

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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	MINDAK Paweł	5632		M40	1	01:29:25	02:48:05.00	02:48:05.00		6:00	10 (100%)
2	KNYCHAS Darek	5815	PZU SPORT TEAM	M40	2	01:30:14	02:48:09.05	02:48:19.00	+00:00:14 (0.1%)	6:00	10 (100%)
3	NOWAK Artur	5410	A&G CARP TEAM	M40	3	01:33:50	02:57:41.05	02:57:46.95	+00:09:41 (5.5%)	6:20	9.5 (95.0%)
4	ZIELAK Dariusz	5212		M40	4	01:34:10	02:57:45.85	02:57:51.75	+00:09:46 (5.5%)	6:20	9.5 (95.0%)
5	DZIÓB Romuald	5833		M40	5	01:34:59	03:01:49.20	03:01:58.95	+00:13:53 (7.6%)	6:29	9.2 (92.0%)
6	ZAJĄCZKOWSKI Rafał	5615	NIEKONIECZNIE DOBIEGNIEMY	M40	6	01:39:29	03:02:21.95	03:02:21.95	+00:14:16 (7.8%)	6:30	9.2 (92.0%)
7	ŚWIERK Marek	5892		M40	7	01:37:01	03:04:26.70	03:04:29.45	+00:16:24 (8.9%)	6:35	9.1 (91.0%)
8	ROGAŁA Grzegorz	5250	KORAL TEAM	M40	8	01:33:30	03:04:30.35	03:04:33.10	+00:16:28 (8.9%)	6:35	9.1 (91.0%)
9	MIKOŁAJCZYK Robert	5293	DRUŻYNA ORZECHA ŻYRARDÓW	M40	9	01:37:21	03:05:39.90	03:06:10.65	+00:18:05 (9.7%)	6:37	9 (90.0%)
10	GACA Michał	5472	PZU SPORT TEAM	M40	10	01:37:29	03:07:52.30	03:08:12.55	+00:20:07 (10.7%)	6:42	8.9 (89.0%)
11	LATAK Michał	5030	JACEKBIEGA RUNNING TEAM	M40	11	01:41:06	03:09:00.00	03:09:23.45	+00:21:18 (11.3%)	6:45	8.9 (89.0%)
12	GROCHOWSKI Krystian	5804	SKŁADAKI	M40	12	01:37:05	03:10:44.05	03:10:52.75	+00:22:47 (11.9%)	6:48	8.8 (88.0%)
13	GARCZYŃSKI Darek	5594		M40	13	01:48:37	03:11:31.85	03:11:39.90	+00:23:34 (12.3%)	6:50	8.8 (88.0%)
14	WASZTYL Grzegorz	5783		M40	14	01:35:40	03:12:27.40	03:12:31.85	+00:24:26 (12.7%)	6:52	8.7 (87.0%)
15	STAN Jacek	5955		M40	15	01:45:59	03:13:03.95	03:14:02.00	+00:25:57 (13.4%)	6:53	8.7 (87.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	KWAŚNY Janusz	5280		M40	16	01:43:10	03:14:11.55	03:14:50.70	+00:26:45 (13.7%)	6:56	8.7 (87.0%)
17	BODZIOCH Grzegorz	5326	GORLICKA GRUPA BIEGOWA	M40	17	01:43:56	03:15:30.85	03:15:36.20	+00:27:31 (14.1%)	6:58	8.6 (86.0%)
18	GRZESIUK Michał	5674	ŁĘCZNA BIEGA	M40	18	01:38:02	03:16:04.95	03:16:12.55	+00:28:07 (14.3%)	7:00	8.6 (86.0%)
19	GAWLEWICZ Tomasz	5211	GAWEŁKI TEAM	M40	19	01:43:46	03:17:01.00	03:17:05.65	+00:29:00 (14.7%)	7:02	8.5 (85.0%)
20	ULMA Mirosław	5681		M40	20	01:45:54	03:18:47.65	03:19:46.45	+00:31:41 (15.9%)	7:06	8.5 (85.0%)
21	KOLANKO Paweł	5527		M40	21	01:42:19	03:20:34.60	03:20:44.85	+00:32:39 (16.3%)	7:09	8.4 (84.0%)
22	KORUS Konrad	5529		M40	22	01:48:32	03:20:42.10	03:20:58.25	+00:32:53 (16.4%)	7:10	8.4 (84.0%)
23	KOWALCZYK Tomasz	5704	TRICLUB	M40	23	01:50:09	03:20:41.20	03:21:29.45	+00:33:24 (16.6%)	7:10	8.4 (84.0%)
24	NOWAK Mirosław	5098		M40	24	01:51:17	03:22:49.70	03:22:51.65	+00:34:46 (17.1%)	7:14	8.3 (83.0%)
25	WILCZAK Janusz	5357		M40	25	01:43:45	03:22:55.35	03:22:58.85	+00:34:53 (17.2%)	7:14	8.3 (83.0%)
26	GAJEWSKI Jacek	5493	DOGOŃ GRODZISK MAZOWIECKI	M40	26	01:50:41	03:23:49.55	03:24:16.45	+00:36:11 (17.7%)	7:16	8.2 (82.0%)
27	ADAMIAK Marcin	5738	EVERRUN	M40	27	01:41:35	03:24:24.20	03:24:30.30	+00:36:25 (17.8%)	7:18	8.2 (82.0%)
28	MĘŻYKOWSKI Michał	5685		M40	28	01:43:51	03:24:19.50	03:24:41.05	+00:36:36 (17.9%)	7:17	8.2 (82.0%)
29	MADEJ Tomasz	5787	FIZJOPUNKT FIZJOTERAPIA	M40	29	01:43:37	03:25:11.60	03:25:21.55	+00:37:16 (18.2%)	7:19	8.2 (82.0%)
30	JAKUBAS Paweł	5328	WPJ TEAM	M40	30	01:52:11	03:26:01.95	03:26:31.05	+00:38:26 (18.6%)	7:21	8.2 (82.0%)
31	TWORZYDŁO Paweł	5385	PIKUSIE RUNNING TEAM	M40	31	01:47:55	03:25:51.95	03:26:40.10	+00:38:35 (18.7%)	7:21	8.2 (82.0%)
32	ULICZNY Paweł	5737	REMBERTÓW TEAM	M40	32	01:46:35	03:27:54.35	03:28:03.75	+00:39:58 (19.2%)	7:25	8.1 (81.0%)
33	JUREK Przemysław	5686	KS STASZEWSKY	M40	33	01:46:49	03:27:54.55	03:28:17.00	+00:40:12 (19.3%)	7:25	8.1 (81.0%)
34	GARNYS Radek	5421	VERA RUNNING TEAM	M40	34	01:54:08	03:28:44.60	03:29:30.85	+00:41:25 (19.8%)	7:27	8 (80.0%)
35	WALASZCZYK Piotr	5680	ENDURANCE TEAM	M40	35	01:50:02	03:28:28.60	03:29:36.75	+00:41:31 (19.8%)	7:26	8.1 (81.0%)
36	SZCZEPAŃSKI Marcin	5744	EVERRUN	M40	36	01:41:57	03:30:19.70	03:30:25.65	+00:42:20 (20.1%)	7:30	8 (80.0%)
37	STĘPIEŃ Mirosław	5831	ROSSBIEGANI	M40	37	01:50:33	03:29:29.85	03:30:29.85	+00:42:24 (20.1%)	7:28	8 (80.0%)
38	CZECHOSKI Tomasz	5084	ENTRE.PL TEAM	M40	38	01:44:05	03:30:14.05	03:30:30.40	+00:42:25 (20.2%)	7:30	8 (80.0%)

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39	BOSIANEK Rafał	5944		M40	39	01:53:46	03:30:14.75	03:30:34.70	+00:42:29 (20.2%)	7:30	8 (80.0%)
40	SIERAKOWSKI Igor	5539		M40	40	01:53:58	03:30:34.80	03:31:35.30	+00:43:30 (20.6%)	7:31	8 (80.0%)
41	HERMAN Paweł	5465		M40	41	01:52:57	03:30:52.15	03:31:51.45	+00:43:46 (20.7%)	7:31	8 (80.0%)
42	STACHURSKI Daniel	5195		M40	42	01:57:38	03:33:55.15	03:34:25.20	+00:46:20 (21.6%)	7:38	7.9 (79.0%)
43	TOMKIEWICZ Przemysław	5154		M40	43	01:50:36	03:34:28.85	03:34:58.85	+00:46:53 (21.8%)	7:39	7.8 (78.0%)
44	KRZESIAK Łukasz	5528	MASAKRA KLUB SPORTOWY	M40	44	01:53:12	03:37:41.20	03:38:04.90	+00:49:59 (22.9%)	7:46	7.7 (77.0%)
45	KŁOSIEWICZ Wojciech	5291		M40	45	01:48:19	03:37:26.60	03:38:09.05	+00:50:04 (23.0%)	7:45	7.7 (77.0%)
46	JAŻOWNIK Jacek	5184	WKURW_TEAM	M40	46	01:53:19	03:37:01.70	03:38:23.70	+00:50:18 (23.0%)	7:45	7.7 (77.0%)
47	KUCHARSKI Piotr	5861	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M40	47	01:59:46	03:37:59.30	03:39:14.80	+00:51:09 (23.3%)	7:47	7.7 (77.0%)
48	KACZKIEWICZ Damian	5806	NIGHT RUNNERS GLIWICE	M40	48	01:56:13	03:41:32.40	03:41:39.50	+00:53:34 (24.2%)	7:54	7.6 (76.0%)
49	KOWALEWSKI Dominik	5278	SZAKALE BAŁUT ŁÓDŹ	M40	49	01:56:13	03:42:19.60	03:42:25.80	+00:54:20 (24.4%)	7:56	7.6 (76.0%)
50	BŁASZCZYK Marek	5132	OPEL ACTIV TEAM	M40	50	01:58:04	03:41:42.25	03:42:54.50	+00:54:49 (24.6%)	7:55	7.6 (76.0%)
51	KRZEMIŃSKI Leszek	5587	KS RAKIETY URSYNÓW	M40	51	01:56:29	03:42:21.85	03:43:09.80	+00:55:04 (24.7%)	7:56	7.6 (76.0%)
52	MARCHEWKA Grzegorz	5128		M40	52	01:51:14	03:43:45.55	03:44:11.65	+00:56:06 (25.0%)	7:59	7.5 (75.0%)
53	POLOZYNSKI Andrzej	5591	ZACISZE NIGHT RUNNERS	M40	53	01:56:02	03:43:24.75	03:44:12.90	+00:56:07 (25.0%)	7:58	7.5 (75.0%)
54	SOKALSKI Paweł	5583		M40	54	02:02:48	03:42:52.65	03:44:38.85	+00:56:33 (25.2%)	7:57	7.5 (75.0%)
55	WOŹNY Rafał	5820		M40	55	01:55:53	03:44:54.45	03:45:07.65	+00:57:02 (25.3%)	8:01	7.5 (75.0%)
56	POPŁAWSKI Arkadiusz	5926	CZARNE OWCE HIPOLITÓW	M40	56	02:00:30	03:43:34.40	03:45:24.00	+00:57:19 (25.4%)	7:59	7.5 (75.0%)
57	DRUŻNY Artur	5853		M40	57	01:54:06	03:45:33.70	03:46:08.40	+00:58:03 (25.7%)	8:03	7.4 (74.0%)
58	NIEMOTKO Juliusz	5930		M40	58	01:58:13	03:46:50.50	03:47:01.30	+00:58:56 (26.0%)	8:06	7.4 (74.0%)
59	CIURA Rafał	5420	AGDHOME.PL BIEGAMY	M40	59	02:02:04	03:47:15.65	03:47:42.35	+00:59:37 (26.2%)	8:07	7.4 (74.0%)
60	BRUZDA Piotr	5424		M40	60	01:54:44	03:47:58.50	03:48:09.10	+01:00:04 (26.3%)	8:08	7.4 (74.0%)
61	FAŁEK Krzysztof	5384		M40	61	01:57:10	03:48:28.20	03:48:50.35	+01:00:45 (26.5%)	8:09	7.4 (74.0%)

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							netto 28km	brutto 28km			
62	FEDOROWICZ Adam	5880		M40	62	01:58:25	03:50:04.95	03:50:17.50	+01:02:12 (27.0%)	8:13	7.3 (73.0%)
63	BOROWIEC Arkadiusz	5183	CHEŁM BIEGA	M40	63	01:57:58	03:50:59.15	03:51:19.00	+01:03:14 (27.3%)	8:15	7.3 (73.0%)
64	WYSOCKI Tomasz	5651	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40	64	02:02:03	03:49:30.90	03:51:21.15	+01:03:16 (27.3%)	8:11	7.3 (73.0%)
65	CHOLEWIŃSKI Tomek	5501	PZU SPORT TEAM	M40	65	01:56:58	03:50:30.20	03:51:24.95	+01:03:19 (27.4%)	8:13	7.3 (73.0%)
66	LACH Agnieszka	5003	EKSPEDYCJA MRÓWKA	M40	66	02:01:58	03:52:23.30	03:52:29.85	+01:04:24 (27.7%)	8:17	7.2 (72.0%)
67	GRABOWSKI Emil	5066		M40	67	02:00:51	03:52:26.00	03:53:14.85	+01:05:09 (27.9%)	8:18	7.2 (72.0%)
68	SOSIN Kamil	5902	SZWLA STARGARD	M40	68	02:02:51	03:53:51.25	03:53:55.50	+01:05:50 (28.1%)	8:21	7.2 (72.0%)
69	KUDELSKI Ireneusz	5266	SONAC OSETNICA	M40	69	01:55:07	03:54:13.95	03:54:25.00	+01:06:20 (28.3%)	8:21	7.2 (72.0%)
70	WARZYŃSKI Beniamin	5554		M40	70	01:57:58	03:55:22.70	03:55:45.55	+01:07:40 (28.7%)	8:24	7.1 (71.0%)
71	KORUS Marek	5542		M40	71	01:54:34	03:56:12.10	03:56:28.40	+01:08:23 (28.9%)	8:26	7.1 (71.0%)
72	WÓJCICKI Marcin	5369	ŁĘCZNA BIEGA	M40	72	02:03:05	03:56:21.00	03:56:34.90	+01:08:29 (29.0%)	8:26	7.1 (71.0%)
73	SUDZIŃSKA Inga	5006		M40	73	02:02:16	03:56:31.60	03:56:41.00	+01:08:36 (29.0%)	8:26	7.1 (71.0%)
74	CZERNYSZ Grzegorz	5746		M40	74	02:01:39	03:56:42.35	03:57:17.40	+01:09:12 (29.2%)	8:27	7.1 (71.0%)
75	KRÓLIKOWSKI Andrzej	5176	WKURW_TEAM	M40	75	02:01:30	03:56:02.50	03:57:24.00	+01:09:19 (29.2%)	8:25	7.1 (71.0%)
76	ODYA Marcin	5920	EASY RUNNER	M40	76	02:02:18	03:57:06.70	03:57:45.55	+01:09:40 (29.3%)	8:28	7.1 (71.0%)
77	BRYŁA Krzysztof	5143	DRUŻYNA SZPIKU / BIEGNIJMY.PL KOSZALIN	M40	77	02:02:01	03:58:49.65	03:59:17.40	+01:11:12 (29.8%)	8:31	7 (70.0%)
78	GRUBKA Marcin	5616	TRUCK SHOW TEAM	M40	78	02:08:02	03:59:47.55	03:59:59.40	+01:11:54 (30.0%)	8:33	7 (70.0%)
79	OCHNIO Andrzej	5552		M40	79	02:01:40	04:00:57.40	04:01:22.75	+01:13:17 (30.4%)	8:36	7 (70.0%)
80	CZARNOWSKI Patryk	5564	MASAKRA KLUB SPORTOWY	M40	80	02:02:09	04:02:18.55	04:02:36.10	+01:14:31 (30.7%)	8:39	6.9 (69.0%)
81	BOROWIEC Mariusz	5240	PZU SPORT TEAM	M40	81	01:57:48	04:02:31.70	04:02:53.65	+01:14:48 (30.8%)	8:39	6.9 (69.0%)
82	STELMASZYK Piotr	5536	PZU SPORT TEAM	M40	82	01:58:34	04:02:14.25	04:02:58.60	+01:14:53 (30.8%)	8:39	6.9 (69.0%)
83	SMACZNY Ireneusz	5302		M40	83	01:57:59	04:02:49.30	04:03:10.80	+01:15:05 (30.9%)	8:40	6.9 (69.0%)
84	SIBIELAK Piotr	5561		M40	84	02:00:43	04:02:20.05	04:03:11.75	+01:15:06 (30.9%)	8:39	6.9 (69.0%)

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85	CHODZIŃSKI Piotr	5364		M40	85	02:01:33	04:02:35.70	04:03:24.90	+01:15:19 (30.9%)	8:39	6.9 (69.0%)
86	SPUŁTOWSKI Paweł	5282		M40	86	02:02:20	04:03:42.15	04:04:03.85	+01:15:58 (31.1%)	8:42	6.9 (69.0%)
87	LITWORA Sebastian	5618		M40	87	01:57:44	04:04:00.45	04:04:49.10	+01:16:44 (31.3%)	8:42	6.9 (69.0%)
88	ŁYSY Andrzej	5706		M40	88	02:02:48	04:03:50.75	04:05:10.25	+01:17:05 (31.4%)	8:42	6.9 (69.0%)
89	ZYCH Herbert	5170		M40	89	02:07:55	04:04:14.75	04:05:14.80	+01:17:09 (31.5%)	8:43	6.9 (69.0%)
90	ROGOLSKI Artur	5482	PZU SPORT TEAM	M40	90	02:00:39	04:06:00.20	04:06:57.25	+01:18:52 (31.9%)	8:47	6.8 (68.0%)
91	SZYMKOWIAK Paweł	5358		M40	91	02:11:14	04:09:14.55	04:10:13.35	+01:22:08 (32.8%)	8:54	6.7 (67.0%)
92	JÓZEFOWICZ Dariusz	5822	PADŁ NA RYJ TEAM	M40	92	02:15:02	04:09:51.85	04:10:35.70	+01:22:30 (32.9%)	8:55	6.7 (67.0%)
93	KALICKI Irek	5836	GCW	M40	93	02:08:30	04:10:18.35	04:11:02.70	+01:22:57 (33.0%)	8:56	6.7 (67.0%)
94	PLACHA Piotr	5891	KOPALNIA MOCY	M40	94	02:14:04	04:10:48.60	04:12:11.30	+01:24:06 (33.4%)	8:57	6.7 (67.0%)
95	GUTKOWSKI Wojciech	5851	BIEGAM SOBIE	M40	95	02:08:36	04:11:54.70	04:12:32.35	+01:24:27 (33.4%)	8:59	6.7 (67.0%)
96	DUBIŃSKI Przemysław	5535	ŻYCIE CZĘSTOCHOWY TEAM	M40	96	02:10:59	04:13:27.35	04:14:04.65	+01:25:59 (33.8%)	9:03	6.6 (66.0%)
97	MIEDZINSKI Piotr	5768	MSD RUNNING CLUB	M40	97	02:04:50	04:15:46.70	04:16:00.20	+01:27:55 (34.3%)	9:08	6.6 (66.0%)
98	OBLIŃSKI Sławomir	5333		M40	98	02:04:50	04:15:13.40	04:16:46.65	+01:28:41 (34.5%)	9:06	6.6 (66.0%)
99	TARTANUS Andrzej	5868	VEGE RUNNERS	M40	99	02:09:17	04:16:06.80	04:17:38.95	+01:29:33 (34.8%)	9:08	6.6 (66.0%)
100	MANIAK Łukasz	5917		M40	100	02:06:37	04:19:06.20	04:20:35.10	+01:32:30 (35.5%)	9:15	6.5 (65.0%)
101	HAJDUK Tomek	5163	YULO RUN TEAM	M40	101	02:01:56	04:22:35.40	04:22:51.15	+01:34:46 (36.1%)	9:22	6.4 (64.0%)
102	WIERZBA Jacek	5745	KB.SUKCES ŻMIGRÓD	M40	102	02:08:39	04:23:12.45	04:24:06.65	+01:36:01 (36.4%)	9:24	6.4 (64.0%)
103	KOFIN Maciej	5164	TKKF UKLEJNA MYŚLENICE	M40	103	02:18:10	04:23:01.35	04:24:17.65	+01:36:12 (36.4%)	9:23	6.4 (64.0%)
104	MARMUROWICZ Krystian	5807	NESSI TEAM	M40	104	02:18:21	04:26:30.35	04:26:41.45	+01:38:36 (37.0%)	9:31	6.3 (63.0%)
105	SYROCKI Arkadiusz	5624		M40	105	02:17:37	04:28:16.30	04:28:35.65	+01:40:30 (37.4%)	9:34	6.3 (63.0%)
106	ZALECH Zbigniew	5676	MORSY PŁOCK	M40	106	02:24:46	04:27:32.80	04:29:24.60	+01:41:19 (37.6%)	9:33	6.3 (63.0%)
107	ADAMCZYK Przemysław	5508	ADIDAS RUNNERS WARSAW	M40	107	02:12:39	04:30:41.20	04:31:07.55	+01:43:02 (38.0%)	9:40	6.2 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 28km	brutto 28km			
108	ŻUKOWSKI Grzegorz	5461	ENDURANCE TEAM	M40	108	02:13:47	04:32:16.80	04:33:09.80	+01:45:04 (38.5%)	9:43	6.2 (62.0%)
109	GIURG Grzegorz	5407		M40	109	02:09:13	04:32:29.95	04:33:12.10	+01:45:07 (38.5%)	9:43	6.2 (62.0%)
110	ZEMŁA Piotr	5298		M40	110	02:16:33	04:32:24.05	04:33:25.00	+01:45:20 (38.5%)	9:43	6.2 (62.0%)
111	BRZĘCZEK Roland	5356		M40	111	02:09:45	04:32:14.30	04:33:28.55	+01:45:23 (38.5%)	9:43	6.2 (62.0%)
112	JAKUBOWSKI Piotr	5502	CHEŁM BIEGA	M40	112	02:09:12	04:33:56.60	04:34:26.25	+01:46:21 (38.8%)	9:47	6.1 (61.0%)
113	CIEŚLAK Grzegorz	5797	GREEN TEAM	M40	113	02:18:30	04:33:11.80	04:34:36.15	+01:46:31 (38.8%)	9:45	6.1 (61.0%)
114	TOKARSKI Rafał	5345		M40	114	02:24:24	04:35:53.15	04:37:03.70	+01:48:58 (39.3%)	9:51	6.1 (61.0%)
115	SERĘGA Tomasz	5859	WKURW_TEAM	M40	115	02:23:44	04:35:55.10	04:37:24.25	+01:49:19 (39.4%)	9:51	6.1 (61.0%)
116	MICHALCZAK Paweł	5422	WKS WAWEL KRAKÓW	M40	116	02:18:14	04:36:45.20	04:38:26.25	+01:50:21 (39.6%)	9:53	6.1 (61.0%)
117	DĄBROWSKI Karol	5796	CROSSFIT SIEDLCE	M40	117	02:17:32	04:38:30.55	04:38:59.75	+01:50:54 (39.8%)	9:56	6 (60.0%)
118	DANILUK Andrzej	5590	ZACISZE NIGHT RUNNERS	M40	118	02:22:23	04:38:53.80	04:39:43.00	+01:51:38 (39.9%)	9:57	6 (60.0%)
119	SZCZELINA Paweł	5462	PRESS GLASS BIEGAMY I WSPIERAMY	M40	119	02:18:36	04:39:51.50	04:40:11.15	+01:52:06 (40.0%)	9:59	6 (60.0%)
120	DZIERŻAK Arkadiusz	5202		M40	120	02:16:55	04:41:02.15	04:41:19.30	+01:53:14 (40.3%)	10:02	6 (60.0%)
121	KAMUT Hubert	5481	YULO RUN TEAM SIEDLCE	M40	121	02:09:21	04:42:11.70	04:42:26.00	+01:54:21 (40.5%)	10:04	6 (60.0%)
122	CZECH Bogdan	5675	ŁĘCZNA BIEGA	M40	122	02:17:36	04:42:55.05	04:43:13.25	+01:55:08 (40.7%)	10:06	5.9 (59.0%)
123	DUKAŁA Arkadiusz	5468	PZU SPORT TEAM	M40	123	02:23:54	04:43:08.95	04:44:00.10	+01:55:55 (40.8%)	10:06	5.9 (59.0%)
124	BARYZA Robert	5394		M40	124	02:25:06	04:43:24.00	04:44:02.75	+01:55:57 (40.8%)	10:07	5.9 (59.0%)
125	DZIOPA Paweł	5336	WKURW_TEAM	M40	125	02:19:00	04:42:52.05	04:44:05.60	+01:56:00 (40.8%)	10:06	5.9 (59.0%)
126	KOPYŚĆ Jarosław	5091	PSZCZÓŁKOWSKI TEAM	M40	126	02:30:08	04:45:59.50	04:47:09.65	+01:59:04 (41.5%)	10:12	5.9 (59.0%)
127	PIĘTKA Piotr	5103	AMERNET	M40	127	02:26:18	04:47:21.45	04:48:06.90	+02:00:01 (41.7%)	10:15	5.8 (58.0%)
128	DAMIĘCKI Jan	5399	MASAKRA KLUB SPORTOWY	M40	128	02:21:26	04:48:19.50	04:48:32.05	+02:00:27 (41.7%)	10:17	5.8 (58.0%)
129	KAWKA Damian	5526		M40	129	02:24:13	04:49:04.25	04:50:23.85	+02:02:18 (42.1%)	10:19	5.8 (58.0%)
130	OLSZEWSKI Tomasz	5101		M40	130	02:30:27	04:54:11.85	04:56:04.60	+02:07:59 (43.2%)	10:30	5.7 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	PIETRZAK Agnieszka	5634		M40	131	02:27:51	04:54:40.65	04:56:14.55	+02:08:09 (43.3%)	10:31	5.7 (57.0%)
132	GRAJEK Tomasz	5063		M40	132	02:25:43	04:57:22.45	04:58:28.30	+02:10:23 (43.7%)	10:37	5.6 (56.0%)
133	WITFER Jacek	5165	BIGYELLOWFOOT ADVENTURE TEAM	M40	133	02:15:17	04:57:37.90	04:58:36.85	+02:10:31 (43.7%)	10:37	5.6 (56.0%)
134	LOSOR Andrzej	5864		M40	134	02:21:10	05:02:01.25	05:02:37.20	+02:14:32 (44.5%)	10:47	5.6 (56.0%)
135	LEW Artur	5604		M40	135	02:27:19	05:03:12.75	05:03:58.55	+02:15:53 (44.7%)	10:49	5.5 (55.0%)
136	SMORAŃIEWICZ Marcin	5475	AKTYWNA FALA	M40	136	02:26:53	05:03:24.65	05:04:27.30	+02:16:22 (44.8%)	10:50	5.5 (55.0%)
137	BEDNARCZYK Łukasz	5097	BIEGAJĄCE ŻABCIE	M40	137	02:33:07	05:03:40.20	05:04:54.65	+02:16:49 (44.9%)	10:50	5.5 (55.0%)
138	HAJMON Maciej	5999	WKURW_TEAM	M40	138	02:23:56	05:04:59.15	05:06:06.35	+02:18:01 (45.1%)	10:53	5.5 (55.0%)
139	PIASKOWSKI Sławomir	5511	PZU SPORT TEAM	M40	139	02:30:54	05:05:13.60	05:06:47.60	+02:18:42 (45.2%)	10:54	5.5 (55.0%)
140	ŻMUDKA Bartek	5959	RYBNICKA GRUPA BIEGOWA	M40	140	02:22:57	05:06:04.40	05:07:54.25	+02:19:49 (45.4%)	10:55	5.5 (55.0%)
141	WYSOCKI Tomasz	5350	OCHAJORUN & FRIENDS	M40	141	02:22:58	05:06:07.60	05:07:56.70	+02:19:51 (45.4%)	10:55	5.5 (55.0%)
142	POSS Marcin	5099		M40	142	02:34:22	05:07:40.75	05:08:22.70	+02:20:17 (45.5%)	10:59	5.5 (55.0%)
143	ŻÓŁW Hubert	5750	POLSKI ZWIĄZEK SPORTÓW FIZJOLOGICZNYCH	M40	143	02:26:37	05:08:01.60	05:08:56.55	+02:20:51 (45.6%)	11:00	5.5 (55.0%)
144	WOŁOWIEC Marcin	5530	KS GŁÓWNO W BIEGU	M40	144	02:33:39	05:10:05.65	05:10:39.75	+02:22:34 (45.9%)	11:04	5.4 (54.0%)
145	STOŃ Daniel	5215	BIEGUSIEM.PL / LOST IN SPORT	M40	145	02:39:52	05:12:53.80	05:13:17.70	+02:25:12 (46.3%)	11:10	5.4 (54.0%)
146	KNOBLOCH Tomasz	5478	ET TEAM	M40	146	02:33:42	05:14:04.55	05:15:54.85	+02:27:49 (46.8%)	11:13	5.3 (53.0%)
147	GASIK Leszek	5500	SŁOŃCA JURY	M40	147	02:27:16	05:22:59.65	05:23:44.75	+02:35:39 (48.1%)	11:32	5.2 (52.0%)
148	LUZAR Andrzej	5791	MIA	M40	148	02:44:36	05:25:04.90	05:25:38.65	+02:37:33 (48.4%)	11:36	5.2 (52.0%)
149	SKOŚKIEWICZ Krzysztof	5011		M40	149	02:31:17	05:25:47.45	05:26:43.00	+02:38:38 (48.6%)	11:38	5.2 (52.0%)
150	GRĘBOWIEC Marcin	5730	CKB	M40	150	02:40:26	05:25:59.85	05:27:23.25	+02:39:18 (48.7%)	11:38	5.2 (52.0%)
151	MYŚLIŃSKI Tomasz	5133	BIEGUSIEM.PL	M40	151	02:39:08	05:29:52.00	05:30:09.85	+02:42:04 (49.1%)	11:46	5.1 (51.0%)
152	SZCZOTKA Paweł	5647		M40	152	02:42:12	05:29:14.35	05:30:30.60	+02:42:25 (49.1%)	11:45	5.1 (51.0%)
153	JASTRZĄB Maciej	5074	DZIKA OSTOJA	M40	153	02:32:57	05:36:23.30	05:37:24.85	+02:49:19 (50.2%)	12:00	5 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	LATAŁA Wojciech	5418	LEŚNE GRUBASY	M40	154	02:45:20	05:41:27.75	05:43:08.10	+02:55:03 (51.0%)	12:11	4.9 (49.0%)
155	ŚCISŁY Darek	5285	ZWIERZAKI	M40	155	02:33:33	05:41:52.70	05:43:13.75	+02:55:08 (51.0%)	12:12	4.9 (49.0%)
156	JÓZWIK Artur	5841		M40	156	02:49:32	05:44:29.20	05:45:33.50	+02:57:28 (51.4%)	12:18	4.9 (49.0%)
157	STASIAK Waldemar	5256		M40	157	02:40:52	05:46:31.20	05:47:21.75	+02:59:16 (51.6%)	12:22	4.8 (48.0%)
158	SIERECKI Zbigniew	5574	WKURW_TEAM / PIĘKNI I BESTIE	M40	158	02:46:20	05:54:12.00	05:55:15.25	+03:07:10 (52.7%)	12:39	4.7 (47.0%)
159	MICHNO Tomasz	5881	LACHO TEAM	M40	159	03:06:53	05:54:11.40	05:55:54.50	+03:07:49 (52.8%)	12:38	4.7 (47.0%)
160	JEZIOREK Józef	5213		M40	160	02:49:26	06:02:03.90	06:03:27.05	+03:15:22 (53.8%)	12:55	4.6 (46.0%)
161	SOSNOWSKI Marek	5082		M40	161	02:55:26	06:03:57.80	06:05:31.95	+03:17:26 (54.0%)	12:59	4.6 (46.0%)
162	KOŚCIELSKI Patryk	5018	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	162	03:01:39	06:11:04.30	06:12:46.35	+03:24:41 (54.9%)	13:15	4.5 (45.0%)
	SAMEK Artur	5520		M40		03:20:04 DNF	DNF	DNF		-	- (0.0%)
	BEDNARCZYK Mariusz	5106	STRAŻ MIEJSKA WARSZAWA	M40		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 164 wynik(ów)