X ULTRAMARATON BIESZCZADZKI - 26 KM

Wydarzenie: X ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-10-08
Miejsce: Cisna
Dystans: 26 km

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	**SIOŁA Karol**	**2238**	DYNAFIT	M20	1	01:13:44	**02:19:35.50**	**02:19:35.50**		5:22	11.2 (100%)
2	**ZYGMUNT Tomasz**	**2192**	ULTRA WYJADACZE	M20	2	01:13:39	**02:23:23.35**	**02:23:23.35**	+00:03:47 (2.6%)	5:30	10.9 (97.3%)
3	**WRÓBEL Kamil**	**2039**		M30	1	01:14:23	**02:25:00.05**	**02:25:00.05**	+00:05:24 (3.7%)	5:34	10.8 (96.4%)
4	**CHOJNACKI Szymon**	**2293**	BOURNEMOUTH AC	M40	1	01:15:25	**02:29:06.30**	**02:29:06.30**	+00:09:30 (6.4%)	5:44	10.5 (93.8%)
5	**ŁOIŃSKI Andrzej**	**2147**	RUCH IZBICA	M40	2	01:15:22	**02:33:21.80**	**02:33:21.80**	+00:13:46 (9.0%)	5:53	10.2 (91.1%)
6	**WAŻNY Jacek**	**2168**	BANDA GRUDNIA	M30	2	01:18:29	**02:33:29.00**	**02:33:29.00**	+00:13:53 (9.1%)	5:54	10.2 (91.1%)
7	**KUMANEK Bartek**	**2292**		M30	3	01:22:24	**02:40:50.80**	**02:40:50.80**	+00:21:15 (13.2%)	6:11	9.7 (86.6%)
8	**STEPANIUK Adam**	**2218**	BIEGAMY DZISAJ? WIERZBICA	M40	3	01:23:07	**02:41:32.65**	**02:41:32.65**	+00:21:57 (13.6%)	6:12	9.7 (86.6%)
9	**GAJEWSKI Marek**	**2094**	ADIDAS RUNNERS WARSAW	M30	4	01:21:44	**02:46:02.50**	**02:46:02.50**	+00:26:27 (15.9%)	6:23	9.4 (83.9%)
10	**PROSZOWSKI Piotr**	**2247**	STALOWOWOLSKI KLUB BIEGACZA	M50	1	01:22:56	**02:47:07.30**	**02:47:07.30**	+00:27:31 (16.5%)	6:25	9.3 (83.0%)
11	**SZYDŁAK Dariusz**	**2258**		M40	4	01:23:07	**02:47:23.80**	**02:47:23.80**	+00:27:48 (16.6%)	6:26	9.3 (83.0%)
12	**KNOPEK Adam**	**2243**	BIEG PO ZDRÓJ	M40	5	01:26:59	**02:47:48.35**	**02:47:48.35**	+00:28:12 (16.8%)	6:27	9.3 (83.0%)
13	**GOŁAWSKI Robert**	**2213**	SIEDLCE	M20	3	01:30:04	**02:50:03.20**	**02:50:03.20**	+00:30:27 (17.9%)	6:32	9.2 (82.1%)
14	**PELA Dariusz**	**2337**		M30	5	01:30:01	**02:50:04.95**	**02:50:04.95**	+00:30:29 (17.9%)	6:32	9.2 (82.1%)
15	**STANIO Arkadiusz**	**2050**	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	6	01:26:52	**02:50:15.50**	**02:50:15.50**	+00:30:40 (18.0%)	6:32	9.2 (82.1%)
16	**BISZCZAN Rafał**	**2173**	BIEGAMY DZISIAJ? WIERZBICA	M40	7	01:24:45	**02:50:41.20**	**02:50:41.20**	+00:31:05 (18.2%)	6:33	9.1 (81.3%)
17	**KUSIAK Maciej**	**2224**		M20	4	01:24:34	**02:51:42.00**	**02:51:42.00**	+00:32:06 (18.7%)	6:36	9.1 (81.3%)
18	**KORZONEK Marcin**	**2275**	SPRINT GORZYCE	M40	8	01:24:38	**02:52:04.15**	**02:52:04.15**	+00:32:28 (18.9%)	6:37	9.1 (81.3%)
19	**MAKOWSKI Jerzy**	**2239**	MKS MECHANIK WŁODAWA	M50	2	01:30:20	**02:52:16.70**	**02:52:16.70**	+00:32:41 (19.0%)	6:37	9.1 (81.3%)
20	**PODOLAK Jakub**	**2091**	A TAK SOBIE BIEGAM	M20	5	01:26:28	**02:54:20.70**	**02:54:20.70**	+00:34:45 (19.9%)	6:42	8.9 (79.5%)
21	**WOŹNIAK Jakub**	**2263**	SPRINT GORZYCE	M20	6	01:23:03	**02:54:54.80**	**02:54:54.80**	+00:35:19 (20.2%)	6:43	8.9 (79.5%)
22	**DEC Piotr**	**2320**	:)	M50	3	01:30:12	**02:55:51.95**	**02:55:51.95**	+00:36:16 (20.6%)	6:45	8.9 (79.5%)
23	**NIEDŹWIEDŹ Tomasz**	**2246**	SOBASTEAM	M40	9	01:30:09	**02:56:49.00**	**02:56:49.00**	+00:37:13 (21.1%)	6:48	8.8 (78.6%)
24	**WOJTANOWSKI Adrian**	**2262**	SPRINT GORZYCE	M20	7	01:25:55	**02:57:24.75**	**02:57:24.75**	+00:37:49 (21.3%)	6:49	8.8 (78.6%)
25	**KWIECIEŃ Paweł**	**2326**		M30	6	01:27:53	**02:58:18.70**	**02:58:18.70**	+00:38:43 (21.7%)	6:51	8.7 (77.7%)
26	**DUCH Rafał**	**2101**		M30	7	01:35:04	**03:00:28.35**	**03:00:28.35**	+00:40:52 (22.7%)	6:56	8.6 (76.8%)
27	**DZIOREK Tomasz**	**2334**	SPRINT GORZYCE	M30	8	01:28:09	**03:00:37.10**	**03:00:37.10**	+00:41:01 (22.7%)	6:56	8.6 (76.8%)
28	**STRZĘPEK Dariusz**	**2125**		M30	9	01:36:03	**03:01:23.70**	**03:01:23.70**	+00:41:48 (23.0%)	6:58	8.6 (76.8%)
29	**GROCHAL Marcin**	**2027**	KS KOŚCIELEC CHRZANÓW	M40	10	01:33:35	**03:02:01.70**	**03:02:01.70**	+00:42:26 (23.3%)	7:00	8.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
30	**STACH Paweł**	**2315**	SIWEJKA	M50	4	01:31:54	**03:03:13.75**	**03:03:13.75**	+00:43:38 (23.8%)	7:02	8.5 (75.9%)
31	**SZAFRAŃSKI Mateusz**	**2177**	CROSSFIT 72D	M30	10	01:34:41	**03:03:28.00**	**03:03:28.00**	+00:43:52 (23.9%)	7:03	8.5 (75.9%)
32	**KORZONEK Karol**	**2281**	SPRINT GORZYCE	M30	11	01:26:25	**03:03:53.25**	**03:03:53.25**	+00:44:17 (24.1%)	7:04	8.5 (75.9%)
33	**SZACHNA Piotr**	**2197**	MARKOWI BIEGACZE	M40	11	01:33:19	**03:04:20.50**	**03:04:20.50**	+00:44:45 (24.3%)	7:05	8.5 (75.9%)
34	**KRUPA Grzegorz**	**2335**	KB SOBÓTKA	M40	12	01:35:06	**03:05:46.65**	**03:05:46.65**	+00:46:11 (24.9%)	7:08	8.4 (75.0%)
35	**URBANIAK Krzysztof**	**2162**	BRZYSKI TRI TEAM	M30	12	01:33:19	**03:06:09.15**	**03:06:09.15**	+00:46:33 (25.0%)	7:09	8.4 (75.0%)
36	**SZYMKIEWICZ Robert**	**2189**	MIEDZYRZECKIE GAZELE	M50	5	01:34:50	**03:07:41.90**	**03:07:41.90**	+00:48:06 (25.6%)	7:13	8.3 (74.1%)
37	**TIČINOVIĆ Daniel**	**2051**	BŁĘKITNA XVII-TKA	M30	13	01:36:16	**03:08:13.20**	**03:08:13.20**	+00:48:37 (25.8%)	7:14	8.3 (74.1%)
38	**PIOTROWICZ Slawomir**	**2074**	DEAF	M30	14	01:34:43	**03:10:05.60**	**03:10:05.60**	+00:50:30 (26.6%)	7:18	8.2 (73.2%)
39	**WANAT Janusz**	**2237**		M40	13	01:33:26	**03:10:06.30**	**03:10:06.30**	+00:50:30 (26.6%)	7:18	8.2 (73.2%)
40	**KOT Dawid**	**2225**		M20	8	01:36:21	**03:11:04.75**	**03:11:04.75**	+00:51:29 (26.9%)	7:20	8.2 (73.2%)
41	**CIEŚLA Krzysztof**	**2087**		M40	14	01:36:20	**03:11:04.95**	**03:11:04.95**	+00:51:29 (26.9%)	7:20	8.2 (73.2%)
42	**FLEJSZAR Marcin**	**2059**		M30	15	01:37:35	**03:11:34.00**	**03:11:34.00**	+00:51:58 (27.1%)	7:22	8.1 (72.3%)
43	**KRALEWSKI Robert**	**2222**		M40	15	01:37:54	**03:12:05.15**	**03:12:05.15**	+00:52:29 (27.3%)	7:23	8.1 (72.3%)
44	**RABCZEWSKI Andrzej**	**2229**	MKS MECHANIK WŁODAWA	M50	6	01:38:27	**03:12:54.75**	**03:12:54.75**	+00:53:19 (27.6%)	7:25	8.1 (72.3%)
45	**MASTELA Andrzej**	**2268**	POLPLAST BIEGA	M40	16	01:34:51	**03:15:01.85**	**03:15:01.85**	+00:55:26 (28.4%)	7:30	8 (71.4%)
46	**KURKOWSKI Sławomir**	**2110**	HEATLY BODY ZELAZNY&ZELAZNY	M30	16	01:41:11	**03:17:04.80**	**03:17:04.80**	+00:57:29 (29.2%)	7:34	7.9 (70.5%)
47	**CUPAK Łukasz**	**2008**		M30	17	01:35:49	**03:17:31.50**	**03:17:31.50**	+00:57:56 (29.3%)	7:35	7.9 (70.5%)
48	**FIREK Rafał**	**2109**		M40	17	01:36:42	**03:17:37.10**	**03:17:37.10**	+00:58:01 (29.4%)	7:36	7.9 (70.5%)
49	**FILIPEK Mateusz**	**2077**	NIEWYCHOWANI FIZYCZNIE	M20	9	01:33:43	**03:19:05.25**	**03:19:05.25**	+00:59:29 (29.9%)	7:39	7.8 (69.6%)
50	**PODLEŚ Robert**	**2145**		M60	1	01:39:34	**03:19:11.10**	**03:19:11.10**	+00:59:35 (29.9%)	7:39	7.8 (69.6%)
51	**JANICKI Tomasz**	**2137**	21 BRYGADA STRZELCÓW PODHALAŃSKICH	M30	18	01:35:11	**03:23:31.15**	**03:23:31.15**	+01:03:55 (31.4%)	7:49	7.7 (68.8%)
52	**WAGNER Adam**	**2200**		M40	18	01:48:38	**03:24:50.30**	**03:24:50.30**	+01:05:14 (31.9%)	7:52	7.6 (67.9%)
53	**SZTUBA Roman**	**2324**	HUBERTUS	M40	19	01:50:44	**03:25:18.50**	**03:25:18.50**	+01:05:43 (32.0%)	7:53	7.6 (67.9%)
54	**MARCHEWICZ Marek**	**2135**	SUBCARPATHIA RANDOM	M30	19	01:38:17	**03:26:15.85**	**03:26:15.85**	+01:06:40 (32.3%)	7:55	7.6 (67.9%)
55	**CHOJNACKI Mikołaj**	**2318**	WARSAW RUN CLUB	M40	20	01:51:32	**03:28:59.65**	**03:28:59.65**	+01:09:24 (33.2%)	8:02	7.5 (67.0%)
56	**WRONA Paweł**	**2212**	SPRINT GORZYCE	M30	20	01:42:40	**03:29:37.75**	**03:29:37.75**	+01:10:02 (33.4%)	8:03	7.4 (66.1%)
57	**STASZEWSKI Pawel**	**2174**		M50	7	01:47:49	**03:31:53.70**	**03:31:53.70**	+01:12:18 (34.1%)	8:08	7.4 (66.1%)
58	**WAGNER Grzegorz**	**2199**		M30	21	01:48:38	**03:32:10.15**	**03:32:10.15**	+01:12:34 (34.2%)	8:09	7.4 (66.1%)
59	**TYKSIŃSKI Rafał**	**2328**	EXPRESSMAP	M40	21	01:46:12	**03:32:25.85**	**03:32:25.85**	+01:12:50 (34.3%)	8:10	7.3 (65.2%)
60	**DUDEK Paweł**	**2297**	RUCH IZBICA	M30	22	01:46:59	**03:32:41.60**	**03:32:41.60**	+01:13:06 (34.4%)	8:10	7.3 (65.2%)
61	**ŚLUSARZ Łukasz**	**2195**		M20	10	01:48:35	**03:33:41.30**	**03:33:41.30**	+01:14:05 (34.7%)	8:13	7.3 (65.2%)
62	**KOZA Jan**	**2338**	ON RUNNING POLSKA/ ULTRA BIES	M20	11	01:38:07	**03:34:09.05**	**03:34:09.05**	+01:14:33 (34.8%)	8:14	7.3 (65.2%)
63	**OSTROWSKI Krystian**	**2204**		M30	23	01:46:25	**03:34:25.55**	**03:34:25.55**	+01:14:50 (34.9%)	8:14	7.3 (65.2%)
64	**ŁASTOWIECKI Radosław**	**2179**	KS BARAKUDA MIŃSK MAZOWIECKI	M40	22		**03:34:48.70**	**03:34:48.70**	+01:15:13 (35.0%)	8:15	7.3 (65.2%)
65	**DZIERŻYŃSKI Łukasz**	**2180**	KS BARAKUDA MIŃSK MAZOWIECKI	M30	24	01:49:16	**03:35:06.00**	**03:35:06.00**	+01:15:30 (35.1%)	8:16	7.3 (65.2%)
66	**WOJTCZAK Mateusz**	**2291**		M30	25	01:48:05	**03:35:43.65**	**03:35:43.65**	+01:16:08 (35.3%)	8:17	7.2 (64.3%)
67	**ANUSZKIEWICZ Grzegorz**	**2322**		M40	23	01:53:08	**03:37:34.55**	**03:37:34.55**	+01:17:59 (35.8%)	8:22	7.2 (64.3%)
68	**ŻMIJEWSKI Dariusz**	**2300**	EXTREMALNI RZEŹNICY NA RELAKSIE	M50	8	01:48:59	**03:37:59.65**	**03:37:59.65**	+01:18:24 (36.0%)	8:23	7.2 (64.3%)
69	**GOTOWIEC Dariusz**	**2276**	BÓBR TŁUSZCZ	M40	24	01:46:07	**03:38:08.25**	**03:38:08.25**	+01:18:32 (36.0%)	8:23	7.2 (64.3%)
70	**NURKIEWICZ Maciej**	**2055**		M40	25	01:47:14	**03:38:32.40**	**03:38:32.40**	+01:18:56 (36.1%)	8:24	7.1 (63.4%)
71	**LACH Jakub**	**2063**		M20	12	01:46:14	**03:39:58.90**	**03:39:58.90**	+01:20:23 (36.5%)	8:27	7.1 (63.4%)
72	**CIEKAŃSKI Michał**	**2171**		M40	26	01:48:26	**03:40:58.80**	**03:40:58.80**	+01:21:23 (36.8%)	8:29	7.1 (63.4%)
73	**KUDRYCKI Jakub**	**2223**		M50	9	01:47:03	**03:41:09.00**	**03:41:09.00**	+01:21:33 (36.9%)	8:30	7.1 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
74	**GÓRSKI Krzysztof**	**2112**		M30	26	01:50:39	**03:41:36.15**	**03:41:36.15**	+01:22:00 (37.0%)	8:31	7 (62.5%)
75	**PERLIŃSKI Mirosław**	**2017**	ASSECO ACTIVE TEAM	M40	27	01:52:24	**03:42:41.45**	**03:42:41.45**	+01:23:05 (37.3%)	8:33	7 (62.5%)
76	**DOBROWOLSKI Piotr**	**2249**	AZS UMCS LUBLIN ORIENTERING	M40	28	01:38:19	**03:44:11.50**	**03:44:11.50**	+01:24:36 (37.7%)	8:37	7 (62.5%)
77	**JĘDRZEJCZAK Artur**	**2304**		M50	10	01:36:40	**03:44:11.65**	**03:44:11.65**	+01:24:36 (37.7%)	8:37	7 (62.5%)
78	**FRITZ Wojciech**	**2279**	BIEG PO ZDRÓJ	M40	29	01:51:56	**03:44:24.80**	**03:44:24.80**	+01:24:49 (37.8%)	8:37	7 (62.5%)
79	**WOJTAS Wojciech**	**2289**	BIEG PO ZDRÓJ	M40	30	01:51:55	**03:44:25.10**	**03:44:25.10**	+01:24:49 (37.8%)	8:37	7 (62.5%)
80	**KOPER Dariusz**	**2012**		M40	31	01:48:00	**03:45:05.90**	**03:45:05.90**	+01:25:30 (38.0%)	8:39	6.9 (61.6%)
81	**HULBÓJ Daniel**	**2057**		M40	32	01:56:32	**03:45:08.95**	**03:45:08.95**	+01:25:33 (38.0%)	8:39	6.9 (61.6%)
82	**TROJNAR Daniel**	**2161**		M30	27	01:51:40	**03:45:14.20**	**03:45:14.20**	+01:25:38 (38.0%)	8:39	6.9 (61.6%)
83	**STACHURSKI Bartosz**	**2329**		M40	33	01:49:09	**03:45:20.90**	**03:45:20.90**	+01:25:45 (38.1%)	8:40	6.9 (61.6%)
84	**SKOWERA Edward**	**2088**	PĘDZIWIATR BIAŁYSTOK	M60	2	01:50:51	**03:45:29.80**	**03:45:29.80**	+01:25:54 (38.1%)	8:40	6.9 (61.6%)
85	**MATUSIAK Arkadiusz**	**2166**		M50	11	01:53:36	**03:45:38.85**	**03:45:38.85**	+01:26:03 (38.1%)	8:40	6.9 (61.6%)
86	**KUCZBORSKI Jarosław**	**2134**	HARPAGAN SOSNOWIEC	M40	34	01:51:45	**03:46:02.15**	**03:46:02.15**	+01:26:26 (38.2%)	8:41	6.9 (61.6%)
87	**GAWRONSKI Romuald**	**2235**	ATOL	M40	35	01:50:48	**03:46:20.80**	**03:46:20.80**	+01:26:45 (38.3%)	8:42	6.9 (61.6%)
88	**PARTYKA Sebastian**	**2260**	DZIKITIM/PROSWIM	M40	36	01:58:07	**03:47:30.05**	**03:47:30.05**	+01:27:54 (38.6%)	8:45	6.9 (61.6%)
89	**GRACZYK Przemysław**	**2159**	BŁĘKITNA XVII-TKA	M40	37	01:52:11	**03:48:05.10**	**03:48:05.10**	+01:28:29 (38.8%)	8:46	6.8 (60.7%)
90	**KRUCZEK Robert**	**2277**	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	12	01:57:58	**03:48:16.90**	**03:48:16.90**	+01:28:41 (38.9%)	8:46	6.8 (60.7%)
91	**CYBULSKI Dariusz**	**2132**	KB INTREX POZNAŃ	M40	38	01:53:25	**03:48:33.80**	**03:48:33.80**	+01:28:58 (38.9%)	8:47	6.8 (60.7%)
92	**WRZOS Paweł**	**2271**	DZIKITIM	M30	28	01:58:08	**03:48:37.30**	**03:48:37.30**	+01:29:01 (38.9%)	8:47	6.8 (60.7%)
93	**KUKLA Marcin**	**2084**	RYSIK RUNNERS	M50	13	01:53:23	**03:49:17.55**	**03:49:17.55**	+01:29:42 (39.1%)	8:49	6.8 (60.7%)
94	**ŁĄCZNY Marcin**	**2290**	GALOPUJĄCE DŻDZOWNICE	M30	29	01:53:54	**03:49:56.40**	**03:49:56.40**	+01:30:20 (39.3%)	8:50	6.8 (60.7%)
95	**BOLIGŁOWA Dawid**	**2302**	EFFI RUN TEAM	M20	13	01:58:16	**03:51:17.70**	**03:51:17.70**	+01:31:42 (39.6%)	8:53	6.7 (59.8%)
96	**CHOŁODY Łukasz**	**2309**	SPRINT GORZYCE	M30	30	01:42:40	**03:51:23.95**	**03:51:23.95**	+01:31:48 (39.7%)	8:53	6.7 (59.8%)
97	**SZKOLNIAK Patryk**	**2045**		M30	31	02:06:14	**03:52:35.05**	**03:52:35.05**	+01:32:59 (40.0%)	8:56	6.7 (59.8%)
98	**NOWAK Jarosław**	**2158**	SPC	M50	14	01:58:38	**03:54:00.35**	**03:54:00.35**	+01:34:24 (40.3%)	9:00	6.7 (59.8%)
99	**ZAKRZEWSKI Marek**	**2308**	EKOBIEGI.PL	M50	15	01:59:30	**03:54:53.50**	**03:54:53.50**	+01:35:18 (40.6%)	9:02	6.6 (58.9%)
100	**ANTONOWICZ Maciek**	**2015**		M30	32	02:03:40	**03:55:31.35**	**03:55:31.35**	+01:35:55 (40.7%)	9:03	6.6 (58.9%)
101	**SOWA Bogusław**	**2001**		M30	33	01:51:42	**03:55:49.20**	**03:55:49.20**	+01:36:13 (40.8%)	9:04	6.6 (58.9%)
102	**SEWERYN Krzysztof**	**2089**		M40	39	01:58:11	**03:56:17.65**	**03:56:17.65**	+01:36:42 (40.9%)	9:05	6.6 (58.9%)
103	**POKRYWKA Stefan**	**2336**	OTK RZEŹNIK	M60	3	01:58:19	**03:56:20.25**	**03:56:20.25**	+01:36:44 (40.9%)	9:05	6.6 (58.9%)
104	**WÓJCIK Karol**	**2030**	NIEWYCHOWANI FIZYCZNIE	M20	14	01:59:08	**03:56:52.80**	**03:56:52.80**	+01:37:17 (41.1%)	9:06	6.6 (58.9%)
105	**SPYRA Adam**	**2076**	NIEWYCHOWANI FIZYCZNIE	M20	15	01:59:10	**03:56:54.95**	**03:56:54.95**	+01:37:19 (41.1%)	9:06	6.6 (58.9%)
106	**DUL Marcin**	**2330**		M30	34	01:55:10	**03:57:05.15**	**03:57:05.15**	+01:37:29 (41.1%)	9:07	6.6 (58.9%)
107	**PAPROCKI Bartłomiej**	**2164**		M40	40	01:59:10	**03:58:12.70**	**03:58:12.70**	+01:38:37 (41.4%)	9:09	6.5 (58.0%)
108	**HARASIMIUK Bernard**	**2066**	DEAF	M30	35	02:05:30	**03:59:25.05**	**03:59:25.05**	+01:39:49 (41.7%)	9:12	6.5 (58.0%)
109	**ŻELEŚKIEWICZ Arkadiusz**	**2217**	KB GEOTERMIA UNIEJÓW	M30	36	01:59:57	**04:00:24.20**	**04:00:24.20**	+01:40:48 (41.9%)	9:14	6.5 (58.0%)
110	**STASZCZYK Michał**	**2343**	BKB CZARNA PERŁA	M30	37	02:06:05	**04:00:34.90**	**04:00:34.90**	+01:40:59 (42.0%)	9:15	6.5 (58.0%)
111	**CZERNIAK Artur**	**2007**		M50	16	01:54:37	**04:01:41.10**	**04:01:41.10**	+01:42:05 (42.2%)	9:17	6.5 (58.0%)
112	**MAJCHRZAK Jakub**	**2019**	FIBOO TEAM	M30	38	01:51:00	**04:01:59.45**	**04:01:59.45**	+01:42:23 (42.3%)	9:18	6.4 (57.1%)
113	**WIŚNIEWSKI Michał**	**2061**		M40	41	01:59:41	**04:02:18.85**	**04:02:18.85**	+01:42:43 (42.4%)	9:19	6.4 (57.1%)
114	**ŁUSZCZEK Michał**	**2227**		M40	42	02:10:02	**04:03:02.55**	**04:03:02.55**	+01:43:27 (42.6%)	9:20	6.4 (57.1%)
115	**RZĘDZIAN Marcin**	**2104**	ŁĘCZNA BIEGA	M30	39	02:01:10	**04:04:24.40**	**04:04:24.40**	+01:44:48 (42.9%)	9:24	6.4 (57.1%)
116	**JABŁOŃSKI Tomasz**	**2093**	DRUŻYNA SZWAGRÓW	M40	43	02:05:57	**04:04:45.70**	**04:04:45.70**	+01:45:10 (43.0%)	9:24	6.4 (57.1%)
117	**RZECZKOWSKI Maciej**	**2121**	WGK	M50	17	02:05:00	**04:04:56.05**	**04:04:56.05**	+01:45:20 (43.0%)	9:25	6.4 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
118	**GOŁYGOWSKI Łukasz**	**2175**		M30	40	02:02:13	**04:05:43.75**	**04:05:43.75**	+01:46:08 (43.2%)	9:27	6.3 (56.3%)
119	**KARDASZ Jacek**	**2207**	ATTYLA	M40	44	02:01:59	**04:05:44.60**	**04:05:44.60**	+01:46:09 (43.2%)	9:27	6.3 (56.3%)
120	**KUBIK Michał**	**2214**	ATTYLA	M30	41	02:02:02	**04:05:44.90**	**04:05:44.90**	+01:46:09 (43.2%)	9:27	6.3 (56.3%)
121	**UHRIN Stanislav**	**2005**	PRESOV TRAIL RUN	M40	45	01:55:28	**04:06:15.40**	**04:06:15.40**	+01:46:39 (43.3%)	9:28	6.3 (56.3%)
122	**PIETRUS Piotr**	**2182**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M50	18	01:57:58	**04:06:30.20**	**04:06:30.20**	+01:46:54 (43.4%)	9:28	6.3 (56.3%)
123	**OCHOCKI Jakub**	**2123**		M30	42	01:58:10	**04:06:45.45**	**04:06:45.45**	+01:47:09 (43.4%)	9:29	6.3 (56.3%)
124	**GRZESZCZYK Michał**	**2265**	EKOBIEGI	M40	46	02:00:50	**04:06:56.30**	**04:06:56.30**	+01:47:20 (43.5%)	9:29	6.3 (56.3%)
125	**PAWLUS Marek**	**2106**	MAKE MARO FIT AGAIN!	M30	43	02:02:45	**04:08:35.25**	**04:08:35.25**	+01:48:59 (43.8%)	9:33	6.3 (56.3%)
126	**BURY Marek**	**2221**		M50	19	02:10:19	**04:08:48.95**	**04:08:48.95**	+01:49:13 (43.9%)	9:34	6.3 (56.3%)
127	**WINIARCZYK Łukasz**	**2144**	MIKI&OLEK&JEREMI	M40	47	02:03:28	**04:11:07.00**	**04:11:07.00**	+01:51:31 (44.4%)	9:39	6.2 (55.4%)
128	**WOZNIAK Radoslaw**	**2013**		M50	20	02:07:22	**04:11:38.00**	**04:11:38.00**	+01:52:02 (44.5%)	9:40	6.2 (55.4%)
129	**JARTYM Jerzy**	**2131**		M30	44	01:54:27	**04:12:21.15**	**04:12:21.15**	+01:52:45 (44.7%)	9:42	6.2 (55.4%)
130	**KINDRYK Tomasz**	**2024**	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40	48	02:03:40	**04:12:27.85**	**04:12:27.85**	+01:52:52 (44.7%)	9:42	6.2 (55.4%)
131	**WYDRA Andrzej**	**2219**	GORACE WAWRZONY	M30	45		**04:12:42.40**	**04:12:42.40**	+01:53:06 (44.8%)	9:43	6.2 (55.4%)
132	**SOCHACKI Mariusz**	**2345**		M40	49	02:08:28	**04:13:03.95**	**04:13:03.95**	+01:53:28 (44.8%)	9:43	6.2 (55.4%)
133	**CZYZ Wojciech**	**2010**		M40	50	01:57:39	**04:13:18.20**	**04:13:18.20**	+01:53:42 (44.9%)	9:44	6.2 (55.4%)
134	**OŻÓG Paweł**	**2310**	DZIKITIM	M30	46	01:58:10	**04:13:47.05**	**04:13:47.05**	+01:54:11 (45.0%)	9:45	6.1 (54.5%)
135	**WOJTAS Daniel**	**2346**	OTK RZEŹNIK	M40	51	02:10:30	**04:14:25.15**	**04:14:25.15**	+01:54:49 (45.1%)	9:47	6.1 (54.5%)
136	**CHORBIŃSKI Krystian**	**2306**		M30	47	02:09:01	**04:15:07.60**	**04:15:07.60**	+01:55:32 (45.3%)	9:48	6.1 (54.5%)
137	**PELCZAR Jakub**	**2267**		M30	48	02:09:01	**04:15:07.75**	**04:15:07.75**	+01:55:32 (45.3%)	9:48	6.1 (54.5%)
138	**ZIÓŁKOWSKI Arkadiusz**	**2067**		M40	52	02:07:01	**04:15:18.15**	**04:15:18.15**	+01:55:42 (45.3%)	9:49	6.1 (54.5%)
139	**MALEC Wojciech**	**2332**	PEŁZAJĄCE DZDZOWNICE	M30	49	02:11:49	**04:15:30.35**	**04:15:30.35**	+01:55:54 (45.4%)	9:49	6.1 (54.5%)
140	**ŁUCZAK Michał**	**2062**		M40	53	02:08:49	**04:15:56.65**	**04:15:56.65**	+01:56:21 (45.5%)	9:50	6.1 (54.5%)
141	**RADOMSKI Kuba**	**2079**	PRZEGLĄD SPORTOWY	M30	50	02:07:07	**04:16:22.85**	**04:16:22.85**	+01:56:47 (45.6%)	9:51	6.1 (54.5%)
142	**GLICA Hubert**	**2250**		M40	54	02:15:41	**04:16:29.45**	**04:16:29.45**	+01:56:53 (45.6%)	9:51	6.1 (54.5%)
143	**GNIADZIK Rafał**	**2071**		M40	55	02:03:39	**04:16:47.75**	**04:16:47.75**	+01:57:12 (45.6%)	9:52	6.1 (54.5%)
144	**GORAJEK Michał**	**2146**	ALA&LILA	M40	56	02:10:53	**04:16:56.30**	**04:16:56.30**	+01:57:20 (45.7%)	9:52	6.1 (54.5%)
145	**PISZCZ Dariusz**	**2325**		M40	57	02:08:33	**04:17:27.05**	**04:17:27.05**	+01:57:51 (45.8%)	9:54	6.1 (54.5%)
146	**WOJTYCZKA Tomasz**	**2331**		M40	58	02:05:02	**04:17:47.40**	**04:17:47.40**	+01:58:11 (45.9%)	9:54	6.1 (54.5%)
147	**DAMIĘCKI Jan**	**2006**	MASAKRA KLUB SPORTOWY	M40	59	02:08:25	**04:18:13.05**	**04:18:13.05**	+01:58:37 (45.9%)	9:55	6 (53.6%)
148	**SIUCIAK Robert**	**2160**		M50	21	02:13:01	**04:18:34.30**	**04:18:34.30**	+01:58:58 (46.0%)	9:56	6 (53.6%)
149	**KUBRAK Wojciech**	**2153**		M30	51	02:11:28	**04:18:34.75**	**04:18:34.75**	+01:58:59 (46.0%)	9:56	6 (53.6%)
150	**BIALEK Tomasz**	**2142**	GCW	M40	60	02:06:48	**04:19:00.95**	**04:19:00.95**	+01:59:25 (46.1%)	9:57	6 (53.6%)
151	**NOWAKOWSKI Wiesław**	**2232**		M60	4	02:04:47	**04:20:45.60**	**04:20:45.60**	+02:01:10 (46.5%)	10:01	6 (53.6%)
152	**WOJCIECHOWSKI Szymon**	**2184**	TARTARIA	M40	61	02:08:52	**04:21:07.00**	**04:21:07.00**	+02:01:31 (46.5%)	10:02	6 (53.6%)
153	**WOJCIECHOWSKI Wojciech**	**2186**	TARTARIA	M40	62	02:08:53	**04:21:07.10**	**04:21:07.10**	+02:01:31 (46.5%)	10:02	6 (53.6%)
154	**CHAŁUBIŃSKI Grzegorz**	**2190**	GALVARINO ŁÓDŹ	M50	22	02:02:00	**04:22:14.45**	**04:22:14.45**	+02:02:38 (46.8%)	10:05	5.9 (52.7%)
155	**DUDEK Michał**	**2282**		M40	63	02:12:01	**04:23:00.60**	**04:23:00.60**	+02:03:25 (46.9%)	10:06	5.9 (52.7%)
156	**BUDZYŃSKI Krzysztof**	**2064**		M40	64	02:04:54	**04:24:51.10**	**04:24:51.10**	+02:05:15 (47.3%)	10:11	5.9 (52.7%)
157	**WACHOWSKI Piotr**	**2117**		M50	23	02:06:49	**04:25:47.45**	**04:25:47.45**	+02:06:11 (47.5%)	10:13	5.9 (52.7%)
158	**KROLIK Roman**	**2118**		M40	65	02:11:48	**04:25:47.65**	**04:25:47.65**	+02:06:12 (47.5%)	10:13	5.9 (52.7%)
159	**ZAŁUSKI Norbert**	**2208**	UNUM RZESZÓW	M40	66	02:05:58	**04:27:38.90**	**04:27:38.90**	+02:08:03 (47.8%)	10:17	5.8 (51.8%)
160	**WILK Grzegorz**	**2068**		M20	16	02:01:18	**04:27:52.55**	**04:27:52.55**	+02:08:17 (47.9%)	10:18	5.8 (51.8%)
161	**KUROWSKI Paweł**	**2120**		M40	67	02:07:13	**04:29:06.50**	**04:29:06.50**	+02:09:31 (48.1%)	10:21	5.8 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
162	**BECHTA Damian**	**2065**	ADIDAS RUNNERS WARSAW	M20	17	02:00:40	**04:29:30.50**	**04:29:30.50**	+02:09:55 (48.2%)	10:21	5.8 (51.8%)
162	**KOGUT Tomasz**	**2155**	RUCH IZBICA	M40	68	02:12:44	**04:29:30.50**	**04:29:30.50**	+02:09:55 (48.2%)	10:21	5.8 (51.8%)
164	**KLINIKOWSKI Jacek**	**2115**	KOCHAM ŻYCIE I...	M50	24	02:18:04	**04:30:39.40**	**04:30:39.40**	+02:11:03 (48.4%)	10:24	5.8 (51.8%)
165	**SMOLIŃSKI Rafał**	**2294**		M50	25	02:08:14	**04:31:10.60**	**04:31:10.60**	+02:11:35 (48.5%)	10:25	5.8 (51.8%)
166	**WEIN Tomasz**	**2069**		M30	52	02:11:45	**04:31:11.40**	**04:31:11.40**	+02:11:35 (48.5%)	10:25	5.8 (51.8%)
167	**KLUZ Robert**	**2034**		M50	26	02:08:58	**04:32:06.50**	**04:32:06.50**	+02:12:31 (48.7%)	10:27	5.7 (50.9%)
168	**PASTWA Grzegorz**	**2256**		M30	53	02:14:29	**04:32:54.85**	**04:32:54.85**	+02:13:19 (48.9%)	10:29	5.7 (50.9%)
169	**TROJANOWSKI Krzysztof**	**2156**	THE MOSSAD POWER	M40	69	02:13:39	**04:33:49.15**	**04:33:49.15**	+02:14:13 (49.0%)	10:31	5.7 (50.9%)
170	**PARADOWSKI Paweł**	**2283**	BYLE DO METY	M50	27	02:11:15	**04:36:19.25**	**04:36:19.25**	+02:16:43 (49.5%)	10:37	5.6 (50.0%)
171	**OKRÓJ Dawid**	**2011**		M30	54	02:13:59	**04:36:45.00**	**04:36:45.00**	+02:17:09 (49.6%)	10:38	5.6 (50.0%)
172	**NAWRAT Piotr**	**2319**	BRAK	M40	70	02:19:12	**04:37:04.50**	**04:37:04.50**	+02:17:29 (49.6%)	10:39	5.6 (50.0%)
173	**KAŃDUŁA Grzegorz**	**2141**		M40	71	02:17:10	**04:37:14.25**	**04:37:14.25**	+02:17:38 (49.6%)	10:39	5.6 (50.0%)
174	**CZAPLINSKI Marcin**	**2150**		M30	55	02:02:04	**04:39:20.25**	**04:39:20.25**	+02:19:44 (50.0%)	10:44	5.6 (50.0%)
175	**BALCEROWSKI Pawel**	**2041**	BALCERBOSCY TEAM	M30	56		**04:40:58.00**	**04:40:58.00**	+02:21:22 (50.3%)	10:48	5.6 (50.0%)
176	**WYSOCKI Łukasz**	**2244**	CROSSFIT 12U1 WILANÓW	M30	57		**04:41:06.00**	**04:41:06.00**	+02:21:30 (50.3%)	10:48	5.5 (49.1%)
177	**LASKUS Paweł**	**2037**		M40	72	02:10:32	**04:43:20.85**	**04:43:20.85**	+02:23:45 (50.7%)	10:53	5.5 (49.1%)
178	**ZIELIŃSKI Tomasz**	**2143**		M40	73	02:09:34	**04:46:22.15**	**04:46:22.15**	+02:26:46 (51.3%)	11:00	5.4 (48.2%)
179	**ZACHARA Grzegorz**	**2298**		M40	74	02:11:03	**04:46:30.15**	**04:46:30.15**	+02:26:54 (51.3%)	11:01	5.4 (48.2%)
180	**PAWLIK Tomasz**	**2228**	JB WARSAW	M30	58	02:26:44	**04:51:06.35**	**04:51:06.35**	+02:31:30 (52.0%)	11:11	5.4 (48.2%)
181	**MILLER Tomasz**	**2021**	BIEGAM BO LUBIĘ ZĄBKI TEAM	M30	59	02:27:44	**04:55:44.70**	**04:55:44.70**	+02:36:09 (52.8%)	11:22	5.3 (47.3%)
182	**TORCHAŁA Andrzej**	**2075**		M20	18	02:26:31	**04:57:51.05**	**04:57:51.05**	+02:38:15 (53.1%)	11:27	5.2 (46.4%)
183	**DERUŚ Stanisław**	**2220**		M50	28	02:23:21	**04:58:47.40**	**04:58:47.40**	+02:39:11 (53.3%)	11:29	5.2 (46.4%)
184	**BALCEROWSKI Rafał**	**2040**	BALCERBOSCY TEAM	M40	75		**05:00:36.00**	**05:00:36.00**	+02:41:00 (53.6%)	11:33	5.2 (46.4%)
185	**SIERANT Marian**	**2122**		M60	5	02:29:11	**05:00:49.85**	**05:00:49.85**	+02:41:14 (53.6%)	11:34	5.2 (46.4%)
186	**MAJEWSKI Piotr**	**2234**		M50	29	02:25:44	**05:02:41.10**	**05:02:41.10**	+02:43:05 (53.9%)	11:38	5.2 (46.4%)
187	**PASIEKA Tomasz**	**2114**		M40	76	02:25:23	**05:05:21.75**	**05:05:21.75**	+02:45:46 (54.3%)	11:44	5.1 (45.5%)
188	**PUSHKARUK Andrzej**	**2316**	EL-TRANS	M30	60	02:46:10	**05:13:42.55**	**05:13:42.55**	+02:54:07 (55.5%)	12:03	5 (44.6%)
189	**WILMAŃSKI Dariusz**	**2016**		M40	77	02:38:21	**05:19:48.25**	**05:19:48.25**	+03:00:12 (56.4%)	12:18	4.9 (43.8%)
190	**ZDUNEK Waldemar**	**2081**	BÓBR TŁUSZCZ	M50	30	02:26:23	**05:22:26.80**	**05:22:26.80**	+03:02:51 (56.7%)	12:24	4.8 (42.9%)
191	**KOLASIŃSKI Adam**	**2296**		M40	78	02:27:37	**05:25:45.65**	**05:25:45.65**	+03:06:10 (57.1%)	12:31	4.8 (42.9%)
192	**JASIAK Piotr**	**2241**		M50	31	02:49:16	**05:26:34.55**	**05:26:34.55**	+03:06:59 (57.3%)	12:33	4.8 (42.9%)
193	**WESOŁOWSKI Łukasz**	**2018**	MASAKRA KLUB SPORTOWY	M30	61	02:27:01	**05:28:56.80**	**05:28:56.80**	+03:09:21 (57.6%)	12:39	4.7 (42.0%)
194	**BIEGAŃSKI Michał**	**2169**	KB INTREX POZNAŃ	M30	62	02:47:39	**05:29:58.10**	**05:29:58.10**	+03:10:22 (57.7%)	12:41	4.7 (42.0%)
195	**LASOTA Dominik**	**2259**		M20	19	02:45:41	**05:41:34.75**	**05:41:34.75**	+03:21:59 (59.1%)	13:08	4.6 (41.1%)
196	**KORNAK Michał**	**2253**		M30	63	02:46:05	**05:41:35.60**	**05:41:35.60**	+03:22:00 (59.1%)	13:08	4.6 (41.1%)
197	**SIARA Marcin**	**2073**	WITKOWO BIEGA	M40	79	02:48:01	**05:50:46.95**	**05:50:46.95**	+03:31:11 (60.2%)	13:29	4.4 (39.3%)
198	**ORZECHOWSKI Mieczysław**	**2047**	KBP PASJA WARSZAWA	M60	6	03:32:34	**07:00:20.65**	**07:00:20.65**	+04:40:45 (66.8%)	16:10	3.7 (33.0%)
	FRĄCZEK Michał	**2152**	BRONOWICE TEŻ BIEGAJĄ	M40		02:11:24 DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 199 wynik(ów)