



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2019-07-18  
Lądek-Zdrój  
110 km

## BIEG K-B-L - 110 KM

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>UZNAŃSKI Piotr</b>	<b>3228</b>	PAMTRANS / EUROCLEAR RUNNING TEAM	Senior II M - 30	1	01:26:34	03:35:48	05:36:43	06:43:18	08:11:40	09:34:22	<b>10:36:24.75</b>	<b>10:36:26.35</b>		5:47	10.4
2	<b>FRANKOWSKI Michał</b>	<b>3262</b>		Senior II M - 30	2	01:21:55	03:40:55	06:01:09	07:17:42	08:50:59	10:15:42	<b>11:28:04.05</b>	<b>11:28:04.05</b>	+00:51:37	6:15	9.6
3	<b>KOCIOŁOWICZ Piotr</b>	<b>3084</b>	BIEGAM W GÓRACH BARDZKICH / WKURW_TEAM	Senior II M - 30	3	01:24:15	03:48:34	06:05:03	07:18:49	09:00:18	10:30:33	<b>11:35:20.45</b>	<b>11:35:22.70</b>	+00:58:56	6:19	9.5
4	<b>GONCZARENKO Jarek</b>	<b>3281</b>		Senior II M - 30	4	01:25:02	03:38:37	06:00:12	07:18:42	08:58:39	10:27:02	<b>11:38:47.00</b>	<b>11:38:48.80</b>	+01:02:22	6:21	9.4
5	<b>MARCINIAK Przemysław</b>	<b>3211</b>	ATHLETICS NYSA	Senior II M - 30	5	01:29:07	03:58:12	06:10:17	07:24:22	09:05:11	10:32:20	<b>11:44:37.10</b>	<b>11:44:39.95</b>	+01:08:13	6:24	9.4
6	<b>PIĄTEK Mateusz</b>	<b>3079</b>	SM KAMOS/ HERCOG RUNNING TEAM	Senior I M - 20	1	01:32:55	03:58:08	06:14:51	07:30:24	09:10:22	10:38:55	<b>11:53:09.75</b>	<b>11:53:13.10</b>	+01:16:46	6:29	9.3
7	<b>SZCZEPANIAK Angelika</b>	<b>3174</b>	CERI/AKADEMIABIEGACZA.PL S.L. SALOS-WODNA	Senior II K - 30	1	01:32:03	04:13:45	06:37:34	07:58:09	09:47:53	11:23:49	<b>12:42:32.20</b>	<b>12:42:35.55</b>	+02:06:09	6:55	8.7
8	<b>KOMZA Radosław</b>	<b>3210</b>		Masters M - 40	1	01:31:53	04:04:57	06:30:51	07:55:46	09:48:21	11:32:16	<b>12:49:00.95</b>	<b>12:49:11.10</b>	+02:12:44	6:59	8.6
9	<b>DYJAK Robert</b>	<b>3111</b>		Senior II M - 30	6	01:30:47	04:13:47	06:43:42	08:08:00	09:55:31	11:34:03	<b>12:49:23.50</b>	<b>12:49:28.10</b>	+02:13:01	6:59	8.6
10	<b>STAŃCZAK Piotr</b>	<b>3225</b>	CZERWONAK BIEGA	Senior II M - 30	7	01:33:23	04:13:44	06:46:05	08:07:53	09:55:21	11:33:58	<b>12:49:18.40</b>	<b>12:49:28.25</b>	+02:13:01	6:59	8.6
11	<b>KUŹNIAK Marcin</b>	<b>3261</b>		Masters M - 40	2	01:33:54	04:11:09	06:37:42	07:58:33	09:51:28	11:32:42	<b>12:54:29.05</b>	<b>12:54:32.65</b>	+02:18:06	7:02	8.5
12	<b>GOŚCINIEWICZ Paweł</b>	<b>3282</b>	ZIEMOWIT TEAM	Masters M - 40	3	01:33:52	04:12:27	06:41:38	08:01:42	09:57:21	11:41:29	<b>13:14:47.05</b>	<b>13:14:53.70</b>	+02:38:27	7:13	8.3
13	<b>STOKŁOSA Sebastian</b>	<b>3257</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	8	01:34:37	04:17:28	06:53:01	08:21:56	10:14:21	11:56:47	<b>13:17:33.10</b>	<b>13:17:38.85</b>	+02:41:12	7:15	8.3
14	<b>BŁACHUT Radosław</b>	<b>3280</b>	ML TEAM	Masters M - 40	4	01:32:23	04:13:44	06:43:47	08:08:02	10:04:54	11:56:55	<b>13:18:47.60</b>	<b>13:18:50.60</b>	+02:42:24	7:15	8.3
15	<b>GRZELAK Kamila</b>	<b>3249</b>	TEAM ALTRA RED	Senior I K - 20	1	01:38:16	04:19:10	06:54:27	08:21:48	10:13:30	11:59:35	<b>13:22:11.30</b>	<b>13:22:16.75</b>	+02:45:50	7:17	8.2
16	<b>OSTAPSKI Kamil</b>	<b>3306</b>	TC WROCLAW / VEGE RUNNERS	Senior II M - 30	9	01:30:50	04:00:31	06:51:12	08:20:45	10:14:13	11:59:37	<b>13:26:33.10</b>	<b>13:26:37.40</b>	+02:50:11	7:19	8.2
17	<b>GRZELAK Adrian</b>	<b>3258</b>		Senior II M - 30	10	01:38:36	04:26:52	07:07:21	08:36:54	10:33:30	12:16:42	<b>13:40:08.55</b>	<b>13:40:14.40</b>	+03:03:48	7:27	8
18	<b>KAROLAK Ania</b>	<b>3303</b>	MUAY RUNNING TEAM	Senior II K - 30	2	01:38:20	04:22:04	07:07:20	08:44:31	10:38:19	12:21:42	<b>13:43:56.45</b>	<b>13:43:59.30</b>	+03:07:32	7:29	8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km	110km	110km			
19	<b>MAKOWSKI Mateusz</b>	<b>3263</b>		Senior I M - 20	2	01:38:16	04:19:37	07:07:27	08:57:19	10:46:17	12:33:58	<b>13:54:25.35</b>	<b>13:54:29.45</b>	+03:18:03	7:35	7.9
20	<b>REJ Mirosław</b>	<b>3076</b>	M & T WYJADACZE PARÓWKÓW	Senior II M - 30	11	01:41:16	04:28:59	07:16:49	08:46:51	10:46:42	12:30:44	<b>13:54:52.80</b>	<b>13:54:57.45</b>	+03:18:31	7:35	7.9
21	<b>DZIUBIŃSKI Michał</b>	<b>3142</b>	FAMILY EXTREME	Senior II M - 30	12	01:38:16	04:19:37	07:07:30	08:57:20	11:01:37	12:44:45	<b>14:09:33.80</b>	<b>14:09:38.20</b>	+03:33:11	7:43	7.8
22	<b>CAŁY Patryk</b>	<b>3307</b>	#KFD FALLOUT TEAM	Senior II M - 30	13	01:45:51	04:37:02	07:23:50	08:47:47	10:48:55	12:40:26	<b>14:10:57.60</b>	<b>14:11:14.20</b>	+03:34:47	7:44	7.8
23	<b>KIELASZEWSKI Karol</b>	<b>3273</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	14	01:36:35	04:32:28	07:32:56	08:55:41	10:54:46	12:47:34	<b>14:20:27.60</b>	<b>14:20:39.15</b>	+03:44:12	7:49	7.7
24	<b>ADLER Łukasz</b>	<b>3214</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	15	01:48:19	04:51:03	07:33:14	09:01:05	10:57:34	12:47:40	<b>14:20:33.00</b>	<b>14:20:39.65</b>	+03:44:13	7:49	7.7
25	<b>GÓRNIAK-ANTKOWIAK Agnieszka</b>	<b>3122</b>	GSM OBORNIKI ŚLĄSKIE	Masters K - 40	1	01:37:30	04:32:31	07:22:30	08:53:54	10:56:38	12:51:33	<b>14:22:54.80</b>	<b>14:23:04.35</b>	+03:46:38	7:50	7.6
26	<b>KONIECZNY Szymon</b>	<b>3135</b>	CHOSZCZENSKA 10	Senior II M - 30	16	01:48:25	04:38:18	07:33:44	09:06:48	11:12:08	13:00:04	<b>14:24:40.35</b>	<b>14:25:05.65</b>	+03:48:39	7:51	7.6
27	<b>MARZEC Grzegorz</b>	<b>3276</b>	GMINA STRZELCE OPOLSKIE	Masters M - 40	5	01:33:58	04:18:12	07:07:04	08:44:05	10:39:18	12:38:36	<b>14:26:09.60</b>	<b>14:26:18.90</b>	+03:49:52	7:52	7.6
28	<b>BALWIERCZAK Piotr</b>	<b>3053</b>	HERCOG RUNNING TEAM	Senior I M - 20	3	01:37:34	04:32:36	07:22:40	08:53:59	10:58:45	12:52:44	<b>14:27:19.70</b>	<b>14:27:25.25</b>	+03:50:58	7:53	7.6
29	<b>PAWLIK Jakub</b>	<b>3045</b>	1X1	Senior II M - 30	17	01:49:03	04:48:47	07:34:01	09:07:09	11:12:45	13:00:25	<b>14:28:25.70</b>	<b>14:28:28.35</b>	+03:52:02	7:53	7.6
30	<b>KRAKOWCZYK Marta</b>	<b>3234</b>		Senior I K - 20	2	01:43:49	04:34:11	07:25:25	08:49:27	11:05:20	13:03:11	<b>14:29:43.60</b>	<b>14:29:58.20</b>	+03:53:31	7:54	7.6
31	<b>FURMAN Sławomir</b>	<b>3088</b>		Masters M - 40	6	01:32:12	04:31:36	07:25:43	09:04:31	11:14:56	13:03:39	<b>14:33:30.70</b>	<b>14:33:35.80</b>	+03:57:09	7:56	7.6
32	<b>GAJDA Sebastian</b>	<b>3139</b>	WECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	7	01:42:35	04:37:12	07:48:04	09:22:06	11:19:52	13:09:28	<b>14:35:14.55</b>	<b>14:35:31.00</b>	+03:59:04	7:57	7.5
33	<b>BORÓWKA Ryszard</b>	<b>3082</b>		Masters M - 40	8	01:36:10	04:34:26	07:22:01	08:54:00	11:02:30	13:04:13	<b>14:36:51.80</b>	<b>14:36:55.50</b>	+04:00:29	7:58	7.5
34	<b>KOWALIK Andrzej</b>	<b>3219</b>	BIEG OPOLSKI	Masters M - 40	9	01:27:06	04:03:53	06:59:32	08:51:45	11:02:33	13:04:13	<b>14:36:56.25</b>	<b>14:37:00.15</b>	+04:00:33	7:58	7.5
35	<b>WYLEGAŁA Michał</b>	<b>3017</b>	PCH_RUN	Masters M - 40	10	01:42:01	04:34:55	07:33:24	09:01:56	11:13:57	13:09:50	<b>14:43:44.30</b>	<b>14:43:52.05</b>	+04:07:25	8:02	7.5
36	<b>LONC Tomasz</b>	<b>3078</b>		Masters M - 40	11	01:41:15	04:37:10	07:42:07	09:12:13	11:20:59	13:09:52	<b>14:46:51.25</b>	<b>14:46:56.70</b>	+04:10:30	8:03	7.4
37	<b>ANUSZ Adam</b>	<b>3066</b>	ŻARÓW BIEGA	Senior II M - 30	18	01:46:47	04:49:09	07:56:44	09:29:14	11:25:27	13:15:01	<b>14:49:23.95</b>	<b>14:49:41.30</b>	+04:13:14	8:05	7.4
38	<b>ZIMKOWSKI Marcin</b>	<b>3298</b>	KGHM ZG RUN	Senior II M - 30	19	01:31:55	04:21:52	07:25:42	09:04:33	11:20:47	13:19:20	<b>14:50:10.80</b>	<b>14:50:13.15</b>	+04:13:46	8:05	7.4
39	<b>BAR Stanisław</b>	<b>3275</b>	GMINA STRZELCE OPOLSKIE	Masters M - 40	12	01:40:25	04:42:04	07:39:13	09:36:30	11:39:10	13:27:33	<b>14:52:33.55</b>	<b>14:52:42.45</b>	+04:16:16	8:06	7.4
40	<b>BIENIECKA Anna</b>	<b>3309</b>		Masters K - 40	2	01:41:53	04:51:45	07:47:32	09:24:34	11:25:05	13:20:24	<b>14:53:30.10</b>	<b>14:53:33.20</b>	+04:17:06	8:07	7.4
41	<b>SZEMIEL Maciej</b>	<b>3154</b>		Senior II M - 30	20	01:33:31	04:43:56	07:49:41	09:34:09	11:36:13	13:24:10	<b>14:53:58.50</b>	<b>14:54:04.25</b>	+04:17:37	8:07	7.4
42	<b>ORACZ Mateusz</b>	<b>3251</b>	BEZ LITOŚCI	Senior II M - 30	21	01:44:24	04:37:21	07:41:45	09:22:55	11:41:04	13:33:38	<b>14:54:24.25</b>	<b>14:54:27.60</b>	+04:18:01	8:07	7.4
43	<b>SIKORA Michał</b>	<b>3207</b>	BLUSZCZA	Masters M - 40	13	01:43:37	04:40:26	07:39:54	09:14:56	11:26:31	13:22:47	<b>15:01:28.60</b>	<b>15:01:36.00</b>	+04:25:09	8:11	7.3
44	<b>SCHWITALLA Adrian</b>	<b>3130</b>	MKS SIECHNICE	Masters M - 40	14	01:47:37	04:53:22	07:56:50	09:37:12	11:51:53	13:40:13	<b>15:11:03.50</b>	<b>15:11:11.70</b>	+04:34:45	8:16	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km					
45	<b>POBORSKI Dariusz</b>	<b>3026</b>		Masters M - 40	15	01:42:28	04:41:30	07:46:54	09:24:19	11:40:18	13:39:52	<b>15:14:29.60</b>	<b>15:14:44.00</b>	+04:38:17	8:18	7.2
46	<b>OBIDOWSKI Łukasz</b>	<b>3080</b>	NARAMOWICE BIEGAJĄ	Senior II M - 30	22	01:45:06	04:45:31	07:38:50	09:11:46	11:25:05	13:28:59	<b>15:14:54.90</b>	<b>15:15:01.10</b>	+04:38:34	8:19	7.2
47	<b>MIGACZ Dawid</b>	<b>3022</b>	1X1	Senior II M - 30	23	01:51:41	05:07:08	08:00:41	09:26:12	11:26:40	13:25:21	<b>15:17:38.70</b>	<b>15:17:41.40</b>	+04:41:15	8:20	7.2
48	<b>SIKORSKI Marcin</b>	<b>3116</b>	TT SZCZECIN	Masters M - 40	16	01:49:03	04:58:05	08:02:25	09:42:15	12:04:46	13:56:59	<b>15:21:17.15</b>	<b>15:21:31.45</b>	+04:45:05	8:22	7.2
49	<b>MILEWSKI Maciek</b>	<b>3208</b>	SAMOTNY WLK	Masters M - 40	17	01:32:51	04:19:35	07:35:34	09:33:28	11:55:51	13:52:36	<b>15:22:27.35</b>	<b>15:22:35.35</b>	+04:46:09	8:23	7.2
50	<b>PRZYSIWEK Patryk</b>	<b>3109</b>		Senior II M - 30	24	01:52:23	05:06:59	08:16:20	09:49:53	11:58:23	13:53:28	<b>15:24:30.15</b>	<b>15:24:38.65</b>	+04:48:12	8:24	7.1
51	<b>KAROLAK Asia</b>	<b>3301</b>	MUAY RUNNING TEAM	Senior II K - 30	3	01:47:01	04:53:38	07:51:10	09:22:21	11:37:47	13:47:49	<b>15:25:22.35</b>	<b>15:25:27.80</b>	+04:49:01	8:24	7.1
52	<b>SZCZEPAŃSKI Norman</b>	<b>3288</b>	AS-PL	Senior I M - 20	4	01:37:12	04:34:15	07:47:13	09:22:32	11:36:39	13:47:43	<b>15:25:18.00</b>	<b>15:25:30.35</b>	+04:49:04	8:24	7.1
53	<b>KURPIEWSKA Anna</b>	<b>3223</b>	GT RAT	Masters K - 40	3	01:49:01	04:58:04	08:02:19	09:42:10	12:04:49	13:57:03	<b>15:26:22.80</b>	<b>15:26:37.10</b>	+04:50:10	8:25	7.1
54	<b>SOŃSKI Przemysław</b>	<b>3131</b>	KB MANIAC POZNAŃ	Masters M - 40	18	01:50:23	05:09:24	08:28:57	09:55:31	11:58:01	13:52:57	<b>15:27:14.50</b>	<b>15:27:42.00</b>	+04:51:15	8:25	7.1
55	<b>TOMICZEK Tomasz</b>	<b>3238</b>	ZDYSKWALIFIKOWANI	Senior II M - 30	25	02:05:19	05:13:02	08:12:01	09:47:15	12:06:07	14:01:12	<b>15:39:01.00</b>	<b>15:39:35.50</b>	+05:03:09	8:32	7
56	<b>MIKOŁAJCZYK Marcin</b>	<b>3124</b>	DROGA DO ULTRA	Senior II M - 30	26	01:51:32	04:41:14	07:37:32	09:33:52	11:54:09	13:58:24	<b>15:40:23.80</b>	<b>15:40:29.25</b>	+05:04:02	8:32	7
57	<b>FRAĆKOWIAK Michał</b>	<b>3179</b>	CZERWONAK BIEGA	Masters M - 40	19	01:49:24	05:13:42	08:47:05	10:14:40	12:21:55	14:10:41	<b>15:40:42.10</b>	<b>15:40:51.25</b>	+05:04:24	8:33	7
58	<b>HUEBNER Maria</b>	<b>3008</b>		Senior I K - 20	3	01:50:32	05:04:18	07:52:43	09:34:10	12:05:44	14:12:45	<b>15:41:08.60</b>	<b>15:41:22.40</b>	+05:04:56	8:33	7
59	<b>KUPCZYK Jacek</b>	<b>3181</b>	MOL RUNNERS	Masters M - 40	20	01:53:39	05:01:35	08:03:44	09:44:22	11:59:46	13:56:57	<b>15:41:24.25</b>	<b>15:41:30.60</b>	+05:05:04	8:33	7
60	<b>KOWALSKI Maciej</b>	<b>3216</b>	LOTOS RUNNING TEAM	Masters M - 40	21	01:50:11	04:57:13	07:51:57	09:35:08	11:54:22	13:59:09	<b>15:41:32.35</b>	<b>15:41:45.40</b>	+05:05:19	8:33	7
61	<b>PANEK Krzysztof</b>	<b>3296</b>	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	Masters M - 40	22	01:43:04	04:45:52	07:49:52	09:36:58	12:01:35	14:07:43	<b>15:42:45.10</b>	<b>15:42:55.80</b>	+05:06:29	8:34	7
62	<b>JĘDRZEJEWSKI Łukasz</b>	<b>3039</b>	WATAHA	Masters M - 40	23	01:49:58	04:56:28	07:57:01	09:44:01	11:59:31	14:02:24	<b>15:49:18.20</b>	<b>15:49:29.00</b>	+05:13:02	8:37	7
63	<b>KRUPA Piotr</b>	<b>3030</b>	PCH-RUN	Masters M - 40	24	02:00:32	05:13:50	08:23:45	09:59:19	12:13:27	14:16:03	<b>15:51:39.80</b>	<b>15:51:50.10</b>	+05:15:23	8:39	6.9
64	<b>KRUPA Sławomir</b>	<b>3107</b>	PCH_RUN	Senior II M - 30	27	01:54:03	05:13:55	08:23:44	09:59:21	12:13:21	14:16:01	<b>15:51:42.15</b>	<b>15:51:50.40</b>	+05:15:24	8:39	6.9
65	<b>CIEMBOROWICZ Karol</b>	<b>3101</b>	#KFD	Senior II M - 30	28		05:00:05	08:06:05	09:42:29	11:57:06	14:08:08	<b>15:55:07.60</b>	<b>15:55:23.30</b>	+05:18:56	8:40	6.9
66	<b>BOROWCZYK Marcin</b>	<b>3037</b>		Masters M - 40	25	01:51:26	05:04:26	08:19:03	09:59:39	12:19:49	14:20:51	<b>16:01:30.55</b>	<b>16:01:39.40</b>	+05:25:13	8:44	6.9
67	<b>KNAPIK Piotr</b>	<b>3217</b>	KURORT ŁĄDEK ZDRÓJ TEAM	Masters M - 40	26	01:55:31	05:15:44	08:19:42	09:59:15	12:22:24	14:20:47	<b>16:01:23.55</b>	<b>16:01:39.70</b>	+05:25:13	8:44	6.9
68	<b>ZWOLIŃSKI Łukasz</b>	<b>3148</b>	KASZUBSKA PONIEWIERKA	Senior II M - 30	29	01:47:09	04:43:56	07:36:53	10:04:19	11:57:04	14:11:23	<b>16:06:33.40</b>	<b>16:06:37.00</b>	+05:30:10	8:47	6.8
69	<b>RAJTAR Zbigniew</b>	<b>3086</b>	RONTIL - COMPASS	Weteran II M - 60	1	01:41:55	04:39:58	07:52:29	09:43:34	12:24:56	14:31:52	<b>16:08:22.55</b>	<b>16:08:26.45</b>	+05:32:00	8:48	6.8
70	<b>KUBICA Bartosz</b>	<b>3149</b>		Masters M - 40	27	01:50:36	05:03:09	08:07:52	10:04:27	12:20:29	14:30:26	<b>16:16:30.35</b>	<b>16:16:41.05</b>	+05:40:14	8:52	6.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
71	<b>WŁODARCZYK Michał</b>	<b>3176</b>	EVERRUN	Senior II M - 30	30	01:38:03	04:40:15	07:47:34	09:33:21	12:11:58	14:29:35	<b>16:16:37.15</b>	<b>16:16:42.25</b>	+05:40:15	8:52	6.8
72	<b>KOSTRZEWSKI Sławomir</b>	<b>3065</b>		Masters M - 40	28	01:37:17	04:55:03		09:47:34	12:15:37	14:30:47	<b>16:18:33.95</b>	<b>16:18:41.95</b>	+05:42:15	8:53	6.7
73	<b>ZGRAJ Leszek</b>	<b>3266</b>	STS BIEGATON MIKOŁÓW	Masters M - 40	29	01:48:59	05:03:17	08:13:40	09:52:33	12:17:26	14:29:24	<b>16:19:11.50</b>	<b>16:19:16.80</b>	+05:42:50	8:54	6.7
74	<b>KUTYBA Mariusz</b>	<b>3155</b>	WOLNE ŚLIMAKI	Senior II M - 30	31	01:37:24	04:39:15	07:49:22	09:36:49	12:10:25	14:34:39	<b>16:20:03.80</b>	<b>16:20:16.85</b>	+05:43:50	8:54	6.7
75	<b>GOLA Daniel</b>	<b>3237</b>		Senior I M - 20	5	01:45:41	04:46:11	07:52:00	09:39:13	12:24:38	14:46:35	<b>16:20:39.50</b>	<b>16:20:46.00</b>	+05:44:19	8:54	6.7
76	<b>BANACH Magda</b>	<b>3236</b>		Senior I K - 20	4	01:45:40	04:46:06	07:51:57	09:39:12	12:24:48	14:46:34	<b>16:20:38.85</b>	<b>16:20:46.20</b>	+05:44:19	8:54	6.7
77	<b>STOLIŃSKI Przemysław</b>	<b>3092</b>		Senior II M - 30	32	01:38:05	04:44:57	08:00:44	09:33:37	12:15:35	14:33:48	<b>16:27:33.35</b>	<b>16:27:38.45</b>	+05:51:12	8:58	6.7
78	<b>PIEUCH Karolina</b>	<b>3190</b>	LACHO TEAM	Senior II K - 30	4	01:45:48	05:03:21	08:29:04	10:14:35	12:41:39	14:51:35	<b>16:31:09.10</b>	<b>16:31:14.05</b>	+05:54:47	9:00	6.7
79	<b>MAJKOWSKI Jacek</b>	<b>3129</b>		Senior II M - 30	33	02:14:11	05:50:09	09:02:30	10:43:11	12:50:51	14:51:06	<b>16:33:23.20</b>	<b>16:33:51.75</b>	+05:57:25	9:01	6.6
80	<b>LIPIŃSKI Marek</b>	<b>3098</b>		Masters M - 40	30	01:48:44	05:01:15	08:09:52	10:00:24	12:20:49	14:51:08	<b>16:40:30.45</b>	<b>16:41:01.40</b>	+06:04:35	9:05	6.6
81	<b>JACKOWICZ Rafał</b>	<b>3157</b>	JACKOWCZ TEAM	Masters M - 40	31	01:58:50	05:31:47	08:48:24	10:40:29	12:54:46	14:58:34	<b>16:42:09.10</b>	<b>16:42:29.20</b>	+06:06:02	9:06	6.6
82	<b>MARCINIAK Janusz</b>	<b>3046</b>	NIGHT RUNNERS	Masters M - 40	32	01:59:25	05:24:57	08:56:28	10:35:44	13:09:19	15:14:16	<b>16:52:51.85</b>	<b>16:53:10.50</b>	+06:16:44	9:12	6.5
83	<b>MATCZAK Maciej</b>	<b>3242</b>	KLUB SPORTOWY FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	Senior II M - 30	34	01:50:26	05:11:37	08:38:00	10:23:30	12:48:48	14:59:18	<b>16:55:22.75</b>	<b>16:55:40.90</b>	+06:19:14	9:13	6.5
84	<b>PIEUCH Marcin</b>	<b>3182</b>	LACHO TEAM	Senior II M - 30	35	01:45:49	05:10:04	08:29:07	10:07:22	12:50:35	14:58:13	<b>16:56:09.20</b>	<b>16:56:15.25</b>	+06:19:48	9:14	6.5
85	<b>LEWANDOWSKI Filip</b>	<b>3284</b>		Senior II M - 30	36	02:03:22	05:54:32	09:22:28	11:01:03	13:15:19	15:23:07	<b>17:02:47.10</b>	<b>17:02:51.70</b>	+06:26:25	9:17	6.5
86	<b>DUDEK Remigiusz</b>	<b>3077</b>	ZIĘBICE	Senior II M - 30	37	01:57:34	05:41:40	09:11:28	10:56:16	13:14:22	15:19:15	<b>17:05:19.20</b>	<b>17:05:40.65</b>	+06:29:14	9:19	6.4
87	<b>JAROSŁAWSKI Marcin</b>	<b>3229</b>	KB-HARCOWNIK	Senior II M - 30	38	01:49:02	04:54:53	08:17:44	10:16:06	13:04:15	15:28:22	<b>17:08:40.15</b>	<b>17:08:57.50</b>	+06:32:31	9:21	6.4
88	<b>BUK Sławomir</b>	<b>3040</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	39	01:49:10	05:25:22	08:53:53	10:36:34	13:03:29	15:15:14	<b>17:11:50.90</b>	<b>17:12:03.50</b>	+06:35:37	9:22	6.4
89	<b>NOWICKI Zbigniew</b>	<b>3145</b>		Masters M - 40	33	01:53:39	04:53:38	08:25:19	10:15:57	12:59:32	15:24:35	<b>17:13:47.50</b>	<b>17:13:50.15</b>	+06:37:23	9:23	6.4
90	<b>MACKIEWICZ Artur</b>	<b>3042</b>	DŁUGOBIEGANIE	Masters M - 40	34	01:47:02	05:05:13	08:39:16	10:30:18	13:08:11	15:27:17	<b>17:14:22.10</b>	<b>17:14:27.30</b>	+06:38:00	9:24	6.4
91	<b>MROZIAK Maciek</b>	<b>3230</b>	RUNPASSION.PLTEAM	Masters M - 40	35	01:47:00	05:05:13	08:39:07	10:30:18	13:08:07	15:27:05	<b>17:14:21.40</b>	<b>17:14:27.45</b>	+06:38:01	9:24	6.4
92	<b>LECHOWSKI Bartłomiej</b>	<b>3004</b>	WKURW_TEAM	Senior II M - 30	40	01:59:00	05:14:23	08:25:06	10:17:08	13:03:38	15:17:35	<b>17:15:56.30</b>	<b>17:16:08.05</b>	+06:39:41	9:25	6.4
93	<b>PROZOROWSKI Wiesław</b>	<b>3094</b>	MARATON LESZNO	Weteran I M - 50	1	01:51:15	05:11:51	08:31:08	10:20:14	13:03:30	15:40:59	<b>17:16:12.35</b>	<b>17:16:26.70</b>	+06:40:00	9:25	6.4
94	<b>DYDUCH Maciej</b>	<b>3232</b>	KB ORANGE	Masters M - 40	36	01:52:58	05:06:52	08:45:57	10:35:24	13:09:11	15:29:18	<b>17:16:59.50</b>	<b>17:17:20.55</b>	+06:40:54	9:25	6.4
95	<b>GŁOWACKA Edyta</b>	<b>3057</b>	MATNER RUNNING TEAM	Masters K - 40	4	01:57:05	05:25:19	08:52:22	10:38:03	13:12:59	15:37:09	<b>17:21:27.10</b>	<b>17:21:40.30</b>	+06:45:13	9:28	6.3
96	<b>KOSZAREK Maciej</b>	<b>3300</b>		Weteran I M - 50	2	01:52:32	05:25:19	08:52:30	10:38:04	13:12:57	15:37:09	<b>17:23:32.90</b>	<b>17:23:46.25</b>	+06:47:19	9:29	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
97	<b>HADAŁA Ignacy</b>	<b>3185</b>		Senior II M - 30	41	02:06:23	05:49:09	09:16:52	11:04:45	13:41:15	15:54:10	<b>17:38:45.90</b>	<b>17:39:09.65</b>	+07:02:43	9:37	6.2
98	<b>SIWEK Jarek</b>	<b>3060</b>	RAZ SZCZECIN	Masters M - 40	37	01:50:33	05:29:37	08:56:10	10:42:26	13:38:34	15:56:16	<b>17:40:02.00</b>	<b>17:40:20.90</b>	+07:03:54	9:38	6.2
99	<b>SUSMARSKA Ewa</b>	<b>3299</b>	MUAY RUNNING TEAM	Senior I K - 20	5	02:03:56	06:03:56	09:44:25	11:32:25	13:52:18	16:02:36	<b>17:41:39.15</b>	<b>17:41:59.15</b>	+07:05:32	9:39	6.2
100	<b>JAZŁOCKI Łukasz</b>	<b>3048</b>	TWDW	Senior II M - 30	42	02:03:48	06:03:49	09:44:14	11:32:16	13:50:55	16:02:15	<b>17:41:33.10</b>	<b>17:42:00.30</b>	+07:05:33	9:39	6.2
101	<b>ROSA Jarosław</b>	<b>3075</b>	NATURAL BORN RUNNERS	Masters M - 40	38	02:04:06	05:57:47	09:21:53	11:04:32	13:50:18	15:57:46	<b>17:43:04.35</b>	<b>17:43:25.20</b>	+07:06:58	9:39	6.2
102	<b>PIETRASZEWSKI Witold</b>	<b>3099</b>	GOSTYŃ EASY TRAIL	Senior II M - 30	43	01:59:51	05:34:02	09:05:18	10:51:31	13:18:16	15:37:07	<b>17:43:38.85</b>	<b>17:43:52.20</b>	+07:07:25	9:40	6.2
103	<b>KACZMAREK Maria</b>	<b>3245</b>		Senior II K - 30	5	02:25:41	06:15:15	09:36:26	11:22:00	13:54:38	16:04:52	<b>17:44:56.85</b>	<b>17:45:18.80</b>	+07:08:52	9:40	6.2
104	<b>GRYCMAN Magda</b>	<b>3270</b>	SPARTA ULTRA TEAM	Masters K - 40	5	02:05:23	05:56:17	09:27:45	11:22:51	13:54:22	16:07:20	<b>17:47:24.10</b>	<b>17:47:41.75</b>	+07:11:15	9:42	6.2
105	<b>OSAKOWICZ Mateusz</b>	<b>3191</b>		Senior II M - 30	44	02:01:48	05:17:06	08:36:28	10:23:30	13:10:57	15:37:53	<b>17:52:23.65</b>	<b>17:52:52.75</b>	+07:16:26	9:44	6.2
106	<b>MOSIEK Andrzej</b>	<b>3193</b>		Senior II M - 30	45	01:58:30	05:24:03	08:49:18	10:44:24	13:30:21	15:56:41	<b>17:52:41.75</b>	<b>17:52:54.70</b>	+07:16:28	9:45	6.2
107	<b>ŁAMPIKA Kinga</b>	<b>3052</b>		Senior II K - 30	6	02:03:00	05:39:54	09:10:19	10:52:40	13:36:08	16:00:53	<b>17:56:15.50</b>	<b>17:56:38.85</b>	+07:20:12	9:47	6.1
108	<b>SZUBA Tadeusz</b>	<b>3302</b>		Weteran II M - 60	2	02:01:46	05:44:36	09:15:41	11:03:19	13:45:39	16:03:04	<b>18:10:28.90</b>	<b>18:10:33.55</b>	+07:34:07	9:54	6.1
109	<b>SZUBA Teofil</b>	<b>3290</b>	MARATOŃCZYK SZCZECIN	Masters M - 40	39	02:01:41	05:44:38	09:15:49	11:03:20	13:45:24	16:02:52	<b>18:10:30.10</b>	<b>18:10:34.00</b>	+07:34:07	9:54	6.1
110	<b>POTOCKI Maciej</b>	<b>3265</b>	ORANGE POLSKA	Masters M - 40	40	02:09:53	05:55:11	09:29:31	11:19:25	13:56:49	16:22:41	<b>18:17:48.30</b>	<b>18:18:04.75</b>	+07:41:38	9:58	6
111	<b>SULIN Marek</b>	<b>3100</b>	SPARTANIE DZIECIOM	Masters M - 40	41	02:01:48	05:55:21	09:22:04	11:05:31	13:56:55	16:32:11	<b>18:22:53.35</b>	<b>18:23:06.20</b>	+07:46:39	10:01	6
112	<b>ZAKRZEWSKI Marek</b>	<b>3248</b>	EKOBIEGI	Masters M - 40	42	02:01:23	05:28:51	08:54:38	10:49:55	13:45:32	16:24:12	<b>18:24:30.00</b>	<b>18:24:36.05</b>	+07:48:09	10:02	6
113	<b>BRZOZOWSKI Rafał</b>	<b>3313</b>		Masters M - 40	43	02:10:10	05:54:57	09:21:57	11:06:05	13:56:49	16:32:24	<b>18:24:27.75</b>	<b>18:24:50.60</b>	+07:48:24	10:02	6
114	<b>DADAŚ Janusz</b>	<b>3083</b>	NIGHT RUNNERS GLIWCE	Masters M - 40	44	01:46:34	05:19:25	08:45:49	10:44:04	13:28:09	16:11:34	<b>18:30:01.30</b>	<b>18:30:13.95</b>	+07:53:47	10:05	5.9
115	<b>PAŚ Tomasz</b>	<b>3183</b>	PASIOŁ TEAM WROCŁAW	Masters M - 40	45	02:01:07	05:49:46	09:18:31	11:09:00	14:06:24	16:32:48	<b>18:30:22.95</b>	<b>18:30:33.25</b>	+07:54:06	10:05	5.9
116	<b>KWIECIEŃ Michał</b>	<b>3103</b>		Senior II M - 30	46	02:10:53	05:58:22	09:33:47	11:32:26	14:01:41	16:25:59	<b>18:34:03.15</b>	<b>18:34:24.65</b>	+07:57:58	10:07	5.9
117	<b>DERMINE Nicolas</b>	<b>3243</b>		Senior II M - 30	47	02:01:34	04:52:49		09:55:34	13:14:18	15:55:21	<b>18:35:21.90</b>	<b>18:35:52.70</b>	+07:59:26	10:08	5.9
118	<b>SMOLAK Agata</b>	<b>3285</b>		Senior II K - 30	7	02:11:17	05:59:59	09:28:41	11:22:45	13:57:26	16:34:26	<b>18:43:12.30</b>	<b>18:43:35.50</b>	+08:07:09	10:12	5.9
119	<b>BĘDŹKOWSKI Marek</b>	<b>3197</b>	MORSY OSTROŁĘKA	Weteran I M - 50	3	02:09:27	06:19:03	09:48:59	11:34:34	14:19:58	16:33:01	<b>18:43:57.05</b>	<b>18:44:09.35</b>	+08:07:43	10:13	5.9
120	<b>TÓRZ Paweł</b>	<b>3250</b>		Senior I M - 20	6	02:03:57	06:02:41	09:38:49	11:44:51	14:15:40	16:46:41	<b>18:45:48.25</b>	<b>18:46:09.95</b>	+08:09:43	10:14	5.9
121	<b>ANDRZEJEWSKI Paweł</b>	<b>3093</b>		Masters M - 40	46	02:04:28	05:55:19	09:36:48	11:28:08	14:37:01	17:01:59	<b>18:52:40.85</b>	<b>18:52:44.65</b>	+08:16:18	10:17	5.8
122	<b>MALIŃSKI Marek</b>	<b>3027</b>		Weteran I M - 50	4	02:17:34	06:25:25	10:10:18	12:02:51	14:48:57	17:01:53	<b>18:55:06.30</b>	<b>18:55:30.40</b>	+08:19:04	10:19	5.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km	110km	110km			
123	<b>SMOLEŃ Tomasz</b>	<b>3260</b>	TMTEAM	Masters M - 40	47	02:04:38	05:48:35	09:18:26	11:17:42	14:11:38	16:55:49	<b>18:55:29.35</b>	<b>18:55:49.85</b>	+08:19:23	10:19	5.8
124	<b>HRAB Wojciech</b>	<b>3246</b>		Senior II M - 30	48	01:59:25	05:25:31	09:01:07	11:01:59	14:11:59	16:53:32	<b>18:55:53.55</b>	<b>18:56:13.15</b>	+08:19:46	10:19	5.8
125	<b>KOSMOWSKI Wiesław</b>	<b>3049</b>		Senior II M - 30	49	02:03:28	05:47:17	09:15:21	11:01:21	13:57:40	16:53:16	<b>18:56:57.40</b>	<b>18:57:25.80</b>	+08:20:59	10:20	5.8
126	<b>POPRAWSKI Mateusz</b>	<b>3015</b>	MUKS SZOK BOJANOWO	Senior II M - 30	50	02:03:29	05:47:17	09:15:29	11:01:23	13:57:44	16:53:24	<b>18:56:59.60</b>	<b>18:57:27.35</b>	+08:21:01	10:20	5.8
127	<b>KUNKE Tomasz</b>	<b>3156</b>	13WOG GRUDZIĄDZ	Masters M - 40	48	01:46:01	05:16:17	08:48:28	10:56:18	13:54:25	16:38:37	<b>18:57:58.85</b>	<b>18:58:18.40</b>	+08:21:52	10:20	5.8
128	<b>SOKOŁOWSKA Adriana</b>	<b>3029</b>	VEGE RUNNERS	Senior II K - 30	8	02:11:30	06:11:22	09:48:39	11:42:41	14:33:48	17:08:10	<b>19:08:55.55</b>	<b>19:09:04.10</b>	+08:32:37	10:26	5.7
129	<b>PAWŁOWSKI Robert</b>	<b>3023</b>	VEGE RUNNERS	Masters M - 40	49	02:11:33	06:11:24	09:48:33	11:42:41	14:33:42	17:08:10	<b>19:08:55.80</b>	<b>19:09:04.60</b>	+08:32:38	10:26	5.7
130	<b>KŁOPOTEK Marcin</b>	<b>3144</b>	EXTREME FAMILY	Masters M - 40	50	01:45:44	05:04:54	08:31:23	10:56:15	14:10:34	16:54:55	<b>19:09:59.95</b>	<b>19:10:04.60</b>	+08:33:38	10:27	5.7
131	<b>TUCHOŁKA Marta</b>	<b>3316</b>	POCO LOCO/ZUK	Senior II K - 30	9	02:00:41	05:49:24	09:20:20	11:22:07	14:26:18	17:07:08	<b>19:13:48.20</b>	<b>19:13:58.95</b>	+08:37:32	10:29	5.7
132	<b>GAWLAS Przemysław</b>	<b>3315</b>		Masters M - 40	51	01:56:43	05:41:10	09:18:41	11:17:41	14:12:00	16:55:58	<b>19:13:49.85</b>	<b>19:13:59.05</b>	+08:37:32	10:29	5.7
133	<b>KRAWISZ Maciej</b>	<b>3221</b>	LP500	Masters M - 40	52	01:45:54	04:50:21	08:09:54	10:10:49	13:15:27	16:30:43	<b>19:14:36.55</b>	<b>19:14:43.80</b>	+08:38:17	10:29	5.7
134	<b>KRZEMIŃSKI Jacek</b>	<b>3205</b>	KW OPOLE	Senior II M - 30	51	02:02:17	05:42:17	09:17:13	11:20:17	14:15:38	17:04:21	<b>19:21:12.65</b>	<b>19:21:22.95</b>	+08:44:56	10:33	5.7
135	<b>KRZEMIŃSKA Aleksandra</b>	<b>3206</b>	KW OPOLE	Senior II K - 30	10	02:02:20	05:42:19	09:17:18	11:20:19	14:15:35	17:04:10	<b>19:21:14.15</b>	<b>19:21:24.45</b>	+08:44:58	10:33	5.7
136	<b>KRUPIŃSKI Tadeusz</b>	<b>3200</b>		Weteran I M - 50	5	02:05:40	06:01:07	09:34:33	11:21:34	14:38:26	17:11:03	<b>19:21:05.95</b>	<b>19:21:41.45</b>	+08:45:15	10:33	5.7
137	<b>WOŹNIAK Ryszard</b>	<b>3062</b>	BIERUTOWSKA GRUPA BIEGOWA	Weteran I M - 50	6	02:11:14	05:58:22	09:38:30	11:37:32	14:33:15	17:00:25	<b>19:21:24.45</b>	<b>19:21:46.45</b>	+08:45:20	10:33	5.7
138	<b>DEC Rafał</b>	<b>3003</b>	BIERUTOWSKA GRUPA BIEGOWA	Masters M - 40	53	02:10:56	05:58:25	09:33:52	11:32:28	14:11:15	17:00:26	<b>19:21:25.95</b>	<b>19:21:46.50</b>	+08:45:20	10:33	5.7
138	<b>SZANDAŁA Jacek</b>	<b>3089</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	54	02:09:45	05:58:29	09:38:36	11:37:33	14:33:02	17:00:36	<b>19:21:25.15</b>	<b>19:21:46.50</b>	+08:45:20	10:33	5.7
140	<b>KONIECZNY Tomasz</b>	<b>3050</b>	TEAM KTW	Senior II M - 30	52	02:06:37	06:01:15	09:45:28	11:47:08	14:48:57	17:16:35	<b>19:22:34.25</b>	<b>19:22:52.95</b>	+08:46:26	10:34	5.7
141	<b>NARECKI Jarosław</b>	<b>3272</b>		Masters M - 40	55	02:06:22	05:41:45	09:22:26	11:17:06	14:18:28	17:15:45	<b>19:24:03.65</b>	<b>19:24:30.50</b>	+08:48:04	10:34	5.7
142	<b>SIECZKOWSKI Artur</b>	<b>3058</b>	NATURAL BORN RUNNERS TEAM	Masters M - 40	56	02:16:27	06:17:33	09:51:35	11:56:03	14:47:06	17:20:01	<b>19:25:06.30</b>	<b>19:25:34.10</b>	+08:49:07	10:35	5.7
143	<b>PĘKALA Paweł</b>	<b>3072</b>	AMATOR RYTWANY	Masters M - 40	57	02:13:48	06:08:12	09:44:16	11:46:45	14:46:16	17:15:46	<b>19:25:48.00</b>	<b>19:26:10.15</b>	+08:49:43	10:35	5.7
144	<b>BIAŁEK Olaf</b>	<b>3177</b>	MEGATEL.COM.PL	Weteran I M - 50	7	02:20:39	06:03:42	09:34:56	11:34:19	14:31:25	17:19:54	<b>19:30:05.25</b>	<b>19:30:37.30</b>	+08:54:10	10:38	5.6
145	<b>KWIECIEŃ - LIPIŃSKA Kamila</b>	<b>3227</b>	TIGERS TEAM	Masters K - 40	6	02:10:14	06:09:31	09:51:56	11:46:47	14:45:37	17:26:29	<b>19:32:56.85</b>	<b>19:33:05.95</b>	+08:56:39	10:39	5.6
146	<b>BIAŁECKI Zbigniew</b>	<b>3226</b>	ŁÓDŹ RUNNING TEAM	Weteran I M - 50	8	02:10:16	06:09:37	09:52:00	11:47:06	14:45:03	17:26:32	<b>19:32:57.70</b>	<b>19:33:07.00</b>	+08:56:40	10:39	5.6
147	<b>GODLEWSKI Jakub</b>	<b>3158</b>	RUNNERS TEAM QUIBL	Senior II M - 30	53	02:16:08	06:25:22	10:09:03	11:55:13	15:01:47	17:48:42	<b>19:33:51.25</b>	<b>19:34:22.80</b>	+08:57:56	10:40	5.6
148	<b>PIŁAT Jarosław</b>	<b>3153</b>	CH10	Masters M - 40	58	02:12:20	05:55:16	09:26:54	11:23:13	14:22:32	17:13:33	<b>19:34:49.60</b>	<b>19:35:14.60</b>	+08:58:48	10:40	5.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
149	<b>KONIECZNA Paulina</b>	<b>3134</b>	CH10	Senior II K - 30	11	02:12:20	05:55:20	09:26:59	11:23:16	14:22:40	17:13:37	<b>19:34:50.30</b>	<b>19:35:14.75</b>	+08:58:48	10:40	5.6
150	<b>CZAJKOWSKI Rafał</b>	<b>3180</b>	EKOBIEGI	Masters M - 40	59	02:11:04	06:05:25	09:53:09	11:52:16	14:48:29	17:19:37	<b>19:36:20.90</b>	<b>19:36:29.90</b>	+09:00:03	10:41	5.6
151	<b>APANOWICZ Angelika</b>	<b>3173</b>	EKOBIEGI	Masters K - 40	7	02:11:08	06:05:24	09:53:09	11:52:23	14:48:35	17:19:37	<b>19:36:22.55</b>	<b>19:36:29.95</b>	+09:00:03	10:41	5.6
152	<b>BUCHALSKA Ewa</b>	<b>3108</b>	EKOBIEGI	Masters K - 40	8	02:11:09	06:05:33	09:53:15	11:52:30	14:48:39	17:19:38	<b>19:36:22.70</b>	<b>19:36:30.25</b>	+09:00:03	10:41	5.6
153	<b>KOCIOŁEK Zbigniew</b>	<b>3239</b>		Masters M - 40	60	02:03:52	05:41:26	09:20:39	11:46:14	14:51:01	17:39:58	<b>19:36:28.90</b>	<b>19:36:39.40</b>	+09:00:13	10:41	5.6
154	<b>PRZYBYŁ Tomasz</b>	<b>3070</b>		Masters M - 40	61	02:03:48	05:41:07	09:17:55	11:17:39	14:11:46	16:56:19	<b>19:37:27.10</b>	<b>19:37:46.40</b>	+09:01:20	10:42	5.6
155	<b>LASZCZYŃSKI Tomasz</b>	<b>3188</b>	TATA. NATALKI	Masters M - 40	62	02:22:10	06:43:26	10:34:21	12:31:59	15:28:01	17:49:15	<b>19:37:35.40</b>	<b>19:37:52.60</b>	+09:01:26	10:42	5.6
156	<b>WOSZCZAK Jolanta</b>	<b>3090</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50	1	02:22:19	06:43:32	10:34:32	12:32:14	15:28:09	17:49:21	<b>19:37:36.40</b>	<b>19:37:52.90</b>	+09:01:26	10:42	5.6
157	<b>ZIEMKIEWICZ Jarek</b>	<b>3033</b>	UKS RUNNING TEAM	Masters M - 40	63	02:10:15	05:56:10	09:47:55	11:54:00	14:58:43	17:41:49	<b>19:38:19.25</b>	<b>19:38:41.50</b>	+09:02:15	10:42	5.6
158	<b>LIPSKI Krzysztof</b>	<b>3091</b>		Masters M - 40	64	02:05:10	06:04:38	09:46:17	11:48:20	15:03:07	17:39:46	<b>19:40:19.10</b>	<b>19:40:25.75</b>	+09:03:59	10:43	5.6
159	<b>BAK Andrzej</b>	<b>3117</b>	SPC	Masters M - 40	65	02:16:51	06:32:40	10:06:30	12:01:47	14:58:06	17:35:42	<b>19:41:44.30</b>	<b>19:42:09.70</b>	+09:05:43	10:44	5.6
160	<b>WŁODARCZYK Teresa</b>	<b>3120</b>	SPC	Weteran K - 50	2	02:16:51	06:32:37	10:06:34	12:01:47	14:58:04	17:35:41	<b>19:41:43.85</b>	<b>19:42:09.75</b>	+09:05:43	10:44	5.6
161	<b>SZULC-ŁĄTKOWSKA Urszula</b>	<b>3305</b>	KB MANIAC POZNAŃ	Masters K - 40	9	02:13:27	06:27:17	10:03:14	12:05:46	15:04:23	17:42:33	<b>19:43:44.45</b>	<b>19:44:10.50</b>	+09:07:44	10:45	5.6
162	<b>ŁĄTKOWSKI Maciej</b>	<b>3032</b>	KB MANIAC POZNAŃ	Masters M - 40	66	02:13:32	06:27:21	10:03:19	12:05:48	15:04:41	17:42:32	<b>19:43:46.60</b>	<b>19:44:11.80</b>	+09:07:45	10:45	5.6
163	<b>WEISSENSTEINER Dawid</b>	<b>3186</b>		Senior II M - 30	54	01:56:55	05:41:44	09:27:34	11:44:47	14:57:02	17:28:53	<b>19:44:22.40</b>	<b>19:44:48.00</b>	+09:08:21	10:46	5.6
164	<b>ROSZAK Waldemar</b>	<b>3095</b>	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	Weteran I M - 50	9	02:28:00	06:42:43	10:32:54	12:36:59	15:40:50	17:59:33	<b>19:46:51.75</b>	<b>19:47:01.90</b>	+09:10:35	10:47	5.6
165	<b>ZYCH Michal</b>	<b>3291</b>	KLUB BIEGACZA RTVEUROAGD	Senior II M - 30	55	01:54:03	05:52:45	09:40:12	11:47:38	14:49:18	17:29:29	<b>19:37:02.20</b>	<b>19:48:48.10</b>	+09:12:21	10:42	5.6
166	<b>KLATKA Arleta</b>	<b>3071</b>	BIEGAM BO LUBIĘ	Masters K - 40	10	02:03:56	06:04:43	09:56:56	12:01:30	15:31:46	17:58:40	<b>19:49:18.85</b>	<b>19:49:41.00</b>	+09:13:14	10:48	5.5
167	<b>KWIATKOWSKA Aleksandra</b>	<b>3069</b>	WECZORNE BIEGANIE W SZCZECINIE	Senior I K - 20	6	01:59:01	05:22:37	08:54:36	10:45:50	13:50:54	16:20:07	<b>19:50:40.20</b>	<b>19:50:56.15</b>	+09:14:29	10:49	5.5
168	<b>LIPERTOWICZ Sebastian</b>	<b>3169</b>	LOVELASY	Senior II M - 30	56	01:59:02	05:22:48	08:54:47	10:45:51	13:50:50	16:20:08	<b>19:50:39.55</b>	<b>19:50:56.20</b>	+09:14:29	10:49	5.5
169	<b>MARGASIŃSKI Michał</b>	<b>3035</b>		Senior II M - 30	57	02:03:24	06:08:12	09:56:13	12:00:46	15:02:16	17:50:03	<b>19:51:56.40</b>	<b>19:52:11.75</b>	+09:15:45	10:50	5.5
170	<b>ZYDORCZAK Mateusz</b>	<b>3295</b>	REMOVE	Senior II M - 30	58	02:02:55	06:14:51	10:44:14	12:33:53	15:24:43	18:01:41	<b>19:53:14.60</b>	<b>19:53:25.65</b>	+09:16:59	10:50	5.5
171	<b>MOREVA Daria</b>	<b>3195</b>		Senior II K - 30	12	02:13:50	06:20:56	10:08:26	12:00:59	15:08:54	17:51:41	<b>19:54:33.65</b>	<b>19:54:43.45</b>	+09:18:17	10:51	5.5
172	<b>BURDAJEWICZ Magdalena</b>	<b>3264</b>		Senior II K - 30	13	02:17:01	06:20:23	10:17:09	12:06:10	15:03:59	17:51:59	<b>19:56:48.20</b>	<b>19:57:14.75</b>	+09:20:48	10:52	5.5
173	<b>TOMCZAK Mariusz</b>	<b>3292</b>		Masters M - 40	67	02:03:37	06:08:16	09:56:12	12:00:47	15:02:40	17:49:39	<b>19:57:01.25</b>	<b>19:57:15.05</b>	+09:20:48	10:52	5.5
174	<b>RELEWICZ Maciej</b>	<b>3168</b>	WOLNE ŚLIMAKI	Masters M - 40	68	02:03:34	06:08:13	09:56:07	12:00:45	15:02:21	17:50:15	<b>19:57:02.30</b>	<b>19:57:17.50</b>	+09:20:51	10:52	5.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
175	<b>KROLS Hilde</b>	<b>3119</b>	VOS SCHAFFEN	Weteran K - 50	3	02:12:22	06:20:05	10:17:28	12:29:20		18:14:16	<b>20:06:32.00</b>	<b>20:06:55.65</b>	+09:30:29	10:58	5.5
176	<b>FILIPIAK Sebastian</b>	<b>3056</b>	LZS LIPA	Masters M - 40	69	02:03:35	05:53:19	09:48:53	11:46:37	14:51:54	17:37:54	<b>20:07:29.85</b>	<b>20:07:55.15</b>	+09:31:28	10:58	5.5
177	<b>KONIECZNY Andrzej Konieczny</b>	<b>3034</b>		Masters M - 40	70	02:12:31	06:39:48	10:18:35	12:12:13	15:11:53	17:51:51	<b>20:07:42.55</b>	<b>20:07:55.40</b>	+09:31:29	10:58	5.5
178	<b>RYTYCH Grzegorz</b>	<b>3097</b>	DROGA DO ULTRA	Senior II M - 30	59	02:12:22	06:18:00	09:54:54	11:53:06	14:45:41	17:30:08	<b>20:07:49.30</b>	<b>20:08:03.90</b>	+09:31:37	10:58	5.5
179	<b>KLATE Łukasz</b>	<b>3068</b>	DROGA DO ULTRA	Masters M - 40	71	02:02:57	06:03:15	09:54:58	11:53:05	14:45:38	17:30:05	<b>20:07:49.50</b>	<b>20:08:04.40</b>	+09:31:38	10:58	5.5
180	<b>GULCZYŃSKI Tomasz</b>	<b>3317</b>		Senior II M - 30	60	02:01:45	06:12:26	10:06:37	12:07:36	15:38:55	18:20:18	<b>20:13:50.70</b>	<b>20:14:02.45</b>	+09:37:36	11:02	5.4
181	<b>BUDA Marzena</b>	<b>3231</b>	ALPACA TEAM	Senior I K - 20	7	02:01:10	06:05:33	09:53:22	12:00:13	15:39:38	18:43:11	<b>20:28:49.45</b>	<b>20:29:06.80</b>	+09:52:40	11:10	5.4
182	<b>WYLEGAŁA Izabela</b>	<b>3024</b>	PCH_RUN	Senior II K - 30	14	02:22:08	06:34:25	10:18:00	12:28:07	15:31:25	18:23:30	<b>20:29:45.60</b>	<b>20:29:53.25</b>	+09:53:26	11:10	5.4
183	<b>WYKA Angelika</b>	<b>3001</b>	PCH_RUN	Senior II K - 30	15	02:22:09	06:34:24	10:18:04	12:28:08	15:31:20	18:23:30	<b>20:29:45.75</b>	<b>20:29:53.30</b>	+09:53:26	11:10	5.4
184	<b>CELEJEWSKI Przemysław</b>	<b>3192</b>		Senior II M - 30	61	02:10:46	06:05:33	09:46:18	12:01:06	15:16:08	18:08:03	<b>20:35:51.80</b>	<b>20:36:15.35</b>	+09:59:49	11:14	5.3
185	<b>KARCZ Anna</b>	<b>3222</b>		Senior I K - 20	8	02:09:17	06:48:44	10:52:42	13:23:37	16:27:27	18:59:44	<b>20:47:07.80</b>	<b>20:47:37.10</b>	+10:11:10	11:20	5.3
186	<b>SERWADCZAK Marek</b>	<b>3259</b>		Weteran I M - 50	10	02:11:46	06:15:03	10:02:17	12:16:37	15:20:29	18:18:48	<b>20:48:33.55</b>	<b>20:49:05.65</b>	+10:12:39	11:21	5.3
187	<b>SZERSZENIEWSKI Marek</b>	<b>3199</b>	ŻÓRAWSKI TEAM	Weteran I M - 50	11	02:12:23	06:33:00	10:19:21	12:09:10	15:01:18	18:21:26	<b>20:51:21.90</b>	<b>20:51:47.95</b>	+10:15:21	11:22	5.3
188	<b>LUBIK Adam</b>	<b>3184</b>	KSE ON-SIGHT/ SPUCHLAKI TEAM	Senior II M - 30	62	02:01:45	06:12:23	10:06:32	12:07:36	15:38:04	18:25:59	<b>20:52:22.40</b>	<b>20:52:35.05</b>	+10:16:08	11:23	5.3
189	<b>NAMIOTA Urszula</b>	<b>3171</b>	KB MARATOŃCZYK	Weteran K - 50	4	02:11:45	06:34:19	10:36:52	12:42:09	16:05:26	18:43:20	<b>20:53:09.65</b>	<b>20:53:36.20</b>	+10:17:09	11:23	5.3
190	<b>OPALIŃSKI Michał</b>	<b>3172</b>	DĘBICKI KLUB BIEGACZA MARATOŃCZYK	Senior II M - 30	63	02:32:21	07:00:41	11:13:26	13:13:54	16:10:05	18:33:39	<b>20:53:11.70</b>	<b>20:53:38.90</b>	+10:17:12	11:23	5.3
191	<b>KAWA Barbara</b>	<b>3170</b>	KB MARATOŃCZYK DĘBICA	Senior II K - 30	16	02:32:22	07:00:41	11:13:20	13:13:55	16:10:02	18:33:41	<b>20:53:13.05</b>	<b>20:53:39.70</b>	+10:17:13	11:23	5.3
192	<b>STAWSKI Michał</b>	<b>3220</b>	TRUCHT.COM	Senior II M - 30	64	01:35:11	04:49:45	08:41:58	11:18:46	15:02:18	18:16:04	<b>20:55:44.80</b>	<b>20:55:49.75</b>	+10:19:23	11:24	5.3
193	<b>JĘDRYCHA Artur</b>	<b>3085</b>		Masters M - 40	72	02:08:45	06:08:43	10:07:42	12:36:39	15:52:24	18:40:34	<b>21:04:11.15</b>	<b>21:04:45.10</b>	+10:28:18	11:29	5.2
194	<b>OSTACH Daria</b>	<b>3009</b>		Masters K - 40	11	02:14:02	06:49:02	10:36:04	12:31:50	15:34:39	18:22:07	<b>21:06:18.65</b>	<b>21:06:34.50</b>	+10:30:08	11:30	5.2
195	<b>PRUSIEWICZ Beata</b>	<b>3018</b>		Weteran K - 50	5	02:14:22	06:52:36	10:36:06	12:31:52	15:34:55	18:28:27	<b>21:06:18.35</b>	<b>21:06:34.80</b>	+10:30:08	11:30	5.2
196	<b>WASIL Joanna</b>	<b>3021</b>		Senior II K - 30	17	02:14:23	06:52:36	10:49:16	12:53:05	16:09:41	18:55:41	<b>21:16:05.35</b>	<b>21:16:17.55</b>	+10:39:51	11:36	5.2
197	<b>SAMOLAK Łukasz</b>	<b>3002</b>	22 KARPACKI BATALION PIECHOTY GÓRSKIEJ	Senior II M - 30	65	02:13:49	06:49:45	10:52:15	13:05:05	16:13:27	19:01:36	<b>21:16:48.50</b>	<b>21:17:22.15</b>	+10:40:55	11:36	5.2
198	<b>SAMOLAK Maciek</b>	<b>3141</b>	PREDATORS WAŁBRZYCH	Masters M - 40	73	02:13:47	06:49:47	10:52:24	13:05:05	16:13:32	19:08:35	<b>21:19:35.80</b>	<b>21:20:08.80</b>	+10:43:42	11:37	5.2
199	<b>MOŃKA Łukasz</b>	<b>3278</b>	SPARTA ULTRA TEAM	Senior II M - 30	66	02:05:24	06:02:59	09:53:37	12:16:40	15:59:14	18:59:43	<b>21:31:35.90</b>	<b>21:31:54.00</b>	+10:55:27	11:44	5.1
200	<b>ŁĄCKA Ilona</b>	<b>3096</b>	EKOBIEGI	Masters K - 40	12	02:28:09	06:42:42	10:35:58	12:50:47	16:17:26	19:14:07	<b>21:32:09.85</b>	<b>21:32:18.40</b>	+10:55:52	11:44	5.1



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
201	<b>SIKORSKA Agnieszka</b>	<b>3189</b>	EKBIEGI	Masters K - 40	13	02:14:08	06:27:16	10:33:50	12:50:55	16:18:03	19:14:23	<b>21:32:08.85</b>	<b>21:32:18.55</b>	+10:55:52	11:44	5.1
202	<b>KOREK Krystian</b>	<b>3213</b>		Masters M - 40	74	02:15:35	06:50:13	11:06:24	13:26:17	16:44:48	19:24:46	<b>21:40:32.85</b>	<b>21:41:02.65</b>	+11:04:36	11:49	5.1
202	<b>KRANZ Grzegorz</b>	<b>3212</b>		Masters M - 40	75	02:15:34	06:52:05	11:05:02	13:26:17	16:45:12	19:24:54	<b>21:40:33.05</b>	<b>21:41:02.65</b>	+11:04:36	11:49	5.1
204	<b>PIETRZAK Tomasz</b>	<b>3198</b>	WLD TRAIL RUNNER	Senior II M - 30	67	02:10:52	06:02:28	10:07:42	12:12:45	15:51:56	19:01:29	<b>21:43:21.40</b>	<b>21:43:48.40</b>	+11:07:22	11:50	5.1
205	<b>JANUĆ Wojciech</b>	<b>3110</b>	ARKA LEŚNA	Senior I M - 20	7	02:10:53	06:02:28	10:07:40	12:12:47	15:52:00	19:01:41	<b>21:43:23.90</b>	<b>21:43:50.60</b>	+11:07:24	11:50	5.1
206	<b>KRAWCZYK Jakub</b>	<b>3055</b>		Senior I M - 20	8	01:45:10	05:23:37	08:59:11	11:28:10	14:57:28	18:12:23	<b>21:47:13.10</b>	<b>21:47:17.50</b>	+11:10:51	11:53	5
207	<b>GRUSZCZYŃSKI Marcin</b>	<b>3287</b>	GRUSZKOWYTEAM	Masters M - 40	76	02:06:07	06:18:05	10:58:03	13:25:21	16:38:04	19:43:21	<b>21:47:17.65</b>	<b>21:47:29.65</b>	+11:11:03	11:53	5
208	<b>GMAJ Karolina</b>	<b>3126</b>		Senior II K - 30	18	02:11:30	06:21:18	10:29:02	12:45:12	16:23:58	19:30:23	<b>21:51:14.25</b>	<b>21:51:37.25</b>	+11:15:10	11:55	5
209	<b>GMAJ Daniel</b>	<b>3127</b>	1983	Senior II M - 30	68	02:11:30	06:21:17	10:29:06	12:45:12	16:23:52	19:30:30	<b>21:51:14.10</b>	<b>21:51:37.70</b>	+11:15:11	11:55	5
210	<b>KÓZKA Przemó</b>	<b>3133</b>	BIEGAM, BO NIE LUBIĘ	Masters M - 40	77	02:04:06	06:18:37	10:43:55	13:15:10	16:22:11	19:32:12	<b>21:51:18.05</b>	<b>21:51:39.40</b>	+11:15:13	11:55	5
211	<b>ROSA Bartosz</b>	<b>3152</b>	SMASHING PĄPKINS	Senior II M - 30	69	02:21:11	06:49:35	10:43:52	12:59:30	16:27:50	19:30:38	<b>21:59:06.80</b>	<b>21:59:34.90</b>	+11:23:08	11:59	5
212	<b>SULIMA Janusz</b>	<b>3311</b>		Weteran I M - 50	12	02:04:39	06:15:39	10:38:11	12:56:05	16:50:52	19:43:01	<b>22:00:17.40</b>	<b>22:00:21.90</b>	+11:23:55	12:00	5
213	<b>SZURKOWSKI Michał</b>	<b>3160</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	70	02:13:55	06:12:19	10:38:08	13:05:38	16:50:43	19:50:48	<b>22:01:43.15</b>	<b>22:02:04.20</b>	+11:25:37	12:00	5
214	<b>BĄKOWICZ Kamil</b>	<b>3044</b>	AKTYWNI KAMIENSK	Senior II M - 30	71	02:09:52	06:12:27	10:38:19	13:06:00	16:51:06	19:51:10	<b>22:03:34.70</b>	<b>22:03:51.60</b>	+11:27:25	12:01	5
215	<b>ZIEMNIAK Marcin</b>	<b>3140</b>		Senior II M - 30	72	02:13:09	06:35:47	11:03:22	13:38:57	16:57:47	19:45:44	<b>22:05:44.80</b>	<b>22:06:04.00</b>	+11:29:37	12:03	5
216	<b>WAŁEK Piotr</b>	<b>3020</b>	RUNNERS TEAM QUIBL	Masters M - 40	78	02:32:10	07:12:27	11:23:20	13:45:06		19:56:51	<b>22:13:11.65</b>	<b>22:13:41.90</b>	+11:37:15	12:07	5
217	<b>GAŚIOROWSKA Dorota</b>	<b>3054</b>	MPK WYBIEGANIE / ŚNIĘTY SUM	Weteran K - 50	6	02:32:49	07:12:30	11:23:16	13:44:07	17:04:32	19:56:28	<b>22:13:12.35</b>	<b>22:13:42.05</b>	+11:37:15	12:07	5
218	<b>MARKOWSKI Piotr</b>	<b>3087</b>	MARKOTNYSKOWRONEK	Masters M - 40	79	02:11:55	06:25:14	10:28:55	12:53:10	16:28:05	19:35:14	<b>22:16:41.40</b>	<b>22:17:01.50</b>	+11:40:35	12:09	4.9
219	<b>STAWSKA Anna</b>	<b>3241</b>	WKURW_TEAM	Masters K - 40	14	02:21:52	06:36:20	10:37:54	13:12:46	16:39:23	19:35:31	<b>22:17:20.50</b>	<b>22:17:27.35</b>	+11:41:01	12:09	4.9
220	<b>SKOWRONEK Artur</b>	<b>3132</b>	MARKOTNYSKOWRONEK	Masters M - 40	80	02:11:57	06:25:17	10:29:21	12:59:16	16:36:41	19:43:21	<b>22:21:18.75</b>	<b>22:21:38.30</b>	+11:45:11	12:11	4.9
221	<b>FRĄCKOWIAK Jacek</b>	<b>3136</b>	RUNNER'S POWER ŚREM	Masters M - 40	81	02:11:58	06:15:53	10:15:22	12:36:38	16:17:09	19:47:34	<b>22:27:23.35</b>	<b>22:27:38.40</b>	+11:51:12	12:14	4.9
222	<b>DĘBEK Piotr</b>	<b>3064</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Masters M - 40	82	02:11:58	06:15:55	10:15:28	12:36:39	16:17:00	19:53:14	<b>22:27:24.50</b>	<b>22:27:39.30</b>	+11:51:12	12:14	4.9
223	<b>SZACHEWICZ Sławek</b>	<b>3143</b>	JEŻOZWERZE GROUP	Masters M - 40	83	02:16:13	06:25:18	10:38:18	13:16:28	17:13:16	20:23:48	<b>22:34:08.50</b>	<b>22:34:39.30</b>	+11:58:12	12:18	4.9
224	<b>GRYGIER Robert</b>	<b>3215</b>		Senior I M - 20	9	02:12:15	06:20:27	10:13:31	12:32:40	16:02:28	19:32:59	<b>22:36:49.30</b>	<b>22:36:56.15</b>	+12:00:29	12:20	4.9
225	<b>STOLPE Maciej</b>	<b>3028</b>		Weteran I M - 50	13	02:21:36	07:00:12		13:35:19	17:05:05	20:05:53	<b>22:39:18.15</b>	<b>22:39:47.80</b>	+12:03:21	12:21	4.9
226	<b>HOFFMANN Grzegorz</b>	<b>3036</b>		Masters M - 40	84	02:21:42	07:00:12	11:04:39	13:35:21	17:07:05	20:06:43	<b>22:40:02.65</b>	<b>22:40:31.20</b>	+12:04:04	12:21	4.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
227	<b>SIELUTIN Wadim</b>	<b>3297</b>	KB LEW LEGNICA 2000	Weteran II M - 60	3	02:15:04	06:49:25	11:02:53	13:26:27	17:25:23	20:22:28	<b>22:40:49.65</b>	<b>22:41:14.25</b>	+12:04:47	12:22	4.8
228	<b>KAMROWSKI Dawid</b>	<b>3102</b>	ROCHE RUNNERS	Senior II M - 30	73	02:40:43	07:37:27	12:02:29	14:39:10	17:37:10	20:27:08	<b>22:51:30.60</b>	<b>22:52:02.45</b>	+12:15:36	12:28	4.8
229	<b>RECZUCH Adam</b>	<b>3194</b>		Masters M - 40	85	02:27:59	06:18:18		12:10:28		19:45:35	<b>22:51:50.30</b>	<b>22:52:21.40</b>	+12:15:55	12:28	4.8
230	<b>CIECIELĄG Piotr</b>	<b>3006</b>		Masters M - 40	86	02:04:05	05:53:44	09:49:32	12:10:27	16:10:07	20:21:36	<b>23:00:56.65</b>	<b>23:01:10.95</b>	+12:24:44	12:33	4.8
231	<b>KONOWROCKA Wioletta</b>	<b>3012</b>	SEE YOU LATER TEAM	Masters K - 40	15	02:10:20	06:18:18	10:15:32	12:33:12	15:59:51	19:36:23	<b>23:03:04.20</b>	<b>23:03:29.20</b>	+12:27:02	12:34	4.8
232	<b>BIELSKI Janusz</b>	<b>3010</b>	SEE YOU LATER TEAM	Senior II M - 30	74	02:03:43	06:18:05	10:15:25	12:33:00	15:59:05	19:35:17	<b>23:03:05.40</b>	<b>23:03:29.80</b>	+12:27:03	12:34	4.8
233	<b>RYCHŁOWSKA Magdalena</b>	<b>3067</b>		Masters K - 40	16	02:16:14	06:45:27	10:59:08	13:27:56	17:21:06	20:28:13	<b>23:07:36.05</b>	<b>23:07:54.95</b>	+12:31:28	12:36	4.8
234	<b>KALBARCZYK Beata</b>	<b>3162</b>	ORANGE POLSKA	Weteran K - 50	7	02:33:23	06:52:05	11:30:14	14:05:13	17:38:17	20:39:03	<b>23:07:44.25</b>	<b>23:08:03.75</b>	+12:31:37	12:36	4.8
235	<b>WRZESIŃSKA Joanna</b>	<b>3115</b>		Masters K - 40	17	02:09:39	06:14:36	10:04:12	12:23:02	15:50:42	19:21:19	<b>23:10:14.00</b>	<b>23:10:22.20</b>	+12:33:55	12:38	4.7
236	<b>BORIS Aneta</b>	<b>3016</b>	EL - AKTYWNI	Senior II K - 30	19	02:32:47	07:48:11	12:08:25	14:32:48	18:07:39	21:08:49	<b>23:16:13.50</b>	<b>23:16:33.60</b>	+12:40:07	12:41	4.7
237	<b>MARCINEK Łukasz</b>	<b>3007</b>	NIE TERAZ, POTEM	Senior II M - 30	75	02:11:48	06:38:16	10:52:30	13:43:32	17:14:41	20:50:52	<b>23:31:02.90</b>	<b>23:31:13.85</b>	+12:54:47	12:49	4.7
238	<b>HANGIEL Urszula</b>	<b>3318</b>		Senior II K - 30	20	02:32:42	07:48:39	12:08:19	14:37:17	18:06:07	21:08:41	<b>23:31:54.55</b>	<b>23:32:25.35</b>	+12:55:59	12:50	4.7
239	<b>SOSZYŃSKA Małgorzata</b>	<b>3314</b>		Weteran K - 50	8	02:32:41	07:48:38	12:08:10	14:37:17	18:06:03	21:08:41	<b>23:31:55.05</b>	<b>23:32:25.55</b>	+12:55:59	12:50	4.7
240	<b>GRZESIAK Rafał</b>	<b>3081</b>		Masters M - 40	87	02:09:37	07:31:40	12:02:59	14:41:31	17:35:36	20:41:07	<b>23:52:03.65</b>	<b>23:52:17.05</b>	+13:15:50	13:01	4.6
241	<b>KOSMIDER Tomasz</b>	<b>3209</b>	SPARTANIE DZIECIOM	Masters M - 40	88	02:19:35	06:47:58	11:02:40	13:58:31	17:37:19	20:56:39	<b>23:58:28.15</b>	<b>23:58:59.90</b>	+13:22:33	13:04	4.6
242	<b>OHLA Justyna</b>	<b>3112</b>	BIEGAM, BO NIE LUBIĘ...	Masters K - 40	18	02:06:13	06:18:40	10:50:55	13:42:41	17:41:24	21:14:27	<b>23:58:57.60</b>	<b>23:59:17.20</b>	+13:22:50	13:04	4.6
242	<b>MADAJ Paweł</b>	<b>3118</b>	BIEGAM, BO NIE LUBIĘ	Masters M - 40	89	02:06:13	06:18:41	10:51:02	13:42:42	17:41:29	21:14:30	<b>23:58:57.70</b>	<b>23:59:17.20</b>	+13:22:50	13:04	4.6
244	<b>ZACHARZYŃSKA Katarzyna</b>	<b>3161</b>	ORANGE POLSKA	Senior II K - 30	21	02:21:46	06:51:21	11:30:18	14:06:19	17:57:30	21:18:47	<b>24:05:21.50</b>	<b>24:05:41.75</b>	+13:29:15	13:08	4.6
245	<b>CECUŁA Andrzej</b>	<b>3202</b>		Senior I M - 20	10	02:09:34	07:31:37	12:02:51	14:41:31	17:35:30	20:41:23	<b>24:13:18.50</b>	<b>24:13:32.80</b>	+13:37:06	13:12	4.5
246	<b>PIKUSA Michał</b>	<b>3104</b>		Senior II M - 30	76	02:40:43	07:37:25	12:03:00	14:45:50	18:15:23	21:29:03	<b>24:14:58.10</b>	<b>24:15:30.50</b>	+13:39:04	13:13	4.5
247	<b>HAUTON Monika</b>	<b>3013</b>	NIE TERAZ, POTEM	Masters K - 40	19	02:37:21	08:11:19	12:30:25	15:12:51	18:44:59	21:57:02	<b>24:18:45.85</b>	<b>24:18:57.10</b>	+13:42:30	13:15	4.5
248	<b>WITECKA Milena</b>	<b>3312</b>		Senior II K - 30	22	02:15:18	07:13:55	12:32:37	15:12:29	18:54:22	22:00:39	<b>24:29:57.30</b>	<b>24:30:21.60</b>	+13:53:55	13:21	4.5
249	<b>RURKA Grzegorz</b>	<b>3146</b>	SAMBIEGAM	Weteran I M - 50	14	02:25:48	07:16:42	11:46:50	14:39:59	19:04:05	22:15:43	<b>24:31:49.40</b>	<b>24:32:17.45</b>	+13:55:51	13:22	4.5
250	<b>ŹRÓDLEWSKA Anna</b>	<b>3308</b>		Senior II K - 30	23	02:15:39	07:04:26	12:03:11	14:56:31	18:42:18	21:56:51	<b>24:36:58.50</b>	<b>24:37:13.90</b>	+14:00:47	13:25	4.5
251	<b>KAPA Patrycja</b>	<b>3310</b>	K.S. MARATON OSTRÓW WIELKOPOLSKI	Senior I K - 20	9	02:15:36	07:04:24	12:03:03	14:56:28	18:43:23	21:56:53	<b>24:36:59.75</b>	<b>24:37:14.95</b>	+14:00:48	13:25	4.5
252	<b>ŚWITALSKI Andrzej</b>	<b>3166</b>	KAPITAN POLSKA/ŻYCIE CZĘSTOCHOWY TEAM	Senior II M - 30	77	02:15:37	07:04:24	12:03:10	14:56:30	18:45:27	22:01:06	<b>24:42:26.10</b>	<b>24:42:44.40</b>	+14:06:18	13:28	4.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km					
253	<b>STEFANOWSKI Marcin</b>	<b>3019</b>	ŻARÓW BIEGA	Masters M - 40	90	02:41:02	07:50:28	12:38:40	15:15:02	18:42:40	21:56:02	<b>24:43:42.65</b>	<b>24:44:01.65</b>	+14:07:35	13:29	4.4
254	<b>ZIEMKOWSKA Monika</b>	<b>3014</b>		Masters K - 40	20	02:41:13	07:50:33	12:39:07	15:15:06	18:42:51	21:56:03	<b>24:43:44.40</b>	<b>24:44:01.95</b>	+14:07:35	13:29	4.4
255	<b>WYSTRYCHOWSKI Marcin</b>	<b>3121</b>	BFAGENCJA.PL	Senior II M - 30	78	02:32:33	07:59:55	12:21:47	15:04:08	19:24:02	22:24:55	<b>24:55:44.70</b>	<b>24:56:03.25</b>	+14:19:36	13:35	4.4
256	<b>TALARCZYK Mikołaj</b>	<b>3254</b>		Masters M - 40	91	02:10:39	06:25:10	10:19:09	12:57:13	17:01:37	21:46:09	<b>25:21:10.30</b>	<b>25:21:39.40</b>	+14:45:13	13:49	4.3
257	<b>BOHDZIEWICZ Izabela</b>	<b>3283</b>	WKURW_TEAM	Senior I K - 20	10	02:38:59	09:14:00	13:34:33	16:43:56	20:49:04	23:54:02	<b>25:22:14.55</b>	<b>25:22:36.55</b>	+14:46:10	13:50	4.3
258	<b>OBARSKA Małgorzata</b>	<b>3031</b>		Weteran K - 50	9	02:54:18	08:11:32	12:34:40	15:19:36	19:26:47	22:41:11	<b>25:23:46.00</b>	<b>25:24:08.75</b>	+14:47:42	13:51	4.3
259	<b>OBARSKI Norbert</b>	<b>3043</b>		Weteran I M - 50	15	02:54:16	08:11:08	12:34:36	15:19:34	19:26:42	22:41:11	<b>25:23:46.90</b>	<b>25:24:09.90</b>	+14:47:43	13:51	4.3
260	<b>BOCHENEK Janusz</b>	<b>3063</b>	WKURW_TEAM	Weteran II M - 60	4	02:38:59	09:13:59	13:13:03	16:01:00	19:31:07	22:48:10	<b>25:31:47.65</b>	<b>25:32:09.50</b>	+14:55:43	13:55	4.3
261	<b>MAŁEK Tomasz</b>	<b>3269</b>		Senior I M - 20	11	01:38:19								+00:11:50	6:33	9.2
	<b>KAMIŃSKI Bartosz</b>	<b>3204</b>		Masters M - 40		02:09:13 DNF	06:00:25 DNF	09:47:34 DNF	12:19:17 DNF	15:13:14 DNF	18:21:31 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MULARCZYK Marta</b>	<b>3165</b>	WKURW_TEAM	Senior I K - 20		02:23:35 DNF	06:25:00 DNF	10:16:39 DNF	13:07:45 DNF	16:49:14 DNF	21:46:23 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>GNIELKA Dawid</b>	<b>3286</b>	ZAMKOWIEC TOSZEK	Senior I M - 20		02:26:25 DNF	06:51:06 DNF	11:40:36 DNF	14:39:38 DNF	19:00:13 DNF	23:58:18 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>ŚWIERAD Dariusz</b>	<b>3279</b>	ASICS FRONTRUNNER POLAND / CAMELBAK POLSKA	Senior II M - 30		01:38:19 DNF	04:13:09 DNF	06:43:52 DNF	08:07:45 DNF	10:04:47 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>PIETRASZEWSKI Robert</b>	<b>3106</b>	BIEGAM BO LUBIĘ - TOMASZÓW MAZOWECKI	Masters M - 40		02:04:05 DNF	06:04:57 DNF	09:57:46 DNF	12:01:29 DNF	15:41:41 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>DROŹDZIEL Mariusz</b>	<b>3247</b>		Senior II M - 30		01:43:34 DNF	04:57:54 DNF	08:15:22 DNF	11:01:15 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MACHUL Ewa</b>	<b>3293</b>	DREAM RUN	Senior II K - 30		01:47:04 DNF	05:05:49 DNF	09:03:47 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>CHRZAN Andrzej</b>	<b>3323</b>	AA TARNÓW	Senior I M - 20		02:03:53 DNF	05:40:50 DNF	09:30:16 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>TALAGA Dawid</b>	<b>3061</b>	OLKUSZBIEGA.PL	Senior II M - 30		01:47:48 DNF	05:25:25 DNF	09:47:45 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>PISKORZ Ireneusz</b>	<b>3277</b>		Senior II M - 30		01:48:51 DNF	05:45:30 DNF	10:02:07 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>WERNER Kamil</b>	<b>3164</b>	BIEGAM NA TARCHOMINIE/ULTRA PASTERZE	Senior II M - 30		01:29:19 DNF	04:13:45 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>JĘDZURA Daniel</b>	<b>3255</b>	NIGHT RUNNERS GLIWCE	Senior II M - 30		01:45:07 DNF	04:49:17 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>JANIK Rafał</b>	<b>3167</b>	GMINA STRZELCE OPOLSKIE	Masters M - 40		01:30:47 DNF	04:51:21 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>PIASECKA - WSZOŁA Anna</b>	<b>3304</b>	MUAY RUNNING TEAM	Senior II K - 30		01:49:00 DNF	04:58:07 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>SLOWINSKI Grzegorz</b>	<b>3175</b>		Senior II M - 30		02:05:17 DNF	05:13:32 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>ŁĘCKI Piotruś</b>	<b>3252</b>	NIGHT RUNNERS GLIWCE	Senior II M - 30		01:41:47 DNF	05:22:18 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>CHRZAN Daniel</b>	<b>3322</b>		Senior II M - 30		01:56:06 DNF	05:25:16 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	<b>BOREJSZO Karol</b>	<b>3274</b>		Senior I M - 20	02:06:35 DNF	05:34:18 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>FJAŁKOWSKI Artur</b>	<b>3159</b>	EKOBIEGI	Senior II M - 30	02:01:24 DNF	05:40:13 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>REJMAN Grzegorz</b>	<b>3138</b>	DREAM RUN	Senior II M - 30	01:47:37 DNF	05:48:32 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>KOZŁOWSKI Bartłomiej</b>	<b>3320</b>		Masters M - 40	02:11:07 DNF	06:17:03 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>NOJSZEWSKA Anika</b>	<b>3319</b>		Senior II K - 30	02:10:36 DNF	06:17:06 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>LIEBCHEN Piotr</b>	<b>3187</b>		Masters M - 40	02:11:10 DNF	06:17:07 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>ARMATYS Grzegorz</b>	<b>3253</b>	ORANGE POLSKA	Weteran I M - 50	02:26:53 DNF	07:55:17 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>RUTKOWSKI Łukasz</b>	<b>3051</b>		Masters M - 40	01:46:57 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>GÓRA Marcin</b>	<b>3244</b>	TWM-TERMO MARCIN GÓRA, JANUSZ SZUBA SP.J.	Masters M - 40	01:59:08 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>CZERNAK Tobiasz</b>	<b>3240</b>		Senior II M - 30	02:00:05 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 288 wynik(ów)