

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
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Kara/ bonifikata	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	KOCZWARA Tomasz	3		M40	1	00:00:36	01:15:32	01:55:49	02:29:07	03:00:32		03:18:01.10	03:18:01.10		4:26	13.5 (100%)
2	SZAPAR Przemyslaw	732	BIEGAMINA. SCARPA	M40	2	00:00:42	01:21:06	02:03:47	02:40:15	03:17:20		03:39:29.70	03:39:29.70	+00:21:28 (9.8%)	4:55	12.2 (90.4%)
3	MORAWA Mateusz	754	LACHO TEAM	M40	3	00:00:42	01:26:59	02:13:07	02:48:42	03:23:22		03:42:49.30	03:42:49.30	+00:24:48 (11.1%)	4:59	12 (88.9%)
4	WÓJCIK Jacek	449		M40	4	00:01:14	01:28:11	02:15:21	02:53:25	03:30:29		03:49:32.15	03:49:32.15	+00:31:31 (13.7%)	5:08	11.7 (86.7%)
5	PASIECZNY Robert	393	FARTLEK GO	M40	5	00:00:38	01:26:09	02:12:34	02:50:37	03:28:13	00:02:00	03:51:12.45	03:51:12.45	+00:33:11 (14.4%)	5:08	11.7 (86.7%)
6	TRYNIECKI Krzysztof	262		M40	6	00:01:32	01:56:59					03:54:48.10	03:54:48.10	+00:36:47 (15.7%)	5:15	11.4 (84.4%)
7	GOŚCINIEWICZ Paweł	343	ZIEMOWIT TEAM	M40	7	00:00:32	01:27:21	02:16:34	02:58:47	03:36:05		03:54:58.25	03:54:58.25	+00:36:57 (15.7%)	5:16	11.4 (84.4%)
8	ZYSKOWSKI Andrzej	524	GORDON MOTORYZACJA	M40	8	00:01:12	01:30:47	02:17:47	02:57:48	03:35:33		03:56:17.20	03:56:17.20	+00:38:16 (16.2%)	5:17	11.3 (83.7%)
9	MATYASZEK Waldemar	740		M40	9	00:00:50	01:27:21	02:15:22	02:56:14	03:35:33		03:56:49.45	03:56:49.45	+00:38:48 (16.4%)	5:18	11.3 (83.7%)
10	KOBIERSKI Piotr	14	UKA ULTRAS RUNNERS	M40	10	00:00:38	01:28:32	02:17:13	02:57:42	03:35:31		03:57:03.10	03:57:03.10	+00:39:02 (16.5%)	5:18	11.3 (83.7%)
11	PIETRZYK Wojciech	365	LACHO TEAM	M40	11	00:00:43	01:27:15	02:13:44	02:54:45	03:36:34		03:59:15.90	03:59:15.90	+00:41:14 (17.2%)	5:21	11.2 (83.0%)
12	WAŻNY Stanisław	281	MEDIA LUBACZOWSKIE	M40	12	00:01:31	01:26:53	02:13:50	02:56:15	03:38:06		04:01:33.55	04:01:33.55	+00:43:32 (18.0%)	5:24	11.1 (82.2%)
13	STANKO Paweł	396	BIESY I CZORTY	M40	13	00:02:09	01:37:28	02:26:07	03:07:09	03:43:18		04:02:30.40	04:02:30.40	+00:44:29 (18.3%)	5:26	11 (81.5%)
14	MARZEC Grzegorz	236	GMINA STRZELCE OPOLSKIE	M40	14	00:00:40	01:34:31	02:24:11	03:05:10	03:43:47		04:04:38.30	04:04:38.30	+00:46:37 (19.1%)	5:29	10.9 (80.7%)
15	KORAB Robert	78		M40	15	00:00:34	01:33:40	02:23:32	03:05:04	03:46:34		04:09:03.70	04:09:03.70	+00:51:02 (20.5%)	5:35	10.7 (79.3%)
16	CHODAKOWSKI Rafał	273	OSTROBIEC	M40	16	00:01:34	01:37:28	02:29:43	03:10:39	03:49:42		04:11:13.75	04:11:13.75	+00:53:12 (21.2%)	5:37	10.7 (79.3%)
17	KLONOWSKI Jacek	264		M40	17	00:00:39	01:28:18	02:15:11	03:00:46	03:45:53		04:12:06.80	04:12:06.80	+00:54:05 (21.5%)	5:39	10.6 (78.5%)
18	RUDZKI Tomasz	182	RAJSPOORT ACTIVE	M40	18	00:02:09	02:17:50					04:12:14.70	04:12:14.70	+00:54:13 (21.5%)	5:39	10.6 (78.5%)
19	MAZUREK Robert	485	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	M40	19	00:00:41	01:34:10	02:25:55	03:09:48	03:49:44		04:14:05.85	04:14:05.85	+00:56:04 (22.1%)	5:41	10.5 (77.8%)
20	ZAGÓRNY Robert	368	MBM KAZIMIERÓW	M40	20	00:02:20	01:36:47	02:26:36	03:07:00	03:49:54		04:14:21.85	04:14:21.85	+00:56:20 (22.2%)	5:42	10.5 (77.8%)
21	PTASZYŃSKI Wojciech	543		M40	21	00:00:51	01:34:16	02:27:12	03:09:47	03:52:13		04:15:22.35	04:15:22.35	+00:57:21 (22.5%)	5:43	10.5 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
22	BORYS Andrzej	553		M40	22	00:00:37	01:30:54	02:26:01	03:15:38	03:56:06		04:16:24.50	04:16:24.50	+00:58:23 (22.8%)	5:44	10.4 (77.0%)
23	KMAK Sławek	706	PAPIKI	M40	23	00:00:47	01:34:40	02:27:38	03:12:11	03:55:16		04:18:35.70	04:18:35.70	+01:00:34 (23.4%)	5:47	10.3 (76.3%)
24	DELEKTA Jan	260	DJ	M40	24	00:01:39	01:38:49	02:33:09	03:17:26			04:20:01.80	04:20:01.80	+01:02:00 (23.8%)	5:49	10.3 (76.3%)
25	ŁOSKOT Tomasz	562		M40	25	00:00:39	01:34:39	02:28:06	03:14:39	03:57:16		04:20:41.60	04:20:41.60	+01:02:40 (24.0%)	5:50	10.3 (76.3%)
26	WÓJCIK Krzysztof	114	NIGHT RUNNERS ŚWILCZA	M40	26	00:01:02	01:35:50	02:27:37	03:14:10			04:25:29.05	04:25:29.05	+01:07:27 (25.4%)	5:57	10.1 (74.8%)
27	FLĄDRO Daniel	274		M40	27	00:00:49	01:33:40	02:26:57	03:16:28			04:25:30.45	04:25:30.45	+01:07:29 (25.4%)	5:57	10.1 (74.8%)
28	SOLAREWICZ Tomasz	585	LATAJĄCY CYRK MONTY PYTHONA	M40	28	00:01:52	01:37:29	02:29:09	03:16:25	04:03:16		04:27:39.10	04:27:39.10	+01:09:38 (26.0%)	6:00	10 (74.1%)
29	WALASEK Grzegorz	342	BIEGUSIEM.PL	M40	29	00:01:01	01:34:43	02:29:52	03:19:50	04:02:54		04:28:38.65	04:28:38.65	+01:10:37 (26.3%)	6:01	10 (74.1%)
30	POTRZESZCZ Tomasz	584	LKB RUDNIK	M40	30	00:02:19	01:37:30	02:32:18	03:18:55	04:03:55		04:29:54.60	04:29:54.60	+01:11:53 (26.6%)	6:03	9.9 (73.3%)
31	POTRZESZCZ Grzegorz	21		M40	31	00:02:20	01:37:54	02:32:12	03:19:19	04:03:55		04:29:54.85	04:29:54.85	+01:11:53 (26.6%)	6:03	9.9 (73.3%)
32	SZPINDA Sebastian	460	BUT BIŁGORAJ ULTRA TRAIL	M40	32	00:00:43	01:36:00	02:29:44	03:19:25	04:05:44		04:31:54.80	04:31:54.80	+01:13:53 (27.2%)	6:05	9.8 (72.6%)
33	LONC Tomasz	446	M&T WYJADACZE PARÓWKÓW	M40	33	00:00:43	01:36:25	02:32:58	03:19:07	04:08:42		04:34:10.65	04:34:10.65	+01:16:09 (27.8%)	6:08	9.8 (72.6%)
34	SMOLEN Janusz	415		M40	34	00:01:55	01:42:40	02:36:35	03:26:21	04:10:33		04:35:28.70	04:35:28.70	+01:17:27 (28.1%)	6:10	9.7 (71.9%)
35	TKACZEWSKI Piotr	224	MIECHÓW	M40	35	00:01:35	01:47:10	02:45:27	03:32:03	04:14:26		04:37:37.25	04:37:37.25	+01:19:36 (28.7%)	6:13	9.6 (71.1%)
36	CIĘŻKOWSKI Sławomir	153		M40	36	00:01:31	01:41:58	02:42:36	03:31:28	04:14:04		04:37:38.35	04:37:38.35	+01:19:37 (28.7%)	6:13	9.6 (71.1%)
37	PIASECZNY Marcin	534	RUN-G	M40	37	00:01:03	01:39:36	02:39:34	03:30:37	04:15:24		04:39:45.05	04:39:45.05	+01:21:43 (29.2%)	6:16	9.6 (71.1%)
38	ZAJĄC Józef	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	38	00:01:36	01:46:24	02:44:31	03:33:46	04:18:24		04:41:42.00	04:41:42.00	+01:23:40 (29.7%)	6:18	9.5 (70.4%)
39	FELUCH Krzysztof	722	ORA WARSZAWA	M40	39	00:01:08	01:46:13	02:46:39	03:37:05	04:19:41		04:42:13.85	04:42:13.85	+01:24:12 (29.8%)	6:19	9.5 (70.4%)
40	JENERALSKI Miłosz	495	FREE PALESTINE	M40	40	00:01:32	01:38:04	02:35:50	03:25:53	04:15:25		04:42:27.05	04:42:27.05	+01:24:25 (29.9%)	6:19	9.5 (70.4%)
41	KUTNIK Mirosław	727	KB BIAŁA BIEGA	M40	41	00:03:09	01:45:10	02:44:58	03:32:58	04:17:29		04:42:37.20	04:42:37.20	+01:24:36 (29.9%)	6:20	9.5 (70.4%)
42	KARPIŃSKI Tomasz	128		M40	42	00:00:46	01:42:39	02:40:54	03:30:23	04:16:16		04:43:04.55	04:43:04.55	+01:25:03 (30.0%)	6:20	9.5 (70.4%)
43	PANTOŁ Mirosław	149		M40	43	00:00:46	01:40:22	02:38:54	03:30:27	04:16:17		04:43:05.05	04:43:05.05	+01:25:03 (30.0%)	6:20	9.5 (70.4%)
44	WIERNASZ Grzegorz	234	KARCHER SUCHODÓŁ	M40	44	00:01:07	01:46:21	02:44:03	03:31:47	04:18:00		04:44:08.90	04:44:08.90	+01:26:07 (30.3%)	6:22	9.4 (69.6%)
45	DUĆ-SYPOSZ Aureliusz	420		M40	45	00:02:21	01:51:17	02:48:48	03:37:50	04:21:31		04:45:27.45	04:45:27.45	+01:27:26 (30.6%)	6:24	9.4 (69.6%)
46	WĘCŁAŚ Maciej	289	---	M40	46	00:02:23	01:48:21	02:47:42	03:38:50	04:22:37		04:46:42.25	04:46:42.25	+01:28:41 (30.9%)	6:25	9.3 (68.9%)
47	GAWLEWICZ Tomasz	471	GAWĘŁKI TEAM	M40	47	00:01:46	01:45:00	02:43:00	03:33:39	04:20:22		04:47:51.30	04:47:51.30	+01:29:50 (31.2%)	6:27	9.3 (68.9%)
48	WŁOCH Sławomir	241		M40	48	00:01:07	01:46:18	02:44:08	03:35:38	04:22:24		04:48:05.75	04:48:05.75	+01:30:04 (31.3%)	6:27	9.3 (68.9%)
49	JABŁOŃSKI Tomasz	307	INŻYNIERIA BIEGANIA TEAM	M40	49	00:00:42	01:44:03	02:46:54	03:40:36	04:24:05		04:49:31.40	04:49:31.40	+01:31:30 (31.6%)	6:29	9.2 (68.1%)
50	MAJEWICZ Grzegorz	336		M40	50	00:01:37	01:52:06	02:51:59	03:42:00	04:26:24		04:50:39.60	04:50:39.60	+01:32:38 (31.9%)	6:31	9.2 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		44.6km	44.6km			
51	KARUŚ Waldemar	720	14 DAS IM. GEN.BRYG.WACŁAWA WIECZORKIEWICZA	M40	51	00:01:49	01:50:25	02:48:49	03:40:46	04:25:58		04:51:48.10	04:51:48.10	+01:33:47 (32.1%)	6:32	9.2 (68.1%)
52	PODPŁOMYK Andrzej	452	SPORTCZESNA	M40	52	00:01:20	01:41:29	02:43:56	03:37:58	04:25:35		04:52:07.55	04:52:07.55	+01:34:06 (32.2%)	6:32	9.2 (68.1%)
53	KULIBERDA Tomasz	501	TEATR O.DE.LA	M40	53	00:02:06	01:52:56	02:52:07	03:39:23	04:25:58		04:52:24.65	04:52:24.65	+01:34:23 (32.3%)	6:33	9.2 (68.1%)
54	PAŃTAK Sławomir	337	21DAPLOT JAROSŁAW	M40	54	00:01:49	01:50:26	02:48:32	03:40:44	04:26:14		04:52:28.80	04:52:28.80	+01:34:27 (32.3%)	6:33	9.1 (67.4%)
55	ROGAŁA Grzegorz	136		M40	55	00:00:54	01:41:40	02:41:00	03:32:30	04:25:09		04:53:28.90	04:53:28.90	+01:35:27 (32.5%)	6:34	9.1 (67.4%)
56	NOWACZYK Igor	363		M40	56	00:03:27	01:48:22	02:47:58	03:41:09	04:27:06		04:54:57.20	04:54:57.20	+01:36:56 (32.9%)	6:36	9.1 (67.4%)
57	OLEWICZ Piotr	540	GMINA STRZELCE OP	M40	57	00:00:41	01:43:48	02:44:04	03:41:48	04:28:15		04:54:59.35	04:54:59.35	+01:36:58 (32.9%)	6:36	9.1 (67.4%)
58	SIEMIEŃCZUK Robert	654		M40	58	00:01:57	01:52:22	02:52:08	03:44:03	04:29:21		04:55:31.15	04:55:31.15	+01:37:30 (33.0%)	6:37	9.1 (67.4%)
59	GARNCARZ Paweł	742		M40	59	00:03:29	01:50:29	02:49:16	03:42:49	04:29:17		04:55:58.65	04:55:58.65	+01:37:57 (33.1%)	6:38	9 (66.7%)
60	SZYK Artur	531	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	60	00:01:36	01:44:46	02:47:16	03:41:29	04:28:14		04:56:00.50	04:56:00.50	+01:37:59 (33.1%)	6:38	9 (66.7%)
61	JANIK Michał	597	POSZŁA CZOŁGIEM	M40	61	00:01:04	01:38:47	02:38:31	03:38:09	04:27:24		04:56:13.50	04:56:13.50	+01:38:12 (33.2%)	6:38	9 (66.7%)
62	DUDEK Michał	764		M40	62	00:02:06	01:50:22	02:51:00	03:43:41	04:29:28		04:56:24.45	04:56:24.45	+01:38:23 (33.2%)	6:38	9 (66.7%)
63	SIKORA Jacek	582	WATER TEAM	M40	63	00:01:15	01:43:45	02:44:09	03:38:01	04:26:37		04:56:48.35	04:56:48.35	+01:38:47 (33.3%)	6:39	9 (66.7%)
64	WIERZBICKI Tomasz	353		M40	64	00:02:06	01:50:45	02:49:56	03:42:48	04:30:04		04:56:48.60	04:56:48.60	+01:38:47 (33.3%)	6:39	9 (66.7%)
65	MARCELA Marcin	46	FAT MAMA'S SPORT CLUB	M40	65	00:01:07	01:50:24	02:54:16	03:45:20	04:31:01		04:57:03.20	04:57:03.20	+01:39:02 (33.3%)	6:39	9 (66.7%)
66	KOCOT Sebastian	159		M40	66	00:02:17	01:45:53	02:46:13	03:46:01	04:31:44		04:57:03.75	04:57:03.75	+01:39:02 (33.3%)	6:39	9 (66.7%)
67	CZAPLA Arkadiusz	382		M40	67	00:01:06	01:49:12	02:54:17	03:45:26	04:31:02		04:57:05.90	04:57:05.90	+01:39:04 (33.3%)	6:39	9 (66.7%)
68	DZIEWA Przemysław	514	SUPERIOR INDUSTRIES	M40	68	00:01:58	01:55:08	02:55:26	03:48:38	04:33:37		04:57:06.70	04:57:06.70	+01:39:05 (33.4%)	6:39	9 (66.7%)
69	KOT Krzysztof	550	MPK - RZESZÓW	M40	69	00:00:59	01:44:56	02:47:10	03:43:52	04:31:11		04:57:12.65	04:57:12.65	+01:39:11 (33.4%)	6:39	9 (66.7%)
70	KOWALCZYK Mariusz	632	WOLFPACK	M40	70	00:03:48	01:55:24	02:55:32	03:46:08	04:34:15		04:59:57.30	04:59:57.30	+01:41:56 (34.0%)	6:43	8.9 (65.9%)
71	RUTA Mikołaj	687		M40	71	00:01:45	01:55:39	02:55:59	03:49:31	04:37:48		05:03:03.95	05:03:03.95	+01:45:02 (34.7%)	6:47	8.8 (65.2%)
72	CURZYDŁO Bogdan	469	POZYTYWNE ZABIEGANI SANOK	M40	72	00:01:48	01:51:00	02:54:20	03:48:24	04:37:08		05:05:07.60	05:05:07.60	+01:47:06 (35.1%)	6:50	8.8 (65.2%)
73	PAJESTKA Wojciech	39	POZYTYWNE ZABIEGANI SANOK/AZS PWSZ	M40	73	00:01:48	01:51:12	02:48:41	03:48:26	04:37:08		05:05:07.95	05:05:07.95	+01:47:06 (35.1%)	6:50	8.8 (65.2%)
74	CHORZĘPA Mariusz	408	TSA-SANDOMIERZ	M40	74	00:01:55	01:50:30	02:51:15	03:46:18	04:38:32		05:05:08.80	05:05:08.80	+01:47:07 (35.1%)	6:50	8.8 (65.2%)
75	MUCHA Grzegorz	744		M40	75	00:00:52	01:38:08	02:37:45	03:41:53	04:38:56		05:05:16.70	05:05:16.70	+01:47:15 (35.1%)	6:50	8.8 (65.2%)
76	DARCHUK Oleksandr	386		M40	76	00:01:06	01:47:40	02:53:10	03:48:35	04:36:57		05:05:20.60	05:05:20.60	+01:47:19 (35.1%)	6:50	8.8 (65.2%)
77	SADY Sebastian	178		M40	77	00:02:16	01:50:48	02:52:13	03:49:14	04:39:15		05:06:23.00	05:06:23.00	+01:48:21 (35.4%)	6:52	8.7 (64.4%)
78	SWOBODA Jarosław	41	NIGHT RUNNERS GLIWICE	M40	78	00:03:12	01:55:21	02:58:26	03:53:21	04:41:44		05:06:45.90	05:06:45.90	+01:48:44 (35.4%)	6:52	8.7 (64.4%)
79	BIESIEKIERSKI Krzysztof	362	DRUŻYNA WILKA	M40	79	00:02:57	01:49:40	02:53:37	03:47:27	03:51:16		05:07:55.15	05:07:55.15	+01:49:54 (35.7%)	6:54	8.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		44.6km	44.6km			
80	SZYMAŁA Marcin	223	KLUCZBORSKA GRUPA BIEGOWA	M40	80	00:00:54	01:44:21	02:46:08	03:50:44	04:40:56		05:08:30.60	05:08:30.60	+01:50:29 (35.8%)	6:55	8.7 (64.4%)
81	SULEWSKI Maciej	448		M40	81	00:02:04	01:54:02	02:54:48	03:50:24	04:40:09		05:08:57.90	05:08:57.90	+01:50:56 (35.9%)	6:55	8.7 (64.4%)
82	PRÜFER Paweł	422		M40	82	00:02:45	01:51:48	02:51:28	03:47:03	04:38:58		05:10:40.50	05:10:40.50	+01:52:39 (36.3%)	6:57	8.6 (63.7%)
83	DOMINIK Mariusz	248		M40	83	00:01:27	01:54:54	02:57:21	03:57:43	04:44:13		05:11:29.30	05:11:29.30	+01:53:28 (36.4%)	6:59	8.6 (63.7%)
84	KIRILENKO Marcin	481		M40	84	00:00:49	01:48:20	02:54:23	03:55:36	04:43:34		05:11:39.60	05:11:39.60	+01:53:38 (36.5%)	6:59	8.6 (63.7%)
85	KOŚCIAK Jan	210	DZIKIE MUSTANGI	M40	85	00:01:44	01:55:19	03:01:26	03:56:49	04:44:07		05:11:40.80	05:11:40.80	+01:53:39 (36.5%)	6:59	8.6 (63.7%)
86	DEMBNY Tomasz	718		M40	86	00:00:54	01:43:10	02:58:42	03:56:22	04:45:48		05:11:43.70	05:11:43.70	+01:53:42 (36.5%)	6:59	8.6 (63.7%)
87	KONOPKA Bartosz	682	TRÓJKA/ZWIEDZANIE PRZEZ BIEGANIE	M40	87	00:00:50	01:50:30	02:55:12	03:56:36	04:43:52		05:12:53.10	05:12:53.10	+01:54:52 (36.7%)	7:00	8.6 (63.7%)
88	BŁAJSZCZAK Karol	395	TSA	M40	88	00:01:55	01:53:03	02:55:22	03:50:51	04:43:49		05:13:17.75	05:13:17.75	+01:55:16 (36.8%)	7:01	8.5 (63.0%)
89	DALKA Paweł	391	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	89	00:01:37	01:51:15	02:54:51	03:53:50	04:45:44		05:14:32.45	05:14:32.45	+01:56:31 (37.0%)	7:03	8.5 (63.0%)
90	SZMUC Jacek	177		M40	90	00:01:20	01:52:03	02:59:26	03:59:49	04:47:55		05:14:54.95	05:14:54.95	+01:56:53 (37.1%)	7:03	8.5 (63.0%)
91	MAJCHROWSKI Jacek	87	CKB TARNOBRZEG	M40	91	00:00:58	01:51:48	02:55:53	03:57:50	04:47:58		05:15:06.90	05:15:06.90	+01:57:05 (37.2%)	7:03	8.5 (63.0%)
92	KOCHANIEC Waldemar	243	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	M40	92	00:03:14	01:57:09	03:03:46	04:02:41	04:50:36		05:16:22.40	05:16:22.40	+01:58:21 (37.4%)	7:05	8.5 (63.0%)
93	MIROSŁAW Albert	442	WW TEAM	M40	93	00:02:54	01:59:15	03:01:15	04:03:25	04:50:32		05:17:16.00	05:17:16.00	+01:59:14 (37.6%)	7:06	8.4 (62.2%)
94	KŁOSOK Adam	13	INŻYNIERIA BIEGANIA	M40	94	00:00:46	01:52:46	03:09:00	04:07:57	04:51:29		05:17:18.45	05:17:18.45	+01:59:17 (37.6%)	7:06	8.4 (62.2%)
95	NIEDZIELA Marcin	292	FAT MAMA'S SPORT CLUB	M40	95	00:01:06	01:58:34	03:02:29	04:01:05	04:50:29		05:18:02.40	05:18:02.40	+02:00:01 (37.7%)	7:07	8.4 (62.2%)
96	JAMA Rafał	525	WATER TEAM	M40	96	00:01:16	01:52:49	02:55:46	03:58:44	04:49:37		05:18:13.00	05:18:13.00	+02:00:11 (37.8%)	7:08	8.4 (62.2%)
97	BERNAŚ Dariusz	569	BUT BIŁGORAJ ULTRA TRAIL	M40	97	00:01:25	01:54:58	02:59:14	03:59:48	04:50:28		05:18:59.85	05:18:59.85	+02:00:58 (37.9%)	7:09	8.4 (62.2%)
98	BUTRYN Wojciech	272		M40	98	00:01:00	01:55:50	03:02:12	04:02:05	04:50:42		05:19:11.40	05:19:11.40	+02:01:10 (38.0%)	7:09	8.4 (62.2%)
99	STEMPKOWICZ Jacek	325		M40	99	00:01:55	01:45:37	02:54:43	03:56:12	04:48:52		05:19:55.05	05:19:55.05	+02:01:53 (38.1%)	7:10	8.4 (62.2%)
100	AMBROZIAK Rafał	347	KONIUCHY OCR	M40	100	00:01:39	01:57:05	03:02:29	03:58:20	04:50:29		05:19:58.20	05:19:58.20	+02:01:57 (38.1%)	7:10	8.4 (62.2%)
101	JAKUBAS Paweł	370	WPJ TEAM	M40	101	00:01:14	01:54:49	03:01:40	03:59:51	04:52:38		05:20:30.65	05:20:30.65	+02:02:29 (38.2%)	7:11	8.3 (61.5%)
102	SERAFIN Robert	660		M40	102	00:03:12	02:00:56	03:03:31	04:00:02	04:53:27		05:23:34.40	05:23:34.40	+02:05:33 (38.8%)	7:15	8.3 (61.5%)
103	PACHO Sylwester	708		M40	103	00:02:02	01:59:42	03:08:32	04:02:23	04:53:28		05:23:34.50	05:23:34.50	+02:05:33 (38.8%)	7:15	8.3 (61.5%)
104	TYMOSZUK Michał	691	KB BIAŁA BIEGA	M40	104	00:03:08	02:01:24	03:09:59	04:09:40	04:57:20		05:23:36.35	05:23:36.35	+02:05:35 (38.8%)	7:15	8.3 (61.5%)
105	SUMARA Wojciech	357	NIEZRZESZONY	M40	105			03:03:53	04:05:08	04:56:07		05:26:35.20	05:26:35.20	+02:08:34 (39.4%)	7:19	8.2 (60.7%)
106	CISKI Piotr	170		M40	106	00:02:20	01:54:51	03:03:55	04:03:51	04:57:20		05:26:35.70	05:26:35.70	+02:08:34 (39.4%)	7:19	8.2 (60.7%)
107	JEDLIŃSKI Bartosz	60	MARATOŃCZYK DĘBICA	M40	107	00:00:36	01:56:07	03:07:56	04:05:32	04:56:36		05:27:22.90	05:27:22.90	+02:09:21 (39.5%)	7:20	8.2 (60.7%)
108	KOSMĘDA Piotr Michał	195		M40	108	00:01:02	02:00:23	03:14:38	04:13:34	05:02:36		05:27:30.90	05:27:30.90	+02:09:29 (39.5%)	7:20	8.2 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
109	HAJDO Robert	319		M40	109	00:02:32	02:00:05	03:04:37	04:08:52	04:59:39		05:29:15.55	05:29:15.55	+02:11:14 (39.9%)	7:22	8.1 (60.0%)
110	OSZCZĘDA Krzysztof	443	ZARAZIĆ PASJĄ	M40	110	00:01:34	02:01:18	03:08:18	04:10:09	05:00:36		05:29:16.95	05:29:16.95	+02:11:15 (39.9%)	7:22	8.1 (60.0%)
111	STĘPIEŃ Wojciech	74	JM RUNNING TEAM	M40	111	00:03:19	02:02:22	03:12:43	04:14:37	05:03:55		05:31:52.15	05:31:52.15	+02:13:51 (40.3%)	7:26	8.1 (60.0%)
112	DADAŚ Janusz	27	NIGHT RUNNERS GLIWICE	M40	112	00:02:58	02:03:00	03:16:54	04:18:09	05:04:48		05:32:09.10	05:32:09.10	+02:14:08 (40.4%)	7:26	8.1 (60.0%)
113	DUKATA Grzegorz	697	MGW	M40	113	00:01:01	02:06:51	03:19:42	04:19:40	05:06:56		05:34:36.15	05:34:36.15	+02:16:35 (40.8%)	7:30	8 (59.3%)
114	BĘBEN Robert	613	OSTROBIEC	M40	114	00:01:35	02:07:16	03:19:07	04:19:10	05:06:10		05:34:41.45	05:34:41.45	+02:16:40 (40.8%)	7:30	8 (59.3%)
115	PIEKARSKI Wojciech	221	RAP AUGUSTÓW	M40	115	00:02:25	02:05:33	03:17:49	04:22:01	05:11:36		05:41:41.25	05:41:41.25	+02:23:40 (42.0%)	7:39	7.8 (57.8%)
116	WAWRZAK Ryszard	48	NIGHT RUNNERS GLIWICE	M40	116	00:03:08	02:03:46	03:16:56	04:18:34	05:11:19		05:41:55.60	05:41:55.60	+02:23:54 (42.1%)	7:39	7.8 (57.8%)
117	FRAĆ Dariusz	37	NIGHT RUNNERS GLIWICE	M40	117	00:03:08	02:03:42	03:16:45	04:20:05	05:12:24		05:41:55.80	05:41:55.80	+02:23:54 (42.1%)	7:39	7.8 (57.8%)
118	STODULSKI Krzysztof	348	KUTNO BIEGA	M40	118	00:01:40	02:03:23	03:17:46	04:25:46	05:15:45		05:44:41.80	05:44:41.80	+02:26:40 (42.6%)	7:43	7.8 (57.8%)
119	JĘDRZEJCZYK Tomasz	512	CHYBA NIE DAM RADY	M40	119	00:02:07	02:04:50	03:18:41	04:22:08	05:13:16		05:44:45.00	05:44:45.00	+02:26:43 (42.6%)	7:43	7.8 (57.8%)
120	TOKARZ Marcin	434		M40	120	00:00:53	02:04:31	03:22:38	04:23:28	05:13:07		05:45:25.40	05:45:25.40	+02:27:24 (42.7%)	7:44	7.7 (57.0%)
121	MAJTYKA Tomasz	167	LOS TREPOS COMPANIEROS	M40	121	00:02:37	02:06:09	03:18:45	04:26:16	05:17:18		05:45:28.65	05:45:28.65	+02:27:27 (42.7%)	7:44	7.7 (57.0%)
122	ZNAMIEC Marcin	563	IPA PAŁAC MOSTOWSKICH KSP	M40	122	00:03:36	02:08:48	03:23:26	04:27:12	05:18:57		05:47:15.60	05:47:15.60	+02:29:14 (43.0%)	7:47	7.7 (57.0%)
123	BEŁKOT Arkadiusz	703		M40	123	00:01:46	02:03:43	03:17:33	04:21:11	05:13:07		05:48:04.25	05:48:04.25	+02:30:03 (43.1%)	7:48	7.7 (57.0%)
124	PATRYK Jacek	527		M40	124	00:01:46	02:03:47	03:17:35	04:21:13	05:13:08		05:48:04.55	05:48:04.55	+02:30:03 (43.1%)	7:48	7.7 (57.0%)
125	WRÓBEL Dariusz	287	TEAM ZABIEGANEDNI	M40	125	00:02:01	02:05:26	03:25:16	04:27:34	05:18:35		05:48:32.65	05:48:32.65	+02:30:31 (43.2%)	7:48	7.7 (57.0%)
126	BIEL Tomasz	552		M40	126	00:02:45	02:07:18	03:27:20	04:27:12	05:19:49		05:48:34.95	05:48:34.95	+02:30:33 (43.2%)	7:48	7.7 (57.0%)
127	STOPA Marcin	571	WWW.RUNRZESZOW.PL	M40	127	00:02:08	01:54:40	03:05:51	04:19:23	05:16:53		05:51:03.70	05:51:03.70	+02:33:02 (43.6%)	7:52	7.6 (56.3%)
128	ZAKRZEWSKI Marek	683	EKOBIEGI	M40	128	00:01:25	02:05:14	03:15:57	04:20:52	05:17:55		05:51:04.95	05:51:04.95	+02:33:03 (43.6%)	7:52	7.6 (56.3%)
129	TOKARSKI Rafał	626		M40	129	00:02:18	01:58:24	03:14:23	04:23:42	05:18:01		05:52:37.45	05:52:37.45	+02:34:36 (43.8%)	7:54	7.6 (56.3%)
130	PAŚNIK Paweł	598	AKB CRACOVIA	M40	130	00:03:09	02:05:20	03:20:25	04:27:50	05:21:10		05:53:07.00	05:53:07.00	+02:35:05 (43.9%)	7:55	7.6 (56.3%)
131	SZACHEWICZ Sławomir	554	JEŻOZWIERZE GROUP	M40	131	00:02:59	02:05:16	03:19:14	04:30:28	05:24:28		05:56:14.20	05:56:14.20	+02:38:13 (44.4%)	7:59	7.5 (55.6%)
132	FRAŃZEK Maciej	726		M40	132		02:16:42	03:29:50	04:35:31	05:27:55		05:56:28.75	05:56:28.75	+02:38:27 (44.5%)	7:59	7.5 (55.6%)
133	SKOWRON Radosław	364		M40	133	00:05:01	02:16:40	03:29:48	04:35:16	05:27:56		05:56:29.30	05:56:29.30	+02:38:28 (44.5%)	7:59	7.5 (55.6%)
134	BARAN Bernard	665	OCR TEAM DĘBICA	M40	134	00:02:14	02:13:06	03:28:23	04:34:25	05:26:13		05:56:33.85	05:56:33.85	+02:38:32 (44.5%)	7:59	7.5 (55.6%)
135	ZIELONKA Mariusz	245		M40	135	00:03:19	02:15:16	03:26:34	04:32:02	05:26:52		05:57:26.95	05:57:26.95	+02:39:25 (44.6%)	8:00	7.5 (55.6%)
136	SWOROWSKI Maciej	464	WOLSZTYNSKI KLUB BIEGOWY	M40	136	00:01:54	02:14:48	03:31:25	04:32:56	05:27:52		05:58:28.60	05:58:28.60	+02:40:27 (44.8%)	8:02	7.5 (55.6%)
137	PISIGNAS Mariusz	400	NIGHT RUNNERS GLIWICE	M40	137	00:02:59	02:09:10	03:26:59	04:39:25	05:29:38		05:58:30.80	05:58:30.80	+02:40:29 (44.8%)	8:02	7.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k					Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			Różn
138	RAMOTOWSKI Marcin	93	GERLACH SMUGGLERS	M40	138	00:01:10	02:03:59	03:23:29	04:33:11	05:27:26		05:59:07.95	05:59:07.95	+02:41:06 (44.9%)	8:03	7.5 (55.6%)
139	PIASNY Paweł	746		M40	139	00:01:01	02:06:52	03:24:49	04:33:08	05:28:03		05:59:13.90	05:59:13.90	+02:41:12 (44.9%)	8:03	7.4 (54.8%)
140	KOWALSKI Maciej	268	MORSY OŚNO LUBUSKIE	M40	140	00:01:54	02:02:50	03:20:58	04:31:48	05:29:26		06:00:23.80	06:00:23.80	+02:42:22 (45.1%)	8:04	7.4 (54.8%)
141	ROŹNIATA Andrzej	640	KS GŁOWNO W BIEGU	M40	141	00:00:56	01:59:14	03:15:11	04:26:56	05:27:27		06:00:32.50	06:00:32.50	+02:42:31 (45.1%)	8:05	7.4 (54.8%)
142	KISIŃSKI Jarosław	589	COMP S.A. / NOVITUS	M40	142	00:01:08	02:04:26	03:16:40	04:24:50	05:30:12		06:00:32.55	06:00:32.55	+02:42:31 (45.1%)	8:05	7.4 (54.8%)
143	GŁOWACKI Andrzej	468	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	M40	143	00:01:03	01:58:31	03:18:09	04:29:06	05:26:03		06:00:38.60	06:00:38.60	+02:42:37 (45.1%)	8:05	7.4 (54.8%)
144	RYBAK Wojciech	595	GOPR BIESZCZADY	M40	144		02:06:46	03:20:55	04:35:43	05:31:47		06:00:46.40	06:00:46.40	+02:42:45 (45.1%)	8:05	7.4 (54.8%)
145	WOJTOWICZ Daniel	444	NAUKA BIEGA	M40	145	00:00:52	02:04:32	03:22:52	04:32:50	05:29:40		06:01:35.95	06:01:35.95	+02:43:34 (45.2%)	8:06	7.4 (54.8%)
146	WAJCOWICZ Witold	150	POZYTYWNE ZABIEGANI SANOK	M40	146	00:01:47	02:12:20	03:30:21	04:37:32	05:32:44		06:04:01.80	06:04:01.80	+02:46:00 (45.6%)	8:09	7.4 (54.8%)
147	WIENER Marcin	456		M40	147	00:03:29	02:11:03	03:26:28	04:34:11	05:29:41		06:04:25.65	06:04:25.65	+02:46:24 (45.7%)	8:10	7.3 (54.1%)
148	BURZYŃSKI Tomasz	545	-	M40	148	00:01:23	02:02:54	03:26:44	04:35:04	05:31:36		06:04:34.25	06:04:34.25	+02:46:33 (45.7%)	8:10	7.3 (54.1%)
149	MAŁKIEWICZ Dariusz	437	PGB SPORTOWA PACZKA	M40	149	00:02:00	02:08:56	03:28:42	04:36:11	05:33:43		06:04:55.05	06:04:55.05	+02:46:53 (45.7%)	8:10	7.3 (54.1%)
150	FOGEL Janusz	256	PTG SOKÓŁ ŚWIAT PRACY	M40	150	00:02:15	02:12:22	03:29:12	04:38:03	05:34:04		06:04:58.55	06:04:58.55	+02:46:57 (45.7%)	8:10	7.3 (54.1%)
151	GĄSIOROWSKI Maciej	555		M40	151	00:04:47	02:21:33	03:41:21	04:43:33	05:36:35		06:05:04.15	06:05:04.15	+02:47:03 (45.8%)	8:11	7.3 (54.1%)
152	JAKUBOWSKI Daniel	242	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M40	152	00:03:15	02:12:09	03:35:26	04:46:14	05:37:33		06:05:17.00	06:05:17.00	+02:47:15 (45.8%)	8:11	7.3 (54.1%)
153	KOPER Jacek	756		M40	153	00:03:04	02:07:22	03:21:52	04:29:21	05:30:59		06:06:49.40	06:06:49.40	+02:48:48 (46.0%)	8:13	7.3 (54.1%)
154	STONOGA Tomasz	679	KITE&RUN FAN	M40	154	00:01:42	02:14:35	03:32:52	04:36:07	05:33:23		06:06:51.30	06:06:51.30	+02:48:50 (46.0%)	8:13	7.3 (54.1%)
155	CWOJDZIŃSKI Piotr	228	NIGHT RUNNERS POZNAŃ	M40	155	00:02:53	02:09:22	03:28:21	04:41:12	05:36:08		06:07:01.85	06:07:01.85	+02:49:00 (46.0%)	8:13	7.3 (54.1%)
156	KWIECIEŃ Krzysztof	668	4K TEAM TARNÓW	M40	156	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		06:07:03.30	06:07:03.30	+02:49:02 (46.1%)	8:13	7.3 (54.1%)
157	BURY Marek	103		M40	157	00:02:19	02:11:15	03:35:23	04:44:49	05:38:30		06:07:29.75	06:07:29.75	+02:49:28 (46.1%)	8:14	7.3 (54.1%)
158	RENKIEL Tomasz	758		M40	158	00:03:17	02:03:36	03:29:57	04:41:36	05:37:34		06:07:31.40	06:07:31.40	+02:49:30 (46.1%)	8:14	7.3 (54.1%)
159	JANIK Janusz	91	NIGHT RUNNERS GLIWICE	M40	159	00:03:18	02:03:36	03:29:56	04:41:35	05:37:35		06:07:31.70	06:07:31.70	+02:49:30 (46.1%)	8:14	7.3 (54.1%)
160	KORBA Michał	214		M40	160	00:01:25	02:21:54	03:48:01	04:46:12	05:38:30		06:07:43.75	06:07:43.75	+02:49:42 (46.2%)	8:14	7.3 (54.1%)
161	CHWALISZEWSKI Jarosław	108	NIGHT RUNNERS GLIWICE	M40	161	00:03:17	02:04:40	03:28:10	04:41:34	05:38:05		06:08:39.40	06:08:39.40	+02:50:38 (46.3%)	8:15	7.3 (54.1%)
162	CĘCELEWSKI Jarosław	510		M40	162	00:03:18	02:21:22	03:33:58	04:41:53	05:37:32		06:10:06.60	06:10:06.60	+02:52:05 (46.5%)	8:17	7.2 (53.3%)
163	PIGAN Wiesław	361	B B L-JAROSŁAW	M40	163	00:02:01	02:12:21	03:32:05	04:41:28	05:38:49		06:10:25.80	06:10:25.80	+02:52:24 (46.5%)	8:18	7.2 (53.3%)
164	KOŁODZIEJ Jacek	84	NIGHT RUNNERS GLIWICE	M40	164	00:03:17	02:04:56	03:30:00	04:41:34	05:38:22		06:11:22.55	06:11:22.55	+02:53:21 (46.7%)	8:19	7.2 (53.3%)
165	ZIELIŃSKI Rafał	428		M40	165	00:01:01	02:12:53	03:37:38	04:50:27	05:41:40		06:12:51.20	06:12:51.20	+02:54:50 (46.9%)	8:21	7.2 (53.3%)
166	PAWLETA Michał	24	NIGHT RUNNERS GLIWICE	M40	166	00:03:16	02:16:27	03:37:47	04:44:01	05:40:11		06:13:08.75	06:13:08.75	+02:55:07 (46.9%)	8:21	7.2 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		44.6km	44.6km			
167	HALIŻAK Norbert	474	WIELUŃ BIEGA	M40	167	00:02:04	02:19:52	03:35:07	04:42:03	05:40:33		06:13:12.40	06:13:12.40	+02:55:11 (46.9%)	8:22	7.2 (53.3%)
168	HOROWSKI Tomasz	25	RUNHOGS TYCHY	M40	168	00:01:38	02:10:47	03:27:41	04:40:55	05:38:58		06:13:34.80	06:13:34.80	+02:55:33 (47.0%)	8:22	7.2 (53.3%)
169	BAJOREK Jan	699		M40	169	00:00:56	01:53:28	03:20:21	04:56:08	05:46:40		06:14:00.50	06:14:00.50	+02:55:59 (47.1%)	8:23	7.2 (53.3%)
170	PAROL Paweł	349	-	M40	170	00:01:31	02:07:09	03:31:40	04:44:12	05:40:28		06:14:09.25	06:14:09.25	+02:56:08 (47.1%)	8:23	7.2 (53.3%)
171	DYBKA Rafał	244	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	M40	171	00:01:34	02:03:44	03:29:13	04:40:16	05:38:32		06:14:36.20	06:14:36.20	+02:56:35 (47.1%)	8:23	7.1 (52.6%)
172	ZBICIAK Grzegorz	384	ŁĘCZNA BIEGA	M40	172	00:02:20	02:16:23	03:37:08	04:50:31	05:43:16		06:15:09.90	06:15:09.90	+02:57:08 (47.2%)	8:24	7.1 (52.6%)
173	GOSZCZYŃSKI Piotrek	733		M40	173	00:02:30	02:13:26	03:33:44	04:45:30	05:43:00		06:15:14.20	06:15:14.20	+02:57:13 (47.2%)	8:24	7.1 (52.6%)
174	GALUS Jacek	225		M40	174	00:01:55	02:20:20	03:39:55	04:52:12	05:47:00		06:18:21.55	06:18:21.55	+03:00:20 (47.7%)	8:28	7.1 (52.6%)
175	JĘDRUSZCZAK Robert	113	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	M40	175	00:02:13	02:08:58	03:31:44	04:45:25	05:44:52		06:19:45.15	06:19:45.15	+03:01:44 (47.9%)	8:30	7 (51.9%)
176	KULA Robert	126		M40	176	00:01:30	01:59:44	03:31:41	04:55:36	05:51:57		06:19:49.00	06:19:49.00	+03:01:47 (47.9%)	8:30	7 (51.9%)
177	MICHOŃ Kamil	593	BIEGAMWTARNOWIE	M40	177	00:01:32	02:07:35	03:32:15	04:51:16	05:48:24		06:21:12.60	06:21:12.60	+03:03:11 (48.1%)	8:32	7 (51.9%)
178	SAMOSIEJ Jakub	473	JUMP&FLY, KABATY	M40	178	00:01:47	02:09:46	03:38:57	04:48:53	05:47:03		06:23:58.75	06:23:58.75	+03:05:57 (48.4%)	8:36	7 (51.9%)
179	MARKIEWICZ Rafał	316		M40	179	00:02:13	02:17:22	03:40:13	04:55:08	05:52:38		06:24:23.95	06:24:23.95	+03:06:22 (48.5%)	8:37	7 (51.9%)
180	CHMIELARZ Dariusz	277		M40	180	00:02:05	02:09:02	03:25:56	04:41:36	05:46:26		06:24:46.35	06:24:46.35	+03:06:45 (48.5%)	8:37	7 (51.9%)
181	WRÓBEL Dominik	321	AZS PWSZ KROSNO	M40	181	00:03:05	02:18:44	03:35:57	04:46:13	05:49:26		06:26:43.85	06:26:43.85	+03:08:42 (48.8%)	8:40	6.9 (51.1%)
182	LUC Adam	326	BIEGUSIEM.PL	M40	182	00:02:37	02:17:39	03:39:01	04:53:36	05:52:37		06:26:55.80	06:26:55.80	+03:08:54 (48.8%)	8:40	6.9 (51.1%)
183	BUJAKOWSKI Patryk	406		M40	183	00:03:01	02:22:33	03:49:34	04:53:39	05:53:22		06:27:00.95	06:27:00.95	+03:08:59 (48.8%)	8:40	6.9 (51.1%)
184	KOZAK Marcin	107	SAINT-GOBAIN SQUAD	M40	184	00:02:21	02:04:36	03:27:43	04:49:37	05:46:10		06:27:59.90	06:27:59.90	+03:09:58 (49.0%)	8:41	6.9 (51.1%)
185	KULDANEK Marcin	204	DOGOŃ GRODZISK MAZOWIECKI	M40	185	00:02:13	02:15:20	03:41:06	04:54:47	05:52:00		06:28:01.20	06:28:01.20	+03:10:00 (49.0%)	8:41	6.9 (51.1%)
186	WILK Andreas	127		M40	186	00:01:38	02:17:44	03:44:27	04:58:52	05:57:24		06:29:31.10	06:29:31.10	+03:11:30 (49.2%)	8:44	6.9 (51.1%)
187	KUREK Mariusz	496	MARATOŃCZYK DĘBICA	M40	187	00:01:45	02:12:33	03:37:19	04:52:09	05:53:19		06:29:34.00	06:29:34.00	+03:11:32 (49.2%)	8:44	6.9 (51.1%)
188	SANECKI Robert	165	SPRINT GORZYCE	M40	188	00:01:37	02:12:13	03:39:06	04:59:03	05:59:37		06:32:04.55	06:32:04.55	+03:14:03 (49.5%)	8:47	6.8 (50.4%)
189	JĘDRZEJCZYK Robert	677	CHYBA NIE DAM RADY	M40	189	00:02:09	02:18:06	03:41:56	04:53:50	05:59:14		06:32:56.15	06:32:56.15	+03:14:55 (49.6%)	8:48	6.8 (50.4%)
190	SIKORA Sławomir	457	RACEBROTHERS	M40	190	00:01:33	02:07:52	03:31:22	04:51:39	05:54:42		06:34:58.40	06:34:58.40	+03:16:57 (49.9%)	8:51	6.8 (50.4%)
191	SOBCZAK Mikołaj	371	WYBIEGANI TEAM	M40	191	00:01:14	02:30:48	03:57:12	05:00:19	06:00:32		06:36:37.60	06:36:37.60	+03:18:36 (50.1%)	8:53	6.7 (49.6%)
192	GOLUBA Krzysztof	305		M40	192	00:01:17	02:13:17	03:39:18	04:51:56	05:59:07		06:36:47.70	06:36:47.70	+03:18:46 (50.1%)	8:53	6.7 (49.6%)
193	ZGÓRSKI Grzegorz	769	NIGHT RUNNERS GLIWICE	M40	193	00:03:02	02:14:08	03:46:26	05:03:10	06:07:15		06:37:15.90	06:37:15.90	+03:19:14 (50.2%)	8:54	6.7 (49.6%)
194	STANISŁAWSKI Tomasz	142	KLUB BIEGACZA RTV EURO AGD	M40	194	00:01:50	02:24:07	03:46:56	04:59:09	05:59:38		06:37:34.90	06:37:34.90	+03:19:33 (50.2%)	8:54	6.7 (49.6%)
195	MISZCZYK Marcin	417		M40	195	00:02:25	02:35:00	03:57:03	05:04:24	06:03:49		06:39:15.80	06:39:15.80	+03:21:14 (50.4%)	8:57	6.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		44.6km	44.6km		min/km	km/h
196	ZIELONKA Bogumił	530	PKB ENDORFINA	M40	196	00:03:18	02:21:51	03:52:46	05:06:29	06:05:43		06:39:52.40	06:39:52.40	+03:21:51 (50.5%)	8:57	6.7 (49.6%)
197	PRZYBYLSKI Mariusz	383	PGB SPORTOWA PACZKA	M40	197	00:02:02	02:15:59	03:35:58	04:57:24	06:00:53		06:41:12.00	06:41:12.00	+03:23:10 (50.6%)	8:59	6.7 (49.6%)
198	PRYSZCZ Mirosław	50		M40	198	00:02:59	02:14:09	03:46:24	05:03:11	06:07:14		06:42:09.15	06:42:09.15	+03:24:08 (50.8%)	9:01	6.7 (49.6%)
199	KAZANOWSKI Marcin	620	OFIARY KAMIENCA	M40	199	00:02:10	02:24:53	03:48:27	05:03:08	06:09:09		06:45:07.70	06:45:07.70	+03:27:06 (51.1%)	9:05	6.6 (48.9%)
200	ROMAN Paweł	546	KS BARAKUDA MIŃSK MAZOWIECKI	M40	200	00:03:20	02:17:40	03:50:01	05:13:50	06:12:52		06:47:59.15	06:47:59.15	+03:29:58 (51.5%)	9:08	6.6 (48.9%)
201	RYSIAWA Marek	547	BEZ	M40	201	00:03:20	02:17:49	03:49:57	05:13:53	06:13:04		06:47:59.20	06:47:59.20	+03:29:58 (51.5%)	9:08	6.6 (48.9%)
202	KUCIŃSKI Tomasz	403	MKB DREPTAK	M40	202	00:03:22	02:17:46	03:49:59	05:13:56	06:13:05		06:48:01.70	06:48:01.70	+03:30:00 (51.5%)	9:08	6.6 (48.9%)
203	KUREK Stanisław	327		M40	203	00:03:30	02:23:27	03:50:25	05:09:22	06:16:04		06:53:35.60	06:53:35.60	+03:35:34 (52.1%)	9:16	6.5 (48.1%)
204	TUTAK Daniel	737	FURIOSI POLANKA	M40	204	00:02:51	02:30:09	03:57:08	05:14:40	06:17:50		06:54:06.35	06:54:06.35	+03:36:05 (52.2%)	9:17	6.5 (48.1%)
205	KALICKI Irek	713	GCW ACADEMY	M40	205	00:01:47	02:25:00	06:19:51				06:55:24.40	06:55:24.40	+03:37:23 (52.3%)	9:18	6.4 (47.4%)
206	BAĆMAGA Jan	666	JPII - MAZOWSZANY	M40	206	00:01:46	02:21:41	03:50:44	05:14:52	06:20:22		07:00:44.50	07:00:44.50	+03:42:43 (52.9%)	9:26	6.4 (47.4%)
207	KOSIERKIEWICZ Grzegorz	760		M40	207	00:01:27	02:32:48	04:06:02	05:14:58	06:22:10		07:00:59.65	07:00:59.65	+03:42:58 (53.0%)	9:26	6.4 (47.4%)
208	WILIMSKI Tomasz	34	NIGHT RUNNERS	M40	208	00:03:16	02:30:08	03:53:42	05:21:37	06:25:26		07:02:19.80	07:02:19.80	+03:44:18 (53.1%)	9:28	6.3 (46.7%)
209	DWORAK Adam	658	TAJFUN	M40	209	00:02:05	02:18:27	03:54:00	05:20:06	06:26:30		07:03:00.50	07:03:00.50	+03:44:59 (53.2%)	9:29	6.3 (46.7%)
210	URBANOWICZ Łukasz	339		M40	210	00:02:25	02:36:36	06:25:23				07:03:34.75	07:03:34.75	+03:45:33 (53.3%)	9:29	6.3 (46.7%)
211	ADAMSKI Bartłomiej	366		M40	211	00:02:26	02:37:28	04:10:26	05:24:58	06:25:22		07:03:41.00	07:03:41.00	+03:45:39 (53.3%)	9:29	6.3 (46.7%)
212	KONOPACKI Krzysztof	451	ABY DO METY	M40	212	00:02:57	02:29:08	04:03:13	05:23:22	06:30:16		07:06:36.65	07:06:36.65	+03:48:35 (53.6%)	9:33	6.3 (46.7%)
213	KACZKIEWICZ Damian	270	NIGHT RUNNERS GLIWICE	M40	213	00:02:51	02:38:14	04:02:57	05:23:32	06:29:09		07:07:14.60	07:07:14.60	+03:49:13 (53.7%)	9:34	6.3 (46.7%)
214	MAJCHROWICZ Andrzej	250		M40	214	00:03:18	02:30:51	06:28:32				07:09:28.60	07:09:28.60	+03:51:27 (53.9%)	9:37	6.2 (45.9%)
215	KURKUS Aleksander	259	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	M40	215	00:02:03	02:30:11	06:32:03				07:11:23.10	07:11:23.10	+03:53:22 (54.1%)	9:40	6.2 (45.9%)
216	GIENIECZKO Marcin	723		M40	216	00:02:31	02:37:26	04:07:19	05:25:22	06:34:04		07:12:47.50	07:12:47.50	+03:54:46 (54.2%)	9:42	6.2 (45.9%)
217	CEBRAT Tomasz	133	POZYTYWNIIE ZABIEGANI SANOK	M40	217	00:02:41	02:32:55	04:08:24	05:30:04	06:36:37		07:16:12.75	07:16:12.75	+03:58:11 (54.6%)	9:46	6.1 (45.2%)
218	WÓJTOWICZ Paweł	131	LUBLIN BIEGA	M40	218	00:02:53	02:37:37	04:09:10	05:31:52	06:39:31		07:17:30.75	07:17:30.75	+03:59:29 (54.7%)	9:48	6.1 (45.2%)
219	PIECH Adam	71	PORANNY PATROL	M40	219	00:03:15	02:49:44	04:35:24	06:02:35	07:07:19		07:48:55.40	07:48:55.40	+04:30:54 (57.8%)	10:30	5.7 (42.2%)
220	BAJAK Mirosław	119		M40	220	00:01:34	02:51:40	04:37:06	06:07:21	07:26:12		08:02:30.95	08:02:30.95	+04:44:29 (59.0%)	10:49	5.5 (40.7%)
	TYLKA Przemysław	278		M40		00:02:07 DNF	02:44:18 DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	UNIEJEWSKI Tomasz	573	UMBA	M40		00:01:17 DNF	02:03:02 DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)

Znaleziono 222 wynik(ów)