

VII HYUNDAI ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT

Wydarzenie: Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-12
Miejsce: Cisna
Dystans: 52 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	MISIĄK Bartosz	255	ALPIN SPORT HOKA ONE ONE TEAM	M30	1	00:50:43	02:05:22	03:10:49	04:29:17.60	04:29:19.20		5:10	11.6 (100%)
2	SZUMLIŃSKI Piotr	703	ATTIQ TEAM	M30	2	00:49:58	02:06:53	03:18:37	04:45:31.85	04:45:33.45	+00:16:14 (5.7%)	5:29	10.9 (94.0%)
3	FLISIŃSKI Łukasz	355		M30	3	00:49:58	02:07:38	03:23:08	04:51:00.65	04:51:03.10	+00:21:43 (7.5%)	5:35	10.7 (92.2%)
4	KRUBA Marcin	486	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	4	00:51:05	02:11:28	03:24:56	04:52:14.75	04:52:14.75	+00:22:55 (7.8%)	5:37	10.7 (92.2%)
5	ŻORNIĄK Mateusz	793	MEGA FASON SIENIAWA / STAJNIA BALONA	M30	5	00:50:20	02:06:05	03:19:54	04:53:05.75	04:53:08.80	+00:23:49 (8.1%)	5:38	10.6 (91.4%)
6	GIŻA Grzegorz	367		M30	6	01:00:28	02:25:00	03:40:10	05:04:20.65	05:04:28.10	+00:35:08 (11.5%)	5:51	10.3 (88.8%)
7	KRZYSZTOŃ Marcin	490		M30	7	00:53:05	02:14:16	03:33:11	05:07:14.65	05:07:18.40	+00:37:59 (12.4%)	5:54	10.2 (87.9%)
8	KOREK Michał	471	HARPAGAN SOSNOWIEC/ MARCINŚWIERCTEAM	M30	8	00:52:41	02:12:57	03:31:56	05:12:07.35	05:12:09.95	+00:42:50 (13.7%)	6:00	10 (86.2%)
9	BRZANA Maciej	305	FINISZ RYMANÓW	M30	9	00:54:38	02:17:30	03:36:53	05:15:54.00	05:15:58.60	+00:46:39 (14.8%)	6:04	9.9 (85.3%)
10	BUJAŁA Michał	310	DABEX-BOLT	M30	10	00:49:57	02:05:39	03:25:15	05:18:48.20	05:18:50.35	+00:49:31 (15.5%)	6:07	9.8 (84.5%)
11	SZAPORÓW Łukasz	688	INFINITY-GYM	M30	11	00:54:38	02:16:48	03:38:36	05:20:04.00	05:20:07.20	+00:50:48 (15.9%)	6:09	9.7 (83.6%)
12	ZARODKIEWICZ Dawid	773	NAPRZÓD MŁOCINY/ #TZD	M30	12	00:53:08	02:18:06	03:44:36	05:35:52.45	05:35:56.15	+01:06:36 (19.8%)	6:27	9.3 (80.2%)
13	DUCKI Piotr	830		M30	13	00:59:16	02:28:19	03:54:37	05:35:32.80	05:35:59.75	+01:06:40 (19.8%)	6:27	9.3 (80.2%)
14	PSIUK Andrzej	633	BIŁGORAJ BIEGA	M30	14	00:55:40	02:21:57	03:50:47	05:36:54.75	05:36:57.95	+01:07:38 (20.1%)	6:28	9.3 (80.2%)
15	KĄKOL Michał	442	RACEFIGHTER GOSIR DĘBE WLK.	M30	15	01:00:52	02:32:15	03:57:57	05:39:41.40	05:39:45.85	+01:10:26 (20.7%)	6:31	9.2 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km					
16	SIUDEK Robert	653		M30	16	01:00:49	02:32:30	03:58:16	05:41:04.85	05:41:10.05	+01:11:50 (21.1%)	6:33	9.1 (78.4%)
17	KURZAWSKI Tomasz	502		M30	17	01:00:05	02:26:57	03:54:54	05:41:25.90	05:41:44.60	+01:12:25 (21.2%)	6:33	9.1 (78.4%)
18	WIDUCH Jarek	734		M30	18	01:00:58	02:31:09	03:58:04	05:44:19.40	05:44:24.35	+01:15:05 (21.8%)	6:37	9.1 (78.4%)
19	CZERWIŃSKI Michał	818	OSP GOTARTOWICE	M30	19	00:59:01	02:30:33	04:02:38	05:49:43.35	05:49:45.65	+01:20:26 (23.0%)	6:43	8.9 (76.7%)
20	KWAŚNIEWSKI Maciej	510		M30	20	01:00:07	02:35:18	04:04:12	05:49:01.90	05:49:58.05	+01:20:38 (23.0%)	6:42	8.9 (76.7%)
21	STRYCHARSKI Krystian	680	TRAILOWE BIEGI DUCHOWE TBD	M30	21	00:59:56	02:37:06	04:11:16	05:57:25.35	05:57:28.40	+01:28:09 (24.7%)	6:52	8.7 (75.0%)
22	JUSZCZAK Marcin	423	RACEFIGHTER GOSIR DĘBĘ WIELKIE	M30	22	01:00:52	02:32:17	04:03:01	05:57:38.80	05:57:43.40	+01:28:24 (24.7%)	6:52	8.7 (75.0%)
23	STUPEŁKOWSKI Piotr	802		M30	23	01:00:06	02:29:05	04:04:55	05:57:48.05	05:58:11.20	+01:28:52 (24.8%)	6:52	8.7 (75.0%)
24	WRÓBLEWSKI Jacek	758	MAZOVIA PROACTIVE	M30	24	01:00:23	02:32:05	04:05:01	05:58:15.25	05:58:26.80	+01:29:07 (24.9%)	6:53	8.7 (75.0%)
25	BARUD Piotr	278	FINISZ RYMANÓW	M30	25	01:01:46	02:34:47	04:04:57	05:59:03.10	05:59:18.00	+01:29:58 (25.0%)	6:54	8.7 (75.0%)
26	KNOPEK Adam	456	BIEG PO ZDRÓJ	M30	26	01:01:38	02:34:47	04:07:57	06:03:46.95	06:04:02.95	+01:34:43 (26.0%)	6:59	8.6 (74.1%)
27	FIREK Adrian	353	HIT THE TRAIL TOMASZ KLISZ	M30	27	01:02:42	02:39:00	04:10:24	06:05:28.65	06:05:39.45	+01:36:20 (26.3%)	7:01	8.5 (73.3%)
28	ZALEWSKI Karol	772	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	28	01:00:51	02:32:16	04:04:04	06:07:01.85	06:07:05.85	+01:37:46 (26.6%)	7:03	8.5 (73.3%)
29	GAWRON Marcin	364		M30	29	00:56:56	02:26:58	04:05:06	06:08:08.40	06:08:20.95	+01:39:01 (26.9%)	7:04	8.5 (73.3%)
30	JĘDRASZCZYK Mateusz	70		M30	30	01:02:38	02:37:04	04:10:21	06:16:30.05	06:16:35.45	+01:47:16 (28.5%)	7:14	8.3 (71.6%)
31	GRONIECKI Mikołaj	380		M30	31	01:02:49	02:39:48	04:21:35	06:17:57.45	06:18:13.60	+01:48:54 (28.8%)	7:16	8.3 (71.6%)
32	JÓŹWIAK Rafał	420	JACEKBIEGA RUNNING TEAM	M30	32	01:01:28	02:39:32	04:24:21	06:23:05.80	06:23:34.45	+01:54:15 (29.8%)	7:22	8.1 (69.8%)
33	ŻOŁNACZ Maciej	792		M30	33	01:03:49	02:36:07	04:14:16	06:23:28.60	06:23:39.20	+01:54:20 (29.8%)	7:22	8.1 (69.8%)
34	DRAŃKO Piotr	337		M30	34	01:00:59	02:37:21	04:21:07	06:23:19.10	06:23:47.35	+01:54:28 (29.8%)	7:22	8.1 (69.8%)
35	KUSZKA Michał	503	STS BIEGATON MIKOŁÓW - SEKCJA GÓRSKA	M30	35	01:05:00	02:45:33	04:29:39	06:25:38.05	06:25:48.75	+01:56:29 (30.2%)	7:24	8.1 (69.8%)
36	MACHNICKI Rafał	540		M30	36	01:01:32	02:41:07	04:21:39	06:26:08.35	06:26:13.75	+01:56:54 (30.3%)	7:25	8.1 (69.8%)
37	KAMIŃSKI Marek	430		M30	37	01:05:01	02:39:30	04:19:05	06:25:48.95	06:26:51.60	+01:57:32 (30.4%)	7:25	8.1 (69.8%)
38	NIEGOWSKI Robert	584	STARE BABICE BIEGAJĄ	M30	38	00:58:08	02:32:17	04:23:00	06:31:56.55	06:32:09.25	+02:02:50 (31.3%)	7:32	8 (69.0%)

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39	KŁOŚ Artur	815		M30	39	01:06:03	02:42:27	04:24:11	06:31:52.85	06:32:12.65	+02:02:53 (31.3%)	7:32	8 (69.0%)
40	WNUCZEK Lukasz	746	BIEGAJĄCY ŚWIDNIK	M30	40	01:03:18	02:45:22	04:35:06	06:36:03.95	06:36:26.30	+02:07:07 (32.1%)	7:37	7.9 (68.1%)
41	UBYCH Mariusz	722	FIZJO PLUS ACTIVE	M30	41	01:06:08	02:52:34	04:35:47	06:36:35.30	06:37:12.05	+02:07:52 (32.2%)	7:37	7.9 (68.1%)
42	MIELNIK Grzegorz	562		M30	42	01:03:22	02:43:35	04:27:49	06:37:34.00	06:37:40.55	+02:08:21 (32.3%)	7:38	7.8 (67.2%)
43	PELA Dariusz	812		M30	43	01:04:41	02:46:06	04:31:00	06:38:46.15	06:38:46.15	+02:09:26 (32.5%)	7:40	7.8 (67.2%)
44	KAJA Gracjan	428	BYDGOŚCIE	M30	44	01:01:19	02:40:11	04:33:47	06:38:24.15	06:38:54.20	+02:09:35 (32.5%)	7:39	7.8 (67.2%)
45	PODSTAWNY Rafał	622	HARPAGAN SOSNOWIEC	M30	45	01:04:55	02:45:34	04:32:02	06:38:52.65	06:39:00.20	+02:09:41 (32.5%)	7:40	7.8 (67.2%)
46	TUSZYŃSKI Zygmunt	717	PGE RUN OBRÓT	M30	46	01:06:12	02:46:33	04:35:36	06:39:50.10	06:40:20.60	+02:11:01 (32.7%)	7:41	7.8 (67.2%)
47	GUDOWSKI Krystian	388	GOODRUN	M30	47	01:07:39	02:51:29	04:35:42	06:42:18.60	06:42:28.90	+02:13:09 (33.1%)	7:44	7.8 (67.2%)
48	SOBCZAK Robert	664	WIERZĘ W JEZUSA	M30	48	01:04:39	02:47:12	04:31:22	06:42:25.35	06:42:44.35	+02:13:25 (33.1%)	7:44	7.8 (67.2%)
49	JĘDRKOWIAK Piotr	415		M30	49	01:03:48	02:42:54	04:33:35	06:46:21.40	06:46:49.55	+02:17:30 (33.8%)	7:48	7.7 (66.4%)
50	KONDZIOŁA Krzysztof	463	STAY INSANE / PERFECT RUNNER LUBLIN	M30	50	01:06:27	02:58:59	04:47:02	06:48:54.00	06:49:10.75	+02:19:51 (34.2%)	7:51	7.6 (65.5%)
51	RADYK Jakub	634	PRZEMYSKI KLUB BIEGACZA	M30	51	01:06:51	02:52:07	04:43:41	06:51:01.90	06:51:21.50	+02:22:02 (34.5%)	7:54	7.6 (65.5%)
52	MESJASZ Marek	558	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	52	01:04:35	02:53:10	04:46:14	06:51:31.85	06:51:59.55	+02:22:40 (34.6%)	7:54	7.6 (65.5%)
53	KUBERA Dawid	492	ALWAYSINMOTION.PL	M30	53	01:08:31	02:57:20	04:47:45	06:55:07.20	06:55:46.10	+02:26:26 (35.2%)	7:59	7.5 (64.7%)
54	ZAWADZKI Piotr	776	RYKOWISKO	M30	54	01:10:38	03:02:47	04:51:57	06:56:00.80	06:56:04.55	+02:26:45 (35.3%)	8:00	7.5 (64.7%)
55	POLAK Jacek	623	BIOTON	M30	55	01:08:38	02:50:28	04:36:33	06:55:23.10	06:56:29.80	+02:27:10 (35.3%)	7:59	7.5 (64.7%)
56	GRANDA Paweł	378	21 DAPLOT JAROSŁAW	M30	56	01:12:46	03:04:51	04:54:38	06:56:11.80	06:56:35.40	+02:27:16 (35.4%)	8:00	7.5 (64.7%)
57	PRELICH Tomasz	627	DABEX-BOLT	M30	57	01:08:53	02:59:56	04:50:20	06:57:22.30	06:57:45.95	+02:28:26 (35.5%)	8:01	7.5 (64.7%)
58	ŚWIĆ Miłosz	706	DZIK KOMANDO	M30	58	01:05:39	02:55:37	04:52:45	06:58:23.05	06:59:13.70	+02:29:54 (35.8%)	8:02	7.5 (64.7%)
59	RUKUSZEWICZ Wawrzyniec	644	DZIKIE GRUBASY SZATANA	M30	59	01:11:21	03:00:36	04:54:04	06:58:14.55	06:59:26.85	+02:30:07 (35.8%)	8:02	7.5 (64.7%)
60	GALEWSKI Jacek	360	DRUŻYNA TVN	M30	60	01:11:37	03:05:57	04:58:12	07:00:55.15	07:01:56.85	+02:32:37 (36.2%)	8:05	7.4 (63.8%)
61	DRAUS Borys	338		M30	61	01:12:17	03:07:20	05:00:57	07:01:22.80	07:02:41.15	+02:33:21 (36.3%)	8:06	7.4 (63.8%)

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62	KULCZYŃSKI Mariusz	498	SCHABOWY RUNNERS	M30	62	01:08:01	02:51:32	04:37:18	07:02:14.45	07:03:12.60	+02:33:53 (36.4%)	8:07	7.4 (63.8%)
63	SZUBRYCHT Bartosz	702	SEKCJA BIEGOWA GRUPY PIWNEJ	M30	63	01:12:13	03:06:17	04:57:48	07:02:25.25	07:03:34.20	+02:34:15 (36.4%)	8:07	7.4 (63.8%)
64	GOŚCIŃSKI Sławomir	375		M30	64	01:09:48	02:59:25	04:59:04	07:03:03.25	07:03:37.25	+02:34:18 (36.4%)	8:08	7.4 (63.8%)
65	NEPELSKI Krzysztof	582	DZIKI Z PODKARPACIA NA EMIGRACJI W LUBLINIE	M30	65	01:09:48	02:59:05	04:57:17	07:09:20.65	07:09:27.45	+02:40:08 (37.3%)	8:15	7.3 (62.9%)
66	LENKIEWICZ Artur	519		M30	66	01:02:44	02:54:13	04:57:33	07:14:47.10	07:15:11.05	+02:45:51 (38.1%)	8:21	7.2 (62.1%)
67	BOHDANOWICZ Krystian	299	WKURW_TEAM	M30	67	01:06:49	03:00:46	04:56:29	07:15:09.45	07:15:28.55	+02:46:09 (38.2%)	8:22	7.2 (62.1%)
68	GŁOWACKI Krzysztof	370	WKURW_TEAM	M30	68	01:06:48	03:00:44	04:56:32	07:15:11.15	07:15:29.35	+02:46:10 (38.2%)	8:22	7.2 (62.1%)
69	MOJEK Michał	570	BIEGACZE SPECJALNEJ TROSKI	M30	69	01:09:46	03:01:10	05:01:16	07:17:52.35	07:18:17.65	+02:48:58 (38.6%)	8:25	7.1 (61.2%)
70	BĘBENISTA Błażej	286		M30	70	01:13:13	03:03:54	05:02:46	07:22:43.70	07:23:21.45	+02:54:02 (39.3%)	8:30	7 (60.3%)
71	WASIEWICZ Adam	729	TRENERBIEGANIA.PL	M30	71	01:14:27	03:10:44	05:12:01	07:22:57.15	07:23:35.80	+02:54:16 (39.3%)	8:31	7 (60.3%)
72	WITOWSKI Łukasz	744		M30	72	01:12:06	03:07:14	05:08:52	07:23:07.60	07:23:38.85	+02:54:19 (39.3%)	8:31	7 (60.3%)
73	KALKA Jan	429		M30	73	01:12:48	03:05:42	05:07:26	07:30:01.65	07:31:12.55	+03:01:53 (40.3%)	8:39	6.9 (59.5%)
74	GAJDA Mateusz	359	SKAWINA BIEGA	M30	74	01:15:22	03:10:45	05:10:14	07:31:01.90	07:32:09.65	+03:02:50 (40.4%)	8:40	6.9 (59.5%)
75	WITEK Wojciech	743		M30	75	01:11:26	03:06:45	05:12:40	07:34:21.35	07:34:34.70	+03:05:15 (40.8%)	8:44	6.9 (59.5%)
76	FIGIEL Bartosz	350		M30	76	01:06:39	03:10:47	05:18:38	07:35:07.55	07:36:14.95	+03:06:55 (41.0%)	8:45	6.9 (59.5%)
77	PĘKALA Rafał	611		M30	77	01:17:33	03:11:48	05:13:32	07:35:28.25	07:36:24.30	+03:07:05 (41.0%)	8:45	6.9 (59.5%)
78	BŁĄDEK Piotr	294	PROSWIM	M30	78	01:10:13	03:10:48	05:16:57	07:37:24.60	07:38:25.85	+03:09:06 (41.3%)	8:47	6.8 (58.6%)
79	BRZOZOWSKI Łukasz	308	BIKE EQUIPA SANDOMIERZ	M30	79	01:04:53	02:45:39	04:35:15	07:38:12.15	07:38:30.90	+03:09:11 (41.3%)	8:48	6.8 (58.6%)
80	BOCHENEK Michał	296	INFINITY-GYM	M30	80	01:08:32	03:03:30	05:12:26	07:38:53.40	07:39:03.25	+03:09:44 (41.3%)	8:49	6.8 (58.6%)
81	MATRACKI Sebastian	1241	OSTROBIEC	M30	81	01:15:36	03:25:59	05:22:31	07:38:25.85	07:39:18.50	+03:09:59 (41.4%)	8:48	6.8 (58.6%)
82	PRZYGODA Michał	631		M30	82	01:13:24	03:10:15	05:09:03	07:40:36.50	07:41:40.60	+03:12:21 (41.7%)	8:51	6.8 (58.6%)
83	MATYSIAK Daniel	553	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M30	83	01:08:33	03:00:50	04:55:11	07:41:43.55	07:42:21.10	+03:13:01 (41.7%)	8:52	6.8 (58.6%)
84	STEMPLEWSKI Łukasz	675		M30	84	01:09:57	03:01:05	04:57:30	07:42:55.45	07:44:12.95	+03:14:53 (42.0%)	8:54	6.7 (57.8%)

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						12km	26km	38km					
85	KWIATKOWSKI Kajetan	512	KUCE Z BRONKSU	M30	85	01:05:34	03:02:39	05:19:03	07:44:07.50	07:44:29.05	+03:15:09 (42.0%)	8:55	6.7 (57.8%)
86	TROJNAR Damian	715	KS JANUSZE	M30	86	01:14:00	03:24:23	05:32:07	07:43:30.70	07:44:32.65	+03:15:13 (42.0%)	8:54	6.7 (57.8%)
87	MICHALSKI Jarosław	559	HETMAN TARNOWSKIE GÓRY	M30	87	01:11:47	03:10:35	05:16:56	07:44:55.25	07:45:25.40	+03:16:06 (42.1%)	8:56	6.7 (57.8%)
88	LIS Arkadiusz	528	NOGIZETRE	M30	88	01:18:40	03:17:04	05:20:07	07:44:21.80	07:45:31.00	+03:16:11 (42.1%)	8:55	6.7 (57.8%)
89	OLEJNIK Marcin	590	12TRI	M30	89	01:19:10	03:14:57	05:18:23	07:45:29.20	07:46:32.25	+03:17:13 (42.3%)	8:57	6.7 (57.8%)
90	PIĄTEK Rafał	616	OBLEŚNI BIEGACZE	M30	90	01:13:57	03:12:41	05:20:00	07:46:32.15	07:46:59.55	+03:17:40 (42.3%)	8:58	6.7 (57.8%)
91	STEUER Sylwester	677	BIAŁYSTOK BIEGA TEAM	M30	91	01:17:01	03:17:58	05:20:07	07:48:33.10	07:49:52.50	+03:20:33 (42.7%)	9:00	6.7 (57.8%)
92	KRASOWSKI Mateusz	481		M30	92	01:14:00	03:24:24	05:32:19	07:50:57.60	07:51:59.50	+03:22:40 (42.9%)	9:03	6.6 (56.9%)
93	KRASOWSKI Łukasz	482	PROSWIM	M30	93	01:14:26	03:24:23	05:32:18	07:50:57.30	07:51:59.65	+03:22:40 (42.9%)	9:03	6.6 (56.9%)
94	ZGLIŃSKI Bartłomiej	778	WKURW_TEAM TORUŃ	M30	94	01:15:27	03:16:06	05:21:54	07:51:29.30	07:52:17.25	+03:22:58 (43.0%)	9:04	6.6 (56.9%)
95	OSTROWSKI Paweł	596	REHMEDICA.PL	M30	95	01:14:37	03:11:23	05:19:15	07:53:41.45	07:54:46.40	+03:25:27 (43.3%)	9:06	6.6 (56.9%)
96	GRUSZCZYNSKI Mateusz	382		M30	96	01:06:09	03:06:04	05:18:55	07:55:00.50	07:55:34.25	+03:26:15 (43.4%)	9:08	6.6 (56.9%)
97	STEPANCZENKO Rafał	676	BIAŁYSTOK BIEGA TEAM	M30	97	01:15:53	03:17:57	05:26:44	07:54:32.45	07:55:51.80	+03:26:32 (43.4%)	9:07	6.6 (56.9%)
98	ZIEMSKI Maciej	783	VEGERUNNERS	M30	98	01:18:18	03:23:29	05:28:39	07:58:33.20	07:59:33.50	+03:30:14 (43.8%)	9:12	6.5 (56.0%)
99	SYPIŃOWSKI Szymon	686	DANIEL WOSIK TERVEL TEAM	M30	99	01:14:43	03:18:44	05:27:33	07:59:56.70	08:00:24.85	+03:31:05 (43.9%)	9:13	6.5 (56.0%)
100	HUSZCZA Paweł	396		M30	100	01:12:58	03:10:27	05:24:11	07:59:32.95	08:00:47.95	+03:31:28 (44.0%)	9:13	6.5 (56.0%)
101	JANKOWSKI Rafał	406	KOŁO BIEGA	M30	101	01:16:53	03:23:58	05:37:06	08:01:39.10	08:01:43.40	+03:32:24 (44.1%)	9:15	6.5 (56.0%)
102	PAWLAK Jarosław	1287	KOŁO BIEGA	M30	102	01:16:54	03:23:59	05:34:15	08:01:41.05	08:01:44.60	+03:32:25 (44.1%)	9:15	6.5 (56.0%)
103	SKUBIS Grzegorz	660		M30	103	01:16:26	03:18:05	05:27:39	08:02:48.85	08:03:11.30	+03:33:52 (44.3%)	9:17	6.5 (56.0%)
104	ZAJĄC Paweł	770	CROSS HEROES - OGIEŃ!	M30	104	01:13:26	03:19:55	05:28:52	08:03:59.30	08:04:40.60	+03:35:21 (44.4%)	9:18	6.4 (55.2%)
105	CHILIŃSKI Karol	800		M30	105	01:07:57	03:11:52	05:26:23	08:06:02.00	08:06:26.55	+03:37:07 (44.6%)	9:20	6.4 (55.2%)
106	DOMAGAŁA Mariusz	336	TUPTUŚOTWOCK	M30	106	01:12:55	03:24:55	05:47:04	08:06:47.85	08:07:26.75	+03:38:07 (44.7%)	9:21	6.4 (55.2%)
107	MICHALSKI Mateusz	560	BIEG PO ZDRÓJ	M30	107	01:21:31	03:30:47	05:36:52	08:08:01.55	08:08:17.85	+03:38:58 (44.8%)	9:23	6.4 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km	52km	52km			
108	CZECHOWSKI Konrad	324	KOPALNIA MOCY	M30	108	01:12:05	03:22:21	05:41:09	08:14:28.90	08:14:32.15	+03:45:12 (45.5%)	9:30	6.3 (54.3%)
109	BRENER Maciej	302	KUŹNIA TRIATHLONU	M30	109	01:22:27	03:36:37	05:52:27	08:22:39.70	08:23:27.60	+03:54:08 (46.5%)	9:40	6.2 (53.4%)
110	ŚWIETLIK Paweł	708		M30	110	01:17:58	03:26:48	05:44:34	08:24:46.40	08:25:01.10	+03:55:41 (46.7%)	9:42	6.2 (53.4%)
111	ANDRZEJEWSKI Maciej	269		M30	111	01:15:16	03:25:36	05:49:54	08:27:51.70	08:28:08.55	+03:58:49 (47.0%)	9:46	6.1 (52.6%)
112	MYGA Michał	573	HEARTLESS	M30	112	01:19:11	03:28:38	05:36:19	08:28:24.55	08:29:45.35	+04:00:26 (47.2%)	9:46	6.1 (52.6%)
113	STROIŃSKI Maciej	679		M30	113	01:21:30	03:33:10	05:44:11	08:29:27.00	08:30:10.00	+04:00:50 (47.2%)	9:47	6.1 (52.6%)
114	JASIOROWSKI Michał	410		M30	114	01:17:03	03:28:03	05:52:54	08:31:56.60	08:32:51.10	+04:03:31 (47.5%)	9:50	6.1 (52.6%)
115	MISZALSKI Henryk	566		M30	115	01:25:57	03:37:40	05:54:50	08:32:13.65	08:33:08.95	+04:03:49 (47.5%)	9:51	6.1 (52.6%)
116	NAMIOTA Maciej	578		M30	116	01:17:34	03:29:56	05:52:04	08:33:20.05	08:34:15.80	+04:04:56 (47.6%)	9:52	6.1 (52.6%)
117	BĘBENISTA Roman	287	GONIE BRATA	M30	117	01:14:03	03:23:21	05:49:58	08:36:35.85	08:37:13.35	+04:07:54 (47.9%)	9:56	6 (51.7%)
118	WYRWAŁ Sebastian	761		M30	118	01:15:33	03:32:17	05:55:29	08:40:09.90	08:40:34.60	+04:11:15 (48.3%)	10:00	6 (51.7%)
119	JANOTA Marcin	407	CREADIS	M30	119	01:18:38	03:27:10	05:52:35	08:40:29.45	08:40:51.55	+04:11:32 (48.3%)	10:00	6 (51.7%)
120	CEBULA Paweł	312	CREADIS	M30	120	01:18:21	03:27:12	05:52:36	08:40:29.90	08:40:51.70	+04:11:32 (48.3%)	10:00	6 (51.7%)
121	ORNACKI Łukasz	594		M30	121	01:17:25	03:44:59		08:43:08.30	08:43:43.90	+04:14:24 (48.6%)	10:03	6 (51.7%)
122	KIDA Marek	447		M30	122	01:23:22	03:41:41	05:56:54	08:43:38.00	08:44:44.70	+04:15:25 (48.7%)	10:04	6 (51.7%)
123	ŚLĄCZKA Arkadiusz	705	FINISZ RYMANÓW	M30	123	01:11:59	03:18:12	05:50:10	08:46:00.95	08:46:49.50	+04:17:30 (48.9%)	10:06	5.9 (50.9%)
124	ZAKRZEWSKI Szymon	187		M30	124	01:08:45	03:13:47	05:50:11	08:51:08.95	08:51:38.35	+04:22:19 (49.3%)	10:12	5.9 (50.9%)
125	GODLEWSKI Paweł	803		M30	125	01:15:29	03:26:15	05:57:47	08:51:24.75	08:51:49.55	+04:22:30 (49.4%)	10:13	5.9 (50.9%)
126	BEREJ Adrian	826		M30	126	01:24:05	03:33:23	05:55:58	08:52:06.60	08:52:06.60	+04:22:47 (49.4%)	10:13	5.9 (50.9%)
127	CZARNECKI Bartosz	323		M30	127	01:39:25	03:53:35	06:05:41	08:54:48.30	08:55:34.50	+04:26:15 (49.7%)	10:17	5.8 (50.0%)
128	ŻEBRACKI Wojtek	191		M30	128	01:21:28	03:46:01	06:09:27	08:57:11.45	08:57:46.05	+04:28:26 (49.9%)	10:19	5.8 (50.0%)
	KIJEWICZ Michał	451	NOGIZETRE	M30		01:18:41 DNF	03:30:04 DNF	05:54:58 DNF	DNF	DNF		-	- (0.0%)
	GRAJEWSKI Artur	377		M30		01:16:14 DNF	03:40:10 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	WĄTROBA Piotr	731	KOPALNIA MOCY	M30		01:13:57 DNF	03:42:03 DNF	DNF	DNF	DNF		-	- (0.0%)
	GWÓŹDŹ Kamil	389		M30		01:21:59 DNF	03:50:03 DNF	DNF	DNF	DNF		-	- (0.0%)
	MAJONEZ Artur	827	ULTRACIENIASY	M30		01:18:08 DNF	03:51:56 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 133 wynik(ów)