

# IX ZIMOWY MARATON BIESZCZADZKI 2023 - 20KM

B4SPORT

**Wydarzenie:** IX Zimowy Maraton Bieszczadzki  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-01-28  
**Miejsce:** Cisna  
**Dystans:** 20 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	<b>JACHYMIAK Robert</b>	<b>2191</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	1	00:45:24	<b>01:36:49.30</b>	<b>01:36:49.30</b>		4:12	14.3 (100%)
2	<b>SIKOŃCZYK Miłosz</b>	<b>2202</b>	ALPIN SPORT TEAM	M30	1	00:46:29	<b>01:37:53.85</b>	<b>01:37:53.85</b>	+00:01:04 (1.1%)	4:15	14.1 (98.6%)
3	<b>KNAPIK Sebastian</b>	<b>2086</b>	BUTYJANA.PL	M30	2	00:46:04	<b>01:38:08.10</b>	<b>01:38:08.10</b>	+00:01:18 (1.3%)	4:16	14.1 (98.6%)
4	<b>TRACZ Łukasz</b>	<b>2164</b>	TRENINGFIZJO/AQUAREH/RMT	M30	3		<b>01:38:57.50</b>	<b>01:38:57.50</b>	+00:02:08 (2.2%)	4:18	13.9 (97.2%)
5	<b>DUDEK Kamil</b>	<b>2001</b>		M20	1		<b>01:40:10.20</b>	<b>01:40:10.20</b>	+00:03:20 (3.3%)	4:21	13.8 (96.5%)
6	<b>CIOCH Cezary</b>	<b>2206</b>	KALLIPSO RUNNERS TEAM	M40	2		<b>01:41:06.50</b>	<b>01:41:06.50</b>	+00:04:17 (4.2%)	4:23	13.6 (95.1%)
7	<b>SKÓRA Tomek</b>	<b>2097</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	3	00:46:54	<b>01:42:06.50</b>	<b>01:42:06.50</b>	+00:05:17 (5.2%)	4:26	13.5 (94.4%)
8	<b>GURGUL Sebastian</b>	<b>2126</b>	AROMAT NÓG	M40	4		<b>01:46:05.50</b>	<b>01:46:05.50</b>	+00:09:16 (8.7%)	4:36	13 (90.9%)
9	<b>BODANKA Piotr</b>	<b>2193</b>	APAMA ACOUSTIC PROJECT	M40	5	00:49:34	<b>01:46:51.10</b>	<b>01:46:51.10</b>	+00:10:01 (9.4%)	4:38	12.9 (90.2%)
10	<b>KARUŚ Waldemar</b>	<b>2154</b>	14 DAS JAROSŁAW IM. GEN.BRYG. WACŁAWA WIECZORKIEWICZA	M50	1	00:48:57	<b>01:47:47.05</b>	<b>01:47:47.05</b>	+00:10:57 (10.2%)	4:41	12.8 (89.5%)
11	<b>HEJNAR Jakub</b>	<b>2105</b>		M40	6	00:50:22	<b>01:51:18.90</b>	<b>01:51:18.90</b>	+00:14:29 (13.0%)	4:50	12.4 (86.7%)
12	<b>WAŚKO Paweł</b>	<b>2019</b>	CENTRUM MASAŻU	M50	2	00:50:00	<b>01:51:55.45</b>	<b>01:51:55.45</b>	+00:15:06 (13.5%)	4:51	12.3 (86.0%)
13	<b>BEDNARZ Jakub</b>	<b>2149</b>	MAGAZYN NA SZCZYCIE	M40	7	00:49:17	<b>01:52:03.60</b>	<b>01:52:03.60</b>	+00:15:14 (13.6%)	4:52	12.3 (86.0%)
14	<b>WRÓBEL Kamil</b>	<b>2002</b>		M30	4	00:51:01	<b>01:53:37.60</b>	<b>01:53:37.60</b>	+00:16:48 (14.8%)	4:56	12.1 (84.6%)
15	<b>MAGIERA Janusz</b>	<b>2163</b>	FORMA WODZISŁAW ŚLĄSKI	M60	1	00:54:02	<b>01:54:17.15</b>	<b>01:54:17.15</b>	+00:17:27 (15.3%)	4:58	12.1 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
16	<b>WETHACZ Dariusz</b>	<b>2156</b>	TEAM ULTRABIES / ON RUNNING POLSKA	M30	5		<b>01:54:51.20</b>	<b>01:54:51.20</b>	+00:18:01 (15.7%)	4:59	12 (83.9%)
17	<b>RACHWALSKI Tomasz</b>	<b>2188</b>	BŁĘKITNI ŻEGLCE	M50	3	00:52:43	<b>01:55:55.70</b>	<b>01:55:55.70</b>	+00:19:06 (16.5%)	5:02	11.9 (83.2%)
18	<b>REPEĆ Jarosław</b>	<b>2028</b>	AHOJ PRZYGODO LUBLIN	M30	6	00:54:17	<b>01:56:17.30</b>	<b>01:56:17.30</b>	+00:19:28 (16.7%)	5:03	11.9 (83.2%)
19	<b>SYREK Wojciech</b>	<b>2133</b>		M40	8	00:57:35	<b>01:57:08.00</b>	<b>01:57:08.00</b>	+00:20:18 (17.3%)	5:05	11.8 (82.5%)
20	<b>STAŃKO Paweł</b>	<b>2223</b>	GOPR BIESZCZADY	M40	9	00:54:07	<b>01:57:29.75</b>	<b>01:57:29.75</b>	+00:20:40 (17.6%)	5:06	11.7 (81.8%)
21	<b>KOCAJ Jakub</b>	<b>2171</b>		M20	2	00:54:47	<b>01:58:08.15</b>	<b>01:58:08.15</b>	+00:21:18 (18.0%)	5:08	11.7 (81.8%)
22	<b>TOPOLSKI Marcin</b>	<b>2170</b>	CZŁOWIEK KTÓRY NA BOI SIĘ CHUCKA NORRISA	M40	10	00:55:21	<b>01:58:19.05</b>	<b>01:58:19.05</b>	+00:21:29 (18.2%)	5:08	11.7 (81.8%)
23	<b>PELA Dariusz</b>	<b>2233</b>		M40	11	00:55:05	<b>01:58:22.90</b>	<b>01:58:22.90</b>	+00:21:33 (18.2%)	5:08	11.7 (81.8%)
24	<b>KWOLEK Jakub</b>	<b>2093</b>	DZIUPLA RUNNING TEAM	M20	3	00:57:12	<b>01:58:40.95</b>	<b>01:58:40.95</b>	+00:21:51 (18.4%)	5:09	11.6 (81.1%)
25	<b>KRZEMIŃSKI Marcin</b>	<b>2147</b>		M40	12	00:55:31	<b>01:58:46.25</b>	<b>01:58:46.25</b>	+00:21:56 (18.5%)	5:09	11.6 (81.1%)
26	<b>PARZELSKI Mikołaj</b>	<b>2034</b>	NOWA HUTA TEAM	M30	7	00:55:42	<b>02:00:11.45</b>	<b>02:00:11.45</b>	+00:23:22 (19.4%)	5:13	11.5 (80.4%)
27	<b>CELMER Piotr</b>	<b>2095</b>	CTS TRIWAWA	M40	13	00:54:54	<b>02:01:35.05</b>	<b>02:01:35.05</b>	+00:24:45 (20.4%)	5:17	11.4 (79.7%)
28	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>2130</b>	ROCKY BALBOA	M40	14	00:56:22	<b>02:02:51.25</b>	<b>02:02:51.25</b>	+00:26:01 (21.2%)	5:20	11.2 (78.3%)
29	<b>RYCHTER Marcin</b>	<b>2235</b>	THE RYCHTERS	M50	4	00:55:39	<b>02:02:52.85</b>	<b>02:02:52.85</b>	+00:26:03 (21.2%)	5:20	11.2 (78.3%)
30	<b>MACHNIO Bartosz</b>	<b>2225</b>	MUW ON BIKE/POWER TRAINING	M20	4	00:56:45	<b>02:03:26.80</b>	<b>02:03:26.80</b>	+00:26:37 (21.6%)	5:22	11.2 (78.3%)
31	<b>RUSLOV Vladyslav</b>	<b>2145</b>		M40	15	00:56:26	<b>02:03:42.70</b>	<b>02:03:42.70</b>	+00:26:53 (21.7%)	5:22	11.2 (78.3%)
32	<b>BICHAJŁO Maciek</b>	<b>2158</b>		M30	8	00:56:52	<b>02:04:24.05</b>	<b>02:04:24.05</b>	+00:27:34 (22.2%)	5:24	11.1 (77.6%)
33	<b>KURZYDŁO Michał</b>	<b>2099</b>	WARA TEAM	M30	9	00:54:50	<b>02:05:30.20</b>	<b>02:05:30.20</b>	+00:28:40 (22.9%)	5:27	11 (76.9%)
34	<b>HOŁOWNIA Bartłomiej</b>	<b>2045</b>		M30	10	00:54:26	<b>02:05:31.60</b>	<b>02:05:31.60</b>	+00:28:42 (22.9%)	5:27	11 (76.9%)
35	<b>CHOŁAJCZYK Marcin</b>	<b>2204</b>	GRUNNERS	M30	11	00:57:31	<b>02:06:06.45</b>	<b>02:06:06.45</b>	+00:29:17 (23.2%)	5:28	10.9 (76.2%)
36	<b>GARUS Łukasz</b>	<b>2168</b>		M40	16	01:03:04	<b>02:08:19.85</b>	<b>02:08:19.85</b>	+00:31:30 (24.6%)	5:34	10.8 (75.5%)
37	<b>KOPA Artur</b>	<b>2236</b>		M30	12	01:02:56	<b>02:08:52.05</b>	<b>02:08:52.05</b>	+00:32:02 (24.9%)	5:36	10.7 (74.8%)
38	<b>MATUSZ Tadeusz</b>	<b>2226</b>		M40	17	00:59:50	<b>02:09:03.65</b>	<b>02:09:03.65</b>	+00:32:14 (25.0%)	5:36	10.7 (74.8%)

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39	<b>SMEREKA Wojciech</b>	<b>2200</b>		M30	13	00:59:19	<b>02:09:24.05</b>	<b>02:09:24.05</b>	+00:32:34 (25.2%)	5:37	10.7 (74.8%)
40	<b>ROKOSZ Rafał</b>	<b>2123</b>		M20	5	00:57:01	<b>02:09:24.35</b>	<b>02:09:24.35</b>	+00:32:35 (25.2%)	5:37	10.7 (74.8%)
41	<b>KRUPA Grzegorz</b>	<b>2205</b>	KB SOBÓTKA	M50	5	00:57:51	<b>02:09:39.45</b>	<b>02:09:39.45</b>	+00:32:50 (25.3%)	5:38	10.6 (74.1%)
42	<b>PEREGRYM Tobiasz</b>	<b>2012</b>		M30	14	00:58:07	<b>02:09:53.25</b>	<b>02:09:53.25</b>	+00:33:03 (25.5%)	5:38	10.6 (74.1%)
43	<b>SALAK Krzysztof</b>	<b>2024</b>		M30	15	00:59:26	<b>02:10:34.50</b>	<b>02:10:34.50</b>	+00:33:45 (25.8%)	5:40	10.6 (74.1%)
44	<b>LEŚNIAK Dawid</b>	<b>2239</b>	LHO	M30	16		<b>02:10:49.60</b>	<b>02:10:49.60</b>	+00:34:00 (26.0%)	5:41	10.5 (73.4%)
45	<b>WERLE Michał</b>	<b>2194</b>		M30	17	00:59:22	<b>02:11:01.80</b>	<b>02:11:01.80</b>	+00:34:12 (26.1%)	5:41	10.5 (73.4%)
46	<b>ZADROŻNY Sławomir</b>	<b>2058</b>	STOPKA PILAWA	M50	6	00:59:35	<b>02:11:03.20</b>	<b>02:11:03.20</b>	+00:34:13 (26.1%)	5:41	10.5 (73.4%)
47	<b>PIĘTKA Rafał</b>	<b>2022</b>	STOPKA PILAWA	M30	18	00:59:29	<b>02:11:05.35</b>	<b>02:11:05.35</b>	+00:34:16 (26.1%)	5:41	10.5 (73.4%)
48	<b>MARCHEWICZ Marek</b>	<b>2069</b>		M30	19	00:59:46	<b>02:11:43.70</b>	<b>02:11:43.70</b>	+00:34:54 (26.5%)	5:43	10.5 (73.4%)
49	<b>TKACZEWSKI Piotr</b>	<b>2050</b>	MIECHÓW	M50	7	00:59:40	<b>02:11:49.75</b>	<b>02:11:49.75</b>	+00:35:00 (26.6%)	5:43	10.5 (73.4%)
50	<b>ROKOSZ Łukasz</b>	<b>2177</b>		M30	20		<b>02:12:33.40</b>	<b>02:12:33.40</b>	+00:35:44 (27.0%)	5:45	10.4 (72.7%)
51	<b>SKORUPKA Leszek</b>	<b>2060</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	18	01:00:53	<b>02:12:40.35</b>	<b>02:12:40.35</b>	+00:35:51 (27.0%)	5:46	10.4 (72.7%)
52	<b>SAŁUGA Bartłomiej</b>	<b>2120</b>	HARPAGAN SOSNOWIEC	M40	19	01:02:14	<b>02:13:11.80</b>	<b>02:13:11.80</b>	+00:36:22 (27.3%)	5:47	10.4 (72.7%)
53	<b>ZAWADKA Kamil</b>	<b>2023</b>	STOPKA PILAWA	M30	21	00:59:32	<b>02:13:17.75</b>	<b>02:13:17.75</b>	+00:36:28 (27.4%)	5:47	10.4 (72.7%)
54	<b>STANCZYK Hubert</b>	<b>2031</b>		M30	22		<b>02:13:36.40</b>	<b>02:13:36.40</b>	+00:36:47 (27.5%)	5:48	10.3 (72.0%)
55	<b>FALKOWSKI Piotr</b>	<b>2106</b>	KS PEGAZ PIASECZNO	M50	8	00:59:04	<b>02:14:10.75</b>	<b>02:14:10.75</b>	+00:37:21 (27.8%)	5:50	10.3 (72.0%)
56	<b>OSIECKI Edwin</b>	<b>2051</b>	KUZNIA TRIATHLONU	M50	9	01:01:33	<b>02:14:27.10</b>	<b>02:14:27.10</b>	+00:37:37 (28.0%)	5:50	10.3 (72.0%)
57	<b>CIEŚLA Krzysztof</b>	<b>2038</b>		M40	20		<b>02:14:58.30</b>	<b>02:14:58.30</b>	+00:38:09 (28.3%)	5:52	10.2 (71.3%)
58	<b>KOT Dawid</b>	<b>2178</b>		M30	23		<b>02:14:59.10</b>	<b>02:14:59.10</b>	+00:38:09 (28.3%)	5:52	10.2 (71.3%)
59	<b>CHLIPAŁA Marek</b>	<b>2018</b>		M30	24	01:01:37	<b>02:15:07.30</b>	<b>02:15:07.30</b>	+00:38:18 (28.3%)	5:52	10.2 (71.3%)
60	<b>KITOWSKI Bartosz</b>	<b>2186</b>	GŁOGOVIĄ 1925 GŁOGÓW MAŁOPOLSKI	M40	21	01:03:24	<b>02:16:45.50</b>	<b>02:16:45.50</b>	+00:39:56 (29.2%)	5:56	10.1 (70.6%)
61	<b>TABAK Adrian</b>	<b>2044</b>		M30	25	01:02:00	<b>02:17:02.60</b>	<b>02:17:02.60</b>	+00:40:13 (29.3%)	5:57	10.1 (70.6%)

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62	<b>TWARDOWSKI Bartosz</b>	<b>2143</b>		M40	22	01:06:16	<b>02:17:16.65</b>	<b>02:17:16.65</b>	+00:40:27 (29.5%)	5:58	10.1 (70.6%)
63	<b>WASILEWSKI Tomasz</b>	<b>2127</b>	AROMAT NÓG	M40	23	01:02:50	<b>02:17:38.80</b>	<b>02:17:38.80</b>	+00:40:49 (29.7%)	5:59	10 (69.9%)
64	<b>PODLEŚ Robert</b>	<b>2027</b>	COBI	M60	2	01:03:14	<b>02:18:16.45</b>	<b>02:18:16.45</b>	+00:41:27 (30.0%)	6:00	10 (69.9%)
65	<b>ŚLIWIŃSKI Andrzej</b>	<b>2053</b>		M60	3	01:04:39	<b>02:18:42.25</b>	<b>02:18:42.25</b>	+00:41:52 (30.2%)	6:01	9.9 (69.2%)
66	<b>SOWA Bogusław</b>	<b>2015</b>		M30	26	01:03:37	<b>02:18:53.15</b>	<b>02:18:53.15</b>	+00:42:03 (30.3%)	6:02	9.9 (69.2%)
67	<b>GMYREK Jacek</b>	<b>2131</b>		M40	24	01:04:47	<b>02:19:05.65</b>	<b>02:19:05.65</b>	+00:42:16 (30.4%)	6:02	9.9 (69.2%)
68	<b>TARNAWSKI Sławomir</b>	<b>2039</b>		M40	25	01:01:53	<b>02:19:14.45</b>	<b>02:19:14.45</b>	+00:42:25 (30.5%)	6:03	9.9 (69.2%)
69	<b>MICHALAK Jacek</b>	<b>2117</b>	OVIRUN	M40	26		<b>02:19:34.45</b>	<b>02:19:34.45</b>	+00:42:45 (30.6%)	6:04	9.9 (69.2%)
70	<b>FEDOR Ondrej</b>	<b>2141</b>	MARAS TEAM	M50	10	01:02:07	<b>02:19:57.05</b>	<b>02:19:57.05</b>	+00:43:07 (30.8%)	6:05	9.9 (69.2%)
71	<b>JELTEMA Bastin</b>	<b>2234</b>	WM TRISELF	M30	27	01:02:03	<b>02:20:33.60</b>	<b>02:20:33.60</b>	+00:43:44 (31.1%)	6:06	9.8 (68.5%)
72	<b>STALKA Krzysztof</b>	<b>2173</b>	STANWEX II	M30	28		<b>02:20:43.55</b>	<b>02:20:43.55</b>	+00:43:54 (31.2%)	6:07	9.8 (68.5%)
73	<b>BEŻKOWSKI Hubert</b>	<b>2049</b>		M30	29	01:04:41	<b>02:22:08.85</b>	<b>02:22:08.85</b>	+00:45:19 (31.9%)	6:10	9.7 (67.8%)
74	<b>MATUSZAK Jakub</b>	<b>2166</b>	NOWOCZESNYSPORT.PL	M30	30	01:04:27	<b>02:22:34.05</b>	<b>02:22:34.05</b>	+00:45:44 (32.1%)	6:11	9.7 (67.8%)
75	<b>OSZYWA Damian</b>	<b>2212</b>	DAMCZI RUN	M40	27	01:04:35	<b>02:22:58.25</b>	<b>02:22:58.25</b>	+00:46:08 (32.3%)	6:12	9.7 (67.8%)
76	<b>PSZONAK Damian</b>	<b>2181</b>		M30	31	01:07:59	<b>02:25:33.55</b>	<b>02:25:33.55</b>	+00:48:44 (33.5%)	6:19	9.5 (66.4%)
77	<b>STASZCZYK Michał</b>	<b>2219</b>	BKB CZARNA PERŁA	M30	32	01:06:13	<b>02:25:55.05</b>	<b>02:25:55.05</b>	+00:49:05 (33.6%)	6:20	9.5 (66.4%)
78	<b>DRZEWIECKI Jakub</b>	<b>2075</b>		M30	33	01:06:10	<b>02:26:03.35</b>	<b>02:26:03.35</b>	+00:49:14 (33.7%)	6:21	9.4 (65.7%)
79	<b>WIŚNIEWSKI Michał</b>	<b>2046</b>		M20	6	01:07:19	<b>02:29:03.90</b>	<b>02:29:03.90</b>	+00:52:14 (35.0%)	6:28	9.3 (65.0%)
80	<b>PIOTROWSKI Przemysław</b>	<b>2035</b>	NOWA HUTA TEAM	M40	28	01:09:11	<b>02:29:39.15</b>	<b>02:29:39.15</b>	+00:52:49 (35.3%)	6:30	9.2 (64.3%)
81	<b>KUBIK Michał</b>	<b>2216</b>	ATTYLA	M30	34		<b>02:30:02.95</b>	<b>02:30:02.95</b>	+00:53:13 (35.5%)	6:31	9.2 (64.3%)
82	<b>KARDASZ Jacek</b>	<b>2036</b>	ATTYLA	M40	29	01:06:35	<b>02:30:04.50</b>	<b>02:30:04.50</b>	+00:53:15 (35.5%)	6:31	9.2 (64.3%)
83	<b>KONIECZNY Mariusz</b>	<b>2231</b>		M50	11	01:10:53	<b>02:30:09.90</b>	<b>02:30:09.90</b>	+00:53:20 (35.5%)	6:31	9.2 (64.3%)
84	<b>DZIADUS Marcin</b>	<b>2042</b>		M30	35	01:04:54	<b>02:30:18.35</b>	<b>02:30:18.35</b>	+00:53:29 (35.6%)	6:32	9.2 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23km	brutto 23km			
85	<b>PIETRZAK Rafał</b>	<b>2096</b>		M30	36	01:06:46	<b>02:30:23.65</b>	<b>02:30:23.65</b>	+00:53:34 (35.6%)	6:32	9.2 (64.3%)
86	<b>SOBOL Ludwik</b>	<b>2230</b>		M50	12	01:07:40	<b>02:30:36.90</b>	<b>02:30:36.90</b>	+00:53:47 (35.7%)	6:32	9.2 (64.3%)
87	<b>DRABIK Pawel</b>	<b>2068</b>		M40	30	01:07:09	<b>02:30:42.00</b>	<b>02:30:42.00</b>	+00:53:52 (35.8%)	6:33	9.2 (64.3%)
88	<b>LEŃCZUK Andrzej</b>	<b>2167</b>		M50	13	01:07:04	<b>02:31:06.00</b>	<b>02:31:06.00</b>	+00:54:16 (35.9%)	6:34	9.1 (63.6%)
89	<b>WARZECHA Slawek</b>	<b>2082</b>	NH TEAM	M30	37	01:08:03	<b>02:31:13.05</b>	<b>02:31:13.05</b>	+00:54:23 (36.0%)	6:34	9.1 (63.6%)
90	<b>HOŁODY Łukasz</b>	<b>2081</b>	NOWA HUTA TEAM	M30	38	01:03:47	<b>02:31:21.85</b>	<b>02:31:21.85</b>	+00:54:32 (36.0%)	6:34	9.1 (63.6%)
91	<b>TROJNAR Daniel</b>	<b>2179</b>		M30	39	01:06:24	<b>02:31:29.65</b>	<b>02:31:29.65</b>	+00:54:40 (36.1%)	6:35	9.1 (63.6%)
92	<b>JEŻ Paweł</b>	<b>2180</b>		M50	14		<b>02:31:46.90</b>	<b>02:31:46.90</b>	+00:54:57 (36.2%)	6:35	9.1 (63.6%)
93	<b>MĄKA Wojciech</b>	<b>2020</b>	CTS	M40	31	01:09:02	<b>02:31:49.25</b>	<b>02:31:49.25</b>	+00:54:59 (36.2%)	6:36	9.1 (63.6%)
94	<b>WÓJCIK Jerzy</b>	<b>2203</b>		M30	40	01:13:12	<b>02:32:54.65</b>	<b>02:32:54.65</b>	+00:56:05 (36.7%)	6:38	9 (62.9%)
95	<b>JAWORSKI Tomasz</b>	<b>2155</b>		M50	15	01:11:10	<b>02:33:39.10</b>	<b>02:33:39.10</b>	+00:56:49 (37.0%)	6:40	9 (62.9%)
96	<b>KORNET Przemysław</b>	<b>2142</b>		M30	41	01:06:03	<b>02:34:35.05</b>	<b>02:34:35.05</b>	+00:57:45 (37.4%)	6:43	8.9 (62.2%)
97	<b>FIGIEL Michał</b>	<b>2026</b>	AHOJ PRZYGODO LUBLIN	M40	32	01:06:28	<b>02:34:47.55</b>	<b>02:34:47.55</b>	+00:57:58 (37.5%)	6:43	8.9 (62.2%)
98	<b>OLECH Jakub</b>	<b>2153</b>		M20	7	01:04:51	<b>02:34:56.20</b>	<b>02:34:56.20</b>	+00:58:06 (37.5%)	6:44	8.9 (62.2%)
99	<b>ŁĄCZNY Marcin</b>	<b>2213</b>	GALOPUJĄCE DŹDŹOWNICE	M30	42	01:10:43	<b>02:35:55.45</b>	<b>02:35:55.45</b>	+00:59:06 (37.9%)	6:46	8.9 (62.2%)
100	<b>MAZEK Łukasz</b>	<b>2116</b>	STOPKA PILAWA	M30	43	01:08:37	<b>02:37:12.40</b>	<b>02:37:12.40</b>	+01:00:23 (38.4%)	6:50	8.8 (61.5%)
101	<b>WYBRANIEC Wojciech</b>	<b>2232</b>	SKL SUCHA BESKIDZKA MASTERS	M40	33		<b>02:39:15.80</b>	<b>02:39:15.80</b>	+01:02:26 (39.2%)	6:55	8.7 (60.8%)
102	<b>STERNIK Daniel</b>	<b>2094</b>	NAJWIEKSZA ARMIA ŚWIATA	M40	34	01:12:33	<b>02:39:34.15</b>	<b>02:39:34.15</b>	+01:02:44 (39.3%)	6:56	8.6 (60.1%)
103	<b>KRYSIAK Krzysztof</b>	<b>2009</b>		M50	16	01:13:41	<b>02:40:29.35</b>	<b>02:40:29.35</b>	+01:03:40 (39.7%)	6:58	8.6 (60.1%)
104	<b>KIEPAS Marcin</b>	<b>2187</b>		M40	35		<b>02:41:18.60</b>	<b>02:41:18.60</b>	+01:04:29 (40.0%)	7:00	8.6 (60.1%)
105	<b>CICHORACKI Patryk</b>	<b>2032</b>	INTO THE WILD	M30	44	01:08:06	<b>02:41:26.05</b>	<b>02:41:26.05</b>	+01:04:36 (40.0%)	7:01	8.5 (59.4%)
106	<b>BOROWSKI Robert</b>	<b>2196</b>		M30	45	01:08:33	<b>02:41:52.85</b>	<b>02:41:52.85</b>	+01:05:03 (40.2%)	7:02	8.5 (59.4%)
107	<b>GRYNIENKO Paweł</b>	<b>2063</b>		M30	46	01:08:26	<b>02:41:55.40</b>	<b>02:41:55.40</b>	+01:05:06 (40.2%)	7:02	8.5 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
108	<b>WOŻNY Łukasz</b>	<b>2175</b>		M30	47	01:13:30	<b>02:42:15.65</b>	<b>02:42:15.65</b>	+01:05:26 (40.3%)	7:03	8.5 (59.4%)
109	<b>WINIARCZYK Łukasz</b>	<b>2043</b>	MIKI&OLEK&JEREMI	M40	36	01:15:14	<b>02:42:20.45</b>	<b>02:42:20.45</b>	+01:05:31 (40.4%)	7:03	8.5 (59.4%)
110	<b>GADOMSKI Grzegorz</b>	<b>2017</b>		M30	48	01:11:45	<b>02:42:23.85</b>	<b>02:42:23.85</b>	+01:05:34 (40.4%)	7:03	8.5 (59.4%)
111	<b>MACHNIKOWSKI Paweł</b>	<b>2016</b>		M30	49	01:16:09	<b>02:42:27.35</b>	<b>02:42:27.35</b>	+01:05:38 (40.4%)	7:03	8.5 (59.4%)
112	<b>FIECEK Paweł</b>	<b>2176</b>	ŚWINKI TRZY	M40	37		<b>02:42:36.45</b>	<b>02:42:36.45</b>	+01:05:47 (40.5%)	7:04	8.5 (59.4%)
113	<b>RĘKAS Michał</b>	<b>2070</b>	RAPTOWNI	M30	50	01:14:54	<b>02:42:40.65</b>	<b>02:42:40.65</b>	+01:05:51 (40.5%)	7:04	8.5 (59.4%)
114	<b>JANAS Piotr</b>	<b>2217</b>		M20	8	01:14:57	<b>02:43:10.75</b>	<b>02:43:10.75</b>	+01:06:21 (40.7%)	7:05	8.5 (59.4%)
115	<b>TOMASZEK Marcin</b>	<b>2047</b>		M40	38	01:10:17	<b>02:45:50.60</b>	<b>02:45:50.60</b>	+01:09:01 (41.6%)	7:12	8.3 (58.0%)
116	<b>LEWICKI Wojciech</b>	<b>2221</b>	WŻW RZESZÓW	M30	51	01:18:35	<b>02:46:35.30</b>	<b>02:46:35.30</b>	+01:09:46 (41.9%)	7:14	8.3 (58.0%)
117	<b>ŁABUZ Paweł</b>	<b>2085</b>	INTERNATIONAL POLICE ASSOCIATION IPA REGION PRZEMYŚL	M40	39	01:14:13	<b>02:47:15.95</b>	<b>02:47:15.95</b>	+01:10:26 (42.1%)	7:16	8.3 (58.0%)
118	<b>BĘTKOWSKI Tomasz</b>	<b>2229</b>	NIEZALEŻNY	M40	40	01:18:55	<b>02:47:38.40</b>	<b>02:47:38.40</b>	+01:10:49 (42.2%)	7:17	8.2 (57.3%)
119	<b>GUZEK Kamil</b>	<b>2125</b>	WARRIORS ŁÓDŹ	M20	9	01:09:23	<b>02:47:47.55</b>	<b>02:47:47.55</b>	+01:10:58 (42.3%)	7:17	8.2 (57.3%)
120	<b>HEBANOWSKI Łukasz</b>	<b>2215</b>		M40	41	01:15:36	<b>02:47:57.10</b>	<b>02:47:57.10</b>	+01:11:07 (42.4%)	7:18	8.2 (57.3%)
121	<b>BIEDROŃ Artur</b>	<b>2119</b>	ERP HEART TEAM	M40	42	01:17:22	<b>02:48:25.15</b>	<b>02:48:25.15</b>	+01:11:35 (42.5%)	7:19	8.2 (57.3%)
122	<b>PIĄSTKA Daniel</b>	<b>2134</b>		M40	43	01:10:47	<b>02:48:44.30</b>	<b>02:48:44.30</b>	+01:11:55 (42.6%)	7:20	8.2 (57.3%)
123	<b>ZDEB Piotr</b>	<b>2025</b>	AHOJ PRZYGODO LUBLIN	M40	44	01:07:32	<b>02:49:12.90</b>	<b>02:49:12.90</b>	+01:12:23 (42.8%)	7:21	8.2 (57.3%)
124	<b>CZACHOWSKI Michał</b>	<b>2151</b>		M50	17	01:26:26	<b>02:49:31.30</b>	<b>02:49:31.30</b>	+01:12:42 (42.9%)	7:22	8.1 (56.6%)
125	<b>ZIĘTEK Krzysztof</b>	<b>2183</b>	ADIDAS RUNNERS	M50	18	01:18:12	<b>02:49:53.35</b>	<b>02:49:53.35</b>	+01:13:04 (43.0%)	7:23	8.1 (56.6%)
126	<b>PASTWA Grzegorz</b>	<b>2092</b>		M30	52	01:21:35	<b>02:51:03.20</b>	<b>02:51:03.20</b>	+01:14:13 (43.4%)	7:26	8.1 (56.6%)
127	<b>WABNO Wojciech</b>	<b>2057</b>	PORANNY PATROL	M20	10	01:20:44	<b>02:51:26.55</b>	<b>02:51:26.55</b>	+01:14:37 (43.5%)	7:27	8 (55.9%)
128	<b>BOBYK Paweł</b>	<b>2157</b>	SANOK BIEGA	M40	45	01:19:17	<b>02:52:01.60</b>	<b>02:52:01.60</b>	+01:15:12 (43.7%)	7:28	8 (55.9%)
129	<b>WASIEWICZ Michał</b>	<b>2101</b>		M40	46	01:20:51	<b>02:54:43.65</b>	<b>02:54:43.65</b>	+01:17:54 (44.6%)	7:35	7.9 (55.2%)
130	<b>KASPEREK Ireneusz</b>	<b>2078</b>	#THEWINEFEELS	M40	47	01:22:27	<b>02:55:39.35</b>	<b>02:55:39.35</b>	+01:18:50 (44.9%)	7:38	7.9 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
131	<b>MATYSEK Ireneusz</b>	<b>2132</b>	KOMANDOS WAŁECKI	M60	4	01:23:18	<b>02:56:26.45</b>	<b>02:56:26.45</b>	+01:19:37 (45.1%)	7:40	7.8 (54.5%)
132	<b>GORAJEK Michał</b>	<b>2040</b>	LILA&ALA	M40	48	01:22:18	<b>02:57:03.60</b>	<b>02:57:03.60</b>	+01:20:14 (45.3%)	7:41	7.8 (54.5%)
133	<b>RYŻYŃSKI Tomasz</b>	<b>2104</b>	CHEŁM BIEGA	M40	49	01:22:32	<b>02:57:20.75</b>	<b>02:57:20.75</b>	+01:20:31 (45.4%)	7:42	7.8 (54.5%)
134	<b>MANCZAK Rafał</b>	<b>2011</b>		M40	50	01:29:52	<b>02:57:59.60</b>	<b>02:57:59.60</b>	+01:21:10 (45.6%)	7:44	7.8 (54.5%)
135	<b>DONART Michał</b>	<b>2228</b>		M30	53	01:19:42	<b>02:58:33.70</b>	<b>02:58:33.70</b>	+01:21:44 (45.8%)	7:45	7.7 (53.8%)
136	<b>OLEKSY Przemysław</b>	<b>2209</b>		M40	51	01:19:45	<b>02:58:54.30</b>	<b>02:58:54.30</b>	+01:22:05 (45.9%)	7:46	7.7 (53.8%)
137	<b>KOZIARA Patryk</b>	<b>2162</b>	DZIKIE MUSTANGI	M30	54	01:17:26	<b>03:00:13.80</b>	<b>03:00:13.80</b>	+01:23:24 (46.3%)	7:50	7.7 (53.8%)
138	<b>TOKARZ Adrian</b>	<b>2007</b>	DZIKIE MUSTANGI	M40	52	01:17:11	<b>03:00:16.45</b>	<b>03:00:16.45</b>	+01:23:27 (46.3%)	7:50	7.7 (53.8%)
139	<b>ZIELIŃSKI Konrad</b>	<b>2224</b>		M20	11	01:22:05	<b>03:00:45.45</b>	<b>03:00:45.45</b>	+01:23:56 (46.4%)	7:51	7.6 (53.1%)
140	<b>KRZEMINSKI Mateusz</b>	<b>2033</b>		M30	55	01:18:31	<b>03:01:15.25</b>	<b>03:01:15.25</b>	+01:24:25 (46.6%)	7:52	7.6 (53.1%)
141	<b>ROSOWSKI Robert</b>	<b>2227</b>		M40	53	01:18:59	<b>03:01:53.15</b>	<b>03:01:53.15</b>	+01:25:03 (46.8%)	7:54	7.6 (53.1%)
142	<b>PACIOREK Hubert</b>	<b>2113</b>	COBRA TEAM	M30	56	01:24:59	<b>03:05:34.35</b>	<b>03:05:34.35</b>	+01:28:45 (47.8%)	8:04	7.4 (51.7%)
143	<b>MACHNIKOWSKI Ireneusz</b>	<b>2005</b>	LUBARTOWSKI BEERGACZ	M50	19	01:28:42	<b>03:06:50.05</b>	<b>03:06:50.05</b>	+01:30:00 (48.2%)	8:07	7.4 (51.7%)
144	<b>GUMNY Grzegorz</b>	<b>2073</b>		M40	54	01:11:30	<b>03:07:20.75</b>	<b>03:07:20.75</b>	+01:30:31 (48.3%)	8:08	7.4 (51.7%)
145	<b>TOMASZEWSKI Robert</b>	<b>2056</b>	BRACIAT	M40	55	01:20:38	<b>03:08:17.10</b>	<b>03:08:17.10</b>	+01:31:27 (48.6%)	8:11	7.3 (51.0%)
146	<b>KUŁAKOWSKI Piotr</b>	<b>2052</b>	CZŁAPACZE	M60	5	01:30:05	<b>03:11:00.05</b>	<b>03:11:00.05</b>	+01:34:10 (49.3%)	8:18	7.2 (50.3%)
147	<b>RAKOWSKI Przemysław</b>	<b>2059</b>		M50	20	01:59:04	<b>03:17:56.10</b>	<b>03:17:56.10</b>	+01:41:06 (51.1%)	8:36	7 (49.0%)
148	<b>KOŃKA Mariusz</b>	<b>2066</b>	BOGDAN TEAM	M50	21	01:22:14	<b>03:19:18.10</b>	<b>03:19:18.10</b>	+01:42:28 (51.4%)	8:39	6.9 (48.3%)
149	<b>JURKIAN Michał Jan</b>	<b>2091</b>	BOGDAN TEAM	M50	22	01:23:40	<b>03:19:22.00</b>	<b>03:19:22.00</b>	+01:42:32 (51.4%)	8:40	6.9 (48.3%)
150	<b>OBARSKI Norbert</b>	<b>2087</b>		M60	6	01:36:59	<b>03:36:03.00</b>	<b>03:36:03.00</b>	+01:59:13 (55.2%)	9:23	6.4 (44.8%)
151	<b>ŁASZKIEWICZ Piotr</b>	<b>2103</b>	ATHLETICS TEAM PRUSICE	M60	7	01:36:49	<b>03:37:31.30</b>	<b>03:37:31.30</b>	+02:00:42 (55.5%)	9:27	6.3 (44.1%)
152	<b>DZIURUŃ Paweł</b>	<b>2112</b>		M40	56	02:01:40	<b>03:37:36.15</b>	<b>03:37:36.15</b>	+02:00:46 (55.5%)	9:27	6.3 (44.1%)
153	<b>KACZKIEWICZ Damian</b>	<b>2211</b>	NIGHT RUNNERS GLIWICE	M40	57		<b>03:43:04.80</b>	<b>03:43:04.80</b>	+02:06:15 (56.6%)	9:41	6.2 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
154	<b>REY Andrzej</b>	<b>2100</b>	REYRUNNINGTEAM	M40	58	01:49:41	<b>04:35:25.75</b>	<b>04:35:25.75</b>	+02:58:36 (64.8%)	11:58	5 (35.0%)
155	<b>ZĄBEK Paweł</b>	<b>2124</b>		M40	59	01:12:28			+00:27:04	8:03	7.5 (52.4%)
156	<b>TOMASZEWSKI Piotr</b>	<b>2055</b>	BRACIAT	M40	60	01:20:41			+00:35:17	8:57	6.7 (46.9%)
157	<b>TOMASZEWSKI Wojtek</b>	<b>2210</b>	BRACIAT	M40	61	01:22:36			+00:37:12	9:10	6.5 (45.5%)

Znaleziono 157 wynik(ów)