



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	KOT Rafał	1174	LEDLENSER // MUAY RUNNING TEAM	M40	1	05:18:54	05:22:55	11:19:44	11:28:16	15:08:45.05		8:26	7.1 (100%)
2	KUPIJAJ Marcin	1019	SOCIOS SILESIA	M30	1	05:36:20	05:50:40	11:40:25	11:57:59	15:57:00.00	+00:48:14 (5.0%)	8:53	6.8 (95.8%)
3	JÓZWIAK Piotr	1176	KITA TEAM	M40	2	05:19:51	05:25:46	11:32:26	11:38:33	16:02:05.00	+00:53:19 (5.5%)	8:55	6.7 (94.4%)
4	DWORNICKI Kamil	1051		M30	2	05:26:46	05:34:15	12:01:51	12:09:48	16:17:03.40	+01:08:18 (7.0%)	9:04	6.6 (93.0%)
5	ŚCIESZKA Wojciech	1101	13 ELT KRAKÓW-BALICE	M40	3	05:30:52	05:37:16	12:06:51	12:13:38	16:40:14.55	+01:31:29 (9.1%)	9:17	6.5 (91.5%)
6	KURZAWSKI Tomasz	1122	GB ULTRA PSZCZÓŁKI	M40	4	05:26:15	06:47:35	13:05:33	13:06:10	16:57:04.60	+01:48:19 (10.7%)	9:26	6.4 (90.1%)
7	SZKODA Dariusz	1036	SOCIOS SILESIA	M40	5	05:29:18	05:41:40	12:16:42	12:43:06	17:09:13.35	+02:00:28 (11.7%)	9:33	6.3 (88.7%)
8	KOMISARCZYK Anna	1188		K30	1	05:57:16	06:08:34	12:34:35	12:50:18	17:26:21.10	+02:17:36 (13.2%)	9:42	6.2 (87.3%)
9	BARANOWSKI Maciej	1191	JACEKBIEGA RUNNING TEAM	M30	3	05:57:44	06:21:05	13:06:42	13:30:57	17:52:34.50	+02:43:49 (15.3%)	9:57	6 (84.5%)
10	POTERA Maciej	1028		M30	4	07:04:25	07:06:15	14:04:27	14:05:01	18:07:55.90	+02:59:10 (16.5%)	10:06	5.9 (83.1%)
11	ZAGLANICZNY Dominik	1116		M40	6	05:54:02	06:10:51	12:52:46	13:14:22	18:31:56.35	+03:23:11 (18.3%)	10:19	5.8 (81.7%)
12	DANAK Przemek	1050		M40	7	06:29:25	06:41:11	13:40:42	14:01:01	18:40:14.85	+03:31:29 (18.9%)	10:24	5.8 (81.7%)
13	KOWALEWSKI Marcin	1018	CRIIM TEAM	M40	8	06:16:42	06:35:52	13:16:14	13:34:21	18:42:58.85	+03:34:13 (19.1%)	10:25	5.8 (81.7%)
14	WŁOCH Kamil	1075	SARNI TĘTENT	M30	5	05:57:54	06:15:31	13:20:07	13:43:43	18:47:17.35	+03:38:32 (19.4%)	10:28	5.7 (80.3%)
15	KRAJEWSKI Jakub	1081	ZAPOROWY MARATON TEAM/KILOMETRY ODDECHÓW	M30	6	06:01:48	06:18:40	13:12:25	13:27:46	18:47:26.15	+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	LUBAŃSKI Robert	1109	BRAK	M50	1	06:26:08	06:37:06	13:45:26	13:57:09	18:56:23.20	+03:47:38 (20.0%)	10:33	5.7 (80.3%)
17	LUZAR Rafal	1060		M40	9	06:31:59	06:49:30	14:04:04	14:12:35	19:02:14.80	+03:53:29 (20.4%)	10:36	5.7 (80.3%)
18	MUSIOŁ Michał	1063	SARNI TĘTENT	M30	7	05:59:14	06:15:31	13:44:27	14:02:35	19:03:46.65	+03:55:01 (20.5%)	10:37	5.6 (78.9%)
19	MAJCHROWSKI Jacek	1125	NIEZALEŻNA TARNOBZESKA GRUPA BIEGOWA "RUN'S NOT DEAD"	M50	2	07:07:21	07:17:44	14:05:42	14:24:25	19:06:49.50	+03:58:04 (20.8%)	10:38	5.6 (78.9%)
20	ZAJĄC Leszek	1044	SOKÓŁ BUKÓWIEC GÓRNY/L.O.T.A.Z	M40	10	06:24:53	06:39:06	13:42:45	13:58:58	19:07:38.15	+03:58:53 (20.8%)	10:39	5.6 (78.9%)
21	SZYMCZAK Łukasz	1187	SSW TEAM KROŚNICE	M30	8	06:31:25	06:41:36	14:09:37	14:20:05	19:08:10.80	+03:59:25 (20.9%)	10:39	5.6 (78.9%)
22	GÓRA Grzegorz	1014	PARA FIT	M30	9	06:12:56	06:35:49	13:47:13	14:14:28	19:11:50.60	+04:03:05 (21.1%)	10:41	5.6 (78.9%)
23	CEGLEWSKI Marcin	1004	HARPGANY RUNNING TEAM	M40	11	06:29:27	06:47:02	14:25:15	14:33:51	19:34:37.40	+04:25:52 (22.6%)	10:54	5.5 (77.5%)
24	SZARAWARA Łukasz	1165	#POLSKA2050 BIEGA	M40	12	06:22:02	06:31:38	13:57:57	14:15:02	19:54:56.35	+04:46:11 (24.0%)	11:05	5.4 (76.1%)
25	ŁOJKO Michał Esteban	1020	MISIA:* - KOCHAM CIE CÓRECZKO (R DKA)	M30	10	09:43:16		14:00:01		19:59:34.00	+04:50:48 (24.2%)	11:08	5.4 (76.1%)
26	RECZEK Sebastian	1114	KS ZIELONO-CZARNI	M40	13	06:34:45	07:08:28	14:44:36	15:12:18	20:19:15.05	+05:10:30 (25.5%)	11:19	5.3 (74.6%)
27	FABISIAK Grzegorz	1143	RONIN CZERWIEŃSK	M40	14	06:34:34	06:50:05	13:56:41	14:12:40	20:28:31.40	+05:19:46 (26.0%)	11:24	5.3 (74.6%)
28	FORGEL Paweł	1144	RONIN CZERWIEŃSK	M40	15	05:57:45	06:20:32	13:57:34	14:12:42	20:28:32.75	+05:19:47 (26.0%)	11:24	5.3 (74.6%)
29	OSICKI Dawid	1065	KATALPA PRODUCENT DOMÓW DREWNIANYCH	M20	1	05:47:38	05:58:21	14:25:46	14:34:51	20:36:46.85	+05:28:01 (26.5%)	11:29	5.2 (73.2%)
30	BODZIACHOWSKI Marcin	1049	ERACENT RUNNING TEAM	M40	16	06:32:00	06:49:31	14:48:03	14:59:54	20:46:10.40	+05:37:25 (27.1%)	11:34	5.2 (73.2%)
31	SEMENIUK Piotr	1162	WESOŁA	M40	17	05:57:17	07:05:00	14:38:05	15:01:33	20:50:31.85	+05:41:46 (27.3%)	11:36	5.2 (73.2%)
32	SIĘBIDA Mieczysław	1031	FARTLEK GO	M30	11	06:57:46	07:13:24	14:58:17	15:13:52	20:51:25.60	+05:42:40 (27.4%)	11:37	5.2 (73.2%)
33	KRUSZEWSKI Filip	1153		M30	12	06:46:22	06:54:16	15:09:13	15:16:24	21:05:40.60	+05:56:55 (28.2%)	11:45	5.1 (71.8%)
34	ŻBIKOWSKI Tomasz	1077	KP S.A.	M40	18	06:58:21	07:24:14	15:00:48	15:36:09	21:07:42.10	+05:58:57 (28.3%)	11:46	5.1 (71.8%)
35	GRUMBANIN Paulina	1150		K40	1	06:40:30	06:54:39	15:09:04	15:23:17	21:12:00.50	+06:03:15 (28.6%)	11:48	5.1 (71.8%)
36	SZANDAŁA Jacek	1193	CAŁA OLEŚNICA BIEGA	M40	19	06:59:05	07:08:11	15:03:25	15:17:06	21:17:32.35	+06:08:47 (28.9%)	11:51	5.1 (71.8%)
37	KOZIEŁŁO Bartosz	1089	TUR ZAMIENIE	M40	20	07:00:56	07:42:54	15:20:26	15:23:57	21:20:26.25	+06:11:41 (29.0%)	11:53	5 (70.4%)
38	CHOŁKA Michał	1138		M30	13	06:34:59	06:51:01	14:47:32	15:14:02	21:23:40.40	+06:14:55 (29.2%)	11:55	5 (70.4%)

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

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

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						43km	43.2km	82.5km	82.7km	107.7km			
85	STROJEK Grzegorz	1034		M40	44	07:22:27	07:32:44	16:32:39	16:35:11	24:40:02.90	+09:31:17 (38.6%)	13:44	4.4 (62.0%)
86	TOKARSKI Szymon	1039		M30	24	07:22:25	08:45:14	17:39:47	18:33:58	24:44:48.80	+09:36:03 (38.8%)	13:47	4.4 (62.0%)
87	SUWEZDA Jacek	1100	CZĘSTOCHOWSKIE DZIKI	M50	9	07:18:59	07:42:56	17:01:07	17:24:28	24:49:25.05	+09:40:40 (39.0%)	13:49	4.3 (60.6%)
88	MASŁOWSKI Marcin	1156	KKM KOZIENICE	M40	45	07:53:23	08:27:08	17:03:10	17:25:05	24:55:34.00	+09:46:48 (39.2%)	13:53	4.3 (60.6%)
89	FIJĄŁKOWSKI Wojciech	1118	MONAR-GRACZE	M60	1	08:13:15	08:14:19	17:45:14	17:46:00	25:05:38.05	+09:56:53 (39.6%)	13:58	4.3 (60.6%)
90	JUSZCZAK Marcin	1056		M40	46	08:13:22	08:39:15	17:49:37	18:30:40	25:11:48.20	+10:03:03 (39.9%)	14:02	4.3 (60.6%)
91	TYMOSZUK Michał	1178	KB BIAŁA BIEGA	M40	47	08:07:32	08:39:13	17:49:39	18:30:43	25:11:50.40	+10:03:05 (39.9%)	14:02	4.3 (60.6%)
92	NIEMCZAK Basia	1025	ULTRA KSP	K30	4	08:15:32	08:30:49	18:16:22	18:39:12	25:30:28.15	+10:21:43 (40.6%)	14:12	4.2 (59.2%)
93	SERKOWSKI Marcin	1099	BIEGAMYRAZEM.PL	M40	48	08:42:20	09:04:59	18:37:24	18:57:04	25:31:52.60	+10:23:07 (40.7%)	14:13	4.2 (59.2%)
94	KRUZEL Tomasz	1121	GRUPA JURA	M40	49	08:22:17	08:44:50	18:16:22	18:57:10	25:33:09.50	+10:24:24 (40.7%)	14:14	4.2 (59.2%)
95	AZAREWICZ Grzegorz	1000		M40	50	07:19:38	07:45:48	17:33:57	18:05:22	25:36:49.05	+10:28:04 (40.9%)	14:16	4.2 (59.2%)
96	BIEL Tomasz	1180	WWW.OLIMPIASPORT.PL ROLKINAUKA.OLIMPIASPORT.PL	M40	51	07:30:53	07:49:03	17:25:18	18:05:20	25:36:54.25	+10:28:09 (40.9%)	14:16	4.2 (59.2%)
97	ŚLĘŻAK Michał	1072	KADRA MOCNYCH WRAŻEŃ	M20	2	08:15:36	09:02:05	18:53:16	19:56:40	25:38:29.50	+10:29:44 (40.9%)	14:17	4.2 (59.2%)
98	STANEK Łukasz	1071	WIELUŃ BIEGA / TECHNOLOGIA BIEGANIA	M30	25	07:40:46	08:13:38	18:11:07	18:41:27	25:39:01.40	+10:30:16 (41.0%)	14:17	4.2 (59.2%)
99	GNIADY Krzysztof	1052	ICT POLAND KOSTRZYNA NAD ODRA	M40	52	07:40:50	08:13:41	18:11:12	18:41:29	25:39:04.00	+10:30:18 (41.0%)	14:17	4.2 (59.2%)
100	OSTAPIŃSKI Wojtek	1132	OSTRESROKI	M40	53	08:43:54	08:54:20	18:30:08	18:42:54	25:47:16.65	+10:38:31 (41.3%)	14:21	4.2 (59.2%)
101	OSTAPIŃSKA Magda	1131	OSTRESROKI	K40	6	08:43:55	08:54:22	18:30:09	18:42:56	25:47:17.45	+10:38:32 (41.3%)	14:21	4.2 (59.2%)
102	MAZURCZAK Łukasz	1127	SUPERNOWA	M40	54	08:35:00	08:53:14	18:06:12	18:28:52	25:57:27.10	+10:48:42 (41.7%)	14:27	4.1 (57.7%)
103	BALIŃSKI Sławomir	1182	COPERNICUS TORUŃ	M30	26	07:41:39	08:12:22	17:14:19	18:35:23	26:23:26.40	+11:14:41 (42.6%)	14:42	4.1 (57.7%)
104	BLADY Bogdan	1048		M50	10	08:00:42	08:39:26	18:17:10	19:04:41	26:31:58.85	+11:23:13 (42.9%)	14:46	4.1 (57.7%)
105	SOFUŁ Tomasz	1070		M40	55	08:07:43	08:39:20	18:17:27	19:04:44	26:32:02.15	+11:23:17 (42.9%)	14:46	4.1 (57.7%)
106	PIETRUCHA Jakub	1094	SPARTAN TRAINING GROUP WARSZAWA	M30	27	08:17:39	08:58:06	19:02:10	19:29:07	26:38:52.55	+11:30:07 (43.2%)	14:50	4 (56.3%)
107	BEDNAREK Anna	1085	SPARTAN TRAINING GROUP WARSZAWA	K30	5	08:16:51	08:58:04	19:02:12	19:29:02	26:38:52.60	+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
						43km	43.2km	82.5km	82.7km	netto 107.7km			
108	TEJWAN Leszek	1102	SPARTAN TRAINING GROUP WARSZAWA	M40	56	08:16:52	08:58:08	19:02:12	19:29:02	26:38:52.80	+11:30:07 (43.2%)	14:50	4 (56.3%)
109	MARONKA Agnieszka	1111		K40	7	09:02:33	10:24:44	20:04:10	21:09:36	26:48:41.85	+11:39:56 (43.5%)	14:56	4 (56.3%)
110	SZELAĞ Piotr	1115	TURBO JEŻE TEAM	M40	57	09:03:15	10:24:53	20:28:22	21:09:31	26:49:37.55	+11:40:52 (43.5%)	14:56	4 (56.3%)
111	KRASIŃSKI Tomasz	1107		M40	58	09:37:52	09:45:47	21:40:52	21:46:37	27:55:38.45	+12:46:53 (45.8%)	15:33	3.9 (54.9%)
112	JAGIELSKA Magdalena	1179	BIEGAMBOLUBIĘ	K40	8	08:46:41	09:24:55	20:13:56	20:42:49	27:58:01.20	+12:49:16 (45.8%)	15:34	3.9 (54.9%)
113	KRUK Grzegorz	1108	CITI BANK	M30	28	09:37:53	10:17:04	20:30:37	20:58:48	28:12:06.45	+13:03:21 (46.3%)	15:42	3.8 (53.5%)
114	PIETRZYKOWSKA Monika	1095		K40	9	09:05:14	09:05:56	20:23:14	20:46:45	28:26:47.65	+13:18:02 (46.8%)	15:50	3.8 (53.5%)
115	NASTAZIAK Andrzej	1181		M50	11	08:46:41	08:55:14	23:08:31	37:39:35	44:20:03.20	+29:11:18 (65.8%)	24:41	2.4 (33.8%)
116	MIZAK Henryk	1083		M60	2	09:58:17	11:10:09	24:59:38	40:14:35	46:38:40.75	+31:29:55 (67.5%)	25:59	2.3 (32.4%)
	SZYMAŃSKI Henryk	1038		M50		08:36:46 DNF	08:57:04 DNF	21:04:14 DNF	21:57:03 DNF	DNF		-	- (0.0%)
	GOLBIAK Wojciech	1012		M40		06:37:39 DNF	06:57:50 DNF	15:41:40 DNF	16:07:41 DNF	DNF		-	- (0.0%)
	WOJTCZAK Mariusz	1076		M40		06:10:47 DNF	06:18:26 DNF	08:16:24 DNF	DNF	DNF		-	- (0.0%)
	KORECKI Andrzej	1183		M40		06:31:59 DNF	07:08:39 DNF	08:54:11 DNF	DNF	DNF		-	- (0.0%)
	MACIOSZEK Krystyna	1124		K30		05:54:20 DNF	06:00:29 DNF	11:00:25 DNF	DNF	DNF		-	- (0.0%)
	LADA Agata	1090	DELTA SZWADRON SUPER COOL KOMANDO WILKÓW ALFA	K30		08:42:18 DNF	09:04:57 DNF	12:54:11 DNF	DNF	DNF		-	- (0.0%)
	FOGT Maciej	1185	CB163	M40		07:47:09 DNF	08:28:02 DNF	16:32:41 DNF	DNF	DNF		-	- (0.0%)
	POSADOWSKI Szymon	1066		M30		08:02:21 DNF	08:14:51 DNF	16:35:51 DNF	DNF	DNF		-	- (0.0%)
	GIL Tomasz	1011	AMTK	M30		06:53:22 DNF	08:11:25 DNF	16:52:46 DNF	DNF	DNF		-	- (0.0%)
	POKORSKI Jakub	1177	POLAND TOP TEAM	M20		07:50:43 DNF	08:20:20 DNF	17:06:12 DNF	DNF	DNF		-	- (0.0%)
	KARPOWICZ Bartosz	1078	LEŚNE DUKTY GDYNIA / GDYŃSKI DYWIZJON OKRĘTÓW BOJOWYCH	M40		07:18:29 DNF	07:58:06 DNF	17:11:37 DNF	DNF	DNF		-	- (0.0%)
	MAŃSKI Robert	1082	RUN-PASSION.PL	M40		07:17:58 DNF	07:57:11 DNF	17:11:39 DNF	DNF	DNF		-	- (0.0%)
	JANOWSKI Krzysztof	1054	CB163	M40		07:47:13 DNF	08:28:12 DNF	17:14:06 DNF	DNF	DNF		-	- (0.0%)
	GRZELAKOWSKI Robert	1151	WKURWTEAMPOZNAŃ, GRZELKI4TEM	M40		08:21:14 DNF	09:28:44 DNF	17:42:58 DNF	DNF	DNF		-	- (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
	LEMBOWICZ Grzegorz	1155	WKURWTEAMPOZNAŃ,I CO DALEJ ?	M40		08:21:27 DNF	09:28:46 DNF	17:43:00 DNF	DNF	DNF	-	-	(0.0%)
	KOZIOŁ Krzysztof	1184		M40		07:59:50 DNF	08:27:05 DNF	17:54:06 DNF	DNF	DNF	-	-	(0.0%)
	TAUZ Andrzej	1175		M40		07:56:27 DNF	08:12:44 DNF	18:28:38 DNF	DNF	DNF	-	-	(0.0%)
	MOSKAŁA Remigiusz	1091		M40		07:56:23 DNF	08:12:43 DNF	18:28:40 DNF	DNF	DNF	-	-	(0.0%)
	NOWAK Jarosław	1129	SPC	M50		08:22:18 DNF	08:44:43 DNF	18:35:54 DNF	DNF	DNF	-	-	(0.0%)
	WĘGRZYN Michał	1169		M20		07:41:19 DNF	08:17:38 DNF	18:38:19 DNF	DNF	DNF	-	-	(0.0%)
	MARKOWICZ Robert	1126		M40		08:22:19 DNF	08:44:50 DNF	18:47:53 DNF	DNF	DNF	-	-	(0.0%)
	SŁONIEWSKI Rafał	1069	KADRA MOCNYCH WDRAŻEŃ	M30		08:15:31 DNF	09:02:04 DNF	18:53:15 DNF	DNF	DNF	-	-	(0.0%)
	GAŁEK Wojciech	1010	NO PAIN NO GAIN	M40		08:15:40 DNF	08:38:30 DNF	19:06:01 DNF	DNF	DNF	-	-	(0.0%)
	BUDNY Aleksandra	1002	NO PAIN NO GAIN \ KRAŚNIK BIEGA	K40		08:15:42 DNF	08:38:38 DNF	19:06:02 DNF	DNF	DNF	-	-	(0.0%)
	GRZESZCZAK Adam	1087	BIEGAMYRAZEM.PL	M50		08:45:57 DNF	09:36:29 DNF	20:13:19 DNF	DNF	DNF	-	-	(0.0%)
	SOKOŁOWSKI Artur	1163	TEAM ZABIEGANEDNI	M40		10:22:05 DNF	10:22:55 DNF	21:04:24 DNF	DNF	DNF	-	-	(0.0%)
	HEJNA Łukasz	1016		M40		08:43:57 DNF	09:19:44 DNF	21:45:54 DNF	DNF	DNF	-	-	(0.0%)
	KOŃPA Arkadiusz	1079	CB163	M30		09:41:55 DNF	10:23:12 DNF	22:25:16 DNF	DNF	DNF	-	-	(0.0%)
	GŁOGOWSKI Piotr	1105	STREET RUN RADOM	M30		09:08:51 DNF	10:04:31 DNF	24:39:31 DNF	DNF	DNF	-	-	(0.0%)
	JAŚKIEWICZ Krzysztof	1055	MSPORT	M40		10:13:21 DNF	10:49:24 DNF	25:33:28 DNF	DNF	DNF	-	-	(0.0%)
	WASIEL Tomasz	1040	ASTORIA SZCZERCÓW	M30		06:25:14 DNF	07:09:59 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZIEMNICKI Michał	1045		M40		06:46:24 DNF	07:18:48 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOŁOSZYN Czesław	1104	PIZUNY ROZTOCZE WSCHODNIE	M50		07:52:04 DNF	08:20:32 DNF	DNF	DNF	DNF	-	-	(0.0%)
	RÓG Bartosz	1192	IRON ART RUN & SWIM TEAM	M40		04:35:52 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GROT Tomasz	1015	KRAINA WILKA	M40		05:25:02 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JARMOLIŃSKI Piotr	1189	MARCINŚWIERCTEAM	M40		05:32:31 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KARAŚ Michał	1017	PODHALE NOWY TARG	M40		06:12:52 DNF	DNF	DNF	DNF	DNF	-	-	(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
	GRABOŚ Nina	1053				K40	06:42:11 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	KISIELEWSKI Konrad	1190	KROK PO KROKU			M40	06:47:41 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	SROMEK Piotr	1032				M50	06:49:30 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	NIEDŹWIEDŹ Maciej	1024				M30	06:49:37 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	MROWIEC Michał	1062	LECH FREE TEAM			M50	06:58:21 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	CICHOŃ Maciej	1006	42.195 WEJHEROWO			M40	07:04:04 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	ŁODZIANA Dorota	1123				K40	07:15:07 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	CEREMUGA Marcin	1173	SUSKA GRUPA BIEGOWA			M30	07:24:11 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	KURS Kamil	1154				M30	07:24:18 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	REJMAN Grzegorz	1067	SALOMON AMBASSADOR POLAND			M30	07:43:50 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	MACKOWIAK Tomasz	1061	CB163			M40	07:47:11 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	KOZAKIEWICZ Tomasz	1059				M40	08:00:42 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	WÓJCICKI Kamil	1042	EX TEAM			M30	08:36:54 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	ZNAMIEC Marcin	1046	ULTRA KSP			M40	09:34:49 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	DUDEK Dominik	1008				M50	09:36:41 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	ZUBOWICZ Jakub	1172	KAMPINOSKIE KARPIE			M30	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	WRÓBLEWSKA Katarzyna	1135	GIT EKIPA!			K30	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	MICHNIEWSKI Piotr	1128	GIT EKIPA!			M30	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	KAROLKOWSKI Krzysztof	1057				M30	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)

Znaleziono 172 wynik(ów)