



# IX RZEŹNIK ULTRA

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

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

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

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

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					
17	<b>KMIEĆ Andrzej</b>	<b>2087</b>	TURBO PRUSZKÓW	M40	13		02:20:12	05:58:30	11:52:53	13:51:35	<b>14:51:31.90</b>	<b>14:51:35.10</b>	+04:20:21 (29.2%)	9:26	6.4 (71.1%)
18	<b>ROSZCZYK Karol</b>	<b>2061</b>		M40	14		02:29:36	06:12:40	12:24:28	14:12:03	<b>15:17:14.35</b>	<b>15:17:27.40</b>	+04:46:14 (31.2%)	9:43	6.2 (68.9%)
19	<b>KUSZTEŁAK Jacek</b>	<b>16</b>	ZIEMO-WIT TEAM	M40	15		02:55:49	06:40:18	12:39:50	14:17:37	<b>15:19:07.55</b>	<b>15:19:14.60</b>	+04:48:01 (31.3%)	9:44	6.2 (68.9%)
20	<b>OLEJNIK Krzysztof</b>	<b>2042</b>		M30	2		02:17:59	05:46:11	11:52:03	13:51:59	<b>15:20:45.80</b>	<b>15:20:49.90</b>	+04:49:36 (31.5%)	9:45	6.2 (68.9%)
21	<b>SKRUCH Paweł</b>	<b>2072</b>	RUNPROGRESS.PL	M40	16		02:35:54	06:19:55	12:29:17	14:17:35	<b>15:20:51.00</b>	<b>15:21:01.00</b>	+04:49:47 (31.5%)	9:45	6.2 (68.9%)
22	<b>RYCHLEWICZ Artur</b>	<b>2117</b>		M20	2		02:17:53	06:00:04	12:19:36	14:18:15	<b>15:24:45.55</b>	<b>15:24:56.20</b>	+04:53:42 (31.8%)	9:47	6.1 (67.8%)
23	<b>SZCZURKO Jarosław</b>	<b>2066</b>	42K PRO TEAM	M40	17		02:36:55	06:27:19	12:38:10	14:30:39	<b>15:29:13.05</b>	<b>15:29:19.90</b>	+04:58:06 (32.1%)	9:50	6.1 (67.8%)
24	<b>JELENIOWSKI Paweł</b>	<b>2055</b>		M30	3		02:30:23	06:15:36	12:29:08	14:30:25	<b>15:30:22.80</b>	<b>15:30:32.80</b>	+04:59:19 (32.2%)	9:51	6.1 (67.8%)
25	<b>JĘDRZEJKO Dominik</b>	<b>2070</b>	BIEGAM SOBIE	M30	4		02:23:55	05:54:47	12:21:11	14:30:44	<b>15:32:21.30</b>	<b>15:32:27.15</b>	+05:01:13 (32.3%)	9:52	6.1 (67.8%)
26	<b>PABIS Marek</b>	<b>2068</b>		M40	18		02:27:57	06:19:19	12:39:35	14:32:45	<b>15:34:03.25</b>	<b>15:34:10.70</b>	+05:02:57 (32.4%)	9:53	6.1 (67.8%)
27	<b>TUREK Emil</b>	<b>2124</b>		M40	19		02:45:31	06:23:50	12:38:24	14:34:54	<b>15:34:04.00</b>	<b>15:34:22.80</b>	+05:03:09 (32.4%)	9:53	6.1 (67.8%)
28	<b>CHOŁKA Michał</b>	<b>2100</b>		M30	5		02:28:08	06:13:30	12:40:04	14:31:56	<b>15:35:11.20</b>	<b>15:35:19.35</b>	+05:04:06 (32.5%)	9:54	6.1 (67.8%)
29	<b>JAWORSKI Konrad</b>	<b>2033</b>		M40	20		02:15:04	05:55:15		14:31:41	<b>15:37:17.40</b>	<b>15:37:17.40</b>	+05:06:04 (32.7%)	9:55	6 (66.7%)
30	<b>RAMOTOWSKI Marcin</b>	<b>2098</b>		M40	21		02:36:01	06:20:08	12:37:44	14:32:55	<b>15:42:35.35</b>	<b>15:42:35.35</b>	+05:11:22 (33.0%)	9:59	6 (66.7%)
31	<b>WOLSKI Darek</b>	<b>2010</b>	BYDGOSKI DZIK - TEAM HEJTERKI	M30	6		02:14:03	05:49:38	11:57:53	14:43:44	<b>15:42:51.65</b>	<b>15:43:01.25</b>	+05:11:48 (33.1%)	9:59	6 (66.7%)
32	<b>LEWANDOWSKI Przemysław</b>	<b>2102</b>	DZIEŃ RĘCZNIKA	M40	22		02:41:47	06:28:33	12:57:27	14:38:28	<b>15:42:52.15</b>	<b>15:43:05.85</b>	+05:11:52 (33.1%)	9:59	6 (66.7%)
33	<b>KIELAR Maciej</b>	<b>2081</b>		M40	23		02:33:26	06:25:30	12:49:00	14:39:07	<b>15:42:54.80</b>	<b>15:43:10.55</b>	+05:11:57 (33.1%)	9:59	6 (66.7%)
34	<b>PAJDOSZ Rafał</b>	<b>2077</b>	KB BIAŁA BIEGA	M40	24		02:29:49	06:06:40	12:38:23	14:28:58	<b>15:45:07.50</b>	<b>15:45:11.40</b>	+05:13:58 (33.2%)	10:00	6 (66.7%)
35	<b>CHMAJ Jerzy</b>	<b>2130</b>		M50	3		02:43:19	06:39:49	12:52:59	14:45:25	<b>15:46:56.10</b>	<b>15:47:07.75</b>	+05:15:54 (33.4%)	10:01	6 (66.7%)
36	<b>WĄCHAŁA Grzegorz</b>	<b>2002</b>	SPRINTEX TEAM	M50	4		02:27:15	06:23:19	12:58:15	14:48:12	<b>15:48:45.10</b>	<b>15:48:50.00</b>	+05:17:36 (33.5%)	10:03	6 (66.7%)
37	<b>LEPIARZ Grzegorz</b>	<b>2092</b>		M40	25		02:45:38		12:57:10	14:59:42	<b>15:56:00.95</b>	<b>15:56:22.80</b>	+05:25:09 (34.0%)	10:07	5.9 (65.6%)
38	<b>SOPOTNICKI Wojciech</b>	<b>2084</b>		M40	26		02:49:17	06:50:56	13:11:58	14:57:22	<b>16:00:51.90</b>	<b>16:00:57.55</b>	+05:29:44 (34.3%)	10:10	5.9 (65.6%)
39	<b>LOSKA Piotr</b>	<b>2123</b>		M40	27		02:29:47	06:14:46	12:07:44	15:00:53	<b>16:03:31.15</b>	<b>16:03:37.80</b>	+05:32:24 (34.5%)	10:12	5.9 (65.6%)
40	<b>CHOJNOWSKI Andrzej</b>	<b>2016</b>		M50	5		02:40:21	06:38:43	12:52:27	15:01:49	<b>16:06:01.90</b>	<b>16:06:15.70</b>	+05:35:02 (34.7%)	10:14	5.9 (65.6%)

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					
41	<b>MICHAŁOWSKI Marcin</b>	<b>2106</b>		M40	28		02:47:03	07:00:11	13:17:29	15:04:14	<b>16:06:31.15</b>	<b>16:06:38.40</b>	+05:35:25 (34.7%)	10:14	5.9 (65.6%)
42	<b>JARMUŻEK Paweł</b>	<b>2125</b>		M40	29		02:24:30	06:17:19	13:01:47	15:20:29	<b>16:12:27.10</b>	<b>16:12:32.65</b>	+05:41:19 (35.1%)	10:18	5.8 (64.4%)
43	<b>GAŁKA Michał</b>	<b>2047</b>	TOM-INSTAL TEAM	M30	7		02:26:52	06:12:22	12:38:19	15:06:17	<b>16:14:49.90</b>	<b>16:15:11.20</b>	+05:43:57 (35.3%)	10:19	5.8 (64.4%)
44	<b>GRUDZIŃSKI Jacek</b>	<b>2109</b>		M30	8		02:22:29	06:21:44	12:55:28	15:05:05	<b>16:15:47.45</b>	<b>16:15:53.70</b>	+05:44:40 (35.3%)	10:20	5.8 (64.4%)
45	<b>KUROWSKI Maciej</b>	<b>2032</b>	NN RUNNIG TEAM/ŻÓRAWSKI TEAM	M40	30		02:22:18	05:44:12	11:37:04	15:04:40	<b>16:16:19.60</b>	<b>16:16:22.90</b>	+05:45:09 (35.4%)	10:20	5.8 (64.4%)
46	<b>MACIASZCZYK Karol</b>	<b>2075</b>		M40	31		02:40:58	06:30:46	13:01:21	15:07:37	<b>16:16:41.70</b>	<b>16:16:51.80</b>	+05:45:38 (35.4%)	10:20	5.8 (64.4%)
47	<b>KOŁODZIEJSKI Robert</b>	<b>2015</b>		M40	32		02:41:14	06:27:32	12:51:57	15:07:46	<b>16:17:22.55</b>	<b>16:17:22.55</b>	+05:46:09 (35.4%)	10:21	5.8 (64.4%)
48	<b>DUDEK Adam</b>	<b>2001</b>		M40	33		02:30:11	06:20:38	13:00:01	15:10:01	<b>16:21:07.65</b>	<b>16:21:11.85</b>	+05:49:58 (35.7%)	10:23	5.8 (64.4%)
49	<b>TOL Kamil</b>	<b>2008</b>	KUNA W AGREŚCIE	M30	9		02:41:16	06:41:32	13:13:20	15:19:37	<b>16:25:52.05</b>	<b>16:25:59.60</b>	+05:54:46 (36.0%)	10:26	5.7 (63.3%)
50	<b>WOŁKOWYCKI Paweł</b>	<b>2139</b>	BIEGAM Z KAJĄ	M30	10		02:46:10	06:38:23	13:12:45	15:20:07	<b>16:29:59.90</b>	<b>16:29:59.90</b>	+05:58:46 (36.2%)	10:29	5.7 (63.3%)
51	<b>RYCHLIICKI Waldemar</b>	<b>2009</b>		M50	6			06:22:38	13:23:32	15:14:30	<b>16:31:37.55</b>	<b>16:31:39.35</b>	+06:00:26 (36.3%)	10:30	5.7 (63.3%)
52	<b>SADKOWSKI Paweł</b>	<b>2003</b>	ZABIEGANY SKARYSZEW	M40	34			06:21:42	13:13:09	15:15:00	<b>16:31:37.75</b>	<b>16:31:39.45</b>	+06:00:26 (36.3%)	10:30	5.7 (63.3%)
53	<b>GROBELNY Rafał</b>	<b>2104</b>		M30	11		02:31:28	06:20:14	13:05:38	15:20:43	<b>16:31:38.40</b>	<b>16:31:45.60</b>	+06:00:32 (36.4%)	10:30	5.7 (63.3%)
54	<b>SZKLARSKI Jacek</b>	<b>2091</b>		M40	35		02:43:13	06:42:45	13:39:06	15:37:50	<b>16:44:32.15</b>	<b>16:44:47.95</b>	+06:13:34 (37.2%)	10:38	5.6 (62.2%)
55	<b>BOKSZA Piotr</b>	<b>2065</b>	TIME4RUNNING	M40	36		02:43:29	06:45:44	13:51:39	15:47:38	<b>16:47:18.05</b>	<b>16:47:28.90</b>	+06:16:15 (37.3%)	10:40	5.6 (62.2%)
56	<b>KOLTERNIAK Maciej</b>	<b>2022</b>	QUEENS PARK HARRIERS	M40	37		02:22:28	06:28:12	13:26:26	15:45:27	<b>16:48:49.35</b>	<b>16:48:54.20</b>	+06:17:40 (37.4%)	10:41	5.6 (62.2%)
57	<b>WIDAWSKI Paweł</b>	<b>2128</b>		M20	3		02:58:47	06:37:53	12:56:09	15:20:51	<b>16:49:03.25</b>	<b>16:49:08.45</b>	+06:17:55 (37.4%)	10:41	5.6 (62.2%)
58	<b>ROSOLSKI Piotr</b>	<b>2073</b>	RAKONIEWICE	M30	12		02:37:44	06:37:59	13:38:28	15:43:07	<b>16:52:27.85</b>	<b>16:52:36.25</b>	+06:21:23 (37.7%)	10:43	5.6 (62.2%)
59	<b>JASTRZĄB Piotr</b>	<b>17</b>		M50	7		02:47:10	07:17:46	14:08:25	16:07:31	<b>17:10:57.70</b>	<b>17:11:03.65</b>	+06:39:50 (38.8%)	10:55	5.5 (61.1%)
60	<b>CEBULA Grzegorz</b>	<b>2014</b>		M50	8		02:14:00	05:55:10	14:19:40	16:05:55	<b>17:12:11.65</b>	<b>17:12:20.80</b>	+06:41:07 (38.9%)	10:56	5.5 (61.1%)
61	<b>KOZIK Tomasz</b>	<b>2090</b>	SPRINTEX TEAM	M40	38		02:20:20	05:51:15	14:18:23	16:13:17	<b>17:13:43.95</b>	<b>17:13:48.80</b>	+06:42:35 (38.9%)	10:57	5.5 (61.1%)
62	<b>KUŁACH Maciej</b>	<b>2135</b>	MISIA CHATA ZAKOPANE	M50	9		02:44:48	06:59:56	14:01:15	16:09:30	<b>17:14:50.00</b>	<b>17:15:01.35</b>	+06:43:48 (39.0%)	10:57	5.5 (61.1%)
63	<b>TOMCZAK Dariusz</b>	<b>2021</b>		M30	13		02:59:15	07:16:15	14:21:18	16:16:40	<b>17:18:04.50</b>	<b>17:18:14.30</b>	+06:47:01 (39.2%)	10:59	5.5 (61.1%)
64	<b>ADAMCZYK Artur</b>	<b>2029</b>		M30	14		03:03:35	07:50:41	14:22:05	16:15:23	<b>17:21:23.60</b>	<b>17:21:23.60</b>	+06:50:10 (39.4%)	11:01	5.4 (60.0%)

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					
65	<b>ROKITA Paweł</b>	<b>20</b>	RAKIETA_BIEGA_TEAM	M30	15		02:43:46	06:45:02	13:58:15	16:15:19	<b>17:25:49.15</b>	<b>17:25:54.20</b>	+06:54:40 (39.6%)	11:04	5.4 (60.0%)
66	<b>ROMAN Jan</b>	<b>2137</b>	MELO RUNNERS CLUB	M40	39		02:30:33	06:28:49	13:39:21	16:20:42	<b>17:33:22.70</b>	<b>17:33:25.70</b>	+07:02:12 (40.1%)	11:09	5.4 (60.0%)
67	<b>DINTER Marcin</b>	<b>2085</b>	SFORA BMK	M20	4		02:39:00	06:50:18	14:13:26	16:28:40	<b>17:47:33.00</b>	<b>17:47:42.00</b>	+07:16:28 (40.9%)	11:18	5.3 (58.9%)
68	<b>LEYK Daniel</b>	<b>2145</b>	LEYK TEAM	M30	16		03:03:00	07:25:18	14:30:40	16:47:27	<b>17:54:05.40</b>	<b>17:54:26.05</b>	+07:23:12 (41.3%)	11:22	5.3 (58.9%)
69	<b>ZIENCINA Marcin</b>	<b>2119</b>		M40	40		02:42:44	06:50:33	14:24:17	16:44:11	<b>17:58:05.70</b>	<b>17:58:10.75</b>	+07:26:57 (41.5%)	11:25	5.3 (58.9%)
70	<b>MILEWSKI Mateusz</b>	<b>2093</b>	ASSECO ACTIVE TEAM	M30	17		02:44:50	06:47:44	14:31:24	16:49:12	<b>18:03:20.90</b>	<b>18:03:26.10</b>	+07:32:12 (41.7%)	11:28	5.2 (57.8%)
71	<b>NOWAK Filip</b>	<b>2044</b>		M30	18		02:55:21	07:25:56	14:57:02	16:54:32	<b>18:04:28.95</b>	<b>18:04:48.75</b>	+07:33:35 (41.8%)	11:29	5.2 (57.8%)
72	<b>NOWAK Piotr</b>	<b>2036</b>	TEAM DALI-DALI	M40	41		02:43:44	07:00:14	14:57:55	17:00:55	<b>18:07:14.00</b>	<b>18:07:22.10</b>	+07:36:08 (41.9%)	11:31	5.2 (57.8%)
73	<b>SCHWITALLA Adrian</b>	<b>2141</b>	PURA VIDA TEAM	M40	42		02:41:46	07:03:08	14:45:31	17:00:01	<b>18:12:07.45</b>	<b>18:12:19.90</b>	+07:41:06 (42.2%)	11:34	5.2 (57.8%)
74	<b>GAWLIK Marcin</b>	<b>2111</b>	PURA VIDA TEAM	M40	43		02:41:43	07:03:10	14:45:48	17:01:00	<b>18:12:07.35</b>	<b>18:12:20.40</b>	+07:41:07 (42.2%)	11:34	5.2 (57.8%)
75	<b>MARSZAŁEK Andrzej</b>	<b>2078</b>		M50	10		02:40:15	07:00:16	14:41:20	16:59:42	<b>18:19:18.75</b>	<b>18:19:32.65</b>	+07:48:19 (42.6%)	11:38	5.2 (57.8%)
76	<b>MARSZAŁEK Sławomir</b>	<b>2076</b>	MARSZALEK-OSTEOPATIA.PL	M40	44		02:40:10	07:00:12	14:41:04	16:59:40	<b>18:19:18.90</b>	<b>18:19:32.80</b>	+07:48:19 (42.6%)	11:38	5.2 (57.8%)
77	<b>SZUBA Mariusz</b>	<b>2074</b>	NO EXCUSES TEAM	M40	45		03:03:04	07:15:15	14:47:30	17:04:17	<b>18:19:35.80</b>	<b>18:19:54.30</b>	+07:48:41 (42.6%)	11:38	5.2 (57.8%)
78	<b>PIĘTKO Dariusz</b>	<b>2056</b>	ORANGE POLSKA	M50	11		02:52:15	07:28:32	14:58:31	17:09:14	<b>18:24:34.90</b>	<b>18:24:42.05</b>	+07:53:28 (42.9%)	11:42	5.1 (56.7%)
79	<b>KOLECKI Jakub</b>	<b>2038</b>	KOLETZKYSAM	M40	46		03:07:04	07:16:48	14:51:18	17:12:34	<b>18:26:11.10</b>	<b>18:26:26.85</b>	+07:55:13 (43.0%)	11:43	5.1 (56.7%)
80	<b>WNUK Krystian</b>	<b>2118</b>		M40	47		03:05:23	07:16:51	14:56:21	17:16:20	<b>18:26:12.60</b>	<b>18:26:26.90</b>	+07:55:13 (43.0%)	11:43	5.1 (56.7%)
81	<b>CETNAR Grzegorz</b>	<b>2027</b>	HURAGAN LIGOTA	M40	48		02:59:35	07:28:58	15:09:16	17:26:26	<b>18:27:52.90</b>	<b>18:28:04.65</b>	+07:56:51 (43.0%)	11:44	5.1 (56.7%)
82	<b>PODOLSKI Marek</b>	<b>2107</b>	BIEGAMYRAZEM.PL	M30	19		02:45:26	06:59:54	14:51:16	17:11:42	<b>18:31:24.60</b>	<b>18:31:35.00</b>	+08:00:21 (43.2%)	11:46	5.1 (56.7%)
83	<b>GRZONDZIEL Mirosław</b>	<b>2026</b>	HURAGAN LIGOTA	M40	49		02:59:36	07:29:01	15:09:23	17:26:33	<b>18:31:46.75</b>	<b>18:31:58.95</b>	+08:00:45 (43.2%)	11:46	5.1 (56.7%)
84	<b>POKORSKI Jakub</b>	<b>2146</b>	WARCHLACZKI	M30	20		02:28:05	06:38:28	14:43:07	17:11:50	<b>18:37:27.90</b>	<b>18:37:31.80</b>	+08:06:18 (43.5%)	11:50	5.1 (56.7%)
85	<b>KULPA Tomasz</b>	<b>2043</b>		M40	50		02:53:34	07:15:03	14:54:36	17:31:20	<b>18:37:31.05</b>	<b>18:37:50.45</b>	+08:06:37 (43.5%)	11:50	5.1 (56.7%)
86	<b>KLOS Wojciech</b>	<b>2062</b>		M40	51		03:07:28	07:39:49	15:04:30	17:31:20	<b>18:38:14.75</b>	<b>18:38:32.40</b>	+08:07:19 (43.6%)	11:50	5.1 (56.7%)
87	<b>RADOMSKI Grzegorz</b>	<b>2024</b>		M40	52		02:42:26	07:01:48	15:06:49	17:24:39	<b>18:40:52.85</b>	<b>18:41:00.95</b>	+08:09:47 (43.7%)	11:52	5.1 (56.7%)
88	<b>KOCHAJ Wojciech</b>	<b>15</b>		M40	53		03:10:05	07:50:42	15:23:12	17:28:05	<b>18:41:49.30</b>	<b>18:41:59.05</b>	+08:10:45 (43.7%)	11:53	5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad Liszną						Tempo min/km	Tempo km/h	
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km	Czas netto 94.39km	Czas brutto 94.39km			Różn
89	<b>KRUK Sławomir</b>	<b>2122</b>	RZESZOWSKIE GAZELE I GEPARDY	M60	1		03:11:21	07:45:32	15:29:30	17:32:42	<b>18:45:37.35</b>	<b>18:45:51.55</b>	+08:14:38 (43.9%)	11:55	5 (55.6%)
90	<b>SUWEZDA Jacek</b>	<b>2103</b>	CZĘSTOCHOWSKIE DZIKI	M50	12		02:43:57		15:01:12	17:22:40	<b>18:46:58.15</b>	<b>18:47:10.70</b>	+08:15:57 (44.0%)	11:56	5 (55.6%)
91	<b>DADAŚ Janusz</b>	<b>2012</b>		M50	13		02:56:49	07:27:18	15:16:22	17:30:57	<b>18:48:55.20</b>	<b>18:49:03.00</b>	+08:17:49 (44.1%)	11:57	5 (55.6%)
92	<b>DŁUGAJ Andrzej</b>	<b>2079</b>		M50	14		02:43:49	07:00:24	14:50:17	17:29:38	<b>18:49:48.20</b>	<b>18:49:57.40</b>	+08:18:44 (44.1%)	11:58	5 (55.6%)
93	<b>OLENDER Marcin</b>	<b>2017</b>		M40	54		02:58:58	07:27:25			<b>18:52:25.65</b>	<b>18:52:43.25</b>	+08:21:30 (44.3%)	11:59	5 (55.6%)
94	<b>GRZELAK Michał</b>	<b>2099</b>	MICHAŁY	M40	55		02:46:02	07:00:09	15:18:46	17:56:20	<b>19:11:06.35</b>	<b>19:11:12.20</b>	+08:39:58 (45.2%)	12:11	4.9 (54.4%)
95	<b>BIAŁEK Olaf</b>	<b>2057</b>	MEGATEL.COM.PL	M50	15		02:57:56	07:40:54	15:29:59	17:58:32	<b>19:24:03.55</b>	<b>19:24:19.35</b>	+08:53:06 (45.8%)	12:19	4.9 (54.4%)
96	<b>LEWANDOWSKI Rafał</b>	<b>2115</b>	SPC	M40	56		02:43:58	07:26:44	15:26:20	17:58:29	<b>19:34:29.05</b>	<b>19:34:38.65</b>	+09:03:25 (46.3%)	12:26	4.8 (53.3%)
97	<b>ALBIŃSKI Tomasz</b>	<b>2050</b>	RUNNING FROGS	M40	57		03:01:47	07:28:43	15:30:22	18:02:11	<b>19:35:03.85</b>	<b>19:35:24.30</b>	+09:04:11 (46.3%)	12:26	4.8 (53.3%)
98	<b>BIAŁEK Rafał</b>	<b>2105</b>		M40	58		03:00:27	07:40:24	15:40:23	18:11:55	<b>19:44:47.75</b>	<b>19:45:09.20</b>	+09:13:55 (46.7%)	12:33	4.8 (53.3%)
99	<b>PLESZ Wojciech</b>	<b>19</b>	SILESIA MARATHON CLUB	M30	21		02:56:24	07:38:16	15:21:48	18:21:44	<b>19:51:22.05</b>	<b>19:51:27.10</b>	+09:20:13 (47.0%)	12:37	4.8 (53.3%)
100	<b>PIŃKOSZ Wojciech</b>	<b>2011</b>	PGE ENERGETIC RUNNING/PODIUM	M40	59		02:38:35		15:31:36	18:17:42	<b>19:56:52.45</b>	<b>19:56:56.35</b>	+09:25:43 (47.3%)	12:40	4.7 (52.2%)
101	<b>PAŚNIK Dariusz</b>	<b>2053</b>		M40	60		03:03:19	07:28:13	15:30:25	18:19:11	<b>20:03:30.85</b>	<b>20:03:44.05</b>	+09:32:30 (47.6%)	12:45	4.7 (52.2%)
102	<b>JUSZCZAK Marcin</b>	<b>13</b>		M50	16		03:19:37	08:22:47	16:36:20	18:46:37	<b>20:03:44.85</b>	<b>20:03:44.85</b>	+09:32:31 (47.6%)	12:45	4.7 (52.2%)
103	<b>JĘDRZEJAK Piotr</b>	<b>9</b>		M50	17		03:21:01	08:18:02	16:24:30	18:45:29	<b>20:04:08.40</b>	<b>20:04:17.10</b>	+09:33:03 (47.6%)	12:45	4.7 (52.2%)
104	<b>HERMAN Paweł</b>	<b>21</b>	MLUKS TRZEBIATÓW	M40	61		03:26:36	08:12:23	15:54:19	18:36:53	<b>20:11:41.15</b>	<b>20:11:57.20</b>	+09:40:43 (47.9%)	12:50	4.7 (52.2%)
105	<b>KRZYWDZIŃSKI Stanisław</b>	<b>2088</b>		M60	2		02:56:25	07:49:28	16:21:20	18:46:22	<b>20:17:24.70</b>	<b>20:17:32.40</b>	+09:46:19 (48.2%)	12:53	4.7 (52.2%)
106	<b>SOŁTYSZEWSKI Bartosz</b>	<b>2082</b>		M30	22		02:56:31	07:49:34	16:20:50	18:46:21	<b>20:17:25.70</b>	<b>20:17:32.55</b>	+09:46:19 (48.2%)	12:53	4.7 (52.2%)
107	<b>BIEL Tomek</b>	<b>2143</b>	ROLKINAUKA.OLIMPIASPORT.PL	M40	62		03:22:05	08:33:44	16:03:46	18:32:51	<b>20:18:52.40</b>	<b>20:18:54.10</b>	+09:47:40 (48.2%)	12:54	4.6 (51.1%)
108	<b>RADZKI Rafał</b>	<b>2113</b>		M40	63		02:48:58	07:47:49	16:17:23	18:53:33	<b>20:22:18.10</b>	<b>20:22:36.40</b>	+09:51:23 (48.4%)	12:56	4.6 (51.1%)
109	<b>SIKORSKI Dariusz</b>	<b>2089</b>		M40	64		02:36:58	06:42:07	15:48:20	18:41:42	<b>20:26:04.30</b>	<b>20:26:10.60</b>	+09:54:57 (48.5%)	12:59	4.6 (51.1%)
110	<b>ŚWIĄTEK Michał</b>	<b>1</b>	SFORABMK	M40	65		03:03:12	08:13:12	16:37:16	18:45:19	<b>20:26:24.20</b>	<b>20:26:43.80</b>	+09:55:30 (48.5%)	12:59	4.6 (51.1%)
111	<b>SKOWRONEK Dariusz</b>	<b>2126</b>	#BYLEDOMETY	M50	18		02:53:37	07:48:13	16:10:31	18:51:16	<b>20:32:17.00</b>	<b>20:32:22.40</b>	+10:01:09 (48.8%)	13:03	4.6 (51.1%)
112	<b>BUKOWSKI Damian</b>	<b>2129</b>		M30	23		02:58:40	07:51:19	16:10:28	18:51:09	<b>20:32:12.25</b>	<b>20:32:22.90</b>	+10:01:09 (48.8%)	13:03	4.6 (51.1%)

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	JARUS Andrzej	7	POLISH_WINGS	M50	19		03:15:53	08:34:10	16:24:39	18:47:52	<b>20:39:18.00</b>	<b>20:39:28.85</b>	+10:08:15 (49.1%)	13:07	4.6 (51.1%)
114	ZIĘTEK Krzysztof	2007	ADIDAS RUNNERS WARSAW	M50	20		02:53:39	07:50:45	16:24:32	19:05:35	<b>20:54:57.95</b>	<b>20:54:57.95</b>	+10:23:44 (49.7%)	13:17	4.5 (50.0%)
<b>Przekroczony limit czasu: 21:00:00</b>															
115	SOĆKO Kamil	5		M30	24		03:39:36	08:52:55	17:02:17		<b>21:05:02.65</b>	<b>21:05:06.55</b>	+10:33:53 (50.1%)	13:24	4.5 (50.0%)
116	STAWSKI Dariusz	2140	KS ULTRA TEAM ŁÓDŹ	M60	3		03:11:27	08:22:37	17:03:53		<b>21:06:55.95</b>	<b>21:07:02.50</b>	+10:35:49 (50.2%)	13:25	4.5 (50.0%)
117	MASŁOWSKI Marcin	8	KKM KOZIENICE	M40	66		03:19:41	08:23:29	16:56:50		<b>21:06:43.90</b>	<b>21:07:02.80</b>	+10:35:49 (50.2%)	13:25	4.5 (50.0%)
	WILK Krzysztof	12	SARNI TĘTENT	M30			03:05:59 DNF	07:33:08 DNF	14:49:22 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	TUREK Paweł	2018	PRIN-S	M50			03:15:33 DNF	08:19:22 DNF	17:05:52 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	RĘBILAS Adam	2095		M20			02:00:58 DNF	05:02:16 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	SZAFRANIEC Tomasz	2060	MIĘDZYRZECKIE GAZELE	M40			02:07:30 DNF	05:56:09 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	KOT Rafał	2149	GÓRAL Z MAZUR RUNNING TEAM	M40			02:07:31 DNF	05:58:24 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	DZIĄGWA Łukasz Mikołaj	2108	ZARZĄD TRANSPORTU MIEJSKIEGO W RZESZOWIE	M50			02:40:14 DNF	06:59:56 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	WILCZYŃSKI Marcin	2067		M40			02:45:18 DNF	07:25:02 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	BARCZYK Jan	2136		M20			02:55:35 DNF	07:56:37 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	BUCIOR Łukasz	18	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	M20			02:52:14 DNF	08:10:45 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	BANKOWSKI Maciej	2058		M40			02:56:12 DNF	08:10:55 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	ZIMON Marcin	2041		M40			03:16:50 DNF	08:17:47 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	PIECHOTA Maciej	2048	WWW.POMOZPRZEMKOWI.PL	M40			03:30:14 DNF	08:31:46 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	HORDYŃSKI Wojtek	2046		M40			03:30:09 DNF	08:32:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	SOKULSKI Marcin	2035	KASZANKI	M40			03:24:05 DNF	08:33:23 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	CIECKIEWICZ Tomasz	2054		M30			02:32:37 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	ŻYCIŃSKI Paweł	2083		M50			02:58:03 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	NECZAJ Andrzej	2031		M40			03:03:29 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	JĘDRZEJCZAK Artur	2147	WLKP MOUNTAINS ULTRA	M30			03:05:09 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Przełęcz nad Liszna				Czas netto 94.39km	Czas brutto 94.39km	Różn	Tempo min/km	Tempo km/h
							Smerek 20km	Wetlina 45km	Roztokami 80km	Liszna 90km					
	<b>GRABSKI Michał</b>	<b>14</b>	KOMBO KURCZAKI	M30			03:09:14 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	
	<b>MYĆ Witold</b>	<b>2045</b>		M30			03:15:36 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	
	<b>GONCIARZ Andrzej</b>	<b>2121</b>	SPARTANIE DZIECIOM	M60			03:31:28 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	
	<b>JÓZWIK Tadeusz</b>	<b>2101</b>		M60			03:36:07 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	
	<b>MIŁOSZ Bartłomiej</b>	<b>2034</b>	KASZANKI	M60			03:43:28 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	
	<b>KARPIŃSKI Robert</b>	<b>6</b>	SPARTANIE DZIECIOM	M50			03:44:41 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	
	<b>TUORA Robert</b>	<b>2</b>	AMBITNI AMATORZY	M40			04:07:52 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	
	<b>NOWAKOWSKI Norbert</b>	<b>2049</b>		M40			DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)	

Znaleziono 143 wynik(ów)