



VI DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: IX FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-06-10
Miejsce: Cisna
Dystans: 12 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	TARASEK Wojciech	4227	#ANDRZEJDLUGOSZTEAM	M30	1	00:57:12.55	00:57:15.35		4:46	12.6 (100%)
2	CABAJ Łukasz	4226	HARPAGAN TARNOBRZEG	M30	2	01:02:46.35	01:02:49.45	+00:05:34 (8.9%)	5:13	11.5 (91.3%)
3	JAKUBIK Marcin	4092	MKS HALICZ PSG KROŚCIENKO	M30	3	01:04:13.60	01:04:17.00	+00:07:01 (10.9%)	5:21	11.2 (88.9%)
4	CHWEDCZUK Robert	4279	ŻÓRAWSKI TEAM	M30	4	01:04:14.30	01:04:18.60	+00:07:03 (11.0%)	5:21	11.2 (88.9%)
5	SZYBIAK Maciej	4307	PRZEMYSKI KLUB BIEGACZA	M20	1	01:09:49.25	01:09:53.05	+00:12:37 (18.1%)	5:49	10.3 (81.7%)
6	KROPIWNICKI Marcin	4068		M30	5	01:10:08.65	01:10:12.20	+00:12:56 (18.4%)	5:50	10.3 (81.7%)
7	SOKOŁOWSKI Marek	4210	ALPIN SPORT TEAM	M50	1	01:10:14.90	01:10:18.90	+00:13:03 (18.6%)	5:51	10.3 (81.7%)
8	LIPA Wojciech	4347	RZESZOWSKIE GAZELE I GEPARDY	M40	1	01:10:22.35	01:10:26.45	+00:13:11 (18.7%)	5:51	10.2 (81.0%)
9	JACHIMOWSKI Jarosław	4223	SANOK BIEGA	M30	6	01:10:52.15	01:10:55.80	+00:13:40 (19.3%)	5:54	10.2 (81.0%)
10	LANGNER Tomasz	4020	RKS HUWDU	M20	2	01:12:10.90	01:12:23.75	+00:15:08 (20.9%)	6:00	10 (79.4%)
11	KMIECIK Paweł	4177	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ JAROSŁAW	M30	7	01:14:00.90	01:14:05.50	+00:16:50 (22.7%)	6:10	9.7 (77.0%)
12	MAJKUT Andrzej	4244	HARPAGAN TARNOBRZEG	M40	2	01:14:06.65	01:14:13.60	+00:16:58 (22.9%)	6:10	9.7 (77.0%)
13	LATUSEK Daniel	4354		M30	8	01:16:05.50	01:16:09.80	+00:18:54 (24.8%)	6:20	9.5 (75.4%)
14	ZAWADZKI Marcin	4091	SZCZWANY TRZMIEL TEAM	M40	3	01:16:30.70	01:16:34.20	+00:19:18 (25.2%)	6:22	9.4 (74.6%)
15	WETHACZ Mateusz	4278		M30	9	01:16:53.95	01:16:57.20	+00:19:41 (25.6%)	6:24	9.4 (74.6%)
16	WŁODARCZAK Jan	4203		M30	10	01:17:00.30	01:17:04.35	+00:19:49 (25.7%)	6:25	9.4 (74.6%)
17	MUCHA Tomasz	4193		M40	4	01:17:44.10	01:17:54.20	+00:20:38 (26.5%)	6:28	9.3 (73.8%)
18	JĘDRZEJCZYK Adam	4186		M30	11	01:19:03.15	01:19:07.75	+00:21:52 (27.6%)	6:35	9.1 (72.2%)
19	GAŁUSZKA Tomasz	4304	SKITUROWE BIESZCZADY	M40	5	01:19:16.65	01:19:20.65	+00:22:05 (27.8%)	6:36	9.1 (72.2%)
20	GRZĄDZIEL Darek	4213	COOL SPORT TEAM	M50	2	01:19:37.20	01:19:42.50	+00:22:27 (28.2%)	6:38	9 (71.4%)
21	BODZIOCH Grzegorz	4097		M50	3	01:19:39.20	01:19:47.50	+00:22:32 (28.2%)	6:38	9 (71.4%)
22	KLONOWICZ Stanisław	4252	HUNTERS OCR TEAM	M50	4	01:19:57.35	01:20:02.75	+00:22:47 (28.5%)	6:39	9 (71.4%)
23	ZAJC Tomasz	4158		M50	5	01:20:00.20	01:20:06.65	+00:22:51 (28.5%)	6:40	9 (71.4%)
24	ZABIELSKI Grzegorz	4061		M40	6	01:20:12.45	01:20:25.30	+00:23:09 (28.8%)	6:41	9 (71.4%)
25	MAMLA Zbigniew	4310	BIEGIEM NA KAWĘ	M50	6	01:22:14.05	01:22:19.05	+00:25:03 (30.4%)	6:51	8.8 (69.8%)
26	JEDLIŃSKI Norbert	4308		M20	3	01:22:05.90	01:22:23.05	+00:25:07 (30.5%)	6:50	8.8 (69.8%)
27	KRYNICKI Jakub	4342	ULTRABIES	M30	12	01:24:35.80	01:24:39.80	+00:27:24 (32.4%)	7:02	8.5 (67.5%)
28	HAJDUK Witold	4259		M40	7	01:24:32.75	01:24:51.25	+00:27:35 (32.5%)	7:02	8.5 (67.5%)
29	MROCZEK Andrzej	4289	SEKCJA BIEGOWA OIL WARSZAWA	M40	8	01:25:19.65	01:25:27.35	+00:28:12 (33.0%)	7:06	8.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	ZYCHALAK Grzegorz	4084	WODOCIĄGI WARSZAWSKIE	M40	9	01:25:16.30	01:25:44.80	+00:28:29 (33.2%)	7:06	8.4 (66.7%)
31	PIKIEWICZ Bartłomiej	4217	PZSF	M40	10	01:26:04.15	01:26:12.90	+00:28:57 (33.6%)	7:10	8.4 (66.7%)
32	GELIOS Maciej	4045		M30	13	01:25:52.95	01:26:19.90	+00:29:04 (33.7%)	7:09	8.4 (66.7%)
33	ULMAN Jerzy	4057		M60	1	01:26:04.95	01:26:39.55	+00:29:24 (33.9%)	7:10	8.4 (66.7%)
34	KOZIARSKI Piotr	4236		M30	14	01:26:17.85	01:26:41.00	+00:29:25 (33.9%)	7:11	8.3 (65.9%)
35	ŚLIWIŃSKI Andrzej	4230		M60	2	01:26:40.90	01:26:46.70	+00:29:31 (34.0%)	7:13	8.3 (65.9%)
36	DOMBROWSKI Sebastian	4088		M20	4	01:26:37.25	01:26:48.65	+00:29:33 (34.0%)	7:13	8.3 (65.9%)
37	KLARECKI Adrian	4228	WIRAN / ASTMA TEAM	M40	11	01:26:27.80	01:26:54.45	+00:29:39 (34.1%)	7:12	8.3 (65.9%)
38	ZYCH Rafał	4032	NAJGORSZY JEST WIATR	M40	12	01:27:33.70	01:27:49.95	+00:30:34 (34.8%)	7:17	8.2 (65.1%)
39	ULMAN Bartłomiej	4042		M20	5	01:27:37.30	01:28:13.20	+00:30:57 (35.1%)	7:18	8.2 (65.1%)
40	NAWROT Bartłomiej	4241	KAMIENIOŁOM	M30	15	01:28:32.00	01:28:54.70	+00:31:39 (35.6%)	7:22	8.1 (64.3%)
41	DOMIN Michał	4206		M30	16	01:29:34.55	01:29:47.30	+00:32:31 (36.2%)	7:27	8 (63.5%)
42	KRĘGIELEWSKI Mirosław	4007	7 PBOT	M50	7	01:30:01.50	01:30:13.15	+00:32:57 (36.5%)	7:30	8 (63.5%)
43	KOPERSKI Marcin	4344		M50	8	01:30:08.70	01:30:18.70	+00:33:03 (36.6%)	7:30	8 (63.5%)
44	RABCZEWSKI Kacper	4052	AZS AGH LEKKOATLETYKA	M20	6	01:30:12.00	01:30:20.75	+00:33:05 (36.6%)	7:31	8 (63.5%)
45	BROMIRSKI Maciej	4194		M40	13	01:30:04.85	01:30:28.70	+00:33:13 (36.7%)	7:30	8 (63.5%)
46	PŁAWECKI Dariusz	4179		M30	17	01:30:35.00	01:30:41.85	+00:33:26 (36.9%)	7:32	7.9 (62.7%)
47	ŚWIECH Grzegorz	4099	GEORGINIA	M40	14	01:30:26.35	01:30:49.20	+00:33:33 (37.0%)	7:32	8 (63.5%)
48	KUNYSZ Paweł	4104	HEXOCOAN	M30	18	01:31:07.10	01:31:12.90	+00:33:57 (37.2%)	7:35	7.9 (62.7%)
49	PUTYRA Damian	4254		M20	7	01:30:58.20	01:31:13.35	+00:33:58 (37.2%)	7:34	7.9 (62.7%)
50	ŚLUSARZ Marian	4212		M60	3	01:31:28.30	01:31:37.50	+00:34:22 (37.5%)	7:37	7.9 (62.7%)
51	GOŚCIŃSKI Andrzej	4185	DUDYCZ RUN	M30	19	01:31:50.95	01:31:55.05	+00:34:39 (37.7%)	7:39	7.8 (61.9%)
52	ZARĘBSKI Piotr	4143		M40	15	01:32:01.45	01:32:10.85	+00:34:55 (37.9%)	7:40	7.8 (61.9%)
53	WRZESIŃSKI Andrzej	4114		M30	20	01:32:07.75	01:32:16.40	+00:35:01 (37.9%)	7:40	7.8 (61.9%)
54	MICHALSKI Rafał	4116	G4 SIEDLCE	M30	21	01:32:14.45	01:32:23.85	+00:35:08 (38.0%)	7:41	7.8 (61.9%)
55	NIEMCZUK Robert	4334		M40	16	01:31:50.00	01:32:25.80	+00:35:10 (38.1%)	7:39	7.8 (61.9%)
56	SOLARSKI Krystian	4273		M20	8	01:32:20.30	01:32:28.25	+00:35:12 (38.1%)	7:41	7.8 (61.9%)
57	KORZENIOWSKI Xawery	4329	RK ATHLETICS	M20	9	01:32:40.50	01:32:40.50	+00:35:25 (38.2%)	7:43	7.8 (61.9%)
58	KORZENIOWSKI Robert	4331	RK ATHLETICS	M50	9	01:32:38.35	01:32:42.00	+00:35:26 (38.2%)	7:43	7.8 (61.9%)
59	STRZELECKI Robert	4204		M40	17	01:32:22.85	01:32:55.60	+00:35:40 (38.4%)	7:41	7.8 (61.9%)
60	STAWIARZ Paweł	4190	AW SZYBCIEJ TEAM	M30	22	01:32:53.75	01:33:00.00	+00:35:44 (38.4%)	7:44	7.8 (61.9%)
61	FALKOWSKI Łukasz	4075		M30	23	01:32:59.15	01:33:05.70	+00:35:50 (38.5%)	7:44	7.7 (61.1%)
62	ZAWITKOWSKI Piotr	4036	PIĘKNE I BRODACZE	M50	10	01:32:34.45	01:33:09.20	+00:35:53 (38.5%)	7:42	7.8 (61.9%)
63	SZEWCZYK Kristyl Krzysztof	4303		M30	24	01:33:17.80	01:33:23.00	+00:36:07 (38.7%)	7:46	7.7 (61.1%)
64	PAPROCKI Michał	4201		M30	25	01:33:16.85	01:33:27.40	+00:36:12 (38.7%)	7:46	7.7 (61.1%)
65	TWARDY Przemysław	4183		M40	18	01:33:24.50	01:33:29.70	+00:36:14 (38.8%)	7:47	7.7 (61.1%)
66	KOPCIUCH Maciej	4059	PODIUM RZESZÓW	M30	26	01:33:42.60	01:33:54.35	+00:36:39 (39.0%)	7:48	7.7 (61.1%)
67	CICHOWLAS Sylwester	4172	AS RUN POZNAŃ	M40	19	01:34:10.80	01:34:26.70	+00:37:11 (39.4%)	7:50	7.6 (60.3%)
68	ROŹKIEWICZ Leszek	4041	GRUBASY	M40	20	01:33:54.80	01:34:30.00	+00:37:14 (39.4%)	7:49	7.7 (61.1%)
69	BANASZAK Paweł	4111		M20	10	01:34:45.45	01:34:50.80	+00:37:35 (39.6%)	7:53	7.6 (60.3%)
70	MARCINIAK Mateusz	4234	ŁODZIANKA TEAM	M20	11	01:35:03.10	01:35:11.80	+00:37:56 (39.9%)	7:55	7.6 (60.3%)
71	ŁUKASIEWICZ Jarosław	4155		M50	11	01:35:30.00	01:35:37.85	+00:38:22 (40.1%)	7:57	7.5 (59.5%)
72	KRUSZEWSKI Filip	4317		M30	27	01:35:31.40	01:35:57.40	+00:38:42 (40.3%)	7:57	7.5 (59.5%)
73	DUSZA Łukasz	4013		M30	28	01:35:48.10	01:35:59.25	+00:38:43 (40.4%)	7:59	7.5 (59.5%)

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74	SUŚLIK Robert	4300		M40	21	01:35:53.85	01:36:12.20	+00:38:56 (40.5%)	7:59	7.5 (59.5%)
75	SAŁEK Tomasz	4189		M30	29	01:36:22.65	01:36:32.20	+00:39:16 (40.7%)	8:01	7.5 (59.5%)
76	KOTULSKI Kamil	4268		M30	30	01:36:40.75	01:36:56.20	+00:39:40 (40.9%)	8:03	7.4 (58.7%)
77	LUDWICZAK Hubert	4202		M30	31	01:36:48.00	01:36:57.55	+00:39:42 (40.9%)	8:04	7.4 (58.7%)
78	KOKOSIŃSKI Krzysztof	4110		M20	12	01:36:46.45	01:36:58.20	+00:39:42 (41.0%)	8:03	7.4 (58.7%)
79	PROTSIV Jarosław	4004		M30	32	01:36:56.85	01:37:07.95	+00:39:52 (41.1%)	8:04	7.4 (58.7%)
80	PUCHAŁA Karol	4129		M20	13	01:36:45.80	01:37:19.15	+00:40:03 (41.2%)	8:03	7.4 (58.7%)
81	CHMIELEWSKI Mateusz	4294	HARDBOX	M30	33	01:37:21.35	01:37:43.40	+00:40:28 (41.4%)	8:06	7.4 (58.7%)
82	STEBEL Piotr	4033	PRZEWODNIK	M50	12	01:38:04.35	01:38:10.15	+00:40:54 (41.7%)	8:10	7.3 (57.9%)
83	WRÓBEL Bartłomiej	4281	CISNA GÓRĄ	M40	22	01:39:16.30	01:39:20.80	+00:42:05 (42.4%)	8:16	7.3 (57.9%)
84	KRAWCZYK Michał	4216		M30	34	01:39:18.65	01:39:40.50	+00:42:25 (42.6%)	8:16	7.3 (57.9%)
85	STREMLER Krzysztof	4170		M40	23	01:39:20.90	01:39:40.70	+00:42:25 (42.6%)	8:16	7.2 (57.1%)
86	GAŁUSZKA Mariusz	4325	SKITUROWE BIESZCZADY	M40	24	01:40:24.15	01:40:28.55	+00:43:13 (43.0%)	8:22	7.2 (57.1%)
87	KRASUSKI Piotr	4355	G4	M40	25	01:40:53.10	01:41:02.90	+00:43:47 (43.3%)	8:24	7.1 (56.3%)
88	GUZ Łukasz	4181		M40	26	01:40:50.85	01:41:16.55	+00:44:01 (43.5%)	8:24	7.1 (56.3%)
89	WANDYCZ Mariusz	4345	KOLKA TEAM LUBAŃ	M30	35	01:41:06.35	01:41:25.95	+00:44:10 (43.6%)	8:25	7.1 (56.3%)
90	KRUCZYK Marcin	4192		M40	27	01:41:35.40	01:41:45.80	+00:44:30 (43.7%)	8:27	7.1 (56.3%)
91	MIELCAREK Maciej	4140		M40	28	01:41:46.70	01:41:56.10	+00:44:40 (43.8%)	8:28	7.1 (56.3%)
92	FUDALI Jacek	4272		M30	36	01:42:35.35	01:42:45.45	+00:45:30 (44.3%)	8:32	7 (55.6%)
93	STASZCZYK Michał	4255	BKB CZARNA PERŁA	M30	37	01:42:34.85	01:42:50.60	+00:45:35 (44.3%)	8:32	7 (55.6%)
94	SOŁGAŁA Tomasz	4335		M40	29	01:42:46.65	01:43:01.65	+00:45:46 (44.4%)	8:33	7 (55.6%)
95	SOSNOWSKI Rafał	4302	ZAJĄC	M30	38	01:42:52.20	01:43:12.80	+00:45:57 (44.5%)	8:34	7 (55.6%)
96	WITKA Piotr	4349		M50	13	01:44:11.65	01:44:23.90	+00:47:08 (45.2%)	8:40	6.9 (54.8%)
97	KRZESZEWSKI Gracjan	4267		M20	14	01:44:27.40	01:44:42.00	+00:47:26 (45.3%)	8:42	6.9 (54.8%)
98	WOJNECKI Marcin	4090		M40	30	01:44:33.45	01:44:44.05	+00:47:28 (45.3%)	8:42	6.9 (54.8%)
99	FIEDORCZUK Łukasz	4280	BIMBER RUNNERS	M40	31	01:45:03.75	01:45:18.45	+00:48:03 (45.6%)	8:45	6.9 (54.8%)
100	PAWLIK Bartek	4102		M30	39	01:45:23.05	01:45:33.60	+00:48:18 (45.8%)	8:46	6.8 (54.0%)
101	JANIAK Leszek	4016	KUTNO BIEGA	M30	40	01:45:35.65	01:45:44.10	+00:48:28 (45.8%)	8:47	6.8 (54.0%)
102	MARZEC Konrad	4309	ROZBIEGANE MICHAŁOWICE	M30	41	01:46:17.00	01:46:24.20	+00:49:08 (46.2%)	8:51	6.8 (54.0%)
103	LEWANDOWSKI Paweł	4219	BIAŁE MORSY GOSTYNIN- KUTNO	M40	32	01:46:20.90	01:46:29.20	+00:49:13 (46.2%)	8:51	6.8 (54.0%)
104	UJMA Paweł	4094		M40	33	01:47:20.65	01:47:43.30	+00:50:27 (46.8%)	8:56	6.7 (53.2%)
105	UJMA Paweł	4093		M40	34	01:47:21.60	01:47:44.10	+00:50:28 (46.9%)	8:56	6.7 (53.2%)
106	WODNICKI Karol	4063		M20	15	01:47:44.45	01:48:18.10	+00:51:02 (47.1%)	8:58	6.7 (53.2%)
107	ZAJĄC Maciej	4271	DREAM TRI TEAM	M40	35	01:48:05.80	01:48:39.75	+00:51:24 (47.3%)	9:00	6.7 (53.2%)
108	WODNICKI Rafał	4062		M40	36	01:48:09.15	01:48:42.50	+00:51:27 (47.3%)	9:00	6.7 (53.2%)
109	BIEL Sebastian	4324	BIEGANIE SZYDERCÓW	M30	42	01:48:15.75	01:48:47.15	+00:51:31 (47.4%)	9:01	6.7 (53.2%)
110	RAKOWSKI Mateusz	4148		M20	16	01:48:44.10	01:49:11.20	+00:51:55 (47.6%)	9:03	6.6 (52.4%)
111	ADAMUS Dawid	4240		M30	43	01:48:58.25	01:49:14.30	+00:51:58 (47.6%)	9:04	6.6 (52.4%)
112	SPORNIAK Krzysztof	4319		M30	44	01:49:01.60	01:49:21.60	+00:52:06 (47.6%)	9:05	6.6 (52.4%)
113	GRZEJSZCZAK Tomasz	4286	EXC MOBILE TEAM	M20	17	01:50:00.35	01:50:12.15	+00:52:56 (48.0%)	9:10	6.5 (51.6%)
114	FRĄC Bartłomiej	4046	KUTNO BIEGA	M40	37	01:50:11.20	01:50:19.85	+00:53:04 (48.1%)	9:10	6.5 (51.6%)
115	PIECHOCKI Robert	4144	DZIKI Z POLANKI	M50	14	01:49:57.65	01:50:34.75	+00:53:19 (48.2%)	9:09	6.5 (51.6%)
116	STEFANIAK Piotr	4005	LĘBORSKI BIEGACZ	M60	4	01:51:30.25	01:51:41.70	+00:54:26 (48.7%)	9:17	6.5 (51.6%)
117	SOKOŁOWSKI Artur	4200	TEAM ZABIEGANEDNI	M40	38	01:52:18.50	01:52:36.75	+00:55:21 (49.2%)	9:21	6.4 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
118	RYBKA Jan	4122	RYBENS HUTTE	M30	45	01:52:24.60	01:52:45.85	+00:55:30 (49.2%)	9:22	6.4 (50.8%)
119	MAKSYMOWICZ Marek	4336	NIE DOTYCZY	M50	15	01:52:48.05	01:52:55.70	+00:55:40 (49.3%)	9:24	6.4 (50.8%)
120	JAKIELASZEK Maciej	4096	CHCIAŁEM 28KM, ALE ZŁ DYZIU KAZAŁ 12	M30	46	01:52:48.85	01:52:59.55	+00:55:44 (49.3%)	9:24	6.4 (50.8%)
121	JABŁOŃSKI Paweł	4176		M30	47	01:53:19.05	01:53:52.00	+00:56:36 (49.7%)	9:26	6.4 (50.8%)
122	RĘPALSKI Krzysztof	4149		M30	48	01:54:12.75	01:54:45.60	+00:57:30 (50.1%)	9:31	6.3 (50.0%)
123	SZULĘCKI Andrzej	4283	EXC MOBILE TEAM	M40	39	01:54:46.05	01:54:59.35	+00:57:44 (50.2%)	9:33	6.3 (50.0%)
124	ZAKRZACKI Damian	4321		M30	49	01:54:32.30	01:55:03.35	+00:57:48 (50.2%)	9:32	6.3 (50.0%)
125	ŁUKASIAK Tomasz	4023		M30	50	01:56:21.20	01:56:37.50	+00:59:22 (50.9%)	9:41	6.2 (49.2%)
126	FRĄCKOWIAK Ireneusz	4197		M40	40	01:56:20.60	01:56:45.45	+00:59:30 (51.0%)	9:41	6.2 (49.2%)
127	TUROWSKI Łukasz	4131	BIEGAM DLA SIEBIE	M30	51	01:57:51.45	01:58:13.60	+01:00:58 (51.6%)	9:49	6.1 (48.4%)
128	ANDRASZ Paweł	4188		M20	18	01:58:08.40	01:58:22.35	+01:01:07 (51.6%)	9:50	6.1 (48.4%)
129	MISIAK Paweł	4119		M30	52	01:58:04.00	01:58:27.90	+01:01:12 (51.7%)	9:50	6.1 (48.4%)
130	KOCZUR Krzysztof	4164		M40	41	01:59:05.25	01:59:23.50	+01:02:08 (52.0%)	9:55	6 (47.6%)
131	KOZIEŁ Krzysztof	4288	EXC MOBILE TEAM	M40	42	01:59:31.15	01:59:45.65	+01:02:30 (52.2%)	9:57	6 (47.6%)
132	KORZENIOWSKI Maksymilian	4328	RK ATHLETICS	M20	19	01:59:55.80	01:59:58.90	+01:02:43 (52.3%)	9:59	6 (47.6%)
133	KALKA Marcin	4318		M30	53	02:00:11.10	02:00:38.15	+01:03:22 (52.5%)	10:00	6 (47.6%)
134	DOMŻOŁ Radosław	4337		M20	20	02:00:06.55	02:00:45.40	+01:03:30 (52.6%)	10:00	6 (47.6%)
135	MALITEK Krzysztof	4163	DECEPTICON GYM	M50	16	02:00:24.15	02:00:51.45	+01:03:36 (52.6%)	10:02	6 (47.6%)
136	HOŁYŚ Marcin	4299		M30	54	02:00:38.55	02:01:08.85	+01:03:53 (52.7%)	10:03	6 (47.6%)
137	BIELUŃ Adrian	4265	PURA VIDA TEAM	M30	55	02:00:57.90	02:01:14.85	+01:03:59 (52.8%)	10:04	6 (47.6%)
138	KRZESZEWSKI Krzysztof	4266		M40	43	02:01:12.90	02:01:27.05	+01:04:11 (52.9%)	10:06	5.9 (46.8%)
139	MIKULSKI Zdzisław	4066		M50	17	02:01:46.55	02:01:57.35	+01:04:42 (53.1%)	10:08	5.9 (46.8%)
140	PRZYBYLSKI Witek	4338	MUAY RUNNING TEAM	M40	44	02:01:50.65	02:02:20.55	+01:05:05 (53.2%)	10:09	5.9 (46.8%)
141	MAKSELON Jan	4070		M30	56	02:02:51.70	02:03:21.40	+01:06:06 (53.6%)	10:14	5.9 (46.8%)
142	RZEŹNIK Stanisław	4173		M40	45	02:02:54.45	02:03:28.60	+01:06:13 (53.6%)	10:14	5.9 (46.8%)
143	OLSZEWSKI Michał	4086	BIEGAM DLA SIEBIE	M40	46	02:03:50.15	02:04:07.10	+01:06:51 (53.9%)	10:19	5.8 (46.0%)
144	SOBOTA Michał	4339	NAJLEPIEJ SIĘ OBALA PÓŁ LITRA U ZIOMALA	M20	21	02:04:10.80	02:04:43.10	+01:07:27 (54.1%)	10:20	5.8 (46.0%)
145	ZDROJEWSKI Dominik	4101		M40	47	02:06:20.55	02:06:26.35	+01:09:11 (54.7%)	10:31	5.7 (45.2%)
146	LITWA Łukasz	4151	FOREVER TEAM	M40	48	02:10:08.00	02:10:29.25	+01:13:13 (56.1%)	10:50	5.5 (43.7%)
147	KUŚ Mariusz	4282	EXC MOBILE TEAM	M30	57	02:11:11.35	02:11:23.90	+01:14:08 (56.4%)	10:55	5.5 (43.7%)
148	CZAPLA Andrzej	4006		M60	5	02:13:59.25	02:14:24.75	+01:17:09 (57.4%)	11:09	5.4 (42.9%)
149	BANCERZ Miłosz	4195	TRAWNIKI BIEGAJĄ	M20	22	02:16:58.35	02:17:29.75	+01:20:14 (58.4%)	11:24	5.3 (42.1%)
150	CHWASTA Mariusz	4258		M40	49	02:17:29.10	02:17:57.25	+01:20:41 (58.5%)	11:27	5.2 (41.3%)
151	PAWLAK Robert	4285	EXC MOBILE TEAM	M30	58	02:21:19.70	02:21:33.90	+01:24:18 (59.6%)	11:46	5.1 (40.5%)
152	BUDA Maciej	4320		M40	50	02:25:51.00	02:26:12.30	+01:28:56 (60.8%)	12:09	4.9 (38.9%)
153	BLANK Grzegorz	4191		M50	18	02:27:01.15	02:27:31.45	+01:30:16 (61.2%)	12:15	4.9 (38.9%)
154	MALIK Robert	4050		M40	51	02:37:03.75	02:37:26.70	+01:40:11 (63.6%)	13:05	4.6 (36.5%)
155	CELEJEWSKI Przemysław	4125		M40	52	02:38:24.65	02:38:46.50	+01:41:31 (63.9%)	13:12	4.5 (35.7%)
156	BRODECKI Adam	4292		M30	59	02:39:08.35	02:39:45.20	+01:42:29 (64.2%)	13:15	4.5 (35.7%)
	WOJTAS Konrad	4166		M20		DNF	DNF	-	-	-(0.0%)
	WŁOSIK Michał	4071		M30		DNF	DNF	-	-	-(0.0%)

Znaleziono 158 wynik(ów)