

IV ULTRAMARATON BIESZCZADZKI

B4SPORT

Wydarzenie: Maraton Bieszczadzki 2016
Organizator: Fundacja Bieg Rzeźnika
Data: 2016-10-09
Miejsce: Cisna
Dystans: 52 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 3.25km	P2_Roztoki 11.9km	P3_Solinka_herlaty 30km	P2_Roztoki 37.8km	P1_Krzyzowka_z_czerwonym 50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	FARON Robert	3		M40	1		00:13:42	00:47:06	02:11:52	03:01:20	04:15:13	04:19:17.45	04:26:02.40		4:59	12 (100%)
2	WĄSOWICZ Jan			M40	2		00:15:02	00:50:42	02:18:37	03:14:13	04:39:20	04:44:33.55	04:44:36.15	+00:18:33 (6.5%)	5:28	11 (91.7%)
3	ŻYTO Maciej	393		M40	3		00:17:13	01:00:13	02:43:16	03:42:38	05:08:52	05:14:13.85	05:14:18.40	+00:48:16 (15.4%)	6:02	9.9 (82.5%)
4	ŚLASKI Radosław	475		M40	4		00:16:30	00:57:38	02:38:38	03:38:21	05:09:14	05:15:05.00	05:15:16.25	+00:49:13 (15.6%)	6:03	9.9 (82.5%)
5	TOPOLSKI Marcin	648		M40	5		00:16:34	00:58:47	02:44:43	03:44:52	05:13:35	05:19:28.35	05:19:32.65	+00:53:30 (16.7%)	6:08	9.8 (81.7%)
6	KNOP Piotr	314		M40	6		00:16:28	00:58:23	02:38:10	03:40:39	05:23:09	05:30:22.85	05:30:33.65	+01:04:31 (19.5%)	6:21	9.4 (78.3%)
7	KOKOCIŃSKI Dariusz	605		M40	7		00:16:08	00:55:43	02:45:42	03:54:33	05:28:25	05:33:40.65	05:33:46.50	+01:07:44 (20.3%)	6:25	9.4 (78.3%)
8	KONIARZ Michał	457		M40	8		00:17:01	00:58:58	02:46:47	03:57:06	05:35:07	05:41:04.45	05:41:12.95	+01:15:10 (22.0%)	6:33	9.1 (75.8%)
9	KOŁDER Tomasz	8		M40	9		00:16:34	00:58:47	02:46:46	03:59:47	05:41:18	05:46:31.10	05:46:35.95	+01:20:33 (23.2%)	6:39	9 (75.0%)
10	LESZCZYŃSKI Andrzej	625		M40	10		00:18:29	01:00:55	02:49:16	03:59:08	05:43:37	05:48:59.45	05:49:05.95	+01:23:03 (23.8%)	6:42	8.9 (74.2%)
11	BRYNDZA Krzysztof	621		M40	11		00:18:21	01:03:24	02:51:12	03:59:47	05:42:51	05:49:16.40	05:49:26.85	+01:23:24 (23.9%)	6:43	8.9 (74.2%)
12	MAZUREK Robert	390		M40	12	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:17:09	00:59:35	02:51:14	04:07:53	05:44:50	05:50:15.60	05:50:23.30	+01:24:20 (24.1%)	6:44	8.9 (74.2%)
13	MURAK Robert	87		M40	13		00:18:25	01:01:41	02:50:58	04:02:51	05:45:35	05:51:19.40	05:51:35.50	+01:25:33 (24.3%)	6:45	8.9 (74.2%)
14	SAWICZ Robert	183		M40	14		00:16:43	00:58:09	02:43:16	04:01:54	05:46:28	05:52:22.35	05:52:27.50	+01:26:25 (24.5%)	6:46	8.9 (74.2%)
15	GARDZIEL Jerzy	547		M40	15	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:17:44	01:00:26	02:46:29	04:00:13	05:47:40	05:53:37.55	05:53:54.50	+01:27:52 (24.8%)	6:48	8.8 (73.3%)
16	WNEK Paweł	476		M40	16		00:17:29	01:01:22	03:03:34	04:13:59	05:59:57	06:06:48.10	06:07:00.20	+01:40:57 (27.5%)	7:03	8.5 (70.8%)
17	WÓJCIK Tomasz	286		M40	17		00:20:12	01:09:25	03:11:46	04:22:38	06:01:34	06:06:59.20	06:07:29.80	+01:41:27 (27.6%)	7:03	8.5 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km			
18	ZARZYŃSKI Artur	269		M40	18		00:18:57	01:04:43	02:57:53	04:13:04	06:01:26	06:07:40.80	06:07:54.25	+01:41:51 (27.7%)	7:04	8.5 (70.8%)
19	KRUPA Grzegorz	690		M40	19		00:17:49	01:01:30	02:57:43	04:16:55	06:06:42	06:12:43.25	06:13:01.90	+01:46:59 (28.7%)	7:10	8.4 (70.0%)
20	FILIPEK Wojciech	591		M40	20		00:18:08	01:01:27	02:53:57	04:14:02	06:06:59	06:14:08.75	06:14:23.65	+01:48:21 (28.9%)	7:11	8.3 (69.2%)
21	MAŚLANKA Jacek	419		M40	21		00:18:22	01:02:21	02:58:25	04:13:35	06:08:02	06:14:44.50	06:15:02.95	+01:49:00 (29.1%)	7:12	8.3 (69.2%)
22	STACHURA Marcin	237		M40	22		00:17:38	01:01:12	02:59:30	04:18:31	06:10:50	06:16:16.85	06:16:23.50	+01:50:21 (29.3%)	7:14	8.3 (69.2%)
23	KUNCEWICZ Dariusz	365		M40	23		00:20:17	01:07:25	03:06:29	04:22:02	06:10:46	06:16:16.95	06:16:32.75	+01:50:30 (29.3%)	7:14	8.3 (69.2%)
24	SKRABA Michał	525		M40	24		00:19:06	01:04:36	03:08:42	04:24:50	06:11:31	06:17:20.40	06:17:30.85	+01:51:28 (29.5%)	7:15	8.3 (69.2%)
25	SZPUNAR Maciej	610		M40	25		00:19:33	01:10:14	03:06:49	04:18:42	06:11:17	06:17:16.35	06:17:33.15	+01:51:30 (29.5%)	7:15	8.3 (69.2%)
26	WOJCIECHOWSKI Ireneusz	531		M40	26	Macintosh Grójec	00:18:10	01:02:41	03:02:27	04:22:10	06:12:17	06:18:15.25	06:18:25.05	+01:52:22 (29.7%)	7:16	8.2 (68.3%)
27	MIKOWSKI Artur	468		M40	27	Macintosh Grójec	00:18:10	01:02:41	03:02:28	04:22:10	06:12:19	06:18:15.50	06:18:25.10	+01:52:22 (29.7%)	7:16	8.2 (68.3%)
28	HEŁMECKI Darek	339		M40	28		00:17:40	01:04:30	03:09:15	04:23:19	06:11:13	06:18:30.85	06:18:37.75	+01:52:35 (29.7%)	7:16	8.2 (68.3%)
29	BARAN Jacek	92		M40	29		00:20:59	01:08:04	03:08:49	04:24:19	06:14:46	06:21:20.35	06:21:37.30	+01:55:34 (30.3%)	7:20	8.2 (68.3%)
30	SKRZESZEWSKI Henryk P.	110		M40	30		00:17:04	00:59:30	03:01:51	04:23:44	06:16:44	06:22:33.55	06:22:46.15	+01:56:43 (30.5%)	7:21	8.2 (68.3%)
31	BIZUB Maciej	318		M40	31		00:18:33	01:02:22	02:56:14	04:19:21	06:15:35	06:22:26.25	06:22:52.65	+01:56:50 (30.5%)	7:21	8.2 (68.3%)
32	CURYŁO Tomasz	477		M40	32		00:20:46	01:09:22	03:09:42	04:25:49	06:19:02	06:25:39.60	06:26:16.65	+02:00:14 (31.1%)	7:24	8.1 (67.5%)
33	DAWID Tomasz	537		M40	33		00:17:35	01:01:14	03:03:14	04:25:46	06:21:26	06:27:23.55	06:27:30.05	+02:01:27 (31.3%)	7:27	8.1 (67.5%)
34	TYLEK Rafał	482		M40	34		00:19:09	01:06:04	03:07:51	04:30:19	06:21:05	06:27:39.00	06:28:14.05	+02:02:11 (31.5%)	7:27	8 (66.7%)
35	JANDZIŚ Wiesław	613		M40	35	Aktywny Dynów	00:20:54	01:09:49	03:21:40	04:33:38	06:22:19	06:27:44.80	06:28:23.30	+02:02:20 (31.5%)	7:27	8 (66.7%)
36	LEGUTKO Włodzimierz	178		M40	36		00:20:05	01:09:46	03:23:47	04:32:09	06:22:10	06:29:34.95	06:29:49.00	+02:03:46 (31.8%)	7:29	8 (66.7%)
37	SZAJBE Dariusz	309		M40	37		00:21:12	01:08:22	03:08:25	04:29:03	06:26:14	06:33:09.45	06:33:47.25	+02:07:44 (32.4%)	7:33	7.9 (65.8%)
38	KUKLA Marcin	495		M40	38		00:18:46	01:05:01	03:07:52	04:30:05	06:26:40	06:33:53.80	06:34:02.40	+02:08:00 (32.5%)	7:34	7.9 (65.8%)
39	KOSMAŁSKI Rafał	553		M40	39		00:22:01	01:10:48	03:17:13	04:35:21	06:27:16	06:34:11.25	06:34:25.00	+02:08:22 (32.5%)	7:34	7.9 (65.8%)
40	MUCHA Grzegorz	202		M40	40		00:19:41	01:06:22	03:09:45	04:32:34	06:27:36	06:34:36.30	06:34:59.40	+02:08:57 (32.6%)	7:35	7.9 (65.8%)
41	KOWALCZYK Rafał	523		M40	41		00:16:47	00:58:04	02:58:59	04:26:04	06:28:32	06:35:08.95	06:35:12.45	+02:09:10 (32.7%)	7:35	7.9 (65.8%)
42	NOWAK Piotr	529		M40	42		00:19:55	01:08:18	03:13:40	04:34:55	06:28:46	06:35:13.50	06:36:03.90	+02:10:01 (32.8%)	7:36	7.9 (65.8%)
43	CAŁA Michał	497		M40	43	Szybkie Koty	00:19:34	01:04:38	03:06:48	04:29:24	06:29:20	06:35:56.40	06:36:17.85	+02:10:15 (32.9%)	7:36	7.9 (65.8%)
44	MIROŚLAW Albert	454		M40	44	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:21:42	01:13:15	03:21:01	04:41:15	06:30:12	06:36:21.90	06:36:47.80	+02:10:45 (33.0%)	7:37	7.9 (65.8%)
45	FOĆ Grzegorz	333		M40	45		00:19:59	01:06:18	03:07:09	04:32:34	06:30:05	06:36:46.90	06:37:28.75	+02:11:26 (33.1%)	7:37	7.9 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas		Tempo min/km	Tempo km/h	
							3.25km	11.9km	30km	37.8km	50.86km	netto 52km	brutto 52km			Różn
46	ROKITA Andrzej	436		M40	46		00:17:58	00:59:57	03:01:39	04:32:46	06:31:18	06:37:19.25	06:37:42.05	+02:11:39 (33.1%)	7:38	7.9 (65.8%)
47	PLEWA Tomasz	88		M40	47		00:20:01	01:05:31	03:07:58	04:37:06	06:31:59	06:38:59.30	06:39:32.30	+02:13:29 (33.4%)	7:40	7.8 (65.0%)
48	TOMYS Przemysław	421		M40	48		00:19:58	01:06:13	03:07:16	04:31:00	06:31:58	06:39:36.65	06:39:58.25	+02:13:55 (33.5%)	7:41	7.8 (65.0%)
49	SOKALSKI Grzegorz	63		M40	49		00:20:55	01:08:09	03:18:13	04:43:00	06:38:39	06:45:47.25	06:46:19.55	+02:20:17 (34.5%)	7:48	7.7 (64.2%)
50	KOSZELNIK Grzegorz	687	SOKÓŁ JASŁO	M40	50		00:17:37	01:02:32	03:04:43	04:38:33	06:38:48	06:46:07.50	06:46:24.20	+02:20:21 (34.5%)	7:48	7.7 (64.2%)
51	NOWICKI Zbigniew	170		M40	51		00:20:42	01:10:27	03:25:40	04:44:43	06:40:28	06:46:05.35	06:46:25.05	+02:20:22 (34.5%)	7:48	7.7 (64.2%)
52	ZYCH Zbigniew	34		M40	52	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:20:12	01:09:56	03:17:44	04:45:10	06:40:38	06:46:38.50	06:46:55.75	+02:20:53 (34.6%)	7:49	7.7 (64.2%)
53	MAŁYSZA Sławomir	481		M40	53		00:21:25	01:08:05	03:14:24	04:39:07	06:41:41	06:49:44.20	06:50:20.85	+02:24:18 (35.2%)	7:52	7.6 (63.3%)
54	KACZOREK Marcin	254		M40	54	Dzikie Dziki	00:19:38	01:06:15	03:13:01	04:42:04	06:47:10	06:54:03.00	06:54:24.90	+02:28:22 (35.8%)	7:57	7.5 (62.5%)
55	KACZOROWSKI Przemysław	575		M40	55		00:20:47	01:08:50	03:24:09	04:51:49	06:47:56	06:54:07.45	06:54:34.65	+02:28:32 (35.8%)	7:57	7.5 (62.5%)
56	MAŁKIEWICZ Dariusz	624		M40	56		00:18:31	01:03:41	03:10:20	04:43:37	06:48:36	06:55:09.80	06:55:31.15	+02:29:28 (36.0%)	7:59	7.5 (62.5%)
57	KAWALEC Krystian	99		M40	57		00:22:52	01:15:03	03:30:02	04:51:37	06:49:09	06:55:14.65	06:55:43.85	+02:29:41 (36.0%)	7:59	7.5 (62.5%)
58	POPIS Tomasz	35		M40	58		00:18:07	01:00:17	03:03:39	04:48:33	06:48:32	06:55:49.15	06:56:13.05	+02:30:10 (36.1%)	7:59	7.5 (62.5%)
59	GRZEGORCZYK Wojciech	160		M40	59		00:21:56	01:13:17	03:29:01	04:54:46	06:50:07	06:56:45.25	06:57:00.40	+02:30:58 (36.2%)	8:00	7.5 (62.5%)
60	SZEREMETA Andrzej	31		M40	60		00:20:26	01:10:54	03:24:33	04:52:46	06:51:20	06:58:08.35	06:58:42.75	+02:32:40 (36.5%)	8:02	7.5 (62.5%)
61	KLIMCZAK Piotr	693	JUVENIA GŁUCHOŁAZY	M40	61		00:21:13	01:10:56	03:23:45	04:53:38	06:51:37	06:58:16.50	06:58:46.00	+02:32:43 (36.5%)	8:02	7.5 (62.5%)
62	PIOTROWSKI Robert	420		M40	62		00:21:18	01:08:38	03:15:19	04:44:36	06:51:58	06:58:28.00	06:59:09.75	+02:33:07 (36.5%)	8:02	7.5 (62.5%)
63	WASIELEWSKI Włodzimierz	233		M40	63		00:20:05	01:10:48	03:25:30	04:51:55	06:53:31	07:00:13.75	07:00:27.95	+02:34:25 (36.7%)	8:04	7.4 (61.7%)
64	KOWALCZYK Grzegorz	225		M40	64		00:18:54	01:05:35	03:16:53	04:51:52	06:55:30	07:02:58.40	07:03:09.20	+02:37:06 (37.1%)	8:08	7.4 (61.7%)
65	RZĄDKOWSKI Krzysztof	23		M40	65		00:20:56	01:13:21	03:29:11	04:55:35	06:56:13	07:02:45.15	07:03:37.85	+02:37:35 (37.2%)	8:07	7.4 (61.7%)
66	PIETRZYK Tomasz	526		M40	66		00:21:13	01:10:43	03:26:50	04:53:25	06:56:39	07:03:27.05	07:03:58.45	+02:37:56 (37.3%)	8:08	7.4 (61.7%)
67	JANKOWSKI Piotr	677		M40	67		00:21:46	01:14:37	03:33:18	04:56:56	06:56:31	07:03:17.05	07:04:00.45	+02:37:58 (37.3%)	8:08	7.4 (61.7%)
68	KEMPIŃSKI Tomasz	414		M40	68		00:20:31	01:06:41	03:20:41	04:48:50	06:57:55	07:05:02.10	07:05:30.05	+02:39:27 (37.5%)	8:10	7.3 (60.8%)
69	DROZD Maciej	154		M40	69		00:22:16	01:12:48	03:29:19	04:55:52	06:57:45	07:04:42.65	07:05:31.05	+02:39:28 (37.5%)	8:10	7.3 (60.8%)
70	PACUSZKA Krzysztof	395		M40	70	Łubudubu	00:21:49	01:11:26	03:21:43	04:56:33	06:58:23	07:05:22.25	07:05:50.65	+02:39:48 (37.5%)	8:10	7.3 (60.8%)
71	WOJCIECHOWSKI Krzysztof	552		M40	71		00:18:41	01:05:18	03:23:06	04:57:05	07:00:47	07:07:13.90	07:07:19.90	+02:41:17 (37.7%)	8:12	7.3 (60.8%)
72	FINFANDO Zbigniew	109		M40	72		00:23:55	01:17:01	03:37:15	05:00:15	06:59:16	07:06:41.45	07:07:31.40	+02:41:29 (37.8%)	8:12	7.3 (60.8%)
73	PALUCH Andrzej	194		M40	73		00:20:14	01:08:11	03:21:18	04:58:09	07:02:07	07:08:24.00	07:08:43.40	+02:42:41 (37.9%)	8:14	7.3 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km			
74	FALKOWSKI Piotr	463		M40	74		00:22:56	01:16:47	03:36:02	05:07:29	07:04:41	07:11:32.90	07:12:04.50	+02:46:02 (38.4%)	8:17	7.2 (60.0%)
75	HARPULA Robert	101		M40	75		00:20:49	01:12:28	03:30:34	05:04:43	07:06:36	07:14:08.45	07:14:22.10	+02:48:19 (38.8%)	8:20	7.2 (60.0%)
76	PIECH Krzysztof	667		M40	76		00:22:06	01:13:08	03:25:41	04:56:24	07:06:44	07:14:01.30	07:14:34.30	+02:48:31 (38.8%)	8:20	7.2 (60.0%)
77	OSTAPIŃSKI Wojtek	368		M40	77	OSTre SROki	00:20:41	01:09:38	03:25:50	05:03:30	07:08:48	07:16:16.40	07:16:29.00	+02:50:26 (39.0%)	8:23	7.2 (60.0%)
78	SAPIŃSKI Mariusz	447		M40	78		00:20:06	01:09:47	03:23:50	05:03:24	07:09:18	07:16:28.05	07:16:41.65	+02:50:39 (39.1%)	8:23	7.1 (59.2%)
79	KURASZKIEWICZ Robert	112		M40	79		00:22:19	01:14:45	03:32:39	05:05:56	07:09:40	07:16:21.95	07:16:46.45	+02:50:44 (39.1%)	8:23	7.1 (59.2%)
80	ZIĘBA Witold	595		M40	80		00:22:20	01:14:44	03:32:35	05:05:46	07:09:41	07:16:24.60	07:16:48.80	+02:50:46 (39.1%)	8:23	7.1 (59.2%)
81	ŁUKOMSKI Maciej	180		M40	81		07:10:42					07:16:45.30	07:17:19.60	+02:51:17 (39.2%)	8:23	7.1 (59.2%)
82	KUTNIK Mirosław	392		M40	82		00:20:48	01:11:37	03:27:57	05:03:43	07:10:34	07:17:28.95	07:17:52.70	+02:51:50 (39.2%)	8:24	7.1 (59.2%)
83	GĄSECKI Daniel	637		M40	83	Aktywny Dynów	00:20:53	01:08:38	03:21:38	04:49:53	07:09:49	07:18:12.10	07:18:51.00	+02:52:48 (39.4%)	8:25	7.1 (59.2%)
84	STĘPIEŃ Wojciech	47		M40	84	Hałda Team	00:20:34	01:09:28	03:30:25	05:05:25	07:11:17	07:18:38.55	07:19:03.70	+02:53:01 (39.4%)	8:26	7.1 (59.2%)
85	WILK Marcin	107		M40	85	Pozytywnie Zabiegani Sanok	00:22:01	01:13:45	03:35:02	05:05:36	07:10:50	07:18:39.65	07:19:06.80	+02:53:04 (39.4%)	8:26	7.1 (59.2%)
86	WAJCOWICZ Witold	289		M40	86	Pozytywnie Zabiegani Sanok	00:22:02	01:13:46	03:35:02	05:05:38	07:10:53	07:18:40.25	07:19:06.85	+02:53:04 (39.4%)	8:26	7.1 (59.2%)
87	GRZYBOWSKI Tomasz	241		M40	87		00:20:39	01:09:49	03:28:16	05:01:36	07:10:30	07:19:28.80	07:19:58.90	+02:53:56 (39.5%)	8:27	7.1 (59.2%)
88	MARSZALEK Andrzej	78		M40	88		00:20:38	01:09:49	03:28:16	05:01:36	07:10:25	07:20:20.90	07:20:51.05	+02:54:48 (39.7%)	8:28	7.1 (59.2%)
89	BADOWSKI Jerzy	155		M40	89		00:20:17	01:05:42	03:09:19	04:39:26	07:09:11	07:20:40.85	07:21:00.00	+02:54:57 (39.7%)	8:28	7.1 (59.2%)
90	JUSIŃSKI Robert	242		M40	90		00:22:09	01:13:19	03:30:34	05:04:03	07:12:44	07:20:23.25	07:21:12.00	+02:55:09 (39.7%)	8:28	7.1 (59.2%)
91	CIUBA Paweł	373		M40	91		00:22:14	01:17:31	03:36:19	05:11:58	07:14:47	07:20:55.50	07:21:20.00	+02:55:17 (39.7%)	8:28	7.1 (59.2%)
92	KUNCEWICZ Marek	298		M40	92		00:23:30	01:16:52	03:33:45	05:08:00	07:17:09	07:24:54.85	07:25:40.25	+02:59:37 (40.3%)	8:33	7 (58.3%)
93	SOŁKIEWICZ Robert	54		M40	93		00:21:31	01:14:20	03:32:34	05:09:49	07:21:15	07:27:29.95	07:27:41.15	+03:01:38 (40.6%)	8:36	7 (58.3%)
94	ŁUCZAK Paweł	221		M40	94		00:22:41	01:14:47	03:34:55	05:07:42	07:19:26	07:27:36.40	07:28:10.00	+03:02:07 (40.6%)	8:36	7 (58.3%)
95	PEKAL Artur	364		M40	95		07:20:55					07:28:50.80	07:29:26.80	+03:03:24 (40.8%)	8:37	7 (58.3%)
96	NIEMCZEWSKI Borys	198		M40	96		00:18:08	01:04:57	03:41:04	05:20:46	07:22:01	07:29:16.30	07:29:28.65	+03:03:26 (40.8%)	8:38	6.9 (57.5%)
97	DRABIŃSKI Marek	174		M40	97		00:19:26	01:08:41	03:22:34	05:00:58	07:23:31	07:31:25.50	07:31:30.40	+03:05:28 (41.1%)	8:40	6.9 (57.5%)
98	SMAGA Krzysztof	42		M40	98		00:23:01	01:16:37	03:40:39	05:16:37	07:24:41	07:31:23.65	07:31:55.85	+03:05:53 (41.1%)	8:40	6.9 (57.5%)
99	STAWIARSKI Artur	431		M40	99		00:24:42	01:22:04	03:43:58	05:14:10	07:25:05	07:32:01.45	07:32:35.05	+03:06:32 (41.2%)	8:41	6.9 (57.5%)
100	DZIEKAN Krzysztof	623		M40	100		00:22:02	01:11:21	03:37:17	05:12:17	07:25:00	07:32:07.70	07:32:41.10	+03:06:38 (41.2%)	8:41	6.9 (57.5%)
101	GAŁUSZKA Bogdan	146		M40	101		00:22:18	01:14:49	03:44:08	05:11:59	07:22:43	07:32:21.40	07:32:41.70	+03:06:39 (41.2%)	8:41	6.9 (57.5%)
102	ZAJĄC Józef	85		M40	102		00:22:15	01:17:34	03:36:20	05:10:13	07:22:42	07:32:18.15	07:32:41.95	+03:06:39 (41.2%)	8:41	6.9 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km			
103	WOJCIECHOWSKI Michał	628		M40	103		00:21:19	01:12:13	03:26:12	05:00:13	07:24:24	07:32:32.95	07:33:02.95	+03:07:00 (41.3%)	8:42	6.9 (57.5%)
104	RZECZKOWSKI Maciej	580		M40	104		00:22:01	01:10:49	03:28:09	05:07:07	07:25:51	07:33:30.40	07:33:44.05	+03:07:41 (41.4%)	8:43	6.9 (57.5%)
105	MAZUR Sebastian	409		M40	105		00:22:50	01:16:56	03:38:00	05:15:32	07:25:49	07:33:04.20	07:33:46.15	+03:07:43 (41.4%)	8:42	6.9 (57.5%)
106	LAMPART Robert	272		M40	106		07:26:39					07:34:17.35	07:34:17.35	+03:08:14 (41.4%)	8:44	6.9 (57.5%)
107	STARZYŃSKI Stefan	423		M40	107	Perfect Runner Lublin	00:22:17	01:16:42	03:37:47	05:10:05	07:28:00	07:35:27.30	07:35:52.00	+03:09:49 (41.6%)	8:45	6.9 (57.5%)
108	SOSZYŃSKI Wojtek	315		M40	108		00:22:55	01:17:23	03:39:59	05:20:28	07:28:48	07:35:20.35	07:35:54.35	+03:09:51 (41.6%)	8:45	6.9 (57.5%)
109	WOJDA Dariusz	244		M40	109	Dzikie Dziki	00:20:45	01:12:01	03:41:53	05:14:48	07:29:11	07:36:29.75	07:36:51.75	+03:10:49 (41.8%)	8:46	6.8 (56.7%)
110	WIERZBICKI Paweł	574		M40	110		00:21:08	01:13:20	03:42:12	05:19:01	07:32:21	07:39:23.85	07:39:32.05	+03:13:29 (42.1%)	8:50	6.8 (56.7%)
111	BARON Jacek	312		M40	111		00:23:21	01:16:50	03:41:44	05:16:29	07:31:59	07:43:04.45	07:43:39.05	+03:17:36 (42.6%)	8:54	6.7 (55.8%)
112	CZUBIEL Konrad	325		M40	112		07:38:48					07:45:21.30	07:46:00.20	+03:19:57 (42.9%)	8:56	6.7 (55.8%)
113	GRZEGORCZYK Krzysztof	683	KW KRAKÓW	M40	113		00:23:42	01:26:23	03:50:23	05:20:19	07:38:32	07:45:45.95	07:46:23.70	+03:20:21 (43.0%)	8:57	6.7 (55.8%)
114	BRUDŁO Marcin	484		M40	114		00:24:18	01:19:47	03:48:03	05:25:06	07:40:33	07:49:39.10	07:50:26.55	+03:24:24 (43.4%)	9:01	6.6 (55.0%)
115	SOPAŁA Jakub	157		M40	115		00:20:17	01:10:03	03:37:06	05:25:42	07:41:14	07:51:17.20	07:51:28.30	+03:25:25 (43.6%)	9:03	6.6 (55.0%)
116	DZIADOSZ Jerzy	499		M40	116		00:22:23	01:19:45	03:46:15	05:31:55	07:46:54	07:54:52.30	07:55:21.35	+03:29:18 (44.0%)	9:07	6.6 (55.0%)
117	AMBROZIAK Radosław	445		M40	117		00:20:43	01:12:51	03:36:02	05:30:32	07:49:12	07:57:05.05	07:57:22.40	+03:31:20 (44.3%)	9:10	6.5 (54.2%)
118	MISIĄGIEWICZ Paweł	369		M40	118		00:24:13	01:17:37	03:57:17	05:40:03	07:51:20	07:58:47.30	07:59:15.15	+03:33:12 (44.5%)	9:12	6.5 (54.2%)
119	WSZELAK Tomasz	578		M40	119	Łubudubu	00:23:11	01:18:58	03:51:23	05:36:22	07:51:33	07:59:10.70	07:59:39.70	+03:33:37 (44.5%)	9:12	6.5 (54.2%)
120	OCHAB Janusz	692		M40	120		00:23:33	01:16:00	03:50:39	05:32:43	07:53:56	08:01:19.90	08:01:53.60	+03:35:51 (44.8%)	9:15	6.5 (54.2%)
121	PARUZEL Ireneusz	227		M40	121	Dziółchy i Synki Squad	00:20:59	01:15:19	03:44:27	05:31:15	07:53:43	08:01:41.10	08:02:01.10	+03:35:58 (44.8%)	9:15	6.5 (54.2%)
122	ŻUROWSKI Marcin	536		M40	122		00:22:10	01:12:11	03:38:40	05:20:30	07:54:02	08:02:30.85	08:03:06.10	+03:37:03 (44.9%)	9:16	6.5 (54.2%)
123	BARTOSIEWICZ Andrzej	173		M40	123	TKD Szakal Jeżyce Runners	00:21:25	01:16:30	03:46:34	05:31:24	07:53:40	08:03:54.60	08:04:48.85	+03:38:46 (45.1%)	9:18	6.4 (53.3%)
124	NADOLSKI Piotr	230		M40	124		00:22:46	01:18:53	03:49:05	05:36:13	07:57:21	08:05:38.60	08:06:21.10	+03:40:18 (45.3%)	9:20	6.4 (53.3%)
125	BRONOWICKI Jarosław	259		M40	125		00:21:03	01:10:53	03:32:02	05:26:43	07:58:33	08:06:51.70	08:07:11.20	+03:41:08 (45.4%)	9:21	6.4 (53.3%)
126	DOBROSIELSKI Marcin	361		M40	126	TKD Szakal Jeżyce Runners	00:21:26	01:13:54	03:58:11	05:42:07	07:58:18	08:06:18.35	08:07:13.25	+03:41:10 (45.4%)	9:21	6.4 (53.3%)
127	PIETRZYKOWSKI Artur	320		M40	127		00:20:41	01:11:59	03:39:29	05:32:10	08:02:08	08:13:30.60	08:13:42.15	+03:47:39 (46.1%)	9:29	6.3 (52.5%)
128	MICHALAK Piotr	299		M40	128		00:23:38	01:20:41	03:51:15	05:35:03	08:08:23	08:16:44.25	08:17:23.60	+03:51:21 (46.5%)	9:33	6.3 (52.5%)
129	JACKOWSKI Jacek	215		M40	129		00:23:16	01:23:50	04:16:05	05:50:13	08:09:36	08:17:11.25	08:17:38.95	+03:51:36 (46.5%)	9:33	6.3 (52.5%)
130	ARGALSKI Grzegorz	123		M40	130		00:24:00	01:25:41	04:03:13	05:40:32	08:09:40	08:18:41.10	08:19:34.80	+03:53:32 (46.7%)	9:35	6.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km			
130	PYRZEWSKI Dariusz	586		M40	130		00:24:00	01:25:41	04:03:12	05:40:32	08:09:46	08:18:41.10	08:19:34.80	+03:53:32 (46.7%)	9:35	6.3 (52.5%)
132	KUBALA Sylwester	674		M40	132		00:23:34	01:20:53	04:10:16	05:50:13	08:12:15	08:19:54.90	08:20:33.75	+03:54:31 (46.9%)	9:36	6.2 (51.7%)
133	GEZELA Robert	528		M40	133	Euforia Biegacza	00:23:56	01:22:04	04:00:20	05:41:14	08:12:02	08:21:58.65	08:22:24.45	+03:56:22 (47.0%)	9:39	6.2 (51.7%)
134	MALICKI Grzegorz	335		M40	134		00:19:59	01:07:55	03:39:59	05:27:25	08:12:56	08:24:28.25	08:24:38.55	+03:58:36 (47.3%)	9:42	6.2 (51.7%)
135	POPŁAWSKI Arkadiusz	95		M40	135		00:23:00	01:17:09	03:56:21	05:37:27	08:13:31	08:24:01.70	08:24:46.95	+03:58:44 (47.3%)	9:41	6.2 (51.7%)
136	KALIŃSKI Hubert	371		M40	136		00:24:34	01:29:34	04:05:56	05:52:53	08:17:14	08:25:03.80	08:25:49.10	+03:59:46 (47.4%)	9:42	6.2 (51.7%)
137	GÓRAJ Maciej	64		M40	137		00:24:00	01:22:16	04:01:43	05:50:48	08:20:23	08:29:17.05	08:29:32.25	+04:03:29 (47.8%)	9:47	6.1 (50.8%)
138	NOWICKI Marek	262		M40	138		00:21:56	01:16:21	03:56:24	05:52:48	08:23:20	08:30:55.10	08:31:03.20	+04:05:00 (47.9%)	9:49	6.1 (50.8%)
139	CAŁKA Grzegorz	672		M40	139		00:22:57	01:22:22	04:06:24	05:49:02	08:24:37	08:33:42.80	08:34:05.05	+04:08:02 (48.2%)	9:52	6.1 (50.8%)
140	HYZIAK Jakub	249		M40	140		00:23:32	01:22:39	04:20:34	05:54:48	08:24:53	08:34:14.05	08:34:55.55	+04:08:53 (48.3%)	9:53	6.1 (50.8%)
141	WÓJCIK Robert	387		M40	141		00:24:07	01:24:09	03:59:56	05:42:16	08:24:23	08:38:44.30	08:39:17.35	+04:13:14 (48.8%)	9:58	6 (50.0%)
142	NIEWĘGŁOWSKI Michał	84		M40	142		00:23:34	01:19:57	04:04:18	05:55:57	08:29:56	08:39:43.30	08:40:31.80	+04:14:29 (48.9%)	9:59	6 (50.0%)
143	MUCHA Tomasz	488		M40	143		00:23:19	01:19:51	03:55:29	05:47:49	08:29:48	08:41:08.10	08:42:03.50	+04:16:01 (49.0%)	10:01	6 (50.0%)
144	RUSZKOWSKI Leszek	514		M40	144		00:23:41	01:29:21	04:14:35	05:56:15	08:33:12	08:43:15.60	08:43:55.25	+04:17:52 (49.2%)	10:03	6 (50.0%)
145	WALCZAK Dariusz	175		M40	145		00:23:30	01:31:39	04:17:29	05:55:10	08:36:26	08:46:55.00	08:47:33.65	+04:21:31 (49.6%)	10:07	5.9 (49.2%)
146	LEWOC Leszek	658		M40	146		00:21:19	01:16:24	03:58:12	05:49:56	08:41:42	08:52:34.25	08:52:45.55	+04:26:43 (50.1%)	10:14	5.9 (49.2%)
DQ	MISIUNA Mariusz	265		M40			00:23:39 DQ	01:26:15 DQ	04:26:42 DQ	06:23:36 DQ	DQ	09:43:00.15 DQ	DQ	-	-	- (0.0%)
	BRAUN Krzysztof	551		M40			00:23:36 DNF	01:18:50 DNF	03:53:46 DNF	05:42:57 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KOZŁOWSKI Robert	458		M40			00:23:29 DNF	01:20:19 DNF	04:08:46 DNF	05:57:56 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	TKACZYK Przemysław	255		M40		Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:23:51 DNF	01:23:26 DNF	04:14:46 DNF	05:59:36 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GOŁĄB Michał	569		M40			00:23:08 DNF	01:20:59 DNF	04:03:06 DNF	05:59:58 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KOPYŚC Jarosław	524		M40			00:25:15 DNF	01:32:07 DNF	04:14:18 DNF	06:00:20 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JANKOWSKI Paweł	662		M40			00:24:19 DNF	01:29:21 DNF	04:14:22 DNF	06:01:09 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BORKOWSKI Krzysztof	302		M40			00:24:40 DNF	01:24:29 DNF	04:13:51 DNF	06:03:24 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ZIELONKA Bogumił	77		M40			00:25:29 DNF	01:28:39 DNF	04:29:31 DNF	06:04:32 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SIÓDIAK Cezary	287		M40			00:23:37 DNF	01:21:48 DNF	04:22:47 DNF	06:08:36 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ŁOKAS Andrzej	584		M40			00:26:03 DNF	01:29:11 DNF	04:24:12 DNF	06:08:41 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	DUDEK Michał	130		M40			00:23:18 DNF	01:21:48 DNF	04:07:55 DNF	06:13:21 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 3.25km	P2_Roztoki 11.9km	P3_Solinka_herlaty 30km	P2_Roztoki 37.8km	P1_Krzyzowka_z_czerwonym 50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	FRUCZ Jacek	68		M40			00:23:22 DNF	01:22:21 DNF	04:20:52 DNF	06:14:01 DNF	DNF	DNF	DNF	-	-	(0.0%)
	JUREK Jarosław	405		M40			00:24:00 DNF	01:22:42 DNF	04:27:18 DNF	06:16:07 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZIELIŃSKI Tomasz	156		M40			00:24:28 DNF	01:27:48 DNF	04:28:45 DNF	06:44:03 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DURA Piotr	243		M40			00:25:52 DNF	01:31:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ILASZ Staś	224		M40			DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 163 wynik(ów)