

# RZEŹNICZEK 2018

B4SPORT

**Wydarzenie:** IV FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-06-01  
**Miejsce:** Bieszczady  
**Dystans:** 28 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>POŻAROWSZCZYK Adam</b>	<b>5123</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	1	01:21:06	<b>02:32:03.05</b>	<b>02:32:06.40</b>		5:25	11 (100%)
2	<b>ZDANOWSKI Łukasz</b>	<b>5023</b>		M20	1	01:23:03	<b>02:32:09.35</b>	<b>02:32:11.45</b>	+00:00:05 (0.1%)	5:26	11 (100%)
3	<b>SYCHOWICZ Daniel</b>	<b>5897</b>	GRAZIA RUNNING	M30	2	01:23:35	<b>02:34:29.30</b>	<b>02:34:31.85</b>	+00:02:25 (1.6%)	5:31	10.9 (99.1%)
4	<b>BAL Jakub</b>	<b>5667</b>	LOS TREPOS COMPANIEROS	M20	2	01:25:31	<b>02:39:08.15</b>	<b>02:39:09.95</b>	+00:07:03 (4.4%)	5:41	10.6 (96.4%)
5	<b>CHOJNACKI Szymon</b>	<b>5883</b>	RAZEM TRENUJEMY SPORT	M30	3	01:25:38	<b>02:39:51.50</b>	<b>02:39:57.60</b>	+00:07:51 (4.9%)	5:42	10.5 (95.5%)
6	<b>ŚWIERAD Dariusz</b>	<b>5050</b>	ASICS FRONTRUNNER POLSKA	M30	4	01:24:21	<b>02:40:28.25</b>	<b>02:40:31.80</b>	+00:08:25 (5.2%)	5:43	10.5 (95.5%)
7	<b>ŻUCHOWSKI Daniel</b>	<b>5776</b>	NOWA HUTA TEAM	M30	5	01:29:01	<b>02:40:43.85</b>	<b>02:40:47.70</b>	+00:08:41 (5.4%)	5:44	10.5 (95.5%)
8	<b>KOZAK Krzysztof</b>	<b>5644</b>	SPEED FEET 16	M20	3	01:28:26	<b>02:42:26.80</b>	<b>02:42:34.10</b>	+00:10:27 (6.4%)	5:48	10.3 (93.6%)
9	<b>STOCHMALSKI Piotr</b>	<b>5840</b>	ADIDAS RUNNERS WARSAW / SYGNAŁ CHODEL	M20	4	01:26:01	<b>02:42:43.65</b>	<b>02:42:46.40</b>	+00:10:40 (6.6%)	5:48	10.3 (93.6%)
10	<b>TABER Konrad</b>	<b>5449</b>	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M20	5	01:26:31	<b>02:42:47.20</b>	<b>02:42:50.30</b>	+00:10:43 (6.6%)	5:48	10.3 (93.6%)
11	<b>BANASZEK Adam</b>	<b>5896</b>	BIEGUSIEM.PL	M30	6	01:30:28	<b>02:45:46.90</b>	<b>02:45:49.25</b>	+00:13:42 (8.3%)	5:55	10.1 (91.8%)
12	<b>KAPAON Aleksander</b>	<b>5452</b>	CAZZO CLUB	M20	6	01:27:30	<b>02:46:00.50</b>	<b>02:46:05.65</b>	+00:13:59 (8.4%)	5:55	10.1 (91.8%)
13	<b>MINDAK Paweł</b>	<b>5632</b>		M40	1	01:29:25	<b>02:48:05.00</b>	<b>02:48:05.00</b>	+00:15:58 (9.5%)	6:00	10 (90.9%)
14	<b>DOMBROWSKI Jakub</b>	<b>5295</b>	KRAWAWE SUTY RUN8BIKE	M30	7	01:32:31	<b>02:47:57.35</b>	<b>02:48:09.50</b>	+00:16:03 (9.5%)	5:59	10 (90.9%)
15	<b>KNYCHAS Darek</b>	<b>5815</b>	PZU SPORT TEAM	M40	2	01:30:14	<b>02:48:09.05</b>	<b>02:48:19.00</b>	+00:16:12 (9.6%)	6:00	10 (90.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	<b>STAWIARZ Paweł</b>	<b>5105</b>		M30	8	01:29:43	<b>02:49:32.95</b>	<b>02:49:36.95</b>	+00:17:30 (10.3%)	6:03	9.9 (90.0%)
17	<b>SARNA Kamil</b>	<b>5780</b>		M30	9	01:31:40	<b>02:52:32.45</b>	<b>02:52:36.55</b>	+00:20:30 (11.9%)	6:09	9.7 (88.2%)
18	<b>CICHY Mateusz</b>	<b>5656</b>		M20	7	01:32:13	<b>02:53:27.20</b>	<b>02:53:30.30</b>	+00:21:23 (12.3%)	6:11	9.7 (88.2%)
19	<b>SIEMBOR Karol</b>	<b>5563</b>	ZIELONE ŻÓŁWIE	M20	8	01:29:38	<b>02:53:50.20</b>	<b>02:53:58.15</b>	+00:21:51 (12.6%)	6:12	9.7 (88.2%)
20	<b>BRÓG Wojciech</b>	<b>5767</b>		M30	10	01:31:02	<b>02:54:39.20</b>	<b>02:54:41.75</b>	+00:22:35 (12.9%)	6:14	9.6 (87.3%)
21	<b>NOWAK Artur</b>	<b>5410</b>	A&G CARP TEAM	M40	3	01:33:50	<b>02:57:41.05</b>	<b>02:57:46.95</b>	+00:25:40 (14.4%)	6:20	9.5 (86.4%)
22	<b>ZIELAK Dariusz</b>	<b>5212</b>		M40	4	01:34:10	<b>02:57:45.85</b>	<b>02:57:51.75</b>	+00:25:45 (14.5%)	6:20	9.5 (86.4%)
23	<b>GOŁĄB Marek</b>	<b>5448</b>	KW KOTŁOWNIA	M30	11	01:32:34	<b>02:57:51.60</b>	<b>02:57:55.20</b>	+00:25:48 (14.5%)	6:21	9.4 (85.5%)
24	<b>GAŁKA Piotr</b>	<b>5439</b>	CAZZO CLUB	M30	12	01:32:34	<b>02:58:05.30</b>	<b>02:58:10.45</b>	+00:26:04 (14.6%)	6:21	9.4 (85.5%)
25	<b>BERTINO Francesco</b>	<b>5331</b>	CAZZO CLUB	M20	9	01:34:48	<b>02:58:13.10</b>	<b>02:58:22.40</b>	+00:26:16 (14.7%)	6:21	9.4 (85.5%)
26	<b>ZARĘBA Filip</b>	<b>5100</b>	ZABIEGANI MIELEC	M20	10	01:33:27	<b>02:59:25.15</b>	<b>02:59:33.75</b>	+00:27:27 (15.3%)	6:24	9.4 (85.5%)
27	<b>FILIPIŃSKI Bartosz</b>	<b>5658</b>		M30	13	01:33:14	<b>03:01:44.25</b>	<b>03:01:50.15</b>	+00:29:43 (16.3%)	6:29	9.2 (83.6%)
28	<b>DZIÓB Romuald</b>	<b>5833</b>		M40	5	01:34:59	<b>03:01:49.20</b>	<b>03:01:58.95</b>	+00:29:52 (16.4%)	6:29	9.2 (83.6%)
29	<b>ZAJĄCZKOWSKI Rafał</b>	<b>5615</b>	NIEKONIECZNIE DOBIEGNIEMY	M40	6	01:39:29	<b>03:02:21.95</b>	<b>03:02:21.95</b>	+00:30:15 (16.6%)	6:30	9.2 (83.6%)
30	<b>MORAWSKI Grzegorz</b>	<b>5327</b>	TRENER24H.COM.PL	M30	14	01:39:52	<b>03:03:02.60</b>	<b>03:03:06.25</b>	+00:30:59 (16.9%)	6:32	9.2 (83.6%)
31	<b>ŚWIERK Marek</b>	<b>5892</b>		M40	7	01:37:01	<b>03:04:26.70</b>	<b>03:04:29.45</b>	+00:32:23 (17.6%)	6:35	9.1 (82.7%)
32	<b>ROGAŁA Grzegorz</b>	<b>5250</b>	KORAL TEAM	M40	8	01:33:30	<b>03:04:30.35</b>	<b>03:04:33.10</b>	+00:32:26 (17.6%)	6:35	9.1 (82.7%)
33	<b>JANOWSKI Tomasz</b>	<b>5611</b>	ŁĘCZNA BIEGA	M30	15	01:37:54	<b>03:05:45.80</b>	<b>03:05:53.75</b>	+00:33:47 (18.2%)	6:38	9 (81.8%)
34	<b>MAZURCZAK Łukasz</b>	<b>5573</b>		M30	16	01:38:06	<b>03:05:37.35</b>	<b>03:06:04.55</b>	+00:33:58 (18.3%)	6:37	9.1 (82.7%)
35	<b>MIKOŁAJCZYK Robert</b>	<b>5293</b>	DRUŻYNA ORZECHA ŻYRARDÓW	M40	9	01:37:21	<b>03:05:39.90</b>	<b>03:06:10.65</b>	+00:34:04 (18.3%)	6:37	9 (81.8%)
36	<b>AMANOWICZ Marek</b>	<b>5043</b>	RUNNING POŁANIEC	M30	17	01:42:26	<b>03:06:02.10</b>	<b>03:06:18.60</b>	+00:34:12 (18.4%)	6:38	9 (81.8%)
37	<b>TYRAŁA Łukasz</b>	<b>5200</b>		M30	18	01:38:57	<b>03:06:37.45</b>	<b>03:06:55.05</b>	+00:34:48 (18.6%)	6:39	9 (81.8%)
38	<b>KALINOWSKI Paweł</b>	<b>5224</b>		M30	19	01:38:20	<b>03:07:11.90</b>	<b>03:07:23.70</b>	+00:35:17 (18.8%)	6:41	9 (81.8%)

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39	<b>GALIŃSKI Łukasz</b>	<b>5652</b>		M30	20	01:36:54	<b>03:07:59.10</b>	<b>03:08:06.25</b>	+00:35:59 (19.1%)	6:42	8.9 (80.9%)
40	<b>FILIPEK Wojciech</b>	<b>5253</b>	OPTIM TRAVEL ULTRA	M50	1	01:42:20	<b>03:07:49.65</b>	<b>03:08:10.10</b>	+00:36:03 (19.2%)	6:42	8.9 (80.9%)
41	<b>GACA Michał</b>	<b>5472</b>	PZU SPORT TEAM	M40	10	01:37:29	<b>03:07:52.30</b>	<b>03:08:12.55</b>	+00:36:06 (19.2%)	6:42	8.9 (80.9%)
42	<b>LATAK Michał</b>	<b>5030</b>	JACEKBIEGA RUNNING TEAM	M40	11	01:41:06	<b>03:09:00.00</b>	<b>03:09:23.45</b>	+00:37:17 (19.7%)	6:45	8.9 (80.9%)
43	<b>KOZICKI Marcin</b>	<b>5304</b>		M30	21	01:42:27	<b>03:10:18.05</b>	<b>03:10:38.80</b>	+00:38:32 (20.2%)	6:47	8.8 (80.0%)
44	<b>GROCHOWSKI Krystian</b>	<b>5804</b>	SKŁADAKI	M40	12	01:37:05	<b>03:10:44.05</b>	<b>03:10:52.75</b>	+00:38:46 (20.3%)	6:48	8.8 (80.0%)
45	<b>RUPIŃSKI Krzysztof</b>	<b>5755</b>		M20	11	01:38:50	<b>03:11:07.10</b>	<b>03:11:20.70</b>	+00:39:14 (20.5%)	6:49	8.8 (80.0%)
46	<b>GARCZYŃSKI Darek</b>	<b>5594</b>		M40	13	01:48:37	<b>03:11:31.85</b>	<b>03:11:39.90</b>	+00:39:33 (20.6%)	6:50	8.8 (80.0%)
47	<b>FRISZ Jakub</b>	<b>5662</b>	ŁÓDŹMY SIĘ	M30	22	01:40:31	<b>03:11:50.75</b>	<b>03:11:56.55</b>	+00:39:50 (20.8%)	6:51	8.8 (80.0%)
48	<b>SZPINEK Marcin</b>	<b>5904</b>	TUTU TEAM	M30	23	01:44:24	<b>03:11:55.75</b>	<b>03:12:26.75</b>	+00:40:20 (21.0%)	6:51	8.8 (80.0%)
49	<b>WASZTYL Grzegorz</b>	<b>5783</b>		M40	14	01:35:40	<b>03:12:27.40</b>	<b>03:12:31.85</b>	+00:40:25 (21.0%)	6:52	8.7 (79.1%)
50	<b>STACHURSKI Piotr</b>	<b>5733</b>		M30	24	01:31:12	<b>03:12:31.80</b>	<b>03:12:34.70</b>	+00:40:28 (21.0%)	6:52	8.7 (79.1%)
51	<b>SURDAKCI Mateusz</b>	<b>5179</b>		M30	25	01:41:47	<b>03:12:39.70</b>	<b>03:12:56.25</b>	+00:40:49 (21.2%)	6:52	8.7 (79.1%)
52	<b>KILIMNIK Tomasz</b>	<b>5277</b>	HARDCOROWE WYCHYLYLYBYMY	M30	26	01:39:16	<b>03:12:55.05</b>	<b>03:13:36.00</b>	+00:41:29 (21.4%)	6:53	8.7 (79.1%)
53	<b>STAN Jacek</b>	<b>5955</b>		M40	15	01:45:59	<b>03:13:03.95</b>	<b>03:14:02.00</b>	+00:41:55 (21.6%)	6:53	8.7 (79.1%)
54	<b>KWAŚNY Janusz</b>	<b>5280</b>		M40	16	01:43:10	<b>03:14:11.55</b>	<b>03:14:50.70</b>	+00:42:44 (21.9%)	6:56	8.7 (79.1%)
55	<b>LUTEREK Michał</b>	<b>5347</b>		M30	27	01:43:52	<b>03:13:08.90</b>	<b>03:14:56.95</b>	+00:42:50 (22.0%)	6:53	8.7 (79.1%)
56	<b>BODZIOCH Grzegorz</b>	<b>5326</b>	GORLICKA GRUPA BIEGOWA	M40	17	01:43:56	<b>03:15:30.85</b>	<b>03:15:36.20</b>	+00:43:29 (22.2%)	6:58	8.6 (78.2%)
57	<b>JĘDZURA Daniel</b>	<b>5762</b>		M30	28	01:48:15	<b>03:15:48.50</b>	<b>03:15:55.20</b>	+00:43:48 (22.4%)	6:59	8.6 (78.2%)
58	<b>GRZESIUK Michał</b>	<b>5674</b>	ŁĘCZNA BIEGA	M40	18	01:38:02	<b>03:16:04.95</b>	<b>03:16:12.55</b>	+00:44:06 (22.5%)	7:00	8.6 (78.2%)
59	<b>LIPIŃSKI Hubert</b>	<b>5260</b>	KS KANAŁEK	M30	29	01:42:11	<b>03:16:31.00</b>	<b>03:16:34.55</b>	+00:44:28 (22.6%)	7:01	8.5 (77.3%)
60	<b>GAWLEWICZ Tomasz</b>	<b>5211</b>	GAWEŁKI TEAM	M40	19	01:43:46	<b>03:17:01.00</b>	<b>03:17:05.65</b>	+00:44:59 (22.8%)	7:02	8.5 (77.3%)
61	<b>JASNOWSKI Michał</b>	<b>5221</b>		M30	30	01:40:15	<b>03:16:55.75</b>	<b>03:17:18.05</b>	+00:45:11 (22.9%)	7:02	8.5 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
62	<b>KRYPSKI Bartosz</b>	<b>5231</b>	CROSSFIT SIEDLCE	M20	12	01:44:20	<b>03:17:01.45</b>	<b>03:17:26.15</b>	+00:45:19 (23.0%)	7:02	8.5 (77.3%)
63	<b>RESZKA Marek</b>	<b>5013</b>	NOVEMBER	M30	31	01:34:35	<b>03:17:25.20</b>	<b>03:17:28.40</b>	+00:45:22 (23.0%)	7:03	8.5 (77.3%)
64	<b>STANGRECIAK Adam</b>	<b>5764</b>	TIGRES DEL PAPA	M20	13	01:42:55	<b>03:17:14.10</b>	<b>03:17:29.65</b>	+00:45:23 (23.0%)	7:02	8.5 (77.3%)
65	<b>ULMA Mirosław</b>	<b>5681</b>		M40	20	01:45:54	<b>03:18:47.65</b>	<b>03:19:46.45</b>	+00:47:40 (23.9%)	7:06	8.5 (77.3%)
66	<b>BELKIEWICZ Rafał</b>	<b>5623</b>		M30	32	01:41:19	<b>03:19:58.55</b>	<b>03:20:02.15</b>	+00:47:55 (24.0%)	7:08	8.4 (76.4%)
67	<b>ANIOŁ Mateusz</b>	<b>5517</b>	TERNOL TEAM	M30	33	01:47:56	<b>03:20:04.70</b>	<b>03:20:36.40</b>	+00:48:30 (24.2%)	7:08	8.4 (76.4%)
68	<b>KOLANKO Paweł</b>	<b>5527</b>		M40	21	01:42:19	<b>03:20:34.60</b>	<b>03:20:44.85</b>	+00:48:38 (24.2%)	7:09	8.4 (76.4%)
69	<b>WNUK Tomasz</b>	<b>5292</b>	ADIDAS RUNNERS WARSAW	M30	34	01:43:26	<b>03:20:25.85</b>	<b>03:20:46.55</b>	+00:48:40 (24.2%)	7:09	8.4 (76.4%)
70	<b>BAK Marcin</b>	<b>5267</b>	LUBLIN BIEGA	M30	35	01:41:33	<b>03:20:43.15</b>	<b>03:20:49.95</b>	+00:48:43 (24.3%)	7:10	8.4 (76.4%)
71	<b>KORUS Konrad</b>	<b>5529</b>		M40	22	01:48:32	<b>03:20:42.10</b>	<b>03:20:58.25</b>	+00:48:51 (24.3%)	7:10	8.4 (76.4%)
72	<b>ODOLIŃSKI Jacek</b>	<b>5070</b>	PSZCZÓŁKOWSKI TEAM	M50	2	01:46:50	<b>03:20:56.70</b>	<b>03:21:06.40</b>	+00:49:00 (24.4%)	7:10	8.4 (76.4%)
73	<b>KOWALCZYK Tomasz</b>	<b>5704</b>	TRICLUB	M40	23	01:50:09	<b>03:20:41.20</b>	<b>03:21:29.45</b>	+00:49:23 (24.5%)	7:10	8.4 (76.4%)
74	<b>MARKOWSKI Artur</b>	<b>5684</b>		M50	3	01:48:28	<b>03:21:59.15</b>	<b>03:22:11.00</b>	+00:50:04 (24.8%)	7:12	8.3 (75.5%)
75	<b>KOKSA Mateusz</b>	<b>5058</b>	SKLEP BIEGACZA	M20	14	01:51:06	<b>03:22:06.80</b>	<b>03:22:36.95</b>	+00:50:30 (24.9%)	7:13	8.3 (75.5%)
76	<b>NOWAK Mirosław</b>	<b>5098</b>		M40	24	01:51:17	<b>03:22:49.70</b>	<b>03:22:51.65</b>	+00:50:45 (25.0%)	7:14	8.3 (75.5%)
77	<b>WILCZAK Janusz</b>	<b>5357</b>		M40	25	01:43:45	<b>03:22:55.35</b>	<b>03:22:58.85</b>	+00:50:52 (25.1%)	7:14	8.3 (75.5%)
78	<b>ŁUCZKÓW Szymon</b>	<b>5886</b>		M30	36	01:44:19	<b>03:22:57.40</b>	<b>03:23:07.75</b>	+00:51:01 (25.1%)	7:14	8.3 (75.5%)
79	<b>MAŁECKI Jacek</b>	<b>5663</b>		M30	37	01:42:46	<b>03:23:12.15</b>	<b>03:23:16.00</b>	+00:51:09 (25.2%)	7:15	8.3 (75.5%)
80	<b>NALAZEK Marcin</b>	<b>5178</b>	PIASECZNO RUNNING	M30	38	01:48:10	<b>03:23:11.90</b>	<b>03:23:18.15</b>	+00:51:11 (25.2%)	7:15	8.3 (75.5%)
81	<b>AGRES Paweł</b>	<b>5575</b>	KW KOTŁOWNIA	M30	39	01:46:37	<b>03:22:48.35</b>	<b>03:23:21.40</b>	+00:51:15 (25.2%)	7:14	8.3 (75.5%)
82	<b>DRZEWIECKI Michał</b>	<b>5283</b>	SAP HYBRIS	M30	40	01:45:16	<b>03:22:55.20</b>	<b>03:23:22.70</b>	+00:51:16 (25.2%)	7:14	8.3 (75.5%)
83	<b>GAJEWSKI Jacek</b>	<b>5493</b>	DOGOŃ GRODZISK MAZOWIECKI	M40	26	01:50:41	<b>03:23:49.55</b>	<b>03:24:16.45</b>	+00:52:10 (25.5%)	7:16	8.2 (74.5%)
84	<b>MODRZEJEWSKI Adam</b>	<b>5559</b>	KLUB WYSOKOGÓRSKI WARSZAWA	M30	41	01:48:04	<b>03:23:52.90</b>	<b>03:24:19.80</b>	+00:52:13 (25.6%)	7:16	8.2 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
85	<b>SANKOWSKI Szymon</b>	<b>5056</b>	ZABIEGANI MIELEC	M30	42	01:42:28	<b>03:24:08.45</b>	<b>03:24:25.70</b>	+00:52:19 (25.6%)	7:17	8.2 (74.5%)
86	<b>ADAMIAK Marcin</b>	<b>5738</b>	EVERRUN	M40	27	01:41:35	<b>03:24:24.20</b>	<b>03:24:30.30</b>	+00:52:23 (25.6%)	7:18	8.2 (74.5%)
87	<b>MĘŻYKOWSKI Michał</b>	<b>5685</b>		M40	28	01:43:51	<b>03:24:19.50</b>	<b>03:24:41.05</b>	+00:52:34 (25.7%)	7:17	8.2 (74.5%)
88	<b>OSTROWSKI Zbyszek</b>	<b>5230</b>		M50	4	01:46:45	<b>03:24:30.25</b>	<b>03:24:44.20</b>	+00:52:37 (25.7%)	7:18	8.2 (74.5%)
89	<b>MAŃKA Krzysztof</b>	<b>5770</b>	PZU SPORT TEAM	M30	43	01:54:01	<b>03:24:21.65</b>	<b>03:25:08.85</b>	+00:53:02 (25.9%)	7:17	8.2 (74.5%)
90	<b>MADEJ Tomasz</b>	<b>5787</b>	FIZJOPUNKT FIZJOTERAPIA	M40	29	01:43:37	<b>03:25:11.60</b>	<b>03:25:21.55</b>	+00:53:15 (25.9%)	7:19	8.2 (74.5%)
91	<b>KOZŁOWSKI Przemysław</b>	<b>5455</b>	VERA RUNNIGTEAM	M30	44	01:50:47	<b>03:25:22.60</b>	<b>03:25:28.05</b>	+00:53:21 (26.0%)	7:20	8.2 (74.5%)
91	<b>BANDEL Adam</b>	<b>5901</b>		M30	45	01:50:51	<b>03:25:22.90</b>	<b>03:25:28.05</b>	+00:53:21 (26.0%)	7:20	8.2 (74.5%)
93	<b>SZANIAWSKI Marcin</b>	<b>5038</b>		M30	46	01:41:04	<b>03:25:17.40</b>	<b>03:25:41.90</b>	+00:53:35 (26.1%)	7:19	8.2 (74.5%)
94	<b>JAKUBAS Pawel</b>	<b>5328</b>	WPJ TEAM	M40	30	01:52:11	<b>03:26:01.95</b>	<b>03:26:31.05</b>	+00:54:24 (26.3%)	7:21	8.2 (74.5%)
95	<b>GRYMUZA Zbigniew</b>	<b>5788</b>	SKPB LUBLIN	M50	5	01:48:25	<b>03:26:15.00</b>	<b>03:26:36.25</b>	+00:54:29 (26.4%)	7:21	8.1 (73.6%)
96	<b>TWORZYDŁO Paweł</b>	<b>5385</b>	PIKUSIE RUNNING TEAM	M40	31	01:47:55	<b>03:25:51.95</b>	<b>03:26:40.10</b>	+00:54:33 (26.4%)	7:21	8.2 (74.5%)
97	<b>GĄTARCZYK Mariusz</b>	<b>5395</b>	DZIKIE GRUBASY SZATANA	M30	47	01:48:04	<b>03:26:06.60</b>	<b>03:26:40.55</b>	+00:54:34 (26.4%)	7:21	8.2 (74.5%)
98	<b>RUKUSZEWICZ Wawrzyniec</b>	<b>5409</b>	DZIKIE GRUBASY SZATANA	M30	48	01:50:30	<b>03:27:22.95</b>	<b>03:27:55.95</b>	+00:55:49 (26.8%)	7:24	8.1 (73.6%)
99	<b>ULICZNY Paweł</b>	<b>5737</b>	REMBERTÓW TEAM	M40	32	01:46:35	<b>03:27:54.35</b>	<b>03:28:03.75</b>	+00:55:57 (26.9%)	7:25	8.1 (73.6%)
100	<b>JUREK Przemysław</b>	<b>5686</b>	KS STASZEWSCY	M40	33	01:46:49	<b>03:27:54.55</b>	<b>03:28:17.00</b>	+00:56:10 (27.0%)	7:25	8.1 (73.6%)
101	<b>RUTYNA Dawid</b>	<b>5751</b>	TRICLUB	M30	49	01:51:42	<b>03:27:29.45</b>	<b>03:28:18.50</b>	+00:56:12 (27.0%)	7:24	8.1 (73.6%)
102	<b>HRYCIUK Maciej</b>	<b>5234</b>		M20	15	01:47:58	<b>03:28:22.85</b>	<b>03:28:30.90</b>	+00:56:24 (27.1%)	7:26	8.1 (73.6%)
103	<b>BINOWSKI Grzegorz</b>	<b>5261</b>		M30	50	01:47:33	<b>03:28:23.70</b>	<b>03:28:31.10</b>	+00:56:24 (27.1%)	7:26	8.1 (73.6%)
104	<b>DUTKIEWICZ Marcin</b>	<b>5958</b>	BIEGNIJ DUDEK	M50	6	01:54:18	<b>03:28:51.45</b>	<b>03:28:54.50</b>	+00:56:48 (27.2%)	7:27	8 (72.7%)
105	<b>PYTEL Waldek</b>	<b>5151</b>	YULO RUN TEAM SIEDLCE	M50	7	01:46:42	<b>03:28:40.75</b>	<b>03:28:55.05</b>	+00:56:48 (27.2%)	7:27	8.1 (73.6%)
106	<b>GARNYS Radek</b>	<b>5421</b>	VERA RUNNING TEAM	M40	34	01:54:08	<b>03:28:44.60</b>	<b>03:29:30.85</b>	+00:57:24 (27.4%)	7:27	8 (72.7%)
107	<b>WALASZCZYK Piotr</b>	<b>5680</b>	ENDURANCE TEAM	M40	35	01:50:02	<b>03:28:28.60</b>	<b>03:29:36.75</b>	+00:57:30 (27.4%)	7:26	8.1 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	<b>OSTROWSKI Marcin</b>	<b>5458</b>	PZU SPORT TEAM	M30	51	01:53:55	<b>03:29:25.95</b>	<b>03:30:12.85</b>	+00:58:06 (27.6%)	7:28	8 (72.7%)
109	<b>SZCZEPAŃSKI Marcin</b>	<b>5744</b>	EVERRUN	M40	36	01:41:57	<b>03:30:19.70</b>	<b>03:30:25.65</b>	+00:58:19 (27.7%)	7:30	8 (72.7%)
110	<b>STĘPIEŃ Mirosław</b>	<b>5831</b>	ROSSBIEGANI	M40	37	01:50:33	<b>03:29:29.85</b>	<b>03:30:29.85</b>	+00:58:23 (27.7%)	7:28	8 (72.7%)
111	<b>CZECHOSKI Tomasz</b>	<b>5084</b>	ENTRE.PL TEAM	M40	38	01:44:05	<b>03:30:14.05</b>	<b>03:30:30.40</b>	+00:58:24 (27.7%)	7:30	8 (72.7%)
112	<b>BOSIANEK Rafał</b>	<b>5944</b>		M40	39	01:53:46	<b>03:30:14.75</b>	<b>03:30:34.70</b>	+00:58:28 (27.8%)	7:30	8 (72.7%)
113	<b>WŁODARCZYK Mariusz</b>	<b>5566</b>	RADLINIOKI W BIEGU	M30	52	01:50:17	<b>03:29:50.10</b>	<b>03:30:35.50</b>	+00:58:29 (27.8%)	7:29	8 (72.7%)
114	<b>KARDASZ Marek</b>	<b>5790</b>	SOLINA TEAM	M30	53	01:54:34	<b>03:30:41.55</b>	<b>03:30:51.50</b>	+00:58:45 (27.9%)	7:31	8 (72.7%)
115	<b>SIERAKOWSKI Igor</b>	<b>5539</b>		M40	40	01:53:58	<b>03:30:34.80</b>	<b>03:31:35.30</b>	+00:59:28 (28.1%)	7:31	8 (72.7%)
116	<b>HERMAN Paweł</b>	<b>5465</b>		M40	41	01:52:57	<b>03:30:52.15</b>	<b>03:31:51.45</b>	+00:59:45 (28.2%)	7:31	8 (72.7%)
117	<b>NAWROT Bartłomiej</b>	<b>5546</b>	KAMIENIOŁOM	M30	54	01:50:23	<b>03:33:01.70</b>	<b>03:33:23.25</b>	+01:01:16 (28.7%)	7:36	7.9 (71.8%)
118	<b>STAWIŃSKI Piotr</b>	<b>5869</b>		M50	8	01:53:26	<b>03:32:17.40</b>	<b>03:33:26.30</b>	+01:01:19 (28.7%)	7:34	7.9 (71.8%)
119	<b>PUCHAŁA Mariusz</b>	<b>5513</b>	TERNOL TEAM	M30	55	01:48:39	<b>03:33:41.90</b>	<b>03:34:14.40</b>	+01:02:08 (29.0%)	7:37	7.9 (71.8%)
120	<b>KWIATKOWSKI Kajetan</b>	<b>5956</b>	BIG YELLOW FOOT ADVENTURE TEAM	M30	56	01:52:39	<b>03:33:29.00</b>	<b>03:34:18.55</b>	+01:02:12 (29.0%)	7:37	7.9 (71.8%)
121	<b>STACHURSKI Daniel</b>	<b>5195</b>		M40	42	01:57:38	<b>03:33:55.15</b>	<b>03:34:25.20</b>	+01:02:18 (29.1%)	7:38	7.9 (71.8%)
122	<b>SIWIEC Stanisław</b>	<b>5299</b>		M60	1	01:55:41	<b>03:34:17.80</b>	<b>03:34:38.45</b>	+01:02:32 (29.1%)	7:39	7.8 (70.9%)
123	<b>RAPACZ Andrzej</b>	<b>5332</b>		M30	57	01:47:25	<b>03:34:36.25</b>	<b>03:34:49.20</b>	+01:02:42 (29.2%)	7:39	7.8 (70.9%)
124	<b>TOMKIEWICZ Przemysław</b>	<b>5154</b>		M40	43	01:50:36	<b>03:34:28.85</b>	<b>03:34:58.85</b>	+01:02:52 (29.2%)	7:39	7.8 (70.9%)
125	<b>KOWALCZYK Mateusz</b>	<b>5756</b>		M30	58	01:50:50	<b>03:35:11.65</b>	<b>03:35:20.70</b>	+01:03:14 (29.4%)	7:41	7.8 (70.9%)
126	<b>ZAWADZKI Krzysztof</b>	<b>5437</b>	FUNDACJA LATARNIA	M20	16	01:47:41	<b>03:35:25.05</b>	<b>03:35:32.80</b>	+01:03:26 (29.4%)	7:41	7.8 (70.9%)
127	<b>GÓRSKI Adam</b>	<b>5226</b>		M30	59	01:42:24	<b>03:36:16.75</b>	<b>03:36:23.95</b>	+01:04:17 (29.7%)	7:43	7.8 (70.9%)
128	<b>BIAŁAS Kamil</b>	<b>5001</b>		M30	60	01:50:43	<b>03:36:11.90</b>	<b>03:36:27.90</b>	+01:04:21 (29.7%)	7:43	7.8 (70.9%)
129	<b>PIĘTKA Radosław</b>	<b>5463</b>		M30	61	01:57:48	<b>03:35:35.95</b>	<b>03:36:42.00</b>	+01:04:35 (29.8%)	7:42	7.8 (70.9%)
130	<b>LECHOWSKI Bartłomiej</b>	<b>5353</b>	WKURW_TEAM	M30	62	01:57:08	<b>03:37:16.10</b>	<b>03:37:42.25</b>	+01:05:35 (30.1%)	7:45	7.7 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	<b>KRZESIAK Łukasz</b>	<b>5528</b>	MASAKRA KLUB SPORTOWY	M40	44	01:53:12	<b>03:37:41.20</b>	<b>03:38:04.90</b>	+01:05:58 (30.3%)	7:46	7.7 (70.0%)
132	<b>KŁOSIEWICZ Wojciech</b>	<b>5291</b>		M40	45	01:48:19	<b>03:37:26.60</b>	<b>03:38:09.05</b>	+01:06:02 (30.3%)	7:45	7.7 (70.0%)
133	<b>SKIBA Michał</b>	<b>5467</b>	PZU SPORT TEAM	M20	17	01:53:48	<b>03:37:32.05</b>	<b>03:38:11.80</b>	+01:06:05 (30.3%)	7:46	7.7 (70.0%)
134	<b>JANOWSKI Witek</b>	<b>5732</b>		M30	63	02:00:48	<b>03:37:21.05</b>	<b>03:38:13.90</b>	+01:06:07 (30.3%)	7:45	7.7 (70.0%)
135	<b>PROKOPCZUK Wiktor</b>	<b>5716</b>		M30	64	02:01:31	<b>03:37:55.95</b>	<b>03:38:14.95</b>	+01:06:08 (30.3%)	7:46	7.7 (70.0%)
136	<b>ADAMCZYK Artur</b>	<b>5417</b>		M20	18	01:59:50	<b>03:37:47.00</b>	<b>03:38:15.75</b>	+01:06:09 (30.3%)	7:46	7.7 (70.0%)
137	<b>GAWROŃSKI Roman</b>	<b>5471</b>	WKURW_TEAM	M30	65	01:53:14	<b>03:37:01.25</b>	<b>03:38:23.50</b>	+01:06:17 (30.4%)	7:45	7.7 (70.0%)
138	<b>JAŻOWNIK Jacek</b>	<b>5184</b>	WKURW_TEAM	M40	46	01:53:19	<b>03:37:01.70</b>	<b>03:38:23.70</b>	+01:06:17 (30.4%)	7:45	7.7 (70.0%)
139	<b>MOLENDĄ Mateusz</b>	<b>5137</b>	TRENER24H.COM.PL	M20	19	01:51:02	<b>03:38:27.40</b>	<b>03:38:30.75</b>	+01:06:24 (30.4%)	7:48	7.7 (70.0%)
140	<b>KUCHARSKI Piotr</b>	<b>5861</b>	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M40	47	01:59:46	<b>03:37:59.30</b>	<b>03:39:14.80</b>	+01:07:08 (30.6%)	7:47	7.7 (70.0%)
141	<b>SZWAŁEK Krzysztof</b>	<b>5258</b>		M30	66	01:50:53	<b>03:38:47.35</b>	<b>03:39:29.40</b>	+01:07:23 (30.7%)	7:48	7.7 (70.0%)
142	<b>RZEPECKI Rafał</b>	<b>5710</b>		M20	20	01:50:27	<b>03:39:19.80</b>	<b>03:39:31.35</b>	+01:07:24 (30.7%)	7:50	7.7 (70.0%)
143	<b>WAŚNIEWSKI Krzysztof</b>	<b>5905</b>		M30	67	01:51:28	<b>03:39:27.60</b>	<b>03:39:43.65</b>	+01:07:37 (30.8%)	7:50	7.7 (70.0%)
144	<b>ŁAWORSKI Adolf</b>	<b>5954</b>		M60	2	01:55:55	<b>03:39:50.20</b>	<b>03:40:00.80</b>	+01:07:54 (30.9%)	7:51	7.6 (69.1%)
145	<b>MIETŁA Łukasz</b>	<b>5665</b>	MDMIW	M30	68	01:50:25	<b>03:40:24.65</b>	<b>03:40:29.50</b>	+01:08:23 (31.0%)	7:52	7.6 (69.1%)
146	<b>KLEDZIK Jakub</b>	<b>5812</b>		M30	69	01:53:32	<b>03:40:20.85</b>	<b>03:40:45.10</b>	+01:08:38 (31.1%)	7:52	7.6 (69.1%)
147	<b>GOŚCINIĄK Michał</b>	<b>5398</b>		M20	21	01:54:17	<b>03:40:15.05</b>	<b>03:40:54.70</b>	+01:08:48 (31.1%)	7:51	7.6 (69.1%)
148	<b>MIKOŁAJCZYK Paweł</b>	<b>5362</b>		M30	70	01:50:28	<b>03:40:25.75</b>	<b>03:40:58.35</b>	+01:08:51 (31.2%)	7:52	7.6 (69.1%)
149	<b>KONIECZNY Bartosz</b>	<b>5426</b>		M30	71	01:53:31	<b>03:40:53.35</b>	<b>03:41:17.90</b>	+01:09:11 (31.3%)	7:53	7.6 (69.1%)
150	<b>ZATORSKI Paweł</b>	<b>5642</b>		M30	72	01:53:30	<b>03:40:42.30</b>	<b>03:41:30.45</b>	+01:09:24 (31.3%)	7:52	7.6 (69.1%)
151	<b>NOWAKOWSKI Wojciech</b>	<b>5506</b>	MASAKRA KLUB SPORTOWY	M30	73	02:00:22	<b>03:41:12.95</b>	<b>03:41:36.05</b>	+01:09:29 (31.4%)	7:54	7.6 (69.1%)
152	<b>KACZKIEWICZ Damian</b>	<b>5806</b>	NIGHT RUNNERS GLIWICE	M40	48	01:56:13	<b>03:41:32.40</b>	<b>03:41:39.50</b>	+01:09:33 (31.4%)	7:54	7.6 (69.1%)
153	<b>PEŁDNIĄK Bogdan</b>	<b>5952</b>		M50	9	01:56:47	<b>03:41:42.65</b>	<b>03:42:15.10</b>	+01:10:08 (31.6%)	7:55	7.6 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	<b>BUDYCH Arek</b>	<b>5537</b>		M30	74	01:57:22	<b>03:41:27.05</b>	<b>03:42:16.90</b>	+01:10:10 (31.6%)	7:54	7.6 (69.1%)
155	<b>KOWALEWSKI Dominik</b>	<b>5278</b>	SZAKALE BAŁUT ŁÓDŹ	M40	49	01:56:13	<b>03:42:19.60</b>	<b>03:42:25.80</b>	+01:10:19 (31.6%)	7:56	7.6 (69.1%)
156	<b>UJMA Paweł</b>	<b>5857</b>		M30	75	01:53:05	<b>03:42:25.70</b>	<b>03:42:28.25</b>	+01:10:21 (31.6%)	7:56	7.6 (69.1%)
157	<b>BŁASZCZYK Marek</b>	<b>5132</b>	OPEL ACTIV TEAM	M40	50	01:58:04	<b>03:41:42.25</b>	<b>03:42:54.50</b>	+01:10:48 (31.8%)	7:55	7.6 (69.1%)
158	<b>KRZEMIŃSKI Leszek</b>	<b>5587</b>	KS RAKIETY URSYNÓW	M40	51	01:56:29	<b>03:42:21.85</b>	<b>03:43:09.80</b>	+01:11:03 (31.8%)	7:56	7.6 (69.1%)
159	<b>WAROWNY Piotr</b>	<b>5567</b>	BIEGUSIEM.PL	M30	76	01:54:08	<b>03:43:35.20</b>	<b>03:43:40.80</b>	+01:11:34 (32.0%)	7:59	7.5 (68.2%)
160	<b>RZECZKOWSKI Piotr</b>	<b>5342</b>		M30	77		<b>03:43:44.00</b>	<b>03:43:44.00</b>	+01:11:37 (32.0%)	7:59	7.5 (68.2%)
161	<b>ZAŁĘCKI Michał</b>	<b>5335</b>	LOTOS RUNNING TEAM	M30	78	01:55:44	<b>03:43:21.35</b>	<b>03:43:55.50</b>	+01:11:49 (32.1%)	7:58	7.5 (68.2%)
162	<b>ZIELIŃSKI Piotr</b>	<b>5046</b>		M20	22	01:51:06	<b>03:43:41.85</b>	<b>03:44:11.25</b>	+01:12:04 (32.2%)	7:59	7.5 (68.2%)
163	<b>MARCHEWKA Grzegorz</b>	<b>5128</b>		M40	52	01:51:14	<b>03:43:45.55</b>	<b>03:44:11.65</b>	+01:12:05 (32.2%)	7:59	7.5 (68.2%)
164	<b>LASKOWSKI Sławomir</b>	<b>5577</b>	PZU SPORT TEAM	M30	79	02:02:13	<b>03:42:57.40</b>	<b>03:44:12.60</b>	+01:12:06 (32.2%)	7:57	7.5 (68.2%)
165	<b>POŁOZYNSKI Andrzej</b>	<b>5591</b>	ZACISZE NIGHT RUNNERS	M40	53	01:56:02	<b>03:43:24.75</b>	<b>03:44:12.90</b>	+01:12:06 (32.2%)	7:58	7.5 (68.2%)
166	<b>RZEPECKI Zbigniew</b>	<b>5709</b>		M50	10	01:51:09	<b>03:44:15.85</b>	<b>03:44:26.10</b>	+01:12:19 (32.2%)	8:00	7.5 (68.2%)
167	<b>SOKALSKI Paweł</b>	<b>5583</b>		M40	54	02:02:48	<b>03:42:52.65</b>	<b>03:44:38.85</b>	+01:12:32 (32.3%)	7:57	7.5 (68.2%)
168	<b>WOŹNY Rafał</b>	<b>5820</b>		M40	55	01:55:53	<b>03:44:54.45</b>	<b>03:45:07.65</b>	+01:13:01 (32.4%)	8:01	7.5 (68.2%)
169	<b>NOWKKI Bartek</b>	<b>5938</b>		M30	80	02:02:10	<b>03:44:42.80</b>	<b>03:45:14.65</b>	+01:13:08 (32.5%)	8:01	7.5 (68.2%)
170	<b>MARKOWSKI Marcin</b>	<b>5217</b>	BRAVEHEARTS LEGIONOWO	M30	81	01:50:36	<b>03:44:52.25</b>	<b>03:45:20.00</b>	+01:13:13 (32.5%)	8:01	7.5 (68.2%)
171	<b>BARADZIEJ Bartek</b>	<b>5650</b>	TERMINAL LOGISTYCZNY PROMONT	M30	82	02:01:28	<b>03:44:57.05</b>	<b>03:45:20.95</b>	+01:13:14 (32.5%)	8:02	7.5 (68.2%)
172	<b>POPŁAWSKI Arkadiusz</b>	<b>5926</b>	CZARNE OWCE HIPOLITÓW	M40	56	02:00:30	<b>03:43:34.40</b>	<b>03:45:24.00</b>	+01:13:17 (32.5%)	7:59	7.5 (68.2%)
173	<b>TUREK Michał</b>	<b>5872</b>		M30	83	01:53:19	<b>03:44:34.80</b>	<b>03:45:27.05</b>	+01:13:20 (32.5%)	8:01	7.5 (68.2%)
174	<b>GODZISZ Mateusz</b>	<b>5571</b>		M30	84	01:59:40	<b>03:44:39.40</b>	<b>03:45:46.70</b>	+01:13:40 (32.6%)	8:01	7.5 (68.2%)
175	<b>ŁUKASZKIEWICZ Michał</b>	<b>5741</b>	POŻERACZE KILOSÓW	M30	85	02:03:14	<b>03:44:52.25</b>	<b>03:45:50.60</b>	+01:13:44 (32.6%)	8:01	7.5 (68.2%)
176	<b>DRUŻNY Artur</b>	<b>5853</b>		M40	57	01:54:06	<b>03:45:33.70</b>	<b>03:46:08.40</b>	+01:14:02 (32.7%)	8:03	7.4 (67.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	<b>LUTY Leszek</b>	<b>5447</b>	PZU SPORT TEAM	M30	86	02:02:00	<b>03:46:08.20</b>	<b>03:46:55.55</b>	+01:14:49 (33.0%)	8:04	7.4 (67.3%)
178	<b>NIEMOTKO Juliusz</b>	<b>5930</b>		M40	58	01:58:13	<b>03:46:50.50</b>	<b>03:47:01.30</b>	+01:14:54 (33.0%)	8:06	7.4 (67.3%)
179	<b>IWANEK Sebastian</b>	<b>5368</b>	BIEGUSIEM.PL	M30	87	01:54:13	<b>03:46:47.20</b>	<b>03:47:12.30</b>	+01:15:05 (33.1%)	8:05	7.4 (67.3%)
180	<b>BUKSA Tomasz</b>	<b>5004</b>	IPA	M30	88	02:02:16	<b>03:47:06.65</b>	<b>03:47:15.40</b>	+01:15:09 (33.1%)	8:06	7.4 (67.3%)
181	<b>MAJCHRZAK Jakub</b>	<b>5503</b>		M30	89	01:56:07	<b>03:47:05.95</b>	<b>03:47:41.70</b>	+01:15:35 (33.2%)	8:06	7.4 (67.3%)
182	<b>CIURA Rafał</b>	<b>5420</b>	AGDHOME.PL BIEGAMY	M40	59	02:02:04	<b>03:47:15.65</b>	<b>03:47:42.35</b>	+01:15:35 (33.2%)	8:07	7.4 (67.3%)
183	<b>BRUZDA Piotr</b>	<b>5424</b>		M40	60	01:54:44	<b>03:47:58.50</b>	<b>03:48:09.10</b>	+01:16:02 (33.3%)	8:08	7.4 (67.3%)
184	<b>MELLENTHIN Bartłomiej</b>	<b>5802</b>	SKŁADAKI PIŁA	M20	23	02:01:09	<b>03:47:08.20</b>	<b>03:48:17.65</b>	+01:16:11 (33.4%)	8:06	7.4 (67.3%)
185	<b>FAŁEK Krzysztof</b>	<b>5384</b>		M40	61	01:57:10	<b>03:48:28.20</b>	<b>03:48:50.35</b>	+01:16:43 (33.5%)	8:09	7.4 (67.3%)
186	<b>WÓJCIK Rafał</b>	<b>5550</b>		M20	24	01:47:03	<b>03:48:34.65</b>	<b>03:49:11.75</b>	+01:17:05 (33.6%)	8:09	7.4 (67.3%)
187	<b>KUJAWA Paweł</b>	<b>5072</b>		M30	90	01:57:42	<b>03:49:28.20</b>	<b>03:49:58.25</b>	+01:17:51 (33.9%)	8:11	7.3 (66.4%)
188	<b>FEDOROWICZ Adam</b>	<b>5880</b>		M40	62	01:58:25	<b>03:50:04.95</b>	<b>03:50:17.50</b>	+01:18:11 (34.0%)	8:13	7.3 (66.4%)
189	<b>DOBZAŃSKI Karol</b>	<b>5028</b>	POSMAKUJ RUN TEAM	M20	25	02:02:49	<b>03:49:35.85</b>	<b>03:50:30.35</b>	+01:18:23 (34.0%)	8:12	7.3 (66.4%)
190	<b>KOŁAKOWSKI Bartosz</b>	<b>5425</b>	CAZZO CLUB	M20	26	01:53:19	<b>03:50:46.85</b>	<b>03:51:05.30</b>	+01:18:58 (34.2%)	8:14	7.3 (66.4%)
191	<b>NOWACKI Lukasz</b>	<b>5863</b>		M30	91	02:08:58	<b>03:50:22.25</b>	<b>03:51:18.40</b>	+01:19:12 (34.2%)	8:13	7.3 (66.4%)
192	<b>BOROWIEC Arkadiusz</b>	<b>5183</b>	CHEŁM BIEGA	M40	63	01:57:58	<b>03:50:59.15</b>	<b>03:51:19.00</b>	+01:19:12 (34.2%)	8:15	7.3 (66.4%)
193	<b>PAWLIKOWSKI Norbert</b>	<b>5712</b>		M30	92	02:02:56	<b>03:50:18.75</b>	<b>03:51:20.75</b>	+01:19:14 (34.3%)	8:13	7.3 (66.4%)
194	<b>WYSOCKI Tomasz</b>	<b>5651</b>	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40	64	02:02:03	<b>03:49:30.90</b>	<b>03:51:21.15</b>	+01:19:14 (34.3%)	8:11	7.3 (66.4%)
195	<b>CHOLEWIŃSKI Tomek</b>	<b>5501</b>	PZU SPORT TEAM	M40	65	01:56:58	<b>03:50:30.20</b>	<b>03:51:24.95</b>	+01:19:18 (34.3%)	8:13	7.3 (66.4%)
196	<b>PIEKARCZYK Michał</b>	<b>5935</b>	KWAŚNE ŻELKI	M20	27	02:09:37	<b>03:50:45.20</b>	<b>03:52:21.75</b>	+01:20:15 (34.5%)	8:14	7.3 (66.4%)
197	<b>SZTOMBER Daniel</b>	<b>5866</b>	AXA RUNNING TEAM	M30	93	01:57:45	<b>03:51:40.60</b>	<b>03:52:24.35</b>	+01:20:17 (34.6%)	8:16	7.3 (66.4%)
198	<b>STPICZYŃSKI Marcin</b>	<b>5629</b>		M30	94	02:05:20	<b>03:51:42.35</b>	<b>03:52:29.00</b>	+01:20:22 (34.6%)	8:16	7.3 (66.4%)
199	<b>LACH Agnieszka</b>	<b>5003</b>	EKSPEDYCJA MRÓWKA	M40	66	02:01:58	<b>03:52:23.30</b>	<b>03:52:29.85</b>	+01:20:23 (34.6%)	8:17	7.2 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	<b>KOLWICZ Damian</b>	<b>5773</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	95	01:58:42	<b>03:51:28.35</b>	<b>03:52:38.00</b>	+01:20:31 (34.6%)	8:16	7.3 (66.4%)
201	<b>MARKIEWICZ Tomasz</b>	<b>5765</b>	TIGRES DEL PAPA	M20	28	01:50:49	<b>03:52:33.75</b>	<b>03:52:49.40</b>	+01:20:43 (34.7%)	8:18	7.2 (65.5%)
202	<b>DYCKOWSKI Andrzej</b>	<b>5296</b>	TYGRYSKI KUBUSIA PUCHATKA	M50	11	02:01:55	<b>03:51:45.10</b>	<b>03:52:50.15</b>	+01:20:43 (34.7%)	8:16	7.2 (65.5%)
203	<b>KOT Mateusz</b>	<b>5593</b>		M20	29	02:15:23	<b>03:51:42.20</b>	<b>03:53:13.35</b>	+01:21:06 (34.8%)	8:16	7.3 (66.4%)
204	<b>GRABOWSKI Emil</b>	<b>5066</b>		M40	67	02:00:51	<b>03:52:26.00</b>	<b>03:53:14.85</b>	+01:21:08 (34.8%)	8:18	7.2 (65.5%)
205	<b>KOWALEWSKI Mateusz</b>	<b>5389</b>	CROSSFIT ŁUKÓW & CROSSFIT SIEDLCE	M20	30	01:54:34	<b>03:52:56.55</b>	<b>03:53:23.45</b>	+01:21:17 (34.8%)	8:19	7.2 (65.5%)
206	<b>SZOSTAKOWSKI Zbigniew</b>	<b>5928</b>	AGB	M50	12	02:06:48	<b>03:52:52.85</b>	<b>03:53:31.00</b>	+01:21:24 (34.9%)	8:19	7.2 (65.5%)
207	<b>BLICHARZ Artur</b>	<b>5697</b>	KS SPORTIVA	M30	96	02:07:52	<b>03:52:02.75</b>	<b>03:53:32.75</b>	+01:21:26 (34.9%)	8:17	7.2 (65.5%)
208	<b>SOSIN Kamil</b>	<b>5902</b>	SZWLA STARGARD	M40	68	02:02:51	<b>03:53:51.25</b>	<b>03:53:55.50</b>	+01:21:49 (35.0%)	8:21	7.2 (65.5%)
209	<b>ŁOPUSIŃSKI Piotr</b>	<b>5275</b>	CAZZO CLUB	M20	31	01:58:24	<b>03:53:53.75</b>	<b>03:54:11.35</b>	+01:22:04 (35.0%)	8:21	7.2 (65.5%)
210	<b>KUDELSKI Ireneusz</b>	<b>5266</b>	SONAC OSETNICA	M40	69	01:55:07	<b>03:54:13.95</b>	<b>03:54:25.00</b>	+01:22:18 (35.1%)	8:21	7.2 (65.5%)
211	<b>NIEDZIELA Paweł</b>	<b>5354</b>	TIM TIRIM TEAM	M30	97	02:01:58	<b>03:54:22.90</b>	<b>03:54:38.40</b>	+01:22:32 (35.2%)	8:22	7.2 (65.5%)
212	<b>MARCINEK Krzysztof</b>	<b>5483</b>	PZU SPORT TEAM	M30	98	02:02:31	<b>03:54:30.30</b>	<b>03:54:52.95</b>	+01:22:46 (35.2%)	8:22	7.2 (65.5%)
213	<b>ŁYSIAK Bartosz</b>	<b>5547</b>		M30	99	01:58:12	<b>03:54:50.70</b>	<b>03:55:22.35</b>	+01:23:15 (35.4%)	8:23	7.2 (65.5%)
214	<b>WARZYŃSKI Beniamin</b>	<b>5554</b>		M40	70	01:57:58	<b>03:55:22.70</b>	<b>03:55:45.55</b>	+01:23:39 (35.5%)	8:24	7.1 (64.5%)
215	<b>STACHOWIAK Tytus</b>	<b>5929</b>		M20	32	02:02:00	<b>03:54:45.15</b>	<b>03:55:49.80</b>	+01:23:43 (35.5%)	8:23	7.2 (65.5%)
216	<b>SOBIESKI Jan</b>	<b>5233</b>	KWAŚNE ŻELKI	M20	33	02:05:14	<b>03:54:36.05</b>	<b>03:56:12.75</b>	+01:24:06 (35.6%)	8:22	7.2 (65.5%)
217	<b>KORUS Marek</b>	<b>5542</b>		M40	71	01:54:34	<b>03:56:12.10</b>	<b>03:56:28.40</b>	+01:24:22 (35.7%)	8:26	7.1 (64.5%)
218	<b>TABER Jerzy</b>	<b>5453</b>	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M50	13	02:04:11	<b>03:56:28.00</b>	<b>03:56:32.30</b>	+01:24:25 (35.7%)	8:26	7.1 (64.5%)
219	<b>WÓJCICKI Marcin</b>	<b>5369</b>	ŁĘCZNA BIEGA	M40	72	02:03:05	<b>03:56:21.00</b>	<b>03:56:34.90</b>	+01:24:28 (35.7%)	8:26	7.1 (64.5%)
220	<b>SUDZIŃSKA Inga</b>	<b>5006</b>		M40	73	02:02:16	<b>03:56:31.60</b>	<b>03:56:41.00</b>	+01:24:34 (35.7%)	8:26	7.1 (64.5%)
221	<b>STEFANOWICZ Piotr</b>	<b>5396</b>	HARDCOROWE WYCHYLYBYMY	M30	100	01:58:56	<b>03:55:47.85</b>	<b>03:56:42.85</b>	+01:24:36 (35.7%)	8:25	7.1 (64.5%)
222	<b>KUŚNIERZ Krzysztof</b>	<b>5005</b>		M30	101	02:02:18	<b>03:56:34.65</b>	<b>03:56:44.05</b>	+01:24:37 (35.7%)	8:26	7.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	<b>MILCZAREK Marcin</b>	<b>5313</b>	DRUŻYNA ORZECHA ŻYRARDÓW	M30	102	02:02:12	<b>03:56:00.30</b>	<b>03:56:47.20</b>	+01:24:40 (35.8%)	8:25	7.1 (64.5%)
224	<b>CZERNYSZ Grzegorz</b>	<b>5746</b>		M40	74	02:01:39	<b>03:56:42.35</b>	<b>03:57:17.40</b>	+01:25:11 (35.9%)	8:27	7.1 (64.5%)
225	<b>KRÓLIKOWSKI Andrzej</b>	<b>5176</b>	WKURW_TEAM	M40	75	02:01:30	<b>03:56:02.50</b>	<b>03:57:24.00</b>	+01:25:17 (35.9%)	8:25	7.1 (64.5%)
226	<b>ODYA Marcin</b>	<b>5920</b>	EASY RUNNER	M40	76	02:02:18	<b>03:57:06.70</b>	<b>03:57:45.55</b>	+01:25:39 (36.0%)	8:28	7.1 (64.5%)
227	<b>PRZETAKIEWICZ Maciej</b>	<b>5922</b>		M30	103	02:01:56	<b>03:56:22.35</b>	<b>03:57:59.45</b>	+01:25:53 (36.1%)	8:26	7.1 (64.5%)
228	<b>KĘPKA Andrzej</b>	<b>5495</b>	PRZEWORSKA GRUPA BIEGOWA	M50	14	02:01:27	<b>03:57:43.80</b>	<b>03:58:34.75</b>	+01:26:28 (36.2%)	8:29	7.1 (64.5%)
229	<b>ADAMCZAK Krzysztof</b>	<b>5021</b>	SZWLA STARGARD	M60	3	01:56:41	<b>03:58:31.60</b>	<b>03:58:35.75</b>	+01:26:29 (36.2%)	8:31	7 (63.6%)
230	<b>POPIOŁEK Jacek</b>	<b>5569</b>	LOST IN SPORT\BIEGUSIEM.PL	M30	104	02:06:53	<b>03:58:17.05</b>	<b>03:58:39.90</b>	+01:26:33 (36.3%)	8:30	7.1 (64.5%)
231	<b>KORDEL Kamil</b>	<b>5186</b>		M30	105	02:02:08	<b>03:57:38.40</b>	<b>03:58:53.25</b>	+01:26:46 (36.3%)	8:29	7.1 (64.5%)
232	<b>BRYŁA Krzysztof</b>	<b>5143</b>	DRUŻYNA SZPIKU / BIEGNIJMY.PL KOSZALIN	M40	77	02:02:01	<b>03:58:49.65</b>	<b>03:59:17.40</b>	+01:27:11 (36.4%)	8:31	7 (63.6%)
233	<b>CZELIŃSKI Leszek</b>	<b>5621</b>		M50	15	02:02:21	<b>03:59:03.30</b>	<b>03:59:29.15</b>	+01:27:22 (36.5%)	8:32	7 (63.6%)
234	<b>ŁUKASIK Bartłomiej</b>	<b>5723</b>		M30	106	02:01:09	<b>03:58:59.35</b>	<b>03:59:39.70</b>	+01:27:33 (36.5%)	8:32	7 (63.6%)
235	<b>BOROWSKI Robert</b>	<b>5627</b>	TEAM KOPEĆ	M30	107	02:09:50	<b>03:58:23.85</b>	<b>03:59:45.85</b>	+01:27:39 (36.6%)	8:30	7 (63.6%)
236	<b>DŁUBAŁA Marek</b>	<b>5512</b>	MSPORT RCS TEAM LUBIN	M30	108	01:49:59	<b>03:59:38.00</b>	<b>03:59:46.15</b>	+01:27:39 (36.6%)	8:33	7 (63.6%)
237	<b>TYMIŃSKI Szymon</b>	<b>5885</b>		M20	34	02:15:47	<b>03:58:04.15</b>	<b>03:59:53.85</b>	+01:27:47 (36.6%)	8:30	7.1 (64.5%)
238	<b>SMOŁA Grzegorz</b>	<b>5222</b>		M30	109	02:05:02	<b>03:59:33.35</b>	<b>03:59:54.30</b>	+01:27:47 (36.6%)	8:33	7 (63.6%)
239	<b>JANIK Łukasz</b>	<b>5438</b>		M30	110	01:56:00	<b>03:59:49.85</b>	<b>03:59:57.65</b>	+01:27:51 (36.6%)	8:33	7 (63.6%)
240	<b>ULMA Dariusz</b>	<b>5727</b>		M30	111	01:57:38	<b>03:59:01.35</b>	<b>03:59:59.30</b>	+01:27:52 (36.6%)	8:32	7 (63.6%)
241	<b>GRUBKA Marcin</b>	<b>5616</b>	TRUCK SHOW TEAM	M40	78	02:08:02	<b>03:59:47.55</b>	<b>03:59:59.40</b>	+01:27:53 (36.6%)	8:33	7 (63.6%)
242	<b>ZAGOŃCZYK Andrzej</b>	<b>5188</b>	PEGAZ	M50	16	01:58:28	<b>03:59:00.45</b>	<b>04:00:14.10</b>	+01:28:07 (36.7%)	8:32	7 (63.6%)
243	<b>MICHALSKI Maciej</b>	<b>5373</b>	CAZZO CLUB	M20	35	01:55:28	<b>04:00:00.50</b>	<b>04:00:18.55</b>	+01:28:12 (36.7%)	8:34	7 (63.6%)
244	<b>ŚWINIARSKI Michał</b>	<b>5169</b>	KWAŚNE ŻELKI	M20	36	02:03:51	<b>03:59:32.95</b>	<b>04:01:09.75</b>	+01:29:03 (36.9%)	8:33	7 (63.6%)
245	<b>RZECZKOWSKI Maciej</b>	<b>5850</b>	WARSZAWSKI KLUB GORSKI	M50	17	01:58:11	<b>04:00:58.45</b>	<b>04:01:13.25</b>	+01:29:06 (36.9%)	8:36	7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	<b>BUKOWSKI Sebastian</b>	<b>5162</b>	BIEGUSIEM.PL	M30	112	01:58:16	<b>04:00:55.00</b>	<b>04:01:18.75</b>	+01:29:12 (37.0%)	8:36	7 (63.6%)
247	<b>OCHNIO Andrzej</b>	<b>5552</b>		M40	79	02:01:40	<b>04:00:57.40</b>	<b>04:01:22.75</b>	+01:29:16 (37.0%)	8:36	7 (63.6%)
248	<b>CZARNOWSKI Patryk</b>	<b>5564</b>	MASAKRA KLUB SPORTOWY	M40	80	02:02:09	<b>04:02:18.55</b>	<b>04:02:36.10</b>	+01:30:29 (37.3%)	8:39	6.9 (62.7%)
249	<b>BOROWIEC Mariusz</b>	<b>5240</b>	PZU SPORT TEAM	M40	81	01:57:48	<b>04:02:31.70</b>	<b>04:02:53.65</b>	+01:30:47 (37.4%)	8:39	6.9 (62.7%)
250	<b>STELMASZYK Piotr</b>	<b>5536</b>	PZU SPORT TEAM	M40	82	01:58:34	<b>04:02:14.25</b>	<b>04:02:58.60</b>	+01:30:52 (37.4%)	8:39	6.9 (62.7%)
251	<b>DĄBROWSKI Łukasz</b>	<b>5337</b>	SPORTOWE ŻULE	M30	113	02:01:52	<b>04:02:24.40</b>	<b>04:03:07.05</b>	+01:31:00 (37.4%)	8:39	6.9 (62.7%)
252	<b>KOPECKI Michał</b>	<b>5037</b>		M20	37	02:07:24	<b>04:02:23.30</b>	<b>04:03:08.05</b>	+01:31:01 (37.4%)	8:39	6.9 (62.7%)
253	<b>SMACZNY Ireneusz</b>	<b>5302</b>		M40	83	01:57:59	<b>04:02:49.30</b>	<b>04:03:10.80</b>	+01:31:04 (37.5%)	8:40	6.9 (62.7%)
254	<b>SIBIELAK Piotr</b>	<b>5561</b>		M40	84	02:00:43	<b>04:02:20.05</b>	<b>04:03:11.75</b>	+01:31:05 (37.5%)	8:39	6.9 (62.7%)
255	<b>GĘSIARZ Michał</b>	<b>5274</b>		M30	114	02:08:46	<b>04:02:05.30</b>	<b>04:03:17.20</b>	+01:31:10 (37.5%)	8:38	6.9 (62.7%)
256	<b>CHODZIŃSKI Piotr</b>	<b>5364</b>		M40	85	02:01:33	<b>04:02:35.70</b>	<b>04:03:24.90</b>	+01:31:18 (37.5%)	8:39	6.9 (62.7%)
257	<b>PAŁKA Stanisław</b>	<b>5504</b>		M30	115	02:09:05	<b>04:01:37.35</b>	<b>04:03:25.55</b>	+01:31:19 (37.5%)	8:37	7 (63.6%)
258	<b>WARZYCHA Krzysztof</b>	<b>5707</b>		M50	18	02:11:22	<b>04:02:12.75</b>	<b>04:03:32.20</b>	+01:31:25 (37.5%)	8:39	6.9 (62.7%)
259	<b>SAWICKI Radek</b>	<b>5431</b>	DZIKIE GRUBASY SZATANA	M30	116	02:02:45	<b>04:03:03.95</b>	<b>04:03:34.40</b>	+01:31:28 (37.6%)	8:40	6.9 (62.7%)
260	<b>BEKASIAK Mikołaj</b>	<b>5306</b>	TAKŻE TEGO...	M20	38	02:04:47	<b>04:02:02.50</b>	<b>04:03:37.10</b>	+01:31:30 (37.6%)	8:38	6.9 (62.7%)
261	<b>JÓŚ Damian</b>	<b>5346</b>	TAKŻE TEGO...	M20	39	02:04:45	<b>04:02:02.95</b>	<b>04:03:37.40</b>	+01:31:31 (37.6%)	8:38	6.9 (62.7%)
262	<b>ŚLEPOWROŃSKI Bogdan</b>	<b>5640</b>	TRUCK SHOW TEAM	M30	117	02:07:06	<b>04:03:27.45</b>	<b>04:03:39.40</b>	+01:31:33 (37.6%)	8:41	6.9 (62.7%)
263	<b>SPYCHALSKI Radosław</b>	<b>5821</b>		M30	118	02:04:50	<b>04:03:12.80</b>	<b>04:03:41.35</b>	+01:31:34 (37.6%)	8:41	6.9 (62.7%)
264	<b>ŻOCHOWSKI Adrian</b>	<b>5774</b>		M20	40	02:02:15	<b>04:03:39.55</b>	<b>04:03:48.15</b>	+01:31:41 (37.6%)	8:42	6.9 (62.7%)
265	<b>KOSIN Marcin</b>	<b>5659</b>	BSB BARCZEWO BIEGA	M30	119	02:06:43	<b>04:02:40.25</b>	<b>04:04:03.00</b>	+01:31:56 (37.7%)	8:40	6.9 (62.7%)
266	<b>SPUŁTOWSKI Paweł</b>	<b>5282</b>		M40	86	02:02:20	<b>04:03:42.15</b>	<b>04:04:03.85</b>	+01:31:57 (37.7%)	8:42	6.9 (62.7%)
267	<b>GMAJ Daniel</b>	<b>5949</b>		M30	120	02:09:50	<b>04:03:20.40</b>	<b>04:04:24.85</b>	+01:32:18 (37.8%)	8:41	6.9 (62.7%)
268	<b>LITWORA Sebastian</b>	<b>5618</b>		M40	87	01:57:44	<b>04:04:00.45</b>	<b>04:04:49.10</b>	+01:32:42 (37.9%)	8:42	6.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
269	<b>CZARNOCKI Paweł</b>	<b>5113</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M30	121	02:01:43	<b>04:04:42.10</b>	<b>04:04:57.55</b>	+01:32:51 (37.9%)	8:44	6.9 (62.7%)
270	<b>ŁYSY Andrzej</b>	<b>5706</b>		M40	88	02:02:48	<b>04:03:50.75</b>	<b>04:05:10.25</b>	+01:33:03 (38.0%)	8:42	6.9 (62.7%)
271	<b>ZYCH Herbert</b>	<b>5170</b>		M40	89	02:07:55	<b>04:04:14.75</b>	<b>04:05:14.80</b>	+01:33:08 (38.0%)	8:43	6.9 (62.7%)
272	<b>PRĘGOWSKI Grzegorz</b>	<b>5717</b>	EKOBIEGI	M50	19	02:07:21	<b>04:05:18.30</b>	<b>04:05:46.90</b>	+01:33:40 (38.1%)	8:45	6.8 (61.8%)
273	<b>ŚWIDEREK Michał</b>	<b>5906</b>		M30	122	02:02:27	<b>04:06:26.70</b>	<b>04:06:33.55</b>	+01:34:27 (38.3%)	8:48	6.8 (61.8%)
274	<b>ARCISZ Przemysław</b>	<b>5450</b>		M20	41	01:55:34	<b>04:06:17.15</b>	<b>04:06:37.80</b>	+01:34:31 (38.3%)	8:47	6.8 (61.8%)
275	<b>ROGOLSKI Artur</b>	<b>5482</b>	PZU SPORT TEAM	M40	90	02:00:39	<b>04:06:00.20</b>	<b>04:06:57.25</b>	+01:34:50 (38.4%)	8:47	6.8 (61.8%)
276	<b>WIECZOREK Jakub</b>	<b>5687</b>		M30	123	02:12:07	<b>04:06:50.20</b>	<b>04:07:49.20</b>	+01:35:42 (38.6%)	8:48	6.8 (61.8%)
277	<b>LIPCZYŃSKI Olaf</b>	<b>5238</b>	LUBLIN BIEGA	M30	124	02:04:05	<b>04:06:35.45</b>	<b>04:07:56.30</b>	+01:35:49 (38.7%)	8:48	6.8 (61.8%)
278	<b>POKRYWKA Stefan</b>	<b>5919</b>		M60	4	02:09:46	<b>04:07:29.60</b>	<b>04:08:01.20</b>	+01:35:54 (38.7%)	8:50	6.8 (61.8%)
279	<b>STUDZIŃSKI Jakub</b>	<b>5736</b>		M30	125	02:01:12	<b>04:07:48.60</b>	<b>04:08:14.00</b>	+01:36:07 (38.7%)	8:51	6.8 (61.8%)
280	<b>ZAPIÓR Maciej</b>	<b>5205</b>	ZET	M20	42	02:16:55	<b>04:08:15.80</b>	<b>04:09:26.15</b>	+01:37:19 (39.0%)	8:52	6.8 (61.8%)
281	<b>KOWALSKI Sylwester</b>	<b>5672</b>		M30	126	01:53:19	<b>04:09:17.80</b>	<b>04:09:31.30</b>	+01:37:24 (39.0%)	8:54	6.7 (60.9%)
282	<b>ORZESZYNA Łukasz</b>	<b>5510</b>	DRUŻYNA ORZECHA ŻYRARDÓW	M30	127	02:02:03	<b>04:09:22.65</b>	<b>04:10:10.10</b>	+01:38:03 (39.2%)	8:54	6.7 (60.9%)
283	<b>SZYMKOWIAK Paweł</b>	<b>5358</b>		M40	91	02:11:14	<b>04:09:14.55</b>	<b>04:10:13.35</b>	+01:38:06 (39.2%)	8:54	6.7 (60.9%)
284	<b>JÓZEFOWICZ Dariusz</b>	<b>5822</b>	PADŁ NA RYJ TEAM	M40	92	02:15:02	<b>04:09:51.85</b>	<b>04:10:35.70</b>	+01:38:29 (39.3%)	8:55	6.7 (60.9%)
285	<b>SZCZEPANIAK Marcel</b>	<b>5568</b>		M20	43	02:16:25	<b>04:09:53.05</b>	<b>04:10:52.60</b>	+01:38:46 (39.4%)	8:55	6.7 (60.9%)
286	<b>KALICKI Irek</b>	<b>5836</b>	GCW	M40	93	02:08:30	<b>04:10:18.35</b>	<b>04:11:02.70</b>	+01:38:56 (39.4%)	8:56	6.7 (60.9%)
287	<b>MAMCZYS Rafał</b>	<b>5609</b>	COCO JAMBO	M30	128	02:07:34	<b>04:11:24.25</b>	<b>04:11:43.35</b>	+01:39:36 (39.6%)	8:58	6.7 (60.9%)
288	<b>GRUSZKA Paweł</b>	<b>5553</b>		M30	129	02:03:05	<b>04:11:00.70</b>	<b>04:11:48.85</b>	+01:39:42 (39.6%)	8:57	6.7 (60.9%)
289	<b>PLACHA Piotr</b>	<b>5891</b>	KOPALNIA MOCY	M40	94	02:14:04	<b>04:10:48.60</b>	<b>04:12:11.30</b>	+01:40:04 (39.7%)	8:57	6.7 (60.9%)
290	<b>MOŚCICKI Łukasz</b>	<b>5636</b>		M30	130	02:07:34	<b>04:11:53.85</b>	<b>04:12:19.45</b>	+01:40:13 (39.7%)	8:59	6.7 (60.9%)
291	<b>GUTKOWSKI Wojciech</b>	<b>5851</b>	BIEGAM SOBIE	M40	95	02:08:36	<b>04:11:54.70</b>	<b>04:12:32.35</b>	+01:40:25 (39.8%)	8:59	6.7 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
292	<b>DROSZCZ Krzysztof</b>	<b>5701</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	131	02:11:48	<b>04:12:04.45</b>	<b>04:13:11.50</b>	+01:41:05 (39.9%)	9:00	6.7 (60.9%)
293	<b>WIEDYSKA Jakub</b>	<b>5330</b>		M30	132	02:15:29	<b>04:11:27.45</b>	<b>04:13:14.05</b>	+01:41:07 (39.9%)	8:58	6.7 (60.9%)
294	<b>BEZKOROWAJNY Mateusz</b>	<b>5262</b>		M20	44	01:57:50	<b>04:12:40.55</b>	<b>04:13:31.30</b>	+01:41:24 (40.0%)	9:01	6.6 (60.0%)
295	<b>KACZMARSKI Wojciech</b>	<b>5499</b>		M50	20	02:03:05	<b>04:12:43.85</b>	<b>04:13:35.95</b>	+01:41:29 (40.0%)	9:01	6.6 (60.0%)
296	<b>DUBIŃSKI Przemysław</b>	<b>5535</b>	ŻYCIE CZĘSTOCHOWY TEAM	M40	96	02:10:59	<b>04:13:27.35</b>	<b>04:14:04.65</b>	+01:41:58 (40.1%)	9:03	6.6 (60.0%)
297	<b>BARSZCZ Marek</b>	<b>5062</b>	BARANOWRUN	M30	133	02:05:48	<b>04:14:11.05</b>	<b>04:15:17.50</b>	+01:43:11 (40.4%)	9:04	6.6 (60.0%)
298	<b>MIEDZINSKI Piotr</b>	<b>5768</b>	MSD RUNNING CLUB	M40	97	02:04:50	<b>04:15:46.70</b>	<b>04:16:00.20</b>	+01:43:53 (40.6%)	9:08	6.6 (60.0%)
299	<b>MICHNIK Dariusz</b>	<b>5545</b>		M50	21	02:04:11	<b>04:15:48.60</b>	<b>04:16:00.65</b>	+01:43:54 (40.6%)	9:08	6.6 (60.0%)
300	<b>OBLIŃSKI Sławomir</b>	<b>5333</b>		M40	98	02:04:50	<b>04:15:13.40</b>	<b>04:16:46.65</b>	+01:44:40 (40.8%)	9:06	6.6 (60.0%)
301	<b>WIATR Wojciech</b>	<b>5834</b>	ENDURANCE TEAM	M30	134	02:09:57	<b>04:16:39.85</b>	<b>04:17:34.05</b>	+01:45:27 (40.9%)	9:10	6.5 (59.1%)
302	<b>TARTANUS Andrzej</b>	<b>5868</b>	VEGE RUNNERS	M40	99	02:09:17	<b>04:16:06.80</b>	<b>04:17:38.95</b>	+01:45:32 (41.0%)	9:08	6.6 (60.0%)
303	<b>KOLCZYŃSKI Jarosław</b>	<b>5660</b>	EMOTIVO.COM.PL	M30	135	02:15:20	<b>04:17:03.70</b>	<b>04:18:24.05</b>	+01:46:17 (41.1%)	9:10	6.5 (59.1%)
304	<b>BALCERZAK Marcin</b>	<b>5191</b>	WAKACJE TEAM MINI	M30	136	02:24:30	<b>04:18:00.75</b>	<b>04:19:19.00</b>	+01:47:12 (41.3%)	9:12	6.5 (59.1%)
305	<b>KURKOWIAK Krzysztof</b>	<b>5305</b>	WKURW_TEAM	M30	137	02:04:35	<b>04:19:06.65</b>	<b>04:19:31.80</b>	+01:47:25 (41.4%)	9:15	6.5 (59.1%)
306	<b>ZUBRZYCKI Łukasz</b>	<b>5303</b>		M30	138	02:11:14	<b>04:18:20.40</b>	<b>04:19:32.35</b>	+01:47:25 (41.4%)	9:13	6.5 (59.1%)
307	<b>LIPIŃSKI Maciej</b>	<b>5363</b>	CROSSFIT SIEDLCE	M20	45	02:17:35	<b>04:19:07.25</b>	<b>04:19:36.15</b>	+01:47:29 (41.4%)	9:15	6.5 (59.1%)
308	<b>KOSTYRA Krzysztof</b>	<b>5391</b>	BIEGUSIEM.PL	M50	22	02:04:46	<b>04:19:17.75</b>	<b>04:19:40.65</b>	+01:47:34 (41.4%)	9:15	6.5 (59.1%)
309	<b>ŚWIĄTEK Łukasz</b>	<b>5190</b>		M30	139	02:08:03	<b>04:17:54.50</b>	<b>04:19:45.55</b>	+01:47:39 (41.4%)	9:12	6.5 (59.1%)
310	<b>KONIK Marek</b>	<b>5719</b>	DB LESZCZYNY	M50	23	02:18:11	<b>04:19:21.05</b>	<b>04:20:21.70</b>	+01:48:15 (41.6%)	9:15	6.5 (59.1%)
311	<b>MANIAK Łukasz</b>	<b>5917</b>		M40	100	02:06:37	<b>04:19:06.20</b>	<b>04:20:35.10</b>	+01:48:28 (41.6%)	9:15	6.5 (59.1%)
312	<b>MAZUR Grzegorz</b>	<b>5903</b>	HONG KONG TRAIL RUNNERS	M30	140	02:08:23	<b>04:22:05.90</b>	<b>04:22:13.30</b>	+01:50:06 (42.0%)	9:21	6.4 (58.2%)
313	<b>CIURA Jarosław</b>	<b>5432</b>	AGDHOME.PL BIEGAMY !	M30	141	02:11:29	<b>04:21:46.75</b>	<b>04:22:14.25</b>	+01:50:07 (42.0%)	9:20	6.4 (58.2%)
314	<b>HAJDUK Tomek</b>	<b>5163</b>	YULO RUN TEAM	M40	101	02:01:56	<b>04:22:35.40</b>	<b>04:22:51.15</b>	+01:50:44 (42.1%)	9:22	6.4 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
315	<b>WIERZBA Jacek</b>	<b>5745</b>	KB.SUKCES ŻMIGRÓD	M40	102	02:08:39	<b>04:23:12.45</b>	<b>04:24:06.65</b>	+01:52:00 (42.4%)	9:24	6.4 (58.2%)
316	<b>GAŁKA Jacek</b>	<b>5160</b>	VEGE RUNNERS / WKURW_TEAM	M30	142	02:09:00	<b>04:23:14.95</b>	<b>04:24:06.90</b>	+01:52:00 (42.4%)	9:24	6.4 (58.2%)
317	<b>ZAWADZKI Mirosław</b>	<b>5514</b>	TERNOL TEAM	M30	143	02:05:56	<b>04:23:34.80</b>	<b>04:24:07.70</b>	+01:52:01 (42.4%)	9:24	6.4 (58.2%)
318	<b>SMOŁA Ilona</b>	<b>5297</b>		M30	144	02:11:06	<b>04:23:49.25</b>	<b>04:24:08.60</b>	+01:52:02 (42.4%)	9:25	6.4 (58.2%)
319	<b>KOFIN Maciej</b>	<b>5164</b>	TKKF UKLEJNA MYŚLENICE	M40	103	02:18:10	<b>04:23:01.35</b>	<b>04:24:17.65</b>	+01:52:11 (42.4%)	9:23	6.4 (58.2%)
320	<b>ŚWIĄTEK Łukasz</b>	<b>5819</b>		M30	145	02:11:40	<b>04:24:09.40</b>	<b>04:24:53.25</b>	+01:52:46 (42.6%)	9:26	6.4 (58.2%)
321	<b>FIRAZA Łukasz</b>	<b>5383</b>	NAPIERACZE.PL	M30	146	02:13:20	<b>04:24:07.05</b>	<b>04:24:56.30</b>	+01:52:49 (42.6%)	9:25	6.4 (58.2%)
322	<b>SOSIŃSKI Tomasz</b>	<b>5622</b>	NAPIERACZE.PL	M30	147	02:12:52	<b>04:24:13.55</b>	<b>04:25:01.50</b>	+01:52:55 (42.6%)	9:26	6.4 (58.2%)
323	<b>MAJONEK Artur</b>	<b>5832</b>		M30	148	02:20:59	<b>04:24:19.85</b>	<b>04:25:01.60</b>	+01:52:55 (42.6%)	9:26	6.4 (58.2%)
324	<b>ŚWIĄTEK Arkadiusz</b>	<b>5016</b>		M20	46	02:09:30	<b>04:25:20.40</b>	<b>04:25:29.75</b>	+01:53:23 (42.7%)	9:28	6.3 (57.3%)
325	<b>MARMUROWICZ Krystian</b>	<b>5807</b>	NESSI TEAM	M40	104	02:18:21	<b>04:26:30.35</b>	<b>04:26:41.45</b>	+01:54:35 (43.0%)	9:31	6.3 (57.3%)
326	<b>HADRYSIAK Adam</b>	<b>5386</b>	NAPIERACZE.PL	M30	149	02:13:22	<b>04:27:38.05</b>	<b>04:28:27.55</b>	+01:56:21 (43.3%)	9:33	6.3 (57.3%)
327	<b>SYROCKI Arkadiusz</b>	<b>5624</b>		M40	105	02:17:37	<b>04:28:16.30</b>	<b>04:28:35.65</b>	+01:56:29 (43.4%)	9:34	6.3 (57.3%)
328	<b>ZALECH Zbigniew</b>	<b>5676</b>	MORSY PŁOCK	M40	106	02:24:46	<b>04:27:32.80</b>	<b>04:29:24.60</b>	+01:57:18 (43.5%)	9:33	6.3 (57.3%)
329	<b>ADAMCZYK Przemysław</b>	<b>5508</b>	ADIDAS RUNNERS WARSAW	M40	107	02:12:39	<b>04:30:41.20</b>	<b>04:31:07.55</b>	+01:59:01 (43.9%)	9:40	6.2 (56.4%)
330	<b>KOSIACKI Karol</b>	<b>5138</b>	PZU SPORT TEAM	M30	150	02:15:55	<b>04:30:12.50</b>	<b>04:31:08.80</b>	+01:59:02 (43.9%)	9:39	6.2 (56.4%)
331	<b>ADAMKIEWICZ Michał</b>	<b>5071</b>	K.S GŁÓWNO W BIEGU	M30	151	02:16:28	<b>04:31:31.50</b>	<b>04:32:46.90</b>	+02:00:40 (44.2%)	9:41	6.2 (56.4%)
332	<b>TRELA Mirosław</b>	<b>5668</b>	DB LESZCZYNY	M50	24	02:21:14	<b>04:31:56.90</b>	<b>04:32:57.05</b>	+02:00:50 (44.3%)	9:42	6.2 (56.4%)
333	<b>ŻUKOWSKI Grzegorz</b>	<b>5461</b>	ENDURANCE TEAM	M40	108	02:13:47	<b>04:32:16.80</b>	<b>04:33:09.80</b>	+02:01:03 (44.3%)	9:43	6.2 (56.4%)
334	<b>GIURG Grzegorz</b>	<b>5407</b>		M40	109	02:09:13	<b>04:32:29.95</b>	<b>04:33:12.10</b>	+02:01:05 (44.3%)	9:43	6.2 (56.4%)
335	<b>STACHOWICZ Marcin</b>	<b>5781</b>	5F TEAM	M30	152	02:20:44	<b>04:32:19.40</b>	<b>04:33:16.25</b>	+02:01:09 (44.3%)	9:43	6.2 (56.4%)
336	<b>ZEMŁA Piotr</b>	<b>5298</b>		M40	110	02:16:33	<b>04:32:24.05</b>	<b>04:33:25.00</b>	+02:01:18 (44.4%)	9:43	6.2 (56.4%)
337	<b>BRZĘCZEK Roland</b>	<b>5356</b>		M40	111	02:09:45	<b>04:32:14.30</b>	<b>04:33:28.55</b>	+02:01:22 (44.4%)	9:43	6.2 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
338	<b>ŚLUSARSKI Włodzimierz</b>	<b>5936</b>		M50	25	02:16:48	<b>04:34:06.80</b>	<b>04:34:21.05</b>	+02:02:14 (44.6%)	9:47	6.1 (55.5%)
339	<b>JAKUBOWSKI Piotr</b>	<b>5502</b>	CHEŁM BIEGA	M40	112	02:09:12	<b>04:33:56.60</b>	<b>04:34:26.25</b>	+02:02:19 (44.6%)	9:47	6.1 (55.5%)
340	<b>KOBYŁECKI Emil</b>	<b>5122</b>		M20	47	02:18:12	<b>04:33:07.00</b>	<b>04:34:33.60</b>	+02:02:27 (44.6%)	9:45	6.2 (56.4%)
341	<b>CIEŚLAK Grzegorz</b>	<b>5797</b>	GREEN TEAM	M40	113	02:18:30	<b>04:33:11.80</b>	<b>04:34:36.15</b>	+02:02:29 (44.6%)	9:45	6.1 (55.5%)
342	<b>RYSZCZYK Adam</b>	<b>5040</b>		M30	153	02:11:35	<b>04:34:25.95</b>	<b>04:35:05.75</b>	+02:02:59 (44.7%)	9:48	6.1 (55.5%)
343	<b>GRUSZECKI Tomasz</b>	<b>5130</b>		M30	154	02:14:29	<b>04:34:27.20</b>	<b>04:35:19.15</b>	+02:03:12 (44.8%)	9:48	6.1 (55.5%)
344	<b>JAŚKIEWICZ Szymon</b>	<b>5247</b>	SŁYNNI KENIJCZYCY	M20	48	02:23:29	<b>04:33:50.95</b>	<b>04:35:20.65</b>	+02:03:14 (44.8%)	9:46	6.1 (55.5%)
345	<b>MARCOL Grzegorz</b>	<b>5947</b>		M50	26	02:10:21	<b>04:35:24.00</b>	<b>04:35:37.60</b>	+02:03:31 (44.8%)	9:50	6.1 (55.5%)
346	<b>BARAŃSKI Damian</b>	<b>5057</b>	GORZÓW BIEGA	M20	49	02:10:30	<b>04:35:15.70</b>	<b>04:35:41.75</b>	+02:03:35 (44.8%)	9:49	6.1 (55.5%)
347	<b>RECZEK Sebastian</b>	<b>5898</b>	KS ZIELONO- CZARNI	M30	155	02:21:59	<b>04:36:09.15</b>	<b>04:36:45.45</b>	+02:04:39 (45.0%)	9:51	6.1 (55.5%)
348	<b>MAZUR Mateusz</b>	<b>5300</b>	MYSTICLIMB	M30	156	02:01:05	<b>04:36:35.25</b>	<b>04:36:47.70</b>	+02:04:41 (45.0%)	9:52	6.1 (55.5%)
349	<b>TOKARSKI Rafał</b>	<b>5345</b>		M40	114	02:24:24	<b>04:35:53.15</b>	<b>04:37:03.70</b>	+02:04:57 (45.1%)	9:51	6.1 (55.5%)
350	<b>SERĘGA Tomasz</b>	<b>5859</b>	WKURW_TEAM	M40	115	02:23:44	<b>04:35:55.10</b>	<b>04:37:24.25</b>	+02:05:17 (45.2%)	9:51	6.1 (55.5%)
351	<b>NOSEK Damian</b>	<b>5120</b>		M20	50	02:17:06	<b>04:36:45.25</b>	<b>04:37:43.45</b>	+02:05:37 (45.2%)	9:53	6.1 (55.5%)
352	<b>RYBIENIK Lech</b>	<b>5208</b>		M30	157	02:18:53	<b>04:36:48.95</b>	<b>04:37:46.70</b>	+02:05:40 (45.2%)	9:53	6.1 (55.5%)
353	<b>MOLAK Robert</b>	<b>5117</b>		M30	158	02:18:19	<b>04:36:35.05</b>	<b>04:37:53.85</b>	+02:05:47 (45.3%)	9:52	6.1 (55.5%)
354	<b>MICHALCZAK Paweł</b>	<b>5422</b>	WKS WAWEL KRAKÓW	M40	116	02:18:14	<b>04:36:45.20</b>	<b>04:38:26.25</b>	+02:06:19 (45.4%)	9:53	6.1 (55.5%)
355	<b>WOŹNIAK Daniel</b>	<b>5158</b>	CROSSFIT SIEDLCE	M30	159	02:14:54	<b>04:38:30.60</b>	<b>04:38:59.70</b>	+02:06:53 (45.5%)	9:56	6 (54.5%)
356	<b>DĄBROWSKI Karol</b>	<b>5796</b>	CROSSFIT SIEDLCE	M40	117	02:17:32	<b>04:38:30.55</b>	<b>04:38:59.75</b>	+02:06:53 (45.5%)	9:56	6 (54.5%)
357	<b>KORDALEWSKI Łukasz</b>	<b>5753</b>	NC+	M30	160	02:27:46	<b>04:37:43.60</b>	<b>04:39:13.30</b>	+02:07:06 (45.5%)	9:55	6 (54.5%)
358	<b>WRONA Tomek</b>	<b>5351</b>	KS PEGAZ	M30	161	02:23:24	<b>04:37:50.95</b>	<b>04:39:17.15</b>	+02:07:10 (45.5%)	9:55	6 (54.5%)
359	<b>DANILUK Andrzej</b>	<b>5590</b>	ZACISZE NIGHT RUNNERS	M40	118	02:22:23	<b>04:38:53.80</b>	<b>04:39:43.00</b>	+02:07:36 (45.6%)	9:57	6 (54.5%)
360	<b>SZCZELINA Paweł</b>	<b>5462</b>	PRESS GLASS BIEGAMY I WSPIERAMY	M40	119	02:18:36	<b>04:39:51.50</b>	<b>04:40:11.15</b>	+02:08:04 (45.7%)	9:59	6 (54.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
361	<b>MROCHEM Mariusz</b>	<b>5507</b>		M30	162	02:24:18	<b>04:39:03.95</b>	<b>04:40:16.65</b>	+02:08:10 (45.7%)	9:58	6 (54.5%)
362	<b>CZERNIAK Artur</b>	<b>5581</b>	MASAKRA KLUB SPORTOWY	M50	27	02:12:58	<b>04:40:31.40</b>	<b>04:40:44.25</b>	+02:08:37 (45.8%)	10:01	6 (54.5%)
363	<b>DZIERŻAK Arkadiusz</b>	<b>5202</b>		M40	120	02:16:55	<b>04:41:02.15</b>	<b>04:41:19.30</b>	+02:09:12 (45.9%)	10:02	6 (54.5%)
364	<b>KAMUT Hubert</b>	<b>5481</b>	YULO RUN TEAM SIEDLCE	M40	121	02:09:21	<b>04:42:11.70</b>	<b>04:42:26.00</b>	+02:10:19 (46.1%)	10:04	6 (54.5%)
365	<b>BARAN Jakub</b>	<b>5910</b>		M30	163	02:21:46	<b>04:42:53.05</b>	<b>04:42:59.60</b>	+02:10:53 (46.3%)	10:06	5.9 (53.6%)
366	<b>CZECH Bogdan</b>	<b>5675</b>	ŁĘCZNA BIEGA	M40	122	02:17:36	<b>04:42:55.05</b>	<b>04:43:13.25</b>	+02:11:06 (46.3%)	10:06	5.9 (53.6%)
367	<b>DUKAŁA Arkadiusz</b>	<b>5468</b>	PZU SPORT TEAM	M40	123	02:23:54	<b>04:43:08.95</b>	<b>04:44:00.10</b>	+02:11:53 (46.4%)	10:06	5.9 (53.6%)
368	<b>BARYZA Robert</b>	<b>5394</b>		M40	124	02:25:06	<b>04:43:24.00</b>	<b>04:44:02.75</b>	+02:11:56 (46.4%)	10:07	5.9 (53.6%)
369	<b>DZIOPA Paweł</b>	<b>5336</b>	WKURW_TEAM	M40	125	02:19:00	<b>04:42:52.05</b>	<b>04:44:05.60</b>	+02:11:59 (46.5%)	10:06	5.9 (53.6%)
370	<b>KOZIŃSKI Dariusz</b>	<b>5633</b>	PZU SPORT TEAM	M50	28	02:12:53	<b>04:43:42.70</b>	<b>04:44:37.10</b>	+02:12:30 (46.6%)	10:07	5.9 (53.6%)
371	<b>OBARSKI Norbert</b>	<b>5268</b>		M50	29	02:18:32	<b>04:44:13.90</b>	<b>04:44:47.55</b>	+02:12:41 (46.6%)	10:09	5.9 (53.6%)
372	<b>KOPYŚĆ Jarosław</b>	<b>5091</b>	PSZCZÓŁKOWSKI TEAM	M40	126	02:30:08	<b>04:45:59.50</b>	<b>04:47:09.65</b>	+02:15:03 (47.0%)	10:12	5.9 (53.6%)
373	<b>MAŁYSA Łukasz</b>	<b>5445</b>		M30	164	02:25:38	<b>04:46:08.35</b>	<b>04:47:16.50</b>	+02:15:10 (47.1%)	10:13	5.9 (53.6%)
374	<b>KWITEK Damian</b>	<b>5185</b>		M20	51	02:21:06	<b>04:46:26.75</b>	<b>04:47:45.55</b>	+02:15:39 (47.1%)	10:13	5.9 (53.6%)
375	<b>PIĘTKA Piotr</b>	<b>5103</b>	AMERNET	M40	127	02:26:18	<b>04:47:21.45</b>	<b>04:48:06.90</b>	+02:16:00 (47.2%)	10:15	5.8 (52.7%)
376	<b>DAMIĘCKI Jan</b>	<b>5399</b>	MASAKRA KLUB SPORTOWY	M40	128	02:21:26	<b>04:48:19.50</b>	<b>04:48:32.05</b>	+02:16:25 (47.3%)	10:17	5.8 (52.7%)
377	<b>CHUDZICKI Łukasz</b>	<b>5324</b>		M30	165	02:22:14	<b>04:48:37.20</b>	<b>04:48:47.50</b>	+02:16:41 (47.3%)	10:18	5.8 (52.7%)
378	<b>PILAK Zbigniew</b>	<b>5061</b>		M50	30	02:30:18	<b>04:48:14.45</b>	<b>04:49:54.25</b>	+02:17:47 (47.5%)	10:17	5.8 (52.7%)
379	<b>ŻAK Bartłomiej</b>	<b>5427</b>		M30	166	02:14:04	<b>04:48:41.40</b>	<b>04:50:07.30</b>	+02:18:00 (47.6%)	10:18	5.8 (52.7%)
380	<b>KOZIOŁ Łukasz</b>	<b>5094</b>		M30	167	02:16:30	<b>04:49:59.30</b>	<b>04:50:18.45</b>	+02:18:12 (47.6%)	10:21	5.8 (52.7%)
381	<b>KOWALSKI Daniel</b>	<b>5287</b>	JANUSZE SPORTU / BIEGAJĄCY ŚWIDNIK	M30	168	02:29:23	<b>04:48:41.35</b>	<b>04:50:20.00</b>	+02:18:13 (47.6%)	10:18	5.8 (52.7%)
382	<b>KAWKA Damian</b>	<b>5526</b>		M40	129	02:24:13	<b>04:49:04.25</b>	<b>04:50:23.85</b>	+02:18:17 (47.6%)	10:19	5.8 (52.7%)
383	<b>PIECIUL Jacek</b>	<b>5900</b>	DZIKIE DZIKI GORZÓW	M30	169	02:19:23	<b>04:50:03.95</b>	<b>04:50:48.00</b>	+02:18:41 (47.7%)	10:21	5.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
384	DE KRUIJF Teunis	5951		M20	52	02:25:05	04:49:42.20	04:50:53.65	+02:18:47 (47.7%)	10:20	5.8 (52.7%)
385	PRZYBYLSKI Piotr	5596	GO SPORT AK-SPED TEAM	M30	170	02:17:52	04:50:18.05	04:51:59.75	+02:19:53 (47.9%)	10:22	5.8 (52.7%)
386	SZEWCZYK Kamil	5837		M30	171	02:25:02	04:51:59.80	04:52:39.85	+02:20:33 (48.0%)	10:25	5.8 (52.7%)
387	JAGODA Mateusz	5473	FUCHS OIL TEAM	M20	53	02:18:20	04:51:00.90	04:52:46.05	+02:20:39 (48.0%)	10:23	5.8 (52.7%)
387	JAGODA Adam	5390	FUCHS OIL TEAM	M50	31	02:19:45	04:51:00.90	04:52:46.05	+02:20:39 (48.0%)	10:23	5.8 (52.7%)
389	CHOJNACKI Łukasz	5166	WAKACJE TEAM MINI	M30	172	02:25:14	04:51:49.20	04:53:07.35	+02:21:00 (48.1%)	10:25	5.8 (52.7%)
390	DYCKOWSKI Adam	5289		M20	54	02:20:45	04:52:42.35	04:54:06.20	+02:21:59 (48.3%)	10:27	5.7 (51.8%)
391	ŻAROWSKI Adam	5838		M20	55	02:19:05	04:54:28.30	04:55:25.35	+02:23:18 (48.5%)	10:31	5.7 (51.8%)
392	WCISEŁ Wojciech	5008	DOGONIĆ ŻÓŁWIA TEAM	M30	173	02:31:02	04:54:09.15	04:55:50.30	+02:23:43 (48.6%)	10:30	5.7 (51.8%)
393	SZYMANSKI Krzysztof	5761	BEFIT24 TEAM	M30	174	02:19:15	04:55:09.40	04:55:52.25	+02:23:45 (48.6%)	10:32	5.7 (51.8%)
394	OLSZEWSKI Tomasz	5101		M40	130	02:30:27	04:54:11.85	04:56:04.60	+02:23:58 (48.6%)	10:30	5.7 (51.8%)
395	PIETRZAK Agnieszka	5634		M40	131	02:27:51	04:54:40.65	04:56:14.55	+02:24:08 (48.7%)	10:31	5.7 (51.8%)
396	KOZERA Marcin	5941	SKŁADAKI	M30	175	02:24:12	04:57:11.05	04:58:16.70	+02:26:10 (49.0%)	10:36	5.7 (51.8%)
397	RYMON Paweł	5942	SKŁADAKI PIŁA	M30	176	02:29:04	04:57:05.85	04:58:16.75	+02:26:10 (49.0%)	10:36	5.7 (51.8%)
398	GRAJEK Tomasz	5063		M40	132	02:25:43	04:57:22.45	04:58:28.30	+02:26:21 (49.0%)	10:37	5.6 (50.9%)
399	WITFER Jacek	5165	BIGYELLOWFOOT ADVENTURE TEAM	M40	133	02:15:17	04:57:37.90	04:58:36.85	+02:26:30 (49.1%)	10:37	5.6 (50.9%)
400	WILKOS Leszek	5459		M30	177	02:25:05	04:58:22.50	04:58:59.30	+02:26:52 (49.1%)	10:39	5.6 (50.9%)
401	SZOPIŃSKI Józef	5009	DOGONIĆ ŻÓŁWIA TEAM	M30	178	02:31:00	04:58:17.30	04:59:57.95	+02:27:51 (49.3%)	10:39	5.6 (50.9%)
402	KONOPKA Grzegorz	5440	DZIKIE GRUBASY SZATANA	M30	179	02:22:14	04:59:42.15	05:00:16.75	+02:28:10 (49.3%)	10:42	5.6 (50.9%)
403	DZWONNIK Bartosz	5519		M30	180	02:30:41	04:59:38.55	05:01:04.45	+02:28:58 (49.5%)	10:42	5.6 (50.9%)
404	LOSOR Andrzej	5864		M40	134	02:21:10	05:02:01.25	05:02:37.20	+02:30:30 (49.7%)	10:47	5.6 (50.9%)
405	SMOGORZEWSKI Michał	5269	WKURW_TEAM	M30	181	02:20:29	05:01:18.40	05:02:46.95	+02:30:40 (49.8%)	10:45	5.6 (50.9%)
406	ROSZKOWSKI Tomek	5263		M30	182	02:29:36	05:01:24.65	05:03:14.90	+02:31:08 (49.8%)	10:45	5.6 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
407	<b>LEW Artur</b>	<b>5604</b>		M40	135	02:27:19	<b>05:03:12.75</b>	<b>05:03:58.55</b>	+02:31:52 (50.0%)	10:49	5.5 (50.0%)
408	<b>SMORAĞIEWICZ Marcin</b>	<b>5475</b>	AKTYWNA FALA	M40	136	02:26:53	<b>05:03:24.65</b>	<b>05:04:27.30</b>	+02:32:20 (50.0%)	10:50	5.5 (50.0%)
409	<b>CABAJ Rafał</b>	<b>5434</b>		M30	183	02:18:45	<b>05:04:34.95</b>	<b>05:04:53.35</b>	+02:32:46 (50.1%)	10:52	5.5 (50.0%)
410	<b>BEDNARCZYK Łukasz</b>	<b>5097</b>	BIEGAJĄCE ŻABCIE	M40	137	02:33:07	<b>05:03:40.20</b>	<b>05:04:54.65</b>	+02:32:48 (50.1%)	10:50	5.5 (50.0%)
411	<b>HAJMON Maciej</b>	<b>5999</b>	WKURW_TEAM	M40	138	02:23:56	<b>05:04:59.15</b>	<b>05:06:06.35</b>	+02:33:59 (50.3%)	10:53	5.5 (50.0%)
412	<b>PIASKOWSKI Sławomir</b>	<b>5511</b>	PZU SPORT TEAM	M40	139	02:30:54	<b>05:05:13.60</b>	<b>05:06:47.60</b>	+02:34:41 (50.4%)	10:54	5.5 (50.0%)
413	<b>ŻMUDKA Bartek</b>	<b>5959</b>	RYBNICKA GRUPA BIEGOWA	M40	140	02:22:57	<b>05:06:04.40</b>	<b>05:07:54.25</b>	+02:35:47 (50.6%)	10:55	5.5 (50.0%)
414	<b>CZECH Marcin</b>	<b>5334</b>	OCHAJORUN&FRIENDS	M30	184	02:24:43	<b>05:06:05.90</b>	<b>05:07:55.30</b>	+02:35:48 (50.6%)	10:55	5.5 (50.0%)
415	<b>WYSOCKI Tomasz</b>	<b>5350</b>	OCHAJORUN & FRIENDS	M40	141	02:22:58	<b>05:06:07.60</b>	<b>05:07:56.70</b>	+02:35:50 (50.6%)	10:55	5.5 (50.0%)
416	<b>POSS Marcin</b>	<b>5099</b>		M40	142	02:34:22	<b>05:07:40.75</b>	<b>05:08:22.70</b>	+02:36:16 (50.7%)	10:59	5.5 (50.0%)
417	<b>POLAK Robert</b>	<b>5690</b>		M50	32	02:24:45	<b>05:08:29.25</b>	<b>05:08:54.55</b>	+02:36:48 (50.8%)	11:01	5.4 (49.1%)
418	<b>ŻÓŁW Hubert</b>	<b>5750</b>	POLSKI ZWIĄZEK SPORTÓW FIZJOLOGICZNYCH	M40	143	02:26:37	<b>05:08:01.60</b>	<b>05:08:56.55</b>	+02:36:50 (50.8%)	11:00	5.5 (50.0%)
419	<b>WOŁOWIEC Marcin</b>	<b>5530</b>	KS GŁOWNO W BIEGU	M40	144	02:33:39	<b>05:10:05.65</b>	<b>05:10:39.75</b>	+02:38:33 (51.0%)	11:04	5.4 (49.1%)
420	<b>PAKUŁA Michał</b>	<b>5835</b>		M30	185	02:27:41	<b>05:11:48.20</b>	<b>05:12:51.05</b>	+02:40:44 (51.4%)	11:08	5.4 (49.1%)
421	<b>STOŃ Daniel</b>	<b>5215</b>	BIEGUSIEM.PL / LOST IN SPORT	M40	145	02:39:52	<b>05:12:53.80</b>	<b>05:13:17.70</b>	+02:41:11 (51.4%)	11:10	5.4 (49.1%)
422	<b>BEDNAREK Roman</b>	<b>5639</b>	NIGHT RUNNERS	M50	33	02:37:54	<b>05:12:28.25</b>	<b>05:13:51.10</b>	+02:41:44 (51.5%)	11:09	5.4 (49.1%)
423	<b>BARAN Michał</b>	<b>5924</b>		M30	186	02:28:52	<b>05:14:27.35</b>	<b>05:14:52.80</b>	+02:42:46 (51.7%)	11:13	5.3 (48.2%)
424	<b>MARCINKOWSKI Piotr</b>	<b>5466</b>		M50	34	02:37:41	<b>05:14:03.00</b>	<b>05:15:20.05</b>	+02:43:13 (51.8%)	11:12	5.3 (48.2%)
425	<b>KNOBLOCH Tomasz</b>	<b>5478</b>	ET TEAM	M40	146	02:33:42	<b>05:14:04.55</b>	<b>05:15:54.85</b>	+02:43:48 (51.9%)	11:13	5.3 (48.2%)
426	<b>MORAWA Mateusz</b>	<b>5877</b>	LACHO TEAM	M30	187	02:44:15	<b>05:18:49.50</b>	<b>05:20:17.15</b>	+02:48:10 (52.5%)	11:23	5.3 (48.2%)
427	<b>AUGUSTYŃSKI Sylwester</b>	<b>5497</b>	LACHO TEAM	M30	188	01:25:56	<b>05:20:16.55</b>	<b>05:20:18.80</b>	+02:48:12 (52.5%)	11:26	5.2 (47.3%)
428	<b>HILLER Jerzy</b>	<b>5828</b>	LUBELSKA GRUPA TRIATHLONU	M60	5	02:42:22	<b>05:18:48.65</b>	<b>05:20:29.90</b>	+02:48:23 (52.5%)	11:23	5.3 (48.2%)
429	<b>FURMAN Michał</b>	<b>5078</b>	OCHAJORUN & FRIENDS	M30	189	02:35:53	<b>05:18:51.25</b>	<b>05:20:39.15</b>	+02:48:32 (52.6%)	11:23	5.3 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
430	<b>GASIK Leszek</b>	<b>5500</b>	SŁOŃCA JURY	M40	147	02:27:16	<b>05:22:59.65</b>	<b>05:23:44.75</b>	+02:51:38 (53.0%)	11:32	5.2 (47.3%)
431	<b>LUZAR Andrzej</b>	<b>5791</b>	MIA	M40	148	02:44:36	<b>05:25:04.90</b>	<b>05:25:38.65</b>	+02:53:32 (53.3%)	11:36	5.2 (47.3%)
432	<b>KONTEK Dariusz</b>	<b>5155</b>		M30	190	02:36:28	<b>05:25:19.35</b>	<b>05:26:19.40</b>	+02:54:13 (53.4%)	11:37	5.2 (47.3%)
433	<b>SKOŚKIEWICZ Krzysztof</b>	<b>5011</b>		M40	149	02:31:17	<b>05:25:47.45</b>	<b>05:26:43.00</b>	+02:54:36 (53.4%)	11:38	5.2 (47.3%)
434	<b>GRĘBOWIEC Marcin</b>	<b>5730</b>	CKB	M40	150	02:40:26	<b>05:25:59.85</b>	<b>05:27:23.25</b>	+02:55:16 (53.5%)	11:38	5.2 (47.3%)
435	<b>CZARNY Łukasz</b>	<b>5610</b>	WKURW_TEAM	M30	191	02:29:14	<b>05:26:36.25</b>	<b>05:28:04.65</b>	+02:55:58 (53.6%)	11:39	5.1 (46.4%)
436	<b>MYŚLIŃSKI Tomasz</b>	<b>5133</b>	BIEGUSIEM.PL	M40	151	02:39:08	<b>05:29:52.00</b>	<b>05:30:09.85</b>	+02:58:03 (53.9%)	11:46	5.1 (46.4%)
437	<b>SZCZOTKA Paweł</b>	<b>5647</b>		M40	152	02:42:12	<b>05:29:14.35</b>	<b>05:30:30.60</b>	+02:58:24 (54.0%)	11:45	5.1 (46.4%)
438	<b>GUT Leopold</b>	<b>5653</b>	WKURW_TEAM	M20	56	02:37:56	<b>05:29:27.05</b>	<b>05:30:50.05</b>	+02:58:43 (54.0%)	11:45	5.1 (46.4%)
439	<b>SZCZAPA Karol</b>	<b>5320</b>		M20	57	02:32:31	<b>05:30:09.55</b>	<b>05:31:19.55</b>	+02:59:13 (54.1%)	11:47	5.1 (46.4%)
440	<b>KANTOR Tomasz</b>	<b>5371</b>	TRENER24H.COM.PL	M30	192	02:44:30	<b>05:33:47.35</b>	<b>05:33:57.40</b>	+03:01:51 (54.5%)	11:55	5 (45.5%)
441	<b>WRÓBLEWSKI Marek</b>	<b>5555</b>		M30	193	02:37:25	<b>05:33:56.00</b>	<b>05:35:32.00</b>	+03:03:25 (54.7%)	11:55	5 (45.5%)
442	<b>KOPANIA Paweł</b>	<b>5703</b>	IGT RUNNING TEAM	M30	194	02:43:44	<b>05:34:41.95</b>	<b>05:35:53.00</b>	+03:03:46 (54.7%)	11:57	5 (45.5%)
443	<b>JASTRZĄB Maciej</b>	<b>5074</b>	DZIKA OSTOJA	M40	153	02:32:57	<b>05:36:23.30</b>	<b>05:37:24.85</b>	+03:05:18 (54.9%)	12:00	5 (45.5%)
444	<b>FUSZPANIAK Marcin</b>	<b>5237</b>	SŁYNNI KENIJCZYCY	M30	195	02:47:18	<b>05:38:55.05</b>	<b>05:40:25.55</b>	+03:08:19 (55.3%)	12:06	5 (45.5%)
445	<b>ZOCHNIAK Marek</b>	<b>5161</b>		M50	35	02:33:24	<b>05:41:48.65</b>	<b>05:42:11.00</b>	+03:10:04 (55.5%)	12:12	4.9 (44.5%)
446	<b>LATAŁA Wojciech</b>	<b>5418</b>	LEŚNE GRUBASY	M40	154	02:45:20	<b>05:41:27.75</b>	<b>05:43:08.10</b>	+03:11:01 (55.7%)	12:11	4.9 (44.5%)
447	<b>ŚCISŁY Darek</b>	<b>5285</b>	ZWIERZAKI	M40	155	02:33:33	<b>05:41:52.70</b>	<b>05:43:13.75</b>	+03:11:07 (55.7%)	12:12	4.9 (44.5%)
448	<b>JÓŻWIK Artur</b>	<b>5841</b>		M40	156	02:49:32	<b>05:44:29.20</b>	<b>05:45:33.50</b>	+03:13:27 (56.0%)	12:18	4.9 (44.5%)
449	<b>STASIAK Waldemar</b>	<b>5256</b>		M40	157	02:40:52	<b>05:46:31.20</b>	<b>05:47:21.75</b>	+03:15:15 (56.2%)	12:22	4.8 (43.6%)
450	<b>DEJA Andrzej</b>	<b>5140</b>		M50	36	02:40:51	<b>05:46:31.95</b>	<b>05:47:22.15</b>	+03:15:15 (56.2%)	12:22	4.8 (43.6%)
451	<b>FEHLER Piotr</b>	<b>5925</b>		M20	58	02:41:26	<b>05:50:09.30</b>	<b>05:51:33.80</b>	+03:19:27 (56.7%)	12:30	4.8 (43.6%)
452	<b>SIERECKI Zbigniew</b>	<b>5574</b>	WKURW_TEAM / PIĘKNI I BESTIE	M40	158	02:46:20	<b>05:54:12.00</b>	<b>05:55:15.25</b>	+03:23:08 (57.2%)	12:39	4.7 (42.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
453	<b>MICHNO Tomasz</b>	<b>5881</b>	LACHO TEAM	M40	159	03:06:53	<b>05:54:11.40</b>	<b>05:55:54.50</b>	+03:23:48 (57.3%)	12:38	4.7 (42.7%)
454	<b>RACZYŃSKI Ireneusz</b>	<b>5126</b>		M50	37	02:22:37	<b>06:00:20.20</b>	<b>06:00:35.30</b>	+03:28:28 (57.8%)	12:52	4.7 (42.7%)
455	<b>JEZIOREK Józef</b>	<b>5213</b>		M40	160	02:49:26	<b>06:02:03.90</b>	<b>06:03:27.05</b>	+03:31:20 (58.1%)	12:55	4.6 (41.8%)
456	<b>RZEPECKI Marek</b>	<b>5488</b>	BULBASY BIEGAJĄ	M50	38	02:47:41	<b>06:01:52.25</b>	<b>06:03:45.85</b>	+03:31:39 (58.2%)	12:55	4.6 (41.8%)
457	<b>SOSNOWSKI Marek</b>	<b>5082</b>		M40	161	02:55:26	<b>06:03:57.80</b>	<b>06:05:31.95</b>	+03:33:25 (58.4%)	12:59	4.6 (41.8%)
458	<b>KOŚCIELSKI Patryk</b>	<b>5018</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	162	03:01:39	<b>06:11:04.30</b>	<b>06:12:46.35</b>	+03:40:39 (59.2%)	13:15	4.5 (40.9%)
459	<b>SOT Lucjan</b>	<b>5666</b>	A NIECH TO SZLAK BIEGIEM NA SZLAK	M50	39	02:52:23	<b>06:12:45.25</b>	<b>06:13:20.60</b>	+03:41:14 (59.3%)	13:18	4.5 (40.9%)
460	<b>BARABASZ Piotr</b>	<b>5817</b>		M30	196	03:13:32	<b>06:23:42.20</b>	<b>06:24:50.80</b>	+03:52:44 (60.5%)	13:42	4.4 (40.0%)
461	<b>NOWIŃSKI Jakub</b>	<b>5073</b>		M30	197	02:58:15	<b>06:50:43.45</b>	<b>06:52:13.30</b>	+04:20:06 (63.1%)	14:40	4.1 (37.3%)
	<b>TERZONI Christian</b>	<b>5889</b>	MARCIN ŚWIERC TEAM	M30		01:27:44 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DZIĘCIOŁ Artur</b>	<b>5786</b>		M30		02:37:36 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SAMEK Artur</b>	<b>5520</b>		M40		03:20:04 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GRUBE Bartosz</b>	<b>5049</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30		03:20:48 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ZBIERAŃSKI Dariusz</b>	<b>5688</b>		M30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BEDNARCZYK Mariusz</b>	<b>5106</b>	STRAŻ MIEJSKA WARSZAWA	M40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 467 wynik(ów)