



III MARATON RZEŹNIKA

B4SPORT

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

B4SPORT
INTELIĞENTNE 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	GAJ Grzegorz	7020		M40	1	01:35:19	02:53:12	04:27:58	05:53:38.55	05:53:45.90		6:48	8.8 (100%)
2	PASIECZNY Robert	1409	FARTLEK GO	M40	2	01:38:25	02:59:14	04:39:29	06:07:52.00	06:08:00.10	+00:14:14 (3.9%)	7:04	8.5 (96.6%)
3	ŚWIĘTOŃ Grzegorz	1442		M40	3	01:34:23	02:53:44	04:41:29	06:11:11.55	06:11:14.10	+00:17:28 (4.7%)	7:08	8.4 (95.5%)
4	ŻOGAŁA Jan	1173	HURAGAN LIGOTA	M40	4	01:36:10	02:59:17	04:44:07	06:20:33.00	06:20:44.90	+00:26:59 (7.1%)	7:19	8.2 (93.2%)
5	RAK Zbigniew	1112		M40	5	01:42:49	03:09:56	04:55:52	06:25:18.65	06:25:27.15	+00:31:41 (8.2%)	7:24	8.1 (92.0%)
6	PELA Dariusz	1472		M40	6	01:45:43	03:13:38	04:58:16	06:26:29.20	06:26:58.00	+00:33:12 (8.6%)	7:25	8.1 (92.0%)
7	JAWORSKI Konrad	1012	FF TEAM	M40	7	01:34:13	02:59:17	04:53:20	06:30:51.50	06:31:00.30	+00:37:14 (9.5%)	7:30	8 (90.9%)
8	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	+00:44:00 (11.1%)	7:38	7.8 (88.6%)
9	STACHURSKI Paweł	1437		M40	9	01:35:37	03:01:35	05:06:40	06:40:13.65	06:40:20.00	+00:46:34 (11.6%)	7:41	7.8 (88.6%)
10	KOWALCZYK Rafał	7013		M40	10	01:38:29	03:01:32	04:57:55	06:40:26.00	06:40:34.30	+00:46:48 (11.7%)	7:42	7.8 (88.6%)
11	DYBOWSKI Piotr	7009	1ON1 TEAM	M40	11	01:49:19	03:22:29	05:08:49	06:39:41.20	06:40:46.85	+00:47:00 (11.7%)	7:41	7.8 (88.6%)
12	SNIEGOWSKI Marcin	1357		M40	12	01:48:12	03:21:10	05:13:11	06:40:51.20	06:41:05.50	+00:47:19 (11.8%)	7:42	7.8 (88.6%)
13	MICHAŁSKI Mikołaj	1048	NARAMOWICE BIEGAJĄ	M40	13	01:38:21	03:05:57	05:02:52	06:46:21.25	06:46:29.75	+00:52:43 (13.0%)	7:48	7.7 (87.5%)
14	ŻUŁAWSKI Dariusz	7034		M40	14	01:47:54	03:16:46	05:09:25	06:47:49.40	06:47:52.80	+00:54:06 (13.3%)	7:50	7.7 (87.5%)
15	SIĘBIDA Mieczysław	1423	FARTLEK GO	M40	15	01:39:11	03:06:28	05:07:59	06:50:45.50	06:50:54.70	+00:57:08 (13.9%)	7:53	7.6 (86.4%)

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
16	MIELNICZUK Mirosław	1045	ADIDAS RUNNERS	M40	16	01:45:57	03:17:07	05:19:04	06:56:13.85	06:56:24.00	+01:02:38 (15.0%)	8:00	7.5 (85.2%)
17	TUSZEWSKI Jan	1322	DHAMMARUN	M40	17	01:45:44	03:11:18	05:06:11	06:55:50.10	06:56:26.10	+01:02:40 (15.0%)	7:59	7.5 (85.2%)
18	WÓJTOWICZ Piotr	1449	PODIUM	M40	18	01:49:56	03:21:06	05:22:07	06:59:08.25	06:59:32.05	+01:05:46 (15.7%)	8:03	7.4 (84.1%)
19	CHMURA Krzysztof	1227		M40	19	01:44:29	03:14:35	05:10:12	07:01:09.70	07:01:54.80	+01:08:08 (16.2%)	8:05	7.4 (84.1%)
20	MATERA Marcin	1066	LOST 66	M40	20	01:45:22	03:13:56	05:16:43	07:02:12.25	07:02:25.30	+01:08:39 (16.3%)	8:07	7.4 (84.1%)
21	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	+01:08:54 (16.3%)	8:07	7.4 (84.1%)
22	DWORAK Bartłomiej	1156	PODIUM	M40	22	01:47:56	03:19:22	05:22:22	07:02:44.50	07:02:53.20	+01:09:07 (16.3%)	8:07	7.4 (84.1%)
23	GRZONKA Tomasz	1400		M40	23	01:42:26	03:08:54	05:08:56	07:05:49.20	07:05:55.25	+01:12:09 (16.9%)	8:11	7.3 (83.0%)
24	LIPKA Sebastian	1058		M40	24	01:45:23	03:15:11	05:23:47	07:08:56.65	07:09:27.90	+01:15:42 (17.6%)	8:14	7.3 (83.0%)
25	PIĘNKOSZ Wojciech	1408	PGE ENERGETIC RUNNING	M40	25	01:50:09	03:28:36	05:30:37	07:09:23.05	07:09:32.95	+01:15:47 (17.6%)	8:15	7.3 (83.0%)
26	ŁUBISZ Mariusz	7007		M40	26	01:48:24	03:20:02	05:25:53	07:11:47.70	07:11:58.20	+01:18:12 (18.1%)	8:18	7.2 (81.8%)
27	BRUDEREK Tomasz	1428	PRIMUM CURRERE	M40	27	01:51:35	03:28:46	05:27:38	07:13:45.85	07:14:08.40	+01:20:22 (18.5%)	8:20	7.2 (81.8%)
28	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	+01:21:16 (18.7%)	8:21	7.2 (81.8%)
29	ŻURAWSKI Sławomir	1353	PGBSPORTOWAPACZKA/BARUNOWCE	M40	29	01:45:35	03:33:17	05:37:15	07:15:05.60	07:15:08.40	+01:21:22 (18.7%)	8:22	7.2 (81.8%)
30	KMIEĆ Andrzej	7030	TURBO PRUSZKÓW	M40	30	01:46:05	03:23:20	05:29:40	07:17:03.00	07:17:07.40	+01:23:21 (19.1%)	8:24	7.1 (80.7%)
31	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	+01:25:58 (19.5%)	8:26	7.1 (80.7%)
32	STASIAK Jakub	1126		M40	32	01:47:49	03:21:38	05:34:03	07:22:48.50	07:23:34.50	+01:29:48 (20.2%)	8:30	7 (79.5%)
33	MARCINOWSKI Krzysztof	1034	RUN4FUN-PLEWISKA	M40	33	01:51:34	03:26:57	05:33:54	07:26:27.15	07:26:47.15	+01:33:01 (20.8%)	8:35	7 (79.5%)
34	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	+01:33:10 (20.8%)	8:35	7 (79.5%)
35	STELMACH Dariusz	1203		M40	35	01:53:00	03:29:06	05:38:08	07:27:14.45	07:27:14.45	+01:33:28 (20.9%)	8:36	7 (79.5%)
36	AŚLANOWICZ Marcin	1261	ŻÓRAWSKI TEAM	M40	36	01:51:05	03:28:55	05:35:21	07:28:15.60	07:28:23.80	+01:34:37 (21.1%)	8:37	7 (79.5%)
37	NALEPA Szymon	1330	RUNNINGPERFORMANCE.PL	M40	37	01:58:57	03:35:01	05:34:47	07:28:26.60	07:28:39.70	+01:34:53 (21.2%)	8:37	7 (79.5%)
38	BIAŁECKI Piotr	1426	ORANGE	M40	38	01:42:38	03:15:39	05:37:33	07:28:52.50	07:28:59.65	+01:35:13 (21.2%)	8:37	7 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
39	PARZNIEMSKI 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	+01:35:51 (21.3%)	8:38	6.9 (78.4%)
40	MARCINIAK Tomasz	1275	RANDOMNO BIEGA	M40	40	01:48:43	03:42:46	05:48:21	07:30:46.15	07:31:30.55	+01:37:44 (21.6%)	8:40	6.9 (78.4%)
41	KRÓLAK Radosław	1177		M40	41	01:52:12	03:31:50	05:46:45	07:31:22.60	07:31:36.00	+01:37:50 (21.7%)	8:40	6.9 (78.4%)
42	TARNAWSKI Sławomir	1315		M40	42	01:52:52	03:29:58	05:38:57	07:34:02.95	07:34:15.55	+01:40:29 (22.1%)	8:43	6.9 (78.4%)
43	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	+01:41:34 (22.3%)	8:44	6.9 (78.4%)
44	JADZIEWICZ Jakub	1381	PRORUNNING	M40	44	01:53:11	03:29:12	05:42:00	07:36:41.40	07:36:58.60	+01:43:12 (22.6%)	8:46	6.8 (77.3%)
45	URBAŃCZYK Michał	1453		M40	45	01:52:47	03:33:20	05:42:19	07:37:45.60	07:37:49.40	+01:44:03 (22.7%)	8:48	6.8 (77.3%)
46	KŁODA Dariusz	1083	SPORT GENERATION	M40	46	01:56:11	03:37:23	05:48:07	07:41:05.65	07:41:30.35	+01:47:44 (23.3%)	8:52	6.8 (77.3%)
47	OBIDOWSKI Łukasz	7040	ODYNIEC TEAM	M40	47	02:03:18	03:47:35	05:52:31	07:42:30.45	07:42:55.90	+01:49:10 (23.6%)	8:53	6.7 (76.1%)
48	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	+01:49:35 (23.7%)	8:54	6.7 (76.1%)
49	MISKOWICZ Janusz	1070		M40	49	01:47:39	03:43:41	05:56:39	07:45:39.20	07:45:55.50	+01:52:09 (24.1%)	8:57	6.7 (76.1%)
50	DOŁOSZYCKI Grzegorz	1240		M40	50	02:03:14	03:46:54	05:54:28	07:46:36.15	07:47:02.40	+01:53:16 (24.3%)	8:58	6.7 (76.1%)
51	GALUSKIN Alexey	1345		M40	51	01:58:15	03:43:32	05:54:29	07:48:32.35	07:49:05.30	+01:55:19 (24.6%)	9:00	6.7 (76.1%)
52	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	+01:56:44 (24.8%)	9:02	6.6 (75.0%)
53	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	+01:57:13 (24.9%)	9:03	6.6 (75.0%)
54	KARCZMARCZYK Tomasz	1134		M40	54	01:54:13	03:36:38	05:50:32	07:52:08.00	07:53:09.70	+01:59:23 (25.2%)	9:04	6.6 (75.0%)
55	RECZEK Sebastian	7004	ULTRA SEBA	M40	55	01:48:02	03:41:09	06:04:09	07:54:42.20	07:54:48.75	+02:01:02 (25.5%)	9:07	6.6 (75.0%)
56	PLEWA Tomasz	1120		M40	56	01:51:26	03:28:40	05:50:05	07:55:51.10	07:55:54.60	+02:02:08 (25.7%)	9:09	6.6 (75.0%)
57	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	+02:03:24 (25.9%)	9:10	6.5 (73.9%)
58	JUDA Tomasz	1377		M40	58	02:00:32	03:46:13	06:06:45	07:56:18.25	07:57:10.60	+02:03:24 (25.9%)	9:09	6.6 (75.0%)
59	GŁUCHOWSKI Przemek	7023	MZUMA	M40	59	02:05:52	03:51:28	06:06:59	07:58:14.50	07:58:42.90	+02:04:57 (26.1%)	9:11	6.5 (73.9%)
60	OBREBSKI Marcin	1004	MATNER RUNNING TEAM	M40	60	01:56:10	03:45:08	06:03:25	07:58:20.25	07:58:52.60	+02:05:06 (26.1%)	9:11	6.5 (73.9%)
61	KUSY Rafał	1096	PORANNYBESKIDRUN	M40	61	01:55:52	03:42:58	06:07:38	08:00:38.80	08:00:43.60	+02:06:57 (26.4%)	9:14	6.5 (73.9%)

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						
62	ROSOLSKI Piotr	1399		M40	62	01:47:15	03:40:38	06:10:40	08:02:18.80	08:02:27.90	+02:08:42 (26.7%)	9:16	6.5 (73.9%)
63	ORYSZCZAK Bartłomiej	1025	MTB ROZTOCZE	M40	63	01:54:28	03:41:44	06:10:38	08:02:23.00	08:02:29.65	+02:08:43 (26.7%)	9:16	6.5 (73.9%)
64	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	+02:11:58 (27.2%)	9:20	6.4 (72.7%)
65	KOŁODZIEJCZYK Maciej	7036	FIZJO-SPORT	M40	65	01:55:48	03:44:22	06:09:15	08:09:22.70	08:09:52.40	+02:16:06 (27.8%)	9:24	6.4 (72.7%)
66	MAZUR Grzegorz	1310		M40	66	02:01:06	03:50:53	06:14:37	08:11:02.10	08:11:08.15	+02:17:22 (28.0%)	9:26	6.4 (72.7%)
67	MAŚLAK Paweł	1055	DELTA FORCE	M40	67	01:56:08	03:39:30	06:10:36	08:10:43.40	08:11:32.85	+02:17:46 (28.0%)	9:26	6.4 (72.7%)
68	KRAWIECKI Tomasz	1130		M40	68	01:56:59	03:43:55	06:06:42	08:11:40.45	08:12:32.35	+02:18:46 (28.2%)	9:27	6.3 (71.6%)
69	KAWIAK Marek	1024		M40	69	01:52:00	03:43:52	06:11:36	08:13:31.75	08:13:36.35	+02:19:50 (28.3%)	9:29	6.3 (71.6%)
70	NAZIEMKOWSKI Bogusław	1401	JAROSŁAWSKI BIEGACZ	M40	70	02:01:14	03:51:13	06:20:56	08:15:27.10	08:15:36.80	+02:21:50 (28.6%)	9:31	6.3 (71.6%)
71	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	+02:24:28 (29.0%)	9:34	6.3 (71.6%)
72	SIEMIENIUK Tomasz	1246	PRAŻANIN	M40	72	01:50:00	03:30:01	06:12:11	08:17:57.35	08:18:18.50	+02:24:32 (29.0%)	9:34	6.3 (71.6%)
73	KIEŁPIŃSKI Piotr	1056		M40	73	01:58:24	03:43:13	06:07:26	08:18:30.30	08:18:41.00	+02:24:55 (29.1%)	9:35	6.3 (71.6%)
74	HAŁASA Piotr	1335		M40	74	01:57:00	03:50:51	06:20:21	08:23:27.95	08:23:47.60	+02:30:01 (29.8%)	9:40	6.2 (70.5%)
75	SKARŻYŃSKI Michał	1256		M40	75	01:57:37	03:43:38	06:09:31	08:26:28.00	08:26:54.10	+02:33:08 (30.2%)	9:44	6.2 (70.5%)
76	KURYŁOWICZ Mariusz	1033	KKROZTOCZE	M40	76	01:54:25	03:41:47	06:10:41	08:30:08.90	08:30:15.60	+02:36:29 (30.7%)	9:48	6.1 (69.3%)
77	LULLA Michał	1348		M40	77	01:59:51	03:48:58	06:25:13	08:31:08.80	08:32:09.80	+02:38:23 (30.9%)	9:49	6.1 (69.3%)
78	BOROWCZYK Marcin	1444	ULTRASI	M40	78	02:02:45	03:51:26	06:25:28	08:32:03.65	08:32:29.40	+02:38:43 (31.0%)	9:50	6.1 (69.3%)
79	KRET Marek	1077		M40	79	02:24:09	04:18:46	06:36:09	08:32:32.85	08:33:07.40	+02:39:21 (31.1%)	9:51	6.1 (69.3%)
80	ŻÓŁKIEWICZ Marcin	1131		M40	80	02:04:53	03:56:53	06:28:24	08:33:21.40	08:34:04.65	+02:40:18 (31.2%)	9:52	6.1 (69.3%)
81	OSICA Łukasz	1410		M40	81	02:07:37	03:56:11	06:30:38	08:34:16.75	08:35:16.00	+02:41:30 (31.3%)	9:53	6.1 (69.3%)
82	TROCHIMOWICZ Hubert T	7014	ENDORPHINERS	M40	82	02:03:48	04:00:08	06:28:00	08:36:46.05	08:37:11.25	+02:43:25 (31.6%)	9:56	6 (68.2%)
83	RYDLEWSKI Robert	1038	AZS TORUŃ	M40	83	01:58:00	03:46:15	06:27:07	08:39:04.15	08:39:56.70	+02:46:10 (32.0%)	9:58	6 (68.2%)
84	DOLATA Andrzej	1225	KTB KUNY	M40	84	01:55:12	03:41:49	06:37:18	08:40:35.80	08:40:54.40	+02:47:08 (32.1%)	10:00	6 (68.2%)

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					
85	PIASECKI Rafał	7019	ULTRAFI	M40	85	02:14:08	04:04:50	06:33:58	08:44:59.60	08:45:17.35	+02:51:31 (32.7%)	10:05	5.9 (67.0%)
86	CYRAN Przemysław	1175		M40	86	01:59:46	03:52:09	06:28:37	08:47:35.05	08:48:09.90	+02:54:24 (33.0%)	10:08	5.9 (67.0%)
87	GROSS Radosław	1027	VEGE RUNNERS	M40	87	01:57:14	03:46:41	06:28:45	08:51:50.05	08:52:15.85	+02:58:29 (33.5%)	10:13	5.9 (67.0%)
88	IWAN Bartłomiej	1117		M40	88	02:08:40	04:03:29	06:34:22	08:52:13.75	08:53:01.20	+02:59:15 (33.6%)	10:14	5.9 (67.0%)
89	CHOŁODY Patryk	1059	LOST 66	M40	89	02:01:28	03:56:32	06:30:11	08:53:48.90	08:54:02.40	+03:00:16 (33.8%)	10:15	5.8 (65.9%)
90	JUREK Mariusz	1115		M40	90	01:40:27	03:05:54	05:03:43	08:54:01.75	08:54:20.35	+03:00:34 (33.8%)	10:16	5.8 (65.9%)
91	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	+03:01:25 (33.9%)	10:17	5.8 (65.9%)
92	BASIŃSKI Waldemar	1162	BRACIA_B	M40	92	02:02:51	04:04:17	07:02:32	09:04:27.25	09:04:42.95	+03:10:57 (35.1%)	10:28	5.7 (64.8%)
93	BASIŃSKI Łukasz	1158	BRACIA_B	M40	93	02:02:36	04:04:19	07:02:08	09:04:28.70	09:04:43.70	+03:10:57 (35.1%)	10:28	5.7 (64.8%)
94	MADEJ Grzegorz	1014		M40	94	02:13:11	04:09:52	06:47:04	09:04:45.95	09:05:09.95	+03:11:24 (35.1%)	10:28	5.7 (64.8%)
95	BUKOWSKI Andrzej	1054	DELTA FORCE	M40	95	02:05:30	03:59:36	06:36:32	09:08:45.80	09:09:36.10	+03:15:50 (35.6%)	10:33	5.7 (64.8%)
96	DRABIK Paweł	1445		M40	96	02:13:29	04:35:13	07:03:47	09:12:29.25	09:13:34.50	+03:19:48 (36.1%)	10:37	5.6 (63.6%)
97	KRZYŻAK Tomasz	1347		M40	97	02:00:01	03:48:43	07:10:24	09:19:50.95	09:19:56.15	+03:26:10 (36.8%)	10:45	5.6 (63.6%)
98	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	+03:31:18 (37.4%)	10:50	5.5 (62.5%)
99	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	+03:31:29 (37.4%)	10:51	5.5 (62.5%)
100	ŚLUSAREK Grzegorz	1155		M40	100	02:16:11	04:18:47	06:58:23	09:25:41.25	09:26:14.05	+03:32:28 (37.5%)	10:52	5.5 (62.5%)
101	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	+03:37:05 (38.0%)	10:57	5.5 (62.5%)
102	PIĄTKOWSKI Piotrek	1460		M40	102	02:13:33	04:24:14	07:05:29	09:33:17.90	09:33:28.40	+03:39:42 (38.3%)	11:01	5.4 (61.4%)
103	GWIAZDZIŃSKI Michał	1217		M40	103	02:07:03	04:04:16	07:10:21	09:32:56.55	09:33:50.35	+03:40:04 (38.4%)	11:01	5.4 (61.4%)
104	GOŁĘBIEWSKI Arkadiusz	1189	EXC TEAM	M40	104	02:12:03	04:20:00	07:11:18	09:36:30.95	09:36:51.50	+03:43:05 (38.7%)	11:05	5.4 (61.4%)
105	PŁOTEK Tomasz	1392		M40	105	02:19:02	04:30:26	07:22:23	09:40:32.60	09:41:05.60	+03:47:19 (39.1%)	11:09	5.4 (61.4%)
106	CHRÓŚCIAK Paweł	1462		M40	106	02:20:10	04:26:22	07:10:25	09:47:52.70	09:48:56.55	+03:55:10 (39.9%)	11:18	5.3 (60.2%)
107	KAPUSTA Paweł	1456		M40	107	02:30:40	04:33:05	07:18:45	09:49:59.75	09:50:44.65	+03:56:58 (40.1%)	11:20	5.3 (60.2%)

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					
108	JAMBOR Michał	7003		M40	108	02:20:07	04:18:56	07:17:59	09:50:33.50	09:51:34.90	+03:57:49 (40.2%)	11:21	5.3 (60.2%)
109	OLSZEWSKI Błażej	1065		M40	109	02:31:51	04:45:53	07:39:43	10:03:41.95	10:04:18.90	+04:10:33 (41.5%)	11:36	5.2 (59.1%)
110	KĘPSKI Rafał	1470	AMBITNI AMATORZY	M40	110	02:21:26	04:26:25	07:33:46	10:06:10.60	10:07:07.25	+04:13:21 (41.7%)	11:39	5.1 (58.0%)
111	JANOCHA Piotr	1469		M40	111	02:21:04	04:26:25	07:34:20	10:06:11.55	10:07:07.50	+04:13:21 (41.7%)	11:39	5.1 (58.0%)
112	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	+04:14:42 (41.9%)	11:41	5.1 (58.0%)
112	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	+04:14:42 (41.9%)	11:41	5.1 (58.0%)
114	BOKSZA Piotr	1299	TIME4RUNNING	M40	114	02:32:26	04:50:18	07:54:05	10:11:02.20	10:12:10.65	+04:18:24 (42.2%)	11:45	5.1 (58.0%)
115	BOKSZA Robert	1300	TIME4RUNNING	M40	115	02:32:52	04:50:19	07:54:16	10:11:01.60	10:12:10.70	+04:18:24 (42.2%)	11:45	5.1 (58.0%)
116	GMAJ Daniel	1186		M40	116	02:30:28	04:37:37	07:38:31	10:12:06.60	10:13:14.10	+04:19:28 (42.3%)	11:46	5.1 (58.0%)
117	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	+04:22:02 (42.6%)	11:49	5.1 (58.0%)
118	GARBACZ Jan	1218		M40	118	02:16:22	04:23:33	07:39:33	10:15:12.45	10:16:24.25	+04:22:38 (42.6%)	11:49	5.1 (58.0%)
119	SOWA Bogusław	1378		M40	119	02:15:21	04:20:57	07:23:34	10:16:22.10	10:16:36.10	+04:22:50 (42.6%)	11:51	5.1 (58.0%)
120	BILSKI Grzegorz	1346		M40	120	02:25:27	04:38:43	07:47:37	10:21:11.40	10:21:22.80	+04:27:36 (43.1%)	11:56	5 (56.8%)
121	PRYSZCZ Mirosław	1139		M40	121	02:26:32	04:39:33	07:45:35	10:27:45.40	10:28:16.85	+04:34:30 (43.7%)	12:04	5 (56.8%)
122	ZYCHALAK Grzegorz	1157		M40	122	02:20:56	04:33:24	07:37:22	10:29:44.15	10:30:26.35	+04:36:40 (43.9%)	12:06	5 (56.8%)
123	STEBEL Bartosz	1204		M40	123	02:06:19	04:12:07	07:20:48	10:33:54.90	10:34:04.10	+04:40:18 (44.2%)	12:11	4.9 (55.7%)
124	KOZIOŁ Darek	1296		M40	124	02:37:07	05:00:19	08:24:36	10:38:38.60	10:38:56.95	+04:45:11 (44.6%)	12:16	4.9 (55.7%)
125	RYSIAWA Marek	1376	ESK	M40	125	02:25:54	04:36:09	07:44:11	10:41:25.70	10:41:55.30	+04:48:09 (44.9%)	12:20	4.9 (55.7%)
126	KOWALSKI Adam	1036	THE SMITHS	M40	126	02:33:35	04:46:14	07:59:47	10:49:17.30	10:50:18.40	+04:56:32 (45.6%)	12:29	4.8 (54.5%)
127	GÓRECKI Łukasz	1373		M40	127	02:31:14	04:53:54	08:07:31	10:52:10.60	10:53:08.80	+04:59:22 (45.8%)	12:32	4.8 (54.5%)
128	ULIŃSKI Adam	1169	KONIN RUN	M40	128	02:24:09	04:39:24	07:52:37	10:57:04.15	10:57:52.25	+05:04:06 (46.2%)	12:38	4.7 (53.4%)
129	ANTCZAK Aleksander	1172	KONIN RUN	M40	129	02:24:40	04:39:23	07:52:40	10:57:04.05	10:57:52.50	+05:04:06 (46.2%)	12:38	4.7 (53.4%)
130	NOWAK Maciej	1019		M40	130	02:35:02	04:58:55	08:19:20	10:59:06.15	10:59:18.40	+05:05:32 (46.3%)	12:40	4.7 (53.4%)

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
131	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	+05:10:33 (46.7%)	12:45	4.7 (53.4%)
132	ZAJCHOWSKI Łukasz	1467		M40	132	02:35:27	04:55:01	08:12:44	11:11:56.40	11:13:03.75	+05:19:17 (47.4%)	12:55	4.6 (52.3%)
133	HARAF Aleksander	1272	DELTA FORCE	M40	133	02:35:45	04:57:51	08:05:36	11:22:48.60	11:23:43.60	+05:29:57 (48.3%)	13:07	4.6 (52.3%)
134	FACON Sławomir	1074	PĘDZĄCE WIEWIÓRY	M40	134	02:34:53	05:01:11	08:16:48	11:23:34.70	11:24:39.15	+05:30:53 (48.3%)	13:08	4.6 (52.3%)
135	JANKOWSKI Tomasz	1382		M40	135	02:33:46	05:15:59	08:40:50	11:37:40.20	11:38:54.15	+05:45:08 (49.4%)	13:25	4.5 (51.1%)
136	CHODZIAK Marcin	1023		M40	136	02:37:18	05:02:40	08:24:37	11:44:09.35	11:44:28.25	+05:50:42 (49.8%)	13:32	4.4 (50.0%)
137	PEKSA Krzysztof	1269		M40	137	02:19:51	04:46:43	08:20:02	11:43:52.95	11:44:58.20	+05:51:12 (49.8%)	13:32	4.4 (50.0%)
138	WENCLAW Adam	1268		M40	138	02:19:51	04:46:41	08:20:06	11:43:53.65	11:44:58.30	+05:51:12 (49.8%)	13:32	4.4 (50.0%)
139	MARKOWSKI Szymon	1163	BIEGAJĄCY TCZEW	M40	139	02:48:59	05:22:29	08:35:02	11:58:41.25	11:59:03.70	+06:05:17 (50.8%)	13:49	4.3 (48.9%)
140	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	+06:11:00 (51.2%)	13:54	4.3 (48.9%)

Znaleziono 140 wynik(ów)