

# BIEG K-B-L - 110 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-16  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 110 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>KASZUBA Michał</b>	<b>3254</b>	GRUPA NOMAX	Masters M - 40	1	01:29:32	03:46:03	07:22:39	09:10:45	10:40:00	<b>11:46:42.20</b>		6:25	9.3 (100%)
2	<b>PRZYBYLSKI Łukasz</b>	<b>3332</b>	KS IDMAR	Masters M - 40	2	01:28:42	03:51:54	07:37:48	09:16:55	10:43:08	<b>11:49:41.95</b>	+00:02:59 (0.4%)	6:27	9.3 (100%)
3	<b>WILK Maciej</b>	<b>3144</b>	RAMBO 3	Masters M - 40	3	01:24:51	03:42:42	07:30:58	09:19:59	10:57:21	<b>12:06:42.65</b>	+00:20:00 (2.8%)	6:36	9.1 (97.8%)
4	<b>ŚCIESZKA Wojciech</b>	<b>3133</b>	13 ELT KRAKÓW-BALICE	Masters M - 40	4	01:32:27	04:05:13	07:47:56	09:35:29	11:09:22	<b>12:18:05.50</b>	+00:31:23 (4.3%)	6:42	8.9 (95.7%)
5	<b>CZERBIAK Norbert</b>	<b>3176</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	5	01:33:43	04:09:38	07:45:48	09:35:54	11:07:13	<b>12:25:03.55</b>	+00:38:21 (5.1%)	6:46	8.9 (95.7%)
6	<b>JĘDRYCA Przemysław</b>	<b>3298</b>	SPARTA ULTRA TEAM	Masters M - 40	6	01:38:13	04:22:36	08:14:55	10:14:36	11:53:46	<b>13:13:01.00</b>	+01:26:18 (10.9%)	7:12	8.3 (89.2%)
7	<b>BARTYZEL Marek</b>	<b>3185</b>		Masters M - 40	7	01:32:38	04:04:55	08:01:23	09:58:26	11:48:36	<b>13:13:13.05</b>	+01:26:30 (10.9%)	7:12	8.3 (89.2%)
8	<b>KYCIA Piotr</b>	<b>3138</b>		Masters M - 40	8	01:51:14	04:38:06	08:45:29	10:47:33	12:34:25	<b>13:52:33.70</b>	+02:05:51 (15.1%)	7:34	7.9 (84.9%)
9	<b>KALINOWSKI Tomasz</b>	<b>3085</b>		Masters M - 40	9	01:53:15	04:51:50	08:53:46	10:54:06	12:40:11	<b>14:05:38.90</b>	+02:18:56 (16.4%)	7:41	7.8 (83.9%)
10	<b>PAPRZYCKI Rafał</b>	<b>3267</b>	NBR TEAM	Masters M - 40	10	01:45:29	04:40:17	08:44:52	10:49:52	12:40:36	<b>14:08:09.85</b>	+02:21:27 (16.7%)	7:42	7.8 (83.9%)
11	<b>DYRKA Krzysztof</b>	<b>3141</b>	POLITECHNIKA POZNAŃSKA	Masters M - 40	11	01:55:08	04:54:31	08:56:29	10:57:06	12:42:51	<b>14:08:20.30</b>	+02:21:38 (16.7%)	7:42	7.8 (83.9%)
12	<b>POLAK Stanisław</b>	<b>3330</b>	SBG PODBIEG	Masters M - 40	12	01:40:40	04:33:32	08:59:24	11:04:36	12:55:00	<b>14:22:39.55</b>	+02:35:57 (18.1%)	7:50	7.7 (82.8%)
13	<b>MICHALOWSKI Marcin</b>	<b>3034</b>	#MARCINSWIERTTEAM	Masters M - 40	13	01:49:29	04:47:28	09:21:33	11:32:22	13:23:46	<b>14:51:45.20</b>	+03:05:03 (20.8%)	8:06	7.4 (79.6%)
14	<b>JACHYMIAK Robert</b>	<b>3154</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	Masters M - 40	14	01:44:48	04:46:22	09:34:03	11:42:19	13:33:31	<b>14:53:21.30</b>	+03:06:39 (20.9%)	8:07	7.4 (79.6%)
15	<b>LONC Tomasz</b>	<b>3145</b>		Masters M - 40	15	02:03:22	05:23:01	09:47:52	11:56:21	13:35:54	<b>14:56:07.25</b>	+03:09:25 (21.1%)	8:08	7.4 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	netto 110km			
16	<b>KOLMAN Piotr</b>	<b>3256</b>	ENDORFINA WSCHOWA	Masters M - 40	16	02:00:11	05:10:52	09:40:47	11:53:31	13:47:34	<b>14:59:07.80</b>	+03:12:25 (21.4%)	8:10	7.3 (78.5%)
17	<b>DARCHUK Oleksandr</b>	<b>3285</b>	DRPT	Masters M - 40	17	01:54:37	05:05:28	09:39:06	11:42:06	13:38:15	<b>15:05:08.95</b>	+03:18:26 (21.9%)	8:13	7.3 (78.5%)
18	<b>SZRAMOWIAT Marek</b>	<b>3329</b>	BRITA	Masters M - 40	18	01:54:48	04:55:07	09:30:58	11:41:12	13:38:30	<b>15:09:12.85</b>	+03:22:30 (22.3%)	8:15	7.3 (78.5%)
19	<b>SCHWITALLA Adrian</b>	<b>3188</b>	MKS SIECHNICE	Masters M - 40	19	01:51:02	05:09:05	09:43:15	11:55:19	13:48:05	<b>15:16:59.20</b>	+03:30:17 (22.9%)	8:20	7.2 (77.4%)
20	<b>GAWLIK Marcin</b>	<b>3113</b>	MKS SIECHNICE	Masters M - 40	20	01:51:14	05:09:15	09:43:26	11:55:37	13:48:15	<b>15:17:07.15</b>	+03:30:24 (22.9%)	8:20	7.2 (77.4%)
21	<b>GRZYBOWSKI Rafał</b>	<b>3012</b>		Masters M - 40	21	01:53:00	05:05:14	09:37:51	11:51:30	13:51:03	<b>15:17:19.35</b>	+03:30:37 (23.0%)	8:20	7.2 (77.4%)
22	<b>ZAJĄC Leszek</b>	<b>3178</b>	L.O.T.A.Z/SOKÓŁ BUKÓWIEC GÓRNY	Masters M - 40	22	02:00:15	05:20:13	10:00:31	12:05:25	14:01:36	<b>15:25:14.55</b>	+03:38:32 (23.6%)	8:24	7.1 (76.3%)
23	<b>SŁOTWIŃSKI Adam</b>	<b>3217</b>		Masters M - 40	23	01:55:46	05:11:27	09:54:08	12:13:22	14:02:13	<b>15:34:22.45</b>	+03:47:40 (24.4%)	8:29	7.1 (76.3%)
24	<b>KROK Sławomir</b>	<b>3333</b>		Masters M - 40	24	01:48:12	04:55:31	09:36:49	11:52:42	14:02:51	<b>15:34:31.90</b>	+03:47:49 (24.4%)	8:29	7.1 (76.3%)
25	<b>HARĘŻLAK Krzysztof</b>	<b>3148</b>	AGB TORFY	Masters M - 40	25	01:46:09	04:45:06	09:37:45	12:10:20	14:09:46	<b>15:34:55.65</b>	+03:48:13 (24.4%)	8:29	7.1 (76.3%)
26	<b>WINIARSKI Andrzej</b>	<b>3110</b>	DXTREEM RUNNING	Masters M - 40	26	01:48:55	04:50:23	09:28:21	11:59:48	14:00:59	<b>15:35:32.80</b>	+03:48:50 (24.5%)	8:30	7.1 (76.3%)
27	<b>TOMCZAK Waldek</b>	<b>3152</b>		Masters M - 40	27	01:56:34	05:16:27	09:57:48	12:02:40	14:00:58	<b>15:37:16.25</b>	+03:50:34 (24.6%)	8:31	7 (75.3%)
28	<b>PRAŁAT Tomasz</b>	<b>3062</b>	MARATON LESZNO	Masters M - 40	28	01:53:42	05:10:00	09:45:01	12:06:16	14:08:17	<b>15:40:43.40</b>	+03:54:01 (24.9%)	8:33	7 (75.3%)
29	<b>GOSTYŃSKI Krzysztof</b>	<b>3196</b>		Masters M - 40	29	01:53:11	05:08:05	09:57:45	12:08:56	14:18:14	<b>15:47:21.90</b>	+04:00:39 (25.4%)	8:36	7 (75.3%)
30	<b>PAWŁOWSKI Piotr</b>	<b>3124</b>		Masters M - 40	30	01:42:13	04:24:40	08:41:18	12:08:12	14:14:11	<b>15:51:35.85</b>	+04:04:53 (25.7%)	8:39	6.9 (74.2%)
31	<b>GRODZKI Tomasz</b>	<b>3017</b>	ULTRAS Z NAD MORZA	Masters M - 40	31	01:49:18	04:45:27	09:45:31	12:16:51	14:17:17	<b>15:54:16.45</b>	+04:07:34 (25.9%)	8:40	6.9 (74.2%)
32	<b>WOJCIECHOWICZ Jacek</b>	<b>3248</b>	WWW.STUDIOTANCAPASJA.PL	Masters M - 40	32	01:49:42	04:51:55	09:45:38	12:17:09	14:17:28	<b>15:54:26.20</b>	+04:07:44 (26.0%)	8:40	6.9 (74.2%)
33	<b>KONIECZNY Maciej</b>	<b>3024</b>	MK-CONNECT	Masters M - 40	33	01:42:59	04:47:34	09:43:05	12:16:14	14:23:42	<b>16:06:51.70</b>	+04:20:09 (26.9%)	8:47	6.8 (73.1%)
34	<b>PUCHACZ Piotr</b>	<b>3180</b>	MPK WYBIEGANIE	Masters M - 40	34	02:02:36	05:17:53	10:13:25	12:35:02	14:42:12	<b>16:17:08.30</b>	+04:30:26 (27.7%)	8:52	6.8 (73.1%)
35	<b>POLIWKA Mariusz</b>	<b>3319</b>	FITNES PIEKARY LEGNICA	Masters M - 40	35	01:59:50	05:19:23	10:04:48	12:21:24	14:38:16	<b>16:20:24.75</b>	+04:33:42 (27.9%)	8:54	6.7 (72.0%)
36	<b>PAWLUCZUK Tomek</b>	<b>3227</b>	WŚCIEKŁE PIĘŚCI WĘŻA	Masters M - 40	36	01:55:51	05:13:43	10:13:22	12:32:04	14:44:00	<b>16:24:11.80</b>	+04:37:29 (28.2%)	8:56	6.7 (72.0%)
37	<b>GRAMACKI Maciej</b>	<b>3284</b>	WINTERCAMP.PL	Masters M - 40	37	01:56:37	05:23:31	10:22:43	12:53:21	15:01:46	<b>16:35:51.45</b>	+04:49:09 (29.0%)	9:03	6.6 (71.0%)
38	<b>PRZYBYLSKI Piotr</b>	<b>3245</b>		Masters M - 40	38	02:06:06	05:33:52	10:33:58	13:00:34	15:06:39	<b>16:44:19.25</b>	+04:57:37 (29.6%)	9:07	6.6 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
39	<b>ZAKRZEWSKI Krzysztof</b>	<b>3312</b>	3:33 TEAM	Masters M - 40	39	02:01:52	05:31:10	10:32:33	13:09:07	15:17:55	<b>16:45:25.60</b>	+04:58:43 (29.7%)	9:08	6.6 (71.0%)
40	<b>KOWALEWSKI Marcin</b>	<b>3210</b>	CRIIM	Masters M - 40	40	02:00:41	05:32:43	10:36:24	12:50:08	14:59:55	<b>16:45:27.25</b>	+04:58:45 (29.7%)	9:08	6.6 (71.0%)
41	<b>PARA Jakub</b>	<b>3226</b>	LESZ NO LIMITS RUNNERS	Masters M - 40	41	01:58:19	05:19:41	10:39:53	13:10:03	15:21:27	<b>16:50:06.25</b>	+05:03:24 (30.0%)	9:10	6.5 (69.9%)
42	<b>MORCINEK Marcin</b>	<b>3277</b>	BLUSZCZA	Masters M - 40	42	02:02:52	05:34:19	10:45:34	13:18:38	15:20:15	<b>16:55:18.70</b>	+05:08:36 (30.4%)	9:13	6.5 (69.9%)
43	<b>KOSTERA Tomasz</b>	<b>3060</b>	VEGE RUNNERS	Masters M - 40	43	02:02:55	05:39:30	10:46:50	13:18:20	15:30:24	<b>17:03:43.10</b>	+05:17:00 (31.0%)	9:18	6.4 (68.8%)
44	<b>GRUBICH Damian</b>	<b>3014</b>		Masters M - 40	44	02:00:45	05:49:05	10:55:44	13:17:54	15:30:50	<b>17:07:17.45</b>	+05:20:35 (31.2%)	9:20	6.4 (68.8%)
45	<b>ODIJA Leszek</b>	<b>3249</b>		Masters M - 40	45	02:03:56	05:25:30	10:08:21	13:08:20	15:27:18	<b>17:18:08.70</b>	+05:31:26 (31.9%)	9:26	6.4 (68.8%)
46	<b>KOWALCZYK Paweł</b>	<b>3305</b>	KĘCKIE HARPAGANY	Masters M - 40	46	02:00:27	05:22:14	10:24:31	13:08:47	15:30:04	<b>17:21:01.05</b>	+05:34:18 (32.1%)	9:27	6.3 (67.7%)
47	<b>BRZozowski Rafał</b>	<b>3328</b>		Masters M - 40	47	02:07:58	05:55:14	11:00:06	13:27:40	15:44:49	<b>17:22:29.30</b>	+05:35:47 (32.2%)	9:28	6.3 (67.7%)
48	<b>GRABICKI Sebastian</b>	<b>3069</b>		Masters M - 40	48	02:02:06	05:29:23	10:47:11	13:33:13	15:52:27	<b>17:26:04.80</b>	+05:39:22 (32.4%)	9:30	6.3 (67.7%)
49	<b>LEWANDOWSKI Janusz</b>	<b>3076</b>		Masters M - 40	49	02:05:33	05:53:19	11:04:25	13:44:58	16:03:02	<b>17:44:00.65</b>	+05:57:18 (33.6%)	9:40	6.2 (66.7%)
50	<b>ZAKRZYNSKI Franciszek</b>	<b>3101</b>		Masters M - 40	50	02:01:24	05:35:00	11:15:06	13:44:57	16:07:47	<b>17:46:22.80</b>	+05:59:40 (33.7%)	9:41	6.2 (66.7%)
51	<b>LIPCZAK Amadeusz</b>	<b>3104</b>		Masters M - 40	51	02:03:59	05:52:02	11:07:46	13:35:52	15:58:59	<b>17:48:25.70</b>	+06:01:43 (33.9%)	9:42	6.2 (66.7%)
52	<b>WIŚNIEWSKI Michał</b>	<b>3198</b>	INVICTA POWER TEAM	Masters M - 40	52	02:10:49	05:46:26	11:40:49	14:10:43	16:31:03	<b>17:56:55.95</b>	+06:10:13 (34.4%)	9:47	6.1 (65.6%)
53	<b>MIKRUT Remigiusz</b>	<b>3087</b>		Masters M - 40	53	02:00:42	05:32:53	10:36:38	13:46:18	16:22:07	<b>18:06:06.10</b>	+06:19:23 (34.9%)	9:52	6.1 (65.6%)
54	<b>KAMIŃSKI Marek</b>	<b>3092</b>		Masters M - 40	54	02:07:30	05:49:59	11:04:50	13:58:19	16:24:38	<b>18:07:58.35</b>	+06:21:16 (35.0%)	9:53	6.1 (65.6%)
55	<b>ŁUSZCZAKIEWICZ Tomasz</b>	<b>3032</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Masters M - 40	55	02:09:41	05:56:58	11:24:36	14:09:00	16:32:47	<b>18:10:27.15</b>	+06:23:44 (35.2%)	9:54	6.1 (65.6%)
56	<b>FALKENBERG Ludwik</b>	<b>3044</b>	WARIAT BIEGA.	Masters M - 40	56	01:52:16	05:18:37	11:32:34	14:29:21	16:47:14	<b>18:15:12.90</b>	+06:28:30 (35.5%)	9:57	6 (64.5%)
57	<b>KORECKI Andrzej</b>	<b>3336</b>		Masters M - 40	57	01:57:49	06:30:20	11:59:10	14:33:20	16:41:51	<b>18:19:54.60</b>	+06:33:12 (35.7%)	9:59	6 (64.5%)
58	<b>GRZYWINSKI Bartosz</b>	<b>3161</b>		Masters M - 40	58	02:04:01	05:57:46	11:26:55	14:15:42	16:42:04	<b>18:27:27.75</b>	+06:40:45 (36.2%)	10:04	6 (64.5%)
59	<b>FRAĆKOWIAK Jacek</b>	<b>3289</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Masters M - 40	59	02:06:28	05:53:30	11:26:12	14:17:20	16:46:19	<b>18:28:37.60</b>	+06:41:55 (36.3%)	10:04	6 (64.5%)
60	<b>TOJZA Tomasz</b>	<b>3150</b>		Masters M - 40	60	02:01:14	05:51:21	11:25:44	14:19:01	16:41:26	<b>18:31:59.85</b>	+06:45:17 (36.4%)	10:06	5.9 (63.4%)
61	<b>PTAK Adam</b>	<b>3123</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	61	02:12:55	06:05:53	11:14:47	14:08:49	16:36:21	<b>18:33:54.45</b>	+06:47:12 (36.6%)	10:07	5.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A13	A14	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						15km	40km	70km	85km	98km	110km			
62	<b>HACUŚ Tomasz</b>	<b>3063</b>		Masters M - 40	62	02:11:49	06:04:10	11:11:17	14:03:54	16:32:17	<b>18:33:58.75</b>	+06:47:16 (36.6%)	10:07	5.9 (63.4%)
63	<b>LORANC Paweł</b>	<b>3304</b>	WILD BUCHAYS	Masters M - 40	63	02:07:10	05:50:38	11:27:24	14:12:03	16:32:36	<b>18:34:25.55</b>	+06:47:43 (36.6%)	10:07	5.9 (63.4%)
64	<b>KOŁODZIEJSKI Jarek</b>	<b>3068</b>	NWZNBHC	Masters M - 40	64	02:13:17	06:06:37	11:15:26	14:09:09	16:36:56	<b>18:34:44.45</b>	+06:48:02 (36.6%)	10:08	5.9 (63.4%)
65	<b>DZIUBEK Michał</b>	<b>3171</b>	W POGONI ZA DUCHEM	Masters M - 40	65	01:56:50	05:11:47	10:37:42	13:39:47	16:31:07	<b>18:43:43.05</b>	+06:57:00 (37.1%)	10:12	5.9 (63.4%)
66	<b>SKRZEK Marcin</b>	<b>3190</b>	PRO-RUN WROCŁAW	Masters M - 40	66	02:09:26	05:58:20	11:22:07	14:25:21	17:00:51	<b>18:43:58.35</b>	+06:57:16 (37.1%)	10:13	5.9 (63.4%)
67	<b>NAPIERAŁA Marcin</b>	<b>3002</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	67	02:07:52	05:53:08	11:14:56	14:17:33	16:54:32	<b>18:44:21.50</b>	+06:57:39 (37.1%)	10:13	5.9 (63.4%)
68	<b>JERCZYŃSKI Tomasz</b>	<b>3106</b>	GRUPA BIEGOWA ŁĘKA OPATOWSKA	Masters M - 40	68	02:07:35	06:22:06	12:33:14	15:01:34	17:08:38	<b>18:45:01.80</b>	+06:58:19 (37.2%)	10:13	5.9 (63.4%)
69	<b>MODLISZEWSKI Dariusz</b>	<b>3119</b>	ORANGE POLSKA	Masters M - 40	69	02:03:54	05:55:24	11:26:01	14:15:46	16:53:14	<b>18:50:45.75</b>	+07:04:03 (37.5%)	10:16	5.8 (62.4%)
70	<b>DĘBICKI Mariusz</b>	<b>3122</b>	LOTTO	Masters M - 40	70	02:03:45	05:55:19	11:25:55	14:36:27	17:04:55	<b>18:50:56.45</b>	+07:04:14 (37.5%)	10:16	5.8 (62.4%)
71	<b>TRZECIAK Andrzej</b>	<b>3165</b>	KGHM COPI RUN	Masters M - 40	71	02:05:41	05:48:53	11:32:21	14:38:09	17:14:58	<b>18:54:31.05</b>	+07:07:48 (37.7%)	10:18	5.8 (62.4%)
72	<b>MAZEPA Tomasz</b>	<b>3224</b>	TOMEKM.SKÓRA	Masters M - 40	72	02:08:40	06:04:43	11:40:56	14:39:02	17:15:57	<b>18:57:28.80</b>	+07:10:46 (37.9%)	10:20	5.8 (62.4%)
73	<b>CHOMICZ Tomasz</b>	<b>3345</b>	JAĆWINGOWIE ZAPOMNIANI WOJOWNICY	Masters M - 40	73	02:01:03	06:16:07	12:08:21	14:57:49	17:10:48	<b>19:00:00.60</b>	+07:13:18 (38.0%)	10:21	5.8 (62.4%)
74	<b>GRABIŃSKI Waldemar</b>	<b>3340</b>	ROGOZIŃSKI KLUB BIEGACZA	Masters M - 40	74	02:21:12	06:33:22	12:18:58	14:56:03	17:18:47	<b>19:03:42.20</b>	+07:17:00 (38.2%)	10:23	5.8 (62.4%)
75	<b>SAMBORSKI Bartosz</b>	<b>3037</b>	WKURW_TEAM	Masters M - 40	75	02:08:29	06:14:25	12:40:36	15:44:25	17:48:06	<b>19:22:36.00</b>	+07:35:53 (39.2%)	10:34	5.7 (61.3%)
76	<b>GROCHOWSKI Tomasz</b>	<b>3055</b>	SPARTA RUNNERS	Masters M - 40	76	02:05:22	05:33:41	11:36:04	14:42:59	17:21:21	<b>19:23:34.65</b>	+07:36:52 (39.3%)	10:34	5.7 (61.3%)
77	<b>DWORNICKI Tomasz</b>	<b>3338</b>	RYBNICKA GRUPA BIEGOWA	Masters M - 40	77	02:13:05	06:08:57	11:57:53	14:54:27	17:28:41	<b>19:26:33.40</b>	+07:39:51 (39.4%)	10:36	5.7 (61.3%)
78	<b>WIŚNIEWSKI Mariusz</b>	<b>3071</b>		Masters M - 40	78	02:05:34	05:58:14	11:38:15	14:40:45	17:31:35	<b>19:34:17.65</b>	+07:47:35 (39.8%)	10:40	5.6 (60.2%)
79	<b>BORKO Ryszard</b>	<b>3146</b>	KS PIDRINA GDYNIA	Masters M - 40	79	02:20:49	06:33:42	12:21:46	14:59:38	17:32:04	<b>19:37:09.80</b>	+07:50:27 (40.0%)	10:42	5.6 (60.2%)
80	<b>JASICKI Krzysztof</b>	<b>3040</b>		Masters M - 40	80	02:15:10	06:23:22	12:10:14	14:55:46	17:29:21	<b>19:40:02.10</b>	+07:53:19 (40.1%)	10:43	5.6 (60.2%)
81	<b>BUTRYN Wojciech</b>	<b>3270</b>	BEZ PRZYNALEŻNOŚCI	Masters M - 40	81	02:11:17	05:44:53	11:38:28	14:40:59	17:33:46	<b>19:51:59.90</b>	+08:05:17 (40.7%)	10:50	5.5 (59.1%)
82	<b>KASPRZYK Adrian</b>	<b>3344</b>	LESZ NO LIMITS RUNNERS	Masters M - 40	82	02:18:09	06:45:22	12:38:15	15:32:01	18:00:22	<b>19:55:09.35</b>	+08:08:27 (40.9%)	10:51	5.5 (59.1%)
83	<b>SIKORA Grzegorz</b>	<b>3219</b>	MCBIEGACZE	Masters M - 40	83	02:06:13	05:55:17	12:05:01	15:25:55	18:14:36	<b>20:04:20.45</b>	+08:17:38 (41.3%)	10:56	5.5 (59.1%)
84	<b>BABIRECKI Krzysztof</b>	<b>3108</b>	FU FU FU TEAM	Masters M - 40	84	01:59:03	06:33:32	13:16:26	16:12:55	18:34:15	<b>20:06:44.20</b>	+08:20:02 (41.4%)	10:58	5.5 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
85	<b>MOLEND</b> Michał	<b>3135</b>		Masters M - 40	85	02:19:31	06:44:13	12:55:52	16:02:43	18:29:34	<b>20:08:32.80</b>	+08:21:50 (41.5%)	10:59	5.5 (59.1%)
86	<b>NOWOSŁAWSKI</b> Krzysztof	<b>3169</b>	IRRACJONALNIE MASZERUJĄCY	Masters M - 40	86	02:16:19	06:43:41	12:39:15	15:31:46	18:06:01	<b>20:12:35.10</b>	+08:25:52 (41.7%)	11:01	5.4 (58.1%)
87	<b>JARZEMBOWSKI</b> Tomasz	<b>3020</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	87	02:12:11	06:13:10	12:21:00	15:35:57	18:20:56	<b>20:26:30.05</b>	+08:39:47 (42.4%)	11:09	5.4 (58.1%)
88	<b>SOBCZAK</b> Mikołaj	<b>3031</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	88	02:12:31	06:13:18	12:21:11	15:37:42	18:21:03	<b>20:26:38.40</b>	+08:39:56 (42.4%)	11:09	5.4 (58.1%)
89	<b>TOMASZEWSKI</b> Dawid	<b>3252</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	89	02:12:35	06:13:34	12:21:30	15:38:07	18:21:19	<b>20:26:56.90</b>	+08:40:14 (42.4%)	11:09	5.4 (58.1%)
90	<b>ROŚLICKI</b> Jarosław	<b>3072</b>	UBEZPIECZENIA DLA AKTYWNYCH	Masters M - 40	90	02:10:47	06:16:45	12:29:58	15:39:32	18:19:02	<b>20:29:01.70</b>	+08:42:19 (42.5%)	11:10	5.4 (58.1%)
91	<b>ZNAMIEC</b> Marcin	<b>3268</b>	ULTRA KSP	Masters M - 40	91	02:14:52	06:23:36	12:21:54	15:30:03	18:19:52	<b>20:29:21.65</b>	+08:42:39 (42.5%)	11:10	5.4 (58.1%)
92	<b>WOJTANOWICZ</b> Marcin	<b>3325</b>	BRUBECK / GUMOWE KACZKI TEAM	Masters M - 40	92	02:10:47	06:02:41	12:34:42	15:46:53	18:30:10	<b>20:33:37.75</b>	+08:46:55 (42.7%)	11:12	5.4 (58.1%)
93	<b>OŚRÓDEK</b> Piotr	<b>3324</b>	BRUBECK / GUMOWE KACZKI TEAM	Masters M - 40	93	02:10:49	06:02:45	12:34:46	15:46:01	18:30:18	<b>20:33:41.35</b>	+08:46:59 (42.7%)	11:12	5.3 (57.0%)
94	<b>LIS</b> Tomasz	<b>3220</b>	MCBIEGACZE	Masters M - 40	94	02:06:29	05:55:23	12:05:15	15:26:39	18:24:03	<b>20:35:50.35</b>	+08:49:08 (42.8%)	11:14	5.3 (57.0%)
95	<b>KRÓLICKI</b> Zbigniew	<b>3183</b>		Masters M - 40	95	02:23:12	06:46:13	12:54:06	15:53:57	18:35:57	<b>20:40:28.80</b>	+08:53:46 (43.0%)	11:16	5.3 (57.0%)
96	<b>MEDUNA</b> Zbigniew	<b>3172</b>		Masters M - 40	96	02:14:55	06:18:04	11:57:09	15:08:25	18:15:00	<b>20:41:34.15</b>	+08:54:51 (43.1%)	11:17	5.3 (57.0%)
97	<b>PAROL</b> Paweł	<b>3084</b>		Masters M - 40	97	02:11:37	06:54:56	13:21:04	16:15:10	18:50:56	<b>21:04:01.35</b>	+09:17:19 (44.1%)	11:29	5.2 (55.9%)
98	<b>MERTAS</b> Dominik	<b>3096</b>		Masters M - 40	98	02:18:19	06:47:48	12:55:49	15:45:55	18:43:09	<b>21:06:23.45</b>	+09:19:41 (44.2%)	11:30	5.2 (55.9%)
99	<b>KUBERSKI</b> Andrzej	<b>3156</b>		Masters M - 40	99	02:07:00	06:04:10	11:59:46	15:36:08	18:40:22	<b>21:16:57.75</b>	+09:30:15 (44.7%)	11:36	5.2 (55.9%)
100	<b>JERCZYŃSKI</b> Radosław	<b>3204</b>		Masters M - 40	100	02:19:57	07:23:36	13:46:51	16:46:01	19:17:06	<b>21:22:56.00</b>	+09:36:13 (44.9%)	11:39	5.1 (54.8%)
101	<b>OLESZCZAK</b> Piotr	<b>3147</b>	BIEGAM BO SĄ TACY CO NIE MOGĄ	Masters M - 40	101	02:04:44	05:52:50	12:52:31	16:20:58	19:38:10	<b>21:57:40.70</b>	+10:10:58 (46.4%)	11:58	5 (53.8%)
102	<b>WRUK</b> Remigiusz	<b>3153</b>	BIEG OPOLSKI	Masters M - 40	102	02:06:46	06:56:05	13:37:42	16:58:34	19:33:21	<b>22:13:56.10</b>	+10:27:13 (47.0%)	12:07	4.9 (52.7%)
103	<b>KWINTA</b> Maciej	<b>3276</b>		Masters M - 40	103	02:16:19	06:47:21	13:10:46	16:46:01	19:52:38	<b>22:16:12.80</b>	+10:29:30 (47.1%)	12:08	4.9 (52.7%)
104	<b>STROIŃSKI</b> Wojciech	<b>3027</b>	C&C SPORTS TEAM	Masters M - 40	104	02:24:39	06:47:21	12:59:47	16:30:33	19:37:45	<b>22:22:57.50</b>	+10:36:15 (47.4%)	12:12	4.9 (52.7%)
105	<b>GUŹDZIOŁ</b> Jarek	<b>3221</b>	TBKM WILK SOLEC KUJAWSKI	Masters M - 40	105	02:25:01	07:34:57	14:34:46	18:38:05	21:35:44	<b>23:37:39.60</b>	+11:50:57 (50.2%)	12:53	4.7 (50.5%)
106	<b>STRZELECKI</b> Krzysztof	<b>3253</b>	LEŚNE DZIADY	Masters M - 40	106	02:16:32	06:57:01	13:57:08	17:28:06	21:09:59	<b>23:46:52.15</b>	+12:00:09 (50.5%)	12:58	4.6 (49.5%)
107	<b>GARBACZ</b> Marek	<b>3251</b>	LEŚNE DZIADY	Masters M - 40	107	02:16:44	06:57:10	13:57:13	17:28:01	21:11:17	<b>23:46:53.35</b>	+12:00:11 (50.5%)	12:58	4.6 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
108	<b>KRYCH Rafał</b>	<b>3121</b>		Masters M - 40	108	02:17:47	07:29:01	14:59:19	18:32:33	21:43:57	<b>23:55:42.60</b>	+12:09:00 (50.8%)	13:03	4.6 (49.5%)
109	<b>ŁOZIŃSKI Wojciech</b>	<b>3326</b>		Masters M - 40	109	02:13:19	06:42:08	13:41:19	17:42:53	21:21:05	<b>23:58:58.25</b>	+12:12:16 (50.9%)	13:04	4.6 (49.5%)
110	<b>KANIA Krystian</b>	<b>3201</b>		Masters M - 40	110	02:13:24	06:56:49	14:24:09	18:10:33	21:40:01	<b>24:08:03.55</b>	+12:21:21 (51.2%)	13:09	4.6 (49.5%)
111	<b>CHODOROWSKI Arkadiusz</b>	<b>3262</b>	ULTRA KSP	Masters M - 40	111	02:29:43	07:18:07	15:11:59	18:50:21	22:21:49	<b>24:35:25.15</b>	+12:48:42 (52.1%)	13:24	4.5 (48.4%)
112	<b>SKARŻYŃSKI Wojciech</b>	<b>3175</b>	1973	Masters M - 40	112	02:56:22	08:42:22	16:37:09	20:40:40	24:30:12	<b>27:26:56.80</b>	+15:40:14 (57.1%)	14:58	4 (43.0%)
	<b>MAŚLANIK Piotr</b>	<b>3033</b>	QCE SPARTY	Masters M - 40		02:56:21 DNF	08:14:18 DNF	15:39:53 DNF	21:22:25 DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>FIGAS Sebastian</b>	<b>3016</b>		Masters M - 40		02:10:38 DNF	06:16:07 DNF	13:00:30 DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>FRANEK Sebastian</b>	<b>3291</b>	WLKP MOUNTAINS ULTRA	Masters M - 40		02:13:57 DNF	06:39:12 DNF	14:27:56 DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>CHOPKOWICZ Piotr</b>	<b>3094</b>		Masters M - 40		02:36:08 DNF	07:58:40 DNF	16:36:41 DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>ŻAK Marcin</b>	<b>3093</b>		Masters M - 40		02:36:12 DNF	07:58:47 DNF	16:36:46 DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>DYBEK Paweł</b>	<b>3308</b>	SALOMON SUUNTO TEAM	Masters M - 40		01:27:21 DNF	03:54:50 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KISIAŁA Filip</b>	<b>3159</b>	LACHO TEAM	Masters M - 40		01:56:52 DNF	05:30:58 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>DAWIDZIAK Jarosław</b>	<b>3036</b>	MARATON LESZNO	Masters M - 40		02:07:57 DNF	06:09:26 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>STAJER Mariusz</b>	<b>3288</b>	AMBIT RACE TEAM	Masters M - 40		02:07:53 DNF	06:09:32 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>MARCHEWKA Andrzej</b>	<b>3235</b>		Masters M - 40		02:28:34 DNF	07:06:45 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KOŚCIELNIAK Marek</b>	<b>3334</b>	MUAY RUNNING TEAM	Masters M - 40		01:57:46 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 123 wynik(ów)