



# VII DYCHA NA JELENI SKOK

B4SPORT

**Event:** X FESTIWAL BIEGU RZEŹNIKA  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2024-06-01  
**Place:** Cisna  
**Distance:** 12 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Net time 12km	Czas brutto 12km	Gap	Pace min/km	Pace km/h
1	<b>TOMASZEK Hubert</b>	<b>5278</b>	MKS HALICZ	M20	1	<b>01:01:00.70</b>	<b>01:01:00.70</b>		5:05	11.8 (100%)
2	<b>TROJNAR Paweł</b>	<b>5309</b>		M30	1	<b>01:01:14.25</b>	<b>01:01:14.25</b>	+00:00:13 (0.4%)	5:06	11.8 (100%)
3	<b>WOŚ Michał</b>	<b>5349</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA/TRENER SKLEP TEAM	M30	2	<b>01:05:19.35</b>	<b>01:05:19.35</b>	+00:04:18 (6.6%)	5:26	11 (93.2%)
4	<b>TARGOSZ Michał</b>	<b>5276</b>	RUNPROGRESS.PL	M40	1	<b>01:06:38.20</b>	<b>01:06:38.20</b>	+00:05:37 (8.4%)	5:33	10.8 (91.5%)
5	<b>PARMEE Alexander</b>	<b>5157</b>	ŻÓRAWSKI TEAM	M30	3	<b>01:07:36.00</b>	<b>01:07:36.00</b>	+00:06:35 (9.7%)	5:38	10.7 (90.7%)
6	<b>RESZKA Marek</b>	<b>5334</b>	RUNA RADICAL PRO	M30	4	<b>01:07:39.15</b>	<b>01:07:39.15</b>	+00:06:38 (9.8%)	5:38	10.6 (89.8%)
7	<b>PEŁDIAK Mateusz</b>	<b>5348</b>	KB ATHLETIC ZRĘCIM	M30	5	<b>01:08:53.00</b>	<b>01:08:53.00</b>	+00:07:52 (11.4%)	5:44	10.5 (89.0%)
8	<b>JARZĘBOWICZ Paweł</b>	<b>5351</b>	ZADYSZKA OŚWIĘCIM	M40	2	<b>01:08:54.00</b>	<b>01:08:54.00</b>	+00:07:53 (11.4%)	5:44	10.4 (88.1%)
9	<b>SOKOŁOWSKI Marek</b>	<b>5055</b>	ALPIN SPORT TEAM	M50	1	<b>01:08:57.75</b>	<b>01:08:57.75</b>	+00:07:57 (11.5%)	5:44	10.4 (88.1%)
10	<b>ŚWIERAD Krystian</b>	<b>5297</b>		M20	2	<b>01:09:07.45</b>	<b>01:09:07.45</b>	+00:08:06 (11.7%)	5:45	10.4 (88.1%)
11	<b>ŚCIESZKA Wojciech</b>	<b>5130</b>		M50	2	<b>01:09:22.95</b>	<b>01:09:22.95</b>	+00:08:22 (12.1%)	5:46	10.4 (88.1%)
12	<b>WIĘCEK Damian</b>	<b>5268</b>	PAPPYN RUNNING TEAM	M20	3	<b>01:09:27.25</b>	<b>01:09:27.25</b>	+00:08:26 (12.2%)	5:47	10.4 (88.1%)
13	<b>STACHURSKI Paweł</b>	<b>5316</b>		M40	3	<b>01:09:43.00</b>	<b>01:09:43.00</b>	+00:08:42 (12.5%)	5:48	10.3 (87.3%)
14	<b>MLAŚ Ireneusz</b>	<b>5330</b>	IPA PRZEMYŚL	M30	6	<b>01:09:44.65</b>	<b>01:09:44.65</b>	+00:08:43 (12.5%)	5:48	10.3 (87.3%)
15	<b>JUSZCZAK Piotr</b>	<b>5296</b>	NIEZRZESZONY	M30	7	<b>01:09:51.85</b>	<b>01:09:51.85</b>	+00:08:51 (12.7%)	5:49	10.3 (87.3%)
16	<b>ZAWADZKI Marcin</b>	<b>5037</b>	SZCZWANY TRZMIEL TEAM	M40	4	<b>01:10:10.10</b>	<b>01:10:10.10</b>	+00:09:09 (13.0%)	5:50	10.3 (87.3%)
17	<b>JACHIMOWSKI Jarosław</b>	<b>5005</b>	SANOK BIEGA	M40	5	<b>01:10:23.30</b>	<b>01:10:23.30</b>	+00:09:22 (13.3%)	5:51	10.2 (86.4%)
18	<b>WIĘCEK Marek</b>	<b>5250</b>	PAPPYN RUNNING TEAM	M20	4	<b>01:10:54.65</b>	<b>01:10:54.65</b>	+00:09:53 (14.0%)	5:54	10.2 (86.4%)
19	<b>NASPIŃSKI Michał</b>	<b>5046</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M20	5	<b>01:11:04.45</b>	<b>01:11:04.45</b>	+00:10:03 (14.2%)	5:55	10.1 (85.6%)
20	<b>OCHYRA Konrad</b>	<b>5277</b>	SOLINA TEAM	M30	8	<b>01:12:56.50</b>	<b>01:12:56.50</b>	+00:11:55 (16.4%)	6:04	9.9 (83.9%)
21	<b>LEŚ Michał</b>	<b>5356</b>	SANOK BIEGA	M30	9	<b>01:13:05.95</b>	<b>01:13:05.95</b>	+00:12:05 (16.5%)	6:05	9.9 (83.9%)
22	<b>KUBICKI Jakub</b>	<b>5133</b>		M20	6	<b>01:14:39.15</b>	<b>01:14:39.15</b>	+00:13:38 (18.3%)	6:13	9.6 (81.4%)
23	<b>SOŁTYS Mateusz</b>	<b>5237</b>		M20	7	<b>01:14:50.65</b>	<b>01:14:50.65</b>	+00:13:49 (18.5%)	6:14	9.6 (81.4%)
24	<b>JANICKI Tomasz</b>	<b>5116</b>		M20	8	<b>01:14:55.60</b>	<b>01:14:55.60</b>	+00:13:54 (18.6%)	6:14	9.6 (81.4%)
25	<b>KOĆWIN Jakub</b>	<b>5042</b>	LDB	M30	10	<b>01:15:23.75</b>	<b>01:15:23.75</b>	+00:14:23 (19.1%)	6:16	9.6 (81.4%)
26	<b>WIĘCKOWSKI Waldemar</b>	<b>5071</b>		M30	11	<b>01:15:27.95</b>	<b>01:15:27.95</b>	+00:14:27 (19.2%)	6:17	9.5 (80.5%)
27	<b>BANASIK Krzysztof</b>	<b>5076</b>		M40	6	<b>01:15:31.35</b>	<b>01:15:31.35</b>	+00:14:30 (19.2%)	6:17	9.5 (80.5%)
28	<b>KROPIWNICKI Marcin</b>	<b>5148</b>		M30	12	<b>01:15:40.15</b>	<b>01:15:40.15</b>	+00:14:39 (19.4%)	6:18	9.5 (80.5%)
29	<b>JAREMA Maciej</b>	<b>5379</b>	LOKOMOTIV MAJDAN	M40	7	<b>01:15:48.60</b>	<b>01:15:48.60</b>	+00:14:47 (19.5%)	6:19	9.5 (80.5%)

Place	Participant	Number	Club	Category	MCat	Net time 12km	Czas brutto 12km	Gap	Pace min/km	Pace km/h
30	ZĄBCZYŃSKI Dominik	5372	ALPIN SPORT TEAM	M50	3	01:16:24.05	01:16:24.05	+00:15:23 (20.1%)	6:22	9.4 (79.7%)
31	RABCZEWSKI Kacper	5167	AGH KRAKÓW	M20	9	01:16:49.95	01:16:49.95	+00:15:49 (20.6%)	6:24	9.4 (79.7%)
32	MAMLA Zbigniew	5140	BIEGIEM NA KAWĘ	M50	4	01:18:24.00	01:18:24.00	+00:17:23 (22.2%)	6:32	9.2 (78.0%)
33	NOWACKI Krzysztof	5120	POGODNI	M20	10	01:18:49.05	01:18:49.05	+00:17:48 (22.6%)	6:34	9.1 (77.1%)
34	KLIMKOWSKI Tomasz	5300		M50	5	01:19:40.15	01:19:40.15	+00:18:39 (23.4%)	6:38	9 (76.3%)
35	ŚWIDZIŃSKI Tomasz	5378	LOKOMOTIV MAJDAN	M40	8	01:20:20.45	01:20:20.45	+00:19:19 (24.1%)	6:41	9 (76.3%)
36	SIKORSKI Błażej	5212		M30	13	01:22:47.50	01:22:47.50	+00:21:46 (26.3%)	6:53	8.7 (73.7%)
37	KALETA Piotr	5199		M30	14	01:23:11.55	01:23:11.55	+00:22:10 (26.7%)	6:55	8.7 (73.7%)
38	MILEWSKI Mateusz	5308		M20	11	01:23:20.20	01:23:20.20	+00:22:19 (26.8%)	6:56	8.6 (72.9%)
39	ROBERT Lorens	5182		M50	6	01:23:24.05	01:23:24.05	+00:22:23 (26.8%)	6:57	8.6 (72.9%)
40	INDYK Kamil	5008	CARPATHIAN RUNNERS	M20	12	01:23:30.05	01:23:30.05	+00:22:29 (26.9%)	6:57	8.6 (72.9%)
41	WAJDZIK Adam	5141		M30	15	01:23:55.35	01:23:55.35	+00:22:54 (27.3%)	6:59	8.6 (72.9%)
42	ZAJĄC Tomasz	5161		M50	7	01:24:48.00	01:24:48.00	+00:23:47 (28.1%)	7:04	8.5 (72.0%)
43	SZANIAWSKI Marcin	5001		M40	9	01:24:51.05	01:24:51.05	+00:23:50 (28.1%)	7:04	8.5 (72.0%)
44	NAWROT Bartłomiej	5286		M30	16	01:25:46.50	01:25:46.50	+00:24:45 (28.9%)	7:08	8.4 (71.2%)
45	BANCERZ Szymon	5310	TRAWNIKI BIEGAJĄ	M20	13	01:25:53.95	01:25:53.95	+00:24:53 (29.0%)	7:09	8.4 (71.2%)
46	GRACZYK Damian	5109		M30	17	01:26:17.20	01:26:17.20	+00:25:16 (29.3%)	7:11	8.3 (70.3%)
47	WALENDA Mateusz	5305	KS KANAŁEK	M30	18	01:26:18.40	01:26:18.40	+00:25:17 (29.3%)	7:11	8.3 (70.3%)
48	KOZIARSKI Piotr	5145		M40	10	01:26:27.45	01:26:27.45	+00:25:26 (29.4%)	7:12	8.3 (70.3%)
49	HAJDUK Witold	5132		M40	11	01:26:45.65	01:26:45.65	+00:25:44 (29.7%)	7:13	8.3 (70.3%)
50	ULMAN Bartłomiej	5126		M20	14	01:26:48.85	01:26:48.85	+00:25:48 (29.7%)	7:14	8.3 (70.3%)
51	KACZMAREK Maciej	5346	WLKP MOUNTAINS ULTRA	M30	19	01:27:10.05	01:27:10.05	+00:26:09 (30.0%)	7:15	8.3 (70.3%)
52	PIELASZKIEWICZ Tomasz	5190		M40	12	01:27:43.15	01:27:43.15	+00:26:42 (30.4%)	7:18	8.2 (69.5%)
53	WIKA Bartosz	5127		M30	20	01:27:46.80	01:27:46.80	+00:26:46 (30.5%)	7:18	8.2 (69.5%)
54	CABAJ Krzysztof	5041	LDB	M30	21	01:27:48.60	01:27:48.60	+00:26:47 (30.5%)	7:19	8.2 (69.5%)
55	BANASIEWICZ Witold	5004	SANOK BIEGA	M40	13	01:27:55.05	01:27:55.05	+00:26:54 (30.6%)	7:19	8.2 (69.5%)
56	WYSOGLĄD Henryk	5248	AQUA TEAM BIELSKO-BIALA	M50	8	01:28:01.10	01:28:01.10	+00:27:00 (30.7%)	7:20	8.2 (69.5%)
57	SKIERCZYŃSKI Łukasz	5315	AMS	M30	22	01:28:29.20	01:28:29.20	+00:27:28 (31.0%)	7:22	8.1 (68.6%)
58	LESZCZYŃSKI Michał	5202		M40	14	01:29:59.85	01:29:59.85	+00:28:59 (32.2%)	7:29	8 (67.8%)
59	ULMAN Jerzy	5125		M60	1	01:30:32.70	01:30:32.70	+00:29:32 (32.6%)	7:32	8 (67.8%)
60	DUSZA Łukasz	5146		M30	23	01:30:46.30	01:30:46.30	+00:29:45 (32.8%)	7:33	7.9 (66.9%)
61	MAKOWSKI Szymon	5162		M20	15	01:30:52.60	01:30:52.60	+00:29:51 (32.9%)	7:34	7.9 (66.9%)
62	RUTYNA Dawid	5255		M20	16	01:31:31.00	01:31:31.00	+00:30:30 (33.3%)	7:37	7.9 (66.9%)
63	ISKRZYCKI Andrzej	5365		M50	9	01:31:42.45	01:31:42.45	+00:30:41 (33.5%)	7:38	7.9 (66.9%)
64	BOGUSZ Konrad	5363		M30	24	01:31:54.15	01:31:54.15	+00:30:53 (33.6%)	7:39	7.8 (66.1%)
65	KUBACZYK Artur	5281		M30	25	01:31:57.60	01:31:57.60	+00:30:56 (33.7%)	7:39	7.8 (66.1%)
66	JANKOWSKI Michał	5225		M40	15	01:32:01.85	01:32:01.85	+00:31:01 (33.7%)	7:40	7.8 (66.1%)
67	SOWIŃSKI Paweł	5288		M50	10	01:32:03.20	01:32:03.20	+00:31:02 (33.7%)	7:40	7.8 (66.1%)
68	GUZ Łukasz	5173		M40	16	01:32:06.10	01:32:06.10	+00:31:05 (33.8%)	7:40	7.8 (66.1%)
69	NIEMCZUK Robert	5291		M40	17	01:32:11.55	01:32:11.55	+00:31:10 (33.8%)	7:40	7.8 (66.1%)
70	WOJTAL Przemysław	5033		M30	26	01:32:13.30	01:32:13.30	+00:31:12 (33.8%)	7:41	7.8 (66.1%)
71	KOZIOŁ Paweł	5160		M30	27	01:32:22.55	01:32:22.55	+00:31:21 (34.0%)	7:41	7.8 (66.1%)
72	ĆWIEK Kuba	5218		M20	17	01:32:37.10	01:32:37.10	+00:31:36 (34.1%)	7:43	7.8 (66.1%)
73	TOMALA Grzegorz	5134	SANOK BIEGA	M30	28	01:32:42.40	01:32:42.40	+00:31:41 (34.2%)	7:43	7.8 (66.1%)

Place	Participant	Number	Club	Category	MCat	Net time 12km	Czas brutto 12km	Gap	Pace min/km	Pace km/h
74	<b>GÓRSKI Maciej</b>	<b>5269</b>		M50	11	<b>01:32:47.65</b>	<b>01:32:47.65</b>	+00:31:46 (34.3%)	7:43	7.8 (66.1%)
75	<b>IZDEBSKI Tomek</b>	<b>1212</b>	SPORT GENERATION	M40	18	<b>01:32:49.95</b>	<b>01:32:49.95</b>	+00:31:49 (34.3%)	7:44	7.8 (66.1%)
76	<b>LEWICKI Jakub</b>	<b>5318</b>	AUTOMA.NET	M20	18	<b>01:32:53.40</b>	<b>01:32:53.40</b>	+00:31:52 (34.3%)	7:44	7.8 (66.1%)
77	<b>UJMA Stanisław</b>	<b>5249</b>	GALICJABIEGA2024	M60	2	<b>01:33:12.05</b>	<b>01:33:12.05</b>	+00:32:11 (34.5%)	7:46	7.7 (65.3%)
78	<b>WROŃSKI Jakub</b>	<b>5061</b>		M30	29	<b>01:33:23.30</b>	<b>01:33:23.30</b>	+00:32:22 (34.7%)	7:46	7.7 (65.3%)
79	<b>WYDMAŃSKI Paweł</b>	<b>5224</b>	KOBYLICA	M40	19	<b>01:33:38.25</b>	<b>01:33:38.25</b>	+00:32:37 (34.8%)	7:48	7.7 (65.3%)
80	<b>KIECA Krzysztof</b>	<b>5206</b>		M40	20	<b>01:33:45.80</b>	<b>01:33:45.80</b>	+00:32:45 (34.9%)	7:48	7.7 (65.3%)
81	<b>KOBIELSKI Marcin</b>	<b>5327</b>		M40	21	<b>01:34:21.70</b>	<b>01:34:21.70</b>	+00:33:21 (35.3%)	7:51	7.6 (64.4%)
82	<b>MARZĘCKI Michał</b>	<b>5373</b>		M40	22	<b>01:34:25.65</b>	<b>01:34:25.65</b>	+00:33:24 (35.4%)	7:52	7.6 (64.4%)
83	<b>SZERSZEŃ Damian</b>	<b>5159</b>		M20	19	<b>01:34:39.75</b>	<b>01:34:39.75</b>	+00:33:39 (35.5%)	7:53	7.6 (64.4%)
84	<b>KUKUŁKA Adam</b>	<b>5079</b>		M20	20	<b>01:34:47.65</b>	<b>01:34:47.65</b>	+00:33:46 (35.6%)	7:53	7.6 (64.4%)
85	<b>ŁUKASIEWICZ Jarosław</b>	<b>5069</b>		M50	12	<b>01:34:53.15</b>	<b>01:34:53.15</b>	+00:33:52 (35.7%)	7:54	7.6 (64.4%)
86	<b>MAZUR Grzegorz</b>	<b>5311</b>		M40	23	<b>01:35:10.15</b>	<b>01:35:10.15</b>	+00:34:09 (35.9%)	7:55	7.6 (64.4%)
87	<b>PARZNIIEWSKI Maciej</b>	<b>5104</b>	TOWARZYSTWO TOWARZYSTWO AKS POLONIA WARSZAWA	M40	24	<b>01:35:18.65</b>	<b>01:35:18.65</b>	+00:34:17 (36.0%)	7:56	7.6 (64.4%)
88	<b>PŁAWECKI Dariusz</b>	<b>5253</b>		M30	30	<b>01:35:47.95</b>	<b>01:35:47.95</b>	+00:34:47 (36.3%)	7:58	7.5 (63.6%)
89	<b>ROŹKIEWICZ Leszek</b>	<b>5122</b>		M40	25	<b>01:36:29.15</b>	<b>01:36:29.15</b>	+00:35:28 (36.8%)	8:02	7.5 (63.6%)
90	<b>WRÓBEL Bartłomiej</b>	<b>5329</b>	CISNA GÓRĄ	M40	26	<b>01:37:17.75</b>	<b>01:37:17.75</b>	+00:36:17 (37.3%)	8:06	7.4 (62.7%)
91	<b>KRUPA Jacek</b>	<b>5298</b>	LEBIODA RUNNING TEAM	M50	13	<b>01:37:42.20</b>	<b>01:37:42.20</b>	+00:36:41 (37.6%)	8:08	7.4 (62.7%)
92	<b>KOWALSKI Tomasz</b>	<b>5153</b>		M40	27	<b>01:38:21.60</b>	<b>01:38:21.60</b>	+00:37:20 (38.0%)	8:11	7.3 (61.9%)
93	<b>IMIOŁCZYK Przemysław</b>	<b>5221</b>	KOMANDOS	M20	21	<b>01:38:28.80</b>	<b>01:38:28.80</b>	+00:37:28 (38.0%)	8:12	7.3 (61.9%)
94	<b>PERKA Tomek</b>	<b>5319</b>	WIECZORNE BIEGANIE W OPOLU	M50	14	<b>01:38:34.80</b>	<b>01:38:34.80</b>	+00:37:34 (38.1%)	8:12	7.3 (61.9%)
95	<b>ULICZNY Michał</b>	<b>5135</b>		M20	22	<b>01:39:13.90</b>	<b>01:39:13.90</b>	+00:38:13 (38.5%)	8:16	7.3 (61.9%)
96	<b>JELONEK Rafał</b>	<b>5031</b>	CEDRUS TEAM	M40	28	<b>01:39:15.45</b>	<b>01:39:15.45</b>	+00:38:14 (38.5%)	8:16	7.3 (61.9%)
97	<b>WIECZOREK Mateusz</b>	<b>5357</b>		M30	31	<b>01:39:52.60</b>	<b>01:39:52.60</b>	+00:38:51 (38.9%)	8:19	7.2 (61.0%)
98	<b>BOBYK Paweł</b>	<b>5238</b>		M40	29	<b>01:39:54.25</b>	<b>01:39:54.25</b>	+00:38:53 (38.9%)	8:19	7.2 (61.0%)
99	<b>JAKIELASZEK Maciej</b>	<b>5200</b>		M30	32	<b>01:40:25.85</b>	<b>01:40:25.85</b>	+00:39:25 (39.3%)	8:22	7.2 (61.0%)
100	<b>FLIŚ Łukasz</b>	<b>5150</b>	AKTYWNA PSZCZYNA	M30	33	<b>01:40:46.85</b>	<b>01:40:46.85</b>	+00:39:46 (39.5%)	8:23	7.1 (60.2%)
101	<b>UJMA Paweł</b>	<b>5358</b>		M40	30	<b>01:40:48.35</b>	<b>01:40:48.35</b>	+00:39:47 (39.5%)	8:24	7.1 (60.2%)
102	<b>OLSZYK Tadeusz</b>	<b>5119</b>	MKL MARATON ŚWINOUJŚCIE	M60	3	<b>01:40:49.60</b>	<b>01:40:49.60</b>	+00:39:48 (39.5%)	8:24	7.1 (60.2%)
103	<b>MROCZEK Dawid</b>	<b>5376</b>		M30	34	<b>01:40:59.20</b>	<b>01:40:59.20</b>	+00:39:58 (39.6%)	8:24	7.1 (60.2%)
104	<b>WIERZBICKI Piotr</b>	<b>5169</b>		M30	35	<b>01:41:14.35</b>	<b>01:41:14.35</b>	+00:40:13 (39.7%)	8:26	7.1 (60.2%)
105	<b>KARCZMARCZYK Albert</b>	<b>5098</b>		M30	36	<b>01:41:25.25</b>	<b>01:41:25.25</b>	+00:40:24 (39.8%)	8:27	7.1 (60.2%)
106	<b>DZIKOWSKI Jozef</b>	<b>5267</b>	BKB CZARNA PERLA	M60	4	<b>01:41:28.30</b>	<b>01:41:28.30</b>	+00:40:27 (39.9%)	8:27	7.1 (60.2%)
107	<b>KSIĄŻEK Damian</b>	<b>5189</b>	SANOK BIEGA	M30	37	<b>01:41:38.50</b>	<b>01:41:38.50</b>	+00:40:37 (40.0%)	8:28	7.1 (60.2%)
108	<b>WOJDYŁA Patryk</b>	<b>5054</b>		M30	38	<b>01:42:00.35</b>	<b>01:42:00.35</b>	+00:40:59 (40.2%)	8:30	7.1 (60.2%)
109	<b>MĄDRY Grzegorz</b>	<b>5029</b>	NORDIC SPORT 2021	M60	5	<b>01:42:18.30</b>	<b>01:42:18.30</b>	+00:41:17 (40.4%)	8:31	7 (59.3%)
110	<b>MICHALSKI Rafał</b>	<b>5151</b>	G4	M30	39	<b>01:42:21.95</b>	<b>01:42:21.95</b>	+00:41:21 (40.4%)	8:31	7 (59.3%)
111	<b>KAPUŚNIAK Jarosław</b>	<b>5180</b>		M40	31	<b>01:42:33.20</b>	<b>01:42:33.20</b>	+00:41:32 (40.5%)	8:32	7 (59.3%)
112	<b>RADOMSKI Kamil</b>	<b>5040</b>	LDB	M40	32	<b>01:42:37.50</b>	<b>01:42:37.50</b>	+00:41:36 (40.5%)	8:33	7 (59.3%)
113	<b>ZDROJEWSKI Dominik</b>	<b>5057</b>	ZADZIOR	M40	33	<b>01:42:46.95</b>	<b>01:42:46.95</b>	+00:41:46 (40.6%)	8:33	7 (59.3%)
114	<b>BUGAJNY Damian</b>	<b>5335</b>	SUPERMARATON KALISZ/COLLINS AEROSPACE KALISZ	M40	34	<b>01:43:00.15</b>	<b>01:43:00.15</b>	+00:41:59 (40.8%)	8:35	7 (59.3%)
115	<b>FIEDORCZUK Łukasz</b>	<b>5314</b>	BIMBER RUNNING TEAM	M40	35	<b>01:43:10.50</b>	<b>01:43:10.50</b>	+00:42:09 (40.9%)	8:35	7 (59.3%)
116	<b>GORZKOWSKI Marcin</b>	<b>5259</b>		M40	36	<b>01:43:22.50</b>	<b>01:43:22.50</b>	+00:42:21 (41.0%)	8:36	7 (59.3%)
117	<b>RADZIK Marec</b>	<b>5036</b>		M50	15	<b>01:43:29.45</b>	<b>01:43:29.45</b>	+00:42:28 (41.0%)	8:37	7 (59.3%)

Place	Participant	Number	Club	Category	MCat	Net time 12km	Czas brutto 12km	Gap	Pace min/km	Pace km/h
118	KONCA Michał	5246	KB OŻARÓW MAZOWIECKI BIEGA	M20	23	01:43:29.85	01:43:29.85	+00:42:29 (41.1%)	8:37	7 (59.3%)
119	FUDALI Jacek	5328		M30	40	01:43:33.30	01:43:33.30	+00:42:32 (41.1%)	8:37	7 (59.3%)
120	MAZUR Adam	5107		M30	41	01:43:37.75	01:43:37.75	+00:42:37 (41.1%)	8:38	6.9 (58.5%)
121	KOZIOŁ Michał	5158		M30	42	01:44:12.55	01:44:12.55	+00:43:11 (41.5%)	8:41	6.9 (58.5%)
122	MIRKIEWICZ Marcin	5275		M30	43	01:44:17.75	01:44:17.75	+00:43:17 (41.5%)	8:41	6.9 (58.5%)
123	KRUCZYK Marcin	5339	OPERACJA BIESZCZADY	M40	37	01:44:37.05	01:44:37.05	+00:43:36 (41.7%)	8:43	6.9 (58.5%)
124	MERCIK Andrzej	5080		M50	16	01:44:38.65	01:44:38.65	+00:43:37 (41.7%)	8:43	6.9 (58.5%)
125	GABRYJOŃCZYK Bartosz	5019		M30	44	01:44:40.70	01:44:40.70	+00:43:40 (41.7%)	8:43	6.9 (58.5%)
126	KAPUSTA Miłosz	5321	CHŁODNIA MOKRE GOATED	M20	24	01:45:02.40	01:45:02.40	+00:44:01 (41.9%)	8:45	6.9 (58.5%)
127	STEBEL Piotr	5043	PRZEWODNIK	M50	17	01:45:30.00	01:45:30.00	+00:44:29 (42.2%)	8:47	6.8 (57.6%)
128	KOCHALSKI Dawid	5039	LDB	M30	45	01:45:31.25	01:45:31.25	+00:44:30 (42.2%)	8:47	6.8 (57.6%)
129	DUCZYNSKI Daniel	5170		M40	38	01:46:03.05	01:46:03.05	+00:45:02 (42.5%)	8:50	6.8 (57.6%)
130	PASIOŃEK Bartłomiej	5333		M40	39	01:46:04.20	01:46:04.20	+00:45:03 (42.5%)	8:50	6.8 (57.6%)
131	GAWRON Paweł	5228	KONIN RUN	M60	6	01:46:24.00	01:46:24.00	+00:45:23 (42.7%)	8:52	6.8 (57.6%)
132	ADAMCZEWSKI Wiktor	5299		M40	40	01:46:41.20	01:46:41.20	+00:45:40 (42.8%)	8:53	6.7 (56.8%)
133	ŻÓŁKIEWICZ Jakub	5086		M20	25	01:47:02.80	01:47:02.80	+00:46:02 (43.0%)	8:55	6.7 (56.8%)
134	ŻÓŁKIEWICZ Marcin	5085	PIĘTNASTKA	M40	41	01:47:02.95	01:47:02.95	+00:46:02 (43.0%)	8:55	6.7 (56.8%)
135	ORGANIŚCIAK Krzysztof	5280		M40	42	01:47:06.35	01:47:06.35	+00:46:05 (43.0%)	8:55	6.7 (56.8%)
136	POKRYWKA Stefan	4008		M60	7	01:47:15.35	01:47:15.35	+00:46:14 (43.1%)	8:56	6.7 (56.8%)
137	PASTERNAK Jakub	5115		M20	26	01:47:17.35	01:47:17.35	+00:46:16 (43.1%)	8:56	6.7 (56.8%)
138	ROŻEK Maciej	5301		M20	27	01:47:34.50	01:47:34.50	+00:46:33 (43.3%)	8:57	6.7 (56.8%)
139	GROCHOWSKI Łukasz	5021	LUKSUS	M30	46	01:48:35.40	01:48:35.40	+00:47:34 (43.8%)	9:02	6.6 (55.9%)
140	KIKUT Marcin	5149		M40	43	01:48:37.10	01:48:37.10	+00:47:36 (43.8%)	9:03	6.6 (55.9%)
141	MISIAK Paweł	5192	RUN TEAM TYGRYSY ORZYSZ	M30	47	01:48:39.45	01:48:39.45	+00:47:38 (43.8%)	9:03	6.6 (55.9%)
142	BRYK Gniewomir	5345		M20	28	01:48:58.85	01:48:58.85	+00:47:58 (44.0%)	9:04	6.6 (55.9%)
143	BUKOWSKI Grzegorz	5209		M30	48	01:49:02.35	01:49:02.35	+00:48:01 (44.0%)	9:05	6.6 (55.9%)
144	KURASZ Tomasz	5112		M40	44	01:49:25.40	01:49:25.40	+00:48:24 (44.2%)	9:07	6.6 (55.9%)
145	SAMSONOWICZ Krzysztof	5032	CEDRUS TEAM	M40	45	01:49:54.90	01:49:54.90	+00:48:54 (44.5%)	9:09	6.6 (55.9%)
146	ZIELONKA Paweł	5028		M50	18	01:49:59.05	01:49:59.05	+00:48:58 (44.5%)	9:09	6.5 (55.1%)
147	LITWA Łukasz	5254	FOREVER TEAM	M40	46	01:50:35.25	01:50:35.25	+00:49:34 (44.8%)	9:12	6.5 (55.1%)
148	MIKSZA Michał	5354	EXC MOBILE	M30	49	01:50:37.85	01:50:37.85	+00:49:37 (44.9%)	9:13	6.5 (55.1%)
149	ŚWIERCZYŃSKI Jan	5322		M20	29	01:51:33.75	01:51:33.75	+00:50:33 (45.3%)	9:17	6.5 (55.1%)
150	DZIAGACZ Maciej	5233		M30	50	01:51:49.85	01:51:49.85	+00:50:49 (45.4%)	9:19	6.4 (54.2%)
151	KOWAROWSKI Łukasz	5229		M50	19	01:53:30.10	01:53:30.10	+00:52:29 (46.2%)	9:27	6.3 (53.4%)
152	WILISOWSKI Piotr	5088	62KS	M50	20	01:53:47.25	01:53:47.25	+00:52:46 (46.4%)	9:28	6.3 (53.4%)
153	POWIERŻA Adrian	5051		M30	51	01:54:22.35	01:54:22.35	+00:53:21 (46.7%)	9:31	6.3 (53.4%)
154	KUCHAREK Piotr	5272		M40	47	01:54:40.75	01:54:40.75	+00:53:40 (46.8%)	9:33	6.3 (53.4%)
155	KOŁODZIEJCZYK Adam	5027		M40	48	01:54:46.20	01:54:46.20	+00:53:45 (46.8%)	9:33	6.3 (53.4%)
156	ORLIŃSKI Grzegorz	5370		M40	49	01:54:48.75	01:54:48.75	+00:53:48 (46.9%)	9:34	6.3 (53.4%)
157	WOŹNICZKA Michał	5239		M30	52	01:57:16.60	01:57:16.60	+00:56:15 (48.0%)	9:46	6.1 (51.7%)
158	CHARUŻY Sebastian	5207		M40	50	01:57:56.05	01:57:56.05	+00:56:55 (48.3%)	9:49	6.1 (51.7%)
159	JADZIEWICZ Jakub	5265		M40	51	01:58:42.80	01:58:42.80	+00:57:42 (48.6%)	9:53	6.1 (51.7%)
160	KUCHARCZYK Bartłomiej	5219	GALICJA BIEGA	M20	30	02:00:59.75	02:00:59.75	+00:59:59 (49.6%)	10:04	6 (50.8%)
161	KONCA Aleksander	5247	KB OŻARÓW MAZOWIECKI BIEGA	M20	31	02:02:20.40	02:02:20.40	+01:01:19 (50.1%)	10:11	5.9 (50.0%)

Place	Participant	Number	Club	Category	MCat	Net time 12km	Czas brutto 12km	Gap	Pace min/km	Pace km/h
162	<b>ŚLIWA Maciej</b>	<b>5290</b>		M60	8	<b>02:03:29.85</b>	<b>02:03:29.85</b>	+01:02:29 (50.6%)	10:17	5.8 (49.2%)
163	<b>ROGOWICZ Marcin</b>	<b>5068</b>	EXC TEAM	M40	52	<b>02:03:44.85</b>	<b>02:03:44.85</b>	+01:02:44 (50.7%)	10:18	5.8 (49.2%)
164	<b>JABŁOŃSKI Paweł</b>	<b>5168</b>		M40	53	<b>02:04:41.05</b>	<b>02:04:41.05</b>	+01:03:40 (51.1%)	10:23	5.8 (49.2%)
165	<b>GLICA Hubert</b>	<b>5187</b>		M50	21	<b>02:04:47.50</b>	<b>02:04:47.50</b>	+01:03:46 (51.1%)	10:23	5.8 (49.2%)
166	<b>ZEMLER Adam</b>	<b>5262</b>		M20	32	<b>02:05:19.90</b>	<b>02:05:19.90</b>	+01:04:19 (51.3%)	10:26	5.7 (48.3%)
167	<b>MOCZYDŁOWSKI Marcin</b>	<b>5360</b>		M40	54	<b>02:06:09.80</b>	<b>02:06:09.80</b>	+01:05:09 (51.6%)	10:30	5.7 (48.3%)
168	<b>LENARCZYK Michał</b>	<b>5325</b>	TEAM BOGUMIŁA	M30	53	<b>02:06:53.50</b>	<b>02:06:53.50</b>	+01:05:52 (51.9%)	10:34	5.7 (48.3%)
169	<b>ANIELAK Janek</b>	<b>5361</b>		M50	22	<b>02:07:21.85</b>	<b>02:07:21.85</b>	+01:06:21 (52.1%)	10:36	5.7 (48.3%)
170	<b>KUŚMIERCZYK Tomasz</b>	<b>5113</b>		M40	55	<b>02:09:44.65</b>	<b>02:09:44.65</b>	+01:08:43 (53.0%)	10:48	5.5 (46.6%)
171	<b>BANCERZ Miłosz</b>	<b>5195</b>	TRAWNIKI BIEGAJA	M20	33	<b>02:10:54.25</b>	<b>02:10:54.25</b>	+01:09:53 (53.4%)	10:54	5.5 (46.6%)
172	<b>SMYK Robert</b>	<b>5011</b>		M50	23	<b>02:11:49.90</b>	<b>02:11:49.90</b>	+01:10:49 (53.7%)	10:59	5.5 (46.6%)
173	<b>KUCHARCZYK Michał</b>	<b>5256</b>	GALICJA BIEGA	M20	34	<b>02:11:50.50</b>	<b>02:11:50.50</b>	+01:10:49 (53.7%)	10:59	5.5 (46.6%)
174	<b>WIECZOREK Oskar</b>	<b>5331</b>		M20	35	<b>02:13:25.05</b>	<b>02:13:25.05</b>	+01:12:24 (54.3%)	11:07	5.4 (45.8%)
175	<b>WOŁK Piotr</b>	<b>5034</b>	CEDRUS TEAM	M30	54	<b>02:14:07.35</b>	<b>02:14:07.35</b>	+01:13:06 (54.5%)	11:10	5.4 (45.8%)
176	<b>DOBRZENIECKI Rafał</b>	<b>5015</b>	IRON TEAM	M30	55	<b>02:14:36.85</b>	<b>02:14:36.85</b>	+01:13:36 (54.7%)	11:13	5.3 (44.9%)
177	<b>SOBOLEWSKI Marian</b>	<b>5016</b>		M50	24	<b>02:15:10.75</b>	<b>02:15:10.75</b>	+01:14:10 (54.9%)	11:15	5.3 (44.9%)
178	<b>ZGORZELSKI Przemysław</b>	<b>5017</b>		M40	56	<b>02:15:11.05</b>	<b>02:15:11.05</b>	+01:14:10 (54.9%)	11:15	5.3 (44.9%)
179	<b>JABŁOŃSKI Kazimierz</b>	<b>5347</b>		M60	9	<b>02:17:25.85</b>	<b>02:17:25.85</b>	+01:16:25 (55.6%)	11:27	5.2 (44.1%)
180	<b>SZNURA Damian</b>	<b>5185</b>		M20	36	<b>02:20:19.60</b>	<b>02:20:19.60</b>	+01:19:18 (56.5%)	11:41	5.1 (43.2%)
181	<b>KUŚ Mariusz</b>	<b>5067</b>	EXC TEAM	M30	56	<b>02:20:54.10</b>	<b>02:20:54.10</b>	+01:19:53 (56.7%)	11:44	5.1 (43.2%)
181	<b>WOSIK Kamil</b>	<b>5091</b>	EXC TEAM	M40	57	<b>02:20:54.10</b>	<b>02:20:54.10</b>	+01:19:53 (56.7%)	11:44	5.1 (43.2%)
183	<b>MACIEJEWSKI Piotr</b>	<b>5217</b>	SUPERMARATON KALISZ	M60	10	<b>02:21:18.00</b>	<b>02:21:18.00</b>	+01:20:17 (56.8%)	11:46	5.1 (43.2%)
184	<b>GADOMSKI Radosław</b>	<b>5020</b>	ŻÓRAWSKI TEAM	M40	58	<b>02:21:46.65</b>	<b>02:21:46.65</b>	+01:20:45 (57.0%)	11:48	5.1 (43.2%)
185	<b>BORUTA Marcin</b>	<b>5341</b>		M40	59	<b>02:25:56.00</b>	<b>02:25:56.00</b>	+01:24:55 (58.2%)	12:09	4.9 (41.5%)
186	<b>ŚWIERZEWSKI Marcin</b>	<b>5284</b>		M40	60	<b>02:26:51.95</b>	<b>02:26:51.95</b>	+01:25:51 (58.5%)	12:14	4.9 (41.5%)
187	<b>BLANK Grzegorz</b>	<b>5240</b>	OPERACJA BIESZCZADY	M50	25	<b>02:32:45.40</b>	<b>02:32:45.40</b>	+01:31:44 (60.1%)	12:43	4.7 (39.8%)
188	<b>OLSZEWSKI Michał</b>	<b>5174</b>		M40	61	<b>02:35:37.20</b>	<b>02:35:37.20</b>	+01:34:36 (60.8%)	12:58	4.6 (39.0%)
189	<b>CZAPLA Andrzej</b>	<b>5066</b>		M60	11	<b>02:50:42.95</b>	<b>02:50:42.95</b>	+01:49:42 (64.3%)	14:13	4.2 (35.6%)
DNC	<b>KAROLKIEWICZ Daniel</b>	<b>7044</b>	ENTRE.PL TEAM	M30		<b>01:07:03.00</b>	<b>01:07:04.00</b>		0:00	10.7 (90.7%)
DNC	<b>TWORZYDŁO Paweł</b>	<b>5058</b>		M40		<b>01:37:02.00</b>	<b>01:37:02.00</b>		0:00	7.4 (62.7%)
	<b>BUKOWSKI Tomasz</b>	<b>5210</b>		M40		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 192 results.