VII HYUNDAY ULTRAMARATON BIESZCZADZKI - 52 KM

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

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	**KOCZWARA Tomasz**	**257**		M40	1	00:49:16	02:00:09	03:04:41	**04:21:05.10**	**04:21:08.15**		5:01	12 (100%)
2	**FARON Robert**	**253**	SALCO GARMIN TEAM	M40	2	00:50:02	02:05:07	03:13:48	**04:41:25.75**	**04:41:27.40**	+00:20:19 (7.2%)	5:24	11.1 (92.5%)
3	**KITA Michał**	**452**	PĘDZĄCY W MIEJSCU	M40	3	00:51:58	02:10:21	03:24:43	**04:52:58.90**	**04:53:01.55**	+00:31:53 (10.9%)	5:38	10.6 (88.3%)
4	**FLĄDRO Daniel**	**354**		M40	4	00:54:52	02:19:32	03:44:22	**05:30:57.90**	**05:30:59.50**	+01:09:51 (21.1%)	6:21	9.4 (78.3%)
5	**ZARZYŃSKI Artur**	**774**	MPK WYBIEGANIE	M40	5	00:59:51	02:29:08	03:52:16	**05:36:55.20**	**05:37:58.65**	+01:16:50 (22.7%)	6:28	9.3 (77.5%)
6	**NOWAK Miroslaw**	**586**		M40	6	01:01:28	02:35:26	04:05:33	**05:44:34.00**	**05:44:35.95**	+01:23:27 (24.2%)	6:37	9.1 (75.8%)
7	**KRZEMIŃSKI Marcin**	**489**	SPRINT GORZYCE	M40	7	01:00:36	02:34:25	04:01:22	**05:45:08.45**	**05:45:15.95**	+01:24:07 (24.4%)	6:38	9 (75.0%)
8	**LATAK Michał**	**515**	JACEKBIEGA RUNNING TEAM	M40	8	01:01:57	02:34:47	04:04:50	**05:49:58.30**	**05:50:13.35**	+01:29:05 (25.4%)	6:43	8.9 (74.2%)
9	**ZAJĄC Filip**	**814**		M40	9	00:58:28	02:29:02	04:00:29	**05:54:54.10**	**05:54:56.85**	+01:33:48 (26.4%)	6:49	8.8 (73.3%)
10	**WILK Antoni**	**738**		M40	10	01:01:00	02:34:10	04:14:18	**06:01:42.45**	**06:01:46.75**	+01:40:38 (27.8%)	6:57	8.6 (71.7%)
11	**JUREWICZ Kris**	**422**	HARPAGAN SOSNOWIEC	M40	11	01:00:50	02:33:52	04:08:55	**06:05:17.35**	**06:05:20.00**	+01:44:11 (28.5%)	7:01	8.5 (70.8%)
12	**KUŹMA Krzysztof**	**508**	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	12	01:02:05	02:34:47	04:05:58	**06:04:55.65**	**06:05:34.55**	+01:44:26 (28.6%)	7:01	8.5 (70.8%)
13	**BISOWSKI Mariusz**	**293**		M40	13	01:01:00	02:36:06	04:12:27	**06:07:07.25**	**06:07:19.40**	+01:46:11 (28.9%)	7:03	8.5 (70.8%)
14	**SZPINDA Sebastian**	**697**	BUT BIŁGORAJ ULTRA TRAIL	M40	14	01:01:10	02:37:47	04:17:02	**06:09:25.25**	**06:09:29.25**	+01:48:21 (29.3%)	7:06	8.4 (70.0%)
15	**SZPUNAR Marek**	**698**		M40	15	01:02:57	02:36:57	04:12:56	**06:10:45.60**	**06:11:48.05**	+01:50:39 (29.8%)	7:07	8.4 (70.0%)

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
16	**GRYSZKO Artur**	**385**		M40	16	01:01:13	02:37:18	04:14:09	**06:12:38.95**	**06:13:05.35**	+01:51:57 (30.0%)	7:09	8.4 (70.0%)
17	**MAŁACHOWSKI Mariusz**	**549**	RUNDOMSKO	M40	17	01:04:10	02:44:53	04:22:47	**06:17:00.10**	**06:17:52.50**	+01:56:44 (30.9%)	7:15	8.3 (69.2%)
18	**WÓJCIK Krzysztof**	**756**	NIGHT RUNNERS ŚWILCZA	M40	18	01:04:47	02:41:45	04:19:19	**06:18:53.80**	**06:19:03.45**	+01:57:55 (31.1%)	7:17	8.2 (68.3%)
19	**TAUZ Andrzej**	**712**		M40	19	01:01:12	02:34:53	04:14:51	**06:18:54.70**	**06:19:21.40**	+01:58:13 (31.2%)	7:17	8.2 (68.3%)
20	**JAGODZIŃSKI Robert**	**401**	JAGODA TEAM	M40	20	01:12:54	02:57:01	04:30:06	**06:19:58.75**	**06:20:22.45**	+01:59:14 (31.3%)	7:18	8.2 (68.3%)
21	**ROCHOWIAK Zbysio**	**636**	BIEGAM BO LUBIE😁	M40	21	01:06:31	02:50:07	04:28:13	**06:20:49.60**	**06:21:19.30**	+02:00:11 (31.5%)	7:19	8.2 (68.3%)
22	**ZIELAK Darek**	**779**		M40	22	00:56:56	02:36:04	04:16:41	**06:22:01.55**	**06:22:16.55**	+02:01:08 (31.7%)	7:20	8.2 (68.3%)
23	**KAPŁOWSKI Jerzy**	**817**		M40	23	01:07:00	02:45:52	04:25:27	**06:21:55.60**	**06:22:27.65**	+02:01:19 (31.7%)	7:20	8.2 (68.3%)
24	**WOJCIECHOWSKI Andrzej**	**749**	KB MARATON TUREK	M40	24	01:08:09	02:50:13	04:28:19	**06:22:01.95**	**06:22:28.40**	+02:01:20 (31.7%)	7:20	8.2 (68.3%)
25	**NIECZ Michał**	**583**		M40	25	00:59:17	02:33:14	04:17:01	**06:22:52.45**	**06:23:34.60**	+02:02:26 (31.9%)	7:21	8.1 (67.5%)
26	**JABŁOŃSKI Tomasz**	**399**		M40	26	01:04:32	02:50:24	04:31:15	**06:23:33.50**	**06:23:40.55**	+02:02:32 (31.9%)	7:22	8.1 (67.5%)
27	**SZCZUDRAWA Dariusz**	**691**		M40	27	01:01:31	02:31:57	04:16:03	**06:24:00.15**	**06:24:05.35**	+02:02:57 (32.0%)	7:23	8.1 (67.5%)
28	**PAJĄK Andrzej**	**598**	BIEGAM Z ABS	M40	28	01:05:01	02:45:28	04:27:19	**06:25:00.55**	**06:25:10.20**	+02:04:02 (32.2%)	7:24	8.1 (67.5%)
29	**DZIWOKI Marek**	**348**		M40	29	01:01:57	02:43:20	04:27:33	**06:25:10.75**	**06:25:53.00**	+02:04:44 (32.3%)	7:24	8.1 (67.5%)
30	**ZIĘBA Tomek**	**785**	JACEKBIEGA RUNNING TEAM	M40	30	01:01:45	02:43:35	04:27:00	**06:26:30.05**	**06:26:43.85**	+02:05:35 (32.5%)	7:25	8.1 (67.5%)
31	**LINEK Michał**	**524**		M40	31	01:08:00	02:53:40	04:30:00	**06:26:38.75**	**06:26:52.65**	+02:05:44 (32.5%)	7:26	8.1 (67.5%)
32	**KRUPA Grzegorz**	**488**	KB SOBÓTKA	M40	32	01:02:39	02:43:13	04:27:23	**06:27:12.55**	**06:27:39.70**	+02:06:31 (32.6%)	7:26	8.1 (67.5%)
33	**RUSIN Krzysztof**	**646**		M40	33	01:03:53	02:44:55	04:26:42	**06:27:07.50**	**06:27:42.70**	+02:06:34 (32.6%)	7:26	8.1 (67.5%)
34	**MAŚLAK Radomił**	**550**	STARE BABICE BIEGAJĄ	M40	34	01:01:05	02:41:29	04:27:35	**06:31:01.55**	**06:31:14.55**	+02:10:06 (33.3%)	7:31	8 (66.7%)
35	**MISZTAL Rafał**	**567**	LOS PANTALONES ROJOS	M40	35	01:03:57	02:47:03	04:33:14	**06:30:58.45**	**06:31:34.00**	+02:10:25 (33.3%)	7:31	8 (66.7%)
36	**DŁUGOŁĘCKI Konrad**	**334**	BIEGOWA ŚWIDNICA	M40	36	01:08:29	02:48:14	04:28:25	**06:32:00.05**	**06:32:29.45**	+02:11:21 (33.5%)	7:32	8 (66.7%)
37	**KUTAJ Grzegorz**	**507**		M40	37	01:07:06	02:47:17	04:33:03	**06:33:22.15**	**06:34:28.75**	+02:13:20 (33.8%)	7:33	7.9 (65.8%)
38	**GNIADEK Tomasz**	**372**	DABEX-BOLT	M40	38	01:04:50	02:47:01	04:31:57	**06:34:34.80**	**06:34:58.85**	+02:13:50 (33.9%)	7:35	7.9 (65.8%)

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39	**SŁOWIŃSKI Marcin**	**663**	BIEGACZE SPECJALNEJ TROSKI	M40	39	01:00:35	02:32:41	04:17:56	**06:34:35.85**	**06:34:59.60**	+02:13:51 (33.9%)	7:35	7.9 (65.8%)
40	**WĘCŁAŚ Maciej**	**732**		M40	40	01:04:43	02:44:16	04:27:40	**06:37:11.20**	**06:37:24.20**	+02:16:16 (34.3%)	7:38	7.9 (65.8%)
41	**REAUD Julien**	**635**	FRAPOL RAZEM!	M40	41	01:17:48	03:08:31	04:48:11	**06:36:48.95**	**06:37:58.55**	+02:16:50 (34.4%)	7:37	7.9 (65.8%)
42	**BRZEZIŃSKI Andrzej**	**306**	RYKOWISKO	M40	42	01:01:57	02:45:50	04:38:24	**06:38:55.65**	**06:38:59.95**	+02:17:51 (34.6%)	7:40	7.8 (65.0%)
43	**KOBAK Marcin**	**457**		M40	43	01:10:24	03:00:22	04:42:04	**06:38:55.15**	**06:39:03.75**	+02:17:55 (34.6%)	7:40	7.8 (65.0%)
44	**JOŃCZYK Rafał**	**419**	JACEK BIEGA RUNNING TEAM	M40	44	01:04:25	02:47:14	04:35:03	**06:39:25.70**	**06:39:43.30**	+02:18:35 (34.7%)	7:40	7.8 (65.0%)
45	**NAGIEL Andrzej**	**575**	ZABIEGANI CZĘSTOCHOWA	M40	45	01:00:05	02:38:12	04:27:30	**06:40:26.00**	**06:40:32.80**	+02:19:24 (34.8%)	7:42	7.8 (65.0%)
46	**SZUBERT Marcin**	**700**	KOŁOBRZEG BIEGA	M40	46	01:10:07	02:56:08	04:35:18	**06:40:17.70**	**06:40:45.35**	+02:19:37 (34.8%)	7:41	7.8 (65.0%)
47	**PAJESTKA Wojciech**	**599**	POZYTYWNIE ZABIEGANI SANOK/AZS PWSZ	M40	47	01:07:40	02:51:40	04:37:13	**06:42:18.25**	**06:42:28.70**	+02:21:20 (35.1%)	7:44	7.8 (65.0%)
48	**BUDZICH Wojciech**	**309**	TKKF PROMYK CIECHANÓW	M40	48	01:04:53	02:43:08	04:31:13	**06:42:19.80**	**06:42:43.55**	+02:21:35 (35.2%)	7:44	7.8 (65.0%)
49	**ROGALA Grzegorz**	**638**		M40	49	01:04:48	02:43:41	04:37:13	**06:48:24.75**	**06:48:33.05**	+02:27:24 (36.1%)	7:51	7.6 (63.3%)
50	**KOPACZ Piotr**	**465**	PERFEX	M40	50	01:05:05	02:50:00	04:42:04	**06:52:05.40**	**06:52:44.15**	+02:31:36 (36.7%)	7:55	7.6 (63.3%)
51	**WIŚNIEWSKI Sławomir**	**740**	LBL BIŁGORAJ	M40	51	01:11:44	03:04:33	04:50:23	**06:52:30.70**	**06:53:01.95**	+02:31:53 (36.8%)	7:55	7.6 (63.3%)
52	**DZIÓB Romuald**	**347**	CRACOVIA WIELICZKA	M40	52	01:01:08	02:36:50	04:30:57	**06:53:13.00**	**06:53:25.25**	+02:32:17 (36.8%)	7:56	7.6 (63.3%)
53	**KAWALEC Krystian**	**441**	#MARCINSWIERCTEAM	M40	53	01:06:22	02:54:18	04:48:09	**06:55:13.20**	**06:55:30.05**	+02:34:21 (37.2%)	7:59	7.5 (62.5%)
54	**KARUŚ Waldemar**	**438**	14DAS IM.GEN.BRYG.WACŁAWA WIECZORKIEWICZA	M40	54	01:12:46	03:04:49	04:54:24	**06:55:40.25**	**06:56:03.35**	+02:34:55 (37.2%)	7:59	7.5 (62.5%)
55	**MIETŁA Mateusz**	**563**	KSS JPII	M40	55	01:12:24	02:59:20	04:47:40	**06:55:34.70**	**06:56:12.80**	+02:35:04 (37.3%)	7:59	7.5 (62.5%)
56	**MELLER Wojciech**	**557**	DRUŻYNA WILKA	M40	56	01:12:38	03:05:32	04:55:24	**06:55:58.00**	**06:56:30.75**	+02:35:22 (37.3%)	7:59	7.5 (62.5%)
57	**PAŃTAK Sławomir**	**604**	21DAPLOT JAROSŁAW	M40	57	01:12:45	03:04:52	04:55:50	**06:58:13.45**	**06:58:36.85**	+02:37:28 (37.6%)	8:02	7.5 (62.5%)
58	**GRYNFELDER Rafał**	**384**	SKYWALKPROJECT.PL	M40	58	01:05:03	02:51:27	04:44:39	**06:58:36.85**	**06:58:41.90**	+02:37:33 (37.6%)	8:03	7.5 (62.5%)
59	**MAKOWSKI Łukasz**	**545**		M40	59	01:14:53	02:59:23	04:47:42	**07:00:02.30**	**07:00:40.70**	+02:39:32 (37.9%)	8:04	7.4 (61.7%)
60	**PRĘDKI Jerzy**	**628**	WYBIEGAMY W PRZYSZŁOŚĆ	M40	60	01:13:37	03:03:46	04:55:15	**07:02:41.60**	**07:03:18.65**	+02:42:10 (38.3%)	8:07	7.4 (61.7%)
61	**KACPERSKI Olaf**	**425**		M40	61	01:08:42	03:00:10	04:51:37	**07:02:49.30**	**07:03:25.80**	+02:42:17 (38.3%)	8:07	7.4 (61.7%)

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62	**JEDLIŃSKI Bartosz**	**414**	MARATOŃCZYK DĘBICA	M40	62	01:11:47	03:11:11	05:05:56	**07:03:50.95**	**07:04:47.35**	+02:43:39 (38.5%)	8:09	7.4 (61.7%)
63	**KOPEĆ Arkadiusz**	**467**	WOLBROM TEAM	M40	63	01:00:15	02:45:25	04:48:15	**07:05:15.75**	**07:05:22.70**	+02:44:14 (38.6%)	8:10	7.3 (60.8%)
64	**PALUCH Andrzej**	**601**		M40	64	01:03:01	02:53:23	04:53:07	**07:06:57.70**	**07:07:17.75**	+02:46:09 (38.9%)	8:12	7.3 (60.8%)
65	**JĘKALSKI Tomasz**	**418**	TIM	M40	65	01:08:29	03:01:07	04:55:03	**07:08:59.60**	**07:09:26.30**	+02:48:18 (39.2%)	8:15	7.3 (60.8%)
66	**ŁABĘDZKI Mariusz**	**533**	STARGARD. JA SIĘ NIE ŚCIGAM	M40	66	01:15:08	03:09:49	05:00:47	**07:08:33.10**	**07:09:36.45**	+02:48:28 (39.2%)	8:14	7.3 (60.8%)
67	**KACZOR Waldemar**	**829**		M40	67	01:04:26	02:50:53	04:51:30	**07:09:53.55**	**07:10:34.30**	+02:49:26 (39.4%)	8:16	7.3 (60.8%)
68	**JÓŹWIAK Artur**	**421**	MOGILNO TEAM	M40	68	01:04:58	02:55:14	04:53:04	**07:11:00.60**	**07:11:25.85**	+02:50:17 (39.5%)	8:17	7.2 (60.0%)
69	**BERNAŚ Dariusz**	**284**	BUT BIŁGORAJ ULTRA TRAIL	M40	69	01:11:44	03:08:15	05:06:17	**07:13:30.25**	**07:14:00.25**	+02:52:52 (39.8%)	8:20	7.2 (60.0%)
70	**ZUBOWSKI Piotr**	**786**		M40	70	01:18:20	03:17:35	05:03:41	**07:12:49.40**	**07:14:01.75**	+02:52:53 (39.8%)	8:19	7.2 (60.0%)
71	**KORYTEK Piotr**	**474**	WITKOWO BIEGA	M40	71	01:11:37	03:06:17	05:06:19	**07:13:25.20**	**07:14:09.90**	+02:53:01 (39.9%)	8:20	7.2 (60.0%)
72	**KŁOSOK Adam**	**453**	INŻYNIERIA BIEGANIA TEAM	M40	72	01:04:33	02:56:37	04:53:32	**07:16:01.95**	**07:16:08.80**	+02:55:00 (40.1%)	8:23	7.2 (60.0%)
73	**GIBAŁA Marcin**	**365**	FUNDACJA AUXILIUM	M40	73	01:10:15	03:02:26	05:04:51	**07:16:39.95**	**07:16:52.60**	+02:55:44 (40.2%)	8:23	7.1 (59.2%)
74	**SŁABOŃ Mariusz**	**661**	KIWK-A BIEGA	M40	74	01:06:34	03:02:47	05:01:29	**07:18:15.30**	**07:18:25.85**	+02:57:17 (40.4%)	8:25	7.1 (59.2%)
75	**GRONCZEWSKI Artur**	**379**	FMW RUNNERS	M40	75	01:10:19	03:04:21	04:58:51	**07:20:13.55**	**07:20:28.00**	+02:59:19 (40.7%)	8:27	7.1 (59.2%)
76	**MROZEK Grzegorz**	**571**		M40	76	01:09:50	03:00:50	05:04:36	**07:20:20.50**	**07:21:02.50**	+02:59:54 (40.8%)	8:28	7.1 (59.2%)
77	**KRUPA Grzegorz**	**487**	ANWIL TEAM	M40	77	01:09:29	02:58:56	04:52:28	**07:21:46.85**	**07:22:17.50**	+03:01:09 (41.0%)	8:29	7.1 (59.2%)
78	**KOWALCZYK Grzegorz**	**478**	NIE	M40	78	01:16:37	03:07:15	05:05:40	**07:22:21.00**	**07:23:17.95**	+03:02:09 (41.1%)	8:30	7.1 (59.2%)
79	**WŁODARCZYK Łukasz**	**745**		M40	79	01:10:09	03:00:53	05:05:23	**07:23:12.15**	**07:23:38.25**	+03:02:30 (41.1%)	8:31	7 (58.3%)
80	**DUKATA Grzegorz**	**341**	MGGW	M40	80	01:13:06	03:09:53	05:06:47	**07:23:27.85**	**07:23:41.45**	+03:02:33 (41.1%)	8:31	7 (58.3%)
81	**PIASNY Paweł**	**615**		M40	81	01:13:07	03:09:53	05:06:47	**07:23:28.15**	**07:23:41.75**	+03:02:33 (41.1%)	8:31	7 (58.3%)
82	**KOCHANIEC Waldemar**	**459**	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M40	82	01:08:26	03:00:26	05:00:36	**07:24:03.10**	**07:25:05.55**	+03:03:57 (41.3%)	8:32	7 (58.3%)
83	**BINEK Mariusz**	**292**	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M40	83	01:04:27	02:50:16	04:50:57	**07:25:07.10**	**07:25:44.45**	+03:04:36 (41.4%)	8:33	7 (58.3%)
84	**BOGUCKI Michał**	**297**		M40	84	01:08:01	03:09:20	05:10:21	**07:25:58.10**	**07:26:11.70**	+03:05:03 (41.5%)	8:34	7 (58.3%)

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
85	**ŻOŁDAK Przemysław**	**791**	PIĄTKOWO NA BIEGOWO	M40	85	01:14:58	03:12:17	05:09:25	**07:27:09.50**	**07:28:12.05**	+03:07:03 (41.7%)	8:35	7 (58.3%)
86	**BEREZOWSKI Waldemar**	**283**	PGE RUN OBRÓT	M40	86	01:04:33	02:52:49	04:58:21	**07:27:44.10**	**07:28:15.45**	+03:07:07 (41.7%)	8:36	7 (58.3%)
87	**SZMUC Jacek**	**693**	MYSZKÓW BIEGA	M40	87	01:17:38	03:15:14	05:09:25	**07:28:02.25**	**07:28:27.20**	+03:07:19 (41.8%)	8:36	7 (58.3%)
88	**POLLAK Jan**	**624**		M40	88	01:18:18	03:23:31	05:21:38	**07:28:16.45**	**07:29:16.00**	+03:08:07 (41.9%)	8:37	7 (58.3%)
89	**KUCHARCZYK Robert**	**494**	SILESIA RUNNERS CLUB	M40	89	01:12:48	03:05:43	05:08:11	**07:30:02.35**	**07:31:12.65**	+03:10:04 (42.1%)	8:39	6.9 (57.5%)
90	**KOZAK Filip**	**479**	NGB KŁOBUCK	M40	90	01:08:36	03:05:03	05:09:28	**07:30:44.40**	**07:31:13.85**	+03:10:05 (42.1%)	8:40	6.9 (57.5%)
91	**FOĆ Grzegorz**	**356**		M40	91	04:59:32			**07:32:06.50**	**07:32:53.00**	+03:11:44 (42.3%)	8:41	6.9 (57.5%)
92	**MATUSIAK Arkadiusz**	**551**		M40	92	01:15:06	03:12:18	05:11:49	**07:32:51.35**	**07:33:18.60**	+03:12:10 (42.4%)	8:42	6.9 (57.5%)
93	**DUBIŃSKI Jarosław**	**340**	BBL ZDUŃSKA WOLA	M40	93	01:11:30	03:09:00	05:16:36	**07:34:48.60**	**07:35:29.95**	+03:14:21 (42.7%)	8:44	6.9 (57.5%)
94	**PAWLAK Bartosz**	**609**		M40	94	01:15:10	03:16:40	05:18:46	**07:35:15.95**	**07:36:13.70**	+03:15:05 (42.8%)	8:45	6.9 (57.5%)
95	**JAMBOR Michał**	**403**	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	95	01:15:10	03:16:40	05:18:46	**07:35:15.30**	**07:36:13.85**	+03:15:05 (42.8%)	8:45	6.9 (57.5%)
96	**STĘPIEŃ Wojciech**	**678**	COMPAÑEROS ASFALT TEAM	M40	96	01:14:19	03:21:02	05:31:12	**07:36:21.25**	**07:36:44.00**	+03:15:35 (42.8%)	8:46	6.8 (56.7%)
97	**BEBEN Robert**	**280**	OSTROBIEC	M40	97	01:15:34	03:26:04	05:26:00	**07:38:24.55**	**07:39:18.50**	+03:18:10 (43.1%)	8:48	6.8 (56.7%)
98	**KARGUL Zbigniew**	**436**	OSTROBIEC	M40	98	01:09:08	03:01:23	05:14:07	**07:38:29.00**	**07:39:18.60**	+03:18:10 (43.1%)	8:49	6.8 (56.7%)
99	**MIELCZAREK Daniel**	**561**	ROZBIEGAJMY RADOMSKO	M40	99	01:07:25	03:03:03	05:11:55	**07:38:29.60**	**07:39:22.25**	+03:18:14 (43.2%)	8:49	6.8 (56.7%)
100	**KUŚMIERCZYK Piotr**	**506**	ROZBIEGAJMY RADOMSKO	M40	100	01:07:24	03:03:02	05:11:54	**07:38:28.90**	**07:39:22.45**	+03:18:14 (43.2%)	8:49	6.8 (56.7%)
101	**NAWROCKI Wojciech**	**581**		M40	101	01:13:53	03:04:35	05:10:10	**07:39:15.40**	**07:39:23.35**	+03:18:15 (43.2%)	8:49	6.8 (56.7%)
102	**HOJDA Mariusz**	**395**	HOJDA.NET	M40	102	01:17:43	03:14:11	05:19:51	**07:39:05.60**	**07:39:23.65**	+03:18:15 (43.2%)	8:49	6.8 (56.7%)
103	**SOKALSKI Grzegorz**	**300**		M40	103	01:06:08	03:15:35	05:23:16	**07:39:27.35**	**07:40:00.55**	+03:18:52 (43.2%)	8:50	6.8 (56.7%)
104	**PAŁUBSKI Andrzej**	**602**	TECHGIS TEAM	M40	104	01:16:22	03:19:26	05:20:41	**07:41:06.95**	**07:42:02.05**	+03:20:53 (43.5%)	8:52	6.8 (56.7%)
105	**KOSMĘDA Piotr Michał**	**476**		M40	105	01:16:58	03:19:16	05:25:47	**07:41:41.85**	**07:42:26.25**	+03:21:18 (43.5%)	8:52	6.8 (56.7%)
106	**ŻMUDKA Bartek**	**789**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZAM	M40	106	01:09:01	03:09:44	05:13:01	**07:42:41.25**	**07:43:34.35**	+03:22:26 (43.7%)	8:53	6.7 (55.8%)
107	**WYSOCKI Tomasz**	**763**	OCHAJORUN&FRIENDS	M40	107	01:09:03	03:09:46	05:13:05	**07:42:42.95**	**07:43:36.10**	+03:22:27 (43.7%)	8:53	6.7 (55.8%)

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
108	**WILK Krzysztof**	**737**		M40	108	01:13:09	03:13:56	05:18:04	**07:43:21.25**	**07:43:53.00**	+03:22:44 (43.7%)	8:54	6.7 (55.8%)
109	**NOLL Dariusz**	**585**	TRIUNLIMITED	M40	109	01:14:26	03:11:53	05:13:21	**07:44:36.40**	**07:45:09.35**	+03:24:01 (43.9%)	8:56	6.7 (55.8%)
110	**ZAURSKI Piotr**	**775**		M40	110	01:18:08	03:11:50	05:13:06	**07:44:36.15**	**07:45:09.40**	+03:24:01 (43.9%)	8:56	6.7 (55.8%)
111	**DOMINIK Mariusz**	**1083**	BUT BIŁGORAJ	M40	111	01:11:42	03:06:24	05:19:11	**07:45:01.40**	**07:45:31.55**	+03:24:23 (43.9%)	8:56	6.7 (55.8%)
112	**LESIAK Filip**	**520**	SKAWINA BIEGA	M40	112	01:15:25	03:11:01	05:14:12	**07:46:13.20**	**07:47:21.65**	+03:26:13 (44.1%)	8:57	6.7 (55.8%)
113	**DUBIJ Albert**	**339**	BIAŁYSTOK BIEGA TEAM	M40	113	01:15:49	03:18:53	05:20:47	**07:48:33.05**	**07:49:52.35**	+03:28:44 (44.4%)	9:00	6.7 (55.8%)
114	**JAKIMIUK Marek**	**402**	NATURAL EPO MULTISPORT	M40	114	01:21:43	03:25:56	05:24:22	**07:50:04.40**	**07:50:13.40**	+03:29:05 (44.5%)	9:02	6.6 (55.0%)
115	**KUFERA Dariusz**	**495**	FRAPOL RAZEM!	M40	115	01:17:51	03:15:42	05:22:10	**07:49:44.70**	**07:50:53.40**	+03:29:45 (44.5%)	9:02	6.6 (55.0%)
116	**TYMOSZUK Michał**	**720**	WKURW_TEAM	M40	116	01:07:49	03:08:00	05:27:59	**07:51:47.25**	**07:51:55.05**	+03:30:46 (44.7%)	9:04	6.6 (55.0%)
117	**SAMBORSKI Bartosz**	**651**	WKURW_TEAM	M40	117	01:15:05	03:15:45	05:19:45	**07:51:09.15**	**07:52:17.25**	+03:31:09 (44.7%)	9:03	6.6 (55.0%)
118	**MADAJ Paweł**	**541**	BIEGAM, BO NIE LUBIĘ	M40	118	01:13:00	03:10:56	05:23:02	**07:51:17.20**	**07:52:22.70**	+03:31:14 (44.7%)	9:03	6.6 (55.0%)
119	**ROŻKO Krzysztof**	**641**	4ROŻKI	M40	119	01:19:29	03:24:39	05:29:10	**07:52:48.90**	**07:53:45.50**	+03:32:37 (44.9%)	9:05	6.6 (55.0%)
120	**PRZYKUCKI Robert**	**632**	NO EXCUSES TEAM	M40	120	01:11:36	03:09:27	05:18:25	**07:57:10.25**	**07:57:55.40**	+03:36:47 (45.4%)	9:10	6.5 (54.2%)
121	**MĄKA Wojciech**	**555**	TRIWAWA	M40	121	01:16:07	03:12:58	05:27:11	**07:57:24.60**	**07:58:13.40**	+03:37:05 (45.4%)	9:10	6.5 (54.2%)
122	**RACZYŃSKI Czesław**	**799**		M40	122	01:11:31	03:12:27	05:32:35	**08:00:18.40**	**08:00:36.15**	+03:39:28 (45.7%)	9:14	6.5 (54.2%)
123	**KORNOSZ Pawel**	**472**	CORDIGO FAMILY	M40	123	01:16:23	03:21:17	05:29:59	**08:01:07.25**	**08:01:25.30**	+03:40:17 (45.8%)	9:15	6.5 (54.2%)
124	**KUBALA Sylwester**	**491**		M40	124	01:15:38	03:21:57	05:27:31	**08:00:41.05**	**08:01:37.45**	+03:40:29 (45.8%)	9:14	6.5 (54.2%)
125	**WOJDA Dariusz**	**751**	DZIKIE DZIKI	M40	125	01:16:33	03:23:30	05:40:17	**08:05:16.75**	**08:05:33.30**	+03:44:25 (46.2%)	9:19	6.4 (53.3%)
126	**WIŚNIEWSKI Robert**	**741**	WIŚNIA TEAM	M40	126	01:14:15	03:18:56	05:37:00	**08:08:37.20**	**08:09:38.85**	+03:48:30 (46.7%)	9:23	6.4 (53.3%)
127	**MALINOWSKI Adrian**	**547**	#CZELADZBIEGA	M40	127	01:18:52	03:30:28	05:36:52	**08:09:13.75**	**08:10:03.55**	+03:48:55 (46.7%)	9:24	6.4 (53.3%)
128	**BARTEL Robert**	**275**	STARE BABICE BIEGAJĄ	M40	128	01:16:15	03:22:59	05:44:41	**08:10:11.50**	**08:10:23.45**	+03:49:15 (46.7%)	9:25	6.4 (53.3%)
129	**KADECKI Marek**	**427**		M40	129	01:13:58	03:19:33	05:37:29	**08:10:52.55**	**08:11:18.25**	+03:50:10 (46.8%)	9:26	6.4 (53.3%)
130	**SANECKI Robert**	**652**	SPRINT GORZYCE	M40	130	01:15:38	03:25:38	05:38:57	**08:14:16.95**	**08:14:24.90**	+03:53:16 (47.2%)	9:30	6.3 (52.5%)

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
131	**LUC Adam**	**530**	BIEGUSIEM.PL	M40	131	01:26:14	03:36:39	05:44:29	**08:19:22.45**	**08:20:06.05**	+03:58:57 (47.8%)	9:36	6.2 (51.7%)
132	**BRZENCZEK Michał**	**821**	OTK NA RELAXIE	M40	132	01:17:44	03:36:40	05:53:50	**08:28:25.15**	**08:28:31.30**	+04:07:23 (48.6%)	9:46	6.1 (50.8%)
133	**WOŁOWIEC Wojciech**	**755**	BIEGAM SAM	M40	133	01:15:13	03:16:24	05:42:17	**08:33:21.85**	**08:34:09.05**	+04:13:00 (49.2%)	9:52	6.1 (50.8%)
134	**JĘDRZAK Przemysław**	**416**	WYBIEGANI TEAM	M40	134	01:15:51	03:25:41	05:45:16	**08:36:17.80**	**08:37:03.15**	+04:15:55 (49.5%)	9:55	6 (50.0%)
135	**WYRWAŁ Krzysztof**	**762**		M40	135	01:15:35	03:32:17	05:55:28	**08:40:10.30**	**08:40:34.80**	+04:19:26 (49.8%)	10:00	6 (50.0%)
136	**GŁOGOWSKI Marcin**	**369**	PSZCZÓŁKOWSKI TEAM	M40	136	01:27:52	03:41:10	05:54:54	**08:39:38.40**	**08:40:53.10**	+04:19:44 (49.9%)	9:59	6 (50.0%)
137	**SZNAJDER Jarosław**	**695**		M40	137	01:13:23	03:17:56	05:32:10	**08:42:13.30**	**08:42:26.55**	+04:21:18 (50.0%)	10:02	6 (50.0%)
138	**JAWORSKI Łukasz**	**413**		M40	138	01:19:28	03:30:26	05:43:01	**08:43:34.15**	**08:44:29.85**	+04:23:21 (50.2%)	10:04	6 (50.0%)
139	**CZUBA Paweł**	**328**	BIEGANIE ZBLIŻA	M40	139	01:14:44	03:22:10	05:53:18	**08:43:50.85**	**08:44:42.15**	+04:23:34 (50.2%)	10:04	6 (50.0%)
140	**KOSIERKIEWICZ Grzegorz**	**475**	KAROLE	M40	140	01:23:33	03:48:34		**08:46:54.45**	**08:47:30.30**	+04:26:22 (50.5%)	10:07	5.9 (49.2%)
141	**WODNICKI Rafał**	**747**		M40	141	01:20:29	03:36:49		**08:46:27.15**	**08:47:36.75**	+04:26:28 (50.5%)	10:07	5.9 (49.2%)
142	**KAUCKI Ireneusz**	**828**		M40	142	01:18:07	03:51:56	06:09:06	**08:48:04.45**	**08:49:22.40**	+04:28:14 (50.7%)	10:09	5.9 (49.2%)
143	**BARYZA Robert**	**279**		M40	143	01:24:27	03:46:40		**08:51:10.55**	**08:52:22.35**	+04:31:14 (50.9%)	10:12	5.9 (49.2%)
144	**ŚWIERCZEWSKI Krzysztof**	**707**	W POGONI ZA DUCHEM	M40	144	01:17:55	03:38:43	05:56:54	**08:52:59.95**	**08:53:40.70**	+04:32:32 (51.1%)	10:15	5.9 (49.2%)
145	**KOBIERSKI Szymon**	**458**		M40	145	01:15:45	03:28:40	05:57:32	**08:58:36.30**	**08:59:19.45**	+04:38:11 (51.6%)	10:21	5.8 (48.3%)
Przekroczony limit czasu: 09:00:00													
146	**BILSKI Marek**	**291**	VEGEDOG	M40	146	01:27:37	03:56:50		**09:13:53.70**	**09:16:16.40**	+04:55:08 (53.1%)	10:39	5.6 (46.7%)
147	**ZIELIŃSKI Jacek**	**782**	BIEGNIJ Z PROSERVICE	M40	147	01:16:07	03:46:12				+01:46:11	8:42	6.9 (57.5%)
148	**GOSZCZYNSKI Piotr**	**374**		M40	148	01:20:02	03:47:01				+01:47:55	8:43	6.9 (57.5%)
	WITEK Łukasz	**742**	BIEG PO ZDRÓJ	M40		01:01:40 DNF	02:37:42 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ZABŁOCKI Wojtek	**765**		M40		01:16:42 DNF	03:17:36 DNF	05:27:39 DNF	**DNF**	**DNF**		-	- (0.0%)
	FABIŃSKI Marcin	**349**		M40		01:19:01 DNF	03:40:17 DNF	06:08:47 DNF	**DNF**	**DNF**		-	- (0.0%)
	WZOREK Zbigniew	**186**		M40		01:25:25 DNF	03:42:00 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 152 wynik(ów)