



# BIEG RZEŹNIKA ULTRA

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Wydarzenie:** VII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-05-28  
**Miejsce:** Cisna  
**Dystans:** 107.7 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 43km	Orlik 2 43.2km	Orlik 3 82.5km	Orlik 4 82.7km	Czas netto 107.7km	Różn	Tempo min/km	Tempo km/h
1	<b>KOT Rafał</b>	<b>1174</b>	LEDLENSER // MUAY RUNNING TEAM	M40	1	05:18:54	05:22:55	11:19:44	11:28:16	<b>15:08:45.05</b>		8:26	7.1 (100%)
2	<b>KUPIJAJ Marcin</b>	<b>1019</b>	SOCIOS SILESIA	M30	1	05:36:20	05:50:40	11:40:25	11:57:59	<b>15:57:00.00</b>	+00:48:14 (5.0%)	8:53	6.8 (95.8%)
3	<b>JÓZWIAK Piotr</b>	<b>1176</b>	KITA TEAM	M40	2	05:19:51	05:25:46	11:32:26	11:38:33	<b>16:02:05.00</b>	+00:53:19 (5.5%)	8:55	6.7 (94.4%)
4	<b>DWORNICKI Kamil</b>	<b>1051</b>		M30	2	05:26:46	05:34:15	12:01:51	12:09:48	<b>16:17:03.40</b>	+01:08:18 (7.0%)	9:04	6.6 (93.0%)
5	<b>ŚCIESZKA Wojciech</b>	<b>1101</b>	13 ELT KRAKÓW-BALICE	M40	3	05:30:52	05:37:16	12:06:51	12:13:38	<b>16:40:14.55</b>	+01:31:29 (9.1%)	9:17	6.5 (91.5%)
6	<b>KURZAWSKI Tomasz</b>	<b>1122</b>	GB ULTRA PSZCZÓŁKI	M40	4	05:26:15	06:47:35	13:05:33	13:06:10	<b>16:57:04.60</b>	+01:48:19 (10.7%)	9:26	6.4 (90.1%)
7	<b>SZKODA Dariusz</b>	<b>1036</b>	SOCIOS SILESIA	M40	5	05:29:18	05:41:40	12:16:42	12:43:06	<b>17:09:13.35</b>	+02:00:28 (11.7%)	9:33	6.3 (88.7%)
8	<b>KOMISARCZYK Anna</b>	<b>1188</b>		K30	1	05:57:16	06:08:34	12:34:35	12:50:18	<b>17:26:21.10</b>	+02:17:36 (13.2%)	9:42	6.2 (87.3%)
9	<b>BARANOWSKI Maciej</b>	<b>1191</b>	JACEKBIEGA RUNNING TEAM	M30	3	05:57:44	06:21:05	13:06:42	13:30:57	<b>17:52:34.50</b>	+02:43:49 (15.3%)	9:57	6 (84.5%)
10	<b>POTERA Maciej</b>	<b>1028</b>		M30	4	07:04:25	07:06:15	14:04:27	14:05:01	<b>18:07:55.90</b>	+02:59:10 (16.5%)	10:06	5.9 (83.1%)
11	<b>ZAGLANICZNY Dominik</b>	<b>1116</b>		M40	6	05:54:02	06:10:51	12:52:46	13:14:22	<b>18:31:56.35</b>	+03:23:11 (18.3%)	10:19	5.8 (81.7%)
12	<b>DANAK Przemek</b>	<b>1050</b>		M40	7	06:29:25	06:41:11	13:40:42	14:01:01	<b>18:40:14.85</b>	+03:31:29 (18.9%)	10:24	5.8 (81.7%)
13	<b>KOWALEWSKI Marcin</b>	<b>1018</b>	CRIIM TEAM	M40	8	06:16:42	06:35:52	13:16:14	13:34:21	<b>18:42:58.85</b>	+03:34:13 (19.1%)	10:25	5.8 (81.7%)
14	<b>WŁOCH Kamil</b>	<b>1075</b>	SARNI TĘTENT	M30	5	05:57:54	06:15:31	13:20:07	13:43:43	<b>18:47:17.35</b>	+03:38:32 (19.4%)	10:28	5.7 (80.3%)
15	<b>KRAJEWSKI Jakub</b>	<b>1081</b>	ZAPOROWY MARATON TEAM/KILOMETRY ODDECHÓW	M30	6	06:01:48	06:18:40	13:12:25	13:27:46	<b>18:47:26.15</b>	+03:38:41 (19.4%)	10:28	5.7 (80.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik				Czas	Różn	Tempo min/km	Tempo km/h
						43km	43.2km	82.5km	82.7km	netto 107.7km			
16	<b>LUBAŃSKI Robert</b>	<b>1109</b>	BRAK	M50	1	06:26:08	06:37:06	13:45:26	13:57:09	<b>18:56:23.20</b>	+03:47:38 (20.0%)	10:33	5.7 (80.3%)
17	<b>LUZAR Rafal</b>	<b>1060</b>		M40	9	06:31:59	06:49:30	14:04:04	14:12:35	<b>19:02:14.80</b>	+03:53:29 (20.4%)	10:36	5.7 (80.3%)
18	<b>MUSIOŁ Michał</b>	<b>1063</b>	SARNI TĘTENT	M30	7	05:59:14	06:15:31	13:44:27	14:02:35	<b>19:03:46.65</b>	+03:55:01 (20.5%)	10:37	5.6 (78.9%)
19	<b>MAJCHROWSKI Jacek</b>	<b>1125</b>	NIEZALEŻNA TARNOBZESKA GRUPA BIEGOWA "RUN'S NOT DEAD"	M50	2	07:07:21	07:17:44	14:05:42	14:24:25	<b>19:06:49.50</b>	+03:58:04 (20.8%)	10:38	5.6 (78.9%)
20	<b>ZAJĄC Leszek</b>	<b>1044</b>	SOKÓŁ BUKÓWIEC GÓRNY/L.O.T.A.Z	M40	10	06:24:53	06:39:06	13:42:45	13:58:58	<b>19:07:38.15</b>	+03:58:53 (20.8%)	10:39	5.6 (78.9%)
21	<b>SZYMCZAK Łukasz</b>	<b>1187</b>	SSW TEAM KROŚNICE	M30	8	06:31:25	06:41:36	14:09:37	14:20:05	<b>19:08:10.80</b>	+03:59:25 (20.9%)	10:39	5.6 (78.9%)
22	<b>GÓRA Grzegorz</b>	<b>1014</b>	PARA FIT	M30	9	06:12:56	06:35:49	13:47:13	14:14:28	<b>19:11:50.60</b>	+04:03:05 (21.1%)	10:41	5.6 (78.9%)
23	<b>CEGLEWSKI Marcin</b>	<b>1004</b>	HARPGANY RUNNING TEAM	M40	11	06:29:27	06:47:02	14:25:15	14:33:51	<b>19:34:37.40</b>	+04:25:52 (22.6%)	10:54	5.5 (77.5%)
24	<b>SZARAWARA Łukasz</b>	<b>1165</b>	#POLSKA2050 BIEGA	M40	12	06:22:02	06:31:38	13:57:57	14:15:02	<b>19:54:56.35</b>	+04:46:11 (24.0%)	11:05	5.4 (76.1%)
25	<b>ŁOJKO Michał Esteban</b>	<b>1020</b>	MISIA:* - KOCHAM CIE CÓRECZKO (R DKA)	M30	10	09:43:16		14:00:01		<b>19:59:34.00</b>	+04:50:48 (24.2%)	11:08	5.4 (76.1%)
26	<b>RECZEK Sebastian</b>	<b>1114</b>	KS ZIELONO-CZARNI	M40	13	06:34:45	07:08:28	14:44:36	15:12:18	<b>20:19:15.05</b>	+05:10:30 (25.5%)	11:19	5.3 (74.6%)
27	<b>FABISIAK Grzegorz</b>	<b>1143</b>	RONIN CZERWIEŃSK	M40	14	06:34:34	06:50:05	13:56:41	14:12:40	<b>20:28:31.40</b>	+05:19:46 (26.0%)	11:24	5.3 (74.6%)
28	<b>FORGEL Paweł</b>	<b>1144</b>	RONIN CZERWIEŃSK	M40	15	05:57:45	06:20:32	13:57:34	14:12:42	<b>20:28:32.75</b>	+05:19:47 (26.0%)	11:24	5.3 (74.6%)
29	<b>OSICKI Dawid</b>	<b>1065</b>	KATALPA PRODUCENT DOMÓW DREWNIANYCH	M20	1	05:47:38	05:58:21	14:25:46	14:34:51	<b>20:36:46.85</b>	+05:28:01 (26.5%)	11:29	5.2 (73.2%)
30	<b>BODZIACHOWSKI Marcin</b>	<b>1049</b>	ERACENT RUNNING TEAM	M40	16	06:32:00	06:49:31	14:48:03	14:59:54	<b>20:46:10.40</b>	+05:37:25 (27.1%)	11:34	5.2 (73.2%)
31	<b>SEMENIUK Piotr</b>	<b>1162</b>	WESOŁA	M40	17	05:57:17	07:05:00	14:38:05	15:01:33	<b>20:50:31.85</b>	+05:41:46 (27.3%)	11:36	5.2 (73.2%)
32	<b>SIĘBIDA Mieczysław</b>	<b>1031</b>	FARTLEK GO	M30	11	06:57:46	07:13:24	14:58:17	15:13:52	<b>20:51:25.60</b>	+05:42:40 (27.4%)	11:37	5.2 (73.2%)
33	<b>KRUSZEWSKI Filip</b>	<b>1153</b>		M30	12	06:46:22	06:54:16	15:09:13	15:16:24	<b>21:05:40.60</b>	+05:56:55 (28.2%)	11:45	5.1 (71.8%)
34	<b>ŻBIKOWSKI Tomasz</b>	<b>1077</b>	KP S.A.	M40	18	06:58:21	07:24:14	15:00:48	15:36:09	<b>21:07:42.10</b>	+05:58:57 (28.3%)	11:46	5.1 (71.8%)
35	<b>GRUMBANIN Paulina</b>	<b>1150</b>		K40	1	06:40:30	06:54:39	15:09:04	15:23:17	<b>21:12:00.50</b>	+06:03:15 (28.6%)	11:48	5.1 (71.8%)
36	<b>SZANDAŁA Jacek</b>	<b>1193</b>	CAŁA OLEŚNICA BIEGA	M40	19	06:59:05	07:08:11	15:03:25	15:17:06	<b>21:17:32.35</b>	+06:08:47 (28.9%)	11:51	5.1 (71.8%)
37	<b>KOZIEŁŁO Bartosz</b>	<b>1089</b>	TUR ZAMIENIE	M40	20	07:00:56	07:42:54	15:20:26	15:23:57	<b>21:20:26.25</b>	+06:11:41 (29.0%)	11:53	5 (70.4%)
38	<b>CHOŁKA Michał</b>	<b>1138</b>		M30	13	06:34:59	06:51:01	14:47:32	15:14:02	<b>21:23:40.40</b>	+06:14:55 (29.2%)	11:55	5 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik				Czas	Różn	Tempo min/km	Tempo km/h
						1 43km	2 43.2km	3 82.5km	4 82.7km	netto 107.7km			
39	<b>WILK Wiktoria</b>	<b>1074</b>	SARNI TĘTENT	K30	2	07:04:37	07:37:23	16:16:43	16:29:00	<b>21:26:38.50</b>	+06:17:53 (29.4%)	11:56	5 (70.4%)
40	<b>PODOLSKI Marek</b>	<b>1097</b>	BIEGAMYRAZEM.PL	M30	14	07:25:41	07:49:36	15:34:21	15:54:50	<b>21:28:30.10</b>	+06:19:45 (29.5%)	11:57	5 (70.4%)
41	<b>WAŃKOWICZ Adrian</b>	<b>1167</b>		M30	15	06:46:30	06:59:56	15:19:51	15:36:35	<b>21:29:04.15</b>	+06:20:19 (29.5%)	11:58	5 (70.4%)
42	<b>CIEPIELA Patryk</b>	<b>1007</b>	NOWA HUTA TEAM	M30	16	06:46:25	06:54:52	15:27:19	15:32:09	<b>21:33:31.10</b>	+06:24:46 (29.7%)	12:00	5 (70.4%)
43	<b>PAWLUCZUK Tomek</b>	<b>1092</b>	WŚCIEKŁE PIĘŚCI WĘŻA	M40	21	07:25:41	07:49:36	15:58:44	16:14:34	<b>21:36:56.30</b>	+06:28:11 (29.9%)	12:02	5 (70.4%)
44	<b>DADAŚ Janusz</b>	<b>1140</b>	BP RUNNING TEAM GLIWICE	M40	22	06:46:15	06:59:41	15:19:54	15:43:30	<b>21:42:28.10</b>	+06:33:43 (30.2%)	12:05	5 (70.4%)
45	<b>MAKOWSKI Jerzy</b>	<b>1021</b>		M50	3	07:04:07	07:39:33	15:37:48	16:01:14	<b>21:42:47.05</b>	+06:34:02 (30.2%)	12:05	5 (70.4%)
46	<b>SIELECKI Szymon</b>	<b>1030</b>	100PASS	M40	23	06:31:42	07:14:56	15:31:34	16:20:54	<b>21:44:14.50</b>	+06:35:29 (30.3%)	12:06	5 (70.4%)
47	<b>ŻURAWSKI Sławomir</b>	<b>1047</b>	PGBSPORTOWAPACZKA	M40	24	06:42:11	07:06:36	15:38:35	16:02:46	<b>21:49:51.70</b>	+06:41:06 (30.6%)	12:09	4.9 (69.0%)
48	<b>KOSIOREK Adam</b>	<b>1106</b>	BSAC MOKOBODY	M50	4	07:35:14	07:55:50	15:43:46	16:08:59	<b>21:53:22.15</b>	+06:44:37 (30.8%)	12:11	4.9 (69.0%)
49	<b>GOLON Marlena</b>	<b>1013</b>	GOLON TEAM	K40	2	08:15:34	08:38:31	16:16:16	16:32:53	<b>21:54:22.90</b>	+06:45:37 (30.9%)	12:12	4.9 (69.0%)
50	<b>CIUK Piotr</b>	<b>1139</b>	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M40	25	07:17:49	07:38:22	15:35:50	16:23:34	<b>22:01:06.15</b>	+06:52:21 (31.2%)	12:15	4.9 (69.0%)
51	<b>WĄCHAŁA Grzegorz</b>	<b>1168</b>	SPRINTEX TEAM	M40	26	07:00:00	07:22:45	15:54:50	16:19:40	<b>22:14:32.65</b>	+07:05:47 (31.9%)	12:23	4.8 (67.6%)
52	<b>PISINGAS Mariusz</b>	<b>1112</b>	BIEGANIE TO MÓJ TRZEŻWY	M40	27	06:49:11	07:13:12	15:29:59	15:55:14	<b>22:14:50.15</b>	+07:06:05 (31.9%)	12:23	4.8 (67.6%)
53	<b>PAJOR Krzysztof</b>	<b>1026</b>	100PASS	M40	28	06:57:54	07:14:56	15:39:56	16:20:58	<b>22:31:05.75</b>	+07:22:20 (32.7%)	12:32	4.8 (67.6%)
54	<b>WYSOCZAŃSKI Adrian</b>	<b>1043</b>	PIETRZYKOWICE	M40	29	08:15:41	08:38:42	16:16:19	16:32:53	<b>22:35:18.40</b>	+07:26:33 (32.9%)	12:35	4.8 (67.6%)
55	<b>JANISZ Katarzyna</b>	<b>1120</b>		K30	3	07:10:32	07:23:20	16:06:13	16:23:01	<b>22:44:21.85</b>	+07:35:36 (33.4%)	12:40	4.7 (66.2%)
56	<b>WIŚNIEWSKA Agnieszka</b>	<b>1134</b>		K40	3	07:10:32	07:23:21	16:06:12	16:23:01	<b>22:44:22.25</b>	+07:35:37 (33.4%)	12:40	4.7 (66.2%)
57	<b>ODOLIŃSKI Jacek</b>	<b>1130</b>		M50	5	07:15:06	07:37:18	16:00:37	16:26:12	<b>22:45:39.70</b>	+07:36:54 (33.5%)	12:40	4.7 (66.2%)
58	<b>STANGIERSKI Adam</b>	<b>1033</b>	KORLECIA TEAM	M30	17	07:22:39	07:48:47	16:00:13	16:39:19	<b>22:51:46.30</b>	+07:43:01 (33.8%)	12:44	4.7 (66.2%)
59	<b>DOBROWOLSKA Agnieszka</b>	<b>1141</b>	HEROBOX	K40	4	07:50:58	07:52:42	16:25:49	16:46:07	<b>22:58:08.30</b>	+07:49:23 (34.1%)	12:47	4.7 (66.2%)
60	<b>ZIENCINA Marcin</b>	<b>1171</b>		M40	30	07:24:45	07:52:43	16:25:52	16:46:06	<b>22:58:10.00</b>	+07:49:24 (34.1%)	12:47	4.7 (66.2%)
61	<b>PONIEWIERSKI Marek</b>	<b>1159</b>	SGO GDAŃSK	M40	31	07:41:19	08:17:37	16:41:33	16:58:46	<b>23:00:43.65</b>	+07:51:58 (34.2%)	12:49	4.7 (66.2%)

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						43km	43.2km	82.5km	82.7km	netto 107.7km			
62	<b>MATYS Wojciech</b>	<b>1022</b>	WOJTEKKILLER	M50	6	07:11:59	07:39:38	15:51:17	16:27:37	<b>23:05:58.35</b>	+07:57:13 (34.4%)	12:52	4.7 (66.2%)
63	<b>POZNAŃSKI Szymon</b>	<b>1098</b>	#DAROINSPIRUJE EDU TEAM	M30	18	07:50:42	08:20:18	17:06:07	17:45:40	<b>23:21:48.65</b>	+08:13:03 (35.2%)	13:00	4.6 (64.8%)
64	<b>WOLSKI Darek</b>	<b>1103</b>	#DAROINSPIRUJE / EDUTEAM	M30	19	07:50:43	08:20:20	17:06:09	17:45:40	<b>23:21:49.60</b>	+08:13:04 (35.2%)	13:00	4.6 (64.8%)
65	<b>WILK Krzysztof</b>	<b>1073</b>	SARNI TĘTENT	M30	20	07:04:36	07:37:24	16:18:31	16:45:42	<b>23:23:25.35</b>	+08:14:40 (35.2%)	13:01	4.6 (64.8%)
66	<b>KALISZUK Janusz</b>	<b>1088</b>	BIAŁA PODLASKA	M40	32	07:43:31	08:06:48	17:05:59	17:26:15	<b>23:37:40.00</b>	+08:28:54 (35.9%)	13:09	4.6 (64.8%)
67	<b>GAJOWNIK Błażej</b>	<b>1145</b>		M40	33	07:25:18	08:06:05	17:05:56	17:58:28	<b>23:39:57.30</b>	+08:31:12 (36.0%)	13:11	4.6 (64.8%)
68	<b>GŁĄBSKI Paweł</b>	<b>1146</b>	OLD & FAT GG SQUAD	M40	34	07:25:16	08:06:02	17:05:49	17:58:25	<b>23:39:57.75</b>	+08:31:12 (36.0%)	13:11	4.6 (64.8%)
69	<b>ZDANOWSKI Dawid</b>	<b>1170</b>	WKURWTEAMPOZNAŃ	M30	21	08:21:16	09:28:47	17:25:24	17:51:59	<b>23:40:47.75</b>	+08:32:02 (36.0%)	13:11	4.5 (63.4%)
70	<b>GAJ Grzegorz</b>	<b>1009</b>	BORKI TEAM	M40	35	07:17:53	07:57:11	16:27:10	17:14:47	<b>23:46:10.70</b>	+08:37:25 (36.3%)	13:14	4.5 (63.4%)
71	<b>KOSMAŁA Marcin</b>	<b>1080</b>	KWŚ	M40	36	07:17:56	07:57:12	16:27:10	17:14:53	<b>23:46:17.20</b>	+08:37:32 (36.3%)	13:14	4.5 (63.4%)
72	<b>TKACZYK Paweł</b>	<b>1084</b>	NAVY DOB	M40	37	07:18:28	07:58:40	16:27:16	17:14:57	<b>23:46:19.15</b>	+08:37:34 (36.3%)	13:14	4.5 (63.4%)
73	<b>KOCOŃ Mariusz</b>	<b>1186</b>	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	7	08:21:59	08:58:39	17:34:46	17:53:44	<b>23:51:28.35</b>	+08:42:43 (36.5%)	13:17	4.5 (63.4%)
74	<b>NOWICKI Artur</b>	<b>1158</b>	SPORTCZESNA BIEGAMY DLA FRANKA	M50	8	07:24:32	08:02:09	16:41:07	17:29:07	<b>23:52:14.90</b>	+08:43:29 (36.6%)	13:17	4.5 (63.4%)
75	<b>ŁUCZAK Łukasz</b>	<b>1110</b>		M30	22	07:39:12	07:55:15	16:40:59	17:00:15	<b>23:55:23.15</b>	+08:46:38 (36.7%)	13:19	4.5 (63.4%)
76	<b>PAWŁOWSKI Jacek</b>	<b>1093</b>	KS TĘCZA GDYNIA	M40	38	07:00:56	07:17:08	16:09:14	16:43:32	<b>23:55:51.25</b>	+08:47:06 (36.7%)	13:19	4.5 (63.4%)
77	<b>CZICHY Barbara</b>	<b>1117</b>	WKB META LUBLINIEC	K50	1	08:35:02	08:53:17	17:40:05	17:49:28	<b>23:56:50.15</b>	+08:48:05 (36.8%)	13:20	4.5 (63.4%)
78	<b>KOCOT Sebastian</b>	<b>1058</b>		M40	39	07:04:08	07:34:46	16:37:50	16:53:13	<b>23:58:17.00</b>	+08:49:31 (36.8%)	13:21	4.5 (63.4%)
79	<b>SADOWSKI Mieczysław</b>	<b>1161</b>	BIEGAJ RAZEM Z NAMI	M40	40	07:10:12	08:11:56	16:55:55	17:37:15	<b>24:07:11.65</b>	+08:58:26 (37.2%)	13:26	4.5 (63.4%)
80	<b>SUROWIEC Paweł</b>	<b>1164</b>	BIEGAJ RAZEM Z NAMI	M40	41	07:10:14	08:11:58	16:55:57	17:37:20	<b>24:07:14.05</b>	+08:58:29 (37.2%)	13:26	4.5 (63.4%)
81	<b>JĘDRUSZCZAK Robert</b>	<b>1152</b>		M40	42	07:01:30	07:23:07	16:25:13	16:49:12	<b>24:13:09.25</b>	+09:04:24 (37.5%)	13:29	4.4 (62.0%)
82	<b>WIŚNIEWSKA Agnieszka</b>	<b>1041</b>		K40	5	08:15:38	08:38:32	16:36:04	17:06:21	<b>24:13:10.15</b>	+09:04:25 (37.5%)	13:29	4.4 (62.0%)
83	<b>GŁOGOWSKI Adam</b>	<b>1147</b>	NOA	M40	43	08:14:55	08:37:48	17:41:42	18:01:57	<b>24:21:05.65</b>	+09:12:20 (37.8%)	13:33	4.4 (62.0%)
84	<b>RADYK Jakub</b>	<b>1113</b>	PRZEMYSKI KLUB BIEGACZA	M30	23	07:01:38	07:16:39	16:36:26	16:57:06	<b>24:29:58.30</b>	+09:21:13 (38.2%)	13:38	4.4 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik				Czas	Różn	Tempo min/km	Tempo km/h
						1 43km	2 43.2km	3 82.5km	4 82.7km	netto 107.7km			
85	<b>STROJEK Grzegorz</b>	<b>1034</b>		M40	44	07:22:27	07:32:44	16:32:39	16:35:11	<b>24:40:02.90</b>	+09:31:17 (38.6%)	13:44	4.4 (62.0%)
86	<b>TOKARSKI Szymon</b>	<b>1039</b>		M30	24	07:22:25	08:45:14	17:39:47	18:33:58	<b>24:44:48.80</b>	+09:36:03 (38.8%)	13:47	4.4 (62.0%)
87	<b>SUWEZDA Jacek</b>	<b>1100</b>	CZĘSTOCHOWSKIE DZIKI	M50	9	07:18:59	07:42:56	17:01:07	17:24:28	<b>24:49:25.05</b>	+09:40:40 (39.0%)	13:49	4.3 (60.6%)
88	<b>MASŁOWSKI Marcin</b>	<b>1156</b>	KKM KOZIENICE	M40	45	07:53:23	08:27:08	17:03:10	17:25:05	<b>24:55:34.00</b>	+09:46:48 (39.2%)	13:53	4.3 (60.6%)
89	<b>FIJĄLKOWSKI Wojciech</b>	<b>1118</b>	MONAR-GRACZE	M60	1	08:13:15	08:14:19	17:45:14	17:46:00	<b>25:05:38.05</b>	+09:56:53 (39.6%)	13:58	4.3 (60.6%)
90	<b>JUSZCZAK Marcin</b>	<b>1056</b>		M40	46	08:13:22	08:39:15	17:49:37	18:30:40	<b>25:11:48.20</b>	+10:03:03 (39.9%)	14:02	4.3 (60.6%)
91	<b>TYMOSZUK Michał</b>	<b>1178</b>	KB BIAŁA BIEGA	M40	47	08:07:32	08:39:13	17:49:39	18:30:43	<b>25:11:50.40</b>	+10:03:05 (39.9%)	14:02	4.3 (60.6%)
92	<b>NIEMCZAK Basia</b>	<b>1025</b>	ULTRA KSP	K30	4	08:15:32	08:30:49	18:16:22	18:39:12	<b>25:30:28.15</b>	+10:21:43 (40.6%)	14:12	4.2 (59.2%)
93	<b>SERKOWSKI Marcin</b>	<b>1099</b>	BIEGAMYRAZEM.PL	M40	48	08:42:20	09:04:59	18:37:24	18:57:04	<b>25:31:52.60</b>	+10:23:07 (40.7%)	14:13	4.2 (59.2%)
94	<b>KRUZEL Tomasz</b>	<b>1121</b>	GRUPA JURA	M40	49	08:22:17	08:44:50	18:16:22	18:57:10	<b>25:33:09.50</b>	+10:24:24 (40.7%)	14:14	4.2 (59.2%)
95	<b>AZAREWICZ Grzegorz</b>	<b>1000</b>		M40	50	07:19:38	07:45:48	17:33:57	18:05:22	<b>25:36:49.05</b>	+10:28:04 (40.9%)	14:16	4.2 (59.2%)
96	<b>BIEL Tomasz</b>	<b>1180</b>	WWW.OLIMPIASPORT.PL ROLKINAUKA.OLIMPIASPORT.PL	M40	51	07:30:53	07:49:03	17:25:18	18:05:20	<b>25:36:54.25</b>	+10:28:09 (40.9%)	14:16	4.2 (59.2%)
97	<b>ŚLĘŻAK Michał</b>	<b>1072</b>	KADRA MOCNYCH WRAŻEŃ	M20	2	08:15:36	09:02:05	18:53:16	19:56:40	<b>25:38:29.50</b>	+10:29:44 (40.9%)	14:17	4.2 (59.2%)
98	<b>STANEK Łukasz</b>	<b>1071</b>	WIELUŃ BIEGA / TECHNOLOGIA BIEGANIA	M30	25	07:40:46	08:13:38	18:11:07	18:41:27	<b>25:39:01.40</b>	+10:30:16 (41.0%)	14:17	4.2 (59.2%)
99	<b>GNIADY Krzysztof</b>	<b>1052</b>	ICT POLAND KOSTRZYNA NAD ODRA	M40	52	07:40:50	08:13:41	18:11:12	18:41:29	<b>25:39:04.00</b>	+10:30:18 (41.0%)	14:17	4.2 (59.2%)
100	<b>OSTAPIŃSKI Wojtek</b>	<b>1132</b>	OSTRESROKI	M40	53	08:43:54	08:54:20	18:30:08	18:42:54	<b>25:47:16.65</b>	+10:38:31 (41.3%)	14:21	4.2 (59.2%)
101	<b>OSTAPIŃSKA Magda</b>	<b>1131</b>	OSTRESROKI	K40	6	08:43:55	08:54:22	18:30:09	18:42:56	<b>25:47:17.45</b>	+10:38:32 (41.3%)	14:21	4.2 (59.2%)
102	<b>MAZURCZAK Łukasz</b>	<b>1127</b>	SUPERNOWA	M40	54	08:35:00	08:53:14	18:06:12	18:28:52	<b>25:57:27.10</b>	+10:48:42 (41.7%)	14:27	4.1 (57.7%)
103	<b>BALIŃSKI Sławomir</b>	<b>1182</b>	COPERNICUS TORUŃ	M30	26	07:41:39	08:12:22	17:14:19	18:35:23	<b>26:23:26.40</b>	+11:14:41 (42.6%)	14:42	4.1 (57.7%)
104	<b>BLADY Bogdan</b>	<b>1048</b>		M50	10	08:00:42	08:39:26	18:17:10	19:04:41	<b>26:31:58.85</b>	+11:23:13 (42.9%)	14:46	4.1 (57.7%)
105	<b>SOFUŁ Tomasz</b>	<b>1070</b>		M40	55	08:07:43	08:39:20	18:17:27	19:04:44	<b>26:32:02.15</b>	+11:23:17 (42.9%)	14:46	4.1 (57.7%)
106	<b>PIETRUCHA Jakub</b>	<b>1094</b>	SPARTAN TRAINING GROUP WARSZAWA	M30	27	08:17:39	08:58:06	19:02:10	19:29:07	<b>26:38:52.55</b>	+11:30:07 (43.2%)	14:50	4 (56.3%)
107	<b>BEDNAREK Anna</b>	<b>1085</b>	SPARTAN TRAINING GROUP WARSZAWA	K30	5	08:16:51	08:58:04	19:02:12	19:29:02	<b>26:38:52.60</b>	+11:30:07 (43.2%)	14:50	4 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik				Czas	Różn	Tempo min/km	Tempo km/h
						Orlik 1 43km	Orlik 2 43.2km	Orlik 3 82.5km	Orlik 4 82.7km	netto 107.7km			
108	<b>TEJWAN Leszek</b>	<b>1102</b>	SPARTAN TRAINING GROUP WARSZAWA	M40	56	08:16:52	08:58:08	19:02:12	19:29:02	<b>26:38:52.80</b>	+11:30:07 (43.2%)	14:50	4 (56.3%)
109	<b>MARONKA Agnieszka</b>	<b>1111</b>		K40	7	09:02:33	10:24:44	20:04:10	21:09:36	<b>26:48:41.85</b>	+11:39:56 (43.5%)	14:56	4 (56.3%)
110	<b>SZELAĞ Piotr</b>	<b>1115</b>	TURBO JEŻE TEAM	M40	57	09:03:15	10:24:53	20:28:22	21:09:31	<b>26:49:37.55</b>	+11:40:52 (43.5%)	14:56	4 (56.3%)
111	<b>KRASIŃSKI Tomasz</b>	<b>1107</b>		M40	58	09:37:52	09:45:47	21:40:52	21:46:37	<b>27:55:38.45</b>	+12:46:53 (45.8%)	15:33	3.9 (54.9%)
112	<b>JAGIELSKA Magdalena</b>	<b>1179</b>	BIEGAMBOLUBIĘ	K40	8	08:46:41	09:24:55	20:13:56	20:42:49	<b>27:58:01.20</b>	+12:49:16 (45.8%)	15:34	3.9 (54.9%)
113	<b>KRUK Grzegorz</b>	<b>1108</b>	CITI BANK	M30	28	09:37:53	10:17:04	20:30:37	20:58:48	<b>28:12:06.45</b>	+13:03:21 (46.3%)	15:42	3.8 (53.5%)
114	<b>PIETRZYKOWSKA Monika</b>	<b>1095</b>		K40	9	09:05:14	09:05:56	20:23:14	20:46:45	<b>28:26:47.65</b>	+13:18:02 (46.8%)	15:50	3.8 (53.5%)
115	<b>NASTAZIAK Andrzej</b>	<b>1181</b>		M50	11	08:46:41	08:55:14	23:08:31	37:39:35	<b>44:20:03.20</b>	+29:11:18 (65.8%)	24:41	2.4 (33.8%)
116	<b>MIZAK Henryk</b>	<b>1083</b>		M60	2	09:58:17	11:10:09	24:59:38	40:14:35	<b>46:38:40.75</b>	+31:29:55 (67.5%)	25:59	2.3 (32.4%)
	<b>SZYMAŃSKI Henryk</b>	<b>1038</b>		M50		08:36:46 DNF	08:57:04 DNF	21:04:14 DNF	21:57:03 DNF	<b>DNF</b>		-	- (0.0%)
	<b>GOLBIAK Wojciech</b>	<b>1012</b>		M40		06:37:39 DNF	06:57:50 DNF	15:41:40 DNF	16:07:41 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WOJTCZAK Mariusz</b>	<b>1076</b>		M40		06:10:47 DNF	06:18:26 DNF	08:16:24 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KORECKI Andrzej</b>	<b>1183</b>		M40		06:31:59 DNF	07:08:39 DNF	08:54:11 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>MACIOSZEK Krystyna</b>	<b>1124</b>		K30		05:54:20 DNF	06:00:29 DNF	11:00:25 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>LADA Agata</b>	<b>1090</b>	DELTA SZWADRON SUPER COOL KOMANDO WILKÓW ALFA	K30		08:42:18 DNF	09:04:57 DNF	12:54:11 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>FOGT Maciej</b>	<b>1185</b>	CB163	M40		07:47:09 DNF	08:28:02 DNF	16:32:41 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>POSADOWSKI Szymon</b>	<b>1066</b>		M30		08:02:21 DNF	08:14:51 DNF	16:35:51 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>GIL Tomasz</b>	<b>1011</b>	AMTK	M30		06:53:22 DNF	08:11:25 DNF	16:52:46 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>POKORSKI Jakub</b>	<b>1177</b>	POLAND TOP TEAM	M20		07:50:43 DNF	08:20:20 DNF	17:06:12 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KARPOWICZ Bartosz</b>	<b>1078</b>	LEŚNE DUKTY GDYNIA / GDYŃSKI DYWIZJON OKRĘTÓW BOJOWYCH	M40		07:18:29 DNF	07:58:06 DNF	17:11:37 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>MAŃSKI Robert</b>	<b>1082</b>	RUN-PASSION.PL	M40		07:17:58 DNF	07:57:11 DNF	17:11:39 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>JANOWSKI Krzysztof</b>	<b>1054</b>	CB163	M40		07:47:13 DNF	08:28:12 DNF	17:14:06 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>GRZELAKOWSKI Robert</b>	<b>1151</b>	WKURWTEAMPOZNAŃ, GRZELKI4TEM	M40		08:21:14 DNF	09:28:44 DNF	17:42:58 DNF	DNF	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1	Orlik 2	Orlik 3	Orlik 4	Czas netto	Różn	Tempo	Tempo
						43km	43.2km	82.5km	82.7km	107.7km		min/km	km/h
	<b>LEMBOWICZ Grzegorz</b>	<b>1155</b>	WKURWTEAMPOZNAŃ,I CO DALEJ ?	M40		08:21:27 DNF	09:28:46 DNF	17:43:00 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KOZIOŁ Krzysztof</b>	<b>1184</b>		M40		07:59:50 DNF	08:27:05 DNF	17:54:06 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>TAUZ Andrzej</b>	<b>1175</b>		M40		07:56:27 DNF	08:12:44 DNF	18:28:38 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>MOSKAŁA Remigiusz</b>	<b>1091</b>		M40		07:56:23 DNF	08:12:43 DNF	18:28:40 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>NOWAK Jarosław</b>	<b>1129</b>	SPC	M50		08:22:18 DNF	08:44:43 DNF	18:35:54 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WĘGRZYN Michał</b>	<b>1169</b>		M20		07:41:19 DNF	08:17:38 DNF	18:38:19 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>MARKOWICZ Robert</b>	<b>1126</b>		M40		08:22:19 DNF	08:44:50 DNF	18:47:53 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SŁONIEWSKI Rafał</b>	<b>1069</b>	KADRA MOCNYCH WDRAŻEŃ	M30		08:15:31 DNF	09:02:04 DNF	18:53:15 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>GAŁEK Wojciech</b>	<b>1010</b>	NO PAIN NO GAIN	M40		08:15:40 DNF	08:38:30 DNF	19:06:01 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BUDNY Aleksandra</b>	<b>1002</b>	NO PAIN NO GAIN \ KRAŚNIK BIEGA	K40		08:15:42 DNF	08:38:38 DNF	19:06:02 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>GRZESZCZAK Adam</b>	<b>1087</b>	BIEGAMYRAZEM.PL	M50		08:45:57 DNF	09:36:29 DNF	20:13:19 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SOKOŁOWSKI Artur</b>	<b>1163</b>	TEAM ZABIEGANEDNI	M40		10:22:05 DNF	10:22:55 DNF	21:04:24 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>HEJNA Łukasz</b>	<b>1016</b>		M40		08:43:57 DNF	09:19:44 DNF	21:45:54 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KOŃPA Arkadiusz</b>	<b>1079</b>	CB163	M30		09:41:55 DNF	10:23:12 DNF	22:25:16 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>GŁOGOWSKI Piotr</b>	<b>1105</b>	STREET RUN RADOM	M30		09:08:51 DNF	10:04:31 DNF	24:39:31 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>JAŚKIEWICZ Krzysztof</b>	<b>1055</b>	MSPORT	M40		10:13:21 DNF	10:49:24 DNF	25:33:28 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WASIEL Tomasz</b>	<b>1040</b>	ASTORIA SZCZERCÓW	M30		06:25:14 DNF	07:09:59 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ZIEMNICKI Michał</b>	<b>1045</b>		M40		06:46:24 DNF	07:18:48 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WOŁOSZYN Czesław</b>	<b>1104</b>	PIZUNY ROZTOCZE WSCHODNIE	M50		07:52:04 DNF	08:20:32 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>RÓG Bartosz</b>	<b>1192</b>	IRON ART RUN & SWIM TEAM	M40		04:35:52 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>GROT Tomasz</b>	<b>1015</b>	KRAINA WILKA	M40		05:25:02 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>JARMOLIŃSKI Piotr</b>	<b>1189</b>	MARCINŚWIERCTEAM	M40		05:32:31 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KARAŚ Michał</b>	<b>1017</b>	PODHALE NOWY TARG	M40		06:12:52 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 43km	Orlik 2 43.2km	Orlik 3 82.5km	Orlik 4 82.7km	Czas netto 107.7km	Różn	Tempo min/km	Tempo km/h
	<b>GRABOŚ Nina</b>	<b>1053</b>		K40		06:42:11 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KISIELEWSKI Konrad</b>	<b>1190</b>	KROK PO KROKU	M40		06:47:41 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SROMEK Piotr</b>	<b>1032</b>		M50		06:49:30 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>NIEDŹWIEDŹ Maciej</b>	<b>1024</b>		M30		06:49:37 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>MROWIEC Michał</b>	<b>1062</b>	LECH FREE TEAM	M50		06:58:21 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>CICHOŃ Maciej</b>	<b>1006</b>	42.195 WEJHEROWO	M40		07:04:04 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ŁODZIANA Dorota</b>	<b>1123</b>		K40		07:15:07 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>CEREMUGA Marcin</b>	<b>1173</b>	SUSKA GRUPA BIEGOWA	M30		07:24:11 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KURS Kamil</b>	<b>1154</b>		M30		07:24:18 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>REJMAN Grzegorz</b>	<b>1067</b>	SALOMON AMBASSADOR POLAND	M30		07:43:50 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>MACKOWIAK Tomasz</b>	<b>1061</b>	CB163	M40		07:47:11 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KOZAKIEWICZ Tomasz</b>	<b>1059</b>		M40		08:00:42 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WÓJCICKI Kamil</b>	<b>1042</b>	EX TEAM	M30		08:36:54 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ZNAMIEC Marcin</b>	<b>1046</b>	ULTRA KSP	M40		09:34:49 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>DUDEK Dominik</b>	<b>1008</b>		M50		09:36:41 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ZUBOWICZ Jakub</b>	<b>1172</b>	KAMPINOSKIE KARPIE	M30		DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WRÓBLEWSKA Katarzyna</b>	<b>1135</b>	GIT EKIPA!	K30		DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>MICHNIEWSKI Piotr</b>	<b>1128</b>	GIT EKIPA!	M30		DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KAROLKOWSKI Krzysztof</b>	<b>1057</b>		M30		DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 172 wynik(ów)