

BIEG SUPER TRAIL - 130 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2020-07-16
Lądek-Zdrój
130 km

B4SPORT
INTELIGENTNE 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	Różn	Tempo min/km	Tempo km/h
1	KUPCZAK Mariusz	2085	MPK WROCŁAW	Masters M - 40	1	01:03:08	03:54:25	05:52:28	07:59:40	09:56:30	12:00:59	13:14:55	15:15:53.55		7:02	8.5 (100%)
2	KOCIOŁOWICZ Piotr	2058	BIEGAM W GÓRACH BARDZKICH	Senior II M - 30	1	01:00:07	03:50:08	05:45:14	07:41:09	09:42:54	12:00:12	13:17:11	15:17:04.95	+00:01:11 (0.1%)	7:03	8.5 (100%)
3	FRAŃCZ Tomasz	2177	INEE INDUSTRY TEAM	Senior II M - 30	2	01:08:56	04:17:31	06:14:56	08:05:34	10:02:56	12:07:57	13:19:49	15:19:16.25	+00:03:22 (0.4%)	7:04	8.5 (100%)
4	MAŁYGA Grzegorz	2055		Senior II M - 30	3	00:59:28	03:45:12	05:33:38	07:16:48	09:29:00	12:00:27	13:13:57	15:26:35.55	+00:10:42 (1.2%)	7:07	8.4 (98.8%)
5	MARZEC Grzegorz	2093	GMINA STRZELCE OPOLSKIE	Masters M - 40	2	01:04:06	04:03:55	05:57:28	07:56:59	10:23:04	12:34:47	13:44:48	15:47:07.85	+00:31:14 (3.3%)	7:17	8.2 (96.5%)
6	WAWRZY尼亚K Łukasz	2116	RONAL RUN POLSKA	Senior II M - 30	4	00:59:36	03:51:28	05:43:56	07:33:07	09:29:39	12:03:59	13:24:44	15:49:27.90	+00:33:34 (3.5%)	7:18	8.2 (96.5%)
7	WŁOCHAL Robert	2039		Senior II M - 30	5	01:05:15	04:03:26	06:09:10	08:12:44	10:14:25	12:42:46	13:56:42	16:18:26.45	+01:02:32 (6.4%)	7:31	8 (94.1%)
8	GAŁUSZKA Rafał	2149		Masters M - 40	3	01:08:19	04:13:19	06:31:14	08:38:45	10:53:26	13:22:23	14:37:00	16:56:21.20	+01:40:27 (9.9%)	7:49	7.7 (90.6%)
9	PAZDA-POZORSKA Małgorzata	2124	POLTAREX	Senior II K - 30	1	01:05:38	04:06:01	06:18:42	08:15:13	10:20:28	12:38:21	14:28:08	16:57:24.35	+01:41:30 (10.0%)	7:49	7.7 (90.6%)
10	KRAKOWCZYK Marta	2016	PIERUNSKIE CANGÓRY	Senior I K - 20	1	01:07:32	04:06:07	06:14:52	08:10:16	10:27:21	13:06:19	14:25:31	17:13:06.85	+01:57:13 (11.3%)	7:56	7.5 (88.2%)
11	KOTARBA Wojciech	2131	TAKEDA FIT	Senior II M - 30	6	01:11:42	04:26:12	06:40:56	08:42:05	10:59:08	13:25:37	14:47:02	17:13:42.45	+01:57:48 (11.4%)	7:57	7.5 (88.2%)
12	ZAGÓRSKI Mariusz	2125		Masters M - 40	4	01:10:40	04:33:53	06:57:24	09:03:30	11:17:21	13:41:19	14:55:45	17:14:24.50	+01:58:30 (11.5%)	7:57	7.5 (88.2%)
13	SPRENGER Mirosław	2067	TRAWERS TEAM NAKŁO	Masters M - 40	5	01:03:52	04:20:23	06:33:23	08:27:29	10:59:26	13:35:05	14:56:47	17:15:45.70	+01:59:52 (11.6%)	7:58	7.5 (88.2%)
14	FURMAN Sławomir	2022		Masters M - 40	6	01:11:38	04:23:49	06:40:54	08:40:23	11:00:48	13:28:43	14:58:40	17:17:37.45	+02:01:43 (11.7%)	7:58	7.5 (88.2%)
15	TWARDOWSKI Tomasz	2166		Masters M - 40	7	01:11:48	04:28:56	06:41:37	08:56:37	11:14:33	13:33:37	14:58:32	17:19:15.55	+02:03:22 (11.9%)	7:59	7.5 (88.2%)
16	ŻYŻA Piotr	2150	MAAGNUS TEAM SKOKOWA	Masters M - 40	8	01:07:51	04:22:23	06:44:35	08:47:54	11:07:08	13:37:47	15:01:26	17:22:50.65	+02:06:57 (12.2%)	8:01	7.5 (88.2%)
17	NESTOROWICZ Marek	2064	KLUB BIEGACZA JURUND SZCZYTNO	Masters M - 40	9	01:11:38	04:31:59	06:49:04	09:00:18	11:22:01	13:53:04	15:14:00	17:34:36.00	+02:18:42 (13.2%)	8:06	7.4 (87.1%)

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			
18	REJ Mirosław	2010	BARTOSZ GORCZYCA TEAM	Senior II M - 30	7	01:26:08	04:43:37	06:57:24	09:05:13	11:32:42	13:54:41	15:19:29	17:40:19.95	+02:24:26 (13.6%)	8:09	7.4 (87.1%)
19	ADLER Łukasz	2121	LESZ NO LIMITS RUNNERS	Senior II M - 30	8	01:11:57	04:28:27	06:46:50	08:55:23	11:25:07	13:48:52	15:18:47	17:56:20.25	+02:40:26 (14.9%)	8:16	7.2 (84.7%)
20	KLUSEK Mateusz	2036	SKLEP BIEGACZA KRAKÓW	Senior II M - 30	9	01:06:49	04:08:41	06:20:33	08:38:59	11:06:13	13:43:50	15:09:34	18:10:56.75	+02:55:03 (16.0%)	8:23	7.1 (83.5%)
21	DĄBKOWSKI Wojciech	2021	RAFAKO E-BUS	Masters M - 40	10	01:13:36	04:29:04	06:54:13	09:11:29	11:35:56	14:14:51	15:49:34	18:25:41.35	+03:09:47 (17.2%)	8:30	7.1 (83.5%)
22	CIURASZKIEWICZ Andrzej	2174		Masters M - 40	11	01:09:32	04:20:50	06:39:35	08:55:19	11:31:32	14:29:47	16:00:59	18:34:58.35	+03:19:04 (17.9%)	8:34	7 (82.4%)
23	TRZASKA Marcin	2068		Senior II M - 30	10	01:13:05	04:42:34	07:06:47	09:19:13	11:40:15	14:21:14	15:49:21	18:40:36.90	+03:24:43 (18.3%)	8:37	7 (82.4%)
24	POCHYLSKI Przemysław	2112	ZGRUPKA TEAM	Masters M - 40	12	01:17:12	04:58:36	07:35:36	09:52:15	12:23:18	14:54:21	16:14:48	18:45:37.25	+03:29:43 (18.6%)	8:39	6.9 (81.2%)
25	JAZŁOCKI Łukasz	2042	TWDW	Senior II M - 30	11	01:13:22	04:38:59	07:06:22	09:31:08	12:06:24	14:58:47	16:33:39	19:08:01.30	+03:52:07 (20.2%)	8:49	6.8 (80.0%)
26	ZAWOJAK Aleksander	2023	RONAL POLSKA RUN	Senior II M - 30	12	01:18:10	04:47:59	07:07:53	09:34:46	11:55:50	14:44:22	16:23:42	19:08:34.90	+03:52:41 (20.3%)	8:50	6.8 (80.0%)
27	CAŁY Patryk	2126	#KFD FALLOUT TEAM	Masters M - 40	13	01:17:05	04:40:26	06:59:05	09:17:05	11:56:10	14:48:00	16:21:13	19:09:45.50	+03:53:51 (20.3%)	8:50	6.8 (80.0%)
28	POMAGRUK Katarzyna	2137	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ.	Masters K - 40	1	01:12:28	04:46:01	07:12:58	09:35:57	12:15:51	15:07:15	16:36:43	19:16:49.55	+04:00:56 (20.8%)	8:53	6.7 (78.8%)
29	LEŚNIAK Anna	2143	SALT RUNNERS BOCHNIA	Senior II K - 30	2	01:16:19	04:56:55	07:26:34	09:41:58	12:05:03	14:57:38	16:36:38	19:21:20.95	+04:05:27 (21.1%)	8:56	6.7 (78.8%)
30	KAŻMIERCZAK Krzysztof	2051		Senior II M - 30	13	01:11:20	04:37:56	07:06:01	09:31:53	12:13:08	15:17:13	16:49:48	19:31:22.25	+04:15:28 (21.8%)	9:00	6.7 (78.8%)
31	TARGIEL Damian	2113	INVICTUS 3CITY	Senior II M - 30	14	01:15:01	04:45:48	07:13:44	09:30:55	12:18:49	15:19:00	16:54:00	19:41:25.35	+04:25:31 (22.5%)	9:05	6.6 (77.6%)
32	BAR Stanisław	2087	GMINA STRZELCE OPOLSKIE	Masters M - 40	14	01:17:02	04:52:45	07:23:07	09:50:40	12:48:57	15:41:14	17:08:55	19:43:42.55	+04:27:49 (22.6%)	9:06	6.6 (77.6%)
33	LATAK Michał	2048	JACEKBIEGA RUNNING TEAM	Masters M - 40	15	01:16:43	04:53:27	07:23:05	09:59:17	12:33:56	15:27:35	17:00:46	19:55:26.30	+04:39:32 (23.4%)	9:11	6.5 (76.5%)
34	IWANOWICZ Anna	2163		Masters K - 40	2	01:18:52	05:05:09	07:43:19	10:19:57	12:50:05	15:42:52	17:17:25	20:11:06.45	+04:55:12 (24.4%)	9:18	6.4 (75.3%)
35	KOCIUMBAS Bartosz	2099	KB SOBÓTKA	Masters M - 40	16	01:19:35	05:02:57	07:30:52	09:50:36	12:47:04	15:45:59	17:26:25	20:19:02.25	+05:03:08 (24.9%)	9:22	6.4 (75.3%)
36	SIWEK Jarek	2025		Masters M - 40	17	01:18:35	04:53:58	07:26:54	09:57:50	12:53:24	15:52:05	17:32:08	20:31:16.40	+05:15:22 (25.6%)	9:28	6.3 (74.1%)
37	PLOCH Sebastian	2180		Masters M - 40	18	01:18:52	05:04:09	07:42:01	10:16:34	12:59:55	16:04:02	17:42:09	20:42:38.30	+05:26:44 (26.3%)	9:33	6.3 (74.1%)
38	PIECUCH Marcin	2070		Senior II M - 30	15	01:13:25	04:54:25	07:24:53	09:40:19	12:51:37	15:56:42	17:39:02	20:43:43.90	+05:27:50 (26.4%)	9:34	6.3 (74.1%)
39	SIKORA Michał	2127	BLUSZCZA	Masters M - 40	19	01:17:50	04:59:19	07:35:07	10:04:51	13:07:49	16:12:43	17:51:32	20:57:12.20	+05:41:18 (27.1%)	9:40	6.2 (72.9%)
40	BOGDANOWICZ Beata	2059	ULTRAKREW	Masters K - 40	3	01:21:01	05:07:20	07:51:28	10:20:12	13:13:07	16:27:18	18:02:47	21:06:10.10	+05:50:16 (27.7%)	9:44	6.2 (72.9%)
41	DUDEK Remigiusz	2033	KALINKA ULTRA TEAM	Senior II M - 30	16	01:19:39	05:23:32	08:02:43	10:34:27	13:18:02	16:11:48	17:49:52	21:08:52.45	+05:52:58 (27.8%)	9:45	6.1 (71.8%)
42	DARMETKO Rafał	2118		Senior II M - 30	17	01:15:05	04:46:31	07:04:02	09:33:12	12:38:08	15:49:15	17:49:12	21:13:29.90	+05:57:36 (28.1%)	9:47	6.1 (71.8%)
43	ŚWIST Joanna	2009	NESSI TEAM	Senior II K - 30	3	01:22:35	05:28:04	08:06:52	10:32:07	13:18:50	16:25:09	18:02:32	21:14:04.50	+05:58:10 (28.1%)	9:48	6.1 (71.8%)

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			
44	ŁAMPIKA Kinga	2035	NIGHT RUNNERS WROCŁAW	Masters K - 40	4	01:17:47	04:59:09	07:33:35	10:09:36	12:45:30	15:52:30	17:51:58	21:14:11.60	+05:58:18 (28.1%)	9:48	6.1 (71.8%)
45	JAGIELA Rafał	2013	KB ODRA OPOLE	Senior II M - 30	18	01:14:17	04:49:30	07:13:28	09:39:44	12:14:53	15:43:32	17:35:33	21:20:51.45	+06:04:57 (28.5%)	9:51	6.1 (71.8%)
46	HRYCAJ Marcin	2063	KB ODRA OPOLE	Masters M - 40	20	01:14:02	04:49:39	07:13:40	09:39:53	12:14:40	15:42:15	17:35:07	21:21:00.65	+06:05:07 (28.5%)	9:51	6.1 (71.8%)
47	CIEMBOROWICZ Karol	2071	#KFD	Senior II M - 30	19	01:22:59	05:19:39	07:51:58	10:24:07	13:04:11	16:04:45	17:46:11	21:21:07.00	+06:05:13 (28.5%)	9:51	6.1 (71.8%)
48	KLIMCZAK Jacek	2006	FIZJOTERAPIA „DLA CIEBIE I RODZINY "ŻERKÓW	Senior II M - 30	20	01:10:01	04:34:24	07:10:42	09:39:41	13:02:06	16:33:41	18:37:38	21:21:24.25	+06:05:30 (28.5%)	9:51	6.1 (71.8%)
49	KOWALEWSKI Krzysztof	2147		Senior II M - 30	21	01:20:38	05:14:20	07:47:23	10:25:20	13:33:39	16:49:30	18:24:10	21:35:54.55	+06:20:01 (29.3%)	9:58	6 (70.6%)
50	PRZERWA Andrzej	2134	KOCHAM IZE, MAJE I BORYSIAKA SUPER CHŁOPAKA	Masters M - 40	21	01:17:33	05:09:32	07:56:21	10:29:47	13:45:43	16:58:49	18:39:43	21:36:11.60	+06:20:18 (29.3%)	9:58	6 (70.6%)
51	BĘŚ Marcin	2098		Masters M - 40	22	01:15:41	05:08:27	07:38:46	10:03:24	13:04:07	16:36:41	18:32:16	21:42:16.65	+06:26:23 (29.7%)	10:01	6 (70.6%)
52	PRZYBYŁ Piotr	2108	EASY RUNNERS	Masters M - 40	23	01:21:20	05:29:30	08:15:56	10:54:52	13:54:29	17:03:53	18:50:24	21:46:28.50	+06:30:34 (29.9%)	10:02	6 (70.6%)
53	ZAWORSKI Tomasz	2084		Senior II M - 30	22	01:14:02	05:03:10	07:40:08	10:25:05	13:18:07	17:00:40	18:56:44	21:57:49.40	+06:41:55 (30.5%)	10:08	5.9 (69.4%)
54	SZUBA Teofil	2175	MARATOŃCZYK SZCZECIN	Masters M - 40	24	01:22:47	05:40:22	08:28:57	11:09:22	14:08:29	17:18:18	19:04:03	22:05:22.30	+06:49:28 (30.9%)	10:11	5.9 (69.4%)
55	KOWAL Wiesław	2159		Masters M - 40	25	01:18:43	05:13:39	07:49:06	10:34:18	13:34:56	16:42:05	18:32:29	22:05:31.25	+06:49:37 (30.9%)	10:11	5.9 (69.4%)
56	DERMINE Nicolas	2040		Masters M - 40	26	01:20:16	05:15:34	08:11:03	10:36:21	13:45:29	16:37:46	18:47:36	22:13:24.60	+06:57:31 (31.3%)	10:15	5.8 (68.2%)
57	JARUS Andrzej	2018	WKURW_TEAM	Masters M - 40	27	01:20:02	04:58:26	07:25:03	09:52:36	12:54:30	16:11:35	18:18:41	22:17:35.35	+07:01:41 (31.5%)	10:17	5.8 (68.2%)
58	SZCZEPANIK Robert	2092		Masters M - 40	28	01:20:11	04:58:32	07:25:13	09:52:43	12:54:36	16:11:01	18:18:41	22:17:44.95	+07:01:51 (31.5%)	10:17	5.8 (68.2%)
59	SZUBA Tadeusz	2107	TRUCHT ŁOBEZ	Weteran II M - 60	1	01:22:39	05:40:12	08:30:11	11:09:14	14:08:25	17:20:43	19:03:57	22:21:53.25	+07:05:59 (31.7%)	10:19	5.8 (68.2%)
60	POTOCKI Maciej	2097	ORANGE POLSKA	Weteran I M - 50	1	01:19:15	05:11:52	08:10:58	11:00:15	13:57:18	17:12:16	19:00:14	22:22:03.85	+07:06:10 (31.8%)	10:19	5.8 (68.2%)
61	PAWELEC Mariusz	2005	KUDOWIANKA RUN	Masters M - 40	29	01:21:57	05:39:33	08:24:40	11:17:04	14:21:01	17:36:16	19:26:46	22:25:28.60	+07:09:35 (31.9%)	10:20	5.8 (68.2%)
62	GIERADA Mateusz	2004		Senior I M - 20	1	01:14:33	05:07:32	07:55:06	10:32:22	13:46:43	17:21:23	19:28:51	22:35:35.30	+07:19:41 (32.4%)	10:25	5.8 (68.2%)
63	WESOŁOWSKI Maciej	2132	WKS B WYZNAWCY KOŃCA SEZONU BIEGOWEGO	Masters M - 40	30	01:24:38	05:33:17	08:20:30	10:59:35	14:07:22	17:38:03	19:34:29	22:35:50.60	+07:19:57 (32.4%)	10:25	5.8 (68.2%)
64	NIEDŹWIECKI Marek	2091	SKIPARK- WYSOWA	Weteran II M - 60	2	01:17:10	05:25:48	08:22:31	11:17:39	14:36:32	17:45:09	19:32:12	22:37:19.30	+07:21:25 (32.5%)	10:26	5.7 (67.1%)
65	GABRYSIAK Grzegorz	2062		Masters M - 40	31	01:23:15	05:39:07	08:31:48	11:13:11	14:25:01	17:39:30	19:28:53	22:38:17.15	+07:22:23 (32.6%)	10:26	5.7 (67.1%)
66	ZGAGACZ Pawel	2080		Weteran I M - 50	2	01:21:41	05:13:29	07:58:39	10:33:09	13:39:05	17:01:14	19:01:52	22:39:13.65	+07:23:20 (32.6%)	10:27	5.7 (67.1%)
67	KOSMOWSKI Wiesław	2030		Senior II M - 30	23	01:19:59	05:41:50	08:28:02	11:14:28	14:30:20	17:38:58	19:37:23	22:39:20.90	+07:23:27 (32.6%)	10:27	5.7 (67.1%)
68	NIEMAS Mariusz	2154	KP PSP WADOWICE	Weteran I M - 50	3	01:23:39	05:29:38	08:18:02	11:04:45	14:11:46	17:46:10	19:28:14	22:44:41.05	+07:28:47 (32.9%)	10:29	5.7 (67.1%)
69	GOLON Marlena	2164		Masters K - 40	5	01:22:23	05:59:04	09:02:23	11:56:42	14:55:58	18:10:21	19:56:02	22:47:06.95	+07:31:13 (33.0%)	10:30	5.7 (67.1%)

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			
70	PATYK Mirek	2038		Masters M - 40	32	01:14:32	05:01:43	07:39:25	10:22:12	13:38:59	17:16:56	19:24:19	22:52:48.30	+07:36:54 (33.3%)	10:33	5.7 (67.1%)
71	POSMAN Rafał	2129		Masters M - 40	33	01:26:24	05:35:21	08:25:11	11:14:35	14:02:14	17:27:22	19:24:00	22:53:13.35	+07:37:19 (33.3%)	10:33	5.7 (67.1%)
72	ZIEMKIEWICZ Jarek	2049	2 KROKI DO METY	Masters M - 40	34	01:20:02	05:36:26	08:15:18	11:06:08	14:28:05	18:00:29	19:50:33	22:58:12.40	+07:42:18 (33.5%)	10:36	5.7 (67.1%)
73	MROZIAK Maciek	2007	RUNPASSION. PL TEAM	Weteran I M - 50	4	01:22:10	05:59:07	09:02:14	11:56:30	14:55:46	18:10:16	19:55:56	23:02:33.95	+07:46:40 (33.8%)	10:38	5.6 (65.9%)
74	PROZOROWSKI Wiesław	2024	MARATON LESZNO	Weteran I M - 50	5	01:22:50	05:47:10	08:33:43	11:09:02	14:15:49	17:25:40	19:30:26	23:05:57.90	+07:50:04 (33.9%)	10:39	5.6 (65.9%)
75	GIBAŁA Marcin	2095	BIEGAM POMAGAM	Masters M - 40	35	01:17:44	05:35:43	08:23:55	11:20:54	14:12:30	17:38:36	19:38:51	23:09:54.10	+07:54:00 (34.1%)	10:41	5.6 (65.9%)
76	CHRZANOWSKI Piotr	2052	SPELEOKLUB WARSZAWSKI	Masters M - 40	36	01:23:41	05:19:14	07:57:29	10:37:38	13:43:44	17:15:46	19:27:41	23:10:35.10	+07:54:41 (34.1%)	10:41	5.6 (65.9%)
77	JAWORSKI Przemysław	2109		Masters M - 40	37	01:15:57	05:47:33	08:46:09	11:38:09	14:39:51	17:54:00	19:48:36	23:14:13.70	+07:58:20 (34.3%)	10:43	5.6 (65.9%)
78	GÓRECZNY Rafał	2002		Masters M - 40	38	01:17:08	05:38:40	08:07:49	10:37:57	13:51:54	17:24:04	19:35:53	23:22:55.70	+08:07:02 (34.7%)	10:47	5.6 (65.9%)
79	HETMAŃSKI Filip	2008	KUDWIANKA RUN	Masters M - 40	39	01:21:36	05:39:12	08:24:19	11:16:44	14:20:41	17:35:58	19:43:51	23:26:04.65	+08:10:11 (34.9%)	10:48	5.5 (64.7%)
80	KRUSZEWSKI Filip	2027		Senior II M - 30	24	01:24:24	05:27:43	08:14:41	10:55:17	14:02:52	17:41:50	19:55:59	23:31:19.50	+08:15:25 (35.1%)	10:51	5.5 (64.7%)
81	STODOLNY Krzysztof	2032		Weteran I M - 50	6	01:26:17	05:44:10	08:39:30	11:20:52	14:11:29	17:35:21	19:36:26	23:38:14.45	+08:22:20 (35.4%)	10:54	5.5 (64.7%)
82	KUGLARZ Szymon	2145		Masters M - 40	40	01:26:16	05:45:12	08:39:21	11:32:48	14:47:17	18:04:38	19:57:56	23:42:14.45	+08:26:20 (35.6%)	10:56	5.5 (64.7%)
83	JURZYSTA Grzegorz	2053		Masters M - 40	41	01:23:26	05:19:48	08:00:13	10:44:10	13:43:53	17:20:49	19:27:55	23:42:39.40	+08:26:45 (35.6%)	10:56	5.5 (64.7%)
84	MARCELA Marcin	2088	FAT MAMA'S SPORT CLUB	Masters M - 40	42	01:21:49	05:14:26	07:56:29	10:52:29	14:28:41	18:01:14	20:00:35	23:43:49.35	+08:27:55 (35.7%)	10:57	5.5 (64.7%)
85	KRÓL Marcin	2181		Masters M - 40	43	01:19:48	05:10:18	07:55:10	10:37:40	13:47:10	17:21:10	19:32:21	23:49:22.10	+08:33:28 (35.9%)	10:59	5.5 (64.7%)
86	GOLA Radosław	2104		Masters M - 40	44	01:14:41	04:44:52	07:57:17	10:41:15	13:19:49	17:06:53	19:23:12	23:51:27.35	+08:35:33 (36.0%)	11:00	5.4 (63.5%)
87	MICHAŁSKI Dawid	2003	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	25	01:25:40	05:23:36	08:04:17	10:47:32	13:49:37	17:32:48	19:46:12	24:11:03.10	+08:55:09 (36.9%)	11:09	5.4 (63.5%)
88	SOWA Dariusz	2066	RZESZOWSKIE GAZELE I GEPARDY/CZARNECKI RUN TEAM	Weteran I M - 50	7	01:28:49	05:54:55	08:50:51	11:54:43	14:53:19	18:11:21	20:22:33	24:12:22.60	+08:56:29 (36.9%)	11:10	5.4 (63.5%)
89	JASKULA Bartosz	2182		Senior II M - 30	26	01:28:06	05:34:34	09:01:28	12:03:30	15:39:32	19:14:10	21:13:37	24:12:28.45	+08:56:34 (36.9%)	11:10	5.4 (63.5%)
90	JANUSZ Tomasz	2065		Masters M - 40	45	01:22:13	05:23:25	08:12:30	11:05:02	14:21:00	17:58:52	20:10:43	24:14:44.35	+08:58:50 (37.0%)	11:11	5.4 (63.5%)
91	BORECKI Daniel	2158		Masters M - 40	46	01:22:23	05:23:35	08:12:39	11:05:12	14:21:08	17:58:58	20:10:52	24:14:46.20	+08:58:52 (37.0%)	11:11	5.4 (63.5%)
92	STRUSIŃSKA Katarzyna	2156		Senior II K - 30	4	01:24:46	05:58:38	09:02:21	12:01:02	15:02:16	18:33:40	20:33:28	24:15:14.15	+08:59:20 (37.1%)	11:11	5.4 (63.5%)
93	HOFSTRA Tsjeard	2151	FRYSMAN	Senior II M - 30	27	01:23:12	05:10:39	08:03:36	10:47:25	14:00:59	17:28:26	19:46:37	24:26:35.30	+09:10:41 (37.5%)	11:16	5.3 (62.4%)
94	POTERSKI Mateusz	2135	MJP DRUKARNIA	Masters M - 40	47	01:22:04	05:38:47	08:37:25	11:32:22	15:17:47	18:56:14	20:57:16	24:30:01.80	+09:14:08 (37.7%)	11:18	5.3 (62.4%)
95	SERAFIN Robert	2136		Senior II M - 30	28	01:22:17	05:38:36	08:37:39	11:32:34	15:17:54	18:56:28	20:57:56	24:30:12.40	+09:14:18 (37.7%)	11:18	5.3 (62.4%)

														Czas netto	Różn	Tempo min/km	Tempo km/h	
Msc	Zawodnik	Numer			Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km				130km
96	KOWALCZYK Marcin	2171				Senior II M - 30	29	01:13:00	05:00:35	07:46:22	10:35:04	14:10:49	17:48:25	20:03:06	24:35:06.60	+09:19:13 (37.9%)	11:20	5.3 (62.4%)
97	PIETRZYKOWSKI Katarzyna	2153				Senior II K - 30	5	01:33:54	06:05:54	09:03:33	11:50:08	14:41:50	18:12:40	20:18:05	24:37:40.05	+09:21:46 (38.0%)	11:22	5.3 (62.4%)
98	MARGASIŃSKI Michał	2028				Senior II M - 30	30	01:20:35	05:31:13	08:18:19	11:11:09	14:33:10	18:05:57	20:26:38	24:49:59.15	+09:34:05 (38.5%)	11:27	5.2 (61.2%)
99	SMOLAK Agata	2102				Senior II K - 30	6	01:33:11	06:11:30	09:20:56	12:11:36	15:03:02	18:40:44	20:44:35	24:51:30.05	+09:35:36 (38.6%)	11:28	5.2 (61.2%)
100	GAŁEK Wojciech	2140				Masters M - 40	48	01:29:59	05:58:12	08:51:05	11:49:15	15:08:30	18:39:46	20:48:43	24:59:57.75	+09:44:04 (38.9%)	11:32	5.2 (61.2%)
101	GONCHAROV Andrei	2111				Masters M - 40	49	01:31:10	06:15:55	09:21:21	12:28:47	15:29:46	19:02:31	21:09:41	25:08:56.25	+09:53:02 (39.3%)	11:36	5.2 (61.2%)
102	MOREVA Daria	2110				Senior II K - 30	7	01:31:03	06:16:04	09:21:29	12:29:03	15:30:01	19:02:45	21:09:52	25:09:07.15	+09:53:13 (39.3%)	11:36	5.2 (61.2%)
103	LANGE Szymon	2043	RUNNER'S POWER			Masters M - 40	50	01:14:12	05:18:23	07:58:06	10:49:56	14:28:46	18:29:32	20:48:46	25:10:34.25	+09:54:40 (39.4%)	11:37	5.2 (61.2%)
104	KOZIOŁ Krzysztof	2161	MLB SUPPORT TEAM			Senior II M - 30	31	01:24:40	05:53:10	08:54:45	12:02:42	15:11:06	18:54:06	21:09:01	25:14:53.05	+09:58:59 (39.5%)	11:39	5.1 (60.0%)
105	BRUSZEWSKA-GŁOMBIOWSKA Monika	2178	RUNPASSION.PL TEAM / ULTRAŻÓŁWIK			Masters K - 40	6	01:36:28	06:11:49	09:30:05	12:31:06	15:21:25	19:02:25	21:10:06	25:23:31.10	+10:07:37 (39.9%)	11:43	5.1 (60.0%)
106	SZANDAŁA Jacek	2165	CAŁA OLEŚNICA BIEGA			Masters M - 40	51	01:25:37	05:59:26	09:27:25	12:37:09	15:57:20	19:39:00	21:50:43	25:25:04.15	+10:09:10 (39.9%)	11:43	5.1 (60.0%)
107	DEC Rafał	2074	BIERUTOWSKA GRUPA BIEGOWA			Masters M - 40	52	01:26:15	05:59:33	09:27:31	12:37:19	15:57:32	19:39:14	21:50:57	25:25:14.55	+10:09:21 (40.0%)	11:43	5.1 (60.0%)
108	MACHALICA Agnieszka	2047	ULTRAKREW			Masters K - 40	7	01:26:00	05:59:18	09:12:10	12:20:11	15:33:27	19:19:27	21:35:06	25:29:54.50	+10:14:00 (40.1%)	11:46	5.1 (60.0%)
109	ŁUCHNIAK Kuba	2122	DROGA DO ULTRA			Senior I M - 20	2	01:36:09	06:21:50	09:13:58	12:32:00	16:02:05	19:40:08	22:01:44	25:36:59.15	+10:21:05 (40.4%)	11:49	5.1 (60.0%)
110	BĄKOWSKI Marcin	2120	KLUB ŚLIMAKA TORPEDY			Masters M - 40	53	01:37:50	06:34:27	09:54:28	13:05:39	16:04:07	19:38:15	21:53:51	25:39:13.10	+10:23:19 (40.5%)	11:50	5.1 (60.0%)
111	SOBCZAK Katarzyna	2123				Weteran K - 50	1	01:37:50	06:34:36	09:54:48	13:05:47	16:04:18	19:38:22	21:54:04	25:39:23.00	+10:23:29 (40.5%)	11:50	5.1 (60.0%)
112	WILK Wiktoria	2072	WILKI:)			Senior II K - 30	8	01:20:20	05:21:58	08:09:42	11:02:53	14:47:11	18:44:56	21:05:40	25:42:59.10	+10:27:05 (40.6%)	11:52	5.1 (60.0%)
113	WILK Krzysztof	2069				Senior II M - 30	32	01:21:12	05:22:08	08:09:53	11:03:03	14:47:22	18:45:02	21:05:45	25:43:09.65	+10:27:16 (40.6%)	11:52	5.1 (60.0%)
114	FILIPIAK Sebastian	2031	LZS LIPA			Masters M - 40	54	01:26:22	06:01:05	08:52:57	11:50:00	15:21:19	19:13:42	21:36:02	25:44:03.20	+10:28:09 (40.7%)	11:52	5.1 (60.0%)
115	KRAWIETZ Tomasz	2114	IZERSKI NIEDŹWIEDŹ			Masters M - 40	55	01:25:54	06:19:56	09:32:13	12:41:17	16:00:42	19:47:33	22:01:13	25:48:35.55	+10:32:42 (40.9%)	11:54	5 (58.8%)
116	BĄKOWICZ Kamil	2075	AKTYWNI KAMIEŃSK			Senior II M - 30	33	01:18:37	05:21:54	08:02:04	11:17:54	14:36:46	19:07:23	21:40:56	25:56:32.95	+10:40:39 (41.2%)	11:58	5 (58.8%)
117	BAREJKA Rafał	2157				Masters M - 40	56	01:34:57	06:12:16	09:23:51	12:20:03	15:36:45	19:28:48	21:55:25	25:59:30.65	+10:43:37 (41.3%)	11:59	5 (58.8%)
118	SZPYT Andrzej	2115				Masters M - 40	57	01:20:41	05:39:03	08:42:46	11:33:30	15:00:33	18:57:33	21:48:35	25:59:58.40	+10:44:04 (41.3%)	11:59	5 (58.8%)
119	RYCZYŃSKI Jacek	2026				Masters M - 40	58	01:27:38	06:08:10	09:18:21	12:21:56	15:58:21	19:47:27	22:07:20	26:05:05.80	+10:49:12 (41.5%)	12:02	5 (58.8%)
120	BAŁAGA Marcin	2001	KTO DOGONI PSA?			Masters M - 40	59	01:25:00	05:56:12	09:12:49	12:28:53	15:31:29	19:37:29	22:21:14	26:13:12.70	+10:57:19 (41.8%)	12:06	5 (58.8%)

													Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km	A7 112km	130km	Różn	min/km	km/h
121	LUBOCH Krzysztof	2073	KW OPOLE	Masters M - 40	60	01:28:21	06:08:19	09:02:13	12:10:43	15:40:29	19:45:30	22:11:05	26:24:47.15	+11:08:53 (42.2%)	12:11	4.9 (57.6%)
122	GUZIK Robert	2105	PEDRAFORCA	Masters M - 40	61	01:26:20	05:41:56	08:42:21	11:54:52	15:40:52	19:19:29	21:51:22	26:25:10.55	+11:09:17 (42.2%)	12:11	4.9 (57.6%)
123	NIZIOŁEK Marek	2106	PEDRAFORCA	Masters M - 40	62	01:34:41	06:26:56	09:48:47	12:57:50	16:28:53	20:18:09	22:24:48	26:25:19.75	+11:09:26 (42.2%)	12:11	4.9 (57.6%)
124	JADACH Grzegorz	2142	VEGE RUNNERS	Senior II M - 30	34	01:27:55	06:09:39	09:17:15	12:33:28	16:25:33	20:06:32	22:06:13	26:40:35.95	+11:24:42 (42.8%)	12:18	4.9 (57.6%)
125	SIENICKI Piotr	2130		Masters M - 40	63	01:40:13	06:44:07	10:14:51	13:24:23	16:45:39	20:36:58	23:04:15	26:46:47.80	+11:30:54 (43.0%)	12:21	4.9 (57.6%)
126	WOLF Weronika	2044	POZYTYWNIIE ZABIEGANI SANOK/3PBOT	Masters K - 40	8	01:39:51	06:43:32	10:14:45	13:24:19	16:42:02	20:36:52	23:04:07	26:46:47.90	+11:30:54 (43.0%)	12:21	4.9 (57.6%)
127	ŁĄCKA Ilona	2128	EKOBIEGI	Masters K - 40	9	01:38:45	06:46:11	10:13:23	13:20:33	16:50:22	20:35:24	22:51:35	26:55:35.65	+11:39:42 (43.3%)	12:25	4.8 (56.5%)
128	SŁAWIŃSKI Kazimierz	2167		Masters M - 40	64	01:27:35	06:16:30	09:44:29	14:07:24	17:06:52	21:19:56	23:12:54	26:57:46.35	+11:41:52 (43.4%)	12:26	4.8 (56.5%)
129	POCHYLSKI Dominik	2141	TEAM GUTO / WLKP MOUNTAINS ULTRA / FREE RUN	Masters M - 40	65	01:31:16	07:25:35	10:57:11	14:15:35	17:28:41	21:38:34	23:25:53	27:14:03.60	+11:58:10 (43.9%)	12:34	4.8 (56.5%)
	KUPCZYK Jacek	2076	MOL RUNNERS	Masters M - 40		01:24:14 DNF	05:23:34 DNF	07:56:59 DNF	10:35:03 DNF	13:17:39 DNF	16:51:47 DNF	18:54:53 DNF	DNF		-	- (0.0%)
	SZARF Paweł	2050	ZAŁOGA GÓRSKA	Senior II M - 30		01:17:09 DNF	05:48:18 DNF	08:54:55 DNF	11:42:28 DNF	14:49:47 DNF	18:56:41 DNF	22:44:08 DNF	DNF		-	- (0.0%)
	BERNERT Stefan	2100		Senior I M - 20		01:27:04 DNF	05:39:04 DNF	08:17:57 DNF	11:31:25 DNF	14:56:40 DNF	19:50:17 DNF	DNF	DNF		-	- (0.0%)
	MILCZAREK Paweł	2169	ROAD TO UTMB	Senior II M - 30		01:00:32 DNF	03:51:29 DNF	05:46:15 DNF	07:38:41 DNF	10:40:15 DNF	DNF	DNF	DNF		-	- (0.0%)
	DABKOWSKI Kamil	2179	BLACK HAT TEAM	Masters M - 40		01:14:08 DNF	04:40:32 DNF	07:12:17 DNF	09:37:07 DNF	12:21:45 DNF	DNF	DNF	DNF		-	- (0.0%)
	KUJAWA Marek	2014	SZCZYTNA BIEGA	Masters M - 40		01:30:00 DNF	06:42:09 DNF	10:38:17 DNF	14:04:07 DNF	17:19:38 DNF	DNF	DNF	DNF		-	- (0.0%)
	WAŁEK Piotr	2017	RUNNERS TEAM QUIBL	Masters M - 40		01:31:26 DNF	06:35:04 DNF	10:24:30 DNF	13:50:26 DNF	17:21:10 DNF	DNF	DNF	DNF		-	- (0.0%)
	GAŚIOROWSKA Dorota	2012	VELO ŁOSIE NA SZOSIE	Weteran K - 50		01:31:57 DNF	06:35:15 DNF	10:24:38 DNF	13:50:35 DNF	17:21:16 DNF	DNF	DNF	DNF		-	- (0.0%)
	SZURKOWSKI Michał	2103	GRUNWALD TEAM POZNAŃ	Senior II M - 30		01:32:29 DNF	06:21:01 DNF	09:46:59 DNF	13:11:39 DNF	17:21:32 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZIEŁ Tomasz	2015	KUDOWIANKA RUN	Masters M - 40		01:05:13 DNF	04:11:35 DNF	06:16:04 DNF	08:21:41 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GAIK Andrzej	2139	PODGÓRZ TORUŃ - DŁUGOPOLE ZDRÓJ	Weteran I M - 50		01:13:02 DNF	04:32:30 DNF	07:00:41 DNF	09:18:58 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SŁOWIŃSKI Grzegorz	2079		Senior II M - 30		01:33:07 DNF	06:07:01 DNF	09:15:45 DNF	12:05:11 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DĄBROWSKI Jacek	2056		Senior II M - 30		01:17:23 DNF	05:35:16 DNF	08:48:18 DNF	12:24:54 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ARENDT Michał	2170		Senior II M - 30		01:26:42 DNF	05:49:16 DNF	08:52:53 DNF	12:29:57 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NAWROT Artur	2146	DTR BIEGA/MARIO TEAM	Senior II M - 30		01:23:21 DNF	06:01:52 DNF	09:23:23 DNF	12:30:29 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GRZELAK Daniel	2172	MARATON LESZNO	Masters M - 40		01:34:16 DNF	06:25:05 DNF	09:43:23 DNF	12:46:56 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GRZELAK Justyna	2162	MARATON LESZNO	Masters K - 40		01:34:24 DNF	06:25:13 DNF	09:43:31 DNF	12:47:05 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	Różn	Tempo min/km	Tempo km/h
	PYSZKA Remigiusz	2037		Masters M - 40		01:21:39 DNF	05:49:26 DNF	09:13:54 DNF	13:04:31 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WOJNO Małgorzata	2176	DROGA DO ULTRA	Senior II K - 30		01:35:51 DNF	06:48:28 DNF	10:21:48 DNF	13:47:06 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MYRCIK Pawel	2081		Senior II M - 30		01:37:25 DNF	06:48:20 DNF	10:21:47 DNF	13:48:06 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GRZYBOWSKA Karolina	2173		Masters K - 40		01:15:10 DNF	04:50:37 DNF	08:01:24 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JAROSŁAWSKI Marcin	2011		Senior II M - 30		01:14:18 DNF	04:49:30 DNF	08:30:24 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WOŹNIAK Ryszard	2078	BIERUTOWSKA GRUPA BIEGOWA	Weteran I M - 50		01:26:12 DNF	05:59:43 DNF	09:27:43 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KLATKA Arleta	2034	BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI	Masters K - 40		01:31:29 DNF	06:22:00 DNF	09:37:48 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BOKSA Małgorzata	2020	NIE	Weteran II K - 60		01:45:29 DNF	07:41:20 DNF	11:42:25 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CINCIO Robert	2148	TKKF TRIATHLON KOSZALIN	Masters M - 40		01:34:16 DNF	07:54:25 DNF	11:46:02 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIEMBA Damian	2117	HRT/ANTONTEAM	Masters M - 40		01:21:25 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LECHOWSKI Bartłomiej	2133	WKURW_TEAM	Senior II M - 30		01:34:28 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BOCHENEK Janusz	2060	WKURW-TEAM	Weteran II M - 60		01:36:51 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BUBEL Sebastian	2061	JW 3390	Masters M - 40		01:41:29 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MAJKA Leszek	2019	X-TEAM SPECIAL FORCES	Senior II M - 30		01:53:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 160 wynik(ów)