



**Wydarzenie:** Ultra Roztocze  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2022-05-14  
**Miejsce:** Józefów  
**Dystans:** 35 km

## ULTRA ROZTOCZE | 30KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

| Msc | Zawodnik             | Numer | Klub                           | Kategoria        | Mkat | Górecko<br>24km | Czas<br>netto<br>35km | Czas<br>brutto<br>35km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------|-------|--------------------------------|------------------|------|-----------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | JAKOWIECKI Ignacy    | 3061  |                                | Senior Mężczyzn  | 1    | 02:00:33        | 02:49:58.40           | 02:50:01.95            |                   | 4:51            | 12.4 (100%)   |
| 2   | PAROL Rafal          | 3162  | DZIKIE GRUBASY SZATANA         | Master Mężczyzn  | 1    | 02:00:30        | 02:50:30.35           | 02:50:32.35            | +00:00:30 (0.3%)  | 4:52            | 12.3 (99.2%)  |
| 3   | CZYŻ Michał          | 3028  |                                | Senior Mężczyzn  | 2    | 02:00:32        | 02:51:21.45           | 02:51:24.00            | +00:01:22 (0.8%)  | 4:53            | 12.3 (99.2%)  |
| 4   | WEREMKO Grzegorz     | 3231  | MULTIMEDIA RUNNERS PUŁAWY      | Weteran Mężczyzn | 1    | 02:00:33        | 02:54:19.85           | 02:54:22.80            | +00:04:20 (2.5%)  | 4:58            | 12 (96.8%)    |
| 5   | POŻAK Grzegorz       | 3173  |                                | Master Mężczyzn  | 2    | 02:06:59        | 02:57:00.95           | 02:57:02.80            | +00:07:00 (4.0%)  | 5:03            | 11.9 (96.0%)  |
| 6   | MICHALCZEWSKI Jacek  | 3146  | RUN BEAVERS                    | Master Mężczyzn  | 3    | 02:00:29        | 02:56:48.70           | 02:57:05.35            | +00:07:03 (4.0%)  | 5:03            | 11.9 (96.0%)  |
| 7   | SUCHORA Kacper       | 3201  | ***** ***                      | Senior Mężczyzn  | 3    | 02:13:37        | 03:11:36.50           | 03:11:49.10            | +00:21:47 (11.4%) | 5:28            | 11 (88.7%)    |
| 8   | ZIEMIAŃSKI Grzegorz  | 3264  | MCP TEAM                       | Master Mężczyzn  | 4    | 02:10:41        | 03:12:20.00           | 03:12:23.25            | +00:22:21 (11.6%) | 5:29            | 10.9 (87.9%)  |
| 9   | KARAŚ Kamil          | 3074  | RUN BEAVERS                    | Master Mężczyzn  | 5    | 02:12:14        | 03:13:01.20           | 03:13:18.60            | +00:23:16 (12.0%) | 5:30            | 10.9 (87.9%)  |
| 10  | DOROTA Zbyszek       | 3035  | RUN RUN OLESZYCE               | Weteran Mężczyzn | 2    | 02:10:39        | 03:13:42.55           | 03:13:47.45            | +00:23:45 (12.3%) | 5:32            | 10.8 (87.1%)  |
| 11  | WILK Krzysztof       | 3241  | SARNI TĘTENT                   | Master Mężczyzn  | 6    | 02:15:39        | 03:15:06.60           | 03:15:14.30            | +00:25:12 (12.9%) | 5:34            | 10.8 (87.1%)  |
| 12  | BARAN Kamil          | 3007  |                                | Senior Mężczyzn  | 4    | 02:20:20        | 03:15:26.75           | 03:15:34.10            | +00:25:32 (13.1%) | 5:35            | 10.7 (86.3%)  |
| 13  | BROMKE Łukasz        | 3015  |                                | Weteran Mężczyzn | 3    | 02:17:11        | 03:18:31.10           | 03:18:39.10            | +00:28:37 (14.4%) | 5:40            | 10.6 (85.5%)  |
| 14  | WÓJTOWICZ Przemysław | 3255  | OSP WZGÓRZE                    | Master Mężczyzn  | 7    | 02:15:42        | 03:18:58.30           | 03:19:02.30            | +00:29:00 (14.6%) | 5:41            | 10.6 (85.5%)  |
| 15  | GĘBORYS Bartłomiej   | 3046  |                                | Senior Mężczyzn  | 5    | 02:16:57        | 03:20:14.45           | 03:20:28.85            | +00:30:26 (15.2%) | 5:43            | 10.5 (84.7%)  |
| 16  | WILKOS Kamil         | 3243  |                                | Senior Mężczyzn  | 6    | 02:18:58        | 03:22:33.60           | 03:22:44.05            | +00:32:42 (16.1%) | 5:47            | 10.4 (83.9%)  |
| 17  | KAMIŃSKI Marcin      | 3073  |                                | Master Mężczyzn  | 8    | 02:18:59        | 03:26:05.55           | 03:26:14.30            | +00:36:12 (17.6%) | 5:53            | 10.2 (82.3%)  |
| 18  | KUBISZYN Sebastian   | 3114  | KLUB PIWOSZA                   | Senior Mężczyzn  | 7    | 02:22:35        | 03:26:46.40           | 03:26:52.10            | +00:36:50 (17.8%) | 5:54            | 10.2 (82.3%)  |
| 19  | KOSZAROWSKI Jarosław | 3091  | PRUSZCZ BIEGA / STRASZYN BIEGA | Weteran Mężczyzn | 4    | 02:22:44        | 03:26:55.15           | 03:27:06.85            | +00:37:04 (17.9%) | 5:54            | 10.1 (81.5%)  |
| 20  | JAKUBOWSKI Zbyszek   | 3062  |                                | Weteran Mężczyzn | 5    | 02:22:59        | 03:28:32.60           | 03:28:47.25            | +00:38:45 (18.6%) | 5:57            | 10.1 (81.5%)  |
| 21  | TOMCZYK Kamil        | 3224  |                                | Senior Mężczyzn  | 8    | 02:23:55        | 03:29:13.10           | 03:29:17.65            | +00:39:15 (18.8%) | 5:58            | 10 (80.6%)    |
| 22  | ŻUK Józef            | 3265  |                                | Master Mężczyzn  | 9    | 02:25:50        | 03:29:10.40           | 03:29:34.05            | +00:39:32 (18.9%) | 5:58            | 10 (80.6%)    |
| 23  | KRÓLAK Radosław      | 3107  |                                | Master Mężczyzn  | 10   | 02:19:00        | 03:29:43.70           | 03:29:53.80            | +00:39:51 (19.0%) | 5:59            | 10 (80.6%)    |
| 24  | FILIPIUK Tomasz      | 3039  |                                | Master Mężczyzn  | 11   | 02:20:56        | 03:32:56.35           | 03:33:00.40            | +00:42:58 (20.2%) | 6:05            | 9.9 (79.8%)   |
| 25  | CHMIEL Krzysztof     | 3022  | ZABIEGANY WOŁOMIN              | Senior Mężczyzn  | 9    | 02:28:36        | 03:32:55.25           | 03:33:18.80            | +00:43:16 (20.3%) | 6:05            | 9.9 (79.8%)   |
| 26  | TYMICKI Zbigniew     | 3226  |                                | Weteran Mężczyzn | 6    | 02:23:27        | 03:34:35.80           | 03:34:41.20            | +00:44:39 (20.8%) | 6:07            | 9.8 (79.0%)   |
| 27  | KOZAK Marcin         | 3100  |                                | Master Mężczyzn  | 12   | 02:30:01        | 03:34:30.15           | 03:34:47.25            | +00:44:45 (20.8%) | 6:07            | 9.8 (79.0%)   |
| 28  | KOZYRA Artur         | 3103  |                                | Senior Mężczyzn  | 10   | 02:20:51        | 03:35:27.75           | 03:35:38.15            | +00:45:36 (21.1%) | 6:09            | 9.7 (78.2%)   |
| 29  | MELGIEŚ Marek        | 3141  | MELKOMP                        | Master Mężczyzn  | 13   | 02:30:27        | 03:37:51.55           | 03:37:56.20            | +00:47:54 (22.0%) | 6:13            | 9.6 (77.4%)   |

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|-----|---------------------------|-------|------------------------------------|-------------------|------|-----------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 30  | WIATROWSKI Andrzej        | 3233  |                                    | Master Mężczyzn   | 14   | 02:26:24        | 03:38:34.80           | 03:38:39.20            | +00:48:37 (22.2%) | 6:14            | 9.6 (77.4%)   |
| 31  | GRODZKI Michał            | 3055  |                                    | Master Mężczyzn   | 15   | 02:27:26        | 03:38:40.85           | 03:38:55.95            | +00:48:54 (22.3%) | 6:14            | 9.6 (77.4%)   |
| 32  | KAWALA Łukasz             | 3075  |                                    | Senior Mężczyzn   | 11   | 02:25:19        | 03:39:10.55           | 03:39:14.90            | +00:49:12 (22.4%) | 6:15            | 9.6 (77.4%)   |
| 33  | KOŁODZIEJ Mirosław        | 3085  |                                    | Senior Mężczyzn   | 12   | 02:27:25        | 03:39:32.10           | 03:40:11.05            | +00:50:09 (22.8%) | 6:16            | 9.6 (77.4%)   |
| 34  | KĄŁOWSKI Tomasz           | 3072  |                                    | Weteran Mężczyzn  | 7    | 02:28:19        | 03:39:51.45           | 03:40:23.55            | +00:50:21 (22.9%) | 6:16            | 9.6 (77.4%)   |
| 35  | KOWALCZUK Adam            | 3093  | TANKS                              | Master Mężczyzn   | 16   | 02:27:35        | 03:40:00.05           | 03:40:24.80            | +00:50:22 (22.9%) | 6:17            | 9.5 (76.6%)   |
| 36  | SAMSEL Artur              | 3184  | TANKS                              | Master Mężczyzn   | 17   | 02:27:37        | 03:40:00.80           | 03:40:25.70            | +00:50:23 (22.9%) | 6:17            | 9.5 (76.6%)   |
| 37  | ŁĘKAWA Mateusz            | 3126  |                                    | Senior Mężczyzn   | 13   | 02:27:36        | 03:40:01.75           | 03:40:26.70            | +00:50:24 (22.9%) | 6:17            | 9.5 (76.6%)   |
| 38  | ZALEWSKI Dominik          | 3259  |                                    | Senior Mężczyzn   | 14   | 02:17:59        | 03:40:53.55           | 03:41:12.50            | +00:51:10 (23.1%) | 6:18            | 9.5 (76.6%)   |
| 39  | SZCZĘŚNIAK Michał         | 3205  |                                    | Weteran Mężczyzn  | 8    | 02:37:02        | 03:40:50.75           | 03:41:22.85            | +00:51:20 (23.2%) | 6:18            | 9.5 (76.6%)   |
| 40  | KORAL Jakub               | 3088  |                                    | Senior Mężczyzn   | 15   | 02:31:13        | 03:41:36.95           | 03:41:41.90            | +00:51:39 (23.3%) | 6:19            | 9.5 (76.6%)   |
| 41  | JASIŃSKI Krzysztof        | 3065  | GRUBE KORZENIE                     | Master Mężczyzn   | 18   | 02:26:30        | 03:41:51.05           | 03:41:54.70            | +00:51:52 (23.4%) | 6:20            | 9.5 (76.6%)   |
| 42  | ZAKROCZYŃSKI Michał       | 30    |                                    | Weteran Mężczyzn  | 9    | 02:30:48        | 03:44:23.15           | 03:44:28.75            | +00:54:26 (24.3%) | 6:24            | 9.4 (75.8%)   |
| 43  | KUCH Paweł                | 3115  |                                    | Weteran Mężczyzn  | 10   | 02:36:04        | 03:44:33.20           | 03:44:53.40            | +00:54:51 (24.4%) | 6:24            | 9.4 (75.8%)   |
| 44  | GAJEWSKI Rafał            | 45    |                                    | Master Mężczyzn   | 19   | 02:33:17        | 03:45:16.30           | 03:45:19.20            | +00:55:17 (24.5%) | 6:26            | 9.3 (75.0%)   |
| 45  | SMYKA Michał              | 3191  |                                    | Senior Mężczyzn   | 16   | 02:33:40        | 03:46:07.15           | 03:46:22.20            | +00:56:20 (24.9%) | 6:27            | 9.3 (75.0%)   |
| 46  | KOWALSKI Krzysztof        | 3098  | HRMAXCROSSTEAM                     | Weteran Mężczyzn  | 11   | 02:33:13        | 03:47:20.80           | 03:47:30.60            | +00:57:28 (25.3%) | 6:29            | 9.2 (74.2%)   |
| 47  | TALAROWSKI Paweł          | 3220  |                                    | Master Mężczyzn   | 20   | 02:30:17        | 03:47:29.90           | 03:47:37.10            | +00:57:35 (25.3%) | 6:29            | 9.2 (74.2%)   |
| 48  | ROSA Mariusz              | 3177  | ZABIEGANI WOŁOMIN                  | Master Mężczyzn   | 21   | 02:35:14        | 03:47:14.85           | 03:47:39.30            | +00:57:37 (25.3%) | 6:29            | 9.2 (74.2%)   |
| 49  | GACEK Mariusz             | 3042  |                                    | Senior Mężczyzn   | 17   | 02:31:53        | 03:47:34.40           | 03:47:44.80            | +00:57:42 (25.3%) | 6:30            | 9.2 (74.2%)   |
| 50  | BUBNIAK Bogumił           | 3017  | BEZKLUBIE ZNAD POTOKA :-)          | Master Mężczyzn   | 22   | 02:32:36        | 03:47:43.95           | 03:48:07.50            | +00:58:05 (25.5%) | 6:30            | 9.2 (74.2%)   |
| 51  | RZEMIŃSKI Jacek           | 3181  |                                    | Weteran Mężczyzn  | 12   | 02:36:23        | 03:50:31.35           | 03:50:40.85            | +01:00:38 (26.3%) | 6:35            | 9.1 (73.4%)   |
| 52  | DACHNO Marek              | 3030  | KONIE-WOJCIECHÓW                   | Master Mężczyzn   | 23   | 02:39:00        | 03:50:32.05           | 03:50:53.85            | +01:00:51 (26.4%) | 6:35            | 9.1 (73.4%)   |
| 53  | WAWRUCH Piotr             | 3229  | KONIE-WOJCIECHÓW                   | Master Mężczyzn   | 24   | 02:38:53        | 03:50:33.75           | 03:50:54.00            | +01:00:52 (26.4%) | 6:35            | 9.1 (73.4%)   |
| 54  | DRYGIEL VEL DRYGLAK Piotr | 3036  |                                    | Weteran Mężczyzn  | 13   | 02:35:51        | 03:51:59.55           | 03:52:06.90            | +01:02:04 (26.7%) | 6:37            | 9.1 (73.4%)   |
| 55  | PĘKALA Rafał              | 3165  |                                    | Master Mężczyzn   | 25   | 02:40:00        | 03:51:47.20           | 03:52:22.05            | +01:02:20 (26.8%) | 6:37            | 9.1 (73.4%)   |
| 56  | JARZĄBEK Michał           | 3063  |                                    | Senior Mężczyzn   | 18   | 02:41:47        | 03:52:17.50           | 03:52:36.75            | +01:02:34 (26.9%) | 6:38            | 9 (72.6%)     |
| 57  | BEDNARZ Paweł             | 3010  | LENIWIE DO PRZODU                  | Weteran Mężczyzn  | 14   | 02:38:20        | 03:52:34.50           | 03:52:39.45            | +01:02:37 (26.9%) | 6:38            | 9 (72.6%)     |
| 58  | SOŁTYS Michał             | 3193  |                                    | Senior Mężczyzn   | 19   | 02:35:14        | 03:53:06.15           | 03:53:29.15            | +01:03:27 (27.2%) | 6:39            | 9 (72.6%)     |
| 59  | NEPELSKI Krzysztof        | 3152  |                                    | Master Mężczyzn   | 26   | 02:37:56        | 03:55:26.75           | 03:55:31.95            | +01:05:30 (27.8%) | 6:43            | 8.9 (71.8%)   |
| 60  | GOLI Leszek               | 3051  | MOVADO                             | Weteran Mężczyzn  | 15   | 02:36:27        | 03:56:16.15           | 03:56:22.40            | +01:06:20 (28.1%) | 6:45            | 8.9 (71.8%)   |
| 61  | WILGAT Adam               | 3240  | DZIKIE SZKRZYDŁO / WARSAW RUN CLUB | Weteran Mężczyzn  | 16   | 02:43:54        | 03:57:20.75           | 03:57:33.10            | +01:07:31 (28.4%) | 6:46            | 8.8 (71.0%)   |
| 62  | MARĆ Artur                | 3139  |                                    | Weteran Mężczyzn  | 17   | 02:42:06        | 03:57:37.10           | 03:57:43.60            | +01:07:41 (28.5%) | 6:47            | 8.8 (71.0%)   |
| 63  | GOLDMANN Bartosz          | 3050  |                                    | Senior Mężczyzn   | 20   | 02:49:48        | 04:00:38.85           | 04:01:14.20            | +01:11:12 (29.5%) | 6:52            | 8.7 (70.2%)   |
| 64  | BUZALSKI Robert           | 3021  |                                    | Weteran Mężczyzn  | 18   | 02:38:11        | 04:02:19.65           | 04:02:47.45            | +01:12:45 (30.0%) | 6:55            | 8.7 (70.2%)   |
| 65  | WIECZOREK Marcin          | 3236  |                                    | Master Mężczyzn   | 27   | 02:28:19        | 04:02:59.65           | 04:03:05.65            | +01:13:03 (30.1%) | 6:56            | 8.6 (69.4%)   |
| 66  | MENDEL Grzegorz           | 3143  |                                    | Master Mężczyzn   | 28   | 02:49:52        | 04:03:33.40           | 04:04:04.40            | +01:14:02 (30.3%) | 6:57            | 8.6 (69.4%)   |
| 67  | FORNAŁSKI Tomasz          | 3040  |                                    | Master Mężczyzn   | 29   | 02:45:29        | 04:04:10.65           | 04:04:18.00            | +01:14:16 (30.4%) | 6:58            | 8.6 (69.4%)   |
| 68  | WOŹNIAK Marek             | 3253  | AKM PROMILEK                       | Weteran Mężczyzn  | 19   | 02:44:45        | 04:04:07.10           | 04:04:25.45            | +01:14:23 (30.4%) | 6:58            | 8.6 (69.4%)   |
| 69  | WIELGUS Artur             | 3237  | WIELGU TEAM                        | Senior Mężczyzn   | 21   | 02:31:02        | 04:04:58.45           | 04:05:18.70            | +01:15:16 (30.7%) | 6:59            | 8.6 (69.4%)   |
| 70  | WIŚNIEWSKI Michał         | 3244  |                                    | Weteran Mężczyzn  | 20   | 02:42:21        | 04:04:45.95           | 04:05:23.25            | +01:15:21 (30.7%) | 6:59            | 8.6 (69.4%)   |
| 71  | KRUKOWSKI Robert          | 3109  | PLATINIUM ZAMOŚĆ                   | Master Mężczyzn   | 30   | 02:44:29        | 04:05:10.80           | 04:05:29.15            | +01:15:27 (30.7%) | 7:00            | 8.6 (69.4%)   |
| 72  | TUROSZ Zbigniew           | 3225  |                                    | Dinozaur Mężczyzn | 1    | 02:44:33        | 04:05:36.45           | 04:05:43.15            | +01:15:41 (30.8%) | 7:01            | 8.6 (69.4%)   |
| 73  | KRUSZEWSKI Jacek          | 3112  |                                    | Weteran Mężczyzn  | 21   | 02:48:00        | 04:05:48.20           | 04:06:07.15            | +01:16:05 (30.9%) | 7:01            | 8.5 (68.5%)   |

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|-----|-------------------------|-------|---------------------------|-------------------|------|-----------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 74  | GASECKI Bartosz         | 3044  | MCP TEAM                  | Senior Mężczyzn   | 22   | 02:46:34        | 04:06:13.30           | 04:06:37.15            | +01:16:35 (31.1%) | 7:02            | 8.5 (68.5%)   |
| 75  | MARSZAŁEK Dariusz       | 3140  |                           | Weteran Mężczyzn  | 22   | 02:43:32        | 04:06:14.60           | 04:06:43.10            | +01:16:41 (31.1%) | 7:02            | 8.5 (68.5%)   |
| 76  | URBAŃSKI Bartłomiej     | 3227  |                           | Senior Mężczyzn   | 23   | 02:52:36        | 04:08:52.35           | 04:09:24.75            | +01:19:22 (31.8%) | 7:06            | 8.4 (67.7%)   |
| 77  | KWIECIEŃ Sebastian      | 3119  | SPORTOWE PUŁAWY           | Master Mężczyzn   | 31   | 02:54:31        | 04:09:31.55           | 04:09:48.35            | +01:19:46 (31.9%) | 7:07            | 8.4 (67.7%)   |
| 78  | KITKA Tomasz            | 3078  |                           | Senior Mężczyzn   | 24   | 02:38:28        | 04:09:59.20           | 04:10:05.20            | +01:20:03 (32.0%) | 7:08            | 8.4 (67.7%)   |
| 79  | KRACZKOWSKI Krzysztof   | 3104  |                           | Weteran Mężczyzn  | 23   | 02:50:25        | 04:11:18.25           | 04:11:30.35            | +01:21:28 (32.4%) | 7:10            | 8.4 (67.7%)   |
| 80  | WAGNER Mariusz          | 3228  | CHEŁM BIEGA               | Weteran Mężczyzn  | 24   | 02:46:20        | 04:11:30.20           | 04:12:07.30            | +01:22:05 (32.6%) | 7:11            | 8.3 (66.9%)   |
| 81  | JACEK Andrzej           | 3059  |                           | Dinozaur Mężczyzn | 2    | 02:52:49        | 04:15:43.15           | 04:15:49.35            | +01:25:47 (33.5%) | 7:18            | 8.2 (66.1%)   |
| 82  | BAKUN Mariusz           | 3003  |                           | Weteran Mężczyzn  | 25   | 02:52:29        | 04:15:32.35           | 04:15:49.45            | +01:25:47 (33.5%) | 7:18            | 8.2 (66.1%)   |
| 83  | BEDŁUSZAK Tomasz        | 3009  | ULTRAMĘKI                 | Master Mężczyzn   | 32   | 02:55:00        | 04:16:24.10           | 04:16:40.20            | +01:26:38 (33.8%) | 7:19            | 8.2 (66.1%)   |
| 84  | KŁODZIŃSKI Klaudiusz    | 3080  |                           | Weteran Mężczyzn  | 26   | 02:53:45        | 04:16:35.75           | 04:16:57.65            | +01:26:55 (33.8%) | 7:19            | 8.2 (66.1%)   |
| 85  | ŁĄCZNY Marcin           | 3125  |                           | Master Mężczyzn   | 33   | 02:48:28        | 04:18:36.75           | 04:18:53.25            | +01:28:51 (34.3%) | 7:23            | 8.1 (65.3%)   |
| 86  | SZUBARTOWSKI Paweł      | 3214  | BEŁZYCE I OKOLICE BIEGAJĄ | Senior Mężczyzn   | 25   | 02:55:39        | 04:19:29.15           | 04:19:32.95            | +01:29:31 (34.5%) | 7:24            | 8.1 (65.3%)   |
| 87  | GILAS Michał            | 3048  | BIŁGORUN                  | Master Mężczyzn   | 34   | 02:56:33        | 04:20:28.20           | 04:20:57.30            | +01:30:55 (34.8%) | 7:26            | 8.1 (65.3%)   |
| 88  | PACZUSKI Piotr          | 3161  | 8 BALL CROSS GYM          | Master Mężczyzn   | 35   | 02:50:26        | 04:20:44.15           | 04:20:57.45            | +01:30:55 (34.8%) | 7:26            | 8.1 (65.3%)   |
| 89  | ARMATYS Grzegorz        | 3002  | ORANGE POLSKA             | Weteran Mężczyzn  | 27   | 03:02:18        | 04:20:50.65           | 04:21:21.65            | +01:31:19 (34.9%) | 7:27            | 8.1 (65.3%)   |
| 90  | PRAŁAT Dawid            | 3174  | PZU SPORT TEAM            | Master Mężczyzn   | 36   | 02:52:54        | 04:21:38.35           | 04:21:53.65            | +01:31:51 (35.1%) | 7:28            | 8 (64.5%)     |
| 91  | KUZIOŁA Grzegorz        | 3117  | #NOLIMITS                 | Weteran Mężczyzn  | 28   | 02:50:31        | 04:23:39.15           | 04:23:50.75            | +01:33:48 (35.6%) | 7:31            | 8 (64.5%)     |
| 92  | MIŁKOWSKI Dawid         | 3148  | RKS                       | Senior Mężczyzn   | 26   | 03:00:58        | 04:24:22.35           | 04:24:22.35            | +01:34:20 (35.7%) | 7:33            | 7.9 (63.7%)   |
| 93  | RUSIN Łukasz            | 3179  |                           | Master Mężczyzn   | 37   | 02:57:56        | 04:24:12.10           | 04:24:31.65            | +01:34:29 (35.7%) | 7:32            | 7.9 (63.7%)   |
| 94  | JEDLEWSKI Krzysztof     | 3069  |                           | Master Mężczyzn   | 38   | 02:56:26        | 04:24:51.30           | 04:25:19.00            | +01:35:17 (35.9%) | 7:34            | 7.9 (63.7%)   |
| 95  | PIÓRO Kamil             | 3168  | VIRGO ROZTOCZE            | Master Mężczyzn   | 39   | 02:55:32        | 04:25:23.35           | 04:25:41.70            | +01:35:39 (36.0%) | 7:34            | 7.9 (63.7%)   |
| 96  | PIEZONKA Tomasz         | 3166  | CHEŁM BIEGA               | Master Mężczyzn   | 40   | 02:56:23        | 04:27:22.35           | 04:27:36.00            | +01:37:34 (36.5%) | 7:38            | 7.9 (63.7%)   |
| 97  | MARCINKIEWICZ Dariusz   | 3137  |                           | Master Mężczyzn   | 41   | 03:00:44        | 04:28:15.30           | 04:28:51.70            | +01:38:49 (36.8%) | 7:39            | 7.8 (62.9%)   |
| 98  | SZPONAR Krzysztof       | 3213  |                           | Weteran Mężczyzn  | 29   | 02:58:22        | 04:29:32.30           | 04:30:07.05            | +01:40:05 (37.1%) | 7:42            | 7.8 (62.9%)   |
| 99  | ABRAMOWICZ Daniel       | 3000  | UMCS BIEGA                | Master Mężczyzn   | 42   | 02:54:04        | 04:31:16.70           | 04:31:29.25            | +01:41:27 (37.4%) | 7:45            | 7.7 (62.1%)   |
| 100 | WILCZYŃSKI Bartłomiej   | 3239  |                           | Master Mężczyzn   | 43   | 03:01:43        | 04:31:04.50           | 04:31:33.75            | +01:41:31 (37.4%) | 7:44            | 7.7 (62.1%)   |
| 101 | BIELECKI Mariusz        | 3019  |                           | Weteran Mężczyzn  | 30   | 03:07:25        | 04:31:58.60           | 04:32:32.55            | +01:42:30 (37.6%) | 7:46            | 7.7 (62.1%)   |
| 101 | KOŁODZIEJCZYK Adam      | 3086  | KKB MOSIR KROSNO          | Master Mężczyzn   | 44   | 03:04:45        | 04:31:59.20           | 04:32:32.55            | +01:42:30 (37.6%) | 7:46            | 7.7 (62.1%)   |
| 103 | JĘDRZEJEWSKI Marcin     | 3070  |                           | Senior Mężczyzn   | 27   | 02:49:51        | 04:32:52.15           | 04:33:16.50            | +01:43:14 (37.8%) | 7:47            | 7.7 (62.1%)   |
| 104 | OLCZAK Witold           | 3156  |                           | Dinozaur Mężczyzn | 3    | 03:11:25        | 04:33:24.60           | 04:33:35.65            | +01:43:33 (37.9%) | 7:48            | 7.7 (62.1%)   |
| 105 | GILAS Szymon            | 3047  | CHEŁM BIEGA               | Master Mężczyzn   | 45   | 02:57:59        | 04:33:09.80           | 04:33:39.20            | +01:43:37 (37.9%) | 7:48            | 7.7 (62.1%)   |
| 106 | HYZ Marek               | 7     | JARDON TEAM               | Weteran Mężczyzn  | 31   | 03:07:24        | 04:33:35.35           | 04:33:43.90            | +01:43:41 (37.9%) | 7:49            | 7.7 (62.1%)   |
| 107 | SIUCIAK Robert          | 3188  |                           | Weteran Mężczyzn  | 32   | 03:05:06        | 04:34:10.90           | 04:34:49.10            | +01:44:47 (38.1%) | 7:50            | 7.7 (62.1%)   |
| 108 | SZCZYPKOWSKI Krzysztof  | 3207  |                           | Master Mężczyzn   | 46   | 03:02:14        | 04:34:35.65           | 04:35:01.20            | +01:44:59 (38.2%) | 7:50            | 7.6 (61.3%)   |
| 109 | KOWALCZUK Dariusz       | 3094  | JARDON TEAM               | Master Mężczyzn   | 47   | 03:05:36        | 04:34:57.55           | 04:35:15.35            | +01:45:13 (38.2%) | 7:51            | 7.6 (61.3%)   |
| 110 | OCZOŚ Przemysław        | 3155  |                           | Master Mężczyzn   | 48   | 03:02:33        | 04:35:09.25           | 04:35:18.10            | +01:45:16 (38.2%) | 7:51            | 7.6 (61.3%)   |
| 111 | SUCHORA Jerzy           | 3200  |                           | Weteran Mężczyzn  | 33   | 03:07:08        | 04:35:13.25           | 04:35:21.50            | +01:45:19 (38.3%) | 7:51            | 7.6 (61.3%)   |
| 112 | KURZYDŁO Bartosz        | 3116  | ORANGE POLSKA             | Master Mężczyzn   | 49   | 02:57:44        | 04:35:38.70           | 04:35:50.20            | +01:45:48 (38.4%) | 7:52            | 7.6 (61.3%)   |
| 113 | WICZUK-WICZEWSKI Marcin | 3235  |                           | Weteran Mężczyzn  | 34   | 03:03:54        | 04:35:29.30           | 04:35:58.65            | +01:45:56 (38.4%) | 7:52            | 7.6 (61.3%)   |
| 114 | WENERSKI Wojciech       | 3230  |                           | Dinozaur Mężczyzn | 4    | 02:55:38        | 04:35:54.40           | 04:36:11.80            | +01:46:09 (38.4%) | 7:52            | 7.6 (61.3%)   |
| 115 | MICHALEC Marcin         | 91    | KKB MOSIR KROSNO          | Senior Mężczyzn   | 28   | 03:12:18        | 04:39:01.55           | 04:39:14.50            | +01:49:12 (39.1%) | 7:58            | 7.5 (60.5%)   |
| 116 | KMIEĆ Andrzej           | 3081  | JARDON TEAM               | Weteran Mężczyzn  | 35   | 02:58:14        | 04:39:11.45           | 04:39:32.95            | +01:49:31 (39.2%) | 7:58            | 7.5 (60.5%)   |
| 117 | CYRANKA Jarosław        | 3025  | JARDON TEAM               | Weteran Mężczyzn  | 36   | 02:57:03        | 04:39:12.00           | 04:39:33.10            | +01:49:31 (39.2%) | 7:58            | 7.5 (60.5%)   |

| Msc | Zawodnik              | Numer | Klub                   | Kategoria        | Mkat | Górecko<br>24km | Czas<br>netto<br>35km | Czas<br>brutto<br>35km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------|-------|------------------------|------------------|------|-----------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 118 | STANOSZEK Robert      | 3195  |                        | Weteran Mężczyzn | 37   | 03:09:16        | 04:39:38.85           | 04:39:55.05            | +01:49:53 (39.3%) | 7:59            | 7.5 (60.5%)   |
| 119 | SASIN Andrzej         | 3185  |                        | Weteran Mężczyzn | 38   | 03:02:07        | 04:39:46.45           | 04:40:08.75            | +01:50:06 (39.3%) | 7:59            | 7.5 (60.5%)   |
| 120 | BIEGOWY Amator        | 3012  |                        | Weteran Mężczyzn | 39   | 02:57:22        | 04:40:54.80           | 04:41:32.60            | +01:51:30 (39.6%) | 8:01            | 7.5 (60.5%)   |
| 121 | TOKARSKI Rafał        | 3222  |                        | Weteran Mężczyzn | 40   | 03:03:55        | 04:41:39.75           | 04:42:06.55            | +01:52:04 (39.7%) | 8:02            | 7.5 (60.5%)   |
| 122 | DUBIL Michał          | 3037  | RAJD ŻRÓDEŁ CHODELKI   | Master Mężczyzn  | 50   | 03:18:56        | 04:41:42.80           | 04:42:18.70            | +01:52:16 (39.8%) | 8:02            | 7.5 (60.5%)   |
| 123 | KOZAK Filip           | 3099  | NGB KŁOBUCK            | Weteran Mężczyzn | 41   | 03:01:46        | 04:42:24.50           | 04:42:49.25            | +01:52:47 (39.9%) | 8:04            | 7.4 (59.7%)   |
| 124 | GUMIELA Piotr         | 3056  | GUMISIOLANDIA          | Master Mężczyzn  | 51   | 03:09:21        | 04:43:57.55           | 04:44:28.80            | +01:54:26 (40.2%) | 8:06            | 7.4 (59.7%)   |
| 125 | BĄDO Piotr            | 3006  |                        | Weteran Mężczyzn | 42   | 03:02:32        | 04:44:49.25           | 04:44:57.50            | +01:54:55 (40.3%) | 8:08            | 7.4 (59.7%)   |
| 126 | RYCYK Paweł           | 3180  |                        | Weteran Mężczyzn | 43   | 03:13:48        | 04:46:03.35           | 04:46:06.40            | +01:56:04 (40.6%) | 8:10            | 7.3 (58.9%)   |
| 127 | POŁUDNIUK Radosław    | 3172  | SII RUNNING TEAM       | Master Mężczyzn  | 52   | 02:48:53        | 04:46:44.00           | 04:46:53.30            | +01:56:51 (40.7%) | 8:11            | 7.3 (58.9%)   |
| 128 | SMOLARCZYK Grzegorz   | 3190  |                        | Weteran Mężczyzn | 44   | 03:06:39        | 04:46:59.50           | 04:47:31.00            | +01:57:29 (40.9%) | 8:11            | 7.3 (58.9%)   |
| 129 | JAWORSKI Łukasz       | 3068  |                        | Master Mężczyzn  | 53   | 03:14:29        | 04:47:00.40           | 04:47:36.30            | +01:57:34 (40.9%) | 8:12            | 7.3 (58.9%)   |
| 130 | ŚLUSARZ Paweł         | 3219  | AR SPEED               | Senior Mężczyzn  | 29   | 03:06:40        | 04:49:16.70           | 04:49:56.45            | +01:59:54 (41.4%) | 8:15            | 7.3 (58.9%)   |
| 131 | ZAWÓŁ Paweł           | 3262  | BIKE EQUIPA SANDOMIERZ | Master Mężczyzn  | 54   | 03:14:12        | 04:53:32.45           | 04:53:41.95            | +02:03:40 (42.1%) | 8:23            | 7.2 (58.1%)   |
| 132 | LEWIŃSKI Tomasz       | 3122  | JEST LEPIEJ RUN TEAM   | Master Mężczyzn  | 55   | 03:11:39        | 04:53:34.95           | 04:54:03.40            | +02:04:01 (42.2%) | 8:23            | 7.2 (58.1%)   |
| 133 | MENDOCHA Jakub        | 3145  |                        | Senior Mężczyzn  | 30   | 03:20:26        | 04:53:50.80           | 04:54:24.45            | +02:04:22 (42.2%) | 8:23            | 7.1 (57.3%)   |
| 134 | SERWADCZAK Piotr      | 3187  | P+E                    | Weteran Mężczyzn | 45   | 03:09:24        | 04:55:11.40           | 04:55:32.20            | +02:05:30 (42.5%) | 8:26            | 7.1 (57.3%)   |
| 135 | LORENS Krzysztof      | 3124  | ZABIEGANY WOŁOMIN      | Weteran Mężczyzn | 46   | 03:14:34        | 04:56:31.20           | 04:56:55.70            | +02:06:53 (42.7%) | 8:28            | 7.1 (57.3%)   |
| 136 | GÓRA Arkadiusz        | 3052  | AR-SPEED               | Master Mężczyzn  | 56   | 03:06:40        | 04:56:54.35           | 04:57:34.40            | +02:07:32 (42.9%) | 8:28            | 7.1 (57.3%)   |
| 137 | WOLFF Tomasz          | 3247  | BIEGAJĄCE ZĄBKI        | Master Mężczyzn  | 57   | 03:02:36        | 05:00:12.70           | 05:00:49.40            | +02:10:47 (43.5%) | 8:34            | 7 (56.5%)     |
| 138 | KOMISARCZUK Arkadiusz | 3087  |                        | Senior Mężczyzn  | 31   | 03:28:26        | 05:02:21.60           | 05:02:35.35            | +02:12:33 (43.8%) | 8:38            | 6.9 (55.6%)   |
| 139 | GODZIŃSKI Tomasz      | 3049  | SII RUNNING TEAM       | Master Mężczyzn  | 58   | 03:21:25        | 05:02:44.65           | 05:02:59.45            | +02:12:57 (43.9%) | 8:38            | 6.9 (55.6%)   |
| 140 | MAJERSKI Michał       | 3131  |                        | Master Mężczyzn  | 59   | 03:31:19        | 05:05:29.05           | 05:05:59.40            | +02:15:57 (44.4%) | 8:43            | 6.9 (55.6%)   |
| 141 | BALON Marcin          | 3005  |                        | Weteran Mężczyzn | 47   | 03:42:59        | 05:21:13.35           | 05:21:42.70            | +02:31:40 (47.1%) | 9:10            | 6.5 (52.4%)   |
| 142 | N Bartłomiej          | 2     |                        | Master Mężczyzn  | 60   | 03:33:15        | 05:23:43.30           | 05:23:56.95            | +02:33:55 (47.5%) | 9:14            | 6.5 (52.4%)   |
| 143 | JASTRZĘBSKI Adam      | 3066  |                        | Weteran Mężczyzn | 48   | 03:33:18        | 05:25:05.10           | 05:25:43.30            | +02:35:41 (47.8%) | 9:17            | 6.5 (52.4%)   |
| 144 | NOWAK Kamil           | 26    |                        | Senior Mężczyzn  | 32   | 03:43:59        | 05:25:31.55           | 05:25:57.35            | +02:35:55 (47.8%) | 9:18            | 6.5 (52.4%)   |
| 145 | DĄBROWSKI Paweł       | 3032  |                        | Weteran Mężczyzn | 49   | 03:42:57        | 05:27:58.35           | 05:28:18.85            | +02:38:16 (48.2%) | 9:22            | 6.4 (51.6%)   |
| 146 | BŁAŻUK Dominik        | 3013  | ANKH-MORPORK           | Weteran Mężczyzn | 50   | 04:00:29        | 05:38:40.65           | 05:39:04.30            | +02:49:02 (49.9%) | 9:40            | 6.2 (50.0%)   |
| 147 | MAŁEK Mariusz         | 3136  |                        | Master Mężczyzn  | 61   | 03:50:45        | 05:42:40.35           | 05:43:06.75            | +02:53:04 (50.4%) | 9:47            | 6.1 (49.2%)   |
| 148 | DĄBROWSKI Adrian      | 3031  | POWER TRAINING         | Senior Mężczyzn  | 33   | 03:51:02        | 05:47:06.85           | 05:47:08.85            | +02:57:06 (51.0%) | 9:55            | 6.1 (49.2%)   |
| 149 | GROBELNY Bartek       | 3054  |                        | Master Mężczyzn  | 62   | 04:02:15        | 05:54:25.75           | 05:54:46.85            | +03:04:44 (52.1%) | 10:07           | 5.9 (47.6%)   |
| 150 | SATKO Jacek           | 6097  |                        | Weteran Mężczyzn | 51   | 04:54:35        | 06:48:53.80           | 06:48:57.20            | +03:58:55 (58.4%) | 11:40           | 5.1 (41.1%)   |

Znaleziono 150 wynik(ów)