



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: OPEN

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	SARNOWSKI Paweł	2203	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	15:26:22.50		7:07	8.4 (100%)
2	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	+00:15:00 (1.6%)	7:14	8.3 (98.8%)
3	KIELASZEWSKI Karol	2064	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	15:59:08.25	+00:32:45 (3.4%)	7:22	8.1 (96.4%)
4	OLSZEWSKI Piotr	2109	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	16:19:24.45	+00:53:01 (5.4%)	7:32	8 (95.2%)
5	KYCIA Piotr	2082	PRINTBOX	Weteran I M - 50	1	01:12:27	04:17:44	06:25:00	08:21:24	10:30:00	14:07:37	16:27:09.40	+01:00:46 (6.2%)	7:35	7.9 (94.0%)
6	SOWA Łukasz	2149		Senior II M - 30	4	01:06:25	03:57:07	06:00:19	07:59:22	10:10:02	14:08:58	16:31:30.80	+01:05:08 (6.6%)	7:37	7.9 (94.0%)
7	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	+01:15:38 (7.5%)	7:42	7.8 (92.9%)
8	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	+01:16:05 (7.6%)	7:42	7.8 (92.9%)
9	CIEPLIK Dawid	2011	LESZ NO LIMITS RUNNERS	Senior II M - 30	5		04:20:07	06:27:47	08:32:56	10:37:39	14:16:06	16:43:35.95	+01:17:13 (7.7%)	7:43	7.8 (92.9%)
10	SZOSTEK Michał	2157	BEFIT24TEAM	Senior I M - 20	1	01:05:34	04:16:19	06:26:31	08:32:28	10:45:27	14:30:38	17:03:19.05	+01:36:56 (9.5%)	7:52	7.6 (90.5%)
11	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	+01:54:20 (11.0%)	8:00	7.5 (89.3%)
12	WETHACZ Dariusz	2173	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	17:27:45.00	+02:01:22 (11.6%)	8:03	7.4 (88.1%)
13	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	+02:01:52 (11.6%)	8:03	7.4 (88.1%)
14	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	+02:03:03 (11.7%)	8:04	7.4 (88.1%)
15	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	+02:06:00 (12.0%)	8:05	7.4 (88.1%)
16	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	+02:18:16 (13.0%)	8:11	7.3 (86.9%)
17	GRABOŚ Nina	2035		Masters K - 40	1	01:18:43	04:45:11	07:05:54	09:10:26	11:29:03	15:15:45	17:46:16.95	+02:19:54 (13.1%)	8:12	7.3 (86.9%)

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
18	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	+02:35:17 (14.4%)	8:19	7.2 (85.7%)
19	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	+02:38:41 (14.6%)	8:20	7.2 (85.7%)
20	DYBOWSKI Piotr	2019	1ON1 TEAM		Senior II M - 30	7	01:13:00	04:47:27	07:04:14	09:18:28	11:45:22	15:36:16	18:06:49.70	+02:40:27 (14.8%)	8:21	7.2 (85.7%)
21	WIERZBICKI Hubert	1118	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	18:08:02.85	+02:41:40 (14.9%)	8:22	7.2 (85.7%)
22	KAMIŃSKI Marek	2058			Senior II M - 30	8	01:07:36	04:19:33	06:37:44	08:57:44	11:23:44	15:15:00	18:08:30.65	+02:42:08 (14.9%)	8:22	7.2 (85.7%)
23	JĘDRYCA 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	+02:48:59 (15.4%)	8:25	7.1 (84.5%)
24	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	+02:56:03 (16.0%)	8:28	7.1 (84.5%)
25	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	+02:59:09 (16.2%)	8:30	7.1 (84.5%)
26	KOŚCIELNIAK Wioletta	1189	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	18:31:51.95	+03:05:29 (16.7%)	8:33	7 (83.3%)
27	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	+03:06:16 (16.7%)	8:33	7 (83.3%)
28	TYLEK Rafał	1185			Weteran I M - 50	2	01:26:24	05:08:14	07:28:12	09:36:10	12:02:22	15:46:55	18:37:37.80	+03:11:15 (17.1%)	8:35	7 (83.3%)
29	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	+03:27:25 (18.3%)	8:43	6.9 (82.1%)
30	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	+03:37:18 (19.0%)	8:47	6.8 (81.0%)
31	MILCZAREK Paweł	2096	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	19:04:12.90	+03:37:50 (19.0%)	8:48	6.8 (81.0%)
32	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	+03:39:40 (19.2%)	8:48	6.8 (81.0%)
33	DEFECIŃSKI Radosław	2201	LUNATYCY		Weteran I M - 50	3	01:14:39	04:53:46	07:21:01	09:37:58	12:11:45	16:15:02	19:06:55.50	+03:40:33 (19.2%)	8:49	6.8 (81.0%)
34	ŻUREK-KRÓL Żaneta	2187	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	19:12:26.55	+03:46:04 (19.6%)	8:51	6.8 (81.0%)
35	POLAK Stanisław	1317	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	19:21:45.25	+03:55:22 (20.3%)	8:56	6.7 (79.8%)
36	KUCHARSKI Przemysław	1037			Senior II M - 30	10	01:25:38	05:07:59	07:33:15	09:56:22	12:11:44	16:25:36	19:22:32.60	+03:56:10 (20.3%)	8:56	6.7 (79.8%)
37	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	+03:57:41 (20.4%)	8:57	6.7 (79.8%)
38	NOWAK Mariusz	1305			Senior II M - 30	11	01:06:56	04:24:47	06:43:36	08:52:50	11:31:14	16:07:42	19:24:40.20	+03:58:17 (20.5%)	8:57	6.7 (79.8%)
39	KLIMCZAK Jacek	1326	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	19:28:43.75	+04:02:21 (20.7%)	8:59	6.7 (79.8%)
40	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	+04:03:33 (20.8%)	8:59	6.7 (79.8%)
41	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	+04:05:54 (21.0%)	9:01	6.7 (79.8%)
42	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	+04:06:34 (21.0%)	9:01	6.6 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas	Różn	Tempo	Tempo
						10km	32km	47km	64km	81km	112km	netto 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	Czas							Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km			
68	JAZŁOCKI Łukasz	1007	TWDW	Senior II M - 30	20	01:24:21	04:57:17	07:18:05	09:39:53	12:28:53	17:08:04	20:39:51.05	+05:13:28 (25.3%)	9:32	6.3 (75.0%)
69	MASNY Dawid	1333	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	20:41:49.85	+05:15:27 (25.4%)	9:33	6.3 (75.0%)
70	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	+05:17:20 (25.5%)	9:34	6.3 (75.0%)
71	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	+05:19:03 (25.6%)	9:34	6.3 (75.0%)
72	KAŻMIERCZAK Krzysztof	2062		Senior II M - 30	22	01:15:09	04:51:59	07:26:00	10:22:51	13:25:39	17:58:54	20:46:13.15	+05:19:50 (25.7%)	9:35	6.3 (75.0%)
73	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	+05:21:45 (25.8%)	9:36	6.2 (73.8%)
74	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	+05:22:08 (25.8%)	9:36	6.2 (73.8%)
75	SOSNOWSKI Michał	1272	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	20:52:46.20	+05:26:23 (26.1%)	9:38	6.2 (73.8%)
76	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	+05:28:21 (26.2%)	9:39	6.2 (73.8%)
77	POPKO Łukasz	2121		Senior II M - 30	23	01:21:56	05:01:44	07:39:00	10:05:13	13:03:41	17:47:13	20:54:51.50	+05:28:29 (26.2%)	9:39	6.2 (73.8%)
78	JANKOWIAK Przemysław	2048		Weteran I M - 50	8	01:21:32	05:20:18	08:06:23	10:45:19	13:22:18	17:46:21	21:02:58.70	+05:36:36 (26.7%)	9:42	6.2 (73.8%)
79	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	+05:38:48 (26.8%)	9:43	6.2 (73.8%)
80	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	+05:41:09 (26.9%)	9:45	6.2 (73.8%)
81	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	+05:44:36 (27.1%)	9:46	6.1 (72.6%)
82	KOWALSKI Andrzej	2072		Weteran II M - 60	1	01:28:43	05:43:24	08:29:32	11:00:30	13:34:48	18:05:15	21:12:55.15	+05:46:32 (27.2%)	9:47	6.1 (72.6%)
83	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	+05:47:09 (27.3%)	9:47	6.1 (72.6%)
84	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	+05:52:01 (27.5%)	9:50	6.1 (72.6%)
85	ZAJĄC Leszek	1130		Senior II M - 30	24	01:20:00	05:08:47	07:48:52	10:24:58	13:22:44	18:06:48	21:21:49.55	+05:55:27 (27.7%)	9:51	6.1 (72.6%)
86	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	+06:00:11 (28.0%)	9:53	6.1 (72.6%)
87	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	+06:06:44 (28.4%)	9:56	6 (71.4%)
88	WOJNA Mikołaj	1193	MALIGNA	Senior II M - 30	25	01:22:10	05:22:25	08:00:31	10:32:05	13:10:26	17:57:51	21:40:00.80	+06:13:38 (28.7%)	10:00	6 (71.4%)
89	KRAWCZYK Karol	1231	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	21:42:43.25	+06:16:20 (28.9%)	10:01	6 (71.4%)
90	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	+06:18:13 (29.0%)	10:02	6 (71.4%)
91	GARCZYK Rafał	2025		Senior II M - 30	27	01:27:33	05:29:03	08:17:19	10:55:58	14:01:18	18:59:51	21:46:23.40	+06:20:00 (29.1%)	10:02	6 (71.4%)
92	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	+06:20:31 (29.1%)	10:03	6 (71.4%)

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			
93	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	+06:21:35 (29.2%)	10:03	6 (71.4%)
94	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	+06:25:13 (29.4%)	10:05	5.9 (70.2%)
95	IWANOWICZ Anna	1273		Masters K - 40	4	01:21:26	05:20:23	07:59:04	10:43:46	13:17:58	18:29:41	21:52:59.35	+06:26:36 (29.4%)	10:05	5.9 (70.2%)
96	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	+06:27:21 (29.5%)	10:06	5.9 (70.2%)
97	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	+06:28:47 (29.6%)	10:06	5.9 (70.2%)
98	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	+06:31:48 (29.7%)	10:08	5.9 (70.2%)
99	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	+06:33:48 (29.8%)	10:09	5.9 (70.2%)
100	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	+06:34:12 (29.9%)	10:09	5.9 (70.2%)
101	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	+06:35:35 (29.9%)	10:10	5.9 (70.2%)
102	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	+06:38:36 (30.1%)	10:11	5.9 (70.2%)
103	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	+06:43:04 (30.3%)	10:13	5.9 (70.2%)
104	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	+06:44:30 (30.4%)	10:14	5.9 (70.2%)
105	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	+06:47:04 (30.5%)	10:15	5.8 (69.0%)
106	MAJ Grzegorz	1128		Weteran I M - 50	9	01:23:21	05:20:43	07:58:11	10:36:53	13:35:43	18:48:19	22:16:10.90	+06:49:48 (30.7%)	10:16	5.8 (69.0%)
107	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	+07:01:10 (31.3%)	10:21	5.8 (69.0%)
108	MALCZEWSKI Daniel	2089	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	22:28:43.75	+07:02:21 (31.3%)	10:22	5.8 (69.0%)
109	CHOŁKA Michał	2009		Senior II M - 30	29	01:21:58	05:36:16	08:19:28	11:09:27	14:05:25	19:08:18	22:29:22.35	+07:02:59 (31.3%)	10:22	5.8 (69.0%)
110	KUPCZYK Jacek	2081	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	22:35:51.35	+07:09:28 (31.7%)	10:25	5.8 (69.0%)
111	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	+07:09:30 (31.7%)	10:25	5.8 (69.0%)
112	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	+07:18:33 (32.1%)	10:29	5.7 (67.9%)
113	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	+07:22:12 (32.3%)	10:31	5.7 (67.9%)
114	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	+07:27:01 (32.5%)	10:33	5.7 (67.9%)
115	STAWSKI Dariusz	1067	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	22:58:08.95	+07:31:46 (32.8%)	10:36	5.7 (67.9%)
116	DAWIDZIAK Arkadiusz	1248	DAWIDZIAK	Senior II M - 30	30	01:21:08	05:22:21	07:58:31	10:37:34	13:34:36	18:52:30	22:59:14.50	+07:32:52 (32.8%)	10:36	5.7 (67.9%)
117	DŁUGAJ Andrzej	2016		Weteran I M - 50	11	01:25:27	05:51:33	08:39:11	11:24:55	14:11:00	19:23:53	23:01:45.20	+07:35:22 (33.0%)	10:37	5.6 (66.7%)

													Czas			
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	
118	SANKOWSKI Jacek	2138		Senior II M - 30	31	01:25:18	05:41:17	08:21:23	11:00:39	14:24:49	19:48:05	23:04:28.75	+07:38:06 (33.1%)	10:38	5.6 (66.7%)	
119	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	+07:41:41 (33.3%)	10:40	5.6 (66.7%)	
120	SMOLAREK Patryk	1381		Senior I M - 20	3	01:27:02	05:41:26	08:26:02	11:14:28	14:12:08	19:39:08	23:08:46.25	+07:42:23 (33.3%)	10:40	5.6 (66.7%)	
121	CHRZUSZCZ Anna	2010		Senior II K - 30	4	01:26:27	05:43:14	08:27:58	11:20:34	14:10:48	19:27:33	23:12:36.40	+07:46:13 (33.5%)	10:42	5.6 (66.7%)	
122	LASEK Mikołaj	2083	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	23:17:48.60	+07:51:26 (33.7%)	10:45	5.6 (66.7%)	
123	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	+07:51:49 (33.7%)	10:45	5.6 (66.7%)	
124	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	+07:54:36 (33.9%)	10:46	5.6 (66.7%)	
125	PĘCZEK Dariusz	1070	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	23:24:09.85	+07:57:47 (34.0%)	10:48	5.6 (66.7%)	
126	PASTWA Marek	2202	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	23:25:26.25	+07:59:03 (34.1%)	10:48	5.5 (65.5%)	
127	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	+07:59:11 (34.1%)	10:48	5.5 (65.5%)	
128	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	+07:59:36 (34.1%)	10:48	5.5 (65.5%)	
129	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	+07:59:39 (34.1%)	10:48	5.5 (65.5%)	
130	OSTROWSKI Sławomir	1087	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	23:27:00.45	+08:00:37 (34.2%)	10:49	5.5 (65.5%)	
131	BOGDANOWICZ Beata	1137	ULTRAKREW	Masters K - 40	5	01:26:28	05:41:42	08:32:48	11:22:08	14:18:54	19:45:15	23:27:35.45	+08:01:12 (34.2%)	10:49	5.5 (65.5%)	
132	MARSZAŁEK Sebastian	1270	ULTRAKREW	Senior I M - 20	4	01:26:28	05:41:42	08:32:46	11:22:08	14:18:56	19:45:32	23:27:45.15	+08:01:22 (34.2%)	10:49	5.5 (65.5%)	
133	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	+08:04:50 (34.4%)	10:51	5.5 (65.5%)	
134	SĄDEL 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	+08:06:15 (34.4%)	10:51	5.5 (65.5%)	
135	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	+08:07:40 (34.5%)	10:52	5.5 (65.5%)	
136	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	+08:09:48 (34.6%)	10:53	5.5 (65.5%)	
137	WUJDA Marta	1180	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	23:37:55.70	+08:11:33 (34.7%)	10:54	5.5 (65.5%)	
138	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	+08:11:35 (34.7%)	10:54	5.5 (65.5%)	
139	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	+08:12:52 (34.7%)	10:55	5.5 (65.5%)	
140	KRYM Katarzyna	1249	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	23:44:23.25	+08:18:00 (35.0%)	10:57	5.5 (65.5%)	
141	ŁAMPIKA Kinga	1060	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	23:44:23.60	+08:18:01 (35.0%)	10:57	5.5 (65.5%)	
142	GILEWICZ-RACHOWSKA Jagoda	2028	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	23:46:33.35	+08:20:10 (35.1%)	10:58	5.5 (65.5%)	

													Czas				
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		
143	WARZECHA Teresa	2172	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	23:51:10.80	+08:24:48 (35.3%)	11:00	5.5 (65.5%)		
144	REKIEĆ- KROGULECKA Kaja	2133	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	23:51:40.15	+08:25:17 (35.3%)	11:00	5.4 (64.3%)		
145	WYRWAS- ZYGARŁOWSKA Izabela	2179	KOBIETY BIEGAJĄ	Masters K - 40	9	01:22:20	05:34:02	08:27:41	11:24:39	14:21:59	19:55:50	23:53:13.40	+08:26:50 (35.4%)	11:01	5.4 (64.3%)		
146	KOCIŃSKI Dominik	1021	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	23:55:53.25	+08:29:30 (35.5%)	11:02	5.4 (64.3%)		
147	WIŚNIEWSKA Barbara	2176	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	23:57:18.75	+08:30:56 (35.5%)	11:03	5.4 (64.3%)		
148	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	+08:33:31 (35.7%)	11:04	5.4 (64.3%)		
149	MARCHEWKA Joanna	1251		Masters K - 40	10	01:29:24	05:49:57	08:39:32	11:37:58	14:41:21	20:24:34	24:00:00.75	+08:33:38 (35.7%)	11:04	5.4 (64.3%)		
150	GALASIŃSKI Andrzej	2024	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	24:03:49.35	+08:37:26 (35.8%)	11:06	5.4 (64.3%)		
151	PAWLIKOWSKI Andrzej	1079		Senior II M - 30	35	01:30:02	06:03:17	08:48:48	11:42:03	14:42:46	20:11:20	24:06:08.40	+08:39:45 (35.9%)	11:07	5.4 (64.3%)		
152	SIWIEC Stanisław	2143		Weteran II M - 60	3	01:25:10	05:41:59	08:41:54	11:44:19	14:37:32	20:18:45	24:09:54.40	+08:43:31 (36.1%)	11:09	5.4 (64.3%)		
153	NIEMAS Mariusz	2104	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	24:11:54.10	+08:45:31 (36.2%)	11:10	5.4 (64.3%)		
154	RZUCIDŁO Jakub	2136		Senior II M - 30	36	01:28:28	05:58:29	08:51:10	11:45:37	14:52:35	20:21:12	24:18:17.10	+08:51:54 (36.5%)	11:13	5.3 (63.1%)		
155	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	+08:53:06 (36.5%)	11:13	5.3 (63.1%)		
156	NÓŻKA Andrzej	1376	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	24:20:48.95	+08:54:26 (36.6%)	11:14	5.3 (63.1%)		
157	WALAC Jacek	1157	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	24:21:29.30	+08:55:06 (36.6%)	11:14	5.3 (63.1%)		
158	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	+08:55:11 (36.6%)	11:14	5.3 (63.1%)		
159	KAŃDUŁA Klaudia	1086	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	24:23:16.75	+08:56:54 (36.7%)	11:15	5.3 (63.1%)		
160	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	+08:57:24 (36.7%)	11:15	5.3 (63.1%)		
161	PIETRZAK Mateusz	2118		Senior II M - 30	38	01:25:26	05:42:16	08:35:16	11:38:38	14:36:43	20:18:39	24:23:51.75	+08:57:29 (36.7%)	11:15	5.3 (63.1%)		
162	MOLEND Michał	2098	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	24:23:56.50	+08:57:34 (36.7%)	11:15	5.3 (63.1%)		
163	KACZOR Łukasz	2057	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	24:24:34.45	+08:58:11 (36.7%)	11:15	5.3 (63.1%)		
164	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	+08:58:13 (36.7%)	11:15	5.3 (63.1%)		
165	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	+08:59:22 (36.8%)	11:16	5.3 (63.1%)		
166	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	+09:00:21 (36.8%)	11:16	5.3 (63.1%)		

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
167	DĘBSKA Marta	2015	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	24:30:02.55	+09:03:40 (37.0%)	11:18	5.3 (63.1%)
168	DUDEK Remigiusz	1227		Senior II M - 30	40	01:24:36	05:52:53	08:56:38	12:01:16	15:16:59	20:51:51	24:30:40.40	+09:04:17 (37.0%)	11:18	5.3 (63.1%)
169	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	+09:04:40 (37.0%)	11:18	5.3 (63.1%)
170	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	+09:07:06 (37.1%)	11:20	5.3 (63.1%)
171	ZAJĄC Łukasz	2181	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	24:33:38.15	+09:07:15 (37.1%)	11:20	5.3 (63.1%)
172	HOFMAŃSKI Rafał	1191		Senior II M - 30	42	01:27:47	05:55:46	08:53:34	11:56:22	15:01:40	20:42:48	24:34:20.75	+09:07:58 (37.2%)	11:20	5.3 (63.1%)
173	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	+09:10:22 (37.3%)	11:21	5.3 (63.1%)
174	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	+09:12:04 (37.3%)	11:22	5.3 (63.1%)
175	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	+09:12:47 (37.4%)	11:22	5.3 (63.1%)
176	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	+09:21:07 (37.7%)	11:26	5.2 (61.9%)
177	JĘDRZEJCZAK Wojciech	2053		Weteran I M - 50	17	01:30:24	05:54:46	08:49:06	11:57:16	15:16:48	20:55:47	24:47:32.45	+09:21:09 (37.7%)	11:26	5.2 (61.9%)
178	RATAJCZAK Joanna	2131	PNB	Masters K - 40	12	01:30:24	05:54:46	08:49:04	11:57:18	15:16:50	20:55:49	24:47:32.65	+09:21:10 (37.7%)	11:26	5.2 (61.9%)
179	WOJTKOWIAK Renata	2177	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	24:47:33.15	+09:21:10 (37.7%)	11:26	5.2 (61.9%)
180	CZARNIK Jędrzej	1242		Senior I M - 20	5	01:14:01	04:45:51	07:18:40	09:42:06	12:47:44	19:58:20	24:51:29.70	+09:25:07 (37.9%)	11:28	5.2 (61.9%)
181	PROZOROWSKI Wiesław	2126	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	24:54:01.30	+09:27:38 (38.0%)	11:29	5.2 (61.9%)
182	WIŚNIEWSKI Radosław	1379	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	24:55:44.35	+09:29:21 (38.1%)	11:30	5.2 (61.9%)
183	BUDKOWSKI Dominik	1082		Senior II M - 30	43	01:27:34	06:16:04	09:08:43	11:55:28	15:13:48	20:57:39	25:02:37.05	+09:36:14 (38.3%)	11:33	5.2 (61.9%)
184	KOZŁOWSKA Karolina	2074	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	25:03:28.50	+09:37:06 (38.4%)	11:33	5.2 (61.9%)
185	BINKO Miłosz	2003		Senior II M - 30	44	01:34:34	06:37:50	09:40:45	12:39:33	16:04:38	21:27:51	25:06:07.50	+09:39:45 (38.5%)	11:35	5.2 (61.9%)
186	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	+09:39:45 (38.5%)	11:35	5.2 (61.9%)
187	SYPEK Damian	2153		Senior II M - 30	45	01:34:35	06:37:53	09:40:55	12:39:41	16:05:07	21:27:56	25:06:09.20	+09:39:46 (38.5%)	11:35	5.2 (61.9%)
188	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	+09:41:31 (38.6%)	11:35	5.2 (61.9%)
189	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	+09:42:49 (38.6%)	11:36	5.2 (61.9%)
190	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	+09:44:26 (38.7%)	11:37	5.2 (61.9%)
191	URBAŃSKI Dariusz	1135		Weteran I M - 50	20	01:28:20	06:06:16	09:13:04	12:19:59	15:11:04	20:54:34	25:11:50.75	+09:45:28 (38.7%)	11:37	5.2 (61.9%)

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		
192	KRAWCZYK Jakub	2077		Senior I M - 20	6	01:22:17	05:54:07	08:59:45	12:24:18	15:30:53	21:55:06	25:11:56.85	+09:45:34 (38.7%)	11:37 5.2 (61.9%)
193	MACHALICA Agnieszka	1311	ULTRAKREW	Masters K - 40	15	01:29:04	05:51:34	08:53:00	11:53:36	15:08:00	21:02:29	25:13:42.15	+09:47:19 (38.8%)	11:38 5.2 (61.9%)
194	DOLIŃSKI Tomasz	2018	UMAWIANIENABIEGANIETEAM	Weteran I M - 50	21	01:29:40	06:01:35	09:09:29	12:13:07	15:26:11	21:05:11	25:16:16.65	+09:49:54 (38.9%)	11:39 5.1 (60.7%)
195	TALAR Marek	2163	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	25:16:44.35	+09:50:21 (38.9%)	11:40 5.1 (60.7%)
196	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	+09:50:38 (38.9%)	11:40 5.1 (60.7%)
197	KAROLCZAK Aleksander	1065		Senior I M - 20	7	01:28:30	05:42:09	08:36:57	11:43:04	14:51:21	21:14:57	25:18:18.30	+09:51:55 (39.0%)	11:40 5.1 (60.7%)
198	HENDRYS Marek	2044	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	25:19:00.60	+09:52:38 (39.0%)	11:41 5.1 (60.7%)
199	RACZYŃSKI Bogusz	2130	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	25:19:58.60	+09:53:36 (39.1%)	11:41 5.1 (60.7%)
200	CHOJNOWSKI Andrzej	1018		Weteran I M - 50	22	01:34:22	06:19:22	09:21:37	12:14:30	15:22:32	21:24:22	25:20:23.95	+09:54:01 (39.1%)	11:41 5.1 (60.7%)
201	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	+09:54:28 (39.1%)	11:41 5.1 (60.7%)
202	POBŁOCKI Jan	1078	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	25:21:35.40	+09:55:12 (39.1%)	11:42 5.1 (60.7%)
203	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	+09:57:06 (39.2%)	11:43 5.1 (60.7%)
204	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	+09:59:05 (39.3%)	11:44 5.1 (60.7%)
205	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	+09:59:05 (39.3%)	11:44 5.1 (60.7%)
206	GIERADA Mateusz	1022		Senior II M - 30	48	01:19:11	05:40:05	08:29:35	11:29:42	14:39:34	20:36:25	25:25:51.20	+09:59:28 (39.3%)	11:44 5.1 (60.7%)
207	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	+09:59:55 (39.3%)	11:44 5.1 (60.7%)
208	GRZELAK Justyna	2039	MARATON LESZNO	Masters K - 40	16	01:32:14	06:23:37	09:33:39	12:32:11	15:46:15	21:25:30	25:26:19.70	+09:59:57 (39.3%)	11:44 5.1 (60.7%)
209	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	+10:05:38 (39.5%)	11:47 5.1 (60.7%)
210	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	+10:07:22 (39.6%)	11:47 5.1 (60.7%)
211	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	+10:07:52 (39.6%)	11:48 5.1 (60.7%)
212	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	+10:14:19 (39.9%)	11:51 5.1 (60.7%)
213	SERAFIN Robert	2141	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	25:40:44.55	+10:14:22 (39.9%)	11:51 5.1 (60.7%)
214	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	+10:18:27 (40.0%)	11:52 5 (59.5%)
215	KACZMAREK Mirosław	1113	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	25:50:54.45	+10:24:31 (40.3%)	11:55 5 (59.5%)
216	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	+10:25:16 (40.3%)	11:56 5 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	netto 130km			
217	POTOCKI Maciej	1260	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	25:52:22.45	+10:25:59 (40.3%)	11:56	5 (59.5%)
218	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	+10:26:42 (40.4%)	11:56	5 (59.5%)
219	PAWLAK Jarosław	1218	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	25:53:25.25	+10:27:02 (40.4%)	11:56	5 (59.5%)
220	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	+10:29:26 (40.5%)	11:58	5 (59.5%)
221	KLAR Marek	1244		Weteran I M - 50	24	01:31:02	06:06:16	09:19:34	12:26:04	15:42:54	21:28:26	25:56:06.75	+10:29:44 (40.5%)	11:58	5 (59.5%)
222	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	+10:30:49 (40.5%)	11:58	5 (59.5%)
223	OLESEK Magdalena	1015	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	25:57:11.85	+10:30:49 (40.5%)	11:58	5 (59.5%)
224	CZAPLA Arkadiusz	1267		Weteran I M - 50	25	01:35:38	06:42:52	09:44:35	12:57:26	16:32:44	22:03:29	25:58:07.10	+10:31:44 (40.5%)	11:59	5 (59.5%)
225	GRABEK Maciej	2034	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	25:58:14.60	+10:31:52 (40.6%)	11:59	5 (59.5%)
226	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	+10:34:22 (40.6%)	12:00	5 (59.5%)
227	BĘDŹKOWSKI Marek	1334		Weteran I M - 50	26	01:28:58	05:58:58	09:06:57	12:23:08	16:01:09	22:05:37	26:01:02.90	+10:34:40 (40.7%)	12:00	5 (59.5%)
228	POMASKI Paweł	2120	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	26:06:12.85	+10:39:50 (40.9%)	12:02	5 (59.5%)
229	KRZYŹIŃSKA Sylvia	1052	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	26:06:50.15	+10:40:27 (40.9%)	12:03	5 (59.5%)
230	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	+10:40:55 (40.9%)	12:03	5 (59.5%)
231	WALKOWIAK Joanna	2191	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	26:07:23.90	+10:41:01 (40.9%)	12:03	5 (59.5%)
232	KOROBIJ Krzysztof	2070	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	26:09:45.65	+10:43:23 (41.0%)	12:04	5 (59.5%)
233	SZRETER Paweł	2158		Weteran I M - 50	28	01:34:32	06:31:56	09:51:28	13:08:57	16:15:36	22:33:44	26:09:48.75	+10:43:26 (41.0%)	12:04	5 (59.5%)
234	ŁUBISZ Mariusz	1226	RAJSPORTACTIV	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	+10:45:45 (41.1%)	12:05	5 (59.5%)
235	KURKUS Aleksander	1050	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	26:16:39.20	+10:50:16 (41.2%)	12:07	4.9 (58.3%)
236	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	+10:50:21 (41.2%)	12:07	4.9 (58.3%)
237	ŚWIETLIK Paweł	2162		Senior II M - 30	52	01:32:34	06:07:30	08:55:05	12:03:32	15:14:58	21:43:06	26:17:54.95	+10:51:32 (41.3%)	12:08	4.9 (58.3%)
238	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	+10:53:53 (41.4%)	12:09	4.9 (58.3%)
239	JASIŃSKI Mikołaj	2051	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	26:20:31.20	+10:54:08 (41.4%)	12:09	4.9 (58.3%)
240	SIENKIEWICZ Wojtek	1183	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	26:22:37.50	+10:56:15 (41.5%)	12:10	4.9 (58.3%)
241	POSADZKI Paweł	2122	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	26:23:38.65	+10:57:16 (41.5%)	12:10	4.9 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 130km	Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km				
242	ODWAŻNY Magdalena	1046	ODWAŻNYTEAM.PL	Masters K - 40	18	01:25:43	06:15:10	09:34:30	12:33:53	15:27:46	21:49:50	26:24:41.20	+10:58:18 (41.5%)	12:11	4.9 (58.3%)
243	MAJDA Maciej	1097	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	26:24:41.85	+10:58:19 (41.5%)	12:11	4.9 (58.3%)
244	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	+10:59:05 (41.6%)	12:11	4.9 (58.3%)
245	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	+11:02:47 (41.7%)	12:13	4.9 (58.3%)
246	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	+11:06:01 (41.8%)	12:14	4.9 (58.3%)
247	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	+11:06:02 (41.8%)	12:14	4.9 (58.3%)
248	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	+11:06:03 (41.8%)	12:14	4.9 (58.3%)
249	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	+11:06:46 (41.9%)	12:15	4.9 (58.3%)
250	SZYMAŁA Mateusz	1208	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	26:35:25.55	+11:09:03 (41.9%)	12:16	4.9 (58.3%)
251	HADRYŚ 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	+11:12:02 (42.0%)	12:17	4.9 (58.3%)
252	ŚRÓDKA Bartłomiej	2161		Senior II M - 30	56	01:34:18	06:28:54	09:35:02	13:02:58	16:21:00	22:22:06	26:38:29.90	+11:12:07 (42.0%)	12:17	4.9 (58.3%)
253	MASZEWSKA-WACH Mariola	1117	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	26:40:01.60	+11:13:39 (42.1%)	12:18	4.9 (58.3%)
254	DZISZKIEWICZ Grzegorz	1377		Senior II M - 30	57	01:36:44	06:33:17	09:57:14	13:03:28	16:28:47	22:28:31	26:40:29.10	+11:14:06 (42.1%)	12:18	4.9 (58.3%)
255	BADURA Wojtek	1198	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	26:41:03.40	+11:14:40 (42.1%)	12:18	4.9 (58.3%)
256	PAWŁOWICZ Przemysław	1210		Weteran I M - 50	33	01:31:50	06:17:11	09:32:31	12:45:24	16:03:34	23:12:07	26:42:12.45	+11:15:49 (42.2%)	12:19	4.9 (58.3%)
257	TRZPIOLA Tycjan	2170	KURACJUSZE	Senior II M - 30	58	01:40:54	07:25:00	11:27:31	14:02:20	17:00:05	23:02:33	26:43:58.80	+11:17:36 (42.2%)	12:20	4.9 (58.3%)
258	ŚWITALSKI Andrzej	1127		Senior II M - 30	59	01:33:58	06:42:35	10:31:38	13:49:25	17:07:22	23:15:56	26:44:27.05	+11:18:04 (42.3%)	12:20	4.9 (58.3%)
259	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	+11:19:14 (42.3%)	12:21	4.9 (58.3%)
260	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	+11:21:56 (42.4%)	12:22	4.8 (57.1%)
261	SZYSZKO Stanisław	1253	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	26:52:22.50	+11:26:00 (42.5%)	12:24	4.8 (57.1%)
262	KARAWACKI Grzegorz	2061	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	26:56:31.15	+11:30:08 (42.7%)	12:26	4.8 (57.1%)
263	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	+11:31:47 (42.8%)	12:26	4.8 (57.1%)
264	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	+11:36:58 (42.9%)	12:29	4.8 (57.1%)
265	WIERUSZEWSKA Agata	1313	BBBGK	Masters K - 40	19	01:31:28	06:35:31	10:07:28	13:22:27	16:40:10	22:53:11	27:05:48.70	+11:39:26 (43.0%)	12:30	4.8 (57.1%)
	PASTERNAK Daniel	2116	ULKS BYSTRZYCA KŁODZKA	Senior I M - 20		01:13:15 DNF	05:06:39 DNF	07:47:07 DNF	10:33:16 DNF	13:15:28 DNF	19:57:42 DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas	Różn	Tempo	Tempo
						10km	32km	47km	64km	81km	112km	netto 130km			
	MOŃKA Łukasz	2099	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	DNF		-	- (0.0%)
	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%)
	DZIADZIAK Łukasz	2021	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	DNF		-	- (0.0%)
	GRUPA Jarek	2038	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	DNF		-	- (0.0%)
	KACZMAREK Jędrzej	2055	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	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%)
	SOPEL Wiesław	2148	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	DNF		-	- (0.0%)
	KRUPIŃSKI Tadeusz	2078		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	DNF		-	- (0.0%)
	SUDNIK Krzysztof	2152		Senior II M	- 30	01:07:41 DNF	04:31:10 DNF	06:51:37 DNF	09:22:42 DNF	DNF	DNF	DNF		-	- (0.0%)
	MIGACZ Dawid	2095	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	DNF		-	- (0.0%)
	ROGOWSKI Krzysztof	2134		Senior II M	- 30	01:14:42 DNF	05:04:01 DNF	07:40:45 DNF	10:15:04 DNF	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%)
	KICH Marek	2063		Senior II M	- 30	01:18:14 DNF	05:07:31 DNF	08:09:25 DNF	11:34:20 DNF	DNF	DNF	DNF		-	- (0.0%)
	GMAJ Karolina	2030		Masters K	- 40	01:27:59 DNF	05:59:27 DNF	09:09:37 DNF	12:45:17 DNF	DNF	DNF	DNF		-	- (0.0%)
	GMAJ Daniel	2029		Senior II M	- 30	01:28:02 DNF	05:59:27 DNF	09:09:38 DNF	12:45:19 DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWAK Bartosz	2106	POMIOTY SZATANA	Senior II M	- 30	01:33:49 DNF	06:51:41 DNF	10:33:08 DNF	13:48:40 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%)
	BEDNAREK Grzegorz	2188		Senior II M	- 30	01:03:05 DNF	04:02:19 DNF	06:56:12 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LISOWSKA-WOŚ Agnieszka	2085	NIEPOŁOMICE BIEGAJĄ/JARUNA	Senior II K	- 30	01:12:20 DNF	05:05:30 DNF	07:53:26 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GONCZAR Szymon	2032	KW GLIWICE	Senior II M	- 30	01:06:45 DNF	05:29:15 DNF	08:00:18 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MICHALOWSKI Marcin	2094	#MARCINSWIERCTEAM	Masters M	- 40	01:12:58 DNF	05:01:53 DNF	08:14:32 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JOVANOVIĆ Marko	2054		Senior I M	- 20	01:30:49 DNF	05:37:02 DNF	08:35:20 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%)
	MOSKAL Izabella	2101	TKKF MPK POZNAŃ	Masters K	- 40	01:26:47 DNF	05:54:45 DNF	08:56:54 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
	RATAJCZAK Marcin	2132		Senior II M - 30		01:27:48 DNF	05:55:46 DNF	09:04:43 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	OBIDOWSKI Łukasz	2107	NARAMOWICE BIEGAJĄ	Senior II M - 30		01:37:45 DNF	06:47:11 DNF	10:49:09 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKAŁECKI Przemysław	2144	HIAB SPORT TEAM	Senior II M - 30		01:37:47 DNF	06:47:12 DNF	10:49:11 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NIEMCZAK Basia	2105	ULTRA KSP	Senior II K - 30		01:37:21 DNF	07:04:54 DNF	11:07:37 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RUTKOWSKI Kazimierz	2135	KUSY I SPÓŁKA	Weteran II M - 60		01:34:10 DNF	07:02:47 DNF	11:23:22 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%)
	GRZELCZAK Barbara	2041		Masters K - 40		02:00:15 DNF	07:48:22 DNF	11:37:06 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PTASZYŃSKA Anna	2128	SPEED FEET '16	Weteran K - 50		01:43:27 DNF	07:15:18 DNF	11:47:20 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BORIS Aneta	2004		Senior II K - 30		01:49:37 DNF	07:49:57 DNF	11:57:16 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	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%)
	STASINKIEWICZ Aleksander	2150		Senior I M - 20		01:01:55 DNF	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%)
	TOMCZAK Agnieszka	2168		Masters K - 40		01:21:24 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 313 wynik(ów)