



**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Fundacja MARATONY GÓRSKIE  
**Date:** 2023-07-13  
**Place:** Łądek-Zdrój  
**Distance:** 68 km

## BIEG ULTRA TRAIL - 68 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Classification: Masters M - 40

Place	Participant	Number	Club	Category	MCat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Net time 68km	Czas brutto 68km	Gap	Pace min/km	Pace km/h
1	JUREK Michał	4355	MILMET / SALOMON / SUUNTO	Masters M - 40	1	00:58:32	02:25:28	03:22:46	04:41:25	05:50:36	<b>07:00:19.25</b>	<b>07:00:23.05</b>		6:10	9.7 (100%)
2	BANIAK Marcin	4222	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	2	00:59:56	02:29:31	03:30:06	05:01:16	06:20:23	<b>07:28:52.25</b>	<b>07:28:56.05</b>	+00:28:33 (6.4%)	6:36	9.1 (93.8%)
3	JAGIELSKI Łukasz	4218	LESZ NO LIMITS RUNNERS	Masters M - 40	3	01:00:56	02:39:15		05:22:30	06:52:13	<b>08:12:49.85</b>	<b>08:12:54.85</b>	+01:12:31 (14.7%)	7:14	8.3 (85.6%)
4	GRYGIEL Marek	4039	JACEKBIEGA RUNNING TEAM	Masters M - 40	4	01:11:29	02:57:17	04:10:07	05:50:30	07:23:59	<b>08:42:14.00</b>	<b>08:42:31.75</b>	+01:42:08 (19.5%)	7:40	7.8 (80.4%)
5	BUK Sławomir	4149	LESZNO LIMITS RUNNERS	Masters M - 40	5	01:07:06	02:54:18	04:04:14	05:42:18	07:15:34	<b>08:43:26.40</b>	<b>08:43:31.85</b>	+01:43:08 (19.7%)	7:41	7.8 (80.4%)
6	MALEC Artur	4068	TRAIL IS OUR WAY	Masters M - 40	6	01:11:05	03:03:19	04:15:53	06:00:38	07:27:40	<b>08:45:45.20</b>	<b>08:45:49.75</b>	+01:45:26 (20.1%)	7:43	7.8 (80.4%)
7	TRAPP Michał	4295	BIAŁOBRZESKI TEAM	Masters M - 40	7	01:09:05	02:55:32		05:43:31	07:17:16	<b>08:46:49.30</b>	<b>08:46:56.55</b>	+01:46:33 (20.2%)	7:44	7.7 (79.4%)
8	HOLYST Andrzej	4279	GT RAT	Masters M - 40	8	01:12:50	03:04:07	04:16:42	06:00:17	07:41:03	<b>09:22:50.95</b>	<b>09:23:03.40</b>	+02:22:40 (25.3%)	8:16	7.2 (74.2%)
9	ŚWIĄTEK Paweł	4296		Masters M - 40	9	01:16:21	03:12:47	04:30:33	06:16:49	07:53:05	<b>09:23:50.50</b>	<b>09:24:49.00</b>	+02:24:25 (25.6%)	8:17	7.2 (74.2%)
10	KAŻMIERCZAK Tomasz	4077	T-MAKS	Masters M - 40	10	01:12:23	03:04:01	04:22:44	06:17:15	07:57:55	<b>09:25:34.25</b>	<b>09:25:59.45</b>	+02:25:36 (25.7%)	8:19	7.2 (74.2%)
11	FILIPIUK Tomasz	4238	POWIAT ŚWIDNICKI	Masters M - 40	11	01:12:36	03:01:43	04:16:43	06:03:53	07:46:39	<b>09:26:15.90</b>	<b>09:26:24.95</b>	+02:26:01 (25.8%)	8:19	7.2 (74.2%)
12	KARAMON Marcin	4311		Masters M - 40	12	01:10:17	03:05:52		06:16:07	07:52:49	<b>09:25:53.50</b>	<b>09:26:47.60</b>	+02:26:24 (25.8%)	8:19	7.2 (74.2%)
13	STĘPIEŃ Marek	4049	POZYTYWNIIE ZABIEGANI KLESZCZÓW	Masters M - 40	13	01:12:31	03:07:46	04:26:07	06:16:37	08:02:11	<b>09:38:59.55</b>	<b>09:39:32.70</b>	+02:39:09 (27.5%)	8:30	7 (72.2%)
14	IWANOWSKI Przemysław	4224		Masters M - 40	14	01:14:59	03:14:40	04:31:44	06:28:58	08:21:42	<b>10:03:23.45</b>	<b>10:03:56.60</b>	+03:03:33 (30.4%)	8:52	6.8 (70.1%)
15	GONTKO Łukasz	4124		Masters M - 40	15	01:21:40	03:33:52		06:56:15	08:43:41	<b>10:18:22.65</b>	<b>10:19:26.25</b>	+03:19:03 (32.1%)	9:05	6.6 (68.0%)
16	RODZIEWICZ Zbigniew	4322	CAŁA OLEŚNICA BIEGA	Masters M - 40	16	01:12:48	03:14:17	04:31:25	06:34:23	08:34:58	<b>10:20:06.90</b>	<b>10:20:25.35</b>	+03:20:02 (32.2%)	9:07	6.6 (68.0%)
17	KARCZ Tomasz	4219	TEALTREE.PL	Masters M - 40	17	01:11:46	03:19:16	04:46:10	06:49:12	08:34:34	<b>10:25:50.55</b>	<b>10:26:21.85</b>	+03:25:58 (32.9%)	9:12	6.5 (67.0%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Czas brutto	Gap	Pace	Pace
						10km	24km	34km	46km	57km	68km	68km		min/km	km/h
18	<b>SCHRODER Patryk</b>	<b>4328</b>		Masters M - 40	18	01:16:53	03:19:32	04:45:34	06:54:57	08:49:22	<b>10:31:41.60</b>	<b>10:32:25.95</b>	+03:32:02 (33.5%)	9:17	6.5 (67.0%)
19	<b>GŁOWIŃSKI Robert</b>	<b>4209</b>		Masters M - 40	19	01:25:39	03:31:59	05:00:01	07:07:35	08:56:47	<b>10:34:37.45</b>	<b>10:35:18.85</b>	+03:34:55 (33.8%)	9:19	6.4 (66.0%)
20	<b>KINSNER Zenon</b>	<b>4130</b>		Masters M - 40	20	01:20:36	03:30:25	04:57:14	07:03:43	09:02:23	<b>10:35:47.35</b>	<b>10:36:02.00</b>	+03:35:38 (33.9%)	9:20	6.4 (66.0%)
21	<b>WASIAKOWSKI Norbert</b>	<b>4181</b>	ORANGE POLSKA	Masters M - 40	21	01:11:20	03:14:29	04:39:29	06:42:16	08:49:26	<b>10:38:12.30</b>	<b>10:39:29.90</b>	+03:39:06 (34.3%)	9:23	6.4 (66.0%)
22	<b>GRABOWSKI Daniel</b>	<b>4098</b>		Masters M - 40	22	01:22:28	03:33:10	05:03:02	07:11:30		<b>10:42:40.05</b>	<b>10:42:41.05</b>	+03:42:18 (34.6%)	9:27	6.3 (64.9%)
23	<b>IDZIKOWSKI Piotr</b>	<b>4278</b>		Masters M - 40	23	01:28:50	03:48:50	05:10:03	07:04:26	09:02:52	<b>10:45:23.75</b>	<b>10:46:20.10</b>	+03:45:57 (35.0%)	9:29	6.3 (64.9%)
24	<b>CHOJNACKI Tomasz</b>	<b>4038</b>	TEAM OZIMEK	Masters M - 40	24	01:08:37	03:01:31	04:40:30	06:58:00	08:56:10	<b>10:48:15.70</b>	<b>10:48:29.65</b>	+03:48:06 (35.2%)	9:31	6.3 (64.9%)
25	<b>KORCZYŃSKI Daniel</b>	<b>4357</b>	CTS	Masters M - 40	25	01:22:17	03:37:46	05:08:05	07:07:15	09:11:39	<b>10:50:39.45</b>	<b>10:50:59.30</b>	+03:50:36 (35.4%)	9:34	6.3 (64.9%)
26	<b>GWOZDA Józef</b>	<b>4113</b>		Masters M - 40	26	01:25:47	03:30:41	04:54:27	07:02:59	09:01:25	<b>10:49:40.20</b>	<b>10:51:11.00</b>	+03:50:47 (35.4%)	9:33	6.3 (64.9%)
27	<b>WOJCIESZYŃSKI Tomasz</b>	<b>4340</b>	BBL GORZÓW	Masters M - 40	27	01:28:24	03:42:04		07:13:17	09:13:45	<b>10:53:02.05</b>	<b>10:53:35.60</b>	+03:53:12 (35.7%)	9:36	6.2 (63.9%)
28	<b>WINIECKI Tomasz</b>	<b>4315</b>	IRON HOUSE TRIATHLON WŁOCLAWEK	Masters M - 40	28	01:46:33	04:17:58	05:37:28	07:33:34	09:19:47	<b>10:55:22.35</b>	<b>10:55:33.50</b>	+03:55:10 (35.9%)	9:38	6.2 (63.9%)
29	<b>WINCEK Jarosław</b>	<b>4297</b>		Masters M - 40	29	01:24:17	03:31:13	04:55:05	07:01:40	09:03:57	<b>10:55:00.65</b>	<b>10:56:11.05</b>	+03:55:48 (35.9%)	9:37	6.2 (63.9%)
30	<b>DYTTUS Jarosław</b>	<b>4303</b>	AKTYWNIEMIE UZALEŻNIAMY	Masters M - 40	30	01:33:23	04:03:20	05:27:36	07:32:36	09:27:59	<b>10:55:53.20</b>	<b>10:56:42.05</b>	+03:56:19 (36.0%)	9:38	6.2 (63.9%)
31	<b>WLAZŁOWSKI Radosław</b>	<b>4294</b>		Masters M - 40	31	01:31:19	03:57:16	05:18:22	07:22:16	09:11:24	<b>10:58:33.80</b>	<b>11:00:15.45</b>	+03:59:52 (36.3%)	9:41	6.2 (63.9%)
32	<b>KAŁPOWICZ Tomasz</b>	<b>4208</b>	DALI NOGI GADŻETA	Masters M - 40	32	01:21:07	03:30:47	04:59:44	07:01:34	09:16:52	<b>11:01:40.45</b>	<b>11:02:11.45</b>	+04:01:48 (36.5%)	9:43	6.2 (63.9%)
33	<b>LIS Paweł</b>	<b>4271</b>	CENTRUM FORMY 58100	Masters M - 40	33	01:14:41	03:30:42	05:04:00	07:21:04		<b>11:03:00.25</b>	<b>11:03:38.00</b>	+04:03:14 (36.7%)	9:45	6.2 (63.9%)
34	<b>KURASIEWICZ Mariusz</b>	<b>4064</b>		Masters M - 40	34	01:24:58	03:45:42	05:14:53	07:19:54	09:26:43	<b>11:10:57.90</b>	<b>11:11:49.45</b>	+04:11:26 (37.4%)	9:52	6.1 (62.9%)
35	<b>ZAŃKO Łukasz</b>	<b>4220</b>	EXPLORADOR	Masters M - 40	35	01:20:54	03:31:53	05:02:30	07:17:26	09:18:03	<b>11:17:30.45</b>	<b>11:17:54.10</b>	+04:17:31 (38.0%)	9:57	6 (61.9%)
36	<b>PUCHALSKI Tomasz</b>	<b>4066</b>	POLISH FOREST GIN	Masters M - 40	36	01:31:54		05:11:09	07:27:14	09:32:04	<b>11:16:37.05</b>	<b>11:17:58.20</b>	+04:17:35 (38.0%)	9:57	6 (61.9%)
37	<b>SZCZĘŚNIAK Piotr</b>	<b>4069</b>	MASARNIA FIZJOTERAPIA I MASAŻ	Masters M - 40	37	01:15:25	03:24:00	04:51:04	07:09:57	09:23:01	<b>11:19:16.80</b>	<b>11:19:55.50</b>	+04:19:32 (38.2%)	9:59	6 (61.9%)
38	<b>BOBIN Tomasz</b>	<b>4053</b>	ZOCHU TEAM	Masters M - 40	38	01:21:51	03:41:33	05:12:57	07:20:49	09:34:37	<b>11:22:12.85</b>	<b>11:22:34.40</b>	+04:22:11 (38.4%)	10:01	6 (61.9%)
39	<b>RABIEGA Szczepan</b>	<b>4079</b>	#BIEGAJLESZNO	Masters M - 40	39	01:28:27	03:55:35	05:28:18	07:45:26	09:40:24	<b>11:22:41.30</b>	<b>11:22:45.70</b>	+04:22:22 (38.4%)	10:02	6 (61.9%)
40	<b>BODZIACHOWSKI Marcin</b>	<b>4285</b>	JACEKBIEGA RUNNING TEAM / ULTRAS LEGIA	Masters M - 40	40	01:32:00	03:45:42	05:12:21	07:26:45	09:29:30	<b>11:21:30.95</b>	<b>11:22:51.55</b>	+04:22:28 (38.4%)	10:01	6 (61.9%)
41	<b>ZWĘGLIŃSKI Andrzej</b>	<b>4191</b>		Masters M - 40	41	01:24:30	03:49:19		07:36:48	09:44:50	<b>11:26:23.00</b>	<b>11:27:25.90</b>	+04:27:02 (38.8%)	10:05	5.9 (60.8%)
42	<b>OSTRZYCKI Damian</b>	<b>4276</b>	WKB MARATOŃCZYK WŁOCLAWEK	Masters M - 40	42	01:35:29	04:03:26	05:32:23	07:37:08	09:35:28	<b>11:26:53.30</b>	<b>11:27:39.05</b>	+04:27:16 (38.9%)	10:06	5.9 (60.8%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						10km	24km	34km	46km	57km	68km	68km			
43	<b>BUDYCH Arek</b>	<b>4312</b>		Masters M - 40	43	01:28:40	03:49:31	05:16:27	07:28:52	09:35:32	<b>11:27:20.45</b>	<b>11:27:56.95</b>	+04:27:33 (38.9%)	10:06	5.9 (60.8%)
44	<b>JABŁOŃSKI Piotr</b>	<b>4314</b>	POZYTYWNIIE ZABIEGANI KLESZCZÓW	Masters M - 40	44	01:18:49	03:32:50	05:04:40	07:17:20	09:42:56	<b>11:30:32.70</b>	<b>11:31:05.05</b>	+04:30:42 (39.2%)	10:09	5.9 (60.8%)
45	<b>ZIĘBIŃSKI Andrzej</b>	<b>4288</b>		Masters M - 40	45	01:17:04	03:33:58	05:05:15	07:23:12	09:18:03	<b>11:31:05.25</b>	<b>11:31:18.05</b>	+04:30:55 (39.2%)	10:09	5.9 (60.8%)
46	<b>BARANOWSKI Adam</b>	<b>4233</b>		Masters M - 40	46	01:28:05	03:56:58	05:29:52	07:49:21	09:47:24	<b>11:31:24.55</b>	<b>11:32:29.90</b>	+04:32:06 (39.3%)	10:10	5.9 (60.8%)
47	<b>ČERVENÝ David</b>	<b>4280</b>	ERIKA COPY SHOP	Masters M - 40	47	01:21:59	03:31:11	05:00:24	07:22:43	09:36:20	<b>11:33:02.00</b>	<b>11:33:24.45</b>	+04:33:01 (39.4%)	10:11	5.9 (60.8%)
48	<b>WIATER Tomasz</b>	<b>4004</b>		Masters M - 40	48	01:08:45	03:17:58	04:47:27	07:05:58	09:20:04	<b>11:34:49.55</b>	<b>11:34:53.20</b>	+04:34:30 (39.5%)	10:13	5.9 (60.8%)
49	<b>SPYCHAŁA Maciej</b>	<b>4366</b>	WRONIECKI KLUB BIEGACZA	Masters M - 40	49	01:28:56	03:59:48	05:32:21	07:50:01	09:55:04	<b>11:40:19.45</b>	<b>11:40:40.65</b>	+04:40:17 (40.0%)	10:17	5.8 (59.8%)
50	<b>WOJCIECHOWSKI Marcin</b>	<b>4007</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	50	01:31:30	03:55:04	05:25:57	07:41:54	09:53:20	<b>11:39:36.15</b>	<b>11:40:45.35</b>	+04:40:22 (40.0%)	10:17	5.8 (59.8%)
51	<b>KOZAK Bartosz</b>	<b>4117</b>	KOZAKI	Masters M - 40	51	01:31:20	03:58:09	05:26:38	07:42:18	09:53:16	<b>11:40:13.20</b>	<b>11:40:50.00</b>	+04:40:26 (40.0%)	10:17	5.8 (59.8%)
52	<b>ZIEMKIEWICZ Jarek</b>	<b>4144</b>	UKS RUNNING TEAM	Masters M - 40	52	01:21:55	03:29:43	04:55:27	07:11:55	09:46:54	<b>11:40:35.00</b>	<b>11:41:00.85</b>	+04:40:37 (40.0%)	10:18	5.8 (59.8%)
53	<b>DREWNIAK Mariusz</b>	<b>4061</b>		Masters M - 40	53	01:21:06	03:32:16	05:04:43	07:19:54	09:27:30	<b>11:40:38.15</b>	<b>11:41:49.50</b>	+04:41:26 (40.1%)	10:18	5.8 (59.8%)
54	<b>SAJNÓG Leszek</b>	<b>4043</b>	BIEGAJ LESZNO	Masters M - 40	54	01:21:44	03:43:26	05:18:35	07:35:13	09:50:00	<b>11:41:47.45</b>	<b>11:41:53.30</b>	+04:41:30 (40.1%)	10:19	5.8 (59.8%)
55	<b>WIÓREK Maciej</b>	<b>4201</b>	TEAM BIEGOWY SZCZECINEK	Masters M - 40	55	01:31:31	04:03:33	05:34:07	07:55:52	09:55:38	<b>11:41:53.30</b>	<b>11:42:15.50</b>	+04:41:52 (40.1%)	10:19	5.8 (59.8%)
56	<b>MAJSTEREK Marcin</b>	<b>4024</b>	ASSECO ACTIVE TEAM, MAMY TO	Masters M - 40	56	01:28:08	03:56:38	05:29:44	07:41:16	09:50:09	<b>11:42:36.30</b>	<b>11:42:46.55</b>	+04:42:23 (40.2%)	10:19	5.8 (59.8%)
57	<b>MUSIAŁ Piotr</b>	<b>4196</b>		Masters M - 40	57	01:31:39	03:38:57	05:04:19	07:26:24	09:51:12	<b>11:42:25.20</b>	<b>11:43:49.25</b>	+04:43:26 (40.3%)	10:19	5.8 (59.8%)
58	<b>MORAWSKI Grzegorz</b>	<b>4326</b>		Masters M - 40	58	01:18:19	03:37:39	05:10:23	07:30:36	09:50:54	<b>11:48:24.75</b>	<b>11:48:35.60</b>	+04:48:12 (40.7%)	10:25	5.8 (59.8%)
59	<b>KACZMAREK Mateusz</b>	<b>4050</b>	#BIEGAJLESZNO	Masters M - 40	59	01:23:29	03:53:35	05:32:21	07:56:07	09:56:37	<b>11:49:00.90</b>	<b>11:49:05.50</b>	+04:48:42 (40.7%)	10:25	5.8 (59.8%)
60	<b>STILLER Ireneusz</b>	<b>4112</b>	LEIBER POLAND TEAM	Masters M - 40	60	01:31:50	03:51:14	05:14:05	07:31:35	09:44:43	<b>11:48:16.10</b>	<b>11:49:10.05</b>	+04:48:47 (40.7%)	10:24	5.8 (59.8%)
61	<b>KARMOWSKI Jakub</b>	<b>4087</b>	MOCNA GRUPA CEZARA	Masters M - 40	61	01:25:30	03:46:22	05:16:41	07:36:03	09:57:28	<b>11:50:58.70</b>	<b>11:51:14.55</b>	+04:50:51 (40.9%)	10:27	5.7 (58.8%)
62	<b>MSZANOWSKI Jędrzej</b>	<b>4230</b>	3:33 TEAM	Masters M - 40	62	01:34:49	04:03:15	05:40:04	08:12:40	10:02:35	<b>11:51:37.75</b>	<b>11:52:28.15</b>	+04:52:05 (41.0%)	10:27	5.7 (58.8%)
63	<b>KLAMA Maciej</b>	<b>4014</b>	KKM	Masters M - 40	63	01:34:54	04:03:55	05:34:33	08:00:09	10:13:36	<b>11:51:48.35</b>	<b>11:52:40.25</b>	+04:52:17 (41.0%)	10:28	5.7 (58.8%)
64	<b>STRZYŻEWSKI Paweł</b>	<b>4091</b>	SZCZYT ZA SZCZYTEM	Masters M - 40	64	01:26:13	03:53:19	05:30:10	07:49:49	10:03:19	<b>11:52:54.20</b>	<b>11:53:24.65</b>	+04:53:01 (41.1%)	10:29	5.7 (58.8%)
65	<b>WERYSZKO Adam</b>	<b>4111</b>	LESZ NO LIMITS RUNNERS	Masters M - 40	65	01:27:45	03:55:03	05:25:57	07:40:46	09:57:02	<b>11:53:26.95</b>	<b>11:53:54.80</b>	+04:53:31 (41.1%)	10:29	5.7 (58.8%)
66	<b>LEWANDOWSKI Bartłomiej</b>	<b>4045</b>	MMUU	Masters M - 40	66	01:20:45	03:31:21		07:21:03	09:32:28	<b>11:54:44.40</b>	<b>11:55:44.75</b>	+04:55:21 (41.3%)	10:30	5.7 (58.8%)
67	<b>KARPESIUK Adam</b>	<b>4011</b>	AKTYWNIIE UZALEŻNIAMY	Masters M - 40	67	01:35:25	04:03:25	05:32:01	07:50:38	10:10:16	<b>11:56:10.55</b>	<b>11:56:56.20</b>	+04:56:33 (41.4%)	10:31	5.7 (58.8%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						10km	24km	34km	46km	57km	68km	68km			
68	<b>WASIELEWSKI Oskar</b>	<b>4070</b>		Masters M - 40	68	01:27:16	03:55:31	05:31:21	07:59:23	10:02:40	<b>11:59:48.35</b>	<b>12:00:25.75</b>	+05:00:02 (41.6%)	10:35	5.7 (58.8%)
69	<b>MAGIERA Przemysław</b>	<b>4166</b>	NOWOSOLSKA GRUPA BIEGOWA	Masters M - 40	69	01:25:44	03:43:59	05:10:13	07:35:20	10:02:28	<b>12:02:48.60</b>	<b>12:03:51.45</b>	+05:03:28 (41.9%)	10:37	5.6 (57.7%)
70	<b>LICAK Łukasz</b>	<b>4089</b>		Masters M - 40	70	01:37:18	04:02:02	05:36:46	08:02:29	10:14:32	<b>12:03:08.70</b>	<b>12:04:49.70</b>	+05:04:26 (42.0%)	10:38	5.6 (57.7%)
71	<b>WERESZCZYŃSKI Tomasz</b>	<b>4041</b>	AKTYWNIIE UZALEŻNIAMY	Masters M - 40	71	01:35:25	04:03:19	05:34:07	07:57:10	10:21:19	<b>12:11:29.95</b>	<b>12:12:18.65</b>	+05:11:55 (42.6%)	10:45	5.6 (57.7%)
72	<b>BAJER Karol</b>	<b>4157</b>		Masters M - 40	72	01:25:16	03:56:13	05:27:36	07:47:22	10:07:56	<b>12:11:54.45</b>	<b>12:13:03.85</b>	+05:12:40 (42.7%)	10:45	5.6 (57.7%)
73	<b>KWIECIEŃ Krzysztof</b>	<b>4262</b>		Masters M - 40	73	01:33:31	03:58:32	05:31:55	07:59:30	10:17:14	<b>12:13:34.75</b>	<b>12:14:42.55</b>	+05:14:19 (42.8%)	10:47	5.6 (57.7%)
74	<b>KOSTERA Tomasz</b>	<b>4313</b>	VEGE RUNNERS	Masters M - 40	74	01:21:08	03:35:22	05:10:17	07:42:01	10:08:41	<b>12:17:29.85</b>	<b>12:18:15.60</b>	+05:17:52 (43.1%)	10:50	5.5 (56.7%)
75	<b>LIDTKE Marcin</b>	<b>4027</b>	ŻARY RUNNERS TEAM	Masters M - 40	75	01:29:24	03:59:29	05:30:29	08:06:51	10:10:26	<b>12:18:35.35</b>	<b>12:19:13.35</b>	+05:18:50 (43.1%)	10:51	5.5 (56.7%)
76	<b>LIEBNER Patryk</b>	<b>4350</b>	TRIGYM SZCZECIN	Masters M - 40	76	01:26:00	03:57:45	05:24:48	07:47:23	10:12:21	<b>12:20:12.65</b>	<b>12:20:44.75</b>	+05:20:21 (43.2%)	10:53	5.5 (56.7%)
77	<b>RĄCZKA Piotr</b>	<b>4088</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters M - 40	77	01:28:30	03:49:33	05:26:39	07:51:50	10:08:21	<b>12:20:52.45</b>	<b>12:21:18.75</b>	+05:20:55 (43.3%)	10:53	5.5 (56.7%)
78	<b>SYNOWIEC Grzegorz</b>	<b>4108</b>		Masters M - 40	78	01:35:13	04:06:43	05:38:28	08:03:36	10:11:55	<b>12:22:47.70</b>	<b>12:24:01.00</b>	+05:23:37 (43.5%)	10:55	5.5 (56.7%)
79	<b>PŁONKA Piotr</b>	<b>4319</b>		Masters M - 40	79	01:27:58	04:10:30	05:41:19	08:16:14	10:36:13	<b>12:28:02.30</b>	<b>12:29:29.55</b>	+05:29:06 (43.9%)	11:00	5.5 (56.7%)
80	<b>KRZYKANOWSKI Marcin</b>	<b>4345</b>	CENTRUM SPORTU GRABAREK	Masters M - 40	80	01:32:39	03:56:41	05:27:11	08:03:52	10:31:23	<b>12:29:30.80</b>	<b>12:30:46.85</b>	+05:30:23 (44.0%)	11:01	5.4 (55.7%)
81	<b>PATROŃSKI Paweł</b>	<b>4186</b>		Masters M - 40	81	01:30:21	03:58:21	05:32:25	07:59:50	10:22:18	<b>12:31:19.45</b>	<b>12:32:39.35</b>	+05:32:16 (44.1%)	11:02	5.4 (55.7%)
82	<b>SZUMIATO Jakub</b>	<b>4236</b>	PRZEDWOJEWSKI TEAM	Masters M - 40	82	01:33:42	04:11:22	05:47:19	08:12:33	10:38:26	<b>12:34:42.55</b>	<b>12:36:00.95</b>	+05:35:37 (44.4%)	11:05	5.4 (55.7%)
83	<b>FALBA Karol</b>	<b>4263</b>		Masters M - 40	83	01:29:11	03:48:23	05:27:52	08:05:08	10:33:39	<b>12:38:19.40</b>	<b>12:39:12.55</b>	+05:38:49 (44.6%)	11:09	5.4 (55.7%)
84	<b>KOCZOROWSKI Marcin</b>	<b>4114</b>	TEAM ZABIEGANEDNI	Masters M - 40	84	01:32:41	04:10:45	05:47:45	08:26:31	10:43:53	<b>12:42:39.35</b>	<b>12:43:17.60</b>	+05:42:54 (44.9%)	11:12	5.3 (54.6%)
85	<b>KOSTYK Grzegorz</b>	<b>4013</b>		Masters M - 40	85	01:35:44	04:01:18	05:37:49	08:13:59	10:33:00	<b>12:48:39.85</b>	<b>12:49:20.95</b>	+05:48:57 (45.4%)	11:18	5.3 (54.6%)
86	<b>HYRNIK Wojciech</b>	<b>4363</b>		Masters M - 40	86	01:25:34	03:49:35	05:23:38	08:05:03	10:42:34	<b>12:52:43.60</b>	<b>12:53:45.15</b>	+05:53:22 (45.7%)	11:21	5.3 (54.6%)
87	<b>GIERASIMOWICZ Szymon</b>	<b>4266</b>		Masters M - 40	87	01:29:04	03:59:39	05:37:58	08:34:11	10:49:00	<b>12:53:26.40</b>	<b>12:54:52.25</b>	+05:54:29 (45.7%)	11:22	5.3 (54.6%)
88	<b>JAZ Ernest</b>	<b>4333</b>	ENDORFINY WĄSOSZ	Masters M - 40	88	01:28:47	03:49:19	05:18:23	07:40:36	10:26:02	<b>12:59:48.75</b>	<b>13:00:35.20</b>	+06:00:12 (46.1%)	11:28	5.2 (53.6%)
89	<b>JAROCZYŃSKI Marian</b>	<b>4337</b>		Masters M - 40	89	01:18:31	03:58:30	05:33:23	08:16:04	10:51:59	<b>13:02:41.40</b>	<b>13:03:03.75</b>	+06:02:40 (46.3%)	11:30	5.2 (53.6%)
90	<b>KUNECKI Norbert</b>	<b>4265</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	90	01:28:09	03:57:40	05:47:32	08:25:05	11:00:47	<b>13:09:58.60</b>	<b>13:10:47.70</b>	+06:10:24 (46.8%)	11:37	5.2 (53.6%)
91	<b>LISOWSKI Maciej</b>	<b>4242</b>	DESTYLATOR	Masters M - 40	91	01:35:21	04:13:00	05:55:26	08:40:34	11:07:51	<b>13:10:00.55</b>	<b>13:11:01.50</b>	+06:10:38 (46.9%)	11:37	5.2 (53.6%)
92	<b>PALUSZKIEWICZ Rafał</b>	<b>4148</b>	ŚWIERCZEWO RUN / SPP TEAM	Masters M - 40	92	01:46:40	04:48:28	06:56:03			<b>13:12:37.95</b>	<b>13:14:18.10</b>	+06:13:55 (47.1%)	11:39	5.1 (52.6%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						10km	24km	34km	46km	57km	68km	68km			
93	<b>ŁAGOWSKI Dariusz</b>	<b>4232</b>	TKKF MPK POZNAŃ	Masters M - 40	93	01:44:44	04:30:10	06:21:13	09:01:33	11:14:14	<b>13:15:28.15</b>	<b>13:16:58.75</b>	+06:16:35 (47.3%)	11:41	5.1 (52.6%)
94	<b>WRZESIŃSKI Krzysztof</b>	<b>4248</b>		Masters M - 40	94	01:43:44	04:34:43	06:26:23	09:08:05	11:21:28	<b>13:17:10.75</b>	<b>13:18:15.15</b>	+06:17:52 (47.3%)	11:43	5.1 (52.6%)
95	<b>BASIŃSKI Hubert</b>	<b>4292</b>	BIEGACZAMATOR	Masters M - 40	95	01:41:16	04:20:29	05:57:26	08:35:46	11:05:10	<b>13:18:06.05</b>	<b>13:19:43.35</b>	+06:19:20 (47.4%)	11:44	5.1 (52.6%)
96	<b>MAŁEK Krzysztof</b>	<b>4028</b>	FORFITERY	Masters M - 40	96	01:30:07	04:17:59	05:58:50	08:46:32	11:26:57	<b>13:31:59.75</b>	<b>13:32:26.95</b>	+06:32:03 (48.3%)	11:56	5 (51.5%)
97	<b>ŚLUSAREK Grzegorz</b>	<b>4002</b>		Masters M - 40	97	01:45:37	04:23:02	06:09:07	08:53:55	11:26:20	<b>13:32:45.20</b>	<b>13:34:09.85</b>	+06:33:46 (48.4%)	11:57	5 (51.5%)
98	<b>SIKORSKI Ludwik</b>	<b>4032</b>	HTF LUDWIK SIKORSKI	Masters M - 40	98	01:42:21	04:39:53	06:31:57	09:19:54	11:25:09	<b>13:35:06.35</b>	<b>13:35:29.55</b>	+06:35:06 (48.5%)	11:59	5 (51.5%)
99	<b>MISTUR Szymon</b>	<b>4003</b>	HAKUNA MATATA	Masters M - 40	99	01:31:27	04:01:00	05:39:11	08:19:25	10:58:23	<b>13:35:12.05</b>	<b>13:35:39.20</b>	+06:35:16 (48.5%)	11:59	5 (51.5%)
100	<b>FILUT Tomasz</b>	<b>4331</b>	BIEGAJĄCE KREJZOLE	Masters M - 40	100	01:35:10	04:22:03	06:07:19	08:53:44	11:14:54	<b>13:37:23.45</b>	<b>13:39:01.05</b>	+06:38:38 (48.7%)	12:01	5 (51.5%)
101	<b>SROKA Łukasz</b>	<b>4247</b>		Masters M - 40	101	01:41:16	04:20:42	06:05:19	09:02:23	11:20:20	<b>13:42:10.65</b>	<b>13:43:46.75</b>	+06:43:23 (49.0%)	12:05	5 (51.5%)
102	<b>POPCZYK Piotr</b>	<b>4056</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	Masters M - 40	102	01:45:04	04:42:20	06:34:49	09:27:38	11:27:38	<b>13:46:40.65</b>	<b>13:48:09.30</b>	+06:47:46 (49.2%)	12:09	4.9 (50.5%)
103	<b>KORNACKI Piotr</b>	<b>4204</b>	AKTYWNI KRZYŻ	Masters M - 40	103	01:52:49	04:52:09	06:47:58	09:24:34	11:28:46	<b>13:52:19.05</b>	<b>13:53:11.35</b>	+06:52:48 (49.5%)	12:14	4.9 (50.5%)
104	<b>SOBCZAK Marcin</b>	<b>4008</b>		Masters M - 40	104	01:34:47	04:19:16	06:08:18	09:29:20	11:50:47	<b>13:55:24.15</b>	<b>13:56:49.60</b>	+06:56:26 (49.8%)	12:17	4.9 (50.5%)
<b>Przekroczony limit czasu: 14:00:00</b>															
105	<b>DUDA Marcin</b>	<b>4364</b>		Masters M - 40	105	01:28:02	04:11:05	05:56:18	08:50:56	11:29:35	<b>14:00:46.10</b>	<b>14:00:59.15</b>	+07:00:36 (50.0%)	12:21	4.9 (50.5%)
	<b>ZEIDLER Aleksander</b>	<b>4019</b>		Masters M - 40		01:38:47	04:34:52	06:26:34	09:19:34	11:45:53	DNF	DNF	-	-	(0.0%)
	<b>SZCZEŚNIAK Mariusz</b>	<b>4017</b>	LONE WOLF	Masters M - 40		01:34:20	04:21:33	06:15:00	08:58:28	DNF	DNF	DNF	-	-	(0.0%)
	<b>HOŁOWNIA Tomasz</b>	<b>4240</b>	GRUPA BIEGOWA BEZ GRANIC	Masters M - 40		01:07:30	02:57:30	04:40:10	DNF	DNF	DNF	DNF	-	-	(0.0%)
	<b>GOLCZAK Krzysztof</b>	<b>4215</b>	TEAM HARD WORK BEATS TALENT	Masters M - 40		01:15:10	03:14:49	04:43:24	DNF	DNF	DNF	DNF	-	-	(0.0%)
	<b>ZĄBECKI Przemysław</b>	<b>4369</b>		Masters M - 40		01:28:39	03:37:26	04:59:33	DNF	DNF	DNF	DNF	-	-	(0.0%)
	<b>KOWAL Ireneusz</b>	<b>4025</b>		Masters M - 40		01:28:30	04:21:39	06:26:49	DNF	DNF	DNF	DNF	-	-	(0.0%)
	<b>ADAMCZEWSKI Sebastian</b>	<b>4168</b>		Masters M - 40		01:43:19	04:33:24	06:38:49	DNF	DNF	DNF	DNF	-	-	(0.0%)
	<b>NAGOT Tomasz</b>	<b>4202</b>	KUGUAR XTREME RUNNERS	Masters M - 40		01:42:40	04:44:34	06:47:31	DNF	DNF	DNF	DNF	-	-	(0.0%)
	<b>SARNOWSKI Maciej</b>	<b>4042</b>	TKKF MPK POZNAŃ	Masters M - 40		01:47:45	04:56:13	07:30:19	DNF	DNF	DNF	DNF	-	-	(0.0%)
	<b>KOŚCIELNIAK Marek</b>	<b>4153</b>	M&M BIEGAMY RAZEM	Masters M - 40		01:46:35	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	<b>SMORAŃGIEWICZ Marcin</b>	<b>4022</b>		Masters M - 40		01:52:00	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

