



## II MARATON RZEŹNIKA

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

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>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%)
3	<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%)
4	<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%)
5	<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%)
6	<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%)
7	<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%)
8	<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%)
9	<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%)
10	<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%)
11	<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%)
12	<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%)
13	<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%)
14	<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%)
15	<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%)
16	<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%)

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
17	<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%)
18	<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%)
19	<b>JEZERSKI 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%)
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<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%)
26	<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%)
27	<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%)
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<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%)
38	<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%)
39	<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%)

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
40	<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%)
41	<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%)
42	<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%)
43	<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%)
44	<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%)
45	<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%)
46	<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%)
47	<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%)
48	<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%)
49	<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%)
50	<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%)
51	<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%)
52	<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%)
53	<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%)
54	<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%)
55	<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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)
62	<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%)

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
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<b>SEREDA Pawel</b>	<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%)
68	<b>CIEŚLA Patryk</b>	<b>1322</b>	PŁONAŃCE 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%)
69	<b>KREWSKI Piotr</b>	<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%)
70	<b>WDOWIARSKI Maciej</b>	<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%)
71	<b>GRZESIK Michał</b>	<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%)
72	<b>TROJNAR Daniel</b>	<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%)
73	<b>HOLYŚ 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%)
74	<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%)
75	<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%)
76	<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%)
77	<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%)
78	<b>LIPIŃSKI Bartosz</b>	<b>1012</b>		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%)
79	<b>KWIATEK Mateusz</b>	<b>1230</b>		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%)
80	<b>SIKORA Mateusz</b>	<b>1149</b>		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%)
81	<b>BUJAK Łukasz</b>	<b>1121</b>	#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%)
82	<b>KŁĘCZAR Igor</b>	<b>1339</b>		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%)
83	<b>WOJTCZAK Michał</b>	<b>1393</b>		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%)
84	<b>BOGUSZ Konrad</b>	<b>1141</b>		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%)
85	<b>IMBIORSKI Dawid</b>	<b>1216</b>		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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	Solinka 28km	Roztoki II 41km	52km	52km			
86	<b>SZCZUKA Paweł</b>	<b>1411</b>		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%)
87	<b>SOCZYŃSKI Dawid</b>	<b>1069</b>		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%)
88	<b>SOĆKO Kamil</b>	<b>5</b>		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%)
89	<b>KAPICA Wojciech</b>	<b>1176</b>	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%)
90	<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%)
91	<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%)
92	<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%)
93	<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%)
94	<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%)
95	<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%)
96	<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%)
97	<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%)
98	<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%)
99	<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%)
100	<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%)
101	<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%)
102	<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%)
103	<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%)
104	<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%)
105	<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%)
106	<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%)
107	<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%)
	<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%)

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>MALCZEWSKI Tomasz</b>	<b>1392</b>	RAJSPORT ACTIVE	M30		06:32:47 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 109 wynik(ów)