



# 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**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>SKAWIŃSKI Tomasz</b>	<b>3686</b>	GOPR BIESZCZADY	M40	1	01:28:00	<b>02:41:26.45</b>	<b>02:41:28.65</b>		5:45	10.4 (100%)
2	<b>WIŚNIEWSKI Piotr</b>	<b>3612</b>	DYNAFIT/ TUTTU.PL	M40	2	01:28:23	<b>02:46:11.55</b>	<b>02:46:14.75</b>	+00:04:46 (2.9%)	5:56	10.1 (97.1%)
3	<b>JAWOREK Grzegorz</b>	<b>3142</b>		M40	3	01:32:36	<b>02:54:50.50</b>	<b>02:54:53.90</b>	+00:13:25 (7.7%)	6:14	9.6 (92.3%)
4	<b>KRZEMIŃSKI Marcin</b>	<b>3573</b>		M40	4	01:34:51	<b>02:57:10.75</b>	<b>02:57:12.75</b>	+00:15:44 (8.9%)	6:19	9.5 (91.3%)
5	<b>BASAŃ Marek</b>	<b>3639</b>	GINGER POWER	M40	5	01:35:56	<b>02:59:17.85</b>	<b>02:59:25.65</b>	+00:17:57 (10.0%)	6:24	9.4 (90.4%)
6	<b>GÓROWSKI Mateusz</b>	<b>3743</b>	KAGB/GOPR BIESZCZADY	M40	6	01:38:53	<b>03:01:46.40</b>	<b>03:01:51.10</b>	+00:20:22 (11.2%)	6:29	9.2 (88.5%)
7	<b>STAŃKO Paweł</b>	<b>3712</b>	GOPR BIESZCZADY	M40	7	01:37:38	<b>03:06:54.00</b>	<b>03:06:56.45</b>	+00:25:27 (13.6%)	6:40	9 (86.5%)
8	<b>KOT Rafał</b>	<b>3748</b>	GÓRAL Z MAZUR RUNNING TEAM	M40	8	01:39:12	<b>03:07:42.15</b>	<b>03:07:53.20</b>	+00:26:24 (14.1%)	6:42	9 (86.5%)
9	<b>KONIK Marcin</b>	<b>3081</b>		M40	9	01:37:40	<b>03:08:02.20</b>	<b>03:08:05.25</b>	+00:26:36 (14.1%)	6:42	8.9 (85.6%)
10	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>3590</b>	ROCKY BALBOA	M40	10	01:37:23	<b>03:09:28.55</b>	<b>03:09:31.20</b>	+00:28:02 (14.8%)	6:46	8.9 (85.6%)
11	<b>DESKA Leszek</b>	<b>3745</b>	WWW.LESZEKBIEGA.PL	M40	11	01:37:39	<b>03:09:52.90</b>	<b>03:10:24.10</b>	+00:28:55 (15.2%)	6:46	8.8 (84.6%)
12	<b>KOZARSKI Krzysztof</b>	<b>3572</b>	RK LEGAL TEAM	M40	12	01:42:44	<b>03:11:00.50</b>	<b>03:11:10.90</b>	+00:29:42 (15.5%)	6:49	8.8 (84.6%)
13	<b>SARNIAK Marcin</b>	<b>3202</b>	WYBIEGANIA MPK	M40	13	01:41:50	<b>03:15:05.40</b>	<b>03:15:30.25</b>	+00:34:01 (17.4%)	6:58	8.6 (82.7%)
14	<b>SNOCHOWSKI Rafał</b>	<b>3706</b>		M40	14	01:43:34	<b>03:15:40.40</b>	<b>03:15:42.90</b>	+00:34:14 (17.5%)	6:59	8.6 (82.7%)
15	<b>WOCHOWSKI Tomasz</b>	<b>10</b>		M40	15	01:44:24	<b>03:16:17.20</b>	<b>03:16:31.25</b>	+00:35:02 (17.8%)	7:00	8.6 (82.7%)
16	<b>KAWIAK Marek</b>	<b>3044</b>		M40	16	01:39:35	<b>03:16:48.80</b>	<b>03:16:51.55</b>	+00:35:22 (18.0%)	7:01	8.5 (81.7%)
17	<b>KOBIALKA Łukasz</b>	<b>3729</b>	MY ENDURANCE COACHING	M40	17	01:38:54	<b>03:17:00.15</b>	<b>03:17:03.00</b>	+00:35:34 (18.1%)	7:02	8.5 (81.7%)
18	<b>WOJCIECHOWSKI Marek</b>	<b>3111</b>	BRAK	M40	18	01:44:20	<b>03:19:59.90</b>	<b>03:20:08.85</b>	+00:38:40 (19.3%)	7:08	8.4 (80.8%)
19	<b>WIECZOREK Marcin</b>	<b>3277</b>	LUKS JASZCZOWIANKA	M40	19	01:47:14	<b>03:20:48.50</b>	<b>03:20:58.45</b>	+00:39:29 (19.7%)	7:10	8.4 (80.8%)
20	<b>MORAWSKI Grzegorz</b>	<b>3696</b>		M40	20	01:44:50	<b>03:22:24.85</b>	<b>03:22:36.00</b>	+00:41:07 (20.3%)	7:13	8.3 (79.8%)
21	<b>JANOWICZ Rafał</b>	<b>3575</b>	MIĘKKI ŻELEK	M40	21	01:50:00	<b>03:22:46.85</b>	<b>03:22:56.80</b>	+00:41:28 (20.4%)	7:14	8.3 (79.8%)
22	<b>MIKUŚKIEWICZ Piotr</b>	<b>3664</b>	PIMPAKIBIEGAJĄ	M40	22	01:49:36	<b>03:27:10.85</b>	<b>03:27:20.15</b>	+00:45:51 (22.1%)	7:23	8.1 (77.9%)
23	<b>KUNKEL Mariusz</b>	<b>3336</b>	SMARUJ NA TRENING	M40	23	01:49:49	<b>03:26:57.90</b>	<b>03:27:33.15</b>	+00:46:04 (22.2%)	7:23	8.1 (77.9%)
24	<b>NIEDŹWIEDŹ Tomasz</b>	<b>3637</b>		M40	24	01:48:01	<b>03:28:49.35</b>	<b>03:28:53.40</b>	+00:47:24 (22.7%)	7:27	8 (76.9%)
25	<b>WAŚKOWSKI Marcin</b>	<b>3478</b>	ZABIERZÓW BIEGA	M40	25	01:38:51	<b>03:29:01.80</b>	<b>03:29:07.65</b>	+00:47:39 (22.8%)	7:27	8 (76.9%)
26	<b>BAK Aleksander</b>	<b>3315</b>	MORSY OŚNO LUBUSKIE	M40	26	01:53:35	<b>03:29:46.25</b>	<b>03:30:20.30</b>	+00:48:51 (23.2%)	7:29	8 (76.9%)
27	<b>ŁYSIAK Michał</b>	<b>3471</b>	SZWAGRY DWA	M40	27	01:51:15	<b>03:31:10.85</b>	<b>03:31:16.70</b>	+00:49:48 (23.6%)	7:32	8 (76.9%)
28	<b>GUZ Marcin</b>	<b>3399</b>	LUBELSKIBIEGACZ.PL	M40	28	01:54:42	<b>03:31:04.95</b>	<b>03:31:33.10</b>	+00:50:04 (23.7%)	7:32	8 (76.9%)
29	<b>MATECKI Jacek</b>	<b>3096</b>	KONIN RUN KILL'EM ALL	M40	29	01:53:49	<b>03:31:23.20</b>	<b>03:31:52.55</b>	+00:50:23 (23.8%)	7:32	7.9 (76.0%)

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30	<b>ŁĘTEK Tomasz</b>	<b>3195</b>		M40	30	01:55:06	<b>03:31:04.10</b>	<b>03:32:03.75</b>	+00:50:35 (23.9%)	7:32	8 (76.9%)
31	<b>BUKOWSKI Daniel</b>	<b>3531</b>		M40	31	01:55:18	<b>03:33:27.75</b>	<b>03:33:53.20</b>	+00:52:24 (24.5%)	7:37	7.9 (76.0%)
32	<b>SZYMAJDA Adam</b>	<b>3540</b>		M40	32	01:48:02	<b>03:33:33.25</b>	<b>03:33:59.55</b>	+00:52:30 (24.5%)	7:37	7.9 (76.0%)
33	<b>JANOWIAK Wojciech</b>	<b>3469</b>		M40	33	01:50:36	<b>03:34:00.55</b>	<b>03:34:19.35</b>	+00:52:50 (24.7%)	7:38	7.9 (76.0%)
34	<b>USZYŃSKI Grzegorz</b>	<b>3722</b>	WEBER ACTIVE TEAM	M40	34	01:54:40	<b>03:34:58.95</b>	<b>03:35:02.10</b>	+00:53:33 (24.9%)	7:40	7.8 (75.0%)
35	<b>PNIEWSKI Mariusz</b>	<b>3400</b>		M40	35	01:54:42	<b>03:35:25.05</b>	<b>03:36:07.40</b>	+00:54:38 (25.3%)	7:41	7.8 (75.0%)
36	<b>KOCH Krzysztof</b>	<b>3313</b>	BDB TEAM KATOWICE	M40	36	01:58:45	<b>03:35:30.55</b>	<b>03:36:17.35</b>	+00:54:48 (25.3%)	7:41	7.8 (75.0%)
37	<b>MROŻEK Michał</b>	<b>3227</b>	SUŁTANI FITNESSU	M40	37	01:50:18	<b>03:38:53.85</b>	<b>03:38:58.75</b>	+00:57:30 (26.3%)	7:49	7.7 (74.0%)
38	<b>BOJARUN Marek</b>	<b>3140</b>	KAMPIRUNTEAM	M40	38	01:56:06	<b>03:38:40.65</b>	<b>03:39:03.35</b>	+00:57:34 (26.3%)	7:48	7.7 (74.0%)
39	<b>TYTZ Lukasz</b>	<b>3500</b>		M40	39	02:00:03	<b>03:39:14.20</b>	<b>03:40:43.35</b>	+00:59:14 (26.8%)	7:49	7.7 (74.0%)
40	<b>CIEŚLA Krzysztof</b>	<b>3379</b>		M40	40	01:49:09	<b>03:41:55.30</b>	<b>03:42:16.85</b>	+01:00:48 (27.4%)	7:55	7.6 (73.1%)
41	<b>LEWANDOWSKI Wojciech</b>	<b>3609</b>		M40	41	02:02:41	<b>03:41:32.35</b>	<b>03:43:19.55</b>	+01:01:50 (27.7%)	7:54	7.6 (73.1%)
42	<b>OBREBSKI Marcin</b>	<b>3414</b>	MATNER RUNNING TEAM	M40	42	01:54:28	<b>03:43:54.50</b>	<b>03:44:32.80</b>	+01:03:04 (28.1%)	7:59	7.5 (72.1%)
43	<b>NOWAK Mariusz</b>	<b>3625</b>		M40	43	01:44:35	<b>03:44:30.60</b>	<b>03:44:41.95</b>	+01:03:13 (28.1%)	8:01	7.5 (72.1%)
44	<b>GROSS Radosław</b>	<b>3295</b>	FABRYKA DZIKA	M40	44	01:50:18	<b>03:44:23.50</b>	<b>03:44:45.10</b>	+01:03:16 (28.2%)	8:00	7.5 (72.1%)
45	<b>LEWCZUK Norbert</b>	<b>3601</b>	BIEGACZE POMAGACZE/ EDYTA LEWANDOWSKA TEAM	M40	45	01:56:37	<b>03:44:04.25</b>	<b>03:45:05.10</b>	+01:03:36 (28.3%)	8:00	7.5 (72.1%)
46	<b>ZACZKIEWICZ Roman</b>	<b>3739</b>	TRICLUB	M40	46	01:59:49	<b>03:45:08.55</b>	<b>03:45:28.75</b>	+01:04:00 (28.4%)	8:02	7.5 (72.1%)
47	<b>TOMASZEK Piotr</b>	<b>3597</b>		M40	47	01:52:59	<b>03:45:51.95</b>	<b>03:46:12.45</b>	+01:04:43 (28.6%)	8:03	7.4 (71.2%)
48	<b>KOPIEC Arkadiusz</b>	<b>3510</b>		M40	48	01:58:46	<b>03:45:12.75</b>	<b>03:46:18.60</b>	+01:04:49 (28.6%)	8:02	7.5 (72.1%)
49	<b>TARNAWSKI Sławomir</b>	<b>3447</b>		M40	49	02:02:19	<b>03:48:30.00</b>	<b>03:48:34.50</b>	+01:07:05 (29.4%)	8:09	7.4 (71.2%)
50	<b>BANASZAK Maciej</b>	<b>3709</b>	KAMIL LEŚNIAK TEAM	M40	50	02:05:15	<b>03:48:17.45</b>	<b>03:49:07.60</b>	+01:07:38 (29.5%)	8:09	7.4 (71.2%)
51	<b>SKWARNECKI Damian</b>	<b>3107</b>	ŁODZIANKA TEAM	M40	51	01:57:33	<b>03:48:25.60</b>	<b>03:49:36.10</b>	+01:08:07 (29.7%)	8:09	7.4 (71.2%)
52	<b>BALCERZAK Tomasz</b>	<b>3125</b>		M40	52	01:59:02	<b>03:50:17.30</b>	<b>03:50:29.90</b>	+01:09:01 (29.9%)	8:13	7.3 (70.2%)
53	<b>KORNEK Łukasz</b>	<b>3551</b>		M40	53	02:05:27	<b>03:50:21.20</b>	<b>03:50:40.30</b>	+01:09:11 (30.0%)	8:13	7.3 (70.2%)
54	<b>PIWKO Wojciech</b>	<b>3198</b>		M40	54		<b>03:51:44.55</b>	<b>03:52:16.55</b>	+01:10:47 (30.5%)	8:16	7.2 (69.2%)
55	<b>KRZYŻANOWSKI Mikołaj</b>	<b>3233</b>		M40	55	02:02:41	<b>03:52:15.95</b>	<b>03:52:53.10</b>	+01:11:24 (30.7%)	8:17	7.2 (69.2%)
56	<b>BALION Michał</b>	<b>3402</b>		M40	56	02:02:11	<b>03:52:50.60</b>	<b>03:53:36.80</b>	+01:12:08 (30.9%)	8:18	7.2 (69.2%)
57	<b>IMIOŁCZYK Tomasz</b>	<b>3398</b>	KOMANDOS	M40	57	02:03:38	<b>03:53:59.10</b>	<b>03:53:59.10</b>	+01:12:30 (31.0%)	8:21	7.2 (69.2%)
58	<b>SZCZOT Andrzej</b>	<b>3724</b>	KB SOBÓTKA	M40	58	02:00:46	<b>03:54:02.20</b>	<b>03:54:13.95</b>	+01:12:45 (31.1%)	8:21	7.2 (69.2%)
59	<b>PAWŁUSIÓW Andrzej</b>	<b>3038</b>		M40	59	02:00:23	<b>03:54:06.00</b>	<b>03:54:15.95</b>	+01:12:47 (31.1%)	8:21	7.2 (69.2%)
60	<b>SIKORA Grzegorz</b>	<b>3069</b>		M40	60	02:04:36	<b>03:53:53.70</b>	<b>03:54:56.40</b>	+01:13:27 (31.3%)	8:21	7.2 (69.2%)
61	<b>ŻŁOBIŃSKI Bartłomiej</b>	<b>3553</b>		M40	61	02:00:29	<b>03:54:33.40</b>	<b>03:54:59.55</b>	+01:13:30 (31.3%)	8:22	7.2 (69.2%)
62	<b>GŁUCHOWSKI Przemek</b>	<b>3068</b>		M40	62	02:10:38	<b>03:54:34.20</b>	<b>03:55:02.85</b>	+01:13:34 (31.3%)	8:22	7.2 (69.2%)
63	<b>BOSEK Pawel</b>	<b>3436</b>	BOSKI TEAM	M40	63	02:11:46	<b>03:53:38.30</b>	<b>03:55:11.00</b>	+01:13:42 (31.3%)	8:20	7.2 (69.2%)
64	<b>JABŁOŃSKI Michał</b>	<b>3690</b>		M40	64	02:00:48	<b>03:53:35.20</b>	<b>03:55:20.75</b>	+01:13:52 (31.4%)	8:20	7.2 (69.2%)
65	<b>IDZIAK Marcin</b>	<b>3621</b>	POLSKA	M40	65		<b>03:57:02.85</b>	<b>03:57:02.85</b>	+01:15:34 (31.9%)	8:27	7.1 (68.3%)
66	<b>KALICIŃSKI Jarosław</b>	<b>3117</b>	ŚLĘZAK TEAM	M40	66	02:01:19	<b>03:57:24.80</b>	<b>03:58:15.10</b>	+01:16:46 (32.2%)	8:28	7.1 (68.3%)
67	<b>GRABAREK Mateusz</b>	<b>3061</b>	ASOT	M40	67	02:06:09	<b>03:57:42.85</b>	<b>03:58:33.30</b>	+01:17:04 (32.3%)	8:29	7.1 (68.3%)
68	<b>SULIMA Grzegorz</b>	<b>3644</b>		M40	68	02:01:36	<b>03:59:16.05</b>	<b>03:59:48.65</b>	+01:18:20 (32.7%)	8:32	7 (67.3%)
69	<b>SKARŻYŃSKI Michał</b>	<b>3013</b>		M40	69	02:08:59	<b>04:00:15.05</b>	<b>04:01:30.00</b>	+01:20:01 (33.1%)	8:34	7 (67.3%)
70	<b>ŁUCIÓW Leszek</b>	<b>3016</b>	NOA	M40	70	02:03:59	<b>04:03:08.25</b>	<b>04:03:14.20</b>	+01:21:45 (33.6%)	8:41	6.9 (66.3%)
71	<b>DRABIK Pawel</b>	<b>3649</b>	KRZAN PRZEWORSK	M40	71	02:10:35	<b>04:05:11.10</b>	<b>04:06:13.20</b>	+01:24:44 (34.4%)	8:45	6.9 (66.3%)
72	<b>CITKO Radosław</b>	<b>3395</b>		M40	72	02:03:49	<b>04:04:43.95</b>	<b>04:06:13.95</b>	+01:24:45 (34.4%)	8:44	6.9 (66.3%)
73	<b>WASILEWSKI Bartosz</b>	<b>3320</b>		M40	73		<b>04:06:33.20</b>	<b>04:06:33.20</b>	+01:25:04 (34.5%)	8:48	6.8 (65.4%)

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74	<b>GABRYCH Łukasz</b>	<b>3067</b>	SAINT-GOBAIN SQUAD	M40	74	02:08:08	<b>04:06:27.65</b>	<b>04:06:54.15</b>	+01:25:25 (34.6%)	8:48	6.8 (65.4%)
75	<b>MOCZYDŁOWSKI Łukasz</b>	<b>3278</b>		M40	75	02:06:05	<b>04:06:31.60</b>	<b>04:07:06.50</b>	+01:25:37 (34.7%)	8:48	6.8 (65.4%)
76	<b>JOPEK Tomasz</b>	<b>3385</b>		M40	76	01:50:52	<b>04:07:02.40</b>	<b>04:07:23.70</b>	+01:25:55 (34.7%)	8:49	6.8 (65.4%)
77	<b>GRABOWSKI Sebastian</b>	<b>3120</b>	MATNER RUNING TEAM	M40	77	02:11:12	<b>04:05:52.65</b>	<b>04:07:28.90</b>	+01:26:00 (34.8%)	8:46	6.8 (65.4%)
78	<b>BISKUPSKI Michał</b>	<b>3346</b>	MANUFATURA KNURA	M40	78	02:06:17	<b>04:07:10.75</b>	<b>04:08:53.70</b>	+01:27:25 (35.1%)	8:49	6.8 (65.4%)
79	<b>SOLARSKI Robert</b>	<b>3259</b>		M40	79	01:57:02	<b>04:09:41.85</b>	<b>04:10:08.00</b>	+01:28:39 (35.4%)	8:55	6.7 (64.4%)
80	<b>KIEŁPIŃSKI Piotr</b>	<b>3268</b>		M40	80	02:08:06	<b>04:10:03.55</b>	<b>04:10:27.25</b>	+01:28:58 (35.5%)	8:55	6.7 (64.4%)
81	<b>SZOPIŃSKI Wojciech</b>	<b>3443</b>	PZUSPORTTEAM	M40	81	02:16:06	<b>04:11:13.20</b>	<b>04:11:32.50</b>	+01:30:03 (35.8%)	8:58	6.7 (64.4%)
82	<b>KOCHAJ Wojciech</b>	<b>15</b>		M40	82	02:11:00	<b>04:11:53.10</b>	<b>04:12:06.90</b>	+01:30:38 (36.0%)	8:59	6.7 (64.4%)
83	<b>KOZIENSKI Marcin</b>	<b>3217</b>		M40	83	02:08:13	<b>04:11:37.65</b>	<b>04:12:07.65</b>	+01:30:39 (36.0%)	8:59	6.7 (64.4%)
84	<b>GAJEWIAK Adam</b>	<b>3528</b>	WENET RUNNERS TEAM	M40	84	02:04:04	<b>04:12:07.25</b>	<b>04:12:48.05</b>	+01:31:19 (36.1%)	9:00	6.7 (64.4%)
85	<b>PUCHAŁA Mariusz</b>	<b>3461</b>		M40	85	02:09:54	<b>04:13:08.85</b>	<b>04:14:09.25</b>	+01:32:40 (36.5%)	9:02	6.6 (63.5%)
86	<b>KUSZTEŁAK Jacek</b>	<b>16</b>	ZIEMO-WIT TEAM	M40	86	02:21:09	<b>04:14:07.30</b>	<b>04:14:13.75</b>	+01:32:45 (36.5%)	9:04	6.6 (63.5%)
87	<b>JAGIEŁŁO Jarosław</b>	<b>3460</b>		M40	87	02:10:35	<b>04:14:41.65</b>	<b>04:14:48.60</b>	+01:33:19 (36.6%)	9:05	6.6 (63.5%)
88	<b>PAWEŁCZUK Grzegorz</b>	<b>3407</b>		M40	88	02:07:36	<b>04:13:47.35</b>	<b>04:15:05.45</b>	+01:33:36 (36.7%)	9:03	6.6 (63.5%)
89	<b>OLSZAK Przemysław</b>	<b>3261</b>		M40	89	02:14:44	<b>04:14:37.35</b>	<b>04:15:09.80</b>	+01:33:41 (36.7%)	9:05	6.6 (63.5%)
90	<b>PACHEL Tycjan</b>	<b>3163</b>	MROCZNE KUCE	M40	90	02:07:54	<b>04:14:18.60</b>	<b>04:15:14.60</b>	+01:33:45 (36.7%)	9:04	6.6 (63.5%)
91	<b>MACIEJAK Robert</b>	<b>3561</b>		M40	91	02:04:26	<b>04:14:34.55</b>	<b>04:15:16.00</b>	+01:33:47 (36.7%)	9:05	6.6 (63.5%)
92	<b>PIKULIK Arkadiusz</b>	<b>3282</b>		M40	92	02:07:06	<b>04:14:06.75</b>	<b>04:15:21.45</b>	+01:33:52 (36.8%)	9:04	6.6 (63.5%)
93	<b>JANKIEWICZ Patryk</b>	<b>3323</b>	ROZBIEGANY PIASTÓW	M40	93	02:00:37	<b>04:14:55.45</b>	<b>04:15:39.50</b>	+01:34:10 (36.8%)	9:06	6.6 (63.5%)
94	<b>MALACZ Maciej</b>	<b>3162</b>	MROCZNE KUCE	M40	94	02:07:55	<b>04:14:44.15</b>	<b>04:15:39.70</b>	+01:34:11 (36.8%)	9:05	6.6 (63.5%)
95	<b>SZYMBORSKI Piotr</b>	<b>3731</b>		M40	95	02:22:47	<b>04:16:35.95</b>	<b>04:17:54.05</b>	+01:36:25 (37.4%)	9:09	6.5 (62.5%)
96	<b>RYŻYŃSKI Tomasz</b>	<b>3559</b>	CHEŁM BIEGA	M40	96	02:12:03	<b>04:17:36.15</b>	<b>04:19:09.55</b>	+01:37:40 (37.7%)	9:12	6.5 (62.5%)
97	<b>BRODZIAK Arkadiusz</b>	<b>3703</b>		M40	97	02:17:06	<b>04:19:41.40</b>	<b>04:20:33.60</b>	+01:39:04 (38.0%)	9:16	6.5 (62.5%)
98	<b>RONDUDA Robert</b>	<b>3258</b>		M40	98	02:18:45	<b>04:19:29.00</b>	<b>04:20:38.65</b>	+01:39:10 (38.0%)	9:16	6.5 (62.5%)
99	<b>DZIADOSZ Paweł</b>	<b>3454</b>		M40	99	02:10:50	<b>04:20:16.10</b>	<b>04:20:41.80</b>	+01:39:13 (38.1%)	9:17	6.5 (62.5%)
100	<b>TYMIŃSKI Mariusz</b>	<b>3476</b>		M40	100	02:06:10	<b>04:20:36.50</b>	<b>04:20:48.30</b>	+01:39:19 (38.1%)	9:18	6.4 (61.5%)
101	<b>KULIBERDA Tomasz</b>	<b>3602</b>	TEATR O.DE.LA	M40	101	02:15:47	<b>04:20:51.05</b>	<b>04:20:53.40</b>	+01:39:24 (38.1%)	9:18	6.4 (61.5%)
102	<b>FARBISZEWSKI Marek</b>	<b>3711</b>	ORANGE POLSKA	M40	102	02:14:36	<b>04:22:39.05</b>	<b>04:22:50.70</b>	+01:41:22 (38.6%)	9:22	6.4 (61.5%)
103	<b>BUDNY Wojciech</b>	<b>3518</b>	ZEMBORWACZE MOŃKI	M40	103	02:19:53	<b>04:22:43.60</b>	<b>04:23:00.50</b>	+01:41:31 (38.6%)	9:22	6.4 (61.5%)
104	<b>SADOWSKI Paweł</b>	<b>3307</b>		M40	104	02:07:57	<b>04:22:22.70</b>	<b>04:23:21.55</b>	+01:41:52 (38.7%)	9:22	6.4 (61.5%)
105	<b>KAPRAL Adam</b>	<b>3674</b>	DWERNIK KAMIEŃ TRAIL	M40	105	02:12:10	<b>04:23:02.45</b>	<b>04:23:22.85</b>	+01:41:54 (38.7%)	9:23	6.4 (61.5%)
106	<b>KIKUT Marcin</b>	<b>3523</b>		M40	106	01:57:27	<b>04:24:55.60</b>	<b>04:25:09.35</b>	+01:43:40 (39.1%)	9:27	6.3 (60.6%)
107	<b>MŁODZIENIAK Robert</b>	<b>3049</b>	KONIN RUN	M40	107	02:20:37	<b>04:24:48.05</b>	<b>04:25:18.95</b>	+01:43:50 (39.1%)	9:27	6.3 (60.6%)
108	<b>JEDLIŃSKI Bartosz</b>	<b>3657</b>	MARATOŃCZYK DĘBICA	M40	108	02:13:07	<b>04:25:31.10</b>	<b>04:25:45.85</b>	+01:44:17 (39.2%)	9:28	6.3 (60.6%)
109	<b>MROZOWSKI Paweł</b>	<b>3691</b>		M40	109	02:19:28	<b>04:24:12.40</b>	<b>04:25:57.75</b>	+01:44:29 (39.3%)	9:26	6.4 (61.5%)
110	<b>DĄBROWSKI Łukasz</b>	<b>3170</b>	SPORTOWE ŻULE	M40	110	02:13:46	<b>04:26:06.25</b>	<b>04:26:14.10</b>	+01:44:45 (39.3%)	9:30	6.3 (60.6%)
111	<b>RUBIN Andrzej</b>	<b>3199</b>	WKURW TEAM	M40	111	02:24:23	<b>04:24:54.25</b>	<b>04:26:16.25</b>	+01:44:47 (39.4%)	9:27	6.3 (60.6%)
112	<b>ZAJKOWSKI Michał</b>	<b>3357</b>	VEGE RUNNERS	M40	112	02:19:47	<b>04:25:11.85</b>	<b>04:26:30.25</b>	+01:45:01 (39.4%)	9:28	6.3 (60.6%)
113	<b>MADEJ Grzegorz</b>	<b>3196</b>		M40	113	02:18:00	<b>04:25:38.90</b>	<b>04:26:39.05</b>	+01:45:10 (39.4%)	9:29	6.3 (60.6%)
114	<b>WITKOWSKI Łukasz</b>	<b>3097</b>	RAJSPOORT ACTIVE	M40	114	02:18:59	<b>04:26:39.05</b>	<b>04:27:00.55</b>	+01:45:31 (39.5%)	9:31	6.3 (60.6%)
115	<b>CICHACKI Tomasz</b>	<b>3037</b>		M40	115	02:06:10	<b>04:30:12.45</b>	<b>04:31:07.90</b>	+01:49:39 (40.4%)	9:39	6.2 (59.6%)
116	<b>KOWALSKI Marcin</b>	<b>3418</b>	RADOMNO BIEGA	M40	116	02:24:04	<b>04:33:16.55</b>	<b>04:33:29.45</b>	+01:52:00 (41.0%)	9:45	6.1 (58.7%)
117	<b>ŚWIĄTEK Michał</b>	<b>1</b>	SFORABMK	M40	117	02:20:05	<b>04:33:27.00</b>	<b>04:33:43.00</b>	+01:52:14 (41.0%)	9:45	6.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
118	KICIŃSKI Piotr	3057		M40	118	02:07:33	04:32:44.00	04:33:44.40	+01:52:15 (41.0%)	9:44	6.2 (59.6%)
119	STACHURSKI Dariusz	3448	RUN % FUN	M40	119	02:17:50	04:32:07.25	04:33:52.80	+01:52:24 (41.0%)	9:43	6.2 (59.6%)
120	BIERNAT Maciej	3236	GOLDEN PORKY RACING	M40	120	02:17:21	04:33:30.15	04:34:26.45	+01:52:57 (41.2%)	9:46	6.1 (58.7%)
121	PERLIŃSKI Mirosław	3477	ASSECO ACTIVE TEAM	M40	121	02:19:45	04:34:37.40	04:34:55.20	+01:53:26 (41.3%)	9:48	6.1 (58.7%)
122	LINART Grzegorz	3224		M40	122	02:18:54	04:35:17.25	04:35:32.75	+01:54:04 (41.4%)	9:49	6.1 (58.7%)
123	PIETRZAK Marek	3148		M40	123	02:19:49	04:35:53.80	04:37:00.80	+01:55:32 (41.7%)	9:51	6.1 (58.7%)
124	ULIŃSKI Adam	3462	KONIN RUN	M40	124	02:24:54	04:38:10.65	04:38:41.25	+01:57:12 (42.1%)	9:56	6 (57.7%)
125	ANTCZAK Aleksander	3023	KONIN RUN	M40	125	02:24:57	04:38:11.70	04:38:41.50	+01:57:12 (42.1%)	9:56	6 (57.7%)
126	ALEKSANDROWICZ Patryk	3231		M40	126	02:20:49	04:37:52.55	04:38:50.25	+01:57:21 (42.1%)	9:55	6 (57.7%)
126	GORZUCH Mariusz	3430	THE ON TEAM	M40	126	02:20:49	04:37:51.95	04:38:50.25	+01:57:21 (42.1%)	9:55	6 (57.7%)
128	KĄŻMIERSKI Krzysztof	3174	KB KROKUS KWIATKOWICE	M40	128	02:25:11	04:38:47.85	04:39:26.60	+01:57:57 (42.2%)	9:57	6 (57.7%)
129	WYSOCKI Aleksander	3620	WATAHA	M40	129	02:24:32	04:38:00.40	04:39:33.05	+01:58:04 (42.2%)	9:55	6 (57.7%)
130	PAWEŁCZUK Piotr	3321		M40	130	02:22:33	04:38:15.25	04:39:34.30	+01:58:05 (42.2%)	9:56	6 (57.7%)
131	OCHNIO Andrzej	3605	BOXTRX ŁUKÓW	M40	131	02:15:57	04:39:42.10	04:40:14.30	+01:58:45 (42.4%)	9:59	6 (57.7%)
132	BANASIK Łukasz	3311		M40	132	02:16:22	04:39:22.05	04:40:23.95	+01:58:55 (42.4%)	9:58	6 (57.7%)
133	HAMRYSZCZAK Rafał	3643	SP 11 PRZEMYŚL	M40	133	02:27:53	04:39:33.80	04:41:21.55	+01:59:52 (42.6%)	9:59	6 (57.7%)
134	PIERNIKARSKI Adam	3474		M40	134	02:34:33	04:42:13.35	04:43:21.90	+02:01:53 (43.0%)	10:04	6 (57.7%)
134	PĘSZKAL Piotr	3517		M40	134	02:34:34	04:42:13.20	04:43:21.90	+02:01:53 (43.0%)	10:04	6 (57.7%)
136	BOBYK Paweł	3564	SANOK BIEGA	M40	136	02:26:37	04:42:48.05	04:43:33.20	+02:02:04 (43.1%)	10:06	5.9 (56.7%)
137	JANIK Roman	3230	SUŁTANI FITNESSU	M40	137	02:12:25	04:44:58.85	04:45:03.45	+02:03:34 (43.4%)	10:10	5.9 (56.7%)
138	KACZOREK Marcin	3702		M40	138	02:24:33	04:45:15.30	04:45:39.25	+02:04:10 (43.5%)	10:11	5.9 (56.7%)
139	DOLEGACZ Daniel	3536		M40	139	02:23:00	04:45:41.10	04:46:41.80	+02:05:13 (43.7%)	10:12	5.9 (56.7%)
140	KWIATKOWSKI Arkadiusz	3041	FABRYKA DZIKA	M40	140	02:24:45	04:47:33.55	04:47:56.50	+02:06:27 (43.9%)	10:16	5.8 (55.8%)
141	JĘDRAL Szczepan	3036		M40	141	02:24:18	04:48:27.00	04:49:39.60	+02:08:10 (44.3%)	10:18	5.8 (55.8%)
142	KALISZ Daniel	3131		M40	142	02:37:32	04:49:16.25	04:50:08.85	+02:08:40 (44.3%)	10:19	5.8 (55.8%)
143	JARZYNA Kazimierz	3747	JARZYNA TEAM	M40	143	02:30:47	04:51:47.45	04:52:02.75	+02:10:34 (44.7%)	10:25	5.8 (55.8%)
144	SWIERKOWSKI Robert	3288	KOPER	M40	144	02:31:02	04:51:28.15	04:52:06.10	+02:10:37 (44.7%)	10:24	5.8 (55.8%)
145	MASŁOWSKI Marcin	8	KKM KOZIENICE	M40	145	02:35:19	04:55:03.50	04:55:20.35	+02:13:51 (45.3%)	10:32	5.7 (54.8%)
146	GWIAŹDZIŃSKI Michał	3241		M40	146	02:35:19	04:56:00.00	04:57:27.20	+02:15:58 (45.7%)	10:34	5.7 (54.8%)
147	KOWALSKI Adam	3050		M40	147	02:35:24	04:58:12.45	04:58:49.15	+02:17:20 (46.0%)	10:39	5.6 (53.8%)
148	WASILUK Ireneusz	3164		M40	148	02:33:04	04:58:29.10	05:00:03.00	+02:18:34 (46.2%)	10:39	5.6 (53.8%)
149	STRZELECKI Piotr	3467		M40	149	02:26:07	05:01:42.15	05:02:39.95	+02:21:11 (46.6%)	10:46	5.6 (53.8%)
150	SUŁAWA Tomasz	3134	CZTERDZIESTOLATKI	M40	150	02:38:19	05:05:19.90	05:06:12.00	+02:24:43 (47.3%)	10:54	5.5 (52.9%)
151	POBUDKIEWICZ Seweryn	3065	CAMEL BYDGOSZCZ	M40	151	02:15:08	05:07:10.55	05:07:46.40	+02:26:17 (47.5%)	10:58	5.5 (52.9%)
152	WĄTRÓBSKI Grzegorz	3322		M40	152	02:39:32	05:06:18.60	05:08:02.60	+02:26:33 (47.6%)	10:56	5.5 (52.9%)
153	KAMIŃSKI Łukasz	3280	ŁOREWA FOREWA	M40	153	02:36:43	05:06:40.25	05:08:13.45	+02:26:44 (47.6%)	10:57	5.5 (52.9%)
154	RYBIENIK Lech	3141		M40	154	02:39:16	05:07:18.05	05:08:49.90	+02:27:21 (47.7%)	10:58	5.5 (52.9%)
155	PIĄSTKA Daniel	3473		M40	155	02:29:26	05:08:44.95	05:08:51.20	+02:27:22 (47.7%)	11:01	5.4 (51.9%)
156	KOWALSKI Piotr	3053		M40	156	02:35:32	05:08:34.65	05:09:11.05	+02:27:42 (47.8%)	11:01	5.4 (51.9%)
157	NIEZGODA Andrzej	3157		M40	157	02:37:35	05:09:53.70	05:10:31.95	+02:29:03 (48.0%)	11:04	5.4 (51.9%)
158	MARCINKOWSKI Michał	3309		M40	158	02:29:58	05:10:01.20	05:10:47.40	+02:29:18 (48.0%)	11:04	5.4 (51.9%)
159	SENDECKI Rafał	3688		M40	159	02:43:26	05:13:57.85	05:14:06.20	+02:32:37 (48.6%)	11:12	5.4 (51.9%)
160	BOKSZA Robert	3314		M40	160	02:46:46	05:16:19.80	05:17:31.70	+02:36:03 (49.1%)	11:17	5.3 (51.0%)
161	BLAZAK Łukasz	3355	KOPER	M40	161	02:31:19	05:19:55.55	05:20:20.70	+02:38:52 (49.6%)	11:25	5.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
162	<b>MACIĄG Grzesiek</b>	<b>3438</b>	GRUPA JURA'PL	M40	162	02:43:50	<b>05:21:27.70</b>	<b>05:21:37.80</b>	+02:40:09 (49.8%)	11:28	5.2 (50.0%)
163	<b>SERAFIN Sebastian</b>	<b>3700</b>	SIMS	M40	163	02:35:05	<b>05:23:34.25</b>	<b>05:24:43.10</b>	+02:43:14 (50.3%)	11:33	5.2 (50.0%)
164	<b>BARCZAK Sylwester</b>	<b>3384</b>	CZEKAŁEM NA BUSA OD WĄSKIEGO	M40	164	02:37:13	<b>05:25:13.65</b>	<b>05:25:50.35</b>	+02:44:21 (50.4%)	11:36	5.2 (50.0%)
165	<b>KAZMIERCZAK Marek</b>	<b>3225</b>		M40	165	02:40:49	<b>05:25:43.15</b>	<b>05:25:59.20</b>	+02:44:30 (50.5%)	11:37	5.2 (50.0%)
166	<b>PISZCZ Dariusz</b>	<b>3682</b>		M40	166	02:47:41	<b>05:24:41.70</b>	<b>05:26:20.20</b>	+02:44:51 (50.5%)	11:35	5.2 (50.0%)
167	<b>ŁASKI Radosław</b>	<b>3552</b>	DRADURA & FOURTRISQUAD	M40	167	02:39:23	<b>05:32:02.70</b>	<b>05:32:12.30</b>	+02:50:43 (51.4%)	11:51	5.1 (49.0%)
168	<b>KACZKIEWICZ Damian</b>	<b>3519</b>	NIGHT RUNNERS GLIWICE	M40	168	02:52:03	<b>05:31:10.15</b>	<b>05:32:45.00</b>	+02:51:16 (51.5%)	11:49	5.1 (49.0%)
169	<b>PRYSZCZ Mirosław</b>	<b>3610</b>		M40	169	02:52:01	<b>05:31:10.30</b>	<b>05:32:45.55</b>	+02:51:16 (51.5%)	11:49	5.1 (49.0%)
170	<b>JEŻEWSKI Adam</b>	<b>3685</b>	ETISOFT RUNNING TEAM	M40	170	02:48:58	<b>05:34:52.25</b>	<b>05:35:01.45</b>	+02:53:32 (51.8%)	11:57	5 (48.1%)
171	<b>OSIŃSKI Maciej</b>	<b>3216</b>		M40	171	02:47:06	<b>05:35:47.75</b>	<b>05:36:19.25</b>	+02:54:50 (52.0%)	11:59	5 (48.1%)
172	<b>ŚWIERKOWSKI Piotr</b>	<b>3403</b>		M40	172	02:31:01	<b>05:40:35.50</b>	<b>05:41:19.55</b>	+02:59:50 (52.7%)	12:09	4.9 (47.1%)
173	<b>KĘSICKI Rafał</b>	<b>3327</b>		M40	173	02:51:26	<b>05:45:13.05</b>	<b>05:46:47.65</b>	+03:05:19 (53.4%)	12:19	4.9 (47.1%)
174	<b>KOZIEŁ Marcin</b>	<b>3533</b>	KOPER	M40	174	02:57:05	<b>05:47:43.20</b>	<b>05:48:26.70</b>	+03:06:58 (53.7%)	12:25	4.8 (46.2%)
175	<b>HERMAN Paweł</b>	<b>21</b>	MLUKS TRZEBIATÓW	M40	175	02:47:58	<b>05:55:04.95</b>	<b>05:55:55.95</b>	+03:14:27 (54.6%)	12:40	4.7 (45.2%)
176	<b>RADECKI Wojciech</b>	<b>3505</b>	DZIKI Z CYTADELI	M40	176	02:57:59	<b>06:08:02.65</b>	<b>06:09:44.20</b>	+03:28:15 (56.3%)	13:08	4.6 (44.2%)
177	<b>BOGUSZ Piotr</b>	<b>3078</b>		M40	177	02:49:49	<b>06:09:32.55</b>	<b>06:10:13.30</b>	+03:28:44 (56.4%)	13:11	4.5 (43.3%)
178	<b>PĘDZIMAŻ Marcin</b>	<b>3116</b>		M40	178	02:55:48	<b>06:20:17.25</b>	<b>06:21:46.10</b>	+03:40:17 (57.7%)	13:34	4.4 (42.3%)
179	<b>NOWAK Maciej</b>	<b>3676</b>	SPEED FEET 16	M40	179	03:09:16	<b>06:28:09.50</b>	<b>06:29:47.60</b>	+03:48:18 (58.6%)	13:51	4.3 (41.3%)
180	<b>WILK Rafał</b>	<b>3183</b>	SEKCJA PIASKI	M40	180	03:12:51	<b>06:50:41.30</b>	<b>06:51:36.40</b>	+04:10:07 (60.8%)	14:40	4.1 (39.4%)
181	<b>TWARDOWSKI Tomasz</b>	<b>3076</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	181	03:41:38	<b>07:18:32.70</b>	<b>07:19:38.25</b>	+04:38:09 (63.3%)	15:39	3.8 (36.5%)
182	<b>PŁĄŻEWSKI Paweł</b>	<b>3713</b>		M40	182	03:08:30	<b>07:23:19.10</b>	<b>07:24:19.45</b>	+04:42:50 (63.7%)	15:49	3.8 (36.5%)
183	<b>PRZYBYLIŃSKI Cezary</b>	<b>3005</b>	RUNEGADES BRWINÓW	M40	183	03:45:07	<b>07:23:17.35</b>	<b>07:24:19.50</b>	+04:42:50 (63.7%)	15:49	3.8 (36.5%)
	<b>REY Andrzej</b>	<b>3301</b>	REYRUNNINGTEAM	M40		DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 184 wynik(ów)