



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

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Dolnośląski Festiwal Biegów Górskich

Fundacja MARATONY GÓRSKIE

2021-07-15

Łądek-Zdrój

130 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

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	KOCIOŁOWICZ Piotr	1254	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	15:41:22.55		7:14	8.3 (100%)
2	MARZEC Grzegorz	1203	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	16:42:00.95	+01:00:38 (6.1%)	7:42	7.8 (94.0%)
3	SAWICKI Piotr	1338	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	16:42:27.55	+01:01:05 (6.1%)	7:42	7.8 (94.0%)
4	BARTOSZEWSKI Grzegorz	1344	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	17:20:42.95	+01:39:20 (9.5%)	8:00	7.5 (90.4%)
5	ŚLASKI Radosław	1330	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	17:28:15.40	+01:46:52 (10.2%)	8:03	7.4 (89.2%)
6	SCHWITALLA Adrian	2139		Masters M - 40	6	01:06:09	04:23:26	06:45:03	08:57:13	11:19:08	15:05:30	17:29:26.15	+01:48:03 (10.3%)	8:04	7.4 (89.2%)
7	REMBIASZ Marcin	1099		Masters M - 40	7	01:09:00	04:25:39	06:39:57	08:49:50	10:54:38	14:54:10	17:32:23.00	+01:51:00 (10.5%)	8:05	7.4 (89.2%)
8	DZIEDZIC Piotr	1136	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	17:44:39.45	+02:03:16 (11.6%)	8:11	7.3 (88.0%)
9	KAPŁOWSKI Jerzy	2060		Masters M - 40	9	01:18:43	04:44:57	06:59:30	09:08:32	11:31:21	15:21:50	18:01:39.90	+02:20:17 (13.0%)	8:19	7.2 (86.7%)
10	KRZESZOWSKI Marcin	1365	MTS	Masters M - 40	10	01:18:32	04:41:22	06:59:51	09:08:15	11:21:11	15:20:53	18:05:04.30	+02:23:41 (13.2%)	8:20	7.2 (86.7%)
11	JĘDRZYCA Przemysław	1172	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	18:15:21.60	+02:33:59 (14.1%)	8:25	7.1 (85.5%)
12	GAŁUSZKA Rafał	1220		Masters M - 40	12	01:07:46	04:15:40	06:29:25	08:45:36	11:14:17	15:21:56	18:22:25.80	+02:41:03 (14.6%)	8:28	7.1 (85.5%)
13	PLISZKA Bartosz	1285	OLA TEAM	Masters M - 40	13	01:12:26	04:34:29	06:56:57	09:16:40	11:27:38	15:31:56	18:25:31.85	+02:44:09 (14.8%)	8:30	7.1 (85.5%)
14	BIADASZ Andrzej Michał	2002	POLITECHNIKA POZNAŃSKA	Masters M - 40	14	01:19:16	04:56:25	07:20:50	09:38:24	12:10:08	16:12:58	18:32:39.45	+02:51:16 (15.4%)	8:33	7 (84.3%)
15	JEZIERSKI Tomasz	2052	SUPADUPAFLY	Masters M - 40	15	01:14:05	04:53:56	07:15:54	09:31:11	11:48:35	16:03:26	18:53:47.75	+03:12:25 (17.0%)	8:43	6.9 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km			
16	BŁACHOWIAK Mariusz	1348	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	19:03:40.65	+03:22:18 (17.7%)	8:47	6.8 (81.9%)
17	KALINOWSKI Tomasz	1221		Masters M - 40	17	01:19:18	05:00:27	07:32:45	10:01:15	12:33:06	16:32:42	19:06:03.00	+03:24:40 (17.9%)	8:48	6.8 (81.9%)
18	KRAMER Rafał	2076	LUG TEAM	Masters M - 40	18	01:24:20	05:08:50	07:39:24	10:04:33	12:40:52	16:40:39	19:24:04.05	+03:42:41 (19.1%)	8:57	6.7 (80.7%)
19	BERGEL Piotr	1291		Masters M - 40	19	01:14:06	04:34:07	06:47:35	09:12:11	11:27:21	15:46:37	19:29:56.15	+03:48:33 (19.5%)	8:59	6.7 (80.7%)
20	BAR Stanisław	1243	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	19:32:16.95	+03:50:54 (19.7%)	9:01	6.7 (80.7%)
21	KOMENDACKI Dominik	1182	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	19:32:56.95	+03:51:34 (19.7%)	9:01	6.6 (79.5%)
22	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	+04:02:18 (20.5%)	9:06	6.6 (79.5%)
23	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	+04:14:38 (21.3%)	9:12	6.5 (78.3%)
24	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	+04:16:07 (21.4%)	9:12	6.5 (78.3%)
25	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	+04:23:03 (21.8%)	9:15	6.5 (78.3%)
26	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	+04:23:05 (21.8%)	9:15	6.5 (78.3%)
27	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	+04:27:12 (22.1%)	9:17	6.5 (78.3%)
28	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	+04:27:54 (22.2%)	9:18	6.5 (78.3%)
29	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	+04:27:57 (22.2%)	9:18	6.4 (77.1%)
30	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	+04:34:16 (22.6%)	9:21	6.4 (77.1%)
31	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	+04:48:05 (23.4%)	9:27	6.3 (75.9%)
32	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	+04:49:40 (23.5%)	9:28	6.3 (75.9%)
33	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	+04:53:13 (23.8%)	9:29	6.3 (75.9%)
34	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	+04:53:49 (23.8%)	9:30	6.3 (75.9%)
35	DOBROŚ Tomasz	2017		Masters M - 40	35	01:25:17	05:26:22	08:03:49	10:32:35	13:04:19	17:37:16	20:43:43.00	+05:02:20 (24.3%)	9:34	6.3 (75.9%)
36	POSTUPALSKI Michał	2123	IHS MARKIT	Masters M - 40	36	01:20:30	04:53:25	07:14:20	09:43:06	12:14:44	16:55:34	20:45:26.05	+05:04:03 (24.4%)	9:34	6.3 (75.9%)
37	DATA Tomasz	1144	HRMAX ŻORY	Masters M - 40	37	01:18:28	05:06:17	07:35:13	10:07:16	12:58:20	17:35:41	20:48:08.30	+05:06:45 (24.6%)	9:36	6.2 (74.7%)
38	KLICH Kamil	1298		Masters M - 40	38	01:21:01	05:06:33	07:37:00	10:03:09	13:02:51	17:31:19	20:48:31.10	+05:07:08 (24.6%)	9:36	6.2 (74.7%)
39	JUSZKO Krzysztof	1196		Masters M - 40	39	01:20:58	05:09:40	07:33:40	09:57:00	12:44:39	17:34:29	20:54:44.40	+05:13:21 (25.0%)	9:39	6.2 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas										
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km	Różn	Tempo min/km	Tempo km/h	
40	ZIĘTAK Andrzej	2184	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	21:05:10.60	+05:23:48 (25.6%)	9:43	6.2 (74.7%)	
41	KOWALCZYK Aleksander	2071		Masters M - 40	41	01:21:36	05:22:35	08:00:38	10:41:48	13:13:29	17:51:04	21:07:32.05	+05:26:09 (25.7%)	9:45	6.2 (74.7%)	
42	GRACZYK Marcin	2036		Masters M - 40	42	01:23:04	05:29:53	08:14:19	10:48:47	13:22:07	18:04:13	21:10:58.85	+05:29:36 (25.9%)	9:46	6.1 (73.5%)	
43	DĘBICKI Mariusz	2014		Masters M - 40	43	01:23:58	05:13:29	07:47:37	10:11:49	12:48:45	17:40:16	21:13:31.85	+05:32:09 (26.1%)	9:47	6.1 (73.5%)	
44	JĘDRZEJEWSKI Paweł	1028	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	21:18:24.35	+05:37:01 (26.4%)	9:50	6.1 (73.5%)	
45	CZAPLA Tomasz	2012		Masters M - 40	45	01:19:57	05:09:13	07:42:56	10:35:06	13:24:57	18:02:03	21:26:34.35	+05:45:11 (26.8%)	9:53	6.1 (73.5%)	
46	DANIELEWICZ Andrzej	2013		Masters M - 40	46	01:19:58	05:15:15	07:48:01	10:18:19	13:12:05	18:10:06	21:33:07.00	+05:51:44 (27.2%)	9:56	6 (72.3%)	
47	MUSZYŃSKI Krzysztof	2102		Masters M - 40	47	01:22:19	05:11:15	07:43:33	10:21:58	13:34:18	18:45:15	21:44:36.15	+06:03:13 (27.8%)	10:02	6 (72.3%)	
48	DERMINE Nicolas	1062		Masters M - 40	48	01:29:44	05:32:33	08:10:18	10:33:49	13:25:04	18:14:22	21:46:53.85	+06:05:31 (28.0%)	10:03	6 (72.3%)	
49	KŁOPOTEK Marcin	1002	EXTREME FAMILY	Masters M - 40	49	01:19:28	05:20:10	07:43:10	10:16:47	13:13:25	18:11:38	21:47:58.45	+06:06:35 (28.0%)	10:03	6 (72.3%)	
50	KRĘPA Daniel	1353	EXSTREME WOLF	Masters M - 40	50	01:25:24	05:23:26	07:54:06	10:22:59	13:05:11	18:19:27	21:51:35.90	+06:10:13 (28.2%)	10:05	5.9 (71.1%)	
51	BOROWCZYK Marcin	2005		Masters M - 40	51	01:25:32	05:36:13	08:14:59	10:41:21	13:41:33	18:31:52	21:53:43.95	+06:12:21 (28.3%)	10:06	5.9 (71.1%)	
52	LISIECKI Tomasz	1301	TRZYNASTKA PLUS	Masters M - 40	52	01:34:29	05:41:31	08:24:58	10:48:37	13:25:20	18:22:01	21:55:09.60	+06:13:47 (28.4%)	10:06	5.9 (71.1%)	
53	PAWLIK Paweł Alibaba	1276	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	21:58:11.45	+06:16:48 (28.6%)	10:08	5.9 (71.1%)	
54	MODLISZEWSKI Dariusz	2097	ORANGE POLSKA	Masters M - 40	54	01:24:16	05:35:04	08:34:39	11:06:53	13:52:34	18:42:42	22:00:10.90	+06:18:48 (28.7%)	10:09	5.9 (71.1%)	
55	MIKOŁAJCZYK Mirosław	1083	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	22:00:35.10	+06:19:12 (28.7%)	10:09	5.9 (71.1%)	
56	NIEDZIELSKI Robert	1299	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	22:01:57.85	+06:20:35 (28.8%)	10:10	5.9 (71.1%)	
57	PAJĄK Andrzej	2114	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	22:04:58.60	+06:23:36 (29.0%)	10:11	5.9 (71.1%)	
58	STEC Tomasz	2151	DZIKITIM	Masters M - 40	58	01:24:43	05:46:16	08:44:14	11:14:27	13:44:59	18:24:39	22:09:26.70	+06:28:04 (29.2%)	10:13	5.9 (71.1%)	
59	KOSTERA Tomasz	2190	VEGE RUNNERS	Masters M - 40	59	01:24:36	05:30:07	08:09:42	11:10:24	14:03:57	18:55:04	22:10:53.40	+06:29:30 (29.3%)	10:14	5.9 (71.1%)	
60	ZAJĄC Marcin	1292	77CATS	Masters M - 40	60	01:24:57	05:24:57	07:55:30	10:22:59	13:25:46	18:20:52	22:13:27.10	+06:32:04 (29.4%)	10:15	5.8 (69.9%)	
61	STĘPIEŃ Wojciech	1026	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	22:27:33.05	+06:46:10 (30.1%)	10:21	5.8 (69.9%)	
62	KRAWCZUK Dawid	1335	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	22:35:52.55	+06:54:30 (30.6%)	10:25	5.8 (69.9%)	
63	PRZERWA Andrzej	1023	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	22:44:55.60	+07:03:33 (31.0%)	10:29	5.7 (68.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km			
64	WALASZCZYK Radosław	1350	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	22:48:35.05	+07:07:12 (31.2%)	10:31	5.7 (68.7%)
65	LEWANDOWSKI Janusz	1081		Masters M - 40	65	01:26:14	05:57:32	08:40:34	11:32:52	14:17:22	19:25:33	22:53:24.05	+07:12:01 (31.5%)	10:33	5.7 (68.7%)
66	EBERT Adam	1327	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	23:08:03.95	+07:26:41 (32.2%)	10:40	5.6 (67.5%)
67	PARZONKA Paweł	1156	KS LENIWIEC	Masters M - 40	67	01:29:33	05:46:02	08:33:43	11:26:06	14:16:20	19:33:05	23:18:11.50	+07:36:48 (32.7%)	10:45	5.6 (67.5%)
68	OSAKOWICZ Mateusz	2111		Masters M - 40	68	01:24:18	05:19:28	07:50:38	10:37:47	13:42:00	19:27:03	23:20:59.40	+07:39:36 (32.8%)	10:46	5.6 (67.5%)
69	TRZECIAK Andrzej	2169	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	23:25:34.30	+07:44:11 (33.0%)	10:48	5.5 (66.3%)
70	PAWLAK Bartosz	2117		Masters M - 40	70	01:22:09	05:49:24	08:41:39	11:22:30	14:35:31	19:57:37	23:25:59.30	+07:44:36 (33.0%)	10:48	5.5 (66.3%)
71	JAMBOR Michał	2047	BRACTWO 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	23:26:02.40	+07:44:39 (33.0%)	10:48	5.5 (66.3%)
72	GRUBICH Damian	2037	PARKRUN GRUDZIĄDZ	Masters M - 40	72	01:21:59	05:32:00	08:31:45	11:39:46	15:05:42	20:20:42	23:31:12.55	+07:49:50 (33.3%)	10:51	5.5 (66.3%)
73	SADEL Bogdan	1106		Masters M - 40	73	01:30:09	05:32:02	08:15:58	11:13:56	14:11:18	19:51:47	23:32:37.50	+07:51:14 (33.4%)	10:51	5.5 (66.3%)
74	MORCINEK Marcin	2100	BLUSZCZA	Masters M - 40	74	01:28:51	05:56:13	08:49:51	11:45:19	15:14:41	20:37:04	23:34:03.40	+07:52:40 (33.4%)	10:52	5.5 (66.3%)
75	GÓRKIEWICZ Dariusz	1369	POPOCATEPETL-MINGUS	Masters M - 40	75	01:26:19	05:40:30	08:25:39	11:10:26	14:05:22	19:35:59	23:36:11.10	+07:54:48 (33.5%)	10:53	5.5 (66.3%)
76	GAPIŃSKI Marcin	1216	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	23:37:57.70	+07:56:35 (33.6%)	10:54	5.5 (66.3%)
77	NOWACZYK Tomasz	1063	KOŚCIAN TEAM	Masters M - 40	77	01:19:47	05:12:41	07:48:55	10:28:38	13:42:24	19:37:45	23:39:14.70	+07:57:52 (33.7%)	10:55	5.5 (66.3%)
78	POTOCZNY Mirosław	1051		Masters M - 40	78	01:25:53	05:38:33	08:21:00	11:01:14	13:59:42	19:11:21	23:59:54.00	+08:18:31 (34.6%)	11:04	5.4 (65.1%)
79	PATYK Mirek	1103		Masters M - 40	79	01:19:48	05:28:59	08:18:06	11:12:07	14:28:24	20:12:45	24:19:28.65	+08:38:06 (35.5%)	11:13	5.3 (63.9%)
80	NÓŻKA Andrzej	1376	BOJADELSKA BRAĆ BIEGOWĄ	Masters M - 40	80	01:30:01	06:03:21	09:04:02	12:12:29	15:01:15	20:31:14	24:20:48.95	+08:39:26 (35.6%)	11:14	5.3 (63.9%)
81	WIERUSZEWSKI Mateusz	2174	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	24:21:33.75	+08:40:11 (35.6%)	11:14	5.3 (63.9%)
82	MRUSZCZYK Jacek	1316	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	24:23:46.70	+08:42:24 (35.7%)	11:15	5.3 (63.9%)
83	LORANC Paweł	1120	WILD BUCHAYS	Masters M - 40	83	01:30:08	06:14:17	09:25:28	12:24:50	15:19:52	20:43:35	24:24:35.80	+08:43:13 (35.7%)	11:15	5.3 (63.9%)
84	DZIADON Grzegorz	1043		Masters M - 40	84	01:36:34	05:44:29	08:28:04	11:16:43	14:07:53	20:01:41	24:25:44.85	+08:44:22 (35.8%)	11:16	5.3 (63.9%)
85	HAJDUGA Łukasz	2043	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	24:26:44.35	+08:45:21 (35.8%)	11:16	5.3 (63.9%)
86	CHŁOPEK Kazimierz	1269	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	24:31:03.45	+08:49:40 (36.0%)	11:18	5.3 (63.9%)
87	SZANDAŁA Jacek	2155	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	24:33:29.05	+08:52:06 (36.1%)	11:20	5.3 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km		
88	WIŚNIEWSKI Artur	1225		Masters M - 40	88	01:24:21	05:32:30	08:38:42	11:47:26	15:17:59	20:47:38	24:36:45.30	+08:55:22 (36.3%)	11:21 5.3 (63.9%)
89	SEKMAN Tomasz	2140		Masters M - 40	89	01:25:55	05:44:49	08:33:26	11:25:05	14:22:50	20:08:36	24:38:26.80	+08:57:04 (36.3%)	11:22 5.3 (63.9%)
90	MATUSEWICZ Ireneusz	1282		Masters M - 40	90	01:20:55	05:57:14	08:43:20	11:34:38	14:39:00	20:42:14	24:39:09.90	+08:57:47 (36.4%)	11:22 5.3 (63.9%)
91	AL-JEABORY Mahdi	1084		Masters M - 40	91	01:24:35	05:46:01	08:50:53	11:53:08	14:59:37	20:53:15	24:47:29.75	+09:06:07 (36.7%)	11:26 5.2 (62.7%)
92	GAŁEK Wojciech	1066	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	25:06:07.75	+09:24:45 (37.5%)	11:35 5.2 (62.7%)
93	MILEWSKI Maciek	1271	SAMOTNY WILK	Masters M - 40	93	01:20:17	05:42:50	08:34:53	11:18:54	14:34:00	20:27:41	25:07:53.95	+09:26:31 (37.6%)	11:35 5.2 (62.7%)
94	MASINA Tomasz	2092		Masters M - 40	94	01:14:59	05:09:37	07:42:29	10:32:00	14:00:45	20:35:50	25:09:12.30	+09:27:49 (37.6%)	11:36 5.2 (62.7%)
95	ZIEMKIEWICZ Jarek	1148	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	25:10:48.85	+09:29:26 (37.7%)	11:37 5.2 (62.7%)
96	STĘŻYCKI Mariusz	1019	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	25:17:01.20	+09:35:38 (37.9%)	11:40 5.1 (61.4%)
97	ŁUKOMSKI Maciej	2086	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	25:20:50.95	+09:39:28 (38.1%)	11:41 5.1 (61.4%)
98	NAWROT Artur	2103	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	25:23:28.80	+09:42:06 (38.2%)	11:43 5.1 (61.4%)
99	WSZELAK Tomasz	2178	ŁUBUDUBU	Masters M - 40	99	01:25:36	05:48:25	08:43:54	11:40:52	14:35:29	20:47:31	25:25:27.85	+09:44:05 (38.3%)	11:44 5.1 (61.4%)
100	PACUSZKA Krzysztof	2113	ŁUBUDUBU	Masters M - 40	100	01:25:37	05:48:24	08:43:55	11:40:51	14:35:31	20:47:31	25:25:27.90	+09:44:05 (38.3%)	11:44 5.1 (61.4%)
101	GRZELAK Daniel	2040	MARATON LESZNO	Masters M - 40	101	01:32:15	06:24:44	09:33:39	12:32:10	15:46:15	21:25:30	25:26:18.35	+09:44:55 (38.3%)	11:44 5.1 (61.4%)
102	PYSZKA Remigiusz	2129		Masters M - 40	102	01:16:18	06:02:05	09:22:00	12:51:15	16:20:01	22:26:30	25:32:01.15	+09:50:38 (38.6%)	11:47 5.1 (61.4%)
103	ZAWADKA Dariusz	2182		Masters M - 40	103	01:20:22	05:36:32	08:43:29	11:50:28	15:10:43	21:35:24	25:33:45.00	+09:52:22 (38.6%)	11:47 5.1 (61.4%)
104	CIEPŁY Tomasz	1025	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	25:34:15.05	+09:52:52 (38.6%)	11:48 5.1 (61.4%)
105	POTERSKI Mateusz	2124	MJP DRUKARNIA	Masters M - 40	105	01:24:23	05:59:35	08:58:44	12:02:12	15:36:36	21:41:04	25:40:42.20	+09:59:19 (38.9%)	11:51 5.1 (61.4%)
106	ZIEMBA Damian	2183	HRT/ANTONTEAM	Masters M - 40	106	01:26:55	06:27:24	09:37:54	12:31:02	15:40:38	21:41:13	25:44:49.60	+10:03:27 (39.1%)	11:52 5 (60.2%)
107	PRZYBYŁA Adam	1315	WOLFMOTO TEAM	Masters M - 40	107	01:31:20	06:30:55	09:34:08	12:42:47	15:56:32	21:55:22	25:51:39.25	+10:10:16 (39.3%)	11:56 5 (60.2%)
108	KÓZKA Przem	2075	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	25:53:05.05	+10:11:42 (39.4%)	11:56 5 (60.2%)
109	SZACH Andrzej	2154	22KBPG	Masters M - 40	109	01:22:48	06:30:40	09:38:10	12:53:41	16:20:30	22:25:44	25:55:49.05	+10:14:26 (39.5%)	11:58 5 (60.2%)
110	MARKOWSKI Piotr	2091		Masters M - 40	110	01:26:46	06:13:18	09:16:09	12:25:07	15:53:06	22:02:26	25:57:11.75	+10:15:49 (39.5%)	11:58 5 (60.2%)
111	TASZAREK Jakub	2164		Masters M - 40	111	01:25:55	05:58:06	09:21:43	12:43:20	16:20:48	22:15:48	26:00:45.05	+10:19:22 (39.7%)	12:00 5 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km			
112	GUŹDZIOŁ Jarek	2042	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	26:07:17.60	+10:25:55 (39.9%)	12:03	5 (60.2%)
113	ŁUBISZ Mariusz	1226	RAJSPORACTIV	Masters M - 40	113	01:29:57	06:16:56	09:10:20	12:40:31	16:22:23	22:29:12	26:12:07.95	+10:30:45 (40.1%)	12:05	5 (60.2%)
114	KOWALCZYK Paweł	1024	KĘCKIE HARPAGANY	Masters M - 40	114	01:34:12	05:53:56	08:47:21	12:07:21	16:04:48	22:47:41	26:16:43.80	+10:35:21 (40.3%)	12:07	4.9 (59.0%)
115	WIERCIOCH Sławomir	1312	DRUŻYNA JODRI	Masters M - 40	115	01:33:07	06:40:45	10:00:45	12:59:46	16:02:28	22:14:56	26:20:15.90	+10:38:53 (40.4%)	12:09	4.9 (59.0%)
116	SZABLA Marcin	1207	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	26:25:27.55	+10:44:05 (40.6%)	12:11	4.9 (59.0%)
117	NIEDZIELA Marcin	1107	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	26:29:10.00	+10:47:47 (40.8%)	12:13	4.9 (59.0%)
118	PAWLAK Maciej	1201	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	26:32:24.40	+10:51:01 (40.9%)	12:14	4.9 (59.0%)
119	JAGODZIŃSKI Paweł	1206	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	26:32:25.30	+10:51:02 (40.9%)	12:14	4.9 (59.0%)
120	WŁODARCZYK Krzysztof	1204	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	26:32:26.30	+10:51:03 (40.9%)	12:14	4.9 (59.0%)
121	KOCOT Sebastian	1214		Masters M - 40	121	01:30:47	06:01:01	09:07:54	12:26:25	16:08:24	22:34:58	26:33:09.10	+10:51:46 (40.9%)	12:15	4.9 (59.0%)
122	HADRYS Adam	1205	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	26:38:25.10	+10:57:02 (41.1%)	12:17	4.9 (59.0%)
123	KALEMBKIEWICZ Piotr	1289	MIROTRANS	Masters M - 40	123	01:32:32	06:22:40	09:30:51	12:53:37	16:42:22	22:33:56	26:45:36.55	+11:04:14 (41.4%)	12:21	4.9 (59.0%)
124	GOZDAN Dariusz	2033		Masters M - 40	124	01:41:31	07:13:10	10:42:30	14:02:14	17:20:08	23:11:16	26:48:19.00	+11:06:56 (41.5%)	12:22	4.8 (57.8%)
125	MARCHEWKA Andrzej	1252		Masters M - 40	125	01:34:30	06:48:04	10:28:55	13:50:33	17:10:18	23:11:46	26:58:10.35	+11:16:47 (41.8%)	12:26	4.8 (57.8%)
126	SZYMKOWIAK Przemysław	1080		Masters M - 40	126	01:28:27	06:27:06	09:44:29	13:05:53	16:26:44	23:20:43	27:03:20.95	+11:21:58 (42.0%)	12:29	4.8 (57.8%)
	SZELIGA Jacek	2156		Masters M - 40		01:26:45 DNF	06:13:15 DNF	09:13:41 DNF	12:25:06 DNF	15:57:18 DNF	DNF	DNF		-	- (0.0%)
	BABIRECKI Krzysztof	2000	FU FU FU TEAM	Masters M - 40		01:25:38 DNF	06:06:57 DNF	08:50:06 DNF	12:47:45 DNF	16:26:20 DNF	DNF	DNF		-	- (0.0%)
	WINIAREK Leszek	2175	#TEAMDKMS	Masters M - 40		01:20:22 DNF	05:28:50 DNF	08:21:03 DNF	11:02:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	KANIA Krystian	2059		Masters M - 40		01:26:55 DNF	06:48:47 DNF	10:16:18 DNF	13:55:56 DNF	DNF	DNF	DNF		-	- (0.0%)
	FLORCZAK Sebastian	2023	SZWLA STARGARD	Masters M - 40		01:06:39 DNF	04:11:40 DNF	06:26:40 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MICHAŁOWSKI Marcin	2094	#MARCINSWIERCTEAM	Masters M - 40		01:12:58 DNF	05:01:53 DNF	08:14:32 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KONIECZNY Maciej	2069	MK-CONNECT	Masters M - 40		01:23:30 DNF	05:39:50 DNF	08:35:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRYCH Rafał	2079		Masters M - 40		01:40:56 DNF	07:25:02 DNF	11:27:36 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKARŻYŃSKI Wojciech	2145		Masters M - 40		02:00:15 DNF	07:48:27 DNF	11:36:52 DNF	DNF	DNF	DNF	DNF		-	- (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
	BUK Sławomir	2007	PRZEDWOJEWSKI TEAM	Masters M - 40		01:09:35 DNF	04:59:07 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKORCZYK Adrian	2146	SPEED FEET '16	Masters M - 40		01:22:28 DNF	05:07:30 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PAROL Paweł	2115	SZYMANKOWSZCZYŻNA	Masters M - 40		01:25:07 DNF	05:54:10 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BABULA Sebastian	2001	IZERY BOGATYNIA	Masters M - 40		01:17:25 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GAWLIK Marcin	2026	MKS SIECHNICE	Masters M - 40		01:18:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PRAŁAT Tomasz	2125	MARATON LESZNO	Masters M - 40		01:18:48 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HOSS Jan	2045		Masters M - 40		01:20:38 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TOJZA Tomasz	2166		Masters M - 40		01:21:33 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOSKI Mariusz	2204		Masters M - 40		01:24:05 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JASICKI Krzysztof	2050	RUNHOGS TYCHY	Masters M - 40		01:29:17 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 145 wynik(ów)