



# BIEG K-B-L - 110 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>KACZMARCZYK Łukasz</b>	<b>3198</b>	ELITE RUNNERS	Senior II M - 30	1	01:31:47	04:02:49	06:19:18	07:36:54	09:18:11	10:51:19	<b>12:06:24.30</b>	<b>12:06:26.60</b>		6:36	9.1 (100%)
2	<b>GRZESIEK Góral</b>	<b>3071</b>	HEJ HEJ GUURALU!	Senior II M - 30	2	01:35:03	04:07:55	06:29:52	07:50:34	09:38:07	11:17:11	<b>12:37:48.25</b>	<b>12:37:55.85</b>	+00:31:29 (4.2%)	6:53	8.7 (95.6%)
3	<b>MÜLLER Christoph</b>	<b>3302</b>	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	3	01:29:14	04:05:26	06:34:54	08:07:21	09:55:16	11:42:51	<b>12:54:21.30</b>	<b>12:54:26.05</b>	+00:47:59 (6.2%)	7:02	8.5 (93.4%)
4	<b>JAKOWSKI Mateusz</b>	<b>3174</b>		Senior II M - 30	4	01:31:32	04:19:23	07:01:30	08:23:47	10:19:19	12:06:15	<b>13:37:51.30</b>	<b>13:37:54.50</b>	+01:31:27 (11.2%)	7:26	8.1 (89.0%)
5	<b>ŁUKOMSKI Krzysztof</b>	<b>3506</b>	MISTRZOWSKI TRENING	Senior II M - 30	5	01:32:44	04:31:01	07:13:08	08:43:36	10:40:42	12:21:10	<b>13:42:39.20</b>	<b>13:42:42.65</b>	+01:36:16 (11.7%)	7:28	8 (87.9%)
6	<b>WĄCHAŁA Damian</b>	<b>3422</b>		Senior II M - 30	6	01:29:31	04:24:28	07:15:46	08:41:02	10:39:29	12:21:20	<b>13:44:36.90</b>	<b>13:44:42.55</b>	+01:38:15 (11.9%)	7:29	8 (87.9%)
7	<b>FILIP Paweł</b>	<b>3386</b>	MOCNA GRUPA CEZARA	Senior II M - 30	7	01:37:18	04:30:54	07:16:54	08:47:32	10:40:58	12:31:33	<b>13:51:06.45</b>	<b>13:51:11.90</b>	+01:44:45 (12.6%)	7:33	7.9 (86.8%)
8	<b>SKUPIN Grzegorz</b>	<b>3165</b>		Senior II M - 30	8	01:29:21	04:18:22	07:07:48	08:33:59	10:35:22	12:27:35	<b>13:59:28.45</b>	<b>13:59:36.50</b>	+01:53:09 (13.5%)	7:37	7.9 (86.8%)
9	<b>KOSECKI Krzysztof</b>	<b>3144</b>	NSZZFSG	Senior II M - 30	9	01:40:13	04:31:05	07:09:07	08:41:10	10:44:36	12:34:38	<b>14:01:32.15</b>	<b>14:01:40.20</b>	+01:55:13 (13.7%)	7:39	7.8 (85.7%)
10	<b>JĘDRZEJKO Dominik</b>	<b>3128</b>	BIEGAM SOBIE	Senior II M - 30	10	01:32:10	04:21:53	07:07:48	08:37:55	10:44:17	12:33:14	<b>14:02:26.15</b>	<b>14:02:26.15</b>	+01:55:59 (13.8%)	7:39	7.8 (85.7%)
11	<b>MELON Krzysztof</b>	<b>3504</b>		Senior II M - 30	11	01:39:35	04:34:19	07:20:52	08:48:15	10:45:22	12:40:23	<b>14:12:59.25</b>	<b>14:13:12.50</b>	+02:06:45 (14.9%)	7:45	7.7 (84.6%)
12	<b>GRUSZKA Janusz</b>	<b>3346</b>	KITA TEAM BRZEZINKI	Senior II M - 30	12	01:32:40	04:43:47	07:42:58	09:12:13	11:13:43	13:15:16	<b>14:41:16.40</b>	<b>14:41:25.55</b>	+02:34:58 (17.6%)	8:00	7.5 (82.4%)
13	<b>ŻEBROWSKI Juliusz</b>	<b>3343</b>		Senior II M - 30	13	01:32:43	04:32:05	07:13:22	08:44:13	10:51:51	12:58:59	<b>14:42:55.55</b>	<b>14:42:58.60</b>	+02:36:32 (17.7%)	8:01	7.5 (82.4%)
14	<b>KARCZMARCZYK Mateusz</b>	<b>3333</b>		Senior II M - 30	14	01:46:30	04:47:23	07:36:52	09:03:31	11:14:25	13:09:58	<b>14:45:42.85</b>	<b>14:46:16.45</b>	+02:39:49 (18.0%)	8:03	7.5 (82.4%)
15	<b>MAŁOLEPSZY Waldemar</b>	<b>3509</b>	SPARTA ULTRA TEAM	Senior II M - 30	15	01:49:11	04:55:47	08:07:13	09:41:03	11:38:17	13:23:19	<b>14:47:00.55</b>	<b>14:47:09.20</b>	+02:40:42 (18.1%)	8:03	7.4 (81.3%)
16	<b>ŚNIERZYŃSKI Robert</b>	<b>3284</b>		Senior II M - 30	16	01:43:51	04:49:13	07:43:01	09:19:20	11:31:23	13:26:31	<b>14:57:45.55</b>	<b>14:57:57.90</b>	+02:51:31 (19.1%)	8:09	7.4 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
17	WATROS Eryk	3107	31 BAZA LOTNICTWA TAKTYCZNEGO	Senior II M - 30	17	01:36:20	04:39:46	07:42:53	09:22:25	11:38:16	13:43:31	15:10:28.90	15:10:34.05	+03:04:07 (20.2%)	8:16	7.2 (79.1%)
18	KLIMA Dariusz	3294	SIEMIANOWICE I PRZYJACIELE BIEGAJA	Senior II M - 30	18	01:38:16	04:38:48	07:54:58	09:37:35	12:07:35	14:01:13	15:22:20.30	15:22:48.00	+03:16:21 (21.3%)	8:23	7.2 (79.1%)
19	RYSKALOK Piotr	3362	OKIEM WILKA TEAM	Senior II M - 30	19	01:59:56	05:20:23	08:12:10	09:46:48	12:10:00	14:06:22	15:39:02.25	15:39:06.30	+03:32:39 (22.6%)	8:32	7 (76.9%)
20	WOŹNIAK Jerzy	3182	#ZALINIAMETYTEAM	Senior II M - 30	20	01:49:52	05:03:20	07:54:51	09:38:23	11:54:46	13:59:57	15:39:02.05	15:39:28.45	+03:33:01 (22.7%)	8:32	7 (76.9%)
21	ŚLIWA Grzegorz	3370	AZS AWF KRAKÓW MASTERS	Senior II M - 30	21	01:36:19	04:29:30	07:31:01	09:16:27	11:47:13	14:05:13	15:44:14.10	15:44:16.65	+03:37:50 (23.1%)	8:35	7 (76.9%)
21	SKOTNICZNY Jakub	3360	WINE&MORE	Senior II M - 30	21	01:36:19	04:29:29	07:30:57	09:16:27	11:47:01	14:05:16	15:44:14.35	15:44:16.65	+03:37:50 (23.1%)	8:35	7 (76.9%)
23	KICH Marek	3251		Senior II M - 30	23	01:49:57	04:52:05	07:44:20	09:28:42	11:53:42	14:05:38	15:44:16.00	15:44:33.20	+03:38:06 (23.1%)	8:35	7 (76.9%)
24	PINIARSKI Paweł	3236	DPKJIP / STR POZNAŃ	Senior II M - 30	24	01:58:13	05:12:15	08:06:12	09:40:00	12:02:25	14:17:03	16:11:00.95	16:11:38.65	+04:05:12 (25.2%)	8:49	6.8 (74.7%)
25	SZYMANOWSKI Karol	3233		Senior II M - 30	25	01:38:45	04:40:20	08:01:55	09:40:59	12:02:50	14:29:31	16:15:32.00	16:15:37.00	+04:09:10 (25.5%)	8:52	6.8 (74.7%)
26	WALCZAK Witold	3080	ULTRA KUTNO	Senior II M - 30	26	02:00:09	05:20:48	08:14:26	09:58:15	12:13:37	14:35:41	16:23:26.80	16:25:14.25	+04:18:47 (26.3%)	8:56	6.7 (73.6%)
27	LANGE Paweł	3263	INŻYNIERIA BIEGANIA	Senior II M - 30	27	01:52:07	05:14:29	08:19:24	10:07:32	12:39:50	14:59:22	16:29:02.50	16:29:21.75	+04:22:55 (26.6%)	8:59	6.7 (73.6%)
28	CHORAZKIEWICZ Damian	3365		Senior II M - 30	28	01:53:34	05:10:31	08:16:12	09:59:47	12:25:51	14:44:28	16:31:07.30	16:31:19.95	+04:24:53 (26.7%)	9:00	6.7 (73.6%)
29	KUCIA Łukasz	3324	KB MARATON TUREK	Senior II M - 30	29	02:15:47	06:04:19	09:09:18	10:47:29	13:04:30	15:08:26	16:48:33.85	16:49:02.75	+04:42:36 (28.0%)	9:10	6.5 (71.4%)
30	WAJDZIK Adam	3104	IG: POSPIESZNY_DO_METY	Senior II M - 30	30	02:05:18	05:40:47	08:57:00	10:40:43	13:04:09	15:12:23	16:49:08.95	16:49:30.95	+04:43:04 (28.0%)	9:10	6.5 (71.4%)
31	JARZĄBEK Grzegorz	3300	W POGONI ZA DUCHEM	Senior II M - 30	31	01:44:59	05:08:24	08:17:58	10:06:42	12:49:23	15:00:49	16:54:45.25	16:54:54.00	+04:48:27 (28.4%)	9:13	6.5 (71.4%)
32	CHRZAN Daniel	3487	AA TARNÓW	Senior II M - 30	32	01:57:13	05:03:09	08:16:23	10:11:12	13:01:37	15:11:58	16:54:51.20	16:56:50.40	+04:50:23 (28.6%)	9:13	6.5 (71.4%)
33	HEJZNER Arkadiusz	3190		Senior II M - 30	33	01:50:01	05:12:03	08:17:14	10:01:04	12:40:05	15:19:09	16:59:25.65	16:59:44.60	+04:53:18 (28.8%)	9:16	6.5 (71.4%)
34	ORŁOWSKI Kacper	3326	SEKCJA BOKSU WKS ŚLĄSK	Senior II M - 30	34	01:44:49	05:07:39	08:22:44	10:10:31	12:47:42	15:28:25	17:05:22.60	17:05:27.35	+04:59:00 (29.2%)	9:19	6.4 (70.3%)
35	BUCZYŃSKI Radosław	3457	COMPANEROS ASFALT TEAM	Senior II M - 30	35	01:56:43	05:25:29	08:45:10	10:30:06	13:00:56	15:27:34	17:12:13.50	17:13:00.20	+05:06:33 (29.7%)	9:23	6.4 (70.3%)
36	PIELATOWSKI Adam	3465	DIRTY SPARROWS	Senior II M - 30	36	01:57:05	05:25:17	08:47:50	10:33:14	12:43:48	15:02:34	17:12:30.90	17:13:07.85	+05:06:41 (29.7%)	9:23	6.4 (70.3%)
37	ŚLUSARZ Tomasz	3062	DIEHL RUNNING TEAM	Senior II M - 30	37	01:56:37	05:01:37	08:14:21	10:02:38		15:19:15	17:12:32.00	17:13:26.05	+05:06:59 (29.7%)	9:23	6.4 (70.3%)
38	KOTOWSKI Paweł	3488	CAT TEAM	Senior II M - 30	38	01:54:10	05:18:17	08:36:00	10:23:04	13:07:20	15:17:42	17:17:15.30	17:17:21.35	+05:10:54 (30.0%)	9:25	6.4 (70.3%)
39	ŻURKOWSKI Daniel	3500	GT RAT	Senior II M - 30	39	01:54:05	05:18:16	08:36:03	10:23:04	13:07:24	15:25:35	17:17:15.20	17:17:21.40	+05:10:54 (30.0%)	9:25	6.4 (70.3%)
40	MATUSZEWSKI Łukasz	3014	BIEGOWY WARIAT RUNNING TEAM	Senior II M - 30	40	02:01:30	05:29:47	08:48:35	10:36:47	13:17:20	15:41:13	17:20:49.60	17:21:14.45	+05:14:47 (30.2%)	9:27	6.3 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas											Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	netto 110km	brutto 110km						
41	<b>PŁONOWSKI Maciej</b>	<b>3408</b>	PSZCZÓŁKOWSKI TEAM	Senior II M - 30	41	01:44:17	04:43:53	08:02:46	09:46:35	12:51:21	15:25:13	<b>17:23:41.95</b>	<b>17:23:59.65</b>	+05:17:33 (30.4%)	9:29	6.3 (69.2%)			
42	<b>SAJAK Kamil</b>	<b>3446</b>	ROZBIEGANE DOBCZYCE	Senior II M - 30	42	01:37:45	04:48:33	08:07:48	09:51:04	12:32:20	15:12:09	<b>17:25:20.70</b>	<b>17:25:23.45</b>	+05:18:56 (30.5%)	9:30	6.3 (69.2%)			
43	<b>KUIK Bartosz</b>	<b>3421</b>		Senior II M - 30	43	01:57:28	05:34:56	08:53:24	10:40:02	13:09:21	15:35:41	<b>17:27:45.95</b>	<b>17:27:57.20</b>	+05:21:30 (30.7%)	9:31	6.3 (69.2%)			
44	<b>BOGUMIŁOW Marcin</b>	<b>3075</b>	DZIK ZE SŁUPSKA	Senior II M - 30	44	01:56:42	05:32:11	08:59:30	10:46:40	13:22:17	15:39:05	<b>17:28:57.30</b>	<b>17:29:00.15</b>	+05:22:33 (30.7%)	9:32	6.3 (69.2%)			
45	<b>HACUŚ Jacek</b>	<b>3005</b>		Senior II M - 30	45	02:01:35	05:46:11	09:00:58	10:47:51	13:18:54	15:30:23	<b>17:28:59.50</b>	<b>17:29:04.55</b>	+05:22:37 (30.8%)	9:32	6.3 (69.2%)			
46	<b>WIECZOREK Maksymilian</b>	<b>3389</b>		Senior II M - 30	46	01:57:35	05:19:34	08:45:40	10:34:11	13:01:25	15:27:06	<b>17:28:55.90</b>	<b>17:29:08.85</b>	+05:22:42 (30.8%)	9:32	6.3 (69.2%)			
47	<b>WASILEWSKI Marcin</b>	<b>3186</b>		Senior II M - 30	47	01:49:43	05:03:02	08:10:09	10:13:09	12:40:04	15:08:22	<b>17:29:16.55</b>	<b>17:29:29.90</b>	+05:23:03 (30.8%)	9:32	6.3 (69.2%)			
48	<b>KALEMBA Kamil</b>	<b>3318</b>		Senior II M - 30	48	01:57:25	05:29:18	09:00:57	10:38:52	13:15:54	15:48:27	<b>17:28:52.60</b>	<b>17:29:31.95</b>	+05:23:05 (30.8%)	9:32	6.3 (69.2%)			
49	<b>GRABEK Maciej</b>	<b>3276</b>	SPORTOWA BANDA	Senior II M - 30	49	01:48:51	05:07:37	08:12:02	09:56:39	12:27:35	15:25:04	<b>17:33:02.90</b>	<b>17:33:18.70</b>	+05:26:52 (31.0%)	9:34	6.3 (69.2%)			
50	<b>CZYŻ Tomasz</b>	<b>3538</b>	LAS PAPAS	Senior II M - 30	50	02:21:54	06:01:20	09:18:56	11:06:19	13:15:09	15:28:24	<b>17:39:12.05</b>	<b>17:41:11.20</b>	+05:34:44 (31.5%)	9:37	6.2 (68.1%)			
51	<b>OLEKSIUK Jakub</b>	<b>3363</b>	CARPE DIEM	Senior II M - 30	51	02:00:08	05:40:24	09:09:58	10:51:43	13:24:36	15:51:01	<b>17:42:29.20</b>	<b>17:43:04.15</b>	+05:36:37 (31.7%)	9:39	6.2 (68.1%)			
52	<b>MAKARENKOV Sergii</b>	<b>3044</b>	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	52	02:14:57	06:22:48	10:05:22	11:39:29	14:06:18	16:12:03	<b>17:43:40.55</b>	<b>17:44:06.35</b>	+05:37:39 (31.7%)	9:40	6.2 (68.1%)			
53	<b>SZMIGIEL Mariusz</b>	<b>3109</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJA	Senior II M - 30	53	02:02:06	05:34:26	08:49:12	10:42:34	13:18:56	15:39:14	<b>17:48:34.10</b>	<b>17:49:18.30</b>	+05:42:51 (32.1%)	9:42	6.2 (68.1%)			
54	<b>SZAŁAŚNY Piotr</b>	<b>3055</b>	TESTYOUTDOOROWE.PL	Senior II M - 30	54	02:04:23	05:52:30	09:08:13	10:55:17	13:30:58	16:09:39	<b>17:52:43.35</b>	<b>17:52:53.55</b>	+05:46:26 (32.3%)	9:45	6.2 (68.1%)			
55	<b>DYSZKIEWICZ Tomasz</b>	<b>3166</b>	ULTRA KUTNO	Senior II M - 30	55	02:00:26	05:36:27	08:52:59	10:43:51	13:34:27	16:04:37	<b>17:52:43.20</b>	<b>17:54:31.00</b>	+05:48:04 (32.4%)	9:45	6.2 (68.1%)			
56	<b>CHEŁCHOWSKI Norbert</b>	<b>3260</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	56	02:17:01	06:00:16	09:26:21	11:10:02	13:48:14	16:08:52	<b>17:55:15.00</b>	<b>17:56:32.75</b>	+05:50:06 (32.5%)	9:46	6.1 (67.0%)			
57	<b>WALENDA Mateusz</b>	<b>3371</b>	KS KANAŁEK	Senior II M - 30	57	02:06:55	05:35:37	08:45:52	10:26:17	13:09:55	15:52:32	<b>18:00:43.80</b>	<b>18:00:59.65</b>	+05:54:33 (32.8%)	9:49	6.1 (67.0%)			
58	<b>OTTO Marcin</b>	<b>3136</b>	FUNDACJA PIASTUN	Senior II M - 30	58	02:02:20	05:34:58	08:50:43	10:44:04	13:41:48	16:05:43	<b>18:10:38.65</b>	<b>18:11:27.95</b>	+06:05:01 (33.4%)	9:54	6.1 (67.0%)			
59	<b>GÓRSKI Tomasz</b>	<b>3167</b>		Senior II M - 30	59	01:37:27	04:55:52	08:45:43	10:45:57	13:36:48	16:18:57	<b>18:12:21.65</b>	<b>18:12:38.00</b>	+06:06:11 (33.5%)	9:55	6 (65.9%)			
60	<b>KĄKOL Kacper</b>	<b>3047</b>	ASICS FRONTRUNNER POLAND	Senior II M - 30	60	02:02:36	05:37:08	08:56:26	10:53:21		15:59:28	<b>18:16:10.00</b>	<b>18:16:50.05</b>	+06:10:23 (33.8%)	9:57	6 (65.9%)			
61	<b>TKACZ Łukasz</b>	<b>3520</b>		Senior II M - 30	61	02:06:44	05:39:00	09:10:31	11:07:21	13:56:48	16:46:24	<b>18:18:10.35</b>	<b>18:19:38.30</b>	+06:13:11 (33.9%)	9:59	6 (65.9%)			
62	<b>POMIANOWSKI Szymon</b>	<b>3330</b>	KURACJUSZE	Senior II M - 30	62	01:54:01	05:39:11	09:09:01	11:25:57	13:46:07	16:31:39	<b>18:22:23.15</b>	<b>18:22:52.35</b>	+06:16:25 (34.1%)	10:01	6 (65.9%)			
63	<b>SZCZEPAŃSKI Marcin</b>	<b>3344</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Senior II M - 30	63	02:15:17	06:19:06	09:45:37	11:33:23	14:16:29	16:48:15	<b>18:26:54.00</b>	<b>18:28:08.90</b>	+06:21:42 (34.4%)	10:03	6 (65.9%)			
64	<b>BRODA Dominik</b>	<b>3354</b>		Senior II M - 30	64	01:53:04	05:23:27	08:51:54	10:44:32	13:18:39	16:19:47	<b>18:42:31.10</b>	<b>18:42:37.75</b>	+06:36:11 (35.3%)	10:12	5.9 (64.8%)			

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 110km	brutto 110km			
65	<b>MADEJSKI Piotr</b>	<b>3185</b>		Senior II M - 30	65	02:18:43	06:22:19	09:58:21	11:46:22	14:14:00	16:48:08	<b>18:45:45.10</b>	<b>18:46:41.25</b>	+06:40:14 (35.5%)	10:14	5.9 (64.8%)
66	<b>ROZNEFSKI Łukasz</b>	<b>3262</b>	KB SOBÓTKA	Senior II M - 30	66	02:08:38	06:09:52	10:02:56	12:02:35	14:35:09	17:23:11	<b>18:48:26.80</b>	<b>18:48:58.90</b>	+06:42:32 (35.7%)	10:15	5.8 (63.7%)
67	<b>URBAŃSKI Bartek</b>	<b>3429</b>	KARUSIN RUNNING TEAM	Senior II M - 30	67	02:12:29	06:01:44	09:23:46	11:13:41	13:52:30	16:47:09	<b>18:47:53.90</b>	<b>18:49:12.45</b>	+06:42:45 (35.7%)	10:15	5.9 (64.8%)
68	<b>ŁATWIŃSKI Łukasz</b>	<b>3097</b>	MOCNA GRUPA CEZARA	Senior II M - 30	68	02:04:59	05:53:07	09:16:45	11:10:19	13:56:32	16:49:37	<b>18:53:56.10</b>	<b>18:54:02.35</b>	+06:47:35 (35.9%)	10:18	5.8 (63.7%)
69	<b>SZPONDER Artur</b>	<b>3142</b>	KBKS RADOMSKO	Senior II M - 30	69	02:17:47	06:31:43	09:57:12	11:45:48	14:42:30	17:13:32	<b>19:09:31.15</b>	<b>19:09:55.40</b>	+07:03:28 (36.8%)	10:27	5.7 (62.6%)
70	<b>WAŚKO Rafał</b>	<b>3254</b>		Senior II M - 30	70	02:31:55	06:38:58	10:02:07	11:52:18	14:36:59	17:04:06	<b>19:10:54.75</b>	<b>19:12:27.15</b>	+07:06:00 (37.0%)	10:27	5.7 (62.6%)
71	<b>CHUDY Tobiasz</b>	<b>3114</b>	RUN TEAM RYDZYNA	Senior II M - 30	71	02:10:37	05:52:21	09:27:28	11:06:55	13:55:37	17:08:21	<b>19:13:08.20</b>	<b>19:13:37.95</b>	+07:07:11 (37.0%)	10:28	5.7 (62.6%)
72	<b>CHYLIŃSKI Łukasz</b>	<b>3116</b>		Senior II M - 30	72	02:15:48	06:23:34	09:55:42	11:59:20	14:41:08	17:29:04	<b>19:17:40.40</b>	<b>19:19:21.40</b>	+07:12:54 (37.3%)	10:31	5.7 (62.6%)
73	<b>TUREK Marcin</b>	<b>3039</b>	KĘSY TEAM	Senior II M - 30	73	02:00:06	05:40:26	09:10:04	10:51:46	13:53:50	16:56:43	<b>19:24:48.55</b>	<b>19:25:23.20</b>	+07:18:56 (37.7%)	10:35	5.7 (62.6%)
74	<b>DAWIDOWICZ Wojciech</b>	<b>3283</b>	ŚLĘZAKTEAM	Senior II M - 30	74	02:04:19	05:53:59	09:19:58	11:14:36	14:07:37	17:06:08	<b>19:27:41.55</b>	<b>19:27:54.35</b>	+07:21:27 (37.8%)	10:36	5.7 (62.6%)
75	<b>DUDA Dariusz</b>	<b>3037</b>		Senior II M - 30	75	02:10:46	06:22:41	09:52:56	11:45:50	14:43:31	17:19:38	<b>19:29:11.80</b>	<b>19:29:35.45</b>	+07:23:08 (37.9%)	10:37	5.6 (61.5%)
76	<b>OLIŃSKI Paweł</b>	<b>3177</b>		Senior II M - 30	76	02:16:22	06:11:08	09:45:00	11:46:30	14:44:37	17:26:02	<b>19:30:13.90</b>	<b>19:31:23.70</b>	+07:24:57 (38.0%)	10:38	5.6 (61.5%)
77	<b>STĘPNOWSKI Jakub</b>	<b>3281</b>	ORTHOS TEAM	Senior II M - 30	77	02:22:16	06:18:44	10:02:19	12:02:27	14:49:52	17:46:19	<b>19:37:26.45</b>	<b>19:39:13.40</b>	+07:32:46 (38.4%)	10:42	5.6 (61.5%)
78	<b>PUCHALSKI Zbigniew</b>	<b>3253</b>		Senior II M - 30	78	02:06:51	05:56:35	09:26:38	11:19:51	14:32:33	17:39:58	<b>19:43:52.35</b>	<b>19:44:57.15</b>	+07:38:30 (38.7%)	10:45	5.6 (61.5%)
79	<b>MICHALAK Mateusz</b>	<b>3240</b>		Senior II M - 30	79	02:10:01	05:59:34	09:31:55	11:27:07	14:30:37	17:37:07	<b>19:43:01.15</b>	<b>19:44:57.25</b>	+07:38:30 (38.7%)	10:45	5.6 (61.5%)
80	<b>MICHAŁOWSKI Maciej</b>	<b>3241</b>	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	80	02:10:00	05:59:33	09:31:50	11:26:55	14:31:36	17:37:05	<b>19:43:01.90</b>	<b>19:44:57.55</b>	+07:38:30 (38.7%)	10:45	5.6 (61.5%)
81	<b>CIERCZEK Rafał</b>	<b>3482</b>		Senior II M - 30	81	02:09:38	05:48:38	09:21:11	11:20:13	14:21:50	17:24:37	<b>19:50:53.35</b>	<b>19:51:34.20</b>	+07:45:07 (39.0%)	10:49	5.5 (60.4%)
82	<b>HORZELA Adam</b>	<b>3207</b>	HURAGAN LIGOTA	Senior II M - 30	82	02:05:06	06:20:04	09:52:18	12:08:08	15:05:51	17:55:13	<b>19:51:23.75</b>	<b>19:51:38.50</b>	+07:45:11 (39.0%)	10:49	5.5 (60.4%)
83	<b>MIŚ Piotr</b>	<b>3002</b>	DIEHL RUNNING TEAM	Senior II M - 30	83	02:14:59	06:21:48	10:04:18	12:03:32	14:47:57	17:35:34	<b>19:55:11.70</b>	<b>19:56:06.20</b>	+07:49:39 (39.3%)	10:51	5.5 (60.4%)
84	<b>CIEŚLAK Krzysztof</b>	<b>3423</b>	ULTRAFAZA.PL	Senior II M - 30	84	02:15:04	06:21:42	10:07:45	12:08:00	14:58:49	18:04:43	<b>19:56:10.25</b>	<b>19:57:11.70</b>	+07:50:45 (39.3%)	10:52	5.5 (60.4%)
85	<b>JARZĘBSKI Mateusz</b>	<b>3153</b>		Senior II M - 30	85	02:17:09	06:31:32	10:11:04	12:03:49	15:07:17	18:05:24	<b>19:56:50.10</b>	<b>19:57:35.65</b>	+07:51:09 (39.3%)	10:52	5.5 (60.4%)
86	<b>JÓZEF Mateusz</b>	<b>3069</b>	ULTRAJÓZKI	Senior II M - 30	86	02:10:10	06:19:36	10:10:01	12:15:02	15:18:32	18:19:57	<b>20:10:55.15</b>	<b>20:11:41.25</b>	+08:05:14 (40.0%)	11:00	5.5 (60.4%)
87	<b>SZCZERBAKOWICZ Kamil</b>	<b>3402</b>		Senior II M - 30	87	02:11:10	05:56:56	09:32:54	11:51:36	15:06:17	18:17:18	<b>20:12:05.50</b>	<b>20:12:37.10</b>	+08:06:10 (40.1%)	11:01	5.4 (59.3%)
88	<b>SKORUPA Adam</b>	<b>3126</b>		Senior II M - 30	88	01:43:18	05:16:29	08:37:40	10:26:52	13:12:39	18:14:09	<b>20:17:42.70</b>	<b>20:17:51.40</b>	+08:11:24 (40.4%)	11:04	5.4 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
89	MARZEC Dominik	3259		Senior II M - 30	89	02:15:03	06:12:56	09:50:29	11:57:57	15:16:49	18:13:48	20:18:00.40	20:18:29.55	+08:12:02 (40.4%)	11:04	5.4 (59.3%)
90	DOLSKI Marcin	3376		Senior II M - 30	90	02:24:39	06:30:32	10:11:15	12:12:29	15:30:19	18:18:55	20:32:13.20	20:34:04.30	+08:27:37 (41.1%)	11:12	5.4 (59.3%)
91	GŁAZ Marek	3141	FORFITERY	Senior II M - 30	91	02:17:00	06:37:23	10:16:50	12:15:28	15:30:52	18:20:23	20:35:06.20	20:35:40.45	+08:29:13 (41.2%)	11:13	5.3 (58.2%)
92	LEWANDOWSKI Adrian	3286		Senior II M - 30	92	02:08:19	05:41:57	09:23:10	11:36:40	14:54:17	18:20:25	20:48:07.90	20:49:07.05	+08:42:40 (41.8%)	11:20	5.3 (58.2%)
93	KOŁODZIEJ Mirosław	3331	WOLNY KRAFT	Senior II M - 30	93	02:05:28	05:55:02	10:10:17	12:17:05	15:53:18	19:19:22	20:50:25.85	20:50:52.25	+08:44:25 (41.9%)	11:22	5.3 (58.2%)
94	POŁCZYŃSKI Paweł	3009	STALOWA ŁYDA	Senior II M - 30	94	02:06:20	05:58:26	09:41:46	11:59:55	15:17:09	18:15:34	20:51:43.75	20:51:59.20	+08:45:32 (42.0%)	11:22	5.3 (58.2%)
95	NOSEK Maciej	3061	STALOWA ŁYDA	Senior II M - 30	95	02:07:22	05:55:48	09:33:19	11:43:33	15:25:20	18:43:08	20:57:04.45	20:57:19.00	+08:50:52 (42.2%)	11:25	5.3 (58.2%)
96	PIERZCHALSKI Sebastian	3063	KBKS RADOMSKO	Senior II M - 30	96	02:10:47	06:12:42	10:05:17	12:09:07	15:31:58	19:00:00	21:16:29.95	21:16:54.95	+09:10:28 (43.1%)	11:36	5.2 (57.1%)
97	KACZMAREK Mirosław	3480	RUNNER'S POWER	Senior II M - 30	97	02:32:49	06:57:49	10:46:32	12:55:51	15:56:33	18:55:55	21:17:37.85	21:17:55.85	+09:11:29 (43.2%)	11:36	5.2 (57.1%)
98	POŹNIAK Marcin	3036	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	98	02:31:43	07:07:54	10:56:12	12:50:31	16:12:06	19:29:04	21:19:19.35	21:20:44.45	+09:14:17 (43.3%)	11:37	5.2 (57.1%)
99	KOCJAN Marcin	3516		Senior II M - 30	99	02:14:32	06:19:34	10:19:04	12:17:22	15:27:45	18:39:22	21:19:59.60	21:20:46.30	+09:14:19 (43.3%)	11:38	5.2 (57.1%)
100	SAMBORSKI Piotr	3041	WKURW_TEAM	Senior II M - 30	100	02:12:56	05:54:56	09:34:15	11:51:59	15:20:37	19:03:04	21:23:26.50	21:24:55.10	+09:18:28 (43.5%)	11:40	5.1 (56.0%)
101	MATYJA Rafał	3531		Senior II M - 30	101	02:17:26	07:28:46	11:00:44	13:05:44	16:27:58	19:30:43	21:26:29.90	21:26:41.65	+09:20:15 (43.5%)	11:41	5.1 (56.0%)
102	LIS Sebastian	3064	KB DĘBIEC	Senior II M - 30	102	02:29:01	07:11:41	11:07:31	13:03:53	16:19:49	19:23:10	21:37:32.65	21:38:01.80	+09:31:35 (44.0%)	11:47	5.1 (56.0%)
103	LORYŚ Adam	3150	FORFITERY / PLANETA NISKO	Senior II M - 30	103	02:15:22	06:31:46	11:01:54	13:25:55	16:26:53	19:32:02	21:38:11.25	21:38:45.10	+09:32:18 (44.1%)	11:48	5.1 (56.0%)
104	KOSZAŁKA Marcin	3051	FORFITERY	Senior II M - 30	104	02:17:02	06:37:22	11:01:56		16:27:05	19:31:58	21:38:12.05	21:38:46.15	+09:32:19 (44.1%)	11:48	5.1 (56.0%)
105	LUBAŃSKI Mateusz	3472	KS DŁUGOŁĘKA 2000	Senior II M - 30	105	02:13:39	06:30:56	10:19:03	12:29:39	16:06:08	19:37:49	21:42:36.75	21:43:19.35	+09:36:52 (44.3%)	11:50	5.1 (56.0%)
106	PASTWA Grzegorz	3524		Senior II M - 30	106	02:26:55	06:48:32	11:18:41	13:41:38	16:28:38	19:29:39	21:53:50.50	21:53:52.10	+09:47:25 (44.7%)	11:56	5 (54.9%)
107	PIETRUCHA Adam	3425	DRUŻYNA SZPIKU	Senior II M - 30	107	02:22:06	06:45:17	10:41:47	13:00:09		19:46:36	22:08:44.35	22:10:26.75	+10:04:00 (45.4%)	12:04	5 (54.9%)
108	ŻEBROWSKI Piotr	3464		Senior II M - 30	108	02:19:00	06:35:22	10:19:26	12:25:25	15:50:12	19:18:18	22:16:10.80	22:16:52.95	+10:10:26 (45.7%)	12:08	4.9 (53.8%)
109	FRĄCKOWIAK Dominik	3068		Senior II M - 30	109	02:10:52	06:22:21	10:19:32	12:34:42	15:59:39	19:52:53	22:16:29.95	22:16:53.15	+10:10:26 (45.7%)	12:08	4.9 (53.8%)
110	BIEDA Bernard	3407		Senior II M - 30	110	02:12:26	06:40:41	11:04:17	13:39:04	17:03:08	20:05:02	22:21:26.70	22:21:45.45	+10:15:18 (45.9%)	12:11	4.9 (53.8%)
111	ŚCIEGOSZ Daniel	3518	STANWEX II	Senior II M - 30	111	02:19:00	06:37:11	11:16:14	13:48:12	18:03:43	20:43:35	22:38:08.65	22:38:34.80	+10:32:08 (46.5%)	12:20	4.9 (53.8%)
112	MUSZYŃSKI Jakub	3248		Senior II M - 30	112	02:25:38	06:54:37	11:04:39	13:32:20		20:35:55	22:54:38.80	22:55:53.85	+10:49:27 (47.2%)	12:29	4.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
113	<b>PROCHNO Piotr</b>	<b>3001</b>	TRAIL IS OUR WAY	Senior II M - 30	113	02:10:45	06:20:22	09:57:37	12:06:59	16:09:29	20:03:33	<b>22:56:14.25</b>	<b>22:56:46.95</b>	+10:50:20 (47.2%)	12:30	4.8 (52.7%)
114	<b>GINTER Grzegorz</b>	<b>3196</b>	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	114	02:22:26	07:32:55	12:40:13	14:47:44	18:04:41	21:10:53	<b>23:04:49.05</b>	<b>23:05:17.30</b>	+10:58:50 (47.6%)	12:35	4.8 (52.7%)
115	<b>WARSZYCKI Artur</b>	<b>3314</b>	BIEGAJĄCE KREJZOLE	Senior II M - 30	115	02:27:55	07:00:06	11:08:06	13:33:19	18:11:04	21:02:43	<b>23:06:04.30</b>	<b>23:06:39.10</b>	+11:00:12 (47.6%)	12:36	4.8 (52.7%)
116	<b>CHOMICZ Andrzej</b>	<b>3226</b>	NADAKTYWNI NOWE MIASTECZKO	Senior II M - 30	116	02:28:35	07:19:27	11:42:06	13:45:50	17:25:59	20:47:50	<b>23:16:43.65</b>	<b>23:17:24.75</b>	+11:10:58 (48.0%)	12:41	4.7 (51.6%)
117	<b>KAŁUZIŃSKI Dominik</b>	<b>3067</b>		Senior II M - 30	117	02:39:16	07:34:53	12:04:02	14:25:42		20:56:01	<b>23:20:59.65</b>	<b>23:21:20.00</b>	+11:14:53 (48.2%)	12:44	4.7 (51.6%)
118	<b>PUCZYŁOWSKI Patryk</b>	<b>3546</b>		Senior II M - 30	118	02:34:26	07:14:25	11:23:15	13:43:57	17:12:31	20:51:02	<b>23:22:39.15</b>	<b>23:23:50.80</b>	+11:17:24 (48.3%)	12:45	4.7 (51.6%)
119	<b>ZARZECZNY Radosław</b>	<b>3085</b>	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	119	02:34:46	07:16:22	11:15:58	13:41:51	17:13:00	20:36:43	<b>23:29:47.20</b>	<b>23:30:35.05</b>	+11:24:08 (48.5%)	12:48	4.7 (51.6%)
120	<b>MYRCIK Pawel</b>	<b>3218</b>		Senior II M - 30	120	02:49:35	08:17:01	13:16:29	15:51:19	19:07:52	22:07:28	<b>24:29:50.50</b>	<b>24:31:12.85</b>	+12:24:46 (50.6%)	13:21	4.5 (49.5%)
121	<b>KAŁŁAUR Krzysztof</b>	<b>3098</b>		Senior II M - 30	121	02:32:36	07:16:50	11:54:51	14:32:25	18:36:41	22:21:59	<b>24:34:37.75</b>	<b>24:35:19.75</b>	+12:28:53 (50.8%)	13:24	4.5 (49.5%)
122	<b>FURYK Karol</b>	<b>3021</b>	PAKOŚĆ BIEGA	Senior II M - 30	122	02:42:36	07:56:17	12:15:17	14:39:35	18:35:21	22:00:38	<b>24:50:32.60</b>	<b>24:51:15.80</b>	+12:44:49 (51.3%)	13:33	4.4 (48.4%)
123	<b>GÓRNY Robert</b>	<b>3168</b>	THE-SKY-IS-THE-LIMIT	Senior II M - 30	123	02:17:25	06:38:55	11:43:00	14:43:39	19:24:55	22:30:22	<b>25:20:02.75</b>	<b>25:20:18.75</b>	+13:13:52 (52.2%)	13:49	4.3 (47.3%)
124	<b>GNIELKA Dawid</b>	<b>3433</b>	CHATKA SKALANKA	Senior II M - 30	124	02:46:22	07:37:46	12:53:30	15:50:19	19:51:23		<b>25:21:19.75</b>	<b>25:23:13.75</b>	+13:16:47 (52.3%)	13:49	4.3 (47.3%)
125	<b>TEREBECKI Kamil</b>	<b>3478</b>	BIESZCZADZKIE WILKI	Senior II M - 30	125	02:57:21	08:36:14		16:45:57	20:27:55		<b>25:27:44.90</b>	<b>25:28:17.60</b>	+13:21:51 (52.5%)	13:53	4.3 (47.3%)
126	<b>TOPOREK Krzysztof</b>	<b>3103</b>	WYLOTANE	Senior II M - 30	126	03:04:04	08:55:24	13:34:02	16:16:46	20:27:18		<b>25:34:03.20</b>	<b>25:34:41.50</b>	+13:28:14 (52.7%)	13:56	4.3 (47.3%)
	<b>WACHNIENKO Błażej</b>	<b>3338</b>	ZG RUN #ŚLĘZAKTEAM	Senior II M - 30		02:12:36 DNF	06:36:14 DNF	11:00:55 DNF	13:32:01 DNF	17:55:42 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SARNOWSKI Paweł</b>	<b>3544</b>	BUDIO.PL / AKTYWNY OSTRZESZÓW	Senior II M - 30		01:24:39 DNF	03:59:14 DNF	06:30:18 DNF	07:49:37 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DURAJCZYK Michał</b>	<b>3307</b>		Senior II M - 30		02:18:30 DNF	06:30:57 DNF	10:10:22 DNF	12:12:39 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MOROŃ Krzysztof</b>	<b>3495</b>		Senior II M - 30		02:30:03 DNF	08:32:01 DNF	13:23:06 DNF	17:18:56 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>RŪŻIĆKA Lukáš</b>	<b>3474</b>	RUNSPORT TEAM	Senior II M - 30		01:50:44 DNF	04:56:51 DNF	08:12:51 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SŁOMKOWSKI Mateusz</b>	<b>3295</b>		Senior II M - 30		02:10:07 DNF	05:35:23 DNF	09:08:03 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>TOCHA Andrzej</b>	<b>3200</b>	BIEGAJĄCY TCZEW	Senior II M - 30		01:29:21 DNF	04:18:21 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KRYGIER Tomasz</b>	<b>3117</b>	EUROCASH	Senior II M - 30		01:40:00 DNF	04:49:17 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GAŁKOWSKI Krzysztof</b>	<b>3084</b>	KLUB BIEGACZA SUPERMARATOŃCZYK	Senior II M - 30		02:00:52 DNF	05:49:58 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PISAREK Michał</b>	<b>3444</b>		Senior II M - 30		02:19:41 DNF	06:18:49 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	<b>KOĆWIN Michał</b>	<b>3483</b>	ROZBBIEGANI	Senior II M	- 30	02:17:43 DNF	06:39:59 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>STOKŁOSA Michał</b>	<b>3470</b>		Senior II M	- 30	02:17:44 DNF	06:40:00 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JUNIK Łukasz</b>	<b>3083</b>	MOCNA GRUPA CEZARA	Senior II M	- 30	02:06:37 DNF	06:57:19 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>HAMPEL Patryk</b>	<b>3184</b>	BODY POWER	Senior II M	- 30	02:17:27 DNF	07:28:48 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WIELICZKO Rafał</b>	<b>3004</b>		Senior II M	- 30	02:31:03 DNF	07:37:38 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KSIĄDZ Karol</b>	<b>3534</b>		Senior II M	- 30	02:32:15 DNF	07:46:54 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOZIŃSKI Wojciech</b>	<b>3261</b>		Senior II M	- 30	02:14:10 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 143 wynik(ów)