



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: M40

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	ŻUŁAWSKI Dariusz	1266		M40	1	01:37:55	03:04:44	04:49:35	06:10:20.50	06:10:26.65		7:07	8.4 (100%)
2	BOYCE Aidan	1397		M40	2	01:35:51	02:57:52	04:42:06	06:10:08.70	06:10:40.55	+00:00:13 (0.1%)	7:07	8.4 (100%)
3	STACHURSKI Paweł	1453		M40	3	01:34:41	02:57:09	04:50:32	06:19:30.20	06:19:45.90	+00:09:19 (2.5%)	7:17	8.2 (97.6%)
4	ŁAGOŻNY Łukasz	1402	BRUBECK TEAM - GORYMARZEN.PL	M40	4	01:37:23	03:04:47	04:49:15	06:21:13.80	06:21:16.80	+00:10:50 (2.8%)	7:19	8.2 (97.6%)
5	PIETRYSZYN Mariusz	1367	TRIAL IS OUR WAY TEAM	M40	5	01:39:25	03:05:30	04:55:14	06:23:40.50	06:23:44.15	+00:13:17 (3.5%)	7:22	8.1 (96.4%)
6	FLĄDRO Daniel	1465		M40	6	01:30:55	02:51:19	04:45:36	06:25:04.55	06:25:06.35	+00:14:39 (3.8%)	7:24	8.1 (96.4%)
7	RUDNY Rafał	1468	RUDNYRUNNINGTEAM	M40	7	01:40:08	03:09:53	05:00:14	06:25:30.35	06:25:34.35	+00:15:07 (3.9%)	7:24	8.1 (96.4%)
8	KOZARSKI Krzysztof	1353	RK LEGAL TEAM	M40	8	01:41:41	03:10:02	04:57:31	06:33:47.15	06:34:01.30	+00:23:34 (6.0%)	7:34	7.9 (94.0%)
9	HEJNAR Jakub	1438		M40	9	01:41:18	03:11:23	05:09:44	06:48:41.25	06:48:53.20	+00:38:26 (9.4%)	7:51	7.6 (90.5%)
10	FORGEL Paweł	1356	RONIN	M40	10	01:38:05	03:06:11	05:05:12	06:49:19.55	06:49:24.10	+00:38:57 (9.5%)	7:52	7.6 (90.5%)
11	CHMIELEWSKI Dominik	1470	KRISPOL ACTIV TEAM	M40	11	01:43:37	03:16:26	05:16:51	06:51:05.05	06:51:10.00	+00:40:43 (9.9%)	7:54	7.6 (90.5%)
12	KUSZTEŁAK Jacek	16	ZIEMO-WIT TEAM	M40	12	01:53:13	03:31:49	05:21:56	06:56:18.20	06:56:18.20	+00:45:51 (11.0%)	8:00	7.5 (89.3%)
13	MICHALSKI Mariusz	1286	#BIEGIEMNATRENING	M40	13	01:41:29	03:13:11	05:15:02	06:56:38.85	06:56:57.50	+00:46:30 (11.2%)	8:00	7.5 (89.3%)
14	JANOWICZ Rafał	1344	MIĘKKI ŻELEK	M40	14	01:44:39	03:29:36	05:23:05	06:58:38.20	06:58:53.05	+00:48:26 (11.6%)	8:03	7.5 (89.3%)
15	ASŁANOWICZ Marcin	1276	ŻÓRAWSKI TEAM	M40	15	01:46:52	03:20:35	05:19:19	07:06:27.75	07:06:34.35	+00:56:07 (13.2%)	8:12	7.3 (86.9%)

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	GMYREK Jacek	1174		M40	16	01:50:33	03:32:37	05:33:43	07:13:14.25	07:13:27.10	+01:03:00 (14.5%)	8:19	7.2 (85.7%)
17	SZAROWICZ Fabian	1140	GORLICE BIKE	M40	17	01:51:14	03:33:03	05:35:12	07:14:35.10	07:15:23.10	+01:04:56 (14.9%)	8:21	7.2 (85.7%)
18	KUBICZAK Jan	1180	PARUM CANIS DELTA	M40	18	01:54:56	03:22:01	05:16:59	07:07:58.10	07:16:16.10	+01:05:49 (15.1%)	8:13	7.3 (86.9%)
19	MARCINIAK Tomasz	1203	RADOMNO BIEGA	M40	19	01:46:39	03:27:37	05:33:21	07:20:35.15	07:21:05.60	+01:10:38 (16.0%)	8:28	7.1 (84.5%)
20	WAWRUCH Piotr	1399	KONIE WOJCIECHÓW	M40	20	01:55:17	03:32:22	05:38:52	07:24:29.60	07:25:11.50	+01:14:44 (16.8%)	8:32	7 (83.3%)
21	STASIAK Jakub	1086	ORLEN RUNNING TEAM	M40	21	01:48:11	03:28:13	05:37:50	07:25:12.35	07:26:05.90	+01:15:39 (17.0%)	8:33	7 (83.3%)
22	WOCHOWSKI Tomasz	10		M40	22	01:56:42	03:34:59	05:40:28	07:26:30.70	07:26:50.85	+01:16:24 (17.1%)	8:35	7 (83.3%)
23	ORYSZCZAK Bartłomiej	1204	MTB ROZTOCZE	M40	23	01:57:04	03:38:16	05:42:09	07:26:45.85	07:27:02.05	+01:16:35 (17.1%)	8:35	7 (83.3%)
24	RÓŻAŃSKI Mateusz	1431	VIZYBLE DATA	M40	24	01:52:55	03:32:08	05:39:33	07:32:28.00	07:33:05.15	+01:22:38 (18.2%)	8:42	6.9 (82.1%)
25	KARCZMARCZYK Tomasz	1242		M40	25	01:51:08	03:28:50	05:38:04	07:35:01.25	07:35:26.00	+01:24:59 (18.7%)	8:45	6.9 (82.1%)
26	NIEPSUJ Maciej	1333		M40	26	02:02:02	03:42:45	05:49:25	07:37:19.30	07:37:58.80	+01:27:32 (19.1%)	8:47	6.8 (81.0%)
27	KAJDEWICZ Artur	1206		M40	27	01:50:08	03:30:04	05:50:55	07:42:16.30	07:42:27.70	+01:32:01 (19.9%)	8:53	6.7 (79.8%)
28	STYPUŁA Paweł	1253	LUMBAGO	M40	28	01:57:44	03:43:34	06:08:56	07:47:48.35	07:48:33.90	+01:38:07 (20.9%)	8:59	6.7 (79.8%)
29	ALBRECHT Grzegorz	1025		M40	29	01:55:22	03:40:47	06:01:02	07:49:43.65	07:50:07.60	+01:39:40 (21.2%)	9:01	6.6 (78.6%)
30	AULEYTNER Janusz	1304	PKO BANK POLSKI	M40	30	01:53:55	03:39:35	05:51:58	07:50:28.65	07:50:51.75	+01:40:25 (21.3%)	9:02	6.6 (78.6%)
31	SZYMAŃSKI Hubert	1108	BIEGOWY WARIAT RUNNING TEAM	M40	31	01:51:22	03:37:40	05:59:30	07:51:38.95	07:51:38.95	+01:41:12 (21.5%)	9:04	6.6 (78.6%)
32	PURCZYŃSKI Grzegorz	1020		M40	32	01:54:09	03:33:10	05:58:27	07:51:01.40	07:51:46.65	+01:41:20 (21.5%)	9:03	6.6 (78.6%)
33	SZPUNAR Marek	1436		M40	33	01:51:09	03:31:35	05:57:19	07:54:21.05	07:54:27.30	+01:44:00 (21.9%)	9:07	6.6 (78.6%)
34	WESOŁOWSKI Robert	1245	DOBRA POLSKA CEBULA	M40	34	02:04:52	03:51:49	06:06:24	07:54:39.20	07:55:12.55	+01:44:45 (22.0%)	9:07	6.6 (78.6%)
35	PLEWA Tomasz	1107		M40	35	01:49:18	03:28:11	05:52:54	07:55:14.55	07:55:26.75	+01:45:00 (22.1%)	9:08	6.6 (78.6%)
36	DZIEDZIC Szymon	1019		M40	36	01:55:25	03:39:23	05:54:38	07:56:35.60	07:57:08.35	+01:46:41 (22.4%)	9:09	6.5 (77.4%)
37	LOOSE Bartosz	1066	KS SOKÓŁ ZBLEWO	M40	37	01:53:43	03:43:54	05:58:27	07:59:35.65	08:00:19.20	+01:49:52 (22.9%)	9:13	6.5 (77.4%)
38	ZAJĄC Maciej	1437	DREAM TRI TEAM	M40	38	01:54:55	03:39:49	06:01:40	08:01:30.05	08:01:38.25	+01:51:11 (23.1%)	9:15	6.5 (77.4%)

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39	JADWIŃSKI Wojciech	1197	KS KANAŁEK/ NBRC	M40	39	01:54:37	03:42:23	06:07:46	08:05:42.10	08:06:01.40	+01:55:34 (23.8%)	9:20	6.4 (76.2%)
40	UCINSKI Grzegorz	1123		M40	40	01:55:16	03:46:33	06:12:32	08:06:04.30	08:06:14.85	+01:55:48 (23.8%)	9:20	6.4 (76.2%)
41	MAJEWSKI Jarek	1226	KONIE WOJCIECHÓW	M40	41	01:57:32	03:37:51	05:58:38	08:08:16.80	08:09:01.30	+01:58:34 (24.2%)	9:23	6.4 (76.2%)
42	KOCHAJ Wojciech	15		M40	42	01:59:25	03:49:15	06:07:36	08:09:01.05	08:09:36.20	+01:59:09 (24.3%)	9:24	6.4 (76.2%)
43	DZIEKOŃSKI Krzysztof	1368	ŁÓDŻRUNCREW/JAKOTEAM	M40	43	01:55:18	03:40:09	06:16:35	08:14:20.50	08:14:47.25	+02:04:20 (25.1%)	9:30	6.3 (75.0%)
44	SEROKA Piotr	1330	WRZOS	M40	44	01:53:27	03:39:32	06:12:58	08:16:45.35	08:17:08.85	+02:06:42 (25.5%)	9:33	6.3 (75.0%)
45	HAŁASA Piotr	1283		M40	45	01:55:20	03:42:04	06:05:50	08:17:23.35	08:17:32.90	+02:07:06 (25.5%)	9:33	6.3 (75.0%)
46	FABISIAK Grzegorz	1377	RONIN CZERWIEŃSK	M40	46	01:53:22	03:42:31	06:09:56	08:18:37.95	08:18:43.00	+02:08:16 (25.7%)	9:35	6.3 (75.0%)
47	JABŁOŃSKI Marcin	1082		M40	47	02:03:05	03:43:20	06:10:20	08:19:13.10	08:19:46.10	+02:09:19 (25.9%)	9:36	6.2 (73.8%)
48	LULLA Michał	1154		M40	48	02:02:21	03:52:21	06:21:38	08:25:47.70	08:26:08.05	+02:15:41 (26.8%)	9:43	6.2 (73.8%)
49	NIEDZIELSKI Tomasz	1151	OKS ZIMNE PIWO	M40	49	02:04:46	03:55:30	06:09:59	08:27:44.35	08:28:29.40	+02:18:02 (27.1%)	9:45	6.1 (72.6%)
50	KOWALCZYK Piotr	1366	FOR-REST-RUN	M40	50	02:06:31	04:01:04	06:34:10	08:28:47.70	08:29:34.35	+02:19:07 (27.3%)	9:47	6.1 (72.6%)
51	WÓJTOWICZ Piotr	1185	PODIUM	M40	51	01:53:29	03:38:53	06:16:24	08:32:18.55	08:32:44.60	+02:22:17 (27.8%)	9:51	6.1 (72.6%)
52	WASĄG Dawid	1332	OCR TEEM BIŁGORAJ	M40	52	01:56:02	03:46:35	06:23:30	08:35:08.65	08:35:14.00	+02:24:47 (28.1%)	9:54	6.1 (72.6%)
53	PYZARA Paweł	1002		M40	53	02:05:21	03:53:56	06:16:43	08:35:44.95	08:36:06.95	+02:25:40 (28.2%)	9:55	6 (71.4%)
54	TKACZYK Jarosław	1218		M40	54	01:56:01	03:42:49	06:14:07	08:35:47.20	08:36:30.75	+02:26:04 (28.3%)	9:55	6 (71.4%)
55	OŻÓG Paweł	1320	DZIKITIM	M40	55	01:58:01	03:43:28	06:21:31	08:37:39.90	08:38:00.55	+02:27:33 (28.5%)	9:57	6 (71.4%)
56	ŚWIĄTEK Michał	1	SFORABMK	M40	56	02:02:01	03:50:26	06:23:11	08:38:15.20	08:38:49.75	+02:28:23 (28.6%)	9:57	6 (71.4%)
57	ŚWIERAD Paweł	1383	KOWALEWO BIEGA	M40	57	02:06:45	03:59:08	06:31:14	08:38:19.15	08:38:55.30	+02:28:28 (28.6%)	9:58	6 (71.4%)
58	ZACZYŃSKI Maciej	1131	ŻUBRY RACE TEAM	M40	58	02:03:22	03:56:36	06:33:32	08:40:32.30	08:40:51.45	+02:30:24 (28.9%)	10:00	6 (71.4%)
59	KARDASZ Jacek	1083	ATTYLA	M40	59	02:06:39	03:57:20	06:27:17	08:40:33.90	08:40:55.75	+02:30:29 (28.9%)	10:00	6 (71.4%)
60	SOBCZAK Mikołaj	1189	WLKP MOUNTAINS ULTRA	M40	60	02:03:26	04:05:13	06:37:35	08:41:04.55	08:41:43.80	+02:31:17 (29.0%)	10:01	6 (71.4%)
61	KUCZBORSKI Jarosław	1031	HARPAGAN SOSNOWIEC	M40	61	02:05:57	03:57:16	06:25:38	08:41:03.30	08:41:45.30	+02:31:18 (29.0%)	10:01	6 (71.4%)

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62	GRUSZCZYŃSKI Przemysław	1198	WLKP MOUNTAINS ULTRA	M40	62	02:03:32	04:05:13	06:37:31	08:41:08.75	08:41:48.15	+02:31:21 (29.0%)	10:01	6 (71.4%)
63	BATORY Marek	1139	GORLICE BIKE	M40	63	01:51:41	04:06:40	06:36:44	08:44:22.00	08:45:10.00	+02:34:43 (29.5%)	10:05	6 (71.4%)
64	HERMAN Paweł	21	MLUKS TRZEBIATÓW	M40	64	02:16:23	04:23:01	06:47:53	08:46:36.25	08:47:32.10	+02:37:05 (29.8%)	10:07	5.9 (70.2%)
65	MIELCAREK Konrad	1275		M40	65	01:57:44	03:50:34	06:40:51	08:50:54.55	08:51:23.60	+02:40:56 (30.3%)	10:12	5.9 (70.2%)
66	MANTERYS Michał	1170	KKM KALORYFER	M40	66	02:02:20	03:56:52	06:35:40	08:51:30.25	08:51:48.75	+02:41:22 (30.3%)	10:13	5.9 (70.2%)
67	WYSOCKI Bartosz	1210	KS JANUSZE	M40	67	02:06:22	04:09:07	06:41:37	08:54:11.25	08:54:27.60	+02:44:00 (30.7%)	10:16	5.8 (69.0%)
68	ŁASKI Radosław	1342	DRADURA & FOURTRISQUAD	M40	68	01:55:08	03:56:14	06:42:52	08:57:31.85	08:57:59.40	+02:47:32 (31.1%)	10:20	5.8 (69.0%)
69	NOWAK Karol	1199		M40	69	02:12:35	04:12:39	06:44:06	08:57:39.65	08:58:08.50	+02:47:41 (31.2%)	10:20	5.8 (69.0%)
70	KUCHAREWICZ Przemysław	1150		M40	70	02:08:59	04:07:22	06:48:06	08:58:57.30	08:59:33.35	+02:49:06 (31.3%)	10:21	5.8 (69.0%)
71	KOŁODZIEJEK Robert	1404		M40	71	02:05:01	03:52:50	06:31:49	08:59:25.65	09:00:22.65	+02:49:56 (31.4%)	10:22	5.8 (69.0%)
72	GRADOWSKI Piotrek	1448	BLUE GRADERS	M40	72	02:06:40	04:07:31	06:55:50	09:04:56.85	09:05:00.40	+02:54:33 (32.0%)	10:28	5.7 (67.9%)
73	TUORA Robert	2	AMBITNI AMATORZY	M40	73	02:18:14	04:18:12	06:54:21	09:05:11.60	09:05:42.00	+02:55:15 (32.1%)	10:29	5.7 (67.9%)
74	WARAS Wojciech	1057	SILESIA MARATHON CLUB	M40	74	02:14:25	04:23:34	07:03:01	09:16:22.75	09:17:12.95	+03:06:46 (33.5%)	10:41	5.6 (66.7%)
75	OLIWA Tomasz	1457		M40	75	02:07:36	04:07:40	06:51:24	09:17:24.60	09:17:47.05	+03:07:20 (33.6%)	10:43	5.6 (66.7%)
76	PAWLAK Bartosz	1052	RUN AND FLY	M40	76	02:21:18	04:30:35	07:21:30	09:19:05.00	09:19:54.40	+03:09:27 (33.8%)	10:45	5.6 (66.7%)
77	WRONKA Artur	1113	RADZYMIN RUN TEAM	M40	77	02:00:06	03:50:27	06:44:28	09:21:57.20	09:22:17.35	+03:11:50 (34.1%)	10:48	5.6 (66.7%)
78	MASŁOWSKI Marcin	8	KKM KOZIENICE	M40	78	02:09:22	04:06:37	06:49:43	09:23:17.75	09:23:53.60	+03:13:26 (34.3%)	10:49	5.5 (65.5%)
79	MARKOWSKI Marcin	1035	SZAKALE BAŁUT ŁÓDŹ	M40	79	02:12:05	04:12:26	07:03:56	09:25:50.95	09:26:16.00	+03:15:49 (34.6%)	10:52	5.5 (65.5%)
80	JAKUBOWSKI Rafał	1305	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	M40	80	02:16:07	04:18:52	07:04:43	09:28:21.95	09:29:02.05	+03:18:35 (34.9%)	10:55	5.5 (65.5%)
81	PŁOTEK Tomasz	1414		M40	81	02:16:10	04:23:39	07:17:18	09:30:10.55	09:30:49.35	+03:20:22 (35.1%)	10:57	5.5 (65.5%)
82	POGORZELEC Tomasz	1315		M40	82	02:08:14	04:16:21	07:04:48	09:31:43.45	09:32:06.70	+03:21:40 (35.2%)	10:59	5.5 (65.5%)
83	CHABOWSKI Tomasz	1095		M40	83	01:51:44	04:23:05	07:15:31	09:32:35.15	09:32:40.60	+03:22:13 (35.3%)	11:00	5.4 (64.3%)
84	WILK Paweł	1212	WILKI	M40	84	02:07:44	04:20:25	07:05:22	09:33:22.50	09:33:35.95	+03:23:09 (35.4%)	11:01	5.4 (64.3%)

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85	BIELIŃSKI Paweł	1067		M40	85	02:13:40	04:18:55	07:03:12	09:36:22.75	09:36:54.25	+03:26:27 (35.8%)	11:05	5.4 (64.3%)
86	ZUBRZAK Jacek	1060		M40	86	02:06:54	04:03:22	06:53:39	09:38:26.85	09:39:03.90	+03:28:37 (36.0%)	11:07	5.4 (64.3%)
87	SABATOWSKI Piotr	1005		M40	87	02:26:58	04:36:40	07:21:05	09:48:30.10	09:48:47.10	+03:38:20 (37.1%)	11:19	5.3 (63.1%)
88	CZUBA Paweł	1237		M40	88	02:18:38	04:26:30	07:19:11	09:51:52.55	09:52:29.55	+03:42:02 (37.5%)	11:22	5.3 (63.1%)
89	GMAJ Daniel	1152		M40	89	02:20:37	04:30:44	07:34:54	09:51:41.30	09:52:33.40	+03:42:06 (37.5%)	11:22	5.3 (63.1%)
90	CIUK Piotr	1093	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M40	90	02:18:55	04:30:34	07:26:40	10:03:23.55	10:04:15.35	+03:53:48 (38.7%)	11:36	5.2 (61.9%)
91	JAMBOR Michał	1006	ŻÓRAWSKI TEAM	M40	91	02:22:26	04:31:53	07:26:41	10:03:24.40	10:04:15.60	+03:53:48 (38.7%)	11:36	5.2 (61.9%)
92	BILSKI Mchał	1201		M40	92	02:20:55	04:29:58	07:28:30	10:11:35.60	10:12:22.05	+04:01:55 (39.5%)	11:45	5.1 (60.7%)
93	ZAŁUSKI Norbert	1261		M40	93	02:24:45	04:52:06	07:51:03	10:13:27.95	10:13:59.80	+04:03:33 (39.7%)	11:47	5.1 (60.7%)
94	ŚWIERCZEWSKI Krzysztof	1129	BIEGOWA KUŹNIA	M40	94	02:12:09	04:27:06	07:27:22	10:15:23.70	10:15:23.70	+04:04:57 (39.8%)	11:50	5.1 (60.7%)
95	RATAJCZAK Tomasz	1313		M40	95	02:13:44	04:21:27	07:10:41	10:14:53.00	10:15:34.90	+04:05:08 (39.8%)	11:49	5.1 (60.7%)
96	POPCZYK Piotr	1200	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M40	96	02:16:29	04:29:20	07:29:52	10:18:28.95	10:18:58.90	+04:08:32 (40.2%)	11:53	5 (59.5%)
97	KRASUSKI Piotr	1166		M40	97	02:14:26	04:23:52	07:37:35	10:20:22.50	10:20:59.90	+04:10:33 (40.3%)	11:55	5 (59.5%)
98	PORCZYK Mariusz	1157	WIKINGS TIME	M40	98	02:06:13	04:23:34	07:41:47	10:21:53.75	10:22:46.40	+04:12:19 (40.5%)	11:57	5 (59.5%)
99	TRUCHAN Mariusz	1239	WILKI PUSZCZY ROMINCKIEJ	M40	99	02:21:11	04:29:22	07:22:03	10:27:28.95	10:28:16.50	+04:17:49 (41.0%)	12:04	5 (59.5%)
100	ZDROJKOWSKI Ireneusz	1325	BIEGIEM RADOM	M40	100	02:21:10	04:34:53	07:51:28	10:29:11.65	10:30:06.40	+04:19:39 (41.2%)	12:05	5 (59.5%)
101	PASTWA Janusz	1104		M40	101	02:25:23	04:40:09	07:53:13	10:35:29.10	10:35:47.25	+04:25:20 (41.7%)	12:13	4.9 (58.3%)
102	IWAN Bartłomiej	1324		M40	102	02:27:17	04:52:53	08:03:40	10:51:02.65	10:51:49.75	+04:41:23 (43.2%)	12:31	4.8 (57.1%)
103	CHRÓŚCIAK Paweł	1098		M40	103	02:23:11	04:54:06	08:04:22	10:51:17.30	10:51:51.85	+04:41:25 (43.2%)	12:31	4.8 (57.1%)
104	TWARDOWSKI Tomasz	1054	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	104	02:45:20	05:16:49	08:28:56	11:06:57.65	11:07:33.10	+04:57:06 (44.5%)	12:49	4.7 (56.0%)
105	KOCHAN Grzegorz	1474		M40	105	02:44:28	05:12:23	08:21:33	11:07:37.80	11:08:02.55	+04:57:35 (44.5%)	12:50	4.7 (56.0%)
106	OLSZEWSKI Błażej	1153		M40	106	02:31:05	05:04:42	08:35:56	11:26:57.70	11:27:44.45	+05:17:17 (46.1%)	13:12	4.5 (53.6%)
107	BĘTKOWSKI Tomasz	1475	NIEZALEŻNY	M40	107	02:35:59	04:57:16	08:41:09	11:51:33.75	11:52:32.35	+05:42:05 (48.0%)	13:41	4.4 (52.4%)

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
108	ROSOWSKI Robert	1467	NIEZALEZNY 2	M40	108	02:36:02	04:59:10	08:38:04	11:51:36.95	11:52:35.40	+05:42:08 (48.0%)	13:41	4.4 (52.4%)
109	MALARA Krzysztof	1390		M40	109	02:31:46	05:07:26	08:45:40	12:01:27.40	12:01:55.55	+05:51:28 (48.7%)	13:52	4.3 (51.2%)
110	JAFISZOW Michał	1168		M40	110	02:42:29	05:24:31	08:50:32	12:04:20.50	12:04:24.95	+05:53:58 (48.9%)	13:55	4.3 (51.2%)
111	DAJNOWSKI Marek	1291		M40	111	02:50:48	05:32:14	09:03:32	12:04:32.05	12:05:28.80	+05:55:02 (48.9%)	13:56	4.3 (51.2%)
112	OLSZEWSKI Rafał	1374	T. G. SOKÓŁ GNIEWKOWO	M40	112	02:56:31	05:40:22	09:14:47	12:46:58.40	12:47:25.90	+06:36:59 (51.7%)	14:44	4.1 (48.8%)
113	CHODZIAK Marcin	1085		M40	113	03:27:56	06:19:09	09:46:07	12:45:32.60	12:50:45.10	+06:40:18 (51.9%)	14:43	4.1 (48.8%)
	SZWAJCA Tomasz	1115		M40		02:05:08 DNF	04:08:39 DNF	DNF	DNF	DNF		-	- (0.0%)
	MAJEWSKI Marek	1068		M40		02:32:55 DNF	05:19:25 DNF	DNF	DNF	DNF		-	- (0.0%)
	FRYDRYCH Marcin	1246		M40		02:58:31 DNF	06:01:12 DNF	DNF	DNF	DNF		-	- (0.0%)
	LASKUS Pawel	1112		M40		05:06:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TROJANOWSKI Bartosz	1384		M40		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 118 wynik(ów)