

BIEG K-B-L - 110 KM

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Dolnośląski Festiwal Biegów Górskich

Fundacja MARATONY GÓRSKIE

2019-07-18

Lądek-Zdrój

110 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

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	KOMZA Radosław	3210		Masters M - 40	1	01:31:53	04:04:57	06:30:51	07:55:46	09:48:21	11:32:16	12:49:00.95	12:49:11.10		6:59	8.6 (100%)
2	KUŹNIAK Marcin	3261		Masters M - 40	2	01:33:54	04:11:09	06:37:42	07:58:33	09:51:28	11:32:42	12:54:29.05	12:54:32.65	+00:05:21 (0.7%)	7:02	8.5 (98.8%)
3	GOŚCINIEWICZ Paweł	3282	ZIEMOWIT TEAM	Masters M - 40	3	01:33:52	04:12:27	06:41:38	08:01:42	09:57:21	11:41:29	13:14:47.05	13:14:53.70	+00:25:42 (3.2%)	7:13	8.3 (96.5%)
4	BŁACHUT Radosław	3280	ML TEAM	Masters M - 40	4	01:32:23	04:13:44	06:43:47	08:08:02	10:04:54	11:56:55	13:18:47.60	13:18:50.60	+00:29:39 (3.7%)	7:15	8.3 (96.5%)
5	MARZEC Grzegorz	3276	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	14:26:09.60	14:26:18.90	+01:37:07 (11.2%)	7:52	7.6 (88.4%)
6	FURMAN Sławomir	3088		Masters M - 40	6	01:32:12	04:31:36	07:25:43	09:04:31	11:14:56	13:03:39	14:33:30.70	14:33:35.80	+01:44:24 (12.0%)	7:56	7.6 (88.4%)
7	GAJDA Sebastian	3139	WIECZORNE 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	14:35:14.55	14:35:31.00	+01:46:19 (12.1%)	7:57	7.5 (87.2%)
8	BORÓWKA Ryszard	3082		Masters M - 40	8	01:36:10	04:34:26	07:22:01	08:54:00	11:02:30	13:04:13	14:36:51.80	14:36:55.50	+01:47:44 (12.3%)	7:58	7.5 (87.2%)
9	KOWALIK Andrzej	3219	BIEG OPOLSKI	Masters M - 40	9	01:27:06	04:03:53	06:59:32	08:51:45	11:02:33	13:04:13	14:36:56.25	14:37:00.15	+01:47:49 (12.3%)	7:58	7.5 (87.2%)
10	WYLEGAŁA Michał	3017	PCH_RUN	Masters M - 40	10	01:42:01	04:34:55	07:33:24	09:01:56	11:13:57	13:09:50	14:43:44.30	14:43:52.05	+01:54:40 (13.0%)	8:02	7.5 (87.2%)
11	LONC Tomasz	3078		Masters M - 40	11	01:41:15	04:37:10	07:42:07	09:12:13	11:20:59	13:09:52	14:46:51.25	14:46:56.70	+01:57:45 (13.3%)	8:03	7.4 (86.0%)
12	BAR Stanisław	3275	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	14:52:33.55	14:52:42.45	+02:03:31 (13.8%)	8:06	7.4 (86.0%)
13	SIKORA Michał	3207	BLUSZCZA	Masters M - 40	13	01:43:37	04:40:26	07:39:54	09:14:56	11:26:31	13:22:47	15:01:28.60	15:01:36.00	+02:12:24 (14.7%)	8:11	7.3 (84.9%)
14	SCHWITALLA Adrian	3130	MKS SIECHNICE	Masters M - 40	14	01:47:37	04:53:22	07:56:50	09:37:12	11:51:53	13:40:13	15:11:03.50	15:11:11.70	+02:22:00 (15.6%)	8:16	7.2 (83.7%)
15	POBORSKI Dariusz	3026		Masters M - 40	15	01:42:28	04:41:30	07:46:54	09:24:19	11:40:18	13:39:52	15:14:29.60	15:14:44.00	+02:25:32 (15.9%)	8:18	7.2 (83.7%)
16	SIKORSKI Marcin	3116	TT SZCZECIN	Masters M - 40	16	01:49:03	04:58:05	08:02:25	09:42:15	12:04:46	13:56:59	15:21:17.15	15:21:31.45	+02:32:20 (16.5%)	8:22	7.2 (83.7%)
17	MILEWSKI Maciek	3208	SAMOTNY WILK	Masters M - 40	17	01:32:51	04:19:35	07:35:34	09:33:28	11:55:51	13:52:36	15:22:27.35	15:22:35.35	+02:33:24 (16.6%)	8:23	7.2 (83.7%)

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
18	SOINSKI Przemysław	3131	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	15:27:14.50	15:27:42.00	+02:38:30 (17.1%)	8:25	7.1 (82.6%)
19	FRĄCKOWIAK Michał	3179	CZERWONAK BIEGA	Masters M - 40	19	01:49:24	05:13:42	08:47:05	10:14:40	12:21:55	14:10:41	15:40:42.10	15:40:51.25	+02:51:40 (18.2%)	8:33	7 (81.4%)
20	KUPCZYK Jacek	3181	MOL RUNNERS	Masters M - 40	20	01:53:39	05:01:35	08:03:44	09:44:22	11:59:46	13:56:57	15:41:24.25	15:41:30.60	+02:52:19 (18.3%)	8:33	7 (81.4%)
21	KOWALSKI Maciej	3216	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	15:41:32.35	15:41:45.40	+02:52:34 (18.3%)	8:33	7 (81.4%)
22	PANEK Krzysztof	3296	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	15:42:45.10	15:42:55.80	+02:53:44 (18.4%)	8:34	7 (81.4%)
23	JĘDRZEJEWSKI Łukasz	3039	WATAHA	Masters M - 40	23	01:49:58	04:56:28	07:57:01	09:44:01	11:59:31	14:02:24	15:49:18.20	15:49:29.00	+03:00:17 (19.0%)	8:37	7 (81.4%)
24	KRUPA Piotr	3030	PCH-RUN	Masters M - 40	24	02:00:32	05:13:50	08:23:45	09:59:19	12:13:27	14:16:03	15:51:39.80	15:51:50.10	+03:02:39 (19.2%)	8:39	6.9 (80.2%)
25	BOROWCZYK Marcin	3037		Masters M - 40	25	01:51:26	05:04:26	08:19:03	09:59:39	12:19:49	14:20:51	16:01:30.55	16:01:39.40	+03:12:28 (20.0%)	8:44	6.9 (80.2%)
26	KNAPIK Piotr	3217	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	16:01:23.55	16:01:39.70	+03:12:28 (20.0%)	8:44	6.9 (80.2%)
27	KUBICA Bartosz	3149		Masters M - 40	27	01:50:36	05:03:09	08:07:52	10:04:27	12:20:29	14:30:26	16:16:30.35	16:16:41.05	+03:27:29 (21.2%)	8:52	6.8 (79.1%)
28	KOSTRZEWSKI Sławomir	3065		Masters M - 40	28	01:37:17	04:55:03		09:47:34	12:15:37	14:30:47	16:18:33.95	16:18:41.95	+03:29:30 (21.4%)	8:53	6.7 (77.9%)
29	ZGRAJ Leszek	3266	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	16:19:11.50	16:19:16.80	+03:30:05 (21.5%)	8:54	6.7 (77.9%)
30	LIPIŃSKI Marek	3098		Masters M - 40	30	01:48:44	05:01:15	08:09:52	10:00:24	12:20:49	14:51:08	16:40:30.45	16:41:01.40	+03:51:50 (23.2%)	9:05	6.6 (76.7%)
31	JACKOWICZ Rafał	3157	JACKOWICZ TEAM	Masters M - 40	31	01:58:50	05:31:47	08:48:24	10:40:29	12:54:46	14:58:34	16:42:09.10	16:42:29.20	+03:53:18 (23.3%)	9:06	6.6 (76.7%)
32	MARCINIAK Janusz	3046	NIGHT RUNNERS	Masters M - 40	32	01:59:25	05:24:57	08:56:28	10:35:44	13:09:19	15:14:16	16:52:51.85	16:53:10.50	+04:03:59 (24.1%)	9:12	6.5 (75.6%)
33	NOWICKI Zbigniew	3145		Masters M - 40	33	01:53:39	04:53:38	08:25:19	10:15:57	12:59:32	15:24:35	17:13:47.50	17:13:50.15	+04:24:39 (25.6%)	9:23	6.4 (74.4%)
34	MACKIEWICZ Artur	3042	DŁUGOBIEGANIE	Masters M - 40	34	01:47:02	05:05:13	08:39:16	10:30:18	13:08:11	15:27:17	17:14:22.10	17:14:27.30	+04:25:16 (25.6%)	9:24	6.4 (74.4%)
35	MROZIAK Maciek	3230	RUNPASSION.PLTEAM	Masters M - 40	35	01:47:00	05:05:13	08:39:07	10:30:18	13:08:07	15:27:05	17:14:21.40	17:14:27.45	+04:25:16 (25.6%)	9:24	6.4 (74.4%)
36	DYDUCH Maciej	3232	KB ORANGE	Masters M - 40	36	01:52:58	05:06:52	08:45:57	10:35:24	13:09:11	15:29:18	17:16:59.50	17:17:20.55	+04:28:09 (25.9%)	9:25	6.4 (74.4%)
37	SIWEK Jarek	3060	RAZ SZCZECIN	Masters M - 40	37	01:50:33	05:29:37	08:56:10	10:42:26	13:38:34	15:56:16	17:40:02.00	17:40:20.90	+04:51:09 (27.5%)	9:38	6.2 (72.1%)
38	ROSA Jarosław	3075	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	17:43:04.35	17:43:25.20	+04:54:14 (27.7%)	9:39	6.2 (72.1%)
39	SZUBA Teofil	3290	MARATOŃCZYK SZCZECIN	Masters M - 40	39	02:01:41	05:44:38	09:15:49	11:03:20	13:45:24	16:02:52	18:10:30.10	18:10:34.00	+05:21:22 (29.5%)	9:54	6.1 (70.9%)
40	POTOCKI Maciej	3265	ORANGE POLSKA	Masters M - 40	40	02:09:53	05:55:11	09:29:31	11:19:25	13:56:49	16:22:41	18:17:48.30	18:18:04.75	+05:28:53 (30.0%)	9:58	6 (69.8%)
41	SULIN Marek	3100	SPARTANIE DZIECIOM	Masters M - 40	41	02:01:48	05:55:21	09:22:04	11:05:31	13:56:55	16:32:11	18:22:53.35	18:23:06.20	+05:33:55 (30.3%)	10:01	6 (69.8%)
42	ZAKRZEWSKI Marek	3248	EKOBIEGI	Masters M - 40	42	02:01:23	05:28:51	08:54:38	10:49:55	13:45:32	16:24:12	18:24:30.00	18:24:36.05	+05:35:24 (30.4%)	10:02	6 (69.8%)

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
43	BRZOZOWSKI Rafał	3313		Masters M - 40	43	02:10:10	05:54:57	09:21:57	11:06:05	13:56:49	16:32:24	18:24:27.75	18:24:50.60	+05:35:39 (30.4%)	10:02	6 (69.8%)
44	DADAŚ Janusz	3083	NIGHT RUNNERS GLIWICE	Masters M - 40	44	01:46:34	05:19:25	08:45:49	10:44:04	13:28:09	16:11:34	18:30:01.30	18:30:13.95	+05:41:02 (30.7%)	10:05	5.9 (68.6%)
45	PAŚ Tomasz	3183	PASIOL TEAM WROCŁAW	Masters M - 40	45	02:01:07	05:49:46	09:18:31	11:09:00	14:06:24	16:32:48	18:30:22.95	18:30:33.25	+05:41:22 (30.7%)	10:05	5.9 (68.6%)
46	ANDRZEJEWSKI Paweł	3093		Masters M - 40	46	02:04:28	05:55:19	09:36:48	11:28:08	14:37:01	17:01:59	18:52:40.85	18:52:44.65	+06:03:33 (32.1%)	10:17	5.8 (67.4%)
47	SMOLEŃ Tomasz	3260	TMTEAM	Masters M - 40	47	02:04:38	05:48:35	09:18:26	11:17:42	14:11:38	16:55:49	18:55:29.35	18:55:49.85	+06:06:38 (32.3%)	10:19	5.8 (67.4%)
48	KUNKE Tomasz	3156	13WOG GRUDZIĄDZ	Masters M - 40	48	01:46:01	05:16:17	08:48:28	10:56:18	13:54:25	16:38:37	18:57:58.85	18:58:18.40	+06:09:07 (32.4%)	10:20	5.8 (67.4%)
49	PAWŁOWSKI Robert	3023	VEGE RUNNERS	Masters M - 40	49	02:11:33	06:11:24	09:48:33	11:42:41	14:33:42	17:08:10	19:08:55.80	19:09:04.60	+06:19:53 (33.1%)	10:26	5.7 (66.3%)
50	KŁOPOTEK Marcin	3144	EXTREME FAMILY	Masters M - 40	50	01:45:44	05:04:54	08:31:23	10:56:15	14:10:34	16:54:55	19:09:59.95	19:10:04.60	+06:20:53 (33.1%)	10:27	5.7 (66.3%)
51	GAWLAS Przemysław	3315		Masters M - 40	51	01:56:43	05:41:10	09:18:41	11:17:41	14:12:00	16:55:58	19:13:49.85	19:13:59.05	+06:24:47 (33.3%)	10:29	5.7 (66.3%)
52	KRAWISZ Maciej	3221	LP500	Masters M - 40	52	01:45:54	04:50:21	08:09:54	10:10:49	13:15:27	16:30:43	19:14:36.55	19:14:43.80	+06:25:32 (33.4%)	10:29	5.7 (66.3%)
53	DEC Rafał	3003	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	19:21:25.95	19:21:46.50	+06:32:35 (33.8%)	10:33	5.7 (66.3%)
53	SZANDAŁA Jacek	3089	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	19:21:25.15	19:21:46.50	+06:32:35 (33.8%)	10:33	5.7 (66.3%)
55	NARECKI Jarosław	3272		Masters M - 40	55	02:06:22	05:41:45	09:22:26	11:17:06	14:18:28	17:15:45	19:24:03.65	19:24:30.50	+06:35:19 (33.9%)	10:34	5.7 (66.3%)
56	SIECZKOWSKI Artur	3058	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	19:25:06.30	19:25:34.10	+06:36:23 (34.0%)	10:35	5.7 (66.3%)
57	PĘKALA Paweł	3072	AMATOR RYTWIANY	Masters M - 40	57	02:13:48	06:08:12	09:44:16	11:46:45	14:46:16	17:15:46	19:25:48.00	19:26:10.15	+06:36:59 (34.0%)	10:35	5.7 (66.3%)
58	PIŁAT Jarosław	3153	CH10	Masters M - 40	58	02:12:20	05:55:16	09:26:54	11:23:13	14:22:32	17:13:33	19:34:49.60	19:35:14.60	+06:46:03 (34.6%)	10:40	5.6 (65.1%)
59	CZAJKOWSKI Rafał	3180	EKOBIEGI	Masters M - 40	59	02:11:04	06:05:25	09:53:09	11:52:16	14:48:29	17:19:37	19:36:20.90	19:36:29.90	+06:47:18 (34.6%)	10:41	5.6 (65.1%)
60	KOCIOŁEK Zbigniew	3239		Masters M - 40	60	02:03:52	05:41:26	09:20:39	11:46:14	14:51:01	17:39:58	19:36:28.90	19:36:39.40	+06:47:28 (34.6%)	10:41	5.6 (65.1%)
61	PRZYBYŁ Tomasz	3070		Masters M - 40	61	02:03:48	05:41:07	09:17:55	11:17:39	14:11:46	16:56:19	19:37:27.10	19:37:46.40	+06:48:35 (34.7%)	10:42	5.6 (65.1%)
62	LASZCZYŃSKI Tomasz	3188	TATA. NATALKI	Masters M - 40	62	02:22:10	06:43:26	10:34:21	12:31:59	15:28:01	17:49:15	19:37:35.40	19:37:52.60	+06:48:41 (34.7%)	10:42	5.6 (65.1%)
63	ZIEMKIEWICZ Jarek	3033	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	19:38:19.25	19:38:41.50	+06:49:30 (34.7%)	10:42	5.6 (65.1%)
64	LIPSKI Krzysztof	3091		Masters M - 40	64	02:05:10	06:04:38	09:46:17	11:48:20	15:03:07	17:39:46	19:40:19.10	19:40:25.75	+06:51:14 (34.8%)	10:43	5.6 (65.1%)
65	BĄK Andrzej	3117	SPC	Masters M - 40	65	02:16:51	06:32:40	10:06:30	12:01:47	14:58:06	17:35:42	19:41:44.30	19:42:09.70	+06:52:58 (34.9%)	10:44	5.6 (65.1%)
66	ŁĄTKOWSKI Maciej	3032	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	19:43:46.60	19:44:11.80	+06:55:00 (35.0%)	10:45	5.6 (65.1%)
67	TOMCZAK Mariusz	3292		Masters M - 40	67	02:03:37	06:08:16	09:56:12	12:00:47	15:02:40	17:49:39	19:57:01.25	19:57:15.05	+07:08:03 (35.8%)	10:52	5.5 (64.0%)

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
68	RELEWICZ Maciej	3168	WOLNE ŚLIMAKI	Masters M - 40	68	02:03:34	06:08:13	09:56:07	12:00:45	15:02:21	17:50:15	19:57:02.30	19:57:17.50	+07:08:06 (35.8%)	10:52	5.5 (64.0%)
69	FILIPIAK Sebastian	3056	LZS LIPA	Masters M - 40	69	02:03:35	05:53:19	09:48:53	11:46:37	14:51:54	17:37:54	20:07:29.85	20:07:55.15	+07:18:44 (36.3%)	10:58	5.5 (64.0%)
70	KONIECZNY Andrzej Konieczny	3034		Masters M - 40	70	02:12:31	06:39:48	10:18:35	12:12:13	15:11:53	17:51:51	20:07:42.55	20:07:55.40	+07:18:44 (36.3%)	10:58	5.5 (64.0%)
71	KLATE Łukasz	3068	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	20:07:49.50	20:08:04.40	+07:18:53 (36.3%)	10:58	5.5 (64.0%)
72	JĘDRYCHA Artur	3085		Masters M - 40	72	02:08:45	06:08:43	10:07:42	12:36:39	15:52:24	18:40:34	21:04:11.15	21:04:45.10	+08:15:34 (39.2%)	11:29	5.2 (60.5%)
73	SAMOLAK Maciek	3141	PREDATORS WAŁBRZYCH	Masters M - 40	73	02:13:47	06:49:47	10:52:24	13:05:05	16:13:32	19:08:35	21:19:35.80	21:20:08.80	+08:30:57 (39.9%)	11:37	5.2 (60.5%)
74	KOREK Krystian	3213		Masters M - 40	74	02:15:35	06:50:13	11:06:24	13:26:17	16:44:48	19:24:46	21:40:32.85	21:41:02.65	+08:51:51 (40.9%)	11:49	5.1 (59.3%)
74	KRANZ Grzegorz	3212		Masters M - 40	75	02:15:34	06:52:05	11:05:02	13:26:17	16:45:12	19:24:54	21:40:33.05	21:41:02.65	+08:51:51 (40.9%)	11:49	5.1 (59.3%)
76	GRUSZCZYŃSKI Marcin	3287	GRUSZKOWYTEAM	Masters M - 40	76	02:06:07	06:18:05	10:58:03	13:25:21	16:38:04	19:43:21	21:47:17.65	21:47:29.65	+08:58:18 (41.2%)	11:53	5 (58.1%)
77	KÓZKA Przemó	3133	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	21:51:18.05	21:51:39.40	+09:02:28 (41.4%)	11:55	5 (58.1%)
78	WAŁEK Piotr	3020	RUNNERS TEAM QUIBL	Masters M - 40	78	02:32:10	07:12:27	11:23:20	13:45:06		19:56:51	22:13:11.65	22:13:41.90	+09:24:30 (42.3%)	12:07	5 (58.1%)
79	MARKOWSKI Piotr	3087	MARKOTNYSKOWRONEK	Masters M - 40	79	02:11:55	06:25:14	10:28:55	12:53:10	16:28:05	19:35:14	22:16:41.40	22:17:01.50	+09:27:50 (42.5%)	12:09	4.9 (57.0%)
80	SKOWRONEK Artur	3132	MARKOTNYSKOWRONEK	Masters M - 40	80	02:11:57	06:25:17	10:29:21	12:59:16	16:36:41	19:43:21	22:21:18.75	22:21:38.30	+09:32:27 (42.7%)	12:11	4.9 (57.0%)
81	FRĄCKOWIAK Jacek	3136	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	22:27:23.35	22:27:38.40	+09:38:27 (42.9%)	12:14	4.9 (57.0%)
82	DĘBEK Piotr	3064	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	22:27:24.50	22:27:39.30	+09:38:28 (42.9%)	12:14	4.9 (57.0%)
83	SZACHEWICZ Sławek	3143	JEŻOZWIERZE GROUP	Masters M - 40	83	02:16:13	06:25:18	10:38:18	13:16:28	17:13:16	20:23:48	22:34:08.50	22:34:39.30	+09:45:28 (43.2%)	12:18	4.9 (57.0%)
84	HOFFMANN Grzegorz	3036		Masters M - 40	84	02:21:42	07:00:12	11:04:39	13:35:21	17:07:05	20:06:43	22:40:02.65	22:40:31.20	+09:51:20 (43.5%)	12:21	4.9 (57.0%)
85	RECZUCH Adam	3194		Masters M - 40	85	02:27:59	06:18:18		12:10:28		19:45:35	22:51:50.30	22:52:21.40	+10:03:10 (44.0%)	12:28	4.8 (55.8%)
86	CIECIELĄG Piotr	3006		Masters M - 40	86	02:04:05	05:53:44	09:49:32	12:10:27	16:10:07	20:21:36	23:00:56.65	23:01:10.95	+10:11:59 (44.3%)	12:33	4.8 (55.8%)
87	GRZESIAK Rafał	3081		Masters M - 40	87	02:09:37	07:31:40	12:02:59	14:41:31	17:35:36	20:41:07	23:52:03.65	23:52:17.05	+11:03:05 (46.3%)	13:01	4.6 (53.5%)
88	KOSMIDER Tomasz	3209	SPARTANIE DZIECIOM	Masters M - 40	88	02:19:35	06:47:58	11:02:40	13:58:31	17:37:19	20:56:39	23:58:28.15	23:58:59.90	+11:09:48 (46.5%)	13:04	4.6 (53.5%)
89	MADAJ Paweł	3118	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	23:58:57.70	23:59:17.20	+11:10:06 (46.6%)	13:04	4.6 (53.5%)
90	STEFANOWSKI Marcin	3019	ŻARÓW BIEGA	Masters M - 40	90	02:41:02	07:50:28	12:38:40	15:15:02	18:42:40	21:56:02	24:43:42.65	24:44:01.65	+11:54:50 (48.2%)	13:29	4.4 (51.2%)
91	TALARCZYK Mikołaj	3254		Masters M - 40	91	02:10:39	06:25:10	10:19:09	12:57:13	17:01:37	21:46:09	25:21:10.30	25:21:39.40	+12:32:28 (49.5%)	13:49	4.3 (50.0%)
	KAMIŃSKI Bartosz	3204		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	DNF	DNF	-	-	- (0.0%)

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
	PIETRASZEWSKI Robert	3106	BIEGAM BO LUBIEŹ - TOMASZÓW MAZOWIECKI	Masters M - 40		02:04:05 DNF	06:04:57 DNF	09:57:46 DNF	12:01:29 DNF	15:41:41 DNF	DNF	DNF	DNF		-	- (0.0%)
	JANIK Rafał	3167	GMINA STRZELCE OPOLSKIE	Masters M - 40		01:30:47 DNF	04:51:21 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZŁOWSKI Bartłomiej	3320		Masters M - 40		02:11:07 DNF	06:17:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LIEBCHEN Piotr	3187		Masters M - 40		02:11:10 DNF	06:17:07 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RUTKOWSKI Łukasz	3051		Masters M - 40		01:46:57 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GÓRA Marcin	3244	TWM-TERMO MARCIN GÓRA, JANUSZ SZUBA SP.J.	Masters M - 40		01:59:08 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 98 wynik(ów)