



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Lądek-Zdrój
110 km

BIEG K-B-L - 110 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

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	WOLEK Szymon	3438		Senior II M - 30	1	00:00:02	01:26:44	03:59:35	07:28:47	10:33:33	11:39:10.20	11:39:10.20		6:21	9.4 (100%)
2	KOMRAUS Krzysztof	3361	PRESS GLASS - BIEGAMY I WSPIERAMY	Senior II M - 30	2	00:00:02	01:31:24	04:00:22	07:28:38	10:31:13	11:39:51.85	11:39:51.85	+00:00:41 (0.1%)	6:21	9.4 (100%)
3	PASTUSZKA Paweł	3188	EX TEAM	Senior II M - 30	3	00:00:04	01:22:37	03:52:35	07:29:29	11:18:17	12:38:54.75	12:38:54.75	+00:59:44 (7.9%)	6:53	8.7 (92.6%)
4	BASISTA Wojciech	3404	WILKI MIĘDZYLESKIE	Senior II M - 30	4	00:00:06	01:41:56	04:30:29	08:23:02	11:45:57	13:02:22.95	13:02:22.95	+01:23:12 (10.6%)	7:06	8.4 (89.4%)
5	RYBIŃSKI Radosław	3400	VOSS AUTOMOTIVE PL	Senior II M - 30	5	00:00:02	01:39:27	04:19:02	08:30:01	12:01:51	13:20:21.50	13:20:21.50	+01:41:11 (12.6%)	7:16	8.2 (87.2%)
5	ZIENTARA Adrian	3444	KGHM ZG RUN	Senior II M - 30	5	00:00:02	01:39:29	04:19:13	08:30:00	12:01:49	13:20:21.50	13:20:21.50	+01:41:11 (12.6%)	7:16	8.2 (87.2%)
7	ZAWADZKI Andrzej	3326	MKS SIECHNICE	Senior II M - 30	7	00:00:05	01:32:41	04:22:17	08:25:46	12:06:34	13:31:38.70	13:31:38.70	+01:52:28 (13.9%)	7:22	8.1 (86.2%)
8	WIECZOREK Łukasz	3353		Senior II M - 30	8		01:39:46	04:26:41	08:35:39	12:11:45	13:32:25.50	13:32:25.50	+01:53:15 (13.9%)	7:23	8.1 (86.2%)
9	WIERZBOWY Przemek	3123	KOKO DŻAMBO I DO PRZODU	Senior II M - 30	9	00:00:16	01:37:52	04:25:51	08:42:11	12:11:45	13:32:25.75	13:32:25.75	+01:53:15 (13.9%)	7:23	8.1 (86.2%)
10	JANAS Kacper	3288	PUSZCZYK BUKOWY	Senior II M - 30	10	00:00:11	01:37:48	04:22:11	08:25:32	12:12:20	13:35:53.65	13:35:53.65	+01:56:43 (14.3%)	7:25	8.1 (86.2%)
11	ŻEBROWSKI Juliusz	3269	CZARNECKI RUN TEAM	Senior II M - 30	11	00:00:21	01:42:47	04:22:18	08:20:58	12:17:30	13:37:35.15	13:37:35.15	+01:58:24 (14.5%)	7:25	8.1 (86.2%)
12	ŁUKOMSKI Krzysztof	3270		Senior II M - 30	12	00:00:21	01:42:49	04:22:19	08:20:58	12:17:32	13:37:35.55	13:37:35.55	+01:58:25 (14.5%)	7:25	8.1 (86.2%)
13	MICHALSKI Piotr	3458		Senior II M - 30	13	00:00:18	01:41:06	04:26:25	08:40:51	12:22:44	13:46:02.55	13:46:02.55	+02:06:52 (15.4%)	7:30	8 (85.1%)
14	MISZTAL Kamil	3341		Senior II M - 30	14	00:00:06	01:50:00	04:46:54	08:55:52	12:30:38	13:46:05.50	13:46:05.50	+02:06:55 (15.4%)	7:30	8 (85.1%)
15	RYZHYNSKYI Vitalii	3442		Senior II M - 30	15	00:00:26	01:50:46	04:50:36	09:03:15	12:48:23	14:09:27.65	14:09:27.65	+02:30:17 (17.7%)	7:43	7.8 (83.0%)
16	WOŁOSZYN Artur	3173		Senior II M - 30	16	00:00:09	02:02:01	05:15:20	09:26:57	12:58:09	14:17:02.25	14:17:02.25	+02:37:52 (18.4%)	7:47	7.7 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km					
17	LAWRENC Artur	3210	MASATEAM	Senior II M - 30	17	00:00:04	01:48:07	04:56:20	09:14:57	13:01:56	14:23:23.30	14:23:23.30	+02:44:13 (19.0%)	7:50	7.6 (80.9%)
18	SIETKIEWICZ Piotr	3314	GLEIPNIR	Senior II M - 30	18	00:00:17	01:43:13	04:40:29	08:58:08	13:05:12	14:30:24.90	14:30:24.90	+02:51:14 (19.7%)	7:54	7.6 (80.9%)
19	POSADOWSKI Szymon	3164		Senior II M - 30	19	00:00:03	01:41:47	04:40:28	08:58:51	13:06:17	14:34:31.30	14:34:31.30	+02:55:21 (20.1%)	7:57	7.5 (79.8%)
20	CHOŁKA Michał	3412		Senior II M - 30	20	00:00:07	01:48:10	04:51:21	09:07:32	13:08:46	14:39:24.55	14:39:24.55	+03:00:14 (20.5%)	7:59	7.5 (79.8%)
21	MŁYNARSKI Mateusz	3205	TRITOGO	Senior II M - 30	21	00:00:19	01:47:30	04:57:02	09:42:47	13:41:23	15:08:45.55	15:08:45.55	+03:29:35 (23.1%)	8:15	7.3 (77.7%)
22	STANISZ Marcin	3106	GÓRAL Z MAZUR RUNNING TEAM / NR PYSKOWICE	Senior II M - 30	22	00:00:03	01:43:50	04:54:54	09:28:03	13:44:07	15:16:39.05	15:16:39.05	+03:37:28 (23.7%)	8:19	7.2 (76.6%)
23	BURZYŃSKI Łukasz	3101	BIEGAJĄCE KREJZOLE	Senior II M - 30	23	00:00:25	01:52:02	05:00:25	09:28:05	13:44:14	15:16:56.25	15:16:56.25	+03:37:46 (23.7%)	8:20	7.2 (76.6%)
24	BATOR Michał	3302		Senior II M - 30	24	00:00:30	01:56:25	04:53:39	09:13:06	13:46:39	15:22:50.95	15:22:50.95	+03:43:40 (24.2%)	8:23	7.2 (76.6%)
25	PIWKO Mateusz	3029		Senior II M - 30	25	00:00:26	02:10:06	05:24:28	09:49:29	13:52:10	15:25:03.80	15:25:03.80	+03:45:53 (24.4%)	8:24	7.1 (75.5%)
26	MENDYKA Łukasz	3155	KB AKTYWNI ŚRODA WLKP.	Senior II M - 30	26	00:00:33	02:05:07	05:24:42	09:56:25	14:06:55	15:30:04.90	15:30:04.90	+03:50:54 (24.8%)	8:27	7.1 (75.5%)
27	OGŁAZA Rafał	3394		Senior II M - 30	27		01:46:20	04:51:47	09:49:15	13:51:42	15:30:57.85	15:30:57.85	+03:51:47 (24.9%)	8:27	7.1 (75.5%)
28	WETHACZ Dariusz	3426	GANG BIESA / ON RUNNING POLSKA	Senior II M - 30	28	00:00:04	01:43:50	04:51:50	09:37:23	13:51:41	15:30:59.85	15:30:59.85	+03:51:49 (24.9%)	8:27	7.1 (75.5%)
29	WOJTYCZKA Wojciech	3320	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	29	00:00:03	01:54:35	05:15:25	09:59:56	14:05:04	15:31:18.65	15:31:18.65	+03:52:08 (24.9%)	8:27	7.1 (75.5%)
30	GADOMSKI Radosław	3330	ŻÓRAWSKI TEAM / PKO BP	Senior II M - 30	30	00:00:13	01:56:35	05:02:24	09:36:38	14:02:52	15:34:29.15	15:34:29.15	+03:55:18 (25.2%)	8:29	7.1 (75.5%)
31	KASPERKIEWICZ Wojtek	3096		Senior II M - 30	31	00:00:03	01:46:43	05:16:16	09:55:12	14:12:48	15:49:21.20	15:49:21.20	+04:10:11 (26.4%)	8:37	7 (74.5%)
31	KUCHARSKI Adrian Kucharski	3103		Senior II M - 30	31	00:00:02	01:43:05	05:10:45	09:55:10	14:12:24	15:49:21.20	15:49:21.20	+04:10:11 (26.4%)	8:37	7 (74.5%)
33	GIBAS Michał	3113		Senior II M - 30	33	00:00:22	01:52:07	05:12:30	09:53:48	14:11:42	15:49:34.35	15:49:34.35	+04:10:24 (26.4%)	8:37	7 (74.5%)
34	SALAMON Mateusz	3473	POWER TRAINING	Senior II M - 30	34	00:00:24	01:50:48	04:40:39	08:42:21	13:43:39	15:59:53.15	15:59:53.15	+04:20:42 (27.2%)	8:43	6.9 (73.4%)
35	DOMERADZKI Grzegorz	3256		Senior II M - 30	35	00:00:19	02:06:30	05:39:26	10:33:31	14:45:47	16:15:01.95	16:15:01.95	+04:35:51 (28.3%)	8:51	6.8 (72.3%)
36	MITIS Marek	3033		Senior II M - 30	36	00:00:30	02:10:53	05:37:39	10:30:53	14:45:33	16:23:33.80	16:23:33.80	+04:44:23 (28.9%)	8:56	6.7 (71.3%)
37	JAGIELSKI Jerzy	3346	JKS SALAMANDRA	Senior II M - 30	37	00:00:40	02:03:56	05:37:20	10:27:48	14:50:50	16:23:47.25	16:23:47.25	+04:44:37 (28.9%)	8:56	6.7 (71.3%)
38	KAKOSZKA Marcin	3142	MAŁA PANEW TEAM ZAWADZKIE	Senior II M - 30	38	00:00:03	01:40:42	05:19:37	10:53:38	15:08:21	16:33:19.85	16:33:19.85	+04:54:09 (29.6%)	9:01	6.6 (70.2%)
39	KRUPA Piotr	3493	LAF_CAMPERVAN	Senior II M - 30	39	00:00:22	02:02:00	05:13:33	10:18:54	15:03:30	16:33:33.45	16:33:33.45	+04:54:23 (29.6%)	9:01	6.6 (70.2%)
40	GAŁKA Krzysztof	3409	WKURW_TEAM	Senior II M - 30	40	00:00:54	02:09:02	05:19:14	10:15:42	14:48:42	16:37:28.65	16:37:28.65	+04:58:18 (29.9%)	9:04	6.6 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km					
41	PELJAK Mariusz	3227	GRZMOTOMOCNI SOBÓTKA	Senior II M - 30	41	00:00:16	02:01:23	05:47:52	10:55:08	15:03:30	16:38:25.70	16:38:25.70	+04:59:15 (30.0%)	9:04	6.6 (70.2%)
42	GAWKOWSKI Artur	3255	OSTRÓW BIEGA	Senior II M - 30	42	00:00:55	02:16:50	05:50:44	10:46:33	15:05:49	16:42:09.25	16:42:09.25	+05:02:59 (30.2%)	9:06	6.6 (70.2%)
43	KOSIN Marcin	3211	PGB SPORTOWA PACZKA	Senior II M - 30	43	00:00:16	02:02:13	05:37:47	10:34:59	15:13:01	16:43:11.50	16:43:11.50	+05:04:01 (30.3%)	9:07	6.6 (70.2%)
44	MIELECKI Maciej	3175	PAIN IS MY FRIEND	Senior II M - 30	44	00:00:33	02:07:53	05:28:52	10:21:40	15:07:56	16:49:30.20	16:49:30.20	+05:10:20 (30.7%)	9:10	6.5 (69.1%)
45	BIESZCZAD Mateusz	3143	KB ATHLETIC ZRĘCIN	Senior II M - 30	45	00:00:16	02:01:31	05:33:26	10:43:57	15:11:50	16:51:13.55	16:51:13.55	+05:12:03 (30.9%)	9:11	6.5 (69.1%)
46	BIAŁCZYK Marcin	3202	MARATOŃCZYK POZNAŃ	Senior II M - 30	46	00:00:37	01:48:58	05:24:42	10:40:34	15:27:58	16:52:53.65	16:52:53.65	+05:13:43 (31.0%)	9:12	6.5 (69.1%)
47	ŚWIERCZYŃSKI Kacper	3395	STAJNIA CROSSFIT	Senior II M - 30	47	00:00:04	01:48:48	05:00:21	10:03:58	15:10:47	16:54:16.35	16:54:16.35	+05:15:06 (31.1%)	9:13	6.5 (69.1%)
48	BRONIEWSKI Piotr	3011		Senior II M - 30	48	00:00:11	01:54:37	05:26:58	10:26:02	15:18:02	16:56:35.85	16:56:35.85	+05:17:25 (31.2%)	9:14	6.5 (69.1%)
49	BŁASZCZYK Mariusz	3308	SNG WILD DUCKS	Senior II M - 30	49	00:00:45	01:57:19	05:19:23	10:32:14	15:28:39	17:05:27.30	17:05:27.30	+05:26:17 (31.8%)	9:19	6.4 (68.1%)
50	PIETRUCHA Jakub	3453	STG WARSZAWA	Senior II M - 30	50	00:00:22	01:48:24	04:54:31	09:54:28	15:02:59	17:07:51.55	17:07:51.55	+05:28:41 (32.0%)	9:20	6.4 (68.1%)
51	JASIAK Karol	3141	NIE WIEM GDZIE JESTEM	Senior II M - 30	51	00:00:03	01:54:46	05:21:57	10:31:18	15:35:07	17:31:59.35	17:31:59.35	+05:52:49 (33.5%)	9:33	6.3 (67.0%)
52	SZCZEPAŃSKI Marcin	3246	STRZELIŃSKI KLUB BIEGACZA GRANIT	Senior II M - 30	52	00:00:27	02:04:28	05:36:34	10:35:50	15:36:10	17:37:26.35	17:37:26.35	+05:58:16 (33.9%)	9:36	6.2 (66.0%)
53	JĘDRYCHOWSKI Bartłomiej	3485		Senior II M - 30	53	00:00:33	01:58:50	05:13:13	09:58:57	15:30:25	17:48:14.95	17:48:14.95	+06:09:04 (34.5%)	9:42	6.2 (66.0%)
54	PĘCHRA Mateusz	3281		Senior II M - 30	54	00:00:19	02:11:03	06:04:15	11:43:13	15:58:21	17:48:30.20	17:48:30.20	+06:09:20 (34.6%)	9:42	6.2 (66.0%)
55	SZYSZŁOWSKI Waldemar	3345	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	55	00:00:02	02:05:59	05:44:15	11:09:31	16:25:17	18:08:49.85	18:08:49.85	+06:29:39 (35.8%)	9:53	6.1 (64.9%)
56	ZAWADZKI Paweł	3187		Senior II M - 30	56	00:00:40	02:20:10	06:35:32	12:30:05	16:47:00	18:16:41.50	18:16:41.50	+06:37:31 (36.2%)	9:58	6 (63.8%)
57	WELTER Przemysław	3306	KB SZAMOTUŁY	Senior II M - 30	57	00:00:13	01:58:30	05:43:03	11:18:19	16:33:46	18:22:36.65	18:22:36.65	+06:43:26 (36.6%)	10:01	6 (63.8%)
58	CZYRNIA Andrzej	3242		Senior II M - 30	58	00:00:19	02:11:04	06:04:16	11:15:31	16:34:44	18:27:35.45	18:27:35.45	+06:48:25 (36.9%)	10:04	6 (63.8%)
59	MIKUŁAN Mikołaj	3024		Senior II M - 30	59	00:00:28	02:23:11	06:31:40	12:11:03	16:58:43	18:34:43.35	18:34:43.35	+06:55:33 (37.3%)	10:08	5.9 (62.8%)
60	STANGIERSKI Adam	3231	KORNELCIA TEAM	Senior II M - 30	60	00:00:34	02:10:58	06:10:11	11:22:10	16:58:21	18:42:13.45	18:42:13.45	+07:03:03 (37.7%)	10:12	5.9 (62.8%)
61	TALAR Marek	3017	KĘSY TEAM	Senior II M - 30	61	00:00:29	02:15:07	06:19:41	11:37:52	16:54:56	18:46:31.40	18:46:31.40	+07:07:21 (37.9%)	10:14	5.9 (62.8%)
62	RACZYŃSKI Bogusz	3446	ZEMAT TECHNOLOGY GROUP	Senior II M - 30	62	00:00:06	02:01:37	05:49:35	11:46:15	17:15:25	18:56:08.30	18:56:08.30	+07:16:58 (38.5%)	10:19	5.8 (61.7%)
63	WRÓBEL Maciej	3167	VEGERUNNERS	Senior II M - 30	63	00:00:50	02:24:29	06:16:12	11:45:01	16:55:33	19:00:06.10	19:00:06.10	+07:20:55 (38.7%)	10:21	5.8 (61.7%)
64	LESZCZYNOWICZ Jacek	3114	POLACY BIEGAJĄ W UK	Senior II M - 30	64	00:00:09	02:13:29	06:21:46	12:16:31	17:26:11	19:04:43.20	19:04:43.20	+07:25:33 (38.9%)	10:24	5.8 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Czas	Różn	Tempo min/km	Tempo km/h
						A8	A9	A11	A13	A15	netto	brutto			
65	MARCINIAK Rafał	3128	8A.PL	Senior II M - 30	65	00:00:33	02:17:58	06:00:09	11:29:40	17:15:24	19:13:40.15	19:13:40.15	+07:34:29 (39.4%)	10:29	5.7 (60.6%)
66	SZYROCKI Krzysztof	3347	ONE PERSON TEAM	Senior II M - 30	66	00:00:41	02:18:01	06:03:05	11:55:48	17:27:41	19:14:33.30	19:14:33.30	+07:35:23 (39.4%)	10:29	5.7 (60.6%)
67	PIWOWARCZYK Wojciech	3135	WLKP MOUNTAINS ULTRA	Senior II M - 30	67	00:00:05	01:55:46	05:33:41	10:39:17	16:42:36	19:18:00.30	19:18:00.30	+07:38:50 (39.6%)	10:31	5.7 (60.6%)
68	ŚMICHURSKI Krzysztof	3044	FIZJOTERAPIA BIEGACZA	Senior II M - 30	68	00:00:06	01:55:57	05:33:40	10:39:17	16:42:35	19:18:07.55	19:18:07.55	+07:38:57 (39.6%)	10:31	5.7 (60.6%)
69	CAŁKA Krystian	3038	ULTRINO AMATEUR	Senior II M - 30	69		01:55:48	05:34:28	10:39:14	16:42:35	19:18:08.75	19:18:08.75	+07:38:58 (39.6%)	10:31	5.7 (60.6%)
70	HAAS Przemysław	3065	BACKPACKING OKAPI TEAM	Senior II M - 30	70	00:00:46	02:20:51	06:21:45	12:11:29	17:26:54	19:20:10.40	19:20:10.40	+07:41:00 (39.7%)	10:32	5.7 (60.6%)
71	ADAMCZEWSKI Jakub	3081	NIGHT RUNNERS / NBR TEAM	Senior II M - 30	71	00:00:41	02:10:55	06:13:16	12:06:48	17:41:53	19:23:29.60	19:23:29.60	+07:44:19 (39.9%)	10:34	5.7 (60.6%)
72	JANIA Przemysław	3147	CZEWKA ULTRA SQUAD	Senior II M - 30	72	00:00:20	02:07:32	06:21:47	12:01:38	17:45:09	19:39:59.65	19:39:59.65	+08:00:49 (40.7%)	10:43	5.6 (59.6%)
73	BARTOSIK Michał	3157	CZEWKA ULTRA SQUAD	Senior II M - 30	73	00:00:20	02:07:31	06:21:48	12:01:37	17:45:11	19:39:59.85	19:39:59.85	+08:00:49 (40.7%)	10:43	5.6 (59.6%)
74	ŻYWICA Marcin	3237	CORORUN	Senior II M - 30	74	00:00:08	02:02:11	05:49:00	11:41:51	17:33:29	19:40:50.55	19:40:50.55	+08:01:40 (40.8%)	10:44	5.6 (59.6%)
75	BOROWIEC Bartek	3315	ATLAS RUNNIG TEAM	Senior II M - 30	75	00:00:39	02:07:35	06:16:54	12:38:36	18:05:46	19:44:57.20	19:44:57.20	+08:05:47 (41.0%)	10:46	5.6 (59.6%)
76	JAKRZEWSKI Mikołaj	3057		Senior II M - 30	76	00:00:18	02:12:11	06:22:54	12:06:56	17:40:21	19:47:09.30	19:47:09.30	+08:07:59 (41.1%)	10:47	5.6 (59.6%)
77	PODAWCA Łukasz	3041		Senior II M - 30	77	00:00:19	02:04:29	05:47:12	12:17:01	17:49:06	19:51:56.15	19:51:56.15	+08:12:45 (41.3%)	10:50	5.5 (58.5%)
78	SZARF Paweł	3040	ZAŁOGA GÓRSKA	Senior II M - 30	78	00:00:01	02:05:24	05:58:24	11:38:03	17:37:58	19:53:58.70	19:53:58.70	+08:14:48 (41.4%)	10:51	5.5 (58.5%)
79	MACKIEWICZ Maciej	3008	KRM LAW	Senior II M - 30	79	00:00:22	02:14:26	06:23:17	12:18:17	18:02:46	19:58:08.20	19:58:08.20	+08:18:58 (41.6%)	10:53	5.5 (58.5%)
80	KNAP Damian	3236	PGB SPORTOWA PACZKA	Senior II M - 30	80	00:00:31	02:16:50	06:18:32	11:54:50	17:48:05	19:59:24.55	19:59:24.55	+08:20:14 (41.7%)	10:54	5.5 (58.5%)
81	DZIADOŃ Łukasz	3455	BITKA O ZIVOT	Senior II M - 30	81	00:00:56	02:37:15	06:50:44	12:34:05	18:41:56	20:26:06.55	20:26:06.55	+08:46:56 (43.0%)	11:08	5.4 (57.4%)
82	TROJAN Paweł	3460	SZCZYTNA BIEGA	Senior II M - 30	82	00:00:44	02:23:54	07:00:05	12:54:04	18:59:05	20:31:16.65	20:31:16.65	+08:52:06 (43.2%)	11:11	5.4 (57.4%)
83	NIKOLIN Andrzej	3261	TRITOGO	Senior II M - 30	83	00:00:18	02:08:13	06:50:03	12:58:06	18:47:59	20:34:58.30	20:34:58.30	+08:55:48 (43.4%)	11:13	5.3 (56.4%)
84	WALAC Jacek	3217	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	84	00:00:24	02:22:34	06:28:29	12:34:45	18:23:11	20:42:20.20	20:42:20.20	+09:03:10 (43.7%)	11:17	5.3 (56.4%)
85	GRABCZAK Jarosław	3005		Senior II M - 30	85	00:00:31	02:22:29	06:26:30	12:37:32	18:48:25	20:45:49.80	20:45:49.80	+09:06:39 (43.9%)	11:19	5.3 (56.4%)
86	MAGOCSY Adam	3228		Senior II M - 30	86	00:00:15	02:33:32	06:47:34	13:07:34	18:34:56	20:50:40.25	20:50:40.25	+09:11:30 (44.1%)	11:22	5.3 (56.4%)
87	DRYMEL Piotr	3368		Senior II M - 30	87	00:00:39	02:33:22	06:53:56	13:00:10	18:35:59	20:53:18.20	20:53:18.20	+09:14:08 (44.2%)	11:23	5.3 (56.4%)
88	BOCHM Szymon	3182		Senior II M - 30	88	00:00:05	02:19:31	06:45:28	12:52:00	18:47:26	21:06:25.40	21:06:25.40	+09:27:15 (44.8%)	11:30	5.2 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km					
89	DOLSKI Marcin	3115		Senior II M - 30	89	00:00:52	02:31:42	06:51:32	13:02:26	19:16:22	21:09:09.95	21:09:09.95	+09:29:59 (44.9%)	11:32	5.2 (55.3%)
90	STEFAŃSKI Marcin	3075		Senior II M - 30	90	00:00:38	02:26:31	06:58:34	13:05:36	19:22:00	21:26:00.85	21:26:00.85	+09:46:50 (45.6%)	11:41	5.1 (54.3%)
91	GRABOWY Mateusz	3169	NADAKTYWNI NOWE MIASTECZKO	Senior II M - 30	91	00:00:45	02:21:51	06:23:23	13:41:35	19:35:16	21:37:28.05	21:37:28.05	+09:58:17 (46.1%)	11:47	5.1 (54.3%)
92	OWCZARZAK Tomasz	3276	OWCE NA WYPASIE	Senior II M - 30	92	00:00:35	02:25:56	07:03:29	13:14:27	19:35:32	21:56:45.80	21:56:45.80	+10:17:35 (46.9%)	11:58	5 (53.2%)
93	ŚWIĄTEK Arkadiusz	3419		Senior II M - 30	93	00:00:24	02:15:10	06:19:44	13:32:49	19:44:19	21:58:02.15	21:58:02.15	+10:18:51 (47.0%)	11:58	5 (53.2%)
94	ŁYCZKOWSKI Łukasz	3420		Senior II M - 30	94	00:00:24	02:15:25	06:53:27	13:09:46	19:44:28	21:58:12.55	21:58:12.55	+10:19:02 (47.0%)	11:59	5 (53.2%)
95	PLASZCZYK Bartłomiej	3464		Senior II M - 30	95	00:00:32	02:26:23	07:06:26	13:21:50	19:39:37	21:58:14.95	21:58:14.95	+10:19:04 (47.0%)	11:59	5 (53.2%)
96	RZESZOT Łukasz	3379	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ.	Senior II M - 30	96	00:00:39	02:26:33	06:20:29	13:39:24	20:54:03	22:35:05.20	22:35:05.20	+10:55:55 (48.4%)	12:19	4.9 (52.1%)
97	HACZKIEWICZ Bartosz	3447	HOLIMO	Senior II M - 30	97	00:00:09	02:35:33	07:28:42	13:43:08	20:04:05	22:35:34.95	22:35:34.95	+10:56:24 (48.4%)	12:19	4.9 (52.1%)
98	SZURKOWSKI Michał	3410	GRUNWALD TEAM POZNAŃ	Senior II M - 30	98	00:00:40	02:25:49	07:01:57	14:27:16	20:43:04	22:50:57.75	22:50:57.75	+11:11:47 (49.0%)	12:27	4.8 (51.1%)
99	LUBIŃSKI Mikołaj	3086	BIEGAM BO NIE LUBIE...	Senior II M - 30	99	00:00:26	02:08:11	06:03:05	12:59:53	20:27:39	23:16:02.25	23:16:02.25	+11:36:52 (49.9%)	12:41	4.7 (50.0%)
100	ADAMSKI Łukasz	3284	CAFFE DEL SUD/BIEGAM BO NIE LUBIE	Senior II M - 30	100	00:00:26	02:08:09	06:03:03	12:59:55	20:27:41	23:16:02.60	23:16:02.60	+11:36:52 (49.9%)	12:41	4.7 (50.0%)
101	MYRCIK Paweł	3334		Senior II M - 30	101	00:00:47	02:56:03	08:27:28	15:12:15	21:11:16	23:16:09.15	23:16:09.15	+11:36:58 (49.9%)	12:41	4.7 (50.0%)
102	RUSINEK Piotrek	3240		Senior II M - 30	102	00:00:47	02:26:21	07:13:30	14:37:20	21:12:29	23:19:32.10	23:19:32.10	+11:40:21 (50.0%)	12:43	4.7 (50.0%)
103	BIAŁEK Mirosław	3085	WRONIECKI KLUB BIEGACZA / PANDA TEAM	Senior II M - 30	103	00:00:18	02:16:44	06:44:53	13:10:30	20:46:42	23:32:22.15	23:32:22.15	+11:53:11 (50.5%)	12:50	4.7 (50.0%)
104	WIŚNIEWSKI Sławomir	3285	KS LENIWIEC	Senior II M - 30	104	00:00:28	02:53:05	07:54:36	15:08:26	21:47:57	24:06:10.80	24:06:10.80	+12:27:00 (51.7%)	13:08	4.6 (48.9%)
105	KURENDA Radosław	3265	KLUB BIEGACZA RTVEUROAGD	Senior II M - 30	105	00:00:28	02:14:42	06:35:11	13:32:42	21:02:51	24:12:22.95	24:12:22.95	+12:33:12 (51.9%)	13:12	4.5 (47.9%)
106	KUCHMECKI Maciej	3189		Senior II M - 30	106	00:00:55	02:24:26	07:05:56	13:22:28	21:21:19	24:30:13.95	24:30:13.95	+12:51:03 (52.4%)	13:21	4.5 (47.9%)
	POŁCZYŃSKI Paweł	3037	STALOWA ŁYDA	Senior II M - 30		00:00:52 DNF	02:10:24 DNF	05:52:55 DNF	11:30:19 DNF	DNF	DNF	DNF	-	-	(0.0%)
	CHROMIEC Mateusz	3300	MEGA BOYS	Senior II M - 30		00:00:15 DNF	01:55:42 DNF	05:40:49 DNF	11:46:14 DNF	DNF	DNF	DNF	-	-	(0.0%)
	GAWLIK Sławek	3366	DYNAFIT POLARSPORT.PL	Senior II M - 30		00:00:01 DNF	01:27:18 DNF	04:23:58 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZBORUCKI Jan	3068	PRZEDWOJEWSKI TEAM	Senior II M - 30		00:00:04 DNF	01:39:39 DNF	04:43:54 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	RŮŽIČKA Lukáš	3385	RUNSPORT TEAM	Senior II M - 30		00:00:18 DNF	01:51:55 DNF	05:03:28 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MISZTAL Tomasz	3150	WIELISZEW HERON TEAM	Senior II M - 30		00:00:05 DNF	01:46:56 DNF	05:43:01 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
	WIERZBICKI Mateusz	3472		Senior II M - 30		00:00:25 DNF	02:02:00 DNF	06:09:37 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOCHOWICZ Filip	3007	WLKP MOUNTAINS ULTRA	Senior II M - 30		00:00:36 DNF	02:31:44 DNF	07:32:32 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JAZY Szymon	3234		Senior II M - 30		00:00:29 DNF	02:30:17 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PIOTROWSKI Karol	3161	ŁOCHOWO I OKOLICE BIEGAJĄ	Senior II M - 30		00:00:25 DNF	02:30:41 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 116 wynik(ów)