



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
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	POCZWARDOWSKI Kamil	3855		M30	1		01:10:38	02:13:19.55	02:13:21.50		4:45	12.6 (100%)
2	ŻUCHOWSKI Daniel	3824	THE BEZ TEAM POLAND	M30	2		01:15:23	02:17:45.40	02:17:47.40	+00:04:25 (3.2%)	4:55	12.2 (96.8%)
3	BADOWSKI Aleksander	3732	MARCIN ŚWIERC TEAM	M30	3		01:15:58	02:20:50.05	02:20:51.65	+00:07:30 (5.3%)	5:01	11.9 (94.4%)
4	PERZ Krzysztof	3247	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M30	4		01:18:37	02:28:24.10	02:28:26.70	+00:15:05 (10.2%)	5:18	11.3 (89.7%)
5	ŁAGUNA Kacper	3404		M30	5		01:23:21	02:36:44.35	02:36:47.55	+00:23:26 (14.9%)	5:35	10.7 (84.9%)
6	WĘGLIŃSKI Mikołaj	3735		M30	6		01:28:09	02:37:35.70	02:37:45.25	+00:24:23 (15.5%)	5:37	10.7 (84.9%)
7	WRÓBEL Kamil	3139		M30	7		01:27:38	02:40:03.45	02:40:06.05	+00:26:44 (16.7%)	5:42	10.5 (83.3%)
8	KŁĘCZEK Łukasz	3073	EX TEAM	M30	8		01:24:30	02:44:22.85	02:44:25.35	+00:31:03 (18.9%)	5:52	10.2 (81.0%)
9	DYŚ Paweł	3530	STAY INSANE	M30	9		01:28:08	02:47:38.30	02:47:41.05	+00:34:19 (20.5%)	5:59	10 (79.4%)
10	DUCKI Piotr	3913	OTK	M30	10		01:31:22	02:47:43.05	02:47:47.70	+00:34:26 (20.5%)	5:59	10 (79.4%)
11	RESZKA Marek	3082	DRUŻYNA SZPIKU	M30	11		01:28:50	02:48:08.40	02:48:14.95	+00:34:53 (20.7%)	6:00	10 (79.4%)
12	GADZIŃSKI Marcin	3010		M30	12		01:28:27	02:48:41.95	02:48:47.20	+00:35:25 (21.0%)	6:01	10 (79.4%)
13	KNAPIK Sebastian	3589	BUTYJANA	M30	13		01:29:26	02:49:45.95	02:49:54.60	+00:36:33 (21.5%)	6:03	9.9 (78.6%)
14	GABRYCH Arkadiusz	3270	WIHA RUNNER	M30	14		01:29:48	02:50:21.50	02:50:26.10	+00:37:04 (21.8%)	6:05	9.9 (78.6%)
15	SZYBALSKI Michał	3207		M30	15		01:29:44	02:52:18.35	02:52:22.40	+00:39:00 (22.6%)	6:09	9.8 (77.8%)
16	SIEPRACKI Robert	3894		M30	16		01:34:22	02:55:59.45	02:56:12.45	+00:42:50 (24.3%)	6:17	9.5 (75.4%)
17	BARTOSIK Sebastian	3328	FORMA WODZISŁAW ŚLĄSKI	M30	17		01:26:58	02:57:27.95	02:57:30.40	+00:44:08 (24.9%)	6:20	9.5 (75.4%)
18	JACHIMOWSKI Jarosław	3819	SANOK BIEGA	M30	18		01:36:43	02:58:20.35	02:58:27.10	+00:45:05 (25.3%)	6:22	9.4 (74.6%)
19	SKOLINIEC Bartłomiej	3066		M30	19		01:40:53	02:59:36.45	02:59:48.70	+00:46:27 (25.8%)	6:24	9.4 (74.6%)
20	LENCKOWSKI Lech	3729	BIEGAM U KOLESI	M30	20		01:35:25	03:00:09.30	03:00:19.10	+00:46:57 (26.0%)	6:26	9.3 (73.8%)
21	PELA Dariusz	3861		M30	21		01:39:14	03:01:35.00	03:01:40.10	+00:48:18 (26.6%)	6:29	9.3 (73.8%)
22	BASAĞ Marek	3793		M30	22		01:37:56	03:01:54.00	03:02:04.80	+00:48:43 (26.8%)	6:29	9.2 (73.0%)
23	WOCHOWSKI Tomasz	3743		M30	23		01:41:16	03:03:24.25	03:03:36.20	+00:50:14 (27.4%)	6:33	9.2 (73.0%)
24	PŁAZA Bartłomiej	3860		M30	24		01:41:05	03:05:13.05	03:05:25.40	+00:52:03 (28.1%)	6:36	9.1 (72.2%)
25	FOLWARSKI Zbigniew	3686		M30	25		01:38:02	03:06:21.55	03:06:48.95	+00:53:27 (28.6%)	6:39	9 (71.4%)
26	WYPYCH Patryk	3807	FRUCKA TEAM	M30	26		01:51:29	03:06:46.05	03:07:17.25	+00:53:55 (28.8%)	6:40	9 (71.4%)
27	SOKOŁOWSKI Wojciech	3279		M30	27		01:41:27	03:07:57.90	03:08:22.75	+00:55:01 (29.2%)	6:42	8.9 (70.6%)
28	MARCINOWSKI Paweł	3694	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M30	28		01:35:45	03:08:47.70	03:08:50.20	+00:55:28 (29.4%)	6:44	8.9 (70.6%)
29	POKRYSZKA Bartosz	3162		M30	29		01:39:56	03:09:04.10	03:09:11.65	+00:55:50 (29.5%)	6:45	8.9 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
30	GAJEWSKI Marek	3502	ADIDAS RUNNERS WARSAW	M30	30		01:35:28	03:10:13.15	03:10:16.70	+00:56:55 (29.9%)	6:47	8.8 (69.8%)
31	GOŚCIŃSKI Andrzej	3464	DUDYCZ RUN	M30	31		01:34:57	03:11:04.85	03:11:10.20	+00:57:48 (30.2%)	6:49	8.8 (69.8%)
32	STACHOWSKI Damian	3360		M30	32		01:41:37	03:12:08.90	03:12:24.50	+00:59:03 (30.7%)	6:51	8.7 (69.0%)
33	WOJCIECHOWSKI Tobiasz	3653		M30	33		01:39:37	03:12:55.65	03:13:05.00	+00:59:43 (30.9%)	6:53	8.7 (69.0%)
34	CHUDY Michał	3057		M30	34		01:48:29	03:15:22.65	03:15:45.45	+01:02:23 (31.9%)	6:58	8.6 (68.3%)
35	BIENIEK Piotr	3407	MAŁŻE Z BORDEAUX	M30	35		01:37:25	03:16:24.40	03:16:30.00	+01:03:08 (32.1%)	7:00	8.6 (68.3%)
35	OSTASIUK Aleksander	3406	MAŁŻE Z BORDEAUX	M30	35		01:37:24	03:16:26.20	03:16:30.00	+01:03:08 (32.1%)	7:00	8.6 (68.3%)
37	POCHYLSKI Radosław	3043		M30	37		01:47:12	03:16:14.70	03:16:38.85	+01:03:17 (32.2%)	7:00	8.6 (68.3%)
38	MORAWSKI Grzegorz	3848		M30	38		01:47:30	03:17:30.25	03:17:33.90	+01:04:12 (32.5%)	7:03	8.5 (67.5%)
39	MIJAL Piotr	3463	BRONOWICE BIEGAJĄ	M30	39		01:43:57	03:17:20.15	03:17:48.00	+01:04:26 (32.6%)	7:02	8.5 (67.5%)
40	CHODKOWSKI Marcin	3446	TEAM ZABIEGANEDNI	M30	40		01:47:20	03:17:53.90	03:18:09.40	+01:04:47 (32.7%)	7:04	8.5 (67.5%)
41	MAZUR Sebastian	3714		M30	41		01:40:26	03:18:08.65	03:18:20.70	+01:04:59 (32.8%)	7:04	8.5 (67.5%)
42	IRLA Arkadiusz	3896		M30	42		01:42:34	03:18:06.25	03:18:36.85	+01:05:15 (32.9%)	7:04	8.5 (67.5%)
43	STEFAŃSKI Jakub	3491		M30	43		01:43:41	03:18:47.75	03:18:59.20	+01:05:37 (33.0%)	7:05	8.5 (67.5%)
44	MIERCZAK Dawid	3758	PENDOLINO TEAM	M30	44		01:45:59	03:19:21.40	03:19:48.50	+01:06:27 (33.3%)	7:07	8.4 (66.7%)
45	SADOWSKI Rafał	13	KB SPARTAKUS BEŁCHATÓW	M30	45	Tak	01:54:57	03:19:50.75	03:20:08.60	+01:06:47 (33.4%)	7:08	8.4 (66.7%)
46	SZCZĘSNY Paweł	3513		M30	46		01:48:48	03:20:55.75	03:21:14.00	+01:07:52 (33.7%)	7:10	8.4 (66.7%)
47	ŁAŻEŃSKI Łukasz	3326		M30	47		01:49:17	03:21:14.50	03:21:19.50	+01:07:58 (33.8%)	7:11	8.3 (65.9%)
48	WAJDZIK Adam	3370	CZWARTUNIOTEAM	M30	48		01:48:29	03:21:10.90	03:21:28.70	+01:08:07 (33.8%)	7:11	8.4 (66.7%)
49	ZĄBKIEWICZ Szymon	3642		M30	49		01:55:23	03:21:57.30	03:22:26.35	+01:09:04 (34.1%)	7:12	8.3 (65.9%)
50	SIVKO Vladimir	3353		M30	50		01:46:16	03:22:59.70	03:23:05.40	+01:09:43 (34.3%)	7:14	8.3 (65.9%)
51	MORGAŚ Mariusz	3376		M30	51		01:47:26	03:24:08.85	03:24:11.95	+01:10:50 (34.7%)	7:17	8.2 (65.1%)
52	PLOCHOCKI Piotr	3842		M30	52		01:49:12	03:24:47.40	03:25:17.50	+01:11:56 (35.0%)	7:18	8.2 (65.1%)
53	PAŚNIEWSKI Piotr	3078	PRZEDWOJEWSKI TEAM	M30	53		01:47:42	03:25:52.15	03:26:15.20	+01:12:53 (35.3%)	7:21	8.2 (65.1%)
54	BOROWSKI Przemysław	3551		M30	54		01:47:14	03:26:40.60	03:27:05.05	+01:13:43 (35.6%)	7:22	8.1 (64.3%)
55	JANKOWSKI Adrian	3457		M30	55		01:49:17	03:27:42.80	03:29:05.80	+01:15:44 (36.2%)	7:25	8.1 (64.3%)
56	DWORNICKI Kamil	10		M30	56	Tak	01:57:05	03:30:46.15	03:31:03.35	+01:17:41 (36.8%)	7:31	8 (63.5%)
57	KORPAK Piotr	3155	BRAINHUB	M30	57		01:49:36	03:32:06.10	03:32:13.15	+01:18:51 (37.2%)	7:34	7.9 (62.7%)
58	CUKROWSKI Marcin	3261		M30	58		01:52:15	03:32:06.45	03:32:28.95	+01:19:07 (37.2%)	7:34	7.9 (62.7%)
59	ŁOZA Tobiasz	3779	KAŃCZUGA GRUPA BIEGOWA	M30	59		01:52:06	03:33:42.95	03:34:16.45	+01:20:54 (37.8%)	7:37	7.9 (62.7%)
60	POŁUDNIUK Radosław	3545	SII RUNNING TEAM	M30	60		01:58:16	03:33:32.85	03:34:54.50	+01:21:33 (37.9%)	7:37	7.9 (62.7%)
61	KLIMEK Marek	3756	ADIDAS RUNNERS WARSAW	M30	61		01:48:04	03:34:36.80	03:35:00.80	+01:21:39 (38.0%)	7:39	7.8 (61.9%)
62	BARANOWSKI Maciej	14	JACEKBIEGA RUNNING TEAM	M30	62	Tak	02:03:45	03:34:47.15	03:35:09.35	+01:21:47 (38.0%)	7:40	7.8 (61.9%)
63	PIŁCZYŃSKI Paweł	3361		M30	63		01:47:38	03:35:28.90	03:35:44.50	+01:22:23 (38.2%)	7:41	7.8 (61.9%)
64	KOZIARSKI Piotr	3697		M30	64		01:53:09	03:37:16.85	03:37:37.15	+01:24:15 (38.7%)	7:45	7.7 (61.1%)
65	GAWLIK Sławek	11	DYNAFIT	M30	65	Tak	01:56:18	03:38:33.55	03:38:36.15	+01:25:14 (39.0%)	7:48	7.7 (61.1%)
66	LEŚNIAK Dawid	3718	LHO	M30	66			03:39:44.25	03:40:13.30	+01:26:51 (39.4%)	7:50	7.6 (60.3%)
67	BUZA Łukasz	3617	IKRTS JÓZEFÓW	M30	67		01:50:25	03:39:26.95	03:40:18.55	+01:26:57 (39.5%)	7:50	7.7 (61.1%)
68	MISIOWIEC Kamil	3752		M30	68		01:56:12	03:39:28.55	03:40:55.55	+01:27:34 (39.6%)	7:50	7.7 (61.1%)
69	TRZASKOWSKI Piotr	3888	MAZUR KARCZEW	M30	69		01:49:23	03:40:41.10	03:41:22.70	+01:28:01 (39.8%)	7:52	7.6 (60.3%)
70	SZCZEKALA Łukasz	3021		M30	70		01:55:13	03:40:51.20	03:41:23.00	+01:28:01 (39.8%)	7:53	7.6 (60.3%)
71	KURMIN Bartosz	3281		M30	71		01:51:32	03:41:09.90	03:41:35.70	+01:28:14 (39.8%)	7:53	7.6 (60.3%)
72	RENC Patryk	3053	SERCE TYBETU	M30	72		01:49:10	03:41:09.05	03:41:36.70	+01:28:15 (39.8%)	7:53	7.6 (60.3%)
73	MATYSIAK Michał	3780	KOPALNIA MOCY TARNOBRZEG	M30	73		01:50:20	03:41:42.00	03:41:49.20	+01:28:27 (39.9%)	7:55	7.6 (60.3%)

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74	SMURA Rafał	3777	PRO-MILE TEAM	M30	74		02:04:28	03:40:37.30	03:42:19.45	+01:28:57 (40.0%)	7:52	7.6 (60.3%)
75	GÓRSKI Krzysztof	3657		M30	75			03:42:02.40	03:42:44.10	+01:29:22 (40.1%)	7:55	7.6 (60.3%)
76	SUŁEK Marcin	3039		M30	76		01:51:39	03:43:51.20	03:44:20.15	+01:30:58 (40.6%)	7:59	7.5 (59.5%)
77	ERNST Tomasz	3539		M30	77		01:55:46	03:42:22.80	03:44:24.90	+01:31:03 (40.6%)	7:56	7.6 (60.3%)
78	SIUDA Adam	3395	GALOPUJĄCE DŹDŻOWNICE	M30	78		01:57:53	03:42:20.45	03:44:26.90	+01:31:05 (40.6%)	7:56	7.6 (60.3%)
79	ILCZUK Paweł	3289		M30	79		01:57:33	03:44:55.65	03:45:22.40	+01:32:00 (40.8%)	8:01	7.5 (59.5%)
80	ADAMSKI Maciek	3547		M30	80		01:57:14	03:45:24.75	03:45:51.35	+01:32:29 (41.0%)	8:03	7.5 (59.5%)
81	ŁĄCZNY Marcin	3569		M30	81		01:56:50	03:46:32.25	03:46:44.80	+01:33:23 (41.2%)	8:05	7.4 (58.7%)
82	OSICA Łukasz	3444	PKS - PIWNY KLUB SPORTOWY	M30	82		02:04:19	03:46:53.20	03:47:08.20	+01:33:46 (41.3%)	8:06	7.4 (58.7%)
83	BOGUSZ Konrad	3897		M30	83		01:52:58	03:46:35.85	03:47:25.20	+01:34:03 (41.4%)	8:05	7.4 (58.7%)
84	CHOŁAJCZYK Marcin	3166		M30	84		01:59:29	03:47:28.75	03:47:41.65	+01:34:20 (41.4%)	8:07	7.4 (58.7%)
85	KACZOROWSKI Tomasz	3849		M30	85		02:01:07	03:48:49.50	03:49:31.45	+01:36:09 (41.9%)	8:10	7.3 (57.9%)
86	OCHYRA Konrad	3823	SOLINA TEAM	M30	86		01:58:57	03:49:19.45	03:49:36.95	+01:36:15 (41.9%)	8:11	7.3 (57.9%)
87	PODKUL Konrad	3101		M30	87		01:54:21	03:50:41.75	03:50:48.30	+01:37:26 (42.2%)	8:14	7.3 (57.9%)
88	KŁOS Łukasz	3098		M30	88		01:42:46	03:51:10.50	03:51:14.35	+01:37:52 (42.3%)	8:15	7.3 (57.9%)
89	TARNAWSKI Sławomir	3479		M30	89		02:01:40	03:51:26.20	03:51:33.00	+01:38:11 (42.4%)	8:15	7.3 (57.9%)
90	KRAWIEC Sławomir	3234	SAINT GOBAIN SQUAD	M30	90		02:07:31	03:51:56.90	03:52:37.40	+01:39:15 (42.7%)	8:17	7.2 (57.1%)
91	ZAPIÓR Maciej	3799		M30	91			03:52:19.70	03:52:54.90	+01:39:33 (42.7%)	8:17	7.2 (57.1%)
92	RAK Maciej	3522		M30	92			03:51:45.15	03:53:05.60	+01:39:44 (42.8%)	8:16	7.2 (57.1%)
93	BUCZEK Michał	3728		M30	93		02:04:41	03:52:26.75	03:53:33.55	+01:40:12 (42.9%)	8:18	7.2 (57.1%)
94	STĘSIK Tomasz	3497	OKS ZIMNE PIWO	M30	94		02:15:02	03:52:31.00	03:54:00.60	+01:40:39 (43.0%)	8:18	7.2 (57.1%)
95	ŚNIOS Rafał	3850		M30	95		02:01:41	03:51:46.50	03:54:02.40	+01:40:40 (43.0%)	8:16	7.2 (57.1%)
96	KIRYŁAK Marcin	3538		M30	96		02:08:30	03:53:08.00	03:54:22.50	+01:41:01 (43.1%)	8:19	7.2 (57.1%)
97	MARCHLEWICZ Rafał	3665		M30	97		02:09:44	03:53:12.30	03:54:24.75	+01:41:03 (43.1%)	8:19	7.2 (57.1%)
98	KORDYŚ Adam	3400	WARTKIE PIERONY	M30	98		02:05:00	03:54:00.15	03:55:09.25	+01:41:47 (43.3%)	8:21	7.2 (57.1%)
99	TRZECIAK Krzysztof	3197		M30	99		01:54:00	03:53:39.35	03:55:15.50	+01:41:54 (43.3%)	8:20	7.2 (57.1%)
100	MICHNIAK Łukasz	3902		M30	100		02:07:03	03:54:53.55	03:55:43.90	+01:42:22 (43.4%)	8:23	7.2 (57.1%)
101	TOMASZEWSKI Piotr	3496		M30	101		02:03:18	03:55:46.15	03:55:55.50	+01:42:34 (43.5%)	8:25	7.1 (56.3%)
102	MAJCHRZAK Jakub	3055	FIBOO TEAM	M30	102		01:58:46	03:57:34.00	03:58:11.80	+01:44:50 (44.0%)	8:29	7.1 (56.3%)
103	BANDEL Adam	3682		M30	103		02:10:20	03:58:50.45	03:59:29.45	+01:46:07 (44.3%)	8:31	7 (55.6%)
104	KARCZMARCZYK Albert	3245		M30	104		01:58:19	03:58:33.15	03:59:59.10	+01:46:37 (44.4%)	8:31	7 (55.6%)
105	JÓZWIAK Mikołaj	3862		M30	105		02:10:57	04:01:47.75	04:01:56.45	+01:48:34 (44.9%)	8:38	6.9 (54.8%)
106	DOBRUT Krzysztof	3564	MIG ŚLIMAKI	M30	106		02:03:48	04:02:11.45	04:02:27.95	+01:49:06 (45.0%)	8:38	6.9 (54.8%)
107	SIKORA Grzegorz	3535		M30	107		01:59:59	04:02:23.85	04:02:34.70	+01:49:13 (45.0%)	8:39	6.9 (54.8%)
108	LUCJUSZ Krzysztof	3808		M30	108		02:07:14	04:02:32.40	04:02:43.10	+01:49:21 (45.1%)	8:39	6.9 (54.8%)
109	POJDA Przemysław	3495		M30	109		02:10:12	04:03:58.85	04:04:20.95	+01:50:59 (45.4%)	8:42	6.9 (54.8%)
110	STAL Waldemar	3484	OPTEAM S.A.	M30	110		02:10:23	04:04:05.90	04:04:42.30	+01:51:20 (45.5%)	8:43	6.9 (54.8%)
111	ZAŃ Michał	3588		M30	111		02:02:30	04:04:44.20	04:05:18.75	+01:51:57 (45.6%)	8:44	6.9 (54.8%)
112	MIILLER Łukasz	3123		M30	112		02:06:43	04:04:36.95	04:05:52.55	+01:52:31 (45.8%)	8:44	6.9 (54.8%)
113	CHWASTOWSKI Filip	3183		M30	113			04:05:54.30	04:06:02.90	+01:52:41 (45.8%)	8:46	6.8 (54.0%)
114	CHLEBIŃSKI Maciej	3751	RZESZOWSKIE GAZELE I GEPARDY	M30	114		02:06:59	04:05:35.35	04:06:11.75	+01:52:50 (45.8%)	8:46	6.8 (54.0%)
115	SZOSTAK Kamil	3555		M30	115		01:58:45	04:05:01.35	04:06:37.80	+01:53:16 (45.9%)	8:45	6.9 (54.8%)
116	STRZĘPEK Dariusz	3554		M30	116		01:58:44	04:05:02.00	04:06:39.70	+01:53:18 (45.9%)	8:45	6.9 (54.8%)
117	STASZAK Adam	3527		M30	117		02:04:23	04:07:08.35	04:07:22.70	+01:54:01 (46.1%)	8:49	6.8 (54.0%)

							Czas	Czas				
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	netto 28km	brutto 28km	Różn	Tempo min/km	Tempo km/h
118	PAWLIK Wojciech	3061		M30	118		01:59:53	04:07:37.60	04:07:44.45	+01:54:22 (46.2%)	8:50	6.8 (54.0%)
119	DUDEK Kamil	3818		M30	119			04:09:13.00	04:09:56.80	+01:56:35 (46.6%)	8:54	6.7 (53.2%)
120	LEŚNIAK Marcin	3118		M30	120		02:13:11	04:09:37.05	04:10:28.00	+01:57:06 (46.8%)	8:54	6.7 (53.2%)
121	SZTYLC Jacek	3362	MEDUZY	M30	121		02:17:08	04:10:30.00	04:12:06.40	+01:58:44 (47.1%)	8:56	6.7 (53.2%)
122	KOLASIŃSKI Łukasz	3878		M30	122		02:14:49	04:11:13.05	04:12:37.45	+01:59:15 (47.2%)	8:58	6.7 (53.2%)
123	KULIKOWSKI Adam	3027		M30	123		02:15:15	04:12:51.70	04:14:12.50	+02:00:51 (47.5%)	9:01	6.6 (52.4%)
124	KACZMAREK Adam	3171		M30	124		02:08:17	04:15:03.05	04:15:43.60	+02:02:22 (47.9%)	9:06	6.6 (52.4%)
125	WIELGOCKI Artur	3489		M30	125		02:17:37	04:15:38.80	04:16:25.20	+02:03:03 (48.0%)	9:07	6.6 (52.4%)
126	OSIAK Karol	3872	SKPB WARSZAWA	M30	126		02:15:16	04:15:48.45	04:17:04.35	+02:03:42 (48.1%)	9:08	6.6 (52.4%)
127	MĘTRAK Jarosław	3866		M30	127		02:19:19	04:16:17.30	04:17:08.65	+02:03:47 (48.1%)	9:09	6.6 (52.4%)
128	CHLIPAŁA Marek	3042		M30	128		02:10:34	04:16:58.60	04:17:13.05	+02:03:51 (48.2%)	9:10	6.5 (51.6%)
129	ANDREASIK Mariusz	3120	PRO-MILE TEAM	M30	129		02:01:12	04:16:59.05	04:17:31.15	+02:04:09 (48.2%)	9:10	6.5 (51.6%)
130	PIRÓG Wojciech	3026		M30	130		02:22:16	04:15:51.35	04:17:39.20	+02:04:17 (48.2%)	9:08	6.6 (52.4%)
131	DZIURDZIAK Piotr	3716		M30	131		02:05:33	04:17:48.80	04:18:01.65	+02:04:40 (48.3%)	9:12	6.5 (51.6%)
132	FURGAŁA Łukasz	3492		M30	132		02:14:16	04:17:56.30	04:18:15.90	+02:04:54 (48.4%)	9:12	6.5 (51.6%)
133	ŚWIĘCHOWICZ Michał	3675	GRZDYLNIA B1 TEAM	M30	133		02:16:02	04:17:17.75	04:18:35.10	+02:05:13 (48.4%)	9:11	6.5 (51.6%)
134	BEDNARZ Patryk	3651	GRZDYLNIA B1 TEAM	M30	134		02:18:00	04:17:18.40	04:18:35.15	+02:05:13 (48.4%)	9:11	6.5 (51.6%)
135	KNOLL Leszek	3156		M30	135		01:59:54	04:19:52.30	04:19:59.65	+02:06:38 (48.7%)	9:16	6.5 (51.6%)
136	MŁOTKOWSKI Michał	3202		M30	136		02:07:32	04:20:42.05	04:21:03.85	+02:07:42 (48.9%)	9:18	6.4 (50.8%)
137	LECH Marcin	3132	NOA	M30	137		02:18:10	04:20:16.20	04:21:18.00	+02:07:56 (49.0%)	9:17	6.5 (51.6%)
138	MROCZKOWSKI Mateusz	3319		M30	138		02:23:36	04:21:42.50	04:22:01.90	+02:08:40 (49.1%)	9:20	6.4 (50.8%)
139	SOWA Bogusław	3461		M30	139		02:05:21	04:22:16.30	04:22:23.80	+02:09:02 (49.2%)	9:22	6.4 (50.8%)
140	KOZIOŁ Darek	3291		M30	140		02:09:31	04:23:03.85	04:23:50.75	+02:10:29 (49.5%)	9:23	6.4 (50.8%)
141	DOBROWOLSKI Bartosz	3471		M30	141		02:10:19	04:23:31.55	04:23:52.35	+02:10:30 (49.5%)	9:24	6.4 (50.8%)
142	SKRABA Grzegorz	3426		M30	142		02:10:15	04:23:30.25	04:23:52.60	+02:10:31 (49.5%)	9:24	6.4 (50.8%)
143	OŻÓG Paweł	3630		M30	143		02:01:59	04:23:31.05	04:23:57.35	+02:10:35 (49.5%)	9:24	6.4 (50.8%)
144	KUBRAK Wojciech	3193		M30	144		02:21:34	04:22:55.10	04:24:03.70	+02:10:42 (49.5%)	9:23	6.4 (50.8%)
145	GAWLICZEK Andrzej	3881	MEDUZY	M30	145		02:17:06	04:24:03.85	04:25:40.20	+02:12:18 (49.8%)	9:25	6.4 (50.8%)
146	KONIECZNY Mateusz	3222		M30	146		02:15:42	04:28:03.05	04:28:11.45	+02:14:49 (50.3%)	9:34	6.3 (50.0%)
147	PASEK Paweł	3089		M30	147		02:15:53	04:27:11.75	04:28:48.25	+02:15:26 (50.4%)	9:32	6.3 (50.0%)
148	KONIECZNY Marcin	3710		M30	148		02:13:43	04:28:58.05	04:29:03.00	+02:15:41 (50.4%)	9:36	6.2 (49.2%)
149	PREIS Kamil Preis	3722		M30	149		02:12:08	04:30:00.20	04:31:33.35	+02:18:11 (50.9%)	9:38	6.2 (49.2%)
150	BRZEZIŃSKI Piotr	3251		M30	150		02:22:37	04:29:59.05	04:31:59.00	+02:18:37 (51.0%)	9:38	6.2 (49.2%)
151	MAZUR Sławomir	3671		M30	151		02:09:04	04:32:02.10	04:33:12.90	+02:19:51 (51.2%)	9:42	6.2 (49.2%)
152	BĘBENEK Paweł	3646		M30	152		02:24:09	04:33:24.65	04:34:19.55	+02:20:58 (51.4%)	9:45	6.1 (48.4%)
153	WASIEWICZ Michał	3725		M30	153		02:29:12	04:33:30.30	04:34:46.95	+02:21:25 (51.5%)	9:46	6.1 (48.4%)
154	GODZIŃSKI Tomasz	3546	SII RUNNING TEAM	M30	154		02:17:22	04:33:41.00	04:35:02.65	+02:21:41 (51.5%)	9:46	6.1 (48.4%)
155	BIBRO Daniel	3774		M30	155		02:15:53	04:35:32.10	04:35:45.55	+02:22:24 (51.6%)	9:50	6.1 (48.4%)
156	CHODZIAK Marcin	3566		M30	156		02:18:41	04:37:29.75	04:38:17.30	+02:24:55 (52.1%)	9:54	6.1 (48.4%)
157	ŚWIĄTEK Łukasz	3704		M30	157		02:21:24	04:36:42.10	04:38:19.50	+02:24:58 (52.1%)	9:52	6.1 (48.4%)
158	JUSZCZAK Henryk	3826		M30	158		02:29:58	04:39:36.00	04:39:57.50	+02:26:36 (52.4%)	9:59	6 (47.6%)
159	PAJĄK Maciej	3058	PRO-MILE TEAM	M30	159		02:19:53	04:43:11.30	04:43:44.35	+02:30:22 (53.0%)	10:06	5.9 (46.8%)
160	CIURKO Marcin	3302		M30	160		02:16:44	04:45:40.45	04:45:53.90	+02:32:32 (53.4%)	10:12	5.9 (46.8%)
161	ŁYCZEK Rafał	3507	JA I MÓJ BRZUCH	M30	161		02:30:40	04:46:31.60	04:47:46.20	+02:34:24 (53.7%)	10:13	5.9 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
162	SZYMCZAK Dawid	3689		M30	162		02:31:13	04:48:39.15	04:49:18.65	+02:35:57 (53.9%)	10:18	5.8 (46.0%)
163	WIENCEK Krzysztof	3516		M30	163		02:25:59	04:49:41.30	04:49:59.95	+02:36:38 (54.0%)	10:20	5.8 (46.0%)
164	SIEROTNIK Ryszard	3493		M30	164		02:26:23	04:49:41.25	04:50:00.60	+02:36:39 (54.0%)	10:20	5.8 (46.0%)
165	DAWINDZIAK Damian	3854	SAINT-GOBAIN SQUAD	M30	165		02:16:34	04:50:09.55	04:50:25.65	+02:37:04 (54.1%)	10:21	5.8 (46.0%)
166	CZAPLINSKI Marcin	3262		M30	166			04:52:54.90	04:53:17.40	+02:39:55 (54.5%)	10:27	5.7 (45.2%)
167	BARANSKI Piotr	3903		M30	167		02:28:22	04:53:10.70	04:53:21.00	+02:39:59 (54.5%)	10:28	5.7 (45.2%)
168	TARKA Konrad	3175	MARATOŃCZYK POZNAŃ	M30	168		02:31:29	04:58:33.80	05:00:27.35	+02:47:05 (55.6%)	10:39	5.6 (44.4%)
169	WRÓBEL Radosław	3763		M30	169		02:34:56	04:59:45.25	05:01:04.45	+02:47:42 (55.7%)	10:42	5.6 (44.4%)
170	ŚWIĄTEK Mateusz	3703		M30	170		02:33:20	04:59:52.10	05:01:29.35	+02:48:07 (55.8%)	10:42	5.6 (44.4%)
171	PAWLUS Marek	3034		M30	171		02:34:02	05:05:07.95	05:05:26.45	+02:52:04 (56.3%)	10:53	5.5 (43.7%)
172	SABAJ Piotr	3022	PROMILE	M30	172		02:43:09	05:05:13.95	05:05:47.00	+02:52:25 (56.4%)	10:54	5.5 (43.7%)
173	BOGUSZ Jarosław	3188		M30	173		02:15:23	05:04:32.85	05:05:56.40	+02:52:34 (56.4%)	10:52	5.5 (43.7%)
174	KASZA Bartosz	3467		M30	174		02:22:25	05:12:59.20	05:13:07.15	+02:59:45 (57.4%)	11:10	5.4 (42.9%)
175	ZYCH Dominik	3604		M30	175		02:36:51	05:16:09.55	05:18:29.70	+03:05:08 (58.1%)	11:17	5.3 (42.1%)
176	BANDURA Rafał	3095		M30	176		02:32:33	05:20:20.10	05:21:55.50	+03:08:34 (58.6%)	11:26	5.2 (41.3%)
177	DZIĘCIOŁ Artur	3125		M30	177			05:24:02.05	05:25:32.40	+03:12:10 (59.0%)	11:34	5.2 (41.3%)
178	REKOWSKI Krzysztof	3494		M30	178		02:31:29	05:31:17.50	05:33:11.70	+03:19:50 (60.0%)	11:49	5.1 (40.5%)
179	PAZIO Łukasz	3635		M30	179		02:38:02	05:33:19.55	05:34:10.00	+03:20:48 (60.1%)	11:54	5 (39.7%)
180	PUCHALSKI Łukasz	3645	JB RACING TEAM	M30	180		02:58:12	05:40:25.45	05:41:21.20	+03:27:59 (60.9%)	12:09	4.9 (38.9%)
181	BOGUSZEWSKI Grzegorz	3060		M30	181		02:34:27	05:40:01.10	05:41:31.65	+03:28:10 (61.0%)	12:08	4.9 (38.9%)
182	JOP Grzegorz	3333	MEDUZY	M30	182		02:27:17	05:44:33.40	05:46:08.35	+03:32:46 (61.5%)	12:18	4.9 (38.9%)
183	NAPIERAŁA Jakub	3206	HERNIKTEAM	M30	183		02:44:22	05:50:05.75	05:50:49.55	+03:37:28 (62.0%)	12:30	4.8 (38.1%)
184	BODUCH Jacek	3525		M30	184		02:50:59	05:52:21.55	05:52:23.90	+03:39:02 (62.2%)	12:35	4.8 (38.1%)
185	KRAJEWSKI Sebastian	3397		M30	185		02:42:49	05:54:01.60	05:54:35.75	+03:41:14 (62.4%)	12:38	4.7 (37.3%)
186	KOBYSZEWSKI Michal	3912	GLUTUES AUREUS ZLOTA DUPA	M30	186		03:01:10	05:58:19.05	06:00:18.00	+03:46:56 (63.0%)	12:47	4.7 (37.3%)
187	STANIOS Kamil	3678		M30	187		02:58:38	06:02:37.80	06:02:55.25	+03:49:33 (63.3%)	12:57	4.6 (36.5%)
188	JANOWSKI Mateusz	3195		M30	188		02:58:14	06:06:00.55	06:07:50.65	+03:54:29 (63.7%)	13:04	4.6 (36.5%)
189	DZIĘCIOŁ Adam	3556		M30	189		02:55:23	06:10:21.60	06:11:53.40	+03:58:31 (64.1%)	13:13	4.5 (35.7%)
190	GUT Leopold	3184		M30	190		02:50:29	06:14:24.75	06:15:00.20	+04:01:38 (64.4%)	13:22	4.5 (35.7%)
191	MODLIBOREK Bartosz	3084		M30	191		03:32:04	07:27:07.10	07:28:23.10	+05:15:01 (70.3%)	15:58	3.8 (30.2%)
192	BERK Mateusz	3798		M30	192							(0.0%)

Znaleziono 192 wynik(ów)