



IV ZIMOWY MARATON BIESZCZADZKI 2018 - 44,6KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2018
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-01-28
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	KOCZWARA Tomasz	613		M40	1	00:00:33	01:49:07	02:19:36		03:01:31.10	03:01:31.10		4:04	14.7 (100%)
2	FARON Robert	2	SALCO GARMIN SPORT	M40	2	00:00:28	01:54:13	02:25:52	02:52:42	03:07:01.00	03:07:01.00	+00:05:29 (2.9%)	4:11	14.3 (97.3%)
3	POLAŃSKI Tomasz	875	B4SPORT	M40	3	00:00:38	01:59:44	02:31:34		03:13:57.35	03:13:57.35	+00:12:26 (6.4%)	4:20	13.8 (93.9%)
4	WIERNUSZ Krzysztof	538	FINISZ RYMANÓW	M40	4	00:00:31	01:59:34	02:32:11		03:15:50.90	03:15:50.90	+00:14:19 (7.3%)	4:23	13.7 (93.2%)
5	PAKUŁA Paweł	644	MKS 'ŻAK' BIAŁA PODLASKA	M40	5	00:00:43	02:02:38	02:35:47	03:05:22	03:20:25.55	03:20:25.55	+00:18:54 (9.4%)	4:29	13.4 (91.2%)
6	KOBIERSKI Piotr	181	UKA ULTRAS RUNNERS	M40	6	00:00:51	02:07:17	02:41:50	03:12:33	03:27:54.65	03:27:54.65	+00:26:23 (12.7%)	4:39	12.9 (87.8%)
7	PASIECZNY Robert	264	FARTLEK GO	M40	7	00:00:32	02:04:51	02:41:29		03:28:36.85	03:28:36.85	+00:27:05 (13.0%)	4:40	12.8 (87.1%)
8	KOKOCIŃSKI Dariusz	502		M40	8	00:01:10	02:08:40	02:45:18	03:16:47	03:32:24.60	03:32:24.60	+00:30:53 (14.5%)	4:45	12.6 (85.7%)
9	BUŁANOW Leszek	788		M40	9	00:00:35	02:07:04	02:45:01	03:20:31	03:36:58.50	03:36:58.50	+00:35:27 (16.3%)	4:51	12.3 (83.7%)
10	GOTFRYD Adam	859		M40	10	00:00:41	02:15:14	02:51:49	03:23:12	03:38:31.20	03:38:31.20	+00:37:00 (16.9%)	4:53	12.2 (83.0%)
11	JANDZIŚ Wiesław	637	AKTYWNY DYNÓW	M40	11	00:00:59	02:16:05	02:53:05	03:24:41	03:40:10.80	03:40:10.80	+00:38:39 (17.6%)	4:56	12.2 (83.0%)
12	KRZEMIŃSKI Marcin	439	SPRINT GORZYCE	M40	12	00:00:38	02:16:14	02:53:07	03:25:37	03:41:58.00	03:41:58.00	+00:40:26 (18.2%)	4:58	12.1 (82.3%)
13	GOZDAŁSKI Jarosław	780	WITKOWO BIEGA	M40	13	00:01:04	02:18:58	02:56:49	03:29:02	03:44:30.45	03:44:30.45	+00:42:59 (19.1%)	5:02	11.9 (81.0%)
14	SUŁKOWSKI Maciej	220		M40	14	00:01:08	02:14:37	02:53:53	03:28:35	03:45:22.40	03:45:22.40	+00:43:51 (19.5%)	5:03	11.9 (81.0%)
15	DACYL Michał	641	NOWY STYL GROUP RUNNING TEAM	M40	15	00:01:00	02:17:36	02:57:48	03:32:38	03:49:18.45	03:49:18.45	+00:47:47 (20.8%)	5:08	11.7 (79.6%)
16	SZAŁKOWSKI Dawid	519	EKOBIEGI	M40	16	00:01:07	02:16:19	02:58:28	03:32:56	03:50:32.80	03:50:32.80	+00:49:01 (21.3%)	5:10	11.6 (78.9%)
17	BROCKI Krzysztof	567	1973	M40	17	00:01:00	02:17:12	02:58:34	03:34:11	03:51:37.70	03:51:37.70	+00:50:06 (21.6%)	5:11	11.6 (78.9%)

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					
18	SZAWAN Paweł	611	PRZEWORSKA GRUPA BIEGOWA	M40	18	00:00:52	02:17:44	02:58:26	03:34:21	03:52:20.00	03:52:20.00	+00:50:48 (21.9%)	5:12	11.5 (78.2%)
19	WIŚNIEWSKI Michał	587	RODZINNY RELAX	M40	19	00:01:09	02:24:23	03:04:04	03:37:48	03:54:09.90	03:54:09.90	+00:52:38 (22.5%)	5:15	11.4 (77.6%)
20	GARCZYŃSKI Darek	47		M40	20	00:01:05	02:20:28	03:00:45	03:37:11	03:54:48.55	03:54:48.55	+00:53:17 (22.7%)	5:15	11.4 (77.6%)
21	PACHO Sylwester	459	INFINITY RUNNERS TEAM GRYBÓW	M40	21	00:00:36	02:21:09	03:01:44	03:37:41	03:55:06.70	03:55:06.70	+00:53:35 (22.8%)	5:16	11.4 (77.6%)
22	JACHYMEK Bartłomiej	605	JACEKBIEGA RUNNING TEAM	M40	22	00:01:07	02:21:29	03:01:38	03:37:39	03:55:51.90	03:55:51.90	+00:54:20 (23.0%)	5:17	11.3 (76.9%)
23	GLEISNER Tomasz	108	TARNÓW	M40	23	00:00:56	02:22:29	03:04:08	03:39:35	03:56:49.35	03:56:49.35	+00:55:18 (23.4%)	5:18	11.3 (76.9%)
24	KMAK Sławek	476	PAPIKI	M40	24	00:00:37	02:21:09	03:01:45	03:38:30	03:57:27.60	03:57:27.60	+00:55:56 (23.6%)	5:19	11.3 (76.9%)
25	CHOJECKI Dariusz	501	KEREZA SQUAD	M40	25	00:01:15	02:20:15	03:02:36	03:39:39	03:57:47.70	03:57:47.70	+00:56:16 (23.7%)	5:19	11.3 (76.9%)
26	BORYS Andrzej	823		M40	26	00:00:42	02:14:24	03:01:42	03:39:34	03:58:00.95	03:58:00.95	+00:56:29 (23.7%)	5:20	11.2 (76.2%)
27	ŁĘPICKI Artur	441	MARKOWI BIEGACZE	M40	27	00:01:08	02:21:51	03:04:27	03:41:03	03:58:08.65	03:58:08.65	+00:56:37 (23.8%)	5:20	11.2 (76.2%)
28	MAZUREK Robert	65	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	M40	28	00:00:58	02:22:12	03:03:34	03:41:03	03:58:54.85	03:58:54.85	+00:57:23 (24.0%)	5:21	11.2 (76.2%)
29	STANIEC Piotr	480	ŚLĘZAK TEAM	M40	29	00:01:53	02:26:32	03:06:51	03:44:14	04:01:41.60	04:01:41.60	+01:00:10 (24.9%)	5:25	11.1 (75.5%)
30	KOŚCIAK Jan	712	DZIKIE MUSTANGI	M40	30	00:01:31	02:29:12	03:10:16	03:46:09	04:03:35.10	04:03:35.10	+01:02:04 (25.5%)	5:27	11 (74.8%)
31	WIŚNIEWSKI Janusz	600		M40	31	00:01:10	02:25:04	03:07:06	03:45:55	04:04:56.25	04:04:56.25	+01:03:25 (25.9%)	5:29	10.9 (74.1%)
32	SOKALSKI Grzegorz	7		M40	32	00:01:27	02:27:17	03:11:05	03:48:49	04:08:25.60	04:08:25.60	+01:06:54 (26.9%)	5:34	10.8 (73.5%)
33	ŚCIEBURA Paweł	329		M40	33	00:01:14	02:29:44	03:11:21	03:49:32	04:09:19.15	04:09:19.15	+01:07:48 (27.2%)	5:35	10.7 (72.8%)
34	FLĄDRO Daniel	121		M40	34	00:01:04	02:25:29	03:11:47	03:51:38	04:10:51.70	04:10:51.70	+01:09:20 (27.6%)	5:37	10.7 (72.8%)
35	NOWICKI Michael	900	NORAFSPORT	M40	35	00:00:53	02:23:51	03:08:00	03:49:36	04:11:07.00	04:11:07.00	+01:09:35 (27.7%)	5:37	10.7 (72.8%)
36	KRUPA Grzegorz	866	KB SOBOTKA	M40	36	00:01:13	02:33:06	03:14:06	03:52:33	04:11:39.00	04:11:39.00	+01:10:07 (27.9%)	5:38	10.6 (72.1%)
37	WIERNEK Tomek	758	ENDURANCE TEAM	M40	37	00:01:49	02:38:58	03:20:40	03:54:33	04:11:45.80	04:11:45.80	+01:10:14 (27.9%)	5:38	10.6 (72.1%)
38	NIŻNIK Marcin	702	NOWY STYL GROUP RUNNING TEAM	M40	38	00:01:01	02:28:57	03:12:17	03:52:48	04:12:59.70	04:12:59.70	+01:11:28 (28.3%)	5:40	10.6 (72.1%)
39	STAŃKO Paweł	444		M40	39	00:02:16	02:30:12	03:15:14	03:53:37	04:13:09.80	04:13:09.80	+01:11:38 (28.3%)	5:40	10.6 (72.1%)
40	BARTOSZEK Krzysztof	525	MRÓWKA JAROSŁAW	M40	40	00:01:28	02:32:35	03:16:12	03:54:07	04:13:13.30	04:13:13.30	+01:11:42 (28.3%)	5:40	10.6 (72.1%)
41	SIKORA Jacek	771	WATER TEAM	M40	41	00:01:26	02:28:43	03:14:23	03:52:53	04:13:20.90	04:13:20.90	+01:11:49 (28.4%)	5:40	10.6 (72.1%)
42	WYROBA Waldemar	301	BEFIT24TEAM	M40	42	00:01:23	02:29:10	03:15:16	03:54:51	04:13:47.90	04:13:47.90	+01:12:16 (28.5%)	5:41	10.5 (71.4%)

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						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
43	JARUZEL Robert	716	SZWLA STARGARD	M40	43	00:00:45	02:32:08	03:16:44	03:55:02	04:15:05.20	04:15:05.20	+01:13:34 (28.8%)	5:43	10.5 (71.4%)
44	LONC Tomasz	481	M&T WYJADACZE PARÓWKÓW	M40	44	00:00:57	02:34:17	03:21:33	03:57:27	04:15:25.85	04:15:25.85	+01:13:54 (28.9%)	5:43	10.5 (71.4%)
45	TKACZEWSKI Piotr	112	MIECHÓW	M40	45	00:01:35	02:34:20	03:18:21	03:56:57	04:16:05.10	04:16:05.10	+01:14:34 (29.1%)	5:44	10.4 (70.7%)
46	PYRKOSZ Damian	252	G.B.U.R.	M40	46	00:01:02	02:32:41	03:18:37	03:58:09	04:16:20.60	04:16:20.60	+01:14:49 (29.2%)	5:44	10.4 (70.7%)
47	WILK Jacek	666		M40	47	00:00:56	02:30:18	03:16:40	03:56:48	04:17:01.25	04:17:01.25	+01:15:30 (29.4%)	5:45	10.4 (70.7%)
48	JANIK Paweł	136		M40	48	00:01:11	02:27:57	03:16:31	03:56:49	04:17:04.30	04:17:04.30	+01:15:33 (29.4%)	5:45	10.4 (70.7%)
49	PRÜFER Paweł	696		M40	49	00:01:09	02:34:05	03:19:02	03:57:22	04:17:39.95	04:17:39.95	+01:16:08 (29.6%)	5:46	10.4 (70.7%)
50	FALKOWSKI Piotr	69	KS PEGAZ PIASECZNO	M40	50	00:01:27	02:35:57	03:21:00	03:59:33	04:17:41.35	04:17:41.35	+01:16:10 (29.6%)	5:46	10.4 (70.7%)
51	KULA Robert	152	EKIPA Z TARNOWA	M40	51	00:01:44	02:38:18	03:24:51	04:00:19	04:18:16.95	04:18:16.95	+01:16:45 (29.7%)	5:47	10.4 (70.7%)
52	PISINGAS Mariusz	430	SEKCJA BIEGOWA FAMILIA	M40	52	00:02:22	02:38:30	03:23:47	04:01:43	04:19:51.25	04:19:51.25	+01:18:20 (30.1%)	5:49	10.3 (70.1%)
53	MAZUR Sławomir	507	CYKLOPEDIA.CC	M40	53	00:01:07	02:28:58	03:17:31	04:00:43	04:20:14.25	04:20:14.25	+01:18:43 (30.2%)	5:50	10.3 (70.1%)
54	BARSZCZEWSKI Tadeusz	560	DWOT	M40	54	00:02:43	02:38:27	03:21:43	04:00:15	04:20:43.85	04:20:43.85	+01:19:12 (30.4%)	5:50	10.3 (70.1%)
55	WALASEK Grzegorz	289	BIEGUSIEM.PL	M40	55	00:01:05	02:31:50	03:23:11	04:02:29	04:23:40.90	04:23:40.90	+01:22:09 (31.2%)	5:54	10.1 (68.7%)
56	MIĘKUS Hubert	539		M40	56	00:00:51	02:35:37	03:24:47	04:03:27	04:23:55.30	04:23:55.30	+01:22:24 (31.2%)	5:55	10.1 (68.7%)
57	WYBRANIEC Wojciech	754	OFIARY JEDZENIA KOTLETÓW	M40	57	00:02:14	02:40:46	03:25:49	04:03:59	04:23:59.50	04:23:59.50	+01:22:28 (31.2%)	5:55	10.1 (68.7%)
58	TOMAS Dariusz	212		M40	58	00:01:09	02:39:31	03:28:09	04:04:48	04:24:16.00	04:24:16.00	+01:22:44 (31.3%)	5:55	10.1 (68.7%)
59	SEKUŁA Mirek	293	INFINITY RUNNER'S TEAM GRYBÓW	M40	59	00:00:41	02:41:57	03:27:44	04:05:55	04:25:08.50	04:25:08.50	+01:23:37 (31.5%)	5:56	10.1 (68.7%)
60	KOCHAJ Wojciech	113		M40	60	00:01:14	02:37:46	03:25:51	04:06:39	04:25:58.20	04:25:58.20	+01:24:27 (31.8%)	5:57	10.1 (68.7%)
61	KASPRZYK Krzysztof	843		M40	61	00:01:09	02:21:51	03:11:47	03:57:45	04:26:04.90	04:26:04.90	+01:24:33 (31.8%)	5:57	10.1 (68.7%)
62	SIPIERA Tomasz	276	LACHO TEAM	M40	62	00:00:57	02:34:49	03:26:08	04:06:33	04:26:19.95	04:26:19.95	+01:24:48 (31.8%)	5:58	10 (68.0%)
63	ZIĘBA Marcin	418	PORANNY PATROL	M40	63	00:01:03	02:39:00	03:29:04	04:08:34	04:27:20.10	04:27:20.10	+01:25:49 (32.1%)	5:59	10 (68.0%)
64	KARUŚ Waldemar	382	14DAS JAROSLAW	M40	64	00:02:08	02:48:08	03:33:01	04:10:22	04:28:35.15	04:28:35.15	+01:27:04 (32.4%)	6:01	10 (68.0%)
65	KARPIŃSKI Tomasz	124		M40	65	00:00:59	02:36:14	03:24:53	04:06:45	04:28:43.80	04:28:43.80	+01:27:12 (32.5%)	6:01	10 (68.0%)
66	PAWŁOWSKI Piotr	416		M40	66	00:02:41	02:46:11	03:31:43	04:09:48	04:29:11.65	04:29:11.65	+01:27:40 (32.6%)	6:02	9.9 (67.3%)
67	BAJOREK Jan	851		M40	67	00:01:03	02:36:48	03:32:36	04:09:57	04:29:23.75	04:29:23.75	+01:27:52 (32.6%)	6:02	9.9 (67.3%)

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			
68	WŁOCH Sławomir	437		M40	68	00:00:59	02:35:21	03:24:00	04:08:25	04:29:43.30	04:29:43.30	+01:28:12 (32.7%)	6:02	9.9 (67.3%)
69	SIKORSKI Radosław	174		M40	69	00:02:21	02:39:39	03:28:50	04:09:28	04:29:47.40	04:29:47.40	+01:28:16 (32.7%)	6:02	9.9 (67.3%)
70	LEWANDOWSKI Marcin	216	HAPPY TRI FRIENDS	M40	70					04:30:03.70	04:30:03.70	+01:28:32 (32.8%)	6:03	9.9 (67.3%)
71	PANTOŁ Mirosław	123		M40	71	00:00:59	02:38:53	03:27:03	04:08:36	04:30:25.75	04:30:25.75	+01:28:54 (32.9%)	6:03	9.9 (67.3%)
72	SZCZUR Wiesław	126		M40	72	00:02:04	02:44:53	03:31:39	04:11:13	04:31:35.05	04:31:35.05	+01:30:03 (33.2%)	6:05	9.9 (67.3%)
73	POTRZESZCZ Tomasz	878		M40	73	00:02:57	02:42:57	03:32:34	04:11:48	04:32:25.90	04:32:25.90	+01:30:54 (33.4%)	6:06	9.8 (66.7%)
74	GAŚECKI Daniel	808	WKURW_TEAM	M40	74	00:02:40	02:43:29	03:33:55	04:12:59	04:32:32.40	04:32:32.40	+01:31:01 (33.4%)	6:06	9.8 (66.7%)
75	ASŁANOWICZ Marcin	93		M40	75	00:01:38	02:49:40	03:37:39	04:14:21	04:32:33.30	04:32:33.30	+01:31:02 (33.4%)	6:06	9.8 (66.7%)
76	ALBIŃSKI Tomasz	593		M40	76	00:02:15	02:42:27	03:36:50	04:13:55	04:33:20.50	04:33:20.50	+01:31:49 (33.6%)	6:07	9.8 (66.7%)
77	ZYGMUNT Marcin	786	ZYGABIEGA	M40	77	00:01:12	02:38:16	03:29:19	04:12:30	04:33:40.70	04:33:40.70	+01:32:09 (33.7%)	6:08	9.8 (66.7%)
78	KOSMĘDA Piotr Michał	107		M40	78	00:01:09	02:46:16	03:38:13	04:16:16	04:34:14.75	04:34:14.75	+01:32:43 (33.8%)	6:08	9.8 (66.7%)
79	POWALISZ Dariusz	787		M40	79	00:01:12	02:38:33	03:29:21	04:12:44	04:34:39.70	04:34:39.70	+01:33:08 (33.9%)	6:09	9.7 (66.0%)
80	BUJALSKI Szymon	133	KUZNIA TRIATHLONU	M40	80	00:01:32	02:49:51	03:38:08	04:16:20	04:34:45.20	04:34:45.20	+01:33:14 (33.9%)	6:09	9.7 (66.0%)
81	CIUBA Paweł	333	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	81	00:02:24	02:50:29	03:40:01	04:17:48	04:37:22.70	04:37:22.70	+01:35:51 (34.6%)	6:13	9.6 (65.3%)
82	WIERNASZ Grzegorz	426	KARCHER KROSNO CENTRUM SUCHODUŁ	M40	82	00:02:35	02:47:19	03:36:34	04:17:44	04:37:36.70	04:37:36.70	+01:36:05 (34.6%)	6:13	9.6 (65.3%)
83	PRYSZCZ Mirosław	295		M40	83	00:02:15	02:38:22	03:36:12	04:17:35	04:38:51.10	04:38:51.10	+01:37:20 (34.9%)	6:15	9.6 (65.3%)
84	MAJEWICZ Grzegorz	557		M40	84	00:01:36	02:40:45	03:33:07	04:16:00	04:39:04.20	04:39:04.20	+01:37:33 (35.0%)	6:15	9.6 (65.3%)
85	PRZEWŁOCKI Przemysław	732		M40	85	00:02:56	02:46:45	03:34:18	04:16:18	04:39:14.55	04:39:14.55	+01:37:43 (35.0%)	6:15	9.6 (65.3%)
86	DONIEC Marek	493	WKURW_TEAM	M40	86	00:02:13	02:45:41	03:35:56	04:17:30	04:39:24.75	04:39:24.75	+01:37:53 (35.0%)	6:15	9.6 (65.3%)
87	CZAJKOWSKI Rafał	288	EKOBIEGI/BBL WARSZAWA POLONEZ	M40	87	00:01:51	02:50:37	03:39:09	04:19:39	04:39:53.45	04:39:53.45	+01:38:22 (35.1%)	6:16	9.6 (65.3%)
88	FILIPIAK Hieronim	421	MIECHOWICKA GRUPA BIEGOWA	M40	88	00:01:52	02:47:56	03:38:19	04:20:00	04:41:00.65	04:41:00.65	+01:39:29 (35.4%)	6:18	9.5 (64.6%)
89	MARCELA Marcin	188	FAT MAMA'S SPORT CLUB	M40	89	00:00:54	02:46:55	03:36:21	04:18:46	04:41:44.25	04:41:44.25	+01:40:13 (35.6%)	6:19	9.5 (64.6%)
90	SZYMAŁA Marcin	362		M40	90	00:00:52	02:43:29	03:36:04	04:20:43	04:43:05.40	04:43:05.40	+01:41:34 (35.9%)	6:20	9.5 (64.6%)
91	ZAWADZKI Dariusz	835	RADLINIOKI W BIEGU	M40	91	00:02:26	02:52:54	03:49:17	04:26:38	04:44:22.90	04:44:22.90	+01:42:51 (36.2%)	6:22	9.4 (63.9%)
92	STĘPIEŃ Wojciech	506		M40	92	00:02:20	02:48:58	03:40:38	04:23:08	04:44:41.50	04:44:41.50	+01:43:10 (36.2%)	6:22	9.4 (63.9%)

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					
93	WĘGIEL Bogdan	621		M40	93	00:01:05	02:49:59	03:40:33	04:23:23	04:44:46.60	04:44:46.60	+01:43:15 (36.3%)	6:23	9.4 (63.9%)
94	PAŃTAK Sławomir	66	21DAPLOT JAROSŁAW	M40	94	00:02:08	02:48:08	03:38:30	04:22:23	04:45:00.95	04:45:00.95	+01:43:29 (36.3%)	6:23	9.4 (63.9%)
95	CZAPLA Arkadiusz	190		M40	95	00:00:54	02:46:56	03:40:11	04:22:32	04:45:34.30	04:45:34.30	+01:44:03 (36.4%)	6:24	9.4 (63.9%)
96	CHARKOT Sławomir	485	BIEGUSIEM.PL	M40	96	00:02:41	02:49:20	03:41:18	04:25:41	04:45:46.80	04:45:46.80	+01:44:15 (36.5%)	6:24	9.4 (63.9%)
97	SIKORA Michał	17		M40	97	00:01:14	02:54:23	03:46:36	04:29:02	04:48:46.60	04:48:46.60	+01:47:15 (37.1%)	6:28	9.3 (63.3%)
98	KŁOS Paweł	725		M40	98	00:01:39	02:53:12	03:45:21	04:26:41	04:48:51.30	04:48:51.30	+01:47:20 (37.2%)	6:28	9.3 (63.3%)
99	PILICHOWSKI Wojciech	739	GRUPA SZALONYCH ROWERZYSTÓW	M40	99	00:02:31	02:50:15	03:46:47	04:29:00	04:49:14.70	04:49:14.70	+01:47:43 (37.2%)	6:29	9.3 (63.3%)
100	BOGUSZ Bartosz	387		M40	100	00:01:21	02:51:11	03:42:14	04:27:05	04:49:21.45	04:49:21.45	+01:47:50 (37.3%)	6:29	9.2 (62.6%)
101	LANGNER Maurycy	781		M40	101	00:01:52	02:49:49	03:46:32	04:29:16	04:49:40.15	04:49:40.15	+01:48:09 (37.3%)	6:29	9.2 (62.6%)
102	ZAJDEL Sławomir	489	MRÓWKA JAROSŁAW ACTIVE TEAM	M40	102	00:01:27	02:56:32	03:46:25	04:29:28	04:49:52.95	04:49:52.95	+01:48:21 (37.4%)	6:29	9.2 (62.6%)
103	URBANOWICZ Andrzej	723	MS CONSULTING	M40	103	00:02:04	02:52:05	03:44:46	04:28:10	04:50:14.75	04:50:14.75	+01:48:43 (37.5%)	6:30	9.2 (62.6%)
104	RUTA Mikołaj	695		M40	104	00:02:10	02:52:20	03:44:47	04:28:13	04:50:16.35	04:50:16.35	+01:48:45 (37.5%)	6:30	9.2 (62.6%)
105	CHWALISZEWSKI Jarosław	839	NIGHT RUNNERS GLIWICE	M40	105	00:02:21	02:52:40	03:45:50	04:29:25	04:50:40.40	04:50:40.40	+01:49:09 (37.6%)	6:31	9.2 (62.6%)
106	ZAJĄC Józef	856	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	106	00:02:24	02:50:31	03:46:14	04:31:01	04:52:36.20	04:52:36.20	+01:51:05 (38.0%)	6:33	9.1 (61.9%)
107	DULĘBA Tomasz	664		M40	107	00:01:42	02:54:57	03:49:02	04:32:01	04:52:51.25	04:52:51.25	+01:51:20 (38.0%)	6:33	9.1 (61.9%)
108	SZANIECKI Piotr	494		M40	108	00:01:54	02:56:51	03:49:20	04:31:43	04:53:24.80	04:53:24.80	+01:51:53 (38.1%)	6:34	9.1 (61.9%)
109	MAŁECKI Tomasz	555	MAŁE CYCKI	M40	109	00:00:48	02:56:10	03:51:29	04:33:10	04:53:25.60	04:53:25.60	+01:51:54 (38.1%)	6:34	9.1 (61.9%)
110	SADY Sebastian	222		M40	110	00:01:51	02:55:31	03:48:59	04:33:01	04:53:29.40	04:53:29.40	+01:51:58 (38.2%)	6:34	9.1 (61.9%)
111	WAWRZAK Ryszard	238	NIGHT RUNNERS GLIWICE	M40	111	00:01:47	02:48:12	03:46:50	04:31:22	04:53:37.10	04:53:37.10	+01:52:06 (38.2%)	6:35	9.1 (61.9%)
112	LIS Marek	88		M40	112	00:03:06	03:05:47	03:57:39	04:35:39	04:54:10.35	04:54:10.35	+01:52:39 (38.3%)	6:35	9.1 (61.9%)
113	GAWLEWICZ Tomasz	282		M40	113	00:02:06	02:55:44	03:53:12	04:33:52	04:54:31.90	04:54:31.90	+01:53:00 (38.4%)	6:36	9.1 (61.9%)
114	MACIĄG Michał	372	BIEGUSIEM.PL	M40	114	00:02:41	03:01:49	03:52:48	04:33:54	04:54:44.20	04:54:44.20	+01:53:13 (38.4%)	6:36	9.1 (61.9%)
115	MAKINIA Wawrzyniec	510	MOVE YOUR AZZ!!	M40	115	00:02:03	03:01:43	03:49:50	04:32:13	04:55:38.15	04:55:38.15	+01:54:07 (38.6%)	6:37	9.1 (61.9%)
116	KŁOSIŃSKI Rafał	148	RACE FIGHTER	M40	116	00:00:41	02:43:16	03:46:28	04:34:43	04:57:03.40	04:57:03.40	+01:55:32 (38.9%)	6:39	9 (61.2%)
117	PŁOMIŃSKI Marcin	718	WKURW TEAM/ŁÓDŹ RUNNING TEAM	M40	117	00:02:09	02:55:35	03:53:55	04:36:35	04:57:17.45	04:57:17.45	+01:55:46 (38.9%)	6:39	9 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
118	MAŁECKI Michał	714	EDC RUNNERS	M40	118	00:01:06	02:52:32	03:51:09	04:34:55	04:57:30.40	04:57:30.40	+01:55:59 (39.0%)	6:40	9 (61.2%)
119	ZIEBURA Jacek	639	TOWAROWE.PL	M40	119	00:01:19	02:54:15	03:56:00	04:36:57	04:58:22.00	04:58:22.00	+01:56:50 (39.2%)	6:41	9 (61.2%)
120	ORŁOWSKI Radosław	160	#KASZANIENAMOKA BIEGAMYRAZEM.PL	M40	120	00:03:11	03:08:38	03:58:17	04:38:53	04:58:28.40	04:58:28.40	+01:56:57 (39.2%)	6:41	9 (61.2%)
121	JURKOWSKI Michał	484		M40	121	00:02:38	03:05:59	03:57:15	04:38:50	04:58:44.45	04:58:44.45	+01:57:13 (39.2%)	6:41	9 (61.2%)
122	DYLEWSKI Paweł	623	FIZJO-SPORT ŁĘCZNA	M40	122	00:01:16	02:55:57	03:50:15	04:36:31	04:58:53.45	04:58:53.45	+01:57:22 (39.3%)	6:42	9 (61.2%)
123	KOŁODZIEJCZYK Maciej	618	FIZJO-SPORT ŁĘCZNA	M40	123	00:01:17	02:50:27	03:47:38	04:36:32	04:58:55.10	04:58:55.10	+01:57:24 (39.3%)	6:42	9 (61.2%)
124	PIETRZAK Mariusz	325		M40	124	00:02:40	03:00:06	03:53:08	04:37:54	04:59:03.60	04:59:03.60	+01:57:32 (39.3%)	6:42	8.9 (60.5%)
125	KRÓLIKOWSKI Andrzej	483		M40	125	00:01:43	02:59:04	03:53:03	04:38:19	04:59:48.60	04:59:48.60	+01:58:17 (39.5%)	6:43	8.9 (60.5%)
126	WAJCOWICZ Witold	45	POZYTYWNIIE ZABIEGANI SANOK	M40	126	00:02:03	02:55:40	03:53:09	04:36:49	05:00:09.55	05:00:09.55	+01:58:38 (39.5%)	6:43	8.9 (60.5%)
127	KWIECIEN Krzysztof	805	4K TEAM TARNÓW	M40	127	00:02:57	03:06:04	03:57:18	04:38:18	05:00:14.95	05:00:14.95	+01:58:43 (39.5%)	6:43	8.9 (60.5%)
128	SROKA Zbigniew	552		M40	128	00:02:57	03:01:10	03:54:31	04:38:18	05:00:15.40	05:00:15.40	+01:58:44 (39.5%)	6:43	8.9 (60.5%)
129	JEDLIŃSKI Bartosz	67	MARATOŃCZYK DĘBICA	M40	129	00:01:38	02:55:36	03:53:10	04:39:22	05:00:54.35	05:00:54.35	+01:59:23 (39.7%)	6:44	8.9 (60.5%)
130	NIEDZIELA Marcin	189		M40	130	00:00:57	02:54:50	03:49:22	04:37:22	05:01:30.60	05:01:30.60	+01:59:59 (39.8%)	6:45	8.9 (60.5%)
131	STASIEWICZ Jacek	178	WSCHODNIA SIŁA	M40	131	00:02:38	03:02:05	03:59:12	04:41:08	05:01:53.20	05:01:53.20	+02:00:22 (39.9%)	6:46	8.9 (60.5%)
132	GŁOWACKI Andrzej	631	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	M40	132	00:02:45	03:04:19	03:55:42	04:39:25	05:02:48.90	05:02:48.90	+02:01:17 (40.1%)	6:47	8.8 (59.9%)
133	ROBAK Jarosław	540		M40	133	00:01:54	02:56:52	03:49:24	04:37:57	05:02:55.00	05:02:55.00	+02:01:23 (40.1%)	6:47	8.8 (59.9%)
134	WOJCIECHOWSKI Krzysztof	463		M40	134	00:01:34	02:56:39	03:53:40	04:39:26	05:03:26.30	05:03:26.30	+02:01:55 (40.2%)	6:48	8.8 (59.9%)
135	HOWIL Waldemar	176	WWW.BIEGOWEKAIZEN.PL	M40	135	00:02:31	02:57:33	03:56:31	04:41:12	05:03:39.15	05:03:39.15	+02:02:08 (40.2%)	6:48	8.8 (59.9%)
136	JEŻOWSKI Jacek	436	WW TEAM	M40	136	00:01:14	02:59:09	03:52:32	04:40:30	05:04:02.85	05:04:02.85	+02:02:31 (40.3%)	6:49	8.8 (59.9%)
137	DZIAMSKI Ryszard	462		M40	137	00:02:42	03:08:23	03:59:53	04:42:36	05:04:18.10	05:04:18.10	+02:02:47 (40.3%)	6:49	8.8 (59.9%)
138	NOWOMIEJSKI Marcin	343		M40	138	00:02:51	02:53:07	03:50:12	04:39:51	05:05:33.35	05:05:33.35	+02:04:02 (40.6%)	6:51	8.8 (59.9%)
139	SMOLUCH Ryszard	625		M40	139	00:01:29	02:55:55	03:51:37	04:41:20	05:05:36.30	05:05:36.30	+02:04:05 (40.6%)	6:51	8.8 (59.9%)
140	FIREK Rafał	167	LACHO TEAM	M40	140	00:02:03	03:00:42	03:59:05	04:42:35	05:05:37.80	05:05:37.80	+02:04:06 (40.6%)	6:51	8.8 (59.9%)
141	ZAKRZEWSKI Marek	471	ALEDOBRE.PL	M40	141	00:01:51	03:00:06	03:55:29	04:43:09	05:05:53.50	05:05:53.50	+02:04:22 (40.7%)	6:51	8.7 (59.2%)
142	TRYNIECKI Krzysztof	469	LUBACZÓW	M40	142	00:00:57	02:44:01	03:46:06	04:35:03	05:06:10.80	05:06:10.80	+02:04:39 (40.7%)	6:51	8.7 (59.2%)

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					
143	OBROŚLAK Grzegorz	470	TRAPER-BIEGOMANIA LUBACZÓW	M40	143	00:00:57	02:44:01	03:46:04	04:38:20	05:06:10.95	05:06:10.95	+02:04:39 (40.7%)	6:51	8.7 (59.2%)
144	KOPEĆ Karol	505		M40	144	00:01:34	03:08:19	04:06:12	04:46:22	05:06:34.00	05:06:34.00	+02:05:02 (40.8%)	6:52	8.7 (59.2%)
145	FOGEL Janusz	103	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	M40	145	00:01:47	03:02:21	03:59:15	04:43:31	05:06:40.30	05:06:40.30	+02:05:09 (40.8%)	6:52	8.7 (59.2%)
146	WESTER Mieczysław	601	NIGHT RUNNERS GLIWICE	M40	146	00:02:26	03:07:40	04:01:56	04:45:49	05:07:27.25	05:07:27.25	+02:05:56 (41.0%)	6:53	8.7 (59.2%)
147	MAREK Wojciech	748	CELUJ W ZDROWIE	M40	147	00:02:47	03:02:26	03:57:52	04:45:27	05:08:38.60	05:08:38.60	+02:07:07 (41.2%)	6:55	8.7 (59.2%)
148	HAJDO Robert	297	BKB VICTORIA	M40	148	00:02:41	03:01:56	04:00:32	04:47:27	05:08:49.60	05:08:49.60	+02:07:18 (41.2%)	6:55	8.7 (59.2%)
149	MOTYKA Artur	673		M40	149	00:01:15	03:05:51	03:59:08	04:46:09	05:09:05.90	05:09:05.90	+02:07:34 (41.3%)	6:55	8.7 (59.2%)
150	BARAŃSKI Michał	193		M40	150	00:01:11	03:01:22	04:00:44	04:46:25	05:10:24.70	05:10:24.70	+02:08:53 (41.5%)	6:57	8.6 (58.5%)
151	ŻYNDA Jan	620	FUNDACJA KIERUNEK ULTRA	M40	151	00:01:18	03:08:47	04:01:51	04:48:25	05:11:48.25	05:11:48.25	+02:10:17 (41.8%)	6:59	8.6 (58.5%)
152	BRZOZOWSKI Armand	395	PKS GALOPUJĄCA SOCZEWICA	M40	152	00:01:52	02:56:50	03:56:30	04:46:25	05:11:54.65	05:11:54.65	+02:10:23 (41.8%)	6:59	8.6 (58.5%)
153	WILKOS Marcin	582		M40	153	00:02:42	03:04:18	04:00:46	04:48:01	05:12:17.20	05:12:17.20	+02:10:46 (41.9%)	7:00	8.6 (58.5%)
154	SZUPUŁA Wojciech	846	RYSIANKA TEAM RACE	M40	154	00:01:30	03:05:49	04:02:54	04:48:59	05:13:00.20	05:13:00.20	+02:11:29 (42.0%)	7:01	8.5 (57.8%)
155	JAKUBOWSKI Leszek	629	NKB CHYŻY NOWY TOMYŚL	M40	155	00:02:29	03:03:35	04:05:35	04:50:04	05:13:08.90	05:13:08.90	+02:11:37 (42.0%)	7:01	8.5 (57.8%)
156	RAKOCZY Paweł	183		M40	156	00:01:34	02:55:06	03:59:11	04:45:46	05:13:18.05	05:13:18.05	+02:11:46 (42.1%)	7:01	8.5 (57.8%)
157	ŚLEDZIOWSKI Andrzej	242	LACHO TEAM	M40	157	00:02:00	03:03:41	04:08:52	04:51:18	05:13:27.25	05:13:27.25	+02:11:56 (42.1%)	7:01	8.5 (57.8%)
158	PESZEK Bogdan	520	WKURW_TEAM	M40	158	00:02:44	03:10:02	04:05:34	04:51:48	05:15:13.60	05:15:13.60	+02:13:42 (42.4%)	7:04	8.5 (57.8%)
159	DROBOT Piotr	348	POZYTYWNIIE ZABIEGANI SANOK	M40	159	00:02:03	03:09:12	04:06:54	04:53:58	05:15:35.65	05:15:35.65	+02:14:04 (42.5%)	7:04	8.5 (57.8%)
160	WIĘCZKOWSKI Wojciech	57	OD_CIENIASA_DO_ULTRASA	M40	160	00:02:27	03:04:40	04:04:45	04:52:26	05:15:49.15	05:15:49.15	+02:14:18 (42.5%)	7:04	8.5 (57.8%)
161	CYRAN Grzegorz	104	AILLERON	M40	161	00:02:53	03:03:45	04:02:32	04:52:08	05:17:10.60	05:17:10.60	+02:15:39 (42.8%)	7:06	8.4 (57.1%)
162	MORCINEK Marcin	89	BLUSZCZA	M40	162	00:02:30	03:08:01	04:10:53	04:58:55	05:20:48.15	05:20:48.15	+02:19:17 (43.4%)	7:11	8.3 (56.5%)
163	DZIEKAN Krzysztof	401	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	163	00:02:45	03:17:55	04:15:01	04:59:36	05:21:20.80	05:21:20.80	+02:19:49 (43.5%)	7:12	8.3 (56.5%)
164	FRĄC Dariusz	23	NIGHT RUNNERS GLIWICE	M40	164	00:02:28	03:09:06	04:12:47	04:57:37	05:22:18.40	05:22:18.40	+02:20:47 (43.7%)	7:13	8.3 (56.5%)
165	SZYMAŃSKI Adam	558	PKO BANK POLSKI	M40	165	00:01:37	03:03:55	04:10:49	04:59:38	05:24:55.00	05:24:55.00	+02:23:23 (44.1%)	7:17	8.2 (55.8%)
166	JAKUBOWSKI Daniel	546	CENTRUM ANIMACJI SPOŁECZNEJ	M40	166	00:02:44	03:13:43	04:15:35	05:03:30	05:27:35.85	05:27:35.85	+02:26:04 (44.6%)	7:20	8.2 (55.8%)
167	DUKATA Grzegorz	240	MGW	M40	167	00:01:16	03:09:07	04:14:16	05:03:15	05:27:36.60	05:27:36.60	+02:26:05 (44.6%)	7:20	8.2 (55.8%)

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			
168	PIASNY Paweł	802		M40	168	00:01:15	03:09:10	04:14:18	05:03:18	05:27:37.35	05:27:37.35	+02:26:06 (44.6%)	7:20	8.2 (55.8%)
169	BURY Marek	127		M40	169	00:02:40	03:13:31	04:20:15	05:05:36	05:27:40.55	05:27:40.55	+02:26:09 (44.6%)	7:20	8.2 (55.8%)
170	JURCZAK Daniel	609	MKB DREPTAK	M40	170	00:00:54	03:05:11	04:08:45	04:59:50	05:27:47.15	05:27:47.15	+02:26:16 (44.6%)	7:20	8.2 (55.8%)
171	PAROL Paweł	570		M40	171	00:01:26	03:04:47	04:11:08	05:01:55	05:28:01.40	05:28:01.40	+02:26:30 (44.7%)	7:21	8.2 (55.8%)
172	RUBIN Andrzej	42	KB MCKIS JAWORZNO	M40	172	00:01:44	03:17:49	04:21:26	05:05:01	05:28:10.25	05:28:10.25	+02:26:39 (44.7%)	7:21	8.2 (55.8%)
173	KUSZ Tomasz	340		M40	173	00:01:10	03:08:17	04:08:52	05:04:20	05:28:22.30	05:28:22.30	+02:26:51 (44.7%)	7:21	8.1 (55.1%)
174	LUDWICZAK Stanisław	656		M40	174	00:02:21	03:03:10	04:07:05	05:03:16	05:30:07.30	05:30:07.30	+02:28:36 (45.0%)	7:24	8.1 (55.1%)
175	KROK Jacek	504		M40	175	00:01:43	03:09:05	04:20:01	05:07:53	05:30:26.65	05:30:26.65	+02:28:55 (45.1%)	7:24	8.1 (55.1%)
176	GIBAŁA Marcin	200	FUNDACJAAUXILIUM BOCHNIA	M40	176	00:01:32	03:08:43	04:17:24	05:05:44	05:30:35.55	05:30:35.55	+02:29:04 (45.1%)	7:24	8.1 (55.1%)
177	WRÓBEL Dominik	314	AZS PWSZ KROSNO	M40	177	00:02:33	03:16:34	04:16:25	05:04:19	05:31:11.40	05:31:11.40	+02:29:40 (45.2%)	7:25	8.1 (55.1%)
178	GROCHOWSKI Paweł	130	BIEGAM BO LUBIĘ ZĄBKI TEAM	M40	178	00:01:24	03:29:50	04:25:49	05:11:54	05:31:35.65	05:31:35.65	+02:30:04 (45.3%)	7:26	8.1 (55.1%)
179	SROKA Grzegorz	662		M40	179	00:02:25	03:15:56	04:15:22	05:04:55	05:31:48.50	05:31:48.50	+02:30:17 (45.3%)	7:26	8.1 (55.1%)
180	BAHIR Said	721		M40	180	00:02:29	03:06:29	04:11:26	05:09:29	05:32:26.25	05:32:26.25	+02:30:55 (45.4%)	7:27	8 (54.4%)
181	WOJTOWICZ Daniel	699	WKURW_TEAM	M40	181	00:02:29	03:13:30	04:17:33	05:08:29	05:33:46.95	05:33:46.95	+02:32:15 (45.6%)	7:29	8 (54.4%)
182	GĄSZCZYK Grzegorz	56	NOWA HUTA TEAM	M40	182	00:01:42	03:12:31	04:22:09	05:10:13	05:34:32.65	05:34:32.65	+02:33:01 (45.7%)	7:30	8 (54.4%)
183	GALUS Jacek	704		M40	183	00:01:26	03:19:19	04:25:07	05:13:08	05:35:03.30	05:35:03.30	+02:33:32 (45.8%)	7:30	8 (54.4%)
184	ADAMSKI Bartłomiej	451	RONCHE QCYKI	M40	184	00:02:32	03:24:51	04:22:49	05:10:03	05:35:26.35	05:35:26.35	+02:33:55 (45.9%)	7:31	8 (54.4%)
185	BILSKI Marek	397		M40	185	00:01:08	03:14:45	04:15:09	05:08:55	05:36:58.70	05:36:58.70	+02:35:27 (46.1%)	7:33	7.9 (53.7%)
186	SIÓDMIAK Cezary	294	SPARTANIE DZIECIOM	M40	186	00:02:56	03:15:13	04:22:12	05:12:57	05:37:23.15	05:37:23.15	+02:35:52 (46.2%)	7:33	7.9 (53.7%)
187	RENKIEL Tomasz	173		M40	187	00:02:21	03:17:00	04:25:26	05:13:30	05:37:49.85	05:37:49.85	+02:36:18 (46.3%)	7:34	7.9 (53.7%)
188	JANIK Janusz	423	NIGHT RUNNERS GLIWICE	M40	188	00:02:21	03:17:00	04:25:26	05:13:29	05:37:50.25	05:37:50.25	+02:36:19 (46.3%)	7:34	7.9 (53.7%)
189	ADAMOWSKI Jacek	477	NIGHT RUNNERS GLIWICE	M40	189	00:02:15	03:24:23	04:24:54	05:13:30	05:37:50.90	05:37:50.90	+02:36:19 (46.3%)	7:34	7.9 (53.7%)
189	KOŁODZIEJ Jacek	154	NIGHT RUNNERS GLIWICE	M40	190	00:02:24	03:17:01	04:25:24	05:13:30	05:37:50.90	05:37:50.90	+02:36:19 (46.3%)	7:34	7.9 (53.7%)
191	CWOJDZIŃSKI Piotr	228	NIGHT RUNNERS	M40	191	00:02:33	03:05:57	04:33:37	05:18:08	05:38:49.75	05:38:49.75	+02:37:18 (46.4%)	7:35	7.9 (53.7%)
192	BOGDAŁ Sebastian	32	NOWA HUTA TEAM	M40	192	00:01:43	03:12:30	04:16:03	05:10:45	05:38:51.40	05:38:51.40	+02:37:20 (46.4%)	7:35	7.9 (53.7%)

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					
193	WEREMJEWICZ Marcin Wiktor	580	RUNSOFUN	M40	193	00:01:20	03:19:33	04:22:03	05:12:44	05:38:55.90	05:38:55.90	+02:37:24 (46.4%)	7:35	7.9 (53.7%)
194	SZCZEPAŃSKI Grzegorz	813	MAJSTER SPORT TEAM	M40	194	00:02:15	03:15:14	04:24:50	05:14:32	05:40:10.00	05:40:10.00	+02:38:38 (46.6%)	7:37	7.9 (53.7%)
195	BŁAŻOWSKI Wojciech	814	MAJSTER SPORT TEAM	M40	195	00:02:14	03:15:14	04:24:47	05:14:32	05:40:10.60	05:40:10.60	+02:38:39 (46.6%)	7:37	7.9 (53.7%)
196	DĄBEK Paweł	588		M40	196	00:02:58	03:32:49	04:28:03	05:15:35	05:40:44.75	05:40:44.75	+02:39:13 (46.7%)	7:38	7.9 (53.7%)
197	MARCINEK Wojciech	649	AMATOR	M40	197	00:02:19	03:14:29	04:20:03	05:12:59	05:41:12.25	05:41:12.25	+02:39:41 (46.8%)	7:39	7.8 (53.1%)
198	SMOTER Wojciech	51	SBRT GLIWICE	M40	198	00:02:30	03:13:17	04:23:46	05:15:58	05:42:24.15	05:42:24.15	+02:40:53 (47.0%)	7:40	7.8 (53.1%)
199	PILCH Daniel	292	WWW.GOHARDORGOHOME.PL	M40	199	00:01:11	03:18:22	04:24:52	05:18:14	05:42:57.45	05:42:57.45	+02:41:26 (47.1%)	7:41	7.8 (53.1%)
200	KOPYŚC Jarosław	323	PSZCZÓŁKOWSKI TEAM	M40	200	00:01:21	03:29:11	04:29:15	05:18:44	05:44:20.60	05:44:20.60	+02:42:49 (47.3%)	7:43	7.8 (53.1%)
201	WASAŻNIK Marcin	143	DZIKIE GRUBASY SZATANA	M40	201	00:01:55	03:07:40	04:18:56	05:14:41	05:49:30.45	05:49:30.45	+02:47:59 (48.1%)	7:50	7.7 (52.4%)
202	WIŚNIEWSKI Radosław	829		M40	202	00:02:18	03:23:54	04:32:24	05:23:51	05:50:50.55	05:50:50.55	+02:49:19 (48.3%)	7:51	7.6 (51.7%)
203	KACZKIEWICZ Damian	299	NIGHT RUNNERS GLIWICE	M40	203	00:02:29	03:29:38	04:35:38	05:27:12	05:53:17.20	05:53:17.20	+02:51:46 (48.6%)	7:55	7.6 (51.7%)
204	SEKUŁA Tomasz	511		M40	204	00:02:56	03:39:40	04:44:31	05:30:50	05:54:43.15	05:54:43.15	+02:53:12 (48.8%)	7:57	7.5 (51.0%)
205	BACZA Piotr	111		M40	205	00:02:31	03:29:00	04:40:37	05:30:40	05:54:55.20	05:54:55.20	+02:53:24 (48.9%)	7:57	7.5 (51.0%)
206	GÓRCZYŃSKI Przemysław	440	DREAM TEAM	M40	206		03:36:41	04:41:05	05:30:07	05:55:18.90	05:55:18.90	+02:53:47 (48.9%)	7:57	7.5 (51.0%)
207	LEWANDOWSKI Paweł	260		M40	207	00:01:04	02:47:06	04:18:43	05:20:02	05:55:54.25	05:55:54.25	+02:54:23 (49.0%)	7:58	7.5 (51.0%)
208	HYZIAK Jakub	261	JJ.RUNNERS	M40	208	00:01:46	03:22:16	04:41:15	05:31:21	05:55:57.75	05:55:57.75	+02:54:26 (49.0%)	7:58	7.5 (51.0%)
209	SZCZEPOCKI Andrzej	826	NIEPOŁOMICE BIEGAJĄ	M40	209	00:02:33	03:28:09	04:41:02	05:34:38	05:58:05.90	05:58:05.90	+02:56:34 (49.3%)	8:01	7.5 (51.0%)
210	LORENC Maciej	684	BIEGUSIEM.PL	M40	210	00:02:48	03:25:38	04:33:47	05:25:24	05:58:07.00	05:58:07.00	+02:56:35 (49.3%)	8:01	7.5 (51.0%)
211	KOMAŃSKI Rafał	703	DRUŻYNA SZPIKU	M40	211	00:02:40	03:38:36	04:47:57	05:35:30	05:59:35.20	05:59:35.20	+02:58:04 (49.5%)	8:03	7.4 (50.3%)
212	HEJMAN Maciej	366	WKURW_TEAM	M40	212	00:03:03	03:31:30	04:44:22	05:36:34	06:02:46.80	06:02:46.80	+03:01:15 (50.0%)	8:08	7.4 (50.3%)
213	MISZCZYK Marcin	767		M40	213	00:02:32	03:33:07	04:46:01	05:40:53	06:06:21.00	06:06:21.00	+03:04:49 (50.5%)	8:12	7.3 (49.7%)
214	KWAŚNIEWSKI Andrzej	803	RONCHE QCE	M40	214	00:02:32	03:33:07	04:46:01	05:40:53	06:06:21.25	06:06:21.25	+03:04:50 (50.5%)	8:12	7.3 (49.7%)
215	ZIELONKA Mariusz	150	CENTRUM SZKOLENIA WOJSK LĄDOWYCH POZNAŃ	M40	215	00:02:24	03:46:00	04:47:56	05:43:14	06:06:51.60	06:06:51.60	+03:05:20 (50.5%)	8:13	7.3 (49.7%)
216	LEŚNIEWSKI Michał	562	SPARTANIE DZIECIOM	M40	216	00:02:17	03:45:11	04:45:28	05:38:24	06:07:49.80	06:07:49.80	+03:06:18 (50.7%)	8:14	7.3 (49.7%)
217	RUDZKI Tomasz	253		M40	217	00:02:05	03:31:03	04:45:55	05:40:10	06:07:55.00	06:07:55.00	+03:06:23 (50.7%)	8:14	7.3 (49.7%)

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			
218	FLIS Piotr	168	DANIEL'S TEAM	M40	218	00:02:38	03:32:07	04:45:41	05:41:37	06:09:17.70	06:09:17.70	+03:07:46 (50.8%)	8:16	7.2 (49.0%)
219	WILIMSKI Tomasz	84	NIGHT RUNNERS	M40	219	00:02:28	03:31:04	04:53:13	05:45:01	06:12:14.30	06:12:14.30	+03:10:43 (51.2%)	8:20	7.2 (49.0%)
220	BATOR Marek	208		M40	220	00:02:29	03:34:22	04:44:25	05:44:50	06:13:04.50	06:13:04.50	+03:11:33 (51.3%)	8:21	7.2 (49.0%)
221	TYLKA Przemysław	789		M40	221	00:02:01	03:34:56	04:58:11	05:54:04	06:23:31.90	06:23:31.90	+03:22:00 (52.7%)	8:35	7 (47.6%)
222	MAZUR Marek	115		M40	222	00:02:32	03:47:25	05:03:15	05:58:55	06:29:28.05	06:29:28.05	+03:27:56 (53.4%)	8:43	6.9 (46.9%)
223	KOFIN GREEN OFFICE Maciej	353	TKKF UKLEJNA MYŚLENICE	M40	223	00:02:43	03:48:35	05:00:20	05:59:12	06:29:43.95	06:29:43.95	+03:28:12 (53.4%)	8:44	6.9 (46.9%)
224	DRAPAŁA Jan	549	KROKODYLE KOLBUSZOWA	M40	224	00:03:02	03:42:07	05:00:12	05:58:57	06:30:03.80	06:30:03.80	+03:28:32 (53.5%)	8:44	6.9 (46.9%)
225	ORZECH Artur	547	KROKODYLE KOLBUSZOWA	M40	225	00:03:03	03:43:18	05:00:10	05:58:57	06:30:03.95	06:30:03.95	+03:28:32 (53.5%)	8:44	6.9 (46.9%)
226	DUDEK Dominik	778	MCG PROJECTS	M40	226	00:00:51	03:50:53	05:02:18	06:01:52	06:32:51.50	06:32:51.50	+03:31:20 (53.8%)	8:48	6.8 (46.3%)
227	GLINIANY Adam	235	ZABIEGANA RODZINKA	M40	227	00:02:05	03:45:31	05:09:29	06:06:24	06:33:38.55	06:33:38.55	+03:32:07 (53.9%)	8:49	6.8 (46.3%)
228	MICHNO Tomasz	224	LACHO TEAM	M40	228	00:02:09	03:54:04	05:05:21	06:02:10	06:33:47.70	06:33:47.70	+03:32:16 (53.9%)	8:49	6.8 (46.3%)
229	BOBOLA Maciej	848		M40	229	00:02:51	03:43:04	05:08:19	06:06:24	06:35:10.20	06:35:10.20	+03:33:39 (54.1%)	8:51	6.8 (46.3%)
230	MYŚLIŃSKI Tomasz	81	BIEGUSIEM.PL	M40	230	00:02:49	03:49:07	05:02:32	06:06:40	06:36:35.20	06:36:35.20	+03:35:04 (54.2%)	8:53	6.7 (45.6%)
231	SWOBODA Jarosław	20	NIGHT RUNNERS GLIWICE	M40	231	00:02:25	03:52:20	05:17:15	06:11:13	06:37:10.95	06:37:10.95	+03:35:39 (54.3%)	8:54	6.7 (45.6%)
232	WÓJTOWICZ Paweł	30	LUBLINBIEGA	M40	232	00:02:02	03:41:58	04:57:42	06:00:14	06:40:24.60	06:40:24.60	+03:38:53 (54.7%)	8:58	6.7 (45.6%)
233	SZCZERBIŃSKI Marcin	755	DZIKIE GRUBASY SZATANA	M40	233	00:02:01	03:53:11	05:16:06	06:11:52	06:41:01.30	06:41:01.30	+03:39:30 (54.7%)	8:59	6.7 (45.6%)
	POTRZESZCZ Grzegorz	825		M40		DNF	02:42:58	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SZCZEPANIAK Karol	726	CROSS STRACEŃCÓW TEAM	M40		00:01:40	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	DRWIĘGA Maciej	247	POZYTYWNIIE ZABIEGANI SANOK	M40		00:02:08	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 236 wynik(ów)