



III ZIMOWY MARATON BIESZCZADZKI 2017 - 44,6KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-01-29
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M40

| 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 | FARON Robert | 13 | SALCO SPORT TEAM | M40 | 1 | 00:00:32 | 01:58:25 | 02:29:21 | 02:59:48 | 03:14:32.95 | 03:14:32.95 | | 4:21 | 13.8 (100%) |
| 2 | WIERNUSZ Krzysztof | 341 | FINISZ RYMANÓW | M40 | 2 | 00:00:33 | 02:04:29 | 02:40:39 | 03:18:10 | 03:35:06.25 | 03:35:06.25 | +00:20:33 (9.6%) | 4:49 | 12.4 (89.9%) |
| 3 | PASIECZNY Robert | 206 | FARTLEK GO | M40 | 3 | 00:00:29 | 02:05:14 | 02:41:22 | 03:20:21 | 03:38:09.65 | 03:38:09.65 | +00:23:36 (10.8%) | 4:53 | 12.3 (89.1%) |
| 4 | PIETRZYK Wojciech | 220 | LACHO TEAM | M40 | 4 | 00:00:45 | 02:06:23 | 02:44:47 | 03:24:43 | 03:44:08.90 | 03:44:08.90 | +00:29:35 (13.2%) | 5:01 | 11.9 (86.2%) |
| 5 | KOBIERSKI Piotr | 112 | UKA ULTRAS RUNNERS | M40 | 5 | 00:00:50 | 02:14:11 | 02:52:02 | 03:29:28 | 03:46:35.00 | 03:46:35.00 | +00:32:02 (14.1%) | 5:04 | 11.8 (85.5%) |
| 6 | GOTFRYD Adam | 186 | | M40 | 6 | 00:00:34 | 02:13:11 | 02:53:43 | 03:37:55 | 03:56:49.80 | 03:56:49.80 | +00:42:16 (17.9%) | 5:18 | 11.3 (81.9%) |
| 7 | GOŚCINIEWICZ Paweł | 651 | | M40 | 7 | 00:00:38 | 02:16:25 | 02:56:31 | 03:41:04 | 04:01:08.15 | 04:01:08.15 | +00:46:35 (19.3%) | 5:24 | 11.1 (80.4%) |
| 8 | JASTRZĄB Piotr | 216 | DEKAN LESKO | M40 | 8 | 00:00:39 | 02:14:18 | 02:57:57 | 03:41:47 | 04:01:23.00 | 04:01:23.00 | +00:46:50 (19.4%) | 5:24 | 11.1 (80.4%) |
| 9 | BORDA-SIECZKOWSKI Jarosław | 509 | | M40 | 9 | 00:00:35 | 02:17:09 | 03:01:53 | 03:48:57 | 04:09:53.05 | 04:09:53.05 | +00:55:20 (22.1%) | 5:36 | 10.7 (77.5%) |
| 10 | BIAŁECKI Krzysztof | 507 | EPIDEMIASPORTU | M40 | 10 | 00:01:46 | 02:23:37 | 03:06:50 | 03:52:08 | 04:10:50.05 | 04:10:50.05 | +00:56:17 (22.4%) | 5:37 | 10.7 (77.5%) |
| 11 | JANIK Mariusz | 127 | LACHO TEAM | M40 | 11 | 00:00:44 | 02:16:55 | 03:03:03 | 03:48:47 | 04:10:58.65 | 04:10:58.65 | +00:56:25 (22.5%) | 5:37 | 10.7 (77.5%) |
| 12 | KONIAK Michał | 171 | ONEMANRUNTEAM | M40 | 12 | 00:00:43 | 02:21:35 | 03:07:52 | 03:52:18 | 04:11:05.10 | 04:11:05.10 | +00:56:32 (22.5%) | 5:37 | 10.7 (77.5%) |
| 13 | MICHALAK Mariusz | 677 | DZIKIE ŻYCIE RUN TEAM | M40 | 13 | 00:00:36 | 02:18:50 | 03:04:20 | 03:50:43 | 04:11:27.40 | 04:11:27.40 | +00:56:54 (22.6%) | 5:38 | 10.6 (76.8%) |
| 14 | SZWEBLIK Krzysztof | 391 | KRZYSZTOF SZWEBLIK | M40 | 14 | 00:01:04 | 02:22:28 | 03:07:24 | 03:51:58 | 04:12:01.00 | 04:12:01.00 | +00:57:28 (22.8%) | 5:39 | 10.6 (76.8%) |
| 15 | JAŁOZA Ireneusz | 493 | KLUB BIEGAJĄCYCH LEŚNIKÓW / ZADYSZKA | M40 | 15 | 00:01:11 | 02:19:18 | 03:05:42 | 03:54:15 | 04:16:15.30 | 04:16:15.30 | +01:01:42 (24.1%) | 5:44 | 10.4 (75.4%) |
| 16 | GMITEREK Tomasz | 289 | | M40 | 16 | 00:01:10 | 02:24:22 | 03:09:11 | 03:56:54 | 04:18:06.30 | 04:18:06.30 | +01:03:33 (24.6%) | 5:47 | 10.4 (75.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto | | Czas brutto | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|-----------|------|----------|----------------------|--------------------|----------------------|--------------------|--------------------|-------------------|------|--------------|--------------|------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | 44.6km | 44.6km | | | | | |
| 17 | DAŁOMIS Lesław | 441 | | M40 | 17 | 00:01:25 | 02:27:42 | 03:14:09 | 03:57:14 | 04:18:23.20 | 04:18:23.20 | +01:03:50 (24.7%) | 5:47 | 10.4 (75.4%) | | |
| 18 | MURAK Robert | 29 | | M40 | 18 | 00:01:50 | 02:25:21 | 03:11:29 | 03:57:09 | 04:18:51.80 | 04:18:51.80 | +01:04:18 (24.8%) | 5:48 | 10.3 (74.6%) | | |
| 19 | DOROTA Zbyszek | 213 | RUN RUN OLESZYCE | M40 | 19 | 00:02:20 | 02:20:43 | 03:08:47 | 03:55:36 | 04:19:14.20 | 04:19:14.20 | +01:04:41 (25.0%) | 5:48 | 10.3 (74.6%) | | |
| 20 | ROBERT Mazurek | 267 | SKLEP BIEGACZA LUBLIN TEAM / LSB | M40 | 20 | 00:00:47 | 02:22:48 | 03:11:51 | 03:57:30 | 04:19:17.75 | 04:19:17.75 | +01:04:44 (25.0%) | 5:48 | 10.3 (74.6%) | | |
| 21 | SKRZESZEWSKI Henryk P. | 57 | | M40 | 21 | 00:00:35 | 02:17:21 | 03:08:27 | 03:58:52 | 04:20:51.85 | 04:20:51.85 | +01:06:18 (25.4%) | 5:50 | 10.3 (74.6%) | | |
| 22 | BORÓWKA Ryszard | 448 | | M40 | 22 | 00:00:48 | 02:20:52 | 03:11:04 | 03:58:58 | 04:21:17.25 | 04:21:17.25 | +01:06:44 (25.5%) | 5:51 | 10.2 (73.9%) | | |
| 23 | STĘPIEŃ Wojciech | 23 | NIGHT RUNNERS GLIWICE | M40 | 23 | 00:01:03 | 02:23:30 | 03:11:53 | 04:00:19 | 04:21:24.45 | 04:21:24.45 | +01:06:51 (25.6%) | 5:51 | 10.2 (73.9%) | | |
| 24 | PYRKOSZ Damian | 318 | FESTIWALU BIEGÓW KRYNICA | M40 | 24 | 00:01:32 | 02:28:58 | 03:16:58 | 04:03:04 | 04:22:34.15 | 04:22:34.15 | +01:08:01 (25.9%) | 5:53 | 10.2 (73.9%) | | |
| 25 | KRUPA Grzegorz | 100 | KS SOBÓTKA | M40 | 25 | 00:01:05 | 02:23:22 | 03:12:11 | 04:01:33 | 04:23:06.60 | 04:23:06.60 | +01:08:33 (26.1%) | 5:53 | 10.2 (73.9%) | | |
| 26 | BRZEZIŃSKI Andrzej | 45 | RYKOWISKO | M40 | 26 | 00:00:32 | 02:26:24 | 03:14:39 | 04:03:34 | 04:24:39.35 | 04:24:39.35 | +01:10:06 (26.5%) | 5:56 | 10.1 (73.2%) | | |
| 27 | GLEISNER Tomasz | 273 | TARNÓW | M40 | 27 | 00:01:12 | 02:26:49 | 03:16:28 | 04:04:45 | 04:24:40.35 | 04:24:40.35 | +01:10:07 (26.5%) | 5:56 | 10.1 (73.2%) | | |
| 28 | PRUCNAL Zbigniew | 446 | ELKO24.PL JASŁO | M40 | 28 | 00:00:32 | 02:16:26 | 03:08:42 | 04:04:13 | 04:24:54.40 | 04:24:54.40 | +01:10:21 (26.6%) | 5:56 | 10.1 (73.2%) | | |
| 29 | WIKTOROWICZ Tomasz | 574 | | M40 | 29 | 00:00:54 | 02:32:14 | 03:20:51 | 04:08:20 | 04:29:02.25 | 04:29:02.25 | +01:14:29 (27.7%) | 6:01 | 9.9 (71.7%) | | |
| 30 | PACHO Sylwester | 706 | PAPIKI | M40 | 30 | 00:00:32 | 02:29:38 | 03:20:06 | 04:08:36 | 04:30:10.50 | 04:30:10.50 | +01:15:37 (28.0%) | 6:03 | 9.9 (71.7%) | | |
| 31 | KMAK Sławek | 199 | PAPIKI | M40 | 31 | 00:00:32 | 02:29:37 | 03:20:06 | 04:08:36 | 04:30:13.75 | 04:30:13.75 | +01:15:40 (28.0%) | 6:03 | 9.9 (71.7%) | | |
| 32 | KOWALCZYK Rafał | 768 | | M40 | 32 | 00:01:01 | 02:22:37 | 03:14:27 | 04:08:27 | 04:31:07.05 | 04:31:07.05 | +01:16:34 (28.2%) | 6:04 | 9.9 (71.7%) | | |
| 33 | MAŁEK Piotr | 725 | KB MARATON TUREK | M40 | 33 | 00:02:33 | 02:32:36 | 03:24:38 | 04:11:56 | 04:34:50.55 | 04:34:50.55 | +01:20:17 (29.2%) | 6:09 | 9.7 (70.3%) | | |
| 34 | SOKALSKI Grzegorz | 504 | PARKRUN KOONSTANCIN | M40 | 34 | 00:02:45 | 02:28:12 | 03:18:09 | 04:11:13 | 04:36:04.25 | 04:36:04.25 | +01:21:31 (29.5%) | 6:11 | 9.7 (70.3%) | | |
| 35 | FALKOWSKI Piotr | 69 | PIASECZNO | M40 | 35 | 00:01:17 | 02:32:59 | 03:25:11 | 04:14:48 | 04:36:22.90 | 04:36:22.90 | +01:21:49 (29.6%) | 6:11 | 9.7 (70.3%) | | |
| 36 | ZYGMUNT Marcin | 639 | ZAKŁAD KARNY NR 2 GRUDZIĄDZ | M40 | 36 | 00:01:24 | 02:26:46 | 03:18:07 | 04:14:33 | 04:38:30.10 | 04:38:30.10 | +01:23:57 (30.1%) | 6:14 | 9.6 (69.6%) | | |
| 37 | NOWINOWSKI Andrzej | 672 | KB MARATON TUREK | M40 | 37 | 00:00:45 | 02:32:21 | 03:24:41 | 04:15:48 | 04:40:01.40 | 04:40:01.40 | +01:25:28 (30.5%) | 6:16 | 9.6 (69.6%) | | |
| 38 | OBROŚLAK Grzegorz | 89 | TRAPER/ BIEGOMANIA LUBACZÓW | M40 | 38 | 00:01:12 | 02:36:27 | 03:29:07 | 04:18:32 | 04:41:37.50 | 04:41:37.50 | +01:27:04 (30.9%) | 6:18 | 9.5 (68.8%) | | |
| 39 | NAGIEL Andrzej | 802 | ZABIEGANI CZĘSTOCHOWA | M40 | 39 | 00:01:49 | 02:24:03 | 03:19:16 | 04:15:27 | 04:41:42.80 | 04:41:42.80 | +01:27:09 (30.9%) | 6:18 | 9.5 (68.8%) | | |
| 40 | CHOJECKI Dariusz | 591 | KEREZA LUBLIN | M40 | 40 | 00:02:17 | 02:34:12 | 03:25:52 | 04:16:44 | 04:41:46.90 | 04:41:46.90 | +01:27:13 (31.0%) | 6:19 | 9.5 (68.8%) | | |
| 41 | SKIBE Tomasz | 28 | OPEL ACTIVE TEAM | M40 | 41 | 00:01:09 | 02:34:42 | 03:26:40 | 04:18:11 | 04:41:47.95 | 04:41:47.95 | +01:27:15 (31.0%) | 6:19 | 9.5 (68.8%) | | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|---------------------------------------|-----------|------|----------|----------------------|--------------------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | 44.6km | 44.6km | | | |
| 42 | JADZIEWICZ Jakub | 685 | PRO-RUNNING.PL | M40 | 42 | 00:00:43 | 02:27:51 | 03:26:04 | 04:18:12 | 04:41:54.35 | 04:41:54.35 | +01:27:21 (31.0%) | 6:19 | 9.5 (68.8%) |
| 43 | OLEJNICZAK Piotr | 826 | | M40 | 43 | 00:02:49 | 02:40:01 | 03:33:11 | 04:20:41 | 04:42:24.55 | 04:42:24.55 | +01:27:51 (31.1%) | 6:19 | 9.5 (68.8%) |
| 44 | BRYGIER Jacek | 261 | RYKOWISKO | M40 | 44 | 00:02:15 | 02:41:31 | 03:34:45 | 04:21:59 | 04:42:25.60 | 04:42:25.60 | +01:27:52 (31.1%) | 6:19 | 9.5 (68.8%) |
| 45 | SŁUJA Adam | 645 | | M40 | 45 | 00:01:02 | 02:30:36 | 03:25:06 | 04:17:30 | 04:43:06.50 | 04:43:06.50 | +01:28:33 (31.3%) | 6:20 | 9.5 (68.8%) |
| 46 | PAWŁOWSKI Piotr | 729 | GRAVITAN | M40 | 46 | 00:02:24 | 02:43:28 | 03:35:04 | 04:22:26 | 04:43:39.05 | 04:43:39.05 | +01:29:06 (31.4%) | 6:21 | 9.4 (68.1%) |
| 47 | PANDER Marek | 618 | HR MAX ZORY | M40 | 47 | 00:01:40 | 02:41:42 | 03:34:20 | 04:22:01 | 04:43:39.85 | 04:43:39.85 | +01:29:06 (31.4%) | 6:21 | 9.4 (68.1%) |
| 48 | PALUCH Andrzej | 409 | ZABIEGANI MIELEC | M40 | 48 | 00:00:52 | 02:30:04 | 03:28:01 | 04:21:02 | 04:44:00.30 | 04:44:00.30 | +01:29:27 (31.5%) | 6:22 | 9.4 (68.1%) |
| 49 | HYZ Marek | 241 | OTM-BIŁGORAJ BIEGA | M40 | 49 | 00:01:09 | 02:30:13 | 03:25:41 | 04:21:13 | 04:45:45.35 | 04:45:45.35 | +01:31:12 (31.9%) | 6:24 | 9.4 (68.1%) |
| 50 | KRASOŃ Mariusz | 62 | TSA SANDOMIERZ | M40 | 50 | 00:01:12 | 02:34:26 | 03:29:44 | 04:22:26 | 04:45:46.05 | 04:45:46.05 | +01:31:13 (31.9%) | 6:24 | 9.4 (68.1%) |
| 51 | DONIEC Marek | 200 | PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA' | M40 | 51 | 00:02:18 | 02:39:30 | 03:32:33 | 04:22:10 | 04:46:38.20 | 04:46:38.20 | +01:32:05 (32.1%) | 6:25 | 9.3 (67.4%) |
| 52 | ŚWIĘTEK Tomasz | 634 | | M40 | 52 | 00:02:28 | 02:37:06 | 03:33:27 | 04:22:34 | 04:47:14.70 | 04:47:14.70 | +01:32:41 (32.3%) | 6:26 | 9.3 (67.4%) |
| 53 | KOWALCZYK Grzesiek | 116 | | M40 | 53 | 00:01:56 | 02:39:58 | 03:34:27 | 04:24:31 | 04:47:55.70 | 04:47:55.70 | +01:33:22 (32.4%) | 6:27 | 9.3 (67.4%) |
| 54 | DROZD Maciej | 440 | | M40 | 54 | 00:01:29 | 02:43:00 | 03:35:43 | 04:24:46 | 04:47:58.05 | 04:47:58.05 | +01:33:25 (32.4%) | 6:27 | 9.3 (67.4%) |
| 55 | SZEREMETA Andrzej | 197 | PZU SPORT TEAM | M40 | 55 | 00:00:35 | 02:36:47 | 03:33:15 | 04:25:02 | 04:49:26.85 | 04:49:26.85 | +01:34:53 (32.8%) | 6:29 | 9.2 (66.7%) |
| 56 | NIŻNIK Marcin | 280 | NOWY STYL GROUP RUNNING TEAM | M40 | 56 | 00:00:58 | 02:35:51 | 03:30:16 | 04:24:35 | 04:49:29.00 | 04:49:29.00 | +01:34:56 (32.8%) | 6:29 | 9.2 (66.7%) |
| 57 | SZWAJKA Robert | 484 | | M40 | 57 | 00:00:47 | 02:30:43 | 03:28:58 | 04:23:38 | 04:49:36.70 | 04:49:36.70 | +01:35:03 (32.8%) | 6:29 | 9.2 (66.7%) |
| 58 | SUCHODOLSKI Jerzy | 538 | | M40 | 58 | 00:02:28 | 02:39:48 | 03:33:53 | 04:25:01 | 04:50:56.05 | 04:50:56.05 | +01:36:23 (33.1%) | 6:31 | 9.2 (66.7%) |
| 59 | MICHNO Tomasz | 87 | LACHO TEAM | M40 | 59 | 00:02:13 | 02:40:22 | 03:28:32 | 04:27:35 | 04:50:57.05 | 04:50:57.05 | +01:36:24 (33.1%) | 6:31 | 9.2 (66.7%) |
| 60 | GOZDALSKI Jaroslaw | 265 | WITKOWO BIEGA | M40 | 60 | 00:02:47 | 03:07:52 | 03:51:24 | 04:35:52 | 04:54:20.75 | 04:54:20.75 | +01:39:47 (33.9%) | 6:35 | 9.1 (65.9%) |
| 61 | CZAPLA Arkadiusz | 109 | | M40 | 61 | 00:02:32 | 02:40:50 | 03:38:18 | 04:30:51 | 04:55:58.05 | 04:55:58.05 | +01:41:25 (34.3%) | 6:38 | 9 (65.2%) |
| 62 | SIPIERA Tomasz | 34 | LACHO TEAM | M40 | 62 | 00:02:12 | 02:40:22 | 03:37:44 | 04:31:34 | 04:56:27.05 | 04:56:27.05 | +01:41:54 (34.4%) | 6:38 | 9 (65.2%) |
| 63 | FRAĆ Dariusz | 492 | NIGHT RUNNERS GLIWICE | M40 | 63 | 00:02:01 | 02:41:08 | 03:38:42 | 04:33:10 | 04:56:58.80 | 04:56:58.80 | +01:42:25 (34.5%) | 6:39 | 9 (65.2%) |
| 64 | SOFUŁ Tomasz | 726 | | M40 | 64 | 00:01:46 | 02:47:10 | 03:41:27 | 04:33:36 | 04:57:05.10 | 04:57:05.10 | +01:42:32 (34.5%) | 6:39 | 9 (65.2%) |
| 65 | JEDLIŃSKI Bartosz | 91 | MARATOŃCZYK DĘBICA | M40 | 65 | 00:01:07 | 02:49:05 | 03:45:14 | 04:35:15 | 04:57:08.80 | 04:57:08.80 | +01:42:35 (34.5%) | 6:39 | 9 (65.2%) |
| 66 | KUTNIK Mirosław | 598 | KB BIAŁA BIEGA | M40 | 66 | 00:01:09 | 02:42:00 | 03:41:49 | 04:33:50 | 04:57:25.15 | 04:57:25.15 | +01:42:52 (34.6%) | 6:40 | 9 (65.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------------------------|-----------|------|----------|----------------------|--------------------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | netto 44.6km | brutto 44.6km | | | |
| 67 | SZLEGIER Dariusz | 734 | BIEGAMYRAZEM.PL | M40 | 67 | 00:00:47 | 02:38:01 | 03:36:10 | 04:32:00 | 04:58:04.85 | 04:58:04.85 | +01:43:31 (34.7%) | 6:40 | 9 (65.2%) |
| 68 | STARZYŃSKI Stefan | 619 | PERFECT RUNNER LUBLIN | M40 | 68 | 00:02:59 | 02:47:11 | 03:41:24 | 04:34:23 | 04:59:59.70 | 04:59:59.70 | +01:45:26 (35.1%) | 6:43 | 8.9 (64.5%) |
| 69 | RZĄDKOWSKI Krzysztof | 428 | KLUB WYSOKOGÓRSKI LUBLIN | M40 | 69 | 00:02:09 | 02:53:18 | 03:46:42 | 04:37:33 | 05:00:43.40 | 05:00:43.40 | +01:46:10 (35.3%) | 6:44 | 8.9 (64.5%) |
| 70 | WOLWOWICZ Zbigniew | 380 | | M40 | 70 | 00:01:54 | 02:47:38 | 03:44:08 | 04:36:15 | 05:00:49.10 | 05:00:49.10 | +01:46:16 (35.3%) | 6:44 | 8.9 (64.5%) |
| 71 | SERAFIN Piotr | 632 | | M40 | 71 | 00:01:21 | 02:46:35 | 03:42:11 | 04:36:01 | 05:01:04.50 | 05:01:04.50 | +01:46:31 (35.4%) | 6:45 | 8.9 (64.5%) |
| 72 | SADKOWSKI Bartosz | 614 | HURAGAN ŁBISKA | M40 | 72 | 00:02:42 | 02:50:53 | 03:46:57 | 04:38:10 | 05:01:20.75 | 05:01:20.75 | +01:46:47 (35.4%) | 6:45 | 8.9 (64.5%) |
| 73 | DROZD Sławmomir | 191 | WWF-UR | M40 | 73 | 00:00:56 | 02:49:42 | 03:43:37 | 04:37:16 | 05:01:30.70 | 05:01:30.70 | +01:46:57 (35.5%) | 6:45 | 8.9 (64.5%) |
| 74 | HOROWSKI Tomasz | 77 | URODZENI BIEGACZE WWW.BORNRUNNERS.PL | M40 | 74 | 00:01:46 | 02:47:39 | 03:43:41 | 04:37:01 | 05:02:14.55 | 05:02:14.55 | +01:47:41 (35.6%) | 6:46 | 8.9 (64.5%) |
| 75 | MIĘKUS Hubert | 111 | | M40 | 75 | 00:00:55 | 02:44:44 | 03:40:11 | 04:33:57 | 05:02:33.30 | 05:02:33.30 | +01:48:00 (35.7%) | 6:47 | 8.8 (63.8%) |
| 76 | KŁOSOK Adam | 290 | | M40 | 76 | 00:01:56 | 02:46:32 | 03:49:14 | 04:39:25 | 05:02:56.65 | 05:02:56.65 | +01:48:23 (35.8%) | 6:47 | 8.8 (63.8%) |
| 77 | KALTENBERG Janusz | 473 | | M40 | 77 | 00:02:12 | 02:49:43 | 03:44:56 | 04:40:31 | 05:05:06.35 | 05:05:06.35 | +01:50:33 (36.2%) | 6:50 | 8.8 (63.8%) |
| 78 | CHMURA Piotr | 801 | | M40 | 78 | 00:02:13 | 02:48:33 | 03:46:14 | 04:39:40 | 05:05:35.45 | 05:05:35.45 | +01:51:02 (36.3%) | 6:51 | 8.8 (63.8%) |
| 79 | TOMAS Dariusz | 443 | | M40 | 79 | 00:02:12 | 02:49:45 | 03:44:59 | 04:40:31 | 05:06:47.15 | 05:06:47.15 | +01:52:14 (36.6%) | 6:52 | 8.7 (63.0%) |
| 80 | SZPYT Ryszard | 259 | BUT BIŁGORAJ ULTRA TRAIL | M40 | 80 | 00:01:10 | 02:39:15 | 03:39:27 | 04:41:10 | 05:06:54.05 | 05:06:54.05 | +01:52:21 (36.6%) | 6:52 | 8.7 (63.0%) |
| 81 | MAKOS Adam | 270 | SILESIA RUNNING TEAM | M40 | 81 | 00:02:28 | 02:48:46 | 03:47:21 | 04:42:20 | 05:07:40.45 | 05:07:40.45 | +01:53:07 (36.8%) | 6:53 | 8.7 (63.0%) |
| 82 | SUŁKOWSKI Maciej | 283 | | M40 | 82 | 00:01:44 | 02:41:13 | 03:42:27 | 04:42:00 | 05:09:45.05 | 05:09:45.05 | +01:55:12 (37.2%) | 6:56 | 8.6 (62.3%) |
| 83 | PRÜFER Paweł | 300 | | M40 | 83 | 00:00:56 | 02:45:50 | 03:44:45 | 04:42:17 | 05:10:56.80 | 05:10:56.80 | +01:56:23 (37.4%) | 6:58 | 8.6 (62.3%) |
| 84 | BOGUSZ Bartosz | 424 | | M40 | 84 | 00:02:08 | 02:46:40 | 03:49:21 | 04:43:14 | 05:11:02.55 | 05:11:02.55 | +01:56:29 (37.5%) | 6:58 | 8.6 (62.3%) |
| 85 | ZYCH Zbigniew | 266 | LUBELSKA GRUPA TRIATHLONU | M40 | 85 | 00:02:39 | 02:50:32 | 03:52:17 | 04:45:07 | 05:11:04.05 | 05:11:04.05 | +01:56:31 (37.5%) | 6:58 | 8.6 (62.3%) |
| 86 | ŁUKASZEK Artur | 129 | LUBARTOWBIEGA | M40 | 86 | 00:01:54 | 02:35:17 | 03:37:06 | 04:40:36 | 05:11:47.70 | 05:11:47.70 | +01:57:14 (37.6%) | 6:59 | 8.6 (62.3%) |
| 87 | MALINOWSKI Marcin | 647 | | M40 | 87 | 00:00:54 | 02:42:35 | 03:45:28 | 04:42:54 | 05:11:58.35 | 05:11:58.35 | +01:57:25 (37.6%) | 6:59 | 8.6 (62.3%) |
| 88 | KOŁTUNIEWICZ Andrzej | 683 | WIEŚ TAŃCZY I BIEGA | M40 | 88 | 00:01:54 | 02:47:37 | 03:50:16 | 04:45:14 | 05:12:13.60 | 05:12:13.60 | +01:57:40 (37.7%) | 7:00 | 8.6 (62.3%) |
| 89 | ABEL Krzysiek | 456 | AKG | M40 | 89 | 00:02:49 | 02:52:57 | 03:50:23 | 04:46:16 | 05:12:15.60 | 05:12:15.60 | +01:57:42 (37.7%) | 7:00 | 8.6 (62.3%) |
| 90 | ŁUKASIAK Sylwester | 104 | | M40 | 90 | 00:01:47 | 02:46:17 | 03:44:44 | 04:43:20 | 05:12:19.55 | 05:12:19.55 | +01:57:46 (37.7%) | 7:00 | 8.6 (62.3%) |
| 91 | PILICHOWSKI Wojciech | 93 | GRUPA SZALONYCH ROWERZYSTÓW | M40 | 91 | 00:02:48 | 02:48:52 | 03:57:23 | 04:49:28 | 05:14:29.75 | 05:14:29.75 | +01:59:56 (38.1%) | 7:03 | 8.5 (61.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|-------------------------------------|-----------|------|----------|----------------------|--------------------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | 44.6km | 44.6km | | | |
| 92 | SROKA Zbigniew | 796 | | M40 | 92 | 00:02:12 | 02:51:39 | 03:51:08 | 04:47:51 | 05:15:45.45 | 05:15:45.45 | +02:01:12 (38.4%) | 7:04 | 8.5 (61.6%) |
| 93 | MAZUR Grzegorz | 233 | GRUPA SKROMNYCH BIEGACZY TARNÓW | M40 | 93 | 00:01:14 | 02:49:11 | 03:50:46 | 04:47:41 | 05:15:50.80 | 05:15:50.80 | +02:01:17 (38.4%) | 7:04 | 8.5 (61.6%) |
| 94 | ŚWIĘTOCHOWSKI Arkadiusz | 223 | GRUPA SKROMNYCH BIEGACZY | M40 | 94 | 00:01:14 | 02:49:12 | 03:50:47 | 04:47:41 | 05:15:53.65 | 05:15:53.65 | +02:01:20 (38.4%) | 7:04 | 8.5 (61.6%) |
| 95 | KUBIAK Adam | 179 | DZIKIE GRUBASY SZATANA | M40 | 95 | 00:02:48 | 03:01:14 | 04:00:38 | 04:52:02 | 05:16:30.90 | 05:16:30.90 | +02:01:57 (38.5%) | 7:05 | 8.5 (61.6%) |
| 96 | ZAKRZEWSKI Robert | 814 | RUN VEGAN | M40 | 96 | 00:02:45 | 03:01:07 | 03:59:08 | 04:48:16 | 05:17:32.25 | 05:17:32.25 | +02:02:59 (38.7%) | 7:07 | 8.4 (60.9%) |
| 97 | KŁODOWSKI Jacek | 698 | | M40 | 97 | 00:01:21 | 02:50:34 | 03:54:24 | 04:51:15 | 05:17:33.25 | 05:17:33.25 | +02:03:00 (38.7%) | 7:07 | 8.4 (60.9%) |
| 98 | MIROŚLAW Albert | 390 | LUBELSKA GRUPA TRIATHLONU/WW TEAM | M40 | 98 | 00:01:27 | 02:55:59 | 04:01:19 | 04:53:33 | 05:18:03.35 | 05:18:03.35 | +02:03:30 (38.8%) | 7:07 | 8.4 (60.9%) |
| 99 | ĆWIEK Dariusz | 226 | | M40 | 99 | 00:02:01 | 02:54:40 | 03:57:28 | 04:51:08 | 05:18:30.45 | 05:18:30.45 | +02:03:57 (38.9%) | 7:08 | 8.4 (60.9%) |
| 100 | ZAJĄC Tomasz | 582 | | M40 | 100 | 00:02:31 | 02:44:56 | 03:49:08 | 04:48:05 | 05:19:55.30 | 05:19:55.30 | +02:05:22 (39.2%) | 7:10 | 8.4 (60.9%) |
| 101 | JANIK Janusz Johan | 50 | NIGHT RUNNERS GLIWICE | M40 | 101 | 00:01:10 | 02:45:45 | 03:52:20 | 04:52:27 | 05:20:02.75 | 05:20:02.75 | +02:05:29 (39.2%) | 7:10 | 8.4 (60.9%) |
| 102 | LOREK Marek | 182 | KB MARATOŃCZYK DĘBICA | M40 | 102 | 00:02:05 | 02:52:32 | 03:55:58 | 04:54:32 | 05:22:22.75 | 05:22:22.75 | +02:07:49 (39.7%) | 7:13 | 8.3 (60.1%) |
| 103 | SZYPUŁA Wojciech | 663 | | M40 | 103 | 00:01:56 | 03:01:57 | 04:01:17 | 04:54:57 | 05:22:44.70 | 05:22:44.70 | +02:08:11 (39.7%) | 7:14 | 8.3 (60.1%) |
| 104 | BŁAJSZCZAK Karol | 719 | TSA SANDOMIERZ | M40 | 104 | 00:01:19 | 02:56:08 | 04:03:09 | 04:56:58 | 05:22:45.45 | 05:22:45.45 | +02:08:12 (39.7%) | 7:14 | 8.3 (60.1%) |
| 105 | CHORZĘPA Mariusz | 528 | TSA -SANDOMIERZ | M40 | 105 | 00:01:18 | 02:56:09 | 04:03:08 | 04:56:58 | 05:22:46.10 | 05:22:46.10 | +02:08:13 (39.7%) | 7:14 | 8.3 (60.1%) |
| 106 | WILTOWSKI Wojciech | 707 | TEAM EDOKUMENTY | M40 | 106 | 00:02:04 | 02:51:18 | 03:54:26 | 04:54:06 | 05:23:57.60 | 05:23:57.60 | +02:09:24 (39.9%) | 7:15 | 8.3 (60.1%) |
| 107 | WASIELEWSKI Włodzimierz | 396 | KLUB SPORTOWY ZDZIESZOWICE-BIKETEAM | M40 | 107 | 00:01:19 | 03:00:27 | 04:02:18 | 04:57:04 | 05:23:58.55 | 05:23:58.55 | +02:09:25 (39.9%) | 7:15 | 8.3 (60.1%) |
| 108 | ZAJDEL Sławomir | 307 | MRÓWKA JAROSŁAW ACTIVE TEAM | M40 | 108 | 00:01:57 | 03:02:25 | 04:03:59 | 04:58:17 | 05:23:59.45 | 05:23:59.45 | +02:09:26 (40.0%) | 7:15 | 8.3 (60.1%) |
| 109 | PILECKI Maciej | 791 | | M40 | 109 | 00:03:10 | 03:04:08 | 04:08:24 | 05:01:33 | 05:24:57.05 | 05:24:57.05 | +02:10:24 (40.1%) | 7:17 | 8.2 (59.4%) |
| 110 | CHWALISZEWSKI Jarosław | 49 | NIGHT RUNNERS GLIWICE | M40 | 110 | 00:01:18 | 02:50:20 | 03:58:57 | 04:59:09 | 05:27:10.10 | 05:27:10.10 | +02:12:37 (40.5%) | 7:20 | 8.2 (59.4%) |
| 111 | MAKINIA Wawrzyniec | 747 | | M40 | 111 | 00:03:02 | 02:57:53 | 03:56:00 | 04:57:53 | 05:27:26.60 | 05:27:26.60 | +02:12:53 (40.6%) | 7:20 | 8.2 (59.4%) |
| 112 | KULIBERDA Tomasz | 784 | TEATR O.DE.LA | M40 | 112 | | 03:09:20 | 04:10:37 | 05:03:26 | 05:28:14.95 | 05:28:14.95 | +02:13:42 (40.7%) | 7:21 | 8.2 (59.4%) |
| 113 | CZMOK Rafał | 433 | ACTIV-MEDIA | M40 | 113 | 00:02:39 | 03:05:38 | 04:06:30 | 05:01:40 | 05:29:20.15 | 05:29:20.15 | +02:14:47 (40.9%) | 7:23 | 8.1 (58.7%) |
| 114 | WOJTOWICZ Daniel | 18 | | M40 | 114 | 00:02:31 | 03:00:14 | 04:06:25 | 05:01:33 | 05:30:26.25 | 05:30:26.25 | +02:15:53 (41.1%) | 7:24 | 8.1 (58.7%) |
| 115 | BARTOSZEK Krzysztof | 533 | MROWKA ACTIVE TEAM JAROSŁAW | M40 | 115 | 00:01:57 | 02:58:01 | 03:59:17 | 05:01:17 | 05:31:01.80 | 05:31:01.80 | +02:16:28 (41.2%) | 7:25 | 8.1 (58.7%) |
| 116 | LIS Marek | 130 | | M40 | 116 | 00:03:22 | 03:12:07 | 04:12:09 | 05:06:22 | 05:31:51.85 | 05:31:51.85 | +02:17:18 (41.4%) | 7:26 | 8.1 (58.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto | | Czas brutto | | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|---------------------------------|-----------|------|----------|----------------------|--------------------|----------------------|-------------|-------------|-------------------|------|--------------|------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | 44.6km | 44.6km | Różn | | | |
| 117 | SERAFIN Robert | 727 | | M40 | 117 | 00:01:21 | 02:46:36 | 03:48:31 | 04:57:32 | 05:32:11.65 | 05:32:11.65 | +02:17:38 (41.4%) | 7:26 | 8.1 (58.7%) | |
| 118 | GRABIŃSKI Waldemar | 546 | ROGOZIŃSKI KLUB BIEGACZA | M40 | 118 | 00:01:12 | 03:05:51 | 04:10:53 | 05:06:50 | 05:33:00.15 | 05:33:00.15 | +02:18:27 (41.6%) | 7:27 | 8 (58.0%) | |
| 119 | KANTOR Darek | 410 | RUN_HELPERSI | M40 | 119 | 00:01:54 | 03:06:58 | 04:10:45 | 05:05:41 | 05:33:08.55 | 05:33:08.55 | +02:18:35 (41.6%) | 7:28 | 8 (58.0%) | |
| 120 | BAHIR Said | 149 | MAROKO -PRZEMYŚL | M40 | 120 | 00:02:36 | 03:19:58 | 04:18:48 | 05:10:16 | 05:36:33.45 | 05:36:33.45 | +02:22:00 (42.2%) | 7:32 | 8 (58.0%) | |
| 121 | GRUCHAŁA Piotr | 461 | | M40 | 121 | 00:01:18 | 03:07:22 | 04:09:21 | 05:06:55 | 05:37:10.60 | 05:37:10.60 | +02:22:37 (42.3%) | 7:33 | 7.9 (57.2%) | |
| 122 | GACKI Zdobystaw | 502 | GACCY TEAM | M40 | 122 | 00:01:18 | 03:07:22 | 04:09:21 | 05:06:55 | 05:37:12.05 | 05:37:12.05 | +02:22:39 (42.3%) | 7:33 | 7.9 (57.2%) | |
| 123 | KWIECIEŃ Krzysztof | 527 | 4K TEAM TARNÓW | M40 | 123 | 00:02:50 | 03:17:38 | 04:18:36 | 05:12:22 | 05:37:13.40 | 05:37:13.40 | +02:22:40 (42.3%) | 7:33 | 7.9 (57.2%) | |
| 124 | OLSZEWSKI Jacek | 53 | | M40 | 124 | 00:00:39 | 02:44:06 | 04:07:40 | 05:06:31 | 05:37:18.90 | 05:37:18.90 | +02:22:45 (42.3%) | 7:33 | 7.9 (57.2%) | |
| 125 | OPOLSKI Piotr | 338 | LUKS LUBARTÓW - SEKCJA SZACHOWA | M40 | 125 | 00:01:59 | 03:08:00 | 04:09:25 | 05:08:34 | 05:37:37.20 | 05:37:37.20 | +02:23:04 (42.4%) | 7:34 | 7.9 (57.2%) | |
| 126 | KAZANOWSKI Marcin | 607 | | M40 | 126 | 00:01:58 | 03:05:33 | 04:08:34 | 05:07:21 | 05:38:55.45 | 05:38:55.45 | +02:24:22 (42.6%) | 7:35 | 7.9 (57.2%) | |
| 127 | HAJDO Robert | 189 | VICTORIA BRZESKO | M40 | 127 | 00:01:58 | 03:06:06 | 04:12:33 | 05:10:23 | 05:39:41.95 | 05:39:41.95 | +02:25:09 (42.7%) | 7:36 | 7.9 (57.2%) | |
| 128 | CHARKOT Sławomir | 252 | BIEGUSIEM.PL | M40 | 128 | 00:02:56 | 03:00:21 | 04:18:05 | 05:14:26 | 05:40:41.40 | 05:40:41.40 | +02:26:08 (42.9%) | 7:38 | 7.9 (57.2%) | |
| 129 | WITKOWSKI Dominik | 291 | KARL KNAUER POLAND | M40 | 129 | 00:01:58 | 02:57:56 | 04:04:16 | 05:08:16 | 05:40:50.20 | 05:40:50.20 | +02:26:17 (42.9%) | 7:38 | 7.9 (57.2%) | |
| 130 | SOLECKI Krzysztof | 425 | | M40 | 130 | 00:02:09 | 03:01:06 | 04:05:05 | 05:10:14 | 05:43:40.70 | 05:43:40.70 | +02:29:07 (43.4%) | 7:42 | 7.8 (56.5%) | |
| 131 | WOJCIECHOWSKI Krzysztof | 633 | | M40 | 131 | 00:02:00 | 03:08:53 | 04:20:26 | 05:15:24 | 05:44:57.15 | 05:44:57.15 | +02:30:24 (43.6%) | 7:44 | 7.8 (56.5%) | |
| 132 | ŻYRA Grzegorz | 521 | | M40 | 132 | 00:02:03 | 03:17:22 | 04:18:17 | 05:16:47 | 05:44:59.15 | 05:44:59.15 | +02:30:26 (43.6%) | 7:44 | 7.8 (56.5%) | |
| 133 | DĄBEK Paweł | 674 | | M40 | 133 | 00:03:10 | 03:09:41 | 04:15:08 | 05:16:15 | 05:45:07.65 | 05:45:07.65 | +02:30:34 (43.6%) | 7:44 | 7.8 (56.5%) | |
| 134 | RYŚ Andrzej | 346 | | M40 | 134 | 00:02:23 | 03:09:53 | 04:20:31 | 05:16:54 | 05:45:19.85 | 05:45:19.85 | +02:30:46 (43.7%) | 7:44 | 7.7 (55.8%) | |
| 135 | GARCZYŃSKI Darek | 71 | | M40 | 135 | 00:02:09 | 02:58:52 | 04:28:02 | 05:21:10 | 05:46:48.15 | 05:46:48.15 | +02:32:15 (43.9%) | 7:46 | 7.7 (55.8%) | |
| 136 | SZCZEPANIAK Karol | 744 | CROSS STRACIEŃCÓW TEAM | M40 | 136 | 00:02:50 | 03:13:45 | 04:19:42 | 05:18:46 | 05:50:19.35 | 05:50:19.35 | +02:35:46 (44.5%) | 7:51 | 7.6 (55.1%) | |
| 137 | WAJCOWICZ Witold | 36 | POZYTYWNE ZABIEGANI SANOK | M40 | 137 | 00:01:49 | 03:17:09 | 04:26:27 | 05:22:23 | 05:51:35.15 | 05:51:35.15 | +02:37:02 (44.7%) | 7:52 | 7.6 (55.1%) | |
| 138 | BURY Marek | 349 | | M40 | 138 | 00:02:20 | 03:15:58 | 04:28:13 | 05:24:47 | 05:51:40.90 | 05:51:40.90 | +02:37:07 (44.7%) | 7:53 | 7.6 (55.1%) | |
| 139 | KOCHANIEC Waldemar | 568 | CENTRUM ANIMACJI SPOŁECZNEJ | M40 | 139 | 00:02:07 | 03:15:55 | 04:28:22 | 05:26:13 | 05:54:24.80 | 05:54:24.80 | +02:39:51 (45.1%) | 7:56 | 7.6 (55.1%) | |
| 140 | JAKUBOWSKI Daniel | 567 | CENTRUM ANIMACJI SPOŁECZNEJ | M40 | 140 | 00:02:06 | 03:15:56 | 04:28:21 | 05:26:13 | 05:54:25.70 | 05:54:25.70 | +02:39:52 (45.1%) | 7:56 | 7.6 (55.1%) | |
| 141 | SWOBODA Jarosław | 79 | NIGHT RUNNERS GLIWICE | M40 | 141 | 00:02:53 | 03:13:56 | 04:22:43 | 05:23:09 | 05:55:10.65 | 05:55:10.65 | +02:40:37 (45.2%) | 7:57 | 7.5 (54.3%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto | | Czas brutto | | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------------|-----------|------|----------|----------------------|--------------------|----------------------|--------------------|--------------------|-------------------|------|--------------|------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | 44.6km | 44.6km | Różn | | | |
| 142 | KOŁODZIEJ Jacek | 56 | NIGHT RUNNERS GLIWICE | M40 | 142 | 00:01:22 | 03:12:47 | 04:22:43 | 05:23:09 | 05:55:13.65 | 05:55:13.65 | +02:40:40 (45.2%) | 7:57 | 7.5 (54.3%) | |
| 143 | STĘPIEŃ Maksymilian | 301 | | M40 | 143 | | 03:10:44 | 04:23:54 | 05:25:58 | 05:55:20.05 | 05:55:20.05 | +02:40:47 (45.2%) | 7:58 | 7.5 (54.3%) | |
| 144 | KOBIERSKI Szymon | 76 | | M40 | 144 | 00:02:01 | 03:12:21 | 04:25:04 | 05:25:38 | 05:56:36.95 | 05:56:36.95 | +02:42:04 (45.4%) | 7:59 | 7.5 (54.3%) | |
| 145 | TOMASZEWSKI Wojtek | 471 | BRACIAT | M40 | 145 | 00:02:17 | 03:17:51 | 04:28:18 | 05:26:27 | 05:56:58.45 | 05:56:58.45 | +02:42:25 (45.5%) | 8:00 | 7.5 (54.3%) | |
| 146 | PRYCIŃSKI Krzysztof | 576 | CAFE SZKOLNA 16 | M40 | 146 | 00:02:38 | 03:23:20 | 04:30:33 | 05:30:10 | 05:58:11.40 | 05:58:11.40 | +02:43:38 (45.7%) | 8:01 | 7.5 (54.3%) | |
| 147 | MANIAK Łukasz | 78 | | M40 | 147 | 00:02:47 | 03:19:21 | 04:29:25 | 05:28:51 | 05:58:24.15 | 05:58:24.15 | +02:43:51 (45.7%) | 8:02 | 7.5 (54.3%) | |
| 148 | SIÓDZIAK Cezary | 231 | SPARTANIE DZIECIOM | M40 | 148 | 00:02:40 | 03:19:50 | 04:29:45 | 05:29:50 | 05:58:40.30 | 05:58:40.30 | +02:44:07 (45.8%) | 8:02 | 7.5 (54.3%) | |
| 149 | SĘKOWSKI Damian | 450 | | M40 | 149 | 00:02:46 | 03:17:13 | 04:22:58 | 05:30:44 | 05:59:40.95 | 05:59:40.95 | +02:45:08 (45.9%) | 8:03 | 7.4 (53.6%) | |
| 150 | BOROWIEC Arkadiusz | 217 | CHEŁM BIEGA/BRACIA.B | M40 | 150 | 00:01:59 | 03:18:31 | 04:30:37 | 05:32:04 | 05:59:50.10 | 05:59:50.10 | +02:45:17 (45.9%) | 8:04 | 7.4 (53.6%) | |
| 151 | JURCZAK Daniel | 82 | TRIPAKA | M40 | 151 | 00:01:04 | 03:23:45 | 04:32:00 | 05:34:04 | 06:00:45.90 | 06:00:45.90 | +02:46:12 (46.1%) | 8:05 | 7.4 (53.6%) | |
| 152 | MICHALCZEWSKI Andrzej | 177 | | M40 | 152 | 00:02:55 | 03:16:38 | 04:30:09 | 05:31:05 | 06:03:37.15 | 06:03:37.15 | +02:49:04 (46.5%) | 8:09 | 7.4 (53.6%) | |
| 153 | SMAGA Krzysztof | 400 | BANDA GRUDNIA | M40 | 153 | 00:01:40 | 03:24:03 | 04:39:11 | 05:36:07 | 06:03:40.85 | 06:03:40.85 | +02:49:07 (46.5%) | 8:09 | 7.4 (53.6%) | |
| 154 | JAKUBOWSKI Wojciech | 829 | KB GEOTERMIA UNIEJÓW | M40 | 154 | 00:02:33 | 03:14:57 | 04:36:05 | 05:36:31 | 06:04:56.15 | 06:04:56.15 | +02:50:23 (46.7%) | 8:10 | 7.3 (52.9%) | |
| 155 | PAWŁOWSKI Paweł | 359 | | M40 | 155 | 00:01:55 | 03:23:37 | 04:31:07 | 05:35:23 | 06:06:32.25 | 06:06:32.25 | +02:51:59 (46.9%) | 8:13 | 7.3 (52.9%) | |
| 156 | WASAŻNIK Marcin | 239 | DZIKIE GRUBASY SZATANA | M40 | 156 | 00:01:48 | 03:23:14 | 04:36:27 | 05:37:19 | 06:07:15.80 | 06:07:15.80 | +02:52:42 (47.0%) | 8:14 | 7.3 (52.9%) | |
| 157 | ZYGO Grzegorz | 444 | UWOLNIĆ ŚLIMAKA | M40 | 157 | 00:01:42 | 03:24:16 | 04:39:12 | 05:36:07 | 06:09:31.00 | 06:09:31.00 | +02:54:58 (47.4%) | 8:17 | 7.2 (52.2%) | |
| 158 | ZIELONKA Bogumił | 779 | PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA' | M40 | 158 | 00:02:24 | 03:21:56 | 04:29:17 | 05:31:47 | 06:10:00.55 | 06:10:00.55 | +02:55:27 (47.4%) | 8:17 | 7.2 (52.2%) | |
| 159 | BATOR Marek | 636 | | M40 | 159 | 00:01:26 | 03:24:30 | 04:35:13 | 05:40:20 | 06:11:11.15 | 06:11:11.15 | +02:56:38 (47.6%) | 8:19 | 7.2 (52.2%) | |
| 160 | WAŚKOWICZ Waldemar | 210 | | M40 | 160 | 00:02:01 | 03:18:39 | 04:37:24 | 05:40:24 | 06:11:22.40 | 06:11:22.40 | +02:56:49 (47.6%) | 8:19 | 7.2 (52.2%) | |
| 161 | RĄPAŁA Wojciech | 762 | | M40 | 161 | 00:02:53 | 03:22:35 | 04:41:53 | 05:41:06 | 06:11:37.50 | 06:11:37.50 | +02:57:04 (47.6%) | 8:19 | 7.2 (52.2%) | |
| 162 | MYSŁEK Radosław | 805 | | M40 | 162 | 00:03:07 | 03:26:27 | 04:35:59 | 05:41:49 | 06:13:59.05 | 06:13:59.05 | +02:59:26 (48.0%) | 8:23 | 7.2 (52.2%) | |
| 163 | SIDOROWICZ Grzegorz | 751 | AXA RUNNING TEAM | M40 | 163 | 00:01:47 | 03:30:23 | 04:40:33 | 05:42:36 | 06:15:46.05 | 06:15:46.05 | +03:01:13 (48.2%) | 8:25 | 7.1 (51.4%) | |
| 164 | GRZEGORZ Gąszczyk | 431 | NOWA HUTA TEAM | M40 | 164 | 00:02:58 | 03:33:00 | 04:58:58 | 05:51:24 | 06:16:11.10 | 06:16:11.10 | +03:01:38 (48.3%) | 8:26 | 7.1 (51.4%) | |
| 165 | TALMA Paweł | 156 | LUBARTOWBIEGA.PL | M40 | 165 | 00:02:46 | 03:23:55 | 04:50:02 | 05:48:09 | 06:16:41.30 | 06:16:41.30 | +03:02:08 (48.4%) | 8:26 | 7.1 (51.4%) | |
| 166 | KWIATKOWSKI Marek | 666 | DZIKI BAGIENNE | M40 | 166 | 00:01:50 | 03:27:45 | 04:40:30 | 05:44:59 | 06:17:21.35 | 06:17:21.35 | +03:02:48 (48.4%) | 8:27 | 7.1 (51.4%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|--------------------------|-----------|------|--------------|----------------------|--------------------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | 44.6km | 44.6km | | | |
| 167 | CAŁA Maciej | 658 | CHCIAŁEM SE POBIEGAĆ | M40 | 167 | 00:01:06 | 03:28:55 | 04:39:02 | 05:45:54 | 06:20:49.45 | 06:20:49.45 | +03:06:16 (48.9%) | 8:32 | 7 (50.7%) |
| 168 | MAŁKIEWICZ Dariusz | 211 | PGB SPORTOWA PACZKA | M40 | 168 | 00:03:03 | 03:30:59 | 04:52:24 | 05:50:42 | 06:21:21.15 | 06:21:21.15 | +03:06:48 (49.0%) | 8:33 | 7 (50.7%) |
| 169 | KORNIŁOW Piotr | 6 | | M40 | 169 | 00:02:25 | 03:39:24 | 04:52:02 | 05:52:36 | 06:22:37.65 | 06:22:37.65 | +03:08:04 (49.2%) | 8:34 | 7 (50.7%) |
| 170 | BEHRENDT Bartek | 413 | NIGHT RUNNERS GLIWICE | M40 | 170 | 00:02:07 | 03:34:19 | 04:47:21 | 05:53:34 | 06:24:04.65 | 06:24:04.65 | +03:09:31 (49.3%) | 8:36 | 7 (50.7%) |
| 171 | PRZYBYSZ Mariusz | 165 | | M40 | 171 | 00:02:46 | 03:23:55 | 04:50:02 | 05:53:09 | 06:25:04.45 | 06:25:04.45 | +03:10:31 (49.5%) | 8:38 | 6.9 (50.0%) |
| 172 | KĘTRZYŃSKI Ryszard | 201 | ZABIEGANI MIELEC | M40 | 172 | 00:02:14 | 03:35:26 | 04:52:46 | 05:54:56 | 06:27:42.75 | 06:27:42.75 | +03:13:09 (49.8%) | 8:41 | 6.9 (50.0%) |
| 173 | ADAMOWSKI Jacek | 643 | NIGHT RUNNERS GLIWICE | M40 | 173 | 00:01:15 | 03:34:31 | 04:52:02 | 05:58:02 | 06:29:10.50 | 06:29:10.50 | +03:14:37 (50.0%) | 8:43 | 6.9 (50.0%) |
| 174 | GRZYBEK Piotr | 733 | KEREZA | M40 | 174 | 00:02:21 | 03:20:53 | 04:43:26 | 05:53:22 | 06:31:02.75 | 06:31:02.75 | +03:16:29 (50.2%) | 8:46 | 6.8 (49.3%) |
| 175 | FARMAS Dariusz | 522 | NOWA HUTA TEAM | M40 | 175 | 00:01:55 | 03:33:04 | 05:01:14 | 06:01:57 | 06:32:10.55 | 06:32:10.55 | +03:17:37 (50.4%) | 8:47 | 6.8 (49.3%) |
| 176 | MICHALSKI Henryk | 302 | GRUPA AZOTY TARNÓW | M40 | 176 | 00:01:43 | 03:41:23 | 04:55:14 | 05:57:26 | 06:37:16.00 | 06:37:16.00 | +03:22:43 (51.0%) | 8:54 | 6.7 (48.6%) |
| 177 | WÓJTOWICZ Paweł | 501 | | M40 | 177 | 00:03:11 | 03:10:13 | 04:42:03 | 05:56:29 | 06:37:41.30 | 06:37:41.30 | +03:23:08 (51.1%) | 8:55 | 6.7 (48.6%) |
| 178 | ORZECH Artur | 321 | KROKODYLE KOLBUSZOWA | M40 | 178 | 00:03:08 | 03:30:35 | 04:49:43 | 05:54:10 | 06:38:59.65 | 06:38:59.65 | +03:24:26 (51.2%) | 8:56 | 6.7 (48.6%) |
| 179 | DRAPAŁA Jan | 320 | KROKODYLE KOLBUSZOWA | M40 | 179 | 00:03:08 | 03:30:35 | 04:49:35 | 05:54:12 | 06:39:00.60 | 06:39:00.60 | +03:24:27 (51.2%) | 8:56 | 6.7 (48.6%) |
| 180 | BACZA Piotr | 137 | PRZEMYSŁ - MAROKO | M40 | 180 | 00:02:36 | 03:31:07 | 04:59:01 | 06:06:14 | 06:39:05.85 | 06:39:05.85 | +03:24:32 (51.3%) | 8:56 | 6.7 (48.6%) |
| 181 | RYMARZ Grzegorz | 476 | | M40 | 181 | 00:03:01 | 03:29:05 | 04:52:33 | 06:02:47 | 06:39:07.15 | 06:39:07.15 | +03:24:34 (51.3%) | 8:56 | 6.7 (48.6%) |
| 182 | MARKIEWICZ Rafał | 775 | | M40 | 182 | 00:02:54 | 03:30:09 | 05:00:25 | 06:06:33 | 06:39:39.65 | 06:39:39.65 | +03:25:06 (51.3%) | 8:57 | 6.7 (48.6%) |
| 183 | BAĆMAGA Jan | 192 | TURLAM SIĘ DO METY - JP2 | M40 | 183 | 00:01:57 | 03:32:31 | 05:00:26 | 06:06:33 | 06:39:40.70 | 06:39:40.70 | +03:25:07 (51.3%) | 8:57 | 6.7 (48.6%) |
| 184 | HYZIAK Jakub | 264 | JJ.RUNNERS | M40 | 184 | 00:02:06 | 03:37:34 | 04:53:22 | 06:05:03 | 06:42:13.30 | 06:42:13.30 | +03:27:40 (51.6%) | 9:01 | 6.7 (48.6%) |
| 185 | KOZŁOWSKI Robert | 40 | DOCE PARES POLSKA | M40 | 185 | 00:01:09 | 03:28:54 | 04:47:01 | 06:04:58 | 06:43:23.20 | 06:43:23.20 | +03:28:50 (51.8%) | 9:02 | 6.6 (47.8%) |
| 186 | MAZUR Jerzy | 490 | | M40 | 186 | 00:02:32 | 03:32:13 | 04:59:16 | 06:13:52 | 06:54:21.25 | 06:54:21.25 | +03:39:48 (53.0%) | 9:17 | 6.5 (47.1%) |
| 187 | DURA Piotr | 554 | PKB ENDORFINA | M40 | 187 | 00:02:29 | 03:52:51 | 05:13:54 | 06:26:06 | 07:04:46.55 | 07:04:46.55 | +03:50:13 (54.2%) | 9:31 | 6.3 (45.7%) |
| 188 | WRÓBEL Dominik | 552 | AZS PWSZ KROSNO | M40 | 188 | 00:02:34 | 04:02:42 | 05:37:14 | 06:50:14 | 07:26:55.45 | 07:26:55.45 | +04:12:22 (56.5%) | 10:01 | 6 (43.5%) |
| 189 | RUDZKI Tomasz | 128 | BIEGACZ NOWOSOLNA | M40 | 189 | 00:01:52 | 03:56:17 | 05:49:11 | 07:04:34 | 07:48:44.20 | 07:48:44.20 | +04:34:11 (58.5%) | 10:30 | 5.7 (41.3%) |
| | LADNER Paul | 822 | | M40 | | 00:02:21 DNF | 03:10:47 DNF | 04:23:53 DNF | DNF | DNF | DNF | - | - | - (0.0%) |

Znaleziono 190 wynik(ów)