

# ZIMOWY MARATON BIESZCZADZKI 2015 - 44,6KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Organiser:** OTK Rzeźnik  
**Date:** 2015-01-25  
**Place:** Cisna  
**Distance:** 44,6 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Classification: M30

Place	Participant	Number	Club	Category	MCat	34.2km	Net time 44.6km	Czas brutto 44.6km	Gap	Pace min/km	Pace km/h
1	<b>STOPA Michał</b>	<b>348</b>	ULICAFINANSOWA.PL	M30	1		<b>02:57:17.35</b>	<b>02:57:33.00</b>		3:58	15.1 (100%)
2	<b>SOBAS Jacek</b>	<b>332</b>	RUNNERSCLUB.PL	M30	2	02:21:23	<b>03:08:43.05</b>	<b>03:08:45.15</b>	+00:11:12 (5.9%)	4:13	14.2 (94.0%)
3	<b>KRAWCZYK Paweł</b>	<b>193</b>	CW RENI SPORT	M30	3	02:28:59	<b>03:12:56.60</b>	<b>03:13:00.70</b>	+00:15:27 (8.0%)	4:19	13.9 (92.1%)
4	<b>KAZIMIROW Aleksander</b>	<b>449</b>	MAKIEJEWKA	M30	4	02:29:14	<b>03:20:14.30</b>	<b>03:20:16.65</b>	+00:22:43 (11.3%)	4:29	13.4 (88.7%)
5	<b>KOSIN Paweł</b>	<b>453</b>	KIELCE	M30	5		<b>03:20:12.10</b>	<b>03:20:51.25</b>	+00:23:18 (11.6%)	4:29	13.4 (88.7%)
6	<b>ZIMA Paweł</b>	<b>438</b>	KKB MOSIR KROSNO	M30	6	02:33:54	<b>03:24:36.55</b>	<b>03:24:39.40</b>	+00:27:06 (13.2%)	4:35	13.1 (86.8%)
7	<b>KRZYSZTOŃ Marcin</b>	<b>196</b>	GMP LASY - KRAŚNIK	M30	7	02:38:56	<b>03:30:34.80</b>	<b>03:30:42.05</b>	+00:33:09 (15.7%)	4:43	12.7 (84.1%)
8	<b>POŻAK Grzegorz</b>	<b>298</b>	LUBARTÓW	M30	8	02:45:29	<b>03:36:15.10</b>	<b>03:36:36.15</b>	+00:39:03 (18.0%)	4:50	12.4 (82.1%)
9	<b>KOMISARZ Tomasz</b>	<b>176</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	9	02:46:53	<b>03:37:25.10</b>	<b>03:37:32.80</b>	+00:39:59 (18.4%)	4:52	12.3 (81.5%)
10	<b>ZIOŁO Jarosław</b>	<b>439</b>	SANOK	M30	10	02:48:44	<b>03:40:05.40</b>	<b>03:40:12.60</b>	+00:42:39 (19.4%)	4:56	12.2 (80.8%)
11	<b>PREJZMAR Marcin</b>	<b>299</b>	NADOLE	M30	11	02:46:56	<b>03:40:50.50</b>	<b>03:40:54.95</b>	+00:43:21 (19.6%)	4:57	12.1 (80.1%)
12	<b>KUBAS Michał</b>	<b>199</b>	BIEGUNKA TEAM	M30	12		<b>03:40:30.10</b>	<b>03:41:08.45</b>	+00:43:35 (19.7%)	4:56	12.1 (80.1%)
13	<b>KOCZWARA Tomek</b>	<b>172</b>	RADOMYŚL WIELKI	M30	13	02:45:48	<b>03:42:45.40</b>	<b>03:43:32.40</b>	+00:45:59 (20.6%)	4:59	12 (79.5%)
14	<b>MARCIN Ignatowicz</b>	<b>464</b>	ZAWADA	M30	14	02:53:01	<b>03:45:25.50</b>	<b>03:46:08.75</b>	+00:48:35 (21.5%)	5:03	11.9 (78.8%)
15	<b>GRABIEC Marcin</b>	<b>112</b>	UKS TIKI-TAKA KOLLBUSZOWA	M30	15	02:50:52	<b>03:45:26.90</b>	<b>03:46:08.85</b>	+00:48:35 (21.5%)	5:03	11.9 (78.8%)
16	<b>GAWLIK Sławek</b>	<b>99</b>	KRAKÓW	M30	16	02:52:16	<b>03:46:49.45</b>	<b>03:47:36.05</b>	+00:50:03 (22.0%)	5:05	11.8 (78.1%)
17	<b>DYBALSKI Mariusz</b>	<b>84</b>	BELCHATÓW	M30	17	02:54:39	<b>03:50:26.55</b>	<b>03:50:35.20</b>	+00:53:02 (23.0%)	5:10	11.6 (76.8%)
18	<b>KILIAN Mateusz</b>	<b>165</b>	JÓZEFIŃSKA TEAM KRAKÓW	M30	18	02:51:28	<b>03:50:56.30</b>	<b>03:51:02.95</b>	+00:53:29 (23.2%)	5:10	11.6 (76.8%)
19	<b>ZWIERZCHOWSKI Andrzej</b>	<b>442</b>	BIEGUNKA TEAM POLSKA	M30	19	02:51:41	<b>03:54:32.30</b>	<b>03:54:58.95</b>	+00:57:25 (24.4%)	5:15	11.4 (75.5%)
20	<b>PIKUŁA Marcin</b>	<b>485</b>	JASŁO	M30	20	02:56:50	<b>03:54:27.15</b>	<b>03:55:10.55</b>	+00:57:37 (24.5%)	5:15	11.4 (75.5%)
21	<b>CHODAKOWSKI Marcelli</b>	<b>53</b>	K.B.GEOTERMIA UNIEJÓW	M30	21	03:01:07	<b>03:55:36.50</b>	<b>03:55:55.40</b>	+00:58:22 (24.7%)	5:16	11.4 (75.5%)
22	<b>SŁUJA Adam</b>	<b>331</b>	RANIŻÓW	M30	22	02:58:04	<b>03:56:25.75</b>	<b>03:56:35.55</b>	+00:59:02 (25.0%)	5:18	11.3 (74.8%)
23	<b>CZEKAJ Maciej</b>	<b>499</b>	KIELCE	M30	23	02:59:55	<b>03:56:56.75</b>	<b>03:57:42.35</b>	+01:00:09 (25.3%)	5:18	11.3 (74.8%)
24	<b>BARTOSZ Marek</b>	<b>20</b>	KRAKÓW	M30	24	03:04:39	<b>03:59:27.25</b>	<b>03:59:42.90</b>	+01:02:09 (25.9%)	5:22	11.2 (74.2%)
25	<b>ŚWIDEREK Jacek</b>	<b>459</b>	JÓZEFOSŁAW	M30	25	03:03:25	<b>04:00:31.15</b>	<b>04:00:42.65</b>	+01:03:09 (26.2%)	5:23	11.1 (73.5%)
26	<b>CZYSZCZOŃ Andrzej</b>	<b>62</b>	SPORTRUN.PL WARSZTATFORMY.PL	M30	26	02:58:57	<b>04:01:44.55</b>	<b>04:02:04.95</b>	+01:04:31 (26.7%)	5:25	11.1 (73.5%)
27	<b>SIKORA Michał</b>	<b>324</b>	GLIWICE	M30	27	03:02:30	<b>04:02:14.05</b>	<b>04:02:34.25</b>	+01:05:01 (26.8%)	5:25	11 (72.8%)
28	<b>WIECZOREK Marcin</b>	<b>405</b>	MOSINA	M30	28	02:57:55	<b>04:02:58.30</b>	<b>04:03:04.35</b>	+01:05:31 (27.0%)	5:26	11 (72.8%)
29	<b>MAĆZYŃSKI Mateusz</b>	<b>242</b>	TSA SANDOMIERZ	M30	29	03:11:25	<b>04:07:36.00</b>	<b>04:08:04.25</b>	+01:10:31 (28.4%)	5:33	10.8 (71.5%)
30	<b>MAJCHRZAK Tymoteusz</b>	<b>229</b>	ZAPIERDALACZE	M30	30	03:03:18	<b>04:08:46.45</b>	<b>04:09:00.60</b>	+01:11:27 (28.7%)	5:34	10.8 (71.5%)

Place	Participant	Number	Club	Category	MCat	34.2km	Net time		Czas brutto		Pace min/km	Pace km/h
							44.6km	44.6km	44.6km	Gap		
31	<b>BARANOWSKI Jacek</b>	<b>509</b>	WARSZAWA	M30	31	03:02:37	<b>04:09:06.65</b>	<b>04:09:12.30</b>	+01:11:39 (28.8%)	5:35	10.7 (70.9%)	
32	<b>TYBUREK Michał</b>	<b>389</b>	LUBLIN	M30	32	03:08:52	<b>04:11:02.50</b>	<b>04:11:39.25</b>	+01:14:06 (29.4%)	5:37	10.7 (70.9%)	
33	<b>KRYGIER Marcin</b>	<b>478</b>	GDYNIA	M30	33	03:12:48	<b>04:11:45.90</b>	<b>04:11:52.20</b>	+01:14:19 (29.5%)	5:38	10.6 (70.2%)	
34	<b>WIERNUSZ Krzysztof</b>	<b>406</b>	FINISZ RYMANÓW	M30	34	03:09:55	<b>04:11:53.30</b>	<b>04:12:07.95</b>	+01:14:34 (29.6%)	5:38	10.6 (70.2%)	
35	<b>KUŹNIAR Paweł</b>	<b>206</b>	LUKS KROŚNIANKA	M30	35	03:17:02	<b>04:13:18.50</b>	<b>04:13:29.70</b>	+01:15:56 (30.0%)	5:40	10.6 (70.2%)	
36	<b>JAKUBCZYK Dariusz</b>	<b>135</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	36	03:15:10	<b>04:12:43.05</b>	<b>04:13:30.90</b>	+01:15:57 (30.0%)	5:39	10.6 (70.2%)	
37	<b>CZELEJ Rafał</b>	<b>61</b>	BIEGAJĄCY ŚWIDNIK	M30	37	03:09:41	<b>04:13:15.45</b>	<b>04:13:50.00</b>	+01:16:17 (30.1%)	5:40	10.6 (70.2%)	
38	<b>TIMOFIEJUK Paweł</b>	<b>379</b>	NIGHT RUNNERS ALBATROS	M30	38	03:12:34	<b>04:13:50.65</b>	<b>04:14:02.95</b>	+01:16:29 (30.1%)	5:41	10.5 (69.5%)	
39	<b>KAMIŃSKI Paweł</b>	<b>153</b>	WARSZAWA	M30	39	03:12:38	<b>04:14:00.15</b>	<b>04:14:06.80</b>	+01:16:33 (30.1%)	5:41	10.5 (69.5%)	
40	<b>ZIELIŃSKI Wojciech</b>	<b>437</b>	DŹ	M30	40	03:10:29	<b>04:13:58.85</b>	<b>04:14:09.15</b>	+01:16:36 (30.1%)	5:41	10.5 (69.5%)	
41	<b>DERLATKA Paweł</b>	<b>72</b>	NOWA HUTA TEAM	M30	41	03:08:36	<b>04:14:16.00</b>	<b>04:14:31.90</b>	+01:16:58 (30.2%)	5:42	10.5 (69.5%)	
42	<b>SŁOMA Paweł</b>	<b>330</b>	SŁOMIANE BAMBUSY	M30	42	03:13:53	<b>04:13:59.20</b>	<b>04:14:45.60</b>	+01:17:12 (30.3%)	5:41	10.5 (69.5%)	
43	<b>PASUTO Janusz</b>	<b>466</b>	MIKOŁÓW	M30	43	03:13:49	<b>04:15:21.25</b>	<b>04:15:34.00</b>	+01:18:01 (30.5%)	5:43	10.5 (69.5%)	
44	<b>STYCZEŃ Piotr</b>	<b>351</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	44	03:15:32	<b>04:14:51.95</b>	<b>04:15:38.55</b>	+01:18:05 (30.5%)	5:42	10.5 (69.5%)	
45	<b>CHMIELOWSKI Andrzej</b>	<b>51</b>	KRAKÓW	M30	45	03:13:57	<b>04:17:32.70</b>	<b>04:17:40.85</b>	+01:20:07 (31.1%)	5:46	10.4 (68.9%)	
46	<b>BURDA Andrzej</b>	<b>46</b>	WIKLINKI RUDNIK NAD SANEM	M30	46	03:11:26	<b>04:16:44.70</b>	<b>04:17:55.65</b>	+01:20:22 (31.2%)	5:45	10.4 (68.9%)	
47	<b>ŁOPATA Grzegorz</b>	<b>220</b>	BODY4U TEAM	M30	47	03:09:55	<b>04:17:32.30</b>	<b>04:17:55.70</b>	+01:20:22 (31.2%)	5:46	10.4 (68.9%)	
48	<b>KUBICKI Darek</b>	<b>200</b>	WÓJTOWO	M30	48	03:05:32	<b>04:17:26.15</b>	<b>04:18:03.50</b>	+01:20:30 (31.2%)	5:46	10.4 (68.9%)	
49	<b>MICHALSKI Ryszard</b>	<b>456</b>	WARSZAWA	M30	49	03:14:51	<b>04:18:19.20</b>	<b>04:18:26.00</b>	+01:20:53 (31.3%)	5:47	10.4 (68.9%)	
50	<b>WASYŁÓW Jacek</b>	<b>399</b>	SPARTAKUS PRZEMYŚL	M30	50	03:14:09	<b>04:18:16.95</b>	<b>04:18:50.80</b>	+01:21:17 (31.4%)	5:47	10.4 (68.9%)	
51	<b>KĄKOL Zbigniew</b>	<b>161</b>	WATER TEAM	M30	51	03:16:59	<b>04:18:23.90</b>	<b>04:19:10.35</b>	+01:21:37 (31.5%)	5:47	10.4 (68.9%)	
52	<b>MURAK Robert</b>	<b>253</b>		M30	52	03:14:21	<b>04:18:42.80</b>	<b>04:19:16.10</b>	+01:21:43 (31.5%)	5:48	10.3 (68.2%)	
53	<b>WOJCIECHOWSKI Dariusz</b>	<b>469</b>	BOCHNIA	M30	53	03:13:51	<b>04:19:23.75</b>	<b>04:19:39.35</b>	+01:22:06 (31.6%)	5:48	10.3 (68.2%)	
54	<b>PORĘBSKI Rafał</b>	<b>297</b>		M30	54	03:11:03	<b>04:19:25.45</b>	<b>04:19:43.35</b>	+01:22:10 (31.6%)	5:48	10.3 (68.2%)	
55	<b>MŁOST Tomasz</b>	<b>247</b>	ENDORFINY WADOWICE	M30	55	03:20:20	<b>04:23:11.00</b>	<b>04:23:55.55</b>	+01:26:22 (32.7%)	5:54	10.2 (67.5%)	
56	<b>WÓJTOWICZ Paweł</b>	<b>422</b>	BIEGAJZNAMI.PL	M30	56	03:13:22	<b>04:23:41.90</b>	<b>04:24:26.35</b>	+01:26:53 (32.9%)	5:54	10.1 (66.9%)	
57	<b>DZIUBAN Łukasz</b>	<b>86</b>	GAJOWY Z ZAPOROWEGO MARATONU	M30	57	03:20:17	<b>04:23:52.60</b>	<b>04:24:29.25</b>	+01:26:56 (32.9%)	5:54	10.1 (66.9%)	
58	<b>KAWALEC Krzysztof</b>	<b>159</b>	JABŁONNA LUBELSKA	M30	58	03:24:44	<b>04:26:35.30</b>	<b>04:26:52.40</b>	+01:29:19 (33.5%)	5:58	10 (66.2%)	
59	<b>TOMALSKI Marcin</b>	<b>380</b>	KRAKÓW	M30	59	03:21:16	<b>04:26:50.50</b>	<b>04:27:17.00</b>	+01:29:44 (33.6%)	5:58	10 (66.2%)	
60	<b>PITAS Andrzej</b>	<b>291</b>	ZAPIERDALACZE.PL	M30	60	03:22:09	<b>04:27:21.10</b>	<b>04:27:36.15</b>	+01:30:03 (33.7%)	5:59	10 (66.2%)	
61	<b>MICHALSKI Arkadiusz</b>	<b>245</b>	NOWY STYL RUNNING TEAM	M30	61	03:22:36	<b>04:27:40.50</b>	<b>04:27:52.00</b>	+01:30:19 (33.7%)	6:00	10 (66.2%)	
62	<b>GAWLIK Piotr</b>	<b>98</b>	YEAH BUY ME COSMETICS	M30	62	03:22:31	<b>04:28:07.85</b>	<b>04:28:13.85</b>	+01:30:40 (33.8%)	6:00	10 (66.2%)	
63	<b>DACHNO Marek</b>	<b>66</b>	TOMASZOWICE KOLONIA	M30	63	03:24:25	<b>04:28:04.25</b>	<b>04:28:24.15</b>	+01:30:51 (33.8%)	6:00	10 (66.2%)	
64	<b>MAZIARZ Jakub</b>	<b>237</b>	MIELEC	M30	64	03:30:42	<b>04:28:59.05</b>	<b>04:29:58.50</b>	+01:32:25 (34.2%)	6:01	9.9 (65.6%)	
65	<b>NIŻNIK Marcin</b>	<b>261</b>	NOWY STYL RUNNING TEAM	M30	65	03:22:48	<b>04:29:50.05</b>	<b>04:30:01.25</b>	+01:32:28 (34.2%)	6:03	9.9 (65.6%)	
66	<b>NOWICKI Artur</b>	<b>264</b>	WARSZTAT FORMY TYCHY	M30	66	03:22:58	<b>04:29:45.45</b>	<b>04:30:06.50</b>	+01:32:33 (34.3%)	6:02	9.9 (65.6%)	
67	<b>KORDOWICZ Łukasz</b>	<b>182</b>	BIŁGORAJ	M30	67	03:21:40	<b>04:30:14.10</b>	<b>04:30:33.50</b>	+01:33:00 (34.4%)	6:03	9.9 (65.6%)	
68	<b>MADEJSKI Sławomir</b>	<b>226</b>	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	68	03:20:24	<b>04:30:02.30</b>	<b>04:30:39.35</b>	+01:33:06 (34.4%)	6:03	9.9 (65.6%)	
69	<b>ŚWIDZIŃSKI Tomasz</b>	<b>377</b>	VEGE RUNNERS	M30	69	03:31:46	<b>04:29:33.75</b>	<b>04:30:41.30</b>	+01:33:08 (34.4%)	6:02	9.9 (65.6%)	
70	<b>STĘPIEŃ Tomasz</b>	<b>346</b>	KIELCE BRYGADA ŚW.	M30	70	03:26:04	<b>04:30:01.50</b>	<b>04:30:51.55</b>	+01:33:18 (34.4%)	6:03	9.9 (65.6%)	
71	<b>MADEYSKI Michał</b>	<b>227</b>	KRAKÓW	M30	71	03:22:51	<b>04:30:41.65</b>	<b>04:31:39.65</b>	+01:34:06 (34.6%)	6:04	9.9 (65.6%)	
72	<b>MAJEWSKI Piotr</b>	<b>230</b>	JSC JASŁO	M30	72	03:29:09	<b>04:31:00.55</b>	<b>04:31:50.10</b>	+01:34:17 (34.7%)	6:04	9.9 (65.6%)	
73	<b>WISZNIEWSKI Karol</b>	<b>411</b>	AKS POLONIA WARSZAWA	M30	73	03:28:47	<b>04:31:27.70</b>	<b>04:32:22.55</b>	+01:34:49 (34.8%)	6:05	9.9 (65.6%)	
74	<b>GWIZDAŁA Łukasz</b>	<b>123</b>	KRZESZOWICE	M30	74	03:28:25	<b>04:32:08.85</b>	<b>04:33:05.40</b>	+01:35:32 (35.0%)	6:06	9.8 (64.9%)	

Place	Participant	Number	Club	Category	MCat	34.2km	Net	Czas	Gap	Pace	Pace
							time	brutto			
							44.6km	44.6km			
75	<b>ŁOCHAŃSKI Grzegorz</b>	<b>219</b>	BRYSIE	M30	75	03:21:21	<b>04:32:58.55</b>	<b>04:33:23.50</b>	+01:35:50 (35.1%)	6:07	9.8 (64.9%)
76	<b>GAJOS Daniel</b>	<b>94</b>	KRAKÓW	M30	76	03:24:27	<b>04:32:29.75</b>	<b>04:33:37.75</b>	+01:36:04 (35.1%)	6:06	9.8 (64.9%)
77	<b>CHOROŚ Piotr</b>	<b>54</b>	VEGE RUNNERS	M30	77	03:34:44	<b>04:32:37.70</b>	<b>04:33:38.85</b>	+01:36:05 (35.1%)	6:06	9.8 (64.9%)
78	<b>PERYKASZA Paweł</b>	<b>284</b>	NIGHTRUNNERS KRAKÓW	M30	78	03:26:39	<b>04:32:51.30</b>	<b>04:33:45.25</b>	+01:36:12 (35.1%)	6:07	9.8 (64.9%)
79	<b>OPOZDA Michał</b>	<b>273</b>	KRAKÓW	M30	79	03:29:43	<b>04:33:00.35</b>	<b>04:33:48.65</b>	+01:36:15 (35.2%)	6:07	9.8 (64.9%)
80	<b>DANIEL Jarek</b>	<b>67</b>	MM ULTRA	M30	80	03:28:11	<b>04:33:35.30</b>	<b>04:33:50.25</b>	+01:36:17 (35.2%)	6:08	9.8 (64.9%)
81	<b>SZPINDA Sebastian</b>	<b>364</b>	BIŁGORAJ	M30	81	03:32:54	<b>04:33:53.60</b>	<b>04:33:53.60</b>	+01:36:20 (35.2%)	6:08	9.8 (64.9%)
82	<b>KACZMAREK Paweł</b>	<b>145</b>	KRAKÓW	M30	82	03:28:14	<b>04:33:10.15</b>	<b>04:34:02.20</b>	+01:36:29 (35.2%)	6:07	9.8 (64.9%)
83	<b>GRELA Marcin</b>	<b>115</b>	KRAKOW	M30	83	03:25:30	<b>04:33:40.50</b>	<b>04:34:17.85</b>	+01:36:44 (35.3%)	6:08	9.8 (64.9%)
84	<b>WIĄCEK Marcin</b>	<b>404</b>	JSC JASŁO	M30	84	03:31:00	<b>04:34:12.35</b>	<b>04:34:56.05</b>	+01:37:23 (35.4%)	6:08	9.8 (64.9%)
85	<b>PILECKI Maciej</b>	<b>288</b>	WROCŁAW	M30	85	03:32:19	<b>04:37:21.95</b>	<b>04:38:27.70</b>	+01:40:54 (36.2%)	6:13	9.6 (63.6%)
86	<b>MAKOWSKI Łukasz</b>	<b>231</b>		M30	86	03:31:04	<b>04:38:41.25</b>	<b>04:39:03.70</b>	+01:41:30 (36.4%)	6:14	9.6 (63.6%)
87	<b>CISEK Piotr</b>	<b>59</b>	FINISZ RYMANÓW	M30	87	03:30:09	<b>04:38:53.20</b>	<b>04:39:27.25</b>	+01:41:54 (36.5%)	6:15	9.6 (63.6%)
88	<b>KAMIŃSKI Michał</b>	<b>152</b>	12TRI.PL	M30	88	03:31:59	<b>04:38:04.20</b>	<b>04:39:53.55</b>	+01:42:20 (36.6%)	6:14	9.6 (63.6%)
89	<b>ROLLA Dorian</b>	<b>315</b>	WARZYMICE	M30	89	03:29:48	<b>04:40:07.35</b>	<b>04:40:21.50</b>	+01:42:48 (36.7%)	6:16	9.6 (63.6%)
90	<b>SURWIŁO Sandro</b>	<b>355</b>	BRZOZY	M30	90	03:36:03	<b>04:41:23.70</b>	<b>04:41:38.95</b>	+01:44:05 (37.0%)	6:18	9.5 (62.9%)
91	<b>HEC Piotr</b>	<b>125</b>	KROSNO	M30	91	03:31:51	<b>04:42:12.20</b>	<b>04:42:20.05</b>	+01:44:47 (37.1%)	6:19	9.5 (62.9%)
92	<b>KRZYSZTOŃ Piotr</b>	<b>197</b>	GMP LASY - KRAŚNIK	M30	92	03:30:28	<b>04:42:22.40</b>	<b>04:42:38.90</b>	+01:45:05 (37.2%)	6:19	9.5 (62.9%)
93	<b>KOZIEŁ Szymon</b>	<b>188</b>	GOLECZEWO	M30	93	03:37:08	<b>04:42:59.00</b>	<b>04:42:59.00</b>	+01:45:26 (37.3%)	6:20	9.5 (62.9%)
94	<b>SZCZEPAŃSKI Grzegorz</b>	<b>361</b>	KLUB BIEGACZA RTV EURO AGD	M30	94	03:32:01	<b>04:42:00.25</b>	<b>04:43:19.90</b>	+01:45:46 (37.3%)	6:19	9.5 (62.9%)
95	<b>PUSKARCZYK Wojciech</b>	<b>304</b>	UKS POGORZE	M30	95	03:42:33	<b>04:44:22.45</b>	<b>04:44:22.45</b>	+01:46:49 (37.6%)	6:22	9.4 (62.3%)
96	<b>WAŁCZYK Krzysztof</b>	<b>397</b>	OWCE	M30	96	03:34:41	<b>04:44:21.50</b>	<b>04:44:44.85</b>	+01:47:11 (37.6%)	6:22	9.4 (62.3%)
97	<b>SIKORSKI Wojciech</b>	<b>325</b>	RARAMURI KLUCZBORK	M30	97	03:32:14	<b>04:44:36.45</b>	<b>04:45:19.35</b>	+01:47:46 (37.8%)	6:22	9.4 (62.3%)
98	<b>WRÓBEL Łukasz</b>	<b>423</b>	KB BIAŁA BIEGA, MIĘDZYRZEC PODLASKI	M30	98	03:32:49	<b>04:45:01.65</b>	<b>04:45:40.35</b>	+01:48:07 (37.8%)	6:23	9.4 (62.3%)
99	<b>WORCH Paweł</b>	<b>417</b>	BŁONIE	M30	99	03:37:15	<b>04:45:24.45</b>	<b>04:46:09.80</b>	+01:48:36 (38.0%)	6:23	9.4 (62.3%)
100	<b>PLACZEK Paweł</b>	<b>293</b>	WETLINA	M30	100	03:37:27	<b>04:47:59.00</b>	<b>04:48:17.95</b>	+01:50:44 (38.4%)	6:27	9.3 (61.6%)
101	<b>KAMIŃSKI Robert</b>	<b>154</b>	12TRI.PL	M30	101	03:36:15	<b>04:46:29.70</b>	<b>04:48:19.35</b>	+01:50:46 (38.4%)	6:25	9.3 (61.6%)
102	<b>LACHOWICZ Przemek</b>	<b>209</b>	LIBERTÓW	M30	102	03:32:25	<b>04:47:18.10</b>	<b>04:48:31.15</b>	+01:50:58 (38.5%)	6:26	9.3 (61.6%)
103	<b>MOLTZAN Zbigniew</b>	<b>250</b>	TORUŃ	M30	103	03:41:20	<b>04:48:14.60</b>	<b>04:49:02.65</b>	+01:51:29 (38.6%)	6:27	9.3 (61.6%)
104	<b>GRĘBOWIEC Mateusz</b>	<b>117</b>	LKS TENCZA SANDOMIERZ	M30	104	03:40:04	<b>04:49:54.10</b>	<b>04:50:20.30</b>	+01:52:47 (38.8%)	6:30	9.2 (60.9%)
105	<b>ŁUBIEŃSKI Wojciech</b>	<b>221</b>	POZNAŃ	M30	105	03:39:04	<b>04:49:58.60</b>	<b>04:51:05.15</b>	+01:53:32 (39.0%)	6:30	9.2 (60.9%)
106	<b>KOŁTUNICKI Krzysztof</b>	<b>175</b>		M30	106	03:43:35	<b>04:50:12.05</b>	<b>04:51:13.60</b>	+01:53:40 (39.0%)	6:30	9.2 (60.9%)
107	<b>BORKOWSKI Jakub</b>	<b>40</b>	UKA WARSZAWA	M30	107	03:37:11	<b>04:50:01.65</b>	<b>04:51:17.10</b>	+01:53:44 (39.0%)	6:30	9.2 (60.9%)
108	<b>KOŁODZIEJCZYK Dawid</b>	<b>174</b>	KRAKÓW	M30	108	03:42:07	<b>04:50:33.25</b>	<b>04:51:30.50</b>	+01:53:57 (39.1%)	6:30	9.2 (60.9%)
109	<b>TROCHIMCZYK Piotr</b>	<b>384</b>	PRZEMYŚL	M30	109	03:42:41	<b>04:51:00.45</b>	<b>04:51:50.15</b>	+01:54:17 (39.2%)	6:31	9.2 (60.9%)
110	<b>BEBELSKI Rafał</b>	<b>25</b>	KUŹNIA TRIATHLONU	M30	110	03:40:41	<b>04:51:16.05</b>	<b>04:51:53.35</b>	+01:54:20 (39.2%)	6:31	9.2 (60.9%)
111	<b>OSTROWSKI Michał</b>	<b>276</b>	CRAZY GUIDES	M30	111	03:38:18	<b>04:51:07.50</b>	<b>04:51:53.45</b>	+01:54:20 (39.2%)	6:31	9.2 (60.9%)
112	<b>GŁEMBSKI Daniel</b>	<b>104</b>		M30	112	03:36:26	<b>04:50:59.60</b>	<b>04:52:06.70</b>	+01:54:33 (39.2%)	6:31	9.2 (60.9%)
113	<b>PRZYBYŁA Marcin</b>	<b>302</b>	NUTREND TEAM / SZCZYRK	M30	113	03:36:54	<b>04:53:04.70</b>	<b>04:53:13.65</b>	+01:55:40 (39.4%)	6:34	9.1 (60.3%)
114	<b>NALEPKA Zdzisław</b>	<b>254</b>	BIEGIEM PRZEZ GÓRY - POMOC DLA ALKA	M30	114	03:35:50	<b>04:52:44.45</b>	<b>04:53:21.20</b>	+01:55:48 (39.5%)	6:33	9.1 (60.3%)
115	<b>MAZUREK Michał</b>	<b>238</b>	ORTOREH TEAM	M30	115	03:42:09	<b>04:53:12.95</b>	<b>04:53:50.45</b>	+01:56:17 (39.6%)	6:34	9.1 (60.3%)
116	<b>SKRZYPCZAK Piotr</b>	<b>9</b>		M30	116	03:52:08	<b>04:52:57.35</b>	<b>04:53:58.55</b>	+01:56:25 (39.6%)	6:34	9.1 (60.3%)
117	<b>DUDEK Bartłomiej</b>	<b>83</b>	12TRI.PL	M30	117	03:39:45	<b>04:52:37.85</b>	<b>04:54:26.60</b>	+01:56:53 (39.7%)	6:33	9.1 (60.3%)
118	<b>SOBCZAK Marcin</b>	<b>334</b>	WARSZAWA	M30	118	03:44:35	<b>04:55:28.75</b>	<b>04:55:42.15</b>	+01:58:09 (40.0%)	6:37	9.1 (60.3%)

Place	Participant	Number	Club	Category	MCat	34.2km	Net time		Czas brutto		Pace min/km	Pace km/h
							44.6km	44.6km	44.6km	44.6km		
119	GUTKOWSKI Tomek	122	TREND GLASS RUNNING TEAM	M30	119	03:44:55	<b>04:55:25.65</b>	<b>04:55:55.05</b>	+01:58:22 (40.0%)	6:37	9.1 (60.3%)	
120	WENTLAND Tomasz	460	KRAKOW	M30	120	03:40:53	<b>04:54:48.20</b>	<b>04:56:02.10</b>	+01:58:29 (40.0%)	6:36	9.1 (60.3%)	
121	CHMIELEWSKI Tomasz	50	WARSZAWA	M30	121	03:42:32	<b>04:55:39.05</b>	<b>04:56:03.15</b>	+01:58:30 (40.0%)	6:37	9.1 (60.3%)	
122	SIWIEC Tomasz	326	RZESZÓW	M30	122	03:37:56	<b>04:56:58.65</b>	<b>04:57:44.30</b>	+02:00:11 (40.4%)	6:39	9 (59.6%)	
123	MACIEJEWSKI Piotr	224	LUBLIN	M30	123	03:34:51	<b>04:57:59.60</b>	<b>04:59:02.10</b>	+02:01:29 (40.6%)	6:40	9 (59.6%)	
124	JEŻYNA Marcin	143	GLĘBOKIE TALERZE	M30	124	03:48:49	<b>04:59:24.80</b>	<b>04:59:35.05</b>	+02:02:02 (40.7%)	6:42	8.9 (58.9%)	
125	JABŁONKA Bartosz	130	DĘBIEŃSKO	M30	125	03:55:19	<b>04:58:41.30</b>	<b>04:59:38.55</b>	+02:02:05 (40.7%)	6:41	9 (59.6%)	
126	ANDRUSZEWSKI Tomasz	13	KB GEOTERMIA UNIEJÓW	M30	126	03:43:55	<b>04:59:56.80</b>	<b>05:00:26.60</b>	+02:02:53 (40.9%)	6:43	8.9 (58.9%)	
127	SUPROŃ Piotr	354	ARCADIS RUNNING TEAM	M30	127	03:44:59	<b>04:59:47.55</b>	<b>05:00:51.55</b>	+02:03:18 (41.0%)	6:43	8.9 (58.9%)	
128	ZAPŁATA Wojciech	430	GORLICE	M30	128	03:41:02	<b>05:00:48.15</b>	<b>05:01:10.55</b>	+02:03:37 (41.0%)	6:44	8.9 (58.9%)	
129	GRANDA Paweł	114	21 DAPLOT JAROSŁAW	M30	129	03:46:24	<b>05:00:33.75</b>	<b>05:01:27.25</b>	+02:03:54 (41.1%)	6:44	8.9 (58.9%)	
130	SOLECKI Tomasz	339	BIERUŃ GOMOLA TRANS AIRCO	M30	130	03:42:05	<b>05:03:21.05</b>	<b>05:03:56.30</b>	+02:06:23 (41.6%)	6:48	8.8 (58.3%)	
131	SOBCZAK Maciej	333	NIGHT RUNNERS	M30	131	03:47:46	<b>05:03:23.55</b>	<b>05:03:57.50</b>	+02:06:24 (41.6%)	6:48	8.8 (58.3%)	
132	PIWOWARCZYK Piotr	292	KRAKÓW	M30	132	03:46:03	<b>05:03:41.65</b>	<b>05:04:08.70</b>	+02:06:35 (41.6%)	6:48	8.8 (58.3%)	
133	KOTLARSKI Marcin	186	LEŚNE CYMBAŁY	M30	133	03:50:02	<b>05:05:04.70</b>	<b>05:05:36.30</b>	+02:08:03 (41.9%)	6:50	8.8 (58.3%)	
134	TOMCZYK Michał	381	INOWROCŁAW	M30	134	03:49:52	<b>05:04:27.95</b>	<b>05:06:11.15</b>	+02:08:38 (42.0%)	6:49	8.8 (58.3%)	
135	BUSZ Jacek	47	DRUŻYNA KORMORANA	M30	135	03:43:22	<b>05:05:52.35</b>	<b>05:06:17.10</b>	+02:08:44 (42.0%)	6:51	8.7 (57.6%)	
136	KOBELUK Damian	171	BIŁGORAJ	M30	136	03:39:51	<b>05:06:59.55</b>	<b>05:07:23.25</b>	+02:09:50 (42.2%)	6:52	8.7 (57.6%)	
137	GEZELA Mariusz	101	BBL POZNAŃ, RODZINA GEZELA	M30	137	03:52:02	<b>05:07:42.70</b>	<b>05:08:24.35</b>	+02:10:51 (42.4%)	6:53	8.7 (57.6%)	
138	GEZELA Robert	102	RODZNA GEZELA	M30	138	03:52:01	<b>05:07:43.70</b>	<b>05:08:26.30</b>	+02:10:53 (42.4%)	6:53	8.7 (57.6%)	
139	MADEJ Paweł	225	KRAKÓW	M30	139	03:52:48	<b>05:07:32.60</b>	<b>05:08:43.65</b>	+02:11:10 (42.5%)	6:53	8.7 (57.6%)	
140	ZAGDAŃSKI Robert	426	MACHNÓWKA	M30	140	03:56:14	<b>05:09:29.15</b>	<b>05:10:10.10</b>	+02:12:37 (42.8%)	6:56	8.6 (57.0%)	
141	ŚLĄCZKA Arkadiusz	372	FINISZ RYMANÓW	M30	141	03:56:10	<b>05:09:27.20</b>	<b>05:10:10.35</b>	+02:12:37 (42.8%)	6:56	8.6 (57.0%)	
142	WASIAK Michał	508	RADOM	M30	142	03:50:26	<b>05:09:52.00</b>	<b>05:10:20.15</b>	+02:12:47 (42.8%)	6:56	8.6 (57.0%)	
143	KMIEĆ Marcin	170	BIŁGORAJ	M30	143	03:53:07	<b>05:11:03.05</b>	<b>05:11:23.75</b>	+02:13:50 (43.0%)	6:58	8.6 (57.0%)	
144	SIELICKI Krzysztof	323		M30	144	03:52:19	<b>05:10:45.15</b>	<b>05:11:51.80</b>	+02:14:18 (43.1%)	6:58	8.6 (57.0%)	
145	JAWORSKI Daniel	142	TOMASZÓW MAZOWIECKI	M30	145	03:53:41	<b>05:13:26.70</b>	<b>05:13:52.50</b>	+02:16:19 (43.4%)	7:01	8.5 (56.3%)	
146	GÓRSKI Mariusz	111	TYCHY	M30	146	03:54:19	<b>05:14:15.00</b>	<b>05:14:31.50</b>	+02:16:58 (43.5%)	7:02	8.5 (56.3%)	
147	SZCZERBA Rafał	362	DŹ	M30	147	04:01:46	<b>05:13:56.45</b>	<b>05:15:13.75</b>	+02:17:40 (43.7%)	7:02	8.5 (56.3%)	
148	PAŁASZYŃSKI Jacek	277	87-600 LIPNO	M30	148	03:52:58	<b>05:15:36.25</b>	<b>05:16:28.30</b>	+02:18:55 (43.9%)	7:04	8.5 (56.3%)	
149	APANASIEWICZ Bartosz	14	CENTRUM BYDGOSZCZ	M30	149	03:59:26	<b>05:16:05.90</b>	<b>05:17:14.50</b>	+02:19:41 (44.0%)	7:05	8.5 (56.3%)	
150	PASELA Bartosz	282	SMASHING PĄPKINS	M30	150	04:00:43	<b>05:16:10.20</b>	<b>05:17:14.75</b>	+02:19:41 (44.0%)	7:05	8.5 (56.3%)	
151	CHUDYBA Michał	55	LEŚNE CYMBAŁY	M30	151	03:57:45	<b>05:17:49.25</b>	<b>05:18:23.30</b>	+02:20:50 (44.2%)	7:07	8.4 (55.6%)	
152	GÓRALCZYK Andrzej	109	KW KRAKÓW	M30	152	04:00:34	<b>05:17:27.15</b>	<b>05:18:43.15</b>	+02:21:10 (44.3%)	7:07	8.4 (55.6%)	
153	BRZOZOWSKI Jerzy	44	RZESZÓW	M30	153	04:07:42	<b>05:17:50.10</b>	<b>05:19:02.10</b>	+02:21:29 (44.3%)	7:07	8.4 (55.6%)	
154	DAWGIERT Daniel	69	BRYGADA ŚW.	M30	154	03:54:28	<b>05:18:44.50</b>	<b>05:19:34.60</b>	+02:22:01 (44.4%)	7:08	8.4 (55.6%)	
155	PARTYKA Andrzej	458	RZESZÓW	M30	155	03:59:53	<b>05:24:45.00</b>	<b>05:24:50.50</b>	+02:27:17 (45.3%)	7:16	8.2 (54.3%)	
156	TRZECIAK Rafał	491	WARZYCE	M30	156	04:04:25	<b>05:26:49.95</b>	<b>05:27:55.70</b>	+02:30:22 (45.9%)	7:19	8.2 (54.3%)	
157	OKARMA Wojtek	269	SPOREST	M30	157	04:04:30	<b>05:26:50.95</b>	<b>05:27:55.90</b>	+02:30:22 (45.9%)	7:19	8.2 (54.3%)	
158	SZANECKI Jakub	359	RZESZÓW	M30	158	04:09:47	<b>05:27:02.40</b>	<b>05:27:58.00</b>	+02:30:25 (45.9%)	7:19	8.2 (54.3%)	
159	LEŚNIAK Arkadiusz	505	WARSZAWA	M30	159	04:11:53	<b>05:29:37.40</b>	<b>05:29:42.60</b>	+02:32:09 (46.1%)	7:23	8.1 (53.6%)	
160	PLASZCZYK Tomasz	294	SPORT-EVO GDAŃSK	M30	160	04:07:55	<b>05:28:37.75</b>	<b>05:29:55.65</b>	+02:32:22 (46.2%)	7:22	8.1 (53.6%)	
161	GRANDA Marcin	113	ZARZECZE	M30	161	03:56:49	<b>05:29:50.55</b>	<b>05:30:41.20</b>	+02:33:08 (46.3%)	7:23	8.1 (53.6%)	
162	PIEKARSKI Andrzej	285	GRODZISK MAZOWIECKI	M30	162	03:55:52	<b>05:31:13.45</b>	<b>05:31:35.85</b>	+02:34:02 (46.5%)	7:25	8.1 (53.6%)	

Place	Participant	Number	Club	Category	MCat	34.2km	Net time		Gap	Pace min/km	Pace km/h
							44.6km	44.6km			
163	<b>ZMYŚŁOWSKI Łukasz</b>	<b>441</b>	MOTYCZ	M30	163	04:07:07	<b>05:32:03.70</b>	<b>05:32:31.25</b>	+02:34:58 (46.6%)	7:26	8.1 (53.6%)
164	<b>DZIEDZIC Artur</b>	<b>85</b>	LEŚNE CYMBAŁY	M30	164	04:06:10	<b>05:32:30.90</b>	<b>05:33:08.75</b>	+02:35:35 (46.7%)	7:27	8 (53.0%)
165	<b>SOKOL Tomasz</b>	<b>337</b>	YRARDÓW	M30	165	04:11:07	<b>05:35:31.95</b>	<b>05:36:21.10</b>	+02:38:48 (47.2%)	7:31	8 (53.0%)
166	<b>BODNIAK Tomasz</b>	<b>36</b>	WOP	M30	166	04:15:57	<b>05:39:07.25</b>	<b>05:39:48.20</b>	+02:42:15 (47.7%)	7:36	7.9 (52.3%)
167	<b>KALINOWSKI Sławomir</b>	<b>149</b>	HUSKY TEAM	M30	167	04:12:45	<b>05:39:04.05</b>	<b>05:40:07.90</b>	+02:42:34 (47.8%)	7:36	7.9 (52.3%)
168	<b>KOSANOVIĆ Nikola</b>	<b>495</b>	RAKOVICA	M30	168	04:15:03	<b>05:39:51.85</b>	<b>05:40:19.65</b>	+02:42:46 (47.8%)	7:37	7.9 (52.3%)
169	<b>FRESZEL Krzysztof</b>	<b>89</b>	BOERNEROWO BIEGA	M30	169	04:17:04	<b>05:40:58.95</b>	<b>05:41:58.55</b>	+02:44:25 (48.1%)	7:38	7.8 (51.7%)
170	<b>KHAN David</b>	<b>164</b>	LESZNO	M30	170	04:17:03	<b>05:41:22.85</b>	<b>05:42:22.35</b>	+02:44:49 (48.1%)	7:39	7.8 (51.7%)
171	<b>WYSOCKI Arkadiusz</b>	<b>424</b>	BB RUNNERAS	M30	171	04:11:01	<b>05:42:33.75</b>	<b>05:43:11.50</b>	+02:45:38 (48.3%)	7:40	7.8 (51.7%)
172	<b>KAIM Tomasz</b>	<b>473</b>	KRAKOW	M30	172	04:27:37	<b>05:46:49.60</b>	<b>05:47:54.35</b>	+02:50:21 (49.0%)	7:46	7.7 (51.0%)
173	<b>TWARDY Stanisław</b>	<b>461</b>	RZESZÓW	M30	173	04:24:39	<b>05:49:41.80</b>	<b>05:49:55.05</b>	+02:52:22 (49.3%)	7:50	7.7 (51.0%)
174	<b>ADAMSKI Michał</b>	<b>10</b>	WOP	M30	174	04:25:42	<b>05:55:49.75</b>	<b>05:56:29.25</b>	+02:58:56 (50.2%)	7:58	7.5 (49.7%)
175	<b>KWARTA Tomasz</b>	<b>207</b>	WOP	M30	175	04:25:47	<b>05:55:50.05</b>	<b>05:56:29.35</b>	+02:58:56 (50.2%)	7:58	7.5 (49.7%)
176	<b>KUCHARSKI Darek</b>	<b>202</b>	SPARTANIE DZIECIOM	M30	176	04:35:43	<b>06:04:07.70</b>	<b>06:05:05.10</b>	+03:07:32 (51.4%)	8:09	7.3 (48.3%)
177	<b>ALEKSANDROWICZ Łukasz</b>	<b>12</b>	SPARTANIE DZIECIOM	M30	177	04:38:23	<b>06:08:11.15</b>	<b>06:08:55.60</b>	+03:11:22 (51.9%)	8:15	7.3 (48.3%)
178	<b>PATRYK Bałazy</b>	<b>475</b>	KRAKOW	M30	178	04:42:39	<b>06:12:52.40</b>	<b>06:13:55.50</b>	+03:16:22 (52.5%)	8:21	7.2 (47.7%)
179	<b>PRZYBYLAK Paweł</b>	<b>301</b>	MOSINA BIEGA	M30	179	04:49:04	<b>06:14:57.10</b>	<b>06:15:06.30</b>	+03:17:33 (52.7%)	8:24	7.1 (47.0%)
180	<b>BŁAŻEJEWSKI Marcin</b>	<b>34</b>	14 DAS JAROSŁAW	M30	180	04:45:08	<b>06:28:36.40</b>	<b>06:29:28.35</b>	+03:31:55 (54.4%)	8:42	6.9 (45.7%)
181	<b>RACHOWSKI Michał</b>	<b>309</b>	SZCZECIN BIEGA	M30	181	04:54:26	<b>06:34:51.50</b>	<b>06:35:06.45</b>	+03:37:33 (55.1%)	8:51	6.8 (45.0%)
182	<b>SKALSKI Maciej Jakub</b>	<b>328</b>	BIAŁYSTOK	M30	182	05:15:22	<b>06:55:50.65</b>	<b>06:56:58.55</b>	+03:59:25 (57.4%)	9:19	6.4 (42.4%)
183	<b>BICZYK Adam</b>	<b>29</b>	KLUB BIEGACZA RTV EURO AGD	M30	183	05:15:07	<b>06:57:02.45</b>	<b>06:58:23.00</b>	+04:00:50 (57.6%)	9:21	6.4 (42.4%)

Total 183 results.