

# BIEG SUPER TRAIL - 130 KM

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Fundacja MARATONY GÓRSKIE  
**Date:** 2019-07-18  
**Place:** Łądek-Zdrój  
**Distance:** 130 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Net time 130km	Czas brutto 130km	Gap	Pace min/km	Pace km/h
1	TRTEK Libor	2105		Senior II M - 30	1	01:00:16	03:24:39	05:18:04	07:08:36	09:08:46	11:15:17	12:33:14	<b>14:44:45.30</b>	<b>14:44:47.75</b>		6:48	8.8 (100%)
2	GAŁUSZKA Rafał	2142	PAUSE	Masters M - 40	1	01:01:18	03:33:06	05:36:04	07:31:15	09:39:02	12:06:54	13:32:42	<b>15:59:23.90</b>	<b>15:59:28.20</b>	+01:14:40 (7.8%)	7:22	8.1 (92.0%)
3	POPRAWSKI Paweł	2124	HERCOG RUNNING TEAM	Senior II M - 30	2	01:00:15	03:28:10	05:27:53	07:24:56	09:36:39	12:05:19	13:33:16	<b>16:04:42.20</b>	<b>16:04:53.90</b>	+01:20:06 (8.3%)	7:25	8.1 (92.0%)
4	BORUCKI Jakub	2026	#KASZANIENAMOKA	Senior II M - 30	3	01:09:28	03:51:25	05:56:52	07:58:13	10:11:53	12:38:11	14:00:20	<b>16:26:41.35</b>	<b>16:27:06.80</b>	+01:42:19 (10.4%)	7:35	7.9 (89.8%)
5	SOLAK Aysen	2115		Senior II K - 30	1	01:07:38	03:52:24	05:51:15	07:58:42	10:12:43	12:44:41	14:07:11	<b>16:28:17.70</b>	<b>16:28:25.20</b>	+01:43:37 (10.5%)	7:36	7.9 (89.8%)
6	JĘDRZEJKO Tomasz	2134	SIDOR TEAM POLSKA   AZS WST KATOWICE	Masters M - 40	2	01:04:12	03:50:17	06:01:23	08:06:47	10:29:42	12:49:33	14:13:49	<b>16:41:22.85</b>	<b>16:41:30.05</b>	+01:56:42 (11.7%)	7:42	7.8 (88.6%)
7	KUPIŃSKI Cezary	2008	MKS SIECHNICE/SKLEP BIEGACZA RUNNING TEAM	Weteran I M - 50	1	01:08:13	03:54:40	06:06:39	08:10:09	10:18:31	12:38:22	14:07:04	<b>16:43:12.20</b>	<b>16:43:25.00</b>	+01:58:37 (11.8%)	7:43	7.8 (88.6%)
8	WICHŁACZ Paweł	2058	KB MANIAC POZNAŃ	Senior II M - 30	4	01:07:47	04:03:47	05:59:15	08:04:18	10:25:29	13:01:54	14:28:08	<b>17:05:09.70</b>	<b>17:05:14.95</b>	+02:20:27 (13.7%)	7:53	7.6 (86.4%)
9	SIKORSKI Piotr	2066	4 RUN TEAM PIŁA/GIRO DI ZAWADA	Senior II M - 30	5	01:01:16	03:33:06	05:40:24	07:45:32	10:09:51	12:50:14	14:28:38	<b>17:14:25.80</b>	<b>17:14:36.85</b>	+02:29:49 (14.5%)	7:57	7.5 (85.2%)
10	PAPRZYCKI Rafał	2013	NATURALBORNRUNNERS	Masters M - 40	3	01:14:57	04:15:03	06:23:04	08:22:24	10:39:44	13:09:31	14:44:40	<b>17:16:38.80</b>	<b>17:16:51.00</b>	+02:32:03 (14.7%)	7:58	7.5 (85.2%)
11	BIADASZ Andrzej Michał	2057	POLITECHNIKA POZNAŃSKA	Masters M - 40	4	01:19:16	04:16:16	06:23:31	08:22:23	10:39:42	13:29:06	15:09:32	<b>17:28:31.05</b>	<b>17:28:46.75</b>	+02:43:59 (15.6%)	8:03	7.4 (84.1%)
12	MICHALSKI Krystian	2024	#WAWRZYNTTEAM	Senior I M - 20	1	01:08:09	04:08:01	06:18:20	08:22:19	10:35:43	13:09:44	14:45:11	<b>17:32:02.15</b>	<b>17:32:11.10</b>	+02:47:23 (15.9%)	8:05	7.4 (84.1%)
13	GEZELA Robert	2012	EUFORIA BIEGACZA TEAM	Masters M - 40	5	01:16:19	04:13:44	06:18:45	08:23:07	10:44:24	13:19:18	14:52:37	<b>17:35:08.60</b>	<b>17:35:15.15</b>	+02:50:27 (16.2%)	8:06	7.4 (84.1%)
14	PTASZYŃSKI Wojciech	2101	SPEED FEET '16	Weteran I M - 50	2	01:14:43	04:03:45	06:18:04	08:29:11	10:54:57	13:33:18	15:13:05	<b>17:45:19.60</b>	<b>17:45:38.85</b>	+03:00:51 (17.0%)	8:11	7.3 (83.0%)
15	HACZYK Jarosław	2144	MUAY RUNNING TEAM	Weteran I M - 50	3	01:18:19	04:08:02	06:58:46	09:13:56	11:39:39	14:05:52	15:25:40	<b>17:48:59.05</b>	<b>17:49:44.00</b>	+03:04:56 (17.3%)	8:13	7.3 (83.0%)
16	JUSZKO Krzysztof	2028		Masters M - 40	6	01:14:22	04:20:14	06:37:53	08:46:38	11:10:55	13:50:17	15:25:37	<b>18:11:52.80</b>	<b>18:12:01.05</b>	+03:27:13 (19.0%)	8:23	7.1 (80.7%)
17	BIERNACKA Edyta	2038		Masters K - 40	1	01:13:24	04:17:17	06:34:43	08:57:15	11:15:53	13:50:31	15:23:50	<b>18:19:42.65</b>	<b>18:19:49.35</b>	+03:35:01 (19.6%)	8:27	7.1 (80.7%)
18	MARGASIŃSKI Jacek	2051		Senior II M - 30	6	01:01:30	03:34:50	05:53:17	08:14:43	10:43:13	13:22:57	15:01:54	<b>18:22:49.85</b>	<b>18:22:52.10</b>	+03:38:04 (19.8%)	8:29	7.1 (80.7%)
19	IWASZKO Paweł	2089		Senior II M - 30	7	01:09:13	04:07:53	06:21:23	08:37:28	11:09:38	13:52:44	15:31:34	<b>18:42:34.45</b>	<b>18:42:53.40</b>	+03:58:05 (21.2%)	8:38	6.9 (78.4%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A6	A7	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	100km	112km	130km	130km			
20	<b>PIECHOTA Daniel</b>	<b>2141</b>	DROGA W GÓRY	Senior II M - 30	8	01:13:47	04:18:12	06:41:13	09:01:17	11:36:26	14:30:08	16:05:34	<b>18:47:39.85</b>	<b>18:47:47.80</b>	+04:03:00 (21.5%)	8:40	6.9 (78.4%)
21	<b>KIELAR Adam</b>	<b>2131</b>	BIOFEMINA.PL	Senior II M - 30	9	01:12:31	04:22:41	06:48:08	09:00:23	11:38:01	14:22:36	15:59:11	<b>18:54:18.60</b>	<b>18:54:35.10</b>	+04:09:47 (22.0%)	8:43	6.9 (78.4%)
22	<b>GRZESZCZAK Marek</b>	<b>2135</b>		Weteran II M - 60	1	01:30:27	04:27:17	06:38:08	08:55:53	11:28:02	14:13:11	15:43:30	<b>19:06:31.25</b>	<b>19:07:28.10</b>	+04:22:40 (22.9%)	8:49	6.8 (77.3%)
23	<b>WALENDA Arkadiusz</b>	<b>2037</b>	VEGE ULTRA RUNNER	Masters M - 40	7	01:13:17	04:24:14	06:47:59	09:00:50	11:36:25	14:34:49	16:26:19	<b>19:20:46.80</b>	<b>19:20:54.85</b>	+04:36:07 (23.8%)	8:55	6.7 (76.1%)
24	<b>KĄNDUŁA Grzegorz</b>	<b>2094</b>	NEST TEAM	Senior II M - 30	10	01:14:40	04:14:47	06:25:39	08:54:59	11:23:34	14:26:23	16:16:14	<b>19:23:08.20</b>	<b>19:23:37.70</b>	+04:38:49 (24.0%)	8:56	6.7 (76.1%)
25	<b>KICH Marek</b>	<b>2119</b>		Senior II M - 30	11		04:24:12	06:44:54	09:14:42	11:55:38	14:52:21	16:37:24	<b>19:24:00.00</b>	<b>19:24:00.00</b>	+04:39:12 (24.0%)	8:57	6.7 (76.1%)
26	<b>WOSZCZAK Zbigniew</b>	<b>2023</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran I M - 50	4	01:13:18	04:24:13	06:45:26	09:00:50	11:38:09	14:35:03	16:26:44	<b>19:27:25.85</b>	<b>19:27:34.45</b>	+04:42:46 (24.2%)	8:58	6.7 (76.1%)
27	<b>KLARECKI Adrian</b>	<b>2083</b>	WIRAN TEAM	Masters M - 40	8	01:08:21	04:08:32	06:21:36	08:37:49	11:32:55	14:42:23	16:32:25	<b>19:53:24.30</b>	<b>19:53:31.00</b>	+05:08:43 (25.9%)	9:10	6.5 (73.9%)
28	<b>KRÓL Maciej</b>	<b>2082</b>	WIRAN TEAM	Masters M - 40	9	01:08:21	04:08:32	06:21:49	08:37:50	11:32:54	14:42:20	16:31:49	<b>19:53:24.25</b>	<b>19:53:31.25</b>	+05:08:43 (25.9%)	9:10	6.5 (73.9%)
29	<b>MICHALSKA Agnieszka</b>	<b>2027</b>		Masters K - 40	2	01:18:26	04:30:03	06:58:40	09:24:21	11:57:58	15:07:18	17:07:44	<b>20:21:49.90</b>	<b>20:22:13.90</b>	+05:37:26 (27.6%)	9:23	6.4 (72.7%)
30	<b>MIKOŁAJCZYK Mirosław</b>	<b>2127</b>	MIRAZ RACE TEAM	Senior II M - 30	12	01:11:34	04:13:52	06:45:06	09:21:15	12:03:55	14:56:46	16:52:24	<b>20:22:44.60</b>	<b>20:22:58.75</b>	+05:38:11 (27.7%)	9:24	6.4 (72.7%)
31	<b>OKIENCZUK Radek</b>	<b>2111</b>		Senior II M - 30	13	01:20:44	04:31:34	07:07:51	09:35:06	12:19:53	15:24:37	17:23:29	<b>20:23:39.10</b>	<b>20:24:26.15</b>	+05:39:38 (27.7%)	9:24	6.4 (72.7%)
32	<b>HACZYK Natalia</b>	<b>2145</b>	MUAY RUNNING TEAM	Masters K - 40	3	01:21:45	04:47:18	07:29:51	10:04:02	12:44:42	15:40:49	17:26:03	<b>20:24:58.20</b>	<b>20:25:15.00</b>	+05:40:27 (27.8%)	9:25	6.4 (72.7%)
33	<b>MAY-ADAMEK Katarzyna</b>	<b>2086</b>		Masters K - 40	4	01:14:53	04:40:27	07:23:21	10:00:19	12:49:45	15:44:16	17:29:57	<b>20:35:32.25</b>	<b>20:35:49.05</b>	+05:51:01 (28.4%)	9:30	6.3 (71.6%)
34	<b>ZIĘBORAK Szymon</b>	<b>2108</b>		Senior II M - 30	14	01:09:07	03:55:38	06:13:50	08:20:42	10:47:30	13:54:21	15:54:41	<b>20:39:00.85</b>	<b>20:39:00.85</b>	+05:54:13 (28.6%)	9:31	6.3 (71.6%)
35	<b>ZOWAL Ryszard</b>	<b>2006</b>	W POGONI ZA DUCHEM	Masters M - 40	10	01:17:22	04:34:54	07:01:58	09:28:48	12:11:33	15:15:44	16:50:08	<b>20:39:05.65</b>	<b>20:39:32.40</b>	+05:54:44 (28.6%)	9:31	6.3 (71.6%)
36	<b>ZAPORA Marek</b>	<b>2033</b>	W POGONI ZA DUCHEM	Senior II M - 30	15	01:17:21	04:34:52	07:01:58	09:28:45	12:11:33	15:15:42	16:50:09	<b>20:39:05.30</b>	<b>20:39:32.90</b>	+05:54:45 (28.6%)	9:31	6.3 (71.6%)
37	<b>MYSZCZYSZYN Łukasz</b>	<b>2010</b>	KUDOWIANKA RUN	Senior II M - 30	16	01:07:23	03:54:02	06:08:43	08:14:42	10:48:41	14:21:51	16:40:28	<b>20:48:32.50</b>	<b>20:48:43.15</b>	+06:03:55 (29.1%)	9:36	6.2 (70.5%)
38	<b>TRYBALSKI Krzysztof</b>	<b>2061</b>		Masters M - 40	11	01:17:25	04:31:00	06:52:11	09:17:12	12:00:07	15:21:07	17:26:06	<b>20:50:44.10</b>	<b>20:50:56.10</b>	+06:06:08 (29.3%)	9:37	6.2 (70.5%)
39	<b>KOWAL Wiesław</b>	<b>2109</b>		Masters M - 40	12	01:12:25	04:16:45	06:37:01	08:59:23	12:12:56	15:23:25	17:19:21	<b>20:57:54.70</b>	<b>20:58:05.05</b>	+06:13:17 (29.7%)	9:40	6.2 (70.5%)
40	<b>BYZIA Piotr</b>	<b>2045</b>		Senior II M - 30	17	01:24:27	04:47:36	07:27:41	10:02:48	12:58:20	16:03:54	18:04:16	<b>21:00:28.75</b>	<b>21:01:04.80</b>	+06:16:17 (29.8%)	9:41	6.2 (70.5%)
41	<b>BOTOR Szymon</b>	<b>2132</b>		Senior II M - 30	18	01:23:21	04:44:40	07:18:39	09:53:59	12:44:18	15:46:34	17:44:08	<b>21:03:18.55</b>	<b>21:04:01.00</b>	+06:19:13 (30.0%)	9:43	6.2 (70.5%)
42	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>2015</b>	KOLOROWA DRUŻYNA NESSI	Masters K - 40	5	01:23:18	04:45:41	07:21:13	09:57:15	12:38:37	15:43:46	17:45:24	<b>21:08:16.50</b>	<b>21:08:38.65</b>	+06:23:50 (30.3%)	9:45	6.2 (70.5%)
43	<b>JAGIELSKI Jerzy</b>	<b>2112</b>	JKS SALAMANDRA	Senior II M - 30	19	01:08:53	04:15:08	06:50:38	09:19:10	12:28:13	15:34:20	17:37:23	<b>21:19:10.15</b>	<b>21:19:29.40</b>	+06:34:41 (30.8%)	9:50	6.1 (69.3%)
44	<b>KOWALSKA Joanna</b>	<b>2078</b>	12TRI	Masters K - 40	6	01:17:55	04:21:07	06:45:15	08:59:29	11:44:15	14:53:40	16:51:17	<b>21:28:18.35</b>	<b>21:29:00.80</b>	+06:44:13 (31.4%)	9:54	6.1 (69.3%)
45	<b>KWIATKOWSKI Jarek</b>	<b>2114</b>	FLOWERS TEAM	Masters M - 40	13	01:14:32	04:38:59	07:27:35	10:10:28	13:00:35	16:25:54	18:13:40	<b>21:30:56.50</b>	<b>21:31:03.25</b>	+06:46:15 (31.5%)	9:55	6 (68.2%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A6	A7	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	100km	112km	130km	130km			
46	<b>JARASZEK Sanjaya</b>	<b>2130</b>	WWW.JASNASTRONAMOCY.INFO	Weteran II M - 60	2	01:20:35	05:06:43	08:03:09	10:44:04	13:16:33	16:18:18	18:18:40	<b>21:33:25.15</b>	<b>21:33:28.80</b>	+06:48:41 (31.6%)	9:56	6 (68.2%)
47	<b>DOBROŚ Tomasz</b>	<b>2003</b>		Masters M - 40	14	01:23:35	04:47:35	07:27:17	10:02:52	12:46:35	15:56:37	17:56:48	<b>21:35:51.20</b>	<b>21:36:18.70</b>	+06:51:30 (31.7%)	9:58	6 (68.2%)
48	<b>ZUBERT Marcin</b>	<b>2053</b>	PRESS GLASS-BIEGAMY I WSPIERAMY	Masters M - 40	15	01:18:11	04:39:48	07:05:38	09:34:18	12:46:09	15:49:07	17:52:31	<b>21:36:41.80</b>	<b>21:37:36.85</b>	+06:52:49 (31.8%)	9:58	6 (68.2%)
49	<b>BOGDANOWICZ Beata</b>	<b>2123</b>		Masters K - 40	7	01:22:38	04:59:49	07:38:32	10:25:44	13:11:44	16:20:38	18:19:33	<b>21:41:45.75</b>	<b>21:42:32.00</b>	+06:57:44 (32.1%)	10:00	6 (68.2%)
50	<b>CIEPLIK Łukasz</b>	<b>2054</b>		Senior II M - 30	20	01:26:55	05:01:35	07:34:28	10:11:24	13:11:45	16:20:42	18:19:41	<b>21:41:47.20</b>	<b>21:42:33.05</b>	+06:57:45 (32.1%)	10:00	6 (68.2%)
51	<b>ŚWIATOWIEC Anna</b>	<b>2030</b>	IMPERIUM SPORTU	Masters K - 40	8	01:31:30	05:17:42	08:00:38	10:32:58	13:38:59	16:43:09	18:44:19	<b>21:42:22.90</b>	<b>21:42:57.45</b>	+06:58:09 (32.1%)	10:01	6 (68.2%)
52	<b>KUCIŃSKI Tomasz</b>	<b>2087</b>	MKB DREPTAK	Masters M - 40	16	01:24:51	04:53:32	07:12:13	09:53:46	12:45:34	16:03:18	18:08:32	<b>21:46:16.60</b>	<b>21:47:24.15</b>	+07:02:36 (32.3%)	10:02	6 (68.2%)
53	<b>BRODEK Andrzej</b>	<b>2040</b>	CERTUM	Weteran I M - 50	5	01:25:13	05:00:08	07:45:28	10:27:07	13:18:04	16:27:49	18:36:20	<b>21:48:07.10</b>	<b>21:48:19.95</b>	+07:03:32 (32.4%)	10:03	6 (68.2%)
54	<b>JANAS Kacper</b>	<b>2079</b>	PUSZCZYK BUKOWY	Senior II M - 30	21	01:14:33	04:19:31	06:42:42	09:24:23	12:36:35	16:15:23	18:32:53	<b>22:10:15.40</b>	<b>22:10:50.25</b>	+07:26:02 (33.5%)	10:13	5.9 (67.0%)
55	<b>MARCZEWSKI Sławomir</b>	<b>2020</b>	STOWARZYSZENIE LUDZI W BIEGU ŻŁOTÓW	Masters M - 40	17	01:25:32	04:50:08	07:19:54	09:57:50	12:58:09	16:07:22	18:08:47	<b>22:10:24.50</b>	<b>22:11:15.30</b>	+07:26:27 (33.5%)	10:14	5.9 (67.0%)
56	<b>ZAJĄC Marcin</b>	<b>2062</b>	77CATS	Senior II M - 30	22	01:22:34	04:38:24	07:02:32	09:31:08	12:35:49	16:06:59	18:17:47	<b>22:10:49.00</b>	<b>22:11:32.85</b>	+07:26:45 (33.6%)	10:14	5.9 (67.0%)
57	<b>JĘDRYCHA Bożena</b>	<b>2022</b>		Masters K - 40	9	01:23:21	05:03:05	07:47:01	10:40:03	13:34:59	16:44:23	18:55:11	<b>22:17:49.65</b>	<b>22:18:06.00</b>	+07:33:18 (33.9%)	10:17	5.8 (65.9%)
58	<b>BRUS Marcin</b>	<b>2009</b>		Masters M - 40	18	01:08:15	04:16:15	06:59:29	09:35:48	13:33:59	16:53:48	18:53:41	<b>22:18:02.90</b>	<b>22:18:06.30</b>	+07:33:18 (33.9%)	10:17	5.8 (65.9%)
59	<b>KOPACKI Grzegorz</b>	<b>2041</b>		Senior II M - 30	23	01:21:07	04:52:54	07:41:43	10:28:36	13:38:14	17:02:17	19:06:30	<b>22:19:49.65</b>	<b>22:20:20.20</b>	+07:35:32 (34.0%)	10:18	5.8 (65.9%)
60	<b>ROŹNIATA Iwona</b>	<b>2032</b>	KS GŁÓWNO W BIEGU	Masters K - 40	10	01:22:40	05:03:17	07:50:51	10:34:07	13:21:27	16:22:27	18:24:03	<b>22:21:17.45</b>	<b>22:21:44.20</b>	+07:36:56 (34.1%)	10:19	5.8 (65.9%)
61	<b>CYNIAK Marek</b>	<b>2069</b>	EVERRUN	Masters M - 40	19	01:21:01	04:50:00	07:23:11	10:04:11	13:12:53	16:35:01	18:38:46	<b>22:23:58.30</b>	<b>22:24:42.00</b>	+07:39:54 (34.2%)	10:20	5.8 (65.9%)
62	<b>KAŃDUŁA Klaudia</b>	<b>2093</b>	NEST TEAM	Senior II K - 30	2	01:25:38	05:01:19	07:44:53	10:19:36	13:05:53	16:11:19	18:16:20	<b>22:45:19.00</b>	<b>22:45:49.65</b>	+08:01:01 (35.2%)	10:30	5.7 (64.8%)
63	<b>MARCINKOWSKI Przemysław</b>	<b>2138</b>	PROTON LESZNOLIMITS RUNNERS	Masters M - 40	20	01:14:19	04:26:09	07:06:38	09:53:07	13:26:26	17:01:57	19:10:02	<b>22:53:47.35</b>	<b>22:53:52.70</b>	+08:09:04 (35.6%)	10:34	5.7 (64.8%)
64	<b>GROCHAŁA Tomasz</b>	<b>2007</b>	GROSZEK TEAM	Senior II M - 30	24	01:14:53	04:30:07	07:05:10	09:35:35	12:20:42	15:39:29	18:16:12	<b>22:53:39.95</b>	<b>22:54:00.10</b>	+08:09:12 (35.6%)	10:34	5.7 (64.8%)
65	<b>MASIULANIEC Agata</b>	<b>2055</b>	BIEGOWY ŚWIAT	Senior I K - 20	1	01:29:49	05:24:48	08:19:52	11:19:39	14:05:11	17:27:31	19:34:12	<b>23:01:32.15</b>	<b>23:02:16.75</b>	+08:17:29 (36.0%)	10:37	5.6 (63.6%)
66	<b>POPŁAWSKA Katarzyna</b>	<b>2019</b>	CZARNE OWCE HIPOLITÓW	Masters K - 40	11	01:24:39	05:05:16	07:54:45	10:45:23	13:46:00	17:01:13	19:28:28	<b>23:14:17.65</b>	<b>23:15:03.40</b>	+08:30:15 (36.6%)	10:43	5.6 (63.6%)
67	<b>ZAJĄC Leszek</b>	<b>2042</b>		Senior II M - 30	25	01:12:25	04:36:54	08:02:55	10:44:13	13:32:49	17:13:26	19:35:53	<b>23:25:00.15</b>	<b>23:25:12.95</b>	+08:40:25 (37.0%)	10:48	5.6 (63.6%)
68	<b>FRESZEL Krzysztof</b>	<b>2021</b>	BOERNEROWO BIEGA	Masters M - 40	21	01:28:16	05:12:54	08:16:57	11:22:26	14:19:45	17:51:42	20:01:15	<b>23:45:08.75</b>	<b>23:45:28.60</b>	+09:00:40 (37.9%)	10:57	5.5 (62.5%)
69	<b>POLAK Michalina</b>	<b>2001</b>		Senior I K - 20	2	01:25:26	05:03:15	07:41:26	10:22:57	13:54:57	17:57:58	20:08:22	<b>23:48:54.90</b>	<b>23:49:39.50</b>	+09:04:51 (38.1%)	10:59	5.5 (62.5%)
70	<b>SŁOCIAK Rafał</b>	<b>2043</b>	RAJSPOORT ACTIVE	Senior I M - 20	2	01:25:25	05:04:01	07:21:54	10:22:39	13:54:55	17:42:26	20:08:18	<b>23:48:55.50</b>	<b>23:49:39.65</b>	+09:04:51 (38.1%)	10:59	5.5 (62.5%)
71	<b>CHYLIŃSKA Agnieszka</b>	<b>2133</b>		Senior II K - 30	3	01:28:22	05:31:58	08:45:09	11:41:21	14:43:00	18:25:29	20:50:28	<b>23:54:10.20</b>	<b>23:54:50.60</b>	+09:10:02 (38.3%)	11:01	5.4 (61.4%)
72	<b>ANTONIEWICZ Jacek</b>	<b>2065</b>	BIEGIEM PRZEZ POLSKĘ	Masters M - 40	22	01:22:34	05:12:49	07:49:28	10:31:54	13:33:52	17:15:03	19:57:19	<b>23:56:56.90</b>	<b>23:57:29.60</b>	+09:12:41 (38.4%)	11:03	5.4 (61.4%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A6	A7	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	100km	112km	130km	130km			
73	<b>OLEJNIK Sylwester</b>	<b>2091</b>	VEGE ULTRA RUNNERS	Masters M - 40	23	01:22:34	05:12:51	07:49:28	10:32:02	13:33:51	17:15:01	19:57:17	<b>23:56:58.00</b>	<b>23:57:30.05</b>	+09:12:42 (38.4%)	11:03	5.4 (61.4%)
74	<b>BRONOWICKI Ryszard</b>	<b>2125</b>	NKB CHYŻY NOWY TOMYŚL	Weteran II M - 60	3	01:34:57	05:30:36	08:23:30	11:14:18	14:11:39	18:06:17	20:17:18	<b>23:57:39.05</b>	<b>23:58:29.55</b>	+09:13:41 (38.5%)	11:03	5.4 (61.4%)
75	<b>WALESIAK Wojciech</b>	<b>2004</b>	REMBERTÓW TEAM	Senior II M - 30	26	01:27:06	05:35:24	08:21:10	11:21:39	14:35:57	18:06:16	20:44:05	<b>24:05:17.65</b>	<b>24:05:55.05</b>	+09:21:07 (38.8%)	11:07	5.4 (61.4%)
76	<b>FILIPCZAK Łukasz</b>	<b>2063</b>	OKNOPLAST RUNNING TEAM	Senior II M - 30	27	01:25:36	05:16:06	08:19:37	11:21:06	14:25:26	18:16:00	21:06:14	<b>24:10:30.60</b>	<b>24:11:10.75</b>	+09:26:23 (39.0%)	11:09	5.4 (61.4%)
77	<b>SERKOWSKI Marcin</b>	<b>2068</b>	BIEGAMYRAZEM.PL	Masters M - 40	24	01:22:50	05:09:21	08:10:50	11:14:19	14:25:45	18:10:43	20:23:05	<b>24:14:45.85</b>	<b>24:15:01.80</b>	+09:30:14 (39.2%)	11:11	5.4 (61.4%)
78	<b>PAWLUCZUK Tomasz</b>	<b>2085</b>		Masters M - 40	25	01:22:46	05:09:23	08:10:53	11:14:20	14:25:44	18:10:41	20:23:04	<b>24:14:47.75</b>	<b>24:15:01.90</b>	+09:30:14 (39.2%)	11:11	5.4 (61.4%)
79	<b>KUTYŁA Stanisław</b>	<b>2088</b>	ORANGE POLSKA	Masters M - 40	26	01:33:48	05:31:28	08:20:42	11:30:55	14:49:30	18:35:52	20:41:52	<b>24:15:22.55</b>	<b>24:16:18.00</b>	+09:31:30 (39.2%)	11:11	5.4 (61.4%)
80	<b>WIERZBICKI Rafał</b>	<b>2052</b>		Masters M - 40	27	01:23:32	05:10:00	08:09:12	11:16:24	14:32:15	18:11:25	20:42:18	<b>24:29:40.05</b>	<b>24:30:16.60</b>	+09:45:28 (39.8%)	11:18	5.3 (60.2%)
81	<b>JABŁOŃSKI Michał</b>	<b>2128</b>		Masters M - 40	28	01:33:43	05:34:28	08:23:28	11:31:22	14:52:51	18:36:37	20:51:37	<b>24:31:44.80</b>	<b>24:32:41.85</b>	+09:47:54 (39.9%)	11:19	5.3 (60.2%)
82	<b>MROZOWSKI Paweł</b>	<b>2129</b>	ORANGE POSLKA/KINGRUNNER	Masters M - 40	29	01:33:44	05:34:24	08:23:15	11:30:55	14:47:35	18:29:34	20:51:36	<b>24:31:46.35</b>	<b>24:32:42.65</b>	+09:47:54 (39.9%)	11:19	5.3 (60.2%)
83	<b>JURA Mariusz</b>	<b>2117</b>	ZŁOWIESZCZE ZGRZYTNIECIE ZWIERACZA	Senior II M - 30	28	01:30:35	05:42:22	08:50:29	11:48:49	14:55:19	18:32:53	20:54:46	<b>24:33:08.95</b>	<b>24:34:08.40</b>	+09:49:20 (40.0%)	11:19	5.3 (60.2%)
84	<b>OLESIŃSKA Martyna</b>	<b>2096</b>	W POGONI ZA DUCHEM	Senior I K - 20	3	01:36:05	05:46:00	09:09:43	12:06:49	15:25:10	19:09:16	21:12:10	<b>24:34:34.25</b>	<b>24:35:02.35</b>	+09:50:14 (40.0%)	11:20	5.3 (60.2%)
85	<b>SZEWczyk Michał</b>	<b>2064</b>	BBL ZDUŃSKA WOLA	Senior II M - 30	29	01:25:39	05:16:16	08:19:40	11:21:09	14:25:31	18:26:13	21:08:06	<b>24:40:01.65</b>	<b>24:40:41.70</b>	+09:55:53 (40.2%)	11:23	5.3 (60.2%)
86	<b>RYCZYŃSKI Jacek</b>	<b>2025</b>	POLSKA	Masters M - 40	30	01:26:52	05:31:59	08:29:17	11:32:17	14:54:59	18:42:28	21:01:22	<b>24:50:14.55</b>	<b>24:50:48.50</b>	+10:06:00 (40.6%)	11:27	5.2 (59.1%)
87	<b>MATUSEWICZ Ireneusz</b>	<b>2098</b>		Masters M - 40	31	01:25:54	05:31:44	08:28:49	11:20:57	14:31:32	18:19:17	20:59:44	<b>24:54:14.55</b>	<b>24:54:55.20</b>	+10:10:07 (40.8%)	11:29	5.2 (59.1%)
88	<b>WAGNER Ewa</b>	<b>2005</b>		Senior II K - 30	4	01:30:14	05:39:28	09:05:41	12:02:14	15:10:02	18:54:19	21:11:34	<b>24:58:15.15</b>	<b>24:58:45.90</b>	+10:13:58 (41.0%)	11:31	5.2 (59.1%)
89	<b>SZYSZKO Stanisław</b>	<b>2092</b>		Senior II M - 30	30	01:29:47	05:16:20	08:15:37	11:18:14	14:40:36	18:33:06	21:02:36	<b>25:02:14.10</b>	<b>25:03:01.30</b>	+10:18:13 (41.1%)	11:33	5.2 (59.1%)
90	<b>SZYMAŁA Mateusz</b>	<b>2070</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	31	01:29:57	05:26:10	08:28:51	11:26:26	14:48:53	18:34:16	20:58:15	<b>25:04:33.95</b>	<b>25:05:09.45</b>	+10:20:21 (41.2%)	11:34	5.2 (59.1%)
91	<b>KORDUŁA Zbigniew</b>	<b>2126</b>	BIEGOWY ŚWIAT	Masters M - 40	32	01:26:02	05:05:38	08:07:02	11:19:26	14:41:17	18:21:45	20:50:36	<b>25:04:09.85</b>	<b>25:05:11.05</b>	+10:20:23 (41.2%)	11:34	5.2 (59.1%)
92	<b>ZAWADA Maciej Marcin</b>	<b>2075</b>	KGB	Masters M - 40	33	01:29:59	05:26:09	08:28:57	11:26:27	14:48:56	18:34:20	20:58:12	<b>25:04:36.70</b>	<b>25:05:11.55</b>	+10:20:23 (41.2%)	11:34	5.2 (59.1%)
93	<b>KUGLARZ Szymon</b>	<b>2060</b>		Masters M - 40	34	01:28:21	05:26:02	08:24:05	11:28:22	14:54:44	18:43:08	21:07:56	<b>25:04:43.85</b>	<b>25:05:31.60</b>	+10:20:43 (41.2%)	11:34	5.2 (59.1%)
94	<b>GAJEWSKI Paweł</b>	<b>2073</b>	BEAUTY SPORT	Weteran I M - 50	6	01:28:25	05:32:12	08:33:18	11:32:16	14:43:12	18:27:49	20:58:59	<b>25:08:16.45</b>	<b>25:08:56.30</b>	+10:24:08 (41.4%)	11:36	5.2 (59.1%)
95	<b>WIŚNIEWSKI Radosław</b>	<b>2067</b>		Masters M - 40	35	01:28:15	05:31:57	08:45:21	11:41:18	14:43:02	18:25:33	20:58:46	<b>25:08:17.05</b>	<b>25:08:56.35</b>	+10:24:08 (41.4%)	11:36	5.2 (59.1%)
96	<b>PLACEK Julian</b>	<b>2140</b>		Senior I M - 20	3	01:31:14	06:06:22	09:16:55	12:39:20	15:40:01	19:42:34	21:46:52	<b>25:08:32.10</b>	<b>25:09:25.35</b>	+10:24:37 (41.4%)	11:36	5.2 (59.1%)
97	<b>MARCINIAK Robert</b>	<b>2102</b>	RUN@BANINO	Masters M - 40	36	01:17:26	05:08:58	08:16:12	11:16:48	14:30:41	18:27:48	21:05:31	<b>25:10:08.40</b>	<b>25:10:23.75</b>	+10:25:36 (41.4%)	11:36	5.2 (59.1%)
98	<b>ADAMCZYK Piotr</b>	<b>2106</b>		Senior II M - 30	32	01:34:52	06:33:02	09:57:27	13:05:33	15:54:27	19:06:21	21:49:49	<b>25:14:44.30</b>	<b>25:15:04.20</b>	+10:30:16 (41.6%)	11:39	5.1 (58.0%)
99	<b>SIOMA Konrad</b>	<b>2029</b>	ROKIETNICA BIEGA	Senior II M - 30	33	01:23:55	04:38:40	07:30:03	10:41:38	14:12:26	17:54:07	20:48:29	<b>25:16:27.30</b>	<b>25:16:35.80</b>	+10:31:48 (41.7%)	11:39	5.1 (58.0%)

Place	Participant	Number	Club	Category	MCat	A1	A2	A3	A4	A5	A6	A7	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						10km	32km	47km	64km	81km	100km	112km	130km	130km			
100	<b>OLESZCZAK Piotr</b>	<b>2116</b>	BIEGAM BO SĄ TACY CO NIE MOGA	Masters M - 40	37	01:17:37	04:40:41	07:37:54	10:33:26	13:42:59	18:10:50	21:00:59	<b>25:20:45.70</b>	<b>25:21:04.50</b>	+10:36:16 (41.8%)	11:41	5.1 (58.0%)
101	<b>NIEMCZAK Basia</b>	<b>2107</b>	IPA PAŁAC MOSTOWSKICH KSP	Senior II K - 30	5	01:31:55	06:00:12	09:03:16	12:35:41	15:51:48	19:15:36	21:56:51	<b>25:37:17.90</b>	<b>25:37:41.00</b>	+10:52:53 (42.5%)	11:49	5.1 (58.0%)
102	<b>WINIARSKA Izabela</b>	<b>2090</b>	EKOBIEGI	Masters K - 40	12	01:32:10	05:54:33	09:12:55	12:19:40	15:22:30	19:16:23	21:43:27	<b>25:40:45.20</b>	<b>25:41:15.55</b>	+10:56:27 (42.6%)	11:51	5.1 (58.0%)
103	<b>JAWORSKI Piotr</b>	<b>2072</b>	EKOBIEGI	Masters M - 40	38	01:32:12	05:54:32	09:12:53	12:19:40	15:22:31	19:16:21	21:43:27	<b>25:40:45.60</b>	<b>25:41:15.70</b>	+10:56:27 (42.6%)	11:51	5.1 (58.0%)
<b>Przekroczony limit czasu: 26:00:00</b>																	
104	<b>LEŚNIK Wojciech</b>	<b>2077</b>		Weteran I M - 50	7	01:35:01	06:32:59	09:57:26	13:05:48	16:27:39	20:26:23	22:41:37	<b>26:29:24.45</b>	<b>26:29:43.55</b>	+11:44:55 (44.3%)	12:13	4.9 (55.7%)
	<b>WOJEWODA Michał</b>	<b>2122</b>	KAZIKI TRIWAWA	Masters M - 40		01:25:01 DNF	04:50:40 DNF	07:27:16 DNF	09:59:50 DNF	12:49:22 DNF	16:12:56 DNF	19:21:32 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BOKSA Małgorzata</b>	<b>2084</b>		Weteran K - 50		01:30:06 DNF	05:51:58 DNF	09:08:04 DNF	12:18:07 DNF	15:34:54 DNF	19:31:45 DNF	22:04:28 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BALICKI Jakub</b>	<b>2113</b>	ASAP RUNNERS	Masters M - 40		01:30:37 DNF	05:31:31 DNF	08:38:57 DNF	11:42:29 DNF	15:24:55 DNF	20:18:14 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WESOŁEK Marek</b>	<b>2047</b>	SENTE	Senior II M - 30		01:14:55 DNF	04:15:59 DNF	06:42:43 DNF	09:17:44 DNF	12:22:35 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>TASZAREK Jakub</b>	<b>2049</b>		Masters M - 40		01:14:52 DNF	04:29:15 DNF	06:59:20 DNF	09:09:00 DNF	12:47:57 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SZARF Paweł</b>	<b>2014</b>	ZAŁOGA GÓRSKA	Senior II M - 30		01:19:37 DNF	05:37:58 DNF	08:31:58 DNF	11:22:12 DNF	14:58:09 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>POCHYLSKI Dominik</b>	<b>2110</b>	LUBOŃSKI KLUB BIEGACZA	Masters M - 40		01:40:52 DNF	06:58:11 DNF	10:30:40 DNF	13:52:56 DNF	17:58:33 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SPRENGER Mirosław</b>	<b>2059</b>	SKRA PATEREK	Senior II M - 30		01:04:05 DNF	03:46:24 DNF	05:59:39 DNF	08:14:36 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GRYCMAN Marek</b>	<b>2031</b>		Masters M - 40		01:04:55 DNF	03:49:53 DNF	06:03:08 DNF	08:21:14 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SOLNÝ Michal</b>	<b>2103</b>		Senior II M - 30		01:21:13 DNF	04:46:28 DNF	07:29:44 DNF	10:20:56 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MACHALICA Agnieszka</b>	<b>2095</b>		Masters K - 40		01:26:56 DNF	05:08:41 DNF	08:15:36 DNF	11:19:41 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ASZENDORF Filip</b>	<b>2016</b>	AXA RUNNING TEAM	Senior II M - 30		01:26:06 DNF	05:04:53 DNF	08:15:30 DNF	11:19:43 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PRZYTULSKA Justyna</b>	<b>2104</b>		Masters K - 40		01:25:28 DNF	05:19:28 DNF	08:24:03 DNF	11:30:28 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PIWOŃSKA Agnieszka</b>	<b>2035</b>		Masters K - 40		01:29:54 DNF	05:31:48 DNF	08:28:33 DNF	11:42:44 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>FRANEK Sebastian</b>	<b>2139</b>	MUAY RUNNING TEAM	Masters M - 40		01:34:51 DNF	06:00:23 DNF	09:16:27 DNF	13:02:45 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>COP Anna</b>	<b>2143</b>	SILESIA ULTRA MOUNTAIN TEAM	Senior II K - 30		01:32:08 DNF	06:10:13 DNF	09:44:30 DNF	13:23:53 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>FRUCZ Jacek</b>	<b>2017</b>		Weteran I M - 50		01:34:49 DNF	06:17:15 DNF	10:02:04 DNF	13:41:13 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DMUCH Jakub</b>	<b>2044</b>	NEXTREME	Senior I M - 20		01:01:13 DNF	03:40:07 DNF	06:15:03 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KAWIECKI Paweł</b>	<b>2000</b>	AKADEMIAMUZYCZNABIEGA	Senior I M - 20		01:02:28 DNF	03:46:46 DNF	06:20:36 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JAGIELA Rafał</b>	<b>2099</b>	KUBUŚ TEAM	Senior II M - 30		01:09:19 DNF	04:08:50 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CHYLEWSKI Paweł</b>	<b>2121</b>		Senior II M - 30		01:20:46 DNF	04:51:31 DNF	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Net time 130km	Czas brutto 130km	Gap	Pace min/km	Pace km/h
	<b>LATANOWICZ Bernard</b>	<b>2137</b>		Senior II M - 30		01:18:18 DNF	04:56:22 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TRELA Bartłomiej</b>	<b>2136</b>	BUFF FAMILY TEAM	Senior II M - 30		01:22:09 DNF	05:02:27 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PAWŁOWSKI Jacek</b>	<b>2120</b>		Masters M - 40		01:18:46 DNF	05:23:31 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MICHALSKI Marek</b>	<b>2048</b>	KB CZARNE WILKI	Masters M - 40		01:31:07 DNF	05:43:19 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TRZEBSKI Adam</b>	<b>2097</b>		Senior I M - 20		01:26:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BARTOSZEK Dawid</b>	<b>2081</b>		Senior I M - 20		01:26:57 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WRĘCZYCKI Łukasz</b>	<b>2018</b>	5 PUŁK CHEMICZNY TARNOWSKIE GÓRY	Senior II M - 30		01:27:02 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 132 results.