

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 44KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2020
Fundacja Bieg Rzeźnika
2020-01-25
Cisna
44 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 18km	Za Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Przed Skrzyżowaniem 40.5km	Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
1	ZIEJEWSKI Grzegorz	552		M40	1	01:16:40	01:55:05	02:26:03	02:52:15		03:06:44.35	03:06:45.35		4:14	14.1 (100%)
2	KOT Rafał	562	MUAY RUNNING TEAM	M40	2	01:16:44	01:55:13	02:26:14	02:53:25		03:07:42.95	03:07:44.75	+00:00:59 (0.5%)	4:15	14.1 (100%)
3	SEDLAK Michał	391		M40	3	01:16:39	01:56:29	02:29:16	02:59:24		03:15:14.00	03:15:15.00	+00:08:29 (4.4%)	4:26	13.5 (95.7%)
4	SYCHOWICZ Daniel	432		M40	4	01:18:01	01:59:23	02:33:06	03:03:40		03:19:57.65	03:19:59.35	+00:13:14 (6.6%)	4:32	13.2 (93.6%)
5	KOBIERSKI Piotr	213	UKA ULTRAS RUNNERS	M40	5	01:20:43	02:02:17	02:37:07	03:08:19		03:25:26.55	03:25:32.00	+00:18:46 (9.1%)	4:40	12.8 (90.8%)
6	MARZEC Grzegorz	289	GMINA STRZELCE OPOLSKIE	M40	6	01:25:07	02:09:02	02:42:57	03:12:49		03:28:26.95	03:28:30.40	+00:21:45 (10.4%)	4:44	12.7 (90.1%)
7	SZCZEPANIAK Witold	439		M40	7	01:28:06	02:12:49	02:48:34	03:21:43		03:38:47.10	03:38:49.30	+00:32:03 (14.7%)	4:58	12.1 (85.8%)
8	KRZEMIŃSKI Marcin	241	SPRINT GORZYCE	M40	8	01:27:35	02:12:58	02:48:40	03:21:10		03:38:35.85	03:38:50.90	+00:32:05 (14.7%)	4:58	12.1 (85.8%)
9	MORAWA Mateusz	308	LACHO TEAM	M40	9	01:22:33	02:08:24	02:44:23	03:21:27		03:41:36.45	03:41:56.25	+00:35:10 (15.9%)	5:02	11.9 (84.4%)
10	PRUCNAL Zbigniew	365	JASIELSKIE PIORUNY	M40	10	01:34:06	02:18:52	02:54:45	03:27:33		03:44:49.05	03:45:14.00	+00:38:28 (17.1%)	5:06	11.7 (83.0%)
11	TKACZEWSKI Piotr	456		M40	11	01:31:38	02:18:32	02:56:01	03:29:35		03:47:01.30	03:47:24.35	+00:40:39 (17.9%)	5:09	11.6 (82.3%)
12	SZAPAR Przemysław	6		M40	12	01:24:16	02:07:03	02:48:27	03:26:56		03:47:46.55	03:48:06.55	+00:41:21 (18.1%)	5:10	11.6 (82.3%)
13	FELUCH Krzysztof	95	JACEK BIEGA RUNNING TEAM	M40	13	01:30:37	02:16:23	02:54:56	03:30:28		03:47:57.35	03:48:15.50	+00:41:30 (18.2%)	5:10	11.6 (82.3%)
14	BAR Stanisław	21	GMINA STRZELCE OPOLSKIE	M40	14	01:26:19	02:13:16	02:51:46	03:27:46		03:48:17.80	03:48:22.15	+00:41:36 (18.2%)	5:11	11.6 (82.3%)
15	SMOLEŃ Janusz	405	FOXTEAM	M40	15	01:32:53	02:20:24	02:59:20	03:34:14		03:51:46.35	03:52:31.60	+00:45:46 (19.7%)	5:16	11.4 (80.9%)
16	GIERSZEWSKI Jarosław	125	ZAŁOGA G	M40	16	01:29:16	02:19:01	02:59:49	03:35:47		03:54:20.95	03:54:23.45	+00:47:38 (20.3%)	5:19	11.3 (80.1%)
17	BAJOREK Jan	19		M40	17	01:37:13	02:28:57	03:08:28	03:39:17		03:55:37.00	03:55:51.00	+00:49:05 (20.8%)	5:21	11.2 (79.4%)
18	ZIEBA Tomek	525	JACEKBIEGA RUNNING TEAM	M40	18	01:30:31	02:19:00	02:57:13	03:34:40		03:55:50.85	03:56:03.15	+00:49:17 (20.9%)	5:21	11.2 (79.4%)
19	JĘDZURA Daniel	168	BP RUNNING TEAM GLIWICE	M40	19	01:33:15	02:23:47	03:03:39	03:38:15		03:56:10.55	03:56:26.30	+00:49:40 (21.0%)	5:22	11.2 (79.4%)
20	MATYSIAK Bartłomiej	294	JACEKBIEGA RUNNING TEAM	M40	20	01:29:10	02:19:48	03:02:10	03:38:36		03:56:57.80	03:57:09.65	+00:50:24 (21.3%)	5:23	11.1 (78.7%)
21	JOŃCZYK Rafał	169	JACEKBIEGA RUNNING TEAM	M40	21	01:33:15	02:21:34	03:01:30	03:37:24		03:56:49.45	03:57:45.30	+00:50:59 (21.5%)	5:22	11.1 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Brzeziniak	Przed	Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km								
22	STAŃKO Paweł	419	BIESY I CZORTY	M40	22	01:33:39	02:23:50	03:05:18	03:41:08		03:58:59.50	03:59:15.90	+00:52:30 (21.9%)	5:25	11 (78.0%)
23	PIASECZNY Marcin	355	RUN-G	M40	23	01:33:28	02:23:06	03:05:12	03:40:37		03:57:53.50	03:59:26.60	+00:52:41 (22.0%)	5:24	11.1 (78.7%)
24	KMAK Sławek	212		M40	24	01:30:35	02:19:19	02:59:31	03:37:34		03:59:29.50	03:59:33.40	+00:52:48 (22.0%)	5:26	11 (78.0%)
25	FLĄDRO Daniel	100		M40	25	01:30:24	02:20:36	03:02:36	03:40:28		03:59:34.45	03:59:36.85	+00:52:51 (22.1%)	5:26	11 (78.0%)
26	WEREMKO Grzegorz	485	MULTIMEDIA RUNNERS PUŁAWY	M40	26	01:35:05		03:06:02			03:59:59.20	04:00:26.35	+00:53:41 (22.3%)	5:27	11 (78.0%)
27	PACHO Sylwester	342	PAPIKI	M40	27	01:36:39	02:28:19	03:10:08	03:47:53		04:06:22.95	04:06:31.05	+00:59:45 (24.2%)	5:35	10.7 (75.9%)
28	JANDZIŚ Wiesław	156	AKTYWNY DYNÓW	M40	28	01:36:35	02:29:45	03:10:37	03:48:17		04:06:12.65	04:06:40.95	+00:59:55 (24.3%)	5:35	10.7 (75.9%)
29	WIERZBICKI Tomasz	488		M40	29	01:36:06	02:30:03	03:10:48	03:46:22		04:05:39.35	04:06:42.85	+00:59:57 (24.3%)	5:34	10.7 (75.9%)
30	KARPIŃSKI Tomasz	189		M40	30	01:36:43	02:27:48	03:09:07	03:47:12		04:07:15.65	04:07:25.05	+01:00:39 (24.5%)	5:37	10.7 (75.9%)
31	BARAN Bernard	23	OCR TEAM DĘBICA	M40	31	01:37:06	02:27:32	03:09:53	03:46:26		04:05:51.00	04:07:29.45	+01:00:44 (24.5%)	5:35	10.7 (75.9%)
32	RYCHTER Karol	549	THE RYCHTERS	M40	32	01:24:47	02:39:21	03:20:36	03:51:42		04:07:38.50	04:07:42.10	+01:00:56 (24.6%)	5:37	10.7 (75.9%)
33	BORYS Andrzej	556		M40	33	01:31:44	02:26:55	03:07:48	03:46:14		04:08:39.65	04:08:52.30	+01:02:06 (25.0%)	5:39	10.6 (75.2%)
34	WADAS Grzegorz	474		M40	34	01:34:08	02:26:42	03:11:45	03:48:37		04:08:53.15	04:09:19.65	+01:02:34 (25.1%)	5:39	10.6 (75.2%)
35	KAJA Gracjan	557	BYDGOŚCIE	M40	35	01:35:24	02:27:14	03:11:19	03:50:30		04:09:39.55	04:10:06.55	+01:03:21 (25.3%)	5:40	10.6 (75.2%)
36	DONIEC Sebastian	76	MARCIN ŚWIERC TEAM	M40	36	01:34:39	02:27:23	03:14:55	03:52:15		04:10:38.40	04:11:03.55	+01:04:18 (25.6%)	5:41	10.5 (74.5%)
37	WOŹNIAK Łukasz	507	PORANNY PATROL	M40	37	01:40:15	02:34:43	03:19:30	03:52:53		04:09:37.70	04:11:04.60	+01:04:19 (25.6%)	5:40	10.6 (75.2%)
38	PECIO Mariusz	353	SGSP	M40	38	01:33:12	02:23:03	03:14:01	03:51:33		04:11:59.45	04:12:09.70	+01:05:24 (25.9%)	5:43	10.5 (74.5%)
39	MISZTAŁ Rafał	307	LOS PANTALONES ROJOS	M40	39	01:34:39	02:28:08	03:16:05	03:57:07		04:16:17.45	04:16:22.70	+01:09:37 (27.2%)	5:49	10.3 (73.0%)
40	SIWAK Ryszard	398	TEAM RYŚ SKI	M40	40	01:41:36	02:35:16	03:19:22	03:55:44		04:15:43.40	04:17:07.15	+01:10:21 (27.4%)	5:48	10.3 (73.0%)
41	ASŁANOWICZ Marcin	17		M40	41	01:38:18	02:33:14	03:19:57	03:58:13		04:18:01.20	04:18:14.00	+01:11:28 (27.7%)	5:51	10.2 (72.3%)
42	GARCZYŃSKI Darek	116		M40	42	01:36:38	02:28:03	03:14:56	03:57:01		04:19:43.30	04:20:00.50	+01:13:15 (28.2%)	5:54	10.2 (72.3%)
43	GOTFRYD Adam	133		M40	43	01:47:23	02:42:38	03:25:26	04:01:57		04:20:05.60	04:20:31.70	+01:13:46 (28.3%)	5:54	10.2 (72.3%)
44	NEUFELD Marcin	319	INTEL RUNNERS / RUN-PASSION.PL	M40	44	01:33:37	02:27:16	03:16:42	04:01:23		04:22:44.65	04:22:53.90	+01:16:08 (29.0%)	5:58	10 (70.9%)
45	WOJTOWICZ Emil	503	PGE OBRÓT RUN	M40	45	01:48:58	02:42:31	03:25:46	04:03:31		04:22:38.70	04:23:26.40	+01:16:41 (29.1%)	5:58	10.1 (71.6%)
46	PANTOŁ Mirosław	343		M40	46	01:38:28	02:32:51	03:21:36	04:02:29		04:23:40.80	04:23:50.35	+01:17:05 (29.2%)	5:59	10 (70.9%)
47	SERAFIN Robert	394		M40	47	01:39:45	02:33:49	03:20:52	04:03:53		04:25:00.30	04:25:07.70	+01:18:22 (29.6%)	6:01	10 (70.9%)
48	ZAJĄC Grzegorz	518		M40	48	01:40:53	02:38:14	03:23:44	04:05:11		04:27:05.20	04:27:24.95	+01:20:39 (30.2%)	6:04	9.9 (70.2%)
49	PYRKOSZ Damian	369	AMBASADOR FESTIWALU BIEGÓW KRYNICA	M40	49	01:41:21	02:35:03	03:20:22	04:04:19		04:26:31.80	04:27:33.70	+01:20:48 (30.2%)	6:03	9.9 (70.2%)
50	KIRILENKO Marcin	200		M40	50	01:41:09	02:38:14	03:26:19	04:06:59		04:27:27.95	04:27:57.90	+01:21:12 (30.3%)	6:04	9.9 (70.2%)

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						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
51	MAJEWICZ Grzegorz	277		M40	51	01:43:53	02:41:09	03:26:04	04:06:24		04:27:55.35	04:28:19.00	+01:21:33 (30.4%)	6:05	9.9 (70.2%)
52	JANIK Piotr	159		M40	52	01:46:43	02:40:03	03:26:20	04:07:03		04:27:37.20	04:28:43.70	+01:21:58 (30.5%)	6:04	9.9 (70.2%)
53	GRZYSZAK Rafał	139		M40	53	01:44:49	02:40:32	03:26:34	04:08:10		04:27:27.85	04:29:02.65	+01:22:17 (30.6%)	6:04	9.9 (70.2%)
54	PAŁKA Tomasz	545		M40	54	01:42:53	02:40:43	03:27:49	04:07:44		04:29:00.75	04:29:14.60	+01:22:29 (30.6%)	6:06	9.8 (69.5%)
55	BŁĘDOWSKI Mariusz	39	AAC FORD AUTO STYL WŁOCLAWEK TEAM	M40	55	01:40:56	02:38:26	03:26:01	04:09:04		04:29:24.25	04:30:06.45	+01:23:21 (30.9%)	6:07	9.8 (69.5%)
56	OSZCZĘDA Wojciech	341	GMINA STRZELCE OPOLSKIE	M40	56	01:43:25	02:38:35	03:27:46	04:09:51		04:29:09.80	04:30:42.20	+01:23:56 (31.0%)	6:07	9.8 (69.5%)
57	JUREK Przemysław	174	KS STASZEWSKY	M40	57	01:43:58	02:40:22	03:25:28	04:08:41		04:31:02.55	04:31:27.25	+01:24:41 (31.2%)	6:09	9.7 (68.8%)
58	NICGORSKI Piotr	320		M40	58	01:45:40	02:39:16	03:26:13	04:12:22		04:32:26.20	04:34:37.10	+01:27:51 (32.0%)	6:11	9.7 (68.8%)
59	SKORUPKA Leszek	400	M3 SIEDLCE	M40	59	01:45:43	02:41:30	03:31:34	04:11:20		04:33:39.40	04:34:41.50	+01:27:56 (32.0%)	6:13	9.6 (68.1%)
60	KOSIN Paweł	544	WKURW_TEAM	M40	60	01:45:38	02:43:27	03:28:04	04:10:52		04:35:44.35	04:36:03.00	+01:29:17 (32.3%)	6:16	9.6 (68.1%)
61	SKUBIS Wojciech	402	SKUBIS ŻADZI	M40	61	01:41:26	02:37:12	03:25:02	04:10:20		04:34:38.55	04:36:42.25	+01:29:56 (32.5%)	6:14	9.6 (68.1%)
62	GÓRNY Robert	135	JUMP_IN_THE_FIRE	M40	62	01:45:25	02:43:50	03:33:00	04:16:02		04:37:18.55	04:37:31.95	+01:30:46 (32.7%)	6:18	9.5 (67.4%)
63	SADY Sebastian	388	OBY2	M40	63	01:48:42	02:47:06	03:36:58	04:17:20		04:37:00.95	04:38:03.85	+01:31:18 (32.8%)	6:17	9.5 (67.4%)
64	URACZ Łukasz	468	HARPAGAN SOSNOWIEC	M40	64	01:49:12	02:50:14	03:37:43	04:17:17		04:37:49.05	04:39:00.75	+01:32:15 (33.1%)	6:18	9.5 (67.4%)
65	FILIPEK Przemysław	98	KB MCKIS JAWORZNO	M40	65	01:44:39	02:43:44	03:34:34	04:18:02		04:39:49.60	04:40:28.75	+01:33:43 (33.4%)	6:21	9.4 (66.7%)
66	DUPLA Konrad	86		M40	66	01:52:43	02:49:50	03:38:30	04:19:45		04:40:18.05	04:40:51.70	+01:34:06 (33.5%)	6:22	9.4 (66.7%)
67	BARTKOWIAK Rafał	28	ORTIMED RUNNERS TEAM	M40	67	01:47:35	02:50:09	03:40:51	04:21:14		04:41:22.55	04:42:08.45	+01:35:23 (33.8%)	6:23	9.4 (66.7%)
68	WAŻNY Andrzej	483	TYNEXPOL	M40	68	01:54:42	02:51:27	03:37:59	04:20:02		04:41:40.65	04:43:48.65	+01:37:03 (34.2%)	6:24	9.4 (66.7%)
69	GARNCARZ Paweł	118		M40	69	01:43:20	02:42:06	03:38:01	04:22:29		04:45:17.15	04:45:56.10	+01:39:10 (34.7%)	6:29	9.3 (66.0%)
70	STEPANIAK Grzegorz	421	SWOBODA	M40	70	01:49:33	02:50:03	03:43:29	04:23:53		04:45:01.70	04:47:14.35	+01:40:29 (35.0%)	6:28	9.3 (66.0%)
71	WOLANIN Tomasz	504		M40	71	01:45:13	02:44:27	03:39:23	04:23:54		04:47:11.65	04:47:45.85	+01:41:00 (35.1%)	6:31	9.2 (65.2%)
72	JASNOWSKI Michał	162		M40	72	01:45:56	02:47:24	03:41:45	04:25:04		04:48:25.20	04:48:55.25	+01:42:09 (35.4%)	6:33	9.2 (65.2%)
73	RYKOWSKI Grzegorz	386	DARK SIDE	M40	73	01:46:53	02:48:56	03:49:51	04:29:23		04:49:28.90	04:49:36.95	+01:42:51 (35.5%)	6:34	9.1 (64.5%)
74	WILK Paweł	494		M40	74	01:54:32	02:57:08	03:48:55	04:28:57		04:49:31.55	04:49:56.40	+01:43:11 (35.6%)	6:34	9.1 (64.5%)
75	KANTOROWSKI Marcin	184		M40	75	01:52:11	02:54:30	03:44:47	04:27:53		04:49:07.00	04:50:39.80	+01:43:54 (35.7%)	6:34	9.1 (64.5%)
76	GÓRZCZNY Rafał	134		M40	76	01:46:33	02:51:12	03:49:41	04:30:12		04:50:20.00	04:50:48.05	+01:44:02 (35.8%)	6:35	9.1 (64.5%)
77	KOŁODZIEJCZYK Maciej	220	FIZJO-SPORT	M40	77	01:47:44	02:48:01	03:40:38	04:25:39		04:50:11.30	04:51:02.25	+01:44:16 (35.8%)	6:35	9.1 (64.5%)
78	MACKO Mariusz	276	MORSY OSTROŁĘKA	M40	78	01:47:26	02:48:55	03:49:50	04:30:38		04:51:06.40	04:51:14.75	+01:44:29 (35.9%)	6:36	9.1 (64.5%)
79	KUCHARSKI Paweł	248	PLANETA NISKO	M40	79	01:44:42	02:53:48	03:46:52	04:30:22		04:50:52.50	04:51:19.50	+01:44:34 (35.9%)	6:36	9.1 (64.5%)

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						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
80	HOŁÓWKA Sławomir	149		M40	80	01:46:09	02:50:55	03:40:52	04:27:32		04:52:08.00	04:52:28.05	+01:45:42 (36.1%)	6:38	9 (63.8%)
81	PAŃTAK Sławomir	344	21DAPLOT JAROSŁAW	M40	81	01:52:57	02:54:13	03:46:30	04:29:44		04:51:57.90	04:52:58.05	+01:46:12 (36.3%)	6:38	9 (63.8%)
82	KARUŚ Waldemar	190	14 DAS JAROSŁAW IM.GEN. BRYG. WACŁAWA WIECZORKIEWICZA	M40	82	01:52:56	02:54:20	03:46:31	04:29:45		04:51:59.05	04:52:59.40	+01:46:14 (36.3%)	6:38	9 (63.8%)
83	ŻUREK Andrzej	537		M40	83	01:52:44	02:55:27	03:47:20	04:28:37		04:50:54.65	04:53:04.50	+01:46:19 (36.3%)	6:36	9.1 (64.5%)
84	JEDLIŃSKI Bartosz	165	MARATOŃCZYK DĘBICA	M40	84	01:51:50	02:58:13	03:50:37	04:32:22		04:52:43.05	04:53:09.90	+01:46:24 (36.3%)	6:39	9 (63.8%)
85	RENKIEL Tomasz	543		M40	85	01:49:05	02:54:33	03:48:33	04:29:58		04:52:18.55	04:53:50.55	+01:47:05 (36.4%)	6:38	9 (63.8%)
86	STĘPIEŃ Wojciech	422	COMPAÑEROS ASFALT TEAM	M40	86	01:49:05	02:54:35	03:48:33	04:29:58		04:52:22.90	04:53:55.85	+01:47:10 (36.5%)	6:38	9 (63.8%)
87	GRYZ Jacek	138	BRAVEHEARTS LEGIONOWO	M40	87	01:48:42	02:52:31	03:42:08	04:28:15		04:54:38.90	04:55:57.20	+01:49:11 (36.9%)	6:41	9 (63.8%)
88	FLOREK Tomasz	102	BIEGANIE SZYDERCÓW	M40	88	01:49:55	02:55:07	03:46:21	04:31:52		04:54:58.75	04:56:02.20	+01:49:16 (36.9%)	6:42	8.9 (63.1%)
89	KOSZOREK Marek	228		M40	89	01:47:42	02:53:25	03:50:09	04:32:42		04:56:15.25	04:56:26.95	+01:49:41 (37.0%)	6:43	8.9 (63.1%)
90	KRUKAR Adam	548	FINISZ RYMANÓW	M40	90	01:50:40	02:54:32	03:49:02	04:33:29		04:55:23.60	04:56:40.30	+01:49:54 (37.0%)	6:42	8.9 (63.1%)
91	HAŁACZKIEWICZ Adam	144	EXTREMEWOLF	M40	91	01:57:26	02:55:09	03:48:52	04:34:31		04:55:45.05	04:56:47.25	+01:50:01 (37.1%)	6:43	8.9 (63.1%)
92	BOKŁAK Mariusz	42	KLUB BIEGACZA FARTLEK	M40	92	01:46:41	02:55:48	03:50:35	04:34:55		04:56:19.50	04:56:59.65	+01:50:14 (37.1%)	6:44	8.9 (63.1%)
93	URBANEK Dariusz	470	OBY PRZED LIMITEM	M40	93	01:48:48	02:53:56	03:49:59	04:34:45		04:55:50.60	04:57:24.65	+01:50:39 (37.2%)	6:43	8.9 (63.1%)
94	KOWALCZYK Mariusz	230	WOLFPACK	M40	94	01:50:24	02:53:20	03:43:12	04:28:51		04:55:06.15	04:57:36.80	+01:50:51 (37.2%)	6:42	8.9 (63.1%)
95	KAMIŃSKI Bartosz	181		M40	95	01:59:36	03:03:36	03:51:50	04:35:09		04:56:40.40	04:57:41.70	+01:50:56 (37.3%)	6:44	8.9 (63.1%)
96	PODPŁOMYK Andrzej	360	SPORTCZESNA	M40	96	01:41:13	02:42:07	03:31:59	04:23:27		04:57:33.00	04:58:09.60	+01:51:24 (37.4%)	6:45	8.9 (63.1%)
97	SUŁKOWSKI Maciej	429	TRIATHLON JAROSŁAW	M40	97	01:52:22	02:50:11	03:47:25	04:34:57		04:57:43.85	04:58:35.65	+01:51:50 (37.5%)	6:46	8.9 (63.1%)
98	JAMA Rafał	155	WATER TEAM	M40	98	01:48:05	02:55:38	03:52:10	04:37:03		04:59:50.65	05:00:54.45	+01:54:09 (37.9%)	6:48	8.8 (62.4%)
99	FEDAK Bohdan	93		M40	99	01:53:01	03:00:27	03:58:04	04:40:08		04:59:44.70	05:00:56.10	+01:54:10 (37.9%)	6:48	8.8 (62.4%)
100	GAWROŃSKI Hubert	121	HUGO	M40	100	01:53:33	02:54:29	03:49:32	04:35:37		05:00:57.45	05:02:11.05	+01:55:25 (38.2%)	6:50	8.8 (62.4%)
101	PESZEK Bogdan	354	ULTRA PRZESILENIE	M40	101	01:57:02	03:02:38	03:54:37	04:38:52		05:02:11.50	05:02:40.10	+01:55:54 (38.3%)	6:52	8.7 (61.7%)
102	BILSKI Marek	38	VEGEDOG	M40	102	01:52:17	02:56:33	03:53:44	04:38:39		05:03:33.60	05:04:11.95	+01:57:26 (38.6%)	6:53	8.7 (61.7%)
103	SROKA Krzysztof	414		M40	103	01:54:55	02:56:20	03:53:09	04:39:32		05:01:58.95	05:04:17.95	+01:57:32 (38.6%)	6:51	8.7 (61.7%)
104	MROTEK Michał	313	ATG - QUAPRO	M40	104	01:52:54	03:03:43	04:02:32	04:42:04		05:04:01.95	05:05:22.10	+01:58:36 (38.8%)	6:54	8.7 (61.7%)
105	ZIELIŃSKI Łukasz	527	J&Ł	M40	105	02:01:44	03:07:06	03:58:18	04:44:34		05:08:16.65	05:08:59.40	+02:02:14 (39.6%)	7:00	8.6 (61.0%)
106	PATRZYK Jacek	349	J&Ł	M40	106	02:01:25	03:07:05	03:59:09	04:44:33		05:08:17.90	05:09:01.00	+02:02:15 (39.6%)	7:00	8.6 (61.0%)
107	SYGIET Andrzej	434		M40	107	01:54:04	03:04:55	04:03:51	04:47:27		05:09:18.70	05:09:58.40	+02:03:13 (39.8%)	7:01	8.5 (60.3%)
108	SAWICKI Robert	390	BEE RUNS WITH RUN4FUN WARYJOTY TEAM	M40	108	01:57:05	03:07:22	04:03:21	04:47:26		05:08:18.60	05:10:11.30	+02:03:25 (39.8%)	7:00	8.6 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
109	KOŁODZIEJ Jacek	219	COMPÑEROS ASFALT TEAM	M40	109	01:52:51	02:58:30	03:54:35	04:42:28		05:08:46.30	05:10:20.40	+02:03:35 (39.8%)	7:01	8.6 (61.0%)
110	BRYŚ Rafał	46	ŚWIDNICKA GRUPA BIEGOWA	M40	110	01:54:54	03:02:57	04:02:19	04:46:16		05:09:37.80	05:10:29.05	+02:03:43 (39.9%)	7:02	8.5 (60.3%)
111	BIENKOWSKI Stanisław	33	WODNIAK	M40	111	01:58:22	03:04:37	03:59:45	04:44:17		05:10:27.05	05:10:51.60	+02:04:06 (39.9%)	7:03	8.5 (60.3%)
112	WANDZEL Tomasz	478		M40	112	01:57:06	03:05:36	04:08:27	04:48:29		05:11:00.40	05:12:30.45	+02:05:45 (40.2%)	7:04	8.5 (60.3%)
113	NIEDŹWIEDŹ Tomasz	322		M40	113	01:52:16	03:01:12	03:58:54	04:48:24		05:12:48.40	05:12:56.60	+02:06:11 (40.3%)	7:06	8.4 (59.6%)
114	OKON Michał	331	SPORT PASJE - MICHAŁ OKON	M40	114	02:03:55	03:23:51	04:12:37	04:51:38		05:12:28.00	05:14:36.90	+02:07:51 (40.6%)	7:06	8.4 (59.6%)
115	WRÓBEL Sebastian	512	APTEKA GEMINI TEAM	M40	115	02:01:13	03:11:01	04:03:18	04:48:48		05:13:10.50	05:14:42.70	+02:07:57 (40.7%)	7:07	8.4 (59.6%)
115	WEREMJEWICZ Marcin Wiktor	484	SZAPAR RUN & EXPEDITION	M40	115	01:57:30	03:01:58	04:00:23	04:47:21		05:12:26.30	05:14:42.70	+02:07:57 (40.7%)	7:06	8.4 (59.6%)
117	WOJCIESZEK Andrzej	502	GEMINI POLSKA TEAM	M40	117	01:44:09	02:50:34	03:51:17	04:44:45		05:14:23.85	05:14:43.20	+02:07:57 (40.7%)	7:08	8.4 (59.6%)
118	WACŁAWIK Jan	473		M40	118	01:58:41	03:06:39	04:06:07	04:48:26		05:13:17.70	05:15:08.75	+02:08:23 (40.7%)	7:07	8.4 (59.6%)
119	DZIEWA Przemysław	92	ATS WHEELS	M40	119	01:55:42	02:58:28	03:55:39	04:45:02		05:13:57.60	05:15:28.45	+02:08:43 (40.8%)	7:08	8.4 (59.6%)
120	KRUPA Jacek	239	ATS WHEELS	M40	120	01:55:45	02:58:26	03:55:37	04:45:01		05:13:57.60	05:15:28.85	+02:08:43 (40.8%)	7:08	8.4 (59.6%)
121	MALINOWSKI Marcin	286		M40	121	01:55:52	03:03:30	04:02:50	04:50:33		05:14:42.70	05:15:52.25	+02:09:06 (40.9%)	7:09	8.4 (59.6%)
122	SEKUŁA Mirek	392	INFINITY RUNNER'S TEAM GRYBÓW	M40	122	01:53:21	03:06:48	04:11:24	04:56:04		05:18:22.10	05:18:31.05	+02:11:45 (41.4%)	7:14	8.3 (58.9%)
123	GWOŹDZIOWSKI Marcin	142		M40	123	01:57:26	03:12:19	04:08:54	04:53:30		05:18:41.95	05:19:09.25	+02:12:23 (41.5%)	7:14	8.3 (58.9%)
124	CZENCZEK Krystian	67		M40	124	01:55:14	03:07:31	04:03:32	04:51:20		05:17:22.55	05:19:33.75	+02:12:48 (41.6%)	7:12	8.3 (58.9%)
125	KOPISZKA Tomasz	223	STOWARZYSZENIE KULTURY FIZYCZNEJ KLUB PIŁKARSKI HUBERTUS	M40	125	01:54:23	03:03:27	04:03:58	04:51:20		05:19:10.35	05:20:05.25	+02:13:19 (41.7%)	7:15	8.3 (58.9%)
126	GAŁEK Grzegorz	112		M40	126	01:59:53	03:08:09	04:05:33	04:54:20		05:20:07.15	05:21:33.60	+02:14:48 (41.9%)	7:16	8.2 (58.2%)
127	WALECZEK Sławomir	476		M40	127	01:52:57	03:04:52	04:08:06	04:55:21		05:21:23.60	05:22:04.45	+02:15:19 (42.0%)	7:18	8.2 (58.2%)
128	MAJKOWSKI Marcin	278		M40	128	01:55:31	03:05:38	04:04:17	04:54:45		05:20:43.90	05:22:07.00	+02:15:21 (42.0%)	7:17	8.2 (58.2%)
129	JEZIERSKI Jakub	166	ORANGE POLSKA	M40	129	01:59:23	03:10:02	04:10:19	04:56:40		05:21:46.85	05:23:56.85	+02:17:11 (42.3%)	7:18	8.2 (58.2%)
130	KIN Rafał	198	AZS PWSZ KROSNO	M40	130	02:04:12	03:12:45	04:10:32	04:57:15		05:23:10.65	05:24:10.10	+02:17:24 (42.4%)	7:20	8.2 (58.2%)
131	JUROSZEK Józef	175		M40	131	01:46:42	02:49:05	03:42:55	04:22:58	00:40:00	05:23:33.00	05:24:12.00	+02:17:26 (42.4%)	6:26	9.3 (66.0%)
132	PAROL Paweł	345		M40	132	01:53:21	03:01:09	04:09:05	04:57:12		05:22:38.35	05:24:13.90	+02:17:28 (42.4%)	7:19	8.2 (58.2%)
133	JARZEMBOWSKI Tomasz	160	WLKP MOUNTAINS ULTRA	M40	133	02:03:25	03:13:20	04:11:13	05:00:04		05:24:05.65	05:24:21.10	+02:17:35 (42.4%)	7:21	8.1 (57.4%)
134	SOBCZAK Mikołaj	409	WLKP ULTRA MOUNTAINS	M40	134	02:03:27	03:13:23	04:11:15	05:00:09		05:24:12.85	05:24:28.25	+02:17:42 (42.4%)	7:22	8.1 (57.4%)
135	FRĄC Dariusz	106	NIGHT RUNNERS GLIWICE	M40	135	02:00:45	03:09:23	04:09:17	04:57:48		05:24:45.20	05:25:51.05	+02:19:05 (42.7%)	7:22	8.1 (57.4%)
136	TUCHOWSKI Janusz	465		M40	136	01:50:54	03:02:34	04:09:10	04:59:47		05:26:19.90	05:27:02.65	+02:20:17 (42.9%)	7:25	8.1 (57.4%)
137	ROŹNIATA Andrzej	379	SNG WILD DUCKS	M40	137	01:55:56	03:09:13	04:12:40	05:02:03		05:27:17.95	05:27:44.15	+02:20:58 (43.0%)	7:26	8.1 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
138	KŁOSOK Adam	210	INŻYNIERIA BIEGANIA	M40	138	01:54:51	03:08:07	04:10:33	05:03:11		05:27:59.35	05:28:40.15	+02:21:54 (43.2%)	7:27	8 (56.7%)
139	KRZEPKOWSKI Radosław	242	ADIDAS RUNNERS WARSAW	M40	139	02:01:41	03:13:57	04:16:31	05:03:59		05:27:48.30	05:29:25.85	+02:22:40 (43.3%)	7:27	8.1 (57.4%)
140	BEŁKOT Arkadiusz	30		M40	140	02:01:52	03:09:50	04:14:18	05:05:10		05:30:47.30	05:31:30.30	+02:24:44 (43.7%)	7:31	8 (56.7%)
141	MIKOŁAJCZYK Mariusz	304	IPA PAŁAC MOSTOWSKICH KSP	M40	141	02:06:46	03:18:56	04:15:44	05:06:42		05:31:48.55	05:33:59.05	+02:27:13 (44.1%)	7:32	8 (56.7%)
142	MISZCZYK Marcin	306		M40	142	02:06:23	03:17:15	04:18:02	05:07:41		05:34:22.50	05:36:25.90	+02:29:40 (44.5%)	7:35	7.9 (56.0%)
143	DYLEWSKI Paweł	87	FIZJO-SPORT	M40	143	02:03:04	03:12:18	04:16:37	05:09:28		05:35:53.15	05:36:43.90	+02:29:58 (44.5%)	7:38	7.9 (56.0%)
144	KIDA Andrzej	4	LOS TREPOS COMPANIEROS	M40	144	02:06:09	03:14:19	04:13:29	05:06:37		05:35:39.25	05:37:07.45	+02:30:22 (44.6%)	7:37	7.9 (56.0%)
145	NITSCH Tomasz	326	UNTS	M40	145	02:12:06	03:28:34	04:33:14	05:17:42		05:37:40.70	05:39:24.85	+02:32:39 (45.0%)	7:40	7.8 (55.3%)
146	WĘDRYCHOWICZ Grzegorz	486	RUN4FUN WARYJOTY TEAM	M40	146	01:57:05	03:13:05	04:16:46	05:09:19		05:37:59.10	05:39:51.90	+02:33:06 (45.0%)	7:40	7.8 (55.3%)
147	ZBICIAK Grzegorz	523	ŁĘCZNA BIEGA	M40	147	02:09:40	03:24:48	04:24:42	05:14:23		05:40:02.10	05:40:53.35	+02:34:08 (45.2%)	7:43	7.8 (55.3%)
148	MARKIEWICZ Rafał	287		M40	148	02:03:56	03:23:51	04:26:33	05:15:21		05:39:11.45	05:41:21.45	+02:34:36 (45.3%)	7:42	7.8 (55.3%)
149	RYBAK Łukasz	383		M40	149	01:58:01	03:14:26	04:22:33	05:13:38		05:40:41.70	05:41:24.35	+02:34:39 (45.3%)	7:44	7.7 (54.6%)
150	KISIŃSKI Jarosław	202	VISEGRAD MARATON RYTRO	M40	150	01:59:58	03:12:49	04:17:44	05:14:02		05:41:53.30	05:42:44.05	+02:35:58 (45.5%)	7:46	7.7 (54.6%)
151	BEDNARCZYK Dariusz	542		M40	151	01:57:11	03:07:23	04:18:31	05:10:16		05:43:23.35	05:44:21.95	+02:37:36 (45.8%)	7:48	7.7 (54.6%)
152	ŁACHACZ Robert	271		M40	152	02:05:37	03:21:13	04:24:38	05:15:57		05:42:34.85	05:44:41.40	+02:37:56 (45.8%)	7:47	7.7 (54.6%)
153	ZIELINSKI Grzegorz	526		M40	153	02:01:22	03:19:21	04:35:35	05:22:23		05:45:14.05	05:46:01.25	+02:39:15 (46.0%)	7:50	7.6 (53.9%)
154	DUZMAL Wojciech	82		M40	154	02:04:23	03:19:01	04:19:36	05:14:04		05:44:07.70	05:46:11.90	+02:39:26 (46.1%)	7:49	7.7 (54.6%)
155	GÓRZYŃSKI Piotr	136		M40	155	02:01:01	03:24:55	04:29:43	05:23:54		05:52:19.25	05:52:39.95	+02:45:54 (47.0%)	8:00	7.5 (53.2%)
156	RYBICKI Tomasz	384	BRAVEHEARTS LEGIONOWO	M40	156	02:04:46	03:27:44	04:28:37	05:21:57		05:51:28.05	05:52:45.40	+02:46:00 (47.1%)	7:59	7.5 (53.2%)
157	SZEWCZYK Artur	441	DOKĄD TAK CIĄGLE BIEGNĘ?	M40	157	02:08:46	03:26:52	04:26:58	05:22:13		05:51:29.50	05:52:49.80	+02:46:04 (47.1%)	7:59	7.5 (53.2%)
158	STUSIŃSKI Mariusz	426		M40	158	02:12:07	03:28:25	04:33:14	05:24:50		05:51:09.80	05:52:53.00	+02:46:07 (47.1%)	7:58	7.5 (53.2%)
159	GALUS Jacek	111		M40	159	02:13:50	03:30:52	04:36:23	05:28:23		05:53:32.75	05:54:05.45	+02:47:20 (47.3%)	8:02	7.5 (53.2%)
160	WITCZAK Paweł	499	WIELUŃ BIEGA	M40	160	02:08:46	03:29:05	04:33:10	05:31:26		05:59:09.55	06:00:06.55	+02:53:21 (48.1%)	8:09	7.4 (52.5%)
161	GAJDA Jacek	110		M40	161	02:08:56	03:23:09	04:33:22	05:28:48		05:59:45.60	06:01:01.65	+02:54:16 (48.3%)	8:10	7.3 (51.8%)
162	ADAMSKI Bartłomiej	12		M40	162	02:09:00	03:29:48	04:40:22	05:35:18		06:02:01.55	06:03:40.65	+02:56:55 (48.6%)	8:13	7.3 (51.8%)
163	BUJAKOWSKI Patryk	49		M40	163	02:06:49	03:32:12	04:44:13	05:38:51		06:05:25.15	06:07:00.10	+03:00:14 (49.1%)	8:18	7.2 (51.1%)
164	URBANOWICZ Łukasz	471		M40	164	02:09:25	03:31:28	04:42:01	05:39:12		06:12:56.60	06:12:56.60	+03:06:11 (49.9%)	8:28	7.1 (50.4%)
165	TOKARSKI Rafał	459		M40	165	02:10:43	03:34:43	04:51:23	05:42:08		06:12:20.70	06:13:18.95	+03:06:33 (50.0%)	8:27	7.1 (50.4%)
166	WYDRO Rafał	514	FUN&RUN	M40	166	02:16:04	03:45:06	04:58:03	05:47:35		06:13:18.40	06:14:11.50	+03:07:26 (50.1%)	8:29	7.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
166	SZPAKOWSKI Andrzej	442	FUN&RUN	M40	166	02:13:18	03:37:24	04:58:04	05:47:31		06:13:20.00	06:14:11.50	+03:07:26 (50.1%)	8:29	7.1 (50.4%)
168	CHODOROWSKI Arkadiusz	57	IPA PAŁAC MOSTOWSKICH KSP	M40	168	02:19:06	03:41:10	04:45:42	05:42:24		06:16:57.25	06:19:09.95	+03:12:24 (50.7%)	8:34	7 (49.6%)
169	ZNAMIEC Marcin	533	IPA PAŁAC MOSTOWSKICH KSP	M40	169	02:19:12	03:40:52	04:45:46	05:42:28		06:17:04.65	06:19:12.35	+03:12:27 (50.8%)	8:34	7 (49.6%)
170	WILIMSKI Tomasz	490	NIGHT RUNNERS GLIWICE	M40	170	02:14:39	03:38:00	04:55:38	05:52:46		06:18:40.85	06:19:47.35	+03:13:02 (50.8%)	8:36	7 (49.6%)
171	MIKOWSKI Grzegorz	305	NIEZRZESZONY	M40	171	02:16:17	03:39:37	04:58:27	05:54:01		06:24:17.60	06:26:12.30	+03:19:26 (51.6%)	8:44	6.9 (48.9%)
172	DUDEK Dominik	83		M40	172	02:29:05	03:53:21	05:02:20	06:00:13		06:28:27.10	06:28:46.60	+03:22:01 (52.0%)	8:49	6.8 (48.2%)
173	KACZKIEWICZ Damian	177	NIGHT RUNNERS GLIWICE	M40	173	02:09:29	03:37:59	04:55:43	05:58:52		06:28:30.00	06:29:37.20	+03:22:51 (52.1%)	8:49	6.8 (48.2%)
174	WASILEWSKI Grzegorz	482	ACCENTURE RUNNERS CLUB	M40	174	02:26:53	03:46:56	05:05:15	06:01:35		06:30:59.65	06:32:58.00	+03:26:12 (52.5%)	8:53	6.8 (48.2%)
175	JAWORSKI Piotr	164	EKOBIEGI	M40	175	02:18:55	03:54:43	05:10:14	06:03:31		06:31:49.90	06:33:27.45	+03:26:42 (52.5%)	8:54	6.7 (47.5%)
176	KAZANOWSKI Marcin	193	OFIARY KAMIEŃCA	M40	176	02:28:32	03:52:39	05:08:54	06:10:45		06:41:35.10	06:42:49.85	+03:36:04 (53.6%)	9:07	6.6 (46.8%)
177	WOŹNIAK Michał	509		M40	177	02:43:35	04:03:14	05:39:49	06:43:21		07:16:33.90	07:18:47.20	+04:12:01 (57.4%)	9:55	6 (42.6%)
178	SZYMANIAK Paweł	449	DANFOSS / GRODZISK	M40	178	02:25:33	03:54:06	05:52:55	07:04:28		07:42:01.50	07:43:54.70	+04:37:09 (59.7%)	10:30	5.7 (40.4%)
178	KURKUS Aleksander	253	DOGOŃ GRODZISK MAZOWIECKI	M40	178	02:18:43	03:31:26	05:52:52	07:04:26		07:42:00.70	07:43:54.70	+04:37:09 (59.7%)	10:30	5.7 (40.4%)

Znaleziono 179 wynik(ów)