



III MARATON RZEŹNIKA

B4SPORT

Wydarzenie: X FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-05-30
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELIGENTNE 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	ZBOZIEN Jarosław	1440	ALPIN SPORT TEAM	M30	1	01:21:50	02:29:28	03:46:37	04:58:38.85	04:58:42.05		5:44	10.4 (100%)
2	WRÓBLEWSKI Robert	1277		M30	2	01:21:52	02:29:39	03:54:42	05:14:27.10	05:14:30.30	+00:15:48 (5.0%)	6:02	9.9 (95.2%)
3	KOPEĆ Igor	1178		M20	1	01:33:44	02:53:42	04:28:05	05:52:51.30	05:52:58.55	+00:54:16 (15.4%)	6:47	8.8 (84.6%)
4	GAJ Grzegorz	7020		M40	1	01:35:19	02:53:12	04:27:58	05:53:38.55	05:53:45.90	+00:55:03 (15.6%)	6:48	8.8 (84.6%)
5	DYDEK Kamil	7001	ZDANOWSKITEAM	M30	3	01:34:58	02:50:40	04:30:09	05:57:26.00	05:57:28.35	+00:58:46 (16.4%)	6:52	8.7 (83.7%)
6	SOKOŁOWSKI Marek	1140	ALPIN SPORT TEAM	M50	1	01:34:51	02:54:26	04:35:37	06:01:49.55	06:01:53.45	+01:03:11 (17.5%)	6:57	8.6 (82.7%)
7	KOZŁOWSKI Michał	1242		M30	4	01:37:36	02:59:20	04:39:35	06:04:41.30	06:04:47.80	+01:06:05 (18.1%)	7:00	8.6 (82.7%)
8	PASIECZNY Robert	1409	FARTLEK GO	M40	2	01:38:25	02:59:14	04:39:29	06:07:52.00	06:08:00.10	+01:09:18 (18.8%)	7:04	8.5 (81.7%)
9	DAURIA Umberto	1251		M30	5	01:37:43	03:01:02	04:41:31	06:08:04.20	06:08:33.60	+01:09:51 (19.0%)	7:04	8.5 (81.7%)
10	ŚWIĘTOŃ Grzegorz	1442		M40	3	01:34:23	02:53:44	04:41:29	06:11:11.55	06:11:14.10	+01:12:32 (19.5%)	7:08	8.4 (80.8%)
11	ŻOGAŁA Jan	1173	HURAGAN LIGOTA	M40	4	01:36:10	02:59:17	04:44:07	06:20:33.00	06:20:44.90	+01:22:02 (21.5%)	7:19	8.2 (78.8%)
12	CZAJKA Tomasz	7015		M50	2	01:40:35	03:04:58	04:52:33	06:20:40.70	06:20:56.25	+01:22:14 (21.6%)	7:19	8.2 (78.8%)
13	RAK Zbigniew	1112		M40	5	01:42:49	03:09:56	04:55:52	06:25:18.65	06:25:27.15	+01:26:45 (22.5%)	7:24	8.1 (77.9%)
14	KOZDROWICZ Karol	1419	JAROSŁAWSKI BIEGACZ	M50	3	01:40:27	03:04:51	04:56:28	06:26:39.65	06:26:49.80	+01:28:07 (22.8%)	7:26	8.1 (77.9%)
15	PELA Dariusz	1472		M40	6	01:45:43	03:13:38	04:58:16	06:26:29.20	06:26:58.00	+01:28:15 (22.8%)	7:25	8.1 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
16	RÓG Krzysiek	1354	ZBŁAZ TEAM	M30	6	01:38:13	03:01:22	04:57:12	06:28:43.60	06:28:58.90	+01:30:16 (23.2%)	7:28	8 (76.9%)
17	OSADNIK Patryk	1123		M20	2	01:38:10	03:00:18	04:54:11	06:28:43.05	06:29:11.50	+01:30:29 (23.3%)	7:28	8 (76.9%)
18	CIMAŁA Adrian	1161		M30	7	01:35:28	02:59:11	04:53:11	06:29:43.50	06:30:01.45	+01:31:19 (23.4%)	7:29	8 (76.9%)
19	JAWORSKI Konrad	1012	FF TEAM	M40	7	01:34:13	02:59:17	04:53:20	06:30:51.50	06:31:00.30	+01:32:18 (23.6%)	7:30	8 (76.9%)
20	KOŚCIELNY Aleksander	1283	RZESZOWSKIE GAZELE I GEPARDY	M40	8	01:42:33	03:08:50	05:03:17	06:37:37.15	06:37:46.75	+01:39:04 (24.9%)	7:38	7.8 (75.0%)
21	MŁYNARSKI Norbert	1433		M30	8	01:43:20	03:16:32	05:10:49	06:38:22.30	06:38:36.70	+01:39:54 (25.1%)	7:39	7.8 (75.0%)
22	STACHURSKI Paweł	1437		M40	9	01:35:37	03:01:35	05:06:40	06:40:13.65	06:40:20.00	+01:41:37 (25.4%)	7:41	7.8 (75.0%)
23	KOWALCZYK Rafał	7013		M40	10	01:38:29	03:01:32	04:57:55	06:40:26.00	06:40:34.30	+01:41:52 (25.4%)	7:42	7.8 (75.0%)
24	DYBOWSKI Piotr	7009	ION1 TEAM	M40	11	01:49:19	03:22:29	05:08:49	06:39:41.20	06:40:46.85	+01:42:04 (25.5%)	7:41	7.8 (75.0%)
25	SNIEGOWSKI Marcin	1357		M40	12	01:48:12	03:21:10	05:13:11	06:40:51.20	06:41:05.50	+01:42:23 (25.5%)	7:42	7.8 (75.0%)
26	DZIÓŁKO Bartosz	1260	BORSUK TEAM	M30	9	01:41:26	03:08:55	05:05:16	06:42:21.45	06:42:54.90	+01:44:12 (25.9%)	7:44	7.8 (75.0%)
27	SZCZOTKA Paweł	1284		M50	4	01:47:37	03:15:51	05:05:30	06:43:37.35	06:43:45.55	+01:45:03 (26.0%)	7:45	7.7 (74.0%)
28	MICHAŁSKI Mikołaj	1048	NARAMOWICE BIEGAJĄ	M40	13	01:38:21	03:05:57	05:02:52	06:46:21.25	06:46:29.75	+01:47:47 (26.5%)	7:48	7.7 (74.0%)
29	GĘBALA Dariusz	7035	BESKID GODZISZKA	M30	10	01:47:53	03:16:46	05:09:34	06:47:47.65	06:47:51.30	+01:49:09 (26.8%)	7:50	7.7 (74.0%)
30	ŻUŁAWSKI Dariusz	7034		M40	14	01:47:54	03:16:46	05:09:25	06:47:49.40	06:47:52.80	+01:49:10 (26.8%)	7:50	7.7 (74.0%)
31	SUDACKI Sebastian	1351		M20	3	01:33:15	02:56:27	05:04:40	06:48:33.20	06:48:39.30	+01:49:57 (26.9%)	7:51	7.6 (73.1%)
32	SIĘBIDA Mieczysław	1423	FARTLEK GO	M40	15	01:39:11	03:06:28	05:07:59	06:50:45.50	06:50:54.70	+01:52:12 (27.3%)	7:53	7.6 (73.1%)
33	SIKORA Łukasz	1342	GRUPA NOMAX	M30	11	01:46:25	03:15:25	05:11:10	06:51:13.15	06:51:22.45	+01:52:40 (27.4%)	7:54	7.6 (73.1%)
34	KOCIUMBAS Bartosz	1452	KB SOBÓTKA	M50	5	01:47:57	03:21:10	05:18:07	06:54:59.30	06:55:04.50	+01:56:22 (28.0%)	7:58	7.5 (72.1%)
35	MIELNICZUK Mirosław	1045	ADIDAS RUNNERS	M40	16	01:45:57	03:17:07	05:19:04	06:56:13.85	06:56:24.00	+01:57:41 (28.3%)	8:00	7.5 (72.1%)
36	TUSZEWSKI Jan	1322	DHAMMARUN	M40	17	01:45:44	03:11:18	05:06:11	06:55:50.10	06:56:26.10	+01:57:44 (28.3%)	7:59	7.5 (72.1%)
37	WRÓBEL Sebastian	7005		M20	4	01:44:51	03:15:14	05:18:03	06:59:16.85	06:59:23.35	+02:00:41 (28.8%)	8:03	7.4 (71.2%)
38	WÓJTOWICZ Piotr	1449	PODIUM	M40	18	01:49:56	03:21:06	05:22:07	06:59:08.25	06:59:32.05	+02:00:50 (28.8%)	8:03	7.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km					
39	MAKOWSKI Jerzy	1319	MKS WŁODAWA	M50	6	01:51:49	03:25:44	05:24:00	07:00:34.00	07:00:51.40	+02:02:09 (29.0%)	8:05	7.4 (71.2%)
40	JACHIRA Patryk	1274	STAJNIAK TEAM	M30	12	01:38:41	03:06:10	05:05:03	07:01:05.00	07:01:05.00	+02:02:22 (29.1%)	8:05	7.4 (71.2%)
41	SEMENIUK Piotr	1171		M50	7	01:46:11	03:16:33	05:16:30	07:01:19.70	07:01:34.60	+02:02:52 (29.1%)	8:06	7.4 (71.2%)
42	CHMURA Krzysztof	1227		M40	19	01:44:29	03:14:35	05:10:12	07:01:09.70	07:01:54.80	+02:03:12 (29.2%)	8:05	7.4 (71.2%)
43	MATERA Marcin	1066	LOST 66	M40	20	01:45:22	03:13:56	05:16:43	07:02:12.25	07:02:25.30	+02:03:43 (29.3%)	8:07	7.4 (71.2%)
44	SADKOWSKI Paweł	1262	MAŁY RUNNERS TEAM	M40	21	01:50:10	03:26:38	05:23:00	07:02:33.55	07:02:40.40	+02:03:58 (29.3%)	8:07	7.4 (71.2%)
45	DWORAK Bartłomiej	1156	PODIUM	M40	22	01:47:56	03:19:22	05:22:22	07:02:44.50	07:02:53.20	+02:04:11 (29.4%)	8:07	7.4 (71.2%)
46	OLEKSY Marcin	1471	PĘKNIĘTE PŁUCO	M30	13	01:43:14	03:36:29	05:21:10	07:02:48.20	07:03:15.05	+02:04:33 (29.4%)	8:07	7.4 (71.2%)
47	ZAPIÓR Maciej	1137	ZET	M30	14	01:53:33	03:29:27	05:26:18	07:04:34.60	07:04:59.90	+02:06:17 (29.7%)	8:09	7.3 (70.2%)
48	GRZONKA Tomasz	1400		M40	23	01:42:26	03:08:54	05:08:56	07:05:49.20	07:05:55.25	+02:07:13 (29.9%)	8:11	7.3 (70.2%)
49	LIPKA Sebastian	1058		M40	24	01:45:23	03:15:11	05:23:47	07:08:56.65	07:09:27.90	+02:10:45 (30.4%)	8:14	7.3 (70.2%)
50	PIEŃKOSZ Wojciech	1408	PGE ENERGETIC RUNNING	M40	25	01:50:09	03:28:36	05:30:37	07:09:23.05	07:09:32.95	+02:10:50 (30.5%)	8:15	7.3 (70.2%)
51	BUŁANOW Leszek	1285		M50	8	01:46:55	03:19:22	05:21:41	07:09:28.55	07:09:36.50	+02:10:54 (30.5%)	8:15	7.3 (70.2%)
52	ROST Michał	1183		M20	5	01:48:06	03:19:16	05:19:43	07:09:26.30	07:09:37.90	+02:10:55 (30.5%)	8:15	7.3 (70.2%)
53	KOSIERADZKI Tomasz	1349	KS STASZEWSKY	M30	15	01:45:46	03:16:27	05:22:48	07:11:15.75	07:11:38.35	+02:12:56 (30.8%)	8:17	7.2 (69.2%)
54	ŁUBISZ Mariusz	7007		M40	26	01:48:24	03:20:02	05:25:53	07:11:47.70	07:11:58.20	+02:13:16 (30.9%)	8:18	7.2 (69.2%)
55	LORENZ Marcin	1473	GB GALOPUJĄCE ŚLIMAKI	M50	9	01:50:38	03:26:49	05:32:25	07:13:01.15	07:13:08.30	+02:14:26 (31.0%)	8:19	7.2 (69.2%)
56	KRUSZEWSKI Filip	7024	NOWAK.RUN	M30	16	01:55:37	03:27:29	05:27:10	07:13:13.50	07:13:44.45	+02:15:02 (31.1%)	8:19	7.2 (69.2%)
57	BRUDEREK Tomasz	1428	PRIMUM CURRERE	M40	27	01:51:35	03:28:46	05:27:38	07:13:45.85	07:14:08.40	+02:15:26 (31.2%)	8:20	7.2 (69.2%)
58	STANIO Arkadiusz	7026	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	28	01:51:45	03:29:45	05:31:19	07:14:39.95	07:15:01.90	+02:16:19 (31.3%)	8:21	7.2 (69.2%)
59	ŻURAWSKI Sławomir	1353	PGBSPORTOWAPACZKA/BARUNOWCE	M40	29	01:45:35	03:33:17	05:37:15	07:15:05.60	07:15:08.40	+02:16:26 (31.4%)	8:22	7.2 (69.2%)
60	KOLUCH Bartłomiej	1329		M30	17	01:46:02	03:15:57	05:24:03	07:15:16.55	07:15:39.55	+02:16:57 (31.4%)	8:22	7.2 (69.2%)
61	PIWOWARSKI Kacper	1461	CEDRUS TEAM	M20	6	01:49:09	03:23:38	05:26:35	07:15:59.15	07:16:35.15	+02:17:53 (31.6%)	8:23	7.2 (69.2%)

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						I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
62	KMIEĆ Andrzej	7030	TURBO PRUSZKÓW	M40	30	01:46:05	03:23:20	05:29:40	07:17:03.00	07:17:07.40	+02:18:25 (31.7%)	8:24	7.1 (68.3%)
63	PAWLAK Bartosz	7006	RUN AND FLY	M40	31	01:55:56	03:32:27	05:32:14	07:18:47.95	07:19:43.90	+02:21:01 (32.1%)	8:26	7.1 (68.3%)
64	MAZURKIEWICZ Kacper	1355		M20	7	01:42:50	03:16:14	05:23:27	07:19:45.05	07:19:48.35	+02:21:06 (32.1%)	8:27	7.1 (68.3%)
65	STASIAK Jakub	1126		M40	32	01:47:49	03:21:38	05:34:03	07:22:48.50	07:23:34.50	+02:24:52 (32.7%)	8:30	7 (67.3%)
66	CHODAK Mateusz	1414	OBIERACZ DO MACIOR	M20	8	01:42:38	03:15:58	05:23:52	07:24:00.55	07:24:33.55	+02:25:51 (32.8%)	8:32	7 (67.3%)
67	WÓJCIK Jacek	1121		M50	10	01:45:59	03:19:13	05:25:11	07:25:44.55	07:26:01.60	+02:27:19 (33.0%)	8:34	7 (67.3%)
68	RUSIN Konrad	1064		M30	18	01:52:01	03:28:01	05:33:45	07:26:02.65	07:26:09.95	+02:27:27 (33.1%)	8:34	7 (67.3%)
69	MADEJ Kacper	1052	DELTA FORCE	M20	9	01:53:25	03:26:27	05:30:27	07:25:58.10	07:26:47.10	+02:28:05 (33.1%)	8:34	7 (67.3%)
70	MARCINOWSKI Krzysztof	1034	RUN4FUN-PLEWISKA	M40	33	01:51:34	03:26:57	05:33:54	07:26:27.15	07:26:47.15	+02:28:05 (33.1%)	8:35	7 (67.3%)
71	KOWALCZYK Robert	7018	CEDRUS TEAM / ŁĘCZNA BIEGA	M40	34	01:50:23	03:25:27	05:33:06	07:26:25.35	07:26:56.35	+02:28:14 (33.2%)	8:35	7 (67.3%)
72	POLOCZEK Jarosław	1138		M30	19	01:47:33	03:28:08	05:38:24	07:26:49.50	07:27:10.55	+02:28:28 (33.2%)	8:35	7 (67.3%)
73	STELMACH Dariusz	1203		M40	35	01:53:00	03:29:06	05:38:08	07:27:14.45	07:27:14.45	+02:28:32 (33.2%)	8:36	7 (67.3%)
74	AŚLANOWICZ Marcin	1261	ŻÓRAWSKI TEAM	M40	36	01:51:05	03:28:55	05:35:21	07:28:15.60	07:28:23.80	+02:29:41 (33.4%)	8:37	7 (67.3%)
75	NALEPA Szymon	1330	RUNNINGPERFORMANCE.PL	M40	37	01:58:57	03:35:01	05:34:47	07:28:26.60	07:28:39.70	+02:29:57 (33.4%)	8:37	7 (67.3%)
76	BIAŁECKI Piotr	1426	ORANGE	M40	38	01:42:38	03:15:39	05:37:33	07:28:52.50	07:28:59.65	+02:30:17 (33.5%)	8:37	7 (67.3%)
77	PARZNIIEWSKI Maciej	1241	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	39	01:46:12	03:24:29	05:33:13	07:29:25.05	07:29:36.95	+02:30:54 (33.6%)	8:38	6.9 (66.3%)
78	ŚWIĄTEK Karol	1337		M30	20	01:51:14	03:26:46	05:37:22	07:30:07.10	07:30:47.30	+02:32:05 (33.7%)	8:39	6.9 (66.3%)
79	MARCINIAK Tomasz	1275	RANDOMNO BIEGA	M40	40	01:48:43	03:42:46	05:48:21	07:30:46.15	07:31:30.55	+02:32:48 (33.8%)	8:40	6.9 (66.3%)
80	KRÓLAK Radosław	1177		M40	41	01:52:12	03:31:50	05:46:45	07:31:22.60	07:31:36.00	+02:32:53 (33.9%)	8:40	6.9 (66.3%)
81	RYCHLICKI Waldemar	1180	MAŁY RUNNERS TEAM	M50	11	01:52:26	03:28:56	05:32:34	07:31:43.30	07:31:51.20	+02:33:09 (33.9%)	8:41	6.9 (66.3%)
82	TARNAWSKI Sławomir	1315		M40	42	01:52:52	03:29:58	05:38:57	07:34:02.95	07:34:15.55	+02:35:33 (34.2%)	8:43	6.9 (66.3%)
83	KOLAWA Piotr	1192	TRENUJ Z NAMI	M40	43	02:00:26	03:41:36	05:50:03	07:34:50.85	07:35:20.20	+02:36:38 (34.4%)	8:44	6.9 (66.3%)
84	KUBIK Mateusz	1091	FIZJOBIEGACZE SZCZECIN	M30	21	01:53:30	03:32:17	05:44:37	07:35:57.20	07:36:08.75	+02:37:26 (34.5%)	8:46	6.8 (65.4%)

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						I 15km	Solinka 28km	II 41km					
85	DUDZIK Tomek	1393	FIZJOBIEGACZE SZCZECIN	M30	22	01:53:02	03:32:17	05:44:36	07:35:57.55	07:36:08.80	+02:37:26 (34.5%)	8:46	6.8 (65.4%)
86	JADZIEWICZ Jakub	1381	PRORUNNING	M40	44	01:53:11	03:29:12	05:42:00	07:36:41.40	07:36:58.60	+02:38:16 (34.6%)	8:46	6.8 (65.4%)
87	URBAŃCZYK Michał	1453		M40	45	01:52:47	03:33:20	05:42:19	07:37:45.60	07:37:49.40	+02:39:07 (34.8%)	8:48	6.8 (65.4%)
88	GORYNIA Hubert	7017		M30	23	01:56:56	03:38:25	05:46:39	07:39:37.75	07:39:53.75	+02:41:11 (35.1%)	8:50	6.8 (65.4%)
89	KLIMKOWSKI Tomasz	1420		M50	12	01:53:06	03:38:58	05:55:00	07:41:14.45	07:41:19.60	+02:42:37 (35.3%)	8:52	6.8 (65.4%)
90	ADAMCZEWSKI Szymon	7021	SFORA BMK	M20	10	01:54:51	03:36:41	05:49:05	07:40:42.50	07:41:20.50	+02:42:38 (35.3%)	8:51	6.8 (65.4%)
91	MICHNIAK Łukasz	1458		M30	24	01:53:30	03:34:01	05:46:43	07:40:55.05	07:41:29.05	+02:42:47 (35.3%)	8:51	6.8 (65.4%)
92	KŁODA Dariusz	1083	SPORT GENERATION	M40	46	01:56:11	03:37:23	05:48:07	07:41:05.65	07:41:30.35	+02:42:48 (35.3%)	8:52	6.8 (65.4%)
93	MACIĄŻEK Dawid	1086		M30	25	01:49:45	03:43:40	05:49:15	07:42:10.10	07:42:24.70	+02:43:42 (35.4%)	8:53	6.8 (65.4%)
94	OBIDOWSKI Łukasz	7040	ODYNIEC TEAM	M40	47	02:03:18	03:47:35	05:52:31	07:42:30.45	07:42:55.90	+02:44:13 (35.5%)	8:53	6.7 (64.4%)
95	BUKOWSKI Damian	1465		M30	26	01:54:55	03:39:41	05:52:08	07:42:31.95	07:43:05.40	+02:44:23 (35.5%)	8:53	6.7 (64.4%)
96	KUTRZYK Przemysław	7012	STREFA BIEGACZA NATALIA SADOWSKA	M40	48	02:03:08	03:46:51	05:53:54	07:43:04.80	07:43:21.85	+02:44:39 (35.5%)	8:54	6.7 (64.4%)
97	LASKOWSKI Piotr	1002		M50	13	02:02:52	03:54:49	06:03:42	07:43:55.45	07:44:11.70	+02:45:29 (35.7%)	8:55	6.7 (64.4%)
98	KĘSIK Michał	1050	RKS HUWDU	M30	27	01:56:35	03:42:02	05:53:27	07:45:03.80	07:45:19.65	+02:46:37 (35.8%)	8:56	6.7 (64.4%)
99	WOŁOSZYN Czesław	1305	PIZUNY ROZTOCZE WSCHODNIE	M60	1	01:58:26	03:42:17	05:47:41	07:45:26.60	07:45:39.15	+02:46:57 (35.9%)	8:57	6.7 (64.4%)
100	MISKOWICZ Janusz	1070		M40	49	01:47:39	03:43:41	05:56:39	07:45:39.20	07:45:55.50	+02:47:13 (35.9%)	8:57	6.7 (64.4%)
101	DOŁOSZYCKI Grzegorz	1240		M40	50	02:03:14	03:46:54	05:54:28	07:46:36.15	07:47:02.40	+02:48:20 (36.0%)	8:58	6.7 (64.4%)
102	JANKOWIAK Przemysław	7029		M50	14	01:55:51	03:34:44	05:48:51	07:48:17.20	07:48:49.60	+02:50:07 (36.3%)	9:00	6.7 (64.4%)
103	GALUSKIN Alexey	1345		M40	51	01:58:15	03:43:32	05:54:29	07:48:32.35	07:49:05.30	+02:50:23 (36.3%)	9:00	6.7 (64.4%)
104	ZIELIŃSKI Dariusz	7031	FIZJO-SPORT ŁĘCZNA/CEDRUS TEAM	M40	52	01:48:11	03:24:01	05:55:58	07:50:01.10	07:50:30.40	+02:51:48 (36.5%)	9:02	6.6 (63.5%)
105	MAJEWSKI Radosław	7008	NIGHT RUNNERS / PRO366	M40	53	02:00:43	03:46:57	05:59:36	07:50:56.65	07:50:59.45	+02:52:17 (36.6%)	9:03	6.6 (63.5%)
106	STAŚKOWIAK Rafał	1223	BRACTWO BIEGOWE BGK	M30	28	01:53:16	03:34:54	05:52:24	07:51:47.30	07:52:10.60	+02:53:28 (36.7%)	9:04	6.6 (63.5%)
107	KARCZMARCZYK Tomasz	1134		M40	54	01:54:13	03:36:38	05:50:32	07:52:08.00	07:53:09.70	+02:54:27 (36.9%)	9:04	6.6 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km					
108	BARTOSZEK Tomasz	1259	SAINT-GOBAIN SQUAD	M30	29	01:55:07	03:34:29	05:56:48	07:53:13.10	07:53:47.40	+02:55:05 (37.0%)	9:06	6.6 (63.5%)
109	RECZEK Sebastian	7004	ULTRA SEBA	M40	55	01:48:02	03:41:09	06:04:09	07:54:42.20	07:54:48.75	+02:56:06 (37.1%)	9:07	6.6 (63.5%)
110	PLEWA Tomasz	1120		M40	56	01:51:26	03:28:40	05:50:05	07:55:51.10	07:55:54.60	+02:57:12 (37.2%)	9:09	6.6 (63.5%)
111	BOROWSKI Tomasz	1446		M60	2	02:03:50	03:51:37	06:03:39	07:55:09.75	07:55:56.45	+02:57:14 (37.2%)	9:08	6.6 (63.5%)
112	KAPUSTA Dawid	1009		M20	11	02:03:53	03:45:54	05:59:39	07:54:53.80	07:56:06.95	+02:57:24 (37.3%)	9:07	6.6 (63.5%)
113	SROKA Marcin	1101	WLKP MOUNTAINS ULTRA	M40	57	01:53:36	03:38:29	06:00:40	07:56:51.05	07:57:10.55	+02:58:28 (37.4%)	9:10	6.5 (62.5%)
114	JUDA Tomasz	1377		M40	58	02:00:32	03:46:13	06:06:45	07:56:18.25	07:57:10.60	+02:58:28 (37.4%)	9:09	6.6 (63.5%)
115	PIASKOWSKI Łukasz	1141	SANTANDER RUNNERS TEAM	M50	15	01:52:55	03:34:14	05:57:41	07:57:26.90	07:57:47.10	+02:59:05 (37.5%)	9:10	6.5 (62.5%)
116	GŁUCHOWSKI Przemek	7023	MZUMA	M40	59	02:05:52	03:51:28	06:06:59	07:58:14.50	07:58:42.90	+03:00:00 (37.6%)	9:11	6.5 (62.5%)
117	OBREŃBSKI Marcin	1004	MATNER RUNNING TEAM	M40	60	01:56:10	03:45:08	06:03:25	07:58:20.25	07:58:52.60	+03:00:10 (37.6%)	9:11	6.5 (62.5%)
118	ZYCH Szymon	1085	RUNONLINE.PL TEAM	M30	30	01:56:35	03:38:32	05:57:34	07:58:51.25	07:59:01.10	+03:00:19 (37.6%)	9:12	6.5 (62.5%)
119	MAJCHRZAK Oskar	1289		M30	31	02:01:46	03:50:06	06:02:39	07:59:08.95	07:59:36.60	+03:00:54 (37.7%)	9:12	6.5 (62.5%)
120	KABUT Tomasz	1297		M20	12	01:49:27	03:26:39	05:32:10	07:59:49.15	08:00:05.40	+03:01:23 (37.8%)	9:13	6.5 (62.5%)
121	WOLIŃSKI Ryszard	1264	NOWY STYL RUNNING TEAM	M30	32	01:55:32	03:37:53	06:02:59	08:00:15.45	08:00:31.60	+03:01:49 (37.8%)	9:14	6.5 (62.5%)
122	KUSY Rafał	1096	PORANNYBESKIDRUN	M40	61	01:55:52	03:42:58	06:07:38	08:00:38.80	08:00:43.60	+03:02:01 (37.9%)	9:14	6.5 (62.5%)
123	ŻYŁA Bartłomiej	1135		M30	33	01:44:59	03:43:28	06:03:39	08:01:13.70	08:01:45.25	+03:03:03 (38.0%)	9:15	6.5 (62.5%)
124	ROSOLSKI Piotr	1399		M40	62	01:47:15	03:40:38	06:10:40	08:02:18.80	08:02:27.90	+03:03:45 (38.1%)	9:16	6.5 (62.5%)
125	ORYSZCZAK Bartłomiej	1025	MTB ROZTOCZE	M40	63	01:54:28	03:41:44	06:10:38	08:02:23.00	08:02:29.65	+03:03:47 (38.1%)	9:16	6.5 (62.5%)
126	MILEWSKI Mateusz	7027	ASSECO ACTIVE TEAM	M30	34	01:57:00	03:40:13	06:04:57	08:03:02.90	08:03:13.60	+03:04:31 (38.2%)	9:17	6.5 (62.5%)
127	ADAMSKI Aleksander	1350		M30	35	02:02:53	03:48:19	05:57:00	08:02:38.25	08:03:22.20	+03:04:40 (38.2%)	9:16	6.5 (62.5%)
128	SZCZABEL Krystian	1247		M30	36	01:53:46	03:37:10	06:02:56	08:03:56.10	08:04:01.10	+03:05:19 (38.3%)	9:18	6.4 (61.5%)
129	CIUK Piotr	7002	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M50	16	02:06:01	03:50:46	06:10:22	08:03:46.30	08:04:46.00	+03:06:03 (38.4%)	9:18	6.4 (61.5%)
130	WALKOWIAK Rafał	1451	KONIN RUN	M50	17	01:47:56	03:40:43	06:04:40	08:05:06.75	08:05:33.40	+03:06:51 (38.5%)	9:19	6.4 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki		Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km						
131	WÓJCIK Dawid	1438	SKL SUCHA BESKIDZKA	M40	64	01:58:01	03:42:46	06:00:33	08:05:44.65	08:05:44.65	+03:07:02 (38.5%)	9:20	6.4 (61.5%)
132	CHOINA Kamil	1003	ENDORŚWINKI	M30	37	01:46:26	03:26:37	06:07:19	08:05:52.65	08:06:03.05	+03:07:21 (38.5%)	9:20	6.4 (61.5%)
133	DOMINIK Marcin	1325		M30	38	02:01:08	03:45:29	06:14:13	08:07:33.85	08:08:10.30	+03:09:28 (38.8%)	9:22	6.4 (61.5%)
134	SZCZUREK Paweł	1166	--	M50	18	01:49:36	03:29:08	05:53:34	08:08:21.55	08:08:27.30	+03:09:45 (38.8%)	9:23	6.4 (61.5%)
135	KOŁODZIEJCZYK Maciej	7036	FIZJO-SPORT	M40	65	01:55:48	03:44:22	06:09:15	08:09:22.70	08:09:52.40	+03:11:10 (39.0%)	9:24	6.4 (61.5%)
136	MAZUR Grzegorz	1310		M40	66	02:01:06	03:50:53	06:14:37	08:11:02.10	08:11:08.15	+03:12:26 (39.2%)	9:26	6.4 (61.5%)
137	MAŚLAK Paweł	1055	DELTA FORCE	M40	67	01:56:08	03:39:30	06:10:36	08:10:43.40	08:11:32.85	+03:12:50 (39.2%)	9:26	6.4 (61.5%)
138	KRAWIECKI Tomasz	1130		M40	68	01:56:59	03:43:55	06:06:42	08:11:40.45	08:12:32.35	+03:13:50 (39.4%)	9:27	6.3 (60.6%)
139	WINKEL Daniel	1185		M30	39	02:06:10	03:47:04	06:13:20	08:12:39.35	08:13:03.95	+03:14:21 (39.4%)	9:28	6.3 (60.6%)
140	KAWIAK Marek	1024		M40	69	01:52:00	03:43:52	06:11:36	08:13:31.75	08:13:36.35	+03:14:54 (39.5%)	9:29	6.3 (60.6%)
141	ĆWIAKAŁA Wojciech	1110		M60	3	02:12:42	04:01:38	06:18:18	08:14:28.30	08:15:35.00	+03:16:52 (39.7%)	9:30	6.3 (60.6%)
142	NAZIEMKOWSKI Bogusław	1401	JAROSŁAWSKI BIEGACZ	M40	70	02:01:14	03:51:13	06:20:56	08:15:27.10	08:15:36.80	+03:16:54 (39.7%)	9:31	6.3 (60.6%)
143	MUZAJ Grzegorz	1167		M30	40	02:03:49	03:51:02	06:17:41	08:14:57.10	08:15:48.15	+03:17:06 (39.8%)	9:31	6.3 (60.6%)
144	CHARCHUT Roman	1168		M30	41	02:04:11	03:51:02	06:17:38	08:14:57.40	08:15:48.55	+03:17:06 (39.8%)	9:31	6.3 (60.6%)
145	SZCZERBINSKI Adrian	1051		M20	13	02:11:18	03:58:48	06:26:31	08:17:35.10	08:17:45.90	+03:19:03 (40.0%)	9:34	6.3 (60.6%)
146	BALCERZAK Mariusz	7028	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	M40	71	02:03:21	03:50:40	06:07:05	08:17:39.55	08:18:14.70	+03:19:32 (40.0%)	9:34	6.3 (60.6%)
147	SIEMIENIUK Tomasz	1246	PRAŻANIN	M40	72	01:50:00	03:30:01	06:12:11	08:17:57.35	08:18:18.50	+03:19:36 (40.1%)	9:34	6.3 (60.6%)
148	KOŃCZYK Kamil	1193		M30	42	02:04:41	03:51:23	06:10:53	08:17:52.00	08:18:39.75	+03:19:57 (40.1%)	9:34	6.3 (60.6%)
149	ADAMCZYK Mariusz	1418		M50	19	01:56:49	03:45:25	06:10:34	08:18:20.45	08:18:40.95	+03:19:58 (40.1%)	9:35	6.3 (60.6%)
150	KIEŁPIŃSKI Piotr	1056		M40	73	01:58:24	03:43:13	06:07:26	08:18:30.30	08:18:41.00	+03:19:58 (40.1%)	9:35	6.3 (60.6%)
151	BAKIERA Kamil	1015		M30	43	02:02:50	03:51:12	06:16:02	08:22:13.25	08:22:44.20	+03:24:02 (40.6%)	9:39	6.2 (59.6%)
152	HAŁASA Piotr	1335		M40	74	01:57:00	03:50:51	06:20:21	08:23:27.95	08:23:47.60	+03:25:05 (40.7%)	9:40	6.2 (59.6%)
153	WOJTCZAK Mateusz	1435		M30	44	02:02:31	03:53:30	06:23:21	08:24:01.45	08:24:37.05	+03:25:55 (40.8%)	9:41	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
						I 15km	Solinka 28km						
154	HABA Konrad	1448		M30	45	01:55:47	03:44:33	06:16:39	08:25:06.95	08:25:14.25	+03:26:32 (40.9%)	9:42	6.2 (59.6%)
155	NOWAK Paweł	1020		M30	46	02:13:34	04:08:18	06:28:54	08:24:26.10	08:25:28.40	+03:26:46 (40.9%)	9:42	6.2 (59.6%)
156	KOLCZYŃSKI Michał	1323	TRUCHTACZ	M60	4	02:01:02	03:51:13	06:19:37	08:26:14.15	08:26:30.90	+03:27:48 (41.0%)	9:44	6.2 (59.6%)
157	SKARŻYŃSKI Michał	1256		M40	75	01:57:37	03:43:38	06:09:31	08:26:28.00	08:26:54.10	+03:28:12 (41.1%)	9:44	6.2 (59.6%)
158	KORDOWSKI Łukasz	1245		M30	47	01:57:04	03:45:11	06:17:07	08:26:59.55	08:27:38.70	+03:28:56 (41.2%)	9:44	6.2 (59.6%)
159	SMIT Maciej	1092		M50	20	02:03:44	03:49:25	06:16:30	08:27:20.55	08:28:29.40	+03:29:47 (41.3%)	9:45	6.1 (58.7%)
160	LATUS Łukasz	1210		M30	48	01:51:21	03:39:24	06:22:56	08:28:55.70	08:29:09.40	+03:30:27 (41.3%)	9:47	6.1 (58.7%)
161	KURYŁOWICZ Mariusz	1033	KKROZTOCZE	M40	76	01:54:25	03:41:47	06:10:41	08:30:08.90	08:30:15.60	+03:31:33 (41.5%)	9:48	6.1 (58.7%)
162	KONECKI Damian	1079	YOU'LL NEVER WALK ALONE	M30	49	02:02:43	03:54:06	06:28:04	08:31:00.40	08:31:04.20	+03:32:22 (41.6%)	9:49	6.1 (58.7%)
163	ZAJĄC Paweł	1447	ULTRAKICAK	M30	50	02:08:42	04:00:10	06:22:45	08:30:50.05	08:31:12.00	+03:32:29 (41.6%)	9:49	6.1 (58.7%)
164	BAKALARZ Ariel	1001		M30	51	01:57:09	03:45:46	06:17:07	08:30:50.70	08:31:29.80	+03:32:47 (41.6%)	9:49	6.1 (58.7%)
165	LULLA Michał	1348		M40	77	01:59:51	03:48:58	06:25:13	08:31:08.80	08:32:09.80	+03:33:27 (41.7%)	9:49	6.1 (58.7%)
166	BOROWCZYK Marcin	1444	ULTRASI	M40	78	02:02:45	03:51:26	06:25:28	08:32:03.65	08:32:29.40	+03:33:47 (41.7%)	9:50	6.1 (58.7%)
167	KRET Marek	1077		M40	79	02:24:09	04:18:46	06:36:09	08:32:32.85	08:33:07.40	+03:34:25 (41.8%)	9:51	6.1 (58.7%)
168	ŻÓŁKIEWICZ Marcin	1131		M40	80	02:04:53	03:56:53	06:28:24	08:33:21.40	08:34:04.65	+03:35:22 (41.9%)	9:52	6.1 (58.7%)
169	OSICA Łukasz	1410		M40	81	02:07:37	03:56:11	06:30:38	08:34:16.75	08:35:16.00	+03:36:33 (42.0%)	9:53	6.1 (58.7%)
170	BIAŁOUS Kamil	1095	BIAŁYSTOK BIEGA TEAM	M30	52	02:05:56	03:55:26	06:31:57	08:35:15.90	08:35:42.90	+03:37:00 (42.1%)	9:54	6.1 (58.7%)
171	ULENBERG Roman	1293	KKM KWIDZYN	M30	53	02:01:56	03:53:35	06:31:27	08:34:46.90	08:35:43.80	+03:37:01 (42.1%)	9:53	6.1 (58.7%)
172	PAWLYTA Jerzy	1291		M30	54	02:01:38	03:52:08	06:31:24	08:34:46.20	08:35:44.55	+03:37:02 (42.1%)	9:53	6.1 (58.7%)
173	TROCHIMOWICZ Hubert T	7014	ENDORPHINERS	M40	82	02:03:48	04:00:08	06:28:00	08:36:46.05	08:37:11.25	+03:38:29 (42.2%)	9:56	6 (57.7%)
174	KUDRYCKI Jakub	1105		M50	21	01:59:46	03:45:21	06:24:05	08:37:54.40	08:38:13.50	+03:39:31 (42.4%)	9:57	6 (57.7%)
175	LĘDZION Rafał	1243	DZIK TEAM SEKCJA WARSZAWA	M30	55	02:02:48	03:51:42	06:25:34	08:37:54.95	08:38:36.00	+03:39:53 (42.4%)	9:57	6 (57.7%)
176	PAWLICKI Marcin	1366		M30	56	02:00:38	03:50:36	06:22:30	08:38:09.75	08:38:53.70	+03:40:11 (42.4%)	9:57	6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
177	ADAMCZYK Artur	7022		M30	57	02:00:27	03:45:59	06:19:40	08:39:45.95	08:39:51.40	+03:41:09 (42.5%)	9:59	6 (57.7%)
178	RYDLEWSKI Robert	1038	AZS TORUŃ	M40	83	01:58:00	03:46:15	06:27:07	08:39:04.15	08:39:56.70	+03:41:14 (42.6%)	9:58	6 (57.7%)
179	KRZYMOWSKI Adrian	1076	BULDOŻER I KOPARA	M20	14	02:03:30	03:58:40	06:35:42	08:39:31.15	08:40:02.30	+03:41:20 (42.6%)	9:59	6 (57.7%)
180	DOLATA Andrzej	1225	KTB KUNY	M40	84	01:55:12	03:41:49	06:37:18	08:40:35.80	08:40:54.40	+03:42:12 (42.7%)	10:00	6 (57.7%)
181	SANECKI Patryk	1292	SPARTANIE DZIECIOM	M30	58	02:02:54	03:54:25	06:31:27	08:41:54.20	08:42:53.20	+03:44:11 (42.9%)	10:02	6 (57.7%)
182	JARZYŃSKI Janusz	1153	KONIN RUN	M50	22	02:06:02	03:59:51	06:32:30	08:44:31.80	08:44:59.55	+03:46:17 (43.1%)	10:05	5.9 (56.7%)
183	PIASECKI Rafał	7019	ULTRAFI	M40	85	02:14:08	04:04:50	06:33:58	08:44:59.60	08:45:17.35	+03:46:35 (43.1%)	10:05	5.9 (56.7%)
184	MASŁOWSKI Artur	1205	STOWARZYSZENIE NOWA NADZIEJA	M50	23	02:01:52	04:01:46	06:36:40	08:44:20.85	08:45:26.35	+03:46:44 (43.2%)	10:05	6 (57.7%)
185	PAWELEC Piotr	1459		M50	24	02:00:59	03:52:13	06:30:27	08:45:58.25	08:46:09.55	+03:47:27 (43.2%)	10:06	5.9 (56.7%)
186	ZARĘBA Bartłomiej	1026		M30	59	02:02:40	03:51:24	06:31:02	08:46:12.50	08:46:19.80	+03:47:37 (43.2%)	10:07	5.9 (56.7%)
187	CYRAN Przemysław	1175		M40	86	01:59:46	03:52:09	06:28:37	08:47:35.05	08:48:09.90	+03:49:27 (43.4%)	10:08	5.9 (56.7%)
188	ETMAŃSKI Piotr	1228	BUNGA BUNGATEAM	M50	25	02:09:19	04:01:42	06:28:39	08:49:36.00	08:50:09.10	+03:51:27 (43.7%)	10:11	5.9 (56.7%)
189	KRUZEL Rafał	7039		M50	26	02:16:25	04:17:36	06:39:08	08:50:44.95	08:50:53.05	+03:52:11 (43.7%)	10:12	5.9 (56.7%)
190	GROSS Radosław	1027	VEGE RUNNERS	M40	87	01:57:14	03:46:41	06:28:45	08:51:50.05	08:52:15.85	+03:53:33 (43.9%)	10:13	5.9 (56.7%)
191	RZEMIŃSKI Robert	1364		M50	27	02:12:36	04:01:45	06:33:44	08:51:34.95	08:52:45.35	+03:54:03 (43.9%)	10:13	5.9 (56.7%)
192	IWAN Bartłomiej	1117		M40	88	02:08:40	04:03:29	06:34:22	08:52:13.75	08:53:01.20	+03:54:19 (44.0%)	10:14	5.9 (56.7%)
193	CHOŁODY Patryk	1059	LOST 66	M40	89	02:01:28	03:56:32	06:30:11	08:53:48.90	08:54:02.40	+03:55:20 (44.1%)	10:15	5.8 (55.8%)
194	GAŁGAŃSKI Paweł	1106	PSP INOWROCŁAW	M30	60	02:02:01	03:48:00	06:27:53	08:53:41.40	08:54:16.50	+03:55:34 (44.1%)	10:15	5.8 (55.8%)
195	JUREK Mariusz	1115		M40	90	01:40:27	03:05:54	05:03:43	08:54:01.75	08:54:20.35	+03:55:38 (44.1%)	10:16	5.8 (55.8%)
196	NOWAKOWSKI Marcin	1184	BIEGAJĄCY TCZEW - PRZYJACIELE	M40	91	02:17:55	04:08:02	06:41:48	08:54:52.10	08:55:11.80	+03:56:29 (44.2%)	10:17	5.8 (55.8%)
197	TOMASIEWICZ Michał	1250	ELECTRO-DZIK TEAM	M20	15	02:02:48	03:56:04	06:36:29	08:54:32.70	08:55:16.55	+03:56:34 (44.2%)	10:16	5.8 (55.8%)
198	PAWEŁKÓW Michał	1306		M30	61	02:16:23	04:15:05	06:45:50	08:54:36.40	08:55:31.40	+03:56:49 (44.2%)	10:16	5.8 (55.8%)
199	GAWRON Paweł	1062	KONIN RUN	M60	5	02:05:55	04:01:10	06:41:01	08:55:15.50	08:55:35.00	+03:56:52 (44.2%)	10:17	5.8 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki		Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km						
200	CERBA Jarosław	1057		M50	28	02:02:06	03:59:17	06:41:08	08:57:22.20	08:57:39.45	+03:58:57 (44.4%)	10:20	5.8 (55.8%)
201	ŁYCZBA Bogusław	1252		M60	6	02:11:55	04:10:16	06:57:42	08:57:07.35	08:58:03.65	+03:59:21 (44.5%)	10:19	5.8 (55.8%)
202	SIEDLECKI Stanisław	1375	CEDRUS TEAM	M50	29	02:13:58	04:09:54	06:44:41	09:00:05.20	09:00:35.55	+04:01:53 (44.7%)	10:23	5.8 (55.8%)
203	JUSZCZAK Zbigniew	7016	PKB KMP KALISZ	M50	30	02:19:30	04:14:33	06:44:03	09:03:16.60	09:03:50.45	+04:05:08 (45.1%)	10:26	5.7 (54.8%)
204	KOTRAS Jakub	1341		M20	16	02:00:13	03:51:47	06:39:25	09:03:45.30	09:03:50.80	+04:05:08 (45.1%)	10:27	5.7 (54.8%)
205	SŁUPEK Daniel	1362		M20	17	02:00:19	04:36:13	06:51:44	09:03:48.40	09:03:53.35	+04:05:11 (45.1%)	10:27	5.7 (54.8%)
206	BASIŃSKI Waldemar	1162	BRACIA_B	M40	92	02:02:51	04:04:17	07:02:32	09:04:27.25	09:04:42.95	+04:06:00 (45.2%)	10:28	5.7 (54.8%)
207	BASIŃSKI Łukasz	1158	BRACIA_B	M40	93	02:02:36	04:04:19	07:02:08	09:04:28.70	09:04:43.70	+04:06:01 (45.2%)	10:28	5.7 (54.8%)
208	MADEJ Grzegorz	1014		M40	94	02:13:11	04:09:52	06:47:04	09:04:45.95	09:05:09.95	+04:06:27 (45.2%)	10:28	5.7 (54.8%)
209	KORYCIŃSKI Andrzej	1233		M30	62	02:00:25	03:51:51	06:35:54	09:04:50.00	09:05:13.35	+04:06:31 (45.2%)	10:28	5.7 (54.8%)
210	KOŁOTUSZA Andrzej	1219	ZASAPANI HYDRO	M50	31	02:02:05	04:08:07	06:51:51	09:05:23.85	09:05:45.25	+04:07:03 (45.3%)	10:29	5.7 (54.8%)
211	ŻBIKOWSKI Przemysław	1213		M30	63	02:15:47	04:13:50	06:59:51	09:04:44.20	09:05:53.55	+04:07:11 (45.3%)	10:28	5.7 (54.8%)
212	MŁOTKOWSKI Michał	1143	SII RUNNING TEAM	M30	64	02:13:56	04:09:03	06:56:30	09:04:45.80	09:05:56.50	+04:07:14 (45.3%)	10:28	5.7 (54.8%)
213	RUCIŃSKI Adam	1224		M50	32	02:15:56	04:14:33	06:48:44	09:05:56.50	09:06:54.85	+04:08:12 (45.4%)	10:29	5.7 (54.8%)
214	DANOWSKI Jakub	1304		M30	65	02:09:47	04:04:56	06:40:45	09:06:39.60	09:07:16.25	+04:08:34 (45.4%)	10:30	5.7 (54.8%)
215	BUKOWSKI Andrzej	1054	DELTA FORCE	M40	95	02:05:30	03:59:36	06:36:32	09:08:45.80	09:09:36.10	+04:10:54 (45.7%)	10:33	5.7 (54.8%)
216	MADEJ Grzegorz	1053	DELTA FORCE	M50	33	02:05:30	03:59:36	06:36:22	09:08:47.70	09:09:36.55	+04:10:54 (45.7%)	10:33	5.7 (54.8%)
217	MARUSZEWSKI Rafał	1338		M30	66	02:01:44	04:01:54	06:54:41	09:11:06.20	09:11:19.00	+04:12:36 (45.8%)	10:35	5.7 (54.8%)
218	KRYSZTOFIAK Dawid	1249		M20	18	02:13:59	04:14:57	07:00:11	09:11:33.80	09:11:56.40	+04:13:14 (45.9%)	10:36	5.7 (54.8%)
219	KRUK Sławomir	7037	RZESZOWSKIE GAZELE I GEPARDY	M60	7	02:24:02	04:22:46	06:54:35	09:12:04.10	09:12:27.80	+04:13:45 (45.9%)	10:37	5.7 (54.8%)
220	JUREK Andrzej	1321		M30	67	02:05:52	04:02:42	06:59:42	09:11:57.30	09:12:41.60	+04:13:59 (46.0%)	10:36	5.7 (54.8%)
221	DRABIK Paweł	1445		M40	96	02:13:29	04:35:13	07:03:47	09:12:29.25	09:13:34.50	+04:14:52 (46.0%)	10:37	5.6 (53.8%)
222	BUGAJ Krzysztof	1443	NIENAŻARTE MISIE	M30	68	02:25:54	04:37:53	07:13:01	09:13:43.65	09:14:14.80	+04:15:32 (46.1%)	10:38	5.6 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km					
223	KOSIOROWSKI Leszek	1111	TEAM BIEG PIASTÓW	M50	34	02:17:56	04:13:53	06:56:27	09:13:12.70	09:14:19.10	+04:15:37 (46.1%)	10:38	5.6 (53.8%)
224	MYSZKA Hubert	1326		M20	19	02:03:26	03:52:33	06:35:41	09:13:57.80	09:14:31.65	+04:15:49 (46.1%)	10:39	5.6 (53.8%)
225	NOWAK Jarosław	1067	SPC	M50	35	02:06:18	04:02:45	06:52:26	09:13:42.35	09:14:37.95	+04:15:55 (46.1%)	10:38	5.6 (53.8%)
226	KRZYŻAK Tomasz	1347		M40	97	02:00:01	03:48:43	07:10:24	09:19:50.95	09:19:56.15	+04:21:14 (46.7%)	10:45	5.6 (53.8%)
227	ZAPIÓR Marek	1080	ZET	M60	8	02:23:37	04:29:34	07:11:54	09:23:11.60	09:23:38.15	+04:24:56 (47.0%)	10:49	5.5 (52.9%)
228	BARAŃSKI Andrzej	1313	MOCNA GRUPA CEZARA	M40	98	02:22:57	04:27:16	07:10:54	09:24:10.20	09:25:04.00	+04:26:21 (47.1%)	10:50	5.5 (52.9%)
229	MIELCAREK Damian	1216	NO EXCUSES TEAM	M40	99	02:17:46	04:20:47	07:10:56	09:24:56.65	09:25:15.30	+04:26:33 (47.2%)	10:51	5.5 (52.9%)
230	ŚLUSAREK Grzegorz	1155		M40	100	02:16:11	04:18:47	06:58:23	09:25:41.25	09:26:14.05	+04:27:32 (47.2%)	10:52	5.5 (52.9%)
231	JANKOWSKI Adam	1150	ULTRAWAY.PL RUNNING TEAM	M30	69	02:16:10	04:18:47	06:58:24	09:25:41.95	09:26:14.30	+04:27:32 (47.2%)	10:52	5.5 (52.9%)
232	MALEC Marcin	1273		M30	70	02:14:57	04:13:38	06:45:48	09:27:43.70	09:28:42.50	+04:30:00 (47.5%)	10:55	5.5 (52.9%)
233	PASTWA Janusz	1129		M50	36	02:18:08	04:18:49	07:06:48	09:30:07.75	09:30:42.00	+04:31:59 (47.7%)	10:57	5.5 (52.9%)
234	LEPIARZ Grzegorz	7038	ULTRAWAY.PL RUNNING TEAM	M40	101	02:17:01	04:14:04	07:00:00	09:29:54.40	09:30:51.50	+04:32:09 (47.7%)	10:57	5.5 (52.9%)
235	PIĄTKOWSKI Piotrek	1460		M40	102	02:13:33	04:24:14	07:05:29	09:33:17.90	09:33:28.40	+04:34:46 (47.9%)	11:01	5.4 (51.9%)
236	GWIAZDZIŃSKI Michał	1217		M40	103	02:07:03	04:04:16	07:10:21	09:32:56.55	09:33:50.35	+04:35:08 (47.9%)	11:01	5.4 (51.9%)
237	KUSZTYKIEWICZ Krzysztof	1434	TEREBIŃ PANY	M20	20	02:09:52	04:17:00	07:08:08	09:34:47.65	09:35:24.30	+04:36:42 (48.1%)	11:03	5.4 (51.9%)
238	ULANICKI Łukasz	1266		M30	71	02:25:39	04:36:14	07:17:57	09:35:50.80	09:36:34.00	+04:37:51 (48.2%)	11:04	5.4 (51.9%)
239	MARCIN Łukasz	1136	FABRYKA DZIKA	M30	72	02:13:44	04:08:22	07:19:11	09:35:41.70	09:36:44.75	+04:38:02 (48.2%)	11:04	5.4 (51.9%)
240	GOŁĘBIOWSKI Arkadiusz	1189	EXC TEAM	M40	104	02:12:03	04:20:00	07:11:18	09:36:30.95	09:36:51.50	+04:38:09 (48.2%)	11:05	5.4 (51.9%)
241	BIELAK Paweł	1188	EXC TEAM	M30	73	02:11:23	04:20:02	07:11:17	09:36:32.20	09:36:52.00	+04:38:09 (48.2%)	11:05	5.4 (51.9%)
242	KWIATKOWSKI Arkadiusz	1032	FABRYKA DZIKA	M50	37	02:24:13	04:32:11	07:10:03	09:38:06.20	09:38:31.80	+04:39:49 (48.4%)	11:07	5.4 (51.9%)
243	PŁOTEK Tomasz	1392		M40	105	02:19:02	04:30:26	07:22:23	09:40:32.60	09:41:05.60	+04:42:23 (48.6%)	11:09	5.4 (51.9%)
244	JARMUSZEWICZ Patryk	1221		M30	74	02:13:24	04:20:08	07:06:26	09:42:30.30	09:43:30.30	+04:44:48 (48.8%)	11:12	5.4 (51.9%)
245	KRAUZE Tomasz	1318	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	38	02:27:02	04:42:03	07:19:54	09:44:03.15	09:44:56.75	+04:46:14 (48.9%)	11:13	5.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki		Roztoki		Czas		Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km	Różn		
246	ZACHARA Arkadiusz	1174		M30	75	02:22:34	04:32:30	07:24:12	09:48:09.15	09:48:27.00	+04:49:44 (49.2%)	11:18	5.3 (51.0%)
246	SZYDŁOWSKI Dawid	1154		M30	75	02:22:30	04:34:10	07:24:13	09:48:09.30	09:48:27.00	+04:49:44 (49.2%)	11:18	5.3 (51.0%)
248	CHRÓŚCIAK Paweł	1462		M40	106	02:20:10	04:26:22	07:10:25	09:47:52.70	09:48:56.55	+04:50:14 (49.3%)	11:18	5.3 (51.0%)
249	KAPUSTA Paweł	1456		M40	107	02:30:40	04:33:05	07:18:45	09:49:59.75	09:50:44.65	+04:52:02 (49.4%)	11:20	5.3 (51.0%)
250	LALEWICZ Wojciech	1237	ASSECO ACTIVE TEAM	M50	39	02:05:55	04:32:26	07:22:17	09:50:38.90	09:51:16.00	+04:52:33 (49.5%)	11:21	5.3 (51.0%)
251	JAMBOR Michał	7003		M40	108	02:20:07	04:18:56	07:17:59	09:50:33.50	09:51:34.90	+04:52:52 (49.5%)	11:21	5.3 (51.0%)
252	DYTKIEWICZ Michał	1385		M20	21	02:18:13	04:27:14	07:11:59	09:51:37.85	09:52:40.95	+04:53:58 (49.6%)	11:22	5.3 (51.0%)
253	KOZIEŁ Tadeusz	1411	ŁEMKO VIP	M30	77	02:27:48	04:30:37	07:15:02	09:52:45.30	09:53:42.70	+04:55:00 (49.7%)	11:23	5.3 (51.0%)
254	ZASŁONKA Paweł	1412		M30	78	02:27:46	04:30:39	07:15:02	09:52:45.65	09:53:43.40	+04:55:01 (49.7%)	11:23	5.3 (51.0%)
255	PASTERNAK Robert	1432		M50	40	02:25:24	04:34:47	07:24:31	09:53:31.20	09:54:40.05	+04:55:58 (49.8%)	11:24	5.3 (51.0%)
256	CHADUŁA Adrian	1152	NIENAŻERTE MISIE	M30	79	02:27:03	04:37:55	07:31:58	09:55:44.60	09:56:16.35	+04:57:34 (49.9%)	11:27	5.2 (50.0%)
257	TYMA Mateusz	1407		M30	80	02:08:09	04:02:03	06:44:38	09:55:52.75	09:56:32.75	+04:57:50 (49.9%)	11:27	5.2 (50.0%)
258	BOSEK Paweł	1201	BOSKI TEAM	M50	41	02:25:22	04:31:49	07:13:41	09:57:36.10	09:58:18.25	+04:59:36 (50.1%)	11:29	5.2 (50.0%)
259	LUDWICZAK Mariusz	1149	#WKURW-TEAM	M50	42	02:22:03	04:35:03	07:28:44	09:58:45.70	09:59:51.80	+05:01:09 (50.2%)	11:30	5.2 (50.0%)
260	TERESZCZUK Jakub	1181		M30	81	02:10:42	04:19:26	07:30:57	09:59:48.90	10:00:32.45	+05:01:50 (50.3%)	11:32	5.2 (50.0%)
261	GONDZIA Robert	1104		M30	82	02:13:23	04:38:02	07:48:43	10:00:23.50	10:00:49.45	+05:02:07 (50.3%)	11:32	5.2 (50.0%)
262	OLSZEWSKI Błażej	1065		M40	109	02:31:51	04:45:53	07:39:43	10:03:41.95	10:04:18.90	+05:05:36 (50.6%)	11:36	5.2 (50.0%)
263	BAKOWSKI Jakub	1125		M30	83	02:14:16	04:18:22	07:19:54	10:04:02.60	10:04:43.20	+05:06:01 (50.6%)	11:36	5.2 (50.0%)
264	KĘPSKI Rafał	1470	AMBITNI AMATORZY	M40	110	02:21:26	04:26:25	07:33:46	10:06:10.60	10:07:07.25	+05:08:25 (50.8%)	11:39	5.1 (49.0%)
265	JANOCHA Piotr	1469		M40	111	02:21:04	04:26:25	07:34:20	10:06:11.55	10:07:07.50	+05:08:25 (50.8%)	11:39	5.1 (49.0%)
266	KONIECPOLSKI Krzysztof	1103		M50	43	02:39:14	04:50:46	07:37:38	10:07:21.65	10:08:15.25	+05:09:33 (50.9%)	11:40	5.1 (49.0%)
267	OLESIŃSKI Piotr	7011	DRUŻYNA ORZECHA ŻYRARDÓW	M40	112	02:30:14	04:35:26	07:35:32	10:07:59.75	10:08:28.75	+05:09:46 (50.9%)	11:41	5.1 (49.0%)
267	WALAC Jacek	7010	100 MARATHON CLUB POLSKA	M40	112	02:30:48	04:39:53	07:35:34	10:07:59.05	10:08:28.75	+05:09:46 (50.9%)	11:41	5.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km					
269	ZAKRZEWSKI Marek	1271	OSZOŁOMKI TEAM	M50	44	02:18:23	04:31:56	07:52:33	10:08:16.50	10:08:33.30	+05:09:51 (50.9%)	11:41	5.1 (49.0%)
270	BOKSZA Piotr	1299	TIME4RUNNING	M40	114	02:32:26	04:50:18	07:54:05	10:11:02.20	10:12:10.65	+05:13:28 (51.2%)	11:45	5.1 (49.0%)
271	BOKSZA Robert	1300	TIME4RUNNING	M40	115	02:32:52	04:50:19	07:54:16	10:11:01.60	10:12:10.70	+05:13:28 (51.2%)	11:45	5.1 (49.0%)
272	GMAJ Daniel	1186		M40	116	02:30:28	04:37:37	07:38:31	10:12:06.60	10:13:14.10	+05:14:32 (51.3%)	11:46	5.1 (49.0%)
273	WOJTYŁA Paweł	1343	AKS POLONIA WARSZAWA	M40	117	02:26:20	04:39:11	07:30:45	10:15:07.45	10:15:48.25	+05:17:06 (51.5%)	11:49	5.1 (49.0%)
274	DOBROWOLSKI Bartosz	1208	LA BOMBA LA FIESTA	M30	84	02:16:11	04:23:44	07:39:33	10:15:12.30	10:16:24.15	+05:17:42 (51.5%)	11:49	5.1 (49.0%)
275	GARBACZ Jan	1218		M40	118	02:16:22	04:23:33	07:39:33	10:15:12.45	10:16:24.25	+05:17:42 (51.5%)	11:49	5.1 (49.0%)
276	SKRABA Grzegorz	1179	LA BOMBA LA FIESTA	M30	85	02:16:16	04:23:46	07:39:34	10:15:13.80	10:16:24.45	+05:17:42 (51.5%)	11:49	5.1 (49.0%)
277	SOWA Bogusław	1378		M40	119	02:15:21	04:20:57	07:23:34	10:16:22.10	10:16:36.10	+05:17:54 (51.6%)	11:51	5.1 (49.0%)
278	KAPTUR Jarosław	1122	ŻÓRAWSKI TEAM	M30	86	02:15:39	04:22:01	07:22:28	10:16:10.15	10:17:11.65	+05:18:29 (51.6%)	11:50	5.1 (49.0%)
279	GORĄCZKO Przemysław	1222	SOCIOS WISŁA	M30	87	02:14:04	04:25:20	07:40:18	10:17:09.10	10:17:20.10	+05:18:38 (51.6%)	11:52	5.1 (49.0%)
280	MILEWSKI Łukasz	1041	BUSINESS MEETING FORUM	M30	88	02:10:07	04:27:37	07:40:08	10:18:24.75	10:18:40.35	+05:19:58 (51.7%)	11:53	5 (48.1%)
281	MILEWSKI Konrad	1040	BUSINESS MEETING FORUM	M30	89	02:09:49	04:20:08	07:40:07	10:18:25.10	10:18:40.40	+05:19:58 (51.7%)	11:53	5 (48.1%)
282	CHAJĘCKI Mateusz	1324	OLSZEWCY TEAM	M30	90	02:19:56	04:20:51	09:01:38	10:19:11.00	10:19:11.00	+05:20:28 (51.8%)	11:54	5 (48.1%)
283	BILSKI Grzegorz	1346		M40	120	02:25:27	04:38:43	07:47:37	10:21:11.40	10:21:22.80	+05:22:40 (51.9%)	11:56	5 (48.1%)
284	BUKAŁA Jacek	1211		M50	45	02:27:46	04:38:08	07:46:00	10:26:11.35	10:26:39.40	+05:27:57 (52.3%)	12:02	5 (48.1%)
285	ŁASKI Krzysztof	7042	BIEGIEM PO PIWO	M60	9	02:26:08	04:37:51	07:49:25	10:26:16.15	10:27:23.05	+05:28:41 (52.4%)	12:02	5 (48.1%)
286	SUZANOWICZ Krzysztof	1234		M50	46	02:23:25	04:41:12	07:47:38	10:27:00.90	10:27:29.05	+05:28:47 (52.4%)	12:03	5 (48.1%)
287	PRYSZCZ Mirosław	1139		M40	121	02:26:32	04:39:33	07:45:35	10:27:45.40	10:28:16.85	+05:29:34 (52.5%)	12:04	5 (48.1%)
288	ZYCHALAK Grzegorz	1157		M40	122	02:20:56	04:33:24	07:37:22	10:29:44.15	10:30:26.35	+05:31:44 (52.6%)	12:06	5 (48.1%)
289	STEBEL Bartosz	1204		M40	123	02:06:19	04:12:07	07:20:48	10:33:54.90	10:34:04.10	+05:35:22 (52.9%)	12:11	4.9 (47.1%)
290	KOZIOŁ Darek	1296		M40	124	02:37:07	05:00:19	08:24:36	10:38:38.60	10:38:56.95	+05:40:14 (53.3%)	12:16	4.9 (47.1%)
291	PŁONKA Bartosz	1457		M30	91	02:12:49	04:17:44	07:40:33	10:38:35.30	10:40:11.25	+05:41:29 (53.3%)	12:16	4.9 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
292	RYSIAWA Marek	1376	ESK	M40	125	02:25:54	04:36:09	07:44:11	10:41:25.70	10:41:55.30	+05:43:13 (53.5%)	12:20	4.9 (47.1%)
293	JANKOWSKI Jakub	1363		M20	22	02:30:35	04:45:49	07:49:16	10:42:30.15	10:43:41.85	+05:44:59 (53.6%)	12:21	4.9 (47.1%)
294	DANIELAK Krzysztof	1308		M30	92	02:26:07	04:39:58	07:53:22	10:43:07.35	10:44:06.90	+05:45:24 (53.6%)	12:22	4.9 (47.1%)
295	PASTWA Grzegorz	1391		M30	93	02:36:02	04:55:28	08:24:58	10:48:37.50	10:48:41.90	+05:49:59 (54.0%)	12:28	4.8 (46.2%)
296	BURY Marek	1387		M50	47	02:20:52	04:31:53	07:41:11	10:48:38.05	10:48:56.30	+05:50:14 (54.0%)	12:28	4.8 (46.2%)
297	BOHN Mariusz	1390		M50	48	02:21:31	04:49:37	08:12:58	10:48:39.15	10:48:59.90	+05:50:17 (54.0%)	12:28	4.8 (46.2%)
298	KRAWIECKI Piotr	1144		M30	94	02:30:45	04:43:43	07:53:00	10:49:18.35	10:50:10.75	+05:51:28 (54.1%)	12:29	4.8 (46.2%)
299	KOWALSKI Adam	1036	THE SMITHS	M40	126	02:33:35	04:46:14	07:59:47	10:49:17.30	10:50:18.40	+05:51:36 (54.1%)	12:29	4.8 (46.2%)
300	GÓRECKI Łukasz	1373		M40	127	02:31:14	04:53:54	08:07:31	10:52:10.60	10:53:08.80	+05:54:26 (54.3%)	12:32	4.8 (46.2%)
301	ULIŃSKI Adam	1169	KONIN RUN	M40	128	02:24:09	04:39:24	07:52:37	10:57:04.15	10:57:52.25	+05:59:10 (54.6%)	12:38	4.7 (45.2%)
302	ANTCZAK Aleksander	1172	KONIN RUN	M40	129	02:24:40	04:39:23	07:52:40	10:57:04.05	10:57:52.50	+05:59:10 (54.6%)	12:38	4.7 (45.2%)
303	SKLEPOWICZ Jacek	1365		M50	49	02:29:02	04:53:31	07:57:46	10:58:47.80	10:58:59.95	+06:00:17 (54.7%)	12:40	4.7 (45.2%)
304	NOWAK Maciej	1019		M40	130	02:35:02	04:58:55	08:19:20	10:59:06.15	10:59:18.40	+06:00:36 (54.7%)	12:40	4.7 (45.2%)
305	BOCHNIEWICZ Cezary	1379	KSZ FAFAK & SKOREK POTWOREK	M40	131	02:05:14	04:23:54	07:41:37	11:03:05.90	11:04:19.25	+06:05:37 (55.0%)	12:45	4.7 (45.2%)
306	TOCHOWICZ Jacek	1316		M30	95	02:36:08	04:48:59	08:01:02	11:09:42.95	11:10:51.40	+06:12:09 (55.5%)	12:52	4.7 (45.2%)
307	ZAJCHOWSKI Łukasz	1467		M40	132	02:35:27	04:55:01	08:12:44	11:11:56.40	11:13:03.75	+06:14:21 (55.6%)	12:55	4.6 (44.2%)
308	DAROWSKI Daniel	1312		M30	96	02:16:11	04:38:24	08:24:33	11:14:59.80	11:15:24.90	+06:16:42 (55.8%)	12:58	4.6 (44.2%)
309	BECHTA Damian	1093		M30	97	02:24:30	04:48:53	08:06:28	11:21:41.45	11:22:41.30	+06:23:59 (56.2%)	13:06	4.6 (44.2%)
310	HARAF Aleksander	1272	DELTA FORCE	M40	133	02:35:45	04:57:51	08:05:36	11:22:48.60	11:23:43.60	+06:25:01 (56.3%)	13:07	4.6 (44.2%)
311	FACON Sławomir	1074	PĘDZĄCE WIEWIÓRY	M40	134	02:34:53	05:01:11	08:16:48	11:23:34.70	11:24:39.15	+06:25:57 (56.4%)	13:08	4.6 (44.2%)
312	ŚWIĘTEK Michał	1450		M20	23	02:20:44	04:34:05	08:14:55	11:25:55.90	11:26:34.05	+06:27:52 (56.5%)	13:11	4.5 (43.3%)
313	KADECKI Marek	1334	AZS PANS CIECHANÓW	M50	50	02:42:32	05:13:42	08:25:38	11:27:52.80	11:28:31.95	+06:29:49 (56.6%)	13:13	4.5 (43.3%)
314	KASPRZAK Łukasz	1370		M30	98	02:40:49	05:01:57	08:24:14	11:33:36.00	11:34:45.20	+06:36:03 (57.0%)	13:20	4.5 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki		Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km	52km	52km			
315	KOCHAN Rafał	1327		M50	51	02:25:43	04:37:56	07:47:36	11:37:23.10	11:37:51.00	+06:39:08 (57.2%)	13:24	4.5 (43.3%)
316	JANKOWSKI Tomasz	1382		M40	135	02:33:46	05:15:59	08:40:50	11:37:40.20	11:38:54.15	+06:40:12 (57.3%)	13:25	4.5 (43.3%)
317	SZCZEPOCKI Andrzej	1463	NIEPOŁOMICE BIEGAJĄ	M50	52	02:49:00	05:30:04	08:51:00	11:41:33.15	11:41:33.15	+06:42:51 (57.4%)	13:29	4.4 (42.3%)
318	CHODZIAK Marcin	1023		M40	136	02:37:18	05:02:40	08:24:37	11:44:09.35	11:44:28.25	+06:45:46 (57.6%)	13:32	4.4 (42.3%)
319	CZECHOWSKI Konrad	1118		M30	99	02:43:43	05:19:15	08:39:35	11:44:18.40	11:44:48.90	+06:46:06 (57.6%)	13:32	4.4 (42.3%)
320	PEKSA Krzysztof	1269		M40	137	02:19:51	04:46:43	08:20:02	11:43:52.95	11:44:58.20	+06:46:16 (57.6%)	13:32	4.4 (42.3%)
321	WENCLAW Adam	1268		M40	138	02:19:51	04:46:41	08:20:06	11:43:53.65	11:44:58.30	+06:46:16 (57.6%)	13:32	4.4 (42.3%)
322	PIETRUS Piotr	1016	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M50	53	02:15:14	04:32:06	07:50:27	11:45:06.20	11:45:43.45	+06:47:01 (57.7%)	13:33	4.4 (42.3%)
323	MARKOWSKI Szymon	1163	BIEGAJĄCY TCZEW	M40	139	02:48:59	05:22:29	08:35:02	11:58:41.25	11:59:03.70	+07:00:21 (58.5%)	13:49	4.3 (41.3%)
324	FERENC Bartosz	1199		M30	100	02:51:02	05:21:08	08:42:44	12:04:33.00	12:04:33.00	+07:05:50 (58.8%)	13:56	4.3 (41.3%)
325	MARCZYŃSKI Adam	1431	POLIPACK TEAM GWE	M40	140	02:57:12	05:36:41	09:06:15	12:03:28.45	12:04:46.05	+07:06:04 (58.8%)	13:54	4.3 (41.3%)
326	KOSTKA Filip	1209		M30	101	02:55:30	05:34:49	09:10:09	12:03:38.20	12:04:50.20	+07:06:08 (58.8%)	13:54	4.3 (41.3%)
327	WIECZOREK Wojciech	1006	WIECZORKI3	M50	54	02:55:35	05:35:47	09:14:41	12:05:58.45	12:06:46.25	+07:08:04 (58.9%)	13:57	4.3 (41.3%)
328	TYDA Rafał	1263		M60	10	02:52:11	05:36:53	09:10:50	12:12:28.65	12:12:41.85	+07:13:59 (59.2%)	14:05	4.3 (41.3%)
329	BROMBOSZCZ Karol	1257	TRUCHTACZ MYSŁOWICE	M60	11	02:58:14	05:43:06	09:24:12	12:37:39.35	12:38:06.50	+07:39:24 (60.6%)	14:34	4.1 (39.4%)
330	WIŚNIEWSKI Grzegorz	1044	XTREME FINTESS GYMS SZCZYTNO	M50	55	02:38:43	05:20:59	09:07:35	12:44:08.65	12:44:50.80	+07:46:08 (60.9%)	14:41	4.1 (39.4%)
331	OBARSKI Norbert	1061		M60	12	02:48:03	05:28:45	09:16:35	12:43:44.30	12:44:59.65	+07:46:17 (61.0%)	14:41	4.1 (39.4%)
Przekroczony limit czasu: 13:00:00													
332	SŁUPIŃSKI Krzysztof	7033		M30	102	06:24:09	08:17:38	10:13:57	13:05:03.75	13:06:01.85	+08:07:19 (62.0%)	15:05	4 (38.5%)
333	POŹDZIECH Mariusz	1309		M50	56	02:54:57	05:59:36	10:09:08	13:26:39.10	13:27:33.80	+08:28:51 (63.0%)	15:30	3.9 (37.5%)
334	SPADŁO Damian	1425		M30	103	06:05:08			13:50:36.45	13:51:00.00	+08:52:17 (64.1%)	15:58	3.8 (36.5%)
	MISKA Daniel	1145	ENJOY BY SPORT	M20		01:42:45 DNF	03:28:59 DNF	DNF	DNF	DNF		-	- (0.0%)
	BULLERT Jakub	1107	KAKU 2024	M30		02:12:05 DNF	04:16:19 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOSSIŃSKI Przemysław	1384		M50		02:34:18 DNF	05:21:57 DNF	DNF	DNF	DNF		-	- (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
	WIŚNIEWSKI Paweł	1043		M30		03:40:10 DNF	06:57:30 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WILKOS Mateusz	1332	NIEMCE TEAM	M30		01:21:51 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	NIEMIRSKI Piotr	1119		M30		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOMÓR Wiesław	1320	WROCŁAWSKIE MORSY	M60		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZAL Łukasz	1356	KAŃCZUCKA GRUPA BIEGOWA	M20		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	FIRLEJ Marek	1194	POWOLI DO CELU	M30		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 343 wynik(ów)