



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-15
Lądek-Zdrój
21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	TOMCZYK Piotr	7122	#ZALINIAMETYTEAM	Senior II M - 30	1	00:57:47	01:41:11.45		4:49	12.5 (100%)
2	ROSKOSZ Bartosz	7783		Senior II M - 30	2	01:01:38	01:47:08.25	+00:05:56 (5.6%)	5:06	11.8 (94.4%)
3	RÓŻAŃSKI Łukasz	7562		Senior II M - 30	3	01:00:50	01:48:41.05	+00:07:29 (6.9%)	5:10	11.6 (92.8%)
4	FALANA Sebastian	7606		Senior II M - 30	4	01:00:42	01:50:37.60	+00:09:26 (8.5%)	5:16	11.4 (91.2%)
5	SZKOŁA Wojciech	7196	NATURAL BORN RUNNERS	Senior II M - 30	5	01:05:15	01:54:28.75	+00:13:17 (11.6%)	5:27	11 (88.0%)
6	NOWAK Paweł	7007	LAND ROWER WROCŁAW	Senior II M - 30	6	01:04:50	01:55:21.80	+00:14:10 (12.3%)	5:29	10.9 (87.2%)
7	KUBISZTAŁ Wojciech	7109	KB PIONIER SZCZECIN	Senior II M - 30	7	01:05:04	01:59:06.95	+00:17:55 (15.0%)	5:40	10.6 (84.8%)
8	JACHYMSKI Krzysztof	7628	VEGE RUNNERS	Senior II M - 30	8	01:07:37	01:59:21.65	+00:18:10 (15.2%)	5:41	10.6 (84.8%)
9	ŻEBROWSKI Juliusz	7453	BORN TO RUN	Senior II M - 30	9	01:10:43	01:59:32.00	+00:18:20 (15.3%)	5:41	10.5 (84.0%)
10	MÓLL Mateusz	7009	#SOBASTEAM	Senior II M - 30	10	01:05:58	01:59:36.50	+00:18:25 (15.4%)	5:41	10.5 (84.0%)
11	WAŚNIEWSKI Albert	7687	IG BERT87PL	Senior II M - 30	11	01:12:28	02:01:24.60	+00:20:13 (16.7%)	5:46	10.4 (83.2%)
12	GOLONKA Paweł	7341	KB WIKON NOWA SÓL	Senior II M - 30	12	01:10:54	02:04:29.85	+00:23:18 (18.7%)	5:55	10.1 (80.8%)
13	WICHER Bartłomiej	7523	SBRT WARSZAWA	Senior II M - 30	13	01:12:28	02:04:39.65	+00:23:28 (18.8%)	5:56	10.1 (80.8%)
14	PIKOS Patryk	7159		Senior II M - 30	14	01:09:55	02:05:53.05	+00:24:41 (19.6%)	5:59	10 (80.0%)
15	FORTUNA Marcin	7789	ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	15	01:12:16	02:06:00.30	+00:24:48 (19.7%)	6:00	10 (80.0%)
16	PIECHOWIAK Marek	7608		Senior II M - 30	16	01:12:00	02:06:44.10	+00:25:32 (20.2%)	6:02	9.9 (79.2%)
17	KOSIŃSKI Michał	7619		Senior II M - 30	17	01:11:56	02:07:11.35	+00:25:59 (20.4%)	6:03	9.9 (79.2%)
18	GLANOWSKI Marek	7178		Senior II M - 30	18	01:12:12	02:07:43.20	+00:26:31 (20.8%)	6:04	9.9 (79.2%)
19	ŚNIERZYŃSKI Robert	7383		Senior II M - 30	19	01:13:48	02:08:20.10	+00:27:08 (21.2%)	6:06	9.8 (78.4%)
20	BOSAKIEWICZ Tomasz	7718	OLAWS ZLOTORYJA	Senior II M - 30	20	01:11:41	02:08:48.05	+00:27:36 (21.4%)	6:08	9.8 (78.4%)
21	KAWA Hubert	7841	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	21	01:16:10	02:09:32.95	+00:28:21 (21.9%)	6:10	9.7 (77.6%)
22	STANISŁAWEK Mateusz	7861	SPARTA ULTRA TEAM	Senior II M - 30	22	01:15:20	02:09:41.85	+00:28:30 (22.0%)	6:10	9.7 (77.6%)
23	PRZYBYLSKI Kamil	7589	18 BATALION DOWODZENIA	Senior II M - 30	23	01:12:29	02:10:45.70	+00:29:34 (22.6%)	6:13	9.6 (76.8%)
24	DURAJCZYK Michał	7905	ASENAYEBALEM	Senior II M - 30	24	01:15:14	02:10:55.05	+00:29:43 (22.7%)	6:14	9.6 (76.8%)
25	ROŚŁON Cezary	7324	MAMERO	Senior II M - 30	25	01:13:22	02:12:44.10	+00:31:32 (23.8%)	6:19	9.5 (76.0%)
26	ZIELIŃSKI Dominik	7885		Senior II M - 30	26	01:16:46	02:13:22.90	+00:32:11 (24.1%)	6:21	9.4 (75.2%)
27	OLESZOWSKI Marcin	7466		Senior II M - 30	27	01:15:33	02:13:33.90	+00:32:22 (24.2%)	6:21	9.4 (75.2%)
28	FERET Hubert	7073		Senior II M - 30	28	01:15:08	02:13:43.15	+00:32:31 (24.3%)	6:22	9.4 (75.2%)
29	KOZYRSKI Mariusz	7551	SKSM	Senior II M - 30	29	01:14:23	02:14:06.15	+00:32:54 (24.5%)	6:23	9.4 (75.2%)

						Czas				
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	netto 21km	Różn	Tempo min/km	Tempo km/h
30	BOROWIEC Bartek	7226	PRO-RUN WROCŁAW	Senior II M - 30	30	01:15:42	02:14:27.10	+00:33:15 (24.7%)	6:24	9.4 (75.2%)
31	ŚLIWIŃSKI Paweł	7221		Senior II M - 30	31	01:16:30	02:14:28.05	+00:33:16 (24.7%)	6:24	9.4 (75.2%)
32	MRUK Paweł	7769		Senior II M - 30	32	01:16:36	02:15:12.10	+00:34:00 (25.2%)	6:26	9.3 (74.4%)
33	JANOWSKI Michał	7019	140MINUT.PL STARCON.COM.PL	Senior II M - 30	33	01:14:20	02:17:18.40	+00:36:06 (26.3%)	6:32	9.2 (73.6%)
34	DUBAS Marek	7533		Senior II M - 30	34	01:18:44	02:19:27.25	+00:38:15 (27.4%)	6:38	9 (72.0%)
35	CHAMALA Krzysztof	7162		Senior II M - 30	35	01:20:53	02:20:07.90	+00:38:56 (27.8%)	6:40	9 (72.0%)
36	OGRODNIK Tomasz	7758	WEEGREE	Senior II M - 30	36	01:18:45	02:20:25.60	+00:39:14 (27.9%)	6:41	9 (72.0%)
37	BANAŚ Łukasz	7852		Senior II M - 30	37	01:16:54	02:20:53.30	+00:39:41 (28.2%)	6:42	8.9 (71.2%)
38	FLASZEWSKI Adam	7161		Senior II M - 30	38	01:19:44	02:20:56.95	+00:39:45 (28.2%)	6:42	8.9 (71.2%)
39	JANUSZEWSKI Maciej	7003	SPORTOWY KĄŻMIERZ	Senior II M - 30	39	01:18:19	02:21:05.70	+00:39:54 (28.3%)	6:43	8.9 (71.2%)
40	KUBIK Jarosław	7430		Senior II M - 30	40	01:16:31	02:21:13.70	+00:40:02 (28.3%)	6:43	8.9 (71.2%)
41	STUDZIŃSKI Rafał	7621		Senior II M - 30	41	01:20:28	02:21:29.15	+00:40:17 (28.5%)	6:44	8.9 (71.2%)
42	MATYLA Michał	7605	FOREST RUN	Senior II M - 30	42	01:20:12	02:21:32.65	+00:40:21 (28.5%)	6:44	8.9 (71.2%)
43	KLIMEK Marek	7396		Senior II M - 30	43	01:18:57	02:21:34.05	+00:40:22 (28.5%)	6:44	8.9 (71.2%)
44	JAROSZEWSKI Arkadiusz	7495		Senior II M - 30	44	01:20:47	02:22:54.95	+00:41:43 (29.2%)	6:48	8.8 (70.4%)
45	WOJTKOWSKI Mateusz	7379	ISKRA TEAM	Senior II M - 30	45	01:22:21	02:23:10.00	+00:41:58 (29.3%)	6:49	8.8 (70.4%)
46	URBANIAK Krzysztof	7326		Senior II M - 30	46	01:19:14	02:23:32.90	+00:42:21 (29.5%)	6:50	8.8 (70.4%)
47	MIKUĆ Cezary	7502		Senior II M - 30	47	01:22:21	02:23:52.75	+00:42:41 (29.7%)	6:51	8.8 (70.4%)
48	KRYSIAK Artur	7385	TEAM EUROCASH	Senior II M - 30	48	01:20:03	02:23:55.90	+00:42:44 (29.7%)	6:51	8.8 (70.4%)
49	KĘDZIERSKI Michał	7918		Senior II M - 30	49	01:21:18	02:24:00.45	+00:42:49 (29.7%)	6:51	8.8 (70.4%)
50	ZABOROWSKI Kamil	7720		Senior II M - 30	50	01:23:43	02:24:22.45	+00:43:11 (29.9%)	6:52	8.7 (69.6%)
51	MATAK Paweł	7296	MAMERO	Senior II M - 30	51	01:22:20	02:24:31.70	+00:43:20 (30.0%)	6:52	8.7 (69.6%)
52	DUDEK Marek	7270		Senior II M - 30	52	01:22:50	02:25:08.10	+00:43:56 (30.3%)	6:54	8.7 (69.6%)
53	RESZKA Marek	7781		Senior II M - 30	53	01:26:32	02:25:08.95	+00:43:57 (30.3%)	6:54	8.7 (69.6%)
54	JAŚKOWIAK Michał	7900	#BEERRUNNER	Senior II M - 30	54	01:24:17	02:25:34.95	+00:44:23 (30.5%)	6:55	8.7 (69.6%)
55	ZALIŃSKI Leszek	7934		Senior II M - 30	55	01:18:02	02:25:41.35	+00:44:29 (30.5%)	6:56	8.6 (68.8%)
56	WOŹNIAK Przemysław	7382		Senior II M - 30	56	01:23:18	02:26:01.35	+00:44:49 (30.7%)	6:57	8.6 (68.8%)
57	JAKRZEWSKI Hubert	7808	WIELISZEW HERON TEAM	Senior II M - 30	57	01:27:39	02:26:49.40	+00:45:37 (31.1%)	6:59	8.6 (68.8%)
58	WARAKSA Tomasz	7723		Senior II M - 30	58	01:25:54	02:26:59.90	+00:45:48 (31.2%)	6:59	8.6 (68.8%)
59	KUCHARSKI Adrian	7673		Senior II M - 30	59	01:20:11	02:27:06.45	+00:45:55 (31.2%)	7:00	8.6 (68.8%)
60	PIETRZAK Michał	7081	VEGE RUNNERS	Senior II M - 30	60	01:25:16	02:27:08.30	+00:45:56 (31.2%)	7:00	8.6 (68.8%)
61	CHLIPAŁA Marek	7365		Senior II M - 30	61	01:22:33	02:27:29.10	+00:46:17 (31.4%)	7:01	8.5 (68.0%)
62	SERAFIŃCZUK Krzysztof	7692		Senior II M - 30	62	01:22:53	02:27:59.70	+00:46:48 (31.6%)	7:02	8.5 (68.0%)
63	GRABSKI Konrad	7924	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	63	01:26:21	02:28:15.35	+00:47:03 (31.7%)	7:03	8.5 (68.0%)
64	TOMCZYK Rafał	7714		Senior II M - 30	64	01:21:41	02:29:05.90	+00:47:54 (32.1%)	7:05	8.5 (68.0%)
65	KURZA Jakub	7229		Senior II M - 30	65	01:21:38	02:29:57.50	+00:48:46 (32.5%)	7:08	8.4 (67.2%)
66	OLEJNIK Piotr	7660	BIEGAMY WE WROCŁAWIU	Senior II M - 30	66	01:23:32	02:30:06.30	+00:48:54 (32.6%)	7:08	8.4 (67.2%)
67	PONITKA Paweł	7668		Senior II M - 30	67	01:25:27	02:31:22.10	+00:50:10 (33.1%)	7:12	8.3 (66.4%)
68	DUDZIK Tomek	7471		Senior II M - 30	68	01:26:33	02:31:22.20	+00:50:10 (33.2%)	7:12	8.3 (66.4%)
69	BUCZAK Jakub	7672	DOCHODZIMY W 1:59	Senior II M - 30	69	01:23:53	02:31:38.65	+00:50:27 (33.3%)	7:13	8.3 (66.4%)
70	KUMOR Tomasz	7822		Senior II M - 30	70	01:26:16	02:32:09.90	+00:50:58 (33.5%)	7:14	8.3 (66.4%)
71	JAZ Ernest	7825		Senior II M - 30	71	01:24:42	02:32:21.40	+00:51:09 (33.6%)	7:15	8.3 (66.4%)
72	LANDES Patrick	7575	ENDORFINY WĄSOSZ	Senior II M - 30	72	01:25:15	02:32:24.45	+00:51:13 (33.6%)	7:15	8.3 (66.4%)
73	KRUK Dariusz	7906		Senior II M - 30	73	01:27:42	02:32:26.30	+00:51:14 (33.6%)	7:15	8.3 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas		Tempo	Tempo
						10.3km	netto	Różn		
74	OSĘKOWSKI Michał	7004	MAMY MIÓD	Senior II M - 30	74	01:28:49	02:32:46.90	+00:51:35 (33.8%)	7:16	8.2 (65.6%)
75	RUPIK Jakub	7463		Senior II M - 30	75	01:27:11	02:32:55.70	+00:51:44 (33.8%)	7:16	8.2 (65.6%)
76	KINASZCZUK Michał	7234		Senior II M - 30	76	01:24:24	02:33:50.35	+00:52:38 (34.2%)	7:19	8.2 (65.6%)
77	BEDNAREK Jarosław	7574		Senior II M - 30	77	01:23:11	02:33:52.50	+00:52:41 (34.2%)	7:19	8.2 (65.6%)
78	HAWĘŁKA Michał	7209		Senior II M - 30	78	01:29:18	02:34:38.45	+00:53:27 (34.6%)	7:21	8.1 (64.8%)
79	SŁUGOCKI Mateusz	7498	LUBELSKI BIEGACZ TEAM	Senior II M - 30	79	01:28:22	02:34:47.65	+00:53:36 (34.6%)	7:22	8.1 (64.8%)
80	BANASZAK Krzysztof	7503		Senior II M - 30	80	01:26:52	02:34:54.60	+00:53:43 (34.7%)	7:22	8.1 (64.8%)
81	BIRSKI Piotr	7904		Senior II M - 30	81	01:26:29	02:34:57.10	+00:53:45 (34.7%)	7:22	8.1 (64.8%)
82	KRZESIMOWSKI Damian	7689		Senior II M - 30	82	01:28:19	02:35:02.50	+00:53:51 (34.7%)	7:22	8.1 (64.8%)
83	BUGAJ Alan	7474		Senior II M - 30	83	01:26:52	02:35:24.40	+00:54:12 (34.9%)	7:24	8.1 (64.8%)
84	RADOMSKI Wojciech	7633	AKTYWNE CHOSZCZNO	Senior II M - 30	84	01:28:52	02:35:46.55	+00:54:35 (35.0%)	7:25	8.1 (64.8%)
85	JURDZIAK Jakub	7739		Senior II M - 30	85	01:27:47	02:36:05.20	+00:54:53 (35.2%)	7:25	8.1 (64.8%)
86	PRZEDASZEK Łukasz	7112		Senior II M - 30	86	01:28:46	02:36:06.15	+00:54:54 (35.2%)	7:26	8.1 (64.8%)
87	BABKIEWICZ Szymon	7331		Senior II M - 30	87	01:27:28	02:36:07.70	+00:54:56 (35.2%)	7:26	8.1 (64.8%)
88	BARYSKI Maciej	7791		Senior II M - 30	88	01:24:58	02:36:46.90	+00:55:35 (35.5%)	7:27	8 (64.0%)
89	DZIETCZYK Kamil	7663	DOLNY ŚLĄSK	Senior II M - 30	89	01:25:22	02:37:13.00	+00:56:01 (35.6%)	7:29	8 (64.0%)
90	MIKRUT Paweł	7839		Senior II M - 30	90	01:25:13	02:38:36.30	+00:57:24 (36.2%)	7:33	7.9 (63.2%)
91	KAROLCZAK Rafał	7561		Senior II M - 30	91	01:29:41	02:38:44.90	+00:57:33 (36.3%)	7:33	7.9 (63.2%)
92	MORAWSKI Wojciech	7334		Senior II M - 30	92	01:27:48	02:38:59.80	+00:57:48 (36.4%)	7:34	7.9 (63.2%)
93	JAKUB Nowaczyk	7133		Senior II M - 30	93	01:31:04	02:40:39.95	+00:59:28 (37.0%)	7:39	7.8 (62.4%)
94	KUZIEL Marcin	7457	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	94	01:27:58	02:40:40.45	+00:59:29 (37.0%)	7:39	7.8 (62.4%)
95	WAJDA Maciej	7881		Senior II M - 30	95	01:24:36	02:40:40.55	+00:59:29 (37.0%)	7:39	7.8 (62.4%)
96	TAMBORSKI Grzegorz	7429		Senior II M - 30	96	01:32:38	02:41:03.60	+00:59:52 (37.2%)	7:40	7.8 (62.4%)
97	RUTKOWSKI Mateusz	7435		Senior II M - 30	97	01:27:50	02:41:10.90	+00:59:59 (37.2%)	7:40	7.8 (62.4%)
98	MICHALAK Adrian	7397		Senior II M - 30	98	01:32:20	02:41:12.65	+01:00:01 (37.2%)	7:40	7.8 (62.4%)
99	DRÓŻDŻ Arkadiusz	7401	WAKACYJNA DEMOLKA	Senior II M - 30	99	01:32:41	02:41:14.85	+01:00:03 (37.2%)	7:40	7.8 (62.4%)
100	HORODYSKI Marek	7352		Senior II M - 30	100	01:28:37	02:41:49.15	+01:00:37 (37.5%)	7:42	7.8 (62.4%)
101	BIELAWSKI Paweł	7490		Senior II M - 30	101	01:27:26	02:42:41.70	+01:01:30 (37.8%)	7:44	7.7 (61.6%)
102	KAMIŃSKI Robert	7102		Senior II M - 30	102	01:32:31	02:42:42.35	+01:01:30 (37.8%)	7:44	7.7 (61.6%)
103	JARZĄBEK Michał	7304		Senior II M - 30	103	01:32:34	02:43:02.30	+01:01:50 (37.9%)	7:45	7.7 (61.6%)
104	WOJCIECHOWSKI Maciej	7601	MRUNNERS	Senior II M - 30	104	01:31:07	02:43:24.10	+01:02:12 (38.1%)	7:46	7.7 (61.6%)
105	SOKULSKI Grzegorz	7391		Senior II M - 30	105	01:27:40	02:43:38.30	+01:02:26 (38.2%)	7:47	7.7 (61.6%)
106	PAWZUN Bartek	7592		Senior II M - 30	106	01:25:57	02:43:45.70	+01:02:34 (38.2%)	7:47	7.7 (61.6%)
107	BABIARZ Jacek	7516		Senior II M - 30	107	01:31:51	02:44:08.80	+01:02:57 (38.4%)	7:48	7.7 (61.6%)
108	GIEL Jarosław	7327		Senior II M - 30	108	01:30:03	02:44:29.70	+01:03:18 (38.5%)	7:49	7.7 (61.6%)
109	WOLANO Marcin	7907	HATTON DARTS	Senior II M - 30	109	01:30:01	02:44:57.05	+01:03:45 (38.7%)	7:51	7.6 (60.8%)
110	DUBLAGA Michał	7712		Senior II M - 30	110	01:31:20	02:45:18.30	+01:04:06 (38.8%)	7:52	7.6 (60.8%)
111	CABAJ Paweł	7154		Senior II M - 30	111	01:25:43	02:45:36.70	+01:04:25 (38.9%)	7:53	7.6 (60.8%)
112	GUZERA Tomasz	7450		Senior II M - 30	112	01:26:26	02:45:47.85	+01:04:36 (39.0%)	7:53	7.6 (60.8%)
113	JANCZAREK Łukasz	7770		Senior II M - 30	113	01:31:09	02:45:51.95	+01:04:40 (39.0%)	7:53	7.6 (60.8%)
114	KOZAK Paweł	7348	PATORUNNERS	Senior II M - 30	114	01:30:05	02:46:14.80	+01:05:03 (39.1%)	7:54	7.6 (60.8%)
115	ANDRZEJCZAK Michał	7479		Senior II M - 30	115	01:27:27	02:46:48.95	+01:05:37 (39.3%)	7:56	7.6 (60.8%)
116	KRZYŻANOWSKI Marcin	7105		Senior II M - 30	116	01:34:43	02:47:55.40	+01:06:43 (39.7%)	7:59	7.5 (60.0%)
117	ALBERT Damian	7266		Senior II M - 30	117	01:33:09	02:48:21.90	+01:07:10 (39.9%)	8:01	7.5 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas		Tempo	Tempo
						10.3km	netto	Różn		
118	NICOŚ Marcin	7245		Senior II M - 30	118	01:38:17	02:48:32.35	+01:07:20 (40.0%)	8:01	7.5 (60.0%)
119	MICHALAK Kamil	7506	SZYNKARNIA	Senior II M - 30	119	01:30:24	02:49:02.70	+01:07:51 (40.1%)	8:02	7.5 (60.0%)
120	LACHOWSKI Karol	7036	AEGONRUN	Senior II M - 30	120	01:34:58	02:49:06.20	+01:07:54 (40.2%)	8:03	7.5 (60.0%)
121	FERENC Stanisław	7593		Senior II M - 30	121	01:31:11	02:49:37.20	+01:08:25 (40.3%)	8:04	7.4 (59.2%)
122	SŁODKIEWICZ Piotr	7716	KNEIPTEAM	Senior II M - 30	122	01:35:40	02:49:51.80	+01:08:40 (40.4%)	8:05	7.4 (59.2%)
123	MIROWSKI Dominik	7265		Senior II M - 30	123	01:35:23	02:50:28.00	+01:09:16 (40.6%)	8:07	7.4 (59.2%)
124	ORŁOWSKI Robert	7702	BIEGNĘ NA PÓŁNOC	Senior II M - 30	124	01:35:14	02:51:09.20	+01:09:57 (40.9%)	8:09	7.4 (59.2%)
125	HAREMZA Bartek	7493		Senior II M - 30	125	01:32:57	02:53:01.85	+01:11:50 (41.5%)	8:14	7.3 (58.4%)
126	ANGOWSKI Andrzej	7393		Senior II M - 30	126	01:35:51	02:53:22.25	+01:12:10 (41.6%)	8:15	7.3 (58.4%)
127	WYBRANIEC Tomasz	7459		Senior II M - 30	127	01:33:19	02:53:33.30	+01:12:21 (41.7%)	8:15	7.3 (58.4%)
128	OLSZAK Maciej	7260	5 MBOT	Senior II M - 30	128	01:34:03	02:54:21.25	+01:13:09 (42.0%)	8:18	7.2 (57.6%)
129	POŁCZYŃSKI Paweł	7697	STALOWA ŁYDA	Senior II M - 30	129	01:32:03	02:54:37.60	+01:13:26 (42.1%)	8:18	7.2 (57.6%)
130	DYCFELD Piotr	7647	SZTUKA RUCHU	Senior II M - 30	130	01:33:03	02:55:21.70	+01:14:10 (42.3%)	8:21	7.2 (57.6%)
131	DANKOWSKI Bartosz	7412	ENDORFINY WĄSOSZ	Senior II M - 30	131	01:35:55	02:55:50.55	+01:14:39 (42.5%)	8:22	7.2 (57.6%)
132	LORENC Paweł	7623	ENDROFINY WĄSOSZ	Senior II M - 30	132	01:35:56	02:55:52.90	+01:14:41 (42.5%)	8:22	7.2 (57.6%)
133	NOWAK Filip	7830		Senior II M - 30	133	01:39:43	02:56:08.80	+01:14:57 (42.6%)	8:23	7.2 (57.6%)
134	NOWAK Michał	7250	WOJOWNICY WODY	Senior II M - 30	134	01:40:21	02:56:14.70	+01:15:03 (42.6%)	8:23	7.1 (56.8%)
135	KROGULECKI Michał	7273	MIRAZ RACE TEAM	Senior II M - 30	135	01:37:55	02:57:12.20	+01:16:00 (42.9%)	8:26	7.1 (56.8%)
136	JANIEC Tomasz	7315		Senior II M - 30	136	01:35:59	02:58:07.75	+01:16:56 (43.2%)	8:28	7.1 (56.8%)
137	KOMAN Michał	7078		Senior II M - 30	137	01:39:28	02:58:16.45	+01:17:05 (43.2%)	8:29	7.1 (56.8%)
138	KUCHCZYŃSKI Krzysztof	7127		Senior II M - 30	138	01:35:54	03:00:01.05	+01:18:49 (43.8%)	8:34	7 (56.0%)
139	MUSZYŃSKI Andrzej	7824		Senior II M - 30	139	01:32:45	03:00:11.15	+01:18:59 (43.8%)	8:34	7 (56.0%)
140	FRANKIEWICZ Łukasz	7305		Senior II M - 30	140	01:40:37	03:00:24.50	+01:19:13 (43.9%)	8:35	7 (56.0%)
141	PODBOROŻNY Karol	7600		Senior II M - 30	141	01:47:59	03:00:36.65	+01:19:25 (44.0%)	8:36	7 (56.0%)
142	KACHNIARZ Tomasz	7699	NBS TEAM	Senior II M - 30	142	01:38:33	03:01:41.15	+01:20:29 (44.3%)	8:39	6.9 (55.2%)
143	WOŹNY Krzysztof	7710	SPORTOWY KAŻMIERZ	Senior II M - 30	143	01:45:45	03:02:18.00	+01:21:06 (44.5%)	8:40	6.9 (55.2%)
144	MAJCHRZYCKI Sławomir	7746	TKKF MPK POZNAŃ	Senior II M - 30	144	01:42:35	03:04:20.30	+01:23:08 (45.1%)	8:46	6.8 (54.4%)
145	SZMIGIEL Maciej	7070		Senior II M - 30	145	01:45:59	03:04:59.30	+01:23:47 (45.3%)	8:48	6.8 (54.4%)
146	ROGE Michał	7465		Senior II M - 30	146	01:45:39	03:05:00.00	+01:23:48 (45.3%)	8:48	6.8 (54.4%)
147	ANDRZEJCZAK Łukasz	7480		Senior II M - 30	147	01:38:02	03:06:23.40	+01:25:11 (45.7%)	8:52	6.8 (54.4%)
148	FLISEK Jakub	7468	MNTW	Senior II M - 30	148	01:38:11	03:06:33.20	+01:25:21 (45.8%)	8:53	6.8 (54.4%)
149	SZCZAPA Karol	7790	12TRI.PL	Senior II M - 30	149	01:39:17	03:07:01.95	+01:25:50 (45.9%)	8:54	6.7 (53.6%)
150	GOŁĄBEK Damian	7268		Senior II M - 30	150	01:37:42	03:08:11.70	+01:27:00 (46.2%)	8:57	6.7 (53.6%)
151	BORKOWSKI Marcel	7624		Senior II M - 30	151	01:38:53	03:08:40.05	+01:27:28 (46.4%)	8:59	6.7 (53.6%)
152	SZUBARGA Tomasz	7170	ROKIETNICA BIEGA	Senior II M - 30	152	01:40:44	03:09:10.85	+01:27:59 (46.5%)	9:00	6.7 (53.6%)
153	WOJCIECHOWSKI Andrzej	7772	NIGHT RUNNERS	Senior II M - 30	153	01:45:36	03:09:17.60	+01:28:06 (46.5%)	9:00	6.7 (53.6%)
154	JARCZYŃSKI Piotr	7775	NIGHT RUNNERS	Senior II M - 30	154	01:45:39	03:09:20.40	+01:28:08 (46.6%)	9:00	6.7 (53.6%)
155	NOWAKOWSKI Karol	7514	SBRT WARSZAWA	Senior II M - 30	155	01:37:37	03:09:22.60	+01:28:11 (46.6%)	9:01	6.7 (53.6%)
156	BARANOWSKI Szymon	7094		Senior II M - 30	156	01:41:25	03:09:39.50	+01:28:28 (46.6%)	9:01	6.6 (52.8%)
157	GWORYS Krzysztof	7130	ZRYW PARZYMIECHY	Senior II M - 30	157	01:45:05	03:11:00.60	+01:29:49 (47.0%)	9:05	6.6 (52.8%)
158	TARKA Konrad	7819	MARATOŃCZYK POZNAŃ	Senior II M - 30	158	01:48:19	03:12:53.95	+01:31:42 (47.5%)	9:11	6.5 (52.0%)
159	CHOJNACKI Jakub	7138		Senior II M - 30	159	01:48:23	03:14:38.20	+01:33:26 (48.0%)	9:16	6.5 (52.0%)
160	KRUPIŃSKI Mateusz	7761		Senior II M - 30	160	01:46:45	03:17:31.35	+01:36:19 (48.8%)	9:24	6.4 (51.2%)
161	HUTNIK Wojciech	7282	APTENEO RUNNING TEAM	Senior II M - 30	161	01:44:42	03:17:39.45	+01:36:28 (48.8%)	9:24	6.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
162	SITKO Grzegorz	7851		Senior II M - 30	162	01:58:45	03:25:18.95	+01:44:07 (50.7%)	9:46	6.1 (48.8%)
163	SZYMAŃSKI Kamil	7066		Senior II M - 30	163	01:44:16	03:25:30.20	+01:44:18 (50.8%)	9:47	6.1 (48.8%)
164	ZARĘBCZAN Kamil	7560	OSTATNICH GRYŻĄ PSY	Senior II M - 30	164	01:56:07	03:27:21.55	+01:46:10 (51.2%)	9:52	6.1 (48.8%)
165	KUCZERA Łukasz	7815		Senior II M - 30	165	01:54:43	03:27:26.70	+01:46:15 (51.2%)	9:52	6.1 (48.8%)
166	NOSZCZYŃSKI Kamil	7776	FUNDACJA BIAŁYSTOK BIEGA	Senior II M - 30	166	01:59:03	03:47:16.85	+02:06:05 (55.5%)	10:49	5.5 (44.0%)
167	SZCZEPAŃSKI Wojciech	7779	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	167	01:59:01	03:47:21.30	+02:06:09 (55.5%)	10:49	5.5 (44.0%)
168	MACIASZEK Andrzej	7545		Senior II M - 30	168	02:02:57	04:09:10.40	+02:27:58 (59.4%)	11:51	5.1 (40.8%)
169	SZYMAŃSKI Jarosław	7037	FUJITSU RUNNING TEAM	Senior II M - 30	169	02:17:05	04:20:28.80	+02:39:17 (61.2%)	12:24	4.8 (38.4%)
170	GRUBE Bartosz	7013	SUT - STRASZYN ULTRA TEAM	Senior II M - 30	170	02:30:49	04:48:26.35	+03:07:14 (64.9%)	13:44	4.4 (35.2%)
Przekroczony limit czasu: 05:00:00										
171	JACKOWSKI Dariusz	7220		Senior II M - 30	171	02:34:59	05:04:02.65	+03:22:51 (66.7%)	14:28	4.1 (32.8%)

Znaleziono 171 wynik(ów)