



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

RZEŹNICZEK

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
1	SIKOŃCZYK Miłosz	4920	RUNNING PERFORMANCE	M30	1	02:29:07.70		5:19	11.3 (100%)
2	FITAK Wiesław	4043	POLACY BIEGAJĄ W NL	M30	2	02:40:32.20	+00:11:24 (7.1%)	5:44	10.5 (92.9%)
3	WĘGLIŃSKI Mikołaj	4492		M30	3	02:41:02.45	+00:11:54 (7.4%)	5:45	10.4 (92.0%)
4	MULARCZYK Paweł	4899	PAWEŁ MULARCZYK	M30	4	02:41:21.30	+00:12:13 (7.6%)	5:45	10.4 (92.0%)
5	MAZUR Sebastian	4291		M30	5	02:43:12.80	+00:14:05 (8.6%)	5:49	10.3 (91.2%)
6	GABRYCH Arkadiusz	4050		M30	6	02:55:13.90	+00:26:06 (14.9%)	6:15	9.6 (85.0%)
7	STAWIARZ Paweł	4586	140MINUT.PL	M30	7	03:01:24.30	+00:32:16 (17.8%)	6:28	9.3 (82.3%)
8	POŻAROWSZCZYK Adam	4311	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	8	03:01:28.75	+00:32:21 (17.8%)	6:28	9.3 (82.3%)
9	WSZOŁEK Mirosław	4242	MYSZOJELENIE	M30	9	03:04:40.20	+00:35:32 (19.2%)	6:35	9.1 (80.5%)
10	ROŚ Dominik	4178		M30	10	03:05:01.10	+00:35:53 (19.4%)	6:36	9.1 (80.5%)
11	GILARSKI Rafał	4516	PRO300_PROJECTDISCIPLINE	M30	11	03:05:05.70	+00:35:58 (19.4%)	6:36	9.1 (80.5%)
12	KAKOL Grzegorz	4685	BALLS OF STEEL	M30	12	03:05:35.15	+00:36:27 (19.6%)	6:37	9.1 (80.5%)
13	WRÓBLEWSKI Michał	4414	WHISKY AFICIONADOS	M30	13	03:06:17.15	+00:37:09 (19.9%)	6:39	9 (79.6%)
14	WIEWIÓRA Krzysztof	4598		M30	14	03:08:07.90	+00:39:00 (20.7%)	6:43	8.9 (78.8%)
15	CIEŚLA Krzysztof	4027		M30	15	03:13:20.10	+00:44:12 (22.9%)	6:54	8.7 (77.0%)
16	RAK Wojciech	4172	SII RUNNING TEAM	M30	16	03:14:09.15	+00:45:01 (23.2%)	6:56	8.7 (77.0%)
17	MOLENDĄ Tomasz	4141		M30	17	03:14:55.85	+00:45:48 (23.5%)	6:57	8.6 (76.1%)
18	BASĄG Marek	4344	GINGER POWER	M30	18	03:15:17.75	+00:46:10 (23.6%)	6:58	8.6 (76.1%)
19	MORGAŚ Mariusz	4562		M30	19	03:15:28.85	+00:46:21 (23.7%)	6:58	8.6 (76.1%)
20	GADZIŃSKI Marcin	4515		M30	20	03:15:51.30	+00:46:43 (23.9%)	6:59	8.6 (76.1%)
21	BARANOWSKI Andrzej	5004	TRIWAWA	M30	21	03:16:35.05	+00:47:27 (24.1%)	7:01	8.5 (75.2%)
22	LIPIŃSKI Hubert	4721	KS KANAŁEK	M30	22	03:17:38.35	+00:48:30 (24.5%)	7:03	8.5 (75.2%)
23	ZIELIŃSKI Piotr	4846		M30	23	03:17:39.20	+00:48:31 (24.6%)	7:03	8.5 (75.2%)
24	PODCZASZY Tomasz	4162	AZS AWF MASTERS KRAKÓW	M30	24	03:18:13.40	+00:49:05 (24.8%)	7:04	8.5 (75.2%)
25	SZWED Tomasz	4212	SUSKA GRUPA BIEGOWA	M30	25	03:18:58.20	+00:49:50 (25.0%)	7:06	8.4 (74.3%)
26	KŁOS Łukasz	4083	ASICSFRONTRUNNERPOLSKA	M30	26	03:19:05.85	+00:49:58 (25.1%)	7:06	8.4 (74.3%)
27	FIGIEL Bartosz	4649		M30	27	03:19:34.75	+00:50:27 (25.3%)	7:07	8.4 (74.3%)
28	WOJCIECHOWSKI Tobiasz	4937		M30	28	03:20:14.05	+00:51:06 (25.5%)	7:09	8.4 (74.3%)
29	FILIPIUK Tomek	4266	POWIAT ŚWIDNICKI	M30	29	03:20:19.15	+00:51:11 (25.6%)	7:09	8.4 (74.3%)

						Czas netto 28km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				
30	JÓZWIAK Rafał	5027	JACEKBIEGA RUNNING TEAM	M30	30	03:22:33.60	+00:53:25 (26.4%)	7:14	8.3 (73.5%)
31	LUBAŃSKI Mateusz	4723	KS BARYCZ MILICZ	M30	31	03:22:47.90	+00:53:40 (26.5%)	7:14	8.3 (73.5%)
32	KRAHEL Marcin	4544		M30	32	03:23:24.10	+00:54:16 (26.7%)	7:15	8.3 (73.5%)
33	WSZOŁEK Dawid	4243	MYSZOJELENIE	M30	33	03:24:49.90	+00:55:42 (27.2%)	7:18	8.2 (72.6%)
34	CITKOWSKI Dorian	5051		M30	34	03:25:04.95	+00:55:57 (27.3%)	7:19	8.2 (72.6%)
35	MALINA Michał	4382	HUTNIK RUN	M30	35	03:25:29.85	+00:56:22 (27.4%)	7:20	8.2 (72.6%)
36	WARAKSA Tomasz	4491	VEGE RUNNERS	M30	36	03:25:55.35	+00:56:47 (27.6%)	7:21	8.2 (72.6%)
37	SOSNOWSKI Rafał	4922		M30	37	03:27:08.65	+00:58:00 (28.0%)	7:23	8.1 (71.7%)
38	PROTASIEWICZ Piotr	4911	WISŁA KRAKÓW	M30	38	03:29:33.90	+01:00:26 (28.8%)	7:29	8 (70.8%)
39	KAWALIŁO Piotr	4081	MPEC RZESZÓW	M30	39	03:29:54.80	+01:00:47 (29.0%)	7:29	8 (70.8%)
40	MUSIOŁ Michał	4443	SARNI TĘTENT	M30	40	03:30:09.90	+01:01:02 (29.0%)	7:30	8 (70.8%)
41	PŁOCHOCKI Piotr	4764	LOBOMOTO	M30	41	03:31:33.00	+01:02:25 (29.5%)	7:33	7.9 (69.9%)
42	WYSOCKI Aleksander	4244	MATNER RUNNING TEAM	M30	42	03:32:33.35	+01:03:25 (29.8%)	7:35	7.9 (69.9%)
43	GABRYCH Łukasz	4049	SAINT-GOBAIN SQUAD	M30	43	03:33:34.20	+01:04:26 (30.2%)	7:37	7.9 (69.9%)
44	SMACZNY Bartłomiej	4921		M30	44	03:33:56.45	+01:04:48 (30.3%)	7:38	7.9 (69.9%)
45	LEBIEST Radosław	4116		M30	45	03:34:57.60	+01:05:49 (30.6%)	7:40	7.8 (69.0%)
46	LEŚNIAK Dawid	4118		M30	46	03:35:50.80	+01:06:43 (30.9%)	7:42	7.8 (69.0%)
47	RUSNAK Oleg	4784		M30	47	03:36:50.00	+01:07:42 (31.2%)	7:44	7.7 (68.1%)
48	ADAMKIEWICZ Michał	4610	ŁÓDŻRUNCREW/JAKOTEAM	M30	48	03:37:18.40	+01:08:10 (31.4%)	7:45	7.7 (68.1%)
49	ŚCIBOR Adrian	4929		M30	49	03:38:22.60	+01:09:14 (31.7%)	7:47	7.7 (68.1%)
50	PAGÓRSKI Tomasz	4447		M30	50	03:39:20.70	+01:10:13 (32.0%)	7:50	7.7 (68.1%)
51	JAWORSKI Przemysław	4679		M30	51	03:39:55.10	+01:10:47 (32.2%)	7:51	7.6 (67.3%)
52	GŁOGOWSKI Konrad	4517		M30	52	03:40:05.10	+01:10:57 (32.2%)	7:51	7.6 (67.3%)
53	KARCZMARCZYK Mateusz	4686		M30	53	03:40:42.95	+01:11:35 (32.4%)	7:52	7.6 (67.3%)
54	LATAWIEC Bartosz	4114	SZAROTKA ROKICINY PODHALAŃSKI	M30	54	03:41:08.70	+01:12:01 (32.6%)	7:53	7.6 (67.3%)
55	RZĘSA Łukasz	4581		M30	55	03:41:18.85	+01:12:11 (32.6%)	7:54	7.6 (67.3%)
56	KUTERA Konrad	4280		M30	56	03:41:35.15	+01:12:27 (32.7%)	7:54	7.6 (67.3%)
57	MUCHA Kamil	4144		M30	57	03:42:00.10	+01:12:52 (32.8%)	7:55	7.6 (67.3%)
58	KALICIŃSKI Jarosław	4368	ŚLĘZAK TEAM	M30	58	03:43:50.50	+01:14:42 (33.4%)	7:59	7.5 (66.4%)
59	BUCZYŃSKI Radosław	4631	COMPANEROS ASFALT TEAM	M30	59	03:44:23.00	+01:15:15 (33.5%)	8:00	7.5 (66.4%)
60	BIEL Sebastian	4500	BIEGANIE SZYDERCÓW	M30	60	03:45:37.35	+01:16:29 (33.9%)	8:03	7.4 (65.5%)
61	IWANIEC Piotr	5047	BIEGANIE SZYDERCÓW	M30	61	03:45:56.80	+01:16:49 (34.0%)	8:04	7.4 (65.5%)
62	SEKAL Pawel	4787		M30	62	03:47:17.15	+01:18:09 (34.4%)	8:07	7.4 (65.5%)
63	KONDRATOWICZ Bartłomiej	4698		M30	63	03:48:04.30	+01:18:56 (34.6%)	8:08	7.4 (65.5%)
64	GRACZYK Damian	4426		M30	64	03:48:54.80	+01:19:47 (34.9%)	8:10	7.3 (64.6%)
65	MUCKUS Filip	4740	KS KANAŁEK	M30	65	03:49:00.00	+01:19:52 (34.9%)	8:10	7.3 (64.6%)
66	CHLIPAŁA Marek	4022		M30	66	03:49:24.95	+01:20:17 (35.0%)	8:11	7.3 (64.6%)
67	BOGUSZ Paweł	4014	SANTANDER RUNNERS TEAM	M30	67	03:50:10.70	+01:21:03 (35.2%)	8:13	7.3 (64.6%)
68	WOŹNIAK Mateusz	4939		M30	68	03:50:16.45	+01:21:08 (35.2%)	8:13	7.3 (64.6%)
69	PNIEWSKI Mariusz	4908		M30	69	03:50:31.70	+01:21:24 (35.3%)	8:13	7.3 (64.6%)
70	ZARĘBA Bartłomiej	4841		M30	70	03:50:35.25	+01:21:27 (35.3%)	8:14	7.3 (64.6%)
71	POTERA Maciej	4577		M30	71	03:51:14.55	+01:22:06 (35.5%)	8:15	7.3 (64.6%)
72	SAPIERZYŃSKI Adam	4582		M30	72	03:52:03.25	+01:22:55 (35.7%)	8:17	7.2 (63.7%)
73	RUSINEK Łukasz	4783		M30	73	03:52:52.30	+01:23:44 (36.0%)	8:19	7.2 (63.7%)

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Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				
74	FLIŚ Łukasz	4651	AKTYWNA PSZCZYNA	M30	74	03:53:14.85	+01:24:07 (36.1%)	8:19	7.2 (63.7%)
75	RENC Patryk	4579	SERCE TYBETU	M30	75	03:53:19.15	+01:24:11 (36.1%)	8:19	7.2 (63.7%)
76	GRZEJSZCZYK Łukasz	4271		M30	76	03:53:58.25	+01:24:50 (36.3%)	8:21	7.2 (63.7%)
77	ADAMCZYK Łukasz	4609	SPARTAN TRAINING GROUP WARSZAWA	M30	77	03:54:26.05	+01:25:18 (36.4%)	8:22	7.2 (63.7%)
78	SIKORA Grzegorz	4186		M30	78	03:55:16.35	+01:26:08 (36.6%)	8:24	7.1 (62.8%)
79	KOPANIA Kamil	4089	K.S TĘCZA	M30	79	03:56:02.75	+01:26:55 (36.8%)	8:25	7.1 (62.8%)
80	BIJATOWSKI Adrian	5017		M30	80	03:56:59.25	+01:27:51 (37.1%)	8:27	7.1 (62.8%)
81	SOWA Bogusław	4192		M30	81	03:57:06.75	+01:27:59 (37.1%)	8:28	7.1 (62.8%)
82	TARNAWSKI Sławomir	4220		M30	82	03:57:07.90	+01:28:00 (37.1%)	8:28	7.1 (62.8%)
83	WIELGOCKI Artur	4597		M30	83	03:57:08.60	+01:28:00 (37.1%)	8:28	7.1 (62.8%)
84	GRĘBA Damian	4868	NIEPOŁOMICE BIEGAJĄ	M30	84	03:57:54.60	+01:28:46 (37.3%)	8:29	7.1 (62.8%)
85	MOJSKI Adam	4295	WOLF SYSTEM	M30	85	03:58:02.85	+01:28:55 (37.4%)	8:30	7.1 (62.8%)
86	WIERZBICKI Marek	4830	AKADEMIA KETTLEBELLS WARSZAWA	M30	86	03:58:25.85	+01:29:18 (37.5%)	8:30	7 (61.9%)
87	KORDYŚ Adam	4090	KLUB BIEGOWY SZUSZARNIA	M30	87	03:59:02.95	+01:29:55 (37.6%)	8:32	7 (61.9%)
88	KRAJEWSKI Konrad	4880	MARKOWI BIEGACZE	M30	88	03:59:48.65	+01:30:40 (37.8%)	8:33	7 (61.9%)
89	KWIATKOWSKI Kajetan	4437	SUT - STRASZYN ULTRA TEAM	M30	89	04:00:53.15	+01:31:45 (38.1%)	8:36	7 (61.9%)
90	MŁYNARYK Tomasz	4561	BIEGANIE SZYDERCÓW	M30	90	04:00:58.45	+01:31:50 (38.1%)	8:36	7 (61.9%)
91	ZABOROWSKI Jan	4839	AKADEMIA KETTLEBELLS	M30	91	04:01:25.35	+01:32:17 (38.2%)	8:37	7 (61.9%)
92	KOZIOŁ Darek	4434		M30	92	04:01:53.05	+01:32:45 (38.3%)	8:38	6.9 (61.1%)
93	STROISZ Grzegorz	4452		M30	93	04:02:06.65	+01:32:58 (38.4%)	8:38	6.9 (61.1%)
94	SMOSARSKI Łukasz	4398		M30	94	04:02:46.25	+01:33:38 (38.6%)	8:40	6.9 (61.1%)
95	RYBCZYŃSKI Dawid	4451		M30	95	04:03:26.90	+01:34:19 (38.7%)	8:41	6.9 (61.1%)
96	KAŁDON Sławomir	4472		M30	96	04:03:34.65	+01:34:26 (38.8%)	8:41	6.9 (61.1%)
97	KULIKOWSKI Adam	4708		M30	97	04:05:18.80	+01:36:11 (39.2%)	8:45	6.8 (60.2%)
98	PIRÓG Wojciech	4483		M30	98	04:06:42.00	+01:37:34 (39.6%)	8:48	6.8 (60.2%)
99	BŁAŻAK Bartłomiej	4011		M30	99	04:06:46.05	+01:37:38 (39.6%)	8:48	6.8 (60.2%)
100	JĘDRZEJEK Marek	4072		M30	100	04:06:51.25	+01:37:43 (39.6%)	8:48	6.8 (60.2%)
101	POBUDKIEWICZ Seweryn	4575		M30	101	04:07:19.55	+01:38:11 (39.7%)	8:49	6.8 (60.2%)
102	NAKONIECZNY Jacek	4385	SII RUNNING TEAM	M30	102	04:08:06.05	+01:38:58 (39.9%)	8:51	6.8 (60.2%)
103	FURMAŃCZUK Mateusz	4654	GLADIATORS BY RMF4RT	M30	103	04:09:25.40	+01:40:17 (40.2%)	8:54	6.7 (59.3%)
104	MIKOŁAJCZYK Paweł	4441		M30	104	04:09:47.55	+01:40:39 (40.3%)	8:55	6.7 (59.3%)
105	MAŁEK Krzysztof	4132		M30	105	04:09:54.05	+01:40:46 (40.3%)	8:55	6.7 (59.3%)
106	POGODA Adam	4909		M30	106	04:10:22.70	+01:41:15 (40.4%)	8:56	6.7 (59.3%)
107	MITAS Dariusz	4738	PKS - PIWNY KLUB SPORTOWY	M30	107	04:10:26.80	+01:41:19 (40.5%)	8:56	6.7 (59.3%)
108	WAWRO Szymon	4409		M30	108	04:11:06.65	+01:41:58 (40.6%)	8:58	6.7 (59.3%)
109	CZYŻOWICZ Michał	4032		M30	109	04:11:20.40	+01:42:12 (40.7%)	8:58	6.7 (59.3%)
110	KOZŁOWSKI Sebastian	4700		M30	110	04:12:43.75	+01:43:36 (41.0%)	9:01	6.6 (58.4%)
111	SERAFIN Bartłomiej	4918		M30	111	04:13:23.60	+01:44:15 (41.1%)	9:02	6.6 (58.4%)
112	ZARZYCKI Krzysztof	4842	DZIKI BRZEG	M30	112	04:13:29.40	+01:44:21 (41.2%)	9:03	6.6 (58.4%)
113	CIENKI Szymon	4856		M30	113	04:14:27.15	+01:45:19 (41.4%)	9:05	6.6 (58.4%)
114	ZAŁĘCKI Michał	4340		M30	114	04:16:54.05	+01:47:46 (42.0%)	9:10	6.5 (57.5%)
115	DYŚKO Łukasz	4037		M30	115	04:17:36.10	+01:48:28 (42.1%)	9:12	6.5 (57.5%)
116	GLAZER Marcin	4945	PKO BANK POLSKI	M30	116	04:17:38.35	+01:48:30 (42.1%)	9:12	6.5 (57.5%)
117	GRABAREK Mateusz	4364		M30	117	04:17:59.80	+01:48:52 (42.2%)	9:12	6.5 (57.5%)

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Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				
118	JAROS Piotr	4968		M30	118	04:18:11.65	+01:49:03 (42.2%)	9:13	6.5 (57.5%)
119	SIUDA Adam	4188		M30	119	04:18:41.85	+01:49:34 (42.4%)	9:14	6.5 (57.5%)
120	BRZEZIŃSKI Piotr	4017		M30	120	04:18:46.35	+01:49:38 (42.4%)	9:14	6.5 (57.5%)
121	FILA Michał	5003		M30	121	04:18:51.50	+01:49:43 (42.4%)	9:14	6.5 (57.5%)
122	MAZEK Łukasz	4138	A NA ILE KILOMETRÓW TEN MARATON	M30	122	04:20:30.45	+01:51:22 (42.8%)	9:18	6.4 (56.6%)
123	KACZOROWSKI Tomasz	4682	PKS - PIWNY KLUB SPORTOWY	M30	123	04:20:42.80	+01:51:35 (42.8%)	9:18	6.4 (56.6%)
124	GŁAZ Marek	4057		M30	124	04:21:14.50	+01:52:06 (42.9%)	9:19	6.4 (56.6%)
125	PIOTROWSKI Bartłomiej	4161		M30	125	04:21:45.25	+01:52:37 (43.0%)	9:20	6.4 (56.6%)
126	FLASZEWSKI Adam	4358	SPORTOWY KAŻMIERZ	M30	126	04:23:09.90	+01:54:02 (43.3%)	9:23	6.4 (56.6%)
126	GRABARCZYK Łukasz	4363	PAKIET ODBIORĘ	M30	126	04:23:09.90	+01:54:02 (43.3%)	9:23	6.4 (56.6%)
128	ROGE Michał	4392		M30	128	04:23:57.60	+01:54:49 (43.5%)	9:25	6.4 (56.6%)
129	BLAJER Piotr	4965		M30	129	04:24:51.95	+01:55:44 (43.7%)	9:27	6.3 (55.8%)
130	RADYK Jakub	4773	PRZEMYSKI KLUB BIEGACZA	M30	130	04:25:42.50	+01:56:34 (43.9%)	9:29	6.3 (55.8%)
131	WASIK Michał	4235		M30	131	04:27:04.85	+01:57:57 (44.2%)	9:32	6.3 (55.8%)
132	KARSKI Tomasz	4687		M30	132	04:28:39.20	+01:59:31 (44.5%)	9:35	6.3 (55.8%)
133	STRZEMIECZNY Piotr	4200		M30	133	04:29:46.75	+02:00:39 (44.7%)	9:38	6.2 (54.9%)
134	PIEJAK Tomasz	4760	AKADEMIA KETTLEBELLS WARSZAWA	M30	134	04:30:08.80	+02:01:01 (44.8%)	9:38	6.2 (54.9%)
135	SZMATŁOCH Bartłomiej	4208	RETROBAJTEL	M30	135	04:32:02.95	+02:02:55 (45.2%)	9:42	6.2 (54.9%)
136	OSTROWSKI Mirosław	4569		M30	136	04:32:08.90	+02:03:01 (45.2%)	9:43	6.2 (54.9%)
137	KLĘCZAR Igor	5084		M30	137	04:32:28.95	+02:03:21 (45.3%)	9:43	6.2 (54.9%)
138	TYMA Krzysztof	4405	CB163	M30	138	04:36:30.30	+02:07:22 (46.1%)	9:52	6.1 (54.0%)
139	HATAŁA Grzegorz	4871		M30	139	04:36:38.90	+02:07:31 (46.1%)	9:52	6.1 (54.0%)
140	KASZA Bartosz	4080		M30	140	04:37:26.80	+02:08:19 (46.2%)	9:54	6.1 (54.0%)
141	OSIADŁY Bartosz	4153		M30	141	04:37:37.30	+02:08:29 (46.3%)	9:54	6.1 (54.0%)
142	PODKUL Konrad	4163		M30	142	04:40:06.00	+02:10:58 (46.8%)	10:00	6 (53.1%)
143	CHYLIŃSKI Bartosz	4507		M30	143	04:40:51.55	+02:11:43 (46.9%)	10:01	6 (53.1%)
144	FORNAL Jacek	4046		M30	144	04:41:31.75	+02:12:24 (47.0%)	10:03	6 (53.1%)
145	KOLASIŃSKI Marcin	4693		M30	145	04:41:40.70	+02:12:33 (47.1%)	10:03	6 (53.1%)
146	OLSZÓWKA Karol	4746		M30	146	04:41:42.50	+02:12:34 (47.1%)	10:03	6 (53.1%)
147	ANDRZEJEWSKI Maciej	4460	KTÓRĘDY PO PIWO	M30	147	04:41:47.95	+02:12:40 (47.1%)	10:03	6 (53.1%)
148	CHODZIAK Marcin	5036		M30	148	04:44:19.05	+02:15:11 (47.5%)	10:09	5.9 (52.2%)
149	PARAFINIAK Szymon	4304		M30	149	04:45:38.20	+02:16:30 (47.8%)	10:12	5.9 (52.2%)
150	WOŹNIAK Przemysław	4412	WIELISZEW HERON TEAM	M30	150	04:46:43.50	+02:17:35 (48.0%)	10:14	5.9 (52.2%)
151	DYŚ Wojciech	4036	SANTANDER RUNNERS TEAM	M30	151	04:47:46.55	+02:18:38 (48.2%)	10:16	5.8 (51.3%)
152	MROSZYŃSKI Wojciech	4384	NIGHT RUNNERS	M30	152	04:47:48.60	+02:18:40 (48.2%)	10:16	5.8 (51.3%)
153	MROZIK Michał	4999	POWER TRAINING	M30	153	04:48:27.65	+02:19:19 (48.3%)	10:18	5.8 (51.3%)
154	WASIEWICZ Michał	4233		M30	154	04:48:37.05	+02:19:29 (48.3%)	10:18	5.8 (51.3%)
155	WRÓBEL Radosław	4606		M30	155	04:49:34.10	+02:20:26 (48.5%)	10:20	5.8 (51.3%)
156	WALKOWSKI Tomasz	4457	AKTYWNI KOCIEWIACY	M30	156	04:50:54.00	+02:21:46 (48.7%)	10:23	5.8 (51.3%)
157	KURZYDŁO Bartosz	4548		M30	157	04:50:59.35	+02:21:51 (48.8%)	10:23	5.8 (51.3%)
158	NOWICKI Bartosz	4990	ROZBIEGANY PIASTÓW	M30	158	04:51:15.85	+02:22:08 (48.8%)	10:24	5.8 (51.3%)
159	SZYMCHYK Maciej	4213		M30	159	04:51:47.90	+02:22:40 (48.9%)	10:25	5.8 (51.3%)
160	SMOLEŃ Tomasz	4189		M30	160	04:51:48.05	+02:22:40 (48.9%)	10:25	5.8 (51.3%)
161	ROSZAK Zbigniew	4486	WATAHA ŁĄCZY NAS BIEGANIE	M30	161	04:52:25.50	+02:23:17 (49.0%)	10:26	5.7 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
162	STANISŁAWSKI Emil	4801	AKADEMIA KETTLEBELLS WARSZAWA	M30	162	04:53:18.95	+02:24:11 (49.2%)	10:28	5.7 (50.4%)
163	BŁAŻEWSKI Kacper	4012	CB163	M30	163	04:54:18.40	+02:25:10 (49.3%)	10:30	5.7 (50.4%)
164	PLIŻGA Sebastian	4992	BYDLAKI	M30	164	04:55:50.20	+02:26:42 (49.6%)	10:33	5.7 (50.4%)
165	ZAKRZEWSKI Marcin	4246	#BIEGAMYNAOSTRO	M30	165	04:56:46.15	+02:27:38 (49.7%)	10:35	5.7 (50.4%)
166	PRZYBYŁA Krzysztof	4912	ADIDAS RUNNERS WARSAW	M30	166	04:56:59.35	+02:27:51 (49.8%)	10:36	5.7 (50.4%)
167	ZYBERT Mateusz	4848	DABEX-BOLT	M30	167	04:58:54.10	+02:29:46 (50.1%)	10:40	5.6 (49.6%)
168	MOCZYDŁOWSKI Marcin Jan	4955	#BIEGAMYNAOSTRO TEAM	M30	168	04:59:23.75	+02:30:16 (50.2%)	10:41	5.6 (49.6%)
169	SZTANDERA Grzegorz	5046	BIEGANIE SZYDERCÓW	M30	169	04:59:32.65	+02:30:24 (50.2%)	10:41	5.6 (49.6%)
170	KOTARBA Mateusz	4542	MONKEY SAUSAGE	M30	170	04:59:42.15	+02:30:34 (50.2%)	10:42	5.6 (49.6%)
171	TARNOWSKI Michał	4591		M30	171	05:00:41.35	+02:31:33 (50.4%)	10:44	5.6 (49.6%)
172	CZWAKIEL Krzysztof	4031	JGB SOKÓŁ JAROSŁAW	M30	172	05:03:27.55	+02:34:19 (50.9%)	10:50	5.5 (48.7%)
173	KIEŁCZYŃSKI Waldemar Piotr	4875		M30	173	05:04:28.95	+02:35:21 (51.0%)	10:52	5.5 (48.7%)
174	SEREDA Andrii	4395		M30	174	05:05:19.30	+02:36:11 (51.2%)	10:54	5.5 (48.7%)
175	TRZECIAK Krzysztof	4931	FABRYKA DZIKA	M30	175	05:05:35.60	+02:36:27 (51.2%)	10:54	5.5 (48.7%)
176	SZULC Waldemar	4928	BRAK	M30	176	05:08:58.80	+02:39:51 (51.7%)	11:02	5.4 (47.8%)
177	WNUK Przemysław	4834		M30	177	05:09:37.75	+02:40:30 (51.8%)	11:03	5.4 (47.8%)
178	DYMOWSKI Piotr	4355		M30	178	05:12:24.30	+02:43:16 (52.3%)	11:09	5.4 (47.8%)
179	TOMCZYK Marcin	4404	REZERWOWE PSY	M30	179	05:12:25.30	+02:43:17 (52.3%)	11:09	5.4 (47.8%)
180	CHWASTOWSKI Filip	4347		M30	180	05:13:39.65	+02:44:31 (52.5%)	11:12	5.4 (47.8%)
181	BIBRO Daniel	4008		M30	181	05:13:44.35	+02:44:36 (52.5%)	11:12	5.4 (47.8%)
182	KĘPSKI Jarosław	4874		M30	182	05:18:42.75	+02:49:35 (53.2%)	11:22	5.3 (46.9%)
183	CZEMPIEL Mateusz	4639	LECZYMY DURŚ	M30	183	05:21:55.60	+02:52:47 (53.7%)	11:29	5.2 (46.0%)
184	HARNIK Michał	4524	KOPALNIA MOCY	M30	184	05:22:01.15	+02:52:53 (53.7%)	11:30	5.2 (46.0%)
185	FUDALI Jacek	4048		M30	185	05:22:14.95	+02:53:07 (53.7%)	11:30	5.2 (46.0%)
186	STUDZIŃSKI Michał	4201		M30	186	05:31:06.60	+03:01:58 (55.0%)	11:49	5.1 (45.1%)
187	ŚWIERKOWSKI Piotr	4217		M30	187	05:32:35.25	+03:03:27 (55.2%)	11:52	5.1 (45.1%)
188	SIEMIŃSKI Michał	4791	ROZBIEGANY SULEJÓWEK	M30	188	05:35:20.15	+03:06:12 (55.5%)	11:58	5 (44.2%)
189	MIELNICZUK Tomasz	4293	PERFECT RUNNER TEAM	M30	189	05:35:24.85	+03:06:17 (55.5%)	11:58	5 (44.2%)
190	LASEK Krzysztof	4282	RUN, FOREST, RUN!	M30	190	05:39:45.55	+03:10:37 (56.1%)	12:08	4.9 (43.4%)
191	KĘPA Piotr	4689	SAME PRZYJEMNOŚCI	M30	191	05:57:24.90	+03:28:17 (58.3%)	12:45	4.7 (41.6%)
192	SZADKOWSKI Paweł	5023		M30	192	06:08:52.80	+03:39:45 (59.6%)	13:10	4.6 (40.7%)
193	JANCZEWSKI Sebastian	4428		M30	193	06:13:26.80	+03:44:19 (60.1%)	13:20	4.5 (39.8%)
194	POPŁAWSKI Krystian	4768	GLADIATORS BY RMF 4RT	M30	194	06:33:26.60	+04:04:18 (62.1%)	14:03	4.3 (38.1%)
195	ZIĘNCINA Mateusz	4419		M30	195	06:37:00.30	+04:07:52 (62.4%)	14:10	4.2 (37.2%)
196	WIDERA Karol	4411		M30	196	06:37:06.25	+04:07:58 (62.4%)	14:10	4.2 (37.2%)
197	BOGUSZEWSKI Grzegorz	4623	UNIVERSALSPORT	M30	197	06:38:18.15	+04:09:10 (62.6%)	14:13	4.2 (37.2%)
198	DZIĘCIOŁ Adam	4648	UNIVERSALSPORT	M30	198	06:50:40.25	+04:21:32 (63.7%)	14:40	4.1 (36.3%)
199	TYCZYŃSKI Krzysztof	4456	"AKTYWNI KOCIEWIACY"	M30	199	07:29:41.40	+05:00:33 (66.8%)	16:03	3.7 (32.7%)
DQ	KARWOWSKI Piotr	5008		M30		06:18:05.45 DQ		0:00	4.4 (38.9%)
	ZACNY Łukasz	5055		M30		DNF		-	- (0.0%)
	WILAMOWSKI Daniel	4335		M30		DNF		-	- (0.0%)