



IX RZEŹNIK ULTRA

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Wydarzenie: IX FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-06-09
Miejsce: Cisna
Dystans: 94.39 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad			Liszna 90km	Czas netto 94.39km	Czas brutto 94.39km	Różn	Tempo min/km	Tempo km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km						
1	GRZĄDZIEL Dominik	2134	ATTIQ TEAM	M40	1		01:55:47	04:33:32	08:40:06		10:31:11.30	10:31:13.25		6:41	9 (100%)
2	GONCZARENKO Jarek	2142	RUN100LOVE	M40	2		02:00:55	04:51:04	09:27:32	10:43:17	11:25:00.60	11:25:04.40	+00:53:51 (7.9%)	7:15	8.3 (92.2%)
3	STROINSKI Daniel	2148	ATTIQ TEAM	M40	3		02:01:00	05:03:47	09:32:54	10:52:00	11:41:26.80	11:41:29.40	+01:10:16 (10.0%)	7:25	8.1 (90.0%)
4	SKWARA Marek	2080	SKWARA TEAM	M40	4		02:18:11	05:25:48	10:14:32	11:38:06	12:29:45.00	12:29:51.85	+01:58:38 (15.8%)	7:56	7.6 (84.4%)
5	SZCZUREK Dominik	2114	KIA WADOWSCY TEAM	M40	5		02:09:43	05:21:35	10:37:33	12:09:34	12:54:48.95	12:54:51.30	+02:23:38 (18.5%)	8:12	7.3 (81.1%)
6	KULCZYK Marcin	2127	ULTRA WAY TEAM	M40	6		02:15:38	05:34:27	10:44:11	12:05:05	12:55:05.85	12:55:07.30	+02:23:54 (18.6%)	8:12	7.3 (81.1%)
7	STACHURA Damian	2013		M30	1		02:04:12	05:21:55	10:38:46	12:09:33	12:56:37.95	12:56:46.85	+02:25:33 (18.7%)	8:13	7.3 (81.1%)
8	POTERA Maciej	2132		M40	7		02:31:36	05:46:53	10:44:28	12:10:36	13:03:53.25	13:03:57.65	+02:32:44 (19.5%)	8:18	7.2 (80.0%)
9	JARMOLIŃSKI Piotr	2144	MARCIN ŚWIERC TEAM	M40	8		02:05:56	05:31:29	11:05:54	12:31:23	13:23:28.90	13:23:32.10	+02:52:18 (21.4%)	8:30	7 (77.8%)
10	WEREMKO Grzegorz	2023	MULTIMEDIA RUNNERS PUŁAWY	M50	1		02:07:26	05:37:43	11:08:32	12:32:38	13:23:44.25	13:23:47.35	+02:52:34 (21.5%)	8:30	7 (77.8%)
11	NEHRING Karol	2131		M20	1		02:00:07	04:51:13	10:30:16	12:35:12	13:48:11.55	13:48:13.55	+03:17:00 (23.8%)	8:46	6.8 (75.6%)
12	KASZUBIAK Konrad	2020		M40	9		02:09:46	05:22:05	11:05:46	12:57:11	13:59:44.35	13:59:46.15	+03:28:32 (24.8%)	8:53	6.7 (74.4%)
13	ROGAŁA Krystian	2086		M40	10		02:27:55	05:55:08	11:50:11	13:24:31	14:28:34.70	14:28:34.70	+03:57:21 (27.3%)	9:12	6.5 (72.2%)
14	PASTERZ Piotr	2110		M40	11		02:31:39	06:05:59	11:56:20	13:39:31	14:40:39.25	14:40:46.00	+04:09:32 (28.3%)	9:19	6.4 (71.1%)
15	POPIS Tomasz	2112	RUCH IZBICA	M50	2		02:13:46	05:38:34	11:45:00	13:29:57	14:41:29.25	14:41:32.25	+04:10:19 (28.4%)	9:20	6.4 (71.1%)
16	BILSKI Bartosz	2096	PRZEDWOJEWSKI TEAM	M40	12		02:24:14	06:01:21	11:53:16	13:41:44	14:42:49.00	14:42:52.70	+04:11:39 (28.5%)	9:21	6.4 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad Lisznią				Czas netto 94.39km	Czas brutto 94.39km	Różn	Tempo min/km	Tempo km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
17	MROCZEK Karolina	2116	PODIUM	K20	1		02:30:25	05:58:18	11:51:59		14:45:49.80	14:45:52.60	+04:14:39 (28.7%)	9:23	6.4 (71.1%)
18	KMIEĆ Andrzej	2087	TURBO PRUSZKÓW	M40	13		02:20:12	05:58:30	11:52:53	13:51:35	14:51:31.90	14:51:35.10	+04:20:21 (29.2%)	9:26	6.4 (71.1%)
19	ROSZCZYK Karol	2061		M40	14		02:29:36	06:12:40	12:24:28	14:12:03	15:17:14.35	15:17:27.40	+04:46:14 (31.2%)	9:43	6.2 (68.9%)
20	KUSZTEŁAK Jacek	16	ZIEMO-WIT TEAM	M40	15		02:55:49	06:40:18	12:39:50	14:17:37	15:19:07.55	15:19:14.60	+04:48:01 (31.3%)	9:44	6.2 (68.9%)
21	OLEJNIK Krzysztof	2042		M30	2		02:17:59	05:46:11	11:52:03	13:51:59	15:20:45.80	15:20:49.90	+04:49:36 (31.5%)	9:45	6.2 (68.9%)
22	SKRUCH Paweł	2072	RUNPROGRESS.PL	M40	16		02:35:54	06:19:55	12:29:17	14:17:35	15:20:51.00	15:21:01.00	+04:49:47 (31.5%)	9:45	6.2 (68.9%)
23	RYCHLEWICZ Artur	2117		M20	2		02:17:53	06:00:04	12:19:36	14:18:15	15:24:45.55	15:24:56.20	+04:53:42 (31.8%)	9:47	6.1 (67.8%)
24	SZCZURKO Jarosław	2066	42K PRO TEAM	M40	17		02:36:55	06:27:19	12:38:10	14:30:39	15:29:13.05	15:29:19.90	+04:58:06 (32.1%)	9:50	6.1 (67.8%)
25	BOROWSKA Karolina	2094		K30	1		02:22:21	05:58:35	12:30:11	14:19:29	15:29:35.05	15:29:37.45	+04:58:24 (32.1%)	9:50	6.1 (67.8%)
26	JELENIOWSKI Paweł	2055		M30	3		02:30:23	06:15:36	12:29:08	14:30:25	15:30:22.80	15:30:32.80	+04:59:19 (32.2%)	9:51	6.1 (67.8%)
27	JĘDRZEJKO Dominik	2070	BIEGAM SOBIE	M30	4		02:23:55	05:54:47	12:21:11	14:30:44	15:32:21.30	15:32:27.15	+05:01:13 (32.3%)	9:52	6.1 (67.8%)
28	PABIS Marek	2068		M40	18		02:27:57	06:19:19	12:39:35	14:32:45	15:34:03.25	15:34:10.70	+05:02:57 (32.4%)	9:53	6.1 (67.8%)
29	TUREK Emil	2124		M40	19		02:45:31	06:23:50	12:38:24	14:34:54	15:34:04.00	15:34:22.80	+05:03:09 (32.4%)	9:53	6.1 (67.8%)
30	CHOŁKA Michał	2100		M30	5		02:28:08	06:13:30	12:40:04	14:31:56	15:35:11.20	15:35:19.35	+05:04:06 (32.5%)	9:54	6.1 (67.8%)
31	JAWORSKI Konrad	2033		M40	20		02:15:04	05:55:15		14:31:41	15:37:17.40	15:37:17.40	+05:06:04 (32.7%)	9:55	6 (66.7%)
32	RAMOTOWSKI Marcin	2098		M40	21		02:36:01	06:20:08	12:37:44	14:32:55	15:42:35.35	15:42:35.35	+05:11:22 (33.0%)	9:59	6 (66.7%)
33	KOŁCZ Sara	2006		K30	2		02:35:50	06:23:25	12:43:15	14:33:25	15:42:44.20	15:42:47.30	+05:11:34 (33.0%)	9:59	6 (66.7%)
34	WOLSKI Darek	2010	BYDGOSKI DZIK - TEAM HEJTERKI	M30	6		02:14:03	05:49:38	11:57:53	14:43:44	15:42:51.65	15:43:01.25	+05:11:48 (33.1%)	9:59	6 (66.7%)
35	LEWANDOWSKI Przemysław	2102	DZIEŃ RĘCZNIKA	M40	22		02:41:47	06:28:33	12:57:27	14:38:28	15:42:52.15	15:43:05.85	+05:11:52 (33.1%)	9:59	6 (66.7%)
36	KIELAR Maciej	2081		M40	23		02:33:26	06:25:30	12:49:00	14:39:07	15:42:54.80	15:43:10.55	+05:11:57 (33.1%)	9:59	6 (66.7%)
37	PAJDOSZ Rafał	2077	KB BIAŁA BIEGA	M40	24		02:29:49	06:06:40	12:38:23	14:28:58	15:45:07.50	15:45:11.40	+05:13:58 (33.2%)	10:00	6 (66.7%)
38	CHMAJ Jerzy	2130		M50	3		02:43:19	06:39:49	12:52:59	14:45:25	15:46:56.10	15:47:07.75	+05:15:54 (33.4%)	10:01	6 (66.7%)
39	WĄCHAŁA Grzegorz	2002	SPRINTEX TEAM	M50	4		02:27:15	06:23:19	12:58:15	14:48:12	15:48:45.10	15:48:50.00	+05:17:36 (33.5%)	10:03	6 (66.7%)
40	LEPIARZ Grzegorz	2092		M40	25		02:45:38		12:57:10	14:59:42	15:56:00.95	15:56:22.80	+05:25:09 (34.0%)	10:07	5.9 (65.6%)

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							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
41	SOPOTNICKI Wojciech	2084		M40	26		02:49:17	06:50:56	13:11:58	14:57:22	16:00:51.90	16:00:57.55	+05:29:44 (34.3%)	10:10	5.9 (65.6%)
42	LOSKA Piotr	2123		M40	27		02:29:47	06:14:46	12:07:44	15:00:53	16:03:31.15	16:03:37.80	+05:32:24 (34.5%)	10:12	5.9 (65.6%)
43	CHOJNOWSKI Andrzej	2016		M50	5		02:40:21	06:38:43	12:52:27	15:01:49	16:06:01.90	16:06:15.70	+05:35:02 (34.7%)	10:14	5.9 (65.6%)
44	MICHAŁOWSKI Marcin	2106		M40	28		02:47:03	07:00:11	13:17:29	15:04:14	16:06:31.15	16:06:38.40	+05:35:25 (34.7%)	10:14	5.9 (65.6%)
45	JARMUŻEK Paweł	2125		M40	29		02:24:30	06:17:19	13:01:47	15:20:29	16:12:27.10	16:12:32.65	+05:41:19 (35.1%)	10:18	5.8 (64.4%)
46	GAŁKA Michał	2047	TOM-INSTAL TEAM	M30	7		02:26:52	06:12:22	12:38:19	15:06:17	16:14:49.90	16:15:11.20	+05:43:57 (35.3%)	10:19	5.8 (64.4%)
47	GRUDZIŃSKI Jacek	2109		M30	8		02:22:29	06:21:44	12:55:28	15:05:05	16:15:47.45	16:15:53.70	+05:44:40 (35.3%)	10:20	5.8 (64.4%)
48	KUROWSKI Maciej	2032	NN RUNNIG TEAM/ŻÓRAWSKI TEAM	M40	30		02:22:18	05:44:12	11:37:04	15:04:40	16:16:19.60	16:16:22.90	+05:45:09 (35.4%)	10:20	5.8 (64.4%)
49	MACIASZCZYK Karol	2075		M40	31		02:40:58	06:30:46	13:01:21	15:07:37	16:16:41.70	16:16:51.80	+05:45:38 (35.4%)	10:20	5.8 (64.4%)
50	KOŁODZIEJSKI Robert	2015		M40	32		02:41:14	06:27:32	12:51:57	15:07:46	16:17:22.55	16:17:22.55	+05:46:09 (35.4%)	10:21	5.8 (64.4%)
51	DUDEK Adam	2001		M40	33		02:30:11	06:20:38	13:00:01	15:10:01	16:21:07.65	16:21:11.85	+05:49:58 (35.7%)	10:23	5.8 (64.4%)
52	ŁODZIANA Dorota	2069	STODOŁA CUSTOM	K40	1		02:37:39	06:35:12	13:12:40	15:14:14	16:23:26.00	16:23:39.05	+05:52:25 (35.8%)	10:25	5.8 (64.4%)
53	TOL Kamil	2008	KUNA W AGREŚCIE	M30	9		02:41:16	06:41:32	13:13:20	15:19:37	16:25:52.05	16:25:59.60	+05:54:46 (36.0%)	10:26	5.7 (63.3%)
54	WOŁKOWYCKI Paweł	2139	BIEGAM Z KAJĄ	M30	10		02:46:10	06:38:23	13:12:45	15:20:07	16:29:59.90	16:29:59.90	+05:58:46 (36.2%)	10:29	5.7 (63.3%)
55	RYCHLIICKI Waldemar	2009		M50	6			06:22:38	13:23:32	15:14:30	16:31:37.55	16:31:39.35	+06:00:26 (36.3%)	10:30	5.7 (63.3%)
56	SADKOWSKI Paweł	2003	ZABIEGANY SKARYSZEW	M40	34			06:21:42	13:13:09	15:15:00	16:31:37.75	16:31:39.45	+06:00:26 (36.3%)	10:30	5.7 (63.3%)
57	GROBELNY Rafał	2104		M30	11		02:31:28	06:20:14	13:05:38	15:20:43	16:31:38.40	16:31:45.60	+06:00:32 (36.4%)	10:30	5.7 (63.3%)
58	GARSTECKA Joanna	2133	EDYTA LEWANDOWSKA #PYZANAGIGANCIE TEAM	K40	2		02:43:22	06:39:02	13:31:11	15:33:40	16:41:20.30	16:41:37.25	+06:10:24 (37.0%)	10:36	5.7 (63.3%)
59	SZKLARSKI Jacek	2091		M40	35		02:43:13	06:42:45	13:39:06	15:37:50	16:44:32.15	16:44:47.95	+06:13:34 (37.2%)	10:38	5.6 (62.2%)
60	BOKSZA Piotr	2065	TIME4RUNNING	M40	36		02:43:29	06:45:44	13:51:39	15:47:38	16:47:18.05	16:47:28.90	+06:16:15 (37.3%)	10:40	5.6 (62.2%)
61	KOLTERNIAK Maciej	2022	QUEENS PARK HARRIERS	M40	37		02:22:28	06:28:12	13:26:26	15:45:27	16:48:49.35	16:48:54.20	+06:17:40 (37.4%)	10:41	5.6 (62.2%)
62	WIDAWSKI Paweł	2128		M20	3		02:58:47	06:37:53	12:56:09	15:20:51	16:49:03.25	16:49:08.45	+06:17:55 (37.4%)	10:41	5.6 (62.2%)
63	ROSOLSKI Piotr	2073	RAKONIEWICE	M30	12		02:37:44	06:37:59	13:38:28	15:43:07	16:52:27.85	16:52:36.25	+06:21:23 (37.7%)	10:43	5.6 (62.2%)
64	KURPIEWSKA Anna	2028	GT RAT	K40	3		03:17:40	08:31:33	14:21:56	16:05:13	17:06:18.90	17:06:27.10	+06:35:13 (38.5%)	10:52	5.5 (61.1%)

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							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
65	JASTRZĄB Piotr	17		M50	7		02:47:10	07:17:46	14:08:25	16:07:31	17:10:57.70	17:11:03.65	+06:39:50 (38.8%)	10:55	5.5 (61.1%)
66	CEBULA Grzegorz	2014		M50	8		02:14:00	05:55:10	14:19:40	16:05:55	17:12:11.65	17:12:20.80	+06:41:07 (38.9%)	10:56	5.5 (61.1%)
67	KOZIK Tomasz	2090	SPRINTEX TEAM	M40	38		02:20:20	05:51:15	14:18:23	16:13:17	17:13:43.95	17:13:48.80	+06:42:35 (38.9%)	10:57	5.5 (61.1%)
68	KUŁACH Maciej	2135	MISIA CHATA ZAKOPANE	M50	9		02:44:48	06:59:56	14:01:15	16:09:30	17:14:50.00	17:15:01.35	+06:43:48 (39.0%)	10:57	5.5 (61.1%)
69	TOMCZAK Dariusz	2021		M30	13		02:59:15	07:16:15	14:21:18	16:16:40	17:18:04.50	17:18:14.30	+06:47:01 (39.2%)	10:59	5.5 (61.1%)
70	ADAMCZYK Artur	2029		M30	14		03:03:35	07:50:41	14:22:05	16:15:23	17:21:23.60	17:21:23.60	+06:50:10 (39.4%)	11:01	5.4 (60.0%)
71	ROKITA Paweł	20	RAKIETA_BIEGA_TEAM	M30	15		02:43:46	06:45:02	13:58:15	16:15:19	17:25:49.15	17:25:54.20	+06:54:40 (39.6%)	11:04	5.4 (60.0%)
72	ROMAN Jan	2137	MELO RUNNERS CLUB	M40	39		02:30:33	06:28:49	13:39:21	16:20:42	17:33:22.70	17:33:25.70	+07:02:12 (40.1%)	11:09	5.4 (60.0%)
73	DINTER Marcin	2085	SFORA BMK	M20	4		02:39:00	06:50:18	14:13:26	16:28:40	17:47:33.00	17:47:42.00	+07:16:28 (40.9%)	11:18	5.3 (58.9%)
74	LEYK Daniel	2145	LEYK TEAM	M30	16		03:03:00	07:25:18	14:30:40	16:47:27	17:54:05.40	17:54:26.05	+07:23:12 (41.3%)	11:22	5.3 (58.9%)
75	ZIENCINA Marcin	2119		M40	40		02:42:44	06:50:33	14:24:17	16:44:11	17:58:05.70	17:58:10.75	+07:26:57 (41.5%)	11:25	5.3 (58.9%)
76	MILEWSKI Mateusz	2093	ASSECO ACTIVE TEAM	M30	17		02:44:50	06:47:44	14:31:24	16:49:12	18:03:20.90	18:03:26.10	+07:32:12 (41.7%)	11:28	5.2 (57.8%)
77	NOWAK Filip	2044		M30	18		02:55:21	07:25:56	14:57:02	16:54:32	18:04:28.95	18:04:48.75	+07:33:35 (41.8%)	11:29	5.2 (57.8%)
78	NOWAK Piotr	2036	TEAM DALI-DALI	M40	41		02:43:44	07:00:14	14:57:55	17:00:55	18:07:14.00	18:07:22.10	+07:36:08 (41.9%)	11:31	5.2 (57.8%)
79	SCHWITALLA Adrian	2141	PURA VIDA TEAM	M40	42		02:41:46	07:03:08	14:45:31	17:00:01	18:12:07.45	18:12:19.90	+07:41:06 (42.2%)	11:34	5.2 (57.8%)
80	GAWLIK Marcin	2111	PURA VIDA TEAM	M40	43		02:41:43	07:03:10	14:45:48	17:01:00	18:12:07.35	18:12:20.40	+07:41:07 (42.2%)	11:34	5.2 (57.8%)
81	WILK Wiktoria	11	SARNI TĘTENT	K30	3		03:03:04	07:33:07	14:49:13	17:09:05	18:16:53.65	18:17:08.55	+07:45:55 (42.5%)	11:37	5.2 (57.8%)
82	MARSZAŁEK Andrzej	2078		M50	10		02:40:15	07:00:16	14:41:20	16:59:42	18:19:18.75	18:19:32.65	+07:48:19 (42.6%)	11:38	5.2 (57.8%)
83	MARSZAŁEK Sławomir	2076	MARSZALEK-OSTEOPATIA.PL	M40	44		02:40:10	07:00:12	14:41:04	16:59:40	18:19:18.90	18:19:32.80	+07:48:19 (42.6%)	11:38	5.2 (57.8%)
84	SZUBA Mariusz	2074	NO EXCUSES TEAM	M40	45		03:03:04	07:15:15	14:47:30	17:04:17	18:19:35.80	18:19:54.30	+07:48:41 (42.6%)	11:38	5.2 (57.8%)
85	PIĘTKO Dariusz	2056	ORANGE POLSKA	M50	11		02:52:15	07:28:32	14:58:31	17:09:14	18:24:34.90	18:24:42.05	+07:53:28 (42.9%)	11:42	5.1 (56.7%)
86	KOLECKI Jakub	2038	KOLETZKYSAM	M40	46		03:07:04	07:16:48	14:51:18	17:12:34	18:26:11.10	18:26:26.85	+07:55:13 (43.0%)	11:43	5.1 (56.7%)
87	WNUK Krystian	2118		M40	47		03:05:23	07:16:51	14:56:21	17:16:20	18:26:12.60	18:26:26.90	+07:55:13 (43.0%)	11:43	5.1 (56.7%)
88	CETNAR Grzegorz	2027	HURAGAN LIGOTA	M40	48		02:59:35	07:28:58	15:09:16	17:26:26	18:27:52.90	18:28:04.65	+07:56:51 (43.0%)	11:44	5.1 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
89	PODOLSKI Marek	2107	BIEGAMYRAZEM.PL	M30	19		02:45:26	06:59:54	14:51:16	17:11:42	18:31:24.60	18:31:35.00	+08:00:21 (43.2%)	11:46	5.1 (56.7%)
90	GRZONDZIEL Mirosław	2026	HURAGAN LIGOTA	M40	49		02:59:36	07:29:01	15:09:23	17:26:33	18:31:46.75	18:31:58.95	+08:00:45 (43.2%)	11:46	5.1 (56.7%)
91	POKORSKI Jakub	2146	WARCHLACZKI	M30	20		02:28:05	06:38:28	14:43:07	17:11:50	18:37:27.90	18:37:31.80	+08:06:18 (43.5%)	11:50	5.1 (56.7%)
92	KULPA Tomasz	2043		M40	50		02:53:34	07:15:03	14:54:36	17:31:20	18:37:31.05	18:37:50.45	+08:06:37 (43.5%)	11:50	5.1 (56.7%)
93	KLOS Wojciech	2062		M40	51		03:07:28	07:39:49	15:04:30	17:31:20	18:38:14.75	18:38:32.40	+08:07:19 (43.6%)	11:50	5.1 (56.7%)
94	RADOMSKI Grzegorz	2024		M40	52		02:42:26	07:01:48	15:06:49	17:24:39	18:40:52.85	18:41:00.95	+08:09:47 (43.7%)	11:52	5.1 (56.7%)
95	KOCHAJ Wojciech	15		M40	53		03:10:05	07:50:42	15:23:12	17:28:05	18:41:49.30	18:41:59.05	+08:10:45 (43.7%)	11:53	5 (55.6%)
96	WOLF Weronika	2040	W GÓRACH JEST WSZYSTKO CO KOCHAM ♥	K40	4		02:52:11	07:51:49	15:29:42	17:28:18	18:42:24.30	18:42:37.00	+08:11:23 (43.8%)	11:53	5 (55.6%)
97	KRUK Sławomir	2122	RZESZOWSKIE GAZELE I GEPARDY	M60	1		03:11:21	07:45:32	15:29:30	17:32:42	18:45:37.35	18:45:51.55	+08:14:38 (43.9%)	11:55	5 (55.6%)
98	SUWEZDA Jacek	2103	CZĘSTOCHOWSKIE DZIKI	M50	12		02:43:57		15:01:12	17:22:40	18:46:58.15	18:47:10.70	+08:15:57 (44.0%)	11:56	5 (55.6%)
99	DADAŚ Janusz	2012		M50	13		02:56:49	07:27:18	15:16:22	17:30:57	18:48:55.20	18:49:03.00	+08:17:49 (44.1%)	11:57	5 (55.6%)
100	DŁUGAJ Andrzej	2079		M50	14		02:43:49	07:00:24	14:50:17	17:29:38	18:49:48.20	18:49:57.40	+08:18:44 (44.1%)	11:58	5 (55.6%)
101	OLENDER Marcin	2017		M40	54		02:58:58	07:27:25			18:52:25.65	18:52:43.25	+08:21:30 (44.3%)	11:59	5 (55.6%)
102	GRZELAK Michał	2099	MICHAŁY	M40	55		02:46:02	07:00:09	15:18:46	17:56:20	19:11:06.35	19:11:12.20	+08:39:58 (45.2%)	12:11	4.9 (54.4%)
103	BIAŁEK Olaf	2057	MEGATEL.COM.PL	M50	15		02:57:56	07:40:54	15:29:59	17:58:32	19:24:03.55	19:24:19.35	+08:53:06 (45.8%)	12:19	4.9 (54.4%)
104	LEWANDOWSKI Rafał	2115	SPC	M40	56		02:43:58	07:26:44	15:26:20	17:58:29	19:34:29.05	19:34:38.65	+09:03:25 (46.3%)	12:26	4.8 (53.3%)
105	ALBIŃSKI Tomasz	2050	RUNNING FROGS	M40	57		03:01:47	07:28:43	15:30:22	18:02:11	19:35:03.85	19:35:24.30	+09:04:11 (46.3%)	12:26	4.8 (53.3%)
106	BIAŁEK Rafał	2105		M40	58		03:00:27	07:40:24	15:40:23	18:11:55	19:44:47.75	19:45:09.20	+09:13:55 (46.7%)	12:33	4.8 (53.3%)
107	PLESZ Wojciech	19	SILESIA MARATHON CLUB	M30	21		02:56:24	07:38:16	15:21:48	18:21:44	19:51:22.05	19:51:27.10	+09:20:13 (47.0%)	12:37	4.8 (53.3%)
108	PIENKOSZ Wojciech	2011	PGE ENERGETIC RUNNING/PODIUM	M40	59		02:38:35		15:31:36	18:17:42	19:56:52.45	19:56:56.35	+09:25:43 (47.3%)	12:40	4.7 (52.2%)
109	PAŚNIK Dariusz	2053		M40	60		03:03:19	07:28:13	15:30:25	18:19:11	20:03:30.85	20:03:44.05	+09:32:30 (47.6%)	12:45	4.7 (52.2%)
110	JUSZCZAK Marcin	13		M50	16		03:19:37	08:22:47	16:36:20	18:46:37	20:03:44.85	20:03:44.85	+09:32:31 (47.6%)	12:45	4.7 (52.2%)
111	JĘDRZEJAK Piotr	9		M50	17		03:21:01	08:18:02	16:24:30	18:45:29	20:04:08.40	20:04:17.10	+09:33:03 (47.6%)	12:45	4.7 (52.2%)
112	HERMAN Paweł	21	MLUKS TRZEBIATÓW	M40	61		03:26:36	08:12:23	15:54:19	18:36:53	20:11:41.15	20:11:57.20	+09:40:43 (47.9%)	12:50	4.7 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad				Czas netto 94.39km	Czas brutto 94.39km	Różn	Tempo min/km	Tempo km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
113	KRZYWDZIŃSKI Stanisław	2088		M60	2		02:56:25	07:49:28	16:21:20	18:46:22	20:17:24.70	20:17:32.40	+09:46:19 (48.2%)	12:53	4.7 (52.2%)
114	SOŁTYSZEWSKI Bartosz	2082		M30	22		02:56:31	07:49:34	16:20:50	18:46:21	20:17:25.70	20:17:32.55	+09:46:19 (48.2%)	12:53	4.7 (52.2%)
115	BIEL Tomek	2143	ROLKINAUKA.OLIMPIASPORT.PL	M40	62		03:22:05	08:33:44	16:03:46	18:32:51	20:18:52.40	20:18:54.10	+09:47:40 (48.2%)	12:54	4.6 (51.1%)
116	RADZKI Rafał	2113		M40	63		02:48:58	07:47:49	16:17:23	18:53:33	20:22:18.10	20:22:36.40	+09:51:23 (48.4%)	12:56	4.6 (51.1%)
117	SIKORSKI Dariusz	2089		M40	64		02:36:58	06:42:07	15:48:20	18:41:42	20:26:04.30	20:26:10.60	+09:54:57 (48.5%)	12:59	4.6 (51.1%)
118	ŚWIĄTEK Michał	1	SFORABMK	M40	65		03:03:12	08:13:12	16:37:16	18:45:19	20:26:24.20	20:26:43.80	+09:55:30 (48.5%)	12:59	4.6 (51.1%)
119	SKOWRONEK Dariusz	2126	#BYLEDOMETY	M50	18		02:53:37	07:48:13	16:10:31	18:51:16	20:32:17.00	20:32:22.40	+10:01:09 (48.8%)	13:03	4.6 (51.1%)
120	BUKOWSKI Damian	2129		M30	23		02:58:40	07:51:19	16:10:28	18:51:09	20:32:12.25	20:32:22.90	+10:01:09 (48.8%)	13:03	4.6 (51.1%)
121	JARUS Andrzej	7	POLISH_WINGS	M50	19		03:15:53	08:34:10	16:24:39	18:47:52	20:39:18.00	20:39:28.85	+10:08:15 (49.1%)	13:07	4.6 (51.1%)
122	ZIĘTEK Krzysztof	2007	ADIDAS RUNNERS WARSAW	M50	20		02:53:39	07:50:45	16:24:32	19:05:35	20:54:57.95	20:54:57.95	+10:23:44 (49.7%)	13:17	4.5 (50.0%)
Przekroczony limit czasu: 21:00:00															
123	SZKAMRUK Alicja	4	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	4		03:39:34	08:52:51	17:02:16		21:05:01.65	21:05:05.65	+10:33:52 (50.1%)	13:24	4.5 (50.0%)
124	SOĆKO Kamil	5		M30	24		03:39:36	08:52:55	17:02:17		21:05:02.65	21:05:06.55	+10:33:53 (50.1%)	13:24	4.5 (50.0%)
125	TRZOSIŃSKA Katarzyna	2064	STAJNIA BALONA	K40	5		03:13:20	08:13:32	17:03:39		21:06:34.65	21:06:55.00	+10:35:41 (50.2%)	13:25	4.5 (50.0%)
126	STAWSKI Dariusz	2140	KS ULTRA TEAM ŁÓDŹ	M60	3		03:11:27	08:22:37	17:03:53		21:06:55.95	21:07:02.50	+10:35:49 (50.2%)	13:25	4.5 (50.0%)
127	MASŁOWSKI Marcin	8	KKM KOZIENICE	M40	66		03:19:41	08:23:29	16:56:50		21:06:43.90	21:07:02.80	+10:35:49 (50.2%)	13:25	4.5 (50.0%)
128	FAFARA Agnieszka	2063	PIETRZYK RUNNING TEAM	K40	6		03:20:52	08:25:30	17:03:14		21:08:20.25	21:08:35.20	+10:37:21 (50.2%)	13:26	4.5 (50.0%)
	WILK Krzysztof	12	SARNI TĘTENT	M30			03:05:59 DNF	07:33:08 DNF	14:49:22 DNF	DNF	DNF	DNF		-	- (0.0%)
	TUREK Paweł	2018	PRIN-S	M50			03:15:33 DNF	08:19:22 DNF	17:05:52 DNF	DNF	DNF	DNF		-	- (0.0%)
	RĘBILAS Adam	2095		M20			02:00:58 DNF	05:02:16 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZAFRANIEC Tomasz	2060	MIĘDZYRZECKIE GAZELE	M40			02:07:30 DNF	05:56:09 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOT Rafał	2149	GÓRAL Z MAZUR RUNNING TEAM	M40			02:07:31 DNF	05:58:24 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DZIAĞWA Łukasz Mikołaj	2108	ZARZĄD TRANSPORTU MIEJSKIEGO W RZESZOWIE	M50			02:40:14 DNF	06:59:56 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WILCZYŃSKI Marcin	2067		M40			02:45:18 DNF	07:25:02 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad				Czas netto 94.39km	Czas brutto 94.39km	Różn	Tempo min/km	Tempo km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
	BARCZYK Jan	2136		M20			02:55:35 DNF	07:56:37 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	BUCIOR Łukasz	18	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	M20			02:52:14 DNF	08:10:45 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	BANKOWSKI Maciej	2058		M40			02:56:12 DNF	08:10:55 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	ZIMON Marcin	2041		M40			03:16:50 DNF	08:17:47 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	KURPIEWSKA Ewa	2004	TBD TRAILOWE BIEGI DUCHOWE	K30			03:17:42 DNF	08:31:36 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	PIECHOTA Maciej	2048	WWW.POMOZPRZEMKOWI.PL	M40			03:30:14 DNF	08:31:46 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	HORDYŃSKI Wojtek	2046		M40			03:30:09 DNF	08:32:01 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	SOKULSKI Marcin	2035	KASZANKI	M40			03:24:05 DNF	08:33:23 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	CIECKIEWICZ Tomasz	2054		M30			02:32:37 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	ŻYCIŃSKI Paweł	2083		M50			02:58:03 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	NECZAJ Andrzej	2031		M40			03:03:29 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	JĘDRZEJCZAK Artur	2147	WLKP MOUNTAINS ULTRA	M30			03:05:09 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	GRABSKI Michał	14	KOMBO KURCZAKI	M30			03:09:14 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	MYĆ Witold	2045		M30			03:15:36 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	GONCIARZ Andrzej	2121	SPARTANIE DZIECIOM	M60			03:31:28 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	JÓZWIK Tadeusz	2101		M60			03:36:07 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	MIŁOSZ Bartłomiej	2034	KASZANKI	M60			03:43:28 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	KARPIŃSKI Robert	6	SPARTANIE DZIECIOM	M50			03:44:41 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	TUORA Robert	2	AMBITNI AMATORZY	M40			04:07:52 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	NOWAKOWSKI Norbert	2049		M40			DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	

Znaleziono 155 wynik(ów)