

V HYUNDAJ ULTRAMARATON BIESZCZADZKI

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Maraton Bieszczadzki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-10-07
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	FARON Robert	167	SALCO GARMIN TEAM	M40	1		00:49:29	02:03:27	03:11:39	04:32:01.10	04:32:01.70		5:13	11.5 (100%)
2	KOCZWARA Tomasz	436		M40	2		00:47:52	02:00:29	03:10:10	04:34:06.30	04:34:07.80	+00:02:06 (0.8%)	5:16	11.4 (99.1%)
3	SEDLAK Michał	38	LUBIETOBIEGANIE	M40	3		00:50:04	02:03:46	03:13:47	04:42:16.05	04:42:16.90	+00:10:15 (3.6%)	5:25	11.1 (96.5%)
4	HUZIOR Piotr	539	ATTIQ/SALMING	M40	4		00:50:25	02:06:22	03:17:30	04:44:17.05	04:44:18.10	+00:12:16 (4.3%)	5:28	11 (95.7%)
5	PAKUŁA Paweł	497	MKS 'ŻAK' BIAŁA PODLASKA	M40	5		00:55:17	02:21:36	03:41:20	05:16:24.20	05:16:26.05	+00:44:24 (14.0%)	6:05	9.9 (86.1%)
6	SKÓRA Tomasz	199		M40	6		00:52:04	02:15:40	03:38:26	05:20:51.00	05:20:53.30	+00:48:51 (15.2%)	6:10	9.7 (84.3%)
7	ZAJĄC Jacek	363	NONKONFORMISTA	M40	7	Nonkonformiści	00:52:56	02:15:53	03:38:21	05:21:23.85	05:21:25.25	+00:49:23 (15.4%)	6:10	9.7 (84.3%)
8	PASIECZNY Robert	614	FARTLEK GO	M40	8	FARTLEK GO	00:53:47	02:17:25	03:42:52	05:24:52.45	05:24:53.00	+00:52:51 (16.3%)	6:14	9.6 (83.5%)
9	KĘPOWICZ Marcin	376	PASIEKA KEMPI	M40	9	Nonkonformiści	00:57:28	02:26:09	03:49:29	05:26:31.80	05:26:37.80	+00:54:36 (16.7%)	6:16	9.6 (83.5%)
10	KOŁDER Tomasz	435	PAKO TEAM CIESZYN	M40	10		00:58:40	02:32:31	03:58:22	05:35:32.70	05:35:37.35	+01:03:35 (18.9%)	6:27	9.3 (80.9%)
11	MURAK Robert	29		M40	11		01:00:45	02:30:14	03:55:34	05:37:53.95	05:38:05.35	+01:06:03 (19.5%)	6:29	9.2 (80.0%)
12	LEKKI Jerzy	361	BBRUNNERS	M40	12		01:01:58	02:31:38	03:58:35	05:48:04.50	05:48:21.65	+01:16:19 (21.9%)	6:41	9 (78.3%)
13	MAZUREK Robert	251	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	M40	13	Nonkonformiści	01:00:11	02:35:53	04:08:04	05:54:44.25	05:54:50.30	+01:22:48 (23.3%)	6:49	8.8 (76.5%)
14	GARDZIEL Jerzy	386	WW TEAM	M40	14		00:59:12	02:33:29	04:08:03	06:12:33.05	06:12:39.45	+01:40:37 (27.0%)	7:09	8.4 (73.0%)
15	NOWAK Piotr	321	BIESZCZADY	M40	15		01:09:16	02:48:33	04:21:07	06:12:42.15	06:13:26.15	+01:41:24 (27.2%)	7:10	8.4 (73.0%)
16	KRZYSZŁOWSKI Rafał	467	GYMBOXCF OPOLE I PRZYJACIELE BIEGNĄ PO BROWARA	M40	16		01:11:08	02:52:33	04:27:22	06:16:44.60	06:17:08.00	+01:45:06 (27.9%)	7:14	8.3 (72.2%)
17	WALASEK Grzegorz	395	BIEGUSIEM.PL	M40	17		00:53:33	02:18:06	03:43:49	06:17:46.25	06:17:47.00	+01:45:45 (28.0%)	7:15	8.3 (72.2%)
18	DEMBNY Tomasz	261		M40	18		00:57:39	02:38:55	04:23:55	06:22:13.60	06:22:16.75	+01:50:15 (28.8%)	7:21	8.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
19	ZYCH Zbigniew	350	LUBELSKA GRUPA TRIATHLONU	M40	19	Nonkonformiści	01:03:57	02:48:22	04:27:38	06:23:23.00	06:23:29.50	+01:51:27 (29.1%)	7:22	8.1 (70.4%)
20	POROWSKI Waldek	424	GRUBYBIEGA	M40	20		00:59:03	02:34:44	04:13:28	06:25:17.45	06:25:48.10	+01:53:46 (29.5%)	7:24	8.1 (70.4%)
21	SZPAK Sławomir	172		M40	21		00:59:35	02:41:02	04:22:56	06:27:06.45	06:27:14.25	+01:55:12 (29.8%)	7:26	8.1 (70.4%)
22	ZIĘTEK Mariusz	512		M40	22		01:00:08	02:50:00	04:31:17	06:29:59.75	06:30:03.05	+01:58:01 (30.3%)	7:30	8 (69.6%)
23	KRUPA Grzegorz	616		M40	23		01:02:54	02:45:34	04:30:27	06:31:35.00	06:31:39.90	+01:59:38 (30.5%)	7:31	8 (69.6%)
24	ŁUKOMSKI Maciej	152	GANG CHÓDEGO	M40	24		01:05:16	02:51:18	04:38:14	06:34:27.00	06:34:49.40	+02:02:47 (31.1%)	7:35	7.9 (68.7%)
25	WODZIEN Andrzej	520	ULTRAMARATONPODKARPACKI.PL/	M40	25		01:07:50	02:59:19	04:40:29	06:39:05.95	06:39:40.10	+02:07:38 (31.9%)	7:40	7.8 (67.8%)
26	GOS Grzegorz	626	KGW LESZNO WOLA	M40	26		01:02:55	02:38:10	04:24:56	06:40:19.85	06:40:38.45	+02:08:36 (32.1%)	7:41	7.8 (67.8%)
27	TRACZ Jacek	326		M40	27		01:03:17	02:48:10	04:38:29	06:40:16.95	06:40:51.70	+02:08:50 (32.1%)	7:41	7.8 (67.8%)
28	MARSZAŁEK Andrzej	192		M40	28		01:08:33	03:02:39	04:49:56	06:42:27.40	06:42:38.55	+02:10:36 (32.4%)	7:44	7.8 (67.8%)
29	PAWLIKOWSKI Jacek	445	POLAND BUSINESS RUN	M40	29		01:10:05	03:03:39	04:41:16	06:44:05.00	06:44:15.00	+02:12:13 (32.7%)	7:46	7.7 (67.0%)
30	GARCZYŃSKI Darek	12		M40	30		01:11:55	03:04:58	04:47:14	06:44:21.40	06:44:34.55	+02:12:32 (32.8%)	7:46	7.7 (67.0%)
31	PAJĄK Andrzej	239	BIEGAM Z ABS	M40	31		01:09:14	03:00:57	04:45:18	06:45:17.85	06:45:26.85	+02:13:25 (32.9%)	7:47	7.7 (67.0%)
32	SYDORUK Aleksander	347	S.S. DRUŻYNA WILKA	M40	32		01:03:57	02:54:36	04:38:23	06:46:17.55	06:46:24.80	+02:14:23 (33.1%)	7:48	7.7 (67.0%)
33	PILICHOWSKI Wojciech	355	GRUPA SZALONYCH ROWERZYSTÓW	M40	33		01:07:36	02:59:58	04:40:09	06:47:32.65	06:47:51.80	+02:15:50 (33.3%)	7:50	7.7 (67.0%)
34	REJF Tomasz	432	RUDY AND TUNIEK	M40	34		01:05:47	02:55:08	04:42:26	06:47:45.05	06:47:53.00	+02:15:51 (33.3%)	7:50	7.7 (67.0%)
35	MISIĄGIEWICZ Paweł	287		M40	35		01:05:57	02:54:48	04:42:52	06:47:24.85	06:47:54.15	+02:15:52 (33.3%)	7:50	7.7 (67.0%)
36	MARCJONIAK Wojciech	448		M40	36		01:12:39	03:04:26	04:44:01	06:48:06.15	06:48:38.55	+02:16:36 (33.4%)	7:50	7.6 (66.1%)
37	WOŹNIAK Jacek	339	PIXONET.PL	M40	37		01:08:48	02:58:49	04:47:44	06:48:18.30	06:48:56.55	+02:16:54 (33.5%)	7:51	7.6 (66.1%)
38	DOŁŻYCKI Daniel	440	RUDY AND TUNIEK	M40	38		01:05:46	02:55:07	04:46:01	06:49:02.95	06:49:11.05	+02:17:09 (33.5%)	7:51	7.6 (66.1%)
39	CHMIELEWSKI Michał	159	DREAM TRI TEAM	M40	39		01:11:03	03:02:34	04:45:38	06:49:34.20	06:49:56.60	+02:17:54 (33.6%)	7:52	7.6 (66.1%)
40	SKIBE Tomasz	125	OPEL ACTIVE TEAM	M40	40		01:03:39	02:54:11	04:40:08	06:51:05.30	06:51:07.90	+02:19:06 (33.8%)	7:54	7.6 (66.1%)
41	GRZĘDZICKI Michał	77	BROTHERS G TEAM	M40	41		01:07:17	02:58:05	04:54:10	06:51:31.60	06:51:45.60	+02:19:43 (33.9%)	7:54	7.6 (66.1%)
42	WOJTKOWIAK Maciej	414	WKURW_TEAM	M40	42		01:06:56	02:50:39	04:48:41	06:52:46.80	06:53:06.55	+02:21:04 (34.2%)	7:56	7.6 (66.1%)
43	PITAS Andrzej	607	ZAPIERDALACZE	M40	43		01:09:17	02:55:52	04:45:51	06:55:30.60	06:55:33.55	+02:23:31 (34.5%)	7:59	7.5 (65.2%)
44	KUKLA Marcin	230	RYSIK RUNNERS	M40	44		01:01:21	02:49:07	04:38:26	06:55:41.65	06:55:47.65	+02:23:45 (34.6%)	7:59	7.5 (65.2%)

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45	PACHO Sylwester	621	PAPIKI	M40	45		01:08:40	03:04:43	04:50:11	06:56:23.00	06:56:24.05	+02:24:22 (34.7%)	8:00	7.5 (65.2%)
46	SEKUŁA Mirek	622		M40	46		01:08:59	03:04:50	04:50:10	06:56:24.40	06:56:26.10	+02:24:24 (34.7%)	8:00	7.5 (65.2%)
47	KMAK Sławek	620	PAPIKI	M40	47		01:08:53	03:03:53	04:50:11	06:56:25.35	06:56:27.15	+02:24:25 (34.7%)	8:00	7.5 (65.2%)
48	PIETRZYK Tomasz	506		M40	48		01:07:37	02:57:45	04:48:04	06:56:42.95	06:56:58.25	+02:24:56 (34.8%)	8:00	7.5 (65.2%)
49	MORAWIEC Daniel	489		M40	49		01:10:33		05:03:10	06:56:44.65	06:57:05.25	+02:25:03 (34.8%)	8:00	7.5 (65.2%)
50	GRZYBOWSKI Tomasz	203		M40	50		01:08:33	03:02:39	04:49:56	06:57:43.40	06:57:54.70	+02:25:53 (34.9%)	8:01	7.5 (65.2%)
51	SOKALSKI Grzegorz	650	HYUNDAI I RUNNING TEAM	M40	51		01:07:03	02:57:55	04:45:59	06:57:42.70	06:58:03.75	+02:26:02 (34.9%)	8:01	7.5 (65.2%)
52	ŚMIECHOWICZ Filip	406		M40	52	STAY INSANE	01:07:35	02:57:16	04:48:01	06:58:34.05	06:58:57.35	+02:26:55 (35.1%)	8:02	7.5 (65.2%)
53	KRASOŃ Mariusz	91	TSA SANDOMIERZ	M40	53	TSA Sandomierz	01:06:01	02:52:45	04:49:52	07:00:22.70	07:00:50.60	+02:28:48 (35.4%)	8:05	7.4 (64.3%)
54	KOKOSZKA Wojciech	459	SLOW JOGGING SIEDLCE	M40	54		01:11:17	03:09:47	04:59:00	07:02:48.95	07:03:12.15	+02:31:10 (35.7%)	8:07	7.4 (64.3%)
55	GRABIŃSKI Waldemar	33	ROGOZIŃSKI KLUB BIEGACZA	M40	55		01:10:10	03:05:07	04:54:14	07:02:51.45	07:03:17.70	+02:31:16 (35.7%)	8:07	7.4 (64.3%)
56	KURZEŁOWSKI Damian	80	BIEGNĘ DLA BARTKA!!!	M40	56		01:09:15	02:59:09	04:47:08	07:03:48.80	07:04:23.45	+02:32:21 (35.9%)	8:09	7.4 (64.3%)
57	MIKOWSKI Artur	334	ALNOR	M40	57		01:05:56	03:01:14	04:56:56	07:04:12.40	07:04:30.40	+02:32:28 (35.9%)	8:09	7.4 (64.3%)
58	KOCHANIEC Waldemar	117	FUNDACJA CENTRUM ANIMACJI SPOŁECZNEJ	M40	58		01:14:51	03:12:21	04:59:23	07:05:40.25	07:06:22.60	+02:34:20 (36.2%)	8:11	7.3 (63.5%)
59	SZCZEPANEK Piotr	375		M40	59	WARMIŃSKO-MAZURSKIE DZIKI	01:09:15	02:59:08	04:59:33	07:08:39.10	07:09:13.80	+02:37:12 (36.6%)	8:14	7.3 (63.5%)
60	BŁACHEWICZ Krzysztof	292		M40	60		01:09:51	03:02:30	04:57:15	07:10:13.15	07:10:21.45	+02:38:19 (36.8%)	8:16	7.3 (63.5%)
61	SOFUŁ Tomasz	153		M40	61		01:11:09	03:06:46	04:57:47	07:11:29.55	07:11:56.80	+02:39:55 (37.0%)	8:17	7.2 (62.6%)
62	JEDLIŃSKI Bartosz	214	MARATOŃCZYK DĘBICA	M40	62		01:09:50	03:11:23	05:06:23	07:11:45.35	07:12:04.80	+02:40:03 (37.0%)	8:18	7.2 (62.6%)
63	RYBAK Wojciech	446	GOPR BIESZCZADY	M40	63		01:09:43	03:04:01	04:58:58	07:14:01.35	07:14:06.95	+02:42:05 (37.3%)	8:20	7.2 (62.6%)
64	FIJAŁKOWSKI Radosław	186	CROSSFIT GCW WARSZAWA	M40	64		01:09:08	03:02:56	05:01:13	07:16:42.55	07:17:11.25	+02:45:09 (37.8%)	8:23	7.1 (61.7%)
65	MALEC Mariusz	128	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M40	65		01:13:56	03:10:21	05:06:04	07:17:34.25	07:18:07.60	+02:46:05 (37.9%)	8:24	7.1 (61.7%)
66	RZECZKOWSKI Maciej	201	WARSZAWSKI KLUB GÓRSKI	M40	66		01:07:19	02:56:19	04:54:21	07:18:00.40	07:18:16.60	+02:46:14 (37.9%)	8:25	7.1 (61.7%)
67	BOŁTUĆ Piotr	282		M40	67		01:07:34	03:00:59	05:04:12	07:21:46.85	07:22:08.10	+02:50:06 (38.5%)	8:29	7.1 (61.7%)
68	BOGUSZ Bartosz	113		M40	68		01:08:32	03:07:23	05:05:24	07:22:01.85	07:22:16.00	+02:50:14 (38.5%)	8:30	7.1 (61.7%)
69	MAZUR Sebastian	82		M40	69		01:16:24	03:18:49	05:13:10	07:24:09.45	07:24:29.25	+02:52:27 (38.8%)	8:32	7 (60.9%)

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70	WASIELEWSKI Włodzimierz	35	KS ZDZIESZOWICE - BIKETEAM	M40	70		01:12:22	03:14:56	05:13:23	07:26:21.40	07:26:35.70	+02:54:34 (39.1%)	8:35	7 (60.9%)
71	KALINOWSKI Adam	150		M40	71		01:06:56	02:59:21	05:01:26	07:26:39.85	07:26:45.20	+02:54:43 (39.1%)	8:35	7 (60.9%)
72	DZIENISZEWSKI Tomasz	377		M40	72		01:08:38	03:06:34	05:04:26	07:27:34.10	07:27:39.30	+02:55:37 (39.2%)	8:36	7 (60.9%)
73	MAJCHROWSKI Jacek	417	CKB TARNOBRZEG	M40	73		01:09:46	03:10:05	05:13:47	07:27:37.75	07:27:44.30	+02:55:42 (39.2%)	8:36	7 (60.9%)
74	DURKIEWICZ Tomasz	30	DOM KULTURY JOGI	M40	74		01:17:12	03:21:26	05:15:33	07:30:03.20	07:30:19.80	+02:58:18 (39.6%)	8:39	6.9 (60.0%)
75	WITEK Bogusław	603	NA TARNÓW	M40	75		01:13:42	03:19:07	05:13:40	07:31:59.20	07:32:30.15	+03:00:28 (39.9%)	8:41	6.9 (60.0%)
76	WLAZEŁ Konrad	483		M40	76		01:15:56	03:15:46	05:19:05	07:33:30.65	07:34:06.40	+03:02:04 (40.1%)	8:43	6.9 (60.0%)
77	STARZYŃSKI Stefan	342	PERFECT RUNNER LUBLIN	M40	77		01:16:18	03:23:04	05:22:23	07:34:13.50	07:34:36.75	+03:02:35 (40.2%)	8:44	6.9 (60.0%)
78	ŻYRA Grzegorz	106		M40	78		01:16:20	03:23:44	05:21:34	07:34:57.15	07:35:26.70	+03:03:25 (40.3%)	8:44	6.9 (60.0%)
79	BORDAS Stephane	544	OTK RZEŹNIK	M40	79		01:15:17	03:13:14	05:16:11	07:35:55.60	07:36:35.45	+03:04:33 (40.4%)	8:46	6.8 (59.1%)
80	LENGIEWICZ Jakub	543	OTK RZEŹNIK	M40	80		01:15:17	03:13:14	05:16:11	07:35:56.05	07:36:35.50	+03:04:33 (40.4%)	8:46	6.8 (59.1%)
81	KŁOSIŃSKI Rafał	121	MKB DREPTAK	M40	81	MKB Dreptak	01:07:20	02:53:16	04:59:17	07:37:08.95	07:37:19.75	+03:05:18 (40.5%)	8:47	6.8 (59.1%)
82	ZAJĄC Józek	293	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	82		01:11:40	03:08:01	05:17:42	07:38:03.55	07:38:11.45	+03:06:09 (40.6%)	8:48	6.8 (59.1%)
83	DRWIĘGA Maciej	189	POZYTYWNIIE ZABIEGANI SANOK	M40	83		01:11:44	03:19:03	05:19:23	07:39:26.25	07:39:42.70	+03:07:41 (40.8%)	8:50	6.8 (59.1%)
83	DROBOT Piotr	196	POZYTYWNIIE ZABIEGANI SANOK	M40	83		01:10:37	03:15:13	05:13:35	07:39:26.90	07:39:42.70	+03:07:41 (40.8%)	8:50	6.8 (59.1%)
85	MAŁKIEWICZ Dariusz	11		M40	85		01:10:56	03:14:14	05:16:51	07:40:54.70	07:41:08.90	+03:09:07 (41.0%)	8:51	6.8 (59.1%)
86	KUCHAREWICZ Przemysław	151	LOTNA GRUPA ZOŚKA	M40	86		01:11:08	03:09:56	05:18:58	07:41:10.90	07:41:13.50	+03:09:11 (41.0%)	8:52	6.8 (59.1%)
87	PAŃTAK Sławomir	331	21DAPLOT JAROSŁAW	M40	87		01:11:53	03:17:32	05:21:04	07:44:00.70	07:44:38.95	+03:12:37 (41.5%)	8:55	6.7 (58.3%)
88	LIS Marek	96		M40	88		01:24:21	03:35:51	05:34:26	07:47:09.60	07:47:55.35	+03:15:53 (41.9%)	8:59	6.7 (58.3%)
89	CEGIEŁKO Paweł	160		M40	89		01:11:20	03:12:27	05:21:33	07:48:27.35	07:48:50.05	+03:16:48 (42.0%)	9:00	6.7 (58.3%)
90	BROZYNIAK Grzegorz	274		M40	90		01:15:02	03:24:04	05:26:46	07:51:12.45	07:51:49.60	+03:19:47 (42.3%)	9:03	6.6 (57.4%)
91	LITKA Andrzej	270	W KÓŁKO BIEGAMY	M40	91		01:18:56	03:27:36	05:27:55	07:54:12.35	07:55:52.50	+03:23:50 (42.8%)	9:07	6.6 (57.4%)
92	MARCINIAK Andrzej	273	W KÓŁKO BIEGAMY	M40	92		01:18:57	03:27:38	05:27:57	07:54:14.60	07:55:52.90	+03:23:51 (42.8%)	9:07	6.6 (57.4%)
93	SZYMKIEWICZ Robert	494		M40	93		01:08:16	03:07:43	05:12:04	07:55:58.80	07:56:36.75	+03:24:35 (42.9%)	9:09	6.6 (57.4%)
94	BUGAŁA Robert	411	SOLID HOUSE LUBLIN	M40	94		01:20:09	03:35:29	05:39:53	07:56:49.95	07:57:13.75	+03:25:12 (43.0%)	9:10	6.5 (56.5%)
95	BAK Andrzej	524	SPC	M40	95		01:29:38	03:40:30	05:36:54	07:56:31.75	07:57:16.35	+03:25:14 (43.0%)	9:09	6.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
96	TONDYS Piotr	253	TIGERS TEAM	M40	96		01:18:39	03:37:12	05:37:59	07:57:17.45	07:57:40.10	+03:25:38 (43.1%)	9:10	6.5 (56.5%)
97	BURZYŃSKI Tomasz	338		M40	97		01:13:06	03:21:47	05:29:34	07:59:34.70	07:59:47.00	+03:27:45 (43.3%)	9:13	6.5 (56.5%)
98	MIKSA Sławomir	407		M40	98		01:26:07	03:44:08	05:52:18	08:00:22.05	08:00:47.25	+03:28:45 (43.4%)	9:14	6.5 (56.5%)
99	LEŚNIEWSKI Mariusz	79	ARPAGAN	M40	99		01:23:15	03:39:09	05:42:24	08:00:11.70	08:00:53.00	+03:28:51 (43.4%)	9:14	6.5 (56.5%)
100	CIECIELĄG Piotr	562		M40	100		01:12:21	03:19:53	05:33:53	08:00:36.15	08:00:56.15	+03:28:54 (43.4%)	9:14	6.5 (56.5%)
101	ŚWIERCZYŃSKI Tomasz	114		M40	101		01:12:53	03:20:45	05:30:57	08:02:51.40	08:03:06.10	+03:31:04 (43.7%)	9:17	6.5 (56.5%)
102	BARTOSZEK Krzysztof	184	MRÓWKA JAROSŁAW	M40	102		01:14:41	03:25:49	05:33:31	08:03:21.40	08:03:29.30	+03:31:27 (43.7%)	9:17	6.5 (56.5%)
103	PIECH Krzysztof	513	ACADEMIA GORILA	M40	103		01:16:58	03:16:09	05:25:41	08:05:49.75	08:06:10.25	+03:34:08 (44.0%)	9:20	6.4 (55.7%)
104	JEŻOWSKI Jacek	530		M40	104		01:16:08	03:16:02	05:13:51	08:08:27.10	08:08:43.10	+03:36:41 (44.3%)	9:23	6.4 (55.7%)
105	ZEGARSKI Arkadiusz	217		M40	105		01:14:20	03:26:32	05:35:47	08:08:27.40	08:08:46.00	+03:36:44 (44.3%)	9:23	6.4 (55.7%)
106	NOWAKOWSKI Bartosz	478	CHODZIMISIE	M40	106		01:10:31	03:23:38	05:35:30	08:08:48.00	08:09:10.35	+03:37:08 (44.4%)	9:24	6.4 (55.7%)
107	MAJKOWSKI Marcin	452		M40	107		01:15:32	03:27:35	05:36:47	08:09:36.05	08:10:14.65	+03:38:12 (44.5%)	9:24	6.4 (55.7%)
108	NIEDZIELA Marcin	234		M40	108		01:12:20	03:17:22	05:31:03	08:10:35.95	08:10:51.25	+03:38:49 (44.6%)	9:26	6.4 (55.7%)
109	MARCELA Marcin	241	FAT MAMA'S SPORT CLUB	M40	109		01:12:20	03:17:18	05:31:05	08:10:36.00	08:10:51.40	+03:38:49 (44.6%)	9:26	6.4 (55.7%)
110	BŁAJSZCZAK Karol	94	TSA SANDOMIERZ	M40	110	TSA Sandomierz	01:15:26	03:25:08	05:37:10	08:12:17.60	08:12:45.75	+03:40:44 (44.8%)	9:28	6.3 (54.8%)
111	KANIEWSKI Wojciech	598		M40	111		01:13:27	03:34:02	05:48:07	08:14:09.60	08:14:35.60	+03:42:33 (45.0%)	9:30	6.3 (54.8%)
112	SZOŁTYSEK Wojciech	232	OCHAJORUN@FRIENDS	M40	112		01:13:31	03:32:54	05:48:32	08:14:22.15	08:14:59.60	+03:42:57 (45.0%)	9:30	6.3 (54.8%)
113	WÓJCIAK Wojciech	541	SPICHLERZ UHERCE	M40	113		01:09:32	03:20:22	05:32:01	08:15:59.10	08:16:03.20	+03:44:01 (45.2%)	9:32	6.3 (54.8%)
114	CHORZEPA Mariusz	95	TSA SANDOMIERZ	M40	114	TSA Sandomierz	01:15:26	03:25:08	05:37:13	08:15:57.55	08:16:25.40	+03:44:23 (45.2%)	9:32	6.3 (54.8%)
115	PRUSZKOWSKI Mariusz	15	CHEŁM BIEGA ULTRA	M40	115		01:20:19	03:25:37	05:38:21	08:16:56.75	08:17:20.10	+03:45:18 (45.3%)	9:33	6.3 (54.8%)
116	JAKUBOWSKI Daniel	115	FUNDACJA CENTRUM ANIMACJI SPOŁECZNEJ	M40	116		01:14:52	03:24:46	05:35:06	08:16:45.05	08:17:26.90	+03:45:25 (45.3%)	9:33	6.3 (54.8%)
117	KUBALA Sylwester	144		M40	117		01:14:25	03:24:01	05:42:26	08:17:08.25	08:17:29.65	+03:45:27 (45.3%)	9:33	6.3 (54.8%)
118	HETMANOWSKI Jędrzej	437	ULTRA PMI	M40	118		01:15:00	03:31:05	05:39:00	08:16:59.60	08:17:40.65	+03:45:38 (45.3%)	9:33	6.3 (54.8%)
119	WYSOCKI Tomasz	279	OCHAJORUN & FRIENDS	M40	119		01:14:51	03:32:55	05:48:33	08:17:05.25	08:17:42.80	+03:45:41 (45.3%)	9:33	6.3 (54.8%)
120	ZYGO Grzegorz	412	BELŻYCE I OKOLICE BIEGAJĄ	M40	120	Bełżyce i okolice biegają	01:24:38	03:53:27	05:53:15	08:17:27.45	08:17:52.65	+03:45:50 (45.4%)	9:33	6.3 (54.8%)
121	KACZOROWSKI Przemek	572		M40	121		01:16:01	03:40:49	05:46:03	08:18:31.50	08:19:04.35	+03:47:02 (45.5%)	9:35	6.3 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
122	BOROWIEC Arkadiusz	14	CHEŁM BIEGA/BRACIA.B	M40	122		01:20:18	03:31:30	05:49:34	08:25:55.00	08:26:18.40	+03:54:16 (46.3%)	9:43	6.2 (53.9%)
123	KRÓL Paweł	205		M40	123		01:19:14	03:37:17	05:48:09	08:26:34.25	08:27:00.70	+03:54:59 (46.3%)	9:44	6.2 (53.9%)
124	CZUBA Adam	163	KM TRUCHCIK ŁUBIANKA	M40	124		01:25:41	03:41:36	05:55:23	08:27:03.80	08:27:14.15	+03:55:12 (46.4%)	9:45	6.2 (53.9%)
125	SZYMCZAK Mirosław	573	SPARTANIE DZIECIOM	M40	125		01:16:30	03:40:16	05:49:13	08:29:34.85	08:29:57.00	+03:57:55 (46.7%)	9:47	6.1 (53.0%)
126	NIZIOŁEK Marek	560	ZADYSZKA OŚWIĘCIM	M40	126		01:24:31	03:53:30	05:54:16	08:33:19.40	08:33:54.15	+04:01:52 (47.1%)	9:52	6.1 (53.0%)
127	WÓJTOWICZ Paweł	508		M40	127		01:15:54	03:37:02	05:53:03	08:34:12.65	08:34:31.20	+04:02:29 (47.1%)	9:53	6.1 (53.0%)
128	JAKUBOWSKI Wojciech	578	KB GEOTERMIA UNIEJÓW	M40	128		01:18:50	03:43:11	05:51:22	08:33:59.65	08:34:36.70	+04:02:35 (47.1%)	9:53	6.1 (53.0%)
129	BURY Marek	162		M40	129		01:18:11	03:36:08	05:50:24	08:36:17.75	08:36:44.20	+04:04:42 (47.4%)	9:55	6 (52.2%)
130	SWOBODA Jarosław	65	NIGHT RUNNERS GLIWICE	M40	130		01:17:35	03:42:30	05:54:36	08:36:33.35	08:36:47.45	+04:04:45 (47.4%)	9:56	6 (52.2%)
131	TKACZYK Przemysław	31	SKLEP BIEGACZA LUBLIN TEAM	M40	131		01:16:09	03:35:52	05:50:18	08:37:34.45	08:37:52.20	+04:05:50 (47.5%)	9:57	6 (52.2%)
132	WIERZBICKI Michał	20	STOWARZYSZENIE MORSY SWARZĘDZ	M40	132		01:12:38	03:32:50	05:51:44	08:38:04.65	08:38:08.70	+04:06:07 (47.5%)	9:57	6 (52.2%)
133	WOJTOWICZ Daniel	130		M40	133		01:17:09	03:32:52	05:50:25	08:41:15.90	08:41:37.50	+04:09:35 (47.8%)	10:01	6 (52.2%)
134	GODLEWSKI Paweł	583		M40	134		01:17:50	03:44:17	05:54:54	08:43:33.45	08:43:52.00	+04:11:50 (48.1%)	10:04	6 (52.2%)
135	KOŁACZ Piotr	227		M40	135		01:17:17	03:33:39	05:49:06	08:43:31.05	08:44:07.80	+04:12:06 (48.1%)	10:04	6 (52.2%)
136	KOPYŚC Jarosław	479		M40	136		01:21:49	03:39:31	05:52:08	08:45:15.15	08:45:44.95	+04:13:43 (48.3%)	10:06	5.9 (51.3%)
137	ŁOKAS Andrzej	275		M40	137		01:23:05	03:42:56	05:53:37	08:47:20.60	08:48:00.80	+04:15:59 (48.5%)	10:08	5.9 (51.3%)
138	PAPE Martin	220	WITC	M40	138		01:16:50	03:31:55	05:55:36	08:52:50.45	08:53:21.30	+04:21:19 (49.0%)	10:14	5.9 (51.3%)
139	BAŁAGA Marcin	176	KTO DOGONI PSA?	M40	139		01:23:01	03:48:36	06:00:56	08:54:19.00	08:54:53.50	+04:22:51 (49.1%)	10:16	5.8 (50.4%)
140	MAKOS Adam	101	PGB SPORTOWA PACZKA	M40	140		01:24:16	04:01:06	05:58:21	08:54:54.00	08:55:35.35	+04:23:33 (49.2%)	10:17	5.8 (50.4%)
141	KULIBERDA Tomasz	179	TEATR O.DE.LA	M40	141		01:24:30	03:54:52	06:04:31	08:59:53.60	09:00:27.75	+04:28:26 (49.7%)	10:22	5.8 (50.4%)
142	WOLNY Maciej	473	CHODZIMISIE	M40	142		01:24:38	03:52:48	06:06:20	09:01:42.20	09:02:03.70	+04:30:02 (49.8%)	10:25	5.8 (50.4%)
143	RUDZKI Tomasz	88	RAJSPORT ACTIVE	M40	143		01:16:57	03:53:43	06:06:19	09:03:17.50	09:03:31.75	+04:31:30 (50.0%)	10:26	5.7 (49.6%)
144	GÓRAJ Maciej	56	YOLO :)	M40	144		01:23:48	03:55:59	06:05:25	09:04:58.05	09:05:34.50	+04:33:32 (50.1%)	10:28	5.7 (49.6%)
145	WRÓBEL Dominik	198	AZS PWSZ KROSNO	M40	145		01:20:08	03:44:24	06:04:32	09:04:58.60	09:05:41.00	+04:33:39 (50.1%)	10:28	5.7 (49.6%)
146	PRYCIŃSKI Krzysztof	271	CAFE SZKOLNA 16	M40	146		01:20:32	03:50:43	06:05:07	09:08:31.15	09:08:44.55	+04:36:42 (50.4%)	10:32	5.7 (49.6%)
147	NAMYŚLAK Radosław	301	KOŁO BIEGA	M40	147		01:19:42	03:54:31	06:10:49	09:22:42.65	09:23:22.30	+04:51:20 (51.7%)	10:49	5.5 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	BARYZA Robert	259		M40			01:29:59 DNF	04:01:02 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KARNIŁA Piotr	606	GARMIN POLSKA	M40			01:30:36 DNF	04:03:32 DNF	DNF	DNF	DNF	-	-	(0.0%)
	JURCZAK Daniel	461	MKB DREPTAK	M40		MKB Dreptak	01:28:05 DNF	04:12:59 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WÓJCIK Robert	169		M40			01:29:49 DNF	04:14:01 DNF	DNF	DNF	DNF	-	-	(0.0%)
	LITWIN Tomasz	387		M40			01:39:47 DNF	04:23:13 DNF	DNF	DNF	DNF	-	-	(0.0%)
	POPLAWSKI Arkadiusz	140	CZARNE OWCE HIPOLITÓW	M40			01:17:24 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 153 wynik(ów)