +00:17:53 (15.4%) | 5:03         | 11.9 (85.0%) |
| 15  | <b>SZCZOT Andrzej</b>       | <b>1384</b> |                             | M40       | 15   | 00:31:39               | 01:07:45          | 01:39:40                   |                  | <b>01:56:46.70</b> | <b>01:56:56.65</b> | +00:18:27 (15.8%) | 5:04         | 11.8 (84.3%) |
| 16  | <b>GÓRAK Grzegorz</b>       | <b>1082</b> | BIEGAM BO LUBIĘ WYZWANIA    | M40       | 16   | 00:31:54               | 01:07:52          | 01:39:50                   |                  | <b>01:56:45.65</b> | <b>01:57:00.90</b> | +00:18:31 (15.8%) | 5:04         | 11.8 (84.3%) |
| 17  | <b>GARDZIEL Jerzy</b>       | <b>1396</b> |                             | M40       | 17   | 00:32:58               | 01:09:55          | 01:41:49                   |                  | <b>01:58:05.90</b> | <b>01:58:19.45</b> | +00:19:50 (16.8%) | 5:08         | 11.7 (83.6%) |

| Msc | Zawodnik              | Numer | Klub                              | Kategoria | Mkat | Za                     | Przed                | Kara/<br>bonifikata | Czas<br>netto<br>23km | Czas<br>brutto<br>23km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------|-------|-----------------------------------|-----------|------|------------------------|----------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
|     |                       |       |                                   |           |      | Skrzyżowaniem<br>6.5km | Brzeziniak<br>13.3km |                     |                       |                        |                      |                 |                 |
| 18  | KARDASZ Marek         | 1118  | SOLINA TEAM                       | M40       | 18   | 00:32:46               | 01:10:29             | 01:43:17            | 01:59:33.05           | 01:59:41.90            | +00:21:12<br>(17.7%) | 5:11            | 11.5<br>(82.1%) |
| 19  | KRUPA Grzegorz        | 1383  | KB SOBÓTKA                        | M40       | 19   | 00:31:40               | 01:08:08             | 01:42:24            | 02:00:13.65           | 02:00:23.60            | +00:21:54<br>(18.2%) | 5:13            | 11.5<br>(82.1%) |
| 20  | PRÜFER Paweł          | 1263  |                                   | M40       | 20   | 00:31:47               | 01:10:34             | 01:41:49            | 01:59:58.45           | 02:00:38.40            | +00:22:09<br>(18.4%) | 5:13            | 11.5<br>(82.1%) |
| 21  | ŁASTOWIECKI Radosław  | 1181  | KS BARAKUDA MIŃSK MAZOWIECKI      | M40       | 21   | 00:34:18               | 01:12:41             | 01:44:29            | 02:00:21.65           | 02:01:04.15            | +00:22:34<br>(18.7%) | 5:14            | 11.5<br>(82.1%) |
| 22  | PAWLIK Robert         | 1244  |                                   | M40       | 22   | 00:33:53               | 01:11:43             | 01:45:46            | 02:04:20.10           | 02:04:33.35            | +00:26:04<br>(20.9%) | 5:24            | 11.1<br>(79.3%) |
| 23  | SOLAREWICZ Tomasz     | 1293  |                                   | M40       | 23   | 00:34:24               | 01:14:19             | 01:47:27            | 02:04:46.55           | 02:05:30.10            | +00:27:00<br>(21.5%) | 5:25            | 11.1<br>(79.3%) |
| 24  | GĄSECKI Daniel        | 1386  | AKTYWNY DYNÓW                     | M40       | 24   | 00:35:04               | 01:14:21             | 01:47:37            | 02:05:15.40           | 02:05:42.80            | +00:27:13<br>(21.7%) | 5:26            | 11<br>(78.6%)   |
| 25  | BORYCKI Artur         | 1033  | TGR                               | M40       | 25   | 00:36:44               | 01:15:01             | 01:47:21            | 02:05:03.40           | 02:07:07.60            | +00:28:38<br>(22.5%) | 5:26            | 11<br>(78.6%)   |
| 26  | HENKELMANN Daniel     | 1094  | VEGE RUNNERS                      | M40       | 26   | 00:35:49               | 01:15:14             | 01:48:56            | 02:06:04.20           | 02:08:06.45            | +00:29:37<br>(23.1%) | 5:28            | 10.9<br>(77.9%) |
| 27  | POGORZELSKI Mariusz   | 1376  |                                   | M40       | 27   | 00:35:10               | 01:15:33             | 01:50:31            | 02:08:40.60           | 02:09:11.90            | +00:30:42<br>(23.8%) | 5:35            | 10.7<br>(76.4%) |
| 28  | MATUSZ Tadeusz        | 1201  |                                   | M40       | 28   | 00:36:33               | 01:16:10             | 01:51:53            | 02:11:02.65           | 02:11:34.55            | +00:33:05<br>(25.1%) | 5:41            | 10.5<br>(75.0%) |
| 29  | SŁABOŃ Mariusz        | 1287  | KIWK-A BIEGA                      | M40       | 29   | 00:35:40               | 01:17:05             | 01:53:03            | 02:11:33.65           | 02:11:55.65            | +00:33:26<br>(25.3%) | 5:43            | 10.5<br>(75.0%) |
| 30  | DROZDOWICZ Michał     | 1057  |                                   | M40       | 30   | 00:34:34               | 01:14:49             | 01:52:47            | 02:12:18.85           | 02:12:36.20            | +00:34:07<br>(25.7%) | 5:45            | 10.4<br>(74.3%) |
| 31  | DRAŻEK Sławomir       | 1378  |                                   | M40       | 31   | 00:36:55               | 01:17:52             | 01:54:03            | 02:12:51.55           | 02:13:02.40            | +00:34:33<br>(26.0%) | 5:46            | 10.4<br>(74.3%) |
| 32  | BARTOSIEWICZ Adam     | 1014  | OCR POLSKA                        | M40       | 32   | 00:37:02               | 01:18:32             | 01:54:12            | 02:13:18.55           | 02:13:40.80            | +00:35:11<br>(26.3%) | 5:47            | 10.4<br>(74.3%) |
| 33  | WITKOWSKI Witold      | 1348  |                                   | M40       | 33   | 00:35:56               | 01:18:45             | 01:53:55            | 02:13:47.70           | 02:15:02.75            | +00:36:33<br>(27.1%) | 5:49            | 10.3<br>(73.6%) |
| 34  | RUSZCZYK Marek        | 1275  |                                   | M40       | 34   | 00:35:12               | 01:16:52             | 01:54:46            | 02:14:38.05           | 02:15:24.35            | +00:36:55<br>(27.3%) | 5:51            | 10.3<br>(73.6%) |
| 35  | MAKA Wojciech         | 1209  | TRIWAWA                           | M40       | 35   | 00:37:41               | 01:19:11             | 01:57:06            | 02:15:05.40           | 02:15:50.15            | +00:37:20<br>(27.5%) | 5:52            | 10.2<br>(72.9%) |
| 36  | PLUTA Sebastian       | 1256  | DZIKIE MUSTANGI                   | M40       | 36   | 00:36:52               | 01:17:30             | 01:54:40            | 02:14:55.50           | 02:16:43.80            | +00:38:14<br>(28.0%) | 5:51            | 10.2<br>(72.9%) |
| 37  | ILAVSKY Igor          | 1097  |                                   | M40       | 37   | 00:36:13               | 01:17:11             | 01:56:16            | 02:17:29.10           | 02:17:53.05            | +00:39:23<br>(28.6%) | 5:58            | 10<br>(71.4%)   |
| 38  | PRUSZKOWSKI Mariusz   | 1264  | CHEŁM BIEGA/CROSSFITTER BOX CHEŁM | M40       | 38   | 00:36:32               | 01:19:47             | 01:58:04            | 02:17:46.75           | 02:18:19.35            | +00:39:50<br>(28.8%) | 5:59            | 10<br>(71.4%)   |
| 39  | RADZIKOWSKI Krzysztof | 1269  |                                   | M40       | 39   | 00:35:59               | 01:17:56             | 01:52:43            | 02:10:51.60           | 02:18:27.60            | +00:39:58<br>(28.9%) | 5:41            | 10.5<br>(75.0%) |
| 40  | GALEWSKI Jacek        | 1074  | DRUŻYNA TVN                       | M40       | 40   | 00:39:29               | 01:22:27             | 01:58:49            | 02:17:15.85           | 02:18:44.70            | +00:40:15<br>(29.0%) | 5:58            | 10.1<br>(72.1%) |
| 41  | RADOMIŃSKI Tomasz     | 1267  | KS BARAKUDA MIŃSK MAZOWIECKI      | M40       | 41   | 00:36:21               | 01:21:26             | 01:59:29            | 02:18:10.50           | 02:18:52.80            | +00:40:23<br>(29.1%) | 6:00            | 10<br>(71.4%)   |
| 42  | TOMASZEWSKI Marcin    | 1381  |                                   | M40       | 42   | 00:38:15               | 01:19:38             | 01:58:14            | 02:19:20.80           | 02:20:45.05            | +00:42:15<br>(30.0%) | 6:03            | 9.9<br>(70.7%)  |

| Msc | Zawodnik                   | Numer | Klub                             | Kategoria | Mkat | Za                     | Przed                | Kara/<br>bonifikata | Czas<br>netto<br>23km | Czas<br>brutto<br>23km | Różn        | Tempo<br>min/km      | Tempo<br>km/h |                         |
|-----|----------------------------|-------|----------------------------------|-----------|------|------------------------|----------------------|---------------------|-----------------------|------------------------|-------------|----------------------|---------------|-------------------------|
|     |                            |       |                                  |           |      | Skrzyżowaniem<br>6.5km | Brzeziniak<br>13.3km |                     |                       |                        |             |                      |               | Skrzyżowaniem<br>19.4km |
| 43  | WILK Mariusz               | 1346  | DUSZPASTERSTWO AKADEMICKIE RADOM | M40       | 43   | 00:35:58               | 01:18:31             | 01:59:11            |                       | 02:23:11.35            | 02:23:47.25 | +00:45:18<br>(31.5%) | 6:13          | 9.6<br>(68.6%)          |
| 44  | ŁABUZ Paweł                | 1177  | OVb ALLFINANZ R. CHUDZIAK-MAZUR  | M40       | 44   | 00:40:09               | 01:24:32             | 02:02:21            |                       | 02:23:06.40            | 02:24:13.65 | +00:45:44<br>(31.7%) | 6:13          | 9.6<br>(68.6%)          |
| 45  | WOJCIECHOWSKI<br>Krzysztof | 1350  | ULTRA ŁAŃCUT                     | M40       | 45   | 00:37:48               | 01:21:31             | 02:04:34            |                       | 02:26:14.70            | 02:26:25.20 | +00:47:56<br>(32.7%) | 6:21          | 9.4<br>(67.1%)          |
| 46  | GOLBIAK<br>Wojciech        | 1080  |                                  | M40       | 46   | 00:38:47               | 01:22:16             | 02:04:05            |                       | 02:25:48.15            | 02:26:27.40 | +00:47:58<br>(32.8%) | 6:20          | 9.5<br>(67.9%)          |
| 47  | JURYŚ Sławomir             | 1112  | JSYSTEM                          | M40       | 47   | 00:40:42               | 01:27:59             | 02:06:09            |                       | 02:26:09.85            | 02:27:22.75 | +00:48:53<br>(33.2%) | 6:21          | 9.4<br>(67.1%)          |
| 48  | ZAMORSKI<br>Zbigniew       | 1360  | BIEGIEM RADOM                    | M40       | 48   | 00:40:47               | 01:27:41             | 02:07:09            |                       | 02:26:33.15            | 02:28:46.35 | +00:50:17<br>(33.8%) | 6:22          | 9.4<br>(67.1%)          |
| 49  | BIEDROŃ Artur              | 1020  | EP-HEART-TEAM                    | M40       | 49   | 00:40:49               | 01:27:40             | 02:07:10            |                       | 02:26:34.45            | 02:28:48.15 | +00:50:18<br>(33.8%) | 6:22          | 9.4<br>(67.1%)          |
| 50  | HABRAT Maciej              | 1091  | HABRAT TEAM                      | M40       | 50   | 00:38:19               | 01:26:24             | 02:08:32            |                       | 02:31:15.65            | 02:32:28.10 | +00:53:58<br>(35.4%) | 6:34          | 9.1<br>(65.0%)          |
| 51  | KĘPISTY Marek              | 1123  | COPYNET                          | M40       | 51   | 00:35:33               | 01:17:20             | 01:54:09            | 00:20:00              | 02:33:03.00            | 02:33:37.00 | +00:55:07<br>(35.9%) | 5:47          | 10.4<br>(74.3%)         |
| 52  | ŁAGOŃSKI<br>Maciej         | 1179  | JELEŃIA PLAST SPORT TEAM         | M40       | 52   | 00:41:24               | 01:31:27             | 02:11:47            |                       | 02:33:43.35            | 02:35:10.05 | +00:56:40<br>(36.5%) | 6:41          | 9<br>(64.3%)            |
| 53  | KOWALCZYK<br>Piotr         | 1146  |                                  | M40       | 53   | 00:42:44               | 01:31:55             | 02:12:19            |                       | 02:33:52.00            | 02:35:40.00 | +00:57:10<br>(36.7%) | 6:41          | 9<br>(64.3%)            |
| 54  | ŁATKOWSKI<br>Łukasz        | 1183  | GRUPA BIEGOWA CHTMO              | M40       | 54   | 00:43:58               | 01:33:31             | 02:16:18            |                       | 02:37:15.10            | 02:37:44.25 | +00:59:15<br>(37.6%) | 6:50          | 8.8<br>(62.9%)          |
| 55  | URBANEK<br>Sylwester       | 1324  |                                  | M40       | 55   | 00:42:04               | 01:29:38             | 02:14:40            |                       | 02:36:07.15            | 02:37:48.65 | +00:59:19<br>(37.6%) | 6:47          | 8.8<br>(62.9%)          |
| 56  | CIUPA Wojciech             | 1049  | MULTIMEDIA RUNNERS PUŁAWY        | M40       | 56   | 00:43:54               | 01:33:49             | 02:15:25            |                       | 02:35:50.05            | 02:38:13.15 | +00:59:43<br>(37.8%) | 6:46          | 8.9<br>(63.6%)          |
| 57  | KUS Sławomir               | 1160  |                                  | M40       | 57   | 00:43:48               | 01:31:40             | 02:14:12            |                       | 02:36:07.05            | 02:38:22.40 | +00:59:53<br>(37.8%) | 6:47          | 8.8<br>(62.9%)          |
| 58  | KŁODZIŃSKI<br>Klaudiusz    | 1129  | ULTRAMĘKI                        | M40       | 58   | 00:41:16               | 01:36:19             | 02:17:35            |                       | 02:37:33.45            | 02:38:38.00 | +01:00:08<br>(37.9%) | 6:51          | 8.8<br>(62.9%)          |
| 59  | KASPROWICZ<br>Piotr        | 1119  | FUN&RUN                          | M40       | 59   | 00:43:21               | 01:34:16             | 02:18:50            |                       | 02:39:36.80            | 02:40:28.90 | +01:01:59<br>(38.6%) | 6:56          | 8.6<br>(61.4%)          |
| 60  | JODŁOWSKI<br>Andrzej       | 1110  | FUN&RUN                          | M40       | 60   | 00:43:20               | 01:34:16             | 02:18:52            |                       | 02:39:39.10            | 02:40:31.65 | +01:02:02<br>(38.6%) | 6:56          | 8.6<br>(61.4%)          |
| 61  | GAWLE Mirosław             | 1076  | MARATOŃCZYK DĘBICA               | M40       | 61   | 00:41:53               | 01:33:30             | 02:15:50            |                       | 02:39:11.10            | 02:40:37.45 | +01:02:08<br>(38.7%) | 6:55          | 8.7<br>(62.1%)          |
| 62  | NIEMIEC<br>Grzegorz        | 1222  | GRUPA BIEGOWA ZARSZYN            | M40       | 62   | 00:42:35               | 01:38:51             | 02:19:11            |                       | 02:39:55.05            | 02:41:28.85 | +01:02:59<br>(39.0%) | 6:57          | 8.6<br>(61.4%)          |
| 63  | KOMANSKI Rafał             | 1135  | ZARSZYŃSKA GRUPA BIEGOWA         | M40       | 63   | 00:42:36               | 01:39:14             | 02:19:10            |                       | 02:39:56.95            | 02:41:30.05 | +01:03:00<br>(39.0%) | 6:57          | 8.6<br>(61.4%)          |
| 64  | MAŁEK Wojciech             | 1195  | GRUPA BIEGOWA ZARSZYN            | M40       | 64   | 00:42:37               | 01:38:52             | 02:19:13            |                       | 02:39:59.50            | 02:41:31.80 | +01:03:02<br>(39.0%) | 6:57          | 8.6<br>(61.4%)          |
| 65  | GRUCHAŁA<br>Robert         | 1086  | PADŁ NA RYJ TEAM                 | M40       | 65   | 00:46:29               | 01:41:53             | 02:23:55            |                       | 02:42:17.85            | 02:43:12.80 | +01:04:43<br>(39.7%) | 7:03          | 8.5<br>(60.7%)          |
| 66  | KITOWSKI<br>Bartosz        | 1127  | GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI  | M40       | 66   | 00:41:55               | 01:31:46             | 02:19:18            |                       | 02:43:34.60            | 02:44:41.70 | +01:06:12<br>(40.2%) | 7:06          | 8.4<br>(60.0%)          |
| 67  | KOSOWSKI<br>Tomasz         | 1143  | STARE TRAMPY                     | M40       | 67   | 00:45:27               | 01:38:41             | 02:21:57            |                       | 02:44:39.85            | 02:46:21.35 | +01:07:52<br>(40.8%) | 7:09          | 8.4<br>(60.0%)          |

| Msc | Zawodnik              | Numer | Klub                  | Kategoria | Mkat | Za                     | Przed                | Kara/<br>bonifikata | Czas                    | Czas          | Różn        | Tempo<br>min/km      | Tempo<br>km/h |                |
|-----|-----------------------|-------|-----------------------|-----------|------|------------------------|----------------------|---------------------|-------------------------|---------------|-------------|----------------------|---------------|----------------|
|     |                       |       |                       |           |      | Skrzyżowaniem<br>6.5km | Brzeziniak<br>13.3km |                     | Skrzyżowaniem<br>19.4km | netto<br>23km |             |                      |               | brutto<br>23km |
| 68  | BOROŃ Krzysztof       | 1031  |                       | M40       | 68   | 00:45:25               | 01:37:55             | 02:26:11            |                         | 02:53:04.55   | 02:54:47.00 | +01:16:17<br>(43.7%) | 7:31          | 8<br>(57.1%)   |
| 69  | MAŁACHOWSKI Sebastian | 1194  |                       | M40       | 69   | 00:37:45               | 01:28:29             | 02:12:28            | 00:20:00                | 02:54:54.00   | 02:55:02.00 | +01:16:32<br>(43.7%) | 6:44          | 8.9<br>(63.6%) |
| 70  | KOBIAŁKA Irek         | 1130  |                       | M40       | 70   | 00:44:35               | 01:41:59             | 02:30:11            |                         | 02:54:50.50   | 02:55:23.65 | +01:16:54<br>(43.8%) | 7:36          | 7.9<br>(56.4%) |
| 71  | ŚWIĘCH Adam           | 1314  |                       | M40       | 71   | 00:45:40               | 01:42:32             | 02:29:22            |                         | 02:53:59.15   | 02:56:04.85 | +01:17:35<br>(44.1%) | 7:33          | 7.9<br>(56.4%) |
| 72  | KORAB Grzegorz        | 1139  |                       | M40       | 72   | 00:45:44               | 01:42:34             | 02:29:23            |                         | 02:54:00.55   | 02:56:06.30 | +01:17:37<br>(44.1%) | 7:33          | 7.9<br>(56.4%) |
| 73  | NOWACKI Roman         | 1223  |                       | M40       | 73   | 00:42:22               | 01:42:53             | 02:28:44            |                         | 02:54:39.30   | 02:56:50.70 | +01:18:21<br>(44.3%) | 7:35          | 7.9<br>(56.4%) |
| 74  | MASZKOWSKI Rafał      | 1200  |                       | M40       | 74   | 00:46:02               | 01:46:16             | 02:31:54            |                         | 02:57:28.20   | 02:59:36.70 | +01:21:07<br>(45.2%) | 7:42          | 7.8<br>(55.7%) |
| 75  | PANEK Piotr           | 1238  | DZIKIE MUSTANGI       | M40       | 75   | 00:46:33               | 01:42:46             | 02:33:47            |                         | 02:58:14.45   | 03:00:04.55 | +01:21:35<br>(45.3%) | 7:44          | 7.7<br>(55.0%) |
| 76  | BLAZOWSKI Wojciech    | 1024  |                       | M40       | 76   | 00:46:41               | 01:41:07             | 02:32:33            |                         | 02:59:44.20   | 03:00:18.45 | +01:21:49<br>(45.4%) | 7:48          | 7.7<br>(55.0%) |
| 77  | POL Rob               | 1371  | NOĆNE WOŁKI           | M40       | 77   | 00:45:38               | 01:37:53             | 02:23:14            | 00:20:00                | 03:07:12.00   | 03:08:02.00 | +01:29:32<br>(47.6%) | 7:16          | 8.3<br>(59.3%) |
| 78  | KLIMCZAK Paweł        | 1128  |                       | M40       | 78   | 00:47:22               | 01:42:51             | 02:37:15            |                         | 03:06:09.95   | 03:08:26.70 | +01:29:57<br>(47.7%) | 8:05          | 7.4<br>(52.9%) |
| 79  | BALON Marcin          | 1011  | B&B RUNNERS           | M40       | 79   | 00:49:02               | 01:50:53             | 02:41:31            |                         | 03:08:44.20   | 03:10:04.95 | +01:31:35<br>(48.2%) | 8:12          | 7.3<br>(52.1%) |
| 80  | BIDNIK Jakub          | 1019  | B&B RUNNERS           | M40       | 80   | 00:48:59               | 01:50:53             | 02:41:28            |                         | 03:08:43.90   | 03:10:05.70 | +01:31:36<br>(48.2%) | 8:12          | 7.3<br>(52.1%) |
| 81  | GORAJEK Michał        | 1081  | ALA&LILA              | M40       | 81   | 00:46:43               | 01:49:59             | 02:39:35            |                         | 03:08:23.75   | 03:10:20.15 | +01:31:50<br>(48.3%) | 8:11          | 7.3<br>(52.1%) |
| 82  | WINIARCZYK Łukasz     | 1347  | KLUB#SMARTRUN         | M40       | 82   | 00:46:47               | 01:50:01             | 02:39:37            |                         | 03:08:41.50   | 03:10:36.95 | +01:32:07<br>(48.3%) | 8:12          | 7.3<br>(52.1%) |
| 83  | MATUSZCZYK Adrian     | 1203  |                       | M40       | 83   | 00:45:03               | 01:50:30             | 02:40:53            |                         | 03:11:16.65   | 03:11:53.95 | +01:33:24<br>(48.7%) | 8:18          | 7.2<br>(51.4%) |
| 84  | JEZIOREK Jozi         | 1108  |                       | M40       | 84   | 00:50:16               | 01:49:08             | 02:41:44            |                         | 03:14:16.80   | 03:15:56.35 | +01:37:27<br>(49.7%) | 8:26          | 7.1<br>(50.7%) |
| 85  | PIECH Adam            | 1254  | PORANNY PATROL        | M40       | 85   | 00:49:20               | 01:56:00             | 02:47:26            |                         | 03:14:30.80   | 03:16:22.90 | +01:37:53<br>(49.8%) | 8:27          | 7.1<br>(50.7%) |
| 86  | MYŚLIŃSKI Tomasz      | 1218  | BIEGUSIEM.PL          | M40       | 86   | 00:47:22               | 01:49:52             | 02:47:32            |                         | 03:18:04.20   | 03:18:41.95 | +01:40:12<br>(50.4%) | 8:36          | 7<br>(50.0%)   |
| 87  | LAZAROWICZ Piotr      | 1169  | WKURW_TEAM            | M40       | 87   | 00:53:05               | 02:04:05             | 02:54:46            |                         | 03:21:27.50   | 03:22:39.80 | +01:44:10<br>(51.4%) | 8:45          | 6.9<br>(49.3%) |
| 88  | MYŚLIWIEC Wojciech    | 1219  | FUN&RUN               | M40       | 88   | 00:49:08               | 02:00:15             | 02:56:05            |                         | 03:29:02.20   | 03:29:55.85 | +01:51:26<br>(53.1%) | 9:05          | 6.6<br>(47.1%) |
| 89  | JABŁONKA Radosław     | 1098  | DZIADY OCR            | M40       | 89   | 00:42:44               | 02:15:00             | 03:03:49            |                         | 03:29:54.80   | 03:31:12.80 | +01:52:43<br>(53.4%) | 9:07          | 6.6<br>(47.1%) |
| 90  | MAKOSA Konrad         | 1210  |                       | M40       | 90   | 00:51:59               | 02:07:21             | 03:01:33            |                         | 03:31:16.45   | 03:32:54.55 | +01:54:25<br>(53.7%) | 9:11          | 6.5<br>(46.4%) |
| 91  | ZDROJEWSKI Andrzej    | 1375  | ADIDAS RUNNERS WARSAW | M40       | 91   | 00:52:27               | 02:15:21             | 03:09:01            |                         | 03:33:15.50   | 03:34:31.05 | +01:56:01<br>(54.1%) | 9:16          | 6.5<br>(46.4%) |
| 92  | BAREŁA Andrzej        | 1013  | FIFARAFA              | M40       | 92   | 00:52:58               | 02:02:06             | 03:03:10            |                         | 03:36:02.70   | 03:37:07.80 | +01:58:38<br>(54.6%) | 9:23          | 6.4<br>(45.7%) |

| Msc | Zawodnik    | Numer | Klub | Kategoria | Mkat | Za<br>Skrzyżowaniem<br>6.5km | Brzeziniak<br>13.3km | Przed<br>Skrzyżowaniem<br>19.4km | Kara/<br>bonifikata | Czas<br>netto<br>23km | Czas<br>brutto<br>23km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------|-------|------|-----------|------|------------------------------|----------------------|----------------------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 93  | SAMEK Artur | 1277  |      | M40       | 93   |                              |                      |                                  |                     | 03:58:35.00           | 03:58:35.00            | +02:20:05<br>(58.7%) | 10:22           | 5.8<br>(41.4%) |

Znaleziono 93 wynik(ów)