



XI RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Wydarzenie: VIII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-06-18
Miejsce: Cisna
Dystans: 28 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	LEPIARZ Sylwester	3764	ALPIN SPORT TEAM	M20	1		01:10:01	02:12:29.55	02:12:31.55		4:43	12.7 (100%)
2	POCZWARDOWSKI Kamil	3855		M30	1		01:10:38	02:13:19.55	02:13:21.50	+00:00:49 (0.6%)	4:45	12.6 (99.2%)
3	MIŚKIEWICZ Mariusz	3916	STAŃCZAK TEAM	M40	1		01:13:09	02:16:18.90	02:16:21.50	+00:03:49 (2.8%)	4:52	12.3 (96.9%)
4	ŻUCHOWSKI Daniel	3824	THE BEZ TEAM POLAND	M30	2		01:15:23	02:17:45.40	02:17:47.40	+00:05:15 (3.8%)	4:55	12.2 (96.1%)
5	BADOWSKI Aleksander	3732	MARCIN ŚWIERC TEAM	M30	3		01:15:58	02:20:50.05	02:20:51.65	+00:08:20 (5.9%)	5:01	11.9 (93.7%)
6	PERZ Krzysztof	3247	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M30	4		01:18:37	02:28:24.10	02:28:26.70	+00:15:55 (10.7%)	5:18	11.3 (89.0%)
7	ŁAGUNA Kacper	3404		M30	5		01:23:21	02:36:44.35	02:36:47.55	+00:24:16 (15.5%)	5:35	10.7 (84.3%)
8	WĘGLIŃSKI Mikołaj	3735		M30	6		01:28:09	02:37:35.70	02:37:45.25	+00:25:13 (16.0%)	5:37	10.7 (84.3%)
9	WRÓBEL Kamil	3139		M30	7		01:27:38	02:40:03.45	02:40:06.05	+00:27:34 (17.2%)	5:42	10.5 (82.7%)
10	KINAL Piotr	3122	KLZK	M40	2			02:40:32.45	02:40:34.90	+00:28:03 (17.5%)	5:44	10.5 (82.7%)
11	KŁĘCZEK Łukasz	3073	EX TEAM	M30	8		01:24:30	02:44:22.85	02:44:25.35	+00:31:53 (19.4%)	5:52	10.2 (80.3%)
12	DYŚ Paweł	3530	STAY INSANE	M30	9		01:28:08	02:47:38.30	02:47:41.05	+00:35:09 (21.0%)	5:59	10 (78.7%)
13	DUCKI Piotr	3913	OTK	M30	10		01:31:22	02:47:43.05	02:47:47.70	+00:35:16 (21.0%)	5:59	10 (78.7%)
14	RESZKA Marek	3082	DRUŻYNA SZPIKU	M30	11		01:28:50	02:48:08.40	02:48:14.95	+00:35:43 (21.2%)	6:00	10 (78.7%)
15	JAWOREK Grzegorz	3219		M40	3		01:28:21	02:48:40.45	02:48:43.50	+00:36:11 (21.5%)	6:01	10 (78.7%)
16	GADZIŃSKI Marcin	3010		M30	12		01:28:27	02:48:41.95	02:48:47.20	+00:36:15 (21.5%)	6:01	10 (78.7%)
17	KNAPIK Sebastian	3589	BUTYJANA	M30	13		01:29:26	02:49:45.95	02:49:54.60	+00:37:23 (22.0%)	6:03	9.9 (78.0%)
18	GABRYCH Arkadiusz	3270	WIHA RUNNER	M30	14		01:29:48	02:50:21.50	02:50:26.10	+00:37:54 (22.2%)	6:05	9.9 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
19	SZYBALSKI Michał	3207		M30	15		01:29:44	02:52:18.35	02:52:22.40	+00:39:50 (23.1%)	6:09	9.8 (77.2%)
20	SIEPRACKI Robert	3894		M30	16		01:34:22	02:55:59.45	02:56:12.45	+00:43:40 (24.8%)	6:17	9.5 (74.8%)
21	BARTOSIK Sebastian	3328	FORMA WODZISŁAW ŚLĄSKI	M30	17		01:26:58	02:57:27.95	02:57:30.40	+00:44:58 (25.3%)	6:20	9.5 (74.8%)
22	JACHIMOWSKI Jarosław	3819	SANOK BIEGA	M30	18		01:36:43	02:58:20.35	02:58:27.10	+00:45:55 (25.7%)	6:22	9.4 (74.0%)
23	STĘPIEŃ Krzysztof	3873	GILLETTE RUN	M40	4		01:35:39	02:59:35.85	02:59:38.00	+00:47:06 (26.2%)	6:24	9.4 (74.0%)
24	SKOLINIEC Bartłomiej	3066		M30	19		01:40:53	02:59:36.45	02:59:48.70	+00:47:17 (26.3%)	6:24	9.4 (74.0%)
25	LENCKOWSKI Lech	3729	BIEGAM U KOLESI	M30	20		01:35:25	03:00:09.30	03:00:19.10	+00:47:47 (26.5%)	6:26	9.3 (73.2%)
26	PELA Dariusz	3861		M30	21		01:39:14	03:01:35.00	03:01:40.10	+00:49:08 (27.1%)	6:29	9.3 (73.2%)
27	GAWRON Przemysław	3131	SŁOŃCA JURY	M40	5		01:33:13	03:01:46.75	03:01:52.55	+00:49:21 (27.1%)	6:29	9.2 (72.4%)
28	BASAĞ Marek	3793		M30	22		01:37:56	03:01:54.00	03:02:04.80	+00:49:33 (27.2%)	6:29	9.2 (72.4%)
29	KOPPLINGER Grzegorz	3668	ASSECO ACTIVE TEAM	M40	6			03:02:37.60	03:02:50.35	+00:50:18 (27.5%)	6:31	9.2 (72.4%)
30	BROK Jacek	3338		M50	1		01:39:38	03:02:55.65	03:03:05.45	+00:50:33 (27.6%)	6:31	9.2 (72.4%)
31	WOCHOWSKI Tomasz	3743		M30	23		01:41:16	03:03:24.25	03:03:36.20	+00:51:04 (27.8%)	6:33	9.2 (72.4%)
32	WASSER Michał	3242		M20	2		01:34:32	03:05:16.00	03:05:21.20	+00:52:49 (28.5%)	6:37	9.1 (71.7%)
33	PŁAZA Bartłomiej	3860		M30	24		01:41:05	03:05:13.05	03:05:25.40	+00:52:53 (28.5%)	6:36	9.1 (71.7%)
34	KORNAK Dariusz	3670	SAMURAJ	M50	2		01:39:11	03:05:30.80	03:05:34.00	+00:53:02 (28.6%)	6:37	9.1 (71.7%)
35	FOLWARSKI Zbigniew	3686		M30	25		01:38:02	03:06:21.55	03:06:48.95	+00:54:17 (29.1%)	6:39	9 (70.9%)
36	WYPYCH Patryk	3807	FRUCKA TEAM	M30	26		01:51:29	03:06:46.05	03:07:17.25	+00:54:45 (29.2%)	6:40	9 (70.9%)
37	SOKOŁOWSKI Wojciech	3279		M30	27		01:41:27	03:07:57.90	03:08:22.75	+00:55:51 (29.6%)	6:42	8.9 (70.1%)
38	MARCINOWSKI Paweł	3694	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M30	28		01:35:45	03:08:47.70	03:08:50.20	+00:56:18 (29.8%)	6:44	8.9 (70.1%)
39	POKRYSZKA Bartosz	3162		M30	29		01:39:56	03:09:04.10	03:09:11.65	+00:56:40 (30.0%)	6:45	8.9 (70.1%)
40	KRZEMINSKI Marcin	3557		M40	7		01:40:26	03:09:33.65	03:09:47.25	+00:57:15 (30.2%)	6:46	8.9 (70.1%)
41	GAJEWSKI Marek	3502	ADIDAS RUNNERS WARSAW	M30	30		01:35:28	03:10:13.15	03:10:16.70	+00:57:45 (30.4%)	6:47	8.8 (69.3%)

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42	PTAK Mateusz	3781	KB ATHLETIC ZRĘCIN	M40	8		01:37:28	03:10:16.80	03:10:19.75	+00:57:48 (30.4%)	6:47	8.8 (69.3%)
43	GOŚCIŃSKI Andrzej	3464	DUDYCZ RUN	M30	31		01:34:57	03:11:04.85	03:11:10.20	+00:58:38 (30.7%)	6:49	8.8 (69.3%)
44	KSIĄŻKIEWICZ Bartłomiej	3738	ROCKY BALBOA	M40	9		01:40:35	03:11:21.95	03:11:36.00	+00:59:04 (30.8%)	6:50	8.8 (69.3%)
45	WRÓBLEWSKI Radosław	3414	VELUX	M40	10		01:47:19	03:11:20.15	03:11:36.20	+00:59:04 (30.8%)	6:50	8.8 (69.3%)
46	STACHOWSKI Damian	3360		M30	32		01:41:37	03:12:08.90	03:12:24.50	+00:59:52 (31.1%)	6:51	8.7 (68.5%)
47	WOJCIECHOWSKI Tobiasz	3653		M30	33		01:39:37	03:12:55.65	03:13:05.00	+01:00:33 (31.4%)	6:53	8.7 (68.5%)
48	RYCHTER Marcin	3875	THE RYCHTERS	M50	3		01:40:33	03:13:48.70	03:13:54.50	+01:01:22 (31.7%)	6:55	8.7 (68.5%)
49	SUCHORA Kacper	3140		M20	3		01:41:32	03:14:07.80	03:14:30.85	+01:01:59 (31.9%)	6:55	8.7 (68.5%)
50	CHUDY Michał	3057		M30	34		01:48:29	03:15:22.65	03:15:45.45	+01:03:13 (32.3%)	6:58	8.6 (67.7%)
51	TATKA Marcin	3135		M40	11		01:43:18	03:16:05.20	03:16:07.05	+01:03:35 (32.4%)	7:00	8.6 (67.7%)
52	BIENIEK Piotr	3407	MAŁŻE Z BORDEAUX	M30	35		01:37:25	03:16:24.40	03:16:30.00	+01:03:58 (32.6%)	7:00	8.6 (67.7%)
52	OSTASIUK Aleksander	3406	MAŁŻE Z BORDEAUX	M30	35		01:37:24	03:16:26.20	03:16:30.00	+01:03:58 (32.6%)	7:00	8.6 (67.7%)
54	POCHYLSKI Radosław	3043		M30	37		01:47:12	03:16:14.70	03:16:38.85	+01:04:07 (32.6%)	7:00	8.6 (67.7%)
55	KOT Dawid	3784		M20	4		01:47:42	03:15:47.60	03:16:40.20	+01:04:08 (32.6%)	6:59	8.6 (67.7%)
56	WNUK Tomasz	3724	NAPRZÓD MŁOCINY	M40	12		01:35:24	03:16:33.35	03:16:42.55	+01:04:11 (32.6%)	7:01	8.5 (66.9%)
57	CIEŚLA Krzysztof	3759		M40	13		01:47:42	03:16:28.80	03:17:20.90	+01:04:49 (32.8%)	7:01	8.6 (67.7%)
58	MORAWSKI Grzegorz	3848		M30	38		01:47:30	03:17:30.25	03:17:33.90	+01:05:02 (32.9%)	7:03	8.5 (66.9%)
59	MIJAL Piotr	3463	BRONOWICE BIEGAJĄ	M30	39		01:43:57	03:17:20.15	03:17:48.00	+01:05:16 (33.0%)	7:02	8.5 (66.9%)
60	CHODKOWSKI Marcin	3446	TEAM ZABIEGANEDNI	M30	40		01:47:20	03:17:53.90	03:18:09.40	+01:05:37 (33.1%)	7:04	8.5 (66.9%)
61	MAZUR Sebastian	3714		M30	41		01:40:26	03:18:08.65	03:18:20.70	+01:05:49 (33.2%)	7:04	8.5 (66.9%)
62	SZERMENT Eryk	3077	MAZURTEAM	M40	14		01:39:49	03:18:20.75	03:18:20.75	+01:05:49 (33.2%)	7:05	8.5 (66.9%)
63	IRLA Arkadiusz	3896		M30	42		01:42:34	03:18:06.25	03:18:36.85	+01:06:05 (33.3%)	7:04	8.5 (66.9%)
64	KASPRZAK Tomek	3549	RYBITWOWY FENOMEN:-))	M40	15		01:42:49	03:18:51.70	03:18:56.30	+01:06:24 (33.4%)	7:06	8.4 (66.1%)

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65	STEFAŃSKI Jakub	3491		M30	43		01:43:41	03:18:47.75	03:18:59.20	+01:06:27 (33.4%)	7:05	8.5 (66.9%)
66	JAWORSKI Przemysław	3633		M40	16		01:41:46	03:18:39.40	03:19:27.70	+01:06:56 (33.6%)	7:05	8.5 (66.9%)
67	PAŁUBSKI Andrzej	3828		M40	17		01:49:38	03:18:55.55	03:19:48.30	+01:07:16 (33.7%)	7:06	8.4 (66.1%)
68	MIERCZAK Dawid	3758	PENDOLINO TEAM	M30	44		01:45:59	03:19:21.40	03:19:48.50	+01:07:16 (33.7%)	7:07	8.4 (66.1%)
69	SADOWSKI Rafał	13	KB SPARTAKUS BEŁCHATÓW	M30	45	Tak	01:54:57	03:19:50.75	03:20:08.60	+01:07:37 (33.8%)	7:08	8.4 (66.1%)
70	MIKUŚKIEWICZ Piotr	3117	PIOTRIMONIABIEGA	M40	18		01:48:59	03:20:07.35	03:20:19.00	+01:07:47 (33.8%)	7:08	8.4 (66.1%)
71	LANGNER Damian	3606		M20	5		01:48:06	03:20:13.00	03:20:47.10	+01:08:15 (34.0%)	7:09	8.4 (66.1%)
72	RABCZEWSKI Andrzej	3526	MKS MECHANIK WŁODAWA	M50	4		01:49:15	03:20:49.45	03:21:04.65	+01:08:33 (34.1%)	7:10	8.4 (66.1%)
73	SZCZĘSNY Paweł	3513		M30	46		01:48:48	03:20:55.75	03:21:14.00	+01:08:42 (34.1%)	7:10	8.4 (66.1%)
74	ŁAŻEŃSKI Łukasz	3326		M30	47		01:49:17	03:21:14.50	03:21:19.50	+01:08:47 (34.2%)	7:11	8.3 (65.4%)
75	WAJDZIK Adam	3370	CZWARTUNIOTEAM	M30	48		01:48:29	03:21:10.90	03:21:28.70	+01:08:57 (34.2%)	7:11	8.4 (66.1%)
76	STELMACH Damian	3436	DOGOŃ GRODZISK MAZOWIECKI	M40	19		01:49:29	03:21:43.80	03:21:47.15	+01:09:15 (34.3%)	7:12	8.3 (65.4%)
77	WIEWIÓRKA Piotr	3284		M50	5		01:41:17	03:21:06.60	03:21:48.25	+01:09:16 (34.3%)	7:10	8.4 (66.1%)
78	ZĄBKIEWICZ Szymon	3642		M30	49		01:55:23	03:21:57.30	03:22:26.35	+01:09:54 (34.5%)	7:12	8.3 (65.4%)
79	STASIAK Jakub	3146	ORLEN RUNNING TEAM	M40	20		01:47:16	03:22:17.25	03:22:32.55	+01:10:01 (34.6%)	7:13	8.3 (65.4%)
80	SIVKO Vladimir	3353		M30	50		01:46:16	03:22:59.70	03:23:05.40	+01:10:33 (34.7%)	7:14	8.3 (65.4%)
81	PERKOWSKI Aleksander	3402		M20	6		01:48:42	03:22:33.60	03:23:36.00	+01:11:04 (34.9%)	7:14	8.3 (65.4%)
82	MORGAŚ Mariusz	3376		M30	51		01:47:26	03:24:08.85	03:24:11.95	+01:11:40 (35.1%)	7:17	8.2 (64.6%)
83	PLOCHOCKI Piotr	3842		M30	52		01:49:12	03:24:47.40	03:25:17.50	+01:12:45 (35.4%)	7:18	8.2 (64.6%)
84	PAŚNIEWSKI Piotr	3078	PRZEDWOJEWSKI TEAM	M30	53		01:47:42	03:25:52.15	03:26:15.20	+01:13:43 (35.7%)	7:21	8.2 (64.6%)
85	SZYMAŃSKI Kacper	3501		M20	7			03:26:18.00	03:26:18.00	+01:13:46 (35.8%)	7:22	8.1 (63.8%)
86	LEBRECHT Bartosz	3616	IKRTS	M20	8		01:48:43	03:25:30.55	03:26:22.25	+01:13:50 (35.8%)	7:20	8.2 (64.6%)
87	TYL Radosław	3238	SYPOL	M40	21		01:47:39	03:25:03.55	03:26:24.60	+01:13:53 (35.8%)	7:19	8.2 (64.6%)

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88	KWAŚNY Janusz	3009		M50	6		01:45:25	03:26:05.40	03:26:36.00	+01:14:04 (35.9%)	7:21	8.2 (64.6%)
89	TCHÓRZ Zbigniew	3632	FORTACO TEAM	M50	7		01:44:27	03:26:24.60	03:26:36.10	+01:14:04 (35.9%)	7:22	8.1 (63.8%)
90	WOJCIECHOWSKI Paweł	3853		M50	8		01:50:15	03:26:06.10	03:26:38.70	+01:14:07 (35.9%)	7:21	8.2 (64.6%)
91	ZAWADZKI Rafał	3075	KL ZIEMIA KŁODZKA	M40	22		01:46:37	03:26:41.20	03:26:44.25	+01:14:12 (35.9%)	7:22	8.1 (63.8%)
92	WOJTASIK Łukasz	3421	AKTYWNY OSTRZESZÓW	M40	23		01:49:35	03:26:54.65	03:27:04.65	+01:14:33 (36.0%)	7:23	8.1 (63.8%)
93	BOROWSKI Przemysław	3551		M30	54		01:47:14	03:26:40.60	03:27:05.05	+01:14:33 (36.0%)	7:22	8.1 (63.8%)
94	MACHNIO Bartosz	3647	POWER TRAINING	M20	9		01:56:24	03:26:59.00	03:27:08.50	+01:14:36 (36.0%)	7:23	8.1 (63.8%)
95	KICIŃSKI Grzegorz	3398		M40	24		01:51:47	03:25:16.30	03:27:17.20	+01:14:45 (36.1%)	7:19	8.2 (64.6%)
96	SKALSKI Daniel	3568	BŁĘKITNI ŻEGLCE	M40	25		01:46:03	03:27:19.05	03:27:24.55	+01:14:53 (36.1%)	7:24	8.1 (63.8%)
97	BACHURSKI Tomasz	3046	140MINUT.PL	M40	26		01:46:32	03:27:33.80	03:27:44.90	+01:15:13 (36.2%)	7:24	8.1 (63.8%)
98	PUTYRA Damian	3841		M20	10		01:50:25	03:26:28.85	03:27:47.45	+01:15:15 (36.2%)	7:22	8.1 (63.8%)
99	ZĘBALSKI Bartłomiej	3622		M20	11		01:48:33	03:27:32.25	03:27:52.25	+01:15:20 (36.2%)	7:24	8.1 (63.8%)
100	BARTNIAK Kamil	3893		M40	27		01:51:41	03:28:23.15	03:28:52.90	+01:16:21 (36.6%)	7:26	8.1 (63.8%)
101	GRZELAK Arkadiusz	3452		M20	12		01:49:19	03:27:42.25	03:29:05.75	+01:16:34 (36.6%)	7:25	8.1 (63.8%)
102	JANKOWSKI Adrian	3457		M30	55		01:49:17	03:27:42.80	03:29:05.80	+01:16:34 (36.6%)	7:25	8.1 (63.8%)
103	TYPIAK Tomasz	3578		M40	28		01:48:34	03:29:01.20	03:29:26.30	+01:16:54 (36.7%)	7:27	8 (63.0%)
104	SZYMKIEWICZ Robert	3460	MIEDZYRZECKIE GAZELE	M50	9		01:48:49	03:29:28.20	03:29:34.20	+01:17:02 (36.8%)	7:28	8 (63.0%)
105	NIECKARZ Robert	3417		M40	29		01:55:44	03:28:34.25	03:30:31.10	+01:17:59 (37.0%)	7:26	8.1 (63.8%)
106	ĆMIELIŃSKI Tomasz	3880	KW KRAKÓW	M40	30		01:55:38	03:30:47.35	03:30:52.25	+01:18:20 (37.2%)	7:31	8 (63.0%)
107	DWORNICKI Kamil	10		M30	56	Tak	01:57:05	03:30:46.15	03:31:03.35	+01:18:31 (37.2%)	7:31	8 (63.0%)
108	DUBOWICZ Maciej	3649	TRITON KONIN	M20	13		01:54:54	03:30:15.75	03:31:27.80	+01:18:56 (37.3%)	7:30	8 (63.0%)
109	LEŚNIAK Marcin	3830	SALT RUNNERS	M40	31		01:55:20	03:31:27.90	03:31:47.80	+01:19:16 (37.4%)	7:33	7.9 (62.2%)
110	KORPAK Piotr	3155	BRAINHUB	M30	57		01:49:36	03:32:06.10	03:32:13.15	+01:19:41 (37.6%)	7:34	7.9 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
111	ZACZYŃSKI Maciej	3803	ŻUBRY RACE TEAM	M40	32		01:56:39	03:31:50.15	03:32:23.85	+01:19:52 (37.6%)	7:33	7.9 (62.2%)
112	CUKROWSKI Marcin	3261		M30	58		01:52:15	03:32:06.45	03:32:28.95	+01:19:57 (37.6%)	7:34	7.9 (62.2%)
113	WOJTKIEWICZ Jarosław	3889		M50	10		01:55:11	03:32:07.35	03:32:38.00	+01:20:06 (37.7%)	7:34	7.9 (62.2%)
114	MROWIEC Michał	3795	LECH FREE	M50	11		01:55:10	03:32:42.60	03:33:05.60	+01:20:34 (37.8%)	7:35	7.9 (62.2%)
115	MATYSIAK Jacek	3877		M20	14		01:56:07	03:33:08.30	03:33:33.70	+01:21:02 (37.9%)	7:36	7.9 (62.2%)
116	KACPERSKI Olaf	3865		M40	33		01:53:41	03:33:59.10	03:34:08.65	+01:21:37 (38.1%)	7:38	7.9 (62.2%)
117	ŁOZA Tobiasz	3779	KAŃCZUGA GRUPA BIEGOWA	M30	59		01:52:06	03:33:42.95	03:34:16.45	+01:21:44 (38.2%)	7:37	7.9 (62.2%)
118	SWOBODA Jarosław	3900	EXTREMALNI RZEŹNICY NA RELAKSIE	M40	34		01:55:15	03:34:14.80	03:34:20.15	+01:21:48 (38.2%)	7:39	7.8 (61.4%)
119	WIECZOREK Tomasz	3629	KB BIAŁA BIEGA	M50	12		01:52:20	03:34:25.60	03:34:38.80	+01:22:07 (38.3%)	7:39	7.8 (61.4%)
120	POŁUDNIUK Radosław	3545	SII RUNNING TEAM	M30	60		01:58:16	03:33:32.85	03:34:54.50	+01:22:22 (38.3%)	7:37	7.9 (62.2%)
121	KLIMEK Marek	3756	ADIDAS RUNNERS WARSAW	M30	61		01:48:04	03:34:36.80	03:35:00.80	+01:22:29 (38.4%)	7:39	7.8 (61.4%)
122	GAJEWIAK Adam	3662		M40	35		01:49:34	03:34:57.30	03:35:03.80	+01:22:32 (38.4%)	7:40	7.8 (61.4%)
123	LAMENTA Andrzej	3375		M40	36		01:51:35	03:35:03.20	03:35:07.55	+01:22:36 (38.4%)	7:40	7.8 (61.4%)
124	GAJ Grzegorz	7		M40	37	Tak	02:03:47	03:34:47.65	03:35:09.15	+01:22:37 (38.4%)	7:40	7.8 (61.4%)
125	BARANOWSKI Maciej	14	JACEKBIEGA RUNNING TEAM	M30	62	Tak	02:03:45	03:34:47.15	03:35:09.35	+01:22:37 (38.4%)	7:40	7.8 (61.4%)
126	KRÓL Kamil	3509		M20	15		01:59:03	03:34:07.15	03:35:25.05	+01:22:53 (38.5%)	7:38	7.8 (61.4%)
127	PIŁCZYŃSKI Paweł	3361		M30	63		01:47:38	03:35:28.90	03:35:44.50	+01:23:12 (38.6%)	7:41	7.8 (61.4%)
128	UJMA Stanisław	3211		M60	1		01:52:19	03:36:03.25	03:36:06.30	+01:23:34 (38.7%)	7:42	7.8 (61.4%)
129	DOMAŃ Leszek	3393	FEHLAU RUN TEAM	M40	38		01:53:22	03:35:19.35	03:36:09.20	+01:23:37 (38.7%)	7:41	7.8 (61.4%)
130	KŁOS Adam	3776	NIEPOŁOMICE BIEGAJĄ	M50	13		01:56:30	03:36:46.40	03:36:57.20	+01:24:25 (38.9%)	7:44	7.8 (61.4%)
131	SKIRŁO Marcin	3742		M20	16		02:04:20	03:36:12.35	03:36:59.05	+01:24:27 (38.9%)	7:43	7.8 (61.4%)
132	UCHEREK Kazimierz	3351		M50	14		01:52:05	03:37:23.80	03:37:32.65	+01:25:01 (39.1%)	7:45	7.7 (60.6%)
133	KOZIARSKI Piotr	3697		M30	64		01:53:09	03:37:16.85	03:37:37.15	+01:25:05 (39.1%)	7:45	7.7 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
134	GMYREK Jacek	3028		M40	39		02:01:42	03:36:45.80	03:38:13.75	+01:25:42 (39.3%)	7:44	7.8 (61.4%)
135	GAWLIK Sławek	11	DYNAFIT	M30	65	Tak	01:56:18	03:38:33.55	03:38:36.15	+01:26:04 (39.4%)	7:48	7.7 (60.6%)
136	MICHALAK Dariusz	3810		M20	17		01:57:52	03:38:35.05	03:39:18.85	+01:26:47 (39.6%)	7:48	7.7 (60.6%)
137	CHOJNACKI Mariusz	3586		M40	40		02:03:02	03:37:35.30	03:39:32.30	+01:27:00 (39.6%)	7:46	7.7 (60.6%)
138	MŁYNARYK Tomasz	3693	BIEGANIE SZYDERCÓW	M40	41		02:04:34	03:38:14.50	03:40:09.20	+01:27:37 (39.8%)	7:47	7.7 (60.6%)
139	LEŚNIAK Dawid	3718	LHO	M30	66			03:39:44.25	03:40:13.30	+01:27:41 (39.8%)	7:50	7.6 (59.8%)
140	BUZA Łukasz	3617	IKRTS JÓZEFÓW	M30	67		01:50:25	03:39:26.95	03:40:18.55	+01:27:47 (39.8%)	7:50	7.7 (60.6%)
141	MISIEWIEC Kamil	3752		M30	68		01:56:12	03:39:28.55	03:40:55.55	+01:28:24 (40.0%)	7:50	7.7 (60.6%)
142	KŁODZIŃSKI Klaudiusz	3364	ULTRAMĘKI	M50	15		02:04:34	03:39:15.20	03:41:10.40	+01:28:38 (40.1%)	7:49	7.7 (60.6%)
143	SZEGDA Łukasz	3318	GARDONIE 279	M40	42		02:08:47	03:40:26.90	03:41:11.40	+01:28:39 (40.1%)	7:52	7.6 (59.8%)
144	GABRYCH Łukasz	3230	SAINT-GOBAIN SQUAD	M40	43		01:56:19	03:41:04.30	03:41:18.15	+01:28:46 (40.1%)	7:53	7.6 (59.8%)
145	WITCZAK Arkadiusz	3063	IRONTEAM3CITY	M40	44		02:06:11	03:40:19.90	03:41:21.95	+01:28:50 (40.1%)	7:52	7.6 (59.8%)
146	TRZASKOWSKI Piotr	3888	MAZUR KARCEW	M30	69		01:49:23	03:40:41.10	03:41:22.70	+01:28:51 (40.1%)	7:52	7.6 (59.8%)
147	SZCZEKALA Łukasz	3021		M30	70		01:55:13	03:40:51.20	03:41:23.00	+01:28:51 (40.1%)	7:53	7.6 (59.8%)
148	KURMIN Bartosz	3281		M30	71		01:51:32	03:41:09.90	03:41:35.70	+01:29:04 (40.2%)	7:53	7.6 (59.8%)
149	RENC Patryk	3053	SERCE TYBETU	M30	72		01:49:10	03:41:09.05	03:41:36.70	+01:29:05 (40.2%)	7:53	7.6 (59.8%)
150	MATYSIAK Michał	3780	KOPALNIA MOCY TARNOBRZEG	M30	73		01:50:20	03:41:42.00	03:41:49.20	+01:29:17 (40.3%)	7:55	7.6 (59.8%)
151	HRYCAJ Mariusz	1	REBELLION OF FREE RUNNERS	M40	45	Tak	01:55:32	03:41:34.10	03:42:12.15	+01:29:40 (40.4%)	7:54	7.6 (59.8%)
152	SMURA Rafał	3777		M30	74		02:04:28	03:40:37.30	03:42:19.45	+01:29:47 (40.4%)	7:52	7.6 (59.8%)
153	FIREK Rafał	3734		M40	46		01:47:45	03:42:24.80	03:42:29.05	+01:29:57 (40.4%)	7:56	7.6 (59.8%)
154	TRZCINSKI Maciej	3300		M40	47		01:58:24	03:42:09.65	03:42:32.05	+01:30:00 (40.4%)	7:56	7.6 (59.8%)
155	KALICIŃSKI Jarosław	3035	ŚLĘZAK TEAM	M40	48		01:51:52	03:41:42.00	03:42:33.50	+01:30:01 (40.5%)	7:55	7.6 (59.8%)
156	GÓRSKI Krzysztof	3657		M30	75			03:42:02.40	03:42:44.10	+01:30:12 (40.5%)	7:55	7.6 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
157	SOBCZYŃSKI Paweł	3271	PEES	M40	49		01:58:39	03:42:23.50	03:43:00.90	+01:30:29 (40.6%)	7:56	7.6 (59.8%)
158	HOŁUBIEC Paweł	3096	YULO RUN TEAM SIEDLCE	M40	50		01:54:44	03:42:52.05	03:43:26.75	+01:30:55 (40.7%)	7:57	7.5 (59.1%)
159	KUNYSZ Paweł	3442		M20	18		02:05:00	03:42:04.90	03:43:29.30	+01:30:57 (40.7%)	7:55	7.6 (59.8%)
160	STODOLNY Krzysztof	3367		M60	2		02:04:07	03:43:39.00	03:44:16.70	+01:31:45 (40.9%)	7:59	7.5 (59.1%)
161	CHMIELOWSKI Michał	3369		M40	51		01:53:13	03:43:07.75	03:44:19.70	+01:31:48 (40.9%)	7:58	7.5 (59.1%)
162	SUŁEK Marcin	3039	PRO-MILE TEAM	M30	76		01:51:39	03:43:51.20	03:44:20.15	+01:31:48 (40.9%)	7:59	7.5 (59.1%)
163	ERNST Tomasz	3539		M30	77		01:55:46	03:42:22.80	03:44:24.90	+01:31:53 (40.9%)	7:56	7.6 (59.8%)
164	SIUDA Adam	3395		M30	78		01:57:53	03:42:20.45	03:44:26.90	+01:31:55 (41.0%)	7:56	7.6 (59.8%)
165	WARDEGA Przemek	3733	MYHIVE	M40	52		01:53:07	03:44:48.25	03:44:57.45	+01:32:25 (41.1%)	8:01	7.5 (59.1%)
166	ILCZUK Paweł	3289		M30	79		01:57:33	03:44:55.65	03:45:22.40	+01:32:50 (41.2%)	8:01	7.5 (59.1%)
167	WOŹNIAK Janusz	3170	PORMAT JEDLICZE BIEGA	M50	16		01:58:24	03:45:17.25	03:45:33.55	+01:33:02 (41.2%)	8:02	7.5 (59.1%)
168	PAWLIKOWSKI Michał	3428		M40	53		02:03:52	03:43:52.60	03:45:36.00	+01:33:04 (41.3%)	7:59	7.5 (59.1%)
169	ADAMSKI Maciek	3547		M30	80		01:57:14	03:45:24.75	03:45:51.35	+01:33:19 (41.3%)	8:03	7.5 (59.1%)
170	GUŁAŚ Daniel	3536	SAMSOBIE KLUB	M40	54		02:00:50	03:45:39.70	03:46:03.10	+01:33:31 (41.4%)	8:03	7.4 (58.3%)
171	JASKIEWICZ Sławomir	3419		M40	55		01:48:10	03:45:55.40	03:46:08.30	+01:33:36 (41.4%)	8:04	7.4 (58.3%)
172	ŁĄCZNY Marcin	3569	GALOPUJĄCE DŹDŻOWNICE	M30	81		01:56:50	03:46:32.25	03:46:44.80	+01:34:13 (41.6%)	8:05	7.4 (58.3%)
173	GÓRNY Dariusz	3159	SŁOŃCA JURY	M40	56		02:07:44	03:45:57.60	03:46:49.60	+01:34:18 (41.6%)	8:04	7.4 (58.3%)
174	TYLIŃSKI Jacek	3178	SŁOŃCE JURY	M40	57		02:07:43	03:45:58.10	03:46:50.00	+01:34:18 (41.6%)	8:04	7.4 (58.3%)
175	OSICA Łukasz	3444		M30	82		02:04:19	03:46:53.20	03:47:08.20	+01:34:36 (41.7%)	8:06	7.4 (58.3%)
176	BOGUSZ Konrad	3897		M30	83		01:52:58	03:46:35.85	03:47:25.20	+01:34:53 (41.7%)	8:05	7.4 (58.3%)
177	CHOŁAJCZYK Marcin	3166		M30	84		01:59:29	03:47:28.75	03:47:41.65	+01:35:10 (41.8%)	8:07	7.4 (58.3%)
178	SZCZĘSNY Maciej	3515		M60	3		01:57:33	03:47:26.95	03:47:44.25	+01:35:12 (41.8%)	8:07	7.4 (58.3%)
179	MALEC Marcin	3636		M20	19		02:00:31	03:47:27.65	03:47:47.85	+01:35:16 (41.8%)	8:07	7.4 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
180	GRADOWSKI Piotr	3674		M40	58		02:05:18	03:47:50.85	03:48:10.70	+01:35:39 (41.9%)	8:08	7.4 (58.3%)
181	KOŁOTUSZA Andrzej	3337	ZASAPANI HYDRO	M40	59		02:05:15	03:48:15.60	03:49:23.40	+01:36:51 (42.2%)	8:09	7.4 (58.3%)
182	PROSIŃSKI Tomasz	3852	NEON TEAM	M40	60		01:52:39	03:49:07.95	03:49:27.05	+01:36:55 (42.2%)	8:10	7.3 (57.5%)
183	KACZOROWSKI Tomasz	3849	PKS - PIWNY KLUB SPORTOWY	M30	85		02:01:07	03:48:49.50	03:49:31.45	+01:36:59 (42.3%)	8:10	7.3 (57.5%)
184	OCHYRA Konrad	3823	SOLINA TEAM	M30	86		01:58:57	03:49:19.45	03:49:36.95	+01:37:05 (42.3%)	8:11	7.3 (57.5%)
185	OCHYRA Krzysztof	3821		M50	17		01:59:14	03:49:37.95	03:49:37.95	+01:37:06 (42.3%)	8:12	7.3 (57.5%)
186	KĄDZIELA Jakub	3469		M20	20		01:52:55	03:49:50.75	03:49:58.10	+01:37:26 (42.4%)	8:12	7.3 (57.5%)
187	PIERZCHAŁA Jacek	3304		M40	61		02:06:48	03:48:55.40	03:50:08.90	+01:37:37 (42.4%)	8:10	7.3 (57.5%)
188	JANOWIAK Wojciech	3150	ŻYWCEM ZABIEGANI	M40	62		02:00:45	03:49:10.20	03:50:11.50	+01:37:39 (42.4%)	8:11	7.3 (57.5%)
189	GUZ Marcin	3770		M40	63		02:04:22	03:48:51.70	03:50:32.00	+01:38:00 (42.5%)	8:10	7.3 (57.5%)
190	DOMKA Michał	3079	REZERWOWE PSY	M40	64			03:48:57.75	03:50:32.35	+01:38:00 (42.5%)	8:10	7.3 (57.5%)
191	PERLIŃSKI Mirosław	3667	ASSECO ACTIVE TEAM	M40	65		02:01:25	03:50:22.55	03:50:34.85	+01:38:03 (42.5%)	8:13	7.3 (57.5%)
192	PAŁYSA Robert	3294	STANWEX II	M20	21		02:13:28	03:49:48.45	03:50:39.95	+01:38:08 (42.5%)	8:12	7.3 (57.5%)
193	PODKUL Konrad	3101		M30	87		01:54:21	03:50:41.75	03:50:48.30	+01:38:16 (42.6%)	8:14	7.3 (57.5%)
194	GAŁUSZKA Tomasz	3868	SKITUROWE BIESZCZADY	M40	66		01:56:22	03:50:44.20	03:51:04.50	+01:38:32 (42.6%)	8:14	7.3 (57.5%)
195	BOBROWSKI Michał	3864		M40	67		02:09:00	03:49:15.00	03:51:09.70	+01:38:38 (42.7%)	8:11	7.3 (57.5%)
196	ŚLIWIŃSKI Andrzej	3739		M60	4		02:05:23	03:50:16.55	03:51:11.60	+01:38:40 (42.7%)	8:13	7.3 (57.5%)
197	KŁOS Łukasz	3098	ASICSFONTRUNNER	M30	88		01:42:46	03:51:10.50	03:51:14.35	+01:38:42 (42.7%)	8:15	7.3 (57.5%)
198	DAROWICKI Daniel	3561		M40	68		01:59:54	03:50:36.10	03:51:24.90	+01:38:53 (42.7%)	8:14	7.3 (57.5%)
199	CIEŚLIK Jacek	3542	FLEX ŁÓDŹ	M40	69		02:06:45	03:49:23.95	03:51:27.50	+01:38:55 (42.7%)	8:11	7.3 (57.5%)
200	TARNAWSKI Sławomir	3479		M30	89		02:01:40	03:51:26.20	03:51:33.00	+01:39:01 (42.8%)	8:15	7.3 (57.5%)
201	STAWIARZ Paweł	3886	GERIATRIA TEAM	M50	18		02:04:28	03:50:26.60	03:51:37.85	+01:39:06 (42.8%)	8:13	7.3 (57.5%)
202	BARANOWSKI Mariusz	3215		M40	70		02:05:20	03:51:00.15	03:51:49.40	+01:39:17 (42.8%)	8:15	7.3 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
203	WASILEWSKI Mirosław	3085	ORKA MASTERS IŁAWA	M40	71		02:04:52	03:50:52.45	03:52:26.95	+01:39:55 (43.0%)	8:14	7.3 (57.5%)
204	KRAWIEC Sławomir	3234	SAINT GOBAIN SQUAD	M30	90		02:07:31	03:51:56.90	03:52:37.40	+01:40:05 (43.0%)	8:17	7.2 (56.7%)
205	STĘPIEŃ Janusz	3766		M40	72		02:08:41	03:51:16.35	03:52:44.40	+01:40:12 (43.1%)	8:15	7.3 (57.5%)
206	ZAPIÓR Maciej	3799	ZET	M30	91			03:52:19.70	03:52:54.90	+01:40:23 (43.1%)	8:17	7.2 (56.7%)
207	UJMA Paweł	3068	WWW.INTER.AUTO.PL	M40	73		02:02:16	03:51:24.80	03:52:57.60	+01:40:26 (43.1%)	8:15	7.3 (57.5%)
208	RAK Maciej	3522		M30	92			03:51:45.15	03:53:05.60	+01:40:34 (43.1%)	8:16	7.2 (56.7%)
209	SMOLORZ Kewin	3792		M20	22		02:03:34	03:53:06.70	03:53:31.20	+01:40:59 (43.2%)	8:19	7.2 (56.7%)
210	BUCZEK Michał	3728		M30	93		02:04:41	03:52:26.75	03:53:33.55	+01:41:02 (43.3%)	8:18	7.2 (56.7%)
211	PONIATOWSKI Krzysztof	3882		M40	74		02:05:04	03:52:06.65	03:54:00.25	+01:41:28 (43.4%)	8:17	7.2 (56.7%)
212	STĘSIK Tomasz	3497		M30	94		02:15:02	03:52:31.00	03:54:00.60	+01:41:29 (43.4%)	8:18	7.2 (56.7%)
213	ŚNIOS Rafał	3850		M30	95		02:01:41	03:51:46.50	03:54:02.40	+01:41:30 (43.4%)	8:16	7.2 (56.7%)
214	SOCHA Jan	3341		M60	5		01:59:04	03:54:05.00	03:54:11.10	+01:41:39 (43.4%)	8:21	7.2 (56.7%)
215	ASŁANOWICZ Marcin	3248		M40	75		02:01:30	03:53:53.95	03:54:19.15	+01:41:47 (43.4%)	8:21	7.2 (56.7%)
216	NIEDZIELSKI Tomasz	3512	OKS ZIMNE PIWO	M40	76		02:08:29	03:53:07.80	03:54:22.25	+01:41:50 (43.5%)	8:19	7.2 (56.7%)
217	KIRYŁAK Marcin	3538	OKS ZIMNE PIWO	M30	96		02:08:30	03:53:08.00	03:54:22.50	+01:41:50 (43.5%)	8:19	7.2 (56.7%)
218	MARCHLEWICZ Rafał	3665	KONWENT POLONIA	M30	97		02:09:44	03:53:12.30	03:54:24.75	+01:41:53 (43.5%)	8:19	7.2 (56.7%)
219	ROMAŃSKI Maciej	3378		M50	19		02:00:33	03:54:02.80	03:54:30.75	+01:41:59 (43.5%)	8:21	7.2 (56.7%)
220	KORDYŚ Adam	3400	WARTKIE PIERONY	M30	98		02:05:00	03:54:00.15	03:55:09.25	+01:42:37 (43.6%)	8:21	7.2 (56.7%)
221	TRZECIAK Krzysztof	3197	FABRYKA DZIKA	M30	99		01:54:00	03:53:39.35	03:55:15.50	+01:42:43 (43.7%)	8:20	7.2 (56.7%)
222	BISKUPSKI Michał	3198	MANUFAKTURA KNURA	M40	77		01:55:23	03:53:39.20	03:55:15.70	+01:42:44 (43.7%)	8:20	7.2 (56.7%)
223	DRABIK Paweł	3847	KRZAN PRZEWORSK	M40	78		02:06:08	03:54:06.85	03:55:16.10	+01:42:44 (43.7%)	8:21	7.2 (56.7%)
224	TWORZYDŁO Paweł	3274	RĄCZY JELEŃ	M40	79		01:56:15	03:54:37.15	03:55:30.80	+01:42:59 (43.7%)	8:22	7.2 (56.7%)
225	MICHNIAK Łukasz	3902		M30	100		02:07:03	03:54:53.55	03:55:43.90	+01:43:12 (43.8%)	8:23	7.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
226	TOMASZEWSKI Piotr	3496		M30		101	02:03:18	03:55:46.15	03:55:55.50	+01:43:23 (43.8%)	8:25	7.1 (55.9%)
227	KWAŚNIEWSKI Krzysztof	3152	TRENER FOREST	M50		20	02:00:46	03:54:59.55	03:56:01.00	+01:43:29 (43.8%)	8:23	7.1 (55.9%)
228	RYBICKI Grzegorz	3723	TRUCHTAĆ	M40		80	02:09:17	03:55:59.35	03:56:07.80	+01:43:36 (43.9%)	8:25	7.1 (55.9%)
229	OCZOŚ Przemysław	3519		M40		81	02:05:27	03:55:18.70	03:56:13.50	+01:43:41 (43.9%)	8:24	7.1 (55.9%)
230	TERPIŁOWSKI Arkadiusz	3112		M20		23	02:09:54	03:56:33.30	03:57:17.05	+01:44:45 (44.1%)	8:26	7.1 (55.9%)
231	GŁĘBOCKI Stanisław	3002	E-PRZEMEK.PL	M20		24	02:06:25	03:56:24.05	03:57:31.20	+01:44:59 (44.2%)	8:26	7.1 (55.9%)
232	KRASUSKI Marcin	3666		M40		82	02:01:43	03:57:04.15	03:57:41.00	+01:45:09 (44.2%)	8:28	7.1 (55.9%)
233	LISIECKI Jacek	3528	CAMEL	M40		83	02:03:57	03:56:00.90	03:57:44.10	+01:45:12 (44.3%)	8:25	7.1 (55.9%)
234	MAJCHRZAK Jakub	3055	FIBOO TEAM	M30		102	01:58:46	03:57:34.00	03:58:11.80	+01:45:40 (44.4%)	8:29	7.1 (55.9%)
235	STANIASZEK Michał	3365		M50		21	02:06:31	03:58:03.35	03:58:26.45	+01:45:54 (44.4%)	8:30	7.1 (55.9%)
236	CIELECKI Wojciech	3218		M40		84	02:07:54	03:56:54.35	03:58:35.95	+01:46:04 (44.5%)	8:27	7.1 (55.9%)
237	ŻUROWSKI Łukasz	3412	BBKS ŁAWECZKA WILANÓW	M40		85	02:00:27	03:57:50.10	03:58:40.85	+01:46:09 (44.5%)	8:29	7.1 (55.9%)
238	BANDEL Adam	3682		M30		103	02:10:20	03:58:50.45	03:59:29.45	+01:46:57 (44.7%)	8:31	7 (55.1%)
239	GÓRALCZYK Tomasz	3213		M40		86	01:57:27	03:59:22.60	03:59:53.70	+01:47:22 (44.8%)	8:32	7 (55.1%)
240	KARCZMARCZYK Albert	3245		M30		104	01:58:19	03:58:33.15	03:59:59.10	+01:47:27 (44.8%)	8:31	7 (55.1%)
241	SOŁGAŁA Tomasz	3907		M40		87	02:04:14	04:01:28.20	04:01:44.25	+01:49:12 (45.2%)	8:37	7 (55.1%)
242	RÓG Bartosz	3908		M40		88	02:04:03	04:01:28.30	04:01:44.40	+01:49:12 (45.2%)	8:37	7 (55.1%)
243	USZYŃSKI Grzegorz	3898	OTK RZEŹNIK	M40		89	02:05:42	04:01:39.85	04:01:46.10	+01:49:14 (45.2%)	8:37	7 (55.1%)
244	JÓZWIAK Mikołaj	3862	STG WARSZAWA	M30		105	02:10:57	04:01:47.75	04:01:56.45	+01:49:24 (45.2%)	8:38	6.9 (54.3%)
245	WOJDALSKI Piotr	3814		M20		25	02:00:59	04:01:34.05	04:02:02.05	+01:49:30 (45.2%)	8:37	7 (55.1%)
246	WYSOCKI Aleksander	3544		M40		90	02:09:06	04:01:16.60	04:02:16.05	+01:49:44 (45.3%)	8:37	7 (55.1%)
247	DOBRUT Krzysztof	3564	MIG ŚLIMAKI	M30		106	02:03:48	04:02:11.45	04:02:27.95	+01:49:56 (45.3%)	8:38	6.9 (54.3%)
248	GŁĘBOCKI Przemysław	3001	E-PRZEMEK	M40		91	02:06:22	04:01:22.75	04:02:29.80	+01:49:58 (45.3%)	8:37	7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
249	SIKORA Grzegorz	3535		M30		107	01:59:59	04:02:23.85	04:02:34.70	+01:50:03 (45.4%)	8:39	6.9 (54.3%)
250	ZIEMNIAK Jarosław	3252		M60		6	02:08:03	04:02:11.45	04:02:36.30	+01:50:04 (45.4%)	8:38	6.9 (54.3%)
251	LULLA Michał	3321		M40		92		04:02:05.55	04:02:37.85	+01:50:06 (45.4%)	8:38	6.9 (54.3%)
252	LUCJUSZ Krzysztof	3808		M30		108	02:07:14	04:02:32.40	04:02:43.10	+01:50:11 (45.4%)	8:39	6.9 (54.3%)
253	LEŃCZUK Andrzej	3843		M50		22	02:06:51	04:02:06.75	04:03:00.95	+01:50:29 (45.5%)	8:38	6.9 (54.3%)
254	KOLCZYŃSKI Michał	3303	TRUCHTACZ	M60		7	02:08:32	04:02:10.00	04:03:02.60	+01:50:31 (45.5%)	8:38	6.9 (54.3%)
255	KOZŁOWSKI Bartłomiej	3683		M20		26	02:06:09	04:02:44.50	04:03:03.45	+01:50:31 (45.5%)	8:40	6.9 (54.3%)
256	WOJEWODA Tomasz	3033		M20		27	02:06:08	04:02:44.45	04:03:03.55	+01:50:32 (45.5%)	8:40	6.9 (54.3%)
257	ŁUCIÓW Leszek	3615	NOA	M40		93	02:04:43	04:03:07.10	04:03:12.30	+01:50:40 (45.5%)	8:40	6.9 (54.3%)
258	GAJEWSKI Dariusz	3210		M40		94	02:09:25	04:01:58.25	04:03:16.85	+01:50:45 (45.5%)	8:38	6.9 (54.3%)
259	LALEWICZ Wojciech	3720	ASSECO ACTIVE TEAM	M50		23	02:10:34	04:02:14.40	04:03:18.20	+01:50:46 (45.5%)	8:39	6.9 (54.3%)
260	KUBACZYŃSKI Dariusz	3702		M50		24	02:04:35	04:03:34.00	04:03:53.30	+01:51:21 (45.7%)	8:41	6.9 (54.3%)
261	CZAŁPIŃSKI Tomasz	3748		M40		95	02:11:48	04:02:54.20	04:03:57.25	+01:51:25 (45.7%)	8:40	6.9 (54.3%)
262	ZAWADKA Darek	3331		M40		96	02:01:02	04:03:28.00	04:03:59.80	+01:51:28 (45.7%)	8:41	6.9 (54.3%)
263	POJDA Przemysław	3495		M30		109	02:10:12	04:03:58.85	04:04:20.95	+01:51:49 (45.8%)	8:42	6.9 (54.3%)
264	RADECKI Marcin	3914		M40		97	02:10:20	04:03:20.00	04:04:24.20	+01:51:52 (45.8%)	8:41	6.9 (54.3%)
265	AL-JEABORY Mahdi	3831	CZARNA TĘCZA	M40		98	02:09:16	04:02:51.40	04:04:30.90	+01:51:59 (45.8%)	8:40	6.9 (54.3%)
266	ANTKIEWICZ Zenon	3462	TAJFUN KOLBUSZOWA	M40		99	02:05:41	04:04:06.65	04:04:37.90	+01:52:06 (45.8%)	8:43	6.9 (54.3%)
267	STAL Waldemar	3484		M30		110	02:10:23	04:04:05.90	04:04:42.30	+01:52:10 (45.8%)	8:43	6.9 (54.3%)
268	ZAŃ Michał	3588	OPTEAM S.A.	M30		111	02:02:30	04:04:44.20	04:05:18.75	+01:52:47 (46.0%)	8:44	6.9 (54.3%)
269	LITWORA Sebastian	3254		M40		100	02:08:52	04:04:25.15	04:05:19.45	+01:52:47 (46.0%)	8:43	6.9 (54.3%)
270	ROST Michał	3443		M20		28	02:11:44	04:03:56.90	04:05:21.40	+01:52:49 (46.0%)	8:42	6.9 (54.3%)
271	MISZAŁSKI Henryk	3829		M40		101	02:13:18	04:04:35.95	04:05:26.10	+01:52:54 (46.0%)	8:44	6.9 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
272	LEJMAN Adam	3706		M50	25		02:02:37	04:05:21.85	04:05:31.15	+01:52:59 (46.0%)	8:45	6.8 (53.5%)
273	MIILLER Łukasz	3123	BALLS OF STEEL	M30	112		02:06:43	04:04:36.95	04:05:52.55	+01:53:21 (46.1%)	8:44	6.9 (54.3%)
274	CHWASTOWSKI Filip	3183		M30	113			04:05:54.30	04:06:02.90	+01:53:31 (46.1%)	8:46	6.8 (53.5%)
275	CHLEBIŃSKI Maciej	3751	RZESZOWSKIE GAZELE I GEPARDY	M30	114		02:06:59	04:05:35.35	04:06:11.75	+01:53:40 (46.2%)	8:46	6.8 (53.5%)
276	KRUSZYŃSKI Marcin	3472		M40	102		02:09:51	04:06:02.10	04:06:13.90	+01:53:42 (46.2%)	8:47	6.8 (53.5%)
277	SOIŃSKI Przemysław	3816	KB MANIAC POZNAŃ	M40	103		02:05:34	04:06:18.60	04:06:23.50	+01:53:51 (46.2%)	8:47	6.8 (53.5%)
278	SZOSTAK Kamil	3555		M30	115		01:58:45	04:05:01.35	04:06:37.80	+01:54:06 (46.3%)	8:45	6.9 (54.3%)
279	STRZĘPEK Dariusz	3554		M30	116		01:58:44	04:05:02.00	04:06:39.70	+01:54:08 (46.3%)	8:45	6.9 (54.3%)
280	KOPYRA Tomasz	3116	#BIEGAMWOLNOALEDOKŁADNIE	M40	104		02:15:06	04:05:45.00	04:06:40.80	+01:54:09 (46.3%)	8:46	6.8 (53.5%)
281	KWIATKOWSKI Arkadiusz	3199	FABRYKA DZIKA	M40	105		02:15:37	04:05:10.90	04:06:44.60	+01:54:13 (46.3%)	8:45	6.9 (54.3%)
282	DOMAŃSKI Marcin	3229	RUNNINGFISH74	M40	106		02:07:57	04:05:28.20	04:06:47.60	+01:54:16 (46.3%)	8:46	6.8 (53.5%)
283	STASZAK Adam	3527		M30	117		02:04:23	04:07:08.35	04:07:22.70	+01:54:51 (46.4%)	8:49	6.8 (53.5%)
284	PAWLIK Wojciech	3061		M30	118		01:59:53	04:07:37.60	04:07:44.45	+01:55:12 (46.5%)	8:50	6.8 (53.5%)
285	DYMOWSKI Piotr	3227		M40	107		02:07:15	04:07:33.00	04:07:45.60	+01:55:14 (46.5%)	8:50	6.8 (53.5%)
286	GRABAREK Mateusz	3006		M40	108		02:06:08	04:07:00.80	04:07:52.70	+01:55:21 (46.5%)	8:49	6.8 (53.5%)
287	GAWRYSZEWSKI Michał	3064		M50	26		02:14:51	04:07:12.95	04:08:06.80	+01:55:35 (46.6%)	8:49	6.8 (53.5%)
288	STASZEWSKI Piotr	3832		M50	27		02:15:54	04:07:28.30	04:08:07.15	+01:55:35 (46.6%)	8:50	6.8 (53.5%)
289	OBRĘBSKI Marcin	3076	MATNER RUNNING TEAM	M40	109		02:13:14	04:07:32.80	04:08:50.80	+01:56:19 (46.7%)	8:50	6.8 (53.5%)
290	POKRYWKA Stefan	3883	OTK RZEŹNIK	M60	8		02:12:18	04:08:20.30	04:09:02.95	+01:56:31 (46.8%)	8:52	6.8 (53.5%)
291	CHOJKOWSKI Michał	3420		M40	110		02:04:26	04:08:39.95	04:09:13.65	+01:56:42 (46.8%)	8:52	6.8 (53.5%)
292	BABKIEWICZ Szymon	3062	LUBELSKIBIEGACZ.PL TEAM	M40	111		02:05:27	04:08:20.40	04:09:45.75	+01:57:14 (46.9%)	8:52	6.8 (53.5%)
293	DUDEK Kamil	3818		M30	119			04:09:13.00	04:09:56.80	+01:57:25 (47.0%)	8:54	6.7 (52.8%)
294	JARGIŁO Krystian	3018		M20	29		02:07:23	04:08:50.70	04:10:00.00	+01:57:28 (47.0%)	8:53	6.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
295	LEŚNIAK Marcin	3118		M30		120	02:13:11	04:09:37.05	04:10:28.00	+01:57:56 (47.1%)	8:54	6.7 (52.8%)
296	GŁUCHOWSKI Przemek	3858		M40		112	02:18:51	04:10:50.10	04:11:29.60	+01:58:58 (47.3%)	8:57	6.7 (52.8%)
297	SZTYLC Jacek	3362	MEDUZY	M30		121	02:17:08	04:10:30.00	04:12:06.40	+01:59:34 (47.4%)	8:56	6.7 (52.8%)
298	LECHOWICZ Andrzej	3612	ORLEN OIL	M20		30	02:11:03	04:10:59.55	04:12:32.85	+02:00:01 (47.5%)	8:57	6.7 (52.8%)
299	KOLASIŃSKI Łukasz	3878		M30		122	02:14:49	04:11:13.05	04:12:37.45	+02:00:05 (47.5%)	8:58	6.7 (52.8%)
300	PLUCIŃSKI Grzegorz	3506		M40		113	02:04:47	04:12:07.80	04:13:12.10	+02:00:40 (47.7%)	9:00	6.7 (52.8%)
301	KUBIAK Józef	3288		M60		9	02:10:58	04:13:01.70	04:13:50.95	+02:01:19 (47.8%)	9:02	6.6 (52.0%)
302	KULIKOWSKI Adam	3027		M30		123	02:15:15	04:12:51.70	04:14:12.50	+02:01:40 (47.9%)	9:01	6.6 (52.0%)
303	KUROWSKI Paweł	3660	AKADEMIA SPORTU MEDYK	M40		114	02:05:59	04:13:37.25	04:14:19.05	+02:01:47 (47.9%)	9:03	6.6 (52.0%)
304	KUCHCIŃSKI Bartosz	3477	STRASZYN BIEGA	M40		115	02:08:04	04:13:07.90	04:14:22.30	+02:01:50 (47.9%)	9:02	6.6 (52.0%)
305	SZURYGA Hubert	3623	AZS UMCS LUBLIN_BNO TEAM	M50		28	02:09:54	04:14:19.85	04:14:29.65	+02:01:58 (47.9%)	9:04	6.6 (52.0%)
306	KAMIŃSKI Paweł	3638		M50		29	02:11:13	04:13:45.85	04:14:33.45	+02:02:01 (47.9%)	9:03	6.6 (52.0%)
307	ŁOŚ Krzysztof	3136		M60		10	02:15:57	04:14:56.70	04:15:07.55	+02:02:36 (48.1%)	9:06	6.6 (52.0%)
308	JAGIEŁŁO Jarosław	3658		M40		116	02:01:25	04:15:10.75	04:15:17.30	+02:02:45 (48.1%)	9:06	6.6 (52.0%)
309	BRZEZIŃSKI Sergiusz	3310	DUSZA DRZEWA	M40		117	02:06:26	04:15:15.10	04:15:34.80	+02:03:03 (48.1%)	9:06	6.6 (52.0%)
310	GAWRON Paweł	3045	KONIN RUN	M60		11	02:11:00	04:15:03.10	04:15:43.60	+02:03:12 (48.2%)	9:06	6.6 (52.0%)
310	KACZMAREK Adam	3171		M30		124	02:08:17	04:15:03.05	04:15:43.60	+02:03:12 (48.2%)	9:06	6.6 (52.0%)
312	SZTANDERA Grzegorz	3876		M40		118	02:10:35	04:14:00.95	04:15:56.30	+02:03:24 (48.2%)	9:04	6.6 (52.0%)
313	KRAWCZYK Dariusz	3639	WARTKIE PIERONY	M40		119	02:16:58	04:14:50.95	04:15:59.05	+02:03:27 (48.2%)	9:06	6.6 (52.0%)
314	SZPALA Przemek	3794	PARKING TORUŃ	M40		120	02:08:14	04:15:10.65	04:16:00.70	+02:03:29 (48.2%)	9:06	6.6 (52.0%)
315	MIKOŁAJSKI Grzegorz	3664		M40		121	02:05:31	04:15:50.90	04:16:05.00	+02:03:33 (48.2%)	9:08	6.6 (52.0%)
316	WIELGOCKI Artur	3489		M30		125	02:17:37	04:15:38.80	04:16:25.20	+02:03:53 (48.3%)	9:07	6.6 (52.0%)
317	PAWLIKOWSKI Adam	3439		M50		30	02:18:01	04:15:21.10	04:17:03.55	+02:04:32 (48.4%)	9:07	6.6 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
318	OSIAK Karol	3872	SKPB WARSZAWA	M30		126	02:15:16	04:15:48.45	04:17:04.35	+02:04:32 (48.4%)	9:08	6.6 (52.0%)
319	MĘTRAK Jarosław	3866		M30		127	02:19:19	04:16:17.30	04:17:08.65	+02:04:37 (48.5%)	9:09	6.6 (52.0%)
320	CHLIPAŁA Marek	3042		M30		128	02:10:34	04:16:58.60	04:17:13.05	+02:04:41 (48.5%)	9:10	6.5 (51.2%)
321	ANDREASIK Mariusz	3120	PRO-MILE TEAM	M30		129	02:01:12	04:16:59.05	04:17:31.15	+02:04:59 (48.5%)	9:10	6.5 (51.2%)
322	PIRÓG Wojciech	3026		M30		130	02:22:16	04:15:51.35	04:17:39.20	+02:05:07 (48.6%)	9:08	6.6 (52.0%)
323	TYMIŃSKI Mariusz	3715		M40		122	02:05:30	04:17:34.75	04:17:47.75	+02:05:16 (48.6%)	9:11	6.5 (51.2%)
324	DZIURDZIAK Piotr	3716		M30		131	02:05:33	04:17:48.80	04:18:01.65	+02:05:30 (48.6%)	9:12	6.5 (51.2%)
325	FURGAŁA Łukasz	3492		M30		132	02:14:16	04:17:56.30	04:18:15.90	+02:05:44 (48.7%)	9:12	6.5 (51.2%)
326	ŚWIĘCHOWICZ Michał	3675	GRZDYLNIA B1 TEAM	M30		133	02:16:02	04:17:17.75	04:18:35.10	+02:06:03 (48.7%)	9:11	6.5 (51.2%)
327	BEDNARZ Patryk	3651	GRZDYLNIA B1 TEAM	M30		134	02:18:00	04:17:18.40	04:18:35.15	+02:06:03 (48.7%)	9:11	6.5 (51.2%)
328	KNOLL Leszek	3156		M30		135	01:59:54	04:19:52.30	04:19:59.65	+02:07:28 (49.0%)	9:16	6.5 (51.2%)
329	BRZÓZKA Marcin	3790	GMINA OSTRÓDA TEŻ BIEGA	M40		123	02:19:32	04:18:38.95	04:20:28.45	+02:07:56 (49.1%)	9:14	6.5 (51.2%)
330	DOLEGACZ Daniel	3681		M40		124	02:11:01	04:20:08.40	04:20:58.95	+02:08:27 (49.2%)	9:17	6.5 (51.2%)
331	MŁOTKOWSKI Michał	3202		M30		136	02:07:32	04:20:42.05	04:21:03.85	+02:08:32 (49.2%)	9:18	6.4 (50.4%)
332	LECH Marcin	3132	NOA	M30		137	02:18:10	04:20:16.20	04:21:18.00	+02:08:46 (49.3%)	9:17	6.5 (51.2%)
333	GAŁKA Marcin	3124		M40		125	02:18:20	04:20:16.50	04:21:18.60	+02:08:47 (49.3%)	9:17	6.5 (51.2%)
334	SZOPA Mikołaj	3802	AZS AWF WROCŁAW	M20		31	02:18:02	04:21:07.30	04:21:24.00	+02:08:52 (49.3%)	9:19	6.4 (50.4%)
335	MATUSIAK Mariusz	3226		M40		126	02:09:04	04:21:32.25	04:21:43.90	+02:09:12 (49.4%)	9:20	6.4 (50.4%)
336	MROCZKOWSKI Mateusz	3319		M30		138	02:23:36	04:21:42.50	04:22:01.90	+02:09:30 (49.4%)	9:20	6.4 (50.4%)
337	SOWA Bogusław	3461		M30		139	02:05:21	04:22:16.30	04:22:23.80	+02:09:52 (49.5%)	9:22	6.4 (50.4%)
338	ĆWIEK Kacper	3672		M20		32	02:29:19	04:21:58.05	04:22:34.65	+02:10:03 (49.5%)	9:21	6.4 (50.4%)
339	SZTANDAR Jack	3115	MAJATEAM	M50		31	02:20:29	04:20:36.00	04:22:34.95	+02:10:03 (49.5%)	9:18	6.4 (50.4%)
340	SKWARSKI Piotr	3669		M20		33	02:29:17	04:21:57.15	04:22:35.10	+02:10:03 (49.5%)	9:21	6.4 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
341	PALCZYŃSKI Andrzej	3505	FABRYKA DZIKA	M50	32		02:20:28	04:20:54.90	04:22:36.20	+02:10:04 (49.5%)	9:19	6.4 (50.4%)
342	STĘPIEŃ Robert	3813	DZIK KOMANDO	M50	33		02:21:03	04:21:54.25	04:23:44.80	+02:11:13 (49.8%)	9:21	6.4 (50.4%)
343	CZARNOCKI Paweł	3168	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	127		02:15:02	04:22:39.15	04:23:48.70	+02:11:17 (49.8%)	9:22	6.4 (50.4%)
344	BACZYŃSKI Robert	3102		M40	128		02:15:06	04:22:40.00	04:23:48.80	+02:11:17 (49.8%)	9:22	6.4 (50.4%)
345	KOZIOŁ Darek	3291		M30	140		02:09:31	04:23:03.85	04:23:50.75	+02:11:19 (49.8%)	9:23	6.4 (50.4%)
346	ZAŃKO Marek	3584	PINGWINTTEAM SHOW MUST GO ON	M50	34		02:14:35	04:22:36.90	04:23:51.35	+02:11:19 (49.8%)	9:22	6.4 (50.4%)
347	DOBROWOLSKI Bartosz	3471		M30	141		02:10:19	04:23:31.55	04:23:52.35	+02:11:20 (49.8%)	9:24	6.4 (50.4%)
348	SKRABA Grzegorz	3426		M30	142		02:10:15	04:23:30.25	04:23:52.60	+02:11:21 (49.8%)	9:24	6.4 (50.4%)
349	OŻÓG Paweł	3630		M30	143		02:01:59	04:23:31.05	04:23:57.35	+02:11:25 (49.8%)	9:24	6.4 (50.4%)
350	BECHTA Damian	3570		M20	34		02:15:10	04:23:06.65	04:23:57.45	+02:11:25 (49.8%)	9:23	6.4 (50.4%)
351	KARPIŃSKI Robert	3	SPARTANIE DZIECIOM	M50	35	Tak	02:17:49	04:23:18.05	04:24:01.50	+02:11:29 (49.8%)	9:24	6.4 (50.4%)
352	MAŁEK Krzysztof	3717	FORTITERY	M40	129		02:22:13	04:22:42.55	04:24:02.05	+02:11:30 (49.8%)	9:22	6.4 (50.4%)
353	CZAJA Paweł	3685		M40	130		02:20:48	04:22:43.20	04:24:02.40	+02:11:30 (49.8%)	9:22	6.4 (50.4%)
354	KUBRAK Wojciech	3193		M30	144		02:21:34	04:22:55.10	04:24:03.70	+02:11:32 (49.8%)	9:23	6.4 (50.4%)
355	GAWLICZEK Andrzej	3881	MEDUZY	M30	145		02:17:06	04:24:03.85	04:25:40.20	+02:13:08 (50.1%)	9:25	6.4 (50.4%)
356	GRZYB Sebastian	3387	DZIK KOMANDO	M20	35		02:27:56	04:24:01.70	04:25:47.90	+02:13:16 (50.1%)	9:25	6.4 (50.4%)
357	MOKROSZ Adam	3579	STS TEAM	M20	36		02:16:03	04:25:44.15	04:25:54.55	+02:13:23 (50.2%)	9:29	6.3 (49.6%)
358	DOMIN Michał	3373		M50	36		02:20:54	04:25:36.25	04:25:59.80	+02:13:28 (50.2%)	9:29	6.3 (49.6%)
359	WIŚNIEWSKI Bartosz	3754	DAGOTH CULTISTS	M40	131		02:14:22	04:27:55.75	04:28:06.05	+02:15:34 (50.6%)	9:34	6.3 (49.6%)
360	KONIECZNY Mateusz	3222		M30	146		02:15:42	04:28:03.05	04:28:11.45	+02:15:39 (50.6%)	9:34	6.3 (49.6%)
361	PIETRZAK Maciej	3182		M40	132		02:09:52	04:26:56.15	04:28:13.05	+02:15:41 (50.6%)	9:32	6.3 (49.6%)
362	HAMERA Łukasz	3204		M40	133		02:16:12	04:27:21.30	04:28:15.90	+02:15:44 (50.6%)	9:32	6.3 (49.6%)
363	KĄDZIELA Marcin	3203		M40	134		02:16:13	04:27:21.85	04:28:16.15	+02:15:44 (50.6%)	9:32	6.3 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
364	RUTKOWSKI Adam	3345		M20	37		02:13:37	04:27:42.90	04:28:25.50	+02:15:53 (50.6%)	9:33	6.3 (49.6%)
365	GAŁKA Tomasz	3432	DZIK KOMANDO	M40	135		02:24:40	04:26:36.70	04:28:27.50	+02:15:55 (50.6%)	9:31	6.3 (49.6%)
366	LIK Marek	12	CHEŁM BIEGA	M50	37	Tak	02:23:44	04:26:58.80	04:28:39.20	+02:16:07 (50.7%)	9:32	6.3 (49.6%)
367	PASEK Paweł	3089		M30	147		02:15:53	04:27:11.75	04:28:48.25	+02:16:16 (50.7%)	9:32	6.3 (49.6%)
368	KASIŃSKI Radosław	3105	HENIK TEAM	M40	136		02:22:32	04:28:06.95	04:28:49.75	+02:16:18 (50.7%)	9:34	6.3 (49.6%)
369	GUZOWSKI Stanisław	3749	KRISS COACHING/SĄ WOLNIEJSI	M40	137		02:17:43	04:28:11.90	04:29:00.95	+02:16:29 (50.7%)	9:34	6.3 (49.6%)
370	KONIECZNY Marcin	3710		M30	148		02:13:43	04:28:58.05	04:29:03.00	+02:16:31 (50.7%)	9:36	6.2 (48.8%)
371	MARCINIEC Andrzej	3216	SC-S	M40	138		02:14:15	04:28:50.85	04:29:19.90	+02:16:48 (50.8%)	9:36	6.2 (48.8%)
372	BOROWIEC Arkadiusz	3109	CHEŁM BOEGA	M40	139		02:18:29	04:28:31.80	04:29:27.45	+02:16:55 (50.8%)	9:35	6.3 (49.6%)
373	KOŁODZIEJCZYK Marek	3386		M50	38		02:20:47	04:28:38.15	04:30:01.05	+02:17:29 (50.9%)	9:35	6.3 (49.6%)
374	GÓRAJ Maciej	3746	YOLO:)	M40	140		02:18:03	04:29:06.35	04:30:08.95	+02:17:37 (50.9%)	9:36	6.2 (48.8%)
375	LUTOBORSKI Tomasz	3151		M20	38		02:14:47	04:29:01.05	04:30:09.85	+02:17:38 (50.9%)	9:36	6.2 (48.8%)
376	ŁUSZCZ Paweł	3161	GAMONIUSZE DĘBICA	M40	141		02:28:12	04:29:43.30	04:31:05.95	+02:18:34 (51.1%)	9:37	6.2 (48.8%)
377	PREIS Kamil Preis	3722		M30	149		02:12:08	04:30:00.20	04:31:33.35	+02:19:01 (51.2%)	9:38	6.2 (48.8%)
378	MACIEJAK Robert	3676		M40	142		02:13:54	04:31:39.50	04:31:45.40	+02:19:13 (51.2%)	9:42	6.2 (48.8%)
379	BRZEZIŃSKI Piotr	3251		M30	150		02:22:37	04:29:59.05	04:31:59.00	+02:19:27 (51.3%)	9:38	6.2 (48.8%)
380	JAWORSKI Paweł	3650	TEAM SILNA WOLA	M40	143		02:07:27	04:32:22.55	04:32:37.35	+02:20:05 (51.4%)	9:43	6.2 (48.8%)
381	SUPLICKI Piotr	3643	JAW-TRANS TEAM SILNA WOLA	M40	144		02:07:27	04:32:22.90	04:32:37.55	+02:20:06 (51.4%)	9:43	6.2 (48.8%)
382	ADAMCZYK Grzegorz	3661	TEAM SILNA WOLA	M40	145			04:32:23.35	04:32:37.85	+02:20:06 (51.4%)	9:43	6.2 (48.8%)
383	TOMCZAK Zbigniew	3275		M60	12		02:15:53	04:31:12.60	04:33:02.90	+02:20:31 (51.5%)	9:41	6.2 (48.8%)
384	ABRAMCZUK Paweł	3879		M50	39		02:20:51	04:31:04.40	04:33:10.45	+02:20:38 (51.5%)	9:40	6.2 (48.8%)
385	MAZUR Sławomir	3671		M30	151		02:09:04	04:32:02.10	04:33:12.90	+02:20:41 (51.5%)	9:42	6.2 (48.8%)
386	JUSZCZAK Marcin	3127		M50	40		02:30:06	04:33:41.55	04:33:59.60	+02:21:28 (51.6%)	9:46	6.1 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
387	WYSOKIŃSKI Jerzy	3835	ORANGE POLSKA	M50	41		02:30:01	04:33:43.15	04:34:00.15	+02:21:28 (51.6%)	9:46	6.1 (48.0%)
388	BĘBENEK Paweł	3646		M30	152		02:24:09	04:33:24.65	04:34:19.55	+02:21:48 (51.7%)	9:45	6.1 (48.0%)
389	WYPLER Marcin	3392	WARTKIE PIERONY	M40	146			04:33:13.70	04:34:20.75	+02:21:49 (51.7%)	9:45	6.1 (48.0%)
390	WASIEWICZ Michał	3725		M30	153		02:29:12	04:33:30.30	04:34:46.95	+02:22:15 (51.8%)	9:46	6.1 (48.0%)
391	GODZIŃSKI Tomasz	3546	SII RUNNING TEAM	M30	154		02:17:22	04:33:41.00	04:35:02.65	+02:22:31 (51.8%)	9:46	6.1 (48.0%)
392	PALTIAN Piotr	3228	SĄ WOLNIEJSI	M50	42		02:17:46	04:34:22.05	04:35:10.70	+02:22:39 (51.8%)	9:47	6.1 (48.0%)
393	WYSOCKI Bartosz	3517	JANUSZE	M40	147		02:27:40	04:34:38.65	04:35:36.45	+02:23:04 (51.9%)	9:48	6.1 (48.0%)
394	BIBRO Daniel	3774		M30	155		02:15:53	04:35:32.10	04:35:45.55	+02:23:14 (51.9%)	9:50	6.1 (48.0%)
394	GUCWA Jarosław	3773		M50	43		02:15:44	04:35:30.90	04:35:45.55	+02:23:14 (51.9%)	9:50	6.1 (48.0%)
396	KOS Paweł	3845	EAZYMUT.PL	M50	44		02:22:32	04:35:22.40	04:36:45.25	+02:24:13 (52.1%)	9:50	6.1 (48.0%)
397	SPUTOWSKI Krzysztof	3608		M40	148		02:06:41	04:36:23.10	04:37:20.05	+02:24:48 (52.2%)	9:52	6.1 (48.0%)
398	SZYMSKI Rafał	3771	CIDRY LOTAJOM	M40	149		02:28:50	04:37:09.00	04:37:44.65	+02:25:13 (52.3%)	9:53	6.1 (48.0%)
399	JĘDROSEK Adam	3029	JEDROSKI TEAM	M40	150		02:14:12	04:37:54.00	04:37:59.80	+02:25:28 (52.3%)	9:55	6 (47.2%)
400	CHODZIAK Marcin	3566		M30	156		02:18:41	04:37:29.75	04:38:17.30	+02:25:45 (52.4%)	9:54	6.1 (48.0%)
401	ŚWIĄTEK Łukasz	3704		M30	157		02:21:24	04:36:42.10	04:38:19.50	+02:25:47 (52.4%)	9:52	6.1 (48.0%)
402	SROCZYŃSKI Andrzej	3470		M50	45		02:22:18	04:38:26.30	04:38:53.70	+02:26:22 (52.5%)	9:56	6 (47.2%)
403	ZGÓRSKI Maciej	3138	WKURW_TEAM	M40	151		02:29:43	04:38:47.50	04:39:15.95	+02:26:44 (52.5%)	9:57	6 (47.2%)
404	JUSZCZAK Henryk	3826		M30	158		02:29:58	04:39:36.00	04:39:57.50	+02:27:25 (52.7%)	9:59	6 (47.2%)
405	FRANUSIAK Przemysław	3871	VIKINGS	M40	152		02:34:19	04:39:34.25	04:41:01.10	+02:28:29 (52.8%)	9:59	6 (47.2%)
406	DOBROWOLSKI Piotr	3374	ORANGE POLSKA	M50	46		02:22:28	04:41:22.80	04:41:48.55	+02:29:17 (53.0%)	10:02	6 (47.2%)
407	GRYGO Jakub	3805		M20	39		02:23:18	04:41:20.55	04:42:01.65	+02:29:30 (53.0%)	10:02	6 (47.2%)
408	HAMRYSZCZAK Rafał	3448	SP 11 PRZEMYŚL	M40	153		02:25:53	04:41:36.55	04:43:05.30	+02:30:33 (53.2%)	10:03	6 (47.2%)
409	KROSZKA Krzysztof	3465	STEPSTONE RUNNING TEAM	M50	47		02:18:01	04:42:04.10	04:43:07.80	+02:30:36 (53.2%)	10:04	6 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
410	ANTCZAK Aleksander	3023	KONIN RUN	M40	154		02:27:19	04:42:36.00	04:43:15.45	+02:30:43 (53.2%)	10:05	5.9 (46.5%)
411	NIECKARZ Adam	3231	CHŁOPAK MARTY <3	M20	40		02:15:49	04:41:41.70	04:43:40.55	+02:31:09 (53.3%)	10:03	6 (47.2%)
412	NIECKARZ Dariusz	3410	ADRIAN! BŁAGAM WOLNIEJ	M50	48		02:15:50	04:41:43.30	04:43:40.80	+02:31:09 (53.3%)	10:03	6 (47.2%)
413	PISZCZ Dariusz	3827		M40	155		02:29:09	04:42:19.10	04:43:42.10	+02:31:10 (53.3%)	10:04	6 (47.2%)
414	PAJĄK Maciej	3058	PRO-MILE TEAM	M30	159		02:19:53	04:43:11.30	04:43:44.35	+02:31:12 (53.3%)	10:06	5.9 (46.5%)
415	SUCHORA Jerzy	3143		M50	49		02:24:32	04:43:27.10	04:43:50.65	+02:31:19 (53.3%)	10:07	5.9 (46.5%)
416	BUKAŁA Jacek	3385		M50	50		02:31:43	04:43:24.30	04:45:20.20	+02:32:48 (53.6%)	10:07	5.9 (46.5%)
417	KUŁAKOWSKI Piotr	3329	CZŁAPACZE	M60	13		02:34:27	04:43:35.60	04:45:27.10	+02:32:55 (53.6%)	10:07	5.9 (46.5%)
418	RYBIENIK Lech	3113		M40	156		02:29:01	04:44:08.85	04:45:42.75	+02:33:11 (53.6%)	10:08	5.9 (46.5%)
419	BAZYDŁO Dariusz	3336		M50	51		02:23:43	04:44:47.75	04:45:53.85	+02:33:22 (53.6%)	10:10	5.9 (46.5%)
420	CIURKO Marcin	3302		M30	160		02:16:44	04:45:40.45	04:45:53.90	+02:33:22 (53.6%)	10:12	5.9 (46.5%)
421	GRANDE Piotr	3380		M40	157		02:21:00	04:46:17.90	04:47:18.75	+02:34:47 (53.9%)	10:13	5.9 (46.5%)
422	SZAJ Jarek	3508	SŁYNNI KENIJCZYCY	M50	52		02:30:38	04:46:32.60	04:47:45.90	+02:35:14 (53.9%)	10:14	5.9 (46.5%)
423	ŁYCZEK Rafał	3507	JA I MÓJ BRZUCH	M30	161		02:30:40	04:46:31.60	04:47:46.20	+02:35:14 (53.9%)	10:13	5.9 (46.5%)
424	WOLSZAKIEWICZ Franciszek	3836		M20	41		02:11:42	04:47:48.00	04:48:08.55	+02:35:37 (54.0%)	10:16	5.8 (45.7%)
425	JAWORSKI Piotr	3741	MARKOWI BIEGACZE	M40	158		02:30:50	04:47:57.45	04:48:54.45	+02:36:22 (54.1%)	10:17	5.8 (45.7%)
426	SZYMCZAK Dawid	3689		M30	162		02:31:13	04:48:39.15	04:49:18.65	+02:36:47 (54.2%)	10:18	5.8 (45.7%)
427	WIENCEK Krzysztof	3516		M30	163		02:25:59	04:49:41.30	04:49:59.95	+02:37:28 (54.3%)	10:20	5.8 (45.7%)
428	SIEROTNIK Ryszard	3493		M30	164		02:26:23	04:49:41.25	04:50:00.60	+02:37:29 (54.3%)	10:20	5.8 (45.7%)
429	SEWERYN Krzysztof	3240		M40	159			04:49:49.80	04:50:10.50	+02:37:38 (54.3%)	10:21	5.8 (45.7%)
430	DAWINDZIAK Damian	3854	SAINT-GOBAIN SQUAD	M30	165		02:16:34	04:50:09.55	04:50:25.65	+02:37:54 (54.4%)	10:21	5.8 (45.7%)
431	GŁĘBOCKI Jan	3003	E-PRZEMEK.PL	M20	42		02:33:41	04:49:27.40	04:50:34.25	+02:38:02 (54.4%)	10:20	5.8 (45.7%)
432	BOGUCKI Arkadiusz	3679	AKADEMIA HOLISTYCZNA	M40	160		02:37:40	04:49:53.90	04:50:51.40	+02:38:19 (54.4%)	10:21	5.8 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
433	MAZUREK Grzegorz	3379	STREFASZACHOW.PL	M20	43		02:29:42	04:51:02.15	04:51:11.75	+02:38:40 (54.5%)	10:23	5.8 (45.7%)
434	KRYSIK Arkadiusz	3532		M40	161		02:29:30	04:50:24.75	04:52:31.15	+02:39:59 (54.7%)	10:22	5.8 (45.7%)
435	KWIECIEŃ Michał	3531		M40	162		02:30:18	04:50:25.15	04:52:31.60	+02:40:00 (54.7%)	10:22	5.8 (45.7%)
436	POPCZYK Piotr	3165		M40	163		02:40:09	04:50:33.20	04:52:36.35	+02:40:04 (54.7%)	10:22	5.8 (45.7%)
437	WAŃTRÓBSKI Grzegorz	3051		M40	164		02:27:19	04:51:15.95	04:52:43.60	+02:40:12 (54.7%)	10:24	5.8 (45.7%)
438	CZAPLINSKI Marcin	3262		M30	166			04:52:54.90	04:53:17.40	+02:40:45 (54.8%)	10:27	5.7 (44.9%)
439	BARANSKI Piotr	3903		M30	167		02:28:22	04:53:10.70	04:53:21.00	+02:40:49 (54.8%)	10:28	5.7 (44.9%)
440	KRYSZKIEWICZ Tomasz	3747		M50	53		02:24:04	04:54:16.80	04:55:09.80	+02:42:38 (55.1%)	10:30	5.7 (44.9%)
441	NIEDŹWIADEK Piotr	3450	#ADAMCZERWIŃSKITEAM	M40	165			04:54:18.30	04:55:49.30	+02:43:17 (55.2%)	10:30	5.7 (44.9%)
442	DERCZYŃSKI Marcin	3785		M50	54		02:33:17	04:56:05.70	04:58:01.00	+02:45:29 (55.5%)	10:34	5.7 (44.9%)
443	SIUCIAK Robert	3563		M50	55		02:22:53	04:57:21.15	04:58:34.65	+02:46:03 (55.6%)	10:37	5.6 (44.1%)
444	KRUPIŃSKI Marek	9		M20	44	Tak	02:56:44	04:58:38.25	04:58:42.60	+02:46:11 (55.6%)	10:39	5.6 (44.1%)
445	MYRCIK Dariusz	3311	MAFIA TEAM LUBLINIEC	M50	56		02:28:19	04:58:18.20	04:59:13.55	+02:46:42 (55.7%)	10:39	5.6 (44.1%)
446	SONAKOWSKI Roman	3383	SPRITEK TEAM RUN	M60	14		02:24:37	04:58:10.80	05:00:13.55	+02:47:42 (55.9%)	10:38	5.6 (44.1%)
447	TARKA Konrad	3175	MARATOŃCZYK POZNAŃ	M30	168		02:31:29	04:58:33.80	05:00:27.35	+02:47:55 (55.9%)	10:39	5.6 (44.1%)
448	WRÓBEL Piotr	3762		M60	15		02:34:56	04:59:46.10	05:01:03.85	+02:48:32 (56.0%)	10:42	5.6 (44.1%)
449	WRÓBEL Radosław	3763		M30	169		02:34:56	04:59:45.25	05:01:04.45	+02:48:32 (56.0%)	10:42	5.6 (44.1%)
450	WOJTKOWIAK Łukasz	3815	BIEGACZ AMATOR	M40	166		02:27:15	05:01:16.40	05:01:20.80	+02:48:49 (56.0%)	10:45	5.6 (44.1%)
451	BOŻEWICZ Mariusz	3603		M40	167		02:20:18	05:00:00.85	05:01:26.05	+02:48:54 (56.0%)	10:42	5.6 (44.1%)
452	ŚWIĄTEK Mateusz	3703		M30	170		02:33:20	04:59:52.10	05:01:29.35	+02:48:57 (56.0%)	10:42	5.6 (44.1%)
453	WILOWSKI Wojciech	3817		M40	168		02:37:32	05:00:40.90	05:02:35.90	+02:50:04 (56.2%)	10:44	5.6 (44.1%)
454	PIONTEK Andrzej	3408	CIDRY LOTAJOM	M50	57		02:28:48	05:03:06.10	05:03:42.80	+02:51:11 (56.4%)	10:49	5.5 (43.3%)
455	SOJA Tomasz	3820		M50	58		02:38:06	05:03:08.80	05:04:17.05	+02:51:45 (56.4%)	10:49	5.5 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
456	PAWLUS Marek	3034		M30		171	02:34:02	05:05:07.95	05:05:26.45	+02:52:54 (56.6%)	10:53	5.5 (43.3%)
457	SABAJ Piotr	3022	PROMILE	M30		172	02:43:09	05:05:13.95	05:05:47.00	+02:53:15 (56.7%)	10:54	5.5 (43.3%)
458	BOGUSZ Jarosław	3188		M30		173	02:15:23	05:04:32.85	05:05:56.40	+02:53:24 (56.7%)	10:52	5.5 (43.3%)
459	KRUSZYŃSKI Tomasz	3048		M40		169	02:41:33	05:06:26.25	05:07:01.80	+02:54:30 (56.8%)	10:56	5.5 (43.3%)
460	KUCHARSKI Paweł	3905	PLANETA NISKO	M40		170	02:48:14	05:05:50.85	05:07:33.95	+02:55:02 (56.9%)	10:55	5.5 (43.3%)
461	ROMAN Krzysztof	3012		M40		171	02:41:19	05:08:03.50	05:09:04.10	+02:56:32 (57.1%)	11:00	5.5 (43.3%)
462	BIEGAŃSKI Kazimierz	3711		M40		172		05:08:42.75	05:09:30.45	+02:56:58 (57.2%)	11:01	5.4 (42.5%)
463	SERAFIN Sebastian	3887	BACÓWKA POD HONEM	M40		173	02:36:30	05:08:02.80	05:09:49.70	+02:57:18 (57.2%)	11:00	5.5 (43.3%)
464	NIEZGODA Andrzej	3221	LEŚNE LUDKI	M40		174	02:34:09	05:09:09.80	05:09:52.30	+02:57:20 (57.2%)	11:02	5.4 (42.5%)
465	JASTRZEMBSKI Piotr	3787		M40		175	02:33:19	05:08:20.80	05:10:15.70	+02:57:44 (57.3%)	11:00	5.4 (42.5%)
466	ROSIŃSKI Łukasz	3350	-	M40		176	02:37:41	05:10:04.75	05:10:37.65	+02:58:06 (57.3%)	11:04	5.4 (42.5%)
467	BEŃKOWSKI Aleksander	3440		M40		177	02:36:47	05:08:50.50	05:10:44.30	+02:58:12 (57.4%)	11:01	5.4 (42.5%)
468	KASZA Bartosz	3467		M30		174	02:22:25	05:12:59.20	05:13:07.15	+03:00:35 (57.7%)	11:10	5.4 (42.5%)
469	PRUSZYNSKI Konrad	3731		M40		178	02:38:21	05:14:19.30	05:14:19.30	+03:01:47 (57.8%)	11:13	5.3 (41.7%)
470	ROSTEK Andrzej	3690		M50		59	02:43:56	05:12:33.20	05:14:19.70	+03:01:48 (57.8%)	11:09	5.4 (42.5%)
471	RYŻYŃSKI Tomasz	3040	CHEŁM BIRGA	M40		179	02:36:06	05:16:33.85	05:18:17.95	+03:05:46 (58.4%)	11:18	5.3 (41.7%)
472	ZYCH Dominik	3604		M30		175	02:36:51	05:16:09.55	05:18:29.70	+03:05:58 (58.4%)	11:17	5.3 (41.7%)
473	GREDKA Robert	3707	TEAM ZABIEGANEDNI	M50		60	02:36:22	05:16:41.95	05:18:42.85	+03:06:11 (58.4%)	11:18	5.3 (41.7%)
474	SREBRO Kacper Antoni	3190		M20		45	02:34:20	05:19:00.00	05:19:56.60	+03:07:25 (58.6%)	11:23	5.3 (41.7%)
475	RZECZKOWSKI Maciej	3286	WKG	M50		61	02:36:12	05:19:07.45	05:21:07.45	+03:08:35 (58.7%)	11:23	5.3 (41.7%)
476	KUŚMIERSKI Krzysztof	3283		M50		62	02:36:16	05:19:35.30	05:21:35.30	+03:09:03 (58.8%)	11:24	5.3 (41.7%)
477	BANDURA Rafał	3095		M30		176	02:32:33	05:20:20.10	05:21:55.50	+03:09:23 (58.8%)	11:26	5.2 (40.9%)
478	SREBRO Michał	3255		M50		63	02:34:23	05:21:17.20	05:22:14.30	+03:09:42 (58.9%)	11:28	5.2 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
479	SEMMERLING Przemysław	3128		M40	180		02:37:28	05:20:40.20	05:22:33.65	+03:10:02 (58.9%)	11:27	5.2 (40.9%)
480	KUBACKI Andrzej	3250		M50	64		02:31:19	05:23:09.40	05:23:53.95	+03:11:22 (59.1%)	11:32	5.2 (40.9%)
481	OBARSKI Norbert	3194		M60	16		02:41:29	05:21:49.50	05:23:54.10	+03:11:22 (59.1%)	11:29	5.2 (40.9%)
482	SKACZYŃSKI Marcin	3481	ENERGOKONTRAKT GLIWICE	M50	65		02:45:39	05:22:53.55	05:24:28.95	+03:11:57 (59.2%)	11:31	5.2 (40.9%)
483	ANDRASZ Paweł	3067		M20	46		02:35:44	05:23:11.15	05:24:30.75	+03:11:59 (59.2%)	11:32	5.2 (40.9%)
484	DZIĘCIOŁ Artur	3125		M30	177			05:24:02.05	05:25:32.40	+03:13:00 (59.3%)	11:34	5.2 (40.9%)
485	KĘSICKI Rafał	3478		M40	181		02:45:00	05:24:06.85	05:26:09.20	+03:13:37 (59.4%)	11:34	5.2 (40.9%)
486	MARCINIAK Marek	3415	STRAŻNIK LASU ROTTWEILER TEAM	M40	182		02:34:05	05:25:35.85	05:27:50.10	+03:15:18 (59.6%)	11:37	5.2 (40.9%)
487	GRYGO Krzysztof	3804	AKADEMIA SPORTU MEDYK	M60	17		02:28:21	05:27:20.05	05:28:00.60	+03:15:29 (59.6%)	11:41	5.1 (40.2%)
488	PŁĄŻEWSKI Paweł	3761	BRACTWO BIEGOWE BGK	M40	183		02:38:33	05:27:57.00	05:28:14.20	+03:15:42 (59.6%)	11:42	5.1 (40.2%)
489	BOGUSZ Piotr	3196		M40	184		02:46:08	05:31:27.20	05:32:51.40	+03:20:19 (60.2%)	11:50	5.1 (40.2%)
490	REKOWSKI Krzysztof	3494		M30	178		02:31:29	05:31:17.50	05:33:11.70	+03:20:40 (60.2%)	11:49	5.1 (40.2%)
491	BODNAR Adrian	4		M20	47	Tak	02:45:38	05:33:26.15	05:33:49.60	+03:21:18 (60.3%)	11:54	5 (39.4%)
492	KOCOT Beniamin	3892		M40	185		02:45:59	05:32:35.65	05:34:03.45	+03:21:31 (60.3%)	11:52	5.1 (40.2%)
493	PAZIO Łukasz	3635		M30	179		02:38:02	05:33:19.55	05:34:10.00	+03:21:38 (60.3%)	11:54	5 (39.4%)
494	BERNAT Sebastian	3017	STARE WILKI	M40	186		02:32:37	05:33:09.10	05:34:13.65	+03:21:42 (60.3%)	11:53	5 (39.4%)
495	ŚLIWOWSKI Marcin	3087	STARE WILKI	M40	187		02:32:01	05:33:09.05	05:34:13.90	+03:21:42 (60.3%)	11:53	5 (39.4%)
496	MISIOROWSKI Marcin	3253		M40	188		02:32:04	05:33:08.30	05:34:14.05	+03:21:42 (60.3%)	11:53	5 (39.4%)
497	JĘDRO Tomasz	2	FC EIRE DIVISION	M50	66	Tak	02:45:24	05:34:17.40	05:34:52.90	+03:22:21 (60.4%)	11:56	5 (39.4%)
498	DENKOWSKI Wojciech	3169	BP RUNNING TEAM GLIWICE	M50	67		02:56:51	05:37:31.20	05:39:03.00	+03:26:31 (60.9%)	12:03	5 (39.4%)
499	PUCHALSKI Łukasz	3645	JB RACING TEAM	M30	180		02:58:12	05:40:25.45	05:41:21.20	+03:28:49 (61.2%)	12:09	4.9 (38.6%)
500	BOGUSZEWSKI Grzegorz	3060		M30	181		02:34:27	05:40:01.10	05:41:31.65	+03:29:00 (61.2%)	12:08	4.9 (38.6%)
501	KACZKIEWICZ Damian	3619	NIGHT RUNNERS GLIWICE	M40	189		02:58:33	05:41:17.35	05:42:47.25	+03:30:15 (61.3%)	12:11	4.9 (38.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
502	PAWĘZOWSKI Rafał	3209		M40	190		02:34:29	05:43:37.55	05:45:22.15	+03:32:50 (61.6%)	12:16	4.9 (38.6%)
503	DOBIECH Dominik	3214	SŁOŃCA JURY	M20	48		02:54:42	05:44:07.75	05:45:38.30	+03:33:06 (61.7%)	12:17	4.9 (38.6%)
504	KASZTELAN Artur	3890	SŁOŃCA JURY	M40	191		02:54:38	05:44:07.45	05:45:39.20	+03:33:07 (61.7%)	12:17	4.9 (38.6%)
505	MICHALIK Jacek	3179	SŁOŃCA JURY	M40	192		02:54:43	05:44:09.70	05:45:40.65	+03:33:09 (61.7%)	12:17	4.9 (38.6%)
506	JOP Grzegorz	3333	MEDUZY	M30	182		02:27:17	05:44:33.40	05:46:08.35	+03:33:36 (61.7%)	12:18	4.9 (38.6%)
507	NIŻNIK Rafał	3456		M40	193		02:44:24	05:45:05.25	05:46:10.55	+03:33:39 (61.7%)	12:19	4.9 (38.6%)
508	LICA Roman	3453		M50	68		02:39:02	05:45:05.35	05:46:10.80	+03:33:39 (61.7%)	12:19	4.9 (38.6%)
509	NAPIERAŁA Jakub	3206	HERNIKTEAM	M30	183		02:44:22	05:50:05.75	05:50:49.55	+03:38:18 (62.2%)	12:30	4.8 (37.8%)
510	BODUCH Jacek	3525		M30	184		02:50:59	05:52:21.55	05:52:23.90	+03:39:52 (62.4%)	12:35	4.8 (37.8%)
511	KIEREŚ Marcin	3701	TELETECHNET	M40	194		02:48:43	05:51:46.25	05:52:34.40	+03:40:02 (62.4%)	12:33	4.8 (37.8%)
512	KRAJEWSKI Sebastian	3397		M30	185		02:42:49	05:54:01.60	05:54:35.75	+03:42:04 (62.6%)	12:38	4.7 (37.0%)
513	KOBYSZEWSKI Michał	3912	GLUTUES AUREUS ZLOTA DUPA	M30	186		03:01:10	05:58:19.05	06:00:18.00	+03:47:46 (63.2%)	12:47	4.7 (37.0%)
514	STANIOS Kamil	3678		M30	187		02:58:38	06:02:37.80	06:02:55.25	+03:50:23 (63.5%)	12:57	4.6 (36.2%)
515	KORWEK Michał	3870		M50	69		02:47:31	06:03:40.10	06:05:25.75	+03:52:54 (63.7%)	12:59	4.6 (36.2%)
516	TKACZ Bartłomiej	3869		M40	195		02:47:34	06:03:40.80	06:05:26.40	+03:52:54 (63.7%)	12:59	4.6 (36.2%)
517	PEPLIŃSKI Piotr	3176		M50	70		02:59:21	06:06:05.45	06:07:21.60	+03:54:50 (63.9%)	13:04	4.6 (36.2%)
518	JANOWSKI Mateusz	3195		M30	188		02:58:14	06:06:00.55	06:07:50.65	+03:55:19 (64.0%)	13:04	4.6 (36.2%)
519	JUSZKO Krzysztof	3540		M40	196		03:03:24	06:07:14.60	06:08:41.00	+03:56:09 (64.1%)	13:06	4.6 (36.2%)
520	DZIĘCIOŁ Adam	3556		M30	189		02:55:23	06:10:21.60	06:11:53.40	+03:59:21 (64.4%)	13:13	4.5 (35.4%)
521	PIKIEWICZ Bartłomiej	3553	PZSF	M40	197		03:11:48	06:12:52.25	06:14:21.15	+04:01:49 (64.6%)	13:19	4.5 (35.4%)
522	GUT Leopold	3184		M30	190		02:50:29	06:14:24.75	06:15:00.20	+04:02:28 (64.7%)	13:22	4.5 (35.4%)
523	MYŚLIWIEC Andrzej	3656		M60	18		03:11:24	06:20:11.85	06:21:22.20	+04:08:50 (65.3%)	13:34	4.4 (34.6%)
524	TWARDOWSKI Tomasz	3624	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	198		03:12:26	06:22:11.95	06:24:00.70	+04:11:29 (65.5%)	13:38	4.4 (34.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
525	REY Andrzej	3559	REYRUNNINGTEAM	M40	199		03:40:36	06:31:44.50	06:33:54.80	+04:21:23 (66.4%)	13:59	4.3 (33.9%)
526	ŁADZIAK Rafał	3285		M40	200		03:11:40	06:33:51.25	06:34:56.70	+04:22:25 (66.4%)	14:03	4.3 (33.9%)
527	SZKAMRUK Janusz	3342	EXTREMALNI RZEŹNICY NA RELAKSIE	M60	19		03:12:16	06:35:39.55	06:37:05.50	+04:24:33 (66.6%)	14:07	4.2 (33.1%)
528	MODLIBOREK Bartosz	3084		M30	191		03:32:04	07:27:07.10	07:28:23.10	+05:15:51 (70.4%)	15:58	3.8 (29.9%)
529	TYSZKIEWICZ Mariusz	3399		M40	201		04:02:10	07:31:25.50	07:32:02.95	+05:19:31 (70.7%)	16:07	3.7 (29.1%)
530	JĘDRZEJCZAK Maciej	3437		M40	202		04:01:53	07:31:24.90	07:32:03.50	+05:19:31 (70.7%)	16:07	3.7 (29.1%)
531	KUBLIK Konrad	3499		M40	203		04:01:55	07:31:25.55	07:32:04.20	+05:19:32 (70.7%)	16:07	3.7 (29.1%)
532	ADAMCZYK Zbigniew	3257	KM TRUCHCIK ŁUBIANKA	M60	20		04:03:47	07:38:58.45	07:40:03.00	+05:27:31 (71.2%)	16:23	3.7 (29.1%)
533	ZUGAJ Cezary	3324	WHITE BEARS TEAM BIAŁYSTOK	M50	71		04:01:43	07:40:48.95	07:43:01.70	+05:30:30 (71.4%)	16:27	3.6 (28.3%)
534	BERK Mateusz	3798		M30	192							(0.0%)
	WĘGLICKI Dariusz	3298	DAWEG	M50			DNF	DNF	DNF		-	- (0.0%)

Znaleziono 535 wynik(ów)