



# 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: M30

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
1	GABRYŚ Rafał	4530	STAŃCZAK TEAM	M30	1	01:16:10	02:18:34.20	02:18:37.75		4:56	12.1 (100%)
2	PERZ Krzysztof	4443		M30	2	01:17:01	02:24:44.65	02:24:46.70	+00:06:08 (4.2%)	5:10	11.6 (95.9%)
3	SIKOŃCZYK Miłosz	4636	ALPIN SPORT TEAM	M30	3	01:23:14	02:29:07.45	02:29:09.80	+00:10:32 (7.1%)	5:19	11.3 (93.4%)
4	RUPIŃSKI Krzysztof	4655		M30	4	01:19:38	02:29:14.35	02:29:16.95	+00:10:39 (7.1%)	5:19	11.3 (93.4%)
5	KNAPIK Sebastian	4178		M30	5	01:21:09	02:30:54.80	02:30:56.95	+00:12:19 (8.2%)	5:23	11.1 (91.7%)
6	BIELIŃSKI Maciek	4576		M30	6	01:25:18	02:37:20.50	02:37:24.55	+00:18:46 (11.9%)	5:37	10.7 (88.4%)
7	WĘGLIŃSKI Mikołaj	4683		M30	7	01:27:26	02:40:48.90	02:41:02.85	+00:22:25 (13.9%)	5:44	10.4 (86.0%)
8	MASTERNAK Mariusz	4260	ANNA HALSKA COACHING	M30	8	01:25:30	02:43:14.75	02:43:19.65	+00:24:41 (15.1%)	5:49	10.3 (85.1%)
9	WOJNAROWICZ Paweł	4448		M30	9	01:29:32	02:43:19.80	02:43:23.85	+00:24:46 (15.2%)	5:49	10.3 (85.1%)
10	WER Grzegorz	4597	TOMICA COACHING	M30	10	01:31:16	02:50:48.10	02:50:53.25	+00:32:15 (18.9%)	6:06	9.8 (81.0%)
11	GOLEC Ireneusz	4071	VEGE RUNNERS / RUCH IZBICA	M30	11	01:31:38	02:51:15.15	02:51:18.60	+00:32:40 (19.1%)	6:06	9.8 (81.0%)
12	STRZĘPEK Dariusz	4218	PRZYJACIELE PUT - POGÓRZE ULTRA TRAIL	M30	12	01:35:28	02:53:31.45	02:53:36.50	+00:34:58 (20.1%)	6:11	9.7 (80.2%)
13	PAJĄK Alan	4459	ZIELONA MANUFAKTURA	M30	13	01:36:26	02:54:41.20	02:54:55.65	+00:36:17 (20.8%)	6:14	9.6 (79.3%)
14	TOMKIEWICZ Łukasz	4508		M30	14	01:34:22	02:58:28.00	02:58:36.80	+00:39:59 (22.4%)	6:22	9.4 (77.7%)
15	KALINOWSKI Mikołaj	4119		M30	15	01:41:22	02:59:13.25	02:59:23.00	+00:40:45 (22.7%)	6:24	9.4 (77.7%)
16	SZCZYGIEL Łukasz	4631		M30	16	01:35:37	03:00:00.45	03:00:06.20	+00:41:28 (23.0%)	6:25	9.3 (76.9%)
17	GALEWSKI Adrian	4422	AW - SZYBCIEJ - TEAM	M30	17	01:38:41	03:00:13.00	03:00:13.00	+00:41:35 (23.1%)	6:26	9.3 (76.9%)
18	PISKADŁO Jacek	4336	NOWY STYL RUNNING TEAM	M30	18	01:35:16	03:00:14.70	03:00:18.15	+00:41:40 (23.1%)	6:26	9.3 (76.9%)
19	BEGIER Dominik	4517	KP PSP SŁUBICE	M30	19	01:34:40	03:02:10.35	03:02:15.00	+00:43:37 (23.9%)	6:30	9.2 (76.0%)
20	POŻAROWSZCZYK Adam	4554		M30	20	01:39:10	03:08:42.65	03:08:49.55	+00:50:11 (26.6%)	6:44	8.9 (73.6%)
21	FRYC Rafał	4116	#GRAZKAPARSON	M30	21	01:41:24	03:09:41.60	03:09:51.00	+00:51:13 (27.0%)	6:46	8.9 (73.6%)
22	GADZIŃSKI Marcin	4542		M30	22	01:43:57	03:10:12.60	03:10:16.20	+00:51:38 (27.1%)	6:47	8.8 (72.7%)
23	NOWIŃSKI Andrzej	4613		M30	23	01:41:24	03:10:09.80	03:10:18.60	+00:51:40 (27.2%)	6:47	8.8 (72.7%)
24	BAR Maciej	4400		M30	24	01:43:08	03:10:42.80	03:10:58.45	+00:52:20 (27.4%)	6:48	8.8 (72.7%)
25	KIEPEL Mateusz	4580		M30	25	01:41:28	03:12:16.10	03:12:26.80	+00:53:49 (28.0%)	6:52	8.7 (71.9%)
26	GĘBALA Dariusz	7035	BESKID GODZISZKA	M30	26	01:45:44	03:13:56.30	03:14:02.60	+00:55:24 (28.6%)	6:55	8.7 (71.9%)
27	BEDNAREK Piotr	4032		M30	27	01:36:31	03:15:36.00	03:15:45.35	+00:57:07 (29.2%)	6:59	8.6 (71.1%)
28	SMACZNY Bartłomiej	4550		M30	28	01:42:29	03:14:54.75	03:15:51.50	+00:57:13 (29.2%)	6:57	8.6 (71.1%)
29	TOMASZEWSKI Łukasz	4001	IM INSPIRATION	M30	29	01:40:29	03:16:31.45	03:16:35.75	+00:57:58 (29.5%)	7:01	8.5 (70.2%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 28km	brutto 28km			
30	PAĆKO Michał	4185		M30	30	01:50:20	03:17:32.60	03:18:05.20	+00:59:27 (30.0%)	7:03	8.5 (70.2%)
31	MOTYL Michał	4228		M30	31	01:44:16	03:18:37.55	03:18:52.55	+01:00:14 (30.3%)	7:05	8.5 (70.2%)
32	BURDA Marcin	4316		M30	32	01:53:26	03:18:35.60	03:19:18.30	+01:00:40 (30.4%)	7:05	8.5 (70.2%)
33	DYDEK Kamil	7001	ZDANOWSKITEAM	M30	33	01:46:22	03:20:34.25	03:20:39.75	+01:02:02 (30.9%)	7:09	8.4 (69.4%)
34	KOT Dawid	4496		M30	34	01:45:36	03:20:43.95	03:20:55.30	+01:02:17 (31.0%)	7:10	8.4 (69.4%)
35	MARCHEWICZ Marek	4442		M30	35	01:43:21	03:25:06.25	03:25:21.70	+01:06:43 (32.5%)	7:19	8.2 (67.8%)
36	KUŚ Łukasz	4358		M30	36	01:43:41	03:25:22.85	03:25:54.60	+01:07:16 (32.7%)	7:20	8.2 (67.8%)
37	CYTAWA Adrian	4427	FIZJO-SPORT ŁĘCZNA 19BZ	M30	37	01:48:01	03:26:10.30	03:26:22.60	+01:07:44 (32.8%)	7:21	8.1 (66.9%)
38	FIJOLEK Tomek	4123	FIZJOTRAIL HD	M30	38	01:50:51	03:26:57.70	03:27:02.55	+01:08:24 (33.0%)	7:23	8.1 (66.9%)
39	MATYJA Rafał	4526	LESZNO LIMITS RUNNERS	M30	39	02:01:19	03:33:09.50	03:33:44.90	+01:15:07 (35.1%)	7:36	7.9 (65.3%)
40	PIASZCZYŃSKI Maciej	4690	NEKORENTALCREW	M30	40	02:04:39	03:35:28.95	03:37:08.85	+01:18:31 (36.2%)	7:41	7.8 (64.5%)
41	CYRAN Wojtek	4577		M30	41	02:01:59	03:41:18.60	03:41:49.15	+01:23:11 (37.5%)	7:54	7.6 (62.8%)
42	RONDUDA Jakub	4273	DZIEK	M30	42	01:52:43	03:41:05.90	03:41:51.35	+01:23:13 (37.5%)	7:53	7.6 (62.8%)
43	POŻAROWSKI Paweł	4466		M30	43	02:04:19	03:43:54.55	03:44:05.45	+01:25:27 (38.1%)	7:59	7.5 (62.0%)
44	HOŁOWNIA Bartłomiej	4287	SOP POS	M30	44	01:55:49	03:44:33.90	03:44:58.75	+01:26:21 (38.4%)	8:01	7.5 (62.0%)
45	TABAK Adrian	4286		M30	45	01:55:47	03:44:33.60	03:44:59.00	+01:26:21 (38.4%)	8:01	7.5 (62.0%)
46	STUDNICKI Paweł	4140		M30	46	02:02:48	03:44:51.45	03:45:00.55	+01:26:22 (38.4%)	8:01	7.5 (62.0%)
47	STAŚKOWIAK Rafał	4263	BRACTWO BIEGOWE BGK	M30	47	02:09:23	03:44:26.25	03:45:00.85	+01:26:23 (38.4%)	8:00	7.5 (62.0%)
48	ROSZCZYPAŁA Bartłomiej	4424	SII RUNNING TEAM	M30	48	02:02:49	03:44:46.05	03:45:07.80	+01:26:30 (38.4%)	8:01	7.5 (62.0%)
49	PORĘBSKI Michał	4085		M30	49	01:57:31	03:44:50.35	03:45:08.75	+01:26:31 (38.4%)	8:01	7.5 (62.0%)
50	WALASZEK Kamil	4533	FOXTROT	M30	50	01:56:05	03:45:36.60	03:45:58.00	+01:27:20 (38.7%)	8:03	7.4 (61.2%)
51	JAKUBIAK Krzysztof	4053		M30	51	02:00:03	03:45:34.00	03:46:32.10	+01:27:54 (38.8%)	8:03	7.4 (61.2%)
52	BAK Mateusz	4585		M30	52	01:47:20	03:46:30.95	03:46:52.10	+01:28:14 (38.9%)	8:05	7.4 (61.2%)
53	BILSKI Dariusz	4305		M30	53	02:02:11	03:46:48.55	03:47:31.40	+01:28:53 (39.1%)	8:06	7.4 (61.2%)
54	MAJCHRAK Jakub	4088	FIBOO.PL	M30	54	01:56:50	03:47:27.05	03:47:47.60	+01:29:09 (39.1%)	8:07	7.4 (61.2%)
55	GWIZDOWSKI Cezary	4164		M30	55	02:02:17	03:47:05.85	03:48:28.05	+01:29:50 (39.3%)	8:06	7.4 (61.2%)
56	SZATKOWSKI Bartosz	4199	NSNP	M30	56	02:02:14	03:48:25.65	03:49:08.05	+01:30:30 (39.5%)	8:09	7.4 (61.2%)
57	NEPELSKI Krzysztof	4601	CROSSFIT LUBLIN	M30	57	01:59:28	03:51:26.55	03:52:17.55	+01:33:39 (40.3%)	8:15	7.3 (60.3%)
58	BERK Mateusz	4363	UNILOGO RUNNING TEAM	M30	58	02:03:43	03:51:34.60	03:52:45.85	+01:34:08 (40.4%)	8:16	7.3 (60.3%)
59	FORTUNA Mateusz	4145		M30	59	02:05:31	03:52:03.70	03:53:00.25	+01:34:22 (40.5%)	8:17	7.2 (59.5%)
60	WOJTOWICZ Paweł	4342	NOWY STYL RUNNING TEAM	M30	60	02:11:09	03:53:12.30	03:54:01.00	+01:35:23 (40.8%)	8:19	7.2 (59.5%)
61	ZARZECZNY Radosław	4579		M30	61	02:09:29	03:53:33.00	03:54:16.90	+01:35:39 (40.8%)	8:20	7.2 (59.5%)
62	SZYMAŃSKI Jakub	4608		M30	62	02:13:22	03:54:00.70	03:54:52.25	+01:36:14 (41.0%)	8:21	7.2 (59.5%)
63	PUCHYRSKI Piotr	4313		M30	63	02:04:36	03:54:56.45	03:55:54.20	+01:37:16 (41.2%)	8:23	7.2 (59.5%)
64	KUBACKI Marcin	4502		M30	64	01:58:59	03:54:35.95	03:56:02.25	+01:37:24 (41.3%)	8:22	7.2 (59.5%)
65	MILEWSKI Mateusz	7027	ASSECO ACTIVE TEAM	M30	65	02:13:16	03:56:30.30	03:56:34.05	+01:37:56 (41.4%)	8:26	7.1 (58.7%)
66	SPORNIAK Krzysztof	4652		M30	66	02:08:32	03:57:52.45	03:58:29.95	+01:39:52 (41.9%)	8:29	7.1 (58.7%)
67	KONIECZNY Przemysław	4160	BIEGAM BO LUBIĘ	M30	67	02:19:13	03:59:55.55	04:00:45.35	+01:42:07 (42.4%)	8:34	7 (57.9%)
68	GAŻA Łukasz	4148		M30	68	02:15:09	04:00:08.70	04:01:04.60	+01:42:26 (42.5%)	8:34	7 (57.9%)
69	KRUSZEWSKI Filip	7024	NOWAK.RUN	M30	69	02:12:00	04:00:23.30	04:01:41.90	+01:43:04 (42.6%)	8:35	7 (57.9%)
70	SKOMRO Arkadiusz	4301		M30	70	02:11:55	04:04:03.55	04:04:34.00	+01:45:56 (43.3%)	8:42	6.9 (57.0%)
71	GRZESZKOWIAK Szymon	4628	KW TORUŃ	M30	71	02:10:06	04:06:27.05	04:06:42.80	+01:48:05 (43.8%)	8:48	6.8 (56.2%)
72	NOWAK Michał	4066		M30	72	02:10:09	04:07:35.70	04:08:03.85	+01:49:26 (44.1%)	8:50	6.8 (56.2%)
73	BOROWSKI Robert	4543		M30	73	02:12:45	04:07:29.20	04:08:24.20	+01:49:46 (44.2%)	8:50	6.8 (56.2%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net	Czas	Gap	Pace min/km	Pace km/h
							time 28km	brutto 28km			
74	<b>GORYNIA Hubert</b>	<b>7017</b>		M30	74	02:15:24	<b>04:08:45.20</b>	<b>04:09:00.35</b>	+01:50:22 (44.3%)	8:53	6.8 (56.2%)
75	<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>	+01:51:01 (44.5%)	8:54	6.7 (55.4%)
76	<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>	+01:51:17 (44.5%)	8:52	6.8 (56.2%)
77	<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>	+01:51:53 (44.7%)	8:53	6.8 (56.2%)
78	<b>BARANSKI Jarek</b>	<b>4396</b>		M30	78	02:10:49	<b>04:10:05.60</b>	<b>04:10:57.65</b>	+01:52:19 (44.8%)	8:55	6.7 (55.4%)
79	<b>FABIANOWICZ Michał</b>	<b>4157</b>		M30	79	02:16:35	<b>04:10:16.20</b>	<b>04:11:29.55</b>	+01:52:51 (44.9%)	8:56	6.7 (55.4%)
80	<b>RUDNIK Paweł</b>	<b>4435</b>		M30	80	02:13:44	<b>04:13:58.90</b>	<b>04:15:11.25</b>	+01:56:33 (45.7%)	9:04	6.6 (54.5%)
81	<b>LALAK Michał</b>	<b>4103</b>		M30	81	02:12:29	<b>04:17:07.30</b>	<b>04:18:21.25</b>	+01:59:43 (46.3%)	9:10	6.5 (53.7%)
82	<b>SZWAJKA Bartosz</b>	<b>4093</b>		M30	82	02:12:29	<b>04:17:08.05</b>	<b>04:18:21.95</b>	+01:59:44 (46.3%)	9:11	6.5 (53.7%)
83	<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>	+02:00:33 (46.5%)	9:14	6.5 (53.7%)
84	<b>HABDAS Damian</b>	<b>4524</b>		M30	84	02:06:42	<b>04:17:15.60</b>	<b>04:19:13.65</b>	+02:00:35 (46.5%)	9:11	6.5 (53.7%)
85	<b>BOGUSZ Jarosław</b>	<b>4195</b>		M30	85	02:15:31	<b>04:21:00.90</b>	<b>04:22:01.75</b>	+02:03:24 (47.1%)	9:19	6.4 (52.9%)
86	<b>WRÓBEL Michał</b>	<b>4285</b>		M30	86	02:19:36	<b>04:24:46.80</b>	<b>04:25:14.35</b>	+02:06:36 (47.7%)	9:27	6.3 (52.1%)
87	<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>	+02:08:15 (48.1%)	9:29	6.3 (52.1%)
88	<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>	+02:10:55 (48.6%)	9:37	6.2 (51.2%)
89	<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>	+02:11:47 (48.7%)	9:38	6.2 (51.2%)
90	<b>CZYŻEWSKI Michał</b>	<b>4556</b>		M30	90	02:12:34	<b>04:29:56.95</b>	<b>04:30:44.55</b>	+02:12:06 (48.8%)	9:38	6.2 (51.2%)
91	<b>RYNIAK Jakub</b>	<b>4314</b>		M30	91	02:19:34	<b>04:30:34.40</b>	<b>04:31:32.40</b>	+02:12:54 (48.9%)	9:39	6.2 (51.2%)
92	<b>PSIODA Maciej</b>	<b>4200</b>		M30	92	02:29:12	<b>04:31:21.50</b>	<b>04:32:09.90</b>	+02:13:32 (49.1%)	9:41	6.2 (51.2%)
93	<b>LEWANDOWSKI Mateusz</b>	<b>4081</b>	TEJADO	M30	93	02:28:33	<b>04:38:47.40</b>	<b>04:40:21.35</b>	+02:21:43 (50.6%)	9:57	6 (49.6%)
94	<b>WITTSTOCK Szymon</b>	<b>4488</b>	SZANSELIZE	M30	94	02:23:25	<b>04:38:59.65</b>	<b>04:40:23.80</b>	+02:21:46 (50.6%)	9:57	6 (49.6%)
95	<b>RONDUDA Filip</b>	<b>4275</b>		M30	95	02:09:48	<b>04:39:38.65</b>	<b>04:40:23.85</b>	+02:21:46 (50.6%)	9:59	6 (49.6%)
96	<b>RZEWUSKI Paweł</b>	<b>4489</b>	SZANSELIZE	M30	96	02:23:22	<b>04:38:59.50</b>	<b>04:40:24.10</b>	+02:21:46 (50.6%)	9:57	6 (49.6%)
97	<b>ZAJĄCZKOWSKI Piotr</b>	<b>4338</b>	HADES MUSIC CLUB	M30	97	02:31:22	<b>04:42:28.10</b>	<b>04:43:39.25</b>	+02:25:01 (51.1%)	10:05	5.9 (48.8%)
98	<b>GAJDA Błażej</b>	<b>4339</b>	HADES MUSIC CLUB	M30	98	02:31:23	<b>04:42:29.50</b>	<b>04:43:39.55</b>	+02:25:01 (51.1%)	10:05	5.9 (48.8%)
99	<b>RYBKA Jan</b>	<b>4271</b>	RYBENSHUTTE	M30	99	02:34:41	<b>04:43:58.20</b>	<b>04:44:51.05</b>	+02:26:13 (51.3%)	10:08	5.9 (48.8%)
100	<b>NOWAK Mateusz</b>	<b>4237</b>		M30	100	02:38:05	<b>04:43:18.75</b>	<b>04:44:53.85</b>	+02:26:16 (51.3%)	10:07	5.9 (48.8%)
101	<b>ŁUKASIK Paweł</b>	<b>4156</b>		M30	101	02:34:05	<b>04:45:16.30</b>	<b>04:45:57.35</b>	+02:27:19 (51.5%)	10:11	5.9 (48.8%)
102	<b>FLISIKOWSKI Szymon</b>	<b>4279</b>	DREAM RAWA TEAM	M30	102	02:40:53	<b>04:47:47.00</b>	<b>04:49:04.45</b>	+02:30:26 (52.0%)	10:16	5.8 (47.9%)
103	<b>WALASZEK Michał</b>	<b>4311</b>	KS BIEGAJĄCE ZĄBKI	M30	103	02:33:22	<b>04:47:46.15</b>	<b>04:49:16.05</b>	+02:30:38 (52.1%)	10:16	5.8 (47.9%)
104	<b>SID Sid</b>	<b>4428</b>		M30	104	02:29:07	<b>04:51:23.80</b>	<b>04:51:52.70</b>	+02:33:14 (52.5%)	10:24	5.8 (47.9%)
105	<b>OBIEGAŁA Michał</b>	<b>4113</b>		M30	105	02:29:08	<b>04:52:40.70</b>	<b>04:53:08.40</b>	+02:34:30 (52.7%)	10:27	5.7 (47.1%)
106	<b>MYTYCH Mateusz</b>	<b>4117</b>		M30	106	02:28:46	<b>04:53:20.50</b>	<b>04:53:29.25</b>	+02:34:51 (52.8%)	10:28	5.7 (47.1%)
107	<b>BIBRO Daniel</b>	<b>4570</b>		M30	107	02:41:54	<b>04:54:33.35</b>	<b>04:55:50.90</b>	+02:37:13 (53.1%)	10:31	5.7 (47.1%)
108	<b>ZWIERCAN Hubert</b>	<b>4675</b>		M30	108	02:27:22	<b>04:57:11.30</b>	<b>04:57:49.30</b>	+02:39:11 (53.5%)	10:36	5.7 (47.1%)
109	<b>THAETNER Marcus</b>	<b>4068</b>		M30	109	02:34:41	<b>05:02:44.30</b>	<b>05:03:47.00</b>	+02:45:09 (54.4%)	10:48	5.5 (45.5%)
110	<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>	+02:45:27 (54.4%)	10:49	5.5 (45.5%)
111	<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>	+02:51:12 (55.3%)	10:59	5.5 (45.5%)
112	<b>DWORNICZAK Franciszek</b>	<b>4222</b>		M30	112	02:54:08	<b>05:17:04.75</b>	<b>05:18:54.85</b>	+03:00:17 (56.5%)	11:19	5.3 (43.8%)
113	<b>WEREMA Łukasz</b>	<b>4196</b>		M30	113	02:42:42	<b>05:18:22.10</b>	<b>05:19:20.75</b>	+03:00:43 (56.6%)	11:22	5.3 (43.8%)
114	<b>SŁUPIŃSKI Krzysztof</b>	<b>7033</b>		M30	114	02:54:50	<b>05:23:19.10</b>	<b>05:25:10.45</b>	+03:06:32 (57.4%)	11:32	5.2 (43.0%)
115	<b>WRÓBEL Radosław</b>	<b>4348</b>		M30	115	02:44:07	<b>05:24:55.55</b>	<b>05:26:24.55</b>	+03:07:46 (57.5%)	11:36	5.2 (43.0%)
116	<b>DERECKI Aleksander</b>	<b>4623</b>		M30	116	02:47:53	<b>05:25:39.50</b>	<b>05:27:07.75</b>	+03:08:30 (57.6%)	11:37	5.2 (43.0%)
117	<b>BORKOWSKI Arkadiusz</b>	<b>4010</b>		M30	117	02:47:22	<b>05:31:08.65</b>	<b>05:32:57.30</b>	+03:14:19 (58.4%)	11:49	5.1 (42.1%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
118	<b>KALISZ Michał</b>	<b>4472</b>	RADGETRUN	M30	118	02:51:40	<b>05:36:30.00</b>	<b>05:38:00.40</b>	+03:19:22 (59.0%)	12:01	5 (41.3%)
119	<b>MATWIEJCZUK Mateusz</b>	<b>4373</b>		M30	119	02:54:06	<b>05:36:57.45</b>	<b>05:38:11.75</b>	+03:19:34 (59.0%)	12:02	5 (41.3%)
120	<b>ADAMCZYK Jakub</b>	<b>4106</b>	YAMAHA FAZER POLAND	M30	120	02:51:05	<b>05:39:37.40</b>	<b>05:40:22.05</b>	+03:21:44 (59.3%)	12:07	4.9 (40.5%)
121	<b>KOWALCZYK Michał</b>	<b>4386</b>	SII RUNNING TEAM	M30	121	02:56:54	<b>06:07:53.00</b>	<b>06:09:32.95</b>	+03:50:55 (62.5%)	13:08	4.6 (38.0%)
122	<b>ŻYŁOWICZ Marcin</b>	<b>4026</b>		M30	122	03:03:24	<b>07:00:49.50</b>	<b>07:02:45.95</b>	+04:44:08 (67.2%)	15:01	4 (33.1%)
123	<b>SUDAŃSKI Damian</b>	<b>4564</b>	DRUŻYNA PIERŚCIENIA	M30	123						(0.0%)

Total 123 results.