



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

## RZEŹNICZEK 2020

B4SPORT

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>PAŁKA Piotr</b>	<b>2787</b>	CKS BUDOWLANI CZĘSTOCHOWA	M30	1	<b>02:15:39.60</b>		5:13	11.5 (100%)
2	<b>GRABOWSKI Karol</b>	<b>2789</b>		M30	2	<b>02:24:44.50</b>	+00:09:04 (6.3%)	5:34	10.8 (93.9%)
3	<b>CHRUŚCIEL Jacek</b>	<b>2854</b>		M30	3	<b>02:26:34.85</b>	+00:10:55 (7.5%)	5:38	10.6 (92.2%)
4	<b>POŻAROWSZCZYK Adam</b>	<b>2185</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	4	<b>02:45:22.25</b>	+00:29:42 (18.0%)	6:21	9.4 (81.7%)
5	<b>CHYBOWSKI Rafał</b>	<b>2256</b>	DZIKIE BORSUKI	M30	5	<b>02:48:42.55</b>	+00:33:02 (19.6%)	6:29	9.2 (80.0%)
6	<b>CZYŻKOWSKI Rafał</b>	<b>2408</b>	CHŁOPAKI Z NIZIN	M30	6	<b>02:52:08.60</b>	+00:36:29 (21.2%)	6:37	9.1 (79.1%)
7	<b>GACEK Michał</b>	<b>2740</b>	THE STRYCHERS	M30	7	<b>03:01:03.10</b>	+00:45:23 (25.1%)	6:57	8.6 (74.8%)
8	<b>RESZKA Marek</b>	<b>2201</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M30	8	<b>03:02:20.15</b>	+00:46:40 (25.6%)	7:00	8.6 (74.8%)
9	<b>STĘPNIAK Michał</b>	<b>2035</b>	STAY INSANE	M30	9	<b>03:02:23.85</b>	+00:46:44 (25.6%)	7:00	8.6 (74.8%)
10	<b>OCHYRA Konrad</b>	<b>2352</b>	SOLINA TEAM	M30	10	<b>03:02:48.80</b>	+00:47:09 (25.8%)	7:01	8.5 (73.9%)
11	<b>JEGER Rafał</b>	<b>2110</b>		M30	11	<b>03:03:47.15</b>	+00:48:07 (26.2%)	7:04	8.5 (73.9%)
12	<b>SOKOŁOWSKI Wojciech</b>	<b>2529</b>		M30	12	<b>03:05:41.40</b>	+00:50:01 (26.9%)	7:08	8.4 (73.0%)
13	<b>HEJNAR Jakub</b>	<b>2822</b>		M30	13	<b>03:07:33.30</b>	+00:51:53 (27.7%)	7:12	8.3 (72.2%)
14	<b>ZĄBKIEWICZ Szymon</b>	<b>2555</b>		M30	14	<b>03:08:36.70</b>	+00:52:57 (28.1%)	7:15	8.3 (72.2%)
15	<b>MARCOL Mateusz</b>	<b>2890</b>		M30	15	<b>03:10:07.70</b>	+00:54:28 (28.6%)	7:18	8.2 (71.3%)
16	<b>KARGOL Marcin</b>	<b>2059</b>		M30	16	<b>03:10:29.50</b>	+00:54:49 (28.8%)	7:19	8.2 (71.3%)
17	<b>PRZYWARA Piotr</b>	<b>2300</b>	MTU AERO ENGINES POLSKA	M30	17	<b>03:11:53.85</b>	+00:56:14 (29.3%)	7:22	8.1 (70.4%)
18	<b>ROSIŃSKI Piotr</b>	<b>2264</b>	DZIKIE BORSUKI	M30	18	<b>03:14:43.20</b>	+00:59:03 (30.3%)	7:29	8 (69.6%)
19	<b>WOŁOSZYN Artur</b>	<b>2020</b>		M30	19	<b>03:16:54.15</b>	+01:01:14 (31.1%)	7:34	7.9 (68.7%)
20	<b>KURCEWICZ Paweł</b>	<b>2702</b>		M30	20	<b>03:21:16.90</b>	+01:05:37 (32.6%)	7:44	7.8 (67.8%)
21	<b>KABALA Łukasz</b>	<b>2687</b>		M30	21	<b>03:21:47.35</b>	+01:06:07 (32.8%)	7:45	7.7 (67.0%)
22	<b>WRÓBLEWSKI Radosław</b>	<b>2276</b>	VELUX	M30	22	<b>03:22:43.70</b>	+01:07:04 (33.1%)	7:47	7.7 (67.0%)
23	<b>KĘPARA Marcin</b>	<b>2813</b>	ADVA OPTICAL NETWORKING	M30	23	<b>03:24:39.05</b>	+01:08:59 (33.7%)	7:52	7.6 (66.1%)
24	<b>KRYSZYLOWICZ Przemysław</b>	<b>2855</b>		M30	24	<b>03:26:37.95</b>	+01:10:58 (34.3%)	7:56	7.6 (66.1%)
25	<b>MOLENDĄ Tomasz</b>	<b>2126</b>		M30	25	<b>03:27:26.35</b>	+01:11:46 (34.6%)	7:58	7.5 (65.2%)
26	<b>CHEŁCHOWSKI Norbert</b>	<b>2187</b>		M30	26	<b>03:27:56.50</b>	+01:12:16 (34.8%)	7:59	7.5 (65.2%)
27	<b>GORCZYCA Krzysztof</b>	<b>2269</b>	MATNER RUNNING TEAM	M30	27	<b>03:28:19.50</b>	+01:12:39 (34.9%)	8:00	7.5 (65.2%)
28	<b>TADEJA Jakub</b>	<b>2046</b>		M30	28	<b>03:29:29.15</b>	+01:13:49 (35.2%)	8:03	7.4 (64.3%)
29	<b>WINIARSKI Krystian</b>	<b>2665</b>	WSD RZESZÓW	M30	29	<b>03:29:35.95</b>	+01:13:56 (35.3%)	8:03	7.4 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
30	<b>KOPEĆ Paweł</b>	<b>2460</b>	RZESZOWSKIE GAZELE GEPARDY	M30	30	<b>03:30:05.65</b>	+01:14:26 (35.4%)	8:04	7.4 (64.3%)
31	<b>PORĘBSKI Michał</b>	<b>2335</b>		M30	31	<b>03:31:37.10</b>	+01:15:57 (35.9%)	8:08	7.4 (64.3%)
32	<b>SZANIAWSKI Marcin</b>	<b>2204</b>		M30	32	<b>03:32:29.60</b>	+01:16:50 (36.2%)	8:10	7.3 (63.5%)
33	<b>CHRABAŁOWSKI Jarosław</b>	<b>2704</b>	WARSZAWIAKY	M30	33	<b>03:33:38.50</b>	+01:17:58 (36.5%)	8:13	7.3 (63.5%)
34	<b>NOWAK Piotr</b>	<b>2106</b>		M30	34	<b>03:33:42.65</b>	+01:18:03 (36.5%)	8:13	7.3 (63.5%)
35	<b>KARCZ Grzegorz</b>	<b>2517</b>	BBB ( BĘDUSKA BRYGADA BIEGOWA)	M30	35	<b>03:34:31.75</b>	+01:18:52 (36.8%)	8:15	7.3 (63.5%)
36	<b>ŚCIBOR Adrian</b>	<b>2677</b>		M30	36	<b>03:34:39.70</b>	+01:19:00 (36.8%)	8:15	7.3 (63.5%)
37	<b>CZECZOTKA Paweł</b>	<b>2836</b>		M30	37	<b>03:34:46.60</b>	+01:19:07 (36.8%)	8:15	7.3 (63.5%)
38	<b>STASZCZYK Michał</b>	<b>2824</b>		M30	38	<b>03:35:51.30</b>	+01:20:11 (37.2%)	8:18	7.2 (62.6%)
39	<b>SKARŻYŃSKI Piotr</b>	<b>2112</b>		M30	39	<b>03:36:56.90</b>	+01:21:17 (37.5%)	8:20	7.2 (62.6%)
40	<b>ŻUREK Kazimierz</b>	<b>2647</b>	M.I.L.A.	M30	40	<b>03:37:21.20</b>	+01:21:41 (37.6%)	8:21	7.2 (62.6%)
41	<b>WSZOŁEK Mirosław</b>	<b>2839</b>		M30	41	<b>03:37:58.35</b>	+01:22:18 (37.8%)	8:23	7.2 (62.6%)
42	<b>LIPIŃSKI Hubert</b>	<b>2522</b>	KS KANAŁEK	M30	42	<b>03:38:05.95</b>	+01:22:26 (37.8%)	8:23	7.2 (62.6%)
43	<b>RYBACZEK Rafał</b>	<b>2602</b>	RUNEDA	M30	43	<b>03:38:23.90</b>	+01:22:44 (37.9%)	8:24	7.1 (61.7%)
44	<b>WIELGOCKI Artur</b>	<b>2777</b>		M30	44	<b>03:38:27.10</b>	+01:22:47 (37.9%)	8:24	7.1 (61.7%)
45	<b>MICHALSKI Tomasz</b>	<b>2009</b>		M30	45	<b>03:39:54.60</b>	+01:24:15 (38.3%)	8:27	7.1 (61.7%)
46	<b>POPIEL Maurycy</b>	<b>2758</b>	FLEXISTAVTEAM DYNAFIT	M30	46	<b>03:40:12.65</b>	+01:24:33 (38.4%)	8:28	7.1 (61.7%)
47	<b>POPIEL Andrzej</b>	<b>2757</b>	FLEXISTAVTEAM DYNAFIT	M30	47	<b>03:40:13.25</b>	+01:24:33 (38.4%)	8:28	7.1 (61.7%)
48	<b>ZAWADZKI Mirosław</b>	<b>2206</b>	TERNOLTEAM	M30	48	<b>03:40:17.35</b>	+01:24:37 (38.4%)	8:28	7.1 (61.7%)
49	<b>SYSKA Wojciech</b>	<b>2435</b>	SEEKRAKOW	M30	49	<b>03:41:09.15</b>	+01:25:29 (38.7%)	8:30	7.1 (61.7%)
50	<b>CICHOWICZ Łukasz</b>	<b>2050</b>	WATAHA	M30	50	<b>03:41:40.40</b>	+01:26:00 (38.8%)	8:31	7 (60.9%)
51	<b>KUKLA Łukasz</b>	<b>2358</b>	CROSSFIT SIEDLCE	M30	51	<b>03:42:15.05</b>	+01:26:35 (39.0%)	8:32	7 (60.9%)
52	<b>SUDOMIR Paweł</b>	<b>2703</b>	JACEKBIEGA RUNNING TEAM	M30	52	<b>03:42:17.25</b>	+01:26:37 (39.0%)	8:32	7 (60.9%)
53	<b>MISIURA Adam</b>	<b>2479</b>		M30	53	<b>03:42:35.90</b>	+01:26:56 (39.1%)	8:33	7 (60.9%)
54	<b>KĘPA Piotr</b>	<b>2768</b>		M30	54	<b>03:43:06.00</b>	+01:27:26 (39.2%)	8:34	7 (60.9%)
55	<b>PATRO Bartłomiej</b>	<b>2195</b>		M30	55	<b>03:43:58.50</b>	+01:28:18 (39.4%)	8:36	7 (60.9%)
56	<b>STAWIARZ Paweł</b>	<b>2583</b>		M30	56	<b>03:44:24.65</b>	+01:28:45 (39.5%)	8:37	7 (60.9%)
57	<b>KRYSTEK Łukasz</b>	<b>2581</b>		M30	57	<b>03:45:54.80</b>	+01:30:15 (40.0%)	8:41	6.9 (60.0%)
58	<b>SOJKA Sławomir</b>	<b>2371</b>	VIKING TRAINING CENTER	M30	58	<b>03:46:36.75</b>	+01:30:57 (40.1%)	8:42	6.9 (60.0%)
59	<b>CHLIPAŁA Marek</b>	<b>2673</b>		M30	59	<b>03:47:25.50</b>	+01:31:45 (40.3%)	8:44	6.9 (60.0%)
60	<b>ZAMECKI Radosław</b>	<b>2760</b>		M30	60	<b>03:47:51.95</b>	+01:32:12 (40.5%)	8:45	6.8 (59.1%)
61	<b>GAJOS Łukasz</b>	<b>2832</b>	TERNOLTEAM	M30	61	<b>03:48:30.80</b>	+01:32:51 (40.6%)	8:47	6.8 (59.1%)
62	<b>KULIKOWSKI Adam</b>	<b>2330</b>		M30	62	<b>03:48:34.95</b>	+01:32:55 (40.7%)	8:47	6.8 (59.1%)
63	<b>JÓZEFczyk Jacek</b>	<b>2370</b>		M30	63	<b>03:48:59.80</b>	+01:33:20 (40.8%)	8:48	6.8 (59.1%)
64	<b>WYSOCKI Aleksander</b>	<b>2726</b>	WATAHA	M30	64	<b>03:49:35.85</b>	+01:33:56 (40.9%)	8:49	6.8 (59.1%)
65	<b>PIECZYKOLAN Kamil</b>	<b>2015</b>	OLIMPIJSKA AKADEMIA BIEGANIA	M30	65	<b>03:50:13.00</b>	+01:34:33 (41.1%)	8:51	6.8 (59.1%)
66	<b>BARTOSZEK Tomasz</b>	<b>2569</b>	SAINT-GOBAIN SQUAD	M30	66	<b>03:50:51.20</b>	+01:35:11 (41.2%)	8:52	6.8 (59.1%)
67	<b>ZAWADZKI Grzegorz</b>	<b>2098</b>	KLUB SPORTOWY PRESTIGE	M30	67	<b>03:51:09.20</b>	+01:35:29 (41.3%)	8:53	6.7 (58.3%)
68	<b>DZIETCZYK Kamil</b>	<b>2734</b>	AKTYWNE CHOSZCZNO	M30	68	<b>03:52:11.35</b>	+01:36:31 (41.6%)	8:55	6.7 (58.3%)
69	<b>IWICKI Krzysztof</b>	<b>2633</b>		M30	69	<b>03:52:27.50</b>	+01:36:47 (41.6%)	8:56	6.7 (58.3%)
70	<b>POLOCZEK Jarosław</b>	<b>2663</b>		M30	70	<b>03:53:21.80</b>	+01:37:42 (41.9%)	8:58	6.7 (58.3%)
71	<b>FAŁATOWICZ Radosław</b>	<b>2327</b>	BRAVEHEARTS LEGIONOWO	M30	71	<b>03:53:45.20</b>	+01:38:05 (42.0%)	8:59	6.7 (58.3%)
72	<b>SADOWSKI Paweł</b>	<b>2662</b>		M30	72	<b>03:53:56.80</b>	+01:38:17 (42.0%)	8:59	6.7 (58.3%)
73	<b>PAJĄK Marcin</b>	<b>2770</b>		M30	73	<b>03:54:34.10</b>	+01:38:54 (42.2%)	9:01	6.7 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 26km	Różn		
74	SOLECKI Marcin	2399		M30	74	<b>03:54:45.60</b>	+01:39:06 (42.2%)	9:01	6.6 (57.4%)
75	KOCHANIAK Andrzej	2347	WŁÓCZYBIEGI	M30	75	<b>03:56:03.05</b>	+01:40:23 (42.5%)	9:04	6.6 (57.4%)
76	STASIAK Jakub	2456		M30	76	<b>03:56:10.25</b>	+01:40:30 (42.6%)	9:05	6.6 (57.4%)
77	NARLOCH Łukasz	2558	NAVA RUNNING TEAM	M30	77	<b>03:56:10.35</b>	+01:40:30 (42.6%)	9:05	6.6 (57.4%)
78	BIGAS Grzegorz	2814	ARENAMED	M30	78	<b>03:57:05.55</b>	+01:41:25 (42.8%)	9:07	6.6 (57.4%)
79	CUDEK Bartłomiej	2176	WKURW_TEAM	M30	79	<b>03:57:30.50</b>	+01:41:50 (42.9%)	9:08	6.6 (57.4%)
80	RZYMKOWSKI Maciej	2027		M30	80	<b>03:57:48.40</b>	+01:42:08 (43.0%)	9:08	6.6 (57.4%)
81	MARCINIAK Rafał	2039		M30	81	<b>03:57:52.30</b>	+01:42:12 (43.0%)	9:08	6.6 (57.4%)
82	GAMROT Krzysztof	2037		M30	82	<b>03:58:01.70</b>	+01:42:22 (43.0%)	9:09	6.6 (57.4%)
83	PRASZAŁOWICZ Gustaw	2654	KOLIBER TEAM	M30	83	<b>03:58:35.05</b>	+01:42:55 (43.1%)	9:10	6.5 (56.5%)
84	GINALSKI Grzegorz	2438		M30	84	<b>03:58:56.55</b>	+01:43:16 (43.2%)	9:11	6.5 (56.5%)
85	GRZESIK Michał	2749		M30	85	<b>03:59:00.70</b>	+01:43:21 (43.2%)	9:11	6.5 (56.5%)
86	BOSZKO Łukasz	2328		M30	86	<b>03:59:32.80</b>	+01:43:53 (43.4%)	9:12	6.5 (56.5%)
87	MUSIOLIK Mariusz	2087		M30	87	<b>04:01:28.85</b>	+01:45:49 (43.8%)	9:17	6.5 (56.5%)
88	STASIŃSKI Paweł	2810		M30	88	<b>04:03:18.55</b>	+01:47:38 (44.2%)	9:21	6.4 (55.7%)
89	RUSINEK Piotr	2271		M30	89	<b>04:03:21.75</b>	+01:47:42 (44.3%)	9:21	6.4 (55.7%)
90	WALENDA Mateusz	2448	KS KANAŁEK	M30	90	<b>04:04:54.10</b>	+01:49:14 (44.6%)	9:25	6.4 (55.7%)
91	WŁODARSKI Piotrek	2273		M30	91	<b>04:06:06.95</b>	+01:50:27 (44.9%)	9:27	6.3 (54.8%)
92	ZYBERT Mateusz	2323	DABEX-BOLT	M30	92	<b>04:06:09.90</b>	+01:50:30 (44.9%)	9:28	6.3 (54.8%)
93	KACZMAREK Maciej	2689	POLEOHEL	M30	93	<b>04:06:57.70</b>	+01:51:18 (45.1%)	9:29	6.3 (54.8%)
94	PINDEL Piotr	2389	ŁOWCY PIEROŻKÓW	M30	94	<b>04:06:59.00</b>	+01:51:19 (45.1%)	9:29	6.3 (54.8%)
95	BEDNARSKI Paweł	2386		M30	95	<b>04:09:44.30</b>	+01:54:04 (45.7%)	9:36	6.2 (53.9%)
96	SZYMAŃSKI Andrzej	2604		M30	96	<b>04:10:29.00</b>	+01:54:49 (45.8%)	9:38	6.2 (53.9%)
97	ZAŃKO Rafał	2481		M30	97	<b>04:11:35.80</b>	+01:55:56 (46.1%)	9:40	6.2 (53.9%)
98	ZAJKOWSKI Michał	2706	VEGE RUNNERS	M30	98	<b>04:12:02.70</b>	+01:56:23 (46.2%)	9:41	6.2 (53.9%)
99	SANIAK Przemysław	2477		M30	99	<b>04:12:55.95</b>	+01:57:16 (46.4%)	9:43	6.2 (53.9%)
100	BARTASUN Patryk	2024		M30	100	<b>04:13:07.60</b>	+01:57:28 (46.4%)	9:44	6.2 (53.9%)
101	MADEYSKI Tomasz	2573		M30	101	<b>04:14:05.60</b>	+01:58:26 (46.6%)	9:46	6.1 (53.0%)
102	KUMA Wojciech	2334		M30	102	<b>04:15:02.15</b>	+01:59:22 (46.8%)	9:48	6.1 (53.0%)
103	ŻUK Marcin	2241		M30	103	<b>04:15:22.10</b>	+01:59:42 (46.9%)	9:49	6.1 (53.0%)
104	STANKIEWICZ Piotr	2308		M30	104	<b>04:15:45.00</b>	+02:00:05 (47.0%)	9:50	6.1 (53.0%)
105	ZAKRZEWSKI Piotr	2392		M30	105	<b>04:15:54.65</b>	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
106	BARANOWSKI Mariusz	2806		M30	106	<b>04:15:55.10</b>	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
107	SIELICKI Krzysztof	2500		M30	107	<b>04:15:55.55</b>	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
108	JĘDRZEJEK Marek	2821		M30	108	<b>04:17:48.05</b>	+02:02:08 (47.4%)	9:54	6.1 (53.0%)
109	GŁADYSZ Marcin	2625	RMF4RT GLADIATORS	M30	109	<b>04:18:14.00</b>	+02:02:34 (47.5%)	9:55	6 (52.2%)
110	KARCZMARCZYK Mirosław	2349		M30	110	<b>04:19:45.40</b>	+02:04:05 (47.8%)	9:59	6 (52.2%)
111	BARANSKI Piotr	2805		M30	111	<b>04:20:19.30</b>	+02:04:39 (47.9%)	10:00	6 (52.2%)
112	ŁUCZKIEWICZ Dariusz	2325		M30	112	<b>04:21:09.20</b>	+02:05:29 (48.1%)	10:02	6 (52.2%)
113	TURSKI Damian	2175		M30	113	<b>04:22:12.25</b>	+02:06:32 (48.3%)	10:05	5.9 (51.3%)
114	KŁYŻ Janusz	2332		M30	114	<b>04:23:55.05</b>	+02:08:15 (48.6%)	10:09	5.9 (51.3%)
115	SZYSZKA Marek	2846	STS BIEGATON MIKOŁÓW	M30	115	<b>04:25:11.60</b>	+02:09:32 (48.8%)	10:11	5.9 (51.3%)
116	STACHOWICZ Adam	2030		M30	116	<b>04:27:15.20</b>	+02:11:35 (49.2%)	10:16	5.8 (50.4%)
117	ANDRZEJEWSKI Maciej	2842		M30	117	<b>04:28:23.75</b>	+02:12:44 (49.5%)	10:19	5.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
118	<b>BUSŁOWSKI Piotr</b>	<b>2878</b>		M30	118	<b>04:30:31.15</b>	+02:14:51 (49.9%)	10:24	5.8 (50.4%)
119	<b>SARAD Krzysiek</b>	<b>2728</b>	SPARTAŃSKA DZICZ	M30	119	<b>04:33:16.45</b>	+02:17:36 (50.4%)	10:30	5.7 (49.6%)
120	<b>CZARNIK Marek</b>	<b>2729</b>	SPARTAŃSKA DZICZ	M30	120	<b>04:33:28.05</b>	+02:17:48 (50.4%)	10:31	5.7 (49.6%)
121	<b>WÓJCIK Radosław</b>	<b>2466</b>		M30	121	<b>04:34:31.10</b>	+02:18:51 (50.6%)	10:33	5.7 (49.6%)
122	<b>BORCZ Marcin</b>	<b>2755</b>		M30	122	<b>04:34:45.80</b>	+02:19:06 (50.6%)	10:34	5.7 (49.6%)
123	<b>KASZA Bartosz</b>	<b>2146</b>		M30	123	<b>04:36:27.40</b>	+02:20:47 (50.9%)	10:37	5.6 (48.7%)
124	<b>SIEMIŃSKI Michał</b>	<b>2018</b>	ROZBIEGANY SULEJÓWEK	M30	124	<b>04:37:35.75</b>	+02:21:56 (51.1%)	10:40	5.6 (48.7%)
125	<b>PIWOWARSKI Dawid</b>	<b>2699</b>		M30	125	<b>04:37:56.80</b>	+02:22:17 (51.2%)	10:41	5.6 (48.7%)
126	<b>STACHOWICZ Marcin</b>	<b>2233</b>	5F TEAM	M30	126	<b>04:40:41.00</b>	+02:25:01 (51.7%)	10:47	5.6 (48.7%)
127	<b>SZTYLER Konrad</b>	<b>2084</b>		M30	127	<b>04:41:13.35</b>	+02:25:33 (51.8%)	10:48	5.5 (47.8%)
128	<b>SZMAGAJ Pawel</b>	<b>2601</b>	KODOFIT	M30	128	<b>04:43:18.65</b>	+02:27:39 (52.1%)	10:53	5.5 (47.8%)
129	<b>KOWALSKI Łukasz</b>	<b>2593</b>	KODOFIT	M30	129	<b>04:43:25.20</b>	+02:27:45 (52.1%)	10:54	5.5 (47.8%)
130	<b>KRAWIEC Dominik</b>	<b>2624</b>		M30	130	<b>04:45:20.15</b>	+02:29:40 (52.5%)	10:58	5.5 (47.8%)
131	<b>HABA Konrad</b>	<b>2259</b>		M30	131	<b>04:47:59.25</b>	+02:32:19 (52.9%)	11:04	5.4 (47.0%)
132	<b>BARANOWSKI Łukasz</b>	<b>2390</b>		M30	132	<b>04:48:09.60</b>	+02:32:30 (52.9%)	11:04	5.4 (47.0%)
133	<b>SMUGA Łukasz</b>	<b>2791</b>	SZEREGOWY BIEGACZ	M30	133	<b>04:50:36.40</b>	+02:34:56 (53.3%)	11:10	5.4 (47.0%)
134	<b>DĄBROWSKI Marcin</b>	<b>2373</b>	BEZ FAULU	M30	134	<b>04:51:07.10</b>	+02:35:27 (53.4%)	11:11	5.4 (47.0%)
135	<b>SOKULSKI Marcin</b>	<b>2315</b>	KASZANKI	M30	135	<b>04:53:38.80</b>	+02:37:59 (53.8%)	11:17	5.3 (46.1%)
136	<b>LENART Rafał</b>	<b>2736</b>	SRTG WARSZAWA	M30	136	<b>04:55:19.20</b>	+02:39:39 (54.1%)	11:21	5.3 (46.1%)
137	<b>OKARMA Wojtek</b>	<b>2853</b>	BESKID.TV	M30	137	<b>04:55:35.95</b>	+02:39:56 (54.1%)	11:22	5.3 (46.1%)
138	<b>BOBER Grzegorz</b>	<b>2705</b>		M30	138	<b>04:56:48.65</b>	+02:41:09 (54.3%)	11:24	5.3 (46.1%)
139	<b>OLZACKI Piotr</b>	<b>2129</b>	STEPSTONE RUNNERS	M30	139	<b>04:57:05.15</b>	+02:41:25 (54.3%)	11:25	5.3 (46.1%)
140	<b>DYŚ Wojciech</b>	<b>2848</b>		M30	140	<b>04:57:05.55</b>	+02:41:25 (54.3%)	11:25	5.3 (46.1%)
141	<b>FURMAŃCZUK Mateusz</b>	<b>2606</b>	RMF4RT GLADIATORS	M30	141	<b>04:58:19.10</b>	+02:42:39 (54.5%)	11:28	5.2 (45.2%)
142	<b>RUSIN Aleksander</b>	<b>2304</b>		M30	142	<b>04:58:26.55</b>	+02:42:46 (54.5%)	11:28	5.2 (45.2%)
143	<b>TOMASZEWSKI Piotr</b>	<b>2428</b>	STEPSTONE	M30	143	<b>04:58:29.40</b>	+02:42:49 (54.6%)	11:28	5.2 (45.2%)
144	<b>RADYK Jakub</b>	<b>2724</b>	PRZEMYSKI KLUB BIEGACZA	M30	144	<b>04:58:50.60</b>	+02:43:11 (54.6%)	11:29	5.2 (45.2%)
145	<b>STALMACH Jacek</b>	<b>2640</b>	ELEKTRONY	M30	145	<b>05:02:11.70</b>	+02:46:32 (55.1%)	11:37	5.2 (45.2%)
146	<b>FRYC Rafał</b>	<b>2644</b>	#GRAZKA_PARSON	M30	146	<b>05:02:29.95</b>	+02:46:50 (55.2%)	11:38	5.2 (45.2%)
147	<b>MYTYCH Mateusz</b>	<b>2648</b>		M30	147	<b>05:02:30.00</b>	+02:46:50 (55.2%)	11:38	5.2 (45.2%)
148	<b>SZWIEC Łukasz</b>	<b>2340</b>	ZABIEGANI NAUCZYCIELE	M30	148	<b>05:06:15.30</b>	+02:50:35 (55.7%)	11:46	5.1 (44.3%)
149	<b>MISZCZAK Kamil</b>	<b>2556</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	149	<b>05:07:19.80</b>	+02:51:40 (55.9%)	11:49	5.1 (44.3%)
150	<b>PAWLIK Tomasz</b>	<b>2800</b>	JB WARSAW	M30	150	<b>05:08:43.75</b>	+02:53:04 (56.1%)	11:52	5.1 (44.3%)
151	<b>CZEMPIEL Mateusz</b>	<b>2600</b>	LECYMY DURŚ	M30	151	<b>05:17:12.60</b>	+03:01:33 (57.2%)	12:12	4.9 (42.6%)
152	<b>WASIEWICZ Michał</b>	<b>2774</b>		M30	152	<b>05:25:02.75</b>	+03:09:23 (58.3%)	12:30	4.8 (41.7%)
153	<b>BUTURLA Sławomir</b>	<b>2378</b>	VIKING TRAINING CENTER	M30	153	<b>05:26:24.85</b>	+03:10:45 (58.4%)	12:33	4.8 (41.7%)
154	<b>KANIEWSKI Tomasz</b>	<b>2783</b>	KB OŻARÓW MAZOWIECKI BIEGA	M30	154	<b>05:32:33.55</b>	+03:16:53 (59.2%)	12:47	4.7 (40.9%)
155	<b>SZYDŁOWSKI Łukasz</b>	<b>2784</b>	KB OŻARÓW MAZOWIECKI BIEGA	M30	155	<b>05:32:35.05</b>	+03:16:55 (59.2%)	12:47	4.7 (40.9%)
156	<b>CHRZANOWSKI Paweł</b>	<b>2117</b>		M30	156	<b>05:34:19.55</b>	+03:18:39 (59.4%)	12:51	4.7 (40.9%)
157	<b>SIKORSKI Łukasz</b>	<b>2092</b>		M30	157	<b>05:36:36.05</b>	+03:20:56 (59.7%)	12:56	4.6 (40.0%)
158	<b>PERKOWSKI Tomasz</b>	<b>2680</b>		M30	158	<b>05:42:14.65</b>	+03:26:35 (60.4%)	13:09	4.6 (40.0%)
159	<b>LASEK Krzysztof</b>	<b>2096</b>		M30	159	<b>05:49:38.25</b>	+03:33:58 (61.2%)	13:26	4.5 (39.1%)
160	<b>KOCZYK Artur</b>	<b>2040</b>		M30	160	<b>05:55:46.45</b>	+03:40:06 (61.9%)	13:41	4.4 (38.3%)
161	<b>BINEK Michał</b>	<b>2083</b>	WKURW_TEAM	M30	161	<b>05:56:29.65</b>	+03:40:50 (61.9%)	13:42	4.4 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
162	<b>PATERSKI Dawid</b>	<b>2220</b>	CHAOS I DESTRUKCJA	M30	162	<b>06:00:48.00</b>	+03:45:08 (62.4%)	13:52	4.3 (37.4%)
163	<b>KAŁUSKI Jan</b>	<b>2079</b>	CZERWONAK BIEGA	M30	163	<b>06:01:35.15</b>	+03:45:55 (62.5%)	13:54	4.3 (37.4%)
164	<b>FURMAN Michał</b>	<b>2048</b>	OCHAJORUN & FRIENDS	M30	164	<b>06:10:57.35</b>	+03:55:17 (63.4%)	14:16	4.2 (36.5%)
165	<b>POPŁAWSKI Krystian</b>	<b>2094</b>	RMF4RT GLADIATORS	M30	165	<b>06:37:55.70</b>	+04:22:16 (65.9%)	15:18	3.9 (33.9%)
166	<b>MIŚKIEWICZ Wojciech</b>	<b>2799</b>		M30	166	<b>07:13:54.25</b>	+04:58:14 (68.7%)	16:41	3.6 (31.3%)

Znaleziono 166 wynik(ów)