



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

IV ZIMOWA BIESZCZADZKA DYCHA 2018

Zimowy Maraton Bieszczadzki 2018
Fundacja Bieg Rzeźnika
2018-01-28
Cisna
10 km

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DOMISZEWSKI Ignacy	1065	MKS HALICZ	M20	1	00:00:27	00:22:12	00:34:04.70	00:34:04.70		3:24	17.6 (100%)
2	SZPUNAR Andrzej	1187		M40	1	00:00:27	00:23:22	00:36:12.50	00:36:12.50	+00:02:07 (5.9%)	3:37	16.6 (94.3%)
3	DZIOREK Tomasz	1092	SPRINT GORZYCE	M30	1	00:00:29	00:26:37	00:40:17.00	00:40:17.00	+00:06:12 (15.4%)	4:01	14.9 (84.7%)
4	SUROWIEC Grzegorz	1160	BESTA SP. Z O.O.	M30	2	00:00:30	00:27:17	00:41:08.45	00:41:08.45	+00:07:03 (17.2%)	4:06	14.6 (83.0%)
5	DUDZIK Łukasz	1175	GÓRAL BIEGA	M30	3	00:00:35	00:28:05	00:41:40.10	00:41:40.10	+00:07:35 (18.2%)	4:10	14.4 (81.8%)
6	BARAN Mateusz	1072	GORLICKA GRUPA BIEGOWA	M20	2	00:00:29	00:27:36	00:41:53.30	00:41:53.30	+00:07:48 (18.6%)	4:11	14.3 (81.3%)
7	ADAMCZYK Przemysław	1235	ADIDAS RUNNERS WARSAW	M40	2	00:00:28	00:28:35	00:42:43.55	00:42:43.55	+00:08:38 (20.2%)	4:16	14 (79.5%)
8	MARCZAK Paweł	1234	ADIDAS RUNNERS WARSAW	M30	4	00:00:32	00:28:39	00:42:51.50	00:42:51.50	+00:08:46 (20.5%)	4:17	14 (79.5%)
9	TRYNIECKI Krystian	1073		M20	3	00:00:39	00:28:09	00:43:05.70	00:43:05.70	+00:09:01 (20.9%)	4:18	13.9 (79.0%)
10	MAJCHROWICZ Wiktor	1314		M30	5	00:00:57	00:29:31	00:43:44.75	00:43:44.75	+00:09:40 (22.1%)	4:22	13.7 (77.8%)
11	REGIEC Mateusz	1246	GYPSY RUNNER'S	M30	6	00:00:39	00:29:18	00:43:53.55	00:43:53.55	+00:09:48 (22.4%)	4:23	13.7 (77.8%)
12	TELESZ Mateusz	1249		M30	7	00:00:39	00:29:39	00:44:41.55	00:44:41.55	+00:10:36 (23.7%)	4:28	13.4 (76.1%)
13	HARSCHE Paweł	1026		M30	8	00:00:53	00:29:48	00:45:00.25	00:45:00.25	+00:10:55 (24.3%)	4:30	13.3 (75.6%)
14	TRYNIECKI Tomasz	1074	GRODZISKA GRUPA BIEGOWA	M40	3	00:00:39	00:30:06	00:45:02.70	00:45:02.70	+00:10:58 (24.3%)	4:30	13.3 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
15	PRZEBIROWSKI Karol	1151	HUSARIA RACE TEAM	M20	4	00:00:30	00:29:51	00:45:21.60	00:45:21.60	+00:11:16 (24.9%)	4:32	13.2 (75.0%)
16	SARNA Kamil	1166		M30	9	00:00:50	00:30:29	00:45:36.30	00:45:36.30	+00:11:31 (25.3%)	4:33	13.2 (75.0%)
17	WÓJCIK Jerzy	1100		M30	10	00:00:56	00:31:01	00:46:04.85	00:46:04.85	+00:12:00 (26.0%)	4:36	13 (73.9%)
18	WÓJCIK Józef	1137	CHEŁM BIEGA	M40	4	00:00:56	00:31:06	00:46:55.85	00:46:55.85	+00:12:51 (27.4%)	4:41	12.8 (72.7%)
19	MAŚLANY Daniel	1046		M40	5	00:01:00	00:31:45	00:47:13.85	00:47:13.85	+00:13:09 (27.8%)	4:43	12.7 (72.2%)
20	WINIARSKI Karol	1176	BŁĘKITNI ŻEGLCE	M30	11	00:00:37	00:31:39	00:47:30.00	00:47:30.00	+00:13:25 (28.3%)	4:45	12.6 (71.6%)
21	CHOJNACKI Wiktor	1226		M30	12	00:01:02	00:32:07	00:47:47.60	00:47:47.60	+00:13:42 (28.7%)	4:46	12.6 (71.6%)
22	ONISK Kamil	1162	MKB DREPTAK	M20	5	00:00:31	00:32:18	00:48:32.20	00:48:32.20	+00:14:27 (29.8%)	4:51	12.4 (70.5%)
23	SKOTNICZNY Michał	1138		M20	6	00:00:57	00:32:34	00:48:39.75	00:48:39.75	+00:14:35 (30.0%)	4:51	12.3 (69.9%)
24	ZAWADZKI Krzysztof	1239	FUNDACJA LATARNIA	M20	7	00:01:10	00:32:50	00:48:47.35	00:48:47.35	+00:14:42 (30.2%)	4:52	12.3 (69.9%)
25	TUCZAPSKI Piotr	1212	XRUNNERS	M20	8	00:00:37	00:32:22	00:48:47.40	00:48:47.40	+00:14:42 (30.2%)	4:52	12.3 (69.9%)
26	STANKIEWICZ Jacek	1218		M50	1	00:00:39	00:32:23	00:48:48.50	00:48:48.50	+00:14:43 (30.2%)	4:52	12.3 (69.9%)
27	FARON Piotr	1280	LIMANOWA FOREST	M60	1	00:00:43	00:32:43	00:48:50.25	00:48:50.25	+00:14:45 (30.2%)	4:53	12.3 (69.9%)
28	SZYSZŁO Tomasz	1219	RUN ENERGY CLUB SANOK	M30	13	00:00:57	00:32:40	00:48:51.85	00:48:51.85	+00:14:47 (30.3%)	4:53	12.3 (69.9%)
29	KLATE Łukasz	1017	ŁÓDŹ KOCHA SPORT	M40	6	00:00:59	00:32:48	00:49:18.90	00:49:18.90	+00:15:14 (30.9%)	4:55	12.2 (69.3%)
30	SZWAST Jerzy	1198	MTB MOSR DUKLA	M40	7	00:01:25	00:33:28	00:49:26.20	00:49:26.20	+00:15:21 (31.1%)	4:56	12.1 (68.8%)
31	RECZKOWSKI Andrzej	1252	1954	M60	2	00:00:38	00:32:42	00:49:44.55	00:49:44.55	+00:15:39 (31.5%)	4:58	12.1 (68.8%)
32	WILCZAK Janusz	1021		M40	8	00:00:34	00:33:14	00:50:01.70	00:50:01.70	+00:15:57 (31.9%)	5:00	12 (68.2%)
33	KRZYŚKO Marcin	1144		M30	14	00:01:20	00:32:44	00:50:02.60	00:50:02.60	+00:15:57 (31.9%)	5:00	12 (68.2%)
34	PŁESZKA Marek	1165	OTRYT LUTOWISKA	M40	9	00:01:01	00:33:42	00:50:27.50	00:50:27.50	+00:16:22 (32.5%)	5:02	11.9 (67.6%)
35	ZAWADZKI Marcin	1053	SZCZWANY TRZMIEL TEAM	M30	15	00:01:03	00:33:45	00:50:41.55	00:50:41.55	+00:16:36 (32.8%)	5:04	11.8 (67.0%)
36	BODZIOCH Grzegorz	1062	GORLICKA GRUPA BIEGOWA	M40	10	00:01:01	00:33:26	00:50:48.05	00:50:48.05	+00:16:43 (32.9%)	5:04	11.8 (67.0%)
37	STĘPKOWSKI Mateusz	1206		M20	9	00:02:42	00:35:58	00:50:51.50	00:50:51.50	+00:16:46 (33.0%)	5:05	11.8 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
38	ISKRA Grzegorz	1150	KP PSP STRYZÓW	M30	16	00:00:59	00:33:57	00:50:58.35	00:50:58.35	+00:16:53 (33.1%)	5:05	11.8 (67.0%)
39	DRAŻEK Sławomir	1183		M40	11	00:01:03	00:34:22	00:51:14.50	00:51:14.50	+00:17:09 (33.5%)	5:07	11.7 (66.5%)
40	TOKARZ Adrian	1191	DZIKIE MUSTANGI	M30	17	00:01:38	00:34:26	00:51:22.15	00:51:22.15	+00:17:17 (33.7%)	5:08	11.7 (66.5%)
41	KARKUT Michał	1205	FUN&RUN	M30	18	00:01:38	00:35:13	00:51:57.10	00:51:57.10	+00:17:52 (34.4%)	5:11	11.5 (65.3%)
42	RAPACZ Marcin	1108		M50	2	00:01:08	00:34:10	00:52:00.20	00:52:00.20	+00:17:55 (34.5%)	5:12	11.5 (65.3%)
43	DUDZIŃSKI Piotr	1196		M30	19	00:01:37	00:35:12	00:52:17.80	00:52:17.80	+00:18:13 (34.8%)	5:13	11.5 (65.3%)
44	RADZIK Robert	1221	1991	M20	10	00:00:39	00:35:20	00:52:18.55	00:52:18.55	+00:18:13 (34.9%)	5:13	11.5 (65.3%)
45	RYŁKO Jacek	1140	SOLINA TEAM	M40	12	00:01:01	00:35:24	00:52:21.15	00:52:21.15	+00:18:16 (34.9%)	5:14	11.5 (65.3%)
46	HYDZIK Łukasz	1058	LIDER SANOK	M40	13	00:00:58	00:34:52	00:52:27.00	00:52:27.00	+00:18:22 (35.0%)	5:14	11.4 (64.8%)
47	OLESIK Filip	1298	AZS KRAKOWSKA AKADEMIA IM. FRYCIA	M20	11	00:01:20	00:35:54	00:52:29.10	00:52:29.10	+00:18:24 (35.1%)	5:14	11.4 (64.8%)
48	MIERZWA Kamil	1284		M20	12	00:01:05	00:35:10	00:52:47.15	00:52:47.15	+00:18:42 (35.4%)	5:16	11.4 (64.8%)
49	SOBIERAJSKI Maciej	1043		M30	20	00:01:09	00:36:25	00:52:49.00	00:52:49.00	+00:18:44 (35.5%)	5:16	11.4 (64.8%)
50	SIENNICKI Rafał	1180		M40	14	00:01:33	00:35:53	00:53:23.75	00:53:23.75	+00:19:19 (36.2%)	5:20	11.2 (63.6%)
51	MISIOŁEK Marcin	1038	MOSIR DUKLA	M30	21	00:01:22	00:35:37	00:53:27.35	00:53:27.35	+00:19:22 (36.2%)	5:20	11.2 (63.6%)
52	BŁASZCZAK Błażej	1203		M30	22	00:01:01	00:36:17	00:53:29.35	00:53:29.35	+00:19:24 (36.3%)	5:20	11.2 (63.6%)
53	PAJESTKA Wojciech	1265	POZYTYWNIIE ZABIEGANI SANOK/ AZS PWSZ	M40	15	00:02:36	00:37:09	00:53:35.50	00:53:35.50	+00:19:30 (36.4%)	5:21	11.2 (63.6%)
54	GUDOWSKI Krystian	1262		M30	23	00:02:37	00:37:09	00:53:37.50	00:53:37.50	+00:19:32 (36.5%)	5:21	11.2 (63.6%)
55	JAKUSZEWSKI Paweł	1167		M30	24	00:02:22	00:36:57	00:53:44.50	00:53:44.50	+00:19:39 (36.6%)	5:22	11.2 (63.6%)
56	NALEPA Maciej	1172		M30	25	00:01:09	00:36:33	00:54:00.55	00:54:00.55	+00:19:55 (36.9%)	5:24	11.1 (63.1%)
57	WYSOCKI Mariusz	1202	FUNDACJA LATARNIA	M30	26	00:01:06	00:34:45	00:54:07.70	00:54:07.70	+00:20:03 (37.0%)	5:24	11.1 (63.1%)
58	ŻAK Krzysztof	1051		M40	16	00:01:20	00:36:43	00:54:14.15	00:54:14.15	+00:20:09 (37.2%)	5:25	11.1 (63.1%)
59	POŁOZYNSKI Andrzej	1075	ZACISZE NIGHT RUNNERS	M40	17	00:02:06	00:36:55	00:54:15.00	00:54:15.00	+00:20:10 (37.2%)	5:25	11.1 (63.1%)
60	NAWROT Bartłomiej	1243	KAMIENIOŁOM	M30	27	00:01:58	00:36:22	00:54:28.35	00:54:28.35	+00:20:23 (37.4%)	5:26	11 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
61	FURS Teodor	1253	PIERDZĄCE ZAJĄCE	M40	18	00:01:22	00:37:01	00:54:49.40	00:54:49.40	+00:20:44 (37.8%)	5:28	10.9 (61.9%)
62	SZYBIAK Maciej	1215	AGONA W&M	M20	13	00:02:23	00:37:11	00:54:54.05	00:54:54.05	+00:20:49 (37.9%)	5:29	10.9 (61.9%)
63	KLOCEK Konrad	1104		M30	28	00:01:05	00:36:29	00:55:22.30	00:55:22.30	+00:21:17 (38.5%)	5:32	10.8 (61.4%)
64	HEC Grzegorz	1015		M30	29	00:01:06	00:37:06	00:55:33.30	00:55:33.30	+00:21:28 (38.7%)	5:33	10.8 (61.4%)
65	DEC Roman	1256	JW3730	M30	30	00:02:52	00:38:01	00:55:34.30	00:55:34.30	+00:21:29 (38.7%)	5:33	10.8 (61.4%)
66	GALANTY Bartłomiej	1189		M40	19	00:02:11	00:38:07	00:56:01.05	00:56:01.05	+00:21:56 (39.2%)	5:36	10.7 (60.8%)
67	DOMIN Wiesław	1220		M50	3	00:01:17	00:38:16	00:56:04.45	00:56:04.45	+00:21:59 (39.2%)	5:36	10.7 (60.8%)
68	KOGUT Leszek	1049		M40	20	00:02:01	00:37:16	00:56:09.05	00:56:09.05	+00:22:04 (39.3%)	5:36	10.7 (60.8%)
69	WAL Sebastian	1124	STOWARZYSZENIE KLUB SPORTOWY W SMOLARZYNACH	M20	14	00:00:51	00:37:08	00:56:11.45	00:56:11.45	+00:22:06 (39.4%)	5:37	10.7 (60.8%)
70	LESZCZYŃSKI Mirosław	1125	BIESZCZADYRUN	M30	31	00:01:41	00:38:19	00:56:16.05	00:56:16.05	+00:22:11 (39.4%)	5:37	10.7 (60.8%)
71	BUGAJSKI Artur	1111	JABIEGAM	M40	21	00:01:18	00:37:32	00:56:19.30	00:56:19.30	+00:22:14 (39.5%)	5:37	10.7 (60.8%)
72	KOCHANIAK Andrzej	1208	WŁÓCZYBIEGI	M30	32	00:02:38	00:39:27	00:56:32.10	00:56:32.10	+00:22:27 (39.7%)	5:39	10.6 (60.2%)
73	ŻARNICKI Kamil	1036	STAY INSANE	M30	33	00:02:36	00:38:43	00:56:35.75	00:56:35.75	+00:22:31 (39.8%)	5:39	10.6 (60.2%)
74	OLESIK Zygmunt	1063		M40	22	00:01:25	00:37:48	00:56:52.80	00:56:52.80	+00:22:48 (40.1%)	5:41	10.6 (60.2%)
75	MAJCHROWSKI Jacek	1019	CKB TARNOBRZEG	M40	23	00:01:59	00:38:46	00:56:53.05	00:56:53.05	+00:22:48 (40.1%)	5:41	10.5 (59.7%)
76	ROŚCIŃSKI Franciszek	1316		M40	24	00:01:40	00:38:27	00:56:58.60	00:56:58.60	+00:22:53 (40.2%)	5:41	10.5 (59.7%)
77	SKÓRA Michał	1168		M40	25	00:02:47	00:39:24	00:56:59.80	00:56:59.80	+00:22:55 (40.2%)	5:41	10.5 (59.7%)
78	ŚLUSARCZYK Maciej	1142		M30	34	00:00:58	00:37:36	00:57:01.15	00:57:01.15	+00:22:56 (40.2%)	5:42	10.5 (59.7%)
79	KWOKA Roman	1029		M30	35	00:02:26	00:39:12	00:57:01.65	00:57:01.65	+00:22:56 (40.2%)	5:42	10.5 (59.7%)
80	KAPEL Bogdan	1085		M50	4	00:02:00	00:38:46	00:57:12.15	00:57:12.15	+00:23:07 (40.4%)	5:43	10.5 (59.7%)
81	WRÓBEL Bartłomiej	1267	CISNA	M20	15	00:00:56	00:37:59	00:57:26.10	00:57:26.10	+00:23:21 (40.7%)	5:44	10.4 (59.1%)
82	ZUBA Rafał	1237	BLACK RIVER	M20	16	00:01:23	00:37:51	00:57:27.65	00:57:27.65	+00:23:22 (40.7%)	5:44	10.4 (59.1%)
83	JANAS Marian	1317		M60	3	00:01:40	00:39:19	00:57:30.40	00:57:30.40	+00:23:25 (40.7%)	5:45	10.4 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
84	PANEK Piotr	1190	DZIKIE MUSTANGI	M40	26	00:01:39	00:38:37	00:58:25.30	00:58:25.30	+00:24:20 (41.7%)	5:50	10.3 (58.5%)
85	WYDRO Rafał	1133	FUN&RUN	M40	27	00:00:53	00:41:14	00:58:34.15	00:58:34.15	+00:24:29 (41.8%)	5:51	10.2 (58.0%)
86	GUCWA Mirosław	1103	LET'S GO WILD!!!	M30	36	00:01:18	00:39:34	00:58:46.60	00:58:46.60	+00:24:41 (42.0%)	5:52	10.2 (58.0%)
87	PAWLETA Michał	1161	NIGHT RUNNERS GLIWICE	M40	28	00:01:42	00:38:59	00:58:50.45	00:58:50.45	+00:24:45 (42.1%)	5:53	10.2 (58.0%)
88	CIEŚLA Łukasz	1078	ŻOŁYNIA BIEGA	M20	17	00:01:00	00:38:21	00:58:56.90	00:58:56.90	+00:24:52 (42.2%)	5:53	10.2 (58.0%)
89	ŻELAZNY Tomasz	1195	BYLE DO METY	M30	37	00:02:47	00:40:14	00:59:11.10	00:59:11.10	+00:25:06 (42.4%)	5:55	10.1 (57.4%)
90	KATA Bartłomiej	1255	JW 3730	M20	18	00:02:52	00:39:35	00:59:16.00	00:59:16.00	+00:25:11 (42.5%)	5:55	10.1 (57.4%)
91	SZPERKA Leszek	1285	SIGIT	M40	29	00:01:31	00:40:09	00:59:16.20	00:59:16.20	+00:25:11 (42.5%)	5:55	10.1 (57.4%)
92	KIN Rafał	1093	AZS PWSZ KROSNO	M30	38	00:02:29	00:40:28	00:59:17.70	00:59:17.70	+00:25:13 (42.5%)	5:55	10.1 (57.4%)
93	SZYBIAK Waldemar	796	AGONA W&M	M50	5	00:02:24	00:38:25	00:59:39.50	00:59:39.50	+00:25:34 (42.9%)	5:57	10.1 (57.4%)
94	JUSZCZAK Artur	1233	CHEŁM BIEGA	M40	30	00:01:37	00:40:23	00:59:51.45	00:59:51.45	+00:25:46 (43.1%)	5:59	10 (56.8%)
95	CZEKAJ Bogdan	1224	RUMING TEAM NOWY STYL GROUP	M50	6	00:02:07	00:40:56	01:00:00.25	01:00:00.25	+00:25:55 (43.2%)	6:00	10 (56.8%)
96	KOTŁOWSKI Paweł	1095	JABIEGAM	M20	19	00:01:23	00:40:43	01:00:01.10	01:00:01.10	+00:25:56 (43.2%)	6:00	10 (56.8%)
97	DROZD Piotr	1222		M30	39	00:01:59	00:40:46	01:00:03.00	01:00:03.00	+00:25:58 (43.3%)	6:00	10 (56.8%)
98	KASEJA Kacper	1245	1991	M20	20	00:02:09	00:41:47	01:00:09.00	01:00:09.00	+00:26:04 (43.3%)	6:00	10 (56.8%)
99	DZIERŻAK Arkadiusz	1164		M40	31	00:01:26	00:40:08	01:00:09.60	01:00:09.60	+00:26:04 (43.4%)	6:00	10 (56.8%)
100	JAŚLAN Marek	1088		M50	7	00:01:19	00:40:20	01:00:16.50	01:00:16.50	+00:26:11 (43.5%)	6:01	10 (56.8%)
101	WOŹNY Łukasz	1027		M30	40	00:02:19	00:41:23	01:00:18.05	01:00:18.05	+00:26:13 (43.5%)	6:01	10 (56.8%)
102	SUSZEK Damian	1310		M30	41	00:02:41	00:41:58	01:00:19.45	01:00:19.45	+00:26:14 (43.5%)	6:01	9.9 (56.3%)
103	BALICKI Jacek	1064	BIEGACZ NOWOSOLNA	M50	8	00:02:11	00:42:08	01:00:40.30	01:00:40.30	+00:26:35 (43.8%)	6:04	9.9 (56.3%)
104	KARDASZ Marek	1056	SOLINA TEAM	M30	42	00:00:56	00:42:23	01:00:42.45	01:00:42.45	+00:26:37 (43.9%)	6:04	9.9 (56.3%)
105	STACH Robert	1214		M40	32	00:01:05	00:40:03	01:01:01.90	01:01:01.90	+00:26:57 (44.2%)	6:06	9.8 (55.7%)
106	POKRZYWKA Stefan	1283	NA BUCIE CISNA	M60	4	00:00:41	00:40:30	01:01:04.70	01:01:04.70	+00:27:00 (44.2%)	6:06	9.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
107	BOBALA Krystian	1251		M20	21	00:02:51	00:41:54	01:01:08.40	01:01:08.40	+00:27:03 (44.3%)	6:06	9.8 (55.7%)
108	KRUCZEK Robert	1199	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	9	00:01:41	00:41:20	01:01:09.70	01:01:09.70	+00:27:05 (44.3%)	6:06	9.8 (55.7%)
109	MOCIO Michał	1250		M20	22	00:02:51	00:42:02	01:01:11.80	01:01:11.80	+00:27:07 (44.3%)	6:07	9.8 (55.7%)
110	MATUSZEWSKI Marcin	1117	EUFORIABIEGACZA TEAM	M30	43	00:01:24	00:40:40	01:01:22.15	01:01:22.15	+00:27:17 (44.5%)	6:08	9.8 (55.7%)
111	NOWAK Tomasz	1228	DZIKIE MUSTANGI	M30	44	00:01:41	00:41:23	01:01:25.10	01:01:25.10	+00:27:20 (44.5%)	6:08	9.8 (55.7%)
112	MATUSZAK Jakub	1028	NOWOCZESNYSPORT.PL	M30	45	00:02:20	00:42:05	01:01:37.05	01:01:37.05	+00:27:32 (44.7%)	6:09	9.7 (55.1%)
113	CHOMIUK Adrian	1242	JAZZANOVA	M30	46	00:01:51	00:41:19	01:01:47.30	01:01:47.30	+00:27:42 (44.8%)	6:10	9.7 (55.1%)
114	BIENIECKI Marek	1303	OTK RZEŹNIK	M20	23	00:02:21	00:41:16	01:01:48.10	01:01:48.10	+00:27:43 (44.9%)	6:10	9.7 (55.1%)
115	SNARSKI Bogdan	1313	ALBATROSY	M30	47	00:02:38	00:41:49	01:02:00.35	01:02:00.35	+00:27:55 (45.0%)	6:12	9.7 (55.1%)
116	STEC Andrzej	1297		M50	10	00:00:36	00:41:39	01:02:34.70	01:02:34.70	+00:28:30 (45.5%)	6:15	9.6 (54.5%)
117	LUZAR Andrzej	1077	MIA	M40	33	00:01:11	00:41:38	01:02:41.00	01:02:41.00	+00:28:36 (45.6%)	6:16	9.6 (54.5%)
118	ŚWIDEREK Michał	1294	NIGHT RUNNERS GLIWICE	M30	48	00:02:25	00:44:08	01:03:21.80	01:03:21.80	+00:29:17 (46.2%)	6:20	9.5 (54.0%)
119	BOCZAR Daniel	1192	NOWY STYL GROUP RUNNING TEAM	M30	49	00:02:10	00:42:39	01:03:31.45	01:03:31.45	+00:29:26 (46.4%)	6:21	9.4 (53.4%)
120	KUROPATWA Kazimierz	1238	SZAFA BIEGACZA TEAM	M60	5	00:01:05	00:41:58	01:03:35.35	01:03:35.35	+00:29:30 (46.4%)	6:21	9.4 (53.4%)
121	WITKO Jerzy	1083	BRAK	M40	34	00:02:02	00:42:44	01:03:40.45	01:03:40.45	+00:29:35 (46.5%)	6:22	9.4 (53.4%)
122	SZCZUDRAWA Zbigniew	1295	ŚWINKI TRZY	M50	11	00:02:20	00:42:49	01:03:49.10	01:03:49.10	+00:29:44 (46.6%)	6:22	9.4 (53.4%)
123	BURDA Sławmoir	1281	MTB MOSIR DUKLA	M30	50	00:01:02	00:42:17	01:03:57.05	01:03:57.05	+00:29:52 (46.7%)	6:23	9.4 (53.4%)
124	WIŚNIEWSKI Zbigniew	1254	RODZINNY RELAX	M60	6	00:01:12	00:42:42	01:04:05.45	01:04:05.45	+00:30:00 (46.8%)	6:24	9.4 (53.4%)
125	MATWIEJCZUK Grzegorz	1236	A	M20	24	00:03:05	00:43:29	01:04:19.40	01:04:19.40	+00:30:14 (47.0%)	6:25	9.3 (52.8%)
126	PLIŻGA Sebastian	1266		M30	51	00:01:04	00:41:27	01:04:19.75	01:04:19.75	+00:30:15 (47.0%)	6:25	9.3 (52.8%)
127	SZPAKOWSKI Andrzej	1134	FUN&RUN	M40	35	00:00:56	00:43:21	01:04:50.70	01:04:50.70	+00:30:46 (47.4%)	6:29	9.3 (52.8%)
128	KASPROWICZ Piotr	1148	FUN&RUN	M30	52	00:00:58	00:43:01	01:04:51.30	01:04:51.30	+00:30:46 (47.5%)	6:29	9.3 (52.8%)
129	MAJCHROWICZ Andrzej	1181		M40	36	00:02:47	00:43:24	01:04:55.05	01:04:55.05	+00:30:50 (47.5%)	6:29	9.2 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
130	GAŃSKI Filip	1288	BIEGAJĄC ŚWIDNIK	M30	53	00:02:28	00:42:48	01:05:11.85	01:05:11.85	+00:31:07 (47.7%)	6:31	9.2 (52.3%)
131	KIEŁB Jakub	1213		M30	54	00:02:20	00:45:02	01:05:51.10	01:05:51.10	+00:31:46 (48.2%)	6:35	9.1 (51.7%)
132	OSTASZEWSKI Marcin	1241	HONDADOMINATOR.PL	M30	55	00:02:50	00:44:43	01:05:53.00	01:05:53.00	+00:31:48 (48.3%)	6:35	9.1 (51.7%)
133	POPŁAWSKI Piotr	1302	PGB SPORTOWA PACZKA	M30	56	00:01:57	00:44:10	01:06:51.95	01:06:51.95	+00:32:47 (49.0%)	6:41	9 (51.1%)
134	MARAS Ladislav	1307	MARAS TEAM	M50	12	00:01:53	00:45:20	01:07:03.00	01:07:03.00	+00:32:58 (49.2%)	6:42	8.9 (50.6%)
135	KALIŃSKI Kamil Norbert	1156	NIEMANIE	M20	25	00:03:05	00:44:53	01:07:10.90	01:07:10.90	+00:33:06 (49.3%)	6:43	8.9 (50.6%)
136	KORNIŁOW Piotr	1299	KORNIŁOW TEAM	M40	37	00:02:56	00:46:18	01:07:11.90	01:07:11.90	+00:33:07 (49.3%)	6:43	8.9 (50.6%)
137	FRANKOWSKI Dariusz	1259		M40	38	00:01:50	00:45:27	01:07:13.50	01:07:13.50	+00:33:08 (49.3%)	6:43	8.9 (50.6%)
138	MATUŁA Michał	1152		M20	26	00:02:13	00:46:48	01:07:14.70	01:07:14.70	+00:33:10 (49.3%)	6:43	8.9 (50.6%)
139	SKRUTEK Jan	1066	WKB PIAST / GOPR BIESZCZADY	M60	7		00:46:12	01:07:19.20	01:07:19.20	+00:33:14 (49.4%)	6:43	8.9 (50.6%)
140	RUDZKI Michał	1034	CROSSFIT Z16	M20	27	00:02:23	00:46:17	01:08:02.55	01:08:02.55	+00:33:57 (49.9%)	6:48	8.8 (50.0%)
141	MIROSŁAW Albert	1186	WW TEAM	M40	39	00:01:50	00:46:33	01:08:41.60	01:08:41.60	+00:34:36 (50.4%)	6:52	8.7 (49.4%)
142	KUŁAGA Krzysztof	1106	SPRINT GORZYCE	M30	57	00:00:43	00:45:43	01:09:02.40	01:09:02.40	+00:34:57 (50.6%)	6:54	8.7 (49.4%)
143	DANILUK Andrzej	1293	ZACISZE NIGHT RUNNERS	M40	40	00:02:06	00:46:44	01:09:23.15	01:09:23.15	+00:35:18 (50.9%)	6:56	8.6 (48.9%)
144	WYSOCKI Mariusz	1087		M50	13	00:02:15	00:47:48	01:10:27.25	01:10:27.25	+00:36:22 (51.6%)	7:02	8.5 (48.3%)
145	BAKA Piotr	1069	ARCHIMEDIA	M40	41	00:02:18	00:50:08	01:11:15.40	01:11:15.40	+00:37:10 (52.2%)	7:07	8.4 (47.7%)
146	RĘKAS Piotr	1055	RAPTOWNI	M60	8	00:02:18	00:50:06	01:11:23.60	01:11:23.60	+00:37:18 (52.3%)	7:08	8.4 (47.7%)
147	DĄBRÓWKA Radosław	1201	FUNDACJA LATARNIA	M30	58	00:01:17	00:47:39	01:12:11.15	01:12:11.15	+00:38:06 (52.8%)	7:13	8.3 (47.2%)
148	RUDNICKI Marek	1296		M30	59	00:02:20	00:49:24	01:12:57.00	01:12:57.00	+00:38:52 (53.3%)	7:17	8.2 (46.6%)
149	PARTYKA Andrzej	1278	RGIG	M30	60	00:03:01	00:49:47	01:13:03.50	01:13:03.50	+00:38:58 (53.4%)	7:18	8.2 (46.6%)
150	KRYGOWSKI Zbigniew	1091	AKADEMIA SPORTU LUBACZÓW	M40	42	00:02:38	00:48:55	01:13:50.80	01:13:50.80	+00:39:46 (53.9%)	7:23	8.1 (46.0%)
151	CZOCHARA Robert	1123	AMATOR	M40	43	00:02:48	00:48:57	01:14:33.75	01:14:33.75	+00:40:29 (54.3%)	7:27	8 (45.5%)
152	CZAPLA Andrzej	1116		M60	9	00:02:59	00:50:51	01:15:41.50	01:15:41.50	+00:41:36 (55.0%)	7:34	7.9 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	KONOPKA Grzegorz	1025	DZIKIE GRUBAS SZATANA	M30	61	00:01:55	00:50:35	01:16:17.15	01:16:17.15	+00:42:12 (55.3%)	7:37	7.9 (44.9%)
154	KOCIOŁEK Łukasz	1129		M30	62	00:02:28	00:51:11	01:17:46.25	01:17:46.25	+00:43:41 (56.2%)	7:46	7.7 (43.8%)
155	BINCZYCKI Marcin	1304		M30	63	00:01:27	00:54:07	01:20:56.60	01:20:56.60	+00:46:51 (57.9%)	8:05	7.4 (42.0%)
156	BRODIUK Norbert	1163	NIGH RUNNERS GLIWICE	M40	44	00:01:50	00:52:05	01:22:05.80	01:22:05.80	+00:48:01 (58.5%)	8:12	7.3 (41.5%)
157	SŁOBODA Krzysztof	1128		M60	10	00:02:35	00:57:17	01:23:32.35	01:23:32.35	+00:49:27 (59.2%)	8:21	7.2 (40.9%)
158	ROJ Dawid	1120	RUNSŁOBODAN	M30	64	00:02:36	00:56:48	01:23:32.80	01:23:32.80	+00:49:28 (59.2%)	8:21	7.2 (40.9%)

Znaleziono 158 wynik(ów)