

# BIEG K-B-L - 110 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-07-19  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 110 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIĄDZIAK Łukasz</b>	<b>246</b>	MONK SANDALS	Senior II M - 30	1	01:25:05	03:35:24	06:52:41	10:01:55	<b>11:15:08.70</b>	<b>11:15:08.70</b>		6:08	9.8 (100%)
2	<b>UZNAŃSKI Piotr</b>	<b>264</b>	EUROCLEAR RUNNING TEAM	Senior II M - 30	2	01:23:37	03:46:09	07:39:30	10:44:27	<b>11:55:11.65</b>	<b>11:55:12.60</b>	+00:40:03 (5.6%)	6:30	9.2 (93.9%)
3	<b>JEDWABNY Piotr</b>	<b>126</b>		Senior II M - 30	3	01:25:06	03:43:15	07:30:56	11:01:16	<b>12:17:39.65</b>	<b>12:17:41.85</b>	+01:02:33 (8.5%)	6:42	8.9 (90.8%)
4	<b>WYRODEK Jakub</b>	<b>227</b>	TURBOPTYSIE	Senior II M - 30	4	01:39:40	04:11:59	07:50:30	11:11:05	<b>12:29:45.30</b>	<b>12:30:14.05</b>	+01:15:05 (10.0%)	6:48	8.8 (89.8%)
5	<b>SZAROWAR Bartosz</b>	<b>147</b>		Masters M - 40	1	01:27:28	04:02:45	07:51:04	11:19:16	<b>12:43:12.00</b>	<b>12:43:15.55</b>	+01:28:06 (11.5%)	6:56	8.6 (87.8%)
6	<b>BANASZEK Adam</b>	<b>311</b>	BIEGUSIEM.PL	Senior II M - 30	5	01:35:03	04:15:49	08:03:32	11:35:16	<b>12:48:37.40</b>	<b>12:48:41.50</b>	+01:33:32 (12.2%)	6:59	8.6 (87.8%)
7	<b>KALINA Tomasz</b>	<b>305</b>	TRUE RUNNERS	Senior II M - 30	6	01:27:16	03:58:56	07:50:45	11:27:21	<b>12:49:06.65</b>	<b>12:49:10.95</b>	+01:34:02 (12.2%)	6:59	8.6 (87.8%)
8	<b>SZCZEPANIAK Marcin</b>	<b>28</b>	XRUNNERS	Senior II M - 30	7	01:31:20	04:09:20	08:04:35	11:33:51	<b>12:50:53.15</b>	<b>12:50:54.95</b>	+01:35:46 (12.4%)	7:00	8.6 (87.8%)
9	<b>DMUCH Jakub</b>	<b>163</b>	XRUNNERS	Senior I M - 20	1	01:36:19	04:18:07	08:08:28	11:38:54	<b>12:59:00.40</b>	<b>12:59:04.80</b>	+01:43:56 (13.3%)	7:04	8.5 (86.7%)
10	<b>ĆWIK Iwona</b>	<b>310</b>		Senior II K - 30	1	01:32:04	04:15:47	08:02:31	11:40:46	<b>13:01:52.75</b>	<b>13:01:58.15</b>	+01:46:49 (13.7%)	7:06	8.4 (85.7%)
11	<b>WŁOCHAL Robert</b>	<b>133</b>		Senior II M - 30	8	01:46:17	04:28:03	08:16:18	11:47:17	<b>13:06:56.70</b>	<b>13:07:07.00</b>	+01:51:58 (14.2%)	7:09	8.4 (85.7%)
12	<b>STROINSKI Daniel</b>	<b>295</b>	RMF4RT OCR	Senior II M - 30	9	01:33:11	04:15:54	08:41:33	11:58:23	<b>13:10:42.85</b>	<b>13:10:45.10</b>	+01:55:36 (14.6%)	7:11	8.3 (84.7%)
13	<b>WASZEK Sławomir</b>	<b>48</b>	KARKONOSZ RUNNING TEAM	Senior II M - 30	10	01:36:18	04:20:23	08:17:39	11:58:53	<b>13:20:24.35</b>	<b>13:20:31.20</b>	+02:05:22 (15.7%)	7:16	8.2 (83.7%)
14	<b>ŚWIERAD Dariusz</b>	<b>281</b>	ASICS FRONTRUNNER POLAND / CAMELBAK POLSKA	Senior II M - 30	11	01:39:05	04:23:29	08:28:30	12:04:13	<b>13:39:01.60</b>	<b>13:39:05.95</b>	+02:23:57 (17.6%)	7:26	8.1 (82.7%)
15	<b>BAZYL Adam</b>	<b>8</b>	W POGONI ZA DUCHEM	Senior II M - 30	12	01:43:19	04:35:31	08:34:06	12:16:15	<b>13:40:19.50</b>	<b>13:40:34.55</b>	+02:25:25 (17.7%)	7:27	8 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
16	<b>AUGUSTYŃSKI Sylwester</b>	<b>77</b>	LACHO TEAM	Senior II M - 30	13	01:31:57	04:08:53	08:16:22	12:09:20	<b>13:43:42.35</b>	<b>13:43:45.40</b>	+02:28:36 (18.0%)	7:29	8 (81.6%)
17	<b>KRZESZOWSKI Marcin</b>	<b>212</b>		Senior II M - 30	14	01:45:30	04:31:33	08:37:09	12:21:19	<b>13:45:40.10</b>	<b>13:45:52.05</b>	+02:30:43 (18.3%)	7:30	8 (81.6%)
18	<b>SMOLAREK Sebastian</b>	<b>231</b>		Senior II M - 30	15	01:28:25	04:09:10	08:19:04	12:21:01	<b>13:50:27.35</b>	<b>13:50:31.20</b>	+02:35:22 (18.7%)	7:32	7.9 (80.6%)
19	<b>WALESIAK Wojciech</b>	<b>40</b>	REMBERTÓW TEAM	Senior II M - 30	16	01:42:52	04:29:58	08:32:19	12:37:25	<b>14:00:08.45</b>	<b>14:00:27.70</b>	+02:45:19 (19.7%)	7:38	7.9 (80.6%)
20	<b>TOMALSKI Marcin</b>	<b>283</b>		Senior II M - 30	17	01:43:10	04:40:57	08:55:31	12:41:32	<b>14:09:32.65</b>	<b>14:09:38.00</b>	+02:54:29 (20.5%)	7:43	7.8 (79.6%)
21	<b>BORUCKI Jakub</b>	<b>14</b>	#KASZANIENAMOKA	Senior II M - 30	18	01:44:54	04:38:58	08:47:02	12:41:41	<b>14:10:38.45</b>	<b>14:10:49.65</b>	+02:55:40 (20.6%)	7:43	7.8 (79.6%)
22	<b>KUPIŃSKI Cezary</b>	<b>30</b>		Weteran I M - 50	1	01:46:35	04:38:52	08:46:34	12:42:06	<b>14:13:38.65</b>	<b>14:13:43.35</b>	+02:58:34 (20.9%)	7:45	7.7 (78.6%)
23	<b>ŁABUZ Sylwester</b>	<b>13</b>		Senior II M - 30	19	01:43:18	04:35:49	08:59:49	12:55:21	<b>14:15:46.95</b>	<b>14:15:56.85</b>	+03:00:48 (21.1%)	7:46	7.7 (78.6%)
24	<b>ZBRZEŻNY Cezary</b>	<b>141</b>	KB JURUNDSZCZYTNO	Senior II M - 30	20	01:45:51	04:33:27	08:51:52	12:50:40	<b>14:18:47.65</b>	<b>14:19:01.60</b>	+03:03:52 (21.4%)	7:48	7.7 (78.6%)
25	<b>MAZUR Tomasz</b>	<b>113</b>		Masters M - 40	2	01:38:30	04:28:00	08:47:44	12:45:22	<b>14:20:47.00</b>	<b>14:20:51.35</b>	+03:05:42 (21.6%)	7:49	7.7 (78.6%)
26	<b>BIADASZ Andrzej Michał</b>	<b>107</b>	POLITECHNIKA POZNAŃSKA	Masters M - 40	3	01:44:09	04:33:36	08:47:18	12:46:53	<b>14:20:48.75</b>	<b>14:20:52.00</b>	+03:05:43 (21.6%)	7:49	7.7 (78.6%)
27	<b>KLUSEK Mateusz</b>	<b>135</b>	SKLEP BIEGACZA RUNNING TEAM KRAKÓW	Senior I M - 20	2	01:32:30	04:35:25	09:00:16	12:47:06	<b>14:22:20.00</b>	<b>14:22:22.80</b>	+03:07:14 (21.7%)	7:50	7.7 (78.6%)
28	<b>ZIĘTERSKI Robert</b>	<b>194</b>	ROBERT ZIĘTERSKI	Masters M - 40	4	01:44:23	04:44:59	08:47:26	12:50:49	<b>14:27:08.65</b>	<b>14:27:13.60</b>	+03:12:04 (22.1%)	7:52	7.6 (77.6%)
29	<b>WOJCIECHOWSKI Przemysław</b>	<b>74</b>	CHAMPIONMAN TEAM	Senior II M - 30	21	01:46:19	04:36:13	08:48:35	12:52:29	<b>14:29:28.70</b>	<b>14:29:34.20</b>	+03:14:25 (22.4%)	7:54	7.6 (77.6%)
30	<b>KRÓL Maciej</b>	<b>81</b>		Masters M - 40	5	01:46:23	04:44:59	08:48:38	12:52:29	<b>14:29:29.45</b>	<b>14:29:34.80</b>	+03:14:26 (22.4%)	7:54	7.6 (77.6%)
31	<b>KSIĘŻNIK Dorota</b>	<b>235</b>		Weteran K - 50	1	01:49:01	04:45:17	09:06:38	13:06:51	<b>14:30:35.35</b>	<b>14:30:45.15</b>	+03:15:36 (22.5%)	7:54	7.6 (77.6%)
32	<b>ŻUREK-KRÓL Żaneta</b>	<b>11</b>	CITYZEN RUNNING TEAM	Senior II K - 30	2	01:49:46	04:56:10	09:21:41	13:10:13	<b>14:34:14.50</b>	<b>14:34:17.85</b>	+03:19:09 (22.8%)	7:56	7.5 (76.5%)
33	<b>NOWAK Paweł</b>	<b>325</b>	SUPERMARATON KALISZ	Weteran I M - 50	2	01:43:09	04:46:16	09:15:38	13:07:00	<b>14:35:08.85</b>	<b>14:35:09.85</b>	+03:20:01 (22.9%)	7:57	7.5 (76.5%)
34	<b>WERNER Kamil</b>	<b>52</b>	ULTRA PASTERZE	Senior II M - 30	22	01:30:56	04:24:23	09:03:55	13:04:02	<b>14:35:09.30</b>	<b>14:35:11.75</b>	+03:20:03 (22.9%)	7:57	7.5 (76.5%)
35	<b>TRZCIELIŃSKI Roman</b>	<b>106</b>	PSY WARSZAWA	Weteran II M - 60	1	01:46:19	04:45:19	09:12:05	13:10:08	<b>14:36:07.45</b>	<b>14:36:15.20</b>	+03:21:06 (23.0%)	7:57	7.5 (76.5%)
36	<b>WIERZBICKI Hubert</b>	<b>105</b>	CROSSFIT DOGFIELD	Senior I M - 20	3	01:43:05	04:36:57	09:06:59	13:08:40	<b>14:36:06.90</b>	<b>14:36:15.25</b>	+03:21:06 (23.0%)	7:57	7.5 (76.5%)
37	<b>GARNEK Piotr</b>	<b>60</b>	VEGE RUNNERS	Senior II M - 30	23	02:00:11	05:16:45	09:33:21	13:13:55	<b>14:42:32.45</b>	<b>14:42:40.85</b>	+03:27:32 (23.5%)	8:01	7.5 (76.5%)
38	<b>BIERNACKA Edyta</b>	<b>119</b>		Senior II K - 30	3	01:49:12	05:00:41	09:20:18	13:16:06	<b>14:47:22.45</b>	<b>14:47:34.40</b>	+03:32:25 (23.9%)	8:04	7.4 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
39	<b>WITEK Łukasz</b>	<b>257</b>	BIEG PO ZDRÓJ	Masters M - 40	6	01:48:22	05:00:41	09:23:25	13:16:15	<b>14:47:27.90</b>	<b>14:47:34.45</b>	+03:32:25 (23.9%)	8:04	7.4 (75.5%)
40	<b>BUCHLA Marcin</b>	<b>183</b>	GT RAT	Masters M - 40	7	01:51:17	04:45:26	09:09:16	13:13:29	<b>14:48:09.90</b>	<b>14:48:12.65</b>	+03:33:03 (24.0%)	8:04	7.4 (75.5%)
41	<b>RZYWUCKI Woitek</b>	<b>274</b>	RUNNERSCLUB.PL	Masters M - 40	8	01:57:10	05:07:13	09:33:28	13:36:48	<b>15:04:16.15</b>	<b>15:04:24.70</b>	+03:49:16 (25.3%)	8:13	7.3 (74.5%)
42	<b>PACZUSKI Michał</b>	<b>260</b>	FOREVER YOUNG LODZ	Senior II M - 30	24	01:44:48	04:35:46	08:58:03	13:16:06	<b>15:05:33.75</b>	<b>15:05:48.85</b>	+03:50:40 (25.5%)	8:13	7.3 (74.5%)
43	<b>DABKOWSKI Kamil</b>	<b>139</b>		Masters M - 40	9	01:46:19	04:45:37	09:21:42	13:30:48	<b>15:08:12.15</b>	<b>15:08:24.45</b>	+03:53:15 (25.7%)	8:15	7.3 (74.5%)
44	<b>ZAWORSKI Tomasz</b>	<b>262</b>		Senior II M - 30	25	01:45:51	04:52:45	09:22:55	13:34:23	<b>15:14:49.55</b>	<b>15:14:54.60</b>	+03:59:45 (26.2%)	8:18	7.2 (73.5%)
45	<b>HOLC Michał</b>	<b>282</b>	UZDROWISKOWY TEAM	Senior II M - 30	26	01:41:31	04:44:46	09:21:51	13:42:54	<b>15:16:46.15</b>	<b>15:16:55.65</b>	+04:01:46 (26.4%)	8:20	7.2 (73.5%)
46	<b>MARUKIEWICZ Marek</b>	<b>271</b>	BIEGAMDLAZDROWIA.PL	Senior II M - 30	27			09:00:08	13:20:13	<b>15:20:00.35</b>	<b>15:20:00.35</b>	+04:04:51 (26.6%)	8:21	7.2 (73.5%)
47	<b>KĄDUŁA Grzegorz</b>	<b>83</b>	NEST.POZNAN.PL	Senior II M - 30	28	01:49:24	04:49:48	09:21:02	13:37:38	<b>15:20:23.30</b>	<b>15:20:41.40</b>	+04:05:32 (26.7%)	8:22	7.2 (73.5%)
48	<b>LICHOTA Tomasz</b>	<b>289</b>	DEKORIA	Senior I M - 20	4	01:38:12	04:42:08	09:26:15	13:51:29	<b>15:20:43.25</b>	<b>15:20:47.70</b>	+04:05:39 (26.7%)	8:22	7.2 (73.5%)
49	<b>ŁOWIECKI Dominik</b>	<b>131</b>	NBR TEAM	Senior II M - 30	29	01:42:31	04:38:38	09:19:18	13:42:31	<b>15:21:01.90</b>	<b>15:21:12.45</b>	+04:06:03 (26.7%)	8:22	7.2 (73.5%)
50	<b>WASILEWSKI Marcin</b>	<b>152</b>		Senior II M - 30	30	01:38:08	04:35:38	09:27:43	13:52:51	<b>15:25:13.95</b>	<b>15:25:23.30</b>	+04:10:14 (27.0%)	8:24	7.1 (72.4%)
50	<b>WALENDA Arkadiusz</b>	<b>298</b>	VEGE ULTRA RUNNERS	Masters M - 40	10	01:44:13	04:59:55	09:41:41	13:56:11	<b>15:25:18.65</b>	<b>15:25:23.30</b>	+04:10:14 (27.0%)	8:24	7.1 (72.4%)
52	<b>WOSZCZAK Zbigniew</b>	<b>178</b>	1964	Weteran I M - 50	3	01:53:06	05:15:54	09:41:36	13:56:09	<b>15:25:17.05</b>	<b>15:25:23.55</b>	+04:10:14 (27.0%)	8:24	7.1 (72.4%)
53	<b>TITZ KOZA Julita</b>	<b>120</b>		Senior II K - 30	4	01:49:15	05:06:15	09:37:56	13:51:36	<b>15:25:41.50</b>	<b>15:25:47.60</b>	+04:10:38 (27.1%)	8:24	7.1 (72.4%)
54	<b>RAJNER Krzysztof</b>	<b>12</b>	ULTRA KOSZALIN	Senior II M - 30	31	01:49:07	04:54:08	09:31:44	13:51:11	<b>15:27:00.65</b>	<b>15:27:16.70</b>	+04:12:08 (27.2%)	8:25	7.1 (72.4%)
55	<b>WODZIEŃ Andrzej</b>	<b>329</b>		Masters M - 40	11	01:49:06	04:56:06	09:33:34	13:54:51	<b>15:29:26.95</b>	<b>15:29:33.80</b>	+04:14:25 (27.4%)	8:26	7.1 (72.4%)
56	<b>SZYL Marek</b>	<b>85</b>	RUNNERS TEAM QUIBL	Masters M - 40	12	01:51:50	05:18:53	09:49:27	14:06:12	<b>15:37:23.25</b>	<b>15:37:41.40</b>	+04:22:32 (28.0%)	8:31	7 (71.4%)
57	<b>RAJTAR Zbigniew</b>	<b>104</b>	RONTIL-COMPASS	Weteran I M - 50	4	01:46:52	04:49:50	09:28:52	13:59:03	<b>15:38:20.40</b>	<b>15:38:24.75</b>	+04:23:16 (28.1%)	8:31	7 (71.4%)
58	<b>KRYM Katarzyna</b>	<b>223</b>	NIGHT RUNNERS WROCŁAW	Masters K - 40	1	01:47:19	04:44:27	09:20:37	13:59:01	<b>15:43:04.80</b>	<b>15:43:08.75</b>	+04:28:00 (28.4%)	8:34	7 (71.4%)
59	<b>MEISSNER Paweł</b>	<b>222</b>	TIGERS TEAM	Senior II M - 30	32	01:46:18	04:44:28	09:20:52	13:59:03	<b>15:43:06.00</b>	<b>15:43:08.85</b>	+04:28:00 (28.4%)	8:34	7 (71.4%)
60	<b>WALCZAK Patryk</b>	<b>22</b>	XRUNNERS	Senior I M - 20	5	01:36:23	04:31:27	09:14:18	14:06:30	<b>15:45:35.70</b>	<b>15:45:37.60</b>	+04:30:28 (28.6%)	8:35	7 (71.4%)
61	<b>KRZESIŃSKI Dariusz</b>	<b>286</b>	ORANGE POLSKA S.A	Masters M - 40	13	01:46:43	05:00:38	09:33:26	14:01:26	<b>15:46:56.60</b>	<b>15:47:03.15</b>	+04:31:54 (28.7%)	8:36	7 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
62	<b>WITCZAK Przemysław</b>	<b>205</b>	DREAMTIME TRAILS	Masters M - 40	14	01:59:27	05:18:47	10:00:14	14:15:15	<b>15:50:10.60</b>	<b>15:50:21.80</b>	+04:35:13 (29.0%)	8:38	6.9 (70.4%)
63	<b>WŁOSKOWICZ Marcin</b>	<b>130</b>		Masters M - 40	15	02:07:43	05:32:33	10:06:41	14:26:14	<b>15:53:53.80</b>	<b>15:54:12.75</b>	+04:39:04 (29.2%)	8:40	6.9 (70.4%)
64	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>306</b>		Senior II M - 30	33	01:49:00	05:09:50	09:52:48	14:21:16	<b>15:55:28.85</b>	<b>15:55:49.65</b>	+04:40:40 (29.4%)	8:41	6.9 (70.4%)
65	<b>KALEMBKIEWICZ Piotr</b>	<b>229</b>	MIROTRANS	Masters M - 40	16	01:52:03	05:00:55	10:10:46	14:29:20	<b>16:00:21.20</b>	<b>16:00:45.05</b>	+04:45:36 (29.7%)	8:43	6.9 (70.4%)
66	<b>WESOŁEK Marek</b>	<b>220</b>	PRO-RUN WROCŁAW	Senior II M - 30	34	01:57:45	05:00:30	09:38:30	14:06:59	<b>16:02:54.80</b>	<b>16:03:05.40</b>	+04:47:56 (29.9%)	8:45	6.9 (70.4%)
67	<b>KLARECKI Adrian</b>	<b>100</b>	WIRAN TEAM/ ASTMA TEAM	Masters M - 40	17	01:39:34	04:41:17	09:25:54	14:11:42	<b>16:05:09.10</b>	<b>16:05:11.85</b>	+04:50:03 (30.1%)	8:46	6.8 (69.4%)
68	<b>KRÓL Maciej</b>	<b>98</b>	WIRAN TEAM	Masters M - 40	18	01:39:35	04:41:19	09:25:49	14:11:09	<b>16:05:08.60</b>	<b>16:05:11.95</b>	+04:50:03 (30.1%)	8:46	6.8 (69.4%)
69	<b>OLAWIŃSKI Karol</b>	<b>276</b>	TMTEAM	Senior II M - 30	35	01:49:31	05:02:29	10:17:40	14:31:20	<b>16:05:28.65</b>	<b>16:05:42.00</b>	+04:50:33 (30.1%)	8:46	6.8 (69.4%)
70	<b>FROŁOW Jakub</b>	<b>201</b>		Masters M - 40	19	01:49:34	04:56:03	09:32:44	14:13:47	<b>16:07:47.65</b>	<b>16:08:00.50</b>	+04:52:51 (30.3%)	8:47	6.8 (69.4%)
71	<b>KOZERAŃSKI Przemysław</b>	<b>248</b>	WILD DOGS TEAM	Senior II M - 30	36	01:47:44	05:06:13	09:53:45	14:21:16	<b>16:08:34.00</b>	<b>16:08:45.20</b>	+04:53:36 (30.3%)	8:48	6.8 (69.4%)
72	<b>MALINOWSKI Jerzy</b>	<b>158</b>		Weteran I M - 50	5	01:46:21	04:45:17	09:26:24	14:29:49	<b>16:15:00.75</b>	<b>16:15:11.30</b>	+05:00:02 (30.8%)	8:51	6.8 (69.4%)
73	<b>KOWAL Wiesław</b>	<b>216</b>	SPARTA ZIĘBICE	Masters M - 40	20	01:46:19	04:45:27	09:26:31	14:30:15	<b>16:18:14.75</b>	<b>16:18:25.35</b>	+05:03:16 (31.0%)	8:53	6.7 (68.4%)
74	<b>SIKORSKI Jacek</b>	<b>95</b>	GIRO DI ZAWADA	Masters M - 40	21	01:52:02	05:06:14	09:47:29	14:26:42	<b>16:20:47.45</b>	<b>16:20:57.40</b>	+05:05:48 (31.2%)	8:54	6.7 (68.4%)
75	<b>CZAPIEWSKI Janusz</b>	<b>247</b>	OJCIEC I SYN &CRIK FCA POLAND TYCHY	Weteran I M - 50	6	01:46:58	05:16:10	10:25:48	14:47:06	<b>16:24:00.65</b>	<b>16:24:06.30</b>	+05:08:57 (31.4%)	8:56	6.7 (68.4%)
76	<b>GRUNTOWSKI Mateusz</b>	<b>259</b>	NIEMO ADVENTURE	Senior II M - 30	37	01:54:23	05:21:44	10:17:26	14:53:38	<b>16:30:15.30</b>	<b>16:30:36.30</b>	+05:15:27 (31.8%)	9:00	6.7 (68.4%)
77	<b>BALWIERCZAK Piotr</b>	<b>187</b>	NIGHT RUNNERS WROCŁAW	Senior I M - 20	6	01:34:45	04:23:02	08:55:07	14:38:46	<b>16:33:57.25</b>	<b>16:34:00.90</b>	+05:18:52 (32.1%)	9:02	6.6 (67.3%)
78	<b>FEODORÓW Wojciech</b>	<b>285</b>	SKURCZYBYKI	Masters M - 40	22	01:58:06	05:22:30	10:21:05	15:06:39	<b>16:42:07.15</b>	<b>16:42:12.10</b>	+05:27:03 (32.6%)	9:06	6.6 (67.3%)
79	<b>SANKOWSKI Paweł</b>	<b>312</b>	PLACKI TEAM	Senior II M - 30	38	02:04:53	05:35:09	10:21:00	14:55:04	<b>16:39:09.95</b>	<b>16:44:20.20</b>	+05:29:11 (32.8%)	9:05	6.6 (67.3%)
80	<b>ZYDRÓŃ Tymoteusz</b>	<b>157</b>	VISEGRAD MARATON RYTRO	Masters M - 40	23	02:00:51	05:34:43	10:30:52	15:03:26	<b>16:45:04.25</b>	<b>16:45:18.70</b>	+05:30:10 (32.8%)	9:08	6.6 (67.3%)
81	<b>KURCZYK Tomasz</b>	<b>214</b>		Masters M - 40	24	01:48:21	05:08:37	10:10:46	15:09:08	<b>16:47:00.95</b>	<b>16:47:05.65</b>	+05:31:56 (33.0%)	9:09	6.6 (67.3%)
82	<b>GAJLUSZ Dawid</b>	<b>278</b>	BIEGIEM PO MARZENIA TEAM	Senior II M - 30	39	01:32:31	04:38:53	09:48:46	14:44:46	<b>16:50:16.40</b>	<b>16:50:18.10</b>	+05:35:09 (33.2%)	9:11	6.5 (66.3%)
83	<b>PAWŁOWSKI Jacek</b>	<b>156</b>	KS TĘCZA GDYNIA	Masters M - 40	25	01:44:02	04:56:13	10:11:03	15:23:24	<b>16:51:44.25</b>	<b>16:51:54.20</b>	+05:36:45 (33.3%)	9:11	6.5 (66.3%)
84	<b>DOMOSTOWICZ Michał</b>	<b>318</b>		Senior II M - 30	40	01:57:12	05:24:43	10:27:52	15:14:13	<b>16:52:57.60</b>	<b>16:53:13.05</b>	+05:38:04 (33.4%)	9:12	6.5 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
85	<b>GRYSKA Piotr</b>	<b>322</b>		Masters M - 40	26	02:06:33	05:30:26	10:29:15	15:11:25	<b>16:52:43.90</b>	<b>16:53:13.25</b>	+05:38:04 (33.4%)	9:12	6.5 (66.3%)
86	<b>GAŚIOR Paweł</b>	<b>112</b>		Senior II M - 30	41	01:38:05	05:08:07	10:16:53	15:12:05	<b>16:53:51.75</b>	<b>16:54:00.20</b>	+05:38:51 (33.4%)	9:13	6.5 (66.3%)
87	<b>PIOTROWSKI Michał</b>	<b>154</b>	KLUB BIEGACZA JURUND SZCZYTNO	Senior II M - 30	42	01:45:51	04:44:28	09:51:40	14:58:36	<b>16:56:58.10</b>	<b>16:57:11.55</b>	+05:42:02 (33.6%)	9:14	6.5 (66.3%)
88	<b>SZCZOTKA Katarzyna</b>	<b>198</b>		Masters K - 40	2	01:57:09	05:28:05	10:41:34	15:24:52	<b>17:04:32.95</b>	<b>17:04:38.75</b>	+05:49:30 (34.1%)	9:18	6.4 (65.3%)
89	<b>BOBIN Tomasz</b>	<b>94</b>		Masters M - 40	27	01:46:14	05:16:40	10:22:17	15:24:30	<b>17:05:48.90</b>	<b>17:05:53.25</b>	+05:50:44 (34.2%)	9:19	6.4 (65.3%)
90	<b>TRACZYK Marek</b>	<b>258</b>	MPK WYBIEGANIE	Weteran I M - 50	7	02:10:48	05:51:37	10:53:40	15:37:24	<b>17:09:20.30</b>	<b>17:09:27.40</b>	+05:54:18 (34.4%)	9:21	6.4 (65.3%)
91	<b>ŻMIJEWSKI Tomasz</b>	<b>27</b>		Senior II M - 30	43	02:01:53	05:34:46	10:30:58	15:21:04	<b>17:11:29.25</b>	<b>17:11:40.25</b>	+05:56:31 (34.6%)	9:22	6.4 (65.3%)
92	<b>POSMAŃ Rafał</b>	<b>307</b>		Masters M - 40	28	02:04:17	05:28:27	10:21:31	15:19:36	<b>17:12:22.70</b>	<b>17:12:28.35</b>	+05:57:19 (34.6%)	9:23	6.4 (65.3%)
93	<b>BARAN Jarosław</b>	<b>189</b>		Masters M - 40	29	02:10:39	05:51:53	10:53:34	15:18:45	<b>17:12:58.90</b>	<b>17:13:22.45</b>	+05:58:13 (34.7%)	9:23	6.4 (65.3%)
94	<b>LANGER Waldemar</b>	<b>7</b>		Weteran I M - 50	8	01:49:31	05:24:58	10:28:20	15:21:23	<b>17:13:54.10</b>	<b>17:13:59.30</b>	+05:58:50 (34.7%)	9:23	6.4 (65.3%)
95	<b>JĘDRYCHA Bożena</b>	<b>140</b>		Masters K - 40	3	02:03:16	05:51:38	10:53:14	15:42:20	<b>17:18:02.45</b>	<b>17:18:16.50</b>	+06:03:07 (35.0%)	9:26	6.4 (65.3%)
96	<b>MEISSNER Paweł</b>	<b>209</b>	KONEFKA TEAM	Masters M - 40	30	01:56:23	05:30:02	11:04:14	15:42:47	<b>17:18:17.10</b>	<b>17:18:20.85</b>	+06:03:12 (35.0%)	9:26	6.4 (65.3%)
97	<b>ZUBERT Marcin</b>	<b>114</b>	PRESS GLASS- BIEGAMY I WSPIERAMY	Masters M - 40	31	02:12:45	05:26:10	10:22:19	15:12:10	<b>17:19:19.15</b>	<b>17:19:39.95</b>	+06:04:31 (35.1%)	9:26	6.4 (65.3%)
98	<b>KUPCZYK Jacek</b>	<b>153</b>	MOL RUNNERS	Masters M - 40	32	01:54:39	05:17:40	10:31:40	15:21:09	<b>17:19:58.10</b>	<b>17:20:03.95</b>	+06:04:55 (35.1%)	9:27	6.3 (64.3%)
99	<b>WESOŁOWSKI Krzysztof</b>	<b>31</b>	PORANNY PATROL	Senior II M - 30	44	01:49:10	05:17:49	10:14:27	15:25:48	<b>17:21:43.70</b>	<b>17:21:51.05</b>	+06:06:42 (35.2%)	9:28	6.3 (64.3%)
100	<b>SAWKA Tomasz</b>	<b>254</b>	SEZONSTARTOWY.PL	Senior II M - 30	45	01:48:56	05:02:21	10:11:17		<b>17:23:14.00</b>	<b>17:23:14.00</b>	+06:08:05 (35.3%)	9:29	6.3 (64.3%)
101	<b>WAWRESZUK Wiktor</b>	<b>91</b>	BIAŁA BIAŁYSTOK	Weteran I M - 50	9	01:49:07	05:15:55	10:13:08	15:32:20	<b>17:23:32.40</b>	<b>17:23:41.75</b>	+06:08:33 (35.3%)	9:29	6.3 (64.3%)
102	<b>ZAJĄC Marcin</b>	<b>207</b>		Senior II M - 30	46	01:46:55	04:58:20	10:10:56	15:19:04	<b>17:24:19.75</b>	<b>17:24:23.60</b>	+06:09:14 (35.4%)	9:29	6.3 (64.3%)
103	<b>ZOWAL Ryszard</b>	<b>26</b>	W POGONI ZA DUCHEM	Masters M - 40	33	02:00:25	05:24:49	10:40:23	15:34:18	<b>17:24:58.50</b>	<b>17:24:58.50</b>	+06:09:49 (35.4%)	9:29	6.3 (64.3%)
104	<b>ZAPORA Marek</b>	<b>129</b>	W POGONI ZA DUCHEM	Senior II M - 30	47	02:00:07	05:24:31	10:42:29	15:34:01	<b>17:24:39.30</b>	<b>17:24:58.70</b>	+06:09:50 (35.4%)	9:29	6.3 (64.3%)
105	<b>GŁĘBOWSKI Tomasz</b>	<b>124</b>		Masters M - 40	34	01:51:36	05:04:47	10:14:19	15:30:33	<b>17:25:49.60</b>	<b>17:25:58.45</b>	+06:10:49 (35.5%)	9:30	6.3 (64.3%)
106	<b>POLAŃSKI Bartosz</b>	<b>67</b>		Senior II M - 30	48	02:00:11	05:21:31	10:34:40	15:33:29	<b>17:27:41.60</b>	<b>17:27:50.80</b>	+06:12:42 (35.6%)	9:31	6.3 (64.3%)
107	<b>SUSKI Józef</b>	<b>16</b>	AGB TORFY	Masters M - 40	35	02:10:31	05:54:01	10:54:52	15:49:41	<b>17:34:10.80</b>	<b>17:34:12.60</b>	+06:19:03 (36.0%)	9:35	6.3 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
108	<b>KANDUŁA Klaudia</b>	<b>70</b>	NEST TEAM	Senior II K - 30	5	01:56:21	05:17:30	10:28:59	15:33:26	<b>17:35:08.90</b>	<b>17:35:27.75</b>	+06:20:19 (36.0%)	9:35	6.3 (64.3%)
109	<b>WOŻNA Magdalena</b>	<b>240</b>		Masters K - 40	4	02:11:31	05:53:07	11:11:15	15:46:40	<b>17:36:54.45</b>	<b>17:37:16.90</b>	+06:22:08 (36.1%)	9:36	6.2 (63.3%)
110	<b>TEŚLIOROWSKI Mariusz</b>	<b>96</b>		Senior II M - 30	49	01:56:01	05:06:36	10:22:34	15:42:03	<b>17:40:51.75</b>	<b>17:41:14.40</b>	+06:26:05 (36.4%)	9:38	6.2 (63.3%)
111	<b>MATEŃCZUK Paweł</b>	<b>272</b>	NAVAL POLSKA	Masters M - 40	36	02:16:56	06:18:05	10:56:03	16:03:20	<b>17:41:25.25</b>	<b>17:41:33.50</b>	+06:26:24 (36.4%)	9:38	6.2 (63.3%)
112	<b>PONDYTKO Piotr</b>	<b>317</b>		Masters M - 40	37	02:09:32	05:41:07	10:45:22	15:45:55	<b>17:41:22.80</b>	<b>17:41:51.05</b>	+06:26:42 (36.4%)	9:38	6.2 (63.3%)
113	<b>SZYMAŁA Marcin</b>	<b>167</b>		Masters M - 40	38	02:12:50	06:19:46	11:14:01	15:54:24	<b>17:41:49.85</b>	<b>17:42:12.05</b>	+06:27:03 (36.4%)	9:39	6.2 (63.3%)
114	<b>BOTTCHER Andrzej</b>	<b>174</b>	SKB GRANIT	Masters M - 40	39	01:53:08	05:16:17	10:31:14	15:47:43	<b>17:43:45.20</b>	<b>17:43:52.55</b>	+06:28:43 (36.5%)	9:40	6.2 (63.3%)
115	<b>CHACIŃSKI Mikołaj</b>	<b>253</b>	PROAUTOMATION	Senior II M - 30	50	01:51:25	05:16:23	10:31:20	15:47:42	<b>17:43:48.70</b>	<b>17:43:56.55</b>	+06:28:47 (36.5%)	9:40	6.2 (63.3%)
116	<b>CYGAN Tomasz</b>	<b>89</b>	SPARTANIE DZIECIOM	Senior II M - 30	51	01:47:23	05:12:29	10:12:50	15:57:20	<b>17:45:34.10</b>	<b>17:45:37.45</b>	+06:30:28 (36.6%)	9:41	6.2 (63.3%)
117	<b>RODAK Zbigniew</b>	<b>204</b>		Senior II M - 30	52	01:58:03	05:34:24	10:41:18	15:52:58	<b>17:49:53.10</b>	<b>17:50:06.00</b>	+06:34:57 (36.9%)	9:43	6.2 (63.3%)
118	<b>KŁOSOWSKI Piotr</b>	<b>151</b>		Masters M - 40	40	01:58:14	05:34:36	10:41:32	15:55:26	<b>17:50:06.20</b>	<b>17:50:06.20</b>	+06:34:57 (36.9%)	9:43	6.2 (63.3%)
119	<b>KOŁODZIEJ Mariusz</b>	<b>19</b>	TMTEAM	Masters M - 40	41	01:59:45	05:46:43	10:55:06	15:53:47	<b>17:52:28.35</b>	<b>17:52:29.55</b>	+06:37:20 (37.0%)	9:44	6.2 (63.3%)
120	<b>RUMPEL Krzysztof</b>	<b>6</b>	KS M.E.T.A.	Senior II M - 30	53	01:57:08	05:41:54	10:57:21	15:52:21	<b>17:52:16.65</b>	<b>17:52:40.95</b>	+06:37:32 (37.1%)	9:44	6.2 (63.3%)
121	<b>ZAWISZ Mariusz</b>	<b>69</b>	YNO ULTRA	Senior II M - 30	54	01:57:11	05:41:53	10:57:28	15:52:42	<b>17:52:17.80</b>	<b>17:52:41.05</b>	+06:37:32 (37.1%)	9:44	6.2 (63.3%)
122	<b>PILŚNIAK Piotr</b>	<b>127</b>	FORMA WODZISLAW ŚLĄSKI	Masters M - 40	42	01:57:11	05:41:54	10:57:16	15:53:45	<b>17:52:16.85</b>	<b>17:52:41.50</b>	+06:37:32 (37.1%)	9:44	6.2 (63.3%)
123	<b>NOWAK Krzysztof</b>	<b>267</b>		Masters M - 40	43		05:32:41	10:58:36	15:53:09	<b>17:53:20.10</b>	<b>17:53:41.55</b>	+06:38:32 (37.1%)	9:45	6.1 (62.2%)
124	<b>KOPACKI Grzegorz</b>	<b>55</b>	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II M - 30	55	01:57:27	05:25:56	10:55:03	16:07:00	<b>17:54:19.15</b>	<b>17:54:31.80</b>	+06:39:23 (37.2%)	9:45	6.1 (62.2%)
125	<b>FURMAN Marcin</b>	<b>186</b>		Masters M - 40	44	01:48:41	05:53:35	11:20:54	16:21:35	<b>17:58:54.95</b>	<b>17:59:01.75</b>	+06:43:53 (37.4%)	9:48	6.1 (62.2%)
126	<b>SPYCHAŁA Paweł</b>	<b>103</b>		Weteran I M - 50	10	02:11:29	06:00:51	11:31:51	16:21:01	<b>18:00:38.50</b>	<b>18:00:57.55</b>	+06:45:48 (37.5%)	9:49	6.1 (62.2%)
127	<b>ŚWIATOWIEC Anna</b>	<b>44</b>	IMPERIUM SPORTU TEAM	Masters K - 40	5	02:12:25	06:12:06	11:31:53	16:21:49	<b>18:01:07.90</b>	<b>18:01:19.55</b>	+06:46:10 (37.6%)	9:49	6.1 (62.2%)
128	<b>DOBROŚ Tomasz</b>	<b>99</b>		Masters M - 40	45	02:13:22	06:06:16	11:24:56	16:14:56	<b>18:04:13.60</b>	<b>18:04:28.00</b>	+06:49:19 (37.7%)	9:51	6.1 (62.2%)
129	<b>PŁYWACZYK Maciej</b>	<b>79</b>	TEAM PLESZEW	Weteran I M - 50	11	02:09:37	05:44:26	10:58:44	16:11:02	<b>18:11:16.40</b>	<b>18:11:34.05</b>	+06:56:25 (38.1%)	9:55	6 (61.2%)
130	<b>BEDNAREK Jacek</b>	<b>263</b>	METLIFE RUN	Masters M - 40	46	01:48:06	05:07:43	10:42:08	16:06:28	<b>18:12:04.05</b>	<b>18:12:15.10</b>	+06:57:06 (38.2%)	9:55	6 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
131	<b>SZUBERT Ariel</b>	<b>159</b>		Senior I M - 20	7	01:55:28	05:16:36	10:41:58	15:48:54	<b>18:14:18.90</b>	<b>18:14:32.35</b>	+06:59:23 (38.3%)	9:56	6 (61.2%)
132	<b>ŻMUDKA Bartek</b>	<b>51</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	47	01:58:53	05:28:12	10:42:41	16:14:47	<b>18:16:49.80</b>	<b>18:17:05.00</b>	+07:01:56 (38.5%)	9:58	6 (61.2%)
133	<b>WYSOCKI Tomasz</b>	<b>41</b>	OCHAJORUN & FRIENDS	Masters M - 40	48	01:58:54	05:28:00	10:42:36	16:14:45	<b>18:16:50.35</b>	<b>18:17:05.35</b>	+07:01:56 (38.5%)	9:58	6 (61.2%)
134	<b>WINIAREK Leszek</b>	<b>20</b>	#TEAM_DKMS	Masters M - 40	49	02:10:57	05:51:37	10:57:46	16:14:12	<b>18:17:13.45</b>	<b>18:17:22.15</b>	+07:02:13 (38.5%)	9:58	6 (61.2%)
135	<b>KOCJAN Paweł</b>	<b>54</b>	NIGHT RUNNERS	Senior II M - 30	56	01:46:10	05:20:34	10:41:24	16:07:42	<b>18:18:59.80</b>	<b>18:19:11.85</b>	+07:04:03 (38.6%)	9:59	6 (61.2%)
136	<b>WŁODARCZYK Łukasz</b>	<b>4</b>	NIGHT RUNNERS	Senior II M - 30	57	01:47:09	05:20:10	10:41:11	16:06:21	<b>18:19:00.90</b>	<b>18:19:15.05</b>	+07:04:06 (38.6%)	9:59	6 (61.2%)
137	<b>GIERADA Mateusz</b>	<b>1</b>	NIGHT RUNNERS GLIWICE	Senior I M - 20	8	01:48:28	05:10:30	10:39:52	16:16:44	<b>18:27:32.50</b>	<b>18:27:34.65</b>	+07:12:25 (39.0%)	10:04	6 (61.2%)
138	<b>RÓŻOWICZ Eliza</b>	<b>47</b>	SPARTANIE DZIECIOM	Masters K - 40	6	02:04:50	05:41:34	10:59:13	16:04:33	<b>18:27:25.25</b>	<b>18:27:35.10</b>	+07:12:26 (39.0%)	10:04	6 (61.2%)
139	<b>JĘDRYCHA Michał</b>	<b>18</b>	W POGONI ZA DUCHEM	Senior II M - 30	58	02:03:20	05:51:40	10:53:26	16:14:09	<b>18:29:02.00</b>	<b>18:29:15.90</b>	+07:14:07 (39.1%)	10:04	6 (61.2%)
140	<b>ZAKRZEWSKI Krzysztof</b>	<b>250</b>	3:33 TEAM	Masters M - 40	50	02:00:32	05:41:17	11:17:08	16:40:07	<b>18:29:11.20</b>	<b>18:29:28.45</b>	+07:14:19 (39.1%)	10:05	6 (61.2%)
141	<b>JURA Mariusz</b>	<b>87</b>		Senior II M - 30	59	02:11:38	05:53:17	11:09:48	16:23:53	<b>18:31:08.25</b>	<b>18:31:21.90</b>	+07:16:13 (39.3%)	10:06	5.9 (60.2%)
142	<b>FARBISZEWSKI Marek</b>	<b>303</b>	ORANGE POLSKA	Masters M - 40	51	02:11:39	05:51:15	10:56:00	16:51:19	<b>18:31:09.80</b>	<b>18:31:36.40</b>	+07:16:27 (39.3%)	10:06	5.9 (60.2%)
143	<b>GRZESIAK Mateusz</b>	<b>284</b>	KLUB AA	Senior II M - 30	60	01:50:48	05:30:02	11:25:21	16:37:23	<b>18:34:32.00</b>	<b>18:34:34.65</b>	+07:19:25 (39.4%)	10:07	5.9 (60.2%)
144	<b>NOLBRZYK Adrian</b>	<b>230</b>		Masters M - 40	52	02:02:21	05:50:03	11:16:53	16:33:49	<b>18:36:35.40</b>	<b>18:36:59.40</b>	+07:21:50 (39.6%)	10:09	5.9 (60.2%)
145	<b>RACZYŃSKI Bogusz</b>	<b>3</b>	TIGERS TEAM	Senior II M - 30	61	02:00:18	05:40:36	11:09:39	16:33:17	<b>18:39:05.25</b>	<b>18:39:11.75</b>	+07:24:03 (39.7%)	10:10	5.9 (60.2%)
146	<b>WOJEWODA Michał</b>	<b>64</b>	TRIWAWA / RUN THE PARK	Masters M - 40	53	02:09:26	05:40:09	11:18:28	16:39:54	<b>18:40:58.60</b>	<b>18:41:07.55</b>	+07:25:58 (39.8%)	10:11	5.9 (60.2%)
147	<b>WOJCIECHOWICZ Leszek</b>	<b>217</b>	BIEGAJNIA POZNAŃ	Senior II M - 30	62	02:13:07	06:11:01	11:28:12	16:39:11	<b>18:41:30.40</b>	<b>18:41:43.15</b>	+07:26:34 (39.8%)	10:11	5.9 (60.2%)
148	<b>HADZICKA Sylwia</b>	<b>61</b>	VEGE RUNNERS	Senior II K - 30	6	02:15:33	06:08:46	11:24:55	16:45:50	<b>18:46:06.10</b>	<b>18:46:17.75</b>	+07:31:09 (40.1%)	10:14	5.9 (60.2%)
149	<b>SANKOWSKI Jacek</b>	<b>203</b>	1988	Senior II M - 30	63	02:05:22	05:58:11	11:20:58	16:47:54	<b>18:42:53.75</b>	<b>18:48:03.90</b>	+07:32:55 (40.2%)	10:12	5.9 (60.2%)
150	<b>SKÓRA Mirosław</b>	<b>275</b>	SPARTA ULTRA TEAM	Masters M - 40	54	01:48:04	05:22:15	11:08:29	16:45:51	<b>18:49:41.20</b>	<b>18:49:46.70</b>	+07:34:38 (40.2%)	10:16	5.8 (59.2%)
151	<b>HENDRYYS Marek</b>	<b>288</b>	SPARTA ULTRA TEAM	Senior I M - 20	9	01:48:08	05:22:16	11:08:35	16:46:00	<b>18:49:40.85</b>	<b>18:49:46.80</b>	+07:34:38 (40.2%)	10:16	5.8 (59.2%)
152	<b>LECHOWSKI Tomasz</b>	<b>313</b>		Senior II M - 30	64	02:09:00	06:17:22	11:44:29	17:02:10	<b>18:56:42.50</b>	<b>18:57:04.50</b>	+07:41:55 (40.6%)	10:20	5.8 (59.2%)
153	<b>KASPRZYK Adrian</b>	<b>321</b>	LESZNO LIMITS RUNNERS	Masters M - 40	55	02:14:08	06:13:01	11:34:14	17:03:11	<b>18:58:14.60</b>	<b>18:58:41.05</b>	+07:43:32 (40.7%)	10:20	5.8 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
154	<b>HAJEK Przemek</b>	<b>143</b>	ASAP RUNNERS	Senior II M - 30	65	01:50:39	05:35:55	11:03:29	16:56:15	<b>19:00:07.45</b>	<b>19:00:23.85</b>	+07:45:15 (40.8%)	10:21	5.8 (59.2%)
155	<b>KRECZMAŃSKI Robert</b>	<b>23</b>	EMERYCI I RENCIŚCI	Weteran I M - 50	12	01:36:59	04:28:11	10:40:01	16:33:07	<b>19:00:49.05</b>	<b>19:00:51.90</b>	+07:45:43 (40.8%)	10:22	5.8 (59.2%)
156	<b>JADACH Grzegorz</b>	<b>294</b>		Senior II M - 30	66	01:52:36	05:21:12	10:41:58	16:18:30	<b>19:04:18.70</b>	<b>19:04:23.80</b>	+07:49:15 (41.0%)	10:24	5.8 (59.2%)
157	<b>URACZ Łukasz</b>	<b>238</b>	HARPAGAN SOSNOWIEC	Senior II M - 30	67	02:08:50	05:57:35	11:24:54	16:48:04	<b>19:07:02.25</b>	<b>19:07:23.40</b>	+07:52:14 (41.2%)	10:25	5.8 (59.2%)
158	<b>MARCZEWSKI Andrzej</b>	<b>149</b>	DLA BOGUSI	Weteran I M - 50	13	01:57:14	05:49:26	11:22:19	16:51:36	<b>19:07:19.90</b>	<b>19:07:28.35</b>	+07:52:19 (41.2%)	10:25	5.8 (59.2%)
159	<b>ROLLA Dorian</b>	<b>199</b>		Masters M - 40	56	01:58:43	06:18:10	11:46:23	17:04:18	<b>19:12:55.10</b>	<b>19:13:00.30</b>	+07:57:51 (41.4%)	10:28	5.7 (58.2%)
160	<b>QUIRINI Ewa</b>	<b>166</b>		Senior II K - 30	7	02:11:22	06:00:50	11:25:03	17:02:56	<b>19:13:14.90</b>	<b>19:13:39.05</b>	+07:58:30 (41.5%)	10:29	5.7 (58.2%)
161	<b>BRUSZEWSKA-GŁOMBIOWSKA Monika</b>	<b>134</b>		Masters K - 40	7	02:11:30	05:59:16	11:30:25	16:52:24	<b>19:13:44.40</b>	<b>19:13:50.65</b>	+07:58:41 (41.5%)	10:29	5.7 (58.2%)
162	<b>BODIO Dariusz</b>	<b>218</b>	SPARTA ZIĘBICE	Weteran I M - 50	14	01:48:42	04:56:08	10:53:53	17:16:15	<b>19:19:06.90</b>	<b>19:19:19.45</b>	+08:04:10 (41.8%)	10:32	5.7 (58.2%)
163	<b>KRAJEWSKI Artur</b>	<b>326</b>		Masters M - 40	57	02:11:40	06:17:04	11:44:56	17:18:05	<b>19:21:09.75</b>	<b>19:21:15.15</b>	+08:06:06 (41.9%)	10:33	5.7 (58.2%)
164	<b>LUTYŃSKI Zbigniew</b>	<b>155</b>		Senior II M - 30	68	02:08:33	05:58:52	11:49:26	17:15:16	<b>19:22:51.30</b>	<b>19:23:09.75</b>	+08:08:01 (42.0%)	10:34	5.7 (58.2%)
165	<b>ZEGARMISTRZ Grzegorz</b>	<b>228</b>		Senior II M - 30	69	02:00:16	05:05:14		17:25:35	<b>19:22:49.15</b>	<b>19:23:15.20</b>	+08:08:06 (42.0%)	10:34	5.7 (58.2%)
166	<b>LANGE Szymon</b>	<b>270</b>	RUNNER'S POWER	Senior II M - 30	70	02:08:49	05:58:23	11:34:17	17:18:55	<b>19:23:12.00</b>	<b>19:23:22.90</b>	+08:08:14 (42.0%)	10:34	5.7 (58.2%)
167	<b>SMOŁUCH Tomasz</b>	<b>84</b>	SAINT-GOBAIN SQUAD / LURBEL POLSKA	Masters M - 40	58	02:15:45	06:12:54	11:49:06	17:21:24	<b>19:23:27.15</b>	<b>19:23:55.10</b>	+08:08:46 (42.0%)	10:34	5.7 (58.2%)
168	<b>CHURAS Łukasz</b>	<b>252</b>		Masters M - 40	59	02:09:11	05:39:52	11:18:09	16:58:38	<b>19:24:05.40</b>	<b>19:24:30.80</b>	+08:09:22 (42.0%)	10:34	5.7 (58.2%)
169	<b>GAWEŁ Krzysztof</b>	<b>97</b>	ERBUD RYBNIK/FORMA WODZISŁAW ŚL.	Masters M - 40	60	02:10:39	06:06:41	11:34:09	17:18:14	<b>19:24:19.70</b>	<b>19:24:43.45</b>	+08:09:34 (42.0%)	10:35	5.7 (58.2%)
170	<b>BYZIA Piotr</b>	<b>9</b>		Senior II M - 30	71	01:57:33	05:48:00	11:10:16	16:58:42	<b>19:27:07.65</b>	<b>19:27:12.25</b>	+08:12:03 (42.2%)	10:36	5.7 (58.2%)
171	<b>MAJOCH Anna</b>	<b>145</b>	GVT	Masters K - 40	8	02:08:50	05:58:31	11:50:46	17:16:29	<b>19:28:45.85</b>	<b>19:28:45.85</b>	+08:13:37 (42.2%)	10:37	5.6 (57.1%)
172	<b>WALKIEWICZ Maciej</b>	<b>148</b>		Senior II M - 30	72	01:49:24	05:16:05	10:55:34	17:11:13	<b>19:29:09.40</b>	<b>19:29:23.15</b>	+08:14:14 (42.3%)	10:37	5.6 (57.1%)
173	<b>SZARF Paweł</b>	<b>5</b>	ZAŁOGA GÓRSKA	Senior I M - 20	10	01:45:40	05:41:28	11:18:45	17:05:53	<b>19:35:40.75</b>	<b>19:35:43.80</b>	+08:20:35 (42.6%)	10:41	5.6 (57.1%)
174	<b>POLAKOWSKI Tomasz</b>	<b>233</b>	STREET RUN RADOM	Masters M - 40	61	02:19:55	06:17:54	11:58:59	17:25:13	<b>19:35:39.50</b>	<b>19:36:04.10</b>	+08:20:55 (42.6%)	10:41	5.6 (57.1%)
175	<b>JĘDRZEJOWSKA-DEC Anna</b>	<b>327</b>	OTK RZEŹNIK	Masters K - 40	9	02:09:34	06:05:54	11:52:14	17:33:11	<b>19:41:23.15</b>	<b>19:41:46.60</b>	+08:26:37 (42.9%)	10:44	5.6 (57.1%)
176	<b>MAĆZKA Bronisław</b>	<b>328</b>	OTK RZEŹNIK	Weteran II M - 60	2	02:09:32	06:05:52	11:52:17	17:33:55	<b>19:41:23.25</b>	<b>19:41:46.95</b>	+08:26:38 (42.9%)	10:44	5.6 (57.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
177	<b>SOBOCZYŃSKA Justyna</b>	<b>136</b>		Senior I K - 20	1	02:13:29	06:13:57	11:55:55	17:22:30	<b>19:41:44.85</b>	<b>19:42:05.85</b>	+08:26:57 (42.9%)	10:44	5.6 (57.1%)
178	<b>BALICKI Jakub</b>	<b>93</b>	ASAP RUNNERS	Masters M - 40	62	02:11:41	05:51:17	11:24:34	17:14:59	<b>19:41:57.30</b>	<b>19:42:25.55</b>	+08:27:16 (42.9%)	10:44	5.6 (57.1%)
179	<b>MADEJ Jan</b>	<b>71</b>		Masters M - 40	63	02:08:46	06:01:32	12:04:22	17:27:48	<b>19:42:37.70</b>	<b>19:42:41.70</b>	+08:27:33 (42.9%)	10:45	5.6 (57.1%)
180	<b>ULATOWSKI Andrzej</b>	<b>10</b>		Masters M - 40	64	02:10:57	05:44:22	11:22:18	17:23:01	<b>19:42:36.75</b>	<b>19:42:51.45</b>	+08:27:42 (42.9%)	10:45	5.6 (57.1%)
181	<b>FRACKOWIAK Jacek</b>	<b>251</b>	RUNNER'S POWER	Masters M - 40	65	02:16:47	06:24:22	12:29:02	17:48:02	<b>19:44:07.80</b>	<b>19:44:14.05</b>	+08:29:05 (43.0%)	10:45	5.6 (57.1%)
182	<b>PYTEL Stanisław</b>	<b>150</b>	SCYZORYK	Senior II M - 30	73	01:57:03	05:39:54	11:15:56	16:57:26	<b>19:45:26.85</b>	<b>19:45:34.30</b>	+08:30:25 (43.1%)	10:46	5.6 (57.1%)
183	<b>SOŁTYS Tomasz</b>	<b>331</b>		Senior II M - 30	74	02:00:23	05:33:11	11:22:32	17:17:04	<b>19:46:15.60</b>	<b>19:46:22.75</b>	+08:31:14 (43.1%)	10:47	5.6 (57.1%)
184	<b>ANDRZEJCZAK Dariusz</b>	<b>123</b>	AGB TORFY	Weteran I M - 50	15	02:16:46	06:06:48	11:30:58	17:22:59	<b>19:46:22.90</b>	<b>19:46:31.95</b>	+08:31:23 (43.1%)	10:47	5.6 (57.1%)
185	<b>HAREŻLAK Dorota</b>	<b>38</b>	AGB TORFY	Masters K - 40	10	02:13:56	06:06:47	11:31:02	17:22:52	<b>19:46:24.20</b>	<b>19:46:32.90</b>	+08:31:24 (43.1%)	10:47	5.6 (57.1%)
186	<b>URBANEK Dariusz</b>	<b>117</b>	OBY PRZED LIMITEM	Masters M - 40	66	02:00:57	05:51:27	11:21:40	17:23:19	<b>19:49:34.55</b>	<b>19:49:50.65</b>	+08:34:41 (43.3%)	10:48	5.5 (56.1%)
187	<b>SERKOWSKI Marcin</b>	<b>280</b>	BIEGAMYRAZEM.PL	Masters M - 40	67	02:09:21	05:59:57	11:48:36	17:26:19	<b>19:50:57.10</b>	<b>19:51:07.95</b>	+08:35:59 (43.3%)	10:49	5.5 (56.1%)
188	<b>MAGOŃ Kamil</b>	<b>315</b>		Senior I M - 20	11	01:57:22	05:32:32	11:25:53	17:10:20	<b>19:52:55.75</b>	<b>19:53:14.70</b>	+08:38:06 (43.4%)	10:50	5.5 (56.1%)
189	<b>CHRZAN Andrzej</b>	<b>309</b>	AA TARNÓW	Senior I M - 20	12	01:57:21	05:31:05	11:02:52	16:36:56	<b>19:54:47.85</b>	<b>19:55:02.85</b>	+08:39:54 (43.5%)	10:51	5.5 (56.1%)
190	<b>GAWLAS Przemysław</b>	<b>316</b>		Masters M - 40	68	01:59:33	05:46:48	11:30:04	17:27:46	<b>19:55:35.35</b>	<b>19:55:35.35</b>	+08:40:26 (43.5%)	10:52	5.5 (56.1%)
191	<b>SMOLEŃ Tomasz</b>	<b>142</b>	TMTEAM	Masters M - 40	69	01:59:47	05:46:45	11:30:08	17:27:38	<b>19:55:46.75</b>	<b>19:55:48.40</b>	+08:40:39 (43.5%)	10:52	5.5 (56.1%)
192	<b>CZAPIEWSKI Paweł</b>	<b>128</b>		Senior I M - 20	13	01:48:55	05:36:03	12:23:15	17:37:13	<b>19:59:21.85</b>	<b>19:59:32.10</b>	+08:44:23 (43.7%)	10:54	5.5 (56.1%)
193	<b>SADOWSKA Marta</b>	<b>2</b>	KOSSMATE ŻUKI	Senior II K - 30	8	02:18:32	06:00:30	11:51:50	17:35:57	<b>19:59:25.05</b>	<b>19:59:34.85</b>	+08:44:26 (43.7%)	10:54	5.5 (56.1%)
194	<b>BAJAK Małgorzata</b>	<b>237</b>	MUAY RUNNING TEAM	Masters K - 40	11	02:19:00	06:20:37	12:13:55	18:03:48	<b>20:00:59.00</b>	<b>20:01:11.35</b>	+08:46:02 (43.8%)	10:55	5.5 (56.1%)
195	<b>SZYSZKO Stanisław</b>	<b>188</b>		Senior II M - 30	75	01:49:22	05:00:39	10:31:33	17:22:01	<b>20:07:15.50</b>	<b>20:07:19.80</b>	+08:52:11 (44.1%)	10:58	5.5 (56.1%)
196	<b>KORPUS-MIELCZARSKA Katarzyna</b>	<b>215</b>	SGB SAMO SIĘ NIE PRZEBIEGNIE	Senior II K - 30	9	02:07:29	05:46:20	11:32:02	17:43:14	<b>20:09:30.25</b>	<b>20:09:49.95</b>	+08:54:41 (44.2%)	10:59	5.5 (56.1%)
197	<b>ZAJĄC Adam</b>	<b>66</b>	W POGONI ZA DUCHEM	Masters M - 40	70	02:07:30	05:46:20	11:32:08	17:43:20	<b>20:09:30.85</b>	<b>20:09:50.45</b>	+08:54:41 (44.2%)	10:59	5.5 (56.1%)
198	<b>MICHALAK Aleksandra</b>	<b>17</b>	NIGHT RUNNERS/KOBIETY BIEGAJA	Senior II K - 30	10	02:14:05	06:16:23	11:42:19	17:43:31	<b>20:17:29.55</b>	<b>20:17:42.80</b>	+09:02:34 (44.6%)	11:04	5.4 (55.1%)
199	<b>BISKUP Rafał</b>	<b>261</b>	DZIAD NOT DEAD	Weteran I M - 50	16	02:11:39	05:35:54	10:54:11	16:58:12	<b>20:20:28.30</b>	<b>20:20:32.15</b>	+09:05:23 (44.7%)	11:05	5.4 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
200	<b>WSUŁ Monia</b>	<b>173</b>	CHOSZCZENSKA10	Masters K - 40	12	01:58:52	05:38:29	11:30:26	18:12:36	<b>20:23:18.20</b>	<b>20:23:33.50</b>	+09:08:24 (44.8%)	11:07	5.4 (55.1%)
201	<b>WAŻNY Andrzej</b>	<b>291</b>	FIRMA BUDOWLANA TYNEXPOL ANDRZEJ WAŻNY	Masters M - 40	71	02:11:59	06:09:21	11:24:34	18:13:37	<b>20:26:07.90</b>	<b>20:26:15.65</b>	+09:11:06 (44.9%)	11:08	5.4 (55.1%)
202	<b>POPŁAWSKA Katarzyna</b>	<b>37</b>	CZARNE OWCE HIPOLITÓW	Masters K - 40	13	02:13:20	06:37:00	12:59:03	18:30:31	<b>20:29:33.80</b>	<b>20:29:39.50</b>	+09:14:30 (45.1%)	11:10	5.4 (55.1%)
203	<b>MAJDA Maciej</b>	<b>36</b>	VISEGRAD MARATON RYTRO	Senior II M - 30	76	02:05:04	05:57:42	11:31:51	17:31:07	<b>20:41:27.05</b>	<b>20:41:42.50</b>	+09:26:33 (45.6%)	11:17	5.3 (54.1%)
204	<b>STANIA Paweł</b>	<b>108</b>	PARKRUN OPOLE	Senior II M - 30	77	02:10:22	06:11:53	12:49:53	19:00:10	<b>20:41:15.95</b>	<b>20:41:45.45</b>	+09:26:36 (45.6%)	11:17	5.3 (54.1%)
205	<b>MURAWICZ Adam</b>	<b>206</b>		Senior II M - 30	78	02:12:16	06:10:52	12:15:33	18:31:08	<b>20:42:09.55</b>	<b>20:42:30.95</b>	+09:27:22 (45.7%)	11:17	5.3 (54.1%)
206	<b>KOSZAREK Andrzej</b>	<b>224</b>	ZABIEGANE ŚREPOLE	Masters M - 40	72	02:19:24	06:34:19	12:52:25	18:48:44	<b>20:52:27.25</b>	<b>20:52:53.30</b>	+09:37:44 (46.1%)	11:23	5.3 (54.1%)
207	<b>KACZYŃSKI Artur</b>	<b>319</b>		Masters M - 40	73	02:11:12	06:16:06	12:32:48	18:52:14	<b>20:55:52.30</b>	<b>20:56:09.85</b>	+09:41:01 (46.3%)	11:25	5.3 (54.1%)
208	<b>WAŁĘKA Jarosław</b>	<b>300</b>	ORANGE POLSKA	Masters M - 40	74	02:11:43	06:11:57	11:47:22	18:08:11	<b>20:56:42.50</b>	<b>20:57:07.30</b>	+09:41:58 (46.3%)	11:25	5.3 (54.1%)
209	<b>WYSOKIŃSKI Jerzy</b>	<b>185</b>	ORANGE POLSKA	Weteran I M - 50	17	02:11:37	06:11:52	11:47:30	18:22:33	<b>20:56:39.55</b>	<b>20:57:07.60</b>	+09:41:58 (46.3%)	11:25	5.3 (54.1%)
210	<b>KUTYŁA Stanisław</b>	<b>182</b>	ORANGE POLSKA	Masters M - 40	75	02:11:35	06:11:50	11:47:47	18:07:08	<b>20:56:39.75</b>	<b>20:57:08.50</b>	+09:41:59 (46.3%)	11:25	5.3 (54.1%)
211	<b>JANIK Tomasz</b>	<b>297</b>	ORANGE POLSKA	Masters M - 40	76	02:11:42	06:11:55	11:47:24	18:22:36	<b>20:56:44.15</b>	<b>20:57:09.30</b>	+09:42:00 (46.3%)	11:25	5.3 (54.1%)
212	<b>ZGAGACZ Paweł</b>	<b>236</b>		Masters M - 40	77	02:19:18	06:33:42	12:41:32	18:57:16	<b>20:58:38.40</b>	<b>20:58:46.45</b>	+09:43:37 (46.4%)	11:26	5.2 (53.1%)
213	<b>PATURA Anna</b>	<b>82</b>	ŁÓDŹ RUNNING TEAM	Masters K - 40	14	02:13:02	06:37:35	13:27:06	19:08:36	<b>20:59:23.30</b>	<b>20:59:25.75</b>	+09:44:17 (46.4%)	11:26	5.2 (53.1%)
214	<b>SZYSZKA Jakub</b>	<b>50</b>	VEGE RUNNERS	Senior II M - 30	79	02:03:11	05:39:10	11:32:34	18:14:35	<b>21:03:26.75</b>	<b>21:03:47.55</b>	+09:48:38 (46.6%)	11:29	5.2 (53.1%)
215	<b>KOTLAREK Dawid</b>	<b>59</b>	VEGE RUNNERS	Masters M - 40	78	02:00:31	05:43:45	11:32:45	18:14:26	<b>21:03:32.45</b>	<b>21:03:47.80</b>	+09:48:39 (46.6%)	11:29	5.2 (53.1%)
216	<b>KRUZEL Rafał</b>	<b>320</b>	BIEGOWE MISIE	Masters M - 40	79	02:21:16	06:37:15	13:03:07	19:05:28	<b>21:08:27.20</b>	<b>21:08:47.25</b>	+09:53:38 (46.8%)	11:31	5.2 (53.1%)
217	<b>JANKOWSKI Szymon</b>	<b>219</b>		Masters M - 40	80	02:15:10	06:59:34		19:05:49	<b>21:10:45.05</b>	<b>21:11:04.80</b>	+09:55:56 (46.9%)	11:33	5.2 (53.1%)
218	<b>KRUK Grzegorz</b>	<b>73</b>	ALIOR RUNNING TEAM	Senior II M - 30	80	02:10:22	06:11:41	12:50:09	19:00:34	<b>21:13:18.05</b>	<b>21:13:35.05</b>	+09:58:26 (47.0%)	11:34	5.2 (53.1%)
219	<b>MAZUR Robert</b>	<b>35</b>	SMASHING PĄPKINS	Masters M - 40	81	02:11:07	06:30:33	13:18:53	19:06:33	<b>21:15:22.55</b>	<b>21:15:29.70</b>	+10:00:21 (47.1%)	11:35	5.2 (53.1%)
220	<b>KRAWCZYŃSKA Anna</b>	<b>292</b>	POMIOTY SZATANA	Senior II K - 30	11	02:15:55	06:35:46	12:46:30	18:59:35	<b>21:18:03.40</b>	<b>21:18:15.20</b>	+10:03:06 (47.2%)	11:37	5.2 (53.1%)
221	<b>GAJEWSKI Tomasz</b>	<b>293</b>	POMIOTY SZATANA	Senior II M - 30	81	02:15:53	06:35:46	12:46:32	19:00:06	<b>21:18:03.80</b>	<b>21:18:16.45</b>	+10:03:07 (47.2%)	11:37	5.2 (53.1%)
222	<b>KUGLARZ Szymon</b>	<b>102</b>	MOTOINTEGRATOR RUNNING TEAM	Masters M - 40	82	02:10:53	06:02:01	12:05:41	18:48:04	<b>21:17:52.15</b>	<b>21:18:16.75</b>	+10:03:08 (47.2%)	11:37	5.2 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
223	<b>CIEPŁY Tomasz</b>	<b>56</b>	GIRO DI ZAWADA	Masters M - 40	83	02:05:22	05:53:25	12:18:53	18:56:47	<b>21:18:59.20</b>	<b>21:19:09.00</b>	+10:04:00 (47.2%)	11:37	5.2 (53.1%)
224	<b>STEFANIAK Marcin</b>	<b>33</b>		Senior II M - 30	82	02:00:24	05:41:17	11:58:44	18:37:53	<b>21:31:12.80</b>	<b>21:31:31.35</b>	+10:16:22 (47.7%)	11:44	5.1 (52.0%)
225	<b>GRZESIAK Rafał</b>	<b>72</b>		Masters M - 40	84	02:10:15	06:21:17	12:57:43	19:04:58	<b>21:48:43.55</b>	<b>21:48:47.00</b>	+10:33:38 (48.4%)	11:53	5 (51.0%)
226	<b>LUDWICZAK Jacek</b>	<b>304</b>		Masters M - 40	85	02:10:35	06:09:26	12:30:02	19:05:07	<b>21:49:37.05</b>	<b>21:49:45.90</b>	+10:34:37 (48.5%)	11:54	5 (51.0%)
227	<b>SKOKOWSKI Tomasz Skokowski</b>	<b>15</b>	SUTTON RUNNERS	Senior II M - 30	83	02:11:33	06:14:47	12:44:04	19:23:13	<b>21:54:13.85</b>	<b>21:54:30.25</b>	+10:39:21 (48.6%)	11:56	5 (51.0%)
228	<b>MIZERA Joanna</b>	<b>24</b>	SUTTON RUNNERS	Senior II K - 30	12	02:11:35	06:14:48	12:44:07	19:23:14	<b>21:54:15.15</b>	<b>21:54:30.35</b>	+10:39:21 (48.6%)	11:56	5 (51.0%)
229	<b>SŁUPECKI Andrzej</b>	<b>234</b>		Senior I M - 20	14	02:11:12	06:20:11	12:28:44	19:04:44	<b>21:58:45.85</b>	<b>21:59:05.90</b>	+10:43:57 (48.8%)	11:59	5 (51.0%)
230	<b>SAKOWSKA Aneta</b>	<b>68</b>	MARATONKA GRAJEWO	Masters K - 40	15	02:11:56	06:33:33	13:39:12	20:04:19	<b>22:13:31.25</b>	<b>22:13:49.10</b>	+10:58:40 (49.4%)	12:07	4.9 (50.0%)
231	<b>MOSTOWSKA Joanna</b>	<b>225</b>	ZIMOWYHORYZONT.PL	Senior II K - 30	13	02:11:55	06:35:20	13:39:07	20:04:18	<b>22:13:31.35</b>	<b>22:13:49.40</b>	+10:58:40 (49.4%)	12:07	4.9 (50.0%)
232	<b>WILMOWSKI Marek</b>	<b>39</b>	UKS BUSHI	Weteran I M - 50	18	02:17:27	06:56:10	13:38:29	19:56:24	<b>22:16:31.10</b>	<b>22:16:56.80</b>	+11:01:48 (49.5%)	12:09	4.9 (50.0%)
233	<b>GAŁKA Marcin</b>	<b>42</b>		Senior II M - 30	84	02:28:32	07:01:50	13:26:59	20:07:42	<b>22:20:47.50</b>	<b>22:21:13.00</b>	+11:06:04 (49.7%)	12:11	4.9 (50.0%)
234	<b>PACANOWSKI Robert</b>	<b>172</b>	WEŁNICA BIEGA	Weteran I M - 50	19	02:16:03	06:45:19	13:49:19	19:57:16	<b>22:25:08.10</b>	<b>22:25:24.80</b>	+11:10:16 (49.8%)	12:13	4.9 (50.0%)
235	<b>FUNKA Andrzej</b>	<b>34</b>	NKB CHYŻY NOWY TOMYŚL	Weteran I M - 50	20	02:20:21	07:04:05	13:49:29	19:57:57	<b>22:25:28.45</b>	<b>22:25:46.50</b>	+11:10:37 (49.8%)	12:13	4.9 (50.0%)
236	<b>SKOLIMOWSKA Katarzyna</b>	<b>268</b>		Masters K - 40	16	02:15:09	06:14:15	13:14:16	20:08:03	<b>22:25:44.10</b>	<b>22:25:46.85</b>	+11:10:38 (49.8%)	12:14	4.9 (50.0%)
237	<b>GMAJ Daniel</b>	<b>181</b>		Senior II M - 30	85	02:11:59	06:21:06		19:26:30	<b>22:26:17.50</b>	<b>22:26:35.25</b>	+11:11:26 (49.9%)	12:14	4.9 (50.0%)
238	<b>BUĆKO Artur</b>	<b>45</b>	TATAALI	Weteran I M - 50	21	02:45:01	07:49:47	14:16:13	20:33:55	<b>22:43:34.00</b>	<b>22:43:57.25</b>	+11:28:48 (50.5%)	12:23	4.8 (49.0%)
239	<b>IŁOWSKI Wiktor</b>	<b>287</b>	SPARTA ZIĘBICE	Masters M - 40	86	02:11:52	06:11:44	12:11:24	19:31:06	<b>22:51:32.15</b>	<b>22:51:44.15</b>	+11:36:35 (50.8%)	12:28	4.8 (49.0%)
240	<b>PISULA Paulina</b>	<b>175</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior I K - 20	2	02:12:56	06:20:11	13:18:20	20:41:22	<b>23:13:27.50</b>	<b>23:13:49.05</b>	+11:58:40 (51.6%)	12:40	4.7 (48.0%)
241	<b>ZAWADA Maciej</b>	<b>180</b>	KGB	Masters M - 40	87	02:12:52	06:20:51	13:18:29	20:44:14	<b>23:13:28.40</b>	<b>23:13:51.40</b>	+11:58:42 (51.6%)	12:40	4.7 (48.0%)
242	<b>SZYMAŁA Mateusz</b>	<b>165</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	86	02:12:56	06:20:53	13:18:23	20:43:53	<b>23:13:31.35</b>	<b>23:13:53.35</b>	+11:58:44 (51.6%)	12:40	4.7 (48.0%)
243	<b>CHUDZIK Radosław</b>	<b>110</b>		Masters M - 40	88	02:12:15	06:26:47	12:58:03	20:14:10	<b>23:18:00.45</b>	<b>23:18:15.20</b>	+12:03:06 (51.7%)	12:42	4.7 (48.0%)
244	<b>JASTRZEMBSKI Edmund</b>	<b>213</b>	BYDGOSZCZ FAN MARATON	Masters M - 40	89	02:24:16	07:27:46	14:06:30	20:49:05	<b>23:19:41.55</b>	<b>23:20:07.30</b>	+12:04:58 (51.8%)	12:43	4.7 (48.0%)
245	<b>ŚWIERCZYNSKI Tomasz</b>	<b>266</b>	ZRYW	Masters M - 40	90	02:34:03	07:55:15	14:53:55	20:45:25	<b>23:19:57.00</b>	<b>23:20:19.10</b>	+12:05:10 (51.8%)	12:43	4.7 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 73km	A15 98km					
246	<b>FRUCZ Jacek</b>	<b>132</b>		Weteran I M - 50	22	02:15:48	07:13:17	14:32:50	20:57:15	<b>23:20:26.90</b>	<b>23:20:47.40</b>	+12:05:38 (51.8%)	12:43	4.7 (48.0%)
247	<b>PODLASIŃSKA Paulina</b>	<b>21</b>		Senior II K - 30	14	02:28:33	07:01:51	13:27:09	20:20:29	<b>23:24:15.50</b>	<b>23:24:41.20</b>	+12:09:32 (51.9%)	12:45	4.7 (48.0%)
248	<b>KRÓL Aneta</b>	<b>273</b>	NAVAL POLSKA	Senior II K - 30	15	02:17:04	06:18:07	14:54:00	20:57:48	<b>23:25:45.90</b>	<b>23:25:53.85</b>	+12:10:45 (52.0%)	12:46	4.7 (48.0%)
249	<b>SWĘDZIÓŁ Monika</b>	<b>184</b>	POLSKA	Senior II K - 30	16	02:24:04	07:00:25	12:32:48	20:51:05	<b>23:37:53.40</b>	<b>23:38:13.95</b>	+12:23:05 (52.4%)	12:53	4.7 (48.0%)
249	<b>PŁAŻYŃSKI Bartosz</b>	<b>200</b>	W POGONI ZA DUCHEM	Senior II M - 30	87	02:24:04	07:00:27	13:34:27	20:51:05	<b>23:37:53.75</b>	<b>23:38:13.95</b>	+12:23:05 (52.4%)	12:53	4.7 (48.0%)
251	<b>GRUŻLEWSKI Radosław</b>	<b>245</b>	11DKPANC	Senior I M - 20	15	02:23:08	07:15:13	14:33:05	21:33:24	<b>23:39:19.75</b>	<b>23:39:46.95</b>	+12:24:38 (52.4%)	12:54	4.7 (48.0%)
252	<b>KUCNER Monika</b>	<b>111</b>	ALBERTS TEAM	Masters K - 40	17	02:11:21	05:51:18	12:57:04	20:31:55	<b>23:41:42.60</b>	<b>23:42:09.25</b>	+12:27:00 (52.5%)	12:55	4.6 (46.9%)
253	<b>SZYMAŃSKI Jacek</b>	<b>314</b>	PARKRUN SKIERNIEWICE	Masters M - 40	91	02:20:53	07:04:07	14:11:57	21:11:05	<b>23:43:06.20</b>	<b>23:43:28.90</b>	+12:28:20 (52.6%)	12:56	4.6 (46.9%)
254	<b>KOZERA Kamil</b>	<b>43</b>	HARPAGAN SOSNOWIEC	Senior II M - 30	88	02:13:17		13:28:20	20:26:21	<b>23:43:54.60</b>	<b>23:44:16.60</b>	+12:29:07 (52.6%)	12:56	4.6 (46.9%)
255	<b>WOŹNIAK Dawid</b>	<b>122</b>		Masters M - 40	92	02:11:27	06:23:06	13:02:07	20:53:35	<b>23:44:28.40</b>	<b>23:44:55.40</b>	+12:29:46 (52.6%)	12:56	4.6 (46.9%)
256	<b>NAĆKIEWICZ Justyna</b>	<b>92</b>		Masters K - 40	18	02:42:05	07:54:31	14:50:36	21:28:52	<b>24:01:25.60</b>	<b>24:01:38.45</b>	+12:46:29 (53.2%)	13:06	4.6 (46.9%)
257	<b>LEŚNIK Wojciech</b>	<b>191</b>		Weteran I M - 50	23	02:16:56	07:06:05	14:28:36	21:35:22	<b>24:14:29.85</b>	<b>24:14:46.40</b>	+12:59:37 (53.6%)	13:13	4.5 (45.9%)
258	<b>RUDZKI Tomasz</b>	<b>25</b>	RAJSPOORT ACTIVE	Masters M - 40	93	02:11:30	06:37:35	14:54:19	22:04:15	<b>24:34:31.80</b>	<b>24:34:33.50</b>	+13:19:24 (54.2%)	13:24	4.5 (45.9%)
259	<b>BALUK Marek</b>	<b>324</b>	BOREK-CHEŁM	Weteran I M - 50	24	02:26:23	07:27:55	15:09:08	22:14:51	<b>24:46:19.25</b>	<b>24:46:33.65</b>	+13:31:24 (54.6%)	13:30	4.4 (44.9%)
260	<b>POCHYLSKI Dominik</b>	<b>265</b>	LUBOŃSKI KLUB BIEGACZA	Masters M - 40	94	02:34:10	07:55:17	15:01:39	22:11:05	<b>24:48:42.55</b>	<b>24:49:05.10</b>	+13:33:56 (54.7%)	13:32	4.4 (44.9%)
261	<b>SOBICZEWSKA Iza</b>	<b>301</b>	EKOBIEGI	Masters K - 40	19	02:18:42	07:14:57	15:07:48	22:21:45	<b>24:53:33.70</b>	<b>24:53:36.20</b>	+13:38:27 (54.8%)	13:34	4.4 (44.9%)
262	<b>KWINTA Maciej</b>	<b>177</b>	WKB PIAST	Masters M - 40	95	02:19:52	07:14:57	15:07:41	22:19:40	<b>24:53:33.65</b>	<b>24:53:37.80</b>	+13:38:29 (54.8%)	13:34	4.4 (44.9%)
263	<b>OBARSKA Małgorzata</b>	<b>62</b>		Weteran K - 50	2	02:50:07	08:15:39	15:29:31	22:27:46	<b>25:08:01.65</b>	<b>25:08:09.60</b>	+13:53:00 (55.2%)	13:42	4.4 (44.9%)
264	<b>OBARSKI Norbert</b>	<b>63</b>		Weteran I M - 50	25	02:50:04	08:15:38	15:29:33	22:27:41	<b>25:08:02.05</b>	<b>25:08:09.90</b>	+13:53:01 (55.2%)	13:42	4.4 (44.9%)
265	<b>JUCHA Lidia</b>	<b>58</b>		Masters K - 40	20	02:46:38	07:48:07	15:03:40	22:09:50	<b>25:12:23.90</b>	<b>25:12:32.35</b>	+13:57:23 (55.4%)	13:44	4.4 (44.9%)
266	<b>CZUBIŃSKI Marek</b>	<b>57</b>		Weteran II M - 60	3	02:46:42	07:48:09	15:03:43	22:09:53	<b>25:12:24.60</b>	<b>25:12:32.55</b>	+13:57:23 (55.4%)	13:44	4.4 (44.9%)
267	<b>PRUSIEWICZ Beata</b>	<b>137</b>	ANTON TEAM	Masters K - 40	21	02:13:05	06:47:34	14:07:17	22:02:23	<b>25:19:01.75</b>	<b>25:19:17.50</b>	+14:04:08 (55.6%)	13:48	4.3 (43.9%)
268	<b>NOWICKI Andrzej</b>	<b>211</b>	POMIOTY SZATANA	Senior I M - 20	16	02:13:52	07:41:06	15:30:54	22:52:32	<b>25:40:50.30</b>	<b>25:41:05.00</b>	+14:25:56 (56.2%)	14:00	4.3 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
269	<b>PODSIADŁY Robert</b>	<b>168</b>	CHATA BIEGACZA K34 ZAKOPANE	Weteran I M - 50	26	02:54:45	08:55:50	16:46:26	23:24:38	<b>25:42:12.30</b>	<b>25:42:43.65</b>	+14:27:34 (56.2%)	14:01	4.3 (43.9%)
	<b>MILCZAREK Paweł</b>	<b>299</b>	DROGA DO UTMB	Senior I M - 20		01:53:10 DNF	04:41:17 DNF	08:48:03 DNF	13:59:49 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ZYDORCZAK Mateusz</b>	<b>332</b>		Senior II M - 30		01:55:18 DNF	05:36:42 DNF	11:01:50 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BIADASIEWICZ Andrzej</b>	<b>279</b>	CIDRY LOTAJOM	Weteran I M - 50		01:57:21 DNF	05:20:43 DNF	11:09:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŁUKASIEWICZ Marek</b>	<b>118</b>	HEAVY WEIGHT RUNNING TEAM	Senior II M - 30		02:10:35 DNF	05:57:45 DNF	11:45:18 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SKAZA Adam</b>	<b>176</b>	JEDNOSTKA WOJSKOWA BRZEG -GRUPA EOD	Senior II M - 30		02:06:37 DNF	05:51:19 DNF	11:47:57 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DZIERKACZ Paweł</b>	<b>80</b>	BEAGLE RUNNERS TEAM	Masters M - 40		02:06:10 DNF	06:15:39 DNF	12:13:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MACHURA Sebastian</b>	<b>164</b>	HAZOKI	Senior II M - 30		02:10:07 DNF	06:03:48 DNF	12:29:52 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PIKUSA Michał</b>	<b>75</b>		Senior II M - 30		02:33:03 DNF	07:59:51 DNF	15:11:51 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CZARNOWSKI Przemysław</b>	<b>255</b>	POTĘŻNY PONAD MIARĘ	Senior I M - 20		02:11:32 DNF	07:15:25 DNF	16:34:30 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GNIELKA Dawid</b>	<b>169</b>	ZAMKOWIEC TOSZEK	Senior I M - 20		02:31:18 DNF	08:55:42 DNF	16:43:28 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WILK Maciej</b>	<b>29</b>	RAMBO 3	Senior II M - 30		01:19:38 DNF	03:43:05 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KAMIŃSKI Mariusz</b>	<b>269</b>	MARCINSWIERCTEAM	Masters M - 40		01:39:40 DNF	04:48:37 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JERMAK Kamil</b>	<b>210</b>		Senior II M - 30		01:41:39 DNF	04:52:12 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PIEUCH Marcin</b>	<b>32</b>	LACHO TEAM	Senior II M - 30		01:55:13 DNF	05:01:54 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ANTOSIAK Tomasz</b>	<b>208</b>	TMTEAM	Senior II M - 30		01:48:51 DNF	05:14:34 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CZAPIEWSKI Darek</b>	<b>302</b>	PRZENOSIMY GÓRY	Senior II M - 30		01:49:02 DNF	05:16:38 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ROJEK Paweł</b>	<b>144</b>	W POGONI ZA DUCHEM	Senior II M - 30		02:13:06 DNF	05:59:59 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WRZESIŃSKI Wojciech</b>	<b>116</b>	FORDONRUNNERS	Masters M - 40		02:10:51 DNF	06:12:14 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SOBOCZYŃSKI Adam</b>	<b>239</b>		Senior II M - 30		02:13:31 DNF	07:00:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BUKOWSKI Marcin</b>	<b>115</b>	SPARTANIE DZIECIOM	Senior II M - 30		02:11:53 DNF	07:31:27 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>HOROWSKI Tomasz</b>	<b>171</b>	RUNHOGS TYCHY	Masters M - 40		02:41:14 DNF	08:14:43 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WALCZYŃSKA Karolina</b>	<b>170</b>	RUNHOGS TYCHY	Senior II K - 30		02:41:13 DNF	08:14:48 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 73km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	<b>KURIATA Marcin</b>	<b>121</b>		Masters M - 40		02:29:27 DNF	10:25:52 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GAJOS Daniel</b>	<b>53</b>	MUAY RUNNING TEAM/BIEGAORTOPEDA.PL	Masters M - 40		01:46:45 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LUTOWSKI Wojciech</b>	<b>202</b>	TKKF KOLEJARZ BYDGOSZCZ	Senior II M - 30		01:47:53 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KRZEMIŃSKI Jacek</b>	<b>242</b>	POLDEK TEAM	Senior II M - 30		02:12:01 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>FIJAŁKOWSKI Wojciech</b>	<b>109</b>	MONAR	Weteran I M - 50		02:13:08 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GOEBEL Adam</b>	<b>244</b>	-----	Weteran I M - 50		DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 297 wynik(ów)