



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

BIEG K-B-L - 110 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE 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	SZCZEPAŃSKI Andrzej	3494	WILD SKUNKS	Masters M - 40	1	01:35:14	04:07:10	07:58:01	09:46:00	11:26:33	12:52:26.00		7:01	8.5 (100%)
2	MORMUL Przemek	3389	DSV	Masters M - 40	2	01:34:20	04:08:32	08:01:03	09:51:08	11:36:31	13:03:09.25	+00:10:43 (1.4%)	7:07	8.4 (98.8%)
3	ŚCIESZKA Wojciech	3306	13 ELT KRAKÓW - BALICE	Masters M - 40	3	01:36:38	04:28:09	08:23:56	10:14:02	11:49:28	13:05:44.35	+00:13:18 (1.7%)	7:08	8.4 (98.8%)
4	KAMERDUŁA Łukasz	3077	#TEAMCZTERY	Masters M - 40	4	01:32:01	04:18:06	08:24:47	10:19:23	12:07:03	13:18:42.90	+00:26:16 (3.3%)	7:15	8.3 (97.6%)
5	SZAFRAŃSKI Jan	3480	PANTHERS WROCŁAW	Masters M - 40	5	01:36:17	04:12:17	08:06:24	10:10:24	12:01:51	13:21:02.80	+00:28:36 (3.6%)	7:16	8.2 (96.5%)
6	JĘDRZEJKO Tomasz	3472	KS SPRONT BIELSKO-BIAŁA_SIDOR TEAM POLSKA	Masters M - 40	6	01:42:44		09:07:04	11:06:26	12:47:39	14:02:01.80	+01:09:35 (8.3%)	7:39	7.8 (91.8%)
7	SZRAMOWIAT Marek	3433	BRITA	Masters M - 40	7	01:42:27	04:38:09	09:06:08	11:03:24	12:47:34	14:08:59.65	+01:16:33 (9.0%)	7:43	7.8 (91.8%)
8	ŚLEZIAK Jarek	3332	DANIEL WOSIK TERVEL TEAM ŻŁOTY STOK	Masters M - 40	8	01:43:46	04:44:52	09:16:17	11:22:47	13:23:07	14:46:45.25	+01:54:19 (12.9%)	8:03	7.4 (87.1%)
9	KARAMON Marcin	3340		Masters M - 40	9	01:45:37	04:57:18	09:28:33	11:31:57	13:23:18	14:49:07.85	+01:56:41 (13.1%)	8:04	7.4 (87.1%)
10	MIKULSKI Grzegorz	3318		Masters M - 40	10	01:43:56	04:44:55	09:11:49	11:19:44	13:20:47	14:50:14.90	+01:57:48 (13.2%)	8:05	7.4 (87.1%)
11	STEFANIAK Łukasz	3382		Masters M - 40	11	01:44:02	04:49:53	09:28:31	11:36:07	13:29:50	14:55:48.90	+02:03:22 (13.8%)	8:08	7.4 (87.1%)
12	SKROBAŁA Dariusz	3333	KB SOBÓTKA	Masters M - 40	12	01:43:12	04:55:57	09:21:59	11:36:50	13:34:50	15:09:38.75	+02:17:12 (15.1%)	8:16	7.3 (85.9%)
13	RINK Jan	3144		Masters M - 40	13	01:47:31	05:13:04	10:01:18	12:18:02	14:03:46	15:18:29.05	+02:26:03 (15.9%)	8:20	7.2 (84.7%)
14	SCHRODER Patrik	3355		Masters M - 40	14	01:56:51	05:19:59	10:00:52	12:04:55	13:58:46	15:20:07.75	+02:27:41 (16.1%)	8:21	7.2 (84.7%)
15	KOWALSKI Łukasz	3221	MARELLI	Masters M - 40	15	01:55:32	05:12:15	09:44:25	12:04:25	13:59:04	15:22:56.90	+02:30:30 (16.3%)	8:23	7.2 (84.7%)
16	SIWEK Jarek	3208		Masters M - 40	16	01:50:21	05:15:54	09:52:32	12:21:30	14:21:02	15:48:41.75	+02:56:15 (18.6%)	8:37	7 (82.4%)

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				
17	BARCZAK Robert	3415	MOCNA GRUPA CEZARA	Masters M - 40	17	01:59:18	05:14:04	09:57:56	12:17:05	14:15:48	15:49:32.95	+02:57:06 (18.7%)	8:37	7 (82.4%)
18	WINIARSKI Andrzej	3420	DXTREEM	Masters M - 40	18	01:46:52	04:58:49	09:51:59	12:16:27	14:27:37	15:58:58.80	+03:06:32 (19.5%)	8:43	6.9 (81.2%)
19	CHYBOWSKI Jarek	3244		Masters M - 40	19	01:54:31	05:20:02	10:32:33	12:36:22	14:35:36	15:59:44.80	+03:07:18 (19.5%)	8:43	6.9 (81.2%)
20	MIREK Grzegorz	3448	MOVE STUDIO	Masters M - 40	20	01:57:40	05:13:08	09:51:01	12:09:46	14:17:51	16:04:57.45	+03:12:31 (20.0%)	8:46	6.8 (80.0%)
21	TOKARCZYK Marcin	3313		Masters M - 40	21	01:51:11	05:05:24	09:53:54	12:06:58	14:23:21	16:06:03.50	+03:13:37 (20.0%)	8:46	6.8 (80.0%)
22	ŁUCJANEK Andrzej	3170	KAJA TEAM	Masters M - 40	22	01:46:21	04:57:06	09:19:14	11:59:38	14:31:03	16:12:24.60	+03:19:58 (20.6%)	8:50	6.8 (80.0%)
23	KARCZ Tomasz	3476	TEALTREE.PL	Masters M - 40	23	02:02:03	05:23:29	10:16:42	12:40:12	14:40:01	16:17:31.20	+03:25:05 (21.0%)	8:53	6.8 (80.0%)
24	OBRZUD Krzysztof	3255		Masters M - 40	24	01:59:02	05:29:26	10:22:27	12:39:45	14:39:44	16:24:23.25	+03:31:57 (21.5%)	8:56	6.7 (78.8%)
25	ŻABIEREK Tomasz	3447		Masters M - 40	25	01:59:28	05:25:27	10:30:23	12:58:35	14:56:10	16:25:36.55	+03:33:10 (21.6%)	8:57	6.7 (78.8%)
26	CIENIAWSKI Piotr	3092	CSRG	Masters M - 40	26	01:54:34	05:14:30	10:26:22	12:45:27	14:52:44	16:29:35.75	+03:37:09 (21.9%)	8:59	6.7 (78.8%)
27	CZYŚCIAK Krzysztof	3346	KB SOBÓTKA	Masters M - 40	27	01:52:30	05:19:39	10:16:50	12:45:19	14:52:28	16:43:27.15	+03:51:01 (23.0%)	9:07	6.6 (77.6%)
28	LISIK Wojciech	3017	KS WINO	Masters M - 40	28	02:05:41	05:41:32	10:35:14	13:02:26	15:12:10	16:44:41.05	+03:52:15 (23.1%)	9:08	6.6 (77.6%)
29	LOREK Adam	3033		Masters M - 40	29	01:50:50	05:15:14	10:12:53	12:34:21	15:06:45	16:45:15.85	+03:52:49 (23.2%)	9:08	6.6 (77.6%)
30	PODBIELSKI Krystian	3098	KAJA TEAM	Masters M - 40	30	01:51:16	05:12:21	09:52:05	12:32:30	15:03:44	16:45:22.25	+03:52:56 (23.2%)	9:08	6.6 (77.6%)
31	SZYMCZYK Michał	3148	DRUŻYNA CHROBREGO	Masters M - 40	31	02:17:23	06:05:48	11:00:03	13:17:02	15:20:20	16:57:15.30	+04:04:49 (24.1%)	9:14	6.5 (76.5%)
32	WIERZBIŃSKI Karol	3488	ULTRADZICZKI I ULTRALISICZKI	Masters M - 40	32	02:06:45	06:08:53	10:57:30	13:22:27	15:27:00	16:59:51.35	+04:07:25 (24.3%)	9:16	6.5 (76.5%)
33	TOKARZ Robert	3194		Masters M - 40	33	01:55:10	05:29:05	10:48:10	13:19:36	15:32:27	17:06:12.80	+04:13:46 (24.7%)	9:19	6.4 (75.3%)
34	BRZOZOWSKI Rafał	3496		Masters M - 40	34	02:03:46	05:30:19	10:40:02	13:10:45	15:24:59	17:12:02.60	+04:19:36 (25.2%)	9:22	6.4 (75.3%)
35	SZCZEPAŃSKI Sebastian	3404	KOPYTKO	Masters M - 40	35	02:06:32	05:50:19	10:55:48	13:36:52	15:37:12	17:15:28.95	+04:23:02 (25.4%)	9:24	6.4 (75.3%)
36	TOMASZEWSKI Michał	3140		Masters M - 40	36	02:09:32	05:45:42	10:47:48	13:17:01	15:33:39	17:15:36.30	+04:23:10 (25.4%)	9:24	6.4 (75.3%)
37	STROJEK Grzegorz	3334		Masters M - 40	37	01:56:05	05:42:01	10:52:54	13:18:32	15:34:01	17:18:37.50	+04:26:11 (25.6%)	9:26	6.4 (75.3%)
38	MOSKAŁA Remigiusz	3468		Masters M - 40	38	02:12:04	05:57:31	10:55:13	13:24:15	15:35:24	17:19:09.80	+04:26:43 (25.7%)	9:26	6.4 (75.3%)
39	PIECZARA Błażej	3357	HARPAGAN BEAST	Masters M - 40	39	01:50:58	05:19:17	10:44:31	13:28:06	15:43:06	17:21:56.90	+04:29:30 (25.9%)	9:28	6.3 (74.1%)
40	DZIURKA Rafal	3459	SKAVEN DANMARK	Masters M - 40	40	02:11:41	05:46:36	11:01:59	13:31:53	15:54:58	17:22:19.30	+04:29:53 (25.9%)	9:28	6.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas		Tempo min/km	Tempo km/h
											netto 110km	Różn		
41	WESOŁEK Marek	3177	SENTE	Masters M - 40	41	02:02:21	05:28:07	10:27:47	13:14:18	15:26:54	17:22:38.25	+04:30:12 (25.9%)	9:28	6.3 (74.1%)
42	NAPIERAŁA Marcin	3044	BIEGAJĄCE KREJZOLE	Masters M - 40	42	02:08:13	06:04:28	11:20:56	13:48:14	15:51:32	17:24:31.50	+04:32:05 (26.0%)	9:29	6.3 (74.1%)
43	KOŁODZIEJ Paweł	3056		Masters M - 40	43	02:02:40	05:46:56	11:08:07	13:27:47	15:43:51	17:28:13.10	+04:35:47 (26.3%)	9:31	6.3 (74.1%)
44	GRZEŚKOWIAK Zbigniew	3258		Masters M - 40	44	02:09:49	06:48:59	11:38:16	13:56:07	15:54:40	17:28:50.75	+04:36:24 (26.4%)	9:32	6.3 (74.1%)
45	MIELNIK Krzysztof	3023	LESZ NO LIMITS RUNNERS	Masters M - 40	45	02:03:25	05:43:50	11:03:53	13:40:41	15:56:17	17:29:16.45	+04:36:50 (26.4%)	9:32	6.3 (74.1%)
46	KOSTRZEWSKI Sławomir	3109		Masters M - 40	46	01:49:12	05:16:26	11:30:48	13:53:50	15:56:04	17:30:01.05	+04:37:35 (26.4%)	9:32	6.3 (74.1%)
47	JAKUBCZYK Rafał	3353	TRIBOYS	Masters M - 40	47	02:07:28	05:53:19	11:11:48	13:33:03	15:45:48	17:31:35.15	+04:39:09 (26.5%)	9:33	6.3 (74.1%)
48	KUBICA Bartosz	3445		Masters M - 40	48	02:04:43	05:40:41	10:55:07	13:35:21	15:49:47	17:34:23.85	+04:41:57 (26.7%)	9:35	6.3 (74.1%)
49	ŁĘCKI Piotr	3436	BP RUNNING TEAM GLIWICE	Masters M - 40	49	01:49:08	05:08:00	10:33:18	13:11:16	15:39:50	17:41:37.55	+04:49:11 (27.2%)	9:39	6.2 (72.9%)
50	BIAŁAS Tomek	3253	CONSULTAS	Masters M - 40	50	02:02:06	05:51:10	11:26:07	13:50:35	16:04:54	17:47:01.95	+04:54:35 (27.6%)	9:42	6.2 (72.9%)
51	MELLER Wojciech	3182	DRUŻYNA WILKA	Masters M - 40	51	02:14:58	06:40:31	12:00:29	14:15:49	16:18:17	17:49:14.80	+04:56:48 (27.8%)	9:43	6.2 (72.9%)
52	GĄSZCZAK Mariusz	3086	KS LENIWIEC	Masters M - 40	52	02:11:08	06:08:09	11:26:07	13:51:43	16:05:07	17:51:56.00	+04:59:30 (27.9%)	9:44	6.2 (72.9%)
53	ŁUCZYŃSKI Maciej	3288		Masters M - 40	53	02:04:42	05:29:02	10:40:04	13:20:20	15:53:31	17:52:01.35	+04:59:35 (27.9%)	9:44	6.2 (72.9%)
54	ISZCZAK Kazimierz	3190		Masters M - 40	54	02:02:05	05:58:34	11:11:35	13:48:10	16:04:33	17:54:33.15	+05:02:07 (28.1%)	9:46	6.1 (71.8%)
55	LECHAŃSKI Łukasz	3397	KS ULTRA TEAM ŁÓDŹ	Masters M - 40	55	01:54:44	05:20:13	10:45:42	13:37:09	16:15:48	17:55:10.50	+05:02:44 (28.2%)	9:46	6.1 (71.8%)
56	DORNIAK Jarosław	3117	PZU SPORT TEAM	Masters M - 40	56	02:06:00	05:42:33	11:31:11	14:10:39	16:26:22	17:58:37.95	+05:06:11 (28.4%)	9:48	6.1 (71.8%)
57	JURA Mariusz	3490	ZŁOWIESZCZE ZGRZYTNIECIE ZWIERACZA	Masters M - 40	57	02:09:22	06:08:20	11:32:50	14:04:03	16:22:17	18:06:54.75	+05:14:28 (28.9%)	9:52	6.1 (71.8%)
58	ŁĄK Tomasz	3134	NOA	Masters M - 40	58	02:00:14	05:53:19	11:32:16	14:39:06	16:53:50	18:12:47.65	+05:20:21 (29.3%)	9:56	6 (70.6%)
59	MICHALSKI Marek	3414		Masters M - 40	59	02:12:20	06:10:11	11:55:48	14:21:44	16:33:02	18:12:51.35	+05:20:25 (29.3%)	9:56	6 (70.6%)
60	SUDUŁ Jarosław	3310	WIERZBICKI RUNNING PROJECT	Masters M - 40	60	02:07:38	06:00:50	11:12:51	14:07:40	16:29:20	18:23:57.20	+05:31:31 (30.0%)	10:02	6 (70.6%)
61	MUCHA Michał	3119	QCE SPARTY - MONIA GYM	Masters M - 40	61	02:03:50	05:45:55	10:58:59	14:00:28	16:25:55	18:24:36.55	+05:32:10 (30.1%)	10:02	6 (70.6%)
62	KORECKI Andrzej	3241	ŁOCHOWO I OKOLICE BIEGAJĄ	Masters M - 40	62	02:08:15	06:13:46	11:48:51	14:33:43	16:39:51	18:28:33.55	+05:36:07 (30.3%)	10:04	6 (70.6%)
63	MARCHWICKI Arkadiusz	3291	FEHLAU RUN TEAM	Masters M - 40	63	02:15:32	06:11:20	11:46:23	14:32:04	16:49:09	18:31:36.45	+05:39:10 (30.5%)	10:06	5.9 (69.4%)
64	KORYTEK Piotr	3120	WITKOWO BIEGA	Masters M - 40	64	02:03:57	05:37:06	10:55:05	13:50:10	16:33:53	18:34:47.90	+05:42:21 (30.7%)	10:08	5.9 (69.4%)

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				
65	WALCZAK Dariusz	3196	OLKUSZBIEGA	Masters M - 40	65	02:12:27	05:57:45	11:34:59	14:11:29	16:40:04	18:37:24.80	+05:44:58 (30.9%)	10:09	5.9 (69.4%)
66	BULIKOWSKI Tomasz	3277		Masters M - 40	66	02:06:37	05:58:47	11:14:11	14:01:17	16:38:03	18:42:29.45	+05:50:03 (31.2%)	10:12	5.9 (69.4%)
67	SMOŁUCH Tomasz	3178	SAINT-GOBAIN SQUAD	Masters M - 40	67	02:15:07	06:10:16	11:34:13	14:14:55	16:45:51	18:45:33.25	+05:53:07 (31.4%)	10:13	5.9 (69.4%)
68	RADZIWOŃ Krzysiek	3088	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40	68	02:16:26	06:25:19	11:54:22	14:42:02	16:55:48	18:46:04.35	+05:53:38 (31.4%)	10:14	5.9 (69.4%)
69	KLONOWSKI Sławomir	3096		Masters M - 40	69	02:08:05	06:06:50	12:09:41	14:26:53	17:09:38	18:46:23.05	+05:53:57 (31.4%)	10:14	5.9 (69.4%)
70	NOWACKI Michał	3417	MORSY POZNAŃ	Masters M - 40	70	02:17:43	06:15:19	11:22:32	14:18:33	16:45:30	18:47:03.00	+05:54:37 (31.5%)	10:14	5.9 (69.4%)
71	ZIMNIEWICZ Jacek	3309		Masters M - 40	71	02:17:46	06:15:21	11:22:32	14:19:03	16:45:30	18:47:03.20	+05:54:37 (31.5%)	10:14	5.9 (69.4%)
72	SIERŻANT Karol	3356	FIKU-MIKU GOSTYŃ	Masters M - 40	72	02:01:40	05:54:37	11:35:32	14:19:46	17:05:18	18:48:38.90	+05:56:12 (31.6%)	10:15	5.8 (68.2%)
73	KACZYŃSKI Artur	3500		Masters M - 40	73	02:04:12	06:06:33	11:38:36	14:26:21	16:57:20	18:51:23.20	+05:58:57 (31.7%)	10:17	5.8 (68.2%)
74	STODULSKI Krzysztof	3283	ULTRA KUTNO	Masters M - 40	74	02:03:05	05:49:30	11:33:34	14:14:30	16:58:27	18:55:41.30	+06:03:15 (32.0%)	10:19	5.8 (68.2%)
75	GAŁKA Jacek	3166	VEGE RUNNERS	Masters M - 40	75	02:12:19	06:05:18	11:50:24	14:47:19	17:16:03	18:57:01.00	+06:04:35 (32.1%)	10:20	5.8 (68.2%)
76	WAROWNY Dawid	3271	WAWRZYTEAM	Masters M - 40	76	02:07:19	05:58:39	11:46:35	14:39:42	17:13:01	18:58:59.25	+06:06:33 (32.2%)	10:21	5.8 (68.2%)
77	AZAREWICZ Grzegorz	3489		Masters M - 40	77	02:08:41	06:05:30	12:00:01	14:46:48	17:17:23	18:59:56.45	+06:07:30 (32.2%)	10:21	5.8 (68.2%)
78	KONOPKA Bartosz	3479	BIEGAMBOLUBIĘ	Masters M - 40	78	02:03:43	05:46:51	11:22:09	14:23:25	16:58:31	19:00:29.25	+06:08:03 (32.3%)	10:22	5.8 (68.2%)
79	JAUMOTTE Laurent	3461	UNIQA	Masters M - 40	79	01:55:24	05:18:58	10:56:47	14:00:33	16:52:20	19:01:44.45	+06:09:18 (32.3%)	10:22	5.8 (68.2%)
80	CURZYDŁO Bogdan	3192	POZYTYWNE ZABIEGANI SANOK	Masters M - 40	80	02:19:51	06:33:14	11:56:52	14:44:08	17:20:50	19:03:58.75	+06:11:32 (32.5%)	10:23	5.8 (68.2%)
81	LESZCZYŃSKI Krzysztof	3104	PODLASIAKI	Masters M - 40	81	02:13:38	06:12:01	11:25:57	14:42:04	17:21:21	19:15:48.20	+06:23:22 (33.2%)	10:30	5.7 (67.1%)
82	BARAN Stanisław	3403	SAINT-GOBAIN SQUAD	Masters M - 40	82	02:10:42	06:10:36	11:37:29	14:55:51	17:27:20	19:22:57.20	+06:30:31 (33.6%)	10:34	5.7 (67.1%)
83	PRZEWŁOKA Wojciech	3399	SAINT-GOBAIN SQUAD	Masters M - 40	83	02:14:17	06:07:36	11:37:28	14:54:29	17:26:58	19:22:59.85	+06:30:33 (33.6%)	10:34	5.7 (67.1%)
84	ŁABĘDZKI Mariusz	3046	STARGARD JA SIĘ NIE ŚCIGAM	Masters M - 40	84	02:21:11	06:40:41	12:31:29	15:21:39	17:37:13	19:23:35.35	+06:31:09 (33.6%)	10:34	5.7 (67.1%)
85	PIĄTOŃ Piotr	3224	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	85	02:07:35	05:55:48	11:24:10	14:43:37	17:35:11	19:25:05.05	+06:32:39 (33.7%)	10:35	5.7 (67.1%)
86	RYBACKI Dariusz	3202	NAUCZYCIEL	Masters M - 40	86	02:11:22	06:28:12	12:17:45	15:12:29	17:44:40	19:25:35.50	+06:33:09 (33.7%)	10:35	5.7 (67.1%)
87	BALCERZAK Mariusz	3320	DROGA DO ULTRA / SZAKALE BAŁUT	Masters M - 40	87	02:22:51	06:44:33	12:32:04	15:17:16	17:44:14	19:32:54.05	+06:40:28 (34.1%)	10:39	5.6 (65.9%)
88	GRABOWICZ Paweł	3444		Masters M - 40	88	02:19:17	06:23:26	12:05:23	15:04:56	17:43:10	19:33:47.25	+06:41:21 (34.2%)	10:40	5.6 (65.9%)

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				
89	LITEWKA Jacek	3421	KUMPLE ŻWIRKA	Masters M - 40	89	02:06:30	06:07:59	12:05:03	15:03:21	17:43:45	19:38:50.85	+06:46:24 (34.5%)	10:43	5.6 (65.9%)
90	GARSTKA Zbigniew	3281	WRONIECKI KLUB BIEGACZA	Masters M - 40	90	02:12:39	06:43:50	12:34:54	15:18:19	18:01:34	19:42:36.20	+06:50:10 (34.7%)	10:45	5.6 (65.9%)
91	WÓJCIK Artur	3050	W POGONI ZA DUCHEM	Masters M - 40	91	02:06:29	05:50:30	11:33:33		17:17:25	19:43:32.70	+06:51:06 (34.7%)	10:45	5.6 (65.9%)
92	GŁADYSZ Robert	3167	SCE24.PL	Masters M - 40	92	02:10:36	06:08:21	12:11:49	15:18:08	18:05:19	19:56:28.70	+07:04:02 (35.4%)	10:52	5.5 (64.7%)
93	HOFSTRA Tsjeard	3430		Masters M - 40	93	02:16:28	06:11:25	11:39:54	15:14:51	18:11:51	20:27:21.65	+07:34:55 (37.1%)	11:09	5.4 (63.5%)
94	BUJLIS Eugeniusz	3443	GIENO BIEGA	Masters M - 40	94	02:12:13	06:51:41	13:06:09	16:16:35	18:34:11	20:28:17.30	+07:35:51 (37.1%)	11:09	5.4 (63.5%)
95	KUŻEL Adrian	3204	NADAKTYWNI NOWE MIASTECZKO	Masters M - 40	95	02:12:07	06:23:48	12:29:01	15:50:06	18:31:06	20:29:26.95	+07:37:00 (37.2%)	11:10	5.4 (63.5%)
96	WOŹNIAK Paweł	3037	ENDORFINA WSCHOWA	Masters M - 40	96	02:14:07	06:57:21	12:53:38	15:59:12	18:31:10	20:33:18.90	+07:40:52 (37.4%)	11:12	5.4 (63.5%)
97	DEIGSLER Przemysław	3155		Masters M - 40	97	02:09:31	06:19:51	12:20:31		18:22:32	20:35:20.30	+07:42:54 (37.5%)	11:13	5.3 (62.4%)
98	ZAMBRZYCKI Maciej	3344	SAP LABS POLAND TEAM	Masters M - 40	98	02:09:18	05:52:52	11:57:57	15:17:02	18:15:52	20:36:59.75	+07:44:33 (37.6%)	11:14	5.3 (62.4%)
99	KOSIERKIEWICZ Grzegorz	3501		Masters M - 40	99	02:21:17	06:42:28	12:51:09	15:51:07	18:37:22	20:38:32.30	+07:46:06 (37.6%)	11:15	5.3 (62.4%)
100	PRONOBIS-PROŃSKI Michał	3102	SLOW JOGGING	Masters M - 40	100	02:10:36	06:38:55	12:50:12	15:59:21	18:31:58	20:49:13.10	+07:56:47 (38.2%)	11:21	5.3 (62.4%)
101	PIĄTEK Tomasz	3146	WILD BUCHAYS	Masters M - 40	101	02:10:53	06:17:01	12:09:02	15:14:07	18:28:31	20:50:49.35	+07:58:23 (38.2%)	11:22	5.3 (62.4%)
102	PASISZ Artur	3360	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	102	02:27:33	06:55:13	12:53:46	15:54:42	18:46:08	20:54:04.40	+08:01:38 (38.4%)	11:24	5.3 (62.4%)
103	KUPIEC Maciej	3061	#ŻEBERKATEAM	Masters M - 40	103	02:19:31	06:50:18	12:50:02	15:58:20	18:50:26	20:55:06.30	+08:02:40 (38.5%)	11:24	5.3 (62.4%)
104	PIOTROWSKI Michał	3115	#ŻEBERKATEAM	Masters M - 40	104	02:19:35	06:50:16	12:49:52	15:58:10	18:58:44	20:55:07.70	+08:02:41 (38.5%)	11:24	5.3 (62.4%)
105	PÓŁGRABIA Dawid	3151	#ŻEBERKATEAM	Masters M - 40	105	02:19:36	06:50:16	12:50:01	15:58:20	18:50:14	20:55:09.70	+08:02:43 (38.5%)	11:24	5.3 (62.4%)
106	MALIK Robert	3013	NEWATER	Masters M - 40	106	02:25:39	06:39:11	12:33:00	16:08:34	18:51:10	20:56:25.80	+08:03:59 (38.5%)	11:25	5.3 (62.4%)
107	WITEK Eryk	3138	QCE SPARTY - MONIA GYM	Masters M - 40	107	02:03:51	06:08:17	12:16:12	15:18:25	18:24:57	20:57:20.05	+08:04:54 (38.6%)	11:25	5.2 (61.2%)
108	WRONA Sylwester	3388		Masters M - 40	108	02:11:24	06:26:29	12:16:03	15:39:52	18:42:18	20:57:26.45	+08:05:00 (38.6%)	11:25	5.2 (61.2%)
109	GAWLAS Przemysław	3507		Masters M - 40	109	02:20:46	06:43:38	12:38:12	15:43:46	18:48:49	20:58:12.55	+08:05:46 (38.6%)	11:26	5.2 (61.2%)
110	POLIWKA Mariusz	3300	FITNESS PIEKARY LEGNICA	Masters M - 40	110	02:10:15	06:29:30	13:29:08	16:31:28	19:15:27	21:00:31.30	+08:08:05 (38.7%)	11:27	5.2 (61.2%)
111	GRZYB Krzysztof	3245	KLUB BIEGACZA RTV EURO AGD/ SMASHING PĄPKINS	Masters M - 40	111	02:34:26	07:42:05	13:46:24	16:40:19	19:13:48	21:07:35.70	+08:15:09 (39.1%)	11:31	5.2 (61.2%)
112	SZMYT Piotr	3273	WLKP MOUNTAINS ULTRA	Masters M - 40	112	02:15:36	06:49:11	13:06:08	16:15:26	19:12:48	21:10:06.45	+08:17:40 (39.2%)	11:32	5.2 (61.2%)

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				
113	ZYZAŃSKI Andrzej	3331	ZIZU	Masters M - 40	113	02:15:48	06:49:07	13:06:05	16:15:29	19:12:49	21:10:21.15	+08:17:55 (39.2%)	11:32	5.2 (61.2%)
114	STRZYŻEWSKI Paweł	3028	BEMOWO BIEGA	Masters M - 40	114	02:11:32	06:29:20	12:36:38	15:38:39	18:39:04	21:13:36.95	+08:21:10 (39.4%)	11:34	5.2 (61.2%)
115	GÓRCZYŃSKI Rafał	3090		Masters M - 40	115	02:15:53	06:47:29	13:09:35	16:42:16	19:34:17	21:29:12.10	+08:36:46 (40.1%)	11:43	5.1 (60.0%)
116	RECZUCH Adam	3317		Masters M - 40	116			11:47:36			21:30:40.45	+08:38:14 (40.2%)	11:44	5.1 (60.0%)
117	JUCHA Jacek	3198	CARBO ASECURA/CA AKTYWNI	Masters M - 40	117	02:39:26	07:30:33	13:48:40	16:54:55	19:51:54	21:57:37.70	+09:05:11 (41.4%)	11:58	5 (58.8%)
118	BRUZDA Piotr	3091	BIEGOWA KUŹNIA	Masters M - 40	118	02:11:14	06:26:32	12:53:55	16:32:58	19:44:12	21:58:03.55	+09:05:37 (41.4%)	11:58	5 (58.8%)
119	RESPONDEK Dariusz	3049		Masters M - 40	119	02:10:12	06:25:51	13:01:22	16:24:01	19:36:35	21:58:35.35	+09:06:09 (41.4%)	11:59	5 (58.8%)
120	WOŹNIAK Paweł	3011	KLEP	Masters M - 40	120	02:01:07	05:46:27	13:36:05	16:21:36	19:12:50	22:20:08.65	+09:27:42 (42.4%)	12:10	4.9 (57.6%)
121	BŁASZKOWSKI Daniel	3335	MAJ.R RAWICZ	Masters M - 40	121	02:25:41	07:28:17	14:01:21	17:18:24	20:15:21	22:33:06.25	+09:40:40 (42.9%)	12:18	4.9 (57.6%)
122	CHWIAŁKOWSKI Łukasz	3301		Masters M - 40	122	02:20:21	06:25:46	13:42:30	17:12:58	20:11:48	22:37:18.85	+09:44:52 (43.1%)	12:20	4.9 (57.6%)
123	KORNAŚ Marcin	3016	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	123	02:19:52	07:04:21	13:52:27	17:31:45	20:26:40	22:48:20.35	+09:55:54 (43.5%)	12:26	4.8 (56.5%)
124	STAŃCZYKOWSKI Rafał	3282		Masters M - 40	124	02:32:48	07:09:07	13:29:13	17:23:38	20:43:38	22:48:54.90	+09:56:28 (43.6%)	12:26	4.8 (56.5%)
125	CZERWIŃSKI Łukasz	3329	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	125	02:12:02	06:22:32	13:14:13	17:28:51	20:43:29	22:58:55.90	+10:06:29 (44.0%)	12:32	4.8 (56.5%)
126	LOMAGISTRO Pietro	3455	A.S.D. GRUPPO PODISTICO SAN PIO X	Masters M - 40	126	02:16:56	06:58:45	14:18:55	18:08:08	21:09:29	23:13:16.70	+10:20:50 (44.6%)	12:39	4.7 (55.3%)
127	CHOŁUJ Jarosław	3066	FOR-REST-RUN	Masters M - 40	127	02:18:16	06:31:58	13:36:22	17:23:00	20:46:35	23:13:56.85	+10:21:30 (44.6%)	12:40	4.7 (55.3%)
128	GUZIK Daniel	3303		Masters M - 40	128	02:20:01	07:28:22	14:04:12	17:39:08	20:39:49	23:16:08.50	+10:23:42 (44.7%)	12:41	4.7 (55.3%)
129	JERCZYŃSKI Radosław	3289		Masters M - 40	129	02:35:00	08:00:50	14:46:49	17:58:04	20:56:13	23:20:12.70	+10:27:46 (44.8%)	12:43	4.7 (55.3%)
130	DĄBROWSKI Michał	3504	ULTRAPOŚLADACH/ TEAM ZABIEGANE DNI	Masters M - 40	130	02:14:31	06:41:30	13:20:23	17:29:50	20:47:33	23:22:49.35	+10:30:23 (44.9%)	12:45	4.7 (55.3%)
131	SOKOŁOWSKI Artur	3416	TEAM ZABIEGANEDNI	Masters M - 40	131	02:30:53	07:14:04	14:05:00	17:49:11	21:03:50	23:26:13.80	+10:33:47 (45.1%)	12:47	4.7 (55.3%)
132	TARNOWSKI Tomasz	3184	KS SOŚNICA	Masters M - 40	132	02:51:43	07:44:30	14:28:27	17:51:59	20:45:23	23:32:04.70	+10:39:38 (45.3%)	12:50	4.7 (55.3%)
133	KRUK Jacek	3139	TOTALNIE BIEGNIĘCI	Masters M - 40	133	02:18:46	06:53:05	13:51:07	17:35:52	20:51:59	23:32:48.80	+10:40:22 (45.3%)	12:50	4.7 (55.3%)
134	ŁUGOWSKI Marek	3456		Masters M - 40	134	02:17:02	06:58:33	14:18:48	17:58:28		23:34:58.90	+10:42:32 (45.4%)	12:51	4.7 (55.3%)
135	GAWRON Bartłomiej	3137		Masters M - 40	135	02:35:10	07:21:32	14:01:46	17:42:49	21:15:42	23:40:15.45	+10:47:49 (45.6%)	12:54	4.6 (54.1%)
136	MIĘTEK Dariusz	3124	BYLE NIE POD GÓRKĘ	Masters M - 40	136	02:45:03	08:13:21	14:59:34	18:19:20	21:19:00	23:45:32.35	+10:53:06 (45.8%)	12:57	4.6 (54.1%)

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			
137	GRZESIAK Rafał	3129	EMERYT	Masters M - 40	137	02:28:50	07:48:18	14:54:43	18:07:15	21:18:57	23:48:50.50	+10:56:24 (45.9%)	12:59	4.6 (54.1%)
138	OLSZEWSKI Michał	3266	MSPORTTEAM	Masters M - 40	138	02:30:06	07:48:17	14:54:41	18:07:22	21:18:23	23:50:14.90	+10:57:48 (46.0%)	13:00	4.6 (54.1%)
139	JACHIMECKI Rafał	3249	TUPU-TUPU GŁOGÓW	Masters M - 40	139	02:30:03	07:48:14	14:54:40	18:07:19	21:20:31	23:51:34.95	+10:59:08 (46.0%)	13:00	4.6 (54.1%)
140	DUMIŃSKI Tomasz	3035	STRZEGOMSKA DWUNASTKA	Masters M - 40	140	02:28:30	07:28:18	13:42:19	17:28:13	21:05:22	23:53:44.95	+11:01:18 (46.1%)	13:02	4.6 (54.1%)
141	TKACZEW Paweł	3141	OBORYGENI	Masters M - 40	141	02:56:14	07:55:10	14:12:00	17:11:17	20:39:07	23:57:41.65	+11:05:15 (46.3%)	13:04	4.6 (54.1%)
142	KAMIŃSKI Tomasz	3126		Masters M - 40	142	02:41:35	08:00:27	15:01:12	18:22:11	21:30:02	23:57:47.70	+11:05:21 (46.3%)	13:04	4.6 (54.1%)
143	NOWAK Tomasz	3054		Masters M - 40	143	02:28:49	07:13:46	13:46:51	17:06:54	21:03:15	24:03:15.65	+11:10:49 (46.5%)	13:07	4.6 (54.1%)
144	ZIENIEWICZ Wojciech	3392		Masters M - 40	144	02:09:23	06:48:26	13:59:33	17:22:44	20:45:58	24:35:33.10	+11:43:07 (47.7%)	13:24	4.5 (52.9%)
145	KOSTYK Grzegorz	3100		Masters M - 40	145	02:38:39	07:50:29	15:01:29	18:23:13	21:46:36	24:38:41.25	+11:46:15 (47.8%)	13:26	4.5 (52.9%)
146	WASIK Krzysztof	3269		Masters M - 40	146	02:39:28	07:39:22	14:55:57	18:45:55	22:03:17	24:41:07.05	+11:48:41 (47.8%)	13:27	4.5 (52.9%)
147	SERAFIŃSKI Mirosław	3336		Masters M - 40	147	02:44:35	07:48:44	14:28:28	18:02:10	22:21:11	25:26:55.35	+12:34:29 (49.4%)	13:52	4.3 (50.6%)
148	STACHOWIAK Grzegorz	3130		Masters M - 40	148	02:13:43	07:09:52	15:37:34	19:42:31	23:37:09	25:37:23.15	+12:44:57 (49.8%)	13:58	4.3 (50.6%)
149	MAŚLANIK Piotr	3122	QCE SPARTY- WIECZORNE BIEGANIE W SZCZECINIE- MONIAGYM	Masters M - 40	149	02:43:11	08:06:27	15:56:40	20:25:39	23:32:43	25:46:56.85	+12:54:30 (50.1%)	14:03	4.3 (50.6%)
150	OLESIŃSKI Piotr	3165	DRUŻYNA ORZECHA ŻYRARDÓW	Masters M - 40	150	02:15:56	07:16:09	15:10:29	19:44:15	23:34:59	25:52:43.90	+13:00:17 (50.3%)	14:06	4.3 (50.6%)
151	KUJAWA Marek	3290		Masters M - 40	151	02:42:54	09:43:41	17:56:44	21:57:24	24:44:18	27:23:06.80	+14:30:40 (53.0%)	14:56	4 (47.1%)
	KŁAK Wojciech	3219	SZYBKIE ŻÓŁWIE OPATÓW	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	NIEDZIELA Krzysztof	3111	GOSTYŃ	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PILARSKI Tomasz	3451	IZERY BOGATYNIA	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WRÓBLEWSKI Radosław	3135	VELUX	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZWOLIŃSKI Rafał	3248		Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOJEWODA Michał	3482	KAZIKI	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KLIMEK Arkadiusz	3308		Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOBLAŃSKI Tomasz	3065		Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PALUSZKIEWICZ Robert	3402		Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

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
	PIKUL Piotr	3279		Masters M - 40		01:52:52 DNF	05:08:55 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PROSZAK Sebastian	3442	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters M - 40		01:53:57 DNF	05:13:19 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	HULBÓJ Sebastian	3390	WKS TEAM	Masters M - 40		01:59:31 DNF	05:56:30 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JĘDZURA Daniel	3383	BPRT GLIWICE	Masters M - 40		02:06:15 DNF	06:06:36 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BIERNACKI Sławomir	3457	ŁOCHOWO I OKOLICE BIEGAJĄ	Masters M - 40		02:08:15 DNF	06:13:47 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PURCZYŃSKI Grzegorz	3337		Masters M - 40		02:12:04 DNF	06:23:53 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	CIECIELĄG Piotr	3006		Masters M - 40		02:18:53 DNF	06:42:28 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GRZEGÓRZEK Krzysztof	3247		Masters M - 40		01:57:54 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	HALINIAK Marek	3069	NKB CHYŻY NOWY TOMYŚL	Masters M - 40		02:06:19 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 169 wynik(ów)