

# VII HYUNDAJ ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

**Wydarzenie:** Maraton Bieszczadzki 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-10-12  
**Miejsce:** Cisna  
**Dystans:** 26 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>TRACZ Łukasz</b>	<b>1400</b>	WWW.TRENINGFIZJOTERAPIA.PL / AQUAREH	M30	1	01:06:44	<b>02:26:12.55</b>	<b>02:26:12.95</b>		5:37	10.7 (100%)
2	<b>KUJAWSKI Bartosz</b>	<b>1202</b>	GRUPETTO GORLICE	M20	1	01:06:24	<b>02:28:08.35</b>	<b>02:28:10.05</b>	+00:01:57 (1.3%)	5:41	10.5 (98.1%)
3	<b>SUDACKI Sebastian</b>	<b>1373</b>		M20	2	01:07:47	<b>02:34:24.35</b>	<b>02:34:33.75</b>	+00:08:20 (5.4%)	5:56	10.1 (94.4%)
4	<b>ZYGMUNT Tomasz</b>	<b>1466</b>		M20	3	01:08:24	<b>02:34:31.50</b>	<b>02:34:34.00</b>	+00:08:21 (5.4%)	5:56	10.1 (94.4%)
5	<b>BOKACZ Piotr</b>	<b>1037</b>		M20	4	01:08:56	<b>02:38:49.05</b>	<b>02:38:59.55</b>	+00:12:46 (8.0%)	6:06	9.8 (91.6%)
6	<b>WILMONT Krzysztof</b>	<b>1423</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ W USTCE	M30	2	01:12:45	<b>02:39:43.30</b>	<b>02:39:54.70</b>	+00:13:41 (8.6%)	6:08	9.8 (91.6%)
7	<b>SNARSKI Bogdan</b>	<b>1347</b>	ALBATROSY	M40	1	01:11:46	<b>02:39:59.50</b>	<b>02:40:01.50</b>	+00:13:48 (8.6%)	6:09	9.8 (91.6%)
8	<b>WIĘCH Piotr</b>	<b>736</b>		M30	3	01:11:46	<b>02:40:35.20</b>	<b>02:40:39.45</b>	+00:14:26 (9.0%)	6:10	9.7 (90.7%)
9	<b>GIERULA Piotr</b>	<b>1116</b>	OLD SCHOLL TRAIL RUNNING	M30	4	01:13:09	<b>02:40:40.10</b>	<b>02:40:46.35</b>	+00:14:33 (9.1%)	6:10	9.7 (90.7%)
10	<b>WĘGLIŃSKI Mikołaj</b>	<b>1417</b>		M30	5	01:09:33	<b>02:40:53.05</b>	<b>02:41:09.60</b>	+00:14:56 (9.3%)	6:11	9.7 (90.7%)
11	<b>WEGLINSKI Sebastian</b>	<b>1416</b>	MKB DREPTAK	M30	6	01:09:32	<b>02:42:12.30</b>	<b>02:42:13.70</b>	+00:16:00 (9.9%)	6:14	9.6 (89.7%)
12	<b>CYTAWA Adrian</b>	<b>1068</b>	ŁĘCZNA BIEGA	M20	5	01:11:44	<b>02:46:01.90</b>	<b>02:46:08.10</b>	+00:19:55 (12.0%)	6:23	9.4 (87.9%)
13	<b>URBAŃCZYK Marcin</b>	<b>1405</b>		M20	6	01:13:48	<b>02:46:44.45</b>	<b>02:46:48.50</b>	+00:20:35 (12.3%)	6:24	9.4 (87.9%)
14	<b>MAZURKIEWICZ Bartłomiej</b>	<b>1246</b>	ZAPOROWY MARATON TEAM	M20	7	01:14:20	<b>02:48:53.50</b>	<b>02:48:54.85</b>	+00:22:41 (13.4%)	6:29	9.2 (86.0%)
15	<b>CYRANKIEWICZ Patryk</b>	<b>1067</b>	LUBELSKIBIEGACZ.PL TEAM	M20	8	01:12:58	<b>02:49:32.15</b>	<b>02:49:34.55</b>	+00:23:21 (13.8%)	6:31	9.2 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
16	<b>STEPANIUK Adam</b>	<b>1368</b>	CHEŁM BIEGA/BIEGAMY DZISIAJ?	M40	2	01:16:45	<b>02:49:38.35</b>	<b>02:49:49.15</b>	+00:23:36 (13.9%)	6:31	9.2 (86.0%)
17	<b>GLAB Krzysztof</b>	<b>1118</b>	NGB KLOBUCK / VEGE RUNNERS	M50	1	01:13:03	<b>02:50:37.80</b>	<b>02:50:40.70</b>	+00:24:27 (14.3%)	6:33	9.1 (85.0%)
18	<b>PRZYWARA Piotr</b>	<b>1314</b>	MTU AERO ENGINES POLSKA	M30	7	01:15:13	<b>02:51:13.55</b>	<b>02:51:15.95</b>	+00:25:03 (14.6%)	6:35	9.1 (85.0%)
19	<b>ZABORNIAK Paweł</b>	<b>1449</b>	KRESOWIANIE	M30	8	01:17:31	<b>02:53:56.00</b>	<b>02:53:59.80</b>	+00:27:46 (16.0%)	6:41	9 (84.1%)
20	<b>STEC Tomasz</b>	<b>1364</b>	DZIKITIM	M30	9	01:18:04	<b>02:54:05.20</b>	<b>02:54:09.90</b>	+00:27:56 (16.0%)	6:41	9 (84.1%)
21	<b>BOROWSKI Roman</b>	<b>1041</b>		M40	3	01:17:19	<b>02:54:40.05</b>	<b>02:54:42.15</b>	+00:28:29 (16.3%)	6:43	8.9 (83.2%)
22	<b>BEKAS Marcin</b>	<b>1022</b>	RUNONLINE.PL	M40	4	01:19:08	<b>02:54:43.20</b>	<b>02:55:21.80</b>	+00:29:08 (16.6%)	6:43	8.9 (83.2%)
23	<b>MISZTAL Kamil</b>	<b>1255</b>		M30	10	01:21:02	<b>02:55:40.05</b>	<b>02:55:49.00</b>	+00:29:36 (16.8%)	6:45	8.9 (83.2%)
24	<b>PIETRAS Ryszard</b>	<b>1298</b>	BIEGAM Z ABS	M40	5	01:16:51	<b>02:56:05.75</b>	<b>02:56:18.05</b>	+00:30:05 (17.1%)	6:46	8.9 (83.2%)
25	<b>FRITZ Wojciech</b>	<b>1103</b>	BIEG PO ZDRÓJ	M40	6	01:21:25	<b>02:56:30.10</b>	<b>02:57:05.20</b>	+00:30:52 (17.4%)	6:47	8.8 (82.2%)
26	<b>GÓRECKI Rafał</b>	<b>1127</b>		M40	7	01:19:45	<b>02:59:54.90</b>	<b>02:59:57.40</b>	+00:33:44 (18.7%)	6:55	8.7 (81.3%)
27	<b>ZAJĄC Grzegorz</b>	<b>1451</b>		M40	8	01:17:39	<b>03:01:51.95</b>	<b>03:02:03.85</b>	+00:35:50 (19.7%)	6:59	8.6 (80.4%)
28	<b>RUSZNICA Tomasz</b>	<b>1327</b>		M30	11	01:19:58	<b>03:04:37.80</b>	<b>03:04:41.10</b>	+00:38:28 (20.8%)	7:06	8.4 (78.5%)
29	<b>KULIGA Sławomir</b>	<b>1203</b>	POSMAKUJ RUN TEAM	M30	12	01:20:19	<b>03:05:46.50</b>	<b>03:05:51.55</b>	+00:39:38 (21.3%)	7:08	8.4 (78.5%)
30	<b>MOSIO Grzegorz</b>	<b>1257</b>		M40	9	01:25:08	<b>03:05:18.25</b>	<b>03:05:52.95</b>	+00:39:40 (21.3%)	7:07	8.4 (78.5%)
31	<b>ŁOBODOWSKI Marcin</b>	<b>1223</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	13	01:17:23	<b>03:06:32.35</b>	<b>03:06:38.30</b>	+00:40:25 (21.7%)	7:10	8.4 (78.5%)
32	<b>DZIEDZIC Krzysztof</b>	<b>1092</b>		M40	10	01:21:59	<b>03:06:42.65</b>	<b>03:06:49.65</b>	+00:40:36 (21.7%)	7:10	8.4 (78.5%)
33	<b>BAKALARZ Emil</b>	<b>1008</b>	BAKALIE W SZUWARACH	M30	14	01:21:36	<b>03:06:49.30</b>	<b>03:06:52.10</b>	+00:40:39 (21.8%)	7:11	8.3 (77.6%)
34	<b>MUCHA Łukasz</b>	<b>1262</b>	DUSZPASTERSTWO AKADEMICKIE RADOM	M20	9	01:20:17	<b>03:06:58.95</b>	<b>03:07:02.25</b>	+00:40:49 (21.8%)	7:11	8.3 (77.6%)
35	<b>SZYBKOWSKI Marcin</b>	<b>1386</b>	DZIKITIM	M30	15	01:22:20	<b>03:08:07.90</b>	<b>03:08:14.60</b>	+00:42:01 (22.3%)	7:14	8.3 (77.6%)
36	<b>DADEJ Grzegorz</b>	<b>1075</b>	KS MASTERS JORDAN KRAKÓW	M40	11	01:20:28	<b>03:08:36.45</b>	<b>03:08:49.05</b>	+00:42:36 (22.6%)	7:15	8.3 (77.6%)
37	<b>POLKOWSKI Piotr</b>	<b>1307</b>	RĄCZE RACICZKI	M30	16	01:26:11	<b>03:09:08.75</b>	<b>03:09:19.10</b>	+00:43:06 (22.8%)	7:16	8.2 (76.6%)
38	<b>MACIEJEWSKI Daniel</b>	<b>1232</b>	PRO-GRES	M30	17	01:21:58	<b>03:09:19.95</b>	<b>03:09:26.75</b>	+00:43:13 (22.8%)	7:16	8.2 (76.6%)

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39	<b>KOPEĆ Paweł</b>	<b>1178</b>	RZESZOWSKIE GAZELE I GEPARTY	M30	18	01:23:22	<b>03:09:43.65</b>	<b>03:09:59.50</b>	+00:43:46 (23.0%)	7:17	8.2 (76.6%)
40	<b>JAKUBOWSKI Bartłomiej</b>	<b>1144</b>		M30	19	01:24:19	<b>03:09:51.45</b>	<b>03:10:11.45</b>	+00:43:58 (23.1%)	7:18	8.2 (76.6%)
41	<b>PODLEŚ Robert</b>	<b>1305</b>		M50	2	01:24:08	<b>03:10:25.30</b>	<b>03:10:28.00</b>	+00:44:15 (23.2%)	7:19	8.2 (76.6%)
42	<b>GARUS Łukasz</b>	<b>1110</b>		M30	20	01:23:43	<b>03:10:33.05</b>	<b>03:10:40.45</b>	+00:44:27 (23.3%)	7:19	8.2 (76.6%)
43	<b>SĄSIADK Grzegorz</b>	<b>1333</b>		M20	10	01:23:01	<b>03:11:18.30</b>	<b>03:11:41.60</b>	+00:45:28 (23.7%)	7:21	8.2 (76.6%)
44	<b>TOKARZ Adrian</b>	<b>1396</b>	DZIKIE MUSTANGI	M30	21	01:24:15	<b>03:11:52.65</b>	<b>03:12:10.20</b>	+00:45:57 (23.9%)	7:22	8.1 (75.7%)
45	<b>KOLACHA Patryk</b>	<b>1171</b>		M20	11	01:23:22	<b>03:14:18.00</b>	<b>03:14:20.80</b>	+00:48:07 (24.8%)	7:28	8 (74.8%)
46	<b>CZECH Mateusz</b>	<b>1478</b>	MAŁOSOLNI	M20	12	01:25:40	<b>03:13:51.50</b>	<b>03:14:20.95</b>	+00:48:08 (24.8%)	7:27	8 (74.8%)
47	<b>MATERNA Roman</b>	<b>1240</b>	SPAR POLSKA	M50	3	01:22:32	<b>03:15:01.65</b>	<b>03:15:08.15</b>	+00:48:55 (25.1%)	7:30	8 (74.8%)
48	<b>GUZIK Łukasz</b>	<b>1134</b>	GO APTIV!	M30	22	01:21:39	<b>03:14:53.10</b>	<b>03:15:12.45</b>	+00:48:59 (25.1%)	7:29	8 (74.8%)
49	<b>SOBIERAJ Kamil</b>	<b>1351</b>	WKURW_TEAM	M20	13	01:24:32	<b>03:16:22.40</b>	<b>03:16:32.40</b>	+00:50:19 (25.6%)	7:33	7.9 (73.8%)
50	<b>KOMOSIŃSKI Łukasz</b>	<b>1175</b>		M30	23	01:26:19	<b>03:16:42.25</b>	<b>03:16:46.20</b>	+00:50:33 (25.7%)	7:33	7.9 (73.8%)
51	<b>PECIO Mariusz</b>	<b>1291</b>	SGSP	M40	12	01:30:37	<b>03:16:38.25</b>	<b>03:16:47.40</b>	+00:50:34 (25.7%)	7:33	7.9 (73.8%)
52	<b>GŁUSZKO Przemysław</b>	<b>1121</b>	SOLINA TEAM / RUNONLINE.PL TEAM	M30	24	01:23:08	<b>03:17:10.10</b>	<b>03:17:11.60</b>	+00:50:58 (25.9%)	7:35	7.9 (73.8%)
53	<b>FURMAGA Przemysław</b>	<b>1104</b>	POWER TRAINING	M40	13	01:26:54	<b>03:19:07.90</b>	<b>03:19:10.20</b>	+00:52:57 (26.6%)	7:39	7.8 (72.9%)
54	<b>ORGAN Michał</b>	<b>1278</b>		M30	25	01:23:32	<b>03:19:22.15</b>	<b>03:19:29.15</b>	+00:53:16 (26.7%)	7:40	7.8 (72.9%)
55	<b>SIKORA Jacek</b>	<b>153</b>		M30	26	01:28:05	<b>03:19:22.75</b>	<b>03:19:30.05</b>	+00:53:17 (26.7%)	7:40	7.8 (72.9%)
56	<b>SZCZUREK Mateusz</b>	<b>1381</b>	ANPOLEKO RUNNING TEAM	M30	27	01:35:52	<b>03:19:13.00</b>	<b>03:19:45.55</b>	+00:53:32 (26.8%)	7:39	7.8 (72.9%)
57	<b>LEKSY Robert</b>	<b>1213</b>	TRAJLOWE BIEGI DUCHOWE	M40	14	01:31:18	<b>03:19:39.45</b>	<b>03:20:14.40</b>	+00:54:01 (27.0%)	7:40	7.8 (72.9%)
58	<b>PIŁAT Jakub</b>	<b>1300</b>	MULTIMEDIA RUNNERS PUŁAWY	M30	28	01:35:41	<b>03:19:45.90</b>	<b>03:20:16.55</b>	+00:54:03 (27.0%)	7:41	7.8 (72.9%)
59	<b>TUCHOWSKI Janusz</b>	<b>1403</b>		M40	15	01:23:28	<b>03:20:36.45</b>	<b>03:20:56.30</b>	+00:54:43 (27.2%)	7:42	7.8 (72.9%)
60	<b>MACHTAŁOWICZ Szymon</b>	<b>1230</b>		M30	29	01:29:00	<b>03:20:55.75</b>	<b>03:21:04.90</b>	+00:54:51 (27.3%)	7:43	7.8 (72.9%)
61	<b>JACHIMOWSKI Jarosław</b>	<b>1142</b>	POZYTYWNIIE ZABIEGANI SANOK	M30	30	01:25:37	<b>03:21:58.45</b>	<b>03:22:00.35</b>	+00:55:47 (27.6%)	7:46	7.7 (72.0%)

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62	<b>ŚLIWIŃSKI Andrzej</b>	<b>1390</b>		M60	1	01:27:55	<b>03:22:06.65</b>	<b>03:22:09.85</b>	+00:55:56 (27.7%)	7:46	7.7 (72.0%)
63	<b>LUBACZEWSKI Krzysztof</b>	<b>1220</b>	ANPOLEKO RUNING TEAM	M20	14	01:27:03	<b>03:21:59.70</b>	<b>03:22:32.40</b>	+00:56:19 (27.8%)	7:46	7.7 (72.0%)
64	<b>ZAWADZKI Piotr</b>	<b>1458</b>		M30	31	01:28:43	<b>03:22:27.55</b>	<b>03:22:35.45</b>	+00:56:22 (27.8%)	7:47	7.7 (72.0%)
65	<b>KOBYLIŃSKI Mariusz</b>	<b>1170</b>	SST LUBCZA/DZIKITIM	M30	32	01:28:50	<b>03:23:01.25</b>	<b>03:23:08.50</b>	+00:56:55 (28.0%)	7:48	7.7 (72.0%)
66	<b>PAWLIK Robert</b>	<b>1289</b>		M30	33	01:25:16	<b>03:23:05.85</b>	<b>03:23:13.75</b>	+00:57:00 (28.1%)	7:48	7.7 (72.0%)
67	<b>NEMŚ Arkadiusz</b>	<b>1268</b>	BBL STASZÓW/STARIS	M40	16	01:25:29	<b>03:23:06.25</b>	<b>03:23:14.05</b>	+00:57:01 (28.1%)	7:48	7.7 (72.0%)
68	<b>BŁASZCZAK Jarosław</b>	<b>1033</b>	GO APTIV!	M40	17	01:28:26	<b>03:22:02.45</b>	<b>03:23:39.55</b>	+00:57:26 (28.2%)	7:46	7.7 (72.0%)
69	<b>LEWANDOWSKI Przemysław</b>	<b>1216</b>	6*9=42	M30	34	01:24:39	<b>03:23:48.05</b>	<b>03:23:50.15</b>	+00:57:37 (28.3%)	7:50	7.7 (72.0%)
70	<b>MOŻEJKO Dawid</b>	<b>1258</b>	DZIK KOMANDO	M30	35	01:33:50	<b>03:23:37.40</b>	<b>03:23:56.85</b>	+00:57:43 (28.3%)	7:49	7.7 (72.0%)
71	<b>PRZYBYŁOWICZ Marek</b>	<b>1313</b>		M40	18	01:30:11	<b>03:24:33.05</b>	<b>03:24:35.10</b>	+00:58:22 (28.5%)	7:52	7.6 (71.0%)
72	<b>ZYGMUNT Paweł</b>	<b>1465</b>		M40	19	01:28:51	<b>03:24:54.45</b>	<b>03:24:59.10</b>	+00:58:46 (28.7%)	7:52	7.6 (71.0%)
73	<b>LASOTA Arkadiusz</b>	<b>1209</b>		M40	20	01:31:34	<b>03:25:15.70</b>	<b>03:25:36.40</b>	+00:59:23 (28.9%)	7:53	7.6 (71.0%)
74	<b>MAREK Sławomir</b>	<b>1238</b>		M30	36	01:28:46	<b>03:25:27.50</b>	<b>03:25:45.70</b>	+00:59:32 (28.9%)	7:54	7.6 (71.0%)
75	<b>WIEWIÓRA Krzysztof</b>	<b>1421</b>		M30	37	01:35:42	<b>03:25:21.55</b>	<b>03:25:51.60</b>	+00:59:38 (29.0%)	7:53	7.6 (71.0%)
76	<b>BARDAN Michał</b>	<b>1015</b>	ŻELAZO NIE KLĘKA	M30	38	01:29:40	<b>03:26:07.15</b>	<b>03:26:20.85</b>	+01:00:07 (29.1%)	7:55	7.6 (71.0%)
77	<b>KRZYSZTOŃ Piotr</b>	<b>1198</b>	GMP LASY-KRAŚNIK	M40	21	01:28:41	<b>03:26:03.70</b>	<b>03:26:27.30</b>	+01:00:14 (29.2%)	7:55	7.6 (71.0%)
78	<b>MERESTA Konrad</b>	<b>1248</b>		M30	39	01:30:32	<b>03:27:35.30</b>	<b>03:27:47.50</b>	+01:01:34 (29.6%)	7:59	7.5 (70.1%)
79	<b>ZAWADZKI Grzegorz</b>	<b>1456</b>	KLUB SPORTOWY PRESTIGE	M30	40	01:30:51	<b>03:28:15.35</b>	<b>03:28:44.85</b>	+01:02:31 (30.0%)	8:00	7.5 (70.1%)
80	<b>ANUSZKIEWICZ Grzegorz</b>	<b>1482</b>		M40	22	01:30:01	<b>03:28:46.75</b>	<b>03:28:54.05</b>	+01:02:41 (30.0%)	8:01	7.5 (70.1%)
81	<b>SOBCZYŃSKI Paweł</b>	<b>1350</b>	KSB	M30	41	01:31:26	<b>03:28:52.95</b>	<b>03:29:29.80</b>	+01:03:16 (30.2%)	8:02	7.5 (70.1%)
82	<b>BARAN Zenon</b>	<b>1013</b>	RĄCZE RACICZKI	M50	4	01:36:47	<b>03:29:01.50</b>	<b>03:29:40.40</b>	+01:03:27 (30.3%)	8:02	7.5 (70.1%)
83	<b>CHLIPAŁA Marek</b>	<b>1058</b>		M20	15	01:30:08	<b>03:30:36.50</b>	<b>03:30:45.95</b>	+01:04:33 (30.6%)	8:06	7.4 (69.2%)
84	<b>PURSKI Konrad</b>	<b>1318</b>		M40	23	01:33:57	<b>03:30:42.80</b>	<b>03:30:47.30</b>	+01:04:34 (30.6%)	8:06	7.4 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
85	<b>WRĘCZYCKI Mirosław</b>	<b>1440</b>		M50	5	01:32:22	<b>03:30:30.50</b>	<b>03:30:49.30</b>	+01:04:36 (30.6%)	8:05	7.4 (69.2%)
86	<b>FRANKOWSKI Piotr</b>	<b>1101</b>		M40	24	01:32:57	<b>03:30:12.65</b>	<b>03:30:49.80</b>	+01:04:36 (30.6%)	8:05	7.4 (69.2%)
87	<b>WYCZÓŁKOWSKI Grzegorz</b>	<b>1444</b>		M40	25	01:31:43	<b>03:30:45.95</b>	<b>03:31:00.70</b>	+01:04:47 (30.7%)	8:06	7.4 (69.2%)
88	<b>OŻÓG Paweł</b>	<b>597</b>		M30	42	01:27:59	<b>03:30:46.55</b>	<b>03:31:10.55</b>	+01:04:57 (30.8%)	8:06	7.4 (69.2%)
89	<b>LIANA Tomasz</b>	<b>1218</b>		M20	16	01:29:52	<b>03:31:17.60</b>	<b>03:31:44.15</b>	+01:05:31 (30.9%)	8:07	7.4 (69.2%)
90	<b>GÓRECKI Krzysztof</b>	<b>1128</b>		M40	26	01:31:11	<b>03:32:18.85</b>	<b>03:32:29.40</b>	+01:06:16 (31.2%)	8:09	7.3 (68.2%)
91	<b>LEWCZUK Norbert</b>	<b>1217</b>	BIEGACZE POMAGACZE	M30	43	01:34:57	<b>03:31:58.40</b>	<b>03:32:29.80</b>	+01:06:16 (31.2%)	8:09	7.4 (69.2%)
92	<b>KASINSKI Rafal</b>	<b>1160</b>	FORMED	M40	27	01:31:08	<b>03:32:23.55</b>	<b>03:32:57.85</b>	+01:06:44 (31.3%)	8:10	7.3 (68.2%)
93	<b>GOTFRYD Karol</b>	<b>1126</b>	ANPOLEKO RUNNING TEAM	M20	17	01:35:56	<b>03:32:52.15</b>	<b>03:33:25.75</b>	+01:07:12 (31.5%)	8:11	7.3 (68.2%)
94	<b>KONOWAŁEK Bartek</b>	<b>1176</b>	ŁĘCZNA BIEGA/FIZJO-SPORT	M30	44	01:35:52	<b>03:33:18.35</b>	<b>03:33:41.25</b>	+01:07:28 (31.6%)	8:12	7.3 (68.2%)
95	<b>BARSKI Łukasz</b>	<b>1017</b>		M30	45	01:25:24	<b>03:33:46.30</b>	<b>03:34:16.75</b>	+01:08:03 (31.8%)	8:13	7.3 (68.2%)
96	<b>HANUS Michał</b>	<b>391</b>	BIEG PO ZDRÓJ JAWORZE	M40	28	01:36:02	<b>03:33:43.50</b>	<b>03:34:17.20</b>	+01:08:04 (31.8%)	8:13	7.3 (68.2%)
97	<b>ŁOPATOWSKI Michał</b>	<b>1225</b>	KANAPOWI PIWOSZE KRAKÓW	M30	46	01:42:28	<b>03:34:26.80</b>	<b>03:34:41.90</b>	+01:08:28 (31.9%)	8:14	7.3 (68.2%)
98	<b>STUDZIŃSKI Rafał</b>	<b>1372</b>	ANPOLEKO RUNNING TEAM	M20	18	01:35:51	<b>03:34:16.30</b>	<b>03:34:48.85</b>	+01:08:35 (31.9%)	8:14	7.3 (68.2%)
99	<b>WINKLER Marcin</b>	<b>1424</b>	GRALNIA	M40	29	01:38:41	<b>03:34:20.40</b>	<b>03:34:51.25</b>	+01:08:38 (31.9%)	8:14	7.3 (68.2%)
100	<b>WASZKIEWICZ Mateusz</b>	<b>1413</b>	MAŁOSOLNI	M30	47	01:28:38	<b>03:35:41.95</b>	<b>03:36:10.75</b>	+01:09:57 (32.4%)	8:17	7.2 (67.3%)
101	<b>SZCZEPANEK Sylwester</b>	<b>1376</b>		M30	48	01:35:40	<b>03:37:12.60</b>	<b>03:37:15.90</b>	+01:11:02 (32.7%)	8:21	7.2 (67.3%)
102	<b>CHOJACKI Mikołaj</b>	<b>1480</b>		M40	30	01:27:52	<b>03:36:52.30</b>	<b>03:37:21.70</b>	+01:11:08 (32.7%)	8:20	7.2 (67.3%)
103	<b>NIEDŹWIEDŹ Tomasz</b>	<b>1269</b>		M30	49	01:32:10	<b>03:38:21.25</b>	<b>03:38:28.05</b>	+01:12:15 (33.1%)	8:23	7.1 (66.4%)
104	<b>ŻUK Marcin</b>	<b>1468</b>		M40	31	01:37:33	<b>03:38:24.40</b>	<b>03:38:37.40</b>	+01:12:24 (33.1%)	8:24	7.1 (66.4%)
105	<b>WÓJCIK Julian</b>	<b>1439</b>	SZWLA STARGARD	M60	2	01:40:15	<b>03:38:06.90</b>	<b>03:38:57.45</b>	+01:12:44 (33.2%)	8:23	7.2 (67.3%)
106	<b>SOCJUSZ Maciej</b>	<b>1356</b>		M30	50	01:32:21	<b>03:38:50.25</b>	<b>03:39:02.65</b>	+01:12:49 (33.2%)	8:25	7.1 (66.4%)
107	<b>ZAWROTNIAK Paweł</b>	<b>1459</b>		M20	19	01:38:47	<b>03:38:40.30</b>	<b>03:39:20.45</b>	+01:13:07 (33.3%)	8:24	7.1 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
108	ZAWROTNIAK Arkadiusz	1460		M20	20	01:38:47	03:38:40.00	03:39:20.60	+01:13:07 (33.3%)	8:24	7.1 (66.4%)
109	ISKRA Grzegorz	1141	KP PSP STRZYŻÓW	M30	51	01:37:38	03:39:25.05	03:39:35.10	+01:13:22 (33.4%)	8:26	7.1 (66.4%)
110	KUBICKI Franciszek	1200		M30	52	01:28:54	03:39:32.40	03:39:38.05	+01:13:25 (33.4%)	8:26	7.1 (66.4%)
111	KĘDZIOR Paweł	1164	MARATŃCZYK	M40	32	01:28:34	03:39:19.60	03:39:38.65	+01:13:25 (33.4%)	8:26	7.1 (66.4%)
112	KORCZYNSKI Piotr	1180	ADIDAS RUNNERS WARSAW	M50	6	01:37:29	03:39:35.95	03:39:48.40	+01:13:35 (33.5%)	8:26	7.1 (66.4%)
113	SKALSKI Jarosław	1338		M40	33	01:33:03	03:39:51.75	03:39:56.40	+01:13:43 (33.5%)	8:27	7.1 (66.4%)
114	KACZKOWSKI Jakub	1153	GO APTIV!	M20	21	01:23:15	03:40:15.60	03:40:27.70	+01:14:14 (33.7%)	8:28	7.1 (66.4%)
115	FALKOWSKI Piotr	1500	KS PEGAZ PIASECZNO	M50	7	01:39:17	03:40:42.15	03:41:07.05	+01:14:54 (33.9%)	8:29	7.1 (66.4%)
116	WOJTOWICZ Daniel	1434		M40	34	01:35:23	03:41:06.30	03:41:17.50	+01:15:04 (33.9%)	8:30	7.1 (66.4%)
117	DYREK Adam	1091		M30	53	01:35:30	03:41:09.75	03:41:22.15	+01:15:09 (33.9%)	8:30	7.1 (66.4%)
118	OPAŁA Krzysztof	1277	TRAILOWE BIEGI DUCHOWE TBD	M40	35	01:39:27	03:41:59.00	03:42:34.65	+01:16:21 (34.3%)	8:32	7 (65.4%)
119	WALANUS Mariusz	1410	ATHLETE BOX	M40	36	01:30:10	03:42:35.95	03:42:44.10	+01:16:31 (34.4%)	8:33	7 (65.4%)
120	KOZŁOWSKI Maciej	1191	DZIKIE BOBRY	M30	54	01:33:59	03:42:44.05	03:42:55.75	+01:16:42 (34.4%)	8:34	7 (65.4%)
121	SKOWROŃSKI Maciej	1342		M40	37	01:32:29	03:43:05.85	03:43:20.30	+01:17:07 (34.5%)	8:34	7 (65.4%)
122	UBYSZ Marek	1404	JACEKBIEGA RUNNING TEAM	M40	38	01:44:51	03:43:27.15	03:43:59.65	+01:17:46 (34.7%)	8:35	7 (65.4%)
123	DĄBROWSKI Mateusz	1078		M20	22	01:39:23	03:43:43.15	03:44:23.65	+01:18:10 (34.8%)	8:36	7 (65.4%)
124	CIOSEK Robert	1062	DOBREBOXY.PL	M40	39	01:40:47	03:44:40.80	03:44:53.60	+01:18:40 (35.0%)	8:38	6.9 (64.5%)
125	BIENIARZ Sebastian	1026		M20	23	01:44:16	03:44:23.25	03:45:11.40	+01:18:58 (35.1%)	8:37	7 (65.4%)
126	SKIBIŃSKI Mariusz	1339		M40	40	01:37:29	03:45:11.20	03:45:23.10	+01:19:10 (35.1%)	8:39	6.9 (64.5%)
127	GUT Marcin	1133		M30	55	01:38:45	03:47:09.50	03:47:33.90	+01:21:20 (35.7%)	8:44	6.9 (64.5%)
128	ŁOKIETEK Michał	1224	MAŁOSOLNI	M30	56	01:42:57	03:47:09.30	03:47:39.40	+01:21:26 (35.8%)	8:44	6.9 (64.5%)
129	SZMYTKOWSKI Krzysztof	1382	MIA SAN MIA	M40	41	01:37:25	03:47:44.00	03:48:02.50	+01:21:49 (35.9%)	8:45	6.9 (64.5%)
130	MAŁEK Wojciech	1472		M40	42	01:38:54	03:48:32.30	03:48:40.10	+01:22:27 (36.1%)	8:47	6.8 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
131	<b>GAJEWSKI Sebastian</b>	<b>1107</b>	STARGARD JA SIĘ NIE ŚCIGAM	M30	57	01:44:03	<b>03:48:31.05</b>	<b>03:48:53.55</b>	+01:22:40 (36.1%)	8:47	6.8 (63.6%)
132	<b>ROBERT Skobel</b>	<b>1325</b>	SZAKAL BIEGA	M40	43	01:40:57	<b>03:48:45.55</b>	<b>03:48:57.65</b>	+01:22:44 (36.1%)	8:47	6.8 (63.6%)
133	<b>WIECZOREK Patryk</b>	<b>1419</b>		M20	24	01:24:40	<b>03:49:25.35</b>	<b>03:49:25.35</b>	+01:23:12 (36.3%)	8:49	6.8 (63.6%)
134	<b>ZABŁOTNY Kamil</b>	<b>1448</b>	SPIZGANI NA KŁEPE	M20	25	01:33:51	<b>03:49:17.70</b>	<b>03:49:28.85</b>	+01:23:15 (36.3%)	8:49	6.8 (63.6%)
135	<b>SOBCZAK Zbigniew</b>	<b>1348</b>	MAZURSKI WILK	M30	58	01:36:48	<b>03:49:36.95</b>	<b>03:49:44.50</b>	+01:23:31 (36.4%)	8:49	6.8 (63.6%)
136	<b>KOŁODZIEJCZYK Maciej</b>	<b>1174</b>	FIZJO-SPORT	M40	44	01:39:49	<b>03:51:13.15</b>	<b>03:51:37.15</b>	+01:25:24 (36.9%)	8:53	6.7 (62.6%)
137	<b>BLACHA Jarosław</b>	<b>1032</b>		M30	59	01:36:53	<b>03:52:11.45</b>	<b>03:52:26.65</b>	+01:26:13 (37.1%)	8:55	6.7 (62.6%)
138	<b>RDZANEK Damian</b>	<b>1323</b>		M30	60	01:38:45	<b>03:52:06.55</b>	<b>03:52:40.75</b>	+01:26:27 (37.2%)	8:55	6.7 (62.6%)
139	<b>ADACH Dariusz</b>	<b>1004</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	45	01:40:34	<b>03:52:34.40</b>	<b>03:52:44.70</b>	+01:26:31 (37.2%)	8:56	6.7 (62.6%)
140	<b>RYBAŁTOWSKI Jakub</b>	<b>1328</b>	TARCHOŚFIRY	M20	26	01:41:42	<b>03:52:50.70</b>	<b>03:53:16.05</b>	+01:27:03 (37.3%)	8:57	6.7 (62.6%)
141	<b>CZARNECKI Piotr</b>	<b>1071</b>		M30	61	01:40:25	<b>03:52:49.85</b>	<b>03:53:16.10</b>	+01:27:03 (37.3%)	8:57	6.7 (62.6%)
142	<b>SKRUTEK Adam</b>	<b>1344</b>		M30	62	01:40:50	<b>03:53:06.05</b>	<b>03:53:19.70</b>	+01:27:06 (37.3%)	8:57	6.7 (62.6%)
143	<b>DUDKO Mikalai</b>	<b>1089</b>	JACEKBIEGA RUNNING TEAM	M30	63	01:43:09	<b>03:54:29.70</b>	<b>03:54:45.85</b>	+01:28:32 (37.7%)	9:01	6.7 (62.6%)
144	<b>KLAWIKOWSKI Mateusz</b>	<b>1165</b>	JACEKBIEGA RUNNING TEAM	M20	27	01:37:18	<b>03:54:12.95</b>	<b>03:54:47.90</b>	+01:28:34 (37.7%)	9:00	6.7 (62.6%)
145	<b>DANKIEWICZ Henryk</b>	<b>1076</b>	BIEGAMY DLA ZDROWIA	M50	8	01:39:40	<b>03:54:36.95</b>	<b>03:54:59.95</b>	+01:28:47 (37.8%)	9:01	6.6 (61.7%)
146	<b>POZDRAWIAM Mariusz</b>	<b>1309</b>	BIEGAMY DLA ZDROWIA	M60	3	01:39:43	<b>03:54:36.65</b>	<b>03:55:00.35</b>	+01:28:47 (37.8%)	9:01	6.6 (61.7%)
147	<b>BIEGAJ Jacek</b>	<b>1024</b>	BIEGAM Z ABS	M40	46	01:41:42	<b>03:54:49.65</b>	<b>03:55:01.35</b>	+01:28:48 (37.8%)	9:01	6.6 (61.7%)
148	<b>KIDA Andrzej</b>	<b>445</b>	LOS TREPOS COMPANIEROS	M40	47	01:44:46	<b>03:55:52.40</b>	<b>03:55:57.65</b>	+01:29:44 (38.0%)	9:04	6.6 (61.7%)
149	<b>WIŚNIEWSKI Rafał</b>	<b>1427</b>		M30	64	01:38:42	<b>03:55:47.40</b>	<b>03:56:12.35</b>	+01:29:59 (38.1%)	9:04	6.6 (61.7%)
150	<b>HRYSZKO Robert</b>	<b>1140</b>	POZYTYWNIIE ZABIEGANI SANOK	M50	9	01:36:09	<b>03:56:46.20</b>	<b>03:57:00.05</b>	+01:30:47 (38.3%)	9:06	6.6 (61.7%)
151	<b>KOSTRUBIEC Tomasz</b>	<b>1186</b>		M40	48	01:36:37	<b>03:56:51.55</b>	<b>03:57:13.15</b>	+01:31:00 (38.4%)	9:06	6.6 (61.7%)
152	<b>GWOŹDZIOWSKI Marcin</b>	<b>1135</b>		M40	49	01:40:43	<b>03:57:22.15</b>	<b>03:57:37.20</b>	+01:31:24 (38.5%)	9:07	6.6 (61.7%)
153	<b>KOBIĄŁKA Irek</b>	<b>1169</b>		M40	50	01:45:43	<b>03:58:02.15</b>	<b>03:58:15.05</b>	+01:32:02 (38.6%)	9:09	6.6 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
154	<b>BRENKUS Piotr</b>	<b>1043</b>	BIEG PO ZDRÓJ	M30	65	01:47:59	<b>03:57:42.80</b>	<b>03:58:17.55</b>	+01:32:04 (38.6%)	9:08	6.6 (61.7%)
155	<b>DERCZYŃSKI Marcin</b>	<b>1483</b>		M50	10	01:44:36	<b>03:57:36.40</b>	<b>03:58:21.20</b>	+01:32:08 (38.7%)	9:08	6.6 (61.7%)
156	<b>LUSIO Marcin</b>	<b>1222</b>		M40	51	01:48:00	<b>03:57:53.00</b>	<b>03:58:26.80</b>	+01:32:13 (38.7%)	9:08	6.6 (61.7%)
157	<b>SZYMCZAK Zbigniew</b>	<b>1388</b>	BIEGAB BO LUBIĘ ZĄBKI TEAM	M50	11	01:42:14	<b>03:58:18.35</b>	<b>03:59:00.75</b>	+01:32:47 (38.8%)	9:09	6.5 (60.7%)
158	<b>WŁODYKA Sławomir</b>	<b>1429</b>	PGE RUN OBRÓT	M30	66	01:42:13	<b>03:58:25.30</b>	<b>03:59:06.40</b>	+01:32:53 (38.8%)	9:10	6.5 (60.7%)
159	<b>BURY Marek</b>	<b>1053</b>		M40	52	01:47:31	<b>03:59:26.10</b>	<b>03:59:42.75</b>	+01:33:29 (39.0%)	9:12	6.5 (60.7%)
160	<b>BRZEZIŃSKI Sergiusz</b>	<b>1048</b>	DUSZA DRZEWA	M40	53	01:40:26	<b>03:59:52.20</b>	<b>04:00:25.65</b>	+01:34:12 (39.2%)	9:13	6.5 (60.7%)
161	<b>CZEKALSKI Mariusz</b>	<b>1073</b>	608129873	M40	54	01:46:49	<b>03:59:50.05</b>	<b>04:00:32.15</b>	+01:34:19 (39.2%)	9:13	6.5 (60.7%)
162	<b>TOMCZAK Zbigniew</b>	<b>1399</b>	ALTOM GNIEZNO	M60	4	01:49:42	<b>03:59:08.90</b>	<b>04:00:39.20</b>	+01:34:26 (39.2%)	9:11	6.5 (60.7%)
163	<b>JAKUBOWSKI Daniel</b>	<b>1145</b>	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M40	55	01:39:01	<b>04:00:15.10</b>	<b>04:00:40.85</b>	+01:34:27 (39.2%)	9:14	6.5 (60.7%)
164	<b>MACKO Mariusz</b>	<b>1235</b>	MORSY OSTROŁĘKA	M40	56	01:44:09	<b>04:00:36.30</b>	<b>04:01:16.20</b>	+01:35:03 (39.4%)	9:15	6.5 (60.7%)
165	<b>ZIĘBA Bogumił</b>	<b>1463</b>	INOVATICA	M40	57	01:41:12	<b>04:01:03.95</b>	<b>04:01:20.90</b>	+01:35:07 (39.4%)	9:16	6.5 (60.7%)
166	<b>BASIAK Michał</b>	<b>1018</b>	HARDCOROWE WYCHYLYBYMY	M20	28	01:38:13	<b>04:01:33.65</b>	<b>04:01:49.60</b>	+01:35:36 (39.5%)	9:17	6.5 (60.7%)
167	<b>WANDAS Grzegorz</b>	<b>1477</b>		M40	58	01:40:48	<b>04:01:47.15</b>	<b>04:01:55.65</b>	+01:35:42 (39.6%)	9:17	6.5 (60.7%)
168	<b>KOWALSKI Mateusz</b>	<b>1189</b>		M20	29	01:40:15	<b>04:01:20.65</b>	<b>04:01:59.65</b>	+01:35:46 (39.6%)	9:16	6.5 (60.7%)
169	<b>GAUDEN Piotr</b>	<b>1112</b>	SPC/KM UMK TORUŃ	M40	59	01:46:19	<b>04:03:06.00</b>	<b>04:03:26.55</b>	+01:37:13 (39.9%)	9:21	6.4 (59.8%)
170	<b>TOMASZEWSKI Marek</b>	<b>1398</b>		M30	67	01:44:05	<b>04:03:20.85</b>	<b>04:04:05.75</b>	+01:37:52 (40.1%)	9:21	6.4 (59.8%)
171	<b>GOLAS Marcin</b>	<b>1122</b>	EXILE	M40	60	01:43:47	<b>04:03:39.50</b>	<b>04:04:16.95</b>	+01:38:04 (40.1%)	9:22	6.4 (59.8%)
172	<b>ŚCIESZKA Mateusz</b>	<b>1389</b>		M30	68	01:50:11	<b>04:04:15.65</b>	<b>04:04:38.35</b>	+01:38:25 (40.2%)	9:23	6.4 (59.8%)
173	<b>SZCZEPANIAK Robert</b>	<b>1377</b>	WKURW_TEAM	M20	30	01:55:19	<b>04:04:55.75</b>	<b>04:05:26.75</b>	+01:39:13 (40.4%)	9:25	6.4 (59.8%)
174	<b>JASTRZEMBSKI Piotr</b>	<b>411</b>		M40	61	01:43:39	<b>04:06:19.60</b>	<b>04:07:03.30</b>	+01:40:50 (40.8%)	9:28	6.3 (58.9%)
175	<b>MIEDZINSKI Piotr</b>	<b>1250</b>	MSD RUNNING CLUB	M50	12	01:41:00	<b>04:07:02.80</b>	<b>04:07:10.40</b>	+01:40:57 (40.8%)	9:30	6.3 (58.9%)
176	<b>SIONKOWSKI Maciej</b>	<b>1337</b>	CROSSFITTER BOX CHEŁM	M40	62	01:44:54	<b>04:07:52.55</b>	<b>04:07:57.40</b>	+01:41:44 (41.0%)	9:32	6.3 (58.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
177	<b>PODEDWORNY Artur</b>	<b>1303</b>		M40	63	01:49:19	<b>04:08:13.25</b>	<b>04:08:40.75</b>	+01:42:27 (41.2%)	9:32	6.3 (58.9%)
178	<b>GAWRYSZEWSKI Michał</b>	<b>1113</b>		M40	64	01:46:27	<b>04:08:46.70</b>	<b>04:09:13.15</b>	+01:43:00 (41.3%)	9:34	6.3 (58.9%)
179	<b>NOWAK Piotr</b>	<b>1271</b>		M30	69	01:40:25	<b>04:09:00.25</b>	<b>04:09:27.25</b>	+01:43:14 (41.4%)	9:34	6.3 (58.9%)
180	<b>STANEK Krzysztof</b>	<b>1359</b>		M40	65	01:45:35	<b>04:09:47.15</b>	<b>04:10:24.50</b>	+01:44:11 (41.6%)	9:36	6.2 (57.9%)
181	<b>BUK Kamil</b>	<b>1052</b>		M30	70	01:50:24	<b>04:10:10.35</b>	<b>04:10:55.70</b>	+01:44:42 (41.7%)	9:37	6.2 (57.9%)
182	<b>BREWCAK Maciej</b>	<b>1044</b>		M30	71	01:50:34	<b>04:10:10.00</b>	<b>04:10:55.75</b>	+01:44:42 (41.7%)	9:37	6.2 (57.9%)
183	<b>MANDZIUK Mateusz</b>	<b>1237</b>	KROSSKI REMSPORT / TOMASZÓW LUBELSKI	M20	31	01:41:38	<b>04:11:13.70</b>	<b>04:11:30.25</b>	+01:45:17 (41.9%)	9:39	6.2 (57.9%)
184	<b>KUCZBORSKI Jarosław</b>	<b>1201</b>	HARPAGAN SOSNOWIEC	M40	66	01:39:06	<b>04:11:03.70</b>	<b>04:11:33.90</b>	+01:45:20 (41.9%)	9:39	6.2 (57.9%)
184	<b>KRAIŃSKI Piotr</b>	<b>1042</b>		M40	66	01:48:11	<b>04:11:25.10</b>	<b>04:11:33.90</b>	+01:45:20 (41.9%)	9:40	6.2 (57.9%)
186	<b>HAŁASA Piotr</b>	<b>1136</b>		M40	68	01:41:55	<b>04:11:30.60</b>	<b>04:11:47.20</b>	+01:45:34 (41.9%)	9:40	6.2 (57.9%)
187	<b>OPALIŃSKI Tomasz</b>	<b>1276</b>	DRUŻYNA WILKA	M50	13	01:51:26	<b>04:11:44.40</b>	<b>04:12:02.95</b>	+01:45:50 (42.0%)	9:40	6.2 (57.9%)
188	<b>KACZMARCZYK Mariusz</b>	<b>1154</b>	REXER	M50	14	01:51:32	<b>04:10:52.55</b>	<b>04:12:03.15</b>	+01:45:50 (42.0%)	9:38	6.2 (57.9%)
189	<b>WYSZYŃSKI Artur</b>	<b>1474</b>	USKI	M30	72	01:47:39	<b>04:11:40.45</b>	<b>04:12:09.70</b>	+01:45:56 (42.0%)	9:40	6.2 (57.9%)
190	<b>SAJ Sławomir</b>	<b>1331</b>	TRI UNLIMITED	M50	15	01:44:58	<b>04:12:35.55</b>	<b>04:12:55.50</b>	+01:46:42 (42.2%)	9:42	6.2 (57.9%)
191	<b>SOBULSKI Karol</b>	<b>1355</b>	SB SOBOLE	M40	69	01:52:20	<b>04:13:17.85</b>	<b>04:13:30.75</b>	+01:47:17 (42.3%)	9:44	6.2 (57.9%)
192	<b>CEGLARZ Jacek</b>	<b>1056</b>	BLAZE RUNNERS	M30	73	01:49:51	<b>04:14:31.15</b>	<b>04:15:16.00</b>	+01:49:03 (42.7%)	9:47	6.1 (57.0%)
193	<b>BAGIŃSKI Arkadiusz</b>	<b>1007</b>	TVN MEDIA	M30	74	01:54:01	<b>04:15:01.45</b>	<b>04:15:48.75</b>	+01:49:35 (42.8%)	9:48	6.1 (57.0%)
194	<b>NOWICKI Jarosław</b>	<b>1273</b>		M40	70	01:44:45	<b>04:15:22.75</b>	<b>04:15:56.15</b>	+01:49:43 (42.9%)	9:49	6.1 (57.0%)
195	<b>SOBCZAK Daniel</b>	<b>1476</b>	KB WYSZKÓW	M30	75	01:51:48	<b>04:15:28.80</b>	<b>04:16:15.35</b>	+01:50:02 (42.9%)	9:49	6.1 (57.0%)
196	<b>BEDNARCZYK Dariusz</b>	<b>1021</b>	OSP ŚWIDNIK DUŻY	M30	76		<b>04:16:48.00</b>	<b>04:16:48.00</b>	+01:50:35 (43.1%)	9:52	6.1 (57.0%)
197	<b>AMBO Rafał</b>	<b>1006</b>	R.AMBO DRUGA CREW	M20	32	01:45:31	<b>04:17:27.85</b>	<b>04:17:48.30</b>	+01:51:35 (43.3%)	9:54	6.1 (57.0%)
198	<b>ŁUCZAK Janusz</b>	<b>1226</b>		M50	16	01:48:42	<b>04:17:52.55</b>	<b>04:18:21.05</b>	+01:52:08 (43.4%)	9:55	6 (56.1%)
199	<b>TENDAJ Daniel</b>	<b>1395</b>		M50	17	01:52:24	<b>04:17:56.30</b>	<b>04:18:44.70</b>	+01:52:31 (43.5%)	9:55	6 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
200	<b>BOCEK Sławomir</b>	<b>1034</b>	WATAHA	M40	71	01:46:09	<b>04:19:23.50</b>	<b>04:19:40.80</b>	+01:53:27 (43.7%)	9:58	6 (56.1%)
201	<b>BORCZ Marcin</b>	<b>1471</b>	WATAHA	M30	77	01:46:09	<b>04:19:22.80</b>	<b>04:19:41.40</b>	+01:53:28 (43.7%)	9:58	6 (56.1%)
202	<b>KASKA Krzysztof</b>	<b>1161</b>		M50	18	01:46:19	<b>04:20:34.15</b>	<b>04:20:55.30</b>	+01:54:42 (44.0%)	10:01	6 (56.1%)
203	<b>KOSNOWSKI Andrzej</b>	<b>1183</b>		M20	33	01:42:31	<b>04:20:30.35</b>	<b>04:21:02.20</b>	+01:54:49 (44.0%)	10:01	6 (56.1%)
204	<b>ŚWIĘCH Adam</b>	<b>1392</b>		M40	72	01:51:56	<b>04:20:17.85</b>	<b>04:21:08.25</b>	+01:54:55 (44.0%)	10:00	6 (56.1%)
205	<b>GÓRSKI Tomasz</b>	<b>1130</b>	MATKA BIEGNIE Z TYŁU	M40	73	01:48:22	<b>04:20:38.15</b>	<b>04:21:10.40</b>	+01:54:57 (44.0%)	10:01	6 (56.1%)
206	<b>GÓRSKI Łukasz</b>	<b>1129</b>	MATKA BIEGNIE Z TYŁU	M30	78	01:48:22	<b>04:20:37.60</b>	<b>04:21:10.45</b>	+01:54:57 (44.0%)	10:01	6 (56.1%)
207	<b>KORDYS Krzysztof</b>	<b>470</b>	ZABIERZOW BIEGA	M30	79	01:47:48	<b>04:20:38.35</b>	<b>04:21:19.90</b>	+01:55:06 (44.0%)	10:01	6 (56.1%)
208	<b>SAWICKI Piotr</b>	<b>1332</b>	POWER TRAINING	M30	80	01:52:37	<b>04:21:44.70</b>	<b>04:21:48.00</b>	+01:55:35 (44.1%)	10:04	6 (56.1%)
209	<b>CZAJKOWSKI Tomasz</b>	<b>1069</b>		M40	74	01:49:20	<b>04:21:43.25</b>	<b>04:22:02.10</b>	+01:55:49 (44.2%)	10:04	6 (56.1%)
210	<b>KAŁOWSKI Irek</b>	<b>1156</b>		M40	75	01:46:26	<b>04:21:56.10</b>	<b>04:22:18.30</b>	+01:56:05 (44.3%)	10:04	6 (56.1%)
211	<b>PODLASIŃSKI Wojciech</b>	<b>1304</b>	WKURW_TEAM	M30	81	01:49:22	<b>04:22:15.60</b>	<b>04:22:36.80</b>	+01:56:23 (44.3%)	10:05	5.9 (55.1%)
212	<b>ZIĄBKA Jakub</b>	<b>1461</b>	BOAT CITY TEAM	M30	82	01:44:44	<b>04:22:27.75</b>	<b>04:23:18.60</b>	+01:57:05 (44.5%)	10:05	5.9 (55.1%)
213	<b>BUTKIEWICZ Mateusz</b>	<b>1055</b>	MAŁOSOLNI	M20	34	01:56:03	<b>04:23:01.65</b>	<b>04:23:20.05</b>	+01:57:07 (44.5%)	10:07	5.9 (55.1%)
214	<b>DRZAZGA Tomasz</b>	<b>1085</b>		M30	83	01:55:44	<b>04:23:05.45</b>	<b>04:23:32.40</b>	+01:57:19 (44.5%)	10:07	5.9 (55.1%)
215	<b>WOJTASIK Adam</b>	<b>1433</b>		M30	84	01:52:15	<b>04:24:00.50</b>	<b>04:24:45.40</b>	+01:58:32 (44.8%)	10:09	5.9 (55.1%)
216	<b>KOŃKA Mariusz</b>	<b>1177</b>		M40	76	01:52:58	<b>04:26:21.55</b>	<b>04:26:39.10</b>	+02:00:26 (45.2%)	10:14	5.9 (55.1%)
217	<b>BOROWSKI Piotr</b>	<b>1040</b>		M30	85	01:52:21	<b>04:26:15.20</b>	<b>04:27:07.55</b>	+02:00:54 (45.3%)	10:14	5.9 (55.1%)
218	<b>KORAB Grzegorz</b>	<b>1179</b>		M40	77	01:51:55	<b>04:26:21.75</b>	<b>04:27:13.80</b>	+02:01:00 (45.3%)	10:14	5.9 (55.1%)
219	<b>MIŁOŃ Mariusz</b>	<b>1254</b>		M30	86	01:49:35	<b>04:27:06.90</b>	<b>04:27:31.25</b>	+02:01:18 (45.3%)	10:16	5.8 (54.2%)
220	<b>BITNER Krystian</b>	<b>1031</b>		M30	87	01:52:30	<b>04:27:47.80</b>	<b>04:28:00.70</b>	+02:01:47 (45.4%)	10:18	5.8 (54.2%)
221	<b>STAŃCZYK Mateusz</b>	<b>1361</b>		M30	88	01:53:34	<b>04:28:06.65</b>	<b>04:28:51.35</b>	+02:02:38 (45.6%)	10:18	5.8 (54.2%)
222	<b>STASZCZUK Jarosław</b>	<b>1363</b>	WATAHA	M40	78	02:00:37	<b>04:28:18.90</b>	<b>04:28:58.50</b>	+02:02:45 (45.6%)	10:19	5.8 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
223	<b>SZYMCZAK Wojciech</b>	<b>1387</b>	MOCNO W PRAWO TEAM	M40	79	01:59:20	<b>04:29:06.10</b>	<b>04:29:27.90</b>	+02:03:14 (45.7%)	10:21	5.8 (54.2%)
224	<b>WACHOWSKI Piotr</b>	<b>1408</b>		M40	80	02:01:46	<b>04:31:04.35</b>	<b>04:31:24.05</b>	+02:05:11 (46.1%)	10:25	5.8 (54.2%)
225	<b>BOREK Paweł</b>	<b>1038</b>		M20	35	01:52:53	<b>04:31:16.85</b>	<b>04:31:37.25</b>	+02:05:24 (46.2%)	10:26	5.8 (54.2%)
226	<b>RĄCZKA Mateusz</b>	<b>1322</b>		M30	89	01:50:04	<b>04:31:15.65</b>	<b>04:31:42.40</b>	+02:05:29 (46.2%)	10:26	5.8 (54.2%)
227	<b>SZANIAWA Marcin</b>	<b>1375</b>	OSTROBIEC	M40	81	02:01:18	<b>04:31:29.25</b>	<b>04:31:46.05</b>	+02:05:33 (46.2%)	10:26	5.7 (53.3%)
228	<b>GRANDE Piotr</b>	<b>1131</b>	DRUNK WARRIORS	M30	90	02:01:47	<b>04:31:09.60</b>	<b>04:31:51.15</b>	+02:05:38 (46.2%)	10:25	5.8 (54.2%)
229	<b>STASIŃSKI Paweł</b>	<b>1362</b>	SOKÓLSKA GRUPA BIEGOWA	M30	91	01:44:18	<b>04:31:13.75</b>	<b>04:31:55.10</b>	+02:05:42 (46.2%)	10:25	5.8 (54.2%)
230	<b>HANASIEWICZ Paweł</b>	<b>1137</b>		M20	36	01:53:12	<b>04:31:36.40</b>	<b>04:31:57.15</b>	+02:05:44 (46.2%)	10:26	5.7 (53.3%)
231	<b>STAŃCZUK Wojciech</b>	<b>1360</b>	GRUPA BIEGOWA CHTMO	M40	82	01:55:04	<b>04:31:36.35</b>	<b>04:32:10.65</b>	+02:05:57 (46.3%)	10:26	5.7 (53.3%)
232	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>1158</b>	MORSY OSTROŁĘKA	M50	19	01:53:45	<b>04:31:41.90</b>	<b>04:32:21.40</b>	+02:06:08 (46.3%)	10:27	5.7 (53.3%)
233	<b>BĄK Bogdan</b>	<b>1020</b>		M40	83	01:58:12	<b>04:32:46.55</b>	<b>04:33:21.30</b>	+02:07:08 (46.5%)	10:29	5.7 (53.3%)
234	<b>ZAURSKI Paweł</b>	<b>1454</b>	TRIUNLIMITED	M40	84	02:00:15	<b>04:34:10.90</b>	<b>04:35:01.10</b>	+02:08:48 (46.8%)	10:32	5.7 (53.3%)
235	<b>ADAMIAK Rafał</b>	<b>1005</b>		M30	92	01:54:42	<b>04:35:17.60</b>	<b>04:35:50.15</b>	+02:09:37 (47.0%)	10:35	5.7 (53.3%)
236	<b>MUCHA Jarek</b>	<b>1261</b>	X	M50	20	01:51:00	<b>04:36:14.05</b>	<b>04:36:28.95</b>	+02:10:16 (47.1%)	10:37	5.6 (52.3%)
237	<b>NASTAZIAK Andrzej</b>	<b>1266</b>		M50	21	01:52:37	<b>04:36:27.35</b>	<b>04:37:07.90</b>	+02:10:54 (47.2%)	10:37	5.6 (52.3%)
238	<b>KRONIŁOW Piotr</b>	<b>1499</b>		M40	85	02:01:30	<b>04:36:53.85</b>	<b>04:37:42.45</b>	+02:11:29 (47.3%)	10:39	5.6 (52.3%)
239	<b>CHRÓŚCIAK Paweł</b>	<b>1060</b>		M30	93	01:57:05	<b>04:39:03.60</b>	<b>04:39:35.95</b>	+02:13:23 (47.7%)	10:43	5.6 (52.3%)
240	<b>WRÓBLEWSKI Borys</b>	<b>1443</b>		M30	94	01:51:57	<b>04:40:02.20</b>	<b>04:40:51.80</b>	+02:14:38 (47.9%)	10:46	5.6 (52.3%)
241	<b>WILK Rafał</b>	<b>1422</b>	SEKCJA PIASKI	M40	86	02:01:33	<b>04:40:42.80</b>	<b>04:41:08.90</b>	+02:14:55 (48.0%)	10:47	5.6 (52.3%)
242	<b>PULKOWSKI Dariusz</b>	<b>1317</b>	OSTRÓDA RUNNERS	M50	22	02:04:17	<b>04:40:33.60</b>	<b>04:41:17.45</b>	+02:15:04 (48.0%)	10:47	5.6 (52.3%)
243	<b>WRÓŃSKI Julian</b>	<b>1441</b>	HIAB SPORTS TEAM	M30	95	02:01:10	<b>04:43:29.10</b>	<b>04:43:54.00</b>	+02:17:41 (48.5%)	10:54	5.5 (51.4%)
244	<b>BRODECKI Adam</b>	<b>1045</b>	WATAHAŁĄCZY NAS BIEGANIE	M20	37	01:58:33	<b>04:43:19.55</b>	<b>04:43:57.65</b>	+02:17:44 (48.5%)	10:53	5.5 (51.4%)
245	<b>FREJ Marcin</b>	<b>1102</b>	ZABIEGANI.TV	M30	96	02:07:12	<b>04:43:43.25</b>	<b>04:44:02.70</b>	+02:17:49 (48.5%)	10:54	5.5 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
246	ZAKRZEWSKI Piotr	1452		M30	97	01:55:14	04:45:14.35	04:45:44.45	+02:19:31 (48.8%)	10:58	5.5 (51.4%)
247	STOKOWSKI Maciej	1369	BOAT CITY TEAM	M30	98	02:04:38	04:49:57.15	04:50:28.85	+02:24:15 (49.7%)	11:09	5.4 (50.5%)
248	POSIM Tomasz	1308		M30	99	01:52:20	04:50:12.35	04:50:37.35	+02:24:24 (49.7%)	11:09	5.4 (50.5%)
249	SZCZEPOCKI Andrzej	1378	NIEPOŁOMICE BIEGAJĄ	M40	87	01:59:18	04:51:11.00	04:51:11.00	+02:24:58 (49.8%)	11:11	5.4 (50.5%)
250	ZAWADZKI Piotr	1457		M30	100	02:02:10	04:51:09.10	04:51:58.60	+02:25:45 (49.9%)	11:11	5.4 (50.5%)
251	KĄCKI Piotr	1163		M50	23	01:52:25	04:52:41.05	04:52:50.30	+02:26:37 (50.1%)	11:15	5.3 (49.5%)
252	KRAWCZYK Jakub	1194	42 DO SZCZĘŚCIA	M20	38	01:54:05	04:52:28.70	04:53:04.35	+02:26:51 (50.1%)	11:14	5.3 (49.5%)
253	GIL Wojciech	1117	WARSZAWA	M40	88	01:53:09	04:53:08.85	04:53:47.75	+02:27:34 (50.2%)	11:16	5.3 (49.5%)
254	LEDER Michał	1211	RETKINIA RUN	M40	89	01:54:07	04:55:17.95	04:55:32.15	+02:29:19 (50.5%)	11:21	5.3 (49.5%)
255	BIENIARZ Andrzej	1025		M40	90	02:07:35	04:54:49.45	04:55:36.75	+02:29:23 (50.5%)	11:20	5.3 (49.5%)
256	WYSMOLIŃSKI Piotr	1447		M40	91	02:08:59	04:55:33.05	04:55:48.85	+02:29:35 (50.6%)	11:22	5.3 (49.5%)
257	LITWIN Tomasz	1219		M40	92	02:17:09	04:55:09.15	04:55:49.15	+02:29:36 (50.6%)	11:21	5.3 (49.5%)
258	RZECZKOWSKI Maciej	1329		M50	24	02:13:17	04:55:30.85	04:56:12.70	+02:29:59 (50.6%)	11:21	5.3 (49.5%)
259	KUŚMIERSKI Krzysztof	1204		M50	25	02:13:43	04:56:17.50	04:56:59.15	+02:30:46 (50.8%)	11:23	5.3 (49.5%)
<b>Przekroczony limit czasu: 05:00:00</b>											
260	MYŚLIŃSKI Tomasz	1264	BIEGUSIEM.PL	M40	93	02:03:49	05:04:03.00	05:04:27.55	+02:38:14 (52.0%)	11:41	5.1 (47.7%)
261	GŁOWACKI Andrzej	1120	DOWÓDZTWO WOJSK OBRONY TERYTPRIALNEJ	M40	94	02:15:47	05:04:22.15	05:04:39.95	+02:38:27 (52.0%)	11:42	5.1 (47.7%)
262	KUTKOWSKI Jan	1205	HYUNDAI RADOM	M30	101	01:58:41	05:05:44.95	05:06:09.95	+02:39:57 (52.2%)	11:45	5.1 (47.7%)
263	DĄBROWSKI Adrian	1079	POWER TRAINING	M20	39	02:10:29	05:10:27.30	05:10:31.35	+02:44:18 (52.9%)	11:56	5 (46.7%)
264	CHROMIK Krzysztof	1059		M30	102	01:59:28	05:11:52.70	05:12:15.00	+02:46:02 (53.2%)	11:59	5 (46.7%)
265	KOSTARSKI Patryk	1185		M40	95	02:17:03	05:14:03.90	05:14:40.65	+02:48:27 (53.5%)	12:04	5 (46.7%)
266	SIARA Marcin	1335	WITKOWO BIEGA	M30	103	02:09:27	05:15:42.40	05:16:02.10	+02:49:49 (53.7%)	12:08	4.9 (45.8%)
267	PĘDOWSKI Wojciech	1295	1964	M50	26	02:16:59	05:20:14.70	05:21:05.20	+02:54:52 (54.5%)	12:19	4.9 (45.8%)
268	WYDERKA Bartosz	1445		M50	27	02:16:56	05:20:15.50	05:21:05.30	+02:54:52 (54.5%)	12:19	4.9 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
269	<b>PARADOWSKI Paweł</b>	<b>1283</b>	WKURW_TEAM	M50	28	02:11:51	<b>05:22:36.95</b>	<b>05:23:08.05</b>	+02:56:55 (54.8%)	12:24	4.8 (44.9%)
270	<b>BALCEWICZ Alfred</b>	<b>1010</b>		M20	40	02:09:49	<b>05:26:37.60</b>	<b>05:27:21.85</b>	+03:01:08 (55.3%)	12:33	4.8 (44.9%)
271	<b>KLIŚ Tomasz</b>	<b>1167</b>		M30	104	02:38:31	<b>07:21:31.45</b>	<b>07:22:11.75</b>	+04:55:58 (66.9%)	16:58	3.5 (32.7%)
272	<b>REY Andrzej</b>	<b>1324</b>		M40	96	02:48:46	<b>07:21:29.80</b>	<b>07:22:17.65</b>	+04:56:04 (66.9%)	16:58	3.5 (32.7%)
273	<b>MATUSZEWSKI Szymon</b>	<b>1245</b>		M30	105	01:47:59			+00:41:14	8:59	6.7 (62.6%)
	<b>RAPACZ Marcin</b>	<b>1321</b>	FUNDACJA TYLKO BIESZCZADY	M50		01:40:18 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BOGATKIEWICZ Maciej</b>	<b>1036</b>	FLORKI	M30		02:25:05 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOZUBAŁA Paweł</b>	<b>1192</b>	ŻÓŁW ULTRAS TEAM	M30		02:53:49 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 276 wynik(ów)