



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

## RZEŹNIK SKY

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

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	<b>FARON Robert</b>	<b>2409</b>	SALCO GARMIN TEAM	M40	1	02:16:35	02:16:58	<b>04:55:34.25</b>		6:12	9.7 (100%)
2	<b>PIECHA Artur</b>	<b>2589</b>		M40	2	02:28:22	02:30:03	<b>05:37:57.30</b>	+00:42:23 (12.5%)	7:05	8.5 (87.6%)
3	<b>ŻUBIŃSKI Piotr</b>	<b>2583</b>		M40	3	02:27:04	02:27:26	<b>05:38:06.70</b>	+00:42:32 (12.6%)	7:06	8.4 (86.6%)
4	<b>PERYKASZA Paweł</b>	<b>2463</b>	GRUPALUKTRANS.PL	M40	4	02:38:50	02:41:10	<b>06:03:15.45</b>	+01:07:41 (18.6%)	7:37	7.9 (81.4%)
5	<b>MAŃCZAK Filip</b>	<b>2447</b>	AKTYWNI I RAZEM	M40	5	02:29:51	02:33:32	<b>06:03:41.85</b>	+01:08:07 (18.7%)	7:38	7.9 (81.4%)
6	<b>SKAWIŃSKI Tomasz</b>	<b>2303</b>	GOPR BIESZCZADY	M40	6	02:37:45	02:42:27	<b>06:06:36.30</b>	+01:11:02 (19.4%)	7:42	7.8 (80.4%)
7	<b>KOT Rafał</b>	<b>2517</b>	LEDLENSER // MUAY RUNNING TEAM	M40	7	02:41:39	02:43:36	<b>06:17:09.55</b>	+01:21:35 (21.6%)	7:55	7.6 (78.4%)
8	<b>GRONDYS Paweł</b>	<b>2040</b>		M40	8	02:37:39	02:39:47	<b>06:17:26.85</b>	+01:21:52 (21.7%)	7:55	7.6 (78.4%)
9	<b>DANILUK Krzysztof</b>	<b>2538</b>	BIEGAMBOLUBIĘ	M40	9	02:41:31	02:44:52	<b>06:25:17.70</b>	+01:29:43 (23.3%)	8:05	7.4 (76.3%)
10	<b>LIPIŃSKI Marek</b>	<b>2521</b>		M40	10	02:48:20	02:50:21	<b>06:27:49.05</b>	+01:32:14 (23.8%)	8:08	7.4 (76.3%)
11	<b>JOŃCZYK Rafał</b>	<b>2558</b>	JACEKBIEGA RUNNING TEAM	M40	11	02:40:02	02:43:13	<b>06:28:42.00</b>	+01:33:07 (24.0%)	8:09	7.3 (75.3%)
12	<b>NOWAK Mirosław</b>	<b>2586</b>	NIE MA	M40	12	02:42:23	02:44:00	<b>06:28:43.45</b>	+01:33:09 (24.0%)	8:09	7.3 (75.3%)
13	<b>KOT Krzysztof</b>	<b>2067</b>	MPK - RZESZÓW	M40	13	02:43:53	02:49:56	<b>06:37:36.85</b>	+01:42:02 (25.7%)	8:21	7.2 (74.2%)
14	<b>SZYMURA Wojciech</b>	<b>2327</b>		M40	14	02:48:31	02:48:56	<b>06:40:46.90</b>	+01:45:12 (26.3%)	8:25	7.1 (73.2%)
15	<b>ZIĘBA Tomasz</b>	<b>2591</b>	JACEKBIEGA RUNNING TEAM	M40	15	03:03:50	03:06:12	<b>06:44:08.45</b>	+01:48:34 (26.9%)	8:29	7.1 (73.2%)
16	<b>BARANOWSKI Jacek</b>	<b>2005</b>	JACEKBIEGA RUNNING TEAM	M40	16	02:55:23	03:00:41	<b>06:50:35.25</b>	+01:55:01 (28.0%)	8:37	7 (72.2%)
17	<b>KOBAK Marcin</b>	<b>2289</b>		M40	17	03:07:26	03:10:21	<b>07:04:29.15</b>	+02:08:54 (30.4%)	8:55	6.7 (69.1%)
18	<b>RUSZNICA Tomasz</b>	<b>2550</b>		M40	18	03:02:50	03:07:13	<b>07:07:28.20</b>	+02:11:53 (30.9%)	8:58	6.7 (69.1%)
19	<b>KONOPKA Bartosz</b>	<b>2437</b>	BIEGAMBOLUBIĘ	M40	19	03:02:44	03:06:30	<b>07:08:51.00</b>	+02:13:16 (31.1%)	9:00	6.7 (69.1%)
20	<b>STEPANIUK Adam</b>	<b>2484</b>	BIEGAMY DZISIAJ? WIERZBICA/CHEŁM BIEGA	M40	20	02:48:16	02:51:13	<b>07:09:04.45</b>	+02:13:30 (31.1%)	9:00	6.7 (69.1%)
21	<b>JÓZWIAK Piotr</b>	<b>2519</b>	KITA TEAM	M40	21	02:58:22	03:04:05	<b>07:11:38.05</b>	+02:16:03 (31.5%)	9:04	6.6 (68.0%)
22	<b>WEREMKO Grzegorz</b>	<b>2275</b>	MULTIMEDIA RUNNERS PUŁAWY	M40	22	03:04:05	03:07:22	<b>07:13:36.80</b>	+02:18:02 (31.8%)	9:06	6.6 (68.0%)
23	<b>GARUS Łukasz</b>	<b>2036</b>		M40	23	03:09:44	03:16:48	<b>07:19:51.35</b>	+02:24:17 (32.8%)	9:14	6.5 (67.0%)
24	<b>KAMIŃSKI Marek</b>	<b>2056</b>	180 MINUT	M40	24	03:13:22	03:17:30	<b>07:19:58.05</b>	+02:24:23 (32.8%)	9:14	6.5 (67.0%)
25	<b>SROKA Paweł</b>	<b>2135</b>	KOWARY BIEGAJĄ	M40	25	03:01:41	03:05:46	<b>07:21:04.30</b>	+02:25:30 (33.0%)	9:15	6.5 (67.0%)
26	<b>OPOŃSKI Artur</b>	<b>2459</b>	SUPER DRUŻYNA ELK	M40	26	03:06:38	03:12:53	<b>07:22:18.95</b>	+02:26:44 (33.2%)	9:17	6.5 (67.0%)
27	<b>CHOJNACKI Maciej</b>	<b>2015</b>	TEAM ZALESICE	M40	27	03:02:50	03:07:32	<b>07:22:58.90</b>	+02:27:24 (33.3%)	9:18	6.4 (66.0%)
28	<b>RAMOTOWSKI Marcin</b>	<b>2265</b>		M40	28	03:11:49	03:17:22	<b>07:24:47.90</b>	+02:29:13 (33.5%)	9:20	6.4 (66.0%)
29	<b>KRÓL Maciej</b>	<b>2356</b>	WIRAN TEAM	M40	29	03:00:26	03:02:47	<b>07:25:34.00</b>	+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		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
30	<b>MACHALSKI Sebastian</b>	<b>2249</b>		M40	30	03:02:37	03:07:18	<b>07:31:54.50</b>	+02:36:20 (34.6%)	9:29	6.3 (64.9%)
31	<b>WEYNA Bartosz</b>	<b>2151</b>		M40	31	02:55:32	02:58:06	<b>07:32:07.65</b>	+02:36:33 (34.6%)	9:29	6.3 (64.9%)
32	<b>PILECKI Robert</b>	<b>2375</b>	RUNEDA	M40	32	03:04:45	03:17:26	<b>07:33:10.15</b>	+02:37:35 (34.8%)	9:31	6.3 (64.9%)
33	<b>ORYSZCZAK Bartłomiej</b>	<b>2261</b>	MTB ROZTOCZE	M40	33	03:12:13	03:14:18	<b>07:38:43.90</b>	+02:43:09 (35.6%)	9:38	6.2 (63.9%)
34	<b>BIENIEK Paweł</b>	<b>2231</b>		M40	34	03:13:02	03:20:21	<b>07:40:21.35</b>	+02:44:47 (35.8%)	9:40	6.2 (63.9%)
35	<b>CUPRIAK Daniel</b>	<b>2555</b>		M40	35	03:14:52	03:27:05	<b>07:40:41.10</b>	+02:45:06 (35.8%)	9:40	6.2 (63.9%)
36	<b>SŁOTWIŃSKI Adam</b>	<b>2479</b>		M40	36	03:06:48	03:12:50	<b>07:41:45.70</b>	+02:46:11 (36.0%)	9:42	6.2 (63.9%)
37	<b>CICHOŃ Maciej</b>	<b>2337</b>	42.195 WEJHEROWO	M40	37	03:11:29	03:16:36	<b>07:42:41.25</b>	+02:47:07 (36.1%)	9:43	6.2 (63.9%)
38	<b>KLARECKI Adrian</b>	<b>2349</b>	ULTRA WAY TEAM / ASTMA TEAM	M40	38	03:11:36	03:19:19	<b>07:42:43.05</b>	+02:47:08 (36.1%)	9:43	6.2 (63.9%)
39	<b>RECZEK Sebastian</b>	<b>2267</b>	KS ZIELONO-CZARNI	M40	39	03:18:05	03:25:22	<b>07:44:28.05</b>	+02:48:53 (36.4%)	9:45	6.1 (62.9%)
40	<b>DELEŻUCH Wojciech</b>	<b>2025</b>	NIE MA LETKO	M40	40	03:19:35	03:30:39	<b>07:49:31.10</b>	+02:53:56 (37.0%)	9:51	6.1 (62.9%)
41	<b>KOZARSKI Krzysztof</b>	<b>2439</b>	RK LEGAL	M40	41	02:58:28	03:04:26	<b>07:51:08.80</b>	+02:55:34 (37.3%)	9:53	6.1 (62.9%)
42	<b>WASYLÓW Jacek</b>	<b>2520</b>	CZR1 ANTEK TEAM LIPOWICA-PRZEMYŚL	M40	42	03:07:14	03:11:10	<b>07:53:34.00</b>	+02:57:59 (37.6%)	9:56	6 (61.9%)
43	<b>ROSŁON Piotr</b>	<b>2324</b>		M40	43	03:17:52	03:28:29	<b>07:54:46.25</b>	+02:59:12 (37.7%)	9:58	6 (61.9%)
44	<b>PISINGAS Mariusz</b>	<b>2466</b>	BIEGANIE TO MÓJ TRZEŻWY	M40	44	04:00:07	04:13:06	<b>07:56:08.70</b>	+03:00:34 (37.9%)	10:00	6 (61.9%)
45	<b>POROWSKI Waldek</b>	<b>2529</b>	KB SOBÓTKA	M40	45	03:14:47	03:26:25	<b>08:01:05.75</b>	+03:05:31 (38.6%)	10:06	5.9 (60.8%)
46	<b>KOCIUMBAS Bartosz</b>	<b>2315</b>	KB SOBÓTKA	M40	46	03:14:53	03:26:27	<b>08:01:14.55</b>	+03:05:40 (38.6%)	10:06	5.9 (60.8%)
47	<b>CIEŚLIK Paweł</b>	<b>2018</b>	ROZBIEGAJMY RADOMSKO	M40	47	03:15:44	03:17:18	<b>08:01:47.70</b>	+03:06:13 (38.7%)	10:07	5.9 (60.8%)
48	<b>GIBAŁA Marcin</b>	<b>2343</b>	BIEGAM DLA ALI I HANI	M40	48	03:25:00	03:37:52	<b>08:02:27.20</b>	+03:06:52 (38.7%)	10:08	5.9 (60.8%)
49	<b>DOMIN Daniel</b>	<b>2233</b>	MULTIPLIER TEAM	M40	49	03:16:10	03:35:13	<b>08:04:06.65</b>	+03:08:32 (38.9%)	10:10	5.9 (60.8%)
50	<b>JANOWICZ Rafał</b>	<b>2427</b>	MIĘKKI ŻELEK	M40	50	03:03:42	03:13:10	<b>08:04:10.05</b>	+03:08:35 (39.0%)	10:10	5.9 (60.8%)
51	<b>KOKOSZKA Wojciech</b>	<b>2064</b>	SLOW JOGGING SIEDLCE	M40	51	03:19:37	03:33:06	<b>08:04:42.40</b>	+03:09:08 (39.0%)	10:10	5.9 (60.8%)
52	<b>KASTELIK Dariusz</b>	<b>2433</b>	SPRINTEX TEAM	M40	52	03:17:34	03:31:25	<b>08:05:47.10</b>	+03:10:12 (39.2%)	10:12	5.9 (60.8%)
53	<b>SADY Sebastian</b>	<b>2475</b>	OBY2	M40	53	03:17:34	03:21:25	<b>08:07:16.50</b>	+03:11:42 (39.3%)	10:14	5.9 (60.8%)
54	<b>PLEWA Tomasz</b>	<b>2544</b>		M40	54	03:04:48	03:23:54	<b>08:09:31.55</b>	+03:13:57 (39.6%)	10:17	5.8 (59.8%)
55	<b>ŁOBODOWSKI Marcin</b>	<b>2444</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M40	55	02:56:46	03:03:56	<b>08:10:19.00</b>	+03:14:44 (39.7%)	10:18	5.8 (59.8%)
56	<b>KRUPA Grzegorz</b>	<b>2571</b>		M40	56	03:24:33	03:33:15	<b>08:11:06.40</b>	+03:15:32 (39.8%)	10:19	5.8 (59.8%)
57	<b>AŚLANOWICZ Marcin</b>	<b>2312</b>	ŻÓRAWSKI TEAM	M40	57	03:30:53	03:40:44	<b>08:11:36.80</b>	+03:16:02 (39.9%)	10:19	5.8 (59.8%)
58	<b>DWORNICKI Tomasz</b>	<b>2572</b>	RGB	M40	58	03:20:56	03:33:00	<b>08:11:44.15</b>	+03:16:09 (39.9%)	10:19	5.8 (59.8%)
59	<b>MARCINIAK Tomasz</b>	<b>2368</b>		M40	59	03:21:32	03:27:16	<b>08:11:54.75</b>	+03:16:20 (39.9%)	10:20	5.8 (59.8%)
60	<b>HERMAN Paweł</b>	<b>2539</b>	MLUKS TRZEBIATÓW	M40	60	03:27:57	03:38:54	<b>08:14:19.25</b>	+03:18:45 (40.2%)	10:23	5.8 (59.8%)
61	<b>GRZESZAK Rafał</b>	<b>2184</b>	DOGOŃ GRODZISK MAZOWIECKI	M40	61	03:18:56	03:25:11	<b>08:17:20.85</b>	+03:21:46 (40.6%)	10:26	5.7 (58.8%)
62	<b>MAŚLANY Mariusz</b>	<b>2252</b>	ELEKTROMETAL ENERGETYKA SA	M40	62	03:28:33	03:34:46	<b>08:20:21.15</b>	+03:24:46 (40.9%)	10:30	5.7 (58.8%)
63	<b>SOKALSKI Grzegorz</b>	<b>2569</b>		M40	63	03:32:48	03:37:00	<b>08:20:35.65</b>	+03:25:01 (41.0%)	10:30	5.7 (58.8%)
64	<b>PŁUCIENNICZAK Wojciech</b>	<b>2116</b>		M40	64	03:32:39	03:37:56	<b>08:20:39.85</b>	+03:25:05 (41.0%)	10:31	5.7 (58.8%)
65	<b>SADKOWSKI Paweł</b>	<b>2383</b>		M40	65	03:24:21	03:30:01	<b>08:21:36.80</b>	+03:26:02 (41.1%)	10:32	5.7 (58.8%)
66	<b>MOSIO Grzegorz</b>	<b>2453</b>		M40	66	03:13:46	03:15:57	<b>08:23:44.50</b>	+03:28:10 (41.3%)	10:34	5.7 (58.8%)
67	<b>PROKOPIUK Grzegorz</b>	<b>2120</b>	SZWAGRY DWA	M40	67	03:26:59	03:43:52	<b>08:23:45.45</b>	+03:28:11 (41.3%)	10:34	5.7 (58.8%)
68	<b>BARAN Stanisław</b>	<b>2004</b>	SAINT-GOBAIN SQUAD	M40	68	03:16:30	03:29:07	<b>08:25:31.85</b>	+03:29:57 (41.5%)	10:37	5.6 (57.7%)
69	<b>FRAŃSKI Łukasz</b>	<b>2034</b>	NKB CHYŻY NOWY TOMYŚL	M40	69	03:27:18	03:36:20	<b>08:27:05.55</b>	+03:31:31 (41.7%)	10:39	5.6 (57.7%)
70	<b>BUZALSKI Robert</b>	<b>2405</b>	ORANGE POLSKA	M40	70	03:27:42	03:40:33	<b>08:27:28.55</b>	+03:31:54 (41.8%)	10:39	5.6 (57.7%)
71	<b>SMAL Paweł</b>	<b>2215</b>	SUPADUPAFLY	M40	71	03:21:25	03:24:46	<b>08:27:46.45</b>	+03:32:12 (41.8%)	10:40	5.6 (57.7%)
72	<b>WIĘCEK Artur</b>	<b>2155</b>	SALT RUNNERS BOCHNIA	M40	72	03:27:10	03:40:35	<b>08:32:54.15</b>	+03:37:19 (42.4%)	10:46	5.6 (57.7%)
73	<b>ŚWIĄDERSKI Paweł</b>	<b>2488</b>	RED FISH	M40	73	03:13:53	03:19:03	<b>08:34:44.50</b>	+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		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
74	KACZOREK Marcin	2431		M40	74	03:35:17	03:42:55	<b>08:35:54.20</b>	+03:40:19 (42.7%)	10:50	5.5 (56.7%)
75	NOWAK Krzysztof	2259		M40	75	03:37:56	03:44:46	<b>08:38:01.00</b>	+03:42:26 (42.9%)	10:52	5.5 (56.7%)
76	TOMALAK Marek	2147		M40	76	03:21:38	03:33:25	<b>08:38:27.10</b>	+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	<b>08:39:09.90</b>	+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	<b>08:39:24.70</b>	+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	<b>08:42:41.90</b>	+03:47:07 (43.5%)	10:58	5.5 (56.7%)
80	KACZYŃSKI Artur	2348		M40	80	03:29:07	03:38:19	<b>08:46:03.70</b>	+03:50:29 (43.8%)	11:03	5.4 (55.7%)
81	JÓZEFczyk Jacek	2428		M40	81	03:48:38	04:04:12	<b>08:46:30.40</b>	+03:50:56 (43.9%)	11:03	5.4 (55.7%)
82	DEDERKO Piotr	2024	DEDETEAM	M40	82	03:25:22	03:48:20	<b>08:46:39.30</b>	+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	<b>08:48:27.20</b>	+03:52:52 (44.1%)	11:06	5.4 (55.7%)
84	NOWOSAD Artur	2528		M40	84	03:41:11	03:44:53	<b>08:48:56.00</b>	+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	<b>08:49:53.35</b>	+03:54:19 (44.2%)	11:07	5.4 (55.7%)
86	KODZIS Lesław	2245		M40	86	03:32:13	03:40:02	<b>08:50:38.10</b>	+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	<b>08:55:04.40</b>	+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	<b>08:55:07.75</b>	+03:59:33 (44.8%)	11:14	5.3 (54.6%)
89	SMIT Maciek	2552		M40	89	03:34:42	03:48:27	<b>08:56:07.50</b>	+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	<b>08:58:30.10</b>	+04:02:55 (45.1%)	11:18	5.3 (54.6%)
91	ZĄLUSKI Piotr	2171	PECNA TEAM	M40	91	03:25:18	03:40:13	<b>09:01:45.05</b>	+04:06:10 (45.4%)	11:22	5.3 (54.6%)
92	ZAWADZKI Tomasz	2548		M40	92	03:35:37	03:41:38	<b>09:02:01.65</b>	+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	<b>09:02:32.50</b>	+04:06:58 (45.5%)	11:23	5.3 (54.6%)
94	WIŚNIEWSKI Robert	2500		M40	94	03:45:17	03:49:23	<b>09:05:06.20</b>	+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	<b>09:05:24.00</b>	+04:09:49 (45.8%)	11:27	5.2 (53.6%)
96	MITURA Wojtek	2096		M40	96	03:42:39	03:53:27	<b>09:06:07.65</b>	+04:10:33 (45.9%)	11:28	5.2 (53.6%)
97	PIETRZYK Paweł	2112	ECO LIGHT GROUP	M40	97	03:39:33	03:43:19	<b>09:07:42.30</b>	+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	<b>09:08:22.60</b>	+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	<b>09:13:07.10</b>	+04:17:32 (46.6%)	11:37	5.2 (53.6%)
100	PIĘKOSZ Wojciech	2297	PGE ENERGETIC RUNNING	M40	100	03:29:37	03:40:27	<b>09:15:43.80</b>	+04:20:09 (46.8%)	11:40	5.1 (52.6%)
101	RUCIŃSKI Adam	2125		M40	101	03:54:39	04:01:24	<b>09:16:37.95</b>	+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	<b>09:17:15.25</b>	+04:21:41 (47.0%)	11:42	5.1 (52.6%)
103	SZCZESZEK Lukasz	2142		M40	103	03:59:07	04:04:30	<b>09:19:23.95</b>	+04:23:49 (47.2%)	11:45	5.1 (52.6%)
104	LABOCHA Aleksander	2076		M40	104	03:54:18	03:58:21	<b>09:20:26.15</b>	+04:24:51 (47.3%)	11:46	5.1 (52.6%)
105	KOZIK Bartłomiej	2440		M40	105	03:48:38	04:05:32	<b>09:21:22.95</b>	+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	<b>09:24:30.00</b>	+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	<b>09:25:30.25</b>	+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	<b>09:26:22.20</b>	+04:30:47 (47.8%)	11:53	5 (51.5%)
109	KŁODAWSKI Marek	2435		M40	109	03:44:37	04:00:26	<b>09:26:42.90</b>	+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	<b>09:27:34.95</b>	+04:32:00 (47.9%)	11:55	5 (51.5%)
111	KUTA Rafał	2316		M40	111	03:44:53	03:53:20	<b>09:27:35.40</b>	+04:32:01 (47.9%)	11:55	5 (51.5%)
112	DOMIŃCZYK Rafał	2587		M40	112	04:03:21	04:21:00	<b>09:29:35.40</b>	+04:34:01 (48.1%)	11:57	5 (51.5%)
113	GUZIK Daniel	2573		M40	113	04:03:25	04:23:53	<b>09:29:35.75</b>	+04:34:01 (48.1%)	11:57	5 (51.5%)
114	GĘSIAREK Grzegorz	2416		M40	114	03:39:34	03:43:59	<b>09:31:01.60</b>	+04:35:27 (48.2%)	11:59	5 (51.5%)
115	KRYCH Rafał	2357		M40	115	03:54:39	04:05:31	<b>09:34:04.35</b>	+04:38:30 (48.5%)	12:03	5 (51.5%)
116	KOCHAN Rafał	2556	TC KOCHAN	M40	116	03:54:27	04:00:17	<b>09:38:56.50</b>	+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	<b>09:39:33.20</b>	+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		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
118	<b>OLENDER Marcin</b>	<b>2458</b>		M40	118	03:42:04	03:51:48	<b>09:40:39.30</b>	+04:45:05 (49.1%)	12:11	4.9 (50.5%)
119	<b>DOLATA Andrzej</b>	<b>2338</b>	KTB KUNY	M40	119	03:44:02	04:21:29	<b>09:43:04.40</b>	+04:47:30 (49.3%)	12:14	4.9 (50.5%)
120	<b>WASILEWSKI Mirosław</b>	<b>2496</b>	ORKA MASTERS IŁAWA	M40	120	04:09:22	04:11:41	<b>09:46:10.80</b>	+04:50:36 (49.6%)	12:18	4.9 (50.5%)
121	<b>KUSIO Marcin</b>	<b>2510</b>	DOGOŃ GRODZISK MAZOWIECKI	M40	121	04:06:45	04:20:33	<b>09:46:45.55</b>	+04:51:11 (49.6%)	12:19	4.9 (50.5%)
122	<b>SZYMANIAK Paweł</b>	<b>2220</b>	DOGON DANFOSS	M40	122	04:06:45	04:20:30	<b>09:46:45.70</b>	+04:51:11 (49.6%)	12:19	4.9 (50.5%)
123	<b>WOJCIECHOWSKI Tomasz</b>	<b>2397</b>	VIKING TRAINING CENTER TYCHY	M40	123	03:44:30	03:55:14	<b>09:48:52.10</b>	+04:53:17 (49.8%)	12:22	4.8 (49.5%)
124	<b>ZAKRZEWICZ Marcin</b>	<b>2399</b>	KTB KUNY	M40	124	03:49:01	04:21:30	<b>09:49:13.95</b>	+04:53:39 (49.8%)	12:22	4.8 (49.5%)
125	<b>SŁOWIK Radosław</b>	<b>2268</b>	KLUB BIEGACZA LEROY MERLIN	M40	125	04:20:11	04:33:52	<b>09:49:16.30</b>	+04:53:42 (49.8%)	12:22	4.8 (49.5%)
126	<b>STOLINSKI Dominik</b>	<b>2137</b>	BAWOLE OCZY	M40	126	03:39:14	04:03:26	<b>09:51:12.85</b>	+04:55:38 (50.0%)	12:25	4.8 (49.5%)
127	<b>NOWAK Dawid</b>	<b>2102</b>	TRICERATOPS	M40	127	03:39:11	04:03:29	<b>09:51:12.90</b>	+04:55:38 (50.0%)	12:25	4.8 (49.5%)
128	<b>GRESER Artur</b>	<b>2420</b>	GS TEAM	M40	128	03:43:51	03:50:04	<b>09:51:40.50</b>	+04:56:06 (50.0%)	12:25	4.8 (49.5%)
129	<b>KRZEMIEŃ Bartosz</b>	<b>2070</b>		M40	129	04:23:50	04:24:35	<b>09:52:55.90</b>	+04:57:21 (50.2%)	12:27	4.8 (49.5%)
130	<b>PIOTROWSKI Mariusz</b>	<b>2114</b>		M40	130	04:23:53	04:24:37	<b>09:53:03.90</b>	+04:57:29 (50.2%)	12:27	4.8 (49.5%)
131	<b>GUNERT Kuba</b>	<b>2041</b>		M40	131	03:53:50	04:10:29	<b>09:55:35.05</b>	+05:00:00 (50.4%)	12:30	4.8 (49.5%)
132	<b>ZWALIŃSKI Marcin</b>	<b>2504</b>		M40	132	04:03:43	04:24:49	<b>09:58:04.90</b>	+05:02:30 (50.6%)	12:33	4.8 (49.5%)
133	<b>PRUSZKOWSKI Mariusz</b>	<b>2471</b>	CHEŁM BIEGA CROSSFITTER BOX CHEŁM	M40	133	03:48:19	04:03:42	<b>09:59:27.85</b>	+05:03:53 (50.7%)	12:35	4.8 (49.5%)
134	<b>RYBICKI Tomasz</b>	<b>2474</b>	SFORA BMK	M40	134	03:44:36	03:55:38	<b>09:59:29.10</b>	+05:03:54 (50.7%)	12:35	4.8 (49.5%)
135	<b>ILASZ Stanisław</b>	<b>2565</b>	MĘSKA STRONA RZECZYWISTOŚCI	M40	135	03:48:20	04:05:08	<b>10:03:38.60</b>	+05:08:04 (51.0%)	12:40	4.7 (48.5%)
136	<b>WIELIŃSKI Michał</b>	<b>2153</b>	MARMEL TORUŃ	M40	136	03:50:57	04:03:13	<b>10:06:15.20</b>	+05:10:40 (51.2%)	12:44	4.7 (48.5%)
137	<b>PREDENKIEWICZ Jarek</b>	<b>2119</b>	MARMEL	M40	137	03:50:55	04:03:14	<b>10:06:15.50</b>	+05:10:41 (51.2%)	12:44	4.7 (48.5%)
138	<b>TOPOLEWICZ Robert</b>	<b>2148</b>	STRAŻ GRANICZNA BIAŁYSTOK	M40	138	04:00:23	04:18:55	<b>10:06:35.95</b>	+05:11:01 (51.3%)	12:44	4.7 (48.5%)
139	<b>KUTNIK Mirosław</b>	<b>2074</b>	KB BIAŁA BIEGA	M40	139	04:10:19	04:21:31	<b>10:07:44.25</b>	+05:12:10 (51.4%)	12:46	4.7 (48.5%)
140	<b>KOŚCIELNIAK Szymon</b>	<b>2354</b>	CZERWONACKIE KIJANKI	M40	140	04:04:11	04:22:58	<b>10:07:48.05</b>	+05:12:13 (51.4%)	12:46	4.7 (48.5%)
141	<b>SZABLA Marcin</b>	<b>2574</b>	SAINT GOBAIN SQUAD	M40	141	04:03:20	04:22:41	<b>10:11:37.85</b>	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
142	<b>ZAŁUSKI Norbert</b>	<b>2170</b>		M40	142	03:51:05	04:09:08	<b>10:12:42.10</b>	+05:17:07 (51.8%)	12:52	4.7 (48.5%)
143	<b>DZIURBEJKO Tomasz</b>	<b>2029</b>		M40	143	03:57:06	04:09:11	<b>10:12:42.50</b>	+05:17:08 (51.8%)	12:52	4.7 (48.5%)
144	<b>WIENER Marcin</b>	<b>2276</b>		M40	144	04:03:02	04:14:55	<b>10:12:48.15</b>	+05:17:13 (51.8%)	12:52	4.7 (48.5%)
145	<b>WÓJTOWICZ Robert</b>	<b>2161</b>		M40	145	03:44:08	03:55:18	<b>10:13:15.45</b>	+05:17:41 (51.8%)	12:53	4.7 (48.5%)
146	<b>DREWNIK Robert</b>	<b>2027</b>	BIEGNIJ Z PROSERVICE	M40	146	04:22:09	04:43:36	<b>10:14:17.00</b>	+05:18:42 (51.9%)	12:54	4.6 (47.4%)
147	<b>WAŃDOCH Piotr</b>	<b>2494</b>	BBL OSTROWIEC ŚWIĘTOKRZYSKI	M40	147	03:52:23	04:04:34	<b>10:15:22.95</b>	+05:19:48 (52.0%)	12:55	4.6 (47.4%)
148	<b>BEDNARSKI Paweł</b>	<b>2402</b>		M40	148	03:52:24	04:04:37	<b>10:15:24.50</b>	+05:19:50 (52.0%)	12:55	4.6 (47.4%)
149	<b>ŁUKASIAK Sylwester</b>	<b>2365</b>		M40	149	04:02:15	04:07:56	<b>10:17:26.40</b>	+05:21:52 (52.1%)	12:58	4.6 (47.4%)
150	<b>TYMOSZUK Michał</b>	<b>2310</b>	KB BIAŁA BIEGA	M40	150	04:23:59	04:39:56	<b>10:18:06.90</b>	+05:22:32 (52.2%)	12:59	4.6 (47.4%)
151	<b>BATOREK Bogdan</b>	<b>2333</b>	RAWA TIM ZAWSZE SLIM	M40	151	04:00:35	04:03:16	<b>10:18:20.50</b>	+05:22:46 (52.2%)	12:59	4.6 (47.4%)
152	<b>JEDLIŃSKI Bartosz</b>	<b>2050</b>	MARATOŃCZYK DĘBICA	M40	152	04:15:10	04:17:21	<b>10:21:42.90</b>	+05:26:08 (52.5%)	13:03	4.6 (47.4%)
153	<b>PELCZAR Paweł</b>	<b>2296</b>		M40	153	04:10:55	04:24:56	<b>10:23:43.80</b>	+05:28:09 (52.6%)	13:06	4.6 (47.4%)
154	<b>TUSIŃSKI Seweryn</b>	<b>2490</b>		M40	154	04:05:31	04:10:22	<b>10:23:55.70</b>	+05:28:21 (52.6%)	13:06	4.6 (47.4%)
155	<b>ŻUBRZAK Jacek</b>	<b>2507</b>		M40	155	03:55:06	03:55:52	<b>10:25:59.45</b>	+05:30:25 (52.8%)	13:09	4.6 (47.4%)
156	<b>JÓZEFOWICZ Sebastian</b>	<b>2429</b>		M40	156	03:55:06	03:55:52	<b>10:26:00.85</b>	+05:30:26 (52.8%)	13:09	4.6 (47.4%)
157	<b>BIEŃKOWSKI Jarosław</b>	<b>2313</b>	BIEGAJ Z DYMKIEM	M40	157	04:03:53	04:28:27	<b>10:26:15.65</b>	+05:30:41 (52.8%)	13:09	4.6 (47.4%)
158	<b>SROCZYŃSKI Marcin</b>	<b>2388</b>	OSTRESROKI	M40	158	04:14:52	04:28:12	<b>10:26:27.15</b>	+05:30:52 (52.8%)	13:09	4.6 (47.4%)
159	<b>TOKARSKI Jacek</b>	<b>2222</b>		M40	159	04:24:48	04:51:25	<b>10:27:43.75</b>	+05:32:09 (52.9%)	13:11	4.5 (46.4%)
160	<b>KOWALIK Krzysztof</b>	<b>2192</b>		M40	160	04:24:50	04:51:26	<b>10:32:21.15</b>	+05:36:46 (53.3%)	13:17	4.5 (46.4%)
161	<b>PIETRUS Piotr</b>	<b>2298</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	161	04:04:05	04:14:25	<b>10:38:15.00</b>	+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	<b>10:40:46.95</b>	+05:45:12 (53.9%)	13:27	4.5 (46.4%)
163	KUCZYŃSKI Mariusz	2359		M40	163	04:22:23	04:29:49	<b>10:42:05.50</b>	+05:46:31 (54.0%)	13:29	4.4 (45.4%)
164	ZWARDOŃ Rafał	2505	-	M40	164	03:33:52	04:15:56	<b>10:43:50.80</b>	+05:48:16 (54.1%)	13:31	4.4 (45.4%)
165	GRUDZIEŃ Michał	2183		M40	165	03:59:08	04:04:16	<b>10:43:52.25</b>	+05:48:18 (54.1%)	13:31	4.4 (45.4%)
166	SEREK Roman	2213	SUPADUPAFLY	M40	166	04:22:46	04:32:05	<b>10:44:33.80</b>	+05:48:59 (54.1%)	13:32	4.4 (45.4%)
167	URBAŃSKI Tomasz	2492		M40	167	03:43:54	03:58:57	<b>10:47:53.20</b>	+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	<b>10:51:44.30</b>	+05:56:10 (54.6%)	13:41	4.4 (45.4%)
169	BACZYŃSKI Robert	2230		M40	169	04:31:00	04:45:31	<b>10:53:49.10</b>	+05:58:14 (54.8%)	13:44	4.4 (45.4%)
170	GUTT Sebastian	2043		M40	170	04:30:42	04:52:09	<b>10:56:54.55</b>	+06:01:20 (55.0%)	13:48	4.3 (44.3%)
171	GRALEC Dariusz	2039		M40	171	04:19:11	04:30:44	<b>10:57:49.70</b>	+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	<b>10:58:07.20</b>	+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	<b>10:58:36.15</b>	+06:03:01 (55.1%)	13:50	4.3 (44.3%)
174	PAPROCKI Bartłomiej	2320		M40	174	04:15:52	04:36:32	<b>11:01:57.55</b>	+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	<b>11:07:56.10</b>	+06:12:21 (55.7%)	14:01	4.3 (44.3%)
176	JANASZ Andrzej	2048		M40	176	04:51:20	04:55:33	<b>11:19:14.85</b>	+06:23:40 (56.5%)	14:16	4.2 (43.3%)
177	URBANEK Sylwester	2524		M40	177	04:14:59	04:37:47	<b>11:21:28.25</b>	+06:25:54 (56.6%)	14:18	4.2 (43.3%)
178	KUCHARCZYK Radosław	2523		M40	178	04:15:12	04:37:51	<b>11:21:32.30</b>	+06:25:58 (56.6%)	14:19	4.2 (43.3%)
179	GIERLOTKA Rafał	2575	BRAK	M40	179	05:08:26	05:11:00	<b>11:25:01.95</b>	+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	<b>11:31:53.15</b>	+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	<b>11:38:21.45</b>	+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	<b>11:42:39.10</b>	+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	<b>11:43:24.55</b>	+06:47:50 (58.0%)	14:46	4.1 (42.3%)
184	LIPSKI Krzysztof	2083		M40	184	04:30:38	04:51:36	<b>11:43:27.95</b>	+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	<b>11:51:51.05</b>	+06:56:16 (58.5%)	14:57	4 (41.2%)
186	JUREWICZ Adam	2430	DRUŻYNA PIERŚCIENIA	M40	186	04:39:40	04:54:40	<b>11:51:51.15</b>	+06:56:16 (58.5%)	14:57	4 (41.2%)
187	KWAŚNIEWSKI Andrzej	2196		M40	187	05:10:24	05:14:15	<b>12:02:48.30</b>	+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	<b>12:06:35.15</b>	+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	<b>12:14:04.45</b>	+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	<b>12:25:00.35</b>	+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	<b>12:26:03.45</b>	+07:30:29 (60.4%)	15:40	3.8 (39.2%)
192	GALICKI Robert	2411		M40	192	04:46:53	05:07:24	<b>12:37:28.10</b>	+07:41:53 (61.0%)	15:54	3.8 (39.2%)
193	MAJKA Dariusz	2366		M40	193	05:28:07	05:47:06	<b>12:44:35.60</b>	+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	<b>13:12:36.75</b>	+08:17:02 (62.7%)	16:39	3.6 (37.1%)
	GAWLEWICZ Tomasz	2579	GAWĘŁKI TEAM	M40		02:54:25	DNF	<b>DNF</b>		-	- (0.0%)
	SKOBEL Robert	2522	SZAKAL BIEGA LUCKY TEAM BRODATY SQRWIEL	M40		04:30:47	DNF	<b>DNF</b>		-	- (0.0%)
	KONIK Marcin	2351		M40		03:17:31	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 197 wynik(ów)