

# V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Zimowy Maraton Bieszczadzki 2019  
Fundacja Bieg Rzeźnika  
2019-01-26  
Cisna  
44,6 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	<b>KRUBA Marcin</b>	<b>614</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	1	00:00:34	01:21:08	02:02:35	02:36:47	03:12:03	<b>03:31:45.45</b>	<b>03:31:45.45</b>		4:44	12.6 (100%)
2	<b>TOMASIK Stanisław</b>	<b>641</b>	GORLICKA GRUPA BIEGOWA	M30	2	00:01:08	01:22:36	02:06:04	02:42:02	03:15:23	<b>03:33:08.15</b>	<b>03:33:08.15</b>	+00:01:22 (0.6%)	4:46	12.6 (100%)
3	<b>ŻUCHOWSKI Daniel</b>	<b>770</b>	MUAY RUNNING TEAM	M30	3	00:00:25	01:21:07	02:03:48	02:40:21	03:15:13	<b>03:34:16.90</b>	<b>03:34:16.90</b>	+00:02:31 (1.2%)	4:48	12.5 (99.2%)
4	<b>PAWŁOWSKI Arkadiusz</b>	<b>526</b>	ROCK&RUN	M30	4	00:00:36	01:23:12	02:06:59	02:43:43	03:20:13	<b>03:39:52.90</b>	<b>03:39:52.90</b>	+00:08:07 (3.7%)	4:55	12.2 (96.8%)
5	<b>BAŁATKA Krzysztof</b>	<b>389</b>	AZS WSGK KUTNO	M30	5	00:00:29	01:26:09	02:10:55	02:46:15	03:22:59	<b>03:43:43.25</b>	<b>03:43:43.25</b>	+00:11:57 (5.3%)	5:00	12 (95.2%)
6	<b>BARAN Wojtek</b>	<b>215</b>	OKNOPLAST RUNNING TEAM	M30	6	00:00:30	01:22:13	02:07:30	02:45:56	03:24:13	<b>03:46:05.50</b>	<b>03:46:05.50</b>	+00:14:20 (6.3%)	5:04	11.8 (93.7%)
7	<b>BIAŁOWĄS Tomasz</b>	<b>520</b>	STAJNIA BALONA	M30	7	00:01:10	01:27:07	02:13:25	02:51:00	03:26:47	<b>03:47:20.60</b>	<b>03:47:20.60</b>	+00:15:35 (6.9%)	5:05	11.8 (93.7%)
8	<b>KWIATKOWSKI Michael</b>	<b>56</b>		M30	8	00:00:32	01:24:45	02:09:47	02:48:06	03:27:16	<b>03:48:35.85</b>	<b>03:48:35.85</b>	+00:16:50 (7.4%)	5:07	11.7 (92.9%)
9	<b>KUDŁAK Paweł</b>	<b>567</b>	PORANNY PATROL	M30	9	00:00:47	01:30:52	02:17:40	02:57:58	03:35:27	<b>03:56:43.65</b>	<b>03:56:43.65</b>	+00:24:58 (10.5%)	5:18	11.3 (89.7%)
10	<b>PABIAN Paweł</b>	<b>755</b>	WALKABOUT TEAM	M30	10	00:01:23	01:28:39	02:17:33	02:59:17	03:37:21	<b>03:59:17.40</b>	<b>03:59:17.40</b>	+00:27:31 (11.5%)	5:21	11.2 (88.9%)
11	<b>SZAPORÓW Łukasz</b>	<b>100</b>	INFINITY-GYM	M30	11	00:00:34	01:26:28	02:15:53	02:58:10	03:38:32	<b>04:01:13.75</b>	<b>04:01:13.75</b>	+00:29:28 (12.2%)	5:24	11.1 (88.1%)
12	<b>KIMMER Jakub</b>	<b>238</b>	BIEGING TEAM ZELÓW	M30	12	00:00:59	01:35:28	02:24:37	03:05:32	03:44:57	<b>04:05:56.25</b>	<b>04:05:56.25</b>	+00:34:10 (13.9%)	5:30	10.9 (86.5%)
13	<b>PIĘKOŚ Marek</b>	<b>736</b>		M30	13	00:01:19	01:32:32	02:21:37	03:04:21	03:45:35	<b>04:08:10.70</b>	<b>04:08:10.70</b>	+00:36:25 (14.7%)	5:33	10.8 (85.7%)
14	<b>GOŁĄB Marek</b>	<b>216</b>	STAY INSANE	M30	14	00:00:42	01:34:10	02:25:56	03:09:48	03:48:47	<b>04:10:06.90</b>	<b>04:10:06.90</b>	+00:38:21 (15.3%)	5:36	10.7 (84.9%)
15	<b>BRENDZOWSKI Adam</b>	<b>69</b>	SOLINATEAM / RUNONLINETEAM	M30	15	00:00:58	01:33:10	02:22:57	03:06:28	03:48:41	<b>04:11:01.55</b>	<b>04:11:01.55</b>	+00:39:16 (15.6%)	5:37	10.7 (84.9%)
16	<b>ŚLĘCZKA Damian</b>	<b>193</b>	BIOMEDYCYNĄ SP. Z O.O. RZESZÓW	M30	16	00:01:16	01:34:42	02:26:00	03:09:17	03:49:45	<b>04:11:37.35</b>	<b>04:11:37.35</b>	+00:39:51 (15.8%)	5:38	10.6 (84.1%)
17	<b>KALINOWSKI Łukasz</b>	<b>16</b>		M30	17	00:00:49	01:36:49	02:28:08	03:10:43	03:50:20	<b>04:12:03.25</b>	<b>04:12:03.25</b>	+00:40:17 (16.0%)	5:39	10.6 (84.1%)
18	<b>TAJCHMAN Jarosław</b>	<b>686</b>		M30	18	00:01:16	01:38:55	02:31:19	03:11:45	03:50:21	<b>04:12:07.70</b>	<b>04:12:07.70</b>	+00:40:22 (16.0%)	5:39	10.6 (84.1%)
19	<b>DYREK Michał</b>	<b>653</b>	MOK MSZANA DOLNA	M30	19	00:00:51	01:31:10	02:22:55	03:06:43	03:48:42	<b>04:12:16.70</b>	<b>04:12:16.70</b>	+00:40:31 (16.1%)	5:39	10.6 (84.1%)
20	<b>ROHAN Łukasz</b>	<b>44</b>	PRZEMYSKI KLUB BIEGACZA	M30	20	00:00:48	01:27:52	02:19:39	03:06:06	03:51:25	<b>04:16:23.50</b>	<b>04:16:23.50</b>	+00:44:38 (17.4%)	5:44	10.4 (82.5%)
21	<b>FUS Maciej</b>	<b>148</b>		M30	21	00:00:45	01:34:11	02:24:02	03:10:32	03:53:16	<b>04:17:32.65</b>	<b>04:17:32.65</b>	+00:45:47 (17.8%)	5:46	10.4 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km		min/km	km/h
22	DYREK Mateusz	566		M30	22	00:00:51	01:33:58	02:25:54	03:10:51	03:54:08	04:18:23.00	04:18:23.00	+00:46:37 (18.0%)	5:47	10.4 (82.5%)
23	BEREŚ Arkadiusz	741	STUDIO REBELL	M30	23	00:00:33	01:35:02	02:32:18	03:16:17	03:57:11	04:18:30.00	04:18:30.00	+00:46:44 (18.1%)	5:47	10.4 (82.5%)
24	WOLSKI Marcin	465	WOLSCY BROTHERS TRIATHLON TEAM	M30	24	00:00:45	01:37:29	02:28:08	03:12:26	03:56:27	04:20:06.80	04:20:06.80	+00:48:21 (18.6%)	5:49	10.3 (81.7%)
25	DELEKTA Dariusz	235	DELNOVA	M30	25	00:01:40	01:39:16	02:33:08	03:17:25		04:20:11.20	04:20:11.20	+00:48:25 (18.6%)	5:50	10.3 (81.7%)
26	FIGLEWICZ Piotr	572		M30	26	00:03:26	01:45:35	02:40:48	03:20:26		04:21:25.10	04:21:25.10	+00:49:39 (19.0%)	5:51	10.2 (81.0%)
27	ZUREK Pawel	15		M30	27	00:00:34	01:31:20	02:26:17	03:12:18	03:56:07	04:22:18.70	04:22:18.70	+00:50:33 (19.3%)	5:52	10.2 (81.0%)
28	ŁAKOMY Tomasz	45	DACZA TURYSTY I BIEGACZA ZAKOPANE	M30	28	00:00:57	01:37:24	02:29:26	03:15:25		04:23:05.55	04:23:05.55	+00:51:20 (19.5%)	5:53	10.2 (81.0%)
29	ŁUKASIK Michał	286	VELOBIKE SKLEP I SERWIS	M30	29	00:00:47	01:37:17	02:30:38	03:16:34		04:23:38.65	04:23:38.65	+00:51:53 (19.7%)	5:54	10.2 (81.0%)
30	JANECKA Artur	239	BIEGING TEAM ZELÓW	M30	30	00:02:07	01:37:01	02:29:05	03:15:20		04:24:40.05	04:24:40.05	+00:52:54 (20.0%)	5:56	10.1 (80.2%)
31	GAWRON Marcin	521	ROOKS TEAM / IDEO ACTIVE TEAM	M30	31	00:00:47	01:36:51	02:28:43	03:17:46		04:25:17.25	04:25:17.25	+00:53:31 (20.2%)	5:56	10.1 (80.2%)
32	POPIEL Andrzej	705	POPSMART.PL	M30	32	00:00:33	01:31:26	02:23:04	03:16:43		04:26:30.00	04:26:30.00	+00:54:44 (20.5%)	5:58	10 (79.4%)
33	GUZIK Łukasz	771		M30	33	00:01:25	01:41:45	02:35:49	03:19:06		04:26:34.30	04:26:34.30	+00:54:48 (20.6%)	5:58	10 (79.4%)
34	KLIMEK Mateusz	199		M30	34	00:00:48	01:36:01	02:30:20	03:19:01	04:03:20	04:29:28.00	04:29:28.00	+00:57:42 (21.4%)	6:02	9.9 (78.6%)
35	BIESZCZAD Mateusz	295	NOWY STYL GROUP RUNNING TEAM	M30	35	00:02:23	01:41:29	02:34:30	03:19:45	04:04:59	04:32:20.70	04:32:20.70	+01:00:35 (22.2%)	6:06	9.8 (77.8%)
36	DĄBROWICZ Jakub	548		M30	36	00:00:44	01:40:49	02:37:16	03:23:49	04:07:52	04:32:48.05	04:32:48.05	+01:01:02 (22.4%)	6:06	9.8 (77.8%)
37	REJ Mirosław	445	M&T WYJADACZE PARÓWKÓW	M30	37	00:00:41	01:36:22	02:27:30	03:18:22	04:08:39	04:35:02.50	04:35:02.50	+01:03:17 (23.0%)	6:10	9.7 (77.0%)
38	STACHURSKI Piotr	673		M30	38	00:00:37	01:33:06	02:29:51	03:22:18	04:11:44	04:37:30.50	04:37:30.50	+01:05:45 (23.7%)	6:13	9.6 (76.2%)
39	GRABIEC Marcin	627		M30	39	00:02:11	01:36:52	02:31:30	03:20:12	04:09:42	04:37:33.20	04:37:33.20	+01:05:47 (23.7%)	6:13	9.6 (76.2%)
40	SARKA Bartłomiej	86		M30	40	00:01:39	01:44:40	02:43:27	03:31:11	04:13:44	04:37:34.75	04:37:34.75	+01:05:49 (23.7%)	6:13	9.6 (76.2%)
41	AGRES Paweł	217	KW KOTŁOWNIA	M30	41	00:01:03	01:41:21	02:36:59	03:30:27	04:15:01	04:38:06.55	04:38:06.55	+01:06:21 (23.9%)	6:14	9.6 (76.2%)
42	GUDOWSKI Krystian	623		M30	42	00:01:48	01:50:46	02:45:16	03:32:20	04:15:28	04:38:08.90	04:38:08.90	+01:06:23 (23.9%)	6:14	9.6 (76.2%)
43	GRĘBOWIEC Mateusz	282	TSA SANDOMIERZ	M30	43	00:01:45	01:41:11	02:36:40	03:29:27	04:15:29	04:40:53.40	04:40:53.40	+01:09:07 (24.6%)	6:17	9.5 (75.4%)
44	NALAZEK Marcin	67	PIASECZNO RUNING	M30	44	00:02:00	01:42:01	02:39:00	03:29:14	04:15:24	04:41:25.25	04:41:25.25	+01:09:39 (24.8%)	6:18	9.5 (75.4%)
45	BARAN Mateusz	283	GORLICKA GRUPA BIEGOWA	M30	45	00:01:55	01:49:04	02:48:40	03:37:19	04:20:50	04:43:30.00	04:43:30.00	+01:11:44 (25.3%)	6:21	9.4 (74.6%)
46	MYŚLIWIEC Robert	522	WILD & FREE	M30	46	00:02:16	01:44:23	02:43:22	03:32:44	04:18:57	04:44:13.65	04:44:13.65	+01:12:28 (25.5%)	6:22	9.4 (74.6%)
47	POTONIEC Grzegorz	117	RODZEŃSTWO	M30	47	00:01:14	01:40:06	02:42:42	03:38:13	04:21:04	04:46:17.75	04:46:17.75	+01:14:32 (26.0%)	6:25	9.3 (73.8%)
48	JÓŹWIAK Rafał	68		M30	48	00:02:04	01:47:05	02:43:53	03:37:44	04:22:05	04:47:19.65	04:47:19.65	+01:15:34 (26.3%)	6:26	9.3 (73.8%)
49	GAWORECKI Tomasz	47	POZYTYWNIIE ZABIEGANI SANOK	M30	49	00:02:49	01:53:18	02:51:10	03:40:33	04:23:16	04:47:48.65	04:47:48.65	+01:16:03 (26.4%)	6:27	9.3 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km			
50	<b>WNUK Norbert</b>	<b>174</b>	PRZEMYSKI KLUB BIEGACZA	M30	50	00:02:25	01:44:43	02:46:03	03:38:43	04:23:01	<b>04:47:53.00</b>	<b>04:47:53.00</b>	+01:16:07 (26.4%)	6:27	9.3 (73.8%)
51	<b>WETHACZ Dariusz</b>	<b>763</b>		M30	51	00:01:43	01:49:45	02:51:34	03:42:19	04:24:50	<b>04:49:00.50</b>	<b>04:49:00.50</b>	+01:17:15 (26.7%)	6:28	9.3 (73.8%)
52	<b>DZIRBA Tomasz</b>	<b>332</b>		M30	52	00:01:21	01:52:35	02:49:26	03:38:56	04:23:47	<b>04:49:27.95</b>	<b>04:49:27.95</b>	+01:17:42 (26.8%)	6:29	9.2 (73.0%)
53	<b>MENDYKA Łukasz</b>	<b>171</b>	KB AKTYWNI ŚRODA WLKP.	M30	53	00:03:00	01:44:46	02:41:44	03:34:03	04:22:13	<b>04:49:28.25</b>	<b>04:49:28.25</b>	+01:17:42 (26.8%)	6:29	9.2 (73.0%)
54	<b>CHRUŚCIEL Michał</b>	<b>354</b>	FARTLEK GO	M30	54	00:01:34	01:43:25	02:43:54	03:36:15	04:23:15	<b>04:49:29.80</b>	<b>04:49:29.80</b>	+01:17:44 (26.9%)	6:29	9.2 (73.0%)
55	<b>TROJNAR Damian</b>	<b>661</b>	KS JANUSZE	M30	55	00:01:32	01:45:37	02:44:42	03:38:58	04:24:33	<b>04:49:30.75</b>	<b>04:49:30.75</b>	+01:17:45 (26.9%)	6:29	9.2 (73.0%)
56	<b>KOSIN Paweł</b>	<b>75</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	56	00:01:11	01:49:03	02:46:51	03:37:15	04:24:20	<b>04:49:32.50</b>	<b>04:49:32.50</b>	+01:17:47 (26.9%)	6:29	9.2 (73.0%)
57	<b>MACHNICKI Rafał</b>	<b>285</b>		M30	57	00:00:45	01:44:45	02:42:32	03:35:50	04:22:39	<b>04:50:20.85</b>	<b>04:50:20.85</b>	+01:18:35 (27.1%)	6:30	9.2 (73.0%)
58	<b>JASNOWSKI Michał</b>	<b>675</b>		M30	58	00:01:02	01:44:38	02:43:24	03:37:42	04:24:39	<b>04:50:31.70</b>	<b>04:50:31.70</b>	+01:18:46 (27.1%)	6:30	9.2 (73.0%)
59	<b>KOWALCZYK Aleksander</b>	<b>559</b>		M30	59	00:03:02	01:47:44	02:47:20	03:41:28	04:26:05	<b>04:50:38.45</b>	<b>04:50:38.45</b>	+01:18:53 (27.1%)	6:30	9.2 (73.0%)
60	<b>JĘDZURA Daniel</b>	<b>22</b>	NIGHT RUNNERS GLIWICE	M30	60	00:02:53	01:47:48	02:48:37	03:40:58	04:27:27	<b>04:55:09.30</b>	<b>04:55:09.30</b>	+01:23:23 (28.3%)	6:37	9.1 (72.2%)
61	<b>MIKOLAJCZYK Lukasz</b>	<b>557</b>		M30	61	00:01:01	01:48:40	02:47:13	03:40:51	04:27:36	<b>04:55:30.80</b>	<b>04:55:30.80</b>	+01:23:45 (28.3%)	6:37	9.1 (72.2%)
62	<b>BARAN Zbigniew</b>	<b>208</b>	(OB)LEŚNI BIEGACZE	M30	62	00:02:27	01:54:29	02:56:56	03:45:44	04:31:34	<b>04:57:00.50</b>	<b>04:57:00.50</b>	+01:25:15 (28.7%)	6:39	9 (71.4%)
63	<b>ROGAŁA Krystian</b>	<b>663</b>	MTS HAMER	M30	63	00:01:04	01:48:55	02:50:15	03:44:48	04:32:14	<b>04:57:41.95</b>	<b>04:57:41.95</b>	+01:25:56 (28.9%)	6:40	9 (71.4%)
64	<b>DUCKI Piotr</b>	<b>762</b>		M30	64	00:02:08	01:53:37	02:58:11	03:46:23	04:32:39	<b>04:58:32.45</b>	<b>04:58:32.45</b>	+01:26:47 (29.1%)	6:41	9 (71.4%)
65	<b>MARUKIEWICZ Marek</b>	<b>628</b>	BIEGAMDLAZDROWIA.PL	M30	65	00:02:44	01:48:34	02:51:41	03:48:53	04:33:38	<b>04:58:39.00</b>	<b>04:58:39.00</b>	+01:26:53 (29.1%)	6:41	9 (71.4%)
66	<b>CZARNECKI Piotr</b>	<b>335</b>	TARCHOŚFIRY	M30	66	00:01:26	01:50:35	02:53:08	03:47:00	04:34:24	<b>04:58:48.45</b>	<b>04:58:48.45</b>	+01:27:03 (29.1%)	6:41	9 (71.4%)
67	<b>KALBARCZYK Wojciech</b>	<b>602</b>	ADIDAS RUNNERS WARSAW	M30	67	00:01:43	01:49:31	02:52:14	03:46:04	04:32:28	<b>04:59:30.10</b>	<b>04:59:30.10</b>	+01:27:44 (29.3%)	6:42	8.9 (70.6%)
68	<b>RECZEK Sebastian</b>	<b>724</b>	KS ZIELONO-CZARNI	M30	68	00:02:05	01:49:21	02:48:08	03:43:44	04:35:03	<b>04:59:30.30</b>	<b>04:59:30.30</b>	+01:27:44 (29.3%)	6:42	8.9 (70.6%)
69	<b>KONDZIOŁA Krzysztof</b>	<b>544</b>	STAY INSANE / PERFECT RUNNER LUBLIN	M30	69	00:01:25	01:53:48	03:00:02	03:51:17	04:36:47	<b>04:59:58.35</b>	<b>04:59:58.35</b>	+01:28:12 (29.4%)	6:43	8.9 (70.6%)
70	<b>JAKUBOWSKI Jakub</b>	<b>505</b>	NASTUKOŁKI	M30	70	00:01:40	01:55:37	02:59:10	03:51:14	04:36:44	<b>05:01:56.80</b>	<b>05:01:56.80</b>	+01:30:11 (29.9%)	6:46	8.9 (70.6%)
71	<b>SZYSZŁO Tomasz</b>	<b>53</b>	POZYTYWNIIE ZABIEGANI SANOK / RUN ENERGY CLUB	M30	71	00:01:47	01:52:08	02:51:13	03:48:24	04:37:09	<b>05:05:07.95</b>	<b>05:05:07.95</b>	+01:33:22 (30.6%)	6:50	8.8 (69.8%)
72	<b>KRÓLAK Sebastian</b>	<b>594</b>		M30	72	00:02:58	01:49:13	02:51:03	03:46:27	04:35:44	<b>05:05:11.00</b>	<b>05:05:11.00</b>	+01:33:25 (30.6%)	6:50	8.8 (69.8%)
73	<b>WŁODEK Mateusz</b>	<b>184</b>		M30	73	00:02:49	01:56:56	02:57:19	03:51:08	04:39:26	<b>05:05:16.55</b>	<b>05:05:16.55</b>	+01:33:31 (30.6%)	6:50	8.8 (69.8%)
74	<b>KULIGA Sławomir</b>	<b>650</b>	POSKAJUN TEAM	M30	74	00:00:55	01:39:13	02:46:21	03:44:05	04:34:23	<b>05:05:17.45</b>	<b>05:05:17.45</b>	+01:33:32 (30.6%)	6:50	8.8 (69.8%)
75	<b>NIERADA Marcin</b>	<b>43</b>		M30	75	00:01:04	01:44:13	02:46:06	03:42:50	04:34:33	<b>05:05:18.30</b>	<b>05:05:18.30</b>	+01:33:32 (30.6%)	6:50	8.8 (69.8%)
76	<b>ADAMCZAK Michał</b>	<b>454</b>	BIEGAJ BEZ KOŃCA	M30	76	00:02:29	01:52:25	02:53:29	03:49:07	04:40:47	<b>05:06:25.75</b>	<b>05:06:25.75</b>	+01:34:40 (30.9%)	6:52	8.7 (69.0%)
77	<b>MĘDRYGAŁ Piotr</b>	<b>401</b>	GJ GOPR	M30	77	00:03:22	01:52:43	02:50:04	03:47:13	04:39:12	<b>05:08:28.65</b>	<b>05:08:28.65</b>	+01:36:43 (31.4%)	6:54	8.7 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km		min/km	km/h
78	<b>BRZOWOWSKI Łukasz</b>	<b>315</b>	STEFAN TEAM	M30	78	00:01:48	01:51:47	02:55:16	03:53:09	04:40:44	<b>05:08:35.65</b>	<b>05:08:35.65</b>	+01:36:50 (31.4%)	6:55	8.7 (69.0%)
79	<b>PELA Dariusz</b>	<b>535</b>	TMT TORUŃ	M30	79	00:01:04	01:49:41	02:50:19	03:51:03	04:40:36	<b>05:10:30.50</b>	<b>05:10:30.50</b>	+01:38:45 (31.8%)	6:57	8.6 (68.3%)
80	<b>DZIERŁĘGA Piotr</b>	<b>255</b>	PILZNO	M30	80	00:02:40	01:46:52	02:51:15	03:48:48	04:40:06	<b>05:10:35.30</b>	<b>05:10:35.30</b>	+01:38:49 (31.8%)	6:57	8.6 (68.3%)
81	<b>ŁĘCKI Piotr</b>	<b>32</b>	NIGHT RUNNERS GLIWICE	M30	81	00:02:54	01:54:20	02:55:41	03:53:21	04:41:44	<b>05:11:17.10</b>	<b>05:11:17.10</b>	+01:39:31 (32.0%)	6:58	8.6 (68.3%)
82	<b>PASTUŁA Łukasz</b>	<b>10</b>		M30	82	00:00:55	01:44:27	02:47:15	03:45:50	04:42:04	<b>05:11:19.05</b>	<b>05:11:19.05</b>	+01:39:33 (32.0%)	6:58	8.6 (68.3%)
83	<b>PIWOŃSKI Adam</b>	<b>405</b>		M30	83	00:02:29	01:54:26	02:56:58	03:53:10	04:42:21	<b>05:11:19.35</b>	<b>05:11:19.35</b>	+01:39:33 (32.0%)	6:58	8.6 (68.3%)
84	<b>MISKÓW Marcin</b>	<b>308</b>		M30	84	00:01:29	01:54:52	02:59:06	03:57:14	04:43:30	<b>05:11:23.35</b>	<b>05:11:23.35</b>	+01:39:37 (32.0%)	6:58	8.6 (68.3%)
85	<b>BURBLIS Łukasz</b>	<b>539</b>	BIEGING TEAM ZELÓW	M30	85	00:02:13	01:50:46	02:54:11	03:50:23	04:40:39	<b>05:12:29.60</b>	<b>05:12:29.60</b>	+01:40:44 (32.2%)	7:00	8.6 (68.3%)
86	<b>STEFANIAK Maciej</b>	<b>690</b>	GRUNWALD TEAM POZNAŃ	M30	86	00:01:14	02:01:40	03:11:57	04:04:57	04:49:20	<b>05:14:00.85</b>	<b>05:14:00.85</b>	+01:42:15 (32.6%)	7:02	8.5 (67.5%)
87	<b>FORJASZ Przemysław</b>	<b>97</b>		M30	87	00:01:10	01:52:54	03:11:12	04:03:55	04:49:29	<b>05:15:03.65</b>	<b>05:15:03.65</b>	+01:43:18 (32.8%)	7:03	8.5 (67.5%)
88	<b>BUSZ Jacek</b>	<b>146</b>		M30	88	00:01:14	01:51:46	02:53:22	03:50:43	04:45:46	<b>05:15:45.35</b>	<b>05:15:45.35</b>	+01:43:59 (32.9%)	7:04	8.5 (67.5%)
89	<b>PARWA Michał</b>	<b>83</b>	@BIEGIEMNAROWER	M30	89	00:00:50	01:51:05	03:00:57	04:02:07	04:50:58	<b>05:17:17.00</b>	<b>05:17:17.00</b>	+01:45:31 (33.3%)	7:06	8.4 (66.7%)
90	<b>GIERULA Piotr</b>	<b>137</b>	GREINPLAST RZESZÓW	M30	90	00:01:12	01:54:54	03:11:21	04:03:54	04:50:29	<b>05:17:19.60</b>	<b>05:17:19.60</b>	+01:45:34 (33.3%)	7:06	8.4 (66.7%)
91	<b>DUDEK Łukasz</b>	<b>392</b>		M30	91	00:02:07	01:55:01	03:02:48	04:03:59	04:52:42	<b>05:19:10.20</b>	<b>05:19:10.20</b>	+01:47:24 (33.7%)	7:09	8.4 (66.7%)
92	<b>KIERNICKI Łukasz</b>	<b>140</b>	FUN&RUN	M30	92	00:03:22	01:58:20	03:03:12	04:03:20	04:52:36	<b>05:20:00.50</b>	<b>05:20:00.50</b>	+01:48:15 (33.8%)	7:10	8.4 (66.7%)
93	<b>DRAUS Borys</b>	<b>398</b>		M30	93	00:01:42	01:59:21	03:09:45	04:02:30	04:51:32	<b>05:20:02.95</b>	<b>05:20:02.95</b>	+01:48:17 (33.8%)	7:10	8.4 (66.7%)
94	<b>ZIMAK Sebastian</b>	<b>124</b>	SANOK RUBBER RUNNING	M30	94	00:01:39	01:53:06	03:00:43	04:02:09	04:52:24	<b>05:21:33.45</b>	<b>05:21:33.45</b>	+01:49:48 (34.1%)	7:12	8.3 (65.9%)
95	<b>JAROSZ JARSZEWSKI Mateusz</b>	<b>320</b>		M30	95	00:02:05	01:52:27	02:58:14	03:55:08	04:50:40	<b>05:22:23.40</b>	<b>05:22:23.40</b>	+01:50:37 (34.3%)	7:13	8.3 (65.9%)
96	<b>ŁUKASIAK Adam</b>	<b>152</b>	ADAM ŁUKASIAK	M30	96	00:01:31	01:52:36	03:05:31	04:08:31	04:55:15	<b>05:23:37.65</b>	<b>05:23:37.65</b>	+01:51:52 (34.6%)	7:15	8.3 (65.9%)
97	<b>SOBIECH Marcin</b>	<b>373</b>	GO GARWOLIN:D	M30	97	00:02:49	01:54:36	03:02:49	04:03:29	04:53:09	<b>05:25:29.25</b>	<b>05:25:29.25</b>	+01:53:43 (34.9%)	7:17	8.2 (65.1%)
98	<b>KOCZUR Jakub</b>	<b>429</b>	NOWA HUTA TEAM	M30	98	00:02:29	01:54:39	03:00:32	04:04:19	04:55:01	<b>05:26:18.30</b>	<b>05:26:18.30</b>	+01:54:32 (35.1%)	7:18	8.2 (65.1%)
99	<b>KARAŚ Łukasz</b>	<b>725</b>	EKIPA Z TARNOWA	M30	99	00:03:07	01:55:02	03:04:11	04:02:26	04:56:06	<b>05:26:31.85</b>	<b>05:26:31.85</b>	+01:54:46 (35.1%)	7:19	8.2 (65.1%)
100	<b>WOŹNIAK Łukasz</b>	<b>379</b>	PORANNY PATROL	M30	100	00:03:14	01:58:04	03:09:38	04:07:04	04:56:36	<b>05:26:37.05</b>	<b>05:26:37.05</b>	+01:54:51 (35.2%)	7:19	8.2 (65.1%)
101	<b>GRANDA Paweł</b>	<b>412</b>	12 DAPLOT JAROSŁAW	M30	101	00:01:49	01:55:54	03:05:42	04:05:42	04:57:28	<b>05:26:39.80</b>	<b>05:26:39.80</b>	+01:54:54 (35.2%)	7:19	8.2 (65.1%)
102	<b>BAŁCHAN Krzysztof</b>	<b>77</b>	CPR RZESZÓW	M30	102	00:01:40	01:47:47	02:53:43	03:55:30	04:54:05	<b>05:28:38.80</b>	<b>05:28:38.80</b>	+01:56:53 (35.6%)	7:22	8.1 (64.3%)
103	<b>STRZAŁKA Dominik</b>	<b>608</b>		M30	103	00:01:44	01:55:45	03:06:09	04:04:40	04:56:07	<b>05:28:43.30</b>	<b>05:28:43.30</b>	+01:56:57 (35.6%)	7:22	8.1 (64.3%)
104	<b>LUTEREK Michał</b>	<b>688</b>		M30	104	00:03:38	02:00:06	03:12:34	04:07:45	04:58:57	<b>05:29:33.50</b>	<b>05:29:33.50</b>	+01:57:48 (35.7%)	7:23	8.1 (64.3%)
105	<b>GOŹDZIENIAK Sobiesław</b>	<b>229</b>	KW KOTŁOWNIA	M30	105	00:01:03	01:53:12	03:03:19	04:07:11	04:59:14	<b>05:31:14.70</b>	<b>05:31:14.70</b>	+01:59:29 (36.1%)	7:25	8.1 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km			
106	ANDRZEJEWSKI Piotr	624	RRT	M30	106	00:03:25	01:59:55	03:06:06	04:04:29	05:00:11	05:31:15.80	05:31:15.80	+01:59:30 (36.1%)	7:25	8.1 (64.3%)
107	ZIÓŁKOWSKI Krzysztof	402	JA I ONA	M30	107	00:03:29	02:04:19	03:12:15	04:10:08	05:01:56	05:31:16.70	05:31:16.70	+01:59:31 (36.1%)	7:25	8.1 (64.3%)
108	ROJEK Maciej	693		M30	108	00:01:08	01:55:00	03:05:58	04:11:31	05:02:01	05:32:02.80	05:32:02.80	+02:00:17 (36.2%)	7:26	8.1 (64.3%)
109	BERNAŚ Dariusz	82	BSCZADY	M30	109	00:01:32	02:02:16	03:12:04	04:11:49	05:04:13	05:33:48.80	05:33:48.80	+02:02:03 (36.6%)	7:29	8 (63.5%)
110	CICHORACKI Patryk	230	NIGHT RUNNERS	M30	110	00:02:41	01:56:01	03:03:03	04:08:44	05:02:08	05:33:52.75	05:33:52.75	+02:02:07 (36.6%)	7:29	8 (63.5%)
111	JAKUSZEWSKI Paweł	323		M30	111	00:02:39	02:04:55	03:11:54	04:13:42	05:06:36	05:36:17.40	05:36:17.40	+02:04:31 (37.0%)	7:32	8 (63.5%)
112	ZAJĄC Wojciech	617	DŁUGOUCHY	M30	112	00:02:22	02:03:09	03:19:11	04:17:27	05:07:40	05:36:28.75	05:36:28.75	+02:04:43 (37.1%)	7:32	8 (63.5%)
113	KUŚ Sławomir	369		M30	113	00:01:13	01:52:06	03:08:40	04:13:56	05:06:15	05:38:19.10	05:38:19.10	+02:06:33 (37.4%)	7:35	7.9 (62.7%)
114	GWIZDAK Bartosz	652	PIJEBIMBERNONSTOP	M30	114	00:01:15	01:56:32	03:08:39	04:13:55	05:07:43	05:38:24.35	05:38:24.35	+02:06:38 (37.4%)	7:35	7.9 (62.7%)
115	BARADZIEJ Bartłomiej	515	TERMINAL LOGISTYCZNY PROMONT	M30	115	00:01:06	01:57:44	03:07:30	04:13:00	05:08:41	05:40:42.40	05:40:42.40	+02:08:56 (37.8%)	7:38	7.9 (62.7%)
116	BLACHA Jarosław	517		M30	116	00:01:27	02:00:21	03:09:58	04:12:14	05:08:07	05:40:54.15	05:40:54.15	+02:09:08 (37.9%)	7:38	7.8 (61.9%)
117	ZWOLAK Grzegorz	328		M30	117	00:02:39	02:04:40	03:16:36	04:20:10	05:10:31	05:41:32.85	05:41:32.85	+02:09:47 (38.0%)	7:39	7.8 (61.9%)
118	BIEL Łukasz	376		M30	118	00:02:46	02:07:18	03:27:21	04:24:12	05:13:09	05:41:41.40	05:41:41.40	+02:09:55 (38.0%)	7:39	7.8 (61.9%)
119	DUDZIŃSKI Piotr	355		M30	119	00:01:12	01:54:54	03:11:42	04:21:08	05:11:17	05:41:43.15	05:41:43.15	+02:09:57 (38.0%)	7:39	7.8 (61.9%)
120	KARKUT Michał	162	FUN&RUN	M30	120	00:02:38	01:58:55	03:11:38	04:21:07	05:11:20	05:41:43.90	05:41:43.90	+02:09:58 (38.0%)	7:39	7.8 (61.9%)
121	BOROWSKI Igor	431	MAKONDO TEAM	M30	121	00:01:13	01:57:29	03:10:24	04:16:52	05:12:06	05:43:00.70	05:43:00.70	+02:11:15 (38.3%)	7:41	7.8 (61.9%)
122	AMBICKI Miłosz	635	WKURW_TEAM	M30	122	00:02:31	02:04:22	03:21:07	04:25:54	05:16:41	05:45:16.70	05:45:16.70	+02:13:31 (38.7%)	7:44	7.8 (61.9%)
123	RYCERSKI Rafał	678		M30	123	00:01:36	02:04:29	03:20:56	04:28:03	05:17:32	05:46:36.80	05:46:36.80	+02:14:51 (38.9%)	7:46	7.7 (61.1%)
124	GWIŹDŹ Grzegorz	590		M30	124	00:01:10	01:52:54	03:11:20	04:21:08	05:14:32	05:46:39.85	05:46:39.85	+02:14:54 (38.9%)	7:46	7.7 (61.1%)
125	SOBCZAK Henryk	523	S.H.T I UKS GIMPEL NOWY TARG	M30	125	00:00:30	02:04:36	03:25:37	04:31:22	05:21:54	05:46:45.55	05:46:45.55	+02:15:00 (38.9%)	7:46	7.7 (61.1%)
126	DYSZKIEWICZ Tomasz	436	KUTNO BIEGA	M30	126	00:01:41	02:03:23	03:17:47	04:24:06	05:15:50	05:47:53.00	05:47:53.00	+02:16:07 (39.1%)	7:48	7.7 (61.1%)
127	ŻMUDZIEJEWSKI Jakub	587	WM TRISELF	M30	127	00:03:01	02:00:34	03:11:23	04:20:57	05:12:54	05:48:14.00	05:48:14.00	+02:16:28 (39.2%)	7:48	7.7 (61.1%)
128	PARTYKA Michał	30		M30	128	00:03:01	02:00:34	03:11:25	04:20:57	05:12:55	05:48:14.10	05:48:14.10	+02:16:28 (39.2%)	7:48	7.7 (61.1%)
129	MISZOGRAJ Tomasz	480		M30	129	00:03:01	02:00:33	03:11:24	04:20:55	05:12:53	05:48:14.15	05:48:14.15	+02:16:28 (39.2%)	7:48	7.7 (61.1%)
130	RYGLEWICZ Tomasz	427	NIGHT RUNNERS	M30	130	00:01:57	02:02:46	03:15:44	04:23:39	05:18:11	05:50:48.25	05:50:48.25	+02:19:02 (39.6%)	7:51	7.6 (60.3%)
131	JANICKI Tomasz	222	21DAPLOT	M30	131	00:02:31	02:06:34	03:19:22	04:25:03	05:18:15	05:51:05.85	05:51:05.85	+02:19:20 (39.7%)	7:52	7.6 (60.3%)
132	SĄDEJ Marcin	89	STALOWE DZIKI	M30	132	00:01:39	01:59:51	03:12:42	04:25:02	05:18:17	05:51:09.80	05:51:09.80	+02:19:24 (39.7%)	7:52	7.6 (60.3%)
133	KOBYLIŃSKI Mariusz	79	SST LUBCZA	M30	133	00:01:39	01:59:59	03:12:54	04:25:01	05:21:30	05:56:12.15	05:56:12.15	+02:24:26 (40.6%)	7:59	7.5 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km			
134	MYGA Michał	310	HEARTLESS	M30	134	00:03:22	02:11:51	03:22:34	04:36:18	05:28:49	05:57:29.40	05:57:29.40	+02:25:43 (40.8%)	8:00	7.5 (59.5%)
135	PIĄTEK Rafał	123	BEFIT24TEAM	M30	135	00:02:36	02:01:27	03:17:30	04:27:02	05:26:46	05:57:30.80	05:57:30.80	+02:25:45 (40.8%)	8:00	7.5 (59.5%)
136	FLOREK Michał	735	JW 6968	M30	136	00:02:42	02:20:47	03:35:09	04:35:28	05:26:44	05:58:26.20	05:58:26.20	+02:26:40 (40.9%)	8:02	7.5 (59.5%)
137	MŁODZIK Dariusz	592	HUSARIA RACE TEAM	M30	137	00:03:08	01:58:27	03:08:13	04:25:14	05:22:41	05:58:36.00	05:58:36.00	+02:26:50 (40.9%)	8:02	7.5 (59.5%)
138	POLAŃSKI Paweł	749	#KASZANIENAMOKA	M30	138	00:03:07	02:12:23	03:27:54	04:31:32	05:25:16	05:59:08.75	05:59:08.75	+02:27:23 (41.0%)	8:03	7.5 (59.5%)
139	CHLEBIŃSKI Maciej	615	RZESZOWSKIE GAZELE I GEPARDY	M30	139	00:02:55	02:02:48	03:17:45	04:31:06	05:29:32	06:01:32.55	06:01:32.55	+02:29:47 (41.4%)	8:06	7.4 (58.7%)
140	BUKAŁA Tomasz	254		M30	140	00:02:12	01:57:15	03:13:08	04:35:39	05:31:44	06:01:55.65	06:01:55.65	+02:30:10 (41.5%)	8:06	7.4 (58.7%)
141	CZUBA Michał	251		M30	141	00:01:06	02:08:08	03:26:32	04:35:50	05:33:25	06:02:26.35	06:02:26.35	+02:30:40 (41.6%)	8:07	7.4 (58.7%)
142	CIESZKO Marek	317	KW WARSZAWA	M30	142	00:04:48	02:18:18	03:38:07	04:38:50	05:34:30	06:03:34.80	06:03:34.80	+02:31:49 (41.8%)	8:09	7.4 (58.7%)
143	WIŚNIEWSKI Dominik	647		M30	143	00:01:19	01:59:25	03:15:13	04:30:47	05:30:43	06:04:18.10	06:04:18.10	+02:32:32 (41.9%)	8:10	7.3 (57.9%)
144	MIERZYŃSKI Rafał	172	BIEGING TEAM ZELÓW	M30	144	00:02:12	02:06:36	03:28:48	04:40:51	05:33:04	06:04:38.35	06:04:38.35	+02:32:52 (41.9%)	8:10	7.3 (57.9%)
145	BOCHENEK Michał	101	INFINITY GYM	M30	145	00:01:48	02:07:12	03:28:20	04:35:50	05:34:09	06:04:52.35	06:04:52.35	+02:33:06 (42.0%)	8:10	7.3 (57.9%)
146	OLEKSAK Grzegorz	630		M30	146	00:03:12	02:14:55	03:30:08	04:34:33	05:31:21	06:06:29.60	06:06:29.60	+02:34:44 (42.2%)	8:13	7.3 (57.9%)
147	BEDNARCZYK Jakub	249	MATE MOUNTAINS	M30	147	00:02:21	02:04:35	03:27:42	04:49:34	05:39:49	06:06:57.10	06:06:57.10	+02:35:11 (42.3%)	8:13	7.3 (57.9%)
148	ADAMCZEWSKI Jakub	231	NIGHT RUNNERS / NBR TEAM	M30	148	00:02:52	02:09:22	03:28:20	04:41:11	05:35:58	06:07:00.65	06:07:00.65	+02:35:15 (42.3%)	8:13	7.3 (57.9%)
149	KWIATKOWSKI Kajetan	684	KUCE Z BRONKSU	M30	149	00:02:51	02:10:39	03:32:12	04:46:26	05:38:35	06:07:09.50	06:07:09.50	+02:35:24 (42.3%)	8:13	7.3 (57.9%)
149	MILEWICZ Marek	704	KUCE Z BRONKSU	M30	149	00:02:52	02:10:39	03:32:11	04:46:26	05:38:33	06:07:09.50	06:07:09.50	+02:35:24 (42.3%)	8:13	7.3 (57.9%)
151	KOWALCZYK Daniel	500	EXTREME TRAUMA TEAM	M30	151	00:02:54	02:04:42	03:28:33	04:38:51	05:35:31	06:07:29.05	06:07:29.05	+02:35:43 (42.4%)	8:14	7.3 (57.9%)
152	RUSINEK Witosław	696	SHOOTIT	M30	152	00:02:25	02:05:18	03:28:01	04:35:43	05:36:24	06:09:52.50	06:09:52.50	+02:38:07 (42.7%)	8:17	7.2 (57.1%)
153	IRZYK Robert	676		M30	153	00:01:58	02:05:32	03:26:34	04:36:27	05:36:34	06:10:28.45	06:10:28.45	+02:38:43 (42.8%)	8:18	7.2 (57.1%)
154	ZIAJA Adam	672		M30	154	00:01:58		03:26:02	04:36:26	05:36:39	06:10:36.00	06:10:36.00	+02:38:50 (42.9%)	8:18	7.2 (57.1%)
155	LITWINEK Marek	209	WKURW_TEAM	M30	155	00:02:47	02:10:37	03:31:43	04:48:28	05:42:48	06:12:15.25	06:12:15.25	+02:40:29 (43.1%)	8:20	7.2 (57.1%)
156	STACH Dariusz	709	KOSMOLÓW TEAM	M30	156	00:02:21	02:09:14	03:35:31	04:45:56	05:40:21	06:13:13.15	06:13:13.15	+02:41:27 (43.3%)	8:22	7.2 (57.1%)
157	CHODOROWSKI Arkadiusz	519	IPA PAŁAC MOSTOSKICH KOMENDA STOLECZNA POLICJI	M30	157	00:03:39	02:20:07	03:42:38	04:46:32	05:43:24	06:13:59.50	06:13:59.50	+02:42:14 (43.4%)	8:23	7.2 (57.1%)
158	KRÓL Michał	648		M30	158	00:03:38	02:20:10	03:42:40	04:46:35	05:43:25	06:15:42.55	06:15:42.55	+02:43:57 (43.6%)	8:25	7.1 (56.3%)
159	SŁOWIKOWSKI Dariusz	529	WKURW_TEAM	M30	159	00:03:19	02:10:08	03:37:22	04:49:34	05:44:53	06:18:02.65	06:18:02.65	+02:46:17 (44.0%)	8:28	7.1 (56.3%)
160	STAŃCZYK Łukasz	532	WKURW_TEAM	M30	160	00:03:19	02:10:09	03:37:22	04:49:34	05:44:52	06:18:02.90	06:18:02.90	+02:46:17 (44.0%)	8:28	7.1 (56.3%)
161	PABIJAŃCZYK Damian	478		M30	161	00:02:59	02:13:47	03:35:21	04:48:17	05:43:45	06:18:25.05	06:18:25.05	+02:46:39 (44.0%)	8:29	7.1 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km		min/km	km/h
162	<b>SZADKOWSKI Paweł</b>	<b>26</b>	NIGHT RUNNERS GLIWICE	M30	162	00:03:11	02:09:33	03:33:59	04:47:42	05:45:42	<b>06:18:54.00</b>	<b>06:18:54.00</b>	+02:47:08 (44.1%)	8:29	7.1 (56.3%)
163	<b>SIKORA Tomasz</b>	<b>453</b>	RACE BROTHERS	M30	163	00:01:33	02:07:48	03:32:16	04:51:36	05:48:25	<b>06:21:12.75</b>	<b>06:21:12.75</b>	+02:49:27 (44.5%)	8:32	7 (55.6%)
164	<b>STEPANCZENKO Rafał</b>	<b>112</b>	BIAŁYSTOK BIEGA TEAM	M30	164	00:01:46	02:14:42	03:37:06	04:47:00	05:50:57	<b>06:21:29.35</b>	<b>06:21:29.35</b>	+02:49:43 (44.5%)	8:33	7 (55.6%)
165	<b>SZCZYRBA Robert</b>	<b>631</b>	LECYMY DURŚ	M30	165	00:03:07	02:12:07	03:37:02	04:48:49	05:48:30	<b>06:24:02.30</b>	<b>06:24:02.30</b>	+02:52:16 (44.9%)	8:36	7 (55.6%)
166	<b>ZAWADZKI Bartłomiej</b>	<b>643</b>		M30	166		02:12:09	03:37:04		05:48:30	<b>06:24:28.00</b>	<b>06:24:28.00</b>	+02:52:42 (44.9%)	8:37	7 (55.6%)
167	<b>ŁANIEWSKI Łukasz</b>	<b>509</b>	PSZCZÓŁKOWSKI TEAM	M30	167	00:02:06	02:11:58	03:40:54	04:46:17	05:51:19	<b>06:26:23.35</b>	<b>06:26:23.35</b>	+02:54:37 (45.2%)	8:39	6.9 (54.8%)
168	<b>KRAWCZAK Kamil</b>	<b>120</b>	BIEGUSIEM.PL	M30	168	00:02:35	02:17:38	03:39:00	04:53:36	05:52:36	<b>06:26:55.45</b>	<b>06:26:55.45</b>	+02:55:10 (45.3%)	8:40	6.9 (54.8%)
169	<b>RADYK Jakub</b>	<b>410</b>	PRZEMYSKI KLUB BIEGACZA	M30	169	00:03:10	02:05:45	03:29:37	04:47:34	05:46:20	<b>06:26:58.90</b>	<b>06:26:58.90</b>	+02:55:13 (45.3%)	8:40	6.9 (54.8%)
170	<b>ZIELŃSKI Damian</b>	<b>378</b>	NOVA	M30	170	00:02:49	02:06:51	03:35:45	04:55:19	05:53:09	<b>06:28:53.60</b>	<b>06:28:53.60</b>	+02:57:08 (45.5%)	8:43	6.9 (54.8%)
171	<b>KUREK Michał</b>	<b>507</b>		M30	171	00:01:45	02:12:34	03:37:19	04:52:10	05:53:20	<b>06:29:37.35</b>	<b>06:29:37.35</b>	+02:57:51 (45.7%)	8:44	6.9 (54.8%)
172	<b>SŁONIEWSKI Rafał</b>	<b>669</b>	RMF4RT OCR	M30	172	00:01:26	02:16:04	03:44:34	05:01:29	06:00:07	<b>06:32:25.05</b>	<b>06:32:25.05</b>	+03:00:39 (46.0%)	8:47	6.8 (54.0%)
173	<b>JARZEMBOWSKI Tomasz</b>	<b>419</b>	WYBIEGANI TEAM	M30	173	00:01:14	02:30:37	03:57:13	05:00:18	06:00:30	<b>06:36:37.20</b>	<b>06:36:37.20</b>	+03:04:51 (46.6%)	8:53	6.7 (53.2%)
174	<b>WILECZEK Antoni</b>	<b>618</b>		M30	174	00:02:22	02:20:11	03:52:56	05:04:53	06:05:40	<b>06:42:10.30</b>	<b>06:42:10.30</b>	+03:10:24 (47.3%)	9:01	6.7 (53.2%)
175	<b>KRZYŻEWSKI Roger</b>	<b>61</b>		M30	175	00:03:30	02:18:16	03:41:38	04:50:44	05:57:09	<b>06:42:14.35</b>	<b>06:42:14.35</b>	+03:10:28 (47.4%)	9:01	6.7 (53.2%)
176	<b>PECIO Kamil</b>	<b>748</b>	PIASECZNO RUNNING	M30	176	00:02:22	02:25:46	03:53:21	05:10:04	06:08:36	<b>06:42:30.30</b>	<b>06:42:30.30</b>	+03:10:44 (47.4%)	9:01	6.6 (52.4%)
177	<b>LEWANDOWSKI Paweł</b>	<b>538</b>	SANDOMINGOTEAM	M30	177	00:02:55	02:21:31	03:49:07	05:08:43	06:09:10	<b>06:44:47.10</b>	<b>06:44:47.10</b>	+03:13:01 (47.7%)	9:04	6.6 (52.4%)
178	<b>CYGAN Łukasz</b>	<b>202</b>	KLUB SPORTOWY HAJIME	M30	178	00:01:11	02:15:45	03:44:23	04:57:12	06:05:36	<b>06:47:27.90</b>	<b>06:47:27.90</b>	+03:15:42 (48.0%)	9:08	6.6 (52.4%)
179	<b>DYSZKIEWICZ Grzegorz</b>	<b>390</b>	KUTNO BIEGA	M30	179	00:01:40	02:18:25	03:50:48	05:23:08	06:19:08	<b>06:49:08.80</b>	<b>06:49:08.80</b>	+03:17:23 (48.2%)	9:10	6.5 (51.6%)
180	<b>SOLICH Patryk</b>	<b>35</b>	NIGHT RUNNERS GLIWICE	M30	180	00:03:16	02:29:00	03:53:26	05:21:35	06:19:18	<b>06:52:41.90</b>	<b>06:52:41.90</b>	+03:20:56 (48.7%)	9:15	6.5 (51.6%)
181	<b>JANOTA Marcin</b>	<b>413</b>	CREADIS	M30	181	00:01:33	02:19:50	03:53:38	05:11:48	06:14:22	<b>06:54:04.45</b>	<b>06:54:04.45</b>	+03:22:19 (48.9%)	9:17	6.5 (51.6%)
182	<b>CEBULA Paweł</b>	<b>418</b>	CREADIS	M30	182	00:01:33	02:19:45	03:53:24	05:11:47	06:14:22	<b>06:54:05.05</b>	<b>06:54:05.05</b>	+03:22:19 (48.9%)	9:17	6.5 (51.6%)
183	<b>BILSKI Piotr</b>	<b>561</b>	TĘCZA	M30	183	00:02:16	02:21:15	03:50:40	05:12:21	06:15:48	<b>06:55:54.50</b>	<b>06:55:54.50</b>	+03:24:09 (49.1%)	9:19	6.4 (50.8%)
184	<b>GALIŃSKI Kamil</b>	<b>578</b>	ABY DO METY	M30	184	00:02:59	02:08:36	03:41:52	05:08:42	06:13:26	<b>06:55:56.10</b>	<b>06:55:56.10</b>	+03:24:10 (49.1%)	9:19	6.4 (50.8%)
185	<b>BARWINEK Robert</b>	<b>503</b>	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	M30	185	00:01:45	02:18:54	03:48:38	05:12:52	06:17:44	<b>07:02:18.75</b>	<b>07:02:18.75</b>	+03:30:33 (49.9%)	9:28	6.3 (50.0%)
186	<b>ZABŁOTNY Karol</b>	<b>304</b>	TARCHOŚFIRY	M30	186	00:01:26	02:12:30	03:41:17	05:01:27	06:13:09	<b>07:05:05.05</b>	<b>07:05:05.05</b>	+03:33:19 (50.2%)	9:31	6.3 (50.0%)
187	<b>FREJ Marcin</b>	<b>90</b>	ZABIEGANI.TV	M30	187	00:01:21	02:37:20	04:05:09	05:17:28	06:23:43	<b>07:05:52.40</b>	<b>07:05:52.40</b>	+03:34:06 (50.3%)	9:32	6.3 (50.0%)
188	<b>MAJONEK Artur</b>	<b>714</b>	FITMAJON	M30	188	00:01:47	02:25:00	06:26:11			<b>07:07:12.40</b>	<b>07:07:12.40</b>	+03:35:26 (50.4%)	9:34	6.3 (50.0%)
189	<b>SUBIRATS Cristian</b>	<b>508</b>		M30	189	00:02:34	02:34:27	04:10:23	05:23:45	06:32:32	<b>07:12:43.15</b>	<b>07:12:43.15</b>	+03:40:57 (51.1%)	9:42	6.2 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km	44.6km	44.6km		min/km	km/h
190	<b>PAWŁOWSKI Piotr</b>	<b>491</b>	PRZEMYSŁ BEARS	M30	190	00:02:29	02:26:40	03:53:50	05:31:23	06:34:05	<b>07:13:48.60</b>	<b>07:13:48.60</b>	+03:42:03 (51.2%)	9:43	6.2 (49.2%)
191	<b>URBAŃCZYK Marcin</b>	<b>28</b>	PERSONALTRIATHLON/TRINERGY	M30	191	00:02:55	02:34:52	04:07:40	05:32:29	06:40:25	<b>07:14:56.30</b>	<b>07:14:56.30</b>	+03:43:10 (51.3%)	9:45	6.2 (49.2%)
192	<b>STASZEL ŁATAS Tomasz</b>	<b>477</b>	HUSARIA RECE TEAM	M30	192	00:02:34	02:31:33	04:10:12	05:41:17	06:43:17	<b>07:22:50.35</b>	<b>07:22:50.35</b>	+03:51:04 (52.2%)	9:55	6 (47.6%)
193	<b>POPIOŁEK Jacek</b>	<b>95</b>	BIEGYSIEM.PL/LOSTINSPO	M30	193	00:03:04	02:33:39	04:03:15	05:21:39	06:33:33	<b>07:23:49.70</b>	<b>07:23:49.70</b>	+03:52:04 (52.3%)	9:57	6 (47.6%)
194	<b>OKARMA Wojtek</b>	<b>279</b>	WWW.VIRTUTIMILITARI.PL	M30	194	00:02:51	02:32:41	04:03:46	05:29:07	06:46:51	<b>07:26:08.15</b>	<b>07:26:08.15</b>	+03:54:22 (52.5%)	10:00	6 (47.6%)
195	<b>CZYRANIA Andrzej</b>	<b>681</b>	RAJSPORT ACTIVE (TURAWA)	M30	195	00:01:44	02:31:50	04:03:59	05:26:34	06:42:34	<b>07:27:08.15</b>	<b>07:27:08.15</b>	+03:55:22 (52.6%)	10:01	6 (47.6%)
196	<b>MAZIEC Dariusz</b>	<b>188</b>	NKB CHYŻY NOWY TOMYŚL /WRESTLING CROSS GYM NOWY TOMYŚL	M30	196	00:03:16	02:53:12	04:23:32	05:41:14	06:55:03	<b>07:38:09.30</b>	<b>07:38:09.30</b>	+04:06:23 (53.8%)	10:16	5.8 (46.0%)
197	<b>JANICKI Patryk</b>	<b>288</b>	PORANNY PATROL	M30	197	00:03:15	02:49:40	04:35:23	06:06:02	07:07:19	<b>07:48:55.25</b>	<b>07:48:55.25</b>	+04:17:09 (54.8%)	10:30	5.7 (45.2%)
	<b>DUDA Paweł</b>	<b>106</b>		M30		DNF	DNF	03:50:46 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PACANOWSKI Łukasz</b>	<b>247</b>	PARA-NIE-DO-PARY	M30		00:02:17 DNF	02:25:14 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 199 wynik(ów)