



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-15
Lądek-Zdrój
130 km

BIEG SUPER TRAIL - 130 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Czas netto 130km	Różn	Tempo min/km	Tempo km/h
1	SARNOWSKI Paweł	2203	BUDIO.PL	Senior II M - 30	1	00:58:34	03:43:05	05:38:08	07:29:30	09:30:32	11:53:26	13:12:02	15:26:22.50		7:07	8.4 (100%)
2	KIELASZEWSKI Karol	2064	LESZNO LIMITS RUNNERS	Senior II M - 30	2	01:10:48	04:11:36	06:15:40	08:06:21	10:04:35	12:31:45	13:47:59	15:59:08.25	+00:32:45 (3.4%)	7:22	8.1 (96.4%)
3	OLSZEWSKI Piotr	2109	FARON-SPORT	Senior II M - 30	3	01:09:49	04:13:11	06:23:56	08:19:51	10:29:41	12:56:14	14:07:11	16:19:24.45	+00:53:01 (5.4%)	7:32	8 (95.2%)
4	KYCIA Piotr	2082	PRINTBOX	Weteran I M - 50	1	01:12:27	04:17:44	06:25:00	08:21:24	10:30:00	12:51:36	14:07:37	16:27:09.40	+01:00:46 (6.2%)	7:35	7.9 (94.0%)
5	SOWA Łukasz	2149		Senior II M - 30	4	01:06:25	03:57:07	06:00:19	07:59:22	10:10:02	12:53:23	14:08:58	16:31:30.80	+01:05:08 (6.6%)	7:37	7.9 (94.0%)
6	CIEPLIK Dawid	2011	LESZ NO LIMITS RUNNERS	Senior II M - 30	5		04:20:07	06:27:47	08:32:56	10:37:39	12:59:46	14:16:06	16:43:35.95	+01:17:13 (7.7%)	7:43	7.8 (92.9%)
7	SZOSTEK Michał	2157	BEFIT24TEAM	Senior I M - 20	1	01:05:34	04:16:19	06:26:31	08:32:28	10:45:27	13:14:51	14:30:38	17:03:19.05	+01:36:56 (9.5%)	7:52	7.6 (90.5%)
8	WETHACZ Dariusz	2173	LOKOMOTIV MAJDAN	Senior II M - 30	6	01:07:37	04:19:31	06:37:43	09:00:37	11:23:44	13:59:56	15:14:55	17:27:45.00	+02:01:22 (11.6%)	8:03	7.4 (88.1%)
9	SCHWITALLA Adrian	2139		Masters M - 40	1	01:06:09	04:23:26	06:45:03	08:57:13	11:19:08	13:50:55	15:05:30	17:29:26.15	+02:03:03 (11.7%)	8:04	7.4 (88.1%)
10	GRABOŚ Nina	2035		Masters K - 40	1	01:18:43	04:45:11	07:05:54	09:10:26	11:29:03	13:55:27	15:15:45	17:46:16.95	+02:19:54 (13.1%)	8:12	7.3 (86.9%)
11	KAPŁOWSKI Jerzy	2060		Masters M - 40	2	01:18:43	04:44:57	06:59:30	09:08:32	11:31:21	14:02:19	15:21:50	18:01:39.90	+02:35:17 (14.4%)	8:19	7.2 (85.7%)
12	DYBOWSKI Piotr	2019	ION1 TEAM	Senior II M - 30	7	01:13:00	04:47:27	07:04:14	09:18:28	11:45:22	14:13:18	15:36:16	18:06:49.70	+02:40:27 (14.8%)	8:21	7.2 (85.7%)
13	KAMIŃSKI Marek	2058		Senior II M - 30	8	01:07:36	04:19:33	06:37:44	08:57:44	11:23:44	13:59:43	15:15:00	18:08:30.65	+02:42:08 (14.9%)	8:22	7.2 (85.7%)
14	BIADASZ Andrzej Michał	2002	POLITECHNIKA POZNAŃSKA	Masters M - 40	3	01:19:16	04:56:25	07:20:50	09:38:24	12:10:08	14:50:05	16:12:58	18:32:39.45	+03:06:16 (16.7%)	8:33	7 (83.3%)
15	JEZIEWSKI Tomasz	2052	SUPADUPAFLY	Masters M - 40	4	01:14:05	04:53:56	07:15:54	09:31:11	11:48:35	14:35:22	16:03:26	18:53:47.75	+03:27:25 (18.3%)	8:43	6.9 (82.1%)
16	MILCZAREK Paweł	2096	ROAD TO UTMB / WOZ-TRANS / SENDEX	Senior II M - 30	9	01:13:33	04:31:48	06:42:48	09:03:16	11:53:10	14:58:28	16:23:58	19:04:12.90	+03:37:50 (19.0%)	8:48	6.8 (81.0%)
17	DEFECIŃSKI Radosław	2201	LUNATYCY	Weteran I M - 50	2	01:14:39	04:53:46	07:21:01	09:37:58	12:11:45	14:49:07	16:15:02	19:06:55.50	+03:40:33 (19.2%)	8:49	6.8 (81.0%)
18	ŻUREK-KRÓL Żaneta	2187	POLITECHNIKA POZNAŃSKA, BIAŁOBRZESKITEAM	Senior II K - 30	1	01:17:19	05:01:55	07:29:09	09:47:29	12:10:44	14:49:28	16:24:34	19:12:26.55	+03:46:04 (19.6%)	8:51	6.8 (81.0%)
19	KRAMER Rafał	2076	LUG TEAM	Masters M - 40	5	01:24:20	05:08:50	07:39:24	10:04:33	12:40:52	15:19:20	16:40:39	19:24:04.05	+03:57:41 (20.4%)	8:57	6.7 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A6	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	100km	112km	130km			
20	GMEREK Michał	2031		Senior II M - 30	10	01:14:31	04:41:38	07:08:53	09:33:05	12:04:23	15:08:31	16:38:30	19:40:42.30	+04:14:19 (21.5%)	9:04	6.6 (78.6%)
21	IZYDORSKI Marcin	2046		Masters M - 40	6	01:25:15	05:16:27	07:49:15	10:12:36	12:50:57	15:35:34	17:07:42	19:43:41.25	+04:17:18 (21.7%)	9:06	6.6 (78.6%)
22	MAJCHROWSKI Jacek	2087	NIEZALEŻNA TARNOBRZESKA GRUPA BIEGOWA RUN'S NOT DEAD	Weteran I M - 50	3	01:18:06	05:02:57	07:34:54	10:00:46	12:36:40	15:26:03	16:50:50	19:47:49.80	+04:21:27 (22.0%)	9:08	6.6 (78.6%)
23	JANKOWSKI Marcin	2049	FU FU FU TEAM	Masters M - 40	7	01:24:37	05:21:37	07:59:26	10:53:55	13:25:21	16:04:28	17:34:06	19:57:30.25	+04:31:07 (22.6%)	9:12	6.5 (77.4%)
24	KRZYWDA Grażyna	2080	NIEPOŁOMICE BIEGAJĄ	Masters K - 40	2	01:26:41	05:22:58	07:51:42	10:13:02	12:47:22	15:34:13	17:08:41	19:58:38.30	+04:32:15 (22.7%)	9:13	6.5 (77.4%)
25	TOMALSKI Marcin	2167		Masters M - 40	8	01:16:14	04:54:03	07:13:29	09:31:41	12:06:13	15:06:08	16:47:14	20:08:35.05	+04:42:12 (23.4%)	9:17	6.5 (77.4%)
26	ZAJĄC Leszek	2180	SOKÓŁ BUKÓWIEC GÓRNY/L.O.T.A.Z	Masters M - 40	9	01:25:12	05:24:25	08:02:37	10:31:55	13:04:21	15:49:32	17:13:43	20:09:16.60	+04:42:54 (23.4%)	9:18	6.5 (77.4%)
27	PIŁKO Marcin	2119	BIEGAJEMNA	Senior II M - 30	11	01:14:56	05:09:31	07:41:42	10:30:25	13:24:41	16:26:34	17:46:44	20:22:02.50	+04:55:40 (24.2%)	9:24	6.4 (76.2%)
28	SZYMAŃSKA Brygida	2160	STRZEGOMSKA DWUNASTKA	Senior II K - 30	2	01:17:13	04:57:22	07:35:08	10:08:39	12:55:31	15:51:37	17:24:05	20:25:45.10	+04:59:22 (24.4%)	9:25	6.4 (76.2%)
29	OSTROWSKI Łukasz	2112	STRZEGOMSKA DWUNASTKA	Senior II M - 30	12	01:17:14	04:57:23	07:35:08	10:08:40	12:55:34	15:51:39	17:24:06	20:25:48.25	+04:59:25 (24.4%)	9:25	6.4 (76.2%)
30	SALWA Krzysztof	2137	SALCLAN-TEAM	Masters M - 40	10	01:20:25	05:01:11	07:30:27	09:50:51	12:46:39	15:56:54	17:27:44	20:29:28.50	+05:03:06 (24.7%)	9:27	6.3 (75.0%)
31	DYRKA Krzysztof	2020	POLITECHNIKA POZNAŃSKA	Masters M - 40	11	01:19:22	05:09:07	07:37:23	10:01:21	12:41:42	15:40:20	17:23:19	20:34:36.15	+05:08:13 (25.0%)	9:29	6.3 (75.0%)
32	WARDZYŃSKI Łukasz	2171		Senior II M - 30	13	01:15:17	04:57:13	07:29:39	09:54:29	12:26:14	15:21:21	16:58:40	20:37:22.25	+05:10:59 (25.1%)	9:31	6.3 (75.0%)
33	DOBROŚ Tomasz	2017		Masters M - 40	12	01:25:17	05:26:22	08:03:49	10:32:35	13:04:19	16:03:58	17:37:16	20:43:43.00	+05:17:20 (25.5%)	9:34	6.3 (75.0%)
34	POSTUPALSKI Michał	2123	IHS MARKIT	Masters M - 40	13	01:20:30	04:53:25	07:14:20	09:43:06	12:14:44	15:14:56	16:55:34	20:45:26.05	+05:19:03 (25.6%)	9:34	6.3 (75.0%)
35	KAŻMIERCZAK Krzysztof	2062		Senior II M - 30	14	01:15:09	04:51:59	07:26:00	10:22:51	13:25:39	16:17:47	17:58:54	20:46:13.15	+05:19:50 (25.7%)	9:35	6.3 (75.0%)
36	POPKO Łukasz	2121		Senior II M - 30	15	01:21:56	05:01:44	07:39:00	10:05:13	13:03:41	16:15:08	17:47:13	20:54:51.50	+05:28:29 (26.2%)	9:39	6.2 (73.8%)
37	JANKOWIAK Przemysław	2048		Weteran I M - 50	4	01:21:32	05:20:18	08:06:23	10:45:19	13:22:18	16:09:27	17:46:21	21:02:58.70	+05:36:36 (26.7%)	9:42	6.2 (73.8%)
38	ZIĘTAK Andrzej	2184	TKKF KOLEJARZ BYDGOSZCZ	Masters M - 40	14	01:05:41	04:44:58	07:28:57	10:17:47	13:18:09	16:20:48	17:53:19	21:05:10.60	+05:38:48 (26.8%)	9:43	6.2 (73.8%)
39	KOWALCZYK Aleksander	2071		Masters M - 40	15	01:21:36	05:22:35	08:00:38	10:41:48	13:13:29	16:19:28	17:51:04	21:07:32.05	+05:41:09 (26.9%)	9:45	6.2 (73.8%)
40	GRACZYK Marcin	2036		Masters M - 40	16	01:23:04	05:29:53	08:14:19	10:48:47	13:22:07	16:27:34	18:04:13	21:10:58.85	+05:44:36 (27.1%)	9:46	6.1 (72.6%)
41	KOWALSKI Andrzej	2072		Weteran II M - 60	1	01:28:43	05:43:24	08:29:32	11:00:30	13:34:48	16:31:54	18:05:15	21:12:55.15	+05:46:32 (27.2%)	9:47	6.1 (72.6%)
42	DĘBICKI Mariusz	2014		Masters M - 40	17	01:23:58	05:13:29	07:47:37	10:11:49	12:48:45	15:54:19	17:40:16	21:13:31.85	+05:47:09 (27.3%)	9:47	6.1 (72.6%)
43	CZAPLA Tomasz	2012		Masters M - 40	18	01:19:57	05:09:13	07:42:56	10:35:06	13:24:57	16:26:21	18:02:03	21:26:34.35	+06:00:11 (28.0%)	9:53	6.1 (72.6%)
44	DANIELEWICZ Andrzej	2013		Masters M - 40	19	01:19:58	05:15:15	07:48:01	10:18:19	13:12:05	16:22:18	18:10:06	21:33:07.00	+06:06:44 (28.4%)	9:56	6 (71.4%)
45	MUSZYŃSKI Krzysztof	2102		Masters M - 40	20	01:22:19	05:11:15	07:43:33	10:21:58	13:34:18	17:04:23	18:45:15	21:44:36.15	+06:18:13 (29.0%)	10:02	6 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A6	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	100km	112km	130km			
46	GARCZYK Rafał	2025		Senior II M - 30	16	01:27:33	05:29:03	08:17:19	10:55:58	14:01:18	17:41:50	18:59:51	21:46:23.40	+06:20:00 (29.1%)	10:02	6 (71.4%)
47	BOROWCZYK Marcin	2005		Masters M - 40	21	01:25:32	05:36:13	08:14:59	10:41:21	13:41:33	16:51:13	18:31:52	21:53:43.95	+06:27:21 (29.5%)	10:06	5.9 (70.2%)
48	MODLISZEWSKI Dariusz	2097	ORANGE POLSKA	Masters M - 40	22	01:24:16	05:35:04	08:34:39	11:06:53	13:52:34	17:01:29	18:42:42	22:00:10.90	+06:33:48 (29.8%)	10:09	5.9 (70.2%)
49	PAJĄK Andrzej	2114	STAY INSANE / BIEGAM Z ABS	Masters M - 40	23	01:21:49	05:06:47	07:33:28	10:00:39	12:52:56	16:23:58	18:03:38	22:04:58.60	+06:38:36 (30.1%)	10:11	5.9 (70.2%)
50	STEC Tomasz	2151	DZIKITIM	Masters M - 40	24	01:24:43	05:46:16	08:44:14	11:14:27	13:44:59		18:24:39	22:09:26.70	+06:43:04 (30.3%)	10:13	5.9 (70.2%)
51	KOSTERA Tomasz	2190	VEGE RUNNERS	Masters M - 40	25	01:24:36	05:30:07	08:09:42	11:10:24	14:03:57	17:11:08	18:55:04	22:10:53.40	+06:44:30 (30.4%)	10:14	5.9 (70.2%)
52	MALCZEWSKI Daniel	2089	WIECZORNE BIEGANIE W OPOLU	Senior II M - 30	17	01:09:18	04:30:52	07:11:08	09:42:47	12:45:47	16:22:58	18:44:06	22:28:43.75	+07:02:21 (31.3%)	10:22	5.8 (69.0%)
53	CHOŁKA Michał	2009		Senior II M - 30	18	01:21:58	05:36:16	08:19:28	11:09:27	14:05:25	17:25:31	19:08:18	22:29:22.35	+07:02:59 (31.3%)	10:22	5.8 (69.0%)
54	KUPCZYK Jacek	2081	MOL RUNNERS	Weteran I M - 50	5	01:16:02	05:00:55	07:44:26	10:29:33	13:34:52	16:57:24	18:46:42	22:35:51.35	+07:09:28 (31.7%)	10:25	5.8 (69.0%)
55	DŁUGAJ Andrzej	2016		Weteran I M - 50	6	01:25:27	05:51:33	08:39:11	11:24:55	14:11:00	17:42:21	19:23:53	23:01:45.20	+07:35:22 (33.0%)	10:37	5.6 (66.7%)
56	SANKOWSKI Jacek	2138		Senior II M - 30	19	01:25:18	05:41:17	08:21:23	11:00:39	14:24:49	18:16:38	19:48:05	23:04:28.75	+07:38:06 (33.1%)	10:38	5.6 (66.7%)
57	CHRZUSZCZ Anna	2010		Senior II K - 30	3	01:26:27	05:43:14	08:27:58	11:20:34	14:10:48	17:36:17	19:27:33	23:12:36.40	+07:46:13 (33.5%)	10:42	5.6 (66.7%)
58	LASEK Mikołaj	2083	PAN WUEFISTA	Senior II M - 30	20	01:27:32	05:29:02	08:18:00	10:59:58	14:00:39	17:41:58	19:21:09	23:17:48.60	+07:51:26 (33.7%)	10:45	5.6 (66.7%)
59	OSAKOWICZ Mateusz	2111		Masters M - 40	26	01:24:18	05:19:28	07:50:38	10:37:47	13:42:00	17:35:10	19:27:03	23:20:59.40	+07:54:36 (33.9%)	10:46	5.6 (66.7%)
60	PASTWA Marek	2202	ON!ZUZA/BEAUTY SPORT	Weteran I M - 50	7	01:33:54	05:56:08	08:53:45	11:39:04	14:52:52	18:16:19	20:06:06	23:25:26.25	+07:59:03 (34.1%)	10:48	5.5 (65.5%)
61	TRZECIAK Andrzej	2169	PURA VIDA TEAM BY GNIEWOMIR	Masters M - 40	27	01:24:25	05:19:16	08:12:32	11:09:56	14:02:05	17:25:27	19:25:27	23:25:34.30	+07:59:11 (34.1%)	10:48	5.5 (65.5%)
62	PAWLAK Bartosz	2117		Masters M - 40	28	01:22:09	05:49:24	08:41:39	11:22:30	14:35:31	18:18:22	19:57:37	23:25:59.30	+07:59:36 (34.1%)	10:48	5.5 (65.5%)
63	JAMBOR Michał	2047	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	Masters M - 40	29	01:22:09	05:49:31	08:41:46	11:22:36	14:35:33	18:18:21	19:57:44	23:26:02.40	+07:59:39 (34.1%)	10:48	5.5 (65.5%)
64	GRUBICH Damian	2037	PARKRUN GRUDZIĄDZ	Masters M - 40	30	01:21:59	05:32:00	08:31:45	11:39:46	15:05:42	18:44:15	20:20:42	23:31:12.55	+08:04:50 (34.4%)	10:51	5.5 (65.5%)
65	MORCINEK Marcin	2100	BLUSZCZA	Masters M - 40	31	01:28:51	05:56:13	08:49:51	11:45:19	15:14:41	18:56:51	20:37:04	23:34:03.40	+08:07:40 (34.5%)	10:52	5.5 (65.5%)
66	GILEWICZ-RACHOWSKA Jagoda	2028	DGR KANCELARIA RADCÓW PRAWNYCH	Senior II K - 30	4	01:27:06	05:39:48	08:31:37	11:14:15	14:15:20	17:47:02	19:49:11	23:46:33.35	+08:20:10 (35.1%)	10:58	5.5 (65.5%)
67	WARZECHA Teresa	2172	RUNNERS TEAM NYSA	Weteran K - 50	1	01:21:17	05:33:02	08:22:48	11:05:53	14:06:41	17:47:36	19:46:50	23:51:10.80	+08:24:48 (35.3%)	11:00	5.5 (65.5%)
68	REKIEĆ-KROGULECKA Kaja	2133	MIRAZ RACE TEAM	Senior I K - 20	1	01:27:10	05:55:16	08:52:35	11:42:58	14:46:03	18:11:01	20:17:17	23:51:40.15	+08:25:17 (35.3%)	11:00	5.4 (64.3%)
69	WYRWAS-ZYGARŁOWSKA Izabela	2179	KOBIETY BIEGAJĄ	Masters K - 40	3	01:22:20	05:34:02	08:27:41	11:24:39	14:21:59	17:53:41	19:55:50	23:53:13.40	+08:26:50 (35.4%)	11:01	5.4 (64.3%)
70	WIŚNIEWSKA Barbara	2176	SPARTA RUNNERS	Senior II K - 30	5	01:29:02	05:57:09	08:48:29	11:39:46	14:45:11	18:14:33	20:19:54	23:57:18.75	+08:30:56 (35.5%)	11:03	5.4 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A6	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	100km	112km	130km			
71	GALASIŃSKI Andrzej	2024	GRUPA SIGMEO	Weteran I M - 50	8	01:22:02	05:34:01	08:27:43	11:25:03	14:34:43	18:04:30	20:09:38	24:03:49.35	+08:37:26 (35.8%)	11:06	5.4 (64.3%)
72	SIWIEC Stanisław	2143		Weteran II M - 60	2	01:25:10	05:41:59	08:41:54	11:44:19	14:37:32	18:20:35	20:18:45	24:09:54.40	+08:43:31 (36.1%)	11:09	5.4 (64.3%)
73	NIEMAS Mariusz	2104	KP PSP WADOWICE	Weteran I M - 50	9	01:32:27	06:18:11	09:12:36	12:13:04	15:14:48	18:40:41	20:22:57	24:11:54.10	+08:45:31 (36.2%)	11:10	5.4 (64.3%)
74	RZUCIDŁO Jakub	2136		Senior II M - 30	21	01:28:28	05:58:29	08:51:10	11:45:37	14:52:35	18:32:01	20:21:12	24:18:17.10	+08:51:54 (36.5%)	11:13	5.3 (63.1%)
75	WIERUSZEWSKI Mateusz	2174	NO EXCUSES TEAM	Masters M - 40	32	01:26:30	06:12:45	09:28:16	12:19:10	15:27:07	18:50:54	20:46:21	24:21:33.75	+08:55:11 (36.6%)	11:14	5.3 (63.1%)
76	PIETRZAK Mateusz	2118		Senior II M - 30	22	01:25:26	05:42:16	08:35:16	11:38:38	14:36:43	18:02:43	20:18:39	24:23:51.75	+08:57:29 (36.7%)	11:15	5.3 (63.1%)
77	MOLENDĄ Michał	2098	DORAN WROCŁAW	Weteran I M - 50	10	01:26:57	06:09:14	09:11:23	12:08:06	15:21:15	18:47:49	20:56:59	24:23:56.50	+08:57:34 (36.7%)	11:15	5.3 (63.1%)
78	KACZOR Łukasz	2057	WILD BUCHAYS	Senior II M - 30	23	01:30:06	06:14:02	09:25:28	12:24:48	15:19:49	18:52:33	20:43:36	24:24:34.45	+08:58:11 (36.7%)	11:15	5.3 (63.1%)
79	HAJDUGA Łukasz	2043	WIECZORNE BIEGANIE W OPOLU	Masters M - 40	33	01:23:38	05:39:16	08:20:14	11:12:32	14:30:49	18:22:21	20:17:31	24:26:44.35	+09:00:21 (36.8%)	11:16	5.3 (63.1%)
80	DĘBSKA Marta	2015	ZIELONEBIEGANIE.PL	Senior II K - 30	6	01:20:21	05:20:25	07:58:11	11:18:52	14:12:25	18:03:57	20:02:38	24:30:02.55	+09:03:40 (37.0%)	11:18	5.3 (63.1%)
81	SZANDAŁA Jacek	2155	CAŁA OLEŚNICA BIEGA	Masters M - 40	34	01:27:06	06:07:49	09:03:23	12:01:18	15:02:10	18:45:08	20:36:52	24:33:29.05	+09:07:06 (37.1%)	11:20	5.3 (63.1%)
82	ZAJĄC Łukasz	2181	PRISJAKT POLAND	Senior II M - 30	24	01:22:41	05:22:44	08:03:26	10:49:08	14:03:33	17:59:03	20:09:03	24:33:38.15	+09:07:15 (37.1%)	11:20	5.3 (63.1%)
83	SEKMAN Tomasz	2140		Masters M - 40	35	01:25:55	05:44:49	08:33:26	11:25:05	14:22:50	18:08:36	20:08:36	24:38:26.80	+09:12:04 (37.3%)	11:22	5.3 (63.1%)
84	JĘDRZEJCZAK Wojciech	2053		Weteran I M - 50	11	01:30:24	05:54:46	08:49:06	11:57:16	15:16:48	18:49:58	20:55:47	24:47:32.45	+09:21:09 (37.7%)	11:26	5.2 (61.9%)
85	RATAJCZAK Joanna	2131	PNB	Masters K - 40	4	01:30:24	05:54:46	08:49:04	11:57:18	15:16:50	18:49:58	20:55:49	24:47:32.65	+09:21:10 (37.7%)	11:26	5.2 (61.9%)
86	WOJTKOWIAK Renata	2177	PIĄTKOWO NA BIEGOWO	Masters K - 40	5	01:30:24	05:54:46	08:49:06	11:57:18	15:16:50	18:50:01	20:55:50	24:47:33.15	+09:21:10 (37.7%)	11:26	5.2 (61.9%)
87	PROZOROWSKI Wiesław	2126	MARATON LESZNO	Weteran I M - 50	12	01:32:20	06:16:20	09:13:09	12:01:32	15:32:44	19:30:57	21:26:50	24:54:01.30	+09:27:38 (38.0%)	11:29	5.2 (61.9%)
88	KOZŁOWSKA Karolina	2074	IX LO BYDGOSZCZ	Masters K - 40	6	01:30:33	06:53:01	10:13:15	13:16:28	16:12:56	19:38:02	21:31:59	25:03:28.50	+09:37:06 (38.4%)	11:33	5.2 (61.9%)
89	BINKO Miłosz	2003		Senior II M - 30	25	01:34:34	06:37:50	09:40:45	12:39:33	16:04:38	19:25:35	21:27:51	25:06:07.50	+09:39:45 (38.5%)	11:35	5.2 (61.9%)
90	SYPEK Damian	2153		Senior II M - 30	26	01:34:35	06:37:53	09:40:55	12:39:41	16:05:07	19:25:51	21:27:56	25:06:09.20	+09:39:46 (38.5%)	11:35	5.2 (61.9%)
91	MASINA Tomasz	2092		Masters M - 40	36	01:14:59	05:09:37	07:42:29	10:32:00	14:00:45	18:10:57	20:35:50	25:09:12.30	+09:42:49 (38.6%)	11:36	5.2 (61.9%)
92	KRAWCZYK Jakub	2077		Senior I M - 20	2	01:22:17	05:54:07	08:59:45	12:24:18	15:30:53	20:07:54	21:55:06	25:11:56.85	+09:45:34 (38.7%)	11:37	5.2 (61.9%)
93	DOLIŃSKI Tomasz	2018	UMAWIANIENABIEGANIETEAM	Weteran I M - 50	13	01:29:40	06:01:35	09:09:29	12:13:07	15:26:11	19:04:16	21:05:11	25:16:16.65	+09:49:54 (38.9%)	11:39	5.1 (60.7%)
94	TALAR Marek	2163	KĘSY TEAM	Senior II M - 30	27	01:28:53	06:21:09	09:23:10	12:38:37	15:37:28	19:31:20	21:22:54	25:16:44.35	+09:50:21 (38.9%)	11:40	5.1 (60.7%)
95	HENDRYS Marek	2044	SPARTA ULTRA TEAM	Senior I M - 20	3	01:24:01	05:51:02	08:49:35	12:02:53	15:23:01	18:51:43	20:54:08	25:19:00.60	+09:52:38 (39.0%)	11:41	5.1 (60.7%)
96	RACZYŃSKI Bogusz	2130	ZEMAT TG	Senior II M - 30	28	01:20:18	05:37:20	08:37:51	11:38:11	14:33:38	18:45:18	20:51:35	25:19:58.60	+09:53:36 (39.1%)	11:41	5.1 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Czas netto 130km	Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km				
97	ŁUKOMSKI Maciej	2086	ŁÓDZKI KLUB WYSOKOGÓRSKI	Masters M - 40	37	01:19:22	05:24:55	08:25:41	11:22:46	14:23:43	18:46:12	20:52:32	25:20:50.95	+09:54:28 (39.1%)	11:41	5.1 (60.7%)
98	NAWROT Artur	2103	MARIOTEAM/DTR BIEGA	Masters M - 40	38	01:24:25	05:56:00	08:59:48	12:03:16	15:26:14	19:21:36	21:27:22	25:23:28.80	+09:57:06 (39.2%)	11:43	5.1 (60.7%)
99	WSZELAK Tomasz	2178	ŁUBUDUBU	Masters M - 40	39	01:25:36	05:48:25	08:43:54	11:40:52	14:35:29	18:35:12	20:47:31	25:25:27.85	+09:59:05 (39.3%)	11:44	5.1 (60.7%)
100	PACUSZKA Krzysztof	2113	ŁUBUDUBU	Masters M - 40	40	01:25:37	05:48:24	08:43:55	11:40:51	14:35:31	18:35:12	20:47:31	25:25:27.90	+09:59:05 (39.3%)	11:44	5.1 (60.7%)
101	GRZELAK Daniel	2040	MARATON LESZNO	Masters M - 40	41	01:32:15	06:24:44	09:33:39	12:32:10	15:46:15	19:20:17	21:25:30	25:26:18.35	+09:59:55 (39.3%)	11:44	5.1 (60.7%)
102	GRZELAK Justyna	2039	MARATON LESZNO	Masters K - 40	7	01:32:14	06:23:37	09:33:39	12:32:11	15:46:15	19:20:08	21:25:30	25:26:19.70	+09:59:57 (39.3%)	11:44	5.1 (60.7%)
103	PYSZKA Remigiusz	2129		Masters M - 40	42	01:16:18	06:02:05	09:22:00	12:51:15	16:20:01	20:05:43	22:26:30	25:32:01.15	+10:05:38 (39.5%)	11:47	5.1 (60.7%)
104	ZAWADKA Dariusz	2182		Masters M - 40	43	01:20:22	05:36:32	08:43:29	11:50:28	15:10:43	19:09:39	21:35:24	25:33:45.00	+10:07:22 (39.6%)	11:47	5.1 (60.7%)
105	POTERSKI Mateusz	2124	MJP DRUKARNIA	Masters M - 40	44	01:24:23	05:59:35	08:58:44	12:02:12	15:36:36	19:38:14	21:41:04	25:40:42.20	+10:14:19 (39.9%)	11:51	5.1 (60.7%)
106	SERAFIN Robert	2141	SANTANDER RUNNERS TEAM	Senior II M - 30	29	01:23:50	05:59:37	08:58:50	12:02:11	15:35:31	19:38:36	21:41:07	25:40:44.55	+10:14:22 (39.9%)	11:51	5.1 (60.7%)
107	ZIEMBA Damian	2183	HRT/ANTONTEAM	Masters M - 40	45	01:26:55	06:27:24	09:37:54	12:31:02	15:40:38	19:17:47	21:41:13	25:44:49.60	+10:18:27 (40.0%)	11:52	5 (59.5%)
108	KÓZKA Przem	2075	BIEGAM, BO NIE LUBIĘ	Masters M - 40	46	01:28:11	06:03:59	09:13:35	12:18:32	15:39:24	19:48:27	21:52:02	25:53:05.05	+10:26:42 (40.4%)	11:56	5 (59.5%)
109	SZACH Andrzej	2154	22KBPG	Masters M - 40	47	01:22:48	06:30:40	09:38:10	12:53:41	16:20:30	20:15:03	22:25:44	25:55:49.05	+10:29:26 (40.5%)	11:58	5 (59.5%)
110	MARKOWSKI Piotr	2091		Masters M - 40	48	01:26:46	06:13:18	09:16:09	12:25:07	15:53:06	19:44:10	22:02:26	25:57:11.75	+10:30:49 (40.5%)	11:58	5 (59.5%)
111	GRABEK Maciej	2034	SPORTOWA BANDA	Senior I M - 20	4	01:21:54	06:29:46	09:36:34	12:50:16	16:19:05	20:11:48	22:23:27	25:58:14.60	+10:31:52 (40.6%)	11:59	5 (59.5%)
112	TASZAREK Jakub	2164		Masters M - 40	49	01:25:55	05:58:06	09:21:43	12:43:20	16:20:48	20:12:07	22:15:48	26:00:45.05	+10:34:22 (40.6%)	12:00	5 (59.5%)
113	POMASKI Paweł	2120	DOGOŃ GRODZISK MAZOWIECKI	Weteran I M - 50	14	01:31:18	05:59:07	09:11:00	12:32:30	16:01:28	20:07:03	22:30:47	26:06:12.85	+10:39:50 (40.9%)	12:02	5 (59.5%)
114	GUŹDZIOŁ Jarek	2042	DZIKI TE@M	Masters M - 40	50	01:30:31	06:53:04	10:13:13	13:16:29	16:33:50	20:14:54	22:22:10	26:07:17.60	+10:40:55 (40.9%)	12:03	5 (59.5%)
115	WALKOWIAK Joanna	2191	MUAY RUNNING TEAM	Senior II K - 30	7	01:29:13	06:06:19	09:17:10	12:31:22	15:55:34	19:59:50	22:07:18	26:07:23.90	+10:41:01 (40.9%)	12:03	5 (59.5%)
116	KOROBIJ Krzysztof	2070	X-TEAM SPECIAL FORCES	Senior I M - 20	5	01:23:38	06:31:29	09:36:51	12:52:00	16:20:50	20:13:34	22:26:26	26:09:45.65	+10:43:23 (41.0%)	12:04	5 (59.5%)
117	SZRETER Paweł	2158		Weteran I M - 50	15	01:34:32	06:31:56	09:51:28	13:08:57	16:15:36	20:10:19	22:33:44	26:09:48.75	+10:43:26 (41.0%)	12:04	5 (59.5%)
118	ŚWIETLIK Paweł	2162		Senior II M - 30	30	01:32:34	06:07:30	08:55:05	12:03:32	15:14:58	19:02:22	21:43:06	26:17:54.95	+10:51:32 (41.3%)	12:08	4.9 (58.3%)
119	JASIŃSKI Mikołaj	2051	UKA WARSZAWA	Weteran I M - 50	16	01:36:07	06:35:13	09:37:49	12:47:06	16:24:21	20:30:09	22:36:28	26:20:31.20	+10:54:08 (41.4%)	12:09	4.9 (58.3%)
120	POSADZKI Paweł	2122	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	Senior II M - 30	31	01:25:34	06:05:58	08:51:38	13:00:15	17:01:49	21:28:58	23:13:09	26:23:38.65	+10:57:16 (41.5%)	12:10	4.9 (58.3%)
121	ŚRÓDKA Bartłomiej	2161		Senior II M - 30	32	01:34:18	06:28:54	09:35:02	13:02:58	16:21:00	20:12:21	22:22:06	26:38:29.90	+11:12:07 (42.0%)	12:17	4.9 (58.3%)
122	TRZPIOLA Tycjan	2170	KURACJUSZE	Senior II M - 30	33	01:40:54	07:25:00	11:27:31	14:02:20	17:00:05	20:50:18	23:02:33	26:43:58.80	+11:17:36 (42.2%)	12:20	4.9 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A6	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	100km	112km	130km			
123	GOZDAN Dariusz	2033		Masters M - 40	51	01:41:31	07:13:10	10:42:30	14:02:14	17:20:08	21:06:52	23:11:16	26:48:19.00	+11:21:56 (42.4%)	12:22	4.8 (57.1%)
124	KARAWACKI Grzegorz	2061	KĘCKIE HARPAGANY	Senior II M - 30	34	01:42:44	07:11:01	10:47:10	14:08:42	17:22:56	21:21:50	23:26:28	26:56:31.15	+11:30:08 (42.7%)	12:26	4.8 (57.1%)
	PASTERNAK Daniel	2116	ULKS BYSTRZYCA KŁODZKA	Senior I M - 20		01:13:15 DNF	05:06:39 DNF	07:47:07 DNF	10:33:16 DNF	13:15:28 DNF	16:50:58 DNF	19:57:42 DNF	DNF	-	-	(0.0%)
	MOŃKA Łukasz	2099	SPARTA ULTRA TEAM	Senior II M - 30		01:23:55 DNF	06:16:27 DNF	09:37:45 DNF	12:56:22 DNF	16:36:21 DNF	21:02:38 DNF	23:20:32 DNF	DNF	-	-	(0.0%)
	SZELIGA Jacek	2156		Masters M - 40		01:26:45 DNF	06:13:15 DNF	09:13:41 DNF	12:25:06 DNF	15:57:18 DNF	19:49:54 DNF	DNF	DNF	-	-	(0.0%)
	DZIĄDZIAK Łukasz	2021	SENTE	Senior II M - 30		01:06:37 DNF	03:58:52 DNF	05:59:55 DNF	07:55:22 DNF	10:37:14 DNF	DNF	DNF	DNF	-	-	(0.0%)
	GRUPA Jarek	2038	SZWL A STARGARD	Senior II M - 30		01:15:14 DNF	05:10:45 DNF	07:54:59 DNF	10:31:01 DNF	13:48:55 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KACZMAREK Jędrzej	2055	KP PSP MILICZ	Senior I M - 20		01:16:17 DNF	05:10:40 DNF	07:48:26 DNF	10:32:54 DNF	15:27:55 DNF	DNF	DNF	DNF	-	-	(0.0%)
	BABIRECKI Krzysztof	2000	FU FU FU TEAM	Masters M - 40		01:25:38 DNF	06:06:57 DNF	08:50:06 DNF	12:47:45 DNF	16:26:20 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SOPEL Wiesław	2148	AS UT LUBACZÓW	Weteran I M - 50		01:29:53 DNF	06:27:50 DNF	09:54:53 DNF	12:57:57 DNF	16:37:08 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KRUPIŃSKI Tadeusz	2078		Weteran I M - 50		01:30:21 DNF	06:39:05 DNF	09:54:26 DNF	13:27:04 DNF	17:20:58 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SUDNIK Krzysztof	2152		Senior II M - 30		01:07:41 DNF	04:31:10 DNF	06:51:37 DNF	09:22:42 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MIGACZ Dawid	2095	BARTOSZ GORCZYCA TEAM #1X1	Senior II M - 30		01:15:59 DNF	04:40:29 DNF	06:57:45 DNF	09:29:15 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ROGOWSKI Krzysztof	2134		Senior II M - 30		01:14:42 DNF	05:04:01 DNF	07:40:45 DNF	10:15:04 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WINIAREK Leszek	2175	#TEAMDKMS	Masters M - 40		01:20:22 DNF	05:28:50 DNF	08:21:03 DNF	11:02:14 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KICH Marek	2063		Senior II M - 30		01:18:14 DNF	05:07:31 DNF	08:09:25 DNF	11:34:20 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GMAJ Karolina	2030		Masters K - 40		01:27:59 DNF	05:59:27 DNF	09:09:37 DNF	12:45:17 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GMAJ Daniel	2029		Senior II M - 30		01:28:02 DNF	05:59:27 DNF	09:09:38 DNF	12:45:19 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	NOWAK Bartosz	2106	POMIOTY SZATANA	Senior II M - 30		01:33:49 DNF	06:51:41 DNF	10:33:08 DNF	13:48:40 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KANIA Krystian	2059		Masters M - 40		01:26:55 DNF	06:48:47 DNF	10:16:18 DNF	13:55:56 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	FLORCZAK Sebastian	2023	SZWL A STARGARD	Masters M - 40		01:06:39 DNF	04:11:40 DNF	06:26:40 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BEDNAREK Grzegorz	2188		Senior II M - 30		01:03:05 DNF	04:02:19 DNF	06:56:12 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	LISOWSKA-WOŚ Agnieszka	2085	NIEPOŁOMICE BIEGAJA/JARUNA	Senior II K - 30		01:12:20 DNF	05:05:30 DNF	07:53:26 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GONCZAR Szymon	2032	KW GLIWICE	Senior II M - 30		01:06:45 DNF	05:29:15 DNF	08:00:18 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MICHALOWSKI Marcin	2094	#MARCINSWIERCTEAM	Masters M - 40		01:12:58 DNF	05:01:53 DNF	08:14:32 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JOVANOVIĆ Marko	2054		Senior I M - 20		01:30:49 DNF	05:37:02 DNF	08:35:20 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A6	A7	Czas netto	Różn	Tempo	Tempo
						10km	32km	47km	64km	81km	100km	112km	130km		min/km	km/h
	KONIECZNY Maciej	2069	MK-CONNECT	Masters M - 40		01:23:30 DNF	05:39:50 DNF	08:35:47 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MOSKAL Izabella	2101	TKKF MPK POZNAŃ	Masters K - 40		01:26:47 DNF	05:54:45 DNF	08:56:54 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RATAJCZAK Marcin	2132		Senior II M - 30		01:27:48 DNF	05:55:46 DNF	09:04:43 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	OBIDOWSKI Łukasz	2107	NARAMOWICE BIEGAJĄ	Senior II M - 30		01:37:45 DNF	06:47:11 DNF	10:49:09 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKAŁECKI Przemysław	2144	HIAB SPORT TEAM	Senior II M - 30		01:37:47 DNF	06:47:12 DNF	10:49:11 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NIEMCZAK Basia	2105	ULTRA KSP	Senior II K - 30		01:37:21 DNF	07:04:54 DNF	11:07:37 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RUTKOWSKI Kazimierz	2135	KUSY I SPÓŁKA	Weteran II M - 60		01:34:10 DNF	07:02:47 DNF	11:23:22 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRYCH Rafał	2079		Masters M - 40		01:40:56 DNF	07:25:02 DNF	11:27:36 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKARŻYŃSKI Wojciech	2145		Masters M - 40		02:00:15 DNF	07:48:27 DNF	11:36:52 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GRZELCZAK Barbara	2041		Masters K - 40		02:00:15 DNF	07:48:22 DNF	11:37:06 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PTASZYŃSKA Anna	2128	SPEED FEET '16	Weteran K - 50		01:43:27 DNF	07:15:18 DNF	11:47:20 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BORIS Aneta	2004		Senior II K - 30		01:49:37 DNF	07:49:57 DNF	11:57:16 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BUK Sławomir	2007	PRZEDWOJEWSKI TEAM	Masters M - 40		01:09:35 DNF	04:59:07 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKORCZYK Adrian	2146	SPEED FEET '16	Masters M - 40		01:22:28 DNF	05:07:30 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PAROL Paweł	2115	SZYMANKOWSZCZYŻNA	Masters M - 40		01:25:07 DNF	05:54:10 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STASINKIEWICZ Aleksander	2150		Senior I M - 20		01:01:55 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BABULA Sebastian	2001	IZERY BOGATYNIA	Masters M - 40		01:17:25 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GAWLIK Marcin	2026	MKS SIECHNICE	Masters M - 40		01:18:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PRAŁAT Tomasz	2125	MARATON LESZNO	Masters M - 40		01:18:48 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HOSS Jan	2045		Masters M - 40		01:20:38 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TOMCZAK Agnieszka	2168		Masters K - 40		01:21:24 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TOJZA Tomasz	2166		Masters M - 40		01:21:33 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOSKI Mariusz	2204		Masters M - 40		01:24:05 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JASICKI Krzysztof	2050	RUNHOGS TYCHY	Masters M - 40		01:29:17 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 172 wynik(ów)