



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2017
Fundacja Bieg Rzeźnika
2017-01-29
Cisna
44,6 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	CISZCZONIK Sebastian	511	DOBRY ZBEER, RGIG	M30	1	00:00:35	01:59:32	02:35:59	03:12:32	03:30:31.70	03:30:31.70		4:43	12.7 (100%)
2	ŚLĘCZKA Damian	257	ARGO SP. Z O.O. ŁAŃCUT / DIT PRO	M30	2	00:00:41	02:09:27	02:46:43	03:25:54	03:43:20.00	03:43:20.00	+00:12:48 (5.7%)	5:00	12 (94.5%)
3	GAWLIK Sławek	426	MARCINSWIERCTEAM	M30	3	00:00:34	02:07:51	02:45:30	03:26:49	03:44:47.50	03:44:47.50	+00:14:15 (6.3%)	5:02	11.9 (93.7%)
4	NOWAKOWSKI Tobiasz	331	MKB DREPTAK	M30	4	00:00:52	02:05:16	02:44:58	03:25:59	03:45:55.45	03:45:55.45	+00:15:23 (6.8%)	5:03	11.8 (92.9%)
5	FLOREK Sebastian	615	NORAFSPORT	M30	5	00:01:09	02:16:40	02:54:06	03:32:17	03:48:33.15	03:48:33.15	+00:18:01 (7.9%)	5:07	11.7 (92.1%)
6	HETMAN Radosław	377	GRUPA NOMAX	M30	6	00:00:42	02:09:07	02:48:19	03:32:52	03:52:02.05	03:52:02.05	+00:21:30 (9.3%)	5:12	11.5 (90.6%)
7	PRĘTNIK Sławomir	416	ORGAZM ANTYLOPY	M30	7	00:00:49	02:12:50	02:53:19	03:35:03	03:55:06.15	03:55:06.15	+00:24:34 (10.5%)	5:16	11.4 (89.8%)
8	AUGUSTYŃSKI Sylwester	64	LACHO TEAM	M30	8	00:02:08	02:14:53	02:57:28	03:40:25	04:00:39.55	04:00:39.55	+00:30:07 (12.5%)	5:23	11.1 (87.4%)
9	TYBUREK Michał	518	BIEGAJĄCY ŚWIDNIK	M30	9	00:00:40	02:15:06	03:00:22	03:42:48	04:01:37.15	04:01:37.15	+00:31:05 (12.9%)	5:25	11.1 (87.4%)
10	KRZEMIŃSKI Marcin	348	SPRINT GORZYCE	M30	10	00:02:13	02:20:15	03:01:36	03:44:03	04:02:16.25	04:02:16.25	+00:31:44 (13.1%)	5:25	11 (86.6%)
11	ŁAGOŻNY Łukasz	782	BRUBECK TEAM	M30	11	00:00:40	02:16:57	03:00:49	03:44:16	04:02:37.85	04:02:37.85	+00:32:06 (13.2%)	5:26	11 (86.6%)
12	LAKSA Dariusz	652		M30	12	00:00:38	02:16:25	02:56:28	03:41:05	04:02:42.55	04:02:42.55	+00:32:10 (13.3%)	5:26	11 (86.6%)
13	URBASEK Łukasz	215		M30	13	00:01:57	02:19:05	03:01:07	03:44:03	04:04:22.75	04:04:22.75	+00:33:51 (13.9%)	5:28	11 (86.6%)
14	SUROWIEC Grzegorz	816	BESTA SP. Z O.O.	M30	14	00:00:38	02:18:04	03:01:13	03:45:30	04:04:46.45	04:04:46.45	+00:34:14 (14.0%)	5:29	10.9 (85.8%)
15	CZAJKA Karol	70	INKUBATOR PRZEDSIĘBIORCZOŚCI W LUBLINIE FRL.	M30	15	00:00:38	02:13:44	03:00:14	03:44:23	04:05:27.35	04:05:27.35	+00:34:55 (14.2%)	5:30	10.9 (85.8%)
16	KOZIEŁ Grzegorz	188	SILESIA RUNNERS CLUB	M30	16	00:01:01	02:19:25	03:02:58	03:47:51	04:07:31.20	04:07:31.20	+00:36:59 (14.9%)	5:32	10.8 (85.0%)
17	WASYLÓW Jacek	463	ANTEK TEAM PRZEMYSŁ	M30	17	00:01:07	02:21:27	03:07:36	03:50:36	04:09:39.60	04:09:39.60	+00:39:07 (15.7%)	5:35	10.7 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
18	KWIATKOWSKI Michael	25		M30	18	00:00:43	02:15:38	03:03:48	03:51:55	04:13:22.05	04:13:22.05	+00:42:50 (16.9%)	5:40	10.6 (83.5%)
19	DUCKI Piotr	749	OTK	M30	19	00:01:03	02:23:16	03:07:22	03:53:15	04:13:39.60	04:13:39.60	+00:43:07 (17.0%)	5:41	10.5 (82.7%)
20	MISZCZAK Szymon	824	REHABILITANCI.ORG.PL	M30	20	00:00:44	02:24:02	03:10:30	03:54:45	04:14:20.70	04:14:20.70	+00:43:49 (17.2%)	5:42	10.5 (82.7%)
21	WIĘCH Piotr	389		M30	21	00:01:10	02:22:28	03:12:04	03:56:09	04:14:24.45	04:14:24.45	+00:43:52 (17.2%)	5:42	10.5 (82.7%)
22	BARANOWSKI Jacek	735	JACEKBIEGA RUNNING TEAM	M30	22	00:00:50	02:19:55	03:08:36	03:54:23	04:14:52.00	04:14:52.00	+00:44:20 (17.4%)	5:42	10.5 (82.7%)
23	BACHER Stanisław	620		M30	23	00:00:55	02:11:05	03:01:11	03:54:04	04:17:44.70	04:17:44.70	+00:47:13 (18.3%)	5:46	10.4 (81.9%)
24	REJ Mirosław	106	M&T WYJADACZE PARÓWKÓW	M30	24	00:00:55	02:22:11	03:08:09	03:55:16	04:18:43.50	04:18:43.50	+00:48:11 (18.6%)	5:48	10.3 (81.1%)
25	LONC Tomasz	107	M&T WYJADACZE PARÓWKÓW	M30	25	00:00:54	02:22:21	03:08:09	03:55:20	04:18:45.35	04:18:45.35	+00:48:13 (18.6%)	5:48	10.3 (81.1%)
26	DUDA Paweł	422	HOTEL NAFTA KROSNO	M30	26	00:00:58	02:26:32	03:12:52	03:59:05	04:19:22.90	04:19:22.90	+00:48:51 (18.8%)	5:48	10.3 (81.1%)
27	ŻUREK Paweł	324	RUNTEAM PAWŁOWICE	M30	27	00:01:52	02:25:51	03:12:42	03:58:46	04:19:56.00	04:19:56.00	+00:49:24 (19.0%)	5:49	10.3 (81.1%)
28	BRZOZOWSKI Łukasz	219	I-BS.PL SPORT TEAM	M30	28	00:00:45	02:19:26	03:08:43	03:58:53	04:21:13.55	04:21:13.55	+00:50:41 (19.4%)	5:51	10.2 (80.3%)
29	GURGUL Sebastian	94	AROMAT NÓG	M30	29	00:01:02	02:30:21	03:14:57	04:00:13	04:21:13.85	04:21:13.85	+00:50:42 (19.4%)	5:51	10.2 (80.3%)
30	CAGARA Paweł	766		M30	30	00:00:44	02:23:24	03:12:41	04:00:55	04:21:54.80	04:21:54.80	+00:51:23 (19.6%)	5:52	10.2 (80.3%)
31	ŁUKASIK Michał	724	RUN-BIKE.PL	M30	31	00:02:09	02:24:01	03:12:52		04:23:17.25	04:23:17.25	+00:52:45 (20.0%)	5:54	10.2 (80.3%)
32	CZELEJ Rafał	184	BIEGAJĄCY ŚWIDNIK	M30	32	00:00:50	02:20:54	03:10:34	04:01:39	04:23:37.10	04:23:37.10	+00:53:05 (20.1%)	5:54	10.2 (80.3%)
33	PIECUCH Marcin	90	LACHO TEAM	M30	33	00:02:03	02:28:27	03:16:16	04:03:33	04:24:37.60	04:24:37.60	+00:54:05 (20.4%)	5:55	10.1 (79.5%)
34	GRĘBOWIEC Mateusz	19	TSA SANDOMIERZ	M30	34	00:01:09	02:25:51	03:15:45	04:03:48	04:24:48.65	04:24:48.65	+00:54:16 (20.5%)	5:56	10.1 (79.5%)
35	SOŁOWIEJ Łukasz	774		M30	35	00:00:44	02:28:06	03:16:25	04:04:45	04:24:53.90	04:24:53.90	+00:54:22 (20.5%)	5:56	10.1 (79.5%)
36	MATUSIAK Michał	143	ROWERY MAŁGOŚKA	M30	36	00:01:00	02:23:08	03:16:35	04:05:55	04:26:14.90	04:26:14.90	+00:55:43 (20.9%)	5:58	10.1 (79.5%)
37	POTOCZNY Piotr	477	K&K	M30	37	00:01:44	02:29:40	03:18:09	04:05:58	04:26:56.10	04:26:56.10	+00:56:24 (21.1%)	5:59	10 (78.7%)
38	NOWAK Piotr	373		M30	38	00:01:29	02:24:54	03:15:10	04:05:18	04:27:04.85	04:27:04.85	+00:56:33 (21.2%)	5:59	10 (78.7%)
39	DEJAS Tomasz	105		M30	39	00:01:44	02:28:35	03:18:07	04:09:26	04:31:25.00	04:31:25.00	+01:00:53 (22.4%)	6:05	9.9 (78.0%)
40	FLĄDRO Daniel	244		M30	40	00:00:56	02:26:31	03:19:56	04:09:28	04:31:26.45	04:31:26.45	+01:00:54 (22.4%)	6:05	9.9 (78.0%)
41	MACHUCKI Adrian	160	21 BSP	M30	41	00:00:46	02:27:04	03:17:59	04:08:20	04:32:08.00	04:32:08.00	+01:01:36 (22.6%)	6:06	9.8 (77.2%)
42	HYDZIK Grzegorz	251		M30	42	00:01:26	02:37:07	03:26:55	04:17:11	04:38:37.90	04:38:37.90	+01:08:06 (24.4%)	6:14	9.6 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
43	PONIEWOZIK Irek	72		M30	43	00:00:42	02:36:19	03:29:04	04:17:51	04:39:41.55	04:39:41.55	+01:09:09 (24.7%)	6:16	9.6 (75.6%)
44	HAUPT Krzysztof	778		M30	44	00:01:54	02:28:28	03:20:33	04:16:17	04:39:44.75	04:39:44.75	+01:09:13 (24.7%)	6:16	9.6 (75.6%)
45	KUSZ Tomasz	276		M30	45	00:02:52	02:35:59	03:27:27	04:17:59	04:41:49.35	04:41:49.35	+01:11:17 (25.3%)	6:19	9.5 (74.8%)
46	ZAWADZKI Mariusz	339		M30	46	00:00:40	02:34:50	03:25:20	04:16:40	04:42:14.50	04:42:14.50	+01:11:42 (25.4%)	6:19	9.5 (74.8%)
47	BASZAK Tomasz	671	SIŁA OGRA	M30	47	00:00:45	02:40:38	03:30:51	04:20:07	04:42:30.95	04:42:30.95	+01:11:59 (25.5%)	6:20	9.5 (74.8%)
48	KSIĄŻKIEWICZ Bartłomiej	101	ROCKY BALBOA RUNNING CLUB	M30	48	00:00:39	02:35:39	03:30:15	04:19:54	04:42:34.50	04:42:34.50	+01:12:02 (25.5%)	6:20	9.5 (74.8%)
49	KOSIN Paweł	212	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	49	00:01:12	02:38:00	03:30:16	04:20:36	04:43:24.20	04:43:24.20	+01:12:52 (25.7%)	6:21	9.4 (74.0%)
50	WECLAS Maciek	466		M30	50	00:02:30	02:48:51	03:38:43	04:24:26	04:43:40.15	04:43:40.15	+01:13:08 (25.8%)	6:21	9.4 (74.0%)
51	ILKIEWICZ Adam	637	ALLIANZ RUNNING TEAM	M30	51	00:02:06	02:48:47	03:37:39	04:24:27	04:44:11.20	04:44:11.20	+01:13:39 (25.9%)	6:22	9.4 (74.0%)
52	SMOLEŃ Piotr	535		M30	52	00:02:28	02:32:41	03:31:47	04:21:24	04:44:33.90	04:44:33.90	+01:14:02 (26.0%)	6:22	9.4 (74.0%)
53	RIJ Tomasz	480	FINISZ RYMANÓW	M30	53	00:01:45	02:43:04	03:34:50	04:24:06	04:47:09.45	04:47:09.45	+01:16:37 (26.7%)	6:26	9.3 (73.2%)
54	ZIĘBA Marcin	11	PORANNY PATROL	M30	54	00:02:52	02:32:07	03:28:47	04:21:25	04:47:40.05	04:47:40.05	+01:17:08 (26.8%)	6:26	9.3 (73.2%)
55	KRÓLIKOWSKI Igor	337	RABBITS	M30	55	00:01:17	02:35:44	03:30:34	04:24:01	04:47:50.65	04:47:50.65	+01:17:18 (26.9%)	6:27	9.3 (73.2%)
56	JANKOWSKI Sebastian	544		M30	56	00:01:36	02:40:49	03:35:21	04:23:56	04:47:54.65	04:47:54.65	+01:17:22 (26.9%)	6:27	9.3 (73.2%)
57	ZAWADZKI Piotr	258	NIGHT RUNNERS PŁOCK	M30	57	00:00:33	02:39:09	03:33:51	04:24:57	04:47:56.70	04:47:56.70	+01:17:25 (26.9%)	6:27	9.3 (73.2%)
58	KORDOWICZ Łukasz	80	BUT BIŁGORAJ ULTRA TRAIL	M30	58	00:01:08	02:28:16	03:25:42	04:23:00	04:48:13.10	04:48:13.10	+01:17:41 (27.0%)	6:27	9.3 (73.2%)
59	SUDZIŃSKI Jacek	436		M30	59	00:02:12	02:41:29	03:34:59	04:24:52	04:49:38.55	04:49:38.55	+01:19:06 (27.3%)	6:29	9.2 (72.4%)
60	WINIARCZYK Emil	126		M30	60	00:00:57	02:33:12	03:29:58	04:25:20	04:51:12.10	04:51:12.10	+01:20:40 (27.7%)	6:31	9.2 (72.4%)
61	TWARDOWSKI Tomasz	358		M30	61	00:02:55	02:43:17	03:36:58	04:28:00	04:52:40.20	04:52:40.20	+01:22:08 (28.1%)	6:33	9.1 (71.7%)
62	PIETRYSZYN Mariusz	41		M30	62	00:00:46	02:36:33	03:35:38	04:29:27	04:53:37.10	04:53:37.10	+01:23:05 (28.3%)	6:35	9.1 (71.7%)
63	RUSZNICA Tomasz	46	ZSG RZESZÓW	M30	63	00:01:35	02:54:33	03:44:11	04:32:41	04:53:38.95	04:53:38.95	+01:23:07 (28.3%)	6:35	9.1 (71.7%)
64	GAŁUSZKA Bogusław	254		M30	64	00:02:05	02:47:35	03:44:36	04:33:13	04:53:39.85	04:53:39.85	+01:23:08 (28.3%)	6:35	9.1 (71.7%)
65	KOŚCIAŃSKI Paweł	664		M30	65	00:02:55	02:48:31	03:39:52	04:32:39	04:54:14.10	04:54:14.10	+01:23:42 (28.4%)	6:35	9.1 (71.7%)
66	SEGIET Paweł	313	SILESIA RUNNERS CLUB	M30	66	00:01:03	02:33:59	03:30:44	04:28:31	04:54:50.85	04:54:50.85	+01:24:19 (28.6%)	6:36	9.1 (71.7%)
67	MILEWSKI Mateusz	776	MINISTERSTWO GŁUPICH KROKÓW	M30	67	00:02:22	02:44:34	03:40:21	04:31:58	04:54:58.35	04:54:58.35	+01:24:26 (28.6%)	6:36	9.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
68	GWIZDAŁA Łukasz	605	THENATURAT	M30	68	00:02:21	02:49:45	03:44:09	04:33:55	04:57:05.95	04:57:05.95	+01:26:34 (29.1%)	6:39	9 (70.9%)
69	BYRCZEK Michał	225		M30	69	00:01:28	02:47:38	03:43:49	04:34:40	04:57:06.70	04:57:06.70	+01:26:35 (29.1%)	6:39	9 (70.9%)
70	KANIEWSKI Ireneusz	627		M30	70	00:02:25	02:40:56	03:37:43	04:32:20	04:57:14.20	04:57:14.20	+01:26:42 (29.2%)	6:39	9 (70.9%)
71	WRÓBEL Adam	712		M30	71	00:02:16	02:46:57	03:44:12	04:35:00	04:57:44.55	04:57:44.55	+01:27:12 (29.3%)	6:40	9 (70.9%)
72	ŻYWCZAK Artur	742	KM PSP KRAKÓW	M30	72	00:00:41	02:40:32	03:40:01	04:36:01	04:57:58.20	04:57:58.20	+01:27:26 (29.3%)	6:40	9 (70.9%)
73	MORAWA Mateusz	168	LACHO TEAM	M30	73	00:02:17	02:40:22	03:39:29	04:35:25	04:58:06.25	04:58:06.25	+01:27:34 (29.4%)	6:41	9 (70.9%)
74	SKOTNICKI Dariusz	234	EKIPA Z TARNOWA	M30	74	00:02:16	02:45:31	03:43:29	04:35:03	04:58:18.75	04:58:18.75	+01:27:47 (29.4%)	6:41	9 (70.9%)
75	OSIŃSKI Robert	170		M30	75	00:02:19	02:45:45	03:40:59	04:35:12	04:58:20.70	04:58:20.70	+01:27:49 (29.4%)	6:41	9 (70.9%)
76	POPŁAWSKI Piotr	378	PGB SPORTOWA PACZKA	M30	76	00:01:12	02:44:16	03:40:57	04:34:38	04:59:40.35	04:59:40.35	+01:29:08 (29.7%)	6:43	8.9 (70.1%)
77	GUZIK Łukasz	811	KKKT	M30	77	00:03:00	02:54:59	03:49:37	04:38:52	04:59:41.50	04:59:41.50	+01:29:09 (29.8%)	6:43	8.9 (70.1%)
78	SWACHA Piotr	312	BIŁGORAJ BIEGA	M30	78	00:01:44	02:47:42	03:44:47	04:36:14	05:00:56.80	05:00:56.80	+01:30:25 (30.0%)	6:44	8.9 (70.1%)
79	SZKODA Robert	357	BIŁGORAJ BIEGA	M30	79	00:01:30	02:47:42	03:44:49	04:36:14	05:00:57.70	05:00:57.70	+01:30:26 (30.0%)	6:44	8.9 (70.1%)
80	CHRUŚCIEL Michał	817	SPRINT GORZYCE	M30	80	00:02:00	02:45:23	03:45:49	04:37:20	05:01:17.35	05:01:17.35	+01:30:45 (30.1%)	6:45	8.9 (70.1%)
81	PELA Dariusz	297	SKY-TRANS TMT TORUŃ	M30	81	00:01:25	02:43:49	03:40:31	04:34:43	05:01:53.95	05:01:53.95	+01:31:22 (30.3%)	6:46	8.9 (70.1%)
82	CHODAKOWSKI Marceli	789	K.B.GEOTERMIA UNIEJÓW	M30	82	00:02:31	02:44:04	03:43:43	04:36:05	05:01:54.35	05:01:54.35	+01:31:22 (30.3%)	6:46	8.9 (70.1%)
83	POGOCKI Piotr	275		M30	83	00:02:53	02:48:45	03:45:16	04:38:29	05:02:15.50	05:02:15.50	+01:31:43 (30.3%)	6:46	8.9 (70.1%)
84	MAŚLANKA Piotr	763	BYDGOŚCIE	M30	84	00:01:51	02:43:46	03:43:30	04:39:18	05:02:36.35	05:02:36.35	+01:32:04 (30.4%)	6:47	8.8 (69.3%)
85	ANDRES Kamil	434	KS JANUSZE	M30	85	00:02:37	03:08:25	03:57:41	04:44:00	05:02:48.90	05:02:48.90	+01:32:17 (30.5%)	6:47	8.8 (69.3%)
86	NOWACKI Dawid	262		M30	86	00:03:08	02:55:17	03:54:05	04:42:08	05:03:15.75	05:03:15.75	+01:32:44 (30.6%)	6:47	8.8 (69.3%)
87	SUCH Arkadiusz	371	RZESZOWSKIE GAZELE I GEPARDY	M30	87	00:03:05	02:51:59	03:47:06	04:38:35	05:03:23.00	05:03:23.00	+01:32:51 (30.6%)	6:48	8.8 (69.3%)
88	BUCZYŃSKI Radosław	154	NIGHT RUNNERS GLIWICE	M30	88	00:01:13	02:43:03	03:44:38	04:39:26	05:04:40.00	05:04:40.00	+01:34:08 (30.9%)	6:49	8.8 (69.3%)
89	JAKUBIEC Szymon	166	LACHO TEAM	M30	89	00:02:18	02:58:46	03:56:43	04:44:25	05:05:52.65	05:05:52.65	+01:35:20 (31.2%)	6:51	8.7 (68.5%)
90	TRYBUCHOWICZ Michał	752		M30	90	00:01:50	02:53:32	03:55:33	04:44:56	05:05:53.35	05:05:53.35	+01:35:21 (31.2%)	6:51	8.7 (68.5%)
91	SAMSON Sebastian	580		M30	91	00:01:37	02:47:28	03:46:04	04:40:34	05:06:25.25	05:06:25.25	+01:35:53 (31.3%)	6:52	8.7 (68.5%)
92	ŻURAWSKI Sławomir	393	PGB SPORTOWA PACZKA	M30	92	00:01:12	02:47:13	03:50:50	04:43:10	05:06:58.20	05:06:58.20	+01:36:26 (31.4%)	6:52	8.7 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
93	GOLBA Łukasz	54	ZABIEGANI MIELEC	M30	93	00:01:21	02:46:13	03:47:01	04:43:05	05:07:35.35	05:07:35.35	+01:37:03 (31.6%)	6:53	8.7 (68.5%)
94	KALANDYK Wojciech	117	TURLAM SIĘ DO METY	M30	94	00:01:57	02:49:07	03:50:19	04:41:41	05:07:37.05	05:07:37.05	+01:37:05 (31.6%)	6:53	8.7 (68.5%)
95	CZACHOR Andrzej	118	TURLAM SIĘ DO METY	M30	95	00:01:57	02:49:07	03:50:18	04:41:41	05:07:37.65	05:07:37.65	+01:37:05 (31.6%)	6:53	8.7 (68.5%)
96	KULON Marcin	797		M30	96	00:03:09	02:55:04	03:49:59	04:44:01	05:07:42.80	05:07:42.80	+01:37:11 (31.6%)	6:53	8.7 (68.5%)
97	DOMAGAŁA Michał	757		M30	97	00:02:58	02:58:07	03:53:45	04:44:21	05:08:05.85	05:08:05.85	+01:37:34 (31.7%)	6:54	8.7 (68.5%)
98	WŁODEK Mateusz	500		M30	98	00:01:45	02:41:14	03:42:27	04:42:00	05:09:45.35	05:09:45.35	+01:39:13 (32.0%)	6:56	8.6 (67.7%)
99	MROZEK Krzysztof	429	BIEGAM BO CHCĘ	M30	99	00:00:50	02:45:29	03:50:21	04:43:34	05:10:13.15	05:10:13.15	+01:39:41 (32.1%)	6:57	8.6 (67.7%)
100	WICZUK Michał	419	MKB DREPTAK	M30	100	00:00:53	02:41:04	03:46:49	04:41:43	05:10:15.35	05:10:15.35	+01:39:43 (32.1%)	6:57	8.6 (67.7%)
101	BORSIAK Sebastian	132		M30	101	00:03:06	02:48:41	03:48:51	04:42:50	05:11:05.35	05:11:05.35	+01:40:33 (32.3%)	6:58	8.6 (67.7%)
102	KOKOT Roman	691	AKTYWNY DYNÓW	M30	102	00:01:41	02:50:49	03:48:45	04:44:06	05:11:10.70	05:11:10.70	+01:40:39 (32.3%)	6:58	8.6 (67.7%)
103	POSADZKI Paweł	499	MPFOTO.COM.PL	M30	103	00:03:08	02:54:28	03:53:28	04:45:37	05:11:15.60	05:11:15.60	+01:40:43 (32.4%)	6:58	8.6 (67.7%)
104	PYSZKO Janusz	203	WWW.GOHARDORGOHOME.PL	M30	104	00:01:20	02:45:34	03:47:00	04:43:13	05:11:19.50	05:11:19.50	+01:40:47 (32.4%)	6:58	8.6 (67.7%)
105	ANDREJKOW Arkadiusz	263		M30	105	00:01:23	02:50:41	03:46:59	04:43:13	05:11:31.55	05:11:31.55	+01:40:59 (32.4%)	6:59	8.6 (67.7%)
106	SUSKI Józef	125	BIEGACZ NOWOSOLNA	M30	106	00:01:08	02:49:37	03:48:59	04:44:09	05:11:49.50	05:11:49.50	+01:41:17 (32.5%)	6:59	8.6 (67.7%)
107	ŚCIBOR Marcin	670	KB GALERIA WARSZAWA	M30	107	00:01:34	02:53:39	03:51:57	04:45:34	05:12:14.25	05:12:14.25	+01:41:42 (32.6%)	7:00	8.6 (67.7%)
108	GUT Przemysław	765	JACEKBIEGA RUNNING TEAM	M30	108	00:01:49	02:49:28	03:52:15	04:46:28	05:12:21.35	05:12:21.35	+01:41:49 (32.6%)	7:00	8.6 (67.7%)
109	PRZYCHODZEŃ Paweł	394		M30	109	00:01:50	02:49:27	03:52:16	04:46:28	05:12:23.60	05:12:23.60	+01:41:51 (32.6%)	7:00	8.6 (67.7%)
110	BANASIEWICZ Paweł	248	POZYTYWNIIE ZABIEGANI SANOK	M30	110	00:01:26	02:55:06	03:54:18	04:46:35	05:12:24.70	05:12:24.70	+01:41:53 (32.6%)	7:00	8.6 (67.7%)
111	DYMEK Paweł	286	FESTINALENTE	M30	111	00:01:09	02:50:21	03:50:20	04:46:38	05:12:27.85	05:12:27.85	+01:41:56 (32.6%)	7:00	8.6 (67.7%)
112	ROMANÓW Przemek	736	TRUCHT TARCHOMIN TEAM	M30	112	00:01:32	02:53:29	03:52:48	04:48:29	05:13:03.20	05:13:03.20	+01:42:31 (32.8%)	7:01	8.5 (66.9%)
113	RABADA Artur	299		M30	113	00:01:45	02:47:23	03:50:10	04:46:55	05:14:00.35	05:14:00.35	+01:43:28 (33.0%)	7:02	8.5 (66.9%)
114	BODZON Marcin	309	ŻÓŁW ULTRAS TEAM WOŁOMIN	M30	114	00:02:27	03:01:13	03:58:46	04:50:16	05:14:07.45	05:14:07.45	+01:43:35 (33.0%)	7:02	8.5 (66.9%)
115	RUTA Mikołaj	352	SPORTMATRIX.COM	M30	115	00:02:20	02:48:59	03:49:09	04:46:02	05:14:25.30	05:14:25.30	+01:43:53 (33.0%)	7:02	8.5 (66.9%)
116	JANIK Paweł	180	CF RZESZÓW 6AM	M30	116	00:03:06	02:52:48	03:50:44	04:47:36	05:14:29.05	05:14:29.05	+01:43:57 (33.1%)	7:03	8.5 (66.9%)
117	KISIAŁA Filip	30	LACHO TEAM	M30	117	00:02:13	02:56:26	03:53:38	04:48:55	05:15:27.30	05:15:27.30	+01:44:55 (33.3%)	7:04	8.5 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
118	KRAWCZAK Kamil	110	BIEGUSIEM.PL	M30	118	00:02:54	03:00:21	03:59:41	04:49:22	05:16:37.95	05:16:37.95	+01:46:06 (33.5%)	7:05	8.5 (66.9%)
119	POTONIEC Grzegorz	772		M30	119	00:02:50	02:54:00	03:57:22	04:50:45	05:16:46.60	05:16:46.60	+01:46:14 (33.5%)	7:06	8.4 (66.1%)
120	ŻOŁNIEROWICZ Hubert	86	BIEGAM BO LUBIĘ ZĄBKI TEAM	M30	120	00:02:46	02:54:43	03:58:57	04:53:36	05:18:56.00	05:18:56.00	+01:48:24 (34.0%)	7:09	8.4 (66.1%)
121	SOCHA Marcin	771	AKTYWNY DYNÓW	M30	121	00:01:38	02:55:13	03:55:42	04:51:09	05:19:26.35	05:19:26.35	+01:48:54 (34.1%)	7:09	8.4 (66.1%)
122	KIEWISZ Adam	709	SS DRUŻYNA WILKA	M30	122	00:02:11	02:48:20	03:55:36	04:53:37	05:21:17.05	05:21:17.05	+01:50:45 (34.5%)	7:12	8.3 (65.4%)
123	SZYPUŁA Michał	659	LIBURNIA TEAM	M30	123	00:01:56	03:01:56	04:00:42	04:54:57	05:22:43.45	05:22:43.45	+01:52:11 (34.8%)	7:14	8.3 (65.4%)
124	KWIATKOWSKI Wojciech	142	TSA SANDOMIERZ	M30	124	00:01:11	02:49:24	04:01:24	04:56:35	05:22:46.85	05:22:46.85	+01:52:15 (34.8%)	7:14	8.3 (65.4%)
125	JAZŁOCKI Łukasz	364		M30	125	00:01:30	02:53:42	03:54:36	04:53:46	05:23:56.70	05:23:56.70	+01:53:25 (35.0%)	7:15	8.3 (65.4%)
126	KOZUBAŁA Piotr	460	ŻÓŁW ULTRAS TEAM	M30	126	00:02:27	03:01:21	04:03:47	04:59:59	05:24:23.05	05:24:23.05	+01:53:51 (35.1%)	7:16	8.2 (64.6%)
127	KADŁUBEK Mateusz	228	GOGGLE PRO ACTIVE EYEWEAR	M30	127	00:02:45	03:00:27	04:02:47	04:56:59	05:24:44.05	05:24:44.05	+01:54:12 (35.2%)	7:16	8.2 (64.6%)
128	ŚLIWIŃSKI Paweł	295	SZATAN	M30	128	00:02:54	03:01:24	04:05:06	04:59:48	05:27:52.05	05:27:52.05	+01:57:20 (35.8%)	7:21	8.2 (64.6%)
129	PILCH Daniel	15	WWW.GOHARDORGOHOME.PL	M30	129	00:01:19	03:00:13	04:04:11	05:02:24	05:29:40.20	05:29:40.20	+01:59:08 (36.1%)	7:23	8.1 (63.8%)
130	CEGLARZ Jacek	386	SZERBUD TEAM	M30	130	00:02:05	03:00:26	04:07:06	05:02:23	05:29:48.05	05:29:48.05	+01:59:16 (36.2%)	7:23	8.1 (63.8%)
131	KORBUT Radosław	483		M30	131	00:02:40	03:04:25	04:07:58	05:03:22	05:30:27.40	05:30:27.40	+01:59:55 (36.3%)	7:24	8.1 (63.8%)
132	SKUBIDA Marcin	306	SPRINT GORZYCE	M30	132	00:02:14	02:53:20	04:03:52	05:02:55	05:31:24.75	05:31:24.75	+02:00:53 (36.5%)	7:25	8.1 (63.8%)
133	WAŻNY Andrzej	644	TYNEXPOL	M30	133	00:01:29	03:00:07	04:05:24	05:02:06	05:32:09.95	05:32:09.95	+02:01:38 (36.6%)	7:26	8.1 (63.8%)
134	KOWALCZYK Jarek	452		M30	134	00:02:54	03:02:15	04:08:25	05:04:19	05:32:13.35	05:32:13.35	+02:01:41 (36.6%)	7:26	8.1 (63.8%)
135	SIKORA Tomasz	383		M30	135	00:01:57	02:54:27	04:04:51	05:02:40	05:32:24.70	05:32:24.70	+02:01:53 (36.7%)	7:27	8.1 (63.8%)
136	RADZICKI Wojciech	711	JESTEM Z CHEŁMA	M30	136	00:01:33	02:58:39	04:08:46	05:05:19	05:32:32.75	05:32:32.75	+02:02:01 (36.7%)	7:27	8 (63.0%)
137	WILK Bartosz	517	WILCZE PSTRYKI	M30	137	00:03:04	03:11:28	04:16:50	05:08:03	05:32:52.65	05:32:52.65	+02:02:20 (36.8%)	7:27	8 (63.0%)
138	KALIŃSKI Kamil	202		M30	138	00:02:53	03:13:12	04:13:00	05:08:55	05:33:11.10	05:33:11.10	+02:02:39 (36.8%)	7:28	8 (63.0%)
139	LIPINSKI Daniel	284	RUNTEAM PAWŁOWICE	M30	139	00:01:55	03:16:03	04:18:20	05:09:43	05:33:32.30	05:33:32.30	+02:03:00 (36.9%)	7:28	8 (63.0%)
140	BALICKI Marcin	230		M30	140	00:01:06	03:13:11	04:12:26	05:07:07	05:33:42.35	05:33:42.35	+02:03:10 (36.9%)	7:28	8 (63.0%)
141	ANIELSKI Przemysław	718		M30	141	00:02:21	02:51:37	04:04:57	05:05:51	05:34:24.25	05:34:24.25	+02:03:52 (37.0%)	7:29	8 (63.0%)
142	MARUSIAK Piotr	44		M30	142	00:02:41	03:12:06	04:10:14	05:07:02	05:34:27.75	05:34:27.75	+02:03:56 (37.1%)	7:29	8 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
143	MIŚKÓW Marcin	525	ZARAZIĆ PASJĄ	M30	143	00:02:51	03:00:42	04:05:04	05:06:36	05:34:31.70	05:34:31.70	+02:04:00 (37.1%)	7:30	8 (63.0%)
144	KOLANKO Michał	668	INFOSOFTWARE POLSKA	M30	144	00:02:43	03:12:09	04:10:12	05:07:02	05:34:33.40	05:34:33.40	+02:04:01 (37.1%)	7:30	8 (63.0%)
145	GRANDA Paweł	498	21 DAPLOT	M30	145	00:02:39	03:08:03	04:10:30	05:07:23	05:35:32.00	05:35:32.00	+02:05:00 (37.3%)	7:31	8 (63.0%)
146	ADAMSKI Michał	221	WOP	M30	146	00:01:27	03:09:06	04:11:50	05:09:22	05:37:16.50	05:37:16.50	+02:06:44 (37.6%)	7:33	7.9 (62.2%)
147	MANICKI Leszek	298	OLEJEKASZUBSKIE.PL	M30	147	00:02:24	03:00:47	04:10:25	05:06:04	05:37:38.50	05:37:38.50	+02:07:06 (37.6%)	7:34	7.9 (62.2%)
148	BABIJ Jakub	549	MINDFULNESS INSIDE	M30	148	00:02:26	03:05:39	04:06:15	05:05:37	05:37:39.35	05:37:39.35	+02:07:07 (37.7%)	7:34	7.9 (62.2%)
149	JANUS Sławomir	119	LIVERKI TEAM	M30	149	00:01:28	03:02:47	04:09:29	05:07:32	05:37:48.90	05:37:48.90	+02:07:17 (37.7%)	7:34	7.9 (62.2%)
150	TOBIASZ Kamil	532	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	150	00:02:30	03:05:16	04:10:27	05:09:36	05:38:49.35	05:38:49.35	+02:08:17 (37.9%)	7:35	7.9 (62.2%)
151	PTAK Patryk	760	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	151	00:02:30	03:05:17	04:10:27	05:09:35	05:38:50.55	05:38:50.55	+02:08:18 (37.9%)	7:35	7.9 (62.2%)
152	KOZIEŁ Tomasz	609	UNLIMITED TRIATHLON CLUB	M30	152	00:02:23	02:50:49	04:03:15	05:06:49	05:38:52.10	05:38:52.10	+02:08:20 (37.9%)	7:35	7.9 (62.2%)
153	GRUNTOWSKI Mateusz	485	NIEMO ADVENTURE	M30	153	00:01:52	03:06:57	04:10:53	05:10:55	05:39:45.20	05:39:45.20	+02:09:13 (38.0%)	7:37	7.9 (62.2%)
154	NAPORA Przemysław	351	BLIZEJ NIZ DALEJ	M30	154	00:02:23	03:09:53	04:18:51	05:15:17	05:40:32.15	05:40:32.15	+02:10:00 (38.2%)	7:38	7.9 (62.2%)
155	CHMIEL Michał	27	RZESZOWSKIE GAZELE I GEPARDY	M30	155	00:01:41	03:09:54	04:17:41	05:13:56	05:41:13.95	05:41:13.95	+02:10:42 (38.3%)	7:39	7.8 (61.4%)
156	RAMM Aleksander	190	SMILEY ULTRAS :)	M30	156	00:01:26	03:06:57	04:16:02	05:12:52	05:42:37.60	05:42:37.60	+02:12:05 (38.6%)	7:40	7.8 (61.4%)
157	SIWIEC Tomasz	14		M30	157	00:01:35	03:06:13	04:16:56	05:14:09	05:43:45.50	05:43:45.50	+02:13:13 (38.8%)	7:42	7.8 (61.4%)
158	PRZYGÓRZEWSKI Jarosław	777		M30	158	00:02:41	03:10:03	04:14:52	05:13:03	05:44:05.55	05:44:05.55	+02:13:33 (38.8%)	7:42	7.8 (61.4%)
159	ARENTEWICZ Grzegorz	530	TORUŃ MULTISPORT TEAM	M30	159	00:01:27	03:09:10	04:19:44		05:44:26.70	05:44:26.70	+02:13:55 (38.9%)	7:43	7.8 (61.4%)
160	CIOCZEK Konrad	157		M30	160	00:03:06	03:11:30	04:18:20	05:16:19	05:44:27.70	05:44:27.70	+02:13:56 (38.9%)	7:43	7.8 (61.4%)
161	PAŚKO Rafał	392	PRZEMYSKI KLUB BIEGACZA / TEATR S.A.N.	M30	161	00:02:33	03:14:37	04:17:40	05:13:11	05:44:53.10	05:44:53.10	+02:14:21 (39.0%)	7:43	7.8 (61.4%)
162	SUDER Michał	519		M30	162	00:02:03	03:17:23	04:18:16	05:16:47	05:45:00.95	05:45:00.95	+02:14:29 (39.0%)	7:44	7.8 (61.4%)
163	TROJNAR Damian	642	KS JANUSZE	M30	163	00:02:38	03:08:59	04:18:21	05:17:34	05:46:02.20	05:46:02.20	+02:15:30 (39.2%)	7:45	7.7 (60.6%)
164	SZATYŁOWICZ Przemysław	730	PORANNY PATROL	M30	164	00:02:52	03:06:36	04:17:35	05:17:40	05:46:25.05	05:46:25.05	+02:15:53 (39.2%)	7:46	7.7 (60.6%)
165	BULWAN Radosław	655		M30	165	00:01:29	03:02:11	04:13:56	05:16:26	05:47:32.30	05:47:32.30	+02:17:00 (39.4%)	7:47	7.7 (60.6%)
166	PAWĘZKA Mirosław	553	BANDA GRUDNIA	M30	166	00:02:08	03:30:29	04:29:18	05:23:36	05:50:24.75	05:50:24.75	+02:19:53 (39.9%)	7:51	7.6 (59.8%)
167	STOJANOWSKI Dawid	58	RUNHOGS TYCHY	M30	167	00:02:51	03:21:43	04:30:48	05:26:19	05:51:39.25	05:51:39.25	+02:21:07 (40.1%)	7:53	7.6 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
168	PARYS Michał	335		M30	168	00:02:27	03:10:30	04:27:41	05:24:02	05:52:35.65	05:52:35.65	+02:22:03 (40.3%)	7:54	7.6 (59.8%)
169	FIDOR Michał	12	RUNHOGS TYCHY	M30	169	00:02:52	03:21:42	04:30:45	05:26:22	05:52:54.95	05:52:54.95	+02:22:23 (40.3%)	7:54	7.6 (59.8%)
170	ZINCZUK Kamil	178	EURO-KONSULT	M30	170	00:02:26	03:20:40	04:35:10	05:28:51	05:55:18.15	05:55:18.15	+02:24:46 (40.7%)	7:57	7.5 (59.1%)
171	MACHURA Michał	385	HARPAGAN SOSNOWIEC	M30	171	00:01:00	03:11:24	04:22:34	05:24:35	05:56:52.85	05:56:52.85	+02:26:21 (41.0%)	8:00	7.5 (59.1%)
172	TOMASZEWSKI Piotr	459	BRACIAT	M30	172	00:02:17	03:17:49	04:28:15	05:26:28	05:56:58.45	05:56:58.45	+02:26:26 (41.0%)	8:00	7.5 (59.1%)
173	ŚLĄCZKA Arkadiusz	654	FINISZ RYMANÓW	M30	173	00:01:44	03:15:43	04:26:02	05:28:07	05:58:04.45	05:58:04.45	+02:27:32 (41.2%)	8:01	7.5 (59.1%)
174	URBANIAK Hubert	804	ROZBIEGANY RAWICZ	M30	174	00:02:16	03:18:23	04:33:03	05:29:21	05:58:13.20	05:58:13.20	+02:27:41 (41.2%)	8:01	7.5 (59.1%)
175	POTOCZNY Bartosz	606	SIŁA I OGIEŃ	M30	175	00:02:10	03:09:07	04:24:24	05:28:50	05:58:44.35	05:58:44.35	+02:28:12 (41.3%)	8:02	7.5 (59.1%)
176	KĄDUŁA Grzegorz	640	NEST.POZNAN.PL	M30	176	00:02:53	03:23:41	04:27:21	05:29:04	05:59:27.05	05:59:27.05	+02:28:55 (41.4%)	8:03	7.4 (58.3%)
177	ZIELIŃSKI Łukasz	16		M30	177	00:03:00	03:15:19	04:22:22	05:26:32	05:59:36.40	05:59:36.40	+02:29:04 (41.5%)	8:03	7.4 (58.3%)
178	GODLEWSKI Krzysztof	22	NOWY STYL GROUP RUNNING TEAM	M30	178	00:01:05	03:14:02	04:27:32	05:30:36	06:00:10.65	06:00:10.65	+02:29:38 (41.5%)	8:04	7.4 (58.3%)
179	WOJNAR Paweł	253	OIRP WARSZAWA	M30	179	00:01:51	03:13:18	04:28:25	05:31:32	06:00:34.15	06:00:34.15	+02:30:02 (41.6%)	8:05	7.4 (58.3%)
180	KAMIŃSKI Marek	403		M30	180	00:02:25	03:30:57	04:37:12	05:34:29	06:00:37.65	06:00:37.65	+02:30:05 (41.6%)	8:05	7.4 (58.3%)
181	PIEKARSKI Andrzej	737	GRZMOT GRZMIĄCA	M30	181	00:01:19	03:06:26	04:22:51	05:28:44	06:02:25.40	06:02:25.40	+02:31:53 (41.9%)	8:07	7.4 (58.3%)
182	DONIEC Sebastian	185	WWW.ADWOKATDONIEC.PL	M30	182	00:02:06	03:06:27	04:22:51	05:28:44	06:02:25.80	06:02:25.80	+02:31:54 (41.9%)	8:07	7.4 (58.3%)
183	GOŹDZICKI Łukasz	334	ENDORŚWINKI	M30	183	00:02:18	03:24:29	04:32:09	05:35:43	06:02:31.90	06:02:31.90	+02:32:00 (41.9%)	8:07	7.4 (58.3%)
184	NOWAK Mariusz	229		M30	184	00:01:27	03:18:11	04:27:54	05:30:06	06:02:37.10	06:02:37.10	+02:32:05 (41.9%)	8:07	7.4 (58.3%)
185	ZAWADZKI Krystian	827		M30	185	00:02:02	03:13:09	04:34:52	05:31:51	06:03:39.50	06:03:39.50	+02:33:07 (42.1%)	8:09	7.4 (58.3%)
186	KWARTA Tomasz	277	WOP	M30	186	00:01:29	03:19:59	04:34:24	05:33:05	06:04:00.55	06:04:00.55	+02:33:28 (42.2%)	8:09	7.4 (58.3%)
187	MYGA Michał	397	HEARTLESS	M30	187	00:02:23	03:13:57	04:26:25	05:31:25	06:04:02.90	06:04:02.90	+02:33:31 (42.2%)	8:09	7.4 (58.3%)
188	CHODOROWSKI Arkadiusz	311		M30	188	00:03:01	03:30:20	04:34:58	05:35:30	06:05:18.00	06:05:18.00	+02:34:46 (42.4%)	8:11	7.3 (57.5%)
189	RYCZKO Andrzej	355		M30	189	00:03:09	03:29:47	04:47:20	05:39:31	06:05:49.90	06:05:49.90	+02:35:18 (42.5%)	8:12	7.3 (57.5%)
190	AURZECKI Michał	255	DZIKIE GRUBASY SZATANA	M30	190	00:01:48	03:23:17	04:36:27	05:37:19	06:07:16.10	06:07:16.10	+02:36:44 (42.7%)	8:14	7.3 (57.5%)
191	GAȚARCZYK Mariusz	245	DZIKIE GRUBASY SZATANA	M30	191	00:01:44	03:23:18	04:36:27	05:37:20	06:07:16.25	06:07:16.25	+02:36:44 (42.7%)	8:14	7.3 (57.5%)
192	ŁĄCKI Maciej	370		M30	192	00:02:21	03:25:02	04:37:05	05:39:21	06:07:47.95	06:07:47.95	+02:37:16 (42.8%)	8:14	7.3 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
193	BRACH Jakub	608		M30	193	00:02:24	03:23:39	04:37:48	05:38:53	06:10:00.95	06:10:00.95	+02:39:29 (43.1%)	8:17	7.2 (56.7%)
194	GOŁĘBIEWSKI Roman	181	GBUREK	M30	194	00:02:01	03:18:39	04:37:23	05:40:24	06:11:22.55	06:11:22.55	+02:40:50 (43.3%)	8:19	7.2 (56.7%)
195	BIEŃKOWSKI Stanisław	537	TOMASZEWSKA HUSARIA	M30	195	00:02:57	03:16:02	04:34:28	05:41:06	06:12:33.10	06:12:33.10	+02:42:01 (43.5%)	8:21	7.2 (56.7%)
196	STEFANIAK Marcin	551	TKD SZAKAL JEŻYCE RUNNERS	M30	196	00:02:52	03:36:32	04:45:34	05:44:54	06:12:36.00	06:12:36.00	+02:42:04 (43.5%)	8:21	7.2 (56.7%)
197	STASZEWSKI Kamil	281		M30	197	00:02:56	03:18:28	04:34:56	05:40:26	06:14:00.10	06:14:00.10	+02:43:28 (43.7%)	8:23	7.2 (56.7%)
198	ŚLANDA Maciej	758		M30	198	00:02:38	03:24:08	04:35:51	05:42:18	06:15:48.30	06:15:48.30	+02:45:16 (44.0%)	8:25	7.1 (55.9%)
199	KUROWSKI Michał	274	NIGHT RUNNER`S GLIWICE	M30	199	00:02:48	03:22:29	04:35:35	05:41:32	06:16:39.75	06:16:39.75	+02:46:08 (44.1%)	8:26	7.1 (55.9%)
200	SZCZEPAŃSKI Marcin	503	OSR GDYNIA	M30	200	00:01:16	03:23:33	04:38:40	05:45:21	06:19:43.10	06:19:43.10	+02:49:11 (44.6%)	8:30	7 (55.1%)
201	SIEMASZKO Wojciech	75		M30	201	00:02:14	03:32:11	04:43:45	05:46:21	06:19:56.25	06:19:56.25	+02:49:24 (44.6%)	8:31	7 (55.1%)
202	NAWROCKI Konrad	669	UNLIMITED TRIATHLON CLUB	M30	202	00:02:24	03:34:17	04:43:49	05:49:09	06:20:53.40	06:20:53.40	+02:50:21 (44.7%)	8:32	7 (55.1%)
203	CWOJDZIŃSKI Piotr	214	NIGHT RUNNERS POZNAŃ	M30	203	00:01:14	03:33:59	04:59:03	06:01:31	06:31:14.25	06:31:14.25	+03:00:42 (46.2%)	8:46	6.8 (53.5%)
204	RZEPA Andrzej	676	JÓZEFIŃSKA TEAM	M30	204	00:02:00	03:28:52	04:53:47	05:57:26	06:31:26.00	06:31:26.00	+03:00:54 (46.2%)	8:46	6.8 (53.5%)
205	DZIUBEK Marcin	601	SEKCJA PIASKI	M30	205	00:02:18	03:25:09	04:53:12	06:00:43	06:36:30.95	06:36:30.95	+03:05:59 (46.9%)	8:53	6.7 (52.8%)
206	KOTUŁA Jarosław	208	SKLEP BIEGACZA TEAM/ ORA LUBLIN	M30	206	00:02:44	03:43:19	05:05:48	06:06:36	06:38:44.00	06:38:44.00	+03:08:12 (47.2%)	8:56	6.7 (52.8%)
207	MIŁOŃ Mariusz	812		M30	207	00:02:22	03:31:44	05:05:33	06:07:28	06:38:55.30	06:38:55.30	+03:08:23 (47.2%)	8:56	6.7 (52.8%)
208	SOWA Jacek	85	RKM SOPELEK	M30	208	00:01:35	03:41:32	05:05:13	06:07:51	06:39:12.30	06:39:12.30	+03:08:40 (47.3%)	8:57	6.7 (52.8%)
209	KRASOŃ Janusz	81	RKM 'SOPELEK'	M30	209	00:01:35	03:41:32	05:05:14	06:07:52	06:39:16.15	06:39:16.15	+03:08:44 (47.3%)	8:57	6.7 (52.8%)
210	TERLIKOWSKI Paweł	350	BIEGUSIEM.PL	M30	210	00:03:04	03:55:00	05:04:29	06:06:10	06:39:20.10	06:39:20.10	+03:08:48 (47.3%)	8:57	6.7 (52.8%)
211	KACPERSKI Błażej	602	KADA BŁAŻEJ KACPERSKI	M30	211	00:03:05	03:44:47	05:00:03	06:05:38	06:40:03.75	06:40:03.75	+03:09:32 (47.4%)	8:58	6.7 (52.8%)
212	ŚNIEŻKO Eugeniusz	20	TEAM AKTYWNI Z CUKRZYCĄ	M30	212	00:02:29	03:52:45	05:04:52	06:09:46	06:41:37.00	06:41:37.00	+03:11:05 (47.6%)	9:00	6.7 (52.8%)
213	WÓJTOWICZ Paweł	573	LUBLIN BIEGA	M30	213	00:02:49	03:34:56	04:59:58	06:07:31	06:41:57.45	06:41:57.45	+03:11:25 (47.6%)	9:00	6.7 (52.8%)
214	MATWIEJCZYK Sebastian	767	TEAM AKTYWNI Z CUKRZYCĄ	M30	214	00:02:31	03:52:45	05:04:54	06:09:45	06:43:45.35	06:43:45.35	+03:13:13 (47.9%)	9:03	6.6 (52.0%)
215	KSIĄŻEK Dawid	572	LUBLIN BIEGA	M30	215	00:02:46	03:30:11	04:59:48	06:14:23	06:49:26.15	06:49:26.15	+03:18:54 (48.6%)	9:10	6.5 (51.2%)
216	KARPIŃSKI Paweł	235	DZIKIE GRUBASY SZATANA	M30	216	00:01:43	03:40:51	05:07:11	06:16:15	06:49:34.80	06:49:34.80	+03:19:03 (48.6%)	9:10	6.5 (51.2%)
217	CHACIŃSKI Marcin	560	DZIKIE GRUBASY SZATANA	M30	217	00:01:48	03:41:12	05:07:11	06:16:16	06:49:44.80	06:49:44.80	+03:19:13 (48.6%)	9:11	6.5 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
218	POTERA Marcin	65	FUKS GARKI	M30	218	00:02:30	03:29:52	05:16:53	06:17:39	06:50:28.80	06:50:28.80	+03:19:57 (48.7%)	9:12	6.5 (51.2%)
219	KĘDZIOR Michał	420	DRUŻYNA SZPIKU	M30	219	00:02:20	03:48:25	05:06:36	06:17:00	06:52:13.95	06:52:13.95	+03:21:42 (48.9%)	9:14	6.5 (51.2%)
220	KĘPKA Robert	495	BIEGUSIEM.PL	M30	220	00:03:04	03:54:57	05:16:50	06:29:55	07:04:06.50	07:04:06.50	+03:33:34 (50.4%)	9:30	6.3 (49.6%)
221	DANIELCZYK Damian	686		M30	221	00:01:24	03:54:22	05:18:22	06:26:26	07:04:36.20	07:04:36.20	+03:34:04 (50.4%)	9:31	6.3 (49.6%)
222	MYŚLIŃSKI Tomasz	344	BIEGUSIEM.PL	M30	222	00:03:04	03:54:58	05:16:45	06:29:55	07:06:48.85	07:06:48.85	+03:36:17 (50.7%)	9:34	6.3 (49.6%)
223	MUTER Łukasz	487	NOWA HUTA TEAM	M30	223	00:02:51	03:34:24	05:11:04	06:37:14	07:22:55.30	07:22:55.30	+03:52:23 (52.5%)	9:55	6 (47.2%)
224	TUTAK Daniel	694	FURIOSI POLANKA	M30	224	00:02:55	04:04:01	05:35:16	06:52:15	07:30:33.20	07:30:33.20	+04:00:01 (53.3%)	10:06	5.9 (46.5%)
224	OKARMA Wojciech	681	SPOREST	M30	225	00:02:55	04:04:05	05:33:46	06:52:17	07:30:33.20	07:30:33.20	+04:00:01 (53.3%)	10:06	5.9 (46.5%)
	SZPINDA Sebastian	246	BUT BIŁGORAJ ULTRA TRAIL	M30		00:01:08 DNF	02:20:20 DNF	03:06:48 DNF	04:23:01 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 226 wynik(ów)