



ZWODNICZA RUSAŁKA | 44 KM

B4SPORT

Wydarzenie: II Ultra-Bies
Organizator: Fundacja Ultra-Bies
Data: 2023-05-05
Miejsce: Dołżyca
Dystans: 44 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN M

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | PK Górzanka 15km | PK Łopienka 28km | PK Cisna 38km | Czas netto 44km | Czas brutto 44km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|----------------------------|-----------|------|------------------------|------------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1 | PAWŁOWSKI Arkadiusz | 448 | ROCK&RUN.PL | M30 | 1 | 01:44:40 | 02:24:23 | 03:33:34 | 04:14:16.50 | 04:14:16.50 | | 5:46 | 10.4 (100%) |
| 2 | SKOWRON Michał | 478 | BIEGAM_BO_MAM_DZIECI | M30 | 2 | 01:53:58 | 02:34:43 | 03:42:41 | 04:21:53.60 | 04:21:53.60 | +00:07:37 (2.9%) | 5:57 | 10.1 (97.1%) |
| 3 | CHOROŚ Piotr | 519 | STAY INSANE | M40 | 1 | 01:44:03 | 02:24:06 | 03:39:10 | 04:22:05.20 | 04:22:05.20 | +00:07:48 (3.0%) | 5:57 | 10.1 (97.1%) |
| 4 | LEWANDOWSKI Miłosz | 543 | PODIUM TEAM | M30 | 3 | 01:44:02 | 02:24:34 | 03:41:38 | 04:32:03.65 | 04:32:03.65 | +00:17:47 (6.5%) | 6:10 | 9.7 (93.3%) |
| 5 | PIECHA Artur | 548 | | M40 | 2 | 01:49:56 | 02:33:37 | 03:50:35 | 04:38:17.35 | 04:38:17.35 | +00:24:00 (8.6%) | 6:19 | 9.5 (91.3%) |
| 6 | HANULAK Pawel | 526 | PODIUM | M30 | 4 | 01:45:23 | 02:29:01 | 03:49:01 | 04:43:45.85 | 04:43:45.85 | +00:29:29 (10.4%) | 6:26 | 9.3 (89.4%) |
| 7 | ŻYŁKA Kamil | 416 | 42K PRO TEAM | M30 | 5 | 01:55:33 | 02:41:20 | 04:02:05 | 04:48:39.15 | 04:48:39.15 | +00:34:22 (11.9%) | 6:33 | 9.1 (87.5%) |
| 8 | KOT Rafał | 545 | GÓRAL Z MAZUR RUNNING TEAM | M40 | 3 | 01:56:39 | 02:45:53 | 04:06:28 | 04:53:14.55 | 04:53:14.55 | +00:38:58 (13.3%) | 6:39 | 9 (86.5%) |
| 9 | PIĘKNIK Patryk | 403 | TRAIL IS OUR WAY | M30 | 6 | 01:57:55 | 02:41:54 | 04:05:42 | 04:55:36.35 | 04:55:36.35 | +00:41:19 (14.0%) | 6:43 | 8.9 (85.6%) |
| 10 | TUSZYŃSKI Zygmunt | 466 | PGERUN OBRÓT S.A. | M40 | 4 | 01:59:39 | 02:46:59 | 04:08:12 | 04:56:59.00 | 04:56:59.00 | +00:42:42 (14.4%) | 6:44 | 8.9 (85.6%) |
| 11 | TROJNAR Damian | 518 | KS JANUSZE | M30 | 7 | 01:58:43 | 02:47:58 | 04:10:43 | 04:57:24.40 | 04:57:24.40 | +00:43:07 (14.5%) | 6:45 | 8.9 (85.6%) |
| 12 | STEPANIUK Adam | 463 | BIEGAMY DZISIAJ? | M50 | 1 | 02:04:28 | 02:52:02 | 04:16:07 | 05:05:47.40 | 05:05:47.40 | +00:51:30 (16.8%) | 6:56 | 8.6 (82.7%) |
| 13 | WOŁOSZYN Artur | 533 | | M30 | 8 | 02:19:24 | 03:09:09 | 04:31:40 | 05:19:26.10 | 05:19:26.10 | +01:05:09 (20.4%) | 7:15 | 8.3 (79.8%) |
| 14 | WÓJCIK Robert | 507 | 42K PRO TEAM | M30 | 9 | 02:08:45 | 03:00:38 | 04:27:28 | 05:19:52.45 | 05:19:52.45 | +01:05:35 (20.5%) | 7:16 | 8.3 (79.8%) |
| 15 | MAŚLANY Daniel | 441 | | M40 | 5 | 02:09:23 | 03:00:37 | 04:26:30 | 05:20:58.90 | 05:20:58.90 | +01:06:42 (20.8%) | 7:17 | 8.2 (78.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | PK | PK | PK | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------------|-----------|------|------------------|------------------|---------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | Górzanka 15km | Łopienka 28km | Cisna 38km | netto 44km | brutto 44km | | | |
| 16 | MIKOŁAJCZYK Krzysztof | 498 | | M40 | 6 | 02:08:40 | 03:02:08 | 04:30:39 | 05:21:19.55 | 05:21:19.55 | +01:07:03 (20.9%) | 7:18 | 8.2 (78.8%) |
| 17 | GOLA Daniel | 430 | TRAIL IS OUR WAY | M30 | 10 | 02:10:44 | 03:02:03 | 04:32:52 | 05:22:34.80 | 05:22:34.80 | +01:08:18 (21.2%) | 7:19 | 8.2 (78.8%) |
| 18 | ŚWIĄTEK Paweł | 541 | | M40 | 7 | 02:11:49 | 03:05:34 | 04:33:13 | 05:29:11.15 | 05:29:11.15 | +01:14:54 (22.8%) | 7:28 | 8 (76.9%) |
| 19 | @ Virus | 539 | NSB SPORT TEAM RZESZÓW | M40 | 8 | 01:59:09 | 02:46:23 | 04:27:13 | 05:29:39.30 | 05:29:39.30 | +01:15:22 (22.9%) | 7:29 | 8 (76.9%) |
| 20 | BARNOWSKI Przemysław | 488 | BARNOGYM.PL | M40 | 9 | 02:05:06 | 03:01:44 | 04:35:17 | 05:31:20.35 | 05:31:20.35 | +01:17:03 (23.3%) | 7:31 | 8 (76.9%) |
| 21 | LITWIN Bartłomiej | 471 | WKURW_TEAM | M30 | 11 | 02:06:29 | 03:04:05 | 04:36:07 | 05:31:32.40 | 05:31:32.40 | +01:17:15 (23.3%) | 7:32 | 8 (76.9%) |
| 22 | KUPC Zbigniew | 445 | TRAIL IS OUR WAY | M40 | 10 | 02:11:47 | 03:12:02 | 04:45:14 | 05:38:12.30 | 05:38:12.30 | +01:23:55 (24.8%) | 7:41 | 7.8 (75.0%) |
| 23 | STRZĘPEK Dariusz | 458 | | M30 | 12 | 02:16:42 | 03:12:38 | 04:45:15 | 05:38:31.25 | 05:38:31.25 | +01:24:14 (24.9%) | 7:41 | 7.8 (75.0%) |
| 24 | MILANOWSKI Grzegorz | 473 | | M50 | 2 | | 03:13:28 | 04:46:43 | 05:43:10.70 | 05:43:10.70 | +01:28:54 (25.9%) | 7:47 | 7.7 (74.0%) |
| 25 | PTAK Mateusz | 422 | TRAIL IS OUR WAY/KB ATHLETIC ZRĘCIN | M40 | 11 | 02:06:38 | 03:06:08 | 04:48:15 | 05:43:52.25 | 05:43:52.25 | +01:29:35 (26.1%) | 7:48 | 7.7 (74.0%) |
| 26 | BODNAR Krystian | 521 | PANTERA SANOK | M20 | 1 | 02:26:05 | 03:20:24 | 04:51:48 | 05:45:57.50 | 05:45:57.50 | +01:31:41 (26.5%) | 7:51 | 7.6 (73.1%) |
| 27 | HAŁGAS Sławomir | 407 | MARELLI | M40 | 12 | 02:13:47 | 03:11:59 | 04:48:08 | 05:46:24.10 | 05:46:24.10 | +01:32:07 (26.6%) | 7:52 | 7.6 (73.1%) |
| 28 | ZAWADZKI Kordian | 476 | STAJNIA BALONA | M30 | 13 | 02:14:31 | 03:10:12 | 04:46:42 | 05:47:40.05 | 05:47:40.05 | +01:33:23 (26.9%) | 7:54 | 7.6 (73.1%) |
| 29 | GĄSECKI Daniel | 532 | ULTRA PRZESILENIE | M40 | 13 | 02:24:00 | 03:20:38 | 04:53:19 | 05:51:01.60 | 05:51:01.60 | +01:36:45 (27.6%) | 7:58 | 7.5 (72.1%) |
| 30 | PRZYWARA Przemek | 530 | | M30 | 14 | 02:19:26 | 03:17:35 | 04:55:08 | 05:51:08.25 | 05:51:08.25 | +01:36:51 (27.6%) | 7:58 | 7.5 (72.1%) |
| 31 | BRZEZIŃSKI Andrzej | 410 | RYKOWISKA TEAM | M50 | 3 | 02:16:27 | 03:13:10 | 04:55:13 | 05:55:15.55 | 05:55:15.55 | +01:40:59 (28.4%) | 8:04 | 7.4 (71.2%) |
| 32 | DĄBROWSKI Łukasz | 465 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | M40 | 14 | 02:19:50 | 03:17:20 | 04:55:22 | 05:55:20.30 | 05:55:20.30 | +01:41:03 (28.4%) | 8:04 | 7.4 (71.2%) |
| 33 | CHMAJ Jerzy | 542 | | M50 | 4 | 02:26:57 | 03:22:22 | 04:58:51 | 05:56:28.10 | 05:56:28.10 | +01:42:11 (28.7%) | 8:06 | 7.4 (71.2%) |
| 34 | PALUCH Paweł | 442 | | M50 | 5 | 02:13:40 | 03:15:25 | 04:55:04 | 05:56:45.50 | 05:56:45.50 | +01:42:29 (28.7%) | 8:06 | 7.4 (71.2%) |
| 35 | DERDA Mariusz | 418 | AKTYWNY DYNÓW | M30 | 15 | 02:27:28 | 03:22:26 | 04:57:15 | 05:57:19.10 | 05:57:19.10 | +01:43:02 (28.8%) | 8:07 | 7.4 (71.2%) |
| 36 | GRZYB Kazimierz | 436 | LOS PANTALONES ROJOS | M50 | 6 | 02:12:43 | 03:09:05 | 04:51:28 | 05:58:55.15 | 05:58:55.15 | +01:44:38 (29.2%) | 8:09 | 7.4 (71.2%) |
| 37 | MEISSNER Paweł | 433 | TIGERS TEAM | M40 | 15 | 02:27:36 | 03:25:34 | 05:00:30 | 06:00:52.80 | 06:00:52.80 | +01:46:36 (29.5%) | 8:12 | 7.3 (70.2%) |
| 38 | KAMIŃSKI Marek | 527 | | M30 | 16 | 02:10:34 | 03:16:36 | 04:58:17 | 06:00:56.15 | 06:00:56.15 | +01:46:39 (29.6%) | 8:12 | 7.3 (70.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | PK | PK | PK | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------|-----------|------|------------------|------------------|---------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | Górzanka 15km | Łopienka 28km | Cisna 38km | netto 44km | brutto 44km | | | |
| 39 | CIECKIEWICZ Tomasz | 421 | | M30 | 17 | 02:23:59 | 03:21:50 | 05:02:58 | 06:01:44.60 | 06:01:44.60 | +01:47:28 (29.7%) | 8:13 | 7.3 (70.2%) |
| 40 | KOWALSKI Grzegorz | 544 | PMCG PIASECZNO | M50 | 7 | 02:33:25 | 03:31:06 | 05:06:43 | 06:04:40.10 | 06:04:40.10 | +01:50:23 (30.3%) | 8:17 | 7.2 (69.2%) |
| 41 | PSZONAK Damian | 525 | | M30 | 18 | 02:32:54 | 03:30:10 | 05:09:56 | 06:07:44.00 | 06:07:44.00 | +01:53:27 (30.9%) | 8:21 | 7.2 (69.2%) |
| 42 | BIELSKI Seweryn | 499 | 42K PRO TEAM | M40 | 16 | 02:05:11 | 03:15:28 | 05:03:12 | 06:08:06.80 | 06:08:06.80 | +01:53:50 (30.9%) | 8:21 | 7.2 (69.2%) |
| 43 | LEWTAK Marcin | 415 | 9-TKA RUNNING TEAM | M40 | 17 | 02:12:36 | 03:21:58 | 05:11:45 | 06:10:19.35 | 06:10:19.35 | +01:56:02 (31.3%) | 8:24 | 7.1 (68.3%) |
| 44 | KUNYSZ Mateusz | 537 | BORGWARNER RUNNING TEAM | M30 | 19 | 02:33:55 | 03:30:33 | 05:13:43 | 06:12:04.15 | 06:12:04.15 | +01:57:47 (31.7%) | 8:27 | 7.1 (68.3%) |
| 45 | KALIŃSKI Krzysztof | 426 | PUREEPIC | M40 | 18 | 02:29:14 | 03:30:23 | 05:12:02 | 06:12:22.90 | 06:12:22.90 | +01:58:06 (31.7%) | 8:27 | 7.1 (68.3%) |
| 46 | LEWCZUK Norbert | 487 | BIEGACZE POMAGACZE | M40 | 19 | 02:26:21 | 03:26:53 | 05:10:39 | 06:12:24.15 | 06:12:24.15 | +01:58:07 (31.7%) | 8:27 | 7.1 (68.3%) |
| 47 | KRAJEWSKI Jakub | 496 | KILOMETRY ODDECHÓW | M30 | 20 | 02:25:17 | 03:22:58 | 05:03:42 | 06:13:13.95 | 06:13:13.95 | +01:58:57 (31.9%) | 8:28 | 7.1 (68.3%) |
| 48 | GOLA Radosław | 497 | | M40 | 20 | 02:26:43 | 03:24:41 | 05:08:54 | 06:13:41.25 | 06:13:41.25 | +01:59:24 (32.0%) | 8:29 | 7.1 (68.3%) |
| 49 | DUBIAŁ Rafał | 443 | LESZ NO LIMITS RUNNERS | M40 | 21 | 02:20:05 | 03:19:58 | 05:07:19 | 06:14:11.65 | 06:14:11.65 | +01:59:55 (32.0%) | 8:30 | 7.1 (68.3%) |
| 50 | TOMCZYK Grzegorz | 486 | PALARNIA KAWY GREGORIO | M30 | 21 | 02:22:31 | 03:30:13 | 05:14:14 | 06:17:12.80 | 06:17:12.80 | +02:02:56 (32.6%) | 8:34 | 7 (67.3%) |
| 51 | FUS Maciej | 534 | | M30 | 22 | 02:22:18 | 03:23:11 | 05:13:36 | 06:17:51.60 | 06:17:51.60 | +02:03:35 (32.7%) | 8:35 | 7 (67.3%) |
| 52 | MRYCZKO Roman | 515 | 24 | M50 | 8 | 02:36:08 | 03:35:10 | 05:18:54 | 06:21:18.25 | 06:21:18.25 | +02:07:01 (33.3%) | 8:39 | 6.9 (66.3%) |
| 53 | BROŻYNA Miłosz | 516 | ON RUN CREW | M30 | 23 | 02:27:41 | 03:30:19 | 05:18:36 | 06:22:07.10 | 06:22:07.10 | +02:07:50 (33.5%) | 8:41 | 6.9 (66.3%) |
| 54 | FUKS Szymon | 450 | MCBIEGACZE | M40 | 22 | 02:09:59 | 03:08:01 | 05:12:48 | 06:24:17.40 | 06:24:17.40 | +02:10:00 (33.8%) | 8:44 | 6.9 (66.3%) |
| 55 | GALUSKIN Alexey | 493 | | M40 | 23 | 02:39:43 | 03:43:42 | 05:25:03 | 06:24:41.50 | 06:24:41.50 | +02:10:25 (33.9%) | 8:44 | 6.9 (66.3%) |
| 56 | RÓŻYCKI Ryszard | 531 | SOKÓŁ ZAGÓRZ | M60 | 1 | 02:42:56 | 03:46:13 | 05:29:26 | 06:29:34.20 | 06:29:34.20 | +02:15:17 (34.7%) | 8:51 | 6.8 (65.4%) |
| 57 | MIĄSKO Wojciech | 425 | 12TRI.PL | M50 | 9 | 02:36:57 | 03:41:02 | | 06:35:20.80 | 06:35:20.80 | +02:21:04 (35.7%) | 8:59 | 6.7 (64.4%) |
| 58 | TROJNAR Daniel | 431 | | M30 | 24 | 02:34:18 | 03:37:39 | 05:27:31 | 06:37:02.80 | 06:37:02.80 | +02:22:46 (36.0%) | 9:01 | 6.6 (63.5%) |
| 59 | SĘK Krystian | 512 | | M30 | 25 | 02:33:42 | 03:41:12 | 05:31:30 | 06:37:23.00 | 06:37:23.00 | +02:23:06 (36.0%) | 9:01 | 6.6 (63.5%) |
| 60 | GRABOWICZ Mirosław | 424 | SOKÓLSKA GRUPA BIEGOWA | M60 | 2 | 02:38:07 | 03:43:15 | 05:32:21 | 06:37:32.50 | 06:37:32.50 | +02:23:16 (36.0%) | 9:02 | 6.6 (63.5%) |
| 61 | PIOTROWSKI Przemysław | 469 | NOWA HUTA TEAM | M40 | 24 | 02:45:08 | 03:52:38 | 05:38:33 | 06:43:00.80 | 06:43:00.80 | +02:28:44 (36.9%) | 9:09 | 6.6 (63.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | PK | PK | PK | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------|-----------|------|------------------|------------------|---------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | Górzanka 15km | Łopienka 28km | Cisna 38km | netto 44km | brutto 44km | | | |
| 62 | PESZEK Bogdan | 454 | ULTRA PRZESILENIE | M50 | 10 | 02:42:39 | 03:51:29 | 05:43:45 | 06:46:20.10 | 06:46:20.10 | +02:32:03 (37.4%) | 9:14 | 6.5 (62.5%) |
| 63 | RENC Patryk | 412 | SERCE TYBETU | M30 | 26 | 02:41:21 | 03:50:13 | 05:42:59 | 06:48:08.35 | 06:48:08.35 | +02:33:51 (37.7%) | 9:16 | 6.5 (62.5%) |
| 64 | WIĘCKOWSKI Piotr | 423 | | M20 | 2 | 02:35:57 | 03:40:50 | 05:38:55 | 06:48:28.10 | 06:48:28.10 | +02:34:11 (37.7%) | 9:17 | 6.5 (62.5%) |
| 65 | STOPA Marcin | 427 | URZĄD MIASTA RZESZOWA/PODIUM | M40 | 25 | 02:36:09 | 03:49:35 | 05:41:14 | 06:51:38.35 | 06:51:38.35 | +02:37:21 (38.2%) | 9:21 | 6.4 (61.5%) |
| 66 | WYJATEK Wojciech | 489 | | M40 | 26 | 02:50:42 | 03:59:28 | 05:49:01 | 06:52:42.70 | 06:52:42.70 | +02:38:26 (38.4%) | 9:22 | 6.4 (61.5%) |
| 67 | POWIERTOWSKI Adam | 490 | | M40 | 27 | 02:50:42 | 03:59:29 | 05:49:01 | 06:55:19.15 | 06:55:19.15 | +02:41:02 (38.8%) | 9:26 | 6.4 (61.5%) |
| 68 | HYDZIK Łukasz | 440 | | M40 | 28 | 02:35:56 | 03:41:37 | 05:41:13 | 06:55:22.15 | 06:55:22.15 | +02:41:05 (38.8%) | 9:26 | 6.4 (61.5%) |
| 69 | SZCZEPAŃSKI Grzegorz | 491 | 8132746829 | M40 | 29 | 02:40:59 | 03:48:55 | 05:51:02 | 06:58:25.65 | 06:58:25.65 | +02:44:09 (39.2%) | 9:30 | 6.3 (60.6%) |
| 70 | KAWECKI Mateusz | 514 | | M20 | 3 | 02:36:30 | 03:49:20 | 05:45:35 | 06:59:28.30 | 06:59:28.30 | +02:45:11 (39.4%) | 9:32 | 6.3 (60.6%) |
| 71 | PANTOŁ Mirosław | 538 | | M40 | 30 | 02:39:39 | 03:51:54 | 05:50:17 | 07:02:50.85 | 07:02:50.85 | +02:48:34 (39.9%) | 9:36 | 6.2 (59.6%) |
| 72 | OLEJNIK Krzysztof | 482 | PGB SPORTOWA PACZKA | M50 | 11 | 02:40:10 | 03:45:22 | 05:42:42 | 07:04:09.40 | 07:04:09.40 | +02:49:52 (40.1%) | 9:38 | 6.2 (59.6%) |
| 73 | SADY Sebastian | 481 | OBY2 | M40 | 31 | 02:42:13 | 04:00:33 | 05:53:59 | 07:07:39.85 | 07:07:39.85 | +02:53:23 (40.5%) | 9:43 | 6.2 (59.6%) |
| 74 | MATRACKI Sebastian | 464 | TREKKING TEAM OSTROWIEC | M40 | 32 | 02:42:15 | 04:00:36 | 05:54:14 | 07:07:43.05 | 07:07:43.05 | +02:53:26 (40.6%) | 9:43 | 6.2 (59.6%) |
| 75 | KAPRAL Adam | 506 | DWERNIK KAMIEŃ TRAIL | M40 | 33 | 02:48:12 | 04:07:03 | 06:07:17 | 07:21:25.75 | 07:21:25.75 | +03:07:09 (42.4%) | 10:01 | 6 (57.7%) |
| 76 | PAWLUS Marek | 502 | PEPPA RUNNING TEAM | M30 | 27 | 02:58:29 | 04:06:42 | 06:15:10 | 07:31:36.20 | 07:31:36.20 | +03:17:19 (43.7%) | 10:15 | 5.8 (55.8%) |
| 77 | KORBA Michał | 547 | | M40 | 34 | 03:01:01 | 04:22:16 | 06:20:22 | 07:35:32.60 | 07:35:32.60 | +03:21:16 (44.2%) | 10:21 | 5.8 (55.8%) |
| 78 | ROSZAK Waldemar | 510 | BIEGAM NA ZIELONEJ BIAŁOŁĘCE | M50 | 12 | 03:06:06 | 04:22:09 | 06:23:03 | 07:39:52.05 | 07:39:52.05 | +03:25:35 (44.7%) | 10:27 | 5.7 (54.8%) |
| 79 | BAGIŃSKI Jakub | 474 | WILD DOGS TEAM | M30 | 28 | 02:58:54 | 04:12:17 | 06:14:22 | 07:40:22.00 | 07:40:22.00 | +03:26:05 (44.8%) | 10:27 | 5.7 (54.8%) |
| 80 | SKALNY Rafał | 475 | | M40 | 35 | 02:58:54 | 04:12:20 | 06:14:27 | 07:40:54.75 | 07:40:54.75 | +03:26:38 (44.8%) | 10:28 | 5.7 (54.8%) |
| 81 | MURDZIA Marcin | 528 | | M30 | 29 | 02:56:50 | 04:26:21 | 06:29:16 | 07:47:45.35 | 07:47:45.35 | +03:33:28 (45.6%) | 10:37 | 5.6 (53.8%) |
| 82 | STASIOWSKI Marcin | 402 | | M30 | 30 | 02:57:50 | 04:25:26 | 06:32:14 | 07:54:06.75 | 07:54:06.75 | +03:39:50 (46.4%) | 10:46 | 5.6 (53.8%) |
| 83 | MAGOŃ Łukasz | 536 | CARPATHIAN RUNNERS | M30 | 31 | 03:12:46 | 04:32:05 | 06:37:07 | 07:54:37.75 | 07:54:37.75 | +03:40:21 (46.4%) | 10:47 | 5.6 (53.8%) |
| 84 | CHODZIŃSKI Piotr | 413 | | M40 | 36 | 03:04:24 | 04:25:09 | 06:37:32 | 07:58:55.90 | 07:58:55.90 | +03:44:39 (46.9%) | 10:53 | 5.5 (52.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | PK Górzanka 15km | PK Łopienka 28km | PK Cisna 38km | Czas netto 44km | Czas brutto 44km | Różn | Tempo min/km | Tempo km/h |
|---|--------------------------|------------|-----------------------------------|-----------|------|------------------------|------------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 85 | CZEKALSKI Tomasz | 467 | NARAMOWICE BIEGAJĄ | M40 | 37 | 03:02:39 | 04:26:06 | 06:36:36 | 08:01:02.70 | 08:01:02.70 | +03:46:46 (47.1%) | 10:55 | 5.5 (52.9%) |
| 86 | JACKOWSKI Jacek | 509 | JAROSŁAWSKA GRUPA BIEGOWA "SOKÓŁ" | M50 | 13 | 03:14:00 | 04:41:19 | 06:49:51 | 08:03:37.85 | 08:03:37.85 | +03:49:21 (47.4%) | 10:59 | 5.5 (52.9%) |
| 87 | KLUZ Robert | 492 | | M50 | 14 | 03:17:20 | 04:37:04 | 06:51:08 | 08:08:44.50 | 08:08:44.50 | +03:54:28 (48.0%) | 11:06 | 5.4 (51.9%) |
| 88 | DEDIC Robert | 460 | RARLD | M40 | 38 | 03:22:04 | 04:55:26 | 07:15:11 | 08:36:15.50 | 08:36:15.50 | +04:21:59 (50.7%) | 11:43 | 5.1 (49.0%) |
| 89 | KOZIARA Patryk | 552 | | M30 | 32 | 03:17:06 | 04:48:58 | 07:10:39 | 08:39:38.05 | 08:39:38.05 | +04:25:21 (51.1%) | 11:48 | 5.1 (49.0%) |
| 90 | MICHALCZUK Zenon | 550 | | M60 | 3 | 03:33:03 | 05:06:36 | 07:31:30 | 09:04:27.85 | 09:04:27.85 | +04:50:11 (53.3%) | 12:22 | 4.8 (46.2%) |
| 91 | ZGÓRSKI Maciej | 401 | WKURW TEAM | M40 | 39 | 03:36:05 | 05:14:42 | 07:40:01 | 09:08:42.50 | 09:08:42.50 | +04:54:26 (53.7%) | 12:28 | 4.8 (46.2%) |
| 92 | SKIBA Tomasz | 484 | GAMONIUSZE | M30 | 33 | 03:14:19 | 04:58:28 | 07:31:49 | 09:12:20.65 | 09:12:20.65 | +04:58:04 (54.0%) | 12:33 | 4.8 (46.2%) |
| 93 | PARADOWSKI Paweł | 479 | BYLEDOMETY | M50 | 15 | 03:37:58 | 05:13:02 | 07:45:55 | 09:15:55.15 | 09:15:55.15 | +05:01:38 (54.3%) | 12:38 | 4.7 (45.2%) |
| 94 | LUTOMSKI Dariusz | 495 | | M60 | 4 | 03:40:38 | 05:29:30 | 08:06:28 | 09:43:09.70 | 09:43:09.70 | +05:28:53 (56.4%) | 13:15 | 4.5 (43.3%) |
| Przekroczony limit czasu: 10:00:00 | | | | | | | | | | | | | |
| 95 | RURA Marcin | 406 | HERNIK TEAM | M30 | 34 | | 05:39:38 | 08:38:49 | 10:21:19.55 | 10:21:19.55 | +06:07:03 (59.1%) | 14:07 | 4.2 (40.4%) |
| 96 | RURA Mikołaj | 408 | HERNIK TEAM | M20 | 4 | | 05:39:40 | 08:39:04 | 10:21:26.05 | 10:21:26.05 | +06:07:09 (59.1%) | 14:07 | 4.2 (40.4%) |
| | CITUK Grzegorz | 451 | 42K PRO TEAM | M40 | | DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | DOMBROWSKI Maciej | 503 | ON RUNNING | M30 | | DNF | 02:29:42 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | SZOSTAK Kamil | 459 | SZYSZUNIA TEAM | M30 | | 02:54:04 DNF | 04:27:33 DNF | DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 99 wynik(ów)