

RZEŹNICZEK

B4SPORT

Wydarzenie: Festiwal Biegu Rzeźnika
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-06-17
Miejsce: Bieszczady
Dystans: 28 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	KAŹMIERCZAK Piotr	3989	WITKOWO BIEGA	M30	1	01:22:47	02:35:38.30	02:35:40.55		5:33	10.8 (100%)
2	NOWAKOWSKI Tobiasz	3363	MKB DREPTAK	M30	2	01:23:54	02:36:08.15	02:36:10.80	+00:00:30 (0.3%)	5:34	10.8 (100%)
3	AUGUSTYŃSKI Sylwester	3775	LACHO TEAM	M30	3	01:23:01	02:36:51.40	02:36:55.30	+00:01:14 (0.8%)	5:36	10.7 (99.1%)
4	KOT Rafał	4004	WAY BEHIND HORIZON // KB JURUND SZCZYTNO	M30	4	01:26:34	02:38:08.75	02:38:11.55	+00:02:31 (1.6%)	5:38	10.6 (98.1%)
5	POŻAROWSZCZYK Adam	3354	MGK LEGIONOWO	M30	5	01:27:40	02:41:47.00	02:41:50.40	+00:06:09 (3.8%)	5:46	10.4 (96.3%)
6	LIPA Wojciech	3899	RZESZOWSKIE GAZELE I GEPARDY	M30	6	01:30:30	02:46:06.90	02:46:09.55	+00:10:29 (6.3%)	5:55	10.1 (93.5%)
7	JÓZEFCZYK Tomasz	4195	POSMAKUJ RUN TEAM	M30	7	01:31:04	02:48:35.05	02:48:39.50	+00:12:58 (7.7%)	6:01	10 (92.6%)
8	MATYSIAK Bartłomiej	3304	JACEKBIEGA RUNNING TEAM	M30	8	01:29:25	02:49:16.00	02:49:20.55	+00:13:40 (8.1%)	6:02	9.9 (91.7%)
9	MYŚLIŃSKI Jan	3642	BIESZCZADY	M30	9	01:30:19	02:51:39.25	02:51:43.15	+00:16:02 (9.3%)	6:07	9.8 (90.7%)
10	KNOLL Leszek	3654		M30	10	01:34:31	02:54:48.25	02:54:52.50	+00:19:11 (11.0%)	6:14	9.6 (88.9%)
11	RESZKA Marek	4137	BANDA GRUDNIA	M30	11	01:32:27	02:57:38.15	02:57:43.05	+00:22:02 (12.4%)	6:20	9.5 (88.0%)
12	SOŁOWIEJ Łukasz	4005		M30	12	01:31:59	02:58:33.55	02:58:38.00	+00:22:57 (12.9%)	6:22	9.4 (87.0%)
13	KUCHARSKI Paweł	3491	PLANETA NISKO	M30	13	01:32:51	03:01:07.75	03:01:16.05	+00:25:35 (14.1%)	6:28	9.3 (86.1%)
14	BRÓG Wojciech	3836		M30	14	01:33:35	03:03:26.65	03:03:29.85	+00:27:49 (15.2%)	6:33	9.2 (85.2%)
15	ZALEWSKI Karol	3530	MKB DREPTAK	M30	15	01:33:58	03:03:46.05	03:03:49.05	+00:28:08 (15.3%)	6:33	9.1 (84.3%)
16	DYDERSKI Paweł	3670		M30	16	01:35:38	03:06:37.40	03:06:47.35	+00:31:06 (16.7%)	6:39	9 (83.3%)
17	SIDOR Radosław	4201		M30	17	01:38:46	03:07:06.00	03:07:11.25	+00:31:30 (16.8%)	6:40	9 (83.3%)
18	KOWALSKI Łukasz	3804	LUBELSKIE STOWARZYSZENIE BIEGOWE	M30	18	01:35:06	03:09:03.45	03:09:05.80	+00:33:25 (17.7%)	6:45	8.9 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
19	DOBZEAŃSKI Paweł	4199	POZMAKUJ RUN TEAM	M30	19	01:31:55	03:10:42.05	03:10:47.25	+00:35:06 (18.4%)	6:48	8.8 (81.5%)
20	PIETRZYK Maciej	4108		M30	20	01:38:14	03:13:30.00	03:13:34.70	+00:37:54 (19.6%)	6:54	8.7 (80.6%)
21	ARUSZTOWICZ Bartosz	3479	HARDCOROWE WYCHYLYBYMY	M30	21	01:42:14	03:14:57.00	03:15:11.05	+00:39:30 (20.2%)	6:57	8.6 (79.6%)
22	TRYBULEC Daniel	4109	PORANNY PATROL	M30	22	01:42:32	03:15:45.05	03:15:47.95	+00:40:07 (20.5%)	6:59	8.6 (79.6%)
23	WNOROWSKI Stefan	3513	PARKRUN KONSTANCIN	M30	23	01:38:31	03:16:21.15	03:16:26.05	+00:40:45 (20.7%)	7:00	8.6 (79.6%)
24	BASAŁ Marek	3827		M30	24	01:41:47	03:18:04.95	03:18:37.05	+00:42:56 (21.6%)	7:04	8.5 (78.7%)
25	GRABOŃ Radek	3943		M30	25	01:44:12	03:18:40.05	03:18:55.25	+00:43:14 (21.7%)	7:05	8.5 (78.7%)
26	CZARNECKI Karol	4163	COCA-COLA RUNNERS	M30	26	01:42:02	03:19:17.30	03:19:25.75	+00:43:45 (21.9%)	7:07	8.4 (77.8%)
27	BETLEJEWSKI Rafał	3748		M30	27	01:40:54	03:19:38.75	03:19:53.85	+00:44:13 (22.1%)	7:07	8.4 (77.8%)
28	WĘGRZYŃSKI Paweł	3324		M30	28	01:49:46	03:19:48.95	03:20:14.60	+00:44:34 (22.3%)	7:08	8.4 (77.8%)
29	ČOVIĆ Dragomir	4200	PEU GATA	M30	29	01:43:17	03:24:25.95	03:24:25.95	+00:48:45 (23.8%)	7:18	8.2 (75.9%)
30	KEDŽO Hrvoje	4299	TTK STRKA	M30	30	01:43:17	03:24:26.05	03:24:26.05	+00:48:45 (23.9%)	7:18	8.2 (75.9%)
31	KOZIARSKI Piotr	3658	PO LINIE	M30	31	01:42:23	03:25:29.30	03:25:38.15	+00:49:57 (24.3%)	7:20	8.2 (75.9%)
32	POŁUDNIUK Radosław	4065	SII POWER PEOPLE	M30	32	01:44:49	03:25:33.60	03:25:41.90	+00:50:01 (24.3%)	7:20	8.2 (75.9%)
33	SURDACKI Mateusz	3496		M30	33	01:47:05	03:25:54.55	03:26:14.35	+00:50:33 (24.5%)	7:21	8.2 (75.9%)
34	MIŚKO Andrzej	3311		M30	34	01:45:44	03:26:13.15	03:26:28.55	+00:50:48 (24.6%)	7:21	8.1 (75.0%)
35	NAWROCKI Marcin	3490		M30	35	01:42:26	03:26:27.20	03:26:34.35	+00:50:53 (24.6%)	7:22	8.1 (75.0%)
36	MIKOŁAJCZYK Mirosław	3954	MIRAZ RACE TEAM	M30	36	01:40:09	03:27:53.95	03:27:55.70	+00:52:15 (25.1%)	7:25	8.1 (75.0%)
37	LIPIŃSKI Hubert	3319	KS KANAŁEK	M30	37	01:51:28	03:29:58.25	03:30:08.50	+00:54:27 (25.9%)	7:29	8 (74.1%)
38	SZULC Mateusz	3339		M30	38	01:51:20	03:29:49.80	03:30:09.05	+00:54:28 (25.9%)	7:29	8 (74.1%)
39	TRYBUCHOWICZ Michał	3921		M30	39	01:46:17	03:30:15.95	03:30:21.50	+00:54:40 (26.0%)	7:30	8 (74.1%)
40	KOZICKI Marcin	3851		M30	40	01:57:42	03:29:59.10	03:30:32.35	+00:54:51 (26.1%)	7:29	8 (74.1%)
41	CIEŻAR Maciej	3870	ANEMIC TURBO	M30	41	01:50:07	03:31:32.05	03:31:50.20	+00:56:09 (26.5%)	7:33	7.9 (73.1%)

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42	GAJEWSKI Marek	3693	GRUPA ŚMIERCI RZEŹNICZEK	M30	42	01:55:50	03:31:16.20	03:31:55.40	+00:56:14 (26.5%)	7:32	8 (74.1%)
43	MUSZYŃSKI Dariusz	3833	RED LION CLUB	M30	43	01:51:50	03:31:57.35	03:32:17.85	+00:56:37 (26.7%)	7:34	7.9 (73.1%)
44	KLIMEK Rafał	3455		M30	44	01:46:29	03:32:17.05	03:32:20.15	+00:56:39 (26.7%)	7:34	7.9 (73.1%)
45	SZYMAŃSKI Jarosław	3826	RED LION CLUB	M30	45	01:51:49	03:32:09.05	03:32:29.55	+00:56:49 (26.7%)	7:34	7.9 (73.1%)
46	MURACZEWSKI Piotr	3725		M30	46	01:47:58	03:32:59.35	03:33:16.10	+00:57:35 (27.0%)	7:36	7.9 (73.1%)
47	NAWROT Bartłomiej	3785	KAMIENIOŁOM	M30	47	01:53:59	03:33:54.95	03:34:09.65	+00:58:29 (27.3%)	7:38	7.9 (73.1%)
48	WALKOSZ-BERDA Grzegorz	3904	BIEGAM Z ABS	M30	48	01:50:02	03:35:06.60	03:35:25.35	+00:59:44 (27.7%)	7:40	7.8 (72.2%)
49	POTAS Maciej	3835	BOLCOWNICY	M30	49	01:53:49	03:36:08.40	03:36:47.40	+01:01:06 (28.2%)	7:43	7.8 (72.2%)
50	KOWALSKI Tomasz	3906		M30	50	02:00:06	03:36:30.40	03:36:51.95	+01:01:11 (28.2%)	7:43	7.8 (72.2%)
51	SIEMASZKO Wojciech	3975		M30	51	01:58:42	03:37:19.65	03:37:22.80	+01:01:42 (28.4%)	7:45	7.7 (71.3%)
52	PONIEWOZIK Ireneusz	3768		M30	52	01:58:41	03:37:20.55	03:37:23.35	+01:01:42 (28.4%)	7:45	7.7 (71.3%)
53	MACIĄG Michał	3522	BIEGUSIEM.PL	M30	53	01:49:29	03:36:41.30	03:37:34.90	+01:01:54 (28.5%)	7:44	7.8 (72.2%)
54	KONZIOŁA Krzysztof	3352	PERFECT RUNNER LUBLIN	M30	54	01:56:28	03:37:30.25	03:37:51.80	+01:02:11 (28.5%)	7:46	7.7 (71.3%)
55	WALCZAK Marcin	3426		M30	55	01:47:27	03:37:37.35	03:37:53.00	+01:02:12 (28.6%)	7:46	7.7 (71.3%)
56	HOLENDER Sebastian	3314		M30	56	01:59:17	03:37:12.80	03:38:13.30	+01:02:32 (28.7%)	7:45	7.7 (71.3%)
57	RIEFF Tomasz	3349		M30	57	01:55:52	03:38:22.65	03:38:39.20	+01:02:58 (28.8%)	7:47	7.7 (71.3%)
58	DANIEL Krzysztof	3604	WEEKENDOWY RESET	M30	58	01:58:19	03:38:20.30	03:38:51.15	+01:03:10 (28.9%)	7:47	7.7 (71.3%)
59	KULIGA Sławomir	3306	POSMAKUJ RUN TEAM	M30	59	01:42:51	03:38:50.55	03:38:55.25	+01:03:14 (28.9%)	7:48	7.7 (71.3%)
60	GÓRSKI Mateusz	4153	BIG YELLOW FOOT ADVENTURE TEAM	M30	60	01:55:55	03:38:37.90	03:39:05.35	+01:03:24 (28.9%)	7:48	7.7 (71.3%)
61	ROJEWSKI Michał	3439		M30	61	01:48:16	03:39:04.40	03:39:11.65	+01:03:31 (29.0%)	7:49	7.7 (71.3%)
62	POGODA Kamil	3662	ACCENTURE RUNNING TEAM	M30	62	01:54:09	03:38:42.20	03:39:16.00	+01:03:35 (29.0%)	7:48	7.7 (71.3%)
63	KOTLARCZYK Ireneusz	3344		M30	63	01:54:55	03:38:27.75	03:39:26.55	+01:03:46 (29.1%)	7:48	7.7 (71.3%)
64	MACKIEWICZ Maurycy	3882	RUNNERS TEAM QUIBL	M30	64	01:55:25	03:38:08.80	03:39:30.00	+01:03:49 (29.1%)	7:47	7.7 (71.3%)

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65	SMOLIŃSKI Piotr	3376		M30	65	01:58:32	03:39:39.65	03:40:35.15	+01:04:54 (29.4%)	7:50	7.6 (70.4%)
66	KOWALSKI Sylwester	3980		M30	66		03:41:53.30	03:42:16.20	+01:06:35 (30.0%)	7:55	7.6 (70.4%)
67	JAKUBCZYK Jacek	3735	CONTANTE	M30	67	01:57:57	03:41:25.30	03:42:29.15	+01:06:48 (30.0%)	7:54	7.6 (70.4%)
68	BATRUCH Lukasz	3794		M30	68	02:00:46	03:41:59.10	03:42:34.10	+01:06:53 (30.1%)	7:55	7.6 (70.4%)
69	ŁUCZYK Janusz	3779	BÓBR TŁUSZCZ	M30	69	01:55:24	03:42:14.15	03:42:42.15	+01:07:01 (30.1%)	7:56	7.6 (70.4%)
70	PYPNO Maciej	3968	FMW RUNNERS	M30	70	01:47:43	03:43:25.30	03:43:46.25	+01:08:05 (30.4%)	7:58	7.5 (69.4%)
71	SMERECKI Maciej	4196		M30	71	01:55:57	03:45:01.25	03:45:06.25	+01:09:25 (30.8%)	8:02	7.5 (69.4%)
72	SKUBIDA Marcin	3661	SPRINT GORZYCE	M30	72	01:57:18	03:45:01.85	03:46:21.90	+01:10:41 (31.2%)	8:02	7.5 (69.4%)
73	RĄCZKA Rafał	4203		M30	73	01:52:00	03:46:21.50	03:46:31.40	+01:10:50 (31.3%)	8:05	7.4 (68.5%)
74	SZANIAWSKI Marcin	3330	DZIKIE BĄKI	M30	74	01:46:43	03:46:40.60	03:46:48.70	+01:11:08 (31.4%)	8:05	7.4 (68.5%)
75	MAZUR Marcin	3412		M30	75	01:56:21	03:47:45.15	03:48:43.65	+01:13:03 (31.9%)	8:08	7.4 (68.5%)
76	SIENICKI Karol	3837	BOLCOWNICY	M30	76	02:00:41	03:48:05.80	03:48:46.40	+01:13:05 (32.0%)	8:08	7.4 (68.5%)
77	MOSOŃ Sławomir	3874		M30	77	02:01:03	03:48:38.90	03:49:00.55	+01:13:20 (32.0%)	8:09	7.3 (67.6%)
78	OPALA Krzysztof	3668	ENDORFINA	M30	78	02:00:28	03:48:31.30	03:49:05.50	+01:13:24 (32.0%)	8:09	7.4 (68.5%)
79	RÓŻYC Norbert	4084	WARSZAWSKI ULTRAS	M30	79	02:02:44	03:49:10.80	03:49:26.85	+01:13:46 (32.2%)	8:11	7.3 (67.6%)
80	PUCHAŁA Mariusz	3845	TERNOL TEAM	M30	80	02:00:37	03:50:23.20	03:51:00.05	+01:15:19 (32.6%)	8:13	7.3 (67.6%)
81	GÓRNIOWICZ Marcin	4025	MBANK	M30	81	02:12:14	03:51:15.10	03:51:56.00	+01:16:15 (32.9%)	8:15	7.3 (67.6%)
82	KĘPKA Robert	3478	BIEGUSIEM.PL	M30	82	01:53:47	03:51:23.65	03:52:17.15	+01:16:36 (33.0%)	8:15	7.3 (67.6%)
83	ŁUKASZKIEWICZ Michał	3942		M30	83		03:52:20.65	03:52:20.65	+01:16:40 (33.0%)	8:17	7.2 (66.7%)
84	POPIOŁEK Jacek	3427	BIEGUSIEM.PL	M30	84	02:04:41	03:51:35.45	03:52:36.85	+01:16:56 (33.1%)	8:16	7.3 (67.6%)
85	DYREK Adam	3992		M30	85	02:00:51	03:52:40.10	03:52:56.15	+01:17:15 (33.2%)	8:18	7.2 (66.7%)
86	MICHAŁEK Jacek	3551	GRUPA ŚMIERCI RZEŹNIECZEK	M30	86	02:04:07	03:52:27.65	03:53:39.95	+01:17:59 (33.4%)	8:18	7.2 (66.7%)
87	JASNOWSKI Michał	3428		M30	87	01:54:16	03:54:21.25	03:54:29.05	+01:18:48 (33.6%)	8:22	7.2 (66.7%)

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88	TOMASZEWSKI Piotr	3511		M30	88	02:01:18	03:54:39.60	03:54:51.15	+01:19:10 (33.7%)	8:22	7.2 (66.7%)
89	JABRZYK Mariusz	3523	PZU SPORT TEAM	M30	89	02:05:56	03:54:52.80	03:55:49.35	+01:20:08 (34.0%)	8:23	7.2 (66.7%)
90	KULCZYŃSKI Rafał	3379	ORTOREH TEAM	M30	90	01:58:43	03:57:37.55	03:57:46.15	+01:22:05 (34.5%)	8:29	7.1 (65.7%)
91	WARZYŃSKI Beniamin	3959		M30	91	01:59:57	03:57:45.95	03:58:03.80	+01:22:23 (34.6%)	8:29	7.1 (65.7%)
92	KULCZYŃSKI Michał	3408		M30	92	01:58:58	03:58:18.40	03:58:27.40	+01:22:46 (34.7%)	8:30	7 (64.8%)
93	ANIOŁ Mateusz	3847	TERNOL TEAM	M30	93	02:05:18	03:58:31.50	03:59:09.15	+01:23:28 (34.9%)	8:31	7 (64.8%)
94	ZAWADZKI Mirosław	3844	TERNOL TEAM	M30	94	02:05:19	03:58:29.40	03:59:09.30	+01:23:28 (34.9%)	8:31	7 (64.8%)
95	MIKOŁAJCZYK Paweł	3445		M30	95		03:59:21.00	03:59:21.00	+01:23:40 (35.0%)	8:32	7 (64.8%)
96	WIŚNIEWSKI Andrzej	3846		M30	96	02:05:56	04:01:13.10	04:01:29.70	+01:25:49 (35.5%)	8:36	7 (64.8%)
97	KACZMARSKI Piotr	3437		M30	97	02:03:41	04:01:59.15	04:02:12.90	+01:26:32 (35.7%)	8:38	6.9 (63.9%)
98	GRZYMSKI Mariusz	4178	SKŁADAKI PIŁA	M30	98	01:58:03	04:01:57.50	04:02:26.50	+01:26:45 (35.8%)	8:38	6.9 (63.9%)
99	POPARDA Paweł	3988	PZU SPORT TEAM	M30	99	02:01:10	04:02:54.65	04:03:05.15	+01:27:24 (36.0%)	8:40	6.9 (63.9%)
100	CUPRYJAK Adrian	4047		M30	100	02:04:21	04:02:34.00	04:03:34.70	+01:27:54 (36.1%)	8:39	6.9 (63.9%)
101	PIECUCH Tomasz	3383	POZYTYWNIIE ZABIEGANI SANOK	M30	101	01:58:21	04:04:22.05	04:04:36.45	+01:28:55 (36.4%)	8:43	6.9 (63.9%)
102	LITWORA Sebastian	3382	CROSS-SPOT	M30	102	02:00:48	04:04:37.05	04:05:14.40	+01:29:33 (36.5%)	8:44	6.9 (63.9%)
103	SKALNIAK Patryk	3952	PATSKATEAM	M30	103	02:08:03	04:04:55.45	04:05:22.15	+01:29:41 (36.6%)	8:44	6.9 (63.9%)
104	SIENIAWSKI Daniel	3586	KW LUBLIN	M30	104	02:04:27	04:05:17.30	04:05:54.20	+01:30:13 (36.7%)	8:45	6.8 (63.0%)
105	POŁOZYNSKI Andrzej	3718	ZACISZE NIGHT RUNNERS	M30	105	02:08:00	04:05:01.00	04:06:09.25	+01:30:28 (36.8%)	8:45	6.9 (63.9%)
106	KRASOWSKI Łukasz	3649	KS JANUSZE	M30	106	02:06:08	04:05:57.20	04:06:16.80	+01:30:36 (36.8%)	8:47	6.8 (63.0%)
107	DRONG Marek	3867	KLUCZBORSKA GRUPA BIEGOWA	M30	107	02:07:29	04:05:49.25	04:06:20.75	+01:30:40 (36.8%)	8:46	6.8 (63.0%)
108	RYGIEL Grzegorz	3503	WSPARCIE TECHNICZNE MAMY-BIEGAMY KIELCE	M30	108	02:11:37	04:05:13.55	04:06:31.55	+01:30:51 (36.9%)	8:45	6.9 (63.9%)
109	IWANEK Sebastian	3449	BIEGUSIEM.PL	M30	109	02:06:37	04:05:59.35	04:06:53.60	+01:31:13 (36.9%)	8:47	6.8 (63.0%)
110	OSICA Łukasz	3821		M30	110	02:09:21	04:06:23.40	04:07:25.60	+01:31:45 (37.1%)	8:47	6.8 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
111	LESZCZYŃSKI Maciej	4010		M30	111	02:21:06	04:08:19.15	04:08:53.75	+01:33:13 (37.5%)	8:52	6.8 (63.0%)
112	ZAJĄC Robert	4046		M30	112	02:07:04	04:10:21.35	04:11:07.75	+01:35:27 (38.0%)	8:56	6.7 (62.0%)
113	KOLWICZ Damian	3714	BIGYELLOWFOOT ADVENTURE TEAM	M30	113	02:07:46	04:11:14.95	04:11:43.50	+01:36:02 (38.2%)	8:58	6.7 (62.0%)
114	WALCZAK Michał	3391	BRAVEHEARTS LEGIONOWO	M30	114	02:03:44	04:11:01.60	04:12:09.00	+01:36:28 (38.3%)	8:57	6.7 (62.0%)
115	KONOPKA Grzegorz	3875	DZIKIE GRUBASY SZATANA	M30	115	02:16:28	04:12:18.20	04:13:02.40	+01:37:21 (38.5%)	9:00	6.7 (62.0%)
116	GAWRYSZEWSKI Grzegorz	3360	ESKALADA	M30	116	02:11:28	04:12:06.75	04:13:02.70	+01:37:22 (38.5%)	9:00	6.7 (62.0%)
117	MAJEWSKI Sebastian	3803	ODROBINĘ BLIŻEJ NIEBA	M30	117	02:04:42	04:13:26.05	04:13:50.20	+01:38:09 (38.7%)	9:03	6.6 (61.1%)
118	KONIECKO Łukasz	3913	WKURW_TEAM	M30	118	02:12:56	04:12:58.85	04:14:29.65	+01:38:49 (38.8%)	9:02	6.6 (61.1%)
119	BOBUSIA Łukasz	4191		M30	119	02:11:35	04:13:49.05	04:15:06.30	+01:39:25 (39.0%)	9:03	6.6 (61.1%)
120	KALBARCZYK Wojciech	3747		M30	120	02:19:41	04:14:25.35	04:15:08.35	+01:39:27 (39.0%)	9:05	6.6 (61.1%)
121	LUTY Lesław	3459	PZU SPORT TEAM	M30	121	02:08:32	04:14:23.65	04:15:21.75	+01:39:41 (39.0%)	9:05	6.6 (61.1%)
122	MICHALAK Michał	3348	ALLIANZ RUNNING TEAM	M30	122	02:11:32	04:15:22.60	04:15:42.20	+01:40:01 (39.1%)	9:07	6.6 (61.1%)
123	BAJER Mikołaj	3573	WUEF CLUB DECATHLON SWADZIM	M30	123	02:16:31	04:15:44.50	04:16:27.55	+01:40:47 (39.3%)	9:08	6.6 (61.1%)
124	SENCZENKO Waldemar	3480	NOTHING TO FEAR	M30	124	02:04:38	04:16:47.05	04:17:11.85	+01:41:31 (39.5%)	9:10	6.5 (60.2%)
125	WIRKUS Piotr	3557	BIGYELLOWFOOT ADVENTURE TEAM	M30	125	02:07:45	04:16:52.75	04:17:22.45	+01:41:41 (39.5%)	9:10	6.5 (60.2%)
126	BIAŁAS Kamil	4129		M30	126	02:09:54	04:16:59.45	04:17:38.35	+01:41:57 (39.6%)	9:10	6.5 (60.2%)
127	BAKOWSKI Rafał	3606		M30	127	02:32:21	04:16:44.75	04:17:56.25	+01:42:15 (39.6%)	9:10	6.5 (60.2%)
128	CHUDZICKI Łukasz	3760		M30	128	02:13:01	04:16:58.75	04:18:12.00	+01:42:31 (39.7%)	9:10	6.5 (60.2%)
129	OSYDA Maciej	3431		M30	129	02:23:30	04:17:14.80	04:18:39.40	+01:42:58 (39.8%)	9:11	6.5 (60.2%)
130	NIEDZIELA Pawel	3852		M30	130	02:16:17	04:18:30.25	04:19:04.15	+01:43:23 (39.9%)	9:13	6.5 (60.2%)
131	GĄTARCZYK Mariusz	3677	DZIKIE GRUBASY SZATANA	M30	131	02:12:06	04:18:45.85	04:19:30.30	+01:43:49 (40.0%)	9:14	6.5 (60.2%)
132	TROJNAR Tomek	3366		M30	132	02:13:46	04:18:51.65	04:19:39.65	+01:43:59 (40.0%)	9:14	6.5 (60.2%)
133	MYŚKIEWICZ Zbigniew	3990		M30	133	02:06:58	04:19:04.70	04:19:50.80	+01:44:10 (40.1%)	9:15	6.5 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
134	MARKOWSKI Marcin	3727	BRAVEHEARTS LEGIONOWO	M30	134	02:03:38	04:19:39.70	04:20:47.10	+01:45:06 (40.3%)	9:16	6.5 (60.2%)
135	BAJDAK Łukasz	4148		M30	135	02:19:09	04:21:43.30	04:22:41.80	+01:47:01 (40.7%)	9:20	6.4 (59.3%)
136	KOWALCZYK Łukasz	4147		M30	136	02:19:11	04:21:42.95	04:22:41.90	+01:47:01 (40.7%)	9:20	6.4 (59.3%)
137	GRUSZECKI Tomasz	3362		M30	137	02:15:38	04:21:27.45	04:22:45.45	+01:47:04 (40.8%)	9:20	6.4 (59.3%)
138	DEREZIŃSKI Piotr	3786		M30	138	02:23:08	04:22:57.85	04:24:25.65	+01:48:45 (41.1%)	9:23	6.4 (59.3%)
139	GRANDE Piotr	3639	BIGYELLOWFOOT ADVENTURE TEAM	M30	139	02:15:26	04:24:32.30	04:25:02.00	+01:49:21 (41.3%)	9:26	6.4 (59.3%)
140	RAUER Maciej	3346	REAL PASSION KRAKÓW	M30	140	02:02:46	04:25:32.40	04:25:54.40	+01:50:13 (41.5%)	9:29	6.3 (58.3%)
141	MILKOWSKI Rafał	3309		M30	141	02:14:14	04:22:52.55	04:27:00.90	+01:51:20 (41.7%)	9:23	6.4 (59.3%)
142	KRÓLICKI Konrad	3549	AXA RUNNING TEAM	M30	142	02:25:16	04:26:04.55	04:27:06.30	+01:51:25 (41.7%)	9:30	6.3 (58.3%)
143	KOWALCZUK Jakub	3719		M30	143	02:19:43	04:27:34.55	04:28:06.25	+01:52:25 (41.9%)	9:33	6.3 (58.3%)
144	CIESIELSKI Jacek	3620		M30	144	02:23:34	04:27:30.35	04:28:18.35	+01:52:37 (42.0%)	9:33	6.3 (58.3%)
145	JANISZ Michał	3475		M30	145	02:16:47	04:28:17.40	04:28:33.45	+01:52:52 (42.0%)	9:34	6.3 (58.3%)
146	GIURG Grzegorz	3487		M30	146	02:16:35	04:28:57.55	04:29:23.70	+01:53:43 (42.2%)	9:36	6.2 (57.4%)
147	SZAKIEL Krzysztof	3965	BRAK	M30	147	02:16:54	04:29:51.80	04:30:28.00	+01:54:47 (42.4%)	9:38	6.2 (57.4%)
148	BOCIĄGA Paweł	3616		M30	148	02:05:15	04:31:20.05	04:31:39.65	+01:55:59 (42.7%)	9:41	6.2 (57.4%)
149	SZPECHT Grzegorz	4086		M30	149	02:24:19	04:30:48.55	04:31:49.25	+01:56:08 (42.7%)	9:40	6.2 (57.4%)
150	SOKULSKI Marcin	3377		M30	150	02:12:23	04:30:42.30	04:31:57.00	+01:56:16 (42.8%)	9:40	6.2 (57.4%)
151	SZYMANOWSKI Tomek	3732		M30	151		04:33:46.00	04:33:46.00	+01:58:05 (43.1%)	9:46	6.1 (56.5%)
151	BIELECKI Filip	3734		M30	152		04:33:46.00	04:33:46.00	+01:58:05 (43.1%)	9:46	6.1 (56.5%)
153	KRASOWSKI Marek	3507	HONEY STINGER RUNNERS	M30	153	02:16:13	04:33:02.45	04:33:49.30	+01:58:08 (43.1%)	9:45	6.2 (57.4%)
154	MOJEK Michał	3341		M30	154	02:09:26	04:34:19.85	04:35:19.95	+01:59:39 (43.5%)	9:47	6.1 (56.5%)
155	KOWALCZYK Krzysztof	3485	RUN_HELPERSI	M30	155	02:20:08	04:34:47.80	04:35:23.20	+01:59:42 (43.5%)	9:48	6.1 (56.5%)
156	MERCIK Mateusz	3535	MOTIVATO	M30	156	02:27:55	04:38:44.95	04:40:09.40	+02:04:28 (44.4%)	9:57	6 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
157	COFALSKI Jakub	3405		M30	157	02:22:42	04:39:23.40	04:40:37.15	+02:04:56 (44.5%)	9:58	6 (55.6%)
158	WACOWSKI-JASTRZĘBSKI Adam	3500		M30	158	02:22:31	04:40:11.05	04:40:37.60	+02:04:57 (44.5%)	10:00	6 (55.6%)
159	BEDNARCZYK Łukasz	3465	BIEGAJĄCE ŻABCIE	M30	159	02:25:16	04:39:35.85	04:40:41.35	+02:05:00 (44.5%)	9:59	6 (55.6%)
160	WAŚIKOWSKI Adam	3358	DOM-MAR KŁOMNICE	M30	160	02:15:05	04:42:19.25	04:42:50.85	+02:07:10 (45.0%)	10:04	6 (55.6%)
161	MROWIEC Michał	3889		M30	161	02:26:55	04:42:20.90	04:42:59.20	+02:07:18 (45.0%)	10:05	6 (55.6%)
162	BOGUSZ Krzysztof	3579	MBANK SA	M30	162	02:15:58	04:43:10.30	04:43:21.10	+02:07:40 (45.1%)	10:06	5.9 (54.6%)
163	MAMCZYS Rafał	3336		M30	163	02:27:53	04:42:41.65	04:43:46.45	+02:08:05 (45.1%)	10:05	5.9 (54.6%)
164	JANOWSKI Tomasz	3409	CROSSFIT LUBLIN	M30	164	02:29:33	04:42:43.00	04:43:47.80	+02:08:07 (45.1%)	10:05	5.9 (54.6%)
165	TYLUTKI Kamil	3829		M30	165	02:18:41	04:44:07.10	04:44:54.30	+02:09:13 (45.4%)	10:08	5.9 (54.6%)
166	ŻOŁNIEROWICZ Hubert	3791	BIEGAM BO LUBIĘ ZĄBKI TEAM	M30	166	02:29:40	04:45:01.65	04:45:27.35	+02:09:46 (45.5%)	10:10	5.9 (54.6%)
167	KUSZ Janusz	3450		M30	167	02:22:06	04:44:27.60	04:45:29.00	+02:09:48 (45.5%)	10:09	5.9 (54.6%)
168	WALASZEK Paweł	3506	AGB TORFY	M30	168	02:37:37	04:44:40.05	04:45:51.70	+02:10:11 (45.5%)	10:10	5.9 (54.6%)
169	RYZNAR Jarosław	3468		M30	169	02:19:25	04:45:52.55	04:46:04.05	+02:10:23 (45.6%)	10:12	5.9 (54.6%)
170	KRYGIEL Piotr	4181		M30	170	02:29:19	04:46:23.95	04:47:43.40	+02:12:02 (45.9%)	10:13	5.9 (54.6%)
171	KOMAR Michał	4069		M30	171	02:32:13	04:47:11.85	04:48:39.75	+02:12:59 (46.1%)	10:15	5.8 (53.7%)
172	LECH Michał	3597	STRZEGOMSKA DWUNASTKA	M30	172	02:22:56	04:49:04.40	04:49:37.45	+02:13:56 (46.2%)	10:19	5.8 (53.7%)
173	PAWŁOWSKI Marcin	3707	KS STARA BIDA	M30	173	02:32:12	04:48:38.50	04:50:06.25	+02:14:25 (46.3%)	10:18	5.8 (53.7%)
174	ZABURKO Mateusz	3963		M30	174	02:26:32	04:49:34.60	04:50:38.00	+02:14:57 (46.4%)	10:20	5.8 (53.7%)
175	BUKOWSKI Sebastian	3471	BIEGUSIEM.PL	M30	175	02:13:12	04:51:05.45	04:52:07.30	+02:16:26 (46.7%)	10:23	5.8 (53.7%)
176	ZAKRZEWSKI Marcin	3361		M30	176	02:22:50	04:52:06.05	04:52:57.70	+02:17:17 (46.9%)	10:25	5.8 (53.7%)
177	ZBOROWSKI Paweł	3623		M30	177	02:23:22	04:52:06.20	04:52:57.85	+02:17:17 (46.9%)	10:25	5.8 (53.7%)
178	DANILUK Andrzej	3762	ZACISZE NIGHT RUNNERS	M30	178	02:24:07	04:52:00.20	04:53:09.00	+02:17:28 (46.9%)	10:25	5.8 (53.7%)
179	BURZYŃSKI Klaudiusz	3736		M30	179	02:28:13	04:51:52.15	04:53:32.75	+02:17:52 (47.0%)	10:25	5.8 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
180	MARCINEK Krzysztof	3788	PZU SPORT TEAM	M30	180	02:13:29	04:53:22.85	04:53:49.35	+02:18:08 (47.0%)	10:28	5.7 (52.8%)
181	KOZERA Marcin	4118	SKŁADAKI PIŁA	M30	181	02:28:57	04:55:06.40	04:55:36.35	+02:19:55 (47.3%)	10:32	5.7 (52.8%)
182	MALINOWSKI Damian	4036		M30	182	02:29:19	04:59:33.30	05:00:07.60	+02:24:27 (48.1%)	10:41	5.6 (51.9%)
183	MILCZAREK Marcin	3614		M30	183	02:22:18	04:59:35.40	05:00:40.40	+02:24:59 (48.2%)	10:41	5.6 (51.9%)
184	PAWŁOWSKI Maciej	3504		M30	184		05:02:33.55	05:02:33.55	+02:26:53 (48.5%)	10:48	5.6 (51.9%)
185	GIEDROJC Przemysław	3643	SKARYMAKERSI	M30	185	02:36:57	05:04:01.55	05:04:56.70	+02:29:16 (48.9%)	10:51	5.5 (50.9%)
186	BARAN Michał	4113	OSIR STRZELCE OPOLSKIE	M30	186	02:36:12	05:04:33.95	05:05:54.60	+02:30:14 (49.1%)	10:52	5.5 (50.9%)
187	ZARUDZKI Paweł	3461	NOTHING TO FEAR	M30	187	02:24:04	05:06:02.45	05:06:25.95	+02:30:45 (49.2%)	10:55	5.5 (50.9%)
188	CYMMER Łukasz	4082		M30	188	02:28:43	05:05:32.45	05:06:52.15	+02:31:11 (49.3%)	10:54	5.5 (50.9%)
189	ŻÓŁW Hubert	4063		M30	189	02:32:55	05:08:10.65	05:09:08.85	+02:33:28 (49.6%)	11:00	5.5 (50.9%)
190	PODOLSKI Marek	3764	BIEGAMYRAZEM.PL	M30	190	02:34:30	05:08:30.75	05:09:40.35	+02:33:59 (49.7%)	11:01	5.4 (50.0%)
191	NAGÓRNY Paweł	4139	COCA-COLA RUNNERS	M30	191	02:35:00	05:09:27.15	05:09:46.20	+02:34:05 (49.7%)	11:03	5.4 (50.0%)
192	ROSZKOWSKI Tomek	3312		M30	192	02:37:36	05:09:55.45	05:11:24.20	+02:35:43 (50.0%)	11:04	5.4 (50.0%)
193	SAWICKI Radek	3699	DZIKIE GRUBASY SZATANA	M30	193	02:25:32	05:15:56.50	05:16:39.85	+02:40:59 (50.8%)	11:17	5.3 (49.1%)
194	PODLEŚ Rafał	3611	GRUPA ŚMIERCI RZEŹNICZEK	M30	194	02:43:03	05:19:04.00	05:20:18.40	+02:44:37 (51.4%)	11:23	5.3 (49.1%)
195	PIETRZAK Jarosław	3695		M30	195	02:40:37	05:22:33.75	05:23:38.00	+02:47:57 (51.9%)	11:31	5.2 (48.1%)
196	SIARA Marcin	3848	WITKOWO BIEGA	M30	196	02:29:06	05:22:56.20	05:23:53.45	+02:48:12 (51.9%)	11:32	5.2 (48.1%)
197	KOLAJ Krzysztof	3820	SPOCONY BATON	M30	197	02:27:30	05:26:13.90	05:27:24.90	+02:51:44 (52.5%)	11:39	5.1 (47.2%)
198	SZTOMBER Daniel	3525	AXA RUNNING TEAM	M30	198	02:46:00	05:27:09.20	05:28:39.10	+02:52:58 (52.6%)	11:41	5.1 (47.2%)
199	RUDNICKI Piotr	4089	KAPIBARA	M30	199	02:28:25	05:27:29.75	05:28:59.75	+02:53:19 (52.7%)	11:41	5.1 (47.2%)
200	PASZKOWSKI Jakub	3813		M30	200	02:40:26	05:28:05.30	05:29:29.30	+02:53:48 (52.8%)	11:43	5.1 (47.2%)
201	BAK Piotr	3865		M30	201	02:40:32	05:29:06.90	05:29:57.05	+02:54:16 (52.8%)	11:45	5.1 (47.2%)
202	MASŁOŃ Sebastian	4023		M30	202	02:46:12	05:29:34.80	05:31:06.55	+02:55:26 (53.0%)	11:46	5.1 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
203	KARAŚ Robert	3536	AXA RUNNING TEAM	M30	203	02:39:21	05:32:55.80	05:34:26.45	+02:58:45 (53.5%)	11:53	5 (46.3%)
204	STACHOWICZ Mateusz	3526	GRUPA ŚMIERCI RZEŹNICZEK	M30	204	02:34:33	05:35:34.70	05:36:48.80	+03:01:08 (53.8%)	11:59	5 (46.3%)
205	ROGATKO Adam	3915	DRAMAT_TEAM	M30	205	02:49:02	05:40:09.60	05:41:18.45	+03:05:37 (54.4%)	12:08	4.9 (45.4%)
206	GAJEWSKI Piotr	3373	RUN_HELPERSI	M30	206	02:48:38	05:44:51.50	05:45:26.50	+03:09:45 (54.9%)	12:18	4.9 (45.4%)
207	PIĄTY Kamil	4088	SIATKATEAM	M30	207	02:54:12	05:45:08.45	05:46:49.85	+03:11:09 (55.1%)	12:19	4.9 (45.4%)
208	WÓJCIK Łukasz	4073	SII POWER PEOPLE	M30	208	02:53:38	05:51:13.65	05:52:48.70	+03:17:08 (55.9%)	12:32	4.8 (44.4%)
209	PEŁSZYŃSKI Marek	3572	ZOŚKA RUNNING TEAM / LPP TEAM	M30	209	02:50:10	05:52:28.00	05:54:05.50	+03:18:24 (56.0%)	12:35	4.8 (44.4%)
210	ŻAK Bartłomiej	3583		M30	210	02:55:14	05:56:00.55	05:57:30.15	+03:21:49 (56.5%)	12:42	4.7 (43.5%)
211	RYMON Paweł	4120	SKŁADAKI PIŁA	M30	211	03:02:42	06:04:05.05	06:04:37.85	+03:28:57 (57.3%)	13:00	4.6 (42.6%)
212	RADZIŃSKI Maciej	3740		M30	212	02:43:28	06:04:34.45	06:06:12.90	+03:30:32 (57.5%)	13:01	4.6 (42.6%)
213	WYSOCKI Sebastian	4128	SKŁADAKI PIŁA	M30	213	03:02:18	06:14:17.85	06:14:48.40	+03:39:07 (58.5%)	13:22	4.5 (41.7%)
214	KULLING Krystian	4187	BIEGOWI WARIACI	M30	214	03:12:35	06:14:32.45	06:14:57.70	+03:39:17 (58.5%)	13:22	4.5 (41.7%)
	KOMUŃSKI Marcin	3720	POLONIA ŚRODA	M30		02:17:41 DNF	DNF	DNF	-	-	- (0.0%)
	MATRASZEK Jakub	3374	VEGE RUNNERS	M30		02:51:59 DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 216 wynik(ów)