



## II MARATON RZEŹNIKA

B4SPORT

**Wydarzenie:** IX FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-06-08  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	<b>WRÓBLEWSKI Robert</b>	<b>1371</b>		M30	1	01:23:11	02:33:36	03:57:24	<b>05:13:58.55</b>	<b>05:13:58.55</b>		6:02	9.9 (100%)
2	<b>GARLIŃSKI Łukasz</b>	<b>1136</b>	KB KROKUS KWIATKOWICE	M20	1	01:23:56	02:40:50	04:13:21	<b>05:37:57.95</b>	<b>05:38:27.30</b>	+00:24:28 (7.2%)	6:29	9.2 (92.9%)
3	<b>STAWIŃSKI Michał</b>	<b>1042</b>	NIGHT RUNNERS	M30	2	01:30:39	02:49:09	04:28:02	<b>05:53:48.20</b>	<b>05:53:51.40</b>	+00:39:52 (11.3%)	6:48	8.8 (88.9%)
4	<b>SOKOŁOWSKI Marek</b>	<b>1360</b>	ALPIN SPORT TEAM	M50	1	01:31:40	02:52:50	04:29:36	<b>05:57:23.80</b>	<b>05:57:26.90</b>	+00:43:28 (12.2%)	6:52	8.7 (87.9%)
5	<b>KĄKOL Grzegorz</b>	<b>1023</b>	BALLS OF STEEL	M30	3	01:30:18	02:52:06	04:32:09	<b>06:05:40.70</b>	<b>06:05:45.00</b>	+00:51:46 (14.2%)	7:01	8.5 (85.9%)
6	<b>ŻUŁAWSKI Dariusz</b>	<b>1266</b>		M40	1	01:37:55	03:04:44	04:49:35	<b>06:10:20.50</b>	<b>06:10:26.65</b>	+00:56:28 (15.2%)	7:07	8.4 (84.8%)
7	<b>BOYCE Aidan</b>	<b>1397</b>		M40	2	01:35:51	02:57:52	04:42:06	<b>06:10:08.70</b>	<b>06:10:40.55</b>	+00:56:42 (15.3%)	7:07	8.4 (84.8%)
8	<b>DOBROWOLSKI Szymek</b>	<b>1281</b>		M30	4	01:35:01	02:56:38	04:40:09	<b>06:17:12.65</b>	<b>06:17:53.05</b>	+01:03:54 (16.9%)	7:15	8.3 (83.8%)
9	<b>STACHURSKI Paweł</b>	<b>1453</b>		M40	3	01:34:41	02:57:09	04:50:32	<b>06:19:30.20</b>	<b>06:19:45.90</b>	+01:05:47 (17.3%)	7:17	8.2 (82.8%)
10	<b>ŁAGOŻNY Łukasz</b>	<b>1402</b>	BRUBECK TEAM - GORYMARZEN.PL	M40	4	01:37:23	03:04:47	04:49:15	<b>06:21:13.80</b>	<b>06:21:16.80</b>	+01:07:18 (17.7%)	7:19	8.2 (82.8%)
11	<b>PIETRYSZYN Mariusz</b>	<b>1367</b>	TRIAL IS OUR WAY TEAM	M40	5	01:39:25	03:05:30	04:55:14	<b>06:23:40.50</b>	<b>06:23:44.15</b>	+01:09:45 (18.2%)	7:22	8.1 (81.8%)
12	<b>FLĄDRO Daniel</b>	<b>1465</b>		M40	6	01:30:55	02:51:19	04:45:36	<b>06:25:04.55</b>	<b>06:25:06.35</b>	+01:11:07 (18.5%)	7:24	8.1 (81.8%)
13	<b>RUDNY Rafał</b>	<b>1468</b>	RUDNYRUNNINGTEAM	M40	7	01:40:08	03:09:53	05:00:14	<b>06:25:30.35</b>	<b>06:25:34.35</b>	+01:11:35 (18.6%)	7:24	8.1 (81.8%)
14	<b>ROSIK Robert</b>	<b>1425</b>	LUMBERJUCKS	M30	5	01:36:22	02:58:08	04:47:45	<b>06:27:09.40</b>	<b>06:27:13.05</b>	+01:13:14 (18.9%)	7:26	8.1 (81.8%)
15	<b>KOZARSKI Krzysztof</b>	<b>1353</b>	RK LEGAL TEAM	M40	8	01:41:41	03:10:02	04:57:31	<b>06:33:47.15</b>	<b>06:34:01.30</b>	+01:20:02 (20.3%)	7:34	7.9 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
16	<b>RYMUT Michał</b>	<b>1292</b>		M30	6	01:46:02	03:13:27	05:01:44	<b>06:36:20.80</b>	<b>06:36:41.25</b>	+01:22:42 (20.9%)	7:37	7.9 (79.8%)
17	<b>NOWOSIELSKI Grzegorz</b>	<b>1182</b>	ŻÓRAWSKI TEAM	M30	7	01:37:33	03:06:59	05:05:20	<b>06:37:20.60</b>	<b>06:37:30.75</b>	+01:23:32 (21.0%)	7:38	7.9 (79.8%)
18	<b>MARUCHA Tomasz</b>	<b>1443</b>	DRUŻYNA	M30	8	01:38:00	03:06:28	05:02:50	<b>06:41:38.60</b>	<b>06:42:29.55</b>	+01:28:31 (22.0%)	7:43	7.8 (78.8%)
19	<b>ZARĘBA Bartłomiej</b>	<b>1043</b>		M30	9	01:37:19	03:04:46	05:03:12	<b>06:42:56.15</b>	<b>06:43:23.35</b>	+01:29:24 (22.2%)	7:44	7.7 (77.8%)
20	<b>ROMERO GARCIA Juan</b>	<b>1469</b>	WITC	M30	10	01:35:22	02:55:23	05:00:33	<b>06:44:08.85</b>	<b>06:44:26.75</b>	+01:30:28 (22.4%)	7:46	7.7 (77.8%)
21	<b>STRZĘPEK Dariusz</b>	<b>1015</b>		M30	11	01:43:18	03:13:30	05:08:06	<b>06:47:14.65</b>	<b>06:47:35.75</b>	+01:33:37 (23.0%)	7:49	7.7 (77.8%)
22	<b>ROKITA Paweł</b>	<b>20</b>	RAKIETA_BIEGA_TEAM	M30	12	01:43:25	03:14:51	05:10:55	<b>06:47:37.85</b>	<b>06:47:45.00</b>	+01:33:46 (23.0%)	7:50	7.7 (77.8%)
23	<b>HEJNAR Jakub</b>	<b>1438</b>		M40	9	01:41:18	03:11:23	05:09:44	<b>06:48:41.25</b>	<b>06:48:53.20</b>	+01:34:54 (23.2%)	7:51	7.6 (76.8%)
24	<b>FORGEL Paweł</b>	<b>1356</b>	RONIN	M40	10	01:38:05	03:06:11	05:05:12	<b>06:49:19.55</b>	<b>06:49:24.10</b>	+01:35:25 (23.3%)	7:52	7.6 (76.8%)
25	<b>SUDACKI Sebastian</b>	<b>1298</b>		M20	2	01:31:29	02:58:26	05:04:25	<b>06:50:49.70</b>	<b>06:50:59.45</b>	+01:37:00 (23.6%)	7:54	7.6 (76.8%)
26	<b>CHMIELEWSKI Dominik</b>	<b>1470</b>	KRISPOL ACTIV TEAM	M40	11	01:43:37	03:16:26	05:16:51	<b>06:51:05.05</b>	<b>06:51:10.00</b>	+01:37:11 (23.6%)	7:54	7.6 (76.8%)
27	<b>WALCZUK Łukasz</b>	<b>1349</b>		M20	3	01:37:57	03:12:45	05:20:54	<b>06:54:13.60</b>	<b>06:54:21.50</b>	+01:40:22 (24.2%)	7:57	7.5 (75.8%)
28	<b>HOLONA Maciek</b>	<b>1442</b>	FORMA WODZISŁAW	M50	2	01:43:01	03:17:09	05:13:57	<b>06:55:45.00</b>	<b>06:55:48.85</b>	+01:41:50 (24.5%)	7:59	7.5 (75.8%)
29	<b>WANDYCZ Mariusz</b>	<b>1091</b>	KOLKA TEAM LUBAŃ	M30	13	01:43:27	03:16:38	05:17:51	<b>06:55:58.00</b>	<b>06:56:06.50</b>	+01:42:07 (24.5%)	7:59	7.5 (75.8%)
30	<b>KUSZTEŁAK Jacek</b>	<b>16</b>	ZIEMO-WIT TEAM	M40	12	01:53:13	03:31:49	05:21:56	<b>06:56:18.20</b>	<b>06:56:18.20</b>	+01:42:19 (24.6%)	8:00	7.5 (75.8%)
31	<b>KOLUCH Bartek</b>	<b>1418</b>		M30	14	01:41:35	03:11:16	05:10:45	<b>06:56:10.95</b>	<b>06:56:24.80</b>	+01:42:26 (24.6%)	8:00	7.5 (75.8%)
32	<b>MICHALSKI Mariusz</b>	<b>1286</b>	#BIEGIEMNATRENING	M40	13	01:41:29	03:13:11	05:15:02	<b>06:56:38.85</b>	<b>06:56:57.50</b>	+01:42:58 (24.7%)	8:00	7.5 (75.8%)
33	<b>JANOWICZ Rafał</b>	<b>1344</b>	MIĘKKI ŻELEK	M40	14	01:44:39	03:29:36	05:23:05	<b>06:58:38.20</b>	<b>06:58:53.05</b>	+01:44:54 (25.0%)	8:03	7.5 (75.8%)
34	<b>LORENZ Marcin</b>	<b>1461</b>	GB GALOPUJĄCE ŚLIMAKI	M50	3	01:38:44	03:11:12	05:18:47	<b>07:03:31.15</b>	<b>07:03:35.60</b>	+01:49:37 (25.9%)	8:08	7.4 (74.7%)
35	<b>WILK Krzysztof</b>	<b>12</b>	SARNI TĘTENT	M30	15	01:44:19	03:18:45	05:14:52	<b>07:04:09.90</b>	<b>07:04:23.30</b>	+01:50:24 (26.0%)	8:09	7.4 (74.7%)
36	<b>KURCEWICZ Paweł</b>	<b>1041</b>		M30	16	01:43:03	03:20:00	05:22:32	<b>07:06:14.75</b>	<b>07:06:17.50</b>	+01:52:18 (26.3%)	8:11	7.3 (73.7%)
37	<b>NANCKA Karol</b>	<b>1205</b>		M30	17	01:45:08	03:23:21	05:28:26	<b>07:06:11.60</b>	<b>07:06:24.80</b>	+01:52:26 (26.4%)	8:11	7.3 (73.7%)
38	<b>ASŁANOWICZ Marcin</b>	<b>1276</b>	ŻÓRAWSKI TEAM	M40	15	01:46:52	03:20:35	05:19:19	<b>07:06:27.75</b>	<b>07:06:34.35</b>	+01:52:35 (26.4%)	8:12	7.3 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
39	<b>BARUD Artur</b>	<b>1400</b>	PRZEMYTNIK	M50	4	01:42:58	03:16:17	05:20:54	<b>07:08:03.80</b>	<b>07:08:13.05</b>	+01:54:14 (26.7%)	8:13	7.3 (73.7%)
40	<b>GRABARZ Artur</b>	<b>1462</b>		M20	4	01:51:36	03:21:47	05:30:11	<b>07:07:46.30</b>	<b>07:08:41.95</b>	+01:54:43 (26.8%)	8:13	7.3 (73.7%)
41	<b>KOZŁOWSKI Michał</b>	<b>1284</b>	MATNER RUNNING TEAM	M30	18	01:37:26	03:05:26	05:17:48	<b>07:09:13.15</b>	<b>07:09:23.65</b>	+01:55:25 (26.9%)	8:15	7.3 (73.7%)
42	<b>JASTRZĄB Piotr</b>	<b>17</b>		M50	5	01:43:20	03:20:56	05:21:30	<b>07:10:39.05</b>	<b>07:10:49.10</b>	+01:56:50 (27.1%)	8:16	7.2 (72.7%)
43	<b>JEZIERSKI Stanisław</b>	<b>1088</b>		M30	19	01:46:54	03:21:16	05:22:07	<b>07:10:38.15</b>	<b>07:11:21.95</b>	+01:57:23 (27.2%)	8:16	7.2 (72.7%)
44	<b>KRZUS Grzegorz</b>	<b>1232</b>	WIEJSKIE PIJACZKI	M30	20	01:41:43	03:12:50	05:20:50	<b>07:13:06.85</b>	<b>07:13:06.85</b>	+01:59:08 (27.5%)	8:19	7.2 (72.7%)
45	<b>GMYREK Jacek</b>	<b>1174</b>		M40	16	01:50:33	03:32:37	05:33:43	<b>07:13:14.25</b>	<b>07:13:27.10</b>	+01:59:28 (27.6%)	8:19	7.2 (72.7%)
46	<b>MALIGRANDA Mariusz</b>	<b>1456</b>		M30	21	01:51:20	03:24:27	05:23:24	<b>07:13:37.10</b>	<b>07:13:53.70</b>	+01:59:55 (27.6%)	8:20	7.2 (72.7%)
47	<b>SZAROWICZ Fabian</b>	<b>1140</b>	GORLICE BIKE	M40	17	01:51:14	03:33:03	05:35:12	<b>07:14:35.10</b>	<b>07:15:23.10</b>	+02:01:24 (27.9%)	8:21	7.2 (72.7%)
48	<b>OGNIEWSKI Marcin</b>	<b>1181</b>		M30	22	01:43:05	03:15:52	05:23:24	<b>07:14:57.35</b>	<b>07:15:29.20</b>	+02:01:30 (27.9%)	8:21	7.2 (72.7%)
49	<b>KUBICZAK Jan</b>	<b>1180</b>	PARUM CANIS DELTA	M40	18	01:54:56	03:22:01	05:16:59	<b>07:07:58.10</b>	<b>07:16:16.10</b>	+02:02:17 (28.0%)	8:13	7.3 (73.7%)
50	<b>WOŁK Mariusz</b>	<b>1222</b>	#ZALINIAMETYTEAM	M30	23	01:47:21	03:25:07	05:31:59	<b>07:17:56.60</b>	<b>07:17:56.60</b>	+02:03:58 (28.3%)	8:25	7.1 (71.7%)
51	<b>ZAPIÓR Maciej</b>	<b>1294</b>	ZET	M30	24	01:54:13	03:36:40	05:37:35	<b>07:17:46.00</b>	<b>07:18:10.05</b>	+02:04:11 (28.3%)	8:25	7.1 (71.7%)
52	<b>WILAMOWSKI Bartłomiej</b>	<b>1148</b>	RYKOWISKO TEAM	M30	25	01:50:39	03:31:12	05:37:21	<b>07:17:57.80</b>	<b>07:18:13.70</b>	+02:04:15 (28.4%)	8:25	7.1 (71.7%)
53	<b>KRUKAR Adam</b>	<b>1464</b>	FINISZ RYMANÓW	M50	6	01:49:07	03:25:46	05:29:37	<b>07:18:28.55</b>	<b>07:18:37.90</b>	+02:04:39 (28.4%)	8:25	7.1 (71.7%)
54	<b>SUMOREK Mariusz</b>	<b>1190</b>	TKKF "CHEMIK" PUŁAWY	M30	26	01:53:23	03:36:24	05:46:59	<b>07:20:48.80</b>	<b>07:21:02.30</b>	+02:07:03 (28.8%)	8:28	7.1 (71.7%)
55	<b>OSTROWSKI Rafał</b>	<b>1267</b>		M30	27	02:00:53	03:42:55	05:42:36	<b>07:20:10.20</b>	<b>07:21:04.30</b>	+02:07:05 (28.8%)	8:27	7.1 (71.7%)
56	<b>MARCINIAK Tomasz</b>	<b>1203</b>	RANDOMNO BIEGA	M40	19	01:46:39	03:27:37	05:33:21	<b>07:20:35.15</b>	<b>07:21:05.60</b>	+02:07:07 (28.8%)	8:28	7.1 (71.7%)
57	<b>WOJSZNIS Paweł</b>	<b>1145</b>	PRZYSTOJNIACZKI	M30	28	01:55:20	03:34:46	05:37:01	<b>07:22:22.80</b>	<b>07:23:19.05</b>	+02:09:20 (29.2%)	8:30	7.1 (71.7%)
58	<b>BARYŁA Natan</b>	<b>1331</b>		M20	5	01:30:15	02:57:24	05:23:15	<b>07:24:05.35</b>	<b>07:24:15.55</b>	+02:10:17 (29.3%)	8:32	7 (70.7%)
59	<b>DACHNO Marek</b>	<b>1398</b>	KONIE WOJCIECHÓW	M30	29	01:55:15	03:32:18	05:38:46	<b>07:24:04.70</b>	<b>07:24:51.05</b>	+02:10:52 (29.4%)	8:32	7 (70.7%)
60	<b>MUCKUS Filip</b>	<b>1334</b>		M30	30	01:50:32	03:24:58	05:31:40	<b>07:24:49.15</b>	<b>07:25:10.60</b>	+02:11:12 (29.5%)	8:33	7 (70.7%)
61	<b>WAWRUCH Piotr</b>	<b>1399</b>	KONIE WOJCIECHÓW	M40	20	01:55:17	03:32:22	05:38:52	<b>07:24:29.60</b>	<b>07:25:11.50</b>	+02:11:12 (29.5%)	8:32	7 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						Roztoki I 15km	Solinka 28km	Roztoki II 41km					
62	<b>STASIAK Jakub</b>	<b>1086</b>	ORLEN RUNNING TEAM	M40	21	01:48:11	03:28:13	05:37:50	<b>07:25:12.35</b>	<b>07:26:05.90</b>	+02:12:07 (29.6%)	8:33	7 (70.7%)
63	<b>SKIBA Andrzej</b>	<b>1233</b>	SAMOTNY WILK	M50	7	01:41:39	03:18:55	05:39:08	<b>07:26:32.35</b>	<b>07:26:35.55</b>	+02:12:37 (29.7%)	8:35	7 (70.7%)
64	<b>WOCHOWSKI Tomasz</b>	<b>10</b>		M40	22	01:56:42	03:34:59	05:40:28	<b>07:26:30.70</b>	<b>07:26:50.85</b>	+02:12:52 (29.7%)	8:35	7 (70.7%)
65	<b>ORYSZCZAK Bartłomiej</b>	<b>1204</b>	MTB ROZTOCZE	M40	23	01:57:04	03:38:16	05:42:09	<b>07:26:45.85</b>	<b>07:27:02.05</b>	+02:13:03 (29.8%)	8:35	7 (70.7%)
66	<b>STACHOWSKI Damian</b>	<b>1100</b>	ZABIEGANI IMIELIN	M30	31	01:42:57	03:16:08	05:34:12	<b>07:28:28.75</b>	<b>07:29:06.10</b>	+02:15:07 (30.1%)	8:37	7 (70.7%)
67	<b>WALKOWIAK Rafał</b>	<b>1447</b>	KONIN RUN	M50	8	01:43:00	03:20:47	05:38:39	<b>07:29:26.60</b>	<b>07:29:32.25</b>	+02:15:33 (30.2%)	8:38	6.9 (69.7%)
68	<b>KARDZASZ Bogdan</b>	<b>1109</b>		M50	9	01:47:29	03:22:43	05:37:15	<b>07:29:29.40</b>	<b>07:29:56.60</b>	+02:15:58 (30.2%)	8:38	6.9 (69.7%)
69	<b>OLEKSY Marcin</b>	<b>1378</b>	BRYGADA BEZTLEN	M30	32	01:35:54	03:11:31	05:28:21	<b>07:29:20.05</b>	<b>07:30:00.70</b>	+02:16:02 (30.2%)	8:38	6.9 (69.7%)
70	<b>BURY Jarosław</b>	<b>1078</b>	TURYŚCI	M30	33	01:55:40	03:36:12	05:51:24	<b>07:31:23.80</b>	<b>07:31:35.55</b>	+02:17:37 (30.5%)	8:40	6.9 (69.7%)
71	<b>FURTAK Krzysiek</b>	<b>1285</b>	ZST CHEMIK PUŁAWY	M30	34	01:54:53	03:36:21	05:47:00	<b>07:31:49.40</b>	<b>07:32:03.25</b>	+02:18:04 (30.5%)	8:41	6.9 (69.7%)
72	<b>RÓŻAŃSKI Mateusz</b>	<b>1431</b>	VIZYBLE DATA	M40	24	01:52:55	03:32:08	05:39:33	<b>07:32:28.00</b>	<b>07:33:05.15</b>	+02:19:06 (30.7%)	8:42	6.9 (69.7%)
73	<b>KOWALSKI Łukasz</b>	<b>1364</b>	KODOFIT	M30	35	01:52:08	03:32:18	05:44:01	<b>07:33:12.70</b>	<b>07:33:24.05</b>	+02:19:25 (30.8%)	8:42	6.9 (69.7%)
74	<b>KARCZMARCZYK Tomasz</b>	<b>1242</b>		M40	25	01:51:08	03:28:50	05:38:04	<b>07:35:01.25</b>	<b>07:35:26.00</b>	+02:21:27 (31.1%)	8:45	6.9 (69.7%)
75	<b>FABISIAK Andrzej</b>	<b>1221</b>	STANWEX II	M50	10	01:49:47	03:30:09	05:44:16	<b>07:35:49.80</b>	<b>07:35:57.40</b>	+02:21:58 (31.1%)	8:45	6.8 (68.7%)
76	<b>CEPIAK Kamil</b>	<b>1413</b>		M30	36	01:46:17	03:24:36	06:01:33	<b>07:37:01.70</b>	<b>07:37:10.85</b>	+02:23:12 (31.3%)	8:47	6.8 (68.7%)
77	<b>NIEPSUJ Maciej</b>	<b>1333</b>		M40	26	02:02:02	03:42:45	05:49:25	<b>07:37:19.30</b>	<b>07:37:58.80</b>	+02:24:00 (31.4%)	8:47	6.8 (68.7%)
78	<b>TUSZYŃSKI Mateusz</b>	<b>1235</b>		M20	6	01:55:37	03:34:56	05:49:38	<b>07:38:59.05</b>	<b>07:39:42.15</b>	+02:25:43 (31.7%)	8:49	6.8 (68.7%)
79	<b>HANISZEWSKI Mateusz</b>	<b>1336</b>	ANDRZEJ WITEK - SZYBCIEJ	M30	37	01:44:55	03:21:14	05:43:06	<b>07:39:54.15</b>	<b>07:40:13.50</b>	+02:26:14 (31.8%)	8:50	6.8 (68.7%)
80	<b>BUCIOR Łukasz</b>	<b>18</b>	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	M20	7	01:56:45	03:39:32	05:49:22	<b>07:40:04.55</b>	<b>07:40:40.60</b>	+02:26:42 (31.8%)	8:50	6.8 (68.7%)
81	<b>KAJDEWICZ Artur</b>	<b>1206</b>		M40	27	01:50:08	03:30:04	05:50:55	<b>07:42:16.30</b>	<b>07:42:27.70</b>	+02:28:29 (32.1%)	8:53	6.7 (67.7%)
82	<b>LASKOWSKI Piotr</b>	<b>1329</b>		M50	11	01:53:56	03:34:01	05:52:07	<b>07:42:39.70</b>	<b>07:42:39.70</b>	+02:28:41 (32.1%)	8:53	6.7 (67.7%)
83	<b>GŁUSZEK Tomasz</b>	<b>1122</b>		M30	38	01:50:40	03:32:28	05:52:12	<b>07:44:48.55</b>	<b>07:45:09.30</b>	+02:31:10 (32.5%)	8:56	6.7 (67.7%)
84	<b>WIECZYŃSKI Patryk</b>	<b>1500</b>	SWAWOLNE MŁODE KARTOFELKI	M20	8	01:53:13	03:37:51	05:50:34	<b>07:45:49.00</b>	<b>07:46:12.90</b>	+02:32:14 (32.7%)	8:57	6.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						Roztoki I 15km	Solinka 28km	Roztoki II 41km					
85	<b>STYPUŁA Paweł</b>	<b>1253</b>	LUMBAGO	M40	28	01:57:44	03:43:34	06:08:56	<b>07:47:48.35</b>	<b>07:48:33.90</b>	+02:34:35 (33.0%)	8:59	6.7 (67.7%)
86	<b>STYPUŁA Gabriel</b>	<b>1260</b>	LUMBAGO	M30	39	01:57:43	03:43:35	06:08:55	<b>07:47:48.65</b>	<b>07:48:33.95</b>	+02:34:35 (33.0%)	8:59	6.7 (67.7%)
87	<b>ALBRECHT Grzegorz</b>	<b>1025</b>		M40	29	01:55:22	03:40:47	06:01:02	<b>07:49:43.65</b>	<b>07:50:07.60</b>	+02:36:09 (33.2%)	9:01	6.6 (66.7%)
88	<b>DOLEGA-KOZIEROWSKI Jan</b>	<b>1022</b>		M30	40	01:55:26	03:40:52	06:00:55	<b>07:49:44.45</b>	<b>07:50:07.75</b>	+02:36:09 (33.2%)	9:02	6.6 (66.7%)
89	<b>AULEYTNER Janusz</b>	<b>1304</b>	PKO BANK POLSKI	M40	30	01:53:55	03:39:35	05:51:58	<b>07:50:28.65</b>	<b>07:50:51.75</b>	+02:36:53 (33.3%)	9:02	6.6 (66.7%)
90	<b>ŚWIĄDERSKI Paweł</b>	<b>1302</b>		M50	12	01:57:13	03:42:28	05:56:51	<b>07:50:27.45</b>	<b>07:51:17.40</b>	+02:37:18 (33.4%)	9:02	6.6 (66.7%)
91	<b>PISAREK Piotr</b>	<b>1354</b>		M30	41	01:56:24	03:35:25	05:52:34	<b>07:50:56.15</b>	<b>07:51:25.05</b>	+02:37:26 (33.4%)	9:03	6.6 (66.7%)
92	<b>SZYMAŃSKI Hubert</b>	<b>1108</b>	BIEGOWY WARIAT RUNNING TEAM	M40	31	01:51:22	03:37:40	05:59:30	<b>07:51:38.95</b>	<b>07:51:38.95</b>	+02:37:40 (33.4%)	9:04	6.6 (66.7%)
93	<b>PURCZYŃSKI Grzegorz</b>	<b>1020</b>		M40	32	01:54:09	03:33:10	05:58:27	<b>07:51:01.40</b>	<b>07:51:46.65</b>	+02:37:48 (33.4%)	9:03	6.6 (66.7%)
94	<b>FIEBIG Stefan</b>	<b>1249</b>	WWW.FIEBIG.PL	M50	13	01:46:51	03:24:13	05:50:56	<b>07:53:17.35</b>	<b>07:53:22.20</b>	+02:39:23 (33.7%)	9:06	6.6 (66.7%)
95	<b>SZPUNAR Marek</b>	<b>1436</b>		M40	33	01:51:09	03:31:35	05:57:19	<b>07:54:21.05</b>	<b>07:54:27.30</b>	+02:40:28 (33.8%)	9:07	6.6 (66.7%)
96	<b>WESOŁOWSKI Robert</b>	<b>1245</b>	DOBRA POLSKA CEBULA	M40	34	02:04:52	03:51:49	06:06:24	<b>07:54:39.20</b>	<b>07:55:12.55</b>	+02:41:14 (33.9%)	9:07	6.6 (66.7%)
97	<b>MICHAŁOWSKI Piotr</b>	<b>1076</b>		M30	42	01:56:22	03:39:31	05:51:29	<b>07:54:44.65</b>	<b>07:55:18.30</b>	+02:41:19 (33.9%)	9:07	6.6 (66.7%)
98	<b>PLEWA Tomasz</b>	<b>1107</b>		M40	35	01:49:18	03:28:11	05:52:54	<b>07:55:14.55</b>	<b>07:55:26.75</b>	+02:41:28 (34.0%)	9:08	6.6 (66.7%)
99	<b>OLIŃSKI Paweł</b>	<b>1058</b>		M30	43	01:58:57	03:43:42	06:00:29	<b>07:55:08.50</b>	<b>07:55:45.50</b>	+02:41:46 (34.0%)	9:08	6.6 (66.7%)
100	<b>NOWAK Paweł</b>	<b>1379</b>		M30	44	02:05:11	03:51:16	06:02:41	<b>07:55:44.10</b>	<b>07:56:31.80</b>	+02:42:33 (34.1%)	9:08	6.6 (66.7%)
101	<b>WOŁOSZYN Czesław</b>	<b>1440</b>	PIZUNY ROZTOCZE WSCHODNIE	M60	1	02:01:42	03:51:19	06:06:55	<b>07:56:29.35</b>	<b>07:56:37.55</b>	+02:42:39 (34.1%)	9:09	6.5 (65.7%)
102	<b>JARUS Andrzej</b>	<b>7</b>	POLISH_WINGS	M50	14	01:57:41	03:42:07	05:58:04	<b>07:56:55.50</b>	<b>07:56:59.15</b>	+02:43:00 (34.2%)	9:10	6.5 (65.7%)
103	<b>DZIEDZIC Szymon</b>	<b>1019</b>		M40	36	01:55:25	03:39:23	05:54:38	<b>07:56:35.60</b>	<b>07:57:08.35</b>	+02:43:09 (34.2%)	9:09	6.5 (65.7%)
104	<b>NOWAK Michał</b>	<b>1119</b>	KLUB LENIWYCH BIEGACZY	M30	45	02:15:35	04:02:58	06:13:15	<b>07:56:47.55</b>	<b>07:57:23.80</b>	+02:43:25 (34.2%)	9:10	6.5 (65.7%)
105	<b>KIRYLAK Marcin</b>	<b>1074</b>	OKS ZIMNE PIWO	M30	46	02:03:49	03:54:09	06:09:40	<b>07:56:49.50</b>	<b>07:57:33.60</b>	+02:43:35 (34.3%)	9:10	6.5 (65.7%)
106	<b>SUCHORA Kacper</b>	<b>1072</b>	***** ***	M20	9	01:47:24	03:39:04	06:02:52	<b>07:57:29.15</b>	<b>07:57:41.05</b>	+02:43:42 (34.3%)	9:10	6.5 (65.7%)
107	<b>SKRZYPKO Adam</b>	<b>1194</b>		M30	47	01:48:16	03:32:31	05:58:41	<b>07:58:41.60</b>	<b>07:58:54.70</b>	+02:44:56 (34.4%)	9:12	6.5 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
108	<b>MACHOWIAK Maciej</b>	<b>1196</b>	#BIEGAJLESZNO	M30	48	01:47:58	03:32:31	05:58:42	<b>07:58:50.20</b>	<b>07:59:03.00</b>	+02:45:04 (34.5%)	9:12	6.5 (65.7%)
109	<b>LOOSE Bartosz</b>	<b>1066</b>	KS SOKÓŁ ZBLEWO	M40	37	01:53:43	03:43:54	05:58:27	<b>07:59:35.65</b>	<b>08:00:19.20</b>	+02:46:20 (34.6%)	9:13	6.5 (65.7%)
110	<b>RZEPNIKOWSKI Michał</b>	<b>1357</b>		M30	49	01:56:36	03:45:37	06:12:49	<b>07:59:23.30</b>	<b>08:00:19.25</b>	+02:46:20 (34.6%)	9:13	6.5 (65.7%)
111	<b>GRABSKI Michał</b>	<b>14</b>	KOMBO KURCZAKI	M30	50	02:02:00	03:52:54	06:06:26	<b>07:59:56.35</b>	<b>08:00:29.75</b>	+02:46:31 (34.7%)	9:13	6.5 (65.7%)
112	<b>ZAJĄC Maciej</b>	<b>1437</b>	DREAM TRI TEAM	M40	38	01:54:55	03:39:49	06:01:40	<b>08:01:30.05</b>	<b>08:01:38.25</b>	+02:47:39 (34.8%)	9:15	6.5 (65.7%)
113	<b>MAJOREK Krzysztof</b>	<b>1323</b>	ASSECO ACTIVE TEAM	M30	51	01:50:39	03:28:55	05:43:12	<b>08:02:32.20</b>	<b>08:02:54.95</b>	+02:48:56 (35.0%)	9:16	6.5 (65.7%)
114	<b>GAJ Krzysztof</b>	<b>1105</b>		M20	10	02:08:00	04:00:21	06:10:37	<b>08:02:38.85</b>	<b>08:03:24.60</b>	+02:49:26 (35.0%)	9:16	6.5 (65.7%)
115	<b>JADWIŃSKI Wojciech</b>	<b>1197</b>	KS KANAŁEK/ NBRC	M40	39	01:54:37	03:42:23	06:07:46	<b>08:05:42.10</b>	<b>08:06:01.40</b>	+02:52:02 (35.4%)	9:20	6.4 (64.6%)
116	<b>UCINSKI Grzegorz</b>	<b>1123</b>		M40	40	01:55:16	03:46:33	06:12:32	<b>08:06:04.30</b>	<b>08:06:14.85</b>	+02:52:16 (35.4%)	9:20	6.4 (64.6%)
117	<b>PSZONAK Damian</b>	<b>1326</b>		M30	52	01:57:54	03:46:57	06:10:41	<b>08:05:53.20</b>	<b>08:06:19.15</b>	+02:52:20 (35.4%)	9:20	6.4 (64.6%)
118	<b>GURBOWICZ Jarosław</b>	<b>1159</b>	BIEGAJĄCY TCZEW	M50	15	01:49:44	03:34:47	05:59:42	<b>08:07:11.95</b>	<b>08:07:44.95</b>	+02:53:46 (35.6%)	9:22	6.4 (64.6%)
119	<b>MIĄSKO Wojciech</b>	<b>1132</b>	12TRI.PL	M50	16	01:58:16	03:42:36	06:10:46	<b>08:07:09.55</b>	<b>08:08:04.60</b>	+02:54:06 (35.7%)	9:22	6.4 (64.6%)
120	<b>MICHNIAK Łukasz</b>	<b>1143</b>		M30	53	02:02:38	03:53:00	06:16:58	<b>08:07:47.05</b>	<b>08:08:06.05</b>	+02:54:07 (35.7%)	9:22	6.4 (64.6%)
121	<b>IRLA Arkadiusz</b>	<b>1142</b>		M30	54	02:02:31	03:53:01	06:17:00	<b>08:07:48.05</b>	<b>08:08:06.35</b>	+02:54:07 (35.7%)	9:22	6.4 (64.6%)
122	<b>BIAŁEK Jakub</b>	<b>1337</b>	MIWO PRASZKA	M20	11				<b>08:08:13.80</b>	<b>08:08:13.80</b>	+02:54:15 (35.7%)	9:23	6.4 (64.6%)
123	<b>KRĘGIELEWSKI Mirosław</b>	<b>1018</b>	7 PBOT	M50	17	01:57:03	03:45:59	06:15:45	<b>08:08:07.35</b>	<b>08:08:23.30</b>	+02:54:24 (35.7%)	9:23	6.4 (64.6%)
124	<b>MAJEWSKI Jarek</b>	<b>1226</b>	KONIE WOJCIECHÓW	M40	41	01:57:32	03:37:51	05:58:38	<b>08:08:16.80</b>	<b>08:09:01.30</b>	+02:55:02 (35.8%)	9:23	6.4 (64.6%)
125	<b>KOCHAJ Wojciech</b>	<b>15</b>		M40	42	01:59:25	03:49:15	06:07:36	<b>08:09:01.05</b>	<b>08:09:36.20</b>	+02:55:37 (35.9%)	9:24	6.4 (64.6%)
126	<b>WOJEWODA Tomasz</b>	<b>1188</b>		M30	55	01:54:04	03:35:52	06:09:59	<b>08:09:39.85</b>	<b>08:10:18.05</b>	+02:56:19 (36.0%)	9:24	6.4 (64.6%)
127	<b>LANGNER Damian</b>	<b>1244</b>		M20	12	01:44:42	03:22:29	06:07:43	<b>08:10:23.15</b>	<b>08:10:23.15</b>	+02:56:24 (36.0%)	9:25	6.4 (64.6%)
128	<b>RUTKOWSKI Jarosław</b>	<b>1308</b>		M30	56	01:48:21	03:31:09	05:59:03	<b>08:10:17.65</b>	<b>08:10:39.05</b>	+02:56:40 (36.0%)	9:25	6.4 (64.6%)
129	<b>LIPIŃSKI Hubert</b>	<b>1011</b>	KS KANAŁEK	M30	57	01:54:48	03:42:24	06:07:47	<b>08:11:27.85</b>	<b>08:11:47.50</b>	+02:57:48 (36.2%)	9:27	6.3 (63.6%)
130	<b>ZOŃ Rafał</b>	<b>1309</b>		M30	58	01:57:24	03:47:51	06:15:46	<b>08:13:00.15</b>	<b>08:13:41.30</b>	+02:59:42 (36.4%)	9:28	6.3 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
131	<b>PANKOWIECKI Adam</b>	<b>1144</b>	PRZYSTOJNIACZKI	M30	59	01:55:31	03:38:48	06:06:22	<b>08:12:46.80</b>	<b>08:13:43.50</b>	+02:59:44 (36.4%)	9:28	6.3 (63.6%)
132	<b>DZIEKOŃSKI Krzysztof</b>	<b>1368</b>	ŁÓDŻRUNCREW/JAKOTEAM	M40	43	01:55:18	03:40:09	06:16:35	<b>08:14:20.50</b>	<b>08:14:47.25</b>	+03:00:48 (36.5%)	9:30	6.3 (63.6%)
133	<b>SEROKA Piotr</b>	<b>1330</b>	WRZOS	M40	44	01:53:27	03:39:32	06:12:58	<b>08:16:45.35</b>	<b>08:17:08.85</b>	+03:03:10 (36.8%)	9:33	6.3 (63.6%)
134	<b>HAŁASA Piotr</b>	<b>1283</b>		M40	45	01:55:20	03:42:04	06:05:50	<b>08:17:23.35</b>	<b>08:17:32.90</b>	+03:03:34 (36.9%)	9:33	6.3 (63.6%)
135	<b>MACHALSKI Mateusz</b>	<b>1114</b>		M30	60	01:55:24	03:40:52	06:01:08	<b>08:17:55.70</b>	<b>08:18:19.65</b>	+03:04:21 (37.0%)	9:34	6.3 (63.6%)
136	<b>FABISIAK Grzegorz</b>	<b>1377</b>	RONIN CZERWIEŃSK	M40	46	01:53:22	03:42:31	06:09:56	<b>08:18:37.95</b>	<b>08:18:43.00</b>	+03:04:44 (37.0%)	9:35	6.3 (63.6%)
136	<b>WASIAK Paweł</b>	<b>1295</b>		M20	13	01:54:44	03:31:41	06:03:48	<b>08:18:43.00</b>	<b>08:18:43.00</b>	+03:04:44 (37.0%)	9:35	6.3 (63.6%)
138	<b>JABŁOŃSKI Marcin</b>	<b>1082</b>		M40	47	02:03:05	03:43:20	06:10:20	<b>08:19:13.10</b>	<b>08:19:46.10</b>	+03:05:47 (37.2%)	9:36	6.2 (62.6%)
139	<b>PLESZ Wojciech</b>	<b>19</b>	SILESIA MARATHON CLUB	M30	61	02:00:54	03:52:48	06:21:36	<b>08:20:22.30</b>	<b>08:20:28.40</b>	+03:06:29 (37.3%)	9:37	6.2 (62.6%)
140	<b>PYRKOSZ Damian</b>	<b>1347</b>	ENGLISH VITAE	M50	18	01:58:51	03:50:26	06:12:36	<b>08:21:40.75</b>	<b>08:21:56.45</b>	+03:07:57 (37.4%)	9:38	6.2 (62.6%)
141	<b>KARPIŃSKI Robert</b>	<b>6</b>	SPARTANIE DZIECIOM	M50	19	02:04:34	03:53:27	06:18:55	<b>08:21:46.50</b>	<b>08:22:03.90</b>	+03:08:05 (37.5%)	9:38	6.2 (62.6%)
142	<b>LULLA Michał</b>	<b>1154</b>		M40	48	02:02:21	03:52:21	06:21:38	<b>08:25:47.70</b>	<b>08:26:08.05</b>	+03:12:09 (38.0%)	9:43	6.2 (62.6%)
143	<b>NIEDZIELSKI Tomasz</b>	<b>1151</b>	OKS ZIMNE PIWO	M40	49	02:04:46	03:55:30	06:09:59	<b>08:27:44.35</b>	<b>08:28:29.40</b>	+03:14:30 (38.3%)	9:45	6.1 (61.6%)
144	<b>SZYMANIAK Jakub</b>	<b>1401</b>		M20	14	01:49:10	03:31:16	06:01:35	<b>08:28:49.50</b>	<b>08:28:57.10</b>	+03:14:58 (38.3%)	9:47	6.1 (61.6%)
145	<b>KOLCZYNSKI Michal</b>	<b>1372</b>	TRUCHTACZ	M60	2	01:55:29	03:47:02	06:16:06	<b>08:28:27.95</b>	<b>08:29:04.35</b>	+03:15:05 (38.3%)	9:46	6.1 (61.6%)
146	<b>RELICH Marek</b>	<b>1111</b>	BRAK	M50	20	01:55:36	03:43:39	06:16:21	<b>08:28:50.25</b>	<b>08:29:29.05</b>	+03:15:30 (38.4%)	9:47	6.1 (61.6%)
147	<b>KOWALCZYK Piotr</b>	<b>1366</b>	FOR-REST-RUN	M40	50	02:06:31	04:01:04	06:34:10	<b>08:28:47.70</b>	<b>08:29:34.35</b>	+03:15:35 (38.4%)	9:47	6.1 (61.6%)
148	<b>ZALACHOWSKI Antoni</b>	<b>1161</b>	ZEFKA RUNNERS	M50	21	01:55:39	03:40:41	06:10:08	<b>08:29:48.50</b>	<b>08:30:00.55</b>	+03:16:02 (38.4%)	9:48	6.1 (61.6%)
149	<b>MATYSIAK Łukasz</b>	<b>1160</b>	ZEFKA RUNNERS	M30	62	01:55:50	03:39:50	06:10:09	<b>08:29:49.80</b>	<b>08:30:00.85</b>	+03:16:02 (38.4%)	9:48	6.1 (61.6%)
150	<b>KISIELEWSKI Andrzej</b>	<b>1229</b>		M50	22	02:13:07	04:03:49	06:25:28	<b>08:29:19.10</b>	<b>08:30:05.75</b>	+03:16:07 (38.4%)	9:47	6.1 (61.6%)
151	<b>KOŁOTUSZA Andrzej</b>	<b>1265</b>	ZASAPANI HYDRO	M50	23	06:21:51			<b>08:30:32.70</b>	<b>08:30:32.70</b>	+03:16:34 (38.5%)	9:49	6.1 (61.6%)
152	<b>TRĄBAŁA Adam</b>	<b>1355</b>	BIEGAMYSLOWICE	M50	24	01:59:26	03:57:16	06:25:08	<b>08:31:51.05</b>	<b>08:32:11.05</b>	+03:18:12 (38.7%)	9:50	6.1 (61.6%)
153	<b>WÓJTOWICZ Piotr</b>	<b>1185</b>	PODIUM	M40	51	01:53:29	03:38:53	06:16:24	<b>08:32:18.55</b>	<b>08:32:44.60</b>	+03:18:46 (38.8%)	9:51	6.1 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
154	<b>WIŚNIEWSKI Marek</b>	<b>1306</b>	RED FISH	M50	25	02:00:56	03:53:44	06:26:20	<b>08:32:23.45</b>	<b>08:33:12.35</b>	+03:19:13 (38.8%)	9:51	6.1 (61.6%)
155	<b>NOWAK Dominik</b>	<b>1316</b>		M30	63	02:04:27	03:52:21	06:24:32	<b>08:34:06.65</b>	<b>08:34:40.05</b>	+03:20:41 (39.0%)	9:53	6.1 (61.6%)
156	<b>SMIT Maciej</b>	<b>1299</b>		M50	26	02:04:19	04:02:10	06:29:14	<b>08:34:05.95</b>	<b>08:34:55.35</b>	+03:20:56 (39.0%)	9:53	6.1 (61.6%)
157	<b>WASAĞ Dawid</b>	<b>1332</b>	OCR TEEM BIŁGORAJ	M40	52	01:56:02	03:46:35	06:23:30	<b>08:35:08.65</b>	<b>08:35:14.00</b>	+03:21:15 (39.1%)	9:54	6.1 (61.6%)
158	<b>ŚLIWIŃSKI Andrzej</b>	<b>1376</b>		M60	3	02:06:43	03:58:35	06:39:03	<b>08:35:12.50</b>	<b>08:35:21.00</b>	+03:21:22 (39.1%)	9:54	6.1 (61.6%)
159	<b>PYZARA Paweł</b>	<b>1002</b>		M40	53	02:05:21	03:53:56	06:16:43	<b>08:35:44.95</b>	<b>08:36:06.95</b>	+03:22:08 (39.2%)	9:55	6 (60.6%)
160	<b>PORĘBA Eugeniusz</b>	<b>1389</b>		M60	4	02:09:18	04:01:47	06:34:28	<b>08:36:15.00</b>	<b>08:36:24.55</b>	+03:22:26 (39.2%)	9:55	6 (60.6%)
161	<b>TKACZYK Jarosław</b>	<b>1218</b>		M40	54	01:56:01	03:42:49	06:14:07	<b>08:35:47.20</b>	<b>08:36:30.75</b>	+03:22:32 (39.2%)	9:55	6 (60.6%)
162	<b>KANTOR Marek</b>	<b>1138</b>		M30	64	02:05:30	03:56:18	06:22:05	<b>08:35:49.70</b>	<b>08:36:32.80</b>	+03:22:34 (39.2%)	9:55	6 (60.6%)
163	<b>BARANOWSKI Robert</b>	<b>1427</b>		M50	27	02:02:17	03:50:45	06:37:27	<b>08:35:55.45</b>	<b>08:36:50.05</b>	+03:22:51 (39.3%)	9:55	6 (60.6%)
164	<b>SUDAKOWSKI Tomasz</b>	<b>1454</b>	RAWA TIM ZAWSZE SLIM	M50	28	02:16:21	04:11:45	06:29:23	<b>08:36:54.50</b>	<b>08:37:11.80</b>	+03:23:13 (39.3%)	9:56	6 (60.6%)
165	<b>OŻÓG Paweł</b>	<b>1320</b>	DZIKITIM	M40	55	01:58:01	03:43:28	06:21:31	<b>08:37:39.90</b>	<b>08:38:00.55</b>	+03:24:02 (39.4%)	9:57	6 (60.6%)
166	<b>MISIURA Adam</b>	<b>1432</b>	SZAKALE BAŁUT ŁÓDŹ	M30	65	02:04:10	04:01:48	06:40:08	<b>08:37:54.00</b>	<b>08:38:09.25</b>	+03:24:10 (39.4%)	9:57	6 (60.6%)
167	<b>PYTKO Jacek</b>	<b>1452</b>	ION1 TEAM	M50	29	02:12:06	04:09:23	06:41:10	<b>08:38:23.20</b>	<b>08:38:45.05</b>	+03:24:46 (39.5%)	9:58	6 (60.6%)
168	<b>ŚWIĄTEK Michał</b>	<b>1</b>	SFORABMK	M40	56	02:02:01	03:50:26	06:23:11	<b>08:38:15.20</b>	<b>08:38:49.75</b>	+03:24:51 (39.5%)	9:57	6 (60.6%)
169	<b>ŚWIERAD Paweł</b>	<b>1383</b>	KOWALEWO BIEGA	M40	57	02:06:45	03:59:08	06:31:14	<b>08:38:19.15</b>	<b>08:38:55.30</b>	+03:24:56 (39.5%)	9:58	6 (60.6%)
170	<b>LACHOWICZ Ryszard</b>	<b>1449</b>		M50	30	02:08:06	04:04:40	06:32:43	<b>08:39:00.40</b>	<b>08:39:38.60</b>	+03:25:40 (39.6%)	9:58	6 (60.6%)
171	<b>WIECZOREK Tomasz</b>	<b>1037</b>	KB BIAŁA BIEGA	M50	31	02:01:02	03:52:40	06:23:22	<b>08:39:31.05</b>	<b>08:39:39.90</b>	+03:25:41 (39.6%)	9:59	6 (60.6%)
172	<b>SPERNACKI Mateusz</b>	<b>1254</b>		M20	15	01:44:42	03:37:40	06:21:46	<b>08:39:38.25</b>	<b>08:39:44.80</b>	+03:25:46 (39.6%)	9:59	6 (60.6%)
173	<b>WALENDA Mateusz</b>	<b>1217</b>	KS KANAŁEK	M30	66	01:52:13	03:41:28	06:10:41	<b>08:40:23.60</b>	<b>08:40:42.30</b>	+03:26:43 (39.7%)	10:00	6 (60.6%)
174	<b>ZACZYŃSKI Maciej</b>	<b>1131</b>	ŻUBRY RACE TEAM	M40	58	02:03:22	03:56:36	06:33:32	<b>08:40:32.30</b>	<b>08:40:51.45</b>	+03:26:52 (39.7%)	10:00	6 (60.6%)
175	<b>KARDASZ Jacek</b>	<b>1083</b>	ATTYLA	M40	59	02:06:39	03:57:20	06:27:17	<b>08:40:33.90</b>	<b>08:40:55.75</b>	+03:26:57 (39.7%)	10:00	6 (60.6%)
176	<b>HUSIŃSKI Zbigniew</b>	<b>1338</b>	KB BIAŁA BIEGA	M50	32	02:05:48	04:06:34	06:37:49	<b>08:40:58.30</b>	<b>08:41:06.30</b>	+03:27:07 (39.7%)	10:01	6 (60.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
177	<b>SOBCZAK</b> Mikołaj	<b>1189</b>	WLKP MOUNTAINS ULTRA	M40	60	02:03:26	04:05:13	06:37:35	<b>08:41:04.55</b>	<b>08:41:43.80</b>	+03:27:45 (39.8%)	10:01	6 (60.6%)
178	<b>KUCZBORSKI</b> Jarosław	<b>1031</b>	HARPAGAN SOSNOWIEC	M40	61	02:05:57	03:57:16	06:25:38	<b>08:41:03.30</b>	<b>08:41:45.30</b>	+03:27:46 (39.8%)	10:01	6 (60.6%)
179	<b>GRUSZCZYŃSKI</b> Przemysław	<b>1198</b>	WLKP MOUNTAINS ULTRA	M40	62	02:03:32	04:05:13	06:37:31	<b>08:41:08.75</b>	<b>08:41:48.15</b>	+03:27:49 (39.8%)	10:01	6 (60.6%)
180	<b>SEREDA</b> Paweł	<b>1450</b>		M30	67	02:19:47	04:18:16	06:39:02	<b>08:43:38.20</b>	<b>08:44:36.00</b>	+03:30:37 (40.1%)	10:04	6 (60.6%)
181	<b>BATORY</b> Marek	<b>1139</b>	GORLICE BIKE	M40	63	01:51:41	04:06:40	06:36:44	<b>08:44:22.00</b>	<b>08:45:10.00</b>	+03:31:11 (40.2%)	10:05	6 (60.6%)
182	<b>LALEWICZ</b> Wojciech	<b>1327</b>	ASSECO ACTIVE TEAM	M50	33	02:03:39	04:02:49	06:38:19	<b>08:44:35.60</b>	<b>08:45:27.25</b>	+03:31:28 (40.2%)	10:05	5.9 (59.6%)
183	<b>CIEŚLA</b> Patryk	<b>1322</b>	PŁONĄCE RACICE	M30	68	01:58:51	03:47:37	06:32:51	<b>08:46:07.95</b>	<b>08:46:36.10</b>	+03:32:37 (40.4%)	10:07	5.9 (59.6%)
184	<b>MADOŃ</b> Wawrzyniec	<b>1388</b>		M60	5	02:17:38	04:13:24	06:39:56	<b>08:46:04.75</b>	<b>08:46:39.70</b>	+03:32:41 (40.4%)	10:07	5.9 (59.6%)
185	<b>KRAUZE</b> Tomasz	<b>1352</b>	WROCŁAWSKIE MORSY	M50	34	02:14:29	04:12:50	06:36:42	<b>08:46:05.45</b>	<b>08:46:58.05</b>	+03:32:59 (40.4%)	10:07	5.9 (59.6%)
186	<b>RĄB</b> Łukasz	<b>1350</b>	OBA Z GLIWIC/DZIKIE ŻYCIE RUNTEAM	M50	35	02:08:07	04:11:50	06:43:29	<b>08:47:13.95</b>	<b>08:47:28.00</b>	+03:33:29 (40.5%)	10:08	5.9 (59.6%)
187	<b>HERMAN</b> Paweł	<b>21</b>	MLUKS TRZEBIATÓW	M40	64	02:16:23	04:23:01	06:47:53	<b>08:46:36.25</b>	<b>08:47:32.10</b>	+03:33:33 (40.5%)	10:07	5.9 (59.6%)
188	<b>JAKUBOWSKI</b> Paweł	<b>1219</b>		M50	36	02:01:55	03:56:12	06:35:08	<b>08:48:10.15</b>	<b>08:48:59.75</b>	+03:35:01 (40.6%)	10:09	5.9 (59.6%)
189	<b>KREWSKI</b> Piotr	<b>1073</b>		M30	69	02:10:20	04:05:40	06:34:13	<b>08:50:13.40</b>	<b>08:50:58.40</b>	+03:36:59 (40.9%)	10:11	5.9 (59.6%)
190	<b>JUSZCZAK</b> Marcin	<b>13</b>		M50	37	02:15:24	04:21:53	06:54:26	<b>08:50:52.70</b>	<b>08:51:00.50</b>	+03:37:01 (40.9%)	10:12	5.9 (59.6%)
191	<b>MIELCAREK</b> Konrad	<b>1275</b>		M40	65	01:57:44	03:50:34	06:40:51	<b>08:50:54.55</b>	<b>08:51:23.60</b>	+03:37:25 (40.9%)	10:12	5.9 (59.6%)
192	<b>MANTERYS</b> Michał	<b>1170</b>	KKM KALORYFER	M40	66	02:02:20	03:56:52	06:35:40	<b>08:51:30.25</b>	<b>08:51:48.75</b>	+03:37:50 (41.0%)	10:13	5.9 (59.6%)
193	<b>WDOWIARSKI</b> Maciej	<b>1101</b>		M30	70	02:02:45	03:55:42	06:34:41	<b>08:51:51.95</b>	<b>08:52:03.35</b>	+03:38:04 (41.0%)	10:13	5.9 (59.6%)
194	<b>GRZESIK</b> Michał	<b>1451</b>		M30	71	02:14:02	04:13:39	06:43:54	<b>08:51:46.65</b>	<b>08:52:10.85</b>	+03:38:12 (41.0%)	10:13	5.9 (59.6%)
195	<b>WYSOCKI</b> Bartosz	<b>1210</b>	KS JANUSZE	M40	67	02:06:22	04:09:07	06:41:37	<b>08:54:11.25</b>	<b>08:54:27.60</b>	+03:40:29 (41.3%)	10:16	5.8 (58.6%)
196	<b>LUDWICZAK</b> Mariusz	<b>1028</b>	#WKURW-TEAM	M50	38	02:05:59	03:59:57	06:40:54	<b>08:54:50.80</b>	<b>08:55:38.30</b>	+03:41:39 (41.4%)	10:17	5.8 (58.6%)
197	<b>MATYJASZCZYK</b> Patryk	<b>1255</b>		M20	16	01:59:30	03:51:29	06:27:09	<b>08:56:49.55</b>	<b>08:56:49.55</b>	+03:42:51 (41.5%)	10:19	5.8 (58.6%)
198	<b>TROJNAR</b> Daniel	<b>1263</b>		M30	72	02:05:43	04:06:46	06:38:28	<b>08:57:02.30</b>	<b>08:57:27.80</b>	+03:43:29 (41.6%)	10:19	5.8 (58.6%)
199	<b>ŁASKI</b> Radosław	<b>1342</b>	DRADURA & FOURTRISQUAD	M40	68	01:55:08	03:56:14	06:42:52	<b>08:57:31.85</b>	<b>08:57:59.40</b>	+03:44:00 (41.6%)	10:20	5.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						Roztoki I 15km	Solinka 28km	Roztoki II 41km					
200	<b>NOWAK Karol</b>	<b>1199</b>		M40	69	02:12:35	04:12:39	06:44:06	<b>08:57:39.65</b>	<b>08:58:08.50</b>	+03:44:09 (41.7%)	10:20	5.8 (58.6%)
201	<b>DEPTUŁA Marcin</b>	<b>1268</b>	DCWRP	M50	39	02:07:29	04:06:37	06:41:58	<b>08:57:47.25</b>	<b>08:58:24.55</b>	+03:44:26 (41.7%)	10:20	5.8 (58.6%)
202	<b>HOŁYŚ Marcin</b>	<b>1455</b>	BIEGANIE SZYDERCÓW	M30	73	02:10:51	04:05:31	06:52:33	<b>08:58:12.50</b>	<b>08:58:27.35</b>	+03:44:28 (41.7%)	10:21	5.8 (58.6%)
203	<b>BIEL Sebastian</b>	<b>1434</b>	BIEGANIE SZYDERCÓW	M30	74	02:10:59	04:05:34	06:52:36	<b>08:58:14.20</b>	<b>08:58:28.00</b>	+03:44:29 (41.7%)	10:21	5.8 (58.6%)
204	<b>KUCHAREWICZ Przemysław</b>	<b>1150</b>		M40	70	02:08:59	04:07:22	06:48:06	<b>08:58:57.30</b>	<b>08:59:33.35</b>	+03:45:34 (41.8%)	10:21	5.8 (58.6%)
205	<b>KOŁODZIEJEK Robert</b>	<b>1404</b>		M40	71	02:05:01	03:52:50	06:31:49	<b>08:59:25.65</b>	<b>09:00:22.65</b>	+03:46:24 (41.9%)	10:22	5.8 (58.6%)
206	<b>HABA Konrad</b>	<b>1429</b>		M30	75	02:06:28	04:08:50	06:54:01	<b>09:04:02.90</b>	<b>09:04:36.95</b>	+03:50:38 (42.3%)	10:27	5.7 (57.6%)
207	<b>GRADOWSKI Piotrek</b>	<b>1448</b>	BLUE GRADERS	M40	72	02:06:40	04:07:31	06:55:50	<b>09:04:56.85</b>	<b>09:05:00.40</b>	+03:51:01 (42.4%)	10:28	5.7 (57.6%)
208	<b>TUORA Robert</b>	<b>2</b>	AMBITNI AMATORZY	M40	73	02:18:14	04:18:12	06:54:21	<b>09:05:11.60</b>	<b>09:05:42.00</b>	+03:51:43 (42.5%)	10:29	5.7 (57.6%)
209	<b>DAWID Franciszek</b>	<b>1318</b>	MENDA MIEJSKA	M20	17	02:10:14	04:12:24	06:58:36	<b>09:07:32.50</b>	<b>09:08:12.90</b>	+03:54:14 (42.7%)	10:31	5.7 (57.6%)
210	<b>JARZYŃSKI Janusz</b>	<b>1094</b>	KONIN RUN	M50	40	02:08:56	04:13:44	06:59:40	<b>09:08:17.20</b>	<b>09:08:24.05</b>	+03:54:25 (42.7%)	10:32	5.7 (57.6%)
211	<b>JĘDRZEJAK Piotr</b>	<b>9</b>		M50	41	02:16:30	04:24:30	06:56:17	<b>09:10:29.95</b>	<b>09:10:54.80</b>	+03:56:56 (43.0%)	10:35	5.7 (57.6%)
212	<b>KRYSZKIEWICZ Tomasz</b>	<b>1165</b>		M50	42	01:59:05	03:51:35	06:47:23	<b>09:11:06.40</b>	<b>09:11:32.75</b>	+03:57:34 (43.1%)	10:35	5.7 (57.6%)
213	<b>MAĆZKA Bronisław</b>	<b>1463</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	M60	6	02:11:17	04:16:44	06:57:22	<b>09:14:35.00</b>	<b>09:15:33.10</b>	+04:01:34 (43.5%)	10:39	5.6 (56.6%)
214	<b>WITKA Piotr</b>	<b>1444</b>		M50	43	02:10:13	04:12:39	06:51:47	<b>09:15:44.95</b>	<b>09:16:19.30</b>	+04:02:20 (43.6%)	10:41	5.6 (56.6%)
215	<b>COFALSKI Jakub</b>	<b>1361</b>		M30	76	02:14:12	04:14:49	06:58:45	<b>09:16:19.00</b>	<b>09:16:59.80</b>	+04:03:01 (43.6%)	10:41	5.6 (56.6%)
216	<b>WARAS Wojciech</b>	<b>1057</b>	SILESIA MARATHON CLUB	M40	74	02:14:25	04:23:34	07:03:01	<b>09:16:22.75</b>	<b>09:17:12.95</b>	+04:03:14 (43.7%)	10:41	5.6 (56.6%)
217	<b>OLIWA Tomasz</b>	<b>1457</b>		M40	75	02:07:36	04:07:40	06:51:24	<b>09:17:24.60</b>	<b>09:17:47.05</b>	+04:03:48 (43.7%)	10:43	5.6 (56.6%)
218	<b>CHODAK Mateusz</b>	<b>1162</b>		M20	18	02:04:10	04:12:44	06:51:55	<b>09:19:35.40</b>	<b>09:19:50.75</b>	+04:05:52 (43.9%)	10:45	5.6 (56.6%)
219	<b>PAWLAK Bartosz</b>	<b>1052</b>	RUN AND FLY	M40	76	02:21:18	04:30:35	07:21:30	<b>09:19:05.00</b>	<b>09:19:54.40</b>	+04:05:55 (43.9%)	10:45	5.6 (56.6%)
220	<b>SZCZYKUTOWICZ Maciej</b>	<b>1307</b>		M30	77	02:02:42	04:07:04	06:57:48	<b>09:20:33.00</b>	<b>09:20:55.30</b>	+04:06:56 (44.0%)	10:46	5.6 (56.6%)
221	<b>RUCIŃSKI Adam</b>	<b>1127</b>		M50	44	02:13:49	04:13:28	06:56:07	<b>09:20:17.65</b>	<b>09:20:58.20</b>	+04:06:59 (44.0%)	10:46	5.6 (56.6%)
222	<b>WRONKA Artur</b>	<b>1113</b>	RADZYMIN RUN TEAM	M40	77	02:00:06	03:50:27	06:44:28	<b>09:21:57.20</b>	<b>09:22:17.35</b>	+04:08:18 (44.2%)	10:48	5.6 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						Roztoki I 15km	Solinka 28km	Roztoki II 41km					
223	LIPIŃSKI Bartosz	1012		M30	78	01:54:45	03:48:19	07:05:49	<b>09:23:15.45</b>	<b>09:23:35.45</b>	+04:09:36 (44.3%)	10:49	5.5 (55.6%)
224	MASŁOWSKI Marcin	8	KKM KOZIENICE	M40	78	02:09:22	04:06:37	06:49:43	<b>09:23:17.75</b>	<b>09:23:53.60</b>	+04:09:55 (44.3%)	10:49	5.5 (55.6%)
225	KWIATEK Mateusz	1230		M30	79	02:19:54	04:24:30		<b>09:23:47.20</b>	<b>09:24:39.65</b>	+04:10:41 (44.4%)	10:50	5.5 (55.6%)
226	SIKORA Mateusz	1149		M30	80	02:20:20	04:24:31	07:07:27	<b>09:23:47.05</b>	<b>09:24:39.95</b>	+04:10:41 (44.4%)	10:50	5.5 (55.6%)
227	MARKOWSKI Marcin	1035	SZAKALE BAŁUT ŁÓDŹ	M40	79	02:12:05	04:12:26	07:03:56	<b>09:25:50.95</b>	<b>09:26:16.00</b>	+04:12:17 (44.6%)	10:52	5.5 (55.6%)
228	BUJAK Łukasz	1121	#BIEGAMBOMAMŻONE	M30	81	02:13:46	04:18:44	07:04:26	<b>09:25:41.15</b>	<b>09:26:31.60</b>	+04:12:33 (44.6%)	10:52	5.5 (55.6%)
229	JAKUBOWSKI Rafał	1305	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	M40	80	02:16:07	04:18:52	07:04:43	<b>09:28:21.95</b>	<b>09:29:02.05</b>	+04:15:03 (44.8%)	10:55	5.5 (55.6%)
230	KŁĘCZAR Igor	1339		M30	82	02:19:38	04:30:26	07:17:10	<b>09:29:20.95</b>	<b>09:30:10.55</b>	+04:16:12 (44.9%)	10:56	5.5 (55.6%)
231	PŁOTEK Tomasz	1414		M40	81	02:16:10	04:23:39	07:17:18	<b>09:30:10.55</b>	<b>09:30:49.35</b>	+04:16:50 (45.0%)	10:57	5.5 (55.6%)
232	SMORAWIŃSKI Marcin	1214		M50	45	02:17:28	04:30:21	07:13:20	<b>09:31:40.05</b>	<b>09:31:54.20</b>	+04:17:55 (45.1%)	10:59	5.5 (55.6%)
233	POGORZELEC Tomasz	1315		M40	82	02:08:14	04:16:21	07:04:48	<b>09:31:43.45</b>	<b>09:32:06.70</b>	+04:18:08 (45.1%)	10:59	5.5 (55.6%)
234	CHABOWSKI Tomasz	1095		M40	83	01:51:44	04:23:05	07:15:31	<b>09:32:35.15</b>	<b>09:32:40.60</b>	+04:18:42 (45.2%)	11:00	5.4 (54.5%)
235	SROCZYŃSKI Andrzej	1287		M50	46	02:15:58	04:23:05	07:03:12	<b>09:32:54.00</b>	<b>09:33:32.70</b>	+04:19:34 (45.3%)	11:01	5.4 (54.5%)
236	WILK Paweł	1212	WILKI	M40	84	02:07:44	04:20:25	07:05:22	<b>09:33:22.50</b>	<b>09:33:35.95</b>	+04:19:37 (45.3%)	11:01	5.4 (54.5%)
237	WOJTCZAK Michał	1393		M30	83	02:01:35	04:11:31	07:03:36	<b>09:36:36.80</b>	<b>09:36:47.55</b>	+04:22:49 (45.6%)	11:05	5.4 (54.5%)
238	BIELIŃSKI Paweł	1067		M40	85	02:13:40	04:18:55	07:03:12	<b>09:36:22.75</b>	<b>09:36:54.25</b>	+04:22:55 (45.6%)	11:05	5.4 (54.5%)
239	BOGUSZ Konrad	1141		M30	84	02:02:41	04:00:25	06:59:17	<b>09:36:39.95</b>	<b>09:36:58.05</b>	+04:22:59 (45.6%)	11:05	5.4 (54.5%)
240	IMBIORSKI Dawid	1216		M30	85	02:09:45	04:12:55	07:07:20	<b>09:37:00.50</b>	<b>09:37:00.50</b>	+04:23:01 (45.6%)	11:05	5.4 (54.5%)
241	SZCZUKA Paweł	1411		M30	86	02:08:59	04:12:19	07:06:34	<b>09:36:17.85</b>	<b>09:37:02.00</b>	+04:23:03 (45.6%)	11:04	5.4 (54.5%)
242	SOCZYŃSKI Dawid	1069		M30	87	02:18:23	04:49:46	07:48:07	<b>09:37:27.20</b>	<b>09:38:21.35</b>	+04:24:22 (45.7%)	11:06	5.4 (54.5%)
243	SOĆKO Kamil	5		M30	88	02:19:37	04:30:33	07:15:37	<b>09:38:21.80</b>	<b>09:38:29.30</b>	+04:24:30 (45.7%)	11:07	5.4 (54.5%)
244	ZUBRZAK Jacek	1060		M40	86	02:06:54	04:03:22	06:53:39	<b>09:38:26.85</b>	<b>09:39:03.90</b>	+04:25:05 (45.8%)	11:07	5.4 (54.5%)
245	KAPICA Wojciech	1176	POWER TRAINING	M30	89	02:13:40	04:18:26	07:06:03	<b>09:42:04.05</b>	<b>09:42:55.00</b>	+04:28:56 (46.1%)	11:11	5.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						Roztoki I 15km	Solinka 28km	Roztoki II 41km					
246	<b>ZAKRZEWSKI Maciej</b>	<b>1208</b>	ULTRA WAY	M50	47	02:19:01	04:29:29	07:17:52	<b>09:45:43.75</b>	<b>09:45:46.45</b>	+04:31:47 (46.4%)	11:15	5.3 (53.5%)
247	<b>PŁONKA Bartosz</b>	<b>1472</b>		M30	90	02:14:02	04:16:00	07:00:56	<b>09:46:24.65</b>	<b>09:47:16.00</b>	+04:33:17 (46.5%)	11:16	5.3 (53.5%)
248	<b>SABATOWSKI Piotr</b>	<b>1005</b>		M40	87	02:26:58	04:36:40	07:21:05	<b>09:48:30.10</b>	<b>09:48:47.10</b>	+04:34:48 (46.7%)	11:19	5.3 (53.5%)
249	<b>PAWLIK Mateusz</b>	<b>1251</b>		M20	19	02:25:16	04:30:54	07:30:07	<b>09:48:41.45</b>	<b>09:48:57.50</b>	+04:34:58 (46.7%)	11:19	5.3 (53.5%)
250	<b>SKWARSKI Piotr</b>	<b>1215</b>		M20	20	02:25:21	04:30:52	07:30:05	<b>09:48:40.30</b>	<b>09:48:57.70</b>	+04:34:59 (46.7%)	11:19	5.3 (53.5%)
251	<b>DYMEK Paweł</b>	<b>1416</b>	NEED FOR SLEEP	M30	91	02:17:13	04:30:19	07:35:44	<b>09:50:03.75</b>	<b>09:50:57.10</b>	+04:36:58 (46.9%)	11:20	5.3 (53.5%)
252	<b>MIKSA Sławomir</b>	<b>1435</b>		M50	48	02:19:28	04:23:20	07:31:56	<b>09:50:55.70</b>	<b>09:52:18.95</b>	+04:38:20 (47.0%)	11:21	5.3 (53.5%)
253	<b>SIUDA Adam</b>	<b>1062</b>		M30	92	02:15:38	04:18:29	07:21:04	<b>09:52:17.50</b>	<b>09:52:27.65</b>	+04:38:29 (47.0%)	11:23	5.3 (53.5%)
254	<b>CZUBA Paweł</b>	<b>1237</b>		M40	88	02:18:38	04:26:30	07:19:11	<b>09:51:52.55</b>	<b>09:52:29.55</b>	+04:38:31 (47.0%)	11:22	5.3 (53.5%)
255	<b>GMAJ Daniel</b>	<b>1152</b>		M40	89	02:20:37	04:30:44	07:34:54	<b>09:51:41.30</b>	<b>09:52:33.40</b>	+04:38:34 (47.0%)	11:22	5.3 (53.5%)
256	<b>ZAWADA Damian</b>	<b>1387</b>		M30	93	02:06:43	04:25:14	07:22:09	<b>09:56:17.10</b>	<b>09:56:29.65</b>	+04:42:31 (47.4%)	11:28	5.2 (52.5%)
257	<b>GAJDA Michał</b>	<b>1033</b>	GAJDA TEAM	M30	94	02:21:03	04:35:40	07:32:51	<b>09:59:03.35</b>	<b>09:59:27.00</b>	+04:45:28 (47.6%)	11:31	5.2 (52.5%)
258	<b>MIILLER Łukasz</b>	<b>1024</b>	BALLS OF STEEL	M30	95	02:20:10	04:34:11	07:30:47	<b>10:02:39.30</b>	<b>10:03:19.35</b>	+04:49:20 (48.0%)	11:35	5.2 (52.5%)
259	<b>PIETRUS Piotr</b>	<b>1045</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M50	49	02:09:37	04:23:08	07:26:33	<b>10:03:13.60</b>	<b>10:04:05.10</b>	+04:50:06 (48.0%)	11:36	5.2 (52.5%)
260	<b>CIUK Piotr</b>	<b>1093</b>	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M40	90	02:18:55	04:30:34	07:26:40	<b>10:03:23.55</b>	<b>10:04:15.35</b>	+04:50:16 (48.0%)	11:36	5.2 (52.5%)
261	<b>JAMBOR Michał</b>	<b>1006</b>	ŻÓRAWSKI TEAM	M40	91	02:22:26	04:31:53	07:26:41	<b>10:03:24.40</b>	<b>10:04:15.60</b>	+04:50:17 (48.0%)	11:36	5.2 (52.5%)
262	<b>BAŁDYGA Mariusz</b>	<b>1133</b>		M30	96	02:04:01	04:08:57	07:40:42	<b>10:05:28.25</b>	<b>10:06:20.00</b>	+04:52:21 (48.2%)	11:38	5.2 (52.5%)
263	<b>BURY Marek</b>	<b>1380</b>		M50	50	02:13:49	04:26:51	07:40:10	<b>10:06:24.30</b>	<b>10:06:39.45</b>	+04:52:40 (48.2%)	11:39	5.1 (51.5%)
264	<b>ZAPIÓR Marek</b>	<b>1293</b>	ZET	M60	7	02:30:27	04:49:35	07:46:11	<b>10:09:17.60</b>	<b>10:09:41.95</b>	+04:55:43 (48.5%)	11:43	5.1 (51.5%)
265	<b>GRZESZCZAK Adam</b>	<b>1363</b>		M50	51	02:24:36	04:39:54	07:43:27	<b>10:11:20.35</b>	<b>10:12:03.45</b>	+04:58:04 (48.7%)	11:45	5.1 (51.5%)
266	<b>BILSKI Mchał</b>	<b>1201</b>		M40	92	02:20:55	04:29:58	07:28:30	<b>10:11:35.60</b>	<b>10:12:22.05</b>	+04:58:23 (48.7%)	11:45	5.1 (51.5%)
267	<b>KADECKI Marek</b>	<b>1172</b>		M50	52	02:27:42	04:42:25	07:37:15	<b>10:12:45.90</b>	<b>10:13:12.30</b>	+04:59:13 (48.8%)	11:47	5.1 (51.5%)
268	<b>ZAŁUSKI Norbert</b>	<b>1261</b>		M40	93	02:24:45	04:52:06	07:51:03	<b>10:13:27.95</b>	<b>10:13:59.80</b>	+05:00:01 (48.9%)	11:47	5.1 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						Roztoki I 15km	Solinka 28km	Roztoki II 41km					
269	<b>JASTRZĘBSKI Krzysztof</b>	<b>1477</b>		M30	97	02:03:00	04:01:05	07:02:19	<b>10:14:03.55</b>	<b>10:14:06.55</b>	+05:00:08 (48.9%)	11:48	5.1 (51.5%)
270	<b>ŚWIERCZEWSKI Krzysztof</b>	<b>1129</b>	BIEGOWA KUŹNIA	M40	94	02:12:09	04:27:06	07:27:22	<b>10:15:23.70</b>	<b>10:15:23.70</b>	+05:01:25 (49.0%)	11:50	5.1 (51.5%)
271	<b>RATAJCZAK Tomasz</b>	<b>1313</b>		M40	95	02:13:44	04:21:27	07:10:41	<b>10:14:53.00</b>	<b>10:15:34.90</b>	+05:01:36 (49.0%)	11:49	5.1 (51.5%)
272	<b>PASTWA Grzegorz</b>	<b>1259</b>		M30	98	02:22:24	04:40:10	07:45:40	<b>10:16:22.95</b>	<b>10:16:25.35</b>	+05:02:26 (49.1%)	11:51	5.1 (51.5%)
273	<b>WĘGLARZ Piotr</b>	<b>1407</b>	NOWY SĄCZ	M30	99	02:08:30	04:12:03	07:07:57	<b>10:16:39.45</b>	<b>10:16:50.20</b>	+05:02:51 (49.1%)	11:51	5.1 (51.5%)
274	<b>POPCZYK Piotr</b>	<b>1200</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M40	96	02:16:29	04:29:20	07:29:52	<b>10:18:28.95</b>	<b>10:18:58.90</b>	+05:05:00 (49.3%)	11:53	5 (50.5%)
275	<b>KRASUSKI Piotr</b>	<b>1166</b>		M40	97	02:14:26	04:23:52	07:37:35	<b>10:20:22.50</b>	<b>10:20:59.90</b>	+05:07:01 (49.4%)	11:55	5 (50.5%)
276	<b>DANOWSKI Jakub</b>	<b>1277</b>		M30	100	02:12:15	04:19:14	07:29:32	<b>10:21:18.40</b>	<b>10:21:50.80</b>	+05:07:52 (49.5%)	11:56	5 (50.5%)
277	<b>PORCZYK Mariusz</b>	<b>1157</b>	WIKINGS TIME	M40	98	02:06:13	04:23:34	07:41:47	<b>10:21:53.75</b>	<b>10:22:46.40</b>	+05:08:47 (49.6%)	11:57	5 (50.5%)
278	<b>DARSKI Rafał</b>	<b>1163</b>	RECAMIERE	M60	8	02:08:59	04:23:59	07:28:07	<b>10:24:10.35</b>	<b>10:24:53.50</b>	+05:10:54 (49.8%)	12:00	5 (50.5%)
279	<b>SKLEPOWICZ Jacek</b>	<b>1375</b>		M50	53	02:18:50	04:33:02	07:35:03	<b>10:24:51.10</b>	<b>10:25:01.45</b>	+05:11:02 (49.8%)	12:00	5 (50.5%)
280	<b>MICHALCZYK Mikołaj</b>	<b>1029</b>		M30	101	02:18:25	04:49:49	07:47:53	<b>10:27:19.70</b>	<b>10:28:13.20</b>	+05:14:14 (50.0%)	12:03	5 (50.5%)
281	<b>TRUCHAN Mariusz</b>	<b>1239</b>	WILKI PUSZCZY ROMINCKIEJ	M40	99	02:21:11	04:29:22	07:22:03	<b>10:27:28.95</b>	<b>10:28:16.50</b>	+05:14:17 (50.0%)	12:04	5 (50.5%)
282	<b>ZDROJKOWSKI Ireneusz</b>	<b>1325</b>	BIEGIEM RADOM	M40	100	02:21:10	04:34:53	07:51:28	<b>10:29:11.65</b>	<b>10:30:06.40</b>	+05:16:07 (50.2%)	12:05	5 (50.5%)
283	<b>PASTERNAK Robert</b>	<b>1310</b>		M50	54	02:26:17	04:43:33	07:51:34	<b>10:30:01.40</b>	<b>10:30:55.80</b>	+05:16:57 (50.2%)	12:06	5 (50.5%)
284	<b>PACIOREK Hubert</b>	<b>1147</b>	COBRA TEAM	M30	102	02:22:51	04:39:51	07:49:02	<b>10:34:05.20</b>	<b>10:34:26.30</b>	+05:20:27 (50.5%)	12:11	4.9 (49.5%)
285	<b>TRUCHAN Wiesław</b>	<b>1231</b>	WILKI PUSZCZY ROMINCKIEJ ŻYTKIEJMY	M60	9	02:21:15	04:30:48	07:32:21	<b>10:34:32.45</b>	<b>10:35:18.80</b>	+05:21:20 (50.6%)	12:12	4.9 (49.5%)
286	<b>BRZUSZEK Mateusz</b>	<b>1125</b>		M30	103	02:23:53	04:42:51	07:53:05	<b>10:34:57.75</b>	<b>10:35:27.10</b>	+05:21:28 (50.6%)	12:12	4.9 (49.5%)
287	<b>PASTWA Janusz</b>	<b>1104</b>		M40	101	02:25:23	04:40:09	07:53:13	<b>10:35:29.10</b>	<b>10:35:47.25</b>	+05:21:48 (50.6%)	12:13	4.9 (49.5%)
288	<b>NOWAK Marcin</b>	<b>1038</b>	SZAKALE BAŁUT ŁÓDŹ	M50	55	02:20:09	04:27:09	08:00:42	<b>10:36:42.30</b>	<b>10:37:07.95</b>	+05:23:09 (50.7%)	12:14	4.9 (49.5%)
289	<b>IWAN Bartłomiej</b>	<b>1324</b>		M40	102	02:27:17	04:52:53	08:03:40	<b>10:51:02.65</b>	<b>10:51:49.75</b>	+05:37:51 (51.8%)	12:31	4.8 (48.5%)
290	<b>CHRÓŚCIAK Paweł</b>	<b>1098</b>		M40	103	02:23:11	04:54:06	08:04:22	<b>10:51:17.30</b>	<b>10:51:51.85</b>	+05:37:53 (51.8%)	12:31	4.8 (48.5%)
291	<b>ŁANDWIJT Marcin</b>	<b>1289</b>		M50	56	02:07:08	04:24:56	07:50:48	<b>10:55:57.15</b>	<b>10:56:45.15</b>	+05:42:46 (52.2%)	12:36	4.8 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
292	<b>PENAR Arkadiusz</b>	<b>1128</b>		M50	57	02:47:45	05:23:04	08:17:15	<b>11:02:37.55</b>	<b>11:03:19.30</b>	+05:49:20 (52.7%)	12:44	4.7 (47.5%)
293	<b>MAŃKA Sylwester</b>	<b>1050</b>		M50	58	02:03:05	05:26:47	08:21:30	<b>11:06:11.20</b>	<b>11:06:16.80</b>	+05:52:18 (52.9%)	12:48	4.7 (47.5%)
294	<b>TWARDOWSKI Tomasz</b>	<b>1054</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	104	02:45:20	05:16:49	08:28:56	<b>11:06:57.65</b>	<b>11:07:33.10</b>	+05:53:34 (53.0%)	12:49	4.7 (47.5%)
295	<b>KOCHAN Grzegorz</b>	<b>1474</b>		M40	105	02:44:28	05:12:23	08:21:33	<b>11:07:37.80</b>	<b>11:08:02.55</b>	+05:54:04 (53.0%)	12:50	4.7 (47.5%)
296	<b>SZWEDOWICZ Bartosz</b>	<b>1211</b>		M50	59	02:43:49	05:21:54	08:33:58	<b>11:10:54.70</b>	<b>11:11:44.65</b>	+05:57:46 (53.3%)	12:54	4.7 (47.5%)
297	<b>MICHALCZUK Zenon</b>	<b>1415</b>		M60	10	02:46:19	05:27:30	08:33:41	<b>11:20:16.35</b>	<b>11:20:43.75</b>	+06:06:45 (53.9%)	13:04	4.6 (46.5%)
298	<b>KAWA Adam</b>	<b>1075</b>		M30	104	02:42:06	05:07:14	08:25:14	<b>11:23:10.80</b>	<b>11:23:56.65</b>	+06:09:58 (54.1%)	13:08	4.6 (46.5%)
299	<b>OLSZEWSKI Błażej</b>	<b>1153</b>		M40	106	02:31:05	05:04:42	08:35:56	<b>11:26:57.70</b>	<b>11:27:44.45</b>	+06:13:45 (54.3%)	13:12	4.5 (45.5%)
300	<b>CZECHOWSKI Konrad</b>	<b>1065</b>		M30	105	02:20:30	04:49:17	08:09:37	<b>11:28:53.25</b>	<b>11:28:59.05</b>	+06:15:00 (54.4%)	13:14	4.5 (45.5%)
301	<b>BAŁABAN Waldemar</b>	<b>1241</b>	BIEGUNY WALBA	M60	11	02:38:32	05:11:29	08:28:26	<b>11:36:36.55</b>	<b>11:37:11.00</b>	+06:23:12 (55.0%)	13:23	4.5 (45.5%)
302	<b>PACYNA Marek</b>	<b>1092</b>		M50	60	02:24:24	04:58:48	08:30:24	<b>11:43:55.55</b>	<b>11:44:27.80</b>	+06:30:29 (55.4%)	13:32	4.4 (44.4%)
303	<b>BĘTKOWSKI Tomasz</b>	<b>1475</b>	NIEZALEŻNY	M40	107	02:35:59	04:57:16	08:41:09	<b>11:51:33.75</b>	<b>11:52:32.35</b>	+06:38:33 (55.9%)	13:41	4.4 (44.4%)
304	<b>ROSOWSKI Robert</b>	<b>1467</b>	NIEZALEZNY 2	M40	108	02:36:02	04:59:10	08:38:04	<b>11:51:36.95</b>	<b>11:52:35.40</b>	+06:38:36 (55.9%)	13:41	4.4 (44.4%)
305	<b>OBARSKI Norbert</b>	<b>1224</b>		M60	12	02:47:07	05:30:00	08:40:30	<b>11:57:20.35</b>	<b>11:57:58.30</b>	+06:43:59 (56.3%)	13:47	4.3 (43.4%)
306	<b>MALARA Krzysztof</b>	<b>1390</b>		M40	109	02:31:46	05:07:26	08:45:40	<b>12:01:27.40</b>	<b>12:01:55.55</b>	+06:47:57 (56.5%)	13:52	4.3 (43.4%)
307	<b>JAFISZOW Michał</b>	<b>1168</b>		M40	110	02:42:29	05:24:31	08:50:32	<b>12:04:20.50</b>	<b>12:04:24.95</b>	+06:50:26 (56.7%)	13:55	4.3 (43.4%)
308	<b>BOCHEŃSKI Tomasz</b>	<b>1167</b>		M50	61	02:39:41	05:21:50	08:51:02	<b>12:04:20.80</b>	<b>12:04:25.35</b>	+06:50:26 (56.7%)	13:55	4.3 (43.4%)
309	<b>DAJNOWSKI Marek</b>	<b>1291</b>		M40	111	02:50:48	05:32:14	09:03:32	<b>12:04:32.05</b>	<b>12:05:28.80</b>	+06:51:30 (56.7%)	13:56	4.3 (43.4%)
310	<b>CICHOCKI Mariusz</b>	<b>1296</b>		M50	62	02:50:47	05:32:15	09:03:31	<b>12:04:34.05</b>	<b>12:05:30.30</b>	+06:51:31 (56.7%)	13:56	4.3 (43.4%)
311	<b>POŚNIK Michał</b>	<b>1193</b>	HEARME.PL	M30	106	02:50:08	05:38:08	09:10:57	<b>12:21:03.95</b>	<b>12:21:40.15</b>	+07:07:41 (57.7%)	14:15	4.2 (42.4%)
312	<b>GÓRKA Sebastian</b>	<b>1059</b>		M30	107	02:47:33	05:15:35	08:58:46	<b>12:27:40.35</b>	<b>12:28:01.10</b>	+07:14:02 (58.0%)	14:22	4.2 (42.4%)
313	<b>OLSZEWSKI Rafał</b>	<b>1374</b>	T. G. SOKÓŁ GNIEWKOWO	M40	112	02:56:31	05:40:22	09:14:47	<b>12:46:58.40</b>	<b>12:47:25.90</b>	+07:33:27 (59.1%)	14:44	4.1 (41.4%)
314	<b>CHODZIAK Marcin</b>	<b>1085</b>		M40	113	03:27:56	06:19:09	09:46:07	<b>12:45:32.60</b>	<b>12:50:45.10</b>	+07:36:46 (59.3%)	14:43	4.1 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	<b>POPIEL Maurycy</b>	<b>1126</b>	STANDOUT	M30		01:46:09 DNF	03:30:13 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WOJTKOWIAK Paweł</b>	<b>1134</b>	NSH RUNNERS	M50		01:50:16 DNF	03:41:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZWAJCA Tomasz</b>	<b>1115</b>		M40		02:05:08 DNF	04:08:39 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MAJEWSKI Marek</b>	<b>1068</b>		M40		02:32:55 DNF	05:19:25 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TROJANOWSKI Andrzej</b>	<b>1391</b>		M60		02:45:55 DNF	05:45:29 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>FRYDRYCH Marcin</b>	<b>1246</b>		M40		02:58:31 DNF	06:01:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GÓRSKI Tomasz</b>	<b>1412</b>		M20		01:44:38 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ALASZKIEWICZ Adam</b>	<b>1288</b>		M20		04:14:29 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LASKUS Paweł</b>	<b>1112</b>		M40		05:06:47 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MALCZEWSKI Tomasz</b>	<b>1392</b>	RAJSPOORT ACTIVE	M30		06:32:47 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TROJANOWSKI Bartosz</b>	<b>1384</b>		M40		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 325 wynik(ów)