



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-15
Łądek-Zdrój
33 km

GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	HLAVATÍK Jan	6120	JUMP SPORT FRÝDEK-MÍSTEK // KURACJUSZE Z WROCLAWIA	Senior II M - 30	1	00:49:58	02:14:49	03:09:37.45		5:44	10.4 (100%)
2	LULIS Dawid	6055	ALTRA TEAM RED	Senior II M - 30	2	00:51:39	02:20:47	03:12:17.10	+00:02:39 (1.4%)	5:49	10.3 (99.0%)
3	JAKUBOWSKI Martin	6200	HLK-92	Senior II M - 30	3	00:54:09	02:24:02	03:20:18.40	+00:10:40 (5.3%)	6:04	9.9 (95.2%)
4	SZYMAŃSKI Paweł	6042	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	4	00:54:47	02:10:09	03:21:23.55	+00:11:46 (5.8%)	6:06	9.8 (94.2%)
5	MIESZCZAK Marcin	6423		Senior II M - 30	5	00:49:20	02:17:53	03:22:43.95	+00:13:06 (6.5%)	6:08	9.8 (94.2%)
6	STREIT Dawid	6009		Senior II M - 30	6	00:53:36	02:27:32	03:26:04.10	+00:16:26 (8.0%)	6:14	9.6 (92.3%)
7	DUDA Karol	6056	PCH SPORT TEAM	Senior II M - 30	7	00:50:20	02:25:12	03:26:17.45	+00:16:40 (8.1%)	6:15	9.6 (92.3%)
8	SZKOŁA Wojciech	6109	NATURAL BORN RUNNERS	Senior II M - 30	8	00:56:10	02:32:51	03:30:27.60	+00:20:50 (9.9%)	6:22	9.4 (90.4%)
9	KSIĄŻKIEWICZ Piotr	6489	CITY TRAIL TEAM	Senior II M - 30	9	00:54:17	02:33:36	03:35:02.75	+00:25:25 (11.8%)	6:30	9.2 (88.5%)
10	KURA Patryk	6060		Senior II M - 30	10	00:57:26	02:42:13	03:35:48.10	+00:26:10 (12.1%)	6:32	9.2 (88.5%)
11	SABAT Kamil	6008	140MINUT.PL	Senior II M - 30	11	01:00:02	02:39:00	03:37:12.25	+00:27:34 (12.7%)	6:34	9.1 (87.5%)
12	RAZIM Mateus	6289		Senior II M - 30	12	00:59:12	02:38:46	03:38:09.40	+00:28:31 (13.1%)	6:36	9.1 (87.5%)
13	BRZĄKAŁSKI Krzysiek	6044		Senior II M - 30	13	00:56:15	02:38:03	03:41:29.90	+00:31:52 (14.4%)	6:42	8.9 (85.6%)
14	LISEK Andrzej	6112	LISEK	Senior II M - 30	14	01:00:51	02:39:11	03:45:39.90	+00:36:02 (16.0%)	6:50	8.8 (84.6%)
15	WOJSŁAW Bartłomiej	6230	GLKS MARCINOWICE	Senior II M - 30	15	00:53:47	02:36:08	03:45:58.25	+00:36:20 (16.1%)	6:50	8.8 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
16	SIERADZKI Krzysztof	6303	PRZEDWOJEWSKI TEAM	Senior II M - 30	16	00:55:48	02:37:45	03:47:39.65	+00:38:02 (16.7%)	6:53	8.7 (83.7%)
17	SUDOLSKI Jacek	6157	GUSTAW TEŻ BIEGA	Senior II M - 30	17	01:02:54	02:50:10	03:50:40.90	+00:41:03 (17.8%)	6:59	8.6 (82.7%)
18	BOCZEK Leszek	6391	ZAŁOGA GÓRSKA	Senior II M - 30	18	01:00:53	02:49:36	03:52:39.75	+00:43:02 (18.5%)	7:03	8.5 (81.7%)
19	MOLIK Jakub	6364	STR POZNAŃ	Senior II M - 30	19	01:05:28	02:57:15	03:57:43.40	+00:48:05 (20.2%)	7:12	8.3 (79.8%)
20	OWCZARZAK Tomasz	6482		Senior II M - 30	20	01:06:15	02:57:02	03:59:30.70	+00:49:53 (20.8%)	7:15	8.3 (79.8%)
21	STACHOWIAK Łukasz	6402	STR POZNAŃ / CITY TRAIL TEAM	Senior II M - 30	21	00:57:48	02:50:09	03:59:38.10	+00:50:00 (20.9%)	7:15	8.3 (79.8%)
22	RASZKOWSKI Piotr	6269	ŚLĘZAK TEAM PIOTRBIEGACZ.PL	Senior II M - 30	22	01:01:31	02:47:28	04:00:59.80	+00:51:22 (21.3%)	7:18	8.2 (78.8%)
23	PACEK Tomasz	6390	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	23	01:04:17	02:55:52	04:02:11.30	+00:52:33 (21.7%)	7:20	8.2 (78.8%)
24	NOWACKI Mateusz	6068	PRZEDWOJEWSKI TEAM	Senior II M - 30	24	01:01:00	02:52:08	04:02:48.15	+00:53:10 (21.9%)	7:21	8.2 (78.8%)
25	MOSIOŁEK Przemysław	6442		Senior II M - 30	25	01:04:06	02:57:00	04:05:07.55	+00:55:30 (22.6%)	7:25	8.1 (77.9%)
26	RESZKA Marek	6064	#NIBYBIEGACZ	Senior II M - 30	26	01:06:03	02:54:00	04:05:13.15	+00:55:35 (22.7%)	7:25	8.1 (77.9%)
27	CHODOROWSKI Krzysztof	6270	PRZEDWOJEWSKI TEAM	Senior II M - 30	27	01:05:54	03:05:42	04:08:30.35	+00:58:52 (23.7%)	7:31	8 (76.9%)
28	GLANOWSKI Marek	6098		Senior II M - 30	28	01:00:56	03:02:44	04:10:25.00	+01:00:47 (24.3%)	7:35	7.9 (76.0%)
29	ŚMIECHOWSKI Michał	6444	PANTHERS WROCŁAW	Senior II M - 30	29	01:04:05	03:05:03	04:12:39.65	+01:03:02 (24.9%)	7:39	7.8 (75.0%)
30	WOJNAROWICZ Paweł	6135		Senior II M - 30	30	01:05:16	03:00:06	04:13:01.30	+01:03:23 (25.1%)	7:40	7.8 (75.0%)
31	TOMASZKIEWICZ Wojciech	6161	RUN FOREST	Senior II M - 30	31	01:07:41	02:59:36	04:13:15.60	+01:03:38 (25.1%)	7:40	7.8 (75.0%)
32	SŁOCIAK Rafał	6285	RAJSPOORT ACTIVE/PRZEDWOJEWSKI TEAM	Senior II M - 30	32	01:06:22	03:01:24	04:13:58.70	+01:04:21 (25.3%)	7:41	7.8 (75.0%)
33	DĘBEK Łukasz	6280		Senior II M - 30	33	01:06:50	02:59:10	04:14:46.30	+01:05:08 (25.6%)	7:43	7.8 (75.0%)
34	ZARZYCKI Maciej	6191	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	34	00:49:20	02:24:22	04:16:35.10	+01:06:57 (26.1%)	7:46	7.7 (74.0%)
35	MAT Kamil	6433		Senior II M - 30	35	01:09:01	02:59:47	04:16:35.55	+01:06:58 (26.1%)	7:46	7.7 (74.0%)
36	STOŃ Wojciech	6432		Senior II M - 30	36	01:09:03	02:59:47	04:16:36.55	+01:06:59 (26.1%)	7:46	7.7 (74.0%)
37	WALCZAK Patryk	6306		Senior II M - 30	37	01:00:14	03:00:30	04:17:20.00	+01:07:42 (26.3%)	7:47	7.7 (74.0%)
38	LACHOWSKI Robert	6172		Senior II M - 30	38	01:07:48	03:06:50	04:17:29.80	+01:07:52 (26.4%)	7:48	7.7 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
39	APANOV Andrey	6292		Senior II M - 30	39	01:14:40	03:18:23	04:21:38.40	+01:12:00 (27.5%)	7:55	7.6 (73.1%)
40	KNEBLOCH Kasper	6085	DZIK KOMANDO	Senior II M - 30	40	01:11:13	03:09:45	04:22:13.90	+01:12:36 (27.7%)	7:56	7.6 (73.1%)
41	MADOŃ Rafał	6075		Senior II M - 30	41	01:04:24	03:03:07	04:24:08.40	+01:14:30 (28.2%)	8:00	7.5 (72.1%)
42	PRZYSIWEK Patryk	6356		Senior II M - 30	42	01:09:39	03:17:38	04:24:33.15	+01:14:55 (28.3%)	8:01	7.5 (72.1%)
43	KARGUL Tomasz	6164	ŚWO	Senior II M - 30	43	01:04:29	03:04:30	04:26:04.45	+01:16:27 (28.7%)	8:03	7.4 (71.2%)
44	DEMKOWSKI Marcin	6384		Senior II M - 30	44	01:09:26	03:07:55	04:27:00.35	+01:17:22 (29.0%)	8:05	7.4 (71.2%)
45	CZAPIGA Grzegorz	6150	TECE INDUSTRIAL	Senior II M - 30	45	01:05:42	03:07:02	04:27:43.50	+01:18:06 (29.2%)	8:06	7.4 (71.2%)
46	KOTYRBA Tomasz	6236		Senior II M - 30	46	01:08:43	03:13:55	04:29:54.70	+01:20:17 (29.7%)	8:10	7.3 (70.2%)
47	MICHALEWSKI Paweł	6421		Senior II M - 30	47	01:10:11	03:16:45	04:30:14.65	+01:20:37 (29.8%)	8:11	7.3 (70.2%)
48	WANAT Mateusz	6178	PRZEDWOJEWSKI TEAM	Senior II M - 30	48	01:05:10	03:12:10	04:30:37.10	+01:20:59 (29.9%)	8:12	7.3 (70.2%)
49	GAŁECKI Robert	6352		Senior II M - 30	49	01:06:15	03:13:19	04:30:52.30	+01:21:14 (30.0%)	8:12	7.3 (70.2%)
50	HEJZNER Arek	6152		Senior II M - 30	50	01:07:41	03:16:54	04:31:47.40	+01:22:09 (30.2%)	8:14	7.3 (70.2%)
51	KOMAR Krystian	6273		Senior II M - 30	51	01:16:44	03:21:05	04:32:57.35	+01:23:19 (30.5%)	8:16	7.3 (70.2%)
52	BURA Krystian	6248	#BIEGAJLESZNO	Senior II M - 30	52	01:12:38	03:14:56	04:33:58.00	+01:24:20 (30.8%)	8:18	7.2 (69.2%)
53	MAKOWSKI Jarosław	6184	STAY INSANE	Senior II M - 30	53	01:10:20	03:11:45	04:35:33.10	+01:25:55 (31.2%)	8:21	7.2 (69.2%)
54	BEDNAREK Bartłomiej	6041	MKS SIECHNICE	Senior II M - 30	54	01:04:17	03:11:35	04:37:41.60	+01:28:04 (31.7%)	8:24	7.1 (68.3%)
55	BUŁAWA Szczepan	6525		Senior II M - 30	55	01:06:54	03:16:33	04:38:44.55	+01:29:07 (32.0%)	8:26	7.1 (68.3%)
56	MIROSHNYCHENKO Ruslan	6264		Senior II M - 30	56	01:10:30	03:24:55	04:40:07.75	+01:30:30 (32.3%)	8:29	7.1 (68.3%)
57	BŁASZCZAK Łukasz	6486		Senior II M - 30	57	01:15:57	03:21:36	04:40:15.15	+01:30:37 (32.3%)	8:29	7.1 (68.3%)
58	ŁYSIAK Bartek	6245		Senior II M - 30	58	01:11:16	03:20:18	04:41:33.05	+01:31:55 (32.7%)	8:31	7 (67.3%)
59	POŁEĆ Leszek	6176	SBRT WROCŁAW	Senior II M - 30	59	01:14:51	03:31:14	04:44:49.25	+01:35:11 (33.4%)	8:37	7 (67.3%)
60	PILAREK Wojciech	6319		Senior II M - 30	60	01:13:40	03:21:14	04:45:09.45	+01:35:32 (33.5%)	8:38	6.9 (66.3%)
61	MARGASIŃSKI Michał	6114		Senior II M - 30	61	01:05:51	03:18:15	04:46:06.85	+01:36:29 (33.7%)	8:40	6.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
62	BUDYNEK Tadeusz	6478	ALVO RACING TEAM	Senior II M - 30	62	01:13:18	03:27:46	04:47:28.70	+01:37:51 (34.0%)	8:42	6.9 (66.3%)
63	KOKOTT Marcin	6332	140MINUT.PL	Senior II M - 30	63	01:08:42	03:25:18	04:48:03.15	+01:38:25 (34.2%)	8:43	6.9 (66.3%)
64	NIKOLAJUK Robert	6014		Senior II M - 30	64	01:25:46	03:47:14	04:48:22.15	+01:38:44 (34.2%)	8:44	6.9 (66.3%)
65	ZIEWIEC Marcin	6122		Senior II M - 30	65	01:12:51	03:33:11	04:50:16.45	+01:40:39 (34.7%)	8:47	6.8 (65.4%)
66	MAŃKOWSKI Tomasz	6125	WOJOWNICY WÓDY	Senior II M - 30	66	01:15:50	03:32:25	04:51:51.55	+01:42:14 (35.0%)	8:50	6.8 (65.4%)
67	MADERA Michał	6276	LECIMY TUTAJ	Senior II M - 30	67	01:11:52	03:33:03	04:53:35.00	+01:43:57 (35.4%)	8:53	6.7 (64.4%)
68	DRAŃKO Piotr	6326		Senior II M - 30	68	01:16:27	03:35:20	04:54:51.60	+01:45:14 (35.7%)	8:56	6.7 (64.4%)
69	JARZĄBEK Michał	6155	MRUNNERS	Senior II M - 30	69	01:13:51	03:38:46	04:55:42.55	+01:46:05 (35.9%)	8:57	6.7 (64.4%)
70	PIĄTKIEWICZ Łukasz	6079	MARCIN ŚWIERC TEAM	Senior II M - 30	70	01:18:05	03:34:07	04:56:00.70	+01:46:23 (35.9%)	8:58	6.7 (64.4%)
71	GIL Maciej	6013	VEGE RUNNERS	Senior II M - 30	71	01:14:38	03:32:18	04:56:42.35	+01:47:04 (36.1%)	8:59	6.7 (64.4%)
72	WRÓBLEWSKI Wojciech	6491		Senior II M - 30	72	01:11:57	03:35:31	04:58:35.90	+01:48:58 (36.5%)	9:02	6.6 (63.5%)
73	ŚMICHURSKI Krzysztof	6099	FIZJOTERAPIA BIEGACZA	Senior II M - 30	73	01:15:36	03:43:53	04:59:28.90	+01:49:51 (36.7%)	9:04	6.6 (63.5%)
74	FELEDZIAK Wojciech	6202		Senior II M - 30	74	01:15:40	03:41:00	04:59:29.20	+01:49:51 (36.7%)	9:04	6.6 (63.5%)
75	STĘPNOWSKI Jakub	6365	MEDIDESK	Senior II M - 30	75	01:22:57	03:42:22	04:59:31.30	+01:49:53 (36.7%)	9:04	6.6 (63.5%)
76	ARENDT Michał	6492		Senior II M - 30	76	01:15:18	03:33:38	04:59:53.00	+01:50:15 (36.8%)	9:05	6.6 (63.5%)
77	MAKAREWICZ Wiktor Makarewicz	6010		Senior II M - 30	77	01:20:17	03:41:19	05:01:41.20	+01:52:03 (37.1%)	9:08	6.6 (63.5%)
78	ANDRZEJCZAK Łukasz	6082	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	78	01:13:50	03:35:54	05:02:34.85	+01:52:57 (37.3%)	9:10	6.5 (62.5%)
79	MAJKOWSKI Jacek	6084		Senior II M - 30	79	01:21:16	03:35:21	05:02:41.30	+01:53:03 (37.4%)	9:10	6.5 (62.5%)
80	SZUMIATO Jakub	6177	PRZEDWOJEWSKI TEAM	Senior II M - 30	80	01:19:17	03:44:18	05:03:08.85	+01:53:31 (37.4%)	9:11	6.5 (62.5%)
81	BURA Tomasz	6275		Senior II M - 30	81	01:15:26	03:37:56	05:03:10.15	+01:53:32 (37.5%)	9:11	6.5 (62.5%)
82	GIEŁAŻYS Tomek	6274	KONESERZY WADOWICKICH KREMÓWEK - SEKCJA 2137	Senior II M - 30	82	01:23:05	03:50:15	05:03:18.95	+01:53:41 (37.5%)	9:11	6.5 (62.5%)
83	KUCHARCZYK Kamil	6465	TRI NOT TO DIE	Senior II M - 30	83	01:19:54	03:44:37	05:03:48.05	+01:54:10 (37.6%)	9:12	6.5 (62.5%)
84	CEBULSKI Łukasz	6237		Senior II M - 30	84	01:16:33	03:40:01	05:04:01.10	+01:54:23 (37.6%)	9:12	6.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
85	STASIAK Łukasz	6074	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II M - 30	85	01:19:44	03:40:09	05:06:00.05	+01:56:22 (38.0%)	9:16	6.5 (62.5%)
86	LIPIŃSKI Oskar	6128		Senior II M - 30	86	01:14:52	03:45:39	05:08:17.80	+01:58:40 (38.5%)	9:20	6.4 (61.5%)
87	GRĘBA Damian	6256	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	87	01:24:51	03:55:50	05:10:16.65	+02:00:39 (38.9%)	9:24	6.4 (61.5%)
88	ROJEK Mateusz	6354		Senior II M - 30	88	01:18:08	03:39:49	05:11:59.05	+02:02:21 (39.2%)	9:27	6.3 (60.6%)
89	LAZAROWICZ Krzysztof	6294		Senior II M - 30	89	01:17:22	03:48:02	05:12:33.15	+02:02:55 (39.3%)	9:28	6.3 (60.6%)
90	NALEPKA Grzegorz	6355		Senior II M - 30	90	01:18:18	03:35:36	05:12:41.20	+02:03:03 (39.4%)	9:28	6.3 (60.6%)
91	WAWRZY尼亚K Krystian	6279	OKB ODRA OPOLE	Senior II M - 30	91	01:21:46	03:55:04	05:13:42.25	+02:04:04 (39.6%)	9:30	6.3 (60.6%)
92	BLACHA Krzysztof	6532	TRASY-BIEGOWE.PL	Senior II M - 30	92	01:15:06	03:44:08	05:14:52.20	+02:05:14 (39.8%)	9:32	6.3 (60.6%)
93	SKŁADANOWSKI Marek	6166		Senior II M - 30	93	01:22:01	03:53:13	05:15:44.50	+02:06:07 (39.9%)	9:34	6.3 (60.6%)
94	MITIS Marek	6022		Senior II M - 30	94	01:24:43	03:49:57	05:17:50.65	+02:08:13 (40.3%)	9:37	6.2 (59.6%)
95	SYCHOWSKI Dawid	6129		Senior II M - 30	95	01:20:51	03:50:30	05:18:03.40	+02:08:25 (40.4%)	9:38	6.2 (59.6%)
96	RYCHLEWICZ Tomasz	6170		Senior II M - 30	96	01:17:23	03:54:34	05:19:07.35	+02:09:29 (40.6%)	9:40	6.2 (59.6%)
97	JASIŃSKI Daniel	6226		Senior II M - 30	97	01:14:20	03:55:57	05:19:42.55	+02:10:05 (40.7%)	9:41	6.2 (59.6%)
98	WILCZEK Rafał	6538	KLUB BIEGACZA JURAND	Senior II M - 30	98	01:16:01	03:49:10	05:20:41.15	+02:11:03 (40.9%)	9:43	6.2 (59.6%)
99	LECH Grzegorz	6033	KB ODRA OPOLE	Senior II M - 30	99	01:21:45	03:56:12	05:21:01.00	+02:11:23 (40.9%)	9:43	6.2 (59.6%)
100	MIŚTALSKI Damian	6249		Senior II M - 30	100	01:18:34	03:52:05	05:22:25.45	+02:12:48 (41.2%)	9:46	6.1 (58.7%)
101	WÓJCIAK Łukasz	6090	UMAWIANIENABIEGANIETEAM	Senior II M - 30	101	01:19:15	03:50:15	05:22:26.40	+02:12:48 (41.2%)	9:46	6.1 (58.7%)
102	OLEJNIK Marcin	6520	DZINKOWY DZIABĄG TEAM	Senior II M - 30	102	01:19:17	03:52:23	05:22:50.15	+02:13:12 (41.3%)	9:46	6.1 (58.7%)
103	SAJEWICZ Piotr	6194	TURBINA BAŁAKOWO	Senior II M - 30	103	01:18:53	03:50:46	05:23:03.50	+02:13:26 (41.3%)	9:47	6.1 (58.7%)
104	ŻĘŁOBOWSKI Przemysław	6350	BUŁKA Z PASZTETEM I KAKAŁO	Senior II M - 30	104	01:17:13	03:51:46	05:25:55.10	+02:16:17 (41.8%)	9:52	6.1 (58.7%)
105	DUDA Dariusz	6102	MIRAZ RACE TEAM	Senior II M - 30	105	01:19:42	03:53:06	05:25:58.55	+02:16:21 (41.8%)	9:52	6.1 (58.7%)
106	LESIŃSKI Piotr	6417	ATOS RACING TEAM	Senior II M - 30	106	01:27:12	03:56:40	05:28:32.20	+02:18:54 (42.3%)	9:57	6 (57.7%)
107	PORZYCKI Tomasz	6353		Senior II M - 30	107	01:21:49	03:52:03	05:29:21.65	+02:19:44 (42.4%)	9:58	6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
108	KONIECZNY Przemysław	6327		Senior II M - 30	108	01:19:52	03:56:25	05:30:22.90	+02:20:45 (42.6%)	10:00	6 (57.7%)
109	MAZAN Wojciech	6069		Senior II M - 30	109	01:27:47	04:03:16	05:31:27.50	+02:21:50 (42.8%)	10:02	6 (57.7%)
110	RADOMSKI Bartosz	6398		Senior II M - 30	110	01:21:03	04:01:29	05:31:28.60	+02:21:51 (42.8%)	10:02	6 (57.7%)
111	JURSKI Szymon	6181	KAZIKI	Senior II M - 30	111	01:26:23	04:05:47	05:32:19.45	+02:22:42 (42.9%)	10:04	6 (57.7%)
112	GRUNTOWSKI Mateusz	6536	NIEMO ADVENTURE	Senior II M - 30	112	01:27:16	04:02:47	05:32:50.50	+02:23:13 (43.0%)	10:05	5.9 (56.7%)
113	ODZIMKOWSKI Marcin	6199		Senior II M - 30	113	01:25:26	04:07:29	05:34:42.70	+02:25:05 (43.3%)	10:08	5.9 (56.7%)
114	MSZYCA Maciej	6222		Senior II M - 30	114	01:26:32	04:05:56	05:38:54.20	+02:29:16 (44.0%)	10:16	5.8 (55.8%)
115	PONIATOWSKI Seweryn	6065	TROPEM ULTRA	Senior II M - 30	115	01:22:52	04:01:02	05:42:06.10	+02:32:28 (44.6%)	10:22	5.8 (55.8%)
116	GACH Marcin	6382	DELTAKOMANDO HARDCOROWEGO BOBRA	Senior II M - 30	116	01:17:48	03:50:45	05:42:24.15	+02:32:46 (44.6%)	10:22	5.8 (55.8%)
117	ZBOROWSKI Norbert	6394	GRUNWALD TEAM POZNAŃ	Senior II M - 30	117	01:20:32	04:22:41	05:46:34.45	+02:36:57 (45.3%)	10:30	5.7 (54.8%)
118	PIETRZAK Krzysztof	6266	BIEGAMBOLUBIĘ GORZÓW	Senior II M - 30	118	01:37:53	04:28:05	05:56:19.15	+02:46:41 (46.8%)	10:47	5.6 (53.8%)
119	JOPA Maciej	6097		Senior II M - 30	119	01:22:56	04:09:59	05:57:50.45	+02:48:13 (47.0%)	10:50	5.5 (52.9%)
120	BURMISTRZ Bartosz	6246	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	120	01:25:46	04:21:17	05:58:57.40	+02:49:19 (47.2%)	10:52	5.5 (52.9%)
121	KOWALCZYK Marcin	6317		Senior II M - 30	121	01:36:15	04:25:39	05:59:47.30	+02:50:09 (47.3%)	10:54	5.5 (52.9%)
122	JAGODZIŃSKI Hubert	6255	DZIK KOMANDO	Senior II M - 30	122	01:21:05	04:25:31	06:01:39.30	+02:52:01 (47.6%)	10:57	5.5 (52.9%)
123	KACZMAREK Łukasz	6379	DZIK KOMANDO	Senior II M - 30	123	01:10:24	04:25:34	06:01:40.45	+02:52:03 (47.6%)	10:57	5.5 (52.9%)
124	WRÓBLEWSKI Witold	6483		Senior II M - 30	124	01:17:03	04:18:55	06:02:55.60	+02:53:18 (47.8%)	10:59	5.5 (52.9%)
125	WORONOWICZ Karol	6312		Senior II M - 30	125	01:32:29	04:30:50	06:03:29.80	+02:53:52 (47.8%)	11:00	5.4 (51.9%)
126	SKORUPSKI Szymon	6110	KURACJUSZE	Senior II M - 30	126	01:22:49	04:35:43	06:07:29.65	+02:57:52 (48.4%)	11:08	5.4 (51.9%)
127	PTASZYŃSKI Marcin	6311		Senior II M - 30	127	01:27:41	04:23:58	06:07:47.80	+02:58:10 (48.4%)	11:08	5.4 (51.9%)
128	KACZMAREK Maciej	6091	TEAM BEROTU	Senior II M - 30	128	01:27:49	04:24:37	06:10:40.55	+03:01:03 (48.8%)	11:13	5.3 (51.0%)
129	BARTKOWIAK Piotr	6117	M-FIT RAWICZ	Senior II M - 30	129	01:34:19	04:34:21	06:14:24.05	+03:04:46 (49.4%)	11:20	5.3 (51.0%)
130	HATAŁA Tomasz	6076	BARCA	Senior II M - 30	130	01:27:48	04:31:48	06:17:04.85	+03:07:27 (49.7%)	11:25	5.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
131	GAWLAK Robert	6169	MNG / RYTM CZ-DZ	Senior II M - 30	131	01:28:11	04:30:26	06:17:18.10	+03:07:40 (49.7%)	11:26	5.2 (50.0%)
132	ZARZECZNY Radosław	6003	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	132	01:35:03	04:21:41	06:17:37.55	+03:08:00 (49.8%)	11:26	5.2 (50.0%)
133	SZURKOWSKI Michał	6476	GRUNWALD TEAM POZNAŃ	Senior II M - 30	133	01:37:30	04:42:46	06:19:20.55	+03:09:43 (50.0%)	11:29	5.2 (50.0%)
134	KRAWCZYK Krystian	6258		Senior II M - 30	134	01:27:00	04:31:49	06:20:24.10	+03:10:46 (50.2%)	11:31	5.2 (50.0%)
135	IWIŃSKI Marcin	6337	WOLNE ŚLIMAKI	Senior II M - 30	135	01:35:24	04:47:39	06:21:52.40	+03:12:14 (50.3%)	11:34	5.2 (50.0%)
136	MAŁECKI Kamil	6049		Senior II M - 30	136	01:29:08	04:58:36	06:31:41.55	+03:22:04 (51.6%)	11:52	5.1 (49.0%)
137	PATYRA Łukasz	6136	GOMIND	Senior II M - 30	137	01:32:11	04:43:13	06:31:57.70	+03:22:20 (51.6%)	11:52	5.1 (49.0%)
138	CHYLIŃSKI Bartosz	6497		Senior II M - 30	138	01:33:32	05:02:43	06:31:59.20	+03:22:21 (51.6%)	11:52	5.1 (49.0%)
139	BIS Marcin	6267		Senior II M - 30	139	01:37:58	04:51:05	06:38:43.05	+03:29:05 (52.4%)	12:04	5 (48.1%)
140	MAŃKOWSKI Bartosz	6507	KUCHNIAMANKOWSKIEGO.PL	Senior II M - 30	140	01:37:12	05:06:08	06:42:25.05	+03:32:47 (52.9%)	12:11	4.9 (47.1%)
141	WRONISZEWSKI Łukasz	6523	1ON1 TEAM	Senior II M - 30	141	01:32:12	04:51:57	06:44:16.75	+03:34:39 (53.1%)	12:15	4.9 (47.1%)
142	GRUDNIEWSKI Jakub	6138		Senior II M - 30	142	01:36:54	05:04:19	06:51:06.80	+03:41:29 (53.9%)	12:27	4.8 (46.2%)
143	CHORAŻY Łukasz	6179	CAŁA OLEŚNICA BIEGA	Senior II M - 30	143	01:38:24	05:06:05	07:01:54.30	+03:52:16 (55.1%)	12:47	4.7 (45.2%)
144	STRZELCZYK Paweł	6376	CC 1916	Senior II M - 30	144	01:59:17	05:48:30	07:39:25.25	+04:29:47 (58.7%)	13:55	4.3 (41.3%)
	POMIANOWSKI Szymon	6219	KURACJUSZE	Senior II M - 30		01:17:17 DNF	DNF	DNF		-	- (0.0%)
	BROŃSKI Krzysztof	6238		Senior II M - 30		01:18:08 DNF	DNF	DNF		-	- (0.0%)
	GULA Tomasz	6419	GBY	Senior II M - 30		02:16:04 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 147 wynik(ów)