



RZEŹNICZEK 2020

B4SPORT

Wydarzenie: VI FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-06-06
Miejsce: Cisna
Dystans: 26 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
1	PAŁKA Piotr	2787	CKS BUDOWLANI CZĘSTOCHOWA	M30	1	02:15:39.60		5:13	11.5 (100%)
2	GRABOWSKI Karol	2789		M30	2	02:24:44.50	+00:09:04 (6.3%)	5:34	10.8 (93.9%)
3	CHRUŚCIEL Jacek	2854		M30	3	02:26:34.85	+00:10:55 (7.5%)	5:38	10.6 (92.2%)
4	ŻUBIŃSKI Piotr	2504	ACCELERATING POLAND	M40	1	02:33:28.20	+00:17:48 (11.6%)	5:54	10.2 (88.7%)
5	DIEBEL Krzysztof	2869	RYBNICKA GRUPA BIEGOWA	M40	2	02:34:54.60	+00:19:15 (12.4%)	5:57	10.1 (87.8%)
6	POŻAROWSZCZYK Adam	2185	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	4	02:45:22.25	+00:29:42 (18.0%)	6:21	9.4 (81.7%)
7	CHYBOWSKI Rafał	2256	DZIKIE BORSUKI	M30	5	02:48:42.55	+00:33:02 (19.6%)	6:29	9.2 (80.0%)
8	RAKSZAWA Krzysztof	2868		M40	3	02:48:46.45	+00:33:06 (19.6%)	6:29	9.2 (80.0%)
9	CZYŻKOWSKI Rafał	2408	CHŁOPAKI Z NIZIN	M30	6	02:52:08.60	+00:36:29 (21.2%)	6:37	9.1 (79.1%)
10	SABAT Sebastian	2778		M20	1	02:54:07.40	+00:38:27 (22.1%)	6:41	9 (78.3%)
11	LASIKOWSKI Mateusz	2710	BIEGAJ POD OKIEM TRENERA	M20	2	02:57:01.30	+00:41:21 (23.4%)	6:48	8.8 (76.5%)
12	GARDENER Jacek	2779	JACEKBIEGA RUNNING TEAM	M50	1	02:57:46.75	+00:42:07 (23.7%)	6:50	8.8 (76.5%)
13	DESKA Leszek	2274	WWW.LESZEKBIEGA.PL	M40	4	03:00:08.95	+00:44:29 (24.7%)	6:55	8.7 (75.7%)
14	GACEK Michał	2740	THE STRYCHERS	M30	7	03:01:03.10	+00:45:23 (25.1%)	6:57	8.6 (74.8%)
15	WYSOKIŃSKI Marcin	2252	DZIKIE BORSUKI	M40	5	03:02:07.50	+00:46:27 (25.5%)	7:00	8.6 (74.8%)
16	RESZKA Marek	2201	PRZEDWOJEWSKI MOUNTAIN TEAM	M30	8	03:02:20.15	+00:46:40 (25.6%)	7:00	8.6 (74.8%)
17	STĘPNIAK Michał	2035	STAY INSANE	M30	9	03:02:23.85	+00:46:44 (25.6%)	7:00	8.6 (74.8%)
18	OCHYRA Konrad	2352	SOLINA TEAM	M30	10	03:02:48.80	+00:47:09 (25.8%)	7:01	8.5 (73.9%)
19	WOŹNIAK Jacek	2520	PIXONET.PL	M40	6	03:03:24.35	+00:47:44 (26.0%)	7:03	8.5 (73.9%)
20	JEGER Rafał	2110		M30	11	03:03:47.15	+00:48:07 (26.2%)	7:04	8.5 (73.9%)
21	SOKOŁOWSKI Wojciech	2529		M30	12	03:05:41.40	+00:50:01 (26.9%)	7:08	8.4 (73.0%)
22	TRZECIAKIEWICZ Mieczysław	2607	MLKS RADKÓW	M50	2	03:06:12.40	+00:50:32 (27.1%)	7:09	8.4 (73.0%)
23	HEJNAR Jakub	2822		M30	13	03:07:33.30	+00:51:53 (27.7%)	7:12	8.3 (72.2%)
24	ZĄBKIEWICZ Szymon	2555		M30	14	03:08:36.70	+00:52:57 (28.1%)	7:15	8.3 (72.2%)
25	TELEJKO Łukasz	2797	STUDIO ZDROWIA BYDGOSZCZ	M20	3	03:09:10.15	+00:53:30 (28.3%)	7:16	8.2 (71.3%)
26	STEFANIUK Roman	2120		M50	3	03:09:12.40	+00:53:32 (28.3%)	7:16	8.2 (71.3%)
27	BODZIOCH Grzegorz	2149	GORLICKA GRUPA BIEGOWA	M40	7	03:09:16.20	+00:53:36 (28.3%)	7:16	8.2 (71.3%)
28	LATOSZEK Rafał	2827	CTS	M40	8	03:10:05.45	+00:54:25 (28.6%)	7:18	8.2 (71.3%)
29	MARCOL Mateusz	2890		M30	15	03:10:07.70	+00:54:28 (28.6%)	7:18	8.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
30	KARGOL Marcin	2059		M30	16	03:10:29.50	+00:54:49 (28.8%)	7:19	8.2 (71.3%)
31	MĘŻYKOWSKI Michał	2482		M40	9	03:11:00.80	+00:55:21 (29.0%)	7:20	8.2 (71.3%)
32	SKORUPKA Leszek	2158		M40	10	03:11:02.25	+00:55:22 (29.0%)	7:20	8.2 (71.3%)
33	PRZYWARA Piotr	2300	MTU AERO ENGINES POLSKA	M30	17	03:11:53.85	+00:56:14 (29.3%)	7:22	8.1 (70.4%)
34	KURASIK Tomasz	2688		M40	11	03:12:54.25	+00:57:14 (29.7%)	7:25	8.1 (70.4%)
35	KOKOSZKA Wojciech	2455	SLOW JOGGING SIEDLCE	M40	12	03:13:56.35	+00:58:16 (30.1%)	7:27	8 (69.6%)
36	ROSIŃSKI Piotr	2264	DZIKIE BORSUKI	M30	18	03:14:43.20	+00:59:03 (30.3%)	7:29	8 (69.6%)
37	WASSER Michał	2311		M20	4	03:14:56.55	+00:59:16 (30.4%)	7:29	8 (69.6%)
38	PASZEK Jacek	2748	TEAM E DOKUMENTY	M40	13	03:15:43.90	+01:00:04 (30.7%)	7:31	8 (69.6%)
39	WOŁOSZYN Artur	2020		M30	19	03:16:54.15	+01:01:14 (31.1%)	7:34	7.9 (68.7%)
40	OCIEPKA Sebastian	2773	LATAJACY CYRK	M40	14	03:17:33.90	+01:01:54 (31.3%)	7:35	7.9 (68.7%)
41	KOŚCIELNY Aleksander	2485	MTU AERO ENGINES	M40	15	03:17:58.75	+01:02:19 (31.5%)	7:36	7.9 (68.7%)
42	MALINOWSKI Marek	2043		M40	16	03:18:12.85	+01:02:33 (31.6%)	7:37	7.9 (68.7%)
43	ASŁANOWICZ Marcin	2622		M40	17	03:18:45.05	+01:03:05 (31.7%)	7:38	7.8 (67.8%)
44	PERENC Michał	2493		M20	5	03:19:55.10	+01:04:15 (32.1%)	7:41	7.8 (67.8%)
45	SITEK Arkadiusz	2400	AKTYWNI WĘGRÓW	M40	18	03:20:49.80	+01:05:10 (32.5%)	7:43	7.8 (67.8%)
46	KOSIERADZKI Łukasz	2167		M20	6	03:21:09.15	+01:05:29 (32.6%)	7:44	7.8 (67.8%)
47	KURCEWICZ Paweł	2702		M30	20	03:21:16.90	+01:05:37 (32.6%)	7:44	7.8 (67.8%)
48	KABALA Łukasz	2687		M30	21	03:21:47.35	+01:06:07 (32.8%)	7:45	7.7 (67.0%)
49	BEŚKA Sławomir	2365	OCHAJORUN & FRIENDS	M50	4	03:22:10.15	+01:06:30 (32.9%)	7:46	7.7 (67.0%)
50	PIĘNKOSZ Wojciech	2089	PGE ENERGETIC RUNNING	M40	19	03:22:18.35	+01:06:38 (32.9%)	7:46	7.7 (67.0%)
51	WRÓBLEWSKI Radosław	2276	VELUX	M30	22	03:22:43.70	+01:07:04 (33.1%)	7:47	7.7 (67.0%)
52	LIANA Tomasz	2579	KŁĘCZAŃSKA GRUPA BIEGOWA	M20	7	03:22:53.65	+01:07:14 (33.1%)	7:48	7.7 (67.0%)
53	HERMAN Paweł	2278		M40	20	03:22:56.00	+01:07:16 (33.2%)	7:48	7.7 (67.0%)
54	KĘPARA Marcin	2813	ADVA OPTICAL NETWORKING	M30	23	03:24:39.05	+01:08:59 (33.7%)	7:52	7.6 (66.1%)
55	SZCZYGIĘŁ Krzysztof	2690	HATI TEAM	M40	21	03:24:40.05	+01:09:00 (33.7%)	7:52	7.6 (66.1%)
56	KOMOSIŃSKI Łukasz	2417		M40	22	03:24:46.55	+01:09:06 (33.8%)	7:52	7.6 (66.1%)
57	SMYKA Michał	2780		M20	8	03:25:10.85	+01:09:31 (33.9%)	7:53	7.6 (66.1%)
58	GÓRAK Grzegorz	2664	BIEGAM BO LUBIĘ WYZWANIA	M40	23	03:25:22.25	+01:09:42 (33.9%)	7:53	7.6 (66.1%)
59	KRYSZYLOWICZ Przemysław	2855		M30	24	03:26:37.95	+01:10:58 (34.3%)	7:56	7.6 (66.1%)
60	ŁĄTKOWSKI Sławomir	2823	ORKAMASTERS IŁAWA	M40	24	03:27:16.45	+01:11:36 (34.6%)	7:58	7.5 (65.2%)
61	MOLENDĄ Tomasz	2126		M30	25	03:27:26.35	+01:11:46 (34.6%)	7:58	7.5 (65.2%)
62	KOZAK Bartosz	2826		M20	9	03:27:37.80	+01:11:58 (34.7%)	7:59	7.5 (65.2%)
63	CHEŁCHOWSKI Norbert	2187		M30	26	03:27:56.50	+01:12:16 (34.8%)	7:59	7.5 (65.2%)
64	GORCZYCA Krzysztof	2269	MATNER RUNNING TEAM	M30	27	03:28:19.50	+01:12:39 (34.9%)	8:00	7.5 (65.2%)
65	SULIGA Piotr	2672	GO APTIV!	M20	10	03:29:00.65	+01:13:21 (35.1%)	8:02	7.5 (65.2%)
66	TADEJA Jakub	2046		M30	28	03:29:29.15	+01:13:49 (35.2%)	8:03	7.4 (64.3%)
67	WINIARSKI Krystian	2665	WSD RZESZÓW	M30	29	03:29:35.95	+01:13:56 (35.3%)	8:03	7.4 (64.3%)
68	KOPEĆ Paweł	2460	RZESZOWSKIE GAZELE GEPARDY	M30	30	03:30:05.65	+01:14:26 (35.4%)	8:04	7.4 (64.3%)
69	ZARZEKA Marcin	2739	VEGE RUNNERS	M40	25	03:30:43.15	+01:15:03 (35.6%)	8:06	7.4 (64.3%)
70	KĘDZIOR Grzegorz	2499		M20	11	03:31:31.65	+01:15:52 (35.9%)	8:08	7.4 (64.3%)
71	JUREK Przemysław	2904	KS STASZEWCY	M40	26	03:31:36.55	+01:15:56 (35.9%)	8:08	7.4 (64.3%)
72	PORĘBSKI Michał	2335		M30	31	03:31:37.10	+01:15:57 (35.9%)	8:08	7.4 (64.3%)
73	SZANIAWSKI Marcin	2204		M30	32	03:32:29.60	+01:16:50 (36.2%)	8:10	7.3 (63.5%)

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74	OLENDER Marcin	2591		M40	27	03:32:56.90	+01:17:17 (36.3%)	8:11	7.3 (63.5%)
75	CHRABAŁOWSKI Jarosław	2704	WARSZAWIAKY	M30	33	03:33:38.50	+01:17:58 (36.5%)	8:13	7.3 (63.5%)
76	NOWAK Piotr	2106		M30	34	03:33:42.65	+01:18:03 (36.5%)	8:13	7.3 (63.5%)
77	PIEKARZ Mariusz	2786	SKB STALOWA WOLA	M40	28	03:34:11.15	+01:18:31 (36.7%)	8:14	7.3 (63.5%)
78	KARCZ Grzegorz	2517	BBB (BĘDUSKA BRYGADA BIEGOWA)	M30	35	03:34:31.75	+01:18:52 (36.8%)	8:15	7.3 (63.5%)
79	KUTA Rafał	2222		M40	29	03:34:32.15	+01:18:52 (36.8%)	8:15	7.3 (63.5%)
80	ŚCIBOR Adrian	2677		M30	36	03:34:39.70	+01:19:00 (36.8%)	8:15	7.3 (63.5%)
81	CZECZOTKA Paweł	2836		M30	37	03:34:46.60	+01:19:07 (36.8%)	8:15	7.3 (63.5%)
82	HRYCAJ Mariusz	2746		M40	30	03:34:48.60	+01:19:09 (36.8%)	8:15	7.3 (63.5%)
83	WOŹNIAK Janusz	2866	PORMAT JEDLICZE BIEGA	M50	5	03:35:11.65	+01:19:32 (37.0%)	8:16	7.2 (62.6%)
84	SZCZEPANIAK Michał	2250	RAZEM TRENUJEMY SPORT	M40	31	03:35:23.00	+01:19:43 (37.0%)	8:17	7.2 (62.6%)
85	STASZCZYK Michał	2824		M30	38	03:35:51.30	+01:20:11 (37.2%)	8:18	7.2 (62.6%)
86	SKARŻYŃSKI Piotr	2112		M30	39	03:36:56.90	+01:21:17 (37.5%)	8:20	7.2 (62.6%)
87	SIOMAK Michał	2109		M40	32	03:37:10.05	+01:21:30 (37.5%)	8:21	7.2 (62.6%)
88	ŻUREK Kazimierz	2647	M.I.L.A.	M30	40	03:37:21.20	+01:21:41 (37.6%)	8:21	7.2 (62.6%)
89	SZPUNAR Daniel	2324		M20	12	03:37:22.65	+01:21:43 (37.6%)	8:21	7.2 (62.6%)
90	HAPUNOWICZ Tomasz	2350	ZBUCKI RUCH	M40	33	03:37:51.45	+01:22:11 (37.7%)	8:22	7.2 (62.6%)
91	WSZOŁEK Mirosław	2839		M30	41	03:37:58.35	+01:22:18 (37.8%)	8:23	7.2 (62.6%)
92	LIPIŃSKI Hubert	2522	KS KANAŁEK	M30	42	03:38:05.95	+01:22:26 (37.8%)	8:23	7.2 (62.6%)
93	SZARANIEC Sebastian	2415	T-MOBILE SPORT TEAM	M40	34	03:38:10.80	+01:22:31 (37.8%)	8:23	7.1 (61.7%)
94	RYBACZEK Rafał	2602	RUNEDA	M30	43	03:38:23.90	+01:22:44 (37.9%)	8:24	7.1 (61.7%)
95	WIELGOCKI Artur	2777		M30	44	03:38:27.10	+01:22:47 (37.9%)	8:24	7.1 (61.7%)
96	FLIŚ Łukasz	2065	FULFILL DREAMS TEAM PSZCZYNA	M20	13	03:39:09.45	+01:23:29 (38.1%)	8:25	7.1 (61.7%)
97	SADKOWSKI Bartosz	2888		M40	35	03:39:26.55	+01:23:46 (38.2%)	8:26	7.1 (61.7%)
97	KRAICZICZEK Krzysztof	2436	KELLER WILLIAMS POWER TEAM	M40	35	03:39:26.55	+01:23:46 (38.2%)	8:26	7.1 (61.7%)
99	LIBRONT Jakub	2580	KŁĘCZAŃSKA GRUPA BIEGOWA	M20	14	03:39:47.35	+01:24:07 (38.3%)	8:27	7.1 (61.7%)
100	MICHALSKI Tomasz	2009		M30	45	03:39:54.60	+01:24:15 (38.3%)	8:27	7.1 (61.7%)
101	POPIEL Maurycy	2758	FLEXISTAVTEAM DYNAFIT	M30	46	03:40:12.65	+01:24:33 (38.4%)	8:28	7.1 (61.7%)
102	POPIEL Andrzej	2757	FLEXISTAVTEAM DYNAFIT	M30	47	03:40:13.25	+01:24:33 (38.4%)	8:28	7.1 (61.7%)
103	ZAWADZKI Mirosław	2206	TERNOLTEAM	M30	48	03:40:17.35	+01:24:37 (38.4%)	8:28	7.1 (61.7%)
104	GĘSIAREK Grzegorz	2331		M40	37	03:40:44.30	+01:25:04 (38.5%)	8:29	7.1 (61.7%)
105	SYSKA Wojciech	2435	SEEKRAKOW	M30	49	03:41:09.15	+01:25:29 (38.7%)	8:30	7.1 (61.7%)
106	KODZIS Lesław	2432	ZALEW TEAM&GOBORZ RUNOUT	M40	38	03:41:40.00	+01:26:00 (38.8%)	8:31	7 (60.9%)
107	CICHOWICZ Łukasz	2050	WATAHA	M30	50	03:41:40.40	+01:26:00 (38.8%)	8:31	7 (60.9%)
108	GAŃKIEWICZ Paweł	2785	ESKADRA KRAKÓW	M40	39	03:42:00.60	+01:26:21 (38.9%)	8:32	7 (60.9%)
109	SELWANOWICZ Aleksander	2164	CROSSFIT SIEDLCE	M50	6	03:42:07.55	+01:26:27 (38.9%)	8:32	7 (60.9%)
110	KUKLA Łukasz	2358	CROSSFIT SIEDLCE	M30	51	03:42:15.05	+01:26:35 (39.0%)	8:32	7 (60.9%)
111	SUDOMIR Paweł	2703	JACEKBIEGA RUNNING TEAM	M30	52	03:42:17.25	+01:26:37 (39.0%)	8:32	7 (60.9%)
112	MISIURA Adam	2479		M30	53	03:42:35.90	+01:26:56 (39.1%)	8:33	7 (60.9%)
113	PASZEK Tomasz	2747	TEAM EDOKUMENTY	M40	40	03:42:44.25	+01:27:04 (39.1%)	8:34	7 (60.9%)
114	ZACHARYASZ Miłosz	2253	#KOCHAMMONICZKE	M20	15	03:42:54.25	+01:27:14 (39.1%)	8:34	7 (60.9%)
115	KĘPA Piotr	2768		M30	54	03:43:06.00	+01:27:26 (39.2%)	8:34	7 (60.9%)
116	PAWELEC Mariusz	2649	KB FORREST GUMP	M40	41	03:43:07.65	+01:27:28 (39.2%)	8:34	7 (60.9%)
117	PROKOPCZUK Łukasz	2549		M40	42	03:43:34.55	+01:27:54 (39.3%)	8:35	7 (60.9%)

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118	PATRO Bartłomiej	2195		M30	55	03:43:58.50	+01:28:18 (39.4%)	8:36	7 (60.9%)
119	BARADZIN Aliaksandr	2237		M20	16	03:44:05.35	+01:28:25 (39.5%)	8:37	7 (60.9%)
120	NIEDŹWIEDŹ Tomasz	2019		M40	43	03:44:21.80	+01:28:42 (39.5%)	8:37	7 (60.9%)
121	STAWIARZ Paweł	2583		M30	56	03:44:24.65	+01:28:45 (39.5%)	8:37	7 (60.9%)
122	SACZUK Andrzej	2319	BŁOTNE OGRY	M40	44	03:45:10.75	+01:29:31 (39.8%)	8:39	6.9 (60.0%)
123	LIBERKA Tomasz	2685		M40	45	03:45:17.40	+01:29:37 (39.8%)	8:39	6.9 (60.0%)
124	TISZBIEREK Marek	2582		M40	46	03:45:53.05	+01:30:13 (39.9%)	8:41	6.9 (60.0%)
125	KRYSTEK Łukasz	2581		M30	57	03:45:54.80	+01:30:15 (40.0%)	8:41	6.9 (60.0%)
126	SOJKA Sławomir	2371	VIKING TRAINING CENTER	M30	58	03:46:36.75	+01:30:57 (40.1%)	8:42	6.9 (60.0%)
127	SZCZOT Andrzej	2829	KB SOBÓTKA	M40	47	03:46:56.10	+01:31:16 (40.2%)	8:43	6.9 (60.0%)
128	CHLIPAŁA Marek	2673		M30	59	03:47:25.50	+01:31:45 (40.3%)	8:44	6.9 (60.0%)
129	ZAMECKI Radosław	2760		M30	60	03:47:51.95	+01:32:12 (40.5%)	8:45	6.8 (59.1%)
130	OSZUST Marcin	2488	CHEŁMSKA GRUPA TRIATHLONU/24 BLP	M40	48	03:48:28.25	+01:32:48 (40.6%)	8:47	6.8 (59.1%)
131	GAJOS Łukasz	2832	TERNOLTEAM	M30	61	03:48:30.80	+01:32:51 (40.6%)	8:47	6.8 (59.1%)
132	KULIKOWSKI Adam	2330		M30	62	03:48:34.95	+01:32:55 (40.7%)	8:47	6.8 (59.1%)
133	SĄGOL Mateusz	2357		M20	17	03:48:59.25	+01:33:19 (40.8%)	8:48	6.8 (59.1%)
134	JÓZEFczyk Jacek	2370		M30	63	03:48:59.80	+01:33:20 (40.8%)	8:48	6.8 (59.1%)
135	WOJTAS Mateusz	2578		M20	18	03:49:21.35	+01:33:41 (40.9%)	8:49	6.8 (59.1%)
136	KUBIAK Dariusz	2492	KKKL LEGNICA	M50	7	03:49:33.55	+01:33:53 (40.9%)	8:49	6.8 (59.1%)
137	WYSOCKI Aleksander	2726	WATAHA	M30	64	03:49:35.85	+01:33:56 (40.9%)	8:49	6.8 (59.1%)
138	JANAS Marian	2840	DYNAMIC	M60	1	03:49:44.20	+01:34:04 (40.9%)	8:50	6.8 (59.1%)
139	PIECZYKOLAN Kamil	2015	OLIMPIJSKA AKADEMIA BIEGANIA	M30	65	03:50:13.00	+01:34:33 (41.1%)	8:51	6.8 (59.1%)
140	LANGNER Damian	2268		M20	19	03:50:41.90	+01:35:02 (41.2%)	8:52	6.8 (59.1%)
141	BARTOSZEK Tomasz	2569	SAINT-GOBAIN SQUAD	M30	66	03:50:51.20	+01:35:11 (41.2%)	8:52	6.8 (59.1%)
142	MIKULSKI Wojciech	2215	4F RUNNING TEAM	M40	49	03:51:05.55	+01:35:25 (41.3%)	8:53	6.8 (59.1%)
143	TKACZ Przemysław	2044	ZIOMKI	M40	50	03:51:05.80	+01:35:26 (41.3%)	8:53	6.8 (59.1%)
144	ZAWADZKI Grzegorz	2098	KLUB SPORTOWY PRESTIGE	M30	67	03:51:09.20	+01:35:29 (41.3%)	8:53	6.7 (58.3%)
145	WAROWNY Robert	2686	DZIKIE BORSUKI	M40	51	03:51:43.85	+01:36:04 (41.5%)	8:54	6.7 (58.3%)
146	GZARA Michał	2793	DZIKIE BORSUKI	M40	52	03:51:56.75	+01:36:17 (41.5%)	8:55	6.7 (58.3%)
147	DZIETCZYK Kamil	2734	AKTYWNE CHOSZCZNO	M30	68	03:52:11.35	+01:36:31 (41.6%)	8:55	6.7 (58.3%)
148	IWICKI Krzysztof	2633		M30	69	03:52:27.50	+01:36:47 (41.6%)	8:56	6.7 (58.3%)
149	PODLECKI Romuald	2138	LOKATOR NIERUCHOMOŚCI PIŁA	M60	2	03:52:49.80	+01:37:10 (41.7%)	8:57	6.7 (58.3%)
150	POLOCZEK Jarosław	2663		M30	70	03:53:21.80	+01:37:42 (41.9%)	8:58	6.7 (58.3%)
151	FAŁATOWICZ Radosław	2327	BRAVEHEARTS LEGIONOWO	M30	71	03:53:45.20	+01:38:05 (42.0%)	8:59	6.7 (58.3%)
152	PIETRUSZEWSKI Bartłomiej	2571		M40	53	03:53:51.50	+01:38:11 (42.0%)	8:59	6.7 (58.3%)
153	SADOWSKI Paweł	2662		M30	72	03:53:56.80	+01:38:17 (42.0%)	8:59	6.7 (58.3%)
154	SZYMSKI Rafał	2194	CIDRY LOTAJOM	M40	54	03:54:23.05	+01:38:43 (42.1%)	9:00	6.7 (58.3%)
155	PAJĄK Marcin	2770		M30	73	03:54:34.10	+01:38:54 (42.2%)	9:01	6.7 (58.3%)
156	SOLECKI Marcin	2399		M30	74	03:54:45.60	+01:39:06 (42.2%)	9:01	6.6 (57.4%)
157	STACHYRA Bartłomiej	2659		M20	20	03:54:49.55	+01:39:09 (42.2%)	9:01	6.6 (57.4%)
158	PAWELEC Piotr	2864		M50	8	03:54:52.75	+01:39:13 (42.2%)	9:02	6.6 (57.4%)
159	PUCHAŁA Mariusz	2540	TERNOLTEAM	M40	55	03:55:27.10	+01:39:47 (42.4%)	9:03	6.6 (57.4%)
160	CHWAŁA Artur	2608		M40	56	03:55:33.60	+01:39:54 (42.4%)	9:03	6.6 (57.4%)
161	NOWAK Bartłomiej	2828		M20	21	03:56:00.00	+01:40:20 (42.5%)	9:04	6.6 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
162	KOCHANIAK Andrzej	2347	WŁÓCZYBIEGI	M30	75	03:56:03.05	+01:40:23 (42.5%)	9:04	6.6 (57.4%)
163	STASIAK Jakub	2456		M30	76	03:56:10.25	+01:40:30 (42.6%)	9:05	6.6 (57.4%)
164	NARLOCH Łukasz	2558	NAVA RUNNING TEAM	M30	77	03:56:10.35	+01:40:30 (42.6%)	9:05	6.6 (57.4%)
165	BIGAS Grzegorz	2814	ARENAMED	M30	78	03:57:05.55	+01:41:25 (42.8%)	9:07	6.6 (57.4%)
166	FIGURA Radosław	2816		M40	57	03:57:13.25	+01:41:33 (42.8%)	9:07	6.6 (57.4%)
167	PASZKIEL Sebastian	2817		M40	58	03:57:13.70	+01:41:34 (42.8%)	9:07	6.6 (57.4%)
168	ROSŁON Piotr	2681		M40	59	03:57:30.30	+01:41:50 (42.9%)	9:08	6.6 (57.4%)
169	CUDEK Bartłomiej	2176	WKURW_TEAM	M30	79	03:57:30.50	+01:41:50 (42.9%)	9:08	6.6 (57.4%)
170	RZYMKOWSKI Maciej	2027		M30	80	03:57:48.40	+01:42:08 (43.0%)	9:08	6.6 (57.4%)
171	MARCINIAK Rafał	2039		M30	81	03:57:52.30	+01:42:12 (43.0%)	9:08	6.6 (57.4%)
172	GAMROT Krzysztof	2037		M30	82	03:58:01.70	+01:42:22 (43.0%)	9:09	6.6 (57.4%)
173	KURKOWSKI Jarosław	2235	RUNNERB	M40	60	03:58:20.35	+01:42:40 (43.1%)	9:10	6.5 (56.5%)
174	PRASZAŁOWICZ Gustaw	2654	KOLIBER TEAM	M30	83	03:58:35.05	+01:42:55 (43.1%)	9:10	6.5 (56.5%)
175	WESÓŁ Tomasz	2281		M20	22	03:58:50.30	+01:43:10 (43.2%)	9:11	6.5 (56.5%)
176	GINALSKI Grzegorz	2438		M30	84	03:58:56.55	+01:43:16 (43.2%)	9:11	6.5 (56.5%)
177	GRZESIK Michał	2749		M30	85	03:59:00.70	+01:43:21 (43.2%)	9:11	6.5 (56.5%)
178	BOSZKO Łukasz	2328		M30	86	03:59:32.80	+01:43:53 (43.4%)	9:12	6.5 (56.5%)
179	GAŁUSZKA Mariusz	2999	SKITUROWE BIESZCZADY-GOPR	M40	61	04:00:12.10	+01:44:32 (43.5%)	9:14	6.5 (56.5%)
180	DZIEWA Przemysław	2722	ATS WHEELS	M40	62	04:00:40.10	+01:45:00 (43.6%)	9:15	6.5 (56.5%)
181	KRUPA Jacek	2719	ATS WHEELS	M40	63	04:00:40.35	+01:45:00 (43.6%)	9:15	6.5 (56.5%)
182	BUGAŁA Robert	2645	SOLID HOUSE	M50	9	04:00:52.65	+01:45:13 (43.7%)	9:15	6.5 (56.5%)
183	GAŁKOWSKI Artur	2532		M40	64	04:01:00.30	+01:45:20 (43.7%)	9:16	6.5 (56.5%)
184	RYBAK Wojciech	2859	GOPR BIESZCZADY	M40	65	04:01:02.20	+01:45:22 (43.7%)	9:16	6.5 (56.5%)
185	MUSIOLIK Mariusz	2087		M30	87	04:01:28.85	+01:45:49 (43.8%)	9:17	6.5 (56.5%)
186	GAJEWIAK Adam	2189	CS GROUP RUNNERS TEAM	M40	66	04:01:31.85	+01:45:52 (43.8%)	9:17	6.5 (56.5%)
187	SUROWIEC Paweł	2721		M40	67	04:01:36.85	+01:45:57 (43.9%)	9:17	6.5 (56.5%)
188	SADOWSKI Mieczysław	2720	BIEGAJ RAZEM Z NAMI	M40	68	04:01:37.95	+01:45:58 (43.9%)	9:17	6.5 (56.5%)
189	BACZYŃSKI Robert	2732		M40	69	04:02:48.80	+01:47:09 (44.1%)	9:20	6.4 (55.7%)
190	KOZIEŁŁO Bartosz	2761	TUR	M40	70	04:03:06.95	+01:47:27 (44.2%)	9:21	6.4 (55.7%)
191	STASIŃSKI Paweł	2810		M30	88	04:03:18.55	+01:47:38 (44.2%)	9:21	6.4 (55.7%)
192	RUSINEK Piotr	2271		M30	89	04:03:21.75	+01:47:42 (44.3%)	9:21	6.4 (55.7%)
193	PODLEŚ Rafał	2000		M20	23	04:03:31.90	+01:47:52 (44.3%)	9:22	6.4 (55.7%)
194	SOBOLEWSKI Grzegorz	2197		M40	71	04:03:52.45	+01:48:12 (44.4%)	9:22	6.4 (55.7%)
195	PODLEŚ Robert	2598	COBI	M50	10	04:04:23.30	+01:48:43 (44.5%)	9:23	6.4 (55.7%)
196	CZUMIEL Maciej	2808		M40	72	04:04:33.95	+01:48:54 (44.5%)	9:24	6.4 (55.7%)
197	PUDEŁKO Dariusz	2154	OPEL ACTIVE TEAM	M50	11	04:04:43.70	+01:49:04 (44.6%)	9:24	6.4 (55.7%)
198	WALENDA Mateusz	2448	KS KANAŁEK	M30	90	04:04:54.10	+01:49:14 (44.6%)	9:25	6.4 (55.7%)
199	PYRKOSZ Damian	2419		M40	73	04:04:56.30	+01:49:16 (44.6%)	9:25	6.4 (55.7%)
200	POKRYWKA Stefan	2998		M60	3	04:05:54.35	+01:50:14 (44.8%)	9:27	6.3 (54.8%)
201	WŁODARSKI Piotrek	2273		M30	91	04:06:06.95	+01:50:27 (44.9%)	9:27	6.3 (54.8%)
202	ZYBERT Mateusz	2323	DABEX-BOLT	M30	92	04:06:09.90	+01:50:30 (44.9%)	9:28	6.3 (54.8%)
203	FALKOWSKI Piotr	2899	KS PEGAZ PIASECZNO	M50	12	04:06:19.80	+01:50:40 (44.9%)	9:28	6.3 (54.8%)
204	STOPA Marcin	2570	WWW.RUNRZESZOW.PL	M40	74	04:06:28.20	+01:50:48 (45.0%)	9:28	6.3 (54.8%)
205	GOLBIAK Wojciech	2674		M40	75	04:06:43.10	+01:51:03 (45.0%)	9:29	6.3 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
206	KACZMAREK Maciej	2689	POLEOHEL	M30	93	04:06:57.70	+01:51:18 (45.1%)	9:29	6.3 (54.8%)
207	PINDEL Piotr	2389	ŁOWCY PIEROŻKÓW	M30	94	04:06:59.00	+01:51:19 (45.1%)	9:29	6.3 (54.8%)
208	TOKARSKI Jacek	2509		M40	76	04:07:15.80	+01:51:36 (45.1%)	9:30	6.3 (54.8%)
209	KURZAWA Adam	2465		M20	24	04:07:47.30	+01:52:07 (45.3%)	9:31	6.3 (54.8%)
210	MATYJASIAK Konrad	2670		M40	77	04:08:03.80	+01:52:24 (45.3%)	9:32	6.3 (54.8%)
211	SOBCZYŃSKI Paweł	2016		M40	78	04:08:13.15	+01:52:33 (45.3%)	9:32	6.3 (54.8%)
212	DĄBROWSKI Mateusz	2812		M20	25	04:09:24.70	+01:53:45 (45.6%)	9:35	6.3 (54.8%)
213	PARADA Marcin	2394	BIEGACZE W RADOMSKU	M40	79	04:09:25.85	+01:53:46 (45.6%)	9:35	6.3 (54.8%)
214	BEDNARSKI Paweł	2386		M30	95	04:09:44.30	+01:54:04 (45.7%)	9:36	6.2 (53.9%)
215	GOLAS Marcin	2449	APLITT.PL	M40	80	04:09:54.30	+01:54:14 (45.7%)	9:36	6.2 (53.9%)
216	WIECZOREK Dariusz	2210	PRZEGLĄD SPORTOWY	M50	13	04:10:03.85	+01:54:24 (45.7%)	9:37	6.2 (53.9%)
217	SZYMAŃSKI Andrzej	2604		M30	96	04:10:29.00	+01:54:49 (45.8%)	9:38	6.2 (53.9%)
218	ZAKRZEWICZ Marcin	2825	KTB KUNY	M40	81	04:10:38.50	+01:54:58 (45.9%)	9:38	6.2 (53.9%)
219	ZAŃKO Rafał	2481		M30	97	04:11:35.80	+01:55:56 (46.1%)	9:40	6.2 (53.9%)
220	KARDASZ Marek	2363	SOLINA TEAM	M40	82	04:11:37.30	+01:55:57 (46.1%)	9:40	6.2 (53.9%)
221	KARDASZ Patryk	2807	SOLINA TEAM	M20	26	04:11:37.45	+01:55:57 (46.1%)	9:40	6.2 (53.9%)
222	STYSIAŁ Dariusz	2519		M40	83	04:11:53.80	+01:56:14 (46.1%)	9:41	6.2 (53.9%)
223	KACZMARCZYK Mariusz	2611		M50	14	04:11:54.00	+01:56:14 (46.1%)	9:41	6.2 (53.9%)
224	ZAJKOWSKI Michal	2706	VEGE RUNNERS	M30	98	04:12:02.70	+01:56:23 (46.2%)	9:41	6.2 (53.9%)
225	STACHYRA Andrzej	2658	LSB	M50	15	04:12:34.50	+01:56:54 (46.3%)	9:42	6.2 (53.9%)
226	CZYŻEWSKI Jakub	2567		M20	27	04:12:51.00	+01:57:11 (46.3%)	9:43	6.2 (53.9%)
227	MENDYKA Mariusz	2568		M20	28	04:12:51.55	+01:57:11 (46.3%)	9:43	6.2 (53.9%)
228	SANIAK Przemyslaw	2477		M30	99	04:12:55.95	+01:57:16 (46.4%)	9:43	6.2 (53.9%)
229	BARTASUN Patryk	2024		M30	100	04:13:07.60	+01:57:28 (46.4%)	9:44	6.2 (53.9%)
230	MICHALCZAK Paweł	2143		M40	84	04:13:35.90	+01:57:56 (46.5%)	9:45	6.2 (53.9%)
231	MADEYSKI Tomasz	2573		M30	101	04:14:05.60	+01:58:26 (46.6%)	9:46	6.1 (53.0%)
232	PROKOPIUK Grzegorz	2660	SZWAGRY DWA	M40	85	04:14:33.40	+01:58:53 (46.7%)	9:47	6.1 (53.0%)
233	KUMA Wojciech	2334		M30	102	04:15:02.15	+01:59:22 (46.8%)	9:48	6.1 (53.0%)
234	ŻUK Marcin	2241		M30	103	04:15:22.10	+01:59:42 (46.9%)	9:49	6.1 (53.0%)
235	BOROWIEC Arkadiusz	2198	CHEŁM BIEGA/24 BLP	M40	86	04:15:22.85	+01:59:43 (46.9%)	9:49	6.1 (53.0%)
236	TARAS Michał	2628		M20	29	04:15:23.05	+01:59:43 (46.9%)	9:49	6.1 (53.0%)
237	KUROWSKI Jacek	2314		M40	87	04:15:43.40	+02:00:03 (47.0%)	9:50	6.1 (53.0%)
238	STANKIEWICZ Piotr	2308		M30	104	04:15:45.00	+02:00:05 (47.0%)	9:50	6.1 (53.0%)
239	ZAKRZEWSKI Piotr	2392		M30	105	04:15:54.65	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
240	BARANOWSKI Mariusz	2806		M30	106	04:15:55.10	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
241	SIELICKI Krzysztof	2500		M30	107	04:15:55.55	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
242	FAJER Marek	2211	ZWIK MYSZKÓW MYSZKÓW BIEGA 3	M60	4	04:16:28.00	+02:00:48 (47.1%)	9:51	6.1 (53.0%)
243	DĄBROWSKI Karol	2150		M40	88	04:16:52.20	+02:01:12 (47.2%)	9:52	6.1 (53.0%)
244	SIBIELAK Piotr	2588		M40	89	04:17:02.15	+02:01:22 (47.2%)	9:53	6.1 (53.0%)
245	RAINER Krzysztof	2856	ACS-STAL	M40	90	04:17:07.75	+02:01:28 (47.2%)	9:53	6.1 (53.0%)
246	KITOWSKI Bartosz	2858	GŁOGOVIĄ 1925 GŁOGÓW MAŁOPOLSKI	M40	91	04:17:46.20	+02:02:06 (47.4%)	9:54	6.1 (53.0%)
247	JĘDRZEJEK Marek	2821		M30	108	04:17:48.05	+02:02:08 (47.4%)	9:54	6.1 (53.0%)
248	KOWALIK Krzysztof	2494		M40	92	04:17:52.15	+02:02:12 (47.4%)	9:55	6 (52.2%)
249	GŁADYSZ Marcin	2625	RMF4RT GLADIATORS	M30	109	04:18:14.00	+02:02:34 (47.5%)	9:55	6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
250	HUDZIK Robert	2191		M40	93	04:19:11.50	+02:03:31 (47.7%)	9:58	6 (52.2%)
251	CIĘŻKI Paweł	2552	HEAVY TEAM	M20	30	04:19:19.05	+02:03:39 (47.7%)	9:58	6 (52.2%)
252	WÓJCICKI Kamil	2420		M20	31	04:19:35.35	+02:03:55 (47.7%)	9:59	6 (52.2%)
253	KUBACZYŃSKI Dariusz	2803		M50	16	04:19:35.75	+02:03:56 (47.7%)	9:59	6 (52.2%)
254	KARCZMARCZYK Mirosław	2349		M30	110	04:19:45.40	+02:04:05 (47.8%)	9:59	6 (52.2%)
255	PĘKALA Jarosław	2544		M50	17	04:19:47.05	+02:04:07 (47.8%)	9:59	6 (52.2%)
256	BARANSKI Piotr	2805		M30	111	04:20:19.30	+02:04:39 (47.9%)	10:00	6 (52.2%)
257	SIOCH Grzegorz	2061	DZIKIE SKRZYDŁO	M40	94	04:20:56.40	+02:05:16 (48.0%)	10:02	6 (52.2%)
258	ŁUCZKIEWICZ Dariusz	2325		M30	112	04:21:09.20	+02:05:29 (48.1%)	10:02	6 (52.2%)
259	UJMA Paweł	2122	INTER AUTO JAROSŁAW	M40	95	04:22:00.30	+02:06:20 (48.2%)	10:04	6 (52.2%)
260	TURSKI Damian	2175		M30	113	04:22:12.25	+02:06:32 (48.3%)	10:05	5.9 (51.3%)
261	TWARDOWSKI Tomasz	2132		M40	96	04:22:13.20	+02:06:33 (48.3%)	10:05	5.9 (51.3%)
262	HOŁUBIEC Paweł	2193		M40	97	04:23:31.10	+02:07:51 (48.5%)	10:08	5.9 (51.3%)
263	BUTRYN Wojciech	2103	#BBKTS	M40	98	04:23:41.20	+02:08:01 (48.6%)	10:08	5.9 (51.3%)
264	HAJDUK Tomek	2313	YULO RUN TEAM SIEDLCE	M40	99	04:23:51.70	+02:08:12 (48.6%)	10:08	5.9 (51.3%)
265	KŁYŻ Janusz	2332		M30	114	04:23:55.05	+02:08:15 (48.6%)	10:09	5.9 (51.3%)
266	MATHIAK Rafał	2490	KLEMBÓW BIEGA	M40	100	04:24:28.55	+02:08:48 (48.7%)	10:10	5.9 (51.3%)
267	SZYSZKA Marek	2846	STS BIEGATON MIKOŁÓW	M30	115	04:25:11.60	+02:09:32 (48.8%)	10:11	5.9 (51.3%)
268	SZCZEPANIAK Karol	2837		M40	101	04:25:26.05	+02:09:46 (48.9%)	10:12	5.9 (51.3%)
269	PODOLAK Rafał	2679	RMF4RT GLADIATORS	M20	32	04:26:21.30	+02:10:41 (49.1%)	10:14	5.9 (51.3%)
270	KOWALCZYK Włodzimierz	2296		M60	5	04:26:27.40	+02:10:47 (49.1%)	10:14	5.9 (51.3%)
271	STACHOWICZ Adam	2030		M30	116	04:27:15.20	+02:11:35 (49.2%)	10:16	5.8 (50.4%)
272	KADŁUBOWSKI Piotr	2883	KOTWICA BRZEG	M40	102	04:28:09.65	+02:12:30 (49.4%)	10:18	5.8 (50.4%)
273	ANDRZEJEWSKI Maciej	2842		M30	117	04:28:23.75	+02:12:44 (49.5%)	10:19	5.8 (50.4%)
274	OLSZEWSKI Jacek	2741	KACYK TIM	M40	103	04:28:44.50	+02:13:04 (49.5%)	10:20	5.8 (50.4%)
275	KOSTRZEWSKI Mateusz	2472	MYSZKÓW BIEGA	M40	104	04:29:30.50	+02:13:50 (49.7%)	10:21	5.8 (50.4%)
276	MARASEK Adam	2512	MIX SPORT TEAM	M40	105	04:30:30.85	+02:14:51 (49.9%)	10:24	5.8 (50.4%)
277	BUSŁOWSKI Piotr	2878		M30	118	04:30:31.15	+02:14:51 (49.9%)	10:24	5.8 (50.4%)
278	WĄDOCH Piotr	2387	BBL	M40	106	04:32:01.80	+02:16:22 (50.1%)	10:27	5.7 (49.6%)
279	GRZYWACZ Krzysztof	2653		M40	107	04:32:06.05	+02:16:26 (50.1%)	10:27	5.7 (49.6%)
280	ISKRA Arkadiusz	2396	PORT LOTNICZY ŁÓDZ	M40	108	04:32:37.25	+02:16:57 (50.2%)	10:29	5.7 (49.6%)
281	SARAD Krzysiek	2728	SPARTAŃSKA DZICZ	M30	119	04:33:16.45	+02:17:36 (50.4%)	10:30	5.7 (49.6%)
282	CZARNIK Marek	2729	SPARTAŃSKA DZICZ	M30	120	04:33:28.05	+02:17:48 (50.4%)	10:31	5.7 (49.6%)
283	KUCZBORSKI Jarosław	2036	HARPAGAN SOSNOWIEC	M40	109	04:34:15.30	+02:18:35 (50.5%)	10:32	5.7 (49.6%)
284	LUDWICZAK Mariusz	2383	#WKURW_TEAM	M40	110	04:34:21.50	+02:18:41 (50.6%)	10:33	5.7 (49.6%)
285	WRÓBEL Bartłomiej	2874	CISNA	M40	111	04:34:23.45	+02:18:43 (50.6%)	10:33	5.7 (49.6%)
286	WÓJCIK Radosław	2466		M30	121	04:34:31.10	+02:18:51 (50.6%)	10:33	5.7 (49.6%)
287	KĄDZIOŁKA Jan	2881	K2	M50	18	04:34:42.35	+02:19:02 (50.6%)	10:33	5.7 (49.6%)
288	BOCEK Sławomir	2756	WATAHA	M40	112	04:34:44.35	+02:19:04 (50.6%)	10:34	5.7 (49.6%)
289	BORCZ Marcin	2755		M30	122	04:34:45.80	+02:19:06 (50.6%)	10:34	5.7 (49.6%)
290	PODOLAK Zbigniew	2652	PRZEMYSKIE TOWARZYSTWO SZWEJKOWSKIE	M50	19	04:34:47.65	+02:19:08 (50.6%)	10:34	5.7 (49.6%)
291	WARZYCHA Dawid	2669	PKP INTERCITY	M20	33	04:35:36.30	+02:19:56 (50.8%)	10:36	5.7 (49.6%)
292	WARZYCHA Krzysztof	2668	MAXEL	M50	20	04:35:36.40	+02:19:56 (50.8%)	10:36	5.7 (49.6%)
293	KULIK Karol	2433	ZALEW TEAM&GOLOBORZ RUNOUT	M40	113	04:35:39.55	+02:19:59 (50.8%)	10:36	5.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
294	KRZEMIEN Bartosz	2355		M40	114	04:36:09.00	+02:20:29 (50.9%)	10:37	5.6 (48.7%)
295	JACHYMEK Robert	2506		M40	115	04:36:09.20	+02:20:29 (50.9%)	10:37	5.6 (48.7%)
296	PIOTROWSKI Mariusz	2366		M40	116	04:36:10.60	+02:20:31 (50.9%)	10:37	5.6 (48.7%)
297	KASZA Bartosz	2146		M30	123	04:36:27.40	+02:20:47 (50.9%)	10:37	5.6 (48.7%)
298	MOŹDŻYŃSKI Tomasz	2733	AKTYWNE CHOSZCZNO	M40	117	04:36:33.80	+02:20:54 (50.9%)	10:38	5.6 (48.7%)
299	BIENKOWSKI Jarosław	2693	BIEGAJ Z DYMKIEM	M40	118	04:36:53.00	+02:21:13 (51.0%)	10:38	5.6 (48.7%)
300	SIEMIŃSKI Michał	2018	ROZBIEGANY SULEJÓWEK	M30	124	04:37:35.75	+02:21:56 (51.1%)	10:40	5.6 (48.7%)
301	KUTNIK Mirosław	2771	KB BIAŁA BIEGA	M40	119	04:37:42.05	+02:22:02 (51.1%)	10:40	5.6 (48.7%)
302	PIWOWARSKI Dawid	2699		M30	125	04:37:56.80	+02:22:17 (51.2%)	10:41	5.6 (48.7%)
303	LUTOBORSKI Tomasz	2182		M20	34	04:39:49.60	+02:24:10 (51.5%)	10:45	5.6 (48.7%)
304	SKIBA Krzysztof	2585	MAFIA TEAM LUBLINIEC	M20	35	04:40:11.60	+02:24:32 (51.6%)	10:46	5.6 (48.7%)
305	STASZCZUK Jarosław	2354	WATAHA-ŁĄCZY NAS BIEGANIE	M40	120	04:40:24.70	+02:24:45 (51.6%)	10:47	5.6 (48.7%)
306	ANGOWSKI Marcin	2616		M40	121	04:40:30.25	+02:24:50 (51.6%)	10:47	5.6 (48.7%)
307	NITSCH Tomasz	2879	UNTS WARSZAWA	M40	122	04:40:40.10	+02:25:00 (51.7%)	10:47	5.6 (48.7%)
308	STACHOWICZ Marcin	2233	5F TEAM	M30	126	04:40:41.00	+02:25:01 (51.7%)	10:47	5.6 (48.7%)
309	SZTYLER Konrad	2084		M30	127	04:41:13.35	+02:25:33 (51.8%)	10:48	5.5 (47.8%)
310	ŚWIĘTEK Tomasz	2333		M40	123	04:41:23.95	+02:25:44 (51.8%)	10:49	5.5 (47.8%)
311	KOWARA Przemysław	2071	TRI AKTYWNY PIOTRKÓW	M40	124	04:42:24.75	+02:26:45 (52.0%)	10:51	5.5 (47.8%)
312	GÓRKA Bogusław	2095		M40	125	04:42:26.05	+02:26:46 (52.0%)	10:51	5.5 (47.8%)
313	MASZKOWSKI Rafał	2439		M40	126	04:42:30.60	+02:26:51 (52.0%)	10:51	5.5 (47.8%)
314	SZMAGAJ Pawel	2601	KODOFIT	M30	128	04:43:18.65	+02:27:39 (52.1%)	10:53	5.5 (47.8%)
315	KOWALSKI Łukasz	2593	KODOFIT	M30	129	04:43:25.20	+02:27:45 (52.1%)	10:54	5.5 (47.8%)
316	MAJKA Wojciech	2135	TRENER24H.COM.PL	M40	127	04:43:58.85	+02:28:19 (52.2%)	10:55	5.5 (47.8%)
317	BUDZIŃSKI Krzysztof	2623		M50	21	04:44:01.15	+02:28:21 (52.2%)	10:55	5.5 (47.8%)
318	SZYMCZYSZYN Jerzy	2627		M50	22	04:44:02.65	+02:28:23 (52.2%)	10:55	5.5 (47.8%)
319	FIEDUCIK Mariusz	2636		M40	128	04:44:11.55	+02:28:31 (52.3%)	10:55	5.5 (47.8%)
320	PODGRUDNY Radosław	2217	RESCUE TEAM	M40	129	04:44:11.95	+02:28:32 (52.3%)	10:55	5.5 (47.8%)
321	RECZEK Sebastian	2231	KS ZIELONO-CZARNI	M40	130	04:44:13.85	+02:28:34 (52.3%)	10:55	5.5 (47.8%)
322	PUCUŁA Witold	2867		M50	23	04:44:14.90	+02:28:35 (52.3%)	10:55	5.5 (47.8%)
323	CIEBIEN Krzysztof	2751		M40	131	04:44:27.30	+02:28:47 (52.3%)	10:56	5.5 (47.8%)
324	KRAWIEC Dominik	2624		M30	130	04:45:20.15	+02:29:40 (52.5%)	10:58	5.5 (47.8%)
325	ZUBA Rafał	2157	BLACK RIVER	M20	36	04:45:22.20	+02:29:42 (52.5%)	10:58	5.5 (47.8%)
326	LATAŁA Wojciech	2013	LEŚNE GRUBASY	M40	132	04:45:34.55	+02:29:54 (52.5%)	10:59	5.5 (47.8%)
327	LASEK Piotr	2121		M40	133	04:45:48.35	+02:30:08 (52.5%)	10:59	5.5 (47.8%)
328	LEDER Michał	2497		M40	134	04:46:09.90	+02:30:30 (52.6%)	11:00	5.5 (47.8%)
329	ZALEWSKI Andrzej	2056	TEAM NUTRILITE	M60	6	04:46:23.70	+02:30:44 (52.6%)	11:00	5.4 (47.0%)
330	WĘZICKI Gabriel	2461	ZWOLEŃ BIEGA	M40	135	04:46:27.15	+02:30:47 (52.6%)	11:01	5.4 (47.0%)
331	JUREK Zbigniew	2514	ZWOLEŃ BIEGA	M60	7	04:46:27.90	+02:30:48 (52.6%)	11:01	5.4 (47.0%)
332	HABA Konrad	2259		M30	131	04:47:59.25	+02:32:19 (52.9%)	11:04	5.4 (47.0%)
333	JABŁONKA Radosław	2388	DZIADY OCR	M40	136	04:48:09.55	+02:32:29 (52.9%)	11:05	5.4 (47.0%)
334	BARANOWSKI Łukasz	2390		M30	132	04:48:09.60	+02:32:30 (52.9%)	11:04	5.4 (47.0%)
335	JANASZ Andrzej	2049		M40	137	04:48:37.75	+02:32:58 (53.0%)	11:06	5.4 (47.0%)
336	PISZCZ Marek	2181	OPEL ACTIVE TEAM	M40	138	04:49:43.00	+02:34:03 (53.2%)	11:08	5.4 (47.0%)
337	SIEROCIŃSKI Robert	2133	CROSSFIT SIEDLCE	M40	139	04:50:13.25	+02:34:33 (53.3%)	11:09	5.4 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
338	SMUGA Łukasz	2791	SZEREGOWY BIEGACZ	M30	133	04:50:36.40	+02:34:56 (53.3%)	11:10	5.4 (47.0%)
339	KULAK Paweł	2776		M40	140	04:50:38.05	+02:34:58 (53.3%)	11:10	5.4 (47.0%)
340	SZYMAŃSKI Piotr	2683		M40	141	04:50:47.50	+02:35:07 (53.3%)	11:11	5.4 (47.0%)
341	DĄBROWSKI Marcin	2373	BEZ FAULU	M30	134	04:51:07.10	+02:35:27 (53.4%)	11:11	5.4 (47.0%)
342	GÓRSKI Krzysztof	2537		M40	142	04:51:13.60	+02:35:34 (53.4%)	11:12	5.4 (47.0%)
343	PIĘTKA Piotr	2102		M40	143	04:51:13.65	+02:35:34 (53.4%)	11:12	5.4 (47.0%)
344	MACIEJAK Robert	2226		M40	144	04:52:03.10	+02:36:23 (53.5%)	11:14	5.3 (46.1%)
345	ŁADA Michał	2902		M20	37	04:52:15.65	+02:36:36 (53.6%)	11:14	5.3 (46.1%)
346	DEC Kamil	2901		M20	38	04:52:33.05	+02:36:53 (53.6%)	11:15	5.3 (46.1%)
347	WIELGUS Kacper	2898		M20	39	04:52:34.10	+02:36:54 (53.6%)	11:15	5.3 (46.1%)
348	SOROCZYŃSKI Sylwester	2159	CROSSFIT SIEDLCE	M40	145	04:52:37.35	+02:36:57 (53.6%)	11:15	5.3 (46.1%)
349	KONCA Mariusz	2074	KB OŻARÓW MAZOWIECKI BIEGA	M40	146	04:52:53.75	+02:37:14 (53.7%)	11:15	5.3 (46.1%)
350	BIELUŃ Adrian	2156	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M20	40	04:53:18.15	+02:37:38 (53.7%)	11:16	5.3 (46.1%)
351	SOKULSKI Marcin	2315	KASZANKI	M30	135	04:53:38.80	+02:37:59 (53.8%)	11:17	5.3 (46.1%)
352	KWIECIEŃ Robert	2184		M40	147	04:53:46.15	+02:38:06 (53.8%)	11:17	5.3 (46.1%)
353	SZCZEPKOWSKI Paweł	2661	ARTEQUIPMENT	M60	8	04:54:04.80	+02:38:25 (53.9%)	11:18	5.3 (46.1%)
354	KEMPCZYŃSKI Piotr	2042	RUNEDA/SKLEP BIEGACZA GDAŃSK	M40	148	04:54:32.90	+02:38:53 (53.9%)	11:19	5.3 (46.1%)
355	BALON Marcin	2772	B&B RUNNERS	M40	149	04:54:54.30	+02:39:14 (54.0%)	11:20	5.3 (46.1%)
356	RUDZIŃSKI Bogdan	2053	BIAŁYSTOK BIEGA TEAM	M40	150	04:55:03.60	+02:39:24 (54.0%)	11:20	5.3 (46.1%)
357	WOJDALSKI Piotr	2682		M20	41	04:55:14.10	+02:39:34 (54.1%)	11:21	5.3 (46.1%)
358	LENART Rafał	2736	SRTG WARSZAWA	M30	136	04:55:19.20	+02:39:39 (54.1%)	11:21	5.3 (46.1%)
359	MARCINEK Krzysztof	2292	PZU SPORT TEAM	M40	151	04:55:20.30	+02:39:40 (54.1%)	11:21	5.3 (46.1%)
360	OKARMA Wojtek	2853	BESKID.TV	M30	137	04:55:35.95	+02:39:56 (54.1%)	11:22	5.3 (46.1%)
361	SAŁAMACHA Stanisław	2534	BIAŁA BIEGA	M60	9	04:55:40.40	+02:40:00 (54.1%)	11:22	5.3 (46.1%)
362	WOŁYNIEC Paweł	2093	BIEGACZE SPECJALNEJ TROSKI	M40	152	04:56:20.00	+02:40:40 (54.2%)	11:23	5.3 (46.1%)
363	DALGIEWICZ Dariusz	2972		M60	10	04:56:25.40	+02:40:45 (54.2%)	11:24	5.3 (46.1%)
364	BOBER Grzegorz	2705		M30	138	04:56:48.65	+02:41:09 (54.3%)	11:24	5.3 (46.1%)
365	CIEPAK Krystian	2634	GIT EKIPA	M20	42	04:56:56.45	+02:41:16 (54.3%)	11:25	5.3 (46.1%)
366	TENDAJ Daniel	2023	STEPSTONE RUNNERS	M50	24	04:57:00.15	+02:41:20 (54.3%)	11:25	5.3 (46.1%)
367	OLZACKI Piotr	2129	STEPSTONE RUNNERS	M30	139	04:57:05.15	+02:41:25 (54.3%)	11:25	5.3 (46.1%)
368	DYŚ Wojciech	2848		M30	140	04:57:05.55	+02:41:25 (54.3%)	11:25	5.3 (46.1%)
369	TUSIŃSKI Seweryn	2382		M40	153	04:58:15.80	+02:42:36 (54.5%)	11:28	5.2 (45.2%)
370	FURMAŃCZUK Mateusz	2606	RMF4RT GLADIATORS	M30	141	04:58:19.10	+02:42:39 (54.5%)	11:28	5.2 (45.2%)
371	RUSIN Aleksander	2304		M30	142	04:58:26.55	+02:42:46 (54.5%)	11:28	5.2 (45.2%)
372	TOMASZEWSKI Piotr	2428	STEPSTONE	M30	143	04:58:29.40	+02:42:49 (54.6%)	11:28	5.2 (45.2%)
373	RADYK Jakub	2724	PRZEMYSKI KLUB BIEGACZA	M30	144	04:58:50.60	+02:43:11 (54.6%)	11:29	5.2 (45.2%)
374	WÓJKOWSKI Kamil	2811	RAZEM TRENUJEMY SPORT	M40	154	04:59:04.30	+02:43:24 (54.6%)	11:30	5.2 (45.2%)
375	ŻMIJSKI Dariusz	2666		M50	25	04:59:14.45	+02:43:34 (54.7%)	11:30	5.2 (45.2%)
376	GRZEŚKOWIAK Marek	2513		M40	155	04:59:50.40	+02:44:10 (54.8%)	11:31	5.2 (45.2%)
377	KAWECKI Dariusz	2063	ETISOFT RUNNING TEAM	M40	156	04:59:58.00	+02:44:18 (54.8%)	11:32	5.2 (45.2%)
378	GAWŁOWICZ Robert	2694	DZIKIE BORSUKI	M50	26	05:00:24.15	+02:44:44 (54.8%)	11:33	5.2 (45.2%)
379	SCHLAPPA Sebastian	2873	IZBICKO W BIEGU	M40	157	05:01:33.05	+02:45:53 (55.0%)	11:35	5.2 (45.2%)
380	STALMACH Jacek	2640	ELEKTRONY	M30	145	05:02:11.70	+02:46:32 (55.1%)	11:37	5.2 (45.2%)
381	FRYC Rafał	2644	#GRAZKA_PARSON	M30	146	05:02:29.95	+02:46:50 (55.2%)	11:38	5.2 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
382	MYTYCH Mateusz	2648		M30	147	05:02:30.00	+02:46:50 (55.2%)	11:38	5.2 (45.2%)
383	TOKARSKI Rafał	2032		M40	158	05:02:36.80	+02:46:57 (55.2%)	11:38	5.2 (45.2%)
384	KRZYSZTOFOWICZ Andrzej	2974		M40	159	05:02:46.95	+02:47:07 (55.2%)	11:38	5.2 (45.2%)
385	ZGÓRSKI Maciej	2177	WKURW TEAM BYDGOSZCZ	M40	160	05:03:12.05	+02:47:32 (55.3%)	11:39	5.1 (44.3%)
386	GNOT Krzysztof	2718		M40	161	05:03:15.45	+02:47:35 (55.3%)	11:39	5.1 (44.3%)
387	BEDNAREK Michał	2248	KACZMAREK TEAM	M40	162	05:03:31.60	+02:47:52 (55.3%)	11:40	5.1 (44.3%)
388	TYPIŃSKI Paweł	2025	HIGHWAY	M20	43	05:03:59.05	+02:48:19 (55.4%)	11:41	5.1 (44.3%)
389	EWERTOWSKI Piotr	2219	MARKOWI BIEGACZE	M50	27	05:04:04.20	+02:48:24 (55.4%)	11:41	5.1 (44.3%)
390	KASIŃSKI Radosław	2548	HERNIK TEAM	M40	163	05:04:58.65	+02:49:19 (55.5%)	11:43	5.1 (44.3%)
391	SZWIEC Łukasz	2340	ZABIEGANI NAUCZYCIELE	M30	148	05:06:15.30	+02:50:35 (55.7%)	11:46	5.1 (44.3%)
392	GIERLOTKA Rafał	2838		M40	164	05:06:22.90	+02:50:43 (55.7%)	11:47	5.1 (44.3%)
393	IWAŃSKI Grzegorz	2860	RUN N FUN	M40	165	05:07:17.20	+02:51:37 (55.9%)	11:49	5.1 (44.3%)
394	MISZCZAK Kamil	2556	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M30	149	05:07:19.80	+02:51:40 (55.9%)	11:49	5.1 (44.3%)
395	ŚCISŁY Darek	2618		M40	166	05:07:22.05	+02:51:42 (55.9%)	11:49	5.1 (44.3%)
396	GASIEWICZ Roman	2731	KRÓL GÓR	M50	28	05:07:26.40	+02:51:46 (55.9%)	11:49	5.1 (44.3%)
397	PAWLIK Tomasz	2800	JB WARSAW	M30	150	05:08:43.75	+02:53:04 (56.1%)	11:52	5.1 (44.3%)
398	MZYK Fabian	2820	BBL MIKOŁÓW	M40	167	05:08:51.85	+02:53:12 (56.1%)	11:52	5.1 (44.3%)
399	BERNAT Paweł	2491		M40	168	05:08:58.30	+02:53:18 (56.1%)	11:53	5 (43.5%)
400	CZAUDERNA Adrian	2535	OCHAJORUN & FRIENDS	M40	169	05:10:11.50	+02:54:31 (56.3%)	11:55	5 (43.5%)
401	NOWICKI Jarosław	2615		M40	170	05:10:13.95	+02:54:34 (56.3%)	11:55	5 (43.5%)
402	BAK Bogdan	2655		M40	171	05:10:14.90	+02:54:35 (56.3%)	11:55	5 (43.5%)
403	LECH Lesław	2896		M40	172	05:10:27.50	+02:54:47 (56.3%)	11:56	5 (43.5%)
404	SOCIŃSKI Artur	2028	ARP RUN TEAM	M40	173	05:11:11.05	+02:55:31 (56.4%)	11:58	5 (43.5%)
405	KUSZ Janusz	2322		M40	174	05:11:48.55	+02:56:08 (56.5%)	11:59	5 (43.5%)
406	GÓRA Tomasz	2476		M40	175	05:12:45.85	+02:57:06 (56.6%)	12:01	5 (43.5%)
407	PRYCIŃSKI Krzysztof	2764		M40	176	05:13:10.90	+02:57:31 (56.7%)	12:02	5 (43.5%)
408	ANTOSZEWSKI Filip	2801	CROSSFIT TORUŃ	M20	44	05:14:45.45	+02:59:05 (56.9%)	12:06	5 (43.5%)
409	CISOWSKI Michał	2546		M40	177	05:16:06.25	+03:00:26 (57.1%)	12:09	4.9 (42.6%)
410	CZEMPIEL Mateusz	2600	LECYMY DURŚ	M30	151	05:17:12.60	+03:01:33 (57.2%)	12:12	4.9 (42.6%)
411	GROMEK Mirosław	2272	TEAM BOMIKA	M60	11	05:19:33.80	+03:03:54 (57.5%)	12:17	4.9 (42.6%)
412	RYŻYŃSKI Tomasz	2170	CHEŁM BIEGA	M40	178	05:20:10.75	+03:04:31 (57.6%)	12:18	4.9 (42.6%)
413	WYPENDA Paweł	2559		M20	45	05:21:55.40	+03:06:15 (57.9%)	12:22	4.8 (41.7%)
414	MICHAŁOWSKI Radosław	2312	NOA	M40	179	05:23:13.75	+03:07:34 (58.0%)	12:25	4.8 (41.7%)
415	BUŁKA Piotr	2196	ROZBIEGANY SULEJÓWEK	M40	180	05:24:39.00	+03:08:59 (58.2%)	12:29	4.8 (41.7%)
416	SOCHA Robert	2775		M40	181	05:25:02.70	+03:09:23 (58.3%)	12:30	4.8 (41.7%)
417	WASIEWICZ Michał	2774		M30	152	05:25:02.75	+03:09:23 (58.3%)	12:30	4.8 (41.7%)
418	CEMBRZYŃSKI Wojciech	2218		M50	29	05:25:25.65	+03:09:46 (58.3%)	12:30	4.8 (41.7%)
419	BUTURLA Sławomir	2378	VIKING TRAINING CENTER	M30	153	05:26:24.85	+03:10:45 (58.4%)	12:33	4.8 (41.7%)
420	STANLEY Stasiu	2871		M40	182	05:28:45.20	+03:13:05 (58.7%)	12:38	4.7 (40.9%)
421	PRZYBYLSKI Witek	2849	OTK RZEŹNIK	M40	183	05:29:39.05	+03:13:59 (58.8%)	12:40	4.7 (40.9%)
422	KANIEWSKI Tomasz	2783	KB OŻARÓW MAZOWIECKI BIEGA	M30	154	05:32:33.55	+03:16:53 (59.2%)	12:47	4.7 (40.9%)
423	SZYDŁOWSKI Łukasz	2784	KB OŻARÓW MAZOWIECKI BIEGA	M30	155	05:32:35.05	+03:16:55 (59.2%)	12:47	4.7 (40.9%)
424	ŻOŁNA Jakub	2100	FULFILL DREAMS TEAM PSZCZYNA	M20	46	05:33:13.30	+03:17:33 (59.3%)	12:49	4.7 (40.9%)
425	ZISKA Maciej	2411	JESZCZE MOGĘ	M50	30	05:34:01.15	+03:18:21 (59.4%)	12:50	4.7 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
426	CHRZANOWSKI Paweł	2117		M30	156	05:34:19.55	+03:18:39 (59.4%)	12:51	4.7 (40.9%)
427	SIKORSKI Łukasz	2092		M30	157	05:36:36.05	+03:20:56 (59.7%)	12:56	4.6 (40.0%)
428	SIPIERA Tomasz	2700		M40	184	05:37:05.00	+03:21:25 (59.8%)	12:57	4.6 (40.0%)
429	TROĆ Karol	2444	SLOW JOGGING SIEDLCE	M40	185	05:37:19.75	+03:21:40 (59.8%)	12:58	4.6 (40.0%)
430	OBARSKI Norbert	2613		M50	31	05:37:29.40	+03:21:49 (59.8%)	12:58	4.6 (40.0%)
431	DEJA Andrzej	2597		M50	32	05:38:29.00	+03:22:49 (59.9%)	13:01	4.6 (40.0%)
432	STASIAK Waldemar	2255		M50	33	05:38:52.20	+03:23:12 (60.0%)	13:02	4.6 (40.0%)
433	ZIELAK Darek	2341		M40	186	05:42:09.45	+03:26:29 (60.4%)	13:09	4.6 (40.0%)
434	PERKOWSKI Tomasz	2680		M30	158	05:42:14.65	+03:26:35 (60.4%)	13:09	4.6 (40.0%)
435	MIKRUT Artur	2524	WOODRUNERS	M40	187	05:42:22.30	+03:26:42 (60.4%)	13:10	4.6 (40.0%)
436	KOZA Sebastian	2667	SSW TEAM KROSNICE	M20	47	05:42:48.55	+03:27:08 (60.4%)	13:11	4.6 (40.0%)
437	SKACZYNSKI Marcin	2547	ENERGOKONTRAKT	M40	188	05:43:26.95	+03:27:47 (60.5%)	13:12	4.5 (39.1%)
438	WRZECIONKO Bartosz	2845	SKITTELSÓWKI	M20	48	05:46:46.85	+03:31:07 (60.9%)	13:20	4.5 (39.1%)
439	FILAS Rafał	2877	4MOVE	M40	189	05:47:25.00	+03:31:45 (61.0%)	13:21	4.5 (39.1%)
440	TATARSKI Michał	2844	SKITTELSÓWKI	M20	49	05:47:48.85	+03:32:09 (61.0%)	13:22	4.5 (39.1%)
441	LASEK Krzysztof	2096		M30	159	05:49:38.25	+03:33:58 (61.2%)	13:26	4.5 (39.1%)
442	PARYS Andrzej	2716		M60	12	05:50:08.95	+03:34:29 (61.3%)	13:28	4.5 (39.1%)
443	KOSSIŃSKI Przemysław	2835		M50	34	05:51:20.55	+03:35:40 (61.4%)	13:30	4.4 (38.3%)
444	BIESZCZ Robert	2804	KRAŚNIK BIEGA	M40	190	05:52:14.20	+03:36:34 (61.5%)	13:32	4.4 (38.3%)
445	KRUZEL Rafał	2742		M40	191	05:52:31.00	+03:36:51 (61.5%)	13:33	4.4 (38.3%)
446	NIEMYJSKI Maciej	2744	BIEGOWE MISIE	M20	50	05:52:39.80	+03:37:00 (61.5%)	13:33	4.4 (38.3%)
447	MUSZYŃSKI Andrzej	2737		M40	192	05:55:28.75	+03:39:49 (61.8%)	13:40	4.4 (38.3%)
448	KOCZYK Artur	2040		M30	160	05:55:46.45	+03:40:06 (61.9%)	13:41	4.4 (38.3%)
449	BRATKO Zbigniew	2407	65+	M60	13	05:56:29.50	+03:40:49 (61.9%)	13:42	4.4 (38.3%)
450	BINEK Michał	2083	WKURW_TEAM	M30	161	05:56:29.65	+03:40:50 (61.9%)	13:42	4.4 (38.3%)
451	NIEDZIELA Wiktor	2345	GAGATKI	M40	193	05:56:31.20	+03:40:51 (61.9%)	13:42	4.4 (38.3%)
452	SUCHORZEWSKI Norbert	2199		M40	194	05:58:00.05	+03:42:20 (62.1%)	13:46	4.4 (38.3%)
453	BOGUCKI Arkadiusz	2128	AKADEMIA HOLISTYCZNA	M40	195	05:58:13.65	+03:42:34 (62.1%)	13:46	4.4 (38.3%)
454	BORYSEWICZ Wiktor	2161	HARDKOROWE WYCHYLYLYBYM	M20	51	05:58:57.60	+03:43:18 (62.2%)	13:48	4.3 (37.4%)
455	KOPEĆ Kamil	2882		M40	196	05:59:11.40	+03:43:31 (62.2%)	13:48	4.3 (37.4%)
456	ŻÓŁW Hubert	2487	POLSKI ZWIĄZEK SPORTÓW FIZJOLOGICZNYCH	M40	197	06:00:23.30	+03:44:43 (62.4%)	13:51	4.3 (37.4%)
457	PATERSKI Dawid	2220	CHAOS I DESTRUKCJA	M30	162	06:00:48.00	+03:45:08 (62.4%)	13:52	4.3 (37.4%)
458	KAŁUSKI Jan	2079	CZERWONAK BIEGA	M30	163	06:01:35.15	+03:45:55 (62.5%)	13:54	4.3 (37.4%)
459	KRYSZCZYNSKI Filip	2060	CZERWONA BIEGA	M40	198	06:01:36.85	+03:45:57 (62.5%)	13:54	4.3 (37.4%)
460	LEN Mariusz	2062		M50	35	06:06:04.30	+03:50:24 (62.9%)	14:04	4.3 (37.4%)
461	PISINGAS Mariusz	2809	BIEGANIE TO MÓJ TRZEŻWY WYBÓR	M40	199	06:06:25.00	+03:50:45 (63.0%)	14:05	4.3 (37.4%)
462	LAZAROWICZ Piotr	2541	WKURW_TEAM	M40	200	06:07:32.75	+03:51:53 (63.1%)	14:08	4.2 (36.5%)
463	TRZÓPEK Bartek	2889		M20	52	06:07:50.60	+03:52:11 (63.1%)	14:08	4.2 (36.5%)
464	NOWAK Marcin	2343	KB HERON	M40	201	06:09:47.25	+03:54:07 (63.3%)	14:13	4.2 (36.5%)
465	MACHULIK Zbigniew	2353	ZABIEGANI NAUCZYCIELE	M50	36	06:10:38.50	+03:54:58 (63.4%)	14:15	4.2 (36.5%)
466	FURMAN Michał	2048	OCHAJORUN & FRIENDS	M30	164	06:10:57.35	+03:55:17 (63.4%)	14:16	4.2 (36.5%)
467	KACZKIEWICZ Damian	2209	NIGHT RUNNERS GLIWICE	M40	202	06:20:06.60	+04:04:27 (64.3%)	14:37	4.1 (35.7%)
468	CEMBRZYŃSKI Daniel	2223		M20	53	06:26:42.00	+04:11:02 (64.9%)	14:52	4 (34.8%)
469	KASPEREK Krzysztof	2518	RUNNERB	M50	37	06:26:48.80	+04:11:09 (64.9%)	14:52	4 (34.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
470	SIERECKI Zbigniew	2280	TEAM ZABIEGANEDNI	M40	203	06:37:35.40	+04:21:55 (65.9%)	15:17	3.9 (33.9%)
471	POPŁAWSKI Krystian	2094	RMF4RT GLADIATORS	M30	165	06:37:55.70	+04:22:16 (65.9%)	15:18	3.9 (33.9%)
472	DENKOWSKI Wojciech	2066	NIGHT RUNNER GLIWICE	M50	38	06:42:16.25	+04:26:36 (66.3%)	15:28	3.9 (33.9%)
473	KULIGOWSKI Artur	2442		M40	204	06:49:28.30	+04:33:48 (66.9%)	15:44	3.8 (33.0%)
474	KALINOWSKI Janusz	2166		M60	14	06:52:08.80	+04:36:29 (67.1%)	15:51	3.8 (33.0%)
475	REY Andrzej	2463	REY RUNNING TEAM	M40	205	06:54:14.85	+04:38:35 (67.3%)	15:55	3.8 (33.0%)
476	KALUŻNY Modest	2230		M60	15	06:54:54.55	+04:39:14 (67.3%)	15:57	3.8 (33.0%)
477	PARADOWSKI Paweł	2073	WKURW_TEAM	M50	39	06:55:50.00	+04:40:10 (67.4%)	15:59	3.8 (33.0%)
478	KRZYWOKULSKI Krzysztof	2014		M40	206	06:58:56.50	+04:43:16 (67.6%)	16:06	3.7 (32.2%)
479	POSS Marcin	2216		M40	207	07:02:21.30	+04:46:41 (67.9%)	16:14	3.7 (32.2%)
480	KUPCZAK Rafał	2151	MYSZKÓW BIEGA	M40	208	07:12:16.05	+04:56:36 (68.6%)	16:37	3.6 (31.3%)
481	MIŚKIEWICZ Wojciech	2799		M30	166	07:13:54.25	+04:58:14 (68.7%)	16:41	3.6 (31.3%)
482	DRZEWIECKI-ZARZECZNY Grzegorz	2078	BIAŁYSTOK BIEGA TEAM	M50	40	07:14:39.70	+04:59:00 (68.8%)	16:43	3.6 (31.3%)
483	KRÓL Marek	2227	BIEGAMBOLUBIĘ BIAŁYSTOK	M50	41	07:14:40.00	+04:59:00 (68.8%)	16:43	3.6 (31.3%)
484	ŁUKAWSKI Tomek	2905	B4SPORT	M20	54	07:21:33.75	+05:05:54 (69.3%)	16:59	3.5 (30.4%)
485	MIŚKIEWICZ Krzysztof	2907	B4SPORT	M50	42	07:21:34.50	+05:05:54 (69.3%)	16:59	3.5 (30.4%)
486	MOŚ Rafał	2906	B4SPORT	M40	209	07:21:38.95	+05:05:59 (69.3%)	16:59	3.5 (30.4%)
487	HOŁYSZ Daniel	2831		M50	43	07:41:35.25	+05:25:55 (70.6%)	17:45	3.4 (29.6%)
488	ADAMCZYK Zbigniew	2614	KM TRUCHCIK ŁUBIANKA	M60	16	08:15:07.40	+05:59:27 (72.6%)	19:02	3.2 (27.8%)
489	KOLASA Andrzej	2754	KLUB J.SŁOWACKIEGO	M60	17	08:15:31.50	+05:59:51 (72.6%)	19:03	3.1 (27.0%)
490	RUKSZAN Piotr	2344		M40	210	08:24:44.40	+06:09:04 (73.1%)	19:24	3.1 (27.0%)
	SMOCZYŃSKI Piotr	2410	JESZCZE MOGĘ	M50		DNF		-	- (0.0%)
	MAKOSA Konrad	2630		M40		DNF		-	- (0.0%)

Znaleziono 492 wynik(ów)