



BIEG RZEŹNIKA

DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 11 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	JAKUBIK Marcin	3384	MKS HALICZ PSG KROŚCIENKO	M30	1		01:01:42.15		5:36	10.7 (100%)
2	CHOJNACKI Wiktor	3429		M30	2		01:03:39.80	+00:01:57 (3.1%)	5:47	10.4 (97.2%)
3	MULARCZYK Paweł	3261	GRUPA JURA'PL	M30	3	00:03:50	01:04:01.50	+00:02:19 (3.6%)	5:28	11 (102.8%)
4	KOWALIK Marcin	3476	PGE RUN OBRÓT	M30	4		01:04:12.10	+00:02:29 (3.9%)	5:50	10.3 (96.3%)
5	PERYKASZA Paweł	3229	GRUPALUKTRANS.PL	M40	1		01:04:12.15	+00:02:30 (3.9%)	5:50	10.3 (96.3%)
6	GÓROWSKI Mateusz	3660	GOPR BIESZCZADY/KAGB	M30	5		01:04:17.40	+00:02:35 (4.0%)	5:50	10.3 (96.3%)
7	JARMOLIŃSKI Piotr	3655		M40	2		01:04:41.15	+00:02:59 (4.6%)	5:52	10.2 (95.3%)
8	SROKA Jakub	3066		M20	1		01:05:47.10	+00:04:04 (6.2%)	5:58	10 (93.5%)
9	SABAT Sebastian	3498		M20	2		01:06:25.50	+00:04:43 (7.1%)	6:02	9.9 (92.5%)
10	ZAWADZKI Marcin	3515	SZCZWANY TRZMIEL TEAM	M30	6		01:07:09.05	+00:05:26 (8.1%)	6:06	9.8 (91.6%)
11	SZYDŁAK Dariusz	3541	RZESZOWSKA AKADEMIA KOLARSKA	M30	7		01:07:56.05	+00:06:13 (9.2%)	6:10	9.7 (90.7%)
12	GÓRYŃSKI Rafał	3636		M30	8		01:08:10.00	+00:06:27 (9.5%)	6:11	9.7 (90.7%)
13	GILARSKI Rafał	3375	PRO300_PROJECTDISCIPLINE	M30	9		01:09:58.65	+00:08:16 (11.8%)	6:21	9.4 (87.9%)
14	BARANOWSKI Jacek	3110	JACEKBIEGA RUNNING TEAM	M40	3		01:10:03.80	+00:08:21 (11.9%)	6:22	9.4 (87.9%)
15	TUSZYŃSKI Zygmunt	3479	PGE RUN OBRÓT	M30	10		01:10:13.60	+00:08:31 (12.1%)	6:23	9.4 (87.9%)
16	JÓZWIAK Piotr	3462	KITA TEAM	M40	4		01:10:56.00	+00:09:13 (13.0%)	6:26	9.3 (86.9%)
17	BASAŁ Marek	3557	GINGER POWER	M30	11		01:10:58.55	+00:09:16 (13.1%)	6:27	9.3 (86.9%)
18	ZĄBCZYŃSKI Dominik	3606	ALPIN SPORT HOKA ONE ONE TEAM	M50	1		01:12:04.75	+00:10:22 (14.4%)	6:33	9.2 (86.0%)
19	BEREZOWSKI Waldemar	3481	PGE RUN OBRÓT	M40	5		01:12:29.20	+00:10:47 (14.9%)	6:35	9.1 (85.0%)
20	STAWIARZ Paweł	3572	140MINUT.PL	M30	12		01:12:48.65	+00:11:06 (15.3%)	6:37	9.1 (85.0%)
21	KARCZ Grzegorz	3582	BĘDUSKA BRYGADA BIEGOWA	M30	13		01:12:50.55	+00:11:08 (15.3%)	6:37	9.1 (85.0%)
22	ROGÓZ Jan	3658		M20	3		01:12:58.85	+00:11:16 (15.5%)	6:38	9 (84.1%)
23	LUBAŃSKI Mateusz	3395	KS BARYCZ MILICZ	M30	14		01:13:12.05	+00:11:29 (15.7%)	6:39	9 (84.1%)
24	CYRKLER Rafał	3291	OSTRÓDA RUNNERS	M40	6		01:13:20.25	+00:11:38 (15.9%)	6:40	9 (84.1%)
25	KRUPA Grzegorz	3084		M40	7		01:13:20.80	+00:11:38 (15.9%)	6:40	9 (84.1%)
26	SZWED Tomasz	3159	SUSKA GRUPA BIEGOWA	M30	15		01:13:21.80	+00:11:39 (15.9%)	6:40	9 (84.1%)
27	WEREMKO Grzegorz	3559	MULTIMEDIA RUNNERS PUŁAWY	M40	8		01:13:35.75	+00:11:53 (16.2%)	6:41	9 (84.1%)
28	CIEŚLA Krzysztof	3547		M30	16		01:14:39.45	+00:12:57 (17.4%)	6:47	8.8 (82.2%)
29	KOCIUMBAS Bartosz	3190	KB SOBÓTKA	M40	9		01:14:49.05	+00:13:06 (17.5%)	6:48	8.8 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	CEGIEŁKO Maciej	3243	AZS UMCS LUBLIN	M20	4		01:15:20.70	+00:13:38 (18.1%)	6:50	8.8 (82.2%)
31	JUSZCZAK Mateusz	3022	KB BIAŁA BIEGA	M20	5		01:15:32.35	+00:13:50 (18.3%)	6:52	8.7 (81.3%)
32	UZDEJCZYK Kamil	3419	SOLINA TEAM	M30	17		01:15:57.55	+00:14:15 (18.8%)	6:54	8.7 (81.3%)
33	PIWOŃSKI Adam	3601		M40	10		01:16:08.15	+00:14:26 (19.0%)	6:55	8.7 (81.3%)
34	WOŹNIAK Janusz	3422	PORMAT JEDLICZE BIEGA	M50	2		01:16:12.80	+00:14:30 (19.0%)	6:55	8.7 (81.3%)
35	KRUPA Grzegorz	3570	KB SOBÓTKA	M40	11		01:16:22.70	+00:14:40 (19.2%)	6:56	8.6 (80.4%)
36	NESTOROWICZ Marek	3203	KLUB BIEGACZA JURUND SZCZYTNO	M50	3		01:16:34.50	+00:14:52 (19.4%)	6:57	8.6 (80.4%)
37	GRONIECKI Mikołaj	3427	KTÓRĘDY PO PIWO,)	M40	12		01:16:43.70	+00:15:01 (19.6%)	6:58	8.6 (80.4%)
38	NOWAK Miroslaw	3569	NIE MA	M40	13		01:17:32.00	+00:15:49 (20.4%)	7:02	8.5 (79.4%)
39	WRÓBLEWSKI Michał	3217	WHISKY AFICIONADOS	M30	18		01:17:32.10	+00:15:49 (20.4%)	7:02	8.5 (79.4%)
40	ASŁANOWICZ Marcin	3284	ŻÓRAWSKI TEAM	M40	14		01:18:04.40	+00:16:22 (21.0%)	7:05	8.5 (79.4%)
41	RUSZCZEWSKI Andrzej	3232	VEGE RUNNERS	M30	19		01:18:08.45	+00:16:26 (21.0%)	7:06	8.4 (78.5%)
42	WRÓBLEWSKI Marcin	3100	ROSTI POLSKA	M40	15		01:18:18.90	+00:16:36 (21.2%)	7:07	8.4 (78.5%)
43	STASIAK Włodzimierz	3566	LEANPRO	M30	20		01:18:24.10	+00:16:41 (21.3%)	7:07	8.4 (78.5%)
44	KĘPIŃSKI Andrzej	3028	TEAM ELBLĄG	M40	16		01:18:57.45	+00:17:15 (21.9%)	7:10	8.4 (78.5%)
45	MACKIEWICZ Adam	3434	TEAM ELBLĄG	M40	17		01:18:57.55	+00:17:15 (21.9%)	7:10	8.4 (78.5%)
46	SZKLARSKI Jacek	3562		M40	18		01:19:31.70	+00:17:49 (22.4%)	7:13	8.3 (77.6%)
47	WILK Krzysztof	3093	SARNI TĘTENT	M30	21		01:19:36.40	+00:17:54 (22.5%)	7:14	8.3 (77.6%)
48	MUSIOŁ Michał	3047	SARNI TĘTENT	M30	22		01:19:36.50	+00:17:54 (22.5%)	7:14	8.3 (77.6%)
49	MAZUR Jakub	3494	RUNNERS TEAM	M20	6		01:20:45.50	+00:19:03 (23.6%)	7:20	8.2 (76.6%)
50	KORŻYK Marek	3445		M40	19		01:20:46.40	+00:19:04 (23.6%)	7:20	8.2 (76.6%)
51	ROGÓŻ Rafał	3338		M40	20		01:20:48.80	+00:19:06 (23.6%)	7:20	8.2 (76.6%)
52	CICHOŃ Maciej	3113	42.195 WEJHEROWO	M40	21		01:21:05.80	+00:19:23 (23.9%)	7:22	8.1 (75.7%)
53	GET Maciej	3122	-	M40	22		01:21:06.35	+00:19:24 (23.9%)	7:22	8.1 (75.7%)
54	GÓRNY Dariusz	3595	SŁOŃCA JURY	M40	23		01:21:12.90	+00:19:30 (24.0%)	7:22	8.1 (75.7%)
55	ZIOBRO Tomasz	3573	KGB KROSNO	M40	24		01:21:19.25	+00:19:37 (24.1%)	7:23	8.1 (75.7%)
56	ŚCIBOR Marcin	3574	RUCH IZBICA	M30	23		01:21:21.10	+00:19:38 (24.2%)	7:23	8.1 (75.7%)
57	MOSKOWICZ Stefan	3258		M60	1		01:21:21.45	+00:19:39 (24.2%)	7:23	8.1 (75.7%)
58	LUCJUSZ Krzysztof	3036		M20	7		01:21:25.30	+00:19:43 (24.2%)	7:24	8.1 (75.7%)
59	KOT Krzysztof	3222	MPK - RZESZÓW	M40	25		01:21:55.60	+00:20:13 (24.7%)	7:26	8.1 (75.7%)
60	WYSOGLĄD Henryk	3581	HIT THE TRAIL/SIŁOWNIA AQUA FITNESS	M50	4		01:21:55.80	+00:20:13 (24.7%)	7:26	8.1 (75.7%)
61	SITEK Arkadiusz	3233	AKTYWNI WĘGRÓW	M40	26		01:22:06.65	+00:20:24 (24.9%)	7:27	8 (74.8%)
62	BOROWSKI Tomasz	3461	MTS HAMER	M50	5		01:22:08.85	+00:20:26 (24.9%)	7:28	8 (74.8%)
63	LASEK Leszek	3313	KALLIPSO RUNERS TEAM	M50	6		01:22:14.60	+00:20:32 (25.0%)	7:28	8 (74.8%)
64	CEGIEŁKO Paweł	3242	NIE NALEŻĘ DO KLUBU	M40	27		01:22:16.30	+00:20:34 (25.0%)	7:28	8 (74.8%)
65	LASKOWSKI Paweł	3314		M30	24		01:22:19.00	+00:20:36 (25.0%)	7:29	8 (74.8%)
66	ODWROT Hubert	3439	3:33 TEAM	M50	7		01:22:19.35	+00:20:37 (25.0%)	7:29	8 (74.8%)
67	STAROBRAT Arkadiusz	3182	ALETEMPO	M50	8		01:22:36.85	+00:20:54 (25.3%)	7:30	8 (74.8%)
68	WRÓBEL Jakub	3488	TROMBIKI	M30	25		01:23:02.10	+00:21:19 (25.7%)	7:32	7.9 (73.8%)
69	FILIPEK Mariusz	3118		M20	8		01:24:28.30	+00:22:46 (27.0%)	7:40	7.8 (72.9%)
70	TAMBORSKI Grzegorz	3161		M30	26		01:24:44.65	+00:23:02 (27.2%)	7:42	7.8 (72.9%)
71	ŚLIWIŃSKI Andrzej	3443		M60	2		01:24:56.75	+00:23:14 (27.4%)	7:43	7.8 (72.9%)
72	PODLEŚ Robert	3057	COBI POLAND TEAM	M50	9		01:25:06.35	+00:23:24 (27.5%)	7:44	7.8 (72.9%)
73	CHORZĘPA Jakub	3003		M40	28		01:25:26.40	+00:23:44 (27.8%)	7:46	7.7 (72.0%)

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74	UJMA Stanisław	3605		M60	3		01:25:44.45	+00:24:02 (28.0%)	7:47	7.7 (72.0%)
75	DOMKA Michał	3453	REZERWOWE PSY	M40	29		01:26:17.60	+00:24:35 (28.5%)	7:50	7.6 (71.0%)
76	LIPIŃSKI Paweł	3484		M30	27		01:27:08.80	+00:25:26 (29.2%)	7:55	7.6 (71.0%)
76	LASOTA Grzegorz	3176		M30	27		01:27:08.80	+00:25:26 (29.2%)	7:55	7.6 (71.0%)
78	TWORZYDŁO Paweł	3514	RĄCZY JELEŃ	M40	30		01:27:15.75	+00:25:33 (29.3%)	7:55	7.6 (71.0%)
79	FILIPOWSKI Rafał	3006	FILIPRUNTEAM	M40	31		01:27:41.35	+00:25:59 (29.6%)	7:58	7.5 (70.1%)
80	KOWALIK Jan	3031		M60	4		01:27:51.00	+00:26:08 (29.8%)	7:59	7.5 (70.1%)
81	STACH Jacek	3444		M40	32		01:28:01.55	+00:26:19 (29.9%)	8:00	7.5 (70.1%)
81	SUDAKOWSKI Bartłomiej	3348	COCONUT TEAM	M20	9		01:28:01.55	+00:26:19 (29.9%)	8:00	7.5 (70.1%)
83	GŁOWACKI Andrzej	3220	MŁODY VS STARY	M50	10		01:28:10.65	+00:26:28 (30.0%)	8:00	7.5 (70.1%)
84	MOJSKI Adam	3600	OTK RZEŹNIK	M30	29		01:28:42.80	+00:27:00 (30.4%)	8:03	7.4 (69.2%)
85	SOBALA Maksymilian	3644	RK ATHLETICS	M20	10		01:28:43.60	+00:27:01 (30.5%)	8:03	7.4 (69.2%)
86	KORZENIOWSKI Robert	3664	RK ATHLETICS	M50	11		01:28:44.30	+00:27:02 (30.5%)	8:04	7.4 (69.2%)
87	RAK Wojciech	3149	SII RUNNING TEAM	M30	30		01:28:44.50	+00:27:02 (30.5%)	8:04	7.4 (69.2%)
88	BLOK Tomasz	3363		M40	33		01:28:54.15	+00:27:12 (30.6%)	8:04	7.4 (69.2%)
89	SWEENEY Keith	3416		M30	31		01:28:54.50	+00:27:12 (30.6%)	8:04	7.4 (69.2%)
90	PUTYRA Damian	3148		M20	11		01:28:59.80	+00:27:17 (30.7%)	8:05	7.4 (69.2%)
91	PIECHOWSKI Wiesiek	3267		M40	34		01:29:04.30	+00:27:22 (30.7%)	8:05	7.4 (69.2%)
92	MATULSKI Artek	3039		M50	12		01:29:53.65	+00:28:11 (31.4%)	8:10	7.3 (68.2%)
93	GOSZTYŁA Tomasz	3014		M40	35		01:30:20.15	+00:28:38 (31.7%)	8:12	7.3 (68.2%)
94	GRADOWSKI Piotrek	3015		M40	36		01:30:23.70	+00:28:41 (31.7%)	8:13	7.3 (68.2%)
95	MATYSIAK Michał	3532	KOPALNIA MOCY TARNOBRZEG	M30	32		01:30:33.85	+00:28:51 (31.9%)	8:13	7.3 (68.2%)
96	POPOWICZ Kamil	3549		M30	33		01:30:51.10	+00:29:08 (32.1%)	8:15	7.3 (68.2%)
97	CHWALISZ Włodek	3438	3:33 TEAM	M50	13		01:30:59.25	+00:29:17 (32.2%)	8:16	7.3 (68.2%)
98	KOT Rafał	3460	LEDLENSER // MUAY RUNNING TEAM	M40	37		01:31:18.65	+00:29:36 (32.4%)	8:18	7.2 (67.3%)
99	HOŁODY Bartłomiej	3018	PNIOWSKI KLUB SPORTOWY	M20	12		01:31:48.75	+00:30:06 (32.8%)	8:20	7.2 (67.3%)
100	WALCZAK Paweł	3511		M40	38		01:31:56.50	+00:30:14 (32.9%)	8:21	7.2 (67.3%)
101	MUMOT Dariusz	3137		M40	39		01:32:14.30	+00:30:32 (33.1%)	8:23	7.2 (67.3%)
102	CHLEBIŃSKI Maciej	3290	RZESZOWSKIE GAZELE I GEPARDY	M30	34		01:32:31.15	+00:30:49 (33.3%)	8:24	7.1 (66.4%)
103	KORZENIOWSKI Xawery	3663	RK ATHLETICS	M20	13		01:32:44.60	+00:31:02 (33.5%)	8:25	7.1 (66.4%)
104	ROGUZIŃSKI Radosław	3061	RDX	M30	35		01:32:50.60	+00:31:08 (33.5%)	8:26	7.1 (66.4%)
105	CZEKALSKI Mariusz	3501		M40	40		01:32:55.40	+00:31:13 (33.6%)	8:26	7.1 (66.4%)
106	GRABOWICZ Mirosław	3378	SOKÓLSKA GRUPA BIEGOWA	M50	14		01:32:57.20	+00:31:15 (33.6%)	8:27	7.1 (66.4%)
107	JAGODA Mateusz	3561	FUCHS OIL TEAM	M20	14		01:33:16.70	+00:31:34 (33.9%)	8:28	7.1 (66.4%)
108	SADKOWSKI Paweł	3341		M40	41		01:33:44.65	+00:32:02 (34.2%)	8:31	7 (65.4%)
109	WRÓBEL Bartłomiej	3099	CISNA	M40	42		01:33:50.35	+00:32:08 (34.2%)	8:31	7 (65.4%)
110	POKRYWKA Stefan	3505	OTK RZEŹNIK	M60	5		01:34:12.70	+00:32:30 (34.5%)	8:33	7 (65.4%)
111	MSZANOWSKI Jędrzej	3465	3:33 TEAM	M30	36		01:34:17.75	+00:32:35 (34.6%)	8:34	7 (65.4%)
112	POROWSKI Waldek	3471	KB SOBÓTKA	M40	43		01:34:19.45	+00:32:37 (34.6%)	8:34	7 (65.4%)
113	PODOLAK Zbigniew	3058		M60	6		01:34:35.45	+00:32:53 (34.8%)	8:35	7 (65.4%)
114	KRÓL Maciej	3391	WIRAN TEAM	M40	44		01:34:58.45	+00:33:16 (35.0%)	8:38	6.9 (64.5%)
115	PISINGAS Mariusz	3404	BIEGANIE TO MÓJ TRZEŻWY	M40	45		01:35:00.10	+00:33:17 (35.1%)	8:38	6.9 (64.5%)
116	ŻMIJEWSKI Dariusz	2585		M50	15		01:35:12.55	+00:33:30 (35.2%)	8:39	6.9 (64.5%)
117	PODOLAK Rafał	3268	GLADIATORS BY RMF4RT	M20	15		01:35:27.50	+00:33:45 (35.4%)	8:40	6.9 (64.5%)

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118	EDEL Daniel	3589		M40	46		01:35:44.25	+00:34:02 (35.6%)	8:42	6.9 (64.5%)
119	NAKONIECZNY Jacek	3048	SII RUNNING TEAM	M30	37		01:36:14.75	+00:34:32 (35.9%)	8:44	6.9 (64.5%)
120	DACYK Sylwester	3367	SAINT-GOBAIN SQUAD	M40	47		01:36:24.25	+00:34:42 (36.0%)	8:45	6.8 (63.6%)
121	DOMIN Daniel	3116	MULTIPLIER TEAM	M40	48		01:36:45.20	+00:35:03 (36.2%)	8:47	6.8 (63.6%)
122	NOWAKOWSKI Wiesław	3262	-	M60	7		01:36:46.10	+00:35:03 (36.2%)	8:47	6.8 (63.6%)
123	STAROŃ Tomasz	3411		M20	16		01:36:59.40	+00:35:17 (36.4%)	8:49	6.8 (63.6%)
124	KMIECIK Bartosz	3475		M40	49		01:37:30.25	+00:35:48 (36.7%)	8:51	6.8 (63.6%)
125	TOPOLEWICZ Artur	3085	ROSTI POLSKA	M40	50		01:37:40.90	+00:35:58 (36.8%)	8:52	6.8 (63.6%)
126	MICHALAK Tomasz	3526	DYSTANS LESZNO	M40	51		01:39:03.20	+00:37:21 (37.7%)	9:00	6.7 (62.6%)
127	BEDNARKIEWICZ Jakub	3469		M30	38		01:39:38.00	+00:37:55 (38.1%)	9:03	6.6 (61.7%)
128	SERWATKA Michał	3272	BRACTWO BIEGOWE BGK	M40	52		01:39:40.20	+00:37:58 (38.1%)	9:03	6.6 (61.7%)
129	LUBAŃSKI Robert	3177	BRAK	M50	16		01:39:51.45	+00:38:09 (38.2%)	9:04	6.6 (61.7%)
130	TYKSIŃSKI Rafał	3086	EXPRESSMAP	M40	53		01:39:59.55	+00:38:17 (38.3%)	9:05	6.6 (61.7%)
131	BAŁKOWSKI Olgierd	3524		M20	17		01:40:14.15	+00:38:32 (38.4%)	9:06	6.6 (61.7%)
132	NESTOROWICZ Maksymilian	3049	BIESZCZADZKA WATAHA	M30	39		01:40:14.95	+00:38:32 (38.5%)	9:06	6.6 (61.7%)
133	PADO Michał	3052	BIESZCZADZKA WATAHA MTB	M30	40		01:40:15.75	+00:38:33 (38.5%)	9:06	6.6 (61.7%)
134	POTERA Maciej	3269		M30	41		01:40:34.60	+00:38:52 (38.7%)	9:08	6.6 (61.7%)
135	FIEDORCZUK Łukasz	3186		M40	54		01:40:38.30	+00:38:56 (38.7%)	9:08	6.6 (61.7%)
136	WĘGRZYN Jakub	3164		M20	18		01:40:38.60	+00:38:56 (38.7%)	9:08	6.6 (61.7%)
137	GÓRKA Dariusz	3447		M40	55		01:40:48.65	+00:39:06 (38.8%)	9:09	6.5 (60.7%)
138	KLĘCZAR Igor	3583		M30	42		01:42:19.40	+00:40:37 (39.7%)	9:18	6.5 (60.7%)
139	PILARSKI Kamil	3403		M30	43		01:43:30.65	+00:41:48 (40.4%)	9:24	6.4 (59.8%)
140	BECHTA Damian	3285		M20	19		01:44:18.85	+00:42:36 (40.8%)	9:28	6.3 (58.9%)
141	ŁOBEJKO Arkadiusz	3257		M40	56		01:44:35.30	+00:42:53 (41.0%)	9:30	6.3 (58.9%)
142	MODRAS Stawek	3473		M30	44		01:44:36.80	+00:42:54 (41.0%)	9:30	6.3 (58.9%)
143	GAŁASZKIEWICZ Grzegorz	3120	LINDON TEAM	M40	57		01:44:41.90	+00:42:59 (41.1%)	9:31	6.3 (58.9%)
144	TYMOSZUK Michał	3087	KB BIAŁA BIEGA	M40	58		01:44:48.40	+00:43:06 (41.1%)	9:31	6.3 (58.9%)
145	SOŁGAŁA Tomasz	3596		M40	59		01:45:01.95	+00:43:19 (41.3%)	9:32	6.3 (58.9%)
146	GOLAS Marcin	3588	EXILE	M40	60		01:45:07.45	+00:43:25 (41.3%)	9:33	6.3 (58.9%)
147	ELMINOWSKI Wojciech	3218	ELBLĄG	M50	17		01:45:15.15	+00:43:33 (41.4%)	9:34	6.3 (58.9%)
148	WILAMOWSKI Daniel	3092		M30	45		01:45:19.05	+00:43:36 (41.4%)	9:34	6.3 (58.9%)
149	LENARCZYK Michał	3315		M30	46		01:45:20.70	+00:43:38 (41.4%)	9:34	6.3 (58.9%)
150	BANAJSKI Damian	3441		M30	47		01:45:25.70	+00:43:43 (41.5%)	9:35	6.3 (58.9%)
151	GĘBSKI Sławomir	3013	KKM KALORYFER	M50	18		01:45:26.75	+00:43:44 (41.5%)	9:35	6.3 (58.9%)
152	GŁUCHOWSKI Karol	3299		M30	48		01:45:34.40	+00:43:52 (41.6%)	9:35	6.3 (58.9%)
153	ZALEWSKI Andrzej	3101	TEAM NUTRILITE	M60	8		01:45:38.95	+00:43:56 (41.6%)	9:36	6.2 (57.9%)
154	BANASZAK Paweł	3450		M20	20		01:45:41.00	+00:43:58 (41.6%)	9:36	6.2 (57.9%)
155	DUDEK Arkadiusz	3117		M50	19		01:45:43.60	+00:44:01 (41.6%)	9:36	6.2 (57.9%)
156	KORBIK Łukasz	3310		M30	49		01:45:57.95	+00:44:15 (41.8%)	9:37	6.2 (57.9%)
157	GREŃ Jan	3433		M20	21		01:46:01.90	+00:44:19 (41.8%)	9:38	6.2 (57.9%)
158	TYPIŃSKI Paweł	3352		M20	22		01:46:09.40	+00:44:27 (41.9%)	9:39	6.2 (57.9%)
159	SAR Michał	3271		M40	61		01:46:09.90	+00:44:27 (41.9%)	9:39	6.2 (57.9%)
160	ADAMKIEWICZ Michał	3517	ŁÓDŹRUNCREW/JAKOTEAM	M30	50		01:47:53.25	+00:46:11 (42.8%)	9:48	6.1 (57.0%)
161	DEC Kamil	3577		M20	23		01:48:41.55	+00:46:59 (43.2%)	9:52	6.1 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
162	FOLTA Jan	3008	GRUPA BIEGOWA ZARSZYN	M50	20		01:49:18.65	+00:47:36 (43.6%)	9:56	6 (56.1%)
163	GRZESIAK Grzegorz	3303		M40	62		01:50:43.45	+00:49:01 (44.3%)	10:03	6 (56.1%)
164	GÓRECKI Piotr	3377		M50	21		01:50:59.15	+00:49:17 (44.4%)	10:05	5.9 (55.1%)
165	SZYMCZAK Łukasz	3580	SSW TEAM KROŚNICE	M30	51		01:51:09.85	+00:49:27 (44.5%)	10:06	5.9 (55.1%)
166	WOJTAS Daniel	3603		M40	63		01:51:56.80	+00:50:14 (44.9%)	10:10	5.9 (55.1%)
167	PRZYBYLIK Oktawian	3467	DEKA80	M30	52		01:52:17.80	+00:50:35 (45.1%)	10:12	5.9 (55.1%)
168	WINIARSKI Krystian	3094	BIEGAM W RZESZOWIE	M30	53		01:52:32.15	+00:50:50 (45.2%)	10:13	5.9 (55.1%)
169	KULAK Paweł	3509		M40	64		01:52:54.80	+00:51:12 (45.4%)	10:15	5.8 (54.2%)
170	ZGODA Tomek	3440	3:33 TEAM	M50	22		01:53:02.75	+00:51:20 (45.4%)	10:16	5.8 (54.2%)
171	GÓRKA Bogusław	3123	SUSKA GRUPA BIEGOWA	M40	65		01:53:03.15	+00:51:21 (45.4%)	10:16	5.8 (54.2%)
172	RZYSZKIEWICZ Tomasz	3527	PĘDZĄCE LENIWCE	M40	66		01:53:15.25	+00:51:33 (45.5%)	10:17	5.8 (54.2%)
173	SUDAKOWSKI Patryk	3414	SUDEX PATRYK SUDAKOWSKI	M20	24		01:53:22.40	+00:51:40 (45.6%)	10:18	5.8 (54.2%)
174	KROLAK Krzysztof	3390		M40	67		01:53:54.80	+00:52:12 (45.8%)	10:21	5.8 (54.2%)
175	KLIMKOWICZ Emil	3495		M20	25		01:54:07.70	+00:52:25 (45.9%)	10:22	5.8 (54.2%)
176	GAWRON Jarosław	3121	GERIATRIC ROOM	M40	68		01:54:10.05	+00:52:27 (46.0%)	10:22	5.8 (54.2%)
177	SZYSZŁOW Mateusz	3077		M20	26		01:54:17.25	+00:52:35 (46.0%)	10:23	5.8 (54.2%)
178	RYBIENIK Lech	3064	NIEZRZESZONY	M40	69		01:54:25.05	+00:52:42 (46.1%)	10:24	5.8 (54.2%)
179	PIEKARSKI Paweł	3230	SFORA BMK	M40	70		01:54:29.95	+00:52:47 (46.1%)	10:24	5.8 (54.2%)
180	HERMAN Paweł	3492	MLUKS TRZEBIATÓW	M40	71		01:55:00.05	+00:53:17 (46.3%)	10:27	5.7 (53.3%)
181	GAŁAZIN Tomasz	3297	CASREX	M40	72		01:55:04.00	+00:53:21 (46.4%)	10:27	5.7 (53.3%)
182	OPALIŃSKI Paweł	3265		M30	54		01:55:05.55	+00:53:23 (46.4%)	10:27	5.7 (53.3%)
183	PATRYLAK Rafał	3054	GRUPA BIEGOWA ZARSZYN	M20	27		01:55:24.00	+00:53:41 (46.5%)	10:29	5.7 (53.3%)
184	BŁĘDOWSKI Łukasz	3364		M30	55		01:55:40.35	+00:53:58 (46.7%)	10:30	5.7 (53.3%)
185	IWIŃSKI Adam	3529	SAINT GOBAIN SQUAD	M40	73		01:55:45.00	+00:54:02 (46.7%)	10:31	5.7 (53.3%)
186	KALICIŃSKI Jarosław	3252	ŚLĘZAK TEAM	M30	56		01:56:05.60	+00:54:23 (46.9%)	10:33	5.7 (53.3%)
187	KOCOŃ Mariusz	3506	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	23		01:56:34.00	+00:54:51 (47.1%)	10:35	5.7 (53.3%)
188	POPŁAWSKI Krystian	3405	GLADIATORS BY RMF 4RT	M30	57		01:57:20.35	+00:55:38 (47.4%)	10:40	5.6 (52.3%)
189	RUPIK Piotr	3340	BRAK	M40	74		01:57:25.85	+00:55:43 (47.5%)	10:40	5.6 (52.3%)
190	PRZYBYŁA Krzysztof	3332	ADIDAS RUNNERS WARSAW	M30	58		01:57:26.95	+00:55:44 (47.5%)	10:40	5.6 (52.3%)
191	DĄBKOWSKI Damian	3371	CROSS TRENING MAZOVIA CIECHANÓW	M30	59		01:57:29.65	+00:55:47 (47.5%)	10:40	5.6 (52.3%)
192	SURDAKCI Łukasz	3276	MONKEYS' TEAM	M30	60		01:57:30.95	+00:55:48 (47.5%)	10:40	5.6 (52.3%)
193	CHORZĘPA Wojciech	3442		M30	61		01:58:15.70	+00:56:33 (47.8%)	10:45	5.6 (52.3%)
194	DOMŻOŁ Radosław	3568		M20	28		01:58:17.00	+00:56:34 (47.8%)	10:45	5.6 (52.3%)
195	JÓZWIAK Mikołaj	3448	STG WARSZAWA	M30	62		01:58:29.10	+00:56:46 (47.9%)	10:46	5.6 (52.3%)
196	WYSOCKI Bartosz	3282	KS JANUSZE	M30	63		01:58:35.35	+00:56:53 (48.0%)	10:46	5.6 (52.3%)
197	BĘTKOWSKI Tomasz	3468	CASREX	M40	75		01:59:07.15	+00:57:25 (48.2%)	10:49	5.5 (51.4%)
198	MAĆZKA Bronisław	3521	EXTREMALNE OTK NA RELAKSIE	M60	9		02:00:44.10	+00:59:01 (48.9%)	10:58	5.5 (51.4%)
199	TERLECKI Władysław	3236	MŁODY VS STARY	M40	76		02:00:45.90	+00:59:03 (48.9%)	10:58	5.5 (51.4%)
200	JABŁOŃSKI Jakub	3558	REZERWOWE PSY	M20	29		02:00:55.40	+00:59:13 (49.0%)	10:59	5.5 (51.4%)
201	KOZA Sebastian	3435	SSW TEAM KROŚNICE	M20	30		02:00:55.55	+00:59:13 (49.0%)	10:59	5.5 (51.4%)
202	NAPIERAJ Andrzej	3201		M60	10		02:00:56.30	+00:59:14 (49.0%)	10:59	5.5 (51.4%)
203	KACZYŃSKI Artur	3305		M40	77		02:01:17.15	+00:59:35 (49.1%)	11:01	5.4 (50.5%)
204	KULIKOWSKI Adam	3175		M30	64		02:01:21.95	+00:59:39 (49.2%)	11:01	5.4 (50.5%)
205	CHWASTA Mariusz	3111		M40	78		02:01:59.35	+01:00:17 (49.4%)	11:05	5.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
206	MIELNICZUK Tomasz	3043	PERFECT RUNNER TEAM	M30	65		02:02:23.55	+01:00:41 (49.6%)	11:07	5.4 (50.5%)
207	MIELNICZUK Stanisław	3044	PERFECT RUNNER TEAM	M60	11		02:02:23.70	+01:00:41 (49.6%)	11:07	5.4 (50.5%)
208	SZCZEPKOWSKI Paweł	3212	ARTEQUIPMENT	M60	12		02:03:44.30	+01:02:02 (50.1%)	11:14	5.3 (49.5%)
209	POLAK Mikołaj	3145		M40	79		02:03:57.60	+01:02:15 (50.2%)	11:16	5.3 (49.5%)
210	SŁONIEWSKI Rafał	3181	KADRA MOCNYCH WDRAŻEŃ	M30	66		02:04:04.30	+01:02:22 (50.3%)	11:16	5.3 (49.5%)
211	ARABASZ Paweł	3456		M40	80		02:04:14.10	+01:02:31 (50.3%)	11:17	5.3 (49.5%)
212	BUCIOR Łukasz	3466	AZS POLITECHNIKA LUBELSKA	M20	31		02:05:24.05	+01:03:41 (50.8%)	11:24	5.3 (49.5%)
213	ANDRZEJEWSKI Maciej	3238	KTÓRĘDY PO PIWO	M30	67		02:05:35.70	+01:03:53 (50.9%)	11:25	5.3 (49.5%)
214	RECZEK Sebastian	3151	KS ZIELONO-CZARNI	M40	81		02:05:56.25	+01:04:14 (51.0%)	11:26	5.2 (48.6%)
215	RATOWSKI Marek	3150	PODGÓRZ TORUŃ	M40	82		02:05:57.30	+01:04:15 (51.0%)	11:27	5.2 (48.6%)
216	FRYD Błażej	3172		M30	68		02:06:01.30	+01:04:19 (51.0%)	11:27	5.2 (48.6%)
217	HABA Konrad	3487		M30	69		02:06:40.90	+01:04:58 (51.3%)	11:30	5.2 (48.6%)
218	KWIATKOWSKI Kajetan	3196	SUT - STRASZYN ULTRA TEAM	M30	70		02:06:53.95	+01:05:11 (51.4%)	11:32	5.2 (48.6%)
219	BUZALSKI Robert	3241	ORANGE POLSKA	M40	83		02:07:53.15	+01:06:11 (51.8%)	11:37	5.2 (48.6%)
220	NOWAK Michał	3140		M30	71		02:10:02.20	+01:08:20 (52.5%)	11:49	5.1 (47.7%)
221	STASZCZYK Michał	3346		M30	72		02:10:57.25	+01:09:15 (52.9%)	11:54	5 (46.7%)
222	ZALEWSKI Cezary	3528	PĘDZĄCE LENIWCE	M40	84		02:12:07.15	+01:10:25 (53.3%)	12:00	5 (46.7%)
223	STRZYŻOWSKI Marcin	3542	PĘDZĄCE LENIWCE	M40	85		02:12:07.30	+01:10:25 (53.3%)	12:00	5 (46.7%)
224	DUSZA Łukasz	3004		M30	73		02:12:24.40	+01:10:42 (53.4%)	12:02	5 (46.7%)
225	RĘPAŁSKI Marcin	3153	BRYGADA RR	M40	86		02:12:50.50	+01:11:08 (53.6%)	12:04	5 (46.7%)
226	MIKSZA Karol	3046	CROSSFITTER BOX CHEŁM	M50	24		02:15:17.35	+01:13:35 (54.4%)	12:17	4.9 (45.8%)
227	JAGODA Adam	3383	FUCHS OIL TEAM	M50	25		02:17:04.85	+01:15:22 (55.0%)	12:27	4.8 (44.9%)
228	UCHEREK Kazimierz	3354		M50	26		02:17:53.20	+01:16:11 (55.3%)	12:32	4.8 (44.9%)
229	TWARDUŚ Leszek	3431		M40	87		02:18:04.10	+01:16:21 (55.3%)	12:33	4.8 (44.9%)
230	HELMAN Filip	3126		M20	32		02:18:22.70	+01:16:40 (55.4%)	12:34	4.8 (44.9%)
231	ANDRASZ Paweł	3109		M20	33		02:18:22.95	+01:16:40 (55.4%)	12:34	4.8 (44.9%)
232	NOWAK Karol	3398		M30	74		02:18:34.80	+01:16:52 (55.5%)	12:35	4.8 (44.9%)
233	MARCOL Wojciech	3538		M20	34		02:19:06.85	+01:17:24 (55.6%)	12:38	4.7 (43.9%)
234	SIENKIEWICZ Dariusz	3344	GS TEAM	M30	75		02:20:20.30	+01:18:38 (56.0%)	12:45	4.7 (43.9%)
235	PIOTROWSKI Marek	3548	MORSOWNOCY Z LEGNICY	M50	27		02:20:20.50	+01:18:38 (56.0%)	12:45	4.7 (43.9%)
236	KULCZYCKI Andrzej	3608		M40	88		02:20:46.30	+01:19:04 (56.2%)	12:47	4.7 (43.9%)
237	ZEMŁA Piotr	3106		M50	28		02:21:10.45	+01:19:28 (56.3%)	12:50	4.7 (43.9%)
238	MICZEK Wiesław	3455	NIEZRZESZONY	M60	13		02:21:28.60	+01:19:46 (56.4%)	12:51	4.7 (43.9%)
239	PEHCIN Jakub	3428		M30	76		02:21:58.05	+01:20:15 (56.5%)	12:54	4.6 (43.0%)
240	KACZOR Paweł	3304		M30	77		02:22:17.15	+01:20:35 (56.6%)	12:56	4.6 (43.0%)
241	FURMAN Michał	3374	OCHAJORUN & FRIENDS	M30	78		02:22:23.80	+01:20:41 (56.7%)	12:56	4.6 (43.0%)
242	SZYMANEK Paweł	3074	ZWOLENNICY BIEGANIA	M30	79		02:23:54.20	+01:22:12 (57.1%)	13:04	4.6 (43.0%)
243	BURY Marek	3474		M50	29		02:23:56.90	+01:22:14 (57.1%)	13:05	4.6 (43.0%)
244	PREIS Kamil	3146	SII RUNNING TEAM	M20	35		02:24:02.05	+01:22:19 (57.2%)	13:05	4.6 (43.0%)
245	MICHALIK Jacek	3320	SŁOŃCA JURY	M40	89		02:24:09.85	+01:22:27 (57.2%)	13:06	4.6 (43.0%)
246	GRZEGORY Marek	3125	DECATHLON RUMIA	M30	80		02:24:26.85	+01:22:44 (57.3%)	13:07	4.6 (43.0%)
247	ZUBA Rafał	3503	BLACK RIVER	M20	36		02:24:43.75	+01:23:01 (57.4%)	13:09	4.6 (43.0%)
248	ZAWILSKI Zbigniew Rafał	3105		M30	81		02:24:47.00	+01:23:04 (57.4%)	13:09	4.6 (43.0%)
249	SOCHACKI Mariusz	3591		M40	90		02:25:14.35	+01:23:32 (57.5%)	13:12	4.5 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
250	KANIEWSKI Michał	3386	DZIKI DZIK TEAM	M20	37		02:26:34.20	+01:24:52 (57.9%)	13:19	4.5 (42.1%)
251	MROZIŃSKI Andrzej	3260	WITAR	M50	30		02:28:27.05	+01:26:44 (58.4%)	13:29	4.4 (41.1%)
252	KORZENIOWSKI Robert	3579	RK ATHLETICS	M50	31		02:29:21.70	+01:27:39 (58.7%)	13:34	4.4 (41.1%)
253	REDMER Bartłomiej	3407		M20	38		02:29:29.05	+01:27:46 (58.7%)	13:35	4.4 (41.1%)
254	DASZCZYŃSKI Adam	3369	ADASKO TEAM	M40	91		02:29:52.35	+01:28:10 (58.8%)	13:37	4.4 (41.1%)
255	STEC Dawid	3565		M30	82		02:30:55.05	+01:29:12 (59.1%)	13:43	4.4 (41.1%)
256	WOJCIESZKIEWICZ Marcin	3280		M30	83		02:30:56.05	+01:29:13 (59.1%)	13:43	4.4 (41.1%)
257	MOŻEJKO Artur	3594	GIT EKIPA !	M30	84		02:32:35.80	+01:30:53 (59.6%)	13:52	4.3 (40.2%)
258	KLARECKI Adrian	3388	ULTRA WAY TEAM / ASTMA TEAM	M40	92		02:34:02.40	+01:32:20 (59.9%)	14:00	4.3 (40.2%)
259	WÓJTOWICZ Paweł	3358	-	M50	32		02:37:31.20	+01:35:49 (60.8%)	14:19	4.2 (39.3%)
260	KULIK Karol	3174		M40	93		02:38:32.80	+01:36:50 (61.1%)	14:24	4.2 (39.3%)
261	REY Patryk	3209	REY RUNNING TEAM	M20	39		02:39:05.45	+01:37:23 (61.2%)	14:27	4.1 (38.3%)
262	REY Andrzej	3210	REY RUNNING TEAM	M40	94		02:39:06.95	+01:37:24 (61.2%)	14:27	4.1 (38.3%)
263	BALICKI Jacek	3520	BIEGACZ NOWOSOLNA	M50	33		02:40:21.00	+01:38:38 (61.5%)	14:34	4.1 (38.3%)
264	BRATKO Zbigniew	3288	65+	M60	14		02:41:32.80	+01:39:50 (61.8%)	14:41	4.1 (38.3%)
265	BĄCZEK Krzysztof	3598		M40	95		02:43:30.50	+01:41:48 (62.3%)	14:51	4 (37.4%)
266	WIELGOSZ Mariusz	3355	BRAK	M50	34		02:44:37.30	+01:42:55 (62.5%)	14:57	4 (37.4%)
267	MAJKA Dariusz	3319		M40	96		02:44:39.25	+01:42:57 (62.5%)	14:58	4 (37.4%)
268	DYMEK Jacek	3576		M40	97		02:47:43.65	+01:46:01 (63.2%)	15:14	3.9 (36.4%)
269	GIERLOTKA Rafał	3543	BRAK	M40	98		02:47:45.60	+01:46:03 (63.2%)	15:15	3.9 (36.4%)
270	ROZWÓD Emil	3062		M30	85		02:49:08.15	+01:47:26 (63.5%)	15:22	3.9 (36.4%)
271	PIENIAŻEK Jacek	3206		M40	99		02:49:10.30	+01:47:28 (63.5%)	15:22	3.9 (36.4%)
272	STASIAK Waldemar	3068		M50	35		02:49:14.70	+01:47:32 (63.5%)	15:23	3.9 (36.4%)
273	DWORNICKI Tomasz	3533	RGB	M40	100		02:51:15.65	+01:49:33 (64.0%)	15:34	3.9 (36.4%)
274	KOLK Mateusz	3458		M20	40		02:53:46.55	+01:52:04 (64.5%)	15:47	3.8 (35.5%)
275	KOLK Przemysław	3191		M20	41		02:57:45.55	+01:56:03 (65.3%)	16:09	3.7 (34.6%)
276	MAŚLANY Mariusz	3200	ELEKTROMETAL ENERGETYKA SA	M40	101		02:58:22.20	+01:56:40 (65.4%)	16:12	3.7 (34.6%)
277	PROŃCZUK Adam	3436	MIMI	M50	36		02:58:48.85	+01:57:06 (65.5%)	16:15	3.7 (34.6%)
278	KACZMARZYK Jacek	3250		M40	102		02:59:06.70	+01:57:24 (65.6%)	16:16	3.7 (34.6%)
279	KUŚMIERCZYK Tomasz	3584		M30	86		03:03:47.05	+02:02:04 (66.4%)	16:42	3.6 (33.6%)
280	JABŁOŃSKI Paweł	3020		M30	87		03:04:10.80	+02:02:28 (66.5%)	16:44	3.6 (33.6%)
281	SZWEDA Karol	3072		M20	42		03:04:11.60	+02:02:29 (66.5%)	16:44	3.6 (33.6%)
282	KORZENIOWSKI Karol	3131	KORZONKI	M20	43		03:06:58.15	+02:05:16 (67.0%)	16:59	3.5 (32.7%)
283	KOSTECKI Tomasz	3134	R&T	M40	103		03:07:02.15	+02:05:20 (67.0%)	17:00	3.5 (32.7%)
284	PIĘTKA Piotr	3207	AMERNET	M40	104		03:09:30.30	+02:07:48 (67.4%)	17:13	3.5 (32.7%)
285	SZCZĘSNY Daniel	3157		M30	88		03:17:53.65	+02:16:11 (68.8%)	17:59	3.3 (30.8%)
286	ZAGÓRSKI Mateusz	3426		M20	44		03:22:49.50	+02:21:07 (69.6%)	18:26	3.3 (30.8%)
287	MITURA Jerzy	3536	FC HELMUTY	M60	15		03:22:51.10	+02:21:08 (69.6%)	18:26	3.3 (30.8%)
288	RADYK Jakub	3334	PRZEMYSKI KLUB BIEGACZA	M30	89		03:23:08.65	+02:21:26 (69.6%)	18:28	3.2 (29.9%)
289	SZKAMRUK Janusz	3554	EXTREMALNE OTK NA RELAKSIE	M60	16		03:28:40.55	+02:26:58 (70.4%)	18:58	3.2 (29.9%)
290	DOMINIK Michał	3512	S AR CA SM	M30	90		03:30:29.35	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
291	KOWALSKI Sebastian	3513	S AR CA SM	M20	45		03:30:29.45	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
292	SOWA Sylwester	3607		M40	105		03:45:45.50	+02:44:03 (72.7%)	20:31	2.9 (27.1%)
293	TESCHE Tomek	3081		M30	91		03:51:22.80	+02:49:40 (73.3%)	21:02	2.9 (27.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
294	STELMACH Jerzy	3451	LEŻACZE ŁĄKOWI	M50	37		03:59:48.80	+02:58:06 (74.3%)	21:48	2.8 (26.2%)
295	MIECHOWICZ Tomasz	3042	LEŻACZE ŁĄKOWI	M50	38		03:59:51.05	+02:58:08 (74.3%)	21:48	2.8 (26.2%)
296	JANCZEWSKI Sebastian	3546		M30	92		04:19:25.10	+03:17:42 (76.2%)	23:35	2.5 (23.4%)
297	CZEMPIEL Mateusz	3366	LECZYMY DURŚ	M30	93		04:26:16.70	+03:24:34 (76.8%)	24:12	2.5 (23.4%)
298	MŁYNARCZYK Krzysztof	3179		M40	106		04:39:41.60	+03:37:59 (77.9%)	25:25	2.4 (22.4%)
299	MAZIUK Marcin	3226		M40	107		04:47:19.15	+03:45:37 (78.5%)	26:07	2.3 (21.5%)
DNC	KRZYŻEWSKI Roger	3135		M30			01:03:00.35		0:00	10.5 (98.1%)
	ROGÓŻ Jan	3339		M20			DNF		-	- (0.0%)
	BINEK Michał	3540		M40			DNF		-	- (0.0%)

Znaleziono 302 wynik(ów)