



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-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	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	PERYKASZA Paweł	3477	GRUPALUKTRANS	Masters M - 40	1	00:00:03	01:31:23	04:03:13	07:28:37	10:44:49	11:56:30.90	11:56:30.90		6:30	9.2 (100%)
2	OLEKSIEWICZ Maurycy	3030	ALPIN SPORT TEAM	Masters M - 40	2	00:00:02	01:22:23	03:46:39	07:23:51	10:50:32	12:04:26.05	12:04:26.05	+00:07:55 (1.1%)	6:35	9.1 (98.9%)
3	MORAWA Mateusz	3316	LACHO TEAM	Masters M - 40	3	00:00:03	01:31:26	04:07:45	07:40:56	11:03:35	12:11:56.05	12:11:56.05	+00:15:25 (2.1%)	6:39	9 (97.8%)
4	STYPEREK Jakub	3120	VEGE RUNNERS	Masters M - 40	4	00:00:03	01:31:54	04:11:26	08:11:10	11:33:29	12:49:20.50	12:49:20.50	+00:52:49 (6.9%)	6:59	8.6 (93.5%)
5	SKORUPA Jacek	3427	EUFORIABIEGACZ	Masters M - 40	5	00:00:01	01:36:25	04:33:31	08:40:12	11:43:51	12:50:01.25	12:50:01.25	+00:53:30 (6.9%)	7:00	8.6 (93.5%)
6	MASTYGA Andrzej	3332	ANDREA TEAM	Masters M - 40	6	00:00:24	01:35:28	04:19:10	08:45:27	11:55:17	13:15:35.00	13:15:35.00	+01:19:04 (9.9%)	7:13	8.3 (90.2%)
7	SZRAMOWIAT Marek	3489	BRITA	Masters M - 40	7	00:00:03	01:35:23	04:17:06	08:25:33	12:06:36	13:31:38.70	13:31:38.70	+01:35:07 (11.7%)	7:22	8.1 (88.0%)
8	KOGUT Stanisław	3457	BIEGOWA ŚWIDNICA	Masters M - 40	8	00:00:02	01:40:47	04:29:27	08:37:12	12:24:53	13:42:02.95	13:42:02.95	+01:45:32 (12.8%)	7:28	8 (87.0%)
9	BERG Aleksander	3267		Masters M - 40	9	00:00:04	01:45:06	04:34:19	08:40:12	12:20:42	13:45:21.30	13:45:21.30	+01:48:50 (13.2%)	7:30	8 (87.0%)
10	GREDEYS Grzegorz	3369		Masters M - 40	10	00:00:04	01:45:07	04:34:19	08:40:11	12:20:42	13:45:21.35	13:45:21.35	+01:48:50 (13.2%)	7:30	8 (87.0%)
11	MATLOK Marek	3476	RESHAPE RUNNERS	Masters M - 40	11	00:00:04	01:38:02	04:31:54	08:36:17	12:33:04	14:08:03.10	14:08:03.10	+02:11:32 (15.5%)	7:42	7.8 (84.8%)
12	STEFANIAK Łukasz	3337		Masters M - 40	12	00:00:05	01:37:54	04:31:57	08:53:19	12:53:12	14:15:50.25	14:15:50.25	+02:19:19 (16.3%)	7:46	7.7 (83.7%)
13	GŁOWACKI Artur	3099	KGHM ZG RUN	Masters M - 40	13	00:00:04	01:41:54	04:50:39	09:22:11	13:01:51	14:18:51.70	14:18:51.70	+02:22:20 (16.6%)	7:48	7.7 (83.7%)
14	WEINERT Artur	3061	RUNNER'S POWER	Masters M - 40	14	00:00:03	01:40:36	04:36:01	08:54:45	12:53:48	14:21:50.50	14:21:50.50	+02:25:19 (16.9%)	7:50	7.7 (83.7%)
15	GEZELA Robert	3403	EUFORIA BIEGACZA TEAM	Masters M - 40	15	00:00:01	01:37:52	04:33:33	08:54:44	12:55:41	14:28:35.55	14:28:35.55	+02:32:04 (17.5%)	7:53	7.6 (82.6%)
16	GAŁUSZKA Rafał	3401		Masters M - 40	16	00:00:01	01:42:42	04:40:28	09:09:12	13:06:18	14:31:48.30	14:31:48.30	+02:35:17 (17.8%)	7:55	7.6 (82.6%)
17	MAJCHRZAK Jacek	3026	KOŚCIAN TEAM ULTRA	Masters M - 40	17	00:00:09	01:48:04	04:56:57	09:13:14	13:06:31	14:34:35.80	14:34:35.80	+02:38:04 (18.1%)	7:57	7.5 (81.5%)
18	ROSZCZYK Karol	3190		Masters M - 40	18	00:00:16	01:46:17	04:40:37	09:08:44	13:13:05	14:38:34.25	14:38:34.25	+02:42:03 (18.4%)	7:59	7.5 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
19	CZAJKA Tomasz	3340		Masters M - 40	19	00:00:15	01:50:38	04:54:42	09:18:55	13:14:02	14:40:15.10	14:40:15.10	+02:43:44 (18.6%)	8:00	7.5 (81.5%)
20	KUROWSKI Maciej	3343	NATIONALE-NEDERLANDEN RUNNING TEAM	Masters M - 40	20	00:00:13	01:56:34	05:02:24	09:36:38	13:20:55	14:44:32.45	14:44:32.45	+02:48:01 (19.0%)	8:02	7.5 (81.5%)
21	PTASIŃSKI Tomasz	3180	CZAJKERSI - OSAKTRANSPORT	Masters M - 40	21	00:00:02	01:34:10	04:22:12	08:52:00	13:10:09	14:49:16.85	14:49:16.85	+02:52:45 (19.4%)	8:05	7.4 (80.4%)
22	BIADASZ Andrzej Michał	3232	POLITECHNIKA POZNAŃSKA	Masters M - 40	22	00:00:07	01:58:04	05:15:24	09:30:44	13:23:03	14:51:24.25	14:51:24.25	+02:54:53 (19.6%)	8:06	7.4 (80.4%)
23	PASTERNOK Marian	3399	RESHAPE RUNNERS	Masters M - 40	23	00:00:23	01:56:07	05:00:52	09:20:41	13:27:36	14:57:47.75	14:57:47.75	+03:01:16 (20.2%)	8:09	7.4 (80.4%)
24	TIETZ Przemysław	3048		Masters M - 40	24	00:00:56	01:52:30	05:16:18	09:47:47	13:43:34	15:10:20.00	15:10:20.00	+03:13:49 (21.3%)	8:16	7.3 (79.3%)
25	WŁODARCZYK Michał	3425		Masters M - 40	25	00:00:06	01:43:19	04:54:18	09:32:04	13:41:16	15:10:33.95	15:10:33.95	+03:14:03 (21.3%)	8:16	7.2 (78.3%)
26	LITWIN Michał	3322	LITEWIN	Masters M - 40	26	00:00:13	01:42:59	04:41:51	09:19:14	13:46:58	15:13:19.05	15:13:19.05	+03:16:48 (21.5%)	8:18	7.2 (78.3%)
27	ŁUKACKI Daniel	3243	#SOBASTEAM	Masters M - 40	27	00:00:16	01:42:50	04:41:51	09:19:15	13:46:58	15:13:19.35	15:13:19.35	+03:16:48 (21.5%)	8:18	7.2 (78.3%)
28	BIŃCZARSKI Patryk	3042		Masters M - 40	28	00:00:05	01:54:10	05:14:05	09:49:37	13:46:51	15:22:25.85	15:22:25.85	+03:25:54 (22.3%)	8:23	7.2 (78.3%)
29	MORAWSKI Filip	3418	KRAKOWIAK ULTRA TEAM	Masters M - 40	29	00:00:09	01:54:17	05:15:19	10:02:02	13:59:32	15:26:13.65	15:26:13.65	+03:29:42 (22.6%)	8:25	7.1 (77.2%)
30	WOJCIECHOWSKI Dariusz	3416	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	30	00:00:09	01:54:16	05:15:21	10:03:24	14:12:53	15:28:12.75	15:28:12.75	+03:31:41 (22.8%)	8:26	7.1 (77.2%)
31	PAŻUCHA Wojciech	3321		Masters M - 40	31	00:00:09	01:54:17	05:15:20	10:03:23	14:12:54	15:29:58.00	15:29:58.00	+03:33:27 (23.0%)	8:27	7.1 (77.2%)
32	MELLER Wojciech	3392	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	32	00:00:07	01:57:44	05:15:23	09:44:30	13:51:30	15:30:29.00	15:30:29.00	+03:33:58 (23.0%)	8:27	7.1 (77.2%)
33	ŻARNIEWSKI Wojciech	3278	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	33	00:00:40	02:06:36	05:18:21	09:42:35	13:58:18	15:34:22.20	15:34:22.20	+03:37:51 (23.3%)	8:29	7.1 (77.2%)
34	CZYŚCIAK Krzysztof	3139	KB SOBÓTKA	Masters M - 40	34	00:00:07	01:49:51	05:09:53	09:42:02	13:58:15	15:34:43.50	15:34:43.50	+03:38:12 (23.3%)	8:29	7.1 (77.2%)
35	GIL Mirosław	3290	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	35	00:00:40	02:04:25	05:24:14	09:53:47	14:12:59	15:35:24.15	15:35:24.15	+03:38:53 (23.4%)	8:30	7.1 (77.2%)
36	PIETRZAK Paweł	3293	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	36	00:00:39	02:01:25	05:12:43	09:44:18	14:03:47	15:36:35.50	15:36:35.50	+03:40:04 (23.5%)	8:30	7 (76.1%)
37	MIŚ Mateusz	3193	SŁAWA	Masters M - 40	37	00:00:21	01:57:27	05:18:43	10:01:53	14:16:45	15:43:16.00	15:43:16.00	+03:46:45 (24.0%)	8:34	7 (76.1%)
38	SENDOBRY Artur	3239		Masters M - 40	38	00:00:02	01:48:55	05:01:51	09:45:04	14:03:58	15:44:44.10	15:44:44.10	+03:48:13 (24.2%)	8:35	7 (76.1%)
39	RUSIN Krzysztof	3298	LECE Z PANTALONEM	Masters M - 40	39	00:00:10	01:48:25	04:56:11	09:32:49	14:03:26	15:44:49.60	15:44:49.60	+03:48:18 (24.2%)	8:35	7 (76.1%)
40	PYREK Krzysztof	3012	1 RBLOG	Masters M - 40	40	00:00:05	01:42:45	04:58:14	09:54:27	14:23:39	15:58:17.45	15:58:17.45	+04:01:46 (25.2%)	8:42	6.9 (75.0%)
41	BASTRZYK Tomasz	3032		Masters M - 40	41	00:00:10	01:56:31	05:09:49	09:54:46	14:26:12	16:00:05.90	16:00:05.90	+04:03:35 (25.4%)	8:43	6.9 (75.0%)
42	NAGLAK Łukasz	3095	KOŹMIN BIEGA ULTRA RUNNERS	Masters M - 40	42	00:00:17	02:04:56	05:21:02	10:25:34	14:32:29	16:02:21.25	16:02:21.25	+04:05:50 (25.5%)	8:44	6.9 (75.0%)
43	GAŁEK Wojciech	3049	NO PAIN NO GAIN	Masters M - 40	43	00:00:12	02:04:50	05:45:45	10:30:53	14:33:26	16:05:17.30	16:05:17.30	+04:08:46 (25.8%)	8:46	6.8 (73.9%)
44	PARUCKI Michał	3166	VEGE RUNNERS	Masters M - 40	44	00:00:49	02:00:08	05:20:35	10:21:07	14:43:52	16:22:20.40	16:22:20.40	+04:25:49 (27.1%)	8:55	6.7 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
45	MIKRUT Remigiusz	3324		Masters M - 40	45	00:00:07	01:48:00	05:07:05	10:17:53	15:03:55	16:33:08.90	16:33:08.90	+04:36:38 (27.9%)	9:01	6.6 (71.7%)
46	KOWCZYK Łukasz	3481	DRUŻYNA CHROBREGO	Masters M - 40	46	00:00:33	02:08:51	05:43:06	10:43:03	14:58:52	16:36:14.15	16:36:14.15	+04:39:43 (28.1%)	9:03	6.6 (71.7%)
47	BUDZYŃSKI Przemysław	3127	BUDZYŃSCY TEAM	Masters M - 40	47	00:00:10	01:54:28	05:24:17	10:17:47	14:55:56	16:40:17.95	16:40:17.95	+04:43:47 (28.4%)	9:05	6.6 (71.7%)
48	PIETRZAK Sławomir	3158		Masters M - 40	48	00:00:11	01:54:48	05:21:29	10:28:52	14:58:51	16:40:19.10	16:40:19.10	+04:43:48 (28.4%)	9:05	6.6 (71.7%)
49	KĘDZIELEWSKI Łukasz	3349	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	49	00:00:10	01:54:26	05:24:15	10:17:45	14:55:54	16:40:21.55	16:40:21.55	+04:43:50 (28.4%)	9:05	6.6 (71.7%)
50	SZYNAWA Marcin	3100	ENDURANCE TEAM	Masters M - 40	50	00:00:55	02:14:57	05:52:50	10:53:42	15:17:57	16:40:24.35	16:40:24.35	+04:43:53 (28.4%)	9:05	6.6 (71.7%)
51	CHOMA Marek	3260	PĘDZĄCE LENIWCE	Masters M - 40	51	00:00:14	01:56:54	05:29:33	10:18:51	14:56:24	16:41:52.40	16:41:52.40	+04:45:21 (28.5%)	9:06	6.6 (71.7%)
52	JAGNIĄTKOWSKI Jacek	3351	TEAM KURORT ŁĄDKU ZDRÓJ	Masters M - 40	52	00:00:20	01:56:45	05:18:12	10:15:07	15:25:22	16:42:16.30	16:42:16.30	+04:45:45 (28.5%)	9:06	6.6 (71.7%)
53	KOŁODZIEJ Paweł	3077		Masters M - 40	53	00:00:07	02:01:41	05:22:33	10:15:41	14:57:03	16:42:54.10	16:42:54.10	+04:46:23 (28.6%)	9:07	6.6 (71.7%)
54	DĄBKOWSKI Wojciech	3291	ARP E-VEHICLES	Masters M - 40	54	00:00:31	02:04:51	05:33:42	10:28:34	15:04:18	16:44:32.90	16:44:32.90	+04:48:02 (28.7%)	9:07	6.6 (71.7%)
55	MUCHA Robert	3417		Masters M - 40	55	00:00:15	02:08:53	05:42:43	10:34:41	15:12:19	16:55:34.60	16:55:34.60	+04:59:03 (29.4%)	9:13	6.5 (70.7%)
56	KROK Sławomir	3424		Masters M - 40	56	00:00:52	02:09:03	05:58:51	10:38:15	15:16:45	16:56:01.00	16:56:01.00	+04:59:30 (29.5%)	9:14	6.5 (70.7%)
57	JASINIAK Bartosz	3053		Masters M - 40	57	00:00:11	01:54:39	05:26:58	10:26:02	15:19:08	16:56:37.65	16:56:37.65	+05:00:06 (29.5%)	9:14	6.5 (70.7%)
58	KLIGLICH Paweł	3019		Masters M - 40	58	00:00:13	02:00:21	05:42:51	10:38:49	15:28:37	16:59:51.65	16:59:51.65	+05:03:20 (29.7%)	9:16	6.5 (70.7%)
59	BIECUSZEK Tomasz	3110	AKTYWNA NOWA RUDA	Masters M - 40	59	00:00:21	01:57:22	05:36:29	10:53:08	15:32:32	17:01:44.45	17:01:44.45	+05:05:13 (29.9%)	9:17	6.5 (70.7%)
60	BUCHHOLTZ Tomasz	3122	PORANNY BESKID RUN	Masters M - 40	60	00:00:32	02:11:46	05:56:07	11:00:19	15:29:00	17:05:25.55	17:05:25.55	+05:08:54 (30.1%)	9:19	6.4 (69.6%)
61	KRZYSZTOŃ Maciej	3299	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	61	00:00:40	02:04:26	05:24:19	10:20:43	15:28:09	17:10:40.30	17:10:40.30	+05:14:09 (30.5%)	9:22	6.4 (69.6%)
62	HOFSTRA Tsjeard	3247	FRYSMAN	Masters M - 40	62	00:00:33	02:02:03	05:15:22	09:46:46	15:03:09	17:11:23.10	17:11:23.10	+05:14:52 (30.5%)	9:22	6.4 (69.6%)
63	CZERNIACHOWSKI Artur	3074	ULTRA TEAM ZIELONA GÓRA	Masters M - 40	63	00:00:12	02:04:53	05:45:35	10:45:53	15:32:35	17:11:29.05	17:11:29.05	+05:14:58 (30.5%)	9:22	6.4 (69.6%)
64	WIERZCHOŃ Michał	3439	MR. DOC	Masters M - 40	64	00:00:16	01:55:06	05:19:00	10:33:00	15:30:20	17:14:57.05	17:14:57.05	+05:18:26 (30.8%)	9:24	6.4 (69.6%)
65	NAWROT Artur	3480		Masters M - 40	65	00:00:22	01:49:03	05:16:15	10:29:21	15:33:59	17:19:34.75	17:19:34.75	+05:23:03 (31.1%)	9:27	6.3 (68.5%)
66	SŁOWIK Grzegorz	3144	NIE WIEM GDZIE JESTEM	Masters M - 40	66	00:00:03	01:54:47	05:35:23	10:46:30	15:35:06	17:31:59.20	17:31:59.20	+05:35:28 (31.9%)	9:33	6.3 (68.5%)
67	KOZŁOWSKI Artur	3184		Masters M - 40	67	00:00:08	01:58:25	05:22:43	10:28:55	15:40:37	17:32:35.30	17:32:35.30	+05:36:04 (31.9%)	9:34	6.3 (68.5%)
68	GŁOWACKI Rafał	3098		Masters M - 40	68	00:00:20	02:01:54	05:47:44	11:14:14	15:58:48	17:37:33.30	17:37:33.30	+05:41:02 (32.2%)	9:36	6.2 (67.4%)
69	MARKOWSKI Marek	3490	KS LENIWIEC	Masters M - 40	69	00:00:27	02:06:59	05:44:17	11:00:17	15:59:47	17:42:45.40	17:42:45.40	+05:46:14 (32.6%)	9:39	6.2 (67.4%)
70	DECHNIK Łukasz	3297	I W GÓRĘ I W DÓŁ	Masters M - 40	70	00:00:17	02:02:16	05:42:03	10:48:54	15:57:04	17:47:35.05	17:47:35.05	+05:51:04 (32.9%)	9:42	6.2 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
71	CHRZANOWSKI Paweł	3431		Masters M - 40	71	00:00:31	02:09:46	05:37:52	11:11:04	15:54:10	17:49:36.20	17:49:36.20	+05:53:05 (33.0%)	9:43	6.2 (67.4%)
72	SUSZ Marian	3338	GRZMOTOMOCNI SOBÓTKA	Masters M - 40	72	00:00:17	02:01:26	05:48:26	11:06:43	15:59:39	17:51:55.35	17:51:55.35	+05:55:24 (33.2%)	9:44	6.2 (67.4%)
73	FILIPIAK Hieronim	3209	MIECHOWICKA GRUPA BIEGOWA	Masters M - 40	73	00:00:18	02:00:11	05:33:37	11:18:53	16:19:49	17:53:04.55	17:53:04.55	+05:56:33 (33.2%)	9:45	6.2 (67.4%)
74	KADŁUBOWSKI Piotr	3494	RUN100LOVE / GÓRYLASY / KOTWICA BRZEG	Masters M - 40	74	00:00:01	02:07:31	05:50:23	11:33:28	16:22:41	17:53:35.00	17:53:35.00	+05:57:04 (33.3%)	9:45	6.1 (66.3%)
75	GRYCMAN Łukasz	3441		Masters M - 40	75	00:00:23	02:07:01	06:10:01	11:16:33	16:13:47	17:56:23.80	17:56:23.80	+05:59:52 (33.4%)	9:47	6.1 (66.3%)
76	PANTOŁ Mirosław	3194		Masters M - 40	76	00:00:09	02:14:51	06:05:02	11:01:27	16:18:36	18:03:08.65	18:03:08.65	+06:06:37 (33.8%)	9:50	6.1 (66.3%)
77	STELMACH Krzysztof	3407		Masters M - 40	77	00:00:09	02:05:27	05:56:44	11:12:58	16:33:30	18:16:55.95	18:16:55.95	+06:20:25 (34.7%)	9:58	6 (65.2%)
78	LEWANDOWSKI Grzegorz	3009	GOLENIÓW	Masters M - 40	78	00:00:22	02:11:55	05:56:46	11:15:18	16:31:55	18:18:24.90	18:18:24.90	+06:21:54 (34.8%)	9:59	6 (65.2%)
79	NICPOŃ Sebastian	3430	PATOBIEGACZE	Masters M - 40	79	00:00:02	02:05:58	05:44:16	11:09:31	16:25:17	18:20:46.00	18:20:46.00	+06:24:15 (34.9%)	10:00	6 (65.2%)
80	BRZOZOWSKI Rafał	3474		Masters M - 40	80	00:00:39	02:15:18	05:58:59	11:21:21	16:41:23	18:30:22.05	18:30:22.05	+06:33:51 (35.5%)	10:05	5.9 (64.1%)
81	JAROSIŃSKI Łukasz	3132	TĄNCZACE MUCHOMORKI	Masters M - 40	81	00:00:12	02:01:39	05:50:45	11:49:20	16:51:35	18:36:10.60	18:36:10.60	+06:39:39 (35.8%)	10:08	5.9 (64.1%)
82	BRAUN Zbigniew	3362	WKB MARATOŃCZYK	Masters M - 40	82	00:00:06	01:54:16	05:14:11	10:22:58	16:31:57	18:37:09.40	18:37:09.40	+06:40:38 (35.9%)	10:09	5.9 (64.1%)
83	SKRZYPIŃSKI Arkadiusz	3102	PSI PATROL	Masters M - 40	83	00:00:32	02:07:45	05:43:27	11:21:20	16:35:39	18:37:13.10	18:37:13.10	+06:40:42 (35.9%)	10:09	5.9 (64.1%)
84	NIEMIRO Paweł	3421	JAGODOWO-KALINOWY TEAM	Masters M - 40	84	00:00:34	02:13:53	06:19:39	11:57:32	16:54:08	18:46:30.25	18:46:30.25	+06:49:59 (36.4%)	10:14	5.9 (64.1%)
85	KRACZKOWSKI Przemysław	3251	142BLP TRZEBIATÓW	Masters M - 40	85	00:00:20	02:14:40	06:19:47	11:37:59	16:54:06	18:46:31.10	18:46:31.10	+06:50:00 (36.4%)	10:14	5.9 (64.1%)
86	KRAUSE Kuba	3364	NATURAL BORN RUNNERS	Masters M - 40	86	00:00:26	01:58:48	05:20:57	11:33:11	16:55:11	18:48:30.45	18:48:30.45	+06:51:59 (36.5%)	10:15	5.8 (63.0%)
87	MAŁKOWSKI Krzysztof	3163		Masters M - 40	87	00:00:26	01:58:49	05:20:58	11:33:13	16:55:14	18:48:33.05	18:48:33.05	+06:52:02 (36.5%)	10:15	5.8 (63.0%)
88	DADELSKI Mariusz	3045	RUNCROSS ROZGARTY	Masters M - 40	88	00:00:36	02:24:32	06:26:30	11:39:50	16:52:59	18:49:38.95	18:49:38.95	+06:53:08 (36.6%)	10:16	5.8 (63.0%)
89	OLSZAŃSKI Krzysztof	3108	RUNNING FREE	Masters M - 40	89	00:01:04	02:30:21	06:45:15	12:41:16	17:07:54	18:55:21.70	18:55:21.70	+06:58:50 (36.9%)	10:19	5.8 (63.0%)
90	GUMIENNY Grzegorz	3411		Masters M - 40	90	00:00:24	01:41:28	04:36:31	09:33:20	15:34:14	18:56:45.75	18:56:45.75	+07:00:14 (37.0%)	10:20	5.8 (63.0%)
91	KOREK Krystian	3174		Masters M - 40	91	00:00:52	02:31:56	06:44:59	11:53:55	17:03:24	18:59:17.05	18:59:17.05	+07:02:46 (37.1%)	10:21	5.8 (63.0%)
92	ZATAJ Igor	3015	KB MANIAC POZNAŃ	Masters M - 40	92	00:00:44	02:18:13	06:32:04	12:07:17	17:21:49	18:59:56.05	18:59:56.05	+07:03:25 (37.1%)	10:21	5.8 (63.0%)
93	LUTY Mariusz	3140	KĘSY TEAM	Masters M - 40	93	00:00:07	01:53:24	05:22:31	11:45:38	17:10:56	19:01:45.75	19:01:45.75	+07:05:14 (37.2%)	10:22	5.8 (63.0%)
94	KWIECIEN Krzysztof	3196	MEGAWONSZ	Masters M - 40	94	00:00:38	02:21:22	05:55:44	11:14:41	16:40:45	19:02:30.65	19:02:30.65	+07:05:59 (37.3%)	10:23	5.8 (63.0%)
95	SZCZUREK Mariusz	3492	AGROAS TEAM	Masters M - 40	95	00:00:07	02:02:10	06:07:04	11:49:25	17:09:49	19:03:24.95	19:03:24.95	+07:06:54 (37.3%)	10:23	5.8 (63.0%)
96	ZIELIŃSKI Tomasz	3031	ULTRAPIOTRKÓW	Masters M - 40	96	00:00:04	02:28:59	06:37:04	12:11:27	17:20:18	19:10:55.85	19:10:55.85	+07:14:24 (37.7%)	10:27	5.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
97	KUŚMIDER Michał	3348	TAŃCZĄCE MUCHOMORKI	Masters M - 40	97	00:00:15	02:01:41	05:50:42	11:59:59	17:37:08	19:11:49.15	19:11:49.15	+07:15:18 (37.8%)	10:28	5.7 (62.0%)
98	WIATER Tomasz	3130		Masters M - 40	98	00:00:42	02:24:25	06:31:35	12:21:11	17:37:12	19:15:23.90	19:15:23.90	+07:18:53 (38.0%)	10:30	5.7 (62.0%)
99	KOCIOŁEK Zbigniew	3331		Masters M - 40	99	00:00:47	02:24:15	06:31:51	12:08:24	17:27:04	19:20:32.95	19:20:32.95	+07:24:02 (38.3%)	10:33	5.7 (62.0%)
100	KŁAK Wojciech	3327	SZYBKIE ŻÓŁWIE OPATÓW	Masters M - 40	100	00:00:36	02:26:13	06:56:22	12:27:35	17:42:03	19:21:17.15	19:21:17.15	+07:24:46 (38.3%)	10:33	5.7 (62.0%)
101	SITAK Adam	3146	CZEWKA ULTRA SQUAD	Masters M - 40	101	00:00:20	01:59:55	05:35:24	11:55:59	17:37:32	19:21:38.75	19:21:38.75	+07:25:07 (38.3%)	10:33	5.7 (62.0%)
102	CWOJDZIŃSKI Piotr	3274	NIGHT RUNNERS / NO PROBLAMA TEAM	Masters M - 40	102	00:00:41	02:10:57	06:13:15	12:06:47	17:41:57	19:23:29.90	19:23:29.90	+07:26:59 (38.4%)	10:34	5.7 (62.0%)
103	KIERZEK Artur	3094	BIEGACZE KOSMOSU	Masters M - 40	103	00:00:44	02:26:45	06:31:31	12:03:58	17:00:04	19:26:36.85	19:26:36.85	+07:30:05 (38.6%)	10:36	5.7 (62.0%)
104	WEWIOR Tomasz	3121		Masters M - 40	104	00:00:08	02:09:01	06:18:59	12:16:05	17:59:31	19:49:34.35	19:49:34.35	+07:53:03 (39.8%)	10:48	5.5 (59.8%)
105	RADOMSKI Grzegorz	3059	MOKRE RUN	Masters M - 40	105	00:00:05	01:54:52	05:46:41	11:34:07	17:26:43	19:50:05.65	19:50:05.65	+07:53:34 (39.8%)	10:49	5.5 (59.8%)
106	ISKRA Arkadiusz	3241	SZAKALE BAŁUT ŁÓDŹ	Masters M - 40	106	00:00:44	02:16:41	06:50:56	12:41:35	18:06:54	20:01:08.40	20:01:08.40	+08:04:37 (40.3%)	10:55	5.5 (59.8%)
107	BUJALSKI Szymon	3171		Masters M - 40	107	00:00:21	02:18:15	06:14:19	12:09:57	18:13:30	20:07:40.60	20:07:40.60	+08:11:09 (40.7%)	10:58	5.5 (59.8%)
108	PASZKOWSKI Piotr	3063	WKURW_TEAM	Masters M - 40	108	00:00:14	01:39:43	05:26:17	12:33:11	18:42:35	20:18:39.20	20:18:39.20	+08:22:08 (41.2%)	11:04	5.4 (58.7%)
109	SKRYNKOWSKI Michał	3466		Masters M - 40	109	00:00:43	02:20:35	07:00:03	12:54:03	18:59:18	20:31:16.80	20:31:16.80	+08:34:45 (41.8%)	11:11	5.4 (58.7%)
110	STOŁOWSKI Robert	3257	AMICA	Masters M - 40	110	00:00:41	02:23:08	06:49:13	12:58:36	18:45:51	20:34:26.65	20:34:26.65	+08:37:55 (42.0%)	11:13	5.3 (57.6%)
111	DOLNY Marcin	3213	FOREST GANG	Masters M - 40	111	00:00:35	02:25:21	06:37:35	12:54:37	18:43:14	20:39:34.95	20:39:34.95	+08:43:04 (42.2%)	11:16	5.3 (57.6%)
112	FILIPIAK Sebastian	3118	EKIPA LIPA	Masters M - 40	112	00:00:21	02:20:40	06:36:18	12:30:25	18:37:42	20:40:23.95	20:40:23.95	+08:43:53 (42.2%)	11:16	5.3 (57.6%)
113	KUSY Rafał	3325	PBRUN	Masters M - 40	113	00:00:32	02:11:51	06:16:41	12:45:50	18:41:22	20:43:18.80	20:43:18.80	+08:46:47 (42.4%)	11:18	5.3 (57.6%)
114	HOJCZYK Karol	3014	EXPLORADOR & WOLNE ŚLIMAKI	Masters M - 40	114	00:00:37	02:32:17	06:56:21	12:27:33	18:41:28	20:46:29.65	20:46:29.65	+08:49:58 (42.5%)	11:19	5.3 (57.6%)
115	WIJAS Mariusz	3405		Masters M - 40	115	00:00:23	02:26:50	06:47:33	12:41:57	18:43:22	20:46:45.70	20:46:45.70	+08:50:14 (42.5%)	11:20	5.3 (57.6%)
116	KUTRZYK Przemysław	3073		Masters M - 40	116	00:00:13	02:08:23	06:35:52	14:00:00	18:45:30	20:47:28.30	20:47:28.30	+08:50:57 (42.6%)	11:20	5.3 (57.6%)
117	STODULSKI Tomasz	3197	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	117	00:00:38	02:17:07	06:49:47	12:50:00	18:47:25	21:06:25.05	21:06:25.05	+09:09:54 (43.4%)	11:30	5.2 (56.5%)
118	AMANOWICZ Lukasz	3459		Masters M - 40	118	00:00:26	02:12:50	06:19:38	12:06:40	19:20:08	21:06:47.65	21:06:47.65	+09:10:16 (43.4%)	11:30	5.2 (56.5%)
119	KADECKI Marek	3272		Masters M - 40	119	00:00:13	02:24:37	06:52:28	12:52:10	18:58:18	21:08:40.45	21:08:40.45	+09:12:09 (43.5%)	11:32	5.2 (56.5%)
120	KUNERT Krzysztof	3358		Masters M - 40	120	00:00:09	02:16:33	06:31:20	12:50:32	18:56:11	21:15:25.50	21:15:25.50	+09:18:54 (43.8%)	11:35	5.2 (56.5%)
121	ZIENIEWICZ Wojciech	3221		Masters M - 40	121	00:00:04	02:03:40	06:14:09	12:47:54	19:13:16	21:16:57.70	21:16:57.70	+09:20:26 (43.9%)	11:36	5.2 (56.5%)
122	SKOCZYLAS Piotr	3104	ENDURANCE TEAM	Masters M - 40	122	00:00:54	02:19:30	06:44:54	12:58:05	19:11:17	21:18:23.45	21:18:23.45	+09:21:52 (44.0%)	11:37	5.2 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
123	MICHAŁOWSKI Tomasz	3304		Masters M - 40	123	00:00:29	02:13:26	06:33:34	13:47:44	19:24:43	21:28:17.90	21:28:17.90	+09:31:47 (44.4%)	11:42	5.1 (55.4%)
124	MURCHA Paweł	3328	AUGUSTEAM	Masters M - 40	124	00:00:38	02:19:19	06:27:28	12:39:26	18:47:38	21:38:32.35	21:38:32.35	+09:42:01 (44.8%)	11:48	5.1 (55.4%)
125	PIKUŁA Sebastain	3470		Masters M - 40	125	00:00:51	02:16:02	06:37:16	12:24:14	19:26:06	21:48:06.95	21:48:06.95	+09:51:36 (45.2%)	11:53	5 (54.3%)
126	HALINIAK Marek	3064	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	126	00:00:34	02:25:11	07:08:53	13:12:58	19:56:05	21:51:53.35	21:51:53.35	+09:55:22 (45.4%)	11:55	5 (54.3%)
127	SAMBORSKI Daniel	3020	KBKS RADOMSKO	Masters M - 40	127	00:00:32	02:24:36	06:36:03	12:37:28	19:28:36	22:06:38.15	22:06:38.15	+10:10:07 (46.0%)	12:03	5 (54.3%)
128	HORAK Lesław	3371	KRYZYS WIEKU ŚREDNIEGO	Masters M - 40	128	00:00:41	02:32:58	07:19:50	14:03:47	20:18:07	22:28:33.35	22:28:33.35	+10:32:02 (46.9%)	12:15	4.9 (53.3%)
129	HOWIL Waldemar	3152	BIEGOWE KAIZEN	Masters M - 40	129	00:00:35	02:25:57	07:21:36	13:52:16	20:02:02	22:30:54.95	22:30:54.95	+10:34:24 (47.0%)	12:16	4.9 (53.3%)
130	KOPYRA Tomasz	3058	#BIEGAMWOLNOALEDOKŁADNIE	Masters M - 40	130	00:00:52	02:21:43	06:30:38	13:17:22	19:47:59	22:31:07.10	22:31:07.10	+10:34:36 (47.0%)	12:16	4.9 (53.3%)
131	ŻOŁYNIAK Szymon	3036		Masters M - 40	131	00:00:10	02:15:51	06:31:00	13:05:34	20:08:14	22:51:01.15	22:51:01.15	+10:54:30 (47.7%)	12:27	4.8 (52.2%)
132	STRZELEC Tomasz	3208	KB HERMES GRYFINO	Masters M - 40	132	00:00:53	02:38:46	07:32:18	14:25:23	21:13:21	23:17:52.90	23:17:52.90	+11:21:22 (48.7%)	12:42	4.7 (51.1%)
133	KAMIŃSKI Tonasz	3050		Masters M - 40	133	00:00:17	02:30:00	07:47:53	14:38:43	20:54:29	23:18:17.90	23:18:17.90	+11:21:47 (48.8%)	12:42	4.7 (51.1%)
134	RESPONDEK Dariusz	3170		Masters M - 40	134	00:00:39	02:20:43	06:54:43	14:13:47	21:08:37	23:18:51.15	23:18:51.15	+11:22:20 (48.8%)	12:43	4.7 (51.1%)
135	GAWORECKI Sławomir	3116	KLUB SPORTOWY HUSARIA SZCZECINEK	Masters M - 40	135	00:00:23	02:26:33	07:23:17	14:52:03	21:12:30	23:20:16.15	23:20:16.15	+11:23:45 (48.8%)	12:43	4.7 (51.1%)
136	GRAFENDER Michał	3203		Masters M - 40	136	00:00:37	02:31:46	07:32:31	14:54:38	20:58:11	23:20:59.60	23:20:59.60	+11:24:28 (48.9%)	12:44	4.7 (51.1%)
137	PRZYBYŁA Adam	3292	WOLFMOTO TEAM	Masters M - 40	137	00:00:44	02:27:18	07:11:54	13:42:56	20:50:18	23:22:43.45	23:22:43.45	+11:26:12 (48.9%)	12:45	4.7 (51.1%)
138	KRUPA Daniel	3200		Masters M - 40	138	00:00:36	02:45:52	07:37:50	14:20:45	21:16:14	23:39:30.50	23:39:30.50	+11:42:59 (49.5%)	12:54	4.6 (50.0%)
139	RADOŻYCKI Radek	3201		Masters M - 40	139	00:00:37	02:45:53	07:37:48	14:20:44	21:16:17	23:39:37.75	23:39:37.75	+11:43:06 (49.5%)	12:54	4.6 (50.0%)
140	MRÓWCZYŃSKI Tomasz	3207		Masters M - 40	140	00:00:57	02:26:10	06:38:12	13:32:51	21:01:22	24:12:21.65	24:12:21.65	+12:15:50 (50.7%)	13:12	4.5 (48.9%)
141	SZMANIA Jakub	3179	HKT AZYMUT	Masters M - 40	141	00:01:20	02:31:08	06:56:51	14:23:29	21:21:30	24:30:13.80	24:30:13.80	+12:33:42 (51.3%)	13:21	4.5 (48.9%)
142	KOBLAŃSKI Tomasz	3022		Masters M - 40	142	00:00:51	02:23:16	07:00:33	15:49:01	22:44:18	25:11:40.70	25:11:40.70	+13:15:09 (52.6%)	13:44	4.4 (47.8%)
143	PIGŁA Michał	3303	SPORTOWY KAŻMIERZ	Masters M - 40	143	00:00:50	02:35:18	07:24:33	14:21:52	22:27:39	25:16:52.55	25:16:52.55	+13:20:21 (52.8%)	13:47	4.4 (47.8%)
144	SCHLAPPA Sebastian	3215	IZBICKO W BIEGU	Masters M - 40	144	00:00:29	02:35:48	07:28:38	15:17:55	22:58:47	25:20:40.10	25:20:40.10	+13:24:09 (52.9%)	13:49	4.3 (46.7%)
	PTASZYŃSKI Wojciech	3428		Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	DYCKOWSKI Andrzej	3360	KLUB SPORTOWY HUSARIA SZCZECINEK	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KOZŁOWSKI Piotr	3112	KLUB SPORTOWY HUSARIA SZCZECINEK	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SZUMLAS Marcin	3352	ULTRA WAY TEAM	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	WAŚKO Paweł	3082	CENTRUM MASAŻU	Masters M - 40		00:00:01 DNF	01:27:07 DNF	04:23:01 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BANAŚ Radosław	3355	IZERY BOGATYNIA	Masters M - 40		00:00:11 DNF	01:40:00 DNF	04:29:43 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WÓJCIK Artur	3250	W POGONI ZA DUCHEM	Masters M - 40		00:00:06 DNF	01:58:23 DNF	06:09:10 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BARTKIEWICZ Lech	3117		Masters M - 40		00:00:12 DNF	02:09:01 DNF	07:02:23 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KULA Sebastian	3148		Masters M - 40		00:00:45 DNF	02:25:56 DNF	07:19:53 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BUBEL Sebastian	3333		Masters M - 40		00:00:47 DNF	02:56:08 DNF	08:54:55 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TEJWAN Leszek	3452	STG WARSZAWA	Masters M - 40		00:00:23 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MIAZEK Łukasz	3067		Masters M - 40		00:00:35 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 156 wynik(ów)