

# XI ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

**Wydarzenie:** XI ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-10-14  
**Miejsce:** Cisna  
**Dystans:** 26 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>CEBERAK Bartosz</b>	<b>2083</b>		M30	1	01:07:28	<b>02:14:14.10</b>	<b>02:14:14.10</b>		5:09	11.6 (100%)
2	<b>GRUCEL Sławomir</b>	<b>2287</b>	AW SZYBCIEJ TEAM	M40	1	01:12:23	<b>02:22:42.20</b>	<b>02:22:42.20</b>	+00:08:28 (5.9%)	5:29	10.9 (94.0%)
3	<b>ŁOZA Mateusz</b>	<b>2293</b>	ZWIEDZANIE PRZEZ BIEGANIE	M30	2	01:14:02	<b>02:22:59.00</b>	<b>02:22:59.00</b>	+00:08:44 (6.1%)	5:29	10.9 (94.0%)
4	<b>DUDEK Wojciech</b>	<b>2267</b>		M20	1	01:14:04	<b>02:32:46.70</b>	<b>02:32:46.70</b>	+00:18:32 (12.1%)	5:52	10.2 (87.9%)
5	<b>BANASZEK Adam</b>	<b>2284</b>	BANDA GRUDNIA/BIEGUSIEM.PL	M40	2	01:22:21	<b>02:35:09.35</b>	<b>02:35:09.35</b>	+00:20:55 (13.5%)	5:58	10.1 (87.1%)
6	<b>WISZ Piotr</b>	<b>2140</b>	SDTEAM	M30	3	01:19:26	<b>02:35:57.65</b>	<b>02:35:57.65</b>	+00:21:43 (13.9%)	5:59	10 (86.2%)
7	<b>PODOLAK Kuba</b>	<b>2230</b>	A TAK SOBIE BIEGAM	M30	4	01:22:19	<b>02:40:53.25</b>	<b>02:40:53.25</b>	+00:26:39 (16.6%)	6:11	9.7 (83.6%)
8	<b>ZIĘBA Mateusz</b>	<b>2249</b>	FOREVER TEAM	M30	5	01:23:51	<b>02:42:16.80</b>	<b>02:42:16.80</b>	+00:28:02 (17.3%)	6:14	9.6 (82.8%)
9	<b>ROSIK Robert</b>	<b>2143</b>		M30	6	01:23:42	<b>02:42:46.25</b>	<b>02:42:46.25</b>	+00:28:32 (17.5%)	6:15	9.6 (82.8%)
10	<b>MAJEK Bartłomiej</b>	<b>2285</b>		M30	7	01:22:23	<b>02:43:25.70</b>	<b>02:43:25.70</b>	+00:29:11 (17.9%)	6:17	9.5 (81.9%)
11	<b>PORĘBSKI Rafał</b>	<b>2221</b>	EVIL TEAM	M40	3	01:21:40	<b>02:43:31.15</b>	<b>02:43:31.15</b>	+00:29:17 (17.9%)	6:17	9.5 (81.9%)
12	<b>GRYGIEL Marek</b>	<b>2077</b>	JACEKBIEGA RUNNING TEAM	M40	4	01:22:44	<b>02:46:59.95</b>	<b>02:46:59.95</b>	+00:32:45 (19.6%)	6:25	9.3 (80.2%)
13	<b>TOPOLSKI Marcin</b>	<b>2157</b>	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M40	5	01:25:25	<b>02:47:52.55</b>	<b>02:47:52.55</b>	+00:33:38 (20.0%)	6:27	9.3 (80.2%)
14	<b>STAŃKO Paweł</b>	<b>2263</b>	BIESZCZADZKA GOPR	M40	6	01:24:30	<b>02:48:10.10</b>	<b>02:48:10.10</b>	+00:33:56 (20.2%)	6:28	9.3 (80.2%)
15	<b>KMIECIK Paweł</b>	<b>2085</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ JAROSŁAW	M30	8	01:24:02	<b>02:48:15.40</b>	<b>02:48:15.40</b>	+00:34:01 (20.2%)	6:28	9.3 (80.2%)
16	<b>KOPEĆ Paweł</b>	<b>2211</b>		M40	7	01:26:21	<b>02:48:19.40</b>	<b>02:48:19.40</b>	+00:34:05 (20.3%)	6:28	9.3 (80.2%)
17	<b>GARUS Łukasz</b>	<b>2194</b>	#TRENINGFIZJO	M40	8	01:29:31	<b>02:50:07.95</b>	<b>02:50:07.95</b>	+00:35:53 (21.1%)	6:32	9.2 (79.3%)
18	<b>BARYŁA Natan</b>	<b>2118</b>		M20	2	01:19:03	<b>02:50:11.00</b>	<b>02:50:11.00</b>	+00:35:56 (21.1%)	6:32	9.2 (79.3%)
19	<b>KORZONEK Marcin</b>	<b>2231</b>	SPRINT	M40	9	01:23:41	<b>02:50:21.00</b>	<b>02:50:21.00</b>	+00:36:06 (21.2%)	6:33	9.2 (79.3%)
20	<b>KRZEMIŃSKI Marcin</b>	<b>2103</b>		M40	10	01:22:23	<b>02:51:11.85</b>	<b>02:51:11.85</b>	+00:36:57 (21.6%)	6:35	9.1 (78.4%)
21	<b>STANIO Arkadiusz</b>	<b>2026</b>	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	11	01:28:15	<b>02:51:47.75</b>	<b>02:51:47.75</b>	+00:37:33 (21.9%)	6:36	9.1 (78.4%)
22	<b>STEPANIUK Adam</b>	<b>2104</b>	BIEGAMY DZISIAJ?	M50	1	01:28:35	<b>02:51:56.70</b>	<b>02:51:56.70</b>	+00:37:42 (21.9%)	6:36	9.1 (78.4%)
23	<b>WANAT Janusz</b>	<b>2161</b>		M40	12	01:28:16	<b>02:53:30.85</b>	<b>02:53:30.85</b>	+00:39:16 (22.6%)	6:40	9 (77.6%)
24	<b>MUCHA Tomasz</b>	<b>2278</b>		M40	13	01:28:36	<b>02:56:52.60</b>	<b>02:56:52.60</b>	+00:42:38 (24.1%)	6:48	8.8 (75.9%)
25	<b>CIEŚLA Krzysztof</b>	<b>2195</b>		M40	14	01:30:04	<b>02:58:13.30</b>	<b>02:58:13.30</b>	+00:43:59 (24.7%)	6:51	8.8 (75.9%)
26	<b>KOT Dawid</b>	<b>2192</b>		M30	9	01:30:08	<b>02:58:24.30</b>	<b>02:58:24.30</b>	+00:44:10 (24.8%)	6:51	8.7 (75.0%)
27	<b>KOWALSKI Aleksander</b>	<b>2286</b>		M30	10	01:21:38	<b>03:01:21.30</b>	<b>03:01:21.30</b>	+00:47:07 (26.0%)	6:58	8.6 (74.1%)
28	<b>MAKOWSKI Jerzy</b>	<b>2264</b>	MKS MECHANIK WŁODAWA	M50	2	01:33:01	<b>03:02:22.85</b>	<b>03:02:22.85</b>	+00:48:08 (26.4%)	7:00	8.6 (74.1%)
29	<b>KOŁODZIEJ Tomasz</b>	<b>2234</b>		M30	11	01:29:21	<b>03:02:35.60</b>	<b>03:02:35.60</b>	+00:48:21 (26.5%)	7:01	8.5 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 26km	brutto 26km			
30	<b>KALISZUK Przemysław</b>	<b>2163</b>	BANDA GRUDNIA	M30	12	01:37:18	<b>03:03:37.55</b>	<b>03:03:37.55</b>	+00:49:23 (26.9%)	7:03	8.5 (73.3%)
31	<b>MARCHEWICZ Marek</b>	<b>2090</b>		M30	13	01:33:20	<b>03:05:10.80</b>	<b>03:05:10.80</b>	+00:50:56 (27.5%)	7:07	8.4 (72.4%)
32	<b>PASEK Mirosław</b>	<b>2257</b>	RUNNING CRAZY STRIPES	M40	15	01:32:30	<b>03:05:39.40</b>	<b>03:05:39.40</b>	+00:51:25 (27.7%)	7:08	8.4 (72.4%)
33	<b>SOLARZ Jerzy</b>	<b>2065</b>		M30	14	01:33:46	<b>03:06:58.50</b>	<b>03:06:58.50</b>	+00:52:44 (28.2%)	7:11	8.3 (71.6%)
34	<b>KRALEWSKI Robert</b>	<b>2220</b>	CROSSFIT KONSTANCIN	M40	16	01:36:32	<b>03:07:48.65</b>	<b>03:07:48.65</b>	+00:53:34 (28.5%)	7:13	8.3 (71.6%)
35	<b>DZIOREK Tomasz</b>	<b>2223</b>	SPRINT GORZYCE	M30	15	01:29:39	<b>03:09:51.05</b>	<b>03:09:51.05</b>	+00:55:36 (29.3%)	7:18	8.2 (70.7%)
36	<b>KORZONEK Karol</b>	<b>2102</b>	SPRINT GORZYCE	M30	16	01:29:42	<b>03:10:06.20</b>	<b>03:10:06.20</b>	+00:55:52 (29.4%)	7:18	8.2 (70.7%)
37	<b>WACH Michał</b>	<b>2095</b>		M30	17	01:32:33	<b>03:11:58.15</b>	<b>03:11:58.15</b>	+00:57:44 (30.1%)	7:23	8.1 (69.8%)
38	<b>KOWALIK Piotr</b>	<b>2132</b>	TRAWNIKI BIEGAJĄ	M40	17	01:34:05	<b>03:12:10.90</b>	<b>03:12:10.90</b>	+00:57:56 (30.2%)	7:23	8.1 (69.8%)
39	<b>BODZIOCH Grzegorz</b>	<b>2251</b>	GORLICKA GRUPA BIEGOWA	M50	3	01:39:43	<b>03:13:45.70</b>	<b>03:13:45.70</b>	+00:59:31 (30.7%)	7:27	8.1 (69.8%)
40	<b>BUCHNER Władysław</b>	<b>2248</b>		M40	18	01:40:23	<b>03:15:46.75</b>	<b>03:15:46.75</b>	+01:01:32 (31.4%)	7:31	8 (69.0%)
41	<b>BIELESZ Maciej</b>	<b>2064</b>		M30	18	01:40:33	<b>03:17:49.70</b>	<b>03:17:49.70</b>	+01:03:35 (32.1%)	7:36	7.9 (68.1%)
42	<b>PODSIADŁO Wojciech</b>	<b>2159</b>	SZYBKA GRUPA BUKOVINA	M50	4	01:37:08	<b>03:18:17.35</b>	<b>03:18:17.35</b>	+01:04:03 (32.3%)	7:37	7.9 (68.1%)
43	<b>ZYCHALAK Grzegorz</b>	<b>2070</b>		M40	19	01:39:04	<b>03:18:20.10</b>	<b>03:18:20.10</b>	+01:04:06 (32.3%)	7:37	7.9 (68.1%)
44	<b>PIWOŃSKI Adam</b>	<b>2268</b>	GÓRA BIEGA	M40	20	01:42:06	<b>03:19:26.55</b>	<b>03:19:26.55</b>	+01:05:12 (32.7%)	7:40	7.8 (67.2%)
45	<b>TWARDOCHLEB Marcin</b>	<b>2165</b>	BIEGAM W RZESZOWIE	M40	21	01:43:36	<b>03:19:39.70</b>	<b>03:19:39.70</b>	+01:05:25 (32.8%)	7:40	7.8 (67.2%)
46	<b>ŻARNICKI Kamil</b>	<b>2126</b>	BANDA GRUDNIA	M30	19	01:44:17	<b>03:20:13.45</b>	<b>03:20:13.45</b>	+01:05:59 (33.0%)	7:42	7.8 (67.2%)
47	<b>PAŹDZIOCH Kacper</b>	<b>2178</b>	SWIM TRI RZESZÓW	M20	3	01:35:22	<b>03:23:24.75</b>	<b>03:23:24.75</b>	+01:09:10 (34.0%)	7:49	7.7 (66.4%)
48	<b>ASŁANOWICZ Marcin</b>	<b>2029</b>	ŻÓRAWSKI TEAM	M40	22	01:44:56	<b>03:23:46.10</b>	<b>03:23:46.10</b>	+01:09:32 (34.1%)	7:50	7.7 (66.4%)
49	<b>CIEŚLICKI Mateusz</b>	<b>2280</b>		M30	20	01:43:57	<b>03:23:55.70</b>	<b>03:23:55.70</b>	+01:09:41 (34.2%)	7:50	7.7 (66.4%)
50	<b>SOLARSKI Robert</b>	<b>2066</b>		M40	23	01:41:23	<b>03:23:56.95</b>	<b>03:23:56.95</b>	+01:09:42 (34.2%)	7:50	7.6 (65.5%)
51	<b>HAWROT Bartłomiej</b>	<b>2010</b>	PAWKO RUNNER TEAM	M30	21	01:46:13	<b>03:24:30.75</b>	<b>03:24:30.75</b>	+01:10:16 (34.4%)	7:51	7.6 (65.5%)
52	<b>RUSIN Łukasz</b>	<b>2121</b>	CHEŁM BIEGA	M40	24	01:43:38	<b>03:25:17.20</b>	<b>03:25:17.20</b>	+01:11:03 (34.6%)	7:53	7.6 (65.5%)
53	<b>BEŚKA Michał</b>	<b>2189</b>	SPRINT GORZYCE	M40	25	01:42:08	<b>03:25:18.80</b>	<b>03:25:18.80</b>	+01:11:04 (34.6%)	7:53	7.6 (65.5%)
54	<b>DZIERŻYŃSKI Łukasz</b>	<b>2116</b>	KS BARAKUDA	M30	22	01:41:33	<b>03:25:23.30</b>	<b>03:25:23.30</b>	+01:11:09 (34.6%)	7:53	7.6 (65.5%)
55	<b>MAŁKOWSKI Bartłomiej</b>	<b>2141</b>	TM IRON TEAM	M30	23	01:43:35	<b>03:25:43.50</b>	<b>03:25:43.50</b>	+01:11:29 (34.8%)	7:54	7.6 (65.5%)
56	<b>KUŚMIREK Grzegorz</b>	<b>2084</b>		M50	5	01:45:30	<b>03:25:50.20</b>	<b>03:25:50.20</b>	+01:11:36 (34.8%)	7:55	7.6 (65.5%)
57	<b>BODANKA Piotr</b>	<b>2237</b>	APAMA ACOUSTIC PROJECT	M40	26	01:33:30	<b>03:25:58.05</b>	<b>03:25:58.05</b>	+01:11:43 (34.8%)	7:55	7.6 (65.5%)
58	<b>KITOWSKI Bartosz</b>	<b>2168</b>	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	27	01:42:43	<b>03:26:56.05</b>	<b>03:26:56.05</b>	+01:12:41 (35.1%)	7:57	7.5 (64.7%)
59	<b>GOSZTYŁA Patryk</b>	<b>2088</b>		M20	4	01:44:28	<b>03:27:29.65</b>	<b>03:27:29.65</b>	+01:13:15 (35.3%)	7:58	7.5 (64.7%)
60	<b>KRYNICKI Jakub</b>	<b>2202</b>	ULTRABIES	M30	24	01:37:30	<b>03:27:33.55</b>	<b>03:27:33.55</b>	+01:13:19 (35.3%)	7:58	7.5 (64.7%)
61	<b>MACIEJEWSKI Krystian</b>	<b>2243</b>	BESTIE OCR LEGIONOWO	M30	25	01:47:46	<b>03:27:36.75</b>	<b>03:27:36.75</b>	+01:13:22 (35.3%)	7:59	7.5 (64.7%)
62	<b>KOZAK Filip</b>	<b>2017</b>	NGB KŁOBUCK	M50	6	01:44:38	<b>03:27:43.00</b>	<b>03:27:43.00</b>	+01:13:28 (35.4%)	7:59	7.5 (64.7%)
63	<b>JARSAK Mateusz</b>	<b>2125</b>		M30	26	01:46:41	<b>03:27:57.15</b>	<b>03:27:57.15</b>	+01:13:43 (35.4%)	7:59	7.5 (64.7%)
64	<b>SZARAPANOWSKI Damian</b>	<b>2252</b>	ULTRA DIABŁY TEAM LUBRZA	M40	28	01:44:01	<b>03:28:02.60</b>	<b>03:28:02.60</b>	+01:13:48 (35.5%)	8:00	7.5 (64.7%)
65	<b>PIOTROWICZ Sławomir</b>	<b>2023</b>	DEAF	M30	27	01:43:54	<b>03:30:22.75</b>	<b>03:30:22.75</b>	+01:16:08 (36.2%)	8:05	7.4 (63.8%)
66	<b>CHMIEŁOWSKI Michał</b>	<b>2261</b>	GÓRSKIE PĘDZIWIATRY	M40	29	01:43:47	<b>03:31:24.35</b>	<b>03:31:24.35</b>	+01:17:10 (36.5%)	8:07	7.4 (63.8%)
67	<b>GRZESIK Michał</b>	<b>2072</b>		M30	28	01:42:06	<b>03:31:38.40</b>	<b>03:31:38.40</b>	+01:17:24 (36.6%)	8:08	7.4 (63.8%)
68	<b>RAKOWSKI Edward</b>	<b>2002</b>		M50	7	01:43:55	<b>03:32:06.30</b>	<b>03:32:06.30</b>	+01:17:52 (36.7%)	8:09	7.4 (63.8%)
69	<b>HEMKA Mateusz</b>	<b>2147</b>	NOYO PHARM	M30	29	01:44:40	<b>03:32:17.95</b>	<b>03:32:17.95</b>	+01:18:03 (36.8%)	8:09	7.3 (62.9%)
70	<b>PALCZAK Rafał</b>	<b>2093</b>	PASJONACI TRIATHLONU	M50	8	01:51:53	<b>03:32:30.25</b>	<b>03:32:30.25</b>	+01:18:16 (36.8%)	8:10	7.3 (62.9%)
71	<b>MAJCHRZAK Jakub</b>	<b>2139</b>	FIBOO.PL	M30	30	01:41:47	<b>03:32:35.35</b>	<b>03:32:35.35</b>	+01:18:21 (36.9%)	8:10	7.3 (62.9%)
72	<b>JABŁOŃSKI Tomasz</b>	<b>2055</b>	KS ATHLETICS BUSKO-ZDRÓJ	M40	30	01:44:09	<b>03:33:07.10</b>	<b>03:33:07.10</b>	+01:18:53 (37.0%)	8:11	7.3 (62.9%)
73	<b>BIENIARZ Sebastian</b>	<b>2080</b>		M20	5	01:54:33	<b>03:33:33.85</b>	<b>03:33:33.85</b>	+01:19:19 (37.1%)	8:12	7.3 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 26km	brutto 26km			
74	<b>SIEMIESZ Paweł</b>	<b>2183</b>		M30	31	01:51:12	<b>03:35:32.75</b>	<b>03:35:32.75</b>	+01:21:18 (37.7%)	8:17	7.2 (62.1%)
75	<b>IZDEBSKI Mariusz</b>	<b>2273</b>	OSV TEAM	M50	9	01:47:30	<b>03:37:00.15</b>	<b>03:37:00.15</b>	+01:22:46 (38.1%)	8:20	7.2 (62.1%)
76	<b>PEREGRYM Tobiasz</b>	<b>2046</b>		M30	32	01:46:32	<b>03:37:09.85</b>	<b>03:37:09.85</b>	+01:22:55 (38.2%)	8:21	7.2 (62.1%)
77	<b>GŁOWACKI Jacek</b>	<b>2224</b>	KUŹNIA TRIATHLONU	M60	1	01:47:24	<b>03:37:19.80</b>	<b>03:37:19.80</b>	+01:23:05 (38.2%)	8:21	7.2 (62.1%)
78	<b>DOSKOCZ Mikołaj</b>	<b>2050</b>		M30	33	01:50:03	<b>03:37:46.50</b>	<b>03:37:46.50</b>	+01:23:32 (38.4%)	8:22	7.2 (62.1%)
79	<b>BOROWSKI Tomasz</b>	<b>2259</b>	HAMER MIASTKO	M60	2	01:50:07	<b>03:38:48.70</b>	<b>03:38:48.70</b>	+01:24:34 (38.7%)	8:24	7.1 (61.2%)
80	<b>KRUPA Grzegorz</b>	<b>2289</b>	KB SOBOTKA	M50	10	01:51:42	<b>03:39:04.45</b>	<b>03:39:04.45</b>	+01:24:50 (38.7%)	8:25	7.1 (61.2%)
81	<b>BOROWSKI Robert</b>	<b>2208</b>		M30	34	01:52:37	<b>03:39:13.40</b>	<b>03:39:13.40</b>	+01:24:59 (38.8%)	8:25	7.1 (61.2%)
82	<b>KOLCZYNSKI Michał</b>	<b>2241</b>	TRUCHTACZ	M60	3	01:54:20	<b>03:39:36.25</b>	<b>03:39:36.25</b>	+01:25:22 (38.9%)	8:26	7.1 (61.2%)
83	<b>SALIŃSKI Bartosz</b>	<b>2015</b>	AUGUSTEAM	M30	35	01:49:37	<b>03:41:00.65</b>	<b>03:41:00.65</b>	+01:26:46 (39.3%)	8:30	7.1 (61.2%)
84	<b>MUCHA Marek</b>	<b>2154</b>	APOSTLES OF STARS	M30	36	01:51:34	<b>03:42:40.05</b>	<b>03:42:40.05</b>	+01:28:25 (39.7%)	8:33	7 (60.3%)
85	<b>GOLAS Marcin</b>	<b>2110</b>	EXILE	M40	31	01:50:15	<b>03:43:34.90</b>	<b>03:43:34.90</b>	+01:29:20 (40.0%)	8:35	7 (60.3%)
86	<b>CAKAŁA Maciej</b>	<b>2034</b>		M30	37	01:55:13	<b>03:43:50.95</b>	<b>03:43:50.95</b>	+01:29:36 (40.0%)	8:36	7 (60.3%)
87	<b>BANCERZ Szymon</b>	<b>2136</b>	TRAWNIKI BIEGAJĄ	M20	6	01:36:22	<b>03:44:09.05</b>	<b>03:44:09.05</b>	+01:29:54 (40.1%)	8:37	7 (60.3%)
88	<b>DUDEK Marcin</b>	<b>2160</b>	DTW RUNNING TEAM	M30	38	01:44:40	<b>03:44:20.95</b>	<b>03:44:20.95</b>	+01:30:06 (40.2%)	8:37	7 (60.3%)
89	<b>STYŁA-STYLIŃSKI Norbert</b>	<b>2232</b>	TWOJA STARA	M40	32	01:50:35	<b>03:45:14.05</b>	<b>03:45:14.05</b>	+01:30:59 (40.4%)	8:39	6.9 (59.5%)
90	<b>KIEŁPIŃSKI Piotr</b>	<b>2131</b>		M40	33	01:54:42	<b>03:45:16.55</b>	<b>03:45:16.55</b>	+01:31:02 (40.4%)	8:39	6.9 (59.5%)
91	<b>WESOŁY Piotr</b>	<b>2022</b>	LUBIĘ BURPEESY	M40	34	01:53:03	<b>03:45:30.70</b>	<b>03:45:30.70</b>	+01:31:16 (40.5%)	8:40	6.9 (59.5%)
92	<b>STASIAK Włodzimierz</b>	<b>2281</b>		M40	35	01:54:34	<b>03:45:57.20</b>	<b>03:45:57.20</b>	+01:31:43 (40.6%)	8:41	6.9 (59.5%)
93	<b>REMBISZ Krzysztof</b>	<b>2250</b>	SYPKI GRAVEL	M40	36	01:49:25	<b>03:47:27.40</b>	<b>03:47:27.40</b>	+01:33:13 (41.0%)	8:44	6.9 (59.5%)
94	<b>PNIEWSKI Tommy</b>	<b>2210</b>		M30	39	01:48:51	<b>03:47:39.65</b>	<b>03:47:39.65</b>	+01:33:25 (41.0%)	8:45	6.9 (59.5%)
95	<b>PERLIŃSKI Mirosław</b>	<b>2024</b>	ASSECO ACTIVE TEAM	M40	37	01:57:19	<b>03:48:57.35</b>	<b>03:48:57.35</b>	+01:34:43 (41.4%)	8:48	6.8 (58.6%)
96	<b>WOJCIECHOWSKI Marcin</b>	<b>2203</b>		M60	4	01:44:35	<b>03:49:28.70</b>	<b>03:49:28.70</b>	+01:35:14 (41.5%)	8:49	6.8 (58.6%)
97	<b>MICIAK Paweł</b>	<b>2176</b>	NIEPOŁOMICIE BIEGAJĄ	M20	7	01:49:15	<b>03:49:50.60</b>	<b>03:49:50.60</b>	+01:35:36 (41.6%)	8:50	6.8 (58.6%)
98	<b>KRUCZEK Robert</b>	<b>2235</b>	CPP POLAND	M50	11	01:59:54	<b>03:50:49.75</b>	<b>03:50:49.75</b>	+01:36:35 (41.8%)	8:52	6.8 (58.6%)
99	<b>SŁOWIK Mariusz</b>	<b>2186</b>	BORKOWICE TEAM	M50	12	01:53:12	<b>03:50:54.50</b>	<b>03:50:54.50</b>	+01:36:40 (41.9%)	8:52	6.8 (58.6%)
100	<b>GACIOCH Jarosław</b>	<b>2137</b>	RUN TEAM TYGRYSY ORZYSZ	M50	13	01:50:55	<b>03:51:12.20</b>	<b>03:51:12.20</b>	+01:36:58 (41.9%)	8:53	6.7 (57.8%)
101	<b>KOWALCZYK Michał</b>	<b>2269</b>		M30	40	02:07:03	<b>03:51:41.50</b>	<b>03:51:41.50</b>	+01:37:27 (42.1%)	8:54	6.7 (57.8%)
102	<b>STACZOWICZ Sebastian</b>	<b>2044</b>	EXPLORE BESKIDY/SKITUROWE BIESZCZADY	M40	38	01:59:05	<b>03:52:59.95</b>	<b>03:52:59.95</b>	+01:38:45 (42.4%)	8:57	6.7 (57.8%)
103	<b>POLAK Tomasz</b>	<b>2201</b>	ZAKON FENIXA	M30	41	01:57:38	<b>03:53:12.35</b>	<b>03:53:12.35</b>	+01:38:58 (42.4%)	8:58	6.7 (57.8%)
104	<b>RADKOWSKI Dariusz</b>	<b>2063</b>		M40	39	01:58:07	<b>03:53:28.85</b>	<b>03:53:28.85</b>	+01:39:14 (42.5%)	8:58	6.7 (57.8%)
105	<b>PIETEK Janusz</b>	<b>2097</b>		M40	40	01:56:25	<b>03:53:41.05</b>	<b>03:53:41.05</b>	+01:39:26 (42.6%)	8:59	6.7 (57.8%)
106	<b>SŁONIEWSKI Łukasz</b>	<b>2171</b>		M30	42	02:04:15	<b>03:53:52.55</b>	<b>03:53:52.55</b>	+01:39:38 (42.6%)	8:59	6.7 (57.8%)
107	<b>SOWA Bogusław</b>	<b>2003</b>		M30	43	01:54:35	<b>03:54:59.30</b>	<b>03:54:59.30</b>	+01:40:45 (42.9%)	9:02	6.6 (56.9%)
108	<b>PUZIO Wiesław</b>	<b>2142</b>		M60	5	01:55:55	<b>03:55:56.15</b>	<b>03:55:56.15</b>	+01:41:42 (43.1%)	9:04	6.6 (56.9%)
109	<b>KUKLA Marcin</b>	<b>2020</b>	RYSIK RUNNERS	M50	14	01:55:03	<b>03:55:58.20</b>	<b>03:55:58.20</b>	+01:41:44 (43.1%)	9:04	6.6 (56.9%)
110	<b>KONDZIOŁA Krzysztof</b>	<b>2274</b>	STAY INSANE / PERFECT RUNNER LUBLIN	M40	41	02:04:20	<b>03:56:57.80</b>	<b>03:56:57.80</b>	+01:42:43 (43.4%)	9:06	6.6 (56.9%)
111	<b>PIETRUS Piotr</b>	<b>2061</b>		M50	15	01:57:21	<b>03:58:49.40</b>	<b>03:58:49.40</b>	+01:44:35 (43.8%)	9:11	6.5 (56.0%)
112	<b>GÓRECKI Krzysztof</b>	<b>2247</b>		M50	16	01:58:12	<b>03:59:01.75</b>	<b>03:59:01.75</b>	+01:44:47 (43.8%)	9:11	6.5 (56.0%)
113	<b>DABROWSKI Dariusz</b>	<b>2177</b>	KALINA FOREVER	M50	17	01:57:42	<b>03:59:15.65</b>	<b>03:59:15.65</b>	+01:45:01 (43.9%)	9:12	6.5 (56.0%)
114	<b>JĘDRUSIAK Paweł</b>	<b>2111</b>	SZATAN	M40	42	01:58:57	<b>03:59:44.40</b>	<b>03:59:44.40</b>	+01:45:30 (44.0%)	9:13	6.5 (56.0%)
115	<b>KRZYŻAK Łukasz</b>	<b>2152</b>		M40	43	01:56:02	<b>04:01:09.75</b>	<b>04:01:09.75</b>	+01:46:55 (44.3%)	9:16	6.5 (56.0%)
116	<b>MARMUROWICZ Krystian</b>	<b>2119</b>		M40	44	02:03:40	<b>04:04:09.75</b>	<b>04:04:09.75</b>	+01:49:55 (45.0%)	9:23	6.4 (55.2%)
117	<b>WNUK Przemysław</b>	<b>2172</b>	KALINA FOREVER	M50	18	01:57:44	<b>04:05:42.70</b>	<b>04:05:42.70</b>	+01:51:28 (45.4%)	9:27	6.3 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 26km	brutto 26km			
118	TARNAWSKI Jakub	2298	EKIPA TURBACZ TRAIL	M50	19	02:03:56	04:05:56.85	04:05:56.85	+01:51:42 (45.4%)	9:27	6.3 (54.3%)
119	STREMLER Krzysztof	2105		M40	45	02:14:34	04:06:03.60	04:06:03.60	+01:51:49 (45.4%)	9:27	6.3 (54.3%)
120	SZAMOcki Piotr	2198	ZIEMIA CHEŁMIŃSKA	M40	46	02:10:52	04:08:57.45	04:08:57.45	+01:54:43 (46.1%)	9:34	6.3 (54.3%)
121	POKRYWKA Stefan	2290	OTK RZEŹNIK	M60	6	01:59:47	04:08:59.40	04:08:59.40	+01:54:45 (46.1%)	9:34	6.3 (54.3%)
122	TADROWSKI Tomasz	2005		M50	20	02:04:27	04:10:09.60	04:10:09.60	+01:55:55 (46.3%)	9:37	6.2 (53.4%)
123	ANDRZEJEWSKI Maciej	2282	KTÓRĘDY PO PIWO?	M30	44	02:06:25	04:10:47.20	04:10:47.20	+01:56:33 (46.5%)	9:38	6.2 (53.4%)
124	WOJCIECHOWSKI Wojciech	2300	JAKUZA	M40	47	02:06:51	04:11:26.30	04:11:26.30	+01:57:12 (46.6%)	9:40	6.2 (53.4%)
125	MICHALCZAK Jacek	2001		M40	48	01:50:26	04:11:53.15	04:11:53.15	+01:57:39 (46.7%)	9:41	6.2 (53.4%)
126	BURY Marek	2240		M50	21	02:11:34	04:12:13.80	04:12:13.80	+01:57:59 (46.8%)	9:42	6.2 (53.4%)
127	BAS Mariusz	2206	BPP ON TOUR	M40	49	02:03:42	04:12:42.45	04:12:42.45	+01:58:28 (46.9%)	9:43	6.2 (53.4%)
128	DYDYMski Krzysztof	2073	RUNEDA / DECATHLON RUMIA BIEGA	M40	50	02:04:38	04:13:35.45	04:13:35.45	+01:59:21 (47.1%)	9:45	6.2 (53.4%)
129	OLEKSIAK Paweł	2222		M30	45	01:55:19	04:13:41.45	04:13:41.45	+01:59:27 (47.1%)	9:45	6.1 (52.6%)
130	ROSIŃSKI Krzysztof	2294	ELEGANCKIE BIEGANIE	M40	51	02:10:52	04:14:43.10	04:14:43.10	+02:00:29 (47.3%)	9:47	6.1 (52.6%)
131	ZLOT Grzegorz	2197		M50	22	02:00:17	04:14:51.90	04:14:51.90	+02:00:37 (47.3%)	9:48	6.1 (52.6%)
132	TEPER Stanisław	2265		M60	7	01:59:14	04:15:12.35	04:15:12.35	+02:00:58 (47.4%)	9:48	6.1 (52.6%)
133	CHUCHRZAK Jakub	2270		M30	46	02:01:54	04:16:58.65	04:16:58.65	+02:02:44 (47.8%)	9:53	6.1 (52.6%)
134	SKLEPOWICZ Jacek	2279		M50	23	02:05:20	04:18:13.05	04:18:13.05	+02:03:58 (48.0%)	9:55	6 (51.7%)
135	LIEBAN Jarosław	2081	BIESY	M30	47	02:04:18	04:19:39.95	04:19:39.95	+02:05:25 (48.3%)	9:59	6 (51.7%)
136	TRZASKA Tomasz	2292	BIUROWE.COM.PL	M50	24	02:08:37	04:20:31.15	04:20:31.15	+02:06:17 (48.5%)	10:01	6 (51.7%)
137	ADAMIEC Krzysztof	2129		M30	48	02:04:16	04:20:52.40	04:20:52.40	+02:06:38 (48.5%)	10:02	6 (51.7%)
138	MICIAK Wojciech	2174	NIEPOŁOMICIE BIEGAJĄ	M50	25	02:08:04	04:23:43.00	04:23:43.00	+02:09:28 (49.1%)	10:08	5.9 (50.9%)
139	SAWICKI Michał	2127	TEAM ZABIEGANEDNI	M30	49	02:07:09	04:23:49.00	04:23:49.00	+02:09:34 (49.1%)	10:08	5.9 (50.9%)
140	FABISIAK Marcin	2180	TEAM ZABIEGANEDNI	M40	52	02:14:47	04:23:49.85	04:23:49.85	+02:09:35 (49.1%)	10:08	5.9 (50.9%)
141	SZCZĘSNY Marcin	2107	RIDERS OF THE LOST GOAT	M40	53	02:11:31	04:26:12.60	04:26:12.60	+02:11:58 (49.6%)	10:14	5.9 (50.9%)
142	PASTWA Grzegorz	2216		M30	50	02:15:54	04:29:13.95	04:29:13.95	+02:14:59 (50.1%)	10:21	5.8 (50.0%)
143	CHORBIŃSKI Krystian	2275		M40	54	02:14:05	04:32:29.00	04:32:29.00	+02:18:14 (50.7%)	10:28	5.7 (49.1%)
144	PELCZAR Jakub	2109		M30	51	02:14:04	04:32:29.15	04:32:29.15	+02:18:15 (50.7%)	10:28	5.7 (49.1%)
145	CHERVET Cedric	2181		M40	55	02:10:20	04:32:37.50	04:32:37.50	+02:18:23 (50.8%)	10:29	5.7 (49.1%)
146	TENETA Jacek	2047		M40	56	02:11:59	04:33:35.90	04:33:35.90	+02:19:21 (50.9%)	10:31	5.7 (49.1%)
147	KRÓL Michał	2204	ULTRA KSP	M40	57	02:09:36	04:35:50.75	04:35:50.75	+02:21:36 (51.3%)	10:36	5.7 (49.1%)
148	CHODOROWSKI Arkadiusz	2209	ULTRA KSP	M40	58	02:09:35	04:35:53.65	04:35:53.65	+02:21:39 (51.3%)	10:36	5.7 (49.1%)
149	WOJTASIK Adam	2214		M40	59	02:13:41	04:35:54.50	04:35:54.50	+02:21:40 (51.3%)	10:36	5.7 (49.1%)
150	WITA Krzysztof	2185		M30	52	02:14:36	04:37:44.00	04:37:44.00	+02:23:29 (51.7%)	10:40	5.6 (48.3%)
151	KASKA Krzysztof	2039		M50	26	02:13:02	04:39:11.65	04:39:11.65	+02:24:57 (51.9%)	10:44	5.6 (48.3%)
152	RZECZKOWSKI Maciej	2032	WKG	M50	27	02:16:19	04:41:42.65	04:41:42.65	+02:27:28 (52.4%)	10:50	5.5 (47.4%)
153	PORADA Jakub	2098		M20	8	02:10:07	04:43:01.45	04:43:01.45	+02:28:47 (52.6%)	10:53	5.5 (47.4%)
154	MILLER Tomasz	2054	BIEGAJĄCE ZĄBKI	M40	60	02:27:22	04:46:20.65	04:46:20.65	+02:32:06 (53.1%)	11:00	5.4 (46.6%)
155	KACZKIEWICZ Damian	2124	NIGHT RUNNERS	M40	61	02:20:43	04:48:16.00	04:48:16.00	+02:34:01 (53.4%)	11:05	5.4 (46.6%)
156	ADAMSKI Marcin	2130	SAMOTNIK Z NIZIN:)	M40	62	02:08:21	04:50:00.35	04:50:00.35	+02:35:46 (53.7%)	11:09	5.4 (46.6%)
157	CYPCAR Grzegorz	2091	JEBĄĆ BIEDE	M30	53	02:32:05	04:53:27.35	04:53:27.35	+02:39:13 (54.3%)	11:17	5.3 (45.7%)
158	GAŁUSZKA Mariusz	2043	SKITUROWE BIESZCZADY	M40	63	02:06:42	05:02:04.15	05:02:04.15	+02:47:50 (55.6%)	11:37	5.2 (44.8%)
159	BANCERZ Grzegorz	2135	TRAWNIKI BIEGAJĄ	M40	64	02:30:16	05:03:18.20	05:03:18.20	+02:49:04 (55.7%)	11:39	5.1 (44.0%)
160	RAWski Krzysztof	2078		M40	65	02:34:24	05:06:11.05	05:06:11.05	+02:51:56 (56.2%)	11:46	5.1 (44.0%)
161	MATWIEJCZUK Mateusz	2094		M20	9	02:37:05	05:09:26.20	05:09:26.20	+02:55:12 (56.6%)	11:54	5 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
162	<b>ŻAK Filip</b>	<b>2253</b>		M20	10	02:37:17	<b>05:31:27.55</b>	<b>05:31:27.55</b>	+03:17:13 (59.5%)	12:44	4.7 (40.5%)
163	<b>BORATYŃSKI Krzysztof</b>	<b>2182</b>		M20	11	02:37:17	<b>05:38:51.40</b>	<b>05:38:51.40</b>	+03:24:37 (60.4%)	13:01	4.6 (39.7%)
164	<b>WILMAŃSKI Dariusz</b>	<b>2060</b>		M40	66	02:48:18	<b>05:48:10.10</b>	<b>05:48:10.10</b>	+03:33:56 (61.4%)	13:23	4.5 (38.8%)
165	<b>FIL Hubert</b>	<b>2170</b>	JAROSŁAWSKI BIEGACZ	M20	12	02:48:50	<b>05:57:41.95</b>	<b>05:57:41.95</b>	+03:43:27 (62.5%)	13:45	4.4 (37.9%)
166	<b>LESZEK Eryk</b>	<b>2254</b>		M20	13	03:17:32	<b>07:05:40.95</b>	<b>07:05:40.95</b>	+04:51:26 (68.5%)	16:22	3.7 (31.9%)
167	<b>PEDA Damian</b>	<b>2112</b>	REZIKANCI	M40	67	03:50:33	<b>07:33:55.70</b>	<b>07:33:55.70</b>	+05:19:41 (70.4%)	17:27	3.4 (29.3%)

Znaleziono 167 wynik(ów)