

BIEG ULTRA TRAIL - 68 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 68 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	KASZUBA Michał	4333	GRUPA NOMAX	Masters M - 40	1	00:56:05	02:10:04	03:09:43	04:23:41	05:33:34	06:41:49.20	06:41:51.95		5:54	10.2 (100%)
2	ZIEJEWSKI Grzegorz	4384		Masters M - 40	2	00:54:33	02:09:03	03:09:43	04:32:42	05:46:04	06:50:48.95	06:50:50.50	+00:08:58 (2.2%)	6:02	9.9 (97.1%)
3	KUCHARCZYK Maciej	4363	MARCIN SWIERC TEAM	Masters M - 40	3	00:55:48	02:09:52	03:14:14	04:37:03	05:48:04	06:59:26.20	06:59:28.80	+00:17:36 (4.2%)	6:10	9.7 (95.1%)
4	MOCZEK Tomasz	4167	CROSS STRACENICÓW TEAM	Masters M - 40	4	01:01:01	02:17:35	03:22:06	04:43:05	05:53:51	07:02:36.00	07:02:42.50	+00:20:50 (4.9%)	6:12	9.7 (95.1%)
5	POLAŃSKI Tomasz	4415	B4SPORT	Masters M - 40	5	01:01:04	02:20:24	03:26:54	04:55:32	06:00:48	07:05:51.90	07:05:55.80	+00:24:03 (5.6%)	6:15	9.6 (94.1%)
6	KUPCZAK Mariusz	4389	KB SOBÓTKA	Masters M - 40	6	00:58:02	02:16:08	03:20:56	04:45:52	06:00:59	07:11:39.80	07:11:39.80	+00:29:47 (6.9%)	6:20	9.5 (93.1%)
7	MAJER Janusz	4401		Masters M - 40	7	00:57:57	02:15:53	03:20:53	04:45:45	06:03:50	07:13:48.35	07:13:50.85	+00:31:58 (7.4%)	6:22	9.4 (92.2%)
8	PIECHA Artur	4267	HERCOG RUNNING TEAM	Masters M - 40	8	00:56:10	02:10:55	03:17:31	04:51:31	06:05:04	07:15:07.75	07:15:11.20	+00:33:19 (7.7%)	6:23	9.4 (92.2%)
9	GARNEK Piotr	4231	VEGE RUNNERS	Masters M - 40	9	01:03:52	02:29:37	03:40:36	05:10:13	06:26:00	07:39:05.25	07:39:08.50	+00:57:16 (12.5%)	6:45	8.9 (87.3%)
10	BARTOSIŃSKI Mariusz	4054	ZĄŁOGA GÓRSKA	Masters M - 40	10	01:02:52	02:26:55	03:37:15	05:10:02	06:28:44	07:39:37.70	07:39:43.85	+00:57:51 (12.6%)	6:45	8.9 (87.3%)
11	RYCHTER Karol	4416	B4SPORT	Masters M - 40	11	01:00:24	02:22:15	03:33:21	05:09:42	06:30:43	07:43:35.25	07:43:39.15	+01:01:47 (13.3%)	6:49	8.8 (86.3%)
12	PAWŁOWSKI Tomasz	4099	TEAM PLESZEW	Masters M - 40	12	01:05:35	02:29:26	03:38:18	05:11:44	06:35:20	07:54:22.30	07:54:24.95	+01:12:33 (15.3%)	6:58	8.6 (84.3%)
13	BANIAK Marcin	4042	G.O.A.T. TEAM MICHAŁOWICE	Masters M - 40	13	00:57:24	02:17:49	03:31:31	05:13:46	06:42:18	08:04:06.90	08:04:18.25	+01:22:26 (17.0%)	7:07	8.4 (82.4%)
14	ASPERSKI Michał	4403	SUPERMARATOŃCZYK	Masters M - 40	14	01:01:50	02:26:44	03:39:20	05:16:18	06:40:10	08:04:54.25	08:05:00.15	+01:23:08 (17.1%)	7:07	8.4 (82.4%)
15	CICHOREK Dariusz	4375		Masters M - 40	15	01:01:12	02:21:03	03:29:08	05:15:24	06:43:13	08:11:46.25	08:11:50.15	+01:29:58 (18.3%)	7:13	8.3 (81.4%)
16	KYCIA Piotr	4161		Masters M - 40	16	01:04:39	02:33:25	03:49:49	05:26:08	06:52:50	08:16:28.70	08:16:33.60	+01:34:41 (19.1%)	7:18	8.2 (80.4%)
17	PAWŁOWSKI Piotr	4322	REHMEDICA	Masters M - 40	17	01:04:53	02:28:40	03:39:12	05:16:15	06:55:00	08:25:35.60	08:25:41.20	+01:43:49 (20.5%)	7:26	8.1 (79.4%)
18	SZCZEPANIK Robert	4390		Masters M - 40	18	01:07:21	02:38:55	04:03:07	05:45:56	07:10:04	08:31:43.40	08:31:55.95	+01:50:04 (21.5%)	7:31	8 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Czas	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	68km	68km			
19	SZAŁ Tomasz	4163	ETA UPS TEAM	Masters M - 40	19	01:09:56	02:43:07	04:03:00	05:46:05	07:09:55	08:32:19.25	08:32:25.40	+01:50:33 (21.6%)	7:32	8 (78.4%)
20	WOSZEK Tomasz	4083	STRUSIE	Masters M - 40	20	01:07:37	02:38:06	03:53:09	05:42:39	07:15:23	08:44:09.00	08:44:18.90	+02:02:26 (23.4%)	7:42	7.8 (76.5%)
21	DYRKA Krzysztof	4087	POLITECHNIKA POZNAŃSKA	Masters M - 40	21	01:15:45	02:52:22	04:13:11	05:57:42	07:25:55	08:50:35.40	08:51:51.55	+02:09:59 (24.4%)	7:48	7.7 (75.5%)
22	WITCZAK Jacek	4157		Masters M - 40	22	01:05:55	02:41:38	04:07:29	06:00:12	07:29:16	08:51:46.30	08:51:58.05	+02:10:06 (24.5%)	7:49	7.7 (75.5%)
23	ZYDRON Tymoteusz	4034	VISEGRAD MARATON RYTRO	Masters M - 40	23	01:15:04	02:55:21	04:17:25	06:05:21	07:33:28	09:01:10.00	09:01:18.00	+02:19:26 (25.8%)	7:57	7.5 (73.5%)
24	BIALOBRZEWSKI Sławek	4318		Masters M - 40	24	01:07:34	02:39:10	04:05:00	06:00:24	07:32:55	09:08:29.15	09:08:38.55	+02:26:46 (26.8%)	8:03	7.4 (72.5%)
25	ZAJĄC Leszek	4285	L.O.T.A.ZWŁOSZAKOWICE	Masters M - 40	25	01:09:44	02:47:58	04:18:42	06:13:11	07:41:39	09:09:35.15	09:09:48.80	+02:27:56 (26.9%)	8:04	7.4 (72.5%)
26	LACHOWICZ Przemysław	4406		Masters M - 40	26	01:19:37	03:00:41	04:27:10	06:25:44	07:50:35	09:14:11.15	09:14:59.95	+02:33:08 (27.6%)	8:08	7.4 (72.5%)
27	MAJCHROWSKI Jacek	4000	NIEZALEŻNA TARNOBRESKA GRUPA BIEGOWA 'RUN'S NOT DEAD'	Masters M - 40	27	01:10:38	02:50:04	04:14:32	06:05:13	07:41:21	09:19:51.95	09:20:01.50	+02:38:09 (28.2%)	8:14	7.3 (71.6%)
28	KONOPIŃSKI Tomasz	4086	MEDIASYSTEM	Masters M - 40	28	01:23:52	03:07:55	04:27:48	06:21:25	07:47:22	09:20:48.55	09:21:46.65	+02:39:54 (28.5%)	8:14	7.3 (71.6%)
29	PIETRUCHA Maciej	4079	KARKONOSZ RUNNING TEAM	Masters M - 40	29	01:16:00	02:53:06	04:20:50	06:20:29	07:49:17	09:21:57.85	09:22:48.00	+02:40:56 (28.6%)	8:15	7.3 (71.6%)
30	CHOJNACKI Przemysław	4409	BOX88	Masters M - 40	30	01:19:33	03:00:59	04:27:29	06:21:35	07:51:45	09:22:43.90	09:23:36.95	+02:41:45 (28.7%)	8:16	7.3 (71.6%)
31	UCIEKLAK Dominik	4185		Masters M - 40	31	01:08:51	02:42:10	04:09:22	06:08:49	07:47:22	09:24:04.40	09:24:55.45	+02:43:03 (28.9%)	8:17	7.2 (70.6%)
32	WYSMOLIŃSKI Rafał	4385		Masters M - 40	32	01:16:01	02:55:52	04:22:49	06:25:50	07:56:01	09:30:26.10	09:30:51.70	+02:48:59 (29.6%)	8:23	7.2 (70.6%)
33	GÓRNICKI Tomasz	4183		Masters M - 40	33	01:14:26	02:50:36	04:18:34	06:21:28	07:57:28	09:32:13.85	09:32:51.85	+02:50:59 (29.8%)	8:24	7.1 (69.6%)
34	KONIECZNY Maciej	4222	MK-CONNECT TEAM	Masters M - 40	34	01:08:39	02:39:02	04:06:44	06:14:44	07:48:05	09:33:27.15	09:33:41.20	+02:51:49 (30.0%)	8:25	7.1 (69.6%)
35	ZUB Arkadiusz	4010	GRUPA BIEGOWA 'BEZ GRANIC'	Masters M - 40	35	01:20:34	03:02:18	04:32:07	06:29:31	08:02:29	09:33:54.75	09:33:59.55	+02:52:07 (30.0%)	8:26	7.1 (69.6%)
36	WIŚNIEWSKI Jacek	4216	NOWA RUDA BIEGA	Masters M - 40	36	01:12:42	02:48:45	04:15:12	06:17:19	07:53:53	09:34:44.90	09:35:21.35	+02:53:29 (30.2%)	8:27	7.1 (69.6%)
37	KISIAŁA Filip	4193	LACHO TEAM	Masters M - 40	37	01:12:38	02:48:56	04:13:51	06:15:12	07:55:09	09:36:00.25	09:36:35.75	+02:54:43 (30.3%)	8:28	7.1 (69.6%)
38	KOŁODZIEJSKI Jarek	4076	PIĄTKOWO NA BIEGOWO	Masters M - 40	38	01:17:50	03:01:36	04:27:44	06:24:14	08:02:04	09:37:41.15	09:38:23.05	+02:56:31 (30.5%)	8:29	7.1 (69.6%)
39	KAWALEC Krystian	4152	MARCIN ŚWIERC TEAM	Masters M - 40	39	01:16:55	03:02:32	04:32:39	06:29:24	08:02:15	09:41:14.50	09:41:32.60	+02:59:40 (30.9%)	8:32	7 (68.6%)
40	STĘPIEŃ Grzegorz	4195		Masters M - 40	40	01:18:10	03:02:49	04:28:18	06:30:05	08:06:43	09:41:42.30	09:42:09.05	+03:00:17 (31.0%)	8:33	7 (68.6%)
41	DURĄŁEK Andrzej	4344		Masters M - 40	41	01:09:24	02:47:04	04:14:22	06:21:41	07:59:56	09:41:55.85	09:42:30.80	+03:00:38 (31.0%)	8:33	7 (68.6%)
42	BANKIEWICZ Damian	4038	ASSECO ACTIVE TEAM	Masters M - 40	42	01:14:37	02:56:31	04:22:21	06:33:41	08:06:21	09:42:11.95	09:42:50.50	+03:00:58 (31.1%)	8:33	7 (68.6%)
43	KRÓL Marcin	4383	OŚ RACING TEAM	Masters M - 40	43	01:14:43	02:51:44	04:14:44	06:17:25	07:57:32	09:44:28.70	09:45:02.10	+03:03:10 (31.3%)	8:35	7 (68.6%)
44	MITUS Wojtek	4271	WOJCIECH MITUŚ	Masters M - 40	44	01:11:36	02:51:38	04:15:43	06:23:54	08:04:04	09:45:53.95	09:46:46.55	+03:04:54 (31.5%)	8:36	7 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	68km	68km			
45	FIELEK Piotr	4247	PRO-RUN WROCLAW	Masters M - 40	45	01:07:24	02:39:58	04:15:22	06:30:27	08:15:34	09:48:26.40	09:48:52.70	+03:07:00 (31.8%)	8:39	6.9 (67.6%)
46	SIKORA Grzegorz	4404	MC BIEGACZE	Masters M - 40	46	01:26:54	03:13:25	04:48:57	06:45:52	08:19:23	09:49:23.45	09:49:48.35	+03:07:56 (31.9%)	8:40	6.9 (67.6%)
47	KOŚCIELNIAK Marek	4396	MUAY RUNNING TEAM	Masters M - 40	47	01:13:37	02:51:44	04:25:11	06:31:59	08:11:51	09:50:33.10	09:50:59.70	+03:09:07 (32.0%)	8:41	6.9 (67.6%)
48	GÓRECCZY Rafał	4362		Masters M - 40	48	01:10:00	02:47:13	04:13:57	06:43:19	08:15:31	09:50:56.60	09:51:12.10	+03:09:20 (32.0%)	8:41	6.9 (67.6%)
49	PRZYBYLSKI Piotr	4203		Masters M - 40	49	01:23:15	03:10:55	04:41:22	06:46:25	08:25:20	09:52:38.35	09:53:03.75	+03:11:11 (32.2%)	8:42	6.9 (67.6%)
50	DYMARSKI Mariusz	4228	CZERWONAK BIEGA	Masters M - 40	50	01:16:18	03:00:56	04:30:25	06:40:05	08:18:53	09:54:46.65	09:55:48.50	+03:13:56 (32.6%)	8:44	6.9 (67.6%)
51	KŁAKULAK Robert	4108	DZIKI ŻEGLARZ	Masters M - 40	51	01:17:29	02:48:40	04:17:21	06:37:49	08:10:59	09:56:01.95	09:57:06.60	+03:15:14 (32.7%)	8:45	6.8 (66.7%)
52	MARKOWSKI Marek	4328	KS LENIWIEC	Masters M - 40	52	01:22:08	03:10:30	04:43:24	06:47:14	08:21:26	09:57:15.90	09:58:19.30	+03:16:27 (32.8%)	8:47	6.8 (66.7%)
53	STACHURSKI Daniel	4319		Masters M - 40	53	01:18:56	03:07:42	04:45:32	06:45:27	08:21:38	09:59:25.30	09:59:39.25	+03:17:47 (33.0%)	8:48	6.8 (66.7%)
54	SOSNOWSKI Roman	4291	LACHO TEAM	Masters M - 40	54	01:27:19	03:19:23	04:58:42	07:00:43	08:27:50	10:00:31.10	10:01:07.25	+03:19:15 (33.1%)	8:49	6.8 (66.7%)
55	ZAGUBIEŃ Wojtek	4176	EUFORIABIEGACZA TEAM	Masters M - 40	55	01:04:38	02:35:11	03:55:24	06:13:37	08:09:48	10:01:25.00	10:01:29.60	+03:19:37 (33.2%)	8:50	6.8 (66.7%)
56	TĘCZA Rafael	4074		Masters M - 40	56	01:13:21	02:51:46	04:17:01	06:25:37	08:10:54	10:02:59.90	10:03:54.65	+03:22:02 (33.5%)	8:52	6.8 (66.7%)
57	WASIELEWSKI Oskar	4032		Masters M - 40	57	01:14:06	02:59:01	04:32:52	06:39:12	08:21:29	10:05:05.85	10:05:36.35	+03:23:44 (33.6%)	8:53	6.7 (65.7%)
58	MORCINEK Marcin	4397	BLUSZCZA	Masters M - 40	58	01:17:10	02:59:50	04:32:37	06:40:33	08:25:25	10:07:25.35	10:07:53.55	+03:26:01 (33.9%)	8:55	6.7 (65.7%)
59	JARUS Andrzej	4101		Masters M - 40	59	01:14:25	02:54:42	04:29:13	06:36:58	08:21:57	10:08:15.30	10:08:28.15	+03:26:36 (34.0%)	8:56	6.7 (65.7%)
60	JĘDRASZEK Maciej	4351		Masters M - 40	60	01:21:47	03:07:40	04:43:30	06:44:03	08:24:50	10:10:13.10	10:11:30.85	+03:29:38 (34.3%)	8:58	6.7 (65.7%)
61	GAWLIK Marcin	4066	MKS SIECHNICE	Masters M - 40	61	01:17:00	03:01:04	04:32:41	06:49:33	08:28:35	10:12:29.10	10:12:40.55	+03:30:48 (34.4%)	9:00	6.7 (65.7%)
62	HAJDUK Bartłomiej	4192	FIZJOTEAM	Masters M - 40	62	01:21:47	03:12:46	04:46:07	06:54:22	08:34:54	10:11:52.65	10:12:43.75	+03:30:51 (34.4%)	8:59	6.7 (65.7%)
63	GRABICKI Sebastian	4352		Masters M - 40	63	01:11:01	02:53:33	04:20:02	06:47:08	08:25:52	10:15:18.60	10:15:47.65	+03:33:55 (34.7%)	9:02	6.6 (64.7%)
64	DĘBICKI Mariusz	4215	ORANGE POLSKA	Masters M - 40	64	01:23:28	03:10:47	04:39:52	06:51:42	08:39:41	10:19:29.50	10:20:13.10	+03:38:21 (35.2%)	9:06	6.6 (64.7%)
65	GOŁEMBECKI Jakub	4053		Masters M - 40	65	01:26:26	03:13:13	04:48:23	07:00:23	08:36:54	10:23:17.55	10:24:02.20	+03:42:10 (35.6%)	9:09	6.5 (63.7%)
66	GAJDECKI Tomek	4200	ACCENTURE	Masters M - 40	66	01:23:15	03:11:09	04:37:57	06:48:47	08:32:14	10:23:34.85	10:24:30.05	+03:42:38 (35.7%)	9:10	6.5 (63.7%)
67	JANUSZ Tomasz	4413		Masters M - 40	67	01:22:33	03:13:07	04:41:45	06:49:49	08:36:32	10:23:47.45	10:24:40.50	+03:42:48 (35.7%)	9:10	6.5 (63.7%)
68	PTAK Adam	4085	PIĄTKOWO NA BIEGOWO	Masters M - 40	68	01:22:35	03:12:15	04:50:18	07:01:25	08:40:23	10:24:39.90	10:25:20.75	+03:43:28 (35.7%)	9:11	6.5 (63.7%)
69	NOWACKI Michał	4002	MORSY POZNAŃ	Masters M - 40	69	01:18:12	03:06:06	04:41:09	07:04:29	08:40:17	10:25:58.85	10:26:14.45	+03:44:22 (35.8%)	9:12	6.5 (63.7%)
70	SIKORSKI Jarek	4044	RUN BYDGOSZCZ	Masters M - 40	70	01:29:41	03:16:44	04:51:21	07:06:51	08:47:13	10:34:57.00	10:35:55.25	+03:54:03 (36.8%)	9:20	6.4 (62.7%)

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	57km	68km	68km			
71	PISKORSKI Krzysztof	4027		Masters M - 40	71	01:27:22	03:22:13	05:02:44	07:13:29	08:54:50	10:38:50.20	10:39:29.95	+03:57:38 (37.2%)	9:23	6.4 (62.7%)
72	KARBOWSKI Jarosław	4046	KS LENIWIEC	Masters M - 40	72	01:16:12	03:01:27	04:35:05	06:43:50	08:37:55	10:39:53.90	10:40:09.10	+03:58:17 (37.2%)	9:24	6.4 (62.7%)
73	PARZONKA Paweł	4109	KS LENIWIEC	Masters M - 40	73	01:09:33	02:54:23	04:32:46	06:44:28	08:39:06	10:40:03.05	10:40:18.05	+03:58:26 (37.2%)	9:24	6.4 (62.7%)
74	SERAFIŃSKI Mirosław	4266		Masters M - 40	74	01:31:17	03:25:00	04:55:59	07:05:05	08:53:17	10:40:45.95	10:42:12.85	+04:00:20 (37.4%)	9:25	6.4 (62.7%)
75	PLONKOWSKI Sebastian	4393	ST RUN TEAM	Masters M - 40	75	01:10:33	02:53:23	04:22:09	06:47:40	08:40:54	10:43:47.05	10:44:28.95	+04:02:37 (37.6%)	9:28	6.3 (61.8%)
76	MOWNY Adam	4374	ORANGE POLSKA	Masters M - 40	76	01:13:03	02:55:18	04:24:30	06:47:40	08:38:44	10:43:48.20	10:44:30.30	+04:02:38 (37.6%)	9:28	6.3 (61.8%)
77	SAMBORSKI Bartosz	4361	WKURW_TEAM	Masters M - 40	77	01:25:15	03:17:49	04:51:22	07:04:33	08:54:34	10:44:47.45	10:46:17.10	+04:04:25 (37.8%)	9:28	6.3 (61.8%)
78	WAROWNY Dawid	4138		Masters M - 40	78	01:24:48	03:13:27	04:50:22	07:03:12	08:52:48	10:47:27.85	10:48:11.40	+04:06:19 (38.0%)	9:31	6.3 (61.8%)
79	NIEDZIELA Krzysztof	4300	GOSTYŃ	Masters M - 40	79	01:14:33	03:06:24	04:48:58	06:55:51	08:53:53	10:48:15.15	10:48:54.05	+04:07:02 (38.1%)	9:32	6.3 (61.8%)
80	KOZIOŁ Artur	4232	KOZIOŁKI	Masters M - 40	80	01:20:42	03:11:26	04:49:00	07:05:34	08:50:22	10:47:45.55	10:49:05.85	+04:07:13 (38.1%)	9:31	6.3 (61.8%)
81	BALCERZAK Robert	4170	KLUB BIEGACZA WARTA	Masters M - 40	81	01:19:32	03:11:56	04:52:05	07:10:53	08:59:32	10:50:40.45	10:51:02.60	+04:09:10 (38.3%)	9:34	6.3 (61.8%)
82	PALUCH Daniel	4092	BIEGOWA KUŹNIA	Masters M - 40	82	01:18:06	03:05:15	04:43:05	07:01:14	08:45:40	10:52:01.30	10:52:23.35	+04:10:31 (38.4%)	9:35	6.3 (61.8%)
83	BALCERZAK Mariusz	4172		Masters M - 40	83	01:23:16	03:14:24	04:51:24	07:07:56	08:58:18	10:51:29.05	10:52:34.30	+04:10:42 (38.4%)	9:34	6.3 (61.8%)
84	SKRZYPCZAK Radosław	4269	ROUNDSPACE.PL	Masters M - 40	84	01:27:20	03:19:23	04:58:37	07:23:54	09:07:59	10:52:02.05	10:52:37.70	+04:10:45 (38.4%)	9:35	6.3 (61.8%)
85	DĄBROWSKI Roman	4037		Masters M - 40	85	01:21:29	03:13:24	04:55:18	07:19:48	09:13:31	11:05:08.00	11:05:34.60	+04:23:42 (39.6%)	9:46	6.1 (59.8%)
86	TYRPA Jarosław	4018		Masters M - 40	86	01:23:20	03:14:44	05:02:35	07:28:17	09:16:47	11:05:59.00	11:06:53.15	+04:25:01 (39.7%)	9:47	6.1 (59.8%)
87	MARIANOWSKI Krzysztof	4355	KWIDZYN BIEGA	Masters M - 40	87	01:27:34	03:23:10	05:04:06	07:27:56	09:19:57	11:09:20.60	11:10:12.90	+04:28:20 (40.0%)	9:50	6.1 (59.8%)
88	KOSZAREK Andrzej	4102		Masters M - 40	88	01:33:58	03:33:58	05:15:27	07:30:42	09:15:55	11:10:25.75	11:11:41.10	+04:29:49 (40.2%)	9:51	6.1 (59.8%)
89	PROSZAK Sebastian	4275	KURORT ŁĄDEK ZDRÓJ TEAM	Masters M - 40	89	01:19:11	03:04:18	04:29:20	07:01:47	08:45:17	11:17:06.95	11:18:19.80	+04:36:27 (40.8%)	9:57	6 (58.8%)
90	FRANASZCZYK Marcin	4154	BUCHARZEWO TEAM	Masters M - 40	90	01:22:35	03:10:47	04:51:24	07:19:51	09:15:09	11:19:29.35	11:19:47.60	+04:37:55 (40.9%)	9:59	6 (58.8%)
91	KUCHARSKI Jakub	4181	JKU1979	Masters M - 40	91	01:31:16	03:28:34	05:07:25	07:38:07	09:27:36	11:20:31.15	11:21:49.70	+04:39:57 (41.1%)	10:00	6 (58.8%)
92	ROGOCZ Maciej	4110	ROGAŚ Z DOLINY ROZTOKI	Masters M - 40	92	01:25:15	03:27:44	05:07:31	07:28:31	09:19:42	11:25:03.70	11:26:17.75	+04:44:25 (41.4%)	10:04	6 (58.8%)
93	PŁAZA Artur	4148	PŁAZA TEAM	Masters M - 40	93	01:19:45	03:01:16	04:37:45	07:31:21	09:23:44	11:28:32.55	11:29:20.65	+04:47:28 (41.7%)	10:07	5.9 (57.8%)
94	STUDNICKI Paweł	4135		Masters M - 40	94	01:16:54	03:04:30	04:55:42	07:30:51	09:32:38	11:30:03.70	11:30:09.95	+04:48:18 (41.8%)	10:08	5.9 (57.8%)
95	DĄBROWSKI Michał	4153	TEAM ZABIEGANEDNI	Masters M - 40	95	01:25:18	03:18:01	04:54:34	07:28:07	09:23:43	11:29:41.00	11:31:04.20	+04:49:12 (41.8%)	10:08	5.9 (57.8%)
96	TELEON Piotr	4075	JACEKBIEGA RUNNING TEAM	Masters M - 40	96	01:14:46	03:01:19	04:50:04	07:34:44	09:35:44	11:36:44.55	11:37:36.20	+04:55:44 (42.4%)	10:14	5.9 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
97	WAŚCIŃSKI Roman	4187	PĘDZI - PARA	Masters M - 40	97	01:25:15	03:16:48	05:06:35	07:33:46	09:41:57	11:37:11.40	11:38:25.10	+04:56:33 (42.5%)	10:15	5.9 (57.8%)
98	ANTOSZCZUK Arkadiusz	4289	PRO-RUN WROCLAW	Masters M - 40	98	01:22:53	03:16:43	05:13:13	07:51:43	09:56:45	11:38:43.15	11:39:13.15	+04:57:21 (42.5%)	10:16	5.8 (56.9%)
99	NOWICKI Marek	4089	PORANNI BIEGACZE	Masters M - 40	99	01:30:34	03:32:18	05:26:01	07:55:54	09:55:17	11:48:43.40	11:49:49.60	+05:07:57 (43.4%)	10:25	5.8 (56.9%)
100	MILER Robert	4214	BIEGACZE W RADOMSKU PASSION LIFE JOY	Masters M - 40	100	01:31:24	03:40:32	05:33:01	08:07:02	09:56:28	11:51:21.10	11:52:25.20	+05:10:33 (43.6%)	10:27	5.7 (55.9%)
101	SZEREMENT Tomasz	4204	DRUŻYNA SZPIKU	Masters M - 40	101	01:19:40	03:08:56	04:57:01	07:36:03	09:36:54	11:54:41.35	11:54:51.95	+05:13:00 (43.8%)	10:30	5.7 (55.9%)
102	BAREJKA Rafał	4142	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	102	01:33:56	03:40:43	05:27:10	07:56:49	09:58:43	11:57:16.40	11:57:48.80	+05:15:56 (44.0%)	10:32	5.7 (55.9%)
103	WYSOCKI Grzegorz	4198	MORSY TUREK	Masters M - 40	103	01:32:08	03:37:10	05:26:16	08:03:45	10:04:12	12:10:06.40	12:11:26.70	+05:29:34 (45.1%)	10:44	5.6 (54.9%)
104	MODLISZEWSKI Dariusz	4199	ORANGE POLSKA	Masters M - 40	104	01:23:29	03:19:33	05:15:31	07:59:55	10:05:30	12:17:48.85	12:18:32.75	+05:36:40 (45.6%)	10:51	5.5 (53.9%)
105	WIĘCŁAWSKI Robert	4412		Masters M - 40	105	01:22:59	03:17:14	05:30:06	08:21:43	10:24:00	12:19:32.75	12:20:17.15	+05:38:25 (45.7%)	10:52	5.5 (53.9%)
106	SKOWROŃSKI Janusz	4237	WKURW_TEAM / WATAHA	Masters M - 40	106	01:25:47	03:29:51	05:35:20	08:27:09	10:22:26	12:22:06.30	12:22:21.75	+05:40:29 (45.9%)	10:54	5.5 (53.9%)
107	FRIEZE Krzysztof	4294	ORANGE POLSKA	Masters M - 40	107	01:26:54	03:44:17	05:38:39	08:27:04	10:22:28	12:25:30.35	12:25:43.20	+05:43:51 (46.1%)	10:57	5.5 (53.9%)
108	WOJNAR Radek	4308	PUNK PARROT	Masters M - 40	108	01:32:53	03:41:12	05:30:52	08:08:24	10:18:30	12:26:00.85	12:27:00.25	+05:45:08 (46.2%)	10:58	5.5 (53.9%)
109	PIETRZAK Dariusz	4223		Masters M - 40	109	01:33:57	03:44:31	05:32:53	08:11:14	10:13:39	12:27:15.15	12:27:32.30	+05:45:40 (46.2%)	10:59	5.5 (53.9%)
110	JAMRÓZ Wojciech	4047	KW GLIWICE	Masters M - 40	110	01:25:20	03:25:00	05:15:09	08:19:16	10:19:00	12:28:12.95	12:29:23.10	+05:47:31 (46.4%)	11:00	5.5 (53.9%)
111	BAUGÄRTNER Marcin	4335	KLUBSILESIA.PL	Masters M - 40	111	01:41:14	03:51:52	05:41:05	08:31:04	10:26:26	12:28:49.10	12:30:09.85	+05:48:17 (46.4%)	11:00	5.4 (52.9%)
112	HACUŚ Tomasz	4155		Masters M - 40	112	01:32:50	03:44:51	05:42:05	08:34:03	10:25:21	12:29:20.10	12:30:27.90	+05:48:35 (46.5%)	11:01	5.4 (52.9%)
113	NADULSKI Piotr	4359	GOODSPACE	Masters M - 40	113	01:30:19	03:40:43	05:46:37	08:32:09	10:33:28	12:36:35.20	12:37:39.25	+05:55:47 (47.0%)	11:07	5.4 (52.9%)
114	SIKORA Arkadiusz	4141		Masters M - 40	114	01:41:34	04:22:17	06:20:51	08:40:51	10:32:40	12:42:49.65	12:43:40.60	+06:01:48 (47.4%)	11:13	5.3 (52.0%)
115	WICHEREK Maciej	4331	ITMBW	Masters M - 40	115	01:33:11	03:49:44	06:06:20	08:42:07	10:31:59	12:45:43.75	12:47:07.85	+06:05:15 (47.6%)	11:15	5.3 (52.0%)
116	GAWRON Bartłomiej	4024	RABBITTEAM	Masters M - 40	116	01:33:57	03:57:15	05:52:52	08:32:24	10:32:38	12:48:19.00	12:49:07.30	+06:07:15 (47.8%)	11:17	5.3 (52.0%)
117	NORWA Sylwester	4070	JET SET PATKÓW	Masters M - 40	117	01:27:42	03:29:52	05:34:50	08:23:13	10:35:16	12:58:20.10	12:59:25.05	+06:17:33 (48.4%)	11:26	5.2 (51.0%)
Przekroczony limit czasu: 13:00:00															
118	GMEREK Paweł	4245		Masters M - 40	118	01:47:21	04:23:57	06:32:21	09:34:51	11:59:04	14:15:16.65	14:16:38.95	+07:34:47 (53.1%)	12:34	4.8 (47.1%)
119	KLIKS Adam	4244		Masters M - 40	119	01:47:31	04:23:58	06:32:29	09:34:56	11:59:05	14:15:18.05	14:16:40.20	+07:34:48 (53.1%)	12:34	4.8 (47.1%)
120	MAJCHRZAK Marcin	4116	HOLBOX RUNNERS	Masters M - 40	120	01:14:52	02:59:03	04:32:44					+01:23:07	8:01	7.5 (73.5%)
	KWAŚNIEWSKI Krzysztof	4288	ŻYWCEM ZABIEGANI	Masters M - 40		01:14:47 DNF	02:56:42 DNF	04:28:34 DNF	06:52:14 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
	MUSS Aleksander	4329	ACE OF SPADES	Masters M - 40	01:25:29 DNF	03:19:46 DNF	05:11:23 DNF	08:12:05 DNF	DNF	DNF	DNF		-	- (0.0%)
	MATYJASIAK Konrad	4130	RRC WILANÓW	Masters M - 40	01:21:56 DNF	03:15:48 DNF	05:28:01 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LUDWIKOWSKI Krzysztof	4045		Masters M - 40	01:36:26 DNF	04:02:22 DNF	06:22:10 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KORDECKI Łukasz	4260	WCHSZT	Masters M - 40	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 125 wynik(ów)