

X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: X Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-01-27
Miejsce: Cisna
Dystans: 22 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyżowka na stokowce 5km	Karczma Brzeziniak 12km	Wyjście z Karczmy 12.1km	Krzyżowka na stokowce (powrót) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	SIKOŃCZYK Miłosz	2170	ALPIN SPORT TEAM	M30	1	00:19:41	00:51:58	00:52:10	01:21:14	01:43:45.35	01:43:45.35		4:30	13.3 (100%)
2	MATUSZNY Marek	2227	STAŃCZAK TEAM	M20	1	00:19:14	00:50:34	00:50:50	01:21:08	01:44:48.60	01:44:48.60	+00:01:03 (1.0%)	4:33	13.2 (99.2%)
3	PITUCH Grzegorz	2229	KS WYSOKA	M40	1	00:19:40	00:52:10	00:52:22	01:21:14	01:46:09.30	01:46:09.45	+00:02:24 (2.3%)	4:36	13 (97.7%)
4	KUROWSKI Andrew	2029		M40	2	00:19:16	00:51:34	00:51:46	01:23:33	01:48:43.75	01:48:44.15	+00:04:58 (4.6%)	4:43	12.7 (95.5%)
5	GUT Jacek	2159	KLUB MORSA SŁONECZKO/ AKADEMIA BIEGACZA MATYLDA KOWAL	M30	2	00:20:26	00:55:05	00:55:18	01:25:11	01:50:38.00	01:50:38.90	+00:06:53 (6.2%)	4:48	12.5 (94.0%)
6	ŁOZA Mateusz	2014	MY ENDURANCE COACHING	M30	3	00:20:51	00:54:45	00:54:58	01:26:39	01:51:37.90	01:51:40.10	+00:07:54 (7.1%)	4:51	12.4 (93.2%)
7	DUDEK Kamil	2001		M20	2	00:20:28	00:53:35	00:53:48	01:24:00	01:51:57.30	01:51:57.60	+00:08:12 (7.3%)	4:52	12.3 (92.5%)
8	DMITRZAK Michał	2175		M50	1	00:23:26	00:59:35	00:59:49	01:31:19	01:57:10.15	01:57:13.30	+00:13:27 (11.5%)	5:05	11.8 (88.7%)
9	POŻAK Grzegorz	2207		M40	3	00:22:41	00:59:28	00:59:44	01:33:05	01:58:49.40	01:58:52.35	+00:15:07 (12.7%)	5:09	11.6 (87.2%)
10	BODANKA Piotr	2225	APAMA ACOUSTIC PROJECT	M40	4	00:22:19	00:59:25	00:59:38	01:32:51	01:59:05.80	01:59:06.85	+00:15:21 (12.9%)	5:10	11.6 (87.2%)
11	POTKAJ Przemysław	2133	DĄBROWSKI TEAM	M30	4	00:22:30	00:58:59	00:59:20	01:32:47	02:00:01.95	02:00:08.25	+00:16:22 (13.6%)	5:13	11.5 (86.5%)
12	PERNAL Dariusz	2201		M30	5	00:22:29	00:58:53	00:59:09	01:32:07	02:00:21.20	02:00:22.00	+00:16:36 (13.8%)	5:13	11.5 (86.5%)
13	HEJNAR Jakub	2098		M40	5	00:23:08	01:01:19	01:01:33	01:34:53	02:01:42.25	02:01:45.80	+00:18:00 (14.8%)	5:17	11.3 (85.0%)
14	ZBLEWSKI Krzysztof	2093		M30	6	00:22:40	00:59:27	00:59:43	01:33:39	02:02:58.35	02:03:03.75	+00:19:18 (15.7%)	5:20	11.2 (84.2%)
15	HLAVÁČ Lumír	2211	SK FUGA	M50	2	00:23:23	01:01:17	01:01:32	01:34:52	02:03:59.75	02:04:04.20	+00:20:18 (16.4%)	5:23	11.1 (83.5%)
16	KOCAJ Jakub	2058	GÓRAL Z MAZUR RUNNING TEAM	M20	3	00:23:34	01:02:46	01:03:06	01:37:06	02:04:51.80	02:04:58.85	+00:21:13 (17.0%)	5:25	11.1 (83.5%)
17	ZABIELSKI Marek	2148		M30	7	00:24:57	01:03:46	01:04:19	01:36:41	02:05:14.65	02:05:26.55	+00:21:41 (17.3%)	5:26	11 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzywzowka		Wyjscie		Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	z Karczmy 12.1km	na stokowce (powrot) 18km					
18	WASYLÓW Jacek	2165	CZR1-TEAM PRZEMYŚL	M40	6	00:23:41	01:02:35	01:03:30	01:37:38	02:05:40.35	02:05:43.80	+00:21:58 (17.5%)	5:27	11 (82.7%)
19	SKARUZ Jarosław	2088		M40	7	00:23:54	01:02:59	01:03:16	01:37:23	02:06:20.55	02:06:26.85	+00:22:41 (17.9%)	5:29	10.9 (82.0%)
20	KOT Dawid	2162		M30	8	00:24:19	01:02:50	01:03:05	01:37:17	02:06:38.50	02:06:45.05	+00:22:59 (18.1%)	5:30	10.9 (82.0%)
21	BANASIK Krzysztof	2027		M40	8	00:23:26	01:01:22	01:01:36	01:36:52	02:07:19.95	02:07:22.10	+00:23:36 (18.5%)	5:32	10.8 (81.2%)
22	SZCZUDRAWA Dariusz	2037		M40	9	00:22:35	01:00:08	01:00:26	01:36:22	02:08:20.45	02:08:22.60	+00:24:37 (19.2%)	5:34	10.8 (81.2%)
23	GUŁAŚ Daniel	2135		M40	10	00:24:34	01:04:42	01:04:55	01:39:47	02:08:34.55	02:08:37.70	+00:24:52 (19.3%)	5:35	10.7 (80.5%)
24	KUŚMIERZAK Piotr	2087	PRZEDWOJEWSKI TEAM	M40	11	00:23:55	01:04:01	01:04:31	01:39:24	02:09:07.05	02:09:09.80	+00:25:24 (19.7%)	5:36	10.7 (80.5%)
25	MASŁOŃ Błażej	2084		M50	3	00:24:13	01:03:05	01:03:44	01:38:20	02:09:04.80	02:09:11.30	+00:25:25 (19.7%)	5:36	10.7 (80.5%)
26	KROPIWNICKI Marcin	2091		M30	9	00:23:34	01:02:28	01:02:44	01:38:00	02:09:33.00	02:09:37.15	+00:25:51 (20.0%)	5:37	10.7 (80.5%)
27	BATORY Marek	2125	BATORY BAU	M40	12	00:23:52	01:03:07	01:03:45	01:39:25	02:11:33.80	02:11:37.15	+00:27:51 (21.2%)	5:43	10.5 (78.9%)
28	ROGAŁA Grzegorz	2233		M50	4	00:24:15	01:04:36	01:04:50	01:40:56	02:11:36.05	02:11:38.80	+00:27:53 (21.2%)	5:43	10.5 (78.9%)
29	PIERZ Sławomir	2174		M40	13	00:25:42	01:06:34	01:06:48	01:42:22	02:11:46.20	02:12:03.70	+00:28:18 (21.4%)	5:43	10.5 (78.9%)
30	GURGUL Mateusz	2023	AROMAT NÓG	M30	10	00:24:36	01:03:53	01:04:46	01:41:35	02:12:10.45	02:12:12.05	+00:28:26 (21.5%)	5:44	10.4 (78.2%)
31	WĄSIK Łukasz	2176		M30	11	00:26:55	01:06:55	01:08:34	01:43:21	02:13:53.75	02:14:15.00	+00:30:29 (22.7%)	5:49	10.3 (77.4%)
32	ZIĘBA Mateusz	2190	FOREVER TEAM	M40	14	00:24:19	01:04:23	01:04:37	01:43:53	02:14:28.70	02:14:30.05	+00:30:44 (22.9%)	5:50	10.3 (77.4%)
33	CZARNOCKI Paweł	2054	GBSB	M40	15	01:35:25				02:13:56.60	02:14:31.45	+00:30:46 (22.9%)	5:49	10.3 (77.4%)
34	ZALECKI Zbigniew	2143		M50	5	00:25:32	01:04:56	01:05:23	01:43:26	02:14:22.10	02:14:42.75	+00:30:57 (23.0%)	5:50	10.3 (77.4%)
35	OLEJARNIK Łukasz	2182	ITMBW KRAKÓW	M30	12	00:26:25	01:07:32	01:07:55	01:44:39	02:15:06.60	02:15:51.05	+00:32:05 (23.6%)	5:52	10.2 (76.7%)
36	RACZKOWSKI Paweł	2076		M40	16	00:25:53	01:06:49	01:07:29	01:43:34	02:15:48.85	02:16:20.40	+00:32:35 (23.9%)	5:54	10.2 (76.7%)
37	SZAROWICZ Fabian	2230	BATORYBAU	M40	17	00:25:58	01:07:25	01:08:40	01:45:22	02:16:11.45	02:16:24.30	+00:32:38 (23.9%)	5:55	10.1 (75.9%)
38	TABĘDZKI Bartłomiej	2134		M40	18	00:25:59	01:07:27	01:09:17	01:46:32	02:16:17.70	02:16:25.75	+00:32:40 (23.9%)	5:55	10.1 (75.9%)
39	DOMARECKI Paweł	2127	STOPKA PILAWA	M40	19	00:26:56	01:07:29	01:07:58	01:43:20	02:17:32.75	02:17:43.45	+00:33:58 (24.7%)	5:58	10 (75.2%)
40	BUKOWSKI Bartosz	2197	KIERAT	M30	13	00:30:05	01:12:36	01:12:58	01:48:50	02:19:02.30	02:19:35.55	+00:35:50 (25.7%)	6:02	9.9 (74.4%)
41	STEFANIUK Roman	2040	GRUPA BIEGACZY SKÓRZEC BIEGA	M60	1	00:26:55	01:09:48	01:10:17	01:47:49	02:19:43.05	02:19:51.95	+00:36:06 (25.8%)	6:04	9.9 (74.4%)
42	KASELA Maciek	2172		M30	14	00:27:34	01:10:30	01:11:30	01:49:42	02:19:58.05	02:20:11.90	+00:36:26 (26.0%)	6:05	9.9 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzywzowka		Wyjscie		Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	z Karczmy 12.1km	na stokowce (powrot) 18km					
43	SZCZUREK Paweł	2033		M50	6	00:25:03	01:06:45	01:07:00	01:46:30	02:20:38.30	02:20:42.35	+00:36:57 (26.3%)	6:06	9.8 (73.7%)
44	ZADROŻNY Sławomir	2067	STOPKA PILAWA	M60	2	00:26:30	01:07:43	01:08:26	01:46:42	02:21:16.00	02:21:29.25	+00:37:43 (26.7%)	6:08	9.8 (73.7%)
45	SIKORA Mateusz	2152	#NOLIMITS	M20	4	00:27:28	01:09:40	01:09:55	01:48:41	02:21:04.30	02:21:30.00	+00:37:44 (26.7%)	6:08	9.8 (73.7%)
46	WERLE Michał	2169		M30	15	00:26:25	01:08:31	01:09:51	01:48:24	02:22:01.40	02:22:38.85	+00:38:53 (27.3%)	6:10	9.7 (72.9%)
47	RYCHLIK Grzegorz	2189		M40	20	00:27:57	01:11:32	01:12:20	01:49:29	02:22:40.70	02:23:10.05	+00:39:24 (27.5%)	6:12	9.7 (72.9%)
48	BOBOLA Sebastian	2208		M30	16	00:27:29	01:11:45	01:13:30	01:50:55	02:23:03.55	02:23:17.15	+00:39:31 (27.6%)	6:13	9.6 (72.2%)
49	MAZUR Jakub	2149		M30	17	00:27:36	01:11:17	01:12:40	01:49:52	02:23:13.35	02:23:26.50	+00:39:41 (27.7%)	6:13	9.6 (72.2%)
50	FEDAN Łukasz	2010		M40	21	00:25:21	01:08:10	01:09:53	01:48:56	02:23:53.20	02:23:57.05	+00:40:11 (27.9%)	6:15	9.6 (72.2%)
51	LINNAMAGI Ott	2141		M30	18	00:28:56	01:11:05	01:11:24	01:47:42	02:23:41.50	02:24:24.90	+00:40:39 (28.2%)	6:14	9.6 (72.2%)
52	ŚLESICKI Konstanty	2107		M30	19	00:27:57	01:11:27	01:11:47	01:50:28	02:24:39.60	02:25:14.45	+00:41:29 (28.6%)	6:17	9.5 (71.4%)
53	KURZYDŁO Michał	2216		M30	20	00:24:37	01:05:52	01:09:01	01:48:49	02:28:03.30	02:28:06.05	+00:44:20 (29.9%)	6:26	9.3 (69.9%)
54	KARDASZ Jacek	2031	ATTYLA	M40	22	00:29:03	01:15:02	01:16:45	01:56:55	02:32:05.20	02:32:44.80	+00:48:59 (32.1%)	6:36	9.1 (68.4%)
55	KUDYBA Ireneusz	2074	PO JEDNYCH PINIONDZACH	M50	7	00:31:32	01:15:56	01:18:50	01:55:41	02:32:55.50	02:33:34.65	+00:49:49 (32.4%)	6:38	9 (67.7%)
56	BILSKI Marcin	2044	PO JEDNYCH PINIĄDZACH	M40	23	00:31:32	01:14:53	01:18:50	01:57:48	02:33:01.15	02:33:41.30	+00:49:55 (32.5%)	6:39	9 (67.7%)
57	MARCHEWICZ Marek	2115		M30	21	00:27:08	01:11:57	01:12:43	01:55:05	02:34:17.25	02:34:23.55	+00:50:38 (32.8%)	6:42	8.9 (66.9%)
58	TARNAWSKI Sławomir	2047		M40	24	00:28:10	01:14:44	01:15:43	01:56:49	02:34:22.20	02:34:29.90	+00:50:44 (32.8%)	6:42	8.9 (66.9%)
59	ŁĄCZNY Marcin	2155	GALOPUJĄCE DŹDŻOWNICE/SPARTAŃSKA DZICZ	M40	25	00:28:21	01:14:24	01:15:49	01:57:25	02:35:48.75	02:35:54.25	+00:52:08 (33.4%)	6:46	8.9 (66.9%)
60	SKARŻYŃSKI Michał	2068	TURBACZE	M40	26	00:29:09	01:19:03	01:20:37	02:01:53	02:35:37.40	02:35:57.90	+00:52:12 (33.5%)	6:45	8.9 (66.9%)
61	OSIECKI Edwin	2030	KUZNIA TRIATHLONU	M50	8	00:27:56	01:14:28	01:15:58	01:59:12	02:35:47.90	02:36:27.05	+00:52:41 (33.7%)	6:46	8.9 (66.9%)
62	DOSKOCZ Mikołaj	2210	BIEGAJĄCE ZĄBKI	M30	22	00:28:45	01:16:21	01:18:06	01:58:40	02:36:08.55	02:36:33.70	+00:52:48 (33.7%)	6:47	8.8 (66.2%)
63	WYGONOWSKI Jacek	2232	DZIKUR CREW	M50	9	00:28:25	01:14:41	01:15:01	01:56:12	02:36:35.25	02:37:25.70	+00:53:40 (34.1%)	6:48	8.8 (66.2%)
64	BARANOWSKI Robert	2213		M50	10	00:28:30	01:17:29	01:17:47	02:00:22	02:36:56.60	02:37:26.90	+00:53:41 (34.1%)	6:49	8.8 (66.2%)
65	MALETA Kamil	2118	MIECHÓW	M20	5	00:28:50	01:16:37	01:19:10	01:58:46	02:40:44.00	02:41:01.20	+00:57:15 (35.6%)	6:59	8.6 (64.7%)
66	PAWELEC Piotr	2206	DALEKO JESZCZE?	M50	11	00:25:54	01:12:52	01:15:22	01:57:45	02:41:14.35	02:41:19.25	+00:57:33 (35.7%)	7:00	8.6 (64.7%)
67	GRUSZKA Marcin	2163		M30	23	00:28:57	01:18:13	01:20:38	02:02:33	02:41:19.00	02:41:30.90	+00:57:45 (35.8%)	7:00	8.6 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzywzowka		Wyjscie		Krzywzowka		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	z Karczmy 12.1km	na stokowce 18km	23km	23km					
68	LEWCZUK Norbert	2082	BIEGACZE POMAGACZE EDYTA LEWANDOWSKA TEAM	M40	27	00:28:40	01:15:05	01:18:51	02:00:32	02:41:07.60	02:41:39.55	+00:57:54 (35.8%)	7:00	8.6 (64.7%)		
69	JONKISZ Marcin	2147		M40	28	00:31:46	01:20:59	01:24:07	02:05:35	02:42:14.15	02:43:05.60	+00:59:20 (36.4%)	7:03	8.5 (63.9%)		
70	LEŃCZUK Andrzej	2204		M50	12	00:30:15	01:18:55	01:22:07	02:04:39	02:43:33.30	02:44:08.90	+01:00:23 (36.8%)	7:06	8.4 (63.2%)		
71	MACIEJEWSKI Artur	2085		M50	13	00:29:05	01:18:16	01:19:41	02:03:16	02:44:09.65	02:44:15.30	+01:00:29 (36.8%)	7:08	8.4 (63.2%)		
72	HAPUNOWICZ Tomasz	2038	MOSTOSTAL SIEDLCE	M40	29	00:29:10	01:15:23	01:17:08	02:00:41	02:45:38.45	02:46:00.65	+01:02:15 (37.5%)	7:12	8.3 (62.4%)		
73	DOBROGOST Maciej	2131	DECEPTICON	M30	24	00:29:01	01:20:08	01:20:40	02:05:40	02:45:50.35	02:46:07.25	+01:02:21 (37.5%)	7:12	8.3 (62.4%)		
74	WERESINSKI Michał	2161		M40	30	00:31:34	01:22:47	01:23:08	02:09:12	02:47:05.75	02:47:09.85	+01:03:24 (37.9%)	7:15	8.3 (62.4%)		
75	MICHALAK Witold	2108	#NOLIMITS	M50	14	00:31:02	01:22:43	01:24:53	02:08:20	02:47:05.25	02:47:25.75	+01:03:40 (38.0%)	7:15	8.3 (62.4%)		
76	DUDEK Łukasz	2151		M30	25	00:30:00	01:21:59	01:24:21	02:08:08	02:47:29.65	02:47:56.95	+01:04:11 (38.2%)	7:16	8.2 (61.7%)		
77	SZAJEWSKI Arkadiusz	2013	O TAK ŁO	M40	31	00:31:04	01:20:44	01:25:15	02:08:57	02:47:19.10	02:48:14.15	+01:04:28 (38.3%)	7:16	8.2 (61.7%)		
78	KIEŁPIŃSKI Piotr	2072		M40	32	00:30:01	01:19:06	01:28:06	02:12:17	02:47:51.00	02:48:18.35	+01:04:33 (38.4%)	7:17	8.2 (61.7%)		
79	KRUPA Jacek	2181	LEBIODA RUNNING TEAM	M50	15	00:28:58	01:17:51	01:19:16	02:04:10	02:48:16.45	02:48:31.65	+01:04:46 (38.4%)	7:18	8.2 (61.7%)		
80	OCHYRA Krzysztof	2226		M60	3	00:30:25	01:22:37	01:23:58	02:09:03	02:48:41.15	02:48:48.50	+01:05:03 (38.5%)	7:20	8.2 (61.7%)		
81	LUDKOWSKI Mariusz	2042	ALPEJSKIE MAMUTY	M50	16	00:32:41	01:23:06	01:28:12		02:48:54.95	02:48:54.95	+01:05:09 (38.6%)	7:20	8.2 (61.7%)		
82	MALCZEWSKI Robert	2217		M50	17	00:32:14	01:21:01	01:26:48	02:09:50	02:48:05.95	02:49:05.40	+01:05:20 (38.6%)	7:18	8.2 (61.7%)		
83	TURKOWSKI Maciej	2039		M50	18	00:28:49	01:21:33	01:25:51	02:08:54	02:50:14.20	02:50:23.70	+01:06:38 (39.1%)	7:24	8.1 (60.9%)		
84	SŁOWIK Mariusz	2104	ROM TEAM	M50	19	00:30:38	01:21:58	01:23:38	02:09:30	02:50:19.75	02:50:43.60	+01:06:58 (39.2%)	7:24	8.1 (60.9%)		
85	WYSOCKI Bartosz	2051	KS JANUSZE	M40	33	00:29:11	01:20:26	01:23:24	02:07:47	02:51:06.90	02:51:14.25	+01:07:28 (39.4%)	7:26	8.1 (60.9%)		
86	RUSIN Grzegorz	2052		M30	26	00:29:12	01:20:26	01:23:23	02:07:49	02:51:06.00	02:51:14.75	+01:07:29 (39.4%)	7:26	8.1 (60.9%)		
87	ZIEMKIEWICZ Michał	2187	BIEGACZE KLECZEW	M40	34	00:30:31	01:21:19	01:25:39	02:09:51	02:51:09.65	02:51:46.40	+01:08:01 (39.6%)	7:26	8.1 (60.9%)		
88	MROZEK Marcin	2198	T4B	M30	27	00:33:15	01:24:36	01:25:01	02:09:26	02:51:50.20	02:52:24.75	+01:08:39 (39.8%)	7:28	8 (60.2%)		
89	NYCZ Michał	2094	NYLUDENT PROFESJONALNE OCHRONIACZE NA ZĘBY	M30	28	00:31:54	01:22:36	01:27:20	02:11:34	02:51:44.05	02:52:34.70	+01:08:49 (39.9%)	7:28	8 (60.2%)		
90	ZAWADZKI Bernard	2136		M30	29	00:30:58	01:22:02	01:26:23	02:09:55	02:52:13.20	02:52:41.35	+01:08:56 (39.9%)	7:29	8 (60.2%)		
91	GRAL Piotr	2034	WŁUCZYMORDY	M30	30	00:31:59	01:25:05	01:31:04	02:18:31	02:57:52.25	02:58:33.05	+01:14:47 (41.9%)	7:44	7.8 (58.6%)		
92	BOGACZYK Łukasz	2032		M30	31	00:29:04	01:18:41	01:19:45	02:09:27	03:00:22.65	03:00:26.65	+01:16:41 (42.5%)	7:50	7.7 (57.9%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzywzowka		Wyjscie		Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	z Karczmy 12.1km	na stokowce (powrot) 18km					
93	GALUS Jacek	2126		M50	20	00:32:54	01:28:18	01:32:20	02:21:18	03:04:42.55	03:04:58.45	+01:21:13 (43.9%)	8:01	7.5 (56.4%)
94	BIEDROŃ Artur	2086	ERP HEART TEAM	M40	35	00:32:44	01:28:45	01:37:41	02:24:17	03:05:02.20	03:06:01.65	+01:22:16 (44.2%)	8:02	7.5 (56.4%)
95	NOWAK Michał	2122		M30	32	00:31:05	01:25:11	01:28:11	02:15:01	03:05:44.90	03:06:07.25	+01:22:21 (44.3%)	8:04	7.4 (55.6%)
96	MATYSEK Ireneusz	2179	BIEGAMBOLUBIĘ	M60	4	00:33:25	01:27:17	01:30:01	02:21:20	03:08:41.75	03:09:14.05	+01:25:28 (45.2%)	8:12	7.3 (54.9%)
97	UBA Arkadiusz	2158		M20	6	00:33:12	01:30:17	01:34:13	02:22:47	03:08:47.85	03:09:25.35	+01:25:40 (45.2%)	8:12	7.3 (54.9%)
98	NOWAK Maciej	2103		M40	36	00:30:41	01:25:25	01:28:17	02:15:22	03:10:57.65	03:11:01.10	+01:27:15 (45.7%)	8:18	7.2 (54.1%)
99	BOROWSKI Grzegorz	2132	STOPKA PILAWA	M20	7	00:29:03	01:20:44	01:24:56	02:11:19	03:11:48.20	03:12:02.75	+01:28:17 (46.0%)	8:20	7.2 (54.1%)
100	JASINOWICZ Norbert	2105		M40	37	00:29:51	01:27:06	01:28:06	02:19:34	03:12:58.55	03:13:10.30	+01:29:24 (46.3%)	8:23	7.2 (54.1%)
101	ROGUS Krystian	2140		M30	33	00:37:36	01:35:55	01:39:19	02:27:16	03:11:24.25	03:14:19.15	+01:30:33 (46.6%)	8:19	7.2 (54.1%)
102	BAK Przemysław	2139		M30	34	00:37:35	01:35:56	01:39:20	02:27:16	03:11:25.10	03:14:20.00	+01:30:34 (46.6%)	8:19	7.2 (54.1%)
103	KOZAK Kamil	2099		M30	35	00:33:51	01:30:12	01:34:05	02:23:19	03:13:50.25	03:14:34.20	+01:30:48 (46.7%)	8:25	7.1 (53.4%)
104	KRZAN Tomasz	2203	KRZAN PRZEWORSK	M40	38	00:33:42	01:30:44	01:37:17	02:26:00	03:15:36.40	03:16:31.45	+01:32:46 (47.2%)	8:30	7.1 (53.4%)
105	NYCZ Dominika	2015	TRIFUN	M30	36	00:35:57	01:36:06	01:39:43	02:28:52	03:17:29.50	03:18:19.95	+01:34:34 (47.7%)	8:35	7 (52.6%)
106	KALBARCZYK Jakub	2016		M30	37	00:38:40	01:39:10	01:45:36	02:35:32	03:16:00.15	03:18:26.95	+01:34:41 (47.7%)	8:31	7 (52.6%)
107	STOYKOV Pavlin	2146		M50	21	00:33:51	01:30:50	01:41:33	02:30:13	03:17:54.25	03:18:39.80	+01:34:54 (47.8%)	8:36	7 (52.6%)
108	KURDEJ Krzysztof	2049	ALPEJSKIE MAMUTY	M50	22	00:34:24	01:36:12	01:39:43	02:31:42	03:19:02.95	03:19:02.95	+01:35:17 (47.9%)	8:39	6.9 (51.9%)
109	NOWIŃSKI Artur	2026		M30	38	00:34:04	01:32:18	01:42:26	02:35:19	03:18:15.65	03:19:05.95	+01:35:20 (47.9%)	8:37	7 (52.6%)
110	BODNIAK Tomasz	2069	POJEDNYCHPINIONDZACH	M40	39	00:34:16	01:31:46	01:42:04	02:30:31	03:18:30.10	03:19:10.25	+01:35:24 (47.9%)	8:37	7 (52.6%)
111	LESZCZYŃSKI Rafał	2077		M50	23	00:35:41	01:32:11	01:45:16	02:34:38	03:19:35.70	03:19:56.50	+01:36:11 (48.1%)	8:40	6.9 (51.9%)
112	POPKOWSKI Adam	2116		M30	39	00:33:31	01:30:42	01:42:08	02:30:27	03:20:12.10	03:20:49.75	+01:37:04 (48.3%)	8:42	6.9 (51.9%)
113	MALEC Krystian	2063	BRAVE SNAILS LUBLIN	M40	40	00:33:25	01:31:25	01:41:19	02:29:48	03:20:26.00	03:21:10.95	+01:37:25 (48.4%)	8:42	6.9 (51.9%)
114	KLUZ Robert	2221	PODIUM	M50	24	00:39:27	01:43:17	01:47:19	02:40:17	03:22:28.70	03:22:46.80	+01:39:01 (48.8%)	8:48	6.8 (51.1%)
115	KUŁAKOWSKI Piotr	2095		M60	5	00:32:48	01:30:21	01:42:25	02:32:13	03:24:30.05	03:25:22.80	+01:41:37 (49.5%)	8:53	6.7 (50.4%)
116	INTRYS Bartosz	2142		M30	40	00:39:17	01:38:20	01:42:05	02:32:44	03:25:41.55	03:26:15.50	+01:42:30 (49.7%)	8:56	6.7 (50.4%)
117	WIŚNIEWSKI Dariusz	2235		M50	25	00:32:01	01:31:25	01:33:49	02:28:45	03:26:10.35	03:26:26.00	+01:42:40 (49.7%)	8:57	6.7 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzywzowka							Tempo min/km	Tempo km/h
						stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn		
118	PODOBINSKI Piotr	2046		M50	26	00:34:26	01:35:38	01:41:40	02:31:53	03:26:10.55	03:26:32.25	+01:42:46 (49.8%)	8:57	6.7 (50.4%)
119	NOWAK Łukasz	2073	PRESSGLASS SPORT AND SUPPORT	M40	41	00:37:06	01:42:07	01:49:11	02:35:26	03:26:57.60	03:27:26.55	+01:43:41 (50.0%)	8:59	6.7 (50.4%)
120	MIKSA Sławomir	2167		M50	27	00:35:32	01:37:52	01:45:12	02:38:52	03:27:22.35	03:27:28.85	+01:43:43 (50.0%)	9:00	6.7 (50.4%)
121	UNKIEWICZ Michał	2195		M40	42	00:33:28	01:31:30	01:41:18	02:29:48	03:29:33.55	03:30:18.80	+01:46:33 (50.7%)	9:06	6.6 (49.6%)
122	PASTWA Grzegorz	2168		M30	41	00:42:34	01:48:58	01:50:36	02:47:46	03:34:03.05	03:34:17.90	+01:50:32 (51.6%)	9:18	6.4 (48.1%)
123	POJNAR Karol	2119	BIEGUSIEM. PL	M30	42	00:30:26	01:30:23	01:47:19	02:38:09	03:35:43.45	03:35:59.25	+01:52:13 (52.0%)	9:22	6.4 (48.1%)
124	NASUTA Paweł	2120		M30	43	00:30:27	01:30:25	01:47:19	02:38:10	03:35:44.10	03:35:59.70	+01:52:14 (52.0%)	9:22	6.4 (48.1%)
125	POKRYWKA Stefan	2228		M60	6	00:39:16	01:43:37	01:48:05	02:43:40	03:37:23.10	03:37:51.15	+01:54:05 (52.4%)	9:27	6.3 (47.4%)
126	OBARSKI Norbert	2102		M60	7	00:39:10	01:45:08	01:47:37	02:47:15	03:46:41.10	03:47:19.45	+02:03:34 (54.4%)	9:51	6.1 (45.9%)
127	STEPNOWSKI Łukasz	2184		M40	43	00:36:52	01:40:49	01:48:46	02:45:26	03:47:37.40	03:48:24.30	+02:04:38 (54.6%)	9:53	6.1 (45.9%)
128	GORAJEK Michał	2022	LILA&ALA	M40	44	00:36:14	01:39:18	01:48:46	02:42:04	03:50:11.00	03:50:40.85	+02:06:55 (55.0%)	10:00	6 (45.1%)
129	WINIARCZYK Łukasz	2129	MIKI&OLUŚ&REMUŚ	M40	45	00:36:08	01:38:53	01:48:47	02:42:10	03:50:15.20	03:50:43.75	+02:06:58 (55.0%)	10:00	6 (45.1%)
130	KOMÓR Wiesław	2200	WROCŁAWSKIE MORSY	M60	8	00:42:18	01:48:30	01:50:26	02:50:15	03:52:02.85	03:52:26.40	+02:08:41 (55.4%)	10:05	5.9 (44.4%)
131	ŁASZKIEWICZ Piotr	2188	ATHLETICS TEAM PRUSICE	M60	9	00:39:56	01:47:06	02:01:40	02:59:36	04:00:17.85	04:00:49.10	+02:17:03 (56.9%)	10:26	5.7 (42.9%)
132	JABŁOŃSKI Kazimierz	2191	SPRINTER PRĄDY	M60	10	00:44:45	01:59:48	02:01:55	03:06:20	04:04:24.40	04:04:58.15	+02:21:12 (57.6%)	10:37	5.6 (42.1%)
133	WABNO Wojciech	2056	PORANNY PATROL	M20	8	00:40:19	01:46:19	01:58:49	02:59:12	04:07:25.25	04:15:49.70	+02:32:04 (59.4%)	10:45	5.6 (42.1%)
134	KLIMCZAK Marcin	2057	PORANNY PATROL	M20	9	00:40:21	01:46:17	01:58:51	02:59:14	04:08:07.25	04:16:32.45	+02:32:47 (59.6%)	10:47	5.6 (42.1%)
135	SAMEK Artur	2212		M50	28	00:45:41			03:09:24	04:16:09.35	04:16:34.15	+02:32:48 (59.6%)	11:08	5.4 (40.6%)
136	WOJTYS Andrzej	2171		M40	46	00:40:21	01:46:18	01:58:49	02:59:11	04:08:10.45	04:16:38.55	+02:32:53 (59.6%)	10:47	5.6 (42.1%)
137	REY Andrzej	2079	REYRUNNINGTEAM	M50	29	00:51:12	02:19:31	02:26:38	03:49:58	04:24:28.95	04:25:24.30	+02:41:38 (60.9%)	11:29	5.2 (39.1%)
138	ORZECHOWSKI Mariusz	2109	BIEGACZE KLECZEW	M50	30	00:45:59	02:01:56	02:26:37	03:25:45	04:25:50.05	04:26:36.55	+02:42:51 (61.1%)	11:33	5.2 (39.1%)
139	PAWŁOWSKI Marcin	2214		M50	31	00:48:34	02:08:48	02:22:12	03:36:30	04:53:28.15	04:53:52.10	+03:10:06 (64.7%)	12:45	4.7 (35.3%)
140	JEZIOREK Jozi	2157	GRUPA KOK	M50	32	00:48:53	02:09:47	02:12:30	03:26:09	04:56:15.25	04:56:29.40	+03:12:44 (65.0%)	12:52	4.7 (35.3%)
141	BRODECKI Adam	2083		M30	44	00:46:20	02:10:51	02:25:46	03:37:17	04:59:47.45	05:00:32.55	+03:16:47 (65.5%)	13:02	4.6 (34.6%)
142	POLAŃSKI Konrad	2017		M40	47	00:45:33	02:08:55	02:32:17	03:43:07	05:02:05.10	05:04:36.15	+03:20:50 (65.9%)	13:08	4.6 (34.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	Krzyzowka na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
	SCHLAPPA Sebastian	2153	IZBICKO W BIEGU	M40		00:41:56 DNF	01:51:35 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	REY Patryk	2180		M20		00:51:11 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 144 wynik(ów)