

V HYUNDAI ULTRAMARATON BIESZCZADZKI

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: Maraton Bieszczadzki 2017
Organiser: Fundacja Bieg Rzeźnika
Date: 2017-10-07
Place: Cisna
Distance: 52 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M30

Place	Participant	Number	Club	Category	MCat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
1	GRZĄDZIEL Dominik	332	ATTIQ	M30	1		00:49:18	01:59:42	03:06:14	04:22:34.60	04:22:35.20		5:02	11.9 (100%)
2	UZNAŃSKI Piotr	383	EUROCLEAR RUNNING TEAM	M30	2		00:49:16	02:03:24	03:15:40	04:41:13.40	04:41:15.60	+00:18:40 (6.6%)	5:24	11.1 (93.3%)
3	TOKARZ Andrzej	538	ANDRZEJTOKARZ.PL/VISEGRAD MARATON RYTRO	M30	3		00:49:27	02:08:12	03:28:33	05:00:45.85	05:00:46.65	+00:38:11 (12.7%)	5:47	10.4 (87.4%)
4	KRZYSZTOŃ Marcin	50	GMP LASY / KRAŚIK	M30	4	Nonkonformiści	00:52:27	02:14:33	03:30:37	05:06:11.00	05:06:12.65	+00:43:37 (14.2%)	5:53	10.2 (85.7%)
5	KOT Rafał	32	GÓRAL Z MAZUR // KB JURUND SZCZYTNO	M30	5	WARMIŃSKO-MAZURSKIE DZIKI	00:52:55	02:16:24	03:32:55	05:07:04.10	05:07:06.55	+00:44:31 (14.5%)	5:54	10.2 (85.7%)
6	LITWIŃSKI Robert	509	VEGERUNNERS	M30	6		00:59:06	02:24:21	03:39:11	05:11:48.90	05:11:52.50	+00:49:17 (15.8%)	5:59	10 (84.0%)
7	KOPCEWICZ Tomasz	283		M30	7		00:55:52	02:22:55	03:41:08	05:14:46.45	05:14:52.00	+00:52:16 (16.6%)	6:03	9.9 (83.2%)
8	MIŚKIEWICZ Mariusz	624		M30	8		00:50:03	02:08:12	03:31:58	05:18:57.45	05:18:58.35	+00:56:23 (17.7%)	6:08	9.8 (82.4%)
9	GAWLIK Sławek	142	MARCINŚWIERCTEAM	M30	9		00:53:39	02:20:02	03:41:45	05:19:21.00	05:19:21.45	+00:56:46 (17.8%)	6:08	9.8 (82.4%)
10	DUDZIK Robert	42	LIMANOVA HOTEL	M30	10		00:57:38	02:27:02	03:50:05	05:22:46.45	05:22:48.30	+01:00:13 (18.7%)	6:12	9.7 (81.5%)
11	DUCKI Piotr	413	OTK-RZEŹNIK	M30	11		00:58:38	02:29:33	03:54:35	05:36:08.05	05:36:12.40	+01:13:37 (21.9%)	6:27	9.3 (78.2%)
12	FLOREK Seba	400	NORAFSPORT	M30	12		00:53:54	02:22:56	03:46:42	05:37:53.30	05:37:55.25	+01:15:20 (22.3%)	6:29	9.2 (77.3%)
13	OLEKSIŃSKI Dariusz	599		M30	13		00:59:52	02:31:49	03:59:43	05:43:23.60	05:43:24.45	+01:20:49 (23.5%)	6:36	9.1 (76.5%)
14	FILIPEK Paweł	451	BIEGUSIEM.PL	M30	14		01:01:21	02:33:03	03:58:03	05:47:21.65	05:47:27.60	+01:24:52 (24.4%)	6:40	9 (75.6%)
15	WIĘCH Piotr	597		M30	15		00:57:47	02:39:41	04:11:29	05:53:59.00	05:54:03.60	+01:31:28 (25.8%)	6:48	8.8 (73.9%)
16	ŁAGOŻNY Łukasz	215	EURO24 TEAM	M30	16		00:58:54	02:31:40	04:02:26	05:55:32.65	05:55:36.55	+01:33:01 (26.2%)	6:50	8.8 (73.9%)
17	ZALEWSKI Karol	305	MKB DREPTAK	M30	17	MKB Dreptak	01:03:51	02:37:34	04:08:26	05:55:28.65	05:55:39.80	+01:33:04 (26.2%)	6:50	8.8 (73.9%)

Place	Participant	Number	Club	Category	MCat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
18	GRONDYS Paweł	61		M30	18		00:57:57	02:34:30	04:05:35	06:03:53.15	06:03:54.85	+01:41:19 (27.8%)	6:59	8.6 (72.3%)
19	MACIĄGOWSKI Sławomir	313		M30	19		01:02:47	02:38:08	04:11:18	06:04:11.50	06:04:30.65	+01:41:55 (28.0%)	7:00	8.6 (72.3%)
20	PEPLAK Jarosław	623		M30	20		01:00:00	02:36:37	04:13:36	06:06:02.00	06:06:05.40	+01:43:30 (28.3%)	7:02	8.5 (71.4%)
21	STEMPKOWICZ Jacek	297		M30	21		00:57:40	02:33:23	04:11:26	06:09:38.45	06:09:50.40	+01:47:15 (29.0%)	7:06	8.4 (70.6%)
22	SZCZEPKOWSKI Bartek	427	BZ WBK RUNNERS TEAM	M30	22		01:01:20	02:33:04	04:09:27	06:09:58.70	06:10:04.55	+01:47:29 (29.0%)	7:06	8.4 (70.6%)
23	SUDER Grzegorz	619		M30	23		01:05:38	02:45:55	04:17:51	06:10:43.20	06:11:00.70	+01:48:25 (29.2%)	7:07	8.4 (70.6%)
24	PEŁCZYŃSKI Sławomir	488	KB MARATOŃCZYK DĘBICA	M30	24		01:07:53	02:57:20	04:26:32	06:12:02.65	06:12:32.35	+01:49:57 (29.5%)	7:09	8.4 (70.6%)
25	STYPUŁKOWSKI Piotr	582		M30	25		01:06:19	02:40:29	04:14:36	06:13:40.60	06:13:58.40	+01:51:23 (29.8%)	7:11	8.3 (69.7%)
26	PAWĘŻKA Mirosław	119	STAY INSANE / BANDA GRUDNIA	M30	26	STAY INSANE	01:04:33	02:45:44	04:25:05	06:21:00.00	06:21:09.35	+01:58:34 (31.1%)	7:19	8.2 (68.9%)
27	KIEWISZ Adam	351	S.S. DRUŻYNA WILKA	M30	27		01:03:52	02:43:32	04:26:55	06:27:51.35	06:28:04.25	+02:05:29 (32.3%)	7:27	8 (67.2%)
28	KOZIEŁ Grzegorz	110	SILESIA RUNNERS CLUB	M30	28	Silesia Runners Club	01:05:35	02:48:57	04:30:01	06:28:03.55	06:28:11.55	+02:05:36 (32.4%)	7:27	8 (67.2%)
29	GRONAU Maciej	182		M30	29		01:04:20	02:45:09	04:26:05	06:30:22.00	06:30:28.80	+02:07:53 (32.8%)	7:30	8 (67.2%)
30	WIŚNIEWSKI Michał	534	RODZINNY RELAX	M30	30		01:04:02	02:44:40	04:27:54	06:30:43.20	06:30:55.80	+02:08:20 (32.8%)	7:30	8 (67.2%)
31	MATYJA Piotr	22	MAKE HUMMUS NOT WAR	M30	31		01:06:07	02:54:54	04:38:51	06:34:38.55	06:34:47.35	+02:12:12 (33.5%)	7:35	7.9 (66.4%)
32	GRĘBOWIEC Mateusz	90	TSA SANDOMIERZ	M30	32	TSA Sandomierz	01:03:57	02:48:28	04:29:34	06:34:26.25	06:34:52.75	+02:12:17 (33.5%)	7:35	7.9 (66.4%)
33	JAREMA Maciek	403	LOKOMOTIV MAJDAN	M30	33		01:03:46	02:43:34	04:31:29	06:35:13.00	06:35:15.70	+02:12:40 (33.6%)	7:36	7.9 (66.4%)
34	KWAŚNIEWSKI Mariusz	309		M30	34		01:10:20	03:03:09	04:44:25	06:37:52.60	06:37:58.55	+02:15:23 (34.0%)	7:39	7.8 (65.5%)
35	BASZAK Tomasz	546	SIŁAOGRA.PL	M30	35		01:08:27	02:59:12	04:41:42	06:38:01.95	06:38:06.25	+02:15:31 (34.0%)	7:39	7.8 (65.5%)
36	KENSIK Rafał	588	RUN PASJA	M30	36		01:12:25	02:57:59	04:37:01	06:39:17.80	06:39:50.15	+02:17:14 (34.3%)	7:40	7.8 (65.5%)
37	MILEWSKI Mateusz	418	WKURW_TEAM	M30	37		01:05:56	02:50:06	04:36:40	06:40:13.10	06:40:23.40	+02:17:48 (34.4%)	7:41	7.8 (65.5%)
38	KOTŁOWSKI Marcin	463	RUN FUN TEAM CHRÓŚCICE	M30	38		01:06:54	02:54:55	04:38:57	06:40:02.90	06:40:35.30	+02:18:00 (34.4%)	7:41	7.8 (65.5%)
39	SAMEREK Dariusz	525	SPC / MARMEL	M30	39		01:04:40	02:52:43	04:41:43	06:41:59.95	06:42:07.35	+02:19:32 (34.7%)	7:43	7.8 (65.5%)
40	SOSNOWSKI Rafał	416	CLIMB OR DIE	M30	40		01:12:23	02:55:08	04:44:40	06:43:56.75	06:44:24.10	+02:21:48 (35.1%)	7:46	7.7 (64.7%)
41	KWAŚNIEWSKI Rafał	390		M30	41		01:04:15	02:58:08	04:45:04	06:45:18.45	06:45:25.45	+02:22:50 (35.2%)	7:47	7.7 (64.7%)
42	BORSIAK Sebastian	93	TATA ERYKA I NATANA	M30	42		01:03:33	02:44:09	04:36:20	06:45:12.80	06:45:37.20	+02:23:02 (35.3%)	7:47	7.7 (64.7%)

Place	Participant	Number	Club	Category	MCat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
43	SKOWROŃSKI Rafał	443	KROKODYLE KOLBUSZOWA	M30	43		01:09:50	02:57:43	04:46:38	06:48:02.00	06:48:29.20	+02:25:54 (35.7%)	7:50	7.6 (63.9%)
44	GUZIK Łukasz	308	DELPHI RUNNING TEAM	M30	44		01:08:32	02:50:08	04:42:30	06:48:10.25	06:48:29.55	+02:25:54 (35.7%)	7:50	7.6 (63.9%)
45	NIERADA Marcin	315		M30	45		01:10:36	03:03:30	04:49:37	06:48:06.30	06:48:31.30	+02:25:56 (35.7%)	7:50	7.6 (63.9%)
46	LASKOWSKI Daniel	532	RUN PASJA	M30	46		01:10:57	03:01:52	04:48:21	06:49:17.75	06:49:50.75	+02:27:15 (35.9%)	7:52	7.6 (63.9%)
47	CHRZAN Daniel	511	AA TARNÓW	M30	47		01:11:43	03:04:28	04:50:00	06:49:20.20	06:49:51.05	+02:27:15 (35.9%)	7:52	7.6 (63.9%)
48	MAKARSKI Krzysztof	477	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	48		01:04:57	02:55:20	04:41:47	06:51:12.70	06:51:19.80	+02:28:44 (36.2%)	7:54	7.6 (63.9%)
49	DOMINIAK Michał	141	KB OŻARÓW MAZOWIECKI BIEGA	M30	49		01:12:55	03:02:39	04:48:11	06:52:30.90	06:52:54.10	+02:30:18 (36.4%)	7:55	7.6 (63.9%)
50	SEGIET Paweł	111	SILESIA RUNNERS CLUBIE	M30	50	Silesia Runners Club	01:09:31	03:02:22	04:52:48	07:00:44.45	07:00:52.70	+02:38:17 (37.6%)	8:05	7.4 (62.2%)
51	LASKO Łukasz	87		M30	51		01:10:00	03:03:26	04:51:14	07:00:48.30	07:01:12.70	+02:38:37 (37.7%)	8:05	7.4 (62.2%)
52	KOZARSKI Krzysztof	228	RK LEGAL TEAM	M30	52		01:06:20	02:57:52	04:48:10	07:01:55.95	07:02:01.50	+02:39:26 (37.8%)	8:06	7.4 (62.2%)
53	ŁUKASIK Michał	266	RUN-BIKE.PL TEAM BUSKO-ZDRÓJ	M30	53		01:07:23	03:03:13	04:57:56	07:02:58.45	07:03:12.85	+02:40:37 (38.0%)	8:08	7.4 (62.2%)
54	PEŻYŃSKI Piotr	109		M30	54		01:09:36	02:55:39	04:48:58	07:03:12.85	07:03:19.65	+02:40:44 (38.0%)	8:08	7.4 (62.2%)
55	CHRUŚCIEL Michał	89	FARTLEK GO	M30	55	FARTLEK GO	01:09:22	02:57:17	04:50:01	07:03:12.65	07:03:24.75	+02:40:49 (38.0%)	8:08	7.4 (62.2%)
56	KRZEMIŃSKI Bartosz	132	RUN PASJA	M30	56		01:12:27	03:00:33	04:57:49	07:02:58.85	07:03:30.65	+02:40:55 (38.0%)	8:08	7.4 (62.2%)
57	SMOLIŃSKI Paweł	52	SMASHING PĄPKINS / ZAPOROWY MARATON TEAM	M30	57		01:06:18	03:05:35	05:00:40	07:03:27.50	07:03:31.95	+02:40:56 (38.0%)	8:08	7.4 (62.2%)
57	CZWERENKO Wojciech	58	ZAPOROWY MARATON TEAM	M30	57		01:06:18	03:05:34	05:00:39	07:03:27.80	07:03:31.95	+02:40:56 (38.0%)	8:08	7.4 (62.2%)
59	PŁAZA Radosław	457	DREAM RUN	M30	59		01:12:39	03:14:25	05:01:07	07:03:01.35	07:03:33.30	+02:40:58 (38.0%)	8:08	7.4 (62.2%)
60	NOWAK Piotr	284		M30	60		01:03:57	02:46:44	04:50:17	07:03:25.40	07:03:35.25	+02:41:00 (38.0%)	8:08	7.4 (62.2%)
61	GALEWSKI Jacek	611		M30	61		01:11:59	03:10:06	05:00:04	07:05:52.55	07:06:25.85	+02:43:50 (38.4%)	8:11	7.3 (61.3%)
62	PALLACH Lech	422	BIEGAMYRAZEM.PL	M30	62		01:14:30	03:14:39	05:09:05	07:08:31.45	07:08:50.00	+02:46:14 (38.8%)	8:14	7.3 (61.3%)
63	MIEZIANKO Krzysztof	501		M30	63		01:15:50	03:16:02	05:03:51	07:10:44.40	07:10:49.15	+02:48:13 (39.0%)	8:17	7.2 (60.5%)
64	ZIELIŃSKI Karol	554	WKURW_TEAM	M30	64		01:16:20	03:12:41	04:57:55	07:11:17.90	07:12:00.70	+02:49:25 (39.2%)	8:17	7.2 (60.5%)
65	KALINOWSKI Łukasz	60		M30	65		01:10:07	03:03:32	05:01:55	07:13:59.25	07:14:29.35	+02:51:54 (39.6%)	8:20	7.2 (60.5%)
66	GESLER Łukasz	83	BIESY	M30	66		01:09:58	03:03:26	04:51:35	07:14:10.60	07:14:34.50	+02:51:59 (39.6%)	8:20	7.2 (60.5%)
67	DYMEK Mateusz	575		M30	67		01:12:30	03:12:37	05:06:39	07:15:03.10	07:15:16.80	+02:52:41 (39.7%)	8:21	7.2 (60.5%)

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68	JACHYM Arkadiusz	267	SOCIOS GÓRNIK	M30	68		01:07:07	02:56:35	04:53:40	07:15:43.60	07:16:30.05	+02:53:54 (39.8%)	8:22	7.2 (60.5%)
69	JADACH Grzegorz	27		M30	69		01:08:58	03:01:57	05:01:02	07:16:58.00	07:17:25.20	+02:54:50 (40.0%)	8:24	7.1 (59.7%)
70	PIĘKOŚ Kamil	519	KB MARATOŃCZYK DĘBICA	M30	70		01:08:17	03:05:56	05:04:36	07:17:34.15	07:17:39.10	+02:55:03 (40.0%)	8:24	7.1 (59.7%)
71	POPIOŁEK Jacek	415		M30	71		01:08:03	03:00:01	04:55:29	07:18:17.50	07:18:20.90	+02:55:45 (40.1%)	8:25	7.1 (59.7%)
72	GRZĘDZICKI Rafał	466	BROTHERS G TEAM	M30	72		01:07:19	02:58:10	04:55:17	07:18:54.80	07:19:09.10	+02:56:33 (40.2%)	8:26	7.1 (59.7%)
73	KIESIO Przemysław	328	BIEGAM NA TARCHOMINIE	M30	73		01:12:40	03:14:24	05:07:34	07:19:21.90	07:19:53.55	+02:57:18 (40.3%)	8:26	7.1 (59.7%)
74	DZWONKOWSKI Andrzej	475		M30	74		01:11:57	03:11:43	05:06:07	07:20:13.85	07:20:41.75	+02:58:06 (40.4%)	8:27	7.1 (59.7%)
75	MILKOWSKI Rafał	263	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M30	75		01:11:55	03:14:15	05:06:19	07:21:19.90	07:21:30.35	+02:58:55 (40.5%)	8:29	7.1 (59.7%)
76	HENDZEL Krzysztof	430		M30	76		01:08:22	02:58:24	05:04:29	07:25:51.40	07:26:02.30	+03:03:27 (41.1%)	8:34	7 (58.8%)
77	MAĆKOWSKI Łukasz	503	BRIDGESTONE - WORLDWIDE OLYMPIC PARTNER	M30	77		01:10:45	03:13:40	05:13:51	07:27:20.45	07:27:33.45	+03:04:58 (41.3%)	8:36	7 (58.8%)
78	MACIĄG Michał	465	BIEGUSIEM.PL	M30	78					07:27:42.90	07:27:42.90	+03:05:07 (41.3%)	8:36	7 (58.8%)
79	KĘPKA Robert	178	BIEGUSIEM.PL	M30	79		01:08:06			07:27:43.05	07:27:43.05	+03:05:07 (41.3%)	8:36	7 (58.8%)
80	LUTEREK Michał	510		M30	80		01:11:07	03:11:39	05:11:19	07:27:38.70	07:27:53.50	+03:05:18 (41.4%)	8:36	7 (58.8%)
81	BANASIEWICZ Paweł	99	POZYTYWNIIE ZABIEGANI SANOK	M30	81		01:11:36	03:15:51	05:12:16	07:27:54.70	07:28:10.70	+03:05:35 (41.4%)	8:36	7 (58.8%)
82	NOWAK Marcin	353		M30	82		01:03:02	02:59:38	05:15:00	07:29:15.55	07:29:45.30	+03:07:10 (41.6%)	8:38	6.9 (58.0%)
83	PARWA Michał	330	N.P.M. TEAM	M30	83		01:14:38	03:22:31	05:18:48	07:29:56.05	07:30:16.80	+03:07:41 (41.7%)	8:39	6.9 (58.0%)
84	BOCHENEK Paweł	175		M30	84		01:16:20	03:19:00	05:17:36	07:30:59.65	07:31:42.35	+03:09:07 (41.9%)	8:40	6.9 (58.0%)
85	PODOLSKI Marek	421	BIEGAMYRAZEM.PL	M30	85		01:14:12	03:16:50	05:15:57	07:32:04.05	07:32:22.10	+03:09:46 (42.0%)	8:41	6.9 (58.0%)
86	KOWALEWSKI Krzysztof	584		M30	86		01:08:06	03:11:25	05:12:16	07:32:21.60	07:32:50.25	+03:10:15 (42.0%)	8:41	6.9 (58.0%)
87	KAMIŃSKI Michał	288		M30	87		01:11:27	03:07:57	05:12:14	07:32:25.90	07:32:54.90	+03:10:19 (42.0%)	8:42	6.9 (58.0%)
88	RYBAK Paweł	499		M30	88		01:17:03	03:20:38	05:12:27	07:33:31.50	07:33:43.35	+03:11:08 (42.1%)	8:43	6.9 (58.0%)
89	SUDER Michał	556		M30	89		01:16:21	03:23:47	05:21:38	07:35:10.15	07:35:40.00	+03:13:04 (42.4%)	8:45	6.9 (58.0%)
90	PRZYCHODZEŃ Paweł	471		M30	90		01:11:59	03:15:59	05:12:18	07:36:41.10	07:36:57.95	+03:14:22 (42.5%)	8:46	6.8 (57.1%)
91	GUT Przemysław	470	JACEKBIEGA RUNNING TEAM	M30	91		01:11:40	03:15:49	05:12:37	07:36:41.65	07:36:58.25	+03:14:23 (42.5%)	8:46	6.8 (57.1%)
92	WICZUK Michał	146	MKB DREPTAK	M30	92	MKB Dreptak	01:07:19	03:01:10	05:02:41	07:37:08.95	07:37:19.95	+03:14:44 (42.6%)	8:47	6.8 (57.1%)

Place	Participant	Number	Club	Category	MCat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Net	Czas	Pace min/km	Pace km/h	
										time 52km	brutto 52km			Gap
93	KUROPATWIŃSKI Tomasz	469		M30	93		01:11:03	03:16:24	05:17:49	07:36:52.65	07:37:24.65	+03:14:49 (42.6%)	8:47	6.8 (57.1%)
94	GMAJ Daniel	393		M30	94		01:12:08	03:14:13	05:14:08	07:37:24.15	07:37:42.75	+03:15:07 (42.6%)	8:47	6.8 (57.1%)
95	KRASZKIEWICZ Aleksander	559	NASNIEDOGONIAT	M30	95		01:11:36	03:11:21	05:15:50	07:37:23.85	07:38:06.65	+03:15:31 (42.7%)	8:47	6.8 (57.1%)
96	PREISNER Remigiusz	587		M30	96		01:04:12	02:59:44	05:07:58	07:39:00.65	07:39:30.40	+03:16:55 (42.9%)	8:49	6.8 (57.1%)
97	JASKULSKI Karol	596	SPC/MARMEC	M30	97		01:10:32	03:13:04	05:17:30	07:39:01.30	07:40:31.10	+03:17:55 (43.0%)	8:49	6.8 (57.1%)
98	POTERA Maciej	190		M30	98		01:17:45	03:21:56	05:15:00	07:40:23.35	07:40:39.05	+03:18:03 (43.0%)	8:51	6.8 (57.1%)
99	SKOMRA Krzysztof	495	T-MOBILE RUNNING TEAM	M30	99		01:16:36	03:16:37	05:16:44	07:40:19.95	07:41:05.70	+03:18:30 (43.1%)	8:51	6.8 (57.1%)
100	ŁACHACZ Robert	44		M30	100	WARMIŃSKO-MAZURSKIE DZIKI	01:11:11	03:11:35	05:12:37	07:40:34.85	07:41:09.40	+03:18:34 (43.1%)	8:51	6.8 (57.1%)
101	GWIZDAK Bartosz	364	WATER TEAM	M30	101		01:07:09	03:10:08	05:18:44	07:41:31.85	07:42:07.15	+03:19:31 (43.2%)	8:52	6.8 (57.1%)
102	STRUK Jacek	540		M30	102		01:09:23	03:06:49	05:14:10	07:42:12.95	07:42:12.95	+03:19:37 (43.2%)	8:53	6.8 (57.1%)
103	STEFANIAK Marcin	183	SZAKALRUNNERS	M30	103		01:15:08	03:20:47	05:24:18	07:42:31.80	07:42:56.70	+03:20:21 (43.3%)	8:53	6.7 (56.3%)
104	GRANDA Paweł	612	21 DAPLOT	M30	104		01:11:53	03:17:39	05:21:10	07:44:00.85	07:44:39.40	+03:22:04 (43.5%)	8:55	6.7 (56.3%)
105	KONDZIOŁA Krzysztof	13	PERFECT RUNNER LUBLIN	M30	105		01:23:02	03:35:46	05:33:54	07:44:32.95	07:44:53.10	+03:22:17 (43.5%)	8:56	6.7 (56.3%)
106	GRZEŚKIEWICZ Tomasz	514	ODPOCZYWAMWBIEGU.PL	M30	106		01:09:40	03:11:57	05:13:24	07:44:58.50	07:45:05.30	+03:22:30 (43.5%)	8:56	6.7 (56.3%)
107	KUŹMICZ Wojciech	455		M30	107		01:11:44	03:20:28	05:39:48	07:46:34.15	07:46:49.25	+03:24:14 (43.8%)	8:58	6.7 (56.3%)
108	MIELCZAREK Krystian	181		M30	108		01:12:47	03:16:47	05:12:12	07:46:40.60	07:47:14.10	+03:24:38 (43.8%)	8:58	6.7 (56.3%)
109	KOTOWSKI Marek	185		M30	109		01:15:18	03:23:02	05:25:39	07:49:16.05	07:49:37.90	+03:27:02 (44.1%)	9:01	6.6 (55.5%)
110	CEGLARZ Jacek	526	JACEK I RADEK	M30	110		01:18:19	03:25:48	05:27:22	07:49:57.50	07:50:24.30	+03:27:49 (44.2%)	9:02	6.6 (55.5%)
111	WIERZUCH Radosław	613	JACEK I RADEK	M30	111		01:18:18	03:25:47	05:27:21	07:49:57.45	07:50:24.60	+03:27:49 (44.2%)	9:02	6.6 (55.5%)
112	KRÓL Mieczysław	569	ULTRATATA	M30	112		01:21:37	03:27:15	05:33:01	07:49:59.60	07:50:26.20	+03:27:51 (44.2%)	9:02	6.6 (55.5%)
113	ŚLEZIAK Tomek	276		M30	113		01:21:37	03:29:21	05:25:49	07:50:07.45	07:50:32.85	+03:27:57 (44.2%)	9:02	6.6 (55.5%)
114	KULCZYŃSKI Rafał	496		M30	114		01:10:59	03:13:45	05:29:42	07:52:17.25	07:52:32.05	+03:29:56 (44.4%)	9:04	6.6 (55.5%)
115	CZARNIK Stanisław	594	MIECHOWICKA GRUPA BIEGOWA	M30	115		01:09:36	03:09:16	05:14:55	07:52:55.30	07:53:39.05	+03:31:03 (44.6%)	9:05	6.6 (55.5%)
116	GAWRON Tomasz	225		M30	116		01:08:55	03:10:32	05:24:41	07:54:43.40	07:55:03.80	+03:32:28 (44.7%)	9:07	6.6 (55.5%)
117	KORBUT Radosław	223	KONIUCHY	M30	117		01:15:07	03:23:06	05:33:07	07:58:56.30	07:59:39.45	+03:37:04 (45.3%)	9:12	6.5 (54.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
118	BERNAŚ Dariusz	581	BSCZADY	M30	118		01:26:38	03:41:01	05:41:36	08:00:00.60	08:00:44.85	+03:38:09 (45.4%)	9:13	6.5 (54.6%)
119	SZARYŃSKI Tomasz	69	SZARYTEAM	M30	119		01:23:14	03:39:11	05:42:25	08:00:12.45	08:00:53.20	+03:38:18 (45.4%)	9:14	6.5 (54.6%)
120	PALEJ Piotr	156		M30	120		01:09:17	03:26:44	05:39:40	08:06:23.00	08:06:29.90	+03:43:54 (46.0%)	9:21	6.4 (53.8%)
121	RĄCZKA Rafał	568	SLOW MOTION	M30	121		01:11:51	03:15:07	05:26:37	08:06:45.30	08:06:53.40	+03:44:18 (46.1%)	9:21	6.4 (53.8%)
122	POŚPIECH Herbert	76		M30	122		01:11:42	03:18:30	05:29:29	08:06:44.50	08:06:56.10	+03:44:20 (46.1%)	9:21	6.4 (53.8%)
123	SIENIAWSKI Daniel	325	KW LUBLIN	M30	123		01:10:04	03:21:28	05:31:53	08:06:37.05	08:06:59.50	+03:44:24 (46.1%)	9:21	6.4 (53.8%)
124	SIWIEC Tomasz	16		M30	124		01:15:48	03:28:57	05:36:38	08:06:42.70	08:07:18.10	+03:44:42 (46.1%)	9:21	6.4 (53.8%)
125	PACIA Sebastian	460		M30	125		01:11:26	03:20:29	05:39:47	08:08:15.25	08:08:30.55	+03:45:55 (46.2%)	9:23	6.4 (53.8%)
126	APANASIEWICZ Bartosz	447	RUN PASJA	M30	126		01:18:23	03:26:42	05:35:49	08:07:58.45	08:08:30.85	+03:45:55 (46.2%)	9:23	6.4 (53.8%)
127	DREWUSZEWSKI Maciej	429	4M	M30	127		01:15:23	03:24:51	05:39:54	08:09:29.60	08:09:57.95	+03:47:22 (46.4%)	9:24	6.4 (53.8%)
128	LUDWIG Marcin	468	4M	M30	128		01:15:24	03:24:50	05:39:56	08:09:30.25	08:09:58.20	+03:47:23 (46.4%)	9:24	6.4 (53.8%)
129	DONIEC Sebastian	180	WWW.ADWOKATDONIEC.PL	M30	129		01:12:01	03:33:22	05:39:31	08:09:40.80	08:10:03.25	+03:47:28 (46.4%)	9:25	6.4 (53.8%)
130	PASZEK Tomasz	517		M30	130		01:15:48	03:29:17	05:38:32	08:11:17.95	08:11:35.40	+03:49:00 (46.6%)	9:26	6.4 (53.8%)
131	ZWOLIŃSKI Mariusz	45		M30	131		01:14:48	03:16:31	05:28:25	08:11:59.10	08:12:11.40	+03:49:36 (46.6%)	9:27	6.3 (52.9%)
132	PARYS Michał	250		M30	132		01:15:35	03:22:19	05:44:03	08:12:36.25	08:12:41.10	+03:50:05 (46.7%)	9:28	6.3 (52.9%)
133	OLEWNIK Łukasz	296	AGB TORFY	M30	133		01:24:36	03:41:42	05:45:35	08:15:18.30	08:15:40.40	+03:53:05 (47.0%)	9:31	6.3 (52.9%)
134	ŻMUDKA Bartłomiej	591		M30	134		01:14:54	03:32:55	05:48:36	08:17:01.45	08:17:37.60	+03:55:02 (47.2%)	9:33	6.3 (52.9%)
135	PIECHOTA Daniel	438	DROGA W GÓRY	M30	135		01:15:00	03:31:05	05:27:27	08:16:58.95	08:17:40.45	+03:55:05 (47.2%)	9:33	6.3 (52.9%)
136	CHUDECKI Andrzej	244		M30	136		01:15:44	03:28:23	05:40:12	08:20:23.75	08:20:33.45	+03:57:58 (47.5%)	9:37	6.2 (52.1%)
137	BIELECKI Filip	247		M30	137		05:49:47			08:21:32.20	08:21:32.20	+03:58:57 (47.6%)	9:38	6.2 (52.1%)
138	SZYMANOWSKI Tomek	246		M30	138		05:49:33			08:21:32.25	08:21:32.25	+03:58:57 (47.6%)	9:38	6.2 (52.1%)
139	SIKORA Sławomir	303	SRTG#TARNÓW	M30	139		01:15:13	03:27:02	05:41:02	08:21:45.45	08:22:07.15	+03:59:31 (47.7%)	9:38	6.2 (52.1%)
140	SIKORA Tomasz	98		M30	140		01:15:14	03:27:03	05:41:05	08:21:46.00	08:22:07.70	+03:59:32 (47.7%)	9:38	6.2 (52.1%)
141	CHWAJA Michał	529	KUŹNIA TRIATHLONU	M30	141		01:12:25	03:27:52	05:40:22	08:23:28.90	08:23:37.55	+04:01:02 (47.9%)	9:40	6.2 (52.1%)
142	KUPCZYK Rafał	409	ROZBIEGANY RAWICZ	M30	142		01:32:22	04:21:33	06:00:30	08:23:21.30	08:23:41.65	+04:01:06 (47.9%)	9:40	6.2 (52.1%)

Place	Participant	Number	Club	Category	MCat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
143	SMOLEŃSKI Michał	245	ORUN.PL	M30	143		01:17:54	03:46:05	05:52:44	08:24:20.55	08:24:32.25	+04:01:57 (48.0%)	9:41	6.2 (52.1%)
144	JEREMICZ Marcin	148	SZTAFETA NADZIEI	M30	144		01:16:30	03:29:56	05:33:47	08:26:24.30	08:26:45.20	+04:04:10 (48.2%)	9:44	6.2 (52.1%)
145	ŚLIWIŃSKI Paweł	565	SZATAN	M30	145		01:17:30	03:31:54	05:40:33	08:26:34.20	08:26:58.30	+04:04:23 (48.2%)	9:44	6.2 (52.1%)
146	WIETECZA Paweł	625		M30	146		01:17:42	03:30:17	05:48:01	08:30:51.25	08:30:59.45	+04:08:24 (48.6%)	9:49	6.1 (51.3%)
147	KAWALEC Bernard	557		M30	147		01:17:23	03:37:09	05:46:57	08:31:17.90	08:31:23.90	+04:08:48 (48.7%)	9:49	6.1 (51.3%)
148	WAWRZOS Marek	370	MKB EKOSFERA	M30	148		01:16:01	03:36:12	05:46:32	08:31:18.70	08:32:00.05	+04:09:24 (48.7%)	9:49	6.1 (51.3%)
149	MIKOŁAJCZYK Jarosław	404		M30	149		01:23:43	03:43:56	05:53:24	08:33:47.85	08:34:34.60	+04:11:59 (49.0%)	9:52	6.1 (51.3%)
150	DUDA Leszek	216	SBD ENERGETYK RYBNIK	M30	150		01:17:12	03:42:08	05:54:13	08:34:05.90	08:34:42.70	+04:12:07 (49.0%)	9:53	6.1 (51.3%)
151	MAKAREWICZ Wiktor	85		M30	151		01:16:03	03:26:10	05:37:33	08:34:39.75	08:34:44.65	+04:12:09 (49.0%)	9:53	6.1 (51.3%)
152	LITWINEK Marek	398	WW TEAM	M30	152		01:16:25	03:32:14	05:50:57	08:35:10.85	08:35:48.45	+04:13:13 (49.1%)	9:54	6.1 (51.3%)
153	PIEKARSKI Andrzej	425		M30	153		01:18:15	03:38:32	05:53:24	08:38:38.85	08:38:50.85	+04:16:15 (49.4%)	9:58	6 (50.4%)
154	KOPCZYŃSKI Maciej	53	SZALONY IWAN	M30	154		01:19:39	03:41:13	05:49:35	08:38:36.65	08:39:13.15	+04:16:37 (49.4%)	9:58	6 (50.4%)
155	WALENTOWSKI Maciej	40	#2H2S	M30	155		01:19:24	03:42:29	06:01:53	08:39:28.75	08:39:48.90	+04:17:13 (49.5%)	9:59	6 (50.4%)
156	PUZIO Hubert	590		M30	156		01:10:09	03:23:55	05:51:09	08:41:43.75	08:42:19.05	+04:19:43 (49.7%)	10:02	6 (50.4%)
157	CHODOROWSKI Arkadiusz	68		M30	157		01:25:54	03:49:16	05:56:51	08:43:01.90	08:43:19.35	+04:20:44 (49.8%)	10:03	6 (50.4%)
158	PIETRANIK Paweł	57	ALBATROSY	M30	158		01:20:27	03:41:27	05:54:07	08:46:02.65	08:46:39.85	+04:24:04 (50.1%)	10:06	5.9 (49.6%)
159	RACZYŃSKI Bogusz	257	TIGERS TEAM	M30	159		01:19:26	03:42:48	05:54:56	08:53:57.25	08:54:19.90	+04:31:44 (50.9%)	10:16	5.8 (48.7%)
160	CHILIŃSKI Karol	382		M30	160		01:10:41	03:30:33	06:05:19	08:57:19.25	08:57:37.60	+04:35:02 (51.2%)	10:19	5.8 (48.7%)
161	ANGOWSKI Marcin	242		M30	161		01:30:10	04:05:57	06:12:48	09:01:36.00	09:02:08.85	+04:39:33 (51.6%)	10:24	5.8 (48.7%)
	ŻOŁNACZ Maciej	285		M30			01:02:47 DNF	02:38:09 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BUDKIEWICZ Łukasz	255	JACEKBIEGA RUNNING TEAM	M30			01:19:35 DNF	03:42:31 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SOBCZAK Maciej	491	RAZEM TRENUJEMY SPORT	M30			01:25:03 DNF	03:55:53 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KACPERSKI Błażej	384	KADA BŁAŻEJ KACPERSKI	M30			01:26:22 DNF	04:02:18 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GANCARSKI Marcin	97	NOWY STYL GROUP RUNNING TEAM	M30			01:35:00 DNF	04:04:24 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JANICKI Paweł	441		M30			01:25:40 DNF	04:05:59 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
	RADECKI Dariusz	458		M30			01:25:40 DNF	04:15:55 DNF	DNF	DNF	DNF		-	- (0.0%)
	WÓJTOWICZ Paweł	131	LUBLIN BIEGA	M30			01:26:21 DNF	04:34:21 DNF	DNF	DNF	DNF		-	- (0.0%)
	RESZKA Marek	24		M30		STAY INSANE	01:10:36 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	OLEJNIK Marcin	269	12TRI	M30			01:26:21 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 171 results.