



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	<b>BARAN Mateusz</b>	<b>3511</b>	PIEKIELNI WARSZAWA	M30	1	01:15:45	<b>02:26:13.05</b>	<b>02:26:14.60</b>		5:13	11.5 (100%)
2	<b>GUT Jacek</b>	<b>3592</b>	KLUB MORSA SŁONECZKO	M30	2	01:21:53	<b>02:36:21.15</b>	<b>02:36:23.00</b>	+00:10:08 (6.5%)	5:35	10.7 (93.0%)
3	<b>WRÓBEL Kamil</b>	<b>3006</b>		M30	3	01:24:01	<b>02:40:35.45</b>	<b>02:40:37.00</b>	+00:14:22 (8.9%)	5:44	10.5 (91.3%)
4	<b>MULARCZYK Paweł</b>	<b>3437</b>	GRUPA JURA'PL	M30	4	01:23:19	<b>02:42:53.50</b>	<b>02:42:56.45</b>	+00:16:41 (10.2%)	5:49	10.3 (89.6%)
5	<b>LEŚNIAK Michał</b>	<b>3457</b>	ASICS FRONTRUNNER / BIEGIEM_PO_EUROPIE	M30	5	01:25:44	<b>02:45:53.70</b>	<b>02:45:57.05</b>	+00:19:42 (11.9%)	5:55	10.1 (87.8%)
6	<b>LIS Łukasz</b>	<b>3741</b>	TRICLUB	M30	6	01:28:01	<b>02:48:34.90</b>	<b>02:48:37.65</b>	+00:22:23 (13.3%)	6:01	10 (87.0%)
7	<b>CICHOWSKI Wojciech</b>	<b>3270</b>	AW - SZYBCIEJ - TEAM	M30	7	01:30:22	<b>02:50:17.15</b>	<b>02:50:20.90</b>	+00:24:06 (14.2%)	6:04	9.9 (86.1%)
8	<b>WOJNAROWICZ Paweł</b>	<b>3588</b>		M30	8	01:31:54	<b>02:55:13.55</b>	<b>02:55:18.30</b>	+00:29:03 (16.6%)	6:15	9.6 (83.5%)
9	<b>WOJCIECHOWSKI Tobiasz</b>	<b>3547</b>		M30	9	01:35:54	<b>02:59:18.65</b>	<b>02:59:22.10</b>	+00:33:07 (18.5%)	6:24	9.4 (81.7%)
10	<b>PODOLAK Kuba</b>	<b>3342</b>	A TAK SOBIE BIEGAM	M30	10	01:37:07	<b>02:59:11.85</b>	<b>02:59:27.00</b>	+00:33:12 (18.5%)	6:23	9.4 (81.7%)
11	<b>ZIĘBA Mateusz</b>	<b>3718</b>	FOREVER TEAM	M30	11	01:39:37	<b>03:05:27.45</b>	<b>03:05:45.70</b>	+00:39:31 (21.3%)	6:37	9.1 (79.1%)
12	<b>FRONCZAK Sylwester</b>	<b>3289</b>		M30	12	01:39:31	<b>03:08:29.90</b>	<b>03:08:55.00</b>	+00:42:40 (22.6%)	6:43	8.9 (77.4%)
13	<b>KŁOS Łukasz</b>	<b>3218</b>	ASICS FRONTRUNNER POLAND	M30	13	01:37:25	<b>03:09:29.85</b>	<b>03:09:33.30</b>	+00:43:18 (22.8%)	6:46	8.9 (77.4%)
14	<b>CHUDY Michał</b>	<b>3681</b>		M30	14	01:42:55	<b>03:11:20.90</b>	<b>03:11:31.70</b>	+00:45:17 (23.6%)	6:50	8.8 (76.5%)
15	<b>LEŚ Michał</b>	<b>3554</b>	SANOK BIEGA	M30	15	01:33:06	<b>03:12:29.00</b>	<b>03:12:36.10</b>	+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	<b>ROKITA Paweł</b>	<b>20</b>	RAKIETA_BIEGA_TEAM	M30	16	01:46:45	<b>03:15:39.50</b>	<b>03:15:53.90</b>	+00:49:39 (25.3%)	6:59	8.6 (74.8%)
17	<b>SIVKO Vladimir</b>	<b>3337</b>		M30	17	01:45:58	<b>03:17:09.40</b>	<b>03:17:15.95</b>	+00:51:01 (25.9%)	7:02	8.5 (73.9%)
18	<b>MRÓWKA Michał</b>	<b>3264</b>	OBOZY GÓRSKIE	M30	18	01:44:18	<b>03:20:37.75</b>	<b>03:20:46.00</b>	+00:54:31 (27.2%)	7:09	8.4 (73.0%)
19	<b>ŚCIBOR Adrian</b>	<b>3629</b>		M30	19	01:46:04	<b>03:21:33.35</b>	<b>03:21:38.10</b>	+00:55:23 (27.5%)	7:11	8.3 (72.2%)
20	<b>LICHOTA Karol</b>	<b>3159</b>		M30	20	01:42:53	<b>03:22:34.95</b>	<b>03:22:57.30</b>	+00:56:42 (27.9%)	7:14	8.3 (72.2%)
21	<b>KOBYLARZ Piotr</b>	<b>3562</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	21	01:26:00	<b>03:24:37.25</b>	<b>03:24:39.40</b>	+00:58:24 (28.5%)	7:18	8.2 (71.3%)
22	<b>ŚLUSARZ Łukasz</b>	<b>3498</b>		M30	22	01:47:20	<b>03:28:07.45</b>	<b>03:28:20.90</b>	+01:02:06 (29.8%)	7:25	8.1 (70.4%)
23	<b>RESZKA Marek</b>	<b>3040</b>	DECATHLON LUBLIN	M30	23	01:40:01	<b>03:28:26.85</b>	<b>03:28:30.85</b>	+01:02:16 (29.9%)	7:26	8.1 (70.4%)
24	<b>SZANIAWSKI Marcin</b>	<b>3535</b>		M30	24	01:45:41	<b>03:29:01.75</b>	<b>03:29:19.40</b>	+01:03:04 (30.1%)	7:27	8 (69.6%)
25	<b>KRYPSKI Bartosz</b>	<b>3417</b>	G4 SIEDLCE	M30	25	01:45:32	<b>03:28:56.95</b>	<b>03:29:26.60</b>	+01:03:12 (30.2%)	7:27	8 (69.6%)
26	<b>BESTRY Łukasz</b>	<b>3556</b>		M30	26	01:45:41	<b>03:28:53.60</b>	<b>03:29:29.50</b>	+01:03:14 (30.2%)	7:27	8 (69.6%)
27	<b>OSTASIUK Aleksander</b>	<b>3330</b>	FRANCUSKI BAGNET	M30	27	01:47:47	<b>03:31:46.65</b>	<b>03:31:50.40</b>	+01:05:35 (31.0%)	7:33	7.9 (68.7%)
27	<b>BIENIEK Piotr</b>	<b>3334</b>	FRANCUSKI BAGNET	M30	27	01:43:09	<b>03:31:46.40</b>	<b>03:31:50.40</b>	+01:05:35 (31.0%)	7:33	7.9 (68.7%)
29	<b>ZAWADZKI Mirosław</b>	<b>3058</b>	TERNOL TEAM	M30	29	01:52:51	<b>03:33:42.55</b>	<b>03:34:15.30</b>	+01:08:00 (31.7%)	7:37	7.9 (68.7%)
30	<b>WÓJCIK Dawid</b>	<b>3600</b>		M30	30	01:55:18	<b>03:33:11.00</b>	<b>03:34:19.50</b>	+01:08:04 (31.8%)	7:36	7.9 (68.7%)
31	<b>KACZMAREK Maciej</b>	<b>3638</b>	WLKP MOUNTAINS ULTRA	M30	31	01:47:06	<b>03:35:59.05</b>	<b>03:36:16.05</b>	+01:10:01 (32.4%)	7:42	7.8 (67.8%)
32	<b>OLEWNIK Łukasz</b>	<b>3613</b>	MARCINŚWIERCTEAM / AGB TORFY	M30	32	01:50:39	<b>03:37:55.40</b>	<b>03:38:09.80</b>	+01:11:55 (33.0%)	7:46	7.7 (67.0%)
33	<b>MATYSIAK Jacek</b>	<b>3563</b>		M30	33	01:49:44	<b>03:41:09.00</b>	<b>03:41:13.90</b>	+01:14:59 (33.9%)	7:53	7.6 (66.1%)
34	<b>LATOS Marcin</b>	<b>3659</b>	TRAIL IS OUR WAY	M30	34	01:45:25	<b>03:41:37.95</b>	<b>03:41:47.20</b>	+01:15:32 (34.1%)	7:54	7.6 (66.1%)
35	<b>STOLORZ Arkadiusz</b>	<b>3584</b>		M30	35	02:00:37	<b>03:42:06.15</b>	<b>03:42:27.45</b>	+01:16:12 (34.3%)	7:55	7.6 (66.1%)
36	<b>KOT Dawid</b>	<b>3606</b>		M30	36	01:49:09	<b>03:42:12.45</b>	<b>03:42:34.55</b>	+01:16:19 (34.3%)	7:56	7.6 (66.1%)
37	<b>MARIN Alberto</b>	<b>3180</b>		M30	37	02:05:15	<b>03:41:09.45</b>	<b>03:42:48.55</b>	+01:16:33 (34.4%)	7:53	7.6 (66.1%)
38	<b>WAŹORSKI Michał</b>	<b>3176</b>		M30	38	01:58:07	<b>03:41:19.40</b>	<b>03:43:05.75</b>	+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	<b>BAŁA Marcin</b>	<b>3599</b>		M30	62	02:05:46	<b>03:55:16.95</b>	<b>03:56:07.50</b>	+01:29:52 (38.1%)	8:24	7.1 (61.7%)
63	<b>SMOLAREK Dawid</b>	<b>3714</b>	MSW REPREZENTANT	M30	63	02:01:42	<b>03:56:18.05</b>	<b>03:57:34.20</b>	+01:31:19 (38.4%)	8:26	7.1 (61.7%)
64	<b>SUŁEK Marcin</b>	<b>3206</b>	PRO-MILE TEAM	M30	64	02:03:11	<b>03:57:16.95</b>	<b>03:57:40.10</b>	+01:31:25 (38.5%)	8:28	7.1 (61.7%)
65	<b>DYSZER Jarosław</b>	<b>3728</b>		M30	65	02:03:47	<b>03:56:21.95</b>	<b>03:57:47.50</b>	+01:31:32 (38.5%)	8:26	7.1 (61.7%)
66	<b>OLEKSA Leszek</b>	<b>3439</b>		M30	66	02:03:42	<b>03:57:52.40</b>	<b>03:58:55.75</b>	+01:32:41 (38.8%)	8:29	7.1 (61.7%)
67	<b>RUDNIK Paweł</b>	<b>3155</b>		M30	67	02:05:55	<b>03:58:14.00</b>	<b>03:59:09.40</b>	+01:32:54 (38.9%)	8:30	7.1 (61.7%)
68	<b>KUTERA Paweł</b>	<b>3726</b>		M30	68	02:03:46	<b>03:58:21.85</b>	<b>03:59:48.10</b>	+01:33:33 (39.0%)	8:30	7 (60.9%)
69	<b>KUTERA Konrad</b>	<b>3458</b>		M30	69	02:05:20	<b>04:01:38.15</b>	<b>04:01:58.25</b>	+01:35:43 (39.6%)	8:37	7 (60.9%)
70	<b>NAGALSKI Mateusz</b>	<b>3666</b>	EAZYMUT.PL	M30	70	02:02:53	<b>04:03:23.60</b>	<b>04:03:43.30</b>	+01:37:28 (40.0%)	8:41	6.9 (60.0%)
71	<b>MARCINKOWSKI Łukasz</b>	<b>3587</b>	FABRYKA DZIKA	M30	71	02:06:15	<b>04:04:01.75</b>	<b>04:04:23.90</b>	+01:38:09 (40.2%)	8:42	6.9 (60.0%)
72	<b>KEMPKA Tomasz</b>	<b>3221</b>		M30	72	02:04:53	<b>04:02:55.50</b>	<b>04:04:30.10</b>	+01:38:15 (40.2%)	8:40	6.9 (60.0%)
73	<b>KRZYMOWSKI Przemysław</b>	<b>3046</b>	PERN RUNNERS	M30	73	02:06:15	<b>04:03:23.60</b>	<b>04:04:34.90</b>	+01:38:20 (40.2%)	8:41	6.9 (60.0%)
74	<b>CHLIPAŁA Marek</b>	<b>3234</b>		M30	74	02:11:11	<b>04:04:50.40</b>	<b>04:05:04.90</b>	+01:38:50 (40.3%)	8:44	6.9 (60.0%)
75	<b>STOLARZ Andrzej</b>	<b>3616</b>		M30	75	02:05:59	<b>04:05:04.50</b>	<b>04:05:14.50</b>	+01:38:59 (40.4%)	8:45	6.9 (60.0%)
76	<b>RAK Maciej</b>	<b>3345</b>		M30	76	02:06:00	<b>04:05:47.70</b>	<b>04:06:27.65</b>	+01:40:13 (40.7%)	8:46	6.8 (59.1%)
77	<b>SKONIECZKO Adam</b>	<b>3296</b>	FABRYKA DZIKA	M30	77	01:58:03	<b>04:05:12.50</b>	<b>04:06:55.70</b>	+01:40:41 (40.8%)	8:45	6.9 (60.0%)
78	<b>GUZERA Maciej</b>	<b>3557</b>		M30	78	02:02:05	<b>04:06:20.55</b>	<b>04:06:56.95</b>	+01:40:42 (40.8%)	8:47	6.8 (59.1%)
79	<b>SKOWERA Rafał</b>	<b>3382</b>		M30	79	02:13:36	<b>04:08:54.60</b>	<b>04:09:24.10</b>	+01:43:09 (41.4%)	8:53	6.7 (58.3%)
80	<b>OSTRACH Michał</b>	<b>3442</b>		M30	80	01:55:54	<b>04:09:41.75</b>	<b>04:09:50.60</b>	+01:43:36 (41.5%)	8:55	6.7 (58.3%)
81	<b>DZIADUS Marcin</b>	<b>3187</b>		M30	81	02:12:09	<b>04:09:32.50</b>	<b>04:10:08.35</b>	+01:43:53 (41.5%)	8:54	6.7 (58.3%)
82	<b>SALNIKOV Denis</b>	<b>3647</b>		M30	82	02:06:03	<b>04:10:19.05</b>	<b>04:11:18.10</b>	+01:45:03 (41.8%)	8:56	6.7 (58.3%)
83	<b>BIELAK Paweł</b>	<b>3100</b>	EXC MOBILE TEAM	M30	83	02:08:16	<b>04:10:41.95</b>	<b>04:11:49.25</b>	+01:45:34 (41.9%)	8:57	6.7 (58.3%)
84	<b>SOWA Bogusław</b>	<b>3060</b>		M30	84	02:04:49	<b>04:15:13.20</b>	<b>04:15:17.55</b>	+01:49:02 (42.7%)	9:06	6.6 (57.4%)

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85	<b>GÓRSKI Mateusz</b>	<b>3292</b>		M30	85	02:01:41	<b>04:15:12.20</b>	<b>04:15:22.60</b>	+01:49:08 (42.7%)	9:06	6.6 (57.4%)
86	<b>DERKOWSKI Rafał</b>	<b>3677</b>		M30	86	02:12:13	<b>04:13:43.60</b>	<b>04:15:26.35</b>	+01:49:11 (42.7%)	9:03	6.6 (57.4%)
87	<b>KROL Maciej</b>	<b>3652</b>		M30	87	02:02:56	<b>04:15:18.85</b>	<b>04:15:42.10</b>	+01:49:27 (42.8%)	9:07	6.6 (57.4%)
88	<b>MROZECZ Dawid</b>	<b>3190</b>	PLEJBOJE WE DWOJE	M30	88	01:56:45	<b>04:14:52.40</b>	<b>04:16:00.00</b>	+01:49:45 (42.9%)	9:06	6.6 (57.4%)
89	<b>FREJ Marcin</b>	<b>3707</b>		M30	89	02:02:09	<b>04:16:34.35</b>	<b>04:16:50.10</b>	+01:50:35 (43.1%)	9:09	6.5 (56.5%)
90	<b>PASEK Paweł</b>	<b>3284</b>		M30	90	02:07:31	<b>04:17:03.65</b>	<b>04:17:48.50</b>	+01:51:33 (43.3%)	9:10	6.5 (56.5%)
91	<b>CHWASTOWSKI Filip</b>	<b>3267</b>		M30	91	02:04:03	<b>04:17:36.95</b>	<b>04:17:49.05</b>	+01:51:34 (43.3%)	9:12	6.5 (56.5%)
92	<b>PISAREK Piotr</b>	<b>3194</b>		M30	92	02:13:24	<b>04:17:20.35</b>	<b>04:18:19.75</b>	+01:52:05 (43.4%)	9:11	6.5 (56.5%)
93	<b>KOZIOŁ Darek</b>	<b>3680</b>		M30	93	02:16:48	<b>04:20:19.35</b>	<b>04:20:47.50</b>	+01:54:32 (43.9%)	9:17	6.5 (56.5%)
94	<b>DZIURDZIAK Piotr</b>	<b>3550</b>		M30	94	02:06:11	<b>04:21:25.75</b>	<b>04:21:37.20</b>	+01:55:22 (44.1%)	9:20	6.4 (55.7%)
95	<b>MICHALAK Kamil</b>	<b>3347</b>	SZYKNRANIA	M30	95	02:08:42	<b>04:20:53.90</b>	<b>04:22:13.80</b>	+01:55:59 (44.2%)	9:19	6.4 (55.7%)
96	<b>DYDO Paweł</b>	<b>3495</b>		M30	96	02:24:48	<b>04:21:07.00</b>	<b>04:22:18.10</b>	+01:56:03 (44.2%)	9:19	6.4 (55.7%)
97	<b>ŻYLAK Adrian</b>	<b>3576</b>	ADIDAS RUNNERS WARSAW/TEAM PARSZCZYŃSKICH	M30	97	02:14:18	<b>04:22:33.55</b>	<b>04:22:40.90</b>	+01:56:26 (44.3%)	9:22	6.4 (55.7%)
98	<b>GRYNIENKO Paweł</b>	<b>3305</b>		M30	98	02:16:18	<b>04:21:56.90</b>	<b>04:23:28.25</b>	+01:57:13 (44.5%)	9:21	6.4 (55.7%)
99	<b>ŻÓŁKOWSKI Rafał</b>	<b>3434</b>	RUN % FUN	M30	99	02:17:52	<b>04:21:50.15</b>	<b>04:23:35.80</b>	+01:57:21 (44.5%)	9:21	6.4 (55.7%)
100	<b>BOROWSKI Robert</b>	<b>3678</b>		M30	100	02:21:35	<b>04:22:57.90</b>	<b>04:24:11.40</b>	+01:57:56 (44.6%)	9:23	6.4 (55.7%)
101	<b>BOGUSZ Jarosław</b>	<b>3209</b>		M30	101	02:12:52	<b>04:24:23.25</b>	<b>04:25:04.35</b>	+01:58:49 (44.8%)	9:26	6.4 (55.7%)
102	<b>JUSZCZAK Kamil</b>	<b>3445</b>		M30	102	02:26:38	<b>04:23:52.85</b>	<b>04:25:18.05</b>	+01:59:03 (44.9%)	9:25	6.4 (55.7%)
103	<b>PIENIAŻEK Kamil</b>	<b>3339</b>		M30	103	02:16:19	<b>04:27:09.10</b>	<b>04:27:42.20</b>	+02:01:27 (45.4%)	9:32	6.3 (54.8%)
104	<b>FLIŚ Łukasz</b>	<b>3253</b>	AKTYWNA PSZCZYNA	M30	104	02:17:07	<b>04:26:18.50</b>	<b>04:27:48.85</b>	+02:01:34 (45.4%)	9:30	6.3 (54.8%)
105	<b>ZUBKOWICZ Paweł</b>	<b>3634</b>		M30	105	02:13:43	<b>04:31:01.10</b>	<b>04:31:45.45</b>	+02:05:30 (46.2%)	9:40	6.2 (53.9%)
106	<b>KACZYŃSKI Dariusz</b>	<b>3668</b>	EAZYMUT.PL	M30	106	02:17:05	<b>04:32:16.70</b>	<b>04:32:37.40</b>	+02:06:22 (46.4%)	9:43	6.2 (53.9%)
107	<b>ŁUCZKIEWICZ Dariusz</b>	<b>3181</b>		M30	107	02:23:39	<b>04:33:23.30</b>	<b>04:34:52.20</b>	+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	<b>KULIKOWSKI Adam</b>	<b>3328</b>		M30	108	02:24:05	<b>04:35:08.90</b>	<b>04:35:48.50</b>	+02:09:33 (47.0%)	9:49	6.1 (53.0%)
109	<b>BODUCH Jacek</b>	<b>3520</b>		M30	109	02:14:48	<b>04:37:58.30</b>	<b>04:38:01.75</b>	+02:11:47 (47.4%)	9:55	6 (52.2%)
110	<b>KULMA Krzysztof</b>	<b>3240</b>		M30	110	02:22:39	<b>04:36:36.90</b>	<b>04:38:05.00</b>	+02:11:50 (47.4%)	9:52	6.1 (53.0%)
111	<b>GIEROBA Bartosz</b>	<b>3679</b>	KLUB 8 GWIAZD	M30	111	02:31:35	<b>04:37:49.40</b>	<b>04:39:38.90</b>	+02:13:24 (47.7%)	9:55	6 (52.2%)
112	<b>DOBROGOST Maciej</b>	<b>3488</b>	DECEPTICON GYM	M30	112	02:28:50	<b>04:40:03.25</b>	<b>04:41:16.95</b>	+02:15:02 (48.0%)	10:00	6 (52.2%)
112	<b>ŻYRO Cyryl</b>	<b>3491</b>	LOS PATOS	M30	112	02:25:51	<b>04:41:16.95</b>	<b>04:41:16.95</b>	+02:15:02 (48.0%)	10:02	6 (52.2%)
114	<b>PRZYŁUCKI Sławomir</b>	<b>3393</b>		M30	114	02:18:13	<b>04:42:20.45</b>	<b>04:42:46.05</b>	+02:16:31 (48.3%)	10:05	6 (52.2%)
115	<b>GRZEBINOĞA Bartłomiej</b>	<b>3507</b>		M30	115	02:20:47	<b>04:42:25.10</b>	<b>04:43:28.10</b>	+02:17:13 (48.4%)	10:05	5.9 (51.3%)
116	<b>HALASTRA Marcin</b>	<b>3538</b>		M30	116	02:20:47	<b>04:42:45.95</b>	<b>04:43:48.65</b>	+02:17:34 (48.5%)	10:05	5.9 (51.3%)
117	<b>SADOWSKI Andrzej</b>	<b>3441</b>		M30	117	02:18:38	<b>04:43:57.50</b>	<b>04:45:01.45</b>	+02:18:46 (48.7%)	10:08	5.9 (51.3%)
118	<b>ANDREASIK Mariusz</b>	<b>3210</b>	PRO-MILE TEAM	M30	118	02:13:30	<b>04:45:53.40</b>	<b>04:46:20.65</b>	+02:20:06 (48.9%)	10:12	5.9 (51.3%)
119	<b>PLESZ Wojciech</b>	<b>19</b>	SILESIA MARATHON CLUB	M30	119	02:34:07	<b>04:47:59.05</b>	<b>04:48:16.35</b>	+02:22:01 (49.3%)	10:17	5.8 (50.4%)
120	<b>KANIEWSKI Michał</b>	<b>3569</b>		M30	120	02:34:56	<b>04:47:40.00</b>	<b>04:48:52.25</b>	+02:22:37 (49.4%)	10:16	5.8 (50.4%)
121	<b>SZYBKA Tomasz</b>	<b>3185</b>		M30	121	02:20:23	<b>04:48:55.75</b>	<b>04:49:38.90</b>	+02:23:24 (49.5%)	10:19	5.8 (50.4%)
122	<b>ŁAZIUK Marcin</b>	<b>3598</b>		M30	122	02:20:01	<b>04:48:15.70</b>	<b>04:49:57.75</b>	+02:23:43 (49.6%)	10:17	5.8 (50.4%)
123	<b>WÓJCIK Radosław</b>	<b>3350</b>		M30	123	02:46:20	<b>04:50:28.55</b>	<b>04:51:38.90</b>	+02:25:24 (49.9%)	10:22	5.8 (50.4%)
124	<b>DANIELAK Krzysztof</b>	<b>3251</b>		M30	124	02:31:07	<b>04:50:51.85</b>	<b>04:52:28.40</b>	+02:26:13 (50.0%)	10:23	5.8 (50.4%)
125	<b>ZIOMEK Jarosław</b>	<b>3276</b>	EKIPA Z TARNOWA	M30	125	02:35:27	<b>04:52:25.75</b>	<b>04:53:06.05</b>	+02:26:51 (50.1%)	10:26	5.7 (49.6%)
126	<b>PIEKUT Jakub</b>	<b>3489</b>	DECEPTICON GYM	M30	126	02:33:08	<b>04:52:27.05</b>	<b>04:53:39.95</b>	+02:27:25 (50.2%)	10:26	5.7 (49.6%)
127	<b>WITKOWSKI-KOZIOŁEK Michał</b>	<b>3260</b>		M30	127	02:21:17	<b>04:54:32.55</b>	<b>04:55:14.65</b>	+02:29:00 (50.5%)	10:31	5.7 (49.6%)
128	<b>BRZEZIŃSKI Piotr</b>	<b>3080</b>		M30	128	02:32:02	<b>04:54:56.40</b>	<b>04:55:50.60</b>	+02:29:36 (50.6%)	10:32	5.7 (49.6%)
129	<b>OLSZEWSKI Kamil</b>	<b>3161</b>		M30	129	02:36:45	<b>04:54:20.65</b>	<b>04:55:53.85</b>	+02:29:39 (50.6%)	10:30	5.7 (49.6%)
130	<b>STABRAWA Marcin</b>	<b>3160</b>		M30	130	02:36:45	<b>04:54:20.60</b>	<b>04:55:54.10</b>	+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	<b>ADAMKIEWICZ Łukasz</b>	<b>3222</b>		M30	131	02:33:28	<b>04:54:49.80</b>	<b>04:56:18.10</b>	+02:30:03 (50.6%)	10:31	5.7 (49.6%)
132	<b>RUSIN Aleksander</b>	<b>3591</b>		M30	132	02:30:08	<b>04:56:31.10</b>	<b>04:57:47.70</b>	+02:31:33 (50.9%)	10:35	5.7 (49.6%)
133	<b>SZPYNDA Daniel</b>	<b>3030</b>	KS KANAŁEK	M30	133	02:26:07	<b>04:57:21.80</b>	<b>04:58:21.45</b>	+02:32:06 (51.0%)	10:37	5.6 (48.7%)
134	<b>GŁĘBOCKI Maciej</b>	<b>3635</b>		M30	134	02:33:47	<b>04:58:41.25</b>	<b>04:59:22.15</b>	+02:33:07 (51.1%)	10:40	5.6 (48.7%)
135	<b>CZAPLINSKI Marcin</b>	<b>3658</b>		M30	135	02:22:59	<b>04:59:08.25</b>	<b>04:59:33.55</b>	+02:33:18 (51.2%)	10:41	5.6 (48.7%)
136	<b>WEREMA Łukasz</b>	<b>3055</b>	LUBELSKI KORPUS EKSPEDYCYJNY	M30	136	02:37:04	<b>05:00:59.00</b>	<b>05:02:05.70</b>	+02:35:51 (51.6%)	10:44	5.6 (48.7%)
137	<b>KUJAWA Bartosz</b>	<b>3228</b>		M30	137	02:31:24	<b>05:01:34.50</b>	<b>05:02:06.30</b>	+02:35:51 (51.6%)	10:46	5.6 (48.7%)
138	<b>KONIECZNY Mateusz</b>	<b>3642</b>		M30	138	02:39:00	<b>05:02:04.65</b>	<b>05:02:39.05</b>	+02:36:24 (51.7%)	10:47	5.6 (48.7%)
139	<b>GARBOWSKI Witold</b>	<b>3374</b>	CZEKAŁEM NA BUSA OD WĄSKIEGO	M30	139	02:37:17	<b>05:03:39.50</b>	<b>05:04:16.90</b>	+02:38:02 (51.9%)	10:50	5.5 (47.8%)
140	<b>MYTYCH Mateusz</b>	<b>3173</b>		M30	140	02:36:41	<b>05:04:59.70</b>	<b>05:05:18.50</b>	+02:39:03 (52.1%)	10:53	5.5 (47.8%)
141	<b>DRUSZCZ Karol</b>	<b>3343</b>		M30	141	02:30:50	<b>05:04:25.25</b>	<b>05:05:22.30</b>	+02:39:07 (52.1%)	10:52	5.5 (47.8%)
142	<b>BOROWSKI Marek</b>	<b>3446</b>		M30	142	02:20:53	<b>05:03:52.45</b>	<b>05:05:24.80</b>	+02:39:10 (52.1%)	10:51	5.5 (47.8%)
143	<b>WYTRYKUS Albert</b>	<b>3464</b>		M30	143	02:34:10	<b>05:07:10.10</b>	<b>05:07:16.40</b>	+02:41:01 (52.4%)	10:58	5.5 (47.8%)
144	<b>CZELIŃSKI Filip</b>	<b>3257</b>	CAMEL	M30	144	02:08:13	<b>05:07:10.40</b>	<b>05:07:46.60</b>	+02:41:32 (52.5%)	10:58	5.5 (47.8%)
145	<b>SZYBKA Łukasz</b>	<b>3145</b>	SZYBCY	M30	145	02:30:45	<b>05:07:05.50</b>	<b>05:07:49.30</b>	+02:41:34 (52.5%)	10:58	5.5 (47.8%)
146	<b>LENART Rafał</b>	<b>3607</b>		M30	146	02:37:36	<b>05:07:46.85</b>	<b>05:08:14.40</b>	+02:41:59 (52.6%)	10:59	5.5 (47.8%)
147	<b>KUTERA Bartłomiej</b>	<b>3723</b>		M30	147	02:34:48	<b>05:06:54.50</b>	<b>05:08:19.85</b>	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
148	<b>SŁOMKA Adrian</b>	<b>3705</b>		M30	148	02:34:45	<b>05:06:53.75</b>	<b>05:08:19.90</b>	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
149	<b>ŚWIĘCH Konrad</b>	<b>3124</b>		M30	149	02:29:19	<b>05:07:49.50</b>	<b>05:09:12.15</b>	+02:42:57 (52.7%)	10:59	5.5 (47.8%)
150	<b>ZAWIASA Bartosz</b>	<b>3275</b>	O CO BIEGA	M30	150	02:38:29	<b>05:08:41.70</b>	<b>05:09:24.55</b>	+02:43:09 (52.7%)	11:01	5.4 (47.0%)
151	<b>POSACKI Patryk</b>	<b>3444</b>	CZEKAŁEM NA BUSA OD WĄSKIEGO	M30	151	02:37:08	<b>05:12:19.55</b>	<b>05:12:57.55</b>	+02:46:42 (53.3%)	11:09	5.4 (47.0%)
152	<b>SANKOWSKI Tomasz</b>	<b>3243</b>		M30	152	02:34:43	<b>05:12:11.10</b>	<b>05:13:38.40</b>	+02:47:23 (53.4%)	11:08	5.4 (47.0%)
153	<b>GRODZICKI Artur</b>	<b>3252</b>		M30	153	02:44:56	<b>05:16:32.85</b>	<b>05:18:00.05</b>	+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	<b>BIBRO Daniel</b>	<b>3583</b>		M30	154	02:42:59	<b>05:18:44.70</b>	<b>05:19:15.70</b>	+02:53:01 (54.2%)	11:23	5.3 (46.1%)
155	<b>BORKOWSKI Arkadiusz</b>	<b>3010</b>		M30	155	02:37:33	<b>05:18:20.40</b>	<b>05:19:26.15</b>	+02:53:11 (54.2%)	11:22	5.3 (46.1%)
156	<b>ŚWIĄTEK Mateusz</b>	<b>3463</b>		M30	156	02:36:19	<b>05:18:32.10</b>	<b>05:20:21.05</b>	+02:54:06 (54.3%)	11:22	5.3 (46.1%)
157	<b>PAJĄK Maciej</b>	<b>3207</b>	PRO-MILE TEAM	M30	157	02:41:40	<b>05:20:59.85</b>	<b>05:21:30.65</b>	+02:55:16 (54.5%)	11:27	5.2 (45.2%)
158	<b>ROGACZ Damian</b>	<b>3468</b>	STOWARZYSZENIE GRUP JURA'PL	M30	158	02:43:45	<b>05:21:22.85</b>	<b>05:21:37.45</b>	+02:55:22 (54.5%)	11:28	5.2 (45.2%)
159	<b>OBRZUT Bartek</b>	<b>3093</b>		M30	159	02:33:39	<b>05:22:15.70</b>	<b>05:24:10.50</b>	+02:57:55 (54.9%)	11:30	5.2 (45.2%)
160	<b>ZABŁOTNY Kamil</b>	<b>3693</b>	DEFENDU	M30	160	02:33:34	<b>05:29:51.00</b>	<b>05:31:45.70</b>	+03:05:31 (55.9%)	11:46	5.1 (44.3%)
161	<b>KURKOWSKI Sławomir</b>	<b>3581</b>		M30	161	02:47:47	<b>05:32:04.10</b>	<b>05:33:11.00</b>	+03:06:56 (56.1%)	11:51	5.1 (44.3%)
162	<b>PĘDZISZ Dawid</b>	<b>3255</b>		M30	162	02:40:50	<b>05:49:59.45</b>	<b>05:50:15.15</b>	+03:24:00 (58.2%)	12:29	4.8 (41.7%)
163	<b>JONCZYK Erwin</b>	<b>3415</b>	STANWEX II	M30	163	02:43:30	<b>06:03:12.55</b>	<b>06:04:32.20</b>	+03:38:17 (59.9%)	12:58	4.6 (40.0%)
164	<b>KOTAŃSKI Jakub</b>	<b>3405</b>	STANWEX II	M30	164	02:43:29	<b>06:03:09.40</b>	<b>06:04:32.50</b>	+03:38:17 (59.9%)	12:58	4.6 (40.0%)
165	<b>KOZAK Krzysztof</b>	<b>3024</b>		M30	165	02:58:13	<b>06:16:55.50</b>	<b>06:18:00.55</b>	+03:51:45 (61.3%)	13:27	4.5 (39.1%)
166	<b>RADYK Jakub</b>	<b>3485</b>		M30	166	02:58:00	<b>06:23:36.40</b>	<b>06:25:06.20</b>	+03:58:51 (62.0%)	13:42	4.4 (38.3%)
167	<b>SOĆKO Kamil</b>	<b>5</b>		M30	167	02:48:53	<b>06:30:44.85</b>	<b>06:31:47.95</b>	+04:05:33 (62.7%)	13:57	4.3 (37.4%)
168	<b>FIJAŁKOWSKI Bartosz</b>	<b>3128</b>	MYSZOJELEŃ	M30	168	03:02:50	<b>06:57:53.85</b>	<b>06:59:34.20</b>	+04:33:19 (65.1%)	14:55	4 (34.8%)
169	<b>ŻYŁOWICZ Marcin</b>	<b>3494</b>		M30	169	02:58:16	<b>06:59:29.70</b>	<b>07:00:12.60</b>	+04:33:58 (65.2%)	14:58	4 (34.8%)
	<b>CHOJNOWSKI Łukasz</b>	<b>3238</b>		M30		01:57:27 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZYMOT Adrian</b>	<b>3720</b>	SZKOŁA TENISA ZIEMNEGO AKA TENIS	M30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GADZIŃSKI Marcin</b>	<b>3082</b>		M30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 172 wynik(ów)