

BIEG ULTRA TRAIL - 68 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2018-07-19
Lądek-Zdrój
68 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	PIECHA Artur	335	HERCOG RUNNING TEAM	Masters M - 40	1	00:59:37	02:17:17	03:26:36	04:55:23	06:15:35	07:23:11.10	07:23:14.65		6:31	9.2 (100%)
2	MAJER Janusz	443		Masters M - 40	2	00:56:30	02:12:48	03:16:37	04:44:33	06:08:29	07:25:38.00	07:25:40.95	+00:02:26 (0.5%)	6:33	9.2 (100%)
3	ZAJĄC Robert	164	ORANGE POLSKA	Masters M - 40	3	00:58:44	02:17:09	03:26:43	05:03:18	06:28:07	07:46:10.55	07:46:13.35	+00:22:58 (4.9%)	6:51	8.8 (95.7%)
4	BAK Jarek	394	ZABIEGANY WOŁOMIN	Masters M - 40	4	01:08:05	02:33:28	03:43:33	05:14:57	06:38:57	07:51:30.50	07:51:47.50	+00:28:32 (6.1%)	6:56	8.7 (94.6%)
5	ŻUBIŃSKI Piotr	418	ACCELERATING POLAND	Masters M - 40	5	01:04:43	02:32:07	03:47:02	05:20:26	06:41:43	07:56:32.20	07:56:34.85	+00:33:20 (7.0%)	7:00	8.6 (93.5%)
6	KMAK Sławek	365	PAPIKI	Masters M - 40	6	01:07:13	02:33:59	03:49:46	05:25:21	06:45:40	08:01:44.20	08:01:54.45	+00:38:39 (8.0%)	7:05	8.5 (92.4%)
7	JANIK Rafał	163	GMINA STRZELCE OPOLSKIE	Masters M - 40	7	00:59:50	02:23:46	03:37:05	05:19:21	06:46:45	08:09:03.30	08:09:08.05	+00:45:53 (9.4%)	7:11	8.3 (90.2%)
8	BARTOSIŃSKI Mariusz	28	ZAŁOGA GÓRSKA	Masters M - 40	8	01:07:39	02:35:24	03:53:39	05:30:31	06:54:53	08:09:20.65	08:09:27.60	+00:46:12 (9.4%)	7:11	8.3 (90.2%)
9	BAR Stanisław	407	GMINA STRZELCE OPOLSKIE	Masters M - 40	9	01:09:38	02:40:12	03:51:51	05:25:23	06:56:21	08:21:29.60	08:21:30.60	+00:58:15 (11.6%)	7:22	8.1 (88.0%)
10	SZCZEPAŃSKI Andrzej	422	WILD SKUNKS	Masters M - 40	10	01:04:44	02:28:06	03:39:25	05:14:07	06:47:51	08:21:58.50	08:22:28.95	+00:59:14 (11.8%)	7:22	8.1 (88.0%)
11	JARMOLIŃSKI Piotr	386	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	11	01:09:37	02:39:11	03:55:46	05:35:07	07:07:16	08:32:42.75	08:32:57.60	+01:09:42 (13.6%)	7:32	8 (87.0%)
12	LONC Tomasz	14	M&T WYJADACZE PARÓWKÓW	Masters M - 40	12	01:09:38		03:55:04	05:38:29	07:06:57	08:34:06.00	08:34:11.05	+01:10:56 (13.8%)	7:33	7.9 (85.9%)
13	FURMAN Sławomir	30		Masters M - 40	13	01:11:15	02:37:40	03:52:15	05:40:27	07:13:16	08:36:14.35	08:36:50.20	+01:13:35 (14.2%)	7:35	7.9 (85.9%)
14	SZYMCZAK Marek	326	RUNICORN TEAM	Masters M - 40	14	01:05:41	02:35:13	03:54:17	05:40:54	07:12:39	08:41:25.65	08:41:29.70	+01:18:15 (15.0%)	7:40	7.8 (84.8%)
15	SOIŃSKI Przemek	9	KB MANIAC POZNAŃ	Masters M - 40	15	01:04:42	02:33:45	03:56:59	05:46:26	07:22:59	08:47:58.55	08:48:03.05	+01:24:48 (16.1%)	7:45	7.7 (83.7%)
16	STĘPNIK Paweł	359	ŚMIGASIEŃ	Masters M - 40	16	01:09:22	02:38:31	04:02:58	05:47:18	07:22:38	08:53:49.50	08:54:02.60	+01:30:47 (17.0%)	7:51	7.6 (82.6%)
17	BANDUROWSKI Andrzej	214	KB SPOCENI NOWA SÓL	Masters M - 40	17	01:14:38	02:46:21	04:05:13	05:54:30	07:27:49	08:57:07.50	08:57:31.95	+01:34:17 (17.5%)	7:53	7.6 (82.6%)
18	KRZYSZŁOWSKI Rafał	165	GYMBOXCF OPOLE I PRZYJACIELE BIEGNĄ PO BROWARA	Masters M - 40	18	01:16:28	02:53:21		05:55:59	07:30:18	08:57:22.65	08:58:06.25	+01:34:51 (17.6%)	7:54	7.6 (82.6%)
19	CYTACKI Dawid	352	SAINT-GOBAIN SQUAD	Masters M - 40	19	01:09:08	02:39:41	03:59:30	05:42:43	07:21:31	08:59:31.25	08:59:39.65	+01:36:25 (17.9%)	7:56	7.6 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km	68km	68km			
20	MICHNO Tomasz	245	LACHO TEAM	Masters M - 40	20	01:09:37	02:37:55	03:58:07	05:52:19	07:30:52	08:59:51.50	09:00:25.20	+01:37:10 (18.0%)	7:56	7.6 (82.6%)
21	SOSNOWSKI Michał	369	PGB SPORTOWA PACZKA	Masters M - 40	21	01:10:24	02:44:56	04:09:41	06:04:45	07:38:02	09:02:35.45	09:02:49.70	+01:39:35 (18.3%)	7:58	7.5 (81.5%)
22	GAŁAMAGA Radosław	60	LOVELASY POLICE	Masters M - 40	22	01:13:06	02:55:24	04:16:51	06:06:22	07:39:29	09:03:00.45	09:03:08.15	+01:39:53 (18.4%)	7:59	7.5 (81.5%)
23	KWASNIEWSKI Krzysztof	255	ŻYWCEM ZABIEGANI	Masters M - 40	23	01:11:47	02:38:45	03:58:11	05:42:33	07:23:09	09:03:46.50	09:04:18.25	+01:41:03 (18.6%)	7:59	7.5 (81.5%)
24	CZARNY Mariusz	69	JAWORZNOŁBC	Masters M - 40	24	01:15:17	02:52:44	04:16:09	05:58:26	07:32:27	09:07:54.95	09:08:24.85	+01:45:10 (19.2%)	8:03	7.4 (80.4%)
25	ŻUREK Damian	257		Masters M - 40	25	01:06:48	02:35:22	03:53:29	05:42:11	07:32:28	09:13:16.55	09:13:31.10	+01:50:16 (19.9%)	8:08	7.4 (80.4%)
26	CZAJKOWSKI Krzysztof	125	KOŁO BIEGA	Masters M - 40	26	01:12:27	02:46:08	04:11:04	05:57:21	07:32:20	09:14:52.60	09:15:10.10	+01:51:55 (20.2%)	8:09	7.4 (80.4%)
27	KAMINSKI Robert	220		Masters M - 40	27	01:12:33	02:46:10	04:11:03	05:57:21	07:32:26	09:14:52.05	09:15:10.40	+01:51:55 (20.2%)	8:09	7.4 (80.4%)
28	PAWLIŃSKI Adam	201	PRO-RUN WROCŁAW	Masters M - 40	28	01:16:12	02:58:14	04:28:48	06:16:08	07:52:25	09:23:30.05	09:23:59.90	+02:00:45 (21.4%)	8:17	7.2 (78.3%)
29	GRYCMAN Łukasz	381	SPARTA ULTRA TEAM	Masters M - 40	29	01:13:36	02:43:33	04:07:16	05:57:40	07:40:26	09:22:52.55	09:25:55.85	+02:02:41 (21.7%)	8:16	7.2 (78.3%)
30	SCHRODER Patryk	315		Masters M - 40	30	01:21:03	02:59:28	04:27:28	06:18:07	07:53:36	09:28:33.25	09:29:23.70	+02:06:09 (22.2%)	8:21	7.2 (78.3%)
31	BRUDEREK Tomasz	338	RUNNERS TEAM JABŁONNA	Masters M - 40	31	01:22:08	03:04:20	04:45:49	06:37:43	08:03:05	09:28:53.40	09:29:24.75	+02:06:10 (22.2%)	8:21	7.2 (78.3%)
32	PRZYJEMSKI Artur	441	KM TRUCHCIK	Masters M - 40	32	01:08:48	02:43:00	04:06:02	06:03:14	07:50:45	09:33:20.40	09:33:27.65	+02:10:13 (22.7%)	8:25	7.1 (77.2%)
33	GEROWSKI Maciej	285	NETBOX BIEGA / GOSTYŃ EASY TRAIL / LNLN / SWG	Masters M - 40	33	01:21:21	02:56:10	04:20:17	06:08:58	07:49:34	09:33:12.95	09:33:47.15	+02:10:32 (22.8%)	8:25	7.1 (77.2%)
34	GARCZYŃSKI Darek	102		Masters M - 40	34	01:07:21	02:37:23	04:02:14	05:57:05	07:47:44	09:33:45.55	09:33:54.15	+02:10:39 (22.8%)	8:26	7.1 (77.2%)
35	TOJZA Tomasz	207		Masters M - 40	35	01:12:33	02:59:03	04:25:43	06:22:56	08:03:30	09:39:20.70	09:39:47.80	+02:16:33 (23.6%)	8:31	7 (76.1%)
36	DYRKA Krzysztof	177		Masters M - 40	36	01:13:28	02:53:38	04:20:30	06:16:04	08:01:32	09:44:03.55	09:44:18.20	+02:21:03 (24.1%)	8:35	7 (76.1%)
37	PARZONKA Paweł	98	KS LENIWIEC	Masters M - 40	37	01:11:03	02:45:55	04:25:49	06:22:05	08:09:27	09:54:21.10	09:54:42.70	+02:31:28 (25.5%)	8:44	6.9 (75.0%)
38	CHOJNACKI Przemysław	347		Masters M - 40	38	01:16:52	03:00:43	04:36:56	06:35:31	08:21:00	09:56:51.40	09:57:35.20	+02:34:20 (25.8%)	8:46	6.8 (73.9%)
39	DĄBKOWSKI Maciej	10		Masters M - 40	39	01:11:41	02:48:04	04:18:19	06:21:11	08:08:29	09:58:22.45	09:58:40.65	+02:35:26 (26.0%)	8:47	6.8 (73.9%)
40	MARKOWSKI Marek	242	KS LENIWIEC	Masters M - 40	40	01:15:48	02:54:33	04:26:00	06:23:34	08:08:37	09:59:30.80	10:00:31.40	+02:37:16 (26.2%)	8:48	6.8 (73.9%)
41	JAKUSZEK Krzysztof	197	CEGIELNIA PIASKI	Masters M - 40	41	01:22:03	03:06:42	04:39:05	06:43:10	08:29:49	10:14:10.10	10:15:01.00	+02:51:46 (27.9%)	9:01	6.6 (71.7%)
42	REDLER Paweł	293		Masters M - 40	42	01:21:18	03:14:29	04:42:37	06:37:59	08:27:07	10:15:06.20	10:15:35.95	+02:52:21 (28.0%)	9:02	6.6 (71.7%)
43	KOSTRZEWSKI Sławomir	96	10 BRYGADA LOGISTYCZNA	Masters M - 40	43	01:19:04	02:59:38	04:40:58	06:43:16	08:33:51	10:18:20.60	10:18:57.60	+02:55:42 (28.4%)	9:05	6.6 (71.7%)
44	SIKORA Grzegorz	340	MCBIEGACZE	Masters M - 40	44	01:20:09	03:06:24	04:41:06	06:40:05	08:29:10	10:19:44.30	10:20:05.55	+02:56:50 (28.5%)	9:06	6.6 (71.7%)
45	CYNIAK Marek	204	EVERRUN	Masters M - 40	45	01:14:45	02:57:42	04:34:52	06:39:08	08:29:47	10:25:08.05	10:25:25.65	+03:02:11 (29.1%)	9:11	6.5 (70.7%)
46	FRACKOWIAK Michał	254	CZERWONAK BIEGA	Masters M - 40	46	01:10:43	02:48:44	04:30:57	06:32:13	08:30:10	10:26:32.65	10:26:45.35	+03:03:30 (29.3%)	9:12	6.5 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
47	KOWALSKI Maciej	205	LOTOS RUNNING TEAM	Masters M - 40	47	01:21:55	03:06:59	04:40:05	06:42:53	08:38:47	10:28:14.05	10:28:32.85	+03:05:18 (29.5%)	9:14	6.5 (70.7%)
48	KUCHARSKI Piotr	412	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...	Masters M - 40	48	01:16:09	03:02:12	04:38:58	06:53:21	08:44:04	10:31:32.70	10:31:46.00	+03:08:31 (29.8%)	9:17	6.5 (70.7%)
49	CZUBAK Dariusz	408	BIEGIEM PO PIWO	Masters M - 40	49	01:14:52	02:54:25	04:33:39	06:48:50	08:47:25	10:32:49.30	10:33:02.30	+03:09:47 (30.0%)	9:18	6.4 (69.6%)
50	SKÓRA Szymon	260		Masters M - 40	50	01:12:07	02:50:38	04:27:25	06:40:22	08:40:28	10:32:41.50	10:33:20.20	+03:10:05 (30.0%)	9:18	6.4 (69.6%)
51	MARCINKOWSKI Przemysław	427	PROTON/ LESZ NO LIMITS RUNNERS	Masters M - 40	51	01:16:03	02:56:57	04:30:03	06:48:59	08:40:37	10:33:02.95	10:33:38.60	+03:10:23 (30.0%)	9:18	6.4 (69.6%)
52	OŚRÓDEK Piotr	402	BBL ZDUŃSKA WOLA	Masters M - 40	52	01:16:54	03:02:33	04:39:00	06:57:57	09:04:30	10:33:31.45	10:34:06.00	+03:10:51 (30.1%)	9:19	6.4 (69.6%)
53	KONKIEWICZ Robert	437	GRODZISKI KLUB BIEGACZA	Masters M - 40	53	01:23:14	03:14:11	04:56:16	07:01:41	08:51:24	10:33:21.45	10:34:11.55	+03:10:56 (30.1%)	9:18	6.4 (69.6%)
54	BANKIEWICZ Damian	48		Masters M - 40	54	01:12:26	02:49:10	04:26:35	06:43:30	08:39:03	10:36:22.45	10:36:54.55	+03:13:39 (30.4%)	9:21	6.4 (69.6%)
55	MACKIEWICZ Artur	73	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	55	01:12:15	02:59:25	04:44:36	06:55:26	08:51:13	10:40:23.45	10:40:38.90	+03:17:24 (30.8%)	9:25	6.4 (69.6%)
56	KRUPA Piotr	119	PCH_RUN	Masters M - 40	56	01:25:23	03:11:06	04:49:59	07:01:40	08:56:55	10:42:06.75	10:42:17.80	+03:19:03 (31.0%)	9:26	6.4 (69.6%)
57	SZCZEPANIAK Artur	316	KB CZESIO BIEGIA	Masters M - 40	57	01:25:25	03:19:46	04:59:58	07:06:52	08:57:50	10:42:11.80	10:42:38.45	+03:19:23 (31.0%)	9:26	6.4 (69.6%)
58	WYLEGAŁA Michał	33	PCH_RUN	Masters M - 40	58	01:19:58	03:08:55	04:45:31	06:57:49	08:57:18	10:42:45.00	10:42:53.85	+03:19:39 (31.1%)	9:27	6.3 (68.5%)
59	PAWŁOWSKI Robert	68	VEGE RUNNERS	Masters M - 40	59	01:19:57	03:09:58	04:50:03	07:02:13	08:57:47	10:42:44.70	10:42:54.65	+03:19:40 (31.1%)	9:27	6.3 (68.5%)
60	GŁOWACKI Maciej	309		Masters M - 40	60	01:18:32	03:02:03	04:42:21	06:56:14	08:52:28	10:42:27.30	10:43:05.85	+03:19:51 (31.1%)	9:26	6.4 (69.6%)
61	KAMZOL Roman	240		Masters M - 40	61	01:19:33	03:06:49	04:43:01	07:00:05	08:53:11	10:43:43.30	10:43:44.30	+03:20:29 (31.1%)	9:27	6.3 (68.5%)
62	WUJEK Marcin	431	DZIKIE KUNY -GOSTYŃ	Masters M - 40	62	01:16:19	03:00:51	04:36:11	06:41:08	08:31:29	10:43:40.15	10:44:25.65	+03:21:11 (31.2%)	9:27	6.3 (68.5%)
63	PŁASKOCIŃSKI Robert	190	PRO-RUN WROCŁAW	Masters M - 40	63	01:25:00	03:18:58	04:58:13	07:08:53	08:56:44	10:43:28.30	10:44:37.90	+03:21:23 (31.2%)	9:27	6.3 (68.5%)
64	SIWEK Jarek	95	RAZ SZCZECIN	Masters M - 40	64	01:21:35	03:12:02	04:46:46	06:56:52	08:57:58	10:47:21.70	10:47:58.95	+03:24:44 (31.6%)	9:31	6.3 (68.5%)
65	OCHOTA Rafał	232	STARGARD. JA SIĘ NIE ŚCIGAM.	Masters M - 40	65	01:21:35	03:13:17	04:52:10	07:03:36	08:56:55	10:48:02.50	10:48:34.50	+03:25:19 (31.7%)	9:31	6.3 (68.5%)
66	DZIUBA Emilian	345	STS BIEGATON MIKOŁÓW	Masters M - 40	66	01:15:59	02:57:20	04:37:16	07:02:53	08:53:18	10:49:35.25	10:49:42.95	+03:26:28 (31.8%)	9:33	6.3 (68.5%)
67	MARCINIAK Janusz	62	NIGHT RUNNERS	Masters M - 40	67	01:21:02	03:15:03	05:02:36	07:12:11	09:05:56	10:50:28.95	10:50:41.95	+03:27:27 (31.9%)	9:33	6.3 (68.5%)
68	KOZŁOWSKI Tomasz	143	LESZ NO LIMITS RUNERS	Masters M - 40	68		03:07:38				10:52:00.00	10:52:01.00	+03:28:46 (32.0%)	9:35	6.3 (68.5%)
69	PRZYBYLSKI Piotr	271		Masters M - 40	69	01:29:08	03:19:19	04:59:04	07:08:14	08:57:13	10:52:29.55	10:53:04.95	+03:29:50 (32.1%)	9:35	6.3 (68.5%)
70	BAUGÄRTNER Marcin	298	KLUBSILESIA.PL	Masters M - 40	70	01:28:05	03:17:54	04:49:36	06:56:42	08:55:57	10:52:25.80	10:53:06.70	+03:29:52 (32.1%)	9:35	6.3 (68.5%)
71	BIAŁECKI Zbigniew	137	ŁÓDŹ RUNNING TEAM	Masters M - 40	71	01:22:15	03:19:59	05:02:49	07:09:34	09:02:13	10:53:02.45	10:53:18.30	+03:30:03 (32.2%)	9:36	6.2 (67.4%)
72	DOMINIAK Marcin	391	PSIA EDUKACJA	Masters M - 40	72	01:16:19	02:56:26	04:34:33	07:11:26	09:06:44	11:00:49.70	11:00:57.70	+03:37:43 (32.9%)	9:43	6.2 (67.4%)
73	SULIN Marek	322	SPARTANIE DZIECIOM	Masters M - 40	73	01:21:39	03:17:19	05:01:06	07:15:35	09:09:37	11:03:04.55	11:03:45.20	+03:40:30 (33.2%)	9:45	6.2 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km	68km	68km			
74	KARBOWSKI Jarosław	53	K.S.LENIWIEC	Masters M - 40	74	01:19:21	03:09:13	04:53:14	07:14:12	09:22:58	11:05:19.80	11:05:41.70	+03:42:27 (33.4%)	9:47	6.1 (66.3%)
75	JEŻEWSKI Sławomir	149	KGB GRZMOT KOMORNIKI	Masters M - 40	75	01:13:15	02:59:42	04:40:16	07:02:55	09:03:16	11:05:37.60	11:05:43.90	+03:42:29 (33.4%)	9:47	6.1 (66.3%)
76	WIŚNIEWSKI Marek	331		Masters M - 40	76	01:18:09	03:00:56	04:36:25	06:57:46	09:09:28	11:06:40.25	11:07:26.00	+03:44:11 (33.6%)	9:48	6.1 (66.3%)
77	WAŚCIŃSKI Roman	188	PĘDZI - PARA	Masters M - 40	77	01:34:27	03:26:25	05:09:17	07:23:45	09:19:05	11:08:21.50	11:08:44.30	+03:45:29 (33.7%)	9:49	6.1 (66.3%)
78	POMAGRUK Piotr	252		Masters M - 40	78	01:25:06	03:18:56	05:06:32	07:23:04	09:23:00	11:08:21.05	11:08:57.30	+03:45:42 (33.7%)	9:49	6.1 (66.3%)
79	WIDŁAK Janusz	171		Masters M - 40	79	01:33:26	03:45:00	05:37:17	07:49:45	09:31:53	11:12:45.45	11:13:27.20	+03:50:12 (34.2%)	9:53	6.1 (66.3%)
80	KOWALEWSKI Grzegorz	158		Masters M - 40	80	01:26:55	03:19:47	04:58:10	07:16:38	09:27:18	11:15:31.35	11:16:13.85	+03:52:59 (34.5%)	9:56	6 (65.2%)
81	WOJTCZAK Krzysztof	19	WKB PIAST WROCŁAW	Masters M - 40	81	01:21:05	03:11:02	05:01:17	07:30:23	09:30:21	11:15:53.60	11:16:26.50	+03:53:11 (34.5%)	9:56	6 (65.2%)
82	LUBOCH Krzysztof	50	TEAM DOBEERMAN	Masters M - 40	82	01:27:53	03:25:35	05:09:10	07:20:12	09:28:31	11:22:48.35	11:23:33.25	+04:00:18 (35.2%)	10:02	6 (65.2%)
83	PTAK Jarosław	401		Masters M - 40	83	01:19:00	03:10:27	04:54:54	07:17:41	09:24:26	11:25:42.20	11:26:05.80	+04:02:51 (35.4%)	10:05	6 (65.2%)
84	SKOCZYLAS Jerzy	216	WKURW_TEAM	Masters M - 40	84	01:24:39	03:17:09	05:03:28	07:21:26	09:19:26	11:28:59.55	11:29:45.30	+04:06:30 (35.7%)	10:07	5.9 (64.1%)
85	PIWOWARCZYK Przemysław	160		Masters M - 40	85	01:31:25	03:49:11	05:34:51	07:54:17	09:46:27	11:37:04.15	11:37:52.05	+04:14:37 (36.5%)	10:15	5.9 (64.1%)
86	SAMOLAK Maciek	140	MILITARIA TWIERDZA KŁODZKA	Masters M - 40	86	01:25:07	03:19:41	05:18:19	07:35:49	09:41:14	11:40:05.30	11:40:57.55	+04:17:42 (36.8%)	10:17	5.8 (63.0%)
87	KONIECZNY Andrzej	1	BRAK	Masters M - 40	87	01:26:54	03:27:01	05:19:20	07:39:56	09:33:49	11:40:33.95	11:41:24.45	+04:18:09 (36.8%)	10:18	5.8 (63.0%)
88	SZUBA Teofil	417	MARATOŃCZYK SZCZECIN	Masters M - 40	88	01:22:05	03:06:56	04:58:02	07:42:35	09:47:08	11:43:05.60	11:43:15.75	+04:20:01 (37.0%)	10:20	5.8 (63.0%)
89	CYGAN Krzysztof	123		Masters M - 40	89	01:23:10	03:14:48	04:53:36	07:31:39	09:38:17	11:46:46.10	11:47:15.45	+04:24:00 (37.3%)	10:23	5.8 (63.0%)
90	STROIŃSKI Wojciech	39	C&C SPORTS TEAM	Masters M - 40	90	01:28:22	03:40:25	05:28:24	07:57:58	09:57:36	11:47:03.70	11:47:33.20	+04:24:18 (37.4%)	10:23	5.8 (63.0%)
91	JAMROZIK Zbigniew	203	KOŁO BIEGA	Masters M - 40	91	01:31:51	03:46:01	05:29:06	07:53:05	10:02:15	11:54:56.55	11:55:13.90	+04:31:59 (38.0%)	10:30	5.7 (62.0%)
92	IMIOŁCZYK Roland	405		Masters M - 40	92	01:22:15	03:20:05	05:03:31	07:32:01	09:57:19	11:58:43.85	11:59:00.25	+04:35:45 (38.4%)	10:34	5.7 (62.0%)
93	SIECZKOWSKI Artur	300	NATURAL BORN RUNNERS TEAM	Masters M - 40	93	01:30:25	03:35:26	05:26:51	08:08:41	10:09:21	11:59:29.05	12:00:14.65	+04:37:00 (38.5%)	10:34	5.7 (62.0%)
94	FILIPIAK Sebastian	126	LZS LIPA	Masters M - 40	94	01:21:56	03:14:22	05:02:32	07:36:47	09:44:30	12:00:47.05	12:01:18.70	+04:38:04 (38.6%)	10:35	5.7 (62.0%)
95	KONOPIŃSKI Tomasz	267	MEDIASYSTEM...	Masters M - 40	95	01:09:26	02:40:49	03:58:50	08:30:36	10:13:11	12:10:25.40	12:10:50.75	+04:47:36 (39.4%)	10:44	5.6 (60.9%)
96	DĘBICKI Mariusz	132	ORANGE POLSKA	Masters M - 40	96	01:25:06	03:30:43	05:20:08	08:03:42	10:08:51	12:16:10.95	12:16:21.80	+04:53:07 (39.8%)	10:49	5.5 (59.8%)
97	PRYSZCZ Mirosław	87		Masters M - 40	97	01:23:01	03:20:11	05:19:31	08:00:17	10:11:54	12:19:45.30	12:20:15.65	+04:57:01 (40.1%)	10:52	5.5 (59.8%)
98	DĘBEK Piotrek	25	ŚWIDNICKA GRUPA BIEGOWA	Masters M - 40	98	01:37:42	03:51:53	05:46:51	08:16:39	10:21:12	12:22:08.25	12:22:47.75	+04:59:33 (40.3%)	10:54	5.5 (59.8%)
99	LIPSKI Krzysztof	113	ALLIANZ RUNNING TEAM	Masters M - 40	99	01:25:07	03:29:07	05:23:17	08:04:40	10:13:15	12:27:08.05	12:27:45.85	+05:04:31 (40.7%)	10:59	5.5 (59.8%)
100	PISKORZ Robert	129	VOLKSWAGEN MOTOR POLSKA	Masters M - 40	100	01:32:52	03:37:34	05:20:58	07:58:54	10:13:08	12:27:05.80	12:28:00.70	+05:04:46 (40.7%)	10:59	5.5 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
101	SKOWRONEK Artur	59	MARKOTNESKOWRONKI	Masters M - 40	101	01:29:21	03:40:01	05:40:16	08:25:07	10:36:16	12:28:50.95	12:29:29.95	+05:06:15 (40.9%)	11:00	5.4 (58.7%)
102	MARKOWSKI Piotr	66		Masters M - 40	102	01:29:26	03:40:02	05:41:01	08:25:46	10:36:19	12:30:31.15	12:31:11.05	+05:07:56 (41.0%)	11:02	5.4 (58.7%)
103	DĄBROWSKI Ireneusz	12	RAJSPOORT ACTIVE	Masters M - 40	103	01:33:09	03:54:39	05:46:51	08:43:20	10:50:52	12:36:34.90	12:37:13.30	+05:13:58 (41.5%)	11:07	5.4 (58.7%)
104	PIETRZAK Dariusz	191		Masters M - 40	104	01:36:32	03:59:09	05:52:57	08:30:48	10:29:37	12:46:11.75	12:46:23.10	+05:23:08 (42.2%)	11:16	5.3 (57.6%)
105	OSTROMĘCKI Waldemar	133	ROWEROWA BRZOZA	Masters M - 40	105	01:25:00	03:32:36	05:38:52	08:24:28	10:36:14	12:46:27.45	12:47:44.35	+05:24:29 (42.3%)	11:16	5.3 (57.6%)
106	MATYJASIAK Konrad	371	SOFTSOL	Masters M - 40	106	01:19:25	03:07:26	05:05:53	08:22:32	10:45:38	12:55:02.65	12:56:10.80	+05:32:56 (42.9%)	11:23	5.3 (57.6%)
Przekroczony limit czasu: 13:00:00															
107	MODLISZEWSKI Dariusz	118	ORANGE POLSKA	Masters M - 40	107	01:25:06	03:32:36	05:43:48	08:43:31	11:09:57	13:22:50.15	13:23:00.00	+05:59:45 (44.8%)	11:48	5.1 (55.4%)
108	NAMYŚLAK Radosław	195	KOŁO BIEGA	Masters M - 40	108	01:33:54	03:50:31	05:52:05	08:48:07	11:23:37	13:50:22.25	13:50:40.85	+06:27:26 (46.6%)	12:12	4.9 (53.3%)
109	RECZUCH Adam	226		Masters M - 40	109	01:32:10	03:41:03	05:47:10	08:57:15	11:27:27	14:05:25.15	14:06:25.25	+06:43:10 (47.6%)	12:25	4.8 (52.2%)
	KOZIOŁ Bogusław	236	GANG RÓŻOWYCH MISIÓW	Masters M - 40		01:16:08 DNF	03:01:40 DNF	04:41:55 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BUDNIOK Rafał	304	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	Masters M - 40		01:07:12 DNF	02:37:13 DNF	03:57:28 DNF	DNF	05:35:50 DNF	DNF	DNF	-	-	- (0.0%)
	WÓJTOWICZ Jacek	114	FRANCISZKANIE-KROSNO	Masters M - 40		01:22:00 DNF	03:23:45 DNF	05:21:42 DNF	07:58:00 DNF	10:15:56 DNF	DNF	DNF	-	-	- (0.0%)
	HADAM Michał	120	KB MANIAC POZNAŃ/NBR	Masters M - 40		01:25:32 DNF	03:21:30 DNF	05:11:28 DNF	07:49:31 DNF	10:26:58 DNF	DNF	DNF	-	-	- (0.0%)
	ZGÓRSKI Grzegorz	107	SBRT GLIWICE	Masters M - 40		01:22:48 DNF	03:27:03 DNF	05:28:20 DNF	08:20:31 DNF	11:19:48 DNF	DNF	DNF	-	-	- (0.0%)
	LINKOWSKI Michał	415	ILOVEZIEMEK	Masters M - 40		01:07:29 DNF	02:37:40 DNF	03:51:33 DNF	05:30:59 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MORAWSKI Filip	145		Masters M - 40		01:07:02 DNF	02:36:35 DNF	03:59:42 DNF	06:04:00 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	STANKIEWICZ Paweł	227	CZERWONAK BIEGA	Masters M - 40		01:10:43 DNF	02:48:48 DNF	04:18:21 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	TIMOFIEJUK Paweł	310	ALBATROSY	Masters M - 40		01:08:30 DNF	02:48:41 DNF	04:20:45 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MĄDRZEJEWSKI Tomasz	152	SPARTA ULTRA TEAM	Masters M - 40		01:10:57 DNF	02:46:02 DNF	04:25:52 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	HUZIOR Piotr	428	ATTIQ TEAM/SALMING	Masters M - 40		01:59:52 DNF	03:22:56 DNF	04:32:43 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	STAWARZ Paweł	194	KB LUPUS OLEŚNICA	Masters M - 40		01:24:53 DNF	03:15:13 DNF	05:16:28 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KMIECIK Tomasz	283		Masters M - 40		00:59:37 DNF	02:18:57 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	RADZIWOŃ Krzysztof	180	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40		01:29:40 DNF	03:41:28 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 123 wynik(ów)