SUPERMARATON GÓR STOŁOWYCH 2017

Wydarzenie: Maraton Gór Stołowych
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-01
Miejsce: Pasterka
Dystans: 50 km

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
1	**STOLARZ Piotr**	**93**		M-40	1	00:44:53	01:40:48	02:36:25	03:32:52	04:27:44	**05:13:53.85**	**05:13:57.65**		6:16	9.6 (100%)
2	**KUCHARCZYK Maciej**	**434**		M-40	2	00:46:57	01:46:48	02:45:52	03:40:12	04:27:31	**05:14:38.80**	**05:14:43.00**	+00:00:45 (0.2%)	6:17	9.5 (99.0%)
3	**TOPOLSKI Marcin**	**31**		M-40	3	00:49:02	01:49:11	02:51:50	03:48:55	04:37:01	**05:25:09.55**	**05:25:16.95**	+00:11:19 (3.5%)	6:30	9.2 (95.8%)
4	**HIBNER Waldemar**	**265**		M-40	4	00:47:37	01:46:51	02:51:44	03:49:31	04:36:38	**05:29:10.70**	**05:29:14.50**	+00:15:16 (4.6%)	6:35	9.1 (94.8%)
5	**KOSTERKIEWICZ Marcin**	**152**	RYBAK PERSONAL TRAINER - PTC PRZEMYŚL	M-40	5	00:48:27	01:48:50	02:55:13	03:53:27	04:43:01	**05:30:56.10**	**05:31:00.30**	+00:17:02 (5.1%)	6:37	9.1 (94.8%)
6	**BARTYZEL Marek**	**287**		M-40	6	00:49:17	01:49:36	02:54:07	03:52:42	04:42:19	**05:31:41.60**	**05:31:49.50**	+00:17:51 (5.4%)	6:38	9 (93.8%)
7	**RZEPKA Remigiusz**	**238**	CLEAREX	M-40	7	00:50:11	01:50:52	02:56:48	03:55:20	04:44:42	**05:35:13.40**	**05:35:18.05**	+00:21:20 (6.4%)	6:42	8.9 (92.7%)
8	**MAJER Janusz**	**233**		M-40	8	00:48:06	01:52:07	03:00:37	04:01:40	04:49:57	**05:35:29.90**	**05:35:33.35**	+00:21:35 (6.4%)	6:42	8.9 (92.7%)
9	**BENDIG Wojciech**	**28**		M-40	9	00:51:29	01:53:04	02:56:14	03:59:20	04:52:58	**05:41:03.55**	**05:41:19.90**	+00:27:22 (8.0%)	6:49	8.8 (91.7%)
10	**HEŁMECKI Artur**	**428**	N-H	M-40	10	00:50:42	01:53:12	02:58:26	04:01:11	04:52:24	**05:42:27.65**	**05:42:34.15**	+00:28:36 (8.4%)	6:50	8.8 (91.7%)
11	**BIELAWA Rafał**	**476**		M-40	11	00:46:27	01:43:18	02:46:23	03:54:40	04:51:34	**05:45:30.00**	**05:45:35.65**	+00:31:38 (9.2%)	6:54	8.7 (90.6%)
12	**RUTA Paweł**	**201**	PETARDA BOŃCZYKA	M-40	12	00:52:51	01:56:58	03:02:52	04:04:43	04:55:23	**05:48:25.40**	**05:48:34.35**	+00:34:36 (9.9%)	6:58	8.6 (89.6%)
13	**BOJAN Adam**	**54**		M-40	13	00:50:38	01:55:16	03:01:21	04:05:04	04:58:58	**05:51:52.05**	**05:51:56.40**	+00:37:58 (10.8%)	7:02	8.5 (88.5%)
14	**BORÓWKA Ryszard**	**112**		M-40	14	00:54:13	01:57:54	03:05:00	04:07:22	05:00:27	**05:52:12.35**	**05:52:40.55**	+00:38:42 (11.0%)	7:02	8.5 (88.5%)
15	**MATLOK Marek**	**194**	BIEGAJ Z PILECKIM	M-40	15	00:54:55	02:01:58	03:10:47	04:17:11	05:09:08	**05:59:01.95**	**05:59:13.25**	+00:45:15 (12.6%)	7:10	8.4 (87.5%)
16	**ŻELICHOWSKI Artur**	**212**	KĘCKIE HARPAGANY	M-40	16	00:56:43	02:03:42	03:13:37	04:18:06	05:09:13	**06:03:15.90**	**06:03:35.35**	+00:49:37 (13.6%)	7:15	8.3 (86.5%)
17	**SZECHLECKI Krzysztof**	**295**	I'VE GOT YOU	M-40	17	00:57:22	02:03:50	03:14:17	04:20:53	05:16:00	**06:05:16.40**	**06:05:28.80**	+00:51:31 (14.1%)	7:18	8.2 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
18	**ŁAŻEWSKI Marcin**	**274**		M-40	18	00:58:41	02:06:43	03:13:40	04:19:36	05:13:13	**06:06:44.25**	**06:06:56.25**	+00:52:58 (14.4%)	7:20	8.2 (85.4%)
19	**BYTNIEWSKI Darek**	**312**	TEAM PKO SILESIA MARATHON	M-40	19	00:55:03	02:02:14	03:15:15	04:21:00	05:14:41	**06:09:04.65**	**06:09:14.80**	+00:55:17 (15.0%)	7:22	8.1 (84.4%)
20	**RYMARSKI Arkadiusz**	**15**	NOA	M-40	20	00:52:52	02:03:10	03:16:53	04:23:15	05:17:45	**06:10:39.10**	**06:10:42.25**	+00:56:44 (15.3%)	7:24	8.1 (84.4%)
21	**SIKORA Michał**	**217**		M-40	21	00:54:49	01:57:54	03:04:51	04:11:08	05:09:50	**06:11:15.80**	**06:11:42.20**	+00:57:44 (15.5%)	7:25	8.1 (84.4%)
22	**LIPPA Wojtek**	**333**	LC MOSIĄDZ	M-40	22	00:56:53	02:04:28	03:15:14	04:21:04	05:15:39	**06:12:24.05**	**06:12:30.35**	+00:58:32 (15.7%)	7:26	8.1 (84.4%)
23	**RĘBKOWSKI Piotr**	**140**		M-40	23	00:58:57	02:08:21	03:21:27	04:27:39	05:21:42	**06:13:10.60**	**06:13:25.65**	+00:59:28 (15.9%)	7:27	8 (83.3%)
24	**MISZCZYK Roman**	**320**		M-40	24	00:56:30	02:06:47	03:20:07	04:26:08	05:20:25	**06:14:07.30**	**06:14:14.55**	+01:00:16 (16.1%)	7:28	8 (83.3%)
25	**BARTOSIŃSKI Mariusz**	**58**		M-40	25	00:56:50	02:04:31	03:18:33	04:28:24	05:24:07	**06:15:56.60**	**06:16:05.85**	+01:02:08 (16.5%)	7:31	8 (83.3%)
26	**BRZOZOWSKI Jacek**	**423**	DNF TEAM	M-40	26	00:52:50	01:57:52	03:05:56	04:14:49	05:15:44	**06:17:16.35**	**06:17:24.15**	+01:03:26 (16.8%)	7:32	8 (83.3%)
27	**SZCZOT Andrzej**	**461**		M-40	27	00:54:20	02:05:41	03:17:38	04:28:12	05:24:29	**06:18:20.05**	**06:18:27.30**	+01:04:29 (17.0%)	7:34	7.9 (82.3%)
28	**CHOJNACKI Leszek**	**354**	IADP	M-40	28	00:57:19	02:10:15	03:23:09	04:27:26	05:22:16	**06:18:31.15**	**06:18:45.45**	+01:04:47 (17.1%)	7:34	7.9 (82.3%)
29	**ZIĘTERSKI Robert**	**182**		M-40	29	00:53:50	02:03:56	03:17:20	04:28:53	05:25:37	**06:21:23.40**	**06:21:28.85**	+01:07:31 (17.7%)	7:37	7.9 (82.3%)
30	**BOTKIEWICZ Jarosław**	**56**	WKURW_TEAM / BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-40	30	00:52:55	02:07:06	03:17:38	04:30:30	05:26:13	**06:23:19.40**	**06:23:24.25**	+01:09:26 (18.1%)	7:40	7.8 (81.3%)
31	**JĘDRZEJEWSKI Łukasz**	**351**	WATAHA	M-40	31	00:53:56	02:03:23	03:17:05	04:28:41	05:25:34	**06:23:30.85**	**06:23:40.70**	+01:09:43 (18.2%)	7:40	7.8 (81.3%)
32	**NADOLSKI Piotr**	**363**		M-40	32	01:05:02	02:21:34	03:34:42	04:39:48	05:34:08	**06:26:53.10**	**06:27:14.15**	+01:13:16 (18.9%)	7:44	7.8 (81.3%)
33	**PTASZYŃSKI Wojciech**	**165**		M-40	33	00:53:00	02:08:22	03:21:55	04:38:56	05:34:46	**06:28:52.95**	**06:29:03.00**	+01:15:05 (19.3%)	7:46	7.7 (80.2%)
34	**BAWIEC Marek**	**195**		M-40	34	00:56:01	02:04:12	03:19:31	04:32:27	05:34:39	**06:30:09.75**	**06:30:20.25**	+01:16:22 (19.6%)	7:48	7.7 (80.2%)
35	**BURMAN Michał**	**42**	CZERWONAK BIEGA	M-40	35	00:57:24	02:04:46	03:17:13	04:32:48	05:33:47	**06:30:25.30**	**06:30:42.55**	+01:16:44 (19.6%)	7:48	7.7 (80.2%)
36	**UCIEKLAK Dominik**	**440**		M-40	36	01:00:15	02:09:07	03:22:29	04:32:42	05:34:10	**06:30:36.70**	**06:31:01.35**	+01:17:03 (19.7%)	7:48	7.7 (80.2%)
37	**SZECÓWKA Zbigniew**	**405**	AMBITNI AMATORZY	M-40	37	00:53:19	01:59:05	03:11:49	04:32:53	05:34:25	**06:32:33.35**	**06:32:41.05**	+01:18:43 (20.0%)	7:51	7.6 (79.2%)
38	**KRECZMAŃSKI Robert**	**186**	RAMY DADE	M-40	38	00:55:47	02:04:26	03:17:09	04:32:31	05:33:39	**06:33:46.55**	**06:33:54.65**	+01:19:57 (20.3%)	7:52	7.6 (79.2%)
39	**JAKUBCZYK Damian**	**189**		M-40	39	01:00:36	02:14:00	03:29:39	04:41:08	05:40:28	**06:34:50.80**	**06:35:02.25**	+01:21:04 (20.5%)	7:53	7.6 (79.2%)
40	**DZIUBA Piotr**	**80**		M-40	40	00:57:08	02:09:06	03:28:31	04:42:47	05:44:22	**06:37:26.75**	**06:37:37.00**	+01:23:39 (21.0%)	7:56	7.5 (78.1%)
41	**MACHALSKI Sebastian**	**236**		M-40	41	00:56:13	02:04:19	03:18:24	04:33:24	05:37:53	**06:39:12.65**	**06:39:28.70**	+01:25:31 (21.4%)	7:59	7.5 (78.1%)
42	**GNIADEK Tomek**	**348**	DABEX BOLT	M-40	42	00:59:24	02:13:19	03:30:50	04:46:25	05:45:56	**06:40:07.70**	**06:40:21.30**	+01:26:23 (21.6%)	8:00	7.5 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
43	**MOLTZAN Zbigniew**	**168**		M-40	43	01:03:20	02:21:51	03:40:52	04:52:36	05:50:41	**06:48:58.65**	**06:49:12.50**	+01:35:14 (23.3%)	8:10	7.3 (76.0%)
44	**ZAWAL Przemysław**	**74**	REMBERTÓW TEAM	M-40	44	01:01:58	02:19:42	03:39:37	04:52:49	05:52:34	**06:48:45.95**	**06:49:13.90**	+01:35:16 (23.3%)	8:10	7.3 (76.0%)
45	**ŻYŻA Piotr**	**153**	ATHLETICS TEAM PRUSICE	M-40	45	00:58:53	02:11:27	03:29:51	04:45:52	05:50:07	**06:49:44.45**	**06:50:08.15**	+01:36:10 (23.4%)	8:11	7.3 (76.0%)
46	**PĘCZEK Dariusz**	**250**	ZABIEGANI CZĘSTOCHOWA	M-40	46	00:57:39	02:11:38	03:28:41	04:51:20	05:55:09	**06:49:58.30**	**06:50:10.05**	+01:36:12 (23.5%)	8:11	7.3 (76.0%)
47	**DARMOCHWAŁ Leszek**	**422**	DZIKIE BOBRY	M-40	47	00:58:13	02:04:55	03:21:13	04:42:48	05:49:08	**06:50:44.75**	**06:50:44.75**	+01:36:47 (23.6%)	8:12	7.3 (76.0%)
48	**SKALSKI Radosław**	**468**		M-40	48	00:57:55	02:13:20	03:31:12	04:46:51	05:48:31	**06:51:21.05**	**06:51:30.30**	+01:37:32 (23.7%)	8:13	7.3 (76.0%)
49	**WOJDA Dariusz**	**128**	DZIKIE DZIKI	M-40	49	01:02:13	02:21:12	03:42:43	04:58:08	05:55:52	**06:52:34.65**	**06:52:45.25**	+01:38:47 (23.9%)	8:15	7.3 (76.0%)
50	**SZEWCZAK Tomasz**	**311**	LENOVO	M-40	50	01:01:46	02:25:59	03:38:51	04:53:12	05:56:29	**06:52:27.90**	**06:52:48.35**	+01:38:50 (23.9%)	8:14	7.3 (76.0%)
51	**KACZOREK Marcin**	**436**		M-40	51	00:56:51	02:16:50	03:33:46	04:49:09	05:55:48	**06:53:30.65**	**06:53:40.50**	+01:39:42 (24.1%)	8:16	7.3 (76.0%)
52	**BŁACHEWICZ Krzysztof**	**248**	-	M-40	52	00:57:08	02:04:55	03:25:19	04:44:07	05:53:24	**06:56:44.00**	**06:57:03.35**	+01:43:05 (24.7%)	8:20	7.2 (75.0%)
53	**DZIUBA Emilian**	**208**	BIEGATON MIKOŁÓW	M-40	53	01:07:17	02:24:34	03:37:50	04:56:43	05:58:33	**06:57:04.70**	**06:57:42.80**	+01:43:45 (24.8%)	8:20	7.2 (75.0%)
54	**KONFEDERAK Tomasz**	**328**	WWW.FACEBOOK.COM/WPOGONIZABOBREM	M-40	54	00:58:04	02:12:48	03:34:57	04:56:54	06:03:12	**06:58:41.15**	**06:58:47.95**	+01:44:50 (25.0%)	8:22	7.2 (75.0%)
55	**MNICH Tomasz**	**197**		M-40	55	01:07:29	02:30:25	03:53:23	05:06:59	06:04:42	**06:58:32.50**	**06:58:58.75**	+01:45:01 (25.1%)	8:22	7.2 (75.0%)
56	**WOJCIECHOWSKI Ireneusz**	**92**	TRI SIGNOVUM	M-40	56	00:58:40	02:12:11	03:33:36	04:53:21	05:58:50	**06:59:39.00**	**06:59:57.25**	+01:45:59 (25.2%)	8:23	7.1 (74.0%)
57	**HOROWSKI Tomasz**	**410**	URODZENI BIEGACZE BORNRUNNERS.PL	M-40	57	01:03:14	02:20:17	03:39:29	04:59:32	06:03:41	**06:59:41.70**	**07:00:00.60**	+01:46:02 (25.2%)	8:23	7.1 (74.0%)
58	**CICHOCKI Paweł**	**350**	KAPAGO SPORT TEAM	M-40	58	00:57:37	02:11:18	03:33:16	04:59:13	06:05:29	**07:01:14.50**	**07:01:14.50**	+01:47:16 (25.5%)	8:25	7.1 (74.0%)
59	**GRYSKA Piotr**	**376**	BRAK	M-40	59	01:05:26	02:20:09	03:38:28	05:00:51	06:04:19	**07:03:33.75**	**07:04:21.50**	+01:50:23 (26.0%)	8:28	7.1 (74.0%)
60	**SPECHT Mikołaj**	**370**	BBL SKRA	M-40	60	01:00:28	02:17:41	03:34:14	04:56:43	06:03:01	**07:04:11.65**	**07:04:24.35**	+01:50:26 (26.0%)	8:29	7.1 (74.0%)
61	**KILIŃSKI Jacek**	**235**	ELITE SPORTS	M-40	61	00:53:49	02:13:17	03:44:26	05:05:22	06:06:51	**07:04:24.65**	**07:04:28.15**	+01:50:30 (26.0%)	8:29	7.1 (74.0%)
62	**HULBÓJ Sebastian**	**139**	HUSE TEAM	M-40	62	01:04:31	02:23:04	03:44:33	05:03:40	06:06:26	**07:05:57.50**	**07:06:11.95**	+01:52:14 (26.3%)	8:31	7 (72.9%)
63	**WESOŁOWSKI Marcin**	**164**		M-40	63	01:07:18	02:24:57	03:44:18	05:01:19	06:06:20	**07:06:16.65**	**07:06:32.75**	+01:52:35 (26.4%)	8:31	7 (72.9%)
64	**MAZUREK Michał**	**123**		M-40	64	00:55:55	02:12:16	03:42:05	04:58:55	06:06:06	**07:08:16.30**	**07:08:22.70**	+01:54:25 (26.7%)	8:33	7 (72.9%)
65	**KOŁODZIEJ Paweł**	**180**		M-40	65	01:06:12	02:26:45	03:45:41	05:03:34	06:09:38	**07:08:28.85**	**07:08:57.35**	+01:54:59 (26.8%)	8:34	7 (72.9%)
66	**JANKOWSKI Piotr**	**120**		M-40	66	01:06:02	02:27:39	03:42:51	05:00:41	06:09:00	**07:10:12.30**	**07:10:37.45**	+01:56:39 (27.1%)	8:36	7 (72.9%)
67	**PIKOR Jacek**	**132**		M-40	67	01:01:51	02:21:02	03:44:12	05:04:42	06:07:12	**07:11:49.05**	**07:12:09.95**	+01:58:12 (27.4%)	8:38	6.9 (71.9%)

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68	**MROWIEC Michał**	**475**	KORDAKI	M-40	68	00:59:47	02:24:37	03:50:13	05:11:44	06:17:01	**07:13:16.00**	**07:13:57.55**	+01:59:59 (27.7%)	8:39	6.9 (71.9%)
69	**ROGÓRZ Piotr**	**154**		M-40	69	00:53:50	02:03:04	03:17:08	04:56:21	06:10:57	**07:14:49.00**	**07:14:55.20**	+02:00:57 (27.8%)	8:41	6.9 (71.9%)
70	**KOŁODZIEJ Maciej**	**170**		M-40	70	01:01:16	02:18:40	03:44:49	05:05:23	06:11:04	**07:16:27.80**	**07:16:41.15**	+02:02:43 (28.1%)	8:43	6.9 (71.9%)
71	**SCHIEWE Andrzej**	**448**		M-40	71	01:07:40	02:25:05	03:42:28	05:03:30	06:11:22	**07:16:57.30**	**07:17:28.55**	+02:03:30 (28.2%)	8:44	6.9 (71.9%)
72	**LIZAKOWSKI Piotr**	**225**	NYHA IV	M-40	72	01:05:51	02:25:00	03:49:54	05:08:54	06:14:17	**07:16:47.50**	**07:17:29.45**	+02:03:31 (28.2%)	8:44	6.9 (71.9%)
73	**ANTONIEWICZ Jacek**	**453**		M-40	73	01:11:30	02:33:21	03:56:04	05:12:16	06:16:33	**07:18:15.90**	**07:18:35.55**	+02:04:37 (28.4%)	8:45	6.8 (70.8%)
74	**SURMACZ Rafał**	**214**		M-40	74	01:07:37	02:31:47	03:56:20	05:15:00	06:16:40	**07:19:15.30**	**07:19:34.10**	+02:05:36 (28.6%)	8:47	6.8 (70.8%)
75	**GRZĘDZIELSKI Jacek**	**466**	DYNAMIT	M-40	75	01:05:53	02:29:53	03:53:40	05:12:54	06:16:34	**07:20:33.40**	**07:20:47.35**	+02:06:49 (28.8%)	8:48	6.8 (70.8%)
76	**HIBNER Zbigniew**	**266**		M-40	76	01:06:07	02:24:16	03:46:23	05:05:35	06:14:30	**07:22:12.20**	**07:22:31.35**	+02:08:33 (29.1%)	8:50	6.8 (70.8%)
77	**KUPCZYK Jacek**	**188**		M-40	77	01:04:12	02:21:13	03:44:46	05:04:41	06:14:56	**07:22:13.10**	**07:22:35.10**	+02:08:37 (29.1%)	8:50	6.8 (70.8%)
78	**FLORCZAK Marek**	**288**	LZS TARCHALANKA	M-40	78	01:05:04	02:30:27	03:55:42	05:15:30	06:22:53	**07:24:35.50**	**07:24:52.60**	+02:10:54 (29.4%)	8:53	6.7 (69.8%)
79	**JÓŹWIAK Michał**	**138**	BRYLANT KÓRNIK	M-40	79	01:08:43	02:40:50	04:04:20	05:21:26	06:24:23	**07:25:44.75**	**07:26:08.85**	+02:12:11 (29.6%)	8:54	6.7 (69.8%)
80	**FYDA Piotr**	**6**		M-40	80	01:07:24	02:25:55	03:46:50	05:06:50	06:18:15	**07:27:21.00**	**07:27:57.60**	+02:13:59 (29.9%)	8:56	6.7 (69.8%)
81	**SIKORSKI Radek**	**339**		M-40	81	01:05:51	02:26:45	03:51:07	05:15:15	06:25:07	**07:31:24.05**	**07:31:24.05**	+02:17:26 (30.4%)	9:01	6.6 (68.8%)
82	**KRZYCKI Rafał**	**104**	KB ERGO	M-40	82	01:04:47	02:25:00	03:49:46	05:12:03	06:23:37	**07:31:28.55**	**07:31:49.10**	+02:17:51 (30.5%)	9:01	6.6 (68.8%)
83	**ZARODA Zbyszek**	**330**	KB AKTYWNI KONIN	M-40	83	00:56:43	02:05:57	03:28:50	05:00:09	06:22:03	**07:35:49.55**	**07:35:57.25**	+02:21:59 (31.1%)	9:07	6.6 (68.8%)
84	**ZAJĄC Andrzej**	**449**	NOKIA KRAKÓW	M-40	84	01:12:01	02:38:22	04:02:05	05:25:58	06:33:04	**07:37:58.30**	**07:38:29.45**	+02:24:31 (31.5%)	9:09	6.6 (68.8%)
85	**SIKORA Tom**	**349**	RSSB	M-40	85	01:00:53	02:24:47	03:51:23	05:16:23	06:29:57	**07:40:47.20**	**07:40:51.85**	+02:26:54 (31.9%)	9:12	6.5 (67.7%)
86	**CZAPIGA Robert**	**35**	TEMMPO WAŁBRZYCH	M-40	86	01:10:33	02:39:50	04:05:50	05:28:30	06:36:32	**07:40:26.95**	**07:41:00.80**	+02:27:03 (31.9%)	9:12	6.5 (67.7%)
87	**BARAŃSKI Rafał**	**185**	KB BBM OPOLE	M-40	87	01:11:21	02:35:16	04:02:54	05:28:55	06:37:06	**07:42:19.15**	**07:42:49.25**	+02:28:51 (32.2%)	9:14	6.5 (67.7%)
88	**JAGIEŁŁO Adam**	**111**	ŻELAZNA ŁYDA SĄSIAD TEAM	M-40	88	01:11:01	02:34:54	03:59:06	05:25:17	06:39:28	**07:42:24.45**	**07:42:53.55**	+02:28:55 (32.2%)	9:14	6.5 (67.7%)
89	**KOSINSKI Andrzej**	**95**		M-40	89	01:14:19	02:45:22	04:10:07	05:27:40	06:36:16	**07:42:14.80**	**07:42:55.30**	+02:28:57 (32.2%)	9:14	6.5 (67.7%)
90	**SULIN Marek**	**390**	SPARTANIE DZIECIOM	M-40	90	01:11:30	02:37:44	04:03:27	05:28:36	06:36:24	**07:43:08.65**	**07:43:39.30**	+02:29:41 (32.3%)	9:15	6.5 (67.7%)
91	**SZUBERT Przemysław**	**40**	TYŁOWICE LUBOCHNIA	M-40	91	01:07:07	02:30:17	03:57:06	05:28:18	06:38:59	**07:44:05.10**	**07:44:33.40**	+02:30:35 (32.4%)	9:16	6.5 (67.7%)
92	**BETLEJ Mikołaj**	**125**	NOA	M-40	92	01:05:50	02:31:10	04:01:50	05:29:09	06:41:27	**07:45:10.00**	**07:45:15.35**	+02:31:17 (32.5%)	9:18	6.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
93	**BIEŃKOWSKI Piotr**	**377**		M-40	93	01:09:33	02:32:40	04:03:26	05:30:13	06:41:52	**07:49:00.40**	**07:49:29.70**	+02:35:32 (33.1%)	9:22	6.4 (66.7%)
94	**STUSIŃSKI Mariusz**	**268**		M-40	94	01:10:34	02:38:21	04:04:15	05:32:58	06:41:04	**07:49:58.65**	**07:50:34.35**	+02:36:36 (33.3%)	9:23	6.4 (66.7%)
95	**SKRZYPCZAK Mirosław**	**192**	BALANS TEAM	M-40	95	01:11:25	02:42:20	04:07:21	05:36:25	06:39:53	**07:51:00.35**	**07:51:27.85**	+02:37:30 (33.4%)	9:25	6.4 (66.7%)
96	**WUJTIUK Piotr**	**247**		M-40	96	01:04:42	02:32:41	04:00:40	05:26:27	06:39:41	**07:51:52.15**	**07:52:01.90**	+02:38:04 (33.5%)	9:26	6.4 (66.7%)
97	**BISKUP Rafał**	**343**	DZIAD NOT DEAD	M-40	97	01:04:53	02:32:03	04:02:03	05:29:04	06:43:15	**07:51:49.20**	**07:52:03.15**	+02:38:05 (33.5%)	9:26	6.4 (66.7%)
98	**SIKORA Jacek**	**219**		M-40	98	01:07:11	02:29:36	03:59:26	05:28:19	06:41:14	**07:51:18.90**	**07:52:04.85**	+02:38:07 (33.5%)	9:25	6.4 (66.7%)
99	**WILMAŃSKI Arkadiusz**	**98**		M-40	99	01:05:46	02:28:53	03:58:57	05:28:38	06:41:35	**07:52:51.40**	**07:53:33.75**	+02:39:36 (33.7%)	9:27	6.3 (65.6%)
100	**JANUSZ Tomasz**	**291**		M-40	100	01:01:45	02:21:49	03:53:17	05:25:42	06:46:01	**07:56:43.85**	**07:56:57.45**	+02:42:59 (34.2%)	9:32	6.3 (65.6%)
101	**MOLENDA Michał**	**417**		M-40	101	01:02:12	02:19:37	03:46:49	05:21:52	06:45:58	**07:57:40.60**	**07:57:57.25**	+02:43:59 (34.3%)	9:33	6.3 (65.6%)
102	**BAZYLUK Andrzej**	**331**	KB ERGO	M-40	102	01:04:26	02:34:34	04:01:46	05:37:07	06:46:08	**07:58:04.25**	**07:58:27.05**	+02:44:29 (34.4%)	9:33	6.3 (65.6%)
103	**KOSMALSKI Rafał**	**27**		M-40	103	01:11:11	02:38:16	04:03:47	05:37:40	06:46:44	**07:58:18.60**	**07:58:58.45**	+02:45:00 (34.5%)	9:33	6.3 (65.6%)
104	**RAJZER Mariusz**	**39**	MAREK GALIŃSKI SHOWTIME	M-40	104	01:02:32	02:27:54	04:05:25	05:36:36	06:48:41	**08:00:04.80**	**08:00:16.50**	+02:46:18 (34.6%)	9:36	6.2 (64.6%)
105	**BURZYŃSKI Tomasz**	**310**		M-40	105	01:08:36	02:37:51	04:05:49	05:34:44	06:51:38	**08:01:54.25**	**08:02:15.00**	+02:48:17 (34.9%)	9:38	6.2 (64.6%)
106	**BZOWSKI Michał**	**114**	TRAILRUN.PL	M-40	106	01:04:57	02:27:53	03:55:29	05:21:09	06:47:23	**08:02:11.05**	**08:02:36.25**	+02:48:38 (34.9%)	9:38	6.2 (64.6%)
107	**SOBOLEWSKI Dariusz**	**439**	VEGE RUNNERS	M-40	107	01:12:28	02:48:25	04:04:48	05:33:25	06:50:48	**08:02:15.15**	**08:02:41.65**	+02:48:44 (35.0%)	9:38	6.2 (64.6%)
108	**PILECKI Maciej**	**474**		M-40	108	01:07:35	02:44:27	04:13:33	05:47:02	07:03:04	**08:06:11.70**	**08:06:24.90**	+02:52:27 (35.5%)	9:43	6.2 (64.6%)
109	**WÓJTOWICZ Zbigniew**	**61**		M-40	109	01:08:54	02:38:00	04:11:38	05:44:07	06:54:12	**08:07:44.80**	**08:08:02.10**	+02:54:04 (35.7%)	9:45	6.2 (64.6%)
110	**HARĘŻLAK Krzysztof**	**260**	4 ŁAPY PSA ŁÓDŹ	M-40	110	01:12:47	02:51:21	04:22:26	05:46:28	06:56:02	**08:09:25.40**	**08:09:42.80**	+02:55:45 (35.9%)	9:47	6.1 (63.5%)
111	**TERLECKI Marcin**	**389**		M-40	111	01:08:02	02:42:52	04:11:26	05:38:50	06:55:21	**08:09:38.90**	**08:10:05.30**	+02:56:07 (35.9%)	9:47	6.1 (63.5%)
112	**MĘŻYŃSKI Michał**	**403**	ŻIMBAKI	M-40	112	01:06:36	02:29:17	04:01:38	05:32:26	06:52:50	**08:10:09.40**	**08:10:45.55**	+02:56:47 (36.0%)	9:48	6.1 (63.5%)
113	**SMYK Robert**	**470**	OTK RZEŹNIK	M-40	113	01:07:51	02:34:11	03:51:57	05:28:31	06:39:52	**08:11:55.05**	**08:12:35.20**	+02:58:37 (36.3%)	9:50	6.1 (63.5%)
114	**GETTLICH Piotr**	**279**	SKS	M-40	114	01:10:52	02:42:50	04:13:06	05:49:13	07:01:20	**08:11:51.70**	**08:12:36.30**	+02:58:38 (36.3%)	9:50	6.1 (63.5%)
115	**WIELICZKO Krzysztof**	**206**		M-40	115	01:14:09	02:56:45	04:21:20	05:52:01	07:01:48	**08:12:17.95**	**08:12:58.50**	+02:59:00 (36.3%)	9:50	6.1 (63.5%)
116	**SZPANOWSKI Piotr**	**249**	WĄSY KRÓLA JANA	M-40	116	01:14:02	02:56:46	04:21:21	05:52:02	07:01:48	**08:12:18.55**	**08:12:58.85**	+02:59:01 (36.3%)	9:50	6.1 (63.5%)
117	**MISIUREWICZ Pawel**	**162**	PASSUS SPORT TEAM	M-40	117	01:07:15	02:34:31	04:13:00	05:41:45	06:54:56	**08:12:19.40**	**08:13:00.65**	+02:59:03 (36.3%)	9:50	6.1 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
118	**WIŚNIEWSKI Michał**	**276**	INVICTA POWER TEAM	M-40	118	01:17:09	03:02:23	04:36:06	06:09:18	07:11:40	**08:13:55.35**	**08:14:32.25**	+03:00:34 (36.5%)	9:52	6.1 (63.5%)
119	**KANIOWSKI Wojciech**	**388**		M-40	119	01:08:18	02:43:07	04:19:20	05:52:19	07:07:15	**08:18:28.85**	**08:18:55.30**	+03:04:57 (37.1%)	9:58	6 (62.5%)
120	**SYGIET Andrzej**	**203**		M-40	120	01:06:35	02:35:52	04:16:05	05:51:21	07:06:20	**08:18:39.15**	**08:18:58.05**	+03:05:00 (37.1%)	9:58	6 (62.5%)
121	**MUCHA Tomasz**	**400**	MW	M-40	121	01:17:38	02:52:51	04:23:28	05:52:07	07:05:56	**08:19:14.70**	**08:19:47.70**	+03:05:50 (37.2%)	9:59	6 (62.5%)
122	**RADZIWOŃ Krzysiek**	**145**	SKAZANI NA GÓRY	M-40	122	01:15:32	02:47:55	04:27:35	06:02:27	07:13:33	**08:22:08.85**	**08:22:42.35**	+03:08:44 (37.5%)	10:02	6 (62.5%)
123	**RĘKAWEK Artur**	**251**	TRUCHTACZ.PL	M-40	123	01:18:12	02:56:21	04:33:48	06:00:48	07:10:34	**08:24:17.85**	**08:24:40.00**	+03:10:42 (37.8%)	10:05	5.9 (61.5%)
124	**KORUMBEL Artur**	**119**	AMBITNI AMATORZY	M-40	124	01:13:10	02:48:00	04:23:25	05:58:15	07:12:03	**08:26:30.95**	**08:27:01.90**	+03:13:04 (38.1%)	10:07	5.9 (61.5%)
125	**NAZAREWICZ Mieczysław**	**290**	NGB KORONA LEGNICA	M-40	125	01:13:06	02:49:04	04:21:26	05:51:25	07:09:21	**08:28:09.40**	**08:28:41.10**	+03:14:43 (38.3%)	10:09	5.9 (61.5%)
126	**PASIEKA Tomasz**	**379**		M-40	126	01:11:52	02:49:37	04:22:06	05:55:25	07:09:07	**08:29:32.25**	**08:29:39.65**	+03:15:42 (38.4%)	10:11	5.9 (61.5%)
127	**ILKIEWICZ Michał**	**378**		M-40	127	01:15:22	02:51:10	04:19:57	05:50:50	07:07:14	**08:29:07.65**	**08:29:52.35**	+03:15:54 (38.4%)	10:10	5.9 (61.5%)
128	**ŁUKASZUK Marek**	**463**	BENEGO KULECZKI	M-40	128	01:04:59	02:34:21	04:03:45	05:49:32	07:06:00	**08:31:08.95**	**08:31:18.05**	+03:17:20 (38.6%)	10:13	5.9 (61.5%)
129	**KWINTA Maciej**	**232**	WKB PIAST	M-40	129	01:16:30	02:57:47	04:32:35	06:04:17	07:18:41	**08:32:43.00**	**08:32:56.20**	+03:18:58 (38.8%)	10:15	5.9 (61.5%)
130	**ZAGAŁA Piotr**	**183**	WWW.MOJEMIASTO.SWIDNICA.PL	M-40	130	01:09:25	02:37:52	04:12:35	05:57:55	07:09:31	**08:34:46.50**	**08:35:15.30**	+03:21:17 (39.1%)	10:17	5.8 (60.4%)
131	**SKONECZNY Artur**	**43**		M-40	131	01:16:02	02:56:01	04:37:22	06:12:25	07:24:24	**08:37:52.05**	**08:38:27.75**	+03:24:30 (39.4%)	10:21	5.8 (60.4%)
132	**ZAJĄC Krzysztof**	**101**	ZP SZPIKI DRUŻYNA SZPIKU / WKURW TEAM	M-40	132	01:16:32	02:59:49	04:44:31	06:22:43	07:33:49	**08:50:28.55**	**08:51:10.65**	+03:37:13 (40.9%)	10:36	5.7 (59.4%)
133	**ŻUBIŃSKI Piotr**	**462**	ACCELERATING POLAND	M-40	133	01:24:00	03:13:09	04:52:26	06:26:48	07:40:53	**08:59:48.45**	**09:00:01.65**	+03:46:04 (41.9%)	10:47	5.6 (58.3%)
134	**DĄBEK Paweł**	**176**		M-40	134	01:18:00	02:53:09	04:37:33	06:28:31	07:44:53	**09:01:41.00**	**09:02:24.85**	+03:48:27 (42.1%)	10:50	5.5 (57.3%)
135	**CABAN Rafał**	**335**	UKS LUDWIKOWICE	M-40	135	01:12:46	02:54:56	04:41:45	06:23:42	07:45:39	**09:06:05.90**	**09:06:38.50**	+03:52:40 (42.6%)	10:55	5.5 (57.3%)
136	**MACHULA Arkadiusz**	**62**	SPARTA ZIĘBICE	M-40	136	01:17:54	03:00:01	04:43:58	06:26:41	07:47:35	**09:06:45.85**	**09:06:57.90**	+03:53:00 (42.6%)	10:56	5.5 (57.3%)
	WALECZEK Sławomir	**204**		M-40		01:04:56 DNF	02:19:40 DNF	03:36:59 DNF	04:58:05 DNF	06:34:03 DNF	**DNF**	**DNF**		-	- (0.0%)
	TUROWICZ Piotr	**97**		M-40		01:00:36 DNF	02:16:18 DNF	03:39:18 DNF	04:46:09 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PŁÓCIENNICZAK Jakub	**117**	DREAM RUN	M-40		00:56:31 DNF	02:10:20 DNF	03:35:45 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KŁOSOWSKI Piotr	**435**	STRZEGOMSKA DWUNASTKA	M-40		00:59:09 DNF	02:06:44 DNF	03:36:03 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KROPKA Marcin	**375**		M-40		01:04:19 DNF	02:22:01 DNF	03:48:14 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ZAWADZKI Wiesław	**126**		M-40		01:07:18 DNF	02:25:06 DNF	03:55:10 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
	KUCZYŃSKI Marcin	**280**		M-40		01:17:38 DNF	03:07:26 DNF	05:03:09 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	OSTROWSKI Artur	**281**	SKS	M-40		01:17:31 DNF	03:07:27 DNF	05:03:09 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KUBICA Bartosz	**413**		M-40		00:59:56 DNF	02:23:32 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PELCNER Marcin	**107**	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-40		01:15:28 DNF	02:59:23 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 146 wynik(ów)