

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: M30

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	BĘTKOWSKI Piotr	4017	CITY TRAIL TEAM	M30	1	00:00:01	01:17:19	02:24:42.85	02:24:44.00		5:10	11.6 (100%)
2	BEREŚ Arkadiusz	4479		M30	2	00:00:01	01:20:00	02:27:40.00	02:27:41.70	+00:02:57 (2.0%)	5:16	11.4 (98.3%)
3	CHOJNACKI Szymon	4029	RENELAGH HARRIERS	M30	3	00:00:01	01:19:59	02:30:53.30	02:30:54.45	+00:06:10 (4.1%)	5:23	11.1 (95.7%)
4	KAROLKIEWICZ Daniel	4509		M30	4	00:00:01	01:19:35	02:33:36.85	02:33:38.55	+00:08:54 (5.8%)	5:29	10.9 (94.0%)
5	DUDZIK Łukasz	4037	GÓRAL BIEGA	M30	5	00:00:01	01:26:14	02:40:14.45	02:40:16.35	+00:15:31 (9.7%)	5:43	10.5 (90.5%)
6	KOWAL Amadeusz	4053	NAPRZÓD MŁOCINY	M30	6	00:00:02	01:25:09	02:40:24.25	02:40:26.90	+00:15:41 (9.8%)	5:43	10.5 (90.5%)
7	SARNA Kamil	4072		M30	7	00:00:03	01:28:39	02:47:13.20	02:47:16.55	+00:22:30 (13.5%)	5:58	10 (86.2%)
8	KOWALCZYK Adam	4048	ADIDAS RUNNERS WARSAW	M30	8	00:00:02	01:28:57	02:50:49.70	02:50:52.40	+00:26:06 (15.3%)	6:06	9.8 (84.5%)
9	DOMINIAK Michał	4047	KB OŻARÓW MAZOWIECKI BIEGA	M30	9	00:00:04	01:29:13	02:51:32.55	02:51:36.85	+00:26:49 (15.6%)	6:07	9.8 (84.5%)
10	MUCKUS Filip	4040	KS KANAŁEK	M30	10	00:00:03	01:29:42	02:56:16.30	02:56:19.95	+00:31:33 (17.9%)	6:17	9.5 (81.9%)
11	STAWIARZ Paweł	4059	MATNER RUNNING TEAM	M30	11	00:00:04	01:32:50	02:58:13.35	02:58:18.10	+00:33:30 (18.8%)	6:21	9.4 (81.0%)
12	KĄKOL Michał	4174	RACEFIGHTER	M30	12	00:00:07	01:38:54	02:59:56.60	03:00:04.15	+00:35:13 (19.6%)	6:25	9.3 (80.2%)
13	LIPIŃSKI Hubert	4052	KS KANAŁEK	M30	13	00:00:03	01:33:53	03:01:26.75	03:01:29.95	+00:36:43 (20.2%)	6:28	9.3 (80.2%)
14	NOWAK Łukasz	4046	NOA / CS RUNNING TEAM	M30	14	00:00:03	01:38:30	03:03:19.75	03:03:22.85	+00:38:36 (21.1%)	6:32	9.2 (79.3%)
15	DĄBROWSKI Tomasz	4149	HUSARIA RACE TEAM RZESZÓW	M30	15	00:00:10	01:38:18	03:03:33.35	03:03:44.10	+00:38:50 (21.2%)	6:33	9.2 (79.3%)
16	KULIGA Sławomir	4475	POSMAKUJ RUN TEAM	M30	16	00:00:23	01:36:47	03:04:50.25	03:05:13.50	+00:40:07 (21.7%)	6:36	9.1 (78.4%)
17	JASTRZĄBEK Konrad Jastrząbek	4043	EVERRUN	M30	17	00:00:05	01:37:27	03:06:14.20	03:06:19.65	+00:41:31 (22.3%)	6:39	9 (77.6%)
18	JUSZCZAK Marcin	4137	RACEFIGHTER	M30	18	00:00:07	01:39:16	03:06:28.60	03:06:35.75	+00:41:45 (22.4%)	6:39	9 (77.6%)
19	PRZYWARA Piotr	4086	MTU AERO ENGINES POLSKA	M30	19	00:00:05	01:35:17	03:06:57.20	03:07:02.95	+00:42:14 (22.6%)	6:40	9 (77.6%)
20	OGŁUSZKA Michał	4104	SAFEPRO USŁUGI BHP	M30	20	00:00:11	01:37:36	03:07:14.60	03:07:25.75	+00:42:31 (22.7%)	6:41	9 (77.6%)
21	SOBOLEWSKI Mikołaj	4833	SZYMANOWSKI TRIATHLON TEAM	M30	21	00:00:40	01:36:44	03:08:57.35	03:09:37.80	+00:44:14 (23.4%)	6:44	8.9 (76.7%)
22	ANIOŁ Mateusz	4266	KILLAZ	M30	22	00:00:18	01:41:21	03:13:23.15	03:13:41.80	+00:48:40 (25.2%)	6:54	8.7 (75.0%)
23	SAŁAMACHA Jarosław	4519	ŻÓRAWSKI TEAM	M30	23	00:00:39	01:47:07	03:13:28.30	03:14:07.55	+00:48:45 (25.2%)	6:54	8.7 (75.0%)
24	IZDEBSKI Damian	4083		M30	24	00:00:12	01:40:58	03:13:49.75	03:14:02.60	+00:49:06 (25.3%)	6:55	8.7 (75.0%)
25	BEDNARSKI Arkadiusz	4926		M30	25	00:00:14	01:40:44	03:14:11.80	03:14:26.45	+00:49:28 (25.5%)	6:56	8.7 (75.0%)
26	MICOR Mateusz	4253		M30	26	00:00:19	01:40:37	03:15:15.90	03:15:35.65	+00:50:33 (25.9%)	6:58	8.6 (74.1%)
27	PERZ Krzysztof	4019	FABRYKA BIEGANIA	M30	27	00:00:02	01:26:02	03:16:32.65	03:16:34.80	+00:51:49 (26.4%)	7:01	8.5 (73.3%)
28	SURDAKCI Mateusz	4143		M30	28	00:00:12	01:41:39	03:17:21.55	03:17:33.55	+00:52:38 (26.7%)	7:02	8.5 (73.3%)
29	KRAWCZYK Jan	4700	KLUB POD WISIENKĄ	M30	29	00:00:53	01:44:03	03:20:09.50	03:21:02.55	+00:55:26 (27.7%)	7:08	8.4 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							16.2km	28km	28km			
30	BARAŃSKI Jarosław	4930		M30	30	00:00:26	01:46:55	03:20:41.75	03:21:07.75	+00:55:58 (27.9%)	7:10	8.4 (72.4%)
31	DRZAZGA Tomasz	4090		M30	31	00:00:08	01:41:06	03:22:45.60	03:22:54.15	+00:58:02 (28.6%)	7:14	8.3 (71.6%)
32	BŁACHNIO Jakub	4148	DOGOŃ GRODZISK MAZOWIECKI	M30	32	00:00:17	01:43:57	03:23:25.30	03:23:42.95	+00:58:42 (28.9%)	7:15	8.3 (71.6%)
33	GUT Przemysław	4948	JACEK BIEGA RUNNING TEAM	M30	33	00:00:22	01:44:43	03:23:28.70	03:23:51.00	+00:58:45 (28.9%)	7:16	8.3 (71.6%)
34	KALBARCZYK Wojtek	4107	ADIDAS RUNNERS WARSAW	M30	34	00:00:03	01:42:34	03:23:46.05	03:23:49.60	+00:59:03 (29.0%)	7:16	8.2 (70.7%)
35	WĘGRZYN Marcin	4031	ŻMUDA RUNNING TEAM	M30	35	00:00:04	01:44:15	03:23:46.55	03:23:50.85	+00:59:03 (29.0%)	7:16	8.2 (70.7%)
36	ŻYCHOWICZ Rafał	4294	ALD RUNNING TEAM	M30	36	00:00:21	01:47:01	03:23:50.30	03:24:12.10	+00:59:07 (29.0%)	7:16	8.2 (70.7%)
37	NIEPSUJ Łukasz	4780	NIEPOŁOMICE BIEGAJĄ	M30	37	00:00:45	01:47:03	03:25:48.80	03:26:33.80	+01:01:05 (29.7%)	7:21	8.2 (70.7%)
38	RUKUSZEWICZ Wawrzyniec	4190	DZIKIE GRUBASY SZATANA	M30	38	00:00:16	01:49:24	03:26:22.40	03:26:38.75	+01:01:39 (29.9%)	7:22	8.1 (69.8%)
39	GAWROŃSKI Roman	4133		M30	39	00:00:29	01:45:14	03:27:08.25	03:27:37.25	+01:02:25 (30.1%)	7:23	8.1 (69.8%)
40	LASKOWSKI Sławomir	4314	PZU SPORT TEAM	M30	40	00:00:25	01:47:27	03:27:13.00	03:27:38.55	+01:02:30 (30.2%)	7:24	8.1 (69.8%)
41	GĄTARCZYK Mariusz	4897	DZIKIE GRUBASY SZATANA	M30	41	00:00:15	01:46:36	03:27:48.10	03:28:03.75	+01:03:05 (30.4%)	7:25	8.1 (69.8%)
42	SZANIAWSKI Marcin	4101		M30	42	00:00:15	01:42:04	03:28:36.80	03:28:52.25	+01:03:53 (30.6%)	7:27	8.1 (69.8%)
43	JABŁOŃSKI Sebastian	4125	SSW TEAM KROŚNICE	M30	43	00:00:04	01:46:35	03:28:41.60	03:28:46.55	+01:03:58 (30.7%)	7:27	8 (69.0%)
44	DZIETCZYK Kamil	4117	AKTYWNE CHOSZCZNO	M30	44	00:00:16	01:49:03	03:28:51.40	03:29:07.45	+01:04:08 (30.7%)	7:27	8 (69.0%)
45	KOZAK Mark	4933		M30	45	00:00:48	01:46:46	03:29:25.30	03:30:14.10	+01:04:42 (30.9%)	7:28	8 (69.0%)
46	ĆWIAKAŁA Michał	4474		M30	46	00:00:11	01:47:36	03:30:34.10	03:30:45.75	+01:05:51 (31.3%)	7:31	8 (69.0%)
47	STANOWSKI Bartłomiej	4080	CIESZANÓW RUNNERS	M30	47	00:00:06	01:51:11	03:31:47.75	03:31:53.95	+01:07:04 (31.7%)	7:33	7.9 (68.1%)
48	KRZYMOWSKI Piotr	4642	AKADEMIA PRZYSZŁOŚCI	M30	48	00:00:41	01:51:25	03:33:32.65	03:34:14.20	+01:08:49 (32.2%)	7:37	7.9 (68.1%)
49	PRUS Aleksander	4096		M30	49	00:00:29	01:44:43	03:34:00.15	03:34:29.50	+01:09:17 (32.4%)	7:38	7.9 (68.1%)
50	BARDAN Michał	4275	ALD RUNNING TEAM	M30	50	00:00:22	01:46:44	03:34:03.90	03:34:26.30	+01:09:21 (32.4%)	7:38	7.8 (67.2%)
51	SKWAREK Marcin	4081		M30	51	00:00:13	01:47:26	03:34:27.60	03:34:40.70	+01:09:44 (32.5%)	7:39	7.8 (67.2%)
52	ZATORSKI Paweł	4752	NIGHT DRINKERS	M30	52	00:00:42	01:46:15	03:36:11.15	03:36:53.75	+01:11:28 (33.1%)	7:43	7.8 (67.2%)
53	GOŹDZIENIAK Sobiesław	4521	KW KOTŁOWNIA	M30	53	00:00:40	01:49:52	03:36:19.15	03:37:00.10	+01:11:36 (33.1%)	7:43	7.8 (67.2%)
54	ŻYMOŁKA Piotr	4918	GAZELE MOSZNA	M30	54	00:01:11	01:55:32	03:36:29.30	03:37:41.05	+01:11:46 (33.2%)	7:43	7.8 (67.2%)
55	WILAMOWSKI Bartłomiej	4150	ZOSTAĆ ULTRASEM	M30	55	00:00:26	01:53:17	03:37:08.10	03:37:34.95	+01:12:25 (33.4%)	7:45	7.7 (66.4%)
56	WIERCIŃSKI Łukasz	4941		M30	56	00:00:21	01:55:33	03:37:32.25	03:37:54.10	+01:12:49 (33.5%)	7:46	7.7 (66.4%)
57	KAŻMIERCZAK Bartłomiej	4068		M30	57	00:00:16	01:47:35	03:37:59.70	03:38:16.05	+01:13:16 (33.6%)	7:47	7.7 (66.4%)
58	DRAŃKO Piotr	4151		M30	58	00:00:08	01:47:30	03:38:33.15	03:38:41.45	+01:13:50 (33.8%)	7:48	7.7 (66.4%)
59	GAWLIK Sławek	4022	MARCINŚWIERCTEAM	M30	59	00:00:03	01:56:09	03:38:44.85	03:38:48.35	+01:14:02 (33.8%)	7:48	7.7 (66.4%)
60	BODZEK Bartłomiej	4823		M30	60	00:01:14	01:54:32	03:39:00.45	03:40:15.20	+01:14:17 (33.9%)	7:49	7.7 (66.4%)
61	PRĘTKIEWICZ Adam	4787		M30	61	00:01:48	01:54:46	03:39:54.00	03:41:42.70	+01:15:11 (34.2%)	7:51	7.6 (65.5%)
62	REJDYCH Tomasz	4687	HUSARIA RACE TEAM	M30	62	00:01:16	01:44:50	03:41:42.00	03:42:58.55	+01:16:59 (34.7%)	7:55	7.6 (65.5%)
63	PIWONSKI Adam	4748		M30	63	00:00:57	01:55:34	03:41:56.40	03:42:53.90	+01:17:13 (34.8%)	7:55	7.6 (65.5%)
64	BIELEC Karol	4056	ROZBIEGAMY NOWY DWÓR	M30	64	00:00:27	01:53:13	03:42:11.20	03:42:38.25	+01:17:28 (34.9%)	7:56	7.6 (65.5%)
65	BLICHARZ Artur	4811	KS SPORTIVA	M30	65	00:01:34	02:02:28	03:42:12.70	03:43:47.35	+01:17:29 (34.9%)	7:56	7.6 (65.5%)
66	PIŁAT Jakub	4822	MULTIMEDIA RUNNERS PUŁAWY	M30	66	00:00:37	01:57:22	03:42:23.45	03:43:00.85	+01:17:40 (34.9%)	7:56	7.6 (65.5%)
67	JAGUSZEWSKI Piotr	4127	SULEJÓWEK	M30	67	00:01:33	02:06:06	03:42:44.30	03:44:18.15	+01:18:01 (35.0%)	7:57	7.5 (64.7%)
68	SZWAŁEK Krzysztof	4263		M30	68	00:00:22	01:51:02	03:43:40.65	03:44:02.70	+01:18:57 (35.3%)	7:59	7.5 (64.7%)
69	GŁUCHOWSKI Karol	4278		M30	69	00:00:09	01:49:23	03:44:15.40	03:44:24.60	+01:19:32 (35.5%)	8:00	7.5 (64.7%)
70	AMBICKI Miłosz	4177		M30	70	00:00:09	01:54:34	03:46:58.70	03:47:08.10	+01:22:15 (36.2%)	8:06	7.4 (63.8%)
71	HORA Grzegorz	4049		M30	71	00:00:30	01:49:29	03:47:44.15	03:48:14.45	+01:23:01 (36.5%)	8:08	7.4 (63.8%)
72	DANIELEWSKI Andrzej	4246		M30	72	00:00:12	01:47:35	03:48:10.50	03:48:23.30	+01:23:27 (36.6%)	8:08	7.4 (63.8%)
73	NAWROT Bartłomiej	4164	KAMIENIOŁOM	M30	73	00:00:09	01:54:30	03:48:26.20	03:48:36.00	+01:23:43 (36.7%)	8:09	7.4 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
74	PODKALICKI Adrian	4827	BESKID RUNNERS	M30	74	00:00:44	01:54:33	03:49:11.50	03:49:56.45	+01:24:28 (36.9%)	8:11	7.3 (62.9%)
75	KOSIN Marcin	4327	BSB BARCZEWO BIEGA	M30	75	00:00:24	01:53:21	03:49:22.75	03:49:47.70	+01:24:39 (36.9%)	8:11	7.3 (62.9%)
76	BĄBALICKI Sławomir	4572	TFP SPORT TEAM	M30	76	00:00:42	01:58:41	03:51:15.35	03:51:57.70	+01:26:32 (37.4%)	8:15	7.3 (62.9%)
77	CHOINSKI Mariusz	4060		M30	77	00:00:54	01:56:42	03:51:17.10	03:52:11.35	+01:26:34 (37.4%)	8:15	7.3 (62.9%)
78	KOWARZYK Tomasz	4331		M30	78	00:00:17	01:52:29	03:51:19.30	03:51:36.65	+01:26:36 (37.4%)	8:15	7.3 (62.9%)
79	ZAWADZKI Grzegorz	4011	PRESTIGE	M30	79	00:00:10	01:54:32	03:51:35.00	03:51:45.20	+01:26:52 (37.5%)	8:16	7.3 (62.9%)
80	MADEJSKI Krzysztof	4861		M30	80	00:00:46	02:02:25	03:53:10.75	03:53:57.25	+01:28:27 (37.9%)	8:19	7.2 (62.1%)
81	KIERAT Paweł	4250	POŻERACZE KILOSÓW	M30	81	00:00:19	01:55:56	03:53:33.70	03:53:52.75	+01:28:50 (38.0%)	8:20	7.2 (62.1%)
82	HALMANN Mirek	4003	PGB SPORTOWA PACZKA	M30	82	00:00:53	02:09:55	03:54:41.40	03:55:34.85	+01:29:58 (38.3%)	8:22	7.2 (62.1%)
83	ZAŁĘCKI Michał	4131		M30	83	00:01:00	02:06:28	03:54:56.20	03:55:56.95	+01:30:13 (38.4%)	8:23	7.2 (62.1%)
84	POŁOM Rafał	4271	NOA	M30	84	00:00:02	01:50:12	03:55:08.80	03:55:11.75	+01:30:25 (38.5%)	8:23	7.1 (61.2%)
85	DROSZCZ Krzysztof	4188	BIGYELLOWFOOT ADVENTURE TEAM	M30	85	00:00:23	01:58:06	03:55:23.00	03:55:46.70	+01:30:40 (38.5%)	8:24	7.1 (61.2%)
86	KRUTYS Marcin	4270	RUNNING POŁANIEC	M30	86	00:00:20	02:05:50	03:56:41.95	03:57:02.70	+01:31:59 (38.9%)	8:27	7.1 (61.2%)
87	STACHYRA Rafal	4128		M30	87	00:00:11	01:57:06	03:57:17.65	03:57:29.30	+01:32:34 (39.0%)	8:28	7.1 (61.2%)
88	ORZOŁ Jacek	4084	LENIWIEC ZĄBKI	M30	88	00:00:12	01:57:23	03:57:18.05	03:57:30.50	+01:32:35 (39.0%)	8:28	7.1 (61.2%)
89	SZOPIŃSKI Wojtek	4295	PZU SPORT TEAM	M30	89	00:00:26	01:53:11	03:58:33.50	03:59:00.40	+01:33:50 (39.3%)	8:31	7 (60.3%)
90	WRĘCZYCKI Łukasz	4378		M30	90	00:00:25	02:03:17	03:58:55.15	03:59:20.85	+01:34:12 (39.4%)	8:31	7 (60.3%)
91	ERNST Tomasz	4588		M30	91	00:00:46	02:02:08	04:01:08.60	04:01:54.70	+01:36:25 (40.0%)	8:36	7 (60.3%)
92	SIUDA Adam	4739		M30	92	00:00:45	02:04:18	04:01:18.00	04:02:03.75	+01:36:35 (40.0%)	8:37	7 (60.3%)
93	ROMAŃSKI Arkadiusz	4124		M30	93	00:01:47	02:08:07	04:03:12.40	04:05:00.35	+01:38:29 (40.5%)	8:41	6.9 (59.5%)
94	KRASUSKI Piotr	4794	CROSSFIT SIEDLCE	M30	94	00:00:05	01:57:33	04:04:27.55	04:04:33.45	+01:39:44 (40.8%)	8:43	6.9 (59.5%)
95	NADOLNY Piotr	4545		M30	95	00:01:04	02:04:51	04:04:28.15	04:05:32.35	+01:39:45 (40.8%)	8:43	6.9 (59.5%)
96	ZAKRZEWSKI Marcin	4396	SPORTOWE ŻULE	M30	96	00:00:10	02:01:06	04:05:45.50	04:05:55.80	+01:41:02 (41.1%)	8:46	6.8 (58.6%)
97	PEPŁOŃSKI Mariusz	4489	GILLETTE RUN	M30	97	00:00:21	02:11:36	04:06:16.15	04:06:37.95	+01:41:33 (41.2%)	8:47	6.8 (58.6%)
98	SZCZYGIELSKI Tomek	4445	BIEGUSIEM. PL	M30	98	00:00:28	02:01:14	04:06:22.00	04:06:50.60	+01:41:39 (41.3%)	8:47	6.8 (58.6%)
99	KORYCIŃSKI Adam	4282	CROSSFIT SIEDLCE	M30	99	00:00:06	02:04:35	04:06:27.75	04:06:34.15	+01:41:44 (41.3%)	8:48	6.8 (58.6%)
100	KRUKOWSKI Łukasz	4877	MKS SIECHNICE	M30	100	00:01:31	02:14:19	04:07:33.95	04:09:05.40	+01:42:51 (41.5%)	8:50	6.8 (58.6%)
101	KUJAWA Tomasz	4448	NBR TEAM	M30	101	00:00:36	02:06:43	04:07:52.85	04:08:29.25	+01:43:10 (41.6%)	8:51	6.8 (58.6%)
102	GONET Maciej	4228		M30	102	00:00:25	01:58:30	04:07:52.95	04:08:18.35	+01:43:10 (41.6%)	8:51	6.8 (58.6%)
103	HOPPE Grzegorz	4928		M30	103	00:01:29	02:10:38	04:10:19.45	04:11:48.80	+01:45:36 (42.2%)	8:56	6.7 (57.8%)
104	WIŚNIEWSKI Artur	4142		M30	104	00:00:27	01:57:01	04:10:29.20	04:10:56.75	+01:45:46 (42.2%)	8:56	6.7 (57.8%)
105	PAWLICKI Krzysztof	4782		M30	105	00:01:01	02:06:42	04:10:45.10	04:11:46.55	+01:46:02 (42.3%)	8:57	6.7 (57.8%)
106	ŁUKASIK Bartłomiej	4013		M30	106	00:00:17	02:03:25	04:10:50.80	04:11:07.90	+01:46:07 (42.3%)	8:57	6.7 (57.8%)
107	KURMAN Arkadiusz	4289	TRENER24H.COM.PL	M30	107	00:01:18	02:07:40	04:11:30.35	04:12:48.60	+01:46:47 (42.5%)	8:58	6.7 (57.8%)
108	TROJAN Grzegorz	4208		M30	108	00:00:32	01:57:08	04:11:30.45	04:12:03.30	+01:46:47 (42.5%)	8:58	6.7 (57.8%)
109	KOSMÓLSKI Paweł	4643	PZU SPORT TEAM	M30	109	00:01:51	02:19:15	04:11:46.55	04:13:38.45	+01:47:03 (42.5%)	8:59	6.7 (57.8%)
110	PRĘDKI Marcin	4653		M30	110	00:00:55	02:02:07	04:12:21.85	04:13:17.20	+01:47:39 (42.7%)	9:00	6.7 (57.8%)
111	JÓZEFczyk Jacek	4540		M30	111	00:01:13	02:13:21	04:13:05.95	04:14:19.15	+01:48:23 (42.8%)	9:02	6.6 (56.9%)
112	NOWOSZ Kamil	4395	NATIONALE NEDERLANDEN	M30	112	00:00:54	02:18:23	04:18:15.85	04:19:10.30	+01:53:33 (44.0%)	9:13	6.5 (56.0%)
113	DZIDECZEK Marcin	4528	TEAM ZABIEGANEDNI	M30	113	00:01:07	02:13:13	04:19:37.20	04:20:44.30	+01:54:54 (44.3%)	9:16	6.5 (56.0%)
114	ZYGMANOWSKI Przemek	4035		M30	114	00:00:07	01:56:21	04:20:08.60	04:20:16.05	+01:55:25 (44.4%)	9:17	6.5 (56.0%)
115	BIENIAS Grzegorz	4379	PZU SPORT TEAM	M30	115	00:00:59	02:13:50	04:20:11.75	04:21:11.00	+01:55:28 (44.4%)	9:17	6.5 (56.0%)
116	PATEREK Grzegorz	4676	WKURW_TEAM	M30	116	00:00:18	02:08:47	04:20:56.55	04:21:15.40	+01:56:13 (44.5%)	9:19	6.4 (55.2%)
117	FLISEK Jakub	4623		M30	117	00:01:15	02:16:35	04:20:58.90	04:22:13.90	+01:56:16 (44.6%)	9:19	6.4 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
118	ZYSKOWSKI Michał	4219	TRONIK TRIATHLON TEAM	M30	118	00:01:38	02:12:43	04:21:33.50	04:23:11.80	+01:56:50 (44.7%)	9:20	6.4 (55.2%)
119	BRZEZIŃSKI Piotr	4647		M30	119	00:00:46	02:18:23	04:21:46.10	04:22:32.90	+01:57:03 (44.7%)	9:20	6.4 (55.2%)
120	OLESIŃSKI Piotr	4465	BELVEDERE ŻYRARDÓW	M30	120	00:00:50	02:08:20	04:22:17.15	04:23:07.70	+01:57:34 (44.8%)	9:22	6.4 (55.2%)
121	MARKOWSKI Marcin	4163	BRAVEHEARTS LEGIONOWO	M30	121	00:01:08	02:17:56	04:22:55.05	04:24:03.80	+01:58:12 (45.0%)	9:23	6.4 (55.2%)
122	TOMICKI Krzysztof	4783		M30	122	00:00:48	01:50:32	04:23:19.80	04:24:08.05	+01:58:36 (45.0%)	9:24	6.4 (55.2%)
123	ORŁOWSKI Grzegorz	4499		M30	123	00:01:13	02:19:09	04:24:00.30	04:25:13.65	+01:59:17 (45.2%)	9:25	6.4 (55.2%)
124	TOPOLEWSKI Kamil	4444	DOGOŃ GRODZISK MAZOWIECKI	M30	124	00:01:28	02:19:37	04:24:48.85	04:26:17.10	+02:00:06 (45.4%)	9:27	6.3 (54.3%)
125	ŁACHETA Konrad	4008		M30	125	00:01:07	02:10:29	04:26:13.70	04:27:21.15	+02:01:30 (45.6%)	9:30	6.3 (54.3%)
126	ZAWADZKI Mirosław	4268		M30	126	00:00:50	02:09:34	04:26:43.50	04:27:34.00	+02:02:00 (45.7%)	9:31	6.3 (54.3%)
127	MARCINEK Krzysztof	4319	PZU SPORT TEAM	M30	127	00:00:36	02:12:31	04:27:29.25	04:28:06.00	+02:02:46 (45.9%)	9:33	6.3 (54.3%)
128	WOŹNIAK Daniel	4248	CROSSFIT SIEDLCE	M30	128	00:00:07	02:12:13	04:27:49.85	04:27:57.00	+02:03:07 (46.0%)	9:33	6.3 (54.3%)
129	ORŁOWSKI Piotr	4705	SZWAGRY	M30	129	00:01:50	02:14:46	04:29:44.40	04:31:34.70	+02:05:01 (46.4%)	9:38	6.2 (53.4%)
130	WÓJCIK Radosław	4255		M30	130	00:00:33	02:06:29	04:29:55.70	04:30:28.85	+02:05:12 (46.4%)	9:38	6.2 (53.4%)
131	KOZERA Marcin	4513	POKRĘCENI	M30	131	00:01:30	02:20:23	04:30:24.40	04:31:55.05	+02:05:41 (46.5%)	9:39	6.2 (53.4%)
132	KAMIŃSKI Michał	4170		M30	132	00:00:14	02:13:12	04:30:25.40	04:30:39.75	+02:05:42 (46.5%)	9:39	6.2 (53.4%)
133	KWIATKOWSKI Piotr	4539	DRUŻYNA ORZECHA ŻYRARDÓW	M30	133	00:00:50	02:10:20	04:30:30.50	04:31:21.15	+02:05:47 (46.5%)	9:39	6.2 (53.4%)
134	CHRZĄSTEK Maciek	4167		M30	134	00:00:32	02:08:10	04:31:23.40	04:31:56.15	+02:06:40 (46.7%)	9:41	6.2 (53.4%)
135	STASIAK Włodzimierz	4619	PRO-RUN WROCŁAW	M30	135	00:00:58	02:13:18	04:32:20.25	04:33:18.80	+02:07:37 (46.9%)	9:43	6.2 (53.4%)
136	MATYSIAK Michał	4796	KOPALNIA MOCY TARNOBRZEG	M30	136	00:01:43	02:10:20	04:33:02.55	04:34:46.25	+02:08:19 (47.0%)	9:45	6.2 (53.4%)
137	WALERIANCZYK Kamil	4412		M30	137	00:01:02	02:06:49	04:33:40.00	04:34:42.30	+02:08:57 (47.1%)	9:46	6.1 (52.6%)
138	OSTROWSKI Paweł	4460		M30	138	00:00:38	02:14:58	04:33:56.30	04:34:34.95	+02:09:13 (47.2%)	9:47	6.1 (52.6%)
139	WOLSKI Kamil	4361	ULTRA PASTERZE	M30	139	00:01:02	02:18:47	04:35:29.50	04:36:32.10	+02:10:46 (47.5%)	9:50	6.1 (52.6%)
140	LUBIANIEC Karol	4609		M30	140	00:00:09	02:15:02	04:37:05.55	04:37:15.10	+02:12:22 (47.8%)	9:53	6.1 (52.6%)
141	ŻMOJDZIAN Przemysław	4815	KB SOBÓTKA	M30	141	00:01:23	02:29:45	04:37:13.05	04:38:36.35	+02:12:30 (47.8%)	9:54	6.1 (52.6%)
142	WINIARCZYK Adrian	4568	WIOLA&ADI	M30	142	00:00:57	02:11:08	04:40:30.10	04:41:27.95	+02:15:47 (48.4%)	10:01	6 (51.7%)
143	KOTOWICZ Marcin	4632	HDR WATAHA MARGONIN	M30	143	00:01:30	02:26:16	04:40:38.25	04:42:09.05	+02:15:55 (48.4%)	10:01	6 (51.7%)
144	IWANIEK Sebastian	4459	BIEGUSIEM.PL	M30	144	00:00:35	02:13:57	04:44:56.50	04:45:31.55	+02:20:13 (49.2%)	10:10	5.9 (50.9%)
145	KALITA Jakub	4686	OSTROBIEC	M30	145	00:00:07	02:12:21	04:45:14.30	04:45:22.10	+02:20:31 (49.3%)	10:11	5.9 (50.9%)
146	KĘPKA Robert	4925	BIEGUSIEM. PL	M30	146	00:00:32	01:56:26	04:47:14.90	04:47:47.05	+02:22:32 (49.6%)	10:15	5.8 (50.0%)
147	BLOCH Radosław	4357		M30	147	00:01:49	02:30:36	04:47:28.20	04:49:17.45	+02:22:45 (49.7%)	10:16	5.8 (50.0%)
148	PILKOWSKI Paweł	4272		M30	148	00:00:51	02:20:22	04:50:07.25	04:50:58.65	+02:25:24 (50.1%)	10:21	5.8 (50.0%)
149	SKROBEK Marcin	4708		M30	149	00:01:31	02:27:41	04:51:09.65	04:52:41.20	+02:26:26 (50.3%)	10:23	5.8 (50.0%)
150	STACHOWICZ Marcin	4529	5F TEAM	M30	150	00:01:16	02:27:39	04:52:39.95	04:53:56.50	+02:27:57 (50.6%)	10:27	5.7 (49.1%)
151	LIPIŃSKI Maciej	4243	CROSSFIT SIEDLCE	M30	151	00:00:35	02:20:16	04:52:46.35	04:53:22.05	+02:28:03 (50.6%)	10:27	5.7 (49.1%)
152	KĘPSKI Jarosław	4286	TRENER24H.COM.PL	M30	152	00:01:19	02:27:53	04:54:16.15	04:55:35.95	+02:29:33 (50.8%)	10:30	5.7 (49.1%)
153	SOSNÓWKA Bartosz	4863	BIEG SOSNOWY	M30	153	00:00:47	02:10:21	04:58:00.00	04:58:47.00	+02:33:17 (51.4%)	10:38	5.6 (48.3%)
154	CZECH Marcin	4904	OCHAJORUN	M30	154	00:01:12	02:22:54	05:00:02.40	05:01:15.05	+02:35:19 (51.8%)	10:42	5.6 (48.3%)
155	JAREMEK Wojtek	4812		M30	155	00:01:28	02:30:26	05:02:01.85	05:03:30.30	+02:37:19 (52.1%)	10:47	5.6 (48.3%)
156	GRUSZKA Piotr	4887		M30	156	00:01:05	02:21:50	05:02:07.75	05:03:13.15	+02:37:24 (52.1%)	10:47	5.6 (48.3%)
157	PATERSKI Dawid	4506	CHAOS I DESTRUKCJA	M30	157	00:00:39	02:20:35	05:02:32.50	05:03:12.05	+02:37:49 (52.2%)	10:48	5.6 (48.3%)
158	KAPINOS Maciej	4221		M30	158	00:00:34	02:19:34	05:03:13.10	05:03:48.05	+02:38:30 (52.3%)	10:49	5.5 (47.4%)
159	MAZUR Michał	4893	KB SOBÓTKA	M30	159	00:01:23	02:33:35	05:03:42.45	05:05:05.65	+02:38:59 (52.4%)	10:50	5.5 (47.4%)
160	LECH Lesław	4945		M30	160	00:00:47	02:25:37	05:04:38.05	05:05:25.05	+02:39:55 (52.5%)	10:52	5.5 (47.4%)
161	RYMON Paweł	4658	POKRĘCENI	M30	161	00:01:30	02:35:00	05:05:11.50	05:06:41.50	+02:40:28 (52.6%)	10:53	5.5 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
162	MIGURSKI Jakub	4818	FUCHS OIL TEAM	M30	162	00:01:43	02:26:35	05:07:06.65	05:08:50.05	+02:42:23 (52.9%)	10:58	5.5 (47.4%)
163	MAZURKIEWICZ Karol	4681	ULTRA PĘDZIWIATRY	M30	163	00:01:05	02:30:59	05:08:52.40	05:09:57.80	+02:44:09 (53.1%)	11:01	5.4 (46.6%)
164	IWANICKI Marcin	4585	HDR WATAHA MARGONIN	M30	164	00:01:34	02:33:22	05:14:32.75	05:16:07.55	+02:49:49 (54.0%)	11:14	5.3 (45.7%)
165	KUR Mariusz	4870	TEAM ZABIEGANEDNI	M30	165	00:01:06	02:32:58	05:14:55.75	05:16:02.45	+02:50:12 (54.0%)	11:14	5.3 (45.7%)
166	BINEK Michał	4847		M30	166	00:01:44	02:26:27	05:15:14.80	05:16:59.15	+02:50:31 (54.1%)	11:15	5.3 (45.7%)
167	KOŚCIELNIAK Adam	4316	TIGRES DEL PAPA	M30	167	00:01:41	02:26:52	05:15:37.75	05:17:19.30	+02:50:54 (54.2%)	11:16	5.3 (45.7%)
168	SZEWCZYK Kamil	4685		M30	168	00:01:09	02:26:19	05:17:58.40	05:19:08.35	+02:53:15 (54.5%)	11:21	5.3 (45.7%)
169	ORZECOWSKI 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	+02:55:30 (54.8%)	11:26	5.2 (44.8%)
170	BOBER Grzegorz	4639		M30	170	00:01:02	02:28:24	05:23:23.15	05:24:25.80	+02:58:40 (55.3%)	11:32	5.2 (44.8%)
171	KUKLEWSKI Filip	4744		M30	171	00:01:07	02:31:42	05:23:27.70	05:24:35.55	+02:58:44 (55.3%)	11:33	5.2 (44.8%)
172	DZIĘCIOŁ Artur	4595		M30	172	00:01:49	02:40:57	05:38:36.85	05:40:26.60	+03:13:54 (57.3%)	12:05	5 (43.1%)
173	GRONIEWSKI Michał	4692		M30	173	00:01:18	02:34:55	05:44:29.05	05:45:47.55	+03:19:46 (58.0%)	12:18	4.9 (42.2%)
174	JACHIRA Krzysztof	4829	GRYF TEAM	M30	174	00:01:40	02:44:30	05:53:12.20	05:54:52.80	+03:28:29 (59.0%)	12:36	4.8 (41.4%)
175	PAKUŁA Michał	4508	AKTYWNA FALA	M30	175	00:00:54	02:51:38	06:01:05.35	06:02:00.20	+03:36:22 (59.9%)	12:53	4.7 (40.5%)
176	BOGATKIEWICZ Maciej	4546	FLORKI	M30	176	00:00:45	02:47:55	06:01:27.30	06:02:12.75	+03:36:44 (60.0%)	12:54	4.6 (39.7%)
177	KANTOR Tomasz	4283	TRENER24H.COM.PL	M30	177	00:01:18	02:56:47	06:05:10.05	06:06:28.90	+03:40:27 (60.4%)	13:02	4.6 (39.7%)
178	PIETRZKO Piotr	4879		M30	178	00:01:45	02:50:48	06:07:26.85	06:09:12.80	+03:42:44 (60.6%)	13:07	4.6 (39.7%)
179	KRZYCH Marcin	4808		M30	179	00:01:25	02:33:34	06:07:59.25	06:09:24.45	+03:43:16 (60.7%)	13:08	4.6 (39.7%)
Przekroczony limit czasu: 06:30:00												
180	KONTEK Dariusz	4007		M30	180	00:00:44	02:53:51	06:31:27.55	06:32:11.85	+04:06:44 (63.0%)	13:58	4.3 (37.1%)
181	DZWINIEL Piotr	4274		M30	181	00:00:15	02:27:11			+01:09:53	9:05	6.6 (56.9%)

Znaleziono 181 wynik(ów)