

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-01-26
Miejsce: Cisna
Dystans: 23 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	GAWLIK Sławek	1059	MARCINŚWIERCTEAM	M30	1	00:00:26	00:28:55	01:05:15	01:37:30		01:54:20.30	01:54:20.30		4:58	12.1 (100%)
2	DUDZIK Łukasz	1002	GÓRAL BIEGA	M30	2	00:00:34	00:29:52	01:07:12	01:40:42		01:58:41.35	01:58:41.35	+00:04:21 (3.7%)	5:09	11.6 (95.9%)
3	TRACZ Łukasz	1384	WWW.TRENINGFIZJOTERAPIA.PL	M30	3	00:00:33	00:29:50	01:07:17	01:41:35		01:59:55.20	01:59:55.20	+00:05:34 (4.7%)	5:12	11.5 (95.0%)
4	PRĘTNIK Sławomir	1297		M30	4	00:02:03	00:32:47	01:10:42	01:44:12		02:02:18.90	02:02:18.90	+00:07:58 (6.5%)	5:19	11.3 (93.4%)
5	GŁUSZKO Przemysław	1250	SOLINA TEAM	M30	5	00:00:33	00:30:08	01:09:39	01:44:59		02:03:53.95	02:03:53.95	+00:09:33 (7.7%)	5:23	11.1 (91.7%)
6	KOWALCZYK Adam	1375	ADIDAS RUNNERS WARSAW	M30	6	00:00:32	00:32:00	01:13:25	01:49:53		02:10:04.45	02:10:04.45	+00:15:44 (12.1%)	5:39	10.6 (87.6%)
7	BORDUN Maciej	1236	SIARKA TARNOBRZEG	M30	7	00:00:32	00:31:06	01:10:54	01:48:33		02:10:18.80	02:10:18.80	+00:15:58 (12.3%)	5:39	10.6 (87.6%)
8	WIĘCH Piotr	1444		M30	8	00:01:29	00:33:33	01:15:01	01:51:21		02:10:39.40	02:10:39.40	+00:16:19 (12.5%)	5:40	10.6 (87.6%)
9	ZAWADA Michał	1228	MARYSIN WAWERSKI	M30	9	00:00:35	00:31:46	01:13:48	01:52:43		02:13:26.20	02:13:26.20	+00:19:05 (14.3%)	5:48	10.3 (85.1%)
10	NOWICKI Kamil	1058		M30	10	00:00:35	00:33:40	01:17:30	01:55:43		02:15:25.55	02:15:25.55	+00:21:05 (15.6%)	5:53	10.2 (84.3%)
11	JACHIMOWSKI Jarosław	1324	POZYTYWNE ZABIEGANI SANOK	M30	11	00:02:43	00:37:53	01:21:31	02:00:45		02:21:40.70	02:21:40.70	+00:27:20 (19.3%)	6:09	9.7 (80.2%)
12	BUDNIAK Tomasz	1231	KB TKKF PROMYK CIECHANÓW	M30	12		00:35:18	01:20:49	02:00:20		02:22:08.05	02:22:08.05	+00:27:47 (19.6%)	6:10	9.7 (80.2%)
13	MIKOŁAJCZYK Tomasz	1147		M30	13	00:01:12	00:35:11	01:20:41	02:01:16		02:22:42.50	02:22:42.50	+00:28:22 (19.9%)	6:12	9.7 (80.2%)
14	WOŁOCH Michał	1320	DIAITA SPARTA	M30	14	00:01:16	00:37:56	01:24:00	02:03:22		02:23:47.00	02:23:47.00	+00:29:26 (20.5%)	6:15	9.6 (79.3%)
15	GÓRKA Łukasz	1393	PODRÓŻE Z MARATONEM	M30	15	00:01:06	00:37:34	01:24:59	02:05:18		02:25:39.80	02:25:39.80	+00:31:19 (21.5%)	6:19	9.5 (78.5%)
16	WĘGRZYN Emil	1359	WARBUD RUNNIK TEAM	M30	16	00:00:44	00:34:54	01:22:19	02:04:25		02:26:19.50	02:26:19.50	+00:31:59 (21.9%)	6:21	9.4 (77.7%)
17	KOŁODZIEJ Łukasz	1202		M30	17	00:01:31	00:36:33	01:25:24	02:06:23		02:28:31.90	02:28:31.90	+00:34:11 (23.0%)	6:27	9.3 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						2km	6.5km	13km	18.5km		23km	23km			
18	TOKARZ Adrian	1048	DZIKIE MUSTANGI	M30	18	00:01:37	00:39:15	01:26:45	02:07:22		02:30:30.95	02:30:30.95	+00:36:10 (24.0%)	6:32	9.2 (76.0%)
19	WOŹNIAK Grzegorz	1156		M30	19	00:00:47	00:35:11	01:24:55	02:06:50		02:30:37.65	02:30:37.65	+00:36:17 (24.1%)	6:32	9.2 (76.0%)
20	BALON Piotr	1409	BAKOMAT TEAM	M30	20	00:02:16	00:39:24	01:25:24	02:08:02		02:30:44.70	02:30:44.70	+00:36:24 (24.2%)	6:33	9.2 (76.0%)
21	SKORUPKA Leszek	1249	M3 SIEDLCE	M30	21	00:02:21	00:40:03	01:29:05	02:10:03		02:31:49.90	02:31:49.90	+00:37:29 (24.7%)	6:36	9.1 (75.2%)
22	SZYMEL Jacek	1411	HUSARIA RACE TEAM	M30	22	00:01:45	00:40:01	01:27:36	02:10:16	00:01:00	02:34:24.90	02:34:24.90	+00:40:04 (26.0%)	6:40	9 (74.4%)
23	ISKRA Grzegorz	1023	KP PSP STRZYŻÓW	M30	23	00:01:41	00:39:37	01:29:25	02:11:54	00:01:00	02:35:44.95	02:35:44.95	+00:41:24 (26.6%)	6:43	8.9 (73.6%)
24	KLABISZ Dawid	1462		M30	24	00:01:03	00:33:12	01:32:30	02:14:20		02:36:52.25	02:36:52.25	+00:42:31 (27.1%)	6:49	8.8 (72.7%)
25	PIŁAT Jakub	1152	MULTIMEDIA RUNNERS PUŁAWY	M30	25	00:01:36	00:39:05	01:29:40	02:13:07		02:37:34.70	02:37:34.70	+00:43:14 (27.4%)	6:51	8.8 (72.7%)
26	KANIA Przemysław	269		M30	26	00:02:26	00:38:49	01:28:06	02:13:27		02:38:39.45	02:38:39.45	+00:44:19 (27.9%)	6:53	8.7 (71.9%)
27	JUROSZEK Józef	1269		M30	27	00:02:31	00:43:04	01:36:48	02:17:47		02:39:01.05	02:39:01.05	+00:44:40 (28.1%)	6:54	8.7 (71.9%)
28	NAWROT Bartłomiej	1031	KAMIENIOŁOM	M30	28	00:01:45	00:39:06	01:30:11	02:15:43		02:40:37.25	02:40:37.25	+00:46:16 (28.8%)	6:59	8.6 (71.1%)
29	OSZYWA Damian	1460		M30	29	00:01:42	00:41:00	01:36:10	02:18:48		02:40:47.75	02:40:47.75	+00:46:27 (28.9%)	6:59	8.6 (71.1%)
30	LIPA Piotr	1352	OCR TEAM DĘBICA	M30	30	00:02:04	00:34:45	01:34:00	02:17:52		02:43:53.20	02:43:53.20	+00:49:32 (30.2%)	7:07	8.4 (69.4%)
31	WAŚNIEWSKI Krzysztof	1037		M30	31	00:02:22	00:39:37	01:33:56	02:20:19		02:45:21.90	02:45:21.90	+00:51:01 (30.9%)	7:11	8.3 (68.6%)
32	BIEL Sebastian	1240	BIEGANIESZYDERCÓW	M30	32	00:03:31	00:46:40	01:40:28	02:23:44		02:46:48.65	02:46:48.65	+00:52:28 (31.5%)	7:15	8.3 (68.6%)
33	DOMIN Bartosz	1349	COLLEGIUM MEDICUM UJ	M30	33	00:00:53	00:38:14	01:32:42	02:20:27		02:49:05.40	02:49:05.40	+00:54:45 (32.4%)	7:21	8.2 (67.8%)
34	PIOTROWSKI Tomasz	1238	GREMBSKI TRIATHLON	M30	34	00:01:52	00:40:50	01:37:18	02:25:20		02:49:57.15	02:49:57.15	+00:55:36 (32.7%)	7:23	8.1 (66.9%)
35	OSTROWSKI Łukasz	1448		M30	35	00:03:12	00:42:11	01:38:05	02:25:06		02:50:30.20	02:50:30.20	+00:56:09 (32.9%)	7:24	8.1 (66.9%)
36	CHMIEL Michał	1399	RZESZOWSKIE GAZELE I GEPARDY	M30	36	00:02:33	00:45:32	01:38:54	02:26:39		02:51:10.85	02:51:10.85	+00:56:50 (33.2%)	7:26	8.1 (66.9%)
37	SALA Kamil Adam	1087	POTRENUJEMY?	M30	37	00:00:47	00:38:45	01:38:19	02:27:35		02:53:59.50	02:53:59.50	+00:59:39 (34.3%)	7:33	7.9 (65.3%)
38	KAWA Rafał	1404		M30	38	00:02:15	00:43:26	01:38:51	02:26:49		02:54:10.75	02:54:10.75	+00:59:50 (34.4%)	7:34	7.9 (65.3%)
39	FRANCZYK Piotr	1424		M30	39	00:03:00	00:42:33	01:36:22	02:26:05		02:54:49.00	02:54:49.00	+01:00:28 (34.6%)	7:36	7.9 (65.3%)
40	WIDZ Łukasz	1072	POTRENUJEMY?	M30	40	00:00:47	00:38:47	01:38:19	02:27:36		02:55:23.55	02:55:23.55	+01:01:03 (34.8%)	7:37	7.9 (65.3%)
41	CZARNECKI Konrad	1257	KIEDYŚ TO BYŁO	M30	41		00:43:48	01:39:19	02:25:25		02:56:30.65	02:56:30.65	+01:02:10 (35.2%)	7:40	7.8 (64.5%)
42	FRĄCZEK Dariusz	1265		M30	42	00:02:52	00:45:24	01:42:31	02:28:41		02:56:36.40	02:56:36.40	+01:02:16 (35.3%)	7:40	7.8 (64.5%)

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						2km	6.5km	13km	18.5km		23km	23km			
43	BARAŃSKI Jarek	1259	KIEDYŚ TO BYŁO	M30	43		02:25:29				02:56:40.90	02:56:40.90	+01:02:20 (35.3%)	7:40	7.8 (64.5%)
44	MOLASY Tomasz	1350	AKTYWNIE Z MOLKAMI	M30	44	00:02:51	00:43:57	01:40:06	02:28:58		02:57:53.25	02:57:53.25	+01:03:32 (35.7%)	7:44	7.8 (64.5%)
45	STACHNIUK Marcin	1244	CROSSFITTER CHEŁ,	M30	45	00:03:30	00:45:29	01:40:29	02:29:15		02:57:57.20	02:57:57.20	+01:03:36 (35.7%)	7:44	7.8 (64.5%)
46	KRASOWSKI Mateusz	1201		M30	46	00:01:32	00:42:24	01:40:16	02:29:53		02:58:26.25	02:58:26.25	+01:04:05 (35.9%)	7:45	7.7 (63.6%)
47	KRASOWSKI Łukasz	1200	PROSWIM	M30	47	00:01:32	00:42:30	01:40:18	02:29:52		02:58:27.20	02:58:27.20	+01:04:06 (35.9%)	7:45	7.7 (63.6%)
48	OŻÓG Paweł	1410		M30	48	00:02:46	00:46:07	01:40:09	02:30:02		02:59:05.05	02:59:05.05	+01:04:44 (36.2%)	7:47	7.7 (63.6%)
49	BOBUSIA Michał	1416	AZS PWSZ KROSNO	M30	49	00:01:30	00:40:51	01:39:21	02:28:48		02:59:08.10	02:59:08.10	+01:04:47 (36.2%)	7:47	7.7 (63.6%)
50	OWOC Krystian	1457		M30	50	00:03:09	00:44:24	01:37:25	02:29:18		02:59:12.45	02:59:12.45	+01:04:52 (36.2%)	7:47	7.7 (63.6%)
51	PARYS Michał	1445		M30	51	00:01:24	00:39:31	01:38:55	02:30:34		02:59:16.20	02:59:16.20	+01:04:55 (36.2%)	7:47	7.7 (63.6%)
52	ŁOKIETEK Michał	1290	NOWOSOLSCY BIMBROWNICY	M30	52	00:02:11	00:50:02	01:48:52	02:34:35		02:59:59.20	02:59:59.20	+01:05:38 (36.5%)	7:49	7.7 (63.6%)
53	ZAKRZEWSKI Szymon	1161		M30	53	00:03:17	00:46:34	01:41:19	02:28:39		03:00:41.55	03:00:41.55	+01:06:21 (36.7%)	7:51	7.6 (62.8%)
54	PISKADŁO Jacek	1232	NOWY STYL GROUP RUNNING TEAM	M30	54	00:02:23	00:44:40	01:43:27	02:33:24		03:01:46.75	03:01:46.75	+01:07:26 (37.1%)	7:54	7.6 (62.8%)
55	PACZYŃSKI Kamil	1222		M30	55	00:01:56	00:43:21	01:40:24	02:34:35		03:03:05.50	03:03:05.50	+01:08:45 (37.6%)	7:57	7.5 (62.0%)
56	CZENCZEK Krystian	1395	CUTLINE	M30	56		00:51:31	01:47:17	02:38:39		03:04:58.45	03:04:58.45	+01:10:38 (38.2%)	8:02	7.5 (62.0%)
57	GRYNIENKO Paweł	2154		M30	57	00:03:22	00:47:20	01:46:23	02:36:48		03:06:30.50	03:06:30.50	+01:12:10 (38.7%)	8:06	7.4 (61.2%)
58	KURKOWIAK Krzysztof	1097	WKURW_TEAM	M30	58	00:01:51	00:44:14	01:45:26	02:38:38		03:07:20.25	03:07:20.25	+01:12:59 (39.0%)	8:08	7.4 (61.2%)
59	SUSZEK Damian	1176	LALUS SQUAD	M30	59	00:02:45	00:50:06	01:51:31	02:40:23		03:07:47.00	03:07:47.00	+01:13:26 (39.1%)	8:09	7.3 (60.3%)
60	IWANIEC Piotr	1292	BIEGANIE SZYDERCÓW	M30	60	00:03:32	00:46:50	01:45:38	02:37:57		03:07:58.00	03:07:58.00	+01:13:37 (39.2%)	8:10	7.3 (60.3%)
61	DROZD Piotr	1336	SOLINA TEAM	M30	61	00:01:53	00:47:31	01:48:29	02:39:23		03:08:07.70	03:08:07.70	+01:13:47 (39.2%)	8:10	7.3 (60.3%)
62	GRZESIK Michał	1062		M30	62	00:02:57	00:47:13	01:51:19	02:40:26		03:08:28.20	03:08:28.20	+01:14:07 (39.3%)	8:11	7.3 (60.3%)
63	SKRZYPEK Krzysztof	611	KLINCZU TEAM	M30	63	00:02:41	00:47:54	01:47:40	02:39:12		03:08:40.15	03:08:40.15	+01:14:19 (39.4%)	8:12	7.3 (60.3%)
64	ZAWADZKI Grzegorz	1065	KLUB SPORTOWY PRESTIGE RZESZÓW	M30	64	00:03:31	00:50:18	01:53:00	02:42:12		03:08:57.10	03:08:57.10	+01:14:36 (39.5%)	8:12	7.3 (60.3%)
65	BODNIAK Tomasz	1112		M30	65	00:01:49	00:47:32	01:49:12	02:39:58		03:09:02.65	03:09:02.65	+01:14:42 (39.5%)	8:13	7.3 (60.3%)
66	ŚWIĘCICKI Samuel	1309	TEAM REMMERS	M30	66	00:01:02	00:44:45	01:46:54	02:39:55		03:10:30.25	03:10:30.25	+01:16:09 (40.0%)	8:16	7.2 (59.5%)
67	SMURA Rafał	1109		M30	67	00:03:25	00:55:44	01:56:48	02:44:27		03:11:04.20	03:11:04.20	+01:16:43 (40.2%)	8:18	7.2 (59.5%)

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68	OKRÓJ Dawid	1110	DEAF RUNNING	M30	68	00:00:36	00:42:04	01:47:52	02:43:05		03:13:28.70	03:13:28.70	+01:19:08 (40.9%)	8:24	7.1 (58.7%)
69	KAIM Mariusz	1174	ZAKRZOWIEC TEAM CHALLENGE	M30	69	00:01:08	00:46:11	01:56:01	02:45:53		03:13:32.15	03:13:32.15	+01:19:11 (40.9%)	8:24	7.1 (58.7%)
70	SOBCZAK Zbigniew	1221	MAZURSKI WILK	M30	70						03:13:40.00	03:13:40.00	+01:19:19 (41.0%)	8:25	7.1 (58.7%)
71	HERMAN Ireneusz	1323	LECA Z SIEMIANOWIC	M30	71	00:01:29	00:45:19	01:54:02	02:44:30		03:14:18.15	03:14:18.15	+01:19:57 (41.2%)	8:26	7.1 (58.7%)
72	POSIM Tomasz	1319	MIWIDO	M30	72	00:02:42	00:50:28	01:51:57	02:45:34		03:15:20.05	03:15:20.05	+01:20:59 (41.5%)	8:29	7.1 (58.7%)
73	BŁASZCZAK Błażej	1299		M30	73	00:01:36	00:47:09	01:52:04	02:46:23		03:15:36.50	03:15:36.50	+01:21:16 (41.5%)	8:30	7.1 (58.7%)
74	JANIK Łukasz	1377		M30	74	00:02:14	00:46:23	01:54:47	02:46:22		03:16:47.00	03:16:47.00	+01:22:26 (41.9%)	8:33	7 (57.9%)
75	DĄBRÓWKA Radosław	1361	FUNDACJA LATARNIA	M30	75	00:02:14	00:44:27	01:54:45	02:46:23		03:17:13.65	03:17:13.65	+01:22:53 (42.0%)	8:34	7 (57.9%)
76	GAWRON Piotr	1380	KB MCKIS JAWORZNO	M30	76	00:03:38	00:47:08	02:03:36	02:52:21		03:17:17.50	03:17:17.50	+01:22:57 (42.0%)	8:34	7 (57.9%)
77	KRAL Sebastian	1379		M30	77	00:03:38	00:45:40	02:02:18	02:52:23		03:19:17.25	03:19:17.25	+01:24:56 (42.6%)	8:39	6.9 (57.0%)
78	SOBCZAK Maciej	1129	RAZEM TRENUJEMY SPORT	M30	78	00:01:28	00:47:08	01:52:08	02:48:18		03:19:31.50	03:19:31.50	+01:25:11 (42.7%)	8:40	6.9 (57.0%)
79	MOTYKA Adam	1403		M30	79		00:57:06	01:57:13	02:51:49		03:23:35.00	03:23:35.00	+01:29:14 (43.8%)	8:51	6.8 (56.2%)
80	KALWARA Maciej	1353		M30	80	00:03:31	00:51:32	01:55:19	02:50:51		03:23:37.45	03:23:37.45	+01:29:17 (43.8%)	8:51	6.8 (56.2%)
81	KOZIOŁ Łukasz	1036		M30	81	00:02:23	00:48:12	01:57:28	02:53:23		03:24:09.55	03:24:09.55	+01:29:49 (44.0%)	8:52	6.8 (56.2%)
82	KIN Rafał	1211	AZS PWSZ KROSNO	M30	82	00:02:31	00:52:24	01:57:46	02:55:10		03:26:25.20	03:26:25.20	+01:32:04 (44.6%)	8:58	6.7 (55.4%)
83	SIERADZKI Dariusz	1024		M30	83	00:03:09	00:48:11	02:07:44	02:56:50		03:26:46.85	03:26:46.85	+01:32:26 (44.7%)	8:59	6.7 (55.4%)
84	DZIANO Łukasz	1014		M30	84	00:02:00	00:51:30	02:14:01	02:58:49		03:26:48.10	03:26:48.10	+01:32:27 (44.7%)	8:59	6.7 (55.4%)
85	BUBICZ Krzysztof	1045	WKURW_TEAM	M30	85	00:02:44	00:50:08	02:02:15	02:56:23		03:29:33.50	03:29:33.50	+01:35:13 (45.4%)	9:06	6.6 (54.5%)
86	DOMANSKI Jarek	1168	GAZELE NA STARCIE	M30	86	00:02:59	00:54:49	01:59:55	02:58:45		03:29:33.60	03:29:33.60	+01:35:13 (45.4%)	9:06	6.6 (54.5%)
87	NIEMIEC Tomasz	1298	NH TEAM	M30	87	00:00:53	00:44:21	01:53:10	02:53:20		03:29:35.35	03:29:35.35	+01:35:15 (45.4%)	9:06	6.6 (54.5%)
88	FEDAN Łukasz	1079		M30	88	00:02:44	00:50:16	02:03:45	02:59:02		03:31:17.85	03:31:17.85	+01:36:57 (45.9%)	9:11	6.5 (53.7%)
89	SZEPIELAK Dawid	1246	BIEGANIE SZYDERCÓW	M30	89	00:03:28	00:52:54	01:59:14	02:58:19		03:31:27.55	03:31:27.55	+01:37:07 (45.9%)	9:11	6.5 (53.7%)
90	MOCIO Michał	1362	PRZEMYSKIE SERCA	M30	90	00:02:50	00:50:53	01:57:40	02:58:04		03:32:45.95	03:32:45.95	+01:38:25 (46.3%)	9:15	6.5 (53.7%)
91	WOCH Sławomir	1422		M30	91	00:03:29	00:55:50	02:02:12	03:00:31		03:34:59.40	03:34:59.40	+01:40:39 (46.8%)	9:20	6.4 (52.9%)
92	GOŁOŚ Michał	1347	CORPORA EX ARMARIO	M30	92	00:02:15	00:52:32	02:01:48	03:00:41		03:36:41.00	03:36:41.00	+01:42:20 (47.2%)	9:25	6.4 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
93	WIŚNIEWSKI Piotr	1427	PIOTR WIŚNIEWSKI DOUBLE DIGIT	M30	93	00:03:42	00:52:35	02:02:29	03:01:20		03:36:44.60	03:36:44.60	+01:42:24 (47.2%)	9:25	6.4 (52.9%)
94	PELCZAR Jakub	1337		M30	94	00:02:06	00:52:16	02:03:22	03:02:25		03:37:02.00	03:37:02.00	+01:42:41 (47.3%)	9:26	6.4 (52.9%)
95	WOŹNY Łukasz	1216		M30	95	00:03:16	00:51:37	02:06:23	03:00:04		03:37:04.45	03:37:04.45	+01:42:44 (47.3%)	9:26	6.4 (52.9%)
96	CHORBIŃSKI Krystian	1338		M30	96	00:02:06	00:52:17	02:03:22	03:02:27		03:37:12.40	03:37:12.40	+01:42:52 (47.4%)	9:26	6.4 (52.9%)
97	MATUSZAK Jakub	1061	NOWOCZESNYSPORT.PL	M30	97	00:03:16	00:51:38	02:06:29	03:00:05		03:38:01.40	03:38:01.40	+01:43:41 (47.6%)	9:28	6.3 (52.1%)
98	KĘDZIOR Michał	1052	DRUŻYNA SZPIKU	M30	98	00:03:16	00:51:39	02:06:23	03:00:05		03:38:03.00	03:38:03.00	+01:43:42 (47.6%)	9:28	6.3 (52.1%)
99	KASPROWICZ Piotr	1439	FUN&RUN	M30	99	00:03:22	00:48:18	02:00:29	03:06:48		03:39:19.80	03:39:19.80	+01:44:59 (47.9%)	9:32	6.3 (52.1%)
100	CHOMIUK Adrian	1325	BIAŁA PODLASKA	M30	100	00:01:51	00:52:55	02:11:11	03:08:40		03:40:35.70	03:40:35.70	+01:46:15 (48.2%)	9:35	6.3 (52.1%)
101	CHYŁAK Paweł	1054		M30	101	00:01:46	00:47:15	02:00:19	03:04:17		03:42:28.25	03:42:28.25	+01:48:07 (48.6%)	9:40	6.2 (51.2%)
102	SZLICHTYNG Łukasz	1279	CROSSFITTER BOX CHEŁM	M30	102	00:03:34	00:51:26	01:58:46	03:04:28		03:42:38.00	03:42:38.00	+01:48:17 (48.6%)	9:40	6.2 (51.2%)
103	NOWOSADZKI Wojciech	1208		M30	103	00:02:33	00:55:54	02:04:35	03:08:03		03:42:41.85	03:42:41.85	+01:48:21 (48.7%)	9:40	6.2 (51.2%)
104	KUTKOWSKI Jan	1401	HYUNDAI RADOM	M30	104	00:02:38	00:50:52	02:03:42	03:08:06		03:44:45.00	03:44:45.00	+01:50:24 (49.1%)	9:46	6.1 (50.4%)
105	NALEPA Tomasz	1291		M30	105	00:01:17	00:48:07	02:03:19	03:10:56		03:45:12.90	03:45:12.90	+01:50:52 (49.2%)	9:47	6.1 (50.4%)
106	MAGOŃ Łukasz	1415	HUSARIA RACE TEAM	M30	106	00:02:00	00:55:22	02:10:27	03:05:47		03:45:41.80	03:45:41.80	+01:51:21 (49.3%)	9:48	6.1 (50.4%)
107	NAKONIECZNY Jacek	1367	SII POWER PEOPLE	M30	107	00:03:19	00:55:06	02:14:36	03:11:57		03:46:34.20	03:46:34.20	+01:52:13 (49.5%)	9:51	6.1 (50.4%)
108	KAJCA Jakub	1318	ESKIE STARS	M30	108	00:03:47	01:06:00	02:19:16	03:16:20		03:49:03.20	03:49:03.20	+01:54:42 (50.1%)	9:57	6 (49.6%)
109	IWANEK Sebastian	1069	BIEGUSIEM.PL	M30	109	00:02:41	00:52:23	02:13:49	03:16:34		03:52:39.45	03:52:39.45	+01:58:19 (50.9%)	10:06	5.9 (48.8%)
110	DRZAŁ Damian	1258		M30	110	00:01:18	00:48:05	02:03:20	03:11:20		03:53:45.85	03:53:45.85	+01:59:25 (51.1%)	10:09	5.9 (48.8%)
111	LESZCZYŃSKI Aleksander	1189	WKURW_TEAM	M30	111	00:03:02	00:58:48	02:13:34	03:17:12		03:55:52.90	03:55:52.90	+02:01:32 (51.5%)	10:15	5.9 (48.8%)
112	CHOLEWA Łukasz	1053		M30	112	00:02:16	00:55:16	02:23:20	03:25:21		04:01:29.40	04:01:29.40	+02:07:09 (52.7%)	10:29	5.7 (47.1%)
113	WÓJCIK Łukasz	1355	CYTRYNOWE CURRY???	M30	113	00:03:45	00:59:58	02:14:37	03:22:26		04:06:33.40	04:06:33.40	+02:12:13 (53.6%)	10:43	5.6 (46.3%)
114	SKOWROŃ Jakub	1009		M30	114	00:02:44	00:59:02	02:20:23	03:28:11		04:11:03.45	04:11:03.45	+02:16:43 (54.5%)	10:54	5.5 (45.5%)
115	KRZYCH Marcin	1038	POLSOURCE	M30	115	00:02:24	01:00:57	02:19:47	03:31:29		04:13:52.00	04:13:52.00	+02:19:31 (55.0%)	11:02	5.4 (44.6%)