

VIII HYUNDAI ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: VIII HYUNDAI ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-10-09
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	PISZCZATOWSKI Wojciech	1401	ORANGE POLSKA	M40	1	03:33:47	01:33:43	02:47:50	04:15:48	05:42:11.30	09:15:58.35		6:34	9.1 (100%)
2	SZOPA Łukasz	1369	KARKONOSZ RUNNING TEAM	M40	2	03:33:46	01:35:08	02:51:33	04:22:24	05:49:32.70	09:23:19.35	+00:07:21 (2.1%)	6:43	8.9 (97.8%)
3	WYSOKINSKI Konrad	1418	MESMERIK RUNNERS	M40	3	03:04:26	01:37:10	02:59:37	04:34:13	06:01:32.70	09:05:58.95	+00:19:21 (5.4%)	6:57	8.6 (94.5%)
4	ŁACIAK Marcin	1416	MESMERIK RUNNERS	M40	4	03:04:26	01:37:08	02:59:06	04:34:11	06:03:50.70	09:08:17.45	+00:21:39 (6.0%)	6:59	8.6 (94.5%)
5	ARAK Tomasz	1415	MESMERIK RUNNERS	M40	5	03:33:46	01:32:44	02:55:24	04:40:00	06:16:41.80	09:50:28.40	+00:34:30 (9.2%)	7:14	8.3 (91.2%)
6	KRZEMIŃSKI Marcin	1384	SPRINT GORZYCE	M40	6	03:33:47	01:39:41	03:05:05	04:46:32	06:26:41.45	10:00:28.60	+00:44:30 (11.5%)	7:26	8.1 (89.0%)
7	KACZMAREK Tomasz	1237	NIEPOŁOMICE BIEGAJĄ	M40	7	03:33:47	01:40:16	03:10:57	05:00:55	06:44:15.90	10:18:03.50	+01:02:04 (15.4%)	7:46	7.7 (84.6%)
8	MIKOŁAJCZYK Krzysztof	1432		M40	8	03:04:26	01:50:20	03:23:39	05:10:03	06:50:35.95	09:55:02.20	+01:08:24 (16.7%)	7:53	7.6 (83.5%)
9	JANKOWSKI Sebastian	1162	WIELISZEW HERON TEAM	M40	9	03:33:50	01:49:00	03:22:58	05:14:48	06:53:12.20	10:27:02.70	+01:11:00 (17.2%)	7:56	7.6 (83.5%)
10	WEREMKO Grzegorz	1357	MULTIMEDIA RUNNERS PUŁAWY	M40	10	03:04:32	01:55:06	03:26:50	05:11:43	06:54:59.55	09:59:31.80	+01:12:48 (17.5%)	7:58	7.5 (82.4%)
11	MALEC Artur	1433		M40	11	03:04:26	01:50:21	03:23:40	05:16:18	06:59:35.45	10:04:01.45	+01:17:24 (18.4%)	8:04	7.4 (81.3%)
12	HORDEY Yaroslav	1475	SPRINTER PRĄDY	M40	12	03:04:38	01:46:49	03:16:12	05:08:20	07:03:45.85	10:08:24.00	+01:21:34 (19.3%)	8:08	7.4 (81.3%)
13	KOŚCIELSKI Patryk	1264	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	13	03:04:40	01:50:43	03:17:27	05:12:14	07:03:49.05	10:08:29.05	+01:21:37 (19.3%)	8:09	7.4 (81.3%)
14	TKACZEWSKI Piotr	1482		M40	14	03:04:38	01:53:48	03:25:52	05:17:16	07:04:08.90	10:08:47.25	+01:21:57 (19.3%)	8:09	7.4 (81.3%)
15	MIKUŚKIEWICZ Piotr	1446	10 ŚBOT	M40	15	03:33:50	01:51:01	03:26:26	05:17:17	07:06:02.25	10:39:52.40	+01:23:50 (19.7%)	8:11	7.3 (80.2%)
16	ZAJĄC Filip	1509	OLA&TOSIA&TYMON&GAJA TEAM	M40	16	03:33:46	01:52:44	03:29:30	05:18:38	07:06:14.85	10:40:01.75	+01:24:03 (19.7%)	8:11	7.3 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
17	SZKÓŁKA Robert	1257	WIELISZEW HERON TEAM	M40	17	03:33:50	01:49:31	03:22:57	05:14:50	07:06:41.65	10:40:32.40	+01:24:30 (19.8%)	8:12	7.3 (80.2%)
18	SZCZUDRAWA Dariusz	1197		M40	18	03:33:51	02:01:05	03:35:45	05:24:02	07:09:26.45	10:43:18.25	+01:27:15 (20.3%)	8:15	7.3 (80.2%)
19	CZOSNOWSKI Krzysztof	1441	KB HERMES GRYFINO	M40	19	03:33:47	01:41:59	03:16:30	05:14:31	07:13:33.60	10:47:21.30	+01:31:22 (21.1%)	8:20	7.2 (79.1%)
20	BELKIEWICZ Rafał	1304	KABATY ULTRA	M40	20	03:04:30	01:57:43	03:36:01	05:27:45	07:15:16.05	10:19:46.65	+01:33:04 (21.4%)	8:22	7.2 (79.1%)
21	SZARANIEC Sebastian	1144	T-MOBILE SPORT	M40	21	03:34:03	01:55:03	03:32:34	05:27:20	07:16:19.60	10:50:23.25	+01:34:08 (21.6%)	8:23	7.2 (79.1%)
22	SIKORA Michał	1153		M40	22	03:04:32	01:58:41	03:36:58	05:33:41	07:16:45.70	10:21:17.75	+01:34:34 (21.7%)	8:23	7.1 (78.0%)
23	NIEDŹWIEDŹ Tomasz	1395		M40	23	01:00:22	01:58:54	03:35:19	05:26:19	07:18:00.40	08:18:23.05	+01:35:49 (21.9%)	8:25	7.1 (78.0%)
24	KUBICA Krzysztof	1199	KOTWICA BRZEG	M40	24	02:30:45	02:01:25	03:43:53	05:32:39	07:19:53.10	09:50:38.75	+01:37:41 (22.2%)	8:27	7.1 (78.0%)
25	KOBAK Marcin	1301		M40	25	03:33:55	02:03:59	03:42:06	05:34:54	07:22:13.90	10:56:09.85	+01:40:02 (22.6%)	8:30	7.1 (78.0%)
26	MOSIO Grzegorz	1047		M40	26	03:04:42	01:46:55	03:16:36	05:29:44	07:23:29.85	10:28:11.85	+01:41:18 (22.8%)	8:31	7 (76.9%)
27	DARSKI Rafał	1502		M40	27	03:34:10	02:03:11	03:47:49	05:40:04	07:25:07.25	10:59:17.60	+01:42:55 (23.1%)	8:33	7 (76.9%)
28	KMIECIK Arkadiusz	1340		M40	28	03:33:58	01:57:34	03:40:03	05:35:41	07:27:55.25	11:01:54.05	+01:45:43 (23.6%)	8:36	7 (76.9%)
29	PAŃTAK Sławomir	1462	21 DAPLOT JAROSŁAW	M40	29	03:04:27	01:54:40	03:37:37	05:41:13	07:37:03.50	10:41:31.15	+01:54:52 (25.1%)	8:47	6.8 (74.7%)
30	PYRKOSZ Damian	1029		M40	30	03:33:53	01:58:39	03:42:38	05:45:22	07:37:48.40	11:11:41.65	+01:55:37 (25.3%)	8:48	6.8 (74.7%)
31	BRUDEREK Tomasz	1152	PRIMUM CURRERE	M40	31	03:33:52	01:56:12	03:38:28	05:40:42	07:38:14.45	11:12:07.00	+01:56:03 (25.3%)	8:48	6.8 (74.7%)
32	TYLEK Krzysztof	1405	SKAWINA BIEGA	M40	32	02:30:49	02:02:13	03:43:01	05:44:34	07:41:22.40	10:12:11.55	+01:59:11 (25.8%)	8:52	6.8 (74.7%)
33	ZARZEKA Marcin	1174	VEGE RUNNERS	M40	33	02:30:47	02:01:51	03:43:11	05:44:59	07:44:38.80	10:15:26.30	+02:02:27 (26.4%)	8:56	6.7 (73.6%)
34	WOJCIECHOWSKI Dariusz	1442	KRAKOWIAK ULTRA TEAM	M40	34	03:33:53	02:01:26	03:47:20	05:50:58	07:45:54.05	11:19:47.55	+02:03:42 (26.6%)	8:57	6.7 (73.6%)
35	PAŹUCHA Wojciech	1455		M40	35	03:33:52	02:01:26	03:47:21	05:50:58	07:45:54.50	11:19:47.45	+02:03:43 (26.6%)	8:57	6.7 (73.6%)
36	BOROWIEC Michał	1467	TRUCHTACZ.PL	M40	36	03:04:28	02:01:53	03:42:08	05:41:50	07:46:06.20	10:50:35.10	+02:03:54 (26.6%)	8:57	6.7 (73.6%)
37	GARCZYŃSKI Darek	1008		M40	37	03:33:59	01:59:47	03:44:27	05:47:02	07:46:38.95	11:20:37.95	+02:04:27 (26.7%)	8:58	6.7 (73.6%)
38	DZIEWA Przemysław	1109	ATS WHEELS	M40	38	01:00:27	02:15:26	04:08:46	06:01:29	07:48:12.25	08:48:39.70	+02:06:00 (26.9%)	9:00	6.7 (73.6%)
39	GĄSECKI Daniel	1472	AKTYWNY DYNÓW	M40	39	03:04:34	02:06:52	03:52:14	05:55:19	07:52:40.15	10:57:14.25	+02:10:28 (27.6%)	9:05	6.6 (72.5%)
40	KALEMBKIEWICZ Piotr	1526	MIROTRANS	M40	40	03:33:48	02:02:05	03:49:16	05:51:15	07:52:56.25	11:26:44.35	+02:10:44 (27.6%)	9:05	6.6 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
41	JANKOWIAK Przemysław	1413		M40	41	03:33:52	02:04:07	03:46:48	05:51:41	07:53:42.30	11:27:34.45	+02:11:31 (27.8%)	9:06	6.6 (72.5%)
42	LACHOWICZ Jerzy	1205	PCTSPORT	M40	42	03:33:55	02:01:11	03:49:38	05:59:50	07:53:52.65	11:27:48.30	+02:11:41 (27.8%)	9:06	6.6 (72.5%)
43	LESIAK Filip	1347	SKAWINA BIEGA	M40	43	02:30:59	02:08:29	03:50:29	05:53:03	07:55:01.90	10:26:01.10	+02:12:50 (28.0%)	9:08	6.6 (72.5%)
44	BIAŁEK Adam	1244	GEPARDY Z ŁODZI	M40	44	03:04:38	02:02:16	03:48:55	05:53:30	07:57:34.45	11:02:12.45	+02:15:23 (28.3%)	9:11	6.5 (71.4%)
45	OSOWSKI Wojtek	1268		M40	45	03:33:50	01:59:17	03:44:06	06:01:17	08:01:05.50	11:34:55.95	+02:18:54 (28.9%)	9:15	6.5 (71.4%)
46	NOWOMIEJSKI Marcin	1494	PROGRES	M40	46	03:34:00	02:12:55	04:01:16	06:07:33	08:02:02.95	11:36:03.50	+02:19:51 (29.0%)	9:16	6.5 (71.4%)
47	CURZYDŁO Bogdan	1305	POZYTYWNIIE ZABIEGANI SANOK	M40	47	01:00:34	02:11:24	04:16:09	06:13:37	08:02:11.70	09:02:46.65	+02:20:00 (29.0%)	9:16	6.5 (71.4%)
48	LESZCZAK Grzegorz	1290		M40	48	03:04:29	02:00:53	03:56:15	06:01:47	08:03:03.75	11:07:33.55	+02:20:52 (29.2%)	9:17	6.5 (71.4%)
49	OSZCZĘDA Krzysztof	1068	ZARAZIĆ PASJĄ	M40	49	03:04:44	02:11:17	04:03:21	06:07:59	08:03:52.75	11:08:37.05	+02:21:41 (29.3%)	9:18	6.4 (70.3%)
50	KOŁEK Maciej	1504	PZU SPORT TEAM	M40	50	03:04:44	02:03:41	03:47:36	05:51:41	08:04:15.65	11:08:59.95	+02:22:04 (29.3%)	9:18	6.4 (70.3%)
51	CETLIN Maciej	1298	DREAM RUN	M40	51	03:33:49	02:13:21	04:03:03	06:09:53	08:07:35.40	11:41:24.80	+02:25:24 (29.8%)	9:22	6.4 (70.3%)
52	KOZIOŁ Andrzej	1110		M40	52	01:00:29	02:09:13	04:05:51	06:07:41	08:12:48.25	09:13:18.10	+02:30:36 (30.6%)	9:28	6.3 (69.2%)
53	SADKOWSKI Bartosz	1158	HURAGAN ŁBISKA	M40	53	03:04:36	02:04:38	03:51:47	05:59:37	08:12:50.90	11:17:27.65	+02:30:39 (30.6%)	9:28	6.3 (69.2%)
54	BOGUSZ Bartosz	1349		M40	54	03:34:02	02:08:44	04:00:24	06:07:39	08:15:51.30	11:49:53.55	+02:33:40 (31.0%)	9:32	6.3 (69.2%)
55	ZYGMUNT Marcin	1458	ZYGABIEGA TEAM	M40	55	03:04:40	02:00:12	03:51:02	06:13:30	08:16:50.45	11:21:31.15	+02:34:39 (31.1%)	9:33	6.3 (69.2%)
56	SŁONINA Artur	1010	BRODATY SŁOŃ	M40	56	03:04:41	02:10:42	04:03:34	06:12:54	08:18:12.25	11:22:54.15	+02:36:00 (31.3%)	9:34	6.3 (69.2%)
57	KUCHARSKI Paweł	1215	PLANETA NISKO	M40	57	02:30:36	02:16:31	04:10:07	06:17:58	08:21:07.45	10:51:43.75	+02:38:56 (31.7%)	9:38	6.2 (68.1%)
58	DRZAZGA Tomasz	1365		M40	58	03:04:33	02:16:10	04:12:59	06:18:50	08:21:23.80	11:25:57.25	+02:39:12 (31.8%)	9:38	6.2 (68.1%)
59	STEPANIAK Grzegorz	1477	SWOBODA	M40	59	02:30:36	02:12:03	04:05:43	06:15:44	08:21:54.40	10:52:30.55	+02:39:43 (31.8%)	9:39	6.2 (68.1%)
60	PRZYGODZKI Mateusz	1353		M40	60	02:30:34	02:23:36	04:11:36	06:18:24	08:21:59.30	10:52:34.10	+02:39:48 (31.8%)	9:39	6.2 (68.1%)
61	SŁABOŃ Mariusz	1033	KIWK-A BIEGA	M40	61	03:04:46	02:13:55	04:07:51	06:22:05	08:22:14.60	11:27:00.80	+02:40:03 (31.9%)	9:39	6.2 (68.1%)
62	KOZIEŁŁO Bartosz	1137	TUR	M40	62	03:33:59	01:57:54	03:43:04	06:17:20	08:22:53.50	11:56:53.45	+02:40:42 (32.0%)	9:40	6.2 (68.1%)
63	SOKALSKI Grzegorz	1464	MOCNO W PRAWO	M40	63	03:33:56	02:23:40	04:16:11	06:20:08	08:23:12.10	11:57:08.55	+02:41:00 (32.0%)	9:40	6.2 (68.1%)
64	KIRILENKO Marcin	1423		M40	64	03:33:53	02:11:18	04:11:10	06:21:13	08:23:34.75	11:57:28.55	+02:41:23 (32.0%)	9:41	6.2 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
65	KOKOT Roman	1406	BIEGAM BO LUBIĘ	M40	65	03:04:34	02:17:50	04:21:01	06:33:11	08:29:57.30	11:34:32.10	+02:47:46 (32.9%)	9:48	6.1 (67.0%)
65	PESZEK Bogdan	1414	ULTRA PRZESILENIE	M40	65	03:04:34	02:18:08	04:18:45	06:33:10	08:29:57.30	11:34:32.10	+02:47:46 (32.9%)	9:48	6.1 (67.0%)
67	POLAK Andrzej	1261		M40	67	03:04:44	02:13:51	04:13:19	06:23:50	08:30:11.55	11:34:55.95	+02:48:00 (32.9%)	9:48	6.1 (67.0%)
68	LEŚNIEWSKI Mariusz	1274		M40	68	03:34:05	02:28:56	04:25:02	06:35:18	08:33:28.15	12:07:33.75	+02:51:16 (33.4%)	9:52	6.1 (67.0%)
69	SZARYŃSKI Tomasz	1271	SZARYTEAM	M40	69	03:34:05	02:28:59	04:25:01	06:35:19	08:33:28.30	12:07:33.75	+02:51:17 (33.4%)	9:52	6.1 (67.0%)
70	MAJEWICZ Grzegorz	1316		M40	70	03:04:38	02:10:07	04:06:19	06:16:35	08:33:48.85	11:38:26.90	+02:51:37 (33.4%)	9:52	6.1 (67.0%)
71	GRONCZEWSKI Artur	1139	NEW BALANCE RC	M40	71	03:33:51	02:13:30	04:09:30	06:29:05	08:34:31.75	12:08:23.25	+02:52:20 (33.5%)	9:53	6.1 (67.0%)
72	GRONIECKI Mikołaj	1515		M40	72	02:30:38	02:09:19	03:56:16	06:22:33	08:41:04.15	11:11:42.90	+02:58:52 (34.3%)	10:01	6 (65.9%)
73	PIASNY Paweł	1452		M40	73	02:30:37	02:27:23	04:26:16	06:37:25	08:42:07.90	11:12:45.50	+02:59:56 (34.5%)	10:02	6 (65.9%)
74	DUKATA Grzegorz	1457	MGGW	M40	74	02:30:37	02:27:23	04:26:17	06:37:21	08:42:08.15	11:12:45.65	+02:59:56 (34.5%)	10:02	6 (65.9%)
75	FLOREK Tomasz	1352		M40	75	02:30:36	02:10:37	04:01:48	06:20:00	08:42:28.45	11:13:04.45	+03:00:17 (34.5%)	10:02	6 (65.9%)
76	STELMACH Krzysztof	1226		M40	76	03:04:32	02:07:46	04:04:06	06:27:22	08:43:04.40	11:47:37.25	+03:00:53 (34.6%)	10:03	6 (65.9%)
77	MROZOWSKI Paweł	1372	ORANGE POLSKA	M40	77	03:04:37	02:20:08	04:28:44	06:37:20	08:43:36.60	11:48:14.05	+03:01:25 (34.6%)	10:04	6 (65.9%)
78	BEŁKOT Arkadiusz	1481		M40	78	03:34:01	02:17:51	04:22:06	06:37:59	08:44:15.30	12:18:16.35	+03:02:04 (34.7%)	10:04	6 (65.9%)
79	KŁOSOK Adam	1100	INŻYNIERIA BIEGANIA	M40	79	03:33:54	02:16:23	04:20:29	06:35:39	08:44:26.20	12:18:20.60	+03:02:14 (34.8%)	10:05	5.9 (64.8%)
80	OSTATEK Łukasz	1262		M40	80	03:04:43	02:13:48	04:13:16	06:23:52	08:46:32.05	11:51:15.70	+03:04:20 (35.0%)	10:07	5.9 (64.8%)
81	WĘDRYCHOWICZ Grzegorz	1371	RUN4FUN	M40	81	03:04:31	02:13:58	04:15:10	06:35:26	08:47:14.25	11:51:45.50	+03:05:02 (35.1%)	10:08	5.9 (64.8%)
82	MECH Patryk	1299		M40	82	03:34:06	02:31:09	04:44:13	06:46:55	08:47:14.95	12:21:21.35	+03:05:03 (35.1%)	10:08	5.9 (64.8%)
83	SZMAJDOWICZ Paweł	1040	FACHDOM TEAM	M40	83	03:04:41	02:11:15	04:11:45	06:30:25	08:48:51.35	11:53:33.00	+03:06:40 (35.3%)	10:10	5.9 (64.8%)
84	GARSTECKI Michał	1325	SKAWINABIEGA	M40	84	02:30:55	02:08:37	04:05:28	06:23:38	08:49:35.45	11:20:31.20	+03:07:24 (35.4%)	10:11	5.9 (64.8%)
85	LESZCZAK Mariusz	1398		M40	85	03:04:29	02:10:52	04:12:20	06:39:12	08:54:28.40	11:58:58.15	+03:12:17 (36.0%)	10:16	5.8 (63.7%)
86	ADACH Dariusz	1081	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	86	03:04:50	02:28:28	04:27:58	06:46:17	08:55:18.65	12:00:09.40	+03:13:07 (36.1%)	10:17	5.8 (63.7%)
87	MALIK Robert	1115	NEWATER	M40	87	03:33:59	02:20:00	04:18:39	06:42:13	08:55:45.80	12:29:45.55	+03:13:34 (36.1%)	10:18	5.8 (63.7%)
88	CZUBA Paweł	1378	BIEGANIE ZBLIŻA	M40	88	02:30:47	02:47:21	04:48:54	06:51:49	08:56:31.25	11:27:18.25	+03:14:19 (36.2%)	10:19	5.8 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
89	ŚWIERCZYŃSKI Tomasz	1391		M40	89	03:34:02	02:16:19	04:17:52	06:35:19	08:59:15.10	12:33:17.55	+03:17:03 (36.5%)	10:22	5.8 (63.7%)
90	LEWANDOWSKI Marcin	1222	MSJ	M40	90	03:34:00	02:18:38	04:16:15	06:40:12	09:00:01.60	12:34:02.20	+03:17:50 (36.6%)	10:23	5.8 (63.7%)
91	OSTASZEWSKI Ireneusz	1312		M40	91	03:34:01	02:09:22	04:02:15	06:17:08	09:01:20.65	12:35:21.80	+03:19:09 (36.8%)	10:24	5.8 (63.7%)
92	JABŁOŃSKI Michał	1390		M40	92	03:04:38	02:42:24	04:40:37	06:50:56	09:02:32.85	12:07:11.45	+03:20:21 (36.9%)	10:26	5.8 (63.7%)
93	GOŁĘBIEWSKI Piotrek	1227	BĘDZIN TEAM	M40	93	03:04:46	02:26:36	04:40:02	06:55:43	09:08:37.10	12:13:23.20	+03:26:25 (37.6%)	10:33	5.7 (62.6%)
94	LANGNER Maurycy	1107		M40	94	03:34:01	02:28:27	04:32:53	06:55:22	09:10:41.35	12:44:43.10	+03:28:30 (37.9%)	10:35	5.7 (62.6%)
95	ĆMIELIŃSKI Tomasz	1063	KW KRAKÓW	M40	95	03:33:59	02:17:39	04:18:06	06:37:26	09:12:59.25	12:46:58.45	+03:30:47 (38.1%)	10:38	5.6 (61.5%)
96	KOPEĆ Karol	1465		M40	96	01:00:25	02:25:45	04:38:00	06:51:24	09:13:24.85	10:13:50.30	+03:31:13 (38.2%)	10:38	5.6 (61.5%)
97	KWAŚNICKI Wojciech	1066	GKS KASZUBI LUZINO	M40	97	02:30:38	02:28:54	04:31:31	06:51:22	09:13:29.75	11:44:08.65	+03:31:18 (38.2%)	10:38	5.6 (61.5%)
98	PATRYK Jacek	1141	J&Ł	M40	98	03:34:00	02:17:52	04:22:08	06:51:58	09:14:45.40	12:48:46.30	+03:32:34 (38.3%)	10:40	5.6 (61.5%)
99	POPŁAWSKI Arkadiusz	1163	CZARNE OWCE HIPOLITÓW	M40	99	03:33:55	02:21:42	04:26:06	06:55:30	09:18:07.25	12:52:02.40	+03:35:55 (38.7%)	10:43	5.6 (61.5%)
100	MAŁEK Wojciech	1380	GRUPA BIEGOWA ZARSZYN	M40	100	02:33:43	02:43:51	04:52:46	07:10:33	09:20:14.50	11:53:57.75	+03:38:03 (38.9%)	10:46	5.6 (61.5%)
101	DZIEDZINA Tomasz	1399	MUAY RUNNING TEAM	M40	101	01:00:29	02:35:47	04:48:51	07:10:39	09:23:03.80	10:23:33.65	+03:40:52 (39.2%)	10:49	5.5 (60.4%)
102	FRANKOWSKI Piotr	1085		M40	102	02:30:41	02:31:53	04:37:28	06:57:44	09:23:58.60	11:54:39.65	+03:41:47 (39.3%)	10:50	5.5 (60.4%)
103	PIEKARSKI Andrzej	1525		M40	103	03:33:51	02:23:47	04:27:13	06:50:09	09:26:32.00	13:00:23.20	+03:44:20 (39.6%)	10:53	5.5 (60.4%)
104	SZYMCZAK Wojciech	1520	MOCNO W PRAWO	M40	104	03:33:51	02:23:47	04:27:13	06:50:12	09:26:32.70	13:00:24.25	+03:44:21 (39.6%)	10:53	5.5 (60.4%)
105	KALICKI Irek	1195	ZMORDOWANI ŻYCIEM	M40	105	03:34:06	02:31:03	04:44:13	07:02:58	09:26:39.70	13:00:45.80	+03:44:28 (39.6%)	10:53	5.5 (60.4%)
106	KIERENKO Paweł	1136	SONSIEDZI	M40	106	03:34:02	02:20:56	04:24:23	06:56:04	09:28:12.45	13:02:14.95	+03:46:01 (39.8%)	10:55	5.5 (60.4%)
107	GŁUCH Krzysztof	1204		M40	107	00:00:03	02:27:13	04:33:16	06:59:11	09:28:27.45	09:28:30.50	+03:46:16 (39.8%)	10:55	5.5 (60.4%)
108	DWORAK Marcin	1202	ŁÓDŹ KOCHA SPORT	M40	108	03:04:49	02:30:08	04:32:02	06:55:22	09:29:47.50	12:34:37.05	+03:47:36 (39.9%)	10:57	5.5 (60.4%)
109	ZIELIŃSKI Grzegorz	1479		M40	109	03:04:31	02:27:41	04:31:44	06:43:08	09:30:50.35	12:35:22.15	+03:48:39 (40.1%)	10:58	5.5 (60.4%)
110	KAPUŚCIŃSKI Michał	1058		M40	110	03:04:39	02:23:51	04:29:42	07:05:03	09:33:19.50	12:37:59.40	+03:51:08 (40.3%)	11:01	5.4 (59.3%)
111	TOMANEK Marek	1121		M40	111	03:04:40	02:23:02	04:21:03	06:50:44	09:34:27.80	12:39:08.25	+03:52:16 (40.4%)	11:02	5.4 (59.3%)
112	JAKUBOWSKI Wojciech	1523	KB GEOTERMIA UNIEJÓW	M40	112	03:04:41	02:20:44	04:33:28	07:07:43	09:35:05.20	12:39:46.90	+03:52:53 (40.5%)	11:03	5.4 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
113	KADECKI Marek	1134		M40	113	03:04:34	02:30:55	04:47:44	07:15:18	09:36:19.60	12:40:54.40	+03:54:08 (40.6%)	11:04	5.4 (59.3%)
114	ZGÓRSKI Grzegorz	1445		M40	114	03:04:40	02:39:09	04:41:29	07:03:43	09:38:55.10	12:43:35.70	+03:56:43 (40.9%)	11:07	5.4 (59.3%)
115	ZACHEJA Jacek	1448		M40	115	02:30:43	02:27:18	04:39:01	07:08:42	09:41:20.50	12:12:04.35	+03:59:09 (41.1%)	11:10	5.4 (59.3%)
116	KAJZEREK Arek	1461		M40	116	01:09:00	02:38:39	04:42:08	07:13:23	09:43:32.80	10:52:32.80	+04:01:21 (41.4%)	11:13	5.3 (58.2%)
117	BAJSON Grzegorz	1460	GIEBUŁTÓW CIŚNIE	M40	117	01:08:58	02:38:41	04:42:18	07:13:26	09:43:34.20	10:52:32.20	+04:01:22 (41.4%)	11:13	5.3 (58.2%)
118	CYWKA Tomek	1379	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	118	03:04:50	02:33:01	04:41:59	07:07:34	09:45:14.95	12:50:05.15	+04:03:03 (41.5%)	11:15	5.3 (58.2%)
119	JEDLIŃSKI Bartosz	1302	MARATOŃCZYK DĘBICA	M40	119	02:30:36	02:43:01	04:52:10	07:31:57	09:50:24.60	12:21:00.60	+04:08:13 (42.0%)	11:21	5.3 (58.2%)
120	LALEWICZ Wojciech	1389	ASSECO ACTIVE TEAM	M40	120	02:30:51	02:49:58	05:04:53	07:27:52	09:51:13.10	12:22:04.40	+04:09:01 (42.1%)	11:22	5.3 (58.2%)
121	GWOŹDZIOWSKI Marcin	1396		M40	121	03:04:34	02:39:14	04:52:17	07:24:08	09:51:29.95	12:56:03.95	+04:09:18 (42.1%)	11:22	5.3 (58.2%)
122	SARLEJ Piotr	1332	MSJ	M40	122	03:34:01	02:22:01	04:47:19	07:22:24	09:52:09.60	13:26:10.65	+04:09:58 (42.2%)	11:23	5.3 (58.2%)
123	SZEWC Grzegorz	1373	MILENIUM BIELINY	M40	123	03:04:28	02:48:35	05:03:57	07:44:07	09:54:12.70	12:58:40.90	+04:12:01 (42.4%)	11:25	5.3 (58.2%)
124	PYTEL Roman	1424	IZBICKO W BIEGU	M40	124	02:30:47	02:31:01	04:46:40	07:15:14	10:02:47.80	12:33:35.60	+04:20:36 (43.2%)	11:35	5.2 (57.1%)
125	KUBALA Sylwester	1118		M40	125	03:34:01	02:38:53	04:58:29	07:38:05	10:05:28.25	13:39:30.00	+04:23:16 (43.5%)	11:38	5.2 (57.1%)
126	LASOŃ Jarosław	1138	RODZINA LASOŃ	M40	126	03:33:56	02:34:10	04:55:44	07:31:53	10:05:54.35	13:39:50.60	+04:23:43 (43.5%)	11:39	5.1 (56.0%)
127	SELIGA Krzysztof	1116	OPATOWSCY BIEGACZE	M40	127	01:00:24	02:38:14	05:31:56	07:52:14	10:07:55.60	11:08:20.45	+04:25:44 (43.7%)	11:41	5.1 (56.0%)
128	KUTNIK Mirosław	1129	KB BIAŁA BIEGA	M40	128	00:00:03	02:45:10	04:57:34	07:28:38	10:14:29.15	10:14:32.50	+04:32:17 (44.3%)	11:49	5.1 (56.0%)
129	PRYSZCZ Mirosław	1438		M40	129	03:04:40	02:39:11	05:11:16	07:53:10	10:16:45.00	13:21:25.80	+04:34:33 (44.5%)	11:51	5.1 (56.0%)
130	KOBIERSKI Szymon	1145		M40	130	03:33:54	02:28:59	04:45:10	07:27:26	10:18:07.20	13:52:01.45	+04:35:55 (44.6%)	11:53	5 (54.9%)
131	WILKIEWICZ Dariusz	1208	ZWOLEŃ ICH BIEGANIA	M40	131	03:04:29	02:41:30	05:05:52	07:48:55	10:23:21.20	13:27:50.25	+04:41:09 (45.1%)	11:59	5 (54.9%)
132	LULA Radosław	1086		M40	132	00:00:04	02:55:34	05:13:04	07:41:43	10:25:00.90	10:25:05.35	+04:42:49 (45.3%)	12:01	5 (54.9%)
133	WÓJTOWICZ Paweł	1296		M40	133	03:04:47	02:38:16	05:01:16	07:46:25	10:28:34.90	13:33:22.35	+04:46:23 (45.6%)	12:05	5 (54.9%)
134	JANASZ Andrzej	1077		M40	134	02:30:42	02:47:08	05:24:38	08:15:56	10:29:25.65	13:00:07.75	+04:47:14 (45.6%)	12:06	5 (54.9%)
135	GRZYWACZ Krzysztof	1059	ROCHE RUNNERS	M40	135	00:00:04	02:43:51	05:02:19	07:39:40	10:31:37.20	10:31:41.65	+04:49:25 (45.8%)	12:08	4.9 (53.8%)
136	JABŁONKA Radosław	1053	DZIADY OCR	M40	136	02:32:07	02:37:54	05:06:13	07:55:51	10:34:48.40	13:06:55.65	+04:52:37 (46.1%)	12:12	4.9 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
137	PRZYBYLSKI Marcin	1103		M40	137	02:30:42	02:47:06	05:16:24	07:55:56	10:37:29.05	13:08:11.85	+04:55:17 (46.3%)	12:15	4.9 (53.8%)
138	ZAJĄC Piotr	1160	OPATOWSCY BIEGACZE	M40	138	01:00:24	02:38:16	05:31:56	08:12:21	10:52:48.00	11:53:12.70	+05:10:36 (47.6%)	12:33	4.8 (52.7%)
139	DREWNIK Robert	1469		M40	139	01:00:26	02:34:28	04:59:45	07:52:21	10:56:34.20	11:57:00.60	+05:14:22 (47.9%)	12:37	4.8 (52.7%)
140	GÓRKA Bogusław	1044		M40	140	01:00:24	02:59:16	05:37:02	08:26:48	11:11:49.35	12:12:13.60	+05:29:38 (49.1%)	12:55	4.6 (50.5%)
141	HALACZKIEWICZ Adam	1090	EXTREMEWOLF	M40	141	03:04:35	02:47:25	05:16:48	08:08:02	11:22:25.25	14:27:00.65	+05:40:13 (49.9%)	13:07	4.6 (50.5%)
142	JASNOWSKI Michał	1511		M40	142	01:00:33	03:18:08	05:55:06	08:37:58	11:32:45.45	12:33:19.20	+05:50:34 (50.6%)	13:19	4.5 (49.5%)
143	GRZEGOREK Paweł	1456	ULTRA	M40	143	00:00:00	05:25:04	07:33:21	09:47:43	11:35:10.30	11:35:10.30	+05:52:59 (50.8%)	13:22	4.5 (49.5%)
144	KACZKIEWICZ Damian	1156	NIGHT RUNNERS GLIWICE	M40	144	01:02:36	03:21:31	06:05:36	09:03:55	11:48:08.70	12:50:44.95	+06:05:57 (51.7%)	13:37	4.4 (48.4%)
145	WYSMOLIŃSKI Piotr	1249		M40	145	00:00:05	03:29:36	06:06:11	08:59:29	11:48:12.80	11:48:18.60	+06:06:01 (51.7%)	13:37	4.4 (48.4%)
146	PRAŻMOWSKI Piotr	1374	SBG PODBIEG	M40	146	01:00:26	03:09:42	05:45:09	08:49:45	11:55:14.05	12:55:40.90	+06:13:02 (52.2%)	13:45	4.4 (48.4%)
147	KRZYSZTOFOWICZ Andrzej	1368		M40	147	01:00:30	03:32:36	06:25:55	09:35:19	12:21:09.40	13:21:39.70	+06:38:58 (53.8%)	14:15	4.2 (46.2%)
148	SZYPULSKI Dariusz	1489	SKS CHMIELOWICE	M40	148	00:00:00	09:44:23			12:33:37.40	12:33:37.40	+06:51:26 (54.6%)	14:29	4.1 (45.1%)
	NOWICKI Jarosław	1084		M40		DNF	02:30:50 DNF	05:05:48 DNF	08:04:29 DNF	DNF	DNF		-	- (0.0%)
	SZEWCZYK Artur	1468	DOKĄD TAK CIĄGLE BIEGNĘ?	M40		DNF	02:39:24 DNF	05:11:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	KACPERSKI Olaf	1133		M40		DNF	02:11:20 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 151 wynik(ów)