

# IX ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

**Wydarzenie:** IX ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-10-09  
**Miejsce:** Cisna  
**Dystans:** 26 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>KIPER Maciej</b>	<b>2128</b>	JAROSŁAWSKI BIEGACZ	M40	1	01:05:53	<b>02:11:57.65</b>	<b>02:11:58.80</b>		5:04	11.8 (100%)
2	<b>SZMIST Szymon</b>	<b>2332</b>	35 BATALION LEKKIEJ PIECHOTY SANOK	M40	2	01:11:07	<b>02:19:32.50</b>	<b>02:19:33.65</b>	+00:07:34 (5.4%)	5:22	11.2 (94.9%)
3	<b>RUPIŃSKI Krzysztof</b>	<b>2290</b>		M20	1	01:14:36	<b>02:26:55.45</b>	<b>02:26:57.50</b>	+00:14:58 (10.2%)	5:39	10.6 (89.8%)
4	<b>MORAWA Mateusz</b>	<b>2436</b>	LACHO TEAM	M40	3	01:14:56	<b>02:27:32.05</b>	<b>02:27:34.20</b>	+00:15:35 (10.6%)	5:40	10.6 (89.8%)
5	<b>WĘGLIŃSKI Mikołaj</b>	<b>2370</b>		M30	1	01:14:54	<b>02:28:10.70</b>	<b>02:28:15.05</b>	+00:16:16 (11.0%)	5:41	10.5 (89.0%)
6	<b>PORADA Kacper</b>	<b>2275</b>		M20	2	01:15:08	<b>02:31:30.85</b>	<b>02:31:32.95</b>	+00:19:34 (12.9%)	5:49	10.3 (87.3%)
7	<b>MATYJASZCZYK Kamil</b>	<b>2212</b>	ŁĘCZNA BIEGA	M30	2	01:20:09	<b>02:34:25.10</b>	<b>02:34:28.80</b>	+00:22:30 (14.6%)	5:56	10.1 (85.6%)
8	<b>KURKIEWICZ Krzysztof</b>	<b>2175</b>	NIEPOŁOMICE BIEGAJA	M40	4	01:19:36	<b>02:35:11.90</b>	<b>02:35:14.60</b>	+00:23:15 (15.0%)	5:58	10.1 (85.6%)
9	<b>RESZKA Marek</b>	<b>2283</b>	DRUŻYNA SZPIKU	M30	3	01:19:48	<b>02:36:45.95</b>	<b>02:36:51.10</b>	+00:24:52 (15.9%)	6:01	10 (84.7%)
10	<b>CYTAWA Adrian</b>	<b>2037</b>	FIZJO - SPORT ŁĘCZNA	M20	3	01:20:12	<b>02:36:55.95</b>	<b>02:37:28.60</b>	+00:25:29 (16.2%)	6:02	9.9 (83.9%)
11	<b>CZERCHAWSKI Janusz</b>	<b>2428</b>		M50	1	01:24:17	<b>02:39:40.25</b>	<b>02:39:45.10</b>	+00:27:46 (17.4%)	6:08	9.8 (83.1%)
12	<b>ZABA Igor</b>	<b>2434</b>	JW 3940	M30	4	01:19:37	<b>02:42:00.50</b>	<b>02:42:02.10</b>	+00:30:03 (18.5%)	6:13	9.6 (81.4%)
13	<b>DEMBOWSKI Tomasz</b>	<b>2044</b>		M20	4	01:22:21	<b>02:43:01.90</b>	<b>02:43:06.10</b>	+00:31:07 (19.1%)	6:16	9.6 (81.4%)
14	<b>HEJNAR Jakub</b>	<b>2094</b>		M40	5	01:15:41	<b>02:45:18.25</b>	<b>02:45:26.50</b>	+00:33:27 (20.2%)	6:21	9.4 (79.7%)
15	<b>STEPANIUK Adam</b>	<b>2312</b>	BIEGAMY DZISIAJ? WIERZBICA	M40	6		<b>02:45:56.70</b>	<b>02:46:09.80</b>	+00:34:11 (20.6%)	6:22	9.4 (79.7%)
16	<b>SZPUNAR Marek</b>	<b>2334</b>		M40	7	01:26:42	<b>02:48:41.25</b>	<b>02:49:29.20</b>	+00:37:30 (22.1%)	6:29	9.2 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
17	<b>KOLASA Przemysław</b>	<b>2136</b>		M30	5	01:26:54	<b>02:50:38.40</b>	<b>02:51:07.40</b>	+00:39:08 (22.9%)	6:33	9.1 (77.1%)
18	<b>CHYCZEWSKI Robert</b>	<b>2030</b>		M40	8	01:27:09	<b>02:51:50.40</b>	<b>02:52:16.65</b>	+00:40:17 (23.4%)	6:36	9.1 (77.1%)
19	<b>RYBARCZYK Kamil</b>	<b>2291</b>		M30	6	01:27:34	<b>02:52:08.15</b>	<b>02:52:17.25</b>	+00:40:18 (23.4%)	6:37	9.1 (77.1%)
20	<b>DEC Piotr</b>	<b>2470</b>	:)	M50	2	01:27:28	<b>02:52:12.85</b>	<b>02:52:19.20</b>	+00:40:20 (23.4%)	6:37	9.1 (77.1%)
21	<b>WITEK Bogdan</b>	<b>2418</b>	WATER TEAM	M50	3	01:26:14	<b>02:52:29.75</b>	<b>02:53:07.20</b>	+00:41:08 (23.8%)	6:38	9 (76.3%)
22	<b>WRÓBEL Kamil</b>	<b>2395</b>	KAMIL WRÓBEL	M30	7	01:27:46	<b>02:53:15.90</b>	<b>02:53:18.90</b>	+00:41:20 (23.8%)	6:39	9 (76.3%)
23	<b>WITEK Łukasz</b>	<b>2381</b>	BIEG PO ZDRÓJ	M40	9	01:26:42	<b>02:54:07.30</b>	<b>02:54:24.80</b>	+00:42:26 (24.3%)	6:41	9 (76.3%)
24	<b>FURS Teodor</b>	<b>2065</b>	PIERDZĄCE ZAJĄCE	M40	10	01:26:34	<b>02:54:23.35</b>	<b>02:54:27.85</b>	+00:42:29 (24.4%)	6:42	8.9 (75.4%)
25	<b>KWIECIEŃ Paweł</b>	<b>2181</b>		M30	8	01:28:49	<b>02:56:10.15</b>	<b>02:56:20.80</b>	+00:44:22 (25.2%)	6:46	8.9 (75.4%)
26	<b>PARIS Greg</b>	<b>2433</b>	JW 3940	M40	11	01:31:02	<b>02:57:33.20</b>	<b>02:58:11.40</b>	+00:46:12 (25.9%)	6:49	8.8 (74.6%)
27	<b>WOŹNIAK Jakub</b>	<b>2389</b>	SPRINT GORZYCE	M20	5	01:26:53	<b>02:58:18.15</b>	<b>02:58:23.90</b>	+00:46:25 (26.0%)	6:51	8.7 (73.7%)
28	<b>PIETRZAK Daniel</b>	<b>2265</b>		M20	6	01:36:52	<b>02:59:54.40</b>	<b>03:00:54.55</b>	+00:48:55 (27.0%)	6:55	8.7 (73.7%)
29	<b>KORZONEK Marcin</b>	<b>2146</b>	SPRINT GORZYCE	M40	12	01:26:51	<b>03:01:43.65</b>	<b>03:01:48.60</b>	+00:49:49 (27.4%)	6:59	8.6 (72.9%)
30	<b>MIKUŚKIEWICZ Piotr</b>	<b>2219</b>	PIOTRIMONIABIEGA	M40	13	01:31:31	<b>03:01:52.45</b>	<b>03:01:57.35</b>	+00:49:58 (27.5%)	6:59	8.6 (72.9%)
31	<b>MAZUR Tomasz</b>	<b>2214</b>	ELPOLACO	M30	9	01:30:46	<b>03:01:49.35</b>	<b>03:02:02.75</b>	+00:50:03 (27.5%)	6:59	8.6 (72.9%)
32	<b>KORNAK Dariusz</b>	<b>2145</b>	SAMURAJ	M40	14	01:31:34	<b>03:03:05.50</b>	<b>03:03:09.40</b>	+00:51:10 (27.9%)	7:02	8.5 (72.0%)
33	<b>BEŚKA Michał</b>	<b>2006</b>	SPRINT GORZYCE	M30	10	01:29:56	<b>03:03:07.10</b>	<b>03:03:12.55</b>	+00:51:13 (28.0%)	7:02	8.5 (72.0%)
34	<b>BANCERZ Grzegorz</b>	<b>2002</b>	TRAWNIKI BIEGAJĄ	M40	15	01:29:06	<b>03:03:43.35</b>	<b>03:04:15.35</b>	+00:52:16 (28.4%)	7:03	8.5 (72.0%)
35	<b>GŁUSZKO Przemysław</b>	<b>2446</b>	SOLINA TEAM	M30	11	01:32:53	<b>03:04:23.00</b>	<b>03:04:24.50</b>	+00:52:25 (28.4%)	7:05	8.5 (72.0%)
36	<b>PELA Dariusz</b>	<b>2260</b>		M30	12	01:38:05	<b>03:03:24.90</b>	<b>03:05:43.05</b>	+00:53:44 (28.9%)	7:03	8.5 (72.0%)
37	<b>PIKUL Grzegorz</b>	<b>2267</b>	GDAŃSK OSOWA BIEGA	M30	13	01:33:37	<b>03:07:29.70</b>	<b>03:07:36.40</b>	+00:55:37 (29.7%)	7:12	8.3 (70.3%)
38	<b>PAZDYK Andrzej</b>	<b>2258</b>		M40	16	01:27:48	<b>03:07:35.35</b>	<b>03:07:48.75</b>	+00:55:49 (29.7%)	7:12	8.3 (70.3%)
39	<b>KOWALIK Piotr</b>	<b>2152</b>	TRAWNIKI BIEGAJĄ	M30	14	01:33:28	<b>03:08:43.75</b>	<b>03:08:51.00</b>	+00:56:52 (30.1%)	7:15	8.3 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
40	<b>GROCHAL Marcin</b>	<b>2083</b>	KS KOŚCIELEC CHRZANÓW	M40	17	01:39:56	<b>03:10:35.00</b>	<b>03:11:02.05</b>	+00:59:03 (30.9%)	7:19	8.2 (69.5%)
41	<b>KOZAKOWSKI Marcin</b>	<b>2156</b>		M30	15	01:33:07	<b>03:10:57.35</b>	<b>03:11:06.45</b>	+00:59:07 (30.9%)	7:20	8.2 (69.5%)
42	<b>DROZDEK Kacper</b>	<b>2050</b>		M20	7	01:36:13	<b>03:11:11.35</b>	<b>03:11:14.70</b>	+00:59:15 (31.0%)	7:21	8.2 (69.5%)
43	<b>ZWOLIŃSKI Mariusz</b>	<b>2412</b>		M40	18	01:38:32	<b>03:11:00.35</b>	<b>03:11:15.10</b>	+00:59:16 (31.0%)	7:20	8.2 (69.5%)
44	<b>WARAKSA Tomasz</b>	<b>2359</b>	VEGE RUNNERS	M30	16	01:35:12	<b>03:11:07.55</b>	<b>03:11:24.90</b>	+00:59:26 (31.1%)	7:21	8.2 (69.5%)
45	<b>GAŁUSZKA Tomasz</b>	<b>2067</b>	SKITUROWE BIESZCZADY/GOPR	M40	19	01:36:46	<b>03:10:56.90</b>	<b>03:11:33.65</b>	+00:59:34 (31.1%)	7:20	8.2 (69.5%)
46	<b>FORMA Bartosz</b>	<b>2059</b>		M40	20	01:40:03	<b>03:11:43.30</b>	<b>03:11:53.95</b>	+00:59:55 (31.2%)	7:22	8.1 (68.6%)
47	<b>NOWOSADZKI Wojciech</b>	<b>2238</b>		M40	21	01:36:55	<b>03:12:17.15</b>	<b>03:12:21.35</b>	+01:00:22 (31.4%)	7:23	8.1 (68.6%)
48	<b>HOŁUB Wacław</b>	<b>2096</b>	JAROSŁAWSKI BIEGACZ	M50	4	01:33:12	<b>03:12:26.85</b>	<b>03:12:28.70</b>	+01:00:29 (31.4%)	7:24	8.1 (68.6%)
49	<b>CIEŚLA Krzysztof</b>	<b>2033</b>		M30	17	01:36:52	<b>03:12:52.90</b>	<b>03:13:14.10</b>	+01:01:15 (31.7%)	7:25	8.1 (68.6%)
50	<b>KOT Dawid</b>	<b>2148</b>		M20	8	01:36:52	<b>03:12:53.80</b>	<b>03:13:15.50</b>	+01:01:16 (31.7%)	7:25	8.1 (68.6%)
51	<b>TAJAK Bartłomiej</b>	<b>2344</b>		M30	18	01:40:46	<b>03:13:00.70</b>	<b>03:13:20.50</b>	+01:01:21 (31.7%)	7:25	8.1 (68.6%)
52	<b>DAURIA Umberto</b>	<b>2427</b>	WE RUN CLAN	M30	19	01:35:53	<b>03:12:46.05</b>	<b>03:13:35.35</b>	+01:01:36 (31.8%)	7:24	8.1 (68.6%)
53	<b>STEPANIAK Grzegorz</b>	<b>2311</b>	SWOBODA	M40	22	01:41:41	<b>03:14:10.80</b>	<b>03:14:23.65</b>	+01:02:24 (32.1%)	7:28	8 (67.8%)
54	<b>KURZYDŁO Krzysztof</b>	<b>2178</b>	WAR TEAM	M30	20	01:36:51	<b>03:14:33.55</b>	<b>03:14:43.35</b>	+01:02:44 (32.2%)	7:28	8 (67.8%)
55	<b>GRZYWACZ Wojciech</b>	<b>2088</b>	FARTLEK GO	M50	5	01:39:14	<b>03:14:37.70</b>	<b>03:14:51.20</b>	+01:02:52 (32.3%)	7:29	8 (67.8%)
56	<b>ĆMIELIŃSKI Tomasz</b>	<b>2423</b>	KW KRAKÓW	M40	23	01:40:39	<b>03:14:50.50</b>	<b>03:15:04.20</b>	+01:03:05 (32.3%)	7:29	8 (67.8%)
57	<b>JACHYMEK Bartłomiej</b>	<b>2099</b>	JACEKBIEGA RUNNING TEAM	M40	24	01:40:43	<b>03:15:31.45</b>	<b>03:15:36.90</b>	+01:03:38 (32.5%)	7:31	8 (67.8%)
58	<b>LEWCZUK Norbert</b>	<b>2187</b>	EDYTA LEWANDOWSKA TEAM/ BIEGACZE POMAGACZE	M30	21	01:39:55	<b>03:15:38.95</b>	<b>03:15:42.05</b>	+01:03:43 (32.6%)	7:31	8 (67.8%)
59	<b>PŁAZA Piotr</b>	<b>2269</b>		M40	25	01:43:55	<b>03:15:22.60</b>	<b>03:15:46.90</b>	+01:03:48 (32.6%)	7:30	8 (67.8%)
60	<b>ZIMNICKI Daniel</b>	<b>2410</b>	STAŁOWE ŁOSIE	M40	26	01:31:36	<b>03:16:11.00</b>	<b>03:16:14.75</b>	+01:04:15 (32.7%)	7:32	8 (67.8%)
61	<b>DZIOREK Tomasz</b>	<b>2057</b>	SPRINT GORZYCE	M30	22	01:39:25	<b>03:16:20.20</b>	<b>03:16:25.65</b>	+01:04:26 (32.8%)	7:33	7.9 (66.9%)
62	<b>SZANIAWSKI Marcin</b>	<b>2326</b>		M30	23	01:37:59	<b>03:16:29.35</b>	<b>03:16:54.20</b>	+01:04:55 (33.0%)	7:33	7.9 (66.9%)

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63	<b>KONIECZNY Mariusz</b>	<b>2419</b>	AGONA W&M	M50	6	01:39:31	<b>03:16:47.65</b>	<b>03:17:01.55</b>	+01:05:02 (33.0%)	7:34	7.9 (66.9%)
64	<b>TOPOROWSKI Mariusz</b>	<b>2353</b>		M30	24	01:36:44	<b>03:16:55.55</b>	<b>03:17:01.60</b>	+01:05:02 (33.0%)	7:34	7.9 (66.9%)
65	<b>BARAN Kamil</b>	<b>2003</b>		M30	25	01:42:16	<b>03:18:08.80</b>	<b>03:18:22.80</b>	+01:06:24 (33.5%)	7:37	7.9 (66.9%)
66	<b>MAŃK Karol</b>	<b>2203</b>	WE RUN CLAN	M30	26	01:36:30	<b>03:17:56.40</b>	<b>03:18:47.40</b>	+01:06:48 (33.6%)	7:36	7.9 (66.9%)
67	<b>ZIELIŃSKI Paweł</b>	<b>2409</b>	RUCH IZBICA	M40	27	01:43:08	<b>03:18:37.20</b>	<b>03:19:04.05</b>	+01:07:05 (33.7%)	7:38	7.9 (66.9%)
68	<b>ŁĄCZNY Marcin</b>	<b>2196</b>		M30	27	01:41:00	<b>03:19:40.20</b>	<b>03:19:44.10</b>	+01:07:45 (33.9%)	7:40	7.8 (66.1%)
69	<b>GRZELAK Jakub</b>	<b>2087</b>		M30	28	01:41:28	<b>03:19:37.85</b>	<b>03:19:46.95</b>	+01:07:48 (33.9%)	7:40	7.8 (66.1%)
70	<b>KURZYDŁO Michał</b>	<b>2179</b>	WAR TEAM	M20	9	01:36:52	<b>03:19:43.15</b>	<b>03:19:52.05</b>	+01:07:53 (34.0%)	7:40	7.8 (66.1%)
71	<b>DZIADCZYK Jarosław</b>	<b>2053</b>		M40	28	01:41:41	<b>03:19:33.45</b>	<b>03:19:57.25</b>	+01:07:58 (34.0%)	7:40	7.8 (66.1%)
72	<b>OSICA Łukasz</b>	<b>2244</b>		M30	29	01:38:12	<b>03:20:32.00</b>	<b>03:20:45.40</b>	+01:08:46 (34.3%)	7:42	7.8 (66.1%)
73	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>2137</b>	KS VICTORIA TRZEBINIA	M40	29	01:41:03	<b>03:21:46.60</b>	<b>03:22:13.45</b>	+01:10:14 (34.7%)	7:45	7.7 (65.3%)
74	<b>WENARSKI Grzegorz</b>	<b>2368</b>	STAY INSANE	M30	30	01:41:53	<b>03:21:41.95</b>	<b>03:22:33.25</b>	+01:10:34 (34.8%)	7:45	7.7 (65.3%)
75	<b>TWARDOWSKI Krzysztof</b>	<b>2356</b>	AMATOR	M50	7	01:43:09	<b>03:23:15.05</b>	<b>03:23:30.60</b>	+01:11:31 (35.1%)	7:49	7.7 (65.3%)
76	<b>CIEŚLICKI Mateusz</b>	<b>2034</b>		M30	31	01:46:59	<b>03:23:19.50</b>	<b>03:24:00.00</b>	+01:12:01 (35.3%)	7:49	7.7 (65.3%)
77	<b>GUZ Marcin</b>	<b>2090</b>		M40	30	01:43:09	<b>03:23:43.95</b>	<b>03:24:04.75</b>	+01:12:05 (35.3%)	7:50	7.7 (65.3%)
78	<b>LIS Paweł</b>	<b>2194</b>		M40	31	01:45:40	<b>03:25:02.40</b>	<b>03:25:05.70</b>	+01:13:06 (35.6%)	7:53	7.6 (64.4%)
79	<b>KOTARBA Mateusz</b>	<b>2149</b>		M30	32	01:45:12	<b>03:24:36.30</b>	<b>03:25:24.05</b>	+01:13:25 (35.7%)	7:52	7.6 (64.4%)
80	<b>MACHTAŁOWICZ Szymon</b>	<b>2198</b>		M30	33	01:41:00	<b>03:25:44.00</b>	<b>03:25:46.10</b>	+01:13:47 (35.9%)	7:54	7.6 (64.4%)
81	<b>SZYMAŃSKI Piotr</b>	<b>2339</b>	RYKOWISKO TEAM	M40	32	01:50:23	<b>03:26:24.05</b>	<b>03:26:45.40</b>	+01:14:46 (36.2%)	7:56	7.6 (64.4%)
82	<b>MARCHEWICZ Marek</b>	<b>2204</b>	SUBCARPATHIA RANDOM RUNNERS	M30	34	01:36:57	<b>03:27:07.40</b>	<b>03:27:13.30</b>	+01:15:14 (36.3%)	7:57	7.5 (63.6%)
83	<b>STYSIAŁ Dariusz</b>	<b>2320</b>	OSP ROKIETNICA	M40	33	01:45:15	<b>03:26:30.20</b>	<b>03:27:13.40</b>	+01:15:14 (36.3%)	7:56	7.6 (64.4%)
84	<b>LIPIŃSKI Mateusz</b>	<b>2191</b>		M30	35	01:47:20	<b>03:27:07.20</b>	<b>03:27:49.05</b>	+01:15:50 (36.5%)	7:57	7.5 (63.6%)
85	<b>REMISZEWSKI Paweł</b>	<b>2282</b>	AKADEMIA SPORTU MEDYK	M30	36	01:46:54	<b>03:27:33.85</b>	<b>03:27:58.65</b>	+01:15:59 (36.5%)	7:58	7.5 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
85	<b>GÓRSKI Krzysztof</b>	<b>2081</b>		M30	36	01:46:55	<b>03:27:33.85</b>	<b>03:27:58.65</b>	+01:15:59 (36.5%)	7:58	7.5 (63.6%)
87	<b>WIATRZYK Tomasz</b>	<b>2371</b>		M30	38	01:45:49	<b>03:27:36.10</b>	<b>03:28:05.30</b>	+01:16:06 (36.6%)	7:59	7.5 (63.6%)
88	<b>WIĘCEK Marek</b>	<b>2376</b>	RKS HUWDU	M20	10	01:41:52	<b>03:27:50.85</b>	<b>03:28:09.95</b>	+01:16:11 (36.6%)	7:59	7.5 (63.6%)
89	<b>ZAMOJSKI Sebastian</b>	<b>2406</b>	ZDYSZANI.PL	M40	34	01:46:46	<b>03:28:09.95</b>	<b>03:28:29.05</b>	+01:16:30 (36.7%)	8:00	7.5 (63.6%)
90	<b>IZDEBSKI Mariusz</b>	<b>2429</b>	OSV TEAM OLKUSZ	M50	8	01:44:59	<b>03:28:24.20</b>	<b>03:28:33.00</b>	+01:16:34 (36.7%)	8:00	7.5 (63.6%)
91	<b>WLACHOS Piotr</b>	<b>2382</b>		M40	35	01:43:34	<b>03:28:27.75</b>	<b>03:28:54.40</b>	+01:16:55 (36.8%)	8:01	7.5 (63.6%)
92	<b>MILLER Marek</b>	<b>2221</b>	RUN ŁDZ	M40	36	01:43:31	<b>03:28:34.10</b>	<b>03:29:00.20</b>	+01:17:01 (36.9%)	8:01	7.5 (63.6%)
93	<b>NARODOWICZ Błażej</b>	<b>2230</b>		M20	11	01:43:13	<b>03:28:55.90</b>	<b>03:29:21.20</b>	+01:17:22 (37.0%)	8:02	7.5 (63.6%)
94	<b>KRAMZA Wojciech</b>	<b>2162</b>		M50	9	01:40:54	<b>03:28:15.85</b>	<b>03:29:31.00</b>	+01:17:32 (37.0%)	8:00	7.5 (63.6%)
95	<b>KOWALCZYK Robert</b>	<b>2151</b>	ŁĘCZNA BIEGA	M40	37	01:45:03	<b>03:29:56.90</b>	<b>03:30:33.20</b>	+01:18:34 (37.3%)	8:04	7.4 (62.7%)
96	<b>KUKLA Marcin</b>	<b>2172</b>	RYSIK RUNNERS	M50	10	01:42:58	<b>03:31:20.55</b>	<b>03:31:32.60</b>	+01:19:33 (37.6%)	8:07	7.4 (62.7%)
97	<b>KASPRZYK Michał</b>	<b>2123</b>		M20	12	01:42:25	<b>03:31:53.40</b>	<b>03:31:56.75</b>	+01:19:57 (37.7%)	8:08	7.4 (62.7%)
98	<b>BARANSKI Jarek</b>	<b>2004</b>		M30	39	01:49:38	<b>03:31:58.50</b>	<b>03:32:08.55</b>	+01:20:09 (37.8%)	8:09	7.4 (62.7%)
99	<b>WÓJCICKI Damian</b>	<b>2391</b>	AKM PROMILEK / PARKRUN OGRÓD SASKI, LUBLIN	M30	40	01:43:55	<b>03:31:23.10</b>	<b>03:32:09.60</b>	+01:20:10 (37.8%)	8:07	7.4 (62.7%)
100	<b>KONIKIEWICZ Kamil</b>	<b>2141</b>		M30	41	01:48:25	<b>03:31:36.90</b>	<b>03:32:14.80</b>	+01:20:16 (37.8%)	8:08	7.4 (62.7%)
101	<b>KOCHAJ Wojciech</b>	<b>2132</b>		M40	38	01:51:20	<b>03:31:42.05</b>	<b>03:32:16.60</b>	+01:20:17 (37.8%)	8:08	7.4 (62.7%)
102	<b>FRANKOWSKI Piotr</b>	<b>2061</b>		M40	39	01:47:24	<b>03:33:11.05</b>	<b>03:33:25.65</b>	+01:21:26 (38.2%)	8:11	7.3 (61.9%)
103	<b>LIS Piotr</b>	<b>2193</b>	FOX CRAFT WELD	M30	42	01:37:23	<b>03:33:01.10</b>	<b>03:33:31.20</b>	+01:21:32 (38.2%)	8:11	7.3 (61.9%)
104	<b>CHLIPAŁA Marek</b>	<b>2021</b>		M30	43	01:40:13	<b>03:35:23.70</b>	<b>03:35:26.10</b>	+01:23:27 (38.7%)	8:17	7.2 (61.0%)
105	<b>FRAŃCZ Sebastian</b>	<b>2430</b>	NOCNY BÓR TEAM	M30	44	01:37:35	<b>03:36:18.65</b>	<b>03:36:29.95</b>	+01:24:31 (39.0%)	8:19	7.2 (61.0%)
106	<b>LIBRONT Jakub</b>	<b>2190</b>	KŁĘCZAŃSKA GRUPA BIEGOWA	M30	45	01:46:23	<b>03:36:20.00</b>	<b>03:36:39.40</b>	+01:24:40 (39.1%)	8:19	7.2 (61.0%)
107	<b>DRAŹEK Sławomir</b>	<b>2049</b>		M50	11	01:44:08	<b>03:37:02.85</b>	<b>03:37:11.10</b>	+01:25:12 (39.2%)	8:20	7.2 (61.0%)
108	<b>ŚLIŹ Piotr</b>	<b>2342</b>		M40	40	01:49:23	<b>03:36:42.80</b>	<b>03:37:17.00</b>	+01:25:18 (39.3%)	8:20	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
109	<b>BANASZEWSKI Łukasz</b>	<b>2001</b>		M30	46	01:50:35	<b>03:36:59.20</b>	<b>03:37:20.55</b>	+01:25:21 (39.3%)	8:20	7.2 (61.0%)
110	<b>KUCZBORSKI Jarosław</b>	<b>2170</b>	HARPAGAN SOSNOWIEC	M40	41	01:45:50	<b>03:37:00.80</b>	<b>03:37:20.70</b>	+01:25:21 (39.3%)	8:20	7.2 (61.0%)
111	<b>SZCZEPANEK Sylwester</b>	<b>2329</b>	BEARDIE WEARDIE	M40	42	01:46:33	<b>03:37:00.55</b>	<b>03:37:23.75</b>	+01:25:24 (39.3%)	8:20	7.2 (61.0%)
112	<b>TYKSIŃSKI Rafał</b>	<b>2357</b>	EXPRESSMAP	M40	43	01:46:50	<b>03:36:44.80</b>	<b>03:37:24.05</b>	+01:25:25 (39.3%)	8:20	7.2 (61.0%)
113	<b>KOWALSKI Aleksander</b>	<b>2153</b>		M40	44	01:51:13	<b>03:36:55.00</b>	<b>03:37:33.20</b>	+01:25:34 (39.3%)	8:20	7.2 (61.0%)
114	<b>KRUSZYŃSKI Tomasz</b>	<b>2164</b>	CROSSFITTER BOX CHEŁM	M40	45	01:45:14	<b>03:38:23.95</b>	<b>03:39:05.25</b>	+01:27:06 (39.8%)	8:23	7.1 (60.2%)
115	<b>SOBCZAK Adam</b>	<b>2304</b>	ŁÓDŹ RUN CREW JAKO TEAM	M30	47		<b>03:40:15.35</b>	<b>03:40:45.75</b>	+01:28:46 (40.2%)	8:28	7.1 (60.2%)
116	<b>SZAFRAŃSKI Tomasz</b>	<b>2325</b>	EKIPA Z BARAKÓW	M30	48	01:55:01	<b>03:40:41.60</b>	<b>03:40:57.75</b>	+01:28:58 (40.3%)	8:29	7.1 (60.2%)
117	<b>SOBCZYŃSKI Paweł</b>	<b>2305</b>	PEES	M40	46	01:48:55	<b>03:41:21.00</b>	<b>03:41:31.40</b>	+01:29:32 (40.4%)	8:30	7 (59.3%)
118	<b>LIPSKI Paweł</b>	<b>2192</b>	ŁÓDŹ RUN CREW	M40	47	01:53:28	<b>03:41:13.65</b>	<b>03:41:44.55</b>	+01:29:45 (40.5%)	8:30	7.1 (60.2%)
119	<b>KITOWSKI Bartosz</b>	<b>2129</b>	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	48	01:46:56	<b>03:41:52.40</b>	<b>03:42:29.65</b>	+01:30:30 (40.7%)	8:32	7 (59.3%)
120	<b>GROCHALA Kornel</b>	<b>2084</b>		M20	13	01:49:10	<b>03:42:48.45</b>	<b>03:43:16.40</b>	+01:31:17 (40.9%)	8:34	7 (59.3%)
121	<b>SZUBERT Michał</b>	<b>2336</b>		M40	49	01:53:01	<b>03:42:57.95</b>	<b>03:43:45.00</b>	+01:31:46 (41.0%)	8:34	7 (59.3%)
122	<b>ŁAWROWSKI Adolf</b>	<b>2442</b>	KS HARPAGAN	M60	1	01:50:57	<b>03:43:22.75</b>	<b>03:44:19.75</b>	+01:32:20 (41.2%)	8:35	7 (59.3%)
123	<b>TAPEREK Mariusz</b>	<b>2346</b>		M40	50	01:52:04	<b>03:45:05.35</b>	<b>03:45:19.35</b>	+01:33:20 (41.4%)	8:39	6.9 (58.5%)
124	<b>HABA Konrad</b>	<b>2092</b>		M30	49	01:51:03	<b>03:45:34.75</b>	<b>03:45:42.10</b>	+01:33:43 (41.5%)	8:40	6.9 (58.5%)
125	<b>PALLACH Lech</b>	<b>2246</b>	BIEGAMYRAZEM	M40	51	01:58:55	<b>03:45:10.75</b>	<b>03:46:02.35</b>	+01:34:03 (41.6%)	8:39	6.9 (58.5%)
126	<b>ZAWADZKI Piotr</b>	<b>2407</b>	RYKOWISKO TEAM	M30	50	01:50:25	<b>03:45:46.75</b>	<b>03:46:08.10</b>	+01:34:09 (41.6%)	8:41	6.9 (58.5%)
127	<b>BOROWIEC Mariusz</b>	<b>2012</b>		M40	52	01:55:48	<b>03:45:48.65</b>	<b>03:46:44.45</b>	+01:34:45 (41.8%)	8:41	6.9 (58.5%)
128	<b>SEROKA Piotr</b>	<b>2296</b>		M40	53	01:40:48	<b>03:46:55.60</b>	<b>03:47:03.80</b>	+01:35:05 (41.9%)	8:43	6.9 (58.5%)
129	<b>SMOLIŃSKI Mateusz</b>	<b>2303</b>		M20	14	01:50:23	<b>03:46:59.55</b>	<b>03:47:06.50</b>	+01:35:07 (41.9%)	8:43	6.9 (58.5%)
130	<b>WÓJCICKI Marcin</b>	<b>2392</b>	ŁĘCZNA BIEGA/SOLET RUNNING TEAM	M40	54	01:49:45	<b>03:46:37.50</b>	<b>03:47:14.75</b>	+01:35:15 (41.9%)	8:42	6.9 (58.5%)
131	<b>SIKORA Grzegorz</b>	<b>2299</b>	KKM KALORYFER	M40	55	01:51:29	<b>03:47:12.20</b>	<b>03:47:18.00</b>	+01:35:19 (41.9%)	8:44	6.9 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
132	<b>PERLIŃSKI Mirosław</b>	<b>2262</b>	ASSECO ACTIVE TEAM	M40	56	01:53:37	<b>03:46:38.40</b>	<b>03:47:20.85</b>	+01:35:22 (41.9%)	8:43	6.9 (58.5%)
133	<b>WAWRO Szymon</b>	<b>2366</b>		M30	51	01:49:19	<b>03:47:22.20</b>	<b>03:47:34.75</b>	+01:35:35 (42.0%)	8:44	6.9 (58.5%)
134	<b>NOWICKI Michael</b>	<b>2237</b>	100 MILES OF BESKID WYSPOWY	M40	57	01:48:06	<b>03:47:42.10</b>	<b>03:47:49.90</b>	+01:35:51 (42.1%)	8:45	6.9 (58.5%)
135	<b>PAUSZEK Roman</b>	<b>2445</b>	LUCKY TEAM	M50	12	01:59:40	<b>03:47:47.35</b>	<b>03:48:09.15</b>	+01:36:10 (42.2%)	8:45	6.8 (57.6%)
136	<b>OCIEPKA Sebastian</b>	<b>2239</b>	LATAJĄCY CYRK / PEAK TIME	M40	58	01:47:22	<b>03:47:54.00</b>	<b>03:48:13.60</b>	+01:36:14 (42.2%)	8:45	6.8 (57.6%)
137	<b>KRYSTJAŃCZUK Karol</b>	<b>2165</b>	ŁĘCZNA BIEGA	M40	59	01:46:51	<b>03:48:03.95</b>	<b>03:48:40.75</b>	+01:36:41 (42.3%)	8:46	6.8 (57.6%)
138	<b>CHWISTEK Artur</b>	<b>2028</b>		M40	60	01:57:39	<b>03:48:46.60</b>	<b>03:49:23.00</b>	+01:37:24 (42.5%)	8:47	6.8 (57.6%)
139	<b>MIEDZINSKI Piotr</b>	<b>2215</b>	MSD RUNNING CLUB	M50	13	01:51:33	<b>03:49:32.45</b>	<b>03:49:36.35</b>	+01:37:37 (42.5%)	8:49	6.8 (57.6%)
140	<b>KACZMARCZYK Grzegorz</b>	<b>2114</b>		M30	52	01:58:04	<b>03:47:23.45</b>	<b>03:50:10.70</b>	+01:38:11 (42.7%)	8:44	6.9 (58.5%)
141	<b>ZIN Jacek</b>	<b>2411</b>		M40	61		<b>03:50:02.50</b>	<b>03:50:18.20</b>	+01:38:19 (42.7%)	8:50	6.8 (57.6%)
142	<b>ANDRZEJCZYK Grzegorz</b>	<b>2000</b>		M40	62	01:58:13	<b>03:49:35.20</b>	<b>03:50:21.15</b>	+01:38:22 (42.7%)	8:49	6.8 (57.6%)
143	<b>FRANCZAK Wojciech</b>	<b>2060</b>		M50	14	01:55:45	<b>03:49:50.15</b>	<b>03:50:21.60</b>	+01:38:22 (42.7%)	8:50	6.8 (57.6%)
144	<b>CHOJNACKI Mikołaj</b>	<b>2025</b>	WARSAW RUN CLUB	M40	63	01:49:07	<b>03:50:37.55</b>	<b>03:50:50.35</b>	+01:38:51 (42.8%)	8:52	6.8 (57.6%)
145	<b>WARZYCHA Krzysztof</b>	<b>2362</b>		M50	15	01:55:36	<b>03:50:47.80</b>	<b>03:51:34.30</b>	+01:39:35 (43.0%)	8:52	6.8 (57.6%)
145	<b>WARZYCHA Dawid</b>	<b>2361</b>		M20	15	01:55:37	<b>03:50:47.15</b>	<b>03:51:34.30</b>	+01:39:35 (43.0%)	8:52	6.8 (57.6%)
147	<b>KRZYŻAK Łukasz</b>	<b>2168</b>		M40	64	01:49:32	<b>03:52:00.95</b>	<b>03:52:11.60</b>	+01:40:12 (43.2%)	8:55	6.7 (56.8%)
148	<b>DZIADURA Damian</b>	<b>2055</b>	ARP RUN TEAM	M30	53	01:56:38	<b>03:51:47.85</b>	<b>03:52:23.55</b>	+01:40:24 (43.2%)	8:54	6.7 (56.8%)
149	<b>DZIADECKI Marcin</b>	<b>2054</b>		M40	65	01:54:34	<b>03:51:30.05</b>	<b>03:52:41.55</b>	+01:40:42 (43.3%)	8:54	6.7 (56.8%)
150	<b>GÓRECKI Krzysztof</b>	<b>2080</b>		M50	16	01:55:00	<b>03:52:47.55</b>	<b>03:52:49.35</b>	+01:40:50 (43.3%)	8:57	6.7 (56.8%)
151	<b>MORYC Maciej</b>	<b>2225</b>	MAKABI WARSZAWA	M40	66	01:55:51	<b>03:52:17.85</b>	<b>03:52:52.25</b>	+01:40:53 (43.3%)	8:56	6.7 (56.8%)
152	<b>UJMA Stanisław</b>	<b>2358</b>		M60	2	01:46:46	<b>03:52:45.80</b>	<b>03:52:53.50</b>	+01:40:54 (43.3%)	8:57	6.7 (56.8%)
153	<b>SKLEPOWICZ Jacek</b>	<b>2301</b>		M40	67	01:52:36	<b>03:53:34.30</b>	<b>03:54:06.65</b>	+01:42:07 (43.6%)	8:59	6.7 (56.8%)
154	<b>WIEDERMANN Krzysztof</b>	<b>2373</b>	PEDRAFORCA	M40	68	01:49:31	<b>03:53:21.40</b>	<b>03:54:08.20</b>	+01:42:09 (43.6%)	8:58	6.7 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
155	<b>BURY Marek</b>	<b>2017</b>		M50	17	01:59:06	<b>03:54:37.80</b>	<b>03:54:50.40</b>	+01:42:51 (43.8%)	9:01	6.6 (55.9%)
156	<b>STACHYRA Bartłomiej</b>	<b>2309</b>		M20	16	01:57:49	<b>03:54:48.55</b>	<b>03:55:24.05</b>	+01:43:25 (43.9%)	9:01	6.6 (55.9%)
157	<b>WYSOCKI Tomasz</b>	<b>2397</b>	OCHAJORUN&FRIENDS	M40	69	01:58:14	<b>03:56:08.10</b>	<b>03:56:40.10</b>	+01:44:41 (44.2%)	9:04	6.6 (55.9%)
157	<b>ŻMUDKA Bartek</b>	<b>2414</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	69	01:58:31	<b>03:56:24.25</b>	<b>03:56:40.10</b>	+01:44:41 (44.2%)	9:05	6.6 (55.9%)
159	<b>CZARTORYJSKI Darek</b>	<b>2038</b>		M30	54	01:51:37	<b>03:56:30.80</b>	<b>03:56:49.90</b>	+01:44:51 (44.3%)	9:05	6.6 (55.9%)
160	<b>GODLEWSKI Paweł</b>	<b>2431</b>		M30	55	01:51:26	<b>03:56:59.45</b>	<b>03:57:17.50</b>	+01:45:18 (44.4%)	9:06	6.6 (55.9%)
161	<b>GRYGO Krzysztof</b>	<b>2085</b>	AKADEMIA SPORTU MEDYK	M60	3	01:56:24	<b>03:57:09.45</b>	<b>03:57:34.90</b>	+01:45:36 (44.4%)	9:07	6.6 (55.9%)
162	<b>HILARCZUK Bartłomiej</b>	<b>2095</b>	AMIGOS	M20	17	01:58:11	<b>03:57:06.25</b>	<b>03:57:40.75</b>	+01:45:41 (44.5%)	9:07	6.6 (55.9%)
163	<b>KACZMARSKI Wojciech</b>	<b>2116</b>		M50	18	01:55:04	<b>03:57:32.60</b>	<b>03:57:41.10</b>	+01:45:42 (44.5%)	9:08	6.6 (55.9%)
164	<b>KOŁODZIEJCZYK Maciej</b>	<b>2138</b>	FIZJO-SPORT	M40	71	01:55:40	<b>03:58:05.25</b>	<b>03:58:22.30</b>	+01:46:23 (44.6%)	9:09	6.6 (55.9%)
165	<b>LIANA Tomasz</b>	<b>2189</b>	KŁĘCZAŃSKA GRUPA BIEGOWA	M20	18	01:46:14	<b>03:58:12.55</b>	<b>03:58:31.05</b>	+01:46:32 (44.7%)	9:09	6.5 (55.1%)
166	<b>CUPAK Łukasz</b>	<b>2035</b>		M30	56	01:59:09	<b>03:58:23.95</b>	<b>03:58:43.65</b>	+01:46:44 (44.7%)	9:10	6.5 (55.1%)
167	<b>TURKOWSKI Maciej</b>	<b>2355</b>		M50	19	01:59:31	<b>03:59:03.50</b>	<b>03:59:10.75</b>	+01:47:11 (44.8%)	9:11	6.5 (55.1%)
168	<b>KOPCZYŃSKI Przemek</b>	<b>2142</b>	WE RUN CLAN	M40	72	01:50:06	<b>03:58:23.70</b>	<b>03:59:16.70</b>	+01:47:17 (44.8%)	9:10	6.5 (55.1%)
169	<b>WOJEWÓDKA Michał</b>	<b>2386</b>	WE RUN CLAN	M30	57	01:48:57	<b>03:59:35.50</b>	<b>04:00:27.90</b>	+01:48:29 (45.1%)	9:12	6.5 (55.1%)
170	<b>KUROWSKI Paweł</b>	<b>2176</b>		M40	73	01:56:25	<b>04:00:29.10</b>	<b>04:00:54.60</b>	+01:48:55 (45.2%)	9:14	6.5 (55.1%)
171	<b>CHMIELEWSKI Witold</b>	<b>2022</b>		M40	74	02:01:42	<b>04:01:18.45</b>	<b>04:01:35.10</b>	+01:49:36 (45.4%)	9:16	6.5 (55.1%)
172	<b>PASZKO Wojciech</b>	<b>2249</b>		M30	58	01:58:42	<b>04:00:56.40</b>	<b>04:01:37.40</b>	+01:49:38 (45.4%)	9:16	6.5 (55.1%)
173	<b>DAMIĘCKI Jan</b>	<b>2043</b>	MASAKRA KLUB SPORTOWY	M40	75		<b>04:01:51.00</b>	<b>04:01:51.00</b>	+01:49:52 (45.4%)	9:18	6.5 (55.1%)
173	<b>CZERNAK Artur</b>	<b>2040</b>	MASAKRA	M50	20		<b>04:01:51.00</b>	<b>04:01:51.00</b>	+01:49:52 (45.4%)	9:18	6.5 (55.1%)
175	<b>CHODUN Marek</b>	<b>2023</b>		M40	76	01:58:30	<b>04:01:32.80</b>	<b>04:02:04.10</b>	+01:50:05 (45.5%)	9:17	6.5 (55.1%)
176	<b>SUDER Michal</b>	<b>2321</b>	BEZNAPINY	M40	77	01:59:20	<b>04:03:34.60</b>	<b>04:03:57.65</b>	+01:51:58 (45.9%)	9:22	6.4 (54.2%)
177	<b>BOROWSKI Robert</b>	<b>2013</b>		M30	59	02:08:28	<b>04:04:02.60</b>	<b>04:04:11.10</b>	+01:52:12 (46.0%)	9:23	6.4 (54.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
178	<b>FRITZ Wojciech</b>	<b>2062</b>	BIEG PO ZDRÓJ	M40	78	02:09:38	<b>04:05:02.40</b>	<b>04:05:40.55</b>	+01:53:41 (46.3%)	9:25	6.4 (54.2%)
179	<b>WOJTAS Wojciech</b>	<b>2387</b>	BIEG PO ZDRÓJ	M40	79	02:09:37	<b>04:05:03.00</b>	<b>04:05:40.85</b>	+01:53:42 (46.3%)	9:25	6.4 (54.2%)
180	<b>KOZDRÓJ Marcin</b>	<b>2158</b>		M40	80	02:11:35	<b>04:05:03.20</b>	<b>04:05:45.95</b>	+01:53:47 (46.3%)	9:25	6.4 (54.2%)
181	<b>FOLTA Jan</b>	<b>2058</b>	GRUPA BIEGOWA ZARSZYN	M50	21	01:57:32	<b>04:06:12.40</b>	<b>04:06:18.30</b>	+01:54:19 (46.4%)	9:28	6.3 (53.4%)
182	<b>KRUCZEK Robert</b>	<b>2163</b>	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	22	02:09:40	<b>04:05:40.05</b>	<b>04:06:48.90</b>	+01:54:50 (46.5%)	9:26	6.4 (54.2%)
183	<b>WŁODARCZYK Paweł</b>	<b>2383</b>	AKTYWNY OSTRZESZÓW	M40	81	02:00:06	<b>04:07:50.80</b>	<b>04:08:59.65</b>	+01:57:00 (47.0%)	9:31	6.3 (53.4%)
184	<b>GOSZCZYNSKI Piotr</b>	<b>2078</b>		M40	82	02:01:14	<b>04:08:28.45</b>	<b>04:09:13.95</b>	+01:57:15 (47.0%)	9:33	6.3 (53.4%)
185	<b>TOMCZYK Grzegorz</b>	<b>2351</b>	PALARNIA KAWY GREGORIO	M30	60	02:07:43	<b>04:09:25.50</b>	<b>04:09:38.90</b>	+01:57:40 (47.1%)	9:35	6.3 (53.4%)
186	<b>GĘBSKI Sławomir</b>	<b>2071</b>	KKM KALORYFER	M50	23	01:59:13	<b>04:09:36.60</b>	<b>04:09:41.45</b>	+01:57:42 (47.1%)	9:36	6.3 (53.4%)
187	<b>WYSOCKI Rafał</b>	<b>2396</b>	KKM KALORYFER	M40	83	02:06:39	<b>04:09:48.55</b>	<b>04:10:06.10</b>	+01:58:07 (47.2%)	9:36	6.2 (52.5%)
188	<b>PIETRUSZEWSKI Bartłomiej</b>	<b>2439</b>		M40	84	02:06:12	<b>04:10:22.20</b>	<b>04:11:14.30</b>	+01:59:15 (47.5%)	9:37	6.2 (52.5%)
189	<b>KOZIOŁ Darek</b>	<b>2159</b>		M30	61	02:01:56	<b>04:12:24.50</b>	<b>04:12:56.50</b>	+02:00:57 (47.8%)	9:42	6.2 (52.5%)
190	<b>ŚCIESZKA Mateusz</b>	<b>2340</b>		M40	85	02:06:53	<b>04:11:17.75</b>	<b>04:12:58.40</b>	+02:00:59 (47.8%)	9:39	6.2 (52.5%)
191	<b>PELCZAR Jakub</b>	<b>2261</b>	,-)	M30	62	02:05:12	<b>04:13:08.05</b>	<b>04:13:31.85</b>	+02:01:33 (47.9%)	9:44	6.2 (52.5%)
192	<b>KOSTRUCHA Robert</b>	<b>2147</b>		M30	63	01:59:20	<b>04:12:49.20</b>	<b>04:13:34.10</b>	+02:01:35 (48.0%)	9:43	6.2 (52.5%)
193	<b>BUJAKOWSKI Patryk</b>	<b>2016</b>	INFINITY-GYM	M40	86	02:00:21	<b>04:13:23.00</b>	<b>04:13:55.40</b>	+02:01:56 (48.0%)	9:44	6.2 (52.5%)
194	<b>PISZCZ Dariusz</b>	<b>2268</b>		M40	87	02:00:46	<b>04:13:23.15</b>	<b>04:14:00.70</b>	+02:02:01 (48.0%)	9:44	6.2 (52.5%)
195	<b>RÓŻAŃSKI Michał</b>	<b>2288</b>		M30	64	02:06:47	<b>04:12:58.05</b>	<b>04:14:40.15</b>	+02:02:41 (48.2%)	9:43	6.2 (52.5%)
196	<b>LACH Paweł</b>	<b>2182</b>		M40	88	02:06:49	<b>04:12:58.70</b>	<b>04:14:40.30</b>	+02:02:41 (48.2%)	9:43	6.2 (52.5%)
197	<b>MASZKOWSKI Rafał</b>	<b>2206</b>		M40	89	02:15:22	<b>04:14:22.15</b>	<b>04:15:01.00</b>	+02:03:02 (48.2%)	9:47	6.1 (51.7%)
198	<b>KUREK Stanisław</b>	<b>2174</b>		M40	90	02:01:59	<b>04:17:37.80</b>	<b>04:17:46.35</b>	+02:05:47 (48.8%)	9:54	6.1 (51.7%)
199	<b>STACHYRA Andrzej</b>	<b>2308</b>	LSB	M50	24	01:58:09	<b>04:18:01.40</b>	<b>04:18:37.00</b>	+02:06:38 (49.0%)	9:55	6 (50.8%)
200	<b>CICHY Roman</b>	<b>2031</b>	MUAY RUNNING TEAM	M40	91	02:17:49	<b>04:18:27.20</b>	<b>04:19:08.80</b>	+02:07:10 (49.1%)	9:56	6 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
201	<b>BĘTKOWSKI Tomasz</b>	<b>2007</b>	CASREX	M40	92	02:06:44	<b>04:20:10.65</b>	<b>04:20:20.15</b>	+02:08:21 (49.3%)	10:00	6 (50.8%)
202	<b>MIERZWA Szymon</b>	<b>2217</b>	KOPALNIA MOCY	M30	65	02:06:11	<b>04:20:48.45</b>	<b>04:21:31.70</b>	+02:09:32 (49.5%)	10:01	6 (50.8%)
203	<b>DOMOSŁAWSKI Paweł</b>	<b>2046</b>		M50	25	02:13:08	<b>04:23:02.20</b>	<b>04:23:19.00</b>	+02:11:20 (49.9%)	10:07	5.9 (50.0%)
204	<b>ZGÓRSKI Maciej</b>	<b>2408</b>	WKURW_TEAM	M40	93	02:13:20	<b>04:24:43.35</b>	<b>04:25:04.55</b>	+02:13:05 (50.2%)	10:10	5.9 (50.0%)
205	<b>CHROMIK Krzysztof</b>	<b>2027</b>		M40	94	01:57:54	<b>04:25:41.85</b>	<b>04:26:01.05</b>	+02:14:02 (50.4%)	10:13	5.9 (50.0%)
206	<b>BOROWIEC Konrad</b>	<b>2011</b>	-	M30	66	02:17:31	<b>04:26:21.70</b>	<b>04:26:30.30</b>	+02:14:31 (50.5%)	10:14	5.9 (50.0%)
207	<b>JAMROZ Dawid</b>	<b>2104</b>	CAŁA NAPRZÓD	M40	95	01:49:12	<b>04:26:14.50</b>	<b>04:26:43.30</b>	+02:14:44 (50.5%)	10:14	5.9 (50.0%)
208	<b>MAŚLAK Radosław</b>	<b>2207</b>	BIEGAMYRAZEM.PL	M50	26	02:09:27	<b>04:26:02.95</b>	<b>04:26:55.15</b>	+02:14:56 (50.6%)	10:13	5.9 (50.0%)
209	<b>NAZIM Tadeusz</b>	<b>2233</b>	K.K.M. KALORYER	M60	4	02:14:08	<b>04:28:08.90</b>	<b>04:28:45.20</b>	+02:16:46 (50.9%)	10:18	5.8 (49.2%)
210	<b>KILIAN Mariusz</b>	<b>2127</b>		M50	27	02:07:27	<b>04:28:30.30</b>	<b>04:29:14.30</b>	+02:17:15 (51.0%)	10:19	5.8 (49.2%)
211	<b>TOPOROWSKI Aleksander</b>	<b>2352</b>		M30	67	02:14:50	<b>04:28:30.50</b>	<b>04:29:19.35</b>	+02:17:20 (51.0%)	10:19	5.8 (49.2%)
212	<b>WASZAK Marek</b>	<b>2365</b>		M50	28	02:16:22	<b>04:29:55.15</b>	<b>04:30:38.85</b>	+02:18:40 (51.2%)	10:22	5.8 (49.2%)
213	<b>KĘDZIOR Grzegorz</b>	<b>2125</b>		M20	19	02:20:55	<b>04:30:22.60</b>	<b>04:30:41.10</b>	+02:18:42 (51.2%)	10:23	5.8 (49.2%)
214	<b>SZULC Waldemar</b>	<b>2337</b>		M30	68	02:09:19	<b>04:30:31.70</b>	<b>04:31:09.85</b>	+02:19:11 (51.3%)	10:24	5.8 (49.2%)
215	<b>JÓŻWIK Artur</b>	<b>2110</b>	BIEGAM, BO BIEGAM :)	M40	96	02:10:53	<b>04:33:12.55</b>	<b>04:33:40.75</b>	+02:21:41 (51.8%)	10:30	5.7 (48.3%)
216	<b>ROGE Michał</b>	<b>2287</b>		M30	69	02:13:07	<b>04:38:17.25</b>	<b>04:38:29.25</b>	+02:26:30 (52.6%)	10:42	5.6 (47.5%)
217	<b>SZMIGIEL Maciej</b>	<b>2331</b>	1ON1 TEAM	M30	70	02:13:08	<b>04:38:17.50</b>	<b>04:38:29.45</b>	+02:26:30 (52.6%)	10:42	5.6 (47.5%)
218	<b>GAŁAZIN Tomasz</b>	<b>2066</b>	CASREX	M40	97	02:14:30	<b>04:39:44.15</b>	<b>04:39:49.60</b>	+02:27:50 (52.8%)	10:45	5.6 (47.5%)
219	<b>FRUK Kamil</b>	<b>2064</b>		M30	71	02:17:30	<b>04:40:15.15</b>	<b>04:40:42.00</b>	+02:28:43 (53.0%)	10:46	5.6 (47.5%)
220	<b>POPCZYK Piotr</b>	<b>2272</b>		M40	98	02:26:21	<b>04:40:52.85</b>	<b>04:41:16.00</b>	+02:29:17 (53.1%)	10:48	5.6 (47.5%)
221	<b>PARADOWSKI Paweł</b>	<b>2247</b>	BIEGAMBOLUBIĘ / BYLEDOMETY	M50	29	02:19:47	<b>04:41:33.00</b>	<b>04:42:48.45</b>	+02:30:49 (53.3%)	10:49	5.5 (46.6%)
222	<b>KOZACZKA Włodzimierz</b>	<b>2154</b>		M40	99	02:19:01	<b>04:42:03.05</b>	<b>04:42:56.80</b>	+02:30:58 (53.4%)	10:50	5.5 (46.6%)
223	<b>NABIAŁEK Krzysztof</b>	<b>2227</b>		M50	30	02:10:06	<b>04:43:01.05</b>	<b>04:43:04.10</b>	+02:31:05 (53.4%)	10:53	5.5 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
224	WASIEWICZ Michał	2363		M30	72	02:21:01	04:45:49.35	04:46:31.20	+02:34:32 (53.9%)	10:59	5.5 (46.6%)
225	KRZYSZTOFOWICZ Andrzej	2167		M40	100	02:26:40	04:48:09.40	04:49:02.55	+02:37:03 (54.3%)	11:04	5.4 (45.8%)
226	KUŹMA Przemek	2180	%	M30	73	02:19:27	04:51:39.25	04:51:56.20	+02:39:57 (54.8%)	11:13	5.3 (44.9%)
227	PAWLAK Wojciech	2255	TRUCHTAMSOBIETRAILOWO	M40	101	02:24:38	04:52:33.60	04:52:51.15	+02:40:52 (54.9%)	11:15	5.3 (44.9%)
228	SAGANOWSKI Adam	2293	AZS GDAŃSK	M40	102	02:24:36	04:53:05.05	04:53:23.20	+02:41:24 (55.0%)	11:16	5.3 (44.9%)
229	CIESZYŃSKI Jerzy	2032		M60	5	02:19:12	04:53:48.70	04:53:59.80	+02:42:01 (55.1%)	11:18	5.3 (44.9%)
230	NAWROT Waldek	2231	J U V E R U N	M40	103	02:20:07	04:53:04.65	04:54:07.90	+02:42:09 (55.1%)	11:16	5.3 (44.9%)
231	WILMAŃSKI Dariusz	2377		M40	104	02:20:11	04:54:05.90	04:54:37.90	+02:42:39 (55.2%)	11:18	5.3 (44.9%)
232	TARKA Konrad	2347	MARATOŃCZYK POZNAŃ	M30	74	02:39:51	04:54:53.10	04:55:32.15	+02:43:33 (55.3%)	11:20	5.3 (44.9%)
233	GOŁOŚ Michał	2074		M30	75	02:24:08	04:55:29.00	04:56:24.90	+02:44:26 (55.5%)	11:21	5.3 (44.9%)
234	JASIURSKI Grzegorz	2108	SZCZEP DHIGZ W WĘGROWIE	M40	105	02:24:07	04:55:29.20	04:56:25.40	+02:44:26 (55.5%)	11:21	5.3 (44.9%)
235	PRUSZKOWSKI Mariusz	2277	CHEŁM BIEGA/CROSSFITER BOX CHEŁM	M40	106	02:31:51	04:58:50.00	04:59:30.70	+02:47:31 (55.9%)	11:29	5.2 (44.1%)
236	GIEMZA Paweł	2447		M30	76	02:03:16	05:01:09.45	05:01:31.70	+02:49:32 (56.2%)	11:34	5.2 (44.1%)
237	ZAKRZEWSKI Olaf	2402	ANTYLOOPY	M40	107	02:27:01	05:02:13.60	05:02:35.90	+02:50:37 (56.4%)	11:37	5.2 (44.1%)
238	SIPIERA Tomasz	2300		M40	108	02:30:44	05:08:00.35	05:08:24.45	+02:56:25 (57.2%)	11:50	5.1 (43.2%)
239	LASEK Krzysztof	2183	RUN FOREST, RUN!	M30	77	02:29:35	05:08:14.65	05:08:31.55	+02:56:32 (57.2%)	11:51	5.1 (43.2%)
240	BUŚ Grzegorz	2019		M60	6	02:27:37	05:08:21.40	05:08:55.00	+02:56:56 (57.3%)	11:51	5.1 (43.2%)
241	WOZNIAK Radosław	2388		M50	31	02:24:07	05:14:21.40	05:14:37.30	+03:02:38 (58.1%)	12:05	5 (42.4%)
242	MOSTEK Marcin	2226		M40	109	02:37:50	05:23:43.95	05:24:16.90	+03:12:18 (59.3%)	12:27	4.8 (40.7%)
243	BARYGA Mateusz	2005	RUN ATLAS	M40	110	02:40:55	05:23:55.40	05:24:39.80	+03:12:41 (59.3%)	12:27	4.8 (40.7%)
244	JAREMEK Wojciech	2106		M40	111	02:40:41	05:25:31.35	05:26:26.75	+03:14:27 (59.6%)	12:31	4.8 (40.7%)
245	NEUMANN Maksymilian	2234		M20	20	02:44:58	05:40:32.35	05:40:39.20	+03:28:40 (61.3%)	13:05	4.6 (39.0%)
246	MILEWSKI Konrad	2220	KODA	M30	78	02:44:37	05:43:18.30	05:43:29.75	+03:31:30 (61.6%)	13:12	4.5 (38.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
247	<b>KUFEL Grzegorz</b>	<b>2416</b>	STAY ISANE	M30	79	02:38:05	<b>05:48:19.00</b>	<b>05:48:51.00</b>	+03:36:52 (62.2%)	13:23	4.5 (38.1%)
248	<b>NAJDER Sebastian</b>	<b>2229</b>		M40	112	02:42:05	<b>05:56:08.55</b>	<b>05:57:48.90</b>	+03:45:50 (63.1%)	13:41	4.4 (37.3%)
249	<b>PIOTROWSKI Marek</b>	<b>2448</b>		M50	32	02:54:06	<b>05:57:47.80</b>	<b>05:58:00.35</b>	+03:46:01 (63.1%)	13:45	4.4 (37.3%)
250	<b>BYSZEWSKI Filip</b>	<b>2020</b>		M20	21	03:01:04	<b>05:58:29.80</b>	<b>05:58:59.70</b>	+03:47:00 (63.2%)	13:47	4.4 (37.3%)
251	<b>SIERECKI Zbigniew</b>	<b>2298</b>	TEAM ZABIEGANEDNI // WOLF TEAM	M40	113	03:05:42	<b>05:58:45.85</b>	<b>05:59:18.95</b>	+03:47:20 (63.3%)	13:47	4.3 (36.4%)
252	<b>HOLYSZ Daniel</b>	<b>2097</b>		M50	33	02:57:18	<b>06:06:35.65</b>	<b>06:07:12.30</b>	+03:55:13 (64.1%)	14:05	4.3 (36.4%)
253	<b>KUBASIEWICZ Artur</b>	<b>2169</b>	TBD	M50	34	02:57:50	<b>06:19:06.70</b>	<b>06:19:40.75</b>	+04:07:41 (65.2%)	14:34	4.1 (34.7%)
254	<b>POPIOŁEK Jacek</b>	<b>2273</b>	BIEGUSIEM.PL	M40	114	03:06:01	<b>06:22:14.75</b>	<b>06:22:29.55</b>	+04:10:30 (65.5%)	14:42	4.1 (34.7%)
255	<b>POPIOŁEK Piotr</b>	<b>2274</b>		M30	80	03:06:02	<b>06:22:14.05</b>	<b>06:22:29.60</b>	+04:10:30 (65.5%)	14:42	4.1 (34.7%)
256	<b>ORZECHOWSKI Mieczysław</b>	<b>2242</b>	PASJA WARSZAWA	M60	7	03:09:34	<b>06:24:44.85</b>	<b>06:27:54.65</b>	+04:15:55 (66.0%)	14:47	4.1 (34.7%)
257	<b>REY Patryk</b>	<b>2285</b>	REYRUNNINGTEAM	M20	22	03:42:38	<b>06:33:46.80</b>	<b>06:34:49.50</b>	+04:22:50 (66.6%)	15:08	4 (33.9%)
258	<b>JAGODZIŃSKI Hubert</b>	<b>2100</b>	DZIK KOMANDO	M30	81	03:31:14	<b>06:48:12.70</b>	<b>06:48:27.80</b>	+04:36:29 (67.7%)	15:42	3.8 (32.2%)
259	<b>LAUKS Jan</b>	<b>2184</b>	DZIK KOMANDO	M20	23	03:31:16	<b>06:48:11.15</b>	<b>06:48:28.80</b>	+04:36:30 (67.7%)	15:41	3.8 (32.2%)
260	<b>KŁOS Dariusz</b>	<b>2131</b>	KLUB MARATOŃSKI UMK TORUŃ	M50	35	03:39:49	<b>07:03:30.25</b>	<b>07:04:36.55</b>	+04:52:37 (68.9%)	16:17	3.7 (31.4%)
261	<b>HAIDUK Dawid</b>	<b>2093</b>		M20	24	03:26:56	<b>07:05:13.60</b>	<b>07:05:44.55</b>	+04:53:45 (69.0%)	16:21	3.7 (31.4%)
	<b>DUDA Tomek</b>	<b>2051</b>	RADIO RODZINA	M50		01:59:54 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>REY Andrzej</b>	<b>2284</b>	REYRUNNINGTEAM	M40		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JAKUBOWSKI Pawel</b>	<b>2103</b>		M30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>OSIŃSKI Grzegorz</b>	<b>2245</b>		M30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>TRENDAK Paweł</b>	<b>2354</b>	EKIPA Z BARAKÓW	M30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 266 wynik(ów)