

VII HYUNDAI ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT

Event: Maraton Bieszczadzki 2019
Organiser: Fundacja Bieg Rzeźnika
Date: 2019-10-12
Place: Cisna
Distance: 52 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
1	KOCZWARA Tomasz	257		M40	1	00:49:16	02:00:09	03:04:41	04:21:05.10	04:21:08.15		5:01	12 (100%)
2	FARON Robert	253	SALCO GARMIN TEAM	M40	2	00:50:02	02:05:07	03:13:48	04:41:25.75	04:41:27.40	+00:20:19 (7.2%)	5:24	11.1 (92.5%)
3	KITA Michał	452	PĘDZĄCY W MIEJSCU	M40	3	00:51:58	02:10:21	03:24:43	04:52:58.90	04:53:01.55	+00:31:53 (10.9%)	5:38	10.6 (88.3%)
4	FLĄDRO Daniel	354		M40	4	00:54:52	02:19:32	03:44:22	05:30:57.90	05:30:59.50	+01:09:51 (21.1%)	6:21	9.4 (78.3%)
5	ZARZYŃSKI Artur	774	MPK WYBIEGANIE	M40	5	00:59:51	02:29:08	03:52:16	05:36:55.20	05:37:58.65	+01:16:50 (22.7%)	6:28	9.3 (77.5%)
6	NOWAK Mirosław	586		M40	6	01:01:28	02:35:26	04:05:33	05:44:34.00	05:44:35.95	+01:23:27 (24.2%)	6:37	9.1 (75.8%)
7	KRZEMIŃSKI Marcin	489	SPRINT GORZYCE	M40	7	01:00:36	02:34:25	04:01:22	05:45:08.45	05:45:15.95	+01:24:07 (24.4%)	6:38	9 (75.0%)
8	LATAK Michał	515	JACEKBIEGA RUNNING TEAM	M40	8	01:01:57	02:34:47	04:04:50	05:49:58.30	05:50:13.35	+01:29:05 (25.4%)	6:43	8.9 (74.2%)
9	ZAJĄC Filip	814		M40	9	00:58:28	02:29:02	04:00:29	05:54:54.10	05:54:56.85	+01:33:48 (26.4%)	6:49	8.8 (73.3%)
10	WILK Antoni	738		M40	10	01:01:00	02:34:10	04:14:18	06:01:42.45	06:01:46.75	+01:40:38 (27.8%)	6:57	8.6 (71.7%)
11	JUREWICZ Kris	422	HARPAGAN SOSNOWIEC	M40	11	01:00:50	02:33:52	04:08:55	06:05:17.35	06:05:20.00	+01:44:11 (28.5%)	7:01	8.5 (70.8%)
12	KUŻMA Krzysztof	508	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	12	01:02:05	02:34:47	04:05:58	06:04:55.65	06:05:34.55	+01:44:26 (28.6%)	7:01	8.5 (70.8%)
13	BISOWSKI Mariusz	293		M40	13	01:01:00	02:36:06	04:12:27	06:07:07.25	06:07:19.40	+01:46:11 (28.9%)	7:03	8.5 (70.8%)
14	SZPINDA Sebastian	697	BUT BIŁGORAJ ULTRA TRAIL	M40	14	01:01:10	02:37:47	04:17:02	06:09:25.25	06:09:29.25	+01:48:21 (29.3%)	7:06	8.4 (70.0%)
15	SZPUNAR Marek	698		M40	15	01:02:57	02:36:57	04:12:56	06:10:45.60	06:11:48.05	+01:50:39 (29.8%)	7:07	8.4 (70.0%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Net	Czas	Gap	Pace	Pace
									time 52km	brutto 52km		min/km	km/h
16	GRYSZKO Artur	385		M40	16	01:01:13	02:37:18	04:14:09	06:12:38.95	06:13:05.35	+01:51:57 (30.0%)	7:09	8.4 (70.0%)
17	MAŁACHOWSKI Mariusz	549	RUNDOMSKO	M40	17	01:04:10	02:44:53	04:22:47	06:17:00.10	06:17:52.50	+01:56:44 (30.9%)	7:15	8.3 (69.2%)
18	WÓJCIK Krzysztof	756	NIGHT RUNNERS ŚWILCZA	M40	18	01:04:47	02:41:45	04:19:19	06:18:53.80	06:19:03.45	+01:57:55 (31.1%)	7:17	8.2 (68.3%)
19	TAUZ Andrzej	712		M40	19	01:01:12	02:34:53	04:14:51	06:18:54.70	06:19:21.40	+01:58:13 (31.2%)	7:17	8.2 (68.3%)
20	JAGODZIŃSKI Robert	401	JAGODA TEAM	M40	20	01:12:54	02:57:01	04:30:06	06:19:58.75	06:20:22.45	+01:59:14 (31.3%)	7:18	8.2 (68.3%)
21	ROCHOWIAK Zbysio	636	BIEGAM BO LUBIE☺	M40	21	01:06:31	02:50:07	04:28:13	06:20:49.60	06:21:19.30	+02:00:11 (31.5%)	7:19	8.2 (68.3%)
22	ZIELAK Darek	779		M40	22	00:56:56	02:36:04	04:16:41	06:22:01.55	06:22:16.55	+02:01:08 (31.7%)	7:20	8.2 (68.3%)
23	KAPŁOWSKI Jerzy	817		M40	23	01:07:00	02:45:52	04:25:27	06:21:55.60	06:22:27.65	+02:01:19 (31.7%)	7:20	8.2 (68.3%)
24	WOJCIECHOWSKI Andrzej	749	KB MARATON TUREK	M40	24	01:08:09	02:50:13	04:28:19	06:22:01.95	06:22:28.40	+02:01:20 (31.7%)	7:20	8.2 (68.3%)
25	NIECZ Michał	583		M40	25	00:59:17	02:33:14	04:17:01	06:22:52.45	06:23:34.60	+02:02:26 (31.9%)	7:21	8.1 (67.5%)
26	JABŁOŃSKI Tomasz	399		M40	26	01:04:32	02:50:24	04:31:15	06:23:33.50	06:23:40.55	+02:02:32 (31.9%)	7:22	8.1 (67.5%)
27	SZCZUDRAWA Dariusz	691		M40	27	01:01:31	02:31:57	04:16:03	06:24:00.15	06:24:05.35	+02:02:57 (32.0%)	7:23	8.1 (67.5%)
28	PAJĄK Andrzej	598	BIEGAM Z ABS	M40	28	01:05:01	02:45:28	04:27:19	06:25:00.55	06:25:10.20	+02:04:02 (32.2%)	7:24	8.1 (67.5%)
29	DZIWOKI Marek	348		M40	29	01:01:57	02:43:20	04:27:33	06:25:10.75	06:25:53.00	+02:04:44 (32.3%)	7:24	8.1 (67.5%)
30	ZIĘBA Tomek	785	JACEKBIEGA RUNNING TEAM	M40	30	01:01:45	02:43:35	04:27:00	06:26:30.05	06:26:43.85	+02:05:35 (32.5%)	7:25	8.1 (67.5%)
31	LINEK Michał	524		M40	31	01:08:00	02:53:40	04:30:00	06:26:38.75	06:26:52.65	+02:05:44 (32.5%)	7:26	8.1 (67.5%)
32	KRUPA Grzegorz	488	KB SOBÓTKA	M40	32	01:02:39	02:43:13	04:27:23	06:27:12.55	06:27:39.70	+02:06:31 (32.6%)	7:26	8.1 (67.5%)
33	RUSIN Krzysztof	646		M40	33	01:03:53	02:44:55	04:26:42	06:27:07.50	06:27:42.70	+02:06:34 (32.6%)	7:26	8.1 (67.5%)
34	MAŚLAK Radomił	550	STARE BABICE BIEGAJĄ	M40	34	01:01:05	02:41:29	04:27:35	06:31:01.55	06:31:14.55	+02:10:06 (33.3%)	7:31	8 (66.7%)
35	MISZTAŁ Rafał	567	LOS PANTALONES ROJOS	M40	35	01:03:57	02:47:03	04:33:14	06:30:58.45	06:31:34.00	+02:10:25 (33.3%)	7:31	8 (66.7%)
36	DŁUGOŁĘCKI Konrad	334	BIEGOWA ŚWIDNICA	M40	36	01:08:29	02:48:14	04:28:25	06:32:00.05	06:32:29.45	+02:11:21 (33.5%)	7:32	8 (66.7%)
37	KUTAJ Grzegorz	507		M40	37	01:07:06	02:47:17	04:33:03	06:33:22.15	06:34:28.75	+02:13:20 (33.8%)	7:33	7.9 (65.8%)
38	GNIADK Tomasz	372	DABEX-BOLT	M40	38	01:04:50	02:47:01	04:31:57	06:34:34.80	06:34:58.85	+02:13:50 (33.9%)	7:35	7.9 (65.8%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki	P3_Solinka	P2_Roztoki	Net	Czas	Gap	Pace min/km	Pace km/h
						12km	26km	38km	time 52km	brutto 52km			
39	SŁOWIŃSKI Marcin	663	BIEGACZE SPECJALNEJ TROSKI	M40	39	01:00:35	02:32:41	04:17:56	06:34:35.85	06:34:59.60	+02:13:51 (33.9%)	7:35	7.9 (65.8%)
40	WĘCŁAŚ Maciej	732		M40	40	01:04:43	02:44:16	04:27:40	06:37:11.20	06:37:24.20	+02:16:16 (34.3%)	7:38	7.9 (65.8%)
41	REAUD Julien	635	FRAPOL RAZEM!	M40	41	01:17:48	03:08:31	04:48:11	06:36:48.95	06:37:58.55	+02:16:50 (34.4%)	7:37	7.9 (65.8%)
42	BRZEZIŃSKI Andrzej	306	RYKOWISKO	M40	42	01:01:57	02:45:50	04:38:24	06:38:55.65	06:38:59.95	+02:17:51 (34.6%)	7:40	7.8 (65.0%)
43	KOBAK Marcin	457		M40	43	01:10:24	03:00:22	04:42:04	06:38:55.15	06:39:03.75	+02:17:55 (34.6%)	7:40	7.8 (65.0%)
44	JOŃCZYK Rafał	419	JACEK BIEGA RUNNING TEAM	M40	44	01:04:25	02:47:14	04:35:03	06:39:25.70	06:39:43.30	+02:18:35 (34.7%)	7:40	7.8 (65.0%)
45	NAGIEL Andrzej	575	ZABIEGANI CZĘSTOCHOWA	M40	45	01:00:05	02:38:12	04:27:30	06:40:26.00	06:40:32.80	+02:19:24 (34.8%)	7:42	7.8 (65.0%)
46	SZUBERT Marcin	700	KOŁOBRZEG BIEGA	M40	46	01:10:07	02:56:08	04:35:18	06:40:17.70	06:40:45.35	+02:19:37 (34.8%)	7:41	7.8 (65.0%)
47	PAJESTKA Wojciech	599	POZYTYWNIE ZABIEGANI SANOK/AZS PWSZ	M40	47	01:07:40	02:51:40	04:37:13	06:42:18.25	06:42:28.70	+02:21:20 (35.1%)	7:44	7.8 (65.0%)
48	BUDZICH Wojciech	309	TKKF PROMYK CIECHANÓW	M40	48	01:04:53	02:43:08	04:31:13	06:42:19.80	06:42:43.55	+02:21:35 (35.2%)	7:44	7.8 (65.0%)
49	ROGAŁA Grzegorz	638		M40	49	01:04:48	02:43:41	04:37:13	06:48:24.75	06:48:33.05	+02:27:24 (36.1%)	7:51	7.6 (63.3%)
50	KOPACZ Piotr	465	PERFEX	M40	50	01:05:05	02:50:00	04:42:04	06:52:05.40	06:52:44.15	+02:31:36 (36.7%)	7:55	7.6 (63.3%)
51	WIŚNIEWSKI Sławomir	740	LBL BIŁGORAJ	M40	51	01:11:44	03:04:33	04:50:23	06:52:30.70	06:53:01.95	+02:31:53 (36.8%)	7:55	7.6 (63.3%)
52	DZIÓB Romuald	347	CRACOVIA WIELICZKA	M40	52	01:01:08	02:36:50	04:30:57	06:53:13.00	06:53:25.25	+02:32:17 (36.8%)	7:56	7.6 (63.3%)
53	KAWALEC Krystian	441	#MARCINSWIERTTEAM	M40	53	01:06:22	02:54:18	04:48:09	06:55:13.20	06:55:30.05	+02:34:21 (37.2%)	7:59	7.5 (62.5%)
54	KARUŚ Waldemar	438	14DAS IM.GEN.BRYG.WACŁAWA WIECZORKIEWICZA	M40	54	01:12:46	03:04:49	04:54:24	06:55:40.25	06:56:03.35	+02:34:55 (37.2%)	7:59	7.5 (62.5%)
55	MIETŁA Mateusz	563	KSS JPII	M40	55	01:12:24	02:59:20	04:47:40	06:55:34.70	06:56:12.80	+02:35:04 (37.3%)	7:59	7.5 (62.5%)
56	MELLER Wojciech	557	DRUŻYNA WILKA	M40	56	01:12:38	03:05:32	04:55:24	06:55:58.00	06:56:30.75	+02:35:22 (37.3%)	7:59	7.5 (62.5%)
57	PAŃTAK Sławomir	604	21DAPLOT JAROSŁAW	M40	57	01:12:45	03:04:52	04:55:50	06:58:13.45	06:58:36.85	+02:37:28 (37.6%)	8:02	7.5 (62.5%)
58	GRYNFELDER Rafał	384	SKYWALKPROJECT.PL	M40	58	01:05:03	02:51:27	04:44:39	06:58:36.85	06:58:41.90	+02:37:33 (37.6%)	8:03	7.5 (62.5%)
59	MAKOWSKI Łukasz	545		M40	59	01:14:53	02:59:23	04:47:42	07:00:02.30	07:00:40.70	+02:39:32 (37.9%)	8:04	7.4 (61.7%)
60	PRĘDKI Jerzy	628	WYBIEGAMY W PRZYSZŁOŚĆ	M40	60	01:13:37	03:03:46	04:55:15	07:02:41.60	07:03:18.65	+02:42:10 (38.3%)	8:07	7.4 (61.7%)
61	KACPERSKI Olaf	425		M40	61	01:08:42	03:00:10	04:51:37	07:02:49.30	07:03:25.80	+02:42:17 (38.3%)	8:07	7.4 (61.7%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki			Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						12km	26km	38km	52km	52km			
62	JEDLIŃSKI Bartosz	414	MARATOŃCZYK DĘBICA	M40	62	01:11:47	03:11:11	05:05:56	07:03:50.95	07:04:47.35	+02:43:39 (38.5%)	8:09	7.4 (61.7%)
63	KOPEĆ Arkadiusz	467	WOLBROM TEAM	M40	63	01:00:15	02:45:25	04:48:15	07:05:15.75	07:05:22.70	+02:44:14 (38.6%)	8:10	7.3 (60.8%)
64	PALUCH Andrzej	601		M40	64	01:03:01	02:53:23	04:53:07	07:06:57.70	07:07:17.75	+02:46:09 (38.9%)	8:12	7.3 (60.8%)
65	JĘKALSKI Tomasz	418	TIM	M40	65	01:08:29	03:01:07	04:55:03	07:08:59.60	07:09:26.30	+02:48:18 (39.2%)	8:15	7.3 (60.8%)
66	ŁABĘDZKI Mariusz	533	STARGARD. JA SIĘ NIE ŚCIGAM	M40	66	01:15:08	03:09:49	05:00:47	07:08:33.10	07:09:36.45	+02:48:28 (39.2%)	8:14	7.3 (60.8%)
67	KACZOR Waldemar	829		M40	67	01:04:26	02:50:53	04:51:30	07:09:53.55	07:10:34.30	+02:49:26 (39.4%)	8:16	7.3 (60.8%)
68	JÓZWIAK Artur	421	MOGILNO TEAM	M40	68	01:04:58	02:55:14	04:53:04	07:11:00.60	07:11:25.85	+02:50:17 (39.5%)	8:17	7.2 (60.0%)
69	BERNAŚ Dariusz	284	BUT BIŁGORAJ ULTRA TRAIL	M40	69	01:11:44	03:08:15	05:06:17	07:13:30.25	07:14:00.25	+02:52:52 (39.8%)	8:20	7.2 (60.0%)
70	ZUBOWSKI Piotr	786		M40	70	01:18:20	03:17:35	05:03:41	07:12:49.40	07:14:01.75	+02:52:53 (39.8%)	8:19	7.2 (60.0%)
71	KORYTEK Piotr	474	WITKOWO BIEGA	M40	71	01:11:37	03:06:17	05:06:19	07:13:25.20	07:14:09.90	+02:53:01 (39.9%)	8:20	7.2 (60.0%)
72	KŁOSOK Adam	453	INŻYNIERIA BIEGANIA TEAM	M40	72	01:04:33	02:56:37	04:53:32	07:16:01.95	07:16:08.80	+02:55:00 (40.1%)	8:23	7.2 (60.0%)
73	GIBAŁA Marcin	365	FUNDACJA AUXILIUM	M40	73	01:10:15	03:02:26	05:04:51	07:16:39.95	07:16:52.60	+02:55:44 (40.2%)	8:23	7.1 (59.2%)
74	SŁABOŃ Mariusz	661	KIWK-A BIEGA	M40	74	01:06:34	03:02:47	05:01:29	07:18:15.30	07:18:25.85	+02:57:17 (40.4%)	8:25	7.1 (59.2%)
75	GRONCZEWSKI Artur	379	FMW RUNNERS	M40	75	01:10:19	03:04:21	04:58:51	07:20:13.55	07:20:28.00	+02:59:19 (40.7%)	8:27	7.1 (59.2%)
76	MROZEK Grzegorz	571		M40	76	01:09:50	03:00:50	05:04:36	07:20:20.50	07:21:02.50	+02:59:54 (40.8%)	8:28	7.1 (59.2%)
77	KRUPA Grzegorz	487	ANWIL TEAM	M40	77	01:09:29	02:58:56	04:52:28	07:21:46.85	07:22:17.50	+03:01:09 (41.0%)	8:29	7.1 (59.2%)
78	KOWALCZYK Grzegorz	478	NIE	M40	78	01:16:37	03:07:15	05:05:40	07:22:21.00	07:23:17.95	+03:02:09 (41.1%)	8:30	7.1 (59.2%)
79	WŁODARCZYK Łukasz	745		M40	79	01:10:09	03:00:53	05:05:23	07:23:12.15	07:23:38.25	+03:02:30 (41.1%)	8:31	7 (58.3%)
80	DUKATA Grzegorz	341	MGGW	M40	80	01:13:06	03:09:53	05:06:47	07:23:27.85	07:23:41.45	+03:02:33 (41.1%)	8:31	7 (58.3%)
81	PIASNY Paweł	615		M40	81	01:13:07	03:09:53	05:06:47	07:23:28.15	07:23:41.75	+03:02:33 (41.1%)	8:31	7 (58.3%)
82	KOCHANIEC Waldemar	459	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M40	82	01:08:26	03:00:26	05:00:36	07:24:03.10	07:25:05.55	+03:03:57 (41.3%)	8:32	7 (58.3%)
83	BINEK Mariusz	292	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M40	83	01:04:27	02:50:16	04:50:57	07:25:07.10	07:25:44.45	+03:04:36 (41.4%)	8:33	7 (58.3%)
84	BOGUCKI Michał	297		M40	84	01:08:01	03:09:20	05:10:21	07:25:58.10	07:26:11.70	+03:05:03 (41.5%)	8:34	7 (58.3%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki			Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
						12km	P3_Solinka 26km	38km					
85	ŻOŁDAK Przemysław	791	PIĄTKOWO NA BIEGOWO	M40	85	01:14:58	03:12:17	05:09:25	07:27:09.50	07:28:12.05	+03:07:03 (41.7%)	8:35	7 (58.3%)
86	BEREZOWSKI Waldemar	283	PGE RUN OBRÓT	M40	86	01:04:33	02:52:49	04:58:21	07:27:44.10	07:28:15.45	+03:07:07 (41.7%)	8:36	7 (58.3%)
87	SZMUC Jacek	693	MYSZKÓW BIEGA	M40	87	01:17:38	03:15:14	05:09:25	07:28:02.25	07:28:27.20	+03:07:19 (41.8%)	8:36	7 (58.3%)
88	POLLAK Jan	624		M40	88	01:18:18	03:23:31	05:21:38	07:28:16.45	07:29:16.00	+03:08:07 (41.9%)	8:37	7 (58.3%)
89	KUCHARCZYK Robert	494	SILESIA RUNNERS CLUB	M40	89	01:12:48	03:05:43	05:08:11	07:30:02.35	07:31:12.65	+03:10:04 (42.1%)	8:39	6.9 (57.5%)
90	KOZAK Filip	479	NGB KŁOBUCK	M40	90	01:08:36	03:05:03	05:09:28	07:30:44.40	07:31:13.85	+03:10:05 (42.1%)	8:40	6.9 (57.5%)
91	FOĆ Grzegorz	356		M40	91	04:59:32			07:32:06.50	07:32:53.00	+03:11:44 (42.3%)	8:41	6.9 (57.5%)
92	MATUSIAK Arkadiusz	551		M40	92	01:15:06	03:12:18	05:11:49	07:32:51.35	07:33:18.60	+03:12:10 (42.4%)	8:42	6.9 (57.5%)
93	DUBIŃSKI Jarosław	340	BBL ZDUŃSKA WOLA	M40	93	01:11:30	03:09:00	05:16:36	07:34:48.60	07:35:29.95	+03:14:21 (42.7%)	8:44	6.9 (57.5%)
94	PAWLAK Bartosz	609		M40	94	01:15:10	03:16:40	05:18:46	07:35:15.95	07:36:13.70	+03:15:05 (42.8%)	8:45	6.9 (57.5%)
95	JAMBOR Michał	403	BRACHTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	95	01:15:10	03:16:40	05:18:46	07:35:15.30	07:36:13.85	+03:15:05 (42.8%)	8:45	6.9 (57.5%)
96	STĘPIEŃ Wojciech	678	COMPANEROS ASFALT TEAM	M40	96	01:14:19	03:21:02	05:31:12	07:36:21.25	07:36:44.00	+03:15:35 (42.8%)	8:46	6.8 (56.7%)
97	BEBEN Robert	280	OSTROBIEC	M40	97	01:15:34	03:26:04	05:26:00	07:38:24.55	07:39:18.50	+03:18:10 (43.1%)	8:48	6.8 (56.7%)
98	KARGUL Zbigniew	436	OSTROBIEC	M40	98	01:09:08	03:01:23	05:14:07	07:38:29.00	07:39:18.60	+03:18:10 (43.1%)	8:49	6.8 (56.7%)
99	MIELCZAREK Daniel	561	ROZBIEGAJMY RADOMSKO	M40	99	01:07:25	03:03:03	05:11:55	07:38:29.60	07:39:22.25	+03:18:14 (43.2%)	8:49	6.8 (56.7%)
100	KUŚMIERCZYK Piotr	506	ROZBIEGAJMY RADOMSKO	M40	100	01:07:24	03:03:02	05:11:54	07:38:28.90	07:39:22.45	+03:18:14 (43.2%)	8:49	6.8 (56.7%)
101	NAWROCKI Wojciech	581		M40	101	01:13:53	03:04:35	05:10:10	07:39:15.40	07:39:23.35	+03:18:15 (43.2%)	8:49	6.8 (56.7%)
102	HOJDA Mariusz	395	HOJDA.NET	M40	102	01:17:43	03:14:11	05:19:51	07:39:05.60	07:39:23.65	+03:18:15 (43.2%)	8:49	6.8 (56.7%)
103	SOKALSKI Grzegorz	300		M40	103	01:06:08	03:15:35	05:23:16	07:39:27.35	07:40:00.55	+03:18:52 (43.2%)	8:50	6.8 (56.7%)
104	PAŁUBSKI Andrzej	602	TECHGIS TEAM	M40	104	01:16:22	03:19:26	05:20:41	07:41:06.95	07:42:02.05	+03:20:53 (43.5%)	8:52	6.8 (56.7%)
105	KOSMĘDA Piotr Michał	476		M40	105	01:16:58	03:19:16	05:25:47	07:41:41.85	07:42:26.25	+03:21:18 (43.5%)	8:52	6.8 (56.7%)
106	ŻMUDKA Bartek	789	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZAM	M40	106	01:09:01	03:09:44	05:13:01	07:42:41.25	07:43:34.35	+03:22:26 (43.7%)	8:53	6.7 (55.8%)
107	WYSOCKI Tomasz	763	OCHAJORUN&FRIENDS	M40	107	01:09:03	03:09:46	05:13:05	07:42:42.95	07:43:36.10	+03:22:27 (43.7%)	8:53	6.7 (55.8%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki	P3_Solinka	P2_Roztoki	Net	Czas	Gap	Pace min/km	Pace km/h
						12km	26km	38km	time 52km	brutto 52km			
108	WILK Krzysztof	737		M40	108	01:13:09	03:13:56	05:18:04	07:43:21.25	07:43:53.00	+03:22:44 (43.7%)	8:54	6.7 (55.8%)
109	NOLL Dariusz	585	TRIUNLIMITED	M40	109	01:14:26	03:11:53	05:13:21	07:44:36.40	07:45:09.35	+03:24:01 (43.9%)	8:56	6.7 (55.8%)
110	ZAURSKI Piotr	775		M40	110	01:18:08	03:11:50	05:13:06	07:44:36.15	07:45:09.40	+03:24:01 (43.9%)	8:56	6.7 (55.8%)
111	DOMINIK Mariusz	1083	BUT BIŁGORAJ	M40	111	01:11:42	03:06:24	05:19:11	07:45:01.40	07:45:31.55	+03:24:23 (43.9%)	8:56	6.7 (55.8%)
112	LESIAK Filip	520	SKAWINA BIEGA	M40	112	01:15:25	03:11:01	05:14:12	07:46:13.20	07:47:21.65	+03:26:13 (44.1%)	8:57	6.7 (55.8%)
113	DUBIJ Albert	339	BIAŁYSTOK BIEGA TEAM	M40	113	01:15:49	03:18:53	05:20:47	07:48:33.05	07:49:52.35	+03:28:44 (44.4%)	9:00	6.7 (55.8%)
114	JAKIMIUK Marek	402	NATURAL EPO MULTISPORT	M40	114	01:21:43	03:25:56	05:24:22	07:50:04.40	07:50:13.40	+03:29:05 (44.5%)	9:02	6.6 (55.0%)
115	KUFERA Dariusz	495	FRAPOL RAZEM!	M40	115	01:17:51	03:15:42	05:22:10	07:49:44.70	07:50:53.40	+03:29:45 (44.5%)	9:02	6.6 (55.0%)
116	TYMOSZUK Michał	720	WKURW_TEAM	M40	116	01:07:49	03:08:00	05:27:59	07:51:47.25	07:51:55.05	+03:30:46 (44.7%)	9:04	6.6 (55.0%)
117	SAMBORSKI Bartosz	651	WKURW_TEAM	M40	117	01:15:05	03:15:45	05:19:45	07:51:09.15	07:52:17.25	+03:31:09 (44.7%)	9:03	6.6 (55.0%)
118	MADAJ Paweł	541	BIEGAM, BO NIE LUBIĘ	M40	118	01:13:00	03:10:56	05:23:02	07:51:17.20	07:52:22.70	+03:31:14 (44.7%)	9:03	6.6 (55.0%)
119	ROŻKO Krzysztof	641	4ROŻKI	M40	119	01:19:29	03:24:39	05:29:10	07:52:48.90	07:53:45.50	+03:32:37 (44.9%)	9:05	6.6 (55.0%)
120	PRZYKUCKI Robert	632	NO EXCUSES TEAM	M40	120	01:11:36	03:09:27	05:18:25	07:57:10.25	07:57:55.40	+03:36:47 (45.4%)	9:10	6.5 (54.2%)
121	MĄKA Wojciech	555	TRIWAWA	M40	121	01:16:07	03:12:58	05:27:11	07:57:24.60	07:58:13.40	+03:37:05 (45.4%)	9:10	6.5 (54.2%)
122	RACZYŃSKI Czesław	799		M40	122	01:11:31	03:12:27	05:32:35	08:00:18.40	08:00:36.15	+03:39:28 (45.7%)	9:14	6.5 (54.2%)
123	KORNOSZ Paweł	472	CORDIGO FAMILY	M40	123	01:16:23	03:21:17	05:29:59	08:01:07.25	08:01:25.30	+03:40:17 (45.8%)	9:15	6.5 (54.2%)
124	KUBALA Sylwester	491		M40	124	01:15:38	03:21:57	05:27:31	08:00:41.05	08:01:37.45	+03:40:29 (45.8%)	9:14	6.5 (54.2%)
125	WOJDA Dariusz	751	DZIKIE DZIKI	M40	125	01:16:33	03:23:30	05:40:17	08:05:16.75	08:05:33.30	+03:44:25 (46.2%)	9:19	6.4 (53.3%)
126	WIŚNIEWSKI Robert	741	WIŚNIA TEAM	M40	126	01:14:15	03:18:56	05:37:00	08:08:37.20	08:09:38.85	+03:48:30 (46.7%)	9:23	6.4 (53.3%)
127	MALINOWSKI Adrian	547	#CZELADZBIEGA	M40	127	01:18:52	03:30:28	05:36:52	08:09:13.75	08:10:03.55	+03:48:55 (46.7%)	9:24	6.4 (53.3%)
128	BARTEL Robert	275	STARE BABICE BIEGAJĄ	M40	128	01:16:15	03:22:59	05:44:41	08:10:11.50	08:10:23.45	+03:49:15 (46.7%)	9:25	6.4 (53.3%)
129	KADECKI Marek	427		M40	129	01:13:58	03:19:33	05:37:29	08:10:52.55	08:11:18.25	+03:50:10 (46.8%)	9:26	6.4 (53.3%)
130	SANECKI Robert	652	SPRINT GORZYCE	M40	130	01:15:38	03:25:38	05:38:57	08:14:16.95	08:14:24.90	+03:53:16 (47.2%)	9:30	6.3 (52.5%)

Place	Participant	Number	Club	Category	MCat	P2_Roztoki			Net time 52km	Czas brutto 52km	Gap	Pace min/km	Pace km/h
						12km	P3_Solinka 26km	38km					
131	LUC Adam	530	BIEGUSIEM.PL	M40	131	01:26:14	03:36:39	05:44:29	08:19:22.45	08:20:06.05	+03:58:57 (47.8%)	9:36	6.2 (51.7%)
132	BRZENCZEK Michał	821	OTK NA RELAXIE	M40	132	01:17:44	03:36:40	05:53:50	08:28:25.15	08:28:31.30	+04:07:23 (48.6%)	9:46	6.1 (50.8%)
133	WOŁOWIEC Wojciech	755	BIEGAM SAM	M40	133	01:15:13	03:16:24	05:42:17	08:33:21.85	08:34:09.05	+04:13:00 (49.2%)	9:52	6.1 (50.8%)
134	JĘDRZAK Przemysław	416	WYBIEGANI TEAM	M40	134	01:15:51	03:25:41	05:45:16	08:36:17.80	08:37:03.15	+04:15:55 (49.5%)	9:55	6 (50.0%)
135	WYRWAŁ Krzysztof	762		M40	135	01:15:35	03:32:17	05:55:28	08:40:10.30	08:40:34.80	+04:19:26 (49.8%)	10:00	6 (50.0%)
136	GŁOGOWSKI Marcin	369	PSZCZÓŁKOWSKI TEAM	M40	136	01:27:52	03:41:10	05:54:54	08:39:38.40	08:40:53.10	+04:19:44 (49.9%)	9:59	6 (50.0%)
137	SZNAJDER Jarosław	695		M40	137	01:13:23	03:17:56	05:32:10	08:42:13.30	08:42:26.55	+04:21:18 (50.0%)	10:02	6 (50.0%)
138	JAWORSKI Łukasz	413		M40	138	01:19:28	03:30:26	05:43:01	08:43:34.15	08:44:29.85	+04:23:21 (50.2%)	10:04	6 (50.0%)
139	CZUBA Paweł	328	BIEGANIE ZBLIŻA	M40	139	01:14:44	03:22:10	05:53:18	08:43:50.85	08:44:42.15	+04:23:34 (50.2%)	10:04	6 (50.0%)
140	KOSIERKIEWICZ Grzegorz	475	KAROLE	M40	140	01:23:33	03:48:34		08:46:54.45	08:47:30.30	+04:26:22 (50.5%)	10:07	5.9 (49.2%)
141	WODNICKI Rafał	747		M40	141	01:20:29	03:36:49		08:46:27.15	08:47:36.75	+04:26:28 (50.5%)	10:07	5.9 (49.2%)
142	KAUCKI Ireneusz	828		M40	142	01:18:07	03:51:56	06:09:06	08:48:04.45	08:49:22.40	+04:28:14 (50.7%)	10:09	5.9 (49.2%)
143	BARYZA Robert	279		M40	143	01:24:27	03:46:40		08:51:10.55	08:52:22.35	+04:31:14 (50.9%)	10:12	5.9 (49.2%)
144	ŚWIERCZEWSKI Krzysztof	707	W POGONI ZA DUCHEM	M40	144	01:17:55	03:38:43	05:56:54	08:52:59.95	08:53:40.70	+04:32:32 (51.1%)	10:15	5.9 (49.2%)
145	KOBIERSKI Szymon	458		M40	145	01:15:45	03:28:40	05:57:32	08:58:36.30	08:59:19.45	+04:38:11 (51.6%)	10:21	5.8 (48.3%)
Przekroczony limit czasu: 09:00:00													
146	BILSKI Marek	291	VEGEDOG	M40	146	01:27:37	03:56:50		09:13:53.70	09:16:16.40	+04:55:08 (53.1%)	10:39	5.6 (46.7%)
147	ZIELIŃSKI Jacek	782	BIEGNIJ Z PROSERVICE	M40	147	01:16:07	03:46:12				+01:46:11	8:42	6.9 (57.5%)
148	GOSZCZYŃSKI Piotr	374		M40	148	01:20:02	03:47:01				+01:47:55	8:43	6.9 (57.5%)
	WITEK Łukasz	742	BIEG PO ZDRÓJ	M40		01:01:40 DNF	02:37:42 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ZABŁOCKI Wojtek	765		M40		01:16:42 DNF	03:17:36 DNF	05:27:39 DNF	DNF	DNF	-	-	- (0.0%)
	FABIŃSKI Marcin	349		M40		01:19:01 DNF	03:40:17 DNF	06:08:47 DNF	DNF	DNF	-	-	- (0.0%)
	WZOREK Zbigniew	186		M40		01:25:25 DNF	03:42:00 DNF	DNF	DNF	DNF	-	-	- (0.0%)

