



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2017

B4SPORT

Organizator:

Stowarzyszenie TKKF Kompas

Data:

2017-01-21

Miejsce:

Pasterka

Dystans:

21 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	PELO Artur	515	1 LĘBORSKI BATALION ZMECHANIZOWANY	M-30	1	NIE	00:49:06	01:38:23	02:26:26.80	02:26:28.80		6:58	8.6 (100%)
2	RUTKOWSKI Dawid	31	GRIZZLYTEAM	M-30	2	NIE	00:52:49	01:47:50	02:43:20.85	02:43:22.70	+00:16:53 (10.3%)	7:46	7.7 (89.5%)
3	KOŚCIUCZYK-MENDYK Michał	347	SPELEOCLUB WROCŁAW	M-30	3	TAK	01:05:52	01:59:09	02:49:27.30	02:49:48.15	+00:23:19 (13.7%)	8:04	7.4 (86.0%)
4	DURKOWSKI Marcin	207		M-30	4	NIE	00:56:14	01:52:02	02:50:14.65	02:50:16.95	+00:23:48 (14.0%)	8:06	7.4 (86.0%)
5	HRYNIÓW Łukasz	448	BIEG OPOLSKI RAJSPOORT ACTIVE	M-30	5	NIE	01:04:45	01:57:47	02:51:19.90	02:51:21.95	+00:24:53 (14.5%)	8:09	7.4 (86.0%)
6	KAMMER Krzysztof	140	FILLCO	M-30	6	NIE	01:02:12	01:57:47	02:53:02.15	02:53:05.80	+00:26:37 (15.4%)	8:14	7.3 (84.9%)
7	WOLBACH Tomasz	56		M-30	7	NIE	01:06:17	02:02:42	02:59:10.45	02:59:20.30	+00:32:51 (18.3%)	8:31	7 (81.4%)
8	KOWALSKI-BARYSZNIKOW Mikołaj	421	KINGRUNNER.COM	M-30	8	NIE	01:05:53	02:01:09	03:02:44.00	03:02:50.40	+00:36:21 (19.9%)	8:42	6.9 (80.2%)
9	BŁASZYK Mateusz	404	BETONOWY WOJTEK	M-30	9	NIE	01:00:09	02:08:02	03:03:48.15	03:03:54.75	+00:37:25 (20.4%)	8:45	6.9 (80.2%)
10	KLIMOWICZ Marek	145	ZABIEGANI	M-30	10	TAK	00:57:16	02:08:08	03:03:52.15	03:03:55.20	+00:37:26 (20.4%)	8:45	6.9 (80.2%)
11	GRYCZKA Mateusz	81	MARATON LESZNO	M-30	11	NIE	01:06:09	02:05:21	03:04:52.40	03:04:57.85	+00:38:29 (20.8%)	8:48	6.8 (79.1%)
12	WAJEROWSKI Krzysztof	329	KB LUPUS OLEŚNICA	M-30	12	NIE	01:06:37	02:05:15	03:06:53.20	03:06:56.25	+00:40:27 (21.6%)	8:53	6.7 (77.9%)
13	GEZELA Mariusz	284	TJ EUFORIABIEGACZA.PL	M-30	13	NIE	01:08:21	02:07:08	03:07:19.60	03:07:24.45	+00:40:55 (21.8%)	8:55	6.7 (77.9%)
14	SOCHA Seweryn	380	CONCORDIA RUNNERS TEAM	M-30	14	NIE	01:08:58	02:09:13	03:09:46.60	03:09:49.60	+00:43:20 (22.8%)	9:02	6.6 (76.7%)
15	MOCEK Tomáš	291	AC PARDUBICE	M-30	15	NO	01:02:53	02:04:02	03:10:32.45	03:10:35.40	+00:44:06 (23.1%)	9:04	6.6 (76.7%)
16	MYSZCZYSZYN Łukasz	427	ANTRACYT	M-30	16	NIE	01:06:28	02:05:46	03:13:19.05	03:13:27.85	+00:46:59 (24.3%)	9:12	6.5 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
17	MILEWICZ Daniel	320	KLUB BIEGACZA BOLESŁAWIEC	M-30	17	NIE	01:06:53	02:08:08	03:13:28.00	03:13:40.85	+00:47:12 (24.4%)	9:12	6.5 (75.6%)
18	TEKIELI Kacper	7	POLSKI HIMALAIZM ZIMOWY IM.ARTURA HAJZERA	M-30	18	TAK	01:03:33	02:05:18	03:14:42.95	03:14:44.45	+00:48:15 (24.8%)	9:16	6.5 (75.6%)
19	DEMBSKI Paweł	424	SKLEPBIEGACZA.PL	M-30	19	NIE	00:57:41	02:10:45	03:16:19.05	03:16:21.80	+00:49:53 (25.4%)	9:20	6.4 (74.4%)
20	NAWROT Wojciech	420		M-30	20	NO	01:06:16	02:09:22	03:17:29.55	03:17:32.65	+00:51:03 (25.8%)	9:24	6.4 (74.4%)
21	KIK Marcin	475	KW KRAKÓW	M-30	21	TAK	01:06:29	02:08:12	03:17:54.40	03:17:58.55	+00:51:29 (26.0%)	9:25	6.4 (74.4%)
22	JANIK Rafał	394	GMINA STRZELCE OPOLSKIE	M-30	22	NIE	01:06:24	02:11:50	03:20:24.50	03:20:28.05	+00:53:59 (26.9%)	9:32	6.3 (73.3%)
23	KURCZYK Tomasz	126		M-30	23	NIE	01:06:22	02:11:51	03:21:44.55	03:21:49.05	+00:55:20 (27.4%)	9:36	6.2 (72.1%)
24	KOLASA Filip	181	I LO LESZNO/ MARATON LESZNO	M-30	24	NO	01:05:09	02:11:39	03:22:39.70	03:22:51.20	+00:56:22 (27.8%)	9:39	6.2 (72.1%)
25	KOZAKOWSKI Wiktor	563	NEON TEAM	M-30	25	NIE	01:09:25	02:12:33	03:22:43.85	03:23:08.85	+00:56:40 (27.9%)	9:39	6.2 (72.1%)
26	WASZEK Sławomir	331		M-30	26	NIE	01:05:49	02:11:35	03:23:04.10	03:23:20.05	+00:56:51 (28.0%)	9:40	6.2 (72.1%)
27	MAZURKIEWICZ Jerzy	137	NIGHT RUNNERS WROCŁAW	M-30	27	NIE	01:10:13	02:13:40	03:23:09.05	03:23:32.20	+00:57:03 (28.0%)	9:40	6.2 (72.1%)
28	ROWIŃSKI Michał	259	LUBAWA KOCHA BIEGAĆ	M-30	28	NO	01:11:06	02:13:52	03:23:39.35	03:23:54.85	+00:57:26 (28.2%)	9:41	6.2 (72.1%)
29	FOLAND Bogumił	89	SPARTA	M-30	29	NO	01:07:38	02:13:13	03:24:05.55	03:24:07.70	+00:57:38 (28.2%)	9:43	6.2 (72.1%)
30	MAKOWSKI Maciej	311	KORONA PABIANICE	M-30	30	NIE	01:06:51	02:10:31	03:25:31.05	03:25:37.10	+00:59:08 (28.8%)	9:47	6.1 (70.9%)
31	WRÓBEL Przemysław	579	SKLEPBIEGACZA.PL	M-30	31		01:08:41	02:12:39	03:26:53.50	03:26:56.70	+01:00:27 (29.2%)	9:51	6.1 (70.9%)
32	SZOPA Łukasz	341	KB LUPUS OLEŚNICA	M-30	32	NIE	01:10:27	02:14:16	03:26:58.90	03:27:03.05	+01:00:34 (29.3%)	9:51	6.1 (70.9%)
33	ZWOLINSKI Kuba	228	SNOWDOG	M-30	33	NO	01:09:08	02:13:31	03:27:21.00	03:27:24.10	+01:00:55 (29.4%)	9:52	6.1 (70.9%)
34	RODRIGO PEREIRA Oswald	493	WILD FOR THE RUN	M-30	34	NIE	01:11:52	02:14:37	03:28:59.45	03:29:07.85	+01:02:39 (30.0%)	9:57	6 (69.8%)
35	RECZEK Sebastian	175	ZIELONO CZARNI	M-30	35	NIE	00:56:58	02:14:08	03:30:05.15	03:30:09.60	+01:03:40 (30.3%)	10:00	6 (69.8%)
36	NIEWIEJSKI Przemysław	401	RUNNING TEAM MILICZ	M-30	36	NIE	01:13:54	02:16:58	03:30:16.80	03:30:42.70	+01:04:13 (30.5%)	10:00	6 (69.8%)
37	KOCHANIAK Rafał	451	AKG ŁÓDŹ	M-30	37	TAK	01:11:18	02:17:27	03:32:41.95	03:32:51.80	+01:06:23 (31.2%)	10:07	5.9 (68.6%)
38	DERENCZ Michał	337	TESAR BIEGA	M-30	38	NIE	01:08:20	02:14:17	03:34:36.40	03:34:42.70	+01:08:13 (31.8%)	10:13	5.9 (68.6%)
39	KUCZAJ Marcin	74	IM-POSSIBLE TEAM	M-30	39	NIE	01:15:51	02:19:55	03:35:33.15	03:35:53.60	+01:09:24 (32.2%)	10:15	5.8 (67.4%)
40	NOWAK Mariusz	547	MATNER RUNNING TEAM	M-30	40	NIE	01:19:13	02:23:53	03:36:17.85	03:36:40.05	+01:10:11 (32.4%)	10:18	5.8 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
41	MICHALSKI Jakub	489		M-30	41	NIE	01:14:20	02:22:34	03:38:47.85	03:39:10.65	+01:12:41 (33.2%)	10:25	5.8 (67.4%)
42	HOJCZYK Karol	101		M-30	42	TAK	01:18:09	02:23:52	03:40:03.55	03:40:25.10	+01:13:56 (33.5%)	10:28	5.7 (66.3%)
43	SPUREK Mariusz	263	TEMMPO WAŁBRZYCH / DOBRA WODA Z KRANU WAŁBRZYCH	M-30	43	TAK	01:09:50	02:23:20	03:40:27.85	03:40:31.80	+01:14:03 (33.6%)	10:29	5.7 (66.3%)
44	KRAUSE Kuba	61	BIEGANIE.PL	M-30	44	NIE	01:15:39	02:23:09	03:42:13.25	03:42:18.30	+01:15:49 (34.1%)	10:34	5.7 (66.3%)
45	KURZAWIŃSKI Marcin	241	KB MARATON TUREK	M-30	45	NIE	01:16:05	02:23:55	03:42:19.10	03:42:26.65	+01:15:57 (34.1%)	10:35	5.7 (66.3%)
46	SANKOWSKI Paweł	280	PLACKI TEAM	M-30	46	NIE	01:14:00	02:22:01	03:42:20.65	03:42:27.05	+01:15:58 (34.2%)	10:35	5.7 (66.3%)
47	STACHURA Damian	99	ZAGŁĘBIE LUBIN	M-30	47	NIE	01:06:47	02:17:12	03:42:20.30	03:42:28.30	+01:15:59 (34.2%)	10:35	5.7 (66.3%)
48	KUCZYŃSKI Rafał	121	LUBIŃSKIE CHARAKTERY	M-30	48	NIE	01:07:01	02:17:12	03:42:19.75	03:42:28.90	+01:16:00 (34.2%)	10:35	5.7 (66.3%)
49	ŁĄŻNIEWSKI Dawid	195	KKZK	M-30	49	NIE	01:11:35	02:20:00	03:42:25.65	03:42:51.85	+01:16:23 (34.3%)	10:35	5.7 (66.3%)
50	CHECHELSKI Przemysław	190		M-30	50	NIE	01:14:12	02:22:02	03:42:52.55	03:42:52.55	+01:16:23 (34.3%)	10:36	5.7 (66.3%)
51	PAPIERSKI Kamil	332	KB SZERSZEŃ OLEŚNICA	M-30	51	NIE	01:19:17	02:25:58	03:42:39.10	03:42:59.65	+01:16:30 (34.3%)	10:36	5.7 (66.3%)
52	BORZYSTOWSKI Patryk	265	WIDZIALNI.PL	M-30	52	NIE	01:06:02		03:44:00.45	03:44:03.05	+01:17:34 (34.6%)	10:40	5.6 (65.1%)
53	LACHOWSKI Robert	110		M-30	53	NIE	01:16:19	02:25:30	03:44:00.75	03:44:12.25	+01:17:43 (34.7%)	10:40	5.6 (65.1%)
54	LAZAROWICZ Krzysztof	314	WKW, GRUPA KARKONOSKA GOPR	M-30	54	TAK	01:21:16	02:26:43	03:43:24.95	03:44:12.65	+01:17:43 (34.7%)	10:38	5.6 (65.1%)
55	KOKOSZKA Michał	473	WOLBROM TEAM	M-30	55	TAK	01:15:50	02:24:06	03:44:01.10	03:44:12.95	+01:17:44 (34.7%)	10:40	5.6 (65.1%)
56	KAMIENNIK Sebastian	118		M-30	56	NIE	01:16:04	02:27:02	03:44:07.35	03:44:13.40	+01:17:44 (34.7%)	10:40	5.6 (65.1%)
57	TARABURA Szymon	360		M-30	57	NO	01:15:17	02:25:34	03:44:02.20	03:44:15.10	+01:17:46 (34.7%)	10:40	5.6 (65.1%)
58	CHERNOBRIVENKO Sergey	376	GT RAT	M-30	58	NO	01:21:29	02:25:46	03:43:53.45	03:44:17.75	+01:17:48 (34.7%)	10:39	5.6 (65.1%)
59	PIOTROWSKI Michał	405	KLUB BIEGACZA JURUND SZCZYTNO	M-30	59	NIE	01:06:17	02:19:40	03:45:30.85	03:45:37.80	+01:19:09 (35.1%)	10:44	5.6 (65.1%)
60	DWORNIKOW Dmitrij	452		M-30	60	NIE	01:21:56	02:28:11	03:45:06.75	03:46:05.60	+01:19:36 (35.2%)	10:43	5.6 (65.1%)
61	ANTOSIAK Tomasz	186	TRIATHLON MIETKÓW TEAM	M-30	61	NIE	01:18:28	02:25:59	03:46:30.65	03:46:40.00	+01:20:11 (35.4%)	10:47	5.6 (65.1%)
62	ANTECKI Jacek	203		M-30	62	NIE	01:16:38	02:29:41	03:47:00.75	03:47:07.95	+01:20:39 (35.5%)	10:48	5.6 (65.1%)
63	RZADKOWSKI Lesław	491	TERMY JAKUBA - OŁAWSKI PARK WODNY	M-30	63	NIE	01:16:38	02:28:23	03:47:50.50	03:48:39.15	+01:22:10 (35.9%)	10:51	5.5 (64.0%)
64	BLONSKI Lukasz	251		M-30	64	NIE	01:18:45	02:25:00	03:49:08.40	03:49:39.75	+01:23:10 (36.2%)	10:54	5.5 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
65	KNAPP Janusz	39	NETBOX BIEGA - LESZNO LIMITS RUNNERS	M-30	65	TAK	01:21:54	02:31:08	03:49:41.80	03:49:53.95	+01:23:25 (36.3%)	10:56	5.5 (64.0%)
66	KWOLIK Daniel	283		M-30	66	TAK	01:21:12	02:30:17	03:50:09.80	03:50:21.90	+01:23:53 (36.4%)	10:57	5.5 (64.0%)
67	LUBOMSKI Dariusz	355	SOPOCKI KLUB TATERNICTWA JASKINIOWEGO	M-30	67	TAK	01:22:24	02:30:11	03:49:45.50	03:50:22.65	+01:23:53 (36.4%)	10:56	5.5 (64.0%)
68	CIESIELSKI Michał	562	CSWP AUDIT & ADVISORY	M-30	68	NIE	01:14:13	02:24:27	03:50:27.20	03:50:46.10	+01:24:17 (36.5%)	10:58	5.5 (64.0%)
69	PIETRASZEWSKI Witold	40	NETBOX BIEGA / LESZ NO LIMITS	M-30	69	NIE	01:21:35	02:31:07	03:51:07.00	03:51:19.45	+01:24:50 (36.7%)	11:00	5.5 (64.0%)
70	SZPINEK Marcin	34	TUTU TEAM	M-30	70	NIE	01:22:57	02:32:31	03:52:39.85	03:53:01.10	+01:26:32 (37.1%)	11:04	5.4 (62.8%)
71	SAM Verheyden	211	SAM BIEGA SAM	M-30	71	NIE	01:17:52	02:33:26	03:53:07.80	03:53:21.70	+01:26:52 (37.2%)	11:06	5.4 (62.8%)
72	OŻÓG Tomasz	471	LITWIN TRIATHLON TEAM	M-30	72	NIE	01:17:56	02:28:37	03:53:09.20	03:53:30.85	+01:27:02 (37.3%)	11:06	5.4 (62.8%)
73	KRANICZ Krzysztof	584	PHZ	M-30	73		01:28:48	02:35:33	03:53:35.30	03:54:09.55	+01:27:40 (37.4%)	11:07	5.4 (62.8%)
74	WOJCZUK Paweł Pantak	370		M-30	74	NIE	01:08:32	02:21:15	03:54:51.45	03:55:04.45	+01:28:35 (37.7%)	11:11	5.4 (62.8%)
75	ŁUKASIEWICZ Marcin	70	TRI4FIT STRONIE ŚLĄSKIE	M-30	75	NO	01:15:30	02:29:19	03:54:16.05	03:55:09.30	+01:28:40 (37.7%)	11:09	5.4 (62.8%)
76	FILIPOWSKI Krzysztof	104	PRZED SIEBIE	M-30	76	NIE	01:17:04	02:27:08	03:55:52.95	03:56:07.20	+01:29:38 (38.0%)	11:13	5.3 (61.6%)
77	STACHOWIAK Łukasz	122	STR POZNAŃ	M-30	77	NIE	01:20:01	02:33:38	03:56:07.40	03:56:12.45	+01:29:43 (38.0%)	11:14	5.3 (61.6%)
78	MRÓZ Marcin	85	STR POZNAŃ	M-30	78	NIE	01:20:05	02:33:42	03:56:08.65	03:56:12.70	+01:29:43 (38.0%)	11:14	5.3 (61.6%)
79	OPANASENKO Volodymyr	520	HUTINPUJ	M-30	79	NO	01:19:42	02:35:59	03:56:20.95	03:56:44.35	+01:30:15 (38.1%)	11:15	5.3 (61.6%)
80	CZARNIECKI Daniel	38	TIE-RUN	M-30	80	NIE	01:15:34	02:29:40	03:56:39.40	03:56:59.75	+01:30:30 (38.2%)	11:16	5.3 (61.6%)
81	NIEPALA Jacek	204		M-30	81	NIE	01:16:47	02:36:58	03:59:03.55	03:59:03.55	+01:32:34 (38.7%)	11:23	5.3 (61.6%)
82	SZARAPANOWSKI Damian	171	ULTRA DIABŁY TEAM LUBRZA	M-30	82	NIE	01:21:29	02:31:06	03:58:42.85	03:59:03.80	+01:32:35 (38.7%)	11:22	5.3 (61.6%)
83	LUTYŃSKI Zbigniew	184		M-30	83	NIE	01:19:23	02:31:43	04:00:24.00	04:00:24.00	+01:33:55 (39.1%)	11:26	5.2 (60.5%)
84	KRÓL Marcin	281	OŚ RACING TEAM	M-30	84	NIE	01:21:41	02:37:17	04:00:26.50	04:00:44.45	+01:34:15 (39.2%)	11:27	5.2 (60.5%)
85	BASZCZYSZYN Artur	508	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	85	NIE	01:16:01	02:33:29	04:01:01.45	04:01:06.70	+01:34:37 (39.2%)	11:28	5.2 (60.5%)
86	SADZIK Robert	268		M-30	86	NIE	01:03:51	02:23:02	04:03:36.60	04:03:38.45	+01:37:09 (39.9%)	11:36	5.2 (60.5%)
87	KULCZYCKI Marek	334		M-30	87	NIE	01:22:32	02:36:57	04:03:31.55	04:03:47.60	+01:37:18 (39.9%)	11:35	5.2 (60.5%)
88	SZCZESZEK Łukasz	238		M-30	88	TAK	01:29:42	02:39:42	04:03:48.35	04:04:01.50	+01:37:32 (40.0%)	11:36	5.2 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
89	GAJLUSZ Dawid	305	KB SZERSZEŃ OLEŚNICA	M-30	89	NIE	01:26:08	02:42:23	04:04:28.60	04:04:46.40	+01:38:17 (40.2%)	11:38	5.2 (60.5%)
90	POŁCZYŃSKI Paweł	37	STALOWA ŁYDA	M-30	90	NIE	01:24:47	02:40:33	04:04:37.70	04:05:31.50	+01:39:02 (40.3%)	11:38	5.2 (60.5%)
91	MŁODOŻENIEC Mirosław	513	REMBERTÓW TEAM	M-30	91	NIE	01:27:29	02:38:50	04:05:25.90	04:05:33.70	+01:39:04 (40.3%)	11:41	5.1 (59.3%)
92	WOJDYŁO Jakub	352	GT RUN	M-30	92	NIE	01:21:21	02:38:02	04:05:41.55	04:05:46.75	+01:39:17 (40.4%)	11:41	5.1 (59.3%)
93	CIESZKO Marek	60	KW WARSZAWA	M-30	93	TAK	01:27:04	02:41:57	04:05:38.50	04:06:05.90	+01:39:37 (40.5%)	11:41	5.1 (59.3%)
94	WŁODARCZYK Maciek	357		M-30	94	NIE	01:29:43	02:39:43	04:05:57.55	04:06:10.85	+01:39:42 (40.5%)	11:42	5.1 (59.3%)
95	KOPACKI Grzegorz	254	FOLLOWME - ZMIENIAMYFINANSE.PL	M-30	95	NIE	01:31:50	02:43:24	04:05:48.05	04:06:18.70	+01:39:49 (40.5%)	11:42	5.1 (59.3%)
96	NIESPODZIANY Maciej	469	EXTREMEOUTDOOR.PL	M-30	96	NO	01:16:56	02:29:54	04:06:30.20	04:06:49.95	+01:40:21 (40.7%)	11:44	5.1 (59.3%)
97	KORDOWSKI Paweł	454		M-30	97	NIE	01:23:42	02:40:50	04:05:56.40	04:06:56.20	+01:40:27 (40.7%)	11:42	5.1 (59.3%)
98	FORNAL Paweł	120	22KBPG	M-30	98	NIE	01:19:40	02:36:11	04:06:51.00	04:06:56.35	+01:40:27 (40.7%)	11:45	5.1 (59.3%)
99	BŁACHOWICZ Tomasz	379	WIERUNSZÓW	M-30	99	NIE	01:20:19	02:38:22	04:06:44.80	04:07:16.95	+01:40:48 (40.8%)	11:44	5.1 (59.3%)
100	RAJNER Krzysztof	319		M-30	100	NIE	01:29:56	02:39:58	04:07:07.40	04:07:37.95	+01:41:09 (40.8%)	11:46	5.1 (59.3%)
101	ROJEWSKI Paweł	141		M-30	101	NIE	01:19:02	02:34:31	04:08:23.90	04:08:36.35	+01:42:07 (41.1%)	11:49	5.1 (59.3%)
102	SMOTER Damian	123		M-30	102	NIE	01:22:33	02:39:38	04:08:31.05	04:08:41.00	+01:42:12 (41.1%)	11:50	5.1 (59.3%)
103	BŁASZKIEWICZ Bogusz	400		M-30	103	NIE	01:30:51	02:43:33	04:08:47.20	04:08:47.20	+01:42:18 (41.1%)	11:50	5.1 (59.3%)
104	WOJCIECHOWSKI Krzysztof	306		M-30	104	NIE	01:25:27	02:38:24	04:09:58.30	04:10:16.55	+01:43:47 (41.5%)	11:54	5 (58.1%)
105	KNYCHAŁA Hubert	566		M-30	105	NIE	01:33:42	02:45:52	04:10:18.00	04:10:49.40	+01:44:20 (41.6%)	11:55	5 (58.1%)
106	ZAREMBA Jarek	537	BIEGAJĄC KASTA MIEDZIOWEGO MIASTA	M-30	106	NIE	01:32:38	02:45:49	04:10:56.75	04:11:38.70	+01:45:09 (41.8%)	11:57	5 (58.1%)
107	OKULSKI Kamil	509		M-30	107	NIE	01:25:33	02:43:41	04:11:35.65	04:12:03.70	+01:45:34 (41.9%)	11:58	5 (58.1%)
108	DROZDEK Dawid	330		M-30	108	NIE	01:32:07	02:43:19	04:11:42.10	04:12:30.25	+01:46:01 (42.0%)	11:59	5 (58.1%)
109	DREAS Jakub	73	WĘDZIKOWSKITEAM	M-30	109	NIE	01:25:48	02:44:17	04:13:44.35	04:13:49.10	+01:47:20 (42.3%)	12:05	5 (58.1%)
110	PAWLIŃSKI Adam	301	PRO-RUN WROCŁAW	M-30	110	NIE	01:36:07	02:51:04	04:13:55.45	04:14:20.50	+01:47:51 (42.4%)	12:05	5 (58.1%)
111	KLAGA Michał	389		M-30	111	NIE	01:29:26	02:45:57	04:14:23.70	04:15:01.60	+01:48:32 (42.6%)	12:06	5 (58.1%)
112	MUCHA Piotr	535	FIZJOBIEGACZE SZCZECIN	M-30	112	NIE	01:34:34	02:49:58	04:15:17.60	04:15:54.35	+01:49:25 (42.8%)	12:09	4.9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
113	SZYMAŃSKI Wojciech	373	LINCOLN ELECTRIC BESTER TEAM	M-30	113	NIE	01:23:36	02:41:48	04:16:55.45	04:17:02.55	+01:50:33 (43.0%)	12:14	4.9 (57.0%)
114	PASTECKI Marcin	326		M-30	114	NIE	01:23:04	02:45:54	04:17:01.10	04:17:14.00	+01:50:45 (43.1%)	12:14	4.9 (57.0%)
115	SOCHA Marcin	83	K&M	M-30	115	NIE	01:33:50	02:47:20	04:17:01.40	04:17:18.50	+01:50:49 (43.1%)	12:14	4.9 (57.0%)
116	LUBIK Adam	220	KSE ON-SIGHT	M-30	116	NIE	01:28:36	02:48:19	04:17:27.20	04:17:44.50	+01:51:15 (43.2%)	12:15	4.9 (57.0%)
117	JĘDRYCHOWSKI Bartłomiej	107		M-30	117	NIE	01:21:47	02:41:21	04:17:33.10	04:17:47.50	+01:51:18 (43.2%)	12:15	4.9 (57.0%)
118	RZĘSA Łukasz	273		M-30	118	NIE	01:28:18	02:43:42	04:18:39.70	04:19:03.00	+01:52:34 (43.5%)	12:19	4.9 (57.0%)
119	DRESZER Bartosz	507		M-30	119	NIE	01:34:38	02:49:36	04:18:57.25	04:19:24.45	+01:52:55 (43.5%)	12:19	4.9 (57.0%)
120	SHAROBAIKO Anton	250		M-30	120	NO	01:36:41	02:56:31	04:18:33.60	04:19:26.65	+01:52:57 (43.5%)	12:18	4.9 (57.0%)
121	CZERWONKA Zbigniew	187	ESKADRA WROCLAW	M-30	121	NIE	01:27:13	02:48:05	04:19:32.00	04:19:38.45	+01:53:09 (43.6%)	12:21	4.9 (57.0%)
122	GAJEWSKI Tomasz	160	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	M-30	122	NO	01:39:55	02:53:33	04:18:49.10	04:19:48.90	+01:53:20 (43.6%)	12:19	4.9 (57.0%)
123	SKOŁOŻYŃSKI Paweł	519		M-30	123	NIE	01:35:26	02:48:47	04:19:20.80	04:19:57.10	+01:53:28 (43.7%)	12:21	4.9 (57.0%)
124	WOŹNIAK Sebastian	466	ŁÓDŹ RUNNING TEAM	M-30	124	NIE	01:29:27	02:52:25	04:20:57.20	04:21:25.55	+01:54:56 (44.0%)	12:25	4.8 (55.8%)
125	KOŁPACZYŃSKI Adam	572		M-30	125	NIE	01:30:13	02:51:37	04:22:06.15	04:22:27.20	+01:55:58 (44.2%)	12:28	4.8 (55.8%)
126	GULCZYŃSKI Tomasz	223	KSE ON-SIGHT	M-30	126	TAK	01:24:08	02:49:20	04:24:24.60	04:24:42.65	+01:58:13 (44.7%)	12:35	4.8 (55.8%)
127	RUSIN Szymon	307		M-30	127	TAK	01:29:32	02:54:51	04:25:15.35	04:25:24.35	+01:58:55 (44.8%)	12:37	4.8 (55.8%)
128	ŻĘŁOBOWSKI Przemysław	449		M-30	128	NIE	01:29:35	02:54:02	04:25:18.20	04:25:43.85	+01:59:15 (44.9%)	12:38	4.7 (54.7%)
129	ŁUĆ Łukasz	299		M-30	129	NIE	01:35:27	02:50:44	04:25:24.70	04:26:17.60	+01:59:48 (45.0%)	12:38	4.7 (54.7%)
130	KOŁODZIEJ Łukasz	426		M-30	130	NIE	01:23:53	02:41:23	04:26:03.70	04:26:55.20	+02:00:26 (45.1%)	12:40	4.7 (54.7%)
131	SZMIDT Karol	212	SZMIDT I SYN	M-30	131	NIE	01:42:50	02:59:29	04:28:34.15	04:29:04.80	+02:02:36 (45.6%)	12:47	4.7 (54.7%)
132	GLOS Łukasz	279		M-30	132	TAK	01:34:07	02:57:51	04:30:52.90	04:31:38.75	+02:05:09 (46.1%)	12:53	4.7 (54.7%)
133	KOT Tomasz	97		M-30	133	NIE	01:32:44	02:57:11	04:33:38.45	04:33:48.30	+02:07:19 (46.5%)	13:01	4.6 (53.5%)
134	POŁCZYŃSKI Maciej	328	STALOWA ŁYDA	M-30	134	NIE	01:41:16	03:03:21	04:32:54.50	04:33:51.05	+02:07:22 (46.5%)	12:59	4.6 (53.5%)
135	ŁACH Marcin	435	KUŹNIA TRIATHLONU	M-30	135	NIE	01:36:06	03:01:03	04:34:35.90	04:35:05.40	+02:08:36 (46.8%)	13:04	4.6 (53.5%)
136	SMOLAN Marcin	276	BRAK	M-30	136	NIE	01:39:04	03:00:45	04:36:01.40	04:36:56.75	+02:10:27 (47.1%)	13:08	4.6 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
137	KASPRZYK Kamil	42	BRAMBOR TEAM	M-30	137	NIE	01:35:16	03:00:26	04:36:38.25	04:37:11.15	+02:10:42 (47.2%)	13:10	4.6 (53.5%)
138	KASPRZYK Emil	43	BRAMBOR TEAM	M-30	138	NIE	01:35:15	03:00:24	04:36:37.90	04:37:12.00	+02:10:43 (47.2%)	13:10	4.6 (53.5%)
139	CYBUŁKA Mariusz	62	STAŚ BIEGA	M-30	139	NIE	01:38:23	03:04:05	04:38:23.90	04:39:02.75	+02:12:33 (47.5%)	13:15	4.5 (52.3%)
140	ZIMNIAK Łukasz	308	KB SZERSZEŃ OLEŚNICA	M-30	140	NIE	01:34:01	03:01:05	04:39:13.35	04:39:33.40	+02:13:04 (47.6%)	13:17	4.5 (52.3%)
141	GÓRSKI Mariusz	29	-	M-30	141	NIE	01:44:46	03:08:39	04:39:40.25	04:40:01.35	+02:13:32 (47.7%)	13:19	4.5 (52.3%)
142	KLICHOWSKI Marek	470		M-30	142	NIE	01:36:16	03:04:47	04:39:51.75	04:40:21.55	+02:13:52 (47.8%)	13:19	4.5 (52.3%)
143	KRZESIMOWSKI Damian	78		M-30	143	NIE	01:33:40	02:58:34	04:41:09.80	04:41:45.20	+02:15:16 (48.0%)	13:23	4.5 (52.3%)
144	GLANOWSKI Marek	384	RUN FOR FUN	M-30	144	TAK	01:29:39	02:54:37	04:42:41.20	04:43:04.50	+02:16:35 (48.3%)	13:27	4.5 (52.3%)
145	DRYGALSKI Artur	548	MEEP MEEP	M-30	145	NIE	01:41:07	03:07:04	04:42:09.65	04:43:07.40	+02:16:38 (48.3%)	13:26	4.5 (52.3%)
146	KAPLINSKI Kamil	457		M-30	146	NIE	01:35:54	03:04:30	04:46:05.30	04:46:08.85	+02:19:40 (48.8%)	13:37	4.4 (51.2%)
147	DUSZA Michał	267		M-30	147	NIE	01:42:01	03:08:02	04:46:04.60	04:46:59.80	+02:20:31 (49.0%)	13:37	4.4 (51.2%)
148	RABSZTYN Andrzej	350	TRIATLON MIETKOW TEAM	M-30	148	NIE	01:46:49	03:08:59	04:46:51.15	04:47:35.35	+02:21:06 (49.1%)	13:39	4.4 (51.2%)
149	KURCZYNA Przemysław	84	TURY TEAM / POZYTYWNE ZAKRĘCENI	M-30	149	NIE	01:42:16	03:16:15	04:47:40.50	04:48:09.10	+02:21:40 (49.2%)	13:41	4.4 (51.2%)
150	POCIĘGIEL Michał	35		M-30	150	NIE	01:39:16	03:15:48	04:51:09.05	04:51:59.65	+02:25:30 (49.8%)	13:51	4.3 (50.0%)
151	NOWAK Cyprian	46		M-30	151	NIE	01:38:46	03:08:50	04:52:37.75	04:52:50.15	+02:26:21 (50.0%)	13:56	4.3 (50.0%)
152	BŁACHNO Marcin	23		M-30	152	NIE	01:41:23	03:10:09	04:54:15.80	04:54:50.85	+02:28:22 (50.3%)	14:00	4.3 (50.0%)
153	ORDZIEJEWSKI Dominik	231		M-30	153	NIE	01:35:58	03:10:42	04:54:21.10	04:54:51.25	+02:28:22 (50.3%)	14:01	4.3 (50.0%)
154	FIGUŁA Sławomir	36		M-30	154	NIE	01:45:14	03:14:54	04:54:05.35	04:54:54.50	+02:28:25 (50.3%)	14:00	4.3 (50.0%)
155	BARCIK Przemek	26		M-30	155	NO	01:37:32	03:13:05	04:54:39.65	04:55:20.80	+02:28:52 (50.4%)	14:01	4.3 (50.0%)
156	ADAMEK Marcin	432	IRON TRIATHLON PLESZEW	M-30	156	NIE	01:28:47	03:11:40	04:54:46.50	04:55:22.95	+02:28:54 (50.4%)	14:02	4.3 (50.0%)
157	BORKOWSKI Łukasz	453		M-30	157	NIE	01:42:13	03:16:15	04:57:12.20	04:57:41.75	+02:31:12 (50.8%)	14:09	4.2 (48.8%)
158	TOL Kamil	386	MAFIA TEAM LUBLINIEC	M-30	158	NIE	01:27:25	03:07:42	05:00:04.65	05:00:04.65	+02:33:35 (51.2%)	14:17	4.2 (48.8%)
159	PASTERNOK Marian	538	NIGHT RUNNERS ZABRZE	M-30	159	NIE	01:32:24	03:07:14	04:59:35.25	05:00:05.90	+02:33:37 (51.2%)	14:15	4.2 (48.8%)
160	BYKS Tomasz	90	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	M-30	160	TAK	01:50:02	03:33:07	05:19:22.10	05:20:21.30	+02:53:52 (54.3%)	15:12	3.9 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
161	FRACZEK Marcin	351	TRIATHLON MIETKÓW TEAM	M-30	161	NIE	01:53:16	03:28:51	05:24:36.80	05:25:20.40	+02:58:51 (55.0%)	15:27	3.9 (45.3%)
DQ	CZERNIAK Paweł	397	TEAM PODGÓRZYN-PODGÓRZYN GMINA PRZYJAZNA Z NATURY	M-30		NIE	00:50:40 DQ	DQ	01:56:42.30 DQ	DQ		-	- (0.0%)
	SZALIŃSKI Marcin	224		M-30		NIE	01:51:03 DNF	DNF	DNF	DNF		-	- (0.0%)
	SIUDEK Robert	499		M-30		NIE	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 164 wynik(ów)