

# BIEG RZEŹNICZEK

B4SPORT

**Organizator:** OTK Rzeźnik  
**Data:** 2015-06-06  
**Miejsce:** Solinka - Cisna  
**Dystans:** 27 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
1	<b>POLAŃSKI Tomasz</b>	<b>705</b>	B4SPORT	M40	1	01:09:34	<b>02:17:45.60</b>	<b>02:17:45.60</b>		5:06	11.8 (100%)
2	<b>ŻYTO Maciej</b>	<b>18</b>	POLSKABIEGA.PL	M40	2	01:15:22	<b>02:25:52.30</b>	<b>02:25:52.30</b>	+00:08:06 (5.6%)	5:24	11.1 (94.1%)
3	<b>GARDENER Jacek</b>	<b>885</b>	JACEKBIEGA RUNNING TEAM	M40	3	01:17:45	<b>02:30:37.80</b>	<b>02:30:37.80</b>	+00:12:52 (8.5%)	5:34	10.8 (91.5%)
4	<b>MORAWSKI Filip</b>	<b>41</b>		M40	4	01:26:21	<b>02:53:05.20</b>	<b>02:53:05.20</b>	+00:35:19 (20.4%)	6:24	9.4 (79.7%)
5	<b>LEBIODA Adam</b>	<b>199</b>	WUJEK BIEGA KATOWICE	M40	5	01:25:16	<b>02:54:39.30</b>	<b>02:54:39.30</b>	+00:36:53 (21.1%)	6:28	9.3 (78.8%)
6	<b>WOŹNIAK Grzegorz</b>	<b>543</b>	KOŚCIELISKO	M40	6	01:29:32	<b>03:01:00.70</b>	<b>03:01:00.70</b>	+00:43:15 (23.9%)	6:42	9 (76.3%)
7	<b>DEC Piotr</b>	<b>905</b>		M40	7	01:33:40	<b>03:01:40.45</b>	<b>03:01:40.45</b>	+00:43:54 (24.2%)	6:43	8.9 (75.4%)
8	<b>RYZIŃSKI Ryszard</b>	<b>625</b>	WARSZAWA	M40	8	01:33:42	<b>03:02:51.75</b>	<b>03:02:51.75</b>	+00:45:06 (24.7%)	6:46	8.9 (75.4%)
9	<b>KNOPKIEWICZ Wacław</b>	<b>37</b>	POZNAŃ	M40	9	01:33:46	<b>03:02:54.90</b>	<b>03:02:54.90</b>	+00:45:09 (24.7%)	6:46	8.9 (75.4%)
10	<b>WÓJCIAK Wojciech</b>	<b>66</b>	BIESZCZADZKIE WILKI	M40	10	01:32:00	<b>03:04:28.90</b>	<b>03:04:28.90</b>	+00:46:43 (25.3%)	6:49	8.8 (74.6%)
11	<b>KORNAK Dariusz</b>	<b>642</b>	MUNINA	M40	11	01:30:38	<b>03:04:33.85</b>	<b>03:04:33.85</b>	+00:46:48 (25.4%)	6:50	8.8 (74.6%)
12	<b>DAWID Tomasz</b>	<b>74</b>	ASAP24	M40	12	01:31:18	<b>03:05:08.60</b>	<b>03:05:08.60</b>	+00:47:23 (25.6%)	6:51	8.8 (74.6%)
13	<b>JASIŃSKI Tomasz</b>	<b>77</b>	KROSNO	M40	13	01:35:56	<b>03:07:06.35</b>	<b>03:07:06.35</b>	+00:49:20 (26.4%)	6:55	8.7 (73.7%)
14	<b>PRĘCIKOWSKI Ryszard</b>	<b>136</b>	WIELICZKA	M40	14	01:35:15	<b>03:08:18.95</b>	<b>03:08:18.95</b>	+00:50:33 (26.8%)	6:58	8.6 (72.9%)
15	<b>TOMASZEWSKI Piotr</b>	<b>599</b>	CZARAD JEDYNKA	M40	15	01:38:22	<b>03:11:24.10</b>	<b>03:11:24.10</b>	+00:53:38 (28.0%)	7:05	8.5 (72.0%)
16	<b>GÓRA Mariusz</b>	<b>73</b>	BBL/BBM KIELCE	M40	16	01:36:52	<b>03:11:31.90</b>	<b>03:11:31.90</b>	+00:53:46 (28.1%)	7:05	8.5 (72.0%)
17	<b>MŁODOŻENIEC Jacek</b>	<b>97</b>	REMBERTÓW TEAM	M40	17	01:32:23	<b>03:11:41.00</b>	<b>03:11:41.00</b>	+00:53:55 (28.1%)	7:05	8.5 (72.0%)
18	<b>BADOWSKI Jerzy</b>	<b>56</b>	BLUETEAM	M40	18	01:42:59	<b>03:12:18.15</b>	<b>03:12:18.15</b>	+00:54:32 (28.4%)	7:07	8.4 (71.2%)
19	<b>BIELEC Artur</b>	<b>71</b>	REMBERTÓW TEAM	M40	19	01:37:43	<b>03:12:40.85</b>	<b>03:12:40.85</b>	+00:54:55 (28.5%)	7:08	8.4 (71.2%)
20	<b>BORKOWSKI Bartosz</b>	<b>51</b>		M40	20	01:34:37	<b>03:13:38.85</b>	<b>03:13:38.85</b>	+00:55:53 (28.9%)	7:10	8.4 (71.2%)
21	<b>DWORNICKI Tomasz</b>	<b>61</b>	RYBNIK	M40	21	01:38:01	<b>03:13:43.70</b>	<b>03:13:43.70</b>	+00:55:58 (28.9%)	7:10	8.4 (71.2%)
22	<b>PIWOWARCZYK Adam</b>	<b>253</b>	MYSŁOWICE	M40	22	01:38:18	<b>03:15:37.00</b>	<b>03:15:37.00</b>	+00:57:51 (29.6%)	7:14	8.3 (70.3%)
23	<b>OSTAPIŃSKI Wojtek</b>	<b>54</b>	PIASECZNO	M40	23	01:38:45	<b>03:17:24.10</b>	<b>03:17:24.10</b>	+00:59:38 (30.2%)	7:18	8.2 (69.5%)
24	<b>NOWICKI Zbigniew</b>	<b>114</b>	BLUETEAM	M40	24	01:43:01	<b>03:17:27.90</b>	<b>03:17:27.90</b>	+00:59:42 (30.2%)	7:18	8.2 (69.5%)
25	<b>MOSUREK Grzegorz</b>	<b>96</b>	ESKADA MASTERS	M40	25	01:40:15	<b>03:19:03.30</b>	<b>03:19:03.30</b>	+01:01:17 (30.8%)	7:22	8.1 (68.6%)
26	<b>ŁEBEK Sebastian</b>	<b>200</b>	OLKUSZBIEGA.PL	M40	26	01:38:37	<b>03:19:43.85</b>	<b>03:19:43.85</b>	+01:01:58 (31.0%)	7:23	8.1 (68.6%)
27	<b>TOMASZEWSKI Marcin</b>	<b>517</b>	BYDGOSZCZ	M40	27	01:41:46	<b>03:20:50.15</b>	<b>03:20:50.15</b>	+01:03:04 (31.4%)	7:26	8.1 (68.6%)
28	<b>BARTOSIŃSKI Mariusz</b>	<b>687</b>	CIEPŁE CHŁOPAKI	M40	28	01:44:48	<b>03:21:11.60</b>	<b>03:21:11.60</b>	+01:03:26 (31.5%)	7:27	8.1 (68.6%)
29	<b>GRUDNIK Zbigniew</b>	<b>75</b>	NIEPOŁOMICE BIEGAJĄ	M40	29	01:40:19	<b>03:21:23.95</b>	<b>03:21:23.95</b>	+01:03:38 (31.6%)	7:27	8 (67.8%)
30	<b>LANGE Zbigniew</b>	<b>68</b>	GOLKOWICE	M40	30	01:46:22	<b>03:23:18.80</b>	<b>03:23:18.80</b>	+01:05:33 (32.2%)	7:31	8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
31	<b>DZIADOWIEC Krzysztof</b>	<b>668</b>	KROK ZA GROSZ	M40	31	01:38:09	<b>03:25:14.90</b>	<b>03:25:14.90</b>	+01:07:29 (32.9%)	7:36	7.9 (66.9%)
32	<b>WOJTKIEWICZ Jarosław</b>	<b>550</b>	RUNNING FAMILY	M40	32	01:43:32	<b>03:27:06.20</b>	<b>03:27:06.20</b>	+01:09:20 (33.5%)	7:40	7.8 (66.1%)
33	<b>PORĘBSKI Mariusz</b>	<b>121</b>	PZU SPORT TEAM	M40	33	01:39:09	<b>03:27:14.90</b>	<b>03:27:14.90</b>	+01:09:29 (33.5%)	7:40	7.8 (66.1%)
34	<b>RESZYTYŁO Grzegorz</b>	<b>716</b>		M40	34	01:40:27	<b>03:27:48.60</b>	<b>03:27:48.60</b>	+01:10:03 (33.7%)	7:41	7.8 (66.1%)
35	<b>MŁODOŻENIEC Rafael</b>	<b>329</b>	MÓRKOWO	M40	35	01:46:46	<b>03:29:33.55</b>	<b>03:29:33.55</b>	+01:11:47 (34.3%)	7:45	7.7 (65.3%)
36	<b>ZAŁUCKI Maciej</b>	<b>237</b>	1000 MILES	M40	36	01:49:44	<b>03:30:00.15</b>	<b>03:30:00.15</b>	+01:12:14 (34.4%)	7:46	7.7 (65.3%)
37	<b>JANOWSKI Bogdan</b>	<b>677</b>		M40	37	01:48:38	<b>03:30:01.20</b>	<b>03:30:01.20</b>	+01:12:15 (34.4%)	7:46	7.7 (65.3%)
38	<b>KOŁODZIEJSKI Michał</b>	<b>123</b>	WARSZAWA	M40	38	01:41:45	<b>03:30:23.20</b>	<b>03:30:23.20</b>	+01:12:37 (34.5%)	7:47	7.7 (65.3%)
39	<b>USZYŃSKI Grzegorz</b>	<b>889</b>		M40	39	01:49:28	<b>03:31:10.10</b>	<b>03:31:10.10</b>	+01:13:24 (34.8%)	7:49	7.7 (65.3%)
40	<b>WOJDA Dariusz</b>	<b>164</b>	DZIKIE DZIKI	M40	40	01:47:07	<b>03:32:37.85</b>	<b>03:32:37.85</b>	+01:14:52 (35.2%)	7:52	7.6 (64.4%)
41	<b>WAKUŁA Marek</b>	<b>129</b>		M40	41	01:46:34	<b>03:33:27.00</b>	<b>03:33:27.00</b>	+01:15:41 (35.5%)	7:54	7.6 (64.4%)
42	<b>TYRPA Jarosław</b>	<b>884</b>	BIEGIEM PO PIWO	M40	42	01:52:44	<b>03:33:29.50</b>	<b>03:33:29.50</b>	+01:15:43 (35.5%)	7:54	7.6 (64.4%)
43	<b>KONIK Jarosław</b>	<b>447</b>	BIEGAM BO LUBIĘ KRAKÓW / NORAFTRAIL	M40	43	01:59:03	<b>03:34:31.20</b>	<b>03:34:31.20</b>	+01:16:45 (35.8%)	7:56	7.6 (64.4%)
44	<b>MATUSIAK Arkadiusz</b>	<b>583</b>		M40	44	01:48:22	<b>03:34:58.00</b>	<b>03:34:58.00</b>	+01:17:12 (35.9%)	7:57	7.5 (63.6%)
45	<b>ĆWIKLIŃSKI Maciej</b>	<b>179</b>		M40	45	01:43:37	<b>03:36:01.10</b>	<b>03:36:01.10</b>	+01:18:15 (36.2%)	8:00	7.5 (63.6%)
46	<b>TOMASZEWSKI Wojtek</b>	<b>255</b>	BRACIAT	M40	46	01:45:54	<b>03:37:40.50</b>	<b>03:37:40.50</b>	+01:19:54 (36.7%)	8:03	7.4 (62.7%)
47	<b>CYRANKIEWICZ Paweł</b>	<b>554</b>	CZCICIELE BOBRZEJ NORCY	M40	47	01:50:31	<b>03:38:00.50</b>	<b>03:38:00.50</b>	+01:20:14 (36.8%)	8:04	7.4 (62.7%)
48	<b>GŁĘBOCKI Przemysław</b>	<b>84</b>	E-PRZEMEK.PL	M40	48	01:50:54	<b>03:38:11.60</b>	<b>03:38:11.60</b>	+01:20:26 (36.9%)	8:04	7.4 (62.7%)
49	<b>DEC Piotr</b>	<b>579</b>	OLESZYCE	M40	49	01:51:13	<b>03:38:15.25</b>	<b>03:38:15.25</b>	+01:20:29 (36.9%)	8:05	7.4 (62.7%)
50	<b>SKONECZNY Artur</b>	<b>603</b>		M40	50	01:52:51	<b>03:38:19.35</b>	<b>03:38:19.35</b>	+01:20:33 (36.9%)	8:05	7.4 (62.7%)
51	<b>HARPULA Robert</b>	<b>515</b>	PRZEMYŚL	M40	51	01:48:29	<b>03:40:00.90</b>	<b>03:40:00.90</b>	+01:22:15 (37.4%)	8:08	7.4 (62.7%)
52	<b>NARLOCH Piotr</b>	<b>1</b>	INTERRISK DLA AKTYWNYCH	M40	52	01:50:43	<b>03:40:39.50</b>	<b>03:40:39.50</b>	+01:22:53 (37.6%)	8:10	7.3 (61.9%)
53	<b>STĘPIEŃ Wojciech</b>	<b>236</b>	NIGHT RUNNERS GLIWICE - ENERGY TEAM	M40	53	01:51:47	<b>03:42:04.40</b>	<b>03:42:04.40</b>	+01:24:18 (38.0%)	8:13	7.3 (61.9%)
54	<b>CAŁKA Grzegorz</b>	<b>248</b>	RADZYMIN	M40	54	02:01:17	<b>03:42:52.55</b>	<b>03:42:52.55</b>	+01:25:06 (38.2%)	8:15	7.3 (61.9%)
55	<b>TKACZYK Przemysław</b>	<b>558</b>	CZCICIELE BOBRZEJ NORCY	M40	55	01:53:30	<b>03:43:35.85</b>	<b>03:43:35.85</b>	+01:25:50 (38.4%)	8:16	7.2 (61.0%)
56	<b>STARCZYNOWSKI Dariusz</b>	<b>163</b>		M40	56	01:52:40	<b>03:43:41.85</b>	<b>03:43:41.85</b>	+01:25:56 (38.4%)	8:17	7.2 (61.0%)
57	<b>HYZIAK Jakub</b>	<b>283</b>	JJ.RUNNERS GORLICE	M40	57	02:00:13	<b>03:43:57.60</b>	<b>03:43:57.60</b>	+01:26:12 (38.5%)	8:17	7.2 (61.0%)
58	<b>WOLAK Jarosław</b>	<b>196</b>	MBANK	M40	58	01:52:26	<b>03:44:14.95</b>	<b>03:44:14.95</b>	+01:26:29 (38.6%)	8:18	7.2 (61.0%)
59	<b>SOŁTYS Krzysztof</b>	<b>270</b>	GDAŃSK	M40	59	01:51:55	<b>03:44:25.00</b>	<b>03:44:25.00</b>	+01:26:39 (38.6%)	8:18	7.2 (61.0%)
60	<b>SZYMCZAK Mirosław</b>	<b>221</b>	SPARTANIEDZIECIOM	M40	60	01:50:53	<b>03:44:48.20</b>	<b>03:44:48.20</b>	+01:27:02 (38.7%)	8:19	7.2 (61.0%)
61	<b>OLKIEWICZ Przemysław</b>	<b>570</b>	PALĘ ŁYDY	M40	61	01:52:16	<b>03:46:32.65</b>	<b>03:46:32.65</b>	+01:28:47 (39.2%)	8:23	7.2 (61.0%)
62	<b>STARZYŃSKI Stefan</b>	<b>309</b>	PERFECT RUNNER LUBLIN	M40	62	01:54:19	<b>03:48:41.55</b>	<b>03:48:41.55</b>	+01:30:55 (39.8%)	8:28	7.1 (60.2%)
63	<b>FLORCZYK Jacek</b>	<b>323</b>	RADOM	M40	63	01:48:16	<b>03:49:16.50</b>	<b>03:49:16.50</b>	+01:31:30 (39.9%)	8:29	7.1 (60.2%)
64	<b>OSSERA Adam</b>	<b>313</b>	GLIWICE	M40	64	01:50:48	<b>03:49:30.90</b>	<b>03:49:30.90</b>	+01:31:45 (40.0%)	8:30	7.1 (60.2%)
65	<b>HEJMAN Maciej</b>	<b>282</b>	WKURW_TEAM	M40	65	01:52:22	<b>03:49:53.35</b>	<b>03:49:53.35</b>	+01:32:07 (40.1%)	8:30	7 (59.3%)
66	<b>LEWANDOWSKI Damian</b>	<b>479</b>	GROSZEK KULA SIĘ Z MARCHEWKĄ	M40	66	01:54:40	<b>03:49:54.10</b>	<b>03:49:54.10</b>	+01:32:08 (40.1%)	8:30	7 (59.3%)
67	<b>KAWALEC Krystian</b>	<b>637</b>		M40	67	01:48:45	<b>03:50:14.90</b>	<b>03:50:14.90</b>	+01:32:29 (40.2%)	8:31	7 (59.3%)
68	<b>WRÓBEL Bartłomiej</b>	<b>892</b>	CISNA	M40	68	01:58:59	<b>03:50:16.15</b>	<b>03:50:16.15</b>	+01:32:30 (40.2%)	8:31	7 (59.3%)
69	<b>SOSZYŃSKI Wojtek</b>	<b>291</b>	PZU SPORT TEAM	M40	69	01:58:19	<b>03:50:23.00</b>	<b>03:50:23.00</b>	+01:32:37 (40.2%)	8:31	7 (59.3%)
70	<b>ŚLEDZIEWSKI Andrzej</b>	<b>251</b>	KRAKÓW	M40	70	02:03:04	<b>03:51:13.65</b>	<b>03:51:13.65</b>	+01:33:28 (40.4%)	8:33	7 (59.3%)
71	<b>BERGER Janusz</b>	<b>725</b>		M40	71	01:59:23	<b>03:53:19.05</b>	<b>03:53:19.05</b>	+01:35:33 (41.0%)	8:38	6.9 (58.5%)
72	<b>MOCZYDŁOWSKI Łukasz</b>	<b>723</b>		M40	72	01:56:46	<b>03:53:45.90</b>	<b>03:53:45.90</b>	+01:36:00 (41.1%)	8:39	6.9 (58.5%)
73	<b>SZYMAŃSKI Adam</b>	<b>48</b>	PKO BANK POLSKI	M40	73	02:03:42	<b>03:55:10.70</b>	<b>03:55:10.70</b>	+01:37:25 (41.4%)	8:42	6.9 (58.5%)
74	<b>TRENTOWSKI Wojciech</b>	<b>193</b>	POSETCE	M40	74	01:56:17	<b>03:55:50.50</b>	<b>03:55:50.50</b>	+01:38:04 (41.6%)	8:44	6.9 (58.5%)

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75	<b>KOZIELEC Tomasz</b>	<b>566</b>	GLIWICE	M40	75	02:04:30	<b>03:59:51.50</b>	<b>03:59:51.50</b>	+01:42:05 (42.6%)	8:53	6.8 (57.6%)
76	<b>CHWALISZEWSKI Jarosław</b>	<b>310</b>	NIGHT RUNNERS GLIWICE - ENERGY TEAM	M40	76	01:55:32	<b>04:00:27.40</b>	<b>04:00:27.40</b>	+01:42:41 (42.7%)	8:54	6.7 (56.8%)
77	<b>LIPUS Andrzej</b>	<b>726</b>		M40	77	02:05:56	<b>04:00:42.50</b>	<b>04:00:42.50</b>	+01:42:56 (42.8%)	8:54	6.7 (56.8%)
78	<b>ŁUKASIAK Tomasz</b>	<b>902</b>	BIEGUSIEM.PL	M40	78	02:10:11	<b>04:01:50.40</b>	<b>04:01:50.40</b>	+01:44:04 (43.0%)	8:57	6.7 (56.8%)
79	<b>SUCHECKI Wojciech</b>	<b>525</b>	WARMIA I MAZURY TEAM	M40	79	01:47:31	<b>04:02:04.45</b>	<b>04:02:04.45</b>	+01:44:18 (43.1%)	8:57	6.7 (56.8%)
80	<b>PAWŁOWSKI Piotr</b>	<b>265</b>	RADOM	M40	80	02:00:47	<b>04:03:25.30</b>	<b>04:03:25.30</b>	+01:45:39 (43.4%)	9:00	6.7 (56.8%)
81	<b>BĄCZEK Przemysław</b>	<b>212</b>		M40	81	02:04:01	<b>04:03:31.35</b>	<b>04:03:31.35</b>	+01:45:45 (43.4%)	9:01	6.7 (56.8%)
82	<b>LESZCZYŃSKI Radosław</b>	<b>344</b>	CELESTYNÓW	M40	82	02:05:44	<b>04:03:35.35</b>	<b>04:03:35.35</b>	+01:45:49 (43.4%)	9:01	6.7 (56.8%)
83	<b>LAUER Jarosław</b>	<b>343</b>	KORONA PABIANICE	M40	83	02:07:08	<b>04:04:43.10</b>	<b>04:04:43.10</b>	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
84	<b>RĘKAWEK Artur</b>	<b>565</b>	TRUCHTACZ.PL	M40	84	02:07:01	<b>04:04:43.25</b>	<b>04:04:43.25</b>	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
85	<b>SZYMURSKI Arkadiusz</b>	<b>657</b>	ŚRODA WLKP.	M40	85	02:01:04	<b>04:05:16.90</b>	<b>04:05:16.90</b>	+01:47:31 (43.8%)	9:05	6.6 (55.9%)
86	<b>STANIEK Tomasz</b>	<b>536</b>		M40	86	02:09:21	<b>04:05:24.00</b>	<b>04:05:24.00</b>	+01:47:38 (43.9%)	9:05	6.6 (55.9%)
87	<b>KARPINSKI Maciej</b>	<b>263</b>	BEZRZECZE	M40	87	02:04:28	<b>04:06:33.35</b>	<b>04:06:33.35</b>	+01:48:47 (44.1%)	9:07	6.6 (55.9%)
88	<b>WOJCIECHOWSKI Krzysztof</b>	<b>360</b>	SZCZECIN	M40	88	02:02:12	<b>04:08:13.90</b>	<b>04:08:13.90</b>	+01:50:28 (44.5%)	9:11	6.5 (55.1%)
89	<b>BUCZYŃSKI Arkadiusz</b>	<b>397</b>	KRAKÓW	M40	89	02:02:34	<b>04:08:21.55</b>	<b>04:08:21.55</b>	+01:50:35 (44.5%)	9:11	6.5 (55.1%)
90	<b>NOCEN Mariusz</b>	<b>264</b>		M40	90	02:09:23	<b>04:09:32.65</b>	<b>04:09:32.65</b>	+01:51:47 (44.8%)	9:14	6.5 (55.1%)
91	<b>PRZYBYLSKI Przemysław</b>	<b>614</b>	GNIEZNO	M40	91	01:52:24	<b>04:10:21.20</b>	<b>04:10:21.20</b>	+01:52:35 (45.0%)	9:16	6.5 (55.1%)
92	<b>ORLIKOWSKI Marcin</b>	<b>589</b>	MILANÓWEK	M40	92	02:02:15	<b>04:10:53.55</b>	<b>04:10:53.55</b>	+01:53:07 (45.1%)	9:17	6.5 (55.1%)
93	<b>JABŁONOWSKI Grzegorz</b>	<b>245</b>	GTJ COACHING	M40	93	02:16:51	<b>04:11:24.05</b>	<b>04:11:24.05</b>	+01:53:38 (45.2%)	9:18	6.4 (54.2%)
94	<b>SIDOROWICZ Grzegorz</b>	<b>639</b>	AXA RUNNING TEAM	M40	94	02:12:13	<b>04:13:15.20</b>	<b>04:13:15.20</b>	+01:55:29 (45.6%)	9:22	6.4 (54.2%)
95	<b>KORNIKOW Piotr</b>	<b>899</b>	GARMIN	M40	95	02:10:59	<b>04:13:17.10</b>	<b>04:13:17.10</b>	+01:55:31 (45.6%)	9:22	6.4 (54.2%)
96	<b>BEDNARSKI Tomasz</b>	<b>368</b>	POWERADE	M40	96	02:12:26	<b>04:14:55.30</b>	<b>04:14:55.30</b>	+01:57:09 (46.0%)	9:26	6.4 (54.2%)
97	<b>GRZĘDA Krzysztof</b>	<b>363</b>	KALIŃSKA TEAM	M40	97	02:07:03	<b>04:16:47.75</b>	<b>04:16:47.75</b>	+01:59:02 (46.4%)	9:30	6.3 (53.4%)
98	<b>KOZŁOWSKI Bartłomiej</b>	<b>165</b>	KKL KIELCE	M40	98	02:12:09	<b>04:18:56.10</b>	<b>04:18:56.10</b>	+02:01:10 (46.8%)	9:35	6.3 (53.4%)
99	<b>WIEWIÓRSKI Tomasz</b>	<b>485</b>	OLSZTYŃSKIE USTAWKI BIEGOWE	M40	99	02:03:47	<b>04:19:16.80</b>	<b>04:19:16.80</b>	+02:01:31 (46.9%)	9:36	6.2 (52.5%)
100	<b>BAKA Marcin</b>	<b>450</b>	WITMAR	M40	100	02:10:32	<b>04:19:33.50</b>	<b>04:19:33.50</b>	+02:01:47 (46.9%)	9:36	6.2 (52.5%)
101	<b>ADAMCZUK Jarosław</b>	<b>732</b>	PGNIG SANOK	M40	101	02:11:58	<b>04:19:58.65</b>	<b>04:19:58.65</b>	+02:02:13 (47.0%)	9:37	6.2 (52.5%)
102	<b>USZYCKI Wojciech</b>	<b>417</b>	WARSZAWA	M40	102	02:12:40	<b>04:26:14.40</b>	<b>04:26:14.40</b>	+02:08:28 (48.3%)	9:51	6.1 (51.7%)
103	<b>BASARAB Grzegorz</b>	<b>516</b>	PRZEMYŚL	M40	103	02:08:46	<b>04:27:31.40</b>	<b>04:27:31.40</b>	+02:09:45 (48.5%)	9:54	6.1 (51.7%)
104	<b>MIERZEJEWSKI Jacek</b>	<b>394</b>	AMATOR	M40	104	02:11:38	<b>04:27:46.75</b>	<b>04:27:46.75</b>	+02:10:01 (48.6%)	9:55	6.1 (51.7%)
105	<b>PŁODZIEN Tadeusz</b>	<b>703</b>		M40	105	02:12:32	<b>04:28:20.20</b>	<b>04:28:20.20</b>	+02:10:34 (48.7%)	9:56	6 (50.8%)
106	<b>WIEWIÓRA Krzysztof</b>	<b>545</b>	BIELSKO-BIAŁA	M40	106	02:09:25	<b>04:29:43.55</b>	<b>04:29:43.55</b>	+02:11:57 (48.9%)	9:59	6 (50.8%)
107	<b>GUCWA Jarosław</b>	<b>496</b>		M40	107	02:01:42	<b>04:29:48.15</b>	<b>04:29:48.15</b>	+02:12:02 (48.9%)	9:59	6 (50.8%)
108	<b>SIÓDMIĄK Cezary</b>	<b>364</b>	AKTYWNA GMINA KONSTANCIN-JEZIORNA	M40	108	02:13:16	<b>04:32:36.15</b>	<b>04:32:36.15</b>	+02:14:50 (49.5%)	10:05	5.9 (50.0%)
109	<b>ADAMCZAK Grzegorz</b>	<b>582</b>	LEGION BŁONIE	M40	109	02:09:29	<b>04:33:04.25</b>	<b>04:33:04.25</b>	+02:15:18 (49.6%)	10:06	5.9 (50.0%)
110	<b>KROL Grzegorz</b>	<b>182</b>	ADIDAS GROUP RUNNING TEAM	M40	110	02:08:29	<b>04:34:54.55</b>	<b>04:34:54.55</b>	+02:17:08 (49.9%)	10:10	5.9 (50.0%)
111	<b>WOLFF Dariusz</b>	<b>711</b>	CALYPSO PIŁA	M40	111	02:16:42	<b>04:36:14.00</b>	<b>04:36:14.00</b>	+02:18:28 (50.1%)	10:13	5.9 (50.0%)
112	<b>BORKOWSKI Tomasz</b>	<b>65</b>	SZCZECIN	M40	112	01:56:59	<b>04:37:43.85</b>	<b>04:37:43.85</b>	+02:19:58 (50.4%)	10:17	5.8 (49.2%)
113	<b>CZUK Tomasz</b>	<b>32</b>	SGOR GÓRALE Z BRANDENBURGII	M40	113	02:11:57	<b>04:37:51.90</b>	<b>04:37:51.90</b>	+02:20:06 (50.4%)	10:17	5.8 (49.2%)
114	<b>SZUKIEL Mirosław</b>	<b>250</b>	SGOR GÓRALE Z BRANDENBURGII	M40	114	02:11:56	<b>04:37:52.40</b>	<b>04:37:52.40</b>	+02:20:06 (50.4%)	10:17	5.8 (49.2%)
115	<b>TOMASZKIEWICZ Jarosław</b>	<b>319</b>	CIEPŁE CHŁOPAKI	M40	115	02:02:11	<b>04:38:00.00</b>	<b>04:38:00.00</b>	+02:20:14 (50.4%)	10:17	5.8 (49.2%)
116	<b>POPLAWSKI Arkadiusz</b>	<b>518</b>	HALINÓW	M40	116	02:12:53	<b>04:38:04.35</b>	<b>04:38:04.35</b>	+02:20:18 (50.5%)	10:17	5.8 (49.2%)
117	<b>PASTERNAK Krzysztof</b>	<b>654</b>	PKB ENDORFINA	M40	117	02:06:09	<b>04:39:01.60</b>	<b>04:39:01.60</b>	+02:21:16 (50.6%)	10:20	5.8 (49.2%)
118	<b>POLAKOW Konrad S.</b>	<b>408</b>	ADIDAS GROUP RUNNING TEAM	M40	118	02:19:31	<b>04:44:35.05</b>	<b>04:44:35.05</b>	+02:26:49 (51.6%)	10:32	5.7 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
119	<b>LEŚNIEWSKI Michał</b>	<b>108</b>	SPARTANIE DZIECIOM	M40	119	02:03:21	<b>04:44:35.50</b>	<b>04:44:35.50</b>	+02:26:49 (51.6%)	10:32	5.7 (48.3%)
120	<b>MARCINIAK Wojciech</b>	<b>356</b>	SZCZECIN	M40	120	02:07:01	<b>04:44:59.15</b>	<b>04:44:59.15</b>	+02:27:13 (51.7%)	10:33	5.7 (48.3%)
121	<b>NOWAK Sławomir</b>	<b>130</b>	WARSZAWA	M40	121	02:22:31	<b>04:47:18.80</b>	<b>04:47:18.80</b>	+02:29:33 (52.1%)	10:38	5.6 (47.5%)
122	<b>PLACHA Piotr</b>	<b>675</b>	TARNOBRZEG	M40	122	02:07:09	<b>04:48:30.80</b>	<b>04:48:30.80</b>	+02:30:45 (52.3%)	10:41	5.6 (47.5%)
123	<b>LOREK Marek</b>	<b>452</b>	DĘBICA	M40	123	02:25:02	<b>04:50:53.95</b>	<b>04:50:53.95</b>	+02:33:08 (52.6%)	10:46	5.6 (47.5%)
124	<b>NIZIOŁEK Marek</b>	<b>477</b>	ZABORZE	M40	124	02:04:35	<b>04:53:45.20</b>	<b>04:53:45.20</b>	+02:35:59 (53.1%)	10:52	5.5 (46.6%)
125	<b>DABROWSKI Sławek</b>	<b>689</b>	WABRZEZNO	M40	125	02:19:45	<b>04:54:41.55</b>	<b>04:54:41.55</b>	+02:36:55 (53.3%)	10:54	5.5 (46.6%)
126	<b>KARBARZ Filip</b>	<b>608</b>		M40	126	02:09:38	<b>04:54:56.75</b>	<b>04:54:56.75</b>	+02:37:11 (53.3%)	10:55	5.5 (46.6%)
127	<b>KUŻMA Maciej</b>	<b>622</b>	YULO RUN TEAM SIEDLCE	M40	127	02:29:24	<b>04:58:17.65</b>	<b>04:58:17.65</b>	+02:40:32 (53.8%)	11:02	5.4 (45.8%)
128	<b>PAPE Martin</b>	<b>191</b>	WITC	M40	128	02:36:12	<b>05:04:08.80</b>	<b>05:04:08.80</b>	+02:46:23 (54.7%)	11:15	5.3 (44.9%)
129	<b>ARENTEWICZ Aleksander</b>	<b>708</b>	CALYPSO PIŁA	M40	129	02:17:57	<b>05:04:38.85</b>	<b>05:04:38.85</b>	+02:46:53 (54.8%)	11:16	5.3 (44.9%)
130	<b>SZCZEPOCKI Andrzej</b>	<b>220</b>	NIEPOŁOMICE BIEGAJĄ	M40	130	02:35:02	<b>05:11:34.80</b>	<b>05:11:34.80</b>	+02:53:49 (55.8%)	11:32	5.2 (44.1%)
131	<b>HAREZLAK Robert</b>	<b>166</b>	ALBATROSY	M40	131	02:35:37	<b>05:19:39.10</b>	<b>05:19:39.10</b>	+03:01:53 (56.9%)	11:50	5.1 (43.2%)
132	<b>WICIAK Ziemowit</b>	<b>662</b>		M40	132	02:34:42	<b>05:21:20.65</b>	<b>05:21:20.65</b>	+03:03:35 (57.1%)	11:54	5 (42.4%)
133	<b>BAKA Witold</b>	<b>404</b>	WITMAR	M40	133	02:29:58	<b>05:28:24.85</b>	<b>05:28:24.85</b>	+03:10:39 (58.1%)	12:09	4.9 (41.5%)
134	<b>SITKIEWICZ Bartosz</b>	<b>682</b>	SOPOT CURLING CLUB WA KU'TA	M40	134	02:47:08	<b>06:32:34.40</b>	<b>06:32:34.40</b>	+04:14:48 (64.9%)	14:32	4.1 (34.7%)
135	<b>MIRECKI Jan</b>	<b>499</b>		M40	135	03:10:44	<b>06:46:50.25</b>	<b>06:46:50.25</b>	+04:29:04 (66.1%)	15:04	4 (33.9%)

Znaleziono 135 wynik(ów)