



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: M40

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
1	WERNER Kamil	4190		M40	1	01:16:14	02:21:32.60	02:21:35.35		5:03	11.9 (100%)
2	JACHYMIAK Robert	4393	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	2	01:17:19	02:23:31.05	02:23:33.05	+00:01:57 (1.4%)	5:07	11.7 (98.3%)
3	PITUCH Grzegorz	4665	STAŃCZAK TEAM	M40	3	01:21:18	02:32:53.70	02:32:56.70	+00:11:21 (7.4%)	5:27	11 (92.4%)
4	PRĘTNIK Sławomir	4637		M40	4	01:23:48	02:36:18.10	02:36:50.40	+00:15:15 (9.7%)	5:34	10.7 (89.9%)
5	IWANICKI Michał	4602	ACCELERATING POLAND	M40	5		02:40:58.00	02:40:58.00	+00:19:22 (12.0%)	5:44	10.4 (87.4%)
6	SKAWIŃSKI Tomasz	4625	GOPR BIESZCZADY	M40	6	01:30:31	02:43:58.80	02:44:01.60	+00:22:26 (13.7%)	5:51	10.2 (85.7%)
7	HEJNAR Jakub	4212		M40	7	01:28:59	02:46:23.25	02:46:26.30	+00:24:50 (14.9%)	5:56	10.1 (84.9%)
8	GABRYCH Arkadiusz	4135	WIHA RUNNER	M40	8	01:29:28	02:46:52.75	02:46:59.05	+00:25:23 (15.2%)	5:57	10.1 (84.9%)
9	CIOCH Cezary	4685	KALLIPSO RUNNERS TEAM	M40	9	01:30:53	02:51:29.10	02:51:33.85	+00:29:58 (17.5%)	6:07	9.8 (82.4%)
10	GOŁASZEWSKI Łukasz	4583	KARL STORZ POLSKA SP. Z O.O.	M40	10	01:34:51	02:51:24.15	02:52:22.90	+00:30:47 (17.9%)	6:07	9.8 (82.4%)
11	DYŚ Paweł	4220		M40	11	01:31:28	02:53:15.15	02:53:18.10	+00:31:42 (18.3%)	6:11	9.7 (81.5%)
12	PADUSIŃSKI Paweł	4591	LEMIESZ TEAM	M40	12	01:30:55	02:54:36.60	02:54:39.10	+00:33:03 (18.9%)	6:14	9.6 (80.7%)
13	KAŹMIERCZAK Piotr	4210	WITKOWO BIEGA	M40	13	01:34:07	02:56:43.20	02:56:45.40	+00:35:10 (19.9%)	6:18	9.5 (79.8%)
14	KŁOS Łukasz	4018	ASICS FRONTRUNNER POLAND	M40	14	01:31:51	02:59:20.00	02:59:23.85	+00:37:48 (21.1%)	6:24	9.4 (79.0%)
15	KRZEMIŃSKI Marcin	4292		M40	15	01:35:34	02:59:54.25	02:59:58.15	+00:38:22 (21.3%)	6:25	9.3 (78.2%)
16	KSIĄŻKIEWICZ Bartłomiej	4367	ROCKY BALBOA	M40	16	01:37:48	03:00:40.05	03:00:40.05	+00:39:04 (21.6%)	6:27	9.3 (78.2%)
17	STERKOWICZ Łukasz	4567		M40	17	01:38:18	03:01:24.25	03:01:24.25	+00:39:48 (21.9%)	6:28	9.3 (78.2%)
18	THIER Dominik	4600	TATRACAMP / KS KANDAHAR	M40	18	01:37:48	03:02:05.90	03:02:12.20	+00:40:36 (22.3%)	6:30	9.2 (77.3%)
19	ZUBEK Józef	4467		M40	19	01:37:21	03:07:25.45	03:07:33.45	+00:45:58 (24.5%)	6:41	9 (75.6%)
20	CICHOSZ Krzysztof	4072	RUCH IZBICA/RONIN	M40	20	01:39:35	03:09:57.30	03:10:12.15	+00:48:36 (25.6%)	6:47	8.8 (73.9%)
21	KUNKEL Mariusz	4491	SMARUJ NA TRENING	M40	21	01:38:47	03:09:54.35	03:10:14.70	+00:48:39 (25.6%)	6:46	8.8 (73.9%)
22	RAJKOWSKI Tomasz	4598	WIDZEW FC EIRE DIVISION	M40	22	01:44:00	03:10:14.00	03:10:50.95	+00:49:15 (25.8%)	6:47	8.8 (73.9%)
23	KOBIĄŁKA Łukasz	4493	MY ENDURANCE COACHING	M40	23	01:41:28	03:13:40.20	03:13:40.20	+00:52:04 (26.9%)	6:55	8.7 (73.1%)
24	STRZELECKI Michał	4360	SMASHING PĄPKINS	M40	24	01:44:07	03:14:43.50	03:14:50.75	+00:53:15 (27.3%)	6:57	8.6 (72.3%)
25	KOWALSKI Sylwester	4229	BRAK	M40	25	01:42:39	03:14:53.40	03:14:59.15	+00:53:23 (27.4%)	6:57	8.6 (72.3%)
26	HAMKALO Dawid	4510	HOST WROCŁAW	M40	26		03:15:29.40	03:15:52.40	+00:54:17 (27.7%)	6:58	8.6 (72.3%)
27	SOSNOWSKI Rafał	4604	MUSZAKI	M40	27	01:44:08	03:18:59.25	03:19:26.05	+00:57:50 (29.0%)	7:06	8.4 (70.6%)
28	STASZCZYK Michał	4552	BKB CZARNA PERŁA	M40	28	01:47:11	03:19:57.70	03:20:08.05	+00:58:32 (29.3%)	7:08	8.4 (70.6%)
29	PÓŁTORAK Dariusz	4351	PRZEWORSKA GRUPA BIEGOWA	M40	29	01:44:34	03:20:47.50	03:20:47.50	+00:59:12 (29.5%)	7:10	8.4 (70.6%)

Place	Participant	Number	Club	Category	MCat	Net		Czas brutto		Pace min/km	Pace km/h
						Roztoki 16.2km	time 28km	28km	Gap		
30	CIEŚLA Krzysztof	4497		M40	30	01:45:36	03:20:45.20	03:20:56.50	+00:59:21 (29.5%)	7:10	8.4 (70.6%)
31	NIEDŹWIEDŹ Tomasz	4539		M40	31	01:49:44	03:21:48.15	03:22:09.30	+01:00:33 (30.0%)	7:12	8.3 (69.7%)
32	JADWIŃSKI Wojciech	4478	KS KANAŁEK /NBRC	M40	32	01:46:05	03:23:44.00	03:23:56.45	+01:02:21 (30.6%)	7:16	8.2 (68.9%)
33	PURGAL Tomasz	4391	SAINT-GOBAIN SQUAD	M40	33	01:49:35	03:24:38.00	03:25:16.85	+01:03:41 (31.0%)	7:18	8.2 (68.9%)
34	GAJ Grzegorz	7020		M40	34	01:54:45	03:25:59.00	03:26:09.55	+01:04:34 (31.3%)	7:21	8.2 (68.9%)
35	KULAS Łukasz	4618	SOLO LECĘ	M40	35	01:53:46	03:26:10.70	03:26:36.55	+01:05:01 (31.5%)	7:21	8.1 (68.1%)
36	SOCHA Norbert	4684		M40	36	01:50:12	03:26:54.65	03:27:00.70	+01:05:25 (31.6%)	7:23	8.1 (68.1%)
37	PRABUCKI Krzysztof	4265	WITKOWO BIEGA	M40	37	01:50:49	03:26:49.75	03:27:43.45	+01:06:08 (31.8%)	7:23	8.1 (68.1%)
38	PODOLSKI Marek	4365	AGRC	M40	38	01:55:15	03:27:16.60	03:28:14.75	+01:06:39 (32.0%)	7:24	8.1 (68.1%)
39	ASŁANOWICZ Marcin	4323	ŻÓRAWSKI TEAM	M40	39	01:51:28	03:28:34.20	03:28:41.40	+01:07:06 (32.2%)	7:26	8.1 (68.1%)
40	JAWORSKI Piotr	4546		M40	40	01:48:59	03:29:53.95	03:30:00.85	+01:08:25 (32.6%)	7:29	8 (67.2%)
41	DOLCZEWSKI Dariusz	4291	BAT NAPRZÓD MŁOCINY	M40	41	01:58:54	03:34:26.55	03:34:46.60	+01:13:11 (34.1%)	7:39	7.8 (65.5%)
42	DYBOWSKI Piotr	7009	ION1 TEAM	M40	42	01:59:41	03:35:25.05	03:36:06.10	+01:14:30 (34.5%)	7:41	7.8 (65.5%)
43	MIGDAŁ Karol	4495	GALICJA BIEGA	M40	43	01:58:31	03:35:24.80	03:36:08.85	+01:14:33 (34.5%)	7:41	7.8 (65.5%)
44	CAŁA Michał	4504	KLUB JEŹDZIECKI DERA	M40	44	01:51:36	03:37:32.60	03:37:38.15	+01:16:02 (34.9%)	7:46	7.7 (64.7%)
45	PEPŁOŃSKI Łukasz	4457		M40	45	02:06:08	03:36:56.45	03:38:00.55	+01:16:25 (35.1%)	7:44	7.7 (64.7%)
46	WESOŁOWSKI Piotr	4310	WSTAWAJ I WALCZ	M40	46	01:59:44	03:37:42.85	03:39:09.55	+01:17:34 (35.4%)	7:46	7.7 (64.7%)
47	KORNEK Łukasz	4458		M40	47	01:55:00	03:39:13.70	03:39:26.45	+01:17:51 (35.5%)	7:49	7.7 (64.7%)
48	STYŁA-STYLIŃSKI Norbert	4296	TWOJA STARA	M40	48	01:53:30	03:39:56.50	03:40:36.40	+01:19:01 (35.8%)	7:51	7.6 (63.9%)
49	WÓJKOWSKI Tomasz	4612		M40	49	01:55:33	03:40:13.75	03:40:41.45	+01:19:06 (35.8%)	7:51	7.6 (63.9%)
50	ADASZEK Łukasz	4650		M40	50	01:58:30	03:41:38.95	03:42:38.65	+01:21:03 (36.4%)	7:54	7.6 (63.9%)
51	KOŁODZIEJCZYK Marcin	4133		M40	51	01:56:06	03:42:41.05	03:42:52.40	+01:21:17 (36.5%)	7:57	7.5 (63.0%)
52	MEYER Marcin	4280		M40	52	02:04:39	03:42:21.55	03:43:17.10	+01:21:41 (36.6%)	7:56	7.6 (63.9%)
53	SZYMAJDA Adam	4340		M40	53	01:58:13	03:43:00.05	03:43:18.15	+01:21:42 (36.6%)	7:57	7.5 (63.0%)
54	GABRYCH Łukasz	4321	SAINT-GOBAIN SQUAD	M40	54	02:00:04	03:43:51.70	03:43:59.10	+01:22:23 (36.8%)	7:59	7.5 (63.0%)
55	IMIOŁCZYK Tomasz	4511	KOMANDOS	M40	55	01:59:29	03:43:42.85	03:44:15.15	+01:22:39 (36.9%)	7:59	7.5 (63.0%)
56	KACZMAREK Tomasz	4221	WITKOWO BIEGA	M40	56	01:57:11	03:44:52.70	03:45:46.40	+01:24:11 (37.3%)	8:01	7.5 (63.0%)
57	MROŻEK Michał	4455	SUŁTANI FITNESSU	M40	57	01:57:20	03:45:39.85	03:46:05.10	+01:24:29 (37.4%)	8:03	7.4 (62.2%)
58	MAREK Jarosław	4523	MEGABUD	M40	58		03:45:56.00	03:46:17.75	+01:24:42 (37.4%)	8:04	7.4 (62.2%)
59	TEODOREK Marcelli	4664	ORANGE POLSKA	M40	59	02:04:46	03:46:55.10	03:47:06.65	+01:25:31 (37.7%)	8:06	7.4 (62.2%)
60	BOŻĘTKA Waldemar	4334	NOWY STYL RUNNING TEAM	M40	60	01:45:35	03:47:13.25	03:47:22.00	+01:25:46 (37.7%)	8:06	7.4 (62.2%)
61	TOMASZEK Marcin	4051		M40	61	01:57:51	03:46:10.65	03:47:37.80	+01:26:02 (37.8%)	8:04	7.4 (62.2%)
62	STANIO Arkadiusz	7026	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	62	02:09:48	03:48:31.75	03:49:43.80	+01:28:08 (38.4%)	8:09	7.4 (62.2%)
63	GÓRALCZYK Tomasz	4331		M40	63	01:58:08	03:49:40.65	03:49:47.30	+01:28:11 (38.4%)	8:12	7.3 (61.3%)
64	KOWALCZYK Rafał	7013		M40	64	02:02:47	03:49:11.35	03:49:52.35	+01:28:17 (38.4%)	8:11	7.3 (61.3%)
65	LEWCZUK Norbert	4647	EDYTA LEWANDOWSKA TEAM	M40	65	02:02:42	03:48:52.05	03:49:55.40	+01:28:20 (38.4%)	8:10	7.3 (61.3%)
66	TRZECIAK Krzysztof	4417		M40	66	01:58:20	03:50:12.45	03:50:15.70	+01:28:40 (38.5%)	8:13	7.3 (61.3%)
67	ZIENIEWICZ Wojciech	4516		M40	67	01:56:38	03:51:40.05	03:51:48.55	+01:30:13 (38.9%)	8:16	7.3 (61.3%)
68	PERLIŃSKI Mirosław	4264	ASSECO ACTIVE TEAM	M40	68	02:07:51	03:53:04.30	03:54:19.30	+01:32:43 (39.6%)	8:19	7.2 (60.5%)
69	SUŚLIK Robert	4566		M40	69	02:03:02	03:54:19.05	03:54:23.20	+01:32:47 (39.6%)	8:22	7.2 (60.5%)
70	RECZEK Sebastian	7004	ULTRA SEBA	M40	70	02:12:08	03:54:27.70	03:55:15.65	+01:33:40 (39.8%)	8:22	7.2 (60.5%)
71	JARZEMBOWSKI Tomasz	4402	WLKP MOUNTAINS ULTRA	M40	71	02:08:11	03:56:42.35	03:57:08.90	+01:35:33 (40.3%)	8:27	7.1 (59.7%)
71	SOBCZAK Mikołaj	4401	WLKP MOUNTAINS ULTRA	M40	71	02:08:12	03:56:42.75	03:57:08.90	+01:35:33 (40.3%)	8:27	7.1 (59.7%)
73	BISKUPSKI Michał	4423		M40	73	02:04:07	03:57:20.45	03:57:23.40	+01:35:48 (40.4%)	8:28	7.1 (59.7%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net	Czas	Gap	Pace	Pace
							time	brutto		min/km	km/h
						28km	28km				
74	MRÓZEK Piotr	4582	RONDO TEAM	M40	74	02:02:34	03:56:48.65	03:57:31.70	+01:35:56 (40.4%)	8:27	7.1 (59.7%)
75	MYSIURA Adam	4308	#ADAMCZERWINSKITEAM	M40	75	01:54:18	03:57:59.60	03:58:24.45	+01:36:49 (40.6%)	8:29	7.1 (59.7%)
76	PIETEK Janusz	4137		M40	76	02:02:51	03:58:13.05	03:58:25.45	+01:36:50 (40.6%)	8:30	7.1 (59.7%)
77	GRYCMAN Łukasz	4659	SPARTA ULTRA TEAM	M40	77	02:04:51	03:58:44.25	03:58:52.05	+01:37:16 (40.7%)	8:31	7 (58.8%)
78	MĄCZKA Paweł	4052		M40	78	02:09:07	03:58:22.45	03:59:50.30	+01:38:14 (41.0%)	8:30	7 (58.8%)
79	POGODA Adam	4548		M40	79	02:08:34	03:59:13.75	04:00:11.25	+01:38:35 (41.1%)	8:32	7 (58.8%)
80	OBIDOWSKI Łukasz	7040	ODYNIEC TEAM	M40	80	02:15:29	03:59:03.45	04:00:16.30	+01:38:40 (41.1%)	8:32	7 (58.8%)
81	DRYNKO Karol	4059	FIZJOTERAPIAHD	M40	81	01:59:34	04:00:59.35	04:01:04.50	+01:39:29 (41.3%)	8:36	7 (58.8%)
82	BURSKI Michał	4201		M40	82	02:01:54	04:01:37.80	04:01:50.35	+01:40:15 (41.5%)	8:37	7 (58.8%)
83	KOWALCZYK Robert	7018	CEDRUS TEAM / ŁĘCZNA BIEGA	M40	83	02:14:35	04:02:03.85	04:02:43.85	+01:41:08 (41.7%)	8:38	6.9 (58.0%)
83	ZIELIŃSKI Dariusz	7031	FIZJO-SPORT ŁĘCZNA/CEDRUS TEAM	M40	83	02:14:35	04:02:03.95	04:02:43.85	+01:41:08 (41.7%)	8:38	6.9 (58.0%)
85	KLIŚ Marcin	4500	TOMICA COACHING	M40	85	02:09:14	04:02:46.90	04:02:51.05	+01:41:15 (41.7%)	8:40	6.9 (58.0%)
86	STYCZYŃSKI Maciej	4014		M40	86	02:17:17	04:03:15.05	04:03:31.15	+01:41:55 (41.9%)	8:41	6.9 (58.0%)
87	RYŻYŃSKI Tomasz	4045	CHEŁM BIEGA	M40	87	02:08:48	04:03:01.30	04:03:40.65	+01:42:05 (41.9%)	8:40	6.9 (58.0%)
88	ULIŃSKI Adam	4676	KONIN RUN	M40	88	02:15:49	04:02:52.30	04:03:57.15	+01:42:21 (42.0%)	8:40	6.9 (58.0%)
89	KWIATKOWSKI Kajetan	4004	NOCNY RZEŹNIK ATAKUJE	M40	89	02:14:02	04:03:34.05	04:04:10.45	+01:42:35 (42.0%)	8:41	6.9 (58.0%)
90	BOROWCZYK Marcin	4481	ULTRASI	M40	90	02:15:23	04:03:06.95	04:04:18.75	+01:42:43 (42.0%)	8:40	6.9 (58.0%)
91	BORDUN Michał	4691	NEKORENTALCREW	M40	91	02:10:22	04:03:43.05	04:05:23.85	+01:43:48 (42.3%)	8:42	6.9 (58.0%)
92	KRZAN Tomasz	4698		M40	92	02:07:56	04:04:38.65	04:05:54.10	+01:44:18 (42.4%)	8:44	6.9 (58.0%)
93	GRUSZCZYŃSKI Jakub	4629	KW TORUŃ	M40	93	02:10:04	04:06:25.85	04:06:42.75	+01:45:07 (42.6%)	8:48	6.8 (57.1%)
94	JANIK Paweł	4633		M40	94	02:07:30	04:06:33.45	04:07:25.20	+01:45:49 (42.8%)	8:48	6.8 (57.1%)
95	PAWLAK Bartosz	7006	RUN AND FLY	M40	95	02:20:03	04:06:51.80	04:08:01.30	+01:46:25 (42.9%)	8:48	6.8 (57.1%)
96	DĘBSKI Szymon	4064		M40	96	02:06:15	04:07:21.35	04:08:39.35	+01:47:04 (43.1%)	8:50	6.8 (57.1%)
97	LARA Tomasz	4046	SILESIA MARATHON CLUB	M40	97	02:11:54	04:09:26.55	04:09:43.55	+01:48:08 (43.3%)	8:54	6.7 (56.3%)
98	TRZCIŃSKI Marcin	4578	SZYŃKA GROCHOWSKA	M40	98	02:12:45	04:08:41.50	04:09:54.85	+01:48:19 (43.3%)	8:52	6.8 (57.1%)
99	FENIKOWSKI Szymon	4553	PRO366	M40	99	02:18:21	04:10:08.70	04:10:18.25	+01:48:42 (43.4%)	8:56	6.7 (56.3%)
100	RONDUDA Robert	4258	UM GDYNI	M40	100	02:10:03	04:09:23.90	04:10:46.15	+01:49:10 (43.5%)	8:54	6.7 (56.3%)
101	BIETA Tomasz	4062	SILESIA MARATHON CLUB	M40	101	02:04:58	04:10:32.75	04:10:49.30	+01:49:13 (43.5%)	8:56	6.7 (56.3%)
102	LABOCHA Aleksander	4416		M40	102	02:16:39	04:10:43.95	04:11:08.20	+01:49:32 (43.6%)	8:57	6.7 (56.3%)
103	KUTRZYK Przemysław	7012	STREFA BIEGACZA NATALIA SADOWSKA	M40	103	02:20:10	04:11:11.85	04:11:26.45	+01:49:51 (43.7%)	8:58	6.7 (56.3%)
104	PRUS Marcin	4091		M40	104	02:15:43	04:10:05.65	04:11:34.40	+01:49:59 (43.7%)	8:55	6.7 (56.3%)
105	KALOCIŃSKI Dawid	4528	KARL STORZ POLSKA	M40	105	02:17:30	04:10:42.00	04:11:39.45	+01:50:04 (43.7%)	8:57	6.7 (56.3%)
106	CYLKE Marcin	4446		M40	106	02:19:21	04:13:37.05	04:14:30.45	+01:52:55 (44.4%)	9:03	6.6 (55.5%)
107	ORCZYK Grzegorz	4109		M40	107	02:19:22	04:13:36.85	04:14:30.75	+01:52:55 (44.4%)	9:03	6.6 (55.5%)
108	LEPIARZ Grzegorz	7038	ULTRAWAY.PL RUNNING TEAM	M40	108	02:21:53	04:14:38.10	04:16:02.75	+01:54:27 (44.7%)	9:05	6.6 (55.5%)
109	JUREK Paweł	4153	PJ	M40	109	02:12:37	04:15:34.20	04:16:23.80	+01:54:48 (44.8%)	9:07	6.6 (55.5%)
110	MAJEWSKI Radosław	7008	NIGHT RUNNERS / PRO366	M40	110	02:23:59	04:16:29.55	04:16:36.15	+01:55:00 (44.8%)	9:09	6.6 (55.5%)
111	MARZEC Konrad	4194	ROZBIEGANE MICHAŁOWICE	M40	111	02:09:23	04:16:57.10	04:17:29.85	+01:55:54 (45.0%)	9:10	6.5 (54.6%)
112	ŁUCYK Mariusz	4687		M40	112	02:27:42	04:16:13.35	04:17:52.30	+01:56:16 (45.1%)	9:09	6.6 (55.5%)
113	KMIEĆ Andrzej	7030	TURBO PRUSZKÓW	M40	113	02:28:04	04:17:34.05	04:18:17.95	+01:56:42 (45.2%)	9:11	6.5 (54.6%)
114	WERESINSKI Michał	4111		M40	114	02:19:33	04:17:51.45	04:18:20.15	+01:56:44 (45.2%)	9:12	6.5 (54.6%)
115	BRILLOWSKI Paweł	4250		M40	115	02:15:27	04:16:46.80	04:18:25.60	+01:56:50 (45.2%)	9:10	6.5 (54.6%)
116	PIASECKI Rafał	7019	ULTRAFI	M40	116	02:29:30	04:17:37.80	04:19:07.10	+01:57:31 (45.4%)	9:12	6.5 (54.6%)
117	JAMBOR Michał	7003		M40	117	02:29:06	04:18:16.10	04:19:25.75	+01:57:50 (45.4%)	9:13	6.5 (54.6%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
118	NOWACKI Łukasz	4322	POGODNI	M40	118	02:23:06	04:20:14.35	04:20:42.50	+01:59:07 (45.7%)	9:17	6.5 (54.6%)
119	DRAPIEWSKI Przemek	4040		M40	119	02:23:40	04:20:05.60	04:20:50.55	+01:59:15 (45.7%)	9:17	6.5 (54.6%)
120	PIWOWARSKI Jarosław	4290		M40	120	02:20:01	04:23:22.20	04:24:21.70	+02:02:46 (46.4%)	9:24	6.4 (53.8%)
121	DRZAZGA Tomasz	4558		M40	121	02:21:12	04:25:22.00	04:25:30.55	+02:03:55 (46.7%)	9:28	6.3 (52.9%)
122	GŁUCHOWSKI Przemek	7023	MZUMA	M40	122	02:31:10	04:24:30.50	04:25:34.60	+02:03:59 (46.7%)	9:26	6.4 (53.8%)
123	STELMASZYK Piotr	4241	PZU SPORT TEAM	M40	123	02:26:03	04:25:33.70	04:27:24.60	+02:05:49 (47.1%)	9:29	6.3 (52.9%)
124	KOŁODZIEJCZYK Maciej	7036	FIZJO-SPORT	M40	124	02:27:43	04:28:23.00	04:29:02.35	+02:07:27 (47.4%)	9:35	6.3 (52.9%)
125	MATECKI Jacek	4261	KONIN RUN AND JUSTICE FOR ALL	M40	125	02:27:28	04:28:53.30	04:30:08.10	+02:08:32 (47.6%)	9:36	6.2 (52.1%)
126	GRABAREK Mateusz	4513	ASOT	M40	126	02:39:05	04:29:46.05	04:30:55.35	+02:09:20 (47.7%)	9:38	6.2 (52.1%)
127	STABRAWA Marcin	4622	BIEGAJĄCY DŻENTELMENI	M40	127	02:22:09	04:30:34.35	04:31:31.25	+02:09:55 (47.9%)	9:39	6.2 (52.1%)
128	ŁUBISZ Mariusz	7007		M40	128	02:18:54	04:35:11.45	04:35:17.15	+02:13:41 (48.6%)	9:49	6.1 (51.3%)
129	PYTKA Adam	4620	CROSSFIT LUBLIN	M40	129	02:17:51	04:34:30.35	04:35:17.80	+02:13:42 (48.6%)	9:48	6.1 (51.3%)
130	OSIŃSKI Tomasz	4058	NASIELSK BASZTA TEAM	M40	130	02:12:55	04:36:05.20	04:36:14.30	+02:14:38 (48.7%)	9:51	6.1 (51.3%)
131	WALAC Jacek	7010	100 MARATHON CLUB POLSKA	M40	131	02:37:07	04:37:14.55	04:38:03.65	+02:16:28 (49.1%)	9:54	6.1 (51.3%)
132	MARCIN Pepel	4411		M40	132	02:26:43	04:37:59.70	04:39:01.75	+02:17:26 (49.3%)	9:55	6 (50.4%)
133	FRĄC Bartłomiej	4030	KUTNO BIEGA	M40	133	02:29:30	04:38:36.45	04:39:01.85	+02:17:26 (49.3%)	9:57	6 (50.4%)
134	WITUŁA Stanisław	4152	MG SPORT	M40	134	02:33:03	04:38:39.40	04:40:03.05	+02:18:27 (49.4%)	9:57	6 (50.4%)
135	BAJER Adrian	4468	PZU SPORT TEAM	M40	135	02:38:46	04:38:38.65	04:40:10.40	+02:18:35 (49.5%)	9:57	6 (50.4%)
136	AJCHSZTET Łukasz	4245	THORO TEAM	M40	136	02:38:51	04:38:53.15	04:40:37.60	+02:19:02 (49.5%)	9:57	6 (50.4%)
137	PASIECZYŃSKI Grzegorz	4082	ODYNIEC TEAM	M40	137	02:31:38	04:39:50.30	04:41:01.25	+02:19:25 (49.6%)	9:59	6 (50.4%)
138	NOWAK Łukasz	4013		M40	138	02:38:05	04:43:19.55	04:44:55.15	+02:23:19 (50.3%)	10:07	5.9 (49.6%)
139	PAPROCKI Paweł	4382	SOMSIADY	M40	139	02:26:36	04:44:04.00	04:44:59.75	+02:23:24 (50.3%)	10:08	5.9 (49.6%)
140	CZAJKOWSKI Krzysztof	4155		M40	140	02:34:06	04:45:15.70	04:45:57.35	+02:24:22 (50.5%)	10:11	5.9 (49.6%)
141	HAMRYSZCZAK Rafał	4147	SP 11 PRZEMYŚL	M40	141	02:32:22	04:45:31.40	04:47:16.85	+02:25:41 (50.7%)	10:11	5.9 (49.6%)
142	BOHOSIEWICZ Krzysztof	4146	BOHOTEAM	M40	142	02:28:44	04:48:09.75	04:48:38.95	+02:27:03 (50.9%)	10:17	5.8 (48.7%)
143	DURAJ Łukasz	4669	FABRYKA DZIKA	M40	143	02:35:10	04:47:15.00	04:48:59.75	+02:27:24 (51.0%)	10:15	5.8 (48.7%)
144	STUSIŃSKI Mariusz	4233		M40	144	02:25:01	04:48:47.50	04:49:04.95	+02:27:29 (51.0%)	10:18	5.8 (48.7%)
145	REC Bartosz	4354	NOWY STYL RUNNING TEAM	M40	145	02:30:20	04:50:45.90	04:51:36.25	+02:30:00 (51.4%)	10:23	5.8 (48.7%)
146	BYSTRZYCKI Kamil	4407	G4	M40	146	02:29:58	04:57:23.50	04:57:31.40	+02:35:56 (52.4%)	10:37	5.6 (47.1%)
147	GABOREK Grzegorz	4680		M40	147	02:35:03	04:57:20.50	04:58:40.05	+02:37:04 (52.6%)	10:37	5.7 (47.9%)
148	SOKULSKI Marcin	4537	KASZANKI	M40	148	02:36:15	04:58:07.30	04:59:23.30	+02:37:47 (52.7%)	10:38	5.6 (47.1%)
149	PAWLIKOWSKI Marcin	4198		M40	149	02:41:51	05:00:44.50	05:01:56.65	+02:40:21 (53.1%)	10:44	5.6 (47.1%)
150	KOZŁOWSKI Grzegorz	4369	CADOR TEAM	M40	150	02:29:53	05:01:05.35	05:02:28.20	+02:40:52 (53.2%)	10:45	5.6 (47.1%)
151	NOWAK Tomasz	4244	EXC TEAM	M40	151	02:53:17	05:01:51.75	05:03:22.60	+02:41:47 (53.3%)	10:46	5.6 (47.1%)
152	LICHWAŁA Rafał	4519		M40	152	02:39:57	05:03:52.20	05:04:10.45	+02:42:35 (53.5%)	10:51	5.5 (46.2%)
153	SOKOŁOWSKI Piotr	4105	ROZCHODNIACZEKTEAM	M40	153	02:41:15	05:04:40.05	05:04:57.65	+02:43:22 (53.6%)	10:52	5.5 (46.2%)
154	SWIERKOWSKI Robert	4005		M40	154	02:39:31	05:05:01.10	05:06:12.65	+02:44:37 (53.8%)	10:53	5.5 (46.2%)
155	BALCERZAK Mariusz	7028	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	M40	155	02:42:35	05:08:16.35	05:09:31.20	+02:47:55 (54.3%)	11:00	5.4 (45.4%)
156	BOGUSZ Piotr	4208		M40	156	02:44:03	05:08:38.65	05:09:39.05	+02:48:03 (54.3%)	11:01	5.4 (45.4%)
157	LATAŁA Wojciech	4547	LEŚNE GRUBASY	M40	157	02:47:42	05:14:44.95	05:16:26.70	+02:54:51 (55.3%)	11:14	5.3 (44.5%)
158	MITAS Dariusz	1403	PKS - PIWNY KLUB SPORTOWY	M40	158	02:50:14	05:14:58.30	05:16:46.15	+02:55:10 (55.3%)	11:14	5.3 (44.5%)
159	WESOŁOWSKI Łukasz	4207		M40	159	02:44:27	05:15:48.05	05:16:58.60	+02:55:23 (55.3%)	11:16	5.3 (44.5%)
160	KONEFAL Grzegorz	4176		M40	160	02:54:11	05:17:04.35	05:18:54.70	+02:57:19 (55.6%)	11:19	5.3 (44.5%)
161	STEC Maciej	4224		M40	161	02:40:31	05:21:04.00	05:22:41.80	+03:01:06 (56.1%)	11:28	5.2 (43.7%)

Place	Participant	Number	Club	Category	MCat	Roztoki 16.2km	Net time 28km	Czas brutto 28km	Gap	Pace min/km	Pace km/h
162	CZERWONKA Krzysztof	4522		M40	162	02:44:16	05:22:16.90	05:23:37.80	+03:02:02 (56.2%)	11:30	5.2 (43.7%)
163	OLESIŃSKI Piotr	7011	DRUŻYNA ORZECHA ŻYRARDÓW	M40	163	02:49:47	05:29:06.45	05:29:56.80	+03:08:21 (57.1%)	11:45	5.1 (42.9%)
164	WNUK Maciej	4609		M40	164	02:45:15	05:32:31.60	05:34:09.00	+03:12:33 (57.6%)	11:52	5.1 (42.9%)
165	LANGOWSKI Marcin	4587		M40	165	02:45:13	05:32:35.40	05:34:11.75	+03:12:36 (57.6%)	11:52	5.1 (42.9%)
166	HEPPER Łukasz	4588		M40	166	02:45:14	05:32:34.90	05:34:12.10	+03:12:36 (57.6%)	11:52	5.1 (42.9%)
167	KRÓL Przemysław	4474	FENOMEN	M40	167	02:54:15	05:35:08.70	05:36:40.60	+03:15:05 (57.9%)	11:58	5 (42.0%)
168	DRĘŻEK Marcin	4076		M40	168	02:46:43	05:39:23.60	05:41:01.85	+03:19:26 (58.5%)	12:07	5 (42.0%)
169	PASTERNAK Wojciech	4326	POGODNI	M40	169	02:38:49	05:45:08.70	05:45:35.90	+03:24:00 (59.0%)	12:19	4.9 (41.2%)
170	WIERZCHOWSKI Paweł	4126	CEDRUS TEAM	M40	170	02:54:34	05:49:18.25	05:50:07.35	+03:28:32 (59.6%)	12:28	4.8 (40.3%)
171	PLASKOT Michał	4094	CEDRUS TEAM	M40	171	02:54:34	05:49:19.60	05:50:07.55	+03:28:32 (59.6%)	12:28	4.8 (40.3%)
172	RADWAŃSKI Marek	4357		M40	172	02:43:49	05:49:43.00	05:50:16.10	+03:28:40 (59.6%)	12:29	4.8 (40.3%)
173	JANKOWSKI Maciej	4249	THORO TEAM	M40	173	02:55:03	05:48:31.70	05:50:16.60	+03:28:41 (59.6%)	12:26	4.8 (40.3%)
174	PIKULIK Arkadiusz	4017	SMOLNIK TEAM:)	M40	174	02:41:49	05:51:02.95	05:52:23.70	+03:30:48 (59.8%)	12:32	4.8 (40.3%)
175	WILK Adam	4485		M40	175	02:56:41	06:01:03.80	06:02:25.20	+03:40:49 (60.9%)	12:53	4.7 (39.5%)
176	RADECKI Wojciech	4662	DZIKI Z CYTADELI	M40	176	02:55:15	06:05:17.30	06:05:28.80	+03:43:53 (61.3%)	13:02	4.6 (38.7%)
177	TYMOSZUK Rafał	4392	SĄSIEDZI TARAUMARA	M40	177	02:57:07	06:12:50.90	06:13:05.85	+03:51:30 (62.1%)	13:18	4.5 (37.8%)
178	JANISZEWSKI Aleksander	4023		M40	178	02:56:26	06:19:11.65	06:21:01.15	+03:59:25 (62.8%)	13:32	4.4 (37.0%)
179	DAJNOWSKI Marek	4571		M40	179	02:56:59	06:20:32.35	06:22:19.70	+04:00:44 (63.0%)	13:35	4.4 (37.0%)
180	MAZUR Maciej	4471	WOODWARD RUNNERS	M40	180	02:56:45	06:32:20.20	06:33:56.40	+04:12:21 (64.1%)	14:00	4.3 (36.1%)
181	POPKO Mariusz	4128		M40	181	02:59:56	06:43:46.45	06:45:14.90	+04:23:39 (65.1%)	14:25	4.2 (35.3%)
DNC	SZULĘCKI Andrzej	4256	EXC TEAM	M40		00:56:54					(0.0%)
	ŻUŁAWSKI Dariusz	7034		M40		DNF	DNF	DNF		-	-(0.0%)

Total 183 results.