

RZEŹNICZEK INTRO 2017

B4SPORT

Wydarzenie: Festiwal Biegu Rzeźnika
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-06-11
Miejsce: Cisna
Dystans: 28 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Tomasz	1617		M30	1	02:53:34.70	02:53:46.25		5:47	10.4 (100%)
2	SNARSKI Bogdan	1871	ALBATROSY	M30	2	02:55:20.65	02:55:34.10	+00:01:47 (1.0%)	5:50	10.3 (99.0%)
3	BIELAK Mateusz	1661		M20	1	02:55:46.15	02:55:58.65	+00:02:12 (1.3%)	5:51	10.2 (98.1%)
4	KĄKOL Zbigniew	1885	WETERTEAM	M30	3	03:00:17.75	03:00:28.15	+00:06:41 (3.7%)	6:00	10 (96.2%)
5	KŁOPOCKI Jan	1836	#WPISZCOKOLWIEK	M20	2	03:02:09.00	03:02:24.85	+00:08:38 (4.7%)	6:04	9.9 (95.2%)
6	DOLATA Łukasz	1551	POWIATOWE CENTRUM SPORTU W BĘŁCHATOWIE	M30	4	03:04:54.00	03:05:05.55	+00:11:19 (6.1%)	6:09	9.7 (93.3%)
7	SZAŁ Tomasz	1704	NIE ZA DALEKO	M30	5	03:07:36.35	03:08:14.95	+00:14:28 (7.7%)	6:15	9.6 (92.3%)
8	MIKOŁAJCZYK Krzysztof	1562		M40	1	03:11:59.85	03:12:14.60	+00:18:28 (9.6%)	6:24	9.4 (90.4%)
9	KRZYSZŁOWSKI Rafał	1799		M40	2	03:13:11.00	03:13:28.85	+00:19:42 (10.2%)	6:26	9.3 (89.4%)
10	SIKOŃCZYK Miłosz	1868		M20	3	03:14:28.70	03:14:51.45	+00:21:05 (10.8%)	6:28	9.3 (89.4%)
11	GONIWIECHA Rafał	1876	ENDURANCE TEAM	M30	6	03:15:22.15	03:15:44.20	+00:21:57 (11.2%)	6:30	9.2 (88.5%)
12	KAŃDUŁA Grzegorz	1875	NEST.POZNAN.PL	M30	7	03:17:24.25	03:17:41.30	+00:23:55 (12.1%)	6:34	9.1 (87.5%)
13	WYRĘBEK Maciej	1837		M30	8	03:18:44.55	03:19:20.65	+00:25:34 (12.8%)	6:37	9.1 (87.5%)
14	DRZAZGA Tomasz	1884		M30	9	03:20:59.30	03:21:36.65	+00:27:50 (13.8%)	6:41	9 (86.5%)
15	MICHALSKI Marcin	1750	FUNFLY	M30	10	03:21:26.40	03:21:43.55	+00:27:57 (13.9%)	6:42	8.9 (85.6%)
16	SIWIELA Mateusz	1833	RUNEDA/CIAGNIEWILKADOLASU.PL	M20	4	03:21:35.60	03:22:00.60	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
17	WAŚ Grzegorz	1812		M40	3	03:21:34.15	03:22:00.70	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
18	KURZYDŁO Michał	1816		M20	5	03:21:38.60	03:22:00.75	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
19	JARMOLIŃSKI Piotr	1813	WIECZORNE BIEGANIE W SZCZECINIE	M40	4	03:24:19.10	03:24:41.35	+00:30:55 (15.1%)	6:48	8.8 (84.6%)
20	WETHACZ Dariusz	1510		M30	11	03:24:27.90	03:24:44.15	+00:30:57 (15.1%)	6:48	8.8 (84.6%)
21	KROTLA Piotr	1804		M30	12	03:24:03.35	03:24:44.25	+00:30:58 (15.1%)	6:48	8.8 (84.6%)
22	BRYL Marcin	1552		M30	13	03:24:49.75	03:25:03.45	+00:31:17 (15.3%)	6:49	8.8 (84.6%)
23	MALCZEWSKI Piotr	1758	MTB MOSIR DUKLA	M30	14	03:25:47.40	03:26:18.05	+00:32:31 (15.8%)	6:51	8.7 (83.7%)
24	KURZYDŁO Krzysztof	1815		M30	15	03:26:07.35	03:26:29.00	+00:32:42 (15.8%)	6:52	8.7 (83.7%)
25	WIERNIEK Tomek	1878	ENDURANCE TEAM	M40	5	03:26:07.75	03:26:29.70	+00:32:43 (15.8%)	6:52	8.7 (83.7%)
26	ŻOŁNACZ Maciej	1817		M30	16	03:26:03.35	03:26:30.55	+00:32:44 (15.9%)	6:52	8.7 (83.7%)
27	LISICKI Marek	1506	KB ARTURÓWEK ŁÓDŹ	M60	1	03:26:46.65	03:27:06.35	+00:33:20 (16.1%)	6:53	8.7 (83.7%)
28	GOŚCIŃSKI Sławomir	1707	IZERSKA GRUPA BIEGOWA	M30	17	03:27:21.10	03:27:35.40	+00:33:49 (16.3%)	6:54	8.7 (83.7%)
29	GROMADA Piotr	1659	TSA SANDOMIERZ	M30	18	03:28:11.70	03:28:42.85	+00:34:56 (16.7%)	6:56	8.6 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
30	WOJNAROWCZ Tomasz	1872	OBOZYBIEGOWE.PL/SPARTANIEDZIECIĄ	M30	19	03:30:19.20	03:30:36.10	+00:36:49 (17.5%)	7:00	8.6 (82.7%)
31	POSADOWSKI Cyprian	1741		M30	20	03:31:22.50	03:31:49.45	+00:38:03 (18.0%)	7:02	8.5 (81.7%)
32	OCHAŁEK Piotr	1580		M30	21	03:31:45.20	03:32:03.90	+00:38:17 (18.1%)	7:03	8.5 (81.7%)
33	FRISZ Jakub	1547		M30	22	03:32:07.45	03:32:37.35	+00:38:51 (18.3%)	7:04	8.5 (81.7%)
34	KASPEREK Piotr	1756		M30	23	03:33:51.60	03:34:09.90	+00:40:23 (18.9%)	7:07	8.4 (80.8%)
35	SZUFNARA Adrian	1887		M20	6	03:33:52.35	03:34:10.20	+00:40:23 (18.9%)	7:07	8.4 (80.8%)
36	SOWIŃSKI Marcin	1678		M30	24	03:35:01.20	03:35:49.20	+00:42:02 (19.5%)	7:10	8.4 (80.8%)
37	CHORABIK Armand	1874	ZABIEGANI MIELEC	M20	7	03:37:19.25	03:37:28.35	+00:43:42 (20.1%)	7:14	8.3 (79.8%)
38	KRAMER Rafał	1742	BIEGIEMRADOM	M50	1	03:37:21.00	03:37:38.35	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
39	DZIERGIEWICZ Andrzej	1576		M20	8	03:37:07.15	03:37:38.95	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
40	DZIECIĄTKO Karol	1746		M20	9	03:37:02.20	03:37:39.15	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
41	KUCHARSKI Waldemar	1793		M40	6	03:36:58.90	03:37:41.35	+00:43:55 (20.2%)	7:13	8.3 (79.8%)
42	MAJCHROWSKI Jacek	1674	BBL TARNOBRZEG	M40	7	03:38:11.50	03:38:27.75	+00:44:41 (20.5%)	7:16	8.2 (78.8%)
43	MIKUŚKIEWICZ Piotr	1854	RUN TEAM CHMIELNIK	M30	25	03:37:52.15	03:38:28.65	+00:44:42 (20.5%)	7:15	8.3 (79.8%)
44	MIERZWIŃSKI Adam	1775		M30	26	03:37:58.95	03:38:29.60	+00:44:43 (20.5%)	7:15	8.3 (79.8%)
45	KOTUŁA Rafał	1640		M30	27	03:39:47.65	03:40:00.20	+00:46:13 (21.0%)	7:19	8.2 (78.8%)
46	SZABLA Marcin	1602	SAINT GOBAIN SQUAD	M40	8	03:40:45.70	03:40:55.30	+00:47:09 (21.3%)	7:21	8.2 (78.8%)
47	ARMACIŃSKI Filip	1722	WOJAK TEAM***	M20	10	03:41:16.30	03:41:53.60	+00:48:07 (21.7%)	7:22	8.1 (77.9%)
48	GÓRSKI Adam	1818		M30	28	03:43:08.55	03:43:35.75	+00:49:49 (22.3%)	7:26	8.1 (77.9%)
49	NOWICKI Piotr	1863	HARDKOROWA TURYSTYKA JOGGINGOWA	M30	29	03:43:32.95	03:44:20.60	+00:50:34 (22.5%)	7:27	8.1 (77.9%)
50	PIĄTEK Bartosz	1820		M20	11	03:43:55.25	03:44:40.55	+00:50:54 (22.7%)	7:27	8 (76.9%)
51	PACIA Sebastian	1780		M30	30	03:45:02.55	03:45:28.30	+00:51:42 (22.9%)	7:30	8 (76.9%)
52	KUŻMICZ Wojciech	1795		M30	31	03:45:02.30	03:45:28.50	+00:51:42 (22.9%)	7:30	8 (76.9%)
53	HAERTEL Benedikt	1759		M30	32	03:45:10.50	03:45:43.95	+00:51:57 (23.0%)	7:30	8 (76.9%)
54	KRUKAR Jakub	1660		M30	33	03:45:10.05	03:45:44.10	+00:51:57 (23.0%)	7:30	8 (76.9%)
55	PITAS Andrzej	1883	ZAPIERDALACZE	M40	9	03:45:02.75	03:45:52.60	+00:52:06 (23.1%)	7:30	8 (76.9%)
56	WALASZCZYK Piotr	1642	ENDURANCE TEAM	M30	34	03:46:44.10	03:47:06.65	+00:53:20 (23.5%)	7:33	7.9 (76.0%)
57	ŚLEZIAK Tomek	1856		M30	35	03:47:30.25	03:47:49.50	+00:54:03 (23.7%)	7:35	7.9 (76.0%)
58	MAZUR Bartosz	1645		M30	36	03:48:18.65	03:48:34.30	+00:54:48 (24.0%)	7:36	7.9 (76.0%)
59	JAKUBECKI Michał	1577		M20	12	03:49:05.40	03:49:47.90	+00:56:01 (24.4%)	7:38	7.9 (76.0%)
60	GIBAŁA Marcin	1695		M40	10	03:50:30.40	03:50:57.85	+00:57:11 (24.8%)	7:41	7.8 (75.0%)
61	SZMIDT Karol	1683	SZMIDT I SYN	M30	37	03:50:28.85	03:50:58.60	+00:57:12 (24.8%)	7:40	7.8 (75.0%)
62	ZIELIŃSKI Dariusz	1680	FUZJO-SPORT ŁĘCZNA	M30	38	03:50:43.00	03:51:09.35	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
63	DYLEWSKI Paweł	1668	FIZJO-SPORT	M30	39	03:50:42.00	03:51:09.45	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
64	KOŁODZIEJCZYK Maciej	1667		M30	40	03:50:42.80	03:51:09.65	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
65	KASPRZYKOWSKI Zbigniew	1829	ORNIS SIEDLCE	M40	11	03:51:14.90	03:51:40.60	+00:57:54 (25.0%)	7:42	7.8 (75.0%)
66	WOŹNIAK Janusz	1561	PORMAT JEDLICZE BIEGA	M50	2	03:51:36.30	03:51:59.00	+00:58:12 (25.1%)	7:43	7.8 (75.0%)
67	KOWALICKI Marcin	1858	Z BUTA WJEŹDZAM	M20	13	03:53:20.00	03:53:45.75	+00:59:59 (25.7%)	7:46	7.7 (74.0%)
68	PATRO Jacek	1789	BIŁGORAJ BIEGA	M30	41	03:53:28.30	03:53:46.60	+01:00:00 (25.7%)	7:46	7.7 (74.0%)
69	NOWAKOWSKI Leszek	1803		M30	42	03:53:07.15	03:53:46.70	+01:00:00 (25.7%)	7:46	7.7 (74.0%)
70	KRUKAR Adam	1646		M40	12	03:53:17.70	03:53:48.20	+01:00:01 (25.7%)	7:46	7.7 (74.0%)
71	MILEWSKI Łukasz	1656		M30	43	03:53:22.70	03:53:51.15	+01:00:04 (25.7%)	7:46	7.7 (74.0%)
72	ŚLUSARCZYK Maciej	1559		M30	44	03:53:57.15	03:54:12.55	+01:00:26 (25.8%)	7:47	7.7 (74.0%)
73	KĘDREK Emil	1810	HABYS	M40	13	03:55:01.20	03:55:22.90	+01:01:36 (26.2%)	7:50	7.7 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
74	MILEWSKI Konrad	1655		M20	14	03:54:54.95	03:55:23.50	+01:01:37 (26.2%)	7:49	7.7 (74.0%)
75	ZIELONKA Maksymilian	1859	Z BUTA WJEŹDZAM	M30	45	03:55:10.50	03:55:36.30	+01:01:50 (26.2%)	7:50	7.7 (74.0%)
76	WIERZBA Piotr	1643	DEADLIFT	M30	46	03:56:01.50	03:56:31.00	+01:02:44 (26.5%)	7:52	7.6 (73.1%)
77	POMORSKI Marcin	1555		M40	14	03:58:27.30	03:58:42.10	+01:04:55 (27.2%)	7:56	7.5 (72.1%)
78	APANOWICZ Piotr	1736		M40	15	03:58:18.45	03:58:53.45	+01:05:07 (27.3%)	7:56	7.6 (73.1%)
79	PILECKI Paweł	1729	ACCENTURE - ACCELERATE	M30	47	03:58:44.10	03:59:32.55	+01:05:46 (27.5%)	7:57	7.5 (72.1%)
80	GLINKA Jakub	1557		M20	15	03:59:02.10	03:59:42.25	+01:05:56 (27.5%)	7:58	7.5 (72.1%)
81	KARASEK Grzegorz	1600		M30	48	04:00:04.70	04:00:19.05	+01:06:32 (27.7%)	8:00	7.5 (72.1%)
82	JAŚLARZ Jarek	1845	IRONMAN CS SZCZECIN	M50	3	04:00:48.95	04:01:05.50	+01:07:19 (27.9%)	8:01	7.5 (72.1%)
83	SKRZYPEK Krzysztof	1676	KLICZ BANDA	M30	49	04:01:41.95	04:01:56.25	+01:08:10 (28.2%)	8:03	7.4 (71.2%)
84	ŁYSZCZARZ Błażej	1755		M30	50	04:01:34.45	04:02:01.60	+01:08:15 (28.2%)	8:03	7.5 (72.1%)
85	GRABOWSKI Sebastian	1633	ENDORŚWINKI	M30	51	04:02:14.65	04:02:51.60	+01:09:05 (28.4%)	8:04	7.4 (71.2%)
86	WILCZYŃSKI Witold	1651	KLUB MATIEGO JEŻOWE	M30	52	04:02:59.20	04:03:32.75	+01:09:46 (28.6%)	8:05	7.4 (71.2%)
87	ANTOSZ Bogdan	1834		M40	16	04:04:48.00	04:05:11.95	+01:11:25 (29.1%)	8:09	7.4 (71.2%)
88	CEGIEŁKO Paweł	1542		M40	17	04:05:26.05	04:06:15.00	+01:12:28 (29.4%)	8:10	7.3 (70.2%)
89	HEJNAR Jerzy	1802		M30	53	04:07:12.55	04:07:38.90	+01:13:52 (29.8%)	8:14	7.3 (70.2%)
90	RYZIŃSKI Ryszard	1621		M40	18	04:08:19.90	04:09:02.70	+01:15:16 (30.2%)	8:16	7.2 (69.2%)
91	ZIELASKOWSKI Michał	1628		M40	19	04:08:18.85	04:09:04.35	+01:15:18 (30.2%)	8:16	7.2 (69.2%)
92	WOJCIECHOWSKI Krzysztof	1718		M40	20	04:08:45.85	04:09:05.50	+01:15:19 (30.2%)	8:17	7.2 (69.2%)
93	CORA Krzychu	1866	ENDURANCE TEAM	M40	21	04:08:51.70	04:09:13.45	+01:15:27 (30.3%)	8:17	7.2 (69.2%)
94	PASIAK Przemysław	1693		M30	54	04:08:55.15	04:09:21.20	+01:15:34 (30.3%)	8:17	7.2 (69.2%)
95	CZARNIK Stanisław	1503	MIECHOWICKA GRUPA BIEGOWA	M30	55	04:09:11.05	04:09:55.70	+01:16:09 (30.5%)	8:18	7.2 (69.2%)
96	BARSZCZ Marek	1630	BARANOWRUN	M30	56	04:09:30.75	04:10:04.15	+01:16:17 (30.5%)	8:19	7.2 (69.2%)
97	WARZYŃSKI Beniamin	1575		M30	57	04:13:01.35	04:13:30.20	+01:19:43 (31.5%)	8:26	7.1 (68.3%)
98	KAWA Paweł	1649	WWW.WTEMAGENCJA.PL	M30	58	04:12:58.90	04:13:38.90	+01:19:52 (31.5%)	8:25	7.1 (68.3%)
99	SZWAŁEK Krzysztof	1839		M30	59	04:13:15.75	04:13:57.90	+01:20:11 (31.6%)	8:26	7.1 (68.3%)
100	KRYGIER Rafał	1625	NZOZ PRZYCHODNIA SPECJALISTYCZNA GEMINI	M40	22	04:13:35.60	04:14:04.90	+01:20:18 (31.6%)	8:27	7.1 (68.3%)
101	KRYSIŃSKI Witold	1524		M30	60	04:14:49.55	04:15:29.35	+01:21:43 (32.0%)	8:29	7.1 (68.3%)
102	AMBICKI Miłosz	1809		M20	16	04:15:10.85	04:15:54.20	+01:22:07 (32.1%)	8:30	7.1 (68.3%)
103	FASZCZEWSKI Adam	1694		M30	61	04:15:55.45	04:16:16.70	+01:22:30 (32.2%)	8:31	7 (67.3%)
104	KSIAZEK Leszek	1835	MELIORANT	M40	23	04:15:59.70	04:16:36.70	+01:22:50 (32.3%)	8:31	7 (67.3%)
105	KUBISIAK Dariusz	1521		M50	4	04:16:05.60	04:16:38.05	+01:22:51 (32.3%)	8:32	7 (67.3%)
106	MATYJA Paweł	1785	GSK RUNNERS TEAM	M30	62	04:16:07.65	04:16:43.05	+01:22:56 (32.3%)	8:32	7 (67.3%)
107	KNOLL Leszek	1529		M30	63	04:16:38.05	04:17:16.35	+01:23:30 (32.5%)	8:33	7 (67.3%)
108	SZTERN Łukasz	1535	JACEGBIEGA / 2H2S	M30	64	04:17:00.70	04:17:31.50	+01:23:45 (32.5%)	8:34	7 (67.3%)
109	KŁOŚ Artur	1761	PKO BANK POLSKI	M30	65	04:17:00.40	04:17:35.00	+01:23:48 (32.5%)	8:34	7 (67.3%)
110	STUDZIŃSKI Jakub	1612		M30	66	04:18:06.65	04:18:30.15	+01:24:43 (32.8%)	8:36	7 (67.3%)
111	PISARCZYK Jakub	1865		M40	24	04:18:20.30	04:18:51.60	+01:25:05 (32.9%)	8:36	7 (67.3%)
112	WALENTOWSKI Maciej	1517	2H2S	M30	67	04:18:21.60	04:18:52.50	+01:25:06 (32.9%)	8:36	7 (67.3%)
113	BRĄGOSZEWSKI Paweł	1682		M40	25	04:18:14.10	04:18:52.65	+01:25:06 (32.9%)	8:36	7 (67.3%)
114	GRZYB Sławek	1842	EKSPEDYCJA MRÓWKA	M40	26	04:20:34.20	04:20:56.75	+01:27:10 (33.4%)	8:41	6.9 (66.3%)
115	MALCZEWSKI Konrad	1764	MTB MOSIR DUKLA	M30	68	04:23:02.25	04:23:34.70	+01:29:48 (34.1%)	8:46	6.8 (65.4%)
116	WIERCZIŃSKI Łukasz	1786	GSK RUNNERS TEAM	M30	69	04:23:10.75	04:23:46.80	+01:30:00 (34.1%)	8:46	6.8 (65.4%)
117	ROŚŁON Tomasz	1679	NEW BALANCE ESKA TEAM	M40	27	04:23:09.40	04:23:47.00	+01:30:00 (34.1%)	8:46	6.8 (65.4%)

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118	KAWALEC Bartłomiej	1549	WWW.WEDKI.PL	M40	28	04:23:21.50	04:23:53.90	+01:30:07 (34.2%)	8:46	6.8 (65.4%)
119	BIAŁEK Mariusz	1639	ENDURANCE TEAM	M30	70	04:23:39.10	04:24:00.15	+01:30:13 (34.2%)	8:47	6.8 (65.4%)
120	WRÓBEL Bartłomiej	1500	CISNA	M40	29	04:25:15.75	04:25:31.95	+01:31:45 (34.6%)	8:50	6.8 (65.4%)
121	ŻUKOWSKI Grzegorz	1641	ENDURANCE TEAM	M40	30	04:25:21.60	04:25:42.45	+01:31:56 (34.6%)	8:50	6.8 (65.4%)
122	KRUK Krzysztof	1636	CROSSFIT ZABRZE	M30	71	04:26:07.45	04:26:28.05	+01:32:41 (34.8%)	8:52	6.8 (65.4%)
123	GIEC Piotr	1740		M30	72	04:26:44.15	04:27:23.60	+01:33:37 (35.0%)	8:53	6.7 (64.4%)
124	SZYMAŃSKI Piotr	1862		M40	31	04:27:03.35	04:27:30.80	+01:33:44 (35.0%)	8:54	6.7 (64.4%)
125	SZYMAŃSKI Artur	1579		M40	32	04:27:05.35	04:27:32.00	+01:33:45 (35.0%)	8:54	6.7 (64.4%)
126	FLIS Piotr	1744	DANIEL'S TEAM	M30	73	04:27:35.15	04:28:05.55	+01:34:19 (35.2%)	8:55	6.7 (64.4%)
127	BLAUT Marcin	1855	NIGHT RUNNERS	M40	33	04:28:42.15	04:29:13.60	+01:35:27 (35.5%)	8:57	6.7 (64.4%)
128	GAJDECKI Tomek	1531	ACCENTURE	M30	74	04:28:28.95	04:29:15.35	+01:35:29 (35.5%)	8:56	6.7 (64.4%)
129	KOLCZYŃSKI Jarosław	1823	EMOTIVO.COM.PL	M30	75	04:28:30.30	04:29:16.60	+01:35:30 (35.5%)	8:57	6.7 (64.4%)
130	WOJCIECHOWSKI Konrad	1702		M30	76	04:29:33.35	04:29:56.10	+01:36:09 (35.6%)	8:59	6.7 (64.4%)
131	WRÓBLEWSKI Łukasz	1607	NOWA HUTA	M20	17	04:29:39.80	04:30:01.75	+01:36:15 (35.6%)	8:59	6.7 (64.4%)
132	ĆWIEK Paweł	1593		M30	77	04:29:42.95	04:30:09.05	+01:36:22 (35.7%)	8:59	6.7 (64.4%)
133	KRZYŻAK Łukasz	1701		M30	78	04:30:18.20	04:30:41.45	+01:36:55 (35.8%)	9:00	6.7 (64.4%)
134	CZAJKOWSKI Łukasz	1838		M30	79	04:29:59.75	04:30:42.80	+01:36:56 (35.8%)	8:59	6.7 (64.4%)
135	WARZOCHA Ryszard	1857		M50	5	04:31:05.95	04:31:34.00	+01:37:47 (36.0%)	9:02	6.6 (63.5%)
136	SPYCHALSKI Radosław	1563		M30	80	04:31:09.25	04:31:47.55	+01:38:01 (36.1%)	9:02	6.6 (63.5%)
137	ŚLUSARSKI Włodzimierz	1781	OBOZYBIEGOWE.PL	M50	6	04:31:42.85	04:31:59.70	+01:38:13 (36.1%)	9:03	6.6 (63.5%)
138	ROSÓŁ Rafał	1665	EXTREME HDK BYTOM	M30	81	04:32:10.20	04:32:24.50	+01:38:38 (36.2%)	9:04	6.6 (63.5%)
139	KOLKA Peter	1658		M20	18	04:32:25.45	04:32:46.50	+01:39:00 (36.3%)	9:04	6.6 (63.5%)
140	NAWROT Waldek	1713		M40	34	04:33:45.45	04:34:18.90	+01:40:32 (36.7%)	9:07	6.6 (63.5%)
141	KAWALEC Kamil	1550	7 PIWEK GÓRNIK LUBLIN	M30	82	04:36:46.95	04:37:19.30	+01:43:33 (37.3%)	9:13	6.5 (62.5%)
142	TERZONI Christian	1620		M30	83	04:37:02.90	04:37:32.50	+01:43:46 (37.4%)	9:14	6.5 (62.5%)
143	CZYKAŁSKI Grzegorz	1846		M40	35	04:37:30.90	04:37:55.00	+01:44:08 (37.5%)	9:15	6.5 (62.5%)
144	BILSKI Marek	1754		M40	36	04:38:03.05	04:38:53.45	+01:45:07 (37.7%)	9:16	6.5 (62.5%)
145	MOCZYDŁOWSKI Łukasz	1792	NSZ	M40	37	04:40:34.10	04:40:59.10	+01:47:12 (38.2%)	9:21	6.4 (61.5%)
146	WARZYBOK Marcin	1589		M30	84	04:40:40.60	04:41:09.60	+01:47:23 (38.2%)	9:21	6.4 (61.5%)
147	CZYŻEWSKI Przemysław	1791	NSZ	M30	85	04:41:01.15	04:41:28.75	+01:47:42 (38.3%)	9:22	6.4 (61.5%)
148	WIERZBICKI Paweł	1634	TSA SANDOMIERZ	M40	38	04:42:57.95	04:43:29.70	+01:49:43 (38.7%)	9:25	6.4 (61.5%)
149	OPALIŃSKI Bartłomiej	1724		M30	86	04:43:16.40	04:43:48.75	+01:50:02 (38.8%)	9:26	6.4 (61.5%)
150	BAUTECKI Piotr	1505		M30	87	04:44:11.15	04:44:35.85	+01:50:49 (38.9%)	9:28	6.3 (60.6%)
151	ZEMŁA Piotr	1800		M40	39	04:43:54.40	04:44:41.15	+01:50:54 (39.0%)	9:27	6.3 (60.6%)
152	UJMA Paweł	1773		M30	88	04:44:34.60	04:44:59.75	+01:51:13 (39.0%)	9:29	6.3 (60.6%)
153	DRONKA Dominik	1590		M30	89	04:44:32.25	04:45:00.95	+01:51:14 (39.0%)	9:29	6.3 (60.6%)
154	KALANDYK Robert	1732	WŁÓCZYBIEGI	M40	40	04:44:37.85	04:45:05.90	+01:51:19 (39.0%)	9:29	6.3 (60.6%)
155	RYCHLIK Tomasz	1731		M40	41	04:44:44.65	04:45:28.45	+01:51:42 (39.1%)	9:29	6.3 (60.6%)
156	LUTOBORSKI Tomasz	1569		M20	19	04:45:22.10	04:45:57.35	+01:52:11 (39.2%)	9:30	6.3 (60.6%)
157	MAJER Andrzej	1798		M30	90	04:46:34.00	04:46:51.50	+01:53:05 (39.4%)	9:33	6.3 (60.6%)
157	SIECZKOWSKI Artur	1533	NATURAL BORN RUNNERS	M40	42	04:46:17.00	04:46:51.50	+01:53:05 (39.4%)	9:32	6.3 (60.6%)
159	BRYSIĄK Ziemowit	1567		M40	43	04:48:06.65	04:48:38.20	+01:54:51 (39.8%)	9:36	6.2 (59.6%)
160	DĘBOWSKI Błażej	1632	1986	M30	91	04:48:21.35	04:49:01.35	+01:55:15 (39.9%)	9:36	6.2 (59.6%)
161	DRABIK Jacek	1824		M50	7	04:48:43.50	04:49:08.50	+01:55:22 (39.9%)	9:37	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
162	MIEDZINSKI Piotr	1657	MSD RUNNING CLUB	M40	44	04:48:45.35	04:49:11.90	+01:55:25 (39.9%)	9:37	6.2 (59.6%)
163	BRZEZIŃSKI Mateusz	1509		M40	45	04:49:47.85	04:50:29.45	+01:56:43 (40.2%)	9:39	6.2 (59.6%)
164	HOJSZYK Maciej	1629		M30	92	04:51:38.95	04:52:18.65	+01:58:32 (40.6%)	9:43	6.2 (59.6%)
165	GAWRON Bartłomiej	1586	CALLTECH BARTŁOMIEJ GAWRON	M40	46	04:54:00.15	04:54:22.10	+02:00:35 (41.0%)	9:48	6.1 (58.7%)
166	WOLSKI Kamil	1540	BIEGAM NA TARCHOMINIE	M30	93	04:55:15.10	04:56:00.75	+02:02:14 (41.3%)	9:50	6.1 (58.7%)
167	SZMYD Kamil	1752	WOJAK TEAM***	M20	20	04:56:31.50	04:57:09.25	+02:03:23 (41.5%)	9:53	6.1 (58.7%)
168	DZIOPA Paweł	1527	WKURW_TEAM	M40	47	04:58:03.50	04:58:45.05	+02:04:58 (41.8%)	9:56	6 (57.7%)
169	SMOLIŃSKI Jakub	1610	TS OUR TEAM	M20	21	04:58:37.70	04:59:00.10	+02:05:13 (41.9%)	9:57	6 (57.7%)
170	IŁOWIECKI Mariusz	1766		M50	8	05:01:45.20	05:02:17.55	+02:08:31 (42.5%)	10:03	6 (57.7%)
171	NOWIK Tomasz	1852		M30	94	05:03:17.55	05:03:40.10	+02:09:53 (42.8%)	10:06	5.9 (56.7%)
172	MAŁYSA Łukasz	1543		M30	95	05:03:15.40	05:03:47.45	+02:10:01 (42.8%)	10:06	5.9 (56.7%)
173	KRZTOŃ Krzysztof	1831		M20	22	05:04:43.20	05:05:29.30	+02:11:43 (43.1%)	10:09	5.9 (56.7%)
174	KARDACH Marcin	1609		M20	23	05:05:35.25	05:05:58.50	+02:12:12 (43.2%)	10:11	5.9 (56.7%)
175	DAWID Mirosław	1534		M50	9	05:06:09.55	05:06:34.45	+02:12:48 (43.3%)	10:12	5.9 (56.7%)
175	GANCARCZYK Bartek	1819		M20	24	05:05:47.00	05:06:34.45	+02:12:48 (43.3%)	10:11	5.9 (56.7%)
177	KOWALCZYK Mariusz	1566		M40	48	05:06:33.80	05:07:17.95	+02:13:31 (43.5%)	10:13	5.9 (56.7%)
178	MACIEJEWSKI Karol	1779	BIEGIEM RADOM!	M40	49	05:12:05.15	05:12:22.70	+02:18:36 (44.4%)	10:24	5.8 (55.8%)
179	DREWNIK Robert	1881		M30	96	05:12:53.60	05:13:42.35	+02:19:56 (44.6%)	10:25	5.8 (55.8%)
180	KRZYWICKI Tomasz	1715	SCADOR.COM	M40	50	05:14:05.40	05:14:43.05	+02:20:56 (44.8%)	10:28	5.7 (54.8%)
181	STELMASZCZYK Konrad	1827		M40	51	05:21:22.35	05:21:41.25	+02:27:55 (46.0%)	10:42	5.6 (53.8%)
181	RAFALSKI Marcin	1825		M40	52	05:21:22.15	05:21:41.25	+02:27:55 (46.0%)	10:42	5.6 (53.8%)
183	RZECZKOWSKI Maciej	1711		M40	53	05:21:28.20	05:22:15.55	+02:28:29 (46.1%)	10:42	5.6 (53.8%)
184	KUŚMIERSKI Krzysztof	1721	WKG IM WALEREGO GOETLA	M40	54	05:21:27.90	05:22:15.85	+02:28:29 (46.1%)	10:42	5.6 (53.8%)
185	MITURA Marek	1790		M40	55	05:22:35.05	05:22:56.50	+02:29:10 (46.2%)	10:45	5.6 (53.8%)
186	BARYZA Robert	1560		M40	56	05:22:39.40	05:23:17.70	+02:29:31 (46.3%)	10:45	5.6 (53.8%)
187	MAŚLANKA Ireneusz	1584	NIGHT RUNERS GLIWICE	M50	10	05:23:03.65	05:23:37.55	+02:29:51 (46.3%)	10:46	5.6 (53.8%)
188	ŚWIECZKOWSKI Wiesław	1504	WIESIU BIEGA	M30	97	05:23:10.00	05:23:45.00	+02:29:58 (46.3%)	10:46	5.6 (53.8%)
189	BISKUPSKI Błażej	1848	ŁÓDŹ RUNNING TEAM	M40	57	05:26:31.05	05:27:06.05	+02:33:19 (46.9%)	10:53	5.5 (52.9%)
190	FURMAN Michał	1512	OCHAJO RUN & FRIENDS	M30	98	05:26:39.00	05:27:14.55	+02:33:28 (46.9%)	10:53	5.5 (52.9%)
191	BEŁKOT Dariusz	1697		M50	11	05:26:46.35	05:27:28.35	+02:33:42 (46.9%)	10:53	5.5 (52.9%)
192	MITKOWSKI Paweł	1672		M20	25	05:26:49.60	05:27:30.50	+02:33:44 (46.9%)	10:53	5.5 (52.9%)
193	BIŚ Rafał	1594		M50	12	05:40:46.85	05:41:29.95	+02:47:43 (49.1%)	11:21	5.3 (51.0%)
194	MAŁŻ Daniel	1605		M20	26	05:46:54.00	05:47:17.60	+02:53:31 (50.0%)	11:33	5.2 (50.0%)
195	BOCHENEK Janusz	1591	WKURW_TEAM	M60	2	05:49:00.20	05:49:44.30	+02:55:58 (50.3%)	11:38	5.2 (50.0%)
196	GONCERZEWICZ Marek	1583	STARE BABICE BIEGAJĄ	M30	99	05:52:48.20	05:53:16.90	+02:59:30 (50.8%)	11:45	5.1 (49.0%)
197	PANCZENKO Kamil	1511	OWM LUBLIN	M20	27	05:57:20.00	05:58:01.80	+03:04:15 (51.5%)	11:54	5 (48.1%)
	MIRECKI Jan	1841		M40		DNF	DNF	-	-	-(0.0%)

Znaleziono 198 wynik(ów)