

BIEG SUPER TRAIL - 130 KM

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-19
Miejsce: Łądek-Zdrój
Dystans: 130 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
1	JÓZWIAK Piotr	69	KITA TEAM	Senior II M - 30	1	01:00:11	03:21:42	05:23:41	07:16:33	09:16:27	11:29:58	12:53:02	15:01:29.25	15:01:31.50		6:56	8.7 (100%)
2	STOLARZ Piotr	116		Masters M - 40	1	01:01:20	03:27:08	05:23:40	07:16:40	09:19:32	11:31:56	13:02:27	15:14:10.75	15:14:15.60	+00:12:44 (1.4%)	7:01	8.5 (97.7%)
3	ŻARECKI Łukasz	87		Senior II M - 30	2	01:04:56	03:37:11	05:38:03	07:33:34	09:46:20	12:01:39	13:24:52	15:45:35.70	15:45:40.60	+00:44:09 (4.7%)	7:16	8.2 (94.3%)
4	BORÓWKA Ryszard	19		Masters M - 40	2	01:05:14	03:39:28	05:48:30	07:48:39	09:52:08	12:21:36	13:44:26	16:05:30.40	16:05:37.40	+01:04:05 (6.6%)	7:25	8.1 (93.1%)
5	POLAK Stanisław	93	NIEZRZESZONY	Masters M - 40	3	01:09:00	03:55:36	06:11:07	08:13:53	10:24:19	12:51:11	14:14:40	16:39:04.85	16:39:17.40	+01:37:45 (9.8%)	7:41	7.8 (89.7%)
5	MATEJCZUK Agata	108	ATTIQ TEAM	Senior II K - 30	1	01:06:48	03:52:53	06:01:28	08:13:55	10:24:20	12:51:20	14:14:43	16:39:06.85	16:39:17.40	+01:37:45 (9.8%)	7:41	7.8 (89.7%)
7	PAWLUŚ Mirosław	42	JSC JASŁO	Masters M - 40	4	01:08:59	03:58:44	06:12:58	08:22:23	10:39:10	13:11:45	14:46:46	17:15:25.25	17:15:29.50	+02:13:58 (12.9%)	7:57	7.5 (86.2%)
8	KAROLAK Ania	92		Senior II K - 30	2	01:09:02	04:10:22	06:46:22	08:49:36	10:53:26	13:25:11	14:55:20	17:22:07.70	17:22:16.60	+02:20:45 (13.5%)	8:00	7.5 (86.2%)
8	DYJAK Robert	46		Senior II M - 30	3	01:06:40	03:53:13	06:01:36	08:23:47	10:53:46	13:25:15	14:55:23	17:22:12.80	17:22:16.60	+02:20:45 (13.5%)	8:01	7.5 (86.2%)
10	RZĄDKOWSKI Mirosław	30	NIAGARA FITNES KLUB RAKONIEWICE	Weteran I M - 50	1	01:05:37	03:41:07	05:49:16	08:04:34	10:42:38	13:32:20	15:01:32	17:29:04.40	17:29:11.70	+02:27:40 (14.1%)	8:04	7.4 (85.1%)
11	PAŁETKO Grzegorz	18	NYSA BIEGA	Senior II M - 30	4	01:12:33	04:08:00	06:28:06	08:35:25	10:59:25	13:39:40	15:09:31	17:48:02.55	17:48:19.30	+02:46:47 (15.6%)	8:12	7.3 (83.9%)
12	WOJNO Arkadiusz	21	HUSARIA RACE TEAM	Senior II M - 30	5	01:05:37	03:54:42	06:11:31	08:24:43	10:59:59	14:04:06	15:43:07	17:50:01.80	17:50:10.65	+02:48:39 (15.8%)	8:13	7.3 (83.9%)
13	PODOLAK Ula	104		Senior I K - 20	1	01:09:17	04:05:16	06:12:38	08:25:30	10:55:17	13:46:52	15:28:00	18:21:36.45	18:21:40.10	+03:20:08 (18.2%)	8:28	7.1 (81.6%)
14	SZENDZIELARZ Marcin	99	WYZNAWCY KOŃCA SEZONU BIEGOWEGO	Masters M - 40	5	01:08:59	04:04:32	06:22:35	08:38:42	11:06:50	13:39:55	15:25:47	18:31:05.10	18:31:10.60	+03:29:39 (18.9%)	8:32	7 (80.5%)
15	GOSTYŃSKI Krzysztof	36		Masters M - 40	6	01:14:59	04:24:40	06:59:33	09:13:22	11:34:49	14:24:41	16:11:51	18:45:22.50	18:45:37.30	+03:44:05 (19.9%)	8:39	6.9 (79.3%)
16	NIEMIRO Dominika	81	JAGODOWO-KALINOWY TEAM	Senior II K - 30	3	01:23:59	04:46:23	07:20:07	09:32:05	11:49:33	14:32:47	16:03:10	18:47:52.45	18:48:20.45	+03:46:48 (20.1%)	8:40	6.9 (79.3%)
17	TUCZYŃSKI Maciej 'Apacz'	106	OLD SCHOOL TRAIL RUNNING	Senior II M - 30	6	01:08:46	04:02:40	06:24:29	08:42:40	11:27:06	14:13:06	16:00:31	18:51:38.55	18:51:52.65	+03:50:21 (20.4%)	8:42	6.9 (79.3%)
18	BORUSIŃSKI Piotr	102	AML SŁUPSK	Masters M - 40	7	01:13:26	04:24:41	06:58:30	09:26:41	12:03:31	14:49:43	16:21:09	18:55:02.25	18:55:13.50	+03:53:42 (20.6%)	8:43	6.9 (79.3%)
19	DOROSZ Marek	95	KB MANIAC	Weteran I M - 50	2	01:17:29	04:34:13	07:23:08	09:53:30	12:31:45	14:45:00	16:45:06	19:18:55.05	19:19:05.30	+04:17:33 (22.2%)	8:54	6.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A6	A7	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	100km	112km	130km	130km			
20	KNAPIK Piotr	58	TEAM KURORT ŁĄDEK ZDRÓJ	Masters M - 40	8	01:19:10	04:30:39	06:59:07	09:04:20	11:52:33	14:43:39	16:20:40	19:19:59.85	19:20:18.90	+04:18:47 (22.3%)	8:55	6.7 (77.0%)
21	SOBORSKI Krzysztof	101	1977	Masters M - 40	9	01:14:44	04:31:59	07:17:47	09:52:31	12:42:55	15:48:04	17:27:53	19:48:24.45	19:48:40.50	+04:47:09 (24.2%)	9:08	6.6 (75.9%)
22	NIEZGÓDKA Tomasz	88	FAKTORINGEKSPERT.PL	Masters M - 40	10	01:10:46	04:13:58	06:46:28	08:58:39	11:40:44	14:46:45	16:48:18	19:51:42.70	19:51:48.65	+04:50:17 (24.4%)	9:10	6.5 (74.7%)
23	WRÓBEL Kelli	112		Senior II K - 30	4	01:20:22	04:39:23	07:36:14	10:16:08	13:02:07	15:50:05	17:28:55	20:00:54.20	20:01:19.00	+04:59:47 (25.0%)	9:14	6.5 (74.7%)
24	KURPIEWSKA Anna	39	GT RAT	Masters K - 40	1	01:13:19	04:33:39	07:07:38	09:35:07	12:18:13	15:23:25	17:24:40	20:17:15.80	20:17:28.10	+05:15:56 (26.0%)	9:21	6.4 (73.6%)
25	SIKORSKI Marcin	63	TT SZCZECIN	Masters M - 40	11	01:13:17	04:33:37	07:07:41	09:35:05	12:18:19	15:23:23	17:24:41	20:17:14.05	20:17:28.25	+05:15:56 (26.0%)	9:21	6.4 (73.6%)
26	PIETRZAK Jan	49	WKURW_TEAM	Senior II M - 30	7	01:16:51	04:34:52	07:00:05	09:27:27	12:04:18	15:11:34	17:02:41	20:24:38.85	20:24:49.50	+05:23:18 (26.4%)	9:25	6.4 (73.6%)
27	CAŁY Patryk	15	#KFD FALLOUT TEAM	Senior II M - 30	8	01:22:18	04:56:38	07:38:43	10:16:25	13:07:18	16:12:10	18:02:40	20:41:46.30	20:42:06.25	+05:40:34 (27.4%)	9:33	6.3 (72.4%)
28	KOZŁOWSKI Leszek	25		Masters M - 40	12	01:16:12	04:54:23	07:47:13	10:27:40	13:10:55	16:06:37	17:50:39	20:46:42.45	20:46:53.10	+05:45:21 (27.7%)	9:35	6.3 (72.4%)
29	FILIPIAK Hieronim	29	MIECHOWICKA GRUPA BIEGOWA	Masters M - 40	13	01:17:42	04:41:45	07:18:12	09:49:55	12:37:53	15:41:57	17:36:51	20:48:17.60	20:48:41.70	+05:47:10 (27.8%)	9:36	6.2 (71.3%)
30	BOGDANOWICZ Beata	91	BIEGOWY ŚWIAT	Masters K - 40	2	01:20:17	04:41:41	07:18:08	09:49:49	12:29:17	15:22:02	17:12:10	20:52:41.85	20:53:09.20	+05:51:37 (28.1%)	9:38	6.2 (71.3%)
31	PASTUŁA Łukasz	6		Senior II M - 30	9	01:20:31	04:48:39	07:20:24	09:42:10	12:29:23	15:25:03	17:12:30	20:52:55.80	20:53:10.15	+05:51:38 (28.1%)	9:38	6.2 (71.3%)
32	LIPIŃSKI Krzysztof	97	KB MANIAC POZNAŃ	Weteran I M - 50	3	01:20:34	04:43:07	07:22:55	09:53:23	12:36:46	15:57:34	18:02:14	21:13:10.40	21:13:29.70	+06:11:58 (29.2%)	9:47	6.1 (70.1%)
33	SADŁO Tomasz	34	KOLEGIUM SĘDZIÓW ZABRZE	Senior II M - 30	10	01:11:32	04:14:43	06:49:19	09:13:19	12:01:15	15:48:28	18:06:01	21:18:30.75	21:18:51.95	+06:17:20 (29.5%)	9:50	6.1 (70.1%)
34	MARTIN Jacek	68		Masters M - 40	14	01:15:56	05:30:44	08:35:49	11:10:53	14:03:46	17:03:35	18:52:11	22:03:19.10	22:03:33.45	+07:02:01 (31.9%)	10:10	5.9 (67.8%)
35	ŻAK - ŁEBEK Ewa	100		Masters K - 40	3	01:26:35	05:22:44	08:24:03	11:10:33	14:06:29	17:07:54	19:01:28	22:03:28.05	22:03:44.35	+07:02:12 (31.9%)	10:10	5.9 (67.8%)
36	ZACZYŃSKA Anna	76		Senior II K - 30	5	01:13:10	04:23:43	06:47:19	08:59:31	11:39:27	14:52:22	17:10:29	22:03:48.60	22:04:06.50	+07:02:35 (31.9%)	10:10	5.9 (67.8%)
37	REJF Tomasz	12	RUDY AND TUNIEK	Masters M - 40	15	01:20:44	05:05:46	07:51:41	10:26:43	13:28:59	16:42:38	18:51:23	22:03:57.70	22:04:07.30	+07:02:35 (31.9%)	10:11	5.9 (67.8%)
38	DZIUBA Piotr	26		Masters M - 40	16	01:23:16	05:05:33	07:51:09	10:27:11	13:23:36	16:42:05	18:50:50	22:03:25.50	22:04:07.35	+07:02:35 (31.9%)	10:10	5.9 (67.8%)
39	KISIAŁA Filip	2	LACHO TEAM	Senior II M - 30	11	01:17:15	04:51:56	07:43:22	10:25:40	13:24:02	16:51:38	18:52:44	22:06:04.95	22:06:30.05	+07:04:58 (32.0%)	10:12	5.9 (67.8%)
40	AUGUSTOWSKA Izabela	72	KB GEOTERMIA UNIEJÓW	Masters K - 40	4	01:29:59	05:27:55	08:26:54	11:28:46	14:33:25	17:26:14	19:12:42	22:19:01.95	22:19:10.45	+07:17:38 (32.7%)	10:18	5.8 (66.7%)
41	PROZOROWSKI Wiesław	28	MARATON LESZNO	Weteran I M - 50	4	01:30:11	05:24:47	08:24:53	11:08:54	14:03:57	17:18:07	19:12:38	22:19:02.85	22:19:11.85	+07:17:40 (32.7%)	10:18	5.8 (66.7%)
42	DUDZIK Jacek	56	TEAMKURORT ŁĄDEK ZDRÓJ	Weteran II M - 60	1	01:25:05	05:14:06	08:18:14	11:04:10	13:46:59	15:42:10	19:16:09	22:43:18.10	22:43:35.55	+07:42:04 (33.9%)	10:29	5.7 (65.5%)
43	SERAFIN Paulina	98	RZESZOWSKIE GAZELE I GEPARDY	Senior II K - 30	6	01:25:54	05:06:19	07:54:54	10:40:57	13:47:40	17:35:17	19:31:13	22:46:30.95	22:46:50.15	+07:45:18 (34.0%)	10:30	5.7 (65.5%)
44	JANKOWIAK Przemysław	11		Masters M - 40	17	01:13:58	05:20:19	08:25:02	11:14:24	14:07:26	17:25:28	19:32:10	22:55:30.80	22:55:39.10	+07:54:07 (34.5%)	10:34	5.7 (65.5%)
45	STAWICKI Grzegorz	109	RUNTEAM PAWŁOWICE	Masters M - 40	18	01:28:14	05:14:07	07:56:33	10:32:16	13:19:32	16:33:29	18:37:11	22:55:14.30	22:55:57.35	+07:54:25 (34.5%)	10:34	5.7 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A6	A7	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	100km	112km	130km	130km			
46	KOZŁOWSKI Bartłomiej	110		Masters M - 40	19	01:29:23	05:21:37	08:10:10	10:59:13	14:07:09	17:48:09	19:50:48	23:10:39.55	23:11:18.05	+08:09:46 (35.2%)	10:41	5.6 (64.4%)
47	ZUBOWICZ Jakub	33	ŻWAWĘ ŻUBRY / BZ WBK FAKTOR	Senior II M - 30	12	01:29:42	05:07:08	08:05:14	11:03:31	14:07:08	17:51:04	19:57:56	23:45:16.25	23:45:52.90	+08:44:21 (36.8%)	10:57	5.5 (63.2%)
48	NOJSZEWSKA Anika	83		Senior II K - 30	7	01:29:24	05:21:37	08:10:18	11:01:41	14:07:35	17:49:32	20:28:39	24:16:00.05	24:16:38.95	+09:15:07 (38.1%)	11:12	5.4 (62.1%)
49	KOTYSZ Waldemar	66	GIC	Weteran I M - 50	5	01:26:46	05:35:47	08:34:16	11:28:37	14:54:22	18:33:08	20:58:06	24:26:56.45	24:27:43.70	+09:26:12 (38.6%)	11:17	5.3 (60.9%)
50	MATYSZCZAK Sławomir	90		Weteran I M - 50	6	01:36:37	05:54:28	09:03:41	11:51:47	15:00:28	18:39:23	21:16:44	24:31:47.65	24:33:18.40	+09:31:46 (38.8%)	11:19	5.3 (60.9%)
51	WOLSZCZAK Konrad	24	KLUB RUGBY MIEDZIOWI LUBIN	Senior II M - 30	13	01:36:39	05:54:25	09:03:44	11:51:56	15:00:33	18:39:29	21:16:45	24:31:48.40	24:33:18.60	+09:31:47 (38.8%)	11:19	5.3 (60.9%)
52	PALKIJ Aleksandra	67	KS LIMANOWA FORREST	Senior II K - 30	8	01:36:33	05:54:18	09:03:39	11:51:47	15:00:30	18:39:21	21:17:09	24:31:42.65	24:33:18.90	+09:31:47 (38.8%)	11:19	5.3 (60.9%)
53	MARCINIAK Paweł	85	CROSS STRACENÓW TEAM	Weteran I M - 50	7	01:23:49	05:30:49	08:53:27	12:06:46	15:32:48	19:15:17	20:29:14	24:35:44.10	24:35:57.35	+09:34:25 (38.9%)	11:21	5.3 (60.9%)
54	PFAJFER Marek	78	SPÓJNIA BIAŁE BŁOTA	Senior II M - 30	14	01:22:30	05:07:59	08:18:30	11:14:54	14:14:10	17:57:45	20:20:55	24:37:22.70	24:37:38.10	+09:36:06 (39.0%)	11:21	5.3 (60.9%)
55	MIKOŁAJCZYK Agnieszka	47	HUSARIA RACE TEAM	Senior II K - 30	9	01:18:39	04:59:28	08:01:19	10:51:23	13:51:03	17:30:47	19:53:32	24:39:34.45	24:39:43.30	+09:38:11 (39.1%)	11:22	5.3 (60.9%)
56	SLOWINSKI Grzegorz	54		Senior II M - 30	15	01:35:57	05:29:15	08:08:45	10:47:18	13:50:23	18:02:07	21:07:28	24:42:24.55	24:43:10.25	+09:41:38 (39.2%)	11:24	5.3 (60.9%)
57	TROJAN Paweł	77	SZCZYTNA BIEGA	Senior II M - 30	16	01:21:40	05:11:07	08:08:35	11:04:48	14:18:58	17:59:01	20:33:54	24:49:05.15	24:49:17.55	+09:47:46 (39.5%)	11:27	5.2 (59.8%)
58	WIJAS Mariusz	86		Masters M - 40	20	01:34:15	05:48:39	08:53:14	12:01:34	15:14:48	18:56:13	21:15:32	24:49:15.70	24:49:46.05	+09:48:14 (39.5%)	11:27	5.2 (59.8%)
59	LEMBOWICZ Grzegorz	8	POZNAN I LOVE YOU TEAM	Masters M - 40	21	01:34:34	05:37:47	08:33:59	11:21:28	14:40:21	18:09:52	20:30:21	24:52:25.50	24:53:13.90	+09:51:42 (39.6%)	11:28	5.2 (59.8%)
60	SOBKOWIAK Ewa	103		Weteran K - 50	1	01:32:44	06:17:41	09:36:28	12:37:08	15:31:42	19:06:52	21:29:41	24:58:23.60	24:59:11.75	+09:57:40 (39.9%)	11:31	5.2 (59.8%)
61	TOMICZEK Tomasz	41	ZDISKWALIFIKOWANI	Senior II M - 30	17	01:36:01	05:29:19	08:08:44	10:47:19	13:50:43	18:09:56	21:15:27	25:04:13.30	25:04:59.45	+10:03:27 (40.1%)	11:34	5.2 (59.8%)
62	SIENKIEWICZ Wojtek	22	OGARY DOLORES	Masters M - 40	22	01:29:15	05:48:13	08:58:22	11:51:46	14:50:44	18:09:33	20:53:28	25:12:17.30	25:12:57.15	+10:11:25 (40.4%)	11:37	5.2 (59.8%)
63	MŁODOŻENIEC Mirosław	73	REMBERTÓW TEAM	Senior II M - 30	18	01:22:01	05:08:07	08:10:22	11:03:21	13:55:59	17:36:31	20:40:39	25:12:55.30	25:13:36.85	+10:12:05 (40.4%)	11:38	5.2 (59.8%)
64	PAWŁOWICZ Przemysław	17		Masters M - 40	23	01:35:37	05:45:15	09:02:20	11:59:48	15:15:46	19:08:35	21:26:24	25:14:14.55	25:14:50.70	+10:13:19 (40.5%)	11:38	5.2 (59.8%)
65	BARAŃSKI Rafał	59	BIEGAM BO MUSZĘ OPOLE	Masters M - 40	24	01:34:20	05:54:50	09:06:47	12:14:18	15:28:30	19:09:23	21:41:54	25:20:04.10	25:20:49.00	+10:19:17 (40.7%)	11:41	5.1 (58.6%)
66	CHWAŁOWSKA Agnieszka	43	FUDU&CO. SPORT TEAM	Masters K - 40	5	01:23:40	05:38:13	08:58:06	12:08:32	15:19:18	16:23:04	21:42:11	25:24:43.40	25:25:12.85	+10:23:41 (40.9%)	11:43	5.1 (58.6%)
67	ERENBERG Rafał	51	FUDU&CO. SPORT TEAM	Senior II M - 30	19	01:23:39	05:38:18	08:58:05	12:08:39	15:19:14	18:59:39	21:42:11	25:24:43.15	25:25:13.25	+10:23:41 (40.9%)	11:43	5.1 (58.6%)
68	LIPIŃSKI Marek	113		Masters M - 40	25	01:18:15	04:41:46	07:41:52	10:30:08	13:33:21	17:29:16	20:01:02	25:28:16.85	25:28:50.80	+10:27:19 (41.0%)	11:45	5.1 (58.6%)
69	ZIELIŃSKI Radosław	48	STARE BABICE BIEGAJĄ	Masters M - 40	26	01:34:32	05:53:12	09:05:08	12:06:32	15:27:07	19:22:25	21:51:22	25:28:44.95	25:29:07.30	+10:27:35 (41.0%)	11:45	5.1 (58.6%)
70	KULIBERDA Tomasz	96	TEATR O.DE.LA	Masters M - 40	27	01:20:55	05:03:47	08:17:45	11:16:49	14:50:33	18:50:41	21:28:31	25:30:18.55	25:30:43.45	+10:29:11 (41.1%)	11:46	5.1 (58.6%)
71	PRZYBYŁA Adam	53	WOLFMOOTO TEAM	Masters M - 40	28	01:30:02	06:16:01	09:28:43	12:27:32	15:53:44	19:29:42	21:45:03	25:38:03.90	25:38:39.65	+10:37:08 (41.4%)	11:49	5.1 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto							Czas brutto		Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	130km	130km			
72	ROWIŃSKI Marek	74	PAN	Masters M - 40	29	01:40:57	06:01:25	09:30:06	12:43:21	16:02:28	19:35:01	21:44:58	25:37:54.30	25:38:39.80	+10:37:08 (41.4%)	11:49	5.1 (58.6%)
73	RUTKOWSKI Janusz	62		Weteran I M - 50	8	01:29:50	06:08:13	09:34:53	12:54:16	16:01:20	19:48:50	21:58:02	25:43:15.15	25:43:25.65	+10:41:54 (41.6%)	11:52	5.1 (58.6%)
74	CHMIELEWSKI Jacek	31		Weteran I M - 50	9	01:34:46	06:28:41	10:00:07	13:09:00	16:11:28	19:52:17	22:12:34	25:46:14.20	25:46:23.75	+10:44:52 (41.7%)	11:53	5 (57.5%)
75	WIELEWSKI Waldemar	32	GRUPA TRÓJMIASTO	Masters M - 40	30	01:34:47	06:28:38	10:00:07	13:09:00	16:11:30	19:52:17	22:12:34	25:46:14.45	25:46:24.05	+10:44:52 (41.7%)	11:53	5 (57.5%)
Przekroczony limit czasu: 26:00:00																	
76	MAŁOWIŃSKI Artur	4		Weteran I M - 50	10	01:44:15	06:30:32	10:23:45	13:43:40	16:36:33	20:28:56	22:40:07	26:28:48.95	26:28:48.95	+11:27:17 (43.3%)	12:13	4.9 (56.3%)
77	MATUSZEWSKA Małgorzata	40	RUNNER'S POWER	Masters K - 40	6	01:46:14	06:25:48	09:54:07	13:12:36	16:31:15	20:16:58	22:57:35	26:44:26.10	26:46:09.75	+11:44:38 (43.9%)	12:20	4.9 (56.3%)
78	ŁAŻNIAK Agata	79	CARDIORUNNERS	Senior II K - 30	10	01:29:06	06:20:47	09:58:30	13:02:01	16:33:01	20:28:57	22:52:51	26:59:46.15	27:00:02.20	+11:58:30 (44.4%)	12:27	4.8 (55.2%)
79	CZERMAK Patryk	71	SPORT.ALPCREW.PL, ZAKOCHAJ SIĘ W BIEGANIU	Senior II M - 30	20	01:36:02	05:49:16	09:09:09	12:57:18	16:17:32	20:39:54	22:47:16	27:10:20.65	27:11:06.90	+12:09:35 (44.7%)	12:32	4.8 (55.2%)
	OHLA Justyna	7	BIEGAM, BO NIE LUBIĘ	Senior II K - 30		DNF	DNF	DNF	DNF	DNF	DNF	20:34:11 DNF	DNF	DNF	-	- (0.0%)	
	PRZYTULSKA Justyna	50		Senior II K - 30		01:24:41 DNF	05:19:26 DNF	08:39:28 DNF	11:30:56 DNF	14:20:01 DNF	17:51:50 DNF	21:05:51 DNF	DNF	DNF	-	- (0.0%)	
	ŁAGODA Łukasz	16	AKTIV REHABILITACJA	Senior II M - 30		01:26:37 DNF	05:50:26 DNF	09:34:47 DNF	13:18:48 DNF	DNF	DNF	21:37:23 DNF	DNF	DNF	-	- (0.0%)	
	KONOPKO Artur	107		Senior II M - 30		01:11:58 DNF	04:04:56 DNF	06:13:53 DNF	08:28:42 DNF	10:58:38 DNF	14:24:16 DNF	DNF	DNF	DNF	-	- (0.0%)	
	KOWALSKI Piotr	37		Masters M - 40		01:20:49 DNF	05:08:08 DNF	08:06:36 DNF	11:20:33 DNF	DNF	14:44:43 DNF	DNF	DNF	DNF	-	- (0.0%)	
	LATANOWICZ Bernard	80		Senior II M - 30		01:33:56 DNF	05:42:58 DNF	08:37:30 DNF	11:37:59 DNF	DNF	16:28:02 DNF	DNF	DNF	DNF	-	- (0.0%)	
	KACZMAREK Mirosław	23		Senior I M - 20		01:46:13 DNF	06:26:41 DNF	09:54:07 DNF	13:12:39 DNF	16:31:12 DNF	20:17:08 DNF	DNF	DNF	DNF	-	- (0.0%)	
	SIWIK Dariusz	75	DRUŻYNA CHROBREGO	Masters M - 40		01:05:06 DNF	03:37:16 DNF	05:38:06 DNF	07:33:33 DNF	09:46:21 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	WYSTRYCHOWSKI Marcin	10	BFAGENCJA.PL	Senior II M - 30		01:37:21 DNF	06:05:12 DNF	09:29:55 DNF	12:47:59 DNF	15:57:38 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	PAJĄK Łukasz	65	WLACZOSZCZEDZANIE.PL	Senior II M - 30		01:08:52 DNF	03:58:08 DNF	06:33:49 DNF	09:06:17 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	ZAJĄC Leszek	5		Senior II M - 30		01:16:13 DNF	04:59:13 DNF	07:56:07 DNF	10:31:20 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	FĄFROWICZ Kazimierz	60	TEAMKURORT ŁĄDEK ZDRÓJ	Weteran II M - 60		01:34:28 DNF	05:44:48 DNF	08:56:48 DNF	12:01:32 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	JANCZAK Anna	70	DRUŻYNA SZPIKU SITECH	Senior I K - 20		01:33:21 DNF	05:52:24 DNF	08:59:50 DNF	12:11:21 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	LENARTOWICZ Adam	114		Masters M - 40		01:47:14 DNF	06:31:05 DNF	10:02:07 DNF	13:13:42 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	MAŁOWIŃSKA Małgorzata	1		Weteran K - 50		DNF	06:30:29 DNF	10:23:50 DNF	13:43:45 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	SIKORA Roger	105	DRUŻYNA BOGUSIA TRZASKO	Senior II M - 30		01:11:38 DNF	04:12:10 DNF	07:24:57 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	SADOWSKI Łukasz	94		Senior II M - 30		01:23:10 DNF	05:56:42 DNF	09:43:08 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	WRZESIŃSKA Joanna	38	FORDONRUNNERS	Masters K - 40		01:32:40 DNF	06:12:25 DNF	10:50:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
	TASZAREK Jakub	64		Masters M - 40		01:18:37 DNF	04:50:20 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SOBOL Tomasz	35		Masters M - 40		01:10:49 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZUGAJ Robert	82		Masters M - 40		01:17:43 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GOTFRYD Adam	45	BESKIDNICZY JASŁO	Masters M - 40		01:22:22 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BAZIÓR Mateusz	111		Senior I M - 20		01:29:49 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIEGLAR Krzysztof	115		Masters M - 40		01:37:00 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 103 wynik(ów)