

BIEG RZEŹNICZEK 2016

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
1	FARON Robert	3981	SALCO SPORT TEAM	M40	1	00:00:00	01:14:41	02:20:48.10	02:20:48.10		5:12	11.5 (100%)
2	POLAŃSKI Tomasz	3990	B4SPORT	M40	2	00:00:00		02:29:09.55	02:29:09.55	+00:08:21 (5.6%)	5:31	10.9 (94.8%)
3	ZAJĄC Robert	3602	ORANGE POLSKA	M40	3	00:00:00	01:23:11	02:40:18.95	02:40:18.95	+00:19:30 (12.2%)	5:56	10.1 (87.8%)
4	ZYCH Dariusz	3018	4 RUN TEAM PIŁA	M40	4	00:00:07	01:30:58	02:49:11.30	02:49:18.40	+00:28:23 (16.8%)	6:15	9.6 (83.5%)
5	MORAWSKI Filip	3174	FILIP MORAWSKI	M40	5	00:00:00	01:33:22	03:01:22.90	03:01:22.90	+00:40:34 (22.4%)	6:43	8.9 (77.4%)
6	PYSZ Grzegorz	3219	HRMAX ŻORY	M40	6	00:00:21	01:38:01	03:04:24.90	03:04:46.20	+00:43:36 (23.6%)	6:49	8.8 (76.5%)
7	PAŁKA Robert	3620	ZSL LESKO	M40	7	00:00:09	01:39:12	03:08:34.60	03:08:44.00	+00:47:46 (25.3%)	6:59	8.6 (74.8%)
8	FILIPEK Wojciech	3851		M40	8	00:00:16	01:42:32	03:08:55.70	03:09:12.60	+00:48:07 (25.5%)	6:59	8.6 (74.8%)
9	ŁOMIAK Piotr	3637		M40	9	00:00:08	01:38:49	03:09:04.35	03:09:12.55	+00:48:16 (25.5%)	7:00	8.6 (74.8%)
10	NOWAK Piotr	3765	BIESZCZADY	M40	10	00:00:10	01:41:43	03:09:43.00	03:09:53.45	+00:48:54 (25.8%)	7:01	8.5 (73.9%)
11	SZCZEPANIAK Michał	4054	KSIĘŻYC	M40	11	00:01:27	01:43:57	03:12:18.30	03:13:45.50	+00:51:30 (26.8%)	7:07	8.4 (73.0%)
12	NOWICKI Zbigniew	3712	BLUETEAM	M40	12	00:00:17	01:39:21	03:13:25.20	03:13:42.80	+00:52:37 (27.2%)	7:09	8.4 (73.0%)
13	BADOWSKI Jerzy	3607	PZU SPORT TEAM	M40	13	00:00:18	01:39:20	03:13:25.95	03:13:43.95	+00:52:37 (27.2%)	7:09	8.4 (73.0%)
14	BLAJCHERT Adam	3014	4 RUN TEAM PIŁA	M40	14	00:00:11	01:44:12	03:13:31.00	03:13:42.20	+00:52:42 (27.2%)	7:10	8.4 (73.0%)
15	DOMIN Tomasz	3593	NIGHT RUNNERS	M40	15	00:00:33	01:45:02	03:13:37.65	03:14:10.95	+00:52:49 (27.3%)	7:10	8.4 (73.0%)
16	PABICH Krzysztof	3015	4 RUN TEAM PIŁA	M40	16	00:00:10	01:42:21	03:14:05.15	03:14:15.60	+00:53:17 (27.5%)	7:11	8.3 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
17	MIKULSKI Artur	3093	BLUE DOGS	M40	17	00:00:16	01:42:43	03:14:11.25	03:14:27.65	+00:53:23 (27.5%)	7:11	8.3 (72.2%)
18	SACEWICZ Marek	3090	RUN EXPERT TEAM	M40	18	00:00:00	01:42:49	03:14:55.10	03:14:55.10	+00:54:07 (27.8%)	7:13	8.3 (72.2%)
19	PACZKA Michał	3538	GLIWICE	M40	19	00:00:38	01:46:30	03:14:58.15	03:15:36.15	+00:54:10 (27.8%)	7:13	8.3 (72.2%)
20	GROCHOWALSKI Tomasz	3009	POGOTOWIE ENERGETYCZNE	M40	20	00:00:42	01:41:48	03:15:15.20	03:15:58.05	+00:54:27 (27.9%)	7:13	8.3 (72.2%)
21	SZAKIEL Jerzy	3891		M40	21	00:00:07	01:43:04	03:16:11.70	03:16:19.30	+00:55:23 (28.2%)	7:16	8.3 (72.2%)
22	ĆWIKLIŃSKI Maciej	3579		M40	22	00:00:15	01:45:45	03:16:16.00	03:16:31.20	+00:55:27 (28.3%)	7:16	8.3 (72.2%)
23	JARECKI Aleksander	3999	RK ATHLETICS	M40	23	00:00:19	01:45:52	03:16:20.20	03:16:39.95	+00:55:32 (28.3%)	7:16	8.3 (72.2%)
24	WÓJCIAK Wojtek	3640	BIESZCZADZKIE WILKI	M40	24	00:00:08	01:40:15	03:20:07.25	03:20:15.75	+00:59:19 (29.6%)	7:24	8.1 (70.4%)
25	KAZIMIERSKI Michał	3148		M40	25	00:00:00	01:41:07	03:21:20.60	03:21:20.60	+01:00:32 (30.1%)	7:27	8 (69.6%)
26	FOLTA Sławomir	3101	ORANGE POLSKA	M40	26	00:00:12	01:46:28	03:25:07.25	03:25:19.30	+01:04:19 (31.4%)	7:35	7.9 (68.7%)
27	BIELAWSKI Leszek	3108	ROZBIEGANY SULEJÓWEK	M40	27	00:00:34	01:45:18	03:25:23.25	03:25:57.55	+01:04:35 (31.4%)	7:36	7.9 (68.7%)
28	PIRÓG Krzysztof	3521		M40	28	00:00:48	01:47:36	03:25:27.95	03:26:16.20	+01:04:39 (31.5%)	7:36	7.9 (68.7%)
29	PORĘBA Jacek	3594	MS UBEZPIECZENIA SP. Z O.O.	M40	29	00:00:06	01:48:53	03:25:33.00	03:25:39.05	+01:04:44 (31.5%)	7:36	7.9 (68.7%)
30	PIETRAS Ryszard	3960	BIEGAM Z ABS	M40	30	00:00:00	01:45:17	03:25:57.10	03:25:57.10	+01:05:09 (31.6%)	7:37	7.9 (68.7%)
31	ZARZYŃSKI Artur	4029	FUNFLY	M40	31	00:00:16	01:49:14	03:26:42.60	03:26:59.50	+01:05:54 (31.9%)	7:39	7.8 (67.8%)
32	MAREK Wojciech	3772		M40	32	00:00:13	01:46:03	03:26:49.65	03:27:03.35	+01:06:01 (31.9%)	7:39	7.8 (67.8%)
33	GRZEGORCZYK Wojciech	3861	KONDYCJA	M40	33	00:00:35	01:58:07	03:28:45.35	03:29:21.30	+01:07:57 (32.6%)	7:43	7.8 (67.8%)
34	DZIADOWIEC Krzysztof	3583	KROK ZA GROSZ	M40	34	00:00:15	01:49:30	03:29:22.80	03:29:38.00	+01:08:34 (32.8%)	7:45	7.7 (67.0%)
35	SIDOROWICZ Grzegorz	3711	AXA RUNNING TEAM	M40	35	00:00:43	01:51:56	03:29:38.60	03:30:22.10	+01:08:50 (32.8%)	7:45	7.7 (67.0%)
36	SZEREMETA Andrzej	3069	PZU SPORT TEAM	M40	36	00:00:21	01:49:25	03:30:19.60	03:30:41.20	+01:09:31 (33.1%)	7:47	7.7 (67.0%)
37	DĄBKOWSKI Andrzej	3136		M40	37	00:00:21	01:42:33	03:30:21.00	03:30:42.40	+01:09:32 (33.1%)	7:47	7.7 (67.0%)
38	WOŁOWSKI Filip	3567		M40	38	00:00:00	01:47:19	03:30:49.85	03:30:49.85	+01:10:01 (33.2%)	7:48	7.7 (67.0%)
39	PLEWA Tomasz	3314		M40	39	00:00:34	01:46:00	03:33:51.15	03:34:25.95	+01:13:03 (34.2%)	7:55	7.6 (66.1%)

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40	WOJTKIEWICZ Jarosław	4045		M40	40	00:00:19	01:53:45	03:34:16.35	03:34:35.85	+01:13:28 (34.3%)	7:56	7.6 (66.1%)
41	PAJĄK Andrzej	3966	BIEGAM Z ABS	M40	41	00:00:18	01:47:37	03:34:55.40	03:35:14.15	+01:14:07 (34.5%)	7:57	7.5 (65.2%)
42	CHAŁUPA Daniel	3165	KLUB BIEGACZA GOCH	M40	42	00:00:06	01:47:41	03:35:11.90	03:35:18.85	+01:14:23 (34.6%)	7:58	7.5 (65.2%)
43	MIODUSZEWSKI Paweł	4055	ARPWAVE	M40	43	00:01:26	01:46:34	03:35:15.25	03:36:41.90	+01:14:27 (34.6%)	7:58	7.5 (65.2%)
44	ZAŁUCKI Maciej	3709	1000 MILES	M40	44	00:00:21	01:54:39	03:35:48.00	03:36:09.80	+01:14:59 (34.8%)	7:59	7.5 (65.2%)
45	PLACHA Piotr	3446		M40	45	00:00:28	01:50:30	03:36:09.90	03:36:38.85	+01:15:21 (34.9%)	8:00	7.5 (65.2%)
46	MAJOR Zby	3699	NIGHT RUNNERS	M40	46	00:01:01	01:54:03	03:36:38.20	03:37:39.85	+01:15:50 (35.0%)	8:01	7.5 (65.2%)
47	MATUSIAK Arkadiusz	3185		M40	47	00:00:15	01:47:43	03:37:37.00	03:37:52.60	+01:16:48 (35.3%)	8:03	7.4 (64.3%)
48	KRAMER Rafał	3957	NAUCZYCIEL	M40	48	00:00:31	02:00:13	03:39:45.75	03:40:17.45	+01:18:57 (35.9%)	8:08	7.4 (64.3%)
49	WRÓBEL Bartłomiej	3002	CISNA GÓRY	M40	49	00:00:09	01:51:30	03:40:59.65	03:41:08.70	+01:20:11 (36.3%)	8:11	7.3 (63.5%)
50	KAWALEC Krystian	3143		M40	50	00:00:11	01:50:49	03:41:25.10	03:41:36.40	+01:20:37 (36.4%)	8:12	7.3 (63.5%)
51	MANEL Mariusz	3475	NETBOX BIEGA	M40	51	00:00:48	01:54:15	03:42:13.70	03:43:02.40	+01:21:25 (36.6%)	8:13	7.3 (63.5%)
52	LESIEWICZ Jarosław	3207	ORANGE POLSKA	M40	52	00:00:40	01:55:29	03:42:18.75	03:42:59.70	+01:21:30 (36.7%)	8:14	7.3 (63.5%)
53	PITEK Grzegorz	3965	BIEGAM Z ABS	M40	53	00:00:18	01:49:25	03:42:43.55	03:43:01.70	+01:21:55 (36.8%)	8:14	7.3 (63.5%)
54	CHMIELEWSKI Marcin	3121		M40	54	00:00:14	01:47:49	03:42:46.85	03:43:01.70	+01:21:58 (36.8%)	8:15	7.3 (63.5%)
55	BEDNARSKI Tomasz	4001	COCA-COLA RUNNERS CLUB	M40	55	00:00:19	01:55:04	03:43:57.95	03:44:17.50	+01:23:09 (37.1%)	8:17	7.2 (62.6%)
56	MARCHUT Rafał	3823		M40	56	00:00:50	01:58:02	03:44:19.15	03:45:09.30	+01:23:31 (37.2%)	8:18	7.2 (62.6%)
57	DZIAMSKI Ryszard	3624	FUNDACJA ISKIERKA - BIEGAM DLA MIRKI	M40	57	00:01:00	02:01:22	03:44:25.90	03:45:26.55	+01:23:37 (37.3%)	8:18	7.2 (62.6%)
58	NOWACKI Michał	3829	NOWORKTEAM	M40	58	00:00:21	02:00:41	03:44:54.50	03:45:16.30	+01:24:06 (37.4%)	8:19	7.2 (62.6%)
59	BOROWSKI Roman	3063		M40	59	00:01:41	02:00:39	03:45:05.80	03:46:47.50	+01:24:17 (37.4%)	8:20	7.2 (62.6%)
60	AUGUST Ryszard	3810		M40	60	00:00:18	01:56:56	03:45:08.70	03:45:27.15	+01:24:20 (37.5%)	8:20	7.2 (62.6%)
61	ZEDELSKI Michał	3868	SZWLA STARGARD	M40	61	00:00:12	01:56:51	03:45:25.90	03:45:38.60	+01:24:37 (37.5%)	8:20	7.2 (62.6%)
62	MARCINIAK Wojciech	3430		M40	62	00:00:41	02:09:14	03:45:47.50	03:46:29.10	+01:24:59 (37.6%)	8:21	7.2 (62.6%)

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63	GESZPRYCH Marek	3635		M40	63	00:00:35	02:04:26	03:45:51.20	03:46:26.25	+01:25:03 (37.7%)	8:21	7.2 (62.6%)
64	BUZALSKI Robert	3623	ORANGE POLSKA	M40	64	00:00:33	01:57:38	03:45:52.45	03:46:26.15	+01:25:04 (37.7%)	8:21	7.2 (62.6%)
65	KIBART Robert	3070	BUBBA GUMP RUN TEAM	M40	65	00:00:17	01:53:58	03:46:06.70	03:46:24.25	+01:25:18 (37.7%)	8:22	7.2 (62.6%)
66	SACHARUK Robert	3837		M40	66	00:00:57	01:53:09	03:46:33.30	03:47:30.55	+01:25:45 (37.9%)	8:23	7.2 (62.6%)
67	KURASZKIEWICZ Robert	3471		M40	67	00:00:54	02:03:23	03:46:37.40	03:47:31.65	+01:25:49 (37.9%)	8:23	7.1 (61.7%)
68	ZIĘBA Witold	3753	MKS BŁĘKITNI ROPCZYCE	M40	68	00:00:53	02:03:24	03:46:38.20	03:47:31.80	+01:25:50 (37.9%)	8:23	7.1 (61.7%)
69	PASZEK Tomasz	3042		M40	69	00:00:46	02:01:04	03:46:41.20	03:47:27.90	+01:25:53 (37.9%)	8:23	7.1 (61.7%)
70	FURS Teodor	3953	PIERDZĄCE ZAJĄCE	M40	70	00:01:08	02:00:48	03:48:25.05	03:49:33.30	+01:27:36 (38.4%)	8:27	7.1 (61.7%)
71	PETRUSEWICZ Paweł	3959	BIEGAM Z ABS	M40	71	00:00:20	02:00:58	03:49:02.80	03:49:22.90	+01:28:14 (38.5%)	8:28	7.1 (61.7%)
72	SERWIŃSKI Włodzimierz	3584	MYŚLI W BIEGU	M40	72	00:01:07	02:01:31	03:49:05.40	03:50:12.40	+01:28:17 (38.5%)	8:29	7.1 (61.7%)
73	ULICZNY Paweł	3895	REMBERTÓW TEAM	M40	73	00:00:38	02:02:31	03:49:10.70	03:49:49.45	+01:28:22 (38.6%)	8:29	7.1 (61.7%)
74	ODOLIŃSKI Jacek	4033	BRZOZOWSKI TEAM	M40	74	00:00:58	02:15:17	03:49:17.25	03:50:15.45	+01:28:29 (38.6%)	8:29	7.1 (61.7%)
75	STARCZYNOWSKI Dariusz	3954		M40	75	00:00:31	01:58:12	03:50:08.90	03:50:40.10	+01:29:20 (38.8%)	8:31	7 (60.9%)
76	PROKOP Jacek	3253	BIEGAM U KOLESI	M40	76	00:00:19	01:54:55	03:50:36.15	03:50:56.00	+01:29:48 (38.9%)	8:32	7 (60.9%)
77	DEC Piotr	3523	OLESZYCE	M40	77	00:00:47	02:05:26	03:50:43.70	03:51:31.60	+01:29:55 (39.0%)	8:32	7 (60.9%)
78	ROWIŃSKI Tomasz	3502		M40	78	00:00:39	02:09:22	03:51:11.40	03:51:50.85	+01:30:23 (39.1%)	8:33	7 (60.9%)
79	RESZYTYŁO Grzegorz	3857		M40	79	00:00:18	01:57:14	03:51:34.40	03:51:53.00	+01:30:46 (39.2%)	8:34	7 (60.9%)
80	DURKIEWICZ Tomasz	3071	DOM KULTURY JOGI	M40	80	00:01:12	02:03:54	03:53:05.50	03:54:17.55	+01:32:17 (39.6%)	8:37	7 (60.9%)
81	KRET Michał	3864		M40	81	00:01:10	02:08:50	03:53:42.15	03:54:52.35	+01:32:54 (39.8%)	8:39	6.9 (60.0%)
82	PIETRZAK Maciej	3052		M40	82	00:00:42	02:07:54	03:54:31.40	03:55:13.95	+01:33:43 (40.0%)	8:41	6.9 (60.0%)
83	ZARUDZKI Łukasz	3104	NOTHING TO FEAR	M40	83	00:00:58	02:08:44	03:56:40.55	03:57:39.30	+01:35:52 (40.5%)	8:45	6.8 (59.1%)
84	TRENTOWSKI Wojciech	3203	KB DLUGOSIODLO	M40	84	00:00:25	01:56:02	03:57:18.15	03:57:43.75	+01:36:30 (40.7%)	8:47	6.8 (59.1%)
85	SOŁKIEWICZ Robert	4016	BIEGNĘ	M40	85	00:00:30	02:02:21	03:58:39.05	03:59:09.80	+01:37:50 (41.0%)	8:50	6.8 (59.1%)

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86	HOLEWA Rafał	3286	CABALLO BLANCO TEAM	M40	86	00:00:39	02:02:59	03:59:06.50	03:59:45.85	+01:38:18 (41.1%)	8:51	6.8 (59.1%)
87	KOBIERSKI Szymon	3751		M40	87	00:00:45	02:05:44	03:59:09.25	03:59:55.05	+01:38:21 (41.1%)	8:51	6.8 (59.1%)
88	RYZIŃSKI Ryszard	3934		M40	88	00:00:00	01:48:45	03:59:17.05	03:59:17.05	+01:38:28 (41.2%)	8:51	6.8 (59.1%)
89	BAKA` Marcin	3096	GTS TRADYCJA	M40	89	00:00:47	02:08:59	03:59:40.70	04:00:27.70	+01:38:52 (41.3%)	8:52	6.8 (59.1%)
90	WITKOWSKI Krzysztof	3617		M40	90	00:00:28	02:13:48	03:59:49.35	04:00:18.00	+01:39:01 (41.3%)	8:52	6.8 (59.1%)
91	CHARKOT Sławomir	3976	BIEGUSIEM.PL	M40	91	00:00:26	02:11:07	04:00:22.55	04:00:49.50	+01:39:34 (41.4%)	8:54	6.7 (58.3%)
92	SOSZYŃSKI Wojtek	3195	PZU SPORT TEAM/PRALINY Z PONURZYCY	M40	92	00:00:37	02:06:35	04:00:30.70	04:01:08.05	+01:39:42 (41.5%)	8:54	6.7 (58.3%)
93	PALUCH Andrzej	3149	ZABIEGANI MIELEC	M40	93	00:00:12	01:54:55	04:00:59.30	04:01:11.40	+01:40:11 (41.6%)	8:55	6.7 (58.3%)
94	KUZIOR Tomasz	3883	MYSZKÓW	M40	94	00:00:11	01:52:36	04:02:04.85	04:02:16.35	+01:41:16 (41.8%)	8:57	6.7 (58.3%)
95	CAŁKA Grzegorz	3794	RADZYMIN RUN TEAM	M40	95	00:00:38	02:12:44	04:02:08.45	04:02:46.65	+01:41:20 (41.9%)	8:58	6.7 (58.3%)
96	BAI Jozsef	4000	RK ATHLETICS	M40	96	00:00:20	02:04:18	04:02:18.05	04:02:38.85	+01:41:29 (41.9%)	8:58	6.7 (58.3%)
97	HOŁYSZ Daniel	3141		M40	97	00:00:37	02:15:16	04:02:27.10	04:03:04.95	+01:41:39 (41.9%)	8:58	6.7 (58.3%)
98	MURAS Michał	3029		M40	98	00:00:15	02:00:46	04:02:45.50	04:03:01.20	+01:41:57 (42.0%)	8:59	6.7 (58.3%)
99	ZALEŚKIEWICZ Krzysztof	3068	TORUŃSKIE WIEPRZE	M40	99	00:00:38	02:13:06	04:02:54.65	04:03:33.15	+01:42:06 (42.0%)	8:59	6.7 (58.3%)
100	GÓRA Marek	3663	JAK NIE MY TO KTO?	M40	100	00:00:51	02:07:05	04:06:23.70	04:07:14.70	+01:45:35 (42.9%)	9:07	6.6 (57.4%)
101	SYGIET Andrzej	3505		M40	101	00:00:17	02:08:05	04:07:37.40	04:07:54.90	+01:46:49 (43.1%)	9:10	6.5 (56.5%)
102	LEPCZAK Michał	3392	NAPRZÓD MŁOCINY	M40	102	00:01:10	02:12:50	04:08:13.90	04:09:24.45	+01:47:25 (43.3%)	9:11	6.5 (56.5%)
103	SIERAKOWSKI Igor	3066		M40	103	00:01:17	02:29:00	04:09:24.50	04:10:42.45	+01:48:36 (43.5%)	9:14	6.5 (56.5%)
104	KOZŁOWSKI Bartłomiej	3616	KKL/BBM	M40	104	00:01:21	02:07:20	04:09:28.65	04:10:50.00	+01:48:40 (43.6%)	9:14	6.5 (56.5%)
105	KUBAŃSKI Rafał	3946	INTERRISK TEAM	M40	105	00:00:58	02:11:25	04:10:23.05	04:11:21.90	+01:49:34 (43.8%)	9:16	6.5 (56.5%)
106	ŻURAWSKI Arkadiusz	3461		M40	106	00:01:03	02:05:52	04:10:51.55	04:11:55.45	+01:50:03 (43.9%)	9:17	6.5 (56.5%)
107	CZYŻEWSKI Krzysztof	3798		M40	107	00:01:40	02:14:24	04:11:34.20	04:13:14.65	+01:50:46 (44.0%)	9:19	6.4 (55.7%)
108	ODYA Marian	3109		M40	108	00:00:58	02:08:46	04:11:36.50	04:12:35.10	+01:50:48 (44.0%)	9:19	6.4 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
109	BAZYDŁO Dariusz	3117		M40	109	00:00:34	02:14:42	04:11:42.60	04:12:16.80	+01:50:54 (44.1%)	9:19	6.4 (55.7%)
110	TOMKIEWICZ Przemysław	3730		M40	110	00:01:04	02:20:06	04:11:49.10	04:12:53.70	+01:51:01 (44.1%)	9:19	6.4 (55.7%)
111	TKACZYK Przemysław	3463		M40	111	00:00:49	02:17:12	04:12:03.45	04:12:52.80	+01:51:15 (44.1%)	9:20	6.4 (55.7%)
112	PARUZEL Ireneusz	3243		M40	112	00:04:04	02:16:51	04:13:22.85	04:17:27.40	+01:52:34 (44.4%)	9:23	6.4 (55.7%)
113	WOJTOWICZ Daniel	3267		M40	113	00:00:22	02:02:46	04:14:02.40	04:14:24.85	+01:53:14 (44.6%)	9:24	6.4 (55.7%)
114	ADAMCZUK Jarosław	3980	PGNIG SANOK	M40	114	00:01:15	02:19:12	04:15:39.30	04:16:55.00	+01:54:51 (44.9%)	9:28	6.3 (54.8%)
115	WNUCZYŃSKI Andrzej	3646	ORANGE POLSKA	M40	115	00:00:33	02:04:00	04:15:41.05	04:16:14.65	+01:54:52 (44.9%)	9:28	6.3 (54.8%)
116	KRUZEL Rafal	3795	BIEGOWE MISIE	M40	116	00:00:37	02:18:20	04:16:38.50	04:17:16.35	+01:55:50 (45.1%)	9:30	6.3 (54.8%)
117	GOŁĘBIEWSKI Krzysztof	3601	CHEŁM BIEGA	M40	117	00:00:51	02:15:14	04:17:00.05	04:17:51.70	+01:56:11 (45.2%)	9:31	6.3 (54.8%)
118	DUDEK Michał	3405	RGR ŁÓDŹ	M40	118	00:00:42	02:08:55	04:17:01.55	04:17:44.00	+01:56:13 (45.2%)	9:31	6.3 (54.8%)
119	ŻBIKOWSKI Artur	3082		M40	119	00:00:21	02:09:37	04:17:18.60	04:17:40.20	+01:56:30 (45.3%)	9:31	6.3 (54.8%)
120	POPŁAWSKI Arkadiusz	3347	PĘDZIWIATR HIPOLITÓW	M40	120	00:01:03	02:11:38	04:17:34.00	04:18:37.90	+01:56:45 (45.3%)	9:32	6.3 (54.8%)
121	KORBA Michał	3570		M40	121	00:00:54	02:11:44	04:19:07.60	04:20:01.95	+01:58:19 (45.7%)	9:35	6.3 (54.8%)
122	BAK Maciej	3157	ORANGE POLSKA / NIGHT RUNNERS	M40	122	00:01:03	02:15:30	04:20:59.50	04:22:03.05	+02:00:11 (46.1%)	9:40	6.2 (53.9%)
123	BODZIOCH Grzegorz	4014		M40	123	00:13:26	02:16:03	04:21:23.60	04:34:49.60	+02:00:35 (46.1%)	9:40	6.2 (53.9%)
124	SIECZKOWSKI Artur	3169	POLISHBHOYS	M40	124	00:00:22	02:05:21	04:21:28.90	04:21:51.00	+02:00:40 (46.2%)	9:41	6.2 (53.9%)
125	GUCWA Jarosław	3842	JAREK GUCWA	M40	125	00:00:49	02:11:41	04:21:30.50	04:22:19.90	+02:00:42 (46.2%)	9:41	6.2 (53.9%)
126	JANUSZ Grzegorz	3363	BIBA TEAM	M40	126	00:01:07	02:08:48	04:23:04.70	04:24:12.45	+02:02:16 (46.5%)	9:44	6.2 (53.9%)
127	KMIEC Cezary	3146	NAPRZÓD MŁOCINY	M40	127	00:01:10	02:09:12	04:23:45.95	04:24:56.05	+02:02:57 (46.6%)	9:46	6.1 (53.0%)
128	ADAMCZYK Daniel	3514		M40	128	00:00:40	02:15:15	04:24:04.20	04:24:45.05	+02:03:16 (46.7%)	9:46	6.1 (53.0%)
129	PIECYK Artur	3614	BLUE DOGS	M40	129	00:00:31	02:17:24	04:25:05.75	04:25:37.40	+02:04:17 (46.9%)	9:49	6.1 (53.0%)
130	JEGER Wojtek	3010	SKLEPBIEGOWY.PL/JEGERMAJSTER	M40	130	00:01:20	02:23:28	04:26:03.70	04:27:24.10	+02:05:15 (47.1%)	9:51	6.1 (53.0%)
131	STANOSZEK Robert	3887	POWERADE TEAM	M40	131	00:01:03	02:16:18	04:26:48.90	04:27:52.25	+02:06:00 (47.2%)	9:52	6.1 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
132	WOJCIECHOWSKI Rafał	3707	PEŁZACZ NIZINNY	M40	132	00:00:17	02:04:51	04:30:01.80	04:30:18.85	+02:09:13 (47.9%)	10:00	6 (52.2%)
133	NARLOCH Piotr	3000	INTERRISK	M40	133	00:01:30	02:14:01	04:30:11.90	04:31:42.85	+02:09:23 (47.9%)	10:00	6 (52.2%)
134	ARMATYS Grzegorz	3473	ORANGE POLSKA	M40	134	00:01:12	02:19:21	04:30:23.80	04:31:36.30	+02:09:35 (47.9%)	10:00	6 (52.2%)
135	BŁACHOWICZ Rafał	3239	ZABIEGANI MIELEC	M40	135	00:01:26	02:20:52	04:30:42.70	04:32:09.55	+02:09:54 (48.0%)	10:01	6 (52.2%)
136	MAJCHROWICZ Patrycjusz	3683	SM RYKI	M40	136	00:00:43	02:18:20	04:31:00.20	04:31:43.20	+02:10:12 (48.0%)	10:02	6 (52.2%)
137	BYKOWSKI Andrzej	3077		M40	137	00:00:53	02:15:22	04:31:20.85	04:32:14.10	+02:10:32 (48.1%)	10:03	6 (52.2%)
138	JANIK Tomasz	3107	ORANGE POLSKA	M40	138	00:00:46	02:37:16	04:32:28.55	04:33:15.20	+02:11:40 (48.3%)	10:05	5.9 (51.3%)
139	WAŚOWICZ Olgierd	3665	ALBATROSY	M40	139	00:01:11	02:26:16	04:32:38.60	04:33:50.10	+02:11:50 (48.4%)	10:05	5.9 (51.3%)
140	KOŁODZIEJ Jacek	3258	NIGHT RUNNERS GLIWICE	M40	140	00:01:11	02:08:16	04:33:30.05	04:34:41.25	+02:12:41 (48.5%)	10:07	5.9 (51.3%)
141	LIS Marcin	3752	OUTSIDERS KRAKÓW	M40	141	00:01:04	02:26:09	04:34:12.05	04:35:16.75	+02:13:23 (48.7%)	10:09	5.9 (51.3%)
142	MARKIEWICZ Tomasz	3444	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	142	00:01:32	02:28:03	04:35:19.75	04:36:52.25	+02:14:31 (48.9%)	10:11	5.9 (51.3%)
143	MICHALCZYK Marcin	3021	MONSTON SPORT TEAM	M40	143	00:00:47	02:17:31	04:37:32.55	04:38:20.05	+02:16:44 (49.3%)	10:16	5.8 (50.4%)
144	SZPORNĄ Darek	3196		M40	144	00:01:41	02:42:26	04:41:17.45	04:42:58.95	+02:20:29 (49.9%)	10:25	5.8 (50.4%)
145	KORWIN-MIKKE Kacper	3761	BLUE DOGS	M40	145	00:00:29	02:15:59	04:41:59.65	04:42:29.55	+02:21:11 (50.1%)	10:26	5.7 (49.6%)
146	DOMINIĄK Waldemar	3337	SŁYNNI KENIJCZYCY	M40	146	00:01:09	02:32:39	04:44:25.65	04:45:34.85	+02:23:37 (50.5%)	10:32	5.7 (49.6%)
147	MAZIAKOWSKI Krzysztof	4025	MAZIAKOWSKI RUNNING TEAM	M40	147	00:01:32	02:26:59	04:44:44.25	04:46:16.25	+02:23:56 (50.6%)	10:32	5.7 (49.6%)
148	DĄBROWSKI Sławomir	3639		M40	148	00:00:57	02:27:03	04:44:55.75	04:45:53.30	+02:24:07 (50.6%)	10:33	5.7 (49.6%)
149	ŁUKASZEWSKI Szymon	3228	RUN EXPERT LEJDIS	M40	149	00:01:20	02:26:49	04:49:43.65	04:51:04.20	+02:28:55 (51.4%)	10:43	5.6 (48.7%)
150	MAGER Bartosz	3438		M40	150	00:01:26	02:21:33	04:50:49.55	04:52:15.60	+02:30:01 (51.6%)	10:46	5.6 (48.7%)
151	KARBARZ Filip	3255		M40	151	00:01:26	02:21:35	04:50:49.75	04:52:16.15	+02:30:01 (51.6%)	10:46	5.6 (48.7%)
152	TWORZYDŁO Paweł	3560		M40	152	00:00:52	02:40:37	04:54:27.55	04:55:20.50	+02:33:39 (52.2%)	10:54	5.5 (47.8%)
153	BĄK Andrzej	3576	BOOT CAMP POLSKA	M40	153	00:00:55	02:30:46	04:55:31.00	04:56:26.90	+02:34:42 (52.4%)	10:56	5.5 (47.8%)
154	BORKOWSKI Mariusz	3677		M40	154	00:00:36	02:19:20	04:55:54.05	04:56:30.80	+02:35:05 (52.4%)	10:57	5.5 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
155	SZOŁTYSEK Wojciech	3558		M40	155	00:02:23	02:40:26	04:56:05.80	04:58:28.90	+02:35:17 (52.4%)	10:57	5.5 (47.8%)
156	NIZIOŁEK Marek	3747	DAMY RADE	M40	156	00:01:16	02:36:38	04:56:06.80	04:57:23.20	+02:35:18 (52.5%)	10:58	5.5 (47.8%)
157	HEJMAN Maciej	4005	WKURW_TEAM	M40	157	00:01:02	02:23:59	04:56:45.30	04:57:47.90	+02:35:57 (52.6%)	10:59	5.5 (47.8%)
158	DECZKOWSKI Dariusz	3530	METRO WARSZAWSKIE	M40	158	00:01:19	02:43:30	05:04:29.10	05:05:48.80	+02:43:41 (53.8%)	11:16	5.3 (46.1%)
159	MZYK Fabian	3312	BBL MIKOŁÓW	M40	159	00:00:53	02:31:49	05:05:05.75	05:05:59.65	+02:44:17 (53.9%)	11:18	5.3 (46.1%)
160	MIERZEJEWSKI Jacek	4023	AMATOR	M40	160	00:00:39	02:38:58	05:06:18.50	05:06:58.05	+02:45:30 (54.0%)	11:20	5.3 (46.1%)
161	CIECIERA Paweł	3011	PRZEŁAJOWIEC.PL	M40	161	00:01:29	02:37:26	05:07:17.55	05:08:46.95	+02:46:29 (54.2%)	11:22	5.3 (46.1%)
162	BASARAB Grzegorz	3496		M40	162	00:00:17	02:18:53	05:08:57.80	05:09:15.45	+02:48:09 (54.4%)	11:26	5.2 (45.2%)
163	SKOCZYLAS Artur	4037	WIĄZOWNA	M40	163	00:01:31	02:37:48	05:11:42.35	05:13:14.00	+02:50:54 (54.8%)	11:32	5.2 (45.2%)
164	STASIAK Waldemar	3092		M40	164	00:00:59	02:47:04	05:16:36.25	05:17:35.50	+02:55:48 (55.5%)	11:43	5.1 (44.3%)
165	KARPIŃSKI Robert	3898	SPARTANIE DZIECIOM	M40	165	00:00:16	02:49:28	05:28:18.65	05:28:34.90	+03:07:30 (57.1%)	12:09	4.9 (42.6%)
166	LEŚNIEWSKI Michał	3989	SPARTANIE DZIECIOM	M40	166	00:00:11	02:49:11	05:28:19.25	05:28:31.00	+03:07:31 (57.1%)	12:09	4.9 (42.6%)
167	GAŁĘZIAK Grzegorz	3890	SPARTANIE DZIECIOM	M40	167	00:00:10		05:28:30.15	05:28:40.85	+03:07:42 (57.1%)	12:10	4.9 (42.6%)
168	WOJCIECHOWSKI Michał	3956	SPARTANIE DZIECIOM	M40	168	00:00:11		05:28:30.25	05:28:41.45	+03:07:42 (57.1%)	12:10	4.9 (42.6%)
169	MAKOSA Konrad	3790	CROSSFIT ELEKTROMOC	M40	169	00:00:49	02:50:20	05:45:36.65	05:46:25.85	+03:24:48 (59.3%)	12:48	4.7 (40.9%)
170	KUŻMA Maciej	3550		M40	170	00:01:01	02:45:03	05:48:31.10	05:49:32.35	+03:27:43 (59.6%)	12:54	4.6 (40.0%)
171	WAŁEK Piotr	3811		M40	171	00:00:41	02:47:54	05:49:04.50	05:49:46.15	+03:28:16 (59.7%)	12:55	4.6 (40.0%)
	MARCOL Wojciech	4050		M40		DNF	02:44:50 DNF	DNF	DNF		-	- (0.0%)
	ŁUBKOWSKI Adam	4002	POWERADE/KB WYSZKÓW	M40		DNF	02:59:32 DNF	DNF	DNF		-	- (0.0%)
	KOZAR Wojciech	3763		M40		DNF	DNF	DNF	DNF		-	- (0.0%)
	KWIATKOWSKI Marek	4040		M40		DNF	DNF	DNF	DNF		-	- (0.0%)
	WIATER Krzysztof	3870		M40		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 176 wynik(ów)