



Wydarzenie: VIII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-06-16
Miejsce: Cisna
Dystans: 52 km

I MARATON RZEŹNIKA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	MILEWSKI Dominik	1474	DYNAFIT	M20	1		01:20:51	02:25:33	03:40:41	04:51:06.00	04:51:07.85		5:35	10.7 (100%)
2	KNAP Mateusz	1507	DYNAFIT	M20	2		01:22:30	02:32:10	04:02:12	05:23:54.95	05:23:56.55	+00:32:48 (10.1%)	6:13	9.6 (89.7%)
3	GAWLIK Sławek	11	DYNAFIT	M30	1	Tak	01:26:46	02:44:05	04:15:34	05:36:34.45	05:36:35.85	+00:45:28 (13.5%)	6:28	9.3 (86.9%)
4	WASIAK Tomasz	1449	ADIDAS RUNNERS ZURICH	M30	2		01:25:25	02:43:15	04:21:45	05:44:58.30	05:45:01.55	+00:53:53 (15.6%)	6:38	9 (84.1%)
5	SZOPA Łukasz	1433	KARKONOSZ RUNNING TEAM	M40	1		01:26:55	02:42:23	04:15:31	05:48:05.75	05:48:07.15	+00:56:59 (16.4%)	6:41	9 (84.1%)
6	WETHACZ Dariusz	1465	ONRUNNING	M30	3		01:27:37	02:47:51	04:23:22	05:48:56.60	05:48:58.45	+00:57:50 (16.6%)	6:42	8.9 (83.2%)
7	PYTLOS Marcin	1310	ABBA1	M40	2		01:27:34	02:47:52	04:28:25	05:59:21.85	05:59:24.30	+01:08:16 (19.0%)	6:54	8.7 (81.3%)
8	DWORNICKI Kamil	10		M30	4	Tak	01:31:48	02:55:49	04:34:34	06:00:56.70	06:01:02.20	+01:09:54 (19.4%)	6:56	8.6 (80.4%)
9	TRZASKA Wojciech	1251	FUCHS OIL TEAM	M20	3		01:36:23	02:59:09	04:37:13	06:00:35.15	06:01:02.45	+01:09:54 (19.4%)	6:56	8.7 (81.3%)
10	POLNY Daniel	1422	PASS RUNNING TEAM	M50	1		01:30:02	02:52:13	04:34:19	06:03:53.05	06:03:55.20	+01:12:47 (20.0%)	6:59	8.6 (80.4%)
11	STEPANIUK Adam	1054	BIEGAMY DZISIAJ?	M40	3		01:34:37	02:54:03	04:40:23	06:12:15.30	06:12:29.05	+01:21:21 (21.8%)	7:09	8.4 (78.5%)
12	TROJNAR Damian	1311	KS JANUSZE	M30	5		01:34:07	02:59:23	04:43:34	06:13:34.80	06:13:41.55	+01:22:33 (22.1%)	7:11	8.4 (78.5%)
13	KĄKOL Grzegorz	1051		M30	6		01:29:18	02:51:21	04:34:05	06:14:34.50	06:15:01.75	+01:23:53 (22.4%)	7:12	8.3 (77.6%)
14	MACIAS Marcin	1369		M40	4		01:38:40	02:55:36	04:40:38	06:21:20.05	06:21:20.05	+01:30:12 (23.7%)	7:20	8.2 (76.6%)
15	TABER Konrad	1441	ACTIVE PROSPERIA	M20	4		01:35:14	03:00:08	04:46:23	06:21:45.30	06:21:45.30	+01:30:37 (23.7%)	7:20	8.2 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km					
16	CHWEDCZUK Robert	1248	ŻÓRAWSKI TEAM	M30	7		01:31:15	02:55:44	04:43:14	06:24:27.60	06:24:33.80	+01:33:25 (24.3%)	7:23	8.1 (75.7%)
17	STEPANIAK Grzegorz	1458	SEROWARNIA SWOBODA	M40	5		04:51:51			06:32:11.15	06:32:13.30	+01:41:05 (25.8%)	7:32	8 (74.8%)
18	KUNICKI Konrad	1424	TROPEM ULTRA	M40	6		01:30:37	02:51:50	04:39:04	06:35:37.95	06:35:40.00	+01:44:32 (26.4%)	7:36	7.9 (73.8%)
19	PANCER Michał	1316	ŻÓRAWSKI TEAM	M20	5		01:37:56	03:05:16	04:58:00	06:35:46.80	06:35:52.80	+01:44:44 (26.5%)	7:36	7.9 (73.8%)
20	SADOWSKI Rafał	13	KB SPARTAKUS BEŁCHATÓW	M30	8	Tak	01:36:29	03:05:37	04:59:04	06:36:37.05	06:36:42.40	+01:45:34 (26.6%)	7:37	7.9 (73.8%)
21	BARANOWSKI Maciej	14	JACEKBIEGA RUNNING TEAM	M30	9	Tak	01:41:42	03:17:53	05:06:59	06:36:36.50	06:37:08.95	+01:46:01 (26.7%)	7:37	7.9 (73.8%)
22	SOBOL Krystian	1322		M40	7		01:32:44	02:59:58	04:58:23	06:37:18.15	06:37:21.90	+01:46:14 (26.7%)	7:38	7.9 (73.8%)
23	KOKOCIŃSKI Dariusz	1462		M40	8		01:42:05	03:09:23	05:00:32	06:37:12.60	06:37:28.80	+01:46:20 (26.8%)	7:38	7.9 (73.8%)
24	PABIAN Paweł	1427	DYNAFIT OBERALP	M30	10		01:32:49	02:57:06	04:51:51	06:38:50.15	06:39:01.80	+01:47:53 (27.0%)	7:40	7.8 (72.9%)
25	SULIKOWSKI Rafał	1418		M30	11		01:40:53	03:10:02	05:02:08	06:38:26.65	06:39:09.95	+01:48:02 (27.1%)	7:39	7.8 (72.9%)
26	KRZYSZTOŃ Tomasz	1242	AMBITNI AMATORZY	M40	9		01:36:43	03:04:21	04:57:14	06:40:17.75	06:40:20.90	+01:49:13 (27.3%)	7:41	7.8 (72.9%)
27	RAK Wojciech	1030	SII RUNNING TEAM	M30	12		01:34:40	03:00:43	04:59:32	06:40:11.90	06:40:21.50	+01:49:13 (27.3%)	7:41	7.8 (72.9%)
28	GAJ Grzegorz	7		M40	10	Tak	01:45:23	03:15:03	05:07:48	06:42:19.05	06:42:26.60	+01:51:18 (27.7%)	7:44	7.8 (72.9%)
29	JAGODZIŃSKI Robert	1268	JAGODA TEAM	M40	11		01:45:59	03:15:00	05:07:41	06:42:43.80	06:42:54.20	+01:51:46 (27.7%)	7:44	7.7 (72.0%)
30	KARCZMARCZYK Mateusz	1334		M30	13		01:36:26	03:02:48	05:05:10	06:43:59.40	06:44:05.20	+01:52:57 (28.0%)	7:46	7.7 (72.0%)
31	WASYLÓW Jacek	1436	CZR1 ANTEK TEAM PRZEMYŚL	M40	12		01:43:21	03:14:37	05:09:00	06:48:35.05	06:49:04.50	+01:57:56 (28.8%)	7:51	7.6 (71.0%)
32	WILK Krzysztof	1231	SARNI TĘTENT	M30	14		01:38:34	03:10:20	05:03:20	06:49:11.50	06:49:16.50	+01:58:08 (28.9%)	7:52	7.6 (71.0%)
33	KAMIŃSKI Marek	1403		M30	15		01:33:37	03:02:35	05:03:09	06:50:39.40	06:50:46.20	+01:59:38 (29.1%)	7:53	7.6 (71.0%)
34	KOZŁOWSKI Michał	1371	MATNER RUNNING TEAM	M30	16		01:42:12	03:10:38	05:12:54	06:53:59.65	06:54:08.20	+02:03:00 (29.7%)	7:57	7.5 (70.1%)
35	MARKOWSKI Artur	1046	NOA	M50	2		01:36:08	03:05:44	05:08:01	06:54:23.00	06:54:27.30	+02:03:19 (29.8%)	7:58	7.5 (70.1%)
36	KULLING Hubert	1183		M40	13		01:45:08	03:16:29	05:09:08	06:56:05.25	06:56:31.95	+02:05:24 (30.1%)	8:00	7.5 (70.1%)
37	STAWIARZ Paweł	1232	140MINUT.PL	M30	17		01:44:46	03:19:34	05:23:19	06:57:20.25	06:57:31.95	+02:06:24 (30.3%)	8:01	7.5 (70.1%)
38	NIEDŹWIEDŹ Tomasz	1445	SOBASTEAM	M40	14		01:37:58	03:09:34	05:12:15	07:01:08.30	07:01:11.05	+02:10:03 (30.9%)	8:05	7.4 (69.2%)

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							I 15km	Solinka 28km	II 41km					
39	SALABUN Bartosz	1493		M40	15		01:45:40	03:17:47	05:19:09	07:02:00.80	07:02:14.95	+02:11:07 (31.1%)	8:06	7.4 (69.2%)
40	WALTER Piotr	1484	TARNOWO PODGÓRNE	M40	16		01:32:25	02:59:49	05:07:33	07:02:23.50	07:02:36.10	+02:11:28 (31.1%)	8:07	7.4 (69.2%)
41	STEFAŃSKI Krystian	1491		M30	18					07:03:44.00	07:03:44.00	+02:12:36 (31.3%)	8:08	7.4 (69.2%)
42	PROSZCZEK Mariusz	1152	42K PRO TEAM	M40	17		01:55:46	03:31:35	05:23:31	07:03:34.10	07:04:08.80	+02:13:00 (31.4%)	8:08	7.4 (69.2%)
43	SZECÓWKA Zbigniew	1382		M40	18		01:45:06	03:16:37	05:20:29	07:04:48.15	07:05:03.95	+02:13:56 (31.5%)	8:10	7.3 (68.2%)
44	WOŹNY Paweł	1118	RUNPROGRESS TEAM BY TOMASZ KAWIK	M40	19		01:36:10	03:03:41	05:11:58	07:05:37.15	07:05:48.35	+02:14:40 (31.6%)	8:11	7.3 (68.2%)
45	KURCEWICZ Paweł	1035		M30	19		01:41:33	03:15:30	05:22:04	07:06:53.40	07:06:56.05	+02:15:48 (31.8%)	8:12	7.3 (68.2%)
46	SZEWC Wojciech	1414	WOJSKOWA AKADEMIA TECHNICZNA / WOJCIO TEAM	M20	6		01:44:04	03:20:19	05:23:25	07:07:08.35	07:07:12.05	+02:16:04 (31.9%)	8:12	7.3 (68.2%)
47	GRZYWACZ Marcin	1217	MKS CZECHOWICE-DZIEDZICE	M40	20		01:47:04	03:23:14	05:20:19	07:07:08.75	07:07:17.40	+02:16:09 (31.9%)	8:12	7.3 (68.2%)
48	KONIK Marcin	1101		M40	21		01:34:11	03:00:51	05:12:05	07:08:07.60	07:08:09.90	+02:17:02 (32.0%)	8:13	7.3 (68.2%)
49	SZEWCZYK Artur	1109		M40	22		01:49:11	03:22:00	05:22:16	07:07:51.35	07:08:47.40	+02:17:39 (32.1%)	8:13	7.3 (68.2%)
50	KASTELIK Dariusz	1085	SPRINTEX TEAM	M40	23		01:44:15	03:18:13	05:21:31	07:09:56.30	07:10:01.80	+02:18:53 (32.3%)	8:16	7.3 (68.2%)
51	ŁOWIGUS Michał	1171		M30	20		01:47:10	03:27:08	05:34:00	07:10:07.35	07:10:31.05	+02:19:23 (32.4%)	8:16	7.3 (68.2%)
52	MENDYKA Łukasz	1299	KB AKTYWNI ŚRODA WLKP.	M30	21		01:50:13	03:27:26	05:29:17	07:10:12.40	07:10:34.60	+02:19:26 (32.4%)	8:16	7.3 (68.2%)
53	SOKALSKI Grzegorz	1504	MWP	M40	24		01:54:42	03:31:06	05:25:30	07:10:14.75	07:10:51.85	+02:19:44 (32.4%)	8:16	7.3 (68.2%)
54	MUSZYŃSKI Dariusz	1130	MGB	M40	25		01:44:44	03:21:39	05:29:56	07:11:46.45	07:12:14.60	+02:21:06 (32.6%)	8:18	7.2 (67.3%)
55	SZYMAŃSKI Jarosław	1209	MIĘDZYRZECKA GRUPA BIEGOWA	M30	22		01:44:45	03:18:23	05:28:13	07:13:46.60	07:14:14.05	+02:23:06 (33.0%)	8:20	7.2 (67.3%)
56	KRAWCZYK Dariusz	1112		M40	26		01:42:54	03:18:46	05:23:27	07:14:42.70	07:14:48.60	+02:23:40 (33.0%)	8:21	7.2 (67.3%)
57	SMACZNY Bartłomiej	1202		M30	23		01:48:52	03:26:35	05:33:40	07:14:46.30	07:15:26.70	+02:24:18 (33.1%)	8:21	7.2 (67.3%)
58	KUŚMIERZAK Piotr	1023	PRZEDWOJEWSKI TEAM/STAY INSANE	M30	24		01:37:49	03:10:42	05:20:25	07:15:37.85	07:15:40.90	+02:24:33 (33.2%)	8:22	7.2 (67.3%)
59	WOŁK Mariusz	1312	#ZALINIAMETYTEAM	M30	25		01:42:48	03:18:39	05:25:31	07:16:00.10	07:16:03.80	+02:24:55 (33.2%)	8:23	7.2 (67.3%)
60	SADOWSKI Marek	1379		M40	27		01:46:13	03:21:53	05:21:14	07:15:35.40	07:16:08.15	+02:25:00 (33.2%)	8:22	7.2 (67.3%)
61	SZPUNAR Marek	1488		M40	28		01:41:11	03:14:30	05:27:41	07:18:06.75	07:18:13.80	+02:27:05 (33.6%)	8:25	7.1 (66.4%)

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							I 15km	Solinka 28km						II 41km
62	WINIARSKI Kamil	1040		M20	7		01:50:28	03:27:17	05:31:10	07:18:19.25	07:18:44.50	+02:27:36 (33.6%)	8:25	7.1 (66.4%)
63	OPOZDA Michał	1062		M40	29		01:48:54	03:26:38	05:33:07	07:18:09.35	07:18:51.70	+02:27:43 (33.7%)	8:25	7.1 (66.4%)
64	ROSIAK Radosław	1266		M30	26		05:26:08			07:19:33.40	07:19:40.20	+02:28:32 (33.8%)	8:27	7.1 (66.4%)
65	MACHALSKI Sebastian	1032	KCK	M40	30		01:34:08	03:17:02	05:24:56	07:20:06.50	07:20:15.50	+02:29:07 (33.9%)	8:27	7.1 (66.4%)
66	ROGOWSKI Krzysztof	1283		M30	27		01:43:32	03:17:13	05:32:17	07:22:31.15	07:22:38.65	+02:31:30 (34.2%)	8:30	7.1 (66.4%)
67	KACZMAREK Maciej	1351		M30	28		01:45:56	03:23:15	05:34:29	07:23:21.25	07:23:23.10	+02:32:15 (34.3%)	8:31	7 (65.4%)
68	WÓJCIK Michał	1415	BANDA GRUDNIA / STAY INSANE	M40	31		01:49:26	03:21:31	05:31:24	07:24:04.95	07:24:21.15	+02:33:13 (34.5%)	8:32	7 (65.4%)
69	JAKOWIECKI Ignacy	1270		M20	8		01:45:18	03:22:43	05:29:03	07:24:15.65	07:24:23.90	+02:33:16 (34.5%)	8:32	7 (65.4%)
70	BIELECKI Józef	1223	ZASAPANI HYDRO TRZCIANKA	M40	32		01:52:17	03:39:58	05:56:46	07:25:06.00	07:25:09.40	+02:34:01 (34.6%)	8:33	7 (65.4%)
71	MAJOREK Krzysztof	1241		M30	29		01:53:34	03:31:39	05:38:51	07:25:22.65	07:25:28.35	+02:34:20 (34.6%)	8:33	7 (65.4%)
72	MOSKAŁA Remigiusz	1495		M40	33		01:44:30	03:20:02	05:28:12	07:26:07.45	07:26:28.65	+02:35:20 (34.8%)	8:34	7 (65.4%)
73	NIEMCZYK Dominik	1029	EUROCLEAR RUNNING TEAM	M30	30		01:53:14	03:35:53	05:46:47	07:27:52.05	07:27:55.30	+02:36:47 (35.0%)	8:36	7 (65.4%)
74	MOŚCIŃSKI Robert	1362		M40	34		01:36:32	03:18:22	05:39:50	07:28:46.45	07:29:02.35	+02:37:54 (35.2%)	8:37	7 (65.4%)
75	STEENBERGEN Jeroen	1161	WE RUN CLAN	M40	35		01:46:33	03:25:38	05:39:19	07:29:56.65	07:30:21.55	+02:39:13 (35.4%)	8:39	6.9 (64.5%)
76	BRZOSKA Krzysztof	1374		M20	9		01:46:26	03:27:11	05:37:19	07:30:38.40	07:30:52.85	+02:39:45 (35.4%)	8:39	6.9 (64.5%)
77	RÓŻYCKI Ryszard	1487	SOKÓŁ ZAGÓRZ	M60	1		01:54:28	03:38:23	05:42:36	07:30:37.35	07:31:49.15	+02:40:41 (35.6%)	8:39	6.9 (64.5%)
78	RUDNY Rafał	1406	RUDNYRUNNINGTEAM	M40	36		02:04:46	03:45:01	05:51:31	07:31:21.35	07:31:49.90	+02:40:42 (35.6%)	8:40	6.9 (64.5%)
79	ORŁOWSKI Jakub	1321	WARCHLACZKI	M30	31		01:38:32	03:18:37	05:25:30	07:31:44.00	07:31:49.95	+02:40:42 (35.6%)	8:41	6.9 (64.5%)
80	SKOTNICZNY Michał	1084		M30	32		01:47:18	03:19:54	05:27:23	07:31:59.60	07:32:02.10	+02:40:54 (35.6%)	8:41	6.9 (64.5%)
81	ZYGMUNT Marcin	1386	GKM GRUDZIĄDZ	M40	37		01:45:47	03:24:10	05:34:13	07:34:29.70	07:34:34.05	+02:43:26 (36.0%)	8:44	6.9 (64.5%)
82	WOJCIECHOWSKI Kacper	1472		M20	10		01:47:08	03:27:05		07:34:59.00	07:35:23.60	+02:44:15 (36.1%)	8:44	6.9 (64.5%)
83	DOBEK Maciej Dobek	1448	SWORDS WARSAW	M30	33		01:47:11	03:27:07	05:34:04	07:34:59.70	07:35:23.70	+02:44:15 (36.1%)	8:44	6.9 (64.5%)
84	ODOLAK Piotr	1036	STANWEX LL	M30	34		01:53:28	03:48:01	05:57:03	07:35:48.90	07:36:21.20	+02:45:13 (36.2%)	8:45	6.8 (63.6%)

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							I 15km	Solinka 28km						II 41km
85	SZAFRAŃSKI Mateusz	1045	CROSSFIT 72D	M30	35		01:49:32	03:28:39	05:44:35	07:36:35.80	07:37:18.35	+02:46:10 (36.3%)	8:46	6.8 (63.6%)
86	HOLYŃSKI Leszek	1116	KM PSP SZCZECIN	M30	36		01:50:10	03:27:39	05:40:52	07:37:45.20	07:38:08.65	+02:47:00 (36.5%)	8:48	6.8 (63.6%)
87	NANCKA Karol	1274		M20	11		01:43:54	03:31:15	05:48:04	07:39:03.05	07:39:07.70	+02:47:59 (36.6%)	8:49	6.8 (63.6%)
88	KUCHARSKI Paweł	1444	PLANETA NISKO	M40	38		01:50:28	03:27:41	05:44:19	07:39:09.35	07:39:18.45	+02:48:10 (36.6%)	8:49	6.8 (63.6%)
89	RUSINEK Łukasz	1070	NOCNY BÓR TEAM	M30	37		01:55:21	03:39:33	05:48:53	07:40:08.70	07:40:30.50	+02:49:22 (36.8%)	8:50	6.8 (63.6%)
90	SUTKOWSKI Jan	1331		M40	39		01:52:05	03:32:48	05:45:17	07:40:00.20	07:40:30.80	+02:49:22 (36.8%)	8:50	6.8 (63.6%)
91	MICHALAK Michał	1329	MKB DREPTAK	M50	3		05:43:53			07:41:05.80	07:41:17.90	+02:50:10 (36.9%)	8:52	6.8 (63.6%)
92	WYWIAŁ Łukasz	1416	SAINT-GOBAIN SQUAD	M30	38		01:55:11	03:32:04	05:45:51	07:40:52.50	07:41:30.15	+02:50:22 (36.9%)	8:51	6.8 (63.6%)
93	ZAJĄC Piotr	1024	PROJEKT 1000 UP	M40	40		01:55:54	03:35:33		07:41:21.40	07:41:46.80	+02:50:38 (37.0%)	8:52	6.8 (63.6%)
94	SIEMIESZ Paweł	1061	SOCA	M20	12		05:53:08			07:41:39.60	07:41:50.60	+02:50:42 (37.0%)	8:52	6.8 (63.6%)
95	SZANECKI Jakub Szanecki	1405	ZAPIERDALACVZE	M40	41		01:47:28	03:27:15	05:44:33	07:41:46.30	07:42:09.25	+02:51:01 (37.0%)	8:52	6.8 (63.6%)
96	BODNAR Adrian	4		M20	13	Tak	01:52:28	03:36:50	05:49:59	07:42:32.60	07:42:42.70	+02:51:34 (37.1%)	8:53	6.7 (62.6%)
97	PLEWA Tomasz	1099		M40	42		01:46:57	03:25:17	05:40:13	07:42:45.75	07:42:57.40	+02:51:49 (37.1%)	8:53	6.7 (62.6%)
98	MOLTZAN Zbigniew	1245	CROSSFIT TORUŃ	M40	43		01:55:40	03:40:24	05:53:41	07:42:58.30	07:43:10.55	+02:52:02 (37.1%)	8:54	6.7 (62.6%)
99	STELMACH Damian	1261	DOGOŃ GM/ GÓRAL Z MAZUR RUNNING TEAM	M40	44		01:53:56	03:28:43	05:36:27	07:43:50.45	07:43:53.50	+02:52:45 (37.2%)	8:55	6.7 (62.6%)
100	HOLONA Maciek	1072	FORMA WODZISŁAW	M50	4		01:49:51	03:32:49	05:46:41	07:44:00.55	07:44:13.10	+02:53:05 (37.3%)	8:55	6.7 (62.6%)
101	MORAWSKI Grzegorz	1485		M30	39		01:52:00	03:33:56	05:49:11	07:45:01.10	07:45:07.05	+02:53:59 (37.4%)	8:56	6.7 (62.6%)
102	PYTEL Waldek	1404	YULO RAN TEAM SIEDLCE	M50	5		01:52:45	03:33:14	05:47:56	07:45:30.15	07:45:34.45	+02:54:26 (37.5%)	8:57	6.7 (62.6%)
103	ZAWADKA Darek	1188		M40	45		01:52:08	03:37:35	05:54:27	07:45:49.60	07:45:56.45	+02:54:48 (37.5%)	8:57	6.7 (62.6%)
104	PIESIK Jarosław	1257	WOLSZTYŃSKI KLUB BIEGOWY	M50	6		01:55:45	03:41:13	05:56:01	07:46:45.65	07:47:11.35	+02:56:03 (37.7%)	8:58	6.7 (62.6%)
105	NIECHWIEJ Michał	1489		M30	40		01:41:50	03:19:39	05:49:31	07:46:59.30	07:47:48.70	+02:56:40 (37.8%)	8:58	6.7 (62.6%)
106	KURASZ Piotr	1096		M30	41		01:45:46	03:19:22	05:39:16	07:48:04.35	07:48:24.70	+02:57:16 (37.8%)	9:00	6.7 (62.6%)
107	KORZELECKI Wojciech	1104	GIANT PSIE POLE	M30	42		01:48:43	03:27:55	05:46:15	07:48:30.25	07:48:38.90	+02:57:31 (37.9%)	9:00	6.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
108	DZIEKOŃSKI Krzysztof	1026	ŁÓDŻRUNCREW/JAKOTEAM	M40	46		01:52:24	03:35:49	05:57:59	07:48:41.05	07:48:48.10	+02:57:40 (37.9%)	9:00	6.7 (62.6%)
109	JAWORSKI Piotr	1392	MARKOWI BIEGACZE	M40	47		01:51:10	03:39:13		07:49:09.75	07:49:13.65	+02:58:05 (38.0%)	9:01	6.7 (62.6%)
110	PIŁAT Jakub	1388		M30	43		01:54:38	03:35:27	05:49:24	07:49:05.65	07:49:33.50	+02:58:25 (38.0%)	9:01	6.7 (62.6%)
111	WOJTKOWIAK Paweł	1120		M50	7		01:50:01	03:29:33	05:44:32	07:50:04.40	07:50:36.00	+02:59:28 (38.1%)	9:02	6.6 (61.7%)
112	PYSZYŃSKI Mariusz	1378		M40	48		02:02:15	03:49:51	06:09:43	07:51:32.40	07:52:08.05	+03:01:00 (38.3%)	9:04	6.6 (61.7%)
113	WIĄCEK Damian	1447		M30	44		01:49:25	03:35:22	05:55:44	07:52:10.80	07:52:18.50	+03:01:10 (38.4%)	9:04	6.6 (61.7%)
114	ROGACKI Hubert	1237	MAVERICKS	M30	45		01:49:37	03:29:31	05:58:41	07:53:29.40	07:53:57.75	+03:02:49 (38.6%)	9:06	6.6 (61.7%)
115	LORENZ Marcin	1511	GB GALOPUJĄCE ŚLIMAKI	M50	8		01:53:11	03:39:47	06:03:57	07:54:03.30	07:54:08.40	+03:03:00 (38.6%)	9:06	6.6 (61.7%)
116	BRUDEREK Tomasz	1501	PRIMUM CURRERE	M40	49		01:52:33	03:37:15	05:56:33	07:54:53.45	07:55:16.10	+03:04:08 (38.7%)	9:07	6.6 (61.7%)
117	LUDWICZAK Mariusz	1015	#WKURW-TEAM	M50	9		01:55:56	03:38:58	05:56:31	07:54:27.25	07:55:25.75	+03:04:17 (38.8%)	9:07	6.6 (61.7%)
118	PAŁYSA Robert	1086	STANWEX II	M20	14		02:01:30	03:48:00	06:00:26	07:54:52.95	07:55:26.80	+03:04:18 (38.8%)	9:07	6.6 (61.7%)
119	CIUPEK Jerzy	1396		M60	2		01:48:33	03:29:53	05:52:49	07:55:47.30	07:55:57.55	+03:04:49 (38.8%)	9:08	6.6 (61.7%)
120	BISAGA Sebastian	1265		M30	46		02:04:29	03:52:33	06:07:55	07:56:09.85	07:56:53.50	+03:05:45 (39.0%)	9:09	6.6 (61.7%)
121	MARUT Artur	1368	FITNESS FREAKS	M40	50		01:51:32	03:29:15	05:48:31	07:56:19.20	07:57:08.80	+03:06:00 (39.0%)	9:09	6.6 (61.7%)
122	SKRZECZYŃSKI Sławomir	1409	LEMON TEAM	M40	51		01:52:38	03:39:44	05:55:49	07:57:09.50	07:57:25.00	+03:06:17 (39.0%)	9:10	6.5 (60.7%)
123	JUREK Zbigniew	1308	ZWOLEŃNICY BIEGANIA	M60	3		01:50:40	03:35:20	05:55:53	07:57:29.10	07:57:39.70	+03:06:31 (39.1%)	9:10	6.5 (60.7%)
124	FALKOWSKI Piotr	1503	KS PEGAZ PIASECZNO	M50	10		01:55:07	03:39:52	06:08:37	07:57:58.75	07:58:36.25	+03:07:28 (39.2%)	9:11	6.5 (60.7%)
125	RAKSZAWA Krzysztof	1506	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50	11		01:45:29	03:16:54	05:39:28	07:58:55.70	07:59:00.30	+03:07:52 (39.2%)	9:12	6.5 (60.7%)
126	PYRCHLA Patryk	1278		M20	15		01:52:52	03:36:05	05:55:02	07:58:44.55	07:59:10.75	+03:08:02 (39.2%)	9:12	6.5 (60.7%)
127	ROLA Tomasz	1155		M40	52		02:06:47	03:59:43	06:14:30	07:59:03.05	07:59:12.75	+03:08:04 (39.2%)	9:12	6.5 (60.7%)
128	LUTEREK Michał	1149		M40	53		01:51:25	03:35:22	05:56:39	08:00:29.00	08:00:42.50	+03:09:34 (39.4%)	9:14	6.5 (60.7%)
129	OCHNIK Przemysław	1065	V MAX ADAMÓW	M40	54		01:51:31	03:33:47	05:53:11	08:01:12.35	08:01:43.25	+03:10:35 (39.6%)	9:15	6.5 (60.7%)
130	JĘDRO Tomasz	2	FC EIRE DIVISION	M50	12	Tak	01:55:56	03:45:05	06:07:35	08:02:02.30	08:02:32.60	+03:11:24 (39.7%)	9:16	6.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km					
131	ORZOŁ Sławomir	1095	ROZBIEGANY PIASTÓW	M40	55		01:51:34	03:35:52	06:04:08	08:02:27.35	08:02:36.35	+03:11:28 (39.7%)	9:16	6.5 (60.7%)
132	FLORIAN Krzysztof	1210	WARTKIE PIERONY	M30	47		01:57:46	03:44:49	06:09:32	08:02:29.05	08:03:13.70	+03:12:05 (39.8%)	9:16	6.5 (60.7%)
133	BRYGAŁA Tomasz	1463	ADIDAS RUNNERS WARSAW	M30	48		01:50:57	03:29:19	05:55:21	08:02:29.35	08:03:16.90	+03:12:09 (39.8%)	9:16	6.5 (60.7%)
134	JELENIOWSKI Paweł	1244		M30	49		01:48:45	03:29:44	05:52:47	08:03:20.70	08:03:39.50	+03:12:31 (39.8%)	9:17	6.5 (60.7%)
135	NIEDZIELA Szymon	1361		M30	50		05:52:42			08:04:16.00	08:04:16.00	+03:13:08 (39.9%)	9:18	6.4 (59.8%)
136	CIERLAK Przemysław	1285	BRZYSKI TRI TEAM	M30	51		01:59:15	03:48:03	05:58:47	08:04:11.95	08:04:34.90	+03:13:27 (39.9%)	9:18	6.4 (59.8%)
137	KAWECKI Marek	1069	SŁOŃCA JURY	M40	56		01:56:13	03:44:38	06:11:08	08:04:31.05	08:04:50.75	+03:13:42 (40.0%)	9:19	6.4 (59.8%)
138	OLSZEWSKI Piotr	1303		M20	16		01:45:43	03:33:22	06:12:50	08:04:00.90	08:04:54.50	+03:13:46 (40.0%)	9:18	6.4 (59.8%)
139	LASKOWSKI Piotr	1326		M50	13		02:01:49	03:49:43	06:03:02	08:05:21.05	08:05:36.50	+03:14:28 (40.0%)	9:20	6.4 (59.8%)
140	KAWALEC Bernard	1132		M40	57		01:51:57	03:40:36	06:06:12	08:07:19.25	08:07:22.75	+03:16:14 (40.3%)	9:22	6.4 (59.8%)
141	JURCZAK Roman	1314		M60	4		01:49:01	03:29:55	05:46:38	08:07:45.10	08:07:47.15	+03:16:39 (40.3%)	9:22	6.4 (59.8%)
142	TOKARSKI Piotr	1091	ROZBIEGANY PIASTÓW	M40	58					08:08:53.00	08:08:53.00	+03:17:45 (40.4%)	9:24	6.4 (59.8%)
143	MARCINIAK Tomasz	1380	RADOMNO BIEGA	M40	59		01:50:46	03:35:16	06:08:36	08:10:34.00	08:11:15.60	+03:20:07 (40.7%)	9:26	6.4 (59.8%)
144	ROSIECKI Marcin	1145		M40	60		01:55:40	03:40:44	06:04:46	08:10:46.15	08:11:18.45	+03:20:10 (40.7%)	9:26	6.4 (59.8%)
145	STODOLNY Krzysztof	1218		M60	5		01:55:03	03:47:37	06:10:56	08:11:19.55	08:11:26.10	+03:20:18 (40.8%)	9:26	6.4 (59.8%)
146	MARKOWICZ Robert	1093		M40	61		01:55:42	03:48:55	06:15:29	08:11:52.85	08:12:00.80	+03:20:52 (40.8%)	9:27	6.3 (58.9%)
147	GAJDECKI Tomek	1281	ACCENTURE	M40	62		01:59:18	03:48:56	06:10:35	08:14:26.50	08:15:06.35	+03:23:58 (41.2%)	9:30	6.3 (58.9%)
148	FILIPOWICZ Krzysztof	1146		M40	63		01:57:26	03:48:39	06:14:19	08:17:28.00	08:17:34.20	+03:26:26 (41.5%)	9:34	6.3 (58.9%)
149	MEISSNER Paweł	1128	TIGERS TEAM	M30	52		01:50:13	03:34:46	06:08:24	08:17:53.60	08:18:00.20	+03:26:52 (41.5%)	9:34	6.3 (58.9%)
150	SZMAJDOWICZ Paweł	1151	FACHDOM TEAM	M50	14		01:51:53	03:40:51	06:14:17	08:18:20.80	08:18:32.20	+03:27:24 (41.6%)	9:35	6.3 (58.9%)
151	ZIENIEWICZ Wojciech	1240		M40	64		01:58:54	03:45:24	06:17:11	08:19:47.90	08:19:58.70	+03:28:50 (41.8%)	9:36	6.2 (57.9%)
152	PIELECHA Rafał	1087	FITNESS FREAKS	M40	65		01:59:06	03:46:03	06:11:00	08:20:19.45	08:21:09.60	+03:30:01 (41.9%)	9:37	6.2 (57.9%)
153	SZCZEPANEK Sylwester	1175	BEARDIE WEARDIE	M40	66		02:04:43	03:58:59	06:22:30	08:21:02.65	08:21:47.05	+03:30:39 (42.0%)	9:38	6.2 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						
154	WĄGRODZKI Piotr	1376	VICTUS	M40	67		01:59:56	03:42:57	06:03:04	08:20:58.95	08:21:48.10	+03:30:40 (42.0%)	9:38	6.2 (57.9%)
155	WARAS Wojciech	1335	SILESIA MARATHON CLUB	M30	53		01:52:19	03:35:54	06:04:14	08:22:04.20	08:22:18.00	+03:31:10 (42.0%)	9:39	6.2 (57.9%)
156	ORŁOWSKI Robert	1373		M40	68		01:49:57	03:39:24	06:08:25	08:22:05.30	08:22:21.95	+03:31:14 (42.0%)	9:39	6.2 (57.9%)
157	DOLATA Andrzej	1338	KTB KUNY	M40	69		02:03:38	04:03:58	06:30:49	08:21:27.95	08:22:23.30	+03:31:15 (42.1%)	9:38	6.2 (57.9%)
158	KACZOREK Marcin	1383		M40	70		01:49:26	03:43:31	06:21:33	08:24:11.25	08:24:25.70	+03:33:17 (42.3%)	9:41	6.2 (57.9%)
159	LIK Marek	12	CHEŁM BIEGA	M50	15	Tak	01:55:18	03:39:53	06:01:48	08:24:25.25	08:24:39.85	+03:33:32 (42.3%)	9:42	6.2 (57.9%)
160	KOLUCH Bartek	1401	BIELINY RĘDZINY	M30	54		01:50:01	03:29:09	06:11:23	08:24:23.20	08:24:39.90	+03:33:32 (42.3%)	9:41	6.2 (57.9%)
161	DASZKIEWICZ Emil	1360		M30	55		02:08:55	04:07:26	06:25:51	08:24:04.35	08:24:43.60	+03:33:35 (42.3%)	9:41	6.2 (57.9%)
162	KRÓL Andrzej	1500	ELECTROLUX BIEGA	M40	71		02:00:38	03:46:19	06:03:47	07:48:02.30	08:25:50.30	+03:34:42 (42.4%)	9:00	6.7 (62.6%)
163	RADKOWSKI Dariusz	1276		M40	72		01:54:00	03:39:42	06:19:10	08:25:30.50	08:25:57.30	+03:34:49 (42.5%)	9:43	6.2 (57.9%)
164	KOCZUREK Jerzy	1203		M40	73		02:02:03	03:49:09	06:11:41	08:25:32.90	08:26:04.75	+03:34:56 (42.5%)	9:43	6.2 (57.9%)
165	PLIS Grzegorz	1227		M30	56		01:41:52	03:25:10	06:09:14	08:26:27.90	08:26:54.30	+03:35:46 (42.6%)	9:44	6.2 (57.9%)
166	KAMIŃSKI Arkadiusz	1167	1ON1 TEAM	M40	74		01:55:13	03:39:44	06:10:54	08:26:39.80	08:27:20.30	+03:36:12 (42.6%)	9:44	6.2 (57.9%)
167	BUŁKA Piotr	1113		M40	75		01:56:01	03:49:14	06:28:47	08:27:23.10	08:27:35.35	+03:36:27 (42.6%)	9:45	6.1 (57.0%)
168	KOLCZYŃSKI Jarosław	1222	1ON1 TEAM	M40	76		02:02:41	04:00:43	06:26:02	08:27:04.55	08:27:45.75	+03:36:37 (42.7%)	9:45	6.2 (57.9%)
169	ŁOŚ Kamil	1247	DZIK KOMANDO	M30	57		01:58:31	03:39:45	05:58:49	08:27:34.25	08:27:49.70	+03:36:41 (42.7%)	9:45	6.1 (57.0%)
170	KORNAS Szymon	1325		M30	58		01:56:34	03:56:37	06:31:10	08:29:02.45	08:29:06.45	+03:37:58 (42.8%)	9:47	6.1 (57.0%)
171	KARPIŃSKI Robert	3	SPARTANIE DZIECIOM	M50	16	Tak	02:07:03	04:02:18	06:28:54	08:29:37.15	08:29:49.10	+03:38:41 (42.9%)	9:48	6.1 (57.0%)
172	CELEJEWSKI Jakub	1461		M20	17		01:53:10	03:42:46	06:15:04	08:31:00.70	08:31:17.55	+03:40:09 (43.1%)	9:49	6.1 (57.0%)
173	KRASOWSKI Mateusz	1442	PROSWIM	M30	59		01:51:13		06:11:19	08:31:31.00	08:31:31.00	+03:40:23 (43.1%)	9:50	6.1 (57.0%)
174	KRASOWSKI Łukasz	1328	PROSWIM	M30	60		01:50:25	03:40:51	06:16:50	08:31:25.45	08:31:31.90	+03:40:24 (43.1%)	9:50	6.1 (57.0%)
175	PIECHOWSKI Wiesiek	1246		M40	77		02:10:19	04:07:38	06:25:39	08:30:56.80	08:31:32.20	+03:40:24 (43.1%)	9:49	6.1 (57.0%)
176	PYKA Arkadiusz	1347		M30	61		01:47:30	03:33:54	06:03:42	08:31:25.90	08:31:43.85	+03:40:36 (43.1%)	9:50	6.1 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki		Czas		Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km				
177	DĄBROWSKI Artur	1370		M30	62		01:58:07	03:49:21	06:28:21	08:32:39.20	08:33:13.80	+03:42:05 (43.3%)	9:51	6.1 (57.0%)	
178	POREBA Eugeniusz	1482	MIECHÓW	M50	17		02:13:48	04:07:23	06:34:45	08:33:25.95	08:33:38.80	+03:42:30 (43.3%)	9:52	6.1 (57.0%)	
179	SUDACKI Sebastian	1411		M20	18		01:42:43	03:27:56	06:15:04	08:33:20.35	08:33:40.75	+03:42:32 (43.3%)	9:52	6.1 (57.0%)	
180	KARCZMARCZYK Tomasz	1042		M40	78		01:54:59	03:45:30	06:12:39	08:33:09.15	08:33:41.95	+03:42:34 (43.3%)	9:52	6.1 (57.0%)	
181	CHWAŁA Artur	1481		M40	79		02:01:50	03:54:01	06:29:25	08:34:19.30	08:34:58.35	+03:43:50 (43.5%)	9:53	6.1 (57.0%)	
182	MASŁOWSKI Marcin	8	KKM KOZIENICE	M40	80	Tak	02:02:05	03:52:11	06:26:54	08:38:13.40	08:38:50.50	+03:47:42 (43.9%)	9:57	6 (56.1%)	
183	OLESEK Bartłomiej	1290		M20	19		02:00:25	04:00:47	06:31:57	08:39:29.85	08:40:11.45	+03:49:03 (44.0%)	9:59	6 (56.1%)	
184	WOJCIECHOWSKI Tomasz	1460	VIKING TRAINING CENTER TYCHY	M40	81		01:55:22	03:45:00	06:32:51	08:41:34.90	08:41:52.35	+03:50:44 (44.2%)	10:01	6 (56.1%)	
185	IWANEK Przemysław	1410		M30	63		01:57:03	03:46:03	06:30:18	08:41:55.25	08:42:24.15	+03:51:16 (44.3%)	10:02	6 (56.1%)	
186	MISIURA Adam	1179	SZAKALE BAŁUT ŁÓDŹ	M30	64		02:06:02	04:06:28	06:41:59	08:43:12.80	08:43:52.35	+03:52:44 (44.4%)	10:03	6 (56.1%)	
187	KOCZARA Adam	1287	ZASAPANI HYDROTRZCIANKA	M40	82		01:52:19	03:40:02	06:17:10	08:44:01.70	08:44:06.30	+03:52:58 (44.5%)	10:04	6 (56.1%)	
188	KUCHARZYK Grzegorz	1337	TOKARSKI TEAM	M40	83		02:19:35	04:20:26	06:37:38	08:43:49.45	08:44:21.10	+03:53:13 (44.5%)	10:04	6 (56.1%)	
189	LEŚNIAK Marcin	1052	STANWEX II	M30	65		02:07:52	04:08:59	06:36:10	08:44:01.35	08:44:32.70	+03:53:24 (44.5%)	10:04	6 (56.1%)	
190	CHECHELSKI Michał	1208	BIEGAM Z LENIWYM	M30	66		01:53:11	03:52:44	06:32:15	08:46:19.35	08:46:22.45	+03:55:14 (44.7%)	10:07	5.9 (55.1%)	
191	SOSZYŃSKI Piotr	1043	BUSHIDO	M40	84		01:59:00	03:52:57	06:33:30	08:48:05.55	08:48:25.15	+03:57:17 (44.9%)	10:09	5.9 (55.1%)	
192	TUORA Robert	1505	AMBITNI AMATORZY	M40	85		02:16:24		06:35:47	08:48:47.00	08:48:47.00	+03:57:39 (44.9%)	10:10	5.9 (55.1%)	
193	WENARSKI Grzegorz	1389	STAY INSANE	M40	86		02:12:17	04:11:21	06:44:44	08:48:35.35	08:48:52.00	+03:57:44 (45.0%)	10:09	5.9 (55.1%)	
194	KĘPSKI Rafał	1497		M40	87		02:16:41		06:36:01	08:48:56.00	08:48:56.00	+03:57:48 (45.0%)	10:10	5.9 (55.1%)	
195	BANEK Krzysztof	1408	CHRISS	M50	18		06:47:01			08:49:30.90	08:50:19.55	+03:59:11 (45.1%)	10:10	5.9 (55.1%)	
196	SKOWRONEK Dariusz	1127	#BYLEDOMETY	M50	19		02:02:16	04:07:39	06:32:43	08:50:15.20	08:50:19.60	+03:59:11 (45.1%)	10:11	5.9 (55.1%)	
197	ADAMSKI Sławomir	1346		M50	20		02:01:07	03:54:50	06:32:50	08:51:05.90	08:51:31.30	+04:00:23 (45.2%)	10:12	5.9 (55.1%)	
198	LABOCHA Aleksander	1077		M40	88		02:00:26	03:57:21	06:31:43	08:51:26.65	08:52:05.55	+04:00:57 (45.3%)	10:13	5.9 (55.1%)	
199	KUŚ Jakub	1345		M30	67		02:04:39	04:01:44	06:45:48	08:54:15.10	08:54:25.90	+04:03:18 (45.5%)	10:16	5.8 (54.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						
200	ŁOOCKI Rafał	1288		M40	89		01:52:15	03:39:59	06:31:30	08:54:24.55	08:54:27.45	+04:03:19 (45.5%)	10:16	5.8 (54.2%)
201	PŁOTEK Tomasz	1317		M40	90		02:03:29	04:02:33	06:47:42	08:55:42.45	08:56:00.65	+04:04:52 (45.7%)	10:18	5.8 (54.2%)
202	KLIN Mariusz	1172	CHEŁM BIEGA	M40	91		02:06:31	04:08:21	06:47:44	08:57:10.80	08:57:24.70	+04:06:16 (45.8%)	10:19	5.8 (54.2%)
203	ROSIŃSKI Krzysztof	1395		M50	21		02:06:26	03:59:13	06:30:07	08:57:20.25	08:57:57.40	+04:06:49 (45.9%)	10:20	5.8 (54.2%)
204	MITAS Dariusz	1156	PKS - PIWNY KLUB SPORTOWY	M40	92		02:04:36	04:01:54	06:34:19	08:57:41.10	08:58:17.65	+04:07:09 (45.9%)	10:20	5.8 (54.2%)
205	HABA Konrad	1381		M30	68		01:58:59	03:58:48	06:41:09	08:58:29.75	08:58:42.35	+04:07:34 (46.0%)	10:21	5.8 (54.2%)
206	ŻABIŃSKI Jakub	1055		M30	69		01:57:50	03:43:46	06:16:43	08:57:55.20	08:58:47.85	+04:07:40 (46.0%)	10:20	5.8 (54.2%)
207	FRANKOWSKI Dariusz	1431	SZAMANI W TRANSIE	M50	22		02:06:47	04:08:06	06:44:09	08:59:03.25	08:59:15.20	+04:08:07 (46.0%)	10:21	5.8 (54.2%)
208	KASPERCZYK Michał	1284	BRZYSKI TRI TEAM	M30	70		01:59:15	03:49:31	06:31:41	08:59:10.65	08:59:33.90	+04:08:26 (46.0%)	10:22	5.8 (54.2%)
209	SUDAKOWSKI Tomasz	1437	RAWA TIM ZAWSZE SLIM	M50	23		02:13:56	04:06:00	06:27:16	08:59:51.85	08:59:59.80	+04:08:51 (46.1%)	10:22	5.8 (54.2%)
210	STASZEWSKI Piotr	1470		M50	24		02:06:56	04:07:35	06:54:08	09:01:17.30	09:01:59.85	+04:10:52 (46.3%)	10:24	5.8 (54.2%)
211	GROTH Grzegorz	1353		M50	25		02:06:19	04:00:00	06:36:49	09:01:57.30	09:02:02.40	+04:10:54 (46.3%)	10:25	5.8 (54.2%)
212	KOZŁOWSKI Sebastian	1220	PKS PIWNY KLUB SPORTOWY	M40	93		02:03:49	04:01:55	06:34:40	09:02:58.70	09:03:34.80	+04:12:26 (46.4%)	10:26	5.7 (53.3%)
213	ADAMCZYK Tomek	1164		M40	94		02:04:16	04:04:46	06:56:41	09:03:12.95	09:03:41.40	+04:12:33 (46.5%)	10:26	5.7 (53.3%)
214	DĄBROWSKI Michał	1191		M30	71		02:10:23	04:08:25	06:53:12	09:05:04.80	09:05:18.30	+04:14:10 (46.6%)	10:28	5.7 (53.3%)
215	HRYCAJ Mariusz	1	REBELLION OF FREE RUNNERS	M40	95	Tak	02:08:09	04:08:13	06:41:32	09:05:18.75	09:05:47.40	+04:14:39 (46.7%)	10:29	5.7 (53.3%)
216	ŚLIWIŃSKI Jakub	1323		M30	72		02:01:58	03:47:23	06:29:49	09:05:46.70	09:06:12.25	+04:15:04 (46.7%)	10:29	5.7 (53.3%)
217	MARJAŃSKI Tomasz	1080		M40	96		02:06:34	04:13:35	06:51:40	09:05:41.80	09:06:24.35	+04:15:16 (46.7%)	10:29	5.7 (53.3%)
218	RADTKOWSKI Arkadiusz	1366	BEARDED RUNNERS GANG	M40	97		02:05:59	04:05:00	06:34:48	09:06:16.00	09:06:26.30	+04:15:18 (46.7%)	10:30	5.7 (53.3%)
219	PIASKOWSKI Marcin	1157	PIASKITEAM	M40	98		02:05:22	04:04:48	06:34:30	09:06:06.50	09:06:31.05	+04:15:23 (46.7%)	10:30	5.7 (53.3%)
220	TYKSIŃSKI Rafał	1430	EXPRESSMAP	M40	99		02:04:17	04:00:10	06:51:38	09:06:57.65	09:07:01.95	+04:15:54 (46.8%)	10:31	5.7 (53.3%)
221	WALIGÓRSKI Krzysztof	1126	MARKOWI BIEGACZE	M50	26		02:03:59	04:02:04	06:45:09	09:07:38.85	09:07:57.65	+04:16:49 (46.9%)	10:31	5.7 (53.3%)
222	PYĆ Andrzej	1150		M40	100		02:04:36	04:04:47	06:56:40	09:08:07.10	09:08:34.65	+04:17:26 (46.9%)	10:32	5.7 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km					
223	STOPA Marcin	1177	URZĄD MIASTA RZESZOWA	M40	101		02:09:15	04:13:34	06:49:27	09:09:47.35	09:10:02.05	+04:18:54 (47.1%)	10:34	5.7 (53.3%)
224	SYCZYŃSKI Tomasz	1344	RAPTUSY URSUS	M30	73		07:07:56			09:10:06.85	09:10:18.80	+04:19:10 (47.1%)	10:34	5.7 (53.3%)
225	MAJTKOWSKI Marcin	1466	KLUB BIEGACZA I LOVE ZIEMEK	M40	102		02:09:02	04:14:24	06:51:24	09:10:16.90	09:10:50.00	+04:19:42 (47.1%)	10:34	5.7 (53.3%)
226	RUCIŃSKI Adam	1007		M50	27		02:18:49	04:20:18	06:55:46	09:11:11.95	09:11:46.40	+04:20:38 (47.2%)	10:35	5.7 (53.3%)
227	GMAJ Daniel	1189		M30	74		02:10:59	04:08:10	06:49:01	09:14:50.10	09:15:25.60	+04:24:17 (47.6%)	10:40	5.6 (52.3%)
228	LAUBACH Radosław	1090	RAAN	M30	75		02:24:59	04:27:48	07:01:47	09:15:52.50	09:16:14.25	+04:25:06 (47.7%)	10:41	5.6 (52.3%)
229	PILISZEK Krzysztof	1005		M40	103		02:19:40	04:36:58	07:08:24	09:15:52.05	09:16:14.40	+04:25:06 (47.7%)	10:41	5.6 (52.3%)
230	KUCZBORSKI Jarosław	1041	HARPAGAN SOSNOWIEC	M40	104		02:06:07	04:08:04	07:00:26	09:17:05.95	09:17:44.90	+04:26:37 (47.8%)	10:42	5.6 (52.3%)
231	SYCHOWSKI Dawid	1017		M30	76		02:00:02	04:32:27	07:00:56	09:17:20.45	09:18:01.45	+04:26:53 (47.8%)	10:43	5.6 (52.3%)
232	MAŚLANKA Michał	1309	BIELAŃSKI KLUB SPORTOWY WATAHA	M40	105		01:54:54	03:55:19	06:40:58	09:18:11.15	09:18:14.85	+04:27:07 (47.8%)	10:44	5.6 (52.3%)
233	ROGE Michał	1037		M30	77		02:10:37	04:09:37		09:19:41.05	09:20:13.50	+04:29:05 (48.0%)	10:45	5.6 (52.3%)
234	OLBERT Ireneusz	1214	PCC ULTRA RUNNERS	M50	28		01:59:44	04:34:11	07:08:22	09:25:13.00	09:25:16.45	+04:34:08 (48.5%)	10:52	5.5 (51.4%)
235	POLSKI Jacek	1336		M50	29		02:14:19	04:23:07	07:05:31	09:26:46.50	09:27:06.10	+04:35:58 (48.7%)	10:53	5.5 (51.4%)
236	KAPUSTA Krzysztof	1475		M20	20		02:10:09	04:13:52	07:12:47	09:28:59.45	09:29:24.45	+04:38:16 (48.9%)	10:56	5.5 (51.4%)
237	BRZOZOWSKI Kamil	1136		M30	78		02:02:09	04:32:29	07:05:52	09:28:51.90	09:29:27.20	+04:38:19 (48.9%)	10:56	5.5 (51.4%)
238	MASŁOWSKI Dariusz	1451	BIEGANIE SZYDERCÓW	M40	106		02:11:10	04:19:39	07:04:26	09:29:31.85	09:29:54.80	+04:38:46 (48.9%)	10:57	5.5 (51.4%)
239	KALINOWSKI Adam	1053		M40	107		02:10:01	04:16:57	07:19:22	09:30:35.30	09:31:08.40	+04:40:00 (49.0%)	10:58	5.5 (51.4%)
240	GRAD Tomasz	1196	MARKOWI BIEGACZE	M40	108		02:13:21	04:23:18	07:15:46	09:31:57.50	09:32:16.05	+04:41:08 (49.1%)	10:59	5.5 (51.4%)
241	KONIECPOLSKI Krzysztof	1204		M50	30		02:41:14	04:47:40	07:27:37	09:33:45.65	09:34:33.70	+04:43:25 (49.3%)	11:02	5.4 (50.5%)
242	KAŁA Jacek	1255	BP RUNNING TEAM	M40	109		01:57:26	04:32:50	07:16:17	09:34:49.60	09:35:01.90	+04:43:54 (49.4%)	11:03	5.4 (50.5%)
243	FILIPCZAK Marek	1296		M40	110		02:03:52	04:08:46	07:12:56	09:35:00.60	09:35:08.95	+04:44:01 (49.4%)	11:03	5.4 (50.5%)
243	ŁABĘDZKI Piotr	1295	PIO-RUN	M50	31		02:04:36	04:08:46	07:12:55	09:35:00.70	09:35:08.95	+04:44:01 (49.4%)	11:03	5.4 (50.5%)
245	TOKARSKI Jacek	1333		M40	111		02:19:38	04:22:35	07:21:33	09:35:51.70	09:36:19.30	+04:45:11 (49.5%)	11:04	5.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
246	WICZUK Michał	1103	RACEFIGHTER GOSIR DĘBE WIELKIE	M40	112		02:06:36	04:08:04	06:57:19	09:36:13.65	09:36:24.20	+04:45:16 (49.5%)	11:04	5.4 (50.5%)
247	RADWAN Andrzej	1490	NOWA HUTA TEAM	M50	32		02:10:11	04:09:05	07:10:45	09:36:13.75	09:36:32.15	+04:45:24 (49.5%)	11:04	5.4 (50.5%)
248	BURY Marek	1450		M50	33		02:19:14	04:24:42	07:10:01	09:37:22.80	09:37:46.75	+04:46:38 (49.6%)	11:06	5.4 (50.5%)
249	CZECHOWSKI Konrad	1144		M30	79		02:18:41	04:28:17	07:17:13	09:40:59.00	09:41:13.20	+04:50:05 (49.9%)	11:10	5.4 (50.5%)
250	KOSTKA Robert	1012	TEAM ZALEWSKI	M40	113		02:07:51	04:14:01	07:06:49	09:41:11.25	09:41:51.65	+04:50:43 (50.0%)	11:10	5.4 (50.5%)
251	MATYSIAK Marcin	1289	MIESZKO	M40	114		02:01:15	04:07:46	07:05:16	09:41:13.25	09:41:54.40	+04:50:46 (50.0%)	11:10	5.4 (50.5%)
252	SANIAK Przemysław	1324	SII RUNNING TEAM	M30	80		02:18:42	04:29:26	07:24:56	09:43:33.45	09:43:59.80	+04:52:51 (50.1%)	11:13	5.3 (49.5%)
253	PIETRUS Piotr	1238	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M50	34		02:05:28	04:08:45	07:12:45	09:43:33.30	09:44:03.90	+04:52:56 (50.2%)	11:13	5.3 (49.5%)
254	PALLACH Lech	1138		M40	115		02:16:48	04:24:04	07:21:10	09:43:44.30	09:44:14.80	+04:53:06 (50.2%)	11:13	5.3 (49.5%)
255	DERKOWSKI Rafał	1250		M30	81		02:07:14	04:08:36	07:09:35	09:44:06.90	09:44:20.40	+04:53:12 (50.2%)	11:13	5.3 (49.5%)
256	SIKORSKI Grzegorz	1066		M50	35		02:13:48	04:20:57	07:13:33	09:44:30.70	09:45:08.70	+04:54:00 (50.2%)	11:14	5.3 (49.5%)
257	TARNOWSKI Michał	1256		M30	82		02:12:41	04:19:26	07:15:36	09:45:23.40	09:46:12.40	+04:55:04 (50.3%)	11:15	5.3 (49.5%)
258	TARNOWSKI Tomasz	1063	BP RUNNING TEAM GLIWICE	M40	116		02:19:17	04:29:19	07:23:10	09:47:55.15	09:48:38.75	+04:57:30 (50.5%)	11:18	5.3 (49.5%)
259	MAREK Tomasz	1197		M40	117		02:11:57	04:15:36	07:02:15	09:47:50.80	09:48:41.80	+04:57:33 (50.5%)	11:18	5.3 (49.5%)
260	KONRADY Łukasz	1273		M40	118		02:11:56	04:15:34	07:02:04	09:47:51.30	09:48:42.15	+04:57:34 (50.5%)	11:18	5.3 (49.5%)
261	LEWANDOWSKI Michał	1272		M20	21		07:04:28			09:49:05.15	09:49:18.20	+04:58:10 (50.6%)	11:19	5.3 (49.5%)
262	OSLISŁOK Paweł	1056	SOCA	M30	83		01:47:43	03:35:19	07:06:05	09:49:30.00	09:49:41.00	+04:58:33 (50.6%)	11:20	5.3 (49.5%)
263	MAZUR Grzegorz Mazur	1176		M30	84		02:12:50	04:24:43	07:26:06	09:49:36.30	09:49:59.65	+04:58:51 (50.7%)	11:20	5.3 (49.5%)
264	SZYPROWSKI Jarek	1106		M40	119		02:01:24	04:06:30	07:17:42	09:50:38.90	09:51:00.70	+04:59:52 (50.7%)	11:21	5.3 (49.5%)
265	BANASZAK Paweł	1452		M20	22		02:13:52	04:20:52	07:04:16	09:50:15.50	09:51:03.25	+04:59:55 (50.7%)	11:21	5.3 (49.5%)
266	JAGUSTYN Maciej	1454		M20	23		02:17:22	04:07:37	07:03:21	09:50:15.55	09:51:03.35	+04:59:55 (50.7%)	11:21	5.3 (49.5%)
267	PUCHAŁA Łukasz	1269		M30	85		01:56:21	03:57:16	06:56:51	09:50:57.75	09:51:05.10	+04:59:57 (50.7%)	11:21	5.3 (49.5%)
268	ZARĘBA Bartłomiej	1178		M30	86		02:10:15	04:21:18	07:25:40	09:50:42.35	09:51:07.65	+04:59:59 (50.7%)	11:21	5.3 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						
269	PNIEWSKI Rafał	1006	ION1TEAM	M50	36		02:18:24	04:33:31	07:22:57	09:52:30.05	09:53:11.50	+05:02:03 (50.9%)	11:23	5.3 (49.5%)
270	POGODA Adam	1252		M40	120		02:11:52	04:24:31	07:13:22	09:52:50.30	09:53:30.75	+05:02:22 (50.9%)	11:24	5.3 (49.5%)
271	ZYGMUNT Andrzej	1195	ZASAPANI HYDRO TRZCIANKA	M40	121		02:02:14	04:07:46	07:14:29	09:53:28.25	09:53:32.25	+05:02:24 (50.9%)	11:24	5.3 (49.5%)
272	RAJCZAK Łukasz	1468		M40	122		02:13:33	04:25:00	07:21:09	09:54:12.90	09:54:31.45	+05:03:23 (51.0%)	11:25	5.3 (49.5%)
273	IMIOŁEK Arek	1025	ED - CERT	M50	37		02:19:36	04:48:29	07:35:55	09:57:01.70	09:57:25.35	+05:06:17 (51.3%)	11:28	5.2 (48.6%)
274	SZYGENDA Waldemar	1115		M50	38		02:15:18	04:21:21	07:23:02	09:57:39.70	09:58:12.80	+05:07:04 (51.3%)	11:29	5.2 (48.6%)
275	GUZIŃSKI Emil	1264	DZIK KOMANDO	M30	87		02:25:00	04:28:34	07:24:58	09:58:06.50	09:58:23.50	+05:07:15 (51.3%)	11:30	5.2 (48.6%)
276	FACON Sławomir	1280	PĘDZĄCE WIEWIÓRY	M40	123		02:12:07	04:31:13	07:25:39	09:59:47.00	10:00:09.10	+05:09:01 (51.5%)	11:32	5.2 (48.6%)
277	BAKUN Mariusz	1002	CHEŁM BIEGA	M50	39		02:09:23	04:06:52	07:04:06	10:02:56.35	10:03:43.30	+05:12:35 (51.8%)	11:35	5.2 (48.6%)
278	SMORAWIŃSKI Marcin	1357		M50	40		02:17:20	04:28:51	07:25:20	10:04:06.50	10:04:21.40	+05:13:13 (51.8%)	11:37	5.2 (48.6%)
279	KWAŚNIK Sławomir	1319		M30	88		02:13:19	04:28:11	07:27:10	10:03:37.70	10:04:25.20	+05:13:17 (51.8%)	11:36	5.2 (48.6%)
280	BALICKI Marek	1193		M50	41		02:38:32	04:44:02	07:24:45	10:04:52.75	10:05:10.35	+05:14:02 (51.9%)	11:37	5.2 (48.6%)
281	LEWARDOWSKI Konrad	1339	KTB KUNY	M50	42		02:10:05	04:33:22	07:39:37	10:10:17.35	10:11:11.65	+05:20:03 (52.4%)	11:44	5.1 (47.7%)
282	KACZYŃSKI Marcin	1038	NEXERIANIE	M40	124		02:12:14	04:20:58	07:20:57	10:11:45.15	10:12:16.50	+05:21:08 (52.5%)	11:45	5.1 (47.7%)
283	PRUSZKOWSKI Mariusz	1082	CHEŁM BIEGA / CROSSFITTER BOX CHEŁM	M50	43		02:17:58	04:27:11	07:41:00	10:15:29.35	10:15:42.65	+05:24:34 (52.7%)	11:50	5.1 (47.7%)
284	ZIELIŃSKI Michał	1131	DZIKIE ŻYCIE RUN TEAM	M40	125		02:11:59	04:22:02	07:24:17	10:16:37.25	10:16:46.75	+05:25:38 (52.8%)	11:51	5.1 (47.7%)
285	GÓRSKI Krzysztof	1011	MK-NET	M50	44		02:19:09	04:27:31	07:28:43	10:16:48.30	10:17:00.10	+05:25:52 (52.8%)	11:51	5.1 (47.7%)
286	NASTAZIAK Andrzej	1439	ZABIEGANY WOŁOMIN	M50	45		02:02:49	04:33:55	07:48:24	10:17:11.35	10:17:31.70	+05:26:23 (52.9%)	11:52	5.1 (47.7%)
287	TWARDOWSKI Tomasz	1039	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	126		02:34:47	04:57:01	07:44:07	10:17:38.85	10:18:23.25	+05:27:15 (52.9%)	11:52	5.1 (47.7%)
288	ORŁÓW Paweł	1291		M20	24		02:05:07	04:28:16	07:35:28	10:21:03.10	10:21:45.15	+05:30:37 (53.2%)	11:56	5 (46.7%)
289	REWUCKI Marcin	1221		M40	127		02:04:38	04:12:47	07:25:18	10:21:16.65	10:21:54.60	+05:30:46 (53.2%)	11:56	5 (46.7%)
290	WALCZAK Michał	1207		M40	128		02:04:40	04:12:49	07:25:21	10:21:16.30	10:21:54.70	+05:30:46 (53.2%)	11:56	5 (46.7%)
291	MENDYKA Marcin	1390	ARPRT	M40	129		02:12:17	04:20:27	07:39:38	10:23:04.25	10:23:56.35	+05:32:48 (53.3%)	11:58	5 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						
292	POPKOWSKI Adam	1110		M30	89		02:18:34	04:37:02	07:47:04	10:26:13.20	10:26:20.60	+05:35:12 (53.5%)	12:02	5 (46.7%)
293	NIEGOWSKI Robert	1001	KLIWER RUN TEAM / STARE BABICE BIEGAJĄ	M40	130		01:56:21	04:07:32	07:25:23	10:26:08.05	10:26:23.65	+05:35:15 (53.5%)	12:02	5 (46.7%)
294	KOWALIK Krzysztof	1387		M40	131		02:18:09	04:31:19	07:37:58	10:26:26.70	10:26:53.50	+05:35:45 (53.6%)	12:02	5 (46.7%)
295	PENAR Arkadiusz	1160		M50	46		02:25:54	04:47:19	07:45:47	10:26:15.65	10:27:02.80	+05:35:54 (53.6%)	12:02	5 (46.7%)
296	CZESAK Marcin	1417	RWM TEAM	M40	132		02:19:39	04:34:34	07:44:23	10:26:43.25	10:27:34.05	+05:36:26 (53.6%)	12:03	5 (46.7%)
297	KRUPIŃSKI Marek	9		M20	25	Tak	01:59:03	04:38:16	08:24:26	10:31:44.40	10:31:46.40	+05:40:38 (53.9%)	12:08	4.9 (45.8%)
298	IWAN Bartłomiej	1092		M40	133		02:13:32	04:26:57	07:34:11	10:31:20.50	10:32:12.50	+05:41:04 (54.0%)	12:08	4.9 (45.8%)
299	RADOSZ Jacek	1279		M30	90		02:20:23	04:22:07	07:10:15	10:37:14.50	10:37:21.75	+05:46:13 (54.3%)	12:15	4.9 (45.8%)
300	BIELOV Yuriy	1434		M30	91		01:56:37	04:39:50	08:03:05	10:39:33.90	10:39:38.90	+05:48:31 (54.5%)	12:17	4.9 (45.8%)
301	PFAJFER Marek	1027	SPÓJNIA BIAŁE BŁOTA	M30	92		02:23:02	04:31:51	07:53:44	10:39:51.30	10:40:44.60	+05:49:36 (54.6%)	12:18	4.9 (45.8%)
302	RYBIENIK Lech	1206		M40	134		02:23:43	04:43:21	07:51:47	10:43:30.35	10:44:00.05	+05:52:52 (54.8%)	12:22	4.8 (44.9%)
303	CZARNECKI Robert	1142		M50	47		02:30:41	05:01:44	08:09:01	10:44:01.75	10:44:48.40	+05:53:40 (54.8%)	12:23	4.8 (44.9%)
304	DUCZMAL Bartosz	1119		M30	93		02:15:18	04:20:23	07:50:44	10:45:23.20	10:46:07.40	+05:54:59 (54.9%)	12:24	4.8 (44.9%)
305	TRZYNA Marcin	1359	STYROPMIN	M30	94		02:26:30	04:51:47	08:09:55	10:46:17.30	10:46:53.25	+05:55:45 (55.0%)	12:25	4.8 (44.9%)
306	BUKOWSKI Krzysztof	1199	VEGE RUNNERS	M40	135		02:29:24	04:47:53	08:11:38	10:49:32.75	10:49:53.35	+05:58:45 (55.2%)	12:29	4.8 (44.9%)
307	BIELECKI Krystian	1102	SŁOŃCA JURY	M20	26		02:12:33	04:33:04	07:53:55	10:56:41.80	10:57:00.80	+06:05:52 (55.7%)	12:37	4.8 (44.9%)
308	BIELECKI Tomasz	1088	SŁOŃCA JURY	M40	136		02:17:26	04:33:03	07:53:57	10:56:42.10	10:57:00.90	+06:05:53 (55.7%)	12:37	4.8 (44.9%)
309	NĘCKI Łukasz	1057	SŁOŃCA JURY	M40	137		02:17:24	04:33:01	07:53:59	10:56:41.55	10:57:00.95	+06:05:53 (55.7%)	12:37	4.8 (44.9%)
310	GASIŃSKI Maciej	1050	SŁOŃCA JURY	M40	138		02:17:55	04:33:03	07:53:51	10:56:42.55	10:57:01.05	+06:05:53 (55.7%)	12:37	4.8 (44.9%)
311	SKLEPOWICZ Jacek	1108		M40	139		02:21:52	04:44:06	07:44:43	10:59:22.25	10:59:25.10	+06:08:17 (55.9%)	12:40	4.7 (43.9%)
312	ŁAPIGROWSKI Jan	1393	STOWARZYSZENIE 42,2 LĘBORK	M40	140		02:43:48	05:10:50	08:22:28	11:06:08.20	11:06:51.95	+06:15:44 (56.3%)	12:48	4.7 (43.9%)
313	SZYMAŃSKI Adam	1081	LĘBORK BIEGACZE 42,2	M40	141		02:43:50	05:10:50	08:22:25	11:06:08.95	11:06:52.40	+06:15:44 (56.3%)	12:48	4.7 (43.9%)
314	GRYGO Krzysztof	1327	AKADEMIA SPORTU MEDYK	M60	6		02:20:06	04:39:06	07:44:45	11:07:31.75	11:08:08.95	+06:17:01 (56.4%)	12:50	4.7 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
315	MICHALCZUK Zenon	1464	SEMPER ACTIVE	M60	7		02:39:12	05:11:51		11:10:44.05	11:11:24.85	+06:20:17 (56.6%)	12:53	4.7 (43.9%)
316	CZARNECKI Bartosz	1187		M30	95		02:42:30	05:38:49	08:36:01	11:16:33.60	11:17:19.30	+06:26:11 (57.0%)	13:00	4.6 (43.0%)
317	TYDA Rafał	1121		M50	48		02:34:08	05:10:26	08:25:58	11:19:01.40	11:19:38.75	+06:28:30 (57.2%)	13:03	4.6 (43.0%)
318	TOKARSKI Rafał	1438		M40	142		02:21:29	04:38:02	08:06:38	11:21:07.25	11:21:50.40	+06:30:42 (57.3%)	13:05	4.6 (43.0%)
319	SZABATOWSKI Dominik	1200	WARTKIE PIERONY	M40	143		02:13:14	04:31:48	08:09:43	11:22:16.70	11:23:01.75	+06:31:53 (57.4%)	13:07	4.6 (43.0%)
320	FRANKI Marcin	1165	LECYMY DURŚ	M40	144		02:09:33	04:21:15	07:52:53	11:28:39.55	11:29:14.25	+06:38:06 (57.8%)	13:14	4.5 (42.1%)
321	GRZESZCZAK Adam	1446	BIEGAMYRAZEM.PL	M50	49		02:34:28	04:57:36	08:09:31	11:29:49.40	11:30:21.25	+06:39:13 (57.8%)	13:15	4.5 (42.1%)
322	PRZYŁUCKI Wojciech	1111		M40	145		02:18:44	04:48:02	08:32:54	11:32:22.45	11:32:29.80	+06:41:21 (58.0%)	13:18	4.5 (42.1%)
323	GRUDZIĘŃ Michał	1141		M40	146		02:24:01	04:59:20	08:24:29	11:31:51.35	11:32:37.70	+06:41:29 (58.0%)	13:18	4.5 (42.1%)
324	DASZCZYŃSKI Adam	1010	ADASKO TEAM	M50	50		02:37:26	05:10:36	08:29:36	11:36:38.15	11:37:05.25	+06:45:57 (58.2%)	13:23	4.5 (42.1%)
325	JAŁOWIEC Arkadiusz	1358		M30	96		02:29:54	05:02:57	08:36:19	11:37:02.00	11:37:44.85	+06:46:37 (58.3%)	13:24	4.5 (42.1%)
326	GRODZKI Przemek	1320		M40	147		02:44:47	05:20:47	08:41:07	11:40:24.15	11:41:10.65	+06:50:02 (58.5%)	13:28	4.5 (42.1%)
327	OLSZEWSKI Rafał	1074	T. G. SOKÓŁ GNIEWKOWO	M40	148		02:43:58	05:19:43	08:39:00	11:40:50.75	11:41:39.10	+06:50:31 (58.5%)	13:28	4.5 (42.1%)
328	SZULC Waldemar	1254		M30	97		02:20:55	04:52:42	08:46:30	11:43:07.05	11:43:45.00	+06:52:37 (58.6%)	13:31	4.4 (41.1%)
329	CHRZANOWSKI Michał	1166	LECYMY DURŚ	M40	149		02:09:30	04:21:14	07:52:52	11:44:44.15	11:45:18.95	+06:54:11 (58.7%)	13:33	4.4 (41.1%)
330	CHRZANOWSKI Arkadiusz	1330		M20	27		02:17:36	04:47:12	08:37:58	11:44:45.95	11:45:19.75	+06:54:11 (58.7%)	13:33	4.4 (41.1%)
331	JAGODA Adam	1097	FUCHS OIL TEAM	M50	51		02:40:48	05:13:36	08:44:42	11:48:47.60	11:49:39.60	+06:58:31 (59.0%)	13:37	4.4 (41.1%)
332	HORN Rafał	1341		M50	52		02:23:39	04:53:34	08:28:41	11:50:10.50	11:50:22.80	+06:59:14 (59.0%)	13:39	4.4 (41.1%)
333	SZCZEPOCKI Andrzej	1182	NIEPOŁOMICE BIEGAJĄ	M50	53		02:39:28	05:12:52	08:52:58	11:50:29.10	11:51:03.70	+06:59:55 (59.1%)	13:39	4.4 (41.1%)
334	NAZIM Tadeusz	1153	KKM KALORYFER	M60	8		02:37:39	05:13:07	08:49:30	12:06:08.65	12:06:33.35	+07:15:25 (59.9%)	13:57	4.3 (40.2%)
335	SŁONIEWSKI Rafał	6	KADRA MOCNYCH WRAŻEŃ	M40	150	Tak	02:21:05	04:51:54	09:23:45	12:26:27.70	12:26:56.75	+07:35:48 (61.0%)	14:21	4.2 (39.3%)
336	PRZYBYLIK Oktawian	1044	DKL80	M30	98		02:40:52	05:29:49	09:07:24	12:28:50.20	12:29:17.30	+07:38:09 (61.1%)	14:24	4.2 (39.3%)
337	KOCHAN Grzegorz	1510		M40	151		02:42:50	05:35:35	09:39:37	12:42:53.40	12:43:02.60	+07:51:54 (61.8%)	14:40	4.1 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
338	WASILEWSKI Grzegorz	1137	BIEGANIE--JEST--ZEN	M40	152		02:47:01	05:27:02	09:19:57	12:42:14.20	12:43:08.70	+07:52:00 (61.9%)	14:39	4.1 (38.3%)
339	CZARNECKI Michał	1185		M30	99		02:42:35	05:38:55	09:20:35	12:47:05.80	12:47:51.20	+07:56:43 (62.1%)	14:45	4.1 (38.3%)
	STACHURSKI Paweł	1483		M40			01:35:19 DNF	03:18:19 DNF	DNF	DNF	DNF		-	- (0.0%)
	ALASZKIEWICZ Adam	1340		M20			02:27:50 DNF	05:20:16 DNF	DNF	DNF	DNF		-	- (0.0%)
	KORNIŁOW Piotr	1499		M50			03:08:12 DNF	06:15:55 DNF	DNF	DNF	DNF		-	- (0.0%)
	KUŁACZKOWSKI Konrad	1034		M30			02:27:38 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BIEŃKOWSKI Michał	1233	DZIK KOMANDO	M40			02:45:06 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 344 wynik(ów)