



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

RZEŹNICZEK 2020

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 26km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 1 | ŻUBIŃSKI Piotr | 2504 | ACCELERATING POLAND | M40 | 1 | 02:33:28.20 | | 5:54 | 10.2 (100%) |
| 2 | DIEBEL Krzysztof | 2869 | RYBNICKA GRUPA BIEGOWA | M40 | 2 | 02:34:54.60 | +00:01:26 (0.9%) | 5:57 | 10.1 (99.0%) |
| 3 | RAKSZAWA Krzysztof | 2868 | | M40 | 3 | 02:48:46.45 | +00:15:18 (9.1%) | 6:29 | 9.2 (90.2%) |
| 4 | DESKA Leszek | 2274 | WWW.LESZEKBIEGA.PL | M40 | 4 | 03:00:08.95 | +00:26:40 (14.8%) | 6:55 | 8.7 (85.3%) |
| 5 | WYSOKIŃSKI Marcin | 2252 | DZIKIE BORSUKI | M40 | 5 | 03:02:07.50 | +00:28:39 (15.7%) | 7:00 | 8.6 (84.3%) |
| 6 | WOŹNIAK Jacek | 2520 | PIXONET.PL | M40 | 6 | 03:03:24.35 | +00:29:56 (16.3%) | 7:03 | 8.5 (83.3%) |
| 7 | BODZIOCH Grzegorz | 2149 | GORLICKA GRUPA BIEGOWA | M40 | 7 | 03:09:16.20 | +00:35:48 (18.9%) | 7:16 | 8.2 (80.4%) |
| 8 | LATOSZEK Rafał | 2827 | CTS | M40 | 8 | 03:10:05.45 | +00:36:37 (19.3%) | 7:18 | 8.2 (80.4%) |
| 9 | MĘŻYKOWSKI Michał | 2482 | | M40 | 9 | 03:11:00.80 | +00:37:32 (19.7%) | 7:20 | 8.2 (80.4%) |
| 10 | SKORUPKA Leszek | 2158 | | M40 | 10 | 03:11:02.25 | +00:37:34 (19.7%) | 7:20 | 8.2 (80.4%) |
| 11 | KURASIK Tomasz | 2688 | | M40 | 11 | 03:12:54.25 | +00:39:26 (20.4%) | 7:25 | 8.1 (79.4%) |
| 12 | KOKOSZKA Wojciech | 2455 | SLOW JOGGING SIEDLCE | M40 | 12 | 03:13:56.35 | +00:40:28 (20.9%) | 7:27 | 8 (78.4%) |
| 13 | PASZEK Jacek | 2748 | TEAM E DOKUMENTY | M40 | 13 | 03:15:43.90 | +00:42:15 (21.6%) | 7:31 | 8 (78.4%) |
| 14 | OCIEPKA Sebastian | 2773 | LATAJACY CYRK | M40 | 14 | 03:17:33.90 | +00:44:05 (22.3%) | 7:35 | 7.9 (77.5%) |
| 15 | KOŚCIELNY Aleksander | 2485 | MTU AERO ENGINES | M40 | 15 | 03:17:58.75 | +00:44:30 (22.5%) | 7:36 | 7.9 (77.5%) |
| 16 | MALINOWSKI Marek | 2043 | | M40 | 16 | 03:18:12.85 | +00:44:44 (22.6%) | 7:37 | 7.9 (77.5%) |
| 17 | ASŁANOWICZ Marcin | 2622 | | M40 | 17 | 03:18:45.05 | +00:45:16 (22.8%) | 7:38 | 7.8 (76.5%) |
| 18 | SITEK Arkadiusz | 2400 | AKTYWNI WEGRÓW | M40 | 18 | 03:20:49.80 | +00:47:21 (23.6%) | 7:43 | 7.8 (76.5%) |
| 19 | PIEŃKOSZ Wojciech | 2089 | PGE ENERGETIC RUNNING | M40 | 19 | 03:22:18.35 | +00:48:50 (24.1%) | 7:46 | 7.7 (75.5%) |
| 20 | HERMAN Paweł | 2278 | | M40 | 20 | 03:22:56.00 | +00:49:27 (24.4%) | 7:48 | 7.7 (75.5%) |
| 21 | SZCZYGIĘŁ Krzysztof | 2690 | HATI TEAM | M40 | 21 | 03:24:40.05 | +00:51:11 (25.0%) | 7:52 | 7.6 (74.5%) |
| 22 | KOMOSIŃSKI Łukasz | 2417 | | M40 | 22 | 03:24:46.55 | +00:51:18 (25.1%) | 7:52 | 7.6 (74.5%) |
| 23 | GÓRAK Grzegorz | 2664 | BIEGAM BO LUBIĘ WYZWANIA | M40 | 23 | 03:25:22.25 | +00:51:54 (25.3%) | 7:53 | 7.6 (74.5%) |
| 24 | ŁĄTKOWSKI Sławomir | 2823 | ORKAMASTERS IŁAWA | M40 | 24 | 03:27:16.45 | +00:53:48 (26.0%) | 7:58 | 7.5 (73.5%) |
| 25 | ZARZEKA Marcin | 2739 | VEGE RUNNERS | M40 | 25 | 03:30:43.15 | +00:57:14 (27.2%) | 8:06 | 7.4 (72.5%) |
| 26 | JUREK Przemysław | 2904 | KS STASZEWCY | M40 | 26 | 03:31:36.55 | +00:58:08 (27.5%) | 8:08 | 7.4 (72.5%) |
| 27 | OLENDER Marcin | 2591 | | M40 | 27 | 03:32:56.90 | +00:59:28 (27.9%) | 8:11 | 7.3 (71.6%) |
| 28 | PIEKARZ Mariusz | 2786 | SKB STALOWA WOLA | M40 | 28 | 03:34:11.15 | +01:00:42 (28.3%) | 8:14 | 7.3 (71.6%) |
| 29 | KUTA Rafał | 2222 | | M40 | 29 | 03:34:32.15 | +01:01:03 (28.5%) | 8:15 | 7.3 (71.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 26km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|----------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 30 | HRYCAJ Mariusz | 2746 | | M40 | 30 | 03:34:48.60 | +01:01:20 (28.6%) | 8:15 | 7.3 (71.6%) |
| 31 | SZCZEPANIAK Michał | 2250 | RAZEM TRENUJEMY SPORT | M40 | 31 | 03:35:23.00 | +01:01:54 (28.7%) | 8:17 | 7.2 (70.6%) |
| 32 | SIOMAK Michał | 2109 | | M40 | 32 | 03:37:10.05 | +01:03:41 (29.3%) | 8:21 | 7.2 (70.6%) |
| 33 | HAPUNOWICZ Tomasz | 2350 | ZBUCKI RUCH | M40 | 33 | 03:37:51.45 | +01:04:23 (29.6%) | 8:22 | 7.2 (70.6%) |
| 34 | SZARANIEC Sebastian | 2415 | T-MOBILE SPORT TEAM | M40 | 34 | 03:38:10.80 | +01:04:42 (29.7%) | 8:23 | 7.1 (69.6%) |
| 35 | SADKOWSKI Bartosz | 2888 | | M40 | 35 | 03:39:26.55 | +01:05:58 (30.1%) | 8:26 | 7.1 (69.6%) |
| 35 | KRAICZICZEK Krzysztof | 2436 | KELLER WILLIAMS POWER TEAM | M40 | 35 | 03:39:26.55 | +01:05:58 (30.1%) | 8:26 | 7.1 (69.6%) |
| 37 | GĘSIAREK Grzegorz | 2331 | | M40 | 37 | 03:40:44.30 | +01:07:16 (30.5%) | 8:29 | 7.1 (69.6%) |
| 38 | KODZIS Lesław | 2432 | ZALEW TEAM&GOBORZ RUNOUT | M40 | 38 | 03:41:40.00 | +01:08:11 (30.8%) | 8:31 | 7 (68.6%) |
| 39 | GĄTKIEWICZ Paweł | 2785 | ESKADRA KRAKÓW | M40 | 39 | 03:42:00.60 | +01:08:32 (30.9%) | 8:32 | 7 (68.6%) |
| 40 | PASZEK Tomasz | 2747 | TEAM EDOKUMENTY | M40 | 40 | 03:42:44.25 | +01:09:16 (31.1%) | 8:34 | 7 (68.6%) |
| 41 | PAWELEC Mariusz | 2649 | KB FORREST GUMP | M40 | 41 | 03:43:07.65 | +01:09:39 (31.2%) | 8:34 | 7 (68.6%) |
| 42 | PROKOPCZUK Łukasz | 2549 | | M40 | 42 | 03:43:34.55 | +01:10:06 (31.4%) | 8:35 | 7 (68.6%) |
| 43 | NIEDŹWIEDŹ Tomasz | 2019 | | M40 | 43 | 03:44:21.80 | +01:10:53 (31.6%) | 8:37 | 7 (68.6%) |
| 44 | SACZUK Andrzej | 2319 | BŁOTNE OGRY | M40 | 44 | 03:45:10.75 | +01:11:42 (31.8%) | 8:39 | 6.9 (67.6%) |
| 45 | LIBERKA Tomasz | 2685 | | M40 | 45 | 03:45:17.40 | +01:11:49 (31.9%) | 8:39 | 6.9 (67.6%) |
| 46 | TISZBIEREK Marek | 2582 | | M40 | 46 | 03:45:53.05 | +01:12:24 (32.1%) | 8:41 | 6.9 (67.6%) |
| 47 | SZCZOT Andrzej | 2829 | KB SOBÓTKA | M40 | 47 | 03:46:56.10 | +01:13:27 (32.4%) | 8:43 | 6.9 (67.6%) |
| 48 | OSZUST Marcin | 2488 | CHEŁMSKA GRUPA TRIATHLONU/24 BLP | M40 | 48 | 03:48:28.25 | +01:15:00 (32.8%) | 8:47 | 6.8 (66.7%) |
| 49 | MIKULSKI Wojciech | 2215 | 4F RUNNING TEAM | M40 | 49 | 03:51:05.55 | +01:17:37 (33.6%) | 8:53 | 6.8 (66.7%) |
| 50 | TKACZ Przemysław | 2044 | ZIOMKI | M40 | 50 | 03:51:05.80 | +01:17:37 (33.6%) | 8:53 | 6.8 (66.7%) |
| 51 | WAROWNY Robert | 2686 | DZIKIE BORSUKI | M40 | 51 | 03:51:43.85 | +01:18:15 (33.8%) | 8:54 | 6.7 (65.7%) |
| 52 | GZARA Michał | 2793 | DZIKIE BORSUKI | M40 | 52 | 03:51:56.75 | +01:18:28 (33.8%) | 8:55 | 6.7 (65.7%) |
| 53 | PIETRUSZEWSKI Bartłomiej | 2571 | | M40 | 53 | 03:53:51.50 | +01:20:23 (34.4%) | 8:59 | 6.7 (65.7%) |
| 54 | SZYMSKI Rafał | 2194 | CIDRY LOTAJOM | M40 | 54 | 03:54:23.05 | +01:20:54 (34.5%) | 9:00 | 6.7 (65.7%) |
| 55 | PUCHAŁA Mariusz | 2540 | TERNOLTEAM | M40 | 55 | 03:55:27.10 | +01:21:58 (34.8%) | 9:03 | 6.6 (64.7%) |
| 56 | CHWAŁA Artur | 2608 | | M40 | 56 | 03:55:33.60 | +01:22:05 (34.8%) | 9:03 | 6.6 (64.7%) |
| 57 | FIGURA Radosław | 2816 | | M40 | 57 | 03:57:13.25 | +01:23:45 (35.3%) | 9:07 | 6.6 (64.7%) |
| 58 | PASZKIEL Sebastian | 2817 | | M40 | 58 | 03:57:13.70 | +01:23:45 (35.3%) | 9:07 | 6.6 (64.7%) |
| 59 | ROŚŁON Piotr | 2681 | | M40 | 59 | 03:57:30.30 | +01:24:02 (35.4%) | 9:08 | 6.6 (64.7%) |
| 60 | KURKOWSKI Jarosław | 2235 | RUNNERB | M40 | 60 | 03:58:20.35 | +01:24:52 (35.6%) | 9:10 | 6.5 (63.7%) |
| 61 | GAŁUSZKA Mariusz | 2999 | SKITUROWE BIESZCZADY-GOPR | M40 | 61 | 04:00:12.10 | +01:26:43 (36.1%) | 9:14 | 6.5 (63.7%) |
| 62 | DZIEWA Przemysław | 2722 | ATS WHEELS | M40 | 62 | 04:00:40.10 | +01:27:11 (36.2%) | 9:15 | 6.5 (63.7%) |
| 63 | KRUPA Jacek | 2719 | ATS WHEELS | M40 | 63 | 04:00:40.35 | +01:27:12 (36.2%) | 9:15 | 6.5 (63.7%) |
| 64 | GAŁKOWSKI Artur | 2532 | | M40 | 64 | 04:01:00.30 | +01:27:32 (36.3%) | 9:16 | 6.5 (63.7%) |
| 65 | RYBAK Wojciech | 2859 | GOPR BIESZCZADY | M40 | 65 | 04:01:02.20 | +01:27:34 (36.3%) | 9:16 | 6.5 (63.7%) |
| 66 | GAJEWIAK Adam | 2189 | CS GROUP RUNNERS TEAM | M40 | 66 | 04:01:31.85 | +01:28:03 (36.5%) | 9:17 | 6.5 (63.7%) |
| 67 | SUROWIEC Paweł | 2721 | | M40 | 67 | 04:01:36.85 | +01:28:08 (36.5%) | 9:17 | 6.5 (63.7%) |
| 68 | SADOWSKI Mieczysław | 2720 | BIEGAJ RAZEM Z NAMI | M40 | 68 | 04:01:37.95 | +01:28:09 (36.5%) | 9:17 | 6.5 (63.7%) |
| 69 | BACZYŃSKI Robert | 2732 | | M40 | 69 | 04:02:48.80 | +01:29:20 (36.8%) | 9:20 | 6.4 (62.7%) |
| 70 | KOZIEŁŁO Bartosz | 2761 | TUR | M40 | 70 | 04:03:06.95 | +01:29:38 (36.9%) | 9:21 | 6.4 (62.7%) |
| 71 | SOBOLEWSKI Grzegorz | 2197 | | M40 | 71 | 04:03:52.45 | +01:30:24 (37.1%) | 9:22 | 6.4 (62.7%) |
| 72 | CZUMIEL Maciej | 2808 | | M40 | 72 | 04:04:33.95 | +01:31:05 (37.2%) | 9:24 | 6.4 (62.7%) |
| 73 | PYRKOSZ Damian | 2419 | | M40 | 73 | 04:04:56.30 | +01:31:28 (37.3%) | 9:25 | 6.4 (62.7%) |

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|-----|----------------------------|-------------|---------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 74 | STOPA Marcin | 2570 | WWW.RUNRZESZOW.PL | M40 | 74 | 04:06:28.20 | +01:33:00 (37.7%) | 9:28 | 6.3 (61.8%) |
| 75 | GOLBIAK Wojciech | 2674 | | M40 | 75 | 04:06:43.10 | +01:33:14 (37.8%) | 9:29 | 6.3 (61.8%) |
| 76 | TOKARSKI Jacek | 2509 | | M40 | 76 | 04:07:15.80 | +01:33:47 (37.9%) | 9:30 | 6.3 (61.8%) |
| 77 | MATYJASIAK Konrad | 2670 | | M40 | 77 | 04:08:03.80 | +01:34:35 (38.1%) | 9:32 | 6.3 (61.8%) |
| 78 | SOBCZYŃSKI Paweł | 2016 | | M40 | 78 | 04:08:13.15 | +01:34:44 (38.2%) | 9:32 | 6.3 (61.8%) |
| 79 | PARADA Marcin | 2394 | BIEGACZE W RADOMSKU | M40 | 79 | 04:09:25.85 | +01:35:57 (38.5%) | 9:35 | 6.3 (61.8%) |
| 80 | GOLAS Marcin | 2449 | APLITT.PL | M40 | 80 | 04:09:54.30 | +01:36:26 (38.6%) | 9:36 | 6.2 (60.8%) |
| 81 | ZAKRZEWICZ Marcin | 2825 | KTB KUNY | M40 | 81 | 04:10:38.50 | +01:37:10 (38.8%) | 9:38 | 6.2 (60.8%) |
| 82 | KARDASZ Marek | 2363 | SOLINA TEAM | M40 | 82 | 04:11:37.30 | +01:38:09 (39.0%) | 9:40 | 6.2 (60.8%) |
| 83 | STYSIAŁ Dariusz | 2519 | | M40 | 83 | 04:11:53.80 | +01:38:25 (39.1%) | 9:41 | 6.2 (60.8%) |
| 84 | MICHALCZAK Paweł | 2143 | | M40 | 84 | 04:13:35.90 | +01:40:07 (39.5%) | 9:45 | 6.2 (60.8%) |
| 85 | PROKOPIUK Grzegorz | 2660 | SZWAGRY DWA | M40 | 85 | 04:14:33.40 | +01:41:05 (39.7%) | 9:47 | 6.1 (59.8%) |
| 86 | BOROWIEC Arkadiusz | 2198 | CHEŁM BIEGA/24 BLP | M40 | 86 | 04:15:22.85 | +01:41:54 (39.9%) | 9:49 | 6.1 (59.8%) |
| 87 | KUROWSKI Jacek | 2314 | | M40 | 87 | 04:15:43.40 | +01:42:15 (40.0%) | 9:50 | 6.1 (59.8%) |
| 88 | DĄBROWSKI Karol | 2150 | | M40 | 88 | 04:16:52.20 | +01:43:24 (40.3%) | 9:52 | 6.1 (59.8%) |
| 89 | SIBIELAK Piotr | 2588 | | M40 | 89 | 04:17:02.15 | +01:43:33 (40.3%) | 9:53 | 6.1 (59.8%) |
| 90 | RAINER Krzysztof | 2856 | ACS-STAL | M40 | 90 | 04:17:07.75 | +01:43:39 (40.3%) | 9:53 | 6.1 (59.8%) |
| 91 | KITOWSKI Bartosz | 2858 | GŁOGOVIĄ 1925 GŁOGÓW MAŁOPOLSKI | M40 | 91 | 04:17:46.20 | +01:44:18 (40.5%) | 9:54 | 6.1 (59.8%) |
| 92 | KOWALIK Krzysztof | 2494 | | M40 | 92 | 04:17:52.15 | +01:44:23 (40.5%) | 9:55 | 6 (58.8%) |
| 93 | HUDZIK Robert | 2191 | | M40 | 93 | 04:19:11.50 | +01:45:43 (40.8%) | 9:58 | 6 (58.8%) |
| 94 | SIOCH Grzegorz | 2061 | DZIKIE SKRZYDŁO | M40 | 94 | 04:20:56.40 | +01:47:28 (41.2%) | 10:02 | 6 (58.8%) |
| 95 | UJMA Paweł | 2122 | INTER AUTO JAROSŁAW | M40 | 95 | 04:22:00.30 | +01:48:32 (41.4%) | 10:04 | 6 (58.8%) |
| 96 | TWARDOWSKI Tomasz | 2132 | | M40 | 96 | 04:22:13.20 | +01:48:45 (41.5%) | 10:05 | 5.9 (57.8%) |
| 97 | HOŁUBIEC Paweł | 2193 | | M40 | 97 | 04:23:31.10 | +01:50:02 (41.8%) | 10:08 | 5.9 (57.8%) |
| 98 | BUTRYN Wojciech | 2103 | #BBKTS | M40 | 98 | 04:23:41.20 | +01:50:13 (41.8%) | 10:08 | 5.9 (57.8%) |
| 99 | HAJDUK Tomek | 2313 | YULO RUN TEAM SIEDLCE | M40 | 99 | 04:23:51.70 | +01:50:23 (41.8%) | 10:08 | 5.9 (57.8%) |
| 100 | MATHIAK Rafał | 2490 | KLEMBÓW BIEGA | M40 | 100 | 04:24:28.55 | +01:51:00 (42.0%) | 10:10 | 5.9 (57.8%) |
| 101 | SZCZEPANIAK Karol | 2837 | | M40 | 101 | 04:25:26.05 | +01:51:57 (42.2%) | 10:12 | 5.9 (57.8%) |
| 102 | KADŁUBOWSKI Piotr | 2883 | KOTWICA BRZEG | M40 | 102 | 04:28:09.65 | +01:54:41 (42.8%) | 10:18 | 5.8 (56.9%) |
| 103 | OLSZEWSKI Jacek | 2741 | KACYK TIM | M40 | 103 | 04:28:44.50 | +01:55:16 (42.9%) | 10:20 | 5.8 (56.9%) |
| 104 | KOSTRZEWSKI Mateusz | 2472 | MYSZKÓW BIEGA | M40 | 104 | 04:29:30.50 | +01:56:02 (43.1%) | 10:21 | 5.8 (56.9%) |
| 105 | MARASEK Adam | 2512 | MIX SPORT TEAM | M40 | 105 | 04:30:30.85 | +01:57:02 (43.3%) | 10:24 | 5.8 (56.9%) |
| 106 | WAŃDOCH Piotr | 2387 | BBL | M40 | 106 | 04:32:01.80 | +01:58:33 (43.6%) | 10:27 | 5.7 (55.9%) |
| 107 | GRZYWACZ Krzysztof | 2653 | | M40 | 107 | 04:32:06.05 | +01:58:37 (43.6%) | 10:27 | 5.7 (55.9%) |
| 108 | ISKRA Arkadiusz | 2396 | PORT LOTNICZY ŁÓDZ | M40 | 108 | 04:32:37.25 | +01:59:09 (43.7%) | 10:29 | 5.7 (55.9%) |
| 109 | KUCZBORSKI Jarosław | 2036 | HARPAGAN SOSNOWIEC | M40 | 109 | 04:34:15.30 | +02:00:47 (44.0%) | 10:32 | 5.7 (55.9%) |
| 110 | LUDWICZAK Mariusz | 2383 | #WKURW_TEAM | M40 | 110 | 04:34:21.50 | +02:00:53 (44.1%) | 10:33 | 5.7 (55.9%) |
| 111 | WRÓBEL Bartłomiej | 2874 | CISNA | M40 | 111 | 04:34:23.45 | +02:00:55 (44.1%) | 10:33 | 5.7 (55.9%) |
| 112 | BOCEK Sławomir | 2756 | WATAHA | M40 | 112 | 04:34:44.35 | +02:01:16 (44.1%) | 10:34 | 5.7 (55.9%) |
| 113 | KULIK Karol | 2433 | ZALEW TEAM&GOLOBORZ RUNOUT | M40 | 113 | 04:35:39.55 | +02:02:11 (44.3%) | 10:36 | 5.7 (55.9%) |
| 114 | KRZEMIEŃ Bartosz | 2355 | | M40 | 114 | 04:36:09.00 | +02:02:40 (44.4%) | 10:37 | 5.6 (54.9%) |
| 115 | JACHYMEK Robert | 2506 | | M40 | 115 | 04:36:09.20 | +02:02:41 (44.4%) | 10:37 | 5.6 (54.9%) |
| 116 | PIOTROWSKI Mariusz | 2366 | | M40 | 116 | 04:36:10.60 | +02:02:42 (44.4%) | 10:37 | 5.6 (54.9%) |
| 117 | MOŹDŻYŃSKI Tomasz | 2733 | AKTYWNE CHOSZCZNO | M40 | 117 | 04:36:33.80 | +02:03:05 (44.5%) | 10:38 | 5.6 (54.9%) |

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|-----|-------------------------------|-------------|------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 118 | BIEŃKOWSKI Jarosław | 2693 | BIEGAJ Z DYMKIEM | M40 | 118 | 04:36:53.00 | +02:03:24 (44.6%) | 10:38 | 5.6 (54.9%) |
| 119 | KUTNIK Mirosław | 2771 | KB BIAŁA BIEGA | M40 | 119 | 04:37:42.05 | +02:04:13 (44.7%) | 10:40 | 5.6 (54.9%) |
| 120 | STASZCZUK Jarosław | 2354 | WATAHA-LĄCZY NAS BIEGANIE | M40 | 120 | 04:40:24.70 | +02:06:56 (45.3%) | 10:47 | 5.6 (54.9%) |
| 121 | ANGOWSKI Marcin | 2616 | | M40 | 121 | 04:40:30.25 | +02:07:02 (45.3%) | 10:47 | 5.6 (54.9%) |
| 122 | NITSCH Tomasz | 2879 | UNTS WARSZAWA | M40 | 122 | 04:40:40.10 | +02:07:11 (45.3%) | 10:47 | 5.6 (54.9%) |
| 123 | ŚWIĘTEK Tomasz | 2333 | | M40 | 123 | 04:41:23.95 | +02:07:55 (45.5%) | 10:49 | 5.5 (53.9%) |
| 124 | KOWARA Przemysław | 2071 | TRI AKTYWNY PIOTRKÓW | M40 | 124 | 04:42:24.75 | +02:08:56 (45.7%) | 10:51 | 5.5 (53.9%) |
| 125 | GÓRKA Bogusław | 2095 | | M40 | 125 | 04:42:26.05 | +02:08:57 (45.7%) | 10:51 | 5.5 (53.9%) |
| 126 | MASZKOWSKI Rafał | 2439 | | M40 | 126 | 04:42:30.60 | +02:09:02 (45.7%) | 10:51 | 5.5 (53.9%) |
| 127 | MAJKA Wojciech | 2135 | TRENER24H.COM.PL | M40 | 127 | 04:43:58.85 | +02:10:30 (46.0%) | 10:55 | 5.5 (53.9%) |
| 128 | FIEDUCIK Mariusz | 2636 | | M40 | 128 | 04:44:11.55 | +02:10:43 (46.0%) | 10:55 | 5.5 (53.9%) |
| 129 | PODGRUDNY Radosław | 2217 | RESCUE TEAM | M40 | 129 | 04:44:11.95 | +02:10:43 (46.0%) | 10:55 | 5.5 (53.9%) |
| 130 | RECZEK Sebastian | 2231 | KS ZIELONO-CZARNI | M40 | 130 | 04:44:13.85 | +02:10:45 (46.0%) | 10:55 | 5.5 (53.9%) |
| 131 | CIEBIEŃ Krzysztof | 2751 | | M40 | 131 | 04:44:27.30 | +02:10:59 (46.0%) | 10:56 | 5.5 (53.9%) |
| 132 | LATAŁA Wojciech | 2013 | LEŚNE GRUBASY | M40 | 132 | 04:45:34.55 | +02:12:06 (46.3%) | 10:59 | 5.5 (53.9%) |
| 133 | LASEK Piotr | 2121 | | M40 | 133 | 04:45:48.35 | +02:12:20 (46.3%) | 10:59 | 5.5 (53.9%) |
| 134 | LEDER Michał | 2497 | | M40 | 134 | 04:46:09.90 | +02:12:41 (46.4%) | 11:00 | 5.5 (53.9%) |
| 135 | WĘZICKI Gabriel | 2461 | ZWOLEŃ BIEGA | M40 | 135 | 04:46:27.15 | +02:12:58 (46.4%) | 11:01 | 5.4 (52.9%) |
| 136 | JABŁONKA Radosław | 2388 | DZIADY OCR | M40 | 136 | 04:48:09.55 | +02:14:41 (46.7%) | 11:05 | 5.4 (52.9%) |
| 137 | JANASZ Andrzej | 2049 | | M40 | 137 | 04:48:37.75 | +02:15:09 (46.8%) | 11:06 | 5.4 (52.9%) |
| 138 | PISZCZ Marek | 2181 | OPEL ACTIVE TEAM | M40 | 138 | 04:49:43.00 | +02:16:14 (47.0%) | 11:08 | 5.4 (52.9%) |
| 139 | SIEROCIŃSKI Robert | 2133 | CROSSFIT SIEDLCE | M40 | 139 | 04:50:13.25 | +02:16:45 (47.1%) | 11:09 | 5.4 (52.9%) |
| 140 | KULAK Paweł | 2776 | | M40 | 140 | 04:50:38.05 | +02:17:09 (47.2%) | 11:10 | 5.4 (52.9%) |
| 141 | SZYMAŃSKI Piotr | 2683 | | M40 | 141 | 04:50:47.50 | +02:17:19 (47.2%) | 11:11 | 5.4 (52.9%) |
| 142 | GÓRSKI Krzysztof | 2537 | | M40 | 142 | 04:51:13.60 | +02:17:45 (47.3%) | 11:12 | 5.4 (52.9%) |
| 143 | PIĘTKA Piotr | 2102 | | M40 | 143 | 04:51:13.65 | +02:17:45 (47.3%) | 11:12 | 5.4 (52.9%) |
| 144 | MACIEJAK Robert | 2226 | | M40 | 144 | 04:52:03.10 | +02:18:34 (47.5%) | 11:14 | 5.3 (52.0%) |
| 145 | SOROCZYŃSKI Sylwester | 2159 | CROSSFIT SIEDLCE | M40 | 145 | 04:52:37.35 | +02:19:09 (47.6%) | 11:15 | 5.3 (52.0%) |
| 146 | KONCA Mariusz | 2074 | KB OŻARÓW MAZOWIECKI BIEGA | M40 | 146 | 04:52:53.75 | +02:19:25 (47.6%) | 11:15 | 5.3 (52.0%) |
| 147 | KWIECIEŃ Robert | 2184 | | M40 | 147 | 04:53:46.15 | +02:20:17 (47.8%) | 11:17 | 5.3 (52.0%) |
| 148 | KEMPCZYŃSKI Piotr | 2042 | RUNEDA/SKLEP BIEGACZA GDAŃSK | M40 | 148 | 04:54:32.90 | +02:21:04 (47.9%) | 11:19 | 5.3 (52.0%) |
| 149 | BALON Marcin | 2772 | B&B RUNNERS | M40 | 149 | 04:54:54.30 | +02:21:26 (48.0%) | 11:20 | 5.3 (52.0%) |
| 150 | RUDZIŃSKI Bogdan | 2053 | BIAŁYSTOK BIEGA TEAM | M40 | 150 | 04:55:03.60 | +02:21:35 (48.0%) | 11:20 | 5.3 (52.0%) |
| 151 | MARCINEK Krzysztof | 2292 | PZU SPORT TEAM | M40 | 151 | 04:55:20.30 | +02:21:52 (48.0%) | 11:21 | 5.3 (52.0%) |
| 152 | WOŁYNIEC Paweł | 2093 | BIEGACZE SPECJALNEJ TROSKI | M40 | 152 | 04:56:20.00 | +02:22:51 (48.2%) | 11:23 | 5.3 (52.0%) |
| 153 | TUSIŃSKI Seweryn | 2382 | | M40 | 153 | 04:58:15.80 | +02:24:47 (48.5%) | 11:28 | 5.2 (51.0%) |
| 154 | WÓJKOWSKI Kamil | 2811 | RAZEM TRENUJEMY SPORT | M40 | 154 | 04:59:04.30 | +02:25:36 (48.7%) | 11:30 | 5.2 (51.0%) |
| 155 | GRZEŚKOWIAK Marek | 2513 | | M40 | 155 | 04:59:50.40 | +02:26:22 (48.8%) | 11:31 | 5.2 (51.0%) |
| 156 | KAWECKI Dariusz | 2063 | ETISOFT RUNNING TEAM | M40 | 156 | 04:59:58.00 | +02:26:29 (48.8%) | 11:32 | 5.2 (51.0%) |
| 157 | SCHLAPPA Sebastian | 2873 | IZBICKO W BIEGU | M40 | 157 | 05:01:33.05 | +02:28:04 (49.1%) | 11:35 | 5.2 (51.0%) |
| 158 | TOKARSKI Rafał | 2032 | | M40 | 158 | 05:02:36.80 | +02:29:08 (49.3%) | 11:38 | 5.2 (51.0%) |
| 159 | KRZYSZTOFOWICZ Andrzej | 2974 | | M40 | 159 | 05:02:46.95 | +02:29:18 (49.3%) | 11:38 | 5.2 (51.0%) |
| 160 | ZGÓRSKI Maciej | 2177 | WKURW TEAM BYDGOSZCZ | M40 | 160 | 05:03:12.05 | +02:29:43 (49.4%) | 11:39 | 5.1 (50.0%) |
| 161 | GNOT Krzysztof | 2718 | | M40 | 161 | 05:03:15.45 | +02:29:47 (49.4%) | 11:39 | 5.1 (50.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 26km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--|-----------|------|--------------------|-------------------|--------------|-------------|
| 162 | BEDNAREK Michał | 2248 | KACZMAREK TEAM | M40 | 162 | 05:03:31.60 | +02:30:03 (49.4%) | 11:40 | 5.1 (50.0%) |
| 163 | KASIŃSKI Radosław | 2548 | HERNIK TEAM | M40 | 163 | 05:04:58.65 | +02:31:30 (49.7%) | 11:43 | 5.1 (50.0%) |
| 164 | GIERLOTKA Rafał | 2838 | | M40 | 164 | 05:06:22.90 | +02:32:54 (49.9%) | 11:47 | 5.1 (50.0%) |
| 165 | IWAŃSKI Grzegorz | 2860 | RUN N FUN | M40 | 165 | 05:07:17.20 | +02:33:49 (50.1%) | 11:49 | 5.1 (50.0%) |
| 166 | ŚCISŁY Darek | 2618 | | M40 | 166 | 05:07:22.05 | +02:33:53 (50.1%) | 11:49 | 5.1 (50.0%) |
| 167 | MZYK Fabian | 2820 | BBL MIKOŁÓW | M40 | 167 | 05:08:51.85 | +02:35:23 (50.3%) | 11:52 | 5.1 (50.0%) |
| 168 | BERNAT Paweł | 2491 | | M40 | 168 | 05:08:58.30 | +02:35:30 (50.3%) | 11:53 | 5 (49.0%) |
| 169 | CZAUDERNA Adrian | 2535 | OCHAJORUN & FRIENDS | M40 | 169 | 05:10:11.50 | +02:36:43 (50.5%) | 11:55 | 5 (49.0%) |
| 170 | NOWICKI Jarosław | 2615 | | M40 | 170 | 05:10:13.95 | +02:36:45 (50.5%) | 11:55 | 5 (49.0%) |
| 171 | BAK Bogdan | 2655 | | M40 | 171 | 05:10:14.90 | +02:36:46 (50.5%) | 11:55 | 5 (49.0%) |
| 172 | LECH Lesław | 2896 | | M40 | 172 | 05:10:27.50 | +02:36:59 (50.6%) | 11:56 | 5 (49.0%) |
| 173 | SOCIŃSKI Artur | 2028 | ARP RUN TEAM | M40 | 173 | 05:11:11.05 | +02:37:42 (50.7%) | 11:58 | 5 (49.0%) |
| 174 | KUSZ Janusz | 2322 | | M40 | 174 | 05:11:48.55 | +02:38:20 (50.8%) | 11:59 | 5 (49.0%) |
| 175 | GÓRA Tomasz | 2476 | | M40 | 175 | 05:12:45.85 | +02:39:17 (50.9%) | 12:01 | 5 (49.0%) |
| 176 | PRYCIŃSKI Krzysztof | 2764 | | M40 | 176 | 05:13:10.90 | +02:39:42 (51.0%) | 12:02 | 5 (49.0%) |
| 177 | CISOWSKI Michał | 2546 | | M40 | 177 | 05:16:06.25 | +02:42:38 (51.4%) | 12:09 | 4.9 (48.0%) |
| 178 | RYŻYŃSKI Tomasz | 2170 | CHEŁM BIEGA | M40 | 178 | 05:20:10.75 | +02:46:42 (52.1%) | 12:18 | 4.9 (48.0%) |
| 179 | MICHAŁOWSKI Radosław | 2312 | NOA | M40 | 179 | 05:23:13.75 | +02:49:45 (52.5%) | 12:25 | 4.8 (47.1%) |
| 180 | BUŁKA Piotr | 2196 | ROZBIEGANY SULEJÓWEK | M40 | 180 | 05:24:39.00 | +02:51:10 (52.7%) | 12:29 | 4.8 (47.1%) |
| 181 | SOCHA Robert | 2775 | | M40 | 181 | 05:25:02.70 | +02:51:34 (52.8%) | 12:30 | 4.8 (47.1%) |
| 182 | STANLEY Stasiu | 2871 | | M40 | 182 | 05:28:45.20 | +02:55:17 (53.3%) | 12:38 | 4.7 (46.1%) |
| 183 | PRZYBYLSKI Witek | 2849 | OTK RZEŹNIK | M40 | 183 | 05:29:39.05 | +02:56:10 (53.4%) | 12:40 | 4.7 (46.1%) |
| 184 | SIPIERA Tomasz | 2700 | | M40 | 184 | 05:37:05.00 | +03:03:36 (54.5%) | 12:57 | 4.6 (45.1%) |
| 185 | TROĆ Karol | 2444 | SLOW JOGGING SIEDLCE | M40 | 185 | 05:37:19.75 | +03:03:51 (54.5%) | 12:58 | 4.6 (45.1%) |
| 186 | ZIELAK Darek | 2341 | | M40 | 186 | 05:42:09.45 | +03:08:41 (55.1%) | 13:09 | 4.6 (45.1%) |
| 187 | MIKRUT Artur | 2524 | WOODRUNERS | M40 | 187 | 05:42:22.30 | +03:08:54 (55.2%) | 13:10 | 4.6 (45.1%) |
| 188 | SKACZYŃSKI Marcin | 2547 | ENERGOKONTRAKT | M40 | 188 | 05:43:26.95 | +03:09:58 (55.3%) | 13:12 | 4.5 (44.1%) |
| 189 | FILAS Rafał | 2877 | 4MOVE | M40 | 189 | 05:47:25.00 | +03:13:56 (55.8%) | 13:21 | 4.5 (44.1%) |
| 190 | BIESZCZ Robert | 2804 | KRAŚNIK BIEGA | M40 | 190 | 05:52:14.20 | +03:18:46 (56.4%) | 13:32 | 4.4 (43.1%) |
| 191 | KRUZEL Rafał | 2742 | | M40 | 191 | 05:52:31.00 | +03:19:02 (56.5%) | 13:33 | 4.4 (43.1%) |
| 192 | MUSZYŃSKI Andrzej | 2737 | | M40 | 192 | 05:55:28.75 | +03:22:00 (56.8%) | 13:40 | 4.4 (43.1%) |
| 193 | NIEDZIELA Wiktor | 2345 | GAGATKI | M40 | 193 | 05:56:31.20 | +03:23:03 (57.0%) | 13:42 | 4.4 (43.1%) |
| 194 | SUCHORZEWSKI Norbert | 2199 | | M40 | 194 | 05:58:00.05 | +03:24:31 (57.1%) | 13:46 | 4.4 (43.1%) |
| 195 | BOGUCKI Arkadiusz | 2128 | AKADEMIA HOLISTYCZNA | M40 | 195 | 05:58:13.65 | +03:24:45 (57.2%) | 13:46 | 4.4 (43.1%) |
| 196 | KOPEĆ Kamil | 2882 | | M40 | 196 | 05:59:11.40 | +03:25:43 (57.3%) | 13:48 | 4.3 (42.2%) |
| 197 | ŻÓŁW Hubert | 2487 | POLSKI ZWIĄZEK SPORTÓW FIZJOLOGICZNYCH | M40 | 197 | 06:00:23.30 | +03:26:55 (57.4%) | 13:51 | 4.3 (42.2%) |
| 198 | KRYSZCZYŃSKI Filip | 2060 | CZERWONA BIEGA | M40 | 198 | 06:01:36.85 | +03:28:08 (57.6%) | 13:54 | 4.3 (42.2%) |
| 199 | PISINGAS Mariusz | 2809 | BIEGANIE TO MÓJ TRZEŻWY WYBÓR | M40 | 199 | 06:06:25.00 | +03:32:56 (58.1%) | 14:05 | 4.3 (42.2%) |
| 200 | LAZAROWICZ Piotr | 2541 | WKURW_TEAM | M40 | 200 | 06:07:32.75 | +03:34:04 (58.2%) | 14:08 | 4.2 (41.2%) |
| 201 | NOWAK Marcin | 2343 | KB HERON | M40 | 201 | 06:09:47.25 | +03:36:19 (58.5%) | 14:13 | 4.2 (41.2%) |
| 202 | KACZKIEWICZ Damian | 2209 | NIGHT RUNNERS GLIWICE | M40 | 202 | 06:20:06.60 | +03:46:38 (59.6%) | 14:37 | 4.1 (40.2%) |
| 203 | SIERECKI Zbigniew | 2280 | TEAM ZABIEGANEDNI | M40 | 203 | 06:37:35.40 | +04:04:07 (61.4%) | 15:17 | 3.9 (38.2%) |
| 204 | KULIGOWSKI Artur | 2442 | | M40 | 204 | 06:49:28.30 | +04:16:00 (62.5%) | 15:44 | 3.8 (37.3%) |
| 205 | REY Andrzej | 2463 | REY RUNNING TEAM | M40 | 205 | 06:54:14.85 | +04:20:46 (63.0%) | 15:55 | 3.8 (37.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 26km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 206 | KRZYWOKULSKI Krzysztof | 2014 | | M40 | 206 | 06:58:56.50 | +04:25:28 (63.4%) | 16:06 | 3.7 (36.3%) |
| 207 | POSS Marcin | 2216 | | M40 | 207 | 07:02:21.30 | +04:28:53 (63.7%) | 16:14 | 3.7 (36.3%) |
| 208 | KUPCZAK Rafał | 2151 | MYSZKÓW BIEGA | M40 | 208 | 07:12:16.05 | +04:38:47 (64.5%) | 16:37 | 3.6 (35.3%) |
| 209 | MOŚ Rafał | 2906 | B4SPORT | M40 | 209 | 07:21:38.95 | +04:48:10 (65.3%) | 16:59 | 3.5 (34.3%) |
| 210 | RUKSZAN Piotr | 2344 | | M40 | 210 | 08:24:44.40 | +05:51:16 (69.6%) | 19:24 | 3.1 (30.4%) |
| | MAKOSA Konrad | 2630 | | M40 | | DNF | | - | - (0.0%) |

Znaleziono 211 wynik(ów)