



RZEŹNIK SKY 2020

B4SPORT

Wydarzenie: VI FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-06-06
Miejsce: Cisna
Dystans: 50.9 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
1	SEDLAK Michał	1347	MARCINŚWIERCTEAM	M40	1	02:55:59	05:44:44.70		6:46	8.9 (100%)
2	POLNY Daniel	1040	PASS RUNNING TEAM	M50	1	02:55:05	05:59:52.55	+00:15:07 (4.2%)	7:04	8.5 (95.5%)
3	SCHMIDT Roland	1026		M30	1	03:13:55	06:15:29.45	+00:30:44 (8.2%)	7:22	8.1 (91.0%)
4	KOT Rafał	1410	MUAY RUNNING TEAM	M40	2	03:05:37	06:17:10.80	+00:32:26 (8.6%)	7:24	8.1 (91.0%)
5	GRONDYS Paweł	1402		M40	3	03:17:33	06:27:04.90	+00:42:20 (10.9%)	7:36	7.9 (88.8%)
6	GOŁĄB Marek	1245	STAY INSANE	M30	2	03:18:56	06:27:50.15	+00:43:05 (11.1%)	7:37	7.9 (88.8%)
7	KIK Iwona	1306		K30	1	03:26:10	06:32:00.80	+00:47:16 (12.1%)	7:42	7.8 (87.6%)
8	WĘGLIŃSKI Mikołaj	1022		M30	3	03:29:47	06:56:21.25	+01:11:36 (17.2%)	8:10	7.3 (82.0%)
9	LATAK Michał	1364	JACEKBIEGA RUNNING TEAM	M40	4	03:29:41	07:01:02.45	+01:16:17 (18.1%)	8:16	7.3 (82.0%)
10	HERCHEL Arkadiusz	1390		M40	5	03:24:23	07:04:29.20	+01:19:44 (18.8%)	8:20	7.2 (80.9%)
11	KRAJEWSKI Jakub	1069	ZAPOROWY MARATON TEAM/ KILOMETRY ODDECHÓW	M30	4	03:18:41	07:06:57.70	+01:22:13 (19.3%)	8:23	7.2 (80.9%)
12	PELA Dariusz	1297	TMT TORUŃ	M30	5	03:37:55	07:11:24.00	+01:26:39 (20.1%)	8:28	7.1 (79.8%)
13	ŚWIERK Marek	1270		M40	6	04:07:24	07:11:58.40	+01:27:13 (20.2%)	8:29	7.1 (79.8%)
14	NOWAK Mirosław	1349		M40	7	03:39:53	07:14:07.05	+01:29:22 (20.6%)	8:31	7 (78.7%)
15	ZIELAL Darek	1031		M40	8	03:20:40	07:16:56.35	+01:32:11 (21.1%)	8:35	7 (78.7%)
16	GRAJ Arkadiusz	1010		M30	6	03:38:17	07:19:15.15	+01:34:30 (21.5%)	8:37	7 (78.7%)
17	RECZEK Sebastian	1332	KS ZIELONO-CZARNI	M40	9	03:30:23	07:19:27.45	+01:34:42 (21.6%)	8:38	6.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
18	STANKIEWICZ Paweł	1397	CZERWONAK BIEGA	M40	10	03:37:20	07:21:13.60	+01:36:28 (21.9%)	8:40	6.9 (77.5%)
19	DOMISZEWSKA Maria	1267	MKS HALICZ	K50	1	03:48:27	07:24:44.95	+01:40:00 (22.5%)	8:44	6.9 (77.5%)
20	ZIĘBA Sabina	1147	FOREVER TEAM	K30	2	03:51:41	07:24:52.55	+01:40:07 (22.5%)	8:44	6.9 (77.5%)
21	PECIO Mariusz	1182	SGSP	M40	11	03:43:12	07:28:20.90	+01:43:36 (23.1%)	8:48	6.8 (76.4%)
22	LASOCKI Marcin	1030	TEAM ZABIEGANEDNI / 12TRI.PL	M40	12	03:48:45	07:30:54.55	+01:46:09 (23.5%)	8:51	6.8 (76.4%)
23	GOSTYŃSKI Krzysztof	1006		M40	13	03:49:59	07:33:21.60	+01:48:36 (24.0%)	8:54	6.7 (75.3%)
24	MALENDAC Maciej	1307		M30	7	03:39:02	07:36:01.25	+01:51:16 (24.4%)	8:57	6.7 (75.3%)
25	BEREŻNICKI Mikołaj	1254	KS GNIEZNO	M20	1	03:33:07	07:37:55.80	+01:53:11 (24.7%)	8:59	6.7 (75.3%)
26	SZYBIAK Waldemar	1102	AGONA W&M	M50	2	03:52:07	07:44:20.15	+01:59:35 (25.8%)	9:07	6.6 (74.2%)
27	KONIECZNY Mariusz	1099	AGONA W&M	M50	3	03:52:07	07:44:20.70	+01:59:36 (25.8%)	9:07	6.6 (74.2%)
28	TEPER Bartosz	1097	ŚMIGAJĄCEZIOMECKI	M20	2	03:46:58	07:44:21.25	+01:59:36 (25.8%)	9:07	6.6 (74.2%)
29	DZIEWA Przemysław	1273	ATS WHEELS	M40	14	03:53:57	07:45:07.60	+02:00:22 (25.9%)	9:08	6.6 (74.2%)
30	DZIÓB Romuald	1266	CRACOVIA WIELICZKA	M40	15	03:44:39	07:45:58.45	+02:01:13 (26.0%)	9:09	6.6 (74.2%)
31	KUTNIK Mirosław	1291	KB BIAŁA BIEGA	M40	16	03:57:22	07:46:47.05	+02:02:02 (26.1%)	9:10	6.5 (73.0%)
32	ŁUKOMSKI Maciej	1317	ŁÓDZKI KLUB WYSOKOGÓRSKI	M40	17	03:50:08	07:48:45.70	+02:04:01 (26.5%)	9:12	6.5 (73.0%)
33	LASEK Leszek	1098	KALLIPSO TEAM	M50	4	04:01:02	07:51:13.00	+02:06:28 (26.8%)	9:15	6.5 (73.0%)
34	RUSEK Marcin	1371	RPM DZIKI W GÓRACH	M40	18	03:55:26	07:51:28.60	+02:06:43 (26.9%)	9:15	6.5 (73.0%)
35	NISZCZOT Dariusz	1094		M20	3	03:51:20	07:53:38.75	+02:08:54 (27.2%)	9:18	6.4 (71.9%)
36	CHILICKA Marta	1144	RED LION CLUB	K30	3	04:08:24	07:56:59.95	+02:12:15 (27.7%)	9:22	6.4 (71.9%)
37	MOLTZAN Zbigniew	1178	CROSSFIT TORUŃ	M40	19	04:05:15	07:57:14.70	+02:12:30 (27.8%)	9:22	6.4 (71.9%)
38	ILKIEWICZ Adam	1155		M30	8	04:15:26	07:57:30.55	+02:12:45 (27.8%)	9:22	6.4 (71.9%)
39	BRUS Marcin	1299		M40	20	04:08:57	08:00:08.40	+02:15:23 (28.2%)	9:25	6.4 (71.9%)
40	STRAMOWSKI Rafał	1049		M30	9	03:42:53	08:01:02.60	+02:16:17 (28.3%)	9:27	6.3 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas		Tempo min/km	Tempo km/h
							netto 50.9km	Różn		
41	PILECKI Robert	1028	RUNEDA	M40	21	03:46:55	08:01:14.55	+02:16:29 (28.4%)	9:27	6.3 (70.8%)
42	SKOTNICKI Paweł	1084		M30	10	04:00:18	08:01:17.20	+02:16:32 (28.4%)	9:27	6.3 (70.8%)
43	CIESIELSKI Witold	1384		M40	22	04:01:30	08:02:40.35	+02:17:55 (28.6%)	9:28	6.3 (70.8%)
44	BURDANOWSKI Adam	1151		M30	11	04:04:51	08:02:55.60	+02:18:10 (28.6%)	9:29	6.3 (70.8%)
45	SAŁAMACHA Jarosław	1062	ŻÓRAWSKI TEAM	M40	23	03:56:33	08:05:10.05	+02:20:25 (28.9%)	9:31	6.3 (70.8%)
46	WEREMKO Grzegorz	1137	MULTIMEDIA RUNNERS PUŁAWY	M40	24	04:51:15	08:05:31.95	+02:20:47 (29.0%)	9:32	6.3 (70.8%)
47	CIEŚLIK Sławomir	1056		M20	4	03:55:05	08:06:53.85	+02:22:09 (29.2%)	9:33	6.3 (70.8%)
48	STRAUCHOLD Anna	1070	PRO-RUN WROCŁAW	K40	1	04:11:46	08:07:45.50	+02:23:00 (29.3%)	9:34	6.3 (70.8%)
49	MALARCZYK Jarek	1374	LKS DAROWICE - KONIUSZKI	M30	12	04:16:12	08:08:18.55	+02:23:33 (29.4%)	9:35	6.3 (70.8%)
50	RADYK Jakub	1043	PRZEMYSKI KLUB BIEGACZA	M30	13	04:16:11	08:08:18.95	+02:23:34 (29.4%)	9:35	6.3 (70.8%)
51	ZBORUCKI Jan	1325	FLYING CIRCUS	M30	14	03:58:53	08:12:54.85	+02:28:10 (30.1%)	9:41	6.2 (69.7%)
52	BOROWSKI Tomasz	1277	SKY-TRANS	M50	5	04:06:34	08:13:31.20	+02:28:46 (30.1%)	9:41	6.2 (69.7%)
53	SANECKI Patryk	1373	SPARTANIE DZIECIOM	M30	15	04:20:13	08:13:40.10	+02:28:55 (30.2%)	9:41	6.2 (69.7%)
54	ŁĄTKOWSKA Mirosława	1315	ORKAMASTERS	K40	2	04:22:09	08:15:52.30	+02:31:07 (30.5%)	9:44	6.2 (69.7%)
55	CISKI Piotr	1303		M40	25	04:26:45	08:17:21.85	+02:32:37 (30.7%)	9:46	6.1 (68.5%)
56	KISIELEWSKI Konrad	1383	KROK PO KROKU	M40	26	03:58:08	08:17:33.45	+02:32:48 (30.7%)	9:46	6.1 (68.5%)
57	SŁOTWIŃSKI Adam	1295		M40	27	03:59:48	08:20:31.25	+02:35:46 (31.1%)	9:50	6.1 (68.5%)
58	SUWEZDA Jacek	1340	CZĘSTOCHOWSKIE DZIKI	M50	6	04:11:24	08:21:48.90	+02:37:04 (31.3%)	9:51	6.1 (68.5%)
59	KUCIAK Bartosz	1329		M30	16	04:05:01	08:23:20.25	+02:38:35 (31.5%)	9:53	6.1 (68.5%)
60	GRZĄDKA Przemysław	1370	PZU SPORT TEAM	M40	28	04:17:06	08:23:29.65	+02:38:44 (31.5%)	9:53	6.1 (68.5%)
61	NIEDŹWIEDŹ Tomasz	1145		M40	29	04:08:25	08:24:42.00	+02:39:57 (31.7%)	9:54	6.1 (68.5%)
62	BOROWIK Tomasz	1387	ATOM GA	M40	30	04:04:07	08:26:05.80	+02:41:21 (31.9%)	9:56	6 (67.4%)
63	WRÓBLEWSKI Michał	1357	LIFE4FIT	M40	31	04:20:10	08:26:47.35	+02:42:02 (32.0%)	9:57	6 (67.4%)

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64	OLEJNIK Krzysztof	1134	PGB SPORTOWA PACZKA	M50	7	04:18:25	08:30:43.95	+02:45:59 (32.5%)	10:02	6 (67.4%)
65	BOGUCA Emilia	1184		K40	3	04:18:10	08:30:53.45	+02:46:08 (32.5%)	10:02	6 (67.4%)
66	ZALEWSKI Krzysiek	1054		M40	32	04:04:58	08:32:19.20	+02:47:34 (32.7%)	10:03	6 (67.4%)
67	RUZIK Rafał	1052	IZABELIN NA START	M40	33	04:05:01	08:32:19.35	+02:47:34 (32.7%)	10:03	6 (67.4%)
68	KOWALCZYK Mateusz	1226	MINUTA TRAIL / PRZEWORSKA GRUPA BIEGOWA	M30	17	03:38:04	08:33:44.25	+02:48:59 (32.9%)	10:05	5.9 (66.3%)
69	SURLEJ Maciej	1185	ZABIEGANI CZĘSTOCHOWA	M30	18	04:15:18	08:34:59.45	+02:50:14 (33.1%)	10:07	5.9 (66.3%)
70	MATYSIAK Łukasz	1319		M30	19	04:14:45	08:35:21.00	+02:50:36 (33.1%)	10:07	5.9 (66.3%)
71	KOT Krzysztof	1124	MPK - RZESZÓW	M40	34	03:40:25	08:36:37.20	+02:51:52 (33.3%)	10:08	5.9 (66.3%)
72	KONIK Marcin	1059		M40	35	04:30:15	08:37:43.60	+02:52:58 (33.4%)	10:10	5.9 (66.3%)
73	POSADOWSKI Szymon	1158		M20	5	04:21:56	08:39:31.75	+02:54:47 (33.6%)	10:12	5.9 (66.3%)
74	SMIT Maciek	1117		M40	36	04:07:29	08:39:53.55	+02:55:08 (33.7%)	10:12	5.9 (66.3%)
75	GRUDZIŃSKI Jacek	1218		M30	20	04:06:08	08:43:19.55	+02:58:34 (34.1%)	10:16	5.8 (65.2%)
76	GONCIARZ Andrzej	1135		M60	1	04:19:29	08:44:06.20	+02:59:21 (34.2%)	10:17	5.8 (65.2%)
77	PIOTROWSKI Tomasz	1301		M30	21	04:23:42	08:44:30.10	+02:59:45 (34.3%)	10:18	5.8 (65.2%)
78	CHWAŁA Artur	1148		M40	37	04:10:28	08:44:49.65	+03:00:04 (34.3%)	10:18	5.8 (65.2%)
79	ZAPIÓR Maciej	1290	COLD BEER TEAM	M20	6	04:40:59	08:46:37.45	+03:01:52 (34.5%)	10:20	5.8 (65.2%)
80	KOZŁOWSKI Paweł	1095		M40	38	04:06:49	08:46:51.55	+03:02:06 (34.6%)	10:21	5.8 (65.2%)
81	KITOWSKA Anna	1400	BIEGAJ ZDROWO	K40	4	04:27:30	08:48:49.75	+03:04:05 (34.8%)	10:23	5.8 (65.2%)
82	PIWOŃSKI Adam	1348		M40	39	04:17:49	08:48:55.40	+03:04:10 (34.8%)	10:23	5.8 (65.2%)
83	KURASZKIEWICZ Robert	1380		M50	8	04:28:19	08:50:17.30	+03:05:32 (35.0%)	10:25	5.8 (65.2%)
84	KRUPA Piotr	1375		M30	22	04:10:40	08:51:14.05	+03:06:29 (35.1%)	10:26	5.7 (64.0%)
85	JANUS Radosław	1206		M30	23	04:42:31	08:52:54.45	+03:08:09 (35.3%)	10:28	5.7 (64.0%)
86	ZAŁUSKA-LIPA Agnieszka	1077		K40	5	04:31:05	08:56:17.35	+03:11:32 (35.7%)	10:32	5.7 (64.0%)

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87	SADOWSKI Mariusz	1168	EDC.TEAM	M30	24	04:42:39	08:56:50.70	+03:12:06 (35.8%)	10:32	5.7 (64.0%)
88	BRÓG Wojciech	1108		M40	40	04:20:24	08:57:16.50	+03:12:31 (35.8%)	10:33	5.7 (64.0%)
89	WOSINEK Maciej	1232	WIDER ARCADEA	M30	25	04:11:14	08:59:15.50	+03:14:30 (36.1%)	10:35	5.7 (64.0%)
90	SADOWSKI Mieczysław	1223	BIEGAJ RAZEM Z NAMI	M40	41	04:41:21	09:01:40.10	+03:16:55 (36.4%)	10:38	5.6 (62.9%)
91	SUROWIEC Paweł	1221	BIEGAJ RAZEM Z NAMI	M40	42	04:41:19	09:01:42.20	+03:16:57 (36.4%)	10:38	5.6 (62.9%)
92	JURCZAK Roman	1392	GEPARDY I GAZELE RZESZÓW	M60	2	04:27:37	09:01:53.40	+03:17:08 (36.4%)	10:38	5.6 (62.9%)
93	DYWAN Andrzej	1087	QR2NÓW	M50	9	04:35:09	09:02:10.40	+03:17:25 (36.4%)	10:39	5.6 (62.9%)
94	HRYCAJ Mariusz	1344		M40	43	06:00:06	09:02:31.80	+03:17:47 (36.5%)	10:39	5.6 (62.9%)
95	WIELGOSZ Tomasz	1171		M40	44	04:23:01	09:05:28.10	+03:20:43 (36.8%)	10:42	5.6 (62.9%)
95	KŁOSIEWICZ Wojciech	1167		M40	44	04:23:02	09:05:28.10	+03:20:43 (36.8%)	10:43	5.6 (62.9%)
97	SERAFIN Robert	1203		M40	46	04:30:56	09:05:29.00	+03:20:44 (36.8%)	10:43	5.6 (62.9%)
98	KWAŚNY Marcin	1261	WILD BUCHAYS	M40	47	04:36:00	09:06:50.65	+03:22:05 (37.0%)	10:44	5.6 (62.9%)
99	GMEREK Michał	1337		M30	26	05:24:56	09:07:10.35	+03:22:25 (37.0%)	10:44	5.6 (62.9%)
100	DULOWSKI Bartłomiej	1231		M30	27	04:11:14	09:08:57.75	+03:24:13 (37.2%)	10:47	5.6 (62.9%)
101	JAGUSTYN Maciej	1280		M20	7	04:50:07	09:09:09.05	+03:24:24 (37.2%)	10:47	5.6 (62.9%)
102	ANDRZEJCZAK Tomasz	1166	KORONA PABIANICE	M40	48	04:42:31	09:09:12.35	+03:24:27 (37.2%)	10:47	5.6 (62.9%)
103	HERMAN Paweł	1408		M40	49	05:12:23	09:09:22.85	+03:24:38 (37.2%)	10:47	5.6 (62.9%)
104	KANIA Marcin	1278		M20	8	04:38:52	09:09:32.15	+03:24:47 (37.3%)	10:47	5.6 (62.9%)
105	HAJDUK Piotr	1103	W POGONI ZA DUCHEM	M30	28	04:46:06	09:10:09.00	+03:25:24 (37.3%)	10:48	5.6 (62.9%)
106	BARTNIAK Daria	1321	NO LIMITS TRAIL	K30	4	04:42:42	09:10:12.05	+03:25:27 (37.3%)	10:48	5.6 (62.9%)
107	SPYRKA Adam	1140		M50	10	04:35:11	09:12:14.75	+03:27:30 (37.6%)	10:50	5.5 (61.8%)
108	PIŁAT Jakub	1021	MULITIMEDIA RUNNERS PUŁAWY	M30	29	04:51:13	09:13:04.50	+03:28:19 (37.7%)	10:51	5.5 (61.8%)
109	STOPA Agata	1345	SIOSTRA STOPKA SOLO TEAM	K40	6	04:26:13	09:15:56.00	+03:31:11 (38.0%)	10:55	5.5 (61.8%)

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110	TOKARZ Krzysztof	1352		M30	30	04:44:14	09:17:01.85	+03:32:17 (38.1%)	10:56	5.5 (61.8%)
111	TUTAJ Krzysztof	1269		M50	11	05:00:19	09:18:30.90	+03:33:46 (38.3%)	10:58	5.5 (61.8%)
112	WILK Paweł	1407		M40	50	04:38:32	09:19:01.55	+03:34:16 (38.3%)	10:58	5.5 (61.8%)
113	MAJEWICZ Grzegorz	1406		M40	51	04:38:33	09:19:02.40	+03:34:17 (38.3%)	10:58	5.5 (61.8%)
114	GĄSECKI Daniel	1335	AKTYWNY DYNÓW	M40	52	05:08:41	09:20:29.45	+03:35:44 (38.5%)	11:00	5.4 (60.7%)
115	CEREMUGA Marcin	1302	SUSKA GRUPA BIEGOWA	M30	31	04:25:32	09:20:49.65	+03:36:04 (38.5%)	11:01	5.4 (60.7%)
116	PILECKA Małgorzata	1025	RUNEDA	K40	7	04:58:01	09:21:33.25	+03:36:48 (38.6%)	11:01	5.4 (60.7%)
117	BAŁDYGA Anna	1036	RUNEDA	K40	8	04:58:01	09:21:33.60	+03:36:48 (38.6%)	11:01	5.4 (60.7%)
118	WIKAR Grzegorz	1388	EKUMENICZNI	M40	53	04:23:14	09:23:31.70	+03:38:47 (38.8%)	11:04	5.4 (60.7%)
119	MICHALIK Wojciech	1355	EKUMENICZNI	M30	32	04:23:15	09:23:32.80	+03:38:48 (38.8%)	11:04	5.4 (60.7%)
120	PIKUL Piotr	1212		M40	54	06:02:21	09:23:40.30	+03:38:55 (38.8%)	11:04	5.4 (60.7%)
121	DRAŃKO Piotr	1055		M30	33	04:37:14	09:24:31.75	+03:39:47 (38.9%)	11:05	5.4 (60.7%)
122	GOŁĘBIEWSKA Katarzyna	1174	NIEZRZESZONA	K40	9	04:34:23	09:24:52.55	+03:40:07 (39.0%)	11:05	5.4 (60.7%)
123	WAWROWSKI Mariusz	1391	VINCIWAY	M40	55	04:36:12	09:25:13.35	+03:40:28 (39.0%)	11:06	5.4 (60.7%)
124	OLSZEWSKI Michał	1169	PROFETO.PL	M30	34	04:53:28	09:25:32.70	+03:40:48 (39.0%)	11:06	5.4 (60.7%)
125	BARĆ Piotr	1260	PLANETA NISKO	M50	12	04:52:35	09:26:41.65	+03:41:56 (39.2%)	11:07	5.4 (60.7%)
126	KUCHARSKI Paweł	1339	PLANETA NISKO	M40	56	04:52:34	09:26:41.75	+03:41:57 (39.2%)	11:07	5.4 (60.7%)
127	WÓJCIK Krzysztof	1130	KM PSP WARSZAWA	M30	35	04:49:04	09:27:34.75	+03:42:50 (39.3%)	11:09	5.4 (60.7%)
128	SOWIŃSKI Kamil	1000		M30	36	04:16:02	09:29:17.60	+03:44:32 (39.4%)	11:11	5.4 (60.7%)
129	GAWROŃSKI Hubert	1183	HUGO	M40	57	04:32:44	09:32:29.40	+03:47:44 (39.8%)	11:14	5.3 (59.6%)
130	ANACZKOWSKI Mirosław	1129	LKS ZANTYR	M60	3	04:56:38	09:32:30.90	+03:47:46 (39.8%)	11:14	5.3 (59.6%)
131	GÓRECZNY Rafał	1011		M40	58	04:51:48	09:33:51.25	+03:49:06 (39.9%)	11:16	5.3 (59.6%)
132	CHRAPAN Tomasz	1015		M40	59	04:30:57	09:34:10.80	+03:49:26 (40.0%)	11:16	5.3 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
133	PYTEL Waldek	1058	YULO RAN TEAM SIEDLCE	M50	13	04:14:41	09:34:25.15	+03:49:40 (40.0%)	11:17	5.3 (59.6%)
134	OSTROWSKI Jarek	1241		M40	60	04:47:55	09:34:50.35	+03:50:05 (40.0%)	11:17	5.3 (59.6%)
135	KASIŃSKI Wojciech	1298	ULTRAPLESS	M50	14	04:43:18	09:35:46.30	+03:51:01 (40.1%)	11:18	5.3 (59.6%)
136	BARCZYK Agnieszka	1136		K40	10	05:10:06	09:37:15.55	+03:52:30 (40.3%)	11:20	5.3 (59.6%)
137	BIEL Tomasz	1324		M40	61	04:50:36	09:38:10.35	+03:53:25 (40.4%)	11:21	5.3 (59.6%)
138	KURZYDŁO Radosław	1331	SKOROSZE TEAM	M40	62	04:36:28	09:38:14.80	+03:53:30 (40.4%)	11:21	5.3 (59.6%)
139	PYRKOSZ Damian	1412		M40	63	05:22:33	09:38:24.55	+03:53:39 (40.4%)	11:21	5.3 (59.6%)
140	GÓRECKI Krzysztof	1386		M40	64	04:41:45	09:39:53.20	+03:55:08 (40.5%)	11:23	5.3 (59.6%)
141	HERBICH-SAR Violetta	1132	FUDU & CO. SPORT TEAM	K40	11	04:35:03	09:40:43.40	+03:55:58 (40.6%)	11:24	5.3 (59.6%)
142	RAJKOWSKI Przemysław	1046	FUDU&CO SPORT TEAM	M40	65	04:35:54	09:40:44.85	+03:56:00 (40.6%)	11:24	5.3 (59.6%)
143	IHNATOWICZ Łukasz	1175		M30	37	04:28:21	09:41:45.15	+03:57:00 (40.7%)	11:25	5.2 (58.4%)
144	ROSIŃSKI Szymon	1121	CROSSFIT URSUS	M30	38	04:57:45	09:41:47.70	+03:57:03 (40.7%)	11:25	5.2 (58.4%)
145	SZYMAŃSKI Marcin	1127		M40	66	04:25:34	09:41:54.10	+03:57:09 (40.8%)	11:25	5.2 (58.4%)
146	BUJNOWSKI Rafal	1101		M40	67	04:48:14	09:42:34.60	+03:57:49 (40.8%)	11:26	5.2 (58.4%)
147	RECLIK Jacek	1314	DECATHLON RYBNIK & PRZYJACIELE	M50	15	05:13:36	09:43:01.80	+03:58:17 (40.9%)	11:27	5.2 (58.4%)
148	BUŁKA Piotr	1014	ROZBIEGANY SULEJÓWEK	M40	68	04:53:47	09:43:56.65	+03:59:11 (41.0%)	11:28	5.2 (58.4%)
149	HABA Konrad	1284		M30	39	05:08:03	09:44:13.85	+03:59:29 (41.0%)	11:28	5.2 (58.4%)
150	DERLAGA Wojciech	1271		M30	40	05:00:24	09:46:49.25	+04:02:04 (41.3%)	11:31	5.2 (58.4%)
151	GOŁĄB Zbigniew	1282		M40	69	05:00:27	09:46:52.20	+04:02:07 (41.3%)	11:31	5.2 (58.4%)
152	CZAPLA Arkadiusz	1379		M40	70	04:30:35	09:47:18.10	+04:02:33 (41.3%)	11:32	5.2 (58.4%)
153	KUBRAK Kamil	1193	CZARNE STOPY	M30	41	04:33:53	09:47:40.05	+04:02:55 (41.3%)	11:32	5.2 (58.4%)
154	CZARDYBON Michał	1126	CZARNE STOPY	M40	71	04:33:52	09:47:40.85	+04:02:56 (41.3%)	11:32	5.2 (58.4%)
155	ŁYDA Piotr	1341		M30	42	04:51:29	09:49:39.65	+04:04:54 (41.5%)	11:35	5.2 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
156	MURAWICZ Grzegorz	1413	PODLESIE	M50	16	05:06:06	09:50:45.65	+04:06:00 (41.6%)	11:36	5.2 (58.4%)
157	SKÓRA Przemysław	1157		M40	72	04:43:25	09:50:50.60	+04:06:05 (41.7%)	11:36	5.2 (58.4%)
158	LITWIN Marek	1032	RUNEDA	M50	17	04:58:28	09:53:59.60	+04:09:14 (42.0%)	11:40	5.1 (57.3%)
159	KOMORKIEWICZ Karol	1399	RUNEDA/FINASTRA	M30	43	04:58:08	09:54:04.00	+04:09:19 (42.0%)	11:40	5.1 (57.3%)
160	CZARNACKA Karolina	1354		K30	5	05:08:52	09:54:39.45	+04:09:54 (42.0%)	11:40	5.1 (57.3%)
161	MARĆ Artur	1080	PTT TARNÓW	M40	73	05:12:22	09:54:42.85	+04:09:58 (42.0%)	11:41	5.1 (57.3%)
162	STASIAK Włodzimierz	1002	PRO-RUN WROCŁAW	M30	44	05:09:19	09:54:44.75	+04:10:00 (42.0%)	11:41	5.1 (57.3%)
163	SPRAWKA Marcin	1106		M30	45	05:08:53	09:55:23.35	+04:10:38 (42.1%)	11:41	5.1 (57.3%)
164	NOWAK Agnieszka	1336		K30	6	04:50:09	09:55:39.20	+04:10:54 (42.1%)	11:42	5.1 (57.3%)
165	ŚLÓSARSKI Szymon	1359	CB163	M30	46	04:50:09	09:55:39.40	+04:10:54 (42.1%)	11:42	5.1 (57.3%)
166	BORKOWSKI Michał	1358		M30	47	04:50:16	09:55:40.20	+04:10:55 (42.1%)	11:42	5.1 (57.3%)
167	KRZYŻEWSKI Roger	1296		M30	48	04:46:08	09:55:41.30	+04:10:56 (42.1%)	11:42	5.1 (57.3%)
168	MARON Sebastian	1286		M40	74	05:09:06	09:56:33.40	+04:11:48 (42.2%)	11:43	5.1 (57.3%)
169	KAWA Mariusz	1265		M40	75	05:09:08	09:56:38.60	+04:11:53 (42.2%)	11:43	5.1 (57.3%)
170	WĘGRZYNKIEWICZ Maria	1116		K20	1	05:06:56	09:56:43.00	+04:11:58 (42.2%)	11:43	5.1 (57.3%)
171	MAŁEK Wojciech	1092	GRUPA BIEGOWA ZARSZYN	M40	76	05:19:35	09:56:45.50	+04:12:00 (42.2%)	11:43	5.1 (57.3%)
172	WOJCIECHOWSKI Tomasz	1272	VIKING TRAINING CENTER	M40	77	04:58:21	09:57:22.00	+04:12:37 (42.3%)	11:44	5.1 (57.3%)
173	ŻEBROWSKA Jolanta	1149	POTRENUJEMY?, CHEMIK NOXY PUŁAWY, UMCS BIEGA	K50	2	04:52:35	09:58:00.80	+04:13:16 (42.4%)	11:44	5.1 (57.3%)
174	MADEJ Anna	1093	VEGE RUNNERS	K40	12	05:12:40	09:58:31.85	+04:13:47 (42.4%)	11:45	5.1 (57.3%)
175	LEBIODA Marcin	1186	SOCIOS SILESIA	M20	9	04:50:04	09:58:32.60	+04:13:47 (42.4%)	11:45	5.1 (57.3%)
176	CZYKIEL Kamilla	1304		K30	7	05:39:23	09:58:34.85	+04:13:50 (42.4%)	11:45	5.1 (57.3%)
177	KUNKEL Mariusz	1057		M40	78	05:25:30	09:59:47.30	+04:15:02 (42.5%)	11:47	5.1 (57.3%)
178	GALUS Jacek	1181		M40	79	05:19:35	10:00:08.15	+04:15:23 (42.6%)	11:47	5.1 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
179	KSIAZEK Leszek	1316		M50	18	05:06:51	10:00:25.65	+04:15:40 (42.6%)	11:47	5.1 (57.3%)
180	ŚLIWIŃSKI Jan	1146		M30	49	05:18:18	10:01:15.10	+04:16:30 (42.7%)	11:48	5.1 (57.3%)
181	KURZYDLAK Jakub	1200	EDC.EXPERT	M30	50	04:53:04	10:01:32.00	+04:16:47 (42.7%)	11:49	5.1 (57.3%)
182	GAŁWA Dawid	1170		M30	51	04:59:47	10:01:36.25	+04:16:51 (42.7%)	11:49	5.1 (57.3%)
183	SAWICKI Kamil	1238		M30	52	04:17:34	10:01:40.10	+04:16:55 (42.7%)	11:49	5.1 (57.3%)
184	BATOREK Bogdan	1107	RAWA TIM ZAWSZE SLIM	M40	80	04:47:50	10:02:02.95	+04:17:18 (42.7%)	11:49	5.1 (57.3%)
185	BAK Piotr	1305		M30	53	05:43:32	10:02:44.15	+04:17:59 (42.8%)	11:50	5.1 (57.3%)
186	LOESCH Konrad	1396	WORKINN / APARTAMENT.JEDEN	M30	54	04:24:34	10:03:32.30	+04:18:47 (42.9%)	11:51	5.1 (57.3%)
187	KARWACKI Grzegorz	1389	KATCROSS WAŁBRZYCH	M40	81	05:00:09	10:04:40.05	+04:19:55 (43.0%)	11:52	5.1 (57.3%)
188	ZAJĄC Paweł	1109	CROSS HEROES - OGIEŃ!	M30	55	04:54:21	10:06:56.30	+04:22:11 (43.2%)	11:55	5 (56.2%)
189	DOLATA Andrzej	1327	KTB KUNY	M40	82	04:51:42	10:07:38.40	+04:22:53 (43.3%)	11:56	5 (56.2%)
190	JAROSZ Dominika	1041		K20	2	05:07:42	10:08:21.00	+04:23:36 (43.3%)	11:57	5 (56.2%)
191	CEBULA Grzegorz	1229	TRENING CROSS BOLESŁAWIEC	M50	19	05:12:03	10:10:26.65	+04:25:41 (43.5%)	11:59	5 (56.2%)
192	SZEW CZENKO Agnieszka	1023	CROSS TRENING BOX BOLESŁAWIEC	K30	8	05:12:02	10:10:26.90	+04:25:42 (43.5%)	11:59	5 (56.2%)
193	KUBICKI Mariusz	1378		M40	83	05:37:58	10:10:35.55	+04:25:50 (43.5%)	11:59	5 (56.2%)
194	MOJEK Michał	1061	BIEGACZE SPECJALNEJ TROSKI	M40	84	05:00:52	10:11:20.80	+04:26:36 (43.6%)	12:00	5 (56.2%)
195	LEWARDOWSKI Konrad	1326	KTB KUNY	M50	20	04:51:43	10:11:22.75	+04:26:38 (43.6%)	12:00	5 (56.2%)
196	RÓG Bartosz	1365		M40	85	04:46:43	10:15:12.95	+04:30:28 (44.0%)	12:05	5 (56.2%)
197	GNATOWICZ Krzysztof	1173	NIEZRZESZONY	M40	86	05:19:10	10:15:28.65	+04:30:43 (44.0%)	12:05	5 (56.2%)
198	OSIAK Artur	1020		M30	56	04:46:03	10:16:32.05	+04:31:47 (44.1%)	12:06	5 (56.2%)
199	BIERNAT Robert	1328	KLUB BIEGACZY JYSK	M30	57	04:34:02	10:16:49.20	+04:32:04 (44.1%)	12:07	5 (56.2%)
200	BOJAROWSKI Krzysztof	1242		M30	58	05:10:36	10:17:09.80	+04:32:25 (44.1%)	12:07	4.9 (55.1%)
201	KORYCIŃSKI Adam	1005	CROSSFIT SIEDLCE	M30	59	05:13:40	10:17:46.75	+04:33:02 (44.2%)	12:08	4.9 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
202	GOŁĄB Paweł	1009		M30	60	05:54:47	10:20:36.90	+04:35:52 (44.5%)	12:11	4.9 (55.1%)
203	PLESZ Wojciech	1395	POLISH RUNNERS CLUB IRELAND	M20	10	05:54:44	10:20:37.85	+04:35:53 (44.5%)	12:11	4.9 (55.1%)
204	ŁUKASIEWICZ Marek	1131	HEAVY WEIGHT RUNNING TEAM	M30	61	05:06:43	10:20:43.35	+04:35:58 (44.5%)	12:11	4.9 (55.1%)
205	ADAMCZYK Michał	1163	RK ATHETICS	M20	11	05:18:29	10:21:31.35	+04:36:46 (44.5%)	12:12	4.9 (55.1%)
206	CYLKE Marcin Cylke	1112		M30	62	05:09:33	10:22:43.95	+04:37:59 (44.6%)	12:14	4.9 (55.1%)
207	OSTASZEWSKI Maciej	1351	LABOSPORT	M40	87	05:16:43	10:23:58.30	+04:39:13 (44.7%)	12:15	4.9 (55.1%)
208	FRAĆKOWIAK Ewelina	1051	AMAT*ORKA	K40	13	05:24:59	10:26:21.60	+04:41:36 (45.0%)	12:18	4.9 (55.1%)
209	ŚRODA Krzysztof	1239		M40	88	05:10:39	10:29:44.70	+04:45:00 (45.3%)	12:22	4.8 (53.9%)
210	BUCIOR Łukasz	1394	AZS POLITECHNIKA LUBELSKA / NAJWIĘKSZA ARMIA ŚWIATA	M20	12	05:08:57	10:30:09.15	+04:45:24 (45.3%)	12:22	4.8 (53.9%)
211	FADEREWSKI Piotr	1038	MAZOVIA PROACTIVE CIECHANÓW	M40	89	05:14:40	10:31:26.95	+04:46:42 (45.4%)	12:24	4.8 (53.9%)
212	KUŚ Jakub	1404		M20	13	05:19:19	10:33:52.20	+04:49:07 (45.6%)	12:27	4.8 (53.9%)
213	BURKIEWICZ-ŚLIWA Bernadetta	1403		K30	9	05:19:22	10:33:54.55	+04:49:09 (45.6%)	12:27	4.8 (53.9%)
214	CZUBA Michał	1356		M30	63	05:37:55	10:34:06.85	+04:49:22 (45.6%)	12:27	4.8 (53.9%)
215	SMURA Rafał	1071	BIEGACZE TUREK	M30	64	05:05:53	10:36:00.50	+04:51:15 (45.8%)	12:29	4.8 (53.9%)
216	KUCIA Łukasz	1415	BIEGACZE TUREK	M30	65	05:06:08	10:36:01.75	+04:51:17 (45.8%)	12:29	4.8 (53.9%)
217	KOKOT Roman	1334	AKTYWNY DYNÓW	M40	90	05:30:24	10:38:30.25	+04:53:45 (46.0%)	12:32	4.8 (53.9%)
218	KURATCZYK Michał	1253		M30	66	05:30:09	10:38:38.65	+04:53:53 (46.0%)	12:32	4.8 (53.9%)
219	TYDA Rafał	1275		M50	21	05:18:31	10:39:01.15	+04:54:16 (46.1%)	12:33	4.8 (53.9%)
220	ROSIŃSKI Krzysztof	1210		M40	91	05:10:03	10:39:41.85	+04:54:57 (46.1%)	12:34	4.8 (53.9%)
221	PIĄTEEK Tomasz	1139	WILD BUCHAYS	M40	92	05:02:19	10:42:09.80	+04:57:25 (46.3%)	12:36	4.8 (53.9%)
222	WOJCIECHOWSKI Paweł	1100	J U V E R U N	M30	67	05:14:23	10:43:57.35	+04:59:12 (46.5%)	12:39	4.7 (52.8%)
223	JĘDRZEJCZAK Anna	1249		K40	14	05:32:38	10:44:29.90	+04:59:45 (46.5%)	12:39	4.7 (52.8%)
224	BUDKA Agata	1164	KB MCKIS JAWORZNO	K40	15	05:32:33	10:44:30.10	+04:59:45 (46.5%)	12:39	4.7 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
225	KUŚ Gabriela	1346	KB MCKIS JAWORZNO	K40	16	05:32:33	10:44:30.15	+04:59:45 (46.5%)	12:39	4.7 (52.8%)
226	CHROBAK Paweł	1248		M50	22	05:42:20	10:46:30.80	+05:01:46 (46.7%)	12:42	4.7 (52.8%)
227	MAĆZKA Bronisław	1449	OTK RZEŹNIK	M60	4	05:54:28	10:52:07.80	+05:07:23 (47.1%)	12:48	4.7 (52.8%)
228	CAPIŃSKA Anna	1176		K40	17	05:26:47	10:52:55.85	+05:08:11 (47.2%)	12:49	4.7 (52.8%)
229	JÓZEFIAK Jakub	1066	BOKONONI	M50	23	04:56:05	10:53:25.15	+05:08:40 (47.2%)	12:50	4.7 (52.8%)
230	STANIKOWSKI Mariusz	1318		M30	68	05:43:29	10:53:38.25	+05:08:53 (47.3%)	12:50	4.7 (52.8%)
231	LIK Michał	1259		M30	69	05:33:32	10:55:18.60	+05:10:33 (47.4%)	12:52	4.7 (52.8%)
232	JABŁOŃSKA Ewelina	1035	MAZOVIA PROACTIV	K30	10	05:45:37	10:55:41.35	+05:10:56 (47.4%)	12:52	4.7 (52.8%)
233	PILECKI Paweł	1257	ACCENTURE	M30	70	04:59:21	10:55:49.05	+05:11:04 (47.4%)	12:53	4.7 (52.8%)
234	USZACKA Małgosia	1258	JAGUAR FIT	K30	11	04:59:21	10:55:49.65	+05:11:04 (47.4%)	12:53	4.7 (52.8%)
235	BUDZYŃSKI Przemysław	1123	ALVARO & PRZEMO	M30	71	05:22:22	10:55:51.65	+05:11:06 (47.4%)	12:53	4.7 (52.8%)
236	LELONTKO Marcin	1004	#CISNIJWIEPRZA	M30	72	05:22:44	10:55:57.25	+05:11:12 (47.4%)	12:53	4.7 (52.8%)
237	MATYJASIAK Konrad	1262	PSYCHORUN	M40	93	04:52:04	10:57:45.40	+05:13:00 (47.6%)	12:55	4.6 (51.7%)
238	MARCELA Marcin	1033	FAT MAMA'S SPORT CLUB	M40	94	04:58:48	10:58:37.10	+05:13:52 (47.7%)	12:56	4.6 (51.7%)
239	NIEDZIELA Marcin	1016	FAT MAMA'S SPORT CLUB	M40	95	05:09:38	10:58:37.60	+05:13:52 (47.7%)	12:56	4.6 (51.7%)
240	DROŚ Aleksander	1013		M30	73	05:07:13	10:59:02.05	+05:14:17 (47.7%)	12:56	4.6 (51.7%)
241	KLAWIKOWSKI Mateusz	1196	JACEKBIEGA RUNNING TEAM	M20	14	05:43:45	10:59:26.45	+05:14:41 (47.7%)	12:57	4.6 (51.7%)
242	PAPROCKI Wiesław	1405	KB MCKIS JAWORZNO	M50	24	05:42:49	10:59:29.50	+05:14:44 (47.7%)	12:57	4.6 (51.7%)
243	MÓWIŃSKI Tomasz	1125	ALVARO & PRZEMO	M40	96	05:22:20	10:59:58.55	+05:15:13 (47.8%)	12:57	4.6 (51.7%)
244	SUTKOWSKI Andrzej	1289		M50	25	05:49:56	11:00:07.85	+05:15:23 (47.8%)	12:58	4.6 (51.7%)
245	WRĘCZYCKI Łukasz	1133	5 PUŁK CHEMICZNY	M30	74	05:19:09	11:01:51.05	+05:17:06 (47.9%)	13:00	4.6 (51.7%)
246	BECHTA Damian	1079	ADIDAS RUNNERS WARSAW	M20	15	05:30:14	11:02:35.90	+05:17:51 (48.0%)	13:01	4.6 (51.7%)
247	POŁOŃSKI Andrzej	1233	BIEGIEM RADOM!	M50	26	06:47:28	11:02:59.75	+05:18:15 (48.0%)	13:01	4.6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
248	BAKALARSKA Mariola	1119	WARSAW RUN CLUB	K50	3	05:29:57	11:03:14.95	+05:18:30 (48.0%)	13:01	4.6 (51.7%)
249	PRZEWŁOKA Wojciech	1205	SAINT-GOBAIN SQUAD	M40	97	05:23:31	11:03:29.75	+05:18:45 (48.0%)	13:02	4.6 (51.7%)
250	WŁODARCZYK Teresa	1393	SPC	K50	4	05:46:12	11:08:58.05	+05:24:13 (48.5%)	13:08	4.6 (51.7%)
251	STANKOWSKA Justyna	1189	KIJKOWE TRZEMESZNO	K40	18	05:30:10	11:12:38.35	+05:27:53 (48.7%)	13:12	4.5 (50.6%)
252	DREWNIK Robert	1377		M40	98	05:22:11	11:13:19.70	+05:28:35 (48.8%)	13:13	4.5 (50.6%)
253	BIĄŁORUCKA Wioletta	1034	MAZOVIA PROACTIV CIECHANÓW	K40	19	05:29:52	11:15:58.85	+05:31:14 (49.0%)	13:16	4.5 (50.6%)
254	MIKOŁAJCZYK Agnieszka	1409		K30	12	05:51:16	11:18:51.00	+05:34:06 (49.2%)	13:20	4.5 (50.6%)
255	ADAMSKI Sławomir	1195	STALEX	M50	27	05:27:30	11:18:51.15	+05:34:06 (49.2%)	13:20	4.5 (50.6%)
256	POPŁAWSKI Arkadiusz	1082		M40	99	05:28:56	11:18:57.40	+05:34:12 (49.2%)	13:20	4.5 (50.6%)
257	POPŁAWSKA Katarzyna	1225	CZARNE OWCE HIPOLITÓW	K40	20	05:28:55	11:18:57.60	+05:34:12 (49.2%)	13:20	4.5 (50.6%)
258	SZELAĞ Piotr	1320	TURBO JEZE TEAM	M40	100	05:42:08	11:23:28.70	+05:38:44 (49.6%)	13:25	4.5 (50.6%)
259	ILAVSKÝ Igor	1064		M40	101	05:39:27	11:24:39.70	+05:39:55 (49.6%)	13:27	4.5 (50.6%)
260	GUZIK Daniel	1281		M40	102	05:22:53	11:25:37.25	+05:40:52 (49.7%)	13:28	4.5 (50.6%)
261	PAWLYTA Weronika	1154		K30	13	05:25:26	11:26:13.80	+05:41:29 (49.8%)	13:28	4.5 (50.6%)
262	PAWLYTA Jerzy	1153		M30	75	05:25:24	11:26:13.90	+05:41:29 (49.8%)	13:28	4.5 (50.6%)
263	GŁOWACKI Andrzej	1165	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	M40	103	05:16:23	11:26:56.55	+05:42:11 (49.8%)	13:29	4.4 (49.4%)
264	MÓWIŃSKI Mariusz	1138	RUNNERS TEAM JABŁONNA / ULTRA PASTERZE	M40	104	05:37:33	11:26:56.80	+05:42:12 (49.8%)	13:29	4.4 (49.4%)
265	ŻARSKI Jarosław	1111	FUDU SPORT TEAM & CO	M40	105	05:42:49	11:27:11.25	+05:42:26 (49.8%)	13:30	4.4 (49.4%)
266	ERENBERG Rafał	1078	FUDU&CO. SPORT TEAM	M30	76	05:42:59	11:27:22.05	+05:42:37 (49.8%)	13:30	4.4 (49.4%)
267	CHWAŁOWSKA Agnieszka	1063		K40	21	05:42:34	11:27:23.55	+05:42:38 (49.8%)	13:30	4.4 (49.4%)
268	KACZMAREK Adam	1308	MAXIMUS CNC	M30	77	05:16:55	11:29:24.85	+05:44:40 (50.0%)	13:32	4.4 (49.4%)
269	KACZMAREK Tomasz	1309	MAXIMUSCNC	M20	16	05:16:57	11:29:27.40	+05:44:42 (50.0%)	13:32	4.4 (49.4%)
270	SKOBEL Robert	1372	SZAKAL BIEGA LUCKY TEAM	M40	106	05:57:06	11:30:04.35	+05:45:19 (50.0%)	13:33	4.4 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
271	LASSOTA Konrad	1191	GRUBY I GRUBSZY	M30	78	05:35:49	11:31:40.20	+05:46:55 (50.2%)	13:35	4.4 (49.4%)
272	MATUSZCZAK-SZULC Iwona	1105		K50	5	05:57:27	11:31:40.45	+05:46:55 (50.2%)	13:35	4.4 (49.4%)
273	MATYSZKOWICZ Janusz	1199		M60	5	05:14:44	11:33:01.50	+05:48:16 (50.3%)	13:36	4.4 (49.4%)
274	SOSNA Kaska Kłopotowska	1350		K50	6	06:04:38	11:33:18.55	+05:48:33 (50.3%)	13:37	4.4 (49.4%)
275	CHODZIŃSKI Piotr	1047		M40	107	05:40:28	11:33:32.85	+05:48:48 (50.3%)	13:37	4.4 (49.4%)
276	ZIAJKO Zuza	1283		K40	22	05:49:54	11:34:07.80	+05:49:23 (50.3%)	13:38	4.4 (49.4%)
277	OCZERETKO Paweł	1202	OBORYGENI	M40	108	05:44:22	11:36:09.75	+05:51:25 (50.5%)	13:40	4.4 (49.4%)
278	PSZONAK Tomasz	1322		M20	17	04:58:17	11:36:13.15	+05:51:28 (50.5%)	13:40	4.4 (49.4%)
279	BĄDZIUL Dorota	1074		K30	14	06:03:05	11:37:05.05	+05:52:20 (50.5%)	13:41	4.4 (49.4%)
280	WÓJTOWICZ Paweł	1042		M40	109	06:03:08	11:39:11.85	+05:54:27 (50.7%)	13:44	4.4 (49.4%)
281	TOMASZEWSKI Dawid	1207	WLKP MOUNTAINS ULTRA	M40	110	05:54:59	11:42:50.70	+05:58:06 (51.0%)	13:48	4.3 (48.3%)
282	KOSIERKIEWICZ Grzegorz	1251	KAROLE	M40	111	05:54:36	11:44:52.30	+06:00:07 (51.1%)	13:50	4.3 (48.3%)
283	KOTUSIEWICZ Ewa	1118	FUDU&CO. SPORT TEAM	K40	23	05:42:54	11:46:21.30	+06:01:36 (51.2%)	13:52	4.3 (48.3%)
284	NOSAL Michał	1161	SPARTAŃSKA DZICZ	M40	112	05:47:17	11:46:44.25	+06:01:59 (51.2%)	13:53	4.3 (48.3%)
285	KALITA Cezary	1323	KB BIAŁA BIEGA	M50	28	05:36:30	11:49:12.80	+06:04:28 (51.4%)	13:56	4.3 (48.3%)
286	ŻARSKA Izabela	1110		K40	24	06:00:12	11:58:13.50	+06:13:28 (52.0%)	14:06	4.3 (48.3%)
287	KOTLICKA Beata	1113	FUDU SPORT TEAM &CO	K40	25	06:00:21	11:58:23.55	+06:13:38 (52.0%)	14:06	4.3 (48.3%)
288	NORAS Alina	1039	PWC SERVICE DELIVERY CENTER	K30	15	06:52:12	12:00:36.75	+06:15:52 (52.2%)	14:09	4.2 (47.2%)
289	FOLTA Jan	1091	ZARSZYŃSKI KLUB BIEGACZA	M50	29	05:59:01	12:04:31.40	+06:19:46 (52.4%)	14:14	4.2 (47.2%)
290	SOCHA Mariola	1255		K30	16	06:11:13	12:06:50.60	+06:22:05 (52.6%)	14:16	4.2 (47.2%)
291	KOLEJ Monika	1361	DZIKIE DZIKI GORZOW	K40	26	06:06:01	12:16:06.50	+06:31:21 (53.2%)	14:27	4.1 (46.1%)
292	GOGOLIŃSKI Przemysław	1256		M40	113	06:24:49	12:20:00.40	+06:35:15 (53.4%)	14:32	4.1 (46.1%)
293	RASZTABIGA Sylwester	1235	GRUPA JURA PL	M50	30	06:09:45	12:22:08.55	+06:37:23 (53.5%)	14:34	4.1 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
294	MILKA Łukasz	1217		M20	18	05:51:14	12:22:18.20	+06:37:33 (53.6%)	14:35	4.1 (46.1%)
295	JASTRZĘBSKI Artur	1228		M30	79	05:51:15	12:22:23.20	+06:37:38 (53.6%)	14:35	4.1 (46.1%)
296	BIELSKI Dawid	1244		M30	80	05:45:50	12:32:02.55	+06:47:17 (54.2%)	14:46	4.1 (46.1%)
297	SOKÓŁ Katarzyna	1214		K40	27	06:52:04	12:34:13.60	+06:49:28 (54.3%)	14:49	4 (44.9%)
298	SOKÓŁ Mirosław	1215	KRÓL GÓR	M50	31	06:52:06	12:34:16.45	+06:49:31 (54.3%)	14:49	4 (44.9%)
299	GASIEWICZ Damian	1230	KRÓL GÓR	M20	19	06:52:05	12:34:22.20	+06:49:37 (54.3%)	14:49	4 (44.9%)
300	KEMPCZYŃSKI Piotr	1037	RUNEDA/SKLEP BIEGACZA GDAŃSK	M40	114	06:35:17	12:34:43.95	+06:49:59 (54.3%)	14:49	4 (44.9%)
301	ANIOŁEK Jan	1368		M30	81	06:08:40	12:45:00.50	+07:00:15 (54.9%)	15:01	4 (44.9%)
302	GOŁĄB Grzegorz	1360		M60	6	06:08:46	12:45:00.75	+07:00:16 (54.9%)	15:01	4 (44.9%)
303	ZARĘBA Andrzej	1224	LIUGONG DRESSTA MACHINERY ACTIVE TEAM	M50	32	06:21:42	12:51:38.15	+07:06:53 (55.3%)	15:09	4 (44.9%)
304	MŁYNARCZYK Krzysztof	1073		M40	115	06:58:17	12:51:40.90	+07:06:56 (55.3%)	15:09	4 (44.9%)
305	LATOS Joanna	1003		K40	28	07:03:19	13:05:02.30	+07:20:17 (56.1%)	15:25	3.9 (43.8%)
306	MARCINIAK Anna	1001		K40	29	07:02:56	13:05:39.55	+07:20:54 (56.1%)	15:26	3.9 (43.8%)
307	BOROWSKA Joanna	1411	KLUB ODRZUCONYCH KSIĘŻNICZEK	K30	17	07:04:39	13:08:41.35	+07:23:56 (56.3%)	15:29	3.9 (43.8%)
308	WAWIERNIA Dorota	1198		K40	30	06:42:56	13:09:54.85	+07:25:10 (56.4%)	15:31	3.9 (43.8%)
309	KOSEWSKI Marek	1197		M50	33	06:42:57	13:10:02.40	+07:25:17 (56.4%)	15:31	3.9 (43.8%)
310	MŁOSZ Bartłomiej	1081	KASZANKI	M50	34	06:20:48	13:22:59.45	+07:38:14 (57.1%)	15:46	3.8 (42.7%)
311	ŁAZAREK Daniel	1353	KAWALER WIECZOROWĄ PORĄ	M30	82	06:57:44	13:24:03.35	+07:39:18 (57.1%)	15:47	3.8 (42.7%)
312	KAPLER-TĘGOWSKA Karina	1027	CZERWONAK BIEGA	K40	31	06:41:07	13:24:53.60	+07:40:08 (57.2%)	15:48	3.8 (42.7%)
313	WÓJCIAK Ewelina	1234		K30	18	07:13:25	13:25:30.70	+07:40:46 (57.2%)	15:49	3.8 (42.7%)
314	SYGUŁA Katarzyna	1044	WKURW_TEAM	K40	32	07:01:15	13:38:39.30	+07:53:54 (57.9%)	16:05	3.7 (41.6%)
315	LATUSEK Wioletta	1367	TYTAN GYM&FIT	K30	19	07:01:35	13:40:26.95	+07:55:42 (58.0%)	16:07	3.7 (41.6%)
316	PINDRAL Paweł	1362		M40	116	06:12:02	13:41:47.95	+07:57:03 (58.0%)	16:08	3.7 (41.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
317	MARONDEL Katarzyna	1366		K30	20	06:12:01	13:41:50.30	+07:57:05 (58.1%)	16:08	3.7 (41.6%)
318	IWIŃSKI Adam	1342	SAINT GOBAIN SQUAD	M40	117	07:02:01	13:45:46.45	+08:01:01 (58.3%)	16:13	3.7 (41.6%)
319	KRÓLIŃSKI Jędrzej	1294	SPOCENI RYBICAL	M40	118	08:12:50	13:45:55.85	+08:01:11 (58.3%)	16:13	3.7 (41.6%)
320	FABJANCZYK Agnieszka	1398	GRUPA JURA PL	K40	33	07:02:31	13:46:15.85	+08:01:31 (58.3%)	16:13	3.7 (41.6%)
321	FOTYGA Agnieszka	1018	OSTROBIEC	K50	7	07:05:52	13:46:24.45	+08:01:39 (58.3%)	16:14	3.7 (41.6%)
322	TREJDER Maria	1338	BAJADERKI KOSZALIN	K40	34	07:00:59	13:49:11.60	+08:04:26 (58.4%)	16:17	3.7 (41.6%)
323	BORUTA-KOŁODZIEJ Emilia	1072		K30	21	08:16:06	14:30:03.20	+08:45:18 (60.4%)	17:05	3.5 (39.3%)
324	HALESZCZUK Tomasz	1086		M40	119	08:43:23	14:49:41.20	+09:04:56 (61.3%)	17:28	3.4 (38.2%)
325	JANCZAK Angelika	1115		K40	35	07:42:27	15:11:00.20	+09:26:15 (62.2%)	17:53	3.4 (38.2%)
326	ANDRZEJEWSKI Arkadiusz	1187		M40	120	07:42:24	15:11:03.55	+09:26:18 (62.2%)	17:53	3.4 (38.2%)
327	SERENDA Robert	1114		M40	121	07:42:26	15:11:06.00	+09:26:21 (62.2%)	17:53	3.4 (38.2%)
328	ROŚŁOŃSKI Piotr	1333		M40	122	08:20:06	15:56:24.70	+10:11:40 (64.0%)	18:47	3.2 (36.0%)
329	MARCZEWSKA Zofia	1300		K40	36	08:20:07	15:56:26.55	+10:11:41 (64.0%)	18:47	3.2 (36.0%)
330	SOWIŃSKA Anetta	1048	BBL	K40	37	08:15:39	16:44:07.50	+10:59:22 (65.7%)	19:43	3 (33.7%)
331	JANOWSKI Krzysztof	1076	CB163	M40	123	08:20:45	17:37:22.30	+11:52:37 (67.4%)	20:46	2.9 (32.6%)
332	OSICA Łukasz	1285		M30	83	20:00:10	24:14:13.75	+18:29:29 (76.3%)	28:34	2.1 (23.6%)
333	WEISS Krzysztof	1418		M50	35	05:53:31	26:01:09.80	+20:16:25 (77.9%)	30:40	2 (22.5%)
334	JERCZYŃSKI Tomasz	1050	GRUPA BIEGOWA ŁĘKA OPATOWSKA	M40	124	23:09:47	27:02:34.10	+21:17:49 (78.8%)	31:52	1.9 (21.3%)
335	JERCZYŃSKI Radosław	1213		M40	125	23:09:43	27:43:18.70	+21:58:34 (79.3%)	32:40	1.8 (20.2%)
336	WOJTKIEWICZ Jarek	1417		M50	36	23:42:54	28:19:43.55	+22:34:58 (79.7%)	33:23	1.8 (20.2%)
337	BUDZYŃ Paweł	1313	VISEGRAD MARATON RYTRO	M40	126	07:44:18	31:32:45.95	+25:48:01 (81.8%)	37:11	1.6 (18.0%)
338	PISULIŃSKA Ewa	1156		K30	22	25:51:25	32:17:00.65	+26:32:15 (82.2%)	38:03	1.6 (18.0%)
339	JABŁOŃSKI Patryk	1201	BEZ FORMY TEAM	M30	84	07:34:00	48:56:10.30	+43:11:25 (88.3%)	57:41	1 (11.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
340	BIENIECKI Mirosław	1414	OTK RZEŹNIK	M40	127	05:54:18	79:02:02.25	+73:17:17 (92.7%)	93:09	0.6 (6.7%)
DNC	CUPRIAK Daniel	1382		M40			04:52:43.15		0:00	10.4 (116.9%)
DNC	GOŁOWSKI Cezary	1310	OBOZBBIEGANIE.PL	M40			05:15:14.80		0:00	9.7 (109.0%)
DNC	BŁĘDKOWSKA Katarzyna	1381		K30			05:54:54.95		0:00	8.6 (96.6%)
DNC	SOKÓŁ Wojciech	1216	KRÓL GÓR	M20			06:31:41.25		0:00	7.8 (87.6%)
DNC	OSIAL Aneta	1152		K20			08:10:29.60		0:00	6.2 (69.7%)
DNC	BIELECKI Rafał	1204		M30			08:10:31.75		0:00	6.2 (69.7%)
DNC	RYSIEWICZ Paweł	1287		M30			09:48:30.15		0:00	5.2 (58.4%)
	NAROZNIK Piotr	1250		M30		DNF	DNF		-	- (0.0%)
	ZIĘTEK Maciej	1017	IKANO INDUSTRY	M40		04:52:20 DNF	DNF		-	- (0.0%)
	MANN Michał	1007		M20		05:54:56 DNF	DNF		-	- (0.0%)
	WOJCIECHOWSKI Tomasz	1363		M30		05:57:46 DNF	DNF		-	- (0.0%)
	JEDLIŃSKA Agnieszka	1343	SKRZYDLACI AKTYWNI	K30		06:05:34 DNF	DNF		-	- (0.0%)
	KORNAK Michał	1192	GRUBY I GRUBSZY	M30		06:39:32 DNF	DNF		-	- (0.0%)
	KRASUSKI Piotr	1012	CROSSFIT SIEDLCE	M30		DNF	DNF		-	- (0.0%)
	GADOMSKI Dariusz	1236		M50		DNF	DNF		-	- (0.0%)
	DZIEDZIC Wojciech	1068	PWC SERVICE DELIVERY CENTER	M30		DNF	DNF		-	- (0.0%)
	DUCH Emil	1369	JB WARSAW	M30		DNF	DNF		-	- (0.0%)
	BIENIAS Piotr	1401		M40		DNF	DNF		-	- (0.0%)
	DUCZMAL Wojciech	1312		M40		DNF	DNF		-	- (0.0%)

Znaleziono 359 wynik(ów)