



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2018
Fundacja Bieg Rzeźnika
2018-01-28
Cisna
44,6 km

IV ZIMOWY MARATON BIESZCZADZKI 2018 - 44,6KM

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	GRZĄDZIEL Dominik	15	ATTIQ	M30	1	00:00:29	01:48:57	02:19:15	02:45:18	02:58:44.70	02:58:44.70		4:00	15 (100%)
2	CEBERAK Bartosz	249		M30	2	00:00:57	01:52:08	02:26:58		03:12:58.00	03:12:58.00	+00:14:13 (7.4%)	4:19	13.9 (92.7%)
3	WAŻNY Stanisław	473	BIEGOMANIA LUBACZÓW	M30	3	00:00:45	01:59:45	02:32:21		03:15:27.15	03:15:27.15	+00:16:42 (8.5%)	4:22	13.7 (91.3%)
4	KOCZAJA Artur	497		M30	4	00:00:31	01:57:11	02:31:35		03:16:10.00	03:16:10.00	+00:17:25 (8.9%)	4:23	13.6 (90.7%)
5	NOWAKOWSKI Tobiasz	291	RACE FIGHTER	M30	5	00:00:33	01:58:57	02:35:46		03:25:57.55	03:25:57.55	+00:27:12 (13.2%)	4:37	13 (86.7%)
6	KORPALSKI Tomasz	650	BIEGAJ Z GŁOWĄ	M30	6	00:01:14	02:13:21	02:48:00	03:19:21	03:34:14.00	03:34:14.00	+00:35:29 (16.6%)	4:48	12.5 (83.3%)
7	SKIBINSKI Mikołaj	833	ADIDAS RUNNERS WARSAW	M30	7	00:00:34	02:17:13	02:51:55	03:22:44	03:37:58.70	03:37:58.70	+00:39:14 (18.0%)	4:53	12.3 (82.0%)
8	POMORSKI Marcin	738	KUKUI MONSTER -SZWLA	M30	8	00:00:39	02:07:19	02:44:36	03:20:59	03:38:27.75	03:38:27.75	+00:39:43 (18.2%)	4:53	12.2 (81.3%)
9	ŚLĘCZKA Damian	204	BIOMEDYCYNĄ SP. Z O.O.	M30	9	00:00:44	02:08:54	02:48:34	03:22:33	03:38:41.00	03:38:41.00	+00:39:56 (18.3%)	4:54	12.2 (81.3%)
10	WASYLÓW Jacek	806	ANTEK TEAM LIPOWICA-PRZEMYŚL	M30	10	00:01:06	02:11:05	02:49:30	03:22:20	03:38:43.35	03:38:43.35	+00:39:58 (18.3%)	4:54	12.2 (81.3%)
11	WĘGIEL Marcin	488		M30	11	00:00:35	02:04:54	02:43:51	03:21:35	03:39:29.65	03:39:29.65	+00:40:44 (18.6%)	4:55	12.2 (81.3%)
12	ŻUCHOWSKI Daniel	100	NOWA HUTA TEAM	M30	12	00:00:42	02:10:54	02:50:05	03:24:36	03:41:55.45	03:41:55.45	+00:43:10 (19.5%)	4:58	12.1 (80.7%)
13	KUDŁAK Paweł	759	PORANNY PATROL	M30	13	00:01:01	02:16:09	02:54:19	03:27:55	03:44:19.40	03:44:19.40	+00:45:34 (20.3%)	5:01	11.9 (79.3%)
14	DYREK Michał	575		M30	14	00:00:47	02:16:14	02:53:56	03:27:51	03:45:09.50	03:45:09.50	+00:46:24 (20.6%)	5:02	11.9 (79.3%)
15	BARANOWSKI Jacek	849	JACEK BIEGA RUNNING TEAM	M30	15	00:01:07	02:17:27	02:56:28	03:28:56	03:45:45.90	03:45:45.90	+00:47:01 (20.8%)	5:03	11.9 (79.3%)
16	LAMPARSKI Łukasz	391		M30	16	00:01:07	02:20:03	02:58:15	03:30:47	03:46:56.90	03:46:56.90	+00:48:12 (21.2%)	5:05	11.8 (78.7%)
17	AUGUSTYŃSKI Sylwester	161	LACHO TEAM	M30	17	00:00:49	02:14:39	02:56:18	03:32:12	03:50:03.75	03:50:03.75	+00:51:19 (22.3%)	5:09	11.6 (77.3%)

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
18	ŻUREK Paweł	31	RUNTEAM PAWŁOWICE	M30	18	00:01:00	02:12:51	02:52:31	03:31:45	03:51:06.60	03:51:06.60	+00:52:21 (22.7%)	5:10	11.6 (77.3%)
19	MORAWA Mateusz	250	LACHO TEAM	M30	19	00:00:54	02:20:13	03:01:39	03:35:43	03:52:29.50	03:52:29.50	+00:53:44 (23.1%)	5:12	11.5 (76.7%)
20	DUCKI Piotr	865	OTK RZEŹNIK	M30	20	00:01:13	02:23:34	03:02:00	03:35:40	03:53:08.05	03:53:08.05	+00:54:23 (23.3%)	5:13	11.5 (76.7%)
21	ANDRES Kamil	448	KS JANUSZE	M30	21	00:01:47	02:19:55	03:01:59	03:36:55	03:53:14.10	03:53:14.10	+00:54:29 (23.4%)	5:13	11.5 (76.7%)
22	BRENDZOWSKI Adam	279	SOLINA TEAM	M30	22	00:00:49	02:18:16	02:59:16	03:36:25	03:54:52.75	03:54:52.75	+00:56:08 (23.9%)	5:15	11.4 (76.0%)
23	BERGAŃSKI Michał	381	BRYGADA BESKIDÓW	M30	23	00:01:15	02:21:43	03:01:41	03:37:42	03:55:05.45	03:55:05.45	+00:56:20 (24.0%)	5:16	11.4 (76.0%)
24	MICHALAK Artur	474	PGB SPORTOWA PACZKA	M30	24	00:00:37	02:17:43	03:00:14	03:39:04	03:57:02.55	03:57:02.55	+00:58:17 (24.6%)	5:18	11.3 (75.3%)
25	GRZELAK Adrian	798	CHATA BIEGACZA K34 ZAKOPANE	M30	25	00:01:00	02:28:22	03:07:10	03:41:58	03:57:45.05	03:57:45.05	+00:59:00 (24.8%)	5:19	11.3 (75.3%)
26	MACHUCKI Adrian	92		M30	26	00:01:35	02:27:05	03:06:31	03:41:12	03:58:27.60	03:58:27.60	+00:59:42 (25.0%)	5:20	11.2 (74.7%)
27	IŁOWIECKI Dominik	305	NBR TEAM	M30	27	00:00:38	02:22:05	03:03:28	03:40:51	03:59:03.05	03:59:03.05	+01:00:18 (25.2%)	5:21	11.2 (74.7%)
28	NORBERT Michał	392		M30	28	00:02:23	02:28:29	03:06:44	03:41:34	03:59:39.75	03:59:39.75	+01:00:55 (25.4%)	5:22	11.2 (74.7%)
29	SZAPORÓW Łukasz	290	SRTG PROSZOWICE	M30	29	00:00:53	02:20:59	03:04:02	03:40:58	03:59:58.25	03:59:58.25	+01:01:13 (25.5%)	5:22	11.2 (74.7%)
30	BREŚ Arkadiusz	872		M30	30	00:00:32	02:20:31	03:06:11	03:43:55	04:00:07.80	04:00:07.80	+01:01:23 (25.6%)	5:23	11.1 (74.0%)
31	CZAJKA Karol	384	INKUBATOR PRZEDSIĘBIORCZOŚCI W LUBLINIE	M30	31	00:00:58	02:20:35	03:03:17	03:41:48	04:00:55.10	04:00:55.10	+01:02:10 (25.8%)	5:24	11.1 (74.0%)
32	WOJNO Arkadiusz	109	HUSARIA RACE TEAM	M30	32	00:00:40	02:24:03	03:06:37	03:44:07	04:00:58.30	04:00:58.30	+01:02:13 (25.8%)	5:24	11.1 (74.0%)
33	ŁUKASIK Michał	757	VELOBIKE	M30	33	00:01:04	02:23:26	03:06:16	03:44:38	04:01:31.95	04:01:31.95	+01:02:47 (26.0%)	5:24	11.1 (74.0%)
34	URBASEK Łukasz	182		M30	34	00:00:44	02:12:46	02:54:35	03:36:58	04:01:47.15	04:01:47.15	+01:03:02 (26.1%)	5:25	11.1 (74.0%)
35	PIECUCH Marcin	258	LACHO TEAM	M30	35	00:01:12	02:26:05	03:08:46	03:46:09	04:02:57.75	04:02:57.75	+01:04:13 (26.4%)	5:26	11 (73.3%)
36	DOMIN Łukasz	671	AKTYWNY DYNÓW	M30	36	00:01:06	02:27:16	03:09:56	03:45:31	04:03:17.35	04:03:17.35	+01:04:32 (26.5%)	5:27	11 (73.3%)
37	BORUCKI Jakub	187	#KASZANIENAMOKA / NIGHT RUNNERS	M30	37	00:00:39	02:27:18	03:10:35	03:46:16	04:03:28.60	04:03:28.60	+01:04:43 (26.6%)	5:27	11 (73.3%)
38	MIKOŁAJCZYK Marcin	526	HUSARIA RACE TEAM	M30	38	00:00:41	02:24:02	03:06:40	03:44:31	04:03:39.10	04:03:39.10	+01:04:54 (26.6%)	5:27	11 (73.3%)
39	WIĘCH Piotr	406		M30	39	00:01:07	02:17:39	03:12:13	03:47:55	04:05:10.75	04:05:10.75	+01:06:26 (27.1%)	5:29	10.9 (72.7%)
40	PLIŚ Mateusz	769		M30	40	00:01:15	02:30:50	03:12:18	03:48:10	04:06:09.10	04:06:09.10	+01:07:24 (27.4%)	5:31	10.9 (72.7%)
41	NIERADA Marcin	358		M30	41	00:01:15	02:26:27	03:10:03	03:48:14	04:06:14.70	04:06:14.70	+01:07:30 (27.4%)	5:31	10.9 (72.7%)
42	ODRZYWÓŁ VEL NAWENTURA Wojciech	55	ŁÓDŹ KOCHA SPORT	M30	42	00:02:10	02:33:59	03:14:47	03:51:44	04:09:49.45	04:09:49.45	+01:11:04 (28.5%)	5:36	10.7 (71.3%)

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
43	WOLSKI Piotr	515	ŁUBUDUBU	M30	43	00:01:09	02:26:41	03:12:47	03:50:45	04:10:31.85	04:10:31.85	+01:11:47 (28.7%)	5:37	10.7 (71.3%)
44	PASTUŁA Łukasz	16		M30	44	00:01:01	02:26:35	03:13:25	03:52:24	04:11:47.00	04:11:47.00	+01:13:02 (29.0%)	5:38	10.6 (70.7%)
45	WŁODARCZYK Piotr	478	KRAKÓW NOWA HUTA	M30	45	00:00:55	02:25:03	03:07:07	03:48:35	04:12:31.95	04:12:31.95	+01:13:47 (29.2%)	5:39	10.6 (70.7%)
46	KOT Łukasz	545	RZESZOWSKIE GAZELE I GEPARDY	M30	46	00:01:34	02:40:26	03:22:02	03:56:42	04:14:05.95	04:14:05.95	+01:15:21 (29.7%)	5:41	10.5 (70.0%)
47	RUSZNICA Tomasz	832		M30	47	00:00:42	02:35:10	03:17:00	03:55:38	04:14:50.35	04:14:50.35	+01:16:05 (29.9%)	5:42	10.5 (70.0%)
48	REJ Mirosław	482	M&T WYJADACZE PARÓWKÓW	M30	48	00:00:56	02:34:15	03:21:32	03:57:27	04:15:24.75	04:15:24.75	+01:16:40 (30.0%)	5:43	10.5 (70.0%)
49	BRZOZOWSKI Łukasz	717	FARTLEKGO I-BS.PL SPORT TEAM	M30	49	00:01:14	02:26:01	03:13:12	03:54:40	04:15:33.50	04:15:33.50	+01:16:48 (30.1%)	5:43	10.5 (70.0%)
50	KANIA Przemysław	785		M30	50	00:01:42	02:29:53	03:14:39	03:57:44	04:17:09.90	04:17:09.90	+01:18:25 (30.5%)	5:45	10.4 (69.3%)
51	KOSIN Paweł	49	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	51	00:01:11	02:37:02	03:21:19	03:59:21	04:17:40.80	04:17:40.80	+01:18:56 (30.6%)	5:46	10.4 (69.3%)
52	GESSLER Łukasz	332	POL-DACH ŁUKASZ GESSLER	M30	52	00:01:11	02:33:32	03:19:16	03:57:30	04:17:51.15	04:17:51.15	+01:19:06 (30.7%)	5:46	10.4 (69.3%)
53	FUS Maciej	209		M30	53	00:00:59	02:37:57	03:21:01	03:58:22	04:18:27.00	04:18:27.00	+01:19:42 (30.8%)	5:47	10.4 (69.3%)
54	TWARDOWSKI Tomasz	465		M30	54	00:02:24	02:37:37	03:20:52	03:59:46	04:18:34.40	04:18:34.40	+01:19:49 (30.9%)	5:47	10.3 (68.7%)
55	LANDA Maciej	450	KS JANUSZE	M30	55	00:01:48	02:31:12	03:20:07	03:59:41	04:18:43.05	04:18:43.05	+01:19:58 (30.9%)	5:48	10.3 (68.7%)
56	PYRZAK Jacek	429		M30	56	00:02:37	02:42:53	03:26:30	04:02:01	04:19:34.10	04:19:34.10	+01:20:49 (31.1%)	5:49	10.3 (68.7%)
57	PILARCZYK Marcin	615	ABOVE2000	M30	57	00:01:19	02:35:14	03:24:52	04:01:31	04:19:36.00	04:19:36.00	+01:20:51 (31.1%)	5:49	10.3 (68.7%)
58	JASNOWSKI Michał	847		M30	58	00:02:04	02:37:09	03:24:15	04:02:05	04:20:02.00	04:20:02.00	+01:21:17 (31.3%)	5:49	10.3 (68.7%)
59	POTERA Maciej	660	FRYTKÓW!!!!	M30	59	00:01:09	02:35:51	03:20:02	04:00:27	04:20:19.90	04:20:19.90	+01:21:35 (31.3%)	5:50	10.3 (68.7%)
60	SERZYSKO Bartosz	414	APTIV RUNNING TEAM	M30	60	00:01:50	02:40:11	03:23:34	04:02:03	04:20:57.70	04:20:57.70	+01:22:13 (31.5%)	5:51	10.3 (68.7%)
61	JANKOWSKI Janusz	855		M30	61	00:01:30	02:34:03	03:23:17	04:03:54	04:22:46.90	04:22:46.90	+01:24:02 (32.0%)	5:53	10.2 (68.0%)
62	POROWSKI Łukasz	273		M30	62	00:01:22	02:37:44	03:24:50	04:03:02	04:22:51.20	04:22:51.20	+01:24:06 (32.0%)	5:53	10.2 (68.0%)
63	KAMIŃSKI Krzysztof	311	ZABIERZÓW BIEGA	M30	63	00:01:01	02:38:36	03:25:33	04:04:25	04:23:03.85	04:23:03.85	+01:24:19 (32.1%)	5:53	10.2 (68.0%)
64	GALICZ Karol	765	BKS WATAHA WARSZAWA	M30	64	00:00:31	02:23:03	03:19:01	04:01:16	04:23:50.95	04:23:50.95	+01:25:06 (32.3%)	5:54	10.1 (67.3%)
65	BIESZCZAD Mateusz	223	KKB MOSIR KROSNO	M30	65	00:02:28	02:52:20	03:33:32	04:06:24	04:23:55.50	04:23:55.50	+01:25:10 (32.3%)	5:55	10.1 (67.3%)
66	LASKO Łukasz	388	BIESY	M30	66	00:01:12	02:39:38	03:25:39	04:04:51	04:24:23.50	04:24:23.50	+01:25:38 (32.4%)	5:55	10.1 (67.3%)
67	MIARA Fabian	610	PRZEWORSKA GRUPA BIEGOWA	M30	67	00:00:54	02:32:31	03:20:49	04:02:43	04:24:38.50	04:24:38.50	+01:25:53 (32.5%)	5:56	10.1 (67.3%)
68	DYNIA Krystian	793	RUNTEAM PAWŁOWICE	M30	68	00:01:10	02:29:43	03:16:48	04:02:49	04:25:10.00	04:25:10.00	+01:26:25 (32.6%)	5:56	10.1 (67.3%)

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			
69	KAŃDUŁA Grzegorz	597	NEST.POZNAN.PL	M30	69	00:02:50	02:38:47	03:25:11	04:05:22	04:25:11.95	04:25:11.95	+01:26:27 (32.6%)	5:56	10.1 (67.3%)
70	MELNYK Ivan	729	KUKURUDZA	M30	70	00:00:50	02:37:05	03:25:56	04:04:57	04:25:32.50	04:25:32.50	+01:26:47 (32.7%)	5:57	10.1 (67.3%)
71	CHRUŚCIEL Michał	304	FARTLEK GO	M30	71	00:02:33	02:38:27	03:26:52	04:06:16	04:25:41.35	04:25:41.35	+01:26:56 (32.7%)	5:57	10.1 (67.3%)
72	GURGUL Sebastian	149	AROMAT NÓG	M30	72	00:01:35	02:43:51	03:29:45	04:06:46	04:25:47.20	04:25:47.20	+01:27:02 (32.7%)	5:57	10.1 (67.3%)
73	GURGUL Mateusz	158	AROMAT NÓG	M30	73	00:01:36	02:43:51	03:29:44	04:06:46	04:25:47.25	04:25:47.25	+01:27:02 (32.7%)	5:57	10.1 (67.3%)
74	POTONIEC Grzegorz	251		M30	74	00:02:27	02:36:05	03:21:59	04:03:42	04:26:42.55	04:26:42.55	+01:27:57 (33.0%)	5:58	10 (66.7%)
75	PASTERZ Piotr	396	BIEGAJĄCE URZĘDASY	M30	75	00:00:45	02:40:40	03:26:24	04:08:03	04:28:03.15	04:28:03.15	+01:29:18 (33.3%)	6:00	10 (66.7%)
76	STACHURSKI Paweł	571		M30	76	00:01:07	02:38:20	03:28:07	04:08:58	04:28:07.50	04:28:07.50	+01:29:22 (33.3%)	6:00	10 (66.7%)
77	GOLEC Tomasz	180	BIT TEAM	M30	77	00:01:13	02:46:32	03:33:49	04:11:16	04:28:44.50	04:28:44.50	+01:29:59 (33.5%)	6:01	10 (66.7%)
78	MAKAREWICZ Wiktor	233		M30	78	00:01:01	02:36:14	03:25:17	04:07:48	04:29:04.10	04:29:04.10	+01:30:19 (33.6%)	6:01	9.9 (66.0%)
79	MACIAK Rafał	370	EKIPA Z TARNOWA	M30	79	00:01:47	02:38:02	03:27:24	04:08:18	04:29:45.90	04:29:45.90	+01:31:01 (33.7%)	6:02	9.9 (66.0%)
80	MYŚLIWIEC Robert	774	WILD & FREE	M30	80	00:02:26	02:35:32	03:27:20	04:11:18	04:31:11.80	04:31:11.80	+01:32:27 (34.1%)	6:04	9.9 (66.0%)
81	KOŁODZIEJ Mateusz	541		M30	81	00:01:07	02:38:36	03:28:19	04:10:50	04:31:25.90	04:31:25.90	+01:32:41 (34.1%)	6:05	9.9 (66.0%)
82	NAZIMEK Maciej	657		M30	82	00:02:20	02:46:17	03:33:18	04:11:27	04:31:26.80	04:31:26.80	+01:32:42 (34.2%)	6:05	9.9 (66.0%)
83	SKOTNICKI Dariusz	74	TTC MPEC TARNÓW	M30	83	00:01:56	02:43:17	03:32:16	04:12:34	04:31:56.45	04:31:56.45	+01:33:11 (34.3%)	6:05	9.8 (65.3%)
84	GUZIK Łukasz	518	APTIV RUNNING TEAM	M30	84	00:02:38	02:51:29	03:38:34	04:14:27	04:34:07.10	04:34:07.10	+01:35:22 (34.8%)	6:08	9.8 (65.3%)
85	OCZOŚ Hubert	1136		M30	85	00:01:14	02:49:06	03:36:05	04:12:47	04:34:24.85	04:34:24.85	+01:35:40 (34.9%)	6:09	9.8 (65.3%)
86	PELA Dariusz	369	TMT TORUŃ SKY-TRANS	M30	86	00:01:27	02:37:46	03:28:19	04:11:56	04:35:03.10	04:35:03.10	+01:36:18 (35.0%)	6:10	9.7 (64.7%)
87	KAJA Gracjan	871	BYDGOŚCIE	M30	87	00:01:17	02:39:31	03:29:38	04:13:37	04:35:22.25	04:35:22.25	+01:36:37 (35.1%)	6:10	9.7 (64.7%)
88	WOŹNIAK Michał	719	STAY INSANE	M30	88	00:01:07	02:42:12	03:35:24	04:16:58	04:37:03.40	04:37:03.40	+01:38:18 (35.5%)	6:12	9.7 (64.7%)
89	SANNER Marcin	581		M30	89	00:01:02	02:34:28	03:28:35	04:11:47	04:37:17.45	04:37:17.45	+01:38:32 (35.5%)	6:13	9.7 (64.7%)
90	TROJNAR Damian	446	KS JANUSZE	M30	90	00:01:47	02:43:14	03:37:12	04:18:34	04:38:47.75	04:38:47.75	+01:40:03 (35.9%)	6:15	9.6 (64.0%)
91	WILK Bartosz	151	WILKI NA SZLAKU	M30	91	00:01:01	02:28:52	03:31:49	04:17:24	04:41:30.00	04:41:30.00	+01:42:45 (36.5%)	6:18	9.5 (63.3%)
92	BAŁCHAN Krzysztof	64	CPR RZESZÓW	M30	92	00:00:58	02:38:30	03:31:53	04:18:06	04:41:59.70	04:41:59.70	+01:43:15 (36.6%)	6:19	9.5 (63.3%)
93	NOWACKI Dawid	697		M30	93	00:03:03	02:48:11	03:37:21	04:20:38	04:42:16.05	04:42:16.05	+01:43:31 (36.7%)	6:19	9.5 (63.3%)
94	KONDZIOŁA Krzysztof	498	PERFECT RUNNER LUBLIN / STAY INSANE	M30	94	00:01:27	02:50:55	03:44:06	04:24:22	04:43:01.00	04:43:01.00	+01:44:16 (36.8%)	6:20	9.5 (63.3%)

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			
95	KOZERA Waldemar	724		M30	95	00:01:12	02:45:32	03:39:13	04:22:27	04:44:08.65	04:44:08.65	+01:45:23 (37.1%)	6:22	9.4 (62.7%)
96	ŻURAWSKI Sławomir	284	PGB SPORTOWA PACZKA	M30	96	00:01:49	02:57:34	03:44:40	04:25:18	04:45:05.30	04:45:05.30	+01:46:20 (37.3%)	6:23	9.4 (62.7%)
97	ORŁOWSKI Jakub	870		M30	97	00:01:37	02:50:50	03:45:31	04:25:14	04:45:11.70	04:45:11.70	+01:46:27 (37.3%)	6:23	9.4 (62.7%)
98	BUCZYŃSKI Radosław	731	NIGHT RUNNERS GLIWICE	M30	98	00:02:11	02:46:22	03:40:23	04:23:07	04:45:12.95	04:45:12.95	+01:46:28 (37.3%)	6:23	9.4 (62.7%)
99	KALBARCZYK Wojciech	262	ADIDAS RUNNERS WARSZAWA	M30	99	00:01:31	02:51:59	03:47:05	04:25:38	04:46:03.10	04:46:03.10	+01:47:18 (37.5%)	6:24	9.4 (62.7%)
99	MODRZEJEWSKI Adam	266	KLUB WYSOKOGÓRSKI WARSZAWA	M30	100	00:01:31	02:51:58	03:47:05	04:25:40	04:46:03.10	04:46:03.10	+01:47:18 (37.5%)	6:24	9.4 (62.7%)
101	SURDAcki Mateusz	837		M30	101	00:00:55	02:52:23	03:43:44	04:26:24	04:46:36.05	04:46:36.05	+01:47:51 (37.6%)	6:25	9.3 (62.0%)
102	GÓRSKI Mateusz	773	BIG YELLOW FOOT ADVENTURE TEAM	M30	102	00:01:21	02:45:58	03:43:52	04:26:45	04:46:53.85	04:46:53.85	+01:48:09 (37.7%)	6:25	9.3 (62.0%)
103	SZOTA Robert	256	SMT SZCZECIN	M30	103	00:01:19	02:58:45	03:53:08	04:29:20	04:46:54.75	04:46:54.75	+01:48:10 (37.7%)	6:25	9.3 (62.0%)
104	KĘDZIOR Michał	524	DRUŻYNA SZPIKU	M30	104	00:02:22	02:56:55	03:44:39	04:26:40	04:47:02.40	04:47:02.40	+01:48:17 (37.7%)	6:26	9.3 (62.0%)
105	BOCHENEK Paweł	727	WKURW_TEAM	M30	105	00:01:28	02:45:29	03:40:08	04:25:10	04:48:00.20	04:48:00.20	+01:49:15 (37.9%)	6:27	9.3 (62.0%)
106	WICZUK Michał	283		M30	106	00:00:40	02:42:56	03:38:57	04:25:51	04:48:01.05	04:48:01.05	+01:49:16 (37.9%)	6:27	9.3 (62.0%)
107	OSTROWSKI Łukasz	683		M30	107	00:01:19	02:38:07	03:33:24	04:22:24	04:48:01.85	04:48:01.85	+01:49:17 (37.9%)	6:27	9.3 (62.0%)
108	KOCOT Sebastians	364		M30	108	00:02:05	02:55:48	03:47:06	04:27:17	04:48:05.00	04:48:05.00	+01:49:20 (38.0%)	6:27	9.3 (62.0%)
109	HOŁODY Grzegorz	658		M30	109	00:01:38	02:56:30	03:44:39	04:27:47	04:48:22.45	04:48:22.45	+01:49:37 (38.0%)	6:27	9.3 (62.0%)
110	JANICKI Tomasz	138	21DAPLOT JAROSŁAW	M30	110	00:02:09	02:54:03	03:47:03	04:29:24	04:50:47.35	04:50:47.35	+01:52:02 (38.5%)	6:31	9.2 (61.3%)
111	BZDYRA Michał	342		M30	111	00:02:56	02:55:54	03:51:08	04:32:32	04:51:03.70	04:51:03.70	+01:52:19 (38.6%)	6:31	9.2 (61.3%)
112	STOJANOWSKI Dawid	556	RUNHOGS TYCHY	M30	112	00:01:29	03:03:56	03:51:12	04:31:23	04:51:06.05	04:51:06.05	+01:52:21 (38.6%)	6:31	9.2 (61.3%)
113	STRZELECKI Dawid	603	TEAM SPIRIT	M30	113	00:01:35	02:49:29	03:40:35	04:26:46	04:52:03.45	04:52:03.45	+01:53:18 (38.8%)	6:32	9.2 (61.3%)
114	WOJNAROWICZ Tomasz	259	SPARTANIEDIECIA/OBOZYBIEGOWE.PL	M30	114	00:02:09	02:38:20	03:46:34	04:29:48	04:52:11.40	04:52:11.40	+01:53:26 (38.8%)	6:33	9.2 (61.3%)
115	KRAWCZYK Łukasz	214	BUDAGO.PL	M30	115	00:01:26	02:57:56	03:47:15	04:30:26	04:52:21.20	04:52:21.20	+01:53:36 (38.9%)	6:33	9.2 (61.3%)
116	KRAWCZAK Kamil	669	BIEGUSIEM.PL	M30	116	00:02:39	03:01:48	03:52:47	04:33:06	04:52:40.80	04:52:40.80	+01:53:56 (38.9%)	6:33	9.1 (60.7%)
117	KANDEFER Marcin	245	IDEO	M30	117	00:01:57	02:55:13	03:51:08	04:33:04	04:53:28.80	04:53:28.80	+01:54:44 (39.1%)	6:34	9.1 (60.7%)
118	KALANDYK Wojciech	654	TURLAM SIĘ DO METY	M30	118	00:02:55	03:00:34	03:52:35	04:32:53	04:53:43.15	04:53:43.15	+01:54:58 (39.1%)	6:35	9.1 (60.7%)
119	ABRAHAMOWICZ Jakub	681		M30	119	00:02:45	02:54:59	03:47:29	04:32:10	04:54:15.40	04:54:15.40	+01:55:30 (39.3%)	6:35	9.1 (60.7%)
120	KISIAŁA Filip	162	LACHO TEAM	M30	120	00:01:58	02:50:32	03:45:22	04:33:02	04:55:26.05	04:55:26.05	+01:56:41 (39.5%)	6:37	9.1 (60.7%)

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			
121	TUTKA Maksymilian	447	KS JANUSZE	M30	121	00:01:47	02:50:24	03:47:00	04:32:46	04:55:54.60	04:55:54.60	+01:57:09 (39.6%)	6:38	9 (60.0%)
122	SEKUŁA Piotr	335		M30	122	00:02:55	02:56:03	03:49:21	04:32:58	04:56:02.00	04:56:02.00	+01:57:17 (39.6%)	6:38	9 (60.0%)
123	MALIK Grzegorz	390	PRZEMYŚL	M30	123	00:02:31	02:52:15	04:00:02	04:35:59	04:56:18.35	04:56:18.35	+01:57:33 (39.7%)	6:38	9 (60.0%)
124	CHMURKO Michał	479		M30	124	00:02:46	02:55:46	03:54:25	04:35:37	04:56:19.35	04:56:19.35	+01:57:34 (39.7%)	6:38	9 (60.0%)
125	WYROBA Wojciech	822		M30	125	00:01:24	02:38:20	03:38:54	04:27:09	04:56:33.95	04:56:33.95	+01:57:49 (39.7%)	6:38	9 (60.0%)
126	GAWRON Tomasz	375		M30	126	00:01:17	02:48:30	03:49:14	04:34:26	04:56:54.35	04:56:54.35	+01:58:09 (39.8%)	6:39	9 (60.0%)
127	IWANEK Sebastian	728	BIEGUSIEM.PL	M30	127	00:01:08	02:51:43	03:45:13	04:30:12	04:58:16.60	04:58:16.60	+01:59:31 (40.1%)	6:41	9 (60.0%)
128	SZPULARZ Adam	776		M30	128	00:01:16	02:59:19	03:51:49	04:36:05	04:59:38.80	04:59:38.80	+02:00:54 (40.3%)	6:43	8.9 (59.3%)
129	WOJCIECHOWSKI Tomasz	146		M30	129	00:02:19	02:49:30	03:51:38	04:36:50	04:59:43.05	04:59:43.05	+02:00:58 (40.4%)	6:43	8.9 (59.3%)
130	DONIEC Sebastian	91	WWW.ADWOKATDONIEC.PL	M30	130	00:01:47	02:54:50	03:51:36	04:38:03	05:00:05.35	05:00:05.35	+02:01:20 (40.4%)	6:43	8.9 (59.3%)
131	GAWORECKI Tomasz	36	RUN ENERGY CLUB	M30	131	00:02:05	02:55:46	03:53:11	04:36:49	05:00:10.55	05:00:10.55	+02:01:25 (40.5%)	6:43	8.9 (59.3%)
132	SAMUŚ Dariusz	354	SPARTAN RACE TRAINING GROUP	M30	132	00:01:55	02:55:00	03:54:37	04:39:36	05:00:33.50	05:00:33.50	+02:01:48 (40.5%)	6:44	8.9 (59.3%)
133	KAWALEC Grzegorz	514		M30	133	00:01:57	02:55:14	03:51:11	04:35:44	05:01:24.30	05:01:24.30	+02:02:39 (40.7%)	6:45	8.9 (59.3%)
134	GAWRON Marcin	155	IDEO	M30	134	00:01:57	02:55:14	03:51:09	04:35:44	05:01:24.50	05:01:24.50	+02:02:39 (40.7%)	6:45	8.9 (59.3%)
135	JAROSZ JARSZEWSKI Mateusz	195		M30	135	00:02:02	02:50:20	03:46:41	04:35:35	05:01:35.00	05:01:35.00	+02:02:50 (40.7%)	6:45	8.9 (59.3%)
136	FIECEK Paweł	268	ŚWINKI TRZY	M30	136	00:02:24	03:09:07	04:03:29	04:43:42	05:01:50.60	05:01:50.60	+02:03:05 (40.8%)	6:46	8.9 (59.3%)
137	RĘKAS Michał	277	RAPTOWNI	M30	137	00:02:23	03:09:08	04:03:27	04:43:42	05:01:50.80	05:01:50.80	+02:03:06 (40.8%)	6:46	8.9 (59.3%)
138	DOMIN Bartosz	512	COLLEGIUM MEDICUM UJ	M30	138	00:01:17	02:54:05	03:56:41	04:39:54	05:02:06.35	05:02:06.35	+02:03:21 (40.8%)	6:46	8.9 (59.3%)
139	KŁOSOWSKI Karol	63	LOS TREPOS COMPANIEROS	M30	139	00:01:48				05:02:17.00	05:02:17.00	+02:03:32 (40.9%)	6:46	8.9 (59.3%)
140	PREISNER Remigiusz	351		M30	140	00:02:47	02:53:29	03:53:28	04:40:08	05:03:33.25	05:03:33.25	+02:04:48 (41.1%)	6:48	8.8 (58.7%)
141	BABIJ Jakub	861	SPOKOJNA GŁOWA	M30	141	00:02:40	02:54:09	03:53:03	04:39:47	05:03:36.05	05:03:36.05	+02:04:51 (41.1%)	6:48	8.8 (58.7%)
142	PROCHERA Damian	616	7	M30	142	00:02:39	02:59:01	04:04:30	04:46:01	05:04:19.40	05:04:19.40	+02:05:34 (41.3%)	6:49	8.8 (58.7%)
143	BANASZAK Maciej	648		M30	143	00:02:20	02:55:34	03:52:42	04:40:13	05:05:36.70	05:05:36.70	+02:06:52 (41.5%)	6:51	8.8 (58.7%)
144	SENDEROWSKI Jakub	653	FC REKIN	M30	144	00:02:23	02:56:01	03:52:42	04:34:41	05:05:42.60	05:05:42.60	+02:06:57 (41.5%)	6:51	8.8 (58.7%)
145	STEFANSKI Pawel	638		M30	145	00:02:21	02:56:34	03:53:06	04:34:42	05:05:43.55	05:05:43.55	+02:06:58 (41.5%)	6:51	8.8 (58.7%)

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			
146	MYGA Michał	254	HEARTLESS	M30	146	00:03:01	03:09:49	04:07:00	04:47:25	05:07:00.80	05:07:00.80	+02:08:16 (41.8%)	6:53	8.7 (58.0%)
147	WĘGRZYŃSKI Paweł	263	ITMBW	M30	147	00:01:20	03:01:14	04:02:23	04:45:58	05:07:28.80	05:07:28.80	+02:08:44 (41.9%)	6:53	8.7 (58.0%)
148	GĘBCZYŃSKI Paweł	628		M30	148	00:02:22	03:03:49	03:58:53	04:43:42	05:07:57.95	05:07:57.95	+02:09:13 (42.0%)	6:54	8.7 (58.0%)
149	CHUDZICKI Łukasz	320		M30	149	00:02:44	03:07:54	04:02:52	04:46:44	05:10:04.05	05:10:04.05	+02:11:19 (42.4%)	6:57	8.6 (57.3%)
150	SOBEL Adrian	795	BIEGIEM PRZEZ GÓRY - RUNTEAM PAWŁOWICE	M30	150	00:01:10	02:53:57	04:00:42	04:46:07	05:11:56.75	05:11:56.75	+02:13:12 (42.7%)	6:59	8.6 (57.3%)
151	KORBUT Radosław	334	KONIUCHY	M30	151	00:02:35	03:03:39	04:02:09	04:48:32	05:12:26.90	05:12:26.90	+02:13:42 (42.8%)	7:00	8.6 (57.3%)
152	BIJOŚ Mirosław	431		M30	152	00:01:23	03:04:37	04:02:25	04:48:31	05:12:31.15	05:12:31.15	+02:13:46 (42.8%)	7:00	8.6 (57.3%)
153	PAWLUS Paweł	298		M30	153	00:01:30	03:05:39	04:02:57	04:48:29	05:13:02.00	05:13:02.00	+02:14:17 (42.9%)	7:01	8.5 (56.7%)
154	SZYPUŁA Michał	191	OLZA CIESZYN	M30	154	00:01:30	03:05:48	04:02:55	04:48:59	05:13:05.20	05:13:05.20	+02:14:20 (42.9%)	7:01	8.5 (56.7%)
155	CHUDECKI Andrzej	417		M30	155	00:01:35	03:08:21	04:06:12	04:51:11	05:13:23.95	05:13:23.95	+02:14:39 (43.0%)	7:01	8.5 (56.7%)
156	KACZMARCZYK Piotr	643	KAMARAK GLOBERUNNERS	M30	156	00:01:18	02:59:34	04:03:16	04:49:31	05:14:11.00	05:14:11.00	+02:15:26 (43.1%)	7:02	8.5 (56.7%)
157	CZUBA Michał	361		M30	157	00:00:55	03:09:47	04:09:06	04:53:27	05:14:44.15	05:14:44.15	+02:15:59 (43.2%)	7:03	8.5 (56.7%)
158	NIEDZIELA Paweł	836	TIM TIRIM TEAM	M30	158	00:02:22	03:08:22	04:02:34	04:49:04	05:14:51.20	05:14:51.20	+02:16:06 (43.2%)	7:03	8.5 (56.7%)
159	KOKOT Roman	701	MB AEROSPACE / AKTYWNY DYNÓW	M30	159	00:02:46	03:10:02	04:05:28	04:51:48	05:15:13.40	05:15:13.40	+02:16:28 (43.3%)	7:04	8.5 (56.7%)
160	GWIZDAK Bartosz	821	WATER TEAM	M30	160	00:01:24	03:04:15	04:03:31	04:51:02	05:15:19.75	05:15:19.75	+02:16:35 (43.3%)	7:04	8.5 (56.7%)
161	HABA Konrad	868	KZB	M30	161	00:02:50	03:05:59	04:05:21	04:52:04	05:15:33.25	05:15:33.25	+02:16:48 (43.4%)	7:04	8.5 (56.7%)
162	POLAŃSKI Paweł	573	#KASZANIENAMOKA	M30	162	00:03:12	03:08:39	04:07:26	04:52:12	05:15:37.15	05:15:37.15	+02:16:52 (43.4%)	7:04	8.5 (56.7%)
163	KŁOŚ Artur	27	PKO BANK POLSKI	M30	163	00:01:53	03:09:34	04:12:44	04:56:47	05:17:57.40	05:17:57.40	+02:19:12 (43.8%)	7:07	8.4 (56.0%)
164	GUMIELA Michał	809	WKURW_TEAM	M30	164		03:08:38	04:04:35	04:53:21	05:18:03.50	05:18:03.50	+02:19:18 (43.8%)	7:07	8.4 (56.0%)
165	KOZICKI Marcin	95		M30	165	00:02:10	03:08:22	04:07:54	04:54:51	05:19:35.65	05:19:35.65	+02:20:50 (44.1%)	7:09	8.4 (56.0%)
166	GRANDA Paweł	427	21 DAPLOT JAROSŁAW	M30	166	00:02:07	03:10:26	04:08:31	04:56:34	05:20:14.35	05:20:14.35	+02:21:29 (44.2%)	7:10	8.4 (56.0%)
167	BARAŃSKI Piotr	794	BARANSKI MARATHON TEAM	M30	167	00:02:42	03:07:50	04:09:09	04:56:32	05:20:14.95	05:20:14.95	+02:21:30 (44.2%)	7:10	8.4 (56.0%)
168	ŚWIĄTEK Piotr	553		M30	168	00:02:25	03:15:56	04:15:22	04:58:57	05:21:05.55	05:21:05.55	+02:22:20 (44.3%)	7:11	8.3 (55.3%)
169	MAKOWSKI Marek	403	WTP	M30	169	00:02:45	03:17:55	04:15:01	04:59:38	05:21:21.60	05:21:21.60	+02:22:36 (44.4%)	7:12	8.3 (55.3%)
170	JANIK Paweł	784		M30	170	00:03:03	02:55:54	04:00:40	04:56:12	05:21:54.45	05:21:54.45	+02:23:09 (44.5%)	7:13	8.3 (55.3%)
171	ANDRZEJEWSKI Piotr	694	FND RUNNING TEAM	M30	171	00:02:53	03:05:52	04:09:44	04:58:02	05:22:29.10	05:22:29.10	+02:23:44 (44.6%)	7:13	8.3 (55.3%)

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			
172	KUŚPIT Przemek	722		M30	172	00:01:39	03:09:29	04:11:32	04:59:06	05:22:32.20	05:22:32.20	+02:23:47 (44.6%)	7:13	8.3 (55.3%)
173	ŚLĄCZKA Arkadiusz	356	FINISZ RYMANÓW	M30	173	00:02:34	03:02:23	04:05:00	04:57:40	05:22:55.35	05:22:55.35	+02:24:10 (44.6%)	7:14	8.3 (55.3%)
174	FLIŚNIK Mirek	456	PKS GALOPUJĄCA SOCZEWICA	M30	174	00:01:48	03:01:15	04:09:27	04:56:49	05:24:52.05	05:24:52.05	+02:26:07 (45.0%)	7:17	8.2 (54.7%)
175	TREGUB Igor	743	KUKURUDZA	M30	175	00:00:52	03:17:05	04:13:52	05:00:52	05:25:20.00	05:25:20.00	+02:26:35 (45.1%)	7:17	8.2 (54.7%)
176	BIELECKI Filip	43		M30	176	00:02:55	03:10:15	04:12:24	05:02:33	05:25:52.30	05:25:52.30	+02:27:07 (45.1%)	7:18	8.2 (54.7%)
177	SZYMANOWSKI Tomek	44		M30	177	00:02:55	03:10:15	04:12:25	05:02:34	05:25:52.60	05:25:52.60	+02:27:07 (45.1%)	7:18	8.2 (54.7%)
178	BERNAŚ Dariusz	841	BSCZADY	M30	178	00:02:31	03:27:36	04:22:23	05:07:05	05:27:24.20	05:27:24.20	+02:28:39 (45.4%)	7:20	8.2 (54.7%)
179	MAZUR Jacek	735		M30	179	00:02:11	03:14:08	04:16:31	05:04:54	05:29:06.15	05:29:06.15	+02:30:21 (45.7%)	7:22	8.1 (54.0%)
180	DZWONKOWSKI Andrzej	532		M30	180	00:01:46	03:07:43	04:12:06	05:05:04	05:29:13.00	05:29:13.00	+02:30:28 (45.7%)	7:22	8.1 (54.0%)
181	CHODOROWSKI Arkadiusz	129		M30	181	00:03:04	03:21:05	04:22:20	05:07:57	05:30:31.90	05:30:31.90	+02:31:47 (45.9%)	7:24	8.1 (54.0%)
182	PIĄTEK Rafał	816	BEFIT24TEAM	M30	182	00:01:29	03:14:39	04:18:51	05:07:36	05:31:04.50	05:31:04.50	+02:32:19 (46.0%)	7:25	8.1 (54.0%)
183	WĘCŁAWSKI Łukasz	331	LUWE	M30	183	00:02:45	03:21:07	04:18:37	05:08:14	05:32:47.40	05:32:47.40	+02:34:02 (46.3%)	7:27	8 (53.3%)
184	CORREIA Andre	857		M30	184	00:01:49	03:08:59	04:13:31	05:05:26	05:32:53.00	05:32:53.00	+02:34:08 (46.3%)	7:27	8 (53.3%)
185	BEDNARCZYK Jakub	239		M30	185	00:02:49	03:11:50	04:26:40	05:11:25	05:35:44.00	05:35:44.00	+02:36:59 (46.8%)	7:31	8 (53.3%)
186	KOZAK Marcin	53	SAINT-GOBAIN SQUAD	M30	186	00:02:49	03:11:51	04:26:41	05:11:25	05:35:44.10	05:35:44.10	+02:36:59 (46.8%)	7:31	8 (53.3%)
187	GAJDA Jacek	378		M30	187	00:01:21	03:07:52	04:15:53	05:06:45	05:36:14.80	05:36:14.80	+02:37:30 (46.8%)	7:32	8 (53.3%)
188	CZARNIK Stanisław	853	MIECHOWICKA GRUPA BIEGOWA	M30	188	00:02:10	03:13:36	04:25:46	05:14:19	05:36:30.50	05:36:30.50	+02:37:45 (46.9%)	7:32	8 (53.3%)
189	ADAMCZEWSKI Jakub	139	NIGHT RUNNERS / NBR TEAM	M30	189	00:02:36	03:05:57	04:33:38	05:18:08	05:38:57.10	05:38:57.10	+02:40:12 (47.3%)	7:35	7.9 (52.7%)
190	KOWALCZYK Jarek	475	WKURW_TEAM	M30	190	00:02:34	03:24:24	04:27:37	05:15:06	05:40:42.30	05:40:42.30	+02:41:57 (47.5%)	7:38	7.9 (52.7%)
191	AMBICKI Miłosz	398	WKURW_TEAM	M30	191	00:02:13	03:22:49	04:31:22	05:14:59	05:41:00.40	05:41:00.40	+02:42:15 (47.6%)	7:38	7.8 (52.0%)
192	ŁYDA Piotr	153		M30	192	00:02:32	03:20:51	04:25:29	05:15:11	05:41:27.85	05:41:27.85	+02:42:43 (47.7%)	7:39	7.8 (52.0%)
193	CHMIEL Michał	221	RZESZOWSKIE GAZELE I GEPARDY	M30	193	00:02:19	03:23:50	04:22:44	05:17:28	05:41:58.20	05:41:58.20	+02:43:13 (47.7%)	7:40	7.8 (52.0%)
194	DUDEK Michał	58	BIEGUSIEM.PL	M30	194	00:02:49	03:24:32	04:35:40	05:21:30	05:45:03.90	05:45:03.90	+02:46:19 (48.2%)	7:44	7.8 (52.0%)
195	SZURMAN Jan	522		M30	195	00:02:49	03:24:33	04:35:42	05:21:29	05:45:04.00	05:45:04.00	+02:46:19 (48.2%)	7:44	7.8 (52.0%)
196	SAWICKI Radek	142	DZIKIE GRUBASY SZATANA	M30	196	00:01:54	03:09:01	04:24:57	05:14:41	05:49:32.20	05:49:32.20	+02:50:47 (48.9%)	7:50	7.7 (51.3%)
197	GAȚARCZYK Mariusz	144	DZIKIE GRUBASY SZATANA	M30	197	00:01:54	03:09:03	04:24:55	05:14:33	05:49:33.10	05:49:33.10	+02:50:48 (48.9%)	7:50	7.7 (51.3%)

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			
198	ARENTEWICZ Grzegorz	373	TORUŃ MULTISPORT TEAM	M30	198	00:01:33	03:10:50	04:27:18	05:24:12	05:50:51.10	05:50:51.10	+02:52:06 (49.1%)	7:51	7.6 (50.7%)
199	POPIOŁEK Jacek	308	LOST IN SPORT\BIEGUSIEM.PL	M30	199	00:02:50	03:20:35	04:38:42	05:27:45	05:51:37.90	05:51:37.90	+02:52:53 (49.2%)	7:53	7.6 (50.7%)
200	KĘPKA Robert	668	BIEGUSIEM.PL	M30	200	00:02:48	03:20:35	04:38:42	05:27:45	05:51:38.20	05:51:38.20	+02:52:53 (49.2%)	7:53	7.6 (50.7%)
201	MAŃKOWSKI Leszek	867	KZB	M30	201	00:02:50	03:14:15	04:37:24	05:25:03	05:52:12.70	05:52:12.70	+02:53:28 (49.3%)	7:53	7.6 (50.7%)
202	POŁĘC Irenuesz	686	POLSKA MARKA	M30	202	00:02:54	03:23:19	04:35:31	05:26:34	05:54:28.15	05:54:28.15	+02:55:43 (49.6%)	7:56	7.5 (50.0%)
203	WITRYK Lesław	509		M30	203	00:02:55	03:39:40	04:44:31	05:30:50	05:54:41.60	05:54:41.60	+02:55:56 (49.6%)	7:57	7.5 (50.0%)
204	LITWINEK Marek	18	WW TEAM	M30	204	00:01:59	03:11:50	04:40:34	05:33:52	05:55:26.10	05:55:26.10	+02:56:41 (49.7%)	7:58	7.5 (50.0%)
205	DROZD Arkadiusz	217		M30	205	00:01:53	03:22:27	04:37:13	05:31:12	05:55:37.25	05:55:37.25	+02:56:52 (49.7%)	7:58	7.5 (50.0%)
206	ŚLIWIŃSKI Paweł	40	BIEGAJĄCY ŚWIDNIK	M30	206	00:02:27	03:27:04	04:31:56	05:30:54	05:56:46.40	05:56:46.40	+02:58:01 (49.9%)	7:59	7.5 (50.0%)
207	CYBUŁKA Mariusz	207	STAŚ BIEGA	M30	207	00:01:39	03:30:05	04:40:24	05:33:07	05:57:14.80	05:57:14.80	+02:58:30 (50.0%)	8:00	7.5 (50.0%)
208	PARYS Michał	428		M30	208	00:01:08	03:16:08	04:33:05	05:32:07	05:57:45.40	05:57:45.40	+02:59:00 (50.0%)	8:01	7.5 (50.0%)
209	LOSKA Michał	171	BARAN TRAIL RACE	M30	209	00:02:44	03:34:09	04:36:56	05:34:33	06:01:10.20	06:01:10.20	+03:02:25 (50.5%)	8:05	7.4 (49.3%)
210	CIECHOMSKI Bartłomiej	730		M30	210	00:00:59	03:30:28	04:32:31	05:29:26	06:01:28.90	06:01:28.90	+03:02:44 (50.6%)	8:06	7.4 (49.3%)
211	BĄK Piotr	316	HUSARIA RACE TEAM	M30	211	00:01:53	03:42:17	04:46:28	05:36:45	06:02:12.90	06:02:12.90	+03:03:28 (50.7%)	8:07	7.4 (49.3%)
212	GÓRA Grzegorz	349	NIGHT RUNNERS WROCŁAW/ PARAFIT	M30	212	00:02:15	03:33:52	04:42:00	05:35:04	06:03:09.65	06:03:09.65	+03:04:24 (50.8%)	8:08	7.4 (49.3%)
213	SOLICH Patryk	83	NIGHT RUNNERS GLIWICE	M30	213	00:02:27	03:30:48	04:53:12	05:43:01	06:06:46.80	06:06:46.80	+03:08:02 (51.3%)	8:13	7.3 (48.7%)
214	PUZIO Hubert	766		M30	214	00:02:47	03:21:30	04:46:21	05:43:32	06:14:28.50	06:14:28.50	+03:15:43 (52.3%)	8:23	7.1 (47.3%)
215	TOBIASZ Kamil	337	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ / WKURWTEAM	M30	215	00:02:19	03:41:10	05:02:33	05:54:25	06:20:17.95	06:20:17.95	+03:21:33 (53.0%)	8:31	7 (46.7%)
216	ŻERULIK Jarosław	626	ŻRÓDLANA	M30	216	00:03:04	03:42:38	04:56:21	05:52:21	06:20:36.45	06:20:36.45	+03:21:51 (53.0%)	8:32	7 (46.7%)
217	MIKOŁAJCZYK Jarosław	614		M30	217	00:02:37	03:46:02	05:03:25	05:56:30	06:22:15.50	06:22:15.50	+03:23:30 (53.2%)	8:34	7 (46.7%)
218	WRONA Tomek	33	KS PEGAZ	M30	218	00:02:54	03:40:41	04:54:18	05:51:30	06:22:34.40	06:22:34.40	+03:23:49 (53.3%)	8:34	7 (46.7%)
219	PTAK Patryk	689	WKURW_TEAM	M30	219	00:02:20	03:41:10	05:02:35	05:55:11	06:26:32.55	06:26:32.55	+03:27:47 (53.8%)	8:40	6.9 (46.0%)
220	KONIECZNY Piotr	665	NKB CHYŻY NOWY TOMYŚL	M30	220	00:02:29	03:50:39	05:06:38	06:02:33	06:28:53.25	06:28:53.25	+03:30:08 (54.0%)	8:43	6.9 (46.0%)
221	GORZKOWSKI Bartłomiej	196		M30	221	00:02:57	03:50:44	04:59:40	05:59:13	06:29:41.40	06:29:41.40	+03:30:56 (54.1%)	8:44	6.9 (46.0%)
222	ZABURKO Mateusz	119		M30	222	00:02:32	03:52:46	05:11:01	06:02:57	06:31:35.85	06:31:35.85	+03:32:51 (54.4%)	8:46	6.8 (45.3%)
223	BARAN Jakub	78	ROGATE TORPEDY	M30	223	00:02:39	03:48:33	05:05:25	06:02:50	06:31:52.20	06:31:52.20	+03:33:07 (54.4%)	8:47	6.8 (45.3%)

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
224	PIETRULIŃSKI Mateusz	705	SPARTANIE DZIECIOM	M30	224	00:02:18	03:46:17	04:56:15	05:56:33	06:32:16.05	06:32:16.05	+03:33:31 (54.4%)	8:47	6.8 (45.3%)
225	OKARMA Wojtek	634	WWW.VIRTUTIMILITARI.PL	M30	225	00:02:51	03:52:28	05:10:59	06:14:44	06:44:08.65	06:44:08.65	+03:45:23 (55.8%)	9:03	6.6 (44.0%)
226	ALEKSANDROWICZ Łukasz	383	SPARTANIE DZIECIOM	M30	226	00:02:16	03:55:54	05:08:13	06:12:49	06:47:20.05	06:47:20.05	+03:48:35 (56.1%)	9:07	6.6 (44.0%)
227	ROSA Aleksander	219		M30	227	00:02:37	03:54:25	05:16:03	06:15:27	06:47:38.20	06:47:38.20	+03:48:53 (56.2%)	9:08	6.6 (44.0%)
228	CZARNY Łukasz	690	WKURW_TEAM	M30	228	00:03:00	03:55:49	05:18:53	06:20:49	06:53:59.80	06:53:59.80	+03:55:15 (56.8%)	9:16	6.5 (43.3%)
	GŁUSZKO Przemysław	734	SOLINA TEAM	M30		00:02:02 DNF	02:43:44 DNF	03:45:57 DNF	DNF	DNF	DNF		-	- (0.0%)
	GIŻA Grzegorz	824	1981	M30		00:00:38 DNF	02:28:04 DNF	DNF	06:33:27 DNF	DNF	DNF		-	- (0.0%)
	MIKUŚKIEWICZ Piotr	205	RUN TEAM CHMIELNIK	M30		00:07:15 DNF	06:30:28 DNF	DNF	06:34:16 DNF	DNF	DNF		-	- (0.0%)
	SZYMAŃSKI Andrzej	408	WKOLANIEMISTRZYKA	M30		DNF	04:41:15 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 232 wynik(ów)