



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-Zdrój
68 km

BIEG ULTRA TRAIL - 68 KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	PITUCH Grzegorz	4140	KS WYSOKA	Masters M - 40	1	00:00:03	00:56:20	02:25:08	03:23:22	04:41:32	05:58:55	07:02:37.05	07:02:37.05		6:12	9.7 (100%)
2	DYBEK Pawel	4414	SALOMON SUUNTO TEAM	Masters M - 40	2	00:00:04	00:56:19	02:27:15	03:27:29	04:49:11	06:02:22	07:09:14.85	07:09:14.85	+00:06:37 (1.5%)	6:18	9.5 (97.9%)
3	PILARSKI Tomasz	4382	IZERY BOGATYNIA	Masters M - 40	3	00:00:03	00:56:08	02:24:56	03:23:14	04:42:15	06:03:12	07:10:23.80	07:10:23.80	+00:07:46 (1.8%)	6:19	9.5 (97.9%)
4	ŚCIESZKA Wojciech	4252	13 ELT KRAKÓW-BALICE	Masters M - 40	4	00:00:04	00:58:08	02:28:30	03:34:54	05:00:17	06:12:55	07:16:43.85	07:16:43.85	+00:14:06 (3.2%)	6:25	9.3 (95.9%)
5	MAZUREK Marcin	4379	FEHLAU RUN TEAM	Masters M - 40	5	00:00:05	00:57:18	02:28:06	03:27:30	04:51:41	06:08:15	07:18:23.55	07:18:23.55	+00:15:46 (3.6%)	6:26	9.3 (95.9%)
6	KOCOUREK Martin	4411	RUNCAT	Masters M - 40	6	00:00:35	01:02:46	02:41:48	03:48:55	05:17:24	06:39:59	07:53:12.15	07:53:12.15	+00:50:35 (10.7%)	6:57	8.6 (88.7%)
7	NARWOJSZ Arkadiusz	4159		Masters M - 40	7	00:00:06	01:00:29	02:42:44	03:54:48	05:28:27	06:50:34	07:55:06.15	07:55:06.15	+00:52:29 (11.0%)	6:59	8.6 (88.7%)
8	OSTROWSKI Grzegorz	4317		Masters M - 40	8	00:00:07	00:58:12	02:36:16	03:41:16	05:15:24	06:41:02	07:57:39.05	07:57:39.05	+00:55:02 (11.5%)	7:01	8.5 (87.6%)
9	RYCHTER Karol	4418	THE TYCHTERS	Masters M - 40	9	00:00:10	00:58:54	02:36:17	03:44:51	05:17:29	06:41:25	07:57:41.60	07:57:41.60	+00:55:04 (11.5%)	7:01	8.5 (87.6%)
10	MALICKI Grzegorz	4310	ORANGE POLSKA	Masters M - 40	10	00:00:03	00:59:54	02:38:27	03:45:54	05:18:43	06:43:53	08:00:04.35	08:00:04.35	+00:57:27 (12.0%)	7:03	8.5 (87.6%)
11	WARWAS Radosław	4387		Masters M - 40	11	00:00:05	00:59:29	02:38:43	03:46:35	05:22:04	06:46:24	08:01:12.20	08:01:12.20	+00:58:35 (12.2%)	7:04	8.5 (87.6%)
12	PIETRAKOWSKI Grzegorz	4352		Masters M - 40	12	00:01:02	01:38:21	04:21:18	06:35:18			08:09:48.65	08:09:48.65	+01:07:11 (13.7%)	7:12	8.3 (85.6%)
13	MALEC Artur	4096		Masters M - 40	13	00:00:04	01:04:05	02:49:39	03:59:59	05:37:55	07:02:17	08:18:03.75	08:18:03.75	+01:15:26 (15.1%)	7:19	8.2 (84.5%)
14	SZYMURA Wojciech	4189	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	14	00:00:05	01:00:16	02:42:43	03:55:21	05:38:38	07:07:26	08:21:13.95	08:21:13.95	+01:18:36 (15.7%)	7:22	8.1 (83.5%)
15	SZARAPANOWSKI Marcin	4202	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	15	00:00:09	01:05:07	02:50:53	04:01:48	05:41:16	07:09:10	08:30:18.80	08:30:18.80	+01:27:41 (17.2%)	7:30	8 (82.5%)
16	BARANOWSKI Jacek	4375	JACEKBIEGA RUNNING TEAM	Masters M - 40	16	00:00:10	01:09:11	02:56:32	04:06:23	05:43:53	07:13:05	08:30:59.65	08:30:59.65	+01:28:22 (17.3%)	7:30	8 (82.5%)
17	GOLCZAK Krzysztof	4011	TEAM KGB	Masters M - 40	17	00:00:17	01:11:23	03:05:24	04:16:51	06:01:07	07:33:02	08:51:38.40	08:51:38.40	+01:49:01 (20.5%)	7:49	7.7 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
18	ZIEBA Tomek	4386	JACEKBIEGA RUNNING TEAM	Masters M - 40	18	00:00:10	01:13:15	03:07:01	04:20:29	06:01:16	07:33:43	08:53:04.60	08:53:04.60	+01:50:27 (20.7%)	7:50	7.7 (79.4%)
19	JEZIERSKI Tomasz	4183	SUPADUPAFLY	Masters M - 40	19	00:00:02	01:06:49	02:59:31	04:16:35	06:02:27	07:31:56	08:53:18.50	08:53:18.50	+01:50:41 (20.8%)	7:50	7.7 (79.4%)
20	WOŹNIAK Paweł	4339	W POGONI ZA DUCHEM	Masters M - 40	20	00:00:50	01:16:12	03:08:19	04:18:01	06:00:23	07:32:45	08:55:35.05	08:55:35.05	+01:52:58 (21.1%)	7:52	7.6 (78.4%)
21	JASZKIEWICZ Adrian	4292	LESZNO LIMITS RUNNERS	Masters M - 40	21	00:00:14	01:04:53	02:54:46	04:11:12	05:58:11	07:38:12	09:03:22.10	09:03:22.10	+02:00:45 (22.2%)	7:59	7.5 (77.3%)
22	KRZEPKOWSKI Radosław	4049	ADIDAS RUNNERS WARSAW	Masters M - 40	22	00:01:04	01:20:05	03:15:04	04:30:15	06:15:33	07:44:47	09:03:52.00	09:03:52.00	+02:01:14 (22.3%)	7:59	7.5 (77.3%)
23	ZILGALVIS Matiss	4347	SUPERVARONI	Masters M - 40	23	00:00:10	01:07:36	02:58:49	04:16:50	06:05:56	07:46:36	09:06:52.90	09:06:52.90	+02:04:15 (22.7%)	8:02	7.5 (77.3%)
24	CZOSNOWSKI Krzysztof	4029	KB HERMES GRYFINO	Masters M - 40	24	00:00:34	01:05:33	02:56:12	04:10:57	06:04:26	07:50:35	09:08:33.10	09:08:33.10	+02:05:56 (23.0%)	8:04	7.4 (76.3%)
25	JOŃCZYK Rafał	4415	JACEKBIEGA RUNNING TEAM	Masters M - 40	25	00:00:31	01:11:36	03:01:18	04:16:31	06:06:21	07:46:13	09:10:49.50	09:10:49.50	+02:08:12 (23.3%)	8:06	7.4 (76.3%)
26	MIKOŁAJCZYK Krzysztof	4097		Masters M - 40	26	00:00:12	01:08:12	03:03:48	04:17:47	06:08:13	07:48:17	09:11:40.45	09:11:40.45	+02:09:03 (23.4%)	8:06	7.4 (76.3%)
27	STAROŃ Norbert	4016	DZG RUNNERS	Masters M - 40	27	00:00:06	01:05:58	02:58:45	04:11:10	06:10:09	07:52:22	09:22:04.65	09:22:04.65	+02:19:27 (24.8%)	8:15	7.3 (75.3%)
28	BOROWCZYK Marcin	4340	ULTRAS	Masters M - 40	28	00:00:37	01:22:29	03:18:54	04:36:44	06:22:40	08:01:16	09:25:28.50	09:25:28.50	+02:22:51 (25.3%)	8:18	7.2 (74.2%)
29	PIWOWOŃSKI Paweł	4132		Masters M - 40	29	00:00:31	01:07:05	02:57:12	04:16:23	06:14:49	07:54:12	09:25:47.60	09:25:47.60	+02:23:10 (25.3%)	8:19	7.2 (74.2%)
30	WYSMOLIŃSKI Rafał	4296		Masters M - 40	30	00:00:37	01:21:40	03:23:03	04:43:50	06:38:09	08:13:18	09:35:59.55	09:35:59.55	+02:33:22 (26.6%)	8:28	7.1 (73.2%)
31	KOPCZYŃSKI Paweł	4329		Masters M - 40	31	00:01:14	01:32:55	03:42:55	05:00:49	06:51:31	08:20:23	09:36:50.55	09:36:50.55	+02:34:13 (26.7%)	8:28	7.1 (73.2%)
32	TRZECIAK Andrzej	4323	PURA VIDA TEAM	Masters M - 40	32	00:00:32	01:17:49	03:20:34	04:43:09	06:38:55	08:21:02	09:45:16.30	09:45:16.30	+02:42:39 (27.8%)	8:36	7 (72.2%)
33	SKOKOWSKI Maciej	4144		Masters M - 40	33	00:00:11	01:16:26	03:20:31	04:43:20	06:42:40	08:20:23	09:46:18.95	09:46:18.95	+02:43:41 (27.9%)	8:37	7 (72.2%)
34	MAZUREK Łukasz	4027	DZG RUNNERS	Masters M - 40	34	00:00:05	01:12:08	03:12:26	04:35:46	06:43:06	08:27:45	09:55:35.75	09:55:35.75	+02:52:58 (29.0%)	8:45	6.9 (71.1%)
35	NOSKI Mariusz	4402		Masters M - 40	35	00:00:55	01:34:21	03:54:55	05:27:04	07:10:35	08:40:43	09:57:20.40	09:57:20.40	+02:54:43 (29.3%)	8:47	6.8 (70.1%)
36	SYPIEWSKI Krystian	4139	ZBGB	Masters M - 40	36	00:00:19	01:17:34	03:25:54	04:53:14	06:49:26	08:28:19	09:57:29.65	09:57:29.65	+02:54:52 (29.3%)	8:47	6.8 (70.1%)
37	JAKUBCZAK Konrad	4037	DEBEŚCIAK	Masters M - 40	37	00:00:11	01:07:29	02:59:37	04:16:07	06:26:43	08:31:16	09:57:36.90	09:57:36.90	+02:54:59 (29.3%)	8:47	6.8 (70.1%)
38	NOWAK Krzysztof	4316		Masters M - 40	38	00:00:16	01:13:15	03:18:02	04:36:49	06:38:38	08:28:52	09:57:48.55	09:57:48.55	+02:55:11 (29.3%)	8:47	6.8 (70.1%)
39	SUCHODOLA Piotr	4401		Masters M - 40	39	00:00:39	01:26:39	03:33:06	04:54:18	06:46:57	08:24:49	09:58:40.15	09:58:40.15	+02:56:03 (29.4%)	8:48	6.8 (70.1%)
40	MENDYK Maciej	4168		Masters M - 40	40	00:00:19	01:13:15	03:21:46	04:43:55	06:44:41	08:30:40	09:58:49.55	09:58:49.55	+02:56:12 (29.4%)	8:48	6.8 (70.1%)
41	NECKAR Michał	4071	HWBC	Masters M - 40	41	00:00:19	01:12:11	03:09:40	04:28:03	06:31:34	08:24:31	09:58:57.35	09:58:57.35	+02:56:20 (29.4%)	8:48	6.8 (70.1%)
42	URBANIK Łukasz	4284	SZAKALE BAŁUT ŁÓDŹ	Masters M - 40	42	00:00:16	01:11:44	03:13:41	04:34:02	06:28:03	08:14:57	10:01:08.25	10:01:08.25	+02:58:31 (29.7%)	8:50	6.8 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
43	BRONCZAK Tomasz	4055		Masters M - 40	43	00:00:17	01:13:17	03:20:56	04:41:15	06:41:06	08:29:40	10:03:42.30	10:03:42.30	+03:01:05 (30.0%)	8:52	6.8 (70.1%)
44	JAMRÓZ Wojciech	4229	KW GLIWICE	Masters M - 40	44	00:00:22	01:16:45	03:27:14	04:52:32	06:51:58	08:34:26	10:09:56.35	10:09:56.35	+03:07:19 (30.7%)	8:58	6.7 (69.1%)
45	SZANDAŁA Jacek	4092	CAŁA OLEŚNICA BIEGA	Masters M - 40	45	00:00:07	01:16:07	03:23:12	04:50:43	06:56:44	08:47:49	10:14:32.25	10:14:32.25	+03:11:55 (31.2%)	9:02	6.6 (68.0%)
46	KRYCH Paweł	4051	MARATOŃCZYK POZNAŃ	Masters M - 40	46	00:00:41	01:19:08	03:34:30	04:57:42	06:57:36	08:43:24	10:15:29.80	10:15:29.80	+03:12:52 (31.3%)	9:03	6.6 (68.0%)
47	SCHÜTZ Michał	4253		Masters M - 40	47	00:00:12	01:10:24	03:20:22	04:42:35	06:46:06	08:45:53	10:17:05.05	10:17:05.05	+03:14:28 (31.5%)	9:04	6.6 (68.0%)
48	SZKÓDLIŃSKI Bartosz	4118	ODDYCHAJSWOBODNIE.PL	Masters M - 40	48	00:00:27	01:17:36	03:23:12	04:45:36	06:51:46	08:44:30	10:19:02.55	10:19:02.55	+03:16:25 (31.7%)	9:06	6.6 (68.0%)
49	LIS Paweł	4357	CENTRUM FORMY 58-100 ŚWIDNICA	Masters M - 40	49	00:00:28	01:09:14	03:13:48	04:52:03	07:03:13	08:47:40	10:19:18.85	10:19:18.85	+03:16:41 (31.8%)	9:06	6.6 (68.0%)
50	KONDYCKI Adam	4030	DZG RUNNERS	Masters M - 40	50	00:00:06	01:12:59	03:12:29	04:36:11	06:54:09	08:52:51	10:25:30.65	10:25:30.65	+03:22:53 (32.4%)	9:11	6.5 (67.0%)
51	LEWANDOWSKI Rafał	4090	SPC	Masters M - 40	51	00:00:48	01:21:34	03:31:13	05:00:48	07:09:36	08:54:34	10:25:35.70	10:25:35.70	+03:22:58 (32.4%)	9:11	6.5 (67.0%)
52	BARAN Dariusz	4332	RUSZAMY DĄBROWĘ	Masters M - 40	52	00:00:49	01:21:54	03:29:06	04:55:01	06:58:15	08:51:09	10:26:06.95	10:26:06.95	+03:23:29 (32.5%)	9:12	6.5 (67.0%)
53	JABŁOŃSKI Jakub	4198	PRO366	Masters M - 40	53	00:00:41	01:23:15	03:38:29	05:03:40	07:10:47	08:59:26	10:27:33.25	10:27:33.25	+03:24:56 (32.7%)	9:13	6.5 (67.0%)
54	CANDER Piotr	4374		Masters M - 40	54	00:00:14	01:16:01	03:19:01	04:40:55	06:51:02	08:45:25	10:27:55.55	10:27:55.55	+03:25:18 (32.7%)	9:14	6.5 (67.0%)
55	SALAMON Paweł	4039	KOPEĆ TEAM	Masters M - 40	55	00:00:10	01:12:31	03:14:09	04:41:47	07:00:17	08:55:24	10:29:39.45	10:29:39.45	+03:27:02 (32.9%)	9:15	6.5 (67.0%)
56	HENECZKOWSKI Łukasz	4094	BORN TO RUN	Masters M - 40	56	00:01:02	01:17:53	03:26:01	04:49:50	07:02:28	08:56:39	10:33:57.35	10:33:57.35	+03:31:20 (33.3%)	9:19	6.4 (66.0%)
57	CAPUTA Wojciech	4409		Masters M - 40	57	00:00:12	01:10:17	03:06:06	04:21:38	06:35:40	09:02:08	10:35:15.00	10:35:15.00	+03:32:37 (33.5%)	9:20	6.4 (66.0%)
58	PILARSKI Tomasz	4289		Masters M - 40	58	00:00:42	01:22:47	03:42:15	05:02:52	07:00:48	09:04:22	10:38:53.20	10:38:53.20	+03:36:16 (33.9%)	9:23	6.4 (66.0%)
59	GŁADYKOWSKI Łukasz	4187	PGB SPORTOWA PACZKA	Masters M - 40	59	00:00:13	01:17:37	03:33:55	04:58:31	07:08:25	09:05:02	10:40:57.60	10:40:57.60	+03:38:20 (34.1%)	9:25	6.4 (66.0%)
60	STASIAK Łukasz	4076	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	Masters M - 40	60	00:00:09	01:16:30	03:29:42	05:03:18	07:15:57	09:01:09	10:41:35.20	10:41:35.20	+03:38:58 (34.1%)	9:26	6.4 (66.0%)
61	MASEWICZ Grzegorz	4042	KB ZOFANNA GORZÓW WIELKOPOLSKI	Masters M - 40	61	00:01:14	01:28:51	03:43:46	05:15:22	07:17:44	09:10:41	10:42:04.70	10:42:04.70	+03:39:27 (34.2%)	9:26	6.4 (66.0%)
62	FALBA Karol	4404		Masters M - 40	62	00:00:20	01:21:56	03:33:31	05:03:41	07:15:54	09:09:23	10:42:42.85	10:42:42.85	+03:40:05 (34.2%)	9:27	6.3 (64.9%)
63	JASICKI Krzysztof	4378	RUNHOGS TYCHY	Masters M - 40	63	00:00:42	01:27:02	03:50:55	05:20:29	07:22:36	09:20:37	10:44:41.00	10:44:41.00	+03:42:03 (34.4%)	9:28	6.3 (64.9%)
64	CHOCIAJ Daniel	4058	ENDORFINY WĄSOSZ	Masters M - 40	64	00:00:45	01:22:53	03:24:28	04:52:29	07:09:14	09:04:43	10:44:57.10	10:44:57.10	+03:42:20 (34.5%)	9:29	6.3 (64.9%)
65	JODŁOWSKI Marek	4114	BBL KROSNO ODRZANSKIE	Masters M - 40	65	00:00:01	01:14:41	03:17:55	04:38:01	06:53:38	08:57:10	10:59:52.70	10:59:52.70	+03:57:15 (36.0%)	9:42	6.2 (63.9%)
66	GREGROWSKI Krzysztof	4381	PODGÓRZ TORUŃ	Masters M - 40	66	00:00:48	01:25:58	03:38:03	05:08:52	07:14:30	09:13:32	11:02:42.80	11:02:42.80	+04:00:05 (36.2%)	9:44	6.2 (63.9%)
67	KOTRA Jacek	4383	POLA&GAJA TEAM	Masters M - 40	67	00:00:24	01:17:55	03:34:39	05:03:11	07:11:23	09:11:02	11:06:44.15	11:06:44.15	+04:04:07 (36.6%)	9:48	6.1 (62.9%)

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						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
68	GACHOWSKI Łukasz	4078		Masters M - 40	68	00:00:55	01:22:51	03:45:51	05:20:27	07:34:41	09:32:31	11:08:31.80	11:08:31.80	+04:05:54 (36.8%)	9:49	6.1 (62.9%)
69	CHOŁOTA Marek	4287		Masters M - 40	69	00:00:27	01:25:56	03:45:13	05:20:22	07:36:04	09:33:19	11:09:15.60	11:09:15.60	+04:06:38 (36.9%)	9:50	6.1 (62.9%)
70	WOJTAL Marcin	4280	#BIEGAJLESZNO	Masters M - 40	70	00:00:11	01:14:39	03:38:51	05:21:03	07:41:07	09:36:09	11:09:41.00	11:09:41.00	+04:07:03 (36.9%)	9:50	6.1 (62.9%)
71	FRAŃSKI Łukasz	4222	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	71	00:00:31	01:23:33	03:39:03	05:13:14	07:34:20	09:31:05	11:11:59.05	11:11:59.05	+04:09:22 (37.1%)	9:52	6.1 (62.9%)
72	NIŻEWSKI Paweł	4405	KRAKOWIAK ULTRA TEAM	Masters M - 40	72	00:00:40	01:21:31	03:37:58	05:13:27	07:34:14	09:29:22	11:12:54.60	11:12:54.60	+04:10:17 (37.2%)	9:53	6.1 (62.9%)
73	CZERWIŃSKI Łukasz	4040	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	73	00:00:58	01:32:33	03:52:51	05:23:23	07:37:12	09:33:23	11:13:39.10	11:13:39.10	+04:11:02 (37.3%)	9:54	6.1 (62.9%)
74	KANIEWSKI Michał	4244	ORANGE POLSKA	Masters M - 40	74	00:00:36	01:23:30	03:52:30	05:26:25	07:44:39	09:42:00	11:15:05.65	11:15:05.65	+04:12:28 (37.4%)	9:55	6 (61.9%)
75	KÓZKA Przemó	4208	NBR TEAM	Masters M - 40	75	00:00:40	01:21:18	03:34:11	05:13:26	07:41:05	09:35:21	11:16:08.90	11:16:08.90	+04:13:31 (37.5%)	9:56	6 (61.9%)
76	ZAŁUSKI Piotr	4175	PECNA TEAM	Masters M - 40	76	00:00:37	01:29:25	03:46:51	05:22:31	07:48:07	09:51:29	11:27:46.05	11:27:46.05	+04:25:09 (38.6%)	10:06	5.9 (60.8%)
77	BOROWIK Łukasz	4014	CAŁA OLEŚNICA BIEGA	Masters M - 40	77	00:00:28	01:21:32	03:53:08	05:29:03	07:42:10	09:48:35	11:29:13.15	11:29:13.15	+04:26:36 (38.7%)	10:08	5.9 (60.8%)
78	MASŁOWSKI Robert	4171	ANTON TEAM	Masters M - 40	78	00:00:29	01:27:04	03:46:17	05:21:59	07:40:19	09:50:49	11:29:27.00	11:29:27.00	+04:26:49 (38.7%)	10:08	5.9 (60.8%)
79	GÓRECKI Marcin	4250	WIR	Masters M - 40	79	00:01:07	01:27:03	03:54:51	05:33:54	07:48:38	09:55:09	11:33:48.05	11:33:48.05	+04:31:11 (39.1%)	10:12	5.9 (60.8%)
80	POGORZELSKI Mariusz	4269	HARDCOROWE WYCHYLYLYBYMY	Masters M - 40	80	00:00:34	01:21:26	03:38:35	05:13:31	07:21:33	09:40:10	11:37:09.25	11:37:09.25	+04:34:32 (39.4%)	10:15	5.9 (60.8%)
81	KUROWSKI Aleksander	4089		Masters M - 40	81	00:00:19	01:18:44	03:40:05	05:16:40	07:43:21	09:48:41	11:43:05.70	11:43:05.70	+04:40:28 (39.9%)	10:20	5.8 (59.8%)
82	RADWANSKI Tomasz	4267	PIECHOTĄ PO SCHODACH	Masters M - 40	82	00:01:08	01:27:06	03:54:53	05:33:54	07:51:32	09:59:55	11:43:50.20	11:43:50.20	+04:41:13 (40.0%)	10:21	5.8 (59.8%)
83	MROZIK Mariusz	4146		Masters M - 40	83	00:00:21	01:28:48	03:58:29	05:40:01	07:58:38	09:59:19	11:48:04.85	11:48:04.85	+04:45:27 (40.3%)	10:24	5.8 (59.8%)
84	TOMCZAK Rafał	4169		Masters M - 40	84	00:00:25	01:27:32	03:59:27	05:37:14	08:00:54	10:02:43	11:48:07.25	11:48:07.25	+04:45:30 (40.3%)	10:24	5.8 (59.8%)
85	DOMINIAK Bartosz	4012		Masters M - 40	85	00:00:53	01:30:48	03:57:22	05:32:41	08:01:35	10:17:14	11:55:10.05	11:55:10.05	+04:52:33 (40.9%)	10:31	5.7 (58.8%)
86	KRECHOWIEC Marcin	4131		Masters M - 40	86	00:00:50	01:27:37	03:51:18	05:30:20	07:55:27	10:04:56	11:56:14.20	11:56:14.20	+04:53:37 (41.0%)	10:31	5.7 (58.8%)
87	BOSY Hubert	4417	DRUŻYNA SZPIKU	Masters M - 40	87	00:00:09	01:16:18	03:56:07	05:34:06	08:00:33	10:04:56	11:56:20.95	11:56:20.95	+04:53:43 (41.0%)	10:32	5.7 (58.8%)
88	JERCZYŃSKI Tomasz	4240	NOWOCZESNA	Masters M - 40	88	00:00:40	01:37:34	04:10:30	05:40:02	08:00:53	10:04:53	11:56:24.10	11:56:24.10	+04:53:47 (41.0%)	10:32	5.7 (58.8%)
89	LEDNICKI Michał	4384	ARVATO S.C. REP	Masters M - 40	89	00:01:09	01:34:09	04:06:34	05:44:59	08:08:45	10:22:31	12:01:35.75	12:01:35.75	+04:58:58 (41.4%)	10:36	5.7 (58.8%)
90	MUSIAŁ Paweł	4133	BIEGAJĄCY WARIACI BEZ GACI	Masters M - 40	90	00:00:01	01:34:20	04:16:37	05:53:42	08:19:50	10:28:52	12:04:29.15	12:04:29.15	+05:01:52 (41.7%)	10:39	5.6 (57.7%)
91	ANTKOWICZ Marcin	4088	PROZAC TEAM NYSA	Masters M - 40	91	00:00:13	01:25:51	03:57:16	05:36:49	08:00:34	10:19:07	12:05:24.85	12:05:24.85	+05:02:47 (41.7%)	10:40	5.6 (57.7%)
92	WIŚNIEWSKI Tomasz	4211	METAL CHERRY	Masters M - 40	92	00:00:50	01:35:48	04:20:37	06:02:12	08:18:54	10:21:22	12:06:39.60	12:06:39.60	+05:04:02 (41.8%)	10:41	5.6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
93	POPRAWA Przemysław	4391	PIOMAT TEAM	Masters M - 40	93	00:00:31	01:21:53	03:41:46	05:21:04	07:59:23	10:11:24	12:08:59.35	12:08:59.35	+05:06:22 (42.0%)	10:43	5.6 (57.7%)
94	ZAWADA Maciej	4251	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	94	00:00:54	01:34:23	04:06:59	05:48:41	08:26:15	10:28:10	12:10:46.00	12:10:46.00	+05:08:08 (42.2%)	10:44	5.6 (57.7%)
95	SOLAREWICZ Andrzej	4216	KGB KLUCZBORK	Masters M - 40	95	00:00:56	01:34:41	04:06:58	05:48:40	08:26:14	10:28:13	12:10:48.85	12:10:48.85	+05:08:11 (42.2%)	10:44	5.6 (57.7%)
96	SERAFIN Michał	4087	HWBC	Masters M - 40	96	00:00:19	01:30:18	04:05:30	05:45:24	08:20:48	10:24:02	12:13:43.60	12:13:43.60	+05:11:06 (42.4%)	10:47	5.6 (57.7%)
97	ZDUNEK Mariusz	4283	ROXY	Masters M - 40	97	00:00:58	01:34:40	04:07:06	05:41:51	08:13:13	10:26:33	12:18:29.40	12:18:29.40	+05:15:52 (42.8%)	10:51	5.5 (56.7%)
98	OCIEPA Dariusz	4142		Masters M - 40	98	00:01:10	01:41:19	04:18:03	05:58:40	08:27:46	10:37:09	12:18:57.85	12:18:57.85	+05:16:20 (42.8%)	10:52	5.5 (56.7%)
99	GOSPODAREK Łukasz	4102	DRUŻYNA STASIA	Masters M - 40	99	00:01:03	01:37:56	04:20:58	06:04:47	08:38:45	10:35:09	12:19:32.75	12:19:32.75	+05:16:55 (42.9%)	10:52	5.5 (56.7%)
100	HEJNA Łukasz	4389		Masters M - 40	100	00:00:38	01:37:15	04:26:29	06:11:27	08:32:10	10:29:12	12:23:14.70	12:23:14.70	+05:20:37 (43.1%)	10:55	5.5 (56.7%)
101	PLEWA Piotr	4356	4 RUN TEAM PIŁA	Masters M - 40	101	00:00:25	01:25:23	03:55:08	05:33:56	08:14:30	10:27:50	12:24:37.10	12:24:37.10	+05:22:00 (43.2%)	10:57	5.5 (56.7%)
102	PODHAJNY Piotr	4160	ROZBIEGANI CHOJNÓW	Masters M - 40	102	00:00:38	01:29:10	04:12:20	05:53:10	08:32:04	10:35:21	12:25:13.95	12:25:13.95	+05:22:36 (43.3%)	10:57	5.5 (56.7%)
103	DUDA Marcin	4420		Masters M - 40	103	00:00:56	01:27:40	04:01:08	05:34:12	08:06:46	10:29:12	12:31:05.30	12:31:05.30	+05:28:28 (43.7%)	11:02	5.4 (55.7%)
104	ŁESKE Jan	4017	ZA LINIĄ METY	Masters M - 40	104	00:00:08	01:22:28	03:50:29	05:39:53	08:29:04	10:39:30	12:31:14.15	12:31:14.15	+05:28:37 (43.7%)	11:02	5.4 (55.7%)
105	BURLIGA Mariusz	4099	STALLETIS ACTIVE TEAM	Masters M - 40	105	00:00:12	01:35:46	04:27:57	06:11:22	08:47:14	10:30:32	12:32:59.90	12:32:59.90	+05:30:22 (43.9%)	11:04	5.4 (55.7%)
106	JANKOWSKI Tom	4083	QCE	Masters M - 40	106	00:00:46	01:41:56	04:21:04	05:59:04	08:23:59	10:26:48	12:35:16.05	12:35:16.05	+05:32:39 (44.0%)	11:06	5.4 (55.7%)
107	STONOGA Tomasz	4349	KITE TEAM	Masters M - 40	107	00:00:44	01:28:50	04:13:24	05:55:30	08:31:59	10:26:56	12:36:16.35	12:36:16.35	+05:33:39 (44.1%)	11:07	5.4 (55.7%)
108	SEREK Roman	4109	SUPADUPAFLY	Masters M - 40	108	00:00:44	01:28:29	04:10:40	05:55:25	08:43:30	10:34:32	12:36:29.15	12:36:29.15	+05:33:52 (44.1%)	11:07	5.4 (55.7%)
109	PAKUŁA Włodzimierz	4151		Masters M - 40	109	00:00:33	01:27:59	04:07:48	05:34:34	07:56:44	10:27:12	12:36:55.70	12:36:55.70	+05:34:18 (44.2%)	11:07	5.4 (55.7%)
110	KOŚCIELNIAK Marek	4163	MUAY RUNNING TEAM	Masters M - 40	110	00:00:53	01:39:43	04:27:00	06:09:52	08:34:51	10:28:28	12:36:59.25	12:36:59.25	+05:34:22 (44.2%)	11:07	5.4 (55.7%)
111	HOJDA Mariusz	4419	COOL GUYS CAPITAL	Masters M - 40	111	00:01:15	01:39:51	04:17:48	06:05:39	08:44:00	10:38:17	12:37:09.75	12:37:09.75	+05:34:32 (44.2%)	11:08	5.4 (55.7%)
112	PALUSZKIEWICZ Rafał	4141	SPP TEAM / ŚWIERCZEWO RUN	Masters M - 40	112	00:00:51	01:40:43	04:27:29	06:15:57	08:50:22	10:49:43	12:38:58.55	12:38:58.55	+05:36:21 (44.3%)	11:09	5.4 (55.7%)
113	GORCZYCA Łukasz	4239	NADAKTYWNI NOWE MIASTECZKO	Masters M - 40	113	00:00:59	01:36:18	04:13:21	05:46:04	08:21:55	10:32:11	12:43:01.05	12:43:01.05	+05:40:24 (44.6%)	11:13	5.3 (54.6%)
114	RYNG Jakub	4195	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	114	00:00:56	01:34:26	04:12:13	06:02:11	08:36:07	10:40:39	12:43:24.85	12:43:24.85	+05:40:47 (44.6%)	11:13	5.3 (54.6%)
115	JERCZYŃSKI Radosław	4226		Masters M - 40	115	00:00:41	01:38:55	04:30:35	06:25:26	08:54:24	10:52:38	12:43:59.00	12:43:59.00	+05:41:21 (44.7%)	11:14	5.3 (54.6%)
116	GWOŹDZIEWICZ Tomasz	4337		Masters M - 40	116	00:00:23	01:28:31	04:15:40	06:02:03	08:37:14	10:53:46	12:46:43.10	12:46:43.10	+05:44:06 (44.9%)	11:16	5.3 (54.6%)
117	GIŻEWSKI Grzegorz	4158		Masters M - 40	117	00:00:32	01:34:48	04:26:18	06:11:40	08:46:39	10:54:27	12:47:47.25	12:47:47.25	+05:45:10 (45.0%)	11:17	5.3 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
118	MASZKOWSKI Piotr	4215	OBORYGENI	Masters M - 40	118	00:01:05	01:36:00	04:17:16	05:58:43	08:37:47	10:51:22	12:52:53.25	12:52:53.25	+05:50:16 (45.3%)	11:21	5.3 (54.6%)
119	HERDZINA Wojciech	4057	MIRAZ RACE TEAM	Masters M - 40	119	00:00:41	01:35:06	04:30:23	06:21:36	08:53:36	11:02:12	12:57:26.65	12:57:26.65	+05:54:49 (45.6%)	11:25	5.2 (53.6%)
120	SZCZERBICKI Bartłomiej	4197		Masters M - 40	120	00:01:00	01:55:51	04:48:32	06:36:45	09:14:07	11:39:13	13:35:17.40	13:35:17.40	+06:32:40 (48.2%)	11:59	5 (51.5%)
	TERZONI Christian	4117	PRZEDWOJEWSKI TEAM	Masters M - 40		00:00:02 DNF	00:57:00 DNF	02:27:47 DNF	03:32:18 DNF	05:14:39 DNF	DNF	DNF	DNF		-	- (0.0%)
	KLEINSCHMIDT Łukasz	4086	KRIS TRANS MAŁYSZKA	Masters M - 40		00:00:06 DNF	01:04:29 DNF	02:56:26 DNF	04:09:39 DNF	06:35:40 DNF	DNF	DNF	DNF		-	- (0.0%)
	JERMAK Kamil	4105		Masters M - 40		00:00:07 DNF	01:09:25 DNF	03:05:03 DNF	04:28:18 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GARUS Łukasz	4264	EUROCASH	Masters M - 40		00:00:04 DNF	01:16:12 DNF	03:25:47 DNF	04:57:26 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HRYCAJ Mariusz	4065	REBELLION OF FREE RUNNERS	Masters M - 40		00:00:47 DNF	01:35:02 DNF	04:17:58 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TOMASZEWSKI Mariusz	4210		Masters M - 40		00:00:01 DNF	02:06:45 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KLINOWSKI Mirosław	4259		Masters M - 40		00:01:01 DNF	02:06:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 127 wynik(ów)