



# III ULTRA MARATON BIESZCZADZKI

B4SPORT

**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-11  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	<b>WAŚOWICZ Jan</b>	<b>594</b>	KRAKOW	M40	1	00:51:38	02:14:30	03:06:10		<b>04:29:07.15</b>	<b>04:29:09.50</b>		5:10	11.6 (100%)
2	<b>FARON Robert</b>	<b>1</b>	SALCO SPORT TEAM	M40	2	00:51:46	02:21:34	03:14:54		<b>04:34:09.15</b>	<b>04:34:11.80</b>	+00:05:02 (1.8%)	5:16	11.4 (98.3%)
3	<b>HUZIOR Piotr</b>	<b>219</b>	ATTIQ FAKE RUNNERS NOWY TARG	M40	3	00:51:41	02:26:05	03:24:32		<b>04:56:18.40</b>	<b>04:56:20.00</b>	+00:27:10 (9.2%)	5:41	10.5 (90.5%)
4	<b>ŻYTO Maciej</b>	<b>525</b>	RTV EURO AGD	M40	4	00:58:47	02:38:31	03:36:42		<b>05:06:11.55</b>	<b>05:06:15.85</b>	+00:37:06 (12.1%)	5:53	10.2 (87.9%)
5	<b>JANOWICZ Roman</b>	<b>683</b>		M40	5	00:54:16	02:30:45	03:34:44		<b>05:11:06.70</b>	<b>05:11:24.65</b>	+00:42:15 (13.6%)	5:58	10 (86.2%)
6	<b>ŚLASKI Radosław</b>	<b>778</b>	STRZYŻÓW	M40	6	00:55:52	02:35:44	03:39:17		<b>05:16:09.45</b>	<b>05:16:31.70</b>	+00:47:22 (15.0%)	6:04	9.9 (85.3%)
7	<b>CHAMIELEC Bogusław</b>	<b>314</b>	LUBIN	M40	7	00:56:59	02:37:13	03:47:12		<b>05:34:09.80</b>	<b>05:34:18.50</b>	+01:05:09 (19.5%)	6:25	9.3 (80.2%)
8	<b>WOŁOSZYN Ryszard</b>	<b>551</b>	PIZUNY ROZTOCZE WSCHODNIE	M40	8	01:02:34	02:51:19	03:57:48		<b>05:35:33.00</b>	<b>05:35:44.25</b>	+01:06:34 (19.8%)	6:27	9.3 (80.2%)
9	<b>LESZCZYŃSKI Andrzej</b>	<b>699</b>	BODY CLUB MŁAWA	M40	9	00:58:53	02:45:13	03:52:13		<b>05:38:38.75</b>	<b>05:38:57.15</b>	+01:09:47 (20.6%)	6:30	9.2 (79.3%)
10	<b>OLEK Paweł</b>	<b>613</b>	KWW	M40	10	00:58:36	02:46:57	03:55:31		<b>05:40:50.25</b>	<b>05:40:58.80</b>	+01:11:49 (21.1%)	6:33	9.2 (79.3%)
11	<b>CICHOŃ Maciej</b>	<b>784</b>	WEJHEROWO	M40	11	00:53:00	02:38:21	03:52:34		<b>05:46:05.90</b>	<b>05:46:14.25</b>	+01:17:04 (22.3%)	6:39	9 (77.6%)
12	<b>BIESIEKIERSKI Krzysztof</b>	<b>630</b>	AKM OLIMP OLSZTYN / SKLEPBIEGOWY.COM	M40	12	01:01:22	02:51:25	04:04:18		<b>05:47:49.30</b>	<b>05:48:06.95</b>	+01:18:57 (22.7%)	6:41	9 (77.6%)
13	<b>WIERZBICKI Grzegorz</b>	<b>559</b>	NOWE IGANIE	M40	13	00:59:29	02:50:04	04:01:10		<b>05:51:17.10</b>	<b>05:51:29.15</b>	+01:22:19 (23.4%)	6:45	8.9 (76.7%)
14	<b>BARANIAK Radosław</b>	<b>329</b>	LUBOŃ	M40	14	00:55:02	02:47:41	04:02:02		<b>05:54:19.85</b>	<b>05:54:21.75</b>	+01:25:12 (24.0%)	6:48	8.8 (75.9%)
15	<b>WYBOR Tomasz</b>	<b>411</b>	ŁÓDŹ RUNNING TEAM	M40	15	01:07:16	03:04:41	04:12:42		<b>05:54:12.85</b>	<b>05:54:44.20</b>	+01:25:34 (24.1%)	6:48	8.8 (75.9%)
16	<b>BARTOSIEWICZ Andrzej</b>	<b>267</b>	TKD SZAKAL JEŻYCE	M40	16	01:02:38	02:58:01	04:08:28		<b>05:55:47.60</b>	<b>05:56:44.05</b>	+01:27:34 (24.5%)	6:50	8.8 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
17	<b>JASTRZĄB Piotr</b>	<b>597</b>	DEKAN LESKO	M40	17	00:58:52	02:54:40	04:11:04		<b>05:58:33.20</b>	<b>05:58:38.20</b>	+01:29:28 (24.9%)	6:53	8.7 (75.0%)
18	<b>LENCZOWSKI Kuba</b>	<b>765</b>	KT WATER KNIGHTS ZABIERZÓW	M40	18	01:04:07	03:00:28	04:11:18		<b>05:57:35.40</b>	<b>05:58:46.75</b>	+01:29:37 (25.0%)	6:52	8.7 (75.0%)
19	<b>BRZEZIŃSKI Andrzej</b>	<b>301</b>	RYKOWISKO	M40	19	01:00:46	02:53:52	04:05:11		<b>06:00:24.15</b>	<b>06:00:44.35</b>	+01:31:34 (25.4%)	6:55	8.7 (75.0%)
20	<b>SZWAJKA Robert</b>	<b>236</b>	STALOWA WOLA	M40	20	01:05:13	02:58:04	04:11:08		<b>06:01:49.90</b>	<b>06:02:16.10</b>	+01:33:06 (25.7%)	6:57	8.6 (74.1%)
21	<b>NOWAK Piotr</b>	<b>102</b>	BIESZCZADY	M40	21	01:08:30	03:05:07	04:14:41		<b>06:02:58.25</b>	<b>06:03:44.30</b>	+01:34:34 (26.0%)	6:58	8.6 (74.1%)
22	<b>WYROBEK Łukasz</b>	<b>656</b>	KRAKÓW	M40	22	00:59:15	02:49:16	04:03:09		<b>06:04:57.50</b>	<b>06:05:04.90</b>	+01:35:55 (26.3%)	7:01	8.5 (73.3%)
23	<b>RYCYK Grzegorz</b>	<b>694</b>	KRASNYSTAW BIEGA	M40	23	01:10:54	03:14:31	04:19:54		<b>06:04:48.85</b>	<b>06:05:15.80</b>	+01:36:06 (26.3%)	7:00	8.6 (74.1%)
24	<b>FALKOWSKI Piotr</b>	<b>69</b>	PIASECZNO	M40	24	01:00:37	02:58:19	04:11:59		<b>06:06:03.10</b>	<b>06:06:09.50</b>	+01:37:00 (26.5%)	7:02	8.5 (73.3%)
25	<b>KRUPA Grzegorz</b>	<b>664</b>	GÓRSKI PÓŁMARATON ŚLĘŻAŃSKI	M40	25	01:00:16	02:59:19	04:12:58		<b>06:06:15.20</b>	<b>06:06:27.95</b>	+01:37:18 (26.6%)	7:02	8.5 (73.3%)
26	<b>WĘSIERSKI Dariusz</b>	<b>756</b>	WWW.SMREKOWAOSADA.PL	M40	26	01:04:56	03:03:20	04:16:21		<b>06:05:46.15</b>	<b>06:06:29.25</b>	+01:37:19 (26.6%)	7:02	8.5 (73.3%)
27	<b>KRUŻEL Rafał</b>	<b>447</b>	RADOMYŚL WIELKI	M40	27	01:02:02	02:57:48	04:12:36		<b>06:10:55.80</b>	<b>06:11:06.65</b>	+01:41:57 (27.5%)	7:07	8.4 (72.4%)
28	<b>ŁUBIAN Michał</b>	<b>80</b>	CTL LOGISTICS	M40	28	01:04:40	02:59:19	04:11:09		<b>06:11:08.30</b>	<b>06:11:21.25</b>	+01:42:11 (27.5%)	7:08	8.4 (72.4%)
29	<b>TELEON Piotr</b>	<b>443</b>	JACEKBIEGA RUNNINGTEAM	M40	29	00:58:39	02:53:11	04:10:53		<b>06:12:08.25</b>	<b>06:12:53.05</b>	+01:43:43 (27.8%)	7:09	8.4 (72.4%)
30	<b>GÓRSKI Krzysztof</b>	<b>95</b>	DĄBRÓWKA NOWA BIEGOWI ZAJAWKOWICZE	M40	30	00:58:53	02:52:38	04:13:36		<b>06:15:21.45</b>	<b>06:15:43.75</b>	+01:46:34 (28.4%)	7:13	8.3 (71.6%)
31	<b>SZYDA Wojciech</b>	<b>494</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	31	01:03:38	03:04:45	04:17:06		<b>06:17:51.85</b>	<b>06:17:59.35</b>	+01:48:49 (28.8%)	7:15	8.3 (71.6%)
32	<b>WIŚNIEWSKI Piotr</b>	<b>657</b>	SKÓRCZ	M40	32	01:03:28	03:02:58	04:18:14		<b>06:20:04.75</b>	<b>06:20:24.50</b>	+01:51:15 (29.2%)	7:18	8.2 (70.7%)
33	<b>MALIŃSKI Marek</b>	<b>556</b>		M40	33	01:01:33	03:02:12	04:21:19		<b>06:22:27.50</b>	<b>06:22:32.85</b>	+01:53:23 (29.6%)	7:21	8.2 (70.7%)
34	<b>SZCZEPANIAK Michał</b>	<b>286</b>	WOŁOMIN	M40	34	01:06:00	03:02:22	04:16:59		<b>06:22:35.20</b>	<b>06:23:41.80</b>	+01:54:32 (29.9%)	7:21	8.2 (70.7%)
35	<b>GOS Grzegorz</b>	<b>701</b>	KGW LESZNOWOLA	M40	35	01:02:33	02:57:54	04:12:16		<b>06:25:16.45</b>	<b>06:25:30.20</b>	+01:56:20 (30.2%)	7:24	8.1 (69.8%)
36	<b>DARSKI Rafał</b>	<b>330</b>	WIRY	M40	36	00:58:52	03:04:30	04:20:09		<b>06:25:56.70</b>	<b>06:25:58.60</b>	+01:56:49 (30.3%)	7:25	8.1 (69.8%)
37	<b>KACZOREK Marcin</b>	<b>353</b>	JÓZEFÓW	M40	37	01:04:49	03:07:47	04:25:29		<b>06:27:47.90</b>	<b>06:28:19.50</b>	+01:59:10 (30.7%)	7:27	8 (69.0%)
38	<b>CIEŚLA Jarosław</b>	<b>568</b>	BIEGAJĄCE MAŁŻEŃSTWO	M40	38	01:00:21	02:58:39	04:19:58		<b>06:28:46.40</b>	<b>06:29:01.40</b>	+01:59:51 (30.8%)	7:28	8 (69.0%)
39	<b>MARSZAŁEK Andrzej</b>	<b>285</b>	SWARZĘDZ	M40	39	01:07:30	03:07:56	04:25:07		<b>06:29:02.15</b>	<b>06:29:32.60</b>	+02:00:23 (30.9%)	7:28	8 (69.0%)

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40	<b>DEMKÓW Przemysław</b>	<b>697</b>	KB SOBÓTKA	M40	40	01:03:26	02:59:29	04:20:09		<b>06:31:07.65</b>	<b>06:31:23.00</b>	+02:02:13 (31.2%)	7:31	8 (69.0%)
41	<b>ŚMIECHOWICZ Filip</b>	<b>207</b>	LUBLIN	M40	41	01:07:43	03:11:07	04:30:52		<b>06:32:07.40</b>	<b>06:32:27.75</b>	+02:03:18 (31.4%)	7:32	8 (69.0%)
42	<b>CHOJNACKI Leszek</b>	<b>800</b>	IADP	M40	42	01:07:48	03:07:33	04:23:47		<b>06:32:51.50</b>	<b>06:33:46.30</b>	+02:04:36 (31.6%)	7:33	7.9 (68.1%)
43	<b>KONIECZNY Marcin</b>	<b>440</b>	HOUSE OF SKILLS	M40	43	00:59:09	02:59:13	04:23:42		<b>06:34:44.25</b>	<b>06:34:54.25</b>	+02:05:44 (31.8%)	7:35	7.9 (68.1%)
44	<b>WIŚNIEWSKI Jacek</b>	<b>487</b>	RUNNERS TEAM KĘTRZYN	M40	44	01:05:07	03:12:06	04:32:17		<b>06:37:11.25</b>	<b>06:37:39.35</b>	+02:08:29 (32.3%)	7:38	7.9 (68.1%)
45	<b>MIKOWSKI Artur</b>	<b>667</b>	GRÓJEC	M40	45	01:07:38	03:16:19	04:34:50		<b>06:36:59.15</b>	<b>06:37:48.20</b>	+02:08:38 (32.3%)	7:38	7.9 (68.1%)
46	<b>WOJCIECHOWSKI Michał</b>	<b>376</b>	SPARTANIE DZIECIOM	M40	46	01:08:30	03:18:37	04:32:50		<b>06:37:25.80</b>	<b>06:37:48.55</b>	+02:08:39 (32.3%)	7:38	7.9 (68.1%)
47	<b>LEWANDOWSKI Robert</b>	<b>691</b>	BIEGAM Z RADOŚCI	M40	47	01:07:25	03:18:46	04:35:18		<b>06:37:32.35</b>	<b>06:38:03.55</b>	+02:08:54 (32.4%)	7:38	7.8 (67.2%)
48	<b>DZIERKA Mariusz</b>	<b>564</b>	TOMASZÓW MAZOWIECKI	M40	48	01:07:04	03:14:19	04:35:13		<b>06:38:03.60</b>	<b>06:38:30.35</b>	+02:09:20 (32.5%)	7:39	7.8 (67.2%)
49	<b>TUROWICZ Piotr</b>	<b>577</b>	WARSZAWA	M40	49	01:01:51	03:16:42	04:42:17		<b>06:38:59.25</b>	<b>06:39:33.70</b>	+02:10:24 (32.6%)	7:40	7.8 (67.2%)
50	<b>MAJEWSKI Arkadiusz</b>	<b>626</b>	WODZISŁAW ŚLASKI	M40	50		03:14:53	04:36:03		<b>06:43:02.10</b>	<b>06:43:02.10</b>	+02:13:52 (33.2%)	7:45	7.7 (66.4%)
51	<b>JUSZKIEWICZ Zbigniew</b>	<b>422</b>	EŁK	M40	51	00:58:27	03:00:19	04:28:17		<b>06:42:56.95</b>	<b>06:43:03.95</b>	+02:13:54 (33.2%)	7:44	7.7 (66.4%)
52	<b>SZULC Krzysztof</b>	<b>169</b>	NIGHT RUNNERS WARSZAWA	M40	52	01:04:23	03:11:11	04:31:18		<b>06:44:13.25</b>	<b>06:44:31.60</b>	+02:15:22 (33.5%)	7:46	7.7 (66.4%)
53	<b>DEDERKO Piotr</b>	<b>237</b>	STRAŻ GRANICZNA BIAŁYSTOK	M40	53	01:04:56	03:17:51	04:35:41		<b>06:44:03.05</b>	<b>06:44:36.60</b>	+02:15:27 (33.5%)	7:46	7.7 (66.4%)
54	<b>DRABEK Artur</b>	<b>52</b>	KOBIERNICE	M40	54	01:09:40	03:12:41	04:38:18		<b>06:46:14.10</b>	<b>06:46:29.10</b>	+02:17:19 (33.8%)	7:48	7.7 (66.4%)
55	<b>JACHYM Marcin</b>	<b>669</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	55	01:04:43	03:13:25	04:38:16		<b>06:46:38.10</b>	<b>06:47:21.50</b>	+02:18:12 (33.9%)	7:49	7.7 (66.4%)
56	<b>NADROWSKI Piotr</b>	<b>250</b>	KONDYCJA	M40	56	01:12:15	03:25:20	04:42:25		<b>06:46:48.15</b>	<b>06:47:40.65</b>	+02:18:31 (34.0%)	7:49	7.7 (66.4%)
57	<b>ZYCH Zbigniew</b>	<b>409</b>	LUBLIN	M40	57	01:05:42	03:11:24	04:34:11		<b>06:47:29.35</b>	<b>06:47:51.50</b>	+02:18:42 (34.0%)	7:50	7.7 (66.4%)
58	<b>KRZYWICKI Paweł</b>	<b>282</b>	WARSZAWA	M40	58	01:06:21	03:21:28	04:42:10		<b>06:48:13.35</b>	<b>06:49:05.50</b>	+02:19:56 (34.2%)	7:51	7.6 (65.5%)
59	<b>MOŻEJKO Artur</b>	<b>558</b>	SPARTANIE DZIECIOM	M40	59	01:05:49	03:08:35	04:32:24		<b>06:49:05.00</b>	<b>06:50:16.85</b>	+02:21:07 (34.4%)	7:52	7.6 (65.5%)
60	<b>CHOJECKI Dariusz</b>	<b>761</b>	L	M40	60	01:05:12	03:17:14	04:40:46		<b>06:49:45.50</b>	<b>06:50:20.95</b>	+02:21:11 (34.4%)	7:52	7.6 (65.5%)
61	<b>ROSZKOWSKI Marcin</b>	<b>795</b>	WARSZAWA	M40	61	01:07:12	03:23:06	04:44:38		<b>06:54:11.85</b>	<b>06:54:46.15</b>	+02:25:36 (35.1%)	7:57	7.5 (64.7%)
62	<b>JAREMA Marek</b>	<b>50</b>	KRAKÓW	M40	62	01:06:25	03:16:19	04:41:21		<b>06:54:35.60</b>	<b>06:55:15.80</b>	+02:26:06 (35.2%)	7:58	7.5 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
63	<b>JACKOWSKI Jacek</b>	<b>242</b>	JGB "SOKÓŁ"	M40	63	01:01:25	03:10:22	04:40:39		<b>06:55:52.70</b>	<b>06:56:05.45</b>	+02:26:55 (35.3%)	7:59	7.5 (64.7%)
64	<b>BŁASZKIEWICZ Tomasz</b>	<b>46</b>	TEMMPO WAŁBRZYCH	M40	64	01:11:11	03:29:53	04:50:30		<b>06:57:08.70</b>	<b>06:58:18.60</b>	+02:29:09 (35.7%)	8:01	7.5 (64.7%)
65	<b>PIECH Krzysztof</b>	<b>730</b>	WARSZAWA	M40	65	01:06:11	03:16:22	04:43:33		<b>06:58:50.75</b>	<b>06:59:51.05</b>	+02:30:41 (35.9%)	8:03	7.4 (63.8%)
66	<b>KACZOR Waldemar</b>	<b>171</b>	RES-VET RZESZÓW	M40	66	01:01:28	03:09:22	04:32:23		<b>06:59:28.50</b>	<b>07:00:04.15</b>	+02:30:54 (35.9%)	8:04	7.4 (63.8%)
67	<b>NIEDZIELA Wojciech</b>	<b>473</b>		M40	67	01:13:52	03:29:52	04:53:08		<b>07:00:29.70</b>	<b>07:01:28.45</b>	+02:32:18 (36.1%)	8:05	7.4 (63.8%)
68	<b>SEMENIUK Tomasz</b>	<b>357</b>	GRAJEK PRASKI	M40	68	01:07:17	03:18:05	04:41:42		<b>07:01:04.20</b>	<b>07:01:44.65</b>	+02:32:35 (36.2%)	8:05	7.4 (63.8%)
69	<b>SZPYT Ryszard</b>	<b>616</b>	BIŁGORAJ	M40	69	01:08:00	03:22:09	04:43:39		<b>07:01:30.20</b>	<b>07:02:06.40</b>	+02:32:56 (36.2%)	8:06	7.4 (63.8%)
70	<b>BRONOWICKI Jarosław</b>	<b>760</b>	PRO-RUN WROCŁAW	M40	70	01:09:11	03:20:35	04:44:30		<b>07:01:46.85</b>	<b>07:02:32.55</b>	+02:33:23 (36.3%)	8:06	7.4 (63.8%)
71	<b>PALCZAK Rafał</b>	<b>85</b>	GŁOGÓW MAŁOPOLSKI	M40	71	01:12:27	03:28:53	04:53:46		<b>07:03:46.60</b>	<b>07:04:13.05</b>	+02:35:03 (36.6%)	8:08	7.4 (63.8%)
72	<b>OLEKSYK Wojciech</b>	<b>744</b>	BKB VICTORIA BRZESKO	M40	72	01:08:01	03:16:43	04:42:55		<b>07:03:39.25</b>	<b>07:04:16.25</b>	+02:35:06 (36.6%)	8:08	7.4 (63.8%)
73	<b>SZULBORSKI Darek</b>	<b>163</b>	TKKF PŁOCK	M40	73	01:08:46	03:26:09	04:49:21		<b>07:05:38.05</b>	<b>07:05:58.55</b>	+02:36:49 (36.8%)	8:11	7.3 (62.9%)
74	<b>KIRKIEWICZ Ireneusz</b>	<b>17</b>		M40	74	01:11:12	03:29:50	04:53:40		<b>07:06:02.70</b>	<b>07:06:47.00</b>	+02:37:37 (36.9%)	8:11	7.3 (62.9%)
75	<b>GALUSZKA Bogdan</b>	<b>210</b>	JGB SOKOL	M40	75	01:20:25	03:38:21	04:57:24		<b>07:06:45.90</b>	<b>07:06:58.15</b>	+02:37:48 (37.0%)	8:12	7.3 (62.9%)
76	<b>GUZIK Robert</b>	<b>241</b>	PEDRAFORCA	M40	76	01:10:41	03:24:28	04:52:56		<b>07:06:33.45</b>	<b>07:07:30.00</b>	+02:38:20 (37.0%)	8:12	7.3 (62.9%)
77	<b>WOJDA Dariusz</b>	<b>333</b>	DZIKIE DZIKI	M40	77	01:10:17	03:28:06	04:50:24		<b>07:07:41.15</b>	<b>07:08:13.20</b>	+02:39:03 (37.1%)	8:13	7.3 (62.9%)
78	<b>MAJKUCIŃSKI Marek</b>	<b>681</b>	BIEGIEM RADOM!	M40	78	01:09:42	03:29:16	04:54:55		<b>07:07:56.30</b>	<b>07:08:44.55</b>	+02:39:35 (37.2%)	8:13	7.3 (62.9%)
79	<b>PIOTROWSKI Wiktor</b>	<b>246</b>	KĘTRZYN	M40	79	01:05:09	03:15:00	04:38:16		<b>07:08:29.70</b>	<b>07:08:57.20</b>	+02:39:47 (37.3%)	8:14	7.3 (62.9%)
80	<b>KOPER Jacek</b>	<b>576</b>	ŁÓDŹ	M40	80	01:07:19	03:25:36	04:54:57		<b>07:10:01.70</b>	<b>07:10:19.15</b>	+02:41:09 (37.5%)	8:16	7.3 (62.9%)
81	<b>RYCZEK Mariusz</b>	<b>713</b>	KMD	M40	81	01:08:13	03:31:47	04:59:03		<b>07:10:07.00</b>	<b>07:10:26.95</b>	+02:41:17 (37.5%)	8:16	7.3 (62.9%)
82	<b>GAWRON Marcin</b>	<b>722</b>	TARNÓW	M40	82	01:16:09	03:31:00	04:53:54		<b>07:09:38.50</b>	<b>07:10:31.75</b>	+02:41:22 (37.5%)	8:15	7.3 (62.9%)
83	<b>SKWARŁO Marek</b>	<b>16</b>	ŚW. ANTONI PIŁA	M40	83	01:09:05	03:28:04	04:57:33		<b>07:10:55.00</b>	<b>07:11:05.00</b>	+02:41:55 (37.6%)	8:17	7.2 (62.1%)
84	<b>GRABOWICZ Paweł</b>	<b>289</b>	SIEKIERKI WIELKIE	M40	84	01:12:59	03:35:09	05:00:25		<b>07:10:15.75</b>	<b>07:11:19.05</b>	+02:42:09 (37.6%)	8:16	7.3 (62.9%)
85	<b>KACZOROWSKI Przemysław</b>	<b>407</b>	SZCZECIN	M40	85	01:11:39	03:33:41	04:58:47		<b>07:11:14.45</b>	<b>07:11:35.70</b>	+02:42:26 (37.6%)	8:17	7.2 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
86	<b>ZIELIŃSKI Michał</b>	<b>416</b>	SPARTANIE DZIECIOM	M40	86	01:14:18	03:28:31	04:54:07		<b>07:11:05.80</b>	<b>07:12:00.95</b>	+02:42:51 (37.7%)	8:17	7.2 (62.1%)
87	<b>TRAFAS Dariusz</b>	<b>541</b>	Z LASU PLOCK	M40	87	01:12:27	03:31:29	04:53:14		<b>07:12:23.40</b>	<b>07:12:44.85</b>	+02:43:35 (37.8%)	8:18	7.2 (62.1%)
88	<b>DOMIN Tomasz</b>	<b>73</b>	KRAKÓW	M40	88	01:10:48	03:32:22	04:55:28		<b>07:12:24.95</b>	<b>07:13:08.20</b>	+02:43:58 (37.9%)	8:18	7.2 (62.1%)
89	<b>WĄSOWSKI Krzysztof</b>	<b>437</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	M40	89	01:04:08	03:09:27	04:41:12		<b>07:14:04.80</b>	<b>07:14:10.75</b>	+02:45:01 (38.0%)	8:20	7.2 (62.1%)
90	<b>KARPIŃSKI Robert</b>	<b>356</b>	SPARTANIE DZIECIOM	M40	90	01:12:18	03:31:03	04:59:01		<b>07:13:20.45</b>	<b>07:14:13.40</b>	+02:45:03 (38.0%)	8:20	7.2 (62.1%)
91	<b>PACANOWSKI Robert</b>	<b>36</b>	WEŁNICA BIEGA	M40	91	01:09:51	03:31:42	04:58:50		<b>07:14:10.15</b>	<b>07:14:33.65</b>	+02:45:24 (38.1%)	8:20	7.2 (62.1%)
92	<b>PRZYBYLSKI Przemysław</b>	<b>342</b>	WEŁNICA BIEGA	M40	92	01:05:29	03:23:46	04:54:53		<b>07:14:11.65</b>	<b>07:14:35.40</b>	+02:45:25 (38.1%)	8:20	7.2 (62.1%)
93	<b>BARTOSIEWICZ Bartłomiej</b>	<b>645</b>	RZESZOW	M40	93	01:06:14	03:22:14	04:45:53		<b>07:15:23.80</b>	<b>07:15:29.35</b>	+02:46:19 (38.2%)	8:22	7.2 (62.1%)
94	<b>PROC Leszek</b>	<b>789</b>	SPARTANIE DZIECIOM	M40	94	01:08:09	03:33:50	05:00:21		<b>07:17:13.25</b>	<b>07:18:24.30</b>	+02:49:14 (38.6%)	8:24	7.1 (61.2%)
95	<b>NITSCH Tomasz</b>	<b>581</b>	UNTS WARSZAWA	M40	95	01:07:36	03:28:14	04:54:35		<b>07:21:38.60</b>	<b>07:22:28.30</b>	+02:53:18 (39.2%)	8:29	7.1 (61.2%)
96	<b>PALIK Marcin</b>	<b>500</b>	LOŻA SZYDERCÓW KIELCE	M40	96	01:06:35	03:19:46	04:48:17		<b>07:22:32.00</b>	<b>07:22:53.15</b>	+02:53:43 (39.2%)	8:30	7.1 (61.2%)
97	<b>SOPAŁA Jakub</b>	<b>130</b>	RUDNIK NAD SANEM	M40	97	01:13:16	03:36:53	05:04:46		<b>07:23:49.05</b>	<b>07:24:31.40</b>	+02:55:21 (39.5%)	8:32	7 (60.3%)
98	<b>BRZOSTEK Krzysztof</b>	<b>748</b>	WHITE RIVER	M40	98	01:11:06	03:36:32	05:01:36		<b>07:24:32.25</b>	<b>07:25:29.20</b>	+02:56:19 (39.6%)	8:32	7 (60.3%)
99	<b>MAZUR Robert</b>	<b>393</b>	SMASHING PAPKINS	M40	99	01:13:16	03:30:45	04:57:34		<b>07:24:55.45</b>	<b>07:25:53.20</b>	+02:56:43 (39.6%)	8:33	7 (60.3%)
100	<b>FINFANDO Zbigniew</b>	<b>662</b>	IZABELIN	M40	100	01:12:25	03:32:05	04:57:10		<b>07:25:12.00</b>	<b>07:26:11.80</b>	+02:57:02 (39.7%)	8:33	7 (60.3%)
101	<b>PESZEK Bogdan</b>	<b>519</b>	AKTYWNY DYNÓW	M40	101	01:12:04	03:42:04	05:09:06		<b>07:28:41.45</b>	<b>07:29:03.35</b>	+02:59:53 (40.1%)	8:37	7 (60.3%)
102	<b>NIZIOŁEK Marek</b>	<b>170</b>	ZABORZE	M40	102	01:15:08	03:43:26	05:13:36		<b>07:30:51.90</b>	<b>07:31:48.70</b>	+03:02:39 (40.4%)	8:40	6.9 (59.5%)
103	<b>FILIPOWICZ Wojciech</b>	<b>580</b>	WARSZAWA	M40	103	01:12:51	03:41:40	05:10:39		<b>07:30:50.00</b>	<b>07:32:02.05</b>	+03:02:52 (40.5%)	8:40	6.9 (59.5%)
104	<b>KOSTKA Janusz</b>	<b>65</b>	POSMAKUJ RUN TEAM	M40	104	01:08:52	03:37:47	05:08:36		<b>07:33:13.85</b>	<b>07:33:37.30</b>	+03:04:27 (40.7%)	8:42	6.9 (59.5%)
105	<b>JAKUBOWSKI Wojciech</b>	<b>91</b>	KB GEOTERMIA UNIEJÓW	M40	105	01:05:40	03:33:28	05:06:58		<b>07:35:19.05</b>	<b>07:35:30.90</b>	+03:06:21 (40.9%)	8:45	6.9 (59.5%)
106	<b>NADOLSKI Stanisław</b>	<b>303</b>	CHELM	M40	106	01:12:27	03:34:07	05:05:59		<b>07:36:15.60</b>	<b>07:36:48.45</b>	+03:07:38 (41.1%)	8:46	6.8 (58.6%)
107	<b>WAKUŁA Marek</b>	<b>465</b>	SIEDLCE	M40	107	01:07:09	03:36:14	05:08:41		<b>07:36:47.00</b>	<b>07:37:12.55</b>	+03:08:03 (41.1%)	8:47	6.8 (58.6%)
108	<b>STENCEL Piotr</b>	<b>495</b>	WODZISŁAW ŚLĄSKI	M40	108	01:11:45	03:39:16	05:14:08		<b>07:37:21.50</b>	<b>07:37:25.60</b>	+03:08:16 (41.2%)	8:47	6.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
109	<b>SZYMCZAK Mirosław</b>	<b>351</b>	SPARTANIEDZIECIOM/DREAMRUN	M40	109	01:15:22	03:36:36	05:06:50		<b>07:37:21.40</b>	<b>07:38:19.60</b>	+03:09:10 (41.3%)	8:47	6.8 (58.6%)
110	<b>BRONISZEWSKI Jakub</b>	<b>632</b>	ZĄBKI	M40	110	01:18:29	03:43:11	05:10:48		<b>07:38:11.30</b>	<b>07:39:16.45</b>	+03:10:06 (41.4%)	8:48	6.8 (58.6%)
111	<b>MOTYKA Artur</b>	<b>712</b>	TARNÓW	M40	111	01:08:30	03:31:50	04:59:38		<b>07:39:29.25</b>	<b>07:39:48.95</b>	+03:10:39 (41.5%)	8:50	6.8 (58.6%)
112	<b>LIPIŃSKI Ireneusz</b>	<b>610</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	112	01:10:31	03:39:42	05:12:49		<b>07:41:02.00</b>	<b>07:41:18.90</b>	+03:12:09 (41.7%)	8:51	6.8 (58.6%)
113	<b>WALERCZYK Paweł</b>	<b>696</b>	KORNIK	M40	113	01:07:24	03:35:39	05:14:09		<b>07:40:32.10</b>	<b>07:41:29.25</b>	+03:12:19 (41.7%)	8:51	6.8 (58.6%)
114	<b>WYSOCKI Tomasz</b>	<b>343</b>	RYBNIK	M40	114	01:11:57	03:42:53	05:13:45		<b>07:42:34.95</b>	<b>07:43:18.70</b>	+03:14:09 (41.9%)	8:53	6.7 (57.8%)
115	<b>KWIECIEŃ Krzysztof</b>	<b>460</b>	RUNSHOP.PL	M40	115	01:16:10	03:46:37	05:19:45		<b>07:42:36.95</b>	<b>07:43:28.65</b>	+03:14:19 (41.9%)	8:53	6.7 (57.8%)
116	<b>GŁUCHOWSKI Przemysław</b>	<b>552</b>	TORTUGA ADVENTURE TEAM	M40	116	01:10:01	03:32:36	05:02:37		<b>07:43:41.25</b>	<b>07:44:05.60</b>	+03:14:56 (42.0%)	8:55	6.7 (57.8%)
117	<b>ZEMBRON Jacek</b>	<b>34</b>	RZESZÓW	M40	117	01:16:25	03:47:06	05:19:19		<b>07:44:34.55</b>	<b>07:45:24.85</b>	+03:16:15 (42.2%)	8:56	6.7 (57.8%)
118	<b>MARSZAŁKOWSKI Grzegorz</b>	<b>31</b>	ŚW. ANTONI	M40	118	01:14:05	03:50:43	05:21:12		<b>07:46:48.25</b>	<b>07:46:58.50</b>	+03:17:49 (42.4%)	8:58	6.7 (57.8%)
119	<b>SZYMIK Marcin</b>	<b>544</b>	RATOWNIK GÓRNICZY	M40	119	01:09:55	03:38:52	05:12:23		<b>07:46:44.65</b>	<b>07:47:23.15</b>	+03:18:13 (42.4%)	8:58	6.7 (57.8%)
120	<b>TKACZYK Przemysław</b>	<b>48</b>	CZCICIELE BOBRZEJ NORY	M40	120	01:12:01	03:40:32	05:21:41		<b>07:48:20.30</b>	<b>07:48:56.35</b>	+03:19:46 (42.6%)	9:00	6.7 (57.8%)
121	<b>CAŁKA Grzegorz</b>	<b>584</b>	RADZYMIN RUN TEAM	M40	121	01:16:14	03:47:20	05:18:25		<b>07:49:21.65</b>	<b>07:49:43.50</b>	+03:20:34 (42.7%)	9:01	6.6 (56.9%)
122	<b>MYTNIK Grzegorz</b>	<b>266</b>	KLUB TRIATHLONOWY WATER KNIGHTS ZABIERZÓW	M40	122	01:12:56	03:39:00	05:13:39		<b>07:50:22.50</b>	<b>07:51:35.00</b>	+03:22:25 (42.9%)	9:02	6.6 (56.9%)
123	<b>CHORYŁEK Leszek</b>	<b>752</b>	CZĘSTOCHOWA	M40	123	01:12:57	03:37:41	05:14:22		<b>07:51:27.10</b>	<b>07:52:21.20</b>	+03:23:11 (43.0%)	9:03	6.6 (56.9%)
124	<b>RAUCHFLEISZ Andrzej</b>	<b>649</b>	CZOPKI KOLCZASTE	M40	124	01:17:44	03:55:39	05:32:41		<b>07:53:00.90</b>	<b>07:53:30.75</b>	+03:24:21 (43.2%)	9:05	6.6 (56.9%)
125	<b>STAN Marcin</b>	<b>402</b>	WHITE RABBIT RUNNING TEAM	M40	125	01:12:29	03:39:27	05:16:51		<b>07:53:45.30</b>	<b>07:54:06.30</b>	+03:24:56 (43.2%)	9:06	6.6 (56.9%)
126	<b>KORZEC Paweł</b>	<b>419</b>	DLAPILOTA.PL	M40	126	01:12:29	03:39:27	05:16:46		<b>07:53:45.50</b>	<b>07:54:06.40</b>	+03:24:56 (43.2%)	9:06	6.6 (56.9%)
127	<b>NOWAK Jarosław</b>	<b>47</b>	POZNAŃ	M40	127	01:14:12	03:51:34	05:24:42		<b>07:55:09.90</b>	<b>07:56:14.00</b>	+03:27:04 (43.5%)	9:08	6.6 (56.9%)
128	<b>TATARA Dariusz</b>	<b>225</b>	CHORZÓW	M40	128	01:06:55	03:36:13	05:17:51		<b>08:00:11.50</b>	<b>08:00:54.95</b>	+03:31:45 (44.0%)	9:14	6.5 (56.0%)
129	<b>JABŁOŃSKI Michał</b>	<b>720</b>	WARSZAWA	M40	129	01:19:06	03:51:09	05:23:12		<b>08:01:04.95</b>	<b>08:01:38.10</b>	+03:32:28 (44.1%)	9:15	6.5 (56.0%)
130	<b>MROZOWSKI Paweł</b>	<b>705</b>	ORANGE POLSKA	M40	130	01:19:06	03:51:08	05:23:12		<b>08:01:05.50</b>	<b>08:01:38.15</b>	+03:32:28 (44.1%)	9:15	6.5 (56.0%)
131	<b>SZYMAŃSKI Adam</b>	<b>774</b>		M40	131	01:15:35	03:54:41	05:26:09		<b>08:00:59.65</b>	<b>08:01:41.25</b>	+03:32:31 (44.1%)	9:14	6.5 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
132	<b>STANKIEWICZ Ireneusz</b>	<b>313</b>	LUBIN-START ŚCINAWA	M40	132	01:13:37	03:44:11	05:22:26		<b>08:01:24.75</b>	<b>08:01:58.80</b>	+03:32:49 (44.2%)	9:15	6.5 (56.0%)
133	<b>KAWA Michał</b>	<b>110</b>	PUŁAWY	M40	133	01:16:04	03:36:42	05:16:03		<b>08:02:56.05</b>	<b>08:03:55.55</b>	+03:34:46 (44.4%)	9:17	6.5 (56.0%)
134	<b>GROSSE Paweł</b>	<b>727</b>	WARSZAWA	M40	134	01:09:48	03:40:47	05:39:24		<b>08:07:07.15</b>	<b>08:07:15.80</b>	+03:38:06 (44.8%)	9:22	6.4 (55.2%)
135	<b>PAPE Martin</b>	<b>373</b>	WITC	M40	135	01:16:47	03:43:04	05:24:40		<b>08:07:40.55</b>	<b>08:08:33.05</b>	+03:39:23 (44.9%)	9:22	6.4 (55.2%)
136	<b>SŁUPECKI Radosław</b>	<b>319</b>	CHOTOMÓW	M40	136	01:11:38	03:36:49	05:21:24		<b>08:09:09.55</b>	<b>08:10:10.15</b>	+03:41:00 (45.1%)	9:24	6.4 (55.2%)
137	<b>ROGÓSZ Piotr</b>	<b>337</b>	ODBIEGAMYODNORMY	M40	137	01:15:41	03:47:03	05:27:35		<b>08:10:51.15</b>	<b>08:11:31.95</b>	+03:42:22 (45.2%)	9:26	6.4 (55.2%)
138	<b>WICIAK Ziemowit</b>	<b>528</b>	STAROGARD GDAŃSKI	M40	138	01:16:48	03:59:53	05:38:52		<b>08:11:18.70</b>	<b>08:12:28.85</b>	+03:43:19 (45.3%)	9:26	6.4 (55.2%)
139	<b>LICHWA Grzegorz</b>	<b>788</b>		M40	139	01:14:01	03:57:02	05:32:27		<b>08:11:31.90</b>	<b>08:12:33.25</b>	+03:43:23 (45.4%)	9:27	6.3 (54.3%)
140	<b>BOLANOWSKI Piotr</b>	<b>227</b>	POSADA GÓRNA	M40	140	01:11:48	03:52:00	05:21:03		<b>08:19:46.65</b>	<b>08:20:11.80</b>	+03:51:02 (46.2%)	9:36	6.2 (53.4%)
141	<b>ŁOKAS Andrzej</b>	<b>134</b>	BĘDZIN	M40	141	01:21:35	04:00:52	05:44:53		<b>08:23:23.70</b>	<b>08:24:26.15</b>	+03:55:16 (46.6%)	9:40	6.2 (53.4%)
142	<b>GARCARZ Mariusz</b>	<b>747</b>	LIMANOWA	M40	142	01:19:43	04:03:46	05:44:16		<b>08:26:15.95</b>	<b>08:27:00.70</b>	+03:57:51 (46.9%)	9:44	6.2 (53.4%)
143	<b>LEŚNIEWICZ Tomasz</b>	<b>124</b>	STARE WUJE	M40	143	01:13:54	03:52:03	05:44:06		<b>08:30:27.60</b>	<b>08:31:35.25</b>	+04:02:25 (47.4%)	9:48	6.1 (52.6%)
144	<b>KUBALA Sylwester</b>	<b>90</b>	KALISZ	M40	144	01:19:54	04:09:44	05:49:35		<b>08:37:59.65</b>	<b>08:38:45.35</b>	+04:09:35 (48.1%)	9:57	6 (51.7%)
145	<b>SMYK Robert</b>	<b>806</b>	OTK RZEŹNIK	M40	145	01:20:17	04:10:07	05:58:35		<b>08:50:59.05</b>	<b>08:52:07.70</b>	+04:22:58 (49.4%)	10:12	5.9 (50.9%)
146	<b>SIÓDMIAK Cezary</b>	<b>254</b>	KALIŃSKA TEAM-WARSZAWA	M40	146	01:15:44	03:56:50	05:53:28		<b>08:55:08.15</b>	<b>08:55:16.85</b>	+04:26:07 (49.7%)	10:17	5.8 (50.0%)
147	<b>HOLOVIN Jozef</b>	<b>520</b>	BARCZEWKO	M40	147	01:21:53	04:18:10	06:16:54		<b>09:00:03.65</b>	<b>09:00:19.70</b>	+04:31:10 (50.2%)	10:23	5.8 (50.0%)
	<b>ŚMIECHOWICZ Gerard</b>	<b>589</b>	WARSZAWA	M40		01:40:35 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MUSIAŁ Michał</b>	<b>526</b>	BYDGOSZCZ	M40		00:59:06 DNF	02:57:46 DNF	04:32:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SKWIERCZYNSKI Darek</b>	<b>703</b>	SULEJÓWEK	M40		01:03:38 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PIĄTEK Roman</b>	<b>605</b>	KRAKÓW	M40		DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 151 wynik(ów)