ZŁOTY MARATON - 45 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Lądek-Zdrój
Dystans: 45 km

Klasyfikacja: Senior II M - 30

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	**MRAZEK Jan**	**5432**	INOV-8 TEAM	Senior II M - 30	1	00:53:34	01:57:23	02:53:16	**03:51:17.55**	**03:51:20.85**		5:08	11.7 (100%)
2	**TOMASIK Stanisław**	**5421**	GORLICKA GRUPA BIEGOWA	Senior II M - 30	2	00:56:05	02:00:09	02:56:02	**03:55:18.10**	**03:55:30.10**	+00:04:09 (1.8%)	5:13	11.5 (98.3%)
3	**ŻUCHOWSKI Daniel**	**5418**	MUAY RUNNING TEAM	Senior II M - 30	3	00:57:14	02:05:28	03:07:08	**04:08:19.35**	**04:08:21.60**	+00:17:00 (6.8%)	5:31	10.9 (93.2%)
4	**GLAPIAK Damian**	**5346**	LLKS OSOWA SIEN	Senior II M - 30	4	00:54:09	02:01:04	03:04:04	**04:12:15.10**	**04:12:17.80**	+00:20:56 (8.3%)	5:36	10.7 (91.5%)
5	**WOLBACH Tomasz**	**5307**	WOLNE ŚLIMAKI	Senior II M - 30	5	01:03:09	02:15:32	03:18:30	**04:22:49.15**	**04:22:53.55**	+00:31:32 (12.0%)	5:50	10.3 (88.0%)
6	**KWIATKOWSKI Michael**	**5041**		Senior II M - 30	6	01:03:22	02:22:01	03:34:11	**04:44:49.30**	**04:44:53.85**	+00:53:33 (18.8%)	6:19	9.5 (81.2%)
7	**KOSTASZ Mariusz**	**5451**		Senior II M - 30	7	01:06:00	02:28:51	03:45:20	**05:05:23.40**	**05:05:26.55**	+01:14:05 (24.3%)	6:47	8.8 (75.2%)
8	**POPIEL Andrzej**	**5241**	POPSMART.PL	Senior II M - 30	8	01:10:15	02:37:47	03:54:01	**05:12:05.50**	**05:12:09.90**	+01:20:49 (25.9%)	6:56	8.7 (74.4%)
9	**OLEJNIK Adam**	**5000**	REFERICON	Senior II M - 30	9	01:16:08	02:47:54	04:02:18	**05:14:32.60**	**05:14:40.05**	+01:23:19 (26.5%)	6:59	8.6 (73.5%)
10	**BLANIK Marek**	**5134**		Senior II M - 30	10	01:19:39	02:51:37	04:03:50	**05:14:06.65**	**05:14:40.20**	+01:23:19 (26.5%)	6:58	8.6 (73.5%)
11	**SZAFRAŃSKI Jan**	**5404**	PANTHERS WROCŁAW	Senior II M - 30	11	01:12:01	02:38:38	03:56:53	**05:16:32.35**	**05:16:47.40**	+01:25:26 (27.0%)	7:02	8.5 (72.6%)
12	**WITOSŁAWSKI Maciej**	**5227**		Senior II M - 30	12	01:15:40	02:47:16	04:05:42	**05:18:28.35**	**05:19:23.05**	+01:28:02 (27.6%)	7:04	8.5 (72.6%)
13	**ŚRODA Michał**	**5164**	TMTEAM	Senior II M - 30	13	01:07:19	02:30:16	03:52:59	**05:20:22.10**	**05:20:51.25**	+01:29:30 (27.9%)	7:07	8.4 (71.8%)
14	**KOTYRBA Tomasz**	**5155**		Senior II M - 30	14	01:12:14	02:44:57	04:03:46	**05:23:24.95**	**05:23:35.10**	+01:32:14 (28.5%)	7:11	8.3 (70.9%)
15	**SKURATKO Adrian**	**5158**	RONAL POLSKA RUN	Senior II M - 30	15	01:09:04	02:36:17	03:57:21	**05:24:26.00**	**05:24:30.25**	+01:33:09 (28.7%)	7:12	8.3 (70.9%)

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	**ŁACH Seweryn**	**5408**	BIEGAM DLA CIASTEK	Senior II M - 30	16	01:13:48	02:45:32	04:03:29	**05:28:28.30**	**05:28:46.45**	+01:37:25 (29.6%)	7:17	8.2 (70.1%)
17	**BARANOWSKI Jacek**	**5302**	JACEKBIEGA RUNNING TEAM	Senior II M - 30	17	01:17:32	02:49:33	04:07:01	**05:29:13.45**	**05:29:26.15**	+01:38:05 (29.8%)	7:18	8.2 (70.1%)
18	**LISEK Andrzej**	**5330**	LISEK	Senior II M - 30	18	01:12:34	02:44:00	04:06:59	**05:31:52.65**	**05:32:40.75**	+01:41:19 (30.5%)	7:22	8.1 (69.2%)
19	**JĘCEK Maciej**	**5182**	GET ADVISED MACIEJ JĘCEK	Senior II M - 30	19	01:13:39	02:44:29	04:08:01	**05:32:30.25**	**05:32:41.80**	+01:41:20 (30.5%)	7:23	8.1 (69.2%)
20	**OLKIS Rafał**	**5253**	PRZEBIEGA.PL	Senior II M - 30	20	01:09:04	02:38:20	04:05:19	**05:32:47.05**	**05:32:50.70**	+01:41:29 (30.5%)	7:23	8.1 (69.2%)
21	**KOŁODZIEJ Andrzej**	**5023**	TRIWAWA	Senior II M - 30	21	01:18:50	02:49:11	04:07:50	**05:32:48.45**	**05:33:17.00**	+01:41:56 (30.6%)	7:23	8.1 (69.2%)
22	**CHMIELINSKI Piotr**	**5244**		Senior II M - 30	22	01:10:40	02:38:51	04:01:11	**05:35:01.10**	**05:35:41.70**	+01:44:20 (31.1%)	7:26	8.1 (69.2%)
23	**MIKA Andrzej**	**5281**		Senior II M - 30	23	01:08:56	02:31:28	03:57:17	**05:36:06.90**	**05:36:19.30**	+01:44:58 (31.2%)	7:28	8 (68.4%)
24	**IWASZCZYSZYN Tomasz**	**5242**		Senior II M - 30	24	01:14:56	02:48:35	04:11:17	**05:38:49.55**	**05:38:57.45**	+01:47:36 (31.7%)	7:31	8 (68.4%)
25	**SZUKAŁA Piotr**	**5005**		Senior II M - 30	25	01:17:38	02:52:59	04:15:57	**05:39:04.45**	**05:39:11.40**	+01:47:50 (31.8%)	7:32	8 (68.4%)
26	**PŁONOWSKI Maciej**	**5127**		Senior II M - 30	26	01:13:05	02:44:04	04:06:55	**05:39:09.95**	**05:40:12.85**	+01:48:52 (32.0%)	7:32	8 (68.4%)
27	**BARAN Mateusz**	**5420**	GORLICKA GRUPA BIEGOWA	Senior II M - 30	27	01:16:02	02:52:47	04:17:04	**05:45:18.05**	**05:45:48.60**	+01:54:27 (33.1%)	7:40	7.8 (66.7%)
28	**ZAŁUBSKI Jacek**	**5317**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	28	01:16:59	02:56:17	04:22:39	**05:48:50.80**	**05:49:08.70**	+01:57:47 (33.7%)	7:45	7.7 (65.8%)
29	**MALENDOWICZ Przemysław**	**5130**		Senior II M - 30	29	01:16:05	02:58:31	04:23:37	**05:50:00.65**	**05:50:29.35**	+01:59:08 (34.0%)	7:46	7.7 (65.8%)
30	**ŚMIECHOWSKI Michał**	**5405**	PANTHERS WROCŁAW	Senior II M - 30	30	01:14:10	02:53:14	04:20:49	**05:50:29.65**	**05:50:44.80**	+01:59:23 (34.0%)	7:47	7.7 (65.8%)
31	**ZACHMYC Damian**	**5208**		Senior II M - 30	31	01:13:43	02:45:53	04:22:06	**05:50:56.95**	**05:51:50.15**	+02:00:29 (34.2%)	7:47	7.7 (65.8%)
32	**URBAŃSKI Michał**	**5370**	FLUNKYBALL TEAM LĄDEK-ZDRÓJ	Senior II M - 30	32	01:17:05	02:53:47	04:20:51	**05:53:57.55**	**05:54:12.05**	+02:02:51 (34.7%)	7:51	7.6 (65.0%)
33	**BOHDANOWICZ Krystian**	**5366**	ATLAS RUNNING TEAM	Senior II M - 30	33	01:28:33	03:25:54	04:42:20	**06:01:42.85**	**06:01:50.60**	+02:10:29 (36.1%)	8:02	7.5 (64.1%)
34	**JUNIK Łukasz**	**5038**	MKS SIECHNICE	Senior II M - 30	34	01:33:46	03:25:00	04:43:58	**06:03:02.00**	**06:03:27.95**	+02:12:07 (36.3%)	8:04	7.4 (63.2%)
35	**OSTROWSKI Sławomir**	**5059**	FREE RUN	Senior II M - 30	35	01:20:51	02:55:54	04:26:47	**06:05:07.20**	**06:05:40.20**	+02:14:19 (36.7%)	8:06	7.4 (63.2%)
36	**BŁASZKIEWICZ Bogusz**	**5422**	DZIEKI BOBRY/STR POZNAN	Senior II M - 30	36	01:22:43	03:12:15	04:39:11	**06:08:33.85**	**06:09:01.30**	+02:17:40 (37.3%)	8:11	7.3 (62.4%)
37	**ŁUKOWIAK Karol**	**5165**	MUKS SZOK BOJANOWO	Senior II M - 30	37	01:20:43	03:04:36	04:40:10	**06:09:17.85**	**06:09:21.60**	+02:18:00 (37.4%)	8:12	7.3 (62.4%)
38	**MISZCZAK Szymon**	**5441**		Senior II M - 30	38	01:28:23	03:07:26	04:37:26	**06:09:15.80**	**06:10:07.15**	+02:18:46 (37.5%)	8:12	7.3 (62.4%)

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	**FUKS Michał**	**5186**	GRUPA FUX	Senior II M - 30	39	01:24:19	03:09:26	04:37:25	**06:13:10.95**	**06:13:24.95**	+02:22:04 (38.0%)	8:17	7.2 (61.5%)
40	**KOTKIEWICZ Karol**	**5260**	LOTOS RUNNNING TEAM	Senior II M - 30	40	01:17:38	03:01:02	04:32:21	**06:15:42.60**	**06:15:48.20**	+02:24:27 (38.4%)	8:20	7.2 (61.5%)
41	**SZUBIŃSKI Adam**	**5055**	12 BRYGADA ZMECHANIZOWANA	Senior II M - 30	41	01:24:02	03:02:41	04:40:36	**06:18:13.45**	**06:18:46.10**	+02:27:25 (38.9%)	8:24	7.1 (60.7%)
42	**DZIUBEK Michał**	**5106**	W POGONI ZA DUCHEM	Senior II M - 30	42	01:27:57	03:10:44	04:50:34	**06:18:21.15**	**06:19:12.60**	+02:27:51 (39.0%)	8:24	7.1 (60.7%)
43	**SKAŁECKI Przemysław Skałecki**	**5042**	WIERZBICKI RUNNING PROJECT	Senior II M - 30	43	01:28:55	03:16:03	04:47:57	**06:22:44.55**	**06:22:48.50**	+02:31:27 (39.6%)	8:30	7.1 (60.7%)
44	**KWIKERT Adrian**	**5282**		Senior II M - 30	44	01:26:15	03:11:34	04:40:24	**06:23:14.35**	**06:23:56.60**	+02:32:35 (39.7%)	8:30	7 (59.8%)
45	**BUDYCH Arkadiusz**	**5226**	RĄCZE LACZKI	Senior II M - 30	45	01:28:37	03:09:49	04:44:41	**06:24:10.00**	**06:24:48.10**	+02:33:27 (39.9%)	8:32	7 (59.8%)
46	**GAŁEK Aleksander**	**5168**	PRAGMATIQ.PL	Senior II M - 30	46	01:30:56	03:20:52	04:54:05	**06:26:03.20**	**06:26:29.80**	+02:35:08 (40.1%)	8:34	7 (59.8%)
47	**KONIK Tomasz**	**5014**	FORTIVA	Senior II M - 30	47	01:27:18	03:13:15	04:47:53	**06:25:55.10**	**06:26:51.45**	+02:35:30 (40.2%)	8:34	7 (59.8%)
48	**CUKROWSKI Marcin**	**5197**	BALLUFF RUNNING TEAM	Senior II M - 30	48	01:22:04	03:16:59	04:55:26	**06:28:10.70**	**06:29:14.05**	+02:37:53 (40.6%)	8:37	7 (59.8%)
49	**KAKOSZKA Marcin**	**5039**		Senior II M - 30	49	01:20:07	03:07:20	04:50:47	**06:28:35.15**	**06:29:26.30**	+02:38:05 (40.6%)	8:38	6.9 (59.0%)
50	**SMYK Kamil**	**5163**		Senior II M - 30	50	01:21:03	03:09:48	04:52:20	**06:29:20.50**	**06:29:55.95**	+02:38:35 (40.7%)	8:39	6.9 (59.0%)
51	**KORF Tomasz**	**5022**		Senior II M - 30	51	01:28:49	03:17:43	04:50:57	**06:29:49.30**	**06:30:34.65**	+02:39:13 (40.8%)	8:39	6.9 (59.0%)
52	**ŁYSIAK Bartek**	**5335**		Senior II M - 30	52	01:23:49	03:06:36	04:43:18	**06:30:13.25**	**06:31:01.05**	+02:39:40 (40.8%)	8:40	6.9 (59.0%)
53	**PETRYKOWSKI Karol**	**5111**	HASAJTO!	Senior II M - 30	53	01:28:58	03:12:06	04:55:40	**06:31:08.60**	**06:31:13.40**	+02:39:52 (40.9%)	8:41	6.9 (59.0%)
54	**CIEŚLAK Krzysztof**	**5413**	ULTRAFAZA	Senior II M - 30	54	01:29:26	03:24:53	04:59:17	**06:31:22.60**	**06:31:30.50**	+02:40:09 (40.9%)	8:41	6.9 (59.0%)
55	**BAJDAK Łukasz**	**5389**		Senior II M - 30	55	01:30:11	03:18:56	04:53:38	**06:31:35.00**	**06:32:13.30**	+02:40:52 (41.0%)	8:42	6.9 (59.0%)
56	**WASIEWICZ Adam**	**5291**	TRENERBIEGANIA.PL	Senior II M - 30	56	01:20:30	02:56:58	04:57:55	**06:31:37.05**	**06:32:18.75**	+02:40:57 (41.0%)	8:42	6.9 (59.0%)
57	**KORDECKI Bartłomiej**	**5398**	WCHSZT	Senior II M - 30	57	01:26:54	03:11:13	04:58:15	**06:35:44.70**	**06:36:40.75**	+02:45:19 (41.7%)	8:47	6.8 (58.1%)
58	**KRUPIANIK Tomasz**	**5401**		Senior II M - 30	58	01:28:28	03:17:58	04:54:00	**06:37:12.80**	**06:38:10.05**	+02:46:49 (41.9%)	8:49	6.8 (58.1%)
59	**WNENT Bartosz**	**5453**	SIŁAOGRA.PL	Senior II M - 30	59	01:20:42	03:16:22	04:54:22	**06:38:09.30**	**06:38:14.90**	+02:46:54 (41.9%)	8:50	6.8 (58.1%)
60	**STACHOWIAK Łukasz**	**5388**	STR POZNAŃ / DZIKIE BOBRY	Senior II M - 30	60	01:16:00	03:39:28	05:11:44	**06:39:21.60**	**06:39:37.50**	+02:48:16 (42.1%)	8:52	6.8 (58.1%)
61	**GRZESZCZYK Michał**	**5079**	EKOBIEGI	Senior II M - 30	61	01:24:04	03:17:45	04:56:45	**06:39:59.20**	**06:40:29.45**	+02:49:08 (42.2%)	8:53	6.8 (58.1%)

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
62	**LIS Tomasz**	**5308**		Senior II M - 30	62	01:28:41	03:35:36	05:10:27	**06:46:31.05**	**06:47:28.40**	+02:56:07 (43.2%)	9:02	6.6 (56.4%)
63	**KIŃCZYK Tomasz**	**5151**	TERNY JAKUBA-OŁAWSKI PARK WODNY	Senior II M - 30	63	01:26:37	03:21:07	04:59:09	**06:48:42.60**	**06:49:02.85**	+02:57:42 (43.4%)	9:04	6.6 (56.4%)
64	**ŠVÁBENSKÝ Jan**	**5364**	TEAM JESENÍKY	Senior II M - 30	64	01:21:34	03:20:57	05:00:50	**06:48:58.35**	**06:49:25.85**	+02:58:05 (43.5%)	9:05	6.6 (56.4%)
65	**CZYRNIA Andrzej**	**5220**	RAJSPORT ACTIVE	Senior II M - 30	65	01:28:24	03:47:15	05:11:14	**06:49:35.50**	**06:50:35.65**	+02:59:14 (43.7%)	9:06	6.6 (56.4%)
66	**WRÓBEL Paweł**	**5105**	MKS SIECHNICE	Senior II M - 30	66	01:33:46	03:41:06	05:18:36	**06:50:47.75**	**06:51:14.00**	+02:59:53 (43.7%)	9:07	6.6 (56.4%)
67	**RUŚKIEWICZ Wojciech**	**5225**	DELOITTE ADVENTURE TEAM	Senior II M - 30	67	01:20:45	03:20:52	04:58:55	**06:52:24.75**	**06:52:54.55**	+03:01:33 (44.0%)	9:09	6.5 (55.6%)
68	**PODWÓJCI Michał**	**5354**		Senior II M - 30	68	01:18:09	03:10:57	05:03:22	**06:54:08.40**	**06:54:18.30**	+03:02:57 (44.2%)	9:12	6.5 (55.6%)
69	**GŁÓWKA Maciej**	**5138**		Senior II M - 30	69	01:37:25	03:33:53	05:12:59	**06:53:54.35**	**06:54:48.55**	+03:03:27 (44.2%)	9:11	6.5 (55.6%)
70	**SUSŁOWSKI Paweł**	**5452**		Senior II M - 30	70	01:28:47	03:23:24	05:09:04	**06:55:17.20**	**06:56:19.95**	+03:04:59 (44.4%)	9:13	6.5 (55.6%)
71	**SMURA Rafał**	**5261**		Senior II M - 30	71	01:29:05	03:18:19	05:06:03	**06:55:39.70**	**06:56:39.40**	+03:05:18 (44.5%)	9:14	6.5 (55.6%)
72	**SZYSZŁOWSKI Waldemar**	**5131**		Senior II M - 30	72	01:28:11	03:33:02	05:13:12	**06:58:25.80**	**06:59:38.20**	+03:08:17 (44.9%)	9:17	6.5 (55.6%)
73	**ŁOŻYŃSKI Kamil**	**5194**	KW GLIWICE	Senior II M - 30	73	01:34:06	03:29:01	05:09:44	**06:59:04.20**	**06:59:41.30**	+03:08:20 (44.9%)	9:18	6.4 (54.7%)
74	**KRAWCZYK Karol**	**5264**		Senior II M - 30	74	01:15:41	03:13:39	05:02:48	**07:00:07.45**	**07:00:26.65**	+03:09:05 (45.0%)	9:20	6.4 (54.7%)
75	**OSTROUCH Tymon**	**5248**		Senior II M - 30	75	01:17:30	02:59:58	04:48:58	**07:00:31.05**	**07:01:55.30**	+03:10:34 (45.2%)	9:20	6.4 (54.7%)
76	**GACEK Michał**	**5083**	NOA	Senior II M - 30	76	01:16:24	03:14:39	04:59:12	**07:04:08.85**	**07:04:13.90**	+03:12:53 (45.5%)	9:25	6.4 (54.7%)
77	**PIOTROWSKI Michał**	**5373**		Senior II M - 30	77	01:27:54	03:29:47	05:16:55	**07:03:43.70**	**07:04:22.80**	+03:13:01 (45.5%)	9:24	6.4 (54.7%)
78	**KUPIEC Maciej**	**5372**		Senior II M - 30	78	01:27:51	03:29:46		**07:04:13.80**	**07:04:52.80**	+03:13:31 (45.5%)	9:25	6.4 (54.7%)
79	**POPIELA Sebastian**	**5350**	OPTYK BARTKOWIAK TEAM	Senior II M - 30	79	01:26:53	03:36:27	05:19:18	**07:09:13.90**	**07:09:31.10**	+03:18:10 (46.1%)	9:32	6.3 (53.8%)
80	**WOŹNIAK Paweł**	**5344**	CROSSFIT LESZNO	Senior II M - 30	80	01:26:55	03:36:29	05:19:21	**07:09:16.00**	**07:09:32.60**	+03:18:11 (46.1%)	9:32	6.3 (53.8%)
81	**GRUNTOWSKI Mateusz**	**5114**		Senior II M - 30	81	01:34:12	03:38:11	05:28:56	**07:08:58.90**	**07:09:39.95**	+03:18:19 (46.2%)	9:31	6.3 (53.8%)
82	**MRÓZ Adrian**	**5217**	UKS KUMA WAŁCZ	Senior II M - 30	82	01:34:35	03:40:27	05:20:55	**07:10:09.75**	**07:10:34.50**	+03:19:13 (46.3%)	9:33	6.3 (53.8%)
83	**JASICKI Krzysztof**	**5063**		Senior II M - 30	83	01:35:04	03:42:02	05:21:41	**07:10:42.40**	**07:11:07.25**	+03:19:46 (46.3%)	9:34	6.3 (53.8%)
84	**CHĘCIŃSKI Łukasz**	**5160**		Senior II M - 30	84	01:33:07	03:33:14	05:21:24	**07:13:27.75**	**07:14:01.65**	+03:22:40 (46.7%)	9:37	6.2 (53.0%)

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
85	**TKACZ Rafał**	**5110**	HASAJTO!	Senior II M - 30	85	01:28:52	03:28:11	05:20:18	**07:14:47.30**	**07:14:52.05**	+03:23:31 (46.8%)	9:39	6.2 (53.0%)
86	**BARAN Jędrzej**	**5115**	HASAJTO!	Senior II M - 30	86	01:28:58	03:32:47	05:21:36	**07:14:46.80**	**07:14:52.20**	+03:23:31 (46.8%)	9:39	6.2 (53.0%)
87	**DRYMEL Piotr**	**5189**	DESTYLATOR	Senior II M - 30	87	01:53:53	03:52:52	05:42:20	**07:13:45.45**	**07:14:56.80**	+03:23:35 (46.8%)	9:38	6.2 (53.0%)
88	**PASZKOWSKI Paweł**	**5204**		Senior II M - 30	88	01:19:08	03:13:17	05:22:43	**07:14:34.55**	**07:15:18.15**	+03:23:57 (46.9%)	9:39	6.2 (53.0%)
89	**JANKOWSKI Rafał**	**5436**	KOŁO BIEGA	Senior II M - 30	89	01:33:48	03:42:24	05:25:59	**07:16:29.70**	**07:16:52.25**	+03:25:31 (47.0%)	9:42	6.2 (53.0%)
90	**MRÓWCZYŃSKI Tomasz**	**5324**	BIEGAJĄCE	Senior II M - 30	90	01:35:46	03:28:09	05:18:09	**07:18:13.40**	**07:19:14.75**	+03:27:53 (47.3%)	9:44	6.2 (53.0%)
91	**BŁASZCZYK Mariusz**	**5202**	SNG WILD DUCKS	Senior II M - 30	91	01:30:20	03:35:58	05:27:38	**07:19:34.25**	**07:20:12.25**	+03:28:51 (47.4%)	9:46	6.1 (52.1%)
92	**KĘPSKI Grzegorz**	**5142**	1984	Senior II M - 30	92	01:36:34	03:41:43	05:27:43	**07:22:18.20**	**07:23:08.45**	+03:31:47 (47.8%)	9:49	6.1 (52.1%)
93	**SZYSZKA Marek**	**5159**	STS BIEGATON	Senior II M - 30	93	01:29:39	03:46:05	05:29:46	**07:24:48.75**	**07:24:57.75**	+03:33:36 (48.0%)	9:53	6.1 (52.1%)
94	**MORAWSKI Ryszard**	**5185**		Senior II M - 30	94	01:35:21	03:41:56	05:31:49	**07:26:32.20**	**07:27:11.75**	+03:35:50 (48.3%)	9:55	6 (51.3%)
95	**KRAKOWSKI Paweł**	**5399**	GÓRA I CZAPALA TEAM	Senior II M - 30	95	01:27:34	03:42:20	05:32:27	**07:27:24.05**	**07:28:26.05**	+03:37:05 (48.4%)	9:56	6 (51.3%)
96	**SYK Bartosz**	**5271**		Senior II M - 30	96	01:50:23	04:09:45	05:52:11	**07:36:09.35**	**07:37:29.85**	+03:46:09 (49.4%)	10:08	5.9 (50.4%)
97	**KULA Sebastian**	**5084**		Senior II M - 30	97	01:26:18	03:28:07	05:36:52	**07:41:41.35**	**07:42:23.00**	+03:51:02 (50.0%)	10:15	5.8 (49.6%)
98	**ŚPIEWAK Radosław**	**5016**	BOHAR PALETY RUNNERS	Senior II M - 30	98	01:41:50	03:58:23	05:50:18	**07:41:13.15**	**07:42:25.55**	+03:51:04 (50.0%)	10:14	5.9 (50.4%)
99	**GROSZAK Krzysztof**	**5429**	KB NATURA BIEDRUSKO	Senior II M - 30	99	01:39:53	03:47:18	05:39:11	**07:43:32.40**	**07:44:49.60**	+03:53:28 (50.2%)	10:18	5.8 (49.6%)
100	**SYNOWIEC Patryk**	**5201**	DESTYLATOR	Senior II M - 30	100	01:47:48	03:52:53	05:42:18	**07:43:44.10**	**07:44:54.90**	+03:53:34 (50.2%)	10:18	5.8 (49.6%)
101	**FUKS Szymon**	**5306**	MCBIEGACZE	Senior II M - 30	101	01:28:43	03:37:35	05:33:07	**07:48:47.80**	**07:49:45.50**	+03:58:24 (50.8%)	10:25	5.8 (49.6%)
102	**DROSZCZ Krzysztof**	**5002**	BIGYELLOWFOOT ADVENTURE TEAM	Senior II M - 30	102	01:33:33	03:41:58	05:36:42	**07:49:12.05**	**07:49:51.40**	+03:58:30 (50.8%)	10:25	5.8 (49.6%)
103	**MICHTA Bartłomiej**	**5153**		Senior II M - 30	103	01:42:38	03:54:58	05:46:15	**07:48:34.65**	**07:49:55.45**	+03:58:34 (50.8%)	10:24	5.8 (49.6%)
104	**DOMAGAŁA Konrad**	**5223**	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	104	01:40:57	03:55:09	05:47:19	**07:49:57.55**	**07:50:16.75**	+03:58:55 (50.8%)	10:26	5.7 (48.7%)
105	**WYSZOMIRSKI Adam**	**5334**		Senior II M - 30	105	01:48:01	04:12:13	06:03:16	**07:51:06.85**	**07:52:03.65**	+04:00:42 (51.0%)	10:28	5.7 (48.7%)
106	**WIŚNIEWSKI Marcin**	**5270**		Senior II M - 30	106	01:41:36	04:04:06	06:03:19	**08:06:09.60**	**08:07:36.10**	+04:16:15 (52.6%)	10:48	5.6 (47.9%)
107	**CZUBA Michał**	**5425**		Senior II M - 30	107	01:40:56	03:55:11	05:55:03	**08:24:25.70**	**08:24:44.80**	+04:33:23 (54.2%)	11:12	5.4 (46.2%)

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
108	**GONCERZEWICZ Marek**	**5338**	BASSET ROLLING TEAM	Senior II M - 30	108	01:37:55	04:05:06	06:11:33	**08:26:38.55**	**08:27:17.95**	+04:35:57 (54.4%)	11:15	5.3 (45.3%)
109	**SZYMAŃSKI Paweł**	**7363**	MUAY RUNNING TEAM	Senior II M - 30	109	01:53:51	04:32:50	06:42:30	**08:49:17.95**	**08:50:34.00**	+04:59:13 (56.4%)	11:45	5.1 (43.6%)
110	**KORTAS Slawomir**	**5203**	DESTYLATOR	Senior II M - 30	110	01:53:54	04:44:48				+02:48:33	12:56	4.6 (39.3%)
	GODYŃ Jan	**5412**	DELOITTE ADVENTURE CLUB	Senior II M - 30		01:21:28 DNF	03:08:29 DNF	04:53:34 DNF	**DNF**	**DNF**		-	- (0.0%)
	GŁOWACKI Krzysztof	**5050**	WIDZEW RUNNING TEAM	Senior II M - 30		01:28:34 DNF	03:32:41 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SERAFIŃCZUK Krzysztof	**5343**	HEXAWALL	Senior II M - 30		01:37:57 DNF	04:03:11 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DOBOSZ Leszek	**5411**		Senior II M - 30		01:36:02 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 114 wynik(ów)