



# RUN FORREST - GREAT COMEBACK

B4SPORT

**Organizator:**

Igrzyska Bohaterów

**Data:**

2022-04-01

**Miejsce:**

Polska

**Dystans:**

800 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-OPEN

| Msc | Zawodnik          | Numer | Klub                                    | Kategoria     | Mkat | Drużyna 1                               | Dystans  | Różn | Tempo min/km | Tempo km/h    |
|-----|-------------------|-------|-----------------------------------------|---------------|------|-----------------------------------------|----------|------|--------------|---------------|
| 1   | SPYRA Kamil       | 356   | SPYROWKA                                | Senior 2 - M  | 1    | Spyrowka                                | 800,0 KM | 0    | 5:47         | 10.4 (100%)   |
| 2   | SPYRA Kamil       | 387   | SPYROWKA                                | Senior 2 - M  | 2    | Spyrowka                                | 800,0 KM | 0    | 7:53         | 7.6 (73.1%)   |
| 3   | NIEŚŁONY Ryszard  | 384   | MALINOWE GWIAZDY                        | Weteran 2 - M | 1    | MALINOWE GWIAZDY                        | 800,0 KM | 0    | 27:45        | 2.2 (21.2%)   |
| 4   | OLEJNICZAK Kamil  | 20    |                                         | Senior 1 - M  | 1    |                                         | 800,0 KM | 0    | 5:08         | 11.7 (112.5%) |
| 5   | LIZAK Wojciech    | 350   | TL ATHLETICS                            | Masters - M   | 1    | Weseli Biegacze                         | 800,0 KM | 0    | 8:53         | 6.8 (65.4%)   |
| 6   | LIZAK Wojciech    | 319   | TL ATHLETICS                            | Masters - M   | 2    | Weseli Biegacze                         | 800,0 KM | 0    | 7:44         | 7.7 (74.0%)   |
| 7   | JASIŃSKI Max      | 368   | MARO TEAM JASTRZĘBIE - ŻORY             | Weteran 2 - M | 2    | MARO Team Jastrzębie-Żory               | 800,0 KM | 0    | 12:32        | 4.8 (46.2%)   |
| 8   | TORBIŃSKI Wiesław | 2     |                                         | Weteran 2 - M | 3    | Żółwie, wilki i niedźwiedzie            | 800,0 KM | 0    | 7:57         | 7.5 (72.1%)   |
| 9   | FLANDERS Ned      | 313   | REBELLION OF FREE RUNNERS               | Masters - M   | 3    | Rebellion Of Free Runners               | 800,0 KM | 0    | 10:17        | 5.8 (55.8%)   |
| 10  | SZMYD Arkadiusz   | 376   | MARO TEAM JASTRZĘBIE-ŻORY               | Senior 2 - M  | 3    | MARO Team Jastrzębie-Żory               | 800,0 KM | 0    | 10:47        | 5.6 (53.8%)   |
| 11  | CHOLEWA Jerzy     | 24    |                                         | Weteran 2 - M | 4    |                                         | 800,0 KM | 0    | 15:09        | 4 (38.5%)     |
| 12  | STACHOŃ Karol     | 389   | SMS ZAKOPANE UKS REGLE                  | Junior 2 - M  | 1    |                                         | 800,0 KM | 0    | 4:54         | 12.2 (117.3%) |
| 13  | LIZAK Wojciech    | 364   | TL ATHLETICS                            | Masters - M   | 4    | Weseli Biegacze                         | 800,0 KM | 0    | 8:07         | 7.4 (71.2%)   |
| 14  | STACHOŃ Daniel    | 388   | STACHOŃSKI ZAKOPANE                     | Senior 2 - M  | 4    |                                         | 800,0 KM | 0    | 5:57         | 10.1 (97.1%)  |
| 15  | BABISZ Piotr      | 233   |                                         | Masters - M   | 5    |                                         | 800,0 KM | 0    | 13:36        | 4.4 (42.3%)   |
| 16  | OSTAPCZUK Piotr   | 307   | TOWARZYSTWO GIMNASTYCZNE SOKÓŁ ZAKOPANE | Junior 2 - M  | 2    | Towarzystwo Gimnastyczne Sokół Zakopane | 800,0 KM | 0    | 9:05         | 6.6 (63.5%)   |

| Msc | Zawodnik                 | Numer | Klub                                       | Kategoria     | Mkat | Drużyna 1                               | Dystans  |   | Różn | Tempo min/km | Tempo km/h    |
|-----|--------------------------|-------|--------------------------------------------|---------------|------|-----------------------------------------|----------|---|------|--------------|---------------|
| 17  | BEDNARZ Jakub            | 156   | THE BEZ TEAM POLAND/ BIEGANIE NA SZCZYTACH | Masters - M   | 6    |                                         | 800,0 KM | 0 |      | 10:21        | 5.8 (55.8%)   |
| 18  | KOWALCZYK Kazimierz      | 178   | KS MURZASICHLE                             | Weteran 1 - M | 1    | Towarzystwo Gimnastyczne Sokół Zakopane | 800,0 KM | 0 |      | 5:56         | 10.1 (97.1%)  |
| 19  | SZWED II Krzysztof       | 357   | ŻÓŁWIE, WILKI I NIEDŹWIEDZIE               | Weteran 1 - M | 2    | Żółwie, wilki i niedźwiedzie            | 800,0 KM | 0 |      | 5:45         | 10.4 (100%)   |
| 20  | SZWED Krzysztof          | 267   | WKB META LUBLINIEC                         | Weteran 1 - M | 3    | Żółwie, wilki i niedźwiedzie            | 800,0 KM | 0 |      | 5:24         | 11.1 (106.7%) |
| 21  | BEHOUNEK Leszek          | 66    |                                            | Weteran 2 - M | 5    | Towarzystwo Gimnastyczne Sokół Zakopane | 800,0 KM | 0 |      | 7:24         | 8.1 (77.9%)   |
| 22  | SZWED III Krzysztof      | 373   | WKB META LUBLINIEC                         | Weteran 1 - M | 4    | Żółwie, wilki i niedźwiedzie            | 800,0 KM | 0 |      | 5:20         | 11.2 (107.7%) |
| 23  | SĘTKOWSKI Przemysław     | 360   | ROSSMANN                                   | Senior 2 - M  | 5    | Rossmann                                | 800,0 KM | 0 |      | 11:34        | 5.2 (50.0%)   |
| 24  | MASTER OF SHADOW Demonio | 358   |                                            | Weteran 1 - M | 5    | Żółwie, wilki i niedźwiedzie            | 800,0 KM | 0 |      | 9:46         | 6.1 (58.7%)   |
| 25  | WILK Dariusz             | 59    |                                            | Weteran 1 - M | 6    |                                         | 800,0 KM | 0 |      | 8:39         | 6.9 (66.3%)   |
| 26  | ZĄBCZYŃSKI Dominik       | 1     | KU AZS UKW                                 | Weteran 1 - M | 7    | Żółwie, wilki i niedźwiedzie            | 800,0 KM | 0 |      | 9:41         | 6.2 (59.6%)   |
| 27  | PRYMULA Stanisław        | 343   |                                            | Masters - M   | 7    |                                         | 800,0 KM | 0 |      | 6:36         | 9.1 (87.5%)   |
| 28  | IN THE LITTER The First  | 371   |                                            | Weteran 1 - M | 8    | Żółwie, wilki i niedźwiedzie            | 800,0 KM | 0 |      | 9:18         | 6.5 (62.5%)   |
| 29  | RYKALSKI Damian          | 235   | KB MCKIS JAWORZNO                          | Masters - M   | 8    |                                         | 800,0 KM | 0 |      | 5:35         | 10.7 (102.9%) |
| 30  | PUDZISZ Ryszard          | 285   | MOK MSZANA DOLNA                           | Weteran 1 - M | 9    |                                         | 800,0 KM | 0 |      | 5:30         | 10.9 (104.8%) |
| 31  | WINIARSKI Dariusz        | 46    |                                            | Weteran 1 - M | 10   |                                         | 800,0 KM | 0 |      | 12:17        | 4.9 (47.1%)   |
| 32  | MURAWSKI Przemysław      | 340   |                                            | Weteran 1 - M | 11   |                                         | 800,0 KM | 0 |      | 10:47        | 5.6 (53.8%)   |
| 33  | KUBIN Ireneusz           | 226   | TG SOKÓŁ ZAKOPANE                          | Weteran 1 - M | 12   | Towarzystwo Gimnastyczne Sokół Zakopane | 800,0 KM | 0 |      | 20:03        | 3 (28.8%)     |
| 34  | PODKAŃSKI Krzysztof      | 28    |                                            | Weteran 1 - M | 13   |                                         | 800,0 KM | 0 |      | 8:06         | 7.4 (71.2%)   |
| 35  | PARZUCHOWSKI Paweł       | 161   |                                            | Senior 2 - M  | 6    |                                         | 800,0 KM | 0 |      | 11:56        | 5 (48.1%)     |
| 36  | MĄKA Rafał               | 118   | WARTKIE ZBÓJE                              | Masters - M   | 9    | Wartkie Zbóje                           | 800,0 KM | 0 |      | 6:08         | 9.8 (94.2%)   |
| 37  | TEOFILAK Edward          | 82    | REBELLION OF FREE RUNNERS                  | Weteran 1 - M | 14   | Rebellion Of Free Runners               | 800,0 KM | 0 |      | 27:32        | 2.2 (21.2%)   |
| 38  | BATOR Zbigniew           | 85    |                                            | Weteran 2 - M | 6    |                                         | 800,0 KM | 0 |      | 8:23         | 7.1 (68.3%)   |
| 39  | SZUL Andrzej             | 110   | ZAKOPIAŃSKA LIGA BIEGOWA                   | Weteran 2 - M | 7    |                                         | 800,0 KM | 0 |      | 16:20        | 3.7 (35.6%)   |
| 40  | DZIEDZIC Józef           | 196   | ZABIEGANY WOŁOMIN                          | Weteran 1 - M | 15   |                                         | 800,0 KM | 0 |      | 12:27        | 4.8 (46.2%)   |

| Msc | Zawodnik                        | Numer | Klub                      | Kategoria     | Mkat | Drużyna 1                               | Dystans  |   | Różn | Tempo min/km | Tempo km/h    |
|-----|---------------------------------|-------|---------------------------|---------------|------|-----------------------------------------|----------|---|------|--------------|---------------|
| 41  | DUDEK Robert                    | 16    |                           | Masters - M   | 10   |                                         | 800,0 KM | 0 |      | 14:16        | 4.2 (40.4%)   |
| 42  | WTULICH Arkadiusz               | 212   |                           | Masters - M   | 11   |                                         | 800,0 KM | 0 |      | 7:58         | 7.5 (72.1%)   |
| 43  | SERAFIN Dariusz                 | 362   | TG. SOKÓŁ ZAKOPANE        | Weteran 1 - M | 16   | Towarzystwo Gimnastyczne Sokół Zakopane | 800,0 KM | 0 |      | 8:02         | 7.5 (72.1%)   |
| 44  | WILIŃSKI Marek                  | 308   |                           | Weteran 2 - M | 8    |                                         | 800,0 KM | 0 |      | 41:44        | 1.4 (13.5%)   |
| 45  | RAKOWSKI Krzysztof              | 140   |                           | Masters - M   | 12   |                                         | 800,0 KM | 0 |      | 6:15         | 9.6 (92.3%)   |
| 46  | KORDZIŃSKI Kazimierz Franciszek | 11    | MAFIA TEAM LUBLINIEC      | Weteran 2 - M | 9    | Mafia Team Lubliniec                    | 800,0 KM | 0 |      | 7:36         | 7.9 (76.0%)   |
| 47  | WYDRA Czywygra                  | 42    |                           | Senior 2 - M  | 7    | Rebellion Of Free Runners               | 800,0 KM | 0 |      | 10:47        | 5.6 (53.8%)   |
| 48  | ZAWIERUCHA Aleksander           | 72    | MARO TEAM JASTRZĘBIE-ŻORY | Weteran 1 - M | 17   | MARO Team Jastrzębie-Żory               | 800,0 KM | 0 |      | 14:23        | 4.2 (40.4%)   |
| 49  | BURY Jarosław                   | 10    | TURYŚCI                   | Senior 2 - M  | 8    |                                         | 800,0 KM | 0 |      | 6:54         | 8.7 (83.7%)   |
| 50  | JASIŃSKI Maksymilian            | 133   |                           | Weteran 2 - M | 10   | MARO Team Jastrzębie-Żory               | 800,0 KM | 0 |      | 13:00        | 4.6 (44.2%)   |
| 51  | KŁECZEK Grzegorz                | 355   |                           | Masters - M   | 13   |                                         | 800,0 KM | 0 |      | 11:31        | 5.2 (50.0%)   |
| 52  | ZELECHOWSKI Zbigniew            | 57    |                           | Masters - M   | 14   |                                         | 800,0 KM | 0 |      | 7:05         | 8.5 (81.7%)   |
| 53  | WOLNY Ariel                     | 257   |                           | Masters - M   | 15   |                                         | 800,0 KM | 0 |      | 5:58         | 10.1 (97.1%)  |
| 54  | MITER Damian                    | 142   |                           | Senior 2 - M  | 9    |                                         | 800,0 KM | 0 |      | 6:03         | 9.9 (95.2%)   |
| 55  | PACHOWICZ Maciej                | 132   |                           | Masters - M   | 16   |                                         | 800,0 KM | 0 |      | 10:36        | 5.7 (54.8%)   |
| 56  | SOLECKI Marek                   | 324   |                           | Weteran 1 - M | 18   |                                         | 800,0 KM | 0 |      | 6:44         | 8.9 (85.6%)   |
| 57  | KROK Krzysztof                  | 348   |                           | Weteran 1 - M | 19   |                                         | 800,0 KM | 0 |      | 12:13        | 4.9 (47.1%)   |
| 58  | ADAMEK Adam                     | 219   |                           | Senior 2 - M  | 10   |                                         | 800,0 KM | 0 |      | 17:17        | 3.5 (33.7%)   |
| 59  | MAZELA Sylwek                   | 209   | NGB KŁOBUCK               | Weteran 1 - M | 20   |                                         | 800,0 KM | 0 |      | 5:30         | 10.9 (104.8%) |
| 60  | SWOBODA Leszek                  | 181   |                           | Masters - M   | 17   | Mafia Team Lubliniec                    | 800,0 KM | 0 |      | 6:43         | 8.9 (85.6%)   |
| 61  | MĄDRY Grzegorz                  | 107   |                           | Weteran 2 - M | 11   |                                         | 800,0 KM | 0 |      | 8:28         | 7.1 (68.3%)   |
| 62  | TOMCZAK Piotr                   | 88    | REBELLION OD FREE RUNNERS | Masters - M   | 18   | Rebellion Of Free Runners               | 800,0 KM | 0 |      | 9:55         | 6 (57.7%)     |
| 63  | MIKETA Marek                    | 363   |                           | Masters - M   | 19   |                                         | 800,0 KM | 0 |      | 19:32        | 3.1 (29.8%)   |
| 64  | PRZYBYLAK Paweł                 | 69    |                           | Weteran 1 - M | 21   |                                         | 800,0 KM | 0 |      | 11:10        | 5.4 (51.9%)   |

| Msc | Zawodnik                     | Numer | Klub                      | Kategoria     | Mkat | Drużyna 1                               | Dystans  |   | Różn | Tempo min/km | Tempo km/h    |
|-----|------------------------------|-------|---------------------------|---------------|------|-----------------------------------------|----------|---|------|--------------|---------------|
| 65  | PEŁCZYŃSKI Tomasz            | 61    | BESKIDA TEAM              | Masters - M   | 20   |                                         | 800,0 KM | 0 |      | 9:43         | 6.2 (59.6%)   |
| 66  | HAŁAS Marcin                 | 297   |                           | Senior 2 - M  | 11   |                                         | 800,0 KM | 0 |      | 8:56         | 6.7 (64.4%)   |
| 67  | BIALEK Arkadiusz             | 34    |                           | Senior 2 - M  | 12   |                                         | 800,0 KM | 0 |      | 5:23         | 11.1 (106.7%) |
| 68  | ZAWIERUCHA Olo               | 365   | MARO TEAM JASTRZĘBIE-ŻORY | Weteran 1 - M | 22   | MARO Team Jastrzębie-Żory               | 800,0 KM | 0 |      | 13:51        | 4.3 (41.3%)   |
| 69  | PASIERB Grzegorz             | 87    |                           | Masters - M   | 21   | Decarun Rzeszów                         | 800,0 KM | 0 |      | 22:21        | 2.7 (26.0%)   |
| 70  | WOJCIECHOWSKI Michał         | 15    |                           | Senior 2 - M  | 13   | Inhibace                                | 800,0 KM | 0 |      | 7:40         | 7.8 (75.0%)   |
| 71  | IDZIKOWSKI Arkadiusz         | 70    |                           | Weteran 1 - M | 23   |                                         | 800,0 KM | 0 |      | 9:40         | 6.2 (59.6%)   |
| 72  | WOSZCZAK Krystian            | 112   |                           | Senior 2 - M  | 14   |                                         | 800,0 KM | 0 |      | 5:12         | 11.5 (110.6%) |
| 73  | MACHARZYŃSKI Piotr           | 139   | SZARE MORSY               | Masters - M   | 22   |                                         | 800,0 KM | 0 |      | 8:13         | 7.3 (70.2%)   |
| 74  | ZAWIERUCHA Tomasz            | 146   |                           | Masters - M   | 23   |                                         | 800,0 KM | 0 |      | 5:11         | 11.6 (111.5%) |
| 75  | KOZŁOWSKI Dawid              | 150   |                           | Senior 2 - M  | 15   |                                         | 800,0 KM | 0 |      | 4:40         | 12.8 (123.1%) |
| 76  | ANDREJCZUK Wiatek            | 345   |                           | Weteran 2 - M | 12   |                                         | 800,0 KM | 0 |      | 10:46        | 5.6 (53.8%)   |
| 77  | BARNOWSKI Przemysław         | 177   | ZABIEGAM O CZYSTĄ POLSKĘ  | Masters - M   | 24   |                                         | 800,0 KM | 0 |      | 6:47         | 8.8 (84.6%)   |
| 78  | BALCEROWSKI Rafał            | 287   | RBALCER76                 | Masters - M   | 25   | RBalcer76                               | 800,0 KM | 0 |      | 5:26         | 11 (105.8%)   |
| 79  | SUŁEK Wojciech               | 167   | T.G. SOKÓŁ ZAKOPANE       | Masters - M   | 26   | Towarzystwo Gimnastyczne Sokół Zakopane | 800,0 KM | 0 |      | 6:23         | 9.4 (90.4%)   |
| 80  | CHACHUŁA Piotr               | 213   |                           | Masters - M   | 27   |                                         | 800,0 KM | 0 |      | 7:35         | 7.9 (76.0%)   |
| 81  | KACPRZYCKI Artur             | 137   | MAFIA TEAM LUBLINIEC      | Masters - M   | 28   | Mafia Team Lubliniec                    | 800,0 KM | 0 |      | 5:43         | 10.5 (101%)   |
| 82  | SZYM CZYŃSKI Jarosław Marian | 240   | REBELLION OF FREE RUNNERS | Weteran 1 - M | 24   | Rebellion Of Free Runners               | 800,0 KM | 0 |      | 6:20         | 9.5 (91.3%)   |
| 83  | RAJWA Jan                    | 155   | BZIEGACZE                 | Senior 2 - M  | 16   | Bziegacze                               | 800,0 KM | 0 |      | 4:59         | 12 (115.4%)   |
| 84  | GABZDYL Tomasz               | 187   |                           | Masters - M   | 29   |                                         | 800,0 KM | 0 |      | 11:06        | 5.4 (51.9%)   |
| 85  | DUPLA Konrad                 | 130   | MAFIA TEAM LUBLINIEC      | Masters - M   | 30   | Mafia Team Lubliniec                    | 800,0 KM | 0 |      | 5:27         | 11 (105.8%)   |
| 86  | RATKA-MATEJKO Marcin         | 19    |                           | Senior 2 - M  | 17   |                                         | 800,0 KM | 0 |      | 5:53         | 10.2 (98.1%)  |
| 87  | KLAMERUS Maciej              | 163   |                           | Weteran 1 - M | 25   |                                         | 800,0 KM | 0 |      | 10:05        | 5.9 (56.7%)   |
| 88  | JACKOWSKI Tomasz             | 175   | SUPERPIECHURZY            | Masters - M   | 31   |                                         | 800,0 KM | 0 |      | 14:39        | 4.1 (39.4%)   |

| Msc | Zawodnik              | Numer | Klub                      | Kategoria     | Mkat | Drużyna 1                 | Dystans  |   | Różn | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|---------------------------|---------------|------|---------------------------|----------|---|------|--------------|-------------|
| 89  | KARPIEL Grzegorz      | 170   |                           | Masters - M   | 32   |                           | 800,0 KM | 0 |      | 6:57         | 8.6 (82.7%) |
| 90  | WINIARSKI Adam        | 180   |                           | Weteran 1 - M | 26   |                           | 800,0 KM | 0 |      | 7:31         | 8 (76.9%)   |
| 91  | KLIMCZAK Marek        | 195   |                           | Masters - M   | 33   | Rebellion Of Free Runners | 800,0 KM | 0 |      | 9:04         | 6.6 (63.5%) |
| 92  | LIZAK Grzegorz        | 216   |                           | Senior 2 - M  | 18   | Weseli Biegacze           | 800,0 KM | 0 |      | 10:39        | 5.6 (53.8%) |
| 93  | DARIUSZ Walkowski     | 322   | AUGUSTEM                  | Weteran 1 - M | 27   |                           | 800,0 KM | 0 |      | 7:05         | 8.5 (81.7%) |
| 94  | KUPCZYK Radosław      | 327   | TAM & TU                  | Weteran 1 - M | 28   | Tam & Tu                  | 800,0 KM | 0 |      | 16:39        | 3.6 (34.6%) |
| 95  | BABINICZ Andrzej      | 3     | MIĘTOWE MARUDY TEAM       | Masters - M   | 34   | Miętowe Marudy Team       | 800,0 KM | 0 |      | 17:13        | 3.5 (33.7%) |
| 96  | CIEŚLAK Krzysztof     | 292   | REBELLION OF FREE RUNNERS | Senior 2 - M  | 19   | Rebellion Of Free Runners | 800,0 KM | 0 |      | 6:35         | 9.1 (87.5%) |
| 97  | PTASZYŃSKI Krzysztof  | 56    |                           | Weteran 2 - M | 13   |                           | 800,0 KM | 0 |      | 7:11         | 8.3 (79.8%) |
| 98  | KARPIEL Kacper        | 171   | UKS REGLE                 | Junior 2 - M  | 3    |                           | 800,0 KM | 0 |      | 7:03         | 8.5 (81.7%) |
| 99  | BARTELA Leszek        | 344   |                           | Weteran 2 - M | 14   |                           | 800,0 KM | 0 |      | 30:08        | 2 (19.2%)   |
| 100 | PATERAK Robert        | 323   | WKB META LUBLINIEC        | Senior 2 - M  | 20   | WKB Meta Lubliniec        | 800,0 KM | 0 |      | 7:51         | 7.6 (73.1%) |
| 101 | ZAJAC Przemyslaw      | 147   |                           | Masters - M   | 35   |                           | 800,0 KM | 0 |      | 5:28         | 11 (105.8%) |
| 102 | MYRCIK Dariusz        | 271   | MAFIA TEAM LUBLINIEC      | Weteran 1 - M | 29   | Mafia Team Lubliniec      | 800,0 KM | 0 |      | 8:21         | 7.2 (69.2%) |
| 103 | RYBAK Remigiusz       | 166   |                           | Senior 2 - M  | 21   |                           | 800,0 KM | 0 |      | 7:56         | 7.6 (73.1%) |
| 104 | KORZONEK Karol        | 283   | FUCHS OIL TEAM            | Senior 2 - M  | 22   | FUCHS OIL TEAM            | 800,0 KM | 0 |      | 6:10         | 9.7 (93.3%) |
| 105 | SZCZEPAŃSKI Sebastian | 90    | KOPYTKO                   | Masters - M   | 36   |                           | 800,0 KM | 0 |      | 13:12        | 4.5 (43.3%) |
| 106 | SYPNIEWSKI Sławomir   | 260   | CETNAR TEAM               | Masters - M   | 37   |                           | 800,0 KM | 0 |      | 7:53         | 7.6 (73.1%) |
| 107 | ROJCZYK Krzysztof     | 230   |                           | Masters - M   | 38   |                           | 800,0 KM | 0 |      | 5:45         | 10.4 (100%) |
| 108 | GRUCHALSKI Krzysztof  | 113   |                           | Masters - M   | 39   |                           | 800,0 KM | 0 |      | 10:57        | 5.5 (52.9%) |
| 109 | RANT Paweł            | 98    |                           | Senior 2 - M  | 23   |                           | 800,0 KM | 0 |      | 16:47        | 3.6 (34.6%) |
| 110 | BAJOR Rafał           | 22    | REBELLION OF FREE RUNNERS | Masters - M   | 40   | Rebellion Of Free Runners | 800,0 KM | 0 |      | 9:57         | 6 (57.7%)   |
| 111 | POZNIAK Robert        | 295   |                           | Weteran 1 - M | 30   |                           | 800,0 KM | 0 |      | 5:43         | 10.5 (101%) |
| 112 | KOCELA Marek          | 77    | MAFIA TEAM LUBLINIEC      | Masters - M   | 41   | Mafia Team Lubliniec      | 800,0 KM | 0 |      | 20:22        | 2.9 (27.9%) |

| Msc | Zawodnik               | Numer | Klub                                            | Kategoria     | Mkat | Drużyna 1                  | Dystans  |                       | Różn | Tempo min/km | Tempo km/h    |
|-----|------------------------|-------|-------------------------------------------------|---------------|------|----------------------------|----------|-----------------------|------|--------------|---------------|
| 113 | OBOLEWICZ Karol        | 21    |                                                 | Senior 2 - M  | 24   |                            | 800,0 KM | 0                     |      | 8:50         | 6.8 (65.4%)   |
| 114 | MAROŃ Dariusz          | 145   |                                                 | Senior 2 - M  | 25   |                            | 800,0 KM | 0                     |      | 8:14         | 7.3 (70.2%)   |
| 115 | ORESZKE Jan            | 254   |                                                 | Senior 2 - M  | 26   | Biegamy Razem Władysławowo | 800,0 KM | 0                     |      | 20:19        | 3 (28.8%)     |
| 116 | KRAUZOWICZ Ignacy      | 234   |                                                 | Senior 2 - M  | 27   |                            | 800,0 KM | 0                     |      | 6:48         | 8.8 (84.6%)   |
| 117 | STOKOWIEC Aleksander   | 251   |                                                 | Masters - M   | 42   |                            | 800,0 KM | 0                     |      | 5:39         | 10.6 (101.9%) |
| 118 | PAŁUBSKI Daniel        | 63    | MAFIA TEAM LUBLINIEC                            | Weteran 1 - M | 31   | Mafia Team Lubliniec       | 800,0 KM | 0                     |      | 8:27         | 7.1 (68.3%)   |
| 119 | BEŚKA Rafał            | 241   |                                                 | Masters - M   | 43   |                            | 800,0 KM | 0                     |      | 6:31         | 9.2 (88.5%)   |
| 120 | GAWIN Artur            | 210   | TKKF PEDAGOG LUBLINIEC                          | Masters - M   | 44   | Mafia Team Lubliniec       | 800,0 KM | 0                     |      | 10:56        | 5.5 (52.9%)   |
| 121 | RYBAK Tomasz           | 123   |                                                 | Senior 2 - M  | 28   |                            | 800,0 KM | -0.000999999999997635 |      | 6:09         | 9.8 (94.2%)   |
| 122 | GRUSZCZYŃSKI Krzysztof | 168   |                                                 | Masters - M   | 45   |                            | 790,7 KM | -9.26                 |      | 6:10         | 9.7 (93.3%)   |
| 123 | LEWANDOWSKI Maciej     | 58    |                                                 | Weteran 2 - M | 15   |                            | 765,2 KM | -34.83                |      | 9:16         | 6.5 (62.5%)   |
| 124 | ZIELIŃSKI Dominik      | 197   |                                                 | Senior 2 - M  | 29   |                            | 720,8 KM | -79.218               |      | 5:51         | 10.2 (98.1%)  |
| 125 | KOŁODZIEJCZYK Roman    | 256   |                                                 | Weteran 2 - M | 16   |                            | 704,3 KM | -95.728               |      | 9:00         | 6.7 (64.4%)   |
| 126 | STOPKA Wiesław         | 111   | WARTKIE ZBÓJE                                   | Senior 2 - M  | 30   | Wartkie Zbóje              | 703,2 KM | -96.751               |      | 7:33         | 7.9 (76.0%)   |
| 127 | CIEŻAK Kamil           | 381   | KIEDYS TURBACZ -MSZANA DOLNA - TERAZ Z WOLNEJ - | Senior 2 - M  | 31   |                            | 702,5 KM | -97.5                 |      | 108:17       | 0.6 (5.8%)    |
| 128 | OLECH Bogusław         | 74    | NIEZRZESZONY                                    | Weteran 2 - M | 17   |                            | 683,2 KM | -116.79               |      | 29:58        | 2 (19.2%)     |
| 129 | ŁUKAWSKI Tomek         | 55    |                                                 | Senior 2 - M  | 32   | B4 TEAM                    | 677,8 KM | -122.203              |      | 6:03         | 9.9 (95.2%)   |
| 130 | WILK Tomasz            | 193   |                                                 | Masters - M   | 46   |                            | 626,8 KM | -173.21               |      | 5:45         | 10.4 (100%)   |
| 131 | GORZELAK Zbigniew      | 315   | LAZY PANDAS                                     | Masters - M   | 47   |                            | 623,8 KM | -176.2                |      | 10:57        | 5.5 (52.9%)   |
| 132 | ZIENTAL Grzegorz       | 31    | REBELLION OF FREE RUNNERS                       | Weteran 1 - M | 32   | Rebellion Of Free Runners  | 607,7 KM | -192.301              |      | 8:47         | 6.8 (65.4%)   |
| 133 | MARSZALKOWSKI Mirosław | 272   | REBELLION OF FREE RUNNERS                       | Masters - M   | 48   | Rebellion Of Free Runners  | 568,9 KM | -231.096              |      | 7:09         | 8.4 (80.8%)   |
| 134 | CZERWIŃSKI Janusz      | 64    | WIELISZEW HERON TEAM                            | Weteran 2 - M | 18   |                            | 564,5 KM | -235.493              |      | 6:51         | 8.7 (83.7%)   |
| 135 | BORDZIO Wojciech       | 102   |                                                 | Senior 2 - M  | 33   |                            | 526,8 KM | -273.16               |      | 5:29         | 10.9 (104.8%) |
| 136 | RÓŻAK Tomasz           | 224   | LEDWO ZIPIĘ                                     | Masters - M   | 49   |                            | 526,3 KM | -273.709              |      | 7:57         | 7.5 (72.1%)   |

| Msc | Zawodnik             | Numer | Klub                      | Kategoria     | Mkat | Drużyna 1                    | Dystans  | Różn     | Tempo min/km | Tempo km/h    |
|-----|----------------------|-------|---------------------------|---------------|------|------------------------------|----------|----------|--------------|---------------|
| 137 | POPCZYK Grzegorz     | 303   | REBELLION OF FREE RUNNERS | Masters - M   | 50   | Rebellion Of Free Runners    | 524,6 KM | -275.42  | 7:07         | 8.4 (80.8%)   |
| 138 | WLAZŁY Damian        | 12    |                           | Masters - M   | 51   | Biegiem przez życie          | 519,8 KM | -280.225 | 6:40         | 9 (86.5%)     |
| 139 | PIÓRKOWSKI Jan       | 157   |                           | Senior 2 - M  | 34   |                              | 519,7 KM | -280.283 | 6:31         | 9.2 (88.5%)   |
| 140 | HALACZEK Michał      | 158   | HANDICAP ZAKOPANE         | Masters - M   | 52   |                              | 509,4 KM | -290.6   | 8:18         | 7.2 (69.2%)   |
| 141 | JAWORSKI Kamil       | 232   | FUCHS OIL TEAM            | Senior 2 - M  | 35   | FUCHS OIL TEAM               | 502,0 KM | -297.975 | 8:41         | 6.9 (66.3%)   |
| 142 | RYK Łukasz           | 276   | TACY MY                   | Masters - M   | 53   |                              | 480,3 KM | -319.69  | 6:23         | 9.4 (90.4%)   |
| 143 | BIEGAŁA Przemysław   | 379   |                           | Masters - M   | 54   |                              | 462,6 KM | -337.44  | 7:51         | 7.6 (73.1%)   |
| 144 | MIS Łukasz           | 122   |                           | Senior 2 - M  | 36   |                              | 454,5 KM | -345.51  | 6:14         | 9.6 (92.3%)   |
| 145 | NOWAK Piotr          | 346   | AUGUSTEAM                 | Weteran 1 - M | 33   |                              | 454,5 KM | -345.53  | 6:18         | 9.5 (91.3%)   |
| 146 | SZCZUCHNIAK Grzegorz | 60    |                           | Masters - M   | 55   |                              | 415,0 KM | -384.986 | 11:35        | 5.2 (50.0%)   |
| 147 | PLINTA Dariusz       | 206   |                           | Masters - M   | 56   |                              | 410,7 KM | -389.265 | 9:10         | 6.5 (62.5%)   |
| 148 | SZYSLAK Moe          | 273   | REBELLION OF FREE RUNNERS | Masters - M   | 57   | Rebellion Of Free Runners    | 377,9 KM | -422.08  | 11:18        | 5.3 (51.0%)   |
| 149 | BAŁAZY Krzysztof     | 39    |                           | Masters - M   | 58   |                              | 374,8 KM | -425.21  | 9:12         | 6.5 (62.5%)   |
| 150 | ROMANOWICZ Piotr     | 353   |                           | Masters - M   | 59   |                              | 362,2 KM | -437.755 | 4:46         | 12.6 (121.2%) |
| 151 | JAGODA Adam          | 246   | FUCHS OIL TEAM            | Weteran 1 - M | 34   | FUCHS OIL TEAM               | 334,6 KM | -465.406 | 11:31        | 5.2 (50.0%)   |
| 152 | JAROSINSKI Jacek     | 45    |                           | Weteran 1 - M | 35   |                              | 323,4 KM | -476.601 | 6:46         | 8.9 (85.6%)   |
| 153 | SZOPA Leszek         | 281   |                           | Weteran 2 - M | 19   |                              | 308,4 KM | -491.643 | 16:40        | 3.6 (34.6%)   |
| 154 | GAJEWSKI Jarosław    | 294   | FUCHS OIL TEAM            | Weteran 1 - M | 36   | FUCHS OIL TEAM               | 262,8 KM | -537.182 | 6:23         | 9.4 (90.4%)   |
| 155 | HETMAN Mariusz       | 189   |                           | Weteran 2 - M | 20   | Żółwie, wilki i niedźwiedzie | 255,8 KM | -544.19  | 6:29         | 9.2 (88.5%)   |
| 156 | KRÓLIK Arkadiusz     | 105   | MARO TEAM JASTRZĘBIE-ŻORY | Masters - M   | 60   | MARO Team Jastrzębie-Żory    | 238,0 KM | -561.951 | 16:02        | 3.7 (35.6%)   |
| 157 | BIELA Piotr          | 342   |                           | Weteran 2 - M | 21   |                              | 220,8 KM | -579.181 | 20:08        | 3 (28.8%)     |
| 158 | HŁADKI Tadeusz       | 250   | FUCHS OIL TEAM            | Masters - M   | 61   | FUCHS OIL TEAM               | 208,9 KM | -591.082 | 8:10         | 7.3 (70.2%)   |
| 159 | KOCOT Adam           | 370   |                           | Senior 1 - M  | 2    |                              | 192,5 KM | -607.523 | 9:45         | 6.1 (58.7%)   |
| 160 | SAJ Paweł            | 18    | DZIKIE MUSTANGI           | Masters - M   | 62   |                              | 188,5 KM | -611.5   | 6:42         | 9 (86.5%)     |

| Msc | Zawodnik              | Numer | Klub                                    | Kategoria     | Mkat | Drużyna 1                               | Dystans  | Różn     | Tempo min/km | Tempo km/h    |
|-----|-----------------------|-------|-----------------------------------------|---------------|------|-----------------------------------------|----------|----------|--------------|---------------|
| 161 | TRZMIELEWSKI Krystian | 141   |                                         | Senior 2 - M  | 37   |                                         | 177,7 KM | -622.35  | 5:50         | 10.3 (99.0%)  |
| 162 | CZAJKA Mariusz        | 335   |                                         | Masters - M   | 63   |                                         | 156,9 KM | -643.096 | 23:18        | 2.6 (25.0%)   |
| 163 | ZDUNEK Adam           | 336   |                                         | Masters - M   | 64   |                                         | 156,2 KM | -643.83  | 11:09        | 5.4 (51.9%)   |
| 164 | SKRZYŃSKI Janusz      | 338   | RYBNICKA GRUPA BIEGOWA PĘDZIMYRAZEM     | Masters - M   | 65   |                                         | 150,4 KM | -649.553 | 7:21         | 8.1 (77.9%)   |
| 165 | WOŹNIAK Sylwester     | 385   | MALINOWE GWIAZDY                        | Masters - M   | 66   | MALINOWE GWIAZDY                        | 130,8 KM | -669.196 | 10:22        | 5.8 (55.8%)   |
| 166 | FAMUŁA Marek          | 32    |                                         | Masters - M   | 67   |                                         | 121,5 KM | -678.519 | 12:04        | 5 (48.1%)     |
| 167 | PIOTROWSKI Sebastian  | 242   | MAN UTD                                 | Masters - M   | 68   |                                         | 121,0 KM | -678.995 | 5:57         | 10.1 (97.1%)  |
| 168 | GOJKE Dawid           | 217   | BIEGAMY RAZEM WŁADYSŁAWOWO              | Senior 2 - M  | 38   | Biegamy Razem Władysławowo              | 113,5 KM | -686.54  | 7:05         | 8.5 (81.7%)   |
| 169 | SYPNIEWSKI Karol      | 261   | CETNAR TEAM                             | Junior 1 - M  | 1    |                                         | 105,5 KM | -694.508 | 7:06         | 8.4 (80.8%)   |
| DNC | KNAPCZYK Krzysztof    | 192   | TG SOKÓŁ ZAKOPANE                       | Masters - M   |      | Towarzystwo Gimnastyczne Sokół Zakopane | KM       |          | 21:25        | 2.8 (26.9%)   |
| DNC | BYRSKI Dariusz        | 359   |                                         | Masters - M   |      |                                         | KM       |          | 19:28        | 3.1 (29.8%)   |
| DNC | BURNS Montgomery      | 349   | REBELLION OF FREE RUNNERS               | Masters - M   |      | Rebellion Of Free Runners               | KM       |          | 10:15        | 5.9 (56.7%)   |
| DNC | REKOWSKI Radosław     | 65    |                                         | Senior 2 - M  |      |                                         | KM       |          | 6:47         | 8.8 (84.6%)   |
| DNC | PIETRZAK Marcin       | 311   | M.P. PIETRZAK                           | Masters - M   |      | Rebellion Of Free Runners               | KM       |          | 10:28        | 5.7 (54.8%)   |
| DNC | ROLICZ Tomasz         | 76    |                                         | Masters - M   |      |                                         | KM       |          | 13:02        | 4.6 (44.2%)   |
| DNC | JAREMKO Władysław     | 124   |                                         | Masters - M   |      |                                         | KM       |          | 4:30         | 13.3 (127.9%) |
| DNC | SPALDING Jakub        | 372   | MARO TEAM JASTRZĘBIE-ŻORY               | Junior 1 - M  |      | MARO Team Jastrzębie-Żory               | KM       |          | 15:04        | 4 (38.5%)     |
| DNC | OSZCZĘDA Krzysztof    | 264   |                                         | Weteran 1 - M |      |                                         | KM       |          | 5:55         | 10.1 (97.1%)  |
| DNC | MARKER Arthur         | 5     | TOWARZYSTWO GIMNASTYCZNE SOKÓŁ ZAKOPANE | Senior 2 - M  |      | Towarzystwo Gimnastyczne Sokół Zakopane | KM       |          | 9:27         | 6.3 (60.6%)   |
| DNC | SOBIESKI Marek        | 151   |                                         | Masters - M   |      |                                         | KM       |          | 11:44        | 5.1 (49.0%)   |