



II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	CZYŻ Grzegorz	7	GRUPA AZOTY -AUTOMATYKA TARNÓW	M40	1	00:08:04	01:50:52	02:22:13	02:49:27	02:57:47	03:05:51.50		4:10	14.4 (100%)
2	WIERNUSZ Krzysztof	499	FINISZ RYMANÓW	M40	2	00:08:37	01:57:55	02:32:20	03:01:41	03:09:07	03:17:44.20	+00:11:52 (6.0%)	4:26	13.5 (93.8%)
3	ŚLASKI Radosław	542	WKURW_TEAM	M40	3	00:09:22	02:04:44	02:39:57	03:10:19	03:18:18	03:27:40.35	+00:21:48 (10.5%)	4:39	12.9 (89.6%)
4	HADAM Jacek	94	PRZEMYSKI KLUB BIEGACZA	M40	4	00:09:51	02:06:57	02:44:11	03:16:04	03:23:35	03:33:26.65	+00:27:35 (12.9%)	4:47	12.5 (86.8%)
5	KOŻŁOWSKI Gabriel	339	BÓBR TŁUSZCZ	M40	5	00:08:52	02:02:02	02:39:50	03:15:47	03:28:10	03:37:02.25	+00:31:10 (14.4%)	4:51	12.3 (85.4%)
6	GOŁEMBIEWSKI Marek	680	MUKS PIĘTNASTKA/B4SPORT	M40	6	00:09:33	02:10:09	02:47:34	03:20:36	03:28:36	03:38:09.40	+00:32:17 (14.8%)	4:53	12.3 (85.4%)
7	TYLEK Rafał	236		M40	7	00:12:04	02:13:00	02:48:39	03:20:26	03:26:15	03:38:19.95	+00:32:28 (14.9%)	4:53	12.3 (85.4%)
8	KUCZOK Mirosław	16	FORMA WODZISŁAW ŚLĄSKI/MARATONY POLSKIE	M40	8	00:09:16	02:07:12	02:46:05	03:22:39	03:32:33	03:41:49.60	+00:35:58 (16.2%)	4:58	12.1 (84.0%)
9	PORĘBSKI Rafał	62	PORANNY PATROL	M40	9	00:08:39	02:09:57	02:48:35	03:23:31	03:35:42	03:44:21.05	+00:38:29 (17.2%)	5:01	11.9 (82.6%)
10	CICHOŃ Maciej	144	42.195 WEJHEROWO	M40	10	00:09:40	02:10:52	02:50:32	03:25:12	03:35:10	03:44:50.60	+00:38:59 (17.3%)	5:02	11.9 (82.6%)
11	BIAŁECKI Krzysztof	102	BARLINEK	M40	11	00:10:20	02:12:13	02:50:55	03:27:52	03:37:46	03:48:06.45	+00:42:14 (18.5%)	5:06	11.7 (81.3%)
12	POLAK Stanisław	75	MBANK	M40	12	00:09:50	02:15:22	02:54:35	03:29:22	03:38:29	03:48:19.70	+00:42:28 (18.6%)	5:07	11.7 (81.3%)
13	SLADECZEK Andrzej	582		M40	13	00:09:19	02:11:39	02:52:02	03:27:52	03:39:34	03:48:53.85	+00:43:02 (18.8%)	5:07	11.7 (81.3%)
14	GOTFRYD Adam	683		M40	14	00:10:10	02:13:59	02:54:07	03:29:11	03:39:27	03:49:37.30	+00:43:45 (19.1%)	5:08	11.7 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
15	LESZCZYŃSKI Andrzej	191	BODY CLUB MŁAWA	M40	15	00:11:47	02:16:11	02:56:58	03:33:24	03:41:30	03:53:17.05	+00:47:25 (20.3%)	5:13	11.5 (79.9%)
16	JASTRZĄB Piotr	187	DEKAN LESKO	M40	16	00:09:16	02:12:56	02:53:45	03:32:22	03:44:08	03:53:24.60	+00:47:33 (20.4%)	5:13	11.5 (79.9%)
17	BEDNARZ Bogdan	762	ŻYWCEM ZABIEGANI	M40	17	00:11:01	02:19:48	03:01:05	03:36:42	03:45:04	03:56:05.85	+00:50:14 (21.3%)	5:17	11.3 (78.5%)
18	MAZURKIEWICZ Tomasz	642	ZAPOROWY MARATON TEAM	M40	18	00:09:19	02:17:25	02:59:56	03:36:39	03:47:29	03:56:48.90	+00:50:57 (21.5%)	5:18	11.3 (78.5%)
19	LESIK Krzysztof	89	FORMA WODZISŁAW ŚLĄSKI	M40	19	00:09:16	02:12:36	03:00:16	03:36:18	03:47:46	03:57:02.40	+00:51:10 (21.6%)	5:18	11.3 (78.5%)
20	MURAK Robert	38		M40	20	00:11:48	02:19:46	03:01:04	03:38:02	03:45:43	03:57:31.90	+00:51:40 (21.8%)	5:19	11.3 (78.5%)
21	MAŚLANKA Jacek	372	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	21	00:11:54	02:21:23	03:03:04	03:38:03	03:46:12	03:58:06.05	+00:52:14 (21.9%)	5:20	11.2 (77.8%)
22	ZAMOJSKI Robert	392		M40	22	00:10:38	02:21:57	03:02:22	03:38:23	03:48:06	03:58:44.40	+00:52:52 (22.2%)	5:21	11.2 (77.8%)
23	JANDZIŚ Wiesław	352	AKTYWNY DYNÓW	M40	23	00:12:50	02:20:03	03:01:03	03:38:48	03:45:59	03:58:49.65	+00:52:58 (22.2%)	5:21	11.2 (77.8%)
24	KACZOREK Marcin	117	VW GRUPA KACZOREK	M40	24	00:10:54	02:19:31	03:03:24	03:40:58	03:50:48	04:01:42.90	+00:55:51 (23.1%)	5:25	11.1 (77.1%)
25	SUŁKOWSKI Maciej	238		M40	25	00:11:52	02:24:00	03:05:22	03:41:10	03:50:30	04:02:22.50	+00:56:31 (23.3%)	5:26	11 (76.4%)
26	NIESYN Adam	383	SPRINT GORZYCE	M40	26	00:09:57	02:17:43	03:03:03	03:41:09	03:53:07	04:03:04.45	+00:57:12 (23.5%)	5:26	11 (76.4%)
27	SZWAJKA Robert	434		M40	27	00:11:06	02:20:24	03:03:28	03:42:32	03:52:43	04:03:49.90	+00:57:58 (23.8%)	5:28	11 (76.4%)
28	SMOLUCH Ryszard	489		M40	28	00:11:08	02:19:55	03:01:32	03:42:33	03:53:04	04:04:12.80	+00:58:21 (23.9%)	5:28	11 (76.4%)
29	MAJEWSKI Piotr	784	MELEX TEAM	M40	29	00:11:22	02:23:10	03:06:30	03:43:21	03:52:55	04:04:17.20	+00:58:25 (23.9%)	5:28	11 (76.4%)
30	DWORAKOWSKI Andrzej	384	ŁAPSCY LAJTOWCY	M40	30	00:11:40	02:20:57	03:03:31	03:42:34	03:53:13	04:04:53.25	+00:59:01 (24.1%)	5:29	10.9 (75.7%)
31	PASTWA Grzegorz	797	ULTRA BESKID SPORT	M40	31	00:10:28	02:22:34	03:08:47	03:44:43	03:54:31	04:04:59.70	+00:59:08 (24.1%)	5:29	10.9 (75.7%)
32	WÓJCIK Tomasz	529	ATYWNA STRONA ŻYCIA	M40	32	00:12:21	02:30:20	03:11:14	03:46:56	03:53:58	04:06:19.30	+01:00:27 (24.5%)	5:31	10.9 (75.7%)
33	SZYK Artur	237	JGB SOKÓŁ JAROSŁAW	M40	33	00:11:53	02:23:14	03:06:53	03:45:03	03:54:58	04:06:51.95	+01:01:00 (24.7%)	5:32	10.8 (75.0%)
34	PACHO Sylwester	219	PAPIKI	M40	34	00:10:32	02:25:28	03:11:57	03:48:04	03:57:41	04:08:13.05	+01:02:21 (25.1%)	5:33	10.8 (75.0%)
35	KONIAK Michał	68		M40	35	00:10:17	02:24:10	03:07:48	03:47:39	03:58:00	04:08:17.45	+01:02:25 (25.1%)	5:34	10.8 (75.0%)
36	PINDUR Grzegorz	268		M40	36	00:10:24	02:21:37	03:07:13	03:47:15	03:58:58	04:09:22.95	+01:03:31 (25.5%)	5:35	10.7 (74.3%)
37	GOSTYŃSKI Krzysztof	675	GOSTYŃSCY TEAM	M40	37	00:12:41	02:24:37	03:10:26	03:49:25	03:58:10	04:10:51.00	+01:04:59 (25.9%)	5:37	10.7 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
38	KRUPA Grzegorz	774	KB SOBÓTKA	M40	38	00:14:37	02:27:28	03:11:17	03:49:45	03:56:19	04:10:56.40	+01:05:04 (25.9%)	5:37	10.7 (74.3%)
39	RAMS Tadeusz	604	TEAM WOLBROM	M40	39	00:13:51	02:26:23	03:12:28	03:51:14	03:58:17	04:12:08.55	+01:06:17 (26.3%)	5:39	10.6 (73.6%)
40	AUGUSTYNIAK Mariusz	231	UKS TRS SUSZ	M40	40	00:11:16	02:24:41	03:10:13	03:51:12	04:01:10	04:12:26.90	+01:06:35 (26.4%)	5:39	10.6 (73.6%)
41	MIEKUS Hubert	369	ACCENTURE	M40	41	00:11:41	02:27:27	03:12:46	03:52:47	04:04:52	04:16:33.10	+01:10:41 (27.6%)	5:45	10.4 (72.2%)
42	ZGIET Radosław	555		M40	42	00:10:30	02:25:16	03:12:25	03:53:30	04:06:15	04:16:45.10	+01:10:53 (27.6%)	5:45	10.4 (72.2%)
43	POLAK Grzegorz	101	KEREZA TEAM	M40	43	00:12:33	02:27:36	03:12:23	03:53:33	04:04:44	04:17:17.85	+01:11:26 (27.8%)	5:46	10.4 (72.2%)
44	WISZOWATY Mariusz	527	AMATOR	M40	44	00:09:38	02:26:43	03:14:45	03:54:36	04:07:58	04:17:36.65	+01:11:45 (27.9%)	5:46	10.4 (72.2%)
45	CZUBA Adam	44	BOOT CAMP POLSKA/TORUŃ	M40	45	00:12:48	02:26:47	03:12:50	03:55:31	04:06:24	04:19:12.45	+01:13:20 (28.3%)	5:48	10.3 (71.5%)
46	POLAK Jacek	381	BIEGUSIEM.PL	M40	46	00:12:35	02:35:15	03:20:35	03:58:59	04:07:01	04:19:36.20	+01:13:44 (28.4%)	5:49	10.3 (71.5%)
47	NIEMCZEWSKI Borys	67	TIMEBANDIT CORPS	M40	47	00:10:58	02:27:38	03:17:42	03:58:38	04:09:04	04:20:02.55	+01:14:11 (28.5%)	5:49	10.3 (71.5%)
48	GOTOWIEC Darek	296	BÓBR TŁUSZCZ	M40	48	00:13:11	02:31:31	03:16:17	03:56:30	04:07:13	04:20:24.75	+01:14:33 (28.6%)	5:50	10.3 (71.5%)
49	SOKALSKI Grzegorz	682	PARKRUN KONSTANCIN	M40	49	00:11:57	02:27:38	03:16:39	03:57:26	04:08:40	04:20:37.20	+01:14:45 (28.7%)	5:50	10.3 (71.5%)
50	ABEL Krzysiek	570	BIEGAM BO LUBIĘ	M40	50	00:12:52	02:29:37	03:17:05	03:57:39	04:08:59	04:21:51.15	+01:15:59 (29.0%)	5:52	10.2 (70.8%)
51	AKSTINAS Petras	722	VILNIUS	M40	51	00:09:17	02:17:56	03:09:24	03:56:59	04:12:36	04:21:53.35	+01:16:01 (29.0%)	5:52	10.2 (70.8%)
52	BRYNDZA Krzysztof	466	SPEED TEAM	M40	52	00:13:15	02:39:42	03:24:55	04:03:41	04:11:15	04:24:30.65	+01:18:39 (29.7%)	5:55	10.1 (70.1%)
53	CIESLAK Marek	85		M40	53	00:12:08	02:27:59	03:15:25	03:59:49	04:12:50	04:24:58.40	+01:19:06 (29.9%)	5:56	10.1 (70.1%)
54	MAŁYSZA Sławomir	235		M40	54	00:13:07	02:32:00	03:20:59	04:01:41	04:11:56	04:25:03.55	+01:19:12 (29.9%)	5:56	10.1 (70.1%)
55	WOJCIECHOWSKI Krzysztof	490	RADLINIOKI W BIEGU	M40	55	00:12:08	02:33:04	03:22:08	04:04:16	04:14:21	04:26:29.50	+01:20:38 (30.3%)	5:58	10 (69.4%)
56	ZAJĄCZKOWSKI Jerzy	205		M40	56	00:11:07	02:25:49	03:14:00	04:00:13	04:15:42	04:26:49.85	+01:20:58 (30.3%)	5:58	10 (69.4%)
57	KMAK Sławomir	413	PAPIKI	M40	57	00:10:32	02:25:31	03:18:02	04:03:13	04:16:30	04:27:02.25	+01:21:10 (30.4%)	5:59	10 (69.4%)
58	PAWLUŚ Mirosław	279	JSC JASŁO	M40	58	00:12:02	02:26:44	03:20:33	04:03:40	04:15:06	04:27:08.65	+01:21:17 (30.4%)	5:59	10 (69.4%)
59	STĘPIEŃ Wojciech	118	JM RUNNING TEAM / NIGHT RUNNERS GLIWICE	M40	59	00:12:10	02:31:31	03:22:36	04:04:42	04:15:18	04:27:28.15	+01:21:36 (30.5%)	5:59	10 (69.4%)
60	DEKERSLEY Stephen	77		M40	60	00:11:28	02:33:18	03:21:33	04:05:00	04:17:06	04:28:34.10	+01:22:42 (30.8%)	6:01	10 (69.4%)

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										maratonu (42,6km)	brutto 44.6km			
61	MŁODOŻENIEC Jacek	48	REMBERTÓW TEAM	M40	61	00:12:36	02:35:36	03:20:30	04:03:39	04:16:39	04:29:15.45	+01:23:23 (31.0%)	6:02	9.9 (68.8%)
62	BIELEC Artur	80	REMBERTÓW TEAM	M40	62	00:12:35	02:34:39	03:20:30	04:03:35	04:16:40	04:29:15.65	+01:23:24 (31.0%)	6:02	9.9 (68.8%)
63	KOCIEMBA Dariusz	710	W TRI TEAM / LABOSPORT TEAM	M40	63	00:10:47	02:37:51	03:26:19	04:08:33	04:20:29	04:31:16.85	+01:25:25 (31.5%)	6:04	9.9 (68.8%)
64	IDZIK Dariusz	661		M40	64	00:11:40	02:30:00	03:21:17	04:06:15	04:19:48	04:31:28.85	+01:25:37 (31.5%)	6:05	9.9 (68.8%)
65	GŁADYSZ Rafał	639	WKURW_TEAM	M40	65	00:12:21	02:33:15	03:21:42	04:08:04	04:19:13	04:31:34.15	+01:25:42 (31.6%)	6:05	9.9 (68.8%)
66	SZPYT Ryszard	310	BIŁGORAJ BIEGA	M40	66	00:12:59	02:44:28	03:30:30	04:10:48	04:19:24	04:32:23.45	+01:26:31 (31.8%)	6:06	9.8 (68.1%)
67	SIKORA Jacek	157	WATER TEAM	M40	67	00:10:37	02:31:26	03:27:29	04:09:27	04:23:35	04:34:12.55	+01:28:21 (32.2%)	6:08	9.8 (68.1%)
68	CETNAROWSKI Marcin	758		M40	68	00:12:12	02:33:20	03:28:12	04:08:35	04:22:02	04:34:14.15	+01:28:22 (32.2%)	6:08	9.8 (68.1%)
69	CHOJECKI Dariusz	116	KEREZA LUBLIN	M40	69	00:12:34	02:38:55	03:29:52	04:13:25	04:21:46	04:34:20.25	+01:28:28 (32.3%)	6:09	9.8 (68.1%)
70	DROZD Maciej	457		M40	70	00:12:44	02:44:10	03:32:22	04:12:35	04:21:42	04:34:26.05	+01:28:34 (32.3%)	6:09	9.8 (68.1%)
71	SAPIŃSKI Mariusz	363	OSTOYA RYNNING TEAM	M40	71	00:12:40	02:42:36	03:30:50	04:12:33	04:23:49	04:36:29.65	+01:30:38 (32.8%)	6:11	9.7 (67.4%)
72	LEGUTKO Włodzimierz	362	OSTOYA RUNNING TEAM	M40	72	00:12:40	02:42:36	03:30:51	04:12:34	04:23:49	04:36:29.75	+01:30:38 (32.8%)	6:11	9.7 (67.4%)
73	SUCHODOLSKI Jerzy	172		M40	73	00:12:03	02:43:11	03:29:23	04:11:15	04:25:06	04:37:09.90	+01:31:18 (32.9%)	6:12	9.7 (67.4%)
74	MAJKUCIŃSKI Marek	188	BIEGIEM RADOM!	M40	74	00:11:11	02:37:25	03:30:52	04:13:08	04:26:09	04:37:20.10	+01:31:28 (33.0%)	6:13	9.6 (66.7%)
75	GRZANECKI Rafal	13	PIER...NIEBIEGAM:)	M40	75	00:12:15	02:40:06	03:27:10	04:12:11	04:25:13	04:37:28.75	+01:31:37 (33.0%)	6:13	9.6 (66.7%)
76	JACHYM Marcin	571	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	76	00:10:29	02:38:51	03:28:56	04:13:05	04:27:11	04:37:40.95	+01:31:49 (33.1%)	6:13	9.6 (66.7%)
77	WRÓBEL Grzegorz	584		M40	77	00:13:22	02:31:11	03:31:56	04:13:43	04:24:46	04:38:08.70	+01:32:17 (33.2%)	6:14	9.6 (66.7%)
78	PIETRASZEK Mirek	732		M40	78	00:12:19	02:37:40	03:29:29	04:15:04	04:27:13	04:39:32.05	+01:33:40 (33.5%)	6:16	9.6 (66.7%)
79	CHODKIEWICZ Tomasz	653	PEUGEOT POLSKA	M40	79	00:12:18	02:40:04	03:31:20	04:15:48	04:27:22	04:39:40.55	+01:33:49 (33.5%)	6:16	9.6 (66.7%)
80	PLEWA Tomasz	24	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	80	00:10:55	02:34:28	03:33:00	04:16:09	04:29:48	04:40:43.75	+01:34:52 (33.8%)	6:17	9.5 (66.0%)
81	PILICHOWSKI Wojciech	266	GRUPA SZALONYCH ROWERZYSTÓW	M40	81	00:11:08	02:35:28	03:30:48	04:14:12	04:30:14	04:41:22.75	+01:35:31 (33.9%)	6:18	9.5 (66.0%)
81	CHABROWSKI Paweł	588		M40	81	00:11:23	02:35:32	03:30:42	04:14:36	04:29:59	04:41:22.75	+01:35:31 (33.9%)	6:18	9.5 (66.0%)
83	FELIŃSKI Tomasz	593		M40	83	00:11:25	02:35:59	03:30:43	04:15:18	04:29:58	04:41:23.15	+01:35:31 (33.9%)	6:18	9.5 (66.0%)

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										maratonu (42,6km)	brutto 44.6km			
84	KULESZA Robert	706		M40	84	00:11:24	02:35:45	03:32:02	04:14:32	04:29:59	04:41:23.30	+01:35:31 (33.9%)	6:18	9.5 (66.0%)
85	SMYK Robert	766	OTK RZEŹNIK	M40	85	00:13:19	02:44:06	03:38:28	04:17:31	04:29:49	04:43:08.55	+01:37:17 (34.4%)	6:20	9.5 (66.0%)
86	CISKI Piotr	598		M40	86	00:13:35	02:42:39	03:35:01	04:18:08	04:29:38	04:43:13.30	+01:37:21 (34.4%)	6:21	9.4 (65.3%)
87	MAZUREK Krzysztof	373		M40	87	00:12:36	02:40:49	03:36:48	04:19:38	04:30:44	04:43:20.10	+01:37:28 (34.4%)	6:21	9.4 (65.3%)
88	SROKA Zbigniew	739		M40	88	00:13:05	02:47:25	03:36:40	04:21:20	04:34:09	04:47:14.90	+01:41:23 (35.3%)	6:26	9.3 (64.6%)
89	SKRZESZEWSKI Henryk P.	156	I-BS.PL SPORT TEAM	M40	89	00:12:30	02:35:15	03:31:15	04:22:08	04:34:52	04:47:22.05	+01:41:30 (35.3%)	6:26	9.3 (64.6%)
90	PIKOR Jacek	199		M40	90	00:13:06	02:41:49	03:39:35	04:22:24	04:34:58	04:48:04.40	+01:42:12 (35.5%)	6:27	9.3 (64.6%)
91	ORZECH Artur	376	KROKODYLE	M40	91	00:11:10	02:49:04	03:43:39	04:26:08	04:37:47	04:48:57.30	+01:43:05 (35.7%)	6:28	9.3 (64.6%)
92	BATKO Marcin	353	UKS SZKOŁA RAJSKA	M40	92	00:12:22	02:41:28	03:37:59	04:25:16	04:39:28	04:51:50.85	+01:45:59 (36.3%)	6:32	9.2 (63.9%)
93	ŚWIDZIŃSKI Tomasz	645	VEGE RUNNERS	M40	93	00:13:43	02:55:29	03:46:31	04:30:28	04:40:01	04:53:44.60	+01:47:53 (36.7%)	6:35	9.1 (63.2%)
94	RZĄDKOWSKI Krzysztof	431	KWW	M40	94	00:14:08	02:53:56	03:44:13	04:29:36	04:39:52	04:54:00.05	+01:48:08 (36.8%)	6:35	9.1 (63.2%)
95	DZIEKAN Krzysztof	243		M40	95	00:12:57	02:57:27	03:48:34	04:31:49	04:42:31	04:55:28.65	+01:49:37 (37.1%)	6:37	9.1 (63.2%)
96	MISIAK Mirek	644	WIDŁOROGI	M40	96	00:13:11	02:43:07	03:44:25	04:30:00	04:42:22	04:55:33.60	+01:49:42 (37.1%)	6:37	9.1 (63.2%)
97	WOJDA Dariusz	32	DZIKIE DZIKI	M40	97	00:12:07	02:52:44	03:48:49	04:32:32	04:43:45	04:55:52.50	+01:50:01 (37.2%)	6:38	9 (62.5%)
98	OLESZCZUK Zbigniew	99	KRASNYSTAW BIEGA	M40	98	00:11:59	02:52:57	03:54:38	04:36:36	04:44:54	04:56:53.55	+01:51:02 (37.4%)	6:39	9 (62.5%)
99	RYCYK Grzegorz	53	KRASNYSTAW BIEGA	M40	99	00:11:59	02:52:57	03:54:38	04:36:34	04:44:54	04:56:53.60	+01:51:02 (37.4%)	6:39	9 (62.5%)
100	SZYMIK Marcin	476	RATOWNIK GÓRNICZY	M40	100	00:12:08	02:45:00	03:40:37	04:29:33	04:44:48	04:56:56.95	+01:51:05 (37.4%)	6:39	9 (62.5%)
101	ĆWIEK Dariusz	657	DARIUS	M40	101	00:15:12	02:53:39	03:47:20	04:31:33	04:42:45	04:57:57.00	+01:52:05 (37.6%)	6:40	9 (62.5%)
102	DZIADOSZ Jerzy	666	ONEMANTEAM	M40	102	00:13:50	02:45:50	03:46:33	04:33:27	04:45:23	04:59:13.00	+01:53:21 (37.9%)	6:42	8.9 (61.8%)
103	HOWIL Waldemar	143	KAIZEN	M40	103	00:12:41	02:41:01	03:43:15	04:32:44	04:46:48	04:59:29.65	+01:53:38 (37.9%)	6:42	8.9 (61.8%)
104	GRENDZIŃSKI Andrzej	664	PGB SPORTOWA PACZKA	M40	104	00:13:10	02:53:00	03:47:23	04:35:17	04:46:33	04:59:43.70	+01:53:52 (38.0%)	6:43	8.9 (61.8%)
105	KWATERA Tomasz	659	KB LOK BOCHNIA	M40	105	00:13:21	02:56:34	03:51:17	04:36:53	04:47:28	05:00:49.95	+01:54:58 (38.2%)	6:44	8.9 (61.8%)
106	BOLANOWSKI Piotr	225	POSADA GÓRNA	M40	106	00:11:08	02:47:49	03:52:19	04:36:37	04:49:55	05:01:03.80	+01:55:12 (38.3%)	6:45	8.9 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
107	SZULC Krzysztof	308	JOCKER TEAM	M40	107	00:13:07	02:48:15	03:48:31	04:36:06	04:48:01	05:01:08.85	+01:55:17 (38.3%)	6:45	8.9 (61.8%)
108	HERMANOWSKI Robert	164	W4TEAM	M40	108	00:12:06	02:58:16	03:55:11	04:37:33	04:49:50	05:01:56.65	+01:56:05 (38.4%)	6:46	8.9 (61.8%)
109	TOMASZEWSKI Wojtek	511	BRACIAT	M40	109	00:12:16	02:48:24	03:55:18	04:38:36	04:50:06	05:02:22.40	+01:56:30 (38.5%)	6:46	8.9 (61.8%)
110	KOWALCZYK Grzesiek	628		M40	110	00:11:50	02:48:45	03:48:48	04:35:51	04:51:16	05:03:06.00	+01:57:14 (38.7%)	6:47	8.8 (61.1%)
111	LUPA Adam	517	NTT TRIADA NAMYSŁÓW	M40	111	00:14:06	02:50:32	03:51:52	04:38:35	04:49:45	05:03:51.95	+01:58:00 (38.8%)	6:48	8.8 (61.1%)
112	SIEKIERSKI Krzysztof	709	KEREZA LUBLIN	M40	112	00:13:31	02:48:01	03:46:14	04:36:08	04:50:38	05:04:09.60	+01:58:18 (38.9%)	6:49	8.8 (61.1%)
113	DRAPAŁA Jan	377	KROKODYLE	M40	113	00:11:10	02:49:06	03:50:18	04:37:56	04:55:26	05:06:36.85	+02:00:45 (39.4%)	6:52	8.7 (60.4%)
114	PESZEK Bogdan	209	AKTYWNY DYNÓW	M40	114	00:13:58	02:57:44	03:55:35	04:42:18	04:54:14	05:08:12.25	+02:02:20 (39.7%)	6:54	8.7 (60.4%)
115	SIÓDMIAK Cezary	33		M40	115	00:13:43	02:59:49	03:55:57	04:42:17	04:54:51	05:08:34.95	+02:02:43 (39.8%)	6:55	8.7 (60.4%)
116	ZIELONKA Bogumił	507	PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA'	M40	116	00:15:18	03:05:54	04:01:19	04:46:15	04:55:01	05:10:19.20	+02:04:27 (40.1%)	6:57	8.6 (59.7%)
117	SEWERYN Tomasz	539		M40	117	00:13:55	02:57:23	03:56:01	04:44:31	04:56:34	05:10:29.45	+02:04:37 (40.1%)	6:57	8.6 (59.7%)
118	SIDOR Paweł	163	W4TEAM	M40	118	00:12:05	03:03:47	03:59:39	04:46:58	04:59:07	05:11:12.20	+02:05:20 (40.3%)	6:58	8.6 (59.7%)
119	ZDULSKI Bartosz	64		M40	119	00:12:05	03:04:11	03:59:48	04:46:58	04:59:07	05:11:12.40	+02:05:20 (40.3%)	6:58	8.6 (59.7%)
120	KWIECIEN Krzysztof	663	RUNSHOP.PL	M40	120	00:13:05	03:03:50	04:03:13	04:45:40	04:58:29	05:11:34.80	+02:05:43 (40.3%)	6:59	8.6 (59.7%)
121	HYZIAK Jakub	112	JJ.RUNNERS GORLICE	M40	121	00:13:18	03:05:21	03:59:23	04:46:17	04:58:41	05:11:59.35	+02:06:07 (40.4%)	6:59	8.6 (59.7%)
122	DOMBROWSKI Wojciech	91		M40	122	00:14:45	03:01:04	04:01:23	04:45:04	04:57:21	05:12:06.80	+02:06:15 (40.5%)	6:59	8.6 (59.7%)
123	GĄSZCZYK Grzegorz	74	NOWA HUTA TEAM	M40	123	00:13:22	02:52:17	04:05:01	04:49:27	04:58:59	05:12:21.25	+02:06:29 (40.5%)	7:00	8.6 (59.7%)
124	MUCHA Tomasz	439		M40	124	00:14:33	02:58:47	04:00:28	04:45:10	04:58:09	05:12:42.95	+02:06:51 (40.6%)	7:00	8.6 (59.7%)
125	SIENKIEWICZ Wojciech	463		M40	125	00:12:37	02:48:05	03:53:21	04:43:36	05:00:16	05:12:53.10	+02:07:01 (40.6%)	7:00	8.6 (59.7%)
126	GAŁUSZKA Bogdan	73	JGB 'SOKÓŁ'	M40	126	00:14:10	03:01:02	03:58:12	04:47:05	04:58:50	05:13:00.95	+02:07:09 (40.6%)	7:01	8.5 (59.0%)
127	STEC Sebastian	793	SIEMUSZOWA	M40	127	00:13:53	02:59:24	03:56:39	04:46:24	04:59:52	05:13:45.65	+02:07:54 (40.8%)	7:02	8.5 (59.0%)
128	LAUER Jarosław	59		M40	128	00:14:08	02:55:10	03:57:38	04:46:21	05:00:34	05:14:42.65	+02:08:51 (40.9%)	7:03	8.5 (59.0%)
129	WAJCOWICZ Witold	98		M40	129	00:12:07	02:59:21	03:59:17	04:49:05	05:03:38	05:15:45.95	+02:09:54 (41.1%)	7:04	8.5 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
130	HRYSZKIEWICZ Janusz	234	UNISONO FLOW / AKMB PEDZIWIATR GLIWICE	M40	130	00:15:14	03:08:19	04:06:26	04:51:57	05:00:45	05:15:59.25	+02:10:07 (41.2%)	7:05	8.5 (59.0%)
131	KOPER Jacek	222		M40	131	00:12:52	03:05:48	04:03:10	04:49:43	05:03:21	05:16:13.70	+02:10:22 (41.2%)	7:05	8.5 (59.0%)
132	PAPIERSKI Leszek	667	PGB SPORTOWA PACZKA	M40	132	00:13:04	03:02:52	04:05:14	04:51:05	05:03:24	05:16:28.30	+02:10:36 (41.3%)	7:05	8.5 (59.0%)
133	LOREK Marek	239		M40	133	00:11:30	02:58:33	03:58:13	04:50:27	05:07:01	05:18:31.40	+02:12:39 (41.7%)	7:08	8.4 (58.3%)
134	LESZCZYŃSKI Radosław	586	AIR CONSULTING	M40	134	00:14:46	03:03:46	04:06:09	04:53:23	05:06:04	05:20:50.70	+02:14:59 (42.1%)	7:11	8.3 (57.6%)
135	ARGALSKI Grzegorz	769	KW TRÓJMIASTO	M40	135	00:12:33	02:55:36	04:07:21	04:56:32	05:10:28	05:23:01.50	+02:17:10 (42.5%)	7:14	8.3 (57.6%)
136	CHWALISZEWSKI Jarosław	121	NIGHT RUNNERS GLIWICE	M40	136	00:12:33	02:59:37	04:03:46	04:55:14	05:12:07	05:24:40.45	+02:18:48 (42.8%)	7:16	8.2 (56.9%)
137	CEGLIŃSKI Sebastian	711	JAKOBCYCLES	M40	137	00:14:06	02:57:58	04:03:58	04:56:42	05:11:06	05:25:12.90	+02:19:21 (42.9%)	7:17	8.2 (56.9%)
138	SKONECZNY Artur	192	OPL	M40	138	00:14:28	03:04:50	04:09:02	04:57:10	05:10:53	05:25:21.55	+02:19:30 (42.9%)	7:17	8.2 (56.9%)
139	KAPELKO Bogdan	616		M40	139	00:14:17	02:57:10	04:01:59	04:53:18	05:11:33	05:25:50.20	+02:19:58 (43.0%)	7:18	8.2 (56.9%)
140	RĘKAWEK Artur	412	TRUCHTACZ.PL	M40	140	00:13:00	03:05:30	04:10:37	04:58:31	05:14:03	05:27:03.85	+02:21:12 (43.2%)	7:19	8.2 (56.9%)
141	RUPIK Piotr	159		M40	141	00:12:45	03:07:33	04:10:32	04:59:44	05:14:32	05:27:17.00	+02:21:25 (43.2%)	7:20	8.2 (56.9%)
142	BŁACHOWICZ Rafał	497	ZABIEGANI MIELEC	M40	142	00:13:27	03:11:42	04:17:44	05:05:30	05:16:44	05:30:11.20	+02:24:19 (43.7%)	7:24	8.1 (56.3%)
143	RESZYTYŁO Grzegorz	641		M40	143	00:14:24	03:11:58	04:16:45	05:06:02	05:17:48	05:32:12.80	+02:26:21 (44.1%)	7:26	8.1 (56.3%)
144	DROŹDŹ Witold	295	POLSKIE HIMALAJE 2018	M40	144	00:12:10	03:01:06	04:04:50	05:02:25	05:21:22	05:33:32.75	+02:27:41 (44.3%)	7:28	8 (55.6%)
145	KRAUSE Dariusz	25	FORMA WODZISŁAW ŚLĄSKI/ RADLIN	M40	145	00:12:09	03:04:58	04:17:49	05:07:11	05:21:55	05:34:04.85	+02:28:13 (44.4%)	7:29	8 (55.6%)
146	WIŚNIEWSKI Marcin	544	JANO TECHNIKA SANITARNA	M40	146	00:13:48	03:03:53	04:12:05	05:04:26	05:20:22	05:34:10.60	+02:28:19 (44.4%)	7:29	8 (55.6%)
147	JAKUBOWSKI Wojciech	72	KB GEOTERMIA UNIEJÓW	M40	147	00:14:30	03:16:39	04:23:33	05:10:07	05:19:51	05:34:21.95	+02:28:30 (44.4%)	7:29	8 (55.6%)
148	PACZKOWSKI Bartosz	510	218CREW	M40	148	00:14:18	03:00:57	04:08:17	05:03:29	05:21:09	05:35:27.30	+02:29:35 (44.6%)	7:31	8 (55.6%)
149	ZAMOJSKI Adam	126	ICHTIS	M40	149	00:13:34	03:04:54	04:22:43	05:10:33	05:23:17	05:36:51.55	+02:31:00 (44.8%)	7:33	7.9 (54.9%)
150	FRUCZ Jacek	348		M40	150	00:14:35	03:14:10	04:18:50	05:08:53	05:22:26	05:37:01.75	+02:31:10 (44.9%)	7:33	7.9 (54.9%)
151	ŁABĘDZKI Bogusław	336	SBD ENERGETYK RYBNIK	M40	151	00:15:22	03:13:25	04:18:38	05:10:39	05:23:11	05:38:33.00	+02:32:41 (45.1%)	7:35	7.9 (54.9%)
152	BISKUP Rafał	633		M40	152	00:10:46	03:05:40	04:21:06	05:12:02	05:29:35	05:40:21.70	+02:34:30 (45.4%)	7:37	7.9 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						2km	26.5km	34.2km	40.7km	maratonu (42,6km)				brutto 44.6km
153	MARECKI Piotr	462	KB LOK BOCHNIA	M40	153	00:14:27	03:22:21	04:30:23	05:16:25	05:25:59	05:40:26.75	+02:34:35 (45.4%)	7:37	7.9 (54.9%)
154	CEMPURA Lech	632	CEMPURA LECH	M40	154	00:14:05	03:12:59	04:18:30	05:13:15	05:27:53	05:41:58.25	+02:36:06 (45.7%)	7:40	7.8 (54.2%)
155	GRZYBEK Piotr	765	KEREZA LUBLIN	M40	155	00:13:56	03:13:10	04:22:36	05:14:30	05:31:47	05:45:43.85	+02:39:52 (46.2%)	7:45	7.7 (53.5%)
156	BATOR Marek	393		M40	156	00:15:15	03:16:29	04:21:58	05:17:36	05:31:14	05:46:29.30	+02:40:37 (46.4%)	7:46	7.7 (53.5%)
157	HEJMAN Maciej	780	WKURW_TEAM	M40	157	00:13:57	03:15:33	04:25:37	05:18:23	05:34:47	05:48:44.10	+02:42:52 (46.7%)	7:49	7.7 (53.5%)
158	ŁUKASIEWICZ Marcin	500	KS START PUŁASKI WARKA	M40	158	00:12:49	03:13:34	04:30:20	05:20:41	05:36:46	05:49:35.65	+02:43:44 (46.8%)	7:50	7.7 (53.5%)
159	SIDOROWICZ Grzegorz	697	AXA RUNNING TEAM	M40	159	00:12:32	03:15:40	04:22:51	05:19:50	05:38:27	05:50:59.25	+02:45:07 (47.0%)	7:52	7.6 (52.8%)
160	WESTER Mieczysław	612	NIGHT RUNNERS GLIWICE	M40	160	00:14:48	03:24:24	04:32:17	05:21:53	05:37:15	05:52:03.10	+02:46:11 (47.2%)	7:53	7.6 (52.8%)
161	NIEDZWIEDZKI Tomasz	626		M40	161	00:11:45	03:17:16	04:38:30	05:29:06	05:45:46	05:57:31.30	+02:51:39 (48.0%)	8:00	7.5 (52.1%)
162	SPYRA Zdzisław	261	ŚLĄSKA OFICYNA DRUKARSKA	M40	162	00:15:01	03:21:05	04:36:34	05:31:37	05:48:07	06:03:08.05	+02:57:16 (48.8%)	8:08	7.4 (51.4%)
163	JUCHA Jacek	46	CA BROKER/ CA AKTYWNI	M40	163	00:15:24	03:27:30	04:37:27	05:31:30	05:47:44	06:03:08.30	+02:57:16 (48.8%)	8:08	7.4 (51.4%)
164	ŚWIĘTOCHOWSKI Arkadiusz	84	GRUPA SKROMNYCH BIEGACZY	M40	164	00:13:39	03:13:39	04:40:48	05:34:33	05:52:00	06:05:39.65	+02:59:48 (49.2%)	8:11	7.3 (50.7%)
165	ZDYBEL Tomasz	509	BADASS RUNNERS	M40	165	00:15:06	03:22:41	04:36:31	05:33:36	05:50:50	06:05:56.85	+03:00:05 (49.2%)	8:12	7.3 (50.7%)
166	JACKOWSKI Jacek	27	JGB 'SOKÓŁ'	M40	166	00:14:10	03:19:16	04:35:49	05:34:44	05:52:38	06:06:48.65	+03:00:57 (49.3%)	8:13	7.3 (50.7%)
167	DURA Piotr	789	WKURW_TEAM	M40	167	00:15:19	03:32:24	04:39:12	05:34:21	05:53:40	06:08:59.05	+03:03:07 (49.6%)	8:16	7.3 (50.7%)
168	PIĄTEK Roman	701	PGB SPORTOWA PACZKA	M40	168	00:14:34	03:28:26	04:48:12	05:39:51	05:55:04	06:09:38.60	+03:03:47 (49.7%)	8:17	7.2 (50.0%)
169	KONIECZNY Jacek	530	DRUŻYNA SZPIKU	M40	169	00:15:43	03:09:42	04:41:46	05:37:38	05:54:22	06:10:05.55	+03:04:14 (49.8%)	8:17	7.2 (50.0%)
170	KRYGOWSKI Zbigniew	638	BIEGAM AS LUBACZÓW	M40	170	00:13:34	03:26:04	04:40:59	05:39:55	05:56:59	06:10:33.35	+03:04:41 (49.8%)	8:18	7.2 (50.0%)
171	KOWALCZYK Mariusz	47		M40	171	00:13:47	03:07:44	04:45:33	05:45:35	06:06:07	06:19:54.70	+03:14:03 (51.1%)	8:31	7 (48.6%)
DQ	LIPUS Andrzej	327		M40		DQ	DQ	DQ	DQ	DQ	DQ		0:00	43.7 (303.5%)
	JEŻ Marcin	388		M40		00:09:52 DNF	02:24:34 DNF	03:39:48 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOCIOŁEK Andrzej	110	KANCELARIA SPORTOWA STASZEWSKY	M40		00:14:45 DNF	03:01:17 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)