RZEŹNIK SKY

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 47.6 km

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas netto 47.6km	Różn	Tempo min/km	Tempo km/h
1	**FARON Robert**	**2409**	SALCO GARMIN TEAM	M40	1	02:16:35	02:16:58	**04:55:34.25**		6:12	9.7 (100%)
2	**PIECHA Artur**	**2589**		M40	2	02:28:22	02:30:03	**05:37:57.30**	+00:42:23 (12.5%)	7:05	8.5 (87.6%)
3	**ŻUBIŃSKI Piotr**	**2583**		M40	3	02:27:04	02:27:26	**05:38:06.70**	+00:42:32 (12.6%)	7:06	8.4 (86.6%)
4	**PERYKASZA Paweł**	**2463**	GRUPALUKTRANS.PL	M40	4	02:38:50	02:41:10	**06:03:15.45**	+01:07:41 (18.6%)	7:37	7.9 (81.4%)
5	**MAŃCZAK Filip**	**2447**	AKTYWNI I RAZEM	M40	5	02:29:51	02:33:32	**06:03:41.85**	+01:08:07 (18.7%)	7:38	7.9 (81.4%)
6	**SKAWIŃSKI Tomasz**	**2303**	GOPR BIESZCZADY	M40	6	02:37:45	02:42:27	**06:06:36.30**	+01:11:02 (19.4%)	7:42	7.8 (80.4%)
7	**KOT Rafał**	**2517**	LEDLENSER // MUAY RUNNING TEAM	M40	7	02:41:39	02:43:36	**06:17:09.55**	+01:21:35 (21.6%)	7:55	7.6 (78.4%)
8	**GRONDYS Paweł**	**2040**		M40	8	02:37:39	02:39:47	**06:17:26.85**	+01:21:52 (21.7%)	7:55	7.6 (78.4%)
9	**DANILUK Krzysztof**	**2538**	BIEGAMBOLUBIĘ	M40	9	02:41:31	02:44:52	**06:25:17.70**	+01:29:43 (23.3%)	8:05	7.4 (76.3%)
10	**LIPIŃSKI Marek**	**2521**		M40	10	02:48:20	02:50:21	**06:27:49.05**	+01:32:14 (23.8%)	8:08	7.4 (76.3%)
11	**JOŃCZYK Rafał**	**2558**	JACEKBIEGA RUNNING TEAM	M40	11	02:40:02	02:43:13	**06:28:42.00**	+01:33:07 (24.0%)	8:09	7.3 (75.3%)
12	**NOWAK Miroslaw**	**2586**	NIE MA	M40	12	02:42:23	02:44:00	**06:28:43.45**	+01:33:09 (24.0%)	8:09	7.3 (75.3%)
13	**KOT Krzysztof**	**2067**	MPK - RZESZÓW	M40	13	02:43:53	02:49:56	**06:37:36.85**	+01:42:02 (25.7%)	8:21	7.2 (74.2%)
14	**SZYMURA Wojciech**	**2327**		M40	14	02:48:31	02:48:56	**06:40:46.90**	+01:45:12 (26.3%)	8:25	7.1 (73.2%)
15	**ZIĘBA Tomasz**	**2591**	JACEKBIEGA RUNNING TEAM	M40	15	03:03:50	03:06:12	**06:44:08.45**	+01:48:34 (26.9%)	8:29	7.1 (73.2%)
16	**BARANOWSKI Jacek**	**2005**	JACEKBIEGA RUNNING TEAM	M40	16	02:55:23	03:00:41	**06:50:35.25**	+01:55:01 (28.0%)	8:37	7 (72.2%)
17	**KOBAK Marcin**	**2289**		M40	17	03:07:26	03:10:21	**07:04:29.15**	+02:08:54 (30.4%)	8:55	6.7 (69.1%)
18	**RUSZNICA Tomasz**	**2550**		M40	18	03:02:50	03:07:13	**07:07:28.20**	+02:11:53 (30.9%)	8:58	6.7 (69.1%)
19	**KONOPKA Bartosz**	**2437**	BIEGAMBOLUBIĘ	M40	19	03:02:44	03:06:30	**07:08:51.00**	+02:13:16 (31.1%)	9:00	6.7 (69.1%)
20	**STEPANIUK Adam**	**2484**	BIEGAMY DZISIAJ? WIERZBICA/CHEŁM BIEGA	M40	20	02:48:16	02:51:13	**07:09:04.45**	+02:13:30 (31.1%)	9:00	6.7 (69.1%)
21	**JÓZWIAK Piotr**	**2519**	KITA TEAM	M40	21	02:58:22	03:04:05	**07:11:38.05**	+02:16:03 (31.5%)	9:04	6.6 (68.0%)
22	**WEREMKO Grzegorz**	**2275**	MULTIMEDIA RUNNERS PUŁAWY	M40	22	03:04:05	03:07:22	**07:13:36.80**	+02:18:02 (31.8%)	9:06	6.6 (68.0%)
23	**GARUS Łukasz**	**2036**		M40	23	03:09:44	03:16:48	**07:19:51.35**	+02:24:17 (32.8%)	9:14	6.5 (67.0%)
24	**KAMIŃSKI Marek**	**2056**	180 MINUT	M40	24	03:13:22	03:17:30	**07:19:58.05**	+02:24:23 (32.8%)	9:14	6.5 (67.0%)
25	**SROKA Paweł**	**2135**	KOWARY BIEGAJĄ	M40	25	03:01:41	03:05:46	**07:21:04.30**	+02:25:30 (33.0%)	9:15	6.5 (67.0%)
26	**OPOŃSKI Artur**	**2459**	SUPER DRUŻYNA EŁK	M40	26	03:06:38	03:12:53	**07:22:18.95**	+02:26:44 (33.2%)	9:17	6.5 (67.0%)
27	**CHOJNACKI Maciej**	**2015**	TEAM ZALESICE	M40	27	03:02:50	03:07:32	**07:22:58.90**	+02:27:24 (33.3%)	9:18	6.4 (66.0%)
28	**RAMOTOWSKI Marcin**	**2265**		M40	28	03:11:49	03:17:22	**07:24:47.90**	+02:29:13 (33.5%)	9:20	6.4 (66.0%)
29	**KRÓL Maciej**	**2356**	WIRAN TEAM	M40	29	03:00:26	03:02:47	**07:25:34.00**	+02:29:59 (33.7%)	9:21	6.4 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas netto 47.6km	Różn	Tempo min/km	Tempo km/h
30	**MACHALSKI Sebastian**	**2249**		M40	30	03:02:37	03:07:18	**07:31:54.50**	+02:36:20 (34.6%)	9:29	6.3 (64.9%)
31	**WEYNA Bartosz**	**2151**		M40	31	02:55:32	02:58:06	**07:32:07.65**	+02:36:33 (34.6%)	9:29	6.3 (64.9%)
32	**PILECKI Robert**	**2375**	RUNEDA	M40	32	03:04:45	03:17:26	**07:33:10.15**	+02:37:35 (34.8%)	9:31	6.3 (64.9%)
33	**ORYSZCZAK Bartłomiej**	**2261**	MTB ROZTOCZE	M40	33	03:12:13	03:14:18	**07:38:43.90**	+02:43:09 (35.6%)	9:38	6.2 (63.9%)
34	**BIENIEK Paweł**	**2231**		M40	34	03:13:02	03:20:21	**07:40:21.35**	+02:44:47 (35.8%)	9:40	6.2 (63.9%)
35	**CUPRIAK Daniel**	**2555**		M40	35	03:14:52	03:27:05	**07:40:41.10**	+02:45:06 (35.8%)	9:40	6.2 (63.9%)
36	**SŁOTWIŃSKI Adam**	**2479**		M40	36	03:06:48	03:12:50	**07:41:45.70**	+02:46:11 (36.0%)	9:42	6.2 (63.9%)
37	**CICHOŃ Maciej**	**2337**	42.195 WEJHEROWO	M40	37	03:11:29	03:16:36	**07:42:41.25**	+02:47:07 (36.1%)	9:43	6.2 (63.9%)
38	**KLARECKI Adrian**	**2349**	ULTRA WAY TEAM / ASTMA TEAM	M40	38	03:11:36	03:19:19	**07:42:43.05**	+02:47:08 (36.1%)	9:43	6.2 (63.9%)
39	**RECZEK Sebastian**	**2267**	KS ZIELONO-CZARNI	M40	39	03:18:05	03:25:22	**07:44:28.05**	+02:48:53 (36.4%)	9:45	6.1 (62.9%)
40	**DELEŻUCH Wojciech**	**2025**	NIE MA LETKO	M40	40	03:19:35	03:30:39	**07:49:31.10**	+02:53:56 (37.0%)	9:51	6.1 (62.9%)
41	**KOZARSKI Krzysztof**	**2439**	RK LEGAL	M40	41	02:58:28	03:04:26	**07:51:08.80**	+02:55:34 (37.3%)	9:53	6.1 (62.9%)
42	**WASYLÓW Jacek**	**2520**	CZR1 ANTEK TEAM LIPOWICA-PRZEMYŚL	M40	42	03:07:14	03:11:10	**07:53:34.00**	+02:57:59 (37.6%)	9:56	6 (61.9%)
43	**ROSŁON Piotr**	**2324**		M40	43	03:17:52	03:28:29	**07:54:46.25**	+02:59:12 (37.7%)	9:58	6 (61.9%)
44	**PISINGAS Mariusz**	**2466**	BIEGANIE TO MÓJ TRZEŹWY	M40	44	04:00:07	04:13:06	**07:56:08.70**	+03:00:34 (37.9%)	10:00	6 (61.9%)
45	**POROWSKI Waldek**	**2529**	KB SOBÓTKA	M40	45	03:14:47	03:26:25	**08:01:05.75**	+03:05:31 (38.6%)	10:06	5.9 (60.8%)
46	**KOCIUMBAS Bartosz**	**2315**	KB SOBÓTKA	M40	46	03:14:53	03:26:27	**08:01:14.55**	+03:05:40 (38.6%)	10:06	5.9 (60.8%)
47	**CIEŚLIK Paweł**	**2018**	ROZBIEGAJMY RADOMSKO	M40	47	03:15:44	03:17:18	**08:01:47.70**	+03:06:13 (38.7%)	10:07	5.9 (60.8%)
48	**GIBAŁA Marcin**	**2343**	BIEGAM DLA ALI I HANI	M40	48	03:25:00	03:37:52	**08:02:27.20**	+03:06:52 (38.7%)	10:08	5.9 (60.8%)
49	**DOMIN Daniel**	**2233**	MULTIPLIER TEAM	M40	49	03:16:10	03:35:13	**08:04:06.65**	+03:08:32 (38.9%)	10:10	5.9 (60.8%)
50	**JANOWICZ Rafał**	**2427**	MIĘKKI ŻELEK	M40	50	03:03:42	03:13:10	**08:04:10.05**	+03:08:35 (39.0%)	10:10	5.9 (60.8%)
51	**KOKOSZKA Wojciech**	**2064**	SLOW JOGGING SIEDLCE	M40	51	03:19:37	03:33:06	**08:04:42.40**	+03:09:08 (39.0%)	10:10	5.9 (60.8%)
52	**KASTELIK Dariusz**	**2433**	SPRINTEX TEAM	M40	52	03:17:34	03:31:25	**08:05:47.10**	+03:10:12 (39.2%)	10:12	5.9 (60.8%)
53	**SADY Sebastian**	**2475**	OBY2	M40	53	03:17:34	03:21:25	**08:07:16.50**	+03:11:42 (39.3%)	10:14	5.9 (60.8%)
54	**PLEWA Tomasz**	**2544**		M40	54	03:04:48	03:23:54	**08:09:31.55**	+03:13:57 (39.6%)	10:17	5.8 (59.8%)
55	**ŁOBODOWSKI Marcin**	**2444**	RACEFIGHTER GOSIR DĘBE WIELKIE	M40	55	02:56:46	03:03:56	**08:10:19.00**	+03:14:44 (39.7%)	10:18	5.8 (59.8%)
56	**KRUPA Grzegorz**	**2571**		M40	56	03:24:33	03:33:15	**08:11:06.40**	+03:15:32 (39.8%)	10:19	5.8 (59.8%)
57	**ASŁANOWICZ Marcin**	**2312**	ŻÓRAWSKI TEAM	M40	57	03:30:53	03:40:44	**08:11:36.80**	+03:16:02 (39.9%)	10:19	5.8 (59.8%)
58	**DWORNICKI Tomasz**	**2572**	RGB	M40	58	03:20:56	03:33:00	**08:11:44.15**	+03:16:09 (39.9%)	10:19	5.8 (59.8%)
59	**MARCINIAK Tomasz**	**2368**		M40	59	03:21:32	03:27:16	**08:11:54.75**	+03:16:20 (39.9%)	10:20	5.8 (59.8%)
60	**HERMAN Paweł**	**2539**	MLUKS TRZEBIATÓW	M40	60	03:27:57	03:38:54	**08:14:19.25**	+03:18:45 (40.2%)	10:23	5.8 (59.8%)
61	**GRZESZAK Rafał**	**2184**	DOGOŃ GRODZISK MAZOWIECKI	M40	61	03:18:56	03:25:11	**08:17:20.85**	+03:21:46 (40.6%)	10:26	5.7 (58.8%)
62	**MAŚLANY Mariusz**	**2252**	ELEKTROMETAL ENERGETYKA SA	M40	62	03:28:33	03:34:46	**08:20:21.15**	+03:24:46 (40.9%)	10:30	5.7 (58.8%)
63	**SOKALSKI Grzegorz**	**2569**		M40	63	03:32:48	03:37:00	**08:20:35.65**	+03:25:01 (41.0%)	10:30	5.7 (58.8%)
64	**PŁUCIENNICZAK Wojciech**	**2116**		M40	64	03:32:39	03:37:56	**08:20:39.85**	+03:25:05 (41.0%)	10:31	5.7 (58.8%)
65	**SADKOWSKI Paweł**	**2383**		M40	65	03:24:21	03:30:01	**08:21:36.80**	+03:26:02 (41.1%)	10:32	5.7 (58.8%)
66	**MOSIO Grzegorz**	**2453**		M40	66	03:13:46	03:15:57	**08:23:44.50**	+03:28:10 (41.3%)	10:34	5.7 (58.8%)
67	**PROKOPIUK Grzegorz**	**2120**	SZWAGRY DWA	M40	67	03:26:59	03:43:52	**08:23:45.45**	+03:28:11 (41.3%)	10:34	5.7 (58.8%)
68	**BARAN Stanisław**	**2004**	SAINT-GOBAIN SQUAD	M40	68	03:16:30	03:29:07	**08:25:31.85**	+03:29:57 (41.5%)	10:37	5.6 (57.7%)
69	**FRAŃSKI Łukasz**	**2034**	NKB CHYŻY NOWY TOMYŚL	M40	69	03:27:18	03:36:20	**08:27:05.55**	+03:31:31 (41.7%)	10:39	5.6 (57.7%)
70	**BUZALSKI Robert**	**2405**	ORANGE POLSKA	M40	70	03:27:42	03:40:33	**08:27:28.55**	+03:31:54 (41.8%)	10:39	5.6 (57.7%)
71	**SMAL Paweł**	**2215**	SUPADUPAFLY	M40	71	03:21:25	03:24:46	**08:27:46.45**	+03:32:12 (41.8%)	10:40	5.6 (57.7%)
72	**WIĘCEK Artur**	**2155**	SALT RUNNERS BOCHNIA	M40	72	03:27:10	03:40:35	**08:32:54.15**	+03:37:19 (42.4%)	10:46	5.6 (57.7%)
73	**ŚWIĄDERSKI Paweł**	**2488**	RED FISH	M40	73	03:13:53	03:19:03	**08:34:44.50**	+03:39:10 (42.6%)	10:48	5.5 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas netto 47.6km	Różn	Tempo min/km	Tempo km/h
74	**KACZOREK Marcin**	**2431**		M40	74	03:35:17	03:42:55	**08:35:54.20**	+03:40:19 (42.7%)	10:50	5.5 (56.7%)
75	**NOWAK Krzysztof**	**2259**		M40	75	03:37:56	03:44:46	**08:38:01.00**	+03:42:26 (42.9%)	10:52	5.5 (56.7%)
76	**TOMALAK Marek**	**2147**		M40	76	03:21:38	03:33:25	**08:38:27.10**	+03:42:52 (43.0%)	10:53	5.5 (56.7%)
77	**PUDZISZ Piotr**	**2121**	DZIKI Z BOCHENKA	M40	77	03:28:12	03:37:25	**08:39:09.90**	+03:43:35 (43.1%)	10:54	5.5 (56.7%)
78	**WIŚNIEWSKI Marek**	**2501**	RED FISH	M40	78	03:22:59	03:31:58	**08:39:24.70**	+03:43:50 (43.1%)	10:54	5.5 (56.7%)
79	**JANDZIŚ Wiesław**	**2582**	AKTYWNY DYNÓW	M40	79	03:46:05	04:00:43	**08:42:41.90**	+03:47:07 (43.5%)	10:58	5.5 (56.7%)
80	**KACZYŃSKI Artur**	**2348**		M40	80	03:29:07	03:38:19	**08:46:03.70**	+03:50:29 (43.8%)	11:03	5.4 (55.7%)
81	**JÓZEFCZYK Jacek**	**2428**		M40	81	03:48:38	04:04:12	**08:46:30.40**	+03:50:56 (43.9%)	11:03	5.4 (55.7%)
82	**DEDERKO Piotr**	**2024**	DEDETEAM	M40	82	03:25:22	03:48:20	**08:46:39.30**	+03:51:05 (43.9%)	11:03	5.4 (55.7%)
83	**JANKIEWICZ Marek**	**2426**	SFORA BMK	M40	83	03:36:02	03:46:12	**08:48:27.20**	+03:52:52 (44.1%)	11:06	5.4 (55.7%)
84	**NOWOSAD Artur**	**2528**		M40	84	03:41:11	03:44:53	**08:48:56.00**	+03:53:21 (44.1%)	11:06	5.4 (55.7%)
85	**KOKOT Roman**	**2578**	AKTYWNY DYNÓW	M40	85	03:54:18	04:00:43	**08:49:53.35**	+03:54:19 (44.2%)	11:07	5.4 (55.7%)
86	**KODZIS Lesław**	**2245**		M40	86	03:32:13	03:40:02	**08:50:38.10**	+03:55:03 (44.3%)	11:08	5.4 (55.7%)
87	**PISZCZ Marek**	**2115**	OPEL ACTIVE TEAM	M40	87	03:35:31	03:47:10	**08:55:04.40**	+03:59:30 (44.8%)	11:14	5.3 (54.6%)
88	**CEGIEŁKO Paweł**	**2406**	NIE NALEŻĘ DO KLUBU	M40	88	03:44:16	03:56:46	**08:55:07.75**	+03:59:33 (44.8%)	11:14	5.3 (54.6%)
89	**SMIT Maciek**	**2552**		M40	89	03:34:42	03:48:27	**08:56:07.50**	+04:00:33 (44.9%)	11:15	5.3 (54.6%)
90	**PLACHA Piotr**	**2467**	KOPALNIA MOCY TARNOBRZEG	M40	90	03:45:47	03:46:17	**08:58:30.10**	+04:02:55 (45.1%)	11:18	5.3 (54.6%)
91	**ZAŁUSKI Piotr**	**2171**	PECNA TEAM	M40	91	03:25:18	03:40:13	**09:01:45.05**	+04:06:10 (45.4%)	11:22	5.3 (54.6%)
92	**ZAWADZKI Tomasz**	**2548**		M40	92	03:35:37	03:41:38	**09:02:01.65**	+04:06:27 (45.5%)	11:23	5.3 (54.6%)
93	**GRONIECKI Mikołaj**	**2508**	KTÓRĘDY PO PIWO,)	M40	93	03:46:25	03:56:31	**09:02:32.50**	+04:06:58 (45.5%)	11:23	5.3 (54.6%)
94	**WIŚNIEWSKI Robert**	**2500**		M40	94	03:45:17	03:49:23	**09:05:06.20**	+04:09:31 (45.8%)	11:27	5.2 (53.6%)
95	**BOKSA Bartłomiej**	**2011**	KKM KALORYFER	M40	95	03:48:28	04:01:12	**09:05:24.00**	+04:09:49 (45.8%)	11:27	5.2 (53.6%)
96	**MITURA Wojtek**	**2096**		M40	96	03:42:39	03:53:27	**09:06:07.65**	+04:10:33 (45.9%)	11:28	5.2 (53.6%)
97	**PIETRZYK Pawel**	**2112**	ECO LIGHT GROUP	M40	97	03:39:33	03:43:19	**09:07:42.30**	+04:12:08 (46.0%)	11:30	5.2 (53.6%)
98	**ISKRA Arkadiusz**	**2046**	SZAKALE BAŁUTY ŁÓDŹ	M40	98	03:34:00	03:43:24	**09:08:22.60**	+04:12:48 (46.1%)	11:31	5.2 (53.6%)
99	**JACHYMEK Bartłomiej**	**2568**	JACEKBIEGA RUNNING TEAM	M40	99	03:24:45	03:27:45	**09:13:07.10**	+04:17:32 (46.6%)	11:37	5.2 (53.6%)
100	**PIEŃKOSZ Wojciech**	**2297**	PGE ENERGETIC RUNNING	M40	100	03:29:37	03:40:27	**09:15:43.80**	+04:20:09 (46.8%)	11:40	5.1 (52.6%)
101	**RUCIŃSKI Adam**	**2125**		M40	101	03:54:39	04:01:24	**09:16:37.95**	+04:21:03 (46.9%)	11:41	5.1 (52.6%)
102	**WEINBERG Kamil**	**2543**	BIEGIEM PO PIWO / DROGA DO ULTRA	M40	102	03:37:35	03:48:59	**09:17:15.25**	+04:21:41 (47.0%)	11:42	5.1 (52.6%)
103	**SZCZESZEK Lukasz**	**2142**		M40	103	03:59:07	04:04:30	**09:19:23.95**	+04:23:49 (47.2%)	11:45	5.1 (52.6%)
104	**LABOCHA Aleksander**	**2076**		M40	104	03:54:18	03:58:21	**09:20:26.15**	+04:24:51 (47.3%)	11:46	5.1 (52.6%)
105	**KOZIK Bartłomiej**	**2440**		M40	105	03:48:38	04:05:32	**09:21:22.95**	+04:25:48 (47.3%)	11:47	5.1 (52.6%)
106	**PARZYCH Wojciech**	**2460**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	106	03:54:32	04:00:01	**09:24:30.00**	+04:28:55 (47.6%)	11:51	5.1 (52.6%)
107	**KUCZYŃSKI Grzegorz**	**2072**	BIAŁYSTOK BIEGA TEAM	M40	107	04:03:13	04:07:33	**09:25:30.25**	+04:29:56 (47.7%)	11:52	5.1 (52.6%)
108	**STAWIARZ Paweł**	**2217**	GERIATRIC ROOM	M40	108	04:00:27	04:09:27	**09:26:22.20**	+04:30:47 (47.8%)	11:53	5 (51.5%)
109	**KŁODAWSKI Marek**	**2435**		M40	109	03:44:37	04:00:26	**09:26:42.90**	+04:31:08 (47.8%)	11:54	5 (51.5%)
110	**SACZUK Andrzej**	**2325**	KB BIALA BIEGA	M40	110	03:49:17	04:01:17	**09:27:34.95**	+04:32:00 (47.9%)	11:55	5 (51.5%)
111	**KUTA Rafał**	**2316**		M40	111	03:44:53	03:53:20	**09:27:35.40**	+04:32:01 (47.9%)	11:55	5 (51.5%)
112	**DOMIŃCZYK Rafał**	**2587**		M40	112	04:03:21	04:21:00	**09:29:35.40**	+04:34:01 (48.1%)	11:57	5 (51.5%)
113	**GUZIK Daniel**	**2573**		M40	113	04:03:25	04:23:53	**09:29:35.75**	+04:34:01 (48.1%)	11:57	5 (51.5%)
114	**GĘSIAREK Grzegorz**	**2416**		M40	114	03:39:34	03:43:59	**09:31:01.60**	+04:35:27 (48.2%)	11:59	5 (51.5%)
115	**KRYCH Rafał**	**2357**		M40	115	03:54:39	04:05:31	**09:34:04.35**	+04:38:30 (48.5%)	12:03	5 (51.5%)
116	**KOCHAN Rafał**	**2556**	TC KOCHAN	M40	116	03:54:27	04:00:17	**09:38:56.50**	+04:43:22 (48.9%)	12:09	4.9 (50.5%)
117	**LASKOWSKI Michał**	**2581**	DROGAODWAZNYCH.PL	M40	117	03:49:57	04:10:51	**09:39:33.20**	+04:43:58 (49.0%)	12:10	4.9 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas netto 47.6km	Różn	Tempo min/km	Tempo km/h
118	**OLENDER Marcin**	**2458**		M40	118	03:42:04	03:51:48	**09:40:39.30**	+04:45:05 (49.1%)	12:11	4.9 (50.5%)
119	**DOLATA Andrzej**	**2338**	KTB KUNY	M40	119	03:44:02	04:21:29	**09:43:04.40**	+04:47:30 (49.3%)	12:14	4.9 (50.5%)
120	**WASILEWSKI Mirosław**	**2496**	ORKA MASTERS IŁAWA	M40	120	04:09:22	04:11:41	**09:46:10.80**	+04:50:36 (49.6%)	12:18	4.9 (50.5%)
121	**KUSIO Marcin**	**2510**	DOGOŃ GRODZISK MAZOWIECKI	M40	121	04:06:45	04:20:33	**09:46:45.55**	+04:51:11 (49.6%)	12:19	4.9 (50.5%)
122	**SZYMANIAK Paweł**	**2220**	DOGON DANFOSS	M40	122	04:06:45	04:20:30	**09:46:45.70**	+04:51:11 (49.6%)	12:19	4.9 (50.5%)
123	**WOJCIECHOWSKI Tomasz**	**2397**	VIKING TRAINING CENTER TYCHY	M40	123	03:44:30	03:55:14	**09:48:52.10**	+04:53:17 (49.8%)	12:22	4.8 (49.5%)
124	**ZAKRZEWICZ Marcin**	**2399**	KTB KUNY	M40	124	03:49:01	04:21:30	**09:49:13.95**	+04:53:39 (49.8%)	12:22	4.8 (49.5%)
125	**SŁOWIK Radosław**	**2268**	KLUB BIEGACZA LEROY MERLIN	M40	125	04:20:11	04:33:52	**09:49:16.30**	+04:53:42 (49.8%)	12:22	4.8 (49.5%)
126	**STOLINSKI Dominik**	**2137**	BAWOLE OCZY	M40	126	03:39:14	04:03:26	**09:51:12.85**	+04:55:38 (50.0%)	12:25	4.8 (49.5%)
127	**NOWAK Dawid**	**2102**	TRICERATOPS	M40	127	03:39:11	04:03:29	**09:51:12.90**	+04:55:38 (50.0%)	12:25	4.8 (49.5%)
128	**GRESER Artur**	**2420**	GS TEAM	M40	128	03:43:51	03:50:04	**09:51:40.50**	+04:56:06 (50.0%)	12:25	4.8 (49.5%)
129	**KRZEMIEŃ Bartosz**	**2070**		M40	129	04:23:50	04:24:35	**09:52:55.90**	+04:57:21 (50.2%)	12:27	4.8 (49.5%)
130	**PIOTROWSKI Mariusz**	**2114**		M40	130	04:23:53	04:24:37	**09:53:03.90**	+04:57:29 (50.2%)	12:27	4.8 (49.5%)
131	**GUNERT Kuba**	**2041**		M40	131	03:53:50	04:10:29	**09:55:35.05**	+05:00:00 (50.4%)	12:30	4.8 (49.5%)
132	**ZWALIŃSKI Marcin**	**2504**		M40	132	04:03:43	04:24:49	**09:58:04.90**	+05:02:30 (50.6%)	12:33	4.8 (49.5%)
133	**PRUSZKOWSKI Mariusz**	**2471**	CHEŁM BIEGA CROSSFITTER BOX CHEŁM	M40	133	03:48:19	04:03:42	**09:59:27.85**	+05:03:53 (50.7%)	12:35	4.8 (49.5%)
134	**RYBICKI Tomasz**	**2474**	SFORA BMK	M40	134	03:44:36	03:55:38	**09:59:29.10**	+05:03:54 (50.7%)	12:35	4.8 (49.5%)
135	**ILASZ Stanisław**	**2565**	MĘSKA STRONA RZECZYWISTOŚCI	M40	135	03:48:20	04:05:08	**10:03:38.60**	+05:08:04 (51.0%)	12:40	4.7 (48.5%)
136	**WIELIŃSKI Michał**	**2153**	MARMEL TORUŃ	M40	136	03:50:57	04:03:13	**10:06:15.20**	+05:10:40 (51.2%)	12:44	4.7 (48.5%)
137	**PREDENKIEWICZ Jarek**	**2119**	MARMEL	M40	137	03:50:55	04:03:14	**10:06:15.50**	+05:10:41 (51.2%)	12:44	4.7 (48.5%)
138	**TOPOLEWICZ Robert**	**2148**	STRAŻ GRANICZNA BIAŁYSTOK	M40	138	04:00:23	04:18:55	**10:06:35.95**	+05:11:01 (51.3%)	12:44	4.7 (48.5%)
139	**KUTNIK Mirosław**	**2074**	KB BIAŁA BIEGA	M40	139	04:10:19	04:21:31	**10:07:44.25**	+05:12:10 (51.4%)	12:46	4.7 (48.5%)
140	**KOŚCIELNIAK Szymon**	**2354**	CZERWONACKIE KIJANKI	M40	140	04:04:11	04:22:58	**10:07:48.05**	+05:12:13 (51.4%)	12:46	4.7 (48.5%)
141	**SZABLA Marcin**	**2574**	SAINT GOBAIN SQUAD	M40	141	04:03:20	04:22:41	**10:11:37.85**	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
142	**ZAŁUSKI Norbert**	**2170**		M40	142	03:51:05	04:09:08	**10:12:42.10**	+05:17:07 (51.8%)	12:52	4.7 (48.5%)
143	**DZIURBEJKO Tomasz**	**2029**		M40	143	03:57:06	04:09:11	**10:12:42.50**	+05:17:08 (51.8%)	12:52	4.7 (48.5%)
144	**WIENER Marcin**	**2276**		M40	144	04:03:02	04:14:55	**10:12:48.15**	+05:17:13 (51.8%)	12:52	4.7 (48.5%)
145	**WÓJTOWICZ Robert**	**2161**		M40	145	03:44:08	03:55:18	**10:13:15.45**	+05:17:41 (51.8%)	12:53	4.7 (48.5%)
146	**DREWNIK Robert**	**2027**	BIEGNIJ Z PROSERVICE	M40	146	04:22:09	04:43:36	**10:14:17.00**	+05:18:42 (51.9%)	12:54	4.6 (47.4%)
147	**WAŃDOCH Piotr**	**2494**	BBL OSTROWIEC ŚWIĘTOKRZYSKI	M40	147	03:52:23	04:04:34	**10:15:22.95**	+05:19:48 (52.0%)	12:55	4.6 (47.4%)
148	**BEDNARSKI Paweł**	**2402**		M40	148	03:52:24	04:04:37	**10:15:24.50**	+05:19:50 (52.0%)	12:55	4.6 (47.4%)
149	**ŁUKASIAK Sylwester**	**2365**		M40	149	04:02:15	04:07:56	**10:17:26.40**	+05:21:52 (52.1%)	12:58	4.6 (47.4%)
150	**TYMOSZUK Michał**	**2310**	KB BIAŁA BIEGA	M40	150	04:23:59	04:39:56	**10:18:06.90**	+05:22:32 (52.2%)	12:59	4.6 (47.4%)
151	**BATOREK Bogdan**	**2333**	RAWA TIM ZAWSZE SLIM	M40	151	04:00:35	04:03:16	**10:18:20.50**	+05:22:46 (52.2%)	12:59	4.6 (47.4%)
152	**JEDLIŃSKI Bartosz**	**2050**	MARATOŃCZYK DĘBICA	M40	152	04:15:10	04:17:21	**10:21:42.90**	+05:26:08 (52.5%)	13:03	4.6 (47.4%)
153	**PELCZAR Paweł**	**2296**		M40	153	04:10:55	04:24:56	**10:23:43.80**	+05:28:09 (52.6%)	13:06	4.6 (47.4%)
154	**TUSIŃSKI Seweryn**	**2490**		M40	154	04:05:31	04:10:22	**10:23:55.70**	+05:28:21 (52.6%)	13:06	4.6 (47.4%)
155	**ŻUBRZAK Jacek**	**2507**		M40	155	03:55:06	03:55:52	**10:25:59.45**	+05:30:25 (52.8%)	13:09	4.6 (47.4%)
156	**JÓZEFOWICZ Sebastian**	**2429**		M40	156	03:55:06	03:55:52	**10:26:00.85**	+05:30:26 (52.8%)	13:09	4.6 (47.4%)
157	**BIEŃKOWSKI Jarosław**	**2313**	BIEGAJ Z DYMKIEM	M40	157	04:03:53	04:28:27	**10:26:15.65**	+05:30:41 (52.8%)	13:09	4.6 (47.4%)
158	**SROCZYŃSKI Marcin**	**2388**	OSTRESROKI	M40	158	04:14:52	04:28:12	**10:26:27.15**	+05:30:52 (52.8%)	13:09	4.6 (47.4%)
159	**TOKARSKI Jacek**	**2222**		M40	159	04:24:48	04:51:25	**10:27:43.75**	+05:32:09 (52.9%)	13:11	4.5 (46.4%)
160	**KOWALIK Krzysztof**	**2192**		M40	160	04:24:50	04:51:26	**10:32:21.15**	+05:36:46 (53.3%)	13:17	4.5 (46.4%)
161	**PIETRUS Piotr**	**2298**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	161	04:04:05	04:14:25	**10:38:15.00**	+05:42:40 (53.7%)	13:24	4.5 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas netto 47.6km	Różn	Tempo min/km	Tempo km/h
162	**ŁYŻWA Piotr**	**2200**	SUPADUPAFLY	M40	162	05:04:39	05:08:43	**10:40:46.95**	+05:45:12 (53.9%)	13:27	4.5 (46.4%)
163	**KUCZYŃSKI Mariusz**	**2359**		M40	163	04:22:23	04:29:49	**10:42:05.50**	+05:46:31 (54.0%)	13:29	4.4 (45.4%)
164	**ZWARDOŃ Rafał**	**2505**	-	M40	164	03:33:52	04:15:56	**10:43:50.80**	+05:48:16 (54.1%)	13:31	4.4 (45.4%)
165	**GRUDZIEŃ Michał**	**2183**		M40	165	03:59:08	04:04:16	**10:43:52.25**	+05:48:18 (54.1%)	13:31	4.4 (45.4%)
166	**SEREK Roman**	**2213**	SUPADUPAFLY	M40	166	04:22:46	04:32:05	**10:44:33.80**	+05:48:59 (54.1%)	13:32	4.4 (45.4%)
167	**URBAŃSKI Tomasz**	**2492**		M40	167	03:43:54	03:58:57	**10:47:53.20**	+05:52:18 (54.4%)	13:36	4.4 (45.4%)
168	**ŁUSZCZYK Andrzej**	**2088**	KLUB BIEGACZA MILA	M40	168	04:17:05	04:39:07	**10:51:44.30**	+05:56:10 (54.6%)	13:41	4.4 (45.4%)
169	**BACZYŃSKI Robert**	**2230**		M40	169	04:31:00	04:45:31	**10:53:49.10**	+05:58:14 (54.8%)	13:44	4.4 (45.4%)
170	**GUTT Sebastian**	**2043**		M40	170	04:30:42	04:52:09	**10:56:54.55**	+06:01:20 (55.0%)	13:48	4.3 (44.3%)
171	**GRALEC Dariusz**	**2039**		M40	171	04:19:11	04:30:44	**10:57:49.70**	+06:02:15 (55.1%)	13:49	4.3 (44.3%)
172	**PIEKARSKI Paweł**	**2465**	SFORA BMK	M40	172	04:32:42	04:43:15	**10:58:07.20**	+06:02:32 (55.1%)	13:49	4.3 (44.3%)
173	**KOSTECKI Tomasz**	**2246**	R&T	M40	173	04:42:09	05:02:35	**10:58:36.15**	+06:03:01 (55.1%)	13:50	4.3 (44.3%)
174	**PAPROCKI Bartłomiej**	**2320**		M40	174	04:15:52	04:36:32	**11:01:57.55**	+06:06:23 (55.3%)	13:54	4.3 (44.3%)
175	**ZIELINSKI Adam**	**2536**	EVERRUN / DROGA DO ULTRA	M40	175	04:25:57	04:46:02	**11:07:56.10**	+06:12:21 (55.7%)	14:01	4.3 (44.3%)
176	**JANASZ Andrzej**	**2048**		M40	176	04:51:20	04:55:33	**11:19:14.85**	+06:23:40 (56.5%)	14:16	4.2 (43.3%)
177	**URBANEK Sylwester**	**2524**		M40	177	04:14:59	04:37:47	**11:21:28.25**	+06:25:54 (56.6%)	14:18	4.2 (43.3%)
178	**KUCHARCZYK Radosław**	**2523**		M40	178	04:15:12	04:37:51	**11:21:32.30**	+06:25:58 (56.6%)	14:19	4.2 (43.3%)
179	**GIERLOTKA Rafał**	**2575**	BRAK	M40	179	05:08:26	05:11:00	**11:25:01.95**	+06:29:27 (56.9%)	14:23	4.2 (43.3%)
180	**ZYGMUNT Andrzej**	**2506**	ZASAPANI HYDRO	M40	180	04:27:05	04:41:08	**11:31:53.15**	+06:36:18 (57.3%)	14:32	4.1 (42.3%)
181	**SCHLAPPA Sebastian**	**2477**	IZBICKO W BIEGU	M40	181	04:33:49	04:47:26	**11:38:21.45**	+06:42:47 (57.7%)	14:40	4.1 (42.3%)
182	**NOWAK Piotr**	**2456**	CZARNE BIEGA	M40	182	04:13:02	04:29:35	**11:42:39.10**	+06:47:04 (57.9%)	14:45	4.1 (42.3%)
183	**WÓJCIK Łukasz**	**2160**	CYTRYNOWE CURRY???	M40	183	04:32:48	04:42:26	**11:43:24.55**	+06:47:50 (58.0%)	14:46	4.1 (42.3%)
184	**LIPSKI Krzysztof**	**2083**		M40	184	04:30:38	04:51:36	**11:43:27.95**	+06:47:53 (58.0%)	14:46	4.1 (42.3%)
185	**SOWA Sylwester**	**2482**	DRUŻYNA PIERŚCIENIA	M40	185	04:39:39	04:54:42	**11:51:51.05**	+06:56:16 (58.5%)	14:57	4 (41.2%)
186	**JUREWICZ Adam**	**2430**	DRUŻYNA PIERŚCIENIA	M40	186	04:39:40	04:54:40	**11:51:51.15**	+06:56:16 (58.5%)	14:57	4 (41.2%)
187	**KWAŚNIEWSKI Andrzej**	**2196**		M40	187	05:10:24	05:14:15	**12:02:48.30**	+07:07:14 (59.1%)	15:11	4 (41.2%)
188	**SOCIŃSKI Artur**	**2481**	ARP RUN TEAM	M40	188	04:26:48	04:30:45	**12:06:35.15**	+07:11:00 (59.3%)	15:15	3.9 (40.2%)
189	**ZGÓRSKI Maciej**	**2503**	WKURW_TEAM	M40	189	04:37:04	04:48:51	**12:14:04.45**	+07:18:30 (59.7%)	15:25	3.9 (40.2%)
190	**BUŁKA Piotr**	**2283**	ROZBIEGANY SULEJÓWEK	M40	190	05:17:54	05:47:09	**12:25:00.35**	+07:29:26 (60.3%)	15:39	3.8 (39.2%)
191	**GÓRKA Bogusław**	**2235**	SUSKA GRUPA BIEGOWA	M40	191	04:52:51	05:08:07	**12:26:03.45**	+07:30:29 (60.4%)	15:40	3.8 (39.2%)
192	**GALICKI Robert**	**2411**		M40	192	04:46:53	05:07:24	**12:37:28.10**	+07:41:53 (61.0%)	15:54	3.8 (39.2%)
193	**MAJKA Dariusz**	**2366**		M40	193	05:28:07	05:47:06	**12:44:35.60**	+07:49:01 (61.3%)	16:03	3.7 (38.1%)
194	**KLEINSCHMIDT Łukasz**	**2061**	KRIS TRANS MAŁYSZKA	M40	194	05:06:58	05:09:55	**13:12:36.75**	+08:17:02 (62.7%)	16:39	3.6 (37.1%)
	GAWLEWICZ Tomasz	**2579**	GAWEŁKI TEAM	M40		02:54:25 DNF	02:58:23 DNF	**DNF**		-	- (0.0%)
	SKOBEL Robert	**2522**	SZAKAL BIEGA LUCKY TEAM BRODATY SQRWIEL	M40		04:30:47 DNF	04:43:56 DNF	**DNF**		-	- (0.0%)
	KONIK Marcin	**2351**		M40		03:17:31 DNF	DNF	**DNF**		-	- (0.0%)

Znaleziono 197 wynik(ów)