

# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-07-18  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

| Msc | Zawodnik                    | Numer       | Klub                        | Kategoria      | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|-------------|-----------------------------|----------------|------|--------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | <b>TOMASIAK Dominik</b>     | <b>6385</b> | DIE KUNST DER FUGE          | Masters M - 40 | 1    | 01:01:56     | <b>01:51:51.65</b>    | <b>01:51:54.50</b>     |                   | 5:19            | 11.3 (100%)   |
| 2   | <b>GŁÓD Mateusz</b>         | <b>6101</b> |                             | Masters M - 40 | 2    | 01:01:46     | <b>01:53:14.45</b>    | <b>01:53:18.45</b>     | +00:01:23 (1.2%)  | 5:23            | 11.1 (98.2%)  |
| 3   | <b>SOBOL Tomasz</b>         | <b>6689</b> |                             | Masters M - 40 | 3    | 01:05:24     | <b>01:55:08.25</b>    | <b>01:55:13.85</b>     | +00:03:19 (2.9%)  | 5:28            | 10.9 (96.5%)  |
| 4   | <b>LATAK Michał</b>         | <b>6642</b> | JACEKBIEGA RUNNING TEAM     | Masters M - 40 | 4    | 01:07:36     | <b>02:00:35.30</b>    | <b>02:00:42.00</b>     | +00:08:47 (7.3%)  | 5:44            | 10.4 (92.0%)  |
| 5   | <b>FRANASZCZUK Wojciech</b> | <b>6746</b> | KB SOBÓTKA                  | Masters M - 40 | 5    | 01:07:38     | <b>02:01:36.45</b>    | <b>02:01:40.05</b>     | +00:09:45 (8.0%)  | 5:47            | 10.4 (92.0%)  |
| 6   | <b>WOJTKOWIAK Stefan</b>    | <b>6321</b> | PIĄTKOWO NA BIEGOWO         | Masters M - 40 | 6    | 01:05:08     | <b>02:01:59.60</b>    | <b>02:02:08.60</b>     | +00:10:14 (8.4%)  | 5:48            | 10.3 (91.2%)  |
| 7   | <b>STRZELCZAK Robert</b>    | <b>6548</b> |                             | Masters M - 40 | 7    | 01:08:26     | <b>02:05:38.85</b>    | <b>02:05:45.65</b>     | +00:13:51 (11.0%) | 5:59            | 10 (88.5%)    |
| 8   | <b>JABŁOŃSKI Paweł</b>      | <b>6189</b> | KUDOWSCY MIŁOŚNICY BIEGANIA | Masters M - 40 | 8    | 01:10:42     | <b>02:06:35.75</b>    | <b>02:06:59.40</b>     | +00:15:04 (11.9%) | 6:01            | 10 (88.5%)    |
| 9   | <b>ŚLEZIAK Jarek</b>        | <b>6547</b> | MATNER RUNNING TEAM         | Masters M - 40 | 9    | 01:12:14     | <b>02:08:44.30</b>    | <b>02:08:48.70</b>     | +00:16:54 (13.1%) | 6:07            | 9.8 (86.7%)   |
| 10  | <b>KAYSIEWICZ Maciej</b>    | <b>6417</b> | NATURAL BORN RUNNERS TEAM   | Masters M - 40 | 10   | 01:13:02     | <b>02:10:18.00</b>    | <b>02:10:23.10</b>     | +00:18:28 (14.2%) | 6:12            | 9.7 (85.8%)   |
| 11  | <b>GRABAREK Karol</b>       | <b>6340</b> | KAROL GRABAREK              | Masters M - 40 | 11   | 01:12:09     | <b>02:12:29.80</b>    | <b>02:12:42.00</b>     | +00:20:47 (15.7%) | 6:18            | 9.5 (84.1%)   |
| 12  | <b>ZAWAL Przemysław</b>     | <b>6149</b> | TAK, TAK, CHCĘ JESZCZE      | Masters M - 40 | 12   | 01:16:34     | <b>02:12:14.70</b>    | <b>02:13:18.30</b>     | +00:21:23 (16.1%) | 6:17            | 9.5 (84.1%)   |
| 13  | <b>KOWALCZYK Adam</b>       | <b>6597</b> |                             | Masters M - 40 | 13   | 01:14:45     | <b>02:13:29.70</b>    | <b>02:14:12.05</b>     | +00:22:17 (16.6%) | 6:21            | 9.4 (83.2%)   |
| 14  | <b>MARTOWSKI Maciej</b>     | <b>6177</b> | EUROPA UBEZPIECZENIA        | Masters M - 40 | 14   | 01:13:16     | <b>02:14:53.65</b>    | <b>02:15:02.60</b>     | +00:23:08 (17.1%) | 6:25            | 9.3 (82.3%)   |
| 15  | <b>SZACH Andrzej</b>        | <b>6395</b> | 22KBPG                      | Masters M - 40 | 15   | 01:15:27     | <b>02:15:33.55</b>    | <b>02:16:16.85</b>     | +00:24:22 (17.9%) | 6:27            | 9.3 (82.3%)   |

| Msc | Zawodnik                 | Numer | Klub                              | Kategoria      | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------|-------|-----------------------------------|----------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 16  | ZĄBEK Łukasz             | 6209  | MATNER RUNNING TEAM               | Masters M - 40 | 16   | 01:15:53     | 02:17:12.85           | 02:17:23.00            | +00:25:28<br>(18.5%) | 6:32            | 9.2 (81.4%)   |
| 17  | WIŚNIEWSKI Wojciech      | 6756  |                                   | Masters M - 40 | 17   | 01:17:45     | 02:17:10.45           | 02:18:07.85            | +00:26:13<br>(19.0%) | 6:31            | 9.2 (81.4%)   |
| 18  | LEKSY Robert             | 6600  | TRAJLOWE BIEGI DUCHOWE            | Masters M - 40 | 18   | 01:16:09     | 02:17:33.90           | 02:18:09.45            | +00:26:14<br>(19.0%) | 6:33            | 9.2 (81.4%)   |
| 19  | JĘDRYCA Przemysław       | 6724  | SPARTA ULTRA TEAM                 | Masters M - 40 | 19   | 01:15:44     | 02:18:31.70           | 02:18:50.65            | +00:26:56<br>(19.4%) | 6:35            | 9.1 (80.5%)   |
| 20  | GROCHOLEWSKI Włodzimierz | 6729  |                                   | Masters M - 40 | 20   | 01:18:21     | 02:18:56.05           | 02:19:52.40            | +00:27:57<br>(20.0%) | 6:36            | 9.1 (80.5%)   |
| 21  | WÓJTOWICZ Marcin         | 6676  |                                   | Masters M - 40 | 21   | 01:17:57     | 02:18:16.90           | 02:20:02.50            | +00:28:08<br>(20.1%) | 6:35            | 9.1 (80.5%)   |
| 22  | HETMAŃSKI Filip          | 6295  | KUDOWIANKA RUN                    | Masters M - 40 | 22   | 01:15:20     | 02:20:09.15           | 02:20:33.55            | +00:28:39<br>(20.4%) | 6:40            | 9 (79.6%)     |
| 23  | KOŁTOWSKI Piotr          | 6688  |                                   | Masters M - 40 | 23   | 01:19:04     | 02:20:29.15           | 02:20:37.55            | +00:28:43<br>(20.4%) | 6:41            | 9 (79.6%)     |
| 24  | RĘKOSIEWICZ Jakub        | 6564  |                                   | Masters M - 40 | 24   | 01:16:12     | 02:20:30.60           | 02:20:41.15            | +00:28:46<br>(20.5%) | 6:41            | 9 (79.6%)     |
| 25  | DZIUBAŁKA Marcin         | 6314  |                                   | Masters M - 40 | 25   | 01:21:33     | 02:19:58.45           | 02:21:27.20            | +00:29:32<br>(20.9%) | 6:39            | 9 (79.6%)     |
| 26  | KŁODA Dariusz            | 6322  | DRUŻYNA SZPIKU                    | Masters M - 40 | 26   | 01:20:30     | 02:21:11.40           | 02:22:05.00            | +00:30:10<br>(21.2%) | 6:43            | 8.9 (78.8%)   |
| 27  | RATYMIRSKI Wojtek        | 6430  | #SOBASTEAM                        | Masters M - 40 | 27   | 01:16:22     | 02:21:38.40           | 02:22:10.30            | +00:30:15<br>(21.3%) | 6:44            | 8.9 (78.8%)   |
| 28  | DUPLA Konrad             | 6378  |                                   | Masters M - 40 | 28   | 01:18:47     | 02:21:47.40           | 02:22:18.40            | +00:30:23<br>(21.4%) | 6:45            | 8.9 (78.8%)   |
| 29  | BULIKOWSKI Tomasz        | 6711  |                                   | Masters M - 40 | 29   | 01:18:38     | 02:22:00.80           | 02:22:23.35            | +00:30:28<br>(21.4%) | 6:45            | 8.9 (78.8%)   |
| 30  | SKÓRA Mirosław           | 6539  | SPARTA ULTRA TEAM                 | Masters M - 40 | 30   | 01:15:44     | 02:22:16.10           | 02:22:33.95            | +00:30:39<br>(21.5%) | 6:46            | 8.9 (78.8%)   |
| 31  | HENECZKOWSKI Łukasz      | 6176  | POLSKA                            | Masters M - 40 | 31   | 01:18:52     | 02:23:00.45           | 02:23:07.35            | +00:31:12<br>(21.8%) | 6:48            | 8.8 (77.9%)   |
| 32  | WIŚNIEWSKI Mariusz       | 6670  |                                   | Masters M - 40 | 32   | 01:21:51     | 02:25:06.50           | 02:26:05.90            | +00:34:11<br>(23.4%) | 6:54            | 8.7 (77.0%)   |
| 33  | KURCZEK Tomasz           | 6348  |                                   | Masters M - 40 | 33   | 01:21:52     | 02:26:01.45           | 02:26:34.05            | +00:34:39<br>(23.6%) | 6:57            | 8.6 (76.1%)   |
| 34  | JAROSŁAWSKI Mariusz      | 6720  | TERMY JAKYBA - OŁAWSKI PARK WODNY | Masters M - 40 | 34   | 01:23:24     | 02:24:56.55           | 02:26:37.15            | +00:34:42<br>(23.7%) | 6:54            | 8.7 (77.0%)   |
| 35  | DENYSIUK Marek           | 6522  | WATAHA                            | Masters M - 40 | 35   | 01:22:28     | 02:27:34.95           | 02:28:10.65            | +00:36:16<br>(24.5%) | 7:01            | 8.5 (75.2%)   |
| 36  | KACZOR Mariusz           | 6570  |                                   | Masters M - 40 | 36   | 01:23:50     | 02:28:17.75           | 02:29:34.60            | +00:37:40<br>(25.2%) | 7:03            | 8.5 (75.2%)   |
| 37  | PŁÓCIENNICZAK Jakub      | 6627  | DREAM RUN                         | Masters M - 40 | 37   | 01:19:22     | 02:30:01.15           | 02:30:18.70            | +00:38:24<br>(25.5%) | 7:08            | 8.4 (74.3%)   |
| 38  | BUDZIŃSKA Damiam         | 6133  | WKB META LUBLINIEC                | Masters M - 40 | 38   | 01:21:06     | 02:29:53.35           | 02:30:23.85            | +00:38:29<br>(25.6%) | 7:08            | 8.4 (74.3%)   |

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|-----|---------------------|-------|---------------------------------|----------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 39  | SKÓDLINSKI Bartosz  | 6080  | ODDYCHAJSWOBODNIE.PL            | Masters M - 40 | 39   | 01:24:15     | 02:31:36.30           | 02:31:51.40            | +00:39:56<br>(26.3%) | 7:13            | 8.3 (73.5%)   |
| 40  | ZAKRZEWICZ Marcin   | 6754  | KTB KUNY                        | Masters M - 40 | 40   | 01:20:44     | 02:31:52.80           | 02:32:04.35            | +00:40:09<br>(26.4%) | 7:13            | 8.3 (73.5%)   |
| 41  | STRZYŻEWSKI Paweł   | 6529  |                                 | Masters M - 40 | 41   | 01:24:01     | 02:32:02.25           | 02:32:07.55            | +00:40:13<br>(26.4%) | 7:14            | 8.3 (73.5%)   |
| 42  | ZWOLIŃSKI Mariusz   | 6672  |                                 | Masters M - 40 | 42   | 01:26:06     | 02:31:58.90           | 02:33:17.00            | +00:41:22<br>(27.0%) | 7:14            | 8.3 (73.5%)   |
| 43  | MACHULA Arkadiusz   | 6275  |                                 | Masters M - 40 | 43   | 01:27:11     | 02:33:45.15           | 02:34:13.05            | +00:42:18<br>(27.4%) | 7:19            | 8.2 (72.6%)   |
| 44  | GORĄCZNIK Maciej    | 6423  |                                 | Masters M - 40 | 44   | 01:24:48     | 02:33:52.05           | 02:34:48.10            | +00:42:53<br>(27.7%) | 7:19            | 8.2 (72.6%)   |
| 45  | GRABARZ Michał      | 6601  |                                 | Masters M - 40 | 45   | 01:24:25     | 02:34:40.10           | 02:34:50.50            | +00:42:56<br>(27.7%) | 7:21            | 8.1 (71.7%)   |
| 46  | RAKOCZY Jerzy       | 6727  |                                 | Masters M - 40 | 46   | 01:21:46     | 02:34:32.95           | 02:35:05.95            | +00:43:11<br>(27.8%) | 7:21            | 8.2 (72.6%)   |
| 47  | SNIEGOCKI Paweł     | 6208  | TARNOWO PODGÓRNE BIEGA          | Masters M - 40 | 47   | 01:21:32     | 02:34:37.70           | 02:35:10.80            | +00:43:16<br>(27.9%) | 7:21            | 8.1 (71.7%)   |
| 48  | SOBIERAJ Aleksander | 6590  | BRUPA BIEGOWA WALIM             | Masters M - 40 | 48   | 01:31:05     | 02:35:22.70           | 02:36:40.20            | +00:44:45<br>(28.6%) | 7:23            | 8.1 (71.7%)   |
| 49  | CHOJNACKI Grzegorz  | 6598  | RUNNING ACADEMY                 | Masters M - 40 | 49   | 01:25:30     | 02:36:37.20           | 02:36:50.45            | +00:44:55<br>(28.6%) | 7:27            | 8 (70.8%)     |
| 50  | GIERLIK Grzegorz    | 6113  | NCDC                            | Masters M - 40 | 50   | 01:30:06     | 02:37:37.30           | 02:39:05.00            | +00:47:10<br>(29.7%) | 7:30            | 8 (70.8%)     |
| 51  | WITKOWSKI Witold    | 6655  |                                 | Masters M - 40 | 51   | 01:28:10     | 02:37:24.90           | 02:39:19.65            | +00:47:25<br>(29.8%) | 7:29            | 8 (70.8%)     |
| 52  | JANECZEK Jarosław   | 6266  | KAJTEX RUNNERS                  | Masters M - 40 | 52   | 01:27:50     | 02:39:24.90           | 02:40:53.80            | +00:48:59<br>(30.4%) | 7:35            | 7.9 (69.9%)   |
| 53  | POŁAWSKI Krzysiek   | 6046  | REEBOK RUN CREW                 | Masters M - 40 | 53   | 01:26:55     | 02:40:10.20           | 02:41:15.55            | +00:49:21<br>(30.6%) | 7:37            | 7.9 (69.9%)   |
| 54  | PRAWDA Sebastian    | 6679  | WIECZORNE BIEGANIE W SZCZECINIE | Masters M - 40 | 54   | 01:27:18     | 02:41:15.00           | 02:41:19.85            | +00:49:25<br>(30.6%) | 7:40            | 7.8 (69.0%)   |
| 55  | STEFANOWSKI Mariusz | 6685  |                                 | Masters M - 40 | 55   | 01:28:49     | 02:41:19.75           | 02:42:07.95            | +00:50:13<br>(31.0%) | 7:40            | 7.8 (69.0%)   |
| 56  | ZYZAŃSKI Andrzej    | 6761  |                                 | Masters M - 40 | 56   | 01:29:51     | 02:42:26.15           | 02:42:51.15            | +00:50:56<br>(31.3%) | 7:44            | 7.8 (69.0%)   |
| 57  | SZAMOSI Szabolcs    | 6484  |                                 | Masters M - 40 | 57   | 01:32:08     | 02:41:19.95           | 02:42:55.95            | +00:51:01<br>(31.3%) | 7:40            | 7.8 (69.0%)   |
| 58  | SKONIECKI Michał    | 6331  |                                 | Masters M - 40 | 58   | 01:26:25     | 02:42:20.00           | 02:43:02.30            | +00:51:07<br>(31.4%) | 7:43            | 7.8 (69.0%)   |
| 59  | BŁASZCZYK Jacek     | 6451  | WOJART TEAM                     | Masters M - 40 | 59   | 01:34:41     | 02:42:39.75           | 02:43:45.30            | +00:51:50<br>(31.7%) | 7:44            | 7.7 (68.1%)   |
| 60  | FIGAS Sebastian     | 6100  | LTT                             | Masters M - 40 | 60   | 01:28:24     | 02:45:53.10           | 02:45:59.20            | +00:54:04<br>(32.6%) | 7:53            | 7.6 (67.3%)   |
| 61  | MAŃCZAK Bartłomiej  | 6609  | ŚWIDNICKA GRUPA BIEGOWA         | Masters M - 40 | 61   | 01:33:49     | 02:44:29.70           | 02:46:25.45            | +00:54:30<br>(32.8%) | 7:50            | 7.7 (68.1%)   |

| Msc | Zawodnik             | Numer | Klub                        | Kategoria      | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------|-------|-----------------------------|----------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 62  | OSKWAREK Bogdan      | 6583  |                             | Masters M - 40 | 62   | 01:33:20     | 02:44:54.85           | 02:46:35.25            | +00:54:40<br>(32.8%) | 7:51            | 7.6 (67.3%)   |
| 63  | TWARDOWSKI Tomasz    | 6151  | TRENUJZNAMI.PL              | Masters M - 40 | 63   | 01:35:29     | 02:46:26.50           | 02:47:00.65            | +00:55:06<br>(33.0%) | 7:55            | 7.6 (67.3%)   |
| 64  | BUSS Jakub           | 6012  | KUDOWSCY MIŁOŚNICY BIEGANIA | Masters M - 40 | 64   | 01:36:57     | 02:46:40.75           | 02:48:28.80            | +00:56:34<br>(33.6%) | 7:56            | 7.6 (67.3%)   |
| 65  | SZMYT Piotr          | 6072  | 4 RUNNERS GROUP             | Masters M - 40 | 65   | 01:30:07     | 02:48:25.30           | 02:48:49.55            | +00:56:55<br>(33.7%) | 8:01            | 7.5 (66.4%)   |
| 66  | CZYŻ Grzegorz        | 6696  | CROSS KRAPKOWICE            | Masters M - 40 | 66   |              | 02:49:15.00           | 02:49:42.00            | +00:57:47<br>(34.1%) | 8:03            | 7.4 (65.5%)   |
| 67  | ROSZYK Tomasz        | 6456  | TKKF MPK POZNAŃ             | Masters M - 40 | 67   | 01:28:32     | 02:49:17.75           | 02:50:43.60            | +00:58:49<br>(34.5%) | 8:03            | 7.4 (65.5%)   |
| 68  | MAGDIJ Krzysztof     | 6543  | MEGKURSY.PL                 | Masters M - 40 | 68   | 01:38:29     | 02:52:00.80           | 02:52:15.35            | +01:00:20<br>(35.0%) | 8:11            | 7.3 (64.6%)   |
| 69  | SIWIASZCZYK Tomasz   | 6158  |                             | Masters M - 40 | 69   | 01:37:11     | 02:51:37.65           | 02:53:15.75            | +01:01:21<br>(35.4%) | 8:10            | 7.3 (64.6%)   |
| 70  | ŁOAZA Krzysztof      | 6414  | NIGHT RUNNERS PYSKOWICE     | Masters M - 40 | 70   | 01:27:03     | 02:52:29.70           | 02:53:24.00            | +01:01:29<br>(35.5%) | 8:12            | 7.3 (64.6%)   |
| 71  | MIKUTANIEC Sebastian | 6514  |                             | Masters M - 40 | 71   | 01:38:15     | 02:52:22.10           | 02:54:03.20            | +01:02:08<br>(35.7%) | 8:12            | 7.3 (64.6%)   |
| 72  | SZEWCZYK Mariusz     | 6210  |                             | Masters M - 40 | 72   | 01:38:57     | 02:52:33.65           | 02:54:29.65            | +01:02:35<br>(35.9%) | 8:13            | 7.3 (64.6%)   |
| 73  | SZCZERBA Michał      | 6366  |                             | Masters M - 40 | 73   | 01:42:53     | 02:54:03.65           | 02:55:47.70            | +01:03:53<br>(36.3%) | 8:17            | 7.2 (63.7%)   |
| 74  | KLIN Robert          | 6157  | WATAHA GRUPA TRENINGOWA     | Masters M - 40 | 74   | 01:30:57     | 02:54:47.50           | 02:56:22.75            | +01:04:28<br>(36.6%) | 8:19            | 7.2 (63.7%)   |
| 75  | MAGDA Piotr          | 6413  |                             | Masters M - 40 | 75   | 01:36:52     | 02:55:33.15           | 02:56:26.55            | +01:04:32<br>(36.6%) | 8:21            | 7.2 (63.7%)   |
| 76  | MICHALSKI Grzegorz   | 6392  | SEZONSTARTOWY.PL            | Masters M - 40 | 76   | 01:39:43     | 02:57:02.80           | 02:58:55.80            | +01:07:01<br>(37.5%) | 8:25            | 7.1 (62.8%)   |
| 77  | KRYCZEK Piotr        | 6438  | TEAM URODZENI BIEGACZE      | Masters M - 40 | 77   | 01:34:57     | 02:58:34.95           | 02:59:04.15            | +01:07:09<br>(37.5%) | 8:30            | 7.1 (62.8%)   |
| 78  | KOŚCIELNIAK Szymon   | 6500  | CZERWONAK BIEGA             | Masters M - 40 | 78   | 01:34:32     | 02:57:56.15           | 02:59:13.60            | +01:07:19<br>(37.6%) | 8:28            | 7.1 (62.8%)   |
| 79  | MROZIŃSKI Albert     | 6142  |                             | Masters M - 40 | 79   | 01:41:09     | 02:58:36.80           | 02:59:25.70            | +01:07:31<br>(37.6%) | 8:30            | 7.1 (62.8%)   |
| 80  | ŁACHAN Patryk        | 6152  | WKURW_TEAM                  | Masters M - 40 | 80   | 01:42:55     | 02:57:56.25           | 02:59:26.95            | +01:07:32<br>(37.6%) | 8:28            | 7.1 (62.8%)   |
| 81  | PŁOTNICKI Bolesław   | 6180  |                             | Masters M - 40 | 81   | 01:42:13     | 02:58:16.25           | 02:59:41.45            | +01:07:46<br>(37.7%) | 8:29            | 7.1 (62.8%)   |
| 82  | KARPATI Zoltan       | 6470  |                             | Masters M - 40 | 82   | 01:40:42     | 03:02:52.70           | 03:04:29.10            | +01:12:34<br>(39.3%) | 8:42            | 6.9 (61.1%)   |
| 82  | DOBROVOCZKY Peter    | 6730  |                             | Masters M - 40 | 83   | 01:40:43     | 03:02:52.90           | 03:04:29.10            | +01:12:34<br>(39.3%) | 8:42            | 6.9 (61.1%)   |
| 84  | STASZCZUK Jarosław   | 6217  | WATAHA-ŁĄCZY NAS BIEGANIE   | Masters M - 40 | 84   | 01:41:42     | 03:04:35.10           | 03:05:02.10            | +01:13:07<br>(39.5%) | 8:47            | 6.8 (60.2%)   |

| Msc | Zawodnik            | Numer | Klub                                      | Kategoria      | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-------------------------------------------|----------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 85  | LULA Radosław       | 6244  |                                           | Masters M - 40 | 85   | 01:41:10     | 03:06:29.95           | 03:06:52.15            | +01:14:57<br>(40.1%) | 8:52            | 6.8 (60.2%)   |
| 86  | TOPIŁKO Wojciech    | 6624  | SPEEDO POLSKA                             | Masters M - 40 | 86   | 01:43:37     | 03:07:26.30           | 03:08:36.70            | +01:16:42<br>(40.7%) | 8:55            | 6.7 (59.3%)   |
| 87  | WIDMAN Paweł        | 6075  |                                           | Masters M - 40 | 87   | 01:36:26     | 03:08:19.60           | 03:08:42.20            | +01:16:47<br>(40.7%) | 8:58            | 6.7 (59.3%)   |
| 88  | MARCINIAK Marek     | 6230  |                                           | Masters M - 40 | 88   | 01:37:01     | 03:07:51.55           | 03:09:04.90            | +01:17:10<br>(40.8%) | 8:56            | 6.7 (59.3%)   |
| 89  | GŁOWACKI Dariusz    | 6197  | TRI AKTYWNY PIOTRKÓW                      | Masters M - 40 | 89   | 01:47:46     | 03:09:49.45           | 03:11:17.20            | +01:19:22<br>(41.5%) | 9:02            | 6.6 (58.4%)   |
| 90  | KRYSIAK Łukasz      | 6650  | PIĄTKOWO NA BIEGOWO                       | Masters M - 40 | 90   | 01:44:35     | 03:11:53.15           | 03:12:21.55            | +01:20:27<br>(41.8%) | 9:08            | 6.6 (58.4%)   |
| 91  | CIEMNY Wojciech     | 6071  | NIGHT RUNNERS PYSKOWICE                   | Masters M - 40 | 91   | 01:34:06     | 03:12:05.70           | 03:12:58.70            | +01:21:04<br>(42.0%) | 9:08            | 6.6 (58.4%)   |
| 92  | BANACH Sebastian    | 6562  | YNO ULTRA                                 | Masters M - 40 | 92   | 01:47:04     | 03:14:08.70           | 03:15:06.10            | +01:23:11<br>(42.6%) | 9:14            | 6.5 (57.5%)   |
| 93  | KOŃKA Mariusz       | 6089  |                                           | Masters M - 40 | 93   | 01:48:22     | 03:15:30.10           | 03:16:20.10            | +01:24:25<br>(43.0%) | 9:18            | 6.4 (56.6%)   |
| 94  | WIŚNIEWSKI Tomasz   | 6003  |                                           | Masters M - 40 | 94   | 01:55:36     | 03:17:12.25           | 03:18:34.60            | +01:26:40<br>(43.6%) | 9:23            | 6.4 (56.6%)   |
| 95  | MANDZIAK Rafał      | 6388  |                                           | Masters M - 40 | 95   | 01:43:13     | 03:18:17.25           | 03:19:00.30            | +01:27:05<br>(43.8%) | 9:26            | 6.4 (56.6%)   |
| 96  | JANUSZAK Przemysław | 6156  | TEAM JANO                                 | Masters M - 40 | 96   | 01:52:45     | 03:18:41.95           | 03:19:18.20            | +01:27:23<br>(43.9%) | 9:27            | 6.3 (55.8%)   |
| 97  | WOLEK Marcin        | 6558  |                                           | Masters M - 40 | 97   | 01:51:27     | 03:19:13.60           | 03:19:26.55            | +01:27:32<br>(43.9%) | 9:29            | 6.3 (55.8%)   |
| 98  | KRUSZEWSKI Jacek    | 6124  | MUKAINADA RUNNING TEAM                    | Masters M - 40 | 98   | 01:48:25     | 03:18:09.50           | 03:19:30.00            | +01:27:35<br>(43.9%) | 9:26            | 6.4 (56.6%)   |
| 99  | RYCHŁOWSKI Ryszard  | 6011  | DDKON BYDGOSZCZ                           | Masters M - 40 | 99   | 01:45:14     | 03:19:35.90           | 03:19:49.30            | +01:27:54<br>(44.0%) | 9:30            | 6.3 (55.8%)   |
| 100 | PODGRUDNY Radosław  | 6085  | RESCUE TEAM                               | Masters M - 40 | 100  | 01:42:08     | 03:19:30.45           | 03:19:49.90            | +01:27:55<br>(44.0%) | 9:30            | 6.3 (55.8%)   |
| 101 | KOŚNY Damian        | 6087  | GIT                                       | Masters M - 40 | 101  | 01:44:18     | 03:18:04.65           | 03:19:58.20            | +01:28:03<br>(44.0%) | 9:25            | 6.4 (56.6%)   |
| 102 | LESZKO Tomasz       | 6232  | AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ | Masters M - 40 | 102  | 01:52:47     | 03:20:32.60           | 03:21:36.65            | +01:29:42<br>(44.5%) | 9:32            | 6.3 (55.8%)   |
| 103 | PAKUŁA Arkadiusz    | 6728  |                                           | Masters M - 40 | 103  | 01:43:42     | 03:22:46.00           | 03:22:58.70            | +01:31:04<br>(44.9%) | 9:39            | 6.2 (54.9%)   |
| 104 | STANISŁAWSKI Piotr  | 6663  |                                           | Masters M - 40 | 104  | 01:48:43     | 03:23:24.60           | 03:24:10.25            | +01:32:15<br>(45.2%) | 9:41            | 6.2 (54.9%)   |
| 105 | KRZECZKOWSKI Roman  | 6552  | BIEGOWA ŚWIDNICA                          | Masters M - 40 | 105  | 01:49:33     | 03:25:34.25           | 03:26:49.25            | +01:34:54<br>(45.9%) | 9:47            | 6.1 (54.0%)   |
| 106 | SARNOWSKI Maciej    | 6429  | TKKF MPK POZNAŃ                           | Masters M - 40 | 106  | 01:55:20     | 03:38:17.80           | 03:39:41.20            | +01:47:46<br>(49.1%) | 10:23           | 5.8 (51.3%)   |
| 107 | MAŁEK Piotr         | 6571  | KB MARATON TUREK                          | Masters M - 40 | 107  | 02:00:17     | 03:38:30.35           | 03:40:23.40            | +01:48:28<br>(49.2%) | 10:24           | 5.8 (51.3%)   |

| Msc | Zawodnik          | Numer | Klub              | Kategoria      | Mkat | B1<br>10.3km    | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------|-------|-------------------|----------------|------|-----------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 108 | PRZYBYLSKI Witold | 6231  | MUAY RUNNING TEAM | Masters M - 40 | 108  | 02:06:02        | 03:44:06.30           | 03:45:48.50            | +01:53:54<br>(50.4%) | 10:40           | 5.6 (49.6%)   |
| 109 | ROLIŃSKI Radosław | 6317  |                   | Masters M - 40 | 109  | 02:34:13        | 03:56:06.90           | 03:56:40.75            | +02:04:46<br>(52.7%) | 11:14           | 5.3 (46.9%)   |
|     | KOCERKA Jacek     | 6614  |                   | Masters M - 40 |      | 01:46:18<br>DNF | DNF                   | DNF                    |                      | -               | - (0.0%)      |

Znaleziono 110 wynik(ów)