

BIEG RZEŹNICZEK 2016

B4SPORT

Organizator: Fundacja Rzeźnika
Data: 2016-05-28
Miejsce: Cisna
Dystans: 27 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
1	KAROLKIEWICZ Daniel	3766	ENTRE.PL TEAM	M30	1	00:00:00	01:18:09	02:25:11.65	02:25:11.65		5:22	11.2 (100%)
2	LUBASZEWSKI Zbigniew	3055		M30	2	00:00:00	01:22:42	02:32:50.70	02:32:50.70	+00:07:39 (5.0%)	5:39	10.6 (94.6%)
3	KRZYWANIA Bartłomiej	3781	OBOZYBIEGOWE.PL	M30	3	00:00:13	01:24:58	02:36:02.10	02:36:15.70	+00:10:50 (6.9%)	5:46	10.4 (92.9%)
4	WACKO Marcin	3217		M30	4	00:00:00	01:23:38	02:36:04.15	02:36:04.15	+00:10:52 (7.0%)	5:46	10.4 (92.9%)
5	MARCINIEC Damian	3013	SMASHING PAPKINS	M30	5	00:00:08	01:26:19	02:38:19.35	02:38:28.10	+00:13:07 (8.3%)	5:51	10.2 (91.1%)
6	DĄBROWSKI Marcin	3575	OBOZYBIEGOWE.PL	M30	6	00:00:00	01:30:31	02:47:53.25	02:47:53.25	+00:22:41 (13.5%)	6:13	9.6 (85.7%)
7	KONOPIŃSKI Tomasz	3476		M30	7	00:00:08	01:29:58	02:47:58.70	02:48:06.75	+00:22:47 (13.6%)	6:13	9.6 (85.7%)
8	LIPA Wojciech	3852	RZESZOWSKIE GAZELE I GEPARDY	M30	8	00:00:00	01:27:46	02:48:58.45	02:48:58.45	+00:23:46 (14.1%)	6:15	9.6 (85.7%)
9	WIĘCH Piotr	4019		M30	9	00:00:12	01:30:21	02:49:26.25	02:49:38.45	+00:24:14 (14.3%)	6:16	9.6 (85.7%)
10	POŻAROWSZCZYK Adam	3279		M30	10	00:00:00	01:30:04	02:50:05.25	02:50:05.25	+00:24:53 (14.6%)	6:17	9.5 (84.8%)
11	NITKIEWICZ Marcin	3930	TASOWANIE	M30	11	00:00:11	01:27:31	02:51:35.90	02:51:47.80	+00:26:24 (15.4%)	6:21	9.4 (83.9%)
12	MYŚLIŃSKI Jan	3492	BIESZCZADY	M30	12	00:00:06	01:33:08	02:52:56.65	02:53:03.45	+00:27:45 (16.0%)	6:24	9.4 (83.9%)
13	SKARUZ Jarosław	3036		M30	13	00:00:26	01:37:55	02:53:15.55	02:53:42.50	+00:28:03 (16.2%)	6:25	9.3 (83.0%)
14	WAŁCZYK Krzysztof	3674		M30	14	00:00:13	01:35:51	02:54:39.85	02:54:52.95	+00:29:28 (16.9%)	6:28	9.3 (83.0%)
15	PYTŁOS Marcin	3099		M30	15	00:00:11	01:34:00	02:54:42.00	02:54:53.80	+00:29:30 (16.9%)	6:28	9.3 (83.0%)
16	BARAŃSKI Grzegorz	3802	RAIFFEISEN POLBANK	M30	16	00:00:00	01:29:51	02:55:00.05	02:55:00.05	+00:29:48 (17.0%)	6:28	9.3 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
17	ŚLĘCZKA Damian	3788	DIT PRO	M30	17	00:00:06	01:33:09	02:55:46.10	02:55:52.75	+00:30:34 (17.4%)	6:30	9.2 (82.1%)
18	KIBART Krzysztof	3532	BUBBA GUMP RUN TEAM	M30	18	00:00:13	01:33:58	02:56:01.40	02:56:15.20	+00:30:49 (17.5%)	6:31	9.2 (82.1%)
19	SUROWIEC Grzegorz	3324	BESTA SP. Z O.O.	M30	19	00:00:00	01:33:12	02:56:27.25	02:56:27.25	+00:31:15 (17.7%)	6:32	9.2 (82.1%)
20	RODRIGO PEREIRA Oswald	3259	WILD FOR THE RUN	M30	20	00:00:06	01:37:25	02:57:40.75	02:57:47.65	+00:32:29 (18.3%)	6:34	9.1 (81.3%)
21	MATEJCZUK Jarosław	3487	KS ALASKA ŁÓDŹ	M30	21	00:00:00	01:27:46	02:59:12.60	02:59:12.60	+00:34:00 (19.0%)	6:38	9 (80.4%)
22	DŁUGOSIELSKI Piotr	3875	ENDOMONDO	M30	22	00:00:24	01:37:10	03:00:31.70	03:00:56.00	+00:35:20 (19.6%)	6:41	9 (80.4%)
23	ILKIEWICZ Adam	3792	3BRO	M30	23	00:00:18	01:37:28	03:03:25.45	03:03:44.40	+00:38:13 (20.8%)	6:47	8.8 (78.6%)
24	MOSIOŁEK Przemysław	3156		M30	24	00:00:33	01:39:32	03:03:35.45	03:04:08.75	+00:38:23 (20.9%)	6:47	8.8 (78.6%)
25	BRUŚ Marcin	3299	SASKA	M30	25	00:00:00	01:34:37	03:03:45.65	03:03:45.65	+00:38:34 (21.0%)	6:48	8.8 (78.6%)
26	BIENIEK Damian	3129	TRI AKTYWNY PIOTRKÓW	M30	26	00:00:12	01:37:08	03:03:54.65	03:04:07.35	+00:38:43 (21.1%)	6:48	8.8 (78.6%)
27	PIECUCH Tomasz	3057	JEST MOC!	M30	27	00:00:09	01:35:13	03:03:54.75	03:04:03.85	+00:38:43 (21.1%)	6:48	8.8 (78.6%)
28	DUCKI Piotr	3838	OTK RZEŹNIK	M30	28	00:00:14	01:41:00	03:05:32.35	03:05:46.80	+00:40:20 (21.7%)	6:52	8.7 (77.7%)
29	SOBORSKI Krzysztof	3901		M30	29	00:00:09	01:37:03	03:05:57.35	03:06:06.55	+00:40:45 (21.9%)	6:53	8.7 (77.7%)
30	ADAMSKI Maciej	3911	OBOZYBIEGOWE.PL	M30	30	00:00:10	01:37:21	03:06:45.10	03:06:55.35	+00:41:33 (22.3%)	6:55	8.7 (77.7%)
31	CHOŁKA Michał	3839		M30	31	00:00:31	01:42:06	03:06:58.20	03:07:29.20	+00:41:46 (22.3%)	6:55	8.7 (77.7%)
32	SZCZEPANIAK Kuba	3256	MIDNIGHTRUN.PL	M30	32	00:00:12	01:36:26	03:07:36.50	03:07:49.20	+00:42:24 (22.6%)	6:56	8.6 (76.8%)
33	JARZĄB Marcin	3423		M30	33	00:00:15	01:40:37	03:07:38.10	03:07:53.10	+00:42:26 (22.6%)	6:56	8.6 (76.8%)
34	GOLBA Łukasz	3118	ZABIEGANI MIELEC	M30	34	00:00:11	01:42:38	03:07:40.85	03:07:52.75	+00:42:29 (22.6%)	6:57	8.6 (76.8%)
35	SALETRA Grzegorz	3380	OLKUSZBIEGA.PL	M30	35	00:00:08	01:38:13	03:07:52.25	03:08:01.00	+00:42:40 (22.7%)	6:57	8.6 (76.8%)
36	NOWAK Piotr	3700	BOOTCAMP POLSKA	M30	36	00:00:09	01:34:28	03:08:59.50	03:09:08.70	+00:43:47 (23.2%)	6:59	8.6 (76.8%)
37	WNOROWSKI Stefan	3599		M30	37	00:00:22	01:40:36	03:10:08.60	03:10:31.40	+00:44:56 (23.6%)	7:02	8.5 (75.9%)
38	GOLEC Ireneusz	3309	VEGE RUNNERS / KRASNYSTAW BIEGA	M30	38	00:00:09	01:39:20	03:10:41.05	03:10:50.45	+00:45:29 (23.9%)	7:03	8.5 (75.9%)
39	HUBNER Antoni	3334	HUBNER TEAM	M30	39	00:00:33	01:40:46	03:10:42.60	03:11:16.30	+00:45:30 (23.9%)	7:03	8.5 (75.9%)

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40	LATAROWSKI Grzegorz	3379	RÜBEZAHL	M30	40	00:00:15	01:44:07	03:11:24.05	03:11:39.20	+00:46:12 (24.1%)	7:05	8.5 (75.9%)
41	STARZYK Michał	3634	BĄBLE I ODCISKI	M30	41	00:00:43	01:42:29	03:12:07.70	03:12:51.35	+00:46:56 (24.4%)	7:06	8.4 (75.0%)
42	ŚWIĘCICKI Tomasz	3367	ACCELERATING POLAND	M30	42	00:00:08	01:38:52	03:12:42.00	03:12:50.65	+00:47:30 (24.7%)	7:08	8.4 (75.0%)
43	KOSZYK Daniel	3734	VISEGRAD MARATON RYTRO	M30	43	00:00:05	01:44:28	03:12:45.15	03:12:50.95	+00:47:33 (24.7%)	7:08	8.4 (75.0%)
44	MALEC Bartosz	4030		M30	44	00:00:00	01:37:02	03:13:42.40	03:13:42.40	+00:48:30 (25.0%)	7:10	8.4 (75.0%)
45	BURAS Bartek	3533		M30	45	00:00:08	01:36:25	03:13:48.80	03:13:56.90	+00:48:37 (25.1%)	7:10	8.4 (75.0%)
46	GRUPA Marcin	3490	R2G	M30	46	00:00:22	01:48:57	03:14:08.05	03:14:30.80	+00:48:56 (25.2%)	7:11	8.3 (74.1%)
47	MIKULSKI Hubert	3729	BLUE DOGS	M30	47	00:00:16	01:42:42	03:14:11.10	03:14:27.70	+00:48:59 (25.2%)	7:11	8.3 (74.1%)
48	RYWACKI Emil	3365	BBL_PIONKI	M30	48	00:00:23	01:46:17	03:14:16.65	03:14:39.75	+00:49:05 (25.3%)	7:11	8.3 (74.1%)
49	KUŚMIDER Jakub	3896		M30	49	00:01:07	01:50:55	03:14:30.15	03:15:37.40	+00:49:18 (25.4%)	7:12	8.3 (74.1%)
50	KOWALSKI Wojciech	3539		M30	50	00:00:06	01:39:02	03:15:31.95	03:15:38.90	+00:50:20 (25.7%)	7:14	8.3 (74.1%)
51	REJ Mirosław	3376	MT WYJADACZE PARÓWKÓW	M30	51	00:00:27	01:48:33	03:15:48.95	03:16:16.50	+00:50:37 (25.9%)	7:15	8.3 (74.1%)
52	LONC Tomasz	3364	MT WYJADACZE PARÓWKÓW	M30	52	00:00:27	01:48:34	03:15:54.55	03:16:22.10	+00:50:42 (25.9%)	7:15	8.3 (74.1%)
53	BUŁDAK Krzysztof	3862		M30	53	00:00:10	01:41:45	03:16:04.80	03:16:15.05	+00:50:53 (26.0%)	7:15	8.3 (74.1%)
54	SENK Aleksander	3448	OBOZYBIEGOWE.PL	M30	54	00:00:13		03:16:13.45	03:16:26.60	+00:51:01 (26.0%)	7:16	8.3 (74.1%)
55	GAWRON Maciej	3813		M30	55	00:00:18	01:40:31	03:16:15.10	03:16:33.10	+00:51:03 (26.0%)	7:16	8.3 (74.1%)
56	WALKOSZ BEREDA Grzegorz	3961	BIEGAM Z ABS	M30	56	00:00:19	01:47:31	03:16:25.45	03:16:44.60	+00:51:13 (26.1%)	7:16	8.2 (73.2%)
57	FIUPIAK Mateusz	3618	ORTOREH	M30	57	00:00:00		03:18:13.00	03:18:13.00	+00:53:01 (26.7%)	7:20	8.2 (73.2%)
58	SOSNOWSKI Rafał	3952		M30	58	00:01:00	01:47:26	03:18:40.10	03:19:40.40	+00:53:28 (26.9%)	7:21	8.2 (73.2%)
59	ZASINA Sebastian	3386	RÜBEZAHL	M30	59	00:00:15	01:49:01	03:18:53.20	03:19:08.70	+00:53:41 (27.0%)	7:21	8.1 (72.3%)
60	BODZON Marcin	3079	ŻÓŁWULTRAS TEAM WOŁOMIN	M30	60	00:00:33	01:52:38	03:19:44.10	03:20:17.35	+00:54:32 (27.3%)	7:23	8.1 (72.3%)
61	BINDER Piotr	3949	OTK RZEŹNIK	M30	61	00:00:14	01:45:54	03:20:03.95	03:20:17.95	+00:54:52 (27.4%)	7:24	8.1 (72.3%)
62	SZTOMBER Daniel	3350	AXA RUNNING TEAM	M30	62	00:00:45	01:51:09	03:20:30.15	03:21:15.55	+00:55:18 (27.6%)	7:25	8.1 (72.3%)

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63	SKOMRA Krzysztof	3414	BANDA LULUSIA	M30	63	00:00:23	01:46:16	03:21:08.80	03:21:32.00	+00:55:57 (27.8%)	7:27	8.1 (72.3%)
64	KSIĄŻKIEWICZ Jacek	3926	CITY TRAIL TEAM	M30	64	00:00:09	01:46:19	03:21:45.05	03:21:54.35	+00:56:33 (28.0%)	7:28	8 (71.4%)
65	CHWAŁA Artur	3666		M30	65	00:00:20	01:49:37	03:21:51.65	03:22:12.00	+00:56:40 (28.1%)	7:28	8 (71.4%)
66	BRÓG Wojciech	3581		M30	66	00:00:19	01:43:39	03:22:10.15	03:22:29.55	+00:56:58 (28.2%)	7:29	8 (71.4%)
67	DERKOWSKI Dawid	3391	NOWOMIESZCZANIELUBIĄBIEGANIE	M30	67	00:00:20	01:47:09	03:22:14.95	03:22:35.50	+00:57:03 (28.2%)	7:29	8 (71.4%)
68	SOŁTYS Jan	3679	FMW RUNNERS	M30	68	00:00:12	01:39:24	03:22:29.20	03:22:41.40	+00:57:17 (28.3%)	7:29	8 (71.4%)
69	PALEJ Piotr	3275		M30	69	00:00:07	01:43:06	03:22:42.35	03:22:49.95	+00:57:30 (28.4%)	7:30	8 (71.4%)
70	KAWECZYŃSKI Krzysztof	3403	TEAM KOPEĆ	M30	70	00:00:23	01:54:25	03:22:43.50	03:23:07.30	+00:57:31 (28.4%)	7:30	8 (71.4%)
71	HARATYNOWICZ Tomasz	3962	BIEGAM Z ABS	M30	71	00:00:18	01:46:24	03:22:55.85	03:23:14.30	+00:57:44 (28.5%)	7:30	8 (71.4%)
72	JURKIEWICZ Jakub	3768		M30	72	00:00:36	01:46:08	03:23:00.05	03:23:36.20	+00:57:48 (28.5%)	7:31	8 (71.4%)
73	ZASĘPA Sebastian	3906		M30	73	00:00:25	01:37:10	03:23:34.45	03:23:59.90	+00:58:22 (28.7%)	7:32	8 (71.4%)
74	PAWŁOWSKI Rafał	3171	KB DLUGOSIODLO	M30	74	00:00:25	01:48:58	03:23:38.50	03:24:03.75	+00:58:26 (28.7%)	7:32	8 (71.4%)
75	KRUPIŃSKI Maciej	3821		M30	75	00:00:30	01:45:00	03:24:03.20	03:24:33.80	+00:58:51 (28.8%)	7:33	7.9 (70.5%)
76	SZAPIEL Łukasz	3845	MAD RABBIT	M30	76	00:00:26	01:46:26	03:24:06.20	03:24:32.60	+00:58:54 (28.9%)	7:33	7.9 (70.5%)
77	LENGIEWICZ Jakub	2042	OTK RZEŹNIK	M30	77	00:00:13	01:44:25	03:24:31.05	03:24:44.80	+00:59:19 (29.0%)	7:34	7.9 (70.5%)
78	MIKLAS Piotr	3878		M30	78	00:00:11	01:52:36	03:24:48.90	03:25:00.25	+00:59:37 (29.1%)	7:35	7.9 (70.5%)
79	KUDŁACZ Grzegorz	3526	RZESZOWSKI KLUB WYSOKOGÓRSKI	M30	79	00:00:24	01:44:59	03:25:11.45	03:25:35.90	+00:59:59 (29.2%)	7:35	7.9 (70.5%)
80	ŁUKASIAK Bartek	3984		M30	80	00:00:28	02:01:38	03:25:15.25	03:25:43.25	+01:00:03 (29.3%)	7:36	7.9 (70.5%)
81	CZARNECKI Karol	3874	POWERADE	M30	81	00:00:52	01:50:03	03:25:54.75	03:26:47.45	+01:00:43 (29.5%)	7:37	7.9 (70.5%)
82	BRZEZIŃSKI Paweł	3491	R2G	M30	82	00:00:22	01:49:00	03:25:57.15	03:26:20.05	+01:00:45 (29.5%)	7:37	7.9 (70.5%)
83	KAWALEC Jacek	3302	AMASON - BIEGAM SERCEM	M30	83	00:00:11	01:51:19	03:26:07.65	03:26:18.95	+01:00:56 (29.6%)	7:38	7.9 (70.5%)
84	PASZEK Jacek	3114		M30	84	00:00:00		03:26:58.65	03:26:58.65	+01:01:47 (29.9%)	7:39	7.8 (69.6%)
85	PALLACH Lech	3216	BIEGAMYRAZEM.PL	M30	85	00:00:27	01:51:47	03:27:07.30	03:27:34.30	+01:01:55 (29.9%)	7:40	7.8 (69.6%)

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86	BOSEK Robert	3815	ORANGE POLSKA	M30	86	00:00:08	01:48:57	03:27:08.55	03:27:17.20	+01:01:56 (29.9%)	7:40	7.8 (69.6%)
87	KALINOWSKI Piotr	3578		M30	87	00:00:54	01:49:26	03:27:10.40	03:28:05.20	+01:01:58 (29.9%)	7:40	7.8 (69.6%)
88	KACZOREK Dominik	3743	NAPIERAJ.PL	M30	88	00:00:10	01:39:33	03:27:36.70	03:27:46.95	+01:02:25 (30.1%)	7:41	7.8 (69.6%)
89	MYSZKOWSKI Sebastian	3435	KALIŃSKATEAM	M30	89	00:00:25	01:51:22	03:27:50.60	03:28:16.05	+01:02:38 (30.1%)	7:41	7.8 (69.6%)
90	STRZELECKI Michał	3647	PZSF	M30	90	00:01:38	01:56:53	03:29:38.60	03:31:16.60	+01:04:26 (30.7%)	7:45	7.7 (68.8%)
91	BIELAWIEC Bartłomiej	3796	BIĄŁOSTOCKA SEKTA BIEGACZY	M30	91	00:01:11	01:56:44	03:29:40.00	03:30:51.60	+01:04:28 (30.8%)	7:45	7.7 (68.8%)
92	KUC Wojciech	3820		M30	92	00:00:40	01:45:13	03:30:32.10	03:31:13.00	+01:05:20 (31.0%)	7:47	7.7 (68.8%)
93	KOZIARSKI Piotr	3806	PO LINIE	M30	93	00:00:28	01:51:31	03:32:01.75	03:32:30.30	+01:06:50 (31.5%)	7:51	7.6 (67.9%)
94	ZAWIŚLAK Kazimierz	3540		M30	94	00:00:14	01:47:50	03:32:03.20	03:32:17.45	+01:06:51 (31.5%)	7:51	7.6 (67.9%)
95	LECH Marek	3330		M30	95	00:00:39	01:55:20	03:32:18.00	03:32:57.20	+01:07:06 (31.6%)	7:51	7.6 (67.9%)
96	MIECH Szymon	3254		M30	96	00:00:31	01:49:18	03:32:33.65	03:33:04.70	+01:07:22 (31.7%)	7:52	7.6 (67.9%)
97	BOBROWICZ Mateusz	3724		M30	97	00:00:24	01:51:02	03:32:55.85	03:33:20.75	+01:07:44 (31.8%)	7:53	7.6 (67.9%)
98	STAŚKIEWICZ Marcin	3328	OLSZTYŃSKIE USTAWKI BIEGOWE/TRI NEGU	M30	98	00:00:28	01:58:42	03:33:12.90	03:33:41.25	+01:08:01 (31.9%)	7:53	7.6 (67.9%)
99	KŁĘBEK Arkadiusz	3819	KB WYSZKÓW	M30	99	00:00:57	01:52:42	03:33:26.00	03:34:23.50	+01:08:14 (32.0%)	7:54	7.6 (67.9%)
100	KULIGA Sławomir	3762	POSKAJ RUN TEAM	M30	100	00:00:17	01:51:57	03:34:03.95	03:34:21.10	+01:08:52 (32.2%)	7:55	7.6 (67.9%)
101	JĘDRZEJCZAK Artur	3511	SOLEC WLKP	M30	101	00:01:00	01:52:59	03:34:31.45	03:35:31.50	+01:09:19 (32.3%)	7:56	7.6 (67.9%)
102	KOLANKO Michał	3284	INFOSOFTWARE POLSKA	M30	102	00:00:18	01:47:33	03:35:55.35	03:36:13.35	+01:10:43 (32.8%)	7:59	7.5 (67.0%)
103	GŁOGOWSKI Adam	3776	NBP / NIGHT RUNNERS KABATY	M30	103	00:00:22	01:49:40	03:37:11.25	03:37:33.70	+01:11:59 (33.1%)	8:02	7.5 (67.0%)
104	ŁOPIAN Wojciech	3944		M30	104	00:01:23	02:14:05	03:37:13.00	03:38:36.10	+01:12:01 (33.2%)	8:02	7.5 (67.0%)
105	PODOLSKI Marek	3215	BIEGAMYRAZEM.PL	M30	105	00:00:27	01:49:11	03:37:29.75	03:37:57.70	+01:12:18 (33.2%)	8:03	7.4 (66.1%)
106	CHUDY Michał	3899		M30	106	00:01:18	01:56:38	03:37:51.95	03:39:10.60	+01:12:40 (33.4%)	8:04	7.4 (66.1%)
107	POLANOWSKI Daniel	3264		M30	107	00:00:35	01:52:14	03:38:03.15	03:38:39.05	+01:12:51 (33.4%)	8:04	7.4 (66.1%)
108	BEKIER Pawel	3368	BUBBA GUMP RUN TEAM	M30	108	00:00:14	01:53:19	03:38:40.25	03:38:55.00	+01:13:28 (33.6%)	8:05	7.4 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
109	GODYŃ Jan	3465	DELOITTE ADVENTURE CLUB	M30	109	00:00:42	01:54:28	03:38:45.35	03:39:27.35	+01:13:33 (33.6%)	8:06	7.4 (66.1%)
110	IDZIAK Marcin	3659	NOWOMIESZCZANIE LUBIĄ BIEGANIE	M30	110	00:00:20	01:52:02	03:39:06.70	03:39:26.75	+01:13:55 (33.7%)	8:06	7.4 (66.1%)
111	SMERECKI Maciej	3274	POSMAKUJ RUN TEAM	M30	111	00:00:16	01:56:35	03:39:23.10	03:39:39.40	+01:14:11 (33.8%)	8:07	7.4 (66.1%)
112	MIŁUŃSKI Filip	3732		M30	112	00:00:30	02:01:24	03:40:28.15	03:40:58.60	+01:15:16 (34.1%)	8:09	7.3 (65.2%)
113	PAWLUS Piotr	3805	GRUNWALD TEAM POZNAŃ	M30	113	00:00:32	02:02:21	03:41:04.80	03:41:37.50	+01:15:53 (34.3%)	8:11	7.3 (65.2%)
114	BEDNARCZYK Maciej	3835	MADRABBIT	M30	114	00:00:28	01:51:49	03:41:06.00	03:41:34.30	+01:15:54 (34.3%)	8:11	7.3 (65.2%)
115	DZIEDZINA Tomasz	3844	NIGHT RUNNERS	M30	115	00:00:30	01:58:29	03:41:23.55	03:41:54.00	+01:16:11 (34.4%)	8:12	7.3 (65.2%)
116	JĘDRASZEK Maciej	3439	KORONA PABIANICE	M30	116	00:00:10	01:54:51	03:41:28.00	03:41:38.80	+01:16:16 (34.4%)	8:12	7.3 (65.2%)
117	JAZŁOCKI Łukasz	3696		M30	117	00:00:09	01:47:48	03:41:40.70	03:41:50.20	+01:16:29 (34.5%)	8:12	7.3 (65.2%)
118	KRACZKOWSKI Przemysław	3474		M30	118	00:00:47	01:57:52	03:41:50.60	03:42:38.50	+01:16:38 (34.6%)	8:13	7.3 (65.2%)
119	DYLEWSKI Paweł	3400	FIZJO-SPORT ŁĘCZNA	M30	119	00:00:23	01:56:11	03:41:59.05	03:42:22.90	+01:16:47 (34.6%)	8:13	7.3 (65.2%)
120	CZAPIEWSKI Paweł	3910		M30	120	00:00:26	01:49:15	03:42:08.45	03:42:34.60	+01:16:56 (34.6%)	8:13	7.3 (65.2%)
121	MAJCHRZAK Jakub	3644		M30	121	00:00:21	01:58:08	03:42:23.65	03:42:45.45	+01:17:12 (34.7%)	8:14	7.3 (65.2%)
122	WASYLÓW Jacek	3881	KLUB BIEGOWY IC PRZEMYŚL	M30	122	00:00:14	01:47:25	03:42:33.25	03:42:47.30	+01:17:21 (34.8%)	8:14	7.3 (65.2%)
123	NOWICKI Bartosz	4052	PODROZNICZY.EU TEAM	M30	123	00:01:00	01:56:03	03:42:40.00	03:43:40.70	+01:17:28 (34.8%)	8:14	7.3 (65.2%)
124	NERKOWSKI Paweł	3116		M30	124	00:00:14	01:47:48	03:42:46.85	03:43:01.50	+01:17:35 (34.8%)	8:15	7.3 (65.2%)
125	THIER Dominik	3172	PZSF	M30	125	00:01:39	01:56:55	03:43:00.40	03:44:39.70	+01:17:48 (34.9%)	8:15	7.3 (65.2%)
126	JAGIELSKI Damian	3565	NGB KŁOBUCK	M30	126	00:00:18	01:49:25	03:43:05.45	03:43:23.95	+01:17:53 (34.9%)	8:15	7.3 (65.2%)
127	ULATOWSKI Rafał	3912	360GYM.DK	M30	127	00:00:55	02:00:14	03:43:38.55	03:44:33.60	+01:18:26 (35.1%)	8:16	7.2 (64.3%)
128	KOBYŁKA Rafał	3452		M30	128	00:00:26	01:51:26	03:43:39.25	03:44:06.10	+01:18:27 (35.1%)	8:17	7.2 (64.3%)
129	KASPRZYK Szymon	3548	IDŹ SOBIE	M30	129	00:01:09	01:52:16	03:44:08.35	03:45:18.00	+01:18:56 (35.2%)	8:18	7.2 (64.3%)
130	ZATORSKI Paweł	3059		M30	130	00:01:03	02:03:13	03:44:14.20	03:45:18.00	+01:19:02 (35.2%)	8:18	7.2 (64.3%)
131	JANOWSKI Tomasz	3822		M30	131	00:00:49	01:58:04	03:44:19.45	03:45:09.40	+01:19:07 (35.3%)	8:18	7.2 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
132	PIECUCH Tomasz	3460		M30	132	00:00:35	01:57:26	03:44:34.55	03:45:10.20	+01:19:22 (35.3%)	8:19	7.2 (64.3%)
133	SZANIAWSKI Marcin	3800		M30	133	00:00:13	01:46:48	03:44:39.10	03:44:52.85	+01:19:27 (35.4%)	8:19	7.2 (64.3%)
134	ARUSZTOWICZ Bartek	3176		M30	134	00:01:24	02:06:24	03:45:06.10	03:46:30.20	+01:19:54 (35.5%)	8:20	7.2 (64.3%)
135	KALARUS Jacek	3733	PĘDZĄCE MISIE	M30	135	00:00:06	02:03:19	03:45:06.25	03:45:12.60	+01:19:54 (35.5%)	8:20	7.2 (64.3%)
136	KONDZIOŁA Krzysztof	4026	PERFECT RUNNER LUBLIN	M30	136	00:00:18	01:55:20	03:46:22.00	03:46:40.15	+01:21:10 (35.9%)	8:23	7.2 (64.3%)
137	PYTA Krzysiek	3942	WELNOWIETZ	M30	137	00:00:56	01:56:09	03:46:36.00	03:47:32.85	+01:21:24 (35.9%)	8:23	7.1 (63.4%)
138	JANKOWSKI Rafał	3043		M30	138	00:00:33	01:55:12	03:47:02.95	03:47:36.75	+01:21:51 (36.1%)	8:24	7.1 (63.4%)
139	SZABELAK Witold	4008		M30	139	00:01:20	02:06:18	03:47:03.50	03:48:23.80	+01:21:51 (36.1%)	8:24	7.1 (63.4%)
140	KĘCKI Karol	3791		M30	140	00:00:34	01:54:38	03:47:04.15	03:47:38.55	+01:21:52 (36.1%)	8:24	7.1 (63.4%)
141	ZIEMBLA Jakub	3233	NIGHT RUNNERS	M30	141	00:01:07	02:06:17	03:47:16.90	03:48:24.20	+01:22:05 (36.1%)	8:25	7.1 (63.4%)
142	APOSTOLSKI Wojciech	3718	HARPAGAN SOSNOWIEC	M30	142	00:00:20	01:56:56	03:47:18.15	03:47:38.80	+01:22:06 (36.1%)	8:25	7.1 (63.4%)
143	MARCIAK Karol	3880	OLSZTYŃSKIE USTAWKI BIEGOWE OUB	M30	143	00:00:23	01:58:49	03:47:23.25	03:47:47.10	+01:22:11 (36.1%)	8:25	7.1 (63.4%)
144	DREWNIK Piotr	3348	OBOZYBIEGOWE.PL	M30	144	00:00:17	01:57:55	03:47:37.30	03:47:54.60	+01:22:25 (36.2%)	8:25	7.1 (63.4%)
145	CIESZKO Marek	3939	KW WARSZAWA	M30	145	00:00:16	01:59:56	03:47:39.75	03:47:56.00	+01:22:28 (36.2%)	8:25	7.1 (63.4%)
146	SKORCZYK Adrian	3670	TGV RUNNING TEAM	M30	146	00:01:17	02:01:26	03:47:53.05	03:49:10.85	+01:22:41 (36.3%)	8:26	7.1 (63.4%)
147	BAUER Artur	3807	SM RYKI	M30	147	00:00:57	02:12:51	03:48:15.65	03:49:13.50	+01:23:04 (36.4%)	8:27	7.1 (63.4%)
148	KUBICKI Mikołaj	3970		M30	148	00:00:40	01:57:29	03:48:51.25	03:49:31.80	+01:23:39 (36.6%)	8:28	7.1 (63.4%)
149	KANIA Przemysław	3843		M30	149	00:00:40	01:57:27	03:48:51.65	03:49:32.00	+01:23:40 (36.6%)	8:28	7.1 (63.4%)
150	MAŁKOWSKI Witold	3316		M30	150	00:00:14	01:57:56	03:48:52.75	03:49:06.85	+01:23:41 (36.6%)	8:28	7.1 (63.4%)
151	ADAMCZAK Grzegorz	3359		M30	151	00:00:57	02:08:14	03:49:21.85	03:50:19.45	+01:24:10 (36.7%)	8:29	7.1 (63.4%)
152	BOROWSKI Robert	3479	TEAM KOPEĆ	M30	152	00:00:23	02:01:15	03:49:28.25	03:49:51.75	+01:24:16 (36.7%)	8:29	7.1 (63.4%)
153	MORAWSKI Artur	3033	BIEGNĘ	M30	153	00:00:30	01:59:43	03:49:53.55	03:50:24.00	+01:24:41 (36.8%)	8:30	7 (62.5%)
154	RESIAK Maciej	3728		M30	154	00:00:19	02:02:35	03:49:55.40	03:50:15.20	+01:24:43 (36.9%)	8:30	7 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
155	MARUSIAK Piotr	3344	JAROSŁAWSKA GRUPA BIEGOWA	M30	155	00:00:18	01:59:14	03:50:34.90	03:50:53.30	+01:25:23 (37.0%)	8:32	7 (62.5%)
156	SADY Sebastian	3047		M30	156	00:00:10	01:58:40	03:50:48.20	03:50:58.20	+01:25:36 (37.1%)	8:32	7 (62.5%)
157	ŻYWICKI Maciej	3481		M30	157	00:00:35	02:02:01	03:50:57.55	03:51:32.70	+01:25:45 (37.1%)	8:33	7 (62.5%)
158	RYSZ Tomasz	3437		M30	158	00:01:34	02:00:38	03:52:36.30	03:54:11.20	+01:27:24 (37.6%)	8:36	7 (62.5%)
159	SARZAŁA Artur	3197	TORUŃSKIE WIEPRZE	M30	159	00:00:37	01:58:32	03:52:53.05	03:53:30.70	+01:27:41 (37.7%)	8:37	7 (62.5%)
160	NAWROT Bartłomiej	3888		M30	160	00:00:47	02:05:00	03:53:07.20	03:53:54.30	+01:27:55 (37.7%)	8:38	6.9 (61.6%)
161	GAŁKA Marcin	3406		M30	161	00:00:22	02:09:50	03:53:36.30	03:53:58.90	+01:28:24 (37.8%)	8:39	6.9 (61.6%)
162	STOLARCZYK Robert	3089	NIGHT RUNNERS GLIWICE	M30	162	00:01:10	02:08:14	03:53:49.00	03:54:59.45	+01:28:37 (37.9%)	8:39	6.9 (61.6%)
163	KRASOWSKI Jakub	3065	ATAK KRETA	M30	163	00:00:23	01:59:37	03:53:56.95	03:54:20.60	+01:28:45 (37.9%)	8:39	6.9 (61.6%)
164	LIPIŃSKI Hubert	3780		M30	164	00:00:21	01:50:53	03:54:36.70	03:54:58.60	+01:29:25 (38.1%)	8:41	6.9 (61.6%)
165	WRÓBEL Radosław	3721		M30	165	00:00:44	02:04:24	03:55:03.80	03:55:48.50	+01:29:52 (38.2%)	8:42	6.9 (61.6%)
166	KRÓLICKI Konrad	3371	AXA RUNNING TEAM	M30	166	00:02:52	02:12:07	03:56:22.45	03:59:14.80	+01:31:10 (38.6%)	8:45	6.9 (61.6%)
167	HARNIK Michał	3531	HARNIK RUNNER	M30	167	00:00:28	02:02:21	03:56:44.90	03:57:13.35	+01:31:33 (38.7%)	8:46	6.8 (60.7%)
168	PISARCZYK Grzegorz	3676	NAPRZÓD MŁOCINY	M30	168	00:01:11	02:05:05	03:57:21.05	03:58:32.10	+01:32:09 (38.8%)	8:47	6.8 (60.7%)
169	MILCZAREK Jacek	3341	PEŁZACZ NIZINNY	M30	169	00:00:15	02:00:47	03:57:40.50	03:57:56.40	+01:32:28 (38.9%)	8:48	6.8 (60.7%)
170	GAȚARCZYK Mariusz	3717	DZIKIE GRUBASY SZATANA	M30	170	00:01:37	02:14:34	03:58:36.35	04:00:14.20	+01:33:24 (39.1%)	8:50	6.8 (60.7%)
171	KRZEMIŃSKI Leszek	3633		M30	171	00:00:32	02:00:33	03:58:38.30	03:59:10.60	+01:33:26 (39.2%)	8:50	6.8 (60.7%)
172	PIKIEWICZ Bartłomiej	3508	PZSF	M30	172	00:01:39	02:10:12	03:58:39.30	04:00:18.40	+01:33:27 (39.2%)	8:50	6.8 (60.7%)
173	AURZECKI Michał	3173		M30	173	00:01:33	02:02:19	03:58:40.60	04:00:14.45	+01:33:28 (39.2%)	8:50	6.8 (60.7%)
174	PASTERZ Piotr	3026		M30	174	00:00:24	02:01:20	03:59:24.80	03:59:49.30	+01:34:13 (39.4%)	8:52	6.8 (60.7%)
175	DULIK Arkadiusz	3727		M30	175	00:01:40	02:19:34	03:59:33.55	04:01:14.20	+01:34:21 (39.4%)	8:52	6.8 (60.7%)
176	SENCZENKO Waldemar	3142	NOTHING TO FEAR	M30	176	00:00:58	02:08:41	03:59:43.00	04:00:41.30	+01:34:31 (39.4%)	8:52	6.8 (60.7%)
177	RÓŻOWICZ Maciej	3917	SPARTANIE DZIECIOM	M30	177	00:00:53	02:16:26	03:59:54.20	04:00:47.50	+01:34:42 (39.5%)	8:53	6.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
178	JAWORSKI Łukasz	3750		M30	178	00:00:19	02:04:21	03:59:58.70	04:00:18.25	+01:34:47 (39.5%)	8:53	6.8 (60.7%)
179	LEŚNIAK Marcin	3088	ROZBIEGANY SULEJÓWEK	M30	179	00:00:34	01:50:20	04:00:14.50	04:00:49.20	+01:35:02 (39.6%)	8:53	6.7 (59.8%)
180	TYMOSIEWICZ Piotr	3797	YULO RUN TEAM SIEDLCE	M30	180	00:00:36	02:00:38	04:00:39.55	04:01:16.00	+01:35:27 (39.7%)	8:54	6.7 (59.8%)
181	BIELSKI Bartłomiej	3313	WW TEAM	M30	181	00:00:24	02:03:54	04:00:44.15	04:01:08.35	+01:35:32 (39.7%)	8:54	6.7 (59.8%)
182	ROSA Bartosz	4006	WKURW_TEAM	M30	182	00:01:02	02:04:39	04:01:55.15	04:02:57.60	+01:36:43 (40.0%)	8:57	6.7 (59.8%)
183	JODEŁKA Andrzej	3086		M30	183	00:00:34	01:57:09	04:01:57.20	04:02:31.50	+01:36:45 (40.0%)	8:57	6.7 (59.8%)
184	WASAŹNIK Marcin	3412		M30	184	00:01:35	02:14:36	04:02:06.00	04:03:41.05	+01:36:54 (40.0%)	8:58	6.7 (59.8%)
185	BRYŁKA Sebastian	3522		M30	185	00:00:37	02:08:00	04:02:07.55	04:02:44.65	+01:36:55 (40.0%)	8:58	6.7 (59.8%)
186	KOŁODZIEJCZYK Maciej	3384	FIZJO-SPORT ŁĘCZNA	M30	186	00:00:23	01:56:06	04:02:23.25	04:02:46.65	+01:37:11 (40.1%)	8:58	6.7 (59.8%)
187	TROCIŃSKI Marcin	3564	KB DŁUGOSIODŁO	M30	187	00:01:10	02:09:35	04:02:41.30	04:03:51.70	+01:37:29 (40.2%)	8:59	6.7 (59.8%)
188	ARTOWICZ Jacek	3159	TORUŃSKIE WIEPRZE	M30	188	00:00:38	02:13:05	04:03:01.75	04:03:40.25	+01:37:50 (40.3%)	9:00	6.7 (59.8%)
189	MOSOŃ Sławek	3527		M30	189	00:01:05	02:13:21	04:04:33.50	04:05:38.85	+01:39:21 (40.6%)	9:03	6.6 (58.9%)
190	WÓJCICKI Bartosz	3265		M30	190	00:01:23	02:10:06	04:04:35.95	04:05:59.35	+01:39:24 (40.6%)	9:03	6.6 (58.9%)
191	ANIOŁ Mateusz	3915	TERNOL TEAM	M30	191	00:00:56	02:12:53	04:04:59.65	04:05:55.75	+01:39:48 (40.7%)	9:04	6.6 (58.9%)
192	JANICZEK Maciej	3682		M30	192	00:01:01	02:14:11	04:05:30.15	04:06:32.05	+01:40:18 (40.9%)	9:05	6.6 (58.9%)
193	BOGUTA Cezary	3963	BIEGAM Z ABS	M30	193	00:00:18	01:57:51	04:06:02.05	04:06:21.00	+01:40:50 (41.0%)	9:06	6.6 (58.9%)
194	KRASOWSKI Marek	3808		M30	194	00:01:34	02:09:34	04:06:12.15	04:07:46.45	+01:41:00 (41.0%)	9:07	6.6 (58.9%)
195	DROZD Sławomir	3655	JAK NIE MY TO KTO? ROPCZYCE	M30	195	00:00:51	02:07:05	04:06:23.60	04:07:14.90	+01:41:11 (41.1%)	9:07	6.6 (58.9%)
196	SZYSZ Łukasz	3669	METRO WARSZAWSKIE	M30	196	00:00:38	02:10:12	04:06:30.95	04:07:09.55	+01:41:19 (41.1%)	9:07	6.6 (58.9%)
197	PARYS Michał	3183		M30	197	00:00:33	02:07:46	04:07:09.35	04:07:43.10	+01:41:57 (41.3%)	9:09	6.6 (58.9%)
198	SOKOŁOWSKI Krzysztof	3688		M30	198	00:00:07	02:04:15	04:07:40.95	04:07:48.40	+01:42:29 (41.4%)	9:10	6.5 (58.0%)
199	LEWANDOWSKI Stefan	3817		M30	199	00:00:28	02:08:54	04:07:50.05	04:08:18.60	+01:42:38 (41.4%)	9:10	6.5 (58.0%)
200	KORDYS Krzysztof	3115	ZABIERZÓW BIEGA	M30	200	00:00:31	02:12:55	04:08:40.05	04:09:11.70	+01:43:28 (41.6%)	9:12	6.5 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
201	KACZMAREK Norbert	3035		M30	201	00:00:23	02:05:12	04:09:02.55	04:09:26.25	+01:43:50 (41.7%)	9:13	6.5 (58.0%)
202	TROJNAR Tomek	3833		M30	202	00:01:34	02:11:33	04:09:16.90	04:10:51.00	+01:44:05 (41.8%)	9:13	6.5 (58.0%)
203	KOWALCZUK Jakub	3425		M30	203	00:01:06	02:10:10	04:09:18.70	04:10:25.40	+01:44:07 (41.8%)	9:14	6.5 (58.0%)
204	ZARUDZKI Paweł	3127	NOTHING TO FEAR	M30	204	00:00:59	02:08:43	04:09:26.95	04:10:25.95	+01:44:15 (41.8%)	9:14	6.5 (58.0%)
205	PUCHLIK Paweł	3869		M30	205	00:01:34	02:23:20	04:09:51.25	04:11:25.45	+01:44:39 (41.9%)	9:15	6.5 (58.0%)
206	SZADKOWSKI Paweł	3321	NIGHT RUNNERS GLIWICE	M30	206	00:01:10	02:08:16	04:10:06.65	04:11:17.55	+01:44:55 (41.9%)	9:15	6.5 (58.0%)
207	PYTKA Konrad	3366	NAPRZÓD MŁOCINY	M30	207	00:01:10	02:05:06	04:10:09.30	04:11:19.65	+01:44:57 (42.0%)	9:15	6.5 (58.0%)
208	MOŹDŻONEK Michał	3296		M30	208	00:01:30	02:29:57	04:10:45.50	04:12:15.60	+01:45:33 (42.1%)	9:17	6.5 (58.0%)
209	GRYLEWICZ Tomasz	3686	RUN BYDGOSZCZ	M30	209	00:00:16	02:14:06	04:11:11.20	04:11:27.80	+01:45:59 (42.2%)	9:18	6.4 (57.1%)
210	BARTECKI Tomasz	3323		M30	210	00:01:11	02:15:13	04:11:21.75	04:12:33.10	+01:46:10 (42.2%)	9:18	6.4 (57.1%)
211	SZPAIDEL Paweł	3534	NIGHT RUNNERS	M30	211	00:01:28	02:07:35	04:11:23.60	04:12:51.80	+01:46:11 (42.2%)	9:18	6.4 (57.1%)
212	DĄBROWSKI Łukasz	3536		M30	212	00:00:58	02:13:25	04:11:32.75	04:12:31.50	+01:46:21 (42.3%)	9:19	6.4 (57.1%)
213	SZAFRUGA Piotr	3420		M30	213	00:00:41	02:05:15	04:11:38.10	04:12:19.30	+01:46:26 (42.3%)	9:19	6.4 (57.1%)
214	SŁOMIŃSKI Piotr	3270	AGIZ TEAM	M30	214	00:00:48	02:03:12	04:12:12.50	04:13:01.40	+01:47:00 (42.4%)	9:20	6.4 (57.1%)
215	KASPRZAK Radek	3589	BUFF	M30	215	00:01:21	02:20:25	04:13:33.05	04:14:54.25	+01:48:21 (42.7%)	9:23	6.4 (57.1%)
216	TRZCIŃSKI Sebastian	3192	PEŁZACZ NIZINNY	M30	216	00:00:15	02:00:56	04:13:50.10	04:14:05.55	+01:48:38 (42.8%)	9:24	6.4 (57.1%)
217	ZDANOWICZ Michał	3155	NOTHING TO FEAR	M30	217	00:00:58	02:11:08	04:13:54.40	04:14:52.85	+01:48:42 (42.8%)	9:24	6.4 (57.1%)
218	LITWORA Sebastian	3742	CROSS SPOT	M30	218	00:00:53	02:16:00	04:14:00.55	04:14:53.70	+01:48:48 (42.8%)	9:24	6.4 (57.1%)
219	KOZUBAŁA Piotr	3828	ŻÓŁW ULTRAS TEAM	M30	219	00:00:33	02:08:18	04:14:10.95	04:14:44.70	+01:48:59 (42.9%)	9:24	6.4 (57.1%)
220	LUDWIKOWSKI Adam	3668		M30	220	00:00:50	02:04:18	04:14:35.80	04:15:26.20	+01:49:24 (43.0%)	9:25	6.4 (57.1%)
221	MICHALSKI Marek	3542		M30	221	00:01:31	02:04:56	04:16:29.45	04:18:01.00	+01:51:17 (43.4%)	9:30	6.3 (56.3%)
222	PUCHAŁA Mariusz	3916	TERNOL TEAM	M30	222	00:00:55	02:12:54	04:17:01.65	04:17:57.40	+01:51:50 (43.5%)	9:31	6.3 (56.3%)
223	POŚNIK Michał	3046	CROSSFIT ELEKTROMOC	M30	223	00:00:49	02:13:24	04:17:11.80	04:18:01.50	+01:52:00 (43.5%)	9:31	6.3 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
224	SPRAWKA Marcin	3184	SKLEP BIEGACZA LUBLIN / WW TEAM	M30	224	00:00:27	02:13:08	04:17:35.95	04:18:03.50	+01:52:24 (43.6%)	9:32	6.3 (56.3%)
225	GĄTKIEWICZ Paweł	3626		M30	225	00:01:22	02:20:12	04:18:02.35	04:19:24.85	+01:52:50 (43.7%)	9:33	6.3 (56.3%)
226	MIKUŁA Paweł	3556	RISE&SHINE	M30	226	00:00:41	02:08:10	04:18:26.35	04:19:08.10	+01:53:14 (43.8%)	9:34	6.3 (56.3%)
227	WINIARZ Witold	3105	PRZEMYSKI KLUB BIEGACZA	M30	227	00:00:23	02:12:01	04:18:38.20	04:19:02.05	+01:53:26 (43.9%)	9:34	6.3 (56.3%)
228	BALICKI Marcin	4022		M30	228	00:00:31	02:11:34	04:18:41.50	04:19:13.20	+01:53:29 (43.9%)	9:34	6.3 (56.3%)
229	STAWIŃSKI Piotr	3162		M30	229	00:01:05	02:22:18	04:19:18.60	04:20:24.50	+01:54:06 (44.0%)	9:36	6.2 (55.4%)
230	SZYL Marek	3814		M30	230	00:00:40	02:17:01	04:19:18.95	04:19:59.90	+01:54:07 (44.0%)	9:36	6.2 (55.4%)
231	KOTWA Arkadiusz	3236		M30	231	00:01:05	02:14:27	04:20:36.55	04:21:42.20	+01:55:24 (44.3%)	9:39	6.2 (55.4%)
232	JATCZAK Michał	3608	BĄBLE I ODCISKI	M30	232	00:00:44	02:06:37	04:20:47.90	04:21:32.20	+01:55:36 (44.3%)	9:39	6.2 (55.4%)
233	PŁOTEK Tomasz	3418		M30	233	00:00:38	02:20:01	04:21:22.35	04:22:00.75	+01:56:10 (44.4%)	9:40	6.2 (55.4%)
234	BIELECKI Karol	4007		M30	234	00:00:55	02:12:54	04:21:28.40	04:22:24.10	+01:56:16 (44.5%)	9:41	6.2 (55.4%)
235	ŚWISTAK Piotr	3285		M30	235	00:00:47	02:15:28	04:21:38.50	04:22:26.40	+01:56:26 (44.5%)	9:41	6.2 (55.4%)
236	PRZYBYŚLAWSKI Miłosz	3320	SŁYNNI KENIJCZYCY	M30	236	00:01:09	02:22:38	04:22:27.90	04:23:37.20	+01:57:16 (44.7%)	9:43	6.2 (55.4%)
237	KOWALSKI Przemysław	3305		M30	237	00:00:28	02:09:03	04:23:32.05	04:24:00.85	+01:58:20 (44.9%)	9:45	6.1 (54.5%)
238	WASILEWSKI Marcin	3087	WW TEAM	M30	238	00:00:25	02:08:24	04:23:32.80	04:23:58.05	+01:58:21 (44.9%)	9:45	6.1 (54.5%)
239	KONIECZNY Piotr	3232	NKB CHYŻY NOWY TOMYŚL	M30	239	00:01:01	02:29:45	04:24:30.75	04:25:32.50	+01:59:19 (45.1%)	9:47	6.1 (54.5%)
240	FIRAZA Łukasz	3073		M30	240	00:01:28	02:14:44	04:26:19.40	04:27:47.80	+02:01:07 (45.5%)	9:51	6.1 (54.5%)
241	KAWCZYŃSKI Piotr	3025		M30	241	00:01:29	02:14:43	04:26:30.20	04:27:59.30	+02:01:18 (45.5%)	9:52	6.1 (54.5%)
242	KISIEL Mateusz	3012	SMASHING PĄPKINS	M30	242	00:00:18	02:09:57	04:27:24.65	04:27:43.40	+02:02:13 (45.7%)	9:54	6.1 (54.5%)
243	ŚPIEWAK Aleksander	3434		M30	243	00:00:42	02:17:01	04:28:01.50	04:28:44.05	+02:02:49 (45.8%)	9:55	6 (53.6%)
244	SALA Paweł	3007	RUNMAGEDDON	M30	244	00:00:10	02:25:24	04:28:35.40	04:28:45.55	+02:03:23 (45.9%)	9:56	6 (53.6%)
245	DZIUŁA Marcin	3126	IM	M30	245	00:00:52	02:24:40	04:29:27.60	04:30:19.60	+02:04:15 (46.1%)	9:58	6 (53.6%)
246	WALASZEK Paweł	3120	AGB TORFY	M30	246	00:01:21	02:24:56	04:29:40.20	04:31:02.00	+02:04:28 (46.2%)	9:59	6 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
246	BIAŁECKI Gabriel	3263		M30	247	00:01:03	02:29:04	04:29:40.20	04:30:43.40	+02:04:28 (46.2%)	9:59	6 (53.6%)
248	KULIG Robert	3636	NIGHT RUNNERS	M30	248	00:01:01	02:16:20	04:30:04.50	04:31:06.30	+02:04:52 (46.2%)	10:00	6 (53.6%)
249	WACOWSKI-JASTRZĘBSKI Adam	3361		M30	249	00:00:30	02:22:59	04:31:39.85	04:32:10.80	+02:06:28 (46.6%)	10:03	6 (53.6%)
250	GAJEWSKI Piotr	3693		M30	250	00:01:19	02:21:28	04:32:38.65	04:33:57.90	+02:07:27 (46.7%)	10:05	5.9 (52.7%)
251	KISIELEWSKI Konrad	3276	CK	M30	251	00:00:59	02:08:29	04:32:50.95	04:33:50.80	+02:07:39 (46.8%)	10:06	5.9 (52.7%)
252	KWIATKOWSKI Michal	3931		M30	252	00:00:51	02:17:27	04:33:03.15	04:33:55.05	+02:07:51 (46.8%)	10:06	5.9 (52.7%)
253	PASIK Jacek	3678		M30	253	00:00:38	02:12:05	04:34:04.65	04:34:43.60	+02:08:53 (47.0%)	10:09	5.9 (52.7%)
254	SOWA Jacek	3860	RKM SOPELEK	M30	254	00:00:37	02:11:39	04:34:41.80	04:35:19.20	+02:09:30 (47.1%)	10:10	5.9 (52.7%)
255	KOJAT Bartosz	3428		M30	255	00:00:20	02:21:25	04:34:43.75	04:35:04.55	+02:09:32 (47.2%)	10:10	5.9 (52.7%)
256	KRASOŃ Janusz	3971	RKM SOPELEK	M30	256	00:00:37	02:11:39	04:35:04.75	04:35:42.40	+02:09:53 (47.2%)	10:11	5.9 (52.7%)
257	ZIEMECKI Piotr	3703	HAPPY WIFE HAPPY LIFE	M30	257	00:01:18	02:21:30	04:35:24.40	04:36:43.35	+02:10:12 (47.3%)	10:12	5.9 (52.7%)
258	BALCERZAK Michał	3818		M30	258	00:01:42	02:24:55	04:37:50.85	04:39:33.60	+02:12:39 (47.7%)	10:17	5.8 (51.8%)
259	GÓRZYŃSKI Paweł	3524		M30	259	00:00:56	02:29:18	04:38:44.10	04:39:40.55	+02:13:32 (47.9%)	10:19	5.8 (51.8%)
260	KOZERA Marcin	3064	CALYPSO PIŁA	M30	260	00:01:17	02:38:19	04:40:00.50	04:41:18.15	+02:14:48 (48.1%)	10:22	5.8 (51.8%)
261	SOKULSKI Marcin	3094	RED TIGER	M30	261	00:00:38	02:09:14	04:40:13.00	04:40:51.35	+02:15:01 (48.2%)	10:22	5.8 (51.8%)
262	KUBIAK Dariusz	3402	BIEGACZ NOWOSOLNA	M30	262	00:00:56	02:20:25	04:42:04.00	04:43:00.00	+02:16:52 (48.5%)	10:26	5.7 (50.9%)
263	RZEŹNICZEK Krzysztof	3950		M30	263	00:00:20	02:08:50	04:42:29.65	04:42:50.45	+02:17:18 (48.6%)	10:27	5.7 (50.9%)
264	MAZIEC Dariusz	3220	NKB CHYŻY NOWY TOMYŚL	M30	264	00:01:03	02:31:14	04:44:41.15	04:45:44.15	+02:19:29 (49.0%)	10:32	5.7 (50.9%)
265	KWIECIŃSKI Łukasz	3555		M30	265	00:00:34	02:23:30	04:45:09.85	04:45:44.75	+02:19:58 (49.1%)	10:33	5.7 (50.9%)
266	KARAŚ Robert	3395	AXA RUNNING TEAM	M30	266	00:01:28	02:40:33	04:47:18.35	04:48:46.75	+02:22:06 (49.5%)	10:38	5.6 (50.0%)
267	MIKULAK Jakub	3936		M30	267	00:00:27	02:19:31	04:47:40.85	04:48:08.40	+02:22:29 (49.5%)	10:39	5.6 (50.0%)
268	FABIANOWICZ Przemysław	3041		M30	268	00:01:04	02:22:40	04:48:00.60	04:49:05.20	+02:22:48 (49.6%)	10:40	5.6 (50.0%)
269	MATRASZEK Jakub	3562	VEGE RUNNERS	M30	269	00:01:16	02:33:05	04:50:11.00	04:51:27.90	+02:24:59 (50.0%)	10:44	5.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
270	GIURG Grzegorz	3454		M30	270	00:01:13	02:30:59	04:50:32.05	04:51:45.10	+02:25:20 (50.0%)	10:45	5.6 (50.0%)
271	KĘPKA Robert	3201	BIEGUSIEM.PL	M30	271	00:00:42	02:25:11	04:52:31.80	04:53:14.30	+02:27:20 (50.4%)	10:50	5.5 (49.1%)
272	JAWOROWICZ Tomasz	3397	KALIŃSKA TEAM	M30	272	00:01:36	02:32:20	04:53:41.50	04:55:18.00	+02:28:29 (50.6%)	10:52	5.5 (49.1%)
273	JABŁKIEWICZ Rafał	4051		M30	273	00:01:32	02:44:50	04:53:49.25	04:55:22.05	+02:28:37 (50.6%)	10:52	5.5 (49.1%)
274	AURZECKI Łukasz	3182		M30	274	00:01:35	02:39:24	04:54:22.80	04:55:58.75	+02:29:11 (50.7%)	10:54	5.5 (49.1%)
275	ŻYWIECKI Szymon	3803		M30	275	00:00:32	02:35:40	04:56:03.60	04:56:36.10	+02:30:51 (51.0%)	10:57	5.5 (49.1%)
276	IGNASZEWSKI Przemysław	3568		M30	276	00:00:24	02:39:09	04:56:10.60	04:56:34.80	+02:30:58 (51.0%)	10:58	5.5 (49.1%)
277	MAŃKOWSKI Krzysztof	3241	12TRI.PL MAKERUNEASIER	M30	277	00:00:23	02:39:01	04:56:11.10	04:56:35.00	+02:30:59 (51.0%)	10:58	5.5 (49.1%)
278	MIROCHA Michał	3351	NIGHT RUNNERS	M30	278	00:01:09	02:31:04	04:59:26.25	05:00:35.45	+02:34:14 (51.5%)	11:05	5.4 (48.2%)
279	KARPIŃSKI Paweł	3755		M30	279	00:01:38	02:39:21	05:00:11.30	05:01:49.80	+02:34:59 (51.6%)	11:07	5.4 (48.2%)
280	CYWIŃSKI Bartłomiej	3396	PRO-RUN WROCŁAW	M30	280	00:01:41	02:36:58	05:01:43.30	05:03:24.45	+02:36:31 (51.9%)	11:10	5.4 (48.2%)
281	TABAT Leszek	3222		M30	281	00:00:59	02:38:19	05:02:27.15	05:03:26.75	+02:37:15 (52.0%)	11:12	5.4 (48.2%)
282	KOZICKI Paweł	3179		M30	282	00:01:35	02:39:03	05:03:04.65	05:04:40.10	+02:37:53 (52.1%)	11:13	5.3 (47.3%)
283	ŚWIECZKOWSKI Wiesław	3757		M30	283	00:00:57	02:37:11	05:07:27.10	05:08:25.00	+02:42:15 (52.8%)	11:23	5.3 (47.3%)
284	CABAJ Rafał	3736	BIEGUSIEM.PL	M30	284	00:01:32	02:29:11	05:08:39.05	05:10:11.10	+02:43:27 (53.0%)	11:25	5.2 (46.4%)
285	GURECZNY Krzysztof	3283	ALBATROSY	M30	285	00:01:11	02:39:06	05:11:12.45	05:12:24.05	+02:46:00 (53.3%)	11:31	5.2 (46.4%)
286	MIKOŁAJCZEWSKI Krzysztof	3211		M30	286	00:00:57	02:43:54	05:11:35.85	05:12:33.15	+02:46:24 (53.4%)	11:32	5.2 (46.4%)
287	KUCHARCZYK Radosław	3549		M30	287	00:01:06	02:45:13	05:13:05.10	05:14:11.15	+02:47:53 (53.6%)	11:35	5.2 (46.4%)
288	REJENT Bartosz	3545		M30	288	00:01:06	02:45:12	05:13:11.70	05:14:17.85	+02:48:00 (53.6%)	11:35	5.2 (46.4%)
289	BALCEWICZ Marcin	3212	CALYPSO PIŁA	M30	289	00:01:17	02:43:20	05:13:24.40	05:14:42.15	+02:48:12 (53.7%)	11:36	5.2 (46.4%)
290	RYMON Paweł	3168	CALYPSO PIŁA	M30	290	00:01:18	02:52:25	05:21:14.60	05:22:33.00	+02:56:02 (54.8%)	11:53	5 (44.6%)
291	LECH Lesław	3876	DALEKO PONAD SOLINĄ	M30	291	00:01:22	02:34:55	05:21:32.05	05:22:54.60	+02:56:20 (54.8%)	11:54	5 (44.6%)
292	G Maciej	3830	SPARTANIE DZIECIOM	M30	292	00:00:13	02:51:18	05:28:52.75	05:29:06.70	+03:03:41 (55.9%)	12:10	4.9 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
293	CHACIŃSKI Marcin	3260	DZIKIE GRUBASY	M30	293	00:01:37	02:39:20	05:33:55.55	05:35:32.65	+03:08:43 (56.5%)	12:22	4.9 (43.8%)
294	LABA Anna	3932	IM	M30	294	00:00:52	02:59:26	05:55:14.55	05:56:07.00	+03:30:02 (59.1%)	13:09	4.6 (41.1%)
295	CHAŁUPA Włodzimierz	3130	KLUB BIEGACZA GOCH	M30	295	00:01:27	03:02:29	06:20:41.55	06:22:08.75	+03:55:29 (61.9%)	14:05	4.3 (38.4%)
	ADAMI Gabriele	3771		M30		DNF	DNF	DNF	DNF		-	- (0.0%)
	HYDZIK Łukasz	3516		M30		DNF	DNF	DNF	DNF		-	- (0.0%)
	PĘKACKI Robert	3356		M30		DNF	DNF	DNF	DNF		-	- (0.0%)
	WOŹNY Łukasz	3913		M30		DNF	DNF	DNF	DNF		-	- (0.0%)
	ORNATOWSKI Michał	3388		M30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 300 wynik(ów)