

VII ZIMOWY MARATON BIESZCZADZKI 2021 - 20KM

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2021
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-03-20
Miejsce: Cisna
Dystans: 20 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	LEPIARZ Sylwester	1052	NIEWYCHOWANI FIZYCZNIE	M20	1	01:30:17.90		3:55	15.3 (100%)
2	ORZEŁ Michał	1432	ADIDAS RUNNERS WARSAW	M40	1	01:32:47.75	+00:02:29 (2.7%)	4:02	14.9 (97.4%)
3	SZMIST Szymon	1280	3 PBOT	M40	2	01:36:11.45	+00:05:53 (6.1%)	4:10	14.3 (93.5%)
4	POLANSKI Tomasz	1107	B4 SPORT	M40	3	01:39:48.15	+00:09:30 (9.5%)	4:20	13.8 (90.2%)
5	WASYLÓW Jacek	1417	CZR1 ANTEK TEAM LIPOWICA-PRZEMYŚL	M40	4	01:42:51.25	+00:12:33 (12.2%)	4:28	13.4 (87.6%)
6	GŁUSZKO Przemysław	1033	SOLINA TEAM / RUNONLINE.PL TEAM	M30	1	01:44:26.25	+00:14:08 (13.5%)	4:32	13.2 (86.3%)
7	ŁUKASZEWSKI Mateusz	1167		M20	2	01:46:53.80	+00:16:35 (15.5%)	4:38	12.9 (84.3%)
8	JARMOLIŃSKI Piotr	1082		M40	5	01:46:56.05	+00:16:38 (15.6%)	4:38	12.9 (84.3%)
9	WOLSKI Marcin	1421	WOLSCY BROTHERS DESTRUCTION TEAM	M30	2	01:46:57.00	+00:16:39 (15.6%)	4:39	12.9 (84.3%)
10	KRUPA Paweł	1131	STALOWOWOLSKI KLUB BIEGACZA	M40	6	01:47:30.55	+00:17:12 (16.0%)	4:40	12.8 (83.7%)
11	RACHWAŁSKI Tomasz	1241	BŁĘKITNI ŻEGLCE	M50	1	01:48:55.95	+00:18:38 (17.1%)	4:44	12.7 (83.0%)
12	HEJNAR Jakub	1070		M40	7	01:49:29.30	+00:19:11 (17.5%)	4:45	12.6 (82.4%)
13	KOWAL Amadeusz	1122	NAPRZÓD MŁOCINY	M30	3	01:50:03.75	+00:19:45 (18.0%)	4:47	12.5 (81.7%)
14	ZIOBROWSKI Łukasz	1335	SZTUKA RUCHU	M40	8	01:51:28.75	+00:21:10 (19.0%)	4:50	12.4 (81.0%)
15	MACH Tomasz	1171	SZYMANOWSKI TRIATHLON TEAM	M40	9	01:52:13.35	+00:21:55 (19.5%)	4:52	12.3 (80.4%)
16	KOŁODZIEJ Mariusz	1110		M50	2	01:54:45.20	+00:24:27 (21.3%)	4:59	12 (78.4%)
17	PUCHYRSKI Piotr	1238		M30	4	01:58:16.65	+00:27:58 (23.7%)	5:08	11.7 (76.5%)
18	KAMIŃSKI Wojciech	1090		M30	5	01:58:40.35	+00:28:22 (23.9%)	5:09	11.6 (75.8%)
19	SZYDŁAK Dariusz	1286		M30	6	02:02:34.10	+00:32:16 (26.3%)	5:19	11.3 (73.9%)
20	WŁOCH Sławomir	1319	KROSNO	M50	3	02:02:41.00	+00:32:23 (26.4%)	5:20	11.2 (73.2%)
21	BARANSKI Jarosław	1440		M30	7	02:03:59.50	+00:33:41 (27.2%)	5:23	11.1 (72.5%)
22	JAGUSTYN Maciej	1078	GŁOWĄ DO CZOŁA	M20	3	02:04:08.85	+00:33:50 (27.3%)	5:23	11.1 (72.5%)
23	PEREGRYM Tobiasz	1220		M20	4	02:04:20.25	+00:34:02 (27.4%)	5:24	11.1 (72.5%)
24	SZPUNAR Marek	1430		M40	10	02:04:25.90	+00:34:08 (27.4%)	5:24	11.1 (72.5%)
25	ROKOSZ Rafał	1435		M20	5	02:05:58.90	+00:35:41 (28.3%)	5:28	11 (71.9%)
26	BARAN Kamil	1010		M30	8	02:06:01.05	+00:35:43 (28.3%)	5:28	11 (71.9%)
27	CHLIPAŁA Marek	1024		M30	9	02:06:23.35	+00:36:05 (28.6%)	5:29	10.9 (71.2%)
28	DZIADOSZ Sławomir	1356	BRZOZOWSKI KLUB BIEGACZA	M40	11	02:06:27.20	+00:36:09 (28.6%)	5:29	10.9 (71.2%)
29	PIWONSKI Adam	1027		M40	12	02:07:38.25	+00:37:20 (29.3%)	5:32	10.8 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						23km			
30	SKORUPKA Leszek	1258	M3 SIEDLCE	M40	13	02:07:58.35	+00:37:40 (29.4%)	5:33	10.8 (70.6%)
31	JANOWIAK Wojciech	1081	ŻYWCEM ZABIEGANI	M40	14	02:08:33.10	+00:38:15 (29.8%)	5:35	10.7 (69.9%)
32	CHABROWSKI Marcin	1348		M20	6	02:08:41.90	+00:38:24 (29.8%)	5:35	10.7 (69.9%)
33	CHABROWSKI Paweł	1347		M40	15	02:08:42.60	+00:38:24 (29.8%)	5:35	10.7 (69.9%)
34	SOŁTYS Michał	1260		M30	10	02:09:16.00	+00:38:58 (30.1%)	5:37	10.7 (69.9%)
35	ŁUCZAK Bartek	1165	TSA SANDOMIERZ	M20	7	02:09:40.30	+00:39:22 (30.4%)	5:38	10.6 (69.3%)
36	PODLEŚ Robert	1230	COBI POLAND TEAM	M50	4	02:09:43.65	+00:39:25 (30.4%)	5:38	10.6 (69.3%)
37	MOSIO Grzegorz	1387		M40	16	02:10:06.15	+00:39:48 (30.6%)	5:39	10.6 (69.3%)
38	SZCZYPIŃSKI Bartosz	1410	GENTLEMEN	M40	17	02:10:18.70	+00:40:00 (30.7%)	5:39	10.6 (69.3%)
39	MACHNIKOWSKI Tomasz	1379	LUKS LUBARTÓW	M40	18	02:10:18.75	+00:40:00 (30.7%)	5:39	10.6 (69.3%)
40	ŚLĘCZKA Sebastian	1412		M30	11	02:11:40.85	+00:41:22 (31.4%)	5:43	10.5 (68.6%)
41	GLEBA Mariusz	1054	PSZCZÓŁKOWSKI TEAM	M30	12	02:11:50.75	+00:41:32 (31.5%)	5:43	10.5 (68.6%)
42	JAWOROWICZ Tomasz	1366	KS PEGAZ	M40	19	02:12:56.95	+00:42:39 (32.1%)	5:46	10.4 (68.0%)
43	KNAP Tomasz	1104	THE STRYCHERS	M30	13	02:13:11.85	+00:42:53 (32.2%)	5:47	10.4 (68.0%)
44	ZAMOJSKI Sebastian	1329	ZDYSZANI.PL	M40	20	02:13:31.65	+00:43:13 (32.4%)	5:48	10.3 (67.3%)
45	STACH Paweł	1264		M50	5	02:14:01.45	+00:43:43 (32.6%)	5:49	10.3 (67.3%)
46	STASZCZYK Michał	1066		M30	14	02:14:49.25	+00:44:31 (33.0%)	5:51	10.2 (66.7%)
47	LATAWIEC Bartosz	1155		M30	15	02:15:17.15	+00:44:59 (33.3%)	5:52	10.2 (66.7%)
48	BAKIERSKI Filip	1006		M20	8	02:15:42.50	+00:45:24 (33.5%)	5:54	10.2 (66.7%)
49	KUTA Rafał	1146		M40	21	02:16:03.55	+00:45:45 (33.6%)	5:54	10.1 (66.0%)
50	PINDEL Piotr	1225	ŁOWCY PIEROŻKÓW	M30	16	02:17:02.65	+00:46:44 (34.1%)	5:57	10.1 (66.0%)
51	SUMOREK Sebastian	1275		M40	22	02:17:06.45	+00:46:48 (34.1%)	5:57	10.1 (66.0%)
52	ŚLIWIŃSKI Andrzej	1290		M60	1	02:17:43.45	+00:47:25 (34.4%)	5:59	10 (65.4%)
53	STACHYRA Bartłomiej	1403		M20	9	02:17:59.05	+00:47:41 (34.6%)	5:59	10 (65.4%)
54	LATAWIEC Jakub	1154		M40	23	02:18:59.50	+00:48:41 (35.0%)	6:02	9.9 (64.7%)
55	ŚRODA Krzysztof	1291		M50	6	02:19:06.35	+00:48:48 (35.1%)	6:02	9.9 (64.7%)
56	WIDERA Tomasz	1316	KOKOSZKA36TEAM	M30	17	02:19:36.60	+00:49:18 (35.3%)	6:04	9.9 (64.7%)
57	HUDYCZ Rafał	1074	BRAK	M40	24	02:19:41.20	+00:49:23 (35.4%)	6:04	9.9 (64.7%)
58	MAZUREK Łukasz	1185		M30	18	02:19:43.85	+00:49:25 (35.4%)	6:04	9.9 (64.7%)
59	WIĘCEK Marek	1317	RKS HUWDU	M20	10	02:19:57.75	+00:49:39 (35.5%)	6:05	9.9 (64.7%)
60	STRZELCZYK Wiktor	1271	CARPATHIAN RUNNERS	M30	19	02:20:28.20	+00:50:10 (35.7%)	6:06	9.8 (64.1%)
61	BIENIEK Rafal	1016	BUTCHERS BIKE TEAM	M40	25	02:20:59.05	+00:50:41 (36.0%)	6:07	9.8 (64.1%)
62	PELS Daniel	1216	BDTKNM	M40	26	02:22:03.05	+00:51:45 (36.4%)	6:10	9.7 (63.4%)
63	KITOWSKI Bartosz	1101	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	27	02:22:03.40	+00:51:45 (36.4%)	6:10	9.7 (63.4%)
64	KRAMZA Wojciech	1126		M50	7	02:22:04.90	+00:51:47 (36.4%)	6:10	9.7 (63.4%)
65	PORĘBSKI Michał	1234		M30	20	02:22:20.35	+00:52:02 (36.6%)	6:11	9.7 (63.4%)
66	SURMAN Mariusz	1276	DZIKIE MUSTANGI	M30	21	02:22:31.90	+00:52:14 (36.6%)	6:11	9.7 (63.4%)
67	KLAUS Dominik	1370	KS PIASECZNO	M40	28	02:24:25.00	+00:54:07 (37.5%)	6:16	9.6 (62.7%)
68	NOWAK Wojciech	1201	BEFIT24TEAM	M40	29	02:24:27.35	+00:54:09 (37.5%)	6:16	9.6 (62.7%)
69	STASIŃSKI Paweł	1268	SOKÓLSKA GRUPA BIEGOWA	M30	22	02:24:33.05	+00:54:15 (37.5%)	6:17	9.5 (62.1%)
70	CHOROMAŃSKI Paweł	1026		M30	23	02:24:45.45	+00:54:27 (37.6%)	6:17	9.5 (62.1%)
71	BARANSKI Piotr	1342		M30	24	02:24:52.75	+00:54:34 (37.7%)	6:17	9.5 (62.1%)
72	KOSIERADZKI Łukasz	1119		M30	25	02:24:58.20	+00:54:40 (37.7%)	6:18	9.5 (62.1%)
73	FORNAL Jacek	1051		M30	26	02:25:02.80	+00:54:44 (37.7%)	6:18	9.5 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						23km			
74	SAWICKI Robert	1253		M40	30	02:25:49.25	+00:55:31 (38.1%)	6:20	9.5 (62.1%)
75	KAWIK Dawid	1095	FELTANK	M40	31	02:26:10.05	+00:55:52 (38.2%)	6:21	9.4 (61.4%)
76	MUMOT Dariusz	1389	RADZYMIN RUN TEAM	M40	32	02:26:49.15	+00:56:31 (38.5%)	6:23	9.4 (61.4%)
77	ZARZECZNY Marcin	1330	OCR TEAM DĘBICA	M40	33	02:27:06.65	+00:56:48 (38.6%)	6:23	9.4 (61.4%)
78	KOMAN Tomasz	1113	CHEŁMSKA GRUPA TRIATHLONU	M40	34	02:27:07.60	+00:56:49 (38.6%)	6:23	9.4 (61.4%)
79	PRZYBYŁA Krzysztof	1069	ADIDAS RUNNERS WARSAW	M30	27	02:27:21.10	+00:57:03 (38.7%)	6:24	9.4 (61.4%)
80	KOWALCZUK Paweł	1374		M30	28	02:27:57.40	+00:57:39 (39.0%)	6:25	9.3 (60.8%)
81	BIELECKI Krzysiek	1083		M20	11	02:28:08.55	+00:57:50 (39.0%)	6:26	9.3 (60.8%)
82	KUC Adam	1136	THE STRYCHERS	M40	35	02:28:23.40	+00:58:05 (39.1%)	6:27	9.3 (60.8%)
83	LORYŚ Adam	1161		M30	29	02:28:28.70	+00:58:10 (39.2%)	6:27	9.3 (60.8%)
84	ZWIERZAŃSKI Paweł	1337	STAY INSANE/SZYMANOWSKI TRIATHLON TEAM	M40	36	02:28:32.20	+00:58:14 (39.2%)	6:27	9.3 (60.8%)
85	POLSKI Adrian	1232		M20	12	02:28:33.35	+00:58:15 (39.2%)	6:27	9.3 (60.8%)
86	MAĆIK Mateusz	1186	SZYMANOWSKI TRIATHLON TEAM	M20	13	02:28:34.85	+00:58:16 (39.2%)	6:27	9.3 (60.8%)
87	SKIBIŃSKI Mariusz	1257	MIĘDZYLESIAKI	M40	37	02:28:45.40	+00:58:27 (39.3%)	6:28	9.3 (60.8%)
88	CZARNECKI Konrad	1351		M30	30	02:29:07.40	+00:58:49 (39.4%)	6:29	9.3 (60.8%)
89	KOZAK Marcin	1375	LUKSUS LUBARTÓW	M40	38	02:29:32.15	+00:59:14 (39.6%)	6:30	9.2 (60.1%)
90	ŁUCHNIAK Kuba	154	DROGA DO ULTRA	M30	31	02:29:34.20	+00:59:16 (39.6%)	6:30	9.2 (60.1%)
91	ŚWIERAD Paweł	1413	KOWALEWO BIEGA	M30	32	02:29:55.40	+00:59:37 (39.8%)	6:31	9.2 (60.1%)
92	ZASKURSKI Marcin	1423		M30	33	02:30:19.30	+01:00:01 (39.9%)	6:32	9.2 (60.1%)
93	SZAJEWSKI Arkadiusz	1278	O TAK ŁO	M40	39	02:30:30.35	+01:00:12 (40.0%)	6:32	9.2 (60.1%)
94	ŻUROWSKI Łukasz	1425	BBKS ŁAWECZKA WILANÓW	M40	40	02:31:08.90	+01:00:51 (40.3%)	6:34	9.1 (59.5%)
95	MORYŃ Piotr	1386	WARIATKI HISTERYCZKI	M40	41	02:31:09.95	+01:00:52 (40.3%)	6:34	9.1 (59.5%)
96	ŁUSZCZYC Krzysztof	1169		M40	42	02:32:30.70	+01:02:12 (40.8%)	6:37	9 (58.8%)
97	KĘDZIOR Michał	1097	DRUŻYNA SZPIKU	M30	34	02:33:11.75	+01:02:53 (41.1%)	6:39	9 (58.8%)
98	TOKARZ Adrian	1294	DZIKIE MUSTANGI	M30	35	02:33:23.10	+01:03:05 (41.1%)	6:40	9 (58.8%)
99	BIEDROŃ Artur	1014	ERP HEART TEAM	M40	43	02:33:27.50	+01:03:09 (41.2%)	6:40	9 (58.8%)
100	KRUPA Jacek	1132	ATS WHEELS	M40	44	02:33:31.40	+01:03:13 (41.2%)	6:40	9 (58.8%)
101	SAMUŚ Dariusz	1030		M40	45	02:33:34.25	+01:03:16 (41.2%)	6:40	9 (58.8%)
102	WYBRANIEC Wojciech	1326	OFIARY JEDZENIA KOTLETÓW	M40	46	02:33:49.70	+01:03:31 (41.3%)	6:41	9 (58.8%)
103	MADETKO Arkadiusz	1173		M30	36	02:34:11.40	+01:03:53 (41.4%)	6:42	9 (58.8%)
104	FILIP Adam	1357		M30	37	02:34:46.85	+01:04:28 (41.7%)	6:43	8.9 (58.2%)
105	BOROWIEC Mariusz	1019		M40	47	02:34:59.95	+01:04:42 (41.7%)	6:44	8.9 (58.2%)
106	GÓRSKI Marcin	1363	CHEŁMSKA GRUPA TRIATHLONU	M40	48	02:35:01.20	+01:04:43 (41.8%)	6:44	8.9 (58.2%)
107	BANDOSZ Bartłomiej	1008	BBKS ŁAWECZKA WILANÓW	M40	49	02:35:04.20	+01:04:46 (41.8%)	6:44	8.9 (58.2%)
108	ROSTEK Andrzej	1246	MARKOWI BIEGACZE	M50	8	02:35:27.70	+01:05:09 (41.9%)	6:45	8.9 (58.2%)
109	WAŁCZYK Wojciech	1308		M40	50	02:35:52.45	+01:05:34 (42.1%)	6:46	8.9 (58.2%)
110	BIELECKI Mirmił	1015	SZYMANOWSKI TRIATHLON TEAM	M40	51	02:36:07.60	+01:05:49 (42.2%)	6:47	8.8 (57.5%)
111	POREMBSKI Dariusz	1436		M40	52	02:36:21.75	+01:06:03 (42.3%)	6:47	8.8 (57.5%)
112	STRZYŻEWSKI Michał	1273		M30	38	02:36:35.95	+01:06:18 (42.3%)	6:48	8.8 (57.5%)
113	LIK Marek	1378	CHEŁM BIEGA	M50	9	02:36:56.75	+01:06:38 (42.5%)	6:49	8.8 (57.5%)
114	SZCZURKOWSKI Sebastian	1409		M30	39	02:37:07.85	+01:06:49 (42.5%)	6:49	8.8 (57.5%)
115	BAJOREK Norbert	1438	FITNESS FREAKS	M40	53	02:37:29.50	+01:07:11 (42.7%)	6:50	8.8 (57.5%)
116	SALAK Krzysztof	1399		M30	40	02:37:45.80	+01:07:27 (42.8%)	6:51	8.7 (56.9%)
117	NAKONIECZNY Jacek	1197	SII RUNNING TEAM	M30	41	02:38:19.25	+01:08:01 (43.0%)	6:53	8.7 (56.9%)

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							23km			
118	BILIŃSKI Tomasz	1346	PKB		M40	54	02:38:26.40	+01:08:08 (43.0%)	6:53	8.7 (56.9%)
119	WAJDA Andrzej	1416			M30	42	02:38:27.00	+01:08:09 (43.0%)	6:53	8.7 (56.9%)
120	ZDEB Piotr	1424			M40	55	02:39:16.80	+01:08:58 (43.3%)	6:55	8.7 (56.9%)
121	STACHYRA Andrzej	1404			M50	10	02:39:49.70	+01:09:31 (43.5%)	6:56	8.6 (56.2%)
122	RUCIŃSKI Adam	1249	SPARTAŃSKA DZICZ		M40	56	02:39:59.35	+01:09:41 (43.6%)	6:57	8.6 (56.2%)
123	KOPER Tomasz	1115			M30	43	02:40:04.55	+01:09:46 (43.6%)	6:57	8.6 (56.2%)
124	KRZYSZTOF Sarad	1123			M30	44	02:40:11.20	+01:09:53 (43.6%)	6:57	8.6 (56.2%)
125	ANDRZEJEWSKI Krzysztof	1004			M50	11	02:40:18.75	+01:10:00 (43.7%)	6:58	8.6 (56.2%)
126	BREWCZAK Maciej	1021	SAVE LIFE		M30	45	02:40:44.65	+01:10:26 (43.8%)	6:59	8.6 (56.2%)
127	BUK Kamil	1023			M30	46	02:40:45.85	+01:10:27 (43.8%)	6:59	8.6 (56.2%)
128	NOSAL Michał	1121			M40	57	02:40:52.25	+01:10:34 (43.9%)	6:59	8.6 (56.2%)
129	SOBOTA Rafał	1401			M30	47	02:41:00.10	+01:10:42 (43.9%)	7:00	8.6 (56.2%)
130	MARCIŃSKI Kuba	1178	PROJEKT AIK		M40	58	02:41:00.15	+01:10:42 (43.9%)	7:00	8.6 (56.2%)
131	BIGAS Grzegorz	1345			M30	48	02:41:09.20	+01:10:51 (44.0%)	7:00	8.6 (56.2%)
132	ŚCIESZKA Mateusz	1289			M40	59	02:41:23.40	+01:11:05 (44.0%)	7:01	8.6 (56.2%)
133	WALUSIAK Kamil	1307			M40	60	02:42:00.20	+01:11:42 (44.3%)	7:02	8.5 (55.6%)
134	MARONKA Bartek	1381			M20	14	02:42:24.95	+01:12:07 (44.4%)	7:03	8.5 (55.6%)
135	PODKUL Konrad	1229			M30	49	02:43:32.45	+01:13:14 (44.8%)	7:06	8.4 (54.9%)
136	KAŁDON Sławomir	1089			M30	50	02:44:00.10	+01:13:42 (44.9%)	7:07	8.4 (54.9%)
137	STAFIŃSKI Paweł	1265			M30	51	02:44:11.15	+01:13:53 (45.0%)	7:08	8.4 (54.9%)
138	KWAŚNIOK Rafał	1148	NIGHT RUNNERS PYSKOWICE		M30	52	02:44:30.05	+01:14:12 (45.1%)	7:09	8.4 (54.9%)
139	CZARKOWSKI Tomasz	1350			M20	15	02:45:26.25	+01:15:08 (45.4%)	7:11	8.3 (54.2%)
140	KUŁAKOWSKI Piotr	1141			M60	2	02:45:31.30	+01:15:13 (45.4%)	7:11	8.3 (54.2%)
141	NOWOSADZKI Wojciech	1202			M40	61	02:45:35.45	+01:15:17 (45.5%)	7:11	8.3 (54.2%)
142	ŁOAZA Krzysztof	1164	NIGHT RUNNERS PYSKOWICE		M40	62	02:46:23.05	+01:16:05 (45.7%)	7:14	8.3 (54.2%)
143	CHODZIŃSKI Daniel	1025			M40	63	02:47:03.65	+01:16:45 (45.9%)	7:15	8.3 (54.2%)
144	KOŁODZIEJCZYK Maciej	1112			M40	64	02:47:14.00	+01:16:56 (46.0%)	7:16	8.3 (54.2%)
145	NAJDER Sebastian	1196			M40	65	02:47:23.35	+01:17:05 (46.1%)	7:16	8.2 (53.6%)
146	RÓŻAŃSKI Michał	1248			M30	53	02:47:34.05	+01:17:16 (46.1%)	7:17	8.2 (53.6%)
147	DUCZMAL Wojciech	1041			M40	66	02:48:06.05	+01:17:48 (46.3%)	7:18	8.2 (53.6%)
148	BARAN Andrzej	1011			M40	67	02:48:09.05	+01:17:51 (46.3%)	7:18	8.2 (53.6%)
149	ŁUSZCZ Paweł	1168			M30	54	02:48:24.60	+01:18:06 (46.4%)	7:19	8.2 (53.6%)
150	GŁAZ Marek	1055			M30	55	02:48:28.80	+01:18:10 (46.4%)	7:19	8.2 (53.6%)
151	KILIAN Mariusz	1369			M50	12	02:48:32.80	+01:18:14 (46.4%)	7:19	8.2 (53.6%)
152	POLAŃSKI Robert	1231			M40	68	02:48:50.50	+01:18:32 (46.5%)	7:20	8.2 (53.6%)
153	MAJEWSKI Wiesław	1175			M40	69	02:48:55.45	+01:18:37 (46.5%)	7:20	8.2 (53.6%)
154	CIEMNY Wojciech	1029	NIGHT RUNNERS PYSKOWICE		M40	70	02:49:41.45	+01:19:23 (46.8%)	7:22	8.1 (52.9%)
155	MAZUREK Grzegorz	1383			M40	71	02:49:50.50	+01:19:32 (46.8%)	7:23	8.1 (52.9%)
156	MAGDA Piotr	1174			M50	13	02:49:51.25	+01:19:33 (46.8%)	7:23	8.1 (52.9%)
157	ZYSKOWSKI Michał	1338			M30	56	02:50:35.90	+01:20:18 (47.1%)	7:25	8.1 (52.9%)
158	SKÓRA Marcin	1259	EMES		M50	14	02:50:46.60	+01:20:28 (47.1%)	7:25	8.1 (52.9%)
159	JAGIEŁŁO Jarosław	1077			M40	72	02:51:57.90	+01:21:40 (47.5%)	7:28	8 (52.3%)
160	KUFEL Grzegorz	1137			M30	57	02:52:37.00	+01:22:19 (47.7%)	7:30	8 (52.3%)
161	PECIO Kamil	1437			M30	58	02:53:44.20	+01:23:26 (48.0%)	7:33	7.9 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						23km			
162	PENKALA Grzegorz	1219		M50	15	02:53:46.85	+01:23:28 (48.0%)	7:33	7.9 (51.6%)
163	POŹNIAK Marcin	1236	NIGHT RUNNERS PYSKOWICE	M30	59	02:54:25.75	+01:24:07 (48.2%)	7:35	7.9 (51.6%)
164	KOSTRZON Maciej	1120	SFORA-BMK	M40	73	02:54:45.80	+01:24:27 (48.3%)	7:35	7.9 (51.6%)
165	PANASIUK Paweł	1211	PAWKO RUNNER TEAM	M30	60	02:55:14.25	+01:24:56 (48.5%)	7:37	7.9 (51.6%)
166	WASIEWICZ Michał	1310		M30	61	02:55:41.55	+01:25:23 (48.6%)	7:38	7.9 (51.6%)
167	MASZKOWSKI Rafał	1182		M40	74	02:55:54.55	+01:25:36 (48.7%)	7:38	7.8 (51.0%)
168	KUMIEGA Józef	1142	WILKI JODŁOWA	M50	16	02:57:44.65	+01:27:26 (49.2%)	7:43	7.8 (51.0%)
169	MROZEK Marcin	1195	MAZOVIA PROACTIV	M30	62	02:58:28.65	+01:28:10 (49.4%)	7:45	7.7 (50.3%)
170	POKRYWKA Stefan	1118		M60	3	03:01:03.50	+01:30:45 (50.1%)	7:52	7.6 (49.7%)
171	DOMAŃSKI Łukasz	1354	LUKS LUBARTÓW	M40	75	03:01:14.95	+01:30:57 (50.2%)	7:52	7.6 (49.7%)
172	MERESTA Konrad	1189	LW BOGDANKA	M30	63	03:02:08.55	+01:31:50 (50.4%)	7:55	7.6 (49.7%)
173	GRUDNIEWSKI Leszek	1065		M50	17	03:06:31.95	+01:36:14 (51.6%)	8:06	7.4 (48.4%)
174	SZYMCZYŃSKI Błażej	1288	BIG TEAM	M30	64	03:07:11.50	+01:36:53 (51.8%)	8:08	7.4 (48.4%)
175	WĘGRZYN Emil	1315	WARBUD RUNNING TEAM	M30	65	03:07:36.70	+01:37:18 (51.9%)	8:09	7.4 (48.4%)
176	PENKALA Marcin	1218	STRANGERS	M40	76	03:08:10.25	+01:37:52 (52.0%)	8:10	7.3 (47.7%)
177	ADAMSKI Bartłomiej	1002		M40	77	03:08:40.50	+01:38:22 (52.1%)	8:12	7.3 (47.7%)
178	PENAR Arkadiusz	1217		M50	18	03:08:46.65	+01:38:28 (52.2%)	8:12	7.3 (47.7%)
179	IWASZEK Paweł	1075	BUTCHERS BIKE TEAM	M40	78	03:10:45.30	+01:40:27 (52.7%)	8:17	7.2 (47.1%)
180	KURYŁO Tomasz	1145		M40	79	03:11:28.30	+01:41:10 (52.8%)	8:19	7.2 (47.1%)
181	MAŁEK Bartłomiej	1177		M40	80	03:11:43.35	+01:41:25 (52.9%)	8:20	7.2 (47.1%)
182	MAŁEK Michał	1176	EVERPROF	M40	81	03:11:43.55	+01:41:25 (52.9%)	8:20	7.2 (47.1%)
183	KIELASIŃSKI Krzysztof	1099	GANG ŚWIETLIKÓW	M40	82	03:12:27.95	+01:42:10 (53.1%)	8:22	7.2 (47.1%)
184	SZCZEPKOWSKI Paweł	1407	ARTEQUIPMENT	M60	4	03:12:40.20	+01:42:22 (53.1%)	8:22	7.2 (47.1%)
185	CIELAK Jerzy	1028		M60	5	03:12:52.55	+01:42:34 (53.2%)	8:23	7.2 (47.1%)
186	OGONOWSKI Michał	1203	CB163	M40	83	03:12:53.50	+01:42:35 (53.2%)	8:23	7.2 (47.1%)
187	KRUZEL Rafał	1133	BIEGOWE MISIE	M50	19	03:12:55.10	+01:42:37 (53.2%)	8:23	7.2 (47.1%)
188	KOŃKA Mariusz	1114	BOGDAN TEAM	M50	20	03:12:56.50	+01:42:38 (53.2%)	8:23	7.2 (47.1%)
189	PIĄSTKA Daniel	1223		M40	84	03:12:58.15	+01:42:40 (53.2%)	8:23	7.2 (47.1%)
190	SAŁAMACHA Stanisław	1252	KB BIAŁA BIEGA1	M60	6	03:13:18.15	+01:43:00 (53.3%)	8:24	7.1 (46.4%)
191	MILCZARSKI Krzysztof	1191	KLUB BIEGACZA BIAŁA BIEGA	M60	7	03:13:18.25	+01:43:00 (53.3%)	8:24	7.1 (46.4%)
192	KORNILUK Bogdan	1116	BIAŁA BIEGA	M60	8	03:13:19.00	+01:43:01 (53.3%)	8:24	7.1 (46.4%)
193	BAŃBURA Sławek	1009	TIME2GO	M50	21	03:13:20.25	+01:43:02 (53.3%)	8:24	7.1 (46.4%)
194	KADYK Łukasz	1079	CEZAR	M40	85	03:14:45.25	+01:44:27 (53.6%)	8:28	7.1 (46.4%)
195	OPOLSKI Piotr	1391	LUKS LUBARTÓW - SEKCJA BIEGOWA	M40	86	03:17:51.85	+01:47:33 (54.4%)	8:36	7 (45.8%)
196	KOBIELA Przemysław	1106		M50	22	03:18:59.80	+01:48:41 (54.6%)	8:39	6.9 (45.1%)
197	UNIOWSKI Tomasz	1301	ĆMY BAROWE	M40	87	03:20:59.40	+01:50:41 (55.1%)	8:44	6.9 (45.1%)
198	SĘK Tomasz	1254	ĆMY BAROWE	M30	66	03:21:02.20	+01:50:44 (55.1%)	8:44	6.9 (45.1%)
199	GROCHOWSKI Karol	1064	ĆMY BAROWE	M30	67	03:21:05.40	+01:50:47 (55.1%)	8:44	6.9 (45.1%)
200	KAMIONOWSKI Mariusz-Jacek	1037		M50	23	03:30:47.70	+02:00:29 (57.2%)	9:09	6.5 (42.5%)
201	MORDZIŃSKI Marcin	1193		M50	24	03:31:37.50	+02:01:19 (57.3%)	9:12	6.5 (42.5%)
202	JANIK Paweł	1080	PRASKIE ULTRAŁOSIE	M40	88	03:32:19.10	+02:02:01 (57.5%)	9:13	6.5 (42.5%)
203	JUSZCZYK Jarosław	1088		M40	89	03:33:16.15	+02:02:58 (57.7%)	9:16	6.5 (42.5%)
204	BAREŁA Andrzej	1013	FIFARAFA	M40	90	03:36:43.80	+02:06:25 (58.3%)	9:25	6.4 (41.8%)
205	MAKOSA Konrad	1187		M40	91	03:38:59.30	+02:08:41 (58.8%)	9:31	6.3 (41.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
206	KĘPA Piotr	1098		M30	68	03:39:09.45	+02:08:51 (58.8%)	9:31	6.3 (41.2%)
207	FARBISZEWSKI Marek	1439	ORANGE POLSKA	M40	92	04:06:17.20	+02:35:59 (63.3%)	10:42	5.6 (36.6%)
208	REY Patryk	1244	REYRUNNINGTEAM	M20	16	04:29:37.00	+02:59:19 (66.5%)	11:43	5.1 (33.3%)
209	REY Andrzej	1245	REY RUNNING TEAM	M40	93	04:29:38.25	+02:59:20 (66.5%)	11:43	5.1 (33.3%)

Znaleziono 209 wynik(ów)