



# I MARATON RZEŹNIKA

B4SPORT

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

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M40

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	<b>SZOPA Łukasz</b>	<b>1433</b>	KARKONOSZ RUNNING TEAM	M40	1		01:26:55	02:42:23	04:15:31	<b>05:48:05.75</b>	<b>05:48:07.15</b>		6:41	9 (100%)
2	<b>PYTLOS Marcin</b>	<b>1310</b>	ABBA1	M40	2		01:27:34	02:47:52	04:28:25	<b>05:59:21.85</b>	<b>05:59:24.30</b>	+00:11:17 (3.1%)	6:54	8.7 (96.7%)
3	<b>STEPANIUK Adam</b>	<b>1054</b>	BIEGAMY DZISIAJ?	M40	3		01:34:37	02:54:03	04:40:23	<b>06:12:15.30</b>	<b>06:12:29.05</b>	+00:24:21 (6.5%)	7:09	8.4 (93.3%)
4	<b>MACIAS Marcin</b>	<b>1369</b>		M40	4		01:38:40	02:55:36	04:40:38	<b>06:21:20.05</b>	<b>06:21:20.05</b>	+00:33:12 (8.7%)	7:20	8.2 (91.1%)
5	<b>STEPANIAK Grzegorz</b>	<b>1458</b>	SEROWARNIA SWOBODA	M40	5		04:51:51			<b>06:32:11.15</b>	<b>06:32:13.30</b>	+00:44:06 (11.2%)	7:32	8 (88.9%)
6	<b>KUNICKI Konrad</b>	<b>1424</b>	TROPEM ULTRA	M40	6		01:30:37	02:51:50	04:39:04	<b>06:35:37.95</b>	<b>06:35:40.00</b>	+00:47:32 (12.0%)	7:36	7.9 (87.8%)
7	<b>SOBOL Krystian</b>	<b>1322</b>		M40	7		01:32:44	02:59:58	04:58:23	<b>06:37:18.15</b>	<b>06:37:21.90</b>	+00:49:14 (12.4%)	7:38	7.9 (87.8%)
8	<b>KOKOCIŃSKI Dariusz</b>	<b>1462</b>		M40	8		01:42:05	03:09:23	05:00:32	<b>06:37:12.60</b>	<b>06:37:28.80</b>	+00:49:21 (12.4%)	7:38	7.9 (87.8%)
9	<b>KRZYSZTOŃ Tomasz</b>	<b>1242</b>	AMBITNI AMATORZY	M40	9		01:36:43	03:04:21	04:57:14	<b>06:40:17.75</b>	<b>06:40:20.90</b>	+00:52:13 (13.0%)	7:41	7.8 (86.7%)
10	<b>GAJ Grzegorz</b>	<b>7</b>		M40	10	Tak	01:45:23	03:15:03	05:07:48	<b>06:42:19.05</b>	<b>06:42:26.60</b>	+00:54:19 (13.5%)	7:44	7.8 (86.7%)
11	<b>JAGODZIŃSKI Robert</b>	<b>1268</b>	JAGODA TEAM	M40	11		01:45:59	03:15:00	05:07:41	<b>06:42:43.80</b>	<b>06:42:54.20</b>	+00:54:47 (13.6%)	7:44	7.7 (85.6%)
12	<b>WASYLÓW Jacek</b>	<b>1436</b>	CZR1 ANTEK TEAM PRZEMYSŁ	M40	12		01:43:21	03:14:37	05:09:00	<b>06:48:35.05</b>	<b>06:49:04.50</b>	+01:00:57 (14.9%)	7:51	7.6 (84.4%)
13	<b>KULLING Hubert</b>	<b>1183</b>		M40	13		01:45:08	03:16:29	05:09:08	<b>06:56:05.25</b>	<b>06:56:31.95</b>	+01:08:24 (16.4%)	8:00	7.5 (83.3%)
14	<b>NIEDŹWIEDŹ Tomasz</b>	<b>1445</b>	SOBASTEAM	M40	14		01:37:58	03:09:34	05:12:15	<b>07:01:08.30</b>	<b>07:01:11.05</b>	+01:13:03 (17.3%)	8:05	7.4 (82.2%)
15	<b>SALABUN Bartosz</b>	<b>1493</b>		M40	15		01:45:40	03:17:47	05:19:09	<b>07:02:00.80</b>	<b>07:02:14.95</b>	+01:14:07 (17.6%)	8:06	7.4 (82.2%)

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
16	<b>WALTER Piotr</b>	<b>1484</b>	TARNOWO PODGÓRNE	M40	16		01:32:25	02:59:49	05:07:33	<b>07:02:23.50</b>	<b>07:02:36.10</b>	+01:14:28 (17.6%)	8:07	7.4 (82.2%)
17	<b>PROSZCZEK Mariusz</b>	<b>1152</b>	42K PRO TEAM	M40	17		01:55:46	03:31:35	05:23:31	<b>07:03:34.10</b>	<b>07:04:08.80</b>	+01:16:01 (17.9%)	8:08	7.4 (82.2%)
18	<b>SZECÓWKA Zbigniew</b>	<b>1382</b>		M40	18		01:45:06	03:16:37	05:20:29	<b>07:04:48.15</b>	<b>07:05:03.95</b>	+01:16:56 (18.1%)	8:10	7.3 (81.1%)
19	<b>WOŹNY Paweł</b>	<b>1118</b>	RUNPROGRESS TEAM BY TOMASZ KAWIK	M40	19		01:36:10	03:03:41	05:11:58	<b>07:05:37.15</b>	<b>07:05:48.35</b>	+01:17:41 (18.2%)	8:11	7.3 (81.1%)
20	<b>GRZYWACZ Marcin</b>	<b>1217</b>	MKS CZECHOWICE-DZIEDZICE	M40	20		01:47:04	03:23:14	05:20:19	<b>07:07:08.75</b>	<b>07:07:17.40</b>	+01:19:10 (18.5%)	8:12	7.3 (81.1%)
21	<b>KONIK Marcin</b>	<b>1101</b>		M40	21		01:34:11	03:00:51	05:12:05	<b>07:08:07.60</b>	<b>07:08:09.90</b>	+01:20:02 (18.7%)	8:13	7.3 (81.1%)
22	<b>SZEWczyk Artur</b>	<b>1109</b>		M40	22		01:49:11	03:22:00	05:22:16	<b>07:07:51.35</b>	<b>07:08:47.40</b>	+01:20:40 (18.8%)	8:13	7.3 (81.1%)
23	<b>KASTELIK Dariusz</b>	<b>1085</b>	SPRINTEX TEAM	M40	23		01:44:15	03:18:13	05:21:31	<b>07:09:56.30</b>	<b>07:10:01.80</b>	+01:21:54 (19.0%)	8:16	7.3 (81.1%)
24	<b>SOKALSKI Grzegorz</b>	<b>1504</b>	MWP	M40	24		01:54:42	03:31:06	05:25:30	<b>07:10:14.75</b>	<b>07:10:51.85</b>	+01:22:44 (19.2%)	8:16	7.3 (81.1%)
25	<b>MUSZYŃSKI Dariusz</b>	<b>1130</b>	MGB	M40	25		01:44:44	03:21:39	05:29:56	<b>07:11:46.45</b>	<b>07:12:14.60</b>	+01:24:07 (19.5%)	8:18	7.2 (80.0%)
26	<b>KRAWCZYK Dariusz</b>	<b>1112</b>		M40	26		01:42:54	03:18:46	05:23:27	<b>07:14:42.70</b>	<b>07:14:48.60</b>	+01:26:41 (19.9%)	8:21	7.2 (80.0%)
27	<b>SADOWSKI Marek</b>	<b>1379</b>		M40	27		01:46:13	03:21:53	05:21:14	<b>07:15:35.40</b>	<b>07:16:08.15</b>	+01:28:01 (20.2%)	8:22	7.2 (80.0%)
28	<b>SZPUNAR Marek</b>	<b>1488</b>		M40	28		01:41:11	03:14:30	05:27:41	<b>07:18:06.75</b>	<b>07:18:13.80</b>	+01:30:06 (20.6%)	8:25	7.1 (78.9%)
29	<b>OPOZDA Michał</b>	<b>1062</b>		M40	29		01:48:54	03:26:38	05:33:07	<b>07:18:09.35</b>	<b>07:18:51.70</b>	+01:30:44 (20.7%)	8:25	7.1 (78.9%)
30	<b>MACHALSKI Sebastian</b>	<b>1032</b>	KCK	M40	30		01:34:08	03:17:02	05:24:56	<b>07:20:06.50</b>	<b>07:20:15.50</b>	+01:32:08 (20.9%)	8:27	7.1 (78.9%)
31	<b>WÓJCIK Michał</b>	<b>1415</b>	BANDA GRUDNIA / STAY INSANE	M40	31		01:49:26	03:21:31	05:31:24	<b>07:24:04.95</b>	<b>07:24:21.15</b>	+01:36:14 (21.7%)	8:32	7 (77.8%)
32	<b>BIELECKI Józef</b>	<b>1223</b>	ZASAPANI HYDRO TRZCIANKA	M40	32		01:52:17	03:39:58	05:56:46	<b>07:25:06.00</b>	<b>07:25:09.40</b>	+01:37:02 (21.8%)	8:33	7 (77.8%)
33	<b>MOSKAŁA Remigiusz</b>	<b>1495</b>		M40	33		01:44:30	03:20:02	05:28:12	<b>07:26:07.45</b>	<b>07:26:28.65</b>	+01:38:21 (22.0%)	8:34	7 (77.8%)
34	<b>MOŚCIŃSKI Robert</b>	<b>1362</b>		M40	34		01:36:32	03:18:22	05:39:50	<b>07:28:46.45</b>	<b>07:29:02.35</b>	+01:40:55 (22.5%)	8:37	7 (77.8%)
35	<b>STEENBERGEN Jeroen</b>	<b>1161</b>	WE RUN CLAN	M40	35		01:46:33	03:25:38	05:39:19	<b>07:29:56.65</b>	<b>07:30:21.55</b>	+01:42:14 (22.7%)	8:39	6.9 (76.7%)
36	<b>RUDNY Rafał</b>	<b>1406</b>	RUDNYRUNNINGTEAM	M40	36		02:04:46	03:45:01	05:51:31	<b>07:31:21.35</b>	<b>07:31:49.90</b>	+01:43:42 (23.0%)	8:40	6.9 (76.7%)
37	<b>ZYGMUNT Marcin</b>	<b>1386</b>	GKM GRUDZIĄDZ	M40	37		01:45:47	03:24:10	05:34:13	<b>07:34:29.70</b>	<b>07:34:34.05</b>	+01:46:26 (23.4%)	8:44	6.9 (76.7%)
38	<b>KUCHARSKI Paweł</b>	<b>1444</b>	PLANETA NISKO	M40	38		01:50:28	03:27:41	05:44:19	<b>07:39:09.35</b>	<b>07:39:18.45</b>	+01:51:11 (24.2%)	8:49	6.8 (75.6%)

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
39	SUTKOWSKI Jan	1331		M40	39		01:52:05	03:32:48	05:45:17	<b>07:40:00.20</b>	<b>07:40:30.80</b>	+01:52:23 (24.4%)	8:50	6.8 (75.6%)
40	ZAJĄC Piotr	1024	PROJEKT 1000 UP	M40	40		01:55:54	03:35:33		<b>07:41:21.40</b>	<b>07:41:46.80</b>	+01:53:39 (24.6%)	8:52	6.8 (75.6%)
41	SZANECKI Jakub Szanecki	1405	ZAPIERDALACVZE	M40	41		01:47:28	03:27:15	05:44:33	<b>07:41:46.30</b>	<b>07:42:09.25</b>	+01:54:02 (24.7%)	8:52	6.8 (75.6%)
42	PLEWA Tomasz	1099		M40	42		01:46:57	03:25:17	05:40:13	<b>07:42:45.75</b>	<b>07:42:57.40</b>	+01:54:50 (24.8%)	8:53	6.7 (74.4%)
43	MOLTZAN Zbigniew	1245	CROSSFIT TORUŃ	M40	43		01:55:40	03:40:24	05:53:41	<b>07:42:58.30</b>	<b>07:43:10.55</b>	+01:55:03 (24.8%)	8:54	6.7 (74.4%)
44	STELMACH Damian	1261	DOGOŃ GM/ GÓRAL Z MAZUR RUNNING TEAM	M40	44		01:53:56	03:28:43	05:36:27	<b>07:43:50.45</b>	<b>07:43:53.50</b>	+01:55:46 (25.0%)	8:55	6.7 (74.4%)
45	ZAWADKA Darek	1188		M40	45		01:52:08	03:37:35	05:54:27	<b>07:45:49.60</b>	<b>07:45:56.45</b>	+01:57:49 (25.3%)	8:57	6.7 (74.4%)
46	DZIEKOŃSKI Krzysztof	1026	ŁÓDŹRUNCREW/JAKOTEAM	M40	46		01:52:24	03:35:49	05:57:59	<b>07:48:41.05</b>	<b>07:48:48.10</b>	+02:00:40 (25.7%)	9:00	6.7 (74.4%)
47	JAWORSKI Piotr	1392	MARKOWI BIEGACZE	M40	47		01:51:10	03:39:13		<b>07:49:09.75</b>	<b>07:49:13.65</b>	+02:01:06 (25.8%)	9:01	6.7 (74.4%)
48	PYSZYŃSKI Mariusz	1378		M40	48		02:02:15	03:49:51	06:09:43	<b>07:51:32.40</b>	<b>07:52:08.05</b>	+02:04:00 (26.3%)	9:04	6.6 (73.3%)
49	BRUDEREK Tomasz	1501	PRIMUM CURRERE	M40	49		01:52:33	03:37:15	05:56:33	<b>07:54:53.45</b>	<b>07:55:16.10</b>	+02:07:08 (26.8%)	9:07	6.6 (73.3%)
50	MARUT Artur	1368	FITNESS FREAKS	M40	50		01:51:32	03:29:15	05:48:31	<b>07:56:19.20</b>	<b>07:57:08.80</b>	+02:09:01 (27.0%)	9:09	6.6 (73.3%)
51	SKRZECZYŃSKI Sławomir	1409	LEMON TEAM	M40	51		01:52:38	03:39:44	05:55:49	<b>07:57:09.50</b>	<b>07:57:25.00</b>	+02:09:17 (27.1%)	9:10	6.5 (72.2%)
52	ROLA Tomasz	1155		M40	52		02:06:47	03:59:43	06:14:30	<b>07:59:03.05</b>	<b>07:59:12.75</b>	+02:11:05 (27.4%)	9:12	6.5 (72.2%)
53	LUTEREK Michał	1149		M40	53		01:51:25	03:35:22	05:56:39	<b>08:00:29.00</b>	<b>08:00:42.50</b>	+02:12:35 (27.6%)	9:14	6.5 (72.2%)
54	OCHNIK Przemysław	1065	V MAX ADAMÓW	M40	54		01:51:31	03:33:47	05:53:11	<b>08:01:12.35</b>	<b>08:01:43.25</b>	+02:13:36 (27.7%)	9:15	6.5 (72.2%)
55	ORZOŁ Sławomir	1095	ROZBIEGANY PIASTÓW	M40	55		01:51:34	03:35:52	06:04:08	<b>08:02:27.35</b>	<b>08:02:36.35</b>	+02:14:29 (27.9%)	9:16	6.5 (72.2%)
56	KAWECKI Marek	1069	SŁOŃCA JURY	M40	56		01:56:13	03:44:38	06:11:08	<b>08:04:31.05</b>	<b>08:04:50.75</b>	+02:16:43 (28.2%)	9:19	6.4 (71.1%)
57	KAWALEC Bernard	1132		M40	57		01:51:57	03:40:36	06:06:12	<b>08:07:19.25</b>	<b>08:07:22.75</b>	+02:19:15 (28.6%)	9:22	6.4 (71.1%)
58	TOKARSKI Piotr	1091	ROZBIEGANY PIASTÓW	M40	58					<b>08:08:53.00</b>	<b>08:08:53.00</b>	+02:20:45 (28.8%)	9:24	6.4 (71.1%)
59	MARCINIAK Tomasz	1380	RADOMNO BIEGA	M40	59		01:50:46	03:35:16	06:08:36	<b>08:10:34.00</b>	<b>08:11:15.60</b>	+02:23:08 (29.1%)	9:26	6.4 (71.1%)
60	ROSIECKI Marcin	1145		M40	60		01:55:40	03:40:44	06:04:46	<b>08:10:46.15</b>	<b>08:11:18.45</b>	+02:23:11 (29.1%)	9:26	6.4 (71.1%)
61	MARKOWICZ Robert	1093		M40	61		01:55:42	03:48:55	06:15:29	<b>08:11:52.85</b>	<b>08:12:00.80</b>	+02:23:53 (29.2%)	9:27	6.3 (70.0%)

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
62	<b>GAJDECKI Tomek</b>	<b>1281</b>	ACCENTURE	M40	62		01:59:18	03:48:56	06:10:35	<b>08:14:26.50</b>	<b>08:15:06.35</b>	+02:26:59 (29.7%)	9:30	6.3 (70.0%)
63	<b>FILIPOWICZ Krzysztof</b>	<b>1146</b>		M40	63		01:57:26	03:48:39	06:14:19	<b>08:17:28.00</b>	<b>08:17:34.20</b>	+02:29:27 (30.0%)	9:34	6.3 (70.0%)
64	<b>ZIENIEWICZ Wojciech</b>	<b>1240</b>		M40	64		01:58:54	03:45:24	06:17:11	<b>08:19:47.90</b>	<b>08:19:58.70</b>	+02:31:51 (30.4%)	9:36	6.2 (68.9%)
65	<b>PIELECHA Rafał</b>	<b>1087</b>	FITNESS FREAKS	M40	65		01:59:06	03:46:03	06:11:00	<b>08:20:19.45</b>	<b>08:21:09.60</b>	+02:33:02 (30.5%)	9:37	6.2 (68.9%)
66	<b>SZCZEPANEK Sylwester</b>	<b>1175</b>	BEARDIE WEARDIE	M40	66		02:04:43	03:58:59	06:22:30	<b>08:21:02.65</b>	<b>08:21:47.05</b>	+02:33:39 (30.6%)	9:38	6.2 (68.9%)
67	<b>WĄGRODZKI Piotr</b>	<b>1376</b>	VICTUS	M40	67		01:59:56	03:42:57	06:03:04	<b>08:20:58.95</b>	<b>08:21:48.10</b>	+02:33:40 (30.6%)	9:38	6.2 (68.9%)
68	<b>ORŁOWSKI Robert</b>	<b>1373</b>		M40	68		01:49:57	03:39:24	06:08:25	<b>08:22:05.30</b>	<b>08:22:21.95</b>	+02:34:14 (30.7%)	9:39	6.2 (68.9%)
69	<b>DOLATA Andrzej</b>	<b>1338</b>	KTB KUNY	M40	69		02:03:38	04:03:58	06:30:49	<b>08:21:27.95</b>	<b>08:22:23.30</b>	+02:34:16 (30.7%)	9:38	6.2 (68.9%)
70	<b>KACZOREK Marcin</b>	<b>1383</b>		M40	70		01:49:26	03:43:31	06:21:33	<b>08:24:11.25</b>	<b>08:24:25.70</b>	+02:36:18 (31.0%)	9:41	6.2 (68.9%)
71	<b>KRÓL Andrzej</b>	<b>1500</b>	ELECTROLUX BIEGA	M40	71		02:00:38	03:46:19	06:03:47	<b>07:48:02.30</b>	<b>08:25:50.30</b>	+02:37:43 (31.2%)	9:00	6.7 (74.4%)
72	<b>RADKOWSKI Dariusz</b>	<b>1276</b>		M40	72		01:54:00	03:39:42	06:19:10	<b>08:25:30.50</b>	<b>08:25:57.30</b>	+02:37:50 (31.2%)	9:43	6.2 (68.9%)
73	<b>KOCZUREK Jerzy</b>	<b>1203</b>		M40	73		02:02:03	03:49:09	06:11:41	<b>08:25:32.90</b>	<b>08:26:04.75</b>	+02:37:57 (31.2%)	9:43	6.2 (68.9%)
74	<b>KAMIŃSKI Arkadiusz</b>	<b>1167</b>	1ON1 TEAM	M40	74		01:55:13	03:39:44	06:10:54	<b>08:26:39.80</b>	<b>08:27:20.30</b>	+02:39:13 (31.4%)	9:44	6.2 (68.9%)
75	<b>BUŁKA Piotr</b>	<b>1113</b>		M40	75		01:56:01	03:49:14	06:28:47	<b>08:27:23.10</b>	<b>08:27:35.35</b>	+02:39:28 (31.4%)	9:45	6.1 (67.8%)
76	<b>KOLCZYŃSKI Jarosław</b>	<b>1222</b>	1ON1 TEAM	M40	76		02:02:41	04:00:43	06:26:02	<b>08:27:04.55</b>	<b>08:27:45.75</b>	+02:39:38 (31.4%)	9:45	6.2 (68.9%)
77	<b>PIECHOWSKI Wiesiek</b>	<b>1246</b>		M40	77		02:10:19	04:07:38	06:25:39	<b>08:30:56.80</b>	<b>08:31:32.20</b>	+02:43:25 (31.9%)	9:49	6.1 (67.8%)
78	<b>KARCZMARCZYK Tomasz</b>	<b>1042</b>		M40	78		01:54:59	03:45:30	06:12:39	<b>08:33:09.15</b>	<b>08:33:41.95</b>	+02:45:34 (32.2%)	9:52	6.1 (67.8%)
79	<b>CHWAŁA Artur</b>	<b>1481</b>		M40	79		02:01:50	03:54:01	06:29:25	<b>08:34:19.30</b>	<b>08:34:58.35</b>	+02:46:51 (32.4%)	9:53	6.1 (67.8%)
80	<b>MASŁOWSKI Marcin</b>	<b>8</b>	KKM KOZIENICE	M40	80	Tak	02:02:05	03:52:11	06:26:54	<b>08:38:13.40</b>	<b>08:38:50.50</b>	+02:50:43 (32.9%)	9:57	6 (66.7%)
81	<b>WOJCIECHOWSKI Tomasz</b>	<b>1460</b>	VIKING TRAINING CENTER TYCHY	M40	81		01:55:22	03:45:00	06:32:51	<b>08:41:34.90</b>	<b>08:41:52.35</b>	+02:53:45 (33.3%)	10:01	6 (66.7%)
82	<b>KOCZARA Adam</b>	<b>1287</b>	ZASAPANI HYDROTRZCIANKA	M40	82		01:52:19	03:40:02	06:17:10	<b>08:44:01.70</b>	<b>08:44:06.30</b>	+02:55:59 (33.6%)	10:04	6 (66.7%)
83	<b>KUCHARZYK Grzegorz</b>	<b>1337</b>	TOKARSKI TEAM	M40	83		02:19:35	04:20:26	06:37:38	<b>08:43:49.45</b>	<b>08:44:21.10</b>	+02:56:13 (33.6%)	10:04	6 (66.7%)
84	<b>SOSZYŃSKI Piotr</b>	<b>1043</b>	BUSHIDO	M40	84		01:59:00	03:52:57	06:33:30	<b>08:48:05.55</b>	<b>08:48:25.15</b>	+03:00:18 (34.1%)	10:09	5.9 (65.6%)

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
85	<b>TUORA Robert</b>	<b>1505</b>	AMBITNI AMATORZY	M40	85		02:16:24		06:35:47	<b>08:48:47.00</b>	<b>08:48:47.00</b>	+03:00:39 (34.2%)	10:10	5.9 (65.6%)
86	<b>WENARSKI Grzegorz</b>	<b>1389</b>	STAY INSANE	M40	86		02:12:17	04:11:21	06:44:44	<b>08:48:35.35</b>	<b>08:48:52.00</b>	+03:00:44 (34.2%)	10:09	5.9 (65.6%)
87	<b>KĘPSKI Rafał</b>	<b>1497</b>		M40	87		02:16:41		06:36:01	<b>08:48:56.00</b>	<b>08:48:56.00</b>	+03:00:48 (34.2%)	10:10	5.9 (65.6%)
88	<b>LABOCHA Aleksander</b>	<b>1077</b>		M40	88		02:00:26	03:57:21	06:31:43	<b>08:51:26.65</b>	<b>08:52:05.55</b>	+03:03:58 (34.6%)	10:13	5.9 (65.6%)
89	<b>ŁOTOCKI Rafał</b>	<b>1288</b>		M40	89		01:52:15	03:39:59	06:31:30	<b>08:54:24.55</b>	<b>08:54:27.45</b>	+03:06:20 (34.9%)	10:16	5.8 (64.4%)
90	<b>PŁOTEK Tomasz</b>	<b>1317</b>		M40	90		02:03:29	04:02:33	06:47:42	<b>08:55:42.45</b>	<b>08:56:00.65</b>	+03:07:53 (35.1%)	10:18	5.8 (64.4%)
91	<b>KLIN Mariusz</b>	<b>1172</b>	CHEŁM BIEGA	M40	91		02:06:31	04:08:21	06:47:44	<b>08:57:10.80</b>	<b>08:57:24.70</b>	+03:09:17 (35.2%)	10:19	5.8 (64.4%)
92	<b>MITAS Dariusz</b>	<b>1156</b>	PKS - PIWNY KLUB SPORTOWY	M40	92		02:04:36	04:01:54	06:34:19	<b>08:57:41.10</b>	<b>08:58:17.65</b>	+03:10:10 (35.3%)	10:20	5.8 (64.4%)
93	<b>KOZŁOWSKI Sebastian</b>	<b>1220</b>	PKS PIWNY KLUB SPORTOWY	M40	93		02:03:49	04:01:55	06:34:40	<b>09:02:58.70</b>	<b>09:03:34.80</b>	+03:15:27 (36.0%)	10:26	5.7 (63.3%)
94	<b>ADAMCZYK Tomek</b>	<b>1164</b>		M40	94		02:04:16	04:04:46	06:56:41	<b>09:03:12.95</b>	<b>09:03:41.40</b>	+03:15:34 (36.0%)	10:26	5.7 (63.3%)
95	<b>HRYCAJ Mariusz</b>	<b>1</b>	REBELLION OF FREE RUNNERS	M40	95	Tak	02:08:09	04:08:13	06:41:32	<b>09:05:18.75</b>	<b>09:05:47.40</b>	+03:17:40 (36.2%)	10:29	5.7 (63.3%)
96	<b>MARJAŃSKI Tomasz</b>	<b>1080</b>		M40	96		02:06:34	04:13:35	06:51:40	<b>09:05:41.80</b>	<b>09:06:24.35</b>	+03:18:17 (36.3%)	10:29	5.7 (63.3%)
97	<b>RADTKOWSKI Arkadiusz</b>	<b>1366</b>	BEARDED RUNNERS GANG	M40	97		02:05:59	04:05:00	06:34:48	<b>09:06:16.00</b>	<b>09:06:26.30</b>	+03:18:19 (36.3%)	10:30	5.7 (63.3%)
98	<b>PIASKOWSKI Marcin</b>	<b>1157</b>	PIASKITEAM	M40	98		02:05:22	04:04:48	06:34:30	<b>09:06:06.50</b>	<b>09:06:31.05</b>	+03:18:23 (36.3%)	10:30	5.7 (63.3%)
99	<b>TYKSIŃSKI Rafał</b>	<b>1430</b>	EXPRESSMAP	M40	99		02:04:17	04:00:10	06:51:38	<b>09:06:57.65</b>	<b>09:07:01.95</b>	+03:18:54 (36.4%)	10:31	5.7 (63.3%)
100	<b>PYĆ Andrzej</b>	<b>1150</b>		M40	100		02:04:36	04:04:47	06:56:40	<b>09:08:07.10</b>	<b>09:08:34.65</b>	+03:20:27 (36.5%)	10:32	5.7 (63.3%)
101	<b>STOPA Marcin</b>	<b>1177</b>	URZĄD MIASTA RZESZOWA	M40	101		02:09:15	04:13:34	06:49:27	<b>09:09:47.35</b>	<b>09:10:02.05</b>	+03:21:54 (36.7%)	10:34	5.7 (63.3%)
102	<b>MAJTKOWSKI Marcin</b>	<b>1466</b>	KLUB BIEGACZA I LOVE ZIEMEK	M40	102		02:09:02	04:14:24	06:51:24	<b>09:10:16.90</b>	<b>09:10:50.00</b>	+03:22:42 (36.8%)	10:34	5.7 (63.3%)
103	<b>PILISZEK Krzysztof</b>	<b>1005</b>		M40	103		02:19:40	04:36:58	07:08:24	<b>09:15:52.05</b>	<b>09:16:14.40</b>	+03:28:07 (37.4%)	10:41	5.6 (62.2%)
104	<b>KUCZBORSKI Jarosław</b>	<b>1041</b>	HARPAGAN SOSNOWIEC	M40	104		02:06:07	04:08:04	07:00:26	<b>09:17:05.95</b>	<b>09:17:44.90</b>	+03:29:37 (37.6%)	10:42	5.6 (62.2%)
105	<b>MAŚLANKA Michał</b>	<b>1309</b>	BIELAŃSKI KLUB SPORTOWY WATAHA	M40	105		01:54:54	03:55:19	06:40:58	<b>09:18:11.15</b>	<b>09:18:14.85</b>	+03:30:07 (37.6%)	10:44	5.6 (62.2%)
106	<b>MASŁOWSKI Dariusz</b>	<b>1451</b>	BIEGANIE SZYDERCÓW	M40	106		02:11:10	04:19:39	07:04:26	<b>09:29:31.85</b>	<b>09:29:54.80</b>	+03:41:47 (38.9%)	10:57	5.5 (61.1%)
107	<b>KALINOWSKI Adam</b>	<b>1053</b>		M40	107		02:10:01	04:16:57	07:19:22	<b>09:30:35.30</b>	<b>09:31:08.40</b>	+03:43:01 (39.0%)	10:58	5.5 (61.1%)

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
108	<b>GRAD Tomasz</b>	<b>1196</b>	MARKOWI BIEGACZE	M40	108		02:13:21	04:23:18	07:15:46	<b>09:31:57.50</b>	<b>09:32:16.05</b>	+03:44:08 (39.2%)	10:59	5.5 (61.1%)
109	<b>KAŁA Jacek</b>	<b>1255</b>	BP RUNNING TEAM	M40	109		01:57:26	04:32:50	07:16:17	<b>09:34:49.60</b>	<b>09:35:01.90</b>	+03:46:54 (39.5%)	11:03	5.4 (60.0%)
110	<b>FILIPCZAK Marek</b>	<b>1296</b>		M40	110		02:03:52	04:08:46	07:12:56	<b>09:35:00.60</b>	<b>09:35:08.95</b>	+03:47:01 (39.5%)	11:03	5.4 (60.0%)
111	<b>TOKARSKI Jacek</b>	<b>1333</b>		M40	111		02:19:38	04:22:35	07:21:33	<b>09:35:51.70</b>	<b>09:36:19.30</b>	+03:48:12 (39.6%)	11:04	5.4 (60.0%)
112	<b>WICZUK Michał</b>	<b>1103</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M40	112		02:06:36	04:08:04	06:57:19	<b>09:36:13.65</b>	<b>09:36:24.20</b>	+03:48:17 (39.6%)	11:04	5.4 (60.0%)
113	<b>KOSTKA Robert</b>	<b>1012</b>	TEAM ZALEWSKI	M40	113		02:07:51	04:14:01	07:06:49	<b>09:41:11.25</b>	<b>09:41:51.65</b>	+03:53:44 (40.2%)	11:10	5.4 (60.0%)
114	<b>MATYSIAK Marcin</b>	<b>1289</b>	MIESZKO	M40	114		02:01:15	04:07:46	07:05:16	<b>09:41:13.25</b>	<b>09:41:54.40</b>	+03:53:47 (40.2%)	11:10	5.4 (60.0%)
115	<b>PALLACH Lech</b>	<b>1138</b>		M40	115		02:16:48	04:24:04	07:21:10	<b>09:43:44.30</b>	<b>09:44:14.80</b>	+03:56:07 (40.4%)	11:13	5.3 (58.9%)
116	<b>TARNOWSKI Tomasz</b>	<b>1063</b>	BP RUNNING TEAM GLIWICE	M40	116		02:19:17	04:29:19	07:23:10	<b>09:47:55.15</b>	<b>09:48:38.75</b>	+04:00:31 (40.9%)	11:18	5.3 (58.9%)
117	<b>MAREK Tomasz</b>	<b>1197</b>		M40	117		02:11:57	04:15:36	07:02:15	<b>09:47:50.80</b>	<b>09:48:41.80</b>	+04:00:34 (40.9%)	11:18	5.3 (58.9%)
118	<b>KONRADY Łukasz</b>	<b>1273</b>		M40	118		02:11:56	04:15:34	07:02:04	<b>09:47:51.30</b>	<b>09:48:42.15</b>	+04:00:35 (40.9%)	11:18	5.3 (58.9%)
119	<b>SZYPROWSKI Jarek</b>	<b>1106</b>		M40	119		02:01:24	04:06:30	07:17:42	<b>09:50:38.90</b>	<b>09:51:00.70</b>	+04:02:53 (41.1%)	11:21	5.3 (58.9%)
120	<b>POGODA Adam</b>	<b>1252</b>		M40	120		02:11:52	04:24:31	07:13:22	<b>09:52:50.30</b>	<b>09:53:30.75</b>	+04:05:23 (41.3%)	11:24	5.3 (58.9%)
121	<b>ZYGMUNT Andrzej</b>	<b>1195</b>	ZASAPANI HYDRO TRZCIANKA	M40	121		02:02:14	04:07:46	07:14:29	<b>09:53:28.25</b>	<b>09:53:32.25</b>	+04:05:25 (41.3%)	11:24	5.3 (58.9%)
122	<b>RAJCZAK Łukasz</b>	<b>1468</b>		M40	122		02:13:33	04:25:00	07:21:09	<b>09:54:12.90</b>	<b>09:54:31.45</b>	+04:06:24 (41.4%)	11:25	5.3 (58.9%)
123	<b>FACON Sławomir</b>	<b>1280</b>	PĘDZĄCE WIEWIÓRY	M40	123		02:12:07	04:31:13	07:25:39	<b>09:59:47.00</b>	<b>10:00:09.10</b>	+04:12:01 (42.0%)	11:32	5.2 (57.8%)
124	<b>KACZYNSKI Marcin</b>	<b>1038</b>	NEXERIANIE	M40	124		02:12:14	04:20:58	07:20:57	<b>10:11:45.15</b>	<b>10:12:16.50</b>	+04:24:09 (43.1%)	11:45	5.1 (56.7%)
125	<b>ZIELIŃSKI Michał</b>	<b>1131</b>	DZIKIE ŻYCIE RUN TEAM	M40	125		02:11:59	04:22:02	07:24:17	<b>10:16:37.25</b>	<b>10:16:46.75</b>	+04:28:39 (43.6%)	11:51	5.1 (56.7%)
126	<b>TWARDOWSKI Tomasz</b>	<b>1039</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	126		02:34:47	04:57:01	07:44:07	<b>10:17:38.85</b>	<b>10:18:23.25</b>	+04:30:16 (43.7%)	11:52	5.1 (56.7%)
127	<b>REWUCKI Marcin</b>	<b>1221</b>		M40	127		02:04:38	04:12:47	07:25:18	<b>10:21:16.65</b>	<b>10:21:54.60</b>	+04:33:47 (44.0%)	11:56	5 (55.6%)
128	<b>WALCZAK Michał</b>	<b>1207</b>		M40	128		02:04:40	04:12:49	07:25:21	<b>10:21:16.30</b>	<b>10:21:54.70</b>	+04:33:47 (44.0%)	11:56	5 (55.6%)
129	<b>MENDYKA Marcin</b>	<b>1390</b>	ARPRT	M40	129		02:12:17	04:20:27	07:39:38	<b>10:23:04.25</b>	<b>10:23:56.35</b>	+04:35:49 (44.2%)	11:58	5 (55.6%)
130	<b>NIEGOWSKI Robert</b>	<b>1001</b>	KLIWER RUN TEAM / STARE BABICE BIEGAJĄ	M40	130		01:56:21	04:07:32	07:25:23	<b>10:26:08.05</b>	<b>10:26:23.65</b>	+04:38:16 (44.4%)	12:02	5 (55.6%)

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
131	<b>KOWALIK Krzysztof</b>	<b>1387</b>		M40	131		02:18:09	04:31:19	07:37:58	<b>10:26:26.70</b>	<b>10:26:53.50</b>	+04:38:46 (44.5%)	12:02	5 (55.6%)
132	<b>CZESAK Marcin</b>	<b>1417</b>	RWM TEAM	M40	132		02:19:39	04:34:34	07:44:23	<b>10:26:43.25</b>	<b>10:27:34.05</b>	+04:39:26 (44.5%)	12:03	5 (55.6%)
133	<b>IWAN Bartłomiej</b>	<b>1092</b>		M40	133		02:13:32	04:26:57	07:34:11	<b>10:31:20.50</b>	<b>10:32:12.50</b>	+04:44:05 (44.9%)	12:08	4.9 (54.4%)
134	<b>RYBIENIK Lech</b>	<b>1206</b>		M40	134		02:23:43	04:43:21	07:51:47	<b>10:43:30.35</b>	<b>10:44:00.05</b>	+04:55:52 (45.9%)	12:22	4.8 (53.3%)
135	<b>BUKOWSKI Krzysztof</b>	<b>1199</b>	VEGE RUNNERS	M40	135		02:29:24	04:47:53	08:11:38	<b>10:49:32.75</b>	<b>10:49:53.35</b>	+05:01:46 (46.4%)	12:29	4.8 (53.3%)
136	<b>BIELECKI Tomasz</b>	<b>1088</b>	SŁOŃCA JURY	M40	136		02:17:26	04:33:03	07:53:57	<b>10:56:42.10</b>	<b>10:57:00.90</b>	+05:08:53 (47.0%)	12:37	4.8 (53.3%)
137	<b>NĘCKI Łukasz</b>	<b>1057</b>	SŁOŃCA JURY	M40	137		02:17:24	04:33:01	07:53:59	<b>10:56:41.55</b>	<b>10:57:00.95</b>	+05:08:53 (47.0%)	12:37	4.8 (53.3%)
138	<b>GASIŃSKI Maciej</b>	<b>1050</b>	SŁOŃCA JURY	M40	138		02:17:55	04:33:03	07:53:51	<b>10:56:42.55</b>	<b>10:57:01.05</b>	+05:08:53 (47.0%)	12:37	4.8 (53.3%)
139	<b>SKLEPOWICZ Jacek</b>	<b>1108</b>		M40	139		02:21:52	04:44:06	07:44:43	<b>10:59:22.25</b>	<b>10:59:25.10</b>	+05:11:17 (47.2%)	12:40	4.7 (52.2%)
140	<b>ŁAPIGROWSKI Jan</b>	<b>1393</b>	STOWARZYSZENIE 42,2 LĘBORK	M40	140		02:43:48	05:10:50	08:22:28	<b>11:06:08.20</b>	<b>11:06:51.95</b>	+05:18:44 (47.8%)	12:48	4.7 (52.2%)
141	<b>SZYMAŃSKI Adam</b>	<b>1081</b>	LĘBORK BIEGACZE 42,2	M40	141		02:43:50	05:10:50	08:22:25	<b>11:06:08.95</b>	<b>11:06:52.40</b>	+05:18:45 (47.8%)	12:48	4.7 (52.2%)
142	<b>TOKARSKI Rafał</b>	<b>1438</b>		M40	142		02:21:29	04:38:02	08:06:38	<b>11:21:07.25</b>	<b>11:21:50.40</b>	+05:33:43 (48.9%)	13:05	4.6 (51.1%)
143	<b>SZABATOWSKI Dominik</b>	<b>1200</b>	WARTKIE PIERONY	M40	143		02:13:14	04:31:48	08:09:43	<b>11:22:16.70</b>	<b>11:23:01.75</b>	+05:34:54 (49.0%)	13:07	4.6 (51.1%)
144	<b>FRANKI Marcin</b>	<b>1165</b>	LECZYMY DURŚ	M40	144		02:09:33	04:21:15	07:52:53	<b>11:28:39.55</b>	<b>11:29:14.25</b>	+05:41:07 (49.5%)	13:14	4.5 (50.0%)
145	<b>PRZYŁUCKI Wojciech</b>	<b>1111</b>		M40	145		02:18:44	04:48:02	08:32:54	<b>11:32:22.45</b>	<b>11:32:29.80</b>	+05:44:22 (49.7%)	13:18	4.5 (50.0%)
146	<b>GRUDZIEN Michał</b>	<b>1141</b>		M40	146		02:24:01	04:59:20	08:24:29	<b>11:31:51.35</b>	<b>11:32:37.70</b>	+05:44:30 (49.7%)	13:18	4.5 (50.0%)
147	<b>GRODZKI Przemek</b>	<b>1320</b>		M40	147		02:44:47	05:20:47	08:41:07	<b>11:40:24.15</b>	<b>11:41:10.65</b>	+05:53:03 (50.4%)	13:28	4.5 (50.0%)
148	<b>OLSZEWSKI Rafał</b>	<b>1074</b>	T. G. SOKÓŁ GNIEWKOWO	M40	148		02:43:58	05:19:43	08:39:00	<b>11:40:50.75</b>	<b>11:41:39.10</b>	+05:53:31 (50.4%)	13:28	4.5 (50.0%)
149	<b>CHRZANOWSKI Michał</b>	<b>1166</b>	LECZYMY DURŚ	M40	149		02:09:30	04:21:14	07:52:52	<b>11:44:44.15</b>	<b>11:45:18.95</b>	+05:57:11 (50.6%)	13:33	4.4 (48.9%)
150	<b>SŁONIEWSKI Rafał</b>	<b>6</b>	KADRA MOCNYCH WRAŻEŃ	M40	150	Tak	02:21:05	04:51:54	09:23:45	<b>12:26:27.70</b>	<b>12:26:56.75</b>	+06:38:49 (53.4%)	14:21	4.2 (46.7%)
151	<b>KOCHAN Grzegorz</b>	<b>1510</b>		M40	151		02:42:50	05:35:35	09:39:37	<b>12:42:53.40</b>	<b>12:43:02.60</b>	+06:54:55 (54.4%)	14:40	4.1 (45.6%)
152	<b>WASILEWSKI Grzegorz</b>	<b>1137</b>	BIEGANIE--JEST--ZEN	M40	152		02:47:01	05:27:02	09:19:57	<b>12:42:14.20</b>	<b>12:43:08.70</b>	+06:55:01 (54.4%)	14:39	4.1 (45.6%)
	<b>STACHURSKI Paweł</b>	<b>1483</b>		M40			01:35:19 DNF	03:18:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

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
	<b>BIĘNKOWSKI Michał</b>	<b>1233</b>	DZIK KOMANDO	M40			02:45:06 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 154 wynik(ów)