BIEG K-B-L - 110 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-20
Miejsce: Lądek Zdrój
Dystans: 110 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	**JÓZWIAK Piotr**	**5143**	KITA TEAM	Senior II M - 30	1	01:29:23	03:51:47	06:10:57	07:31:19	09:16:57	10:40:36	**12:01:13.85**	**12:01:16.10**		6:33	9,2 (100%)
2	**KORAB Robert**	**5216**	LURBEL POLSKA	Masters M - 40	1	01:38:26	04:19:52	06:41:55	08:00:28	09:44:55	11:21:15	**12:41:38.95**	**12:41:43.70**	+00:40:27 (5.3%)	6:55	8,7 (88.9%)
3	**PIĄTEK Mateusz**	**5003**	WKURW_TEAM	Senior I M - 20	1	01:37:42	04:18:04		08:09:38	09:54:55	11:24:52	**12:44:28.85**	**12:44:33.20**	+00:43:17 (5.7%)	6:56	8,6 (88.9%)
4	**SZCZOTKA Paweł**	**5183**		Masters M - 40	2	01:37:10	04:21:26	06:49:55	08:17:39	10:01:55	11:39:29	**13:05:16.05**	**13:05:20.85**	+01:04:04 (8.2%)	7:08	8,4 (88.9%)
5	**WENTA Marta**	**5158**	KASZUBSKA PONIEWIERKA	Senior I K - 20	1	01:37:46	04:21:31	06:49:55	08:17:38	10:01:55	11:39:23	**13:05:16.50**	**13:05:21.00**	+01:04:04 (8.2%)	7:08	8,4 (88.9%)
6	**BUŁANOW Leszek**	**5213**		Masters M - 40	3	01:33:37	04:14:01	06:44:55	08:09:38	10:05:55	11:40:37	**13:07:21.00**	**13:07:25.20**	+01:06:09 (8.4%)	7:09	8,4 (88.9%)
7	**SARNOWSKI Paweł**	**5215**	ULTRASARNY	Senior I M - 20	2	01:32:17	04:14:04	06:44:51	08:09:35	10:01:51	11:40:36	**13:07:42.20**	**13:07:50.45**	+01:06:34 (8.4%)	7:09	8,4 (88.9%)
8	**ŚWIERAD Dariusz**	**5012**	ASICS FRONTRUNNER POLSKA	Senior II M - 30	2	01:43:39	04:33:42	07:04:52	08:29:21	10:17:52	11:46:58	**13:11:56.40**	**13:12:03.75**	+01:10:47 (8.9%)	7:11	8,3 (88.9%)
9	**PODSIADŁO Mikołaj**	**5130**	KW POZNAŃ	Senior I M - 20	3	01:40:17	04:27:17	06:54:50	08:20:27	10:11:50	11:46:54	**13:11:54.50**	**13:12:03.95**	+01:10:47 (8.9%)	7:11	8,3 (88.9%)
10	**ŚWIDEREK Jacek**	**5222**		Masters M - 40	4	01:40:16	04:24:36	07:00:55	08:45:10	10:29:55	12:11:11	**13:21:51.30**	**13:21:55.30**	+01:20:39 (10.1%)	7:17	8,2 (88.9%)
11	**DRABIK Dawid**	**5062**		Senior II M - 30	3	01:39:22	04:23:02	06:54:33	08:42:47	10:27:33	12:08:34	**13:24:03.85**	**13:24:30.80**	+01:23:14 (10.3%)	7:18	8,2 (88.9%)
12	**KULIŃSKI Maciej**	**5057**	OIRP WROCŁAW	Senior II M - 30	4	01:38:31	04:26:57	07:12:53	08:40:00	10:29:53	12:15:27	**13:35:29.45**	**13:35:35.95**	+01:34:19 (11.6%)	7:24	8,1 (88.9%)
13	**KUTER Krzysztof**	**5181**	KONDYCJA	Senior II M - 30	5	01:34:02	04:14:28	06:47:54	08:15:48	10:14:54	12:05:53	**13:38:54.85**	**13:39:00.20**	+01:37:44 (11.9%)	7:26	8,1 (88.9%)
14	**DĄBROWSKI Kamil**	**5047**	BIEGIEM PO PIWO PIWOTEKA ŁÓDŹ	Senior I M - 20	4	01:37:22	04:27:18	07:01:43	08:46:35	10:39:43	12:23:25	**13:44:35.40**	**13:44:51.90**	+01:43:35 (12.6%)	7:29	8 (88.9%)
15	**TUCZYŃSKI Maciej**	**5225**	RGIG / OLD SCHOOL TRAIL RUNNERS	Senior II M - 30	6	01:47:06	04:46:10	07:20:39	09:06:52	10:56:39	12:37:21	**13:53:54.40**	**13:54:15.25**	+01:52:59 (13.5%)	7:34	7,9 (77.8%)
16	**RZEPKA Remigiusz**	**5210**	CLEAREX	Masters M - 40	5	01:32:19	04:06:18	06:34:53	08:00:26	10:06:53	12:00:47	**13:57:45.45**	**13:57:52.00**	+01:56:35 (13.9%)	7:36	7,9 (77.8%)
17	**GÓRNY Piotr**	**5098**	GÓRNY TEAM	Senior I M - 20	5	01:45:46	04:33:58	07:20:36	08:51:52	10:54:36	12:33:39	**14:02:12.40**	**14:02:35.80**	+02:01:19 (14.4%)	7:39	7,8 (77.8%)
18	**WYRODEK Jakub**	**5201**	IT KONTRAKT	Senior II M - 30	7	02:01:47	04:50:33	07:20:38	08:51:54	10:49:38	12:34:47	**14:02:14.85**	**14:02:36.20**	+02:01:20 (14.4%)	7:39	7,8 (77.8%)
19	**MIKUŚ Marcin**	**5053**		Senior II M - 30	8	01:44:57	04:44:14	07:42:43	09:20:38	11:09:43	12:39:45	**14:03:06.25**	**14:03:22.35**	+02:02:06 (14.5%)	7:39	7,8 (77.8%)
20	**NIEDŹWIEDŹ Tomasz**	**5224**	SIŁA OGRA	Senior II M - 30	9	01:43:02	04:44:30	07:41:55	09:19:22	11:10:55		**14:03:30.05**	**14:03:35.00**	+02:02:18 (14.5%)	7:40	7,8 (77.8%)
21	**PISAREK Maciej**	**5174**	BIOCO RUNNING TEAM	Senior II M - 30	10	01:29:23	04:34:22	07:11:57	08:40:35	10:42:57	12:35:33	**14:06:36.85**	**14:06:39.05**	+02:05:22 (14.8%)	7:41	7,8 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
22	**KUŹNIAK Marcin**	**5036**		Masters M - 40	6	01:43:30	04:45:44	07:28:53	09:08:58	11:04:53	12:44:29	**14:12:23.55**	**14:12:29.70**	+02:11:13 (15.4%)	7:44	7,7 (77.8%)
23	**WICHŁACZ Paweł**	**5058**	KB MANIAC POZNAŃ	Senior II M - 30	11	01:50:58	04:50:06	07:35:28	09:07:31	11:19:28	13:06:25	**14:35:02.75**	**14:35:34.10**	+02:34:18 (17.6%)	7:57	7,5 (77.8%)
24	**STOKŁOSA Sebastian**	**5072**	LESZ NO LIMITS RUNNERS	Senior II M - 30	12	01:46:43	04:45:46	07:30:52	09:09:32	11:12:52	13:01:20	**14:36:15.65**	**14:36:23.00**	+02:35:06 (17.7%)	7:57	7,5 (77.8%)
25	**BIADASZ Andrzej Michał**	**5063**	POLITECHNIKA POZNAŃSKA	Masters M - 40	7	01:40:16	04:24:34	06:44:54	09:09:34	11:14:54	13:11:31	**14:45:18.30**	**14:45:23.40**	+02:44:07 (18.5%)	8:02	7,5 (77.8%)
26	**GOLIAT Damian**	**5075**	CKBABCIE	Senior II M - 30	13	01:38:29	04:18:03	06:43:55	08:00:38	10:01:55	12:13:21	**14:47:05.35**	**14:47:10.25**	+02:45:54 (18.7%)	8:03	7,4 (77.8%)
27	**PERYKASZA Paweł**	**5014**	NR +	Senior II M - 30	14	01:45:20	04:51:24	07:54:51	09:31:15	11:37:51	13:23:18	**14:47:24.55**	**14:47:32.80**	+02:46:16 (18.7%)	8:04	7,4 (77.8%)
28	**STATECZYŃSKI Błażej**	**5120**	DEFENDU	Senior II M - 30	15	01:52:01	04:50:40	07:38:38	09:24:39	11:31:38	13:26:46	**14:58:38.10**	**14:58:59.55**	+02:57:43 (19.8%)	8:10	7,3 (77.8%)
29	**KURPIEWSKA Anna**	**5123**	GT RAT	Masters K - 40	1	01:46:28	05:06:00		09:40:14	11:57:51	13:43:52	**15:10:42.85**	**15:10:51.10**	+03:09:35 (20.8%)	8:16	7,2 (77.8%)
30	**SOBOL Tomasz**	**5157**		Masters M - 40	8	01:45:58	05:02:41	07:57:55	09:41:36	11:56:55	13:45:44	**15:15:51.50**	**15:15:55.55**	+03:14:39 (21.3%)	8:19	7,2 (77.8%)
31	**MAZURKIEWICZ Jerzy**	**5051**		Senior II M - 30	16	01:44:24	04:47:22	07:57:50	09:32:36	11:50:50	13:52:19	**15:24:13.55**	**15:24:22.90**	+03:23:06 (22.0%)	8:24	7,1 (77.8%)
32	**GŁODOWSKA Kamila**	**5193**	TEAM K34	Senior I K - 20	2	01:50:35	04:52:09	07:54:52	09:33:30	11:40:52	13:44:20	**15:25:05.60**	**15:25:13.30**	+03:23:57 (22.0%)	8:24	7,1 (77.8%)
33	**LEHMANN Dawid**	**5022**	HOLISTIC CREW KĘPNO	Senior I M - 20	6	01:37:36	04:28:06	07:30:55	09:14:43	11:29:55	13:34:18	**15:25:59.35**	**15:26:03.80**	+03:24:47 (22.1%)	8:25	7,1 (77.8%)
34	**BOŻEK Michał**	**5118**		Senior II M - 30	17	01:45:54	04:48:20	07:42:36	09:19:04	11:25:36		**15:25:42.30**	**15:26:05.40**	+03:24:49 (22.1%)	8:24	7,1 (77.8%)
35	**MILCZAREK Paweł**	**5194**	SZUKAM SPONSORA	Senior I M - 20	7	01:42:50	04:45:38	07:46:46	09:24:47	11:44:46	13:55:45	**15:31:10.85**	**15:31:23.95**	+03:30:07 (22.6%)	8:27	7,1 (77.8%)
36	**JĘDRASZEK Alicja**	**5168**	KORONA PABIANICE	Senior II K - 30	1	01:59:39	05:08:51	08:07:37	09:40:11	11:56:37	13:55:43	**15:34:28.60**	**15:34:50.95**	+03:33:34 (22.8%)	8:29	7,1 (77.8%)
37	**PAWŁOWSKI Tomasz**	**5182**	TEAM PLESZEW	Senior II M - 30	18	01:43:05	04:45:40	07:42:46	09:25:15	11:45:46	13:55:48	**15:35:32.50**	**15:35:45.90**	+03:34:29 (22.9%)	8:30	7,1 (77.8%)
38	**JUSZKO Krzysztof**	**5161**		Masters M - 40	9	01:50:43	05:08:26	08:09:53	09:57:20	12:14:53	14:08:48	**15:41:02.65**	**15:41:09.40**	+03:39:53 (23.4%)	8:33	7 (77.8%)
39	**SADZIK Robert**	**5002**		Senior II M - 30	19	01:45:45	05:20:49	08:32:56	10:15:40	12:33:56	14:20:03	**15:44:53.90**	**15:44:57.00**	+03:43:40 (23.7%)	8:35	7 (77.8%)
40	**ZIENIEWICZ Wojciech**	**5125**		Masters M - 40	10	01:44:08	04:57:07	08:07:55	09:40:28	11:58:55	14:06:13	**15:46:51.90**	**15:46:56.40**	+03:45:40 (23.8%)	8:36	7 (77.8%)
41	**CAŁY Patryk**	**5066**	#KFD FALLOUT TEAM	Senior II M - 30	20	02:06:43	05:23:48	08:26:33	10:07:10	12:30:33	14:24:01	**15:54:20.45**	**15:54:47.00**	+03:53:30 (24.5%)	8:40	6,9 (66.7%)
42	**KUC Wojciech**	**5048**		Senior II M - 30	21	01:48:18	04:58:18	08:01:44	09:42:32	12:02:44	14:11:33	**15:59:57.90**	**16:00:12.95**	+03:58:56 (24.9%)	8:43	6,9 (66.7%)
43	**DZIUBA Piotr**	**5026**		Masters M - 40	11	01:44:13	04:59:38	08:06:47	09:49:42	12:28:47	14:25:25	**16:00:15.15**	**16:00:27.95**	+03:59:11 (24.9%)	8:43	6,9 (66.7%)
44	**KUKULSKI Wojciech**	**5124**		Senior II M - 30	22	01:53:23	05:18:33	08:26:48	10:12:07	12:23:48	14:25:27	**16:02:51.20**	**16:03:02.45**	+04:01:46 (25.1%)	8:45	6,9 (66.7%)
45	**SOBCZAK Daniel**	**5142**		Senior II M - 30	23	01:52:54	05:05:44	08:14:33	09:59:40	12:21:33	14:25:30	**16:02:59.85**	**16:03:26.25**	+04:02:10 (25.1%)	8:45	6,9 (66.7%)
46	**TOMALSKI Marcin**	**5202**		Senior II M - 30	24	01:44:52	04:53:38	07:51:51	09:31:02	11:47:51	13:52:58	**16:05:48.05**	**16:05:56.35**	+04:04:40 (25.3%)	8:46	6,8 (66.7%)
47	**KOTARBA Wojciech**	**5050**	FEBRISAN	Senior II M - 30	25	02:02:56	05:24:55	08:32:34	10:09:49	12:43:34	14:39:08	**16:11:19.05**	**16:11:44.70**	+04:10:28 (25.8%)	8:49	6,8 (66.7%)
48	**JĘDRYCHOWSKI Bartłomiej**	**5205**	WEMECOTEAM	Senior II M - 30	26	01:56:46	05:20:58	08:32:45	10:10:01	12:43:45	14:39:23	**16:11:30.60**	**16:11:44.90**	+04:10:28 (25.8%)	8:49	6,8 (66.7%)
49	**ŚWITALSKA Jowita (Julja)**	**5073**	NIGHT RUNNERS / NR+	Senior II K - 30	2	01:57:44	05:28:20	08:40:53	10:26:08	12:35:53	14:39:11	**16:12:33.20**	**16:12:39.90**	+04:11:23 (25.8%)	8:50	6,8 (66.7%)
50	**RYMARSKI Arkadiusz**	**5065**	NOA	Masters M - 40	12	01:46:24	04:48:22	07:45:51	09:25:14	11:54:51	14:21:32	**16:31:58.90**	**16:32:07.75**	+04:30:51 (27.3%)	9:01	6,7 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
50	**KUNICKI Konrad**	**5064**	NOA	Senior II M - 30	27	01:46:26	04:48:35	07:45:52	09:25:15	11:54:52	14:21:32	**16:32:00.15**	**16:32:07.75**	+04:30:51 (27.3%)	9:01	6,7 (66.7%)
52	**IWANYSZYN Tomasz**	**5015**	SIELOTO	Senior II M - 30	28	02:03:31	05:44:08		10:34:17	12:58:47	15:01:49	**16:35:39.35**	**16:35:51.55**	+04:34:35 (27.6%)	9:03	6,6 (66.7%)
53	**PIASECKI Rafał**	**5192**	UKA WARSZAWA	Senior II M - 30	29	01:45:45	04:54:22	07:52:52	10:06:28	12:42:52	14:53:22	**16:36:21.10**	**16:36:28.10**	+04:35:12 (27.6%)	9:03	6,6 (66.7%)
54	**REJF Tomasz**	**5019**	RUDY AND TUNIEK	Masters M - 40	13	02:05:47	05:45:37	08:59:38	10:39:25	12:59:38	14:53:08	**16:36:06.55**	**16:36:28.20**	+04:35:12 (27.6%)	9:03	6,6 (66.7%)
55	**KROK Sławomir**	**5226**		Masters M - 40	14	01:51:29	05:18:53	08:32:28	10:20:35	12:55:28	15:00:11	**16:40:29.55**	**16:41:00.60**	+04:39:44 (27.9%)	9:05	6,6 (66.7%)
56	**HOFMAŃSKI Rafał**	**5207**		Senior I M - 20	8	01:56:46	05:20:32		10:21:18	12:52:48	15:01:52	**16:41:51.55**	**16:42:02.70**	+04:40:46 (28.0%)	9:06	6,6 (66.7%)
57	**MAJEWICZ Filip**	**5140**		Senior I M - 20	9	02:00:10	05:30:45	08:40:48	10:28:48	12:47:48	14:54:54	**16:44:24.15**	**16:44:35.20**	+04:43:19 (28.2%)	9:07	6,6 (66.7%)
58	**WIERGOWSKI Marek**	**5221**	STRASZYN ULTRA TEAM	Masters M - 40	15	02:09:52	05:41:00	09:20:39	11:06:28	13:22:39	15:12:19	**16:45:08.30**	**16:45:29.15**	+04:44:13 (28.3%)	9:08	6,6 (66.7%)
59	**DREJARZ-KACZMAREK Anna**	**5165**	OXYGEN	Senior II K - 30	3	02:03:38	05:40:39	08:55:52	10:34:49	13:17:52	15:10:39	**16:47:59.75**	**16:48:07.35**	+04:46:51 (28.5%)	9:09	6,5 (66.7%)
60	**WŁODARCZYK Michał**	**5076**		Senior II M - 30	30	01:57:39	05:20:31	08:32:47	10:17:15	12:56:47	15:01:50	**16:49:28.45**	**16:49:41.00**	+04:48:24 (28.6%)	9:10	6,5 (66.7%)
61	**MISZCZAK Szymon**	**5044**	REHABILITANCI.ORG.PL	Senior II M - 30	31	01:56:22	04:59:37	08:08:47	10:09:00	12:48:47	15:05:01	**16:52:27.35**	**16:52:39.60**	+04:51:23 (28.8%)	9:12	6,5 (66.7%)
62	**OKIENCZUK Radek**	**5136**	KONGO SAFIRI	Senior II M - 30	32	01:59:58	05:28:12	08:48:49	10:34:15	13:07:49	15:10:30	**16:53:44.60**	**16:53:55.25**	+04:52:39 (28.9%)	9:12	6,5 (66.7%)
63	**LASEK Jakub**	**5227**	KW OPOLE	Senior I M - 20	10	01:59:35	05:27:53	08:47:48	10:34:14	13:06:48	15:08:13	**16:53:44.20**	**16:53:55.55**	+04:52:39 (28.9%)	9:12	6,5 (66.7%)
64	**TASZAREK Jakub**	**5016**		Masters M - 40	16	01:53:21	05:18:46	08:26:49	10:12:09	12:53:49	15:09:54	**16:58:50.20**	**16:59:01.15**	+04:57:45 (29.2%)	9:15	6,5 (66.7%)
65	**FILIPOWICZ Marcin**	**5152**		Masters M - 40	17	01:59:59	05:24:51	08:40:47	10:27:28	13:04:47	15:17:24	**17:01:50.80**	**17:02:03.75**	+05:00:47 (29.4%)	9:17	6,5 (66.7%)
66	**KOWAL Wiesław**	**5198**	SPARTA ZIĘBICE	Masters M - 40	18	01:58:46	05:37:04	08:51:46	10:33:41	13:16:46	15:26:28	**17:04:28.15**	**17:04:42.00**	+05:03:25 (29.6%)	9:18	6,4 (66.7%)
67	**SŁOMIAN Marcelina**	**5109**		Senior I K - 20	3	02:00:43	05:08:56	08:08:39	10:09:19	12:56:39	15:14:15	**17:07:03.05**	**17:07:23.10**	+05:06:07 (29.8%)	9:20	6,4 (66.7%)
68	**MIKLER Arkadiusz**	**5056**	RELIM - WEERIDE	Masters M - 40	19	01:59:52	05:41:16	08:56:49	10:45:55	13:31:49	15:28:16	**17:07:55.35**	**17:08:05.85**	+05:06:49 (29.8%)	9:20	6,4 (66.7%)
69	**NADRZYCKI Daniel**	**5110**		Senior II M - 30	33	02:08:45	05:42:01	08:59:45	10:37:18	13:11:45	15:14:17	**17:07:53.40**	**17:08:08.35**	+05:06:52 (29.8%)	9:20	6,4 (66.7%)
70	**PIASECKA-WSZOŁA Anna**	**5179**	SAINT-GOBAIN SGSQUAD	Senior II K - 30	4	01:57:44	05:37:12	08:51:54	10:33:49	13:16:54	15:26:38	**17:09:27.65**	**17:09:33.45**	+05:08:17 (29.9%)	9:21	6,4 (66.7%)
71	**MALINOWSKI Jerzy**	**5084**	SPARTA ZIĘBICE	Masters M - 40	20	01:58:46	05:37:04	08:51:45	10:33:39	13:17:45	15:27:04	**17:09:32.55**	**17:09:47.05**	+05:08:30 (30.0%)	9:21	6,4 (66.7%)
72	**GRZESIAK Mateusz**	**5173**	KLUB AA	Senior II M - 30	34	01:52:12	05:24:21	08:46:51	10:44:14	13:31:51	15:34:53	**17:10:21.45**	**17:10:30.30**	+05:09:14 (30.0%)	9:22	6,4 (66.7%)
73	**ZEGARMISTRZ Grzegorz**	**5133**		Senior II M - 30	35	01:57:27	05:25:33	09:51:49	11:29:24	13:44:49	15:36:03	**17:10:50.50**	**17:11:00.70**	+05:09:44 (30.0%)	9:22	6,4 (66.7%)
74	**HETMANOWSKI Jędrzej**	**5067**	ULTRA PMI	Masters M - 40	21	01:55:02	05:25:26	08:40:54	10:55:31	13:38:54	15:32:04	**17:14:07.25**	**17:14:12.60**	+05:12:56 (30.3%)	9:24	6,4 (66.7%)
75	**WYSTRYCHOWSKA Marzena**	**5160**	BFAGENCJA.PL	Masters K - 40	2	02:02:32	05:42:31	08:59:54	10:43:48	13:27:54	15:31:19	**17:14:25.85**	**17:14:31.50**	+05:13:15 (30.3%)	9:24	6,4 (66.7%)
76	**KAMIENNIK Sebastian**	**5018**		Senior II M - 30	36	02:19:19	06:01:25	09:19:38	11:02:41	13:24:38	15:35:59	**17:18:23.45**	**17:18:45.40**	+05:17:29 (30.6%)	9:26	6,4 (66.7%)
77	**NOWAK Przemysław**	**5214**	KRAUSE RUNNING TEAM	Senior II M - 30	37	01:58:13	05:03:04		10:14:37	13:02:48	15:23:06	**17:20:43.30**	**17:20:54.85**	+05:19:38 (30.7%)	9:27	6,3 (66.7%)
78	**KRAWCZYK Artur**	**5081**		Senior I M - 20	11	01:55:24	04:58:17		10:14:34	12:55:45	15:23:04	**17:20:40.10**	**17:20:55.00**	+05:19:38 (30.7%)	9:27	6,3 (66.7%)
79	**KWAŚNIK Błażej**	**5199**	DLA OLUNI :*	Senior II M - 30	38	02:01:30	05:32:34	08:52:35	10:40:05	13:16:35	15:44:05	**17:22:05.30**	**17:22:29.30**	+05:21:13 (30.8%)	9:28	6,3 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
80	**CHROMICZ Krzysztof**	**5088**		Senior II M - 30	39	02:02:27	05:28:16	08:52:40	10:42:29	13:26:40	15:36:04	**17:24:19.95**	**17:24:38.95**	+05:23:22 (31.0%)	9:29	6,3 (66.7%)
81	**KACZMAREK Grzegorz**	**5167**	EDC RUNNERS	Senior II M - 30	40	02:03:34	05:40:40	08:55:52	10:43:58	13:25:52	15:37:25	**17:35:40.05**	**17:35:48.00**	+05:34:31 (31.7%)	9:35	6,3 (66.7%)
82	**SĘDECKI Piotr**	**5188**		Weteran I M - 50	1	02:00:22	05:24:08	08:40:39	10:35:22	13:09:39	15:31:03	**17:35:44.45**	**17:36:04.70**	+05:34:48 (31.7%)	9:35	6,3 (66.7%)
83	**MARCHEWKA Joanna**	**5025**		Masters K - 40	3	02:04:27	05:38:00	08:55:34	10:41:24	13:23:34	15:43:01	**17:39:05.20**	**17:39:30.40**	+05:38:14 (31.9%)	9:37	6,2 (66.7%)
84	**WŁOSKOWICZ Marcin**	**5043**		Masters M - 40	22	02:02:10	05:29:09	08:51:30	10:47:16	13:32:30	15:48:20	**17:39:34.80**	**17:40:04.10**	+05:38:48 (32.0%)	9:37	6,2 (66.7%)
85	**KOZŁOWSKI Bartek**	**5111**	ULTRAMENTAL.PL	Masters M - 40	23	01:39:22	04:58:31	08:20:54	10:03:13	12:55:54	15:23:14	**17:40:44.05**	**17:40:49.85**	+05:39:33 (32.0%)	9:38	6,2 (66.7%)
86	**KOLASIŃSKI Jarosław**	**5189**	KTM	Weteran I M - 50	2	02:08:26	05:39:43	08:51:39	10:43:34		15:35:48	**17:41:00.15**	**17:41:20.40**	+05:40:04 (32.0%)	9:38	6,2 (66.7%)
87	**DOMOSTOWICZ Michał**	**5196**	LODOŁAMACZ	Senior II M - 30	41	02:02:06	05:28:49	08:40:38	10:34:22	13:17:38	15:35:56	**17:40:59.50**	**17:41:20.55**	+05:40:04 (32.0%)	9:38	6,2 (66.7%)
88	**ZAKRZEWSKI Marek**	**5145**	ALEDOBRE.PL	Masters M - 40	24	01:55:56	05:28:32	08:55:53	10:40:15	13:22:53	15:43:29	**17:44:55.55**	**17:45:02.35**	+05:43:46 (32.3%)	9:40	6,2 (66.7%)
89	**DYMEK Mateusz**	**5146**		Senior II M - 30	42	01:56:11	05:28:15		10:56:25	13:39:53	15:53:47	**17:45:26.75**	**17:45:33.60**	+05:44:17 (32.3%)	9:41	6,2 (66.7%)
90	**KISIAŁA Filip**	**5004**	LACHO TEAM	Senior II M - 30	43	01:43:56	05:08:28	08:26:53	10:16:29	13:05:53	15:33:12	**17:49:59.95**	**17:50:06.20**	+05:48:50 (32.6%)	9:43	6,2 (66.7%)
91	**ADAMSKA Zofia**	**5020**	KALENJI RUNNING TEAM	Senior I K - 20	4	01:59:48	05:02:52	08:26:37	10:33:33	13:22:37	15:49:19	**17:52:52.80**	**17:53:15.10**	+05:51:59 (32.8%)	9:45	6,2 (66.7%)
92	**TOMCZYK Tomasz**	**5203**	RMF 4RACING TEAM OCR	Senior II M - 30	44	02:00:45	05:08:55	08:08:42	10:09:16	12:56:42	15:13:07	**17:53:28.15**	**17:53:46.00**	+05:52:29 (32.8%)	9:45	6,1 (66.7%)
93	**NOJSZEWSKA Anika**	**5112**	ULTRAMENTAL.PL	Senior II K - 30	5	01:48:30	05:06:02	08:07:53	10:00:02	12:55:53	15:24:53	**17:54:12.25**	**17:54:18.50**	+05:53:02 (32.9%)	9:45	6,1 (66.7%)
94	**SIKORSKI Marcin**	**5171**	TT SZCZECIN	Masters M - 40	25	01:58:14	05:03:04		09:40:36	11:58:48	13:55:52	**17:54:07.30**	**17:54:19.00**	+05:53:02 (32.9%)	9:45	6,1 (66.7%)
95	**WROBLEWSKI Krzysztof**	**5069**	RUNNERS PMI	Weteran I M - 50	3	01:54:59	05:25:27	08:24:54	10:55:31	13:41:54	15:51:16	**17:54:21.30**	**17:54:27.10**	+05:53:11 (32.9%)	9:46	6,1 (66.7%)
96	**KOPEĆ Paweł**	**5206**	MODULESGARDEN	Senior II M - 30	45	01:45:26	05:18:24	08:32:41	10:29:11	13:31:41	15:56:26	**17:56:55.00**	**17:57:13.65**	+05:55:57 (33.0%)	9:47	6,1 (66.7%)
97	**SKWIERCZYNSKI Darek**	**5164**		Masters M - 40	26	02:09:58	05:43:49	08:55:28	10:46:36	13:47:28	16:05:26	**18:00:35.60**	**18:01:06.60**	+05:59:50 (33.3%)	9:49	6,1 (66.7%)
98	**KOWALSKI Piotr**	**5046**		Masters M - 40	27	01:50:27	05:17:57	08:55:49	10:59:47	13:58:49	16:19:29	**18:07:10.35**	**18:07:21.10**	+06:06:05 (33.7%)	9:53	6,1 (66.7%)
99	**PELC Paweł**	**5137**		Senior II M - 30	46	02:07:36	05:43:37	09:26:40	11:26:28	14:01:40	16:09:22	**18:07:12.35**	**18:07:32.20**	+06:06:16 (33.7%)	9:53	6,1 (66.7%)
100	**KULIBERDA Tomasz**	**5147**	TEATR O.DE.LA	Masters M - 40	28	02:10:47	05:49:29	09:08:39	10:58:29	14:00:39	16:11:36	**18:12:53.15**	**18:13:13.90**	+06:11:57 (34.0%)	9:56	6 (66.7%)
101	**DUCH Emil**	**5176**		Senior II M - 30	47	02:01:39	05:59:50	09:42:46	11:37:10	14:02:46	16:11:44	**18:13:00.55**	**18:13:14.40**	+06:11:58 (34.0%)	9:56	6 (66.7%)
102	**SIENKIEWICZ Wojtek**	**5013**	OGARY DOLORES	Masters M - 40	29	01:53:04	05:23:52	08:45:45	10:40:36	13:31:45	16:03:45	**18:13:43.80**	**18:13:58.55**	+06:12:42 (34.1%)	9:56	6 (66.7%)
103	**GAJEWSKI Tomasz**	**5092**	POMIOTY SZATANA	Senior II M - 30	48	02:04:28	05:38:03	08:59:40	10:59:34	14:00:40	16:21:02	**18:14:07.05**	**18:14:26.20**	+06:13:10 (34.1%)	9:56	6 (66.7%)
104	**PISAREK Mateusz**	**5175**	BIOCO RUNNING TEAM	Senior II M - 30	49	01:50:52	05:22:17	08:33:57	10:21:49	13:09:57	15:49:17	**18:18:18.10**	**18:18:20.90**	+06:17:04 (34.3%)	9:59	6 (66.7%)
105	**NOWAKOWSKI Łukasz**	**5128**	LOTOS TEAM/ENDURE TEAM	Senior II M - 30	50	02:00:01	05:28:29		10:58:12	14:01:49	16:20:13	**18:18:32.75**	**18:18:43.60**	+06:17:27 (34.4%)	9:59	6 (66.7%)
106	**MAŁKOWSKI Piotr**	**5104**		Weteran II M - 60	1	02:02:36	05:59:05	09:29:30	11:30:57	14:19:30	16:34:08	**18:30:34.45**	**18:31:04.05**	+06:29:47 (35.1%)	10:05	5,9 (55.6%)
107	**MAŁKOWSKI Krzysztof**	**5103**		Masters M - 40	30	02:02:35	05:59:05		11:30:56	14:19:29	16:34:09	**18:30:37.80**	**18:31:08.00**	+06:29:51 (35.1%)	10:05	5,9 (55.6%)
108	**WOLSZCZAK Konrad**	**5070**	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	51	02:06:13	05:59:23	09:35:46	11:36:33	14:32:46	16:45:51	**18:32:47.40**	**18:33:00.50**	+06:31:44 (35.2%)	10:06	5,9 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
109	**PALKIJ Aleksandra**	**5090**	KS FORREST LIMANOWA	Senior II K - 30	6		05:59:15	09:35:40	11:36:26	14:31:40	16:46:38	**18:32:41.25**	**18:33:00.60**	+06:31:44 (35.2%)	10:06	5,9 (55.6%)
110	**BOTTCHER Andrzej**	**5087**	STRZELIŃSKI KLUB BIEGACZA GRANIT	Masters M - 40	31	02:09:44	05:59:06	09:35:33	11:35:54	14:31:33	16:45:19	**18:32:34.55**	**18:33:00.70**	+06:31:44 (35.2%)	10:06	5,9 (55.6%)
110	**GAJLUSZ Dawid**	**5116**	KB SZERSZEŃ OLEŚNICA/ WWW.BIEGIEMPOMARZENIA.BLOGAPOT.COM	Senior II M - 30	52	02:06:11	05:59:18	09:35:47	11:36:33	14:31:47	16:45:32	**18:32:47.85**	**18:33:00.70**	+06:31:44 (35.2%)	10:06	5,9 (55.6%)
112	**MATYSZCZAK Sławomir**	**5054**		Weteran I M - 50	4	02:09:42	05:59:07	09:35:34	11:35:54		16:46:26	**18:32:35.25**	**18:33:00.80**	+06:31:44 (35.2%)	10:06	5,9 (55.6%)
113	**CIEŚLAK Krzysztof**	**5144**	ULTRAFAZA.PL - CIEMNA STRONA MOCY	Senior II M - 30	53	02:02:25	05:46:51	09:30:35	11:22:20	14:26:35	16:49:25	**18:33:36.95**	**18:34:01.15**	+06:32:45 (35.3%)	10:07	5,9 (55.6%)
114	**CIEŚLAK Jakub**	**5197**	ZDROWE!	Senior II M - 30	54	02:02:24	05:46:50	09:30:35	11:22:20	14:26:35	16:49:24	**18:33:42.20**	**18:34:06.55**	+06:32:50 (35.3%)	10:07	5,9 (55.6%)
115	**KOWA Marcin**	**5127**		Senior I M - 20	12	02:02:00	05:59:30	09:27:51	11:29:27	14:15:51	16:31:29	**18:34:06.20**	**18:34:15.15**	+06:32:59 (35.3%)	10:07	5,9 (55.6%)
116	**WOLSZAKIEWICZ Tomasz**	**5089**		Weteran I M - 50	5	02:03:21	05:55:06	09:24:54	11:20:32	13:17:54	16:38:19	**18:34:34.30**	**18:34:40.20**	+06:33:24 (35.3%)	10:07	5,9 (55.6%)
117	**GARGAS-MARUT Małgorzata**	**5190**	PZU SPORT TEAM	Masters K - 40	4	02:10:44	05:58:51	09:25:31	11:16:57	14:15:31	16:35:24	**18:36:05.90**	**18:36:34.85**	+06:35:18 (35.4%)	10:08	5,9 (55.6%)
118	**GARGAS Marek**	**5191**		Senior II M - 30	55	02:10:42	05:58:51	09:25:31	11:16:57	14:15:31	16:35:27	**18:36:07.05**	**18:36:35.50**	+06:35:19 (35.4%)	10:08	5,9 (55.6%)
119	**SZAŁKOWSKI Tomasz**	**5217**		Masters M - 40	32	02:10:00	06:01:25	09:44:42	11:32:13	14:20:42	16:38:54	**18:40:51.65**	**18:41:08.90**	+06:39:52 (35.7%)	10:11	5,9 (55.6%)
120	**WOLAŃSKI Witosław**	**5010**		Weteran I M - 50	6	02:10:36	06:01:26	09:44:45	11:32:15	14:20:45	16:38:55	**18:40:54.35**	**18:41:09.30**	+06:39:53 (35.7%)	10:11	5,9 (55.6%)
121	**BARAŃSKI Rafał**	**5060**	BIEGAM BO MUSZĘ OPOLE	Masters M - 40	33	02:07:39	06:01:23		11:58:03	14:48:40	16:58:33	**18:43:18.45**	**18:43:37.90**	+06:42:21 (35.8%)	10:12	5,9 (55.6%)
122	**ŚWIDERSKI Krzysztof**	**5114**		Senior I M - 20	13	02:00:14	05:38:55	08:22:52	11:08:18	13:55:52	16:30:12	**18:44:39.95**	**18:44:47.90**	+06:43:31 (35.9%)	10:13	5,9 (55.6%)
123	**DOŁŻYCKI Daniel**	**5028**	RUDY AND TUNIEK	Masters M - 40	34	02:05:46	05:45:35	09:23:37	11:28:45	14:23:37	16:56:15	**18:50:48.20**	**18:51:10.40**	+06:49:54 (36.2%)	10:16	5,8 (55.6%)
124	**BRODOWSKI Michał**	**5186**	LEMON TEAM	Senior II M - 30	56	01:59:35	05:44:23	09:22:38	11:25:50	14:25:38	16:47:44	**18:53:00.65**	**18:53:22.25**	+06:52:06 (36.4%)	10:18	5,8 (55.6%)
125	**LEWANDOWSKI Kamil**	**5178**		Senior II M - 30	57	02:02:54	05:59:52	09:35:29	11:29:17	14:26:29	16:58:58	**18:55:00.70**	**18:55:31.45**	+06:54:15 (36.5%)	10:19	5,8 (55.6%)
126	**SYNOWIEC Grzegorz**	**5211**		Masters M - 40	35	02:09:57	05:59:36	09:29:36	11:32:10	14:28:36	16:52:32	**18:58:29.25**	**18:58:52.65**	+06:57:36 (36.7%)	10:20	5,8 (55.6%)
127	**DEINIUK Roman**	**5204**		Senior I M - 20	14	02:00:32	05:59:21		11:59:52	14:54:47	17:17:29	**19:13:41.15**	**19:13:53.50**	+07:12:37 (37.5%)	10:29	5,7 (55.6%)
128	**SIERACZKIEWICZ Mariusz**	**5093**	SIERACZKIEWICZOWIE	Senior II M - 30	58	02:20:06	06:41:45		12:29:33	15:10:43	17:22:58	**19:20:24.55**	**19:20:41.10**	+07:19:25 (37.9%)	10:32	5,7 (55.6%)
129	**SOBKOWIAK Ewa**	**5166**	BRYLANT KÓRNIK	Weteran K - 50	1	02:17:14	06:33:34	09:57:31	11:58:17	14:48:31	17:11:39	**19:22:55.75**	**19:23:24.20**	+07:22:08 (38.0%)	10:34	5,7 (55.6%)
130	**STAWIARSKI Jakub**	**5074**		Senior II M - 30	59	02:00:10	05:52:16		11:42:55	14:58:51	17:19:05	**19:26:18.45**	**19:26:27.30**	+07:25:11 (38.2%)	10:36	5,7 (55.6%)
131	**WOJTKOWSKI Ireneusz**	**5153**	ASSECO ACTIVE TEAM	Weteran I M - 50	7	02:19:53	06:25:43	10:04:32	12:17:14	14:58:32	17:19:13	**19:26:01.90**	**19:26:29.60**	+07:25:13 (38.2%)	10:36	5,7 (55.6%)
132	**MARCINIAK Damian**	**5055**		Senior I M - 20	15	02:02:51	05:39:53	08:57:40	10:48:04	13:50:40	16:46:46	**19:28:41.85**	**19:29:01.40**	+07:27:45 (38.3%)	10:37	5,6 (55.6%)
133	**MALEC Dawid**	**5156**	NIGHT RUNNERS	Senior I M - 20	16	02:02:08	05:52:17	09:37:52	11:46:57	14:58:52	17:19:42	**19:29:37.30**	**19:29:44.95**	+07:28:28 (38.3%)	10:37	5,6 (55.6%)
134	**SAKOWICZ Wojciech**	**5154**	UBPB TEAM	Senior II M - 30	60	02:07:14	06:32:13	10:16:50	12:15:12	15:13:50	17:43:06	**19:36:16.85**	**19:36:26.35**	+07:35:10 (38.7%)	10:41	5,6 (55.6%)
135	**POTOCZNY Łukasz**	**5049**	EUFORIABIEGACZA.PL	Senior II M - 30	61	02:13:56	06:09:46	09:50:48	11:49:57	14:52:48	17:35:51	**19:37:21.55**	**19:37:32.80**	+07:36:16 (38.7%)	10:42	5,6 (55.6%)
136	**SYGOCKI Konrad**	**5071**	BIEGAM NA TARCHOMINIE	Senior II M - 30	62	02:02:24	06:09:54	10:02:50	12:15:12	15:09:50	17:43:09	**19:38:13.20**	**19:38:23.10**	+07:37:07 (38.8%)	10:42	5,6 (55.6%)
137	**WCISŁO Ariel**	**5106**	WROCŁAWSKI KLUB WYSOKOGÓRSKI	Senior I M - 20	17	02:10:04	06:16:02	09:56:45	12:18:13	15:20:45	17:39:53	**19:40:05.20**	**19:40:19.40**	+07:39:03 (38.9%)	10:43	5,6 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
138	**SZABLICKI Aleksy**	**5134**	WKB META LUBLINIEC	Weteran I M - 50	8	02:20:00	06:32:00	10:04:36	12:10:30	15:03:36	17:42:54	**19:44:23.50**	**19:44:46.60**	+07:43:30 (39.1%)	10:46	5,6 (55.6%)
139	**SLOWINSKI Grzegorz**	**5037**	WKWS GRANIT	Senior II M - 30	63	02:08:19	05:44:22	09:08:30	11:01:00	14:17:30	16:53:02	**19:48:25.50**	**19:48:54.95**	+07:47:38 (39.3%)	10:48	5,6 (55.6%)
140	**ZDZIARSKI Tomasz**	**5085**		Masters M - 40	36	01:46:51	05:18:03	08:56:56	11:03:19	13:58:56	16:19:35	**19:48:55.75**	**19:48:59.30**	+07:47:43 (39.3%)	10:48	5,6 (55.6%)
141	**SZMYT Maciej**	**5021**	FUNDACJA POMOCY DZIECIOM Z CHOROBAMI NOWOTWOROWYMI W POZNANIU	Senior II M - 30	64	01:59:48	05:41:17	08:56:49	10:49:11	14:02:49	17:05:13	**19:51:35.00**	**19:51:45.75**	+07:50:29 (39.5%)	10:49	5,5 (55.6%)
142	**SZAROWAR Alicja**	**5170**	STOWARZYSZENIE NOWE GRANICE	Senior II K - 30	7	02:04:10	06:23:51	10:06:49	12:10:41	15:46:49	18:09:41	**20:00:52.75**	**20:01:03.40**	+07:59:47 (39.9%)	10:55	5,5 (55.6%)
143	**NOWAK Mariusz**	**5005**	MATNER RUNNING TEAM	Senior II M - 30	65	02:00:40	06:24:15	10:09:39	12:27:39	15:46:39	18:09:21	**20:00:43.55**	**20:01:03.90**	+07:59:47 (39.9%)	10:54	5,5 (55.6%)
144	**MATUSZEWSKA Małgorzata**	**5040**	RUNNER'S POWER ŚREM	Masters K - 40	5	02:20:22	06:36:41	10:16:44	12:33:46	15:34:44	18:10:04	**20:04:40.55**	**20:04:56.45**	+08:03:40 (40.1%)	10:57	5,5 (55.6%)
145	**MATUSZEWSKI Marek**	**5039**	RUNNER'S POWER ŚREM	Masters M - 40	37	02:20:08	06:36:42	10:16:44	12:33:46	15:34:44	18:10:04	**20:04:40.80**	**20:04:56.60**	+08:03:40 (40.1%)	10:57	5,5 (55.6%)
146	**WYBRANIEC Michał**	**5086**		Senior II M - 30	66	02:02:35	06:14:40	10:16:35	12:20:32	15:28:35	17:57:08	**20:05:58.00**	**20:06:22.95**	+08:05:06 (40.2%)	10:57	5,5 (55.6%)
147	**NOWAK Bartosz**	**5011**	POMIOTY SZATANA	Senior II M - 30	67	02:05:15	06:50:15	10:29:47	12:35:42	15:57:47	18:23:32	**20:07:30.10**	**20:07:42.90**	+08:06:26 (40.3%)	10:58	5,5 (55.6%)
148	**CHMIELEWSKI Jacek**	**5126**		Weteran I M - 50	9	02:09:43	06:09:56	09:55:52	12:00:18	15:12:52	17:55:08	**20:21:20.45**	**20:21:27.65**	+08:20:11 (41.0%)	11:06	5,4 (55.6%)
149	**WIELEWSKI Waldemar**	**5129**	GRUPA TRÓJMIASTO	Masters M - 40	38	02:09:44	06:09:55	09:55:52	12:00:19	15:12:52	17:55:10	**20:21:20.80**	**20:21:27.95**	+08:20:11 (41.0%)	11:06	5,4 (55.6%)
150	**KRAJEWSKI Artur**	**5220**		Masters M - 40	39	02:24:48	06:50:07	10:46:47	12:37:29	15:58:47	18:19:03	**20:22:15.05**	**20:22:27.05**	+08:21:10 (41.0%)	11:06	5,4 (55.6%)
151	**ROJEWSKI Światosław**	**5141**	KONGO SAFIRI	Masters M - 40	40	01:59:57	06:03:41	10:02:48	12:32:08	15:32:48	18:12:57	**20:27:12.20**	**20:27:23.90**	+08:26:07 (41.2%)	11:09	5,4 (55.6%)
152	**PĘKAŁA Dawid**	**5035**	ŻARY RUNNERS TEAM	Masters M - 40	41	02:00:03	06:00:22	10:02:47	12:32:07	15:33:47	18:12:57	**20:27:12.00**	**20:27:24.00**	+08:26:07 (41.2%)	11:09	5,4 (55.6%)
153	**COP Anna**	**5017**	SILESIA ULTRA MOUNTAIN TEAM	Senior II K - 30	8	02:09:55	06:50:06	10:18:40	12:07:52	15:14:40	18:06:50	**20:29:03.65**	**20:29:23.60**	+08:28:07 (41.3%)	11:10	5,4 (55.6%)
154	**URBAŃSKI Maciej**	**5107**		Weteran I M - 50	10	02:06:50	06:24:36	10:03:42	12:02:42	15:10:42	18:00:27	**20:36:24.65**	**20:36:41.70**	+08:35:25 (41.7%)	11:14	5,3 (55.6%)
155	**RUPIK Ireneusz**	**5113**		Masters M - 40	42	02:06:53	06:24:39	10:03:43	12:02:44	15:10:43	18:00:29	**20:36:25.30**	**20:36:42.20**	+08:35:26 (41.7%)	11:14	5,3 (55.6%)
156	**MADAJ Paweł**	**5077**	BIEGAM, BO NIE LUBIĘ	Masters M - 40	43	02:14:56	06:35:36	10:42:36	12:34:39	15:44:36	18:24:26	**20:40:09.25**	**20:40:32.70**	+08:39:16 (41.9%)	11:16	5,3 (55.6%)
157	**OHLA Justyna**	**5159**	BIEGAM BO NIE LUBIE	Senior II K - 30	9	02:14:56	06:35:38	10:42:37	12:34:42	15:44:37	18:24:26	**20:40:10.10**	**20:40:32.80**	+08:39:16 (41.9%)	11:16	5,3 (55.6%)
158	**TOMCZAK Andrzej**	**5172**		Weteran I M - 50	11	02:12:25	07:05:19	10:46:54	13:11:01	16:18:54	18:46:11	**20:43:03.85**	**20:43:09.10**	+08:41:53 (42.0%)	11:18	5,3 (55.6%)
159	**OBŁOZA Piotr**	**5208**		Masters M - 40	44	02:03:21	05:59:05	09:49:33	12:15:10	15:12:33	17:57:12	**20:50:07.65**	**20:50:33.80**	+08:49:17 (42.3%)	11:21	5,3 (55.6%)
160	**WOLF Weronika**	**5033**	TKKF KOSZALIN	Masters K - 40	6	02:15:06	07:00:42	10:54:45	13:10:49		18:49:38	**20:52:26.70**	**20:52:40.75**	+08:51:24 (42.4%)	11:23	5,3 (55.6%)
161	**LACHERA Tomasz**	**5006**	W POGONI ZA DUCHEM	Senior II M - 30	68	02:00:48	06:15:43	10:17:50	12:22:20	15:36:50	18:39:58	**20:58:50.80**	**20:59:00.55**	+08:57:44 (42.7%)	11:26	5,2 (55.6%)
162	**STANIA Paweł**	**5078**		Senior II M - 30	69	02:13:34	06:18:50	10:07:31	12:17:32	15:33:31	18:43:13	**20:58:35.10**	**20:59:03.10**	+08:57:47 (42.7%)	11:26	5,2 (55.6%)
163	**NOWAK Sebastian**	**5042**		Senior II M - 30	70	02:12:24	06:34:26	10:06:51	12:19:39	16:14:51	19:06:27	**20:59:52.40**	**21:00:00.70**	+08:58:44 (42.8%)	11:27	5,2 (55.6%)
164	**KURPIK Piotr**	**5008**	WATAHA	Masters M - 40	45	02:03:40	05:59:21	09:49:47	12:31:02	15:33:47	18:25:07	**21:00:06.00**	**21:00:18.00**	+08:59:01 (42.8%)	11:27	5,2 (55.6%)
165	**ŁAGODA Łukasz**	**5041**	AKTIV-REHABILITACJA TEAM	Senior II M - 30	71	02:20:13	06:58:06	10:54:36	13:02:41	16:18:36	19:02:36	**21:17:20.10**	**21:17:43.80**	+09:16:27 (43.6%)	11:36	5,2 (55.6%)
166	**FUNKA Andrzej**	**5032**	NKB CHYŻY NOWY TOMYŚL	Weteran I M - 50	12	02:20:37	06:58:10	10:54:35	13:05:17	16:18:35	19:02:44	**21:20:07.80**	**21:20:32.10**	+09:19:16 (43.7%)	11:38	5,2 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
167	**KOJRO Bartosz**	**5007**	BIEGAM DLA ISKIERKI JULIA BUCZKO FB	Senior II M - 30	72	02:04:32	06:00:49	10:16:33	12:54:24	16:07:33	18:55:54	**21:31:52.60**	**21:32:19.40**	+09:31:03 (44.2%)	11:44	5,1 (55.6%)
168	**BAZIÓR Mateusz**	**5218**	RUNNERS POWER	Senior I M - 20	18	02:06:35	06:36:41	10:06:43	12:33:46	15:33:43	18:30:12	**21:40:08.70**	**21:40:24.70**	+09:39:08 (44.5%)	11:49	5,1 (55.6%)
169	**GOEBEL Adam**	**5119**	KRK-KROWODRZA	Weteran I M - 50	13	02:21:33	07:29:16	11:41:32	13:47:50	17:11:32	19:45:29	**21:42:24.40**	**21:42:51.95**	+09:41:35 (44.6%)	11:50	5,1 (55.6%)
170	**ŻABIEREK Bogumił**	**5052**		Senior II M - 30	73	02:12:28	05:55:59	09:31:37	11:22:22	14:30:37	18:17:03	**21:50:18.45**	**21:50:40.50**	+09:49:24 (45.0%)	11:54	5 (55.6%)
171	**JEDYNAK Izabelka**	**5212**	KB MANIAC POZNAŃ	Masters K - 40	7	02:26:28	07:30:43	12:02:32	14:19:28	17:13:32	19:47:06	**21:51:06.00**	**21:51:33.35**	+09:50:17 (45.0%)	11:55	5 (55.6%)
172	**PTAK Arkadiusz**	**5096**	SPARTANIE DZIECIOM	Senior II M - 30	74	02:10:58	06:20:27		13:00:53	16:34:42	19:29:12	**22:01:05.40**	**22:01:23.25**	+10:00:07 (45.4%)	12:00	5 (55.6%)
173	**KACZMAREK Mirosław**	**5038**		Senior I M - 20	19	02:06:36	06:36:42	10:16:43	12:33:49	15:40:43	18:49:23	**22:08:30.80**	**22:08:47.10**	+10:07:31 (45.7%)	12:04	5 (55.6%)
174	**ŚWIST Mariusz**	**5185**	TIMTIRIMTIM TEAM	Masters M - 40	46	02:17:53	06:56:39	11:08:42	13:34:55	17:05:42	20:00:05	**22:18:05.85**	**22:18:23.25**	+10:17:07 (46.1%)	12:09	4,9 (44.4%)
175	**WASIŃSKI Bartosz**	**5180**	STRASZYN ULTRA TEAM	Senior II M - 30	75	02:09:51	05:40:58	09:23:38	12:11:37	16:39:38	19:34:42	**22:28:19.70**	**22:28:41.00**	+10:27:24 (46.5%)	12:15	4,9 (44.4%)
176	**SIENICKI Piotr**	**5068**	ROZBIEGANY KOSZALIN / OPIUM	Masters M - 40	47	02:15:03	07:00:40	10:54:45	13:10:49	16:17:45	19:18:28	**22:42:36.35**	**22:42:50.65**	+10:41:34 (47.1%)	12:23	4,8 (44.4%)
177	**MARCHEWKA Andrzej**	**5024**		Masters M - 40	48	02:21:32	06:46:30	11:09:34	13:34:51	17:05:34	20:04:46	**22:56:42.70**	**22:57:07.80**	+10:55:51 (47.6%)	12:30	4,8 (44.4%)
178	**DĄBROWSKI Sławek**	**5169**	DOCE PARES TEAM	Masters M - 40	49	02:26:45	07:05:17	11:08:46	13:35:02	17:05:46	20:04:55	**22:56:54.60**	**22:57:08.10**	+10:55:52 (47.6%)	12:31	4,8 (44.4%)
179	**BUTKIEWICZ Łukasz**	**5080**	IRRACJONALNIE MASZERUJĄCY	Senior I M - 20	20	02:26:22	07:48:14	11:44:41	14:20:36	17:42:41	20:40:41	**22:59:23.40**	**22:59:41.65**	+10:58:25 (47.7%)	12:32	4,8 (44.4%)
180	**OBSTARCZYK Andrzej**	**5083**	ZADYSZKA OŚWIĘCIM	Weteran II M - 60	2	02:31:47	07:31:31	11:34:43	14:02:52	17:36:43	20:33:23	**23:01:49.95**	**23:02:06.80**	+11:00:50 (47.8%)	12:33	4,8 (44.4%)
181	**PROCHOWNIK Błażej**	**5139**		Senior II M - 30	76	02:18:25	06:59:05	11:01:42	13:35:00	16:59:42	19:56:04	**23:12:41.15**	**23:12:58.25**	+11:11:42 (48.2%)	12:39	4,7 (44.4%)
182	**KASPRZAK Damian**	**5102**		Senior I M - 20	21	02:08:37	06:24:08	10:26:44	12:53:49	16:40:44	20:09:23	**23:19:51.05**	**23:20:06.60**	+11:18:50 (48.5%)	12:43	4,7 (44.4%)
183	**KASPRZAK Jacek**	**5101**		Weteran I M - 50	14	02:08:36	06:24:05	10:26:44	12:53:40	16:40:44	20:09:17	**23:19:53.00**	**23:20:08.30**	+11:18:52 (48.5%)	12:43	4,7 (44.4%)
184	**ŚWIGOŃ-SIEJEK Małgorzata**	**5031**		Senior II K - 30	10	02:35:44	07:42:15	12:15:28	14:51:42		21:28:54	**23:56:24.40**	**23:56:56.35**	+11:55:40 (49.8%)	13:03	4,6 (44.4%)
185	**BUGAJNY Paweł**	**5163**	STAJNIE ŁOPUCHOWSKIE	Weteran I M - 50	15	02:18:06	07:05:10	11:17:41	13:56:16	17:59:41		**23:59:31.55**	**23:59:50.30**	+11:58:34 (49.9%)	13:05	4,6 (44.4%)
186	**TRUSKOLAS Michał**	**5187**		Masters M - 40	50	02:31:08	08:06:39	12:12:33	15:14:33	19:03:33	21:54:44	**24:19:19.40**	**24:19:46.15**	+12:18:30 (50.6%)	13:16	4,5 (44.4%)
187	**OBARSKI Norbert**	**5030**		Weteran I M - 50	16	02:46:05	08:09:44	12:28:44	15:04:47	18:29:44	21:47:59	**24:20:16.45**	**24:20:31.85**	+12:19:15 (50.6%)	13:16	4,5 (44.4%)
188	**OBARSKA Małgorzata**	**5029**		Weteran K - 50	2	02:46:14	08:09:45	12:29:44	15:04:56	18:29:44	21:47:57	**24:20:16.60**	**24:20:32.10**	+12:19:16 (50.6%)	13:16	4,5 (44.4%)
189	**BOGUCKI Wojciech**	**5149**		Masters M - 40	51	02:40:35	08:06:42	12:29:35	15:14:13	18:48:35	21:43:03	**24:23:50.05**	**24:24:14.55**	+12:22:58 (50.7%)	13:18	4,5 (44.4%)
190	**GAVENDA Marek**	**5138**		Weteran I M - 50	17	02:25:17	08:08:03	12:30:37	15:04:07	19:09:37	22:26:17	**24:57:09.70**	**24:57:32.00**	+12:56:15 (51.8%)	13:36	4,4 (44.4%)
191	**SOKOŁOWSKA Małgorzata**	**5151**		Masters K - 40	8	02:31:16	07:47:05	12:20:34	15:08:47	19:08:34	22:19:01	**24:59:34.90**	**25:00:00.20**	+12:58:44 (51.9%)	13:37	4,4 (44.4%)
192	**SOKOŁOWSKI Artur**	**5150**		Weteran I M - 50	18	02:31:15	07:47:02	12:20:33	15:08:45	19:08:33	22:19:01	**24:59:35.65**	**25:00:01.85**	+12:58:45 (51.9%)	13:37	4,4 (44.4%)
193	**TOMICZEK Tomasz**	**5059**		Senior II M - 30	77	02:26:27	07:31:00	12:01:30	15:00:09	19:18:30	22:42:50	**25:03:26.45**	**25:03:56.05**	+13:02:39 (52.0%)	13:40	4,4 (44.4%)
	BRZEZOWSKI Jacek	**5079**	VEGE RUNNERS	Senior II M - 30		01:51:43 DNF	04:50:35 DNF	07:46:40 DNF	09:36:56 DNF	12:14:40 DNF	14:57:34 DNF	**DNF**	**DNF**		-	- (0.0%)
	CYGAN Tomasz	**5097**	SPARTANIE DZIECIOM	Senior II M - 30		02:03:07 DNF	06:09:55 DNF	10:23:50 DNF	12:18:53 DNF	15:27:50 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	CZERNIK Andrzej	**5082**		Weteran II M - 60		02:27:08 DNF	08:26:44 DNF	13:38:59 DNF	16:25:48 DNF	20:46:59 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CIECHANOWSKI Tomasz	**5122**		Senior II M - 30		01:57:40 DNF	05:31:28 DNF	08:58:48 DNF	11:05:26 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BŁADYKO Damian	**5177**	BYLE DO METY	Senior II M - 30		01:58:56 DNF	05:10:56 DNF	08:03:51 DNF	11:18:31 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	HETEL Adam	**5121**		Senior II M - 30		02:09:41 DNF	06:19:05 DNF	10:23:34 DNF	12:54:24 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KRANZ Grzegorz	**5155**		Masters M - 40		02:20:23 DNF	07:34:30 DNF	11:36:35 DNF	14:14:21 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOŚMIDER Tomasz	**5132**	SPARTANIE DZIECIOM	Senior II M - 30		02:17:56 DNF	06:58:50 DNF	12:01:29 DNF	15:06:34 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BIELAWA Rafal	**5209**	IECO/HERCOG TEAM	Masters M - 40		01:34:16 DNF	04:07:01 DNF	06:41:54 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BOREJSZO Karol	**5131**		Senior I M - 20		02:10:08 DNF	07:05:09 DNF	11:19:42 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	FRUCZ Jacek	**5023**		Masters M - 40		02:12:43 DNF	07:03:29 DNF	12:27:41 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BALUK Marek	**5195**	BOREK-CHEŁM	Weteran I M - 50		02:59:51 DNF	09:27:13 DNF	13:03:50 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	AUGUSTYŃSKI Sylwester	**5184**	LACHO TEAM	Senior II M - 30		01:35:05 DNF	04:37:50 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MARCINEK Małgorzata	**5115**	SKLEPBIEGOWY.COM	Senior I K - 20		01:48:27 DNF	05:24:39 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	POSMAN Rafał	**5200**		Masters M - 40		02:09:23 DNF	05:59:36 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WYSOCZAŃSKI Sławek	**5100**	HERNIK TEAM	Senior I M - 20		02:00:29 DNF	DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOZIELEWSKI Antoni	**5219**		Masters M - 40		02:04:28 DNF	DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 210 wynik(ów)