VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

Wydarzenie: Zimowy Maraton Bieszczadzki 2020
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-01-25
Miejsce: Cisna
Dystans: 23 km

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	**GAWLIK Sławek**	**1005**	DYNAFIT TEAM POLAND	M30	1	00:25:32	00:53:51	01:19:39		**01:33:23.10**	**01:33:23.85**		4:03	14.8 (100%)
2	**ŁAGUNA Kacper**	**1180**		M30	2	00:25:38	00:54:29	01:21:13		**01:35:15.55**	**01:35:23.90**	+00:02:00 (2.1%)	4:08	14.5 (98.0%)
3	**KANIA Michał**	**1004**	ADIDAS RUNNERS WARSAW	M20	1	00:26:01	00:56:33	01:23:05		**01:36:57.30**	**01:36:59.70**	+00:03:35 (3.7%)	4:12	14.2 (95.9%)
4	**KRUPA Paweł**	**1008**	STALOWOWOLSKI KLUB BIEGACZA	M40	1	00:27:25	00:57:29	01:23:45		**01:38:24.95**	**01:38:29.20**	+00:05:05 (5.2%)	4:16	14 (94.6%)
5	**TRACZ Łukasz**	**1320**	WWW.TRENINGFIZJOTERAPIA/AQUAREH	M30	3	00:27:30	00:58:12	01:25:16		**01:39:04.55**	**01:39:06.05**	+00:05:42 (5.8%)	4:18	13.9 (93.9%)
6	**WĄCHAŁA Łukasz**	**1336**		M20	2	00:28:24	00:58:54	01:25:21		**01:39:07.75**	**01:39:12.80**	+00:05:48 (5.9%)	4:18	13.9 (93.9%)
7	**CZERWIAK Mateusz**	**1052**	KW KRAKÓW	M30	4	00:26:53	00:57:47	01:25:18		**01:40:29.00**	**01:40:33.35**	+00:07:09 (7.1%)	4:22	13.7 (92.6%)
8	**PAWŁOWSKI Arkadiusz**	**1246**	ROCK&RUN	M30	5	00:28:38	01:00:16	01:27:52		**01:42:03.10**	**01:42:06.30**	+00:08:42 (8.5%)	4:26	13.5 (91.2%)
9	**KURYŁOWICZ Michał**	**1159**		M40	2	00:27:16	00:58:29	01:26:50		**01:42:21.75**	**01:42:26.30**	+00:09:02 (8.8%)	4:27	13.5 (91.2%)
10	**DUDZIK Łukasz**	**1006**	GÓRAL BIEGA	M30	6	00:27:43	00:59:04	01:27:55		**01:42:46.70**	**01:42:48.60**	+00:09:24 (9.2%)	4:28	13.4 (90.5%)
11	**SMOLIK Bartosz**	**1289**	TURASZÓWKA	M20	3	00:28:42	01:00:40	01:29:35		**01:44:36.35**	**01:44:38.65**	+00:11:14 (10.7%)	4:32	13.2 (89.2%)
12	**JAGIEŁKA Mateusz**	**1101**	JERZYK TEAM	M20	4	00:28:30	01:00:24	01:29:22		**01:45:08.65**	**01:45:22.50**	+00:11:58 (11.4%)	4:34	13.1 (88.5%)
13	**MIKOŁAJCZUK Grzegorz**	**1212**	YULO RUN TEAM SIEDLCE	M40	3	00:28:58	01:00:27	01:29:50		**01:45:33.95**	**01:45:38.90**	+00:12:15 (11.6%)	4:35	13.1 (88.5%)
14	**JARMOLIŃSKI Piotr**	**1002**	MARCINŚWIERCTEAM	M40	4	00:29:08	01:01:31	01:30:36		**01:45:56.70**	**01:45:58.60**	+00:12:34 (11.9%)	4:36	13 (87.8%)
15	**KOSTKA Janusz**	**1144**	POSMAKUJ RUN TEAM	M50	1	00:28:39	01:01:42	01:31:18		**01:46:35.35**	**01:46:39.10**	+00:13:15 (12.4%)	4:38	12.9 (87.2%)
16	**BRENDZOWSKI Adam**	**1035**	SOLINA TEAM / RUNONLINE.PL TEAM	M30	7	00:29:27	01:02:19	01:31:33		**01:46:51.45**	**01:46:59.00**	+00:13:35 (12.7%)	4:38	12.9 (87.2%)
17	**CELMER Piotr**	**1043**	CTS TRIWAWA	M40	5	00:28:52	01:01:59	01:31:33		**01:47:07.75**	**01:47:11.65**	+00:13:47 (12.9%)	4:39	12.9 (87.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
18	**BRYL Marcin**	**1038**	ADIDAS RUNNERS WARSAW	M40	6	00:30:02	01:03:31	01:32:16		**01:47:37.10**	**01:47:50.15**	+00:14:26 (13.4%)	4:40	12.8 (86.5%)
19	**SKOTNICZNY Michał**	**1285**	EUROCLEAR RUNNING TEAM	M30	8	00:29:08	01:02:22	01:33:12		**01:49:23.85**	**01:49:29.20**	+00:16:05 (14.7%)	4:45	12.6 (85.1%)
20	**WETHACZ Dariusz**	**1339**	LOKOMOTIV MAJDAN	M30	9	00:29:44	01:02:49	01:34:07		**01:50:10.35**	**01:50:16.35**	+00:16:52 (15.3%)	4:47	12.5 (84.5%)
21	**MATYSIAK Tomasz**	**1204**	CTS	M40	7	00:28:54	01:03:41	01:34:38		**01:50:17.70**	**01:50:21.65**	+00:16:57 (15.4%)	4:47	12.5 (84.5%)
22	**BIGAS Jakub**	**1022**		M30	10	00:30:13	01:04:18	01:34:26		**01:49:56.80**	**01:50:25.35**	+00:17:01 (15.4%)	4:46	12.6 (85.1%)
23	**WĘGLIŃSKI Mikołaj**	**1341**		M30	11	00:28:41	01:01:31	01:32:07		**01:50:13.30**	**01:50:45.65**	+00:17:21 (15.7%)	4:47	12.5 (84.5%)
24	**LECKI Mateusz**	**1170**	TEAM BIEGOWY SZCZECINEK	M30	12	00:29:57	01:04:25	01:34:41		**01:50:25.70**	**01:50:46.80**	+00:17:22 (15.7%)	4:48	12.5 (84.5%)
25	**DYMON Bartłomiej**	**1064**	BIEGAJ-ZAPOBIEGAJ	M40	8	00:29:56	01:03:32	01:34:31		**01:50:36.85**	**01:50:52.85**	+00:17:29 (15.8%)	4:48	12.5 (84.5%)
26	**BEM Jakub**	**1395**	NH TEAM	M20	5	00:29:09	01:02:33	01:35:16		**01:50:53.85**	**01:50:53.85**	+00:17:30 (15.8%)	4:49	12.4 (83.8%)
27	**WAŁDOWSKI Dominik**	**1329**	XRUNNERS	M40	9	00:30:04	01:03:45	01:34:49		**01:51:20.85**	**01:51:42.95**	+00:18:19 (16.4%)	4:50	12.4 (83.8%)
28	**ZALEWSKI Bartłomiej**	**1359**	BBL ZDUŃSKA WOLA	M40	10	00:31:44	01:05:58	01:36:15		**01:51:55.40**	**01:52:01.50**	+00:18:37 (16.6%)	4:51	12.3 (83.1%)
29	**ZUBIK Michal**	**1368**	LUBELSKA GRUPA TRIATHLONU	M40	11	00:31:01	01:05:53	01:36:20		**01:52:03.00**	**01:52:33.75**	+00:19:09 (17.0%)	4:52	12.3 (83.1%)
30	**WIĘCH Piotr**	**1382**		M30	13	00:30:14	01:05:06	01:36:16		**01:52:26.10**	**01:52:44.40**	+00:19:20 (17.2%)	4:53	12.3 (83.1%)
31	**STEPANIUK Adam**	**1301**	CHEŁM BIEGA	M40	12	00:31:04	01:05:58	01:36:38		**01:52:33.55**	**01:52:52.75**	+00:19:28 (17.3%)	4:53	12.3 (83.1%)
32	**ŻMUDZIEJEWSKI Jakub**	**1369**	WM TRISELF	M30	14	00:31:07	01:05:06	01:35:51		**01:51:50.15**	**01:53:18.45**	+00:19:54 (17.6%)	4:51	12.3 (83.1%)
33	**ŚWIĄDER Mirosław**	**1313**	INTEL RUNNERS/RUNPASSION.PL TEAM	M50	2	00:30:16	01:04:34	01:36:14		**01:53:45.75**	**01:53:56.55**	+00:20:32 (18.0%)	4:56	12.1 (81.8%)
34	**ZIOBROWSKI Łukasz**	**1365**		M40	13	00:30:20	01:04:39	01:36:45		**01:55:21.00**	**01:55:26.85**	+00:22:03 (19.1%)	5:00	12 (81.1%)
35	**LATOSZEK Rafał**	**1168**	CTS	M40	14	00:32:04	01:08:41	01:40:30		**01:56:18.15**	**01:56:22.85**	+00:22:59 (19.7%)	5:03	11.9 (80.4%)
36	**SZCZOT Andrzej**	**1384**		M40	15	00:31:39	01:07:45	01:39:40		**01:56:46.70**	**01:56:56.65**	+00:23:32 (20.1%)	5:04	11.8 (79.7%)
37	**HEJNAR Jakub**	**1093**		M30	15	00:33:15	01:06:50	01:38:27		**01:55:03.60**	**01:57:00.30**	+00:23:36 (20.2%)	5:00	12 (81.1%)
38	**GÓRAK Grzegorz**	**1082**	BIEGAM BO LUBIĘ WYZWANIA	M40	16	00:31:54	01:07:52	01:39:50		**01:56:45.65**	**01:57:00.90**	+00:23:37 (20.2%)	5:04	11.8 (79.7%)
39	**ŁOBODOWSKI Marcin**	**1184**	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	16	00:30:23	01:06:31	01:39:52		**01:57:40.45**	**01:57:40.45**	+00:24:16 (20.6%)	5:06	11.7 (79.1%)
40	**GARDZIEL Jerzy**	**1396**		M40	17	00:32:58	01:09:55	01:41:49		**01:58:05.90**	**01:58:19.45**	+00:24:55 (21.1%)	5:08	11.7 (79.1%)
41	**KARDASZ Marek**	**1118**	SOLINA TEAM	M40	18	00:32:46	01:10:29	01:43:17		**01:59:33.05**	**01:59:41.90**	+00:26:18 (22.0%)	5:11	11.5 (77.7%)
42	**KRUPA Grzegorz**	**1383**	KB SOBÓTKA	M40	19	00:31:40	01:08:08	01:42:24		**02:00:13.65**	**02:00:23.60**	+00:26:59 (22.4%)	5:13	11.5 (77.7%)

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43	**PRÜFER Paweł**	**1263**		M40	20	00:31:47	01:10:34	01:41:49		**01:59:58.45**	**02:00:38.40**	+00:27:14 (22.6%)	5:13	11.5 (77.7%)
44	**ŁASTOWIECKI Radosław**	**1181**	KS BARAKUDA MIŃSK MAZOWIECKI	M40	21	00:34:18	01:12:41	01:44:29		**02:00:21.65**	**02:01:04.15**	+00:27:40 (22.9%)	5:14	11.5 (77.7%)
45	**SAŁEK Mateusz**	**1276**	ADIDAS RUNNERS WARSAW	M20	6	00:34:23	01:12:16	01:45:05		**02:01:34.10**	**02:01:47.65**	+00:28:23 (23.3%)	5:17	11.4 (77.0%)
46	**BOJDO Kamil**	**1028**	STOP ZWOLNIENIOM Z WFU	M20	7	00:33:20	01:11:11	01:43:47		**02:00:57.25**	**02:02:02.50**	+00:28:38 (23.5%)	5:15	11.4 (77.0%)
47	**ŚLIWIŃSKI Andrzej**	**1311**		M60	1	00:33:00	01:11:34	01:45:04		**02:02:07.90**	**02:02:13.65**	+00:28:49 (23.6%)	5:18	11.3 (76.4%)
48	**RAJS Michał**	**1270**		M30	17	00:32:41	01:10:40	01:43:35		**02:01:50.95**	**02:03:02.45**	+00:29:38 (24.1%)	5:17	11.3 (76.4%)
49	**WOŁOSZYN Artur**	**1352**		M30	18	00:35:07	01:12:51	01:46:15		**02:03:13.50**	**02:03:22.30**	+00:29:58 (24.3%)	5:21	11.2 (75.7%)
50	**KALBARCZYK Wojciech**	**1113**	ADIDAS RUNNERS WARSAW	M30	19	00:34:22	01:12:14	01:45:50		**02:03:12.70**	**02:03:27.20**	+00:30:03 (24.3%)	5:21	11.2 (75.7%)
51	**CIEPIELA Patryk**	**1047**	NOWA HUTA TEAM	M30	20	00:36:37	01:15:19	01:46:41		**02:02:58.15**	**02:03:59.00**	+00:30:35 (24.7%)	5:20	11.2 (75.7%)
52	**PAWLIK Robert**	**1244**		M40	22	00:33:53	01:11:43	01:45:46		**02:04:20.10**	**02:04:33.35**	+00:31:09 (25.0%)	5:24	11.1 (75.0%)
53	**SOLAREWICZ Tomasz**	**1293**		M40	23	00:34:24	01:14:19	01:47:27		**02:04:46.55**	**02:05:30.10**	+00:32:06 (25.6%)	5:25	11.1 (75.0%)
54	**OSZYWA Damian**	**1231**	DAMCZI RUN	M30	21	00:34:20	01:13:36	01:47:18		**02:05:16.65**	**02:05:38.95**	+00:32:15 (25.7%)	5:26	11 (74.3%)
55	**GĄSECKI Daniel**	**1386**	AKTYWNY DYNÓW	M40	24	00:35:04	01:14:21	01:47:37		**02:05:15.40**	**02:05:42.80**	+00:32:18 (25.7%)	5:26	11 (74.3%)
56	**ORGAN Michał**	**1374**		M30	22	00:33:41	01:11:25	01:46:45		**02:05:13.95**	**02:06:01.85**	+00:32:38 (25.9%)	5:26	11 (74.3%)
57	**JAGIEŁKA Krzysztof**	**1100**	JERZYK TEAM	M50	3	00:34:56	01:14:47	01:48:05		**02:05:56.50**	**02:06:28.40**	+00:33:04 (26.2%)	5:28	11 (74.3%)
58	**BORYCKI Artur**	**1033**	TGR	M40	25	00:36:44	01:15:01	01:47:21		**02:05:03.40**	**02:07:07.60**	+00:33:43 (26.5%)	5:26	11 (74.3%)
59	**TATARA Mateusz**	**1317**	RUN-G	M30	23	00:32:27	01:09:22	01:45:20		**02:05:42.60**	**02:07:53.25**	+00:34:29 (27.0%)	5:27	11 (74.3%)
60	**HENKELMANN Daniel**	**1094**	VEGE RUNNERS	M40	26	00:35:49	01:15:14	01:48:56		**02:06:04.20**	**02:08:06.45**	+00:34:42 (27.1%)	5:28	10.9 (73.6%)
61	**BASIAK Michał**	**1016**		M20	8	00:35:14	01:15:37	01:50:27		**02:07:53.45**	**02:08:24.15**	+00:35:00 (27.3%)	5:33	10.8 (73.0%)
62	**POGORZELSKI Mariusz**	**1376**		M40	27	00:35:10	01:15:33	01:50:31		**02:08:40.60**	**02:09:11.90**	+00:35:48 (27.7%)	5:35	10.7 (72.3%)
63	**ISKRA Grzegorz**	**1390**	KP PSP STRZYŻÓW	M30	24	00:35:02	01:15:00	01:50:29		**02:08:57.40**	**02:09:57.15**	+00:36:33 (28.1%)	5:36	10.7 (72.3%)
64	**SZNAJDER Jarosław**	**1306**		M50	4	00:33:40	01:15:02	01:51:58		**02:10:33.15**	**02:10:52.10**	+00:37:28 (28.6%)	5:40	10.6 (71.6%)
65	**DWERNICKI Wiktor**	**1062**		M30	25	00:34:01	01:15:29	01:51:21		**02:10:25.65**	**02:10:59.85**	+00:37:36 (28.7%)	5:40	10.6 (71.6%)
66	**MATUSZ Tadeusz**	**1201**		M40	28	00:36:33	01:16:10	01:51:53		**02:11:02.65**	**02:11:34.55**	+00:38:10 (29.0%)	5:41	10.5 (70.9%)
67	**SIEŃKO Łukasz**	**1281**		M30	26	00:35:29	01:15:13	01:51:37		**02:11:15.15**	**02:11:45.25**	+00:38:21 (29.1%)	5:42	10.5 (70.9%)

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68	**GARUS Łukasz**	**1075**		M30	27	00:35:08	01:15:03	01:52:18		**02:11:22.65**	**02:11:54.25**	+00:38:30 (29.2%)	5:42	10.5 (70.9%)
69	**SŁABOŃ Mariusz**	**1287**	KIWK-A BIEGA	M40	29	00:35:40	01:17:05	01:53:03		**02:11:33.65**	**02:11:55.65**	+00:38:31 (29.2%)	5:43	10.5 (70.9%)
70	**LIANA Tomasz**	**1174**		M20	9	00:37:49	01:17:39	01:52:43		**02:10:44.15**	**02:12:06.85**	+00:38:43 (29.3%)	5:41	10.6 (71.6%)
71	**DROZDOWICZ Michal**	**1057**		M40	30	00:34:34	01:14:49	01:52:47		**02:12:18.85**	**02:12:36.20**	+00:39:12 (29.6%)	5:45	10.4 (70.3%)
72	**DRĄŻEK Sławomir**	**1378**		M40	31	00:36:55	01:17:52	01:54:03		**02:12:51.55**	**02:13:02.40**	+00:39:38 (29.8%)	5:46	10.4 (70.3%)
73	**BARTOSIEWICZ Adam**	**1014**	OCR POLSKA	M40	32	00:37:02	01:18:32	01:54:12		**02:13:18.55**	**02:13:40.80**	+00:40:16 (30.1%)	5:47	10.4 (70.3%)
74	**HALUCH Lukasz**	**1092**	POKER TO NIE HAZARD	M30	28	00:37:40	01:18:44	01:53:50		**02:12:22.25**	**02:13:46.00**	+00:40:22 (30.2%)	5:45	10.4 (70.3%)
75	**TRZCIELIŃSKI Roman**	**1322**	PSY WARSZAWA	M60	2	00:35:30	01:17:39	01:53:45		**02:13:29.05**	**02:13:57.00**	+00:40:33 (30.3%)	5:48	10.3 (69.6%)
76	**GACEK Michał**	**1073**		M30	29	00:36:02	01:14:19	01:51:38		**02:13:06.45**	**02:14:04.05**	+00:40:40 (30.3%)	5:47	10.4 (70.3%)
77	**FEDAN Łukasz**	**1070**		M30	30	00:35:27	01:16:51	01:53:18		**02:13:31.30**	**02:14:14.90**	+00:40:51 (30.4%)	5:48	10.3 (69.6%)
78	**WITKOWSKI Witold**	**1348**		M40	33	00:35:56	01:18:45	01:53:55		**02:13:47.70**	**02:15:02.75**	+00:41:38 (30.8%)	5:49	10.3 (69.6%)
79	**WYSKIEL Dominik**	**1356**	AKTYWNY DYNOW	M30	31	00:36:06	01:18:47	01:55:22		**02:14:52.30**	**02:15:22.55**	+00:41:58 (31.0%)	5:51	10.2 (68.9%)
80	**RUSZCZYK Marek**	**1275**		M40	34	00:35:12	01:16:52	01:54:46		**02:14:38.05**	**02:15:24.35**	+00:42:00 (31.0%)	5:51	10.3 (69.6%)
81	**MUCHA Łukasz**	**1216**	DUSZPASTERSTWO AKADEMICKIE RADOM	M20	10	00:35:07	01:15:28	01:54:20		**02:15:13.25**	**02:15:49.15**	+00:42:25 (31.2%)	5:52	10.2 (68.9%)
82	**MĄKA Wojciech**	**1209**	TRIWAWA	M40	35	00:37:41	01:19:11	01:57:06		**02:15:05.40**	**02:15:50.15**	+00:42:26 (31.2%)	5:52	10.2 (68.9%)
83	**PLUTA Sebastian**	**1256**	DZIKIE MUSTANGI	M40	36	00:36:52	01:17:30	01:54:40		**02:14:55.50**	**02:16:43.80**	+00:43:19 (31.7%)	5:51	10.2 (68.9%)
84	**POSPIECH Michał**	**1260**		M30	32	00:37:29	01:18:55	01:56:36		**02:15:22.75**	**02:17:06.05**	+00:43:42 (31.9%)	5:53	10.2 (68.9%)
85	**ILAVSKY Igor**	**1097**		M40	37	00:36:13	01:17:11	01:56:16		**02:17:29.10**	**02:17:53.05**	+00:44:29 (32.3%)	5:58	10 (67.6%)
86	**PRUSZKOWSKI Mariusz**	**1264**	CHEŁM BIEGA/CROSSFITTER BOX CHEŁM	M40	38	00:36:32	01:19:47	01:58:04		**02:17:46.75**	**02:18:19.35**	+00:44:55 (32.5%)	5:59	10 (67.6%)
87	**RADZIKOWSKI Krzysztof**	**1269**		M40	39	00:35:59	01:17:56	01:52:43		**02:10:51.60**	**02:18:27.60**	+00:45:03 (32.5%)	5:41	10.5 (70.9%)
88	**SOBCZAK Zbigniew**	**1290**	MAZURSKI WILK	M30	33	00:38:41	01:20:05	01:57:37		**02:17:03.40**	**02:18:27.75**	+00:45:03 (32.5%)	5:57	10.1 (68.2%)
89	**ŚCIBOR Adrian**	**1309**		M30	34	00:40:24	01:21:05	01:57:20		**02:16:17.40**	**02:18:32.55**	+00:45:08 (32.6%)	5:55	10.1 (68.2%)
90	**GALEWSKI Jacek**	**1074**	DRUŻYNA TVN	M40	40	00:39:29	01:22:27	01:58:49		**02:17:15.85**	**02:18:44.70**	+00:45:20 (32.7%)	5:58	10.1 (68.2%)
91	**NOWAKOWSKI Wiesław**	**1226**	-	M60	3	00:36:28	01:21:01	01:59:23		**02:18:37.55**	**02:18:47.55**	+00:45:23 (32.7%)	6:01	10 (67.6%)
92	**RADOMIŃSKI Tomasz**	**1267**	KS BARAKUDA MIŃSK MAZOWIECKI	M40	41	00:36:21	01:21:26	01:59:29		**02:18:10.50**	**02:18:52.80**	+00:45:28 (32.7%)	6:00	10 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
93	**WILAMOWSKI Daniel**	**1344**		M20	11	00:35:29	01:19:55	01:57:38		**02:17:49.60**	**02:19:18.00**	+00:45:54 (33.0%)	5:59	10 (67.6%)
94	**MAZANEK Michał**	**1205**		M20	12	00:36:53	01:19:15	01:57:49		**02:18:13.80**	**02:19:41.40**	+00:46:17 (33.1%)	6:00	10 (67.6%)
95	**RAPACZ Marcin**	**1271**	FUNDACJA TYLKO BIESZCZADY	M50	5	00:39:11	01:22:30	02:00:09		**02:20:05.85**	**02:20:33.15**	+00:47:09 (33.5%)	6:05	9.9 (66.9%)
96	**MATUSZAK Jakub**	**1202**	NOWOCZESNYSPORT.PL	M30	35	00:38:10	01:20:50	01:59:43		**02:19:23.70**	**02:20:33.55**	+00:47:09 (33.6%)	6:03	9.9 (66.9%)
97	**TOMASZEWSKI Marcin**	**1381**		M40	42	00:38:15	01:19:38	01:58:14		**02:19:20.80**	**02:20:45.05**	+00:47:21 (33.6%)	6:03	9.9 (66.9%)
98	**ROZMIAREK Sebastian**	**1273**		M20	13	00:35:03	01:14:35	01:54:55		**02:19:43.50**	**02:21:37.15**	+00:48:13 (34.1%)	6:04	9.9 (66.9%)
99	**KORNAGA Kamil**	**1140**	KS RUDNIANKA RUDNA WIELKA	M20	14	00:36:45	01:19:35	02:00:17		**02:22:08.90**	**02:23:44.15**	+00:50:20 (35.0%)	6:10	9.7 (65.5%)
100	**WILK Mariusz**	**1346**	DUSZPASTERSTWO AKADEMICKIE RADOM	M40	43	00:35:58	01:18:31	01:59:11		**02:23:11.35**	**02:23:47.25**	+00:50:23 (35.0%)	6:13	9.6 (64.9%)
101	**ŁABUZ Paweł**	**1177**	OVB ALLFINANZ R. CHUDZIAK-MAZUR	M40	44	00:40:09	01:24:32	02:02:21		**02:23:06.40**	**02:24:13.65**	+00:50:49 (35.2%)	6:13	9.6 (64.9%)
102	**RADWAN Andrzej**	**1394**	NH TEAM	M50	6	00:39:59	01:24:16	02:02:51		**02:24:00.85**	**02:25:03.35**	+00:51:39 (35.6%)	6:15	9.6 (64.9%)
103	**NOWAK Piotr**	**1224**		M30	36	00:39:40	01:23:37	02:03:13		**02:23:21.90**	**02:25:14.50**	+00:51:50 (35.7%)	6:14	9.6 (64.9%)
104	**ZUBA Rafał**	**1367**	BLACK RIVER	M20	15	00:38:46	01:24:39	02:02:48		**02:24:04.65**	**02:25:26.20**	+00:52:02 (35.8%)	6:15	9.6 (64.9%)
105	**MACH Aleksander**	**1187**	ATLANTIC	M50	7	00:41:34	01:27:10	02:03:10		**02:23:39.65**	**02:25:51.95**	+00:52:28 (36.0%)	6:14	9.6 (64.9%)
106	**CHLIPAŁA Marek**	**1045**		M30	37	00:36:08	01:20:35	02:02:34		**02:25:44.70**	**02:25:56.40**	+00:52:32 (36.0%)	6:20	9.5 (64.2%)
107	**GIERZ Bartłomiej**	**1079**	GO APTIV!	M30	38	00:30:49	01:12:45	01:47:49	00:20:00	**02:26:17.00**	**02:26:22.00**	+00:52:58 (36.2%)	5:29	10.9 (73.6%)
108	**WOJCIECHOWSKI Krzysztof**	**1350**	ULTRA ŁAŃCUT	M40	45	00:37:48	01:21:31	02:04:34		**02:26:14.70**	**02:26:25.20**	+00:53:01 (36.2%)	6:21	9.4 (63.5%)
109	**GOLBIAK Wojciech**	**1080**		M40	46	00:38:47	01:22:16	02:04:05		**02:25:48.15**	**02:26:27.40**	+00:53:03 (36.2%)	6:20	9.5 (64.2%)
110	**CHLEBIŃSKI Maciej**	**1044**	RZESZOWSKIE GAZELE I GEPARDY	M30	39	00:38:18	01:21:42	02:02:56		**02:25:16.70**	**02:27:02.55**	+00:53:38 (36.5%)	6:19	9.5 (64.2%)
111	**JURYŚ Sławomir**	**1112**	JSYSTEM	M40	47	00:40:42	01:27:59	02:06:09		**02:26:09.85**	**02:27:22.75**	+00:53:58 (36.6%)	6:21	9.4 (63.5%)
112	**BOJDA Paweł**	**1027**		M30	40	00:35:50	01:23:19	02:04:59		**02:28:18.75**	**02:28:24.30**	+00:55:00 (37.1%)	6:26	9.3 (62.8%)
113	**ZAMORSKI Zbigniew**	**1360**	BIEGIEM RADOM	M40	48	00:40:47	01:27:41	02:07:09		**02:26:33.15**	**02:28:46.35**	+00:55:22 (37.2%)	6:22	9.4 (63.5%)
114	**BIEDROŃ Artur**	**1020**	EP-HEART-TEAM	M40	49	00:40:49	01:27:40	02:07:10		**02:26:34.45**	**02:28:48.15**	+00:55:24 (37.2%)	6:22	9.4 (63.5%)
115	**KONIEC Mariusz**	**1137**	BONFIRE BONANZA	M30	41	00:39:36	01:23:20	02:05:10		**02:27:32.45**	**02:29:34.00**	+00:56:10 (37.6%)	6:24	9.4 (63.5%)
116	**ŁAWROWSKI Adolf**	**1373**		M60	4	00:37:57	01:23:18	02:03:49		**02:29:25.30**	**02:30:06.75**	+00:56:42 (37.8%)	6:29	9.2 (62.2%)
117	**JAKUBOWSKI Wiesław**	**1104**	ATP AUGUSTÓW	M50	8	00:40:03	01:27:04	02:07:22		**02:29:25.30**	**02:30:28.75**	+00:57:04 (37.9%)	6:29	9.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
118	**TOKARZ Marcin**	**1393**		M50	9	00:39:54	01:29:39	02:10:02		**02:30:41.25**	**02:31:06.80**	+00:57:42 (38.2%)	6:33	9.2 (62.2%)
119	**GRZYBOWSKI Artur**	**1089**	BONFIRE BONANZA	M30	42	00:37:24	01:23:23	02:05:34		**02:29:11.40**	**02:31:11.75**	+00:57:47 (38.2%)	6:29	9.3 (62.8%)
120	**SZADKOWSKI Paweł**	**1385**	NIGHT RUNNERS GLIWICE	M30	43	00:40:34	01:29:34	02:09:24		**02:29:36.15**	**02:31:14.00**	+00:57:50 (38.2%)	6:30	9.2 (62.2%)
121	**KUSTROŃ Adam**	**1161**	PULEX	M50	10	00:38:03	01:20:36	02:02:54		**02:30:26.50**	**02:32:07.00**	+00:58:43 (38.6%)	6:32	9.2 (62.2%)
122	**HABRAT Maciej**	**1091**	HABRAT TEAM	M40	50	00:38:19	01:26:24	02:08:32		**02:31:15.65**	**02:32:28.10**	+00:59:04 (38.7%)	6:34	9.1 (61.5%)
123	**MACIEJEWSKI Karol**	**1188**		M30	44	00:39:47	01:24:05	02:05:17		**02:31:08.40**	**02:32:43.85**	+00:59:20 (38.8%)	6:34	9.1 (61.5%)
124	**DEMSKI Arkadiusz**	**1056**		M30	45	00:42:09	01:29:56	02:09:31		**02:30:48.75**	**02:32:55.50**	+00:59:31 (38.9%)	6:33	9.2 (62.2%)
125	**ORZECHOWSKI Marek**	**1229**	TAK LUBIĘ SANDOMIERZ	M50	11	00:40:10	01:27:35	02:09:45		**02:32:56.70**	**02:33:21.15**	+00:59:57 (39.1%)	6:39	9 (60.8%)
126	**PASEK Wojciech**	**1241**	WOJSKO POLSKIE	M30	46	00:38:22	01:24:53	02:06:34		**02:31:05.20**	**02:33:27.60**	+01:00:03 (39.1%)	6:34	9.1 (61.5%)
127	**KĘPISTY Marek**	**1123**	COPYNET	M40	51	00:35:33	01:17:20	01:54:09	00:20:00	**02:33:03.00**	**02:33:37.00**	+01:00:13 (39.2%)	5:47	10.4 (70.3%)
128	**ŁAGOŃSKI Maciej**	**1179**	JELENIA PLAST SPORT TEAM	M40	52	00:41:24	01:31:27	02:11:47		**02:33:43.35**	**02:35:10.05**	+01:01:46 (39.8%)	6:41	9 (60.8%)
129	**PĘKALA Jarek**	**1252**		M50	12	00:40:27	01:29:16	02:12:21		**02:33:39.70**	**02:35:27.60**	+01:02:03 (39.9%)	6:40	9 (60.8%)
130	**SZTANDERA Grzegorz**	**1307**		M30	47	00:42:47	01:31:30	02:14:05		**02:34:29.90**	**02:35:34.45**	+01:02:10 (40.0%)	6:43	8.9 (60.1%)
131	**KOWALCZYK Piotr**	**1146**		M40	53	00:42:44	01:31:55	02:12:19		**02:33:52.00**	**02:35:40.00**	+01:02:16 (40.0%)	6:41	9 (60.8%)
132	**WOŹNY Łukasz**	**1354**		M30	48	00:43:32	01:32:58	02:12:01		**02:34:32.40**	**02:35:41.65**	+01:02:17 (40.0%)	6:43	8.9 (60.1%)
133	**KĘDZIOR Michał**	**1122**	DRUŻYNA SZPIKU	M30	49	00:46:16	01:32:58	02:12:01		**02:34:35.20**	**02:35:44.20**	+01:02:20 (40.0%)	6:43	8.9 (60.1%)
134	**BUGAŁA Robert**	**1041**	SOLID HOUSE	M50	13	00:40:18	01:31:38	02:12:47		**02:35:38.05**	**02:36:09.05**	+01:02:45 (40.2%)	6:46	8.9 (60.1%)
135	**BIGAS Grzegorz**	**1023**		M30	50	00:39:54	01:27:55	02:11:20		**02:35:49.25**	**02:36:19.05**	+01:02:55 (40.3%)	6:46	8.9 (60.1%)
136	**DZIUBAŁA Radek**	**1066**	JERZYK TEAM	M50	14	00:41:19	01:30:49	02:13:49		**02:36:09.25**	**02:36:41.55**	+01:03:17 (40.4%)	6:47	8.8 (59.5%)
137	**ŚLĄCZKA Arkadiusz**	**1310**	FINISZ RYMANÓW	M30	51	00:38:40	01:31:06	02:14:27		**02:36:05.35**	**02:37:24.50**	+01:04:00 (40.7%)	6:47	8.8 (59.5%)
138	**GRYNIENKO Paweł**	**1087**		M30	52	00:40:40	01:34:59	02:15:56		**02:35:58.05**	**02:37:34.10**	+01:04:10 (40.7%)	6:46	8.8 (59.5%)
139	**GREGOROWICZ Dariusz**	**1084**		M50	15	00:43:16	01:31:38	02:15:20		**02:36:22.30**	**02:37:36.25**	+01:04:12 (40.7%)	6:47	8.8 (59.5%)
140	**ŁATKOWSKI Łukasz**	**1183**	GRUPA BIEGOWA CHTMO	M40	54	00:43:58	01:33:31	02:16:18		**02:37:15.10**	**02:37:44.25**	+01:04:20 (40.8%)	6:50	8.8 (59.5%)
141	**URBANEK Sylwester**	**1324**		M40	55	00:42:04	01:29:38	02:14:40		**02:36:07.15**	**02:37:48.65**	+01:04:24 (40.8%)	6:47	8.8 (59.5%)
142	**SAWULSKI Bartosz**	**1279**	ROK	M30	53	00:42:23	01:31:07	02:14:45		**02:35:56.90**	**02:37:52.45**	+01:04:28 (40.8%)	6:46	8.8 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
143	**CIUPA Wojciech**	**1049**	MULTIMEDIA RUNNERS PUŁAWY	M40	56	00:43:54	01:33:49	02:15:25		**02:35:50.05**	**02:38:13.15**	+01:04:49 (41.0%)	6:46	8.9 (60.1%)
144	**KUS Slawomir**	**1160**		M40	57	00:43:48	01:31:40	02:14:12		**02:36:07.05**	**02:38:22.40**	+01:04:58 (41.0%)	6:47	8.8 (59.5%)
145	**DZIURUŃ Paweł**	**1067**		M30	54	00:43:47	01:31:40	02:14:13		**02:36:09.85**	**02:38:25.80**	+01:05:01 (41.0%)	6:47	8.8 (59.5%)
146	**SZEPIELAK Dawid**	**1305**	BIEGANIE SZYDERCÓW	M30	55	00:41:40	01:30:33	02:14:53		**02:37:24.45**	**02:38:27.95**	+01:05:04 (41.1%)	6:50	8.8 (59.5%)
147	**KŁODZIŃSKI Klaudiusz**	**1129**	ULTRAMĘKI	M40	58	00:41:16	01:36:19	02:17:35		**02:37:33.45**	**02:38:38.00**	+01:05:14 (41.1%)	6:51	8.8 (59.5%)
148	**MAJEWICZ Damian**	**1190**		M30	56	00:42:50	01:29:45	02:10:48		**02:36:52.90**	**02:39:14.75**	+01:05:50 (41.4%)	6:49	8.8 (59.5%)
149	**KRYSIAK Krzysztof**	**1152**	TRIWAWA	M50	16	00:41:52	01:30:49	02:14:55		**02:38:48.25**	**02:39:33.80**	+01:06:09 (41.5%)	6:54	8.7 (58.8%)
150	**KASPROWICZ Piotr**	**1119**	FUN&RUN	M40	59	00:43:21	01:34:16	02:18:50		**02:39:36.80**	**02:40:28.90**	+01:07:05 (41.8%)	6:56	8.6 (58.1%)
151	**JODŁOWSKI Andrzej**	**1110**	FUN&RUN	M40	60	00:43:20	01:34:16	02:18:52		**02:39:39.10**	**02:40:31.65**	+01:07:07 (41.8%)	6:56	8.6 (58.1%)
152	**GAWLE Mirosław**	**1076**	MARATOŃCZYK DĘBICA	M40	61	00:41:53	01:33:30	02:15:50		**02:39:11.10**	**02:40:37.45**	+01:07:13 (41.9%)	6:55	8.7 (58.8%)
153	**TOTKO Piotr**	**1319**	MARATOŃCZYK DĘBICA	M30	57	00:41:54	01:33:32	02:16:07		**02:39:10.15**	**02:40:37.75**	+01:07:13 (41.9%)	6:55	8.7 (58.8%)
154	**NIEMIEC Grzegorz**	**1222**	GRUPA BIEGOWA ZARSZYN	M40	62	00:42:35	01:38:51	02:19:11		**02:39:55.05**	**02:41:28.85**	+01:08:05 (42.2%)	6:57	8.6 (58.1%)
155	**KOMANSKI Rafał**	**1135**	ZARSZYŃSKA GRUPA BIEGOWA	M40	63	00:42:36	01:39:14	02:19:10		**02:39:56.95**	**02:41:30.05**	+01:08:06 (42.2%)	6:57	8.6 (58.1%)
156	**MAŁEK Wojciech**	**1195**	GRUPA BIEGOWA ZARSZYN	M40	64	00:42:37	01:38:52	02:19:13		**02:39:59.50**	**02:41:31.80**	+01:08:07 (42.2%)	6:57	8.6 (58.1%)
157	**LEWANDOWSKI Janusz**	**1173**	BIEGAM DLA KUBY I HANI	M30	58	00:35:08	01:11:40	01:43:09	00:40:00	**02:40:00.00**	**02:42:11.00**	+01:08:47 (42.4%)	5:13	11.5 (77.7%)
158	**BECHTA Damian**	**1017**	ADIDAS RUNNERS WARSAW	M20	16	00:40:34	01:36:27	02:18:24		**02:41:05.60**	**02:42:20.05**	+01:08:56 (42.5%)	7:00	8.6 (58.1%)
159	**POLANOWSKI Paweł**	**1258**	EAGELS OF GALAXY	M50	17	00:41:58	01:29:52	02:16:07		**02:40:47.05**	**02:42:37.60**	+01:09:13 (42.6%)	6:59	8.6 (58.1%)
160	**GRUCHAŁA Robert**	**1086**	PADŁ NA RYJ TEAM	M40	65	00:46:29	01:41:53	02:23:55		**02:42:17.85**	**02:43:12.80**	+01:09:48 (42.8%)	7:03	8.5 (57.4%)
161	**CZYŻYKIEWICZ Piotr**	**1053**	GORLICKA GRUPA BIEGOWA	M50	18	00:41:58	01:34:05	02:19:19		**02:43:50.80**	**02:44:08.20**	+01:10:44 (43.1%)	7:07	8.4 (56.8%)
162	**POKRYWKA Stefan**	**1380**		M60	5	00:40:15	01:30:22	02:18:21		**02:44:08.25**	**02:44:11.15**	+01:10:47 (43.1%)	7:08	8.4 (56.8%)
163	**KITOWSKI Bartosz**	**1127**	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	66	00:41:55	01:31:46	02:19:18		**02:43:34.60**	**02:44:41.70**	+01:11:17 (43.3%)	7:06	8.4 (56.8%)
164	**NAKONIECZNY Jacek**	**1391**	SII RUNNING TEAM	M30	59	00:42:48	01:39:15	02:22:24		**02:44:09.95**	**02:45:22.55**	+01:11:58 (43.5%)	7:08	8.4 (56.8%)
165	**KOSOWSKI Tomasz**	**1143**	STARE TRAMPY	M40	67	00:45:27	01:38:41	02:21:57		**02:44:39.85**	**02:46:21.35**	+01:12:57 (43.9%)	7:09	8.4 (56.8%)
166	**FUS Jacek**	**1072**		M60	6	00:40:52	01:33:54	02:22:28		**02:48:31.70**	**02:48:42.55**	+01:15:18 (44.6%)	7:19	8.2 (55.4%)
167	**PSZCZOŁA Maciej**	**1265**		M30	60	00:40:25	01:32:08	02:23:51		**02:47:46.55**	**02:49:23.65**	+01:15:59 (44.9%)	7:17	8.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
168	**MERESTA Konrad**	**1211**	LW BOGDANKA	M30	61	00:48:03	01:43:51	02:26:33		**02:48:22.80**	**02:49:28.10**	+01:16:04 (44.9%)	7:19	8.2 (55.4%)
169	**ŁUSZCZYC Krzysztof**	**1185**		M30	62	00:46:23	01:42:15	02:28:03		**02:50:56.25**	**02:52:04.70**	+01:18:40 (45.7%)	7:25	8.1 (54.7%)
170	**DUDA Rafał**	**1060**	LUBELSKA GRUPA TRIATHLONU	M30	63	00:45:22	01:41:36	02:26:45		**02:50:17.60**	**02:52:14.10**	+01:18:50 (45.8%)	7:24	8.1 (54.7%)
171	**DUMA Konrad**	**1061**		M20	17	00:47:15	01:40:46	02:27:25		**02:51:34.85**	**02:53:29.75**	+01:20:05 (46.2%)	7:27	8 (54.1%)
172	**BOROWSKI Robert**	**1032**		M30	64	00:41:24	01:40:13	02:27:15		**02:52:58.75**	**02:53:36.15**	+01:20:12 (46.2%)	7:31	8 (54.1%)
173	**BOROŃ Krzysztof**	**1031**		M40	68	00:45:25	01:37:55	02:26:11		**02:53:04.55**	**02:54:47.00**	+01:21:23 (46.6%)	7:31	8 (54.1%)
174	**MAŁACHOWSKI Sebastian**	**1194**		M40	69	00:37:45	01:28:29	02:12:28	00:20:00	**02:54:54.00**	**02:55:02.00**	+01:21:38 (46.6%)	6:44	8.9 (60.1%)
175	**KOBIAŁKA Irek**	**1130**		M40	70	00:44:35	01:41:59	02:30:11		**02:54:50.50**	**02:55:23.65**	+01:21:59 (46.7%)	7:36	7.9 (53.4%)
176	**ŚWIĘCH Adam**	**1314**		M40	71	00:45:40	01:42:32	02:29:22		**02:53:59.15**	**02:56:04.85**	+01:22:41 (47.0%)	7:33	7.9 (53.4%)
177	**KORAB Grzegorz**	**1139**		M40	72	00:45:44	01:42:34	02:29:23		**02:54:00.55**	**02:56:06.30**	+01:22:42 (47.0%)	7:33	7.9 (53.4%)
178	**RAK Cezary**	**1377**		M30	65	00:39:41	01:32:17	02:26:24		**02:55:49.35**	**02:56:20.15**	+01:22:56 (47.0%)	7:38	7.8 (52.7%)
179	**NOWACKI Roman**	**1223**		M40	73	00:42:22	01:42:53	02:28:44		**02:54:39.30**	**02:56:50.70**	+01:23:26 (47.2%)	7:35	7.9 (53.4%)
180	**UNIOWSKI Tomasz**	**1323**	ĆMY BAROWE	M30	66	00:48:04	01:44:01	02:31:14		**02:56:34.35**	**02:57:40.25**	+01:24:16 (47.4%)	7:40	7.8 (52.7%)
181	**MASZKOWSKI Rafał**	**1200**		M40	74	00:46:02	01:46:16	02:31:54		**02:57:28.20**	**02:59:36.70**	+01:26:12 (48.0%)	7:42	7.8 (52.7%)
182	**TOKARZ Adrian**	**1318**	DZIKIE MUSTANGI	M30	67	00:46:31	01:42:49	02:33:40		**02:58:02.90**	**02:59:51.75**	+01:26:27 (48.1%)	7:44	7.8 (52.7%)
183	**MĄDRO Mateusz**	**1208**	DZIKIE MUSTANGI	M30	68	00:46:37	01:43:12	02:33:32		**02:57:55.15**	**02:59:52.50**	+01:26:28 (48.1%)	7:44	7.8 (52.7%)
184	**PANEK Piotr**	**1238**	DZIKIE MUSTANGI	M40	75	00:46:33	01:42:46	02:33:47		**02:58:14.45**	**03:00:04.55**	+01:26:40 (48.1%)	7:44	7.7 (52.0%)
185	**BLAZOWSKI Wojciech**	**1024**		M40	76	00:46:41	01:41:07	02:32:33		**02:59:44.20**	**03:00:18.45**	+01:26:54 (48.2%)	7:48	7.7 (52.0%)
186	**FOLTA Jan**	**1071**	GRUPA BIEGOWA ZARSZYN	M50	19	00:42:43	01:38:16	02:29:12		**02:59:52.90**	**03:01:27.55**	+01:28:03 (48.5%)	7:49	7.7 (52.0%)
187	**ŚWISTAK Mateusz**	**1316**		M30	69	00:43:41	01:44:07	02:29:20		**03:00:22.10**	**03:01:34.40**	+01:28:10 (48.6%)	7:50	7.7 (52.0%)
188	**ZAWADZKI Piotr**	**1361**		M30	70	00:45:37	01:46:52	02:34:49		**02:59:59.25**	**03:01:56.45**	+01:28:32 (48.7%)	7:49	7.7 (52.0%)
189	**KUTKOWSKI Jan**	**1162**	DUSZPASTERSTWO AKADEMICKIE RADOM	M30	71	00:43:32	01:39:43	02:33:30		**03:03:16.70**	**03:03:54.85**	+01:30:31 (49.2%)	7:58	7.5 (50.7%)
190	**POL Rob**	**1371**	NOĆNE WOŁKI	M40	77	00:45:38	01:37:53	02:23:14	00:20:00	**03:07:12.00**	**03:08:02.00**	+01:34:38 (50.3%)	7:16	8.3 (56.1%)
191	**KLIMCZAK Paweł**	**1128**		M40	78	00:47:22	01:42:51	02:37:15		**03:06:09.95**	**03:08:26.70**	+01:35:02 (50.4%)	8:05	7.4 (50.0%)
192	**KORNIŁOW Piotr**	**1141**		M50	20	00:47:59	01:47:14	02:39:49		**03:06:43.15**	**03:08:46.70**	+01:35:22 (50.5%)	8:07	7.4 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
193	**BALON Marcin**	**1011**	B&B RUNNERS	M40	79	00:49:02	01:50:53	02:41:31		**03:08:44.20**	**03:10:04.95**	+01:36:41 (50.9%)	8:12	7.3 (49.3%)
194	**BIDNIK Jakub**	**1019**	B&B RUNNERS	M40	80	00:48:59	01:50:53	02:41:28		**03:08:43.90**	**03:10:05.70**	+01:36:41 (50.9%)	8:12	7.3 (49.3%)
195	**GORAJEK Michał**	**1081**	ALA&LILA	M40	81	00:46:43	01:49:59	02:39:35		**03:08:23.75**	**03:10:20.15**	+01:36:56 (50.9%)	8:11	7.3 (49.3%)
196	**WINIARCZYK Łukasz**	**1347**	KLUB#SMARTRUN	M40	82	00:46:47	01:50:01	02:39:37		**03:08:41.50**	**03:10:36.95**	+01:37:13 (51.0%)	8:12	7.3 (49.3%)
197	**MATUSZCZYK Adrian**	**1203**		M40	83	00:45:03	01:50:30	02:40:53		**03:11:16.65**	**03:11:53.95**	+01:38:30 (51.3%)	8:18	7.2 (48.6%)
198	**KRYSIAK Jakub**	**1151**	TRIWAWA	M20	18	00:42:43	01:45:46	02:43:46		**03:11:57.35**	**03:12:42.10**	+01:39:18 (51.5%)	8:20	7.2 (48.6%)
199	**ADAMCZAK Wiesław**	**1009**	BIEGAJ BEZ KOŃCA	M60	7	00:49:08	01:51:57	02:41:35		**03:12:23.10**	**03:13:33.25**	+01:40:09 (51.7%)	8:21	7.2 (48.6%)
200	**JABŁOŃSKI Karol**	**1099**	KS ZIELONO - CZARNI	M30	72	00:46:08	01:59:16	02:45:57		**03:14:00.50**	**03:14:41.30**	+01:41:17 (52.0%)	8:26	7.1 (48.0%)
201	**WĘGLIŃSKI Sebuś**	**1342**	MKB DREPTAK	M30	73	00:46:42	01:59:14	02:45:55		**03:14:03.25**	**03:14:44.95**	+01:41:21 (52.0%)	8:26	7.1 (48.0%)
202	**KRYSZTOFIAK Dawid**	**1153**		M20	19	00:49:31	01:43:34	02:54:58		**03:13:24.50**	**03:14:46.30**	+01:41:22 (52.0%)	8:24	7.1 (48.0%)
203	**KAMIONOWSKI Mariusz-Jacek**	**1115**	MORSY OSTROŁĘKA	M50	21	00:52:08	02:00:53	02:49:42		**03:13:15.70**	**03:14:49.30**	+01:41:25 (52.1%)	8:24	7.1 (48.0%)
204	**DĄBRÓWKA Radosław**	**1054**	FUNDACJA LATARNIA	M30	74	00:49:07	01:40:57	02:27:06	00:20:00	**03:14:20.00**	**03:15:30.00**	+01:42:06 (52.2%)	7:34	7.9 (53.4%)
205	**GENDERA Narcyz**	**1077**		M30	75	00:52:03	01:50:42	02:44:54		**03:13:49.20**	**03:15:33.05**	+01:42:09 (52.2%)	8:25	7.1 (48.0%)
206	**PACUŁA Krzysztof**	**1236**		M30	76	00:46:11	01:58:07	02:47:36		**03:14:58.70**	**03:15:36.75**	+01:42:12 (52.3%)	8:28	7.1 (48.0%)
207	**JEZIOREK Jozi**	**1108**		M40	84	00:50:16	01:49:08	02:41:44		**03:14:16.80**	**03:15:56.35**	+01:42:32 (52.3%)	8:26	7.1 (48.0%)
208	**PIECH Adam**	**1254**	PORANNY PATROL	M40	85	00:49:20	01:56:00	02:47:26		**03:14:30.80**	**03:16:22.90**	+01:42:59 (52.4%)	8:27	7.1 (48.0%)
209	**KULESZYŃSKI Jacek**	**1155**	PENTATHLON SZCZECINEK	M30	77	00:43:45	01:50:21	02:43:33		**03:17:57.70**	**03:18:34.00**	+01:45:10 (53.0%)	8:36	7 (47.3%)
210	**MYŚLIŃSKI Tomasz**	**1218**	BIEGUSIEM.PL	M40	86	00:47:22	01:49:52	02:47:32		**03:18:04.20**	**03:18:41.95**	+01:45:18 (53.0%)	8:36	7 (47.3%)
211	**KALINOWSKI Janusz**	**1114**		M60	8	00:53:19	01:56:13	02:49:38		**03:19:53.30**	**03:21:58.00**	+01:48:34 (53.8%)	8:41	6.9 (46.6%)
212	**LAZAROWICZ Piotr**	**1169**	WKURW_TEAM	M40	87	00:53:05	02:04:05	02:54:46		**03:21:27.50**	**03:22:39.80**	+01:49:15 (53.9%)	8:45	6.9 (46.6%)
213	**WELOŃCZYK Bartosz**	**1338**	ZUCHWAŁY ZAJĄC	M30	78	00:47:30	02:07:51	02:55:04		**03:21:55.45**	**03:22:52.15**	+01:49:28 (54.0%)	8:46	6.8 (45.9%)
214	**WÓJCIK Łukasz**	**1355**	SII RUNNING TEAM	M30	79	00:50:52	01:51:10	02:48:02		**03:23:55.30**	**03:25:08.95**	+01:51:45 (54.5%)	8:51	6.8 (45.9%)
215	**WYSOKIŃSKI Tomasz**	**1357**	BONFIRE BONANZA	M30	80	00:49:59	02:00:04	02:52:59		**03:24:29.55**	**03:26:30.25**	+01:53:06 (54.8%)	8:53	6.7 (45.3%)
216	**LEN Mariusz**	**1171**		M50	22	02:54:14				**03:27:57.45**	**03:27:57.45**	+01:54:33 (55.1%)	9:02	6.6 (44.6%)
217	**MYŚLIWIEC Wojciech**	**1219**	FUN&RUN	M40	88	00:49:08	02:00:15	02:56:05		**03:29:02.20**	**03:29:55.85**	+01:56:32 (55.5%)	9:05	6.6 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
218	**WISZNIEWSKI Karol**	**1388**	AKS POLONIA WARSZAWA	M30	81	00:42:00	02:15:04	03:03:50		**03:29:46.60**	**03:31:04.30**	+01:57:40 (55.8%)	9:07	6.6 (44.6%)
219	**JABŁONKA Radosław**	**1098**	DZIADY OCR	M40	89	00:42:44	02:15:00	03:03:49		**03:29:54.80**	**03:31:12.80**	+01:57:48 (55.8%)	9:07	6.6 (44.6%)
220	**MĄKOSA Konrad**	**1210**		M40	90	00:51:59	02:07:21	03:01:33		**03:31:16.45**	**03:32:54.55**	+01:59:30 (56.1%)	9:11	6.5 (43.9%)
221	**ZDROJEWSKI Andrzej**	**1375**	ADIDAS RUNNERS WARSAW	M40	91	00:52:27	02:15:21	03:09:01		**03:33:15.50**	**03:34:31.05**	+02:01:07 (56.5%)	9:16	6.5 (43.9%)
222	**BAREŁA Andrzej**	**1013**	FIFARAFA	M40	92	00:52:58	02:02:06	03:03:10		**03:36:02.70**	**03:37:07.80**	+02:03:43 (57.0%)	9:23	6.4 (43.2%)
223	**PARADOWSKI Paweł**	**1240**		M50	23	00:53:33	02:09:24	03:09:55		**03:41:42.50**	**03:42:26.85**	+02:09:03 (58.0%)	9:38	6.2 (41.9%)
224	**PĘDOWSKI Wojciech**	**1250**		M50	24	00:58:04	02:14:47	03:09:36		**03:42:44.90**	**03:44:07.70**	+02:10:43 (58.3%)	9:41	6.2 (41.9%)
225	**BRODECKI Adam**	**1036**	WATAHA ŁĄCZY NAS BIEGANIE	M20	20	00:53:23	02:15:01	03:12:34		**03:43:46.80**	**03:46:01.85**	+02:12:38 (58.7%)	9:43	6.2 (41.9%)
226	**SAMEK Artur**	**1277**		M40	93					**03:58:35.00**	**03:58:35.00**	+02:25:11 (60.9%)	10:22	5.8 (39.2%)

Znaleziono 226 wynik(ów)