

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2019-07-18
Łądek-Zdrój
45 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	KOCZWARA Tomasz	5428		Masters M - 40	1	00:52:47	01:54:52	02:48:23	03:42:50.50	03:42:53.65		4:57	12.1 (100%)
2	KITA Michał	5161	PĘDZĄCY W MIEJSCU	Masters M - 40	2	00:57:10	02:06:54	03:11:42	04:13:13.50	04:13:15.80	+00:30:22 (12.0%)	5:37	10.7 (88.4%)
3	PUCHAŁA Radosław	5383	KB SOBÓTKA	Masters M - 40	3	01:03:10	02:19:51	03:23:24	04:30:17.20	04:30:20.25	+00:47:26 (17.5%)	6:00	10 (82.6%)
4	ZAJĄC Robert	5183	ORANGE POLSKA	Masters M - 40	4	01:04:27	02:22:35	03:30:18	04:37:01.65	04:37:04.25	+00:54:10 (19.6%)	6:09	9.7 (80.2%)
5	TOKARCZYK Marcin	5033		Masters M - 40	5	01:04:22	02:21:29	03:29:19	04:41:50.35	04:41:55.85	+00:59:02 (20.9%)	6:15	9.6 (79.3%)
6	WUJDA Mirosław	5121	ERNI RULEZ	Masters M - 40	6	01:12:59	02:45:09	03:56:58	05:01:08.95	05:01:15.60	+01:18:21 (26.0%)	6:41	9 (74.4%)
7	KARAMON Marcin	5331		Masters M - 40	7	01:12:00	02:36:44	03:54:25	05:16:28.25	05:16:40.40	+01:33:46 (29.6%)	7:01	8.5 (70.2%)
8	KĘPSKI Robert	5286		Masters M - 40	8	01:11:43	02:42:01	03:57:24	05:19:06.70	05:19:35.90	+01:36:42 (30.3%)	7:05	8.5 (70.2%)
9	GREIVELDINGER Gilles	5381	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Masters M - 40	9	01:12:18	02:43:00	04:03:57	05:24:25.80	05:24:56.30	+01:42:02 (31.4%)	7:12	8.3 (68.6%)
10	HIBNER Jacek	5437	HIBI TEAM	Masters M - 40	10	01:07:00	02:38:51	04:03:33	05:27:09.30	05:27:12.75	+01:44:19 (31.9%)	7:16	8.3 (68.6%)
11	ŁUCZYŃSKI Maciej	5357		Masters M - 40	11	01:12:22	02:37:07	03:58:28	05:28:00.25	05:28:14.80	+01:45:21 (32.1%)	7:17	8.2 (67.8%)
12	BARTOSZ Marek	5272	JCI RUNNING TEAM	Masters M - 40	12	01:21:55	02:56:58	04:13:32	05:29:22.85	05:29:34.00	+01:46:40 (32.4%)	7:19	8.2 (67.8%)
13	PRZYBYŁ Piotr	5090	EASY RUNNERS	Masters M - 40	13	01:16:16	02:47:33	04:09:21	05:33:03.10	05:33:17.55	+01:50:23 (33.1%)	7:24	8.1 (66.9%)
14	NESTOROWICZ Marek	5150	KLUB BIEGACZA JURUND SZCZYTNO	Masters M - 40	14	01:17:13	02:50:23	04:09:49	05:35:22.10	05:35:39.15	+01:52:45 (33.6%)	7:27	8.1 (66.9%)
15	ZAGÓRSKI Mariusz	5397	KORNEL TEAM	Masters M - 40	15	01:11:23	02:47:11	04:09:53	05:37:35.75	05:38:18.70	+01:55:25 (34.1%)	7:30	8 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	BUJALSKI Szymon	5280		Masters M - 40	16	01:18:41	02:54:15	04:16:59	05:39:32.45	05:39:40.25	+01:56:46 (34.4%)	7:32	8 (66.1%)
17	DWORNICKI Tomasz	5434	RYBNICKA GRUPA BIEGOWA	Masters M - 40	17	01:22:31	03:02:54	04:22:43	05:47:24.05	05:47:41.70	+02:04:48 (35.9%)	7:43	7.8 (64.5%)
18	ŚMIECH Daniel	5304	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	18	01:17:01	02:56:18	04:22:55	05:48:50.55	05:49:08.20	+02:06:14 (36.2%)	7:45	7.7 (63.6%)
19	FRANCZYK Robert	5375		Masters M - 40	19	01:25:44	03:04:49	04:26:52	05:49:20.50	05:50:04.40	+02:07:10 (36.3%)	7:45	7.7 (63.6%)
20	WŁOSKOWICZ Marcin	5065		Masters M - 40	20	01:16:26	02:52:02	04:20:23	05:52:41.90	05:52:52.15	+02:09:58 (36.8%)	7:50	7.7 (63.6%)
21	LIPCZAK Amadeusz	5057		Masters M - 40	21	01:16:21	02:57:35	04:26:53	05:52:39.75	05:53:13.00	+02:10:19 (36.9%)	7:50	7.7 (63.6%)
22	KOCH Pawel	5259	PITREAVIE AMATEUR ATHLETICS CLUB	Masters M - 40	22	01:09:06	02:57:39	04:32:10	05:52:47.10	05:53:18.25	+02:10:24 (36.9%)	7:50	7.7 (63.6%)
23	ZIEBA Tomasz	5402	JACEKBIEGA RUNNING TEAM	Masters M - 40	23	01:19:12	02:57:57	04:22:43	05:53:23.45	05:53:37.15	+02:10:43 (37.0%)	7:51	7.6 (62.8%)
24	ŚLEZIAK Tomasz	5273	TĘCZA	Masters M - 40	24	01:23:16	03:04:02	04:31:04	05:53:33.65	05:54:10.40	+02:11:16 (37.1%)	7:51	7.6 (62.8%)
25	PIOTROWSKI Krzysztof	5154		Masters M - 40	25	01:18:55	02:56:46	04:24:04	05:54:43.30	05:54:56.60	+02:12:02 (37.2%)	7:52	7.6 (62.8%)
26	WAWRZEŃ Tomasz	5191	STS BIEGATON MIKOŁÓW	Masters M - 40	26	01:21:28	03:06:29	04:30:23	05:57:23.95	05:57:33.65	+02:14:40 (37.7%)	7:56	7.6 (62.8%)
27	BATURO Artur	5043	MARCINOWICE TEAM	Masters M - 40	27	01:15:26	03:02:21	04:31:40	05:56:43.85	05:57:53.40	+02:14:59 (37.7%)	7:55	7.6 (62.8%)
28	DYGA Sebastian	5442	MUAY RUNNING TEAM	Masters M - 40	28	01:28:01	03:06:29	04:33:07	05:58:31.95	05:59:18.90	+02:16:25 (38.0%)	7:58	7.5 (62.0%)
29	MRÓZ Marcin	5377	DZIKIE BOBRY	Masters M - 40	29	01:18:43	02:59:14	04:36:56	06:05:27.00	06:05:53.45	+02:22:59 (39.1%)	8:07	7.4 (61.2%)
30	OSUCH Piotr	5457	NYSA BIEGA	Masters M - 40	30	01:28:03	03:10:30	04:37:03	06:09:21.35	06:10:31.90	+02:27:38 (39.8%)	8:12	7.3 (60.3%)
31	LIPINA Rafał	5409		Masters M - 40	31	01:22:27	03:02:31	04:33:29	06:11:14.70	06:11:37.40	+02:28:43 (40.0%)	8:15	7.3 (60.3%)
32	KARPOWICZ Rafal	5379		Masters M - 40	32	01:13:06	02:59:57	04:37:24	06:12:30.15	06:12:44.90	+02:29:51 (40.2%)	8:16	7.2 (59.5%)
33	KIRILENKO Marcin	5053		Masters M - 40	33	01:19:21	03:13:14	04:42:24	06:16:21.40	06:16:25.15	+02:33:31 (40.8%)	8:21	7.2 (59.5%)
34	MAKOCKI Michal	5136		Masters M - 40	34	01:19:44	03:01:14	04:38:46	06:16:29.90	06:17:41.60	+02:34:47 (41.0%)	8:22	7.2 (59.5%)
35	FIREK Rafał	5240	LACHO TEAM	Masters M - 40	35	01:30:08	03:10:04	04:41:06	06:17:01.25	06:17:54.05	+02:35:00 (41.0%)	8:22	7.2 (59.5%)
36	WYBRANOWSKI Sylwester	5135	DOM DEVELOPMENT ADVENTURE TEAM	Masters M - 40	36	01:24:47	03:08:28	04:44:26	06:17:40.65	06:18:15.35	+02:35:21 (41.1%)	8:23	7.1 (58.7%)
37	MAŚŁANKA Jarosław	5400	PEGA RUNNERS	Masters M - 40	37	01:16:55	02:57:26	04:37:04	06:20:15.15	06:20:47.85	+02:37:54 (41.5%)	8:27	7.1 (58.7%)
38	OBRZUD Krzysztof	5166		Masters M - 40	38	01:15:56	02:57:47	04:31:52	06:20:34.15	06:21:08.65	+02:38:15 (41.5%)	8:27	7.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
39	STĘPIEŃ Wojciech	5246	BIEGUSIEM PRZEZ ŻYCIE	Masters M - 40	39	01:29:34	03:23:55	04:55:13	06:20:26.65	06:21:20.60	+02:38:26 (41.6%)	8:27	7.1 (58.7%)
40	GARCZYŃSKI Darek	5061		Masters M - 40	40	01:21:05	03:02:53	04:42:15	06:21:36.95	06:21:55.40	+02:39:01 (41.6%)	8:28	7.1 (58.7%)
41	KSIĄŻKIEWICZ Tomasz	5003	RUSZ4LITERY	Masters M - 40	41	01:23:46	03:02:41	04:43:06	06:23:05.15	06:24:18.05	+02:41:24 (42.0%)	8:30	7 (57.9%)
42	BODZIOCH Grzegorz	5353	GORLICKA GRUPA BIEGOWA	Masters M - 40	42	01:34:31	03:20:49	04:52:11	06:26:18.10	06:26:48.95	+02:43:55 (42.4%)	8:35	7 (57.9%)
43	GRZYBOWSKI Rafał	5341		Masters M - 40	43	01:20:38	03:06:16	04:53:40	06:29:40.75	06:30:15.10	+02:47:21 (42.9%)	8:39	6.9 (57.0%)
44	KAPAŁKA Adrian	5076	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	44	01:31:30	03:23:23	04:56:27	06:30:14.90	06:30:20.20	+02:47:26 (42.9%)	8:40	6.9 (57.0%)
45	GAŁECKI Tomasz	5310		Masters M - 40	45	01:27:32	03:18:45	04:56:14	06:34:48.90	06:35:32.20	+02:52:38 (43.6%)	8:46	6.8 (56.2%)
46	PIJANKA Mariusz	5170	BBL OPOLE	Masters M - 40	46	01:33:06	03:25:53	05:02:36	06:40:48.75	06:41:58.25	+02:59:04 (44.5%)	8:54	6.7 (55.4%)
47	HANARZ Jacek	5315	DRUŻYNA SZPIKU	Masters M - 40	47	01:34:37	03:26:37	05:00:01	06:41:28.80	06:42:21.50	+02:59:27 (44.6%)	8:55	6.7 (55.4%)
48	SZYMAŃSKI Piotr	5193		Masters M - 40	48	01:37:59	03:34:26	05:07:46	06:42:08.60	06:43:09.55	+03:00:15 (44.7%)	8:56	6.7 (55.4%)
49	IWANOWSKI Wojtek	5181	OPOLE G.R.U.	Masters M - 40	49	01:34:22	03:23:30	05:00:38	06:42:47.80	06:43:48.45	+03:00:54 (44.8%)	8:57	6.7 (55.4%)
50	JANKOWIAK Krzysztof	5116	MARCO	Masters M - 40	50	01:29:09	03:24:05	05:00:34	06:43:29.65	06:43:56.15	+03:01:02 (44.8%)	8:58	6.7 (55.4%)
51	LEWANDOWSKI Janusz	5410		Masters M - 40	51	01:30:11	03:30:50	05:06:29	06:44:02.75	06:44:24.55	+03:01:30 (44.9%)	8:58	6.7 (55.4%)
52	SYGIEL Andrzej	5077		Masters M - 40	52	01:29:35	03:27:21	05:03:25	06:45:56.60	06:46:14.85	+03:03:21 (45.1%)	9:01	6.7 (55.4%)
53	BASIŃSKI Hubert	5118		Masters M - 40	53	01:37:24	03:27:06	05:05:39	06:45:10.45	06:46:26.80	+03:03:33 (45.2%)	9:00	6.7 (55.4%)
54	ŚLIWKA Arkadiusz	5146	OLZA CIESZYN	Masters M - 40	54	01:20:31	03:12:57	05:01:24	06:47:11.35	06:47:43.55	+03:04:49 (45.3%)	9:02	6.6 (54.5%)
55	KANDORA Piotr	5104	MIECHOWICKA GRUPA BIEGOWA	Masters M - 40	55	01:35:18	03:31:32	05:10:05	06:47:54.00	06:48:38.75	+03:05:45 (45.5%)	9:03	6.6 (54.5%)
56	PAWLIK Paweł Alibaba	5406	CAŁA OLEŚNICA BIEGA	Masters M - 40	56	01:29:07	03:31:06	05:07:26	06:48:16.35	06:48:55.40	+03:06:01 (45.5%)	9:04	6.6 (54.5%)
57	BAŤA Tomáš	5363	TEAM JESENÍKY	Masters M - 40	57	01:21:30	03:20:55	05:01:26	06:48:57.95	06:49:25.75	+03:06:32 (45.6%)	9:05	6.6 (54.5%)
58	BIERNACIK Piotr	5447		Masters M - 40	58	01:28:20	03:19:22	04:58:52	06:51:26.10	06:51:51.10	+03:08:57 (45.9%)	9:08	6.6 (54.5%)
59	STOLINSKI Dominik	5085	RADOSNY CHMIEL	Masters M - 40	59	01:28:12	03:27:25	05:12:06	06:52:42.30	06:53:39.00	+03:10:45 (46.1%)	9:10	6.5 (53.7%)
60	TOKARCZYK Tomasz	5075	DRUŻYNA SZPIKU	Masters M - 40	60	01:37:31	03:30:14	05:08:08	06:55:37.65	06:56:48.75	+03:13:55 (46.5%)	9:14	6.5 (53.7%)
61	BEDNAREK Krzysztof	5320		Masters M - 40	61	01:33:12	03:41:43	05:17:21	06:57:27.45	06:57:55.15	+03:15:01 (46.7%)	9:16	6.5 (53.7%)

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62	PODJUK Juliusz	5167		Masters M - 40	62	01:36:33	03:28:48	05:14:08	06:58:59.95	06:59:13.25	+03:16:19 (46.8%)	9:18	6.4 (52.9%)
63	PTAK Jarek	5423		Masters M - 40	63	01:29:14	03:36:16	05:20:39	07:01:03.40	07:01:26.55	+03:18:32 (47.1%)	9:21	6.4 (52.9%)
64	KULIG Tomasz	5386		Masters M - 40	64	01:33:27	03:40:54	05:41:40	07:02:07.40	07:03:27.05	+03:20:33 (47.4%)	9:22	6.4 (52.9%)
65	PÓŁGRABIA Dawid	5374		Masters M - 40	65	01:27:51	03:29:46	05:16:58	07:03:42.95	07:04:22.80	+03:21:29 (47.5%)	9:24	6.4 (52.9%)
66	KARDAS Piotr	5285		Masters M - 40	66	01:29:17	03:22:04	05:10:03	07:03:48.50	07:04:24.75	+03:21:31 (47.5%)	9:25	6.4 (52.9%)
67	GRĘBOWICZ Andrzej	5052	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	67	01:28:40	03:28:02	05:17:05	07:05:27.10	07:05:46.80	+03:22:53 (47.7%)	9:27	6.3 (52.1%)
68	KOSTERA Tomasz	5095	VEGE RUNNERS	Masters M - 40	68	01:37:46	03:42:31	05:21:05	07:06:38.25	07:07:21.65	+03:24:28 (47.8%)	9:28	6.3 (52.1%)
69	MROTEK Michał	5298	QUAPRO TEAM	Masters M - 40	69	01:29:01	03:34:02	05:21:47	07:08:41.45	07:08:51.05	+03:25:57 (48.0%)	9:31	6.3 (52.1%)
70	SZABAT Daniel	5044		Masters M - 40	70	01:35:31	03:38:26	05:20:50	07:12:48.45	07:13:25.85	+03:30:32 (48.6%)	9:37	6.2 (51.2%)
71	KAMIŃSKI Paweł	5058	CAŁA OLEŚNICA BIEGA	Masters M - 40	71	01:29:11	03:32:22	05:20:27	07:15:49.95	07:16:28.95	+03:33:35 (48.9%)	9:41	6.2 (51.2%)
72	MARMUROWICZ Krystian	5036	KOLOROWA DRUŻYNA NESSI	Masters M - 40	72	01:35:13	03:37:24	05:25:05	07:18:01.30	07:18:45.90	+03:35:52 (49.2%)	9:44	6.2 (51.2%)
73	GRZELKA Tomasz	5326	RUNNER'S POWER	Masters M - 40	73	01:29:10	03:37:45	05:36:26	07:24:52.75	07:25:19.15	+03:42:25 (49.9%)	9:53	6.1 (50.4%)
74	CUKROWSKI Andrzej	5064	ZLB OLAWS ZŁOTORYJA	Masters M - 40	74	01:30:59	03:41:30	05:29:08	07:25:48.75	07:26:47.75	+03:43:54 (50.1%)	9:54	6.1 (50.4%)
75	SUŁEK Tomek	5336		Masters M - 40	75	01:36:16	03:41:15	05:28:22	07:29:05.35	07:29:45.20	+03:46:51 (50.4%)	9:58	6 (49.6%)
76	KLIMEK Arkadiusz	5450		Masters M - 40	76	01:37:28	03:48:30	05:39:28	07:28:46.65	07:29:59.65	+03:47:06 (50.5%)	9:58	6 (49.6%)
77	JESIOŁOWSKI Robert	5126		Masters M - 40	77	01:34:08	03:39:03	05:35:55	07:29:17.60	07:30:35.35	+03:47:41 (50.5%)	9:59	6 (49.6%)
78	GUŹDZIOŁ Jarek	5295	TBKM WILK SOLEC KUJAWSKI	Masters M - 40	78	01:36:25	03:52:51	05:41:45	07:30:32.85	07:30:57.10	+03:48:03 (50.6%)	10:00	6 (49.6%)
79	PIASECKI Wojciech	5214	CHAMPIONMAN TEAM	Masters M - 40	79	01:38:30	03:51:46	05:36:22	07:31:20.00	07:32:25.40	+03:49:31 (50.7%)	10:01	6 (49.6%)
80	KRUK Jacek	5296		Masters M - 40	80	01:39:30	03:51:01	05:38:58	07:32:46.95	07:33:43.95	+03:50:50 (50.9%)	10:03	6 (49.6%)
81	SAWALA Sławomir	5094	TRANCE ONLY	Masters M - 40	81	01:34:31	03:41:44	05:35:14	07:33:12.20	07:34:03.05	+03:51:09 (50.9%)	10:04	6 (49.6%)
82	GAIK Maciej	5184	BIEGNIJ BRACIE ZTZ	Masters M - 40	82	01:26:55	03:25:43	05:28:45	07:34:30.20	07:34:43.25	+03:51:49 (51.0%)	10:06	5.9 (48.8%)
83	GARBACZ Marek	5455	TULIP RUNNERS	Masters M - 40	83	01:35:14	03:34:10	05:23:55	07:34:40.80	07:35:30.00	+03:52:36 (51.1%)	10:06	5.9 (48.8%)
84	SROKA Łukasz	5117		Masters M - 40	84	01:39:58	03:47:13	05:39:14	07:37:27.55	07:38:44.20	+03:55:50 (51.4%)	10:09	5.9 (48.8%)

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85	KORNAŚ Marcin	5006	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	85	01:36:32	04:00:54	05:57:37	07:50:46.70	07:51:19.50	+04:08:25 (52.7%)	10:27	5.7 (47.1%)
86	ZAROBIAK Piotr	5206	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	86	01:43:18	04:07:31	05:58:26	07:53:00.20	07:53:21.60	+04:10:27 (52.9%)	10:30	5.7 (47.1%)
87	KORONKIEWICZ Adam	5323		Masters M - 40	87	01:41:40	04:01:53	05:49:50	07:53:31.95	07:54:08.30	+04:11:14 (53.0%)	10:31	5.7 (47.1%)
88	ADAM Piotr	5029	WROCLAW MARATHON TEAM	Masters M - 40	88	01:41:35	04:01:35	05:48:59	07:53:32.80	07:54:09.60	+04:11:15 (53.0%)	10:31	5.7 (47.1%)
89	JAWOROWICZ Tomasz	5087	KS PEGAZ	Masters M - 40	89	01:50:53	04:12:54	06:00:49	07:53:33.10	07:54:13.85	+04:11:20 (53.0%)	10:31	5.7 (47.1%)
90	BLIŻNIEWSKI Marek	5109	KS GŁÓWNO W BIEGU	Masters M - 40	90	01:40:01	03:51:46	05:39:51	07:59:26.60	08:00:15.70	+04:17:22 (53.6%)	10:39	5.6 (46.3%)
91	ZDYB Grzegorz	5030		Masters M - 40	91	01:41:57	04:09:41	06:03:25	08:04:30.15	08:05:43.30	+04:22:49 (54.1%)	10:46	5.6 (46.3%)
92	SOKOŁOWSKI Artur	5289	DZIADY OCR	Masters M - 40	92	01:43:02	04:04:10	06:05:34	08:07:16.55	08:07:33.45	+04:24:39 (54.3%)	10:49	5.5 (45.5%)
93	PRZYBYŁAK Michał	5345		Masters M - 40	93	01:45:51	04:12:42	06:20:09	08:13:51.75	08:14:15.20	+04:31:21 (54.9%)	10:58	5.5 (45.5%)
94	KWAŚNIEWSKI Andrzej	5426		Masters M - 40	94	01:47:12	04:15:07	06:15:34	08:16:26.55	08:16:58.20	+04:34:04 (55.1%)	11:01	5.4 (44.6%)
95	ZGOŁA Przemysław	5268	TARNOWO PODGÓRNE BIEGA	Masters M - 40	95	01:41:36	03:59:02	05:40:19	08:28:39.75	08:29:00.70	+04:46:07 (56.2%)	11:18	5.3 (43.8%)
96	MUCHAJER Dawid	5235	CSWLĄD	Masters M - 40	96	01:48:44	04:20:20	06:24:07	08:31:31.20	08:31:53.30	+04:48:59 (56.5%)	11:22	5.3 (43.8%)
97	KWAŚNIEWSKI Marcin	5393		Masters M - 40	97	01:42:59	04:19:33	06:23:26	08:32:35.10	08:33:49.90	+04:50:56 (56.6%)	11:23	5.3 (43.8%)
98	MZYK Fabian	5066	STS BIEGATON	Masters M - 40	98	01:46:01	04:30:04	06:40:13	08:53:32.80	08:53:43.60	+05:10:49 (58.2%)	11:51	5.1 (42.1%)
Przekroczony limit czasu: 09:00:00													
99	BARAŃSKI Stanisław	5123	HUSARIA NIEGOSŁAWICE	Masters M - 40	99	01:39:31	04:22:20	06:36:59	09:01:14.50	09:02:33.15	+05:19:39 (58.9%)	12:01	5 (41.3%)
100	WOŁOWIEC Marcin	5313		Masters M - 40	100	02:02:26	05:01:18	07:42:13	10:16:56.05	10:17:54.10	+06:35:00 (63.9%)	13:42	4.4 (36.4%)
101	JASIŃSKI Paweł	5120		Masters M - 40	101	01:49:10	04:52:35	07:23:10	10:33:42.60	10:33:55.30	+06:51:01 (64.8%)	14:04	4.3 (35.5%)
	JANKOWSKI Tom	5391	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40		01:42:57 DNF	04:10:25 DNF	07:21:12 DNF	DNF	DNF		-	- (0.0%)
	STRZELECKI Krzysztof	5037		Masters M - 40		01:39:03 DNF	04:35:26 DNF	DNF	DNF	DNF		-	- (0.0%)