



# XIII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

**Event:** X FESTIWAL BIEGU RZEŹNIKA  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2024-06-01  
**Place:** Cisna  
**Distance:** 28 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
1	<b>MATUSZNY Marek</b>	<b>4551</b>	STAŃCZAK TEAM	M20	1	01:16:15	<b>02:16:34.80</b>	<b>02:16:37.30</b>		4:52	12.3 (100%)
2	<b>GABRYŚ Rafał</b>	<b>4530</b>	STAŃCZAK TEAM	M30	1	01:16:10	<b>02:18:34.20</b>	<b>02:18:37.75</b>	+00:02:00 (1.4%)	4:56	12.1 (98.4%)
3	<b>ELANTKOWSKI Jan</b>	<b>4039</b>	TKN TATRA TEAM / DYNAFIT	M20	2	01:16:44	<b>02:19:25.85</b>	<b>02:19:28.35</b>	+00:02:51 (2.0%)	4:58	12.1 (98.4%)
4	<b>WERNER Kamil</b>	<b>4190</b>		M40	1	01:16:14	<b>02:21:32.60</b>	<b>02:21:35.35</b>	+00:04:58 (3.5%)	5:03	11.9 (96.7%)
5	<b>SZEWC Jonasz</b>	<b>4390</b>	MOCNA GRUPA CEZARA	M20	3	01:17:40	<b>02:22:32.75</b>	<b>02:22:36.00</b>	+00:05:58 (4.2%)	5:05	11.8 (95.9%)
6	<b>JACHYMIAK Robert</b>	<b>4393</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	2	01:17:19	<b>02:23:31.05</b>	<b>02:23:33.05</b>	+00:06:55 (4.8%)	5:07	11.7 (95.1%)
7	<b>PERZ Krzysztof</b>	<b>4443</b>		M30	2	01:17:01	<b>02:24:44.65</b>	<b>02:24:46.70</b>	+00:08:09 (5.6%)	5:10	11.6 (94.3%)
8	<b>SIKOŃCZYK Miłosz</b>	<b>4636</b>	ALPIN SPORT TEAM	M30	3	01:23:14	<b>02:29:07.45</b>	<b>02:29:09.80</b>	+00:12:32 (8.4%)	5:19	11.3 (91.9%)
9	<b>RUPIŃSKI Krzysztof</b>	<b>4655</b>		M30	4	01:19:38	<b>02:29:14.35</b>	<b>02:29:16.95</b>	+00:12:39 (8.5%)	5:19	11.3 (91.9%)
10	<b>KNAPIK Sebastian</b>	<b>4178</b>		M30	5	01:21:09	<b>02:30:54.80</b>	<b>02:30:56.95</b>	+00:14:19 (9.5%)	5:23	11.1 (90.2%)
11	<b>PITUCH Grzegorz</b>	<b>4665</b>	STAŃCZAK TEAM	M40	3	01:21:18	<b>02:32:53.70</b>	<b>02:32:56.70</b>	+00:16:19 (10.7%)	5:27	11 (89.4%)
12	<b>PRĘTNIK Sławomir</b>	<b>4637</b>		M40	4	01:23:48	<b>02:36:18.10</b>	<b>02:36:50.40</b>	+00:20:13 (12.9%)	5:34	10.7 (87.0%)
13	<b>BIELIŃSKI Maciek</b>	<b>4576</b>		M30	6	01:25:18	<b>02:37:20.50</b>	<b>02:37:24.55</b>	+00:20:47 (13.2%)	5:37	10.7 (87.0%)
14	<b>IWANICKI Michał</b>	<b>4602</b>	ACCELERATING POLAND	M40	5		<b>02:40:58.00</b>	<b>02:40:58.00</b>	+00:24:20 (15.1%)	5:44	10.4 (84.6%)
15	<b>WĘGLIŃSKI Mikołaj</b>	<b>4683</b>		M30	7	01:27:26	<b>02:40:48.90</b>	<b>02:41:02.85</b>	+00:24:25 (15.2%)	5:44	10.4 (84.6%)
16	<b>MASTERNAK Mariusz</b>	<b>4260</b>	ANNA HALSKA COACHING	M30	8	01:25:30	<b>02:43:14.75</b>	<b>02:43:19.65</b>	+00:26:42 (16.4%)	5:49	10.3 (83.7%)
17	<b>WOJNAROWICZ Paweł</b>	<b>4448</b>		M30	9	01:29:32	<b>02:43:19.80</b>	<b>02:43:23.85</b>	+00:26:46 (16.4%)	5:49	10.3 (83.7%)
18	<b>SKAWIŃSKI Tomasz</b>	<b>4625</b>	GOPR BIESZCZADY	M40	6	01:30:31	<b>02:43:58.80</b>	<b>02:44:01.60</b>	+00:27:24 (16.7%)	5:51	10.2 (82.9%)
19	<b>HEJNAR Jakub</b>	<b>4212</b>		M40	7	01:28:59	<b>02:46:23.25</b>	<b>02:46:26.30</b>	+00:29:49 (17.9%)	5:56	10.1 (82.1%)
20	<b>GABRYCH Arkadiusz</b>	<b>4135</b>	WIHA RUNNER	M40	8	01:29:28	<b>02:46:52.75</b>	<b>02:46:59.05</b>	+00:30:21 (18.2%)	5:57	10.1 (82.1%)
21	<b>WER Grzegorz</b>	<b>4597</b>	TOMICA COACHING	M30	10	01:31:16	<b>02:50:48.10</b>	<b>02:50:53.25</b>	+00:34:15 (20.1%)	6:06	9.8 (79.7%)
22	<b>GOLEC Ireneusz</b>	<b>4071</b>	VEGE RUNNERS / RUCH IZBICA	M30	11	01:31:38	<b>02:51:15.15</b>	<b>02:51:18.60</b>	+00:34:41 (20.2%)	6:06	9.8 (79.7%)
23	<b>CIOCH Cezary</b>	<b>4685</b>	KALLIPSO RUNNERS TEAM	M40	9	01:30:53	<b>02:51:29.10</b>	<b>02:51:33.85</b>	+00:34:56 (20.4%)	6:07	9.8 (79.7%)
24	<b>GOŁASZEWSKI Łukasz</b>	<b>4583</b>	KARL STORZ POLSKA SP. Z O.O.	M40	10	01:34:51	<b>02:51:24.15</b>	<b>02:52:22.90</b>	+00:35:45 (20.7%)	6:07	9.8 (79.7%)
25	<b>DYŚ Paweł</b>	<b>4220</b>		M40	11	01:31:28	<b>02:53:15.15</b>	<b>02:53:18.10</b>	+00:36:40 (21.2%)	6:11	9.7 (78.9%)
26	<b>STRZĘPEK Dariusz</b>	<b>4218</b>	PRZYJACIELE PUT - POGÓRZE ULTRA TRAIL	M30	12	01:35:28	<b>02:53:31.45</b>	<b>02:53:36.50</b>	+00:36:59 (21.3%)	6:11	9.7 (78.9%)
27	<b>PADUSIŃSKI Paweł</b>	<b>4591</b>	LEMIESZ TEAM	M40	12	01:30:55	<b>02:54:36.60</b>	<b>02:54:39.10</b>	+00:38:01 (21.8%)	6:14	9.6 (78.0%)
28	<b>PAJĄK Alan</b>	<b>4459</b>	ZIELONA MANUFAKTURA	M30	13	01:36:26	<b>02:54:41.20</b>	<b>02:54:55.65</b>	+00:38:18 (21.9%)	6:14	9.6 (78.0%)
29	<b>KAŹMIERCZAK Piotr</b>	<b>4210</b>	WITKOWO BIEGA	M40	13	01:34:07	<b>02:56:43.20</b>	<b>02:56:45.40</b>	+00:40:08 (22.7%)	6:18	9.5 (77.2%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
30	<b>TOMKIEWICZ Łukasz</b>	<b>4508</b>		M30	14	01:34:22	<b>02:58:28.00</b>	<b>02:58:36.80</b>	+00:41:59 (23.5%)	6:22	9.4 (76.4%)
31	<b>KALINOWSKI Mikołaj</b>	<b>4119</b>		M30	15	01:41:22	<b>02:59:13.25</b>	<b>02:59:23.00</b>	+00:42:45 (23.8%)	6:24	9.4 (76.4%)
32	<b>KŁOS Łukasz</b>	<b>4018</b>	ASICS FRONTRUNNER POLAND	M40	14	01:31:51	<b>02:59:20.00</b>	<b>02:59:23.85</b>	+00:42:46 (23.8%)	6:24	9.4 (76.4%)
33	<b>KRZEMIŃSKI Marcin</b>	<b>4292</b>		M40	15	01:35:34	<b>02:59:54.25</b>	<b>02:59:58.15</b>	+00:43:20 (24.1%)	6:25	9.3 (75.6%)
34	<b>SZCZYGIĘŁ Łukasz</b>	<b>4631</b>		M30	16	01:35:37	<b>03:00:00.45</b>	<b>03:00:06.20</b>	+00:43:28 (24.1%)	6:25	9.3 (75.6%)
35	<b>GALEWSKI Adrian</b>	<b>4422</b>	AW - SZYBCIEJ - TEAM	M30	17	01:38:41	<b>03:00:13.00</b>	<b>03:00:13.00</b>	+00:43:35 (24.2%)	6:26	9.3 (75.6%)
36	<b>PISKADŁO Jacek</b>	<b>4336</b>	NOWY STYL RUNNING TEAM	M30	18	01:35:16	<b>03:00:14.70</b>	<b>03:00:18.15</b>	+00:43:40 (24.2%)	6:26	9.3 (75.6%)
37	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>4367</b>	ROCKY BALBOA	M40	16	01:37:48	<b>03:00:40.05</b>	<b>03:00:40.05</b>	+00:44:02 (24.4%)	6:27	9.3 (75.6%)
38	<b>STERKOWICZ Łukasz</b>	<b>4567</b>		M40	17	01:38:18	<b>03:01:24.25</b>	<b>03:01:24.25</b>	+00:44:46 (24.7%)	6:28	9.3 (75.6%)
39	<b>THIER Dominik</b>	<b>4600</b>	TATACAMP / KS KANDAHAR	M40	18	01:37:48	<b>03:02:05.90</b>	<b>03:02:12.20</b>	+00:45:34 (25.0%)	6:30	9.2 (74.8%)
40	<b>BEGIER Dominik</b>	<b>4517</b>	KP PSP SŁUBICE	M30	19	01:34:40	<b>03:02:10.35</b>	<b>03:02:15.00</b>	+00:45:37 (25.0%)	6:30	9.2 (74.8%)
41	<b>PELA Tomasz</b>	<b>4679</b>	ÓSEMKA TORUŃ	M20	4	01:36:29	<b>03:02:46.55</b>	<b>03:03:17.50</b>	+00:46:40 (25.5%)	6:31	9.2 (74.8%)
42	<b>ZUBEK Józef</b>	<b>4467</b>		M40	19	01:37:21	<b>03:07:25.45</b>	<b>03:07:33.45</b>	+00:50:56 (27.2%)	6:41	9 (73.2%)
43	<b>STEPANIUK Adam</b>	<b>4372</b>	BIEGAMY DZISIAJ?	M50	1	01:43:40	<b>03:07:37.10</b>	<b>03:08:13.35</b>	+00:51:36 (27.4%)	6:42	9 (73.2%)
44	<b>POŻAROWSZCZYK Adam</b>	<b>4554</b>		M30	20	01:39:10	<b>03:08:42.65</b>	<b>03:08:49.55</b>	+00:52:12 (27.6%)	6:44	8.9 (72.4%)
45	<b>FRYC Rafał</b>	<b>4116</b>	#GRAZKAPARSON	M30	21	01:41:24	<b>03:09:41.60</b>	<b>03:09:51.00</b>	+00:53:13 (28.0%)	6:46	8.9 (72.4%)
46	<b>CICHOSZ Krzysztof</b>	<b>4072</b>	RUCH IZBICA/RONIN	M40	20	01:39:35	<b>03:09:57.30</b>	<b>03:10:12.15</b>	+00:53:34 (28.2%)	6:47	8.8 (71.5%)
47	<b>KUNKEL Mariusz</b>	<b>4491</b>	SMARUJ NA TRENING	M40	21	01:38:47	<b>03:09:54.35</b>	<b>03:10:14.70</b>	+00:53:37 (28.2%)	6:46	8.8 (71.5%)
48	<b>GADZIŃSKI Marcin</b>	<b>4542</b>		M30	22	01:43:57	<b>03:10:12.60</b>	<b>03:10:16.20</b>	+00:53:38 (28.2%)	6:47	8.8 (71.5%)
49	<b>NOWIŃSKI Andrzej</b>	<b>4613</b>		M30	23	01:41:24	<b>03:10:09.80</b>	<b>03:10:18.60</b>	+00:53:41 (28.2%)	6:47	8.8 (71.5%)
50	<b>RAJKOWSKI Tomasz</b>	<b>4598</b>	WIDZEW FC EIRE DIVISION	M40	22	01:44:00	<b>03:10:14.00</b>	<b>03:10:50.95</b>	+00:54:13 (28.4%)	6:47	8.8 (71.5%)
51	<b>BAR Maciej</b>	<b>4400</b>		M30	24	01:43:08	<b>03:10:42.80</b>	<b>03:10:58.45</b>	+00:54:21 (28.5%)	6:48	8.8 (71.5%)
52	<b>MISIAK Michał</b>	<b>4606</b>		M20	5	01:46:46	<b>03:11:18.20</b>	<b>03:11:22.75</b>	+00:54:45 (28.6%)	6:49	8.8 (71.5%)
53	<b>KIEPEL Mateusz</b>	<b>4580</b>		M30	25	01:41:28	<b>03:12:16.10</b>	<b>03:12:26.80</b>	+00:55:49 (29.0%)	6:52	8.7 (70.7%)
54	<b>GRZYBEK Antoni</b>	<b>4259</b>		M50	2	01:43:11	<b>03:12:30.85</b>	<b>03:12:42.95</b>	+00:56:05 (29.1%)	6:52	8.7 (70.7%)
55	<b>KOBIĄŁKA Łukasz</b>	<b>4493</b>	MY ENDURANCE COACHING	M40	23	01:41:28	<b>03:13:40.20</b>	<b>03:13:40.20</b>	+00:57:02 (29.5%)	6:55	8.7 (70.7%)
56	<b>GĘBALA Dariusz</b>	<b>7035</b>	BESKID GODZISZKA	M30	26	01:45:44	<b>03:13:56.30</b>	<b>03:14:02.60</b>	+00:57:25 (29.6%)	6:55	8.7 (70.7%)
57	<b>STRZELECKI Michał</b>	<b>4360</b>	SMASHING PĄPKINS	M40	24	01:44:07	<b>03:14:43.50</b>	<b>03:14:50.75</b>	+00:58:13 (29.9%)	6:57	8.6 (69.9%)
58	<b>KOWALSKI Sylwester</b>	<b>4229</b>	BRAK	M40	25	01:42:39	<b>03:14:53.40</b>	<b>03:14:59.15</b>	+00:58:21 (29.9%)	6:57	8.6 (69.9%)
59	<b>BEDNAREK Piotr</b>	<b>4032</b>		M30	27	01:36:31	<b>03:15:36.00</b>	<b>03:15:45.35</b>	+00:59:08 (30.2%)	6:59	8.6 (69.9%)
60	<b>SMACZNY Bartłomiej</b>	<b>4550</b>		M30	28	01:42:29	<b>03:14:54.75</b>	<b>03:15:51.50</b>	+00:59:14 (30.2%)	6:57	8.6 (69.9%)
61	<b>HAMKALO Dawid</b>	<b>4510</b>	HOST WROCŁAW	M40	26		<b>03:15:29.40</b>	<b>03:15:52.40</b>	+00:59:15 (30.2%)	6:58	8.6 (69.9%)
62	<b>TOMASZEWSKI Łukasz</b>	<b>4001</b>	IM INSPIRATION	M30	29	01:40:29	<b>03:16:31.45</b>	<b>03:16:35.75</b>	+00:59:58 (30.5%)	7:01	8.5 (69.1%)
63	<b>PAČKO Michał</b>	<b>4185</b>		M30	30	01:50:20	<b>03:17:32.60</b>	<b>03:18:05.20</b>	+01:01:27 (31.0%)	7:03	8.5 (69.1%)
64	<b>MOTYL Michał</b>	<b>4228</b>		M30	31	01:44:16	<b>03:18:37.55</b>	<b>03:18:52.55</b>	+01:02:15 (31.3%)	7:05	8.5 (69.1%)
65	<b>LANGNER Tomasz</b>	<b>4042</b>		M20	6	01:50:13	<b>03:18:33.40</b>	<b>03:19:14.85</b>	+01:02:37 (31.4%)	7:05	8.5 (69.1%)
66	<b>BURDA Marcin</b>	<b>4316</b>		M30	32	01:53:26	<b>03:18:35.60</b>	<b>03:19:18.30</b>	+01:02:41 (31.5%)	7:05	8.5 (69.1%)
67	<b>SOSNOWSKI Rafał</b>	<b>4604</b>	MUSZAKI	M40	27	01:44:08	<b>03:18:59.25</b>	<b>03:19:26.05</b>	+01:02:48 (31.5%)	7:06	8.4 (68.3%)
68	<b>STASZCZYK Michał</b>	<b>4552</b>	BKB CZARNA PERŁA	M40	28	01:47:11	<b>03:19:57.70</b>	<b>03:20:08.05</b>	+01:03:30 (31.7%)	7:08	8.4 (68.3%)
69	<b>DYDEK Kamil</b>	<b>7001</b>	ZDANOWSKITEAM	M30	33	01:46:22	<b>03:20:34.25</b>	<b>03:20:39.75</b>	+01:04:02 (31.9%)	7:09	8.4 (68.3%)
70	<b>PÓŁTORAK Dariusz</b>	<b>4351</b>	PRZEWORSKA GRUPA BIEGOWA	M40	29	01:44:34	<b>03:20:47.50</b>	<b>03:20:47.50</b>	+01:04:10 (32.0%)	7:10	8.4 (68.3%)
71	<b>KOT Dawid</b>	<b>4496</b>		M30	34	01:45:36	<b>03:20:43.95</b>	<b>03:20:55.30</b>	+01:04:18 (32.0%)	7:10	8.4 (68.3%)
72	<b>CIEŚLA Krzysztof</b>	<b>4497</b>		M40	30	01:45:36	<b>03:20:45.20</b>	<b>03:20:56.50</b>	+01:04:19 (32.0%)	7:10	8.4 (68.3%)
73	<b>KWAŚNY Janusz</b>	<b>4142</b>		M50	3	01:45:45	<b>03:20:49.50</b>	<b>03:21:02.35</b>	+01:04:25 (32.0%)	7:10	8.4 (68.3%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
74	FILIPEK Wojciech	4452	OPTIM TRAVEL	M50	4	01:47:33	03:20:00.05	03:21:08.75	+01:04:31 (32.1%)	7:08	8.4 (68.3%)
75	NIEDŹWIEDŹ Tomasz	4539		M40	31	01:49:44	03:21:48.15	03:22:09.30	+01:05:32 (32.4%)	7:12	8.3 (67.5%)
76	JADWIŃSKI Wojciech	4478	KS KANAŁEK /NBRC	M40	32	01:46:05	03:23:44.00	03:23:56.45	+01:07:19 (33.0%)	7:16	8.2 (66.7%)
77	TAJAK Tomasz	4605		M50	5	01:48:55	03:23:38.20	03:24:30.85	+01:07:53 (33.2%)	7:16	8.3 (67.5%)
78	JEŹEWSKI Sławomir	4593	KŁANIAM SIĘ MECIE	M50	6	01:50:04	03:24:22.90	03:24:40.05	+01:08:02 (33.2%)	7:17	8.2 (66.7%)
79	KACPERSKI Olaf	4561		M50	7	01:51:42	03:24:35.80	03:25:14.25	+01:08:36 (33.4%)	7:18	8.2 (66.7%)
80	PURGAL Tomasz	4391	SAINT-GOBAIN SQUAD	M40	33	01:49:35	03:24:38.00	03:25:16.85	+01:08:39 (33.4%)	7:18	8.2 (66.7%)
81	TRYBUS Sylwester	4356	NOWY STYL RUNNING TEAM	M20	7	01:47:05	03:25:00.50	03:25:20.75	+01:08:43 (33.5%)	7:19	8.2 (66.7%)
82	MARCHEWICZ Marek	4442		M30	35	01:43:21	03:25:06.25	03:25:21.70	+01:08:44 (33.5%)	7:19	8.2 (66.7%)
83	KUŚ Łukasz	4358		M30	36	01:43:41	03:25:22.85	03:25:54.60	+01:09:17 (33.6%)	7:20	8.2 (66.7%)
84	GAJ Grzegorz	7020		M40	34	01:54:45	03:25:59.00	03:26:09.55	+01:09:32 (33.7%)	7:21	8.2 (66.7%)
85	CYTAWA Adrian	4427	FIZJO-SPORT ŁĘCZNA 19BZ	M30	37	01:48:01	03:26:10.30	03:26:22.60	+01:09:45 (33.8%)	7:21	8.1 (65.9%)
86	GAJ Andrzej	4092		M50	8	01:48:07	03:26:20.90	03:26:35.75	+01:09:58 (33.9%)	7:22	8.1 (65.9%)
87	KULAS Łukasz	4618	SOLO LECĘ	M40	35	01:53:46	03:26:10.70	03:26:36.55	+01:09:59 (33.9%)	7:21	8.1 (65.9%)
88	LASEK Leszek	4701		M50	9	01:50:14	03:26:53.55	03:26:59.90	+01:10:22 (34.0%)	7:23	8.1 (65.9%)
89	SOCHA Norbert	4684		M40	36	01:50:12	03:26:54.65	03:27:00.70	+01:10:23 (34.0%)	7:23	8.1 (65.9%)
90	FIJOŁEK Tomek	4123	FIZJOTRAIL HD	M30	38	01:50:51	03:26:57.70	03:27:02.55	+01:10:25 (34.0%)	7:23	8.1 (65.9%)
91	PRABUCKI Krzysztof	4265	WITKOWO BIEGA	M40	37	01:50:49	03:26:49.75	03:27:43.45	+01:11:06 (34.2%)	7:23	8.1 (65.9%)
92	KOPPLINGER Grzegorz	4282	ASSECO ACTIVE TEAM	M50	10	01:49:07	03:28:11.05	03:28:12.75	+01:11:35 (34.4%)	7:26	8.1 (65.9%)
93	PODOLSKI Marek	4365	AGRC	M40	38	01:55:15	03:27:16.60	03:28:14.75	+01:11:37 (34.4%)	7:24	8.1 (65.9%)
94	ASŁANOWICZ Marcin	4323	ŻÓRAWSKI TEAM	M40	39	01:51:28	03:28:34.20	03:28:41.40	+01:12:04 (34.5%)	7:26	8.1 (65.9%)
95	JAWORSKI Piotr	4546		M40	40	01:48:59	03:29:53.95	03:30:00.85	+01:13:23 (34.9%)	7:29	8 (65.0%)
96	CZWAŁ Cezary	4486		M20	8	01:54:45	03:30:07.95	03:31:01.95	+01:14:24 (35.3%)	7:30	8 (65.0%)
97	SZYMKIEWICZ Robert	4426	MIEDZYRZECKIE GAZELE	M50	11	01:54:37	03:31:30.50	03:31:34.05	+01:14:56 (35.4%)	7:33	7.9 (64.2%)
98	GAJEWIAK Adam	4436	WENET RUNNERS TEAM	M50	12	01:56:08	03:32:22.75	03:32:33.30	+01:15:56 (35.7%)	7:35	7.9 (64.2%)
99	FILAR Tomasz	4560	KARL STORZ POLSKA	M50	13	01:53:20	03:32:15.95	03:33:15.15	+01:16:37 (35.9%)	7:34	7.9 (64.2%)
100	MATYJA Rafał	4526	LESZNO LIMITS RUNNERS	M30	39	02:01:19	03:33:09.50	03:33:44.90	+01:17:07 (36.1%)	7:36	7.9 (64.2%)
101	SKIRŁO Marcin	4202		M20	9	01:56:52	03:33:33.15	03:34:37.45	+01:18:00 (36.3%)	7:37	7.9 (64.2%)
102	DOLCZEWSKI Dariusz	4291	BAT NAPRZÓD MŁOCINY	M40	41	01:58:54	03:34:26.55	03:34:46.60	+01:18:09 (36.4%)	7:39	7.8 (63.4%)
103	DYBOWSKI Piotr	7009	1ON1 TEAM	M40	42	01:59:41	03:35:25.05	03:36:06.10	+01:19:28 (36.8%)	7:41	7.8 (63.4%)
104	MIGDAŁ Karol	4495	GALICJA BIEGA	M40	43	01:58:31	03:35:24.80	03:36:08.85	+01:19:31 (36.8%)	7:41	7.8 (63.4%)
105	PUCHACZ Piotr	4634		M50	14	01:59:04	03:36:07.70	03:36:12.15	+01:19:34 (36.8%)	7:43	7.8 (63.4%)
106	SKULIMOWSKI Krzysztof	4463		M60	1	02:00:22	03:35:38.05	03:36:12.20	+01:19:34 (36.8%)	7:42	7.8 (63.4%)
107	POKROPEK Jakub	4469		M20	10		03:36:11.20	03:36:54.00	+01:20:16 (37.0%)	7:43	7.8 (63.4%)
108	PIASZCZYŃSKI Maciej	4690	NEKORENTALCREW	M30	40	02:04:39	03:35:28.95	03:37:08.85	+01:20:31 (37.1%)	7:41	7.8 (63.4%)
109	WOŹNIAK Janusz	4129	PORMAT JEDLICZE BIEGA	M60	2	01:57:09	03:37:03.15	03:37:24.00	+01:20:46 (37.2%)	7:45	7.7 (62.6%)
110	CAŁA Michał	4504	KLUB JEŹDZIECKI DERA	M40	44	01:51:36	03:37:32.60	03:37:38.15	+01:21:00 (37.2%)	7:46	7.7 (62.6%)
111	PEPŁOŃSKI Łukasz	4457		M40	45	02:06:08	03:36:56.45	03:38:00.55	+01:21:23 (37.3%)	7:44	7.7 (62.6%)
112	WIEWIÓRKA Piotr	4108	SĄSIEDZI	M50	15	01:59:21	03:38:01.80	03:38:56.60	+01:22:19 (37.6%)	7:47	7.7 (62.6%)
113	WESOŁOWSKI Piotr	4310	WSTAWAJ I WALCZ	M40	46	01:59:44	03:37:42.85	03:39:09.55	+01:22:32 (37.7%)	7:46	7.7 (62.6%)
114	KORNEK Łukasz	4458		M40	47	01:55:00	03:39:13.70	03:39:26.45	+01:22:49 (37.7%)	7:49	7.7 (62.6%)
115	SOLIŃSKI Krzysztof	4479		M20	11	02:01:46	03:39:36.60	03:40:11.55	+01:23:34 (38.0%)	7:50	7.7 (62.6%)
116	STYŁA-STYLIŃSKI Norbert	4296	TWOJA STARA	M40	48	01:53:30	03:39:56.50	03:40:36.40	+01:23:59 (38.1%)	7:51	7.6 (61.8%)
117	OLSZAK Zenon	4635	META NADARZYN	M60	3	01:58:00	03:40:29.55	03:40:37.20	+01:23:59 (38.1%)	7:52	7.6 (61.8%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
118	WÓJKOWSKI Tomasz	4612		M40	49	01:55:33	03:40:13.75	03:40:41.45	+01:24:04 (38.1%)	7:51	7.6 (61.8%)
119	CYRAN Wojtek	4577		M30	41	02:01:59	03:41:18.60	03:41:49.15	+01:25:11 (38.4%)	7:54	7.6 (61.8%)
120	RONDUDA Jakub	4273	DZIEK	M30	42	01:52:43	03:41:05.90	03:41:51.35	+01:25:14 (38.4%)	7:53	7.6 (61.8%)
121	RABCZEWSKI Andrzej	4418	MKS MECHANIK WŁODAWA	M50	16	02:00:38	03:42:10.80	03:42:35.50	+01:25:58 (38.6%)	7:56	7.6 (61.8%)
122	ADASZEK Łukasz	4650		M40	50	01:58:30	03:41:38.95	03:42:38.65	+01:26:01 (38.6%)	7:54	7.6 (61.8%)
123	PAWLIK Mateusz	4371		M20	12	01:57:18	03:42:16.50	03:42:41.75	+01:26:04 (38.7%)	7:56	7.6 (61.8%)
124	SKWARSKI Piotr	4368		M20	13	01:57:18	03:42:17.30	03:42:42.05	+01:26:04 (38.7%)	7:56	7.6 (61.8%)
125	KOŁODZIEJCZYK Marcin	4133		M40	51	01:56:06	03:42:41.05	03:42:52.40	+01:26:15 (38.7%)	7:57	7.5 (61.0%)
126	MEYER Marcin	4280		M40	52	02:04:39	03:42:21.55	03:43:17.10	+01:26:39 (38.8%)	7:56	7.6 (61.8%)
127	SZYMAJDA Adam	4340		M40	53	01:58:13	03:43:00.05	03:43:18.15	+01:26:40 (38.8%)	7:57	7.5 (61.0%)
128	JESKE Marek	4124	RUN BYDGOSZCZ	M50	17	01:55:11	03:43:16.00	03:43:21.70	+01:26:44 (38.8%)	7:58	7.5 (61.0%)
129	GABRYCH Łukasz	4321	SAINT-GOBAIN SQUAD	M40	54	02:00:04	03:43:51.70	03:43:59.10	+01:27:21 (39.0%)	7:59	7.5 (61.0%)
130	POŻAROWSKI Paweł	4466		M30	43	02:04:19	03:43:54.55	03:44:05.45	+01:27:28 (39.0%)	7:59	7.5 (61.0%)
131	IMIOŁCZYK Tomasz	4511	KOMANDOS	M40	55	01:59:29	03:43:42.85	03:44:15.15	+01:27:37 (39.1%)	7:59	7.5 (61.0%)
132	KASZUBA Jacek	4319		M50	18	02:00:06	03:44:21.10	03:44:43.05	+01:28:05 (39.2%)	8:00	7.5 (61.0%)
133	SOLARSKI Robert	4303		M50	19	01:57:28	03:44:51.80	03:44:55.35	+01:28:18 (39.3%)	8:01	7.5 (61.0%)
134	HOŁOWNIA Bartłomiej	4287	SOP POS	M30	44	01:55:49	03:44:33.90	03:44:58.75	+01:28:21 (39.3%)	8:01	7.5 (61.0%)
135	TABAK Adrian	4286		M30	45	01:55:47	03:44:33.60	03:44:59.00	+01:28:21 (39.3%)	8:01	7.5 (61.0%)
136	STUDNICKI Paweł	4140		M30	46	02:02:48	03:44:51.45	03:45:00.55	+01:28:23 (39.3%)	8:01	7.5 (61.0%)
137	STAŚKOWIAK Rafał	4263	BRACTWO BIEGOWE BGK	M30	47	02:09:23	03:44:26.25	03:45:00.85	+01:28:23 (39.3%)	8:00	7.5 (61.0%)
138	ROSZCZYPAŁA Bartłomiej	4424	SII RUNNING TEAM	M30	48	02:02:49	03:44:46.05	03:45:07.80	+01:28:30 (39.3%)	8:01	7.5 (61.0%)
139	PORĘBSKI Michał	4085		M30	49	01:57:31	03:44:50.35	03:45:08.75	+01:28:31 (39.3%)	8:01	7.5 (61.0%)
140	SOLAN Radosław	4388		M50	20	01:56:06	03:45:18.05	03:45:28.30	+01:28:51 (39.4%)	8:02	7.5 (61.0%)
141	KACZMAREK Tomasz	4221	WITKOWO BIEGA	M40	56	01:57:11	03:44:52.70	03:45:46.40	+01:29:09 (39.5%)	8:01	7.5 (61.0%)
142	WALASZEK Kamil	4533	FOXTROT	M30	50	01:56:05	03:45:36.60	03:45:58.00	+01:29:20 (39.5%)	8:03	7.4 (60.2%)
143	ZELGA Szymon	4346		M20	14	02:04:42	03:44:41.70	03:46:01.85	+01:29:24 (39.6%)	8:01	7.5 (61.0%)
144	MROŻEK Michał	4455	SUŁTANI FITNESSU	M40	57	01:57:20	03:45:39.85	03:46:05.10	+01:29:27 (39.6%)	8:03	7.4 (60.2%)
145	MAREK Jarosław	4523	MEGABUD	M40	58		03:45:56.00	03:46:17.75	+01:29:40 (39.6%)	8:04	7.4 (60.2%)
146	JAKUBIAK Krzysztof	4053		M30	51	02:00:03	03:45:34.00	03:46:32.10	+01:29:54 (39.7%)	8:03	7.4 (60.2%)
147	KAMUDA Daniel	4529		M50	21	01:56:15	03:46:35.85	03:46:40.45	+01:30:03 (39.7%)	8:05	7.4 (60.2%)
148	BAK Mateusz	4585		M30	52	01:47:20	03:46:30.95	03:46:52.10	+01:30:14 (39.8%)	8:05	7.4 (60.2%)
149	MAKOWSKI Tomasz	4107		M50	22	02:00:12	03:46:04.25	03:47:00.60	+01:30:23 (39.8%)	8:04	7.4 (60.2%)
150	TEODOREK Marcelli	4664	ORANGE POLSKA	M40	59	02:04:46	03:46:55.10	03:47:06.65	+01:30:29 (39.8%)	8:06	7.4 (60.2%)
151	BOŻĘTKA Waldemar	4334	NOWY STYL RUNNING TEAM	M40	60	01:45:35	03:47:13.25	03:47:22.00	+01:30:44 (39.9%)	8:06	7.4 (60.2%)
152	BILSKI Dariusz	4305		M30	53	02:02:11	03:46:48.55	03:47:31.40	+01:30:54 (40.0%)	8:06	7.4 (60.2%)
153	TOMASZEK Marcin	4051		M40	61	01:57:51	03:46:10.65	03:47:37.80	+01:31:00 (40.0%)	8:04	7.4 (60.2%)
154	MAJCHRZAK Jakub	4088	FIBOO.PL	M30	54	01:56:50	03:47:27.05	03:47:47.60	+01:31:10 (40.0%)	8:07	7.4 (60.2%)
155	GWIZDOWSKI Cezary	4164		M30	55	02:02:17	03:47:05.85	03:48:28.05	+01:31:50 (40.2%)	8:06	7.4 (60.2%)
156	SZATKOWSKI Bartosz	4199	NSNP	M30	56	02:02:14	03:48:25.65	03:49:08.05	+01:32:30 (40.4%)	8:09	7.4 (60.2%)
157	BAKUN Mariusz	4254	CHEŁM	M50	23	02:01:32	03:48:33.30	03:49:10.80	+01:32:33 (40.4%)	8:09	7.4 (60.2%)
158	STANIO Arkadiusz	7026	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	62	02:09:48	03:48:31.75	03:49:43.80	+01:33:06 (40.5%)	8:09	7.4 (60.2%)
159	GÓRALCZYK Tomasz	4331		M40	63	01:58:08	03:49:40.65	03:49:47.30	+01:33:10 (40.5%)	8:12	7.3 (59.3%)
160	KOWALCZYK Rafał	7013		M40	64	02:02:47	03:49:11.35	03:49:52.35	+01:33:15 (40.6%)	8:11	7.3 (59.3%)
161	LEWCZUK Norbert	4647	EDYTA LEWANDOWSKA TEAM	M40	65	02:02:42	03:48:52.05	03:49:55.40	+01:33:18 (40.6%)	8:10	7.3 (59.3%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
162	<b>TAŃSKI Gustaw</b>	<b>4061</b>	BIEGOWE WIÓRKI	M20	15	02:03:14	<b>03:49:51.25</b>	<b>03:49:55.55</b>	+01:33:18 (40.6%)	8:12	7.3 (59.3%)
163	<b>JEDLIŃSKI Norbert</b>	<b>4646</b>	MARATOŃCZYK DĘBICA	M20	16		<b>03:48:25.65</b>	<b>03:50:00.75</b>	+01:33:23 (40.6%)	8:09	7.4 (60.2%)
164	<b>TRZECIAK Krzysztof</b>	<b>4417</b>		M40	66	01:58:20	<b>03:50:12.45</b>	<b>03:50:15.70</b>	+01:33:38 (40.7%)	8:13	7.3 (59.3%)
165	<b>WOŁOSZYN Czesław</b>	<b>4421</b>	PIZUNY ROZTOCZE WSCHODNIE	M60	4	02:12:01	<b>03:49:34.30</b>	<b>03:50:20.65</b>	+01:33:43 (40.7%)	8:11	7.3 (59.3%)
166	<b>PIETRZYCKI Sławomir</b>	<b>4127</b>		M50	24	02:01:23	<b>03:49:43.35</b>	<b>03:50:38.35</b>	+01:34:01 (40.8%)	8:12	7.3 (59.3%)
167	<b>BORSIAK Tymoteusz</b>	<b>4246</b>	WIZZDEV SPORTS TEAM	M20	17	02:06:03	<b>03:50:06.50</b>	<b>03:51:13.35</b>	+01:34:36 (40.9%)	8:13	7.3 (59.3%)
168	<b>ZIENIEWICZ Wojciech</b>	<b>4516</b>		M40	67	01:56:38	<b>03:51:40.05</b>	<b>03:51:48.55</b>	+01:35:11 (41.1%)	8:16	7.3 (59.3%)
169	<b>ULICZNY Paweł</b>	<b>4235</b>	REMBERTÓW TEAM	M50	25	02:02:01	<b>03:51:36.60</b>	<b>03:51:58.95</b>	+01:35:21 (41.1%)	8:16	7.3 (59.3%)
170	<b>NEPELSKI Krzysztof</b>	<b>4601</b>	CROSSFIT LUBLIN	M30	57	01:59:28	<b>03:51:26.55</b>	<b>03:52:17.55</b>	+01:35:40 (41.2%)	8:15	7.3 (59.3%)
171	<b>BERK Mateusz</b>	<b>4363</b>	UNILOGO RUNNING TEAM	M30	58	02:03:43	<b>03:51:34.60</b>	<b>03:52:45.85</b>	+01:36:08 (41.3%)	8:16	7.3 (59.3%)
172	<b>FORTUNA Mateusz</b>	<b>4145</b>		M30	59	02:05:31	<b>03:52:03.70</b>	<b>03:53:00.25</b>	+01:36:22 (41.4%)	8:17	7.2 (58.5%)
173	<b>WOJTOWICZ Paweł</b>	<b>4342</b>	NOWY STYL RUNNING TEAM	M30	60	02:11:09	<b>03:53:12.30</b>	<b>03:54:01.00</b>	+01:37:23 (41.6%)	8:19	7.2 (58.5%)
174	<b>SŁOWIK Mariusz</b>	<b>4079</b>	BORKOWICE TEAM	M50	26	02:06:44	<b>03:53:33.85</b>	<b>03:54:10.55</b>	+01:37:33 (41.7%)	8:20	7.2 (58.5%)
175	<b>ZARZECZNY Radosław</b>	<b>4579</b>		M30	61	02:09:29	<b>03:53:33.00</b>	<b>03:54:16.90</b>	+01:37:39 (41.7%)	8:20	7.2 (58.5%)
176	<b>PERLIŃSKI Mirosław</b>	<b>4264</b>	ASSECO ACTIVE TEAM	M40	68	02:07:51	<b>03:53:04.30</b>	<b>03:54:19.30</b>	+01:37:42 (41.7%)	8:19	7.2 (58.5%)
177	<b>SUŚLIK Robert</b>	<b>4566</b>		M40	69	02:03:02	<b>03:54:19.05</b>	<b>03:54:23.20</b>	+01:37:45 (41.7%)	8:22	7.2 (58.5%)
178	<b>SZYMAŃSKI Jakub</b>	<b>4608</b>		M30	62	02:13:22	<b>03:54:00.70</b>	<b>03:54:52.25</b>	+01:38:14 (41.8%)	8:21	7.2 (58.5%)
179	<b>RECZEK Sebastian</b>	<b>7004</b>	ULTRA SEBA	M40	70	02:12:08	<b>03:54:27.70</b>	<b>03:55:15.65</b>	+01:38:38 (41.9%)	8:22	7.2 (58.5%)
180	<b>PUCHYRSKI Piotr</b>	<b>4313</b>		M30	63	02:04:36	<b>03:54:56.45</b>	<b>03:55:54.20</b>	+01:39:16 (42.1%)	8:23	7.2 (58.5%)
181	<b>KUBACKI Marcin</b>	<b>4502</b>		M30	64	01:58:59	<b>03:54:35.95</b>	<b>03:56:02.25</b>	+01:39:24 (42.1%)	8:22	7.2 (58.5%)
182	<b>MILEWSKI Mateusz</b>	<b>7027</b>	ASSECO ACTIVE TEAM	M30	65	02:13:16	<b>03:56:30.30</b>	<b>03:56:34.05</b>	+01:39:56 (42.2%)	8:26	7.1 (57.7%)
183	<b>JARZEMBOWSKI Tomasz</b>	<b>4402</b>	WLKP MOUNTAINS ULTRA	M40	71	02:08:11	<b>03:56:42.35</b>	<b>03:57:08.90</b>	+01:40:31 (42.4%)	8:27	7.1 (57.7%)
183	<b>SOBCZAK Mikołaj</b>	<b>4401</b>	WLKP MOUNTAINS ULTRA	M40	71	02:08:12	<b>03:56:42.75</b>	<b>03:57:08.90</b>	+01:40:31 (42.4%)	8:27	7.1 (57.7%)
185	<b>BISKUPSKI Michał</b>	<b>4423</b>		M40	73	02:04:07	<b>03:57:20.45</b>	<b>03:57:23.40</b>	+01:40:46 (42.4%)	8:28	7.1 (57.7%)
186	<b>MRÓZEK Piotr</b>	<b>4582</b>	RONDO TEAM	M40	74	02:02:34	<b>03:56:48.65</b>	<b>03:57:31.70</b>	+01:40:54 (42.5%)	8:27	7.1 (57.7%)
187	<b>MYSIURA Adam</b>	<b>4308</b>	#ADAMCZERWINSKITEAM	M40	75	01:54:18	<b>03:57:59.60</b>	<b>03:58:24.45</b>	+01:41:47 (42.7%)	8:29	7.1 (57.7%)
188	<b>PIETEK Janusz</b>	<b>4137</b>		M40	76	02:02:51	<b>03:58:13.05</b>	<b>03:58:25.45</b>	+01:41:48 (42.7%)	8:30	7.1 (57.7%)
189	<b>SPORNIAK Krzysztof</b>	<b>4652</b>		M30	66	02:08:32	<b>03:57:52.45</b>	<b>03:58:29.95</b>	+01:41:52 (42.7%)	8:29	7.1 (57.7%)
190	<b>GRYCMAN Łukasz</b>	<b>4659</b>	SPARTA ULTRA TEAM	M40	77	02:04:51	<b>03:58:44.25</b>	<b>03:58:52.05</b>	+01:42:14 (42.8%)	8:31	7 (56.9%)
191	<b>RONDUDA Janusz</b>	<b>4276</b>		M50	27	02:09:13	<b>03:58:08.60</b>	<b>03:59:31.35</b>	+01:42:54 (43.0%)	8:30	7.1 (57.7%)
192	<b>MĄCZKA Paweł</b>	<b>4052</b>		M40	78	02:09:07	<b>03:58:22.45</b>	<b>03:59:50.30</b>	+01:43:13 (43.0%)	8:30	7 (56.9%)
193	<b>POGODA Adam</b>	<b>4548</b>		M40	79	02:08:34	<b>03:59:13.75</b>	<b>04:00:11.25</b>	+01:43:33 (43.1%)	8:32	7 (56.9%)
194	<b>OBIDOWSKI Łukasz</b>	<b>7040</b>	ODYNIEC TEAM	M40	80	02:15:29	<b>03:59:03.45</b>	<b>04:00:16.30</b>	+01:43:39 (43.1%)	8:32	7 (56.9%)
195	<b>KONIECZNY Przemysław</b>	<b>4160</b>	BIEGAM BO LUBIĘ	M30	67	02:19:13	<b>03:59:55.55</b>	<b>04:00:45.35</b>	+01:44:08 (43.3%)	8:34	7 (56.9%)
196	<b>DRYNKO Karol</b>	<b>4059</b>	FIZJOTERAPIAHD	M40	81	01:59:34	<b>04:00:59.35</b>	<b>04:01:04.50</b>	+01:44:27 (43.3%)	8:36	7 (56.9%)
197	<b>GAŻA Łukasz</b>	<b>4148</b>		M30	68	02:15:09	<b>04:00:08.70</b>	<b>04:01:04.60</b>	+01:44:27 (43.3%)	8:34	7 (56.9%)
198	<b>KRUSZEWSKI Filip</b>	<b>7024</b>	NOWAK.RUN	M30	69	02:12:00	<b>04:00:23.30</b>	<b>04:01:41.90</b>	+01:45:04 (43.5%)	8:35	7 (56.9%)
199	<b>BURSKI Michał</b>	<b>4201</b>		M40	82	02:01:54	<b>04:01:37.80</b>	<b>04:01:50.35</b>	+01:45:13 (43.5%)	8:37	7 (56.9%)
200	<b>KŁODA Mikołaj</b>	<b>4535</b>		M20	18	02:15:21	<b>04:01:31.00</b>	<b>04:01:50.65</b>	+01:45:13 (43.5%)	8:37	7 (56.9%)
201	<b>KOWALCZYK Robert</b>	<b>7018</b>	CEDRUS TEAM / ŁĘCZNA BIEGA	M40	83	02:14:35	<b>04:02:03.85</b>	<b>04:02:43.85</b>	+01:46:06 (43.7%)	8:38	6.9 (56.1%)
201	<b>ZIELIŃSKI Dariusz</b>	<b>7031</b>	FIZJO-SPORT ŁĘCZNA/CEDRUS TEAM	M40	83	02:14:35	<b>04:02:03.95</b>	<b>04:02:43.85</b>	+01:46:06 (43.7%)	8:38	6.9 (56.1%)
203	<b>KLIŚ Marcin</b>	<b>4500</b>	TOMICA COACHING	M40	85	02:09:14	<b>04:02:46.90</b>	<b>04:02:51.05</b>	+01:46:13 (43.7%)	8:40	6.9 (56.1%)
204	<b>KUCHARCZYK Maciej</b>	<b>4521</b>	GALICJA BIEGA	M50	28	02:09:56	<b>04:02:43.60</b>	<b>04:03:26.80</b>	+01:46:49 (43.9%)	8:40	6.9 (56.1%)
205	<b>STYCZYŃSKI Maciej</b>	<b>4014</b>		M40	86	02:17:17	<b>04:03:15.05</b>	<b>04:03:31.15</b>	+01:46:53 (43.9%)	8:41	6.9 (56.1%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
206	<b>RYŻYŃSKI Tomasz</b>	<b>4045</b>	CHEŁM BIEGA	M40	87	02:08:48	<b>04:03:01.30</b>	<b>04:03:40.65</b>	+01:47:03 (43.9%)	8:40	6.9 (56.1%)
207	<b>ULIŃSKI Adam</b>	<b>4676</b>	KONIN RUN	M40	88	02:15:49	<b>04:02:52.30</b>	<b>04:03:57.15</b>	+01:47:19 (44.0%)	8:40	6.9 (56.1%)
208	<b>KWIATKOWSKI Kajetan</b>	<b>4004</b>	NOCNY RZEŹNIK ATAKUJE	M40	89	02:14:02	<b>04:03:34.05</b>	<b>04:04:10.45</b>	+01:47:33 (44.0%)	8:41	6.9 (56.1%)
209	<b>BOROWCZYK Marcin</b>	<b>4481</b>	ULTRASI	M40	90	02:15:23	<b>04:03:06.95</b>	<b>04:04:18.75</b>	+01:47:41 (44.1%)	8:40	6.9 (56.1%)
210	<b>SKOMRO Arkadiusz</b>	<b>4301</b>		M30	70	02:11:55	<b>04:04:03.55</b>	<b>04:04:34.00</b>	+01:47:56 (44.1%)	8:42	6.9 (56.1%)
211	<b>WÓJCICKI Robert</b>	<b>4299</b>		M50	29	02:04:44	<b>04:03:24.70</b>	<b>04:04:43.80</b>	+01:48:06 (44.2%)	8:41	6.9 (56.1%)
212	<b>BORDUN Michał</b>	<b>4691</b>	NEKORENTALCREW	M40	91	02:10:22	<b>04:03:43.05</b>	<b>04:05:23.85</b>	+01:48:46 (44.3%)	8:42	6.9 (56.1%)
213	<b>KRZAN Tomasz</b>	<b>4698</b>		M40	92	02:07:56	<b>04:04:38.65</b>	<b>04:05:54.10</b>	+01:49:16 (44.4%)	8:44	6.9 (56.1%)
214	<b>WOJCIECHOWSKI Paweł</b>	<b>4332</b>	NAJLEPSI OLD	M50	30	02:06:23	<b>04:05:50.50</b>	<b>04:05:59.65</b>	+01:49:22 (44.5%)	8:46	6.8 (55.3%)
215	<b>MACIEJEWSKI Artur</b>	<b>4268</b>		M50	31	02:10:25	<b>04:06:26.70</b>	<b>04:06:35.55</b>	+01:49:58 (44.6%)	8:48	6.8 (55.3%)
216	<b>GRUSZCZYŃSKI Jakub</b>	<b>4629</b>	KW TORUŃ	M40	93	02:10:04	<b>04:06:25.85</b>	<b>04:06:42.75</b>	+01:50:05 (44.6%)	8:48	6.8 (55.3%)
217	<b>GRZESZKOWIAK Szymon</b>	<b>4628</b>	KW TORUŃ	M30	71	02:10:06	<b>04:06:27.05</b>	<b>04:06:42.80</b>	+01:50:05 (44.6%)	8:48	6.8 (55.3%)
218	<b>JARZYŃSKI Janusz</b>	<b>4205</b>	KONIN RUN	M50	32	02:15:50	<b>04:06:03.55</b>	<b>04:07:09.30</b>	+01:50:32 (44.7%)	8:47	6.8 (55.3%)
219	<b>JANIK Paweł</b>	<b>4633</b>		M40	94	02:07:30	<b>04:06:33.45</b>	<b>04:07:25.20</b>	+01:50:47 (44.8%)	8:48	6.8 (55.3%)
220	<b>PRUSZKOWSKI Mariusz</b>	<b>4381</b>	CROSSFITTER BOX CHEŁM - CHEŁM BIEGA	M50	33	02:08:46	<b>04:06:52.75</b>	<b>04:07:31.45</b>	+01:50:54 (44.8%)	8:49	6.8 (55.3%)
221	<b>GALICKI Jakub</b>	<b>4284</b>	AKADEMIA MISTRZÓW SPORTU	M50	34	02:11:23	<b>04:07:22.25</b>	<b>04:07:44.60</b>	+01:51:07 (44.9%)	8:50	6.8 (55.3%)
222	<b>PAWLAK Bartosz</b>	<b>7006</b>	RUN AND FLY	M40	95	02:20:03	<b>04:06:51.80</b>	<b>04:08:01.30</b>	+01:51:24 (44.9%)	8:48	6.8 (55.3%)
223	<b>NOWAK Michał</b>	<b>4066</b>		M30	72	02:10:09	<b>04:07:35.70</b>	<b>04:08:03.85</b>	+01:51:26 (44.9%)	8:50	6.8 (55.3%)
224	<b>KALETA Jakub</b>	<b>4590</b>		M20	19		<b>04:08:04.40</b>	<b>04:08:04.40</b>	+01:51:27 (44.9%)	8:51	6.8 (55.3%)
225	<b>BOROWSKI Robert</b>	<b>4543</b>		M30	73	02:12:45	<b>04:07:29.20</b>	<b>04:08:24.20</b>	+01:51:46 (45.0%)	8:50	6.8 (55.3%)
226	<b>DĘBSKI Szymon</b>	<b>4064</b>		M40	96	02:06:15	<b>04:07:21.35</b>	<b>04:08:39.35</b>	+01:52:02 (45.1%)	8:50	6.8 (55.3%)
227	<b>LEJMAN Adam</b>	<b>4562</b>		M50	35	02:10:37	<b>04:08:04.40</b>	<b>04:08:43.85</b>	+01:52:06 (45.1%)	8:51	6.8 (55.3%)
228	<b>GORYNIA Hubert</b>	<b>7017</b>		M30	74	02:15:24	<b>04:08:45.20</b>	<b>04:09:00.35</b>	+01:52:23 (45.1%)	8:53	6.8 (55.3%)
229	<b>MACIEJAK Robert</b>	<b>4328</b>		M50	36	02:15:53	<b>04:09:10.50</b>	<b>04:09:21.05</b>	+01:52:43 (45.2%)	8:53	6.7 (54.5%)
230	<b>KOMAR Rafał</b>	<b>4376</b>	G4	M30	75	02:08:11	<b>04:09:32.30</b>	<b>04:09:38.95</b>	+01:53:01 (45.3%)	8:54	6.7 (54.5%)
231	<b>MITURA Wojciech</b>	<b>4349</b>	POZIMKI	M50	37	02:13:17	<b>04:09:35.40</b>	<b>04:09:43.05</b>	+01:53:05 (45.3%)	8:54	6.7 (54.5%)
232	<b>LARA Tomasz</b>	<b>4046</b>	SILESIA MARATHON CLUB	M40	97	02:11:54	<b>04:09:26.55</b>	<b>04:09:43.55</b>	+01:53:06 (45.3%)	8:54	6.7 (54.5%)
233	<b>TRZCIŃSKI Marcin</b>	<b>4578</b>	SZYŃKA GROCHOWSKA	M40	98	02:12:45	<b>04:08:41.50</b>	<b>04:09:54.85</b>	+01:53:17 (45.3%)	8:52	6.8 (55.3%)
234	<b>NOWICKI Jakub</b>	<b>4531</b>	PANDUSIE	M30	76	02:05:12	<b>04:08:36.25</b>	<b>04:09:55.65</b>	+01:53:18 (45.3%)	8:52	6.8 (55.3%)
235	<b>FENIKOWSKI Szymon</b>	<b>4553</b>	PRO366	M40	99	02:18:21	<b>04:10:08.70</b>	<b>04:10:18.25</b>	+01:53:40 (45.4%)	8:56	6.7 (54.5%)
236	<b>KANIA-ZAJMA Jan</b>	<b>4283</b>		M30	77	02:13:46	<b>04:08:53.60</b>	<b>04:10:30.85</b>	+01:53:53 (45.5%)	8:53	6.8 (55.3%)
237	<b>RONDUDA Robert</b>	<b>4258</b>	UM GDYNI	M40	100	02:10:03	<b>04:09:23.90</b>	<b>04:10:46.15</b>	+01:54:08 (45.5%)	8:54	6.7 (54.5%)
238	<b>BIETA Tomasz</b>	<b>4062</b>	SILESIA MARATHON CLUB	M40	101	02:04:58	<b>04:10:32.75</b>	<b>04:10:49.30</b>	+01:54:12 (45.5%)	8:56	6.7 (54.5%)
239	<b>BARANSKI Jarek</b>	<b>4396</b>		M30	78	02:10:49	<b>04:10:05.60</b>	<b>04:10:57.65</b>	+01:54:20 (45.6%)	8:55	6.7 (54.5%)
240	<b>LABOCHA Aleksander</b>	<b>4416</b>		M40	102	02:16:39	<b>04:10:43.95</b>	<b>04:11:08.20</b>	+01:54:30 (45.6%)	8:57	6.7 (54.5%)
241	<b>SZWAJA Roger</b>	<b>4668</b>		M20	20	02:16:16	<b>04:10:22.30</b>	<b>04:11:08.75</b>	+01:54:31 (45.6%)	8:56	6.7 (54.5%)
242	<b>KUTRZYK Przemysław</b>	<b>7012</b>	STREFA BIEGACZA NATALIA SADOWSKA	M40	103	02:20:10	<b>04:11:11.85</b>	<b>04:11:26.45</b>	+01:54:49 (45.7%)	8:58	6.7 (54.5%)
243	<b>FABIANOWICZ Michał</b>	<b>4157</b>		M30	79	02:16:35	<b>04:10:16.20</b>	<b>04:11:29.55</b>	+01:54:52 (45.7%)	8:56	6.7 (54.5%)
244	<b>PRUS Marcin</b>	<b>4091</b>		M40	104	02:15:43	<b>04:10:05.65</b>	<b>04:11:34.40</b>	+01:54:57 (45.7%)	8:55	6.7 (54.5%)
245	<b>KALOCIŃSKI Dawid</b>	<b>4528</b>	KARL STORZ POLSKA	M40	105	02:17:30	<b>04:10:42.00</b>	<b>04:11:39.45</b>	+01:55:02 (45.7%)	8:57	6.7 (54.5%)
246	<b>CIESIELSKI Marcin</b>	<b>4451</b>	WARSAW RUN CLUB	M50	38	01:55:43	<b>04:12:44.00</b>	<b>04:12:47.30</b>	+01:56:10 (46.0%)	9:01	6.6 (53.7%)
247	<b>ZALEWSKI Marcin</b>	<b>4592</b>	CEDRUS TEAM	M20	21	02:09:11	<b>04:12:52.10</b>	<b>04:13:32.85</b>	+01:56:55 (46.1%)	9:01	6.6 (53.7%)
248	<b>CYLKE Marcin</b>	<b>4446</b>		M40	106	02:19:21	<b>04:13:37.05</b>	<b>04:14:30.45</b>	+01:57:53 (46.3%)	9:03	6.6 (53.7%)
249	<b>ORCZYK Grzegorz</b>	<b>4109</b>		M40	107	02:19:22	<b>04:13:36.85</b>	<b>04:14:30.75</b>	+01:57:53 (46.3%)	9:03	6.6 (53.7%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
250	<b>RUDNIK Paweł</b>	<b>4435</b>		M30	80	02:13:44	<b>04:13:58.90</b>	<b>04:15:11.25</b>	+01:58:33 (46.5%)	9:04	6.6 (53.7%)
251	<b>BOLEK Bartłomiej</b>	<b>4482</b>	KS MILOSNYCY TABORETOW	M20	22	02:21:18	<b>04:13:46.05</b>	<b>04:15:20.55</b>	+01:58:43 (46.5%)	9:03	6.6 (53.7%)
252	<b>KONDEUSZ Jakub</b>	<b>4581</b>		M20	23	02:11:02	<b>04:14:32.10</b>	<b>04:15:38.15</b>	+01:59:00 (46.6%)	9:05	6.6 (53.7%)
253	<b>LEPIARZ Grzegorz</b>	<b>7038</b>	ULTRAWAY.PL RUNNING TEAM	M40	108	02:21:53	<b>04:14:38.10</b>	<b>04:16:02.75</b>	+01:59:25 (46.6%)	9:05	6.6 (53.7%)
254	<b>JUREK Paweł</b>	<b>4153</b>	PJ	M40	109	02:12:37	<b>04:15:34.20</b>	<b>04:16:23.80</b>	+01:59:46 (46.7%)	9:07	6.6 (53.7%)
255	<b>MAJEWSKI Radosław</b>	<b>7008</b>	NIGHT RUNNERS / PRO366	M40	110	02:23:59	<b>04:16:29.55</b>	<b>04:16:36.15</b>	+01:59:58 (46.8%)	9:09	6.6 (53.7%)
256	<b>MARZEC Konrad</b>	<b>4194</b>	ROZBIEGANE MICHAŁOWICE	M40	111	02:09:23	<b>04:16:57.10</b>	<b>04:17:29.85</b>	+02:00:52 (46.9%)	9:10	6.5 (52.8%)
257	<b>KOS Paweł</b>	<b>4696</b>	EAZYMUT.PL	M50	39	02:16:11	<b>04:17:04.35</b>	<b>04:17:33.95</b>	+02:00:56 (47.0%)	9:10	6.5 (52.8%)
258	<b>ŁUCYK Mariusz</b>	<b>4687</b>		M40	112	02:27:42	<b>04:16:13.35</b>	<b>04:17:52.30</b>	+02:01:15 (47.0%)	9:09	6.6 (53.7%)
259	<b>KMIEĆ Andrzej</b>	<b>7030</b>	TURBO PRUSZKÓW	M40	113	02:28:04	<b>04:17:34.05</b>	<b>04:18:17.95</b>	+02:01:40 (47.1%)	9:11	6.5 (52.8%)
260	<b>WERESINSKI Michał</b>	<b>4111</b>		M40	114	02:19:33	<b>04:17:51.45</b>	<b>04:18:20.15</b>	+02:01:42 (47.1%)	9:12	6.5 (52.8%)
261	<b>LALAK Michał</b>	<b>4103</b>		M30	81	02:12:29	<b>04:17:07.30</b>	<b>04:18:21.25</b>	+02:01:43 (47.1%)	9:10	6.5 (52.8%)
262	<b>SZWAJKA Bartosz</b>	<b>4093</b>		M30	82	02:12:29	<b>04:17:08.05</b>	<b>04:18:21.95</b>	+02:01:44 (47.1%)	9:11	6.5 (52.8%)
263	<b>BRILLOWSKI Paweł</b>	<b>4250</b>		M40	115	02:15:27	<b>04:16:46.80</b>	<b>04:18:25.60</b>	+02:01:48 (47.1%)	9:10	6.5 (52.8%)
264	<b>ŁUCIÓW Leszek</b>	<b>4141</b>	NOA	M50	40	02:18:26	<b>04:18:24.95</b>	<b>04:19:00.05</b>	+02:02:22 (47.3%)	9:13	6.5 (52.8%)
265	<b>PIASECKI Rafał</b>	<b>7019</b>	ULTRAFI	M40	116	02:29:30	<b>04:17:37.80</b>	<b>04:19:07.10</b>	+02:02:29 (47.3%)	9:12	6.5 (52.8%)
266	<b>SIEMIESZ Paweł</b>	<b>4507</b>	SIEMIESZ-TEAM	M30	83	02:14:56	<b>04:18:50.40</b>	<b>04:19:11.35</b>	+02:02:34 (47.3%)	9:14	6.5 (52.8%)
267	<b>HABDAS Damian</b>	<b>4524</b>		M30	84	02:06:42	<b>04:17:15.60</b>	<b>04:19:13.65</b>	+02:02:36 (47.3%)	9:11	6.5 (52.8%)
268	<b>JAMBOR Michał</b>	<b>7003</b>		M40	117	02:29:06	<b>04:18:16.10</b>	<b>04:19:25.75</b>	+02:02:48 (47.3%)	9:13	6.5 (52.8%)
269	<b>CIUK Piotr</b>	<b>7002</b>	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M50	41	02:29:06	<b>04:18:17.05</b>	<b>04:19:25.85</b>	+02:02:48 (47.3%)	9:13	6.5 (52.8%)
270	<b>NOWACKI Łukasz</b>	<b>4322</b>	POGODNI	M40	118	02:23:06	<b>04:20:14.35</b>	<b>04:20:42.50</b>	+02:04:05 (47.6%)	9:17	6.5 (52.8%)
271	<b>DRAPIEWSKI Przemek</b>	<b>4040</b>		M40	119	02:23:40	<b>04:20:05.60</b>	<b>04:20:50.55</b>	+02:04:13 (47.6%)	9:17	6.5 (52.8%)
272	<b>BOGUSZ Jarosław</b>	<b>4195</b>		M30	85	02:15:31	<b>04:21:00.90</b>	<b>04:22:01.75</b>	+02:05:24 (47.9%)	9:19	6.4 (52.0%)
273	<b>WRÓBEL Sebastian</b>	<b>7005</b>		M20	24	02:18:49	<b>04:22:06.25</b>	<b>04:22:11.45</b>	+02:05:34 (47.9%)	9:21	6.4 (52.0%)
274	<b>SKOWRONEK Dariusz</b>	<b>4492</b>		M50	42	02:21:33	<b>04:22:11.70</b>	<b>04:22:45.40</b>	+02:06:08 (48.0%)	9:21	6.4 (52.0%)
275	<b>GÓRSKI Marcin</b>	<b>4312</b>	ISCG TEAM	M50	43	02:15:44	<b>04:23:53.95</b>	<b>04:24:17.55</b>	+02:07:40 (48.3%)	9:25	6.4 (52.0%)
276	<b>PIWOWARSKI Jarosław</b>	<b>4290</b>		M40	120	02:20:01	<b>04:23:22.20</b>	<b>04:24:21.70</b>	+02:07:44 (48.3%)	9:24	6.4 (52.0%)
277	<b>WRÓBEL Michał</b>	<b>4285</b>		M30	86	02:19:36	<b>04:24:46.80</b>	<b>04:25:14.35</b>	+02:08:37 (48.5%)	9:27	6.3 (51.2%)
278	<b>DRZAZGA Tomasz</b>	<b>4558</b>		M40	121	02:21:12	<b>04:25:22.00</b>	<b>04:25:30.55</b>	+02:08:53 (48.5%)	9:28	6.3 (51.2%)
279	<b>GŁUCHOWSKI Przemek</b>	<b>7023</b>	MZUMA	M40	122	02:31:10	<b>04:24:30.50</b>	<b>04:25:34.60</b>	+02:08:57 (48.6%)	9:26	6.4 (52.0%)
280	<b>BIELECKI Radosław</b>	<b>4616</b>	SZWADRON	M20	25	02:20:34	<b>04:26:10.95</b>	<b>04:26:48.75</b>	+02:10:11 (48.8%)	9:30	6.3 (51.2%)
281	<b>CHMIELEWSKI Mateusz</b>	<b>4677</b>	TEAM MŁODY	M30	87	02:26:44	<b>04:25:51.00</b>	<b>04:26:53.05</b>	+02:10:15 (48.8%)	9:29	6.3 (51.2%)
282	<b>STELMASZYK Piotr</b>	<b>4241</b>	PZU SPORT TEAM	M40	123	02:26:03	<b>04:25:33.70</b>	<b>04:27:24.60</b>	+02:10:47 (48.9%)	9:29	6.3 (51.2%)
283	<b>KOŁODZIEJCZYK Maciej</b>	<b>7036</b>	FIZJO-SPORT	M40	124	02:27:43	<b>04:28:23.00</b>	<b>04:29:02.35</b>	+02:12:25 (49.2%)	9:35	6.3 (51.2%)
284	<b>BRZEZINIAK Jacek</b>	<b>4603</b>	BARMAŃSKI KLUB BIEGOWY BRZEZINIAK	M30	88	02:08:33	<b>04:29:20.10</b>	<b>04:29:33.30</b>	+02:12:56 (49.3%)	9:37	6.2 (50.4%)
285	<b>MATECKI Jacek</b>	<b>4261</b>	KONIN RUN AND JUSTICE FOR ALL	M40	125	02:27:28	<b>04:28:53.30</b>	<b>04:30:08.10</b>	+02:13:30 (49.4%)	9:36	6.2 (50.4%)
286	<b>KOTULSKI Kamil</b>	<b>4456</b>	SUŁTANI FITNESSU	M30	89	02:17:09	<b>04:30:00.05</b>	<b>04:30:25.30</b>	+02:13:48 (49.5%)	9:38	6.2 (50.4%)
287	<b>PIĘTA Krzysztof</b>	<b>4144</b>	BIEG BIELAWA	M60	5	02:20:18	<b>04:30:34.60</b>	<b>04:30:44.45</b>	+02:14:07 (49.5%)	9:39	6.2 (50.4%)
288	<b>CZYŻEWSKI Michał</b>	<b>4556</b>		M30	90	02:12:34	<b>04:29:56.95</b>	<b>04:30:44.55</b>	+02:14:07 (49.5%)	9:38	6.2 (50.4%)
289	<b>GRABAREK Mateusz</b>	<b>4513</b>	ASOT	M40	126	02:39:05	<b>04:29:46.05</b>	<b>04:30:55.35</b>	+02:14:18 (49.6%)	9:38	6.2 (50.4%)
290	<b>GUCWA Jarosław</b>	<b>4569</b>		M50	44	02:24:35	<b>04:29:54.90</b>	<b>04:31:13.05</b>	+02:14:35 (49.6%)	9:38	6.2 (50.4%)
291	<b>ZLOT Grzegorz</b>	<b>4031</b>		M50	45	02:23:12	<b>04:30:30.05</b>	<b>04:31:25.55</b>	+02:14:48 (49.7%)	9:39	6.2 (50.4%)
292	<b>STABRAWA Marcin</b>	<b>4622</b>	BIEGAJĄCY DŻENTELMENI	M40	127	02:22:09	<b>04:30:34.35</b>	<b>04:31:31.25</b>	+02:14:53 (49.7%)	9:39	6.2 (50.4%)
293	<b>RYNIAK Jakub</b>	<b>4314</b>		M30	91	02:19:34	<b>04:30:34.40</b>	<b>04:31:32.40</b>	+02:14:55 (49.7%)	9:39	6.2 (50.4%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
294	PSIODA Maciej	4200		M30	92	02:29:12	04:31:21.50	04:32:09.90	+02:15:32 (49.8%)	9:41	6.2 (50.4%)
295	TUREK Paweł	4231		M50	46	02:27:11	04:31:55.10	04:33:49.75	+02:17:12 (50.1%)	9:42	6.2 (50.4%)
296	BRODZIAK Arkadiusz	4555		M50	47	02:24:50	04:33:13.30	04:34:20.45	+02:17:43 (50.2%)	9:45	6.1 (49.6%)
297	LEWANDOWSKI Bogusław	4288		M50	48	02:21:58	04:33:56.45	04:34:33.10	+02:17:55 (50.2%)	9:47	6.1 (49.6%)
298	ŁUBISZ Mariusz	7007		M40	128	02:18:54	04:35:11.45	04:35:17.15	+02:18:39 (50.4%)	9:49	6.1 (49.6%)
299	PYTKA Adam	4620	CROSSFIT LUBLIN	M40	129	02:17:51	04:34:30.35	04:35:17.80	+02:18:40 (50.4%)	9:48	6.1 (49.6%)
300	OSIŃSKI Tomasz	4058	NASIELSK BASZTA TEAM	M40	130	02:12:55	04:36:05.20	04:36:14.30	+02:19:37 (50.5%)	9:51	6.1 (49.6%)
301	WALAC Jacek	7010	100 MARATHON CLUB POLSKA	M40	131	02:37:07	04:37:14.55	04:38:03.65	+02:21:26 (50.9%)	9:54	6.1 (49.6%)
302	MARCIN Pepel	4411		M40	132	02:26:43	04:37:59.70	04:39:01.75	+02:22:24 (51.0%)	9:55	6 (48.8%)
303	FRĄC Bartłomiej	4030	KUTNO BIEGA	M40	133	02:29:30	04:38:36.45	04:39:01.85	+02:22:24 (51.0%)	9:57	6 (48.8%)
304	WITUŁA Stanisław	4152	MG SPORT	M40	134	02:33:03	04:38:39.40	04:40:03.05	+02:23:25 (51.2%)	9:57	6 (48.8%)
305	BAJER Adrian	4468	PZU SPORT TEAM	M40	135	02:38:46	04:38:38.65	04:40:10.40	+02:23:33 (51.2%)	9:57	6 (48.8%)
306	LEWANDOWSKI Mateusz	4081	TEJADO	M30	93	02:28:33	04:38:47.40	04:40:21.35	+02:23:44 (51.3%)	9:57	6 (48.8%)
307	WITTSTOCK Szymon	4488	SZANSELIZE	M30	94	02:23:25	04:38:59.65	04:40:23.80	+02:23:46 (51.3%)	9:57	6 (48.8%)
308	RONDUDA Filip	4275		M30	95	02:09:48	04:39:38.65	04:40:23.85	+02:23:46 (51.3%)	9:59	6 (48.8%)
309	RZEWUSKI Paweł	4489	SZANSELIZE	M30	96	02:23:22	04:38:59.50	04:40:24.10	+02:23:46 (51.3%)	9:57	6 (48.8%)
310	TRZASKA Tomasz	4682	BIUROWE.COM.PL	M50	49	02:25:51	04:38:40.60	04:40:33.65	+02:23:56 (51.3%)	9:57	6 (48.8%)
311	AJCHSZTET Lukasz	4245	THORO TEAM	M40	136	02:38:51	04:38:53.15	04:40:37.60	+02:24:00 (51.3%)	9:57	6 (48.8%)
312	PASIECZYŃSKI Grzegorz	4082	ODYNIEC TEAM	M40	137	02:31:38	04:39:50.30	04:41:01.25	+02:24:23 (51.4%)	9:59	6 (48.8%)
313	KULAK Paweł	4586		M50	50	02:26:07	04:41:00.60	04:41:23.85	+02:24:46 (51.4%)	10:02	6 (48.8%)
314	JACKOWSKI Zbigniew	4294	ŚWIĘTOKRZYSKI WŁÓCZYKIJ	M60	6	02:23:08	04:40:37.35	04:42:04.20	+02:25:26 (51.6%)	10:01	6 (48.8%)
315	JANKOWIAK Przemysław	7029		M50	51	02:33:52	04:43:30.15	04:43:38.00	+02:27:00 (51.8%)	10:07	5.9 (48.0%)
316	ZAJĄCZKOWSKI Piotr	4338	HADES MUSIC CLUB	M30	97	02:31:22	04:42:28.10	04:43:39.25	+02:27:01 (51.8%)	10:05	5.9 (48.0%)
317	GAJDA Błażej	4339	HADES MUSIC CLUB	M30	98	02:31:23	04:42:29.50	04:43:39.55	+02:27:02 (51.8%)	10:05	5.9 (48.0%)
318	KUŁAKOWSKI Piotr	4306		M60	7	02:33:11	04:41:59.50	04:43:55.70	+02:27:18 (51.9%)	10:04	6 (48.8%)
319	RYBKA Jan	4271	RYBENSHUTTE	M30	99	02:34:41	04:43:58.20	04:44:51.05	+02:28:13 (52.0%)	10:08	5.9 (48.0%)
320	NOWAK Mateusz	4237		M30	100	02:38:05	04:43:18.75	04:44:53.85	+02:28:16 (52.0%)	10:07	5.9 (48.0%)
321	NOWAK Łukasz	4013		M40	138	02:38:05	04:43:19.55	04:44:55.15	+02:28:17 (52.0%)	10:07	5.9 (48.0%)
322	PAPROCKI Paweł	4382	SOMSIADY	M40	139	02:26:36	04:44:04.00	04:44:59.75	+02:28:22 (52.1%)	10:08	5.9 (48.0%)
323	CZAJKOWSKI Krzysztof	4155		M40	140	02:34:06	04:45:15.70	04:45:57.35	+02:29:20 (52.2%)	10:11	5.9 (48.0%)
323	ŁUKASIK Paweł	4156		M30	101	02:34:05	04:45:16.30	04:45:57.35	+02:29:20 (52.2%)	10:11	5.9 (48.0%)
325	NOWAK Piotr	4101	CEDRUS TEAM	M20	26	02:40:16	04:46:07.25	04:46:53.30	+02:30:16 (52.4%)	10:13	5.9 (48.0%)
326	HAMRYSZCZAK Rafał	4147	SP 11 PRZEMYSŁ	M40	141	02:32:22	04:45:31.40	04:47:16.85	+02:30:39 (52.4%)	10:11	5.9 (48.0%)
327	MALKA Franciszek	4638		M20	27	02:30:57	04:47:18.80	04:47:25.25	+02:30:47 (52.5%)	10:15	5.8 (47.2%)
328	PRZYBYŁO Jakub	4549		M20	28	02:28:25	04:45:33.25	04:47:25.75	+02:30:48 (52.5%)	10:11	5.9 (48.0%)
329	BOHOSIEWICZ Krzysztof	4146	BOHOTEAM	M40	142	02:28:44	04:48:09.75	04:48:38.95	+02:32:01 (52.7%)	10:17	5.8 (47.2%)
330	DURAJ Łukasz	4669	FABRYKA DZIKA	M40	143	02:35:10	04:47:15.00	04:48:59.75	+02:32:22 (52.7%)	10:15	5.8 (47.2%)
331	FLISIKOWSKI Szymon	4279	DREAM RAWA TEAM	M30	102	02:40:53	04:47:47.00	04:49:04.45	+02:32:27 (52.7%)	10:16	5.8 (47.2%)
332	STUSIŃSKI Mariusz	4233		M40	144	02:25:01	04:48:47.50	04:49:04.95	+02:32:27 (52.7%)	10:18	5.8 (47.2%)
333	WALASZEK Michał	4311	KS BIEGAJĄCE ZĄBKI	M30	103	02:33:22	04:47:46.15	04:49:16.05	+02:32:38 (52.8%)	10:16	5.8 (47.2%)
334	SIEDLECKI Stanisław	4626	CEDRUS TEAM	M50	52	02:43:15	04:49:54.35	04:50:36.45	+02:33:59 (53.0%)	10:21	5.8 (47.2%)
335	KRUK Sławomir	7037	RZESZOWSKIE GAZELE I GEPARDY	M60	8	02:41:35	04:49:51.30	04:51:00.45	+02:34:23 (53.1%)	10:21	5.8 (47.2%)
336	REC Bartosz	4354	NOWY STYL RUNNING TEAM	M40	145	02:30:20	04:50:45.90	04:51:36.25	+02:34:58 (53.1%)	10:23	5.8 (47.2%)
337	SID Sid	4428		M30	104	02:29:07	04:51:23.80	04:51:52.70	+02:35:15 (53.2%)	10:24	5.8 (47.2%)



Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
338	<b>KUCZBORSKI Jarosław</b>	<b>4097</b>	HARPAGAN SOSNOWIEC	M50	53	02:31:47	<b>04:51:32.30</b>	<b>04:52:53.60</b>	+02:36:16 (53.4%)	10:24	5.8 (47.2%)
339	<b>OBIEGAŁA Michał</b>	<b>4113</b>		M30	105	02:29:08	<b>04:52:40.70</b>	<b>04:53:08.40</b>	+02:36:31 (53.4%)	10:27	5.7 (46.3%)
340	<b>MYTYCH Mateusz</b>	<b>4117</b>		M30	106	02:28:46	<b>04:53:20.50</b>	<b>04:53:29.25</b>	+02:36:51 (53.4%)	10:28	5.7 (46.3%)
341	<b>STRZELECKI Piotr</b>	<b>4102</b>		M50	54	02:24:39	<b>04:52:52.70</b>	<b>04:53:46.75</b>	+02:37:09 (53.5%)	10:27	5.7 (46.3%)
342	<b>KRYCZEK Piotr</b>	<b>4568</b>		M60	9	02:36:24	<b>04:53:31.05</b>	<b>04:54:43.60</b>	+02:38:06 (53.6%)	10:28	5.7 (46.3%)
343	<b>BIBRO Daniel</b>	<b>4570</b>		M30	107	02:41:54	<b>04:54:33.35</b>	<b>04:55:50.90</b>	+02:39:13 (53.8%)	10:31	5.7 (46.3%)
344	<b>BYSTRZYCKI Kamil</b>	<b>4407</b>	G4	M40	146	02:29:58	<b>04:57:23.50</b>	<b>04:57:31.40</b>	+02:40:54 (54.1%)	10:37	5.6 (45.5%)
345	<b>ZWIERCAN Hubert</b>	<b>4675</b>		M30	108	02:27:22	<b>04:57:11.30</b>	<b>04:57:49.30</b>	+02:41:12 (54.1%)	10:36	5.7 (46.3%)
346	<b>WOŁOSZYN Ryszard</b>	<b>4420</b>	MARGO TEAM	M50	55	02:43:11	<b>04:56:44.05</b>	<b>04:58:06.00</b>	+02:41:28 (54.2%)	10:35	5.7 (46.3%)
347	<b>GABOREK Grzegorz</b>	<b>4680</b>		M40	147	02:35:03	<b>04:57:20.50</b>	<b>04:58:40.05</b>	+02:42:02 (54.3%)	10:37	5.7 (46.3%)
348	<b>SOKULSKI Marcin</b>	<b>4537</b>	KASZANKI	M40	148	02:36:15	<b>04:58:07.30</b>	<b>04:59:23.30</b>	+02:42:46 (54.4%)	10:38	5.6 (45.5%)
349	<b>PAWLIKOWSKI Marcin</b>	<b>4198</b>		M40	149	02:41:51	<b>05:00:44.50</b>	<b>05:01:56.65</b>	+02:45:19 (54.8%)	10:44	5.6 (45.5%)
350	<b>KOZŁOWSKI Grzegorz</b>	<b>4369</b>	CADOR TEAM	M40	150	02:29:53	<b>05:01:05.35</b>	<b>05:02:28.20</b>	+02:45:50 (54.8%)	10:45	5.6 (45.5%)
351	<b>NOWAK Tomasz</b>	<b>4244</b>	EXC TEAM	M40	151	02:53:17	<b>05:01:51.75</b>	<b>05:03:22.60</b>	+02:46:45 (55.0%)	10:46	5.6 (45.5%)
352	<b>THAETNER Marcus</b>	<b>4068</b>		M30	109	02:34:41	<b>05:02:44.30</b>	<b>05:03:47.00</b>	+02:47:09 (55.0%)	10:48	5.5 (44.7%)
353	<b>ADAMUS Dawid</b>	<b>4509</b>	JAJA Z WOLNEGO WYBIEGU	M30	110	02:41:12	<b>05:03:19.00</b>	<b>05:04:05.05</b>	+02:47:27 (55.1%)	10:49	5.5 (44.7%)
354	<b>LICHWAŁA Rafał</b>	<b>4519</b>		M40	152	02:39:57	<b>05:03:52.20</b>	<b>05:04:10.45</b>	+02:47:33 (55.1%)	10:51	5.5 (44.7%)
355	<b>SOKOŁOWSKI Piotr</b>	<b>4105</b>	ROZCHODNIACZEKTEAM	M40	153	02:41:15	<b>05:04:40.05</b>	<b>05:04:57.65</b>	+02:48:20 (55.2%)	10:52	5.5 (44.7%)
356	<b>KRUZEL Rafał</b>	<b>7039</b>		M50	56	02:42:02	<b>05:05:14.35</b>	<b>05:05:20.85</b>	+02:48:43 (55.3%)	10:54	5.5 (44.7%)
357	<b>BARA Tomasz</b>	<b>4163</b>		M20	29	02:35:45	<b>05:04:15.60</b>	<b>05:06:04.70</b>	+02:49:27 (55.4%)	10:51	5.5 (44.7%)
358	<b>SWIERKOWSKI Robert</b>	<b>4005</b>		M40	154	02:39:31	<b>05:05:01.10</b>	<b>05:06:12.65</b>	+02:49:35 (55.4%)	10:53	5.5 (44.7%)
359	<b>KRAUZE Tomasz</b>	<b>4461</b>	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	57	02:43:03	<b>05:04:44.60</b>	<b>05:06:17.85</b>	+02:49:40 (55.4%)	10:53	5.5 (44.7%)
360	<b>KOMÓR Wiesław</b>	<b>4465</b>	WROCŁAWSKIE MORSY	M60	10	02:42:47	<b>05:04:45.15</b>	<b>05:06:18.30</b>	+02:49:41 (55.4%)	10:53	5.5 (44.7%)
361	<b>BALCERZAK Mariusz</b>	<b>7028</b>	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	M40	155	02:42:35	<b>05:08:16.35</b>	<b>05:09:31.20</b>	+02:52:53 (55.9%)	11:00	5.4 (43.9%)
362	<b>BOGUSZ Piotr</b>	<b>4208</b>		M40	156	02:44:03	<b>05:08:38.65</b>	<b>05:09:39.05</b>	+02:53:01 (55.9%)	11:01	5.4 (43.9%)
363	<b>SANKOWSKI Tomasz</b>	<b>1229</b>	ZAP SZNAJDER PIASTÓW	M30	111	02:52:11	<b>05:07:59.60</b>	<b>05:09:50.65</b>	+02:53:13 (55.9%)	10:59	5.5 (44.7%)
364	<b>PASTERNAK Mateusz</b>	<b>4327</b>		M20	30	02:22:41	<b>05:11:15.10</b>	<b>05:11:40.95</b>	+02:55:03 (56.2%)	11:06	5.4 (43.9%)
365	<b>ŁASKI Krzysztof</b>	<b>7042</b>	BIEGIEM PO PIWO	M60	11	02:50:40	<b>05:13:20.45</b>	<b>05:15:12.55</b>	+02:58:35 (56.7%)	11:11	5.4 (43.9%)
366	<b>LATAŁA Wojciech</b>	<b>4547</b>	LEŚNE GRUBASY	M40	157	02:47:42	<b>05:14:44.95</b>	<b>05:16:26.70</b>	+02:59:49 (56.8%)	11:14	5.3 (43.1%)
367	<b>PIWOWARSKI Robert</b>	<b>4139</b>	CEDRUS TEAM	M50	58	02:40:30	<b>05:16:03.25</b>	<b>05:16:45.65</b>	+03:00:08 (56.9%)	11:17	5.3 (43.1%)
368	<b>MITAS Dariusz</b>	<b>1403</b>	PKS - PIWNY KLUB SPORTOWY	M40	158	02:50:14	<b>05:14:58.30</b>	<b>05:16:46.15</b>	+03:00:08 (56.9%)	11:14	5.3 (43.1%)
369	<b>WESOŁOWSKI Łukasz</b>	<b>4207</b>		M40	159	02:44:27	<b>05:15:48.05</b>	<b>05:16:58.60</b>	+03:00:21 (56.9%)	11:16	5.3 (43.1%)
370	<b>LESZCZYŃSKI Marcin</b>	<b>4297</b>		M20	31	02:44:48	<b>05:17:28.65</b>	<b>05:18:15.60</b>	+03:01:38 (57.1%)	11:20	5.3 (43.1%)
371	<b>RYBKA Tomasz</b>	<b>4270</b>		M60	12	02:42:05	<b>05:17:34.15</b>	<b>05:18:26.30</b>	+03:01:49 (57.1%)	11:20	5.3 (43.1%)
372	<b>SZCZEPOCKI Andrzej</b>	<b>4673</b>	NIEPOŁOMICE BIEGAJĄ	M50	59	02:50:05	<b>05:18:07.20</b>	<b>05:18:44.25</b>	+03:02:06 (57.1%)	11:21	5.3 (43.1%)
373	<b>KONEFAL Grzegorz</b>	<b>4176</b>		M40	160	02:54:11	<b>05:17:04.35</b>	<b>05:18:54.70</b>	+03:02:17 (57.2%)	11:19	5.3 (43.1%)
374	<b>DWORNICZAK Franciszek</b>	<b>4222</b>		M30	112	02:54:08	<b>05:17:04.75</b>	<b>05:18:54.85</b>	+03:02:17 (57.2%)	11:19	5.3 (43.1%)
375	<b>WEREMA Łukasz</b>	<b>4196</b>		M30	113	02:42:42	<b>05:18:22.10</b>	<b>05:19:20.75</b>	+03:02:43 (57.2%)	11:22	5.3 (43.1%)
376	<b>LESZCZYŃSKI Rafał</b>	<b>4298</b>		M50	60	02:54:40	<b>05:19:48.50</b>	<b>05:20:33.20</b>	+03:03:55 (57.4%)	11:25	5.3 (43.1%)
377	<b>MIŁOSZ Bartłomiej</b>	<b>4527</b>	KASZANKI	M60	13	02:50:38	<b>05:20:36.95</b>	<b>05:21:52.55</b>	+03:05:15 (57.6%)	11:27	5.2 (42.3%)
378	<b>STEC Maciej</b>	<b>4224</b>		M40	161	02:40:31	<b>05:21:04.00</b>	<b>05:22:41.80</b>	+03:06:04 (57.7%)	11:28	5.2 (42.3%)
379	<b>CZERWONKA Krzysztof</b>	<b>4522</b>		M40	162	02:44:16	<b>05:22:16.90</b>	<b>05:23:37.80</b>	+03:07:00 (57.8%)	11:30	5.2 (42.3%)
380	<b>SŁUPIŃSKI Krzysztof</b>	<b>7033</b>		M30	114	02:54:50	<b>05:23:19.10</b>	<b>05:25:10.45</b>	+03:08:33 (58.0%)	11:32	5.2 (42.3%)
381	<b>TUKIENDORF Jakub</b>	<b>4475</b>		M20	32	02:47:06	<b>05:25:02.85</b>	<b>05:25:46.50</b>	+03:09:09 (58.1%)	11:36	5.2 (42.3%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
382	WRÓBEL Piotr	4347		M60	14		05:24:55.15	05:26:24.30	+03:09:47 (58.1%)	11:36	5.2 (42.3%)
383	WRÓBEL Radosław	4348		M30	115	02:44:07	05:24:55.55	05:26:24.55	+03:09:47 (58.1%)	11:36	5.2 (42.3%)
384	POKROPEK Piotr	4470		M20	33	02:47:06	05:25:45.65	05:26:29.90	+03:09:52 (58.2%)	11:38	5.2 (42.3%)
385	DERECKI Aleksander	4623		M30	116	02:47:53	05:25:39.50	05:27:07.75	+03:10:30 (58.2%)	11:37	5.2 (42.3%)
386	SZÓSTAK Marcin	4514		M50	61	02:54:52	05:29:13.20	05:29:39.25	+03:13:01 (58.6%)	11:45	5.1 (41.5%)
387	OLESIŃSKI Piotr	7011	DRUŻYNA ORZECHA ŻYRARDÓW	M40	163	02:49:47	05:29:06.45	05:29:56.80	+03:13:19 (58.6%)	11:45	5.1 (41.5%)
388	JUSZCZAK Zbigniew	7016	PKB KMP KALISZ	M50	62	02:49:46	05:29:07.15	05:29:57.70	+03:13:20 (58.6%)	11:45	5.1 (41.5%)
389	STOYKOV Pavlin	4651		M50	63	02:42:19	05:31:16.35	05:32:52.90	+03:16:15 (59.0%)	11:49	5.1 (41.5%)
390	BORKOWSKI Arkadiusz	4010		M30	117	02:47:22	05:31:08.65	05:32:57.30	+03:16:20 (59.0%)	11:49	5.1 (41.5%)
391	WNUK Maciej	4609		M40	164	02:45:15	05:32:31.60	05:34:09.00	+03:17:31 (59.1%)	11:52	5.1 (41.5%)
392	LANGOWSKI Marcin	4587		M40	165	02:45:13	05:32:35.40	05:34:11.75	+03:17:34 (59.1%)	11:52	5.1 (41.5%)
393	HEPPER Łukasz	4588		M40	166	02:45:14	05:32:34.90	05:34:12.10	+03:17:34 (59.1%)	11:52	5.1 (41.5%)
394	SOWA Grzegorz	4087	#KUBAPIECHTEAM	M50	64	02:55:38	05:32:51.30	05:34:26.75	+03:17:49 (59.1%)	11:53	5 (40.7%)
395	ORZECHOWSKI Mariusz	4599	BIEGACZE KLECZEW, TRITON KONIN	M50	65	02:50:05	05:34:55.00	05:36:37.90	+03:20:00 (59.4%)	11:57	5 (40.7%)
396	KRÓL Przemysław	4474	FENOMEN	M40	167	02:54:15	05:35:08.70	05:36:40.60	+03:20:03 (59.4%)	11:58	5 (40.7%)
397	KALISZ Michał	4472	RADGETRUN	M30	118	02:51:40	05:36:30.00	05:38:00.40	+03:21:23 (59.6%)	12:01	5 (40.7%)
398	WĄTRÓBSKI Grzegorz	4366	COKE RUNNERS CLUB	M50	66	02:53:40	05:36:37.45	05:38:10.95	+03:21:33 (59.6%)	12:01	5 (40.7%)
399	MATWIEJCZUK Mateusz	4373		M30	119	02:54:06	05:36:57.45	05:38:11.75	+03:21:34 (59.6%)	12:02	5 (40.7%)
400	ADAMCZYK Jakub	4106	YAMAHA FAZER POLAND	M30	120	02:51:05	05:39:37.40	05:40:22.05	+03:23:44 (59.9%)	12:07	4.9 (39.8%)
401	DRĘŻEK Marcin	4076		M40	168	02:46:43	05:39:23.60	05:41:01.85	+03:24:24 (59.9%)	12:07	5 (40.7%)
402	RZECZKOWSKI Maciej	4162	WKG	M50	67	02:51:37	05:41:59.80	05:42:26.95	+03:25:49 (60.1%)	12:12	4.9 (39.8%)
403	PASTERNAK Wojciech	4326	POGODNI	M40	169	02:38:49	05:45:08.70	05:45:35.90	+03:28:58 (60.5%)	12:19	4.9 (39.8%)
404	TOŁKACZ Wojciech	4432	MALBORK BIEGA	M60	15	02:56:10	05:45:41.80	05:47:29.45	+03:30:52 (60.7%)	12:20	4.9 (39.8%)
405	WIERZCHOWSKI Paweł	4126	CEDRUS TEAM	M40	170	02:54:34	05:49:18.25	05:50:07.35	+03:33:30 (61.0%)	12:28	4.8 (39.0%)
406	PLASKOT Michał	4094	CEDRUS TEAM	M40	171	02:54:34	05:49:19.60	05:50:07.55	+03:33:30 (61.0%)	12:28	4.8 (39.0%)
407	RADWAŃSKI Marek	4357		M40	172	02:43:49	05:49:43.00	05:50:16.10	+03:33:38 (61.0%)	12:29	4.8 (39.0%)
408	JANKOWSKI Maciej	4249	THORO TEAM	M40	173	02:55:03	05:48:31.70	05:50:16.60	+03:33:39 (61.0%)	12:26	4.8 (39.0%)
409	PIKULIK Arkadiusz	4017	SMOLNIK TEAM:)	M40	174	02:41:49	05:51:02.95	05:52:23.70	+03:35:46 (61.2%)	12:32	4.8 (39.0%)
410	ADAMCZEWSKI Szymon	7021	SFORA BMK	M20	34	02:55:02	05:53:22.85	05:53:53.30	+03:37:16 (61.4%)	12:37	4.8 (39.0%)
411	BŁAŻEJEWSKI Zdzisław	4617	KS PRZAŚNIK PRZASNYSZ	M60	16	02:42:56	05:55:34.40	05:55:53.00	+03:39:15 (61.6%)	12:41	4.7 (38.2%)
412	KUZIA Bogusław	4143	SILESIA MARATHON CLUB	M50	68	02:47:41	06:01:16.80	06:01:34.30	+03:44:57 (62.2%)	12:54	4.7 (38.2%)
413	WILK Adam	4485		M40	175	02:56:41	06:01:03.80	06:02:25.20	+03:45:47 (62.3%)	12:53	4.7 (38.2%)
414	ZIĘBA Zbigniew	4460	META NADARZYN	M50	69	02:51:34	06:02:14.65	06:03:21.80	+03:46:44 (62.4%)	12:56	4.6 (37.4%)
415	GARMADA Maciej	4476		M20	35	02:54:41	06:03:26.60	06:05:20.35	+03:48:43 (62.6%)	12:58	4.6 (37.4%)
416	OLEKSY Jakub	4012	COWOOCELL	M20	36	02:54:36	06:03:27.00	06:05:20.95	+03:48:43 (62.6%)	12:58	4.6 (37.4%)
417	RADECKI Wojciech	4662	DZIKI Z CYTADELI	M40	176	02:55:15	06:05:17.30	06:05:28.80	+03:48:51 (62.6%)	13:02	4.6 (37.4%)
418	KOWALCZYK Michał	4386	SII RUNNING TEAM	M30	121	02:56:54	06:07:53.00	06:09:32.95	+03:52:55 (63.0%)	13:08	4.6 (37.4%)
419	KACZMAREK Arkadiusz	4499		M50	70	02:47:40	06:10:14.70	06:10:34.20	+03:53:56 (63.1%)	13:13	4.5 (36.6%)
420	CHABROWSKI Paweł	4611	SĄSIEDZI TARAUMARA	M50	71	02:58:53	06:12:52.55	06:13:05.10	+03:56:27 (63.4%)	13:19	4.5 (36.6%)
421	CHABROWSKI Bartłomiej	4619	SĄSIEDZI TARAUMARA	M50	72	02:58:51	06:12:50.05	06:13:05.65	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
422	TYMOSZUK Rafał	4392	SĄSIEDZI TARAUMARA	M40	177	02:57:07	06:12:50.90	06:13:05.85	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
423	SZĘSZOŁ Mariusz	4409	SĄSIEDZI TARAUMARA	M50	73	02:58:48	06:12:49.40	06:13:06.15	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
424	ŁUKASZUK Bartłomiej	4115		M20	37	02:55:57	06:13:52.30	06:15:40.75	+03:59:03 (63.6%)	13:21	4.5 (36.6%)
425	LESZCZYŃSKI Łukasz	4304		M20	38	02:59:10	06:18:58.70	06:18:58.70	+04:02:21 (64.0%)	13:32	4.4 (35.8%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
426	<b>KUNKA Piotr</b>	<b>4671</b>		M-Open	1		<b>06:20:31.00</b>	<b>06:20:31.00</b>	+04:03:53 (64.1%)	13:35	4.4 (35.8%)
427	<b>JANISZEWSKI Aleksander</b>	<b>4023</b>		M40	178	02:56:26	<b>06:19:11.65</b>	<b>06:21:01.15</b>	+04:04:23 (64.1%)	13:32	4.4 (35.8%)
428	<b>CICHOCKI Mariusz</b>	<b>4572</b>	SUUNTO RUN TEAM	M50	74	02:56:57	<b>06:20:33.05</b>	<b>06:22:19.65</b>	+04:05:42 (64.3%)	13:35	4.4 (35.8%)
429	<b>DAJNOWSKI Marek</b>	<b>4571</b>		M40	179	02:56:59	<b>06:20:32.35</b>	<b>06:22:19.70</b>	+04:05:42 (64.3%)	13:35	4.4 (35.8%)
430	<b>OBARSKI Norbert</b>	<b>4181</b>		M60	17	02:56:50	<b>06:26:36.50</b>	<b>06:28:01.70</b>	+04:11:24 (64.8%)	13:48	4.3 (35.0%)
431	<b>FABIAŃSKI Czesław</b>	<b>4214</b>	SUPERMARATON KALISZ	M60	18	02:59:01	<b>06:29:24.05</b>	<b>06:30:17.15</b>	+04:13:39 (65.0%)	13:54	4.3 (35.0%)
432	<b>MAZUR Maciej</b>	<b>4471</b>	WOODWARD RUNNERS	M40	180	02:56:45	<b>06:32:20.20</b>	<b>06:33:56.40</b>	+04:17:19 (65.3%)	14:00	4.3 (35.0%)
433	<b>MAKOSA Konrad</b>	<b>4490</b>		M50	75	03:15:45	<b>06:34:26.10</b>	<b>06:35:57.75</b>	+04:19:20 (65.5%)	14:05	4.3 (35.0%)
434	<b>POPKO Mariusz</b>	<b>4128</b>		M40	181	02:59:56	<b>06:43:46.45</b>	<b>06:45:14.90</b>	+04:28:37 (66.3%)	14:25	4.2 (34.1%)
435	<b>ŻYŁOWICZ Marcin</b>	<b>4026</b>		M30	122	03:03:24	<b>07:00:49.50</b>	<b>07:02:45.95</b>	+04:46:08 (67.7%)	15:01	4 (32.5%)
436	<b>SREBRO Michał</b>	<b>4595</b>		M50	76	03:25:44	<b>07:31:23.60</b>	<b>07:31:33.25</b>	+05:14:55 (69.7%)	16:07	3.7 (30.1%)
437	<b>SUDAŃSKI Damian</b>	<b>4564</b>	DRUŻYNA PIERŚCIENIA	M30	123						(0.0%)
DNC	<b>SZULĘCKI Andrzej</b>	<b>4256</b>	EXC TEAM	M40		00:56:54					(0.0%)
	<b>REY Andrzej</b>	<b>4184</b>	REYRUNNINGTEAM	M50		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>REY Patryk</b>	<b>4534</b>	REYRUNNINGTEAM	M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŻUŁAWSKI Dariusz</b>	<b>7034</b>		M40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JESKE Michał</b>	<b>4267</b>	RUN BYDGOSZCZ	M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 442 results.