



Event:
Organiser:
Date:
Place:
Distance:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2023-07-13
Lądek-Zdrój
110 km

BIEG K-B-L - 110 KM

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Classification: Masters M - 40

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Penalty/ bonus	Net time 110km	Czas brutto 110km	Gap	Pace min/km	Pace km/h
1	WILK Maciej	3187	RAMBO 3	Masters M - 40	1	01:24:44	03:34:42	05:44:07	06:56:36	08:37:01	09:52:12		10:59:13.25	10:59:17.30		5:59	10 (100%)
2	GRYCZKA Mateusz	3384	AMBIT RACING TEAM	Masters M - 40	2	01:24:53	03:59:54	06:30:10	07:51:32	09:46:55	11:31:35		12:49:23.25	12:49:27.40	+01:50:10 (14.3%)	6:59	8.6 (86.0%)
3	KAMERDUŁA Łukasz	3379		Masters M - 40	3	01:29:29	04:19:12	06:55:05	08:12:24	09:55:43	11:39:08		12:53:49.10	12:53:55.15	+01:54:37 (14.8%)	7:02	8.5 (85.0%)
4	BOTKIEWICZ Jarosław	3502	STOKOWCZYKI / WKURW_TEAM	Masters M - 40	4	01:36:19	04:17:51	06:55:45	08:28:56	10:23:55	12:01:05		13:21:40.15	13:21:45.30	+02:22:28 (17.8%)	7:17	8.2 (82.0%)
5	KABAJA Jiří	3145	LOS KŘUPOS	Masters M - 40	5	01:41:46	04:36:21	07:13:43	08:40:58	10:33:45	12:12:55		13:26:46.20	13:26:55.30	+02:27:38 (18.3%)	7:20	8.2 (82.0%)
6	KĄSIEL Paweł	3522	MATNER RUNNING TEAM	Masters M - 40	6	01:36:52	04:17:54	06:56:19	08:35:30	10:38:02	12:15:55		13:29:16.05	13:29:19.60	+02:30:02 (18.5%)	7:21	8.2 (82.0%)
7	NARWOJSZ Arkadiusz	3397	INŻYNIERIA BIEGANIA	Masters M - 40	7	01:43:13	04:35:46	07:23:56	08:42:51	10:33:02	12:18:08		13:37:31.15	13:37:47.65	+02:38:30 (19.4%)	7:25	8.1 (81.0%)
8	DZIESZUK Grzegorz	3521	PODZAMCZE WAŁBRZYCH	Masters M - 40	8	01:43:04	04:39:25	07:24:38	08:54:22	10:44:00	12:22:54		13:38:49.45	13:38:55.10	+02:39:37 (19.5%)	7:26	8.1 (81.0%)
9	LEKI Krzysztof	3485		Masters M - 40	9	01:37:41	04:24:42	06:59:44	08:28:56	10:27:29	12:15:45		13:39:35.20	13:39:44.85	+02:40:27 (19.6%)	7:27	8.1 (81.0%)
10	KOCOUREK Martin	3337	RUNCAT	Masters M - 40	10	01:28:56	04:05:19	06:41:28	08:07:28	10:08:51	12:08:16		13:43:57.25	13:44:03.75	+02:44:46 (20.0%)	7:29	8 (80.0%)
11	KSIĄŻEK Sebastian	3205	RUNNER SAM PO LESIE	Masters M - 40	11	01:42:33	04:34:09	07:19:15	08:50:05	10:54:04	12:52:37		14:12:18.85	14:12:25.20	+03:13:07 (22.7%)	7:44	7.7 (77.0%)
12	DĄBROWICZ Jakub	3442		Masters M - 40	12	01:43:20	04:40:02	07:27:18	09:04:16	11:02:07	12:52:33		14:17:37.90	14:17:48.85	+03:18:31 (23.1%)	7:47	7.7 (77.0%)
13	STASZCZAK Łukasz	3161	TRI TEAM LUBAŃ / SPORT GENERATION	Masters M - 40	13	01:37:30	04:23:03	06:55:33	08:28:41	10:42:53	12:46:39		14:25:22.20	14:25:44.75	+03:26:27 (23.8%)	7:52	7.6 (76.0%)
14	WOLBACH Tomasz	3455	WOLNE ŚLIMAKI	Masters M - 40	14	01:38:48	04:32:12	07:40:34	09:22:47	11:13:49	12:56:56		14:28:53.50	14:29:03.45	+03:29:46 (24.1%)	7:53	7.6 (76.0%)
15	GAWROŃSKI Paweł	3417		Masters M - 40	15	01:40:35	04:40:05	07:23:33	09:00:55	11:03:30	13:01:30		14:30:56.00	14:31:02.35	+03:31:45 (24.3%)	7:55	7.6 (76.0%)
16	DYSARZ Przemysław	3025		Masters M - 40	16	01:55:24	05:09:25	07:50:09	09:17:02	11:12:05	13:05:46		14:36:11.05	14:36:23.85	+03:37:06 (24.8%)	7:57	7.5 (75.0%)
17	TRĄBCZYŃSKI Michał	3393	KB SZAMOTUŁY	Masters M - 40	17	01:38:34	04:27:39	07:19:02	08:54:29	11:03:13	13:07:54		14:36:54.45	14:37:02.15	+03:37:44 (24.8%)	7:58	7.5 (75.0%)
18	MIKOŁAJCZYK Rafał	3288	DZG RUNNERS ZGORZELEC	Masters M - 40	18	01:50:15	05:01:24	08:07:58	09:39:10	11:39:10	13:25:45		14:44:00.20	14:44:08.85	+03:44:51 (25.4%)	8:02	7.5 (75.0%)
19	DOMAGAŁA Grzegorz	3419		Masters M - 40	19	01:35:08	04:30:15	07:30:41	09:26:24	11:29:20	13:19:20		14:44:24.00	14:44:29.75	+03:45:12 (25.5%)	8:02	7.5 (75.0%)

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Penalty/ bonus	Net	Czas	Pace min/km	Pace km/h	
													time 110km	brutto 110km			Gap
20	GRYCMAN Marek	3517	SILESIAN TRIATHLON TEAM	Masters M - 40	20	01:36:29	04:19:35	06:58:42	08:35:26	10:47:56	13:01:42		14:45:03.10	14:45:18.25	+03:46:00 (25.5%)	8:02	7.5 (75.0%)
21	MIELEWCZYK Tomasz	3197	VERGE RUNNING TEAM	Masters M - 40	21	01:49:11	04:42:55	07:32:57	09:06:21	11:20:35	13:17:37		14:52:35.50	14:53:07.60	+03:53:50 (26.2%)	8:06	7.4 (74.0%)
22	BONECKI Sylwester	3122	K. S. META	Masters M - 40	22	01:58:31	05:13:48	08:09:47	09:37:56	11:48:39	13:39:17		15:01:05.60	15:01:12.10	+04:01:54 (26.8%)	8:11	7.3 (73.0%)
23	CHWIŁKA Daniel	3292	ASSECO ACTIVE TEAM	Masters M - 40	23	01:47:18	04:54:54	07:44:47	09:22:28	11:31:26	13:33:24		15:05:31.75	15:05:35.40	+04:06:18 (27.2%)	8:13	7.3 (73.0%)
24	JANKOWSKI Marcin	3311	FU FU FU TEAM	Masters M - 40	24	01:48:19	05:01:24	08:08:00	09:39:09	11:49:07	13:46:20		15:13:44.35	15:13:53.40	+04:14:36 (27.9%)	8:18	7.2 (72.0%)
25	WESOŁEK Marek	3210	SENTE	Masters M - 40	25	01:49:51	04:50:42	07:40:18	09:15:00	11:27:15	13:35:50		15:19:33.45	15:19:50.40	+04:20:33 (28.3%)	8:21	7.2 (72.0%)
26	MIKOŁAJCZYK Krzysztof	3275		Masters M - 40	26	01:39:53	04:40:00	07:33:26	09:12:12	11:40:20	13:51:03		15:30:45.80	15:30:56.05	+04:31:38 (29.2%)	8:27	7.1 (71.0%)
27	PALUCH Daniel	3149	STAJNIA BALONA	Masters M - 40	27	01:57:10	05:13:52	08:02:53	09:35:16		13:58:02		15:30:52.65	15:31:16.60	+04:31:59 (29.2%)	8:27	7.1 (71.0%)
28	GUMIENNY Grzegorz	3308		Masters M - 40	28	01:36:47	04:34:30	07:27:11	09:12:40	11:48:55	14:09:02		15:39:40.25	15:39:49.40	+04:40:32 (29.8%)	8:32	7 (70.0%)
29	KOWALCZYK Marek	3445		Masters M - 40	29	01:56:14	05:00:04	08:00:39	09:39:31	12:01:23	14:16:27		15:43:06.65	15:44:36.35	+04:45:19 (30.2%)	8:34	7 (70.0%)
30	SZOTA Maciej	3351		Masters M - 40	30	01:40:21	04:40:56	07:42:59	09:22:37	11:48:09	14:10:06		15:44:45.60	15:44:51.50	+04:45:34 (30.2%)	8:35	7 (70.0%)
31	ŁĘCKI Piotruś	3306	JEVO	Masters M - 40	31	01:57:05	05:08:01	08:06:47	09:43:12	12:09:18	14:09:08		15:46:19.15	15:46:33.90	+04:47:16 (30.3%)	8:36	7 (70.0%)
32	WYSOCZAŃSKI Adrian	3505		Masters M - 40	32	01:49:36	05:14:48	08:39:39	10:05:17	12:07:23	14:14:28		15:49:18.35	15:49:29.45	+04:50:12 (30.6%)	8:37	7 (70.0%)
33	DOBROŚ Tomasz	3003		Masters M - 40	33	02:01:55	05:19:40	08:18:17	09:59:24	12:18:23	14:25:04		15:57:17.50	15:57:38.15	+04:58:20 (31.2%)	8:42	6.9 (69.0%)
34	SOBCZAK Witold	3392	KB SZAMOTUŁY/ VEGE RUNNERS	Masters M - 40	34	01:55:11	05:20:28	08:47:29	10:07:10	12:25:26	14:33:08		16:10:15.40	16:10:32.00	+05:11:14 (32.1%)	8:49	6.8 (68.0%)
35	BIENIEK Patryk	3323	TREC TEAM	Masters M - 40	35	01:47:53	05:01:03	08:13:51	10:01:23	12:20:51	14:27:58		16:10:25.45	16:10:41.15	+05:11:23 (32.1%)	8:49	6.8 (68.0%)
36	LESIAK Tomasz	3526		Masters M - 40	36	01:49:44	05:00:54	08:04:14	09:40:28	12:02:34	14:23:29		16:12:12.10	16:12:46.75	+05:13:29 (32.2%)	8:50	6.8 (68.0%)
37	ROSZAK Piotr	3120	SZUKAM KLUBU	Masters M - 40	37	01:54:07	05:10:39	08:16:05	09:49:55	12:25:45	14:42:31		16:12:50.95	16:12:55.30	+05:13:38 (32.2%)	8:50	6.8 (68.0%)
38	PIWOWOŃSKI Paweł	3507		Masters M - 40	38	01:47:43	04:52:00	07:47:38	09:23:05	11:50:43	14:19:00		16:12:56.85	16:13:25.15	+05:14:07 (32.3%)	8:50	6.8 (68.0%)
39	MARKOWSKI Łukasz	3108		Masters M - 40	39	01:36:55	04:43:33	08:05:37	09:38:03	12:04:20	14:29:41		16:15:35.05	16:15:40.05	+05:16:22 (32.4%)	8:52	6.8 (68.0%)
40	JAKUBOWSKI Przemysław	3118		Masters M - 40	40	01:38:46	04:40:19	08:02:00	09:41:00	12:02:42	14:29:13		16:15:36.80	16:15:41.60	+05:16:24 (32.4%)	8:52	6.8 (68.0%)
41	RATAJCZAK Paweł	3096	RATAJCZAK RUN	Masters M - 40	41	02:01:49	05:35:16	08:46:48	10:27:16	12:47:50	14:41:58		16:17:03.25	16:17:18.50	+05:18:01 (32.5%)	8:52	6.8 (68.0%)
42	BIEGANOWSKI Krzysztof	3221		Masters M - 40	42	02:01:54	05:35:58	08:35:35	10:11:43	12:30:30	14:42:00		16:16:45.85	16:17:24.45	+05:18:07 (32.5%)	8:52	6.8 (68.0%)
43	KARLIK Łukasz	3035	ES TEAM	Masters M - 40	43	01:54:48	05:28:12	08:36:23	10:15:44	12:32:08	14:40:27		16:18:09.00	16:18:29.25	+05:19:11 (32.6%)	8:53	6.7 (67.0%)
44	STANKIEWICZ Paweł	3125	AKTYWNI RAZEM	Masters M - 40	44	01:56:59	05:24:57	08:52:04	10:34:57	12:54:41	14:51:12		16:23:24.45	16:23:42.40	+05:24:25 (33.0%)	8:56	6.7 (67.0%)
45	KURASZKIEWICZ Błażej	3057		Masters M - 40	45	01:47:05	05:11:43	08:22:23	10:10:22	12:34:32	14:51:15		16:27:46.65	16:28:29.55	+05:29:12 (33.3%)	8:58	6.7 (67.0%)

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Penalty/ bonus	Net	Czas	Pace min/km	Pace km/h	
													time 110km	brutto 110km			Gap
46	BŁAŻUK Jarosław	3176	PIWNICA ŚWIDNICKA WROCLAW	Masters M - 40	46	02:00:05	05:15:04	08:25:10	10:05:40	12:50:35	14:49:55		16:29:31.55	16:29:57.95	+05:30:40 (33.4%)	8:59	6.7 (67.0%)
47	RUSOŁ Tomasz	3277		Masters M - 40	47	01:54:05	05:20:34	08:46:17	10:23:45	12:30:36	14:46:38		16:30:16.05	16:31:08.75	+05:31:51 (33.5%)	9:00	6.7 (67.0%)
48	WERNO Bartłomiej	3267		Masters M - 40	48	01:50:10	05:01:36	08:05:10	09:49:00	12:38:21	14:58:30		16:33:03.40	16:33:07.25	+05:33:49 (33.6%)	9:01	6.6 (66.0%)
49	KACZMARCZYK Piotr	3287	SOLPARK KLESZCZÓW	Masters M - 40	49	02:05:29	05:34:40	08:48:11	10:25:15	12:47:14	15:02:40		16:38:07.05	16:38:48.45	+05:39:31 (34.0%)	9:04	6.6 (66.0%)
50	MATUSIAK Michał	3514	ROWERY MALGOSKA	Masters M - 40	50	02:07:39	05:36:48	08:34:38	10:12:26	12:45:27	15:03:02		16:39:02.75	16:39:52.35	+05:40:35 (34.1%)	9:04	6.6 (66.0%)
51	MISTYGACZ Jakub	3427	ANTONTEAM ACTIVDIAB	Masters M - 40	51	02:09:18	05:51:23	08:51:23	10:25:40	12:53:28	14:59:43		16:38:38.60	16:40:04.50	+05:40:47 (34.1%)	9:04	6.6 (66.0%)
52	KUBIK Jarosław	3322	KOŁO BIEGA	Masters M - 40	52	01:58:39	05:37:55	08:48:50	10:17:47	12:31:00	14:35:29		16:41:44.65	16:41:49.45	+05:42:32 (34.2%)	9:06	6.6 (66.0%)
53	DUBINSKAS Arunas	3494		Masters M - 40	53	01:50:04	05:26:03	09:07:03	10:45:59	13:04:46	15:12:22		16:43:45.70	16:44:02.60	+05:44:45 (34.3%)	9:07	6.6 (66.0%)
54	WOŹNIAK Paweł	3299	W POGONI ZA DUCHEM	Masters M - 40	54	01:44:56	05:08:13	08:17:52	10:06:46	12:49:28	15:02:57		16:45:46.10	16:45:56.30	+05:46:39 (34.5%)	9:08	6.6 (66.0%)
55	SOBCZAK Marcin	3298	SMASHING PĄPKINS	Masters M - 40	55	02:00:15	05:42:11	08:53:32	10:38:11	12:52:19	15:07:56		16:48:59.55	16:49:21.50	+05:50:04 (34.7%)	9:10	6.5 (65.0%)
56	JADRYCH Zbigniew	3223		Masters M - 40	56	01:54:31	05:30:15	08:37:03	10:22:55	12:52:20	15:12:32		16:58:23.15	16:58:40.85	+05:59:23 (35.3%)	9:15	6.5 (65.0%)
57	TELEON Piotr	3216	JACEKBIEGA RUNNING TEAM	Masters M - 40	57	01:40:12	04:49:20	08:07:26	09:56:09		15:11:15		17:07:31.35	17:08:02.35	+06:08:45 (35.9%)	9:20	6.4 (64.0%)
58	GRUSZCZYŃSKI Przemysław	3093	WLKP MOUNTAINS ULTRA	Masters M - 40	58	01:57:43	05:42:58	08:52:29	10:27:50	13:04:04	15:18:22		17:08:16.45	17:08:28.05	+06:09:10 (35.9%)	9:20	6.4 (64.0%)
59	WYLOTEK Mariusz	3211	BIEGOWA KUŹNIA	Masters M - 40	59	01:53:05	05:15:18	08:25:21	10:02:58	12:40:28	15:03:37		17:14:30.40	17:14:40.25	+06:15:22 (36.3%)	9:24	6.4 (64.0%)
60	GRUBICH Damian	3050	PARKRUN GRUDZIĄDZ	Masters M - 40	60	02:06:27	05:35:40	08:59:55	10:51:54	13:19:58	15:39:53		17:25:22.75	17:25:34.65	+06:26:17 (36.9%)	9:30	6.3 (63.0%)
61	SZEIB Robert	3146		Masters M - 40	61	02:06:38	05:55:50	09:10:49	11:00:20	11:50:48	15:44:09		17:32:05.55	17:32:22.50	+06:33:05 (37.4%)	9:33	6.3 (63.0%)
62	GMYREK Jacek	3269		Masters M - 40	62	02:09:25	05:55:08	09:24:36	11:23:22	13:56:34	16:01:18		17:32:56.35	17:33:20.20	+06:34:02 (37.4%)	9:34	6.3 (63.0%)
63	MAZANKA Jakub	3361		Masters M - 40	63	01:52:18	05:27:08	08:53:33	10:43:28	13:29:37	15:49:41		17:37:39.65	17:37:54.85	+06:38:37 (37.7%)	9:36	6.2 (62.0%)
64	KORNALSKI Grzegorz	3492	POLACY BIEGAJĄ W UK	Masters M - 40	64	01:52:42	05:39:09	08:48:50	10:36:18		15:53:57		17:37:34.25	17:37:55.15	+06:38:37 (37.7%)	9:36	6.2 (62.0%)
65	WÓJCIO Hubert	3105	ULTRASZSZCZAWNICY	Masters M - 40	65	02:05:23	05:35:00	08:58:36	10:49:13	13:25:33	15:53:01		17:39:58.85	17:40:20.40	+06:41:03 (37.8%)	9:38	6.2 (62.0%)
66	KŁODA Dariusz	3154	DRUŻYNA SZPIKU/SPORT GENERATION	Masters M - 40	66	01:58:59	05:34:42	08:55:54	10:51:12	13:30:04	15:53:26		17:42:43.40	17:43:05.70	+06:43:48 (38.0%)	9:39	6.2 (62.0%)
67	WOJCIECHOWSKI Arkadiusz	3327	KTÓRĘDYNADMORSKIEOKO	Masters M - 40	67	02:03:22	05:31:50	08:45:58	10:36:13	13:10:32	15:38:07		17:43:07.10	17:43:28.45	+06:44:11 (38.0%)	9:39	6.2 (62.0%)
68	CHODKIEWICZ Tomasz	3255	GARDENFLORA MTB TEAM	Masters M - 40	68	02:08:52	05:58:21	09:32:52	11:27:28	13:39:25	15:58:04		17:51:03.45	17:51:31.85	+06:52:14 (38.5%)	9:44	6.2 (62.0%)
69	MAZUREK Łukasz	3073	DZG RUNNERS ZGORZELEC	Masters M - 40	69	01:50:43	05:25:00	08:49:16	10:32:03	13:39:25	16:01:40		17:51:35.85	17:51:43.95	+06:52:26 (38.5%)	9:44	6.2 (62.0%)
70	WYKA Mariusz	3463	LEGIA	Masters M - 40	70	02:10:15	05:50:30	08:59:58	10:44:07	13:25:03	16:03:27		18:03:33.75	18:03:52.60	+07:04:35 (39.2%)	9:51	6.1 (61.0%)
71	CIEŚLIK Paweł	3367	CHÂTEAU CHALIN	Masters M - 40	71	01:57:50	05:43:05	09:14:46	11:04:58	13:46:33	16:21:28		18:06:48.80	18:07:01.15	+07:07:43 (39.3%)	9:52	6.1 (61.0%)

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Penalty/ bonus	Net	Czas	Pace min/km	Pace km/h	
													time 110km	brutto 110km			Gap
72	BARAN Dariusz	3201		Masters M - 40	72	02:00:52	05:40:24	09:09:00	10:56:35	13:40:05	16:06:10		18:07:45.30	18:08:10.45	+07:08:53 (39.4%)	9:53	6.1 (61.0%)
73	HALMAN Krzysztof	3490	LEJ MI PÓŁ	Masters M - 40	73	01:49:59	05:10:28	08:14:54	10:04:19	12:33:38	15:28:57		18:09:27.15	18:09:54.75	+07:10:37 (39.5%)	9:54	6.1 (61.0%)
74	GAWOT Piotr	3243		Masters M - 40	74	01:53:55	05:27:15	08:50:36	10:35:31	13:40:04	16:12:34		18:09:46.50	18:10:04.15	+07:10:46 (39.5%)	9:54	6.1 (61.0%)
75	SROKA Marcin	3173	WLKP MOUNTAINS ULTRA	Masters M - 40	75	01:54:42	05:34:33	08:53:22	10:47:05	13:44:26	16:21:31		18:18:16.70	18:18:28.80	+07:19:11 (40.0%)	9:59	6 (60.0%)
76	KONDRATOWICZ Sebastian	3475		Masters M - 40	76	02:16:42	06:12:11	09:29:23	11:10:27	13:43:42	16:21:40		18:18:10.15	18:18:46.95	+07:19:29 (40.0%)	9:59	6 (60.0%)
77	BARDAN Michał	3489		Masters M - 40	77	02:07:04	05:58:31	09:34:14	11:21:19	14:03:45	16:32:18		18:19:35.00	18:19:59.65	+07:20:42 (40.1%)	9:59	6 (60.0%)
78	RATYMIRSKI Wojtek	3181		Masters M - 40	78	02:00:10	05:46:37	09:16:57	11:07:31	13:43:46	16:12:31		18:21:00.55	18:21:40.90	+07:22:23 (40.2%)	10:00	6 (60.0%)
79	JĘDZURA Daniel	3303	BPRT GLIWICE	Masters M - 40	79	02:04:14	05:42:47	09:07:37	11:04:52	13:52:51	16:36:47		18:22:48.15	18:23:01.90	+07:23:44 (40.2%)	10:01	6 (60.0%)
80	WISNIEWSKI Bartłomiej	3204		Masters M - 40	80	02:07:08	05:36:03	08:46:03	10:36:07	13:10:37	15:54:09		18:28:39.75	18:28:59.55	+07:29:42 (40.6%)	10:04	6 (60.0%)
81	MASŁOWSKI Robert	3230	ANTON TEAM	Masters M - 40	81	02:09:19	05:51:23	09:08:29	11:02:17		16:20:37		18:29:24.10	18:30:51.05	+07:31:33 (40.7%)	10:05	5.9 (59.0%)
82	PAPIERSKI Tomasz	3175		Masters M - 40	82	01:48:59	05:36:28	08:52:30	10:46:45	13:24:49	16:20:43		18:29:51.90	18:31:04.05	+07:31:46 (40.7%)	10:05	5.9 (59.0%)
83	RACIBORSKI Grzegorz	3282	TKKF KOLEJARZ BYDGOSZCZ	Masters M - 40	83	02:12:50	06:28:24	09:47:49	11:33:29	14:07:04	16:49:27		18:30:27.45	18:31:29.00	+07:32:11 (40.7%)	10:05	5.9 (59.0%)
84	WŁODARCZYK Krzysztof	3499	3TEAM CIEPEŁKO	Masters M - 40	84	02:07:19	06:05:29	09:55:52	11:36:13	14:13:09	16:55:04		18:32:14.15	18:32:34.80	+07:33:17 (40.7%)	10:06	5.9 (59.0%)
85	NECKAR Michał	3139	HWBC	Masters M - 40	85	01:54:21	05:23:23	08:46:00	10:43:13	13:24:47	16:15:57		18:32:07.55	18:32:56.10	+07:33:38 (40.8%)	10:06	5.9 (59.0%)
86	TYCZYŃSKI Krzysztof	3332	AKTYWNI RAZEM	Masters M - 40	86	01:58:28	05:45:57	09:21:12	11:14:31	14:03:57	16:48:54		18:38:10.60	18:38:30.65	+07:39:13 (41.1%)	10:09	5.9 (59.0%)
87	WALCZAK Krystian	3329	BIEGAJĄCE WALCZAKI	Masters M - 40	87	01:49:05	05:16:33	08:56:47	10:48:39	13:43:14	16:35:13		18:41:46.90	18:41:56.15	+07:42:38 (41.2%)	10:11	5.9 (59.0%)
88	JEZIORSKI Zbigniew	3441		Masters M - 40	88	02:00:43	05:36:48	08:58:48	10:46:39	13:44:28	16:37:26		18:43:41.30	18:43:45.75	+07:44:28 (41.3%)	10:12	5.9 (59.0%)
89	BUDNICKI Andrzej	3501		Masters M - 40	89	02:17:05	06:10:39	09:42:52	11:37:02	14:24:57	16:55:44		18:52:02.20	18:52:24.70	+07:53:07 (41.8%)	10:17	5.8 (58.0%)
90	KULCZYŃSKI Michał	3209		Masters M - 40	90	02:14:44	06:01:43	09:32:25	11:26:53	14:23:48	16:55:45		18:52:30.70	18:53:47.45	+07:54:30 (41.9%)	10:17	5.8 (58.0%)
91	KONSTANCIUK Dariusz	3404	JAZDAAAAA	Masters M - 40	91	02:12:45	06:15:43	09:55:40	11:52:11	14:48:51	17:07:04		18:55:38.70	18:56:19.45	+07:57:02 (42.0%)	10:19	5.8 (58.0%)
92	MALOTTA Konrad	3215	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters M - 40	92	02:13:59	06:28:46	09:57:37	11:39:17	14:30:44	16:56:00		18:55:41.95	18:56:32.20	+07:57:14 (42.0%)	10:19	5.8 (58.0%)
93	MIAZEK Łukasz	3278		Masters M - 40	93	02:09:40	06:10:44	09:42:57	11:55:01	14:29:19	17:01:50		18:56:45.95	18:57:12.85	+07:57:55 (42.0%)	10:20	5.8 (58.0%)
94	KOZŁOWSKI Rafał	3137		Masters M - 40	94	02:06:29	06:05:15	09:38:24			16:37:33	00:15:00	18:58:09.80	18:58:45.75	+07:59:28 (42.1%)	10:12	5.9 (59.0%)
95	KACZMAREK Jarosław	3082	PARTYZANCI KONIN/JK82	Masters M - 40	95	02:20:52	06:14:20	09:46:04	11:39:43	14:23:35	17:00:07		19:02:35.75	19:03:44.80	+08:04:27 (42.4%)	10:23	5.8 (58.0%)
96	KANIEWSKI Michał	3345	ORANGE POLSKA	Masters M - 40	96	02:19:16	06:26:47	09:54:19	11:50:19	14:40:17	17:08:30		19:02:47.40	19:03:51.30	+08:04:34 (42.4%)	10:23	5.8 (58.0%)
97	ADACH Dariusz	3076	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	97	02:02:27	05:43:27	09:20:50	11:29:43	14:28:59	17:07:08		19:03:39.60	19:04:15.80	+08:04:58 (42.4%)	10:23	5.8 (58.0%)

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Penalty/ bonus	Net	Czas	Pace min/km	Pace km/h	
													time 110km	brutto 110km			Gap
98	DUCHOŃ Marcin	3172		Masters M - 40	98	02:07:26	06:00:04	09:26:38	11:20:31	14:13:49	17:16:05		19:14:09.25	19:14:18.40	+08:15:01 (42.9%)	10:29	5.7 (57.0%)
99	BAUER Bartosz	3199	SWORDSATHLETICS	Masters M - 40	99	01:50:34	05:26:05	09:08:26	11:14:58	14:22:38	17:37:31		19:18:37.15	19:19:02.15	+08:19:44 (43.1%)	10:31	5.7 (57.0%)
100	HULBÓJ Sebastian	3532	WKS B TEAM	Masters M - 40	100	01:57:44	05:40:21	09:11:56	11:08:41	13:58:51	16:48:26		19:21:12.05	19:21:20.30	+08:22:03 (43.2%)	10:33	5.7 (57.0%)
101	SAMUŚ Dariusz	3179	BIESZCZADZKIE MORSY	Masters M - 40	101	02:11:28	06:20:35	09:57:27	11:46:29	14:40:40	17:22:57		19:25:08.80	19:25:30.35	+08:26:13 (43.4%)	10:35	5.7 (57.0%)
102	GRABKOWSKI Rafał	3399	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	102	02:11:31	06:28:14	10:05:26	11:52:22	14:43:16	17:17:32		19:29:41.65	19:30:08.70	+08:30:51 (43.7%)	10:38	5.6 (56.0%)
102	WARACHOWSKI Stefan	3249		Masters M - 40	102	02:12:08	06:28:13	10:04:59	11:52:24	14:43:23	17:17:33		19:29:42.25	19:30:08.70	+08:30:51 (43.7%)	10:38	5.6 (56.0%)
104	SIKORSKI Dariusz	3523	INSERT TEAM	Masters M - 40	104	02:08:56	05:40:13	08:59:38	10:56:00	13:48:23	17:01:41		19:31:55.25	19:32:34.05	+08:33:16 (43.8%)	10:39	5.6 (56.0%)
105	HERDZINA Wojciech	3049	RUN AWAY TEAM	Masters M - 40	105	02:10:47	06:27:32	10:02:50	11:59:58	14:50:40	17:45:20		19:32:32.05	19:32:56.30	+08:33:39 (43.8%)	10:39	5.6 (56.0%)
106	SEKMAN Tomasz	3077		Masters M - 40	106	02:00:50	05:34:24	09:12:55	11:23:00	14:30:10	17:20:35		19:40:01.80	19:40:08.95	+08:40:51 (44.1%)	10:43	5.6 (56.0%)
107	WRZESIŃSKI Łukasz	3374	POWER&PAKER	Masters M - 40	107	02:14:32	06:20:31	09:53:02	11:50:26	14:56:40	17:48:02		19:55:13.90	19:55:16.85	+08:55:59 (44.8%)	10:51	5.5 (55.0%)
108	CIEŚLAK Jakub	3420		Masters M - 40	108	02:15:04	06:21:40	10:07:43	12:08:00	14:58:47	18:04:42		19:56:26.00	19:57:27.00	+08:58:09 (44.9%)	10:52	5.5 (55.0%)
109	GRAD Łukasz	3052	FITNESS PIEKARY LEGNICA	Masters M - 40	109	02:06:30	06:39:51	10:46:48	12:41:02	15:26:12	17:58:21		19:57:35.05	19:58:03.90	+08:58:46 (45.0%)	10:53	5.5 (55.0%)
110	DOBEK Mateusz	3246	JAWOR RIVER GYM	Masters M - 40	110	02:06:40	06:39:51	10:46:42	12:41:01	15:26:04	17:58:44		19:57:34.65	19:58:04.40	+08:58:47 (45.0%)	10:53	5.5 (55.0%)
111	OZIMINA Hubert	3194	OBORYGENI	Masters M - 40	111	02:09:29	06:20:27	10:06:49	12:12:04	15:11:42	17:59:59		20:04:28.90	20:04:39.55	+09:05:22 (45.3%)	10:56	5.5 (55.0%)
112	ROSZYK Tomasz	3317	TKKF MPK POZNAŃ	Masters M - 40	112	02:16:26	06:49:28	10:30:10	12:30:46	15:25:16	18:15:57		20:07:51.50	20:08:23.10	+09:09:05 (45.4%)	10:58	5.5 (55.0%)
113	OLEJNIK Marcin	3530		Masters M - 40	113	02:16:23	06:26:07	10:09:48	12:02:27	15:08:32	18:04:13		20:08:03.60	20:09:32.25	+09:10:14 (45.5%)	10:58	5.5 (55.0%)
114	BALUTA Paweł	3519	BARUNOWCE	Masters M - 40	114	02:10:02	06:26:52	10:13:31	12:14:24	15:10:42	18:28:17		20:22:15.50	20:22:38.20	+09:23:20 (46.1%)	11:06	5.4 (54.0%)
115	ZYCH Michał	3432		Masters M - 40	115	02:17:39	06:57:16	10:49:43	12:51:18	15:40:30	18:16:29		20:33:04.80	20:33:39.85	+09:34:22 (46.6%)	11:12	5.4 (54.0%)
116	KAMIŃSKI Krystian	3219	DARKO NIESTEPOWO	Masters M - 40	116	02:31:44	07:12:18	11:02:28	13:04:26		18:58:48		20:44:55.00	20:46:00.95	+09:46:43 (47.1%)	11:19	5.3 (53.0%)
117	KALISZEWICZ Piotr	3159		Masters M - 40	117	02:34:11	06:55:05	10:52:04	12:59:43	15:57:31	19:01:16		20:49:56.65	20:50:33.75	+09:51:16 (47.3%)	11:21	5.3 (53.0%)
118	GÓRNY Przemysław	3072	KLUB BIEGACZA SUPERMARATOŃCZYK	Masters M - 40	118	02:18:16	06:39:05	10:33:47	12:37:33	15:37:40	18:53:30		21:12:24.10	21:13:28.45	+10:14:11 (48.2%)	11:34	5.2 (52.0%)
119	WALCZAK Michał	3258		Masters M - 40	119	02:13:17	06:31:21	10:46:07	12:55:28	15:55:30	18:56:11		21:17:17.45	21:17:55.45	+10:18:38 (48.4%)	11:36	5.2 (52.0%)
120	DOMINIAK Bartosz	3027	#BARTEKBIEGA	Masters M - 40	120	02:10:46	06:29:58	10:28:43	12:40:58	16:08:57	19:20:39		21:17:29.70	21:17:57.15	+10:18:39 (48.4%)	11:36	5.2 (52.0%)
121	SZUMSKI Waldemar	3271	4RUN BROOKS TEAM GDAŃSK	Masters M - 40	121	02:18:22	06:50:39		12:50:22	14:13:28	18:57:34		21:22:26.95	21:23:42.45	+10:24:25 (48.6%)	11:39	5.1 (51.0%)
122	ŁUCZAK Marcin	3325		Masters M - 40	122	02:15:50	06:40:11	10:10:27	12:18:15	15:38:24	18:56:16		21:29:09.00	21:29:39.15	+10:30:21 (48.9%)	11:43	5.1 (51.0%)
123	KAROLEWSKI Maciej	3319	KROTOSZYŃSKA GRUPA BIEGOWA	Masters M - 40	123	02:04:25	05:48:08	09:43:30	11:52:54	15:22:28	18:56:52		21:29:32.00	21:30:47.50	+10:31:30 (48.9%)	11:43	5.1 (51.0%)

Place	Participant	Number	Club	Category	MCat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Penalty/ bonus	Net	Czas	Pace min/km	Pace km/h	
													time 110km	brutto 110km			Gap
124	BIES Andżemu Jakcinaimię	3460	ZDRAJCY METALU	Masters M - 40	124	02:16:00	06:31:00	10:34:46	12:51:09	16:23:37	19:18:17		21:35:54.85	21:37:34.75	+10:38:17 (49.2%)	11:46	5.1 (51.0%)
125	STRZELEC Tomasz	3135		Masters M - 40	125	02:31:15	07:01:59	11:02:19	13:34:13	16:48:40	19:43:04		21:41:48.90	21:42:59.20	+10:43:41 (49.4%)	11:50	5.1 (51.0%)
126	WĘCLEWSKI Marcin	3178		Masters M - 40	126	02:11:42	06:40:39	11:03:07	13:39:03	17:02:55	19:49:47		21:49:59.15	21:50:18.40	+10:51:01 (49.7%)	11:54	5 (50.0%)
127	MAJCHRZYCKI Sławomir	3515	TKKF MPK POZNAŃ	Masters M - 40	127	02:13:21	06:29:57	10:35:37	12:59:54	16:20:47	19:34:23		21:56:57.20	21:57:20.20	+10:58:02 (50.0%)	11:58	5 (50.0%)
128	FARBISZEWSKI Marek	3510	ORANGE POLSKA	Masters M - 40	128	02:20:49	06:26:47	10:12:25	12:30:33	15:43:32	19:11:21		22:03:52.50	22:04:56.20	+11:05:38 (50.2%)	12:02	5 (50.0%)
129	STOŁOWSKI Robert	3012		Masters M - 40	129	02:17:54	06:54:52	11:01:40	13:29:23	16:56:03	19:55:03		22:06:05.70	22:06:35.75	+11:07:18 (50.3%)	12:03	5 (50.0%)
130	JANKOWSKI Szymon	3353		Masters M - 40	130	02:34:09	06:51:04	10:47:35	13:17:29		19:52:25		22:16:51.50	22:18:45.10	+11:19:27 (50.8%)	12:09	4.9 (49.0%)
131	SZUMLAS Marcin	3008	ULTRA WAY TEAM	Masters M - 40	131	02:29:37	06:46:56	10:26:04	12:33:47	16:04:02	19:25:47		22:30:39.40	22:31:55.50	+11:32:38 (51.2%)	12:16	4.9 (49.0%)
132	SZANDAŁA Jacek	3225	CAŁA OLEŚNICA BIEGA	Masters M - 40	132	02:06:35	05:58:23	09:29:06	11:26:07	14:44:59	18:05:04		22:32:06.10	22:32:47.55	+11:33:30 (51.3%)	12:17	4.9 (49.0%)
133	CHOŁOTA Marek	3033		Masters M - 40	133	02:15:20	06:58:21	11:03:35	13:08:36	16:50:15	20:06:47		22:33:21.60	22:33:41.65	+11:34:24 (51.3%)	12:18	4.9 (49.0%)
134	OBŁUDKA Adam	3297	BEERSPIRIT	Masters M - 40	134	02:41:30	07:25:58	11:24:01	13:32:45	17:27:50	20:22:38		22:32:03.50	22:33:47.75	+11:34:30 (51.3%)	12:17	4.9 (49.0%)
135	WIECZOREK Sławomir	3388		Masters M - 40	135	02:17:51	06:54:54	11:01:54	13:30:17	17:11:32	20:07:53		22:34:13.70	22:34:44.55	+11:35:27 (51.3%)	12:18	4.9 (49.0%)
136	CISZEWSKI Krzysztof	3134		Masters M - 40	136	02:19:39	06:39:22	10:45:29	12:54:31	16:35:24	20:12:53		22:38:54.90	22:40:34.50	+11:41:17 (51.5%)	12:21	4.9 (49.0%)
137	SOBCZYK Grzesiu	3310	WIELUŃ BIEGA	Masters M - 40	137	02:14:50	06:05:09	09:44:42	11:44:41	15:08:18			22:52:14.00	22:52:14.00	+11:52:56 (52.0%)	12:28	4.8 (48.0%)
138	BOTTCHER Andrzej	3247		Masters M - 40	138	02:25:39	06:54:34	11:04:34	13:32:18	17:32:43	20:35:55		22:54:35.45	22:55:51.45	+11:56:34 (52.1%)	12:29	4.8 (48.0%)
139	CZYŻ Łukasz	3034	ES TEAM	Masters M - 40	139	02:09:36	06:32:27	10:36:10	13:02:21	16:41:21	20:16:21		22:57:10.20	22:57:30.15	+11:58:12 (52.1%)	12:31	4.8 (48.0%)
140	STROMIDŁO Sebastian	3065	BR - W STRONĘ ULTRA (PODCAST)	Masters M - 40	140	02:31:36	07:40:41	11:41:30	14:04:52	17:30:09	20:37:22		23:04:22.15	23:04:31.30	+12:05:14 (52.4%)	12:35	4.8 (48.0%)
141	SERAFIN Michał	3151	HWBC	Masters M - 40	141	02:16:36	06:51:57	11:07:27	13:38:14	17:03:28	20:57:01		23:12:23.05	23:13:11.90	+12:13:54 (52.7%)	12:39	4.7 (47.0%)
142	GORCZYCA Łukasz	3340		Masters M - 40	142	02:28:31	07:19:23	11:42:02	13:45:49	17:27:50	20:46:36		23:16:40.65	23:17:24.35	+12:18:07 (52.8%)	12:41	4.7 (47.0%)
143	GOGOLIŃSKI Przemysław	3458		Masters M - 40	143	02:43:35	07:34:07	11:39:43	14:07:10	17:23:40	20:34:59		23:15:50.45	23:17:41.10	+12:18:23 (52.8%)	12:41	4.7 (47.0%)
144	ZEMANEK Arkadiusz	3459		Masters M - 40	144	02:43:34	07:34:17	11:39:46	14:07:12	17:24:00	20:34:54		23:15:53.30	23:17:43.75	+12:18:26 (52.8%)	12:41	4.7 (47.0%)
145	OSTASZEWSKI Mariusz	3256		Masters M - 40	145	02:22:43	07:20:49	12:07:26	14:26:35	18:04:57	21:18:12		23:19:27.15	23:20:06.90	+12:20:49 (52.9%)	12:43	4.7 (47.0%)
146	ZALEWSKI Marcin	3391	ULTRA WAY TEAM	Masters M - 40	146	02:30:50	07:27:12	11:15:30	13:35:59				23:53:05.00	23:53:05.00	+12:53:47 (54.0%)	13:01	4.6 (46.0%)
147	HOJDA Mariusz	3542	COOL GUYS	Masters M - 40	147	02:20:57	06:58:37	11:56:27	15:07:45	18:51:33	21:59:31		23:58:09.10	23:58:43.75	+12:59:26 (54.2%)	13:04	4.6 (46.0%)
148	OSSOWSKI Arkadiusz	3342	PROJEKT1000UP/RUNEDA	Masters M - 40	148	02:30:18	07:27:35	11:45:06	14:05:39	18:10:00	21:42:27		24:13:36.50	24:14:08.85	+13:14:51 (54.7%)	13:12	4.5 (45.0%)
149	MROZIK Mariusz	3356	DZIKIE DZIKI GORZÓW	Masters M - 40	149	02:31:07	07:13:59	11:34:09	14:16:53	18:12:25	21:47:19		24:20:48.95	24:21:08.90	+13:21:51 (54.9%)	13:16	4.5 (45.0%)

Place	Participant	Number	Club	Category	MCat	A9	A11	A12	A13	A14	A15	Penalty/ bonus	Net time 110km	Czas brutto 110km	Gap	Pace min/km	Pace km/h
						15km	40km	61km	70km	85km	98km		110km				
150	ICIEK Mariusz	3469	AKTYWNI KAMIEŃSK	Masters M - 40	150	03:00:35	08:03:06	12:28:45	15:12:51	18:32:49	22:09:09		24:27:53.25	24:29:46.25	+13:30:28 (55.1%)	13:20	4.5 (45.0%)
151	KOCHAN Grzegorz	3539	KTO DOGONI PSA	Masters M - 40	151	02:43:05	07:34:03	12:11:29	14:41:19	18:29:21	21:56:35		24:54:53.95	24:55:26.15	+13:56:08 (55.9%)	13:35	4.4 (44.0%)
152	HEJNA Łukasz	3380		Masters M - 40	152	02:34:11	07:23:14	12:05:18	14:41:23	18:43:05	22:30:34		24:59:10.50	25:01:04.50	+14:01:47 (56.1%)	13:37	4.4 (44.0%)
153	HOFFMANN Grzegorz	3461	KOŚCIAN TEAM	Masters M - 40	153	02:46:06	07:57:59	12:20:42	15:11:00	19:02:16	22:28:37		25:04:40.60	25:05:47.25	+14:06:29 (56.2%)	13:40	4.4 (44.0%)
154	BUBEL Sebastian	3183		Masters M - 40	154	02:49:40	08:17:03	13:16:24	15:51:28	19:33:10			25:20:07.25	25:21:29.35	+14:22:12 (56.7%)	13:49	4.3 (43.0%)
155	SZULC Adam	3217	A ŻĄDŁEM CHCESZ?	Masters M - 40	155	02:42:43	08:19:11	13:09:37	15:37:56	19:10:38	22:26:21		25:26:40.80	25:27:51.60	+14:28:34 (56.8%)	13:52	4.3 (43.0%)
	DRABIŃSKI Adrian	3296	BEERSPIRIT	Masters M - 40		02:41:32 DNF	07:25:53 DNF	11:23:49 DNF	13:32:46 DNF	17:27:36 DNF	DNF		DNF	DNF	-	-	- (0.0%)
	KOWACZEK Marek	3239		Masters M - 40		02:00:46 DNF	06:11:11 DNF	10:41:08 DNF	13:45:14 DNF	18:05:23 DNF	DNF		DNF	DNF	-	-	- (0.0%)
	PILARSKI Tomasz	3473	MARCIN ŚWIERC TEAM	Masters M - 40		01:23:38 DNF	03:46:13 DNF	06:19:09 DNF	07:39:30 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	SUCHODOLA Piotr	3447		Masters M - 40		02:18:50 DNF	06:23:55 DNF	10:27:06 DNF	12:54:03 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	PRZYBYLSKI Tomasz	3189	TRI TOMAJ	Masters M - 40		02:08:52 DNF	06:27:51 DNF	10:50:38 DNF	13:35:49 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	POPIELSKI Grzegorz	3040	ROZBIEGANI CHOJNÓW	Masters M - 40		02:32:12 DNF	07:23:49 DNF	11:39:17 DNF	14:15:25 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	SKORUPA Jacek	3484	EUFORIA BIEGACZA	Masters M - 40		01:28:19 DNF	04:08:01 DNF	07:14:10 DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	STEFANIAK Łukasz	3180		Masters M - 40		01:43:42 DNF	04:43:19 DNF	07:41:05 DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	PAWŁOWSKI Marcin	3493		Masters M - 40		01:32:01 DNF	04:14:54 DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	RATYŃSKI Marek	3373	OTWOCKI TUPTACZ	Masters M - 40		01:42:35 DNF	05:05:05 DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	MAŃSKI Robert	3245	RUN-PASSION.PL	Masters M - 40		01:48:59 DNF	05:08:49 DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	REGINIA Piotr	3257	4RUN BROOKS TEAM GDAŃSK	Masters M - 40		02:18:38 DNF	06:59:56 DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	MAŁECKI Mariusz	3328	OWOCOWE ŻYCIE	Masters M - 40		01:37:20 DNF	DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	TRZCIŃSKI Paweł	3414		Masters M - 40		02:14:38 DNF	DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	ŁUKASIK Marcin	3431	BIEGNIJ OLAWO	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)

Total 170 results.