



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VIII FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2022-06-18
Cisna
11 km

V DYCHA NA JELENI SKOK

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	GRZĄDZIEL Dominik	4217	ATTIQ TEAM	M30	1	00:53:48.45	00:53:49.70		4:53	12.3 (100%)
2	LUŻNIAK Damian	4462	SCI GÓRSCY ENTUZJAŚCI	M30	2	00:57:15.50	00:57:17.10	+00:03:27 (6.0%)	5:12	11.5 (93.5%)
3	WRÓBEL Przemysław	4211		M40	1	00:57:28.65	00:57:29.60	+00:03:39 (6.4%)	5:13	11.5 (93.5%)
4	CABAJ Łukasz	4362	HARPAGAN TARNOBRZEG	M30	3	00:57:37.85	00:57:38.80	+00:03:49 (6.6%)	5:14	11.5 (93.5%)
5	JAKUBIK Marcin	4189	MKS HALICZ PSG KROŚCIENKO	M30	4	00:58:26.95	00:58:28.00	+00:04:38 (7.9%)	5:18	11.3 (91.9%)
6	MULARCZYK Paweł	4256	GRUPA JURA'PL	M30	5	00:58:26.75	00:58:28.30	+00:04:38 (7.9%)	5:18	11.3 (91.9%)
7	ZYGMUNT Tomasz	4254	ULTRA WYJADACZE	M20	1	00:59:55.80	00:59:58.25	+00:06:08 (10.2%)	5:26	11 (89.4%)
8	SKAWIŃSKI Tomasz	4201	GOPR BIESZCZADY	M40	2	01:00:29.80	01:00:31.20	+00:06:41 (11.1%)	5:29	10.9 (88.6%)
9	SABAT Sebastian	4461		M20	2	01:03:43.55	01:03:43.55	+00:09:53 (15.5%)	5:47	10.4 (84.6%)
10	SZYBIAK Maciej	4323	TEMPO 5 PRZEMYSŁ	M20	3	01:05:25.95	01:05:26.70	+00:11:37 (17.8%)	5:56	10.1 (82.1%)
11	MLAŚ Ireneusz	4165	IPA PRZEMYSŁ	M30	6	01:05:37.50	01:05:39.35	+00:11:49 (18.0%)	5:57	10.1 (82.1%)
12	JAGNIĄTKOWSKI Jacek	4319		M40	3	01:05:37.50	01:05:39.40	+00:11:49 (18.0%)	5:57	10.1 (82.1%)
13	CHAJEC Michał	4102		M30	7	01:05:40.35	01:05:42.70	+00:11:53 (18.1%)	5:58	10.1 (82.1%)
14	BIGAS Jakub	4346		M30	8	01:06:12.15	01:06:19.50	+00:12:29 (18.8%)	6:01	10 (81.3%)
15	MIGDAL Michał	4466	MARKOWI BIEGACZE	M30	9	01:07:47.50	01:07:50.70	+00:14:01 (20.7%)	6:09	9.7 (78.9%)
16	SKOWROŃSKI Błażej	4115	DZIK KOMANDO	M30	10	01:08:20.55	01:08:26.05	+00:14:36 (21.3%)	6:12	9.7 (78.9%)
17	PIETRAS Ryszard	4478	STAY INSANE/BIEGAM Z ABS	M50	1	01:08:23.05	01:08:26.95	+00:14:37 (21.4%)	6:13	9.7 (78.9%)
18	KUSIAK Maciej	4200		M20	4	01:08:41.35	01:08:44.60	+00:14:54 (21.7%)	6:14	9.6 (78.0%)
19	PODOLAK Jakub	4027	A TAK SOBIE BIEGAM	M20	5	01:08:45.50	01:08:51.95	+00:15:02 (21.8%)	6:15	9.6 (78.0%)
20	KROPIWNICKI Marcin	4203		M30	11	01:08:55.65	01:09:02.70	+00:15:13 (22.0%)	6:15	9.6 (78.0%)
21	CAPINSKI Paweł	4231	CROSSFIT RZESZÓW	M40	4	01:09:20.00	01:09:22.35	+00:15:32 (22.4%)	6:18	9.5 (77.2%)
22	ZAWADZKI Marcin	4164	SZCZWANY TRZMIEL TEAM	M30	12	01:09:58.90	01:10:00.45	+00:16:10 (23.1%)	6:21	9.4 (76.4%)
23	BOBKO Michał	4272		M20	6	01:10:17.00	01:10:20.50	+00:16:30 (23.5%)	6:23	9.4 (76.4%)
24	CICHY Krzysztof	4198	GÓRAL Z MAZUR RUNNING TEAM	M50	2	01:10:16.15	01:10:22.95	+00:16:33 (23.5%)	6:23	9.4 (76.4%)
25	STACH Tomasz	4352		M40	5	01:10:38.45	01:10:41.50	+00:16:51 (23.9%)	6:25	9.3 (75.6%)
26	MASZKOWSKI Jakub	4294	AZS UMCS LUBLIN	M20	7	01:10:42.75	01:10:44.65	+00:16:54 (23.9%)	6:25	9.3 (75.6%)
27	ŚWIDZIŃSKI Tomasz	4370	LOKOMOTIV MAJDAN	M40	6	01:10:58.05	01:11:00.65	+00:17:10 (24.2%)	6:27	9.3 (75.6%)
28	WETHACZ Mateusz	4290		M30	13	01:11:26.35	01:11:28.20	+00:17:38 (24.7%)	6:29	9.2 (74.8%)
29	LANGNER Tomasz	4301	RKS HUWDU	M20	8	01:11:16.45	01:11:34.40	+00:17:44 (24.8%)	6:28	9.3 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	RUDY Przemysław	4426	BEFIT24TEAM	M20	9	01:11:36.70	01:11:42.85	+00:17:53 (24.9%)	6:30	9.2 (74.8%)
31	LAUKS Jan	4126	DZIK KOMANDO	M20	10	01:11:52.95	01:11:58.80	+00:18:09 (25.2%)	6:32	9.2 (74.8%)
32	WOŁK Mariusz	4460	#ZALINIAMETYTEAM	M30	14	01:11:56.30	01:11:59.05	+00:18:09 (25.2%)	6:32	9.2 (74.8%)
33	KORŻYK Marek	4344		M40	7	01:12:57.75	01:13:03.10	+00:19:13 (26.3%)	6:37	9 (73.2%)
34	PILIPCZUK Jakub	4295		M20	11	01:12:59.85	01:13:11.80	+00:19:22 (26.5%)	6:38	9 (73.2%)
35	SPYCHAŁA Jakub	4448	NIE ZAPOMNIJ ODDYCHAĆ	M20	12	01:13:20.80	01:13:23.00	+00:19:33 (26.6%)	6:40	9 (73.2%)
36	SKÓRA Tomasz	4434	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	8	01:13:53.40	01:13:56.45	+00:20:06 (27.2%)	6:43	8.9 (72.4%)
37	ZAJĄC Tomasz	4271		M40	9	01:15:04.55	01:15:08.65	+00:21:18 (28.4%)	6:49	8.8 (71.5%)
38	OKOŃSKI Wiesław	4372		M60	1	01:16:05.45	01:16:09.15	+00:22:19 (29.3%)	6:55	8.7 (70.7%)
39	ŚLĄSKI Bartosz	4361	PRZEDWOJEWSKI TEAM	M30	15	01:16:05.10	01:16:11.25	+00:22:21 (29.3%)	6:55	8.7 (70.7%)
40	PAJĄK Andrzej	4335	STAY INSANE / BIEGAM Z ABS	M40	10	01:16:10.60	01:16:17.05	+00:22:27 (29.4%)	6:55	8.7 (70.7%)
41	PODLEŚ Robert	4034	COBI POLAND TEAM	M60	2	01:17:18.80	01:17:21.40	+00:23:31 (30.4%)	7:01	8.5 (69.1%)
42	DWORAK Bartłomiej	4357		M30	16	01:17:44.85	01:17:48.30	+00:23:58 (30.8%)	7:04	8.5 (69.1%)
43	ROŚCIŃSKI Franciszek	4312		M50	3	01:18:04.35	01:18:07.45	+00:24:17 (31.1%)	7:05	8.5 (69.1%)
44	DĄBKOWSKI Damian	4269	HARDER CIECHANÓW	M30	17	01:18:22.90	01:18:33.65	+00:24:43 (31.5%)	7:07	8.4 (68.3%)
45	KRYNICKI Jakub	4184	GALICJA CISNA	M30	18	01:18:44.60	01:18:46.75	+00:24:57 (31.7%)	7:09	8.4 (68.3%)
46	STACH Jacek	4342		M40	11	01:18:41.10	01:18:47.10	+00:24:57 (31.7%)	7:09	8.4 (68.3%)
47	MICAŁ Łukasz	4070	ITMBW KRAKÓW	M20	13	01:18:52.10	01:18:57.15	+00:25:07 (31.8%)	7:10	8.4 (68.3%)
48	BORGOSZ Eryk	4389	ŁAPIE SARNY	M20	14	01:19:53.50	01:19:54.80	+00:26:05 (32.6%)	7:15	8.3 (67.5%)
49	KRYNICKI Bartosz	4244	GALICJA CISNA	M20	15	01:20:34.70	01:20:37.60	+00:26:47 (33.2%)	7:19	8.2 (66.7%)
50	SZATKOWSKI Michał	4275		M20	16	01:20:32.25	01:20:42.05	+00:26:52 (33.3%)	7:19	8.2 (66.7%)
50	ZIEMLIŃSKI Szymon	4388	ŁAPIE SARNY	M20	16	01:20:40.15	01:20:42.05	+00:26:52 (33.3%)	7:20	8.2 (66.7%)
52	SWEENEY Keith	4273		M30	19	01:21:56.25	01:22:05.65	+00:28:15 (34.4%)	7:26	8.1 (65.9%)
53	PRUS Tomasz	4299		M40	12	01:22:09.35	01:22:23.35	+00:28:33 (34.7%)	7:28	8 (65.0%)
54	MICZEK Wiesław	4177	NIEZRZESZONY	M60	3	01:23:06.00	01:23:12.60	+00:29:22 (35.3%)	7:33	7.9 (64.2%)
55	DROBOT Piotr	4487		M50	4	01:23:37.05	01:23:40.55	+00:29:50 (35.7%)	7:36	7.9 (64.2%)
56	CZERWIŃSKI Maciej	4136		M20	18	01:23:41.40	01:23:46.30	+00:29:56 (35.7%)	7:36	7.9 (64.2%)
57	GRZEGORY Marek	4440	DECATHLON RUMIA	M30	20	01:24:02.05	01:24:07.15	+00:30:17 (36.0%)	7:38	7.9 (64.2%)
58	BLOK Tomasz	4296		M40	13	01:25:28.35	01:25:37.25	+00:31:47 (37.1%)	7:46	7.7 (62.6%)
59	TABAKA Piotr	4276		M30	21	01:25:42.70	01:25:55.40	+00:32:05 (37.4%)	7:47	7.7 (62.6%)
60	GALAS Grzegorz	4080	SCI GÓRSCY ENTUZJAŚCI	M40	14	01:26:11.35	01:26:14.85	+00:32:25 (37.6%)	7:50	7.7 (62.6%)
61	UCHEREK Kacper	4261		M20	19	01:26:10.90	01:26:22.30	+00:32:32 (37.7%)	7:50	7.7 (62.6%)
62	LATUSEK Daniel	4286		M30	22	01:26:10.40	01:26:37.65	+00:32:47 (37.9%)	7:50	7.7 (62.6%)
63	PSZONAK Damian	4289		M30	23	01:26:26.15	01:26:41.00	+00:32:51 (37.9%)	7:51	7.6 (61.8%)
64	SKOWRONEK Dariusz	4053	#BYLEDOMETY	M50	5	01:26:49.10	01:26:56.90	+00:33:07 (38.1%)	7:53	7.6 (61.8%)
65	STEBEL Piotr	4116	PRZEWODNIK	M50	6	01:26:57.25	01:27:00.80	+00:33:11 (38.1%)	7:54	7.6 (61.8%)
66	MAREK Paweł	4181		M30	24	01:27:01.35	01:27:13.00	+00:33:23 (38.3%)	7:54	7.6 (61.8%)
67	KLARECKI Adrian	4063	ASTMA TEAM	M40	15	01:27:11.45	01:27:16.95	+00:33:27 (38.3%)	7:55	7.6 (61.8%)
68	TROJNAR Daniel	4258		M30	25	01:27:36.75	01:27:50.85	+00:34:01 (38.7%)	7:57	7.5 (61.0%)
69	KALBARCZYK Wojciech	4447	ADIDAS RANERS WARSAW	M30	26	01:27:47.00	01:27:57.60	+00:34:07 (38.8%)	7:58	7.5 (61.0%)
70	GOLEC Janusz	4333		M40	16	01:28:00.95	01:28:14.50	+00:34:24 (39.0%)	8:00	7.5 (61.0%)
71	JANKOWSKI Michał	4459	KOBYLICA	M40	17	01:28:18.55	01:28:26.80	+00:34:37 (39.1%)	8:01	7.5 (61.0%)
72	PODOLAK Zbigniew	4206		M60	4	01:28:51.15	01:28:54.60	+00:35:04 (39.5%)	8:04	7.4 (60.2%)
73	TUCZAPSKI Artur	4349	COMTAT	M60	5	01:28:49.00	01:29:03.40	+00:35:13 (39.6%)	8:04	7.4 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						11km	11km			
74	PAJĄCZKOWSKI Tomasz	4465		M40	18	01:29:01.35	01:29:14.90	+00:35:25 (39.7%)	8:05	7.4 (60.2%)
75	ZIÓŁEK Błażej	4197		M30	27	01:29:12.00	01:29:19.25	+00:35:29 (39.7%)	8:06	7.4 (60.2%)
76	RATKOWSKI Sławomir	4474		M40	19	01:29:12.00	01:29:24.55	+00:35:34 (39.8%)	8:06	7.4 (60.2%)
77	WALASZEK Kamil	4212		M30	28	01:29:07.60	01:29:34.85	+00:35:45 (39.9%)	8:06	7.4 (60.2%)
78	DACYK Sylwester	4243	SAINT-GOBAIN SQUAD	M40	20	01:30:09.20	01:30:21.75	+00:36:32 (40.4%)	8:11	7.3 (59.3%)
79	BARAŃSKI Przemysław	4277		M30	29	01:30:36.95	01:30:52.90	+00:37:03 (40.8%)	8:14	7.3 (59.3%)
80	PECHCIN Jakub	4236		M30	30	01:31:37.75	01:31:56.95	+00:38:07 (41.5%)	8:19	7.2 (58.5%)
81	LEWANDOWSKI Bernard	4418		M20	20	01:31:17.70	01:32:02.75	+00:38:13 (41.5%)	8:17	7.2 (58.5%)
82	OWSKI Filip	4341	DKMS TEAM	M30	31	01:32:10.40	01:32:16.25	+00:38:26 (41.7%)	8:22	7.2 (58.5%)
83	CIEPIELEWSKI Mateusz	4216		M30	32	01:32:45.40	01:33:13.25	+00:39:23 (42.3%)	8:25	7.1 (57.7%)
84	KRAKOWSKI Krzysztof	4324		M20	21	01:33:49.25	01:34:08.15	+00:40:18 (42.8%)	8:31	7 (56.9%)
85	ZIELIŃSKI Konrad	4421		M20	22	01:33:59.30	01:34:12.05	+00:40:22 (42.9%)	8:32	7 (56.9%)
86	GARCZAREK Krzysztof	4182		M60	6	01:35:52.00	01:36:03.35	+00:42:13 (44.0%)	8:42	6.9 (56.1%)
87	BOBYK Paweł	4455		M40	21	01:36:01.25	01:36:05.25	+00:42:15 (44.0%)	8:43	6.9 (56.1%)
88	SKLEPOWICZ Jacek	4042		M40	22	01:36:22.15	01:36:32.65	+00:42:42 (44.2%)	8:45	6.8 (55.3%)
89	ŁOŚ Feliks	4127	DZIK KOMANDO	M20	23	01:36:12.35	01:36:36.40	+00:42:46 (44.3%)	8:44	6.9 (56.1%)
90	SZAŁANKIEWICZ Dawid	4172		M20	24	01:36:08.20	01:36:45.35	+00:42:55 (44.4%)	8:44	6.9 (56.1%)
91	WYBRANIEC Wojciech	4464	SUSKA GRUPA BIEGOWA	M40	23	01:36:31.75	01:36:47.70	+00:42:58 (44.4%)	8:46	6.8 (55.3%)
92	BOBER Marcin	4173		M20	25	01:36:23.50	01:37:00.10	+00:43:10 (44.5%)	8:45	6.8 (55.3%)
93	HŁADUŃSKI Jacek	4138		M30	33	01:36:56.95	01:37:05.60	+00:43:15 (44.6%)	8:48	6.8 (55.3%)
94	DUSZA Łukasz	4153		M30	34	01:36:43.80	01:37:08.90	+00:43:19 (44.6%)	8:47	6.8 (55.3%)
95	DACKO Oskar	4292	DANZEL TEAM	M30	35	01:36:51.85	01:37:18.55	+00:43:28 (44.7%)	8:48	6.8 (55.3%)
96	MICHAŁSKI Mateusz	4033	SŁOŃCA JURY	M20	26	01:37:13.80	01:37:26.80	+00:43:37 (44.8%)	8:50	6.8 (55.3%)
97	WILK Marcin	4002		M40	24	01:37:41.00	01:37:50.40	+00:44:00 (45.0%)	8:52	6.8 (55.3%)
98	FIEDORCZUK Łukasz	4383	HDD WINNICZKI	M40	25	01:37:57.95	01:38:06.60	+00:44:16 (45.1%)	8:54	6.7 (54.5%)
99	SIARA Wojciech	4359		M40	26	01:37:45.20	01:38:10.80	+00:44:21 (45.2%)	8:53	6.8 (55.3%)
100	PASZKO Wojciech	4308		M40	27	01:38:05.65	01:38:14.75	+00:44:25 (45.2%)	8:55	6.7 (54.5%)
101	MARZEC Konrad	4158	ROZBIEGANE MICHAŁOWICE	M30	36	01:38:21.90	01:38:33.55	+00:44:43 (45.4%)	8:56	6.7 (54.5%)
102	NOWAKOWSKI Wiesław	4108	BIEGAM BO LUBIĘ	M60	7	01:38:33.45	01:38:37.10	+00:44:47 (45.4%)	8:57	6.7 (54.5%)
103	STROMECKI Marcin	4148	BIAŁOŁĘCKA FABRYKA MOCY	M30	37	01:38:01.85	01:38:39.85	+00:44:50 (45.4%)	8:54	6.7 (54.5%)
104	DREZNER Miłosz	4016		M30	38	01:38:29.00	01:38:41.15	+00:44:51 (45.5%)	8:57	6.7 (54.5%)
105	FOLTA Jan	4329		M50	7	01:38:44.30	01:38:48.90	+00:44:59 (45.5%)	8:58	6.7 (54.5%)
106	GRUSZECKI Kamil	4445		M40	28	01:39:29.25	01:39:38.55	+00:45:48 (46.0%)	9:02	6.6 (53.7%)
107	SIKORA Grzegorz	4415		M30	39	01:39:13.15	01:39:45.10	+00:45:55 (46.0%)	9:01	6.7 (54.5%)
108	KLUZ Robert	4001		M50	8	01:39:41.20	01:39:56.10	+00:46:06 (46.1%)	9:03	6.6 (53.7%)
109	KARSKI Tomasz	4411		M30	40	01:39:59.20	01:40:11.15	+00:46:21 (46.3%)	9:05	6.6 (53.7%)
110	STASZCZYK Michał	4265	PASZCZAKI	M30	41	01:40:25.60	01:41:05.70	+00:47:16 (46.8%)	9:07	6.6 (53.7%)
111	KLISOWSKI Karol	4048		M20	27	01:41:14.05	01:41:27.70	+00:47:38 (46.9%)	9:12	6.5 (52.8%)
112	RORAT Artur	4139	CHEŁM BIEGA	M30	42	01:41:45.20	01:41:53.25	+00:48:03 (47.2%)	9:15	6.5 (52.8%)
113	KANIEWSKI Michał	4245		M40	29	01:41:48.15	01:42:14.55	+00:48:24 (47.4%)	9:15	6.5 (52.8%)
114	JANIAK Leszek	4157	KUTNO BIEGA	M30	43	01:42:15.15	01:42:34.75	+00:48:45 (47.5%)	9:17	6.5 (52.8%)
115	KWOLEK Wojciech	4283		M30	44	01:43:11.60	01:43:27.85	+00:49:38 (48.0%)	9:22	6.4 (52.0%)
116	BIELAK Paweł	4110	EXC MOBILE	M30	45	01:43:34.85	01:43:49.65	+00:49:59 (48.2%)	9:24	6.4 (52.0%)
117	BORKOWSKI Arkadiusz	4096		M30	46	01:43:58.05	01:44:14.80	+00:50:25 (48.4%)	9:27	6.3 (51.2%)

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118	OPALIŃSKI Paweł	4229		M40	30	01:43:54.80	01:44:22.10	+00:50:32 (48.4%)	9:26	6.4 (52.0%)
119	SZULCZEWSKI Wojciech	4195	BIEGACZ NOWOSOLNA	M30	47	01:43:59.50	01:44:23.20	+00:50:33 (48.4%)	9:27	6.3 (51.2%)
120	OGOZEJA Cezary	4381		M30	48	01:44:37.50	01:44:58.70	+00:51:09 (48.7%)	9:30	6.3 (51.2%)
121	DUDEK Marcin	4363	LEŚNA BIEGUNKA	M40	31	01:45:02.90	01:45:21.35	+00:51:31 (48.9%)	9:32	6.3 (51.2%)
122	KOZIEŁ Krzysztof	4125	EXC MOBILE	M40	32	01:45:31.05	01:45:48.50	+00:51:58 (49.1%)	9:35	6.3 (51.2%)
123	LARWA Paweł	4318		M30	49	01:45:49.10	01:46:38.35	+00:52:48 (49.5%)	9:37	6.2 (50.4%)
124	SIEJA Piotr	4247		M40	33	01:46:38.30	01:46:59.75	+00:53:10 (49.7%)	9:41	6.2 (50.4%)
125	SZULĘCKI Andrzej	4109	EXC MOBILE	M40	34	01:47:51.85	01:48:08.20	+00:54:18 (50.2%)	9:48	6.1 (49.6%)
126	ZIELIŃSKI Paweł	4242		M60	8	01:47:45.30	01:48:22.15	+00:54:32 (50.3%)	9:47	6.1 (49.6%)
127	WOLSKI Marcin	4135		M30	50	01:47:39.40	01:48:28.55	+00:54:38 (50.4%)	9:47	6.1 (49.6%)
128	CEBRAT Tomasz	4378	BROOKLYN GHETTO BOXING TEAM	M40	35	01:48:41.20	01:48:46.40	+00:54:56 (50.5%)	9:52	6.1 (49.6%)
129	KACZMARCZYK Ryszard	4078		M20	28	01:48:59.30	01:49:10.40	+00:55:20 (50.7%)	9:54	6.1 (49.6%)
130	JASEWICZ Wojciech	4267		M30	51	01:48:57.35	01:49:13.90	+00:55:24 (50.7%)	9:54	6.1 (49.6%)
131	RECZEK Sebastian	4396	KS ZIELONO CZARNI	M40	36	01:49:28.95	01:49:42.85	+00:55:53 (50.9%)	9:57	6 (48.8%)
132	BUŁKA Piotr	4406		M40	37	01:49:35.90	01:49:54.00	+00:56:04 (51.0%)	9:57	6 (48.8%)
133	KAMIŃSKI Tomasz	4233		M40	38	01:50:13.50	01:50:40.45	+00:56:50 (51.4%)	10:01	6 (48.8%)
134	KRZYŻANOWSKI Tomasz	4185	BOBO TEAM	M40	39	01:50:35.20	01:50:45.45	+00:56:55 (51.4%)	10:03	6 (48.8%)
135	URBAŃSKI Olaf	4430		M20	29	01:50:27.45	01:50:51.45	+00:57:01 (51.4%)	10:02	6 (48.8%)
136	ANGOWSKI Marcin	4167		M40	40	01:50:29.90	01:50:54.50	+00:57:04 (51.5%)	10:02	6 (48.8%)
137	JAGODA Adam	4107	FUCHS OIL TEAM	M50	9	01:50:17.45	01:50:57.45	+00:57:07 (51.5%)	10:01	6 (48.8%)
138	JAGODA Mateusz	4151	FUCHS OIL TEAM	M20	30	01:50:18.20	01:50:57.85	+00:57:08 (51.5%)	10:01	6 (48.8%)
139	WRÓBEL Bartłomiej	4438	CISNA GÓRĄ	M40	41	01:50:58.70	01:51:01.05	+00:57:11 (51.5%)	10:05	5.9 (48.0%)
140	GRABARZ Artur	4300		M20	31	01:51:46.95	01:51:54.75	+00:58:05 (51.9%)	10:09	5.9 (48.0%)
141	KOZIOŁ Mateusz	4463		M20	32	01:51:20.65	01:51:55.25	+00:58:05 (51.9%)	10:07	5.9 (48.0%)
142	HINC Stanisław	4309		M40	42	01:51:46.45	01:52:14.60	+00:58:24 (52.0%)	10:09	5.9 (48.0%)
143	KRAKOWSKI Darek	4325	NADAKTYWNI	M50	10	01:52:47.00	01:53:05.20	+00:59:15 (52.4%)	10:15	5.9 (48.0%)
144	SOWA Mateusz	4227	RZUŁTE MORDY	M20	33	01:52:18.90	01:53:15.20	+00:59:25 (52.5%)	10:12	5.9 (48.0%)
145	DUL Marcin	4010		M30	52	01:53:19.70	01:53:25.35	+00:59:35 (52.5%)	10:18	5.8 (47.2%)
146	KOWALIKOWSKI Dariusz	4298		M50	11	01:53:03.00	01:53:47.25	+00:59:57 (52.7%)	10:16	5.8 (47.2%)
147	LIPIŃSKI Łukasz	4222	AKADEMIA SPORTU MEDYK	M30	53	01:53:48.00	01:54:10.65	+01:00:20 (52.9%)	10:20	5.8 (47.2%)
148	KUMOREK Krzysztof	4472		M40	43	01:53:49.95	01:54:15.85	+01:00:26 (52.9%)	10:20	5.8 (47.2%)
149	BEŚKA Jacek	4484		M50	12	01:54:01.10	01:54:42.55	+01:00:52 (53.1%)	10:21	5.8 (47.2%)
150	PASIEKA Krzysztof	4305		M30	54	01:54:57.15	01:55:02.15	+01:01:12 (53.2%)	10:27	5.7 (46.3%)
151	RABCZEWSKI Kacper	4219		M20	34	01:54:47.75	01:55:03.35	+01:01:13 (53.2%)	10:26	5.7 (46.3%)
152	JABŁOŃSKI Paweł	4081		M30	55	01:54:23.85	01:55:06.40	+01:01:16 (53.2%)	10:23	5.8 (47.2%)
153	CZAPLA Andrzej	4071		M60	9	01:56:06.45	01:56:17.55	+01:02:27 (53.7%)	10:33	5.7 (46.3%)
154	NOWAK Karol	4483	WOŁÓW BIEGA	M60	10	01:55:56.25	01:56:37.25	+01:02:47 (53.8%)	10:32	5.7 (46.3%)
155	GAJDECKI Tomek	4279	ACCENTURE	M40	44	01:57:03.30	01:57:20.35	+01:03:30 (54.1%)	10:38	5.6 (45.5%)
156	KORAB Grzegorz	4334		M40	45	01:56:39.15	01:57:26.90	+01:03:37 (54.2%)	10:36	5.7 (46.3%)
157	ZAJĄC Mateusz	4039		M40	46	01:57:06.40	01:57:52.50	+01:04:02 (54.3%)	10:38	5.6 (45.5%)
158	RZEPA Andrzej	4394	JÓZEFIŃSKA TEAM	M40	47	01:57:22.55	01:57:57.20	+01:04:07 (54.4%)	10:40	5.6 (45.5%)
159	MAJDYŚ Wojciech	4240		M40	48	01:57:37.10	01:58:05.55	+01:04:15 (54.4%)	10:41	5.6 (45.5%)
160	KUŚ Mariusz	4123	EXC MOBILE	M30	56	01:59:37.70	01:59:56.10	+01:06:06 (55.1%)	10:52	5.5 (44.7%)
161	WOSIK Kamil	4120	EXC MOBILE	M30	57	01:59:38.35	01:59:56.40	+01:06:06 (55.1%)	10:52	5.5 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	POBUDKIEWICZ Seweryn	4085	CAMEL BYDGOSZCZ	M40	49	02:00:08.85	02:00:15.00	+01:06:25 (55.2%)	10:55	5.5 (44.7%)
163	KACZOR Paweł	4103		M30	58	01:59:28.40	02:00:15.50	+01:06:25 (55.2%)	10:51	5.5 (44.7%)
164	PASTUSZAK Grzegorz	4353		M50	13	02:00:46.30	02:00:53.20	+01:07:03 (55.5%)	10:58	5.5 (44.7%)
165	MAZURKÓW Marian	4330		M60	11	02:00:46.60	02:00:53.50	+01:07:03 (55.5%)	10:58	5.5 (44.7%)
166	NOWAK Karol	4105		M30	59	02:01:15.60	02:01:26.15	+01:07:36 (55.7%)	11:01	5.4 (43.9%)
167	LITAK Grzegorz	4480		M50	14	02:02:19.95	02:03:00.65	+01:09:10 (56.2%)	11:07	5.4 (43.9%)
168	KASTELIK Dariusz	4030	SPRINTEX TEAM	M40	50	02:03:33.30	02:03:47.90	+01:09:58 (56.5%)	11:13	5.3 (43.1%)
169	JAMKA Wiesław	4020	SKAWINA BIEGA	M60	12	02:03:33.70	02:03:48.00	+01:09:58 (56.5%)	11:13	5.3 (43.1%)
170	KRÓL Maciej	4091	WIRAN TEAM	M40	51	02:05:14.45	02:05:41.25	+01:11:51 (57.2%)	11:23	5.3 (43.1%)
171	ŚWIĘCH Konrad	4213		M30	60	02:05:57.10	02:06:30.50	+01:12:40 (57.5%)	11:27	5.2 (42.3%)
172	CIENKOSZ Krzysztof	4473		M40	52	02:06:32.10	02:06:59.65	+01:13:09 (57.6%)	11:30	5.2 (42.3%)
173	WALASEK Przemysław	4205		M30	61	02:06:23.70	02:07:00.50	+01:13:10 (57.6%)	11:29	5.2 (42.3%)
174	SOWA Paweł	4186	RZUŁTE MORDY	M50	15	02:06:32.50	02:07:28.80	+01:13:39 (57.8%)	11:30	5.2 (42.3%)
175	RAK Michał	4257	SII RUNNING TEAM	M20	35	02:09:33.35	02:10:18.70	+01:16:29 (58.7%)	11:46	5.1 (41.5%)
176	IGNASZAK Marek	4369		M60	13	02:10:29.25	02:11:01.40	+01:17:11 (58.9%)	11:51	5.1 (41.5%)
177	DOBROWOLSKI Jacek	4422		M30	62	02:18:00.55	02:18:31.85	+01:24:42 (61.1%)	12:32	4.8 (39.0%)
178	GOSKA Dariusz	4097	CAMEL BYDGOSZCZ	M50	16	02:19:11.55	02:19:18.05	+01:25:28 (61.4%)	12:39	4.7 (38.2%)
179	TOMASZEK Michał	4322		M60	14	02:19:15.20	02:20:05.70	+01:26:16 (61.6%)	12:39	4.7 (38.2%)
180	BLADY Bogdan	4395		M50	17	02:22:52.15	02:23:36.10	+01:29:46 (62.5%)	12:59	4.6 (37.4%)
181	LEWANDOWSKI Maciej	4199		M50	18	02:22:53.25	02:23:37.05	+01:29:47 (62.5%)	12:59	4.6 (37.4%)
182	OLSZEWSKI Michał	4131		M40	53	02:23:42.55	02:24:15.95	+01:30:26 (62.7%)	13:03	4.6 (37.4%)
183	URBANIEC Stanisław	4450		M20	36	02:30:41.00	02:31:15.40	+01:37:25 (64.4%)	13:41	4.4 (35.8%)
184	NOWICZ Konrad	4382	TRITON KONIN	M30	63	02:32:20.35	02:32:52.20	+01:39:02 (64.8%)	13:50	4.3 (35.0%)
185	KACZMAREK Jarosław	4392	TRITON KONIN	M40	54	02:32:24.25	02:32:52.90	+01:39:03 (64.8%)	13:51	4.3 (35.0%)
186	STRZECHOWSKI Dariusz	4393	RAJSPORT ACTIVE	M40	55	02:33:35.40	02:34:17.40	+01:40:27 (65.1%)	13:57	4.3 (35.0%)
187	SKLEPOWICZ Stanisław	4350		M20	37	02:34:18.60	02:34:28.70	+01:40:39 (65.2%)	14:01	4.3 (35.0%)
188	BLANK Grzegorz	4055		M50	19	02:36:23.15	02:36:35.40	+01:42:45 (65.6%)	14:13	4.2 (34.1%)
189	GRUBE Bartosz	4410	SUT - STRASZYN ULTRA TEAM	M30	64	02:37:22.40	02:37:52.50	+01:44:02 (65.9%)	14:18	4.2 (34.1%)
190	RADYK Jakub	4432	PRZEMYSKI KLUB BIEGACZA	M30	65	02:39:45.85	02:40:23.30	+01:46:33 (66.4%)	14:31	4.1 (33.3%)
191	STELMACH Jerzy	4225	LEŻACZE ŁĄKOWI	M50	20	02:42:50.95	02:42:59.55	+01:49:09 (67.0%)	14:48	4.1 (33.3%)
192	MIECHOWICZ Tomasz	4152	LEŻACZE ŁĄKOWI	M50	21	02:42:51.60	02:42:59.95	+01:49:10 (67.0%)	14:48	4.1 (33.3%)
193	REDMER Krzysztof	4052		M20	38	02:54:59.80	02:55:28.90	+02:01:39 (69.3%)	15:54	3.8 (30.9%)
194	REDMER Bartłomiej	4051		M20	39	02:55:42.35	02:56:11.70	+02:02:22 (69.4%)	15:58	3.8 (30.9%)

Znaleziono 194 wynik(ów)