

RZEŹNICZEK 2019

B4SPORT

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 28 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	KAWIK Tomasz	4023	ALPIN SPORT HOKA ONE ONE TEAM/ TRENER BIEGACZY	M20	1	00:00:01	01:17:21	02:22:48.60	02:22:49.75		5:06	11.8 (100%)
2	BĘTKOWSKI Piotr	4017	CITY TRAIL TEAM	M30	1	00:00:01	01:17:19	02:24:42.85	02:24:44.00	+00:01:54 (1.3%)	5:10	11.6 (98.3%)
3	BEREŚ Arkadiusz	4479		M30	2	00:00:01	01:20:00	02:27:40.00	02:27:41.70	+00:04:51 (3.3%)	5:16	11.4 (96.6%)
4	CHOJNACKI Szymon	4029	RENELAGH HARRIERS	M30	3	00:00:01	01:19:59	02:30:53.30	02:30:54.45	+00:08:04 (5.4%)	5:23	11.1 (94.1%)
5	WOŹNIAK Michał	4030	HOKA ONE ONE POLAND	M20	2	00:00:01	01:20:02	02:33:36.75	02:33:37.75	+00:10:48 (7.0%)	5:29	10.9 (92.4%)
6	KAROLKIEWICZ Daniel	4509		M30	4	00:00:01	01:19:35	02:33:36.85	02:33:38.55	+00:10:48 (7.0%)	5:29	10.9 (92.4%)
7	DUDZIK Łukasz	4037	GÓRAL BIEGA	M30	5	00:00:01	01:26:14	02:40:14.45	02:40:16.35	+00:17:25 (10.9%)	5:43	10.5 (89.0%)
8	KOWAL Amadeusz	4053	NAPRZÓD MŁOCINY	M30	6	00:00:02	01:25:09	02:40:24.25	02:40:26.90	+00:17:35 (11.0%)	5:43	10.5 (89.0%)
9	CHODAKOWSKI Rafał	4039	OSTROBIEC	M40	1	00:00:01	01:29:45	02:45:53.95	02:45:55.65	+00:23:05 (13.9%)	5:55	10.1 (85.6%)
10	SYCHOWICZ Daniel	4025		M40	2	00:00:01	01:29:55	02:47:07.85	02:47:09.30	+00:24:19 (14.6%)	5:58	10.1 (85.6%)
11	SARNA Kamil	4072		M30	7	00:00:03	01:28:39	02:47:13.20	02:47:16.55	+00:24:24 (14.6%)	5:58	10 (84.7%)
12	KOWALCZYK Adam	4048	ADIDAS RUNNERS WARSAW	M30	8	00:00:02	01:28:57	02:50:49.70	02:50:52.40	+00:28:01 (16.4%)	6:06	9.8 (83.1%)
13	DOMINIAK Michał	4047	KB OŻARÓW MAZOWIECKI BIEGA	M30	9	00:00:04	01:29:13	02:51:32.55	02:51:36.85	+00:28:43 (16.7%)	6:07	9.8 (83.1%)
14	TOPOLSKI Marcin	4051		M40	3	00:00:04	01:33:51	02:52:17.85	02:52:22.75	+00:29:29 (17.1%)	6:09	9.8 (83.1%)
15	MAZURKIEWICZ Tomasz	4931		M40	4	00:00:01	01:31:23	02:52:33.55	02:52:35.30	+00:29:44 (17.2%)	6:09	9.7 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	RAKSZAWA Krzysztof	4936		M40	5	00:00:03	01:32:28	02:55:22.10	02:55:25.45	+00:32:33 (18.6%)	6:15	9.6 (81.4%)
17	BURYŁO Mateusz	4919	PERFECT RUNNER TEAM	M20	3	00:00:02	01:32:18	02:55:28.75	02:55:31.10	+00:32:40 (18.6%)	6:16	9.6 (81.4%)
18	RUPIŃSKI Krzysztof	4869		M20	4	00:00:05	01:30:21	02:55:30.85	02:55:36.45	+00:32:42 (18.6%)	6:16	9.6 (81.4%)
19	DZIÓB Romuald	4873	CRACOVIA WIELICZKA	M40	6	00:00:04	01:33:33	02:55:49.90	02:55:54.75	+00:33:01 (18.8%)	6:16	9.6 (81.4%)
20	MUCKUS Filip	4040	KS KANAŁEK	M30	10	00:00:03	01:29:42	02:56:16.30	02:56:19.95	+00:33:27 (19.0%)	6:17	9.5 (80.5%)
21	LATAK Michał	4121	JACEK BIEGA RUNNING TEAM	M40	7	00:00:09	01:33:48	02:56:15.05	02:56:24.10	+00:33:26 (19.0%)	6:17	9.5 (80.5%)
22	STAWIARZ Paweł	4059	MATNER RUNNING TEAM	M30	11	00:00:04	01:32:50	02:58:13.35	02:58:18.10	+00:35:24 (19.9%)	6:21	9.4 (79.7%)
23	KĄKOL Michał	4174	RACEFIGHTER	M30	12	00:00:07	01:38:54	02:59:56.60	03:00:04.15	+00:37:08 (20.6%)	6:25	9.3 (78.8%)
24	LIPIŃSKI Hubert	4052	KS KANAŁEK	M30	13	00:00:03	01:33:53	03:01:26.75	03:01:29.95	+00:38:38 (21.3%)	6:28	9.3 (78.8%)
25	FIRST Tomasz	4910		M20	5	00:00:56	01:32:25	03:01:09.20	03:02:05.30	+00:38:20 (21.2%)	6:28	9.3 (78.8%)
26	NOWAK Łukasz	4046	NOA / CS RUNNING TEAM	M30	14	00:00:03	01:38:30	03:03:19.75	03:03:22.85	+00:40:31 (22.1%)	6:32	9.2 (78.0%)
27	DĄBROWSKI Tomasz	4149	HUSARIA RACE TEAM RZESZÓW	M30	15	00:00:10	01:38:18	03:03:33.35	03:03:44.10	+00:40:44 (22.2%)	6:33	9.2 (78.0%)
28	KULIGA Sławomir	4475	POSMAKUJ RUN TEAM	M30	16	00:00:23	01:36:47	03:04:50.25	03:05:13.50	+00:42:01 (22.7%)	6:36	9.1 (77.1%)
29	JASTRZĄBEK Konrad Jastrząbek:	4043	EVERRUN	M30	17	00:00:05	01:37:27	03:06:14.20	03:06:19.65	+00:43:25 (23.3%)	6:39	9 (76.3%)
30	JUSZCZAK Marcin	4137	RACEFIGHTER	M30	18	00:00:07	01:39:16	03:06:28.60	03:06:35.75	+00:43:40 (23.4%)	6:39	9 (76.3%)
31	PRZYWARA Piotr	4086	MTU AERO ENGINES POLSKA	M30	19	00:00:05	01:35:17	03:06:57.20	03:07:02.95	+00:44:08 (23.6%)	6:40	9 (76.3%)
32	DESKA Leszek	4041	WWW.LESZEKBIEGA.PL	M40	8	00:00:13	01:36:27	03:07:06.30	03:07:19.95	+00:44:17 (23.7%)	6:40	9 (76.3%)
33	OGŁUSZKA Michał	4104	SAFEPRO USŁUGI BHP	M30	20	00:00:11	01:37:36	03:07:14.60	03:07:25.75	+00:44:26 (23.7%)	6:41	9 (76.3%)
34	PTASZYŃSKI Wojciech	4067	SPEED FEET '16	M50	1	00:00:05	01:40:04	03:07:32.95	03:07:38.25	+00:44:44 (23.9%)	6:41	9 (76.3%)
35	SOBOLEWSKI Mikołaj	4833	SZYMANOWSKI TRIATHLON TEAM	M30	21	00:00:40	01:36:44	03:08:57.35	03:09:37.80	+00:46:08 (24.4%)	6:44	8.9 (75.4%)
36	MAŚLANY Daniel	4254		M40	9	00:00:08	01:36:24	03:10:03.80	03:10:12.55	+00:47:15 (24.9%)	6:47	8.8 (74.6%)
37	NOWOSIELSKI Grzegorz	4070	BOMBABIEGA	M20	6	00:00:05	01:32:47	03:10:47.25	03:10:52.50	+00:47:58 (25.1%)	6:48	8.8 (74.6%)
38	KACZMARCZYK Przemysław	4878	MATNER RUNNING TEAM/WATAHA	M20	7	00:00:02	01:36:36	03:10:58.10	03:11:00.55	+00:48:09 (25.2%)	6:49	8.8 (74.6%)

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39	ROGALA Grzegorz	4172		M40	10	00:00:02	01:36:15	03:11:03.00	03:11:05.70	+00:48:14 (25.2%)	6:49	8.8 (74.6%)
40	WOJTAS Janusz	4113		M50	2	00:00:22	01:42:51	03:12:13.90	03:12:36.50	+00:49:25 (25.7%)	6:51	8.7 (73.7%)
41	CZEGUS Marcin	4193	RUNNING POŁANIEC	M40	11	00:00:04	01:36:47	03:12:58.50	03:13:02.65	+00:50:09 (26.0%)	6:53	8.7 (73.7%)
42	BAK Marcin	4062	LUBLIN BIEGA	M40	12	00:00:04	01:42:13	03:13:21.85	03:13:26.50	+00:50:33 (26.1%)	6:54	8.7 (73.7%)
43	ANIOŁ Mateusz	4266	KILLAZ	M30	22	00:00:18	01:41:21	03:13:23.15	03:13:41.80	+00:50:34 (26.2%)	6:54	8.7 (73.7%)
44	IZDEBSKI Damian	4083		M30	24	00:00:12	01:40:58	03:13:49.75	03:14:02.60	+00:51:01 (26.3%)	6:55	8.7 (73.7%)
45	SALAAMACHA Jarosław	4519	ŻÓRAWSKI TEAM	M30	23	00:00:39	01:47:07	03:13:28.30	03:14:07.55	+00:50:39 (26.2%)	6:54	8.7 (73.7%)
46	BEDNARSKI Arkadiusz	4926		M30	25	00:00:14	01:40:44	03:14:11.80	03:14:26.45	+00:51:23 (26.5%)	6:56	8.7 (73.7%)
47	RZEWUSKI Jakub	4154	STO-NOGI MILANÓWEK	M20	8	00:00:15	01:41:19	03:14:28.50	03:14:44.15	+00:51:39 (26.6%)	6:56	8.6 (72.9%)
48	MICOR Mateusz	4253		M30	26	00:00:19	01:40:37	03:15:15.90	03:15:35.65	+00:52:27 (26.9%)	6:58	8.6 (72.9%)
49	ŻMUDA Michał	4026		M40	13	00:00:04	01:37:17	03:15:47.50	03:15:51.65	+00:52:58 (27.1%)	6:59	8.6 (72.9%)
50	CHWALISZ Łukasz	4105	NIGHT RUNNERS	M20	9	00:00:30	01:44:43	03:16:02.15	03:16:32.30	+00:53:13 (27.2%)	7:00	8.6 (72.9%)
51	PERZ Krzysztof	4019	FABRYKA BIEGANIA	M30	27	00:00:02	01:26:02	03:16:32.65	03:16:34.80	+00:53:44 (27.3%)	7:01	8.5 (72.0%)
52	SURDAKCI Mateusz	4143		M30	28	00:00:12	01:41:39	03:17:21.55	03:17:33.55	+00:54:32 (27.6%)	7:02	8.5 (72.0%)
53	WITKOWSKI Piotr	4077	VEGE RUNNERS	M20	10	00:00:11	01:41:03	03:17:26.60	03:17:38.55	+00:54:38 (27.7%)	7:03	8.5 (72.0%)
54	WÓJCIK Krzysztof	4074	NIGHT RUNNERS ŚWILCZA	M40	14	00:00:02	01:37:03	03:17:40.80	03:17:43.45	+00:54:52 (27.8%)	7:03	8.5 (72.0%)
55	GACA Michał	4045	PZU SPORT TEAM	M40	15	00:00:24	01:45:02	03:19:05.35	03:19:30.15	+00:56:16 (28.3%)	7:06	8.4 (71.2%)
56	ZALEWSKI Andrzej	4820	TEAM NUTRILITE	M60	1	00:00:07	01:41:28	03:19:29.15	03:19:36.65	+00:56:40 (28.4%)	7:07	8.4 (71.2%)
57	SZCZECINA Konrad	4159		M20	11	00:00:14	01:43:12	03:20:00.15	03:20:14.40	+00:57:11 (28.6%)	7:08	8.4 (71.2%)
58	KRAWCZYK Jan	4700	KLUB POD WISIENKĄ	M30	29	00:00:53	01:44:03	03:20:09.50	03:21:02.55	+00:57:20 (28.7%)	7:08	8.4 (71.2%)
59	BARAŃSKI Jarosław	4930		M30	30	00:00:26	01:46:55	03:20:41.75	03:21:07.75	+00:57:53 (28.8%)	7:10	8.4 (71.2%)
60	STĘPIEŃ Mirosław	4102	ROSSBIEGANI	M40	16	00:00:14	01:41:22	03:21:41.15	03:21:55.85	+00:58:52 (29.2%)	7:12	8.3 (70.3%)
61	WITEK Paweł	4200		M20	12	00:00:14	01:43:16	03:21:55.25	03:22:09.60	+00:59:06 (29.3%)	7:12	8.3 (70.3%)

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62	RAMOTOWSKI Marcin	4160		M40	17	00:00:22	01:46:54	03:22:21.85	03:22:44.50	+00:59:33 (29.4%)	7:13	8.3 (70.3%)
63	DRZAZGA Tomasz	4090		M30	31	00:00:08	01:41:06	03:22:45.60	03:22:54.15	+00:59:57 (29.6%)	7:14	8.3 (70.3%)
64	SOWA Dariusz	4202	RZESZOWSKIE GAZELE I GEPARDY	M50	3	00:00:12	01:46:45	03:22:59.25	03:23:11.30	+01:00:10 (29.6%)	7:14	8.3 (70.3%)
65	BEŚKA Sławomir	4044	OCHAJORUN & FRIENDS	M40	18	00:00:07	01:41:43	03:23:35.20	03:23:42.90	+01:00:46 (29.9%)	7:16	8.3 (70.3%)
66	BŁACHNIO Jakub	4148	DOGOŃ GRODZISK MAZOWIECKI	M30	32	00:00:17	01:43:57	03:23:25.30	03:23:42.95	+01:00:36 (29.8%)	7:15	8.3 (70.3%)
67	KALBARCZYK Wojtek	4107	ADIDAS RUNNERS WARSAW	M30	34	00:00:03	01:42:34	03:23:46.05	03:23:49.60	+01:00:57 (29.9%)	7:16	8.2 (69.5%)
68	WĘGRZYN Marcin	4031	ŻMUDA RUNNING TEAM	M30	35	00:00:04	01:44:15	03:23:46.55	03:23:50.85	+01:00:57 (29.9%)	7:16	8.2 (69.5%)
69	GUT Przemysław	4948	JACEK BIEGA RUNNING TEAM	M30	33	00:00:22	01:44:43	03:23:28.70	03:23:51.00	+01:00:40 (29.8%)	7:16	8.3 (70.3%)
70	ŻYCHOWICZ Rafał	4294	ALD RUNNING TEAM	M30	36	00:00:21	01:47:01	03:23:50.30	03:24:12.10	+01:01:01 (29.9%)	7:16	8.2 (69.5%)
71	DZIEWA Przemysław	4115	SUPERIOR INDUSTRIES STALOWA WOLA	M40	19	00:00:24	01:53:16	03:23:55.60	03:24:20.05	+01:01:07 (30.0%)	7:17	8.2 (69.5%)
72	BARCIŃSKI Dariusz	4218	PZU SPORT TEAM	M20	13	00:00:26	01:47:52	03:23:56.45	03:24:22.55	+01:01:07 (30.0%)	7:17	8.2 (69.5%)
73	OLSZAK Zenon	4321	WARSAW RUN CLUB	M50	4	00:00:06	01:49:19	03:25:42.75	03:25:49.40	+01:02:54 (30.6%)	7:20	8.2 (69.5%)
74	NIEPSUJ Łukasz	4780	NIEPOŁOMICE BIEGAJĄ	M30	37	00:00:45	01:47:03	03:25:48.80	03:26:33.80	+01:03:00 (30.6%)	7:21	8.2 (69.5%)
75	RUKUSZEWICZ Wawrzyniec	4190	DZIKIE GRUBASY SZATANA	M30	38	00:00:16	01:49:24	03:26:22.40	03:26:38.75	+01:03:33 (30.8%)	7:22	8.1 (68.6%)
76	ŻYŁKA Ireneusz	4312	BIEGACZ	M40	20	00:00:08	01:47:37	03:26:31.55	03:26:40.15	+01:03:42 (30.9%)	7:22	8.1 (68.6%)
77	ŚWIAĐERSKI Paweł	4358		M40	21	00:00:42	01:49:13	03:26:51.05	03:27:33.45	+01:04:02 (31.0%)	7:23	8.1 (68.6%)
78	GAWROŃSKI Roman	4133		M30	39	00:00:29	01:45:14	03:27:08.25	03:27:37.25	+01:04:19 (31.1%)	7:23	8.1 (68.6%)
79	JAŻOWNIK Jacek	4136		M40	22	00:00:29	01:45:14	03:27:08.25	03:27:37.65	+01:04:19 (31.1%)	7:23	8.1 (68.6%)
80	LASKOWSKI Sławomir	4314	PZU SPORT TEAM	M30	40	00:00:25	01:47:27	03:27:13.00	03:27:38.55	+01:04:24 (31.1%)	7:24	8.1 (68.6%)
81	KRYPSKI Bartosz	4098	CROSSFIT SIEDLCE	M20	14	00:00:06	01:45:48	03:27:34.25	03:27:41.20	+01:04:45 (31.2%)	7:24	8.1 (68.6%)
82	GĄTARCZYK Mariusz	4897	DZIKIE GRUBASY SZATANA	M30	41	00:00:15	01:46:36	03:27:48.10	03:28:03.75	+01:04:59 (31.3%)	7:25	8.1 (68.6%)
83	JABŁOŃSKI Sebastian	4125	SSW TEAM KROŚNICE	M30	43	00:00:04	01:46:35	03:28:41.60	03:28:46.55	+01:05:53 (31.6%)	7:27	8 (67.8%)
84	SZANIAWSKI Marcin	4101		M30	42	00:00:15	01:42:04	03:28:36.80	03:28:52.25	+01:05:48 (31.5%)	7:27	8.1 (68.6%)

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85	DZIETCZYK Kamil	4117	AKTYWNE CHOSZCZNO	M30	44	00:00:16	01:49:03	03:28:51.40	03:29:07.45	+01:06:02 (31.6%)	7:27	8 (67.8%)
86	CIEŚLA Jarosław	4171	BIEGAJĄCE MAŁŻEŃSTWO	M40	24	00:00:13	01:48:10	03:29:16.75	03:29:29.75	+01:06:28 (31.8%)	7:28	8 (67.8%)
87	URBANIK Kacper	4551		M20	15	00:00:51	01:44:39	03:28:43.65	03:29:35.15	+01:05:55 (31.6%)	7:27	8 (67.8%)
88	KISIEL Krzysztof	4723		M40	23	00:01:18	01:52:25	03:28:31.00	03:29:49.35	+01:05:42 (31.5%)	7:26	8.1 (68.6%)
89	KOZAK Mark	4933		M30	45	00:00:48	01:46:46	03:29:25.30	03:30:14.10	+01:06:36 (31.8%)	7:28	8 (67.8%)
90	KOKSA Mateusz	4129		M20	16	00:00:10	01:43:25	03:30:20.05	03:30:30.90	+01:07:31 (32.1%)	7:30	8 (67.8%)
91	BROMKE Łukasz	4145	ORANGE POLSKA	M40	25	00:00:07	01:47:26	03:30:24.80	03:30:32.55	+01:07:36 (32.1%)	7:30	8 (67.8%)
92	ĆWIAKAŁA Michał	4474		M30	46	00:00:11	01:47:36	03:30:34.10	03:30:45.75	+01:07:45 (32.2%)	7:31	8 (67.8%)
93	SŁABOŃ Mariusz	4371	KIWK-A BIEGA	M40	26	00:00:38	01:51:11	03:31:13.90	03:31:52.85	+01:08:25 (32.4%)	7:32	8 (67.8%)
94	STANOWSKI Bartłomiej	4080	CIESZANÓW RUNNERS	M30	47	00:00:06	01:51:11	03:31:47.75	03:31:53.95	+01:08:59 (32.6%)	7:33	7.9 (66.9%)
95	KRZYMOWSKI Piotr	4642	AKADEMIA PRZYSZŁOŚCI	M30	48	00:00:41	01:51:25	03:33:32.65	03:34:14.20	+01:10:44 (33.1%)	7:37	7.9 (66.9%)
96	BARDAN Michał	4275	ALD RUNNING TEAM	M30	50	00:00:22	01:46:44	03:34:03.90	03:34:26.30	+01:11:15 (33.3%)	7:38	7.8 (66.1%)
97	PRUS Aleksander	4096		M30	49	00:00:29	01:44:43	03:34:00.15	03:34:29.50	+01:11:11 (33.3%)	7:38	7.9 (66.9%)
98	KWAŚNY Janusz	4076		M40	28	00:00:18	01:44:43	03:34:12.35	03:34:30.60	+01:11:23 (33.3%)	7:39	7.8 (66.1%)
99	SKWAREK Marcin	4081		M30	51	00:00:13	01:47:26	03:34:27.60	03:34:40.70	+01:11:39 (33.4%)	7:39	7.8 (66.1%)
100	OSTROWSKI Zbyszek	4109	YULO RUN TEAM SIEDLCE	M50	5	00:00:36	01:52:59	03:34:11.60	03:34:48.35	+01:11:23 (33.3%)	7:39	7.8 (66.1%)
101	DERWICH Karol	4432	WKURW TEAM	M40	29	00:00:18	01:53:21	03:34:33.65	03:34:51.90	+01:11:45 (33.4%)	7:39	7.8 (66.1%)
102	NIEWDZIĘCZNY Jerzy	4865	SĄ WOLNIEJSI	M40	27	00:01:03	01:47:16	03:33:56.60	03:35:00.55	+01:11:08 (33.2%)	7:38	7.9 (66.9%)
103	GRYMUZA Zbigniew	4119		M50	6	00:00:23	01:51:25	03:35:08.80	03:35:32.05	+01:12:20 (33.6%)	7:41	7.8 (66.1%)
104	LITKA Krzysztof	4883	PZU SPORT TEAM	M40	30	00:00:41	01:40:59	03:35:08.65	03:35:49.65	+01:12:20 (33.6%)	7:41	7.8 (66.1%)
105	KOWALCZYK Robert	4353	ŁĘCZNA BIEGA	M40	31	00:00:40	01:51:09	03:35:12.90	03:35:53.05	+01:12:24 (33.6%)	7:41	7.8 (66.1%)
106	PODEJMA Grzegorz	4173		M40	33	00:00:28	01:45:13	03:35:38.80	03:36:07.55	+01:12:50 (33.8%)	7:42	7.8 (66.1%)
107	FEDAK Bohdan	4455		M40	32	00:00:48	01:54:24	03:35:23.55	03:36:12.10	+01:12:34 (33.7%)	7:41	7.8 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	ZATORSKI Paweł	4752	NIGHT DRINKERS	M30	52	00:00:42	01:46:15	03:36:11.15	03:36:53.75	+01:13:22 (33.9%)	7:43	7.8 (66.1%)
109	GOŹDZIENIAK Sobiesław	4521	KW KOTŁOWNIA	M30	53	00:00:40	01:49:52	03:36:19.15	03:37:00.10	+01:13:30 (34.0%)	7:43	7.8 (66.1%)
110	KOŚCIELNY Aleksander	4416	MTU AERO ENGINES	M40	36	00:00:05	01:50:38	03:37:19.90	03:37:25.75	+01:14:31 (34.3%)	7:45	7.7 (65.3%)
111	FLORIAN Krzysztof	4944		M40	34	00:01:00	01:57:57	03:36:26.45	03:37:27.20	+01:13:37 (34.0%)	7:43	7.8 (66.1%)
112	WILAMOWSKI Bartłomiej	4150	ZOSTAĆ ULTRASEM	M30	55	00:00:26	01:53:17	03:37:08.10	03:37:34.95	+01:14:19 (34.2%)	7:45	7.7 (65.3%)
113	ŻYMOŁKA Piotr	4918	GAZELE MOSZNA	M30	54	00:01:11	01:55:32	03:36:29.30	03:37:41.05	+01:13:40 (34.0%)	7:43	7.8 (66.1%)
114	KOSOWSKI Mateusz	4063		M40	37	00:00:10	01:56:20	03:37:37.15	03:37:47.85	+01:14:48 (34.4%)	7:46	7.7 (65.3%)
115	JAŁOCHA Michał	4419	MOŻE SIĘ UDA!	M40	35	00:00:33	01:52:16	03:37:18.15	03:37:52.00	+01:14:29 (34.3%)	7:45	7.7 (65.3%)
116	WIERCIŃSKI Łukasz	4941		M30	56	00:00:21	01:55:33	03:37:32.25	03:37:54.10	+01:14:43 (34.4%)	7:46	7.7 (65.3%)
117	GAJEWSKI Jacek	4138	DOGOŃ GRODZISK MAZOWIECKI	M40	39	00:00:18	01:51:13	03:37:53.65	03:38:11.65	+01:15:05 (34.5%)	7:46	7.7 (65.3%)
118	KRZESIAK Łukasz	4360	MASAKRA KLUB SPORTOWY	M40	38	00:00:25	01:51:03	03:37:47.05	03:38:12.15	+01:14:58 (34.4%)	7:46	7.7 (65.3%)
119	KAŹMIERCZAK Bartłomiej	4068		M30	57	00:00:16	01:47:35	03:37:59.70	03:38:16.05	+01:15:11 (34.5%)	7:47	7.7 (65.3%)
120	DRAŃKO Piotr	4151		M30	58	00:00:08	01:47:30	03:38:33.15	03:38:41.45	+01:15:44 (34.7%)	7:48	7.7 (65.3%)
121	GAWLIK Sławek	4022	MARCINŚWIERCTEAM	M30	59	00:00:03	01:56:09	03:38:44.85	03:38:48.35	+01:15:56 (34.7%)	7:48	7.7 (65.3%)
122	BODZIOCH Grzegorz	4057	GORLICKA GRUPA BIEGOWA	M40	41	00:00:03	01:49:11	03:39:21.90	03:39:24.90	+01:16:33 (34.9%)	7:50	7.7 (65.3%)
123	KOZŁOWSKI Tomasz	4155		M60	2	00:00:12	01:53:45	03:39:36.20	03:39:48.35	+01:16:47 (35.0%)	7:50	7.7 (65.3%)
124	BODZEK Bartłomiej	4823		M30	60	00:01:14	01:54:32	03:39:00.45	03:40:15.20	+01:16:11 (34.8%)	7:49	7.7 (65.3%)
125	SZYMALAK Michał	4082		M40	40	00:01:43	01:52:01	03:38:48.95	03:40:32.55	+01:16:00 (34.7%)	7:48	7.7 (65.3%)
126	PODEJMA Rafał	4216	SPARTA	M40	42	00:00:20	01:51:00	03:40:22.30	03:40:43.05	+01:17:33 (35.2%)	7:52	7.6 (64.4%)
127	KUCHARCZYK Mikołaj	4793		M20	17	00:01:20	02:02:13	03:39:27.60	03:40:47.65	+01:16:39 (34.9%)	7:50	7.7 (65.3%)
128	BUKAŁA Marcin	4095	VEGE RUNNERS	M20	18	00:00:24	01:55:57	03:40:43.85	03:41:08.20	+01:17:55 (35.3%)	7:53	7.6 (64.4%)
129	POGORZELSKI Mariusz	4896	HARDCOROWE WYCHYLYLYBYMY	M40	43	00:00:28	01:56:03	03:40:55.20	03:41:23.20	+01:18:06 (35.4%)	7:53	7.6 (64.4%)
130	PRĘTKIEWICZ Adam	4787		M30	61	00:01:48	01:54:46	03:39:54.00	03:41:42.70	+01:17:05 (35.1%)	7:51	7.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	BIELEC Karol	4056	ROZBIEGAMY NOWY DWÓR	M30	64	00:00:27	01:53:13	03:42:11.20	03:42:38.25	+01:19:22 (35.7%)	7:56	7.6 (64.4%)
132	JANKOWSKI Rafał	4825	GLKS FAŁKÓW/NAPRZÓD MŁOCINY	M40	44	00:01:14	01:57:07	03:41:25.40	03:42:39.55	+01:18:36 (35.5%)	7:54	7.6 (64.4%)
133	JADWIŃSKI Wojciech	4165	REEBOK RUN CREW	M40	45	00:00:08	01:48:07	03:42:40.30	03:42:48.90	+01:19:51 (35.9%)	7:57	7.5 (63.6%)
134	PIWONSKI Adam	4748		M30	63	00:00:57	01:55:34	03:41:56.40	03:42:53.90	+01:19:07 (35.7%)	7:55	7.6 (64.4%)
135	REJDYCH Tomasz	4687	HUSARIA RACE TEAM	M30	62	00:01:16	01:44:50	03:41:42.00	03:42:58.55	+01:18:53 (35.6%)	7:55	7.6 (64.4%)
136	PIŁAT Jakub	4822	MULTIMEDIA RUNNERS PUŁAWY	M30	66	00:00:37	01:57:22	03:42:23.45	03:43:00.85	+01:19:34 (35.8%)	7:56	7.6 (64.4%)
137	KORNAK Dariusz	4079	PKP CARGO	M40	46	00:00:04	01:54:50	03:43:16.70	03:43:21.20	+01:20:28 (36.0%)	7:58	7.5 (63.6%)
138	BLICHARZ Artur	4811	KS SPORTIVA	M30	65	00:01:34	02:02:28	03:42:12.70	03:43:47.35	+01:19:24 (35.7%)	7:56	7.6 (64.4%)
139	SZWAŁEK Krzysztof	4263		M30	68	00:00:22	01:51:02	03:43:40.65	03:44:02.70	+01:20:52 (36.2%)	7:59	7.5 (63.6%)
140	JAGUSZEWSKI Piotr	4127	SULEJÓWEK	M30	67	00:01:33	02:06:06	03:42:44.30	03:44:18.15	+01:19:55 (35.9%)	7:57	7.5 (63.6%)
141	GŁUCHOWSKI Karol	4278		M30	69	00:00:09	01:49:23	03:44:15.40	03:44:24.60	+01:21:26 (36.3%)	8:00	7.5 (63.6%)
142	SOT Lucjan	4899	A NIECH TO SZLAK BIEGIEM NA SZLAK	M50	7	00:00:51	01:55:36	03:44:41.75	03:45:33.35	+01:21:53 (36.4%)	8:01	7.5 (63.6%)
143	DOMINIK Kacper	4817		M20	19	00:01:28	01:58:35	03:44:53.80	03:46:22.75	+01:22:05 (36.5%)	8:01	7.5 (63.6%)
144	BUKALSKI Arkadiusz	4156	CHEŁMSKA GRUPA TRIATHLONU	M40	48	00:00:14	01:51:32	03:46:15.05	03:46:29.90	+01:23:26 (36.9%)	8:04	7.4 (62.7%)
144	OSZUST Marcin	4556	CHEŁMSKA GRUPA TRIATHLONU	M40	47	00:00:15	01:56:27	03:46:14.90	03:46:29.90	+01:23:26 (36.9%)	8:04	7.4 (62.7%)
146	KAŁOWSKI Tomasz	4097		M50	8	00:00:10	02:01:35	03:46:44.95	03:46:55.80	+01:23:56 (37.0%)	8:05	7.4 (62.7%)
147	AMBICKI Miłosz	4177		M30	70	00:00:09	01:54:34	03:46:58.70	03:47:08.10	+01:24:10 (37.1%)	8:06	7.4 (62.7%)
148	HORA Grzegorz	4049		M30	71	00:00:30	01:49:29	03:47:44.15	03:48:14.45	+01:24:55 (37.3%)	8:08	7.4 (62.7%)
149	DANIELEWSKI Andrzej	4246		M30	72	00:00:12	01:47:35	03:48:10.50	03:48:23.30	+01:25:21 (37.4%)	8:08	7.4 (62.7%)
150	RAPACZ Marcin	4641	FUNDACJA TYLKO BIESZCZADY	M50	9	00:00:58	01:57:55	03:47:27.65	03:48:26.35	+01:24:39 (37.2%)	8:07	7.4 (62.7%)
151	WASSER Michał	4890		M20	20	00:01:17	02:01:26	03:47:09.95	03:48:27.60	+01:24:21 (37.1%)	8:06	7.4 (62.7%)
152	NAWROT Bartłomiej	4164	KAMIENIOŁOM	M30	73	00:00:09	01:54:30	03:48:26.20	03:48:36.00	+01:25:37 (37.5%)	8:09	7.4 (62.7%)
153	SĘKIEWICZ Janusz	4134	ZABIEGANI CZĘSTOCHOWA	M20	21	00:00:33	01:54:54	03:48:05.45	03:48:38.90	+01:25:16 (37.4%)	8:08	7.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	KARDASZ Marek	4242	SOLINA TEAM	M40	53	00:00:09	01:50:20	03:49:28.25	03:49:37.75	+01:26:39 (37.8%)	8:11	7.3 (61.9%)
155	JASIŃSKI Tomasz	4091		M40	54	00:00:05	01:49:01	03:49:33.80	03:49:39.45	+01:26:45 (37.8%)	8:11	7.3 (61.9%)
156	DŁUŻNIEWSKI Marcin	4273		M40	51	00:00:21	01:56:13	03:49:18.45	03:49:40.15	+01:26:29 (37.7%)	8:11	7.3 (61.9%)
157	GONET Sebastian	4402		M40	50	00:00:25	01:57:38	03:49:18.05	03:49:43.15	+01:26:29 (37.7%)	8:11	7.3 (61.9%)
158	KOSIN Marcin	4327	BSB BARCZEWO BIEGA	M30	75	00:00:24	01:53:21	03:49:22.75	03:49:47.70	+01:26:34 (37.7%)	8:11	7.3 (61.9%)
158	BAJZERT Filip	4473		M40	49	00:00:29	01:54:12	03:49:17.75	03:49:47.70	+01:26:29 (37.7%)	8:11	7.3 (61.9%)
160	PODKALICKI Adrian	4827	BESKID RUNNERS	M30	74	00:00:44	01:54:33	03:49:11.50	03:49:56.45	+01:26:22 (37.7%)	8:11	7.3 (61.9%)
161	WRÓBEL Arkadiusz	4065		M40	52	00:00:30	01:55:46	03:49:26.15	03:49:56.55	+01:26:37 (37.8%)	8:11	7.3 (61.9%)
162	ŁUKASZKIEWICZ Michał	4217	POŻERACZE KILOSÓW	M40	55	00:00:19	01:55:31	03:49:44.75	03:50:03.80	+01:26:56 (37.8%)	8:12	7.3 (61.9%)
163	GOŚCINIAK Michał	4118		M20	22	00:00:17	01:53:43	03:50:48.55	03:51:06.25	+01:27:59 (38.1%)	8:14	7.3 (61.9%)
164	KOWARZYK Tomasz	4331		M30	78	00:00:17	01:52:29	03:51:19.30	03:51:36.65	+01:28:30 (38.3%)	8:15	7.3 (61.9%)
165	ZAWADZKI Grzegorz	4011	PRESTIGE	M30	79	00:00:10	01:54:32	03:51:35.00	03:51:45.20	+01:28:46 (38.3%)	8:16	7.3 (61.9%)
166	GRONCZEWSKI Artur	4332	FMW RUNNERS	M40	58	00:00:08	01:54:19	03:51:40.75	03:51:48.75	+01:28:52 (38.4%)	8:16	7.3 (61.9%)
167	GAJEWIAK Adam	4203	CS GROUP RUNNERS TEAM	M40	57	00:00:15	01:53:37	03:51:38.50	03:51:53.95	+01:28:49 (38.3%)	8:16	7.3 (61.9%)
168	BĄBALICKI Sławomir	4572	TFP SPORT TEAM	M30	76	00:00:42	01:58:41	03:51:15.35	03:51:57.70	+01:28:26 (38.2%)	8:15	7.3 (61.9%)
169	LEŚNIAK Piotr	4819	STREET MEDIA RUNNING TEAM	M40	56	00:00:58	01:56:18	03:51:05.05	03:52:03.30	+01:28:16 (38.2%)	8:15	7.3 (61.9%)
170	CHOINSKI Mariusz	4060		M30	77	00:00:54	01:56:42	03:51:17.10	03:52:11.35	+01:28:28 (38.3%)	8:15	7.3 (61.9%)
171	DOBROWOLSKI Mateusz	4001		M20	23	00:00:20	02:02:50	03:52:19.80	03:52:40.25	+01:29:31 (38.5%)	8:17	7.2 (61.0%)
172	KUCZBORSKI Jarosław	4839	HARPAGAN SOSNOWIEC	M40	60	00:00:42	01:59:18	03:52:52.40	03:53:34.50	+01:30:03 (38.7%)	8:19	7.2 (61.0%)
173	BOROWIEC Arkadiusz	4560	CHEŁM BIEGA	M40	61	00:00:13	01:58:57	03:53:21.70	03:53:35.55	+01:30:33 (38.8%)	8:20	7.2 (61.0%)
174	KIERAT Paweł	4250	POŻERACZE KILOSÓW	M30	81	00:00:19	01:55:56	03:53:33.70	03:53:52.75	+01:30:45 (38.9%)	8:20	7.2 (61.0%)
175	MADEJSKI Krzysztof	4861		M30	80	00:00:46	02:02:25	03:53:10.75	03:53:57.25	+01:30:22 (38.8%)	8:19	7.2 (61.0%)
176	SKÓRA Przemysław	4800		M40	59	00:01:23	02:03:04	03:52:41.20	03:54:04.50	+01:29:52 (38.6%)	8:18	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	WAROWNY Piotr	4227	BIEGUSIEM.PL	M40	62	00:00:06	01:57:12	03:54:26.75	03:54:33.70	+01:31:38 (39.1%)	8:22	7.2 (61.0%)
178	POŁOM Rafał	4271	NOA	M30	84	00:00:02	01:50:12	03:55:08.80	03:55:11.75	+01:32:20 (39.3%)	8:23	7.1 (60.2%)
179	ZIELASKOWSKI Michal	4300		M40	63	00:00:52	01:55:43	03:54:40.45	03:55:33.25	+01:31:51 (39.1%)	8:22	7.2 (61.0%)
180	HALMANN Mirek	4003	PGB SPORTOWA PACZKA	M30	82	00:00:53	02:09:55	03:54:41.40	03:55:34.85	+01:31:52 (39.1%)	8:22	7.2 (61.0%)
181	DROSZCZ Krzysztof	4188	BIGYELLOWFOOT ADVENTURE TEAM	M30	85	00:00:23	01:58:06	03:55:23.00	03:55:46.70	+01:32:34 (39.3%)	8:24	7.1 (60.2%)
182	ZALĘCKI Michał	4131		M30	83	00:01:00	02:06:28	03:54:56.20	03:55:56.95	+01:32:07 (39.2%)	8:23	7.2 (61.0%)
183	ŚRODA Krzysztof	4570		M40	66	00:00:51	02:02:05	03:55:11.25	03:56:02.60	+01:32:22 (39.3%)	8:23	7.1 (60.2%)
184	SZYMSKI Rafał	4850	CIDRY LOTAJOM	M40	65	00:01:14	01:56:51	03:55:08.75	03:56:23.45	+01:32:20 (39.3%)	8:23	7.1 (60.2%)
185	MAŁEK Paweł	4326	NIEPOŁOMICIE BIEGAJĄ	M40	64	00:01:33	02:03:14	03:54:57.10	03:56:30.35	+01:32:08 (39.2%)	8:23	7.2 (61.0%)
186	ZIMOCZ Łukasz	4168	WATAHA SOBÓTKA	M20	24	00:00:46	02:04:28	03:56:03.60	03:56:50.15	+01:33:15 (39.5%)	8:25	7.1 (60.2%)
187	KRUTYS Marcin	4270	RUNNING POŁANIEC	M30	86	00:00:20	02:05:50	03:56:41.95	03:57:02.70	+01:33:53 (39.7%)	8:27	7.1 (60.2%)
188	BUŁKA Piotr	4050	UKS HERKULES SULEJÓWEK	M40	68	00:00:09	01:53:55	03:57:13.35	03:57:22.40	+01:34:24 (39.8%)	8:28	7.1 (60.2%)
189	STACHYRA Rafal	4128		M30	87	00:00:11	01:57:06	03:57:17.65	03:57:29.30	+01:34:29 (39.8%)	8:28	7.1 (60.2%)
190	ORZOŁ Jacek	4084	LENIWIEC ZĄBKI	M30	88	00:00:12	01:57:23	03:57:18.05	03:57:30.50	+01:34:29 (39.8%)	8:28	7.1 (60.2%)
191	MARONKA Bartosz	4213		M20	25	00:00:14	02:03:17	03:57:33.70	03:57:47.70	+01:34:45 (39.9%)	8:29	7.1 (60.2%)
192	FALISZEWSKI Sebastian	4831		M40	67	00:01:43	01:53:28	03:56:08.45	03:57:51.90	+01:33:19 (39.5%)	8:26	7.1 (60.2%)
193	SZOPIŃSKI Wojtek	4295	PZU SPORT TEAM	M30	89	00:00:26	01:53:11	03:58:33.50	03:59:00.40	+01:35:44 (40.1%)	8:31	7 (59.3%)
194	WRĘCZYCKI Łukasz	4378		M30	90	00:00:25	02:03:17	03:58:55.15	03:59:20.85	+01:36:06 (40.2%)	8:31	7 (59.3%)
195	POLOZYNSKI Andrzej	4180	ZACISZE NIGHT RUNNERS	M40	69	00:00:44	02:00:48	03:58:55.55	03:59:40.15	+01:36:06 (40.2%)	8:32	7 (59.3%)
196	TOMALA Dawid	4394	RUNSZ-TEAM	M20	26	00:00:59	02:03:36	03:58:44.90	03:59:44.50	+01:35:56 (40.2%)	8:31	7 (59.3%)
197	ANDRZEJEWSKI Tomasz	4695	GILLETTE RUN	M50	10	00:00:22	01:59:55	04:00:08.30	04:00:30.75	+01:37:19 (40.5%)	8:34	7 (59.3%)
198	FAJER Marek	4140	ZWIK MYSZKÓW MYSZKÓW BIEGA	M60	3	00:00:26	01:53:32	04:00:28.25	04:00:54.35	+01:37:39 (40.6%)	8:35	7 (59.3%)
199	MACIEJAK Robert	4349		M40	73	00:00:15	01:53:33	04:01:07.75	04:01:22.90	+01:38:19 (40.8%)	8:36	7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	CHRAPAN Tomasz	4554		M40	70	00:01:03	02:01:48	04:00:37.05	04:01:40.30	+01:37:48 (40.6%)	8:35	7 (59.3%)
201	ERNST Tomasz	4588		M30	91	00:00:46	02:02:08	04:01:08.60	04:01:54.70	+01:38:20 (40.8%)	8:36	7 (59.3%)
202	FLIŚ Łukasz	4842	FULFILL DREAMS TEAM PSZCZYNA	M20	27	00:01:46	02:06:07	04:00:09.45	04:01:56.25	+01:37:20 (40.5%)	8:34	7 (59.3%)
203	ROGOLSKI Artur	4211	PZU SPORT TEAM	M40	72	00:01:03	02:04:51	04:00:56.10	04:01:59.95	+01:38:07 (40.7%)	8:36	7 (59.3%)
204	SIUDA Adam	4739		M30	92	00:00:45	02:04:18	04:01:18.00	04:02:03.75	+01:38:29 (40.8%)	8:37	7 (59.3%)
205	GRZYWACZ Krzysztof	4940		M40	71	00:01:27	01:59:50	04:00:43.25	04:02:10.35	+01:37:54 (40.7%)	8:35	7 (59.3%)
206	SKOCZEK Cyprian	4369		M20	29	00:00:36	02:04:39	04:01:48.50	04:02:25.10	+01:38:59 (40.9%)	8:38	6.9 (58.5%)
207	DĄBROWSKI Bartosz	4120		M20	28	00:01:51	02:15:35	04:01:24.50	04:03:15.90	+01:38:35 (40.8%)	8:37	7 (59.3%)
208	KRASUSKI Piotr	4794	CROSSFIT SIEDLCE	M30	94	00:00:05	01:57:33	04:04:27.55	04:04:33.45	+01:41:38 (41.6%)	8:43	6.9 (58.5%)
209	BAGIEŃSKI Marek	4293	LIMBA.ORG	M40	76	00:00:05	02:06:54	04:04:29.40	04:04:34.45	+01:41:40 (41.6%)	8:43	6.9 (58.5%)
210	DOLEWSKI Andrzej	4021	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	75	00:00:11	01:56:22	04:04:26.35	04:04:37.75	+01:41:37 (41.6%)	8:43	6.9 (58.5%)
211	ROMAŃSKI Arkadiusz	4124		M30	93	00:01:47	02:08:07	04:03:12.40	04:05:00.35	+01:40:23 (41.3%)	8:41	6.9 (58.5%)
212	KAŻMIERCZAK Michał	4232		M40	74	00:01:42	02:10:27	04:03:26.05	04:05:08.95	+01:40:37 (41.3%)	8:41	6.9 (58.5%)
213	NADOLNY Piotr	4545		M30	95	00:01:04	02:04:51	04:04:28.15	04:05:32.35	+01:41:39 (41.6%)	8:43	6.9 (58.5%)
214	ZAKRZEWSKI Marcin	4396	SPORTOWE ŻULE	M30	96	00:00:10	02:01:06	04:05:45.50	04:05:55.80	+01:42:56 (41.9%)	8:46	6.8 (57.6%)
215	JACHIMEK Maciej	4198		M40	77	00:00:54	02:09:14	04:05:16.25	04:06:10.90	+01:42:27 (41.8%)	8:45	6.8 (57.6%)
216	HABELSKI Jarosław	4525	SPARTA ULTRA TEAM	M40	78	00:00:20	01:50:59	04:05:52.75	04:06:13.20	+01:43:04 (41.9%)	8:46	6.8 (57.6%)
217	KAŁOWSKI Bartosz	4073		M20	30	00:00:10	02:00:55	04:06:18.70	04:06:29.30	+01:43:30 (42.0%)	8:47	6.8 (57.6%)
218	KORYCIŃSKI Adam	4282	CROSSFIT SIEDLCE	M30	99	00:00:06	02:04:35	04:06:27.75	04:06:34.15	+01:43:39 (42.1%)	8:48	6.8 (57.6%)
219	PEPŁOŃSKI Mariusz	4489	GILLETTE RUN	M30	97	00:00:21	02:11:36	04:06:16.15	04:06:37.95	+01:43:27 (42.0%)	8:47	6.8 (57.6%)
220	SZCZYGIELSKI Tomek	4445	BIEGUSIEM. PL	M30	98	00:00:28	02:01:14	04:06:22.00	04:06:50.60	+01:43:33 (42.0%)	8:47	6.8 (57.6%)
221	WIŚNIEWSKI Marek	4398		M40	79	00:00:42	02:00:50	04:07:35.95	04:08:18.10	+01:44:47 (42.3%)	8:50	6.8 (57.6%)
222	GONET Maciej	4228		M30	102	00:00:25	01:58:30	04:07:52.95	04:08:18.35	+01:45:04 (42.4%)	8:51	6.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	GONDEK Krzysztof	4336		M40	80	00:00:38	02:03:41	04:07:46.00	04:08:24.20	+01:44:57 (42.4%)	8:50	6.8 (57.6%)
224	KUJAWA Tomasz	4448	NBR TEAM	M30	101	00:00:36	02:06:43	04:07:52.85	04:08:29.25	+01:45:04 (42.4%)	8:51	6.8 (57.6%)
225	DYCZKOWSKI Andrzej K.	4146	TYGRYSKI KUBUSIA PUCHATKA	M50	11	00:00:43	02:06:55	04:07:59.45	04:08:42.95	+01:45:10 (42.4%)	8:51	6.8 (57.6%)
226	KRUKOWSKI Łukasz	4877	MKS SIECHNICE	M30	100	00:01:31	02:14:19	04:07:33.95	04:09:05.40	+01:44:45 (42.3%)	8:50	6.8 (57.6%)
227	KĘDREK Emil	4599	HABYS	M40	82	00:00:33	02:19:15	04:08:36.00	04:09:09.10	+01:45:47 (42.6%)	8:52	6.8 (57.6%)
228	PAŁKA Stanisław	4406	NIEPOŁOMICE BIEGAJĄ	M40	81	00:01:34	02:09:05	04:08:28.90	04:10:03.05	+01:45:40 (42.5%)	8:52	6.8 (57.6%)
229	LESZCZYŃSKI Michał	4176	GDYNIA MEDICA	M40	83	00:00:42	02:06:18	04:10:12.95	04:10:55.80	+01:47:24 (42.9%)	8:56	6.7 (56.8%)
230	WIŚNIEWSKI Artur	4142		M30	104	00:00:27	01:57:01	04:10:29.20	04:10:56.75	+01:47:40 (43.0%)	8:56	6.7 (56.8%)
231	ŁUKASIK Bartłomiej	4013		M30	106	00:00:17	02:03:25	04:10:50.80	04:11:07.90	+01:48:02 (43.1%)	8:57	6.7 (56.8%)
232	PAWLICKI Krzysztof	4782		M30	105	00:01:01	02:06:42	04:10:45.10	04:11:46.55	+01:47:56 (43.0%)	8:57	6.7 (56.8%)
233	HOPPE Grzegorz	4928		M30	103	00:01:29	02:10:38	04:10:19.45	04:11:48.80	+01:47:30 (42.9%)	8:56	6.7 (56.8%)
234	TROJAN Grzegorz	4208		M30	108	00:00:32	01:57:08	04:11:30.45	04:12:03.30	+01:48:41 (43.2%)	8:58	6.7 (56.8%)
235	NAWROCKI Marcin	4518	CR Z16	M40	85	00:00:30	01:59:39	04:11:39.65	04:12:10.35	+01:48:51 (43.3%)	8:59	6.7 (56.8%)
236	KURMAN Arkadiusz	4289	TRENER24H.COM.PL	M30	107	00:01:18	02:07:40	04:11:30.35	04:12:48.60	+01:48:41 (43.2%)	8:58	6.7 (56.8%)
237	KRAJCZYŃSKI Jakub	4191	PKO BANK POLSKI	M40	84	00:01:22	02:17:44	04:11:29.10	04:12:51.70	+01:48:40 (43.2%)	8:58	6.7 (56.8%)
238	KACZMARCZYK Daniel	4306		M40	87	00:00:21	02:11:34	04:12:41.60	04:13:02.95	+01:49:53 (43.5%)	9:01	6.6 (55.9%)
239	PRĘDKI Marcin	4653		M30	110	00:00:55	02:02:07	04:12:21.85	04:13:17.20	+01:49:33 (43.4%)	9:00	6.7 (56.8%)
240	BOROWIEC Mariusz	4496		M40	86	00:01:10	02:10:50	04:12:21.70	04:13:31.85	+01:49:33 (43.4%)	9:00	6.7 (56.8%)
241	KOSMÓLSKI Paweł	4643	PZU SPORT TEAM	M30	109	00:01:51	02:19:15	04:11:46.55	04:13:38.45	+01:48:57 (43.3%)	8:59	6.7 (56.8%)
242	KRYSTJAŃCZUK Karol	4192	ŁĘCZNA BIEGA	M40	88	00:00:40	01:55:46	04:13:25.40	04:14:06.05	+01:50:36 (43.6%)	9:03	6.6 (55.9%)
242	ŁUKASIK Andrzej	4042		M50	12	00:00:23	02:11:36	04:13:42.20	04:14:06.05	+01:50:53 (43.7%)	9:03	6.6 (55.9%)
244	JÓZEFCZYK Jacek	4540		M30	111	00:01:13	02:13:21	04:13:05.95	04:14:19.15	+01:50:17 (43.6%)	9:02	6.6 (55.9%)
245	PIOTR Pietrus	4130		M40	91	00:00:08	01:57:41	04:14:12.15	04:14:20.60	+01:51:23 (43.8%)	9:04	6.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	CZERNIAK Artur	4497		M50	13	00:00:24	02:03:36	04:13:59.50	04:14:24.15	+01:51:10 (43.8%)	9:04	6.6 (55.9%)
247	KANIEWSKI Michał	4702	DZIKIDZIKTEAM	M20	31	00:00:57	02:19:31	04:13:30.70	04:14:28.05	+01:50:42 (43.7%)	9:03	6.6 (55.9%)
248	JESKE Marek	4696	RUN BYDGOSZCZ	M40	89	00:00:43	02:03:36	04:13:48.30	04:14:31.35	+01:50:59 (43.7%)	9:03	6.6 (55.9%)
249	SZMYT Piotr	4006	4 RUNNERS GROUP	M40	90	00:00:27	02:06:53	04:14:07.20	04:14:35.00	+01:51:18 (43.8%)	9:04	6.6 (55.9%)
250	PUCHAŁA Mariusz	4267	TERNOL	M40	92	00:00:50	02:06:26	04:14:15.50	04:15:05.55	+01:51:26 (43.8%)	9:04	6.6 (55.9%)
251	MARMUROWICZ Krystian	4482	KOLOROWA DRUŻYNA NESSI	M40	94	00:00:31	02:11:40	04:14:45.20	04:15:16.60	+01:51:56 (43.9%)	9:05	6.6 (55.9%)
252	SZYMAŃSKI Marcin	4389		M40	93	00:01:08	02:18:25	04:14:37.55	04:15:45.90	+01:51:48 (43.9%)	9:05	6.6 (55.9%)
253	TARTANUS Andrzej	4325	VEGE RUNNERS	M40	95	00:00:14	02:08:45	04:15:34.30	04:15:48.35	+01:52:45 (44.1%)	9:07	6.6 (55.9%)
254	PIERZAK Olaf	4162	NIGHT RUNNERS KABATY	M40	97	00:00:12	02:00:04	04:15:46.40	04:15:59.15	+01:52:57 (44.2%)	9:08	6.6 (55.9%)
255	PAWLIK Paweł	4377		M40	96	00:00:43	02:04:57	04:15:35.35	04:16:19.30	+01:52:46 (44.1%)	9:07	6.6 (55.9%)
256	BURY Marek	4215		M40	98	00:00:32	02:06:46	04:16:37.55	04:17:10.30	+01:53:48 (44.4%)	9:09	6.5 (55.1%)
257	CIPORA Maciej	4580		M40	101	00:00:28	02:10:25	04:18:39.40	04:19:08.10	+01:55:50 (44.8%)	9:14	6.5 (55.1%)
258	TUREK Michał	4938		M40	99	00:01:14	01:59:49	04:17:56.10	04:19:10.15	+01:55:07 (44.6%)	9:12	6.5 (55.1%)
259	NOWOSZ Kamil	4395	NATIONALE NEDERLANDEN	M30	112	00:00:54	02:18:23	04:18:15.85	04:19:10.30	+01:55:27 (44.7%)	9:13	6.5 (55.1%)
260	CZAJKOWSKI Tomasz	4535		M40	100	00:01:12	02:12:15	04:18:08.75	04:19:20.75	+01:55:20 (44.7%)	9:13	6.5 (55.1%)
261	CHODZIŃSKI Piotr	4368		M40	102	00:00:55	02:11:54	04:18:39.85	04:19:35.10	+01:55:51 (44.8%)	9:14	6.5 (55.1%)
262	BAGNICKI Dariusz	4538	ROZBIEGMY NOWY DWÓR	M40	104	00:00:26	02:10:52	04:19:38.35	04:20:04.90	+01:56:49 (45.0%)	9:16	6.5 (55.1%)
263	MŁYNARCZYK Michał	4408		M40	103	00:01:28	02:19:36	04:18:45.30	04:20:14.05	+01:55:56 (44.8%)	9:14	6.5 (55.1%)
264	ZYGMANOWSKI Przemek	4035		M30	114	00:00:07	01:56:21	04:20:08.60	04:20:16.05	+01:57:20 (45.1%)	9:17	6.5 (55.1%)
265	DZIDECZEK Marcin	4528	TEAM ZABIEGANEDNI	M30	113	00:01:07	02:13:13	04:19:37.20	04:20:44.30	+01:56:48 (45.0%)	9:16	6.5 (55.1%)
266	SUDOŁ Ryszard	4094	FENIKS LEGNICA	M50	16	00:00:06	02:01:25	04:20:54.45	04:21:00.85	+01:58:05 (45.3%)	9:19	6.4 (54.2%)
267	KUBISIAK Sławomir	4315		M50	14	00:00:51	02:10:49	04:20:10.80	04:21:02.75	+01:57:22 (45.1%)	9:17	6.5 (55.1%)
268	JEŻEWSKI Adam	4862	VIRTUAL RUNNER CLUB	M40	109	00:00:14	02:08:38	04:20:53.80	04:21:08.25	+01:58:05 (45.3%)	9:19	6.4 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
269	BIENIAS Grzegorz	4379	PZU SPORT TEAM	M30	115	00:00:59	02:13:50	04:20:11.75	04:21:11.00	+01:57:23 (45.1%)	9:17	6.5 (55.1%)
270	NADULSKI Piotr	4937		M40	105	00:01:29	02:13:49	04:19:42.60	04:21:11.85	+01:56:54 (45.0%)	9:16	6.5 (55.1%)
271	IWACHÓW Sławomir	4709		M40	106	00:01:18	02:19:44	04:19:55.80	04:21:14.35	+01:57:07 (45.1%)	9:17	6.5 (55.1%)
272	PATEREK Grzegorz	4676	WKURW_TEAM	M30	116	00:00:18	02:08:47	04:20:56.55	04:21:15.40	+01:58:07 (45.3%)	9:19	6.4 (54.2%)
273	SZEWCZYK Mariusz	4543		M40	108	00:01:10	02:14:44	04:20:09.65	04:21:19.80	+01:57:21 (45.1%)	9:17	6.5 (55.1%)
274	WOJTAS Mateusz	4390		M20	32	00:00:54	02:09:07	04:20:33.25	04:21:27.70	+01:57:44 (45.2%)	9:18	6.4 (54.2%)
275	GRYS Rajmund	4550	MKS SIECHNICE	M40	107	00:01:31	02:13:49	04:20:00.15	04:21:32.05	+01:57:11 (45.1%)	9:17	6.5 (55.1%)
276	GRZYWACZ Dariusz	4733		M50	15	00:01:25	02:13:14	04:20:12.05	04:21:37.25	+01:57:23 (45.1%)	9:17	6.5 (55.1%)
277	FLISEK Jakub	4623		M30	117	00:01:15	02:16:35	04:20:58.90	04:22:13.90	+01:58:10 (45.3%)	9:19	6.4 (54.2%)
278	BRZEZIŃSKI Piotr	4647		M30	119	00:00:46	02:18:23	04:21:46.10	04:22:32.90	+01:58:57 (45.4%)	9:20	6.4 (54.2%)
279	OLESIŃSKI Piotr	4465	BELVEDERE ŻYRARDÓW	M30	120	00:00:50	02:08:20	04:22:17.15	04:23:07.70	+01:59:28 (45.6%)	9:22	6.4 (54.2%)
280	ZYSKOWSKI Michał	4219	TRONIK TRIATHLON TEAM	M30	118	00:01:38	02:12:43	04:21:33.50	04:23:11.80	+01:58:44 (45.4%)	9:20	6.4 (54.2%)
281	MARKOWSKI Marcin	4163	BRAVEHEARTS LEGIONOWO	M30	121	00:01:08	02:17:56	04:22:55.05	04:24:03.80	+02:00:06 (45.7%)	9:23	6.4 (54.2%)
282	TOMICKI Krzysztof	4783		M30	122	00:00:48	01:50:32	04:23:19.80	04:24:08.05	+02:00:31 (45.8%)	9:24	6.4 (54.2%)
283	GWAREK Bogdan	4196		M50	17	00:00:50	02:19:41	04:23:33.10	04:24:23.35	+02:00:44 (45.8%)	9:24	6.4 (54.2%)
284	NAWROT Artur	4633		M20	33	00:01:02	02:11:00	04:23:42.70	04:24:45.55	+02:00:54 (45.8%)	9:25	6.4 (54.2%)
285	URBANEK Sylwester	4401		M40	110	00:01:00	02:11:46	04:24:10.20	04:25:10.35	+02:01:21 (45.9%)	9:26	6.4 (54.2%)
286	ORŁOWSKI Grzegorz	4499		M30	123	00:01:13	02:19:09	04:24:00.30	04:25:13.65	+02:01:11 (45.9%)	9:25	6.4 (54.2%)
287	TOPOLEWSKI Kamil	4444	DOGOŃ GRODZISK MAZOWIECKI	M30	124	00:01:28	02:19:37	04:24:48.85	04:26:17.10	+02:02:00 (46.1%)	9:27	6.3 (53.4%)
288	MOLENDĄ Matuesz	4288	TRENER24H.COM.PL	M20	34	00:01:17	02:09:05	04:26:02.45	04:27:20.20	+02:03:13 (46.3%)	9:30	6.3 (53.4%)
289	ŁACHETA Konrad	4008		M30	125	00:01:07	02:10:29	04:26:13.70	04:27:21.15	+02:03:25 (46.4%)	9:30	6.3 (53.4%)
290	ZAWADZKI Mirosław	4268		M30	126	00:00:50	02:09:34	04:26:43.50	04:27:34.00	+02:03:54 (46.5%)	9:31	6.3 (53.4%)
291	WOŹNIAK Daniel	4248	CROSSFIT SIEDLCE	M30	128	00:00:07	02:12:13	04:27:49.85	04:27:57.00	+02:05:01 (46.7%)	9:33	6.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
292	MARCINEK Krzysztof	4319	PZU SPORT TEAM	M30	127	00:00:36	02:12:31	04:27:29.25	04:28:06.00	+02:04:40 (46.6%)	9:33	6.3 (53.4%)
293	STAŃCZYK Andrzej	4488	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	M50	19	00:00:47	02:10:28	04:27:19.20	04:28:06.70	+02:04:30 (46.6%)	9:32	6.3 (53.4%)
294	FALKOWSKI Falkowski	4911		M40	111	00:01:17	02:10:45	04:26:52.40	04:28:10.25	+02:04:03 (46.5%)	9:31	6.3 (53.4%)
295	KACZMARSKI Wojciech	4939		M50	18	00:01:08	02:11:12	04:27:15.50	04:28:24.25	+02:04:26 (46.6%)	9:32	6.3 (53.4%)
296	DAMIĘCKI Jan	4579	MASAKRA KLUB SPORTOWY	M40	114	00:00:23	02:12:31	04:28:59.95	04:29:23.85	+02:06:11 (46.9%)	9:36	6.2 (52.5%)
297	ZMYJ Mariusz	4644	#ADAMCZERWIŃSKITEAM	M40	112	00:00:33	02:11:52	04:28:51.25	04:29:25.10	+02:06:02 (46.9%)	9:36	6.2 (52.5%)
298	ZARĘBA Filip	4087	ZABIEGANI MIELEC	M20	35	00:00:34	02:13:26	04:29:16.15	04:29:50.35	+02:06:27 (47.0%)	9:37	6.2 (52.5%)
299	TWARDOWSKI Tomasz	4487	TRENUJZNAMI.PL	M40	113	00:01:18	02:19:57	04:28:52.05	04:30:10.10	+02:06:03 (46.9%)	9:36	6.2 (52.5%)
300	WÓJCIK Radosław	4255		M30	130	00:00:33	02:06:29	04:29:55.70	04:30:28.85	+02:07:07 (47.1%)	9:38	6.2 (52.5%)
301	SZYMKOWIAK Paweł	4256		M40	115	00:00:33	02:06:46	04:29:58.30	04:30:31.60	+02:07:09 (47.1%)	9:38	6.2 (52.5%)
302	KAMIŃSKI Michał	4170		M30	132	00:00:14	02:13:12	04:30:25.40	04:30:39.75	+02:07:36 (47.2%)	9:39	6.2 (52.5%)
303	KWIATKOWSKI Piotr	4539	DRUŻYNA ORZECHA ŻYRARDÓW	M30	133	00:00:50	02:10:20	04:30:30.50	04:31:21.15	+02:07:41 (47.2%)	9:39	6.2 (52.5%)
304	ORŁOWSKI Piotr	4705	SZWAGRY	M30	129	00:01:50	02:14:46	04:29:44.40	04:31:34.70	+02:06:55 (47.1%)	9:38	6.2 (52.5%)
305	KOZERA Marcin	4513	POKRĘCENI	M30	131	00:01:30	02:20:23	04:30:24.40	04:31:55.05	+02:07:35 (47.2%)	9:39	6.2 (52.5%)
306	CHRZĄSTEK Maciek	4167		M30	134	00:00:32	02:08:10	04:31:23.40	04:31:56.15	+02:08:34 (47.4%)	9:41	6.2 (52.5%)
307	ZBICIAK Grzegorz	4381	ŁĘCZNA BIEGA	M40	116	00:00:10	02:13:54	04:31:53.00	04:32:03.00	+02:09:04 (47.5%)	9:42	6.2 (52.5%)
308	CZELIŃSKI Leszek	4541		M50	20	00:01:51	02:13:58	04:30:15.05	04:32:06.05	+02:07:26 (47.2%)	9:39	6.2 (52.5%)
309	STASIAK Włodzimierz	4619	PRO-RUN WROCŁAW	M30	135	00:00:58	02:13:18	04:32:20.25	04:33:18.80	+02:09:31 (47.6%)	9:43	6.2 (52.5%)
310	ŁANDWIJT Marcin	4222		M40	117	00:00:17	02:05:11	04:33:22.35	04:33:39.60	+02:10:33 (47.8%)	9:45	6.1 (51.7%)
311	RUPIŃSKI Maciej	4514		M50	21	00:00:35	02:14:01	04:33:46.45	04:34:21.80	+02:10:57 (47.8%)	9:46	6.1 (51.7%)
312	OSTROWSKI Paweł	4460		M30	138	00:00:38	02:14:58	04:33:56.30	04:34:34.95	+02:11:07 (47.9%)	9:47	6.1 (51.7%)
313	WRZASKOWSKI Kamil	4834	OSP ZASTRUŻE	M20	36	00:01:02	02:11:32	04:33:37.05	04:34:40.00	+02:10:48 (47.8%)	9:46	6.1 (51.7%)
314	WALERIANCZYK Kamil	4412		M30	137	00:01:02	02:06:49	04:33:40.00	04:34:42.30	+02:10:51 (47.8%)	9:46	6.1 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
315	MATYSIAK Michał	4796	KOPALNIA MOCY TARNOBRZEG	M30	136	00:01:43	02:10:20	04:33:02.55	04:34:46.25	+02:10:13 (47.7%)	9:45	6.2 (52.5%)
316	GOLECKI Tomasz	4476	KOPALNIA MOCY	M40	118	00:01:43	02:08:37	04:34:02.60	04:35:46.30	+02:11:14 (47.9%)	9:47	6.1 (51.7%)
317	WASILEWSKO Piot	4505		M20	37	00:01:48	02:14:35	04:34:10.15	04:35:58.40	+02:11:21 (47.9%)	9:47	6.1 (51.7%)
318	TABACZKA Piotr	4187	TARNOWO PODGÓRNE BIEGA	M40	119	00:00:47	02:14:30	04:35:26.85	04:36:14.30	+02:12:38 (48.2%)	9:50	6.1 (51.7%)
319	WOLSKI Kamil	4361	ULTRA PASTERZE	M30	139	00:01:02	02:18:47	04:35:29.50	04:36:32.10	+02:12:40 (48.2%)	9:50	6.1 (51.7%)
320	KRASOŃ Kamil	4640		M40	120	00:01:18	02:14:02	04:35:36.80	04:36:55.75	+02:12:48 (48.2%)	9:50	6.1 (51.7%)
321	GUŹDZIOŁ Jarek	4450		M40	121	00:00:47	02:14:11	04:36:18.00	04:37:05.75	+02:13:29 (48.3%)	9:52	6.1 (51.7%)
322	GNATOWICZ Krzysztof	4430	NIEZRZESZONY	M40	122	00:00:32	02:10:39	04:36:36.05	04:37:08.15	+02:13:47 (48.4%)	9:52	6.1 (51.7%)
323	LUBIANIEC Karol	4609		M30	140	00:00:09	02:15:02	04:37:05.55	04:37:15.10	+02:14:16 (48.5%)	9:53	6.1 (51.7%)
324	ŁABUZ Paweł	4342	PAVLO TEAM	M40	123	00:00:28	02:08:10	04:36:52.65	04:37:21.05	+02:14:04 (48.4%)	9:53	6.1 (51.7%)
325	GUT Leopold	4655	WKURW_TEAM	M20	38	00:00:40	02:08:06	04:37:17.30	04:37:58.25	+02:14:28 (48.5%)	9:54	6.1 (51.7%)
326	DASZCZYŃSKI Adam	4374	ADASKO TEAM	M40	124	00:00:57	02:19:35	04:37:29.20	04:38:26.35	+02:14:40 (48.5%)	9:54	6.1 (51.7%)
327	ŻMOJDZIAN Przemysław	4815	KB SOBÓTKA	M30	141	00:01:23	02:29:45	04:37:13.05	04:38:36.35	+02:14:24 (48.5%)	9:54	6.1 (51.7%)
328	MICHALCZAK Paweł	4778		M40	125	00:01:23	02:13:21	04:37:30.35	04:38:54.30	+02:14:41 (48.5%)	9:54	6.1 (51.7%)
329	OLESZCZYK Adam	4544	GRUPA BIEGOWA ENERGYKACZORY	M40	127	00:00:56	02:11:29	04:38:13.65	04:39:10.25	+02:15:25 (48.7%)	9:56	6 (50.8%)
330	BORYS Maciej	4302		M40	126	00:01:27	02:18:51	04:37:51.05	04:39:18.35	+02:15:02 (48.6%)	9:55	6 (50.8%)
331	MOL Rafał	4328	GRUPA BIEGOWA ENERGY KACZORY	M40	128	00:00:55	02:11:31	04:38:25.90	04:39:21.70	+02:15:37 (48.7%)	9:56	6 (50.8%)
332	DĄBROWSKI Karol	4567	CROSSFIT SIEDLCE	M40	129	00:00:36	02:20:05	04:38:59.95	04:39:36.05	+02:16:11 (48.8%)	9:57	6 (50.8%)
333	FRIEZE Krzysztof	4443	ORANGE POLSKA	M40	130	00:00:19	02:16:35	04:39:54.90	04:40:14.65	+02:17:06 (49.0%)	9:59	6 (50.8%)
334	WINIARCZYK Adrian	4568	WIOLA&ADI	M30	142	00:00:57	02:11:08	04:40:30.10	04:41:27.95	+02:17:41 (49.1%)	10:01	6 (50.8%)
335	KOTOWICZ Marcin	4632	HDR WATAHA MARGONIN	M30	143	00:01:30	02:26:16	04:40:38.25	04:42:09.05	+02:17:49 (49.1%)	10:01	6 (50.8%)
336	KAŁOWSKI Maciej	4055		M20	39	00:00:11	02:05:39	04:42:24.90	04:42:36.00	+02:19:36 (49.4%)	10:05	5.9 (50.0%)
337	WŁODARCZYK Marek	4731		M40	132	00:00:14	02:12:39	04:43:11.30	04:43:25.70	+02:20:22 (49.6%)	10:06	5.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
338	PIĘTKA Piotr	4239		M40	131	00:01:10	02:20:07	04:42:21.45	04:43:32.10	+02:19:32 (49.4%)	10:05	5.9 (50.0%)
339	DZIARNOWSKI Włodek	4439	BIEGAMPŁOCK TEAM	M50	22	00:01:05	02:13:38	04:43:15.20	04:44:20.95	+02:20:26 (49.6%)	10:06	5.9 (50.0%)
340	KOCHANOWSKI Sebastian	4490	ROZBIEGAMY NOWY DWÓR	M40	133	00:00:25	02:11:56	04:44:38.55	04:45:03.95	+02:21:49 (49.8%)	10:09	5.9 (50.0%)
341	KALITA Jakub	4686	OSTROBIEC	M30	145	00:00:07	02:12:21	04:45:14.30	04:45:22.10	+02:22:25 (49.9%)	10:11	5.9 (50.0%)
342	CHODAKOWSKI Kacper	4088	OSTROBIEC	M20	40	00:00:06	02:11:51	04:45:15.20	04:45:22.15	+02:22:26 (49.9%)	10:11	5.9 (50.0%)
343	IWANEK Sebastian	4459	BIEGUSIEM.PL	M30	144	00:00:35	02:13:57	04:44:56.50	04:45:31.55	+02:22:07 (49.9%)	10:10	5.9 (50.0%)
344	PENAR Arkadiusz	4612		M50	23	00:01:09	02:19:03	04:44:31.60	04:45:41.45	+02:21:43 (49.8%)	10:09	5.9 (50.0%)
345	KĘPKA Waldemar	4418		M60	4	00:00:32	02:11:22	04:45:49.25	04:46:22.00	+02:23:00 (50.0%)	10:12	5.9 (50.0%)
346	WYPYCH Patryk	4093	KINIA I RZODKI TEAM.	M20	42	00:00:41	02:22:26	04:46:05.05	04:46:46.90	+02:23:16 (50.1%)	10:13	5.9 (50.0%)
347	TOMKIEWICZ Jakub	4867		M20	41	00:01:11	02:20:08	04:45:41.90	04:46:53.35	+02:22:53 (50.0%)	10:12	5.9 (50.0%)
347	BEDNARCZYK Mariusz	4240	AMERNET	M40	134	00:01:10	02:20:12	04:45:42.50	04:46:53.35	+02:22:53 (50.0%)	10:12	5.9 (50.0%)
349	KĘPKA Robert	4925	BIEGUSIEM. PL	M30	146	00:00:32	01:56:26	04:47:14.90	04:47:47.05	+02:24:26 (50.3%)	10:15	5.8 (49.2%)
350	ADAMCZAK Krzysztof	4183	SZWLA STARGARD	M60	5	00:00:11	02:13:24	04:48:03.05	04:48:14.70	+02:25:14 (50.4%)	10:17	5.8 (49.2%)
351	BLOCH Radosław	4357		M30	147	00:01:49	02:30:36	04:47:28.20	04:49:17.45	+02:24:39 (50.3%)	10:16	5.8 (49.2%)
352	URBAŃSKI Michał	4247		M40	135	00:00:36	02:20:54	04:49:40.80	04:50:17.75	+02:26:52 (50.7%)	10:20	5.8 (49.2%)
353	PISKORSKI Krzysztof	4230		M40	136	00:00:37	02:24:08	04:49:41.00	04:50:18.05	+02:26:52 (50.7%)	10:20	5.8 (49.2%)
354	BRODZIAK Arkadiusz	4571		M40	137	00:00:34	02:20:34	04:49:51.60	04:50:26.25	+02:27:03 (50.7%)	10:21	5.8 (49.2%)
355	PRZYBYLSKI Marcin	4387		M40	140	00:00:40	02:23:46	04:50:10.15	04:50:50.30	+02:27:21 (50.8%)	10:21	5.8 (49.2%)
356	PILKOWSKI Pawel	4272		M30	148	00:00:51	02:20:22	04:50:07.25	04:50:58.65	+02:27:18 (50.8%)	10:21	5.8 (49.2%)
357	BAJERSKI Arkadiusz	4307	GRUPA BIEGOWA ENERGY KACZORY	M40	139	00:00:56	02:19:29	04:50:04.55	04:51:01.10	+02:27:15 (50.8%)	10:21	5.8 (49.2%)
358	MROZIŃSKI Marcin	4338		M40	138	00:01:12	02:19:09	04:50:01.40	04:51:13.95	+02:27:12 (50.8%)	10:21	5.8 (49.2%)
359	SERĘGA Tomasz	4673	WKURW-TEAM	M40	143	00:00:20	02:13:44	04:51:10.05	04:51:30.15	+02:28:21 (51.0%)	10:23	5.8 (49.2%)
360	BORKOWSKI Michał	4373		M20	43	00:00:37	02:11:37	04:51:04.50	04:51:42.10	+02:28:15 (50.9%)	10:23	5.8 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
361	PAWLAK Bartosz	4132		M40	141	00:01:22	02:25:44	04:50:47.20	04:52:09.30	+02:27:58 (50.9%)	10:23	5.8 (49.2%)
362	JAMBOR Michał	4244	BRACTWO BIEGOWE BGK	M40	142	00:01:22	02:25:59	04:50:49.20	04:52:11.95	+02:28:00 (50.9%)	10:23	5.8 (49.2%)
363	ZEMŁA Piotr	4876		M50	24	00:01:45	02:32:59	04:50:33.75	04:52:19.20	+02:27:45 (50.9%)	10:22	5.8 (49.2%)
364	SKROBEK Marcin	4708		M30	149	00:01:31	02:27:41	04:51:09.65	04:52:41.20	+02:28:21 (51.0%)	10:23	5.8 (49.2%)
365	SOROCZYŃSKI Sylwester	4310	CROSSFIT SIEDLCE	M40	145	00:00:35	02:19:57	04:52:41.35	04:53:16.65	+02:29:52 (51.2%)	10:27	5.7 (48.3%)
366	MICHAŁEK Jarosław	4339		M50	25	00:00:13	02:19:39	04:53:05.70	04:53:19.30	+02:30:17 (51.3%)	10:28	5.7 (48.3%)
367	LIPIŃSKI Maciej	4243	CROSSFIT SIEDLCE	M30	151	00:00:35	02:20:16	04:52:46.35	04:53:22.05	+02:29:57 (51.2%)	10:27	5.7 (48.3%)
368	SIEROCIŃSKI Robert	4194	CROSSFIT SIEDLCE	M40	146	00:00:35	02:19:49	04:52:48.20	04:53:23.40	+02:29:59 (51.2%)	10:27	5.7 (48.3%)
369	GIURG Grzegorz	4407		M40	144	00:01:25	02:27:43	04:51:58.85	04:53:23.90	+02:29:10 (51.1%)	10:25	5.8 (49.2%)
370	STACHOWICZ Marcin	4529	5F TEAM	M30	150	00:01:16	02:27:39	04:52:39.95	04:53:56.50	+02:29:51 (51.2%)	10:27	5.7 (48.3%)
371	MARCINIAK Marek	4852		M40	147	00:01:09	02:18:17	04:53:28.80	04:54:37.85	+02:30:40 (51.3%)	10:28	5.7 (48.3%)
372	KĘPSKI Jarosław	4286	TRENER24H.COM.PL	M30	152	00:01:19	02:27:53	04:54:16.15	04:55:35.95	+02:31:27 (51.5%)	10:30	5.7 (48.3%)
373	JARANOWSKI Xawery	4714		M40	148	00:01:15	02:23:13	04:54:50.35	04:56:05.90	+02:32:01 (51.6%)	10:31	5.7 (48.3%)
374	ROPEL Mirosław	4600	KIS TRANSPORT	M60	6	00:00:52	02:18:59	04:56:42.15	04:57:34.60	+02:33:53 (51.9%)	10:35	5.7 (48.3%)
375	KRYDA Jacek	4472	MPKŁÓDŹ	M50	26	00:00:45	02:22:01	04:57:27.90	04:58:13.75	+02:34:39 (52.0%)	10:37	5.6 (47.5%)
376	FRAŤCZAK Marcin	4711		M40	149	00:01:35	02:26:56	04:56:39.25	04:58:14.60	+02:33:50 (51.9%)	10:35	5.7 (48.3%)
377	SOSNÓWKA Bartosz	4863	BIEG SOSNOWY	M30	153	00:00:47	02:10:21	04:58:00.00	04:58:47.00	+02:35:11 (52.1%)	10:38	5.6 (47.5%)
378	DZIWOŃ Dominik	4920		M20	44	00:01:27	02:25:56	04:57:34.25	04:59:01.80	+02:34:45 (52.0%)	10:37	5.6 (47.5%)
379	GRUDZIECKI Cezary	4816		M40	150	00:01:37	02:24:07	04:57:28.55	04:59:05.75	+02:34:39 (52.0%)	10:37	5.6 (47.5%)
380	SOSNÓWKA Leszek	4498		M50	27	00:00:46	02:11:07	04:59:19.80	05:00:06.50	+02:36:31 (52.3%)	10:41	5.6 (47.5%)
381	CICHECKI Marek	4892		M60	7	00:01:27	02:23:04	04:58:52.10	05:00:20.00	+02:36:03 (52.2%)	10:40	5.6 (47.5%)
382	SZYPROWSKI Jarosław	4891		M40	151	00:01:28	02:23:04	04:58:52.00	05:00:20.15	+02:36:03 (52.2%)	10:40	5.6 (47.5%)
383	MYŚLIŃSKI Tomasz	4746	BIEGUSIEM.PL	M40	152	00:00:32	02:29:51	04:59:55.45	05:00:27.65	+02:37:06 (52.4%)	10:42	5.6 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
384	DYCKOWSKI Adam	4261		M20	45	00:00:44	02:21:37	05:00:16.15	05:01:00.45	+02:37:27 (52.4%)	10:43	5.6 (47.5%)
385	CZECH Marcin	4904	OCHAJORUN	M30	154	00:01:12	02:22:54	05:00:02.40	05:01:15.05	+02:37:13 (52.4%)	10:42	5.6 (47.5%)
386	OBARSKI Norbert	4805		M50	28	00:00:56	02:26:00	05:00:54.95	05:01:51.55	+02:38:06 (52.5%)	10:44	5.6 (47.5%)
387	JELINSKI Sebastian	4392	NOA	M40	157	00:00:04	02:27:11	05:02:14.55	05:02:19.00	+02:39:25 (52.7%)	10:47	5.6 (47.5%)
388	JAMRÓZ Robert	4276	JAMERKI	M40	156	00:00:39	02:15:20	05:02:12.10	05:02:51.35	+02:39:23 (52.7%)	10:47	5.6 (47.5%)
388	MAJKA Wojciech	4671	TRENER24H	M40	154	00:01:19	02:27:48	05:01:32.05	05:02:51.35	+02:38:43 (52.6%)	10:46	5.6 (47.5%)
390	WĘGOROWSKI Jacek	4719		M40	153	00:01:25	02:18:28	05:01:26.10	05:02:51.95	+02:38:37 (52.6%)	10:45	5.6 (47.5%)
391	PATERSKI Dawid	4506	CHAOS I DESTRUKCJA	M30	157	00:00:39	02:20:35	05:02:32.50	05:03:12.05	+02:39:43 (52.8%)	10:48	5.6 (47.5%)
392	GRUSZKA Piotr	4887		M30	156	00:01:05	02:21:50	05:02:07.75	05:03:13.15	+02:39:19 (52.7%)	10:47	5.6 (47.5%)
393	SMORAŃIEWICZ Marcin	4648		M40	158	00:00:54	02:31:22	05:02:23.50	05:03:18.25	+02:39:34 (52.8%)	10:48	5.6 (47.5%)
394	TUREK Paweł	4542		M40	155	00:01:52	02:30:17	05:01:34.05	05:03:26.95	+02:38:45 (52.6%)	10:46	5.6 (47.5%)
395	JAREMEK Wojtek	4812		M30	155	00:01:28	02:30:26	05:02:01.85	05:03:30.30	+02:39:13 (52.7%)	10:47	5.6 (47.5%)
396	KAPINOS Maciej	4221		M30	158	00:00:34	02:19:34	05:03:13.10	05:03:48.05	+02:40:24 (52.9%)	10:49	5.5 (46.6%)
397	STELMASZYK Piotr	4262	PZU SPORT TEAM	M40	159	00:01:52	02:17:49	05:02:32.95	05:04:25.20	+02:39:44 (52.8%)	10:48	5.6 (47.5%)
398	STAROBRAT Arkadiusz	4927		M50	29	00:00:44	02:32:35	05:03:49.45	05:04:33.75	+02:41:00 (53.0%)	10:51	5.5 (46.6%)
399	BOROWSKI Sławomir	4204	SOLVITUR AMBULANDO	M40	161	00:00:37	02:25:45	05:04:16.85	05:04:54.65	+02:41:28 (53.1%)	10:52	5.5 (46.6%)
400	MUSIAŁ Paweł	4344	ADIDAS RUNNERS WARSAW	M40	160	00:01:03	02:28:10	05:03:58.45	05:05:02.20	+02:41:09 (53.0%)	10:51	5.5 (46.6%)
401	MAZUR Michał	4893	KB SOBÓTKA	M30	159	00:01:23	02:33:35	05:03:42.45	05:05:05.65	+02:40:53 (53.0%)	10:50	5.5 (46.6%)
402	MYSZKOWSKI Sebastian	4157	TEAM ZABIEGANEDNI	M40	162	00:00:49	02:32:43	05:04:22.15	05:05:11.30	+02:41:33 (53.1%)	10:52	5.5 (46.6%)
403	LECH Lesław	4945		M30	160	00:00:47	02:25:37	05:04:38.05	05:05:25.05	+02:41:49 (53.1%)	10:52	5.5 (46.6%)
404	RYMON Paweł	4658	POKRĘCENI	M30	161	00:01:30	02:35:00	05:05:11.50	05:06:41.50	+02:42:22 (53.2%)	10:53	5.5 (46.6%)
405	ŚCISŁY Darek	4417		M40	163	00:01:38	02:32:38	05:06:19.45	05:07:57.95	+02:43:30 (53.4%)	10:56	5.5 (46.6%)
406	MIGURSKI Jakub	4818	FUCHS OIL TEAM	M30	162	00:01:43	02:26:35	05:07:06.65	05:08:50.05	+02:44:18 (53.5%)	10:58	5.5 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
407	RZEPNIKOWSKI Michał	4303		M40	165	00:00:29	02:15:23	05:08:47.50	05:09:16.85	+02:45:58 (53.8%)	11:01	5.4 (45.8%)
408	PISINGAS Mariusz	4952		M40	164	00:01:14	02:31:36	05:08:04.75	05:09:19.40	+02:45:16 (53.6%)	11:00	5.5 (46.6%)
409	MAZURKIEWICZ Karol	4681	ULTRA PĘDZIWIATRY	M30	163	00:01:05	02:30:59	05:08:52.40	05:09:57.80	+02:46:03 (53.8%)	11:01	5.4 (45.8%)
410	ŁUCZAK Paweł	4740	HUSARIA	M20	46	00:01:51	02:26:27	05:08:07.50	05:09:59.15	+02:45:18 (53.7%)	11:00	5.5 (46.6%)
411	NIŻNIK Rafał	4309		M40	166	00:01:04	02:28:02	05:10:18.55	05:11:22.80	+02:47:29 (54.0%)	11:04	5.4 (45.8%)
412	KURZAWA Adam	4324	TIGRES DEL PAPA	M20	47	00:01:42	02:26:24	05:10:14.70	05:11:56.70	+02:47:26 (54.0%)	11:04	5.4 (45.8%)
413	DEJA Andrzej	4233		M50	30	00:00:23	02:20:18	05:14:53.25	05:15:16.95	+02:52:04 (54.6%)	11:14	5.3 (44.9%)
414	KUR Mariusz	4870	TEAM ZABIEGANEDNI	M30	165	00:01:06	02:32:58	05:14:55.75	05:16:02.45	+02:52:07 (54.7%)	11:14	5.3 (44.9%)
415	IWANICKI Marcin	4585	HDR WATAHA MARGONIN	M30	164	00:01:34	02:33:22	05:14:32.75	05:16:07.55	+02:51:44 (54.6%)	11:14	5.3 (44.9%)
416	BINEK Michał	4847		M30	166	00:01:44	02:26:27	05:15:14.80	05:16:59.15	+02:52:26 (54.7%)	11:15	5.3 (44.9%)
417	NOWAK Wojciech	4341	ŚWIŃSKI TRUCHT	M20	48	00:01:43	02:31:50	05:15:28.95	05:17:12.35	+02:52:40 (54.7%)	11:16	5.3 (44.9%)
418	BRZOZOWSKI Piotr	4343	KB MCKIS JAWORZNO	M50	31	00:01:25	02:34:59	05:15:47.80	05:17:13.20	+02:52:59 (54.8%)	11:16	5.3 (44.9%)
419	KOŚCIELNIAK Adam	4316	TIGRES DEL PAPA	M30	167	00:01:41	02:26:52	05:15:37.75	05:17:19.30	+02:52:49 (54.8%)	11:16	5.3 (44.9%)
420	CICHOCKI Mariusz	4574	SUUNTO RUN TEAM	M50	32	00:01:01	02:35:29	05:16:28.55	05:17:30.00	+02:53:39 (54.9%)	11:18	5.3 (44.9%)
421	SZEWCZYK Kamil	4685		M30	168	00:01:09	02:26:19	05:17:58.40	05:19:08.35	+02:55:09 (55.1%)	11:21	5.3 (44.9%)
422	RZEPKA Mirek	4762		M50	33	00:00:54	02:26:03	05:19:02.90	05:19:57.10	+02:56:14 (55.2%)	11:23	5.3 (44.9%)
423	ORZECHOWSKI Daniel	4116	M&M AIR SEA CARGO S.A.	M30	169	00:00:17	02:35:00	05:20:12.90	05:20:30.65	+02:57:24 (55.4%)	11:26	5.2 (44.1%)
424	MALINOWSKI Albert	4860		M40	167	00:01:38	02:34:13	05:19:48.45	05:21:26.55	+02:56:59 (55.3%)	11:25	5.3 (44.9%)
425	KORZENIOWSKI Robert	4020		M50	34	00:00:02	02:36:53	05:22:23.35	05:22:26.10	+02:59:34 (55.7%)	11:30	5.2 (44.1%)
426	PILAK Zbigniew	4615		M60	8	00:01:13	02:40:25	05:21:16.25	05:22:29.45	+02:58:27 (55.5%)	11:28	5.2 (44.1%)
427	BARAN Stefan	4058		M40	169	00:00:25	02:35:56	05:22:32.90	05:22:58.80	+02:59:44 (55.7%)	11:31	5.2 (44.1%)
428	BIELIK Radosław	4753	WKURW_TEAM	M40	168	00:01:24	02:31:55	05:21:46.15	05:23:10.70	+02:58:57 (55.6%)	11:29	5.2 (44.1%)
429	BOBER Grzegorz	4639		M30	170	00:01:02	02:28:24	05:23:23.15	05:24:25.80	+03:00:34 (55.8%)	11:32	5.2 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
430	KUKLEWSKI Filip	4744		M30	171	00:01:07	02:31:42	05:23:27.70	05:24:35.55	+03:00:39 (55.8%)	11:33	5.2 (44.1%)
431	RZECZKOWSKI Maciej	4224		M50	35	00:01:16	02:36:42	05:26:25.90	05:27:41.90	+03:03:37 (56.3%)	11:39	5.1 (43.2%)
432	KUŚMIERSKI Krzysztof	4741		M50	36	00:01:15	02:37:04	05:26:40.80	05:27:56.30	+03:03:52 (56.3%)	11:40	5.1 (43.2%)
433	ŚWIECZKOWSKI Wiesław	4503	SCEDRAU	M40	170	00:01:30	02:35:16	05:27:34.55	05:29:05.10	+03:04:45 (56.4%)	11:41	5.1 (43.2%)
434	REDZYŃSKI Paweł	4699		M20	49	00:02:09	02:22:53	05:28:01.60	05:30:11.05	+03:05:13 (56.5%)	11:42	5.1 (43.2%)
435	SKÓRA Michał	4364		M40	172	00:00:28	02:40:48	05:30:14.15	05:30:42.85	+03:07:25 (56.8%)	11:47	5.1 (43.2%)
436	SZYMAŃSKI Mariusz	4425	MKB DREPTAK	M40	171	00:01:10	02:37:47	05:29:35.90	05:30:46.20	+03:06:47 (56.7%)	11:46	5.1 (43.2%)
437	STASIAK Waldemar	4750		M40	173	00:01:17	02:41:50	05:31:50.75	05:33:08.35	+03:09:02 (57.0%)	11:51	5.1 (43.2%)
438	WOJTAS Jan	4481		M20	50	00:01:40	02:36:30	05:33:45.80	05:35:25.95	+03:10:57 (57.2%)	11:55	5 (42.4%)
439	DĄBROWSKI Paweł	4469	NIGHT RUNNERS	M40	174	00:01:00	02:35:33	05:36:07.95	05:37:08.85	+03:13:19 (57.5%)	12:00	5 (42.4%)
440	DZIĘCIOŁ Artur	4595		M30	172	00:01:49	02:40:57	05:38:36.85	05:40:26.60	+03:15:48 (57.8%)	12:05	5 (42.4%)
441	GRONIEWSKI Michał	4692		M30	173	00:01:18	02:34:55	05:44:29.05	05:45:47.55	+03:21:40 (58.5%)	12:18	4.9 (41.5%)
442	JACHIRA Krzysztof	4829	GRYF TEAM	M30	174	00:01:40	02:44:30	05:53:12.20	05:54:52.80	+03:30:23 (59.6%)	12:36	4.8 (40.7%)
443	JUSZCZYK Jarosław	4786		M40	175	00:01:39	02:36:43	06:00:05.25	06:01:44.50	+03:37:16 (60.3%)	12:51	4.7 (39.8%)
444	RACZYŃSKI Ireneusz	4175		M60	9	00:00:37	02:36:11	06:01:16.90	06:01:54.25	+03:38:28 (60.5%)	12:54	4.7 (39.8%)
445	PAKUŁA Michał	4508	AKTYWNA FAŁA	M30	175	00:00:54	02:51:38	06:01:05.35	06:02:00.20	+03:38:16 (60.5%)	12:53	4.7 (39.8%)
446	BOGATKIEWICZ Maciej	4546	FLORKI	M30	176	00:00:45	02:47:55	06:01:27.30	06:02:12.75	+03:38:38 (60.5%)	12:54	4.6 (39.0%)
447	JAKÓBCZYK Andrzej	4716		M50	37	00:02:48	02:55:18	05:59:25.10	06:02:13.10	+03:36:36 (60.3%)	12:50	4.7 (39.8%)
448	BIAŁEK Dariusz	4421	SZAKALE BAŁUT ŁÓDŹ	M40	177	00:01:06	02:34:32	06:02:06.30	06:03:12.50	+03:39:17 (60.6%)	12:55	4.6 (39.0%)
449	KURDZIEL Tomasz	4728		M40	176	00:01:41	02:43:24	06:01:35.95	06:03:17.55	+03:38:47 (60.5%)	12:54	4.6 (39.0%)
450	KANTOR Tomasz	4283	TRENER24H.COM.PL	M30	177	00:01:18	02:56:47	06:05:10.05	06:06:28.90	+03:42:21 (60.9%)	13:02	4.6 (39.0%)
451	CIEŚLAK Wiktor	4814		M40	178	00:01:23	02:47:04	06:06:04.10	06:07:27.65	+03:43:15 (61.0%)	13:04	4.6 (39.0%)
452	NOWIŃSKI Jakub	4777		M40	179	00:01:25	02:47:44	06:06:56.95	06:08:22.75	+03:44:08 (61.1%)	13:06	4.6 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
453	PIETRZKO Piotr	4879		M30	178	00:01:45	02:50:48	06:07:26.85	06:09:12.80	+03:44:38 (61.1%)	13:07	4.6 (39.0%)
454	KRZYCH Marcin	4808		M30	179	00:01:25	02:33:34	06:07:59.25	06:09:24.45	+03:45:10 (61.2%)	13:08	4.6 (39.0%)
Przekroczony limit czasu: 06:30:00												
455	KONTEK Dariusz	4007		M30	180	00:00:44	02:53:51	06:31:27.55	06:32:11.85	+04:08:38 (63.5%)	13:58	4.3 (36.4%)
456	CIELAK Jerzy	4564		M60	10	00:01:14	03:06:40	06:32:23.95	06:33:38.20	+04:09:35 (63.6%)	14:00	4.3 (36.4%)
457	KOLASA Andrzej	4399	KLUB J.SŁOWACKIEGO	M60	11	00:00:19	02:52:12	06:38:48.10	06:39:07.35	+04:15:59 (64.2%)	14:14	4.2 (35.6%)
458	ANDRYSIEWICZ Krzysztof	4335	SMECHY ŁÓDŹ	M40	180	00:00:38	02:21:29			+01:04:09	8:44	6.9 (58.5%)
459	DZWINIEL Piotr	4274		M30	181	00:00:15	02:27:11			+01:09:51	9:05	6.6 (55.9%)
	SZŁĘK Filip	4760		M20		DNF	03:06:47 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 460 wynik(ów)