

RZEŹNICZEK 2019

B4SPORT

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 28 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	CHODAKOWSKI Rafał	4039	OSTROBIEC	M40	1	00:00:01	01:29:45	02:45:53.95	02:45:55.65		5:55	10.1 (100%)
2	SYCHOWICZ Daniel	4025		M40	2	00:00:01	01:29:55	02:47:07.85	02:47:09.30	+00:01:13 (0.7%)	5:58	10.1 (100%)
3	TOPOLSKI Marcin	4051		M40	3	00:00:04	01:33:51	02:52:17.85	02:52:22.75	+00:06:23 (3.7%)	6:09	9.8 (97.0%)
4	MAZURKIEWICZ Tomasz	4931		M40	4	00:00:01	01:31:23	02:52:33.55	02:52:35.30	+00:06:39 (3.9%)	6:09	9.7 (96.0%)
5	RAKSZAWA Krzysztof	4936		M40	5	00:00:03	01:32:28	02:55:22.10	02:55:25.45	+00:09:28 (5.4%)	6:15	9.6 (95.0%)
6	DZIÓB Romuald	4873	CRACOVIA WIELICZKA	M40	6	00:00:04	01:33:33	02:55:49.90	02:55:54.75	+00:09:55 (5.6%)	6:16	9.6 (95.0%)
7	LATAK Michał	4121	JACEK BIEGA RUNNING TEAM	M40	7	00:00:09	01:33:48	02:56:15.05	02:56:24.10	+00:10:21 (5.9%)	6:17	9.5 (94.1%)
8	DESKA Leszek	4041	WWW.LESZEKBIEGA.PL	M40	8	00:00:13	01:36:27	03:07:06.30	03:07:19.95	+00:21:12 (11.3%)	6:40	9 (89.1%)
9	MAŚLANY Daniel	4254		M40	9	00:00:08	01:36:24	03:10:03.80	03:10:12.55	+00:24:09 (12.7%)	6:47	8.8 (87.1%)
10	ROGAŁA Grzegorz	4172		M40	10	00:00:02	01:36:15	03:11:03.00	03:11:05.70	+00:25:09 (13.2%)	6:49	8.8 (87.1%)
11	CZEGUS Marcin	4193	RUNNING POŁANIEC	M40	11	00:00:04	01:36:47	03:12:58.50	03:13:02.65	+00:27:04 (14.0%)	6:53	8.7 (86.1%)
12	BAK Marcin	4062	LUBLIN BIEGA	M40	12	00:00:04	01:42:13	03:13:21.85	03:13:26.50	+00:27:27 (14.2%)	6:54	8.7 (86.1%)
13	ŻMUDA Michał	4026		M40	13	00:00:04	01:37:17	03:15:47.50	03:15:51.65	+00:29:53 (15.3%)	6:59	8.6 (85.1%)
14	WÓJCIK Krzysztof	4074	NIGHT RUNNERS ŚWILCZA	M40	14	00:00:02	01:37:03	03:17:40.80	03:17:43.45	+00:31:46 (16.1%)	7:03	8.5 (84.2%)
15	GACA Michał	4045	PZU SPORT TEAM	M40	15	00:00:24	01:45:02	03:19:05.35	03:19:30.15	+00:33:11 (16.7%)	7:06	8.4 (83.2%)
16	STĘPIEŃ Mirosław	4102	ROSSBIEGANI	M40	16	00:00:14	01:41:22	03:21:41.15	03:21:55.85	+00:35:47 (17.7%)	7:12	8.3 (82.2%)
17	RAMOTOWSKI Marcin	4160		M40	17	00:00:22	01:46:54	03:22:21.85	03:22:44.50	+00:36:27 (18.0%)	7:13	8.3 (82.2%)
18	BEŚKA Sławomir	4044	OCHAJORUN & FRIENDS	M40	18	00:00:07	01:41:43	03:23:35.20	03:23:42.90	+00:37:41 (18.5%)	7:16	8.3 (82.2%)
19	DZIEWA Przemysław	4115	SUPERIOR INDUSTRIES STAŁOWA WOLA	M40	19	00:00:24	01:53:16	03:23:55.60	03:24:20.05	+00:38:01 (18.6%)	7:17	8.2 (81.2%)
20	ŻYŁKA Ireneusz	4312	BIEGACZ	M40	20	00:00:08	01:47:37	03:26:31.55	03:26:40.15	+00:40:37 (19.7%)	7:22	8.1 (80.2%)
21	ŚWIĄDERSKI Paweł	4358		M40	21	00:00:42	01:49:13	03:26:51.05	03:27:33.45	+00:40:57 (19.8%)	7:23	8.1 (80.2%)
22	JAŻOWNIK Jacek	4136		M40	22	00:00:29	01:45:14	03:27:08.25	03:27:37.65	+00:41:14 (19.9%)	7:23	8.1 (80.2%)
23	KISIEL Krzysztof	4723		M40	23	00:01:18	01:52:25	03:28:31.00	03:29:49.35	+00:42:37 (20.4%)	7:26	8.1 (80.2%)
24	CIEŚLA Jarosław	4171	BIEGAJĄCE MAŁŻEŃSTWO	M40	24	00:00:13	01:48:10	03:29:16.75	03:29:29.75	+00:43:22 (20.7%)	7:28	8 (79.2%)
25	BROMKE Łukasz	4145	ORANGE POLSKA	M40	25	00:00:07	01:47:26	03:30:24.80	03:30:32.55	+00:44:30 (21.2%)	7:30	8 (79.2%)
26	SŁABOŃ Mariusz	4371	KIWK-A BIEGA	M40	26	00:00:38	01:51:11	03:31:13.90	03:31:52.85	+00:45:19 (21.5%)	7:32	8 (79.2%)
27	NIEWDZIĘCZNY Jerzy	4865	SĄ WOLNIEJSI	M40	27	00:01:03	01:47:16	03:33:56.60	03:35:00.55	+00:48:02 (22.5%)	7:38	7.9 (78.2%)
28	KWAŚNY Janusz	4076		M40	28	00:00:18	01:44:43	03:34:12.35	03:34:30.60	+00:48:18 (22.6%)	7:39	7.8 (77.2%)
29	DERWICH Karol	4432	WKURW TEAM	M40	29	00:00:18	01:53:21	03:34:33.65	03:34:51.90	+00:48:39 (22.7%)	7:39	7.8 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								28km	28km			
30	LITKA Krzysztof	4883	PZU SPORT TEAM	M40	30	00:00:41	01:40:59	03:35:08.65	03:35:49.65	+00:49:14 (22.9%)	7:41	7.8 (77.2%)
31	KOWALCZYK Robert	4353	ŁĘCZNA BIEGA	M40	31	00:00:40	01:51:09	03:35:12.90	03:35:53.05	+00:49:18 (22.9%)	7:41	7.8 (77.2%)
32	FEDAK Bohdan	4455		M40	32	00:00:48	01:54:24	03:35:23.55	03:36:12.10	+00:49:29 (23.0%)	7:41	7.8 (77.2%)
33	PODEJMA Grzegorz	4173		M40	33	00:00:28	01:45:13	03:35:38.80	03:36:07.55	+00:49:44 (23.1%)	7:42	7.8 (77.2%)
34	FLORIAN Krzysztof	4944		M40	34	00:01:00	01:57:57	03:36:26.45	03:37:27.20	+00:50:32 (23.4%)	7:43	7.8 (77.2%)
35	JAŁOCHA Michał	4419	MOŻE SIĘ UDA!	M40	35	00:00:33	01:52:16	03:37:18.15	03:37:52.00	+00:51:24 (23.7%)	7:45	7.7 (76.2%)
36	KOŚCIELNY Aleksander	4416	MTU AERO ENGINES	M40	36	00:00:05	01:50:38	03:37:19.90	03:37:25.75	+00:51:25 (23.7%)	7:45	7.7 (76.2%)
37	KOSOWSKI Mateusz	4063		M40	37	00:00:10	01:56:20	03:37:37.15	03:37:47.85	+00:51:43 (23.8%)	7:46	7.7 (76.2%)
38	KRZESIAK Łukasz	4360	MASAKRA KLUB SPORTOWY	M40	38	00:00:25	01:51:03	03:37:47.05	03:38:12.15	+00:51:53 (23.8%)	7:46	7.7 (76.2%)
39	GAJEWSKI Jacek	4138	DOGOŃ GRODZISK MAZOWIECKI	M40	39	00:00:18	01:51:13	03:37:53.65	03:38:11.65	+00:51:59 (23.9%)	7:46	7.7 (76.2%)
40	SZYMALAK Michał	4082		M40	40	00:01:43	01:52:01	03:38:48.95	03:40:32.55	+00:52:55 (24.2%)	7:48	7.7 (76.2%)
41	BODZIOCH Grzegorz	4057	GORLICKA GRUPA BIEGOWA	M40	41	00:00:03	01:49:11	03:39:21.90	03:39:24.90	+00:53:27 (24.4%)	7:50	7.7 (76.2%)
42	PODEJMA Rafał	4216	SPARTA	M40	42	00:00:20	01:51:00	03:40:22.30	03:40:43.05	+00:54:28 (24.7%)	7:52	7.6 (75.2%)
43	POGORZELSKI Mariusz	4896	HARDCOROWE WYCHYLYLYBYMY	M40	43	00:00:28	01:56:03	03:40:55.20	03:41:23.20	+00:55:01 (24.9%)	7:53	7.6 (75.2%)
44	JANKOWSKI Rafał	4825	GLKS FAŁKÓW/NAPRZÓD MŁOCINY	M40	44	00:01:14	01:57:07	03:41:25.40	03:42:39.55	+00:55:31 (25.1%)	7:54	7.6 (75.2%)
45	JADWIŃSKI Wojciech	4165	REEBOK RUN CREW	M40	45	00:00:08	01:48:07	03:42:40.30	03:42:48.90	+00:56:46 (25.5%)	7:57	7.5 (74.3%)
46	KORNAK Dariusz	4079	PKP CARGO	M40	46	00:00:04	01:54:50	03:43:16.70	03:43:21.20	+00:57:22 (25.7%)	7:58	7.5 (74.3%)
47	OSZUST Marcin	4556	CHEŁMSKA GRUPA TRIATHLONU	M40	47	00:00:15	01:56:27	03:46:14.90	03:46:29.90	+01:00:20 (26.7%)	8:04	7.4 (73.3%)
47	BUKALSKI Arkadiusz	4156	CHEŁMSKA GRUPA TRIATHLONU	M40	48	00:00:14	01:51:32	03:46:15.05	03:46:29.90	+01:00:21 (26.7%)	8:04	7.4 (73.3%)
49	BAJZERT Filip	4473		M40	49	00:00:29	01:54:12	03:49:17.75	03:49:47.70	+01:03:23 (27.6%)	8:11	7.3 (72.3%)
50	GONET Sebastian	4402		M40	50	00:00:25	01:57:38	03:49:18.05	03:49:43.15	+01:03:24 (27.6%)	8:11	7.3 (72.3%)
51	DŁUŻNIEWSKI Marcin	4273		M40	51	00:00:21	01:56:13	03:49:18.45	03:49:40.15	+01:03:24 (27.7%)	8:11	7.3 (72.3%)
52	WRÓBEL Arkadiusz	4065		M40	52	00:00:30	01:55:46	03:49:26.15	03:49:56.55	+01:03:32 (27.7%)	8:11	7.3 (72.3%)
53	KARDASZ Marek	4242	SOLINA TEAM	M40	53	00:00:09	01:50:20	03:49:28.25	03:49:37.75	+01:03:34 (27.7%)	8:11	7.3 (72.3%)
54	JASIŃSKI Tomasz	4091		M40	54	00:00:05	01:49:01	03:49:33.80	03:49:39.45	+01:03:39 (27.7%)	8:11	7.3 (72.3%)
55	ŁUKASZKIEWICZ Michał	4217	POŻERACZE KIŁOSÓW	M40	55	00:00:19	01:55:31	03:49:44.75	03:50:03.80	+01:03:50 (27.8%)	8:12	7.3 (72.3%)
56	LEŚNIAK Piotr	4819	STREET MEDIA RUNNING TEAM	M40	56	00:00:58	01:56:18	03:51:05.05	03:52:03.30	+01:05:11 (28.2%)	8:15	7.3 (72.3%)
57	GAJEWIAK Adam	4203	CS GROUP RUNNERS TEAM	M40	57	00:00:15	01:53:37	03:51:38.50	03:51:53.95	+01:05:44 (28.4%)	8:16	7.3 (72.3%)
58	GRONCZEWSKI Artur	4332	FMW RUNNERS	M40	58	00:00:08	01:54:19	03:51:40.75	03:51:48.75	+01:05:46 (28.4%)	8:16	7.3 (72.3%)
59	SKÓRA Przemysław	4800		M40	59	00:01:23	02:03:04	03:52:41.20	03:54:04.50	+01:06:47 (28.7%)	8:18	7.2 (71.3%)
60	KUCZBORSKI Jarosław	4839	HARPAGAN SOSNOWIEC	M40	60	00:00:42	01:59:18	03:52:52.40	03:53:34.50	+01:06:58 (28.8%)	8:19	7.2 (71.3%)
61	BOROWIEC Arkadiusz	4560	CHEŁM BIEGA	M40	61	00:00:13	01:58:57	03:53:21.70	03:53:35.55	+01:07:27 (28.9%)	8:20	7.2 (71.3%)
62	WAROWNY Piotr	4227	BIEGUSIEM.PL	M40	62	00:00:06	01:57:12	03:54:26.75	03:54:33.70	+01:08:32 (29.2%)	8:22	7.2 (71.3%)
63	ZIELASKOWSKI Michal	4300		M40	63	00:00:52	01:55:43	03:54:40.45	03:55:33.25	+01:08:46 (29.3%)	8:22	7.2 (71.3%)
64	MAŁEK Paweł	4326	NIEPOŁOMICE BIEGAJĄ	M40	64	00:01:33	02:03:14	03:54:57.10	03:56:30.35	+01:09:03 (29.4%)	8:23	7.2 (71.3%)
65	SZYMSKI Rafał	4850	CIDRY LOTAJOM	M40	65	00:01:14	01:56:51	03:55:08.75	03:56:23.45	+01:09:14 (29.4%)	8:23	7.1 (70.3%)
66	ŚRODA Krzysztof	4570		M40	66	00:00:51	02:02:05	03:55:11.25	03:56:02.60	+01:09:17 (29.5%)	8:23	7.1 (70.3%)
67	FALISZEWSKI Sebastian	4831		M40	67	00:01:43	01:53:28	03:56:08.45	03:57:51.90	+01:10:14 (29.7%)	8:26	7.1 (70.3%)
68	BUŁKA Piotr	4050	UKS HERKULES SULEJÓWEK	M40	68	00:00:09	01:53:55	03:57:13.35	03:57:22.40	+01:11:19 (30.1%)	8:28	7.1 (70.3%)
69	POŁOZYŃSKI Andrzej	4180	ZACISZE NIGHT RUNNERS	M40	69	00:00:44	02:00:48	03:58:55.55	03:59:40.15	+01:13:01 (30.6%)	8:32	7 (69.3%)
70	CHRAPAN Tomasz	4554		M40	70	00:01:03	02:01:48	04:00:37.05	04:01:40.30	+01:14:43 (31.1%)	8:35	7 (69.3%)
71	GRZYWACZ Krzysztof	4940		M40	71	00:01:27	01:59:50	04:00:43.25	04:02:10.35	+01:14:49 (31.1%)	8:35	7 (69.3%)
72	ROGOLSKI Artur	4211	PZU SPORT TEAM	M40	72	00:01:03	02:04:51	04:00:56.10	04:01:59.95	+01:15:02 (31.1%)	8:36	7 (69.3%)
73	MACIEJAK Robert	4349		M40	73	00:00:15	01:53:33	04:01:07.75	04:01:22.90	+01:15:13 (31.2%)	8:36	7 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								28km	28km			
74	KAZMIERCZAK Michał	4232		M40	74	00:01:42	02:10:27	04:03:26.05	04:05:08.95	+01:17:32 (31.9%)	8:41	6.9 (68.3%)
75	DOLEWSKI Andrzej	4021	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	75	00:00:11	01:56:22	04:04:26.35	04:04:37.75	+01:18:32 (32.1%)	8:43	6.9 (68.3%)
76	BAGIEŃSKI Marek	4293	LIMBA.ORG	M40	76	00:00:05	02:06:54	04:04:29.40	04:04:34.45	+01:18:35 (32.1%)	8:43	6.9 (68.3%)
77	JACHIMEK Maciej	4198		M40	77	00:00:54	02:09:14	04:05:16.25	04:06:10.90	+01:19:22 (32.4%)	8:45	6.8 (67.3%)
78	HABELSKI Jarosław	4525	SPARTA ULTRA TEAM	M40	78	00:00:20	01:50:59	04:05:52.75	04:06:13.20	+01:19:58 (32.5%)	8:46	6.8 (67.3%)
79	WIŚNIEWSKI Marek	4398		M40	79	00:00:42	02:00:50	04:07:35.95	04:08:18.10	+01:21:42 (33.0%)	8:50	6.8 (67.3%)
80	GONDEK Krzysztof	4336		M40	80	00:00:38	02:03:41	04:07:46.00	04:08:24.20	+01:21:52 (33.0%)	8:50	6.8 (67.3%)
81	PAŁKA Stanisław	4406	NIEPOŁOMICE BIEGAJĄ	M40	81	00:01:34	02:09:05	04:08:28.90	04:10:03.05	+01:22:34 (33.2%)	8:52	6.8 (67.3%)
82	KĘDREK Emil	4599	HABYS	M40	82	00:00:33	02:19:15	04:08:36.00	04:09:09.10	+01:22:42 (33.3%)	8:52	6.8 (67.3%)
83	LESZCZYŃSKI Michał	4176	GDYNIA MEDICA	M40	83	00:00:42	02:06:18	04:10:12.95	04:10:55.80	+01:24:19 (33.7%)	8:56	6.7 (66.3%)
84	KRAJCZYŃSKI Jakub	4191	PKO BANK POLSKI	M40	84	00:01:22	02:17:44	04:11:29.10	04:12:51.70	+01:25:35 (34.0%)	8:58	6.7 (66.3%)
85	NAWROCKI Marcin	4518	CR Z16	M40	85	00:00:30	01:59:39	04:11:39.65	04:12:10.35	+01:25:45 (34.1%)	8:59	6.7 (66.3%)
86	BOROWIEC Mariusz	4496		M40	86	00:01:10	02:10:50	04:12:21.70	04:13:31.85	+01:26:27 (34.3%)	9:00	6.7 (66.3%)
87	KACZMARCZYK Daniel	4306		M40	87	00:00:21	02:11:34	04:12:41.60	04:13:02.95	+01:26:47 (34.3%)	9:01	6.6 (65.3%)
88	KRYSTJAŃCZUK Karol	4192	ŁĘCZNA BIEGA	M40	88	00:00:40	01:55:46	04:13:25.40	04:14:06.05	+01:27:31 (34.5%)	9:03	6.6 (65.3%)
89	JESKE Marek	4696	RUN BYDGOSZCZ	M40	89	00:00:43	02:03:36	04:13:48.30	04:14:31.35	+01:27:54 (34.6%)	9:03	6.6 (65.3%)
90	SZMYT Piotr	4006	4 RUNNERS GROUP	M40	90	00:00:27	02:06:53	04:14:07.20	04:14:35.00	+01:28:13 (34.7%)	9:04	6.6 (65.3%)
91	PIOTR Pietrus	4130		M40	91	00:00:08	01:57:41	04:14:12.15	04:14:20.60	+01:28:18 (34.7%)	9:04	6.6 (65.3%)
92	PUCHAŁA Mariusz	4267	TERNOL	M40	92	00:00:50	02:06:26	04:14:15.50	04:15:05.55	+01:28:21 (34.8%)	9:04	6.6 (65.3%)
93	SZYMAŃSKI Marcin	4389		M40	93	00:01:08	02:18:25	04:14:37.55	04:15:45.90	+01:28:43 (34.8%)	9:05	6.6 (65.3%)
94	MARMUROWICZ Krystian	4482	KOLOROWA DRUŻYNA NESSI	M40	94	00:00:31	02:11:40	04:14:45.20	04:15:16.60	+01:28:51 (34.9%)	9:05	6.6 (65.3%)
95	TARTANUS Andrzej	4325	VEGE RUNNERS	M40	95	00:00:14	02:08:45	04:15:34.30	04:15:48.35	+01:29:40 (35.1%)	9:07	6.6 (65.3%)
96	PAWLIK Paweł	4377		M40	96	00:00:43	02:04:57	04:15:35.35	04:16:19.30	+01:29:41 (35.1%)	9:07	6.6 (65.3%)
97	PIERZAK Olaf	4162	NIGHT RUNNERS KABATY	M40	97	00:00:12	02:00:04	04:15:46.40	04:15:59.15	+01:29:52 (35.1%)	9:08	6.6 (65.3%)
98	BURY Marek	4215		M40	98	00:00:32	02:06:46	04:16:37.55	04:17:10.30	+01:30:43 (35.4%)	9:09	6.5 (64.4%)
99	TUREK Michał	4938		M40	99	00:01:14	01:59:49	04:17:56.10	04:19:10.15	+01:32:02 (35.7%)	9:12	6.5 (64.4%)
100	CZAJKOWSKI Tomasz	4535		M40	100	00:01:12	02:12:15	04:18:08.75	04:19:20.75	+01:32:14 (35.7%)	9:13	6.5 (64.4%)
101	CIPORA Maciej	4580		M40	101	00:00:28	02:10:25	04:18:39.40	04:19:08.10	+01:32:45 (35.9%)	9:14	6.5 (64.4%)
102	CHODZIŃSKI Piotr	4368		M40	102	00:00:55	02:11:54	04:18:39.85	04:19:35.10	+01:32:45 (35.9%)	9:14	6.5 (64.4%)
103	MŁYNARCZYK Michał	4408		M40	103	00:01:28	02:19:36	04:18:45.30	04:20:14.05	+01:32:51 (35.9%)	9:14	6.5 (64.4%)
104	BAGNICKI Dariusz	4538	ROZBIEGMY NOWY DWÓR	M40	104	00:00:26	02:10:52	04:19:38.35	04:20:04.90	+01:33:44 (36.1%)	9:16	6.5 (64.4%)
105	NADULSKI Piotr	4937		M40	105	00:01:29	02:13:49	04:19:42.60	04:21:11.85	+01:33:48 (36.1%)	9:16	6.5 (64.4%)
106	IWACHÓW Sławomir	4709		M40	106	00:01:18	02:19:44	04:19:55.80	04:21:14.35	+01:34:01 (36.2%)	9:17	6.5 (64.4%)
107	GRYS Rajmund	4550	MKS SIECHNICE	M40	107	00:01:31	02:13:49	04:20:00.15	04:21:32.05	+01:34:06 (36.2%)	9:17	6.5 (64.4%)
108	SZEWCZYK Mariusz	4543		M40	108	00:01:10	02:14:44	04:20:09.65	04:21:19.80	+01:34:15 (36.2%)	9:17	6.5 (64.4%)
109	JEŻEWSKI Adam	4862	VIRTUAL RUNNER CLUB	M40	109	00:00:14	02:08:38	04:20:53.80	04:21:08.25	+01:34:59 (36.4%)	9:19	6.4 (63.4%)
110	URBANEK Sylwester	4401		M40	110	00:01:00	02:11:46	04:24:10.20	04:25:10.35	+01:38:16 (37.2%)	9:26	6.4 (63.4%)
111	FALKOWSKI Falkowski	4911		M40	111	00:01:17	02:10:45	04:26:52.40	04:28:10.25	+01:40:58 (37.8%)	9:31	6.3 (62.4%)
112	ZMYJ Mariusz	4644	#ADAMCZERWIŃSKITEAM	M40	112	00:00:33	02:11:52	04:28:51.25	04:29:25.10	+01:42:57 (38.3%)	9:36	6.2 (61.4%)
113	TWARDOWSKI Tomasz	4487	TRENUJZNAMI.PL	M40	113	00:01:18	02:19:57	04:28:52.05	04:30:10.10	+01:42:58 (38.3%)	9:36	6.2 (61.4%)
114	DAMIĘCKI Jan	4579	MASAKRA KLUB SPORTOWY	M40	114	00:00:23	02:12:31	04:28:59.95	04:29:23.85	+01:43:06 (38.3%)	9:36	6.2 (61.4%)
115	SZYMKOWIAK Paweł	4256		M40	115	00:00:33	02:06:46	04:29:58.30	04:30:31.60	+01:44:04 (38.5%)	9:38	6.2 (61.4%)
116	ZBICIAK Grzegorz	4381	ŁĘCZNA BIEGA	M40	116	00:00:10	02:13:54	04:31:53.00	04:32:03.00	+01:45:59 (39.0%)	9:42	6.2 (61.4%)
117	ŁANDWIJT Marcin	4222		M40	117	00:00:17	02:05:11	04:33:22.35	04:33:39.60	+01:47:28 (39.3%)	9:45	6.1 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								28km	28km			
118	GOLECKI Tomasz	4476	KOPALNIA MOCY	M40	118	00:01:43	02:08:37	04:34:02.60	04:35:46.30	+01:48:08 (39.5%)	9:47	6.1 (60.4%)
119	TABACZKA Piotr	4187	TARNOWO PODGÓRNE BIEGA	M40	119	00:00:47	02:14:30	04:35:26.85	04:36:14.30	+01:49:32 (39.8%)	9:50	6.1 (60.4%)
120	KRASOŃ Kamil	4640		M40	120	00:01:18	02:14:02	04:35:36.80	04:36:55.75	+01:49:42 (39.8%)	9:50	6.1 (60.4%)
121	GUŹDZIOŁ Jarek	4450		M40	121	00:00:47	02:14:11	04:36:18.00	04:37:05.75	+01:50:24 (40.0%)	9:52	6.1 (60.4%)
122	GNATOWICZ Krzysztof	4430	NIEZRZESZONY	M40	122	00:00:32	02:10:39	04:36:36.05	04:37:08.15	+01:50:42 (40.0%)	9:52	6.1 (60.4%)
123	ŁABUZ Paweł	4342	PAVLO TEAM	M40	123	00:00:28	02:08:10	04:36:52.65	04:37:21.05	+01:50:58 (40.1%)	9:53	6.1 (60.4%)
124	DASZCZYŃSKI Adam	4374	ADASKO TEAM	M40	124	00:00:57	02:19:35	04:37:29.20	04:38:26.35	+01:51:35 (40.2%)	9:54	6.1 (60.4%)
125	MICHALCZAK Paweł	4778		M40	125	00:01:23	02:13:21	04:37:30.35	04:38:54.30	+01:51:36 (40.2%)	9:54	6.1 (60.4%)
126	BORYS Maciej	4302		M40	126	00:01:27	02:18:51	04:37:51.05	04:39:18.35	+01:51:57 (40.3%)	9:55	6 (59.4%)
127	OLESZCZYK Adam	4544	GRUPA BIEGOWA ENERGYKACZORY	M40	127	00:00:56	02:11:29	04:38:13.65	04:39:10.25	+01:52:19 (40.4%)	9:56	6 (59.4%)
128	MOL Rafał	4328	GRUPA BIEGOWA ENERGY KACZORY	M40	128	00:00:55	02:11:31	04:38:25.90	04:39:21.70	+01:52:31 (40.4%)	9:56	6 (59.4%)
129	DĄBROWSKI Karol	4567	CROSSFIT SIEDLCE	M40	129	00:00:36	02:20:05	04:38:59.95	04:39:36.05	+01:53:06 (40.5%)	9:57	6 (59.4%)
130	FRIEZE Krzysztof	4443	ORANGE POLSKA	M40	130	00:00:19	02:16:35	04:39:54.90	04:40:14.65	+01:54:00 (40.7%)	9:59	6 (59.4%)
131	PIĘTKA Piotr	4239		M40	131	00:01:10	02:20:07	04:42:21.45	04:43:32.10	+01:56:27 (41.2%)	10:05	5.9 (58.4%)
132	WŁODARCZYK Marek	4731		M40	132	00:00:14	02:12:39	04:43:11.30	04:43:25.70	+01:57:17 (41.4%)	10:06	5.9 (58.4%)
133	KOCHANOWSKI Sebastian	4490	ROZBIEGAMY NOWY DWÓR	M40	133	00:00:25	02:11:56	04:44:38.55	04:45:03.95	+01:58:44 (41.7%)	10:09	5.9 (58.4%)
134	BEDNARCZYK Mariusz	4240	AMERNET	M40	134	00:01:10	02:20:12	04:45:42.50	04:46:53.35	+01:59:48 (41.9%)	10:12	5.9 (58.4%)
135	URBAŃSKI Michał	4247		M40	135	00:00:36	02:20:54	04:49:40.80	04:50:17.75	+02:03:46 (42.7%)	10:20	5.8 (57.4%)
136	PISKORSKI Krzysztof	4230		M40	136	00:00:37	02:24:08	04:49:41.00	04:50:18.05	+02:03:47 (42.7%)	10:20	5.8 (57.4%)
137	BRODZIAK Arkadiusz	4571		M40	137	00:00:34	02:20:34	04:49:51.60	04:50:26.25	+02:03:57 (42.8%)	10:21	5.8 (57.4%)
138	MROZIŃSKI Marcin	4338		M40	138	00:01:12	02:19:09	04:50:01.40	04:51:13.95	+02:04:07 (42.8%)	10:21	5.8 (57.4%)
139	BAJERSKI Arkadiusz	4307	GRUPA BIEGOWA ENERGY KACZORY	M40	139	00:00:56	02:19:29	04:50:04.55	04:51:01.10	+02:04:10 (42.8%)	10:21	5.8 (57.4%)
140	PRZYBYLSKI Marcin	4387		M40	140	00:00:40	02:23:46	04:50:10.15	04:50:50.30	+02:04:16 (42.8%)	10:21	5.8 (57.4%)
141	PAWLAK Bartosz	4132		M40	141	00:01:22	02:25:44	04:50:47.20	04:52:09.30	+02:04:53 (42.9%)	10:23	5.8 (57.4%)
142	JAMBOR Michał	4244	BRACTWO BIEGOWE BGK	M40	142	00:01:22	02:25:59	04:50:49.20	04:52:11.95	+02:04:55 (43.0%)	10:23	5.8 (57.4%)
143	SERĘGA Tomasz	4673	WKURW-TEAM	M40	143	00:00:20	02:13:44	04:51:10.05	04:51:30.15	+02:05:16 (43.0%)	10:23	5.8 (57.4%)
144	GIURG Grzegorz	4407		M40	144	00:01:25	02:27:43	04:51:58.85	04:53:23.90	+02:06:04 (43.2%)	10:25	5.8 (57.4%)
145	SOROCZYŃSKI Sylwester	4310	CROSSFIT SIEDLCE	M40	145	00:00:35	02:19:57	04:52:41.35	04:53:16.65	+02:06:47 (43.3%)	10:27	5.7 (56.4%)
146	SIEROCIŃSKI Robert	4194	CROSSFIT SIEDLCE	M40	146	00:00:35	02:19:49	04:52:48.20	04:53:23.40	+02:06:54 (43.3%)	10:27	5.7 (56.4%)
147	MARCINIAK Marek	4852		M40	147	00:01:09	02:18:17	04:53:28.80	04:54:37.85	+02:07:34 (43.5%)	10:28	5.7 (56.4%)
148	JARANOWSKI Xawery	4714		M40	148	00:01:15	02:23:13	04:54:50.35	04:56:05.90	+02:08:56 (43.7%)	10:31	5.7 (56.4%)
149	FRĄTCZAK Marcin	4711		M40	149	00:01:35	02:26:56	04:56:39.25	04:58:14.60	+02:10:45 (44.1%)	10:35	5.7 (56.4%)
150	GRUDZIECKI Cezary	4816		M40	150	00:01:37	02:24:07	04:57:28.55	04:59:05.75	+02:11:34 (44.2%)	10:37	5.6 (55.4%)
151	SZYPROWSKI Jarosław	4891		M40	151	00:01:28	02:23:04	04:58:52.00	05:00:20.15	+02:12:58 (44.5%)	10:40	5.6 (55.4%)
152	MYŚLIŃSKI Tomasz	4746	BIEGUSIEM.PL	M40	152	00:00:32	02:29:51	04:59:55.45	05:00:27.65	+02:14:01 (44.7%)	10:42	5.6 (55.4%)
153	WĘGOROWSKI Jacek	4719		M40	153	00:01:25	02:18:28	05:01:26.10	05:02:51.95	+02:15:32 (45.0%)	10:45	5.6 (55.4%)
154	MAJKA Wojciech	4671	TRENER24H	M40	154	00:01:19	02:27:48	05:01:32.05	05:02:51.35	+02:15:38 (45.0%)	10:46	5.6 (55.4%)
155	TUREK Paweł	4542		M40	155	00:01:52	02:30:17	05:01:34.05	05:03:26.95	+02:15:40 (45.0%)	10:46	5.6 (55.4%)
156	JAMRÓZ Robert	4276	JAMERKI	M40	156	00:00:39	02:15:20	05:02:12.10	05:02:51.35	+02:16:18 (45.1%)	10:47	5.6 (55.4%)
157	JELINSKI Sebastian	4392	NOA	M40	157	00:00:04	02:27:11	05:02:14.55	05:02:19.00	+02:16:20 (45.1%)	10:47	5.6 (55.4%)
158	SMORAŃIEWICZ Marcin	4648		M40	158	00:00:54	02:31:22	05:02:23.50	05:03:18.25	+02:16:29 (45.1%)	10:48	5.6 (55.4%)
159	STELMASZYK Piotr	4262	PZU SPORT TEAM	M40	159	00:01:52	02:17:49	05:02:32.95	05:04:25.20	+02:16:39 (45.2%)	10:48	5.6 (55.4%)
160	MUSIAŁ Paweł	4344	ADIDAS RUNNERS WARSAW	M40	160	00:01:03	02:28:10	05:03:58.45	05:05:02.20	+02:18:04 (45.4%)	10:51	5.5 (54.5%)
161	BOROWSKI Sławomir	4204	SOLVITUR AMBULANDO	M40	161	00:00:37	02:25:45	05:04:16.85	05:04:54.65	+02:18:22 (45.5%)	10:52	5.5 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
162	MYSZKOWSKI Sebastian	4157	TEAM ZABIEGANEDNI	M40	162	00:00:49	02:32:43	05:04:22.15	05:05:11.30	+02:18:28 (45.5%)	10:52	5.5 (54.5%)
163	ŚCISŁY Darek	4417		M40	163	00:01:38	02:32:38	05:06:19.45	05:07:57.95	+02:20:25 (45.8%)	10:56	5.5 (54.5%)
164	PISINGAS Mariusz	4952		M40	164	00:01:14	02:31:36	05:08:04.75	05:09:19.40	+02:22:10 (46.2%)	11:00	5.5 (54.5%)
165	RZEPNIKOWSKI Michał	4303		M40	165	00:00:29	02:15:23	05:08:47.50	05:09:16.85	+02:22:53 (46.3%)	11:01	5.4 (53.5%)
166	NIŻNIK Rafał	4309		M40	166	00:01:04	02:28:02	05:10:18.55	05:11:22.80	+02:24:24 (46.5%)	11:04	5.4 (53.5%)
167	MALINOWSKI Albert	4860		M40	167	00:01:38	02:34:13	05:19:48.45	05:21:26.55	+02:33:54 (48.1%)	11:25	5.3 (52.5%)
168	BIELIK Radosław	4753	WKURW_TEAM	M40	168	00:01:24	02:31:55	05:21:46.15	05:23:10.70	+02:35:52 (48.4%)	11:29	5.2 (51.5%)
169	BARAN Stefan	4058		M40	169	00:00:25	02:35:56	05:22:32.90	05:22:58.80	+02:36:38 (48.6%)	11:31	5.2 (51.5%)
170	ŚWIECZKOWSKI Wiesław	4503	SCEDRAU	M40	170	00:01:30	02:35:16	05:27:34.55	05:29:05.10	+02:41:40 (49.4%)	11:41	5.1 (50.5%)
171	SZYMAŃSKI Mariusz	4425	MKB DREPTAK	M40	171	00:01:10	02:37:47	05:29:35.90	05:30:46.20	+02:43:41 (49.7%)	11:46	5.1 (50.5%)
172	SKÓRA Michał	4364		M40	172	00:00:28	02:40:48	05:30:14.15	05:30:42.85	+02:44:20 (49.8%)	11:47	5.1 (50.5%)
173	STASIAK Waldemar	4750	NIGHT RUNNERS	M40	173	00:01:17	02:41:50	05:31:50.75	05:33:08.35	+02:45:56 (50.0%)	11:51	5.1 (50.5%)
174	DĄBROWSKI Paweł	4469		M40	174	00:01:00	02:35:33	05:36:07.95	05:37:08.85	+02:50:14 (50.6%)	12:00	5 (49.5%)
175	JUSZCZYK Jarosław	4786		M40	175	00:01:39	02:36:43	06:00:05.25	06:01:44.50	+03:14:11 (53.9%)	12:51	4.7 (46.5%)
176	KURDZIEL Tomasz	4728	SZAKALE BAŁUT ŁÓDŹ	M40	176	00:01:41	02:43:24	06:01:35.95	06:03:17.55	+03:15:42 (54.1%)	12:54	4.6 (45.5%)
177	BIAŁEK Dariusz	4421		M40	177	00:01:06	02:34:32	06:02:06.30	06:03:12.50	+03:16:12 (54.2%)	12:55	4.6 (45.5%)
178	CIEŚLAK Wiktor	4814		M40	178	00:01:23	02:47:04	06:06:04.10	06:07:27.65	+03:20:10 (54.7%)	13:04	4.6 (45.5%)
179	NOWIŃSKI Jakub	4777	SMECHY ŁÓDŹ	M40	179	00:01:25	02:47:44	06:06:56.95	06:08:22.75	+03:21:03 (54.8%)	13:06	4.6 (45.5%)
180	ANDRYSIEWICZ Krzysztof	4335		M40	180	00:00:38	02:21:29			+00:51:44	8:44	6.9 (68.3%)

Znaleziono 180 wynik(ów)