



BIEG RZEŹNIKA

XII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Wydarzenie: IX FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-06-10
Miejsce: Cisna
Dystans: 28 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	BARAN Mateusz	3511	PIEKIELNI WARSZAWA	M30	1	01:15:45	02:26:13.05	02:26:14.60		5:13	11.5 (100%)
2	GUT Jacek	3592	KLUB MORSA SŁONECZKO	M30	2	01:21:53	02:36:21.15	02:36:23.00	+00:10:08 (6.5%)	5:35	10.7 (93.0%)
3	WRÓBEL Kamil	3006		M30	3	01:24:01	02:40:35.45	02:40:37.00	+00:14:22 (8.9%)	5:44	10.5 (91.3%)
4	MULARCZYK Paweł	3437	GRUPA JURA'PL	M30	4	01:23:19	02:42:53.50	02:42:56.45	+00:16:41 (10.2%)	5:49	10.3 (89.6%)
5	LEŚNIAK Michał	3457	ASICS FRONTRUNNER / BIEGIEM_PO_EUROPIE	M30	5	01:25:44	02:45:53.70	02:45:57.05	+00:19:42 (11.9%)	5:55	10.1 (87.8%)
6	LIS Łukasz	3741	TRICLUB	M30	6	01:28:01	02:48:34.90	02:48:37.65	+00:22:23 (13.3%)	6:01	10 (87.0%)
7	CICHOWSKI Wojciech	3270	AW - SZYBCIEJ - TEAM	M30	7	01:30:22	02:50:17.15	02:50:20.90	+00:24:06 (14.2%)	6:04	9.9 (86.1%)
8	WOJNAROWICZ Paweł	3588		M30	8	01:31:54	02:55:13.55	02:55:18.30	+00:29:03 (16.6%)	6:15	9.6 (83.5%)
9	WOJCIECHOWSKI Tobiasz	3547		M30	9	01:35:54	02:59:18.65	02:59:22.10	+00:33:07 (18.5%)	6:24	9.4 (81.7%)
10	PODOLAK Kuba	3342	A TAK SOBIE BIEGAM	M30	10	01:37:07	02:59:11.85	02:59:27.00	+00:33:12 (18.5%)	6:23	9.4 (81.7%)
11	ZIĘBA Mateusz	3718	FOREVER TEAM	M30	11	01:39:37	03:05:27.45	03:05:45.70	+00:39:31 (21.3%)	6:37	9.1 (79.1%)
12	FRONCZAK Sylwester	3289		M30	12	01:39:31	03:08:29.90	03:08:55.00	+00:42:40 (22.6%)	6:43	8.9 (77.4%)
13	KŁOS Łukasz	3218	ASICS FRONTRUNNER POLAND	M30	13	01:37:25	03:09:29.85	03:09:33.30	+00:43:18 (22.8%)	6:46	8.9 (77.4%)
14	CHUDY Michał	3681		M30	14	01:42:55	03:11:20.90	03:11:31.70	+00:45:17 (23.6%)	6:50	8.8 (76.5%)
15	LEŚ Michał	3554	SANOK BIEGA	M30	15	01:33:06	03:12:29.00	03:12:36.10	+00:46:21 (24.1%)	6:52	8.7 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	ROKITA Paweł	20	RAKIETA_BIEGA_TEAM	M30	16	01:46:45	03:15:39.50	03:15:53.90	+00:49:39 (25.3%)	6:59	8.6 (74.8%)
17	SIVKO Vladimir	3337		M30	17	01:45:58	03:17:09.40	03:17:15.95	+00:51:01 (25.9%)	7:02	8.5 (73.9%)
18	MRÓWKA Michał	3264	OBOZY GÓRSKIE	M30	18	01:44:18	03:20:37.75	03:20:46.00	+00:54:31 (27.2%)	7:09	8.4 (73.0%)
19	ŚCIBOR Adrian	3629		M30	19	01:46:04	03:21:33.35	03:21:38.10	+00:55:23 (27.5%)	7:11	8.3 (72.2%)
20	LICHOTA Karol	3159		M30	20	01:42:53	03:22:34.95	03:22:57.30	+00:56:42 (27.9%)	7:14	8.3 (72.2%)
21	KOBYLARZ Piotr	3562	RZESZOWSKIE GAZELE I GEPARDY	M30	21	01:26:00	03:24:37.25	03:24:39.40	+00:58:24 (28.5%)	7:18	8.2 (71.3%)
22	ŚLUSARZ Łukasz	3498		M30	22	01:47:20	03:28:07.45	03:28:20.90	+01:02:06 (29.8%)	7:25	8.1 (70.4%)
23	RESZKA Marek	3040	DECATHLON LUBLIN	M30	23	01:40:01	03:28:26.85	03:28:30.85	+01:02:16 (29.9%)	7:26	8.1 (70.4%)
24	SZANIAWSKI Marcin	3535		M30	24	01:45:41	03:29:01.75	03:29:19.40	+01:03:04 (30.1%)	7:27	8 (69.6%)
25	KRYPSKI Bartosz	3417	G4 SIEDLCE	M30	25	01:45:32	03:28:56.95	03:29:26.60	+01:03:12 (30.2%)	7:27	8 (69.6%)
26	BESTRY Łukasz	3556		M30	26	01:45:41	03:28:53.60	03:29:29.50	+01:03:14 (30.2%)	7:27	8 (69.6%)
27	OSTASIUK Aleksander	3330	FRANCUSKI BAGNET	M30	27	01:47:47	03:31:46.65	03:31:50.40	+01:05:35 (31.0%)	7:33	7.9 (68.7%)
27	BIENIEK Piotr	3334	FRANCUSKI BAGNET	M30	27	01:43:09	03:31:46.40	03:31:50.40	+01:05:35 (31.0%)	7:33	7.9 (68.7%)
29	ZAWADZKI Mirosław	3058	TERNOL TEAM	M30	29	01:52:51	03:33:42.55	03:34:15.30	+01:08:00 (31.7%)	7:37	7.9 (68.7%)
30	WÓJCIK Dawid	3600		M30	30	01:55:18	03:33:11.00	03:34:19.50	+01:08:04 (31.8%)	7:36	7.9 (68.7%)
31	KACZMAREK Maciej	3638	WLKP MOUNTAINS ULTRA	M30	31	01:47:06	03:35:59.05	03:36:16.05	+01:10:01 (32.4%)	7:42	7.8 (67.8%)
32	OLEWNIK Łukasz	3613	MARCINŚWIERCTEAM / AGB TORFY	M30	32	01:50:39	03:37:55.40	03:38:09.80	+01:11:55 (33.0%)	7:46	7.7 (67.0%)
33	MATYSIAK Jacek	3563		M30	33	01:49:44	03:41:09.00	03:41:13.90	+01:14:59 (33.9%)	7:53	7.6 (66.1%)
34	LATOS Marcin	3659	TRAIL IS OUR WAY	M30	34	01:45:25	03:41:37.95	03:41:47.20	+01:15:32 (34.1%)	7:54	7.6 (66.1%)
35	STOLORZ Arkadiusz	3584		M30	35	02:00:37	03:42:06.15	03:42:27.45	+01:16:12 (34.3%)	7:55	7.6 (66.1%)
36	KOT Dawid	3606		M30	36	01:49:09	03:42:12.45	03:42:34.55	+01:16:19 (34.3%)	7:56	7.6 (66.1%)
37	MARIN Alberto	3180		M30	37	02:05:15	03:41:09.45	03:42:48.55	+01:16:33 (34.4%)	7:53	7.6 (66.1%)
38	WAŹORSKI Michał	3176		M30	38	01:58:07	03:41:19.40	03:43:05.75	+01:16:51 (34.4%)	7:54	7.6 (66.1%)

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39	PASIECZNY Karol	3377		M30	39	01:52:48	03:42:16.10	03:43:36.90	+01:17:22 (34.6%)	7:56	7.6 (66.1%)
40	GÓRSKI Adam	3671		M30	40	01:47:04	03:43:50.60	03:44:00.90	+01:17:46 (34.7%)	7:59	7.5 (65.2%)
41	TOMASZEWSKI Łukasz	3744		M30	41	01:48:40	03:43:43.60	03:44:12.20	+01:17:57 (34.8%)	7:59	7.5 (65.2%)
42	STALKA Krzysztof	3412	STANWEX II	M30	42	02:02:04	03:43:05.70	03:44:23.00	+01:18:08 (34.8%)	7:58	7.5 (65.2%)
43	ŻŁOBIŃSKI Tomasz	3541		M30	43	01:57:56	03:44:15.25	03:45:00.50	+01:18:45 (35.0%)	8:00	7.5 (65.2%)
44	URBAN Rafał	3631	FORMYGRILS	M30	44	01:57:14	03:45:55.80	03:46:46.60	+01:20:32 (35.5%)	8:04	7.4 (64.3%)
45	KRZYMOWSKI Piotr	3051	PAWKO RUNNER	M30	45	02:00:29	03:45:39.95	03:46:48.55	+01:20:33 (35.5%)	8:03	7.4 (64.3%)
46	OPIŃSKI Łukasz	3144		M30	46	01:57:13	03:48:31.10	03:48:58.95	+01:22:44 (36.1%)	8:09	7.4 (64.3%)
47	DOMINIK Marcin	3475		M30	47	01:57:20	03:49:42.60	03:50:05.30	+01:23:50 (36.4%)	8:12	7.3 (63.5%)
48	TRZECIAK Krzysztof	3177	FABRYKA DZIKA	M30	48	02:01:44	03:48:39.00	03:50:21.50	+01:24:06 (36.5%)	8:09	7.3 (63.5%)
49	KONIECZNY Marcin	3285	NOA	M30	49	01:57:47	03:50:22.00	03:50:27.20	+01:24:12 (36.5%)	8:13	7.3 (63.5%)
50	BLAZAK Bartłomiej	3294		M30	50	01:48:57	03:51:40.85	03:52:01.85	+01:25:47 (37.0%)	8:16	7.3 (63.5%)
50	ZAJDA Michał	3480		M30	50	01:54:21	03:51:13.40	03:52:01.85	+01:25:47 (37.0%)	8:15	7.3 (63.5%)
52	MAJCHRZAK Jakub	3239	FIBOO TEAM	M30	52	01:51:08	03:52:04.60	03:52:17.45	+01:26:02 (37.0%)	8:17	7.2 (62.6%)
53	SZAŁAŃSKI Alan	3235	NEW BALANCE RUN CLUB	M30	53	02:00:35	03:51:49.50	03:52:31.30	+01:26:16 (37.1%)	8:16	7.2 (62.6%)
54	ŚCIĘGOSZ Daniel	3651	STANWEX II	M30	54	01:56:35	03:51:09.70	03:52:33.65	+01:26:19 (37.1%)	8:15	7.3 (63.5%)
55	KOMAR Rafał	3427	KLUB G4 W SIEDLCACH	M30	55	01:52:41	03:52:23.65	03:52:57.20	+01:26:42 (37.2%)	8:17	7.2 (62.6%)
56	GRUDZIŃSKI Jarosław	3624		M30	56	02:03:32	03:53:22.10	03:53:48.85	+01:27:34 (37.5%)	8:20	7.2 (62.6%)
57	JURKOWSKI Tomasz	3129		M30	57	02:02:22	03:52:41.30	03:53:48.90	+01:27:34 (37.5%)	8:18	7.2 (62.6%)
58	PLONA Adam	3516	#POWERCUPLE	M30	58	02:04:10	03:53:49.05	03:54:14.85	+01:28:00 (37.6%)	8:21	7.2 (62.6%)
59	HAWROT Bartłomiej	3363	PAWKO RUNNER TEAM	M30	59	02:05:13	03:54:17.95	03:54:21.95	+01:28:07 (37.6%)	8:22	7.2 (62.6%)
60	GUZERA Tomasz	3290		M30	60	01:55:22	03:55:04.05	03:55:08.10	+01:28:53 (37.8%)	8:23	7.1 (61.7%)
61	SZCZĘSNY Paweł	3370		M30	61	01:57:47	03:55:27.70	03:55:38.80	+01:29:24 (37.9%)	8:24	7.1 (61.7%)

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62	BAŁA Marcin	3599		M30	62	02:05:46	03:55:16.95	03:56:07.50	+01:29:52 (38.1%)	8:24	7.1 (61.7%)
63	SMOLAREK Dawid	3714	MSW REPREZENTANT	M30	63	02:01:42	03:56:18.05	03:57:34.20	+01:31:19 (38.4%)	8:26	7.1 (61.7%)
64	SUŁEK Marcin	3206	PRO-MILE TEAM	M30	64	02:03:11	03:57:16.95	03:57:40.10	+01:31:25 (38.5%)	8:28	7.1 (61.7%)
65	DYSZER Jarosław	3728		M30	65	02:03:47	03:56:21.95	03:57:47.50	+01:31:32 (38.5%)	8:26	7.1 (61.7%)
66	OLEKSA Leszek	3439		M30	66	02:03:42	03:57:52.40	03:58:55.75	+01:32:41 (38.8%)	8:29	7.1 (61.7%)
67	RUDNIK Paweł	3155		M30	67	02:05:55	03:58:14.00	03:59:09.40	+01:32:54 (38.9%)	8:30	7.1 (61.7%)
68	KUTERA Paweł	3726		M30	68	02:03:46	03:58:21.85	03:59:48.10	+01:33:33 (39.0%)	8:30	7 (60.9%)
69	KUTERA Konrad	3458		M30	69	02:05:20	04:01:38.15	04:01:58.25	+01:35:43 (39.6%)	8:37	7 (60.9%)
70	NAGALSKI Mateusz	3666	EAZYMUT.PL	M30	70	02:02:53	04:03:23.60	04:03:43.30	+01:37:28 (40.0%)	8:41	6.9 (60.0%)
71	MARCINKOWSKI Łukasz	3587	FABRYKA DZIKA	M30	71	02:06:15	04:04:01.75	04:04:23.90	+01:38:09 (40.2%)	8:42	6.9 (60.0%)
72	KEMPKA Tomasz	3221		M30	72	02:04:53	04:02:55.50	04:04:30.10	+01:38:15 (40.2%)	8:40	6.9 (60.0%)
73	KRZYMOWSKI Przemysław	3046	PERN RUNNERS	M30	73	02:06:15	04:03:23.60	04:04:34.90	+01:38:20 (40.2%)	8:41	6.9 (60.0%)
74	CHLIPAŁA Marek	3234		M30	74	02:11:11	04:04:50.40	04:05:04.90	+01:38:50 (40.3%)	8:44	6.9 (60.0%)
75	STOLARZ Andrzej	3616		M30	75	02:05:59	04:05:04.50	04:05:14.50	+01:38:59 (40.4%)	8:45	6.9 (60.0%)
76	RAK Maciej	3345		M30	76	02:06:00	04:05:47.70	04:06:27.65	+01:40:13 (40.7%)	8:46	6.8 (59.1%)
77	SKONIECZKO Adam	3296	FABRYKA DZIKA	M30	77	01:58:03	04:05:12.50	04:06:55.70	+01:40:41 (40.8%)	8:45	6.9 (60.0%)
78	GUZERA Maciej	3557		M30	78	02:02:05	04:06:20.55	04:06:56.95	+01:40:42 (40.8%)	8:47	6.8 (59.1%)
79	SKOWERA Rafał	3382		M30	79	02:13:36	04:08:54.60	04:09:24.10	+01:43:09 (41.4%)	8:53	6.7 (58.3%)
80	OSTRACH Michał	3442		M30	80	01:55:54	04:09:41.75	04:09:50.60	+01:43:36 (41.5%)	8:55	6.7 (58.3%)
81	DZIADUS Marcin	3187		M30	81	02:12:09	04:09:32.50	04:10:08.35	+01:43:53 (41.5%)	8:54	6.7 (58.3%)
82	SALNIKOV Denis	3647		M30	82	02:06:03	04:10:19.05	04:11:18.10	+01:45:03 (41.8%)	8:56	6.7 (58.3%)
83	BIELAK Paweł	3100	EXC MOBILE TEAM	M30	83	02:08:16	04:10:41.95	04:11:49.25	+01:45:34 (41.9%)	8:57	6.7 (58.3%)
84	SOWA Bogusław	3060		M30	84	02:04:49	04:15:13.20	04:15:17.55	+01:49:02 (42.7%)	9:06	6.6 (57.4%)

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85	GÓRSKI Mateusz	3292		M30	85	02:01:41	04:15:12.20	04:15:22.60	+01:49:08 (42.7%)	9:06	6.6 (57.4%)
86	DERKOWSKI Rafał	3677		M30	86	02:12:13	04:13:43.60	04:15:26.35	+01:49:11 (42.7%)	9:03	6.6 (57.4%)
87	KROL Maciej	3652		M30	87	02:02:56	04:15:18.85	04:15:42.10	+01:49:27 (42.8%)	9:07	6.6 (57.4%)
88	MROZECZ Dawid	3190	PLEJBOJE WE DWOJE	M30	88	01:56:45	04:14:52.40	04:16:00.00	+01:49:45 (42.9%)	9:06	6.6 (57.4%)
89	FREJ Marcin	3707		M30	89	02:02:09	04:16:34.35	04:16:50.10	+01:50:35 (43.1%)	9:09	6.5 (56.5%)
90	PASEK Paweł	3284		M30	90	02:07:31	04:17:03.65	04:17:48.50	+01:51:33 (43.3%)	9:10	6.5 (56.5%)
91	CHWASTOWSKI Filip	3267		M30	91	02:04:03	04:17:36.95	04:17:49.05	+01:51:34 (43.3%)	9:12	6.5 (56.5%)
92	PISAREK Piotr	3194		M30	92	02:13:24	04:17:20.35	04:18:19.75	+01:52:05 (43.4%)	9:11	6.5 (56.5%)
93	KOZIOŁ Darek	3680		M30	93	02:16:48	04:20:19.35	04:20:47.50	+01:54:32 (43.9%)	9:17	6.5 (56.5%)
94	DZIURDZIAK Piotr	3550		M30	94	02:06:11	04:21:25.75	04:21:37.20	+01:55:22 (44.1%)	9:20	6.4 (55.7%)
95	MICHALAK Kamil	3347	SZYKNRANIA	M30	95	02:08:42	04:20:53.90	04:22:13.80	+01:55:59 (44.2%)	9:19	6.4 (55.7%)
96	DYDO Paweł	3495		M30	96	02:24:48	04:21:07.00	04:22:18.10	+01:56:03 (44.2%)	9:19	6.4 (55.7%)
97	ŻYLAK Adrian	3576	ADIDAS RUNNERS WARSAW/TEAM PARSZCZYŃSKICH	M30	97	02:14:18	04:22:33.55	04:22:40.90	+01:56:26 (44.3%)	9:22	6.4 (55.7%)
98	GRYNIENKO Paweł	3305		M30	98	02:16:18	04:21:56.90	04:23:28.25	+01:57:13 (44.5%)	9:21	6.4 (55.7%)
99	ŻÓŁKOWSKI Rafał	3434	RUN % FUN	M30	99	02:17:52	04:21:50.15	04:23:35.80	+01:57:21 (44.5%)	9:21	6.4 (55.7%)
100	BOROWSKI Robert	3678		M30	100	02:21:35	04:22:57.90	04:24:11.40	+01:57:56 (44.6%)	9:23	6.4 (55.7%)
101	BOGUSZ Jarosław	3209		M30	101	02:12:52	04:24:23.25	04:25:04.35	+01:58:49 (44.8%)	9:26	6.4 (55.7%)
102	JUSZCZAK Kamil	3445		M30	102	02:26:38	04:23:52.85	04:25:18.05	+01:59:03 (44.9%)	9:25	6.4 (55.7%)
103	PIENIAŻEK Kamil	3339		M30	103	02:16:19	04:27:09.10	04:27:42.20	+02:01:27 (45.4%)	9:32	6.3 (54.8%)
104	FLIŚ Łukasz	3253	AKTYWNA PSZCZYNA	M30	104	02:17:07	04:26:18.50	04:27:48.85	+02:01:34 (45.4%)	9:30	6.3 (54.8%)
105	ZUBKOWICZ Paweł	3634		M30	105	02:13:43	04:31:01.10	04:31:45.45	+02:05:30 (46.2%)	9:40	6.2 (53.9%)
106	KACZYŃSKI Dariusz	3668	EAZYMUT.PL	M30	106	02:17:05	04:32:16.70	04:32:37.40	+02:06:22 (46.4%)	9:43	6.2 (53.9%)
107	ŁUCZKIEWICZ Dariusz	3181		M30	107	02:23:39	04:33:23.30	04:34:52.20	+02:08:37 (46.8%)	9:45	6.1 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	KULIKOWSKI Adam	3328		M30	108	02:24:05	04:35:08.90	04:35:48.50	+02:09:33 (47.0%)	9:49	6.1 (53.0%)
109	BODUCH Jacek	3520		M30	109	02:14:48	04:37:58.30	04:38:01.75	+02:11:47 (47.4%)	9:55	6 (52.2%)
110	KULMA Krzysztof	3240		M30	110	02:22:39	04:36:36.90	04:38:05.00	+02:11:50 (47.4%)	9:52	6.1 (53.0%)
111	GIEROBA Bartosz	3679	KLUB 8 GWIAZD	M30	111	02:31:35	04:37:49.40	04:39:38.90	+02:13:24 (47.7%)	9:55	6 (52.2%)
112	DOBROGOST Maciej	3488	DECEPTICON GYM	M30	112	02:28:50	04:40:03.25	04:41:16.95	+02:15:02 (48.0%)	10:00	6 (52.2%)
112	ŻYRO Cyryl	3491	LOS PATOS	M30	112	02:25:51	04:41:16.95	04:41:16.95	+02:15:02 (48.0%)	10:02	6 (52.2%)
114	PRZYŁUCKI Sławomir	3393		M30	114	02:18:13	04:42:20.45	04:42:46.05	+02:16:31 (48.3%)	10:05	6 (52.2%)
115	GRZEBINOGA Bartłomiej	3507		M30	115	02:20:47	04:42:25.10	04:43:28.10	+02:17:13 (48.4%)	10:05	5.9 (51.3%)
116	HALASTRA Marcin	3538		M30	116	02:20:47	04:42:45.95	04:43:48.65	+02:17:34 (48.5%)	10:05	5.9 (51.3%)
117	SADOWSKI Andrzej	3441		M30	117	02:18:38	04:43:57.50	04:45:01.45	+02:18:46 (48.7%)	10:08	5.9 (51.3%)
118	ANDREASIK Mariusz	3210	PRO-MILE TEAM	M30	118	02:13:30	04:45:53.40	04:46:20.65	+02:20:06 (48.9%)	10:12	5.9 (51.3%)
119	PLESZ Wojciech	19	SILESIA MARATHON CLUB	M30	119	02:34:07	04:47:59.05	04:48:16.35	+02:22:01 (49.3%)	10:17	5.8 (50.4%)
120	KANIEWSKI Michał	3569		M30	120	02:34:56	04:47:40.00	04:48:52.25	+02:22:37 (49.4%)	10:16	5.8 (50.4%)
121	SZYBKA Tomasz	3185		M30	121	02:20:23	04:48:55.75	04:49:38.90	+02:23:24 (49.5%)	10:19	5.8 (50.4%)
122	ŁAZIUK Marcin	3598		M30	122	02:20:01	04:48:15.70	04:49:57.75	+02:23:43 (49.6%)	10:17	5.8 (50.4%)
123	WÓJCIK Radosław	3350		M30	123	02:46:20	04:50:28.55	04:51:38.90	+02:25:24 (49.9%)	10:22	5.8 (50.4%)
124	DANIELAK Krzysztof	3251		M30	124	02:31:07	04:50:51.85	04:52:28.40	+02:26:13 (50.0%)	10:23	5.8 (50.4%)
125	ZIOMEK Jarosław	3276	EKIPA Z TARNOWA	M30	125	02:35:27	04:52:25.75	04:53:06.05	+02:26:51 (50.1%)	10:26	5.7 (49.6%)
126	PIEKUT Jakub	3489	DECEPTICON GYM	M30	126	02:33:08	04:52:27.05	04:53:39.95	+02:27:25 (50.2%)	10:26	5.7 (49.6%)
127	WITKOWSKI-KOZIOŁEK Michał	3260		M30	127	02:21:17	04:54:32.55	04:55:14.65	+02:29:00 (50.5%)	10:31	5.7 (49.6%)
128	BRZEZIŃSKI Piotr	3080		M30	128	02:32:02	04:54:56.40	04:55:50.60	+02:29:36 (50.6%)	10:32	5.7 (49.6%)
129	OLSZEWSKI Kamil	3161		M30	129	02:36:45	04:54:20.65	04:55:53.85	+02:29:39 (50.6%)	10:30	5.7 (49.6%)
130	STABRAWA Marcin	3160		M30	130	02:36:45	04:54:20.60	04:55:54.10	+02:29:39 (50.6%)	10:30	5.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	ADAMKIEWICZ Łukasz	3222		M30	131	02:33:28	04:54:49.80	04:56:18.10	+02:30:03 (50.6%)	10:31	5.7 (49.6%)
132	RUSIN Aleksander	3591		M30	132	02:30:08	04:56:31.10	04:57:47.70	+02:31:33 (50.9%)	10:35	5.7 (49.6%)
133	SZPYNDA Daniel	3030	KS KANAŁEK	M30	133	02:26:07	04:57:21.80	04:58:21.45	+02:32:06 (51.0%)	10:37	5.6 (48.7%)
134	GŁĘBOCKI Maciej	3635		M30	134	02:33:47	04:58:41.25	04:59:22.15	+02:33:07 (51.1%)	10:40	5.6 (48.7%)
135	CZAPLINSKI Marcin	3658		M30	135	02:22:59	04:59:08.25	04:59:33.55	+02:33:18 (51.2%)	10:41	5.6 (48.7%)
136	WEREMA Łukasz	3055	LUBELSKI KORPUS EKSPEDYCYJNY	M30	136	02:37:04	05:00:59.00	05:02:05.70	+02:35:51 (51.6%)	10:44	5.6 (48.7%)
137	KUJAWA Bartosz	3228		M30	137	02:31:24	05:01:34.50	05:02:06.30	+02:35:51 (51.6%)	10:46	5.6 (48.7%)
138	KONIECZNY Mateusz	3642		M30	138	02:39:00	05:02:04.65	05:02:39.05	+02:36:24 (51.7%)	10:47	5.6 (48.7%)
139	GARBOWSKI Witold	3374	CZEKAŁEM NA BUSA OD WĄSKIEGO	M30	139	02:37:17	05:03:39.50	05:04:16.90	+02:38:02 (51.9%)	10:50	5.5 (47.8%)
140	MYTYCH Mateusz	3173		M30	140	02:36:41	05:04:59.70	05:05:18.50	+02:39:03 (52.1%)	10:53	5.5 (47.8%)
141	DRUSZCZ Karol	3343		M30	141	02:30:50	05:04:25.25	05:05:22.30	+02:39:07 (52.1%)	10:52	5.5 (47.8%)
142	BOROWSKI Marek	3446		M30	142	02:20:53	05:03:52.45	05:05:24.80	+02:39:10 (52.1%)	10:51	5.5 (47.8%)
143	WYTRYKUS Albert	3464		M30	143	02:34:10	05:07:10.10	05:07:16.40	+02:41:01 (52.4%)	10:58	5.5 (47.8%)
144	CZELIŃSKI Filip	3257	CAMEL	M30	144	02:08:13	05:07:10.40	05:07:46.60	+02:41:32 (52.5%)	10:58	5.5 (47.8%)
145	SZYBKA Łukasz	3145	SZYBCY	M30	145	02:30:45	05:07:05.50	05:07:49.30	+02:41:34 (52.5%)	10:58	5.5 (47.8%)
146	LENART Rafał	3607		M30	146	02:37:36	05:07:46.85	05:08:14.40	+02:41:59 (52.6%)	10:59	5.5 (47.8%)
147	KUTERA Bartłomiej	3723		M30	147	02:34:48	05:06:54.50	05:08:19.85	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
148	SŁOMKA Adrian	3705		M30	148	02:34:45	05:06:53.75	05:08:19.90	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
149	ŚWIĘCH Konrad	3124		M30	149	02:29:19	05:07:49.50	05:09:12.15	+02:42:57 (52.7%)	10:59	5.5 (47.8%)
150	ZAWIASA Bartosz	3275	O CO BIEGA	M30	150	02:38:29	05:08:41.70	05:09:24.55	+02:43:09 (52.7%)	11:01	5.4 (47.0%)
151	POSACKI Patryk	3444	CZEKAŁEM NA BUSA OD WĄSKIEGO	M30	151	02:37:08	05:12:19.55	05:12:57.55	+02:46:42 (53.3%)	11:09	5.4 (47.0%)
152	SANKOWSKI Tomasz	3243		M30	152	02:34:43	05:12:11.10	05:13:38.40	+02:47:23 (53.4%)	11:08	5.4 (47.0%)
153	GRODZICKI Artur	3252		M30	153	02:44:56	05:16:32.85	05:18:00.05	+02:51:45 (54.0%)	11:18	5.3 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	BIBRO Daniel	3583		M30	154	02:42:59	05:18:44.70	05:19:15.70	+02:53:01 (54.2%)	11:23	5.3 (46.1%)
155	BORKOWSKI Arkadiusz	3010		M30	155	02:37:33	05:18:20.40	05:19:26.15	+02:53:11 (54.2%)	11:22	5.3 (46.1%)
156	ŚWIĄTEK Mateusz	3463		M30	156	02:36:19	05:18:32.10	05:20:21.05	+02:54:06 (54.3%)	11:22	5.3 (46.1%)
157	PAJĄK Maciej	3207	PRO-MILE TEAM	M30	157	02:41:40	05:20:59.85	05:21:30.65	+02:55:16 (54.5%)	11:27	5.2 (45.2%)
158	ROGACZ Damian	3468	STOWARZYSZENIE GRUP JURA'PL	M30	158	02:43:45	05:21:22.85	05:21:37.45	+02:55:22 (54.5%)	11:28	5.2 (45.2%)
159	OBRZUT Bartek	3093		M30	159	02:33:39	05:22:15.70	05:24:10.50	+02:57:55 (54.9%)	11:30	5.2 (45.2%)
160	ZABŁOTNY Kamil	3693	DEFENDU	M30	160	02:33:34	05:29:51.00	05:31:45.70	+03:05:31 (55.9%)	11:46	5.1 (44.3%)
161	KURKOWSKI Sławomir	3581		M30	161	02:47:47	05:32:04.10	05:33:11.00	+03:06:56 (56.1%)	11:51	5.1 (44.3%)
162	PĘDZISZ Dawid	3255		M30	162	02:40:50	05:49:59.45	05:50:15.15	+03:24:00 (58.2%)	12:29	4.8 (41.7%)
163	JONCZYK Erwin	3415	STANWEX II	M30	163	02:43:30	06:03:12.55	06:04:32.20	+03:38:17 (59.9%)	12:58	4.6 (40.0%)
164	KOTAŃSKI Jakub	3405	STANWEX II	M30	164	02:43:29	06:03:09.40	06:04:32.50	+03:38:17 (59.9%)	12:58	4.6 (40.0%)
165	KOZAK Krzysztof	3024		M30	165	02:58:13	06:16:55.50	06:18:00.55	+03:51:45 (61.3%)	13:27	4.5 (39.1%)
166	RADYK Jakub	3485		M30	166	02:58:00	06:23:36.40	06:25:06.20	+03:58:51 (62.0%)	13:42	4.4 (38.3%)
167	SOĆKO Kamil	5		M30	167	02:48:53	06:30:44.85	06:31:47.95	+04:05:33 (62.7%)	13:57	4.3 (37.4%)
168	FIJAŁKOWSKI Bartosz	3128	MYSZOJELEŃ	M30	168	03:02:50	06:57:53.85	06:59:34.20	+04:33:19 (65.1%)	14:55	4 (34.8%)
169	ŻYŁOWICZ Marcin	3494		M30	169	02:58:16	06:59:29.70	07:00:12.60	+04:33:58 (65.2%)	14:58	4 (34.8%)
	CHOJNOWSKI Łukasz	3238		M30		01:57:27 DNF	DNF	DNF		-	- (0.0%)
	SZYMOT Adrian	3720	SZKOŁA TENISA ZIEMNEGO AKA TENIS	M30		DNF	DNF	DNF		-	- (0.0%)
	GADZIŃSKI Marcin	3082		M30		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 172 wynik(ów)