



# RZEŹNICZEK

B4SPORT

**Wydarzenie:** VII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-05-28  
**Miejsce:** Cisna  
**Dystans:** 28 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>FARON Robert</b>	<b>4039</b>	SALCO GARMIN TEAM	M40	1	<b>02:11:42.65</b>		4:42	12.8 (100%)
2	<b>ZEBATKA Lary</b>	<b>4342</b>		M40	2	<b>02:20:30.35</b>	+00:08:47 (6.3%)	5:01	12 (93.8%)
3	<b>SIKOŃCZYK Miłosz</b>	<b>4920</b>	RUNNING PERFORMANCE	M30	1	<b>02:29:07.70</b>	+00:17:25 (11.7%)	5:19	11.3 (88.3%)
4	<b>TABER Konrad</b>	<b>4979</b>		M20	1	<b>02:40:05.40</b>	+00:28:22 (17.7%)	5:43	10.5 (82.0%)
5	<b>PERYKASZA Paweł</b>	<b>4571</b>	GRUPALUKTRANS.PL	M40	3	<b>02:40:17.40</b>	+00:28:34 (17.8%)	5:43	10.5 (82.0%)
6	<b>FITAK Wiesław</b>	<b>4043</b>	POLACY BIEGAJĄ W NL	M30	2	<b>02:40:32.20</b>	+00:28:49 (18.0%)	5:44	10.5 (82.0%)
7	<b>WĘGLIŃSKI Mikołaj</b>	<b>4492</b>		M30	3	<b>02:41:02.45</b>	+00:29:19 (18.2%)	5:45	10.4 (81.3%)
8	<b>MULARCZYK Paweł</b>	<b>4899</b>	PAWEŁ MULARCZYK	M30	4	<b>02:41:21.30</b>	+00:29:38 (18.4%)	5:45	10.4 (81.3%)
9	<b>MAKOWSKI Maciej</b>	<b>4987</b>	KORONA PABIANICE	M40	4	<b>02:41:46.15</b>	+00:30:03 (18.6%)	5:46	10.4 (81.3%)
10	<b>MAZUR Sebastian</b>	<b>4291</b>		M30	5	<b>02:43:12.80</b>	+00:31:30 (19.3%)	5:49	10.3 (80.5%)
11	<b>GAZDOWICZ Michał</b>	<b>4056</b>	RUNPASSION.PL TEAM	M20	2	<b>02:44:20.30</b>	+00:32:37 (19.9%)	5:52	10.2 (79.7%)
12	<b>GRABIŃSKI Wojciech</b>	<b>4666</b>	#BIEGIEMWLAS	M20	3	<b>02:45:54.10</b>	+00:34:11 (20.6%)	5:55	10.1 (78.9%)
13	<b>TELEJKO Łukasz</b>	<b>4221</b>	ORZESZEK TEAM	M20	4	<b>02:54:02.30</b>	+00:42:19 (24.3%)	6:12	9.7 (75.8%)
14	<b>CZERWIONKA Jakub</b>	<b>4509</b>	GMINA WICKO	M20	5	<b>02:54:41.65</b>	+00:42:59 (24.6%)	6:14	9.6 (75.0%)
15	<b>GABRYCH Arkadiusz</b>	<b>4050</b>		M30	6	<b>02:55:13.90</b>	+00:43:31 (24.8%)	6:15	9.6 (75.0%)
16	<b>STĘPIEŃ Krzysztof</b>	<b>4986</b>	GILLETTE RUN	M40	5	<b>02:55:31.80</b>	+00:43:49 (25.0%)	6:16	9.6 (75.0%)
17	<b>GRYGIEL Marek</b>	<b>5022</b>	JACEKBIEGA RUNNING TEAM	M40	6	<b>02:55:57.50</b>	+00:44:14 (25.1%)	6:17	9.5 (74.2%)
18	<b>KURASIK Tomasz</b>	<b>4711</b>		M40	7	<b>02:58:41.60</b>	+00:46:58 (26.3%)	6:22	9.4 (73.4%)
19	<b>ZIELAK Dariusz</b>	<b>5018</b>		M40	8	<b>02:58:51.15</b>	+00:47:08 (26.4%)	6:23	9.4 (73.4%)
20	<b>HEJNAR Jakub</b>	<b>4672</b>		M40	9	<b>02:59:35.55</b>	+00:47:52 (26.7%)	6:24	9.4 (73.4%)
21	<b>BRUS Marcin</b>	<b>4975</b>		M40	10	<b>03:00:07.15</b>	+00:48:24 (26.9%)	6:25	9.3 (72.7%)
22	<b>STAWIARZ Paweł</b>	<b>4586</b>	140MINUT.PL	M30	7	<b>03:01:24.30</b>	+00:49:41 (27.4%)	6:28	9.3 (72.7%)
23	<b>POŻAROWSZCZYK Adam</b>	<b>4311</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	8	<b>03:01:28.75</b>	+00:49:46 (27.4%)	6:28	9.3 (72.7%)
24	<b>WASSER Michał</b>	<b>4236</b>		M20	6	<b>03:01:40.40</b>	+00:49:57 (27.5%)	6:29	9.2 (71.9%)
25	<b>PUC Paweł</b>	<b>4313</b>	TRUCHTACZE GZICHÓW	M40	11	<b>03:02:13.80</b>	+00:50:31 (27.7%)	6:30	9.2 (71.9%)
26	<b>KOZŁOWSKI Paweł</b>	<b>4098</b>		M40	12	<b>03:02:40.45</b>	+00:50:57 (27.9%)	6:31	9.2 (71.9%)
27	<b>KOT Rafał</b>	<b>4951</b>	LEDLENSER // MUAY RUNNING TEAM	M40	13	<b>03:03:06.40</b>	+00:51:23 (28.1%)	6:32	9.2 (71.9%)
28	<b>PIETRZAK Daniel</b>	<b>4160</b>		M20	7	<b>03:03:32.25</b>	+00:51:49 (28.2%)	6:33	9.2 (71.9%)
29	<b>BRĄCZKOWSKI Damian</b>	<b>4259</b>		M20	8	<b>03:04:28.35</b>	+00:52:45 (28.6%)	6:35	9.1 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
30	<b>WSZOŁEK</b> Mirosław	<b>4242</b>	MYSZOJELENIE	M30	9	<b>03:04:40.20</b>	+00:52:57 (28.7%)	6:35	9.1 (71.1%)
31	<b>CZUMIEL</b> Maciej	<b>4463</b>		M40	14	<b>03:04:43.00</b>	+00:53:00 (28.7%)	6:35	9.1 (71.1%)
32	<b>ROŚ</b> Dominik	<b>4178</b>		M30	10	<b>03:05:01.10</b>	+00:53:18 (28.8%)	6:36	9.1 (71.1%)
33	<b>GILARSKI</b> Rafał	<b>4516</b>	PRO300_PROJECTDISCIPLINE	M30	11	<b>03:05:05.70</b>	+00:53:23 (28.8%)	6:36	9.1 (71.1%)
34	<b>KAKOL</b> Grzegorz	<b>4685</b>	BALLS OF STEEL	M30	12	<b>03:05:35.15</b>	+00:53:52 (29.0%)	6:37	9.1 (71.1%)
35	<b>NOWICKI</b> Łukasz	<b>4299</b>		M40	15	<b>03:05:49.25</b>	+00:54:06 (29.1%)	6:38	9 (70.3%)
36	<b>BARANOWSKI</b> Jacek	<b>4254</b>	JACEKBIEGA RUNNING TEAM	M40	16	<b>03:05:53.80</b>	+00:54:11 (29.1%)	6:38	9 (70.3%)
37	<b>WRÓBLEWSKI</b> Michał	<b>4414</b>	WHISKY AFICIONADOS	M30	13	<b>03:06:17.15</b>	+00:54:34 (29.3%)	6:39	9 (70.3%)
38	<b>FELUCH</b> Krzysztof	<b>4982</b>	JACEK BIEGA RUNNING TEAM	M40	17	<b>03:06:54.40</b>	+00:55:11 (29.5%)	6:40	9 (70.3%)
39	<b>WIEWIÓRA</b> Krzysztof	<b>4598</b>		M30	14	<b>03:08:07.90</b>	+00:56:25 (30.0%)	6:43	8.9 (69.5%)
40	<b>RÓŻALSKI</b> Łukasz	<b>4780</b>		M40	18	<b>03:08:09.05</b>	+00:56:26 (30.0%)	6:43	8.9 (69.5%)
41	<b>SZPYT</b> Grzegorz	<b>4210</b>		M40	19	<b>03:10:20.60</b>	+00:58:37 (30.8%)	6:47	8.8 (68.8%)
42	<b>SZYMAŃSKI</b> Mateusz	<b>4943</b>		M20	9	<b>03:11:21.85</b>	+00:59:39 (31.2%)	6:50	8.8 (68.8%)
43	<b>SUDACKI</b> Sebastian	<b>4812</b>		M20	10	<b>03:12:10.55</b>	+01:00:27 (31.5%)	6:51	8.7 (68.0%)
44	<b>STRADOMSKI</b> Artur	<b>4810</b>	MARKOWI BIEGACZE	M40	20	<b>03:12:17.60</b>	+01:00:34 (31.5%)	6:52	8.7 (68.0%)
45	<b>MUSZYŃSKI</b> Piotr	<b>4145</b>	TEAM PAPRY	M40	21	<b>03:13:03.85</b>	+01:01:21 (31.8%)	6:53	8.7 (68.0%)
46	<b>JAWOREK</b> Grzegorz	<b>4981</b>		M40	22	<b>03:13:06.15</b>	+01:01:23 (31.8%)	6:53	8.7 (68.0%)
47	<b>CIEŚLA</b> Krzysztof	<b>4027</b>		M30	15	<b>03:13:20.10</b>	+01:01:37 (31.9%)	6:54	8.7 (68.0%)
48	<b>RAK</b> Wojciech	<b>4172</b>	SII RUNNING TEAM	M30	16	<b>03:14:09.15</b>	+01:02:26 (32.2%)	6:56	8.7 (68.0%)
49	<b>MOLENDĄ</b> Tomasz	<b>4141</b>		M30	17	<b>03:14:55.85</b>	+01:03:13 (32.4%)	6:57	8.6 (67.2%)
50	<b>KOT</b> Krzysztof	<b>4475</b>	MPK - RZESZÓW	M40	23	<b>03:15:06.35</b>	+01:03:23 (32.5%)	6:58	8.6 (67.2%)
51	<b>BASAŁ</b> Marek	<b>4344</b>	GINGER POWER	M30	18	<b>03:15:17.75</b>	+01:03:35 (32.6%)	6:58	8.6 (67.2%)
52	<b>MORGAŚ</b> Mariusz	<b>4562</b>		M30	19	<b>03:15:28.85</b>	+01:03:46 (32.6%)	6:58	8.6 (67.2%)
53	<b>GADZIŃSKI</b> Marcin	<b>4515</b>		M30	20	<b>03:15:51.30</b>	+01:04:08 (32.8%)	6:59	8.6 (67.2%)
54	<b>BRÓG</b> Wojciech	<b>4628</b>		M40	24	<b>03:16:04.95</b>	+01:04:22 (32.8%)	7:00	8.6 (67.2%)
55	<b>STAROBRAT</b> Arkadiusz	<b>4324</b>	ALETEMPO	M50	1	<b>03:16:13.15</b>	+01:04:30 (32.9%)	7:00	8.6 (67.2%)
56	<b>BARANOWSKI</b> Andrzej	<b>5004</b>	TRIWAWA	M30	21	<b>03:16:35.05</b>	+01:04:52 (33.0%)	7:01	8.5 (66.4%)
57	<b>LIPIŃSKI</b> Hubert	<b>4721</b>	KS KANAŁEK	M30	22	<b>03:17:38.35</b>	+01:05:55 (33.4%)	7:03	8.5 (66.4%)
58	<b>ZIELIŃSKI</b> Piotr	<b>4846</b>		M30	23	<b>03:17:39.20</b>	+01:05:56 (33.4%)	7:03	8.5 (66.4%)
59	<b>PODCZASZY</b> Tomasz	<b>4162</b>	AZS AWF MASTERS KRAKÓW	M30	24	<b>03:18:13.40</b>	+01:06:30 (33.6%)	7:04	8.5 (66.4%)
60	<b>KOWALSKI</b> Sebastian	<b>4094</b>		M40	25	<b>03:18:17.00</b>	+01:06:34 (33.6%)	7:04	8.5 (66.4%)
61	<b>KĘPSKI</b> Rafał	<b>5083</b>		M40	26	<b>03:18:53.20</b>	+01:07:10 (33.8%)	7:06	8.4 (65.6%)
62	<b>SZWED</b> Tomasz	<b>4212</b>	SUSKA GRUPA BIEGOWA	M30	25	<b>03:18:58.20</b>	+01:07:15 (33.8%)	7:06	8.4 (65.6%)
63	<b>LASEK</b> Leszek	<b>4885</b>	KALLIPSO RUNERS TEAM	M50	2	<b>03:19:01.65</b>	+01:07:19 (33.8%)	7:06	8.4 (65.6%)
64	<b>KŁOS</b> Łukasz	<b>4083</b>	ASICSFONTRUNNERPOLSKA	M30	26	<b>03:19:05.85</b>	+01:07:23 (33.8%)	7:06	8.4 (65.6%)
65	<b>FIGIEL</b> Bartosz	<b>4649</b>		M30	27	<b>03:19:34.75</b>	+01:07:52 (34.0%)	7:07	8.4 (65.6%)
66	<b>ASŁANOWICZ</b> Marcin	<b>4498</b>	ŻÓRAWSKI TEAM	M40	27	<b>03:19:57.55</b>	+01:08:14 (34.1%)	7:08	8.4 (65.6%)
67	<b>WOJCIECHOWSKI</b> Tobiasz	<b>4937</b>		M30	28	<b>03:20:14.05</b>	+01:08:31 (34.2%)	7:09	8.4 (65.6%)
68	<b>FILIPIUK</b> Tomek	<b>4266</b>	POWIAT ŚWIDNICKI	M30	29	<b>03:20:19.15</b>	+01:08:36 (34.2%)	7:09	8.4 (65.6%)
69	<b>BRYL</b> Marcin	<b>4629</b>		M40	28	<b>03:22:28.45</b>	+01:10:45 (34.9%)	7:13	8.3 (64.8%)
70	<b>JÓŻWIAK</b> Rafał	<b>5027</b>	JACEKBIEGA RUNNING TEAM	M30	30	<b>03:22:33.60</b>	+01:10:50 (35.0%)	7:14	8.3 (64.8%)
71	<b>RUKUSZEWICZ</b> Wawrzyniec	<b>4781</b>	DZIKIE GRUBASY SZATANA	M40	29	<b>03:22:40.00</b>	+01:10:57 (35.0%)	7:14	8.3 (64.8%)
72	<b>LUBAŃSKI</b> Mateusz	<b>4723</b>	KS BARYCZ MILICZ	M30	31	<b>03:22:47.90</b>	+01:11:05 (35.1%)	7:14	8.3 (64.8%)
73	<b>PYRKOSZ</b> Damian	<b>4170</b>		M50	3	<b>03:23:14.65</b>	+01:11:32 (35.2%)	7:15	8.3 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
74	<b>PODLEŚ Robert</b>	<b>4164</b>	COBI POLAND TEAM	M50	4	<b>03:23:19.50</b>	+01:11:36 (35.2%)	7:15	8.3 (64.8%)
75	<b>KRAHEL Marcin</b>	<b>4544</b>		M30	32	<b>03:23:24.10</b>	+01:11:41 (35.2%)	7:15	8.3 (64.8%)
76	<b>KOŁODZIEJ Roman</b>	<b>4087</b>		M40	30	<b>03:23:30.55</b>	+01:11:47 (35.3%)	7:16	8.3 (64.8%)
77	<b>PYSZYNSKI Mariusz</b>	<b>5088</b>	TRI POWER	M40	31	<b>03:23:30.65</b>	+01:11:48 (35.3%)	7:16	8.3 (64.8%)
78	<b>SOŁOWIEJ Daniel</b>	<b>4191</b>	TEAM KARAŚ ELBLĄG	M40	32	<b>03:24:01.85</b>	+01:12:19 (35.4%)	7:17	8.2 (64.1%)
79	<b>DROZDEK Kacper</b>	<b>4860</b>	BIEGAJĄCE DROZDKI	M20	11	<b>03:24:07.60</b>	+01:12:24 (35.5%)	7:17	8.2 (64.1%)
80	<b>SZKLARSKI Jacek</b>	<b>5052</b>		M40	33	<b>03:24:39.95</b>	+01:12:57 (35.6%)	7:18	8.2 (64.1%)
81	<b>WSZOŁEK Dawid</b>	<b>4243</b>	MYSZOJELENIE	M30	33	<b>03:24:49.90</b>	+01:13:07 (35.7%)	7:18	8.2 (64.1%)
82	<b>POROWSKI Waldek</b>	<b>4973</b>	KB SOBÓTKA	M40	34	<b>03:24:55.10</b>	+01:13:12 (35.7%)	7:19	8.2 (64.1%)
83	<b>CITKOWSKI Dorian</b>	<b>5051</b>		M30	34	<b>03:25:04.95</b>	+01:13:22 (35.8%)	7:19	8.2 (64.1%)
84	<b>MALINA Michał</b>	<b>4382</b>	HUTNIK RUN	M30	35	<b>03:25:29.85</b>	+01:13:47 (35.9%)	7:20	8.2 (64.1%)
85	<b>WARAKSA Tomasz</b>	<b>4491</b>	VEGE RUNNERS	M30	36	<b>03:25:55.35</b>	+01:14:12 (36.0%)	7:21	8.2 (64.1%)
86	<b>SOSNOWSKI Rafał</b>	<b>4922</b>		M30	37	<b>03:27:08.65</b>	+01:15:26 (36.4%)	7:23	8.1 (63.3%)
87	<b>ŻMIJEWSKI Dariusz</b>	<b>5057</b>		M50	5	<b>03:27:59.35</b>	+01:16:16 (36.7%)	7:25	8.1 (63.3%)
88	<b>MAJCZAK Mirosław</b>	<b>4985</b>		M40	35	<b>03:28:43.30</b>	+01:17:00 (36.9%)	7:27	8 (62.5%)
89	<b>RACŁAWICKI Kacper</b>	<b>4958</b>		M20	12	<b>03:28:50.80</b>	+01:17:08 (36.9%)	7:27	8 (62.5%)
90	<b>BODZIOCH Grzegorz</b>	<b>4852</b>	GORLICKA GRUPA BIEGOWA	M40	36	<b>03:29:02.35</b>	+01:17:19 (37.0%)	7:27	8 (62.5%)
91	<b>PROTASIEWICZ Piotr</b>	<b>4911</b>	WISŁA KRAKÓW	M30	38	<b>03:29:33.90</b>	+01:17:51 (37.2%)	7:29	8 (62.5%)
92	<b>FALKOWSKI Piotr</b>	<b>5097</b>		M50	6	<b>03:29:33.95</b>	+01:17:51 (37.2%)	7:29	8 (62.5%)
93	<b>KOCIUMBAS Bartosz</b>	<b>4540</b>	KB SOBÓTKA	M40	37	<b>03:29:40.85</b>	+01:17:58 (37.2%)	7:29	8 (62.5%)
94	<b>OLSZEWSKI Piotr</b>	<b>4445</b>		M20	13	<b>03:29:41.90</b>	+01:17:59 (37.2%)	7:29	8 (62.5%)
95	<b>KUŚMIREK Grzegorz</b>	<b>4882</b>		M40	38	<b>03:29:42.05</b>	+01:17:59 (37.2%)	7:29	8 (62.5%)
96	<b>SYROCKI Arkadiusz</b>	<b>4205</b>	BREMBO	M40	39	<b>03:29:48.65</b>	+01:18:06 (37.2%)	7:29	8 (62.5%)
97	<b>KAWALIŁO Piotr</b>	<b>4081</b>	MPEC RZESZÓW	M30	39	<b>03:29:54.80</b>	+01:18:12 (37.3%)	7:29	8 (62.5%)
98	<b>SIEMIESZ Paweł</b>	<b>4184</b>	SOCA	M20	14	<b>03:29:58.70</b>	+01:18:16 (37.3%)	7:29	8 (62.5%)
99	<b>MUSIOŁ Michał</b>	<b>4443</b>	SARNI TĘTENT	M30	40	<b>03:30:09.90</b>	+01:18:27 (37.3%)	7:30	8 (62.5%)
100	<b>MAŚLANY Mariusz</b>	<b>4289</b>	ELEKTROMETAL ENERGETYKA SA	M40	40	<b>03:30:33.20</b>	+01:18:50 (37.4%)	7:31	8 (62.5%)
101	<b>SZYMAJDA Adam</b>	<b>4816</b>	EQUINI	M40	41	<b>03:31:21.90</b>	+01:19:39 (37.7%)	7:32	7.9 (61.7%)
102	<b>PŁOCHOCKI Piotr</b>	<b>4764</b>	LOBOMOTO	M30	41	<b>03:31:33.00</b>	+01:19:50 (37.7%)	7:33	7.9 (61.7%)
103	<b>LUBAŃSKI Robert</b>	<b>4379</b>	BRAK	M50	7	<b>03:31:58.40</b>	+01:20:15 (37.9%)	7:34	7.9 (61.7%)
104	<b>BUDZYŃSKI Adam</b>	<b>4632</b>	UNITED RUNNERS	M40	42	<b>03:32:16.85</b>	+01:20:34 (38.0%)	7:34	7.9 (61.7%)
105	<b>WOŹNIAK Janusz</b>	<b>4338</b>	PORMAT JEDLICZE BIEGA	M50	8	<b>03:32:30.60</b>	+01:20:47 (38.0%)	7:35	7.9 (61.7%)
106	<b>WYSOCKI Aleksander</b>	<b>4244</b>	MATNER RUNNING TEAM	M30	42	<b>03:32:33.35</b>	+01:20:50 (38.0%)	7:35	7.9 (61.7%)
107	<b>CICHON Maciej</b>	<b>4348</b>	42.195 WEJHEROWO	M40	43	<b>03:32:35.35</b>	+01:20:52 (38.0%)	7:35	7.9 (61.7%)
108	<b>GABRYCH Łukasz</b>	<b>4049</b>	SAINT-GOBAIN SQUAD	M30	43	<b>03:33:34.20</b>	+01:21:51 (38.3%)	7:37	7.9 (61.7%)
109	<b>JADWIŃSKI Wojciech</b>	<b>4674</b>	KS KANAŁEK	M40	44	<b>03:33:53.10</b>	+01:22:10 (38.4%)	7:38	7.9 (61.7%)
110	<b>GUZ Marcin</b>	<b>4870</b>		M40	45	<b>03:33:54.10</b>	+01:22:11 (38.4%)	7:38	7.9 (61.7%)
111	<b>SMACZNY Bartłomiej</b>	<b>4921</b>		M30	44	<b>03:33:56.45</b>	+01:22:13 (38.4%)	7:38	7.9 (61.7%)
112	<b>ZALEWSKI Andrzej</b>	<b>4339</b>	TEAM NUTRILITE	M60	1	<b>03:34:37.40</b>	+01:22:54 (38.6%)	7:39	7.8 (60.9%)
113	<b>SELWANOWICZ Aleksander</b>	<b>4788</b>	G4	M50	9	<b>03:34:40.80</b>	+01:22:58 (38.6%)	7:40	7.8 (60.9%)
114	<b>LEBIEST Radosław</b>	<b>4116</b>		M30	45	<b>03:34:57.60</b>	+01:23:14 (38.7%)	7:40	7.8 (60.9%)
115	<b>KOMOSIŃSKI Łukasz</b>	<b>4088</b>		M40	46	<b>03:35:04.95</b>	+01:23:22 (38.8%)	7:40	7.8 (60.9%)
116	<b>LEŚNIAK Dawid</b>	<b>4118</b>		M30	46	<b>03:35:50.80</b>	+01:24:08 (39.0%)	7:42	7.8 (60.9%)
117	<b>PARUCKI Michał</b>	<b>4750</b>	VEGE RUNNERS / DRUŻYNA BIEGOWA LECHA POZNAŃ	M40	47	<b>03:36:15.60</b>	+01:24:32 (39.1%)	7:43	7.8 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
118	<b>SUMOREK Sebastian</b>	<b>4489</b>		M40	48	<b>03:36:24.50</b>	+01:24:41 (39.1%)	7:43	7.8 (60.9%)
119	<b>KRUPA Grzegorz</b>	<b>5050</b>	KB SOBÓTKA	M40	49	<b>03:36:45.70</b>	+01:25:03 (39.2%)	7:44	7.8 (60.9%)
120	<b>RUSNAK Oleg</b>	<b>4784</b>		M30	47	<b>03:36:50.00</b>	+01:25:07 (39.3%)	7:44	7.7 (60.2%)
121	<b>ADAMKIEWICZ Michał</b>	<b>4610</b>	ŁÓDŻRUNCREW/JAKOTEAM	M30	48	<b>03:37:18.40</b>	+01:25:35 (39.4%)	7:45	7.7 (60.2%)
122	<b>STASIAK Jakub</b>	<b>4195</b>	ORLEN RUNNING TEAM	M40	50	<b>03:37:37.55</b>	+01:25:54 (39.5%)	7:46	7.7 (60.2%)
123	<b>ŚCIBOR Adrian</b>	<b>4929</b>		M30	49	<b>03:38:22.60</b>	+01:26:39 (39.7%)	7:47	7.7 (60.2%)
124	<b>SITEK Arkadiusz</b>	<b>4583</b>	AKTYWNI WĘGRÓW	M40	51	<b>03:38:54.30</b>	+01:27:11 (39.8%)	7:49	7.7 (60.2%)
125	<b>PAGÓRSKI Tomasz</b>	<b>4447</b>		M30	50	<b>03:39:20.70</b>	+01:27:38 (40.0%)	7:50	7.7 (60.2%)
126	<b>JÓZWIAK Piotr</b>	<b>4963</b>	KITA TEAM	M40	52	<b>03:39:49.60</b>	+01:28:06 (40.1%)	7:51	7.6 (59.4%)
127	<b>JAWORSKI Przemysław</b>	<b>4679</b>		M30	51	<b>03:39:55.10</b>	+01:28:12 (40.1%)	7:51	7.6 (59.4%)
128	<b>GŁOGOWSKI Konrad</b>	<b>4517</b>		M30	52	<b>03:40:05.10</b>	+01:28:22 (40.2%)	7:51	7.6 (59.4%)
129	<b>SOWA Wojciech</b>	<b>4923</b>		M20	15	<b>03:40:13.35</b>	+01:28:30 (40.2%)	7:51	7.6 (59.4%)
130	<b>KITOWSKI Bartosz</b>	<b>4082</b>	GŁOGOVI 1925 GŁOGÓW MAŁOPOLSKI	M40	53	<b>03:40:20.00</b>	+01:28:37 (40.2%)	7:52	7.6 (59.4%)
131	<b>KARCZMARCZYK Mateusz</b>	<b>4686</b>		M30	53	<b>03:40:42.95</b>	+01:29:00 (40.3%)	7:52	7.6 (59.4%)
132	<b>SIWEK Maciej</b>	<b>4797</b>	RYKOWISKO TEAM	M40	54	<b>03:41:00.55</b>	+01:29:17 (40.4%)	7:53	7.6 (59.4%)
133	<b>LATAWIEC Bartosz</b>	<b>4114</b>	SZAROTKA ROKICINY PODHALAŃSKI	M30	54	<b>03:41:08.70</b>	+01:29:26 (40.4%)	7:53	7.6 (59.4%)
134	<b>LATAWIEC Jakub</b>	<b>4113</b>		M40	55	<b>03:41:16.85</b>	+01:29:34 (40.5%)	7:54	7.6 (59.4%)
135	<b>RZĘSA Łukasz</b>	<b>4581</b>		M30	55	<b>03:41:18.85</b>	+01:29:36 (40.5%)	7:54	7.6 (59.4%)
136	<b>KUTERA Konrad</b>	<b>4280</b>		M30	56	<b>03:41:35.15</b>	+01:29:52 (40.6%)	7:54	7.6 (59.4%)
137	<b>MUCHA Kamil</b>	<b>4144</b>		M30	57	<b>03:42:00.10</b>	+01:30:17 (40.7%)	7:55	7.6 (59.4%)
138	<b>MIKULSKI Wojciech</b>	<b>4560</b>		M40	56	<b>03:42:58.60</b>	+01:31:15 (40.9%)	7:57	7.5 (58.6%)
139	<b>KALICIŃSKI Jarosław</b>	<b>4368</b>	ŚLĘZAK TEAM	M30	58	<b>03:43:50.50</b>	+01:32:07 (41.2%)	7:59	7.5 (58.6%)
140	<b>BUCZYŃSKI Radosław</b>	<b>4631</b>	COMPANEROS ASFALT TEAM	M30	59	<b>03:44:23.00</b>	+01:32:40 (41.3%)	8:00	7.5 (58.6%)
141	<b>KRÓL Maciej</b>	<b>4704</b>	WIRAN TEAM	M40	57	<b>03:44:26.05</b>	+01:32:43 (41.3%)	8:00	7.5 (58.6%)
142	<b>RUTKOWSKI Adam</b>	<b>4179</b>	OLENDER	M20	16	<b>03:44:47.30</b>	+01:33:04 (41.4%)	8:01	7.5 (58.6%)
143	<b>POPEK Bartosz</b>	<b>4309</b>		M20	17	<b>03:44:52.50</b>	+01:33:09 (41.4%)	8:01	7.5 (58.6%)
144	<b>LUDWICZAK Mariusz</b>	<b>4553</b>	#WKURW-TEAM	M50	10	<b>03:44:58.20</b>	+01:33:15 (41.5%)	8:02	7.5 (58.6%)
145	<b>LEWANDOWSKI Michał</b>	<b>4121</b>		M20	18	<b>03:45:27.50</b>	+01:33:44 (41.6%)	8:03	7.5 (58.6%)
146	<b>SZYNALIK Igor</b>	<b>5044</b>	TISS	M20	19	<b>03:45:28.00</b>	+01:33:45 (41.6%)	8:03	7.5 (58.6%)
147	<b>BIEL Sebastian</b>	<b>4500</b>	BIEGANIE SZYDERCÓW	M30	60	<b>03:45:37.35</b>	+01:33:54 (41.6%)	8:03	7.4 (57.8%)
148	<b>OSLISŁOK Paweł</b>	<b>4154</b>	SOCA	M20	20	<b>03:45:46.20</b>	+01:34:03 (41.7%)	8:03	7.4 (57.8%)
149	<b>DUDEK Maciej</b>	<b>4353</b>		M20	21	<b>03:45:49.10</b>	+01:34:06 (41.7%)	8:03	7.4 (57.8%)
150	<b>BEDNARZ Krzysztof</b>	<b>4256</b>	4K TEAM TARNÓW	M60	2	<b>03:45:54.20</b>	+01:34:11 (41.7%)	8:04	7.4 (57.8%)
151	<b>IWANIEC Piotr</b>	<b>5047</b>	BIEGANIE SZYDERCÓW	M30	61	<b>03:45:56.80</b>	+01:34:14 (41.7%)	8:04	7.4 (57.8%)
152	<b>CZEKAŁSKI Mariusz</b>	<b>5039</b>		M40	58	<b>03:46:16.55</b>	+01:34:33 (41.8%)	8:04	7.4 (57.8%)
153	<b>SACZEWSKI Arkadiusz</b>	<b>4786</b>	DZIKI GOŁOBRZY	M40	59	<b>03:46:56.80</b>	+01:35:14 (42.0%)	8:06	7.4 (57.8%)
154	<b>SEKAL Paweł</b>	<b>4787</b>		M30	62	<b>03:47:17.15</b>	+01:35:34 (42.1%)	8:07	7.4 (57.8%)
155	<b>PIELECHA Rafał</b>	<b>4158</b>	FITNESS FREAK	M40	60	<b>03:47:21.85</b>	+01:35:39 (42.1%)	8:07	7.4 (57.8%)
156	<b>BAUGARTNER Marcin</b>	<b>4616</b>	KLUBSILESIA.PL	M40	61	<b>03:47:48.95</b>	+01:36:06 (42.2%)	8:08	7.4 (57.8%)
157	<b>ZMARLAK Paweł</b>	<b>4956</b>		M20	22	<b>03:47:50.45</b>	+01:36:07 (42.2%)	8:08	7.4 (57.8%)
158	<b>KONDRATOWICZ Bartłomiej</b>	<b>4698</b>		M30	63	<b>03:48:04.30</b>	+01:36:21 (42.3%)	8:08	7.4 (57.8%)
159	<b>HOŁUBIEC Paweł</b>	<b>4471</b>	YULO RUN TEAM SIEDLCE	M40	62	<b>03:48:15.85</b>	+01:36:33 (42.3%)	8:09	7.4 (57.8%)
160	<b>SOBCZYŃSKI Paweł</b>	<b>4190</b>	PEES	M40	63	<b>03:48:24.75</b>	+01:36:42 (42.3%)	8:09	7.4 (57.8%)
161	<b>MUMOT Dariusz</b>	<b>4442</b>		M40	64	<b>03:48:54.05</b>	+01:37:11 (42.5%)	8:10	7.3 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
162	<b>GRACZYK Damian</b>	<b>4426</b>		M30	64	<b>03:48:54.80</b>	+01:37:12 (42.5%)	8:10	7.3 (57.0%)
163	<b>MUCKUS Filip</b>	<b>4740</b>	KS KANAŁEK	M30	65	<b>03:49:00.00</b>	+01:37:17 (42.5%)	8:10	7.3 (57.0%)
164	<b>MASLANKA Michal</b>	<b>4732</b>	BKAS WATAHA	M40	65	<b>03:49:22.15</b>	+01:37:39 (42.6%)	8:11	7.3 (57.0%)
165	<b>CHLIPAŁA Marek</b>	<b>4022</b>		M30	66	<b>03:49:24.95</b>	+01:37:42 (42.6%)	8:11	7.3 (57.0%)
166	<b>WARZOCHA Szymon</b>	<b>4334</b>		M20	23	<b>03:49:41.85</b>	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
167	<b>LISIECKI Jacek</b>	<b>4552</b>	CAMEL W ZALEWIE	M40	66	<b>03:49:42.15</b>	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
168	<b>WALUŚKIEWICZ Artur</b>	<b>4933</b>	SOLA FIDE	M50	11	<b>03:49:52.80</b>	+01:38:10 (42.7%)	8:12	7.3 (57.0%)
169	<b>BOGUSZ Paweł</b>	<b>4014</b>	SANTANDER RUNNERS TEAM	M30	67	<b>03:50:10.70</b>	+01:38:28 (42.8%)	8:13	7.3 (57.0%)
170	<b>WOŹNIAK Mateusz</b>	<b>4939</b>		M30	68	<b>03:50:16.45</b>	+01:38:33 (42.8%)	8:13	7.3 (57.0%)
171	<b>GAŁUSZKA Tomasz</b>	<b>4053</b>	SKITUROWE BIESZCZADY	M40	67	<b>03:50:20.40</b>	+01:38:37 (42.8%)	8:13	7.3 (57.0%)
172	<b>PNIEWSKI Mariusz</b>	<b>4908</b>		M30	69	<b>03:50:31.70</b>	+01:38:49 (42.9%)	8:13	7.3 (57.0%)
173	<b>ZARĘBA Bartłomiej</b>	<b>4841</b>		M30	70	<b>03:50:35.25</b>	+01:38:52 (42.9%)	8:14	7.3 (57.0%)
174	<b>POTERA Maciej</b>	<b>4577</b>		M30	71	<b>03:51:14.55</b>	+01:39:31 (43.0%)	8:15	7.3 (57.0%)
175	<b>SOBOLEWSKI Dariusz</b>	<b>5033</b>	VEGE RUNNERS	M50	12	<b>03:51:17.45</b>	+01:39:34 (43.1%)	8:15	7.3 (57.0%)
176	<b>WRÓBEL Paweł</b>	<b>4604</b>		M40	68	<b>03:52:02.65</b>	+01:40:20 (43.2%)	8:17	7.2 (56.3%)
177	<b>SAPIERZYŃSKI Adam</b>	<b>4582</b>		M30	72	<b>03:52:03.25</b>	+01:40:20 (43.2%)	8:17	7.2 (56.3%)
178	<b>GRABOWICZ Mirosław</b>	<b>4521</b>	SOKÓLSKA GRUPA BIEGOWA	M50	13	<b>03:52:09.75</b>	+01:40:27 (43.3%)	8:17	7.2 (56.3%)
179	<b>MAJCHRZAK Filip</b>	<b>4726</b>	TATERNIK ADVENTURE TEAM	M20	24	<b>03:52:13.70</b>	+01:40:31 (43.3%)	8:17	7.2 (56.3%)
180	<b>SADKOWSKI Paweł</b>	<b>4917</b>		M40	69	<b>03:52:14.65</b>	+01:40:32 (43.3%)	8:17	7.2 (56.3%)
181	<b>KĘPKA Robert</b>	<b>4690</b>	BIEGUSIEM.PL	M40	70	<b>03:52:45.05</b>	+01:41:02 (43.4%)	8:18	7.2 (56.3%)
182	<b>KOSTKA Robert</b>	<b>4091</b>	TEAM ZALEWSKI	M40	71	<b>03:52:47.95</b>	+01:41:05 (43.4%)	8:18	7.2 (56.3%)
183	<b>RUSINEK Łukasz</b>	<b>4783</b>		M30	73	<b>03:52:52.30</b>	+01:41:09 (43.4%)	8:19	7.2 (56.3%)
184	<b>GALEK Adam</b>	<b>4051</b>		M40	72	<b>03:52:59.95</b>	+01:41:17 (43.5%)	8:19	7.2 (56.3%)
185	<b>FLIŚ Łukasz</b>	<b>4651</b>	AKTYWNA PSZCZYNA	M30	74	<b>03:53:14.85</b>	+01:41:32 (43.5%)	8:19	7.2 (56.3%)
186	<b>RENC Patryk</b>	<b>4579</b>	SERCE TYBETU	M30	75	<b>03:53:19.15</b>	+01:41:36 (43.5%)	8:19	7.2 (56.3%)
187	<b>NARZYMSKI Tomasz</b>	<b>4565</b>		M40	73	<b>03:53:27.25</b>	+01:41:44 (43.6%)	8:20	7.2 (56.3%)
188	<b>GRZEJSZCZYK Łukasz</b>	<b>4271</b>		M30	76	<b>03:53:58.25</b>	+01:42:15 (43.7%)	8:21	7.2 (56.3%)
189	<b>JANAS Marian</b>	<b>5037</b>		M60	3	<b>03:54:19.30</b>	+01:42:36 (43.8%)	8:22	7.2 (56.3%)
190	<b>ADAMCZYK Łukasz</b>	<b>4609</b>	SPARTAN TRAINING GROUP WARSZAWA	M30	77	<b>03:54:26.05</b>	+01:42:43 (43.8%)	8:22	7.2 (56.3%)
191	<b>WÓJCIK Karol</b>	<b>4413</b>	NIEWYCHOWANI FIZYCZNIE	M20	25	<b>03:54:33.10</b>	+01:42:50 (43.8%)	8:22	7.2 (56.3%)
192	<b>POPARDA Paweł</b>	<b>5005</b>	PZU SPORT TEAM	M40	74	<b>03:54:42.50</b>	+01:42:59 (43.9%)	8:22	7.2 (56.3%)
193	<b>BUCIOR Łukasz</b>	<b>4970</b>	AZS POLITECHNIKA LUBELSKA	M20	26	<b>03:54:48.55</b>	+01:43:05 (43.9%)	8:23	7.2 (56.3%)
194	<b>GLINKA Jakub</b>	<b>4866</b>		M20	27	<b>03:55:11.20</b>	+01:43:28 (44.0%)	8:23	7.1 (55.5%)
195	<b>TKACZ Przemysław</b>	<b>4594</b>		M40	75	<b>03:55:15.05</b>	+01:43:32 (44.0%)	8:24	7.1 (55.5%)
196	<b>SIKORA Grzegorz</b>	<b>4186</b>		M30	78	<b>03:55:16.35</b>	+01:43:33 (44.0%)	8:24	7.1 (55.5%)
197	<b>STEMPNIAK Jędrzej</b>	<b>4326</b>		M20	28	<b>03:55:38.60</b>	+01:43:55 (44.1%)	8:24	7.1 (55.5%)
198	<b>ŁUSZCZEK Paweł</b>	<b>4129</b>		M40	76	<b>03:55:50.85</b>	+01:44:08 (44.2%)	8:25	7.1 (55.5%)
199	<b>LUTOBORSKI Tomasz</b>	<b>4886</b>		M20	29	<b>03:55:52.20</b>	+01:44:09 (44.2%)	8:25	7.1 (55.5%)
200	<b>BANASZEK Waldemar</b>	<b>4004</b>	FSL	M40	77	<b>03:55:57.25</b>	+01:44:14 (44.2%)	8:25	7.1 (55.5%)
201	<b>KOPANIA Kamil</b>	<b>4089</b>	K.S TĘCZA	M30	79	<b>03:56:02.75</b>	+01:44:20 (44.2%)	8:25	7.1 (55.5%)
202	<b>KUJAWA Marcin</b>	<b>4109</b>		M40	78	<b>03:56:12.00</b>	+01:44:29 (44.2%)	8:26	7.1 (55.5%)
203	<b>SOCHA Jan</b>	<b>4319</b>		M60	4	<b>03:56:22.50</b>	+01:44:39 (44.3%)	8:26	7.1 (55.5%)
204	<b>SKÓRA Przemysław</b>	<b>5042</b>	MONARCHOWIE GÓR	M40	79	<b>03:56:23.40</b>	+01:44:40 (44.3%)	8:26	7.1 (55.5%)
205	<b>GAWŁOWICZ Robert</b>	<b>4054</b>	DZIKIE BORSUKI	M50	14	<b>03:56:25.05</b>	+01:44:42 (44.3%)	8:26	7.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
206	<b>BIENIEK Rafal</b>	<b>4502</b>	BBT	M40	80	<b>03:56:30.30</b>	+01:44:47 (44.3%)	8:26	7.1 (55.5%)
207	<b>BIJATOWSKI Adrian</b>	<b>5017</b>		M30	80	<b>03:56:59.25</b>	+01:45:16 (44.4%)	8:27	7.1 (55.5%)
208	<b>SOWA Bogusław</b>	<b>4192</b>		M30	81	<b>03:57:06.75</b>	+01:45:24 (44.5%)	8:28	7.1 (55.5%)
209	<b>TARNAWSKI Sławomir</b>	<b>4220</b>		M30	82	<b>03:57:07.90</b>	+01:45:25 (44.5%)	8:28	7.1 (55.5%)
210	<b>WIELGOCKI Artur</b>	<b>4597</b>		M30	83	<b>03:57:08.60</b>	+01:45:25 (44.5%)	8:28	7.1 (55.5%)
211	<b>SROKA Zbigniew</b>	<b>4322</b>		M50	15	<b>03:57:14.25</b>	+01:45:31 (44.5%)	8:28	7.1 (55.5%)
212	<b>WYCZAWSKI Piotr</b>	<b>5076</b>		M50	16	<b>03:57:21.10</b>	+01:45:38 (44.5%)	8:28	7.1 (55.5%)
213	<b>LAMENTA Andrzej</b>	<b>4549</b>		M40	81	<b>03:57:31.75</b>	+01:45:49 (44.5%)	8:28	7.1 (55.5%)
214	<b>KOSUDA Paweł</b>	<b>4878</b>	CROSS TRENING MAZOVIA CIECHANÓW	M40	82	<b>03:57:34.70</b>	+01:45:52 (44.6%)	8:29	7.1 (55.5%)
215	<b>GRĘBA Damian</b>	<b>4868</b>	NIEPOŁOMICE BIEGAJĄ	M30	84	<b>03:57:54.60</b>	+01:46:11 (44.6%)	8:29	7.1 (55.5%)
216	<b>MOJSKI Adam</b>	<b>4295</b>	WOLF SYSTEM	M30	85	<b>03:58:02.85</b>	+01:46:20 (44.7%)	8:30	7.1 (55.5%)
217	<b>WIERZBICKI Marek</b>	<b>4830</b>	AKADEMIA KETTLEBELLS WARSZAWA	M30	86	<b>03:58:25.85</b>	+01:46:43 (44.8%)	8:30	7 (54.7%)
218	<b>KORDYŚ Adam</b>	<b>4090</b>	KLUB BIEGOWY SZUSZARNIA	M30	87	<b>03:59:02.95</b>	+01:47:20 (44.9%)	8:32	7 (54.7%)
219	<b>KURZEJA Łukasz</b>	<b>4112</b>	TKKF JASTRZĄB RUDA ŚLĄSKA	M40	83	<b>03:59:03.90</b>	+01:47:21 (44.9%)	8:32	7 (54.7%)
220	<b>BOROWSKI Tomasz</b>	<b>4954</b>	MTS HAMER	M50	17	<b>03:59:04.55</b>	+01:47:21 (44.9%)	8:32	7 (54.7%)
221	<b>ROST Michał</b>	<b>4177</b>		M20	30	<b>03:59:04.60</b>	+01:47:21 (44.9%)	8:32	7 (54.7%)
222	<b>KUNYSZ Paweł</b>	<b>4111</b>		M20	31	<b>03:59:05.55</b>	+01:47:22 (44.9%)	8:32	7 (54.7%)
223	<b>GRABOWSKI Wojciech</b>	<b>4668</b>		M40	84	<b>03:59:10.30</b>	+01:47:27 (44.9%)	8:32	7 (54.7%)
224	<b>KRAJEWSKI Konrad</b>	<b>4880</b>	MARKOWI BIEGACZE	M30	88	<b>03:59:48.65</b>	+01:48:06 (45.1%)	8:33	7 (54.7%)
225	<b>KWIATKOWSKI Kajetan</b>	<b>4437</b>	SUT - STRASZYN ULTRA TEAM	M30	89	<b>04:00:53.15</b>	+01:49:10 (45.3%)	8:36	7 (54.7%)
226	<b>MŁYNARYK Tomasz</b>	<b>4561</b>	BIEGANIE SZYDERCÓW	M30	90	<b>04:00:58.45</b>	+01:49:15 (45.3%)	8:36	7 (54.7%)
227	<b>BARANOWSKI Mariusz</b>	<b>4614</b>		M40	85	<b>04:01:16.85</b>	+01:49:34 (45.4%)	8:37	7 (54.7%)
228	<b>ZABOROWSKI Jan</b>	<b>4839</b>	AKADEMIA KETTLEBELLS	M30	91	<b>04:01:25.35</b>	+01:49:42 (45.4%)	8:37	7 (54.7%)
229	<b>KOZIOŁ Darek</b>	<b>4434</b>		M30	92	<b>04:01:53.05</b>	+01:50:10 (45.5%)	8:38	6.9 (53.9%)
230	<b>STROISZ Grzegorz</b>	<b>4452</b>		M30	93	<b>04:02:06.65</b>	+01:50:24 (45.6%)	8:38	6.9 (53.9%)
231	<b>SZCZĘSNY Rafał</b>	<b>5013</b>		M50	18	<b>04:02:40.85</b>	+01:50:58 (45.7%)	8:40	6.9 (53.9%)
232	<b>SMOSARSKI Łukasz</b>	<b>4398</b>		M30	94	<b>04:02:46.25</b>	+01:51:03 (45.7%)	8:40	6.9 (53.9%)
233	<b>RYBCZYŃSKI Dawid</b>	<b>4451</b>		M30	95	<b>04:03:26.90</b>	+01:51:44 (45.9%)	8:41	6.9 (53.9%)
234	<b>MARCINKOWSKI Michał</b>	<b>4383</b>		M50	19	<b>04:03:28.60</b>	+01:51:45 (45.9%)	8:41	6.9 (53.9%)
235	<b>KĄLDON Sławomir</b>	<b>4472</b>		M30	96	<b>04:03:34.65</b>	+01:51:52 (45.9%)	8:41	6.9 (53.9%)
236	<b>STEFANIUK Rafał</b>	<b>4325</b>	DOBROMIEJSKI KLUB BIEGACZA " ODCISK "	M40	86	<b>04:03:40.95</b>	+01:51:58 (45.9%)	8:42	6.9 (53.9%)
237	<b>WYPLER Marcin</b>	<b>4994</b>	WARTKIE PIERONY	M40	87	<b>04:03:49.60</b>	+01:52:06 (46.0%)	8:42	6.9 (53.9%)
238	<b>WRÓBEL Bartłomiej</b>	<b>4837</b>	CISNA	M40	88	<b>04:04:08.80</b>	+01:52:26 (46.1%)	8:43	6.9 (53.9%)
239	<b>KULIKOWSKI Adam</b>	<b>4708</b>		M30	97	<b>04:05:18.80</b>	+01:53:36 (46.3%)	8:45	6.8 (53.1%)
240	<b>ŚLIWIŃSKI Andrzej</b>	<b>4947</b>		M60	5	<b>04:05:23.40</b>	+01:53:40 (46.3%)	8:45	6.8 (53.1%)
241	<b>NESTEROWICZ Tomasz</b>	<b>4900</b>	BIEGUSIEM.PL	M40	89	<b>04:05:23.85</b>	+01:53:41 (46.3%)	8:45	6.8 (53.1%)
242	<b>PASTERNAK Robert</b>	<b>4306</b>		M50	20	<b>04:05:48.75</b>	+01:54:06 (46.4%)	8:46	6.8 (53.1%)
243	<b>PALIGA Rafał</b>	<b>5000</b>		M40	90	<b>04:06:00.65</b>	+01:54:18 (46.5%)	8:47	6.8 (53.1%)
244	<b>UJMA Stanisław</b>	<b>4229</b>	INTER.AUTO.PL	M60	6	<b>04:06:17.35</b>	+01:54:34 (46.5%)	8:47	6.8 (53.1%)
245	<b>GRUDNIEWSKI Tomasz</b>	<b>4064</b>		M40	91	<b>04:06:19.95</b>	+01:54:37 (46.5%)	8:47	6.8 (53.1%)
246	<b>PRZEWŁOKA Wojciech</b>	<b>4169</b>	SAINT-GOBAIN SQUAD	M40	92	<b>04:06:24.85</b>	+01:54:42 (46.5%)	8:48	6.8 (53.1%)
247	<b>PIRÓG Wojciech</b>	<b>4483</b>		M30	98	<b>04:06:42.00</b>	+01:54:59 (46.6%)	8:48	6.8 (53.1%)
248	<b>BŁAŻAK Bartłomiej</b>	<b>4011</b>		M30	99	<b>04:06:46.05</b>	+01:55:03 (46.6%)	8:48	6.8 (53.1%)
249	<b>ZAJKOWSKI Michał</b>	<b>4416</b>	VEGE RUNNERS	M40	93	<b>04:06:46.10</b>	+01:55:03 (46.6%)	8:48	6.8 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
250	JĘDRZEJEK Marek	4072		M30	100	04:06:51.25	+01:55:08 (46.6%)	8:48	6.8 (53.1%)
251	POBUDKIEWICZ Seweryn	4575		M30	101	04:07:19.55	+01:55:36 (46.7%)	8:49	6.8 (53.1%)
252	NAKONIECZNY Jacek	4385	SII RUNNING TEAM	M30	102	04:08:06.05	+01:56:23 (46.9%)	8:51	6.8 (53.1%)
253	MADAJ Paweł	4130	MADGOLD TEM	M50	21	04:08:41.00	+01:56:58 (47.0%)	8:52	6.8 (53.1%)
254	ORŁOWSKI Robert	4302		M40	94	04:08:51.35	+01:57:08 (47.1%)	8:53	6.8 (53.1%)
255	GŁOWACKI Andrzej	4519	MŁODY VS STARY	M50	22	04:09:06.35	+01:57:23 (47.1%)	8:53	6.7 (52.3%)
256	FURMAŃCZUK Mateusz	4654	GLADIATORS BY RMF4RT	M30	103	04:09:25.40	+01:57:42 (47.2%)	8:54	6.7 (52.3%)
257	MIKOŁAJCZYK Paweł	4441		M30	104	04:09:47.55	+01:58:04 (47.3%)	8:55	6.7 (52.3%)
258	MAREK Tomasz	4136		M40	95	04:09:50.30	+01:58:07 (47.3%)	8:55	6.7 (52.3%)
259	MAŁEK Krzysztof	4132		M30	105	04:09:54.05	+01:58:11 (47.3%)	8:55	6.7 (52.3%)
260	CHMIELEWSKI Tomasz	4260	ZIEMOWIT NOWOGRÓD	M40	96	04:10:08.80	+01:58:26 (47.3%)	8:56	6.7 (52.3%)
261	POGODA Adam	4909		M30	106	04:10:22.70	+01:58:40 (47.4%)	8:56	6.7 (52.3%)
262	SZYNKARUK Wojciech	4953	BEZ KLUBU	M40	97	04:10:25.30	+01:58:42 (47.4%)	8:56	6.7 (52.3%)
263	MITAS Dariusz	4738	PKS - PIWNY KLUB SPORTOWY	M30	107	04:10:26.80	+01:58:44 (47.4%)	8:56	6.7 (52.3%)
264	PAWLIKOWSKI Michał	4307		M40	98	04:10:39.15	+01:58:56 (47.5%)	8:57	6.7 (52.3%)
265	KUŻMA Krzysiek	4715		M40	99	04:10:43.50	+01:59:00 (47.5%)	8:57	6.7 (52.3%)
266	SIPIERA Tomasz	4187		M40	100	04:10:52.20	+01:59:09 (47.5%)	8:57	6.7 (52.3%)
267	BAJOREK Norbert	4003	FITNESS FREAKS	M40	101	04:10:54.55	+01:59:11 (47.5%)	8:57	6.7 (52.3%)
268	WAWRO Szymon	4409		M30	108	04:11:06.65	+01:59:24 (47.5%)	8:58	6.7 (52.3%)
269	CZYŻOWICZ Michał	4032		M30	109	04:11:20.40	+01:59:37 (47.6%)	8:58	6.7 (52.3%)
270	KONDRAK Jan	4697	LUBELSKA FEDERACJA BARDÓW	M60	7	04:11:29.35	+01:59:46 (47.6%)	8:58	6.7 (52.3%)
271	KOCOŃ Mariusz	5010	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	23	04:11:36.45	+01:59:53 (47.7%)	8:59	6.7 (52.3%)
272	KLARECKI Adrian	4691	ULTRA WAY TEAM / ASTMA TEAM	M40	102	04:11:40.70	+01:59:58 (47.7%)	8:59	6.7 (52.3%)
273	ŻUROWSKI Łukasz	4253	BBKS ŁAWECZKA WILANÓW	M40	103	04:11:55.90	+02:00:13 (47.7%)	8:59	6.7 (52.3%)
274	KUŁAKOWSKI Piotr	4709	CZŁAPACZE	M60	8	04:12:15.75	+02:00:33 (47.8%)	9:00	6.7 (52.3%)
275	FIEDORCZUK Łukasz	4996	HDD WINNICZKI	M40	104	04:12:16.00	+02:00:33 (47.8%)	9:00	6.7 (52.3%)
276	FRĄCZEK Piotr	4512	MAKA DRAWSKI MŁYN	M20	32	04:12:22.00	+02:00:39 (47.8%)	9:00	6.7 (52.3%)
277	LITWORA Sebastian	4124		M40	105	04:12:34.20	+02:00:51 (47.9%)	9:01	6.7 (52.3%)
278	KOZŁOWSKI Sebastian	4700		M30	110	04:12:43.75	+02:01:01 (47.9%)	9:01	6.6 (51.6%)
279	PIETRUSZEWSKI Bartłomiej	4573		M40	106	04:13:09.25	+02:01:26 (48.0%)	9:02	6.6 (51.6%)
280	SERAFIN Bartłomiej	4918		M30	111	04:13:23.60	+02:01:40 (48.0%)	9:02	6.6 (51.6%)
281	ZARZYCKI Krzysztof	4842	DZIKI BRZEG	M30	112	04:13:29.40	+02:01:46 (48.0%)	9:03	6.6 (51.6%)
282	CIENKI Szymon	4856		M30	113	04:14:27.15	+02:02:44 (48.2%)	9:05	6.6 (51.6%)
283	SULIMA Grzegorz	4203		M40	107	04:15:02.10	+02:03:19 (48.4%)	9:06	6.6 (51.6%)
284	KWIECIEŃ Krzysztof	4281		M40	108	04:15:16.00	+02:03:33 (48.4%)	9:07	6.6 (51.6%)
285	NOWAK Mirosław	5058	NIE MA	M40	109	04:15:33.90	+02:03:51 (48.5%)	9:07	6.6 (51.6%)
286	CHODZIŃSKI Daniel	4023		M40	110	04:15:36.30	+02:03:53 (48.5%)	9:07	6.6 (51.6%)
287	MICHALCZAK Paweł	4734	WKS WAWEL KRAKÓW BNO	M40	111	04:16:06.00	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
288	TOMAKA Bartłomiej	4819		M40	112	04:16:06.30	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
289	ZAŁĘCKI Michał	4340		M30	114	04:16:54.05	+02:05:11 (48.7%)	9:10	6.5 (50.8%)
290	DYŚKO Łukasz	4037		M30	115	04:17:36.10	+02:05:53 (48.9%)	9:12	6.5 (50.8%)
291	GLAZER Marcin	4945	PKO BANK POLSKI	M30	116	04:17:38.35	+02:05:55 (48.9%)	9:12	6.5 (50.8%)
292	GRABAREK Mateusz	4364		M30	117	04:17:59.80	+02:06:17 (48.9%)	9:12	6.5 (50.8%)
293	SZYMAŃSKI Jakub	4817	BOMBEL TEAM	M20	33	04:18:04.00	+02:06:21 (49.0%)	9:13	6.5 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
294	JAROS Piotr	4968		M30	118	04:18:11.65	+02:06:29 (49.0%)	9:13	6.5 (50.8%)
295	STELMACH Piotr	4808		M40	113	04:18:23.30	+02:06:40 (49.0%)	9:13	6.5 (50.8%)
296	MARKOWSKI Marcin	4731	SZAKALE BAŁUT	M40	114	04:18:35.65	+02:06:53 (49.1%)	9:14	6.5 (50.8%)
297	SIUDA Adam	4188		M30	119	04:18:41.85	+02:06:59 (49.1%)	9:14	6.5 (50.8%)
298	BRZEZIŃSKI Piotr	4017		M30	120	04:18:46.35	+02:07:03 (49.1%)	9:14	6.5 (50.8%)
299	FILA Michał	5003		M30	121	04:18:51.50	+02:07:08 (49.1%)	9:14	6.5 (50.8%)
300	KUCZBORSKI Jarosław	4705	HARPAGAN SOSNOWIEC	M40	115	04:19:10.25	+02:07:27 (49.2%)	9:15	6.5 (50.8%)
301	PŁOCIENICZAK Jacek	4765	SAME LAMY	M20	34	04:19:37.35	+02:07:54 (49.3%)	9:16	6.5 (50.8%)
302	MAZEK Łukasz	4138	A NA ILE KILOMETRÓW TEN MARATON	M30	122	04:20:30.45	+02:08:47 (49.4%)	9:18	6.4 (50.0%)
303	KACZOROWSKI Tomasz	4682	PKS - PIWNY KLUB SPORTOWY	M30	123	04:20:42.80	+02:09:00 (49.5%)	9:18	6.4 (50.0%)
304	KONIECPOLSKI Krzysztof	4432		M50	24	04:20:49.90	+02:09:07 (49.5%)	9:18	6.4 (50.0%)
305	KURKOWSKI Krzysztof	5019		M40	116	04:20:54.90	+02:09:12 (49.5%)	9:19	6.4 (50.0%)
306	LIS Krzysztof	5140		M50	25	04:21:02.90	+02:09:20 (49.5%)	9:19	6.4 (50.0%)
307	GŁAZ Marek	4057		M30	124	04:21:14.50	+02:09:31 (49.6%)	9:19	6.4 (50.0%)
308	PIOTROWSKI Bartłomiej	4161		M30	125	04:21:45.25	+02:10:02 (49.7%)	9:20	6.4 (50.0%)
309	FOGT Maciej	4045	CB163	M40	117	04:21:51.70	+02:10:09 (49.7%)	9:21	6.4 (50.0%)
310	KOWALSKI Marcin	4543	RADOMNO BIEGA	M40	118	04:21:57.50	+02:10:14 (49.7%)	9:21	6.4 (50.0%)
311	CEGIEŁKO Paweł	4854	NIE NALEŻĘ DO KLUBU	M40	119	04:22:01.80	+02:10:19 (49.7%)	9:21	6.4 (50.0%)
312	FLASZEWSKI Adam	4358	SPORTOWY KAŻMIERZ	M30	126	04:23:09.90	+02:11:27 (50.0%)	9:23	6.4 (50.0%)
312	GRABARCZYK Łukasz	4363	PAKIET ODBIORĘ	M30	126	04:23:09.90	+02:11:27 (50.0%)	9:23	6.4 (50.0%)
314	KŁODZIŃSKI Klaudiusz	4539		M50	26	04:23:53.25	+02:12:10 (50.1%)	9:25	6.4 (50.0%)
315	UJMA Paweł	4228	WWW.INTER.AUTO.PL	M40	120	04:23:57.20	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
316	ROGE Michał	4392		M30	128	04:23:57.60	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
317	HUZAREWICZ Heniek	4673		M40	121	04:24:50.90	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
318	SZYMSKI Rafał	4818	CIDRY LOTAJOM	M40	122	04:24:51.50	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
319	BLAJER Piotr	4965		M30	129	04:24:51.95	+02:13:09 (50.3%)	9:27	6.3 (49.2%)
320	OGONOWSKI Michał	4151	CB163	M40	123	04:25:05.95	+02:13:23 (50.3%)	9:28	6.3 (49.2%)
321	RADYK Jakub	4773	PRZEMYSKI KLUB BIEGACZA	M30	130	04:25:42.50	+02:13:59 (50.4%)	9:29	6.3 (49.2%)
322	BIS Tomasz	5029	KAWKA	M40	124	04:25:43.45	+02:14:00 (50.4%)	9:29	6.3 (49.2%)
323	RADZIK Szymon	5030	KAWKA	M40	125	04:25:45.50	+02:14:02 (50.4%)	9:29	6.3 (49.2%)
324	WASIK Michał	4235		M30	131	04:27:04.85	+02:15:22 (50.7%)	9:32	6.3 (49.2%)
325	NOWAK Marcin	4298	KLUB BIEGACZA RTV EURO AGD	M20	35	04:27:21.05	+02:15:38 (50.7%)	9:32	6.3 (49.2%)
326	NIEMIEC Łukasz	4902		M20	36	04:27:22.70	+02:15:40 (50.7%)	9:32	6.3 (49.2%)
327	PASEK Przemysław	4904		M20	37	04:27:23.30	+02:15:40 (50.7%)	9:32	6.3 (49.2%)
328	SOWIŃSKI Mikołaj	4321		M20	38	04:27:35.65	+02:15:53 (50.8%)	9:33	6.3 (49.2%)
329	URBAŃCZYK Marcin	4230		M40	126	04:28:00.10	+02:16:17 (50.9%)	9:34	6.3 (49.2%)
330	STEBELSKI Łukasz	5028	KASZUBY MAN	M40	127	04:28:03.50	+02:16:20 (50.9%)	9:34	6.3 (49.2%)
331	DROZDEK Włodzimierz	4859	BIEGAJĄCE DROZDKI	M50	27	04:28:14.20	+02:16:31 (50.9%)	9:34	6.3 (49.2%)
332	KARPIŁOWSKI Bartosz	4538	VICIOUS CIRCLE	M40	128	04:28:24.45	+02:16:41 (50.9%)	9:35	6.3 (49.2%)
333	GAWRON Paweł	4055	KONINRUN	M60	9	04:28:28.15	+02:16:45 (50.9%)	9:35	6.3 (49.2%)
334	KARSKI Tomasz	4687		M30	132	04:28:39.20	+02:16:56 (51.0%)	9:35	6.3 (49.2%)
335	ROSTEK Arkadiusz	5065		M40	129	04:28:39.90	+02:16:57 (51.0%)	9:35	6.3 (49.2%)
336	GÓRKA Bogusław	4062	SUSKA GRUPA BIEGOWA	M40	130	04:28:42.65	+02:17:00 (51.0%)	9:35	6.3 (49.2%)
337	OLSZEWSKI Jacek	4745	RYKOWISKO TEAM	M40	131	04:29:10.40	+02:17:27 (51.1%)	9:36	6.2 (48.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
338	<b>PISINGAS Mariusz</b>	<b>4574</b>	BIEGANIE TO MÓJ TRZEŻWY	M40	132	<b>04:29:21.40</b>	+02:17:38 (51.1%)	9:37	6.2 (48.4%)
339	<b>DWORNICKI Tomasz</b>	<b>5040</b>	RGB	M40	133	<b>04:29:24.75</b>	+02:17:42 (51.1%)	9:37	6.2 (48.4%)
340	<b>BRODZIAK Arkadiusz</b>	<b>4504</b>		M40	134	<b>04:29:28.30</b>	+02:17:45 (51.1%)	9:37	6.2 (48.4%)
341	<b>CHABLO Daniel</b>	<b>4462</b>	STUMBRASIKI	M40	135	<b>04:29:36.55</b>	+02:17:53 (51.1%)	9:37	6.2 (48.4%)
342	<b>CZELIŃSKI Leszek</b>	<b>4508</b>	CAMEL W ZALEWIE	M50	28	<b>04:29:38.50</b>	+02:17:55 (51.2%)	9:37	6.2 (48.4%)
343	<b>STRZEMIECZNY Piotr</b>	<b>4200</b>		M30	133	<b>04:29:46.75</b>	+02:18:04 (51.2%)	9:38	6.2 (48.4%)
344	<b>PODOLAK Rafał</b>	<b>4766</b>	GLADIATORS BY RMF4RT	M20	39	<b>04:29:58.45</b>	+02:18:15 (51.2%)	9:38	6.2 (48.4%)
345	<b>PIEJAK Tomasz</b>	<b>4760</b>	AKADEMIA KETTLEBELLS WARSZAWA	M30	134	<b>04:30:08.80</b>	+02:18:26 (51.2%)	9:38	6.2 (48.4%)
346	<b>MAŁEK Krzysztof</b>	<b>4133</b>		M40	136	<b>04:30:14.30</b>	+02:18:31 (51.3%)	9:39	6.2 (48.4%)
347	<b>KACZYŃSKI Artur</b>	<b>4683</b>		M40	137	<b>04:31:04.95</b>	+02:19:22 (51.4%)	9:40	6.2 (48.4%)
348	<b>KICIŃSKI Piotr</b>	<b>4371</b>		M40	138	<b>04:31:52.45</b>	+02:20:09 (51.6%)	9:42	6.2 (48.4%)
349	<b>SZMATLOCH Bartłomiej</b>	<b>4208</b>	RETROBAJTEL	M30	135	<b>04:32:02.95</b>	+02:20:20 (51.6%)	9:42	6.2 (48.4%)
350	<b>OSTROWSKI Mirosław</b>	<b>4569</b>		M30	136	<b>04:32:08.90</b>	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
351	<b>IGNASZEWSKI Przemysław</b>	<b>5002</b>	VEGENERAT BIEGOWY	M40	139	<b>04:32:09.20</b>	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
352	<b>SZMATLOCH Maciek</b>	<b>4209</b>	RETROBAJTEL	M40	140	<b>04:32:11.10</b>	+02:20:28 (51.6%)	9:43	6.2 (48.4%)
353	<b>PIĘTKA Piotr</b>	<b>4308</b>	AMERNET	M40	141	<b>04:32:12.70</b>	+02:20:30 (51.6%)	9:43	6.2 (48.4%)
354	<b>GRONIECKI Mikołaj</b>	<b>4983</b>	KTÓRĘDY PO PIWO,)	M40	142	<b>04:32:14.65</b>	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
355	<b>RUPNIK Janusz</b>	<b>4782</b>	K.B. MARATON TUREK	M50	29	<b>04:32:15.60</b>	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
356	<b>RECZEK Sebastian</b>	<b>4315</b>	KS ZIELONO-CZARNI	M40	143	<b>04:32:28.90</b>	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
357	<b>KLĘCZAR Igor</b>	<b>5084</b>		M30	137	<b>04:32:28.95</b>	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
358	<b>RATOWSKI Marek</b>	<b>4314</b>	PODGÓRZ TORUŃ	M40	144	<b>04:32:29.70</b>	+02:20:47 (51.7%)	9:43	6.2 (48.4%)
359	<b>FRANŃSKI Łukasz</b>	<b>4359</b>	NKB CHYŻY NOWY TOMYŚL	M40	145	<b>04:32:44.10</b>	+02:21:01 (51.7%)	9:44	6.2 (48.4%)
360	<b>HAJDUK Tomek</b>	<b>4427</b>	YULO RUN TEAM	M40	146	<b>04:33:26.60</b>	+02:21:43 (51.8%)	9:45	6.1 (47.7%)
361	<b>SICIARSKI Marcin</b>	<b>4317</b>		M40	147	<b>04:34:22.35</b>	+02:22:39 (52.0%)	9:47	6.1 (47.7%)
362	<b>MASŁOWSKI Dariusz</b>	<b>4555</b>		M40	148	<b>04:34:42.90</b>	+02:23:00 (52.1%)	9:48	6.1 (47.7%)
363	<b>SIEROCIŃSKI Robert</b>	<b>4795</b>	CROSSFIT SIEDLCE	M40	149	<b>04:34:50.45</b>	+02:23:07 (52.1%)	9:48	6.1 (47.7%)
364	<b>PREIS Kamil</b>	<b>4167</b>	SII RUNNING TEAM	M20	40	<b>04:35:12.00</b>	+02:23:29 (52.1%)	9:49	6.1 (47.7%)
365	<b>MASZKOWSKI Rafał</b>	<b>4557</b>		M40	150	<b>04:35:17.10</b>	+02:23:34 (52.2%)	9:49	6.1 (47.7%)
366	<b>MAZUREK Grzegorz</b>	<b>4139</b>		M40	151	<b>04:35:32.00</b>	+02:23:49 (52.2%)	9:50	6.1 (47.7%)
367	<b>NĘCKI Łukasz</b>	<b>4741</b>	SŁOŃCA JURY	M40	152	<b>04:35:57.90</b>	+02:24:15 (52.3%)	9:51	6.1 (47.7%)
368	<b>SKORUS Jakub</b>	<b>4488</b>	WKURW_TEAM	M20	41	<b>04:36:02.20</b>	+02:24:19 (52.3%)	9:51	6.1 (47.7%)
369	<b>KASIŃSKI Radosław</b>	<b>4473</b>	HERNIK TEAM	M40	153	<b>04:36:29.00</b>	+02:24:46 (52.4%)	9:52	6.1 (47.7%)
370	<b>TYMA Krzysztof</b>	<b>4405</b>	CB163	M30	138	<b>04:36:30.30</b>	+02:24:47 (52.4%)	9:52	6.1 (47.7%)
371	<b>HATALA Grzegorz</b>	<b>4871</b>		M30	139	<b>04:36:38.90</b>	+02:24:56 (52.4%)	9:52	6.1 (47.7%)
372	<b>JAGODA Mateusz</b>	<b>4529</b>	FUCHS OIL TEAM	M20	42	<b>04:36:52.85</b>	+02:25:10 (52.4%)	9:53	6.1 (47.7%)
373	<b>ROKOSZ Marek</b>	<b>4777</b>		M50	30	<b>04:37:09.40</b>	+02:25:26 (52.5%)	9:53	6.1 (47.7%)
374	<b>SALA Pawel</b>	<b>5016</b>	TURBACZ TRAIL/ B4SPORT TO NAJLEPSZA FIRMA POMIAROWA	M40	154	<b>04:37:13.75</b>	+02:25:31 (52.5%)	9:54	6.1 (47.7%)
375	<b>KASZA Bartosz</b>	<b>4080</b>		M30	140	<b>04:37:26.80</b>	+02:25:44 (52.5%)	9:54	6.1 (47.7%)
376	<b>OSIADŁY Bartosz</b>	<b>4153</b>		M30	141	<b>04:37:37.30</b>	+02:25:54 (52.6%)	9:54	6.1 (47.7%)
377	<b>BOROWIEC Arkadiusz</b>	<b>4625</b>	CHEŁM BIEGA	M40	155	<b>04:38:46.85</b>	+02:27:04 (52.8%)	9:57	6 (46.9%)
378	<b>PRYSZCZ Mirosław</b>	<b>5066</b>		M40	156	<b>04:39:18.90</b>	+02:27:36 (52.8%)	9:58	6 (46.9%)
379	<b>WAŁCZYK Wojciech</b>	<b>4827</b>		M40	157	<b>04:39:34.05</b>	+02:27:51 (52.9%)	9:59	6 (46.9%)
380	<b>SIEWIERSKI Adam</b>	<b>4185</b>	TEAM PAPRY	M40	158	<b>04:39:51.30</b>	+02:28:08 (52.9%)	9:59	6 (46.9%)
381	<b>PODKUL Konrad</b>	<b>4163</b>		M30	142	<b>04:40:06.00</b>	+02:28:23 (53.0%)	10:00	6 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
382	KUCHARSKI Adam	4547		M40	159	04:40:24.10	+02:28:41 (53.0%)	10:00	6 (46.9%)
383	CHYLIŃSKI Bartosz	4507		M30	143	04:40:51.55	+02:29:08 (53.1%)	10:01	6 (46.9%)
384	MAJKA Wojciech	4728	TRENER24H.COM.PL	M40	160	04:41:05.50	+02:29:22 (53.1%)	10:02	6 (46.9%)
385	STOLTMAN Jan	4925		M20	43	04:41:30.65	+02:29:48 (53.2%)	10:03	6 (46.9%)
386	FORNAL Jacek	4046		M30	144	04:41:31.75	+02:29:49 (53.2%)	10:03	6 (46.9%)
387	WYSMOLIŃSKI Jan	4607		M20	44	04:41:32.55	+02:29:49 (53.2%)	10:03	6 (46.9%)
388	KOLASIŃSKI Marcin	4693		M30	145	04:41:40.70	+02:29:58 (53.2%)	10:03	6 (46.9%)
389	OLSZÓWKA Karol	4746		M30	146	04:41:42.50	+02:29:59 (53.2%)	10:03	6 (46.9%)
390	ŚWIERKOWSKI Robert	4216		M40	161	04:41:45.30	+02:30:02 (53.3%)	10:03	6 (46.9%)
391	ANDRZEJEWSKI Maciej	4460	KTÓRĘDY PO PIWO	M30	147	04:41:47.95	+02:30:05 (53.3%)	10:03	6 (46.9%)
392	PENAR Arkadiusz	4448		M50	31	04:42:59.10	+02:31:16 (53.5%)	10:06	5.9 (46.1%)
393	MICHNIEWSKI Tomasz	4140	FENOLE	M40	162	04:43:07.75	+02:31:25 (53.5%)	10:06	5.9 (46.1%)
394	SZOPA Grzegorz	4490		M50	32	04:43:53.90	+02:32:11 (53.6%)	10:08	5.9 (46.1%)
395	CHODZIAK Marcin	5036		M30	148	04:44:19.05	+02:32:36 (53.7%)	10:09	5.9 (46.1%)
396	PAWLAK Bartosz	4753		M40	163	04:45:27.55	+02:33:44 (53.9%)	10:11	5.9 (46.1%)
397	JAMBOR Michał	4676	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	164	04:45:32.25	+02:33:49 (53.9%)	10:11	5.9 (46.1%)
398	KOSTECKI Tomasz	4433	R&T	M40	165	04:45:33.60	+02:33:50 (53.9%)	10:11	5.9 (46.1%)
399	PARAFINIAK Szymon	4304		M30	149	04:45:38.20	+02:33:55 (53.9%)	10:12	5.9 (46.1%)
400	PASTERNAK Wojciech	4305		M40	166	04:46:03.00	+02:34:20 (54.0%)	10:12	5.9 (46.1%)
401	WOŹNIAK Przemysław	4412	WIELISZEW HERON TEAM	M30	150	04:46:43.50	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
402	MAĆZKA Bronisław	5021	OTK RZEŹNIK	M60	10	04:46:43.55	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
403	KRZYSZTOFOWICZ Andrzej	4546		M40	167	04:47:20.15	+02:35:37 (54.2%)	10:15	5.8 (45.3%)
404	DYŚ Wojciech	4036	SANTANDER RUNNERS TEAM	M30	151	04:47:46.55	+02:36:03 (54.2%)	10:16	5.8 (45.3%)
405	MROSZYŃSKI Wojciech	4384	NIGHT RUNNERS	M30	152	04:47:48.60	+02:36:05 (54.2%)	10:16	5.8 (45.3%)
406	ŁUKAWSKI Tomek	3136	B4TEAM	M20	45	04:48:05.85	+02:36:23 (54.3%)	10:17	5.8 (45.3%)
407	KAZIRÓD Sebastian	4474	STUMBRASIKI	M50	33	04:48:18.80	+02:36:36 (54.3%)	10:17	5.8 (45.3%)
408	MROZIK Michał	4999	POWER TRAINING	M30	153	04:48:27.65	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
409	MATYJASIAK Konrad	4890		M40	168	04:48:27.85	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
410	WASIEWICZ Michał	4233		M30	154	04:48:37.05	+02:36:54 (54.4%)	10:18	5.8 (45.3%)
411	KRAWCZYK Sławomir	4100		M50	34	04:49:24.85	+02:37:42 (54.5%)	10:20	5.8 (45.3%)
412	POLAŃSKI Robert	4165	NOĆNE WOŁKI	M40	169	04:49:28.45	+02:37:45 (54.5%)	10:20	5.8 (45.3%)
413	WRÓBEL Radosław	4606		M30	155	04:49:34.10	+02:37:51 (54.5%)	10:20	5.8 (45.3%)
414	WRÓBEL Piotr	4605		M60	11	04:49:34.30	+02:37:51 (54.5%)	10:20	5.8 (45.3%)
415	DZIOPA Paweł	4038	WKURW_TEAM	M50	35	04:49:41.85	+02:37:59 (54.5%)	10:20	5.8 (45.3%)
416	WALKOWSKI Tomasz	4457	AKTYWNI KOCIEWIACY	M30	156	04:50:54.00	+02:39:11 (54.7%)	10:23	5.8 (45.3%)
417	KURZYDŁO Bartosz	4548		M30	157	04:50:59.35	+02:39:16 (54.7%)	10:23	5.8 (45.3%)
418	NOWICKI Bartosz	4990	ROZBIEGANY PIASTÓW	M30	158	04:51:15.85	+02:39:33 (54.8%)	10:24	5.8 (45.3%)
419	GÓRSKI Krzysztof	4267	MK-NET	M40	170	04:51:21.10	+02:39:38 (54.8%)	10:24	5.8 (45.3%)
420	STANISZEWSKI Maciej	4802		M40	171	04:51:30.30	+02:39:47 (54.8%)	10:24	5.8 (45.3%)
421	SZYMCZYK Maciej	4213		M30	159	04:51:47.90	+02:40:05 (54.9%)	10:25	5.8 (45.3%)
422	SMOLEŃ Tomasz	4189		M30	160	04:51:48.05	+02:40:05 (54.9%)	10:25	5.8 (45.3%)
423	WŁADYKA Marcin	4936	ASP WWA	M40	172	04:51:52.70	+02:40:10 (54.9%)	10:25	5.8 (45.3%)
424	ROSZAK Zbigniew	4486	WATAHA ŁĄCZY NAS BIEGANIE	M30	161	04:52:25.50	+02:40:42 (55.0%)	10:26	5.7 (44.5%)
425	DĘBSKI Jan	4464	SOŁTYS SUCHARZEWO	M60	12	04:52:25.75	+02:40:43 (55.0%)	10:26	5.7 (44.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
426	<b>CZAPIŃSKI Bartosz</b>	<b>4637</b>	DZIKI GOŁOBORZY	M40	173	<b>04:52:30.65</b>	+02:40:48 (55.0%)	10:26	5.7 (44.5%)
427	<b>WILOWSKI Wojciech</b>	<b>5011</b>	BIEGANIE SZYDERCOW	M40	174	<b>04:53:05.20</b>	+02:41:22 (55.1%)	10:28	5.7 (44.5%)
428	<b>OBARSKI Norbert</b>	<b>4744</b>		M60	13	<b>04:53:07.75</b>	+02:41:25 (55.1%)	10:28	5.7 (44.5%)
429	<b>RESZKA Łukasz</b>	<b>4316</b>	POWIAT ŚWIDNICKI	M40	175	<b>04:53:11.95</b>	+02:41:29 (55.1%)	10:28	5.7 (44.5%)
430	<b>STANISŁAWSKI Emil</b>	<b>4801</b>	AKADEMIA KETTLEBELLS WARSZAWA	M30	162	<b>04:53:18.95</b>	+02:41:36 (55.1%)	10:28	5.7 (44.5%)
431	<b>WYBRANIEC Wojciech</b>	<b>5063</b>	OFIARY JEDZENIA KOTLETÓW	M40	176	<b>04:54:09.80</b>	+02:42:27 (55.2%)	10:30	5.7 (44.5%)
432	<b>BŁĄŻEJWSKI Kacper</b>	<b>4012</b>	CB163	M30	163	<b>04:54:18.40</b>	+02:42:35 (55.2%)	10:30	5.7 (44.5%)
433	<b>NOWACKI Łukasz</b>	<b>4297</b>	POGODNI	M40	177	<b>04:54:21.95</b>	+02:42:39 (55.3%)	10:30	5.7 (44.5%)
434	<b>CIEŚLA Dariusz</b>	<b>4026</b>		M40	178	<b>04:54:25.50</b>	+02:42:42 (55.3%)	10:30	5.7 (44.5%)
435	<b>KLIMASZYK Łukasz</b>	<b>4273</b>		M20	46	<b>04:54:38.45</b>	+02:42:55 (55.3%)	10:31	5.7 (44.5%)
436	<b>MOCEK Stanisław</b>	<b>4893</b>	EUROFINS	M40	179	<b>04:55:04.45</b>	+02:43:21 (55.4%)	10:32	5.7 (44.5%)
437	<b>PLIŻGA Sebastian</b>	<b>4992</b>	BYDLAKI	M30	164	<b>04:55:50.20</b>	+02:44:07 (55.5%)	10:33	5.7 (44.5%)
438	<b>ZAKRZEWSKI Marcin</b>	<b>4246</b>	#BIEGAMYNAOSTRO	M30	165	<b>04:56:46.15</b>	+02:45:03 (55.6%)	10:35	5.7 (44.5%)
439	<b>PRZYBYŁA Krzysztof</b>	<b>4912</b>	ADIDAS RUNNERS WARSAW	M30	166	<b>04:56:59.35</b>	+02:45:16 (55.7%)	10:36	5.7 (44.5%)
440	<b>KULAK Paweł</b>	<b>4980</b>		M40	180	<b>04:57:26.50</b>	+02:45:43 (55.7%)	10:37	5.6 (43.8%)
441	<b>KROTOS Krzysztof</b>	<b>4102</b>	OQS	M40	181	<b>04:57:35.20</b>	+02:45:52 (55.7%)	10:37	5.6 (43.8%)
442	<b>MASZKOWSKI Piotr</b>	<b>4288</b>	OBORYGENI	M40	182	<b>04:58:02.25</b>	+02:46:19 (55.8%)	10:38	5.6 (43.8%)
443	<b>MOŚ Rafał</b>	<b>5064</b>	B4TEAM	M40	183	<b>04:58:34.55</b>	+02:46:51 (55.9%)	10:39	5.6 (43.8%)
444	<b>TUREK Paweł</b>	<b>4227</b>		M40	184	<b>04:58:53.50</b>	+02:47:10 (55.9%)	10:40	5.6 (43.8%)
445	<b>ZYBERT Mateusz</b>	<b>4848</b>	DABEX-BOLT	M30	167	<b>04:58:54.10</b>	+02:47:11 (55.9%)	10:40	5.6 (43.8%)
446	<b>MOCZYDŁOWSKI Marcin Jan</b>	<b>4955</b>	#BIEGAMYNAOSTRO TEAM	M30	168	<b>04:59:23.75</b>	+02:47:41 (56.0%)	10:41	5.6 (43.8%)
447	<b>SZTANDERA Grzegorz</b>	<b>5046</b>	BIEGANIE SZYDERCÓW	M30	169	<b>04:59:32.65</b>	+02:47:50 (56.0%)	10:41	5.6 (43.8%)
448	<b>KOTARBA Mateusz</b>	<b>4542</b>	MONKEY SAUSAGE	M30	170	<b>04:59:42.15</b>	+02:47:59 (56.1%)	10:42	5.6 (43.8%)
449	<b>GOCYLA Dariusz</b>	<b>4520</b>	DARZYBÓRUNNER-SKA	M50	36	<b>05:00:29.50</b>	+02:48:46 (56.2%)	10:43	5.6 (43.8%)
450	<b>TARNOWSKI Michał</b>	<b>4591</b>		M30	171	<b>05:00:41.35</b>	+02:48:58 (56.2%)	10:44	5.6 (43.8%)
451	<b>KONCA Aleksander</b>	<b>4695</b>	KB OŻARÓW MAZOWIECKI BIEGA	M20	47	<b>05:01:36.95</b>	+02:49:54 (56.3%)	10:46	5.6 (43.8%)
452	<b>STRUS Sebastian</b>	<b>4811</b>		M40	185	<b>05:02:12.00</b>	+02:50:29 (56.4%)	10:47	5.6 (43.8%)
453	<b>KONCA Mariusz</b>	<b>4694</b>	KB OŻARÓW MAZOWIECKI BIEGA	M40	186	<b>05:02:42.05</b>	+02:50:59 (56.5%)	10:48	5.6 (43.8%)
454	<b>ROSTEK Andrzej</b>	<b>4778</b>	MARKOWI BIEGACZE	M50	37	<b>05:03:07.10</b>	+02:51:24 (56.5%)	10:49	5.5 (43.0%)
455	<b>DOMIN Daniel</b>	<b>4034</b>	MULTIPLIER TEAM	M40	187	<b>05:03:22.65</b>	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
456	<b>DENKOWSKI Wojciech</b>	<b>4641</b>	BP RUNNING TEAM	M50	38	<b>05:03:22.80</b>	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
457	<b>CZWAKIEL Krzysztof</b>	<b>4031</b>	JGB SOKÓŁ JAROSŁAW	M30	172	<b>05:03:27.55</b>	+02:51:44 (56.6%)	10:50	5.5 (43.0%)
458	<b>KIEŁCZYŃSKI Waldemar Piotr</b>	<b>4875</b>		M30	173	<b>05:04:28.95</b>	+02:52:46 (56.7%)	10:52	5.5 (43.0%)
459	<b>SULEJA Karol</b>	<b>4813</b>	KB MARATON TUREK	M40	188	<b>05:04:56.25</b>	+02:53:13 (56.8%)	10:53	5.5 (43.0%)
460	<b>KWIATKOWSKI Arkadiusz</b>	<b>4883</b>	MBANK	M40	189	<b>05:05:03.40</b>	+02:53:20 (56.8%)	10:53	5.5 (43.0%)
461	<b>KĘDZIOR Grzegorz</b>	<b>4873</b>		M20	48	<b>05:05:09.55</b>	+02:53:26 (56.8%)	10:53	5.5 (43.0%)
462	<b>SEREDA Andrii</b>	<b>4395</b>		M30	174	<b>05:05:19.30</b>	+02:53:36 (56.9%)	10:54	5.5 (43.0%)
463	<b>POPCZYK Piotr</b>	<b>4166</b>		M40	190	<b>05:05:26.70</b>	+02:53:44 (56.9%)	10:54	5.5 (43.0%)
464	<b>KUBICKI Mariusz</b>	<b>4107</b>	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	M40	191	<b>05:05:35.50</b>	+02:53:52 (56.9%)	10:54	5.5 (43.0%)
465	<b>TRZECIAK Krzysztof</b>	<b>4931</b>	FABRYKA DZIKA	M30	175	<b>05:05:35.60</b>	+02:53:52 (56.9%)	10:54	5.5 (43.0%)
466	<b>SCHMIDT Sebastian</b>	<b>4993</b>		M20	49	<b>05:06:17.15</b>	+02:54:34 (57.0%)	10:56	5.5 (43.0%)
467	<b>TOMKIEWICZ Jakub</b>	<b>4331</b>		M20	50	<b>05:07:02.85</b>	+02:55:20 (57.1%)	10:57	5.5 (43.0%)
468	<b>TOMKIEWICZ Przemysław</b>	<b>4332</b>		M40	192	<b>05:07:02.95</b>	+02:55:20 (57.1%)	10:57	5.5 (43.0%)
469	<b>GRZECHNIK Roman</b>	<b>4468</b>	BIEGAMYRAZEM.PL	M60	14	<b>05:07:41.85</b>	+02:55:59 (57.2%)	10:59	5.5 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
470	ANDRASZ Paweł	4001		M20	51	05:07:50.75	+02:56:08 (57.2%)	10:59	5.5 (43.0%)
471	GOLEBIEWSKI Michał	4969		M40	193	05:08:38.75	+02:56:56 (57.3%)	11:01	5.4 (42.2%)
472	ŁAZARSKI Tomasz	4126		M40	194	05:08:42.10	+02:56:59 (57.3%)	11:01	5.4 (42.2%)
473	SZULC Waldemar	4928	BRAK	M30	176	05:08:58.80	+02:57:16 (57.4%)	11:02	5.4 (42.2%)
474	ŻMUDA Radosław	4849		M40	195	05:09:37.70	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
475	WNUK Przemysław	4834		M30	177	05:09:37.75	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
476	JANIK Johan Janusz	4677	COMPANEROS ASFALT TEAM	M40	196	05:11:08.25	+02:59:25 (57.7%)	11:06	5.4 (42.2%)
477	TERLECKI Władysław	4593	MŁODY VS STARY	M40	197	05:11:12.55	+02:59:29 (57.7%)	11:06	5.4 (42.2%)
478	DUDA Wojciech	4646	SKAWINA BIEGA	M40	198	05:11:51.80	+03:00:09 (57.8%)	11:08	5.4 (42.2%)
479	DYMOWSKI Piotr	4355		M30	178	05:12:24.30	+03:00:41 (57.8%)	11:09	5.4 (42.2%)
480	TOMCZYK Marcin	4404	REZERWOWE PSY	M30	179	05:12:25.30	+03:00:42 (57.8%)	11:09	5.4 (42.2%)
481	CHWASTOWSKI Filip	4347		M30	180	05:13:39.65	+03:01:57 (58.0%)	11:12	5.4 (42.2%)
482	BIBRO Daniel	4008		M30	181	05:13:44.35	+03:02:01 (58.0%)	11:12	5.4 (42.2%)
483	GUCWA Jarosław	4066		M50	39	05:13:44.60	+03:02:01 (58.0%)	11:12	5.4 (42.2%)
484	LENART Tomasz	4718	ŁÓDŻRUNCREW/JAKOTEAM	M40	199	05:14:02.55	+03:02:19 (58.1%)	11:12	5.3 (41.4%)
485	KROCZYK Lesław	4702		M40	200	05:14:08.90	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
486	GDYNIA Daniel	4657		M40	201	05:14:09.45	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
487	GAUDEN Piotr	4467	SPC	M40	202	05:15:21.25	+03:03:38 (58.2%)	11:15	5.3 (41.4%)
488	RYŻYŃSKI Tomasz	4915	CHEŁM BIEGA	M40	203	05:15:45.75	+03:04:03 (58.3%)	11:16	5.3 (41.4%)
489	LASEK Piotr	4283		M40	204	05:15:59.90	+03:04:17 (58.3%)	11:17	5.3 (41.4%)
490	WASZAK Marek	4237		M50	40	05:17:00.40	+03:05:17 (58.5%)	11:19	5.3 (41.4%)
491	KĘPSKI Jarosław	4874		M30	182	05:18:42.75	+03:07:00 (58.7%)	11:22	5.3 (41.4%)
492	GRZEGORZ Skibiński	4670		M40	205	05:19:02.60	+03:07:19 (58.7%)	11:23	5.3 (41.4%)
493	CZAJKA Aleksander	4351		M40	206	05:20:11.90	+03:08:29 (58.9%)	11:26	5.2 (40.6%)
494	MYŚLIWIEC Andrzej	4146		M60	15	05:21:10.15	+03:09:27 (59.0%)	11:28	5.2 (40.6%)
495	HELMAN Jarosław	2187		M40	207	05:21:51.45	+03:10:08 (59.1%)	11:29	5.2 (40.6%)
496	CZEMPIEL Mateusz	4639	LECZYMY DURŚ	M30	183	05:21:55.60	+03:10:12 (59.1%)	11:29	5.2 (40.6%)
497	HARNIK Michał	4524	KOPALNIA MOCY	M30	184	05:22:01.15	+03:10:18 (59.1%)	11:30	5.2 (40.6%)
498	JĘCZMIŃSKI Filip	4533	SAMI SWOI	M20	52	05:22:07.10	+03:10:24 (59.1%)	11:30	5.2 (40.6%)
499	FUDALI Jacek	4048		M30	185	05:22:14.95	+03:10:32 (59.1%)	11:30	5.2 (40.6%)
500	WOŹNIAK Mariusz	4602	ULTRASZY	M50	41	05:25:03.15	+03:13:20 (59.5%)	11:36	5.2 (40.6%)
501	NOWAK Marcin	4742	SZAKALE BAŁUT	M40	208	05:25:07.10	+03:13:24 (59.5%)	11:36	5.2 (40.6%)
502	HERMAN Paweł	4991	MLUKS TRZEBIATÓW	M40	209	05:26:30.25	+03:14:47 (59.7%)	11:39	5.1 (39.8%)
503	RYBIENIK Lech	4394	NIEZRZESZONY	M40	210	05:26:46.45	+03:15:03 (59.7%)	11:40	5.1 (39.8%)
504	BUKAŁA Jacek	4018		M50	42	05:27:51.80	+03:16:09 (59.8%)	11:42	5.1 (39.8%)
505	KOSZAŁKA Marcin	4277	KLUB WYSOKOGÓRSKI KRAKÓW	M50	43	05:28:04.85	+03:16:22 (59.9%)	11:43	5.1 (39.8%)
506	GIERLOTKA Rafał	5043	BRAK	M40	211	05:28:11.15	+03:16:28 (59.9%)	11:43	5.1 (39.8%)
507	NASKRĘT Dariusz	5026		M40	212	05:28:34.95	+03:16:52 (59.9%)	11:44	5.1 (39.8%)
508	PLĄŻEWSKI Paweł	4763	RUNEGADES BRWINÓW	M40	213	05:28:39.25	+03:16:56 (59.9%)	11:44	5.1 (39.8%)
509	BOGUCKI Arkadiusz	4013	AKADEMIA HOLISTYCZNA	M40	214	05:30:17.65	+03:18:35 (60.1%)	11:47	5.1 (39.8%)
510	TROĆ Karol Paweł	4225	SLOW JOGGING SIEDLCE	M40	215	05:30:24.75	+03:18:42 (60.1%)	11:48	5.1 (39.8%)
511	STUDZIŃSKI Michał	4201		M30	186	05:31:06.60	+03:19:23 (60.2%)	11:49	5.1 (39.8%)
512	ŚWIERKOWSKI Piotr	4217		M30	187	05:32:35.25	+03:20:52 (60.4%)	11:52	5.1 (39.8%)
513	WYSOCKI Tomasz	5086		M40	216	05:34:02.60	+03:22:19 (60.6%)	11:55	5 (39.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
514	<b>SIEMIŃSKI Michał</b>	<b>4791</b>	ROZBIEGANY SULEJÓWEK	M30	188	<b>05:35:20.15</b>	+03:23:37 (60.7%)	11:58	5 (39.1%)
515	<b>MIELNICZUK Stanisław</b>	<b>4294</b>	PERFECT RUNNER TEAM	M60	16	<b>05:35:24.80</b>	+03:23:42 (60.7%)	11:58	5 (39.1%)
516	<b>MIELNICZUK Tomasz</b>	<b>4293</b>	PERFECT RUNNER TEAM	M30	189	<b>05:35:24.85</b>	+03:23:42 (60.7%)	11:58	5 (39.1%)
517	<b>KWIECIEŃ Jacek</b>	<b>4716</b>	MARKOWI BIEGACZE	M60	17	<b>05:36:31.30</b>	+03:24:48 (60.9%)	12:01	5 (39.1%)
518	<b>BARTNICKI Filip</b>	<b>4006</b>		M20	53	<b>05:38:04.25</b>	+03:26:21 (61.0%)	12:04	5 (39.1%)
519	<b>TYMOSZUK Michał</b>	<b>4407</b>	KB BIAŁA BIEGA	M40	217	<b>05:38:30.00</b>	+03:26:47 (61.1%)	12:05	5 (39.1%)
520	<b>LASEK Krzysztof</b>	<b>4282</b>	RUN, FOREST, RUN!	M30	190	<b>05:39:45.55</b>	+03:28:02 (61.2%)	12:08	4.9 (38.3%)
521	<b>FURTAK Gerard</b>	<b>4424</b>	ONE WAY TICKET	M20	54	<b>05:39:49.90</b>	+03:28:07 (61.2%)	12:08	4.9 (38.3%)
522	<b>MICHAŁEK Paweł</b>	<b>4440</b>	ONE WAY TICKET	M20	55	<b>05:39:51.85</b>	+03:28:09 (61.2%)	12:08	4.9 (38.3%)
523	<b>KAWECKI Dariusz</b>	<b>4370</b>	ETISOFT RUNNING TEAM	M50	44	<b>05:40:35.35</b>	+03:28:52 (61.3%)	12:09	4.9 (38.3%)
524	<b>FILAS Rafał</b>	<b>5069</b>		M40	218	<b>05:46:24.65</b>	+03:34:42 (62.0%)	12:22	4.8 (37.5%)
525	<b>KOZIEŁ Marcin</b>	<b>4096</b>		M40	219	<b>05:47:35.85</b>	+03:35:53 (62.1%)	12:24	4.8 (37.5%)
526	<b>ŁYSEK Artur</b>	<b>4381</b>	NIE LAM SIĘ	M20	56	<b>05:47:50.00</b>	+03:36:07 (62.1%)	12:25	4.8 (37.5%)
527	<b>BAWOR Marcin</b>	<b>4967</b>		M40	220	<b>05:57:08.60</b>	+03:45:25 (63.1%)	12:45	4.7 (36.7%)
528	<b>KĘPA Piotr</b>	<b>4689</b>	SAME PRZYJEMNOŚCI	M30	191	<b>05:57:24.90</b>	+03:45:42 (63.1%)	12:45	4.7 (36.7%)
529	<b>SREBRO Kacper Antoni</b>	<b>4194</b>		M20	57	<b>05:58:33.85</b>	+03:46:51 (63.3%)	12:48	4.7 (36.7%)
530	<b>SREBRO Michał</b>	<b>4193</b>		M50	45	<b>05:58:35.15</b>	+03:46:52 (63.3%)	12:48	4.7 (36.7%)
531	<b>PIOTROWSKI Marek</b>	<b>4762</b>	MORSOWNICY Z LEGNICY	M50	46	<b>05:58:37.35</b>	+03:46:54 (63.3%)	12:48	4.7 (36.7%)
532	<b>GRACZYK Wojciech</b>	<b>4269</b>		M20	58	<b>05:58:40.55</b>	+03:46:57 (63.3%)	12:48	4.7 (36.7%)
533	<b>WÓJTOWICZ Paweł</b>	<b>4940</b>	-	M50	47	<b>05:59:11.80</b>	+03:47:29 (63.3%)	12:49	4.7 (36.7%)
534	<b>WIATER Krzysztof</b>	<b>4238</b>		M50	48	<b>06:00:44.85</b>	+03:49:02 (63.5%)	12:53	4.7 (36.7%)
535	<b>ROMANOWSKI Sławomir</b>	<b>4485</b>		M60	18	<b>06:01:14.25</b>	+03:49:31 (63.5%)	12:54	4.7 (36.7%)
536	<b>POPIOŁEK Jacek</b>	<b>4910</b>		M40	221	<b>06:02:19.90</b>	+03:50:37 (63.6%)	12:56	4.6 (35.9%)
537	<b>JAGODA Adam</b>	<b>4528</b>	FUCHS OIL TEAM	M50	49	<b>06:07:05.65</b>	+03:55:23 (64.1%)	13:06	4.6 (35.9%)
538	<b>SZADKOWSKI Paweł</b>	<b>5023</b>		M30	192	<b>06:08:52.80</b>	+03:57:10 (64.3%)	13:10	4.6 (35.9%)
539	<b>BRATKO Zbigniew</b>	<b>4420</b>	65+	M60	19	<b>06:11:00.60</b>	+03:59:17 (64.5%)	13:15	4.5 (35.2%)
540	<b>KURCZEWSKI Aleksander</b>	<b>5045</b>		M50	50	<b>06:13:03.10</b>	+04:01:20 (64.7%)	13:19	4.5 (35.2%)
541	<b>JANCZEWSKI Sebastian</b>	<b>4428</b>		M30	193	<b>06:13:26.80</b>	+04:01:44 (64.7%)	13:20	4.5 (35.2%)
542	<b>PERLAK Maciej</b>	<b>4449</b>		M20	59	<b>06:13:27.40</b>	+04:01:44 (64.7%)	13:20	4.5 (35.2%)
543	<b>BIELECKI Tomasz</b>	<b>4618</b>	STOWARZYSZENIE SŁOŃCA JURY	M40	222	<b>06:15:51.05</b>	+04:04:08 (65.0%)	13:25	4.5 (35.2%)
544	<b>PERKOWSKI Tomasz</b>	<b>4756</b>		M40	223	<b>06:18:04.35</b>	+04:06:21 (65.2%)	13:30	4.4 (34.4%)
545	<b>SOŁTYSEK Sebastian</b>	<b>4800</b>	UNIVERSAL SOLDIERS	M40	224	<b>06:18:46.20</b>	+04:07:03 (65.2%)	13:31	4.4 (34.4%)
546	<b>TATARSKI Michał</b>	<b>5072</b>		M20	60	<b>06:21:09.00</b>	+04:09:26 (65.4%)	13:36	4.4 (34.4%)
547	<b>MROZIŃSKI Andrzej</b>	<b>4896</b>	WITAR	M50	51	<b>06:21:21.25</b>	+04:09:38 (65.5%)	13:37	4.4 (34.4%)
548	<b>KACZKIEWICZ Damian</b>	<b>4535</b>	NIGHT RUNNERS GLIWICE	M40	225	<b>06:23:54.30</b>	+04:12:11 (65.7%)	13:42	4.4 (34.4%)
549	<b>LARA Krzysztof</b>	<b>4550</b>	GRUPA JURA PL	M40	226	<b>06:26:52.60</b>	+04:15:09 (66.0%)	13:49	4.3 (33.6%)
550	<b>POPLAWSKI Krystian</b>	<b>4768</b>	GLADIATORS BY RMF 4RT	M30	194	<b>06:33:26.60</b>	+04:21:43 (66.5%)	14:03	4.3 (33.6%)
551	<b>ŻOŁNA Jakub</b>	<b>4850</b>	FULFILL DREAMS TEAM PSZCZYNA	M20	61	<b>06:33:43.70</b>	+04:22:01 (66.5%)	14:03	4.3 (33.6%)
552	<b>ZIENCINA Marcin</b>	<b>4418</b>		M40	227	<b>06:36:57.60</b>	+04:25:14 (66.8%)	14:10	4.2 (32.8%)
553	<b>ZIEŃCINA Mateusz</b>	<b>4419</b>		M30	195	<b>06:37:00.30</b>	+04:25:17 (66.8%)	14:10	4.2 (32.8%)
554	<b>WIDERA Karol</b>	<b>4411</b>		M30	196	<b>06:37:06.25</b>	+04:25:23 (66.8%)	14:10	4.2 (32.8%)
555	<b>BOGUSZEWSKI Grzegorz</b>	<b>4623</b>	UNIVERSALSSPORT	M30	197	<b>06:38:18.15</b>	+04:26:35 (66.9%)	14:13	4.2 (32.8%)
556	<b>KAŁKA Marcin</b>	<b>4076</b>		M40	228	<b>06:39:10.45</b>	+04:27:27 (67.0%)	14:15	4.2 (32.8%)
557	<b>SZKAMRUK Janusz</b>	<b>4453</b>	EXTREMALNE OTK NA RELAKSIE	M60	20	<b>06:41:38.05</b>	+04:29:55 (67.2%)	14:20	4.2 (32.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
558	<b>ELMINOWSKI Wojciech</b>	<b>4357</b>	ELBLĄG	M50	52	<b>06:46:01.90</b>	+04:34:19 (67.6%)	14:30	4.1 (32.0%)
559	<b>OLEKSIAK Filip</b>	<b>5062</b>	UNIVERSAL SPORT	M20	62	<b>06:50:39.15</b>	+04:38:56 (67.9%)	14:39	4.1 (32.0%)
560	<b>DZIĘCIOŁ Adam</b>	<b>4648</b>	UNIVERSALSPORT	M30	198	<b>06:50:40.25</b>	+04:38:57 (67.9%)	14:40	4.1 (32.0%)
561	<b>ŻARNOWSKI Jacek</b>	<b>4608</b>	SAMI SWOI	M40	229	<b>06:51:06.40</b>	+04:39:23 (68.0%)	14:40	4.1 (32.0%)
562	<b>WIELGOSZ Mariusz</b>	<b>4934</b>	BRAK	M50	53	<b>06:52:38.85</b>	+04:40:56 (68.1%)	14:44	4.1 (32.0%)
563	<b>MAJKA Dariusz</b>	<b>4888</b>		M40	230	<b>06:52:39.20</b>	+04:40:56 (68.1%)	14:44	4.1 (32.0%)
564	<b>TWARDOWSKI Tomasz</b>	<b>4595</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	231	<b>06:54:07.05</b>	+04:42:24 (68.2%)	14:47	4.1 (32.0%)
565	<b>PILAWA Hubert</b>	<b>5075</b>		M20	63	<b>06:54:42.70</b>	+04:43:00 (68.2%)	14:48	4.1 (32.0%)
566	<b>NOWIŃSKI Jakub</b>	<b>4149</b>	WYŻSZA SZKOŁA REHABILITACJI	M40	232	<b>07:08:57.05</b>	+04:57:14 (69.3%)	15:19	3.9 (30.5%)
567	<b>BIESZCZ Robert</b>	<b>5035</b>		M40	233	<b>07:09:10.20</b>	+04:57:27 (69.3%)	15:19	3.9 (30.5%)
568	<b>KORWEK Michał</b>	<b>5049</b>		M40	234	<b>07:10:45.25</b>	+04:59:02 (69.4%)	15:23	3.9 (30.5%)
569	<b>PAWŁOWSKI Marcin</b>	<b>4906</b>		M40	235	<b>07:13:27.70</b>	+05:01:45 (69.6%)	15:28	3.9 (30.5%)
570	<b>PRZYBYLIŃSKI Cezary</b>	<b>4770</b>	RUNEGADES BRWINÓW	M40	236	<b>07:16:05.50</b>	+05:04:22 (69.8%)	15:34	3.9 (30.5%)
571	<b>TYCZYŃSKI Krzysztof</b>	<b>4456</b>	"AKTYWNI KOCIEWIACY"	M30	199	<b>07:29:41.40</b>	+05:17:58 (70.7%)	16:03	3.7 (28.9%)
572	<b>KOŚCIELNY Andrzej</b>	<b>4971</b>	AKTYWNI KOCIEWIACY SKÓRCZ	M60	21	<b>07:29:42.90</b>	+05:18:00 (70.7%)	16:03	3.7 (28.9%)
573	<b>REY Patryk</b>	<b>4175</b>	REY RUNNING TEAM	M20	64	<b>07:45:29.60</b>	+05:33:46 (71.7%)	16:37	3.6 (28.1%)
574	<b>REY Andrzej</b>	<b>4174</b>	REY RUNNING TEAM	M40	237	<b>07:45:30.90</b>	+05:33:48 (71.7%)	16:37	3.6 (28.1%)
575	<b>KACZMARCZYK Paweł</b>	<b>4430</b>	TATA I SYN	M20	65	<b>08:48:43.55</b>	+06:37:00 (75.1%)	18:52	3.2 (25.0%)
576	<b>KACZMARCZYK Mirosław</b>	<b>4429</b>	TATA I SYN	M50	54	<b>08:48:44.35</b>	+06:37:01 (75.1%)	18:53	3.2 (25.0%)
577	<b>GAWRON Przemysław</b>	<b>4960</b>	SŁOŃCA JURY	M40	238				(0.0%)
DQ	<b>KARWOWSKI Piotr</b>	<b>5008</b>		M30		<b>06:18:05.45 DQ</b>		0:00	4.4 (34.4%)
	<b>KUKLA Łukasz</b>	<b>4706</b>	DZIKI GOŁOBORZY	M40		<b>DNF</b>		-	-(0.0%)
	<b>WILAMOWSKI Daniel</b>	<b>4335</b>		M30		<b>DNF</b>		-	-(0.0%)
	<b>KUSZ Janusz</b>	<b>4713</b>		M40		<b>DNF</b>		-	-(0.0%)
	<b>ZACNY Łukasz</b>	<b>5055</b>		M30		<b>DNF</b>		-	-(0.0%)

Znaleziono 582 wynik(ów)