



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

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-07-15  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 130 km

**B4SPORT**  
INTELEGENTNE 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	Różn	Tempo min/km	Tempo km/h
1	<b>SARNOWSKI Paweł</b>	<b>2203</b>	BUDIO.PL	Senior II M - 30	1	00:58:34	03:43:05	05:38:08	07:29:30	09:30:32	13:12:02	<b>15:26:22.50</b>		7:07	8.4 (100%)
2	<b>KOCIOŁOWICZ Piotr</b>	<b>1254</b>	BIEGAM W GÓRACH BARDZKICH	Masters M - 40	1	00:58:26	03:39:05	05:38:11	07:27:11	09:23:33	13:11:35	<b>15:41:22.55</b>	+00:15:00 (1.6%)	7:14	8.3 (98.8%)
3	<b>KIELASZEWSKI Karol</b>	<b>2064</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	2	01:10:48	04:11:36	06:15:40	08:06:21	10:04:35	13:47:59	<b>15:59:08.25</b>	+00:32:45 (3.4%)	7:22	8.1 (96.4%)
4	<b>OLSZEWSKI Piotr</b>	<b>2109</b>	FARON-SPORT	Senior II M - 30	3	01:09:49	04:13:11	06:23:56	08:19:51	10:29:41	14:07:11	<b>16:19:24.45</b>	+00:53:01 (5.4%)	7:32	8 (95.2%)
5	<b>KYCIA Piotr</b>	<b>2082</b>	PRINTBOX	Weteran I M - 50	1	01:12:27	04:17:44	06:25:00	08:21:24	10:30:00	14:07:37	<b>16:27:09.40</b>	+01:00:46 (6.2%)	7:35	7.9 (94.0%)
6	<b>SOWA Łukasz</b>	<b>2149</b>		Senior II M - 30	4	01:06:25	03:57:07	06:00:19	07:59:22	10:10:02	14:08:58	<b>16:31:30.80</b>	+01:05:08 (6.6%)	7:37	7.9 (94.0%)
7	<b>MARZEC Grzegorz</b>	<b>1203</b>	GMINA STRZELCE OPOLSKIE	Masters M - 40	2	01:02:13	03:58:46	06:02:41	08:11:49	10:24:03	14:14:13	<b>16:42:00.95</b>	+01:15:38 (7.5%)	7:42	7.8 (92.9%)
8	<b>SAWICKI Piotr</b>	<b>1338</b>	9 DYWERSYJNA / AKL URSYNÓW	Masters M - 40	3	01:02:00	03:58:09	06:04:11	08:11:53	10:24:03	14:14:14	<b>16:42:27.55</b>	+01:16:05 (7.6%)	7:42	7.8 (92.9%)
9	<b>CIEPLIK Dawid</b>	<b>2011</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	5		04:20:07	06:27:47	08:32:56	10:37:39	14:16:06	<b>16:43:35.95</b>	+01:17:13 (7.7%)	7:43	7.8 (92.9%)
10	<b>SZOSTEK Michał</b>	<b>2157</b>	BEFIT24TEAM	Senior I M - 20	1	01:05:34	04:16:19	06:26:31	08:32:28	10:45:27	14:30:38	<b>17:03:19.05</b>	+01:36:56 (9.5%)	7:52	7.6 (90.5%)
11	<b>BARTOSZEWSKI Grzegorz</b>	<b>1344</b>	LITWIN TRIATHLON TEAM	Masters M - 40	4	01:12:26	04:18:51	06:21:04	08:19:49	10:39:32	14:35:17	<b>17:20:42.95</b>	+01:54:20 (11.0%)	8:00	7.5 (89.3%)
12	<b>WETHACZ Dariusz</b>	<b>2173</b>	LOKOMOTIV MAJDAN	Senior II M - 30	6	01:07:37	04:19:31	06:37:43	09:00:37	11:23:44	15:14:55	<b>17:27:45.00</b>	+02:01:22 (11.6%)	8:03	7.4 (88.1%)
13	<b>ŚLASKI Radosław</b>	<b>1330</b>	TEAM BIEGOWY STRZYŻÓW	Masters M - 40	5	01:07:18	04:16:22	06:36:06	08:46:18	11:05:11	14:57:43	<b>17:28:15.40</b>	+02:01:52 (11.6%)	8:03	7.4 (88.1%)
14	<b>SCHWITALLA Adrian</b>	<b>2139</b>		Masters M - 40	6	01:06:09	04:23:26	06:45:03	08:57:13	11:19:08	15:05:30	<b>17:29:26.15</b>	+02:03:03 (11.7%)	8:04	7.4 (88.1%)
15	<b>REMBIASZ Marcin</b>	<b>1099</b>		Masters M - 40	7	01:09:00	04:25:39	06:39:57	08:49:50	10:54:38	14:54:10	<b>17:32:23.00</b>	+02:06:00 (12.0%)	8:05	7.4 (88.1%)
16	<b>DZIEDZIC Piotr</b>	<b>1136</b>	TG SOKÓŁ GNIEWKOWO	Masters M - 40	8	01:18:14	04:39:21	07:02:56	09:18:03	11:32:57	15:15:10	<b>17:44:39.45</b>	+02:18:16 (13.0%)	8:11	7.3 (86.9%)
17	<b>GRABOŚ Nina</b>	<b>2035</b>		Masters K - 40	1	01:18:43	04:45:11	07:05:54	09:10:26	11:29:03	15:15:45	<b>17:46:16.95</b>	+02:19:54 (13.1%)	8:12	7.3 (86.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
18	<b>KAPŁOWSKI Jerzy</b>	<b>2060</b>		Masters M - 40	9	01:18:43	04:44:57	06:59:30	09:08:32	11:31:21	15:21:50	<b>18:01:39.90</b>	+02:35:17 (14.4%)	8:19	7.2 (85.7%)
19	<b>KRZESZOWSKI Marcin</b>	<b>1365</b>	MTS	Masters M - 40	10	01:18:32	04:41:22	06:59:51	09:08:15	11:21:11	15:20:53	<b>18:05:04.30</b>	+02:38:41 (14.6%)	8:20	7.2 (85.7%)
20	<b>DYBOWSKI Piotr</b>	<b>2019</b>	ION1 TEAM	Senior II M - 30	7	01:13:00	04:47:27	07:04:14	09:18:28	11:45:22	15:36:16	<b>18:06:49.70</b>	+02:40:27 (14.8%)	8:21	7.2 (85.7%)
21	<b>WIERZBICKI Hubert</b>	<b>1118</b>	RMT TEAM	Senior I M - 20	2	01:13:11	04:28:21	06:46:55	09:13:50	11:24:08	15:23:52	<b>18:08:02.85</b>	+02:41:40 (14.9%)	8:22	7.2 (85.7%)
22	<b>KAMIŃSKI Marek</b>	<b>2058</b>		Senior II M - 30	8	01:07:36	04:19:33	06:37:44	08:57:44	11:23:44	15:15:00	<b>18:08:30.65</b>	+02:42:08 (14.9%)	8:22	7.2 (85.7%)
23	<b>JĘDRZYCA Przemysław</b>	<b>1172</b>	SPARTA ULTRA TEAM	Masters M - 40	11	01:13:28	04:34:52	06:51:15	09:06:08	11:31:08	15:31:30	<b>18:15:21.60</b>	+02:48:59 (15.4%)	8:25	7.1 (84.5%)
24	<b>GAŁUSZKA Rafał</b>	<b>1220</b>		Masters M - 40	12	01:07:46	04:15:40	06:29:25	08:45:36	11:14:17	15:21:56	<b>18:22:25.80</b>	+02:56:03 (16.0%)	8:28	7.1 (84.5%)
25	<b>PLISZKA Bartosz</b>	<b>1285</b>	OLA TEAM	Masters M - 40	13	01:12:26	04:34:29	06:56:57	09:16:40	11:27:38	15:31:56	<b>18:25:31.85</b>	+02:59:09 (16.2%)	8:30	7.1 (84.5%)
26	<b>KOŚCIELNIAK Wioletta</b>	<b>1189</b>	RUNNERS TEAM NYSA	Masters K - 40	2	01:14:52	04:34:56	06:53:27	09:02:45	11:23:44	15:41:21	<b>18:31:51.95</b>	+03:05:29 (16.7%)	8:33	7 (83.3%)
27	<b>BIADASZ Andrzej Michał</b>	<b>2002</b>	POLITECHNIKA POZNAŃSKA	Masters M - 40	14	01:19:16	04:56:25	07:20:50	09:38:24	12:10:08	16:12:58	<b>18:32:39.45</b>	+03:06:16 (16.7%)	8:33	7 (83.3%)
28	<b>TYLEK Rafał</b>	<b>1185</b>		Weteran I M - 50	2	01:26:24	05:08:14	07:28:12	09:36:10	12:02:22	15:46:55	<b>18:37:37.80</b>	+03:11:15 (17.1%)	8:35	7 (83.3%)
29	<b>JEZIERSKI Tomasz</b>	<b>2052</b>	SUPADUPAFLY	Masters M - 40	15	01:14:05	04:53:56	07:15:54	09:31:11	11:48:35	16:03:26	<b>18:53:47.75</b>	+03:27:25 (18.3%)	8:43	6.9 (82.1%)
30	<b>BŁACHOWIAK Mariusz</b>	<b>1348</b>	MARATON LESZNO/AMBIT RACING TEAM	Masters M - 40	16	01:15:41	04:44:40	07:18:21	09:21:31	11:37:53	15:57:27	<b>19:03:40.65</b>	+03:37:18 (19.0%)	8:47	6.8 (81.0%)
31	<b>MILCZAREK Paweł</b>	<b>2096</b>	ROAD TO UTMB / WOZ-TRANS / SENDEX	Senior II M - 30	9	01:13:33	04:31:48	06:42:48	09:03:16	11:53:10	16:23:58	<b>19:04:12.90</b>	+03:37:50 (19.0%)	8:48	6.8 (81.0%)
32	<b>KALINOWSKI Tomasz</b>	<b>1221</b>		Masters M - 40	17	01:19:18	05:00:27	07:32:45	10:01:15	12:33:06	16:32:42	<b>19:06:03.00</b>	+03:39:40 (19.2%)	8:48	6.8 (81.0%)
33	<b>DEFECIŃSKI Radosław</b>	<b>2201</b>	LUNATYCY	Weteran I M - 50	3	01:14:39	04:53:46	07:21:01	09:37:58	12:11:45	16:15:02	<b>19:06:55.50</b>	+03:40:33 (19.2%)	8:49	6.8 (81.0%)
34	<b>ŻUREK-KRÓL Żaneta</b>	<b>2187</b>	POLITECHNIKA POZNAŃSKA, BIAŁOBRZESKITEAM	Senior II K - 30	1	01:17:19	05:01:55	07:29:09	09:47:29	12:10:44	16:24:34	<b>19:12:26.55</b>	+03:46:04 (19.6%)	8:51	6.8 (81.0%)
35	<b>POLAK Stanisław</b>	<b>1317</b>	SBG PODBIEG	Weteran I M - 50	4	01:19:22	04:58:23	07:19:33	09:43:39	12:19:16	16:29:04	<b>19:21:45.25</b>	+03:55:22 (20.3%)	8:56	6.7 (79.8%)
36	<b>KUCHARSKI Przemysław</b>	<b>1037</b>		Senior II M - 30	10	01:25:38	05:07:59	07:33:15	09:56:22	12:11:44	16:25:36	<b>19:22:32.60</b>	+03:56:10 (20.3%)	8:56	6.7 (79.8%)
37	<b>KRAMER Rafał</b>	<b>2076</b>	LUG TEAM	Masters M - 40	18	01:24:20	05:08:50	07:39:24	10:04:33	12:40:52	16:40:39	<b>19:24:04.05</b>	+03:57:41 (20.4%)	8:57	6.7 (79.8%)
38	<b>NOWAK Mariusz</b>	<b>1305</b>		Senior II M - 30	11	01:06:56	04:24:47	06:43:36	08:52:50	11:31:14	16:07:42	<b>19:24:40.20</b>	+03:58:17 (20.5%)	8:57	6.7 (79.8%)
39	<b>KLIMCZAK Jacek</b>	<b>1326</b>	UKS PRZEŁĄJ ŻERKÓW	Senior II M - 30	12	01:13:33	04:42:48	07:04:02	09:26:26	12:04:52	16:32:52	<b>19:28:43.75</b>	+04:02:21 (20.7%)	8:59	6.7 (79.8%)
40	<b>BERGEL Piotr</b>	<b>1291</b>		Masters M - 40	19	01:14:06	04:34:07	06:47:35	09:12:11	11:27:21	15:46:37	<b>19:29:56.15</b>	+04:03:33 (20.8%)	8:59	6.7 (79.8%)
41	<b>BAR Stanisław</b>	<b>1243</b>	GMINA STRZELCE OPOLSKIE	Masters M - 40	20	01:16:08	04:51:41	07:15:06	09:32:33	12:31:10	16:39:17	<b>19:32:16.95</b>	+04:05:54 (21.0%)	9:01	6.7 (79.8%)
42	<b>KOMENDACKI Dominik</b>	<b>1182</b>	KGHM ZG RUN	Masters M - 40	21	01:13:54	04:40:26	07:04:21	09:22:56	12:13:47	16:27:16	<b>19:32:56.95</b>	+04:06:34 (21.0%)	9:01	6.6 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
43	JOKIEL Wojciech	1126	SPARTA ULTRA TEAM	Senior II M - 30	13	01:20:49	04:51:29	07:12:13	09:28:23	11:55:24	16:17:07	19:40:05.05	+04:13:42 (21.5%)	9:04	6.6 (78.6%)
44	GMEREK Michał	2031		Senior II M - 30	14	01:14:31	04:41:38	07:08:53	09:33:05	12:04:23	16:38:30	19:40:42.30	+04:14:19 (21.5%)	9:04	6.6 (78.6%)
45	IZYDORSKI Marcin	2046		Masters M - 40	22	01:25:15	05:16:27	07:49:15	10:12:36	12:50:57	17:07:42	19:43:41.25	+04:17:18 (21.7%)	9:06	6.6 (78.6%)
46	MAJCHROWSKI Jacek	2087	NIEZALEŻNA TARNOBRZESKA GRUPA BIEGOWA RUN'S NOT DEAD	Weteran I M - 50	5	01:18:06	05:02:57	07:34:54	10:00:46	12:36:40	16:50:50	19:47:49.80	+04:21:27 (22.0%)	9:08	6.6 (78.6%)
47	CERNOCKY Jan	1364		Senior II M - 30	15	01:15:49	04:59:43	07:34:45	10:05:21	12:28:43	16:51:30	19:54:35.30	+04:28:12 (22.5%)	9:11	6.5 (77.4%)
48	SZOPA Marek	1250	TEAM KOPEĆ	Masters M - 40	23	01:19:17	05:01:24	07:26:12	09:47:21	12:23:08	16:48:40	19:56:00.70	+04:29:38 (22.5%)	9:12	6.5 (77.4%)
49	JANKOWSKI Marcin	2049	FU FU FU TEAM	Masters M - 40	24	01:24:37	05:21:37	07:59:26	10:53:55	13:25:21	17:34:06	19:57:30.25	+04:31:07 (22.6%)	9:12	6.5 (77.4%)
50	KRZYWDA Grażyna	2080	NIEPOŁOMICE BIEGAJĄ	Masters K - 40	3	01:26:41	05:22:58	07:51:42	10:13:02	12:47:22	17:08:41	19:58:38.30	+04:32:15 (22.7%)	9:13	6.5 (77.4%)
51	TOMASZEK Zbigniew	1235	3 PBOT	Masters M - 40	25	01:06:39	04:16:55	06:33:01	08:46:41	11:20:45	16:19:49	20:04:26.20	+04:38:03 (23.1%)	9:15	6.5 (77.4%)
52	SZMIST Szymon	1039	3 PBOT	Masters M - 40	26	01:06:40	04:16:44	06:33:01	08:46:40	11:20:43	16:19:31	20:04:27.55	+04:38:05 (23.1%)	9:15	6.5 (77.4%)
53	TOMALSKI Marcin	2167		Masters M - 40	27	01:16:14	04:54:03	07:13:29	09:31:41	12:06:13	16:47:14	20:08:35.05	+04:42:12 (23.4%)	9:17	6.5 (77.4%)
54	ZAJĄC Leszek	2180	SOKÓŁ BUKÓWIEC GÓRNY/L.O.T.A.Z	Masters M - 40	28	01:25:12	05:24:25	08:02:37	10:31:55	13:04:21	17:13:43	20:09:16.60	+04:42:54 (23.4%)	9:18	6.5 (77.4%)
55	ŻYŻA Piotr	1141	MAAGNUS TEAM SKOKOWA	Masters M - 40	29	01:14:51	04:30:48	06:51:35	09:10:10	11:51:24	16:48:57	20:09:19.55	+04:42:57 (23.4%)	9:18	6.4 (76.2%)
56	WASILEWSKI Marcin	1053		Senior II M - 30	16	01:11:57	04:43:26	07:10:04	09:45:05	12:24:37	16:50:17	20:14:13.30	+04:47:50 (23.7%)	9:20	6.4 (76.2%)
57	SZCZUREK Dominik	1287	KIA WADOWSCY	Masters M - 40	30	01:17:31	04:39:44	07:01:27	09:27:13	11:58:18	16:53:56	20:15:38.65	+04:49:16 (23.8%)	9:21	6.4 (76.2%)
58	SZLENDAK Anna	1027	WYBIEGAJ SIEBIE/MAM WYBIEGANE	Senior II K - 30	2	01:15:21	04:58:21	07:40:43	10:15:17	12:52:52	17:32:41	20:16:14.80	+04:49:52 (23.8%)	9:21	6.4 (76.2%)
59	PIŁKO Marcin	2119	BIEGAJZEMNA	Senior II M - 30	17	01:14:56	05:09:31	07:41:42	10:30:25	13:24:41	17:46:44	20:22:02.50	+04:55:40 (24.2%)	9:24	6.4 (76.2%)
60	SZYMAŃSKA Brygida	2160	STRZEGOMSKA DWUNASTKA	Senior II K - 30	3	01:17:13	04:57:22	07:35:08	10:08:39	12:55:31	17:24:05	20:25:45.10	+04:59:22 (24.4%)	9:25	6.4 (76.2%)
61	OSTROWSKI Łukasz	2112	STRZEGOMSKA DWUNASTKA	Senior II M - 30	18	01:17:14	04:57:23	07:35:08	10:08:40	12:55:34	17:24:06	20:25:48.25	+04:59:25 (24.4%)	9:25	6.4 (76.2%)
62	PTASZYŃSKI Wojciech	1134	SPEED FEET '16	Weteran I M - 50	6	01:23:09	05:10:47	07:40:50	10:07:44	12:48:06	17:16:32	20:27:42.90	+05:01:20 (24.5%)	9:26	6.4 (76.2%)
63	SALWA Krzysztof	2137	SALCLAN-TEAM	Masters M - 40	31	01:20:25	05:01:11	07:30:27	09:50:51	12:46:39	17:27:44	20:29:28.50	+05:03:06 (24.7%)	9:27	6.3 (75.0%)
64	BIEGAJŁO Krystian	1158	MTS DRUŻYNA SZPIKU	Masters M - 40	32	01:17:58	05:03:41	07:37:47	10:03:51	12:50:59	17:16:52	20:31:02.65	+05:04:40 (24.7%)	9:28	6.3 (75.0%)
65	DYRKA Krzysztof	2020	POLITECHNIKA POZNAŃSKA	Masters M - 40	33	01:19:22	05:09:07	07:37:23	10:01:21	12:41:42	17:23:19	20:34:36.15	+05:08:13 (25.0%)	9:29	6.3 (75.0%)
66	KOCHAJ Wojciech	1357		Masters M - 40	34	01:13:25	04:58:08	07:30:57	09:58:32	12:38:58	17:25:19	20:35:12.50	+05:08:50 (25.0%)	9:30	6.3 (75.0%)
67	WARDZYŃSKI Łukasz	2171		Senior II M - 30	19	01:15:17	04:57:13	07:29:39	09:54:29	12:26:14	16:58:40	20:37:22.25	+05:10:59 (25.1%)	9:31	6.3 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
68	<b>JAZŁOCKI Łukasz</b>	<b>1007</b>	TWDW	Senior II M - 30	20	01:24:21	04:57:17	07:18:05	09:39:53	12:28:53	17:08:04	<b>20:39:51.05</b>	+05:13:28 (25.3%)	9:32	6.3 (75.0%)
69	<b>MASNY Dawid</b>	<b>1333</b>	TRUCHTACZ.PL	Senior II M - 30	21	01:16:43	04:51:01	07:18:24	09:41:51	12:30:51	17:10:05	<b>20:41:49.85</b>	+05:15:27 (25.4%)	9:33	6.3 (75.0%)
70	<b>DOBROŚ Tomasz</b>	<b>2017</b>		Masters M - 40	35	01:25:17	05:26:22	08:03:49	10:32:35	13:04:19	17:37:16	<b>20:43:43.00</b>	+05:17:20 (25.5%)	9:34	6.3 (75.0%)
71	<b>POSTUPALSKI Michał</b>	<b>2123</b>	IHS MARKIT	Masters M - 40	36	01:20:30	04:53:25	07:14:20	09:43:06	12:14:44	16:55:34	<b>20:45:26.05</b>	+05:19:03 (25.6%)	9:34	6.3 (75.0%)
72	<b>KAŻMIERCZAK Krzysztof</b>	<b>2062</b>		Senior II M - 30	22	01:15:09	04:51:59	07:26:00	10:22:51	13:25:39	17:58:54	<b>20:46:13.15</b>	+05:19:50 (25.7%)	9:35	6.3 (75.0%)
73	<b>DATA Tomasz</b>	<b>1144</b>	HRMAX ŻORY	Masters M - 40	37	01:18:28	05:06:17	07:35:13	10:07:16	12:58:20	17:35:41	<b>20:48:08.30</b>	+05:21:45 (25.8%)	9:36	6.2 (73.8%)
74	<b>KLICH Kamil</b>	<b>1298</b>		Masters M - 40	38	01:21:01	05:06:33	07:37:00	10:03:09	13:02:51	17:31:19	<b>20:48:31.10</b>	+05:22:08 (25.8%)	9:36	6.2 (73.8%)
75	<b>SOSNOWSKI Michał</b>	<b>1272</b>	PGB SPORTOWA	Weteran I M - 50	7	01:22:55	05:20:54	07:51:30	10:17:35	12:59:03	17:29:13	<b>20:52:46.20</b>	+05:26:23 (26.1%)	9:38	6.2 (73.8%)
76	<b>JUSZKO Krzysztof</b>	<b>1196</b>		Masters M - 40	39	01:20:58	05:09:40	07:33:40	09:57:00	12:44:39	17:34:29	<b>20:54:44.40</b>	+05:28:21 (26.2%)	9:39	6.2 (73.8%)
77	<b>POPKO Łukasz</b>	<b>2121</b>		Senior II M - 30	23	01:21:56	05:01:44	07:39:00	10:05:13	13:03:41	17:47:13	<b>20:54:51.50</b>	+05:28:29 (26.2%)	9:39	6.2 (73.8%)
78	<b>JANKOWIAK Przemysław</b>	<b>2048</b>		Weteran I M - 50	8	01:21:32	05:20:18	08:06:23	10:45:19	13:22:18	17:46:21	<b>21:02:58.70</b>	+05:36:36 (26.7%)	9:42	6.2 (73.8%)
79	<b>ZIĘTAK Andrzej</b>	<b>2184</b>	TKKF KOLEJARZ BYDGOSZCZ	Masters M - 40	40	01:05:41	04:44:58	07:28:57	10:17:47	13:18:09	17:53:19	<b>21:05:10.60</b>	+05:38:48 (26.8%)	9:43	6.2 (73.8%)
80	<b>KOWALCZYK Aleksander</b>	<b>2071</b>		Masters M - 40	41	01:21:36	05:22:35	08:00:38	10:41:48	13:13:29	17:51:04	<b>21:07:32.05</b>	+05:41:09 (26.9%)	9:45	6.2 (73.8%)
81	<b>GRACZYK Marcin</b>	<b>2036</b>		Masters M - 40	42	01:23:04	05:29:53	08:14:19	10:48:47	13:22:07	18:04:13	<b>21:10:58.85</b>	+05:44:36 (27.1%)	9:46	6.1 (72.6%)
82	<b>KOWALSKI Andrzej</b>	<b>2072</b>		Weteran II M - 60	1	01:28:43	05:43:24	08:29:32	11:00:30	13:34:48	18:05:15	<b>21:12:55.15</b>	+05:46:32 (27.2%)	9:47	6.1 (72.6%)
83	<b>DĘBICKI Mariusz</b>	<b>2014</b>		Masters M - 40	43	01:23:58	05:13:29	07:47:37	10:11:49	12:48:45	17:40:16	<b>21:13:31.85</b>	+05:47:09 (27.3%)	9:47	6.1 (72.6%)
84	<b>JĘDRZEJEWSKI Paweł</b>	<b>1028</b>	STAY INSANE/ BANDA GRUDNIA	Masters M - 40	44	01:21:51	05:06:46	07:33:29	10:00:36	12:48:48	17:38:08	<b>21:18:24.35</b>	+05:52:01 (27.5%)	9:50	6.1 (72.6%)
85	<b>ZAJĄC Leszek</b>	<b>1130</b>		Senior II M - 30	24	01:20:00	05:08:47	07:48:52	10:24:58	13:22:44	18:06:48	<b>21:21:49.55</b>	+05:55:27 (27.7%)	9:51	6.1 (72.6%)
86	<b>CZAPLA Tomasz</b>	<b>2012</b>		Masters M - 40	45	01:19:57	05:09:13	07:42:56	10:35:06	13:24:57	18:02:03	<b>21:26:34.35</b>	+06:00:11 (28.0%)	9:53	6.1 (72.6%)
87	<b>DANIELEWICZ Andrzej</b>	<b>2013</b>		Masters M - 40	46	01:19:58	05:15:15	07:48:01	10:18:19	13:12:05	18:10:06	<b>21:33:07.00</b>	+06:06:44 (28.4%)	9:56	6 (71.4%)
88	<b>WOJNA Mikołaj</b>	<b>1193</b>	MALIGNA	Senior II M - 30	25	01:22:10	05:22:25	08:00:31	10:32:05	13:10:26	17:57:51	<b>21:40:00.80</b>	+06:13:38 (28.7%)	10:00	6 (71.4%)
89	<b>KRAWCZYK Karol</b>	<b>1231</b>	LENIWY INACZEJ	Senior II M - 30	26	01:13:32	05:14:23	07:45:36	10:19:15	13:03:57	17:46:37	<b>21:42:43.25</b>	+06:16:20 (28.9%)	10:01	6 (71.4%)
90	<b>MUSZYŃSKI Krzysztof</b>	<b>2102</b>		Masters M - 40	47	01:22:19	05:11:15	07:43:33	10:21:58	13:34:18	18:45:15	<b>21:44:36.15</b>	+06:18:13 (29.0%)	10:02	6 (71.4%)
91	<b>GARCZYK Rafał</b>	<b>2025</b>		Senior II M - 30	27	01:27:33	05:29:03	08:17:19	10:55:58	14:01:18	18:59:51	<b>21:46:23.40</b>	+06:20:00 (29.1%)	10:02	6 (71.4%)
92	<b>DERMINE Nicolas</b>	<b>1062</b>		Masters M - 40	48	01:29:44	05:32:33	08:10:18	10:33:49	13:25:04	18:14:22	<b>21:46:53.85</b>	+06:20:31 (29.1%)	10:03	6 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
93	<b>KŁOPOTEK Marcin</b>	<b>1002</b>	EXTREME FAMILY	Masters M - 40	49	01:19:28	05:20:10	07:43:10	10:16:47	13:13:25	18:11:38	<b>21:47:58.45</b>	+06:21:35 (29.2%)	10:03	6 (71.4%)
94	<b>KRĘPA Daniel</b>	<b>1353</b>	EXSTREME WOLF	Masters M - 40	50	01:25:24	05:23:26	07:54:06	10:22:59	13:05:11	18:19:27	<b>21:51:35.90</b>	+06:25:13 (29.4%)	10:05	5.9 (70.2%)
95	<b>IWANOWICZ Anna</b>	<b>1273</b>		Masters K - 40	4	01:21:26	05:20:23	07:59:04	10:43:46	13:17:58	18:29:41	<b>21:52:59.35</b>	+06:26:36 (29.4%)	10:05	5.9 (70.2%)
96	<b>BOROWCZYK Marcin</b>	<b>2005</b>		Masters M - 40	51	01:25:32	05:36:13	08:14:59	10:41:21	13:41:33	18:31:52	<b>21:53:43.95</b>	+06:27:21 (29.5%)	10:06	5.9 (70.2%)
97	<b>LISIECKI Tomasz</b>	<b>1301</b>	TRZYNASTKA PLUS	Masters M - 40	52	01:34:29	05:41:31	08:24:58	10:48:37	13:25:20	18:22:01	<b>21:55:09.60</b>	+06:28:47 (29.6%)	10:06	5.9 (70.2%)
98	<b>PAWLIK Paweł Alibaba</b>	<b>1276</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	53	01:27:10	05:37:49	08:21:25	10:58:55	14:01:32	18:44:03	<b>21:58:11.45</b>	+06:31:48 (29.7%)	10:08	5.9 (70.2%)
99	<b>MODLISZEWSKI Dariusz</b>	<b>2097</b>	ORANGE POLSKA	Masters M - 40	54	01:24:16	05:35:04	08:34:39	11:06:53	13:52:34	18:42:42	<b>22:00:10.90</b>	+06:33:48 (29.8%)	10:09	5.9 (70.2%)
100	<b>MIKOŁAJCZYK Mirosław</b>	<b>1083</b>	MIRAZ RACE TEAM	Masters M - 40	55	01:22:08	05:14:33	07:31:49	10:06:35	13:00:36	18:12:46	<b>22:00:35.10</b>	+06:34:12 (29.9%)	10:09	5.9 (70.2%)
101	<b>NIEDZIELSKI Robert</b>	<b>1299</b>	ACAR TEAM/VEGE RUNNERS	Masters M - 40	56	01:09:56	04:43:32	07:16:56	09:50:27	12:51:39	18:10:28	<b>22:01:57.85</b>	+06:35:35 (29.9%)	10:10	5.9 (70.2%)
102	<b>PAJĄK Andrzej</b>	<b>2114</b>	STAY INSANE / BIEGAM Z ABS	Masters M - 40	57	01:21:49	05:06:47	07:33:28	10:00:39	12:52:56	18:03:38	<b>22:04:58.60</b>	+06:38:36 (30.1%)	10:11	5.9 (70.2%)
103	<b>STEC Tomasz</b>	<b>2151</b>	DZIKITIM	Masters M - 40	58	01:24:43	05:46:16	08:44:14	11:14:27	13:44:59	18:24:39	<b>22:09:26.70</b>	+06:43:04 (30.3%)	10:13	5.9 (70.2%)
104	<b>KOSTERA Tomasz</b>	<b>2190</b>	VEGE RUNNERS	Masters M - 40	59	01:24:36	05:30:07	08:09:42	11:10:24	14:03:57	18:55:04	<b>22:10:53.40</b>	+06:44:30 (30.4%)	10:14	5.9 (70.2%)
105	<b>ZAJĄC Marcin</b>	<b>1292</b>	77CATS	Masters M - 40	60	01:24:57	05:24:57	07:55:30	10:22:59	13:25:46	18:20:52	<b>22:13:27.10</b>	+06:47:04 (30.5%)	10:15	5.8 (69.0%)
106	<b>MAJ Grzegorz</b>	<b>1128</b>		Weteran I M - 50	9	01:23:21	05:20:43	07:58:11	10:36:53	13:35:43	18:48:19	<b>22:16:10.90</b>	+06:49:48 (30.7%)	10:16	5.8 (69.0%)
107	<b>STĘPIEŃ Wojciech</b>	<b>1026</b>	COMPAÑEROS ASFALT TEAM	Masters M - 40	61	01:22:11	05:25:33	08:24:13	11:03:43	13:58:24	18:51:18	<b>22:27:33.05</b>	+07:01:10 (31.3%)	10:21	5.8 (69.0%)
108	<b>MALCZEWSKI Daniel</b>	<b>2089</b>	WIECZORNE BIEGANIE W OPOLU	Senior II M - 30	28	01:09:18	04:30:52	07:11:08	09:42:47	12:45:47	18:44:06	<b>22:28:43.75</b>	+07:02:21 (31.3%)	10:22	5.8 (69.0%)
109	<b>CHOŁKA Michał</b>	<b>2009</b>		Senior II M - 30	29	01:21:58	05:36:16	08:19:28	11:09:27	14:05:25	19:08:18	<b>22:29:22.35</b>	+07:02:59 (31.3%)	10:22	5.8 (69.0%)
110	<b>KUPCZYK Jacek</b>	<b>2081</b>	MOL RUNNERS	Weteran I M - 50	10	01:16:02	05:00:55	07:44:26	10:29:33	13:34:52	18:46:42	<b>22:35:51.35</b>	+07:09:28 (31.7%)	10:25	5.8 (69.0%)
111	<b>KRAWCZUK Dawid</b>	<b>1335</b>	12 WIELKOPOLSKA BRYGADA OT	Masters M - 40	62	01:25:18	05:28:01	08:01:01	10:36:58	14:01:37	18:58:56	<b>22:35:52.55</b>	+07:09:30 (31.7%)	10:25	5.8 (69.0%)
112	<b>PRZERWA Andrzej</b>	<b>1023</b>	KOCHAM IZABELE, MAJE I BORYSIAKA SUPER CHŁOPAKA	Masters M - 40	63	01:17:24	05:22:52	08:05:14	10:38:14	13:45:28	19:05:33	<b>22:44:55.60</b>	+07:18:33 (32.1%)	10:29	5.7 (67.9%)
113	<b>WALASZCZYK Radosław</b>	<b>1350</b>	OIRP OPOLE/2PLUS2	Masters M - 40	64	01:27:14	05:51:06	08:33:19	11:22:22	14:23:36	19:29:41	<b>22:48:35.05</b>	+07:22:12 (32.3%)	10:31	5.7 (67.9%)
114	<b>LEWANDOWSKI Janusz</b>	<b>1081</b>		Masters M - 40	65	01:26:14	05:57:32	08:40:34	11:32:52	14:17:22	19:25:33	<b>22:53:24.05</b>	+07:27:01 (32.5%)	10:33	5.7 (67.9%)
115	<b>STAWSKI Dariusz</b>	<b>1067</b>	BIEGIEM PO PIWO	Weteran II M - 60	2	01:26:54	05:52:02	08:29:02	11:05:42	13:55:05	19:14:32	<b>22:58:08.95</b>	+07:31:46 (32.8%)	10:36	5.7 (67.9%)
116	<b>DAWIDZIAK Arkadiusz</b>	<b>1248</b>	DAWIDZIAK	Senior II M - 30	30	01:21:08	05:22:21	07:58:31	10:37:34	13:34:36	18:52:30	<b>22:59:14.50</b>	+07:32:52 (32.8%)	10:36	5.7 (67.9%)
117	<b>DŁUGAJ Andrzej</b>	<b>2016</b>		Weteran I M - 50	11	01:25:27	05:51:33	08:39:11	11:24:55	14:11:00	19:23:53	<b>23:01:45.20</b>	+07:35:22 (33.0%)	10:37	5.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
118	<b>SANKOWSKI Jacek</b>	<b>2138</b>		Senior II M - 30	31	01:25:18	05:41:17	08:21:23	11:00:39	14:24:49	19:48:05	<b>23:04:28.75</b>	+07:38:06 (33.1%)	10:38	5.6 (66.7%)
119	<b>EBERT Adam</b>	<b>1327</b>	PORTO ALEGRE KATOWICE	Masters M - 40	66	01:22:18	05:28:04	08:25:07	11:30:16	14:22:02	19:46:08	<b>23:08:03.95</b>	+07:41:41 (33.3%)	10:40	5.6 (66.7%)
120	<b>SMOLAREK Patryk</b>	<b>1381</b>		Senior I M - 20	3	01:27:02	05:41:26	08:26:02	11:14:28	14:12:08	19:39:08	<b>23:08:46.25</b>	+07:42:23 (33.3%)	10:40	5.6 (66.7%)
121	<b>CHRZUSZCZ Anna</b>	<b>2010</b>		Senior II K - 30	4	01:26:27	05:43:14	08:27:58	11:20:34	14:10:48	19:27:33	<b>23:12:36.40</b>	+07:46:13 (33.5%)	10:42	5.6 (66.7%)
122	<b>LASEK Mikołaj</b>	<b>2083</b>	PAN WUEFISTA	Senior II M - 30	32	01:27:32	05:29:02	08:18:00	10:59:58	14:00:39	19:21:09	<b>23:17:48.60</b>	+07:51:26 (33.7%)	10:45	5.6 (66.7%)
123	<b>PARZONKA Paweł</b>	<b>1156</b>	KS LENIWIEC	Masters M - 40	67	01:29:33	05:46:02	08:33:43	11:26:06	14:16:20	19:33:05	<b>23:18:11.50</b>	+07:51:49 (33.7%)	10:45	5.6 (66.7%)
124	<b>OSAKOWICZ Mateusz</b>	<b>2111</b>		Masters M - 40	68	01:24:18	05:19:28	07:50:38	10:37:47	13:42:00	19:27:03	<b>23:20:59.40</b>	+07:54:36 (33.9%)	10:46	5.6 (66.7%)
125	<b>PĘCZEK Dariusz</b>	<b>1070</b>	MAX GLASS	Weteran I M - 50	12	01:26:35	05:41:38	08:32:45	11:22:07	14:18:52	19:45:34	<b>23:24:09.85</b>	+07:57:47 (34.0%)	10:48	5.6 (66.7%)
126	<b>PASTWA Marek</b>	<b>2202</b>	ON!ZUZA/BEAUTY SPORT	Weteran I M - 50	13	01:33:54	05:56:08	08:53:45	11:39:04	14:52:52	20:06:06	<b>23:25:26.25</b>	+07:59:03 (34.1%)	10:48	5.5 (65.5%)
127	<b>TRZECIAK Andrzej</b>	<b>2169</b>	PURA VIDA TEAM BY GNIEWOMIR	Masters M - 40	69	01:24:25	05:19:16	08:12:32	11:09:56	14:02:05	19:25:27	<b>23:25:34.30</b>	+07:59:11 (34.1%)	10:48	5.5 (65.5%)
128	<b>PAWLAK Bartosz</b>	<b>2117</b>		Masters M - 40	70	01:22:09	05:49:24	08:41:39	11:22:30	14:35:31	19:57:37	<b>23:25:59.30</b>	+07:59:36 (34.1%)	10:48	5.5 (65.5%)
129	<b>JAMBOR Michał</b>	<b>2047</b>	BRACHTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	Masters M - 40	71	01:22:09	05:49:31	08:41:46	11:22:36	14:35:33	19:57:44	<b>23:26:02.40</b>	+07:59:39 (34.1%)	10:48	5.5 (65.5%)
130	<b>OSTROWSKI Sławomir</b>	<b>1087</b>	WLKP MOUNTAINS ULTRA / FREE RUN	Senior II M - 30	33	01:31:31	05:42:46	08:23:29	11:02:04	14:06:11	19:43:26	<b>23:27:00.45</b>	+08:00:37 (34.2%)	10:49	5.5 (65.5%)
131	<b>BOGDANOWICZ Beata</b>	<b>1137</b>	ULTRAKREW	Masters K - 40	5	01:26:28	05:41:42	08:32:48	11:22:08	14:18:54	19:45:15	<b>23:27:35.45</b>	+08:01:12 (34.2%)	10:49	5.5 (65.5%)
132	<b>MARSZAŁEK Sebastian</b>	<b>1270</b>	ULTRAKREW	Senior I M - 20	4	01:26:28	05:41:42	08:32:46	11:22:08	14:18:56	19:45:32	<b>23:27:45.15</b>	+08:01:22 (34.2%)	10:49	5.5 (65.5%)
133	<b>GRUBICH Damian</b>	<b>2037</b>	PARKRUN GRUDZIĄDZ	Masters M - 40	72	01:21:59	05:32:00	08:31:45	11:39:46	15:05:42	20:20:42	<b>23:31:12.55</b>	+08:04:50 (34.4%)	10:51	5.5 (65.5%)
134	<b>SĄDEL Bogdan</b>	<b>1106</b>		Masters M - 40	73	01:30:09	05:32:02	08:15:58	11:13:56	14:11:18	19:51:47	<b>23:32:37.50</b>	+08:06:15 (34.4%)	10:51	5.5 (65.5%)
135	<b>MORCINEK Marcin</b>	<b>2100</b>	BLUSZCZA	Masters M - 40	74	01:28:51	05:56:13	08:49:51	11:45:19	15:14:41	20:37:04	<b>23:34:03.40</b>	+08:07:40 (34.5%)	10:52	5.5 (65.5%)
136	<b>GÓRKIEWICZ Dariusz</b>	<b>1369</b>	POCATEPETL-MINGUS	Masters M - 40	75	01:26:19	05:40:30	08:25:39	11:10:26	14:05:22	19:35:59	<b>23:36:11.10</b>	+08:09:48 (34.6%)	10:53	5.5 (65.5%)
137	<b>WUJDA Marta</b>	<b>1180</b>	ŻARY RUNNERS TEAM	Masters K - 40	6	01:19:28	05:17:46	08:01:05	10:53:00	14:30:43	20:05:51	<b>23:37:55.70</b>	+08:11:33 (34.7%)	10:54	5.5 (65.5%)
138	<b>GAPIŃSKI Marcin</b>	<b>1216</b>	GIRO DI ZAWADA	Masters M - 40	76	01:22:00	05:35:42	08:30:55	11:16:04	13:58:26	19:33:09	<b>23:37:57.70</b>	+08:11:35 (34.7%)	10:54	5.5 (65.5%)
139	<b>NOWACZYK Tomasz</b>	<b>1063</b>	KOŚCIAN TEAM	Masters M - 40	77	01:19:47	05:12:41	07:48:55	10:28:38	13:42:24	19:37:45	<b>23:39:14.70</b>	+08:12:52 (34.7%)	10:55	5.5 (65.5%)
140	<b>KRYM Katarzyna</b>	<b>1249</b>	HERCOG RUNNING TEAM/NIGHT RUNNERS WROCŁAW	Masters K - 40	7	01:22:12	05:59:18	08:45:12	11:49:52	14:25:22	20:02:51	<b>23:44:23.25</b>	+08:18:00 (35.0%)	10:57	5.5 (65.5%)
141	<b>ŁAMPIKA Kinga</b>	<b>1060</b>	NIGHT RUNNERS WROCŁAW	Masters K - 40	8	01:22:12	05:59:17	08:45:12	11:49:52	14:26:47	20:02:50	<b>23:44:23.60</b>	+08:18:01 (35.0%)	10:57	5.5 (65.5%)
142	<b>GILEWICZ-RACHOWSKA Jagoda</b>	<b>2028</b>	DGR KANCELARIA RADCÓW PRAWNYCH	Senior II K - 30	5	01:27:06	05:39:48	08:31:37	11:14:15	14:15:20	19:49:11	<b>23:46:33.35</b>	+08:20:10 (35.1%)	10:58	5.5 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
143	<b>WARZECHA Teresa</b>	<b>2172</b>	RUNNERS TEAM NYSA	Weteran K - 50	1	01:21:17	05:33:02	08:22:48	11:05:53	14:06:41	19:46:50	<b>23:51:10.80</b>	+08:24:48 (35.3%)	11:00	5.5 (65.5%)
144	<b>REKIEĆ-KROGULECKA Kaja</b>	<b>2133</b>	MIRAZ RACE TEAM	Senior I K - 20	1	01:27:10	05:55:16	08:52:35	11:42:58	14:46:03	20:17:17	<b>23:51:40.15</b>	+08:25:17 (35.3%)	11:00	5.4 (64.3%)
145	<b>WYRWAS-ZYGARŁOWSKA Izabela</b>	<b>2179</b>	KOBIETY BIEGAJĄ	Masters K - 40	9	01:22:20	05:34:02	08:27:41	11:24:39	14:21:59	19:55:50	<b>23:53:13.40</b>	+08:26:50 (35.4%)	11:01	5.4 (64.3%)
146	<b>KOCIŃSKI Dominik</b>	<b>1021</b>	KLUCZYK RUNNING TEAM	Senior II M - 30	34	01:25:33	05:07:58	07:55:23	10:44:18	13:41:48	19:12:14	<b>23:55:53.25</b>	+08:29:30 (35.5%)	11:02	5.4 (64.3%)
147	<b>WIŚNIEWSKA Barbara</b>	<b>2176</b>	SPARTA RUNNERS	Senior II K - 30	6	01:29:02	05:57:09	08:48:29	11:39:46	14:45:11	20:19:54	<b>23:57:18.75</b>	+08:30:56 (35.5%)	11:03	5.4 (64.3%)
148	<b>POTOCZNY Mirosław</b>	<b>1051</b>		Masters M - 40	78	01:25:53	05:38:33	08:21:00	11:01:14	13:59:42	19:11:21	<b>23:59:54.00</b>	+08:33:31 (35.7%)	11:04	5.4 (64.3%)
149	<b>MARCHEWKA Joanna</b>	<b>1251</b>		Masters K - 40	10	01:29:24	05:49:57	08:39:32	11:37:58	14:41:21	20:24:34	<b>24:00:00.75</b>	+08:33:38 (35.7%)	11:04	5.4 (64.3%)
150	<b>GALASIŃSKI Andrzej</b>	<b>2024</b>	GRUPA SIGMEO	Weteran I M - 50	14	01:22:02	05:34:01	08:27:43	11:25:03	14:34:43	20:09:38	<b>24:03:49.35</b>	+08:37:26 (35.8%)	11:06	5.4 (64.3%)
151	<b>PAWLIKOWSKI Andrzej</b>	<b>1079</b>		Senior II M - 30	35	01:30:02	06:03:17	08:48:48	11:42:03	14:42:46	20:11:20	<b>24:06:08.40</b>	+08:39:45 (35.9%)	11:07	5.4 (64.3%)
152	<b>SIWIEC Stanisław</b>	<b>2143</b>		Weteran II M - 60	3	01:25:10	05:41:59	08:41:54	11:44:19	14:37:32	20:18:45	<b>24:09:54.40</b>	+08:43:31 (36.1%)	11:09	5.4 (64.3%)
153	<b>NIEMAS Mariusz</b>	<b>2104</b>	KP PSP WADOWICE	Weteran I M - 50	15	01:32:27	06:18:11	09:12:36	12:13:04	15:14:48	20:22:57	<b>24:11:54.10</b>	+08:45:31 (36.2%)	11:10	5.4 (64.3%)
154	<b>RZUCIDŁO Jakub</b>	<b>2136</b>		Senior II M - 30	36	01:28:28	05:58:29	08:51:10	11:45:37	14:52:35	20:21:12	<b>24:18:17.10</b>	+08:51:54 (36.5%)	11:13	5.3 (63.1%)
155	<b>PATYK Mirek</b>	<b>1103</b>		Masters M - 40	79	01:19:48	05:28:59	08:18:06	11:12:07	14:28:24	20:12:45	<b>24:19:28.65</b>	+08:53:06 (36.5%)	11:13	5.3 (63.1%)
156	<b>NÓŻKA Andrzej</b>	<b>1376</b>	BOJADELSKA BRAC BIEGOWĄ	Masters M - 40	80	01:30:01	06:03:21	09:04:02	12:12:29	15:01:15	20:31:14	<b>24:20:48.95</b>	+08:54:26 (36.6%)	11:14	5.3 (63.1%)
157	<b>WALAC Jacek</b>	<b>1157</b>	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	37	01:27:55	05:53:06	08:58:24	11:53:46	14:59:27	20:30:58	<b>24:21:29.30</b>	+08:55:06 (36.6%)	11:14	5.3 (63.1%)
158	<b>WIERUSZEWSKI Mateusz</b>	<b>2174</b>	NO EXCUSES TEAM	Masters M - 40	81	01:26:30	06:12:45	09:28:16	12:19:10	15:27:07	20:46:21	<b>24:21:33.75</b>	+08:55:11 (36.6%)	11:14	5.3 (63.1%)
159	<b>KAŃDUŁA Klaudia</b>	<b>1086</b>	LION GROUP / NEST TEAM	Masters K - 40	11	01:26:14	05:52:55	08:56:21	11:53:39	15:03:04	20:42:38	<b>24:23:16.75</b>	+08:56:54 (36.7%)	11:15	5.3 (63.1%)
160	<b>MRUSZCZYK Jacek</b>	<b>1316</b>	KLUB BIEGACZA WARTA	Masters M - 40	82	01:33:57	05:59:50	08:57:18	11:49:06	15:41:28	20:41:26	<b>24:23:46.70</b>	+08:57:24 (36.7%)	11:15	5.3 (63.1%)
161	<b>PIETRZAK Mateusz</b>	<b>2118</b>		Senior II M - 30	38	01:25:26	05:42:16	08:35:16	11:38:38	14:36:43	20:18:39	<b>24:23:51.75</b>	+08:57:29 (36.7%)	11:15	5.3 (63.1%)
162	<b>MOLENDĄ Michał</b>	<b>2098</b>	DORAN WROCŁAW	Weteran I M - 50	16	01:26:57	06:09:14	09:11:23	12:08:06	15:21:15	20:56:59	<b>24:23:56.50</b>	+08:57:34 (36.7%)	11:15	5.3 (63.1%)
163	<b>KACZOR Łukasz</b>	<b>2057</b>	WILD BUCHAYS	Senior II M - 30	39	01:30:06	06:14:02	09:25:28	12:24:48	15:19:49	20:43:36	<b>24:24:34.45</b>	+08:58:11 (36.7%)	11:15	5.3 (63.1%)
164	<b>LORANC Paweł</b>	<b>1120</b>	WILD BUCHAYS	Masters M - 40	83	01:30:08	06:14:17	09:25:28	12:24:50	15:19:52	20:43:35	<b>24:24:35.80</b>	+08:58:13 (36.7%)	11:15	5.3 (63.1%)
165	<b>DZIADON Grzegorz</b>	<b>1043</b>		Masters M - 40	84	01:36:34	05:44:29	08:28:04	11:16:43	14:07:53	20:01:41	<b>24:25:44.85</b>	+08:59:22 (36.8%)	11:16	5.3 (63.1%)
166	<b>HAJDUGA Łukasz</b>	<b>2043</b>	WIECZORNE BIEGANIE W OPOLU	Masters M - 40	85	01:23:38	05:39:16	08:20:14	11:12:32	14:30:49	20:17:31	<b>24:26:44.35</b>	+09:00:21 (36.8%)	11:16	5.3 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
167	<b>DĘBSKA Marta</b>	<b>2015</b>	ZIELONEBIEGANIE.PL	Senior II K - 30	7	01:20:21	05:20:25	07:58:11	11:18:52	14:12:25	20:02:38	<b>24:30:02.55</b>	+09:03:40 (37.0%)	11:18	5.3 (63.1%)
168	<b>DUDEK Remigiusz</b>	<b>1227</b>		Senior II M - 30	40	01:24:36	05:52:53	08:56:38	12:01:16	15:16:59	20:51:51	<b>24:30:40.40</b>	+09:04:17 (37.0%)	11:18	5.3 (63.1%)
169	<b>CHŁOPEK Kazimierz</b>	<b>1269</b>	NOWA HUTA TEAM	Masters M - 40	86	01:29:12	05:48:21	08:47:52	11:44:31	15:04:14	20:34:07	<b>24:31:03.45</b>	+09:04:40 (37.0%)	11:18	5.3 (63.1%)
170	<b>SZANDAŁA Jacek</b>	<b>2155</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	87	01:27:06	06:07:49	09:03:23	12:01:18	15:02:10	20:36:52	<b>24:33:29.05</b>	+09:07:06 (37.1%)	11:20	5.3 (63.1%)
171	<b>ZAJĄC Łukasz</b>	<b>2181</b>	PRISJAKT POLAND	Senior II M - 30	41	01:22:41	05:22:44	08:03:26	10:49:08	14:03:33	20:09:03	<b>24:33:38.15</b>	+09:07:15 (37.1%)	11:20	5.3 (63.1%)
172	<b>HOFMAŃSKI Rafał</b>	<b>1191</b>		Senior II M - 30	42	01:27:47	05:55:46	08:53:34	11:56:22	15:01:40	20:42:48	<b>24:34:20.75</b>	+09:07:58 (37.2%)	11:20	5.3 (63.1%)
173	<b>WIŚNIEWSKI Artur</b>	<b>1225</b>		Masters M - 40	88	01:24:21	05:32:30	08:38:42	11:47:26	15:17:59	20:47:38	<b>24:36:45.30</b>	+09:10:22 (37.3%)	11:21	5.3 (63.1%)
174	<b>SEKMAN Tomasz</b>	<b>2140</b>		Masters M - 40	89	01:25:55	05:44:49	08:33:26	11:25:05	14:22:50	20:08:36	<b>24:38:26.80</b>	+09:12:04 (37.3%)	11:22	5.3 (63.1%)
175	<b>MATUSEWICZ Ireneusz</b>	<b>1282</b>		Masters M - 40	90	01:20:55	05:57:14	08:43:20	11:34:38	14:39:00	20:42:14	<b>24:39:09.90</b>	+09:12:47 (37.4%)	11:22	5.3 (63.1%)
176	<b>AL-JEABORY Mahdi</b>	<b>1084</b>		Masters M - 40	91	01:24:35	05:46:01	08:50:53	11:53:08	14:59:37	20:53:15	<b>24:47:29.75</b>	+09:21:07 (37.7%)	11:26	5.2 (61.9%)
177	<b>JĘDRZEJCZAK Wojciech</b>	<b>2053</b>		Weteran I M - 50	17	01:30:24	05:54:46	08:49:06	11:57:16	15:16:48	20:55:47	<b>24:47:32.45</b>	+09:21:09 (37.7%)	11:26	5.2 (61.9%)
178	<b>RATAJCZAK Joanna</b>	<b>2131</b>	PNB	Masters K - 40	12	01:30:24	05:54:46	08:49:04	11:57:18	15:16:50	20:55:49	<b>24:47:32.65</b>	+09:21:10 (37.7%)	11:26	5.2 (61.9%)
179	<b>WOJTKOWIAK Renata</b>	<b>2177</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	13	01:30:24	05:54:46	08:49:06	11:57:18	15:16:50	20:55:50	<b>24:47:33.15</b>	+09:21:10 (37.7%)	11:26	5.2 (61.9%)
180	<b>CZARNIK Jędrzej</b>	<b>1242</b>		Senior I M - 20	5	01:14:01	04:45:51	07:18:40	09:42:06	12:47:44	19:58:20	<b>24:51:29.70</b>	+09:25:07 (37.9%)	11:28	5.2 (61.9%)
181	<b>PROZOROWSKI Wiesław</b>	<b>2126</b>	MARATON LESZNO	Weteran I M - 50	18	01:32:20	06:16:20	09:13:09	12:01:32	15:32:44	21:26:50	<b>24:54:01.30</b>	+09:27:38 (38.0%)	11:29	5.2 (61.9%)
182	<b>WIŚNIEWSKI Radosław</b>	<b>1379</b>	BAUTY SPORT	Weteran I M - 50	19	01:26:45	05:40:54	08:45:10	11:46:59	15:04:28	21:19:06	<b>24:55:44.35</b>	+09:29:21 (38.1%)	11:30	5.2 (61.9%)
183	<b>BUDKOWSKI Dominik</b>	<b>1082</b>		Senior II M - 30	43	01:27:34	06:16:04	09:08:43	11:55:28	15:13:48	20:57:39	<b>25:02:37.05</b>	+09:36:14 (38.3%)	11:33	5.2 (61.9%)
184	<b>KOZŁOWSKA Karolina</b>	<b>2074</b>	IX LO BYDGOSZCZ	Masters K - 40	14	01:30:33	06:53:01	10:13:15	13:16:28	16:12:56	21:31:59	<b>25:03:28.50</b>	+09:37:06 (38.4%)	11:33	5.2 (61.9%)
185	<b>BINKO Miłosz</b>	<b>2003</b>		Senior II M - 30	44	01:34:34	06:37:50	09:40:45	12:39:33	16:04:38	21:27:51	<b>25:06:07.50</b>	+09:39:45 (38.5%)	11:35	5.2 (61.9%)
186	<b>GAŁEK Wojciech</b>	<b>1066</b>	NO PAIN NO GAIN	Masters M - 40	92	01:34:33	06:37:41	09:40:44	12:39:40	16:05:04	21:27:54	<b>25:06:07.75</b>	+09:39:45 (38.5%)	11:35	5.2 (61.9%)
187	<b>SYPEK Damian</b>	<b>2153</b>		Senior II M - 30	45	01:34:35	06:37:53	09:40:55	12:39:41	16:05:07	21:27:56	<b>25:06:09.20</b>	+09:39:46 (38.5%)	11:35	5.2 (61.9%)
188	<b>MILEWSKI Maciek</b>	<b>1271</b>	SAMOTNY WILK	Masters M - 40	93	01:20:17	05:42:50	08:34:53	11:18:54	14:34:00	20:27:41	<b>25:07:53.95</b>	+09:41:31 (38.6%)	11:35	5.2 (61.9%)
189	<b>MASINA Tomasz</b>	<b>2092</b>		Masters M - 40	94	01:14:59	05:09:37	07:42:29	10:32:00	14:00:45	20:35:50	<b>25:09:12.30</b>	+09:42:49 (38.6%)	11:36	5.2 (61.9%)
190	<b>ZIEMKIEWICZ Jarek</b>	<b>1148</b>	2 KROKI DO METY	Masters M - 40	95	01:24:38	05:41:33	08:28:34	11:13:39	14:50:09	20:58:34	<b>25:10:48.85</b>	+09:44:26 (38.7%)	11:37	5.2 (61.9%)
191	<b>URBAŃSKI Dariusz</b>	<b>1135</b>		Weteran I M - 50	20	01:28:20	06:06:16	09:13:04	12:19:59	15:11:04	20:54:34	<b>25:11:50.75</b>	+09:45:28 (38.7%)	11:37	5.2 (61.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
192	<b>KRAWCZYK Jakub</b>	<b>2077</b>		Senior I M - 20	6	01:22:17	05:54:07	08:59:45	12:24:18	15:30:53	21:55:06	<b>25:11:56.85</b>	+09:45:34 (38.7%)	11:37	5.2 (61.9%)
193	<b>MACHALICA Agnieszka</b>	<b>1311</b>	ULTRAKREW	Masters K - 40	15	01:29:04	05:51:34	08:53:00	11:53:36	15:08:00	21:02:29	<b>25:13:42.15</b>	+09:47:19 (38.8%)	11:38	5.2 (61.9%)
194	<b>DOLIŃSKI Tomasz</b>	<b>2018</b>	UMAWIANIENABIEGANIETEAM	Weteran I M - 50	21	01:29:40	06:01:35	09:09:29	12:13:07	15:26:11	21:05:11	<b>25:16:16.65</b>	+09:49:54 (38.9%)	11:39	5.1 (60.7%)
195	<b>TALAR Marek</b>	<b>2163</b>	KĘSY TEAM	Senior II M - 30	46	01:28:53	06:21:09	09:23:10	12:38:37	15:37:28	21:22:54	<b>25:16:44.35</b>	+09:50:21 (38.9%)	11:40	5.1 (60.7%)
196	<b>STĘŻYCKI Mariusz</b>	<b>1019</b>	ŻARY RUNNERS TEAM	Masters M - 40	96	01:30:05	06:03:19	08:53:19	11:42:04	15:08:53	21:19:12	<b>25:17:01.20</b>	+09:50:38 (38.9%)	11:40	5.1 (60.7%)
197	<b>KAROLCZAK Aleksander</b>	<b>1065</b>		Senior I M - 20	7	01:28:30	05:42:09	08:36:57	11:43:04	14:51:21	21:14:57	<b>25:18:18.30</b>	+09:51:55 (39.0%)	11:40	5.1 (60.7%)
198	<b>HENDRYS Marek</b>	<b>2044</b>	SPARTA ULTRA TEAM	Senior I M - 20	8	01:24:01	05:51:02	08:49:35	12:02:53	15:23:01	20:54:08	<b>25:19:00.60</b>	+09:52:38 (39.0%)	11:41	5.1 (60.7%)
199	<b>RACZYŃSKI Bogusz</b>	<b>2130</b>	ZEMAT TG	Senior II M - 30	47	01:20:18	05:37:20	08:37:51	11:38:11	14:33:38	20:51:35	<b>25:19:58.60</b>	+09:53:36 (39.1%)	11:41	5.1 (60.7%)
200	<b>CHOJNOWSKI Andrzej</b>	<b>1018</b>		Weteran I M - 50	22	01:34:22	06:19:22	09:21:37	12:14:30	15:22:32	21:24:22	<b>25:20:23.95</b>	+09:54:01 (39.1%)	11:41	5.1 (60.7%)
201	<b>ŁUKOMSKI Maciej</b>	<b>2086</b>	ŁÓDZKI KLUB WYSOKOGÓRSKI	Masters M - 40	97	01:19:22	05:24:55	08:25:41	11:22:46	14:23:43	20:52:32	<b>25:20:50.95</b>	+09:54:28 (39.1%)	11:41	5.1 (60.7%)
202	<b>POBŁOCKI Jan</b>	<b>1078</b>	GRUPA TRÓJMIASTO/ SPARTANIE DZIECIOM	Weteran II M - 60	4	01:35:47	06:38:31	10:27:32	13:41:12	16:36:45	21:49:28	<b>25:21:35.40</b>	+09:55:12 (39.1%)	11:42	5.1 (60.7%)
203	<b>NAWROT Artur</b>	<b>2103</b>	MARIOTEAM/DTR BIEGA	Masters M - 40	98	01:24:25	05:56:00	08:59:48	12:03:16	15:26:14	21:27:22	<b>25:23:28.80</b>	+09:57:06 (39.2%)	11:43	5.1 (60.7%)
204	<b>WSZELAK Tomasz</b>	<b>2178</b>	ŁUBUDUBU	Masters M - 40	99	01:25:36	05:48:25	08:43:54	11:40:52	14:35:29	20:47:31	<b>25:25:27.85</b>	+09:59:05 (39.3%)	11:44	5.1 (60.7%)
205	<b>PACUSZKA Krzysztof</b>	<b>2113</b>	ŁUBUDUBU	Masters M - 40	100	01:25:37	05:48:24	08:43:55	11:40:51	14:35:31	20:47:31	<b>25:25:27.90</b>	+09:59:05 (39.3%)	11:44	5.1 (60.7%)
206	<b>GIERADA Mateusz</b>	<b>1022</b>		Senior II M - 30	48	01:19:11	05:40:05	08:29:35	11:29:42	14:39:34	20:36:25	<b>25:25:51.20</b>	+09:59:28 (39.3%)	11:44	5.1 (60.7%)
207	<b>GRZELAK Daniel</b>	<b>2040</b>	MARATON LESZNO	Masters M - 40	101	01:32:15	06:24:44	09:33:39	12:32:10	15:46:15	21:25:30	<b>25:26:18.35</b>	+09:59:55 (39.3%)	11:44	5.1 (60.7%)
208	<b>GRZELAK Justyna</b>	<b>2039</b>	MARATON LESZNO	Masters K - 40	16	01:32:14	06:23:37	09:33:39	12:32:11	15:46:15	21:25:30	<b>25:26:19.70</b>	+09:59:57 (39.3%)	11:44	5.1 (60.7%)
209	<b>PYSZKA Remigiusz</b>	<b>2129</b>		Masters M - 40	102	01:16:18	06:02:05	09:22:00	12:51:15	16:20:01	22:26:30	<b>25:32:01.15</b>	+10:05:38 (39.5%)	11:47	5.1 (60.7%)
210	<b>ZAWADKA Dariusz</b>	<b>2182</b>		Masters M - 40	103	01:20:22	05:36:32	08:43:29	11:50:28	15:10:43	21:35:24	<b>25:33:45.00</b>	+10:07:22 (39.6%)	11:47	5.1 (60.7%)
211	<b>CIEPŁY Tomasz</b>	<b>1025</b>	GIRO DI ZAWADA	Masters M - 40	104	01:30:15	06:11:02	09:10:03	12:04:48	15:42:34	21:35:06	<b>25:34:15.05</b>	+10:07:52 (39.6%)	11:48	5.1 (60.7%)
212	<b>POTERSKI Mateusz</b>	<b>2124</b>	MJP DRUKARNIA	Masters M - 40	105	01:24:23	05:59:35	08:58:44	12:02:12	15:36:36	21:41:04	<b>25:40:42.20</b>	+10:14:19 (39.9%)	11:51	5.1 (60.7%)
213	<b>SERAFIN Robert</b>	<b>2141</b>	SANTANDER RUNNERS TEAM	Senior II M - 30	49	01:23:50	05:59:37	08:58:50	12:02:11	15:35:31	21:41:07	<b>25:40:44.55</b>	+10:14:22 (39.9%)	11:51	5.1 (60.7%)
214	<b>ZIEMBA Damian</b>	<b>2183</b>	HRT/ANTONTEAM	Masters M - 40	106	01:26:55	06:27:24	09:37:54	12:31:02	15:40:38	21:41:13	<b>25:44:49.60</b>	+10:18:27 (40.0%)	11:52	5 (59.5%)
215	<b>KACZMAREK Mirosław</b>	<b>1113</b>	RUNNER'S POWER	Senior II M - 30	50	01:34:28	06:24:54	09:43:39	13:13:50	16:04:22	22:00:09	<b>25:50:54.45</b>	+10:24:31 (40.3%)	11:55	5 (59.5%)
216	<b>PRZYBYŁA Adam</b>	<b>1315</b>	WOLFMOTO TEAM	Masters M - 40	107	01:31:20	06:30:55	09:34:08	12:42:47	15:56:32	21:55:22	<b>25:51:39.25</b>	+10:25:16 (40.3%)	11:56	5 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
217	<b>POTOCKI Maciej</b>	<b>1260</b>	ORANGE POLSKA	Weteran I M - 50	23	01:36:11	06:25:48	09:36:50	12:49:51	16:07:26	22:04:37	<b>25:52:22.45</b>	+10:25:59 (40.3%)	11:56	5 (59.5%)
218	<b>KÓZKA Przem</b>	<b>2075</b>	BIEGAM, BO NIE LUBIĘ	Masters M - 40	108	01:28:11	06:03:59	09:13:35	12:18:32	15:39:24	21:52:02	<b>25:53:05.05</b>	+10:26:42 (40.4%)	11:56	5 (59.5%)
219	<b>PAWLAK Jarosław</b>	<b>1218</b>	KOŁO BIEGA	Senior II M - 30	51	01:28:51	05:56:57	08:54:19	12:16:18	16:01:45	22:00:42	<b>25:53:25.25</b>	+10:27:02 (40.4%)	11:56	5 (59.5%)
220	<b>SZACH Andrzej</b>	<b>2154</b>	22KBPG	Masters M - 40	109	01:22:48	06:30:40	09:38:10	12:53:41	16:20:30	22:25:44	<b>25:55:49.05</b>	+10:29:26 (40.5%)	11:58	5 (59.5%)
221	<b>KLAR Marek</b>	<b>1244</b>		Weteran I M - 50	24	01:31:02	06:06:16	09:19:34	12:26:04	15:42:54	21:28:26	<b>25:56:06.75</b>	+10:29:44 (40.5%)	11:58	5 (59.5%)
222	<b>MARKOWSKI Piotr</b>	<b>2091</b>		Masters M - 40	110	01:26:46	06:13:18	09:16:09	12:25:07	15:53:06	22:02:26	<b>25:57:11.75</b>	+10:30:49 (40.5%)	11:58	5 (59.5%)
223	<b>OLESEK Magdalena</b>	<b>1015</b>	BIEGOWA KUŹNIA	Senior II K - 30	8	01:26:14	05:42:09	08:22:41	11:08:27	14:07:10	21:59:20	<b>25:57:11.85</b>	+10:30:49 (40.5%)	11:58	5 (59.5%)
224	<b>CZAPLA Arkadiusz</b>	<b>1267</b>		Weteran I M - 50	25	01:35:38	06:42:52	09:44:35	12:57:26	16:32:44	22:03:29	<b>25:58:07.10</b>	+10:31:44 (40.5%)	11:59	5 (59.5%)
225	<b>GRABEK Maciej</b>	<b>2034</b>	SPORTOWA BANDA	Senior I M - 20	9	01:21:54	06:29:46	09:36:34	12:50:16	16:19:05	22:23:27	<b>25:58:14.60</b>	+10:31:52 (40.6%)	11:59	5 (59.5%)
226	<b>TASZAREK Jakub</b>	<b>2164</b>		Masters M - 40	111	01:25:55	05:58:06	09:21:43	12:43:20	16:20:48	22:15:48	<b>26:00:45.05</b>	+10:34:22 (40.6%)	12:00	5 (59.5%)
227	<b>BĘDŹKOWSKI Marek</b>	<b>1334</b>		Weteran I M - 50	26	01:28:58	05:58:58	09:06:57	12:23:08	16:01:09	22:05:37	<b>26:01:02.90</b>	+10:34:40 (40.7%)	12:00	5 (59.5%)
228	<b>POMASKI Paweł</b>	<b>2120</b>	DOGOŃ GRODZISK MAZOWIECKI	Weteran I M - 50	27	01:31:18	05:59:07	09:11:00	12:32:30	16:01:28	22:30:47	<b>26:06:12.85</b>	+10:39:50 (40.9%)	12:02	5 (59.5%)
229	<b>KRZYŹIŃSKA Sylwia</b>	<b>1052</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	17	01:31:18	05:59:09	09:10:58	12:32:30	16:01:29	22:31:19	<b>26:06:50.15</b>	+10:40:27 (40.9%)	12:03	5 (59.5%)
230	<b>GUŹDZIOŁ Jarek</b>	<b>2042</b>	DZIKI TE@M	Masters M - 40	112	01:30:31	06:53:04	10:13:13	13:16:29	16:33:50	22:22:10	<b>26:07:17.60</b>	+10:40:55 (40.9%)	12:03	5 (59.5%)
231	<b>WALKOWIAK Joanna</b>	<b>2191</b>	MUAY RUNNING TEAM	Senior II K - 30	9	01:29:13	06:06:19	09:17:10	12:31:22	15:55:34	22:07:18	<b>26:07:23.90</b>	+10:41:01 (40.9%)	12:03	5 (59.5%)
232	<b>KOROBIJ Krzysztof</b>	<b>2070</b>	X-TEAM SPECIAL FORCES	Senior I M - 20	10	01:23:38	06:31:29	09:36:51	12:52:00	16:20:50	22:26:26	<b>26:09:45.65</b>	+10:43:23 (41.0%)	12:04	5 (59.5%)
233	<b>SZRETER Paweł</b>	<b>2158</b>		Weteran I M - 50	28	01:34:32	06:31:56	09:51:28	13:08:57	16:15:36	22:33:44	<b>26:09:48.75</b>	+10:43:26 (41.0%)	12:04	5 (59.5%)
234	<b>ŁUBISZ Mariusz</b>	<b>1226</b>	RAJSPORTACTIV	Masters M - 40	113	01:29:57	06:16:56	09:10:20	12:40:31	16:22:23	22:29:12	<b>26:12:07.95</b>	+10:45:45 (41.1%)	12:05	5 (59.5%)
235	<b>KURKUS Aleksander</b>	<b>1050</b>	DOGOŃ GRODZISK MAZOWIECKI	Weteran I M - 50	29	01:26:05	05:53:03	09:31:46	12:44:57	15:59:23	22:18:48	<b>26:16:39.20</b>	+10:50:16 (41.2%)	12:07	4.9 (58.3%)
236	<b>KOWALCZYK Paweł</b>	<b>1024</b>	KĘCKIE HARPAGANY	Masters M - 40	114	01:34:12	05:53:56	08:47:21	12:07:21	16:04:48	22:47:41	<b>26:16:43.80</b>	+10:50:21 (41.2%)	12:07	4.9 (58.3%)
237	<b>ŚWIETLIK Paweł</b>	<b>2162</b>		Senior II M - 30	52	01:32:34	06:07:30	08:55:05	12:03:32	15:14:58	21:43:06	<b>26:17:54.95</b>	+10:51:32 (41.3%)	12:08	4.9 (58.3%)
238	<b>WIERCIOCH Sławomir</b>	<b>1312</b>	DRUŻYNA JODRI	Masters M - 40	115	01:33:07	06:40:45	10:00:45	12:59:46	16:02:28	22:14:56	<b>26:20:15.90</b>	+10:53:53 (41.4%)	12:09	4.9 (58.3%)
239	<b>JASIŃSKI Mikołaj</b>	<b>2051</b>	UKA WARSZAWA	Weteran I M - 50	30	01:36:07	06:35:13	09:37:49	12:47:06	16:24:21	22:36:28	<b>26:20:31.20</b>	+10:54:08 (41.4%)	12:09	4.9 (58.3%)
240	<b>SIENKIEWICZ Wojtek</b>	<b>1183</b>	OGARY DOLORES	Weteran I M - 50	31	01:43:17	07:14:29	10:30:52	13:37:17	16:46:11	22:50:32	<b>26:22:37.50</b>	+10:56:15 (41.5%)	12:10	4.9 (58.3%)
241	<b>POSADZKI Paweł</b>	<b>2122</b>	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	Senior II M - 30	53	01:25:34	06:05:58	08:51:38	13:00:15	17:01:49	23:13:09	<b>26:23:38.65</b>	+10:57:16 (41.5%)	12:10	4.9 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
242	<b>ODWAŻNY Magdalena</b>	<b>1046</b>	ODWAŻNYTEAM.PL	Masters K - 40	18	01:25:43	06:15:10	09:34:30	12:33:53	15:27:46	21:49:50	<b>26:24:41.20</b>	+10:58:18 (41.5%)	12:11	4.9 (58.3%)
243	<b>MAJDA Maciej</b>	<b>1097</b>	NA ŚWIEŻOŚCI	Senior II M - 30	54	01:29:01	06:07:30	09:18:25	12:31:10	15:46:59	22:07:45	<b>26:24:41.85</b>	+10:58:19 (41.5%)	12:11	4.9 (58.3%)
244	<b>SZABLA Marcin</b>	<b>1207</b>	SAINT GOBAIN SQUAD	Masters M - 40	116	01:37:35	06:23:55	09:40:20	13:12:17	16:43:14	22:34:05	<b>26:25:27.55</b>	+10:59:05 (41.6%)	12:11	4.9 (58.3%)
245	<b>NIEDZIELA Marcin</b>	<b>1107</b>	FAT MAMA'S SPORT CLUB	Masters M - 40	117	01:36:03	06:39:22	09:44:30	12:57:22	16:32:26	22:38:14	<b>26:29:10.00</b>	+11:02:47 (41.7%)	12:13	4.9 (58.3%)
246	<b>PAWLAK Maciej</b>	<b>1201</b>	3TEAM KONIN/MPEC-KONIN	Masters M - 40	118	01:29:15	06:22:16	09:26:52	12:45:17	16:13:18	22:33:06	<b>26:32:24.40</b>	+11:06:01 (41.8%)	12:14	4.9 (58.3%)
247	<b>JAGODZIŃSKI Paweł</b>	<b>1206</b>	VIKMED 3TEAM KONIN	Masters M - 40	119	01:29:15	06:22:15	09:26:54	12:45:21	16:13:20	22:33:13	<b>26:32:25.30</b>	+11:06:02 (41.8%)	12:14	4.9 (58.3%)
248	<b>WŁODARCZYK Krzysztof</b>	<b>1204</b>	3TEAM MPEC KONIN	Masters M - 40	120	01:29:16	06:22:16	09:26:51	12:45:20	16:13:21	22:33:12	<b>26:32:26.30</b>	+11:06:03 (41.8%)	12:14	4.9 (58.3%)
249	<b>KOCOT Sebastian</b>	<b>1214</b>		Masters M - 40	121	01:30:47	06:01:01	09:07:54	12:26:25	16:08:24	22:34:58	<b>26:33:09.10</b>	+11:06:46 (41.9%)	12:15	4.9 (58.3%)
250	<b>SZYMAŁA Mateusz</b>	<b>1208</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	55	01:40:48	06:32:41	10:09:24	13:52:02	17:08:02	23:14:49	<b>26:35:25.55</b>	+11:09:03 (41.9%)	12:16	4.9 (58.3%)
251	<b>HADRYŚ Adam</b>	<b>1205</b>	POLISH RUNNERS CLUB IRELAND	Masters M - 40	122	01:30:35	06:02:06	09:16:40	12:32:10	15:52:53	22:59:58	<b>26:38:25.10</b>	+11:12:02 (42.0%)	12:17	4.9 (58.3%)
252	<b>ŚRÓDKA Bartłomiej</b>	<b>2161</b>		Senior II M - 30	56	01:34:18	06:28:54	09:35:02	13:02:58	16:21:00	22:22:06	<b>26:38:29.90</b>	+11:12:07 (42.0%)	12:17	4.9 (58.3%)
253	<b>MASZEWSKA-WACH Mariola</b>	<b>1117</b>	ZBIEG OKOLICZNOŚCI	Senior II K - 30	10	01:37:31	06:32:56	09:56:44	13:02:59	16:28:22	22:28:03	<b>26:40:01.60</b>	+11:13:39 (42.1%)	12:18	4.9 (58.3%)
254	<b>DZISZKIEWICZ Grzegorz</b>	<b>1377</b>		Senior II M - 30	57	01:36:44	06:33:17	09:57:14	13:03:28	16:28:47	22:28:31	<b>26:40:29.10</b>	+11:14:06 (42.1%)	12:18	4.9 (58.3%)
255	<b>BADURA Wojtek</b>	<b>1198</b>	KS KANDAHAR	Weteran I M - 50	32	01:30:21	06:25:07	09:32:13	12:44:57	16:06:57	23:06:51	<b>26:41:03.40</b>	+11:14:40 (42.1%)	12:18	4.9 (58.3%)
256	<b>PAWŁOWICZ Przemysław</b>	<b>1210</b>		Weteran I M - 50	33	01:31:50	06:17:11	09:32:31	12:45:24	16:03:34	23:12:07	<b>26:42:12.45</b>	+11:15:49 (42.2%)	12:19	4.9 (58.3%)
257	<b>TRZPIOLA Tycjan</b>	<b>2170</b>	KURACJUSZE	Senior II M - 30	58	01:40:54	07:25:00	11:27:31	14:02:20	17:00:05	23:02:33	<b>26:43:58.80</b>	+11:17:36 (42.2%)	12:20	4.9 (58.3%)
258	<b>ŚWITALSKI Andrzej</b>	<b>1127</b>		Senior II M - 30	59	01:33:58	06:42:35	10:31:38	13:49:25	17:07:22	23:15:56	<b>26:44:27.05</b>	+11:18:04 (42.3%)	12:20	4.9 (58.3%)
259	<b>KALEMBKIEWICZ Piotr</b>	<b>1289</b>	MIROTRANS	Masters M - 40	123	01:32:32	06:22:40	09:30:51	12:53:37	16:42:22	22:33:56	<b>26:45:36.55</b>	+11:19:14 (42.3%)	12:21	4.9 (58.3%)
260	<b>GOZDAN Dariusz</b>	<b>2033</b>		Masters M - 40	124	01:41:31	07:13:10	10:42:30	14:02:14	17:20:08	23:11:16	<b>26:48:19.00</b>	+11:21:56 (42.4%)	12:22	4.8 (57.1%)
261	<b>SZYSZKO Stanisław</b>	<b>1253</b>	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II M - 30	60	01:27:10	06:09:46	09:15:27	12:29:40	16:31:10	22:53:55	<b>26:52:22.50</b>	+11:26:00 (42.5%)	12:24	4.8 (57.1%)
262	<b>KARAWACKI Grzegorz</b>	<b>2061</b>	KĘCKIE HARPAGANY	Senior II M - 30	61	01:42:44	07:11:01	10:47:10	14:08:42	17:22:56	23:26:28	<b>26:56:31.15</b>	+11:30:08 (42.7%)	12:26	4.8 (57.1%)
263	<b>MARCHEWKA Andrzej</b>	<b>1252</b>		Masters M - 40	125	01:34:30	06:48:04	10:28:55	13:50:33	17:10:18	23:11:46	<b>26:58:10.35</b>	+11:31:47 (42.8%)	12:26	4.8 (57.1%)
264	<b>SZYMKOWIAK Przemysław</b>	<b>1080</b>		Masters M - 40	126	01:28:27	06:27:06	09:44:29	13:05:53	16:26:44	23:20:43	<b>27:03:20.95</b>	+11:36:58 (42.9%)	12:29	4.8 (57.1%)
265	<b>WIERUSZEWSKA Agata</b>	<b>1313</b>	BBBGK	Masters K - 40	19	01:31:28	06:35:31	10:07:28	13:22:27	16:40:10	22:53:11	<b>27:05:48.70</b>	+11:39:26 (43.0%)	12:30	4.8 (57.1%)
	<b>PASTERNAK Daniel</b>	<b>2116</b>	ULKS BYSTRZYCA KŁODZKA	Senior I M - 20		01:13:15	05:06:39	07:47:07	10:33:16	13:15:28	19:57:42	<b>DNF</b>	-	-	0.0%

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	A1	A2	A3	A4	A5	A7	Czas netto 130km	Różn	Tempo min/km	Tempo km/h
					10km	32km	47km	64km	81km	112km				
	<b>MOŃKA Łukasz</b>	<b>2099</b>	SPARTA ULTRA TEAM	Senior II M - 30	01:23:55 DNF	06:16:27 DNF	09:37:45 DNF	12:56:22 DNF	16:36:21 DNF	23:20:32 DNF	<b>DNF</b>	-	- (0.0%)	
	<b>SZELIGA Jacek</b>	<b>2156</b>		Masters M - 40	01:26:45 DNF	06:13:15 DNF	09:13:41 DNF	12:25:06 DNF	15:57:18 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>DZIADZIAK Łukasz</b>	<b>2021</b>	SENTE	Senior II M - 30	01:06:37 DNF	03:58:52 DNF	05:59:55 DNF	07:55:22 DNF	10:37:14 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>GRUPA Jarek</b>	<b>2038</b>	SZWLA STARGARD	Senior II M - 30	01:15:14 DNF	05:10:45 DNF	07:54:59 DNF	10:31:01 DNF	13:48:55 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>KACZMAREK Jędrzej</b>	<b>2055</b>	KP PSP MILICZ	Senior I M - 20	01:16:17 DNF	05:10:40 DNF	07:48:26 DNF	10:32:54 DNF	15:27:55 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>BABIRECKI Krzysztof</b>	<b>2000</b>	FU FU FU TEAM	Masters M - 40	01:25:38 DNF	06:06:57 DNF	08:50:06 DNF	12:47:45 DNF	16:26:20 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>SOPEL Wiesław</b>	<b>2148</b>	AS UT LUBACZÓW	Weteran I M - 50	01:29:53 DNF	06:27:50 DNF	09:54:53 DNF	12:57:57 DNF	16:37:08 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>KRUPIŃSKI Tadeusz</b>	<b>2078</b>		Weteran I M - 50	01:30:21 DNF	06:39:05 DNF	09:54:26 DNF	13:27:04 DNF	17:20:58 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>SUDNIK Krzysztof</b>	<b>2152</b>		Senior II M - 30	01:07:41 DNF	04:31:10 DNF	06:51:37 DNF	09:22:42 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>MIGACZ Dawid</b>	<b>2095</b>	BARTOSZ GORCZYCA TEAM #1X1	Senior II M - 30	01:15:59 DNF	04:40:29 DNF	06:57:45 DNF	09:29:15 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>ROGOWSKI Krzysztof</b>	<b>2134</b>		Senior II M - 30	01:14:42 DNF	05:04:01 DNF	07:40:45 DNF	10:15:04 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>WINIAREK Leszek</b>	<b>2175</b>	#TEAMDKMS	Masters M - 40	01:20:22 DNF	05:28:50 DNF	08:21:03 DNF	11:02:14 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>KICH Marek</b>	<b>2063</b>		Senior II M - 30	01:18:14 DNF	05:07:31 DNF	08:09:25 DNF	11:34:20 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>GMAJ Karolina</b>	<b>2030</b>		Masters K - 40	01:27:59 DNF	05:59:27 DNF	09:09:37 DNF	12:45:17 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>GMAJ Daniel</b>	<b>2029</b>		Senior II M - 30	01:28:02 DNF	05:59:27 DNF	09:09:38 DNF	12:45:19 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>NOWAK Bartosz</b>	<b>2106</b>	POMIOTY SZATANA	Senior II M - 30	01:33:49 DNF	06:51:41 DNF	10:33:08 DNF	13:48:40 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>KANIA Krystian</b>	<b>2059</b>		Masters M - 40	01:26:55 DNF	06:48:47 DNF	10:16:18 DNF	13:55:56 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>FLORCZAK Sebastian</b>	<b>2023</b>	SZWLA STARGARD	Masters M - 40	01:06:39 DNF	04:11:40 DNF	06:26:40 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>BEDNAREK Grzegorz</b>	<b>2188</b>		Senior II M - 30	01:03:05 DNF	04:02:19 DNF	06:56:12 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>LISOWSKA-WOŚ Agnieszka</b>	<b>2085</b>	NIEPOŁOMICE BIEGAJA/JARUNA	Senior II K - 30	01:12:20 DNF	05:05:30 DNF	07:53:26 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>GONCZAR Szymon</b>	<b>2032</b>	KW GLIWICE	Senior II M - 30	01:06:45 DNF	05:29:15 DNF	08:00:18 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>MICHALOWSKI Marcin</b>	<b>2094</b>	#MARCINSWIERCTEAM	Masters M - 40	01:12:58 DNF	05:01:53 DNF	08:14:32 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>JOVANOVIĆ Marko</b>	<b>2054</b>		Senior I M - 20	01:30:49 DNF	05:37:02 DNF	08:35:20 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>KONIECZNY Maciej</b>	<b>2069</b>	MK-CONNECT	Masters M - 40	01:23:30 DNF	05:39:50 DNF	08:35:47 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>MOSKAL Izabella</b>	<b>2101</b>	TKKF MPK POZNAŃ	Masters K - 40	01:26:47 DNF	05:54:45 DNF	08:56:54 DNF	DNF	DNF	DNF	<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	Różn	Tempo min/km	Tempo km/h
	<b>RATAJCZAK Marcin</b>	<b>2132</b>		Senior II M - 30	01:27:48 DNF	05:55:46 DNF	09:04:43 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>OBIDOWSKI Łukasz</b>	<b>2107</b>	NARAMOWICE BIEGAJĄ	Senior II M - 30	01:37:45 DNF	06:47:11 DNF	10:49:09 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SKAŁECKI Przemysław</b>	<b>2144</b>	HIAB SPORT TEAM	Senior II M - 30	01:37:47 DNF	06:47:12 DNF	10:49:11 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>NIEMCZAK Basia</b>	<b>2105</b>	ULTRA KSP	Senior II K - 30	01:37:21 DNF	07:04:54 DNF	11:07:37 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>RUTKOWSKI Kazimierz</b>	<b>2135</b>	KUSY I SPÓŁKA	Weteran II M - 60	01:34:10 DNF	07:02:47 DNF	11:23:22 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KRYCH Rafał</b>	<b>2079</b>		Masters M - 40	01:40:56 DNF	07:25:02 DNF	11:27:36 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SKARŻYŃSKI Wojciech</b>	<b>2145</b>		Masters M - 40	02:00:15 DNF	07:48:27 DNF	11:36:52 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>GRZELCZAK Barbara</b>	<b>2041</b>		Masters K - 40	02:00:15 DNF	07:48:22 DNF	11:37:06 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PTASZYŃSKA Anna</b>	<b>2128</b>	SPEED FEET '16	Weteran K - 50	01:43:27 DNF	07:15:18 DNF	11:47:20 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BORIS Aneta</b>	<b>2004</b>		Senior II K - 30	01:49:37 DNF	07:49:57 DNF	11:57:16 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BUK Sławomir</b>	<b>2007</b>	PRZEDWOJEWSKI TEAM	Masters M - 40	01:09:35 DNF	04:59:07 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SKORCZYK Adrian</b>	<b>2146</b>	SPEED FEET '16	Masters M - 40	01:22:28 DNF	05:07:30 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PAROL Paweł</b>	<b>2115</b>	SZYMANKOWSZCZYŻNA	Masters M - 40	01:25:07 DNF	05:54:10 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>STASINKIEWICZ Aleksander</b>	<b>2150</b>		Senior I M - 20	01:01:55 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BABULA Sebastian</b>	<b>2001</b>	IZERY BOGATYNIA	Masters M - 40	01:17:25 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>GAWLIK Marcin</b>	<b>2026</b>	MKS SIECHNICE	Masters M - 40	01:18:46 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PRAŁAT Tomasz</b>	<b>2125</b>	MARATON LESZNO	Masters M - 40	01:18:48 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>HOSS Jan</b>	<b>2045</b>		Masters M - 40	01:20:38 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>TOMCZAK Agnieszka</b>	<b>2168</b>		Masters K - 40	01:21:24 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>TOJZA Tomasz</b>	<b>2166</b>		Masters M - 40	01:21:33 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>NOSKI Mariusz</b>	<b>2204</b>		Masters M - 40	01:24:05 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>JASICKI Krzysztof</b>	<b>2050</b>	RUNHOGS TYCHY	Masters M - 40	01:29:17 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 313 wynik(ów)