

# BIEG SUPER TRIAL - 130 KM - KLASYFIKACJA WSPÓLNA Z DNF NA 240 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-07-18  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 130 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
1	<b>TRTEK Libor</b>	<b>2105</b>		Senior II M - 30	1	01:00:14	03:24:39	05:18:04	07:08:36	09:08:46	12:33:14	<b>14:44:45.30</b>	<b>14:44:47.75</b>		6:48	8.8 (100%)
2	<b>ATANASOW ANCEW Dawid</b>	<b>1235</b>	D\$D	Masters M - 40	1	01:09:11	03:55:47	05:49:02	07:39:36	09:36:31	13:11:10	<b>15:51:30.75</b>	<b>15:51:42.20</b>	+01:06:54 (7.0%)	7:19	8.2 (93.2%)
3	<b>GAŁUSZKA Rafał</b>	<b>2142</b>	PAUSE	Masters M - 40	2	01:01:17	03:33:06	05:36:04	07:31:15	09:39:02	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%)
4	<b>POPRAWSKI Paweł</b>	<b>2124</b>	HERCOG RUNNING TEAM	Senior II M - 30	2	01:00:15	03:28:10	05:27:53	07:24:56	09:36:39	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%)
5	<b>BORUCKI Jakub</b>	<b>2026</b>	#KASZANIENAMOKA	Senior II M - 30	3	01:09:27	03:51:25	05:56:52	07:58:13	10:11:53	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%)
6	<b>SOLAK Aysen</b>	<b>2115</b>		Senior II K - 30	1	01:07:37	03:52:24	05:51:15	07:58:42	10:12:43	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%)
7	<b>JĘDRZEJKO Tomasz</b>	<b>2134</b>	SIDOR TEAM POLSKA   AZS WST KATOWICE	Masters M - 40	3	01:04:12	03:50:17	06:01:23	08:06:47	10:29:42	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%)
8	<b>KUPIŃSKI Cezary</b>	<b>2008</b>	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	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%)
9	<b>RUBIKOWSKI Jacek</b>	<b>1179</b>		Senior I M - 20	1	01:08:26	03:52:32	06:00:54	08:06:02	10:20:44	14:17:53	<b>16:59:16.05</b>	<b>16:59:59.60</b>	+02:15:11 (13.3%)	7:50	7.7 (87.5%)
10	<b>WICHŁACZ Paweł</b>	<b>2058</b>	KB MANIAC POZNAŃ	Senior II M - 30	4	01:07:47	04:03:47	05:59:15	08:04:18	10:25:29	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%)
11	<b>SIKORSKI Piotr</b>	<b>2066</b>	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	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%)
12	<b>PAPRZYCKI Rafał</b>	<b>2013</b>	NATURALBORNRUNNERS	Masters M - 40	4	01:14:57	04:15:03	06:23:04	08:22:24	10:39:44	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%)
13	<b>BIADASZ Andrzej Michał</b>	<b>2057</b>	POLITECHNIKA POZNAŃSKA	Masters M - 40	5	01:19:16	04:16:16	06:23:31	08:22:23	10:39:42	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%)
14	<b>MICHAŁSKI Krystian</b>	<b>2024</b>	#WAWRZYNTTEAM	Senior I M - 20	2	01:08:09	04:08:01	06:18:20	08:22:19	10:35:43	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%)
15	<b>GEZELA Robert</b>	<b>2012</b>	EUFORIA BIEGACZA TEAM	Masters M - 40	6	01:16:19	04:13:44	06:18:45	08:23:07	10:44:24	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%)
16	<b>PTASZYŃSKI Wojciech</b>	<b>2101</b>	SPEED FEET '16	Weteran I M - 50	2	01:14:42	04:03:45	06:18:04	08:29:11	10:54:57	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%)
17	<b>HACZYK Jarosław</b>	<b>2144</b>	MUAY RUNNING TEAM	Weteran I M - 50	3	01:18:19	04:08:02	06:58:46	09:13:56	11:39:39	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%)
18	<b>PIETRYSZYN Emil</b>	<b>1106</b>		Senior I M - 20	3	01:08:21	04:20:57	06:26:02	08:37:37	11:10:55	15:14:48	<b>17:56:03.45</b>	<b>17:56:12.40</b>	+03:11:24 (17.8%)	8:16	7.2 (81.8%)
19	<b>JUSZKO Krzysztof</b>	<b>2028</b>		Masters M - 40	7	01:14:22	04:20:14	06:37:53	08:46:38	11:10:55	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%)
20	<b>BIERNACKA Edyta</b>	<b>2038</b>		Masters K - 40	1	01:13:24	04:17:17	06:34:43	08:57:15	11:15:53	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%)
21	<b>PERKOWSKI Piotr</b>	<b>1280</b>	MONK SANDALS TEAM	Masters M - 40	8	01:07:58	03:56:02	06:13:46	08:20:37	10:35:02	15:02:20	<b>18:22:27.40</b>	<b>18:22:30.50</b>	+03:37:42 (19.7%)	8:28	7.1 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
22	<b>DOLEŻEK Robert</b>	<b>1079</b>	PAŃSTWOWA STRAŻ POŻARNA W KAZIMIERZY WIELKIEJ	Masters M - 40	9	01:04:14	03:45:45	05:57:00	08:14:43	10:43:13	15:01:54	<b>18:22:50.75</b>	<b>18:22:52.05</b>	+03:38:04 (19.8%)	8:29	7.1 (80.7%)
23	<b>MARGASIŃSKI Jacek</b>	<b>2051</b>		Senior II M - 30	6	01:01:29	03:34:50	05:53:17	08:14:43	10:43:13	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%)
24	<b>KRUPA Marcin</b>	<b>1051</b>	AKTYWNA NOWA RUDA	Masters M - 40	10	01:04:11	03:45:43	05:56:58	08:14:42	10:43:11	15:01:52	<b>18:22:48.70</b>	<b>18:22:52.20</b>	+03:38:04 (19.8%)	8:28	7.1 (80.7%)
25	<b>GRABLEWSKI Grzegorz</b>	<b>1207</b>	MKS SIECHNICE	Masters M - 40	11	01:04:33	03:50:34	06:10:45	08:11:37	10:37:37	15:39:00	<b>18:30:00.55</b>	<b>18:30:02.95</b>	+03:45:15 (20.3%)	8:32	7 (79.5%)
26	<b>JAWORSKI Łukasz</b>	<b>1150</b>	ULTRAMOC:-)	Masters M - 40	12	01:07:28	03:50:15	06:00:59	08:14:16	10:48:13	15:24:26	<b>18:34:48.45</b>	<b>18:34:56.80</b>	+03:50:09 (20.6%)	8:34	7 (79.5%)
27	<b>KRZESZOWSKI Marcin</b>	<b>1152</b>		Senior II M - 30	7	01:24:53	04:37:22	06:57:57	09:08:18	11:22:47	15:41:14	<b>18:41:35.35</b>	<b>18:42:38.40</b>	+03:57:50 (21.2%)	8:37	7 (79.5%)
28	<b>IWASZKO Paweł</b>	<b>2089</b>		Senior II M - 30	8	01:09:12	04:07:53	06:21:23	08:37:28	11:09:38	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%)
29	<b>WIERZBICKI Hubert</b>	<b>1187</b>	CROSSFIT DOGFIELD	Senior I M - 20	4	01:09:34	04:12:30	06:25:49	08:42:00	11:07:34	15:38:47	<b>18:45:16.75</b>	<b>18:45:34.15</b>	+04:00:46 (21.4%)	8:39	6.9 (78.4%)
30	<b>PIECHOTA Daniel</b>	<b>2141</b>	DROGA W GÓRY	Senior II M - 30	9	01:13:46	04:18:12	06:41:13	09:01:17	11:36:26	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%)
31	<b>BOGACKI Andrzej</b>	<b>1225</b>	ŚLĘZAK TEAM	Weteran I M - 50	4	01:08:03	04:10:10	06:28:03	08:39:39	11:16:41	15:43:54	<b>18:47:36.95</b>	<b>18:47:51.95</b>	+04:03:04 (21.6%)	8:40	6.9 (78.4%)
32	<b>KIELAR Adam</b>	<b>2131</b>	BIOFEMINA.PL	Senior II M - 30	10	01:12:31	04:22:41	06:48:08	09:00:23	11:38:01	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%)
33	<b>ĆWIKLEWSKI Łukasz</b>	<b>1063</b>	VEGE RUNNERS/EŁCKIE STOWARZYSZENIE SPORTÓW WALKI 'SEKCJA ZERO'	Senior II M - 30	11	01:07:39	03:45:27	05:54:10	08:14:05	10:19:33	15:27:52	<b>19:03:01.35</b>	<b>19:03:19.35</b>	+04:18:31 (22.6%)	8:47	6.8 (77.3%)
34	<b>SZAŁKOWSKI Dawid</b>	<b>1091</b>	EKOBIEGI	Masters M - 40	13	01:14:08	04:15:37	06:33:51	08:55:08	11:26:59	16:06:07	<b>19:04:41.80</b>	<b>19:05:00.15</b>	+04:20:12 (22.7%)	8:48	6.8 (77.3%)
35	<b>ŁĘPICKI Artur</b>	<b>1092</b>	MARKOWI BIEGACZE	Masters M - 40	14	01:13:27	04:15:12	06:30:32	08:53:46	11:27:01	16:06:45	<b>19:04:44.60</b>	<b>19:05:02.35</b>	+04:20:14 (22.7%)	8:48	6.8 (77.3%)
36	<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	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%)
37	<b>ŻYŻA Piotr</b>	<b>1177</b>	MAAGNUS TEAM SKOKOWA	Masters M - 40	15	01:17:33	04:27:07	06:58:20	09:19:47	11:53:19	16:36:43	<b>19:16:33.00</b>	<b>19:16:40.95</b>	+04:31:53 (23.5%)	8:53	6.7 (76.1%)
38	<b>KAPROŃ Sebastian</b>	<b>1198</b>		Masters M - 40	16	01:09:09	04:05:17	06:15:05	08:22:23	10:47:04	15:41:05	<b>19:16:33.10</b>	<b>19:16:48.95</b>	+04:32:01 (23.5%)	8:53	6.7 (76.1%)
39	<b>TRZEJA ZDANOWSKA Dorota</b>	<b>1112</b>	IMPERIUM SPORTU TEAM	Masters K - 40	2	01:18:26	04:53:49	07:12:36	09:26:19	11:52:03	16:13:54	<b>19:18:35.45</b>	<b>19:19:01.55</b>	+04:34:13 (23.7%)	8:54	6.7 (76.1%)
40	<b>LACHERA Marek</b>	<b>1255</b>	W POGONI ZA DUCHEM/HURAGAN LIGOTA	Senior II M - 30	12	01:15:20	04:19:54	06:41:51	09:00:04	11:52:27	16:14:23	<b>19:19:00.05</b>	<b>19:19:02.05</b>	+04:34:14 (23.7%)	8:54	6.7 (76.1%)
41	<b>WALENDA Arkadiusz</b>	<b>2037</b>	VEGE ULTRA RUNNER	Masters M - 40	17	01:13:15	04:24:14	06:47:59	09:00:50	11:36:25	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%)
42	<b>KĄDUŁA Grzegorz</b>	<b>2094</b>	NEST TEAM	Senior II M - 30	13	01:14:40	04:14:47	06:25:39	08:54:59	11:23:34	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%)
43	<b>POLAK Stanisław</b>	<b>1057</b>	STOWARZYSZENIE BIEGACZY GÓRSKICH 'PODBIEG'	Masters M - 40	18	01:18:36	04:25:50	06:42:38	09:00:47	11:52:39	16:26:03	<b>19:23:34.85</b>	<b>19:23:44.35</b>	+04:38:56 (24.0%)	8:57	6.7 (76.1%)
44	<b>ŚWIERCZYŃSKI Łukasz</b>	<b>1250</b>		Senior II M - 30	14	01:22:09	04:24:50	06:41:34	08:59:42	11:51:35	16:25:01	<b>19:22:29.85</b>	<b>19:23:44.50</b>	+04:38:56 (24.0%)	8:56	6.7 (76.1%)
45	<b>STANOWSKI Grzegorz</b>	<b>1197</b>	FOREVER YOUNG	Masters M - 40	19	01:12:34	04:30:26	06:58:52	09:25:13	11:53:01	16:16:41	<b>19:23:36.10</b>	<b>19:23:47.40</b>	+04:38:59 (24.0%)	8:57	6.7 (76.1%)
46	<b>KICH Marek</b>	<b>2119</b>		Senior II M - 30	15		04:24:12	06:44:54	09:14:42	11:55:38	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%)
47	<b>KLINCEWICZ Cezary</b>	<b>1200</b>		Senior II M - 30	16	01:20:39	04:34:42	06:52:20	09:17:03	11:42:58	16:26:07	<b>19:23:55.40</b>	<b>19:24:16.75</b>	+04:39:29 (24.0%)	8:57	6.7 (76.1%)
48	<b>WOSZCZAK Zbigniew</b>	<b>2023</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran I M - 50	5	01:13:18	04:24:13	06:45:26	09:00:50	11:38:09	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%)
49	<b>ORGANIŚTA Piotr</b>	<b>1162</b>	KP POLONIA 1912 LESZNO	Senior II M - 30	17	01:18:16	04:21:07	06:42:12	08:54:04	11:25:51	16:05:15	<b>19:31:18.45</b>	<b>19:31:36.45</b>	+04:46:48 (24.5%)	9:00	6.7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km	130km			
50	WĘGLARZ Czesław	1069	MULI FIT	Weteran I M - 50	6	01:14:54	04:22:29	06:46:08	09:17:40	11:56:19	16:32:00	<b>19:31:27.45</b>	<b>19:31:36.80</b>	+04:46:49 (24.5%)	9:00	6.7 (76.1%)
51	RADZIEMSKI Paweł	1088	VIACON	Senior II M - 30	18	01:18:17	04:21:07	06:42:15	08:54:04	11:25:50	16:05:17	<b>19:31:19.60</b>	<b>19:31:36.90</b>	+04:46:49 (24.5%)	9:00	6.7 (76.1%)
52	ŁOŻYŃSKI Radomir	1078	4RUN TEAM PIŁA	Masters M - 40	20	01:17:30	04:23:46	06:41:32	08:53:56	11:31:53	16:05:37	<b>19:33:54.30</b>	<b>19:34:07.30</b>	+04:49:19 (24.6%)	9:01	6.6 (75.0%)
53	KRYM Katarzyna	1117		Masters K - 40	3	01:17:07	04:16:33	06:32:50	08:42:13	11:11:47	16:01:57	<b>19:34:57.25</b>	<b>19:35:32.80</b>	+04:50:45 (24.7%)	9:02	6.6 (75.0%)
54	SADZIK Robert	1064	NEOPROFIL	Senior II M - 30	19	01:04:10	04:16:50	07:16:52	09:22:14	11:51:48	16:36:32	<b>19:43:05.05</b>	<b>19:43:06.85</b>	+04:58:19 (25.2%)	9:06	6.6 (75.0%)
55	KLARECKI Adrian	2083	WIRAN TEAM	Masters M - 40	21	01:08:21	04:08:32	06:21:36	08:37:49	11:32:55	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%)
56	KRÓL Maciej	2082	WIRAN TEAM	Masters M - 40	22	01:08:21	04:08:32	06:21:49	08:37:50	11:32:54	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%)
57	KOZŁOWSKI Leszek	1059	LESZNO	Masters M - 40	23	01:21:41	04:39:14	07:02:18	09:20:17	12:10:01	16:50:16	<b>19:53:13.00</b>	<b>19:53:49.50</b>	+05:09:01 (25.9%)	9:10	6.5 (73.9%)
58	GWIZDAK Justyna	1194	NO PAIN NO GAIN	Senior II K - 30	2	01:20:26	04:36:29	07:13:06	09:35:11	12:05:05	16:55:31	<b>19:53:30.95</b>	<b>19:53:55.15</b>	+05:09:07 (25.9%)	9:10	6.5 (73.9%)
59	KOWALCZYK Tadeusz	1145		Weteran I M - 50	7	01:18:10	04:32:06	07:01:41	09:26:40	12:05:04	16:55:30	<b>19:53:29.50</b>	<b>19:53:55.95</b>	+05:09:08 (25.9%)	9:10	6.5 (73.9%)
60	GALA Damian	1176		Senior II M - 30	20	01:08:10	04:07:35	06:21:32	08:37:37	11:27:08	16:43:18	<b>19:53:46.90</b>	<b>19:53:57.55</b>	+05:09:09 (25.9%)	9:10	6.5 (73.9%)
61	KUCHARSKI Przemysław	1023	WIELKOPOLSKA POLICJA	Senior II M - 30	21	01:17:48	04:30:44	06:56:17	09:20:43	11:57:37	16:51:00	<b>19:53:49.20</b>	<b>19:53:57.75</b>	+05:09:10 (25.9%)	9:10	6.5 (73.9%)
62	LACHERA Tomasz	1055	W POGONI ZA DUCHEM	Senior II M - 30	22	01:19:46	04:41:43	07:11:32	09:35:25	12:06:11	16:26:04	<b>19:53:55.10</b>	<b>19:54:22.40</b>	+05:09:34 (25.9%)	9:11	6.5 (73.9%)
63	ČERNOCKÝ Jan	1286		Senior II M - 30	23	01:12:10	04:17:05	06:37:55	09:04:27	11:50:22	16:42:50	<b>20:07:15.35</b>	<b>20:07:16.60</b>	+05:22:28 (26.7%)	9:17	6.5 (73.9%)
64	TUCZYŃSKI Maciej	1002	OLD SCHOOL TRAIL RUNNING TEAM	Senior II M - 30	24	01:16:37	04:25:51	06:44:26	09:12:55	11:52:28	16:47:12	<b>20:06:24.45</b>	<b>20:07:16.70</b>	+05:22:28 (26.7%)	9:16	6.5 (73.9%)
65	OSTAPIŃSKI Wojtek	1104	OSTRESROKI	Masters M - 40	24	01:17:34	04:24:40	06:58:24	09:36:37	12:19:50	17:00:17	<b>20:09:13.70</b>	<b>20:09:32.35</b>	+05:24:44 (26.8%)	9:18	6.5 (73.9%)
66	ZASŁONKA Konrad	1043	OBY PRZED LIMITEM	Senior II M - 30	25	01:15:07	04:20:14	06:40:12	09:01:27	11:37:11	16:39:33	<b>20:12:27.90</b>	<b>20:12:38.10</b>	+05:27:50 (27.0%)	9:19	6.4 (72.7%)
67	SZMYT Maciej	1005	FREE RUN / GUTO	Senior II M - 30	26	01:18:42	04:30:43	06:56:14	09:20:42	12:05:36	17:02:23	<b>20:13:29.75</b>	<b>20:13:38.90</b>	+05:28:51 (27.1%)	9:20	6.4 (72.7%)
68	JANDZIŚ Wiesław	1249	AKTYWNY DYNÓW	Masters M - 40	25	01:19:31	04:32:23	06:57:03	09:31:06	12:09:21	17:17:16	<b>20:14:16.25</b>	<b>20:14:48.40</b>	+05:30:00 (27.2%)	9:20	6.4 (72.7%)
69	DOMIN Łukasz	1044	AKTYWNY DYNÓW	Senior II M - 30	27	01:19:30	04:32:01	06:57:04	09:31:07	12:09:22	17:17:21	<b>20:14:16.80</b>	<b>20:14:49.20</b>	+05:30:01 (27.2%)	9:20	6.4 (72.7%)
70	BARANOWSKI Andrzej	1053	TRIWAWA	Senior II M - 30	28	01:24:44	04:38:21	07:04:25	09:25:14	12:08:47	16:57:15	<b>20:14:07.20</b>	<b>20:14:51.10</b>	+05:30:03 (27.2%)	9:20	6.4 (72.7%)
71	KUTNIK Mirosław	1236	KB BIAŁA BIEGA	Masters M - 40	26	01:28:51	04:45:09	07:04:17	09:25:04	12:08:38	16:57:06	<b>20:13:58.95</b>	<b>20:14:52.75</b>	+05:30:05 (27.2%)	9:20	6.4 (72.7%)
72	MIKLER Arkadiusz	1015	GUTO - WEERIDE	Masters M - 40	27	01:18:41	04:30:46	06:56:17	09:20:43	12:05:40	17:02:25	<b>20:16:37.95</b>	<b>20:16:46.85</b>	+05:31:59 (27.3%)	9:21	6.4 (72.7%)
73	MICHALSKA Agnieszka	2027		Masters K - 40	4	01:18:26	04:30:03	06:58:40	09:24:21	11:57:58	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%)
74	MIKOŁAJCZYK Mirosław	2127	MIRAZ RACE TEAM	Senior II M - 30	29	01:11:34	04:13:52	06:45:06	09:21:15	12:03:55	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%)
75	OKIENCZUK Radek	2111		Senior II M - 30	30	01:20:44	04:31:34	07:07:51	09:35:06	12:19:53	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%)
76	HACZYK Natalia	2145	MUAY RUNNING TEAM	Masters K - 40	5	01:21:45	04:47:18	07:29:51	10:04:02	12:44:42	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%)
77	JĘDRYCHOWSKI Bartłomiej	1098		Senior II M - 30	31	01:22:55	04:47:10	07:06:59	09:34:30	12:10:34	16:51:25	<b>20:26:14.35</b>	<b>20:26:36.05</b>	+05:41:48 (27.9%)	9:25	6.4 (72.7%)
78	ŻARNOWSKI Grzegorz	1013	GREGZARNOWSKI.PL	Senior II M - 30	32	01:17:02	04:27:16	06:50:59	09:24:52	12:21:42	17:23:44	<b>20:27:09.15</b>	<b>20:27:30.05</b>	+05:42:42 (27.9%)	9:26	6.4 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
79	<b>PRZYBYŁ Rafał</b>	<b>1259</b>	FUNDACJA PRZYBYŁ Z POMOCĄ	Senior II M - 30	33	01:12:36	04:22:16	07:04:59	09:43:25	12:25:11	17:13:06	<b>20:31:43.65</b>	<b>20:31:49.50</b>	+05:47:01 (28.2%)	9:28	6.3 (71.6%)
80	<b>PIOTROWSKI Paweł</b>	<b>1058</b>	PROTON	Masters M - 40	28	01:12:32	04:22:41	07:04:58	09:43:22	12:25:11	17:13:03	<b>20:31:42.90</b>	<b>20:31:51.55</b>	+05:47:03 (28.2%)	9:28	6.3 (71.6%)
81	<b>DŁUŻNIEWSKI Jacek</b>	<b>1272</b>	ULTRASFCB	Masters M - 40	29	01:20:39	04:35:55	07:01:30	09:31:55	12:13:46	17:05:11	<b>20:33:30.75</b>	<b>20:33:50.90</b>	+05:49:03 (28.3%)	9:29	6.3 (71.6%)
82	<b>MAY-ADAMEK Katarzyna</b>	<b>2086</b>		Masters K - 40	6	01:14:53	04:40:27	07:23:21	10:00:19	12:49:45	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%)
83	<b>LISIECKI Tomasz</b>	<b>1214</b>	TRZYNASTKA PLUS	Masters M - 40	30	01:26:29	04:51:47	07:22:40	09:59:37	12:49:05	17:29:22	<b>20:34:51.00</b>	<b>20:35:49.35</b>	+05:51:01 (28.4%)	9:29	6.3 (71.6%)
84	<b>OSTROWSKI Mirosław</b>	<b>1160</b>	PRZEWODNIK BESKIDZKI	Weteran I M - 50	8	01:17:41	04:34:56	07:08:33	09:35:23	12:16:27	17:21:00	<b>20:35:53.70</b>	<b>20:36:04.85</b>	+05:51:17 (28.4%)	9:30	6.3 (71.6%)
85	<b>ZIĘBORAK Szymon</b>	<b>2108</b>		Senior II M - 30	34	01:09:07	03:55:38	06:13:50	08:20:42	10:47:30	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%)
86	<b>ZOWAL Ryszard</b>	<b>2006</b>	W POGONI ZA DUCHEM	Masters M - 40	31	01:17:22	04:34:54	07:01:58	09:28:48	12:11:33	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%)
87	<b>ZAPORA Marek</b>	<b>2033</b>	W POGONI ZA DUCHEM	Senior II M - 30	35	01:17:21	04:34:52	07:01:58	09:28:45	12:11:33	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%)
88	<b>TYLEK Rafał</b>	<b>1134</b>	FLEXYSTAV SPORT	Masters M - 40	32	01:30:25	05:14:23	07:44:44	10:07:42	12:47:42	17:20:18	<b>20:38:31.40</b>	<b>20:39:35.90</b>	+05:54:48 (28.6%)	9:31	6.3 (71.6%)
89	<b>TRZCIELIŃSKI Roman</b>	<b>1182</b>	PSY WARSZAWA	Weteran II M - 60	2	01:17:14	04:34:03	07:08:13	09:48:19	12:26:04	17:25:10	<b>20:42:56.20</b>	<b>20:43:22.75</b>	+05:58:35 (28.8%)	9:33	6.3 (71.6%)
90	<b>BERNACKI Eugeniusz</b>	<b>1174</b>	GPRS HYDROKOP	Weteran I M - 50	9	01:17:16	04:34:04	07:08:09	09:48:18	12:26:02	17:25:08	<b>20:42:55.80</b>	<b>20:43:22.80</b>	+05:58:35 (28.8%)	9:33	6.3 (71.6%)
91	<b>MYSZCZYSZYN Łukasz</b>	<b>2010</b>	KUDOWIANKA RUN	Senior II M - 30	36	01:07:23	03:54:02	06:08:43	08:14:42	10:48:41	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%)
92	<b>TRYBALSKI Krzysztof</b>	<b>2061</b>		Masters M - 40	33	01:17:25	04:31:00	06:52:11	09:17:12	12:00:07	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%)
93	<b>BIEGAJŁO Krystian</b>	<b>1131</b>	MTS KGHMDRUŻYNA SZPIKU	Masters M - 40	34	01:19:13	04:29:42	07:04:27	09:35:26	12:30:06	17:36:06	<b>20:50:46.80</b>	<b>20:50:58.40</b>	+06:06:10 (29.3%)	9:37	6.2 (70.5%)
94	<b>KUC Wojciech</b>	<b>1054</b>		Senior II M - 30	37	01:23:10	04:50:27	07:21:39	09:43:22	12:29:17	17:36:03	<b>20:50:44.35</b>	<b>20:50:59.50</b>	+06:06:11 (29.3%)	9:37	6.2 (70.5%)
95	<b>BŁACHOWIAK Mariusz</b>	<b>1175</b>	MARATON LESZNO	Masters M - 40	35	01:21:42	04:33:55	06:54:24	09:17:33	12:24:54	17:21:54	<b>20:50:31.05</b>	<b>20:51:07.40</b>	+06:06:19 (29.3%)	9:37	6.2 (70.5%)
96	<b>ZDZIARSKI Tomasz</b>	<b>1016</b>		Masters M - 40	36	01:18:11	04:48:28	07:24:42	10:04:40	12:55:13	17:25:33	<b>20:51:12.55</b>	<b>20:51:59.60</b>	+06:07:11 (29.3%)	9:37	6.2 (70.5%)
97	<b>DATA Tomasz</b>	<b>1166</b>		Masters M - 40	37	01:25:30	05:00:46	07:43:05	10:08:14	13:01:44	17:37:13	<b>20:52:08.30</b>	<b>20:52:33.00</b>	+06:07:45 (29.4%)	9:37	6.2 (70.5%)
98	<b>SZOPA Marek</b>	<b>1262</b>	TEAM KOPEĆ	Masters M - 40	38	01:14:31	04:30:28	06:43:06	09:25:57	12:19:40	17:20:52	<b>20:52:43.60</b>	<b>20:53:00.50</b>	+06:08:12 (29.4%)	9:38	6.2 (70.5%)
99	<b>DZIERKA Mariusz</b>	<b>1153</b>		Masters M - 40	39	01:22:05	04:37:46	07:21:14	09:58:16	12:44:19	17:48:42	<b>20:52:45.10</b>	<b>20:53:23.80</b>	+06:08:36 (29.4%)	9:38	6.2 (70.5%)
100	<b>GARNCARZ Paweł</b>	<b>1275</b>		Masters M - 40	40	01:09:31	04:39:35	07:06:25	09:34:15	12:20:23	17:23:56	<b>20:57:14.85</b>	<b>20:57:26.15</b>	+06:12:38 (29.6%)	9:40	6.2 (70.5%)
101	<b>MATEJCZUK Marcin</b>	<b>1240</b>	ULTRA ŚLEDŹ	Senior II M - 30	38	01:18:39	04:26:08	06:59:09	09:35:15	12:20:19	17:23:59	<b>20:57:04.30</b>	<b>20:57:26.60</b>	+06:12:38 (29.6%)	9:40	6.2 (70.5%)
102	<b>KOWAL Wiesław</b>	<b>2109</b>		Masters M - 40	41	01:12:25	04:16:45	06:37:01	08:59:23	12:12:56	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%)
103	<b>BADOWSKI Jerzy</b>	<b>1252</b>	NORDEA RUNNING TEAM	Masters M - 40	42	01:11:15	04:07:45	06:26:34	08:59:30	11:50:08	16:50:54	<b>20:58:09.05</b>	<b>20:58:15.15</b>	+06:13:27 (29.7%)	9:40	6.2 (70.5%)
104	<b>KRUPIŃSKI Maciej</b>	<b>1087</b>	AGB TORFY	Senior II M - 30	39	01:25:08	04:53:14	07:24:59	10:09:39	12:45:57	17:38:41	<b>20:57:37.00</b>	<b>20:58:20.90</b>	+06:13:33 (29.7%)	9:40	6.2 (70.5%)
105	<b>KLIMCZEWSKI Andrzej</b>	<b>1196</b>	FOREVER YOUNG ŁÓDŹ	Weteran I M - 50	10	01:19:10	04:38:24	07:10:54	09:35:53	12:40:41	17:44:18	<b>20:58:49.60</b>	<b>20:58:59.10</b>	+06:14:11 (29.7%)	9:41	6.2 (70.5%)
106	<b>BYZIA Piotr</b>	<b>2045</b>		Senior II M - 30	40	01:24:27	04:47:36	07:27:41	10:02:48	12:58:20	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%)
107	<b>KRĘCIELEWSKI Tomek</b>	<b>1279</b>	GOPR W-K	Senior II M - 30	41	01:17:00	04:28:19	06:36:15	09:12:50	11:49:25	17:28:08	<b>21:01:10.15</b>	<b>21:02:59.30</b>	+06:18:11 (29.9%)	9:42	6.2 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km	130km			
108	<b>BOTOR Szymon</b>	<b>2132</b>		Senior II M - 30	42	01:23:21	04:44:40	07:18:39	09:53:59	12:44:18	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%)
109	<b>CIURASZKIEWICZ Andrzej</b>	<b>1142</b>	ANDRZEJ CIURASZKIEWICZ	Masters M - 40	43	01:23:34	04:44:42	07:15:47	09:50:23	12:50:41	17:49:06	<b>21:03:42.40</b>	<b>21:04:03.95</b>	+06:19:16 (30.0%)	9:43	6.2 (70.5%)
110	<b>LORENC Joanna</b>	<b>1294</b>	KS ENDORFINY WAŚOSZ	Senior II K - 30	3	01:15:58	04:27:10	07:04:45	09:34:49	12:25:24	17:51:53	<b>21:05:27.00</b>	<b>21:05:31.25</b>	+06:20:43 (30.1%)	9:44	6.2 (70.5%)
111	<b>JACKIEWICZ Arkadiusz</b>	<b>1129</b>	BIEGAM BO LUBIĘ GŁOGÓW	Weteran I M - 50	11	01:15:58	04:27:12	07:04:44	09:34:48	12:25:24	17:51:52	<b>21:05:28.05</b>	<b>21:05:32.60</b>	+06:20:44 (30.1%)	9:44	6.2 (70.5%)
112	<b>KOCIŃSKI Dominik</b>	<b>1007</b>	KLUCZYK RUNNING TEAM	Senior II M - 30	43	01:17:30	04:27:14	06:53:49	09:26:24	12:16:50	17:32:10	<b>21:06:07.45</b>	<b>21:06:38.70</b>	+06:21:50 (30.1%)	9:44	6.2 (70.5%)
113	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>2015</b>	KOLOROWA DRUŻYNA NESSI	Masters K - 40	7	01:23:18	04:45:41	07:21:13	09:57:15	12:38:37	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%)
114	<b>KOWALSKA Anna</b>	<b>1083</b>		Senior II K - 30	4	01:22:02	04:59:57	07:39:10	10:04:25	12:39:42	17:53:41	<b>21:09:21.05</b>	<b>21:09:26.30</b>	+06:24:38 (30.3%)	9:45	6.1 (69.3%)
115	<b>DOMINIAK Michał</b>	<b>1180</b>	SBRT	Senior II M - 30	44	01:25:59	04:48:40	07:34:56	10:14:35	13:06:20	18:22:49	<b>21:10:07.40</b>	<b>21:10:38.35</b>	+06:25:50 (30.4%)	9:46	6.1 (69.3%)
116	<b>PAWLYTA Jerzy</b>	<b>1139</b>	KM PSP ELBLĄG	Senior II M - 30	45	01:21:10	04:37:46	07:12:22	09:44:58	12:57:54	17:56:00	<b>21:10:29.25</b>	<b>21:10:57.35</b>	+06:26:09 (30.4%)	9:46	6.1 (69.3%)
117	<b>SANECKI Patryk</b>	<b>1066</b>	SPARTANIE DZIECIOM	Senior I M - 20	5	01:21:10	04:37:47	07:12:25	09:44:59	12:57:55	17:56:00	<b>21:10:29.55</b>	<b>21:10:57.65</b>	+06:26:09 (30.4%)	9:46	6.1 (69.3%)
118	<b>MARCHEWKA Joanna</b>	<b>1012</b>		Masters K - 40	8	01:17:29	04:29:00	06:52:19	09:14:12	11:57:11	17:07:42	<b>21:10:47.50</b>	<b>21:11:16.10</b>	+06:26:28 (30.4%)	9:46	6.1 (69.3%)
119	<b>KOZERAŃSKI Przemysław</b>	<b>1080</b>	WILD DOGS TEAM	Senior II M - 30	46	01:14:43	04:18:02	06:46:57	09:17:02	12:20:09	17:42:21	<b>21:16:13.10</b>	<b>21:16:23.30</b>	+06:31:35 (30.7%)	9:49	6.1 (69.3%)
120	<b>WRÓBEL Kamila</b>	<b>1290</b>	NIKOŚ I STAŚ	Senior II K - 30	5	01:22:36	04:41:40	07:27:13	10:12:34	13:05:18	18:04:25	<b>21:17:02.75</b>	<b>21:17:27.80</b>	+06:32:40 (30.7%)	9:49	6.1 (69.3%)
121	<b>SZYMAŁA Marcin</b>	<b>1169</b>	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	44	01:22:42	04:59:35	07:42:41	10:18:26	12:54:52	17:59:46	<b>21:16:54.25</b>	<b>21:17:29.25</b>	+06:32:41 (30.7%)	9:49	6.1 (69.3%)
122	<b>JAGIELSKI Jerzy</b>	<b>2112</b>	JKS SALAMANDRA	Senior II M - 30	47	01:08:52	04:15:08	06:50:38	09:19:10	12:28:13	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%)
123	<b>KOCIUBA Przemysław</b>	<b>1128</b>	TT SZCZECIN	Senior II M - 30	48	01:18:46	04:22:19	06:36:17	08:54:36	11:51:34	16:44:05	<b>21:19:29.45</b>	<b>21:20:05.20</b>	+06:35:17 (30.9%)	9:50	6.1 (69.3%)
124	<b>PAŁETKO Grzegorz</b>	<b>1149</b>	NYSA BIEGA	Senior II M - 30	49	01:11:00	04:05:01	06:18:01	08:34:12	11:55:07	17:42:50	<b>21:22:02.15</b>	<b>21:25:50.15</b>	+06:41:02 (31.2%)	9:51	6.1 (69.3%)
125	<b>SITAREK Michał</b>	<b>1245</b>	POLISH RUNNERS CLUB IRELAND	Masters M - 40	45	01:00:22	03:45:09	06:09:23	08:54:16	12:21:45	17:23:10	<b>21:25:49.25</b>	<b>21:25:50.20</b>	+06:41:02 (31.2%)	9:53	6.1 (69.3%)
126	<b>NALAZEK Marcin</b>	<b>1076</b>	KALENJI BY DECATHLON	Senior II M - 30	50	01:04:50	04:11:01	06:34:33	08:59:39	11:46:43	17:37:59	<b>21:27:46.95</b>	<b>21:27:59.65</b>	+06:43:11 (31.3%)	9:54	6.1 (69.3%)
127	<b>KOWALSKA Joanna</b>	<b>2078</b>	12TRI	Masters K - 40	9	01:17:55	04:21:07	06:45:15	08:59:29	11:44:15	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%)
128	<b>GAŚIOROWSKI Olek</b>	<b>1127</b>	DRUŻYNA SZPIKU	Masters M - 40	46	01:25:42	05:02:30	07:33:19	10:02:38	12:44:51	17:51:35	<b>21:29:33.65</b>	<b>21:30:03.15</b>	+06:45:15 (31.4%)	9:55	6 (68.2%)
129	<b>KWIATKOWSKI Jarek</b>	<b>2114</b>	FLOWERS TEAM	Masters M - 40	47	01:14:31	04:38:59	07:27:35	10:10:28	13:00:35	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%)
130	<b>JARASZEK Sanjaya</b>	<b>2130</b>	WWW.JASNASTRONAMOCY.INFO	Weteran II M - 60	3	01:20:35	05:06:43	08:03:09	10:44:04	13:16:33	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%)
131	<b>DOBROŚ Tomasz</b>	<b>2003</b>		Masters M - 40	48	01:23:35	04:47:35	07:27:17	10:02:52	12:46:35	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%)
132	<b>ZUBERT Marcin</b>	<b>2053</b>	PRESS GLASS-BIEGAMY I WSPIERAMY	Masters M - 40	49	01:18:11	04:39:48	07:05:38	09:34:18	12:46:09	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%)
133	<b>BASZAK Tomasz</b>	<b>1296</b>	SIŁA OGRA	Masters M - 40	50	01:23:01	04:48:41	07:13:12	09:49:44	12:26:57	18:21:34	<b>21:40:38.60</b>	<b>21:40:52.45</b>	+06:56:04 (32.0%)	10:00	6 (68.2%)
134	<b>SOPOTNICKI Wojciech</b>	<b>1178</b>	MOVEON	Masters M - 40	51	01:30:41	05:00:38	07:34:27	10:13:20	13:21:53	18:22:34	<b>21:40:10.60</b>	<b>21:40:55.20</b>	+06:56:07 (32.0%)	10:00	6 (68.2%)
135	<b>BOGDANOWICZ Beata</b>	<b>2123</b>		Masters K - 40	10	01:22:38	04:59:49	07:38:32	10:25:44	13:11:44	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
136	<b>CIEPLIK Łukasz</b>	<b>2054</b>		Senior II M - 30	51	01:26:55	05:01:35	07:34:28	10:11:24	13:11:45	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%)
137	<b>ŚWIATOWIEC Anna</b>	<b>2030</b>	IMPERIUM SPORTU	Masters K - 40	11	01:31:30	05:17:42	08:00:38	10:32:58	13:38:59	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%)
138	<b>CIUK Piotr</b>	<b>1060</b>	YULO RUN TEAM SIEDLCE	Masters M - 40	52	01:30:32	05:08:58	07:52:03	10:31:14	13:19:26	18:18:00	<b>21:43:20.35</b>	<b>21:44:09.55</b>	+06:59:21 (32.2%)	10:01	6 (68.2%)
139	<b>CHRZAŚCIK Anna</b>	<b>1216</b>	PŁOMYK OLKUSZ	Masters K - 40	12	01:18:40	04:44:22	07:21:48	10:00:20	12:53:59	18:02:09	<b>21:46:44.30</b>	<b>21:47:01.10</b>	+07:02:13 (32.3%)	10:03	6 (68.2%)
140	<b>KUCIŃSKI Tomasz</b>	<b>2087</b>	MKB DREPTAK	Masters M - 40	53	01:24:51	04:53:32	07:12:13	09:53:46	12:45:34	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%)
141	<b>ZABOROWSKI Robert</b>	<b>1223</b>	MARATOŃCZYK DĘBICA	Weteran I M - 50	12	01:23:05	05:08:06	07:50:20	10:33:35	13:18:28	18:26:48	<b>21:47:18.85</b>	<b>21:47:53.95</b>	+07:03:06 (32.3%)	10:03	6 (68.2%)
142	<b>BRODEK Andrzej</b>	<b>2040</b>	CERTUM	Weteran I M - 50	13	01:25:13	05:00:08	07:45:28	10:27:07	13:18:04	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%)
143	<b>RADZIK Robert</b>	<b>1068</b>	VISEGRAD MARATON RYTRO	Senior I M - 20	6	01:22:48	04:43:14	07:12:48	09:35:35	12:24:25	17:42:15	<b>21:48:25.55</b>	<b>21:48:45.00</b>	+07:03:57 (32.4%)	10:03	6 (68.2%)
144	<b>TROCHIMOWICZ Hubert T</b>	<b>1266</b>	LONGEVITY EXPEDITION	Masters M - 40	54	01:16:08	04:45:17	07:06:04	09:36:17	12:58:13	18:29:49	<b>21:54:18.50</b>	<b>21:54:30.10</b>	+07:09:42 (32.7%)	10:06	5.9 (67.0%)
145	<b>GAJLUSZ Dawid</b>	<b>1021</b>	BIEGIEM PO MARZENIA TEAM	Senior II M - 30	52	01:23:24	04:56:17	07:33:25	10:13:42	13:01:55	18:23:39	<b>21:53:54.15</b>	<b>21:54:30.40</b>	+07:09:42 (32.7%)	10:06	5.9 (67.0%)
146	<b>WOJCIECHOWSKI Przemysław</b>	<b>1100</b>	CHAMPIONMAN TEAM	Senior II M - 30	53	01:32:09	05:07:32	07:46:52	10:23:02	13:25:26	18:53:09	<b>21:56:35.85</b>	<b>21:57:08.70</b>	+07:12:20 (32.8%)	10:07	5.9 (67.0%)
147	<b>MATWIEJCZYK Gabriel</b>	<b>1026</b>	TYM RAZEM SIE UDA	Senior II M - 30	54	01:17:54	04:32:59	06:59:26	09:34:49	13:04:12	18:24:29	<b>21:58:30.95</b>	<b>21:59:04.90</b>	+07:14:17 (32.9%)	10:08	5.9 (67.0%)
148	<b>STATECZYŃSKI Błażej</b>	<b>1020</b>		Senior II M - 30	55	01:32:45	05:11:01	07:46:04	10:22:39	12:59:00	17:52:27	<b>21:58:07.65</b>	<b>21:59:06.35</b>	+07:14:18 (32.9%)	10:08	5.9 (67.0%)
149	<b>DONIEC Marek</b>	<b>1113</b>	PIOTRKOWSKI KLUB BIEGACZA ENDORFINA	Masters M - 40	55	01:12:35	04:18:58	07:07:23	09:54:36	12:50:24	18:34:36	<b>22:06:39.25</b>	<b>22:06:53.65</b>	+07:22:05 (33.3%)	10:12	5.9 (67.0%)
150	<b>DYNIA Krystian</b>	<b>1247</b>		Senior II M - 30	56	01:20:06	04:25:08	06:44:36	09:00:07	12:12:13	18:39:36	<b>22:06:26.50</b>	<b>22:06:58.75</b>	+07:22:11 (33.3%)	10:12	5.9 (67.0%)
151	<b>DEPTUŁA Hubert</b>	<b>1265</b>		Masters M - 40	56	01:17:24	04:37:46	07:21:15	10:00:09	13:16:41	18:46:20	<b>22:09:55.50</b>	<b>22:10:25.40</b>	+07:25:37 (33.5%)	10:13	5.9 (67.0%)
152	<b>JANAS Kacper</b>	<b>2079</b>	PUSZCZYK BUKOWY	Senior II M - 30	57	01:14:32	04:19:31	06:42:42	09:24:23	12:36:35	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%)
153	<b>MARCZEWSKI Sławomir</b>	<b>2020</b>	STOWARZYSZENIE LUDZI W BIEGU ŻŁOTÓW	Masters M - 40	57	01:25:32	04:50:08	07:19:54	09:57:50	12:58:09	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%)
154	<b>ZAJĄC Marcin</b>	<b>2062</b>	77CATS	Senior II M - 30	58	01:22:34	04:38:24	07:02:32	09:31:08	12:35:49	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%)
155	<b>LIC Janusz</b>	<b>1232</b>	BISKUPICE BIEGAJĄ	Weteran I M - 50	14	01:25:39	05:20:31	08:09:54	10:45:34	13:41:25	18:46:31	<b>22:12:10.45</b>	<b>22:12:52.60</b>	+07:28:04 (33.6%)	10:14	5.9 (67.0%)
156	<b>DĄBROWSKI Cezary</b>	<b>1161</b>	MAXI PIASECZNO	Masters M - 40	58	01:18:20	04:49:45	07:36:01	10:20:15	13:00:55	18:39:35	<b>22:14:49.60</b>	<b>22:15:10.05</b>	+07:30:22 (33.7%)	10:16	5.8 (65.9%)
157	<b>WIRA Mirosław</b>	<b>1108</b>		Weteran II M - 60	4	01:23:10	04:49:39	07:36:10	10:29:09	13:36:12	18:48:09	<b>22:16:57.15</b>	<b>22:17:31.05</b>	+07:32:43 (33.8%)	10:17	5.8 (65.9%)
158	<b>JĘDRYCHA Bożena</b>	<b>2022</b>		Masters K - 40	13	01:23:21	05:03:05	07:47:01	10:40:03	13:34:59	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%)
159	<b>BRUS Marcin</b>	<b>2009</b>		Masters M - 40	59	01:08:15	04:16:15	06:59:29	09:35:48	13:33:59	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%)
160	<b>BORKOWSKI Marek</b>	<b>1114</b>		Senior II M - 30	59	01:33:12	05:30:14	08:24:48	11:07:21	13:47:01	19:05:15	<b>22:17:45.85</b>	<b>22:18:36.30</b>	+07:33:48 (33.9%)	10:17	5.8 (65.9%)
161	<b>MIKOWSKI Artur</b>	<b>1144</b>	ALNOR	Masters M - 40	60	01:25:35	04:49:14	07:26:54	10:09:39	12:51:52	18:48:23	<b>22:17:59.75</b>	<b>22:18:42.30</b>	+07:33:54 (33.9%)	10:17	5.8 (65.9%)
162	<b>ROGAŁA Maciej</b>	<b>1284</b>	ATTIQ-YNO ULTRA	Masters M - 40	61	01:26:16	05:17:02	08:10:52	10:52:42	13:40:32	18:40:08	<b>22:18:29.85</b>	<b>22:18:56.10</b>	+07:34:08 (33.9%)	10:17	5.8 (65.9%)
163	<b>NOWACZYK Tomasz</b>	<b>1010</b>	KOŚCIAN TEAM	Masters M - 40	62	01:17:45	04:47:54	07:12:54	09:39:29	12:58:14	18:43:09	<b>22:18:57.10</b>	<b>22:19:07.60</b>	+07:34:19 (33.9%)	10:17	5.8 (65.9%)
164	<b>KULICKI Łukasz</b>	<b>1115</b>		Senior II M - 30	60	01:33:12	05:30:11	08:24:40	11:07:22	13:47:02	19:06:12	<b>22:19:03.00</b>	<b>22:19:54.40</b>	+07:35:06 (34.0%)	10:18	5.8 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
165	<b>MAĆKOWIAK Krzysztof</b>	<b>1029</b>		Senior II M - 30	61	01:26:49	05:03:56	07:45:09	10:28:21	13:21:16	18:52:43	<b>22:19:40.65</b>	<b>22:20:05.80</b>	+07:35:18 (34.0%)	10:18	5.8 (65.9%)
166	<b>KOPACKI Grzegorz</b>	<b>2041</b>		Senior II M - 30	62	01:21:07	04:52:54	07:41:43	10:28:36	13:38:14	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%)
167	<b>ROŹNIATA Iwona</b>	<b>2032</b>	KS GŁOWNO W BIEGU	Masters K - 40	14	01:22:40	05:03:17	07:50:51	10:34:07	13:21:27	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%)
168	<b>TUROBOŚ Michał</b>	<b>1243</b>		Masters M - 40	63	01:18:38	05:03:31	07:51:05	10:34:23	13:21:41	18:23:54	<b>22:21:32.35</b>	<b>22:21:45.05</b>	+07:36:57 (34.1%)	10:19	5.8 (65.9%)
169	<b>CYNIAK Marek</b>	<b>2069</b>	EVERRUN	Masters M - 40	64	01:21:01	04:50:00	07:23:11	10:04:11	13:12:53	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%)
170	<b>LEMBOWICZ Grzegorz</b>	<b>1084</b>		Masters M - 40	65	01:30:28	05:28:51	08:12:28	10:51:06	14:02:00	19:21:45	<b>22:30:07.45</b>	<b>22:30:55.45</b>	+07:46:07 (34.5%)	10:23	5.8 (65.9%)
171	<b>GRZELAKOWSKI Robert</b>	<b>1105</b>	WKURW_TEAM	Senior II M - 30	63	01:29:57	05:28:51	08:12:26	10:51:09	14:01:59	19:21:44	<b>22:30:06.95</b>	<b>22:30:55.85</b>	+07:46:08 (34.5%)	10:23	5.8 (65.9%)
172	<b>DETLAFF Patrycja</b>	<b>1276</b>	DREAM RUN	Senior II K - 30	6	01:19:13	04:51:10	07:35:12	10:14:55	13:28:18	18:39:04	<b>22:30:54.90</b>	<b>22:31:05.15</b>	+07:46:17 (34.5%)	10:23	5.8 (65.9%)
173	<b>SACHARUK Robert</b>	<b>1293</b>	MULTON TEAM	Masters M - 40	66	01:12:25	04:19:56	06:45:53	09:14:29	12:00:08	17:53:25	<b>22:34:08.05</b>	<b>22:34:20.15</b>	+07:49:32 (34.7%)	10:24	5.8 (65.9%)
174	<b>RUTKOWSKI Mariusz</b>	<b>1283</b>		Senior II M - 30	64	01:17:40	05:08:45	07:51:07	10:40:05	13:28:56	18:55:14	<b>22:40:04.20</b>	<b>22:40:08.20</b>	+07:55:20 (34.9%)	10:27	5.7 (64.8%)
175	<b>GRZESZCZUK Wojciech</b>	<b>1188</b>	VISUAL FAMILY COLLECTIVE	Weteran I M - 50	15	01:23:03	04:52:41	07:45:13	10:28:31	13:29:47	19:06:00	<b>22:45:24.35</b>	<b>22:45:32.10</b>	+08:00:44 (35.2%)	10:30	5.7 (64.8%)
176	<b>KAŃDUŁA Klaudia</b>	<b>2093</b>	NEST TEAM	Senior II K - 30	7	01:25:38	05:01:19	07:44:53	10:19:36	13:05:53	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%)
177	<b>FURMAN Marcin</b>	<b>1190</b>	KRYTYKA CZYSTEGO BIEGANIA	Masters M - 40	67	01:22:05	04:59:57	07:41:22	10:26:22	13:38:17	19:18:41	<b>22:47:04.45</b>	<b>22:47:10.90</b>	+08:02:23 (35.3%)	10:30	5.7 (64.8%)
178	<b>MATUSZEWSKI Marek</b>	<b>1035</b>	RUNNER'S POWER ŚREM	Masters M - 40	68	01:31:27	05:17:44	08:10:15	10:53:09	13:44:33	19:18:07	<b>22:46:33.80</b>	<b>22:47:11.20</b>	+08:02:23 (35.3%)	10:30	5.7 (64.8%)
179	<b>LANGER Waldemar</b>	<b>1111</b>		Weteran I M - 50	16	01:23:25	05:07:04	07:50:07	10:34:04	13:39:24	19:07:22	<b>22:46:38.20</b>	<b>22:47:11.80</b>	+08:02:24 (35.3%)	10:30	5.7 (64.8%)
180	<b>JACHYMSKI Jacek</b>	<b>1237</b>	AKADEMICKI KLUB GÓRSKI W ŁODZI	Weteran II M - 60	5	01:34:43	05:30:15	08:15:23	11:02:42	14:00:34	19:19:13	<b>22:47:58.20</b>	<b>22:48:49.90</b>	+08:04:02 (35.4%)	10:31	5.7 (64.8%)
181	<b>KRAWCZYK Michał</b>	<b>1195</b>		Senior I M - 20	7	01:25:01	04:48:23	07:28:21	10:07:46	13:31:41	18:57:30	<b>22:50:05.25</b>	<b>22:50:59.35</b>	+08:06:11 (35.5%)	10:32	5.7 (64.8%)
182	<b>MARCINKOWSKI Przemysław</b>	<b>2138</b>	PROTON LESZNOLIMITS RUNNERS	Masters M - 40	69	01:14:18	04:26:09	07:06:38	09:53:07	13:26:26	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%)
183	<b>GROCHAŁA Tomasz</b>	<b>2007</b>	GROSZEK TEAM	Senior II M - 30	65	01:14:53	04:30:07	07:05:10	09:35:35	12:20:42	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%)
184	<b>DZISZKIEWICZ Grzegorz</b>	<b>1170</b>		Senior II M - 30	66	01:34:58	05:34:18	08:28:44	11:17:41	14:10:25	19:19:00	<b>22:55:00.90</b>	<b>22:55:52.25</b>	+08:11:04 (35.7%)	10:34	5.7 (64.8%)
185	<b>HAUPT Krzysztof</b>	<b>1228</b>	MUAY RUNNING TEAM	Masters M - 40	70	01:26:10	05:28:13	08:17:39	11:03:21	13:35:21	19:11:06	<b>22:56:00.20</b>	<b>22:56:10.25</b>	+08:11:22 (35.7%)	10:35	5.7 (64.8%)
186	<b>PIECH Michał</b>	<b>1291</b>	RODZICEWRUCHU.PL	Masters M - 40	71	01:20:10	05:02:37	07:27:04	10:04:16	13:05:26	18:47:25	<b>22:58:38.40</b>	<b>22:59:03.50</b>	+08:14:15 (35.8%)	10:36	5.7 (64.8%)
187	<b>BOGACZYK Krzysztof</b>	<b>1075</b>		Senior II M - 30	67	01:25:26	05:03:51	07:40:30	10:10:04	12:59:35	18:22:21	<b>22:58:08.75</b>	<b>22:59:03.80</b>	+08:14:16 (35.8%)	10:36	5.7 (64.8%)
188	<b>KRASIŃSKI Tomasz</b>	<b>1271</b>	INDYWIDUALNIE	Masters M - 40	72	01:18:39	04:56:42	07:37:35	10:04:05	13:20:32	19:17:03	<b>22:59:14.75</b>	<b>22:59:31.60</b>	+08:14:43 (35.9%)	10:36	5.7 (64.8%)
189	<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	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%)
190	<b>BOCZKIEWICZ Tomasz</b>	<b>1109</b>	BIEGING TEAM ZELÓW	Senior II M - 30	68	01:18:56	04:44:00	07:18:32	09:50:03	12:50:11	17:56:43	<b>23:01:50.80</b>	<b>23:02:22.55</b>	+08:17:34 (36.0%)	10:37	5.6 (63.6%)
191	<b>MALEC Mariusz</b>	<b>1118</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	Masters M - 40	73	01:43:11	05:29:08	08:20:51	11:17:41	14:19:58	19:19:24	<b>23:03:26.40</b>	<b>23:04:19.45</b>	+08:19:31 (36.1%)	10:38	5.6 (63.6%)
192	<b>WARDAK Ewa</b>	<b>1065</b>	IMPULS KOMORÓW	Masters K - 40	15	01:28:16	05:06:52	07:48:20	10:24:49	13:27:54	19:17:19	<b>23:06:34.05</b>	<b>23:07:16.90</b>	+08:22:29 (36.2%)	10:39	5.6 (63.6%)
193	<b>JURGIELEWICZ Jacek</b>	<b>1227</b>		Weteran I M - 50	17	01:23:29	05:08:15	08:00:07	10:43:42	13:31:43	19:17:59	<b>23:08:31.55</b>	<b>23:09:00.40</b>	+08:24:12 (36.3%)	10:40	5.6 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
194	WĄTROBA Tomasz	1094	#BIFASTERNIZUDAR	Senior II M - 30	69	01:17:07	04:21:25	06:47:48	09:08:39	11:58:46	19:02:35	<b>23:13:56.20</b>	<b>23:14:34.85</b>	+08:29:47 (36.6%)	10:43	5.6 (63.6%)
195	POPŁAWSKA Katarzyna	2019	CZARNE OWCE HIPOLITÓW	Masters K - 40	16	01:24:39	05:05:16	07:54:45	10:45:23	13:46:00	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%)
196	STASZEWSKI Piotr	1146		Masters M - 40	74	01:24:30	05:04:38	07:57:54	10:38:58	13:38:26	19:19:26	<b>23:15:22.35</b>	<b>23:16:14.90</b>	+08:31:27 (36.6%)	10:44	5.6 (63.6%)
197	MUSOLF Maciej	1273	DZIK	Senior II M - 30	70	01:25:20	05:02:56	07:35:00	10:25:52	13:23:59	19:20:16	<b>23:21:33.10</b>	<b>23:22:10.70</b>	+08:37:22 (36.9%)	10:46	5.6 (63.6%)
198	MAŁYSZA Sławomir	1137	PZU SPORT TEAM	Masters M - 40	75	01:30:07	05:14:13	07:48:50	10:30:52	13:42:56	19:30:22	<b>23:21:45.05</b>	<b>23:23:00.85</b>	+08:38:13 (36.9%)	10:46	5.6 (63.6%)
199	ZAJĄC Leszek	2042		Senior II M - 30	71	01:12:25	04:36:54	08:02:55	10:44:13	13:32:49	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%)
200	BOJDA Grzegorz	1028	WAPIENICKI TEAM	Masters M - 40	76	01:32:06	05:19:14	08:07:34	10:46:05	14:00:53	19:25:46	<b>23:26:21.75</b>	<b>23:26:55.10</b>	+08:42:07 (37.1%)	10:49	5.5 (62.5%)
201	GORGOL Tomasz	1251	LP500	Masters M - 40	77	01:20:56	05:05:33	07:57:03	10:47:22	13:55:17	19:44:06	<b>23:27:16.55</b>	<b>23:27:37.60</b>	+08:42:49 (37.1%)	10:49	5.5 (62.5%)
202	KWAŚNIEWSKI Tomasz	1036	SULECHOWSKA GRUPA BIEGOWA	Masters M - 40	78	01:25:38	05:08:04	08:02:46	10:59:52	14:07:40	20:03:46	<b>23:28:19.45</b>	<b>23:28:59.80</b>	+08:44:12 (37.2%)	10:49	5.5 (62.5%)
203	INGLANT Zbigniew	1014	RUN LOG COM	Weteran I M - 50	18	01:26:08	05:07:21	07:52:03	10:31:37	13:55:18	19:35:26	<b>23:32:56.65</b>	<b>23:33:07.60</b>	+08:48:19 (37.4%)	10:52	5.5 (62.5%)
204	URBANIK Łukasz	1034	KITA TEAM	Masters M - 40	79	01:23:42	04:55:20	07:33:46	10:27:04	13:28:37	19:29:35	<b>23:33:04.95</b>	<b>23:33:18.55</b>	+08:48:30 (37.4%)	10:52	5.5 (62.5%)
205	NIEMAS Mariusz	1090	KP PSP W WADOWICACH	Weteran I M - 50	19	01:28:44	05:37:16	08:26:05	11:16:54	14:31:17	20:00:19	<b>23:40:50.60</b>	<b>23:41:27.90</b>	+08:56:40 (37.8%)	10:55	5.5 (62.5%)
206	SUCH Arkadiusz	1124	RZESZOWSKIE GAZELE I GEPARDY	Senior II M - 30	72	01:28:48	05:03:56	08:02:05	10:59:27	14:07:16	20:03:21	<b>23:40:24.05</b>	<b>23:41:28.85</b>	+08:56:41 (37.8%)	10:55	5.5 (62.5%)
207	FRESZEL Krzysztof	2021	BOERNEROWO BIEGA	Masters M - 40	80	01:28:16	05:12:54	08:16:57	11:22:26	14:19:45	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%)
208	MAŁOWIŃSKI Artur	1110		Weteran I M - 50	20	01:25:32	05:04:05	07:45:31	10:32:21	13:45:44	19:48:19	<b>23:44:51.35</b>	<b>23:45:35.55</b>	+09:00:47 (37.9%)	10:57	5.5 (62.5%)
209	BADURA Wojtek	1154	ZIELONA TRAFFKA I BIAŁY PUUUCH	Weteran I M - 50	21	01:29:04	05:04:57	07:51:54	10:23:31	13:10:42	19:21:50	<b>23:46:26.05</b>	<b>23:47:13.70</b>	+09:02:25 (38.0%)	10:58	5.5 (62.5%)
210	POLAK Michalina	2001		Senior I K - 20	2	01:25:26	05:03:15	07:41:26	10:22:57	13:54:57	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%)
211	SŁOCIAK Rafał	2043	RAJSPORT ACTIVE	Senior I M - 20	8	01:25:25	05:04:01	07:21:54	10:22:39	13:54:55	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%)
212	SZULC Krzysztof	1073	WYBIEGANIA MPK	Weteran I M - 50	22	01:26:05	05:04:52	08:04:14	10:39:31	14:01:28	19:53:17	<b>23:52:01.20</b>	<b>23:52:52.55</b>	+09:08:04 (38.3%)	11:00	5.4 (61.4%)
213	ANDRZEJEWSKI Maciej	1199	DRINK - TEAM	Senior II M - 30	73	01:21:46	04:53:07	07:39:06	10:28:33	13:35:28	19:57:28	<b>23:53:00.15</b>	<b>23:53:24.10</b>	+09:08:36 (38.3%)	11:01	5.4 (61.4%)
214	RYCYK Grzegorz	1165	1975	Masters M - 40	81	01:30:33	05:27:05	08:20:35	10:51:12	13:44:41	20:03:14	<b>23:52:49.95</b>	<b>23:53:38.90</b>	+09:08:51 (38.3%)	11:01	5.4 (61.4%)
215	CHYLIŃSKA Agnieszka	2133		Senior II K - 30	8	01:28:22	05:31:58	08:45:09	11:41:21	14:43:00	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%)
216	TWARÓG Zbigniew	1220	GRUPA BIEGOWA BEZ GRANIC	Weteran II M - 60	6	01:17:00	05:04:41	07:55:43	10:48:04	14:20:45	20:13:08	<b>23:56:22.20</b>	<b>23:56:53.10</b>	+09:12:05 (38.4%)	11:02	5.4 (61.4%)
217	RODAK Zbigniew	1037	GRUPA BIEGOWA 'BEZ GRANIC'	Senior II M - 30	74	01:17:00	05:04:41	07:55:39	10:48:04	14:20:44	20:13:08	<b>23:56:22.55</b>	<b>23:56:53.20</b>	+09:12:05 (38.4%)	11:02	5.4 (61.4%)
218	POZLEWICZ Dariusz	1285		Masters M - 40	82	01:30:44	05:20:06	08:17:52	11:08:13	14:11:02	19:57:02	<b>23:56:30.90</b>	<b>23:57:22.05</b>	+09:12:34 (38.4%)	11:03	5.4 (61.4%)
219	ANTONIEWICZ Jacek	2065	BIEGIEM PRZEZ POLSKĘ	Masters M - 40	83	01:22:34	05:12:49	07:49:28	10:31:54	13:33:52	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%)
220	OLEJNIK Sylwester	2091	VEGE ULTRA RUNNERS	Masters M - 40	84	01:22:34	05:12:51	07:49:28	10:32:02	13:33:51	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%)
221	BOBIN Tomasz	1082		Masters M - 40	85	01:23:20	05:06:32	07:55:36	10:49:24	13:47:15	19:55:26	<b>23:57:34.10</b>	<b>23:57:56.10</b>	+09:13:08 (38.5%)	11:03	5.4 (61.4%)
222	BRONOWICKI Ryszard	2125	NKB CHYŻY NOWY TOMYŚL	Weteran II M - 60	7	01:34:57	05:30:36	08:23:30	11:14:18	14:11:39	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%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 130km	brutto 130km			
223	<b>SZNAJDER Marcin</b>	<b>1292</b>		Senior II M - 30	75	01:38:26	05:29:03	08:11:49	11:03:30	14:20:08	20:04:30	<b>23:57:50.05</b>	<b>23:59:03.90</b>	+09:14:16 (38.5%)	11:03	5.4 (61.4%)
224	<b>SYPIEWSKA Hanna</b>	<b>1140</b>	1954	Weteran II K - 60	1	01:31:51	05:39:42	08:52:38	11:42:42	14:43:31	20:22:24	<b>23:58:30.60</b>	<b>23:59:11.90</b>	+09:14:24 (38.5%)	11:03	5.4 (61.4%)
225	<b>BOGACKI Sławek</b>	<b>1008</b>	#ULTRAVEGENORDICWALKER	Masters M - 40	86	01:30:17	05:31:15	08:33:20	11:33:15	14:33:15	20:23:36	<b>23:59:05.60</b>	<b>23:59:19.00</b>	+09:14:31 (38.5%)	11:04	5.4 (61.4%)
226	<b>POBŁOCKI Jan</b>	<b>1141</b>	GRUPA TRÓJMIASTO/ SPARTANIE DZI	Weteran II M - 60	8	01:32:38	05:39:20	08:53:55	11:46:26	14:42:33	20:22:10	<b>23:58:25.85</b>	<b>23:59:33.40</b>	+09:14:45 (38.5%)	11:03	5.4 (61.4%)
227	<b>PIOTROWSKI Michał</b>	<b>1006</b>	FACE NORDIC WALKING TEAM	Senior II M - 30	76	01:30:25	05:31:17	08:33:22	11:33:16	14:33:19	20:23:46	<b>23:59:46.75</b>	<b>23:59:59.85</b>	+09:15:12 (38.6%)	11:04	5.4 (61.4%)
228	<b>WOŻNA Magdalena</b>	<b>1224</b>	STOWARZYSZENIE NOWE GRANICE	Masters K - 40	17	01:30:42	05:27:28	08:29:51	11:25:15	14:31:42	20:13:21	<b>24:01:32.90</b>	<b>24:02:02.25</b>	+09:17:14 (38.6%)	11:05	5.4 (61.4%)
229	<b>PANEK Piotr</b>	<b>1287</b>	WATER TEAM	Masters M - 40	87	01:31:08	05:29:17	08:12:00	11:03:42	14:20:20	20:04:42	<b>24:02:56.40</b>	<b>24:03:57.65</b>	+09:19:09 (38.7%)	11:05	5.4 (61.4%)
230	<b>WALESIAK Wojciech</b>	<b>2004</b>	REMBERTÓW TEAM	Senior II M - 30	77	01:27:06	05:35:24	08:21:10	11:21:39	14:35:57	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%)
231	<b>SIENKIEWICZ Wojtek</b>	<b>1022</b>	OGARY DOLORES	Masters M - 40	88	01:27:01	05:35:06	08:25:38	11:21:38	14:21:59	20:01:33	<b>24:06:47.90</b>	<b>24:07:23.10</b>	+09:22:35 (38.9%)	11:07	5.4 (61.4%)
232	<b>JERMAK Kamil</b>	<b>1025</b>	BOHAR PALETY RUNNERS	Masters M - 40	89	01:25:43	04:56:38	07:30:28	10:09:55	13:34:42	20:05:17	<b>24:07:29.35</b>	<b>24:08:01.40</b>	+09:23:13 (38.9%)	11:08	5.4 (61.4%)
233	<b>SKOLIMOWSKI Adam</b>	<b>1244</b>	EUROPOL GAZ S.A.	Weteran I M - 50	23	01:25:41	05:30:18	08:07:34	11:00:11	14:23:43	20:36:23	<b>24:11:01.35</b>	<b>24:11:02.90</b>	+09:26:15 (39.0%)	11:09	5.4 (61.4%)
234	<b>SKRYNKOWSKI Michał</b>	<b>1231</b>		Senior II M - 30	78	01:20:06	05:17:47	08:12:10	11:07:43	14:08:36	20:45:17	<b>24:10:36.65</b>	<b>24:11:03.40</b>	+09:26:15 (39.0%)	11:09	5.4 (61.4%)
235	<b>FILIPCZAK Łukasz</b>	<b>2063</b>	OKNOPLAST RUNNING TEAM	Senior II M - 30	79	01:25:36	05:16:06	08:19:37	11:21:06	14:25:26	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%)
236	<b>SERKOWSKI Marcin</b>	<b>2068</b>	BIEGAMYRAZEM.PL	Masters M - 40	90	01:22:50	05:09:21	08:10:50	11:14:19	14:25:45	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%)
237	<b>PAWLUCZUK Tomasz</b>	<b>2085</b>		Masters M - 40	91	01:22:46	05:09:23	08:10:53	11:14:20	14:25:44	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%)
238	<b>WYSTRYCHOWSKA Marzena</b>	<b>1123</b>	BFAGENCJA.PL	Masters K - 40	18	01:26:21	05:21:34	08:19:00	11:27:19	14:34:59	20:49:16	<b>24:14:56.10</b>	<b>24:15:38.40</b>	+09:30:50 (39.2%)	11:11	5.4 (61.4%)
239	<b>GŁĘBOWSKI Tomasz</b>	<b>1009</b>		Masters M - 40	92	01:39:16	05:53:34	08:53:21	11:39:30	14:48:29	20:57:25	<b>24:15:10.35</b>	<b>24:15:45.90</b>	+09:30:58 (39.2%)	11:11	5.4 (61.4%)
240	<b>KUTYŁA Stanisław</b>	<b>2088</b>	ORANGE POLSKA	Masters M - 40	93	01:33:48	05:31:28	08:20:42	11:30:55	14:49:30	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%)
241	<b>GRZESIAK Mateusz</b>	<b>1257</b>	PSP	Senior II M - 30	80	01:21:14	05:26:31	08:34:34	11:33:43	14:44:36	20:52:20	<b>24:17:57.05</b>	<b>24:18:02.20</b>	+09:33:14 (39.3%)	11:12	5.3 (60.2%)
242	<b>BORUSIŃSKI Piotr</b>	<b>1268</b>		Masters M - 40	94	01:32:09	05:32:00	09:43:02	12:27:27	15:21:56	20:45:01	<b>24:18:19.90</b>	<b>24:18:23.35</b>	+09:33:35 (39.3%)	11:13	5.3 (60.2%)
243	<b>BORUSIŃSKA Aleksandra</b>	<b>1278</b>		Senior II K - 30	9	01:32:12	05:32:01	09:43:05	12:27:33	15:21:59	20:45:01	<b>24:18:20.30</b>	<b>24:18:24.25</b>	+09:33:36 (39.3%)	11:13	5.3 (60.2%)
244	<b>POTOCZNY Łukasz</b>	<b>1189</b>	EUFORIABIEGACZATEAM	Senior II M - 30	81	01:31:13	05:22:48	08:25:02	11:27:41	14:53:26	20:55:35	<b>24:23:49.70</b>	<b>24:24:10.45</b>	+09:39:22 (39.6%)	11:15	5.3 (60.2%)
245	<b>MATEŃCZUK Paweł</b>	<b>1001</b>		Masters M - 40	95	01:35:53	06:04:50	08:27:06	11:12:46	14:19:05	20:28:16	<b>24:24:04.35</b>	<b>24:24:51.00</b>	+09:40:03 (39.6%)	11:15	5.3 (60.2%)
246	<b>WIERZBICKI Rafał</b>	<b>2052</b>		Masters M - 40	96	01:23:32	05:10:00	08:09:12	11:16:24	14:32:15	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%)
247	<b>WYSOKIŃSKI Jerzy</b>	<b>1184</b>	KLUB BIEGACZA BIAŁA BIEGA/ORANGE POLSKA	Weteran I M - 50	24	01:34:26	05:34:25	08:26:20	11:31:20	14:59:04	20:55:15	<b>24:31:43.00</b>	<b>24:32:41.70</b>	+09:47:53 (39.9%)	11:19	5.3 (60.2%)
248	<b>JABŁOŃSKI Michał</b>	<b>2128</b>		Masters M - 40	97	01:33:43	05:34:28	08:23:28	11:31:22	14:52:51	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%)
249	<b>JANIK Tomasz</b>	<b>1071</b>	ORANGE POLSA	Masters M - 40	98	01:33:45	05:34:28	08:26:18	11:31:22	14:59:05	20:55:18	<b>24:31:45.10</b>	<b>24:32:41.95</b>	+09:47:54 (39.9%)	11:19	5.3 (60.2%)
250	<b>MROZOWSKI Paweł</b>	<b>2129</b>	ORANGE POSLKA/KINGRUNNER	Masters M - 40	99	01:33:44	05:34:24	08:23:15	11:30:55	14:47:35	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%)
251	<b>JURA Mariusz</b>	<b>2117</b>	ZŁOWIESZCZE ZGRZYTNIECIE ZWIERACZA	Senior II M - 30	82	01:30:35	05:42:22	08:50:29	11:48:49	14:55:19	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
252	<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	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%)
253	<b>KADECKI Marek</b>	<b>1210</b>		Masters M - 40	100	01:28:04	05:36:18	08:29:16	11:21:26	14:33:54	20:49:05	<b>24:35:31.05</b>	<b>24:35:48.65</b>	+09:51:00 (40.0%)	11:21	5.3 (60.2%)
254	<b>MARCZAK Albert</b>	<b>1253</b>		Senior II M - 30	83	01:31:46	05:26:15	08:33:05	11:31:27	14:42:43	20:23:15	<b>24:37:26.75</b>	<b>24:38:24.40</b>	+09:53:36 (40.2%)	11:21	5.3 (60.2%)
255	<b>SZEWCZYK Michał</b>	<b>2064</b>	BBL ZDUŃSKA WOLA	Senior II M - 30	84	01:25:39	05:16:16	08:19:40	11:21:09	14:25:31	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%)
256	<b>MATYSZCZAK Sławomir</b>	<b>1254</b>		Weteran I M - 50	25	01:34:50	05:41:55	08:31:13	11:33:42	14:46:36	21:10:45	<b>24:46:11.10</b>	<b>24:46:58.00</b>	+10:02:10 (40.5%)	11:25	5.2 (59.1%)
257	<b>RYCZYŃSKI Jacek</b>	<b>2025</b>	POLSKA	Masters M - 40	101	01:26:52	05:31:59	08:29:17	11:32:17	14:54:59	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%)
258	<b>FURTAK Krzysztof</b>	<b>1288</b>	KTOŚ MUSI BYĆ OSTATNI	Weteran I M - 50	26	01:19:52	04:48:21	08:08:34	11:22:04	14:44:21	21:09:24	<b>24:52:21.25</b>	<b>24:53:12.70</b>	+10:08:24 (40.7%)	11:28	5.2 (59.1%)
259	<b>WOLSZCZAK Konrad</b>	<b>1067</b>	BIEGIEM PO MARZENIA TEAM	Senior II M - 30	85	01:34:47	05:41:53	08:31:11	11:33:40	14:46:37	21:10:43	<b>24:52:51.85</b>	<b>24:53:40.15</b>	+10:08:52 (40.8%)	11:29	5.2 (59.1%)
260	<b>MATUSEWICZ Ireneusz</b>	<b>2098</b>		Masters M - 40	102	01:25:54	05:31:44	08:28:49	11:20:57	14:31:32	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%)
261	<b>WYBRANIEC Michał</b>	<b>1186</b>		Senior II M - 30	86	01:34:41	05:47:34	08:40:45	11:33:29	14:48:26	21:08:43	<b>24:54:22.90</b>	<b>24:55:23.10</b>	+10:10:35 (40.8%)	11:29	5.2 (59.1%)
262	<b>JANUSZEWSKI Piotr</b>	<b>1256</b>	MKS ROBOTY DROGOWE	Masters M - 40	103	01:29:48	05:40:25	08:50:44	11:43:38	14:48:43	21:09:02	<b>24:54:45.00</b>	<b>24:55:30.35</b>	+10:10:42 (40.8%)	11:29	5.2 (59.1%)
263	<b>PALKIJ Aleksandra</b>	<b>1135</b>	KS FORREST LIMANOWA	Senior II K - 30	10	01:34:49	05:47:45	08:40:56	11:33:59	14:48:55	21:10:44	<b>24:54:42.05</b>	<b>24:55:30.40</b>	+10:10:42 (40.8%)	11:29	5.2 (59.1%)
264	<b>WAGNER Ewa</b>	<b>2005</b>		Senior II K - 30	11	01:30:14	05:39:28	09:05:41	12:02:14	15:10:02	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%)
265	<b>MAJDA Maciej</b>	<b>1133</b>	BIEGOWO TU I TAM	Senior II M - 30	87	01:23:41	05:04:35	08:03:03	11:00:50	14:20:36	20:29:52	<b>24:58:32.85</b>	<b>24:58:51.35</b>	+10:14:03 (41.0%)	11:31	5.2 (59.1%)
266	<b>SZYSZKO Stanisław</b>	<b>2092</b>		Senior II M - 30	88	01:29:47	05:16:20	08:15:37	11:18:14	14:40:36	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%)
267	<b>SZYMAŁA Mateusz</b>	<b>2070</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	89	01:29:57	05:26:10	08:28:51	11:26:26	14:48:53	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%)
268	<b>KORDUŁA Zbigniew</b>	<b>2126</b>	BIEGOWY ŚWIAT	Masters M - 40	104	01:26:02	05:05:38	08:07:02	11:19:26	14:41:17	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%)
269	<b>ZAWADA Maciej Marcin</b>	<b>2075</b>	KGB	Masters M - 40	105	01:29:59	05:26:09	08:28:57	11:26:27	14:48:56	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%)
270	<b>ROSIŃSKI Zbigniew</b>	<b>1297</b>	WKB META LUBLINIEC	Weteran I M - 50	27	01:34:46	05:27:56	08:21:27	11:04:47	14:20:39	20:46:21	<b>25:04:35.75</b>	<b>25:05:11.70</b>	+10:20:23 (41.2%)	11:34	5.2 (59.1%)
271	<b>SZABLICKI Aleksy</b>	<b>1229</b>	WKB META LUBLINIEC	Weteran I M - 50	28	01:29:49	05:19:41	08:23:07	11:18:58	14:30:13	20:59:58	<b>25:04:51.50</b>	<b>25:05:14.30</b>	+10:20:26 (41.2%)	11:34	5.2 (59.1%)
272	<b>KUGLARZ Szymon</b>	<b>2060</b>		Masters M - 40	106	01:28:21	05:26:02	08:24:05	11:28:22	14:54:44	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%)
273	<b>TRYK Sebastian</b>	<b>1138</b>	PRO-RUN WROCŁAW / MARATON W 140 MINUT	Masters M - 40	107	01:33:05	06:03:02	08:59:09	12:03:37	15:17:10	21:40:54	<b>25:07:26.65</b>	<b>25:08:04.30</b>	+10:23:16 (41.3%)	11:35	5.2 (59.1%)
274	<b>LITEWKA Rafał</b>	<b>1004</b>		Senior II M - 30	90	01:42:42	06:15:06	09:26:52	12:29:05	15:28:56	21:35:27	<b>25:07:22.00</b>	<b>25:08:14.40</b>	+10:23:26 (41.3%)	11:35	5.2 (59.1%)
275	<b>GAJEWSKI Paweł</b>	<b>2073</b>	BEAUTY SPORT	Weteran I M - 50	29	01:28:25	05:32:12	08:33:18	11:32:16	14:43:12	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%)
276	<b>WIŚNIEWSKI Radosław</b>	<b>2067</b>		Masters M - 40	108	01:28:15	05:31:57	08:45:21	11:41:18	14:43:02	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%)
277	<b>PLACEK Julian</b>	<b>2140</b>		Senior I M - 20	9	01:31:14	06:06:22	09:16:55	12:39:20	15:40:01	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%)
278	<b>MARCINIAK Robert</b>	<b>2102</b>	RUN@BANINO	Masters M - 40	109	01:17:26	05:08:58	08:16:12	11:16:48	14:30:41	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%)
279	<b>OLEKSY Jarosław</b>	<b>1136</b>	KS FORREST LIMANOWA	Weteran II M - 60	9	01:34:38	05:45:48	09:03:11	11:58:12	14:52:14	21:14:38	<b>25:10:52.30</b>	<b>25:11:55.00</b>	+10:27:07 (41.5%)	11:37	5.2 (59.1%)
280	<b>ADAMCZYK Piotr</b>	<b>2106</b>		Senior II M - 30	91	01:34:52	06:33:02	09:57:27	13:05:33	15:54:27	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
281	SIOMA Konrad	2029	ROKIETNICA BIEGA	Senior II M - 30	92	01:23:55	04:38:40	07:30:03	10:41:38	14:12:26	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%)
282	BARAŃSKI Rafał	1192	BIEGAMBOMUSZĘ	Masters M - 40	110	01:35:42	06:16:09	09:34:35	12:51:16	15:58:42	22:00:53	<b>25:16:14.75</b>	<b>25:17:04.10</b>	+10:32:16 (41.7%)	11:39	5.1 (58.0%)
283	WAŁĘKA Jarosław	1267	ORANGE POLSKA	Masters M - 40	111	01:34:22	05:38:56	08:52:17	11:49:26	15:03:25	21:23:12	<b>25:16:07.60</b>	<b>25:17:04.85</b>	+10:32:17 (41.7%)	11:39	5.1 (58.0%)
284	ŁABĘCKI Jarek	1122	KB MANIAC/KB UE POZNAŃ	Weteran I M - 50	30	01:23:41	05:20:15	08:23:54	11:46:56	14:46:28	21:39:10	<b>25:19:03.30</b>	<b>25:19:40.15</b>	+10:34:52 (41.8%)	11:41	5.1 (58.0%)
285	OLESZCZAK Piotr	2116	BIEGAM BO SĄ TACY CO NIE MOGA	Masters M - 40	112	01:17:37	04:40:41	07:37:54	10:33:26	13:42:59	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%)
286	KWIECIEŃ Zbigniew	1132	FAUDANA	Weteran II M - 60	10	01:30:31	05:38:11	08:51:30	11:46:09	15:43:24	22:00:24	<b>25:22:11.55</b>	<b>25:22:52.50</b>	+10:38:04 (41.9%)	11:42	5.1 (58.0%)
287	ŁAWSKI Rafał	1181	AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY	Masters M - 40	113	01:28:25	05:21:40	08:18:59	11:35:06	15:03:04	21:33:17	<b>25:22:08.05</b>	<b>25:22:52.80</b>	+10:38:05 (41.9%)	11:42	5.1 (58.0%)
288	RUMPEL Krzysztof	1213	KS M.E.T.A.	Senior II M - 30	93	01:25:43	05:30:18	08:15:31	11:07:18	13:53:44	21:35:47	<b>25:23:05.35</b>	<b>25:23:54.60</b>	+10:39:06 (41.9%)	11:42	5.1 (58.0%)
289	STRASZEWSKI Leszek	1246	KS M.E.T.A	Masters M - 40	114	01:32:54	05:45:15	08:58:57	12:03:27	15:21:50	21:35:51	<b>25:23:07.45</b>	<b>25:23:55.25</b>	+10:39:07 (41.9%)	11:42	5.1 (58.0%)
290	PIETRZAK Jan	1081	WKURW_TEAM	Senior II M - 30	94	01:13:45	04:26:13	07:10:40	10:23:32	14:11:09	21:03:51	<b>25:25:23.10</b>	<b>25:25:27.95</b>	+10:40:40 (42.0%)	11:44	5.1 (58.0%)
291	LUTYŃSKI Zbigniew	1183		Masters M - 40	115	01:26:32	05:37:00	08:55:43	12:07:40	14:56:06	21:35:32	<b>25:35:14.85</b>	<b>25:35:37.75</b>	+10:50:50 (42.4%)	11:48	5.1 (58.0%)
292	MAGOŃ Kamil	1070		Senior I M - 20	10					14:47:35	21:11:45	<b>25:36:07.45</b>	<b>25:36:07.45</b>	+10:51:19 (42.4%)	11:48	5.1 (58.0%)
293	NIEMCZAK Basia	2107	IPA PAŁAC MOSTOWSKICH KSP	Senior II K - 30	12	01:31:55	06:00:12	09:03:16	12:35:41	15:51:48	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%)
294	ZNAMIEC Marcin	1099	IPA PAŁAC MOSTOWSKICH KSP	Masters M - 40	116	01:33:50	06:00:10	09:09:15	12:35:40	15:51:56	21:56:50	<b>25:37:18.80</b>	<b>25:37:41.85</b>	+10:52:54 (42.5%)	11:49	5.1 (58.0%)
295	WIERCIOCH Sławomir	1077	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Masters M - 40	117	01:32:44	05:48:20	09:14:24	12:31:17	15:52:40	21:51:53	<b>25:40:15.50</b>	<b>25:40:54.45</b>	+10:56:06 (42.6%)	11:50	5.1 (58.0%)
296	WINIARSKA Izabela	2090	EKOBIEGI	Masters K - 40	19	01:32:10	05:54:33	09:12:55	12:19:40	15:22:30	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%)
297	JAWORSKI Piotr	2072	EKOBIEGI	Masters M - 40	118	01:32:12	05:54:32	09:12:53	12:19:40	15:22:31	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%)
298	DURA Piotr	1011	PKB ENDORFINA	Weteran I M - 50	31	01:37:39	06:00:12	09:15:39	12:36:03	15:43:03	22:03:45	<b>25:40:14.15</b>	<b>25:41:19.85</b>	+10:56:32 (42.6%)	11:50	5.1 (58.0%)
299	WAPA Marek	1168	KB BIAŁA BIEGA	Senior II M - 30	95	01:28:51	05:23:48	08:31:08	11:33:52	15:24:44	22:25:33	<b>25:43:43.95</b>	<b>25:44:38.25</b>	+10:59:50 (42.7%)	11:52	5.1 (58.0%)
300	DUBIKOWSKI Andrzej	1295	SPARTA ZIĘBICE	Weteran II M - 60	11	01:46:53	06:15:09	09:31:53	12:50:52	16:08:17	22:08:03	<b>25:45:36.75</b>	<b>25:46:46.10</b>	+11:01:58 (42.8%)	11:53	5 (56.8%)
301	LEŚNIK Wojciech	2077		Weteran I M - 50	32	01:35:01	06:32:59	09:57:26	13:05:48	16:27:39	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%)
302	HLOUCAL Stephan	1072	DEUTSCHE ULTRAMARATHONVEREINIGUNG ERFURT	Weteran II M - 60	12	01:45:49	06:20:14	09:51:27	13:14:34	16:25:41	22:39:31	<b>26:57:44.30</b>	<b>26:58:50.65</b>	+12:14:02 (45.3%)	12:26	4.8 (54.5%)
	WOJEWODA Michał	2122	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	19:21:32 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	BOKSA Małgorzata	2084		Weteran K - 50		01:30:06 DNF	05:51:58 DNF	09:08:04 DNF	12:18:07 DNF	15:34:54 DNF	22:04:28 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	BALICKI Jakub	2113	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	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	WESOŁEK Marek	2047	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	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	TASZAREK Jakub	2049		Masters M - 40		01:14:52 DNF	04:29:15 DNF	06:59:20 DNF	09:09:00 DNF	12:47:57 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	SZARF Paweł	2014	ZĄŁOGA 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	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	POCHYLSKI Dominik	2110	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	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Czas brutto 130km	Różn	Tempo min/km	Tempo km/h
	<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	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>GRYCMAN Marek</b>	<b>2031</b>		Masters M - 40		01:04:54 DNF	03:49:53 DNF	06:03:08 DNF	08:21:14 DNF	DNF	DNF	<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	DNF	DNF	<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	DNF	DNF	<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	DNF	DNF	<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	DNF	DNF	<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	DNF	DNF	<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	DNF	DNF	<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	DNF	DNF	<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	DNF	DNF	<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	DNF	DNF	DNF	<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	DNF	DNF	DNF	<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	DNF	DNF	DNF	DNF	<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	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>LATANOWICZ Bernard</b>	<b>2137</b>		Senior II M - 30		01:18:18 DNF	04:56:22 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	<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	<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	<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	<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	<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	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 330 wynik(ów)