

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: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	POŻAROWSZCZYK Adam	5123	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	1	01:21:06	02:32:03.05	02:32:06.40		5:25	11 (100%)
2	SYCHOWICZ Daniel	5897	GRAZIA RUNNING	M30	2	01:23:35	02:34:29.30	02:34:31.85	+00:02:25 (1.6%)	5:31	10.9 (99.1%)
3	CHOJNACKI Szymon	5883	RAZEM TRENUJEMY SPORT	M30	3	01:25:38	02:39:51.50	02:39:57.60	+00:07:51 (4.9%)	5:42	10.5 (95.5%)
4	ŚWIERAD Dariusz	5050	ASICS FRONTRUNNER POLSKA	M30	4	01:24:21	02:40:28.25	02:40:31.80	+00:08:25 (5.2%)	5:43	10.5 (95.5%)
5	ŻUCHOWSKI Daniel	5776	NOWA HUTA TEAM	M30	5	01:29:01	02:40:43.85	02:40:47.70	+00:08:41 (5.4%)	5:44	10.5 (95.5%)
6	BANASZEK Adam	5896	BIEGUSIEM.PL	M30	6	01:30:28	02:45:46.90	02:45:49.25	+00:13:42 (8.3%)	5:55	10.1 (91.8%)
7	DOMBROWSKI Jakub	5295	KRAWAWE SUTY RUN8BIKE	M30	7	01:32:31	02:47:57.35	02:48:09.50	+00:16:03 (9.5%)	5:59	10 (90.9%)
8	STAWIARZ Paweł	5105		M30	8	01:29:43	02:49:32.95	02:49:36.95	+00:17:30 (10.3%)	6:03	9.9 (90.0%)
9	SARNA Kamil	5780		M30	9	01:31:40	02:52:32.45	02:52:36.55	+00:20:30 (11.9%)	6:09	9.7 (88.2%)
10	BRÓG Wojciech	5767		M30	10	01:31:02	02:54:39.20	02:54:41.75	+00:22:35 (12.9%)	6:14	9.6 (87.3%)
11	GOŁĄB Marek	5448	KW KOTŁOWNIA	M30	11	01:32:34	02:57:51.60	02:57:55.20	+00:25:48 (14.5%)	6:21	9.4 (85.5%)
12	GAŁKA Piotr	5439	CAZZO CLUB	M30	12	01:32:34	02:58:05.30	02:58:10.45	+00:26:04 (14.6%)	6:21	9.4 (85.5%)
13	FILIPIŃSKI Bartosz	5658		M30	13	01:33:14	03:01:44.25	03:01:50.15	+00:29:43 (16.3%)	6:29	9.2 (83.6%)
14	MORAWSKI Grzegorz	5327	TRENER24H.COM.PL	M30	14	01:39:52	03:03:02.60	03:03:06.25	+00:30:59 (16.9%)	6:32	9.2 (83.6%)
15	JANOWSKI Tomasz	5611	ŁĘCZNA BIEGA	M30	15	01:37:54	03:05:45.80	03:05:53.75	+00:33:47 (18.2%)	6:38	9 (81.8%)
16	MAZURCZAK Łukasz	5573		M30	16	01:38:06	03:05:37.35	03:06:04.55	+00:33:58 (18.3%)	6:37	9.1 (82.7%)
17	AMANOWICZ Marek	5043	RUNNING POŁANIEC	M30	17	01:42:26	03:06:02.10	03:06:18.60	+00:34:12 (18.4%)	6:38	9 (81.8%)
18	TYRAŁA Łukasz	5200		M30	18	01:38:57	03:06:37.45	03:06:55.05	+00:34:48 (18.6%)	6:39	9 (81.8%)
19	KALINOWSKI Paweł	5224		M30	19	01:38:20	03:07:11.90	03:07:23.70	+00:35:17 (18.8%)	6:41	9 (81.8%)
20	GALIŃSKI Łukasz	5652		M30	20	01:36:54	03:07:59.10	03:08:06.25	+00:35:59 (19.1%)	6:42	8.9 (80.9%)
21	KOZICKI Marcin	5304		M30	21	01:42:27	03:10:18.05	03:10:38.80	+00:38:32 (20.2%)	6:47	8.8 (80.0%)
22	FRISZ Jakub	5662	ŁÓDŹMY SIĘ	M30	22	01:40:31	03:11:50.75	03:11:56.55	+00:39:50 (20.8%)	6:51	8.8 (80.0%)
23	SZPINEK Marcin	5904	TUTU TEAM	M30	23	01:44:24	03:11:55.75	03:12:26.75	+00:40:20 (21.0%)	6:51	8.8 (80.0%)
24	STACHURSKI Piotr	5733		M30	24	01:31:12	03:12:31.80	03:12:34.70	+00:40:28 (21.0%)	6:52	8.7 (79.1%)
25	SURDACKI Mateusz	5179		M30	25	01:41:47	03:12:39.70	03:12:56.25	+00:40:49 (21.2%)	6:52	8.7 (79.1%)
26	KILIMNIK Tomasz	5277	HARDCOROWE WYCHYLYLYBYMY	M30	26	01:39:16	03:12:55.05	03:13:36.00	+00:41:29 (21.4%)	6:53	8.7 (79.1%)
27	LUTEREK Michał	5347		M30	27	01:43:52	03:13:08.90	03:14:56.95	+00:42:50 (22.0%)	6:53	8.7 (79.1%)
28	JĘDZURA Daniel	5762		M30	28	01:48:15	03:15:48.50	03:15:55.20	+00:43:48 (22.4%)	6:59	8.6 (78.2%)
29	LIPIŃSKI Hubert	5260	KS KANAŁEK	M30	29	01:42:11	03:16:31.00	03:16:34.55	+00:44:28 (22.6%)	7:01	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
30	JASNOWSKI Michał	5221		M30	30	01:40:15	03:16:55.75	03:17:18.05	+00:45:11 (22.9%)	7:02	8.5 (77.3%)
31	RESZKA Marek	5013	NOVEMBER	M30	31	01:34:35	03:17:25.20	03:17:28.40	+00:45:22 (23.0%)	7:03	8.5 (77.3%)
32	BELKIEWICZ Rafał	5623		M30	32	01:41:19	03:19:58.55	03:20:02.15	+00:47:55 (24.0%)	7:08	8.4 (76.4%)
33	ANIOŁ Mateusz	5517	TERNOL TEAM	M30	33	01:47:56	03:20:04.70	03:20:36.40	+00:48:30 (24.2%)	7:08	8.4 (76.4%)
34	WNUK Tomasz	5292	ADIDAS RUNNERS WARSAW	M30	34	01:43:26	03:20:25.85	03:20:46.55	+00:48:40 (24.2%)	7:09	8.4 (76.4%)
35	BĄK Marcin	5267	LUBLIN BIEGA	M30	35	01:41:33	03:20:43.15	03:20:49.95	+00:48:43 (24.3%)	7:10	8.4 (76.4%)
36	ŁUCZKÓW Szymon	5886		M30	36	01:44:19	03:22:57.40	03:23:07.75	+00:51:01 (25.1%)	7:14	8.3 (75.5%)
37	MAŁECKI Jacek	5663		M30	37	01:42:46	03:23:12.15	03:23:16.00	+00:51:09 (25.2%)	7:15	8.3 (75.5%)
38	NALAZEK Marcin	5178	PIASECZNO RUNNING	M30	38	01:48:10	03:23:11.90	03:23:18.15	+00:51:11 (25.2%)	7:15	8.3 (75.5%)
39	AGRES Paweł	5575	KW KOTŁOWNIA	M30	39	01:46:37	03:22:48.35	03:23:21.40	+00:51:15 (25.2%)	7:14	8.3 (75.5%)
40	DRZEWIECKI Michał	5283	SAP HYBRIS	M30	40	01:45:16	03:22:55.20	03:23:22.70	+00:51:16 (25.2%)	7:14	8.3 (75.5%)
41	MODRZEJEWSKI Adam	5559	KLUB WYSOKOGÓRSKI WARSZAWA	M30	41	01:48:04	03:23:52.90	03:24:19.80	+00:52:13 (25.6%)	7:16	8.2 (74.5%)
42	SANKOWSKI Szymon	5056	ZABIEGANI MIELEC	M30	42	01:42:28	03:24:08.45	03:24:25.70	+00:52:19 (25.6%)	7:17	8.2 (74.5%)
43	MAŃKA Krzysztof	5770	PZU SPORT TEAM	M30	43	01:54:01	03:24:21.65	03:25:08.85	+00:53:02 (25.9%)	7:17	8.2 (74.5%)
44	KOZŁOWSKI Przemysław	5455	VERA RUNNIGTEAM	M30	44	01:50:47	03:25:22.60	03:25:28.05	+00:53:21 (26.0%)	7:20	8.2 (74.5%)
44	BANDEL Adam	5901		M30	45	01:50:51	03:25:22.90	03:25:28.05	+00:53:21 (26.0%)	7:20	8.2 (74.5%)
46	SZANIAWSKI Marcin	5038		M30	46	01:41:04	03:25:17.40	03:25:41.90	+00:53:35 (26.1%)	7:19	8.2 (74.5%)
47	GĄTARCZYK Mariusz	5395	DZIKIE GRUBASY SZATANA	M30	47	01:48:04	03:26:06.60	03:26:40.55	+00:54:34 (26.4%)	7:21	8.2 (74.5%)
48	RUKUSZEWICZ Wawrzyniec	5409	DZIKIE GRUBASY SZATANA	M30	48	01:50:30	03:27:22.95	03:27:55.95	+00:55:49 (26.8%)	7:24	8.1 (73.6%)
49	RUTYNA Dawid	5751	TRICLUB	M30	49	01:51:42	03:27:29.45	03:28:18.50	+00:56:12 (27.0%)	7:24	8.1 (73.6%)
50	BINOWSKI Grzegorz	5261		M30	50	01:47:33	03:28:23.70	03:28:31.10	+00:56:24 (27.1%)	7:26	8.1 (73.6%)
51	OSTROWSKI Marcin	5458	PZU SPORT TEAM	M30	51	01:53:55	03:29:25.95	03:30:12.85	+00:58:06 (27.6%)	7:28	8 (72.7%)
52	WŁODARCZYK Mariusz	5566	RADLINIOKI W BIEGU	M30	52	01:50:17	03:29:50.10	03:30:35.50	+00:58:29 (27.8%)	7:29	8 (72.7%)
53	KARDASZ Marek	5790	SOLINA TEAM	M30	53	01:54:34	03:30:41.55	03:30:51.50	+00:58:45 (27.9%)	7:31	8 (72.7%)
54	NAWROT Bartłomiej	5546	KAMIENIOŁOM	M30	54	01:50:23	03:33:01.70	03:33:23.25	+01:01:16 (28.7%)	7:36	7.9 (71.8%)
55	PUCHAŁA Mariusz	5513	TERNOL TEAM	M30	55	01:48:39	03:33:41.90	03:34:14.40	+01:02:08 (29.0%)	7:37	7.9 (71.8%)
56	KWIATKOWSKI Kajetan	5956	BIG YELLOW FOOT ADVENTURE TEAM	M30	56	01:52:39	03:33:29.00	03:34:18.55	+01:02:12 (29.0%)	7:37	7.9 (71.8%)
57	RAPACZ Andrzej	5332		M30	57	01:47:25	03:34:36.25	03:34:49.20	+01:02:42 (29.2%)	7:39	7.8 (70.9%)
58	KOWALCZYK Mateusz	5756		M30	58	01:50:50	03:35:11.65	03:35:20.70	+01:03:14 (29.4%)	7:41	7.8 (70.9%)
59	GÓRSKI Adam	5226		M30	59	01:42:24	03:36:16.75	03:36:23.95	+01:04:17 (29.7%)	7:43	7.8 (70.9%)
60	BIAŁAS Kamil	5001		M30	60	01:50:43	03:36:11.90	03:36:27.90	+01:04:21 (29.7%)	7:43	7.8 (70.9%)
61	PIĘTKA Radosław	5463		M30	61	01:57:48	03:35:35.95	03:36:42.00	+01:04:35 (29.8%)	7:42	7.8 (70.9%)
62	LECHOWSKI Bartłomiej	5353	WKURW_TEAM	M30	62	01:57:08	03:37:16.10	03:37:42.25	+01:05:35 (30.1%)	7:45	7.7 (70.0%)
63	JANOWSKI Witek	5732		M30	63	02:00:48	03:37:21.05	03:38:13.90	+01:06:07 (30.3%)	7:45	7.7 (70.0%)
64	PROKOPCZUK Wiktor	5716		M30	64	02:01:31	03:37:55.95	03:38:14.95	+01:06:08 (30.3%)	7:46	7.7 (70.0%)
65	GAWROŃSKI Roman	5471	WKURW_TEAM	M30	65	01:53:14	03:37:01.25	03:38:23.50	+01:06:17 (30.4%)	7:45	7.7 (70.0%)
66	SZWAŁEK Krzysztof	5258		M30	66	01:50:53	03:38:47.35	03:39:29.40	+01:07:23 (30.7%)	7:48	7.7 (70.0%)
67	WAŚNIEWSKI Krzysztof	5905		M30	67	01:51:28	03:39:27.60	03:39:43.65	+01:07:37 (30.8%)	7:50	7.7 (70.0%)
68	MIETŁA Łukasz	5665	MDMIW	M30	68	01:50:25	03:40:24.65	03:40:29.50	+01:08:23 (31.0%)	7:52	7.6 (69.1%)
69	KLEDZIK Jakub	5812		M30	69	01:53:32	03:40:20.85	03:40:45.10	+01:08:38 (31.1%)	7:52	7.6 (69.1%)
70	MIKOŁAJCZYK Paweł	5362		M30	70	01:50:28	03:40:25.75	03:40:58.35	+01:08:51 (31.2%)	7:52	7.6 (69.1%)
71	KONIECZNY Bartosz	5426		M30	71	01:53:31	03:40:53.35	03:41:17.90	+01:09:11 (31.3%)	7:53	7.6 (69.1%)
72	ZATORSKI Paweł	5642		M30	72	01:53:30	03:40:42.30	03:41:30.45	+01:09:24 (31.3%)	7:52	7.6 (69.1%)
73	NOWAKOWSKI Wojciech	5506	MASAKRA KLUB SPORTOWY	M30	73	02:00:22	03:41:12.95	03:41:36.05	+01:09:29 (31.4%)	7:54	7.6 (69.1%)

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74	BUDYCH Arek	5537		M30	74	01:57:22	03:41:27.05	03:42:16.90	+01:10:10 (31.6%)	7:54	7.6 (69.1%)
75	UJMA Paweł	5857		M30	75	01:53:05	03:42:25.70	03:42:28.25	+01:10:21 (31.6%)	7:56	7.6 (69.1%)
76	WAROWNY Piotr	5567	BIEGUSIEM.PL	M30	76	01:54:08	03:43:35.20	03:43:40.80	+01:11:34 (32.0%)	7:59	7.5 (68.2%)
77	RZECZKOWSKI Piotr	5342		M30	77		03:43:44.00	03:43:44.00	+01:11:37 (32.0%)	7:59	7.5 (68.2%)
78	ZAŁĘCKI Michał	5335	LOTOS RUNNING TEAM	M30	78	01:55:44	03:43:21.35	03:43:55.50	+01:11:49 (32.1%)	7:58	7.5 (68.2%)
79	LASKOWSKI Sławomir	5577	PZU SPORT TEAM	M30	79	02:02:13	03:42:57.40	03:44:12.60	+01:12:06 (32.2%)	7:57	7.5 (68.2%)
80	NOWKKI Bartek	5938		M30	80	02:02:10	03:44:42.80	03:45:14.65	+01:13:08 (32.5%)	8:01	7.5 (68.2%)
81	MARKOWSKI Marcin	5217	BRAVEHEARTS LEGIONOWO	M30	81	01:50:36	03:44:52.25	03:45:20.00	+01:13:13 (32.5%)	8:01	7.5 (68.2%)
82	BARADZIEJ Bartek	5650	TERMINAL LOGISTYCZNY PROMONT	M30	82	02:01:28	03:44:57.05	03:45:20.95	+01:13:14 (32.5%)	8:02	7.5 (68.2%)
83	TUREK Michał	5872		M30	83	01:53:19	03:44:34.80	03:45:27.05	+01:13:20 (32.5%)	8:01	7.5 (68.2%)
84	GODZISZ Mateusz	5571		M30	84	01:59:40	03:44:39.40	03:45:46.70	+01:13:40 (32.6%)	8:01	7.5 (68.2%)
85	ŁUKASZKIEWICZ Michał	5741	POŻERACZE KILOSÓW	M30	85	02:03:14	03:44:52.25	03:45:50.60	+01:13:44 (32.6%)	8:01	7.5 (68.2%)
86	LUTY Leszek	5447	PZU SPORT TEAM	M30	86	02:02:00	03:46:08.20	03:46:55.55	+01:14:49 (33.0%)	8:04	7.4 (67.3%)
87	IWANEK Sebastian	5368	BIEGUSIEM.PL	M30	87	01:54:13	03:46:47.20	03:47:12.30	+01:15:05 (33.1%)	8:05	7.4 (67.3%)
88	BUKSA Tomasz	5004	IPA	M30	88	02:02:16	03:47:06.65	03:47:15.40	+01:15:09 (33.1%)	8:06	7.4 (67.3%)
89	MAJCHRZAK Jakub	5503		M30	89	01:56:07	03:47:05.95	03:47:41.70	+01:15:35 (33.2%)	8:06	7.4 (67.3%)
90	KUJAWA Paweł	5072		M30	90	01:57:42	03:49:28.20	03:49:58.25	+01:17:51 (33.9%)	8:11	7.3 (66.4%)
91	NOWACKI Lukasz	5863		M30	91	02:08:58	03:50:22.25	03:51:18.40	+01:19:12 (34.2%)	8:13	7.3 (66.4%)
92	PAWLIKOWSKI Norbert	5712		M30	92	02:02:56	03:50:18.75	03:51:20.75	+01:19:14 (34.3%)	8:13	7.3 (66.4%)
93	SZTOMBER Daniel	5866	AXA RUNNING TEAM	M30	93	01:57:45	03:51:40.60	03:52:24.35	+01:20:17 (34.6%)	8:16	7.3 (66.4%)
94	STPICZYŃSKI Marcin	5629		M30	94	02:05:20	03:51:42.35	03:52:29.00	+01:20:22 (34.6%)	8:16	7.3 (66.4%)
95	KOLWICZ Damian	5773	BIGYELLOWFOOT ADVENTURE TEAM	M30	95	01:58:42	03:51:28.35	03:52:38.00	+01:20:31 (34.6%)	8:16	7.3 (66.4%)
96	BLICHARZ Artur	5697	KS SPORTIVA	M30	96	02:07:52	03:52:02.75	03:53:32.75	+01:21:26 (34.9%)	8:17	7.2 (65.5%)
97	NIEDZIELA Paweł	5354	TIM TIRIM TEAM	M30	97	02:01:58	03:54:22.90	03:54:38.40	+01:22:32 (35.2%)	8:22	7.2 (65.5%)
98	MARCINEK Krzysztof	5483	PZU SPORT TEAM	M30	98	02:02:31	03:54:30.30	03:54:52.95	+01:22:46 (35.2%)	8:22	7.2 (65.5%)
99	ŁYSIAK Bartosz	5547		M30	99	01:58:12	03:54:50.70	03:55:22.35	+01:23:15 (35.4%)	8:23	7.2 (65.5%)
100	STEFANOWICZ Piotr	5396	HARDCOROWE WYCHYLYLYBYMY	M30	100	01:58:56	03:55:47.85	03:56:42.85	+01:24:36 (35.7%)	8:25	7.1 (64.5%)
101	KUŚNIERZ Krzysztof	5005		M30	101	02:02:18	03:56:34.65	03:56:44.05	+01:24:37 (35.7%)	8:26	7.1 (64.5%)
102	MILCZAREK Marcin	5313	DRUŻYNA ORZECHA ŻYRARDÓW	M30	102	02:02:12	03:56:00.30	03:56:47.20	+01:24:40 (35.8%)	8:25	7.1 (64.5%)
103	PRZETAKIEWICZ Maciej	5922		M30	103	02:01:56	03:56:22.35	03:57:59.45	+01:25:53 (36.1%)	8:26	7.1 (64.5%)
104	POPIOŁEK Jacek	5569	LOST IN SPORT\BIEGUSIEM.PL	M30	104	02:06:53	03:58:17.05	03:58:39.90	+01:26:33 (36.3%)	8:30	7.1 (64.5%)
105	KORDEL Kamil	5186		M30	105	02:02:08	03:57:38.40	03:58:53.25	+01:26:46 (36.3%)	8:29	7.1 (64.5%)
106	ŁUKASIK Bartłomiej	5723		M30	106	02:01:09	03:58:59.35	03:59:39.70	+01:27:33 (36.5%)	8:32	7 (63.6%)
107	BOROWSKI Robert	5627	TEAM KOPEĆ	M30	107	02:09:50	03:58:23.85	03:59:45.85	+01:27:39 (36.6%)	8:30	7 (63.6%)
108	DŁUBAŁA Marek	5512	MSPORT RCS TEAM LUBIN	M30	108	01:49:59	03:59:38.00	03:59:46.15	+01:27:39 (36.6%)	8:33	7 (63.6%)
109	SMOŁA Grzegorz	5222		M30	109	02:05:02	03:59:33.35	03:59:54.30	+01:27:47 (36.6%)	8:33	7 (63.6%)
110	JANIK Łukasz	5438		M30	110	01:56:00	03:59:49.85	03:59:57.65	+01:27:51 (36.6%)	8:33	7 (63.6%)
111	ULMA Dariusz	5727		M30	111	01:57:38	03:59:01.35	03:59:59.30	+01:27:52 (36.6%)	8:32	7 (63.6%)
112	BUKOWSKI Sebastian	5162	BIEGUSIEM.PL	M30	112	01:58:16	04:00:55.00	04:01:18.75	+01:29:12 (37.0%)	8:36	7 (63.6%)
113	DĄBROWSKI Łukasz	5337	SPORTOWE ŻULE	M30	113	02:01:52	04:02:24.40	04:03:07.05	+01:31:00 (37.4%)	8:39	6.9 (62.7%)
114	GĘSIARZ Michał	5274		M30	114	02:08:46	04:02:05.30	04:03:17.20	+01:31:10 (37.5%)	8:38	6.9 (62.7%)
115	PAŁKA Stanisław	5504		M30	115	02:09:05	04:01:37.35	04:03:25.55	+01:31:19 (37.5%)	8:37	7 (63.6%)
116	SAWICKI Radek	5431	DZIKIE GRUBASY SZATANA	M30	116	02:02:45	04:03:03.95	04:03:34.40	+01:31:28 (37.6%)	8:40	6.9 (62.7%)
117	ŚLEPOWROŃSKI Bogdan	5640	TRUCK SHOW TEAM	M30	117	02:07:06	04:03:27.45	04:03:39.40	+01:31:33 (37.6%)	8:41	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
118	SPYCHALSKI Radostaw	5821		M30	118	02:04:50	04:03:12.80	04:03:41.35	+01:31:34 (37.6%)	8:41	6.9 (62.7%)
119	KOSIN Marcin	5659	BSB BARCZEWO BIEGA	M30	119	02:06:43	04:02:40.25	04:04:03.00	+01:31:56 (37.7%)	8:40	6.9 (62.7%)
120	GMAJ Daniel	5949		M30	120	02:09:50	04:03:20.40	04:04:24.85	+01:32:18 (37.8%)	8:41	6.9 (62.7%)
121	CZARNOCKI Paweł	5113	GRUPA BIEGACZY SKÓRZEC BIEGA	M30	121	02:01:43	04:04:42.10	04:04:57.55	+01:32:51 (37.9%)	8:44	6.9 (62.7%)
122	ŚWIDEREK Michał	5906		M30	122	02:02:27	04:06:26.70	04:06:33.55	+01:34:27 (38.3%)	8:48	6.8 (61.8%)
123	WIECZOREK Jakub	5687		M30	123	02:12:07	04:06:50.20	04:07:49.20	+01:35:42 (38.6%)	8:48	6.8 (61.8%)
124	LIPCZYŃSKI Olaf	5238	LUBLIN BIEGA	M30	124	02:04:05	04:06:35.45	04:07:56.30	+01:35:49 (38.7%)	8:48	6.8 (61.8%)
125	STUDZIŃSKI Jakub	5736		M30	125	02:01:12	04:07:48.60	04:08:14.00	+01:36:07 (38.7%)	8:51	6.8 (61.8%)
126	KOWALSKI Sylwester	5672		M30	126	01:53:19	04:09:17.80	04:09:31.30	+01:37:24 (39.0%)	8:54	6.7 (60.9%)
127	ORZESZYNA Łukasz	5510	DRUŻYNA ORZECHA ŻYRARDÓW	M30	127	02:02:03	04:09:22.65	04:10:10.10	+01:38:03 (39.2%)	8:54	6.7 (60.9%)
128	MAMCZYS Rafał	5609	COCO JAMBO	M30	128	02:07:34	04:11:24.25	04:11:43.35	+01:39:36 (39.6%)	8:58	6.7 (60.9%)
129	GRUSZKA Paweł	5553		M30	129	02:03:05	04:11:00.70	04:11:48.85	+01:39:42 (39.6%)	8:57	6.7 (60.9%)
130	MOŚCICKI Łukasz	5636		M30	130	02:07:34	04:11:53.85	04:12:19.45	+01:40:13 (39.7%)	8:59	6.7 (60.9%)
131	DROSZCZ Krzysztof	5701	BIGYELLOWFOOT ADVENTURE TEAM	M30	131	02:11:48	04:12:04.45	04:13:11.50	+01:41:05 (39.9%)	9:00	6.7 (60.9%)
132	WIEDYSKA Jakub	5330		M30	132	02:15:29	04:11:27.45	04:13:14.05	+01:41:07 (39.9%)	8:58	6.7 (60.9%)
133	BARSZCZ Marek	5062	BARANOWRUN	M30	133	02:05:48	04:14:11.05	04:15:17.50	+01:43:11 (40.4%)	9:04	6.6 (60.0%)
134	WIATR Wojciech	5834	ENDURANCE TEAM	M30	134	02:09:57	04:16:39.85	04:17:34.05	+01:45:27 (40.9%)	9:10	6.5 (59.1%)
135	KOLCZYŃSKI Jarosław	5660	EMOTIVO.COM.PL	M30	135	02:15:20	04:17:03.70	04:18:24.05	+01:46:17 (41.1%)	9:10	6.5 (59.1%)
136	BALCERZAK Marcin	5191	WAKACJE TEAM MINI	M30	136	02:24:30	04:18:00.75	04:19:19.00	+01:47:12 (41.3%)	9:12	6.5 (59.1%)
137	KURKOWIAK Krzysztof	5305	WKURW_TEAM	M30	137	02:04:35	04:19:06.65	04:19:31.80	+01:47:25 (41.4%)	9:15	6.5 (59.1%)
138	ZUBRZYCKI Łukasz	5303		M30	138	02:11:14	04:18:20.40	04:19:32.35	+01:47:25 (41.4%)	9:13	6.5 (59.1%)
139	ŚWIĄTEK Łukasz	5190		M30	139	02:08:03	04:17:54.50	04:19:45.55	+01:47:39 (41.4%)	9:12	6.5 (59.1%)
140	MAZUR Grzegorz	5903	HONG KONG TRAIL RUNNERS	M30	140	02:08:23	04:22:05.90	04:22:13.30	+01:50:06 (42.0%)	9:21	6.4 (58.2%)
141	CIURA Jarosław	5432	AGDHOME.PL BIEGAMY !	M30	141	02:11:29	04:21:46.75	04:22:14.25	+01:50:07 (42.0%)	9:20	6.4 (58.2%)
142	GAŁKA Jacek	5160	VEGE RUNNERS / WKURW_TEAM	M30	142	02:09:00	04:23:14.95	04:24:06.90	+01:52:00 (42.4%)	9:24	6.4 (58.2%)
143	ZAWADZKI Mirosław	5514	TERNOL TEAM	M30	143	02:05:56	04:23:34.80	04:24:07.70	+01:52:01 (42.4%)	9:24	6.4 (58.2%)
144	SMOŁA Ilona	5297		M30	144	02:11:06	04:23:49.25	04:24:08.60	+01:52:02 (42.4%)	9:25	6.4 (58.2%)
145	ŚWIĄTEK Łukasz	5819		M30	145	02:11:40	04:24:09.40	04:24:53.25	+01:52:46 (42.6%)	9:26	6.4 (58.2%)
146	FIRAZA Łukasz	5383	NAPIERACZE.PL	M30	146	02:13:20	04:24:07.05	04:24:56.30	+01:52:49 (42.6%)	9:25	6.4 (58.2%)
147	SOSIŃSKI Tomasz	5622	NAPIERACZE.PL	M30	147	02:12:52	04:24:13.55	04:25:01.50	+01:52:55 (42.6%)	9:26	6.4 (58.2%)
148	MAJONEK Artur	5832		M30	148	02:20:59	04:24:19.85	04:25:01.60	+01:52:55 (42.6%)	9:26	6.4 (58.2%)
149	HADRYSIAK Adam	5386	NAPIERACZE.PL	M30	149	02:13:22	04:27:38.05	04:28:27.55	+01:56:21 (43.3%)	9:33	6.3 (57.3%)
150	KOSIACKI Karol	5138	PZU SPORT TEAM	M30	150	02:15:55	04:30:12.50	04:31:08.80	+01:59:02 (43.9%)	9:39	6.2 (56.4%)
151	ADAMKIEWICZ Michał	5071	K.S GŁOWNO W BIEGU	M30	151	02:16:28	04:31:31.50	04:32:46.90	+02:00:40 (44.2%)	9:41	6.2 (56.4%)
152	STACHOWICZ Marcin	5781	5F TEAM	M30	152	02:20:44	04:32:19.40	04:33:16.25	+02:01:09 (44.3%)	9:43	6.2 (56.4%)
153	RYSZCZYK Adam	5040		M30	153	02:11:35	04:34:25.95	04:35:05.75	+02:02:59 (44.7%)	9:48	6.1 (55.5%)
154	GRUSZECKI Tomasz	5130		M30	154	02:14:29	04:34:27.20	04:35:19.15	+02:03:12 (44.8%)	9:48	6.1 (55.5%)
155	RECZEK Sebastian	5898	KS ZIELONO- CZARNI	M30	155	02:21:59	04:36:09.15	04:36:45.45	+02:04:39 (45.0%)	9:51	6.1 (55.5%)
156	MAZUR Mateusz	5300	MYSTICLIMB	M30	156	02:01:05	04:36:35.25	04:36:47.70	+02:04:41 (45.0%)	9:52	6.1 (55.5%)
157	RYBIENIK Lech	5208		M30	157	02:18:53	04:36:48.95	04:37:46.70	+02:05:40 (45.2%)	9:53	6.1 (55.5%)
158	MOLAK Robert	5117		M30	158	02:18:19	04:36:35.05	04:37:53.85	+02:05:47 (45.3%)	9:52	6.1 (55.5%)
159	WOŹNIAK Daniel	5158	CROSSFIT SIEDLCE	M30	159	02:14:54	04:38:30.60	04:38:59.70	+02:06:53 (45.5%)	9:56	6 (54.5%)
160	KORDALEWSKI Łukasz	5753	NC+	M30	160	02:27:46	04:37:43.60	04:39:13.30	+02:07:06 (45.5%)	9:55	6 (54.5%)
161	WRONA Tomek	5351	KS PEGAZ	M30	161	02:23:24	04:37:50.95	04:39:17.15	+02:07:10 (45.5%)	9:55	6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
162	MROCHEM Mariusz	5507		M30	162	02:24:18	04:39:03.95	04:40:16.65	+02:08:10 (45.7%)	9:58	6 (54.5%)
163	BARAN Jakub	5910		M30	163	02:21:46	04:42:53.05	04:42:59.60	+02:10:53 (46.3%)	10:06	5.9 (53.6%)
164	MAŁYSA Łukasz	5445		M30	164	02:25:38	04:46:08.35	04:47:16.50	+02:15:10 (47.1%)	10:13	5.9 (53.6%)
165	CHUDZICKI Łukasz	5324		M30	165	02:22:14	04:48:37.20	04:48:47.50	+02:16:41 (47.3%)	10:18	5.8 (52.7%)
166	ŻAK Bartłomiej	5427		M30	166	02:14:04	04:48:41.40	04:50:07.30	+02:18:00 (47.6%)	10:18	5.8 (52.7%)
167	KOZIOŁ Łukasz	5094		M30	167	02:16:30	04:49:59.30	04:50:18.45	+02:18:12 (47.6%)	10:21	5.8 (52.7%)
168	KOWALSKI Daniel	5287	JANUSZE SPORTU / BIEGAJĄCY ŚWIDNIK	M30	168	02:29:23	04:48:41.35	04:50:20.00	+02:18:13 (47.6%)	10:18	5.8 (52.7%)
169	PIECIUL Jacek	5900	DZIKIE DZIKI GORZÓW	M30	169	02:19:23	04:50:03.95	04:50:48.00	+02:18:41 (47.7%)	10:21	5.8 (52.7%)
170	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%)
171	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%)
172	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%)
173	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%)
174	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%)
175	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%)
176	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%)
177	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%)
178	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%)
179	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%)
180	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%)
181	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%)
182	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%)
183	CABAJ Rafał	5434		M30	183	02:18:45	05:04:34.95	05:04:53.35	+02:32:46 (50.1%)	10:52	5.5 (50.0%)
184	CZECH Marcin	5334	OCHAJORUN&FRIENDS	M30	184	02:24:43	05:06:05.90	05:07:55.30	+02:35:48 (50.6%)	10:55	5.5 (50.0%)
185	PAKUŁA Michał	5835		M30	185	02:27:41	05:11:48.20	05:12:51.05	+02:40:44 (51.4%)	11:08	5.4 (49.1%)
186	BARAN Michał	5924		M30	186	02:28:52	05:14:27.35	05:14:52.80	+02:42:46 (51.7%)	11:13	5.3 (48.2%)
187	MORAWA Mateusz	5877	LACHO TEAM	M30	187	02:44:15	05:18:49.50	05:20:17.15	+02:48:10 (52.5%)	11:23	5.3 (48.2%)
188	AUGUSTYŃSKI Sylwester	5497	LACHO TEAM	M30	188	01:25:56	05:20:16.55	05:20:18.80	+02:48:12 (52.5%)	11:26	5.2 (47.3%)
189	FURMAN Michał	5078	OCHAJORUN & FRIENDS	M30	189	02:35:53	05:18:51.25	05:20:39.15	+02:48:32 (52.6%)	11:23	5.3 (48.2%)
190	KONTEK Dariusz	5155		M30	190	02:36:28	05:25:19.35	05:26:19.40	+02:54:13 (53.4%)	11:37	5.2 (47.3%)
191	CZARNY Łukasz	5610	WKURW_TEAM	M30	191	02:29:14	05:26:36.25	05:28:04.65	+02:55:58 (53.6%)	11:39	5.1 (46.4%)
192	KANTOR Tomasz	5371	TRENER24H.COM.PL	M30	192	02:44:30	05:33:47.35	05:33:57.40	+03:01:51 (54.5%)	11:55	5 (45.5%)
193	WRÓBLEWSKI Marek	5555		M30	193	02:37:25	05:33:56.00	05:35:32.00	+03:03:25 (54.7%)	11:55	5 (45.5%)
194	KOPANIA Paweł	5703	IGT RUNNING TEAM	M30	194	02:43:44	05:34:41.95	05:35:53.00	+03:03:46 (54.7%)	11:57	5 (45.5%)
195	FUSZPANIAK Marcin	5237	SŁYNNI KENIJCZYCY	M30	195	02:47:18	05:38:55.05	05:40:25.55	+03:08:19 (55.3%)	12:06	5 (45.5%)
196	BARABASZ Piotr	5817		M30	196	03:13:32	06:23:42.20	06:24:50.80	+03:52:44 (60.5%)	13:42	4.4 (40.0%)
197	NOWIŃSKI Jakub	5073		M30	197	02:58:15	06:50:43.45	06:52:13.30	+04:20:06 (63.1%)	14:40	4.1 (37.3%)
	TERZONI Christian	5889	MARCIN ŚWIERC TEAM	M30		01:27:44	DNF	DNF	-	-	(0.0%)
	DZIĘCIOŁ Artur	5786		M30		02:37:36	DNF	DNF	-	-	(0.0%)
	GRUBE Bartosz	5049	BIGYELLOWFOOT ADVENTURE TEAM	M30		03:20:48	DNF	DNF	-	-	(0.0%)
	ZBIERAŃSKI Dariusz	5688		M30		DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 201 wynik(ów)