

# VII HYUNDAI ULTRAMARATON BIESZCZADZKI - 90 KM

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**Event:** Maraton Bieszczadzki 2019  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2019-10-12  
**Place:** Cisna  
**Distance:** 90 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Classification: M Open

Place	Participant	Number	Club	Category	MCat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Net time 90km	Czas brutto 90km	Gap	Pace min/km	Pace km/h
1	<b>SEDLAK Michał</b>	<b>152</b>		M40	1	00:54:59	02:16:55	03:32:37	06:09:35	07:37:03	<b>09:32:28.15</b>	<b>09:32:30.05</b>		6:21	9.4 (100%)
2	<b>DYBEK Paweł</b>	<b>2</b>	SALOMON SUUNTO TEAM	M40	2	00:54:59	02:20:18	03:42:25	06:11:58	07:56:12	<b>09:56:27.20</b>	<b>09:56:29.50</b>	+00:23:59 (4.0%)	6:37	9.1 (96.8%)
3	<b>CHOROŚ Piotr</b>	<b>26</b>	STAY INSANE	M30	1	00:54:57	02:16:52	03:37:39	06:11:35	07:51:55	<b>09:57:15.95</b>	<b>09:57:21.45</b>	+00:24:51 (4.2%)	6:38	9 (95.7%)
4	<b>PAWŁOWSKI Arkadiusz</b>	<b>129</b>	ROCK&RUN	M30	2	00:58:18	02:32:57	04:10:34	06:51:36	08:31:36	<b>10:34:19.75</b>	<b>10:34:22.95</b>	+01:01:52 (9.8%)	7:02	8.5 (90.4%)
5	<b>WIERNUSZ Krzysztof</b>	<b>10</b>	FINISZ RYMANÓW	M40	3	00:56:28	02:22:38	03:51:17	06:49:11	08:30:02	<b>10:41:59.30</b>	<b>10:42:02.05</b>	+01:09:32 (10.8%)	7:08	8.4 (89.4%)
6	<b>KRUŻEL Rafał</b>	<b>88</b>	RYŚ KARPATY	M40	4	00:54:59	02:18:38	03:48:09	06:50:34	08:39:34	<b>10:58:24.20</b>	<b>10:58:26.95</b>	+01:25:56 (13.1%)	7:18	8.2 (87.2%)
7	<b>ŚCIESZKA Wojciech</b>	<b>8</b>	13 ELT KRAKÓW-BALICE	M40	5	00:58:21	02:26:57	03:59:22	07:05:08	08:48:39	<b>11:04:28.10</b>	<b>11:04:30.85</b>	+01:32:00 (13.8%)	7:22	8.1 (86.2%)
8	<b>KOPEL Rafał</b>	<b>6</b>	7	M30	3	00:59:14	02:31:52	04:05:16	07:04:05	08:52:46	<b>11:21:03.65</b>	<b>11:21:06.45</b>	+01:48:36 (15.9%)	7:34	7.9 (84.0%)
9	<b>DEJAS Tomasz</b>	<b>32</b>		M40	6	00:59:32		04:10:13	07:16:15	09:05:07	<b>11:24:25.00</b>	<b>11:24:25.00</b>	+01:51:54 (16.4%)	7:36	7.9 (84.0%)
10	<b>WYSOKIŃSKI Konrad</b>	<b>185</b>	MESM	M40	7	00:56:28	02:28:45	04:05:14	07:06:36	09:05:37	<b>11:27:56.15</b>	<b>11:28:00.00</b>	+01:55:29 (16.8%)	7:38	7.8 (83.0%)
11	<b>MARZEC Grzegorz</b>	<b>107</b>	GMINA STRZELCE OPOLSKIE	M40	8	01:00:17	02:37:21	04:16:34	07:26:24	09:15:41	<b>11:28:17.20</b>	<b>11:28:20.95</b>	+01:55:50 (16.8%)	7:38	7.8 (83.0%)
12	<b>MIKA Tomasz</b>	<b>111</b>	LABOSPORT TEAM	M40	9	01:03:11	02:42:50	04:21:37	07:22:06	09:09:02	<b>11:28:41.70</b>	<b>11:28:44.65</b>	+01:56:14 (16.9%)	7:39	7.8 (83.0%)
13	<b>GRONDYS Paweł</b>	<b>54</b>		M30	4	01:02:20	02:52:56	04:37:12	07:28:14	09:15:44	<b>11:38:55.75</b>	<b>11:38:59.50</b>	+02:06:29 (18.1%)	7:45	7.7 (81.9%)
14	<b>PLISZKA Bartosz</b>	<b>136</b>	OLA TEAM	M40	10	00:58:20	02:32:15	04:10:40	07:32:29	09:16:45	<b>11:39:51.65</b>	<b>11:39:54.25</b>	+02:07:24 (18.2%)	7:46	7.7 (81.9%)
15	<b>DĄBROWICZ Jakub</b>	<b>30</b>		M30	5	01:00:19	02:38:13	04:16:48	07:26:26	09:16:13	<b>11:43:23.35</b>	<b>11:43:25.85</b>	+02:10:55 (18.6%)	7:48	7.7 (81.9%)
16	<b>KOPEL Andrzej</b>	<b>81</b>	7 #7TRTP	M30	6	00:57:50	02:37:24	04:17:03	07:28:24	09:25:34	<b>11:43:49.85</b>	<b>11:43:52.75</b>	+02:11:22 (18.7%)	7:49	7.7 (81.9%)
17	<b>SNARSKI Dariusz</b>	<b>156</b>		M40	11	01:05:03	02:47:17	04:21:28	07:32:34	09:23:46	<b>11:47:12.75</b>	<b>11:47:25.80</b>	+02:14:55 (19.1%)	7:51	7.6 (80.9%)
18	<b>FELUCH Krzysztof</b>	<b>39</b>	JACEK BIEGA RUNNING TEAM	M40	12	01:08:26	02:55:40	04:37:57	07:42:39	09:38:37	<b>12:01:58.05</b>	<b>12:02:04.80</b>	+02:29:34 (20.7%)	8:01	7.5 (79.8%)
19	<b>ŁACIAK Marcin</b>	<b>96</b>	MESMERIK RUNNERS	M40	13	00:56:26	02:28:45	04:10:20	07:28:25	09:32:23	<b>12:04:50.70</b>	<b>12:04:54.05</b>	+02:32:24 (21.0%)	8:03	7.4 (78.7%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki					Net time 90km	Czas brutto 90km		Pace min/km	Pace km/h
						12km	26km	38km	60km	72km		Gap			
20	PLUTA Daniel	137	TEAM PLUTT	M30	7	01:02:12	02:37:12	04:16:15	07:28:57	09:36:29	<b>12:13:13.75</b>	<b>12:13:19.35</b>	+02:40:49 (21.9%)	8:08	7.4 (78.7%)
21	KOŁDER Tomasz	78		M40	14	01:08:57	02:59:23	04:38:23	07:46:33	09:51:24	<b>12:13:54.70</b>	<b>12:14:01.45</b>	+02:41:31 (22.0%)	8:09	7.4 (78.7%)
22	ROWIŃSKI Michał	151		M30	8	01:03:11	02:44:30	04:31:04	07:50:58	09:46:46	<b>12:25:33.85</b>	<b>12:25:39.25</b>	+02:53:09 (23.2%)	8:17	7.2 (76.6%)
23	WALASIK Jarosław	174		M40	15	01:05:44	02:46:47	04:31:51	07:47:37	09:46:08	<b>12:26:27.60</b>	<b>12:26:38.45</b>	+02:54:08 (23.3%)	8:17	7.2 (76.6%)
24	PRZYPOLSKI Paweł	144	IM-POSSIBLE TEAM	M40	16	01:09:14	03:00:48	04:51:44	08:06:52	10:02:46	<b>12:30:13.70</b>	<b>12:30:23.20</b>	+02:57:53 (23.7%)	8:20	7.2 (76.6%)
25	WETHACZ Dariusz	200	A25 SANOK/LOKOMOTIV MAJDAN	M30	9	01:00:09	02:37:32	04:22:57	08:19:06	10:13:12	<b>12:35:32.80</b>	<b>12:35:36.50</b>	+03:03:06 (24.2%)	8:23	7.1 (75.5%)
26	BANASZYNSKI Damian	146		M30	10	01:00:07	02:37:32	04:18:34	07:51:07	09:55:48	<b>12:37:32.35</b>	<b>12:37:37.15</b>	+03:05:07 (24.4%)	8:25	7.1 (75.5%)
27	WALACIK Adam	173		M20	1	01:02:14	02:42:56	04:28:57	07:51:34	09:56:47	<b>12:37:43.55</b>	<b>12:37:55.65</b>	+03:05:25 (24.5%)	8:25	7.1 (75.5%)
28	SZCZYPEK Mariusz	194		M40	17	01:06:22	02:51:38	04:38:11	07:54:02	10:03:52	<b>12:44:16.25</b>	<b>12:44:28.35</b>	+03:11:58 (25.1%)	8:29	7.1 (75.5%)
29	PIETLUSZENKO Darek	133		M40	18	01:05:41	02:49:58	04:40:01	08:01:31	10:10:35	<b>12:50:50.90</b>	<b>12:51:07.50</b>	+03:18:37 (25.8%)	8:33	7 (74.5%)
30	WOLSKI Piotr	181	ŁUBUDUBU	M30	11	01:00:04	02:41:54	04:23:47	07:44:12	10:04:54	<b>12:54:30.50</b>	<b>12:54:38.00</b>	+03:22:07 (26.1%)	8:36	7 (74.5%)
31	JARMOLIŃSKI Piotr	65	WIECZORNE BIEGANIE W SZCZECINIE	M40	19	00:56:38	02:28:44	04:16:00	07:52:12	10:13:32	<b>12:54:49.60</b>	<b>12:54:53.15</b>	+03:22:23 (26.1%)	8:36	7 (74.5%)
32	STAŃCZAK Szymon	160	LASKI WINO I KASYNO	M40	20	01:05:04	02:50:59	04:48:52	08:11:59	10:16:47	<b>12:58:16.65</b>	<b>12:58:23.20</b>	+03:25:53 (26.5%)	8:38	6.9 (73.4%)
33	KMAK Sławek	76	PAPIKI	M40	21	01:00:20	02:50:07	04:49:54	08:08:29	10:19:24	<b>13:03:22.30</b>	<b>13:03:25.55</b>	+03:30:55 (26.9%)	8:42	6.9 (73.4%)
34	OLESKI Arkadiusz	121	WKB FRAJDA	M40	22	01:03:36	02:44:25	04:29:50	07:59:43	10:10:16	<b>13:04:34.35</b>	<b>13:04:42.20</b>	+03:32:12 (27.0%)	8:43	6.9 (73.4%)
35	CEBULA Leszek	23		M40	23	01:02:13	02:44:25	04:29:49	08:15:06	10:19:33	<b>13:05:10.45</b>	<b>13:05:16.15</b>	+03:32:46 (27.1%)	8:43	6.9 (73.4%)
36	SUM Lukasz	165		M20	2	01:00:15	02:44:37	04:37:28	08:03:29	10:11:33	<b>13:11:29.55</b>	<b>13:11:35.70</b>	+03:39:05 (27.7%)	8:47	6.8 (72.3%)
37	HANKUS Łukasz	57		M30	12	01:05:03	02:50:58	04:49:03	08:11:49	10:27:55	<b>13:17:54.35</b>	<b>13:18:01.40</b>	+03:45:31 (28.3%)	8:51	6.8 (72.3%)
38	RECZEK Sebastian	44	KS ZIELONO-CZARNI	M30	13	01:15:00	03:08:42	05:15:14	08:49:46	10:53:02	<b>13:28:22.55</b>	<b>13:28:31.50</b>	+03:56:01 (29.2%)	8:58	6.7 (71.3%)
39	STĘPAK Włodzimierz	162		M50	1	01:05:44	02:51:41	04:49:12	08:20:31	10:39:42	<b>13:37:49.15</b>	<b>13:37:59.55</b>	+04:05:29 (30.0%)	9:05	6.6 (70.2%)
40	RODAK Zbigniew	149	GRUPA BIEGOWA 'BEZ GRANIC'	M30	14	01:08:57	02:59:29	05:00:05	08:34:07	10:53:44	<b>13:49:38.75</b>	<b>13:49:46.25</b>	+04:17:16 (31.0%)	9:13	6.5 (69.1%)
41	WIERZBICKI Tomasz	176		M40	24	01:10:29	03:05:40	05:07:13	08:43:08	10:56:21	<b>13:52:21.45</b>	<b>13:52:39.90</b>	+04:20:09 (31.2%)	9:14	6.5 (69.1%)
42	POTRZESZCZ Grzegorz	140		M40	25	01:09:56	03:09:13	05:12:02	08:54:54	11:09:43	<b>13:59:23.80</b>	<b>14:00:01.55</b>	+04:27:31 (31.8%)	9:19	6.4 (68.1%)
43	POTRZESZCZ Tomasz	141		M40	26	01:10:00	03:09:19	05:12:08	08:54:30	11:09:53	<b>13:59:29.90</b>	<b>14:00:02.10</b>	+04:27:32 (31.8%)	9:19	6.4 (68.1%)
44	MARUCHA Tomasz	106	DRUŻYNA Ż	M30	15	01:06:05	02:58:30	04:52:39	08:32:54	10:56:13	<b>14:06:58.75</b>	<b>14:07:15.35</b>	+04:34:45 (32.4%)	9:24	6.4 (68.1%)
45	PORĘBA Eugeniusz	139		M50	2	01:18:40	03:20:00	05:18:33	08:58:30	11:19:48	<b>14:08:41.85</b>	<b>14:08:45.25</b>	+04:36:15 (32.5%)	9:25	6.4 (68.1%)
46	NOGALSKI Wojciech	118		M30	16	01:14:50	03:13:52	05:13:47	08:51:48	11:10:30	<b>14:12:33.10</b>	<b>14:12:33.10</b>	+04:40:03 (32.8%)	9:28	6.3 (67.0%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki P3_Solinka P2_Roztoki P5_Wetlina P6_Smerek					Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						12km	26km	38km	60km	72km	90km	90km			
47	<b>MICKIEWICZ Adam</b>	<b>109</b>	BAZALT-GRACZE	M50	3	01:15:11	03:34:17	06:01:36			<b>14:16:02.55</b>	<b>14:16:17.55</b>	+04:43:47 (33.1%)	9:30	6.3 (67.0%)
48	<b>MAJEWICZ Grzegorz</b>	<b>102</b>		M40	27	01:18:39	03:19:58	05:18:35	08:58:33	11:19:55	<b>14:20:25.90</b>	<b>14:20:31.10</b>	+04:48:01 (33.5%)	9:33	6.3 (67.0%)
49	<b>GAWLEWICZ Tomasz</b>	<b>363</b>	GAWEŁKI TEAM / POZYTYWNE ZABIEGANI SANOK	M40	28	01:03:04	02:53:07	04:47:40	08:32:40	10:56:04	<b>14:20:35.05</b>	<b>14:20:43.95</b>	+04:48:13 (33.5%)	9:33	6.3 (67.0%)
50	<b>SNARSKI Piotr</b>	<b>157</b>	ADIDAS RUNNERS	M30	17	01:08:51	02:55:38	04:48:58	08:38:17	11:09:26	<b>14:21:39.05</b>	<b>14:21:53.00</b>	+04:49:22 (33.6%)	9:34	6.3 (67.0%)
51	<b>CHOJNACKI Wiktor</b>	<b>25</b>		M30	18	01:01:03	02:42:40	04:28:49	08:11:22	10:48:20	<b>14:32:06.90</b>	<b>14:32:12.40</b>	+04:59:42 (34.4%)	9:41	6.2 (66.0%)
52	<b>KOWALSKI Maciej</b>	<b>86</b>		M40	29	01:09:13	03:03:58	05:06:55	08:49:09	11:07:08	<b>14:33:11.45</b>	<b>14:33:30.80</b>	+05:01:00 (34.5%)	9:42	6.2 (66.0%)
53	<b>KONOPKA Bartosz</b>	<b>79</b>	TRÓJKA/BIEGAMBOLUBIĘ	M40	30	01:14:44	03:16:01	05:18:28	08:55:54	11:22:52	<b>14:34:34.10</b>	<b>14:34:39.00</b>	+05:02:08 (34.5%)	9:43	6.2 (66.0%)
54	<b>PRÜFER Paweł</b>	<b>142</b>		M40	31	01:09:18	03:08:43	05:17:54	09:05:44	11:33:47	<b>14:40:11.40</b>	<b>14:40:22.90</b>	+05:07:52 (35.0%)	9:46	6.1 (64.9%)
55	<b>ZIEMBA Michal</b>	<b>189</b>	ZIOMKI	M30	19	01:07:46	03:05:33	05:09:38	08:49:24	11:29:10	<b>14:42:05.65</b>	<b>14:42:16.55</b>	+05:09:46 (35.1%)	9:48	6.1 (64.9%)
55	<b>MERKWA Wojciech</b>	<b>108</b>	ZIOMKI	M30	19	01:07:44	03:05:32	05:09:34	08:49:29	11:29:04	<b>14:42:05.20</b>	<b>14:42:16.55</b>	+05:09:46 (35.1%)	9:48	6.1 (64.9%)
57	<b>BANASIK Grzegorz</b>	<b>195</b>	SBG PODBIEG	M40	32	01:08:29	03:00:35	05:01:48	08:54:37	11:27:09	<b>14:44:43.60</b>	<b>14:45:00.80</b>	+05:12:30 (35.3%)	9:49	6.1 (64.9%)
58	<b>BIESZCZAD Mateusz</b>	<b>18</b>	NOWY STYL GROUP RUNNING TEAM	M30	21	01:05:06	02:50:00	04:42:32	08:33:02	11:11:15	<b>14:48:14.15</b>	<b>14:48:20.10</b>	+05:15:50 (35.6%)	9:52	6.1 (64.9%)
59	<b>SKRABURSKI Piotr</b>	<b>155</b>		M40	33	01:08:48	03:12:50	05:19:28	09:13:07	11:48:17	<b>14:52:57.00</b>	<b>14:53:15.70</b>	+05:20:45 (35.9%)	9:55	6 (63.8%)
60	<b>JAMA Rafał</b>	<b>63</b>	WATER TEAM	M40	34	01:10:27	03:12:45	05:21:38	09:08:46	11:39:27	<b>14:52:58.45</b>	<b>14:53:16.80</b>	+05:20:46 (35.9%)	9:55	6 (63.8%)
61	<b>GWIZDAK Bartosz</b>	<b>55</b>	PIJE BIMBER NON STOP	M30	22	01:10:28	03:12:46	05:21:38	09:08:45	11:39:26	<b>14:52:59.40</b>	<b>14:53:17.15</b>	+05:20:47 (35.9%)	9:55	6 (63.8%)
62	<b>JOSZCZAK Michał</b>	<b>71</b>		M40	35	01:08:41	03:12:53	05:19:46	09:13:00	11:49:11	<b>14:58:11.00</b>	<b>14:58:29.85</b>	+05:25:59 (36.3%)	9:58	6 (63.8%)
63	<b>BIAŁEK Rafał</b>	<b>17</b>		M40	36	01:15:26	03:18:10	05:27:21	09:16:43	11:47:51	<b>14:58:13.30</b>	<b>14:58:30.15</b>	+05:26:00 (36.3%)	9:58	6 (63.8%)
64	<b>JASKULSKI Kazimierz</b>	<b>69</b>	GRUDZIĄDZ	M50	4	01:13:42	03:20:52	05:38:29	09:16:57	11:56:12	<b>14:59:06.95</b>	<b>14:59:15.35</b>	+05:26:45 (36.3%)	9:59	6 (63.8%)
65	<b>URACZ Łukasz</b>	<b>172</b>	HARPAGAN SOSNOWIEC	M40	37	01:11:52	03:12:38	05:17:20	09:07:39	11:48:17	<b>14:59:40.70</b>	<b>15:00:02.00</b>	+05:27:31 (36.4%)	9:59	6 (63.8%)
66	<b>SZAREK Rafał</b>	<b>166</b>	KB MCKIS JAWORZNO	M40	38	01:09:23	03:01:07	05:13:34	08:58:53	11:25:03	<b>15:00:17.20</b>	<b>15:00:36.45</b>	+05:28:06 (36.4%)	10:00	6 (63.8%)
67	<b>PUCHACZ Piotr</b>	<b>1316</b>	MPK WYBIEGANIE	M40	39	01:10:13	03:15:56	05:20:15	09:06:07	11:47:43	<b>15:01:18.95</b>	<b>15:01:24.35</b>	+05:28:54 (36.5%)	10:00	6 (63.8%)
68	<b>MALISZEWSKI Jacek</b>	<b>104</b>	SMASHING PĄPKINS	M40	40	01:10:14	03:15:55	05:20:10	09:05:57	11:47:47	<b>15:01:20.60</b>	<b>15:01:25.40</b>	+05:28:55 (36.5%)	10:00	6 (63.8%)
69	<b>ROKITA Andrzej</b>	<b>150</b>		M50	5	01:07:45	03:09:43	05:21:24	09:21:14	12:07:49	<b>15:01:56.25</b>	<b>15:02:04.05</b>	+05:29:34 (36.5%)	10:01	6 (63.8%)
70	<b>PASZKOWSKI Piotr</b>	<b>127</b>	WKURW_TEAM	M30	23	00:57:33	02:38:06	04:37:03	08:38:15	11:27:48	<b>15:04:57.85</b>	<b>15:05:02.45</b>	+05:32:32 (36.7%)	10:03	6 (63.8%)
71	<b>KIELAR Maciej</b>	<b>75</b>	SILNIA!	M30	24	01:14:50	03:23:01	05:29:29	09:16:59	11:49:03	<b>15:06:02.60</b>	<b>15:06:20.70</b>	+05:33:50 (36.8%)	10:04	6 (63.8%)
72	<b>DADAŚ Janusz</b>	<b>29</b>	NIGHT RUNNERS GLIWICE	M40	41	01:12:23	03:18:29	05:31:51	09:17:26	11:49:57	<b>15:06:29.10</b>	<b>15:06:35.40</b>	+05:34:05 (36.9%)	10:04	6 (63.8%)
73	<b>KOSIN Paweł</b>	<b>83</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	25	01:16:18	03:25:05	05:28:52	09:13:44	11:50:47	<b>15:07:16.45</b>	<b>15:07:33.90</b>	+05:35:03 (36.9%)	10:04	6 (63.8%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki P3_Solinka P2_Roztoki P5_Wetlina P6_Smerek					Net	Czas	Gap	Pace	Pace
						12km	26km	38km	60km	72km	time	brutto			
74	<b>ŁAGÓD Łukasz</b>	<b>97</b>	WIGO	M30	26	01:06:06	03:04:54	05:07:14	09:10:22	11:46:36	<b>15:08:55.00</b>	<b>15:09:05.10</b>	+05:36:35 (37.0%)	10:05	5.9 (62.8%)
75	<b>ODOLCZYK Jerzy</b>	<b>120</b>		M50	6	01:24:20	03:38:35	05:50:20	09:35:43	12:08:52	<b>15:10:20.70</b>	<b>15:10:45.80</b>	+05:38:15 (37.1%)	10:06	5.9 (62.8%)
76	<b>MILEWSKI Mateusz</b>	<b>112</b>	WKURW_TEAM	M30	27	01:09:53	03:11:46	05:11:59	08:53:20	11:32:54	<b>15:17:59.00</b>	<b>15:18:03.40</b>	+05:45:33 (37.6%)	10:11	5.9 (62.8%)
77	<b>KRASIŃSKI Wojciech</b>	<b>87</b>	TRI4FUN TRIATHLON TEAM PIASECZNO	M30	28	01:07:36	03:04:54	05:10:51	08:59:12	11:55:52	<b>15:18:08.35</b>	<b>15:18:18.95</b>	+05:45:48 (37.7%)	10:12	5.9 (62.8%)
78	<b>PAWLAK Maciej</b>	<b>128</b>	3TEAMKONIN/MPEC KONIN	M40	42	01:11:51	03:19:56	05:37:31	09:49:52	12:21:19	<b>15:22:19.20</b>	<b>15:22:37.15</b>	+05:50:07 (37.9%)	10:14	5.9 (62.8%)
79	<b>FROŁOW Jakub</b>	<b>45</b>		M40	43	01:05:29	02:59:16	05:07:08	08:55:15	11:52:50	<b>15:27:31.05</b>	<b>15:27:57.05</b>	+05:55:27 (38.3%)	10:18	5.8 (61.7%)
80	<b>UCHEREK Mateusz</b>	<b>171</b>	SEA STAR PREMIUM	M30	29	01:02:48	02:52:11	05:10:52	08:52:47	11:53:08	<b>15:27:52.85</b>	<b>15:27:58.75</b>	+05:55:28 (38.3%)	10:18	5.8 (61.7%)
81	<b>BANASIK Bartosz Wojciech</b>	<b>12</b>	TRAILOWE BIEGI DUCHOWE TBD	M30	30	01:15:52	03:17:42	05:31:43	09:21:14	11:58:27	<b>15:28:29.75</b>	<b>15:28:39.25</b>	+05:56:09 (38.4%)	10:19	5.8 (61.7%)
82	<b>MALESA Radosław</b>	<b>103</b>	LESZKOWICE BIEGAJĄ	M40	44	01:25:38	03:57:13	06:12:47	09:52:38	12:24:48	<b>15:29:42.35</b>	<b>15:29:54.75</b>	+05:57:24 (38.4%)	10:19	5.8 (61.7%)
83	<b>ŻYCIŃSKI Paweł</b>	<b>192</b>	BADBULL RUNNIG TEAM	M40	45	01:11:51	03:18:17	05:40:15	09:41:04	12:11:43	<b>15:31:02.95</b>	<b>15:31:17.15</b>	+05:58:47 (38.5%)	10:20	5.8 (61.7%)
84	<b>FILIPCZAK Łukasz</b>	<b>43</b>	OKNOPLAST RUNNING TEAM	M30	31	01:14:38	03:29:59	05:53:58	09:52:26	12:31:24	<b>15:34:04.50</b>	<b>15:34:19.80</b>	+06:01:49 (38.7%)	10:22	5.8 (61.7%)
85	<b>BODZEK Bartłomiej</b>	<b>20</b>		M30	32	01:22:46	03:40:54	05:56:21	09:52:32	12:24:39	<b>15:34:09.70</b>	<b>15:34:21.45</b>	+06:01:51 (38.7%)	10:22	5.8 (61.7%)
86	<b>MOSKAŁA Remigiusz</b>	<b>115</b>		M30	33	01:08:46	03:15:24	05:21:37	09:07:34	11:48:34	<b>15:34:43.00</b>	<b>15:34:51.90</b>	+06:02:21 (38.8%)	10:23	5.8 (61.7%)
87	<b>KAZIMIERZ Rafał</b>	<b>74</b>	NOA	M30	34	01:08:58	03:04:14	05:18:28	09:16:46	11:59:00	<b>15:36:57.90</b>	<b>15:37:02.30</b>	+06:04:32 (38.9%)	10:24	5.8 (61.7%)
88	<b>GINTER Grzegorz</b>	<b>50</b>	AZS COLLEGIUM MEDICUM UJ	M30	35	01:21:59	03:41:56	05:59:36	10:01:41	12:35:20	<b>15:40:02.30</b>	<b>15:40:14.25</b>	+06:07:44 (39.1%)	10:26	5.7 (60.6%)
89	<b>SULEWSKI Maciej</b>	<b>164</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	46	01:19:39	03:26:28	05:40:38	09:40:21	12:20:53	<b>15:45:51.25</b>	<b>15:45:56.75</b>	+06:13:26 (39.5%)	10:30	5.7 (60.6%)
90	<b>MAŃKOWSKI Krzysztof</b>	<b>105</b>	RMF4RT GLADIATORS	M30	36	01:13:37	03:24:52	05:33:31	09:36:02	12:11:04	<b>15:45:52.85</b>	<b>15:45:56.85</b>	+06:13:26 (39.5%)	10:30	5.7 (60.6%)
91	<b>GĄSECKI Daniel</b>	<b>48</b>	AKTYWNY DYNÓW	M40	47	01:19:14	03:36:00	05:55:22	10:06:50	12:38:15	<b>15:45:58.10</b>	<b>15:46:18.05</b>	+06:13:48 (39.5%)	10:30	5.7 (60.6%)
92	<b>GAJDA Michał</b>	<b>46</b>	KBWYSZKÓW	M30	37	01:11:55	03:23:16	05:40:37	09:50:12	12:31:53	<b>15:54:22.40</b>	<b>15:54:29.45</b>	+06:21:59 (40.0%)	10:36	5.7 (60.6%)
93	<b>GĄSIOROWSKI Jacek</b>	<b>49</b>	DRUŻYNA SZPIKU	M40	48	01:07:43	03:08:39	05:21:47	09:21:20	12:08:00	<b>15:55:34.15</b>	<b>15:55:41.95</b>	+06:23:11 (40.1%)	10:37	5.7 (60.6%)
94	<b>KORBUT Radosław</b>	<b>82</b>	CROSSFITMGW	M30	38	01:14:03	03:25:59	05:40:08	09:44:20	12:29:40	<b>15:56:05.15</b>	<b>15:56:22.65</b>	+06:23:52 (40.1%)	10:37	5.6 (59.6%)
95	<b>DOBRYŃSKI Henryk</b>	<b>35</b>	MARATON1984	M50	7	01:12:57	03:21:22	05:38:16	09:45:59	12:30:46	<b>15:59:19.35</b>	<b>15:59:29.65</b>	+06:26:59 (40.3%)	10:39	5.6 (59.6%)
96	<b>BĘDŹKOWSKI Marek</b>	<b>16</b>	MORSY OSTROŁĘKA	M50	8	01:22:27	03:37:23	06:02:22	10:19:01	12:40:28	<b>15:59:30.80</b>	<b>15:59:35.70</b>	+06:27:05 (40.3%)	10:39	5.6 (59.6%)
97	<b>INGLANT Zbigniew</b>	<b>60</b>	RUN LOG COM	M50	9	01:22:28	03:39:38	06:03:46	09:58:43	12:49:28	<b>16:08:10.30</b>	<b>16:08:22.85</b>	+06:35:52 (40.9%)	10:45	5.6 (59.6%)
98	<b>SUDER Michał</b>	<b>163</b>	BEZNAPINY	M40	49	01:15:32	03:17:57	05:29:07	09:50:15	12:42:07	<b>16:12:08.30</b>	<b>16:12:15.95</b>	+06:39:45 (41.1%)	10:48	5.6 (59.6%)
99	<b>WSZELAK Tomasz</b>	<b>184</b>	ŁUBUDUBU	M40	50	01:18:17	03:36:45	06:00:07	09:56:17	12:46:01	<b>16:14:40.80</b>	<b>16:14:49.15</b>	+06:42:19 (41.3%)	10:49	5.5 (58.5%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki	P3_Solinka	P2_Roztoki	P5_Wetlina	P6_Smerek	Net	Czas	Gap	Pace	Pace
						12km	26km	38km	60km	72km	time	brutto		min/km	km/h
99	<b>PACUSZKA Krzysztof</b>	<b>124</b>	ŁUBUDUBU	M40	50	01:18:17	03:36:43	06:00:04	09:57:08	12:45:58	<b>16:14:40.70</b>	<b>16:14:49.15</b>	+06:42:19 (41.3%)	10:49	5.5 (58.5%)
101	<b>ZYCH Michal</b>	<b>190</b>	KLUB BIEGACZA RTVEUROAGD	M30	39	01:16:02	03:47:35	06:14:31	10:09:56	12:51:00	<b>16:22:04.30</b>	<b>16:22:12.45</b>	+06:49:42 (41.7%)	10:54	5.5 (58.5%)
102	<b>KOKOT Roman</b>	<b>77</b>	WKURW_TEAM	M40	52	01:19:13	03:35:58	05:55:27	10:06:48	12:57:23	<b>16:26:47.25</b>	<b>16:27:07.85</b>	+06:54:37 (42.0%)	10:57	5.5 (58.5%)
103	<b>SOFUŁ Tomasz</b>	<b>159</b>		M40	53	01:12:02	03:23:12	05:50:53	10:20:24		<b>16:31:37.30</b>	<b>16:31:50.95</b>	+06:59:20 (42.3%)	11:01	5.4 (57.4%)
104	<b>JANISZEWSKI Jakub</b>	<b>64</b>	SPC	M40	54	01:21:34	03:43:04	05:56:57	10:03:05	12:58:11	<b>16:36:28.65</b>	<b>16:36:44.25</b>	+07:04:14 (42.6%)	11:04	5.4 (57.4%)
105	<b>KSIĘŻAK Bartosz</b>	<b>89</b>	BEAUTY SPORT TEAM	M40	55	01:15:17	03:29:56	05:47:47	10:02:17	13:03:14	<b>16:40:48.55</b>	<b>16:41:05.80</b>	+07:08:35 (42.8%)	11:07	5.4 (57.4%)
106	<b>KOWALCZYK Marcin</b>	<b>84</b>		M30	40	01:13:15	03:15:29	05:27:39	09:48:14	12:35:31	<b>16:43:12.45</b>	<b>16:43:22.35</b>	+07:10:52 (42.9%)	11:08	5.4 (57.4%)
107	<b>SZEWCZYK Michał</b>	<b>167</b>	BBL ZDUŃSKA WOLA	M30	41	01:14:39	03:30:10	05:54:01	10:02:12	13:05:56	<b>16:44:52.05</b>	<b>16:45:06.45</b>	+07:12:36 (43.0%)	11:09	5.4 (57.4%)
108	<b>JAGODZIŃSKI Paweł</b>	<b>62</b>	VIKMED 3TEAM KONIN	M40	56	01:11:53	03:20:12	05:49:25	10:11:52	13:00:38	<b>16:45:43.45</b>	<b>16:46:01.20</b>	+07:13:31 (43.1%)	11:10	5.4 (57.4%)
109	<b>OPALIŃSKI Michał</b>	<b>123</b>	MARATOŃCZYK DĘBICA	M30	42	01:27:24	03:51:54	06:13:16	10:33:58	13:26:39	<b>16:55:27.75</b>	<b>16:55:48.55</b>	+07:23:18 (43.6%)	11:16	5.3 (56.4%)
110	<b>IRZYK Robert</b>	<b>61</b>		M30	43	01:24:39	04:00:40	06:34:13	10:22:32	13:28:18	<b>16:56:28.75</b>	<b>16:56:40.45</b>	+07:24:10 (43.7%)	11:17	5.3 (56.4%)
111	<b>BUCA Rafał</b>	<b>21</b>		M50	10	01:11:21	03:35:58	06:12:14	10:45:03	13:55:31	<b>16:57:19.95</b>	<b>16:57:40.05</b>	+07:25:10 (43.7%)	11:18	5.3 (56.4%)
112	<b>PODLASZEWSKI Jacek</b>	<b>138</b>	SPC	M40	57	01:21:37	03:57:07	06:30:53	10:54:34	13:44:34	<b>16:59:06.60</b>	<b>16:59:20.70</b>	+07:26:50 (43.8%)	11:19	5.3 (56.4%)
<b>Przekroczony limit czasu: 17:00:00</b>															
113	<b>FERENC Adrian</b>	<b>40</b>	POWIATOWA AKADEMIA SPORTU I REKREACJI W PISZU	M20	3	01:13:10	03:27:05	05:56:39	10:18:47	13:32:25	<b>17:06:24.35</b>	<b>17:06:44.60</b>	+07:34:14 (44.2%)	11:24	5.3 (56.4%)
114	<b>BAK Michał</b>	<b>14</b>	WKURW_TEAM	M30	44	01:25:38	03:52:49	06:12:42	10:17:55	13:18:54	<b>17:16:32.90</b>	<b>17:16:49.45</b>	+07:44:19 (44.8%)	11:31	5.2 (55.3%)
115	<b>LESZCZYŃSKI Rafał</b>	<b>92</b>	UNITED RUNNERS	M20	4	01:18:41	03:41:01	06:12:38	10:31:22	13:37:51	<b>17:25:55.40</b>	<b>17:26:16.80</b>	+07:53:46 (45.3%)	11:37	5.2 (55.3%)
116	<b>CIECIELĄG Piotr</b>	<b>28</b>	WKURW_TEAM	M40	58	01:16:15	03:23:12	05:40:09	10:09:31	13:16:28	<b>17:37:14.30</b>	<b>17:37:29.00</b>	+08:04:58 (45.9%)	11:44	5.1 (54.3%)
117	<b>LEWANDOWSKI Paweł</b>	<b>93</b>		M40	59	01:09:11	03:12:43	05:36:19	10:28:58	13:37:09	<b>17:55:48.45</b>	<b>17:55:58.00</b>	+08:23:27 (46.8%)	11:57	5 (53.2%)
118	<b>BADOWSKI Aleksander</b>	<b>4</b>	TEAM MOUNTAIN FUEL POLSKA	M30	45	00:53:15	02:20:43	03:56:08					+00:23:30	6:12	9.7 (103.2%)
119	<b>KRAWCZYK Daniel</b>	<b>196</b>		M20	5	01:15:39	03:22:34	05:50:02					+02:17:40	9:12	6.5 (69.1%)
120	<b>LIGĘZA Paweł</b>	<b>94</b>		M30	46	01:10:16	03:27:02	06:03:53					+02:31:27	9:34	6.3 (67.0%)
121	<b>ŁUCHNIAK Kuba</b>	<b>98</b>		M20	6	01:18:40	03:40:59	06:13:34					+02:41:17	9:49	6.1 (64.9%)
DQ	<b>SOBCZAK Mikołaj</b>	<b>158</b>	WYBIEGANI TEAM	M40		01:29:04 DQ	03:57:08 DQ	06:36:57 DQ	DQ	DQ	<b>09:31:12.35</b> DQ	<b>DQ</b>		0:00	9.5 (101.1%)
DQ	<b>JARZEMBOWSKI Tomasz</b>	<b>66</b>	WYBIEGANI TEAM	M30		01:28:40 DQ	03:57:04 DQ	06:36:57 DQ	DQ	DQ	<b>09:31:13.90</b> DQ	<b>DQ</b>		0:00	9.5 (101.1%)
	<b>FICEK Roman</b>	<b>41</b>	CARPHTIAN CHALLENGE	M30		00:54:57 DNF	02:16:54 DNF	03:38:43 DNF	06:34:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DZIRBA Tomasz</b>	<b>37</b>	STAY INSANE	M30		01:09:38 DNF	02:58:34 DNF	04:44:31 DNF	08:05:28 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Net time 90km	Czas brutto 90km	Gap	Pace min/km	Pace km/h
	<b>KOWALIK Marcin</b>	<b>85</b>		M30		01:22:38 DNF	04:02:50 DNF	06:30:41 DNF	11:10:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>REDA Sławomir</b>	<b>147</b>	KBP PASJA WARSZAWA	M60		01:32:44 DNF	04:07:28 DNF	06:30:08 DNF	11:19:25 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CENDROWSKI Mariusz</b>	<b>24</b>	WKURW_TEAM	M40		01:19:44 DNF	03:40:40 DNF	06:09:04 DNF	11:19:32 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MADEJSKI Sławomir</b>	<b>101</b>	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30		00:57:32 DNF	02:43:00 DNF	04:36:54 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MYŚLIWIEC Robert</b>	<b>117</b>	WILD & FREE	M30		01:02:09 DNF	02:52:10 DNF	04:47:37 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GÓRYŃSKI Rafał</b>	<b>13</b>	OTK RZEŹNIK	M20		00:59:27 DNF	02:39:14 DNF	04:55:46 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PISKORZ Ireneusz</b>	<b>135</b>		M30		01:10:40 DNF	03:15:39 DNF	05:35:09 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DONIEC Sebastian</b>	<b>36</b>	WWW.ADWOKATDONIEC.PL	M40		01:08:58 DNF	03:16:18 DNF	05:38:39 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KAPICA Dominik</b>	<b>72</b>		M20		01:11:27 DNF	03:30:06 DNF	05:55:35 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MACEWICZ Maciej</b>	<b>100</b>	TRI4FUN TEAM PIASECZNO	M30		01:22:46 DNF	03:41:43 DNF	06:21:29 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOPEĆ Karol</b>	<b>80</b>		M40		01:22:39 DNF	04:02:49 DNF	06:30:40 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WRUK Remigiusz</b>	<b>183</b>	BBL OPOLE	M40		01:14:36 DNF	03:34:21 DNF	06:31:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LIK Michał</b>	<b>95</b>		M30		01:20:31 DNF	03:42:33 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>NADULSKI Piotr</b>	<b>193</b>	GOODSPACE	M40		01:20:56 DNF	03:51:35 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TALMA Paweł</b>	<b>169</b>		M40		01:25:38 DNF	03:57:13 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BUJARSKI Michał</b>	<b>22</b>		M30		01:22:52 DNF	04:02:53 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MUCHA Tomasz</b>	<b>116</b>	MW	M40		01:31:25 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 142 results.