

**Event:** PIENINY ULTRA-TRAIL®  
**Organiser:** Fundacja Strefa Przygód  
**Date:** 2023-04-22  
**Place:** Szczawnica  
**Distance:** 44.1 km

Classification: M40

Place	Participant	Number	Club	Category	MCat	Mistrzostwa		Schronisko Bacówka					Net time 44.1km	Czas brutto 44.1km	Gap	Pace min/km	Pace km/h	
						Polski	Drużyna	na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km						
1	<b>GRZĄDZIEL Dominik</b>	<b>1514</b>	ATTIQ TEAM	M40	1				01:19:15	02:09:22	03:19:07	03:23:01	03:52:40	<b>03:54:19.35</b>	<b>03:54:21.95</b>		5:18	11.3 (100%)
2	<b>PASIK Tomasz</b>	<b>1922</b>	WOLSZTYŃSKI KLUB BIEGOWY	M40	2	MP		Wolsztyński Klub Biegowy	01:22:20	02:11:21	03:22:41	03:27:25	03:56:57	<b>03:58:54.65</b>	<b>03:58:57.75</b>	+00:04:35 (1.9%)	5:25	11.1 (98.2%)
3	<b>JACHYMIAK Robert</b>	<b>1971</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	3				01:26:39	02:18:41	03:35:24	03:39:53	04:11:12	<b>04:13:01.95</b>	<b>04:13:03.75</b>	+00:18:41 (7.4%)	5:44	10.5 (92.9%)
4	<b>MAZAN Piotr</b>	<b>1537</b>	FINISZ RYMANÓW	M40	4				01:27:47	02:19:54	03:35:39	03:40:09	04:12:20	<b>04:13:54.80</b>	<b>04:13:57.60</b>	+00:19:35 (7.7%)	5:45	10.4 (92.0%)
5	<b>TARASEK Dariusz</b>	<b>1854</b>	SEVEN7	M40	5				01:28:14	02:20:59	03:38:30	03:42:02	04:12:32	<b>04:14:04.30</b>	<b>04:14:07.60</b>	+00:19:45 (7.8%)	5:45	10.4 (92.0%)
6	<b>GOC Paweł</b>	<b>1524</b>	RMT TEAM	M40	6				01:31:50	02:24:40	03:40:08	03:44:41	04:16:16	<b>04:17:51.85</b>	<b>04:17:56.70</b>	+00:23:34 (9.1%)	5:50	10.3 (91.2%)
7	<b>PILARSKI Tomasz</b>	<b>2130</b>	MKS SZERSZEŃ BOGATYNIA	M40	7	MP		MKS Szerszeń Bogatynia	01:31:51	02:23:27	03:40:55	03:45:55	04:19:26	<b>04:21:05.35</b>	<b>04:21:11.10</b>	+00:26:49 (10.3%)	5:55	10.1 (89.4%)
8	<b>RUTKOWSKI Dawid</b>	<b>2035</b>	GRIZZLYTEAM/140MINUT.PL	M40	8				01:31:09	02:25:27	03:48:02	03:52:51	04:25:54	<b>04:27:39.45</b>	<b>04:27:42.15</b>	+00:33:20 (12.5%)	6:04	9.9 (87.6%)
9	<b>SENDOR Piotr</b>	<b>1890</b>		M40	9				01:31:15	02:24:56	03:45:18	03:50:01	04:28:35	<b>04:30:36.90</b>	<b>04:30:40.60</b>	+00:36:18 (13.4%)	6:08	9.8 (86.7%)
10	<b>PAROL Rafal</b>	<b>1877</b>	ADIDAS RUNNERS	M40	10				01:29:11	02:24:59	03:49:29	03:55:01	04:34:26	<b>04:36:08.45</b>	<b>04:36:12.95</b>	+00:41:51 (15.2%)	6:15	9.6 (85.0%)
11	<b>ZAKRZYŃSKI Paweł</b>	<b>1930</b>		M40	11				01:35:06	02:31:16	03:59:06	04:06:49	04:49:13	<b>04:51:15.90</b>	<b>04:51:23.80</b>	+00:57:01 (19.6%)	6:36	9.1 (80.5%)
12	<b>BEDNARZ Jakub</b>	<b>1961</b>		M40	12				01:38:21	02:36:16	04:05:16	04:11:07	04:50:25	<b>04:52:26.95</b>	<b>04:52:32.15</b>	+00:58:10 (19.9%)	6:37	9 (79.6%)
13	<b>PAZDAN Piotr</b>	<b>1557</b>		M40	13				01:36:13	02:33:54	04:08:06	04:14:15	04:51:18	<b>04:53:08.10</b>	<b>04:53:12.70</b>	+00:58:50 (20.1%)	6:38	9 (79.6%)
14	<b>BOSAKIEWICZ Tomasz</b>	<b>1761</b>		M40	14				01:45:33	02:46:49	04:17:03	04:21:57	04:57:46	<b>04:59:22.05</b>	<b>04:59:26.90</b>	+01:05:04 (21.7%)	6:47	8.8 (77.9%)
15	<b>POŁUBOK Kajetan</b>	<b>1600</b>		M40	15				01:38:24	02:40:08	04:13:58	04:21:32	04:59:17	<b>05:01:25.15</b>	<b>05:01:28.85</b>	+01:07:06 (22.3%)	6:50	8.8 (77.9%)
16	<b>ŻAK Adam</b>	<b>1956</b>	KB LUPUS OLEŚNICA	M40	16				01:44:37	02:48:46	04:17:35	04:22:59	05:00:11	<b>05:01:51.40</b>	<b>05:02:02.65</b>	+01:07:40 (22.4%)	6:50	8.8 (77.9%)
17	<b>KACZMAREK Tomasz</b>	<b>1984</b>	NIEPOŁOMICE BIEGAJĄ	M40	17				01:39:27	02:38:58	04:11:40	04:16:43	05:00:07	<b>05:02:01.65</b>	<b>05:02:09.30</b>	+01:07:47 (22.4%)	6:50	8.8 (77.9%)
18	<b>POŻAK Grzegorz</b>	<b>1583</b>	LUBARTÓW	M40	18				01:53:47	02:58:54	04:28:30	04:32:38	05:07:08	<b>05:08:59.95</b>	<b>05:09:30.35</b>	+01:15:08 (24.3%)	7:00	8.6 (76.1%)
19	<b>OBERWAN Marek</b>	<b>2029</b>	PANFOTOGRAF.EU	M40	19				01:44:09	02:47:48	04:23:52	04:29:57	05:09:10	<b>05:10:47.15</b>	<b>05:11:03.45</b>	+01:16:41 (24.7%)	7:02	8.5 (75.2%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Schronisko	Bacówka	Premia1 37.2km	Premia2 37.7km	43.6km	Net	Czas	Pace min/km	Pace km/h	
								na Przehybie 14.7km	na Obidzy 24.4km				time 44.1km	brutto 44.1km			Gap
20	<b>GAWRON Przemysław</b>	<b>1655</b>	SŁOŃCA JURY	M40	20			01:41:15	02:48:13	04:21:49	04:27:36	05:10:16	<b>05:12:03.45</b>	<b>05:12:07.65</b>	+01:17:45 (24.9%)	7:04	8.5 (75.2%)
21	<b>KRZEMIŃSKI Marcin</b>	<b>2010</b>	SPRINT GORZYCE	M40	21			01:49:38	02:55:11	04:32:17	04:37:50	05:17:06	<b>05:19:20.30</b>	<b>05:20:02.15</b>	+01:25:40 (26.8%)	7:14	8.3 (73.5%)
22	<b>HUBNER Antoni</b>	<b>1914</b>	HUBNER TEAM	M40	22			01:39:10	02:42:35	04:26:22	04:33:12	05:20:09	<b>05:22:19.05</b>	<b>05:22:24.20</b>	+01:28:02 (27.3%)	7:18	8.2 (72.6%)
23	<b>PERKOWSKI Piotr</b>	<b>2069</b>	MONK SANDALS TEAM	M40	23			01:42:05	02:50:40	04:33:12	04:39:00	05:21:25	<b>05:23:28.55</b>	<b>05:23:34.30</b>	+01:29:12 (27.6%)	7:20	8.2 (72.6%)
24	<b>GIERSZEWSKI Jarosław</b>	<b>1560</b>	ZAŁOGA G	M40	24			01:38:46	02:47:24	04:29:36	04:35:54	05:21:37	<b>05:23:37.35</b>	<b>05:23:43.90</b>	+01:29:21 (27.6%)	7:20	8.2 (72.6%)
25	<b>PŁAZA Radosław</b>	<b>2074</b>	BARUNOWCE	M40	25			01:42:05	02:49:04	04:38:19	04:44:49	05:24:55	<b>05:26:53.70</b>	<b>05:27:12.20</b>	+01:32:50 (28.4%)	7:24	8.1 (71.7%)
26	<b>NIERADA Marcin</b>	<b>2044</b>		M40	26			01:45:29	02:49:23	04:35:31	04:41:32	05:25:00	<b>05:26:50.25</b>	<b>05:27:33.40</b>	+01:33:11 (28.5%)	7:24	8.1 (71.7%)
27	<b>BIENIEK Patryk</b>	<b>1532</b>	TREC TEAM	M40	27			01:42:54	02:49:13	04:33:20	04:40:00	05:28:13	<b>05:30:32.85</b>	<b>05:30:47.85</b>	+01:36:25 (29.2%)	7:29	8 (70.8%)
28	<b>KURA Piotr</b>	<b>1813</b>	PRZEDWOJEWSKI TEAM	M40	28			01:47:35	02:54:38	04:38:53	04:45:40	05:29:04	<b>05:31:03.40</b>	<b>05:31:12.10</b>	+01:36:50 (29.2%)	7:30	8 (70.8%)
29	<b>KASICA Arkadiusz</b>	<b>1584</b>	MIĘDZYRZECKIE GAZELE	M40	29			01:49:48	02:57:19	04:41:54	04:47:35	05:29:17	<b>05:30:56.65</b>	<b>05:31:26.75</b>	+01:37:04 (29.3%)	7:30	8 (70.8%)
30	<b>KRAWCZYK Dariusz</b>	<b>1742</b>		M40	30			01:47:19	02:56:57	04:41:50	04:47:57	05:30:21	<b>05:32:03.05</b>	<b>05:32:15.70</b>	+01:37:53 (29.5%)	7:31	8 (70.8%)
31	<b>IGNACZAK Marcin</b>	<b>1964</b>	TRITON KONIN	M40	31			01:45:45	02:53:20	04:41:04	04:47:35	05:33:31	<b>05:35:32.55</b>	<b>05:35:36.75</b>	+01:41:14 (30.2%)	7:36	7.9 (69.9%)
32	<b>BRUŚ Marcin</b>	<b>1603</b>	SASKA	M40	32			01:49:46	03:03:23	04:48:03	04:54:10	05:34:24	<b>05:36:29.15</b>	<b>05:36:35.80</b>	+01:42:13 (30.4%)	7:37	7.9 (69.9%)
33	<b>PROKULEWICZ Tomasz</b>	<b>2143</b>		M40	33			01:47:16	02:54:32	04:44:30	04:51:07	05:34:47	<b>05:36:41.60</b>	<b>05:36:58.70</b>	+01:42:36 (30.5%)	7:38	7.9 (69.9%)
34	<b>JAREMA Maciej</b>	<b>1843</b>	LOKOMOTIV MAJDAN	M40	34			01:47:52	02:53:58	04:44:30	04:50:20	05:35:52	<b>05:38:11.90</b>	<b>05:38:35.55</b>	+01:44:13 (30.8%)	7:40	7.8 (69.0%)
35	<b>STOJAK Ireneusz</b>	<b>1529</b>		M40	35			01:47:57	02:54:48	04:37:35	04:43:38	05:35:33	<b>05:37:50.60</b>	<b>05:38:51.15</b>	+01:44:29 (30.8%)	7:39	7.8 (69.0%)
36	<b>MUCHA Grzegorz</b>	<b>2146</b>	SYNOWIE ROZGARDIASZU / SPORT GENERATION	M40	36			01:54:12	03:04:34	04:49:44	04:56:11	05:40:34	<b>05:42:36.55</b>	<b>05:43:00.65</b>	+01:48:38 (31.7%)	7:46	7.7 (68.1%)
37	<b>ROGAŁA Kystian</b>	<b>2045</b>		M40	37			01:50:06	02:58:45	04:52:00	04:58:51	05:43:24	<b>05:45:11.95</b>	<b>05:45:21.35</b>	+01:50:59 (32.1%)	7:49	7.7 (68.1%)
38	<b>WOCHOWSKI Tomasz</b>	<b>1718</b>		M40	38			01:54:21	03:01:16	04:56:45	05:02:46	05:43:36	<b>05:45:12.35</b>	<b>05:45:33.10</b>	+01:51:11 (32.2%)	7:49	7.7 (68.1%)
39	<b>GACEK Michał</b>	<b>1759</b>		M40	39			01:52:31	03:03:00	04:54:26	05:00:30	05:43:38	<b>05:46:01.25</b>	<b>05:46:12.35</b>	+01:51:50 (32.3%)	7:50	7.6 (67.3%)
40	<b>ZAMBRZYCKI Maciej</b>	<b>1943</b>	RESHAPE RUNNERS	M40	40			01:54:32	03:07:21	04:54:19	05:00:47	05:44:46	<b>05:46:33.70</b>	<b>05:46:41.50</b>	+01:52:19 (32.4%)	7:51	7.6 (67.3%)
41	<b>GONDOR Jarosław</b>	<b>1772</b>	UKS LIDER	M40	41			01:54:10	03:05:54	04:57:16	05:03:18	05:44:50	<b>05:46:28.45</b>	<b>05:46:44.60</b>	+01:52:22 (32.4%)	7:51	7.6 (67.3%)
42	<b>FUKS Szymon</b>	<b>1783</b>	MCBIEGACZE	M40	42			01:47:09	02:54:36	04:51:45	04:58:48	05:44:54	<b>05:46:55.70</b>	<b>05:47:04.40</b>	+01:52:42 (32.5%)	7:51	7.6 (67.3%)
43	<b>ŚWIDZIŃSKI Tomasz</b>	<b>1849</b>	LOKOMOTIV MAJDAN	M40	43			01:58:55	03:09:54	04:54:52	05:01:03	05:44:58	<b>05:46:58.05</b>	<b>05:47:21.25</b>	+01:52:59 (32.5%)	7:52	7.6 (67.3%)
44	<b>BUĆKO Marcin</b>	<b>1602</b>	ROMAN STAWIA PIWO	M40	44			01:58:10	03:09:56	04:54:54	05:01:08	05:45:04	<b>05:47:10.85</b>	<b>05:47:28.20</b>	+01:53:06 (32.6%)	7:52	7.6 (67.3%)
45	<b>ANDRZEJEWSKI Lukasz</b>	<b>1786</b>	FTI RACE TEAM	M40	45			01:55:42	03:08:36	04:56:31	05:02:35	05:45:54	<b>05:47:51.30</b>	<b>05:48:10.20</b>	+01:53:48 (32.7%)	7:53	7.6 (67.3%)
46	<b>POSTUPALSKI Michał</b>	<b>1980</b>	RUNPASSION.PL TEAM	M40	46			02:01:07	03:11:54	04:59:14	05:05:11	05:46:43	<b>05:49:17.80</b>	<b>05:49:40.10</b>	+01:55:18 (33.0%)	7:55	7.6 (67.3%)
47	<b>BARTECKI Tomasz</b>	<b>1610</b>		M40	47			01:58:39	03:08:39	05:00:24	05:06:40	05:49:58	<b>05:51:37.35</b>	<b>05:51:47.20</b>	+01:57:25 (33.4%)	7:58	7.5 (66.4%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie					Bacówka na Obidzy			Net time 44.1km	Czas brutto 44.1km	Gap	Pace min/km	Pace km/h
								14.7km	24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	24.4km	37.2km	43.6km					
48	REIMUS Maciej	2159	AKTYWNI KOCIEWIACY	M40	48			01:54:36	03:11:49	04:59:48	05:05:41	05:50:09	<b>05:51:57.85</b>	<b>05:52:05.75</b>	+01:57:43 (33.4%)	7:58	7.5 (66.4%)			
49	PIWOWAR Dawid	1802		M40	49			01:54:12	03:03:45	04:59:51	05:06:20	05:50:21	<b>05:52:33.90</b>	<b>05:52:45.65</b>	+01:58:23 (33.6%)	7:59	7.5 (66.4%)			
50	RAJNER Krzysztof	1944	ULTRA KOSZALIN	M40	50			01:56:57	03:07:53	04:58:30	05:05:04	05:51:38	<b>05:53:47.75</b>	<b>05:54:14.50</b>	+01:59:52 (33.8%)	8:01	7.5 (66.4%)			
51	KNAP Tomasz	1760		M40	51			01:52:40	03:03:37	04:59:18	05:06:28	05:53:05	<b>05:55:16.40</b>	<b>05:55:28.45</b>	+02:01:06 (34.1%)	8:03	7.4 (65.5%)			
52	BRZUSKA Leslaw	1623		M40	52			01:52:51	03:08:54	05:09:40	05:15:38	05:55:15	<b>05:57:23.75</b>	<b>05:57:30.50</b>	+02:03:08 (34.4%)	8:06	7.4 (65.5%)			
53	KOZŁOWSKI Paweł	1629		M40	53			01:53:50	03:08:46	05:00:53	05:07:19	05:55:04	<b>05:57:20.70</b>	<b>05:57:36.55</b>	+02:03:14 (34.5%)	8:06	7.4 (65.5%)			
54	NIEDŹWIEDŹ Tomasz	2004	SOBASTEAM	M40	54			01:53:57	03:08:07	05:06:38	05:12:48	05:56:36	<b>05:59:48.45</b>	<b>05:59:55.40</b>	+02:05:33 (34.9%)	8:09	7.4 (65.5%)			
55	WRÓBEL Krzysztof	1724	BIEGAJĄCY ŚWIDNIK	M40	55			01:48:01	03:03:23	05:05:28	05:11:23	05:57:40	<b>05:59:53.45</b>	<b>05:59:59.80</b>	+02:05:37 (34.9%)	8:09	7.4 (65.5%)			
56	GALA Grzegorz	1886	SCHENKER TECHNOLOGY CENTER RUNNERS	M40	56			01:54:54	03:06:09	05:08:05	05:14:34	05:57:33	<b>05:59:31.90</b>	<b>06:00:01.20</b>	+02:05:39 (34.9%)	8:09	7.4 (65.5%)			
57	MATECKI Tomasz	1604		M40	57			01:54:25	03:04:56	05:00:47	05:08:20	05:57:13	<b>05:59:41.15</b>	<b>06:00:12.45</b>	+02:05:50 (34.9%)	8:09	7.4 (65.5%)			
58	MUCOWSKI Jaromir	1935	EMERYCI I RENCISCI	M40	58			02:00:48	03:18:05	05:10:50	05:16:07	05:59:18	<b>06:01:27.10</b>	<b>06:01:55.50</b>	+02:07:33 (35.2%)	8:11	7.3 (64.6%)			
59	RYBAK Łukasz	2142		M40	59			01:52:26	03:05:57	05:07:33	05:14:22	06:00:28	<b>06:02:32.35</b>	<b>06:02:49.00</b>	+02:08:27 (35.4%)	8:13	7.3 (64.6%)			
60	PAJĄK Andrzej	1833	BIEGAM Z ABS	M40	60			01:57:52	03:14:37	05:09:16	05:15:38	06:01:47	<b>06:03:53.60</b>	<b>06:04:02.40</b>	+02:09:40 (35.6%)	8:15	7.3 (64.6%)			
61	DYBALSKI Mariusz	2026		M40	61			01:53:02	03:07:01	05:03:38	05:10:16	06:01:56	<b>06:04:19.05</b>	<b>06:04:32.85</b>	+02:10:10 (35.7%)	8:15	7.3 (64.6%)			
62	ZABRZEWSKI Patryk	1722	KLUB WYSOKOGÓRSKI JASTRZĘBIE ZDRÓJ	M40	62			01:53:40	03:11:55	05:11:11	05:17:31	06:03:47	<b>06:05:44.55</b>	<b>06:05:49.15</b>	+02:11:27 (35.9%)	8:17	7.2 (63.7%)			
63	RATAJEWICZ Maciek	1800	SKPB WARSZAWA	M40	63			02:02:50	03:17:14	05:11:26	05:17:07	06:05:38	<b>06:07:36.35</b>	<b>06:08:04.85</b>	+02:13:42 (36.3%)	8:20	7.2 (63.7%)			
64	LESZCZAK Grzegorz	1775		M40	64			02:00:15	03:16:40	05:14:00	05:20:55	06:06:19	<b>06:08:01.80</b>	<b>06:08:28.55</b>	+02:14:06 (36.4%)	8:20	7.2 (63.7%)			
65	LISAK Tomasz	1985	KS RYGLICE SEKCJA BIEGOWA	M40	65			02:06:14	03:25:33	05:17:17	05:23:28	06:06:57	<b>06:08:48.90</b>	<b>06:09:00.65</b>	+02:14:38 (36.5%)	8:21	7.2 (63.7%)			
66	RÓŻYCKI Marcin	1690		M40	66			01:54:21	03:11:07	05:10:06	05:16:29	06:06:46	<b>06:08:53.00</b>	<b>06:09:06.60</b>	+02:14:44 (36.5%)	8:21	7.2 (63.7%)			
67	SZYMULA Mariusz	1850	SZYMULA RUNNERS RYCZÓW/KRAKÓW	M40	67			02:00:25	03:16:02	05:14:02	05:20:53	06:06:35	<b>06:08:39.80</b>	<b>06:09:15.90</b>	+02:14:53 (36.5%)	8:21	7.2 (63.7%)			
68	OPOZDA Michał	2009		M40	68			01:57:14	03:14:03	05:19:41	05:26:43	06:07:28	<b>06:09:24.50</b>	<b>06:09:32.70</b>	+02:15:10 (36.6%)	8:22	7.2 (63.7%)			
69	HETMANCZYK Jakub	2031		M40	69			01:57:41	03:17:30	05:18:54	05:25:23	06:09:22	<b>06:11:34.50</b>	<b>06:11:46.55</b>	+02:17:24 (37.0%)	8:25	7.1 (62.8%)			
70	KOCJAN Paweł	1727	KIDS RUN TEAM	M40	70			02:04:52	03:19:24	05:19:00	05:25:28	06:09:42	<b>06:11:32.65</b>	<b>06:11:51.75</b>	+02:17:29 (37.0%)	8:25	7.1 (62.8%)			
71	KRZYŻOWSKI Hubert	1865		M40	71			01:57:14	03:11:05	05:15:53	05:22:29	06:10:39	<b>06:12:52.55</b>	<b>06:12:52.55</b>	+02:18:30 (37.1%)	8:27	7.1 (62.8%)			
72	WLAZŁOWSKI Radosław	2053		M40	72			02:09:54	03:28:43	05:23:51	05:28:48	06:13:07	<b>06:15:13.10</b>	<b>06:15:53.00</b>	+02:21:31 (37.6%)	8:30	7.1 (62.8%)			
73	BACHURSKI Tomasz	1732	140MINUT/KB HARCOWNIK	M40	73			01:59:08	03:14:27	05:12:32	05:20:13	06:13:46	<b>06:16:13.45</b>	<b>06:16:29.80</b>	+02:22:07 (37.8%)	8:31	7 (61.9%)			
74	NOWAK Tomasz	1750	BW BIEGACZE WYMIATACZE	M40	74			02:08:08	03:28:34	05:23:13	05:29:49	06:15:44	<b>06:17:50.70</b>	<b>06:18:03.30</b>	+02:23:41 (38.0%)	8:34	7 (61.9%)			
75	RATKOWSKI Karol	2154	WARJOTY Z DZIEWICZEJ GÓRY	M40	75			02:00:07	03:17:32	05:19:27	05:25:47	06:16:51	<b>06:18:41.55</b>	<b>06:18:55.55</b>	+02:24:33 (38.1%)	8:35	7 (61.9%)			

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka					Net time 44.1km	Czas brutto 44.1km	Pace min/km	Pace km/h	
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
76	DZIOB Grzegorz	1769	NIEPOŁOMICE BIEGAJĄ	M40	76			01:59:58	03:17:43	05:21:31	05:28:44	06:16:38	<b>06:18:51.90</b>	<b>06:19:10.10</b>	+02:24:48 (38.2%)	8:35	7 (61.9%)
77	LEWKOWSKI Aleksander	1756		M40	77			02:02:35	03:20:56	05:21:17	05:28:06	06:17:44	<b>06:19:40.70</b>	<b>06:20:17.35</b>	+02:25:55 (38.4%)	8:36	7 (61.9%)
78	WESOŁOWSKI Krzysztof	1590	LASKOWE LUDKI	M40	78			01:55:03	03:07:26	05:13:41	05:21:14	06:18:01	<b>06:20:06.75</b>	<b>06:20:23.65</b>	+02:26:01 (38.4%)	8:37	7 (61.9%)
79	MILIAN Kamil	1650	FORZA MILAN	M40	79			01:58:10	03:12:44	05:17:43	05:24:40	06:18:11	<b>06:20:09.85</b>	<b>06:20:28.55</b>	+02:26:06 (38.4%)	8:37	7 (61.9%)
80	KOKOSZKA Wojciech	1986	SLOW JOGGING SIEDLCE	M40	80			02:01:11	03:23:35	05:26:06	05:32:24	06:18:29	<b>06:20:26.50</b>	<b>06:21:03.55</b>	+02:26:41 (38.5%)	8:37	7 (61.9%)
81	GACHOWSKI Łukasz	1627		M40	81			01:56:40	03:13:20	05:21:08	05:28:09	06:19:39	<b>06:21:43.40</b>	<b>06:21:56.40</b>	+02:27:34 (38.6%)	8:39	6.9 (61.1%)
82	BARWICKI Marcin	2082		M40	82			02:09:33	03:29:40	05:26:59	05:33:20	06:19:41	<b>06:21:59.05</b>	<b>06:22:16.50</b>	+02:27:54 (38.7%)	8:39	6.9 (61.1%)
83	GAJDECKI Tomek	1911	ACCENTURE	M40	83			02:05:02	03:22:12	05:24:12	05:31:14	06:21:03	<b>06:23:06.60</b>	<b>06:23:49.10</b>	+02:29:27 (38.9%)	8:41	6.9 (61.1%)
84	KACPRZAK Marcin	2024		M40	84			01:57:01	03:17:19	05:27:26	05:34:16	06:23:50	<b>06:26:19.50</b>	<b>06:26:35.35</b>	+02:32:13 (39.4%)	8:45	6.8 (60.2%)
85	MNICH Zbigniew	2051		M40	85			02:10:32	03:29:09	05:28:23	05:34:46	06:26:37	<b>06:28:33.15</b>	<b>06:28:33.15</b>	+02:34:11 (39.7%)	8:48	6.8 (60.2%)
86	NOWOSADZKI Wojciech	1609	TRAIL IS OUR WAY TEAM	M40	86			02:05:26	03:23:29	05:24:54	05:32:36	06:26:21	<b>06:28:56.25</b>	<b>06:29:14.55</b>	+02:34:52 (39.8%)	8:49	6.8 (60.2%)
87	KARDASZEWSKI Tomasz	1711		M40	87			02:04:29	03:19:56	05:27:26	05:34:07	06:27:01	<b>06:29:13.45</b>	<b>06:29:33.35</b>	+02:35:11 (39.8%)	8:49	6.8 (60.2%)
88	WYSPIAŃSKI Tomasz	1700	KOSTERA TEAM	M40	88			02:05:15	03:22:24	05:25:44	05:33:25	06:26:36	<b>06:29:07.50</b>	<b>06:29:51.00</b>	+02:35:29 (39.9%)	8:49	6.8 (60.2%)
89	PIETRZYK Tomasz	1543	LANIE NA ŚLĘŻY	M40	89			02:01:00	03:17:04	05:30:39	05:38:43	06:28:02	<b>06:30:05.40</b>	<b>06:30:05.40</b>	+02:35:43 (39.9%)	8:50	6.8 (60.2%)
90	MOTYKA Marcin	1735	RAKOŃ WARRIORS	M40	90			02:00:51	03:28:54	05:34:48	05:41:02	06:28:00	<b>06:30:02.95</b>	<b>06:30:29.70</b>	+02:36:07 (40.0%)	8:50	6.8 (60.2%)
91	NOWOTKA Krzysztof	1548	RYKOWISKO TEAM	M40	91			02:08:14	03:31:56	05:34:06	05:41:06	06:28:10	<b>06:30:11.35</b>	<b>06:30:33.70</b>	+02:36:11 (40.0%)	8:50	6.8 (60.2%)
92	RADZIWANOWSKI Leszek	2027		M40	92			02:03:45	03:23:00	05:31:40	05:38:34	06:27:59	<b>06:30:10.85</b>	<b>06:30:46.10</b>	+02:36:24 (40.0%)	8:50	6.8 (60.2%)
93	BIJATOWSKI Adrian	1873	MADA RUNNERS	M40	93			01:59:41	03:16:19	05:27:44	05:34:45	06:29:09	<b>06:31:18.85</b>	<b>06:31:32.70</b>	+02:37:10 (40.1%)	8:52	6.8 (60.2%)
94	MAŁEK Adam	1830		M40	94			02:01:54	03:19:00	05:34:42	05:41:55	06:29:40	<b>06:31:55.30</b>	<b>06:32:14.90</b>	+02:37:52 (40.3%)	8:53	6.8 (60.2%)
95	KUREK Tomasz	1998	OPALENICKI KLUB BIEGACZA	M40	95			02:11:00	03:33:43	05:36:37	05:42:44	06:31:28	<b>06:33:43.40</b>	<b>06:34:11.85</b>	+02:39:49 (40.5%)	8:55	6.7 (59.3%)
96	GAJEWSKI Jacek	2086	DOGOŃ GRODZISK MAZOWIECKI	M40	96			02:13:38	03:36:18	05:43:25	05:50:25	06:34:58	<b>06:37:01.55</b>	<b>06:37:25.80</b>	+02:43:03 (41.0%)	9:00	6.7 (59.3%)
97	CHOLEWA Tomasz	2022		M40	97			02:09:06	03:31:34	05:39:41	05:47:19	06:35:25	<b>06:37:32.85</b>	<b>06:38:10.95</b>	+02:43:49 (41.1%)	9:00	6.7 (59.3%)
98	KARCZMARCZYK Tomasz	1878		M40	98			02:12:15	03:32:39	05:37:23	05:44:09	06:35:17	<b>06:37:20.55</b>	<b>06:38:15.95</b>	+02:43:54 (41.2%)	9:00	6.7 (59.3%)
99	RAMS Dariusz	2152	CASTA	M40	99			02:02:40	03:25:46	05:38:22	05:44:43	06:35:46	<b>06:37:50.05</b>	<b>06:38:17.95</b>	+02:43:56 (41.2%)	9:01	6.7 (59.3%)
100	KAZEKO Ivan	2155		M40	100			02:03:50	03:21:59	05:39:23	05:46:12	06:38:36	<b>06:40:22.80</b>	<b>06:41:00.25</b>	+02:46:38 (41.6%)	9:04	6.6 (58.4%)
101	KISIECKI Damian	1699	HURAGAN LIGOTA	M40	101			02:07:48	03:32:44	05:41:23	05:47:50	06:40:18	<b>06:42:32.00</b>	<b>06:42:59.50</b>	+02:48:37 (41.8%)	9:07	6.6 (58.4%)
102	LISIK Wojciech	1812	KS WINO	M40	102			02:00:17	03:20:35	05:41:28	05:48:38	06:40:18	<b>06:42:27.75</b>	<b>06:43:04.25</b>	+02:48:42 (41.9%)	9:07	6.6 (58.4%)
103	KOROSTYŃSKI Damian	1666		M40	103			02:04:16	03:24:04	05:37:35	05:44:31	06:40:05	<b>06:42:21.65</b>	<b>06:43:07.80</b>	+02:48:45 (41.9%)	9:07	6.6 (58.4%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie			Bacówka na Obidzy			Net time 44.1km	Czas brutto 44.1km	Pace min/km	Pace km/h
								14.7km	24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	44.1km				
104	MIREK Sławomir	2054		M40	104			02:09:47	03:34:30	05:46:53	05:53:32	06:42:08	<b>06:44:02.85</b>	<b>06:44:41.35</b>	+02:50:19 (42.1%)	9:09	6.5 (57.5%)
105	KOSZCZUK Łukasz	1689	NATIONALE-NEDERLANDEN RUNNING TEAM	M40	105			02:10:08	03:33:54	05:40:35	05:47:10	06:42:20	<b>06:44:15.50</b>	<b>06:44:47.30</b>	+02:50:25 (42.1%)	9:10	6.5 (57.5%)
106	MLAK Dariusz	2011		M40	106			02:01:35	03:24:32	05:45:01	05:51:14	06:43:28	<b>06:45:40.90</b>	<b>06:45:45.80</b>	+02:51:23 (42.2%)	9:11	6.5 (57.5%)
107	UCIŃSKI Grzegorz	1555		M40	107			02:08:21	03:35:42	05:48:10	05:54:54	06:43:38	<b>06:45:53.90</b>	<b>06:46:10.75</b>	+02:51:48 (42.3%)	9:12	6.5 (57.5%)
108	KIELAR Łukasz	1576		M40	108			02:15:38	03:42:18	05:51:04	05:57:29	06:46:25	<b>06:48:22.50</b>	<b>06:48:40.70</b>	+02:54:18 (42.7%)	9:15	6.5 (57.5%)
109	PIĘNKOSZ Wojciech	2153	PGE ENERGETIC RUNNING/PODIUM	M40	109			02:09:40	03:38:24	05:47:53	05:55:37	06:46:26	<b>06:48:34.70</b>	<b>06:48:59.80</b>	+02:54:37 (42.7%)	9:15	6.5 (57.5%)
110	SZYMULA Janusz	1916		M40	110			02:06:55	03:31:10	05:48:28	05:55:37	06:46:38	<b>06:48:40.90</b>	<b>06:49:16.20</b>	+02:54:54 (42.7%)	9:16	6.5 (57.5%)
111	NOWAK Łukasz	2140		M40	111			02:09:36	03:33:37	05:40:29	05:48:38	06:45:47	<b>06:49:14.50</b>	<b>06:50:08.90</b>	+02:55:46 (42.9%)	9:16	6.5 (57.5%)
112	BUJNOWSKI Rafał	1901	PĘDZĄCE KAPCIE	M40	112			02:05:25	03:26:57	05:46:52	05:53:44	06:47:37	<b>06:49:44.10</b>	<b>06:50:21.55</b>	+02:55:59 (42.9%)	9:17	6.5 (57.5%)
113	NYKIEL Rafał	2077	ULTRA DIABŁY TEAM LUBRZA	M40	113			02:11:23	03:39:08	05:51:21	05:58:20	06:49:59	<b>06:52:05.70</b>	<b>06:52:39.60</b>	+02:58:17 (43.2%)	9:20	6.4 (56.6%)
114	ZDAŃSKI Paweł	1837		M40	114			02:16:01	03:43:52	05:55:27	06:02:17	06:52:34	<b>06:54:59.30</b>	<b>06:55:17.40</b>	+03:00:55 (43.6%)	9:24	6.4 (56.6%)
115	BARTULA Jan	1784	PARKRUN CHRZANÓW	M40	115			02:08:04	03:34:19	05:51:19	05:57:56	06:52:34	<b>06:54:42.75</b>	<b>06:55:43.65</b>	+03:01:21 (43.6%)	9:24	6.4 (56.6%)
116	TEODOROWICZ Sylwester	1534		M40	116			02:09:00	03:32:56	05:45:08	05:52:18	06:52:24	<b>06:55:03.80</b>	<b>06:55:59.00</b>	+03:01:37 (43.7%)	9:24	6.4 (56.6%)
117	KARPIESIUK Adam	1525	AKTYWNIE UZALEŻNIAMY	M40	117			02:11:35	03:40:56	05:59:03	06:05:19	06:54:07	<b>06:56:17.10</b>	<b>06:56:39.25</b>	+03:02:17 (43.8%)	9:26	6.4 (56.6%)
117	WERESZCZYŃSKI Tomasz	1554	AKTYWNIE UZALEŻNIAMY	M40	117			02:11:36	03:40:58	05:59:12	06:05:39	06:54:09	<b>06:56:17.50</b>	<b>06:56:39.25</b>	+03:02:17 (43.8%)	9:26	6.4 (56.6%)
119	BERGIER Paweł	2073	BIEGAMBOMUSZĘ XFIT ULTRA	M40	119			02:10:41	03:35:53	05:58:55	06:07:43	06:55:28	<b>06:57:32.75</b>	<b>06:57:41.70</b>	+03:03:19 (43.9%)	9:28	6.3 (55.8%)
119	SYGIET Andrzej	1917		M40	119			02:10:37	03:35:51	05:59:03	06:07:29	06:55:21	<b>06:57:30.85</b>	<b>06:57:41.70</b>	+03:03:19 (43.9%)	9:28	6.3 (55.8%)
121	JAROS Mirek	1903		M40	121			02:12:13	03:35:15	05:52:27	05:59:47	06:55:44	<b>06:57:44.80</b>	<b>06:58:08.60</b>	+03:03:46 (44.0%)	9:28	6.3 (55.8%)
122	PRĘDKI Mirosław	1870		M40	122			02:23:40	03:49:48	06:01:23	06:09:10	06:56:58	<b>06:59:20.00</b>	<b>06:59:20.00</b>	+03:04:58 (44.1%)	9:30	6.3 (55.8%)
123	CHOMA Marek	1795	PĘDZĄCE LENIWCE	M40	123			02:14:11	03:40:20	05:58:03	06:04:25	06:57:09	<b>06:58:53.75</b>	<b>06:59:48.65</b>	+03:05:26 (44.2%)	9:29	6.3 (55.8%)
124	BORYCKI Artur	2112		M40	124			02:10:30	03:33:20	05:52:52	06:01:47	06:57:37	<b>06:59:43.45</b>	<b>07:00:09.10</b>	+03:05:47 (44.2%)	9:31	6.3 (55.8%)
125	ZAJKOWSKI Mariusz	2092	STAJNIA BALONA	M40	125			02:16:47	03:42:51	05:59:48	06:07:09	06:58:11	<b>06:59:59.85</b>	<b>07:00:27.40</b>	+03:06:05 (44.3%)	9:31	6.3 (55.8%)
126	SYDOR Piotr	1921		M40	126			02:11:57	03:38:20	05:58:52	06:06:41	06:58:45	<b>07:00:44.95</b>	<b>07:00:54.65</b>	+03:06:32 (44.3%)	9:32	6.3 (55.8%)
127	DUDEK Michał	1791		M40	127			02:07:29	03:33:25	06:02:00	06:08:14	06:59:49	<b>07:02:01.80</b>	<b>07:02:25.20</b>	+03:08:03 (44.5%)	9:34	6.3 (55.8%)
128	RĄCZKOWSKI Adam	1815	MYKK	M40	128			02:13:28	03:48:14	06:03:52	06:11:04	07:02:20	<b>07:04:43.80</b>	<b>07:05:12.60</b>	+03:10:50 (44.9%)	9:37	6.2 (54.9%)
129	LEGUTKO Bartłomiej	1531		M40	129			02:01:35	03:31:54	05:54:43	06:01:18	07:03:23	<b>07:05:48.00</b>	<b>07:06:10.80</b>	+03:11:48 (45.0%)	9:39	6.2 (54.9%)
130	ŁUCZAK Marcin	2149	***** ***	M40	130			02:09:37	03:34:46	05:57:27	06:05:22	07:03:14	<b>07:06:00.70</b>	<b>07:06:16.05</b>	+03:11:54 (45.0%)	9:39	6.2 (54.9%)
131	NAPIERAŁA Marcin	2123	#	M40	131			02:23:03	03:52:42	06:05:13	06:12:44		<b>07:08:23.25</b>	<b>07:08:30.35</b>	+03:14:08 (45.3%)	9:42	6.2 (54.9%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka				Net time 44.1km	Czas brutto 44.1km	Pace min/km	Pace km/h		
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km					43.6km	
132	SKÓRA Wojciech	2113		M40	132			02:13:41	03:41:58	06:01:31	06:08:53	43.6km	07:08:42.35	07:09:31.75	+03:15:09 (45.4%)	9:43	6.2 (54.9%)
133	SYNOWIEC Grzegorz	1611		M40	133			02:12:47	03:37:23	06:01:27	06:08:20	43.6km	07:09:32.50	07:09:59.80	+03:15:37 (45.5%)	9:44	6.2 (54.9%)
134	PRZEPERSKI Krzysztof	1836		M40	134			02:16:00	03:40:43	06:05:17	06:12:18	43.6km	07:09:24.80	07:10:04.20	+03:15:42 (45.5%)	9:44	6.2 (54.9%)
135	BOCIAGA Paweł	1953		M40	135			02:16:24	03:57:41	06:14:53	06:21:26	43.6km	07:11:07.35	07:11:30.75	+03:17:08 (45.7%)	9:46	6.1 (54.0%)
136	DUDEK Paweł	2072	RUCH IZBICA	M40	136			02:09:39	03:39:24	06:06:12	06:12:25	43.6km	07:12:56.80	07:13:31.95	+03:19:10 (45.9%)	9:49	6.1 (54.0%)
137	ŁATKOWSKI Łukasz	2014	01LLATKOWSKI@GMAIL.COM	M40	137			02:21:07	03:58:04	06:17:48	06:24:48	43.6km	07:18:52.05	07:19:03.35	+03:24:41 (46.6%)	9:57	6 (53.1%)
138	ZEMBATY Marek	1777		M40	138			02:12:27	03:41:29	06:04:23	06:11:29	43.6km	07:18:43.85	07:19:22.65	+03:25:00 (46.7%)	9:56	6 (53.1%)
139	DRABIŃSKI Adrian	1743	BEERSPIRIT	M40	139			02:20:15	03:52:19	06:14:48	06:21:53	43.6km	07:19:00.30	07:19:34.00	+03:25:12 (46.7%)	9:57	6 (53.1%)
140	OBŁUDKA Adam	1749	BEERSPIRIT	M40	140			02:20:15	03:52:20	06:14:49	06:21:43	43.6km	07:19:00.75	07:19:34.35	+03:25:12 (46.7%)	9:57	6 (53.1%)
141	RAJTAR Robert	1955	BRYGADA RR	M40	141			02:25:42	03:58:14	06:10:57	06:17:53	43.6km	07:18:38.55	07:19:38.60	+03:25:16 (46.7%)	9:56	6 (53.1%)
142	GAWROŃSKI Adrian	1970	ZABIEGANYMI CZĘSTOCHOWA	M40	142			02:04:55	03:33:30	06:10:34	06:17:39	43.6km	07:19:39.00	07:20:01.60	+03:25:39 (46.7%)	9:58	6 (53.1%)
143	BALUTA Paweł	2132	BEZPIECZNY KAZBEK	M40	143			02:16:06	03:42:51	06:17:18	06:25:22	43.6km	07:20:03.60	07:20:57.85	+03:26:35 (46.9%)	9:58	6 (53.1%)
144	FALISZEWSKI Sebastian	1876		M40	144			02:16:27	03:57:41	06:15:01	06:21:20	43.6km	07:21:57.60	07:22:21.15	+03:27:59 (47.0%)	10:01	6 (53.1%)
145	ŁUKASZEWICZ Dawid	2018	Z GÓRKI I POD GÓRKĘ	M40	145			02:15:18	03:48:42	06:16:01	06:23:04	43.6km	07:22:49.45	07:23:11.60	+03:28:49 (47.1%)	10:02	6 (53.1%)
146	TUCHOWSKI Janusz	1798		M40	146			02:09:54	03:54:05	06:16:31	06:23:36	43.6km	07:24:47.10	07:25:37.20	+03:31:15 (47.4%)	10:05	5.9 (52.2%)
147	KAMIŃSKI Piotr	1670		M40	147			02:32:33	04:06:06	06:24:24	06:31:39	43.6km	07:25:38.40	07:26:23.00	+03:32:01 (47.5%)	10:06	5.9 (52.2%)
148	KOŚCIUCZUK Łukasz	2041	FUNDACJA RAK'N'ROLL	M40	148			02:16:04	03:43:54	06:03:42	06:12:05	43.6km	07:27:11.85	07:28:11.15	+03:33:49 (47.7%)	10:08	5.9 (52.2%)
149	RAKOWSKI Krzysztof	1939	RUNNERSI	M40	149			02:16:08	03:51:04	06:19:00	06:27:26	43.6km	07:29:17.05	07:29:25.85	+03:35:03 (47.9%)	10:11	5.9 (52.2%)
150	PIECH Adam	2021	PORANNY PATROL	M40	150			02:17:26	03:53:28	06:18:13	06:25:30	43.6km	07:29:20.80	07:29:55.30	+03:35:33 (47.9%)	10:11	5.9 (52.2%)
151	KOZIELEC Tomasz	1556	PĘDZĄCE MISIE	M40	151			02:20:07	03:52:40	06:19:41	06:27:08	43.6km	07:30:15.10	07:30:54.80	+03:36:32 (48.0%)	10:12	5.9 (52.2%)
152	SZYMEROWSKI Łukasz	1872		M40	152			02:25:08	04:02:50	06:23:06	06:30:31	43.6km	07:30:06.10	07:30:58.40	+03:36:36 (48.0%)	10:12	5.9 (52.2%)
153	KIERSZNIKIEWICZ Łukasz	1598		M40	153			02:18:16	04:02:50	06:23:03	06:30:20	43.6km	07:30:19.55	07:31:12.85	+03:36:50 (48.1%)	10:12	5.9 (52.2%)
154	ROZNER Artur	2038	ROZNER.ARTUR@GMAIL.COM	M40	154			02:19:09	04:05:19	06:26:12	06:33:59	43.6km	07:32:41.00	07:32:54.60	+03:38:32 (48.3%)	10:15	5.8 (51.3%)
155	BARCIK Witold	1958	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M40	155			02:08:35	03:41:54	06:09:35	06:18:00	43.6km	07:33:48.95	07:34:26.20	+03:40:04 (48.4%)	10:17	5.8 (51.3%)
156	ZIELIŃSKI Michał	1626	DZIKIE ŻYCIE RUN TEAM	M40	156			02:23:53	04:00:05	06:26:25	06:34:54	43.6km	07:39:06.30	07:39:39.35	+03:45:17 (49.0%)	10:24	5.8 (51.3%)
157	KARDASZ Jacek	1533	ATTYLA	M40	157			02:20:19	03:56:53	06:30:29	06:39:02	43.6km	07:40:10.65	07:40:27.85	+03:46:05 (49.1%)	10:26	5.8 (51.3%)
158	ŁASKI Radosław	1575	FOURTRISQUAD	M40	158			02:15:48	04:00:51	06:34:44	06:40:55	43.6km	07:39:51.45	07:40:33.00	+03:46:11 (49.1%)	10:25	5.8 (51.3%)
159	CHMURA Łukasz	1778	NAPRZÓD MŁOCINY-BAT	M40	159			02:18:57	04:02:25	06:30:03	06:38:18	43.6km	07:40:27.50	07:40:37.25	+03:46:15 (49.1%)	10:26	5.7 (50.4%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Net time 44.1km	Czas brutto 44.1km	Pace min/km	Pace km/h	
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
160	ŚLACZKA Arkadiusz	1948	FINISZ RYMANÓW	M40	160			02:31:19	04:06:23	06:34:37	06:42:30		07:40:49.60	07:41:46.20	+03:47:24 (49.2%)	10:26	5.7 (50.4%)
161	KALINOWSKI Bartek	1731	KS SCIEK	M40	161			02:21:29	03:52:04	06:33:05	06:40:53		07:42:05.75	07:43:01.10	+03:48:39 (49.4%)	10:28	5.7 (50.4%)
162	WIETRZYCKI Marcin	1624		M40	162			02:15:57	03:57:08	06:31:24	06:38:03		07:43:12.35	07:43:33.70	+03:49:11 (49.4%)	10:30	5.7 (50.4%)
163	CIESZYŃSKI Mariusz	1859	BEAUTY-STUDIO LOĘBORK	M40	163			02:33:21	04:12:59	06:41:35	06:49:44		07:46:37.45	07:47:30.95	+03:53:09 (49.9%)	10:34	5.7 (50.4%)
164	NĘCKI Łukasz	1697		M40	164			02:25:19	04:02:54	06:37:57	06:45:10		07:47:52.35	07:48:07.45	+03:53:45 (49.9%)	10:36	5.7 (50.4%)
165	PYTLEWSKI Łukasz	2059		M40	165			02:28:10	04:05:42	06:42:48	06:50:23		07:53:22.95	07:54:03.00	+03:59:41 (50.6%)	10:44	5.6 (49.6%)
166	WOCHNIK Marek	1728	RAPID RUNNERS TEAM	M40	166			02:30:40	04:11:01	06:50:22	06:55:32		07:54:57.15	07:55:27.70	+04:01:05 (50.7%)	10:46	5.6 (49.6%)
167	RONDUDA Robert	1893		M40	167			02:28:22	04:13:33	06:47:15	06:54:30		07:59:18.45	08:00:03.85	+04:05:41 (51.2%)	10:52	5.5 (48.7%)
168	PIETRUSZEWSKI Bartek	1804		M40	168			02:24:44	04:11:45	06:50:33	06:57:04		08:05:57.35	08:06:31.15	+04:12:09 (51.8%)	11:01	5.4 (47.8%)
168	KRZYSZTOFOWICZ Andrzej	1831	ULTRASY	M40	168			02:24:44	04:11:47	06:50:32	06:57:37		08:05:57.85	08:06:31.15	+04:12:09 (51.8%)	11:01	5.4 (47.8%)
170	ZAK Robert	2105		M40	170			02:29:47	04:16:31	06:53:42	07:01:20		08:06:35.05	08:07:24.15	+04:13:02 (51.9%)	11:02	5.4 (47.8%)
171	JAWORSKI Bartek	2103		M40	171			02:32:59	04:16:35	06:53:47	07:01:20		08:06:36.10	08:07:24.40	+04:13:02 (51.9%)	11:02	5.4 (47.8%)
172	RUBASZKO Michał	1951		M40	172			02:22:24	04:05:01	06:55:46	07:03:09		08:08:16.60	08:09:09.25	+04:14:47 (52.1%)	11:04	5.4 (47.8%)
173	RUSEK Jarosław	1976		M40	173			02:22:23	04:05:02	06:55:44	07:03:51		08:08:16.95	08:09:09.85	+04:14:47 (52.1%)	11:04	5.4 (47.8%)
174	KRACZKOWSKI Krzysztof	1847	CHEŁM BIEGA	M40	174			02:24:43	04:16:58	07:00:15	07:07:20		08:14:59.15	08:15:35.80	+04:21:13 (52.7%)	11:13	5.3 (46.9%)
175	KOWALSKI Andrzej	1661		M40	175			02:39:15	04:21:24	07:02:14	07:10:44		08:17:41.85	08:18:08.25	+04:23:46 (53.0%)	11:17	5.3 (46.9%)
176	WINIECKI Tomasz	2133	IRON HOUSE TRIATHLON WŁOCŁAWEK	M40	176			02:50:51	04:37:04	07:04:22	07:07:45		08:18:18.30	08:18:30.45	+04:24:08 (53.0%)	11:17	5.3 (46.9%)
177	WIERZBICKI Michał	1639	MORSY SWARZĘDZ	M40	177			02:40:58	04:35:23	07:10:14	07:18:28		08:19:05.55	08:19:40.70	+04:25:18 (53.1%)	11:19	5.3 (46.9%)
178	CZARNIECKI Tadeusz	2139	OSHEE RUNNERS TEAM	M40	178			02:36:33	04:31:18	07:14:06	07:22:23		08:23:36.15	08:24:14.70	+04:29:52 (53.5%)	11:25	5.3 (46.9%)
179	MALINOWSKI Marcin	1740		M40	179			02:34:03	04:15:54	07:14:10	07:21:56		08:25:59.95	08:26:59.25	+04:32:37 (53.8%)	11:28	5.2 (46.0%)
180	FRĄCZEK Rafał	1671	EKO-KONSULT	M40	180			02:41:00	04:37:03	07:20:28	07:27:18		08:30:28.80	08:31:13.00	+04:36:51 (54.2%)	11:34	5.2 (46.0%)
181	KALINOWSKI Adam	1625		M40	181			02:26:25		07:06:18			08:31:29.00	08:31:29.00	+04:37:07 (54.2%)	11:35	5.2 (46.0%)
182	BARNAŚ Arkadiusz	1635		M40	182			02:42:32	04:30:31	07:14:17	07:22:26		08:31:40.80	08:32:31.90	+04:38:09 (54.3%)	11:36	5.2 (46.0%)
183	SOIŃSKI Przemysław	1686	KB MANIAC POZNAŃ	M40	183			02:36:23	04:30:26	07:15:36	07:23:44		08:32:24.85	08:33:05.30	+04:38:43 (54.3%)	11:37	5.2 (46.0%)
184	DZIAŁA Piotr	1606	KB OŻARÓW MAZOWIECKI BIEGA	M40	184			02:39:51	04:34:08	07:15:39	07:24:17		08:33:53.90	08:34:25.75	+04:40:03 (54.4%)	11:39	5.1 (45.1%)
185	KONEFAŁ Włodzimierz	1566	REMBERTÓW TEAM	M40	185			02:38:07	04:27:18	07:09:50			08:39:35.25	08:40:29.05	+04:46:07 (55.0%)	11:46	5.1 (45.1%)
186	MZYK Fabian	1827	STS BIEGATON	M40	186			02:38:45	04:34:51	07:14:44	07:23:30		08:40:54.25	08:41:12.05	+04:46:50 (55.0%)	11:48	5.1 (45.1%)
187	LATAŁA Wojciech	1574	LEŚNE GRUBASY	M40	187			02:49:44	04:40:40	07:26:59	07:34:23		08:43:15.20	08:44:11.45	+04:49:49 (55.3%)	11:51	5.1 (45.1%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski			Schronisko na Przehybie			Bacówka na Obidzy			Premia1 37.2km	Premia2 37.7km	43.6km	Net time 44.1km	Czas brutto 44.1km	Gap	Pace min/km	Pace km/h
								Drużyna	14.7km	24.4km												
188	TOKARSKI Jacek	1771		M40	188				02:41:02	04:28:05	07:30:41	07:39:19					<b>08:45:30.00</b>	<b>08:45:40.20</b>	+04:51:18 (55.4%)	11:54	5 (44.2%)	
189	PŁOSKONKA Paweł	1869		M40	189						07:42:51	07:49:59					<b>08:52:09.10</b>	<b>08:52:09.10</b>	+04:57:47 (56.0%)	12:04	5 (44.2%)	
190	HOJDA Mariusz	1632		M40	190				02:47:15	04:40:41	07:36:08	07:44:56					<b>08:51:37.65</b>	<b>08:52:29.95</b>	+04:58:08 (56.0%)	12:03	5 (44.2%)	
<b>Przekroczony limit czasu: 09:00:00</b>																						
191	BUGAJCZYK Cezary	1677		M40	191				02:41:20	04:50:04	07:49:50	07:57:56					<b>09:17:31.45</b>	<b>09:18:24.15</b>	+05:24:02 (58.0%)	12:38	4.7 (41.6%)	
192	TYMBURSKI Michał	1620	SPARTA LUBLIN	M40	192				02:51:45	04:57:45	07:50:07	07:57:47					<b>09:18:27.45</b>	<b>09:18:27.45</b>	+05:24:05 (58.0%)	12:39	4.7 (41.6%)	
193	LACHOWSKI Karol	1848	FILIP RUNNING TEAM	M40	193				02:48:22	04:51:50	08:02:18	08:10:00					<b>09:33:07.75</b>	<b>09:33:39.20</b>	+05:39:17 (59.1%)	12:59	4.6 (40.7%)	
194	SMORAĞIEWICZ Marcin	1545		M40	194				03:06:46	05:15:38	08:32:00	08:42:59					<b>10:10:31.70</b>	<b>10:11:22.45</b>	+06:17:00 (61.7%)	13:50	4.3 (38.1%)	
	PELA Dariusz	1913	PURGA	M40					01:44:04 DNF	02:48:37 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)	
	ZAJĄC Robert	1643	ORANGE POLSKA	M40					01:47:22 DNF	02:57:53 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)	
	JANICKI Patryk	2057	PORANNY PATROL	M40					02:18:12 DNF	03:41:27 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)	
	WÓJCIK Jacek	2016	FINISZ RYMANÓW	M40					01:43:43 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)	
	MISKIEWICZ Mariusz	1515	STAŃCZAK TEAM	M40					DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)	

Total 199 results.