



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PIENINY ULTRA-TRAIL®
Fundacja Strefa Przygód
2023-04-22
Szczawnica
19.9 km

CHYŻA DURBASZKA - 20 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia1 12.9km	Premia2 13.4km	18.8km	Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
1	TARASEK Wojciech	939	#ANDRZEJDLUGOSZTEAM	M30	1	01:04:12	01:07:11	01:32:04	01:33:55.85	01:33:58.00		4:51	12.3 (100%)
2	BALIGA Cezary	2877	HOKA GARMIN TEAM	M20	1	01:05:30	01:09:03	01:34:09	01:35:29.30	01:35:31.10	+00:01:33 (1.6%)	4:56	12.1 (98.4%)
3	BŁAŻ Mateusz	738		M30	2	01:04:56	01:08:27	01:34:15	01:35:32.10	01:35:34.35	+00:01:36 (1.7%)	4:56	12.1 (98.4%)
4	ŁUŻNY Bartłomiej	694	TRUDA BOYS 91	M30	3	01:06:20	01:09:53	01:34:25	01:35:32.65	01:35:34.50	+00:01:36 (1.7%)	4:56	12.1 (98.4%)
5	ZAMIELSKI Paweł	768	PRZEDWOJEWSKI TEAM	M30	4	01:06:28	01:10:12	01:36:13	01:37:34.15	01:37:36.20	+00:03:38 (3.7%)	5:03	11.9 (96.7%)
6	OGRODNIK Maciej	940	DEVINITI	M20	2	01:09:02	01:11:51	01:37:28	01:38:54.30	01:38:56.55	+00:04:58 (5.0%)	5:07	11.7 (95.1%)
7	KUBASZCZYK Kamil	667		M20	3	01:09:20	01:13:20	01:42:03	01:43:41.70	01:43:44.00	+00:09:46 (9.4%)	5:22	11.2 (91.1%)
8	CHAJDAS Mateusz	674	ROGELLI TEAM	M30	5	01:10:36	01:14:23	01:42:16	01:43:47.45	01:43:49.90	+00:09:51 (9.5%)	5:22	11.2 (91.1%)
9	SZUKAŁA Michał	803	HIT THE TRAIL	M30	6	01:11:50	01:15:52	01:44:41	01:46:11.85	01:46:14.85	+00:12:16 (11.6%)	5:30	10.9 (88.6%)
10	GUT Jacek	895	KLUB MORSĄ SŁONECZKO	M30	7	01:12:26	01:16:21	01:45:58	01:47:30.10	01:47:32.75	+00:13:34 (12.6%)	5:34	10.8 (87.8%)
11	KOWAL Amadeusz	592	NAPRZÓD MŁOCINY	M30	8	01:14:29	01:18:40	01:49:01	01:50:27.85	01:50:32.25	+00:16:34 (15.0%)	5:43	10.5 (85.4%)
12	BŁASZYK Mateusz	899	BETONOWY WOJTEK	M30	9	01:16:20	01:20:25	01:49:01	01:50:36.65	01:50:41.70	+00:16:43 (15.1%)	5:43	10.5 (85.4%)
13	SKÓRA Tomasz	778	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	1	01:15:59	01:20:10	01:49:56	01:51:28.05	01:51:33.45	+00:17:35 (15.8%)	5:46	10.4 (84.6%)
14	STAŃCO Paweł	2533	PRZEDWOJEWSKI TEAM	M30	10	01:16:34	01:20:44	01:51:34	01:53:18.35	01:53:22.05	+00:19:24 (17.1%)	5:52	10.2 (82.9%)
15	NOWORYTA Radosław	708	ULTRA DIABŁA TEAM LUBRZA	M40	2	01:18:00	01:22:28	01:52:59	01:54:23.80	01:54:25.95	+00:20:27 (17.9%)	5:55	10.1 (82.1%)
16	LEŚNIAK Dawid	758	LHO	M30	11	01:17:39	01:22:05	01:52:55	01:54:26.45	01:54:31.50	+00:20:33 (18.0%)	5:55	10.1 (82.1%)
17	ZAJĄC Marcin	875		M20	4	01:16:57	01:21:03	01:52:58	01:54:25.40	01:54:39.75	+00:20:41 (18.0%)	5:55	10.1 (82.1%)
18	STAMATEL Sebastian	927		M20	5	01:19:19	01:23:33	01:54:19	01:55:47.10	01:55:57.65	+00:21:59 (19.0%)	5:59	10 (81.3%)
19	MIERNICZAK Bartłomiej	769	WOODWARD RUNNERS	M30	12	01:18:41	01:22:47	01:54:47	01:56:18.20	01:56:33.10	+00:22:35 (19.4%)	6:01	10 (81.3%)
20	CHOWANIEC Luca	894		M20	6	01:20:17	01:24:53	01:57:02	01:58:33.30	01:58:35.10	+00:24:37 (20.8%)	6:08	9.8 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia1 12.9km	Premia2 13.4km	18.8km	Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
21	DZIOREK Tomasz	799	SPRINT GORZYCE	M30	13	01:20:05	01:24:19	01:57:11	01:58:36.00	01:58:43.75	+00:24:45 (20.9%)	6:08	9.8 (79.7%)
22	RAKOCZY Marcin	759	SPELEOKLUB ŚWIĘTOKRZYSKI W KIELCACH	M40	3	01:22:29	01:26:46	01:57:26	01:59:01.40	01:59:19.90	+00:25:21 (21.3%)	6:10	9.7 (78.9%)
23	PORĘBA Andrzej	860	PLANYBIEGOWE	M30	14	01:22:04	01:26:05	01:57:51	01:59:26.85	01:59:47.00	+00:25:49 (21.6%)	6:11	9.7 (78.9%)
24	ALTEWĘGIER Jarosław	523	AW - SZYBCIEJ - TEAM	M40	4	01:20:18	01:24:44	01:58:06	01:59:42.45	01:59:49.90	+00:25:51 (21.6%)	6:12	9.7 (78.9%)
25	JUDASZ Leszek	698		M30	15	01:20:42	01:25:17	01:58:28	02:00:09.30	02:00:34.35	+00:26:36 (22.1%)	6:13	9.6 (78.0%)
26	HAMERSKI Łukasz	506		M20	7	01:21:15	01:25:17	01:58:58	02:00:32.70	02:01:05.10	+00:27:07 (22.4%)	6:14	9.6 (78.0%)
27	LEŚ Michał	529	WOLSKI KOLEKTYW BIEGOWY	M20	8	01:21:44	01:26:31	01:59:34	02:01:01.75	02:01:11.50	+00:27:13 (22.5%)	6:16	9.6 (78.0%)
28	BANASIUK Maciej	870	BIEGACZ Z MARSA	M50	1	01:21:54	01:26:21	01:59:47	02:01:19.90	02:01:22.75	+00:27:24 (22.6%)	6:17	9.5 (77.2%)
29	WYROŚLAK Józef	1092		M40	5	01:22:00	01:26:36	02:00:02	02:01:45.55	02:01:45.55	+00:27:47 (22.8%)	6:18	9.5 (77.2%)
30	CIENKOSZ Przemysław	874	#ZALINIAMETYTEAM	M20	9	01:25:19	01:29:58	02:02:48	02:04:24.20	02:04:29.85	+00:30:31 (24.5%)	6:26	9.3 (75.6%)
31	PAPIERZ Konrad	551	KW KRAKÓW	M30	16	01:25:01	01:29:32	02:03:37	02:05:11.75	02:05:14.60	+00:31:16 (25.0%)	6:29	9.3 (75.6%)
32	SAINTEMARIE Arnaud	1527	MARCIN ŚWIERC TEAM	M40	6	01:26:53	01:31:37	02:05:11	02:06:56.90	02:07:00.40	+00:33:02 (26.0%)	6:34	9.1 (74.0%)
33	JAMA Damian	678		M30	17	01:26:09	01:30:36	02:05:21	02:07:05.80	02:07:37.90	+00:33:39 (26.4%)	6:35	9.1 (74.0%)
34	BEDNARZ Sebastian	822	OTM.B	M50	2	01:26:41	01:31:37	02:05:54	02:07:37.45	02:07:47.70	+00:33:49 (26.5%)	6:36	9.1 (74.0%)
35	ZĄBKIEWICZ Szymon	535		M30	18	01:28:56	01:33:54	02:06:10	02:07:58.35	02:08:04.10	+00:34:06 (26.6%)	6:37	9 (73.2%)
36	HACZ Paweł	736		M40	7	01:26:40	01:32:09	02:08:12	02:09:50.35	02:09:55.55	+00:35:57 (27.7%)	6:43	8.9 (72.4%)
37	HORNICZAK Grzegorz	672		M30	19	01:28:38	01:33:35	02:08:35	02:10:10.05	02:10:31.45	+00:36:33 (28.0%)	6:44	8.9 (72.4%)
38	URBAŃSKI Leszek	573	POCO LOCO ADVENTURE TEAM	M30	20	01:26:44	01:32:04	02:08:53	02:10:37.40	02:10:40.60	+00:36:42 (28.1%)	6:46	8.9 (72.4%)
39	SIMKA Kamil	802	FORREST GUMP TEAM	M40	8	01:27:52	01:32:50	02:08:49	02:10:33.10	02:10:41.80	+00:36:43 (28.1%)	6:45	8.9 (72.4%)
40	GAJEWSKI Maciej	935	HIT THE TRAIL TOMASZ KLISZ	M20	10	01:29:32	01:34:23	02:09:55	02:11:17.55	02:11:21.55	+00:37:23 (28.5%)	6:48	8.8 (71.5%)
41	PYTKA Konrad	583	NAPRZÓD MŁOCINY	M40	9	01:30:39	01:35:40	02:10:20	02:11:59.10	02:11:59.10	+00:38:01 (28.8%)	6:50	8.8 (71.5%)
42	SZYMUSIUK Szymon	777		M20	11	01:30:41	01:35:46	02:11:10	02:12:43.60	02:13:03.15	+00:39:05 (29.4%)	6:52	8.7 (70.7%)
43	KAMYK Jakub	835	SWORDS ATHLETICS / #KUBAPIECHTEAM	M30	21	01:31:26	01:36:18	02:11:50	02:13:18.90	02:13:27.35	+00:39:29 (29.6%)	6:54	8.7 (70.7%)
44	KALISZUK Przemysław	810	BANDA GRUDNIA	M30	22	01:31:38	01:36:51	02:11:27	02:13:15.25	02:13:48.60	+00:39:50 (29.8%)	6:54	8.7 (70.7%)
45	JASIURKOWSKI Daniel	558	IGEKA	M40	10	01:31:26	01:36:45	02:12:07	02:13:49.80	02:13:56.20	+00:39:58 (29.8%)	6:56	8.7 (70.7%)
46	NOWAK Filip	921	HIGHALTITUDECOUPLE	M30	23	01:28:49	01:33:48	02:12:04	02:14:03.05	02:14:12.05	+00:40:14 (30.0%)	6:56	8.6 (69.9%)
47	STEUER Jan	604	KW LUBLINIEC	M30	24	01:27:57	01:33:06	02:12:08	02:14:07.45	02:14:13.15	+00:40:15 (30.0%)	6:56	8.6 (69.9%)
48	SZEJKA Leszek	801	RUNPROGRESS.PL TEAM	M30	25	01:30:23	01:35:34	02:12:16	02:13:59.85	02:14:27.70	+00:40:29 (30.1%)	6:56	8.6 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km					
49	ROMAŃCZYK Dominik	936		M20	12	01:31:26	01:35:19	02:13:00	02:14:35.90	02:14:35.90	+00:40:37 (30.2%)	6:58	8.6 (69.9%)
50	RAINKO Jerzy	706		M30	26	01:30:52	01:36:25	02:12:50	02:14:38.10	02:14:46.30	+00:40:48 (30.3%)	6:58	8.6 (69.9%)
51	STACH Tomasz	731	MY ENDURANCE TEAM	M40	11	01:31:56	01:37:06	02:14:47	02:16:33.10	02:16:39.35	+00:42:41 (31.2%)	7:04	8.5 (69.1%)
52	SKOWRON Antoni	582		M20	13	01:33:34	01:39:00	02:15:23	02:16:50.20	02:17:06.25	+00:43:08 (31.5%)	7:05	8.5 (69.1%)
53	FIRLEJ Krzysztof	704	SKAZANI NA ZWYCIĘSTWO	M40	12	01:25:43	01:31:10	02:15:15	02:17:01.75	02:17:06.80	+00:43:08 (31.5%)	7:05	8.5 (69.1%)
54	SKORUPKA Leszek	598	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	13	01:34:08	01:39:28	02:15:22	02:17:03.35	02:17:17.85	+00:43:19 (31.6%)	7:06	8.4 (68.3%)
55	DZIEDZIC Grzegorz	781		M40	14	01:33:38	01:39:14	02:16:05	02:17:44.85	02:17:52.80	+00:43:54 (31.8%)	7:08	8.4 (68.3%)
56	AUGUST Kajetan	824	KS SPRINT BIELSKO-BIAŁA	M30	27	01:33:30	01:39:04	02:16:30	02:18:08.45	02:18:15.65	+00:44:17 (32.0%)	7:09	8.4 (68.3%)
57	PYTEL Sergiusz	681	SEROWY	M30	28	01:32:45	01:38:06	02:15:59	02:18:02.90	02:18:20.75	+00:44:22 (32.1%)	7:09	8.4 (68.3%)
58	LIGAS Andrzej	559	SPRINTER	M40	15	01:32:02	01:37:48	02:16:48	02:18:42.20	02:18:48.75	+00:44:50 (32.3%)	7:11	8.3 (67.5%)
59	TOPORKIEWICZ Bartosz	603	TRAIL IS OUR WAY	M40	16	01:32:42	01:38:22	02:17:12	02:18:49.85	02:18:53.95	+00:44:55 (32.3%)	7:11	8.3 (67.5%)
60	SARNA Tomasz	734		M40	17	01:32:23	01:37:58	02:17:02	02:18:54.85	02:18:54.85	+00:44:56 (32.4%)	7:11	8.3 (67.5%)
61	FRĄCKIEWICZ Mateusz	745		M30	29	01:30:31	01:35:45	02:16:43	02:18:55.60	02:19:09.90	+00:45:11 (32.5%)	7:11	8.3 (67.5%)
62	ŻUREK Kamil	798		M30	30	01:32:20	01:37:51	02:17:08	02:19:03.45	02:19:11.00	+00:45:13 (32.5%)	7:12	8.3 (67.5%)
63	BERNÍK Peter	1454	POPRAD	M40	18	01:33:11	01:38:08	02:17:31	02:19:26.95	02:19:40.45	+00:45:42 (32.7%)	7:13	8.3 (67.5%)
64	GÓRKA Piotr	864		M50	3	01:35:58	01:41:28	02:19:31	02:21:33.05	02:21:37.45	+00:47:39 (33.7%)	7:20	8.2 (66.7%)
65	MICHALAK Witold	552	#NOLIMITS	M50	4	01:35:41	01:41:01	02:20:30	02:22:17.85	02:22:30.40	+00:48:32 (34.1%)	7:22	8.1 (65.9%)
66	FEDOREK Michał	913	FEDORKI	M20	14		01:46:02	02:21:36	02:23:09.75	02:23:21.40	+00:49:23 (34.5%)	7:25	8.1 (65.9%)
67	WOSKOWICZ Mateusz	793		M30	31	01:36:02	01:41:24	02:20:44	02:23:05.70	02:23:30.10	+00:49:32 (34.5%)	7:24	8.1 (65.9%)
68	KOWALSKI Mariusz	740		M40	19	01:35:42	01:41:17	02:21:53	02:23:41.80	02:24:06.55	+00:50:08 (34.8%)	7:26	8.1 (65.9%)
69	PIETRZAK Jacek	889		M30	32	01:36:21	01:41:57	02:21:59	02:23:53.70	02:24:30.25	+00:50:32 (35.0%)	7:27	8 (65.0%)
70	OSTAFIL Mateusz	849	FMT TARNÓW	M30	33	01:37:41	01:42:27	02:22:27	02:24:22.30	02:24:34.40	+00:50:36 (35.0%)	7:28	8 (65.0%)
71	KRASOŃ Marcin	905	SMASHING PAPKINS / NBR TEAM / OLX	M40	20	01:38:32	01:44:20	02:22:26	02:24:25.30	02:24:40.20	+00:50:42 (35.0%)	7:28	8 (65.0%)
72	PLEWA Rafał	845		M40	21	01:33:48	01:40:24	02:22:45	02:24:39.10	02:24:45.80	+00:50:47 (35.1%)	7:29	8 (65.0%)
73	FLORIAN Adam	859		M30	34	01:37:25	01:43:42	02:22:57	02:24:46.15	02:24:53.00	+00:50:55 (35.1%)	7:30	8 (65.0%)
74	JARACZ Marcin	856	DOMOWAENERGIA.COM.PL	M40	22	01:37:07	01:42:44	02:23:46	02:25:31.00	02:25:38.75	+00:51:40 (35.5%)	7:32	8 (65.0%)
75	NADERA Łukasz	528	INDYWIDUALNIE	M30	35	01:35:50	01:42:07	02:24:06	02:25:59.50	02:26:11.90	+00:52:13 (35.7%)	7:33	7.9 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia1 12.9km	Premia2 13.4km	18.8km	Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
76	SOLARZ Robert	842		M40	23	01:37:31	01:42:47	02:24:33	02:26:30.45	02:26:40.55	+00:52:42 (35.9%)	7:35	7.9 (64.2%)
77	DYBAŁ Patryk	930	TOMICA COACHING	M30	36	01:38:22	01:43:58	02:25:15	02:27:05.60	02:27:09.70	+00:53:11 (36.1%)	7:37	7.9 (64.2%)
78	WISSUWA Jędrzej	2875	DREAM RUN	M20	15	01:38:00	01:44:02	02:25:18	02:26:58.75	02:27:27.95	+00:53:29 (36.3%)	7:36	7.9 (64.2%)
79	KOWALCZYK Artur	1213	BH TEAM	M30	37	01:36:49	01:42:57	02:25:07	02:26:45.65	02:27:34.90	+00:53:36 (36.3%)	7:36	7.9 (64.2%)
80	KRYNICKI Dariusz	622	MR	M30	38		01:45:44	02:25:33	02:27:07.25	02:27:38.40	+00:53:40 (36.4%)	7:37	7.9 (64.2%)
81	ZIĘBA Paweł	797		M20	16	01:39:17	01:44:40	02:25:56	02:27:42.85	02:27:47.10	+00:53:49 (36.4%)	7:39	7.8 (63.4%)
82	CYRAN Wojtek	1214		M30	39	01:40:58	01:46:51	02:27:21	02:29:15.25	02:30:04.65	+00:56:06 (37.4%)	7:43	7.8 (63.4%)
83	WOŹNIAK Janusz	522	USŁUGOWY ZAKŁAD INSTALATORSTWA ELEKTRYCZNEGO PORMAT" JEDLICZE UL. TOPOŁOWA 28"	M60	1	01:40:34	01:46:16	02:28:23	02:30:38.30	02:30:47.60	+00:56:49 (37.7%)	7:48	7.7 (62.6%)
84	GRZEGRZÓŁKA Adam	937		M20	17	01:40:13	01:46:01	02:28:28	02:30:29.90	02:30:50.10	+00:56:52 (37.7%)	7:47	7.7 (62.6%)
85	STALKA Krzysztof	932	STANWEX II	M30	40	01:46:01	01:51:46	02:28:54	02:30:28.55	02:31:01.10	+00:57:03 (37.8%)	7:47	7.7 (62.6%)
86	STOLARZ Grzegorz	2873	NIEPOŁOMICE BIEGAJĄ	M40	24	01:44:34	01:50:18	02:28:54	02:30:40.95	02:31:03.70	+00:57:05 (37.8%)	7:48	7.7 (62.6%)
87	JAKUS Michał	924	OTM.B	M30	41	01:40:35	01:46:07	02:29:15	02:31:00.30	02:31:10.90	+00:57:12 (37.8%)	7:49	7.7 (62.6%)
88	BUDNY Kamil	664	ATAK TEAM	M30	42	01:42:09	01:48:40		02:31:04.15	02:31:15.80	+00:57:17 (37.9%)	7:49	7.7 (62.6%)
89	SITKO Krzysztof	518	SKPB KATOWICE	M30	43	01:40:33	01:46:43	02:29:23	02:31:15.85	02:31:22.70	+00:57:24 (37.9%)	7:50	7.7 (62.6%)
90	KAPĄŁKA Kamil	747	GROMNIK RUN TEAM	M20	18	01:41:45	01:48:01	02:29:08	02:31:21.60	02:31:47.00	+00:57:49 (38.1%)	7:50	7.7 (62.6%)
91	PACE Daniel	910		M30	44	01:46:48	01:52:30	02:31:24	02:33:04.65	02:33:17.75	+00:59:19 (38.7%)	7:55	7.6 (61.8%)
92	TOFIL Dominik	561	CHSBD	M30	45	01:45:17	01:51:21	02:31:53	02:33:39.00	02:33:39.00	+00:59:41 (38.8%)	7:57	7.5 (61.0%)
93	MICHALIK Jacek	563	SŁOŃCA JURY	M40	25	01:42:47	01:48:48	02:32:05	02:33:43.90	02:33:50.50	+00:59:52 (38.9%)	7:57	7.5 (61.0%)
94	FIRLEJ Grzegorz	533	SKAZANI NA ZWYCIĘSTWO	M30	46	01:31:26	01:36:40	02:31:43	02:34:21.65	02:34:25.85	+01:00:27 (39.2%)	7:59	7.5 (61.0%)
95	GNIADKOWSKI Paweł	614	ODJECHANI	M30	47	01:42:39	01:48:32	02:32:48	02:35:10.15	02:35:41.50	+01:01:43 (39.6%)	8:02	7.5 (61.0%)
96	PTAK Patryk	618	CHSBD W RUCHU""	M30	48	01:45:02	01:50:59	02:33:08	02:35:47.55	02:36:08.35	+01:02:10 (39.8%)	8:04	7.4 (60.2%)
97	PAPCIAK Karol	880		M30	49	01:42:07	01:48:30	02:34:28	02:36:45.50	02:37:26.70	+01:03:28 (40.3%)	8:07	7.4 (60.2%)
98	MICHAŁEK Emil	774	KB HARCOWNIK JELCZ-LASKOWICE	M50	5	01:46:24	01:52:00	02:35:46	02:37:27.15	02:37:35.30	+01:03:37 (40.4%)	8:09	7.4 (60.2%)
99	BAŁA Marcin	712		M30	50	01:47:42	01:53:37	02:35:07	02:36:58.70	02:37:43.60	+01:03:45 (40.4%)	8:07	7.4 (60.2%)
100	STYŁA-STYLIŃSKI Norbert	841	TWOJA STARA	M40	26	01:42:36	01:49:16	02:35:26	02:37:44.75	02:37:49.05	+01:03:51 (40.5%)	8:10	7.3 (59.3%)
101	HAJDUK Tomasz	610	YULO RUN TEAM SIEDLCE	M40	27	01:45:40	01:51:22	02:35:52	02:37:56.85	02:38:10.55	+01:04:12 (40.6%)	8:10	7.3 (59.3%)
102	LIGĘZA Witold	514	SMASHINGPĄPKINS	M50	6	01:46:04	01:52:18	02:36:02	02:38:14.60	02:38:38.60	+01:04:40 (40.8%)	8:11	7.3 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km					
103	MOLITORYS Marek	659	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	28	01:43:18	01:49:40	02:36:17	02:38:29.90	02:38:40.00	+01:04:42 (40.8%)	8:12	7.3 (59.3%)
104	CZARNOCKI Paweł	684		M40	29	01:46:37	01:52:02	02:36:33	02:38:28.45	02:38:43.90	+01:04:45 (40.8%)	8:12	7.3 (59.3%)
105	KOZŁOWSKI Piotr	571		M30	51	01:46:51	01:53:05	02:36:54	02:38:55.95	02:38:59.20	+01:05:01 (40.9%)	8:14	7.3 (59.3%)
106	MAREK Sławomir	691	BIEGNIJ Z PROSERVICE	M30	52	01:48:27	01:54:24	02:37:20	02:39:16.60	02:39:39.20	+01:05:41 (41.1%)	8:15	7.3 (59.3%)
107	PRZYBYLSKI Mariusz	616		M30	53	01:46:20	01:52:46	02:38:26	02:40:41.65	02:41:08.70	+01:07:10 (41.7%)	8:19	7.2 (58.5%)
108	PASZYNA Dawid	560		M20	19	01:51:36	01:58:00	02:39:18	02:40:53.90	02:41:38.70	+01:07:40 (41.9%)	8:20	7.2 (58.5%)
109	KOSIŃSKI Rafał	594	BIEGNIJ Z PROSERVICE	M40	30	01:44:43	01:50:50	02:39:31	02:41:27.65	02:41:55.60	+01:07:57 (42.0%)	8:21	7.2 (58.5%)
110	WEWIÓR Przemysław	607		M30	54	01:49:11	01:55:16	02:40:17	02:42:15.30	02:42:46.75	+01:08:48 (42.3%)	8:24	7.1 (57.7%)
111	BUJNIAK Sławomir	623		M40	31	01:47:54	01:54:23	02:40:40	02:42:45.45	02:43:09.50	+01:09:11 (42.4%)	8:25	7.1 (57.7%)
112	IWANOWICZ Paweł	764	SZTYWNE MORDY	M30	55	01:50:03	01:56:18	02:41:33	02:43:26.15	02:43:26.15	+01:09:28 (42.5%)	8:28	7.1 (57.7%)
113	FEDOREK Wojtech	847		M50	7	01:46:27	01:52:22	02:41:22	02:43:34.25	02:43:47.90	+01:09:49 (42.6%)	8:28	7.1 (57.7%)
114	FILAK Łukasz	503		M50	8	01:49:44	01:56:03	02:41:20	02:43:23.55	02:43:49.40	+01:09:51 (42.6%)	8:27	7.1 (57.7%)
115	ORĘZIAK Maciej	709	NAPORA Adam	M40	32	01:51:24	01:57:22	02:41:47	02:43:36.55	02:44:21.15	+01:10:23 (42.8%)	8:28	7.1 (57.7%)
116	NAPORA Adam	884		M50	9	01:53:56	02:00:10	02:43:42	02:45:49.75	02:46:06.75	+01:12:08 (43.4%)	8:35	7 (56.9%)
117	LIPSKI Dawid	809		M20	20	01:55:37	02:01:25	02:44:00	02:45:43.30	02:46:16.50	+01:12:18 (43.5%)	8:35	7 (56.9%)
118	ŚMIETANKA Łukasz	762	SZYMAŃSKI Grzegorz	M40	33	01:50:32	01:56:21	02:44:02	02:46:04.50	02:46:34.50	+01:12:36 (43.6%)	8:36	7 (56.9%)
119	SZYMAŃSKI Grzegorz	897		M30	56	01:53:03	01:58:56	02:44:25	02:46:25.80	02:46:35.40	+01:12:37 (43.6%)	8:37	7 (56.9%)
120	WERBIŃSKI Tomasz	679		M30	57	01:52:07	01:58:22	02:44:08	02:46:19.65	02:46:47.90	+01:12:49 (43.7%)	8:37	7 (56.9%)
121	JANUSZ Paweł	795	KAZIMIERZ UCHEREK	M40	34	01:50:09	01:56:51	02:46:06	02:48:00.10	02:48:07.00	+01:14:09 (44.1%)	8:42	6.9 (56.1%)
122	UCHEREK Kazimierz	555		M50	10	01:54:51	02:01:17	02:45:40	02:47:48.20	02:48:10.20	+01:14:12 (44.1%)	8:41	6.9 (56.1%)
123	NIKLEWSKI Paweł	676		M40	35	01:49:50	01:56:56	02:46:35	02:48:36.40	02:48:44.80	+01:14:46 (44.3%)	8:44	6.9 (56.1%)
124	NIKLEWSKI Michał	673	KB WARTKO	M30	58	01:49:08	01:56:02	02:46:43	02:48:53.75	02:49:01.10	+01:15:03 (44.4%)	8:45	6.9 (56.1%)
125	ROŻEK Janusz	733		M70	1	01:55:52	02:01:54	02:46:42	02:48:46.15	02:49:18.45	+01:15:20 (44.5%)	8:44	6.9 (56.1%)
126	CHOŁODY Łukasz	814		M40	36	01:49:42	01:56:05	02:47:14	02:49:29.85	02:49:39.75	+01:15:41 (44.6%)	8:46	6.8 (55.3%)
127	MATYSZCZAK Krzysztof	565	ZABIERZÓW BIEGA	M40	37	01:51:29	01:57:23	02:47:54	02:49:31.95	02:49:45.45	+01:15:47 (44.6%)	8:46	6.8 (55.3%)
128	APOSTOLSKI Przemysław	602		M30	59	01:56:35	02:03:04	02:48:12	02:49:52.45	02:50:05.30	+01:16:07 (44.8%)	8:48	6.8 (55.3%)
129	TADROWSKI Tomasz	619		M50	11	01:54:07	02:00:38	02:47:34	02:49:29.95	02:50:08.05	+01:16:10 (44.8%)	8:46	6.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km					
130	KLIMCZAK Bogdan	907	SPRINTER.	M30	60	01:49:14	01:55:22	02:47:57	02:50:02.25	02:50:10.85	+01:16:12 (44.8%)	8:48	6.8 (55.3%)
131	NOWAK Michal	789	TOOPLOOX AVERAGE RUNNERS	M30	61	01:56:24	02:02:32	02:48:35	02:50:22.85	02:50:56.35	+01:16:58 (45.0%)	8:49	6.8 (55.3%)
132	ZYCHOWICZ Paweł	728	OTM.B	M40	38	01:51:41	01:58:48	02:50:12	02:52:14.65	02:52:26.30	+01:18:28 (45.5%)	8:55	6.7 (54.5%)
133	CZAJKA Tomasz	588		M40	39	01:56:43	02:03:49	02:50:04	02:52:17.20	02:52:41.50	+01:18:43 (45.6%)	8:55	6.7 (54.5%)
134	SANECKI Rafał	839	CHYŻE WYŻŁY	M40	40	01:54:45	02:00:35	02:50:18	02:52:32.15	02:52:43.95	+01:18:45 (45.6%)	8:56	6.7 (54.5%)
135	WISZNIEWSKI Marek	891		M40	41	01:54:15	02:00:46	02:50:58	02:53:14.85	02:53:53.00	+01:19:55 (46.0%)	8:58	6.7 (54.5%)
136	BARTASUN Patryk	596	BIEGACZE SPECJALNEJ TROSKI	M30	62	02:00:23	02:06:25	02:52:21	02:54:08.20	02:54:44.00	+01:20:46 (46.2%)	9:01	6.7 (54.5%)
137	STANEK Tomasz	829		M50	12	01:52:53	01:59:01	02:51:48	02:54:37.45	02:54:44.80	+01:20:46 (46.2%)	9:02	6.6 (53.7%)
138	SŁUPSKI Maciej	630		M40	42	01:55:10	02:01:38	02:52:28	02:54:31.55	02:54:50.45	+01:20:52 (46.3%)	9:02	6.6 (53.7%)
139	SATAŁA Michał	516	SIMPLYRUNNER	M30	63	01:56:39	02:04:02	02:52:38	02:54:51.90	02:55:05.50	+01:21:07 (46.3%)	9:03	6.6 (53.7%)
140	RADECKI Wojciech	826	NIEPOŁOMICE BIEGAJĄ	M50	13	01:54:02	02:01:05	02:52:36	02:55:02.90	02:55:20.95	+01:21:22 (46.4%)	9:04	6.6 (53.7%)
141	MATYSIK Mateusz	660		M20	21	01:53:09	02:00:04	02:53:13	02:55:29.70	02:55:34.55	+01:21:36 (46.5%)	9:05	6.6 (53.7%)
142	KROSKA Krzysztof	644	STEPSTONE RUNNING TEAM	M50	14	01:58:31	02:04:39	02:54:10	02:56:16.15	02:56:48.75	+01:22:50 (46.9%)	9:07	6.6 (53.7%)
143	ŻUREK Marcin	621		M40	43	01:58:00	02:04:52	02:55:34	02:57:23.05	02:57:25.95	+01:23:27 (47.0%)	9:11	6.5 (52.8%)
144	SMAGA Antoni	806		M20	22	02:09:03	02:14:17	02:56:18	02:58:00.90	02:58:23.85	+01:24:25 (47.3%)	9:13	6.5 (52.8%)
145	WENARSKI Grzegorz	2168	STAY INSANE	M40	44	02:00:44	02:07:31	02:56:20	02:58:29.75	02:59:02.60	+01:25:04 (47.5%)	9:14	6.5 (52.8%)
146	MYKOWSKI Tadeusz	605	AKTYWNI KOCIEWIACY	M40	45	02:00:55	02:07:41	02:56:51	02:58:45.55	02:59:02.90	+01:25:04 (47.5%)	9:15	6.5 (52.8%)
147	MAJKOWSKI Tomasz	929	AKTYWNI KOCIEWIACY	M30	64	02:00:57	02:07:42	02:56:54	02:58:48.00	02:59:03.45	+01:25:05 (47.5%)	9:15	6.5 (52.8%)
148	MILC Szymon	811	ULTRA WYJADACZE WYDZIAŁ ZAMIEJSCOWY	M40	46	01:56:23	02:03:35	02:56:55	02:59:13.70	02:59:53.35	+01:25:55 (47.8%)	9:17	6.5 (52.8%)
149	ZYCHOWICZ Tomasz	928		M40	47	01:55:58	02:02:50	02:57:05	02:59:24.25	03:00:09.75	+01:26:11 (47.8%)	9:17	6.5 (52.8%)
150	SOSIN Dawid	914	ACCENTURE	M20	23	01:59:17	02:05:27	02:58:38	03:00:36.65	03:00:59.80	+01:27:01 (48.1%)	9:21	6.4 (52.0%)
151	FUTA Grzegorz	677		M40	48	02:03:16	02:09:54	02:58:48	03:00:43.90	03:01:24.80	+01:27:26 (48.2%)	9:21	6.4 (52.0%)
152	MRÓZ Artur	702	PĘDZĄCE LENIWCE	M40	49	02:14:49	02:20:18	02:59:52	03:01:49.40	03:02:05.90	+01:28:07 (48.4%)	9:25	6.4 (52.0%)
153	GROCHOWSKI Piotr	869		M50	15	01:58:05	02:04:58	02:59:43	03:01:49.70	03:02:18.05	+01:28:20 (48.5%)	9:25	6.4 (52.0%)
154	GECOW Marcin	765		M30	65	02:01:57	02:09:12	03:00:09	03:02:13.55	03:02:56.10	+01:28:58 (48.6%)	9:26	6.4 (52.0%)
155	WOLEK Jerzy	836		M60	2	02:00:22	02:06:48	03:00:53	03:03:16.90	03:03:26.20	+01:29:28 (48.8%)	9:29	6.3 (51.2%)
156	MUSIAŁEK Karol	699	NIEPOŁOMICE BIEGAJĄ	M30	66	01:56:36	02:03:44	03:00:34	03:03:08.90	03:03:32.40	+01:29:34 (48.8%)	9:29	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km					
157	KAMIŃSKI Łukasz	2879		M30	67	01:57:26	02:04:17	03:00:42	03:02:47.85	03:03:35.70	+01:29:37 (48.8%)	9:28	6.3 (51.2%)
158	WOJNAR Paweł	1780		M30	68	02:03:40	02:11:52	03:02:12	03:04:00.00	03:04:47.05	+01:30:49 (49.1%)	9:32	6.3 (51.2%)
159	ZYCH Jaromir	701		M40	50	01:58:53	02:05:39	03:01:20	03:04:06.45	03:04:52.60	+01:30:54 (49.2%)	9:32	6.3 (51.2%)
160	GROCHOWICZ Robert	746		M40	51	02:03:15	02:09:30	03:02:35	03:04:53.75	03:04:53.75	+01:30:55 (49.2%)	9:34	6.3 (51.2%)
161	GALEK Michał	638		M30	69	02:00:54	02:07:33	03:02:41	03:04:51.85	03:04:54.40	+01:30:56 (49.2%)	9:34	6.3 (51.2%)
162	ANDRUSZKÓW Piotr	761		M40	52	02:01:50	02:08:40	03:02:40	03:04:54.85	03:05:23.45	+01:31:25 (49.3%)	9:34	6.3 (51.2%)
163	KOZIAR Michał	922		M20	24	02:04:47	02:11:17	03:03:21	03:05:31.80	03:05:52.85	+01:31:54 (49.4%)	9:36	6.2 (50.4%)
164	MARCHEWKA Grzegorz	724		M30	70	02:00:56	02:06:58	03:03:17	03:05:36.25	03:05:59.85	+01:32:01 (49.5%)	9:36	6.2 (50.4%)
165	BONDAR Paweł	631		M30	71	02:04:07	02:11:56	03:04:36	03:06:47.60	03:07:17.50	+01:33:19 (49.8%)	9:40	6.2 (50.4%)
166	KUŁAKOWSKI Grzegorz	779		M40	53	02:07:36	02:14:20	03:04:52	03:07:05.10	03:07:28.50	+01:33:30 (49.9%)	9:41	6.2 (50.4%)
167	MISIŃSKI Paweł	685		M40	54	02:05:07	02:12:11	03:04:38	03:06:49.85	03:07:31.95	+01:33:33 (49.9%)	9:40	6.2 (50.4%)
168	HAMERA Łukasz	545		M40	55	02:01:54	02:08:34	03:04:51	03:07:18.65	03:07:39.10	+01:33:41 (49.9%)	9:42	6.2 (50.4%)
169	KĄDZIELA Marcin	544		M40	56	02:01:56	02:08:34	03:04:53	03:07:20.40	03:07:39.20	+01:33:41 (49.9%)	9:42	6.2 (50.4%)
170	WOŁYNIEC Paweł	705	BIEGACZE SPECJALNEJ TROSKI	M40	57	02:02:10	02:08:41	03:04:59	03:07:10.65	03:07:43.60	+01:33:45 (49.9%)	9:41	6.2 (50.4%)
171	MIHOK Imrich	925	O5 BK FURČČA KOŠICE	M60	3	02:03:15	02:10:11	03:05:25	03:07:45.50	03:07:49.30	+01:33:51 (50.0%)	9:43	6.2 (50.4%)
172	GAIK Andrzej	2876	BRAK	M40	58	02:05:06	02:12:09	03:05:42	03:07:43.35	03:08:26.80	+01:34:28 (50.1%)	9:43	6.2 (50.4%)
173	KOWALIK Grzegorz	590	RUNOWO RANGERS	M50	16	01:59:35	02:06:46	03:07:21	03:09:52.85	03:10:14.10	+01:36:16 (50.6%)	9:50	6.1 (49.6%)
174	FRĄCZEK Marcin	635	IGT	M40	59	02:09:41	02:16:38	03:08:25	03:10:28.40	03:10:28.40	+01:36:30 (50.7%)	9:52	6.1 (49.6%)
175	MROCKOWSKI Zygmunt	653		M40	60	02:04:43	02:12:10	03:07:53	03:10:11.60	03:10:32.60	+01:36:34 (50.7%)	9:51	6.1 (49.6%)
176	SEMPRUCH Witold	725		M20	25	02:05:40	02:12:24	03:07:39	03:09:54.55	03:10:37.20	+01:36:39 (50.7%)	9:50	6.1 (49.6%)
177	BIENIAS Rafał	568	.	M50	17	02:08:53	02:15:16	03:08:22	03:10:52.40	03:11:19.35	+01:37:21 (50.9%)	9:53	6.1 (49.6%)
178	SZUBRYT Andrzej	680		M40	61	02:05:17	02:12:08	03:07:57	03:10:52.15	03:11:34.95	+01:37:36 (51.0%)	9:53	6.1 (49.6%)
179	MAJDYŚ Wojciech	784		M50	18	02:10:10	02:16:39	03:09:04	03:11:34.80	03:12:09.90	+01:38:11 (51.1%)	9:55	6 (48.8%)
180	ŁUCZAK Michał	851	RAK'N'ROLL	M40	62	02:06:06	02:13:21	03:09:33	03:12:09.20	03:12:48.70	+01:38:50 (51.3%)	9:57	6 (48.8%)
181	MICHALSKI Mateusz	557	SŁOŃCA JURY	M20	26	02:04:14	02:11:47	03:11:17	03:14:01.50	03:14:08.50	+01:40:10 (51.6%)	10:03	6 (48.8%)
182	ZAPAŚNIK Michał	786		M40	63	02:12:56	02:19:11	03:11:52	03:13:48.45	03:14:25.90	+01:40:27 (51.7%)	10:02	6 (48.8%)
183	MAKOWSKI Marcin	574		M40	64	02:03:45	02:12:26	03:11:59	03:14:14.65	03:14:40.20	+01:40:42 (51.7%)	10:03	6 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km					
184	KLAMBOROWSKI Artur	715		M30	72	02:11:30	02:18:26	03:12:00	03:14:09.05	03:14:49.70	+01:40:51 (51.8%)	10:03	6 (48.8%)
185	BIELECKI Tomasz	2170	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	M40	65	02:13:47	02:21:21	03:12:29	03:14:47.50	03:14:57.10	+01:40:59 (51.8%)	10:05	5.9 (48.0%)
186	WIATRÓW Marcin	754		M40	66	02:05:06	02:11:24	03:13:25	03:15:42.05	03:16:30.60	+01:42:32 (52.2%)	10:08	5.9 (48.0%)
187	SIWADŁO Augustyn	521		M40	67	02:11:58	02:18:43	03:13:43	03:16:03.45	03:16:35.15	+01:42:37 (52.2%)	10:09	5.9 (48.0%)
188	AUGUSTYNOWICZ Andrzej	697	RCI BYDGOSZCZ	M50	19	02:12:32	02:19:03	03:13:59	03:16:39.05	03:17:18.65	+01:43:20 (52.4%)	10:11	5.9 (48.0%)
189	GRZESZCZYK Michał	757	EKOBIEGI	M40	68	02:10:20	02:17:16	03:14:42	03:17:18.45	03:17:30.70	+01:43:32 (52.4%)	10:13	5.9 (48.0%)
190	SOKOŁOWSKI Piotr	541		M40	69	02:10:49	02:18:16	03:14:51	03:17:24.75	03:17:53.95	+01:43:55 (52.5%)	10:13	5.9 (48.0%)
191	KULKA Sergiusz	804		M40	70	02:12:37	02:19:10	03:14:44	03:17:08.35	03:17:58.35	+01:44:00 (52.5%)	10:12	5.9 (48.0%)
192	SAMBORSKI Marcin	576		M40	71	02:13:50	02:21:12	03:15:22	03:17:51.10	03:18:32.25	+01:44:34 (52.7%)	10:15	5.9 (48.0%)
193	SITEK Dariusz	825		M20	27	02:10:12	02:16:31	03:17:09	03:19:34.70	03:20:04.10	+01:46:06 (53.0%)	10:20	5.8 (47.2%)
194	JUZASZEK Maciej	688		M30	73	02:17:14	02:24:33	03:18:21	03:20:39.50	03:20:45.60	+01:46:47 (53.2%)	10:23	5.8 (47.2%)
195	POLCZYK Bartosz	532		M20	28	02:11:17	02:18:12	03:19:48	03:22:06.05	03:22:16.70	+01:48:18 (53.5%)	10:28	5.7 (46.3%)
196	CHĄDZYŃSKI Marcin	509	NAPRZÓD MŁOCINY	M40	72	02:09:06	02:15:46	03:19:26	03:22:00.90	03:22:28.65	+01:48:30 (53.6%)	10:27	5.7 (46.3%)
197	STASZCZYK Michał	882		M30	74	02:16:19	02:23:19	03:20:40	03:22:41.60	03:22:41.60	+01:48:43 (53.6%)	10:30	5.7 (46.3%)
198	STAL Waldemar	790	TOOPLOOX AVERAGE RUNNERS	M30	75	02:14:49	02:22:05	03:20:26	03:23:13.40	03:23:48.40	+01:49:50 (53.9%)	10:31	5.7 (46.3%)
199	OBERSZTYN Marcin	718		M40	73	02:14:26	02:21:36	03:20:46	03:23:16.10	03:23:53.55	+01:49:55 (53.9%)	10:31	5.7 (46.3%)
200	PAWLIK Wojciech	711		M30	76	02:12:07	02:19:32	03:20:54	03:23:31.35	03:24:14.95	+01:50:16 (54.0%)	10:32	5.7 (46.3%)
201	NEUMANN Piotr	2169		M30	77	02:12:06	02:19:50	03:20:57	03:23:30.70	03:24:15.10	+01:50:17 (54.0%)	10:32	5.7 (46.3%)
202	BALNER Sebastian	898	CZARNA TĘCZA	M50	20	02:14:37	02:22:04	03:22:04	03:24:38.40	03:24:44.35	+01:50:46 (54.1%)	10:36	5.7 (46.3%)
203	DOBIECH Dominik	800	SŁOŃCA JURY	M20	29	02:18:55	02:27:06	03:22:52	03:24:50.20	03:24:56.15	+01:50:58 (54.1%)	10:36	5.7 (46.3%)
204	CHERVET Cedric	542		M40	74	02:11:39	02:19:35	03:23:18	03:25:43.00	03:26:29.65	+01:52:31 (54.5%)	10:39	5.6 (45.5%)
205	PERLAN Robert	547	LESZNO TEAM	M40	75	02:18:29	02:26:45	03:24:02	03:26:22.15	03:26:39.40	+01:52:41 (54.5%)	10:41	5.6 (45.5%)
206	TYLMAN Radosław	546		M30	78	02:16:09	02:23:24	03:23:52	03:26:23.25	03:27:15.70	+01:53:17 (54.7%)	10:41	5.6 (45.5%)
207	ADAMKIEWICZ Łukasz	612		M30	79	02:23:25	02:31:11	03:25:57	03:28:26.40	03:29:01.80	+01:55:03 (55.0%)	10:47	5.6 (45.5%)
208	KALITOWSKI Maciej	730		M40	76	02:27:40	02:35:24	03:26:57	03:29:00.10	03:29:25.00	+01:55:27 (55.1%)	10:49	5.5 (44.7%)
209	ŚLUSARCZYK Tomek	1630		M40	77	02:17:30	02:28:52	03:27:34	03:29:50.50	03:30:17.15	+01:56:19 (55.3%)	10:52	5.5 (44.7%)
210	JASIŃSKI Ireneusz	113	WWW.EKOIDEA.SKLEP.PL	M40	78	02:27:42	02:34:09	03:29:06	03:31:17.60	03:31:43.25	+01:57:45 (55.6%)	10:56	5.5 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km					
211	STRZELCZYK Paweł	838	CC 1916	M40	79	02:27:52	02:35:34	03:31:03	03:33:07.55	03:33:35.80	+01:59:37 (56.0%)	11:02	5.4 (43.9%)
212	RADŁOWSKI Szymon	564		M30	80	02:20:17	02:27:54	03:31:26	03:34:10.80	03:34:37.60	+02:00:39 (56.2%)	11:05	5.4 (43.9%)
213	MAJERSKI Michał	683		M40	80	02:28:45	02:36:36	03:33:31	03:35:57.70	03:36:46.60	+02:02:48 (56.7%)	11:11	5.4 (43.9%)
214	OTREBNIK Artur	831		M20	30	02:24:08	02:32:51	03:35:32	03:37:51.75	03:38:20.45	+02:04:22 (57.0%)	11:17	5.3 (43.1%)
215	ZAŃ Marcin	862		M30	81	02:23:11	02:30:21	03:36:36	03:39:10.80	03:39:49.50	+02:05:51 (57.3%)	11:21	5.3 (43.1%)
216	GAWRYŁKOWICZ Marcin	527		M40	81	02:27:58	02:35:11	03:37:24	03:39:56.55	03:40:31.35	+02:06:33 (57.4%)	11:23	5.3 (43.1%)
217	PRĄTNICKI Mariusz	1993	KUJAWSCY RUNNERS	M40	82	02:28:28	02:32:06	03:38:40	03:40:55.95	03:41:20.85	+02:07:22 (57.5%)	11:26	5.2 (42.3%)
218	ZAGAJEWSKI Przemysław	813	KUJAWSCY RUNNERS	M40	83	02:28:59	02:37:20	03:38:42	03:40:56.20	03:41:21.10	+02:07:23 (57.5%)	11:26	5.2 (42.3%)
219	STAŃCZYK Łukasz	656		M40	84	02:20:54	02:31:07	03:39:16	03:41:56.85	03:42:17.55	+02:08:19 (57.7%)	11:29	5.2 (42.3%)
220	LUTOSTAŃSKI Adam	600		M30	82	02:27:57	02:35:00	03:39:44	03:42:23.40	03:42:58.55	+02:09:00 (57.9%)	11:31	5.2 (42.3%)
221	PAŻIK Sławomir	717		M50	21	02:27:34	02:36:36	03:41:19	03:43:45.05	03:44:36.40	+02:10:38 (58.2%)	11:35	5.2 (42.3%)
222	ZWIERZCHOWSKI Maciej	934	KUŹNIA TRIATHLONU	M40	85	02:27:41	02:36:30	03:44:11	03:46:35.25	03:47:11.05	+02:13:13 (58.6%)	11:44	5.1 (41.5%)
223	STRAMEK Łukasz	916	HUSKY W PASKI	M30	83	02:35:02	02:43:31	03:45:21	03:47:22.50	03:47:35.50	+02:13:37 (58.7%)	11:46	5.1 (41.5%)
224	TOMASZEWSKI Tymon	703	ŚLĘZAK TEAM	M20	31	02:32:20	02:41:53	03:45:46	03:48:11.70	03:48:48.35	+02:14:50 (58.9%)	11:49	5.1 (41.5%)
225	OSIPOWICZ Kamil	920		M30	84	02:37:00	02:45:22	03:47:05	03:49:44.20	03:49:53.10	+02:15:55 (59.1%)	11:54	5 (40.7%)
226	PIETKIEWICZ Adam	850		M40	86	02:28:23	02:36:35	03:49:00	03:51:33.50	03:51:47.45	+02:17:49 (59.5%)	11:59	5 (40.7%)
227	TWARDOWSKI Wojciech	543	RUN BYDGOSZCZ	M50	22	02:33:29	02:40:37	03:50:10	03:53:10.50	03:53:41.55	+02:19:43 (59.8%)	12:04	5 (40.7%)
228	PARANDYK Krystian	2874	NADARZYN BIEGA / MCBIEGACZE	M30	85	02:38:23	02:46:18	03:52:44	03:55:11.80	03:55:30.95	+02:21:32 (60.1%)	12:11	4.9 (39.8%)
229	POGORZELSKI Adam	752		M30	86	02:31:27	02:39:22	03:52:35	03:55:29.50	03:56:14.20	+02:22:16 (60.2%)	12:12	4.9 (39.8%)
230	CĘCELEWSKI Jarosław	2414		M50	23	02:32:50	02:47:00	03:56:27	03:58:49.60	03:59:33.60	+02:25:35 (60.8%)	12:22	4.8 (39.0%)
231	ŁUJ Michał	743		M50	24	02:41:50	02:51:14	04:05:19	04:07:42.45	04:08:02.25	+02:34:04 (62.1%)	12:50	4.7 (38.2%)
232	ZALEWSKI Cezary	625	PĘDZĄCE LENIWCE	M40	87	02:46:05	02:55:08	04:06:38	04:09:53.15	04:10:10.85	+02:36:12 (62.4%)	12:56	4.6 (37.4%)
233	SKUBISZA Andrzej	637		M50	25	03:01:02	03:11:08	04:33:15	04:36:19.80	04:37:05.30	+03:03:07 (66.1%)	14:19	4.2 (34.1%)
Przekroczony limit czasu: 05:00:00													
234	BALLEK Vladimir	599	NW PREŠOV - SKALITE	M60	4	03:29:35	03:40:42	05:18:52	05:23:03.65	05:23:08.05	+03:49:10 (70.9%)	16:44	3.6 (29.3%)
235	KULLA Milan	585	LK METROPOL KOŠICE	M60	5	03:29:41	03:40:51	05:18:53	05:23:04.90	05:23:08.30	+03:49:10 (70.9%)	16:44	3.6 (29.3%)
236	OLEKSY Jarosław	2331	KS LIMANOWA FORREST	M60	6	03:36:33	03:44:47	05:28:06	05:37:01.80	05:37:51.50	+04:03:53 (72.2%)	17:27	3.4 (27.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia1 12.9km	Premia2 13.4km	18.8km	Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
237	NIZIOŁ Marian	634		M60	7	03:36:36	03:46:21	05:29:15	05:37:02.90	05:37:53.40	+04:03:55 (72.2%)	17:27	3.4 (27.6%)
238	MOON Saemaro	165		M30	87	04:08:59	04:21:50	05:56:20	05:58:54.60	05:59:34.40	+04:25:36 (73.9%)	18:35	3.2 (26.0%)
	BIEDA Maciej	933	#GH	M30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 239 wynik(ów)