



# 1/2 MARATON BABIA GÓRA

B4SPORT

**Wydarzenie:** REGATTA ULTRAMARATON BABIA GÓRA  
**Organizator:** Kozica Fundacja Biegów Górskich  
**Data:** 2017-06-10  
**Miejsce:** Zawoja  
**Dystans:** 23.5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P6_Plaj 5km	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
1	<b>MAREK Dariusz</b>	<b>589</b>		M1	1	00:25:36	01:00:31	01:42:39	<b>02:07:11.55</b>	<b>02:07:13.20</b>		5:24	11.1 (100%)
2	<b>GRZĄDZIEL Dominik</b>	<b>559</b>	ATTIQ.PL	M1	2	00:25:31	00:59:32	01:43:03	<b>02:08:15.85</b>	<b>02:08:17.80</b>	+00:01:04 (0.8%)	5:27	11 (99.1%)
3	<b>FALKOWSKI Krzysztof</b>	<b>586</b>	WOODWARD RUNNERS	M2	1	00:27:23	01:05:09	01:53:13	<b>02:20:18.90</b>	<b>02:20:20.95</b>	+00:13:07 (9.4%)	5:58	10 (90.1%)
4	<b>RDZANEK Michał</b>	<b>517</b>	NIENERWOWI BIEGACZE	M2	2	00:28:41	01:08:20	01:58:44	<b>02:25:54.60</b>	<b>02:25:58.10</b>	+00:18:44 (12.8%)	6:12	9.7 (87.4%)
5	<b>TOPOLSKI Marcin</b>	<b>549</b>	BKB VICTORIA BRZESKO	M2	3	00:30:35	01:10:10	02:03:15	<b>02:32:18.35</b>	<b>02:32:21.55</b>	+00:25:08 (16.5%)	6:28	9.3 (83.8%)
6	<b>POKRZYK Zbigniew</b>	<b>500</b>	ZADYSZKA OŚWIĘCIM	M2	4	00:30:22	01:11:24	02:03:47	<b>02:32:32.25</b>	<b>02:32:36.35</b>	+00:25:23 (16.6%)	6:29	9.2 (82.9%)
7	<b>WOLCZKO Grzegorz</b>	<b>609</b>		M2	5	00:31:02	01:12:35	02:04:54	<b>02:34:00.00</b>	<b>02:34:02.65</b>	+00:26:49 (17.4%)	6:33	9.2 (82.9%)
8	<b>UZNAŃSKI Piotr</b>	<b>592</b>	EUROCLEAR RUNNING TEAM	M1	3	00:30:44	01:13:14	02:06:19	<b>02:34:57.15</b>	<b>02:35:02.50</b>	+00:27:49 (17.9%)	6:35	9.1 (82.0%)
9	<b>RAK Kazimierz</b>	<b>644</b>	TKKF UKLEJNA MYŚLENICE	M1	4	00:30:45	01:12:56	02:04:16	<b>02:36:12.90</b>	<b>02:36:15.20</b>	+00:29:02 (18.6%)	6:38	9 (81.1%)
10	<b>GÓROWSKI Mateusz</b>	<b>422</b>	BESKIDZKA 160 NA RATY	M1	5	00:31:15	01:13:30	02:07:26	<b>02:37:31.00</b>	<b>02:37:34.80</b>	+00:30:21 (19.3%)	6:42	9 (81.1%)
11	<b>CHWALBA Piotr</b>	<b>667</b>		M1	6		01:14:41	02:10:49	<b>02:39:51.60</b>	<b>02:39:51.60</b>	+00:32:38 (20.4%)	6:48	8.8 (79.3%)
12	<b>DANIELAK Tomasz</b>	<b>458</b>		M1	7	00:35:44	01:19:56	02:12:41	<b>02:39:55.25</b>	<b>02:40:04.45</b>	+00:32:51 (20.5%)	6:48	8.8 (79.3%)
13	<b>JÁNOŠ Filip</b>	<b>659</b>	MODRANSKY SKIALPINISTY	M2	6	00:31:15	01:16:21	02:11:29	<b>02:40:44.80</b>	<b>02:40:46.15</b>	+00:33:32 (20.9%)	6:50	8.8 (79.3%)
14	<b>MIEDZIEJEWSKI Andrzej</b>	<b>485</b>	ABSOLUTE BIKE TEAM	M1	8	00:30:23	01:13:17	02:10:47	<b>02:41:02.80</b>	<b>02:41:05.40</b>	+00:33:52 (21.0%)	6:51	8.8 (79.3%)
15	<b>GAWLAS Vojtěch</b>	<b>512</b>	SVETBEHU.CZ	M1	9	00:31:42	01:17:34	02:12:43	<b>02:43:49.65</b>	<b>02:43:52.85</b>	+00:36:39 (22.4%)	6:58	8.6 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
						P6_Plaj 5km	P3_Babia 9km	P5_Markowe 17.6km					
16	<b>KLONOWSKI Kamil</b>	<b>594</b>	MOSIR ŁAZISKA GÓRNE	M1	10	00:33:22	01:17:12	02:14:17	<b>02:46:26.75</b>	<b>02:46:33.05</b>	+00:39:19 (23.6%)	7:04	8.5 (76.6%)
17	<b>BERUS Mikołaj</b>	<b>593</b>	KOLANA WĘŻA	M1	11	00:31:42	01:15:47	02:10:09	<b>02:46:42.25</b>	<b>02:46:47.05</b>	+00:39:33 (23.7%)	7:05	8.5 (76.6%)
18	<b>HOŁUJ Bartłomiej</b>	<b>474</b>		M1	12	00:34:26	01:17:26	02:14:19	<b>02:46:51.00</b>	<b>02:46:56.70</b>	+00:39:43 (23.8%)	7:06	8.5 (76.6%)
19	<b>GRUND Marek</b>	<b>645</b>	MAFIA TEAM LUBLINIEC	M1	13	00:32:17	01:17:20	02:18:24	<b>02:50:07.65</b>	<b>02:50:10.20</b>	+00:42:57 (25.2%)	7:14	8.3 (74.8%)
20	<b>MACHALSKI Sebastian</b>	<b>464</b>		M2	7	00:33:21	01:19:15	02:17:50	<b>02:50:08.70</b>	<b>02:50:15.30</b>	+00:43:02 (25.3%)	7:14	8.3 (74.8%)
21	<b>ŁĘŻNIAK Aleksander</b>	<b>524</b>	KB SOBÓTKA   MONK SANDALS	M1	14	00:34:34	01:19:00	02:17:32	<b>02:50:16.25</b>	<b>02:50:19.55</b>	+00:43:06 (25.3%)	7:14	8.3 (74.8%)
22	<b>WOJCIECHOWSKI Wojciech</b>	<b>433</b>	FOTOKULTURA	M2	8	00:34:41	01:22:15	02:19:52	<b>02:50:36.15</b>	<b>02:50:39.65</b>	+00:43:26 (25.5%)	7:15	8.3 (74.8%)
23	<b>SKWORC Grzegorz</b>	<b>465</b>		M1	15	00:33:44	01:20:49	02:20:39	<b>02:51:12.85</b>	<b>02:51:16.05</b>	+00:44:02 (25.7%)	7:17	8.2 (73.9%)
24	<b>GAUDYN Michał</b>	<b>650</b>		M1	16	00:33:53	01:20:17	02:20:17	<b>02:52:21.75</b>	<b>02:52:27.85</b>	+00:45:14 (26.2%)	7:20	8.2 (73.9%)
25	<b>PIOTROWSKI Michał</b>	<b>439</b>	KLUB BIEGACZA JURUND SZCZYTNO	M2	9	00:32:01	01:16:05	02:16:47	<b>02:52:42.55</b>	<b>02:52:46.50</b>	+00:45:33 (26.4%)	7:20	8.2 (73.9%)
26	<b>GAJEWSKI Marcin</b>	<b>478</b>		M2	10	00:33:41	01:18:13	02:19:14	<b>02:52:44.70</b>	<b>02:52:52.00</b>	+00:45:38 (26.4%)	7:21	8.2 (73.9%)
27	<b>JANKOWSKI Łukasz</b>	<b>550</b>	TRAINING CONNECTING PEOPLE	M1	17	00:30:34	01:15:22	02:19:28	<b>02:53:30.40</b>	<b>02:53:33.60</b>	+00:46:20 (26.7%)	7:22	8.1 (73.0%)
28	<b>WILCZEK Rafał</b>	<b>569</b>	KB JURUND SZCZYTNO	M1	18	00:34:30	01:22:54	02:21:37	<b>02:53:38.70</b>	<b>02:53:43.20</b>	+00:46:30 (26.8%)	7:23	8.1 (73.0%)
29	<b>WIDUCH Jarek</b>	<b>482</b>		M1	19	00:35:33	01:23:52	02:23:06	<b>02:53:49.05</b>	<b>02:53:53.75</b>	+00:46:40 (26.8%)	7:23	8.1 (73.0%)
30	<b>NALEPKA Adam</b>	<b>674</b>	BIEGIEM PRZEZ GÓRY	M1	20	00:34:37	01:21:44	02:21:11	<b>02:54:13.80</b>	<b>02:54:22.70</b>	+00:47:09 (27.0%)	7:24	8.1 (73.0%)
31	<b>JENDRYSIK Karol</b>	<b>688</b>		M1	21	00:34:06	01:20:00	02:20:16	<b>02:55:30.80</b>	<b>02:55:38.60</b>	+00:48:25 (27.6%)	7:28	8 (72.1%)
32	<b>TURCHAN Łukasz</b>	<b>477</b>		M1	22	00:37:08	01:23:10	02:24:42	<b>02:55:48.15</b>	<b>02:56:01.55</b>	+00:48:48 (27.7%)	7:28	8 (72.1%)
33	<b>WIDZIAK Piotr</b>	<b>461</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M2	11	00:37:05	01:24:04	02:24:28	<b>02:56:20.80</b>	<b>02:56:36.05</b>	+00:49:22 (28.0%)	7:30	8 (72.1%)
34	<b>GIL Tomasz</b>	<b>682</b>	AMTK	M1	23	00:37:41	01:26:33	02:24:44	<b>02:57:04.55</b>	<b>02:57:18.45</b>	+00:50:05 (28.2%)	7:32	8 (72.1%)
35	<b>MAKUCH Szymon</b>	<b>663</b>	UNLIMITED SPORT AND LIFESTYLE	M1	24	00:40:02	01:27:02	02:25:58	<b>02:57:19.45</b>	<b>02:57:37.95</b>	+00:50:24 (28.4%)	7:32	8 (72.1%)
36	<b>NIESLER Marcin</b>	<b>557</b>		M1	25	00:35:44	01:23:00	02:25:34	<b>02:59:14.95</b>	<b>02:59:19.20</b>	+00:52:06 (29.1%)	7:37	7.9 (71.2%)
37	<b>FILIPEK Wojciech</b>	<b>683</b>	OPTIM	M3	1	00:35:47	01:23:14	02:25:45	<b>02:59:47.80</b>	<b>02:59:56.70</b>	+00:52:43 (29.3%)	7:39	7.8 (70.3%)
38	<b>LASYK Maciej</b>	<b>575</b>	MAKARONZSEREM.EU	M1	26	00:36:15	01:25:05	02:28:51	<b>02:59:51.25</b>	<b>03:00:06.20</b>	+00:52:53 (29.4%)	7:39	7.8 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P6_Plaj			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	P3_Babia 9km	P5_Markowe 17.6km	23.5km	23.5km			
39	<b>WILCZYNSKI Kuba</b>	<b>652</b>		M2	12	00:37:27	01:27:01	02:28:00	<b>03:00:53.55</b>	<b>03:01:11.50</b>	+00:53:58 (29.8%)	7:41	7.8 (70.3%)
40	<b>ZYZAŃSKI Paweł</b>	<b>634</b>		M2	13	00:36:48	01:26:56	02:28:17	<b>03:01:14.45</b>	<b>03:01:21.00</b>	+00:54:07 (29.8%)	7:42	7.8 (70.3%)
41	<b>KAŻMIERCZAK Sławomir</b>	<b>624</b>	WWW.FASTANDLIGHT.PL	M1	27	00:33:49	01:20:00	02:24:26	<b>03:01:19.30</b>	<b>03:01:25.55</b>	+00:54:12 (29.9%)	7:42	7.8 (70.3%)
42	<b>KULESZA Artur</b>	<b>421</b>	BESKIDZKA 160 NA RATY	M3	2	00:34:30	01:23:36	02:27:22	<b>03:01:36.55</b>	<b>03:01:42.50</b>	+00:54:29 (30.0%)	7:43	7.8 (70.3%)
43	<b>KIERNOZEK Tomasz</b>	<b>648</b>	JURUD SZCZYTNO	M1	28	00:36:36	01:25:20	02:27:45	<b>03:02:28.85</b>	<b>03:02:34.35</b>	+00:55:21 (30.3%)	7:45	7.7 (69.4%)
44	<b>NALEPKA Zdzisław</b>	<b>523</b>	BIEGIEM PRZEZ GÓRY	M1	29	00:36:12	01:25:03	02:30:42	<b>03:03:12.85</b>	<b>03:03:21.85</b>	+00:56:08 (30.6%)	7:47	7.7 (69.4%)
45	<b>SMUDA Krzysztof</b>	<b>611</b>		M1	30	00:34:42	01:26:41	02:29:28	<b>03:04:14.80</b>	<b>03:04:21.65</b>	+00:57:08 (31.0%)	7:50	7.7 (69.4%)
46	<b>ADRIAN Maciek</b>	<b>451</b>		M1	31	00:39:45	01:30:43	02:32:12	<b>03:05:30.25</b>	<b>03:05:40.60</b>	+00:58:27 (31.5%)	7:53	7.6 (68.5%)
47	<b>BOGACZ Radosław</b>	<b>409</b>		M2	14	00:38:10	01:28:46	02:32:47	<b>03:07:23.35</b>	<b>03:07:28.40</b>	+01:00:15 (32.1%)	7:58	7.5 (67.6%)
48	<b>BODZIOCH Michał</b>	<b>605</b>	JAH CREATION	M1	32	00:37:02	01:28:40	02:32:31	<b>03:08:58.75</b>	<b>03:09:09.30</b>	+01:01:56 (32.7%)	8:02	7.5 (67.6%)
49	<b>WYWROT Grzegorz</b>	<b>442</b>		M1	33	00:36:12	01:27:12	02:35:10	<b>03:10:21.75</b>	<b>03:10:27.70</b>	+01:03:14 (33.2%)	8:06	7.4 (66.7%)
50	<b>BIERNAT Jakub</b>	<b>639</b>	WISEŁKA	M2	15	00:37:20	01:28:33	02:35:47	<b>03:10:58.15</b>	<b>03:11:08.80</b>	+01:03:55 (33.4%)	8:07	7.4 (66.7%)
51	<b>KONIECZNY Tomasz</b>	<b>486</b>		M1	34	00:37:16	01:26:47	02:35:06	<b>03:13:01.90</b>	<b>03:13:16.10</b>	+01:06:02 (34.2%)	8:12	7.3 (65.8%)
52	<b>PRĘCIKOWSKI Rysiek</b>	<b>684</b>		M2	16	00:39:09	01:28:54	02:35:36	<b>03:14:03.60</b>	<b>03:14:15.55</b>	+01:07:02 (34.5%)	8:15	7.3 (65.8%)
53	<b>CZELNY Zbyszek</b>	<b>606</b>	JAH CREATION	M1	35	00:38:12	01:28:46	02:38:02	<b>03:15:15.65</b>	<b>03:15:27.40</b>	+01:08:14 (34.9%)	8:18	7.2 (64.9%)
54	<b>ŁATA Piotr</b>	<b>577</b>		M2	17	00:39:28	01:32:05	02:39:05	<b>03:15:28.05</b>	<b>03:15:43.95</b>	+01:08:30 (35.0%)	8:19	7.2 (64.9%)
55	<b>FIGIEL Marek</b>	<b>498</b>	FC PO 40TCE	M2	18	00:38:13	01:30:35	02:38:11	<b>03:16:11.55</b>	<b>03:16:27.30</b>	+01:09:14 (35.2%)	8:20	7.2 (64.9%)
56	<b>HANKUS Łukasz</b>	<b>621</b>		M2	19	00:37:20	01:33:31	02:38:59	<b>03:16:23.80</b>	<b>03:16:28.70</b>	+01:09:15 (35.2%)	8:21	7.2 (64.9%)
57	<b>ISKRZYCKI Andrzej</b>	<b>529</b>		M2	20	00:37:52	01:28:58	02:36:27	<b>03:16:37.35</b>	<b>03:16:49.30</b>	+01:09:36 (35.4%)	8:22	7.2 (64.9%)
58	<b>SWAT Damian</b>	<b>447</b>		M1	36	00:37:24	01:28:35	02:37:40	<b>03:16:49.60</b>	<b>03:16:58.35</b>	+01:09:45 (35.4%)	8:22	7.2 (64.9%)
59	<b>KRASINSKI Marcin</b>	<b>600</b>	WOODWARD RUNNERS	M2	21	00:39:03	01:33:04	02:41:38	<b>03:17:20.10</b>	<b>03:17:23.90</b>	+01:10:10 (35.6%)	8:23	7.1 (64.0%)
60	<b>ŁUSZCZYŃSKI Jan</b>	<b>537</b>		M1	37	00:40:02	01:33:12	02:38:43	<b>03:17:12.35</b>	<b>03:17:36.45</b>	+01:10:23 (35.6%)	8:23	7.2 (64.9%)
61	<b>KOZA Rafał</b>	<b>410</b>	ARA SILESIA	M2	22	00:38:07	01:31:54	02:41:31	<b>03:18:34.90</b>	<b>03:18:42.50</b>	+01:11:29 (36.0%)	8:27	7.1 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P6_Plaj 5km	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 23.5km	brutto 23.5km			
62	FATYGA Rafal	528		M2	23	00:37:46	01:29:58	02:39:15	03:19:04.95	03:19:12.55	+01:11:59 (36.1%)	8:28	7.1 (64.0%)
63	DZIUBA Emilian	408	STS BIEGATON MIKOŁÓW	M2	24	00:36:54	01:28:20	02:36:56	03:19:51.95	03:20:04.95	+01:12:51 (36.4%)	8:30	7.1 (64.0%)
64	TURCHAN Michał	491		M1	38	00:37:09	01:27:15	02:39:18	03:21:24.15	03:21:37.85	+01:14:24 (36.9%)	8:34	7 (63.1%)
65	ŁUKASIŃSKI Przemek	627	KLUB PSZCZELARZA ADAMÓW	M1	39	00:37:18	01:26:34	02:36:46	03:21:38.55	03:21:49.55	+01:14:36 (37.0%)	8:34	7 (63.1%)
66	SZCZEPANEK Piotr	578		M2	25	00:38:19	01:29:46	02:40:30	03:21:50.45	03:21:55.80	+01:14:42 (37.0%)	8:35	7 (63.1%)
67	MALEJKA Tomasz	647		M2	26	00:37:52	01:30:02	02:44:05	03:22:33.70	03:22:38.40	+01:15:25 (37.2%)	8:37	7 (63.1%)
68	DUDA Konrad	406		M1	40	00:37:56	01:30:54	02:41:08	03:22:44.95	03:22:53.55	+01:15:40 (37.3%)	8:37	7 (63.1%)
69	PASTWA Grzegorz	558	ULTRA BESKID SPORT / GOPR	M2	27	00:36:09	01:28:10	02:42:10	03:23:53.25	03:23:59.20	+01:16:46 (37.6%)	8:40	6.9 (62.2%)
70	PUSTUŁKA Michał	450		M1	41	00:40:43	01:32:07	02:43:55	03:24:51.75	03:25:05.75	+01:17:52 (38.0%)	8:43	6.9 (62.2%)
71	SKOLIMOWSKI Marcin	610		M2	28	00:41:35	01:34:55	02:46:26	03:25:18.80	03:25:35.05	+01:18:21 (38.1%)	8:44	6.9 (62.2%)
72	WOJDYŁA Paweł	519	UNLIMITED TRIATHLON CLUB	M1	42	00:39:20	01:31:32	02:46:07	03:26:42.30	03:27:02.10	+01:19:48 (38.6%)	8:47	6.8 (61.3%)
73	MAZUREK Tomasz	532	KARDIA.PL	M2	29	00:43:17	01:41:45	02:52:26	03:26:43.70	03:27:03.55	+01:19:50 (38.6%)	8:47	6.8 (61.3%)
74	BĘBEN Robert	481	BBL OSTROWIEC ŚWIĘTOKRZYSKI	M2	30	00:42:37	01:36:28	02:48:16	03:27:27.35	03:27:51.10	+01:20:37 (38.8%)	8:49	6.8 (61.3%)
75	KOZIOŁ Paweł	525	PORANNY PATROL	M2	31	00:44:55	01:41:35	02:51:34	03:29:06.85	03:29:24.20	+01:22:11 (39.2%)	8:53	6.7 (60.4%)
76	PRZYBYCIEŃ Maciej	506		M1	43	00:41:30	01:38:35	02:51:07	03:29:04.35	03:29:24.35	+01:22:11 (39.2%)	8:53	6.7 (60.4%)
77	DANIELAK Roman	435		M3	3	00:43:42	01:41:14	02:51:48	03:30:40.05	03:30:40.05	+01:23:26 (39.6%)	8:57	6.7 (60.4%)
78	CHMIELEWSKI Tomasz	411	BWOTR.PL	M2	32	00:38:54	01:32:10	02:48:43	03:31:01.65	03:31:08.40	+01:23:55 (39.7%)	8:58	6.7 (60.4%)
79	JASIŃSKI Miłosz	613	PASIU X-TREAM TEAM	M1	44	00:40:20	01:35:55	02:50:14	03:31:57.20	03:32:10.80	+01:24:57 (40.0%)	9:01	6.7 (60.4%)
80	KRUSZYŃSKI Piotr	603	PK	M1	45	00:41:18	01:35:27	02:49:55	03:32:30.35	03:32:41.70	+01:25:28 (40.2%)	9:02	6.6 (59.5%)
81	ANDRZEJEWSKI Dariusz	504		M2	33	00:39:31	01:35:01	02:50:52	03:32:33.40	03:32:41.80	+01:25:28 (40.2%)	9:02	6.6 (59.5%)
82	JASIŃSKI Marcin	563	TOWARZYSTWO GIMNASTYCZNE SOKÓŁ W KRAKOWIE	M1	46	00:40:17	01:34:51	02:50:50	03:32:57.85	03:33:17.55	+01:26:04 (40.4%)	9:03	6.6 (59.5%)
83	CHRAPEK Paweł	661	GATO NEGRO	M2	34	00:39:35	01:36:10	02:54:20	03:33:21.60	03:33:40.20	+01:26:27 (40.5%)	9:04	6.6 (59.5%)
84	ZIELIŃSKI Szymon	429		M1	47	00:41:16	01:37:22	02:52:02	03:34:18.35	03:34:35.00	+01:27:21 (40.7%)	9:07	6.6 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
						P6_Plaj 5km	P3_Babia 9km	P5_Markowe 17.6km					
85	DYMIŃSKI Marcin	416	BÓBR TŁUSZCZ	M2	35	00:39:12	01:34:12	02:51:17	<b>03:34:14.15</b>	<b>03:34:36.80</b>	+01:27:23 (40.7%)	9:06	6.6 (59.5%)
86	CYGANIK Michał	646		M2	36	00:40:12	01:36:52	02:51:08	<b>03:34:46.55</b>	<b>03:35:02.60</b>	+01:27:49 (40.8%)	9:08	6.6 (59.5%)
87	MAGNUCKI Adam	681		M1	48	00:37:48	01:31:45	02:51:17	<b>03:35:21.10</b>	<b>03:35:25.35</b>	+01:28:12 (40.9%)	9:09	6.5 (58.6%)
88	KONKOLEWSKI Maciek	551	BROWAR FORTUNA	M2	37	00:39:33	01:34:51	02:51:17	<b>03:35:22.05</b>	<b>03:35:31.80</b>	+01:28:18 (41.0%)	9:09	6.5 (58.6%)
89	CIESLAK Maciej	438		M1	49	00:41:53	01:37:40	02:54:27	<b>03:36:01.45</b>	<b>03:36:13.55</b>	+01:29:00 (41.2%)	9:11	6.5 (58.6%)
90	STACH Bogusław	670		M2	38	00:41:09	01:33:24	02:51:02	<b>03:36:20.20</b>	<b>03:36:39.70</b>	+01:29:26 (41.3%)	9:12	6.5 (58.6%)
91	FRANKIEWICZ Ryszard	402	GMINA STRZELCE OPOLSKIE	M2	39	00:42:16	01:39:47	02:52:23	<b>03:36:43.60</b>	<b>03:37:00.30</b>	+01:29:47 (41.4%)	9:13	6.5 (58.6%)
92	SZMAJDA Dominik	655		M2	40	00:37:09	01:35:43	02:54:18	<b>03:37:12.65</b>	<b>03:37:18.15</b>	+01:30:04 (41.5%)	9:14	6.5 (58.6%)
93	ZASADA Tomasz	616		M2	41	00:40:00	01:32:43	02:51:41	<b>03:37:55.75</b>	<b>03:38:05.55</b>	+01:30:52 (41.7%)	9:16	6.5 (58.6%)
94	MARZEC Wojciech	640	AMATOR	M2	42	00:46:18	01:40:47	02:54:32	<b>03:39:23.30</b>	<b>03:39:44.25</b>	+01:32:31 (42.1%)	9:20	6.4 (57.7%)
95	ŁUCZYK Janusz	436	BÓBR TŁUSZCZ	M2	43	00:41:43	01:42:37	02:57:35	<b>03:39:56.10</b>	<b>03:40:18.25</b>	+01:33:05 (42.3%)	9:21	6.4 (57.7%)
96	ZWOLENKIEWICZ Sławomir	432		M2	44	00:40:15	01:35:54	02:51:06	<b>03:40:23.30</b>	<b>03:40:39.65</b>	+01:33:26 (42.3%)	9:22	6.4 (57.7%)
97	SIMKA Kamil	413	FORREST GUMP TEAM	M2	45	00:39:41	01:36:33	02:55:34	<b>03:40:48.65</b>	<b>03:41:02.00</b>	+01:33:48 (42.4%)	9:23	6.4 (57.7%)
98	DĄBROWSKI Patryk	494		M1	50	00:40:19	01:37:16	02:55:25	<b>03:40:58.25</b>	<b>03:41:14.00</b>	+01:34:00 (42.5%)	9:24	6.4 (57.7%)
99	BĄK Artur	499	FC PO 40TCE	M2	46	00:41:06	01:38:05	02:55:14	<b>03:41:45.60</b>	<b>03:42:01.20</b>	+01:34:48 (42.7%)	9:26	6.4 (57.7%)
100	NOWACKI Roman	446		M2	47	00:42:16	01:35:38	02:55:24	<b>03:41:51.90</b>	<b>03:42:17.60</b>	+01:35:04 (42.8%)	9:26	6.4 (57.7%)
101	NIELIPIŃSKI Mateusz	468	MUFLON PRZYSUCHA	M1	51	00:43:52	01:40:59	02:56:44	<b>03:42:25.10</b>	<b>03:42:49.20</b>	+01:35:36 (42.9%)	9:27	6.3 (56.8%)
102	BARCHAŃSKI Jakub	679	JA I MÓJ JJ	M1	52	00:42:34	01:41:36	02:56:41	<b>03:43:02.75</b>	<b>03:43:09.15</b>	+01:35:55 (43.0%)	9:29	6.3 (56.8%)
103	ROMAŃSKI Grzegorz	660	KROKUS	M2	48	00:40:24	01:35:43	02:55:23	<b>03:43:04.25</b>	<b>03:43:15.10</b>	+01:36:01 (43.0%)	9:29	6.3 (56.8%)
104	BANERT Adam	443	ARA	M2	49	00:39:39	01:40:25	02:57:05	<b>03:43:48.05</b>	<b>03:43:55.85</b>	+01:36:42 (43.2%)	9:31	6.3 (56.8%)
105	OLEJNICZAK Piotr	690		M2	50	00:47:12	01:43:17	03:02:14	<b>03:43:48.05</b>	<b>03:44:05.50</b>	+01:36:52 (43.2%)	9:31	6.3 (56.8%)
106	KRAWCZYK Łukasz	604	NASPALONYM.COM	M2	51	00:43:53	01:42:01	02:59:11	<b>03:44:11.15</b>	<b>03:44:21.05</b>	+01:37:07 (43.3%)	9:32	6.3 (56.8%)
107	CZERNECKI Jakub	612		M1	53	00:41:36	01:43:44	03:03:35	<b>03:44:20.50</b>	<b>03:44:30.90</b>	+01:37:17 (43.3%)	9:32	6.3 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P6_Plaj			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	P3_Babia 9km	P5_Markowe 17.6km	23.5km	23.5km			
108	<b>BURTNY Przemysław</b>	<b>503</b>	BIZON BAŃKOWICE	M2	52	00:40:17	01:34:24	02:56:28	<b>03:44:35.60</b>	<b>03:44:45.10</b>	+01:37:31 (43.4%)	9:33	6.3 (56.8%)
109	<b>KONOBRODZKI Piotr</b>	<b>424</b>		M3	4	00:41:09	01:41:25	03:01:13	<b>03:45:21.50</b>	<b>03:45:32.80</b>	+01:38:19 (43.6%)	9:35	6.3 (56.8%)
110	<b>UCIEKŁAK Dominik</b>	<b>487</b>		M2	53	00:37:27	01:32:36	03:05:23	<b>03:45:19.55</b>	<b>03:45:34.35</b>	+01:38:21 (43.6%)	9:35	6.3 (56.8%)
111	<b>PIENIO Adam</b>	<b>535</b>		M1	54	00:40:58	01:39:36	02:59:46	<b>03:45:37.10</b>	<b>03:45:45.90</b>	+01:38:32 (43.6%)	9:36	6.2 (55.9%)
112	<b>GROHOWICZ Marek</b>	<b>495</b>		M1	55	00:43:14	01:36:59	02:55:06	<b>03:46:06.35</b>	<b>03:46:31.45</b>	+01:39:18 (43.8%)	9:37	6.2 (55.9%)
113	<b>ZDUNEK Józef</b>	<b>565</b>	KLUB BIEGACZA JURUND SZCZYTNO	M3	5	00:40:27	01:41:16	03:02:42	<b>03:47:01.15</b>	<b>03:47:06.35</b>	+01:39:53 (44.0%)	9:39	6.2 (55.9%)
114	<b>DURKIEWICZ Tomasz</b>	<b>407</b>	DOM KULTURY JOGI	M2	54	00:43:58	01:41:32	03:03:22	<b>03:47:01.50</b>	<b>03:47:19.55</b>	+01:40:06 (44.0%)	9:39	6.2 (55.9%)
115	<b>KOT Tomasz</b>	<b>638</b>		M2	55	00:43:23	01:44:39	03:03:27	<b>03:47:06.50</b>	<b>03:47:22.40</b>	+01:40:09 (44.0%)	9:39	6.2 (55.9%)
116	<b>KRÓL Łukasz</b>	<b>405</b>		M1	56	00:43:06	01:39:51	02:59:52	<b>03:48:21.20</b>	<b>03:48:42.30</b>	+01:41:29 (44.4%)	9:43	6.2 (55.9%)
117	<b>BERGEL Tomasz</b>	<b>542</b>	TKKF UKLEJNA MYŚLENICE	M1	57	00:40:29	01:40:40	03:04:24	<b>03:49:24.65</b>	<b>03:49:28.15</b>	+01:42:14 (44.6%)	9:45	6.1 (55.0%)
118	<b>BALCAREK Grzegorz</b>	<b>636</b>		M1	58	00:43:56	01:44:29	03:04:13	<b>03:50:10.75</b>	<b>03:50:28.40</b>	+01:43:15 (44.8%)	9:47	6.1 (55.0%)
119	<b>MAĆKOWSKI Łukasz</b>	<b>619</b>		M2	56	00:39:04	01:33:16	03:07:21	<b>03:50:56.35</b>	<b>03:51:07.05</b>	+01:43:53 (45.0%)	9:49	6.1 (55.0%)
120	<b>SZCZEPANIAK Karol</b>	<b>463</b>	CROSS STRACENICÓW TEAM GŁOGÓW	M2	57	00:40:59	01:43:21	03:05:47	<b>03:50:59.75</b>	<b>03:51:11.05</b>	+01:43:57 (45.0%)	9:49	6.1 (55.0%)
121	<b>MITRĘGA Paweł</b>	<b>623</b>		M2	58	00:46:18	01:43:49	03:09:03	<b>03:52:41.00</b>	<b>03:53:02.85</b>	+01:45:49 (45.4%)	9:54	6.1 (55.0%)
122	<b>KOPEĆ Mariusz</b>	<b>677</b>	NIGHT RUNNERS+	M1	59	00:42:08	01:42:42	03:05:47	<b>03:54:49.45</b>	<b>03:54:54.05</b>	+01:47:40 (45.8%)	9:59	6 (54.1%)
123	<b>JABŁONKA Bartosz</b>	<b>685</b>	....	M2	59	00:46:50	01:48:44	03:11:04	<b>03:54:52.25</b>	<b>03:55:11.50</b>	+01:47:58 (45.9%)	9:59	6 (54.1%)
124	<b>ZIELIŃSKI Przemysław</b>	<b>617</b>		M2	60	00:42:17	01:35:40	03:12:36	<b>03:56:56.75</b>	<b>03:57:21.35</b>	+01:50:08 (46.4%)	10:04	6 (54.1%)
125	<b>STROJEK Michał</b>	<b>555</b>	NU, ZAJEC! NU, POGODII!	M1	60	00:37:24	01:29:50	02:50:13	<b>03:57:38.00</b>	<b>03:57:42.10</b>	+01:50:28 (46.5%)	10:06	5.9 (53.2%)
126	<b>WÓJTOWICZ Zbigniew</b>	<b>466</b>		M2	61	00:42:11	01:40:57	03:04:51	<b>03:57:41.95</b>	<b>03:57:46.20</b>	+01:50:33 (46.5%)	10:06	5.9 (53.2%)
127	<b>BIAŁASIK Bartosz</b>	<b>428</b>	NIGHT RUNNERS	M1	61	00:42:47	01:39:57	03:05:50	<b>04:00:09.00</b>	<b>04:00:19.90</b>	+01:53:06 (47.1%)	10:13	5.9 (53.2%)
128	<b>JODŁOWSKI Dominik</b>	<b>553</b>		M2	62	00:44:56	01:50:45	03:15:03	<b>04:01:00.90</b>	<b>04:01:15.60</b>	+01:54:02 (47.3%)	10:15	5.9 (53.2%)
129	<b>WIERA Bogusław</b>	<b>643</b>		M2	63	00:40:19	01:34:39	03:17:15	<b>04:02:27.15</b>	<b>04:02:32.95</b>	+01:55:19 (47.5%)	10:19	5.8 (52.3%)
130	<b>LISZKA Damian</b>	<b>511</b>		M2	64	00:45:52	01:46:05	03:13:21	<b>04:02:17.90</b>	<b>04:02:36.45</b>	+01:55:23 (47.6%)	10:18	5.8 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
						P6_Plaj 5km	P3_Babia 9km	P5_Markowe 17.6km					
131	<b>PÓŁTORZYCKI Piotr</b>	<b>401</b>	STOPA SŁUPSK	M2	65	00:42:22	01:49:41	03:17:14	<b>04:04:24.70</b>	<b>04:04:34.60</b>	+01:57:21 (48.0%)	10:24	5.8 (52.3%)
132	<b>OLIWA Edward</b>	<b>540</b>	-	M3	6	00:37:41	01:27:51	03:20:26	<b>04:06:13.40</b>	<b>04:06:35.95</b>	+01:59:22 (48.4%)	10:28	5.7 (51.4%)
133	<b>HOŁUJ Andrzej</b>	<b>473</b>		M3	7	00:48:21	01:50:23	03:20:35	<b>04:07:43.35</b>	<b>04:07:56.20</b>	+02:00:43 (48.7%)	10:32	5.7 (51.4%)
134	<b>KUPIŃSKI Daniel</b>	<b>579</b>		M1	62	00:47:52	01:51:32	03:20:07	<b>04:08:12.60</b>	<b>04:08:35.05</b>	+02:01:21 (48.8%)	10:33	5.7 (51.4%)
135	<b>MATUSIEWICZ Karol</b>	<b>445</b>		M2	66	00:46:05	01:49:21	03:19:41	<b>04:08:49.30</b>	<b>04:08:56.30</b>	+02:01:43 (48.9%)	10:35	5.7 (51.4%)
136	<b>JĘDRZEJCZAK Bartosz</b>	<b>582</b>	LEONARDO TEAM	M2	67	00:46:50	01:49:08	03:22:36	<b>04:09:32.40</b>	<b>04:09:58.05</b>	+02:02:44 (49.1%)	10:37	5.7 (51.4%)
137	<b>ZIÓŁEK Andrzej</b>	<b>631</b>	RYKOWISKO	M2	68	00:48:54	01:55:21	03:27:51	<b>04:13:25.55</b>	<b>04:13:49.60</b>	+02:06:36 (49.9%)	10:47	5.6 (50.5%)
138	<b>LIPIŃSKI Krzysztof</b>	<b>440</b>		M2	69	00:51:29	01:57:47	03:24:14	<b>04:13:31.15</b>	<b>04:13:56.50</b>	+02:06:43 (49.9%)	10:47	5.6 (50.5%)
139	<b>GRAJNY Piotr</b>	<b>585</b>	MOCNI POMOCNI	M2	70	00:39:35	01:32:01	03:18:50	<b>04:13:42.35</b>	<b>04:14:00.05</b>	+02:06:46 (49.9%)	10:47	5.6 (50.5%)
140	<b>MONETA Piotr</b>	<b>508</b>	DZIĘCIOŁ Z CHĘCIĄ PIEŃ CIAŁ	M1	63	00:41:50	01:45:04	03:22:27	<b>04:14:41.10</b>	<b>04:14:55.30</b>	+02:07:42 (50.1%)	10:50	5.5 (49.5%)
141	<b>HETEL Adam</b>	<b>404</b>	KLUB BIERACZA EURO	M1	64	00:49:43	01:55:25	03:29:15	<b>04:15:10.25</b>	<b>04:15:26.80</b>	+02:08:13 (50.2%)	10:51	5.5 (49.5%)
142	<b>GÓRNICKI Wojciech</b>	<b>513</b>	ROAD RUNNER PIPI	M2	71	00:44:47	01:48:41	03:19:23	<b>04:16:52.15</b>	<b>04:17:05.10</b>	+02:09:51 (50.5%)	10:55	5.5 (49.5%)
143	<b>FIĄCEK Adam</b>	<b>427</b>		M2	72	00:45:53	01:47:54	03:23:44	<b>04:19:00.95</b>	<b>04:19:24.20</b>	+02:12:11 (51.0%)	11:01	5.4 (48.6%)
144	<b>MOCEK Paweł</b>	<b>414</b>	BWOTR.PL BLOG BIEGOWY	M2	73	00:48:17	01:57:57	03:29:59	<b>04:19:27.40</b>	<b>04:19:42.20</b>	+02:12:29 (51.0%)	11:02	5.4 (48.6%)
145	<b>POCIĘGIEL Michał</b>	<b>516</b>		M1	65	00:47:34	01:51:48	03:27:24	<b>04:20:34.55</b>	<b>04:20:58.15</b>	+02:13:44 (51.3%)	11:05	5.4 (48.6%)
146	<b>WARAKOMSKI Tomasz</b>	<b>574</b>	TRUCHTACZ MIECHOWICE	M3	8	00:48:36	01:50:14	03:29:34	<b>04:24:31.55</b>	<b>04:24:58.60</b>	+02:17:45 (52.0%)	11:15	5.3 (47.7%)
147	<b>URYĆ Dariusz</b>	<b>545</b>		M2	74	00:42:01	01:48:06	03:33:12	<b>04:24:56.65</b>	<b>04:25:06.35</b>	+02:17:53 (52.0%)	11:16	5.3 (47.7%)
148	<b>KĘSICKI Robert</b>	<b>548</b>		M1	66	00:35:47	01:29:05	03:48:08	<b>04:27:37.20</b>	<b>04:27:40.20</b>	+02:20:27 (52.5%)	11:23	5.3 (47.7%)
149	<b>MAZUREK Dariusz</b>	<b>483</b>	WKURW_TEAM	M1	67	00:39:28	01:31:14	03:46:32	<b>04:28:13.55</b>	<b>04:28:41.70</b>	+02:21:28 (52.7%)	11:24	5.3 (47.7%)
150	<b>PELCNER Marcin</b>	<b>598</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M2	75	00:47:34	01:55:34	03:35:45	<b>04:29:43.75</b>	<b>04:29:56.80</b>	+02:22:43 (52.9%)	11:28	5.2 (46.8%)
151	<b>CZYŻYKOWSKI Kordian</b>	<b>635</b>		M2	76	00:43:45	01:56:00	03:38:49	<b>04:34:11.05</b>	<b>04:34:15.75</b>	+02:27:02 (53.6%)	11:40	5.1 (45.9%)
152	<b>DUKIELSKI Grzegorz</b>	<b>521</b>	STARE DZIADY	M2	77	00:40:08	01:50:36	03:26:52	<b>04:35:05.70</b>	<b>04:35:19.70</b>	+02:28:06 (53.8%)	11:42	5.1 (45.9%)
153	<b>STYPA Jerzy</b>	<b>437</b>	STO-NOGI MILANÓWEK	M3	9	00:49:26	01:57:29	03:42:28	<b>04:35:53.70</b>	<b>04:36:12.50</b>	+02:28:59 (53.9%)	11:44	5.1 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P6_Plaj			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	P3_Babia 9km	P5_Markowe 17.6km	23.5km	23.5km			
154	ŚMIGIELSKI Piotr	676		M2	78	00:49:03	01:55:28	03:42:16	04:36:27.85	04:36:56.30	+02:29:43 (54.1%)	11:45	5.1 (45.9%)
155	JANIAK Mariusz	490	CZERWONE KOGUTY	M2	79	00:51:03	01:59:54	03:42:52	04:41:42.35	04:41:42.35	+02:34:29 (54.8%)	11:59	5 (45.0%)
156	MŁYŃSKI Tomasz	665		M1	68	00:48:54	01:55:56	03:42:36	04:43:21.40	04:43:35.70	+02:36:22 (55.1%)	12:03	5 (45.0%)
157	LEWANDOWSKI Krzysztof	668	1966	M3	10	00:48:57	02:03:41	03:51:42	04:43:48.00	04:44:14.20	+02:37:01 (55.2%)	12:04	5 (45.0%)
158	PAK Dominik	657		M1	69	00:48:22	02:01:36	03:42:31	04:47:00.85	04:47:13.35	+02:40:00 (55.7%)	12:12	4.9 (44.1%)
159	STARZYK Sławek	673		M2	80	00:49:48	02:03:37	03:50:26	04:47:02.20	04:47:29.25	+02:40:16 (55.7%)	12:12	4.9 (44.1%)
160	KOCOŁOWSKI Jurek	614		M3	11	00:48:21	02:01:34	03:42:30	04:47:24.50	04:47:36.95	+02:40:23 (55.8%)	12:13	4.9 (44.1%)
161	SZCZUREK Andrzej	568		M3	12	00:48:06	02:08:16	03:54:47	04:48:14.95	04:48:28.05	+02:41:14 (55.9%)	12:15	4.9 (44.1%)
162	RADWAŃSKI Maciej	590		M1	70	00:52:23	02:08:29	03:53:05	04:49:47.40	04:50:01.80	+02:42:48 (56.1%)	12:19	4.9 (44.1%)
163	STRZYŻ Ryszard	561	CHORZOWSKA GRUPA BIEGOWA	M2	81	00:50:12	02:01:10	03:54:19	04:52:17.25	04:52:34.10	+02:45:20 (56.5%)	12:26	4.8 (43.2%)
164	KAIM Antoni	653		M3	13	00:48:57	02:09:41	03:58:41	04:53:38.70	04:54:00.95	+02:46:47 (56.7%)	12:29	4.8 (43.2%)
165	ZEMŁA Krzysztof	583		M3	14	00:49:42	02:08:33	04:00:47	04:55:35.25	04:56:01.85	+02:48:48 (57.0%)	12:34	4.8 (43.2%)
166	OTRĘBSKI Tomasz	588	-	M2	82	00:50:41	02:03:34	03:56:48	04:56:55.40	04:57:22.45	+02:50:09 (57.2%)	12:38	4.7 (42.3%)
167	MZYK Fabian	534	BBL MIKOŁÓW	M2	83	00:47:59	02:09:53	04:02:45	05:01:08.30	05:01:20.40	+02:54:07 (57.8%)	12:48	4.7 (42.3%)
168	GIERADA Mateusz	620	NIGHT RUNNERS GLIWICE	M1	71	00:47:44	02:03:44	03:58:52	05:04:46.90	05:04:59.15	+02:57:45 (58.3%)	12:58	4.6 (41.4%)
169	MALINOWSKI Łukasz	580		M1	72	00:49:14	02:01:32	04:04:22	05:09:08.80	05:09:30.80	+03:02:17 (58.9%)	13:09	4.6 (41.4%)
170	GMITRZUK Robert	571	KLUB BIEGACZA JURUND SZCZYTNO	M3	15	00:50:26	02:08:51	04:07:44	05:10:49.35	05:10:55.30	+03:03:42 (59.1%)	13:13	4.5 (40.5%)
171	POZNAŃSKI Tomasz	628	HAPPY TRI FRIENDS	M2	84	00:55:15	02:16:29	04:14:47	05:13:19.85	05:13:45.40	+03:06:32 (59.5%)	13:20	4.5 (40.5%)
172	MACHAŁA Tomasz	475		M2	85	00:55:03	02:16:22	04:15:46	05:18:09.65	05:18:31.25	+03:11:18 (60.1%)	13:32	4.4 (39.6%)
173	KRUK Łukasz	556		M2	86	00:58:40	02:14:23	04:16:56	05:32:13.55	05:32:32.10	+03:25:18 (61.7%)	14:08	4.2 (37.8%)
174	ZDUNEK Waldemar	505	BÓBR TŁUSZCZ	M3	16	00:55:17	02:26:33	04:29:43	05:40:36.60	05:40:58.30	+03:33:45 (62.7%)	14:29	4.1 (36.9%)
175	POLANSKI Adrian	601		M2	87								(0.0%)
DNC	CABAJ Rafał	415	BIEGUSIEM.PL	M2		00:56:24	02:29:55	05:11:57	06:10:37.60	06:10:45.80		-	- (0.0%)
	NADKAŃSKI Marek	502	MOK MSZANA DOLNA	M3		00:33:18 DNF	01:20:18 DNF	02:21:49 DNF	DNF	DNF		-	- (0.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P6_Plaj 5km	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
	<b>WIĘCŁAWSKI Michał</b>	<b>418</b>		M1		00:34:09 DNF	01:21:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 178 wynik(ów)