

# 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**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

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	<b>KOCZWARA Tomasz</b>	<b>3</b>		M40	1	00:00:36	01:15:32	01:55:49	02:29:07	03:00:32		<b>03:18:01.10</b>	<b>03:18:01.10</b>		4:26	13.5 (100%)
2	<b>KIDA Paweł</b>	<b>659</b>		M20	1			02:02:47	02:36:28	03:10:27		<b>03:28:10.35</b>	<b>03:28:10.35</b>	+00:10:09 (4.9%)	4:40	12.9 (95.6%)
3	<b>JENDRYCH Artur</b>	<b>701</b>	BIEGAJACY ŚWIDNIK	M20	2	00:00:31	01:21:07	02:02:34	02:38:45	03:11:22		<b>03:29:59.40</b>	<b>03:29:59.40</b>	+00:11:58 (5.7%)	4:42	12.7 (94.1%)
4	<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>	+00:13:44 (6.5%)	4:44	12.6 (93.3%)
5	<b>CZYŻ Grzegorz</b>	<b>212</b>	GRUPA AZOTY - AUTOMATYKA TARNÓW	M50	1	00:00:37	01:18:10	01:59:39	02:36:03	03:12:19		<b>03:33:00.10</b>	<b>03:33:00.10</b>	+00:14:59 (7.0%)	4:46	12.6 (93.3%)
6	<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>	+00:15:07 (7.1%)	4:46	12.6 (93.3%)
7	<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>	+00:16:15 (7.6%)	4:48	12.5 (92.6%)
8	<b>SZAPAR Przemysław</b>	<b>732</b>	BIEGAMINA. SCARPA	M40	2	00:00:42	01:21:06	02:03:47	02:40:15	03:17:20		<b>03:39:29.70</b>	<b>03:39:29.70</b>	+00:21:28 (9.8%)	4:55	12.2 (90.4%)
9	<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>	+00:21:51 (9.9%)	4:55	12.2 (90.4%)
10	<b>MORAWA Mateusz</b>	<b>754</b>	LACHO TEAM	M40	3	00:00:42	01:26:59	02:13:07	02:48:42	03:23:22		<b>03:42:49.30</b>	<b>03:42:49.30</b>	+00:24:48 (11.1%)	4:59	12 (88.9%)
11	<b>ZIAJKA Karol</b>	<b>739</b>		M20	3	00:02:04	01:27:12	02:12:35	02:50:22	03:24:33		<b>03:42:54.20</b>	<b>03:42:54.20</b>	+00:24:53 (11.2%)	4:59	12 (88.9%)
12	<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>	+00:25:42 (11.5%)	5:00	12 (88.9%)
13	<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>	+00:28:04 (12.4%)	5:04	11.8 (87.4%)
14	<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>	+00:29:19 (12.9%)	5:05	11.8 (87.4%)
15	<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>	+00:30:34 (13.4%)	5:07	11.7 (86.7%)
16	<b>WÓJCIK Jacek</b>	<b>449</b>		M40	4	00:01:14	01:28:11	02:15:21	02:53:25	03:30:29		<b>03:49:32.15</b>	<b>03:49:32.15</b>	+00:31:31 (13.7%)	5:08	11.7 (86.7%)
17	<b>PASIECZNY Robert</b>	<b>393</b>	FARTLEK GO	M40	5	00:00:38	01:26:09	02:12:34	02:50:37	03:28:13	00:02:00	<b>03:51:12.45</b>	<b>03:51:12.45</b>	+00:33:11 (14.4%)	5:08	11.7 (86.7%)
18	<b>ORŁOWSKI Andrzej</b>	<b>227</b>	POTRENUJEMY?	M20	4	00:00:33	01:23:31	02:10:43	02:53:53	03:31:25		<b>03:52:09.10</b>	<b>03:52:09.10</b>	+00:34:08 (14.7%)	5:12	11.5 (85.2%)
19	<b>TRYNIECKI Krzysztof</b>	<b>262</b>		M40	6	00:01:32	01:56:59					<b>03:54:48.10</b>	<b>03:54:48.10</b>	+00:36:47 (15.7%)	5:15	11.4 (84.4%)
20	<b>GOŚCINIEWICZ Paweł</b>	<b>343</b>	ZIEMOWIT TEAM	M40	7	00:00:32	01:27:21	02:16:34	02:58:47	03:36:05		<b>03:54:58.25</b>	<b>03:54:58.25</b>	+00:36:57 (15.7%)	5:16	11.4 (84.4%)
21	<b>ZYSKOWSKI Andrzej</b>	<b>524</b>	GORDON MOTORYZACJA	M40	8	00:01:12	01:30:47	02:17:47	02:57:48	03:35:33		<b>03:56:17.20</b>	<b>03:56:17.20</b>	+00:38:16 (16.2%)	5:17	11.3 (83.7%)
22	<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>	+00:38:42 (16.4%)	5:18	11.3 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k		Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	18km					netto 44.6km	brutto 44.6km			
23	<b>MATYASZEK Waldemar</b>	<b>740</b>		M40	9	00:00:50	01:27:21	02:15:22	02:56:14	03:35:33		<b>03:56:49.45</b>	<b>03:56:49.45</b>	+00:38:48 (16.4%)	5:18	11.3 (83.7%)
24	<b>KOBIERSKI Piotr</b>	<b>14</b>	UKA ULTRAS RUNNERS	M40	10	00:00:38	01:28:32	02:17:13	02:57:42	03:35:31		<b>03:57:03.10</b>	<b>03:57:03.10</b>	+00:39:02 (16.5%)	5:18	11.3 (83.7%)
25	<b>SOKOŁOWSKI Marek</b>	<b>5</b>	ALPIN SPORT TEAM	M50	2	00:00:34	01:27:55	02:16:20	02:58:19	03:37:01		<b>03:58:43.50</b>	<b>03:58:43.50</b>	+00:40:42 (17.1%)	5:21	11.2 (83.0%)
26	<b>PIETRZYK Wojciech</b>	<b>365</b>	LACHO TEAM	M40	11	00:00:43	01:27:15	02:13:44	02:54:45	03:36:34		<b>03:59:15.90</b>	<b>03:59:15.90</b>	+00:41:14 (17.2%)	5:21	11.2 (83.0%)
27	<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>	+00:41:16 (17.2%)	5:21	11.2 (83.0%)
28	<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>	+00:43:12 (17.9%)	5:24	11.1 (82.2%)
29	<b>WAŻNY Stanisław</b>	<b>281</b>	MEDIA LUBACZOWSKIE	M40	12	00:01:31	01:26:53	02:13:50	02:56:15	03:38:06		<b>04:01:33.55</b>	<b>04:01:33.55</b>	+00:43:32 (18.0%)	5:24	11.1 (82.2%)
30	<b>NIEZGODA Marcin</b>	<b>381</b>	KKB MOSIR KROSNO	M20	5	00:00:31	01:30:18	02:20:10	03:00:24	03:39:44		<b>04:01:45.20</b>	<b>04:01:45.20</b>	+00:43:44 (18.1%)	5:25	11.1 (82.2%)
31	<b>STAŃKO Paweł</b>	<b>396</b>	BIESY I CZORTY	M40	13	00:02:09	01:37:28	02:26:07	03:07:09	03:43:18		<b>04:02:30.40</b>	<b>04:02:30.40</b>	+00:44:29 (18.3%)	5:26	11 (81.5%)
32	<b>MAKA Sławomir</b>	<b>493</b>	STARGLOSS TEAM OSTROŁĘKA	M50	3	00:00:40	01:31:18	02:20:08	03:01:04	03:40:44		<b>04:03:41.60</b>	<b>04:03:41.60</b>	+00:45:40 (18.7%)	5:27	11 (81.5%)
33	<b>MARZEC Grzegorz</b>	<b>236</b>	GMINA STRZELCE OPOLSKIE	M40	14	00:00:40	01:34:31	02:24:11	03:05:10	03:43:47		<b>04:04:38.30</b>	<b>04:04:38.30</b>	+00:46:37 (19.1%)	5:29	10.9 (80.7%)
34	<b>BĘTKOWSKI Wojciech</b>	<b>263</b>	BRYGADA BESKIDÓW	M50	4	00:00:32	01:30:46	02:21:50	03:04:57	03:43:55		<b>04:05:16.40</b>	<b>04:05:16.40</b>	+00:47:15 (19.3%)	5:29	10.9 (80.7%)
35	<b>DYDIO Piotr</b>	<b>551</b>	PID-MILL TEAM	M50	5	00:00:49	01:33:40	02:22:12	03:03:51	03:43:57		<b>04:05:49.35</b>	<b>04:05:49.35</b>	+00:47:48 (19.4%)	5:30	10.9 (80.7%)
36	<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>	+00:47:55 (19.5%)	5:30	10.9 (80.7%)
37	<b>LUBAŃSKI Robert</b>	<b>670</b>		M50	6	00:01:16	01:33:16	02:23:09	03:05:00	03:44:39		<b>04:07:10.40</b>	<b>04:07:10.40</b>	+00:49:09 (19.9%)	5:32	10.8 (80.0%)
38	<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>	+00:50:09 (20.2%)	5:33	10.8 (80.0%)
39	<b>KORAB Robert</b>	<b>78</b>		M40	15	00:00:34	01:33:40	02:23:32	03:05:04	03:46:34		<b>04:09:03.70</b>	<b>04:09:03.70</b>	+00:51:02 (20.5%)	5:35	10.7 (79.3%)
40	<b>MACKIEWICZ Roman</b>	<b>181</b>	ŁÓDŹ RUNNING TEAM	M50	7	00:02:09	02:17:47					<b>04:09:14.85</b>	<b>04:09:14.85</b>	+00:51:13 (20.6%)	5:35	10.7 (79.3%)
41	<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>	+00:52:05 (20.8%)	5:36	10.7 (79.3%)
42	<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>	+00:53:00 (21.1%)	5:37	10.7 (79.3%)
43	<b>SZWAJA Mateusz</b>	<b>738</b>	OTK RZEŹNIK/UKS KOMETA GLIWICE	M20	6	00:00:28	01:27:26	02:18:49	03:05:41	03:46:37		<b>04:11:08.60</b>	<b>04:11:08.60</b>	+00:53:07 (21.2%)	5:37	10.7 (79.3%)
44	<b>CHODAKOWSKI Rafał</b>	<b>273</b>	OSTROBIEC	M40	16	00:01:34	01:37:28	02:29:43	03:10:39	03:49:42		<b>04:11:13.75</b>	<b>04:11:13.75</b>	+00:53:12 (21.2%)	5:37	10.7 (79.3%)
45	<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>	+00:53:36 (21.3%)	5:38	10.6 (78.5%)
46	<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>	+00:54:02 (21.4%)	5:39	10.6 (78.5%)
47	<b>KLONOWSKI Jacek</b>	<b>264</b>		M40	17	00:00:39	01:28:18	02:15:11	03:00:46	03:45:53		<b>04:12:06.80</b>	<b>04:12:06.80</b>	+00:54:05 (21.5%)	5:39	10.6 (78.5%)
48	<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>	+00:54:06 (21.5%)	5:39	10.6 (78.5%)
49	<b>RUDZKI Tomasz</b>	<b>182</b>	RAJSPOORT ACTIVE	M40	18	00:02:09	02:17:50					<b>04:12:14.70</b>	<b>04:12:14.70</b>	+00:54:13 (21.5%)	5:39	10.6 (78.5%)
50	<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>	+00:54:15 (21.5%)	5:39	10.6 (78.5%)
51	<b>MAZUREK Robert</b>	<b>485</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	M40	19	00:00:41	01:34:10	02:25:55	03:09:48	03:49:44		<b>04:14:05.85</b>	<b>04:14:05.85</b>	+00:56:04 (22.1%)	5:41	10.5 (77.8%)
52	<b>ZAGÓRNY Robert</b>	<b>368</b>	MBM KAZIMIERÓW	M40	20	00:02:20	01:36:47	02:26:36	03:07:00	03:49:54		<b>04:14:21.85</b>	<b>04:14:21.85</b>	+00:56:20 (22.2%)	5:42	10.5 (77.8%)

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			
53	<b>PTASZYŃSKI Wojciech</b>	<b>543</b>		M40	21	00:00:51	01:34:16	02:27:12	03:09:47	03:52:13		<b>04:15:22.35</b>	<b>04:15:22.35</b>	+00:57:21 (22.5%)	5:43	10.5 (77.8%)
54	<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>	+00:58:22 (22.8%)	5:44	10.4 (77.0%)
55	<b>BORYS Andrzej</b>	<b>553</b>		M40	22	00:00:37	01:30:54	02:26:01	03:15:38	03:56:06		<b>04:16:24.50</b>	<b>04:16:24.50</b>	+00:58:23 (22.8%)	5:44	10.4 (77.0%)
56	<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>	+00:59:31 (23.1%)	5:46	10.4 (77.0%)
57	<b>DYREK Mateusz</b>	<b>566</b>		M30	22	00:00:51	01:33:58	02:25:54	03:10:51	03:54:08		<b>04:18:23.00</b>	<b>04:18:23.00</b>	+01:00:21 (23.4%)	5:47	10.4 (77.0%)
58	<b>BEREŚ Arkadiusz</b>	<b>741</b>	STUDIO REBELL	M30	23	00:00:33	01:35:02	02:32:18	03:16:17	03:57:11		<b>04:18:30.00</b>	<b>04:18:30.00</b>	+01:00:28 (23.4%)	5:47	10.4 (77.0%)
59	<b>KMAK Sławek</b>	<b>706</b>	PAPIKI	M40	23	00:00:47	01:34:40	02:27:38	03:12:11	03:55:16		<b>04:18:35.70</b>	<b>04:18:35.70</b>	+01:00:34 (23.4%)	5:47	10.3 (76.3%)
60	<b>DELEKTA Jan</b>	<b>260</b>	DJ	M40	24	00:01:39	01:38:49	02:33:09	03:17:26			<b>04:20:01.80</b>	<b>04:20:01.80</b>	+01:02:00 (23.8%)	5:49	10.3 (76.3%)
61	<b>WOLSKI Marcin</b>	<b>465</b>	WOLSCY BROTHERS TRIATHLON TEAM	M30	24	00:00:45	01:37:29	02:28:08	03:12:26	03:56:27		<b>04:20:06.80</b>	<b>04:20:06.80</b>	+01:02:05 (23.9%)	5:49	10.3 (76.3%)
62	<b>DELEKTA Dariusz</b>	<b>235</b>	DELNOVA	M30	25	00:01:40	01:39:16	02:33:08	03:17:25			<b>04:20:11.20</b>	<b>04:20:11.20</b>	+01:02:10 (23.9%)	5:50	10.3 (76.3%)
63	<b>ŁOSKOT Tomasz</b>	<b>562</b>		M40	25	00:00:39	01:34:39	02:28:06	03:14:39	03:57:16		<b>04:20:41.60</b>	<b>04:20:41.60</b>	+01:02:40 (24.0%)	5:50	10.3 (76.3%)
64	<b>FIGLEWICZ Piotr</b>	<b>572</b>		M30	26	00:03:26	01:45:35	02:40:48	03:20:26			<b>04:21:25.10</b>	<b>04:21:25.10</b>	+01:03:24 (24.3%)	5:51	10.2 (75.6%)
65	<b>ZUREK Paweł</b>	<b>15</b>		M30	27	00:00:34	01:31:20	02:26:17	03:12:18	03:56:07		<b>04:22:18.70</b>	<b>04:22:18.70</b>	+01:04:17 (24.5%)	5:52	10.2 (75.6%)
66	<b>ŁAKOMY Tomasz</b>	<b>45</b>	DACZA TURYSTY I BIEGACZA ZAKOPANE	M30	28	00:00:57	01:37:24	02:29:26	03:15:25			<b>04:23:05.55</b>	<b>04:23:05.55</b>	+01:05:04 (24.7%)	5:53	10.2 (75.6%)
67	<b>ŁUKASIK Michał</b>	<b>286</b>	VELOBIKE SKLEP I SERWIS	M30	29	00:00:47	01:37:17	02:30:38	03:16:34			<b>04:23:38.65</b>	<b>04:23:38.65</b>	+01:05:37 (24.9%)	5:54	10.2 (75.6%)
68	<b>JANECKA Artur</b>	<b>239</b>	BIEGING TEAM ZELÓW	M30	30	00:02:07	01:37:01	02:29:05	03:15:20			<b>04:24:40.05</b>	<b>04:24:40.05</b>	+01:06:38 (25.2%)	5:56	10.1 (74.8%)
69	<b>GAWRON Marcin</b>	<b>521</b>	ROOKS TEAM / IDEO ACTIVE TEAM	M30	31	00:00:47	01:36:51	02:28:43	03:17:46			<b>04:25:17.25</b>	<b>04:25:17.25</b>	+01:07:16 (25.4%)	5:56	10.1 (74.8%)
70	<b>WÓJCIK Krzysztof</b>	<b>114</b>	NIGHT RUNNERS ŚWILCZA	M40	26	00:01:02	01:35:50	02:27:37	03:14:10			<b>04:25:29.05</b>	<b>04:25:29.05</b>	+01:07:27 (25.4%)	5:57	10.1 (74.8%)
71	<b>FLĄDRO Daniel</b>	<b>274</b>		M40	27	00:00:49	01:33:40	02:26:57	03:16:28			<b>04:25:30.45</b>	<b>04:25:30.45</b>	+01:07:29 (25.4%)	5:57	10.1 (74.8%)
72	<b>POPIEL Andrzej</b>	<b>705</b>	POPSMART.PL	M30	32	00:00:33	01:31:26	02:23:04	03:16:43			<b>04:26:30.00</b>	<b>04:26:30.00</b>	+01:08:28 (25.7%)	5:58	10 (74.1%)
73	<b>GUZIK Łukasz</b>	<b>771</b>		M30	33	00:01:25	01:41:45	02:35:49	03:19:06			<b>04:26:34.30</b>	<b>04:26:34.30</b>	+01:08:33 (25.7%)	5:58	10 (74.1%)
74	<b>SOLAREWICZ Tomasz</b>	<b>585</b>	LATAJĄCY CYRK MONTY PYTHONA	M40	28	00:01:52	01:37:29	02:29:09	03:16:25	04:03:16		<b>04:27:39.10</b>	<b>04:27:39.10</b>	+01:09:38 (26.0%)	6:00	10 (74.1%)
75	<b>WALASEK Grzegorz</b>	<b>342</b>	BIEGUSIEM.PL	M40	29	00:01:01	01:34:43	02:29:52	03:19:50	04:02:54		<b>04:28:38.65</b>	<b>04:28:38.65</b>	+01:10:37 (26.3%)	6:01	10 (74.1%)
76	<b>JASTRZĄB Piotr</b>	<b>246</b>	DEKAN LESKO	M50	8	00:00:42	01:38:39	02:34:26	03:23:19	04:06:52		<b>04:28:54.65</b>	<b>04:28:54.65</b>	+01:10:53 (26.4%)	6:01	10 (74.1%)
77	<b>KLIMEK Mateusz</b>	<b>199</b>		M30	34	00:00:48	01:36:01	02:30:20	03:19:01	04:03:20		<b>04:29:28.00</b>	<b>04:29:28.00</b>	+01:11:26 (26.5%)	6:02	9.9 (73.3%)
78	<b>POTRZESZCZ Tomasz</b>	<b>584</b>	LKB RUDNIK	M40	30	00:02:19	01:37:30	02:32:18	03:18:55	04:03:55		<b>04:29:54.60</b>	<b>04:29:54.60</b>	+01:11:53 (26.6%)	6:03	9.9 (73.3%)
79	<b>POTRZESZCZ Grzegorz</b>	<b>21</b>		M40	31	00:02:20	01:37:54	02:32:12	03:19:19	04:03:55		<b>04:29:54.85</b>	<b>04:29:54.85</b>	+01:11:53 (26.6%)	6:03	9.9 (73.3%)
80	<b>SZPINDA Sebastian</b>	<b>460</b>	BUT BIŁGORAJ ULTRA TRAIL	M40	32	00:00:43	01:36:00	02:29:44	03:19:25	04:05:44		<b>04:31:54.80</b>	<b>04:31:54.80</b>	+01:13:53 (27.2%)	6:05	9.8 (72.6%)
81	<b>KOSTKA Janusz</b>	<b>637</b>	POSMAKUJ RUN TEAM	M50	9	00:00:55	01:31:46	02:25:06	03:16:08	04:02:53		<b>04:32:19.65</b>	<b>04:32:19.65</b>	+01:14:18 (27.3%)	6:06	9.8 (72.6%)
82	<b>BIESZCZAD Mateusz</b>	<b>295</b>	NOWY STYL GROUP RUNNING TEAM	M30	35	00:02:23	01:41:29	02:34:30	03:19:45	04:04:59		<b>04:32:20.70</b>	<b>04:32:20.70</b>	+01:14:19 (27.3%)	6:06	9.8 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
83	KUSTROŃ Adam	629	PULEX	M50	10	00:02:14	01:38:48	02:29:13	03:19:41	04:05:13		<b>04:32:28.55</b>	<b>04:32:28.55</b>	+01:14:27 (27.3%)	6:06	9.8 (72.6%)
84	DĄBROWICZ Jakub	548		M30	36	00:00:44	01:40:49	02:37:16	03:23:49	04:07:52		<b>04:32:48.05</b>	<b>04:32:48.05</b>	+01:14:46 (27.4%)	6:06	9.8 (72.6%)
85	LONC Tomasz	446	M&T WYJADACZE PARÓWKÓW	M40	33	00:00:43	01:36:25	02:32:58	03:19:07	04:08:42		<b>04:34:10.65</b>	<b>04:34:10.65</b>	+01:16:09 (27.8%)	6:08	9.8 (72.6%)
86	REJ Mirosław	445	M&T WYJADACZE PARÓWKÓW	M30	37	00:00:41	01:36:22	02:27:30	03:18:22	04:08:39		<b>04:35:02.50</b>	<b>04:35:02.50</b>	+01:17:01 (28.0%)	6:10	9.7 (71.9%)
87	SMOLEN Janusz	415		M40	34	00:01:55	01:42:40	02:36:35	03:26:21	04:10:33		<b>04:35:28.70</b>	<b>04:35:28.70</b>	+01:17:27 (28.1%)	6:10	9.7 (71.9%)
88	BAĆMAGA Grzegorz	698	BIEGIEM RADOM	M50	11	00:00:39	01:42:25	02:39:48	03:28:10	04:12:12		<b>04:36:48.70</b>	<b>04:36:48.70</b>	+01:18:47 (28.5%)	6:12	9.7 (71.9%)
89	STACHURSKI Piotr	673		M30	38	00:00:37	01:33:06	02:29:51	03:22:18	04:11:44		<b>04:37:30.50</b>	<b>04:37:30.50</b>	+01:19:29 (28.6%)	6:13	9.6 (71.1%)
90	GRABIEC Marcin	627		M30	39	00:02:11	01:36:52	02:31:30	03:20:12	04:09:42		<b>04:37:33.20</b>	<b>04:37:33.20</b>	+01:19:32 (28.7%)	6:13	9.6 (71.1%)
91	SARKA Bartłomiej	86		M30	40	00:01:39	01:44:40	02:43:27	03:31:11	04:13:44		<b>04:37:34.75</b>	<b>04:37:34.75</b>	+01:19:33 (28.7%)	6:13	9.6 (71.1%)
92	TKACZEWSKI Piotr	224	MIECHÓW	M40	35	00:01:35	01:47:10	02:45:27	03:32:03	04:14:26		<b>04:37:37.25</b>	<b>04:37:37.25</b>	+01:19:36 (28.7%)	6:13	9.6 (71.1%)
93	CIĘŻKOWSKI Sławomir	153		M40	36	00:01:31	01:41:58	02:42:36	03:31:28	04:14:04		<b>04:37:38.35</b>	<b>04:37:38.35</b>	+01:19:37 (28.7%)	6:13	9.6 (71.1%)
94	AGRES Paweł	217	KW KOTŁOWNIA	M30	41	00:01:03	01:41:21	02:36:59	03:30:27	04:15:01		<b>04:38:06.55</b>	<b>04:38:06.55</b>	+01:20:05 (28.8%)	6:14	9.6 (71.1%)
95	GUDOWSKI Krystian	623		M30	42	00:01:48	01:50:46	02:45:16	03:32:20	04:15:28		<b>04:38:08.90</b>	<b>04:38:08.90</b>	+01:20:07 (28.8%)	6:14	9.6 (71.1%)
96	OCHYRA Konrad	488		M20	7	00:01:27	01:40:09	02:39:00	03:31:40	04:15:40		<b>04:38:10.90</b>	<b>04:38:10.90</b>	+01:20:09 (28.8%)	6:14	9.6 (71.1%)
97	GAWROŃSKI Kamil	542	BIEGING TEAM ZELÓW	M20	8	00:02:13	01:47:18	02:46:56	03:31:53	04:15:39		<b>04:39:04.30</b>	<b>04:39:04.30</b>	+01:21:03 (29.0%)	6:15	9.6 (71.1%)
98	PIASECZNY Marcin	534	RUN-G	M40	37	00:01:03	01:39:36	02:39:34	03:30:37	04:15:24		<b>04:39:45.05</b>	<b>04:39:45.05</b>	+01:21:43 (29.2%)	6:16	9.6 (71.1%)
99	GRĘBOWIEC Mateusz	282	TSA SANDOMIERZ	M30	43	00:01:45	01:41:11	02:36:40	03:29:27	04:15:29		<b>04:40:53.40</b>	<b>04:40:53.40</b>	+01:22:52 (29.5%)	6:17	9.5 (70.4%)
100	NALAZEK Marcin	67	PIASECZNO RUNING	M30	44	00:02:00	01:42:01	02:39:00	03:29:14	04:15:24		<b>04:41:25.25</b>	<b>04:41:25.25</b>	+01:23:24 (29.6%)	6:18	9.5 (70.4%)
101	ZAJĄC Józef	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	38	00:01:36	01:46:24	02:44:31	03:33:46	04:18:24		<b>04:41:42.00</b>	<b>04:41:42.00</b>	+01:23:40 (29.7%)	6:18	9.5 (70.4%)
102	FELUCH Krzysztof	722	ORA WARSZAWA	M40	39	00:01:08	01:46:13	02:46:39	03:37:05	04:19:41		<b>04:42:13.85</b>	<b>04:42:13.85</b>	+01:24:12 (29.8%)	6:19	9.5 (70.4%)
103	JENERALSKI Miłosz	495	FREE PALESTINE	M40	40	00:01:32	01:38:04	02:35:50	03:25:53	04:15:25		<b>04:42:27.05</b>	<b>04:42:27.05</b>	+01:24:25 (29.9%)	6:19	9.5 (70.4%)
104	KUTNIK Mirosław	727	KB BIAŁA BIEGA	M40	41	00:03:09	01:45:10	02:44:58	03:32:58	04:17:29		<b>04:42:37.20</b>	<b>04:42:37.20</b>	+01:24:36 (29.9%)	6:20	9.5 (70.4%)
105	KARPIŃSKI Tomasz	128		M40	42	00:00:46	01:42:39	02:40:54	03:30:23	04:16:16		<b>04:43:04.55</b>	<b>04:43:04.55</b>	+01:25:03 (30.0%)	6:20	9.5 (70.4%)
106	PANTOŁ Mirosław	149		M40	43	00:00:46	01:40:22	02:38:54	03:30:27	04:16:17		<b>04:43:05.05</b>	<b>04:43:05.05</b>	+01:25:03 (30.0%)	6:20	9.5 (70.4%)
107	BARAN Mateusz	283	GORLIKA GRUPA BIEGOWA	M30	45	00:01:55	01:49:04	02:48:40	03:37:19	04:20:50		<b>04:43:30.00</b>	<b>04:43:30.00</b>	+01:25:28 (30.2%)	6:21	9.4 (69.6%)
108	WIERNASZ Grzegorz	234	KARCHER SUCHODÓŁ	M40	44	00:01:07	01:46:21	02:44:03	03:31:47	04:18:00		<b>04:44:08.90</b>	<b>04:44:08.90</b>	+01:26:07 (30.3%)	6:22	9.4 (69.6%)
109	MYŚLIWIEC Robert	522	WILD & FREE	M30	46	00:02:16	01:44:23	02:43:22	03:32:44	04:18:57		<b>04:44:13.65</b>	<b>04:44:13.65</b>	+01:26:12 (30.3%)	6:22	9.4 (69.6%)
110	DUC-SYPOSZ Aureliusz	420		M40	45	00:02:21	01:51:17	02:48:48	03:37:50	04:21:31		<b>04:45:27.45</b>	<b>04:45:27.45</b>	+01:27:26 (30.6%)	6:24	9.4 (69.6%)
111	POTONIEC Grzegorz	117	RODZEŃSTWO	M30	47	00:01:14	01:40:06	02:42:42	03:38:13	04:21:04		<b>04:46:17.75</b>	<b>04:46:17.75</b>	+01:28:16 (30.8%)	6:25	9.3 (68.9%)
112	WĘCŁAŚ Maciej	289	----	M40	46	00:02:23	01:48:21	02:47:42	03:38:50	04:22:37		<b>04:46:42.25</b>	<b>04:46:42.25</b>	+01:28:41 (30.9%)	6:25	9.3 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
113	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	+01:29:18 (31.1%)	6:26	9.3 (68.9%)
114	GAWORECKI Tomasz	47	POZYTYWNE 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	+01:29:47 (31.2%)	6:27	9.3 (68.9%)
115	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%)
116	WNUK Norbert	174	PRZEMYSKI KLUB BIEGACZA	M30	50	00:02:25	01:44:43	02:46:03	03:38:43	04:23:01		04:47:53.00	04:47:53.00	+01:29:51 (31.2%)	6:27	9.3 (68.9%)
117	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%)
118	WETHACZ Dariusz	763		M30	51	00:01:43	01:49:45	02:51:34	03:42:19	04:24:50		04:49:00.50	04:49:00.50	+01:30:59 (31.5%)	6:28	9.3 (68.9%)
119	DZIRBA Tomasz	332		M30	52	00:01:21	01:52:35	02:49:26	03:38:56	04:23:47		04:49:27.95	04:49:27.95	+01:31:26 (31.6%)	6:29	9.2 (68.1%)
120	MENDYKA Łukasz	171	KB AKTYWNI ŚRODA WLKP.	M30	53	00:03:00	01:44:46	02:41:44	03:34:03	04:22:13		04:49:28.25	04:49:28.25	+01:31:27 (31.6%)	6:29	9.2 (68.1%)
121	CHRUŚCIEL Michał	354	FARTLEK GO	M30	54	00:01:34	01:43:25	02:43:54	03:36:15	04:23:15		04:49:29.80	04:49:29.80	+01:31:28 (31.6%)	6:29	9.2 (68.1%)
122	TROJNAR Damian	661	KS JANUSZE	M30	55	00:01:32	01:45:37	02:44:42	03:38:58	04:24:33		04:49:30.75	04:49:30.75	+01:31:29 (31.6%)	6:29	9.2 (68.1%)
123	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%)
124	KOSIN Paweł	75	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	56	00:01:11	01:49:03	02:46:51	03:37:15	04:24:20		04:49:32.50	04:49:32.50	+01:31:31 (31.6%)	6:29	9.2 (68.1%)
125	MACHNICKI Rafał	285		M30	57	00:00:45	01:44:45	02:42:32	03:35:50	04:22:39		04:50:20.85	04:50:20.85	+01:32:19 (31.8%)	6:30	9.2 (68.1%)
126	JASNOWSKI Michał	675		M30	58	00:01:02	01:44:38	02:43:24	03:37:42	04:24:39		04:50:31.70	04:50:31.70	+01:32:30 (31.8%)	6:30	9.2 (68.1%)
127	KOWALCZYK Aleksander	559		M30	59	00:03:02	01:47:44	02:47:20	03:41:28	04:26:05		04:50:38.45	04:50:38.45	+01:32:37 (31.9%)	6:30	9.2 (68.1%)
128	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%)
129	TUCZAPSKI Artur	721	COMBAT	M60	1	00:01:37	01:47:48	02:46:37	03:38:37	04:24:41		04:51:29.90	04:51:29.90	+01:33:28 (32.1%)	6:32	9.2 (68.1%)
130	CZECH Mateusz	610	NOWOSOLSCY BIMBROWNICY	M20	9	00:01:57	01:49:40	02:47:13	03:37:24	04:23:57		04:51:30.00	04:51:30.00	+01:33:28 (32.1%)	6:32	9.2 (68.1%)
131	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%)
132	PODŁOMYK 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%)
133	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%)
134	PĄNTAK 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%)
135	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%)
136	KLAMUT Ryszard	333	JABŁONICA POLSKA	M60	2	00:00:54	01:49:29	02:47:09	03:39:18	04:26:32		04:54:55.70	04:54:55.70	+01:36:54 (32.9%)	6:36	9.1 (67.4%)
137	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%)
138	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%)
139	JĘDZURA Daniel	22	NIGHT RUNNERS GLIWICE	M30	60	00:02:53	01:47:48	02:48:37	03:40:58	04:27:27		04:55:09.30	04:55:09.30	+01:37:08 (32.9%)	6:37	9.1 (67.4%)
140	MIKOŁAJCZYK Łukasz	557		M30	61	00:01:01	01:48:40	02:47:13	03:40:51	04:27:36		04:55:30.80	04:55:30.80	+01:37:29 (33.0%)	6:37	9.1 (67.4%)
141	SIEMIĘNCZUK 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%)
142	ŚLIWIŃSKI Andrzej	421		M60	3	00:01:04	01:55:00	02:55:43	03:47:44	04:31:42		04:55:50.45	04:55:50.45	+01:37:49 (33.1%)	6:37	9 (66.7%)

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
143	<b>GARNCARZ Paweł</b>	<b>742</b>		M40	59	00:03:29	01:50:29	02:49:16	03:42:49	04:29:17		<b>04:55:58.65</b>	<b>04:55:58.65</b>	+01:37:57 (33.1%)	6:38	9 (66.7%)
144	<b>SZYK Artur</b>	<b>531</b>	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	60	00:01:36	01:44:46	02:47:16	03:41:29	04:28:14		<b>04:56:00.50</b>	<b>04:56:00.50</b>	+01:37:59 (33.1%)	6:38	9 (66.7%)
145	<b>JANIK Michał</b>	<b>597</b>	POSZŁA CZOŁGCIEM	M40	61	00:01:04	01:38:47	02:38:31	03:38:09	04:27:24		<b>04:56:13.50</b>	<b>04:56:13.50</b>	+01:38:12 (33.2%)	6:38	9 (66.7%)
146	<b>DUDEK Michał</b>	<b>764</b>		M40	62	00:02:06	01:50:22	02:51:00	03:43:41	04:29:28		<b>04:56:24.45</b>	<b>04:56:24.45</b>	+01:38:23 (33.2%)	6:38	9 (66.7%)
147	<b>JURCZAK Roman</b>	<b>200</b>		M60	4	00:00:31	01:46:02	02:47:12	03:45:47	04:31:45		<b>04:56:47.60</b>	<b>04:56:47.60</b>	+01:38:46 (33.3%)	6:39	9 (66.7%)
148	<b>SIKORA Jacek</b>	<b>582</b>	WATER TEAM	M40	63	00:01:15	01:43:45	02:44:09	03:38:01	04:26:37		<b>04:56:48.35</b>	<b>04:56:48.35</b>	+01:38:47 (33.3%)	6:39	9 (66.7%)
149	<b>WIERZBICKI Tomasz</b>	<b>353</b>		M40	64	00:02:06	01:50:45	02:49:56	03:42:48	04:30:04		<b>04:56:48.60</b>	<b>04:56:48.60</b>	+01:38:47 (33.3%)	6:39	9 (66.7%)
150	<b>PAWLIKOWSKI Bogusław</b>	<b>498</b>	DZIKIE ŻYCIE RUN TEAM	M50	12	00:02:17	01:43:19	02:46:12	03:45:36	04:31:02		<b>04:56:57.50</b>	<b>04:56:57.50</b>	+01:38:56 (33.3%)	6:39	9 (66.7%)
151	<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>	+01:38:59 (33.3%)	6:39	9 (66.7%)
152	<b>MARCELA Marcin</b>	<b>46</b>	FAT MAMA'S SPORT CLUB	M40	65	00:01:07	01:50:24	02:54:16	03:45:20	04:31:01		<b>04:57:03.20</b>	<b>04:57:03.20</b>	+01:39:02 (33.3%)	6:39	9 (66.7%)
153	<b>KOCOT Sebastian</b>	<b>159</b>		M40	66	00:02:17	01:45:53	02:46:13	03:46:01	04:31:44		<b>04:57:03.75</b>	<b>04:57:03.75</b>	+01:39:02 (33.3%)	6:39	9 (66.7%)
154	<b>CZAPLA Arkadiusz</b>	<b>382</b>		M40	67	00:01:06	01:49:12	02:54:17	03:45:26	04:31:02		<b>04:57:05.90</b>	<b>04:57:05.90</b>	+01:39:04 (33.3%)	6:39	9 (66.7%)
155	<b>DZIEWA Przemysław</b>	<b>514</b>	SUPERIOR INDUSTRIES	M40	68	00:01:58	01:55:08	02:55:26	03:48:38	04:33:37		<b>04:57:06.70</b>	<b>04:57:06.70</b>	+01:39:05 (33.4%)	6:39	9 (66.7%)
156	<b>KOT Krzysztof</b>	<b>550</b>	MPK - RZESZÓW	M40	69	00:00:59	01:44:56	02:47:10	03:43:52	04:31:11		<b>04:57:12.65</b>	<b>04:57:12.65</b>	+01:39:11 (33.4%)	6:39	9 (66.7%)
157	<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>	+01:39:40 (33.5%)	6:40	9 (66.7%)
158	<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>	+01:40:31 (33.7%)	6:41	9 (66.7%)
159	<b>POREBA Eugeniusz</b>	<b>695</b>		M50	13	00:01:26	01:56:19	02:54:09	03:45:29	04:33:01		<b>04:58:38.30</b>	<b>04:58:38.30</b>	+01:40:37 (33.7%)	6:41	9 (66.7%)
160	<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>	+01:40:37 (33.7%)	6:41	9 (66.7%)
161	<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>	+01:40:47 (33.7%)	6:41	9 (66.7%)
162	<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>	+01:41:29 (33.9%)	6:42	8.9 (65.9%)
163	<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>	+01:41:29 (33.9%)	6:42	8.9 (65.9%)
164	<b>KOWALCZYK Mariusz</b>	<b>632</b>	WOLFPACK	M40	70	00:03:48	01:55:24	02:55:32	03:46:08	04:34:15		<b>04:59:57.30</b>	<b>04:59:57.30</b>	+01:41:56 (34.0%)	6:43	8.9 (65.9%)
165	<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>	+01:41:57 (34.0%)	6:43	8.9 (65.9%)
166	<b>PERENC Michał</b>	<b>110</b>	HUSARIA RACE TEAM	M20	10	00:00:53	01:46:35	02:50:35	03:45:30	04:33:54		<b>05:01:49.10</b>	<b>05:01:49.10</b>	+01:43:48 (34.4%)	6:46	8.9 (65.9%)
167	<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>	+01:43:55 (34.4%)	6:46	8.9 (65.9%)
168	<b>RUTA Mikołaj</b>	<b>687</b>		M40	71	00:01:45	01:55:39	02:55:59	03:49:31	04:37:48		<b>05:03:03.95</b>	<b>05:03:03.95</b>	+01:45:02 (34.7%)	6:47	8.8 (65.2%)
169	<b>KALTENBERG Janusz</b>	<b>192</b>		M50	14	00:02:47	01:55:00	02:53:45	03:43:47	04:33:24		<b>05:03:05.30</b>	<b>05:03:05.30</b>	+01:45:04 (34.7%)	6:47	8.8 (65.2%)
170	<b>KRAUZE Tomasz</b>	<b>621</b>	GB WROCŁAWSKIE MORSY	M50	15	00:01:52	01:59:20	03:02:04	03:53:55	04:39:00		<b>05:04:03.25</b>	<b>05:04:03.25</b>	+01:46:02 (34.9%)	6:49	8.8 (65.2%)
171	<b>CURZYDŁO Bogdan</b>	<b>469</b>	POZYTYWNI ZABIEGANI SANOK	M40	72	00:01:48	01:51:00	02:54:20	03:48:24	04:37:08		<b>05:05:07.60</b>	<b>05:05:07.60</b>	+01:47:06 (35.1%)	6:50	8.8 (65.2%)
172	<b>SZYSZŁO Tomasz</b>	<b>53</b>	POZYTYWNI 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>	+01:47:06 (35.1%)	6:50	8.8 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
172	<b>PAJESTKA Wojciech</b>	<b>39</b>	POZYTYWNE ZABIEGANI SANOK/AZS PWSZ	M40	73	00:01:48	01:51:12	02:48:41	03:48:26	04:37:08		<b>05:05:07.95</b>	<b>05:05:07.95</b>	+01:47:06 (35.1%)	6:50	8.8 (65.2%)
174	<b>CHORZĘPA Mariusz</b>	<b>408</b>	TSA-SANDOMIERZ	M40	74	00:01:55	01:50:30	02:51:15	03:46:18	04:38:32		<b>05:05:08.80</b>	<b>05:05:08.80</b>	+01:47:07 (35.1%)	6:50	8.8 (65.2%)
175	<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>	+01:47:09 (35.1%)	6:50	8.8 (65.2%)
176	<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>	+01:47:15 (35.1%)	6:50	8.8 (65.2%)
177	<b>MUCHA Grzegorz</b>	<b>744</b>		M40	75	00:00:52	01:38:08	02:37:45	03:41:53	04:38:56		<b>05:05:16.70</b>	<b>05:05:16.70</b>	+01:47:15 (35.1%)	6:50	8.8 (65.2%)
178	<b>KULIGA Sławomir</b>	<b>650</b>	POSKAJ RUN 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>	+01:47:16 (35.1%)	6:50	8.8 (65.2%)
179	<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>	+01:47:17 (35.1%)	6:50	8.8 (65.2%)
180	<b>NIEGOWSKI Tomasz</b>	<b>580</b>		M20	11	00:02:06	01:59:21	03:05:57	03:57:10	04:40:39		<b>05:05:19.30</b>	<b>05:05:19.30</b>	+01:47:18 (35.1%)	6:50	8.8 (65.2%)
181	<b>DARCHUK Oleksandr</b>	<b>386</b>		M40	76	00:01:06	01:47:40	02:53:10	03:48:35	04:36:57		<b>05:05:20.60</b>	<b>05:05:20.60</b>	+01:47:19 (35.1%)	6:50	8.8 (65.2%)
182	<b>PIETROŃ Błażej</b>	<b>689</b>		M20	12	00:01:15	01:47:18	02:53:02	03:50:31	04:39:18		<b>05:05:21.25</b>	<b>05:05:21.25</b>	+01:47:20 (35.2%)	6:50	8.8 (65.2%)
183	<b>SADY Sebastian</b>	<b>178</b>		M40	77	00:02:16	01:50:48	02:52:13	03:49:14	04:39:15		<b>05:06:23.00</b>	<b>05:06:23.00</b>	+01:48:21 (35.4%)	6:52	8.7 (64.4%)
184	<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>	+01:48:24 (35.4%)	6:52	8.7 (64.4%)
185	<b>KADZIK Marcin</b>	<b>583</b>	KTT	M20	13	00:03:20	01:55:09	02:57:43	03:50:44	04:37:11		<b>05:06:26.65</b>	<b>05:06:26.65</b>	+01:48:25 (35.4%)	6:52	8.7 (64.4%)
186	<b>SWOBODA Jarosław</b>	<b>41</b>	NIGHT RUNNERS GLIWICE	M40	78	00:03:12	01:55:21	02:58:26	03:53:21	04:41:44		<b>05:06:45.90</b>	<b>05:06:45.90</b>	+01:48:44 (35.4%)	6:52	8.7 (64.4%)
187	<b>BIESIEKIERSKI Krzysztof</b>	<b>362</b>	DRUŻYNA WILKA	M40	79	00:02:57	01:49:40	02:53:37	03:47:27	03:51:16		<b>05:07:55.15</b>	<b>05:07:55.15</b>	+01:49:54 (35.7%)	6:54	8.7 (64.4%)
188	<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>	+01:50:27 (35.8%)	6:54	8.7 (64.4%)
189	<b>SZYMAŁA Marcin</b>	<b>223</b>	KLUCZBORSKA GRUPA BIEGOWA	M40	80	00:00:54	01:44:21	02:46:08	03:50:44	04:40:56		<b>05:08:30.60</b>	<b>05:08:30.60</b>	+01:50:29 (35.8%)	6:55	8.7 (64.4%)
190	<b>BRZOZOWSKI 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>	+01:50:34 (35.8%)	6:55	8.7 (64.4%)
191	<b>SULEWSKI Maciej</b>	<b>448</b>		M40	81	00:02:04	01:54:02	02:54:48	03:50:24	04:40:09		<b>05:08:57.90</b>	<b>05:08:57.90</b>	+01:50:56 (35.9%)	6:55	8.7 (64.4%)
192	<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>	+01:52:29 (36.2%)	6:57	8.6 (63.7%)
193	<b>SIENKIEL Dominik</b>	<b>607</b>		M20	14	00:01:44	01:55:05	03:05:26	03:59:12	04:43:20		<b>05:10:34.00</b>	<b>05:10:34.00</b>	+01:52:32 (36.2%)	6:57	8.6 (63.7%)
194	<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>	+01:52:34 (36.2%)	6:57	8.6 (63.7%)
195	<b>GRZYWACZ Wojciech</b>	<b>447</b>	FARTLEK GO	M50	16	00:01:37	01:52:49	02:59:21	03:54:03	04:42:05		<b>05:10:37.55</b>	<b>05:10:37.55</b>	+01:52:36 (36.3%)	6:57	8.6 (63.7%)
196	<b>PRÜFER Paweł</b>	<b>422</b>		M40	82	00:02:45	01:51:48	02:51:28	03:47:03	04:38:58		<b>05:10:40.50</b>	<b>05:10:40.50</b>	+01:52:39 (36.3%)	6:57	8.6 (63.7%)
197	<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>	+01:53:16 (36.4%)	6:58	8.6 (63.7%)
198	<b>WISZ Piotr</b>	<b>261</b>		M20	15	00:03:00	01:55:50	03:04:35	04:00:26	04:45:03		<b>05:11:19.00</b>	<b>05:11:19.00</b>	+01:53:17 (36.4%)	6:58	8.6 (63.7%)
199	<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>	+01:53:17 (36.4%)	6:58	8.6 (63.7%)
200	<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>	+01:53:18 (36.4%)	6:58	8.6 (63.7%)
200	<b>KUKUCZKA Dominik</b>	<b>622</b>	KUKUCZKA	M20	16		01:50:24	04:40:43				<b>05:11:19.35</b>	<b>05:11:19.35</b>	+01:53:18 (36.4%)	6:58	8.6 (63.7%)
202	<b>MIŚKÓW 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>	+01:53:22 (36.4%)	6:58	8.6 (63.7%)

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			
203	<b>DOMINIK Mariusz</b>	<b>248</b>		M40	83	00:01:27	01:54:54	02:57:21	03:57:43	04:44:13		<b>05:11:29.30</b>	<b>05:11:29.30</b>	+01:53:28 (36.4%)	6:59	8.6 (63.7%)
204	<b>KIRILENKO Marcin</b>	<b>481</b>		M40	84	00:00:49	01:48:20	02:54:23	03:55:36	04:43:34		<b>05:11:39.60</b>	<b>05:11:39.60</b>	+01:53:38 (36.5%)	6:59	8.6 (63.7%)
205	<b>KOŚCIAK Jan</b>	<b>210</b>	DZIKIE MUSTANGI	M40	85	00:01:44	01:55:19	03:01:26	03:56:49	04:44:07		<b>05:11:40.80</b>	<b>05:11:40.80</b>	+01:53:39 (36.5%)	6:59	8.6 (63.7%)
206	<b>WITEK Kamil</b>	<b>558</b>	HUSARIA RACE TEAM	M20	17	00:01:44	01:55:17	03:01:29	03:56:52	04:44:12		<b>05:11:42.50</b>	<b>05:11:42.50</b>	+01:53:41 (36.5%)	6:59	8.6 (63.7%)
207	<b>DEMBNY Tomasz</b>	<b>718</b>		M40	86	00:00:54	01:43:10	02:58:42	03:56:22	04:45:48		<b>05:11:43.70</b>	<b>05:11:43.70</b>	+01:53:42 (36.5%)	6:59	8.6 (63.7%)
208	<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>	+01:54:28 (36.6%)	7:00	8.6 (63.7%)
209	<b>KONOPKA Bartosz</b>	<b>682</b>	TRÓJKA/ZWIEDZANIE PRZEZ BIEGANIE	M40	87	00:00:50	01:50:30	02:55:12	03:56:36	04:43:52		<b>05:12:53.10</b>	<b>05:12:53.10</b>	+01:54:52 (36.7%)	7:00	8.6 (63.7%)
210	<b>BŁAJSZCZAK Karol</b>	<b>395</b>	TSA	M40	88	00:01:55	01:53:03	02:55:22	03:50:51	04:43:49		<b>05:13:17.75</b>	<b>05:13:17.75</b>	+01:55:16 (36.8%)	7:01	8.5 (63.0%)
211	<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>	+01:55:59 (36.9%)	7:02	8.5 (63.0%)
212	<b>DALKA Paweł</b>	<b>391</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	89	00:01:37	01:51:15	02:54:51	03:53:50	04:45:44		<b>05:14:32.45</b>	<b>05:14:32.45</b>	+01:56:31 (37.0%)	7:03	8.5 (63.0%)
213	<b>FALKOWSKI Piotr</b>	<b>777</b>	KS PEGAZ PIASECZNO	M50	17	00:02:30	01:55:58	03:01:22	03:59:30	04:48:12		<b>05:14:54.25</b>	<b>05:14:54.25</b>	+01:56:53 (37.1%)	7:03	8.5 (63.0%)
214	<b>SZMUC Jacek</b>	<b>177</b>		M40	90	00:01:20	01:52:03	02:59:26	03:59:49	04:47:55		<b>05:14:54.95</b>	<b>05:14:54.95</b>	+01:56:53 (37.1%)	7:03	8.5 (63.0%)
215	<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>	+01:57:02 (37.1%)	7:03	8.5 (63.0%)
216	<b>MAJCHROWSKI Jacek</b>	<b>87</b>	CKB TARNOBRZEG	M40	91	00:00:58	01:51:48	02:55:53	03:57:50	04:47:58		<b>05:15:06.90</b>	<b>05:15:06.90</b>	+01:57:05 (37.2%)	7:03	8.5 (63.0%)
217	<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>	+01:57:44 (37.3%)	7:04	8.5 (63.0%)
218	<b>KOCHANIEC Waldemar</b>	<b>243</b>	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	M40	92	00:03:14	01:57:09	03:03:46	04:02:41	04:50:36		<b>05:16:22.40</b>	<b>05:16:22.40</b>	+01:58:21 (37.4%)	7:05	8.5 (63.0%)
219	<b>MIROŚLAW Albert</b>	<b>442</b>	WW TEAM	M40	93	00:02:54	01:59:15	03:01:15	04:03:25	04:50:32		<b>05:17:16.00</b>	<b>05:17:16.00</b>	+01:59:14 (37.6%)	7:06	8.4 (62.2%)
220	<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>	+01:59:15 (37.6%)	7:06	8.4 (62.2%)
221	<b>KŁOSOK Adam</b>	<b>13</b>	INŻYNIERIA BIEGANIA	M40	94	00:00:46	01:52:46	03:09:00	04:07:57	04:51:29		<b>05:17:18.45</b>	<b>05:17:18.45</b>	+01:59:17 (37.6%)	7:06	8.4 (62.2%)
222	<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>	+01:59:18 (37.6%)	7:06	8.4 (62.2%)
223	<b>NIEDZIELA Marcin</b>	<b>292</b>	FAT MAMA'S SPORT CLUB	M40	95	00:01:06	01:58:34	03:02:29	04:01:05	04:50:29		<b>05:18:02.40</b>	<b>05:18:02.40</b>	+02:00:01 (37.7%)	7:07	8.4 (62.2%)
224	<b>JAMA Rafał</b>	<b>525</b>	WATER TEAM	M40	96	00:01:16	01:52:49	02:55:46	03:58:44	04:49:37		<b>05:18:13.00</b>	<b>05:18:13.00</b>	+02:00:11 (37.8%)	7:08	8.4 (62.2%)
225	<b>BERNAŚ Dariusz</b>	<b>569</b>	BUT BIŁGORAJ ULTRA TRAIL	M40	97	00:01:25	01:54:58	02:59:14	03:59:48	04:50:28		<b>05:18:59.85</b>	<b>05:18:59.85</b>	+02:00:58 (37.9%)	7:09	8.4 (62.2%)
226	<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>	+02:01:09 (38.0%)	7:09	8.4 (62.2%)
227	<b>BUTRYN Wojciech</b>	<b>272</b>		M40	98	00:01:00	01:55:50	03:02:12	04:02:05	04:50:42		<b>05:19:11.40</b>	<b>05:19:11.40</b>	+02:01:10 (38.0%)	7:09	8.4 (62.2%)
228	<b>LIK Marek</b>	<b>161</b>	CHEŁM BIEGA	M50	18	00:01:16	01:55:39	02:59:47	04:03:10	04:52:34		<b>05:19:32.25</b>	<b>05:19:32.25</b>	+02:01:31 (38.0%)	7:09	8.4 (62.2%)
229	<b>STEMPKOWICZ Jacek</b>	<b>325</b>		M40	99	00:01:55	01:45:37	02:54:43	03:56:12	04:48:52		<b>05:19:55.05</b>	<b>05:19:55.05</b>	+02:01:53 (38.1%)	7:10	8.4 (62.2%)
230	<b>AMBROZIAK Rafał</b>	<b>347</b>	KONIUCHY OCR	M40	100	00:01:39	01:57:05	03:02:29	03:58:20	04:50:29		<b>05:19:58.20</b>	<b>05:19:58.20</b>	+02:01:57 (38.1%)	7:10	8.4 (62.2%)
231	<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>	+02:01:59 (38.1%)	7:10	8.4 (62.2%)
232	<b>KRZAK Szymon</b>	<b>728</b>	BIS AGH	M20	18	00:02:55	01:51:18	02:58:06	04:06:33	04:52:42		<b>05:20:02.15</b>	<b>05:20:02.15</b>	+02:02:01 (38.1%)	7:10	8.4 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k					Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						0.1km	18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km		netto 44.6km	brutto 44.6km			Różn
233	<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>	+02:02:01 (38.1%)	7:10	8.4 (62.2%)
234	<b>JAKUBAS Paweł</b>	<b>370</b>	WPJ TEAM	M40	101	00:01:14	01:54:49	03:01:40	03:59:51	04:52:38		<b>05:20:30.65</b>	<b>05:20:30.65</b>	+02:02:29 (38.2%)	7:11	8.3 (61.5%)
235	<b>CISZYŃSKI Marek</b>	<b>42</b>	START KATOWICE	M50	19	00:03:12	02:03:51	03:12:25	04:05:48	04:54:11		<b>05:20:57.50</b>	<b>05:20:57.50</b>	+02:02:56 (38.3%)	7:11	8.3 (61.5%)
236	<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>	+02:03:32 (38.4%)	7:12	8.3 (61.5%)
237	<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>	+02:04:22 (38.6%)	7:13	8.3 (61.5%)
238	<b>SERAFIN Robert</b>	<b>660</b>		M40	102	00:03:12	02:00:56	03:03:31	04:00:02	04:53:27		<b>05:23:34.40</b>	<b>05:23:34.40</b>	+02:05:33 (38.8%)	7:15	8.3 (61.5%)
239	<b>PACHO Sylwester</b>	<b>708</b>		M40	103	00:02:02	01:59:42	03:08:32	04:02:23	04:53:28		<b>05:23:34.50</b>	<b>05:23:34.50</b>	+02:05:33 (38.8%)	7:15	8.3 (61.5%)
240	<b>TYMOSZUK Michał</b>	<b>691</b>	KB BIAŁA BIEGA	M40	104	00:03:08	02:01:24	03:09:59	04:09:40	04:57:20		<b>05:23:36.35</b>	<b>05:23:36.35</b>	+02:05:35 (38.8%)	7:15	8.3 (61.5%)
241	<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>	+02:05:36 (38.8%)	7:15	8.3 (61.5%)
242	<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>	+02:07:28 (39.2%)	7:17	8.2 (60.7%)
243	<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>	+02:08:17 (39.3%)	7:18	8.2 (60.7%)
244	<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>	+02:08:30 (39.4%)	7:19	8.2 (60.7%)
245	<b>SUMARA Wojciech</b>	<b>357</b>	NIEZRZESZONY	M40	105			03:03:53	04:05:08	04:56:07		<b>05:26:35.20</b>	<b>05:26:35.20</b>	+02:08:34 (39.4%)	7:19	8.2 (60.7%)
246	<b>CISKI Piotr</b>	<b>170</b>		M40	106	00:02:20	01:54:51	03:03:55	04:03:51	04:57:20		<b>05:26:35.70</b>	<b>05:26:35.70</b>	+02:08:34 (39.4%)	7:19	8.2 (60.7%)
247	<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>	+02:08:35 (39.4%)	7:19	8.2 (60.7%)
248	<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>	+02:08:38 (39.4%)	7:19	8.2 (60.7%)
249	<b>TUROSZ Zbigniew</b>	<b>147</b>		M60	5	00:01:22	01:55:22	03:02:51	04:01:18	04:54:30		<b>05:26:40.40</b>	<b>05:26:40.40</b>	+02:08:39 (39.4%)	7:19	8.2 (60.7%)
250	<b>JEDLIŃSKI Bartosz</b>	<b>60</b>	MARATOŃCZYK DĘBICA	M40	107	00:00:36	01:56:07	03:07:56	04:05:32	04:56:36		<b>05:27:22.90</b>	<b>05:27:22.90</b>	+02:09:21 (39.5%)	7:20	8.2 (60.7%)
251	<b>SUWEZDA Jacek</b>	<b>380</b>		M50	20	00:02:30	01:57:39	03:05:50	04:04:31	04:56:06		<b>05:27:28.80</b>	<b>05:27:28.80</b>	+02:09:27 (39.5%)	7:20	8.2 (60.7%)
252	<b>KOSMĘDA Piotr Michał</b>	<b>195</b>		M40	108	00:01:02	02:00:23	03:14:38	04:13:34	05:02:36		<b>05:27:30.90</b>	<b>05:27:30.90</b>	+02:09:29 (39.5%)	7:20	8.2 (60.7%)
253	<b>ADAMCZYK Jan</b>	<b>692</b>	GORLICKA GRUPA BIEGOWA	M60	6	00:02:00	01:55:06	03:01:56	04:03:46	04:57:23		<b>05:28:37.00</b>	<b>05:28:37.00</b>	+02:10:35 (39.7%)	7:22	8.1 (60.0%)
254	<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>	+02:10:37 (39.7%)	7:22	8.1 (60.0%)
255	<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>	+02:10:42 (39.8%)	7:22	8.1 (60.0%)
256	<b>SKRZYPEK Mateusz</b>	<b>606</b>		M20	19	00:01:44	01:56:36	03:06:19	04:03:18	04:56:08		<b>05:28:43.45</b>	<b>05:28:43.45</b>	+02:10:42 (39.8%)	7:22	8.1 (60.0%)
257	<b>POREMSKI Leszek</b>	<b>183</b>		M50	21	00:03:14	02:01:32	03:10:35	04:12:13	05:00:24		<b>05:29:10.05</b>	<b>05:29:10.05</b>	+02:11:08 (39.8%)	7:22	8.1 (60.0%)
258	<b>HAJDO Robert</b>	<b>319</b>		M40	109	00:02:32	02:00:05	03:04:37	04:08:52	04:59:39		<b>05:29:15.55</b>	<b>05:29:15.55</b>	+02:11:14 (39.9%)	7:22	8.1 (60.0%)
259	<b>OSZCZĘDA Krzysztof</b>	<b>443</b>	ZARAZIĆ PASJĄ	M40	110	00:01:34	02:01:18	03:08:18	04:10:09	05:00:36		<b>05:29:16.95</b>	<b>05:29:16.95</b>	+02:11:15 (39.9%)	7:22	8.1 (60.0%)
260	<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>	+02:11:32 (39.9%)	7:23	8.1 (60.0%)
261	<b>KOZŁOWSKI Tomasz</b>	<b>197</b>	PIASECZNO RUNNING	M60	7	00:02:33	02:04:32	03:13:06	04:11:52	05:01:58		<b>05:31:12.25</b>	<b>05:31:12.25</b>	+02:13:11 (40.2%)	7:25	8.1 (60.0%)
262	<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>	+02:13:13 (40.2%)	7:25	8.1 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
263	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	+02:13:14 (40.2%)	7:25	8.1 (60.0%)
264	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	+02:13:15 (40.2%)	7:25	8.1 (60.0%)
265	LEŚNIAK Dariusz	11		M50	22	00:00:46	01:56:34	03:09:02	04:11:46	05:02:30		05:31:45.40	05:31:45.40	+02:13:44 (40.3%)	7:26	8.1 (60.0%)
266	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%)
267	IDZIOR Tomasz	424		M20	20	00:01:08	01:55:00	03:05:59	04:11:35	05:02:00		05:32:01.85	05:32:01.85	+02:14:00 (40.4%)	7:26	8.1 (60.0%)
268	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	+02:14:01 (40.4%)	7:26	8.1 (60.0%)
269	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%)
270	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	+02:15:47 (40.7%)	7:29	8 (59.3%)
271	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	+02:15:51 (40.7%)	7:29	8 (59.3%)
272	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%)
273	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%)
274	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	+02:18:16 (41.1%)	7:32	8 (59.3%)
275	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	+02:18:27 (41.1%)	7:32	8 (59.3%)
276	WRÓBEL Stanisław	518	AZS UMED ŁÓDŹ - RUNNING TEAM	M20	21	00:03:00	01:55:38	03:05:58	04:15:27	05:07:17		05:36:34.25	05:36:34.25	+02:18:33 (41.2%)	7:32	8 (59.3%)
277	KRÓL Konrad	306		M20	22	00:03:00	01:55:39	03:06:00	04:15:28	05:07:17		05:36:54.75	05:36:54.75	+02:18:53 (41.2%)	7:33	7.9 (58.5%)
278	GÓRALCZYK Stanisław	750	BUNGEE JUMPING 'MARIO'	M50	23	00:02:27	02:00:25	03:16:16	04:21:02	05:10:15		05:37:51.30	05:37:51.30	+02:19:50 (41.4%)	7:34	7.9 (58.5%)
279	JANOWSKI Bogdan	768		M50	24	00:02:27	01:57:49	03:06:42	04:12:47	05:04:29		05:38:18.20	05:38:18.20	+02:20:17 (41.5%)	7:35	7.9 (58.5%)
280	BERDYCHOWSKI Krzysztof	765	FESTIWAL BIEGOWY	M50	25	00:02:29	01:57:55	03:06:41	04:12:43	05:05:11		05:38:18.30	05:38:18.30	+02:20:17 (41.5%)	7:35	7.9 (58.5%)
281	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	+02:20:18 (41.5%)	7:35	7.9 (58.5%)
282	NOWAKOWSKI Wiesław	425	-	M60	8	00:02:48	02:01:06	03:10:04	04:12:18	05:06:37		05:38:20.70	05:38:20.70	+02:20:19 (41.5%)	7:35	7.9 (58.5%)
283	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	+02:20:23 (41.5%)	7:35	7.9 (58.5%)
284	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	+02:22:41 (41.9%)	7:38	7.9 (58.5%)
285	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	+02:22:53 (41.9%)	7:38	7.8 (57.8%)
286	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	+02:23:31 (42.0%)	7:39	7.8 (57.8%)
287	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%)
288	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	+02:23:40 (42.0%)	7:39	7.8 (57.8%)
289	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	+02:23:42 (42.1%)	7:39	7.8 (57.8%)
290	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	+02:23:42 (42.1%)	7:39	7.8 (57.8%)
291	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%)
292	FRĄC 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		44.6km	44.6km
293	<b>BOROWSKI Igor</b>	<b>431</b>	MAKONDO TEAM	M30	121	00:01:13	01:57:29	03:10:24	04:16:52	05:12:06		<b>05:43:00.70</b>	<b>05:43:00.70</b>	+02:24:59 (42.3%)	7:41	7.8 (57.8%)
294	<b>PAWELEC Piotr</b>	<b>612</b>		M50	26	00:02:34	01:58:25	03:17:36	04:25:56	05:16:02		<b>05:43:02.45</b>	<b>05:43:02.45</b>	+02:25:01 (42.3%)	7:41	7.8 (57.8%)
295	<b>PARCHOMIUK Andrzej</b>	<b>138</b>	NIEZRZESZONY	M50	27	00:02:23	02:07:25	03:16:17		05:07:41		<b>05:43:54.90</b>	<b>05:43:54.90</b>	+02:25:53 (42.4%)	7:42	7.8 (57.8%)
296	<b>NOWICKI Artur</b>	<b>435</b>	SPORTCZESNA	M50	28	00:01:20	01:56:47	03:16:04	04:24:07	05:16:00		<b>05:44:35.10</b>	<b>05:44:35.10</b>	+02:26:34 (42.5%)	7:43	7.8 (57.8%)
296	<b>KOZIEŁ Tadeusz</b>	<b>450</b>	SZCZĘŚCIARZ BIEGA	M20	23	00:01:10	01:55:03	03:11:48	04:18:30	05:13:03		<b>05:44:35.10</b>	<b>05:44:35.10</b>	+02:26:34 (42.5%)	7:43	7.8 (57.8%)
298	<b>BARANOWSKI Krzysztof</b>	<b>351</b>	KUTNO BIEGA	M50	29	00:01:39	02:03:21	03:17:48	04:23:56	05:15:44		<b>05:44:41.50</b>	<b>05:44:41.50</b>	+02:26:40 (42.6%)	7:43	7.8 (57.8%)
299	<b>STODULSKI Krzysztof</b>	<b>348</b>	KUTNO BIEGA	M40	118	00:01:40	02:03:23	03:17:46	04:25:46	05:15:45		<b>05:44:41.80</b>	<b>05:44:41.80</b>	+02:26:40 (42.6%)	7:43	7.8 (57.8%)
300	<b>RÓŻYCKI Ryszard</b>	<b>772</b>		M60	9	00:02:35	02:06:32	03:15:36	04:22:15	05:15:37		<b>05:44:43.15</b>	<b>05:44:43.15</b>	+02:26:42 (42.6%)	7:43	7.8 (57.8%)
301	<b>JĘDRZEJCZYK Tomasz</b>	<b>512</b>	CHYBA NIE DAM RADY	M40	119	00:02:07	02:04:50	03:18:41	04:22:08	05:13:16		<b>05:44:45.00</b>	<b>05:44:45.00</b>	+02:26:43 (42.6%)	7:43	7.8 (57.8%)
302	<b>AMBICKI Miłosz</b>	<b>635</b>	WKURW_TEAM	M30	122	00:02:31	02:04:22	03:21:07	04:25:54	05:16:41		<b>05:45:16.70</b>	<b>05:45:16.70</b>	+02:27:15 (42.6%)	7:44	7.8 (57.8%)
303	<b>TOKARZ Marcin</b>	<b>434</b>		M40	120	00:00:53	02:04:31	03:22:38	04:23:28	05:13:07		<b>05:45:25.40</b>	<b>05:45:25.40</b>	+02:27:24 (42.7%)	7:44	7.7 (57.0%)
304	<b>MAJTYKA Tomasz</b>	<b>167</b>	LOS TREPOS COMPANIEROS	M40	121	00:02:37	02:06:09	03:18:45	04:26:16	05:17:18		<b>05:45:28.65</b>	<b>05:45:28.65</b>	+02:27:27 (42.7%)	7:44	7.7 (57.0%)
305	<b>GŁÓWKA Alfred</b>	<b>634</b>	KARCZMA U FREDA	M50	30	00:01:27	01:58:46	03:16:14	04:23:36	05:14:29		<b>05:46:12.35</b>	<b>05:46:12.35</b>	+02:28:11 (42.8%)	7:45	7.7 (57.0%)
306	<b>RYCERSKI Rafał</b>	<b>678</b>		M30	123	00:01:36	02:04:29	03:20:56	04:28:03	05:17:32		<b>05:46:36.80</b>	<b>05:46:36.80</b>	+02:28:35 (42.9%)	7:46	7.7 (57.0%)
307	<b>GWIŹDŹ Grzegorz</b>	<b>590</b>		M30	124	00:01:10	01:52:54	03:11:20	04:21:08	05:14:32		<b>05:46:39.85</b>	<b>05:46:39.85</b>	+02:28:38 (42.9%)	7:46	7.7 (57.0%)
308	<b>KREŻAŁEK Marcin</b>	<b>497</b>		M20	24	00:01:18	01:52:21	03:03:03	04:15:31	05:14:43		<b>05:46:42.00</b>	<b>05:46:42.00</b>	+02:28:40 (42.9%)	7:46	7.7 (57.0%)
309	<b>SOBCZAK Henryk</b>	<b>523</b>	S.H.T   UKS GIMPEL NOWY TARG	M30	125	00:00:30	02:04:36	03:25:37	04:31:22	05:21:54		<b>05:46:45.55</b>	<b>05:46:45.55</b>	+02:28:44 (42.9%)	7:46	7.7 (57.0%)
310	<b>ZNAMIEC Marcin</b>	<b>563</b>	IPA PAŁAC MOSTOWSKICH KSP	M40	122	00:03:36	02:08:48	03:23:26	04:27:12	05:18:57		<b>05:47:15.60</b>	<b>05:47:15.60</b>	+02:29:14 (43.0%)	7:47	7.7 (57.0%)
311	<b>DYSZKIEWICZ Tomasz</b>	<b>436</b>	KUTNO BIEGA	M30	126	00:01:41	02:03:23	03:17:47	04:24:06	05:15:50		<b>05:47:53.00</b>	<b>05:47:53.00</b>	+02:29:51 (43.1%)	7:48	7.7 (57.0%)
312	<b>BĘLKOT Arkadiusz</b>	<b>703</b>		M40	123	00:01:46	02:03:43	03:17:33	04:21:11	05:13:07		<b>05:48:04.25</b>	<b>05:48:04.25</b>	+02:30:03 (43.1%)	7:48	7.7 (57.0%)
313	<b>PATRZYK Jacek</b>	<b>527</b>		M40	124	00:01:46	02:03:47	03:17:35	04:21:13	05:13:08		<b>05:48:04.55</b>	<b>05:48:04.55</b>	+02:30:03 (43.1%)	7:48	7.7 (57.0%)
314	<b>ŻMUDZIEJEWSKI Jakub</b>	<b>587</b>	WM TRISELF	M30	127	00:03:01	02:00:34	03:11:23	04:20:57	05:12:54		<b>05:48:14.00</b>	<b>05:48:14.00</b>	+02:30:12 (43.1%)	7:48	7.7 (57.0%)
315	<b>PARTYKA Michał</b>	<b>30</b>		M30	128	00:03:01	02:00:34	03:11:25	04:20:57	05:12:55		<b>05:48:14.10</b>	<b>05:48:14.10</b>	+02:30:13 (43.1%)	7:48	7.7 (57.0%)
316	<b>MISZOGRAJ Tomasz</b>	<b>480</b>		M30	129	00:03:01	02:00:33	03:11:24	04:20:55	05:12:53		<b>05:48:14.15</b>	<b>05:48:14.15</b>	+02:30:13 (43.1%)	7:48	7.7 (57.0%)
317	<b>KAJA Robert</b>	<b>466</b>	WIELUŃ BIEGA	M50	31	00:02:03	02:01:16	03:16:08	04:20:37	05:16:13		<b>05:48:20.60</b>	<b>05:48:20.60</b>	+02:30:19 (43.2%)	7:48	7.7 (57.0%)
318	<b>OŻANA Bartosz</b>	<b>489</b>	NIGHT RUNNERS	M20	25	00:03:00	02:07:57	03:18:40	04:23:29	05:14:34		<b>05:48:31.25</b>	<b>05:48:31.25</b>	+02:30:30 (43.2%)	7:48	7.7 (57.0%)
319	<b>WRÓBEL Dariusz</b>	<b>287</b>	TEAM ZABIEGANEDNI	M40	125	00:02:01	02:05:26	03:25:16	04:27:34	05:18:35		<b>05:48:32.65</b>	<b>05:48:32.65</b>	+02:30:31 (43.2%)	7:48	7.7 (57.0%)
320	<b>GRUCA Ryszard</b>	<b>707</b>		M50	32	00:02:03	01:59:43	03:08:34	04:25:59	05:18:19		<b>05:48:34.40</b>	<b>05:48:34.40</b>	+02:30:33 (43.2%)	7:48	7.7 (57.0%)
321	<b>BIEL Tomasz</b>	<b>552</b>		M40	126	00:02:45	02:07:18	03:27:20	04:27:12	05:19:49		<b>05:48:34.95</b>	<b>05:48:34.95</b>	+02:30:33 (43.2%)	7:48	7.7 (57.0%)
322	<b>RYGLEWICZ Tomasz</b>	<b>427</b>	NIGHT RUNNERS	M30	130	00:01:57	02:02:46	03:15:44	04:23:39	05:18:11		<b>05:50:48.25</b>	<b>05:50:48.25</b>	+02:32:47 (43.6%)	7:51	7.6 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		44.6km	44.6km
323	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%)
324	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%)
325	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	+02:33:04 (43.6%)	7:52	7.6 (56.3%)
326	PILECKI Adam	680	STALOWE DZIKI	M20	26	00:01:38	01:59:54	03:12:40	04:25:02	05:18:16		05:51:09.70	05:51:09.70	+02:33:08 (43.6%)	7:52	7.6 (56.3%)
327	SADEJ 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	+02:33:08 (43.6%)	7:52	7.6 (56.3%)
328	DZIUMAK Jakub	487		M20	27	00:01:35	02:05:37	03:19:48	04:24:45	05:22:36		05:51:13.50	05:51:13.50	+02:33:12 (43.6%)	7:52	7.6 (56.3%)
329	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%)
330	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%)
331	DOMAGAŁA Jerzy	294		M50	33	00:03:23	02:11:33	03:23:58	04:26:04	05:22:29		05:54:41.50	05:54:41.50	+02:36:40 (44.2%)	7:57	7.5 (55.6%)
332	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	+02:38:11 (44.4%)	7:59	7.5 (55.6%)
333	KOPEĆ Rafał	759		M20	28	00:01:30	02:02:46	03:20:32	04:24:42	05:24:31		05:56:13.40	05:56:13.40	+02:38:12 (44.4%)	7:59	7.5 (55.6%)
334	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%)
335	MĄCZKA Bronisław	767		M60	10	00:02:43	02:06:06	03:21:10	04:30:21	05:24:45		05:56:17.65	05:56:17.65	+02:38:16 (44.4%)	7:59	7.5 (55.6%)
336	FRAŃCZEK 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%)
337	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%)
338	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%)
339	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%)
340	WÓJCIK Julian	233	SZWLA STARGARD	M60	11	00:01:50	02:13:36	03:28:05	04:31:10	05:27:28		05:57:28.30	05:57:28.30	+02:39:27 (44.6%)	8:00	7.5 (55.6%)
340	CHYLAK Jakub	189	AERODYNAMIKA SŁOIKA PO OGÓRKACH	M20	29	00:03:11	02:08:04	03:27:18	04:30:51	05:26:24		05:57:28.30	05:57:28.30	+02:39:27 (44.6%)	8:00	7.5 (55.6%)
342	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	+02:39:28 (44.6%)	8:00	7.5 (55.6%)
343	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	+02:39:29 (44.6%)	8:00	7.5 (55.6%)
344	BEDRYJ Mateusz	604	42 DO SZCZĘŚCIA	M20	30	00:02:21	02:06:39	03:24:00	04:31:53	05:25:59		05:58:23.65	05:58:23.65	+02:40:22 (44.7%)	8:02	7.5 (55.6%)
345	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	+02:40:25 (44.8%)	8:02	7.5 (55.6%)
346	WYSOKIŃSKI Jerzy	753	KLUB BIEGACZA BIAŁA BIEGA/ORANGE POLSKA	M50	34	00:03:11	02:17:55	03:31:06	04:32:57	05:27:17		05:58:26.60	05:58:26.60	+02:40:25 (44.8%)	8:02	7.5 (55.6%)
347	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%)
348	JĘDRZEJCZYK Konrad	399		M20	31	00:01:42	02:01:33	03:24:15	04:40:28	05:29:57		05:58:28.95	05:58:28.95	+02:40:27 (44.8%)	8:02	7.5 (55.6%)
349	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%)
350	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	+02:40:34 (44.8%)	8:02	7.5 (55.6%)
351	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%)
352	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	+02:41:07 (44.9%)	8:03	7.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
353	<b>PIASNY Paweł</b>	<b>746</b>		M40	139	00:01:01	02:06:52	03:24:49	04:33:08	05:28:03		<b>05:59:13.90</b>	<b>05:59:13.90</b>	+02:41:12 (44.9%)	8:03	7.4 (54.8%)
354	<b>KOWALSKI Maciej</b>	<b>268</b>	MORSY OŚNO LUBUSKIE	M40	140	00:01:54	02:02:50	03:20:58	04:31:48	05:29:26		<b>06:00:23.80</b>	<b>06:00:23.80</b>	+02:42:22 (45.1%)	8:04	7.4 (54.8%)
355	<b>ROZNIATA Andrzej</b>	<b>640</b>	KS GŁÓWNO W BIEGU	M40	141	00:00:56	01:59:14	03:15:11	04:26:56	05:27:27		<b>06:00:32.50</b>	<b>06:00:32.50</b>	+02:42:31 (45.1%)	8:05	7.4 (54.8%)
356	<b>KISIŃSKI Jarosław</b>	<b>589</b>	COMP S.A. / NOVITUS	M40	142	00:01:08	02:04:26	03:16:40	04:24:50	05:30:12		<b>06:00:32.55</b>	<b>06:00:32.55</b>	+02:42:31 (45.1%)	8:05	7.4 (54.8%)
357	<b>GŁOWACKI Andrzej</b>	<b>468</b>	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	M40	143	00:01:03	01:58:31	03:18:09	04:29:06	05:26:03		<b>06:00:38.60</b>	<b>06:00:38.60</b>	+02:42:37 (45.1%)	8:05	7.4 (54.8%)
358	<b>JEZIORNY Ryszard</b>	<b>414</b>	WIELUŃ BIEGA	M50	35	00:02:04	02:08:37	03:26:04	04:32:03	05:26:35		<b>06:00:41.85</b>	<b>06:00:41.85</b>	+02:42:40 (45.1%)	8:05	7.4 (54.8%)
359	<b>RYBAK Wojciech</b>	<b>595</b>	GOPR BIESZCZADY	M40	144		02:06:46	03:20:55	04:35:43	05:31:47		<b>06:00:46.40</b>	<b>06:00:46.40</b>	+02:42:45 (45.1%)	8:05	7.4 (54.8%)
360	<b>STACHYRA Bartłomiej</b>	<b>313</b>		M20	32	00:02:20	02:06:53	03:20:35	04:30:00	05:28:32		<b>06:01:00.25</b>	<b>06:01:00.25</b>	+02:42:59 (45.1%)	8:05	7.4 (54.8%)
361	<b>CHLEBIŃSKI Maciej</b>	<b>615</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	139	00:02:55	02:02:48	03:17:45	04:31:06	05:29:32		<b>06:01:32.55</b>	<b>06:01:32.55</b>	+02:43:31 (45.2%)	8:06	7.4 (54.8%)
362	<b>WOJTOWICZ Daniel</b>	<b>444</b>	NAUKA BIEGA	M40	145	00:00:52	02:04:32	03:22:52	04:32:50	05:29:40		<b>06:01:35.95</b>	<b>06:01:35.95</b>	+02:43:34 (45.2%)	8:06	7.4 (54.8%)
363	<b>BUKAŁA Tomasz</b>	<b>254</b>		M30	140	00:02:12	01:57:15	03:13:08	04:35:39	05:31:44		<b>06:01:55.65</b>	<b>06:01:55.65</b>	+02:43:54 (45.3%)	8:06	7.4 (54.8%)
364	<b>CZUBA Michał</b>	<b>251</b>		M30	141	00:01:06	02:08:08	03:26:32	04:35:50	05:33:25		<b>06:02:26.35</b>	<b>06:02:26.35</b>	+02:44:25 (45.4%)	8:07	7.4 (54.8%)
365	<b>CIESZKO Marek</b>	<b>317</b>	KW WARSZAWA	M30	142	00:04:48	02:18:18	03:38:07	04:38:50	05:34:30		<b>06:03:34.80</b>	<b>06:03:34.80</b>	+02:45:33 (45.5%)	8:09	7.4 (54.8%)
366	<b>WAJCOWICZ Witold</b>	<b>150</b>	POZYTYWNE ZABIEGANI SANOK	M40	146	00:01:47	02:12:20	03:30:21	04:37:32	05:32:44		<b>06:04:01.80</b>	<b>06:04:01.80</b>	+02:46:00 (45.6%)	8:09	7.4 (54.8%)
367	<b>WIŚNIEWSKI Dominik</b>	<b>647</b>		M30	143	00:01:19	01:59:25	03:15:13	04:30:47	05:30:43		<b>06:04:18.10</b>	<b>06:04:18.10</b>	+02:46:17 (45.6%)	8:10	7.3 (54.1%)
368	<b>WIENER Marcin</b>	<b>456</b>		M40	147	00:03:29	02:11:03	03:26:28	04:34:11	05:29:41		<b>06:04:25.65</b>	<b>06:04:25.65</b>	+02:46:24 (45.7%)	8:10	7.3 (54.1%)
369	<b>BURZYŃSKI Tomasz</b>	<b>545</b>	-	M40	148	00:01:23	02:02:54	03:26:44	04:35:04	05:31:36		<b>06:04:34.25</b>	<b>06:04:34.25</b>	+02:46:33 (45.7%)	8:10	7.3 (54.1%)
370	<b>MIERZYŃSKI Rafał</b>	<b>172</b>	BIEGING TEAM ZELÓW	M30	144	00:02:12	02:06:36	03:28:48	04:40:51	05:33:04		<b>06:04:38.35</b>	<b>06:04:38.35</b>	+02:46:37 (45.7%)	8:10	7.3 (54.1%)
371	<b>BOCHENEK Michał</b>	<b>101</b>	INFINITY GYM	M30	145	00:01:48	02:07:12	03:28:20	04:35:50	05:34:09		<b>06:04:52.35</b>	<b>06:04:52.35</b>	+02:46:51 (45.7%)	8:10	7.3 (54.1%)
372	<b>MAŁKIEWICZ Dariusz</b>	<b>437</b>	PGB SPORTOWA PACZKA	M40	149	00:02:00	02:08:56	03:28:42	04:36:11	05:33:43		<b>06:04:55.05</b>	<b>06:04:55.05</b>	+02:46:53 (45.7%)	8:10	7.3 (54.1%)
373	<b>FOGEL Janusz</b>	<b>256</b>	PTG SOKÓŁ ŚWIAT PRACY	M40	150	00:02:15	02:12:22	03:29:12	04:38:03	05:34:04		<b>06:04:58.55</b>	<b>06:04:58.55</b>	+02:46:57 (45.7%)	8:10	7.3 (54.1%)
374	<b>GĄSIOROWSKI Maciej</b>	<b>555</b>		M40	151	00:04:47	02:21:33	03:41:21	04:43:33	05:36:35		<b>06:05:04.15</b>	<b>06:05:04.15</b>	+02:47:03 (45.8%)	8:11	7.3 (54.1%)
375	<b>JAKUBOWSKI Daniel</b>	<b>242</b>	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M40	152	00:03:15	02:12:09	03:35:26	04:46:14	05:37:33		<b>06:05:17.00</b>	<b>06:05:17.00</b>	+02:47:15 (45.8%)	8:11	7.3 (54.1%)
376	<b>OLEKSAK Grzegorz</b>	<b>630</b>		M30	146	00:03:12	02:14:55	03:30:08	04:34:33	05:31:21		<b>06:06:29.60</b>	<b>06:06:29.60</b>	+02:48:28 (46.0%)	8:13	7.3 (54.1%)
377	<b>KOPER Jacek</b>	<b>756</b>		M40	153	00:03:04	02:07:22	03:21:52	04:29:21	05:30:59		<b>06:06:49.40</b>	<b>06:06:49.40</b>	+02:48:48 (46.0%)	8:13	7.3 (54.1%)
378	<b>STONOGA Tomasz</b>	<b>679</b>	KITE&RUN FAN	M40	154	00:01:42	02:14:35	03:32:52	04:36:07	05:33:23		<b>06:06:51.30</b>	<b>06:06:51.30</b>	+02:48:50 (46.0%)	8:13	7.3 (54.1%)
379	<b>BEDNARCZYK Jakub</b>	<b>249</b>	MATE MOUNTAINS	M30	147	00:02:21	02:04:35	03:27:42	04:49:34	05:39:49		<b>06:06:57.10</b>	<b>06:06:57.10</b>	+02:48:56 (46.0%)	8:13	7.3 (54.1%)
380	<b>ADAMCZEWSKI Jakub</b>	<b>231</b>	NIGHT RUNNERS / NBR TEAM	M30	148	00:02:52	02:09:22	03:28:20	04:41:11	05:35:58		<b>06:07:00.65</b>	<b>06:07:00.65</b>	+02:48:59 (46.0%)	8:13	7.3 (54.1%)
381	<b>CWOJDZIŃSKI Piotr</b>	<b>228</b>	NIGHT RUNNERS POZNAŃ	M40	155	00:02:53	02:09:22	03:28:21	04:41:12	05:36:08		<b>06:07:01.85</b>	<b>06:07:01.85</b>	+02:49:00 (46.0%)	8:13	7.3 (54.1%)
382	<b>KWIECIEŃ Krzysztof</b>	<b>668</b>	4K TEAM TARNÓW	M40	156	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		<b>06:07:03.30</b>	<b>06:07:03.30</b>	+02:49:02 (46.1%)	8:13	7.3 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
383	<b>KWIATKOWSKI Kajetan</b>	<b>684</b>	KUCE Z BRONKSU	M30	149	00:02:51	02:10:39	03:32:12	04:46:26	05:38:35		<b>06:07:09.50</b>	<b>06:07:09.50</b>	+02:49:08 (46.1%)	8:13	7.3 (54.1%)
383	<b>MILEWICZ Marek</b>	<b>704</b>	KUCE Z BRONKSU	M30	149	00:02:52	02:10:39	03:32:11	04:46:26	05:38:33		<b>06:07:09.50</b>	<b>06:07:09.50</b>	+02:49:08 (46.1%)	8:13	7.3 (54.1%)
385	<b>KOWALCZYK Daniel</b>	<b>500</b>	EXTREME TRAUMA TEAM	M30	151	00:02:54	02:04:42	03:28:33	04:38:51	05:35:31		<b>06:07:29.05</b>	<b>06:07:29.05</b>	+02:49:27 (46.1%)	8:14	7.3 (54.1%)
386	<b>BURY Marek</b>	<b>103</b>		M40	157	00:02:19	02:11:15	03:35:23	04:44:49	05:38:30		<b>06:07:29.75</b>	<b>06:07:29.75</b>	+02:49:28 (46.1%)	8:14	7.3 (54.1%)
387	<b>RENKIEL Tomasz</b>	<b>758</b>		M40	158	00:03:17	02:03:36	03:29:57	04:41:36	05:37:34		<b>06:07:31.40</b>	<b>06:07:31.40</b>	+02:49:30 (46.1%)	8:14	7.3 (54.1%)
388	<b>JANIK Janusz</b>	<b>91</b>	NIGHT RUNNERS GLIWICE	M40	159	00:03:18	02:03:36	03:29:56	04:41:35	05:37:35		<b>06:07:31.70</b>	<b>06:07:31.70</b>	+02:49:30 (46.1%)	8:14	7.3 (54.1%)
389	<b>WARZYCHA Krzysztof</b>	<b>121</b>	OSK MAXEL	M50	36	00:01:44	02:11:08	03:32:33	04:37:08	05:35:57		<b>06:07:33.10</b>	<b>06:07:33.10</b>	+02:49:32 (46.1%)	8:14	7.3 (54.1%)
390	<b>KORBA Michał</b>	<b>214</b>		M40	160	00:01:25	02:21:54	03:48:01	04:46:12	05:38:30		<b>06:07:43.75</b>	<b>06:07:43.75</b>	+02:49:42 (46.2%)	8:14	7.3 (54.1%)
391	<b>WARZYCHA Dawid</b>	<b>122</b>	PKP INTERCITY	M20	33	00:01:44	02:11:13	03:32:32	04:37:08	05:35:55		<b>06:08:36.80</b>	<b>06:08:36.80</b>	+02:50:35 (46.3%)	8:15	7.3 (54.1%)
392	<b>CHWALISZEWSKI Jarosław</b>	<b>108</b>	NIGHT RUNNERS GLIWICE	M40	161	00:03:17	02:04:40	03:28:10	04:41:34	05:38:05		<b>06:08:39.40</b>	<b>06:08:39.40</b>	+02:50:38 (46.3%)	8:15	7.3 (54.1%)
393	<b>RUSINEK Witosław</b>	<b>696</b>	SHOOTIT	M30	152	00:02:25	02:05:18	03:28:01	04:35:43	05:36:24		<b>06:09:52.50</b>	<b>06:09:52.50</b>	+02:51:51 (46.5%)	8:17	7.2 (53.3%)
394	<b>CĘCELEWSKI Jarosław</b>	<b>510</b>		M40	162	00:03:18	02:21:22	03:33:58	04:41:53	05:37:32		<b>06:10:06.60</b>	<b>06:10:06.60</b>	+02:52:05 (46.5%)	8:17	7.2 (53.3%)
395	<b>KĘPKA Andrzej</b>	<b>374</b>	PRZEWORSKA GRUPA BIEGOWA	M50	37	00:02:02	02:12:15	03:31:59	04:41:32	05:37:37		<b>06:10:13.30</b>	<b>06:10:13.30</b>	+02:52:12 (46.5%)	8:18	7.2 (53.3%)
396	<b>PIGAN Wiesław</b>	<b>361</b>	B B L-JAROSŁAW	M40	163	00:02:01	02:12:21	03:32:05	04:41:28	05:38:49		<b>06:10:25.80</b>	<b>06:10:25.80</b>	+02:52:24 (46.5%)	8:18	7.2 (53.3%)
397	<b>IRZYK Robert</b>	<b>676</b>		M30	153	00:01:58	02:05:32	03:26:34	04:36:27	05:36:34		<b>06:10:28.45</b>	<b>06:10:28.45</b>	+02:52:27 (46.6%)	8:18	7.2 (53.3%)
398	<b>ZIAJA Adam</b>	<b>672</b>		M30	154	00:01:58		03:26:02	04:36:26	05:36:39		<b>06:10:36.00</b>	<b>06:10:36.00</b>	+02:52:34 (46.6%)	8:18	7.2 (53.3%)
399	<b>KOŁODZIEJ Jacek</b>	<b>84</b>	NIGHT RUNNERS GLIWICE	M40	164	00:03:17	02:04:56	03:30:00	04:41:34	05:38:22		<b>06:11:22.55</b>	<b>06:11:22.55</b>	+02:53:21 (46.7%)	8:19	7.2 (53.3%)
400	<b>ROSPOND Piotr</b>	<b>157</b>	TKKF MPK POZNAŃ	M50	38	00:02:28	02:14:12	03:35:29	04:43:16	05:39:48		<b>06:12:08.00</b>	<b>06:12:08.00</b>	+02:54:06 (46.8%)	8:20	7.2 (53.3%)
401	<b>LITWINEK Marek</b>	<b>209</b>	WKURW_TEAM	M30	155	00:02:47	02:10:37	03:31:43	04:48:28	05:42:48		<b>06:12:15.25</b>	<b>06:12:15.25</b>	+02:54:14 (46.8%)	8:20	7.2 (53.3%)
402	<b>ZIELIŃSKI Rafał</b>	<b>428</b>		M40	165	00:01:01	02:12:53	03:37:38	04:50:27	05:41:40		<b>06:12:51.20</b>	<b>06:12:51.20</b>	+02:54:50 (46.9%)	8:21	7.2 (53.3%)
403	<b>PAWLETA Michał</b>	<b>24</b>	NIGHT RUNNERS GLIWICE	M40	166	00:03:16	02:16:27	03:37:47	04:44:01	05:40:11		<b>06:13:08.75</b>	<b>06:13:08.75</b>	+02:55:07 (46.9%)	8:21	7.2 (53.3%)
404	<b>HALIŻAK Norbert</b>	<b>474</b>	WIELUŃ BIEGA	M40	167	00:02:04	02:19:52	03:35:07	04:42:03	05:40:33		<b>06:13:12.40</b>	<b>06:13:12.40</b>	+02:55:11 (46.9%)	8:22	7.2 (53.3%)
405	<b>STACH Dariusz</b>	<b>709</b>	KOSMOLÓW TEAM	M30	156	00:02:21	02:09:14	03:35:31	04:45:56	05:40:21		<b>06:13:13.15</b>	<b>06:13:13.15</b>	+02:55:12 (46.9%)	8:22	7.2 (53.3%)
406	<b>KOSZAŁKA Marcin</b>	<b>385</b>		M20	34	00:02:38	02:14:20	03:35:24	04:44:43	05:40:10		<b>06:13:21.50</b>	<b>06:13:21.50</b>	+02:55:20 (47.0%)	8:22	7.2 (53.3%)
407	<b>HOROWSKI Tomasz</b>	<b>25</b>	RUNHOGS TYCHY	M40	168	00:01:38	02:10:47	03:27:41	04:40:55	05:38:58		<b>06:13:34.80</b>	<b>06:13:34.80</b>	+02:55:33 (47.0%)	8:22	7.2 (53.3%)
408	<b>CHODOROWSKI Arkadiusz</b>	<b>519</b>	IPA PAŁAC MOSTOSKICH KOMENDA STOLECZNA POLICJI	M30	157	00:03:39	02:20:07	03:42:38	04:46:32	05:43:24		<b>06:13:59.50</b>	<b>06:13:59.50</b>	+02:55:58 (47.1%)	8:23	7.2 (53.3%)
409	<b>BAJOREK Jan</b>	<b>699</b>		M40	169	00:00:56	01:53:28	03:20:21	04:56:08	05:46:40		<b>06:14:00.50</b>	<b>06:14:00.50</b>	+02:55:59 (47.1%)	8:23	7.2 (53.3%)
410	<b>PAROL Paweł</b>	<b>349</b>	-	M40	170	00:01:31	02:07:09	03:31:40	04:44:12	05:40:28		<b>06:14:09.25</b>	<b>06:14:09.25</b>	+02:56:08 (47.1%)	8:23	7.2 (53.3%)
411	<b>DYBKA Rafał</b>	<b>244</b>	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	M40	171	00:01:34	02:03:44	03:29:13	04:40:16	05:38:32		<b>06:14:36.20</b>	<b>06:14:36.20</b>	+02:56:35 (47.1%)	8:23	7.1 (52.6%)
412	<b>ZBICIAK Grzegorz</b>	<b>384</b>	ŁĘCZNA BIEGA	M40	172	00:02:20	02:16:23	03:37:08	04:50:31	05:43:16		<b>06:15:09.90</b>	<b>06:15:09.90</b>	+02:57:08 (47.2%)	8:24	7.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
413	GOSZCZYNSKI 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%)
414	DRABIK Jacek	115		M50	39	00:01:15	02:09:03	03:30:08	04:43:23	05:42:02		06:15:40.90	06:15:40.90	+02:57:39 (47.3%)	8:25	7.1 (52.6%)
415	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	+02:57:41 (47.3%)	8:25	7.1 (52.6%)
416	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	+03:00:01 (47.6%)	8:28	7.1 (52.6%)
417	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	+03:00:01 (47.6%)	8:28	7.1 (52.6%)
418	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%)
419	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	+03:00:23 (47.7%)	8:29	7.1 (52.6%)
420	OPALIŃSKI Tomasz	358		M50	40	00:02:12	02:06:03	03:25:45	04:51:13	05:48:32		06:18:52.10	06:18:52.10	+03:00:51 (47.7%)	8:29	7.1 (52.6%)
421	SZADKOWSKI Paweł	26	NIGHT RUNNERS GLIWICE	M30	162	00:03:11	02:09:33	03:33:59	04:47:42	05:45:42		06:18:54.00	06:18:54.00	+03:00:52 (47.7%)	8:29	7.1 (52.6%)
422	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%)
423	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%)
424	MICHOŃ Kamil	593	BIEGAMWARTARNOWIE	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%)
425	SIKORA Tomasz	453	RACE BROTHERS	M30	163	00:01:33	02:07:48	03:32:16	04:51:36	05:48:25		06:21:12.75	06:21:12.75	+03:03:11 (48.1%)	8:32	7 (51.9%)
426	STEPANCZENKO Rafał	112	BIAŁYSTOK BIEGA TEAM	M30	164	00:01:46	02:14:42	03:37:06	04:47:00	05:50:57		06:21:29.35	06:21:29.35	+03:03:28 (48.1%)	8:33	7 (51.9%)
427	KUCA Roman	711		M50	41	00:01:58	02:15:45	03:34:01	04:45:24	05:46:35		06:23:13.60	06:23:13.60	+03:05:12 (48.3%)	8:35	7 (51.9%)
428	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%)
429	SZCZYRBA Robert	631	LECYMY DURŚ	M30	165	00:03:07	02:12:07	03:37:02	04:48:49	05:48:30		06:24:02.30	06:24:02.30	+03:06:01 (48.4%)	8:36	7 (51.9%)
430	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%)
431	ZAWADZKI Bartłomiej	643		M30	166		02:12:09	03:37:04		05:48:30		06:24:28.00	06:24:28.00	+03:06:26 (48.5%)	8:37	7 (51.9%)
432	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%)
433	KUŁAKOWSKI Piotr	169	CZŁAPACZE	M60	12	00:03:32	02:21:57	03:43:18	04:55:47	05:52:34		06:25:02.95	06:25:02.95	+03:07:01 (48.6%)	8:37	7 (51.9%)
434	ŁANIEWSKI Łukasz	509	PSZCZÓŁKOWSKI TEAM	M30	167	00:02:06	02:11:58	03:40:54	04:46:17	05:51:19		06:26:23.35	06:26:23.35	+03:08:22 (48.8%)	8:39	6.9 (51.1%)
435	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%)
436	KRAWCZAK Kamil	120	BIEGUSIEM.PL	M30	168	00:02:35	02:17:38	03:39:00	04:53:36	05:52:36		06:26:55.45	06:26:55.45	+03:08:54 (48.8%)	8:40	6.9 (51.1%)
437	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%)
438	GARNCARZ Adam	743		M20	35	00:03:31	02:15:07	03:42:47	04:56:31	05:51:23		06:26:57.10	06:26:57.10	+03:08:56 (48.8%)	8:40	6.9 (51.1%)
439	RADYK Jakub	410	PRZEMYSKI KLUB BIEGACZA	M30	169	00:03:10	02:05:45	03:29:37	04:47:34	05:46:20		06:26:58.90	06:26:58.90	+03:08:57 (48.8%)	8:40	6.9 (51.1%)
440	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%)
441	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%)
442	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		44.6km	44.6km
443	<b>SIEDLACZEK Zbigniew</b>	<b>104</b>		M60	13	00:02:47	02:13:49	03:38:20	04:53:40	05:52:31		<b>06:28:45.25</b>	<b>06:28:45.25</b>	+03:10:44 (49.1%)	8:42	6.9 (51.1%)
444	<b>ZIELIŃSKI 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>	+03:10:52 (49.1%)	8:43	6.9 (51.1%)
445	<b>WILK Andreas</b>	<b>127</b>		M40	186	00:01:38	02:17:44	03:44:27	04:58:52	05:57:24		<b>06:29:31.10</b>	<b>06:29:31.10</b>	+03:11:30 (49.2%)	8:44	6.9 (51.1%)
446	<b>KUREK Mariusz</b>	<b>496</b>	MARATOŃCZYK DĘBICA	M40	187	00:01:45	02:12:33	03:37:19	04:52:09	05:53:19		<b>06:29:34.00</b>	<b>06:29:34.00</b>	+03:11:32 (49.2%)	8:44	6.9 (51.1%)
447	<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>	+03:11:36 (49.2%)	8:44	6.9 (51.1%)
448	<b>SANECKI Robert</b>	<b>165</b>	SPRINT GORZYCE	M40	188	00:01:37	02:12:13	03:39:06	04:59:03	05:59:37		<b>06:32:04.55</b>	<b>06:32:04.55</b>	+03:14:03 (49.5%)	8:47	6.8 (50.4%)
449	<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>	+03:14:23 (49.5%)	8:47	6.8 (50.4%)
450	<b>JĘDRZEJCZYK Robert</b>	<b>677</b>	CHYBA NIE DAM RADY	M40	189	00:02:09	02:18:06	03:41:56	04:53:50	05:59:14		<b>06:32:56.15</b>	<b>06:32:56.15</b>	+03:14:55 (49.6%)	8:48	6.8 (50.4%)
451	<b>MIKA Damian</b>	<b>151</b>	EKO-OKNA RUNNERS	M50	42	00:02:45	02:21:47	03:43:21	04:58:52	05:57:38		<b>06:33:05.90</b>	<b>06:33:05.90</b>	+03:15:04 (49.6%)	8:48	6.8 (50.4%)
452	<b>SIKORA Sławomir</b>	<b>457</b>	RACEBROTHERS	M40	190	00:01:33	02:07:52	03:31:22	04:51:39	05:54:42		<b>06:34:58.40</b>	<b>06:34:58.40</b>	+03:16:57 (49.9%)	8:51	6.8 (50.4%)
453	<b>KOWALICKI Marcin</b>	<b>502</b>	BIEGAM BO MOGĘ	M20	36			03:40:32	04:56:29	05:56:04		<b>06:35:08.00</b>	<b>06:35:08.00</b>	+03:17:06 (49.9%)	8:51	6.8 (50.4%)
454	<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>	+03:18:36 (50.1%)	8:53	6.7 (49.6%)
455	<b>SOBCZAK Mikołaj</b>	<b>371</b>	WYBIEGANI TEAM	M40	191	00:01:14	02:30:48	03:57:12	05:00:19	06:00:32		<b>06:36:37.60</b>	<b>06:36:37.60</b>	+03:18:36 (50.1%)	8:53	6.7 (49.6%)
456	<b>GOLUBA Krzysztof</b>	<b>305</b>		M40	192	00:01:17	02:13:17	03:39:18	04:51:56	05:59:07		<b>06:36:47.70</b>	<b>06:36:47.70</b>	+03:18:46 (50.1%)	8:53	6.7 (49.6%)
457	<b>ZGÓRSKI Grzegorz</b>	<b>769</b>	NIGHT RUNNERS GLIWICE	M40	193	00:03:02	02:14:08	03:46:26	05:03:10	06:07:15		<b>06:37:15.90</b>	<b>06:37:15.90</b>	+03:19:14 (50.2%)	8:54	6.7 (49.6%)
458	<b>NAMIOTA Marek</b>	<b>73</b>		M60	14	00:00:59	02:14:15	03:41:09	05:01:59	06:01:12		<b>06:37:32.95</b>	<b>06:37:32.95</b>	+03:19:31 (50.2%)	8:54	6.7 (49.6%)
459	<b>STANISŁAWSKI Tomasz</b>	<b>142</b>	KLUB BIEGACZA RTV EURO AGD	M40	194	00:01:50	02:24:07	03:46:56	04:59:09	05:59:38		<b>06:37:34.90</b>	<b>06:37:34.90</b>	+03:19:33 (50.2%)	8:54	6.7 (49.6%)
460	<b>MISZCZYK Marcin</b>	<b>417</b>		M40	195	00:02:25	02:35:00	03:57:03	05:04:24	06:03:49		<b>06:39:15.80</b>	<b>06:39:15.80</b>	+03:21:14 (50.4%)	8:57	6.7 (49.6%)
461	<b>ZIELONKA Bogumił</b>	<b>530</b>	PKB ENDORFINA	M40	196	00:03:18	02:21:51	03:52:46	05:06:29	06:05:43		<b>06:39:52.40</b>	<b>06:39:52.40</b>	+03:21:51 (50.5%)	8:57	6.7 (49.6%)
462	<b>PRZYBYLSKI Mariusz</b>	<b>383</b>	PGB SPORTOWA PACZKA	M40	197	00:02:02	02:15:59	03:35:58	04:57:24	06:00:53		<b>06:41:12.00</b>	<b>06:41:12.00</b>	+03:23:10 (50.6%)	8:59	6.7 (49.6%)
463	<b>PRYSZCZ Mirosław</b>	<b>50</b>		M40	198	00:02:59	02:14:09	03:46:24	05:03:11	06:07:14		<b>06:42:09.15</b>	<b>06:42:09.15</b>	+03:24:08 (50.8%)	9:01	6.7 (49.6%)
464	<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>	+03:24:09 (50.8%)	9:01	6.7 (49.6%)
465	<b>CHODAKOWSKI Kacper</b>	<b>275</b>	OSTROBIEC	M20	37		02:33:20	04:04:49	05:12:50	06:09:34		<b>06:42:11.75</b>	<b>06:42:11.75</b>	+03:24:10 (50.8%)	9:01	6.7 (49.6%)
466	<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>	+03:24:13 (50.8%)	9:01	6.7 (49.6%)
467	<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>	+03:24:29 (50.8%)	9:01	6.6 (48.9%)
468	<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>	+03:26:46 (51.1%)	9:04	6.6 (48.9%)
469	<b>KAZANOWSKI Marcin</b>	<b>620</b>	OFIARY KAMIEŃCA	M40	199	00:02:10	02:24:53	03:48:27	05:03:08	06:09:09		<b>06:45:07.70</b>	<b>06:45:07.70</b>	+03:27:06 (51.1%)	9:05	6.6 (48.9%)
470	<b>STACHYRA Andrzej</b>	<b>312</b>	LSB	M50	43	00:02:20	02:00:20	03:23:56	04:57:55	06:08:59		<b>06:46:40.95</b>	<b>06:46:40.95</b>	+03:28:39 (51.3%)	9:07	6.6 (48.9%)
471	<b>CYGAN Lukasz</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>	+03:29:26 (51.4%)	9:08	6.6 (48.9%)
472	<b>ROMAN Paweł</b>	<b>546</b>	KS BARAKUDA MIŃSK MAZOWIECKI	M40	200	00:03:20	02:17:40	03:50:01	05:13:50	06:12:52		<b>06:47:59.15</b>	<b>06:47:59.15</b>	+03:29:58 (51.5%)	9:08	6.6 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km		min/km	km/h
473	<b>RYSIAWA Marek</b>	<b>547</b>	BEZ	M40	201	00:03:20	02:17:49	03:49:57	05:13:53	06:13:04		<b>06:47:59.20</b>	<b>06:47:59.20</b>	+03:29:58 (51.5%)	9:08	6.6 (48.9%)
474	<b>KUCIŃSKI Tomasz</b>	<b>403</b>	MKB DREPTAK	M40	202	00:03:22	02:17:46	03:49:59	05:13:56	06:13:05		<b>06:48:01.70</b>	<b>06:48:01.70</b>	+03:30:00 (51.5%)	9:08	6.6 (48.9%)
475	<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>	+03:31:07 (51.6%)	9:10	6.5 (48.1%)
476	<b>SOKOŁOWSKI Artur</b>	<b>36</b>		M50	44	00:02:36	02:25:52	03:49:00	05:08:03	06:10:50		<b>06:51:17.00</b>	<b>06:51:17.00</b>	+03:33:15 (51.9%)	9:13	6.5 (48.1%)
477	<b>MATYSEK Ireneusz</b>	<b>761</b>		M60	15	00:02:45	02:28:46	03:56:24	05:12:07	06:13:41		<b>06:51:45.50</b>	<b>06:51:45.50</b>	+03:33:44 (51.9%)	9:13	6.5 (48.1%)
478	<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>	+03:34:40 (52.0%)	9:15	6.5 (48.1%)
479	<b>KUREK Stanisław</b>	<b>327</b>		M40	203	00:03:30	02:23:27	03:50:25	05:09:22	06:16:04		<b>06:53:35.60</b>	<b>06:53:35.60</b>	+03:35:34 (52.1%)	9:16	6.5 (48.1%)
480	<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>	+03:36:03 (52.2%)	9:17	6.5 (48.1%)
481	<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>	+03:36:03 (52.2%)	9:17	6.5 (48.1%)
482	<b>TUTAK Daniel</b>	<b>737</b>	FURIOSI POLANKA	M40	204	00:02:51	02:30:09	03:57:08	05:14:40	06:17:50		<b>06:54:06.35</b>	<b>06:54:06.35</b>	+03:36:05 (52.2%)	9:17	6.5 (48.1%)
483	<b>OBARSKI Norbert</b>	<b>220</b>		M50	45	00:02:58	02:32:54	03:56:20	05:16:18	06:20:06		<b>06:54:12.15</b>	<b>06:54:12.15</b>	+03:36:11 (52.2%)	9:17	6.5 (48.1%)
484	<b>BĘDŹKOWSKI Marek</b>	<b>479</b>	MORSY OSTROŁĘKA	M50	46	00:02:20	02:45:34	04:11:11	05:20:54	06:20:16		<b>06:55:11.80</b>	<b>06:55:11.80</b>	+03:37:10 (52.3%)	9:18	6.4 (47.4%)
485	<b>KALICKI Irek</b>	<b>713</b>	GCW ACADEMY	M40	205	00:01:47	02:25:00	06:19:51				<b>06:55:24.40</b>	<b>06:55:24.40</b>	+03:37:23 (52.3%)	9:18	6.4 (47.4%)
486	<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>	+03:37:53 (52.4%)	9:19	6.4 (47.4%)
487	<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>	+03:37:55 (52.4%)	9:19	6.4 (47.4%)
488	<b>BAĆMAGA Jan</b>	<b>666</b>	JPII - MAZOWSZANY	M40	206	00:01:46	02:21:41	03:50:44	05:14:52	06:20:22		<b>07:00:44.50</b>	<b>07:00:44.50</b>	+03:42:43 (52.9%)	9:26	6.4 (47.4%)
489	<b>KOSIERKIEWICZ Grzegorz</b>	<b>760</b>		M40	207	00:01:27	02:32:48	04:06:02	05:14:58	06:22:10		<b>07:00:59.65</b>	<b>07:00:59.65</b>	+03:42:58 (53.0%)	9:26	6.4 (47.4%)
490	<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>	+03:44:17 (53.1%)	9:28	6.3 (46.7%)
491	<b>WILIMSKI Tomasz</b>	<b>34</b>	NIGHT RUNNERS	M40	208	00:03:16	02:30:08	03:53:42	05:21:37	06:25:26		<b>07:02:19.80</b>	<b>07:02:19.80</b>	+03:44:18 (53.1%)	9:28	6.3 (46.7%)
492	<b>KRĘCISZ Zbigniew</b>	<b>139</b>	AMATOR	M60	16	00:01:20	02:24:16	03:55:18	05:19:58	06:24:44		<b>07:02:59.30</b>	<b>07:02:59.30</b>	+03:44:58 (53.2%)	9:29	6.3 (46.7%)
493	<b>DWORAK Adam</b>	<b>658</b>	TAJFUN	M40	209	00:02:05	02:18:27	03:54:00	05:20:06	06:26:30		<b>07:03:00.50</b>	<b>07:03:00.50</b>	+03:44:59 (53.2%)	9:29	6.3 (46.7%)
494	<b>URBANOWICZ Łukasz</b>	<b>339</b>		M40	210	00:02:25	02:36:36	06:25:23				<b>07:03:34.75</b>	<b>07:03:34.75</b>	+03:45:33 (53.3%)	9:29	6.3 (46.7%)
495	<b>ADAMSKI Bartłomiej</b>	<b>366</b>		M40	211	00:02:26	02:37:28	04:10:26	05:24:58	06:25:22		<b>07:03:41.00</b>	<b>07:03:41.00</b>	+03:45:39 (53.3%)	9:29	6.3 (46.7%)
496	<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>	+03:47:03 (53.4%)	9:31	6.3 (46.7%)
497	<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>	+03:47:51 (53.5%)	9:32	6.3 (46.7%)
498	<b>KONOPACKI Krzysztof</b>	<b>451</b>	ABY DO METY	M40	212	00:02:57	02:29:08	04:03:13	05:23:22	06:30:16		<b>07:06:36.65</b>	<b>07:06:36.65</b>	+03:48:35 (53.6%)	9:33	6.3 (46.7%)
499	<b>ŁOPOKA Przemysław</b>	<b>757</b>	ABY DO METY	M20	38	00:02:59	02:29:17	04:03:13	05:23:14	06:30:18		<b>07:06:37.10</b>	<b>07:06:37.10</b>	+03:48:36 (53.6%)	9:33	6.3 (46.7%)
500	<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>	+03:49:11 (53.6%)	9:34	6.3 (46.7%)
501	<b>KACZKIEWICZ Damian</b>	<b>270</b>	NIGHT RUNNERS GLIWICE	M40	213	00:02:51	02:38:14	04:02:57	05:23:32	06:29:09		<b>07:07:14.60</b>	<b>07:07:14.60</b>	+03:49:13 (53.7%)	9:34	6.3 (46.7%)
502	<b>MAJCHROWICZ Andrzej</b>	<b>250</b>		M40	214	00:03:18	02:30:51	06:28:32				<b>07:09:28.60</b>	<b>07:09:28.60</b>	+03:51:27 (53.9%)	9:37	6.2 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
503	<b>KURKUS Aleksander</b>	<b>259</b>	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	M40	215	00:02:03	02:30:11	06:32:03				<b>07:11:23.10</b>	<b>07:11:23.10</b>	+03:53:22 (54.1%)	9:40	6.2 (45.9%)
504	<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>	+03:54:42 (54.2%)	9:42	6.2 (45.9%)
505	<b>GIENIECZKO Marcin</b>	<b>723</b>		M40	216	00:02:31	02:37:26	04:07:19	05:25:22	06:34:04		<b>07:12:47.50</b>	<b>07:12:47.50</b>	+03:54:46 (54.2%)	9:42	6.2 (45.9%)
506	<b>PAWŁOWSKI Piotr</b>	<b>491</b>	PRZEMYŚL 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>	+03:55:47 (54.4%)	9:43	6.2 (45.9%)
507	<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>	+03:56:55 (54.5%)	9:45	6.2 (45.9%)
508	<b>CEBRAT Tomasz</b>	<b>133</b>	POZYTYWNE ZABIEGANI SANOK	M40	217	00:02:41	02:32:55	04:08:24	05:30:04	06:36:37		<b>07:16:12.75</b>	<b>07:16:12.75</b>	+03:58:11 (54.6%)	9:46	6.1 (45.2%)
509	<b>JABŁOŃSKI Kazimierz</b>	<b>657</b>		M60	17	00:02:11	02:36:27	04:02:43	05:23:09	06:35:11		<b>07:16:22.85</b>	<b>07:16:22.85</b>	+03:58:21 (54.6%)	9:47	6.1 (45.2%)
510	<b>SZEWC Marian</b>	<b>240</b>		M60	18	00:01:27	02:31:09	03:56:28	05:22:12	06:33:18		<b>07:17:19.45</b>	<b>07:17:19.45</b>	+03:59:18 (54.7%)	9:48	6.1 (45.2%)
511	<b>WÓJTOWICZ Paweł</b>	<b>131</b>	LUBLIN BIEGA	M40	218	00:02:53	02:37:37	04:09:10	05:31:52	06:39:31		<b>07:17:30.75</b>	<b>07:17:30.75</b>	+03:59:29 (54.7%)	9:48	6.1 (45.2%)
512	<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>	+04:04:49 (55.3%)	9:55	6 (44.4%)
513	<b>POPIOŁEK Jacek</b>	<b>95</b>	BIEGYSIEM.PL/LOSTINSPORT	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>	+04:05:48 (55.4%)	9:57	6 (44.4%)
514	<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>	+04:08:07 (55.6%)	10:00	6 (44.4%)
515	<b>HRYSZKO Robert</b>	<b>747</b>	POZYTYWNE ZABIEGANI SANOK	M50	47	00:02:40	02:34:18	04:19:00	05:45:38	06:46:52		<b>07:26:24.95</b>	<b>07:26:24.95</b>	+04:08:23 (55.6%)	10:00	6 (44.4%)
516	<b>CZYRNIA Andrzej</b>	<b>681</b>	RAJSPOORT 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>	+04:09:07 (55.7%)	10:01	6 (44.4%)
517	<b>GŁUSZCZAK Jerzy</b>	<b>194</b>		M60	19	00:04:18	02:32:19	04:08:20	05:35:41	06:48:46		<b>07:34:00.60</b>	<b>07:34:00.60</b>	+04:15:59 (56.4%)	10:10	5.9 (43.7%)
518	<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>	+04:20:08 (56.8%)	10:16	5.8 (43.0%)
519	<b>JÓZEFOWSKI Karol</b>	<b>226</b>		M20	39	00:03:16	02:19:13	03:51:24	05:41:16	06:55:04		<b>07:38:14.15</b>	<b>07:38:14.15</b>	+04:20:13 (56.8%)	10:16	5.8 (43.0%)
520	<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>	+04:30:54 (57.8%)	10:30	5.7 (42.2%)
521	<b>PIECH Adam</b>	<b>71</b>	PORANNY PATROL	M40	219	00:03:15	02:49:44	04:35:24	06:02:35	07:07:19		<b>07:48:55.40</b>	<b>07:48:55.40</b>	+04:30:54 (57.8%)	10:30	5.7 (42.2%)
522	<b>BAJAK Mirosław</b>	<b>119</b>		M40	220	00:01:34	02:51:40	04:37:06	06:07:21	07:26:12		<b>08:02:30.95</b>	<b>08:02:30.95</b>	+04:44:29 (59.0%)	10:49	5.5 (40.7%)
	<b>TYLKA Przemysław</b>	<b>278</b>		M40		00:02:07 DNF	02:44:18 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DUDA Paweł</b>	<b>106</b>		M30		DNF	DNF	03:50:46	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>UNIEJEWSKI Tomasz</b>	<b>573</b>	UMBA	M40		00:01:17 DNF	02:03:02 DNF	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%)
	<b>MAŚLANKA Ireneusz</b>	<b>64</b>	NIGHT RUNNERS GLIWICE	M50		00:03:40 DNF	02:59:48 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 527 wynik(ów)