



XI RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Event: VIII FESTIWAL BIEGU RZEŹNIKA
Organiser: Fundacja Bieg Rzeźnika
Date: 2022-06-18
Place: Cisna
Distance: 28 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	Szem	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
1	MIŚKIEWICZ Mariusz	3916	STAŃCZAK TEAM	M40	1		01:13:09	02:16:18.90	02:16:21.50		4:52	12.3 (100%)
2	KINAL Piotr	3122	KLZK	M40	2			02:40:32.45	02:40:34.90	+00:24:13 (15.1%)	5:44	10.5 (85.4%)
3	JAWOREK Grzegorz	3219		M40	3		01:28:21	02:48:40.45	02:48:43.50	+00:32:22 (19.2%)	6:01	10 (81.3%)
4	STĘPIEŃ Krzysztof	3873	GILLETTE RUN	M40	4		01:35:39	02:59:35.85	02:59:38.00	+00:43:16 (24.1%)	6:24	9.4 (76.4%)
5	GAWRON Przemysław	3131	SŁOŃCA JURY	M40	5		01:33:13	03:01:46.75	03:01:52.55	+00:45:31 (25.0%)	6:29	9.2 (74.8%)
6	KOPPLINGER Grzegorz	3668	ASSECO ACTIVE TEAM	M40	6			03:02:37.60	03:02:50.35	+00:46:28 (25.4%)	6:31	9.2 (74.8%)
7	KRZEMINSKI Marcin	3557		M40	7		01:40:26	03:09:33.65	03:09:47.25	+00:53:25 (28.2%)	6:46	8.9 (72.4%)
8	PTAK Mateusz	3781	KB ATHLETIC ZRĘCIN	M40	8		01:37:28	03:10:16.80	03:10:19.75	+00:53:58 (28.4%)	6:47	8.8 (71.5%)
9	KSIĄŻKIEWICZ Bartłomiej	3738	ROCKY BALBOA	M40	9		01:40:35	03:11:21.95	03:11:36.00	+00:55:14 (28.8%)	6:50	8.8 (71.5%)
10	WRÓBLEWSKI Radosław	3414	VELUX	M40	10		01:47:19	03:11:20.15	03:11:36.20	+00:55:14 (28.8%)	6:50	8.8 (71.5%)
11	TATKA Marcin	3135		M40	11		01:43:18	03:16:05.20	03:16:07.05	+00:59:45 (30.5%)	7:00	8.6 (69.9%)
12	WNUK Tomasz	3724	NAPRZÓD MŁOCINY	M40	12		01:35:24	03:16:33.35	03:16:42.55	+01:00:21 (30.7%)	7:01	8.5 (69.1%)
13	CIEŚLA Krzysztof	3759		M40	13		01:47:42	03:16:28.80	03:17:20.90	+01:00:59 (30.9%)	7:01	8.6 (69.9%)
14	SZERMENT Eryk	3077	MAZURTEAM	M40	14		01:39:49	03:18:20.75	03:18:20.75	+01:01:59 (31.3%)	7:05	8.5 (69.1%)
15	KASPRZAK Tomek	3549	RYBITWOWY FENOMEN:-))	M40	15		01:42:49	03:18:51.70	03:18:56.30	+01:02:34 (31.5%)	7:06	8.4 (68.3%)
16	JAWORSKI Przemysław	3633		M40	16		01:41:46	03:18:39.40	03:19:27.70	+01:03:06 (31.6%)	7:05	8.5 (69.1%)
17	PAŁUBSKI Andrzej	3828		M40	17		01:49:38	03:18:55.55	03:19:48.30	+01:03:26 (31.8%)	7:06	8.4 (68.3%)
18	MIKUŚKIEWICZ Piotr	3117	PIOTRIMONIABIEGA	M40	18		01:48:59	03:20:07.35	03:20:19.00	+01:03:57 (31.9%)	7:08	8.4 (68.3%)
19	STELMACH Damian	3436	DOGOŃ GRODZISK MAZOWIECKI	M40	19		01:49:29	03:21:43.80	03:21:47.15	+01:05:25 (32.4%)	7:12	8.3 (67.5%)
20	STASIAK Jakub	3146	ORLEN RUNNING TEAM	M40	20		01:47:16	03:22:17.25	03:22:32.55	+01:06:11 (32.7%)	7:13	8.3 (67.5%)
21	TYL Radosław	3238	SYSPOL	M40	21		01:47:39	03:25:03.55	03:26:24.60	+01:10:03 (33.9%)	7:19	8.2 (66.7%)
22	ZAWADZKI Rafał	3075	KL ZIEMIA KŁODZKA	M40	22		01:46:37	03:26:41.20	03:26:44.25	+01:10:22 (34.0%)	7:22	8.1 (65.9%)
23	WOJTASIK Łukasz	3421	AKTYWNY OSTRZESZÓW	M40	23		01:49:35	03:26:54.65	03:27:04.65	+01:10:43 (34.2%)	7:23	8.1 (65.9%)
24	KICIŃSKI Grzegorz	3398		M40	24		01:51:47	03:25:16.30	03:27:17.20	+01:10:55 (34.2%)	7:19	8.2 (66.7%)
25	SKALSKI Daniel	3568	BŁĘKITNI ŻEGLCE	M40	25		01:46:03	03:27:19.05	03:27:24.55	+01:11:03 (34.3%)	7:24	8.1 (65.9%)
26	BACHURSKI Tomasz	3046	140MINUT.PL	M40	26		01:46:32	03:27:33.80	03:27:44.90	+01:11:23 (34.4%)	7:24	8.1 (65.9%)
27	BARTNIAK Kamil	3893		M40	27		01:51:41	03:28:23.15	03:28:52.90	+01:12:31 (34.7%)	7:26	8.1 (65.9%)
28	TYPIAK Tomasz	3578		M40	28		01:48:34	03:29:01.20	03:29:26.30	+01:13:04 (34.9%)	7:27	8 (65.0%)
29	NIECKARZ Robert	3417		M40	29		01:55:44	03:28:34.25	03:30:31.10	+01:14:09 (35.2%)	7:26	8.1 (65.9%)

Place	Participant	Number	Club	Category	MCat	Szlem	Roztoki 16.2km	Net	Czas	Gap	Pace min/km	Pace km/h
								time 28km	brutto 28km			
30	ĆMIELIŃSKI Tomasz	3880	KW KRAKÓW	M40	30		01:55:38	03:30:47.35	03:30:52.25	+01:14:30 (35.3%)	7:31	8 (65.0%)
31	LEŚNIAK Marcin	3830	SALT RUNNERS	M40	31		01:55:20	03:31:27.90	03:31:47.80	+01:15:26 (35.6%)	7:33	7.9 (64.2%)
32	ZACZYŃSKI Maciej	3803	ŻUBRY RACE TEAM	M40	32		01:56:39	03:31:50.15	03:32:23.85	+01:16:02 (35.8%)	7:33	7.9 (64.2%)
33	KACPERSKI Olaf	3865		M40	33		01:53:41	03:33:59.10	03:34:08.65	+01:17:47 (36.3%)	7:38	7.9 (64.2%)
34	SWOBODA Jarosław	3900	EXTREMALNI RZEŹNICY NA RELAKSIE	M40	34		01:55:15	03:34:14.80	03:34:20.15	+01:17:58 (36.4%)	7:39	7.8 (63.4%)
35	GAJEWIAK Adam	3662		M40	35		01:49:34	03:34:57.30	03:35:03.80	+01:18:42 (36.6%)	7:40	7.8 (63.4%)
36	LAMENTA Andrzej	3375		M40	36		01:51:35	03:35:03.20	03:35:07.55	+01:18:46 (36.6%)	7:40	7.8 (63.4%)
37	GAJ Grzegorz	7		M40	37	Tak	02:03:47	03:34:47.65	03:35:09.15	+01:18:47 (36.6%)	7:40	7.8 (63.4%)
38	DOMAŃ Leszek	3393	FEHLAU RUN TEAM	M40	38		01:53:22	03:35:19.35	03:36:09.20	+01:19:47 (36.9%)	7:41	7.8 (63.4%)
39	GMYREK Jacek	3028		M40	39		02:01:42	03:36:45.80	03:38:13.75	+01:21:52 (37.5%)	7:44	7.8 (63.4%)
40	CHOJNACKI Mariusz	3586		M40	40		02:03:02	03:37:35.30	03:39:32.30	+01:23:10 (37.9%)	7:46	7.7 (62.6%)
41	MŁYNARYK Tomasz	3693	BIEGANIE SZYDERCÓW	M40	41		02:04:34	03:38:14.50	03:40:09.20	+01:23:47 (38.1%)	7:47	7.7 (62.6%)
42	SZEGDA Łukasz	3318	GARDONIE 279	M40	42		02:08:47	03:40:26.90	03:41:11.40	+01:24:49 (38.4%)	7:52	7.6 (61.8%)
43	GABRYCH Łukasz	3230	SAINT-GOBAIN SQUAD	M40	43		01:56:19	03:41:04.30	03:41:18.15	+01:24:56 (38.4%)	7:53	7.6 (61.8%)
44	WITCZAK Arkadiusz	3063	IRONTEAM3CITY	M40	44		02:06:11	03:40:19.90	03:41:21.95	+01:25:00 (38.4%)	7:52	7.6 (61.8%)
45	HRYCAJ Mariusz	1	REBELLION OF FREE RUNNERS	M40	45	Tak	01:55:32	03:41:34.10	03:42:12.15	+01:25:50 (38.6%)	7:54	7.6 (61.8%)
46	FIREK Rafał	3734		M40	46		01:47:45	03:42:24.80	03:42:29.05	+01:26:07 (38.7%)	7:56	7.6 (61.8%)
47	TRZCINSKI Maciej	3300		M40	47		01:58:24	03:42:09.65	03:42:32.05	+01:26:10 (38.7%)	7:56	7.6 (61.8%)
48	KALICIŃSKI Jarosław	3035	ŚLĘZAK TEAM	M40	48		01:51:52	03:41:42.00	03:42:33.50	+01:26:12 (38.7%)	7:55	7.6 (61.8%)
49	SOBCZYŃSKI Paweł	3271	PEES	M40	49		01:58:39	03:42:23.50	03:43:00.90	+01:26:39 (38.9%)	7:56	7.6 (61.8%)
50	HOŁUBIEC Paweł	3096	YULO RUN TEAM SIEDLCE	M40	50		01:54:44	03:42:52.05	03:43:26.75	+01:27:05 (39.0%)	7:57	7.5 (61.0%)
51	CHMIELOWSKI Michał	3369		M40	51		01:53:13	03:43:07.75	03:44:19.70	+01:27:58 (39.2%)	7:58	7.5 (61.0%)
52	WARDEGA Przemek	3733	MYHIVE	M40	52		01:53:07	03:44:48.25	03:44:57.45	+01:28:35 (39.4%)	8:01	7.5 (61.0%)
53	PAWLIKOWSKI Michał	3428		M40	53		02:03:52	03:43:52.60	03:45:36.00	+01:29:14 (39.6%)	7:59	7.5 (61.0%)
54	GUŁAŚ Daniel	3536	SAMSOBIE KLUB	M40	54		02:00:50	03:45:39.70	03:46:03.10	+01:29:41 (39.7%)	8:03	7.4 (60.2%)
55	JASKIEWICZ Sławomir	3419		M40	55		01:48:10	03:45:55.40	03:46:08.30	+01:29:46 (39.7%)	8:04	7.4 (60.2%)
56	GÓRNY Dariusz	3159	SŁOŃCA JURY	M40	56		02:07:44	03:45:57.60	03:46:49.60	+01:30:28 (39.9%)	8:04	7.4 (60.2%)
57	TYLIŃSKI Jacek	3178	SŁOŃCE JURY	M40	57		02:07:43	03:45:58.10	03:46:50.00	+01:30:28 (39.9%)	8:04	7.4 (60.2%)
58	GRADOWSKI Piotr	3674		M40	58		02:05:18	03:47:50.85	03:48:10.70	+01:31:49 (40.2%)	8:08	7.4 (60.2%)
59	KOŁOTUSZA Andrzej	3337	ZASAPANI HYDRO	M40	59		02:05:15	03:48:15.60	03:49:23.40	+01:33:01 (40.6%)	8:09	7.4 (60.2%)
60	PROSIŃSKI Tomasz	3852	NEON TEAM	M40	60		01:52:39	03:49:07.95	03:49:27.05	+01:33:05 (40.6%)	8:10	7.3 (59.3%)
61	PIERZCHAŁA Jacek	3304		M40	61		02:06:48	03:48:55.40	03:50:08.90	+01:33:47 (40.8%)	8:10	7.3 (59.3%)
62	JANOWIAK Wojciech	3150	ŻYWCEM ZABIEGANI	M40	62		02:00:45	03:49:10.20	03:50:11.50	+01:33:50 (40.8%)	8:11	7.3 (59.3%)
63	GUZ Marcin	3770		M40	63		02:04:22	03:48:51.70	03:50:32.00	+01:34:10 (40.9%)	8:10	7.3 (59.3%)
64	DOMKA Michał	3079	REZERWOWE PSY	M40	64			03:48:57.75	03:50:32.35	+01:34:10 (40.9%)	8:10	7.3 (59.3%)
65	PERLIŃSKI Mirosław	3667	ASSECO ACTIVE TEAM	M40	65		02:01:25	03:50:22.55	03:50:34.85	+01:34:13 (40.9%)	8:13	7.3 (59.3%)
66	GAŁUSZKA Tomasz	3868	SKITUROWE BIESZCZADY	M40	66		01:56:22	03:50:44.20	03:51:04.50	+01:34:43 (41.0%)	8:14	7.3 (59.3%)
67	BOBROWSKI Michal	3864		M40	67		02:09:00	03:49:15.00	03:51:09.70	+01:34:48 (41.0%)	8:11	7.3 (59.3%)
68	DAROWICKI Daniel	3561		M40	68		01:59:54	03:50:36.10	03:51:24.90	+01:35:03 (41.1%)	8:14	7.3 (59.3%)
69	CIEŚLIK Jacek	3542	FLEX ŁÓDŹ	M40	69		02:06:45	03:49:23.95	03:51:27.50	+01:35:06 (41.1%)	8:11	7.3 (59.3%)
70	BARANOWSKI Mariusz	3215		M40	70		02:05:20	03:51:00.15	03:51:49.40	+01:35:27 (41.2%)	8:15	7.3 (59.3%)
71	WASILEWSKI Mirosław	3085	ORKA MASTERS IŁAWA	M40	71		02:04:52	03:50:52.45	03:52:26.95	+01:36:05 (41.3%)	8:14	7.3 (59.3%)
72	STĘPIEŃ Janusz	3766		M40	72		02:08:41	03:51:16.35	03:52:44.40	+01:36:22 (41.4%)	8:15	7.3 (59.3%)
73	UJMA Paweł	3068	WWW.INTER.AUTO.PL	M40	73		02:02:16	03:51:24.80	03:52:57.60	+01:36:36 (41.5%)	8:15	7.3 (59.3%)

Place	Participant	Number	Club	Category	MCat	Szlem	Roztoki		Net	Czas	Gap	Pace min/km	Pace km/h
							16.2km	28km	time 28km	brutto 28km			
74	PONIATOWSKI Krzysztof	3882		M40	74		02:05:04	03:52:06.65	03:54:00.25	+01:37:38 (41.7%)	8:17	7.2 (58.5%)	
75	ASŁANOWICZ Marcin	3248		M40	75		02:01:30	03:53:53.95	03:54:19.15	+01:37:57 (41.8%)	8:21	7.2 (58.5%)	
76	NIEDZIELSKI Tomasz	3512	OKS ZIMNE PIWO	M40	76		02:08:29	03:53:07.80	03:54:22.25	+01:38:00 (41.8%)	8:19	7.2 (58.5%)	
77	BISKUPSKI Michał	3198	MANUFAKTURA KNURA	M40	77		01:55:23	03:53:39.20	03:55:15.70	+01:38:54 (42.0%)	8:20	7.2 (58.5%)	
78	DRABIK Paweł	3847	KRZAN PRZEWORSK	M40	78		02:06:08	03:54:06.85	03:55:16.10	+01:38:54 (42.0%)	8:21	7.2 (58.5%)	
79	TWORZYDŁO Paweł	3274	RĄCZY JELEŃ	M40	79		01:56:15	03:54:37.15	03:55:30.80	+01:39:09 (42.1%)	8:22	7.2 (58.5%)	
80	RYBICKI Grzegorz	3723	TRUCHTAĆ	M40	80		02:09:17	03:55:59.35	03:56:07.80	+01:39:46 (42.3%)	8:25	7.1 (57.7%)	
81	OCZOŚ Przemysław	3519		M40	81		02:05:27	03:55:18.70	03:56:13.50	+01:39:52 (42.3%)	8:24	7.1 (57.7%)	
82	KRASUSKI Marcin	3666		M40	82		02:01:43	03:57:04.15	03:57:41.00	+01:41:19 (42.6%)	8:28	7.1 (57.7%)	
83	LISIECKI Jacek	3528	CAMEL	M40	83		02:03:57	03:56:00.90	03:57:44.10	+01:41:22 (42.6%)	8:25	7.1 (57.7%)	
84	CIELECKI Wojciech	3218		M40	84		02:07:54	03:56:54.35	03:58:35.95	+01:42:14 (42.9%)	8:27	7.1 (57.7%)	
85	ŻUROWSKI Łukasz	3412	BBKS ŁAWECZKA WILANÓW	M40	85		02:00:27	03:57:50.10	03:58:40.85	+01:42:19 (42.9%)	8:29	7.1 (57.7%)	
86	GÓRALCZYK Tomasz	3213		M40	86		01:57:27	03:59:22.60	03:59:53.70	+01:43:32 (43.2%)	8:32	7 (56.9%)	
87	SOŁGAŁA Tomasz	3907		M40	87		02:04:14	04:01:28.20	04:01:44.25	+01:45:22 (43.6%)	8:37	7 (56.9%)	
88	RÓG Bartosz	3908		M40	88		02:04:03	04:01:28.30	04:01:44.40	+01:45:22 (43.6%)	8:37	7 (56.9%)	
89	USZYŃSKI Grzegorz	3898	OTK RZEŹNIK	M40	89		02:05:42	04:01:39.85	04:01:46.10	+01:45:24 (43.6%)	8:37	7 (56.9%)	
90	WYSOCKI Aleksander	3544		M40	90		02:09:06	04:01:16.60	04:02:16.05	+01:45:54 (43.7%)	8:37	7 (56.9%)	
91	GŁĘBOCKI Przemysław	3001	E-PRZEMEK	M40	91		02:06:22	04:01:22.75	04:02:29.80	+01:46:08 (43.8%)	8:37	7 (56.9%)	
92	LULLA Michał	3321		M40	92			04:02:05.55	04:02:37.85	+01:46:16 (43.8%)	8:38	6.9 (56.1%)	
93	ŁUCIÓW Leszek	3615	NOA	M40	93		02:04:43	04:03:07.10	04:03:12.30	+01:46:50 (43.9%)	8:40	6.9 (56.1%)	
94	GAJEWSKI Dariusz	3210		M40	94		02:09:25	04:01:58.25	04:03:16.85	+01:46:55 (44.0%)	8:38	6.9 (56.1%)	
95	CZAŁPIŃSKI Tomasz	3748		M40	95		02:11:48	04:02:54.20	04:03:57.25	+01:47:35 (44.1%)	8:40	6.9 (56.1%)	
96	ZAWADKA Darek	3331		M40	96		02:01:02	04:03:28.00	04:03:59.80	+01:47:38 (44.1%)	8:41	6.9 (56.1%)	
97	RADECKI Marcin	3914		M40	97		02:10:20	04:03:20.00	04:04:24.20	+01:48:02 (44.2%)	8:41	6.9 (56.1%)	
98	AL-JEABORY Mahdi	3831	CZARNA TĘCZA	M40	98		02:09:16	04:02:51.40	04:04:30.90	+01:48:09 (44.2%)	8:40	6.9 (56.1%)	
99	ANTKIEWICZ Zenon	3462	TAJFUN KOLBUSZOWA	M40	99		02:05:41	04:04:06.65	04:04:37.90	+01:48:16 (44.3%)	8:43	6.9 (56.1%)	
100	LITWORA Sebastian	3254		M40	100		02:08:52	04:04:25.15	04:05:19.45	+01:48:57 (44.4%)	8:43	6.9 (56.1%)	
101	MISZAŁSKI Henryk	3829		M40	101		02:13:18	04:04:35.95	04:05:26.10	+01:49:04 (44.4%)	8:44	6.9 (56.1%)	
102	KRUSZYŃSKI Marcin	3472		M40	102		02:09:51	04:06:02.10	04:06:13.90	+01:49:52 (44.6%)	8:47	6.8 (55.3%)	
103	SOIŃSKI Przemysław	3816	KB MANIAC POZNAŃ	M40	103		02:05:34	04:06:18.60	04:06:23.50	+01:50:02 (44.7%)	8:47	6.8 (55.3%)	
104	KOPYRA Tomasz	3116	#BIEGAMWOLNOALEDOKŁADNIE	M40	104		02:15:06	04:05:45.00	04:06:40.80	+01:50:19 (44.7%)	8:46	6.8 (55.3%)	
105	KWIATKOWSKI Arkadiusz	3199	FABRYKA DZIKA	M40	105		02:15:37	04:05:10.90	04:06:44.60	+01:50:23 (44.7%)	8:45	6.9 (56.1%)	
106	DOMAŃSKI Marcin	3229	RUNNINGFISH74	M40	106		02:07:57	04:05:28.20	04:06:47.60	+01:50:26 (44.7%)	8:46	6.8 (55.3%)	
107	DYMOWSKI Piotr	3227		M40	107		02:07:15	04:07:33.00	04:07:45.60	+01:51:24 (45.0%)	8:50	6.8 (55.3%)	
108	GRABAREK Mateusz	3006		M40	108		02:06:08	04:07:00.80	04:07:52.70	+01:51:31 (45.0%)	8:49	6.8 (55.3%)	
109	OBREŃBSKI Marcin	3076	MATNER RUNNING TEAM	M40	109		02:13:14	04:07:32.80	04:08:50.80	+01:52:29 (45.2%)	8:50	6.8 (55.3%)	
110	CHOJKOWSKI Michał	3420		M40	110		02:04:26	04:08:39.95	04:09:13.65	+01:52:52 (45.3%)	8:52	6.8 (55.3%)	
111	BABKIEWICZ Szymon	3062	LUBELSKIBIEGACZ.PL TEAM	M40	111		02:05:27	04:08:20.40	04:09:45.75	+01:53:24 (45.4%)	8:52	6.8 (55.3%)	
112	GŁUCHOWSKI Przemek	3858		M40	112		02:18:51	04:10:50.10	04:11:29.60	+01:55:08 (45.8%)	8:57	6.7 (54.5%)	
113	PLUCIŃSKI Grzegorz	3506		M40	113		02:04:47	04:12:07.80	04:13:12.10	+01:56:50 (46.1%)	9:00	6.7 (54.5%)	
114	KUROWSKI Paweł	3660	AKADEMIA SPORTU MEDYK	M40	114		02:05:59	04:13:37.25	04:14:19.05	+01:57:57 (46.4%)	9:03	6.6 (53.7%)	
115	KUCHCIŃSKI Bartosz	3477	STRASZYN BIEGA	M40	115		02:08:04	04:13:07.90	04:14:22.30	+01:58:00 (46.4%)	9:02	6.6 (53.7%)	
116	JAGIEŁŁO Jarosław	3658		M40	116		02:01:25	04:15:10.75	04:15:17.30	+01:58:55 (46.6%)	9:06	6.6 (53.7%)	
117	BRZEZIŃSKI Sergiusz	3310	DUSZA DRZEWA	M40	117		02:06:26	04:15:15.10	04:15:34.80	+01:59:13 (46.6%)	9:06	6.6 (53.7%)	

Place	Participant	Number	Club	Category	MCat	Szlem	Roztoki 16.2km	Net	Czas	Gap	Pace min/km	Pace km/h
								time 28km	brutto 28km			
118	SZTANDERA Grzegorz	3876		M40	118		02:10:35	04:14:00.95	04:15:56.30	+01:59:34 (46.7%)	9:04	6.6 (53.7%)
119	KRAWCZYK Dariusz	3639	WARTKIE PIERONY	M40	119		02:16:58	04:14:50.95	04:15:59.05	+01:59:37 (46.7%)	9:06	6.6 (53.7%)
120	SZPALA Przemek	3794	PARKING TORUŃ	M40	120		02:08:14	04:15:10.65	04:16:00.70	+01:59:39 (46.7%)	9:06	6.6 (53.7%)
121	MIKOŁAJSKI Grzegorz	3664		M40	121		02:05:31	04:15:50.90	04:16:05.00	+01:59:43 (46.8%)	9:08	6.6 (53.7%)
122	TYMIŃSKI Mariusz	3715		M40	122		02:05:30	04:17:34.75	04:17:47.75	+02:01:26 (47.1%)	9:11	6.5 (52.8%)
123	BRZÓZKA Marcin	3790	GMINA OSTRÓDA TEŻ BIEGA	M40	123		02:19:32	04:18:38.95	04:20:28.45	+02:04:06 (47.6%)	9:14	6.5 (52.8%)
124	DOLEGACZ Daniel	3681		M40	124		02:11:01	04:20:08.40	04:20:58.95	+02:04:37 (47.8%)	9:17	6.5 (52.8%)
125	GAŁKA Marcin	3124		M40	125		02:18:20	04:20:16.50	04:21:18.60	+02:04:57 (47.8%)	9:17	6.5 (52.8%)
126	MATUSIAK Mariusz	3226		M40	126		02:09:04	04:21:32.25	04:21:43.90	+02:05:22 (47.9%)	9:20	6.4 (52.0%)
127	CZARNOCKI Paweł	3168	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	127		02:15:02	04:22:39.15	04:23:48.70	+02:07:27 (48.3%)	9:22	6.4 (52.0%)
128	BACZYŃSKI Robert	3102		M40	128		02:15:06	04:22:40.00	04:23:48.80	+02:07:27 (48.3%)	9:22	6.4 (52.0%)
129	MAŁEK Krzysztof	3717	FORTITERY	M40	129		02:22:13	04:22:42.55	04:24:02.05	+02:07:40 (48.4%)	9:22	6.4 (52.0%)
130	CZAJA Paweł	3685		M40	130		02:20:48	04:22:43.20	04:24:02.40	+02:07:40 (48.4%)	9:22	6.4 (52.0%)
131	WIŚNIEWSKI Bartosz	3754	DAGOTH CULTISTS	M40	131		02:14:22	04:27:55.75	04:28:06.05	+02:11:44 (49.1%)	9:34	6.3 (51.2%)
132	PIETRZAK Maciej	3182		M40	132		02:09:52	04:26:56.15	04:28:13.05	+02:11:51 (49.2%)	9:32	6.3 (51.2%)
133	HAMERA Łukasz	3204		M40	133		02:16:12	04:27:21.30	04:28:15.90	+02:11:54 (49.2%)	9:32	6.3 (51.2%)
134	KĄDZIELA Marcin	3203		M40	134		02:16:13	04:27:21.85	04:28:16.15	+02:11:54 (49.2%)	9:32	6.3 (51.2%)
135	GAŁKA Tomasz	3432	DZIK KOMANDO	M40	135		02:24:40	04:26:36.70	04:28:27.50	+02:12:06 (49.2%)	9:31	6.3 (51.2%)
136	KASIŃSKI Radosław	3105	HENIK TEAM	M40	136		02:22:32	04:28:06.95	04:28:49.75	+02:12:28 (49.3%)	9:34	6.3 (51.2%)
137	GUZOWSKI Stanisław	3749	KRISS COACHING/SĄ WOLNIEJSI	M40	137		02:17:43	04:28:11.90	04:29:00.95	+02:12:39 (49.3%)	9:34	6.3 (51.2%)
138	MARCINIEC Andrzej	3216	SC-S	M40	138		02:14:15	04:28:50.85	04:29:19.90	+02:12:58 (49.4%)	9:36	6.2 (50.4%)
139	BOROWIEC Arkadiusz	3109	CHEŁM BOEGA	M40	139		02:18:29	04:28:31.80	04:29:27.45	+02:13:05 (49.4%)	9:35	6.3 (51.2%)
140	GÓRAJ Maciej	3746	YOLO:)	M40	140		02:18:03	04:29:06.35	04:30:08.95	+02:13:47 (49.5%)	9:36	6.2 (50.4%)
141	ŁUSZCZ Paweł	3161	GAMONIUSZE DĘBICA	M40	141		02:28:12	04:29:43.30	04:31:05.95	+02:14:44 (49.7%)	9:37	6.2 (50.4%)
142	MACIEJAK Robert	3676		M40	142		02:13:54	04:31:39.50	04:31:45.40	+02:15:23 (49.8%)	9:42	6.2 (50.4%)
143	JAWORSKI Paweł	3650	TEAM SILNA WOLA	M40	143		02:07:27	04:32:22.55	04:32:37.35	+02:16:15 (50.0%)	9:43	6.2 (50.4%)
144	SUPLICKI Piotr	3643	JAW-TRANS TEAM SILNA WOLA	M40	144		02:07:27	04:32:22.90	04:32:37.55	+02:16:16 (50.0%)	9:43	6.2 (50.4%)
145	ADAMCZYK Grzegorz	3661	TEAM SILNA WOLA	M40	145			04:32:23.35	04:32:37.85	+02:16:16 (50.0%)	9:43	6.2 (50.4%)
146	WYPLER Marcin	3392	WARTKIE PIERONY	M40	146			04:33:13.70	04:34:20.75	+02:17:59 (50.3%)	9:45	6.1 (49.6%)
147	WYSOCKI Bartosz	3517	JANUSZE	M40	147		02:27:40	04:34:38.65	04:35:36.45	+02:19:14 (50.5%)	9:48	6.1 (49.6%)
148	SPUTOWSKI Krzysztof	3608		M40	148		02:06:41	04:36:23.10	04:37:20.05	+02:20:58 (50.8%)	9:52	6.1 (49.6%)
149	SZYMSKI Rafał	3771	CIDRY LOTAJOM	M40	149		02:28:50	04:37:09.00	04:37:44.65	+02:21:23 (50.9%)	9:53	6.1 (49.6%)
150	JĘDROSEK Adam	3029	JEDROSKI TEAM	M40	150		02:14:12	04:37:54.00	04:37:59.80	+02:21:38 (50.9%)	9:55	6 (48.8%)
151	ZGÓRSKI Maciej	3138	WKURW_TEAM	M40	151		02:29:43	04:38:47.50	04:39:15.95	+02:22:54 (51.2%)	9:57	6 (48.8%)
152	FRANUSIAK Przemysław	3871	VIKINGS	M40	152		02:34:19	04:39:34.25	04:41:01.10	+02:24:39 (51.5%)	9:59	6 (48.8%)
153	HAMRYSZCZAK Rafał	3448	SP 11 PRZEMYSŁ	M40	153		02:25:53	04:41:36.55	04:43:05.30	+02:26:43 (51.8%)	10:03	6 (48.8%)
154	ANTCZAK Aleksander	3023	KONIN RUN	M40	154		02:27:19	04:42:36.00	04:43:15.45	+02:26:53 (51.9%)	10:05	5.9 (48.0%)
155	PISZCZ Dariusz	3827		M40	155		02:29:09	04:42:19.10	04:43:42.10	+02:27:20 (51.9%)	10:04	6 (48.8%)
156	RYBIENIK Lech	3113		M40	156		02:29:01	04:44:08.85	04:45:42.75	+02:29:21 (52.3%)	10:08	5.9 (48.0%)
157	GRANDE Piotr	3380		M40	157		02:21:00	04:46:17.90	04:47:18.75	+02:30:57 (52.5%)	10:13	5.9 (48.0%)
158	JAWORSKI Piotr	3741	MARKOWI BIEGACZE	M40	158		02:30:50	04:47:57.45	04:48:54.45	+02:32:32 (52.8%)	10:17	5.8 (47.2%)
159	SEWERYN Krzysztof	3240		M40	159			04:49:49.80	04:50:10.50	+02:33:49 (53.0%)	10:21	5.8 (47.2%)
160	BOGUCKI Arkadiusz	3679	AKADEMIA HOLISTYCZNA	M40	160		02:37:40	04:49:53.90	04:50:51.40	+02:34:29 (53.1%)	10:21	5.8 (47.2%)
161	KRYSIK Arkadiusz	3532		M40	161		02:29:30	04:50:24.75	04:52:31.15	+02:36:09 (53.4%)	10:22	5.8 (47.2%)

Place	Participant	Number	Club	Category	MCat	Szlem	Roztoki 16.2km	Net	Czas	Gap	Pace min/km	Pace km/h
								time 28km	brutto 28km			
162	KWIECIEŃ Michał	3531		M40	162		02:30:18	04:50:25.15	04:52:31.60	+02:36:10 (53.4%)	10:22	5.8 (47.2%)
163	POPCZYK Piotr	3165		M40	163		02:40:09	04:50:33.20	04:52:36.35	+02:36:14 (53.4%)	10:22	5.8 (47.2%)
164	WĄTRÓBSKI Grzegorz	3051		M40	164		02:27:19	04:51:15.95	04:52:43.60	+02:36:22 (53.4%)	10:24	5.8 (47.2%)
165	NIEDŹWIADEK Piotr	3450	#ADAMCZERWIŃSKITEAM	M40	165			04:54:18.30	04:55:49.30	+02:39:27 (53.9%)	10:30	5.7 (46.3%)
166	WOJTKOWIAK Łukasz	3815	BIEGACZ AMATOR	M40	166		02:27:15	05:01:16.40	05:01:20.80	+02:44:59 (54.8%)	10:45	5.6 (45.5%)
167	BOŻEWICZ Mariusz	3603		M40	167		02:20:18	05:00:00.85	05:01:26.05	+02:45:04 (54.8%)	10:42	5.6 (45.5%)
168	WIŁOWSKI Wojciech	3817		M40	168		02:37:32	05:00:40.90	05:02:35.90	+02:46:14 (54.9%)	10:44	5.6 (45.5%)
169	KRUSZYŃSKI Tomasz	3048		M40	169		02:41:33	05:06:26.25	05:07:01.80	+02:50:40 (55.6%)	10:56	5.5 (44.7%)
170	KUCHARSKI Paweł	3905	PLANETA NISKO	M40	170		02:48:14	05:05:50.85	05:07:33.95	+02:51:12 (55.7%)	10:55	5.5 (44.7%)
171	ROMAN Krzysztof	3012		M40	171		02:41:19	05:08:03.50	05:09:04.10	+02:52:42 (55.9%)	11:00	5.5 (44.7%)
172	BIEGAŃSKI Kazimierz	3711		M40	172			05:08:42.75	05:09:30.45	+02:53:08 (55.9%)	11:01	5.4 (43.9%)
173	SERAFIN Sebastian	3887	BACÓWKA POD HONEM	M40	173		02:36:30	05:08:02.80	05:09:49.70	+02:53:28 (56.0%)	11:00	5.5 (44.7%)
174	NIEZGODA Andrzej	3221	LEŚNE LUDKI	M40	174		02:34:09	05:09:09.80	05:09:52.30	+02:53:30 (56.0%)	11:02	5.4 (43.9%)
175	JASTRZEMBSKI Piotr	3787		M40	175		02:33:19	05:08:20.80	05:10:15.70	+02:53:54 (56.1%)	11:00	5.4 (43.9%)
176	ROSIŃSKI Łukasz	3350	-	M40	176		02:37:41	05:10:04.75	05:10:37.65	+02:54:16 (56.1%)	11:04	5.4 (43.9%)
177	BEŃKOWSKI Aleksander	3440		M40	177		02:36:47	05:08:50.50	05:10:44.30	+02:54:22 (56.1%)	11:01	5.4 (43.9%)
178	PRUSZYŃSKI Konrad	3731		M40	178		02:38:21	05:14:19.30	05:14:19.30	+02:57:57 (56.6%)	11:13	5.3 (43.1%)
179	RYŻYŃSKI Tomasz	3040	CHEŁM BIRGA	M40	179		02:36:06	05:16:33.85	05:18:17.95	+03:01:56 (57.2%)	11:18	5.3 (43.1%)
180	SEMMERLING Przemysław	3128		M40	180		02:37:28	05:20:40.20	05:22:33.65	+03:06:12 (57.7%)	11:27	5.2 (42.3%)
181	KĘSICKI Rafał	3478		M40	181		02:45:00	05:24:06.85	05:26:09.20	+03:09:47 (58.2%)	11:34	5.2 (42.3%)
182	MARCINIAK Marek	3415	STRAŻNIK LASU ROTTWEILER TEAM	M40	182		02:34:05	05:25:35.85	05:27:50.10	+03:11:28 (58.4%)	11:37	5.2 (42.3%)
183	PŁĄŻEWSKI Paweł	3761	BRACTWO BIEGOWE BGK	M40	183		02:38:33	05:27:57.00	05:28:14.20	+03:11:52 (58.5%)	11:42	5.1 (41.5%)
184	BOGUSZ Piotr	3196		M40	184		02:46:08	05:31:27.20	05:32:51.40	+03:16:29 (59.0%)	11:50	5.1 (41.5%)
185	KOCOT Beniamin	3892		M40	185		02:45:59	05:32:35.65	05:34:03.45	+03:17:41 (59.2%)	11:52	5.1 (41.5%)
186	BERNAT Sebastian	3017	STARE WILKI	M40	186		02:32:37	05:33:09.10	05:34:13.65	+03:17:52 (59.2%)	11:53	5 (40.7%)
187	ŚLIWOWSKI Marcin	3087	STARE WILKI	M40	187		02:32:01	05:33:09.05	05:34:13.90	+03:17:52 (59.2%)	11:53	5 (40.7%)
188	MISIOROWSKI Marcin	3253		M40	188		02:32:04	05:33:08.30	05:34:14.05	+03:17:52 (59.2%)	11:53	5 (40.7%)
189	KACZKIEWICZ Damian	3619	NIGHT RUNNERS GLIWICE	M40	189		02:58:33	05:41:17.35	05:42:47.25	+03:26:25 (60.2%)	12:11	4.9 (39.8%)
190	PAWĘZOWSKI Rafał	3209		M40	190		02:34:29	05:43:37.55	05:45:22.15	+03:29:00 (60.5%)	12:16	4.9 (39.8%)
191	KASZTELAN Artur	3890	SŁOŃCA JURY	M40	191		02:54:38	05:44:07.45	05:45:39.20	+03:29:17 (60.6%)	12:17	4.9 (39.8%)
192	MICHALIK Jacek	3179	SŁOŃCA JURY	M40	192		02:54:43	05:44:09.70	05:45:40.65	+03:29:19 (60.6%)	12:17	4.9 (39.8%)
193	NIŻNIK Rafał	3456		M40	193		02:44:24	05:45:05.25	05:46:10.55	+03:29:49 (60.6%)	12:19	4.9 (39.8%)
194	KIEREŚ Marcin	3701	TELETECHNET	M40	194		02:48:43	05:51:46.25	05:52:34.40	+03:36:12 (61.3%)	12:33	4.8 (39.0%)
195	TKACZ Bartłomiej	3869		M40	195		02:47:34	06:03:40.80	06:05:26.40	+03:49:04 (62.7%)	12:59	4.6 (37.4%)
196	JUSZKO Krzysztof	3540		M40	196		03:03:24	06:07:14.60	06:08:41.00	+03:52:19 (63.0%)	13:06	4.6 (37.4%)
197	PIKIEWICZ Bartłomiej	3553	PZSF	M40	197		03:11:48	06:12:52.25	06:14:21.15	+03:57:59 (63.6%)	13:19	4.5 (36.6%)
198	TWARDOWSKI Tomasz	3624	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	198		03:12:26	06:22:11.95	06:24:00.70	+04:07:39 (64.5%)	13:38	4.4 (35.8%)
199	REY Andrzej	3559	REYRUNNINGTEAM	M40	199		03:40:36	06:31:44.50	06:33:54.80	+04:17:33 (65.4%)	13:59	4.3 (35.0%)
200	ŁADZIAK Rafał	3285		M40	200		03:11:40	06:33:51.25	06:34:56.70	+04:18:35 (65.5%)	14:03	4.3 (35.0%)
201	TYSZKIEWICZ Mariusz	3399		M40	201		04:02:10	07:31:25.50	07:32:02.95	+05:15:41 (69.8%)	16:07	3.7 (30.1%)
202	JĘDRZEJCZAK Maciej	3437		M40	202		04:01:53	07:31:24.90	07:32:03.50	+05:15:42 (69.8%)	16:07	3.7 (30.1%)
203	KUBLIK Konrad	3499		M40	203		04:01:55	07:31:25.55	07:32:04.20	+05:15:42 (69.8%)	16:07	3.7 (30.1%)