

# BIEG ULTRA TRAIL - 68 KM

B4SPORT

**Wydarzenie:**

Dolnośląski Festiwal Biegów Górskich

**Organizator:**

Fundacja MARATONY GÓRSKIE

**Data:**

2020-07-16

**Miejsce:**

Lądek-Zdrój

**Dystans:**

68 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

| Msc | Zawodnik                     | Numer       | Klub                          | Kategoria        | Mkat | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | Czas<br>netto<br>68km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------|-------------|-------------------------------|------------------|------|------------|------------|------------|------------|-------------|-----------------------|-------------------|-----------------|---------------|
| 1   | <b>HETMAN Radosław</b>       | <b>4323</b> | GRUPA NOMAX                   | Senior II M - 30 | 1    | 00:57:06   | 02:22:49   | 03:18:32   | 04:34:49   | 05:34:15    | <b>06:30:58.60</b>    |                   | 5:44            | 10.4 (100%)   |
| 2   | <b>OLEKSIEWICZ Maurycy</b>   | <b>4255</b> | ALPIN SPORT HOKA ONE ONE TEAM | Senior II M - 30 | 2    | 00:53:28   | 02:16:17   | 03:11:20   | 04:27:43   | 05:33:38    | <b>06:35:21.65</b>    | +00:04:23 (1.1%)  | 5:48            | 10.3 (99.0%)  |
| 3   | <b>GAWLIK Sławek</b>         | <b>4052</b> | DYNAFIT TEAM POLAND           | Senior II M - 30 | 3    | 00:56:01   | 02:22:36   | 03:20:47   | 04:39:00   | 05:39:45    | <b>06:37:13.55</b>    | +00:06:14 (1.6%)  | 5:50            | 10.3 (99.0%)  |
| 4   | <b>WOLEK Szymon</b>          | <b>4269</b> |                               | Senior II M - 30 | 4    | 01:02:11   | 02:33:54   | 03:35:11   | 04:54:03   | 05:57:06    | <b>06:55:00.50</b>    | +00:24:01 (5.8%)  | 6:06            | 9.8 (94.2%)   |
| 5   | <b>KARWACZYŃSKI Roger</b>    | <b>4276</b> |                               | Senior II M - 30 | 5    | 00:58:31   | 02:28:42   | 03:32:01   | 04:54:58   | 06:07:00    | <b>07:13:54.05</b>    | +00:42:55 (9.9%)  | 6:22            | 9.4 (90.4%)   |
| 6   | <b>AUGUSTYŃSKI Sylwester</b> | <b>4340</b> | GRUPA LUKTRANS                | Senior II M - 30 | 6    | 01:03:12   | 02:37:29   | 03:39:30   | 05:03:09   | 06:15:53    | <b>07:22:22.75</b>    | +00:51:24 (11.6%) | 6:30            | 9.2 (88.5%)   |
| 7   | <b>TOMASIAK Natalia</b>      | <b>4319</b> | SALOMON SUUNTO TEAM           | Senior II K - 30 | 1    | 00:59:53   | 02:33:43   | 03:36:13   | 05:00:15   | 06:11:42    | <b>07:22:29.60</b>    | +00:51:31 (11.6%) | 6:30            | 9.2 (88.5%)   |
| 8   | <b>NEHRING Karol</b>         | <b>4042</b> |                               | Senior I M - 20  | 1    | 01:06:15   | 02:48:18   | 03:51:34   | 05:17:48   | 06:26:06    | <b>07:30:47.05</b>    | +00:59:48 (13.3%) | 6:37            | 9.1 (87.5%)   |
| 9   | <b>WIŚNIEWSKI Paweł</b>      | <b>4302</b> | KARKONOSZ RUNNING TEAM        | Senior II M - 30 | 7    | 01:05:11   | 02:45:04   | 03:52:45   | 05:23:10   | 06:37:45    | <b>07:50:30.30</b>    | +01:19:31 (16.9%) | 6:55            | 8.7 (83.7%)   |
| 10  | <b>STACHOWIAK Adam</b>       | <b>4225</b> | LESZ NO LIMITS RUNNERS        | Senior II M - 30 | 8    | 01:02:02   | 02:41:27   | 03:49:09   | 05:21:42   | 06:41:26    | <b>07:51:15.95</b>    | +01:20:17 (17.0%) | 6:55            | 8.7 (83.7%)   |
| 11  | <b>BACYS Modestas</b>        | <b>4290</b> | XTRASA                        | Senior II M - 30 | 9    | 01:03:08   | 02:42:00   | 03:50:57   | 05:23:42   | 06:44:44    | <b>07:59:37.65</b>    | +01:28:39 (18.5%) | 7:03            | 8.5 (81.7%)   |
| 12  | <b>JABŁOŃSKA Sylwia</b>      | <b>4094</b> | SBG PODBIEG                   | Senior II K - 30 | 2    | 01:09:51   | 02:52:34   | 04:04:36   | 05:39:43   | 06:57:50    | <b>08:12:12.75</b>    | +01:41:14 (20.6%) | 7:14            | 8.3 (79.8%)   |
| 13  | <b>ZIĘBA Tomek</b>           | <b>4264</b> | JACEKBIEGA RUNNING TEAM       | Masters M - 40   | 1    | 01:16:38   | 03:07:23   | 04:17:53   | 05:45:34   | 07:04:40    | <b>08:16:28.65</b>    | +01:45:30 (21.2%) | 7:18            | 8.2 (78.8%)   |
| 14  | <b>MIKEŠOVÁ Jana</b>         | <b>4167</b> | SALMING CZ                    | Senior I K - 20  | 1    | 01:10:43   | 02:58:16   | 04:11:01   | 05:44:57   | 07:02:23    | <b>08:17:12.20</b>    | +01:46:13 (21.4%) | 7:18            | 8.2 (78.8%)   |
| 15  | <b>NOWACZYK Piotr</b>        | <b>4159</b> |                               | Senior II M - 30 | 10   | 01:14:08   | 03:03:53   | 04:17:50   | 05:50:22   | 07:08:26    | <b>08:19:26.30</b>    | +01:48:27 (21.7%) | 7:20            | 8.2 (78.8%)   |

| Msc | Zawodnik           | Numer | Klub                         | Kategoria        | Mkat | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | Czas<br>netto<br>68km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|------------------------------|------------------|------|------------|------------|------------|------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 16  | GALA Grzegorz      | 4244  | STC RUNNERS                  | Masters M - 40   | 2    | 01:10:22   | 02:54:09   | 04:05:50   | 05:45:53   | 07:03:24    | 08:21:49.15           | +01:50:50<br>(22.1%) | 7:22            | 8.1<br>(77.9%) |
| 17  | WILK Jacek         | 4326  |                              | Weteran I M - 50 | 1    | 01:10:23   | 02:57:30   | 04:10:49   | 05:52:41   | 07:13:52    | 08:28:24.85           | +01:57:26<br>(23.1%) | 7:28            | 8<br>(76.9%)   |
| 18  | KRZESZOWSKI Marcin | 4341  |                              | Masters M - 40   | 3    | 01:10:05   | 03:02:38   | 04:21:39   | 05:58:06   | 07:15:28    | 08:29:39.30           | +01:58:40<br>(23.3%) | 7:29            | 8<br>(76.9%)   |
| 19  | WARWAS Radosław    | 4199  |                              | Masters M - 40   | 4    | 01:14:43   | 03:03:45   | 04:17:29   | 05:50:35   | 07:12:46    | 08:29:50.20           | +01:58:51<br>(23.3%) | 7:29            | 8<br>(76.9%)   |
| 20  | ŻURAW Wiktor       | 4321  |                              | Senior I M - 20  | 2    | 01:13:00   | 02:54:58   | 04:06:26   | 05:43:48   | 07:10:43    | 08:30:38.95           | +01:59:40<br>(23.4%) | 7:30            | 8<br>(76.9%)   |
| 21  | TOMCZYK Tomasz     | 4306  | ZABRZAŃSKIE PARKOWE BIEGANIE | Senior II M - 30 | 11   | 01:08:24   | 02:55:13   | 04:10:57   | 05:52:27   | 07:13:44    | 08:33:28.95           | +02:02:30<br>(23.9%) | 7:33            | 7.9<br>(76.0%) |
| 22  | KUŁAKOWSKI Marcin  | 4275  | SOWIE TEAM                   | Senior I M - 20  | 3    | 01:07:50   | 02:48:34   | 03:58:08   | 05:35:18   | 07:08:45    | 08:34:46.90           | +02:03:48<br>(24.1%) | 7:34            | 7.9<br>(76.0%) |
| 23  | ROSOLSKI Dawid     | 4122  |                              | Senior II M - 30 | 12   | 01:13:07   | 03:01:35   | 04:11:03   | 05:47:16   | 07:16:12    | 08:34:57.45           | +02:03:58<br>(24.1%) | 7:34            | 7.9<br>(76.0%) |
| 24  | MUZYK Arkadiusz    | 4339  | OKNOPLAST RUNNING TEAM       | Senior II M - 30 | 13   | 01:11:57   | 02:56:01   | 04:07:33   | 05:44:04   | 07:09:35    | 08:36:38.65           | +02:05:40<br>(24.3%) | 7:35            | 7.9<br>(76.0%) |
| 25  | SIOMA Konrad       | 4137  | ROKIETNICA BIEGA             | Senior II M - 30 | 14   | 01:04:36   | 02:49:49   | 04:01:16   | 05:47:17   | 07:28:14    | 08:40:17.15           | +02:09:18<br>(24.9%) | 7:39            | 7.8<br>(75.0%) |
| 26  | FEDORCZAK Jacek    | 4293  | VETCARE                      | Senior II M - 30 | 15   | 01:14:58   | 03:13:23   | 04:29:36   | 06:06:13   | 07:29:08    | 08:46:06.25           | +02:15:07<br>(25.7%) | 7:44            | 7.8<br>(75.0%) |
| 27  | TAJCHMAN Jarosław  | 4313  | STAJNIA BALONA               | Senior II M - 30 | 16   | 01:12:25   | 03:10:43   | 04:38:04   | 06:26:16   | 07:43:04    | 08:48:33.10           | +02:17:34<br>(26.0%) | 7:46            | 7.7<br>(74.0%) |
| 28  | SKRAJNY Łukasz     | 4153  |                              | Senior II M - 30 | 17   | 01:07:24   | 02:51:22   | 04:11:32   | 05:58:59   | 07:28:28    | 08:49:14.85           | +02:18:16<br>(26.1%) | 7:46            | 7.7<br>(74.0%) |
| 29  | ROMERO GARCIA Juan | 4247  | WITC                         | Senior II M - 30 | 18   | 01:09:39   | 03:01:34   | 04:17:07   | 06:02:04   | 07:28:51    | 08:50:28.55           | +02:19:29<br>(26.3%) | 7:48            | 7.7<br>(74.0%) |
| 30  | PASTERNOK Marian   | 4280  | ZABRZAŃSKIE PARKOWE BIEGANIE | Masters M - 40   | 5    | 01:13:57   | 03:02:52   | 04:22:08   | 06:01:41   | 07:28:56    | 08:51:28.70           | +02:20:30<br>(26.4%) | 7:48            | 7.7<br>(74.0%) |
| 31  | SIKORA Łukasz      | 4344  |                              | Senior II M - 30 | 19   | 01:16:15   | 03:09:26   | 04:28:08   | 06:07:29   | 07:34:12    | 08:52:09.25           | +02:21:10<br>(26.5%) | 7:49            | 7.7<br>(74.0%) |
| 32  | BOGUSZ Paweł       | 4158  | CYBINA TEAM                  | Senior II M - 30 | 20   | 01:14:27   | 03:10:42   | 04:26:18   | 06:06:28   | 07:32:14    | 08:52:22.60           | +02:21:24<br>(26.6%) | 7:49            | 7.7<br>(74.0%) |
| 33  | PIETROSZEK Rafał   | 4301  | BRUBECK TEAM                 | Senior I M - 20  | 4    | 01:04:09   | 02:54:47   | 04:14:52   | 06:02:18   | 07:31:49    | 08:52:31.65           | +02:21:33<br>(26.6%) | 7:49            | 7.7<br>(74.0%) |
| 34  | FLOREK Katarzyna   | 4024  |                              | Senior II K - 30 | 3    | 01:17:12   | 03:12:29   | 04:33:36   | 06:13:55   | 07:37:01    | 08:55:44.35           | +02:24:45<br>(27.0%) | 7:52            | 7.6<br>(73.1%) |
| 35  | GAPIŃSKI Łukasz    | 4170  |                              | Senior II M - 30 | 21   | 01:20:19   | 03:17:41   | 04:33:52   | 06:10:44   | 07:37:19    | 08:56:07.05           | +02:25:08<br>(27.1%) | 7:53            | 7.6<br>(73.1%) |
| 36  | ŁABĘDZKA Agata     | 4191  | MARCIN ŚWIERC TEAM           | Senior I K - 20  | 2    | 01:16:40   | 03:15:13   | 04:33:07   | 06:10:02   | 07:36:14    | 08:56:12.55           | +02:25:13<br>(27.1%) | 7:53            | 7.6<br>(73.1%) |
| 37  | KOCEMBA Askaniusz  | 4254  |                              | Masters M - 40   | 6    | 01:13:10   | 03:08:53   | 04:34:49   | 06:15:28   | 07:39:29    | 08:58:34.75           | +02:27:36<br>(27.4%) | 7:55            | 7.6<br>(73.1%) |
| 38  | ARDELLI Ewa        | 4311  | BIELAWSKA AKADEMIA BIEGANIA  | Masters K - 40   | 1    | 01:09:38   | 03:05:56   | 04:29:54   | 06:15:43   | 07:40:01    | 08:59:17.45           | +02:28:18<br>(27.5%) | 7:55            | 7.6<br>(73.1%) |

|     |                      |       |                                   |                  |      |          |          |          |          |          | Czas netto 68km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-----------------------------------|------------------|------|----------|----------|----------|----------|----------|-----------------|-------------------|--------------|-------------|
| Msc | Zawodnik             | Numer | Klub                              | Kategoria        | Mkat | A1 10km  | D1 24km  | B1 34km  | B2 46km  | A15 57km |                 |                   |              |             |
| 39  | HERMAN Michał        | 4126  |                                   | Senior II M - 30 | 22   | 01:14:24 | 03:09:05 | 04:26:38 | 06:11:22 | 07:41:39 | 08:59:27.80     | +02:28:29 (27.5%) | 7:55         | 7.6 (73.1%) |
| 40  | BONIKOWSKI Tomasz    | 4207  |                                   | Masters M - 40   | 7    | 01:22:06 | 03:19:14 | 04:38:17 | 06:15:44 | 07:39:15 | 09:00:50.20     | +02:29:51 (27.7%) | 7:57         | 7.5 (72.1%) |
| 41  | PIOTROWSKI Paweł     | 4282  | PROTON                            | Masters M - 40   | 8    | 01:17:25 | 03:18:28 | 04:38:42 | 06:16:01 | 07:44:04 | 09:04:30.85     | +02:33:32 (28.2%) | 8:00         | 7.5 (72.1%) |
| 42  | TOMAKA Maciej        | 4233  | TEAM KURORT ŁĄDEK-ZDRÓJ           | Senior II M - 30 | 23   | 01:16:23 | 03:10:36 | 04:35:11 | 06:26:07 | 07:49:14 | 09:04:56.70     | +02:33:58 (28.3%) | 8:00         | 7.5 (72.1%) |
| 43  | ŚLEZIAK Jarosław     | 4332  | MATNER RUNNING TEAM               | Masters M - 40   | 9    | 01:15:24 | 02:59:41 | 04:18:55 | 06:06:49 | 07:41:44 | 09:07:46.70     | +02:36:48 (28.6%) | 8:03         | 7.4 (71.2%) |
| 44  | BOCHEŃSKA Aleksandra | 4314  | MOUNTAIN POWER                    | Masters K - 40   | 2    | 01:17:04 | 03:21:56 | 04:43:04 | 06:25:43 | 07:51:49 | 09:09:44.35     | +02:38:45 (28.9%) | 8:05         | 7.4 (71.2%) |
| 45  | POMAGRUK Piotr       | 4216  | DZIKI ZE ŚLICHOWIC                | Masters M - 40   | 10   | 01:17:03 | 03:13:42 | 04:33:50 | 06:18:13 | 07:47:08 | 09:10:24.50     | +02:39:25 (29.0%) | 8:05         | 7.4 (71.2%) |
| 46  | BIENIECKA Anna       | 4342  | BIEG RZEŹNIKA                     | Masters K - 40   | 3    | 01:13:35 | 03:07:34 | 04:27:32 | 06:11:36 | 07:45:27 | 09:10:32.40     | +02:39:33 (29.0%) | 8:05         | 7.4 (71.2%) |
| 47  | SOKULSKI Tomasz      | 4111  |                                   | Senior II M - 30 | 24   | 01:19:53 | 03:17:21 | 04:39:53 | 06:26:03 | 07:51:27 | 09:12:22.15     | +02:41:23 (29.2%) | 8:07         | 7.4 (71.2%) |
| 48  | LESIAK Tomasz        | 4331  |                                   | Senior II M - 30 | 25   | 01:14:57 | 03:10:39 | 04:27:12 | 06:16:02 | 07:43:12 | 09:12:28.75     | +02:41:30 (29.2%) | 8:07         | 7.4 (71.2%) |
| 49  | CZYRNIA Andrzej      | 4210  | RAJSPORT ACTIVE                   | Senior II M - 30 | 26   | 01:13:37 | 03:00:25 | 04:18:43 | 05:59:07 | 07:39:24 | 09:13:53.05     | +02:42:54 (29.4%) | 8:08         | 7.4 (71.2%) |
| 50  | JAMROŻY Marcin       | 4328  | MARELLI SOSNOWIEC POLAND          | Senior II M - 30 | 27   | 01:14:51 | 03:15:04 | 04:42:56 | 06:26:40 | 07:50:21 | 09:14:09.25     | +02:43:10 (29.4%) | 8:08         | 7.4 (71.2%) |
| 51  | WYSMOLINSKI Rafał    | 4243  |                                   | Masters M - 40   | 11   | 01:17:30 | 03:14:30 | 04:49:05 | 06:32:49 | 07:56:08 | 09:14:36.65     | +02:43:38 (29.5%) | 8:09         | 7.4 (71.2%) |
| 52  | BIERNACKA Edyta      | 4287  | PROTON                            | Masters K - 40   | 4    | 01:18:56 | 03:19:52 | 04:40:09 | 06:26:20 | 07:54:42 | 09:19:19.20     | +02:48:20 (30.1%) | 8:13         | 7.3 (70.2%) |
| 53  | GARBOWSKA Monika     | 4078  | COMPAÑEROS ASFALT TEAM            | Masters K - 40   | 5    | 01:25:34 | 03:27:21 | 04:49:21 | 06:30:34 | 07:56:44 | 09:19:40.65     | +02:48:42 (30.1%) | 8:13         | 7.3 (70.2%) |
| 54  | SCHRODER Patryk      | 4315  | ULTRAFUN                          | Masters M - 40   | 12   | 01:16:55 | 03:13:23 | 04:33:32 | 06:22:30 | 07:54:41 | 09:20:23.95     | +02:49:25 (30.2%) | 8:14         | 7.3 (70.2%) |
| 55  | GARCZYK Rafał        | 4187  |                                   | Senior II M - 30 | 28   | 01:18:38 | 03:14:24 | 04:38:10 | 06:30:04 | 07:55:24 | 09:21:56.10     | +02:50:57 (30.4%) | 8:15         | 7.3 (70.2%) |
| 56  | PROSZAK Sebastian    | 4235  | TEAM KURORT ŁĄDEK-ZDRÓJ           | Masters M - 40   | 13   | 01:16:37 | 03:10:46 | 04:35:22 | 06:26:50 | 07:58:27 | 09:27:22.85     | +02:56:24 (31.1%) | 8:20         | 7.2 (69.2%) |
| 57  | MARON Jacek          | 4305  | ADIDAS RUNNERS WARSAW / JACK TEAM | Weteran I M - 50 | 2    | 01:17:09 | 03:11:28 | 04:39:17 | 06:31:53 | 08:00:22 | 09:27:52.00     | +02:56:53 (31.1%) | 8:21         | 7.2 (69.2%) |
| 58  | MAKOWSKI Michał      | 4278  | WROWELO                           | Senior I M - 20  | 5    | 01:13:29 | 03:14:42 | 04:40:57 | 06:31:03 | 07:57:45 | 09:30:53.50     | +02:59:54 (31.5%) | 8:23         | 7.1 (68.3%) |
| 59  | CHOLEWA Tomasz       | 4285  |                                   | Masters M - 40   | 14   | 01:22:55 | 03:25:21 | 04:46:57 | 06:29:05 | 08:00:11 | 09:31:28.30     | +03:00:29 (31.6%) | 8:24         | 7.1 (68.3%) |
| 60  | WOSZEK Tomasz        | 4084  | BBL OPOLE                         | Masters M - 40   | 15   | 01:16:22 | 03:16:13 | 04:38:48 | 06:25:21 | 08:00:19 | 09:32:15.80     | +03:01:17 (31.7%) | 8:24         | 7.1 (68.3%) |
| 61  | WOSZEK Marzena       | 4083  | BBL OPOLE                         | Masters K - 40   | 6    | 01:16:31 | 03:16:21 | 04:38:57 | 06:25:28 | 08:00:26 | 09:32:25.50     | +03:01:26 (31.7%) | 8:25         | 7.1 (68.3%) |

| Msc | Zawodnik                      | Numer | Klub                    | Kategoria        | Mkat | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | Czas<br>netto<br>68km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|-------|-------------------------|------------------|------|------------|------------|------------|------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 62  | KUK Urszula                   | 4135  | MONDELEZ                | Masters K - 40   | 7    | 01:15:58   | 03:10:41   | 04:42:36   | 06:31:38   | 08:05:12    | 09:32:53.55           | +03:01:54<br>(31.8%) | 8:25            | 7.1<br>(68.3%) |
| 63  | WALCZYŃSKI Robert             | 4112  |                         | Masters M - 40   | 16   | 01:15:48   | 03:18:45   | 04:47:18   | 06:36:15   | 08:09:51    | 09:33:11.00           | +03:02:12<br>(31.8%) | 8:25            | 7.1<br>(68.3%) |
| 64  | ŁUCZYŃSKI Maciej              | 4227  |                         | Masters M - 40   | 17   | 01:15:03   | 03:04:46   | 04:25:12   | 06:18:32   | 08:01:08    | 09:34:54.45           | +03:03:55<br>(32.0%) | 8:27            | 7.1<br>(68.3%) |
| 65  | WYSOCZAŃSKI Adrian            | 4317  |                         | Masters M - 40   | 18   | 01:21:03   | 03:21:42   | 04:50:28   | 06:33:01   | 08:09:58    | 09:35:09.80           | +03:04:11<br>(32.0%) | 8:27            | 7.1<br>(68.3%) |
| 66  | BEDNARCZYK Magdalena          | 4156  | STRZEGOMSKA DWUNASTKA   | Senior I K - 20  | 3    | 01:17:25   | 03:14:27   | 04:34:53   | 06:16:16   | 07:58:02    | 09:35:49.20           | +03:04:50<br>(32.1%) | 8:28            | 7.1<br>(68.3%) |
| 67  | LUPA Marcin                   | 4260  | GÓRSKIE ZAJOBY          | Senior II M - 30 | 29   | 01:20:04   | 03:17:55   | 04:42:08   | 06:27:34   | 08:01:45    | 09:36:46.50           | +03:05:47<br>(32.2%) | 8:28            | 7.1<br>(68.3%) |
| 68  | BUK Sławomir                  | 4288  | LESZ NO LIMITS RUNNERS  | Senior II M - 30 | 30   | 01:15:57   | 03:16:57   | 04:37:55   | 06:25:07   | 08:04:26    | 09:38:45.35           | +03:07:46<br>(32.4%) | 8:30            | 7<br>(67.3%)   |
| 69  | KĄSIEL Paweł                  | 4205  | MATNER RUNNING TEAM     | Masters M - 40   | 19   | 01:16:27   | 03:12:33   | 04:29:58   | 06:21:28   | 08:02:54    | 09:38:47.25           | +03:07:48<br>(32.4%) | 8:30            | 7<br>(67.3%)   |
| 70  | DORNIAK Jarosław              | 4037  | PZU SPORT TEAM          | Masters M - 40   | 20   | 01:22:12   | 03:12:02   | 04:45:44   | 06:38:33   | 08:13:48    | 09:39:24.85           | +03:08:26<br>(32.5%) | 8:31            | 7<br>(67.3%)   |
| 71  | GRABOWSKI Wojciech            | 4002  |                         | Senior II M - 30 | 31   | 01:23:27   | 03:26:26   | 04:57:59   | 06:42:33   | 08:13:18    | 09:40:11.95           | +03:09:13<br>(32.6%) | 8:31            | 7<br>(67.3%)   |
| 72  | GRACZ Krzysztof               | 4174  | 1978                    | Masters M - 40   | 21   | 01:23:39   | 03:26:35   | 04:57:48   | 06:42:45   | 08:13:25    | 09:40:23.20           | +03:09:24<br>(32.6%) | 8:32            | 7<br>(67.3%)   |
| 73  | BRODA Dominik                 | 4089  |                         | Senior II M - 30 | 32   | 01:16:31   | 03:10:19   | 04:31:21   | 06:28:47   | 08:09:01    | 09:40:56.20           | +03:09:57<br>(32.7%) | 8:32            | 7<br>(67.3%)   |
| 74  | HAJDUK Bartłomiej             | 4095  | SBG PODBIEG             | Masters M - 40   | 22   | 01:23:45   | 03:26:46   | 04:54:17   | 06:48:28   | 08:19:23    | 09:42:35.00           | +03:11:36<br>(32.9%) | 8:34            | 7<br>(67.3%)   |
| 75  | POPRAWSKI Mateusz             | 4029  | KILIŃSKIEGO TEAM        | Senior II M - 30 | 33   | 01:19:57   | 03:11:09   | 04:41:08   | 06:38:27   | 08:15:11    | 09:43:53.80           | +03:12:55<br>(33.0%) | 8:35            | 7<br>(67.3%)   |
| 76  | ŁUKOWIAK Karol                | 4075  | KILIŃSKIEGO TEAM        | Masters M - 40   | 23   | 01:20:11   | 03:11:25   | 04:41:22   | 06:38:41   | 08:15:27    | 09:44:07.35           | +03:13:08<br>(33.1%) | 8:35            | 7<br>(67.3%)   |
| 77  | LUBAŃSKI Robert               | 4215  |                         | Weteran I M - 50 | 3    | 01:20:31   | 03:19:30   | 04:47:01   | 06:35:29   | 08:13:08    | 09:44:16.95           | +03:13:18<br>(33.1%) | 8:35            | 7<br>(67.3%)   |
| 78  | DZIĘCZKOWSKA-NIKLEWICZ Joanna | 4081  | ROKIETNICA BIEGA        | Senior II K - 30 | 4    | 01:21:42   | 03:24:07   | 04:51:14   | 06:43:06   | 08:19:09    | 09:45:18.55           | +03:14:19<br>(33.2%) | 8:36            | 7<br>(67.3%)   |
| 79  | KARPOWICZ Rafał               | 4085  |                         | Masters M - 40   | 24   | 01:15:52   | 03:15:33   | 04:47:35   | 06:44:08   | 08:19:24    | 09:46:43.20           | +03:15:44<br>(33.4%) | 8:37            | 7<br>(67.3%)   |
| 80  | LEŚNIAK Marcin                | 4219  | SALT RUNNERS BOCHNIA    | Masters M - 40   | 25   | 01:17:28   | 03:15:47   | 04:41:52   | 06:32:30   | 08:10:47    | 09:47:24.70           | +03:16:26<br>(33.4%) | 8:38            | 6.9<br>(66.3%) |
| 81  | LASKOWSKI Radosław            | 4106  | KS PIDRINA GDYNIA       | Masters M - 40   | 26   | 01:19:50   | 03:17:59   | 04:46:47   | 06:41:02   | 08:14:18    | 09:47:27.25           | +03:16:28<br>(33.4%) | 8:38            | 6.9<br>(66.3%) |
| 82  | WIERZBOWY Przemek             | 4295  | KOKO DŻAMBO I DO PRZODU | Senior II M - 30 | 34   | 01:14:21   | 03:04:05   | 04:29:50   | 06:42:40   | 08:20:29    | 09:47:51.80           | +03:16:53<br>(33.5%) | 8:38            | 6.9<br>(66.3%) |
| 83  | KULGAJUK Michał               | 4218  | SUT STRASZYN ULTRA TEAM | Senior II M - 30 | 35   | 01:28:43   | 03:31:14   | 04:52:11   | 06:44:01   | 08:16:49    | 09:48:28.65           | +03:17:30<br>(33.6%) | 8:39            | 6.9<br>(66.3%) |
| 84  | OBRZUD Krzysztof              | 4080  |                         | Masters M - 40   | 27   | 01:19:42   | 03:20:48   | 04:50:44   | 06:36:40   | 08:14:10    | 09:48:41.50           | +03:17:42<br>(33.6%) | 8:39            | 6.9<br>(66.3%) |

|     |                     |       |                              |                  |      |          |          |          |          |          | Czas netto 68km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|------------------------------|------------------|------|----------|----------|----------|----------|----------|-----------------|-------------------|--------------|-------------|
| Msc | Zawodnik            | Numer | Klub                         | Kategoria        | Mkat | A1 10km  | D1 24km  | B1 34km  | B2 46km  | A15 57km |                 |                   |              |             |
| 85  | LECZOWICZ Patryk    | 4248  |                              | Senior I M - 20  | 6    | 01:14:40 | 03:06:11 | 04:36:13 | 06:37:45 | 08:18:14 | 09:49:43.30     | +03:18:44 (33.7%) | 8:40         | 6.9 (66.3%) |
| 86  | STOŃ Wojciech       | 4320  |                              | Senior II M - 30 | 36   | 01:25:21 | 03:30:36 | 04:55:58 | 06:41:55 | 08:14:16 | 09:49:53.25     | +03:18:54 (33.7%) | 8:40         | 6.9 (66.3%) |
| 87  | MATYJA Rafał        | 4256  | LESZNO LIMITS RUNNERS        | Senior II M - 30 | 37   | 01:22:55 | 03:31:48 | 05:03:26 | 06:55:32 | 08:28:30 | 09:50:20.55     | +03:19:21 (33.8%) | 8:40         | 6.9 (66.3%) |
| 88  | BOGUCKA Emilia      | 4343  | WLKP MOUNTAINS ULTRA         | Masters K - 40   | 8    | 01:22:34 | 03:35:30 | 05:03:35 | 06:55:33 | 08:26:21 | 09:51:33.90     | +03:20:35 (33.9%) | 8:41         | 6.9 (66.3%) |
| 89  | WIELOSİK Michał     | 4274  | RONAL POLSKA RUN             | Senior I M - 20  | 7    | 01:19:16 | 03:25:37 | 04:49:43 | 06:39:43 | 08:16:50 | 09:51:40.80     | +03:20:42 (33.9%) | 8:42         | 6.9 (66.3%) |
| 90  | CORTEBEECK Bruno    | 4294  |                              | Senior II M - 30 | 38   | 01:23:54 | 03:28:52 | 05:00:37 | 06:51:09 | 08:25:10 | 09:51:53.45     | +03:20:54 (33.9%) | 8:42         | 6.9 (66.3%) |
| 91  | KOTLAREK Dawid      | 4067  | VEGE RUNNERS                 | Masters M - 40   | 28   | 01:18:40 | 03:18:53 | 04:49:42 | 06:43:07 | 08:16:56 | 09:53:40.15     | +03:22:41 (34.1%) | 8:43         | 6.9 (66.3%) |
| 92  | TABIŚ-HUBKA Rafał   | 4265  | ZABRZAŃSKIE PARKOWE BIEGANIE | Masters M - 40   | 29   | 01:17:46 | 03:20:58 | 04:47:06 | 06:45:56 | 08:24:25 | 09:54:19.85     | +03:23:21 (34.2%) | 8:44         | 6.9 (66.3%) |
| 93  | PIETRZAK Paweł      | 4308  | DOGOŃ GRODZISK MAZOWIECKI    | Masters M - 40   | 30   | 01:26:31 | 03:27:26 | 04:55:55 | 06:43:37 | 08:24:57 | 09:55:33.00     | +03:24:34 (34.4%) | 8:45         | 6.9 (66.3%) |
| 94  | RUŚKIEWICZ Wojciech | 4097  | DELOITTE ADVENTURE TEAM      | Senior II M - 30 | 39   | 01:14:19 | 03:04:14 | 04:44:17 | 06:42:01 | 08:21:37 | 09:56:22.15     | +03:25:23 (34.4%) | 8:46         | 6.8 (65.4%) |
| 95  | SKRZYNIARZ Marek    | 4177  | C.K.MARUDERZY                | Masters M - 40   | 31   | 01:20:21 | 03:28:43 | 04:55:21 | 06:56:12 | 08:32:59 | 09:57:40.70     | +03:26:42 (34.6%) | 8:47         | 6.8 (65.4%) |
| 96  | KOGUT Karol         | 4296  | FOREST WORKOUT               | Senior II M - 30 | 40   | 01:13:37 | 03:12:45 | 04:36:08 | 06:24:08 | 08:07:07 | 09:57:43.40     | +03:26:44 (34.6%) | 8:47         | 6.8 (65.4%) |
| 97  | SIKORSKI Szymon     | 4223  | NOA                          | Senior II M - 30 | 41   | 01:21:44 | 03:28:55 | 05:04:25 | 06:57:34 | 08:31:13 | 10:00:41.85     | +03:29:43 (34.9%) | 8:50         | 6.8 (65.4%) |
| 98  | WELTER Przemysław   | 4019  | KB SZAMOTUŁY                 | Senior II M - 30 | 42   | 01:17:17 | 03:18:07 | 04:51:08 | 06:42:11 | 08:24:35 | 10:01:15.85     | +03:30:17 (35.0%) | 8:50         | 6.8 (65.4%) |
| 99  | TOMASZEWSKI Michał  | 4164  |                              | Masters M - 40   | 32   | 01:20:27 | 03:18:49 | 04:41:54 | 06:43:24 | 08:23:08 | 10:02:20.55     | +03:31:21 (35.1%) | 8:51         | 6.8 (65.4%) |
| 100 | KOLASA Filip        | 4267  |                              | Senior II M - 30 | 43   | 01:18:05 | 03:14:16 | 04:56:01 | 06:54:41 | 08:36:57 | 10:03:25.95     | +03:32:27 (35.2%) | 8:52         | 6.8 (65.4%) |
| 101 | PAWLAK Maciej       | 4261  |                              | Masters M - 40   | 33   | 01:25:55 | 03:24:51 | 04:56:13 | 06:52:44 | 08:33:04 | 10:03:37.65     | +03:32:39 (35.2%) | 8:52         | 6.8 (65.4%) |
| 102 | STACHURSKI Daniel   | 4032  |                              | Weteran I M - 50 | 4    | 01:29:44 | 03:37:30 | 05:11:34 | 06:59:12 | 08:35:49 | 10:05:15.25     | +03:34:16 (35.4%) | 8:54         | 6.7 (64.4%) |
| 103 | PURA Robert         | 4192  |                              | Masters M - 40   | 34   | 01:20:10 | 03:23:30 | 04:53:05 | 06:51:33 | 08:40:23 | 10:10:34.15     | +03:39:35 (36.0%) | 8:58         | 6.7 (64.4%) |
| 104 | ZGRAJ Leszek        | 4316  |                              | Masters M - 40   | 35   | 01:20:49 | 03:26:17 | 05:02:24 | 07:02:09 | 08:41:38 | 10:12:49.20     | +03:41:50 (36.2%) | 9:00         | 6.7 (64.4%) |
| 105 | KWIATEK Agnieszka   | 4018  |                              | Senior II K - 30 | 5    | 01:22:31 | 03:33:11 | 05:08:02 | 06:59:32 | 08:40:27 | 10:14:32.20     | +03:43:33 (36.4%) | 9:02         | 6.6 (63.5%) |
| 106 | SZYM CZYK Michał    | 4318  | DRUŻYNA CHROBREGO            | Masters M - 40   | 36   | 01:27:27 | 03:35:41 | 05:10:43 | 07:06:34 | 08:47:55 | 10:16:25.70     | +03:45:27 (36.6%) | 9:03         | 6.6 (63.5%) |
| 107 | KOZŁOWSKA Iwona     | 4043  | LESZNO LIMITS RUNNERS        | Masters K - 40   | 9    | 01:29:54 | 03:44:10 | 05:18:18 | 07:14:19 | 08:51:31 | 10:18:01.85     | +03:47:03 (36.7%) | 9:05         | 6.6 (63.5%) |

|     |                         |       |                                |                   |      |          |          |          |          |          | Czas netto  |                   |              |             |
|-----|-------------------------|-------|--------------------------------|-------------------|------|----------|----------|----------|----------|----------|-------------|-------------------|--------------|-------------|
| Msc | Zawodnik                | Numer | Klub                           | Kategoria         | Mkat | A1 10km  | D1 24km  | B1 34km  | B2 46km  | A15 57km | 68km        | Różn              | Tempo min/km | Tempo km/h  |
| 108 | FALDZINSKI Bartosz      | 4173  |                                | Senior II M - 30  | 44   | 01:23:58 | 03:30:11 | 05:00:40 | 07:00:46 | 08:44:21 | 10:18:30.30 | +03:47:31 (36.8%) | 9:05         | 6.6 (63.5%) |
| 109 | KŁODZIŃSKI Karol        | 4231  | TAZDEVIL TEAM                  | Masters M - 40    | 37   | 01:25:28 | 03:39:03 | 05:14:51 | 07:10:11 | 08:51:12 | 10:23:27.75 | +03:52:29 (37.3%) | 9:10         | 6.5 (62.5%) |
| 110 | CHOJNACKA Karolina      | 4232  | TAZDEVIL TEAM                  | Masters K - 40    | 10   | 01:25:41 | 03:39:12 | 05:15:00 | 07:10:22 | 08:51:48 | 10:23:37.90 | +03:52:39 (37.3%) | 9:10         | 6.5 (62.5%) |
| 111 | ZDANOWICZ Elżbieta      | 4253  | VEGE RUNNERS                   | Masters K - 40    | 11   | 01:27:33 | 03:39:58 | 05:11:33 | 07:07:58 | 08:48:18 | 10:23:51.35 | +03:52:52 (37.3%) | 9:10         | 6.5 (62.5%) |
| 112 | SZAFRAŃSKI Dominik      | 4040  | OBORNICKI KLUB LEKKOATLETYCZNY | Senior II M - 30  | 45   | 01:23:41 | 03:27:59 | 05:04:31 | 07:15:02 | 08:51:28 | 10:25:39.85 | +03:54:41 (37.5%) | 9:12         | 6.5 (62.5%) |
| 113 | KOŁKOWSKI Przemysław    | 4338  | KIERUNEK HORYZONT              | Masters M - 40    | 38   | 01:29:49 | 03:44:00 | 05:19:04 | 07:18:39 | 08:58:34 | 10:26:33.95 | +03:55:35 (37.6%) | 9:12         | 6.5 (62.5%) |
| 114 | STAROŃ Tomasz           | 4291  |                                | Masters M - 40    | 39   | 01:20:34 | 03:32:50 | 05:00:41 | 07:01:25 | 08:48:22 | 10:26:52.60 | +03:55:54 (37.6%) | 9:13         | 6.5 (62.5%) |
| 115 | RADZIWOŃ Anna           | 4145  | GRUPA NIENACHALNIE HEROICZNA   | Masters K - 40    | 12   | 01:26:27 | 03:41:23 | 05:16:55 | 07:20:42 | 09:01:45 | 10:27:31.10 | +03:56:32 (37.7%) | 9:13         | 6.5 (62.5%) |
| 116 | SKŁADANOWSKA Beata      | 4263  |                                | Senior II K - 30  | 6    | 01:29:14 | 03:29:35 | 05:10:34 | 07:12:30 | 08:56:24 | 10:28:30.15 | +03:57:31 (37.8%) | 9:14         | 6.5 (62.5%) |
| 117 | MAKSELON Anna           | 4201  |                                | Masters K - 40    | 13   | 01:26:53 | 03:36:51 | 05:22:53 | 07:19:52 | 08:58:40 | 10:28:37.70 | +03:57:39 (37.8%) | 9:14         | 6.5 (62.5%) |
| 118 | TYLIŃSKI Arkadiusz      | 4131  | LESZ NO LIMITS RUNNERS         | Weteran I M - 50  | 5    | 01:17:39 | 03:28:14 | 05:21:49 | 07:23:41 | 09:02:12 | 10:29:42.70 | +03:58:44 (37.9%) | 9:15         | 6.5 (62.5%) |
| 119 | LISZKA Piotrek          | 4100  |                                | Weteran II M - 60 | 1    | 01:26:15 | 03:36:51 | 05:17:39 | 07:17:08 | 08:56:15 | 10:30:04.70 | +03:59:06 (37.9%) | 9:15         | 6.5 (62.5%) |
| 120 | MARCINKOWSKI Przemysław | 4283  | PROTON/LESZ NO LIMITS RUNNERS  | Masters M - 40    | 40   | 01:30:34 | 03:46:53 | 05:25:29 | 07:26:36 | 09:02:17 | 10:30:08.35 | +03:59:09 (38.0%) | 9:16         | 6.5 (62.5%) |
| 121 | KONOPKA Bartosz         | 4262  | BIEGAMBOLUBIĘ                  | Masters M - 40    | 41   | 01:26:10 | 03:31:00 | 05:01:32 | 07:07:39 | 08:50:32 | 10:31:04.60 | +04:00:06 (38.0%) | 9:16         | 6.5 (62.5%) |
| 122 | WOJAK Malwina           | 4125  |                                | Senior II K - 30  | 7    | 01:29:24 | 03:47:40 | 05:18:51 | 07:19:40 | 08:57:07 | 10:31:59.75 | +04:01:01 (38.1%) | 9:17         | 6.5 (62.5%) |
| 123 | BOK Rafał               | 4286  |                                | Masters M - 40    | 42   | 01:24:50 | 03:29:45 | 05:17:31 | 07:19:21 | 09:02:31 | 10:32:33.30 | +04:01:34 (38.2%) | 9:18         | 6.4 (61.5%) |
| 124 | KONIECZNY Marcin        | 4292  |                                | Masters M - 40    | 43   | 01:19:17 | 03:26:18 | 04:56:33 | 07:03:27 | 08:51:51 | 10:34:51.50 | +04:03:52 (38.4%) | 9:20         | 6.4 (61.5%) |
| 125 | FUKS Szymon             | 4141  | MCBIEGACZE                     | Masters M - 40    | 44   | 01:21:35 | 03:24:14 | 04:57:03 | 06:59:37 | 08:53:29 | 10:35:26.70 | +04:04:28 (38.5%) | 9:20         | 6.4 (61.5%) |
| 126 | BADOWSKI Rafał          | 4073  | WSZYSTKO JEST W GŁOWIE!        | Masters M - 40    | 45   | 01:14:46 | 03:18:08 | 04:46:29 | 06:44:41 | 08:41:40 | 10:35:35.25 | +04:04:36 (38.5%) | 9:20         | 6.4 (61.5%) |
| 127 | ROSOŁOWSKI Grzegorz     | 4096  | DRUŻYNA SZPIKU SITECH          | Masters M - 40    | 46   | 01:28:05 | 03:38:29 | 05:17:27 | 07:17:16 | 09:00:32 | 10:35:49.80 | +04:04:51 (38.5%) | 9:21         | 6.4 (61.5%) |
| 128 | QUIRINI Ewa             | 4172  |                                | Senior II K - 30  | 8    | 01:28:05 | 03:43:00 | 05:19:15 | 07:27:42 | 09:07:31 | 10:40:43.35 | +04:09:44 (39.0%) | 9:25         | 6.4 (61.5%) |
| 129 | MARZEC Dominik          | 4055  |                                | Senior II M - 30  | 46   | 01:26:13 | 03:37:06 | 05:09:37 | 07:12:08 | 08:59:58 | 10:41:27.15 | +04:10:28 (39.0%) | 9:25         | 6.4 (61.5%) |
| 130 | DORDZIK Katarzyna       | 4188  |                                | Senior II K - 30  | 9    | 01:28:37 | 03:39:16 | 05:08:28 | 07:11:18 | 09:01:26 | 10:41:38.55 | +04:10:39 (39.1%) | 9:26         | 6.4 (61.5%) |

| Msc | Zawodnik                               | Numer | Klub                               | Kategoria           | Mkat | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | Czas<br>netto<br>68km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------------|-------|------------------------------------|---------------------|------|------------|------------|------------|------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 131 | MORAWSKI<br>Bartosz                    | 4013  | STARE BABICE BIEGAJĄ               | Senior II M<br>- 30 | 47   | 01:31:21   | 03:53:47   | 05:42:34   | 07:44:53   | 09:22:15    | 10:42:06.50           | +04:11:07<br>(39.1%) | 9:26            | 6.4<br>(61.5%) |
| 132 | KUNECKI Norbert                        | 4226  | KB HARCOWNIK JELCZ-LASKOWICE       | Masters M<br>- 40   | 47   | 01:29:13   | 03:43:28   | 05:18:16   | 07:20:50   | 09:10:24    | 10:44:17.10           | +04:13:18<br>(39.3%) | 9:28            | 6.3<br>(60.6%) |
| 133 | WROE Agnieszka                         | 4030  |                                    | Senior II K<br>- 30 | 10   | 01:23:45   | 03:35:34   | 05:19:28   | 07:26:40   | 09:11:57    | 10:45:22.20           | +04:14:23<br>(39.4%) | 9:29            | 6.3<br>(60.6%) |
| 134 | JURA Mariusz                           | 4272  | ZŁOWIESZCZE ZGRZYTNIĘCIE ZWIERACZA | Masters M<br>- 40   | 48   | 01:24:34   | 03:37:47   | 05:18:17   | 07:19:38   | 09:06:21    | 10:45:59.40           | +04:15:00<br>(39.5%) | 9:29            | 6.3<br>(60.6%) |
| 135 | KONIECZNA<br>Paulina                   | 4271  | CH10                               | Senior II K<br>- 30 | 11   | 01:23:04   | 03:26:39   | 05:08:31   | 07:22:44   | 09:14:56    | 10:47:17.90           | +04:16:19<br>(39.6%) | 9:31            | 6.3<br>(60.6%) |
| 136 | PIETRZAK<br>Agnieszka                  | 4309  | DOGOŃ GRODZISK MAZOWIECKI          | Masters K<br>- 40   | 14   | 01:27:42   | 03:42:14   | 05:25:32   | 07:23:53   | 09:12:51    | 10:47:25.65           | +04:16:27<br>(39.6%) | 9:31            | 6.3<br>(60.6%) |
| 137 | ZAMBRZYCKI<br>Maciej                   | 4289  | SAP LABS POLAND TEAM               | Masters M<br>- 40   | 49   | 01:24:39   | 03:29:28   | 05:17:20   | 07:30:03   | 09:13:14    | 10:48:38.20           | +04:17:39<br>(39.7%) | 9:32            | 6.3<br>(60.6%) |
| 138 | KUBICA Bartosz                         | 4258  |                                    | Masters M<br>- 40   | 50   | 01:27:23   | 03:37:55   | 05:14:22   | 07:23:01   | 09:11:24    | 10:48:44.75           | +04:17:46<br>(39.7%) | 9:32            | 6.3<br>(60.6%) |
| 139 | JUCHA Jacek                            | 4246  | CARBO ASECURA/ CA AKTYWNI          | Masters M<br>- 40   | 51   | 01:27:32   | 03:38:04   | 05:14:30   | 07:23:10   | 09:10:17    | 10:48:54.40           | +04:17:55<br>(39.7%) | 9:32            | 6.3<br>(60.6%) |
| 140 | GAWRON<br>Bartłomiej                   | 4279  |                                    | Masters M<br>- 40   | 52   | 01:20:33   | 03:29:46   | 05:07:43   | 07:19:29   | 09:09:44    | 10:49:28.95           | +04:18:30<br>(39.8%) | 9:33            | 6.3<br>(60.6%) |
| 141 | GAŁWA Dawid                            | 4074  |                                    | Senior II M<br>- 30 | 48   | 01:25:39   | 03:34:57   | 05:21:52   | 07:27:04   | 09:20:43    | 10:50:01.55           | +04:19:02<br>(39.9%) | 9:33            | 6.3<br>(60.6%) |
| 142 | PRYJMA Tomasz                          | 4197  | FUNEXSPORTS                        | Weteran I<br>M - 50 | 6    | 01:31:57   | 03:56:41   | 05:37:03   | 07:47:59   | 09:23:14    | 10:50:34.50           | +04:19:35<br>(39.9%) | 9:34            | 6.3<br>(60.6%) |
| 143 | SMYK Kamil                             | 4117  |                                    | Senior II M<br>- 30 | 49   | 01:19:53   | 03:21:11   | 04:59:38   | 07:07:03   | 09:03:31    | 10:52:05.95           | +04:21:07<br>(40.0%) | 9:35            | 6.3<br>(60.6%) |
| 144 | SZUMIEC Andrzej                        | 4009  | LACHO TEAM                         | Weteran I<br>M - 50 | 7    | 01:36:01   | 03:55:32   | 05:27:01   | 07:29:44   | 09:15:24    | 10:52:23.15           | +04:21:24<br>(40.1%) | 9:35            | 6.3<br>(60.6%) |
| 145 | PUZIO Bartłomiej                       | 4236  |                                    | Senior II M<br>- 30 | 50   | 01:14:00   | 03:20:33   | 04:54:53   | 07:14:37   | 09:17:14    | 10:52:29.20           | +04:21:30<br>(40.1%) | 9:35            | 6.3<br>(60.6%) |
| 146 | KOŁODZIEJ Paweł                        | 4214  |                                    | Masters M<br>- 40   | 53   | 01:30:53   | 03:48:20   | 05:32:40   | 07:35:24   | 09:12:59    | 10:53:40.65           | +04:22:42<br>(40.2%) | 9:36            | 6.2<br>(59.6%) |
| 147 | FEODORÓW<br>Wojciech                   | 4337  | SKURCZYBYKI                        | Weteran I<br>M - 50 | 8    | 01:27:15   | 03:47:52   | 05:31:56   | 07:31:55   | 09:23:59    | 10:57:32.80           | +04:26:34<br>(40.5%) | 9:40            | 6.2<br>(59.6%) |
| 148 | KUCHARSKI<br>Waldemar                  | 4109  |                                    | Weteran I<br>M - 50 | 9    | 01:30:33   | 03:43:57   | 05:16:02   | 07:22:16   | 09:12:31    | 10:59:52.80           | +04:28:54<br>(40.8%) | 9:42            | 6.2<br>(59.6%) |
| 149 | MICHAŁOWSKI<br>Maciej                  | 4020  | KLUB PRZYJACIÓŁ MYSZKI MIKI        | Senior II M<br>- 30 | 51   | 01:23:15   | 03:26:49   | 05:10:43   | 07:20:36   | 09:18:51    | 10:59:55.70           | +04:28:57<br>(40.8%) | 9:42            | 6.2<br>(59.6%) |
| 150 | STRONIKOWSKI<br>Kamil                  | 4134  |                                    | Masters M<br>- 40   | 54   | 01:30:38   | 03:44:21   | 05:13:37   | 07:22:40   | 09:12:44    | 11:00:10.15           | +04:29:11<br>(40.8%) | 9:42            | 6.2<br>(59.6%) |
| 151 | DOMARADZKA-<br>KASZUBOWICZ<br>Wiktoria | 4015  | POZYTYWNIIE ZABIEGANI SANOK        | Senior II K<br>- 30 | 12   | 01:31:20   | 03:49:10   | 05:36:01   | 07:33:46   | 09:21:02    | 11:00:58.25           | +04:29:59<br>(40.8%) | 9:43            | 6.2<br>(59.6%) |
| 152 | KAKOSZKA<br>Marcin                     | 4076  | SALTY DOOG                         | Senior II M<br>- 30 | 52   | 01:17:12   | 03:21:46   | 05:05:08   | 07:19:05   | 09:17:07    | 11:01:28.00           | +04:30:29<br>(40.9%) | 9:43            | 6.2<br>(59.6%) |
| 153 | KULA Sebastian                         | 4230  | SYCOWSKA POGOŃ                     | Masters M<br>- 40   | 55   | 01:22:50   | 03:36:09   | 05:14:26   | 07:23:50   | 09:18:26    | 11:02:39.60           | +04:31:41<br>(41.0%) | 9:44            | 6.2<br>(59.6%) |

| Msc | Zawodnik                 | Numer | Klub                              | Kategoria        | Mkat | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | Czas<br>netto<br>68km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------|-------|-----------------------------------|------------------|------|------------|------------|------------|------------|-------------|-----------------------|-------------------|-----------------|---------------|
| 154 | ŁUKAWSKI Krzysztof       | 4034  |                                   | Senior II M - 30 | 53   | 01:25:30   | 03:28:38   | 05:03:19   | 07:22:24   | 09:25:42    | 11:02:50.75           | +04:31:52 (41.0%) | 9:44            | 6.2 (59.6%)   |
| 155 | KOWALSKI Rafał           | 4217  | RADIO RODZINA WROCŁAW             | Masters M - 40   | 56   | 01:25:58   | 03:41:42   | 05:23:38   | 07:31:01   | 09:24:48    | 11:04:06.85           | +04:33:08 (41.1%) | 9:45            | 6.1 (58.7%)   |
| 156 | KIERSKI Dariusz          | 4110  |                                   | Weteran I M - 50 | 10   | 01:32:41   | 03:54:00   | 05:35:22   | 07:46:23   | 09:31:45    | 11:08:30.15           | +04:37:31 (41.5%) | 9:49            | 6.1 (58.7%)   |
| 157 | KOPACKI Grzegorz         | 4108  |                                   | Senior II M - 30 | 54   | 01:24:16   | 03:41:07   | 05:21:25   | 07:28:17   | 09:27:31    | 11:08:33.80           | +04:37:35 (41.5%) | 9:49            | 6.1 (58.7%)   |
| 158 | SIENNICKI Leszek         | 4251  |                                   | Masters M - 40   | 57   | 01:25:42   | 03:39:21   | 05:21:11   | 07:33:11   | 09:22:39    | 11:09:39.95           | +04:38:41 (41.6%) | 9:50            | 6.1 (58.7%)   |
| 159 | LEBODA Katarzyna         | 4014  | WILD DOGS TEAM                    | Senior II K - 30 | 13   | 01:28:10   | 03:48:53   | 05:33:55   | 07:46:22   | 09:33:15    | 11:10:12.60           | +04:39:14 (41.7%) | 9:51            | 6.1 (58.7%)   |
| 160 | HOLDCRAFT Nicholas       | 4185  |                                   | Masters M - 40   | 58   | 01:29:37   | 03:26:01   | 05:04:23   | 07:19:12   | 09:09:01    | 11:11:06.35           | +04:40:07 (41.7%) | 9:52            | 6.1 (58.7%)   |
| 161 | GIBALSKI Tomasz          | 4333  | OBORYGENI                         | Weteran I M - 50 | 11   | 01:25:47   | 03:45:44   | 05:26:13   | 07:50:01   | 09:36:06    | 11:12:16.50           | +04:41:17 (41.8%) | 9:53            | 6.1 (58.7%)   |
| 162 | STAJNIAK-STELIGA Izabela | 4334  | OBORYGENI                         | Masters K - 40   | 15   | 01:26:05   | 03:46:04   | 05:26:31   | 07:50:19   | 09:36:23    | 11:12:34.70           | +04:41:36 (41.9%) | 9:53            | 6.1 (58.7%)   |
| 163 | WIECZOREK Monika         | 4104  |                                   | Masters K - 40   | 16   | 01:27:55   | 03:45:43   | 05:24:26   | 07:40:23   | 09:33:11    | 11:12:59.55           | +04:42:00 (41.9%) | 9:53            | 6.1 (58.7%)   |
| 164 | PRNOBIS-PROŃSKI Michał   | 4027  | SLOW JOGGING                      | Senior II M - 30 | 55   | 01:27:41   | 03:32:43   | 05:04:07   | 07:19:30   | 09:21:35    | 11:13:01.70           | +04:42:03 (41.9%) | 9:53            | 6.1 (58.7%)   |
| 165 | BUDYCH Arek              | 4303  |                                   | Senior II M - 30 | 56   | 01:23:50   | 03:38:13   | 05:21:43   | 07:32:58   | 09:29:15    | 11:13:38.00           | +04:42:39 (42.0%) | 9:54            | 6.1 (58.7%)   |
| 166 | GRYGORUK Cezary          | 4157  |                                   | Weteran I M - 50 | 12   | 01:25:05   | 03:42:50   | 05:25:40   | 07:35:09   | 09:31:09    | 11:13:43.00           | +04:42:44 (42.0%) | 9:54            | 6.1 (58.7%)   |
| 167 | NOWICKI Piotr            | 4149  | HTJ                               | Senior II M - 30 | 57   | 01:27:06   | 03:49:10   | 05:42:39   | 07:46:15   | 09:29:49    | 11:13:48.55           | +04:42:49 (42.0%) | 9:54            | 6.1 (58.7%)   |
| 168 | LEŚNIAK-POPIEL Marta     | 4012  | POZYTYWNIIE ZABIEGANI SANOK       | Masters K - 40   | 17   | 01:31:58   | 04:00:36   | 05:46:16   | 07:53:44   | 09:38:05    | 11:15:12.95           | +04:44:14 (42.1%) | 9:55            | 6 (57.7%)     |
| 169 | CEBRAT Ewa               | 4025  | POZYTYWNIIE ZABIEGANI SANOK       | Masters K - 40   | 18   | 01:32:06   | 04:01:22   | 05:46:26   | 07:53:56   | 09:38:17    | 11:15:22.50           | +04:44:23 (42.1%) | 9:55            | 6 (57.7%)     |
| 170 | RADZIWOŃ Krzysztof       | 4142  | GRUPA NIENACHALNIE HEROICZNA      | Masters M - 40   | 59   | 01:30:37   | 03:49:59   | 05:32:19   | 07:44:53   | 09:34:15    | 11:16:05.70           | +04:45:07 (42.2%) | 9:56            | 6 (57.7%)     |
| 171 | RENKIEL Tomasz           | 4099  | COMPAÑEROS ASFALT ATEAM           | Masters M - 40   | 60   | 01:33:22   | 03:48:43   | 05:28:16   | 07:44:33   | 09:37:26    | 11:16:53.30           | +04:45:54 (42.2%) | 9:57            | 6 (57.7%)     |
| 172 | KRZYŻOSTANIAK Marcin     | 4325  | ZGRUBKA TEAM / MARCIN ŚWIERC TEAM | Masters M - 40   | 61   | 01:32:41   | 03:56:37   | 05:41:21   | 07:55:53   | 09:44:09    | 11:18:59.45           | +04:48:00 (42.4%) | 9:59            | 6 (57.7%)     |
| 173 | PARZONKA Paweł           | 4139  | KS LENIWIEC                       | Masters M - 40   | 62   | 01:25:56   | 03:35:52   | 05:15:12   | 07:26:21   | 09:23:29    | 11:19:40.05           | +04:48:41 (42.5%) | 9:59            | 6 (57.7%)     |
| 174 | SZMECHTIG-GAUDEN Ewa     | 4132  | PODGÓRZ TORUŃ                     | Masters K - 40   | 19   | 01:30:10   | 03:45:12   | 05:28:14   | 07:42:56   | 09:33:57    | 11:21:13.95           | +04:50:15 (42.6%) | 10:01           | 6 (57.7%)     |
| 175 | ZARĘBA Anna              | 4005  |                                   | Senior II K - 30 | 14   | 01:31:23   | 03:45:43   | 05:32:52   | 07:38:25   | 09:35:23    | 11:21:44.10           | +04:50:45 (42.6%) | 10:01           | 6 (57.7%)     |
| 176 | ZARĘBA Adam              | 4008  |                                   | Senior II M - 30 | 58   | 01:31:36   | 03:45:53   | 05:33:04   | 07:38:37   | 09:35:38    | 11:21:56.75           | +04:50:58 (42.7%) | 10:01           | 6 (57.7%)     |

|     |                    |       |                                           |                   |      |            |            |            |            |             | Czas netto  |                   |                 |               |
|-----|--------------------|-------|-------------------------------------------|-------------------|------|------------|------------|------------|------------|-------------|-------------|-------------------|-----------------|---------------|
| Msc | Zawodnik           | Numer | Klub                                      | Kategoria         | Mkat | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | 68km        | Różn              | Tempo<br>min/km | Tempo<br>km/h |
| 177 | MURAWICZ Grzegorz  | 4327  |                                           | Weteran I M - 50  | 13   | 01:28:49   | 03:41:00   | 05:29:51   | 07:41:54   | 09:38:53    | 11:22:10.35 | +04:51:11 (42.7%) | 10:01           | 6 (57.7%)     |
| 178 | MIKOLAJCZYK Lukasz | 4007  | RUNTRIAL                                  | Senior II M - 30  | 59   | 01:23:24   | 03:44:17   | 05:24:31   | 07:42:08   | 09:41:21    | 11:22:20.85 | +04:51:22 (42.7%) | 10:02           | 6 (57.7%)     |
| 179 | SZCZUKA Joanna     | 4039  |                                           | Senior I K - 20   | 4    | 01:31:03   | 03:58:03   | 05:47:08   | 07:57:12   | 09:42:48    | 11:23:01.75 | +04:52:03 (42.8%) | 10:02           | 6 (57.7%)     |
| 180 | GRYS Paweł         | 4021  | BIEGIEM PO MARZENIA TEAM                  | Senior II M - 30  | 60   | 01:26:01   | 03:52:40   | 05:39:47   | 08:03:34   | 09:54:09    | 11:24:15.65 | +04:53:17 (42.9%) | 10:03           | 6 (57.7%)     |
| 181 | FURTAK Krzysztof   | 4304  | KTOŚ MUSI BYĆ OSTATNI                     | Weteran I M - 50  | 14   | 01:25:51   | 03:44:38   | 05:25:04   | 07:32:21   | 09:23:43    | 11:25:35.10 | +04:54:36 (43.0%) | 10:04           | 6 (57.7%)     |
| 182 | JARASZEK Sanjaya   | 4335  | JASNASTRONAMOCY.INFO                      | Weteran II M - 60 | 2    | 01:34:29   | 03:49:53   | 05:33:17   | 07:57:55   | 09:54:42    | 11:28:56.15 | +04:57:57 (43.2%) | 10:07           | 5.9 (56.7%)   |
| 183 | DUCH Emil          | 4329  | JB WARSAW                                 | Senior II M - 30  | 61   | 01:33:12   | 03:58:06   | 05:42:28   | 08:00:31   | 09:49:16    | 11:29:21.45 | +04:58:22 (43.3%) | 10:08           | 5.9 (56.7%)   |
| 184 | ROGOWSKI Tomasz    | 4336  | UMLAUT                                    | Senior II M - 30  | 62   | 01:33:24   | 03:57:35   | 05:46:47   | 07:59:22   | 09:56:30    | 11:32:05.25 | +05:01:06 (43.5%) | 10:10           | 5.9 (56.7%)   |
| 185 | DOBRENKO Edyta     | 4171  |                                           | Masters K - 40    | 20   | 01:35:25   | 03:55:26   | 05:42:38   | 08:01:50   | 09:50:28    | 11:33:11.30 | +05:02:12 (43.6%) | 10:11           | 5.9 (56.7%)   |
| 186 | FRANKOWSKI Dariusz | 4221  | SZAMANI W TRANSIE                         | Weteran I M - 50  | 15   | 01:29:23   | 03:54:11   | 05:40:06   | 07:57:59   | 09:52:22    | 11:34:12.85 | +05:03:14 (43.7%) | 10:12           | 5.9 (56.7%)   |
| 187 | KONIECZNY Andrzej  | 4324  |                                           | Weteran I M - 50  | 16   | 01:32:58   | 04:00:02   | 05:45:47   | 07:57:43   | 09:51:17    | 11:36:27.00 | +05:05:28 (43.9%) | 10:14           | 5.9 (56.7%)   |
| 188 | KRUK Jacek         | 4119  |                                           | Masters M - 40    | 63   | 01:31:35   | 04:02:53   | 05:41:17   | 07:52:20   | 09:52:03    | 11:36:58.65 | +05:06:00 (43.9%) | 10:14           | 5.9 (56.7%)   |
| 189 | ŻABIEREK Tomek     | 4257  |                                           | Masters M - 40    | 64   | 01:32:10   | 03:50:53   | 05:33:14   | 07:58:49   | 10:00:25    | 11:37:17.45 | +05:06:18 (43.9%) | 10:15           | 5.9 (56.7%)   |
| 189 | KRYSKE Mariusz     | 4284  | SPÓJNIA BIAŁE BŁOTA                       | Senior II M - 30  | 63   | 01:29:05   | 03:47:25   | 05:36:06   | 07:47:01   | 09:45:22    | 11:37:17.45 | +05:06:18 (43.9%) | 10:15           | 5.9 (56.7%)   |
| 191 | BLIŹNIEWSKI Marek  | 4213  | SNG WILD DUCK                             | Masters M - 40    | 65   | 01:40:25   | 03:47:54   | 05:50:44   | 08:00:55   | 09:57:09    | 11:37:34.15 | +05:06:35 (44.0%) | 10:15           | 5.8 (55.8%)   |
| 192 | SZYMAŃSKA Agata    | 4064  |                                           | Senior II K - 30  | 15   | 01:27:59   | 03:56:17   | 05:32:23   | 07:46:56   | 09:41:39    | 11:41:25.65 | +05:10:27 (44.3%) | 10:18           | 5.8 (55.8%)   |
| 193 | GAWLAK Robert      | 4277  | ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE | Senior II M - 30  | 64   | 01:26:41   | 03:45:53   | 05:31:59   | 07:57:49   | 09:50:32    | 11:41:37.40 | +05:10:38 (44.3%) | 10:19           | 5.8 (55.8%)   |
| 194 | BOGDAŁ Adam        | 4059  |                                           | Senior II M - 30  | 65   | 01:32:01   | 03:51:46   | 05:46:31   | 08:13:19   | 10:07:08    | 11:41:54.00 | +05:10:55 (44.3%) | 10:19           | 5.8 (55.8%)   |
| 195 | DELONG Sebastian   | 4069  | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM      | Masters M - 40    | 66   | 01:26:11   | 03:47:27   | 05:50:20   | 08:09:08   | 10:06:09    | 11:42:22.15 | +05:11:23 (44.3%) | 10:19           | 5.8 (55.8%)   |
| 196 | FALBA Karol        | 4298  | #TEAMLATIS                                | Senior II M - 30  | 66   | 01:22:44   | 03:38:15   | 05:24:18   | 07:57:26   | 09:57:45    | 11:42:34.85 | +05:11:36 (44.4%) | 10:19           | 5.8 (55.8%)   |
| 197 | LUDEWICZ Mateusz   | 4203  | START JASTROWIE                           | Senior II M - 30  | 67   | 01:27:05   | 03:37:02   | 05:23:05   | 07:54:23   | 09:56:03    | 11:42:37.90 | +05:11:39 (44.4%) | 10:19           | 5.8 (55.8%)   |
| 198 | GIERSZEWSKI Marek  | 4086  |                                           | Masters M - 40    | 67   | 01:21:46   | 03:25:02   | 05:10:46   | 07:18:31   | 09:17:17    | 11:42:51.55 | +05:11:52 (44.4%) | 10:20           | 5.8 (55.8%)   |
| 199 | PIOTROWSKI Michał  | 4058  |                                           | Senior II M - 30  | 68   | 01:27:41   | 03:54:04   | 05:52:45   | 08:08:53   | 10:02:55    | 11:44:13.35 | +05:13:14 (44.5%) | 10:21           | 5.8 (55.8%)   |

| Czas netto |                           |       |                      |                  |      |            |            |            |            |             |                       |                      |                 |                |
|------------|---------------------------|-------|----------------------|------------------|------|------------|------------|------------|------------|-------------|-----------------------|----------------------|-----------------|----------------|
| Msc        | Zawodnik                  | Numer | Klub                 | Kategoria        | Mkat | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | Czas<br>netto<br>68km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
| 200        | KUPIEC Maciej             | 4046  | ŻEBERKA TEAM         | Senior II M - 30 | 69   | 01:27:48   | 03:54:17   | 05:52:54   | 08:09:02   | 10:03:05    | 11:44:24.05           | +05:13:25<br>(44.5%) | 10:21           | 5.8<br>(55.8%) |
| 201        | PÓŁGRABIA Dawid           | 4033  |                      | Masters M - 40   | 68   | 01:28:05   | 03:54:24   | 05:53:02   | 08:09:02   | 10:03:12    | 11:44:30.45           | +05:13:31<br>(44.5%) | 10:21           | 5.8<br>(55.8%) |
| 202        | AZAREWICZ Grzegorz        | 4322  |                      | Masters M - 40   | 69   | 01:37:17   | 03:55:17   | 06:07:41   | 08:13:33   | 10:02:32    | 11:45:32.85           | +05:14:34<br>(44.6%) | 10:22           | 5.8<br>(55.8%) |
| 203        | RACZKIEWICZ Jarosław      | 4234  | NATURAL BORN RUNNERS | Masters M - 40   | 70   | 01:32:38   | 03:51:27   | 05:37:09   | 07:56:33   | 09:52:17    | 11:47:22.40           | +05:16:23<br>(44.7%) | 10:24           | 5.8<br>(55.8%) |
| 204        | PURA Paweł                | 4114  |                      | Masters M - 40   | 71   | 01:30:50   | 03:52:25   | 05:33:08   | 07:59:51   | 09:59:27    | 11:48:55.05           | +05:17:56<br>(44.8%) | 10:25           | 5.8<br>(55.8%) |
| 205        | RYCHTYK Dawid             | 4169  |                      | Masters M - 40   | 72   | 01:29:05   | 03:54:53   | 06:05:23   | 08:22:18   | 10:11:15    | 11:51:00.45           | +05:20:01<br>(45.0%) | 10:27           | 5.7<br>(54.8%) |
| 206        | PEKAŁA Michał             | 4077  | POLARIS/BIEG OPOLSKI | Senior II M - 30 | 70   | 01:40:01   | 04:03:30   | 06:04:35   | 08:20:20   | 10:12:05    | 11:56:23.90           | +05:25:25<br>(45.4%) | 10:32           | 5.7<br>(54.8%) |
| 207        | URBAŃSKA Katarzyna        | 4088  |                      | Senior II K - 30 | 16   | 01:39:42   | 04:03:43   | 06:04:05   | 08:20:21   | 10:11:41    | 11:56:38.20           | +05:25:39<br>(45.4%) | 10:32           | 5.7<br>(54.8%) |
| 208        | ZUBERT Marcin             | 4307  |                      | Masters M - 40   | 73   | 01:26:42   | 04:04:07   | 05:48:44   | 08:10:19   | 10:12:50    | 11:57:07.55           | +05:26:08<br>(45.5%) | 10:32           | 5.7<br>(54.8%) |
| 209        | SZAFRAN Łukasz            | 4091  | ULTRINO AMATEUR      | Senior II M - 30 | 71   | 01:30:46   | 03:52:16   | 05:36:00   | 07:59:18   | 09:54:46    | 11:57:11.05           | +05:26:12<br>(45.5%) | 10:32           | 5.7<br>(54.8%) |
| 210        | KOWALEWSKI Grzegorz       | 4113  |                      | Weteran I M - 50 | 17   | 01:34:06   | 03:57:13   | 05:49:42   | 08:15:27   | 10:12:46    | 11:57:32.20           | +05:26:33<br>(45.5%) | 10:33           | 5.7<br>(54.8%) |
| 211        | JOVANOVIĆ-DOBRYŃSKA Marta | 4224  |                      | Senior I K - 20  | 5    | 01:43:41   | 04:18:29   | 06:14:55   | 08:31:54   | 10:23:24    | 11:57:52.15           | +05:26:53<br>(45.5%) | 10:33           | 5.7<br>(54.8%) |
| 212        | ROŻKO Krzysztof           | 4163  | 4ROŻKI               | Masters M - 40   | 74   | 01:31:07   | 03:56:25   | 05:48:20   | 08:07:16   | 10:14:29    | 12:00:53.90           | +05:29:55<br>(45.8%) | 10:36           | 5.7<br>(54.8%) |
| 213        | JAMROZ Mariola            | 4176  |                      | Weteran K - 50   | 1    | 01:39:56   | 04:15:22   | 06:04:58   | 08:21:16   | 10:12:27    | 12:02:00.45           | +05:31:01<br>(45.8%) | 10:37           | 5.7<br>(54.8%) |
| 214        | SYNOWIEC Grzegorz         | 4118  |                      | Masters M - 40   | 75   | 01:30:23   | 03:59:11   | 05:52:54   | 08:14:38   | 10:12:59    | 12:03:26.95           | +05:32:28<br>(46.0%) | 10:38           | 5.6<br>(53.8%) |
| 215        | KABAŁA Bartosz            | 4023  |                      | Senior I M - 20  | 8    | 01:18:09   | 03:26:28   | 05:22:55   | 07:44:23   | 09:46:14    | 12:04:23.20           | +05:33:24<br>(46.0%) | 10:39           | 5.6<br>(53.8%) |
| 216        | KUŚ Jakub                 | 4179  |                      | Senior I M - 20  | 9    | 01:27:32   | 04:25:18   | 06:13:39   | 08:34:21   | 10:24:04    | 12:06:20.85           | +05:35:22<br>(46.2%) | 10:40           | 5.6<br>(53.8%) |
| 217        | JAMRÓZ Wojciech           | 4222  |                      | Masters M - 40   | 76   | 01:26:01   | 03:55:30   | 05:44:40   | 08:17:29   | 10:23:28    | 12:06:48.75           | +05:35:50<br>(46.2%) | 10:41           | 5.6<br>(53.8%) |
| 218        | ZYZAŃSKI Andrzej          | 4194  | ZIZU                 | Masters M - 40   | 77   | 01:28:25   | 04:07:23   | 06:02:49   | 08:25:04   | 10:25:08    | 12:07:31.85           | +05:36:33<br>(46.3%) | 10:41           | 5.6<br>(53.8%) |
| 219        | SZMYT Piotr               | 4193  |                      | Masters M - 40   | 78   | 01:28:34   | 04:07:45   | 06:02:58   | 08:25:15   | 10:25:15    | 12:07:37.45           | +05:36:38<br>(46.3%) | 10:42           | 5.6<br>(53.8%) |
| 220        | MARKOWSKI Marek           | 4268  |                      | Masters M - 40   | 79   | 01:27:46   | 03:43:26   | 05:35:21   | 08:10:20   | 10:21:33    | 12:10:33.80           | +05:39:35<br>(46.5%) | 10:44           | 5.6<br>(53.8%) |
| 221        | GĄSZCZAK Mariusz          | 4138  | KS LENIWIEC          | Masters M - 40   | 80   | 01:28:59   | 03:44:12   | 05:37:27   | 08:12:39   | 10:17:03    | 12:10:41.05           | +05:39:42<br>(46.5%) | 10:44           | 5.6<br>(53.8%) |
| 222        | KUCZYŃSKI Grzegorz        | 4200  |                      | Masters M - 40   | 81   | 01:37:01   | 04:14:38   | 06:13:00   | 08:17:40   | 10:25:35    | 12:12:33.30           | +05:41:34<br>(46.6%) | 10:46           | 5.6<br>(53.8%) |

| Msc | Zawodnik                  | Numer | Klub                                   | Kategoria         | Mkat |          |          |          |          |          | Czas netto  | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|----------------------------------------|-------------------|------|----------|----------|----------|----------|----------|-------------|-------------------|--------------|-------------|
|     |                           |       |                                        |                   |      | A1 10km  | D1 24km  | B1 34km  | B2 46km  | A15 57km | 68km        |                   |              |             |
| 223 | OZIMINA Hubert            | 4065  | OBORYGENI                              | Masters M - 40    | 82   | 01:28:42 | 03:54:38 | 05:50:46 | 08:17:34 | 10:21:13 | 12:13:31.95 | +05:42:33 (46.7%) | 10:47        | 5.6 (53.8%) |
| 224 | GRZYWIŃSKI Wojtek         | 4127  |                                        | Senior II M - 30  | 72   | 01:30:27 | 04:03:59 | 06:02:59 | 08:28:49 | 10:27:10 | 12:13:51.45 | +05:42:52 (46.7%) | 10:47        | 5.6 (53.8%) |
| 225 | SZCZEPANIAK Jadwiga       | 4120  | KS STASZEWSKY                          | Weteran K - 50    | 2    | 01:37:14 | 04:05:43 | 05:52:38 | 08:20:52 | 10:23:42 | 12:13:53.90 | +05:42:55 (46.7%) | 10:47        | 5.6 (53.8%) |
| 226 | GLINA-KRAWCZYK Małgorzata | 4143  | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN  | Masters K - 40    | 21   | 01:37:31 | 04:19:45 | 06:10:45 | 08:36:33 | 10:29:04 | 12:14:37.60 | +05:43:39 (46.8%) | 10:48        | 5.6 (53.8%) |
| 227 | PODGÓRNY Mariusz          | 4166  | TEAM OZIMEK                            | Senior I M - 20   | 10   | 01:24:16 | 03:50:07 | 05:47:48 | 08:14:55 | 10:15:20 | 12:14:56.85 | +05:43:58 (46.8%) | 10:48        | 5.6 (53.8%) |
| 228 | FIREK Rafał               | 4072  | LACHO TEAM                             | Masters M - 40    | 83   | 01:35:50 | 03:55:21 | 05:26:44 | 07:35:40 | 09:41:18 | 12:15:15.70 | +05:44:17 (46.8%) | 10:48        | 5.5 (52.9%) |
| 229 | FURMANIAK Mateusz         | 4182  | 1989                                   | Senior II M - 30  | 73   | 01:32:43 | 03:59:57 | 05:53:41 | 08:17:11 | 10:30:49 | 12:16:17.50 | +05:45:18 (46.9%) | 10:49        | 5.5 (52.9%) |
| 230 | PÖPKE Anna                | 4079  | REEBOK RUN CREW CZĘSTOCHOWA            | Senior I K - 20   | 6    | 01:32:48 | 03:55:51 | 05:50:22 | 08:29:37 | 10:32:09 | 12:16:25.60 | +05:45:27 (46.9%) | 10:49        | 5.5 (52.9%) |
| 231 | KOŚKA Aleksandra          | 4160  | SPARTA RUNNERS                         | Senior II K - 30  | 17   | 01:33:01 | 04:00:18 | 05:54:00 | 08:17:24 | 10:31:10 | 12:16:36.55 | +05:45:37 (46.9%) | 10:49        | 5.5 (52.9%) |
| 232 | WOZNIAK Damian            | 4121  | CHOMIKI Z KOPYTEM                      | Masters M - 40    | 84   | 01:34:49 | 04:14:11 | 06:10:43 | 08:36:45 | 10:37:22 | 12:20:06.95 | +05:49:08 (47.2%) | 10:53        | 5.5 (52.9%) |
| 233 | CZEKA Rudolf              | 4168  |                                        | Weteran II M - 60 | 3    | 01:37:55 | 04:18:15 | 06:15:32 | 08:40:15 | 10:36:18 | 12:21:13.25 | +05:50:14 (47.3%) | 10:54        | 5.5 (52.9%) |
| 234 | SÓJKA Szymon              | 4299  |                                        | Senior II M - 30  | 74   | 01:38:48 | 04:19:10 | 06:22:01 | 08:42:59 | 10:40:41 | 12:21:30.10 | +05:50:31 (47.3%) | 10:54        | 5.5 (52.9%) |
| 235 | SÓJKA Agnieszka           | 4300  |                                        | Senior II K - 30  | 18   | 01:38:59 | 04:19:28 | 06:21:21 | 08:43:09 | 10:40:49 | 12:21:40.50 | +05:50:41 (47.3%) | 10:54        | 5.5 (52.9%) |
| 236 | MISIAK Patryk             | 4124  |                                        | Masters M - 40    | 85   | 01:35:08 | 04:14:29 | 06:11:02 | 08:36:59 | 10:37:37 | 12:23:41.55 | +05:52:42 (47.4%) | 10:56        | 5.5 (52.9%) |
| 237 | JAWORSKI Bartłomiej       | 4057  |                                        | Weteran I M - 50  | 18   | 01:24:28 | 03:45:58 | 05:58:28 | 08:29:01 | 10:30:30 | 12:25:05.85 | +05:54:07 (47.5%) | 10:57        | 5.5 (52.9%) |
| 238 | GAIDA Karol               | 4178  | WROCŁAWSKIE ŚWIRY                      | Senior I M - 20   | 11   | 01:27:45 | 03:50:50 | 05:45:21 | 08:24:36 | 10:33:25 | 12:25:56.35 | +05:54:57 (47.6%) | 10:58        | 5.5 (52.9%) |
| 239 | WRĘCZYCKI Łukasz          | 4016  | 5 PUŁK CHEMICZNY                       | Senior II M - 30  | 75   | 01:31:43 | 04:01:04 | 05:54:22 | 08:19:16 | 10:24:09 | 12:30:36.60 | +05:59:38 (47.9%) | 11:02        | 5.4 (51.9%) |
| 240 | PLEWKA Sylwia             | 4129  |                                        | Senior II K - 30  | 19   | 01:37:00 | 04:13:02 | 06:07:08 | 08:38:41 | 10:38:27 | 12:30:41.10 | +05:59:42 (47.9%) | 11:02        | 5.4 (51.9%) |
| 241 | KOŁODZIEJ Jacek           | 4056  | COMPAÑEROS ASFALT TEAM                 | Masters M - 40    | 86   | 01:32:58 | 03:53:05 | 05:48:03 | 08:20:59 | 10:28:07 | 12:32:08.50 | +06:01:09 (48.0%) | 11:03        | 5.4 (51.9%) |
| 242 | BOCIAGA Paweł             | 4017  | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | Masters M - 40    | 87   | 01:29:56 | 03:50:56 | 06:01:42 | 08:57:56 | 10:54:07 | 12:38:57.60 | +06:07:59 (48.5%) | 11:09        | 5.4 (51.9%) |
| 243 | SZEWczyk Marek            | 4054  | CYBINA TEAM                            | Weteran II M - 60 | 4    | 01:39:24 | 04:18:45 | 06:10:43 | 08:38:55 | 10:40:10 | 12:40:44.90 | +06:09:46 (48.6%) | 11:11        | 5.4 (51.9%) |
| 244 | KLIMCZAK Marcin           | 4044  |                                        | Senior II M - 30  | 76   | 01:35:19 | 04:27:59 | 06:29:29 | 08:52:14 | 10:53:41 | 12:41:14.20 | +06:10:15 (48.6%) | 11:11        | 5.4 (51.9%) |
| 245 | GOZDAN Dariusz            | 4237  |                                        | Masters M - 40    | 88   | 01:36:12 | 04:05:17 | 06:20:03 | 08:56:54 | 10:56:50 | 12:41:45.30 | +06:10:46 (48.7%) | 11:12        | 5.4 (51.9%) |

| Msc | Zawodnik                   | Numer | Klub                                  | Kategoria        | Mkat | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | Czas<br>netto<br>68km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|---------------------------------------|------------------|------|------------|------------|------------|------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 246 | SOBKOWIAK Ewa              | 4242  | 100MCP                                | Weteran K - 50   | 3    | 01:47:33   | 04:21:54   | 06:19:29   | 08:52:01   | 10:56:09    | 12:43:45.25           | +06:12:46<br>(48.8%) | 11:13           | 5.3<br>(51.0%) |
| 247 | ZGOŁA Przemysław           | 4092  | TARNOWO PODGÓRNE BIEGA                | Masters M - 40   | 89   | 01:38:13   | 04:17:14   | 06:08:59   | 08:38:18   | 10:41:58    | 12:44:33.75           | +06:13:35<br>(48.9%) | 11:14           | 5.3<br>(51.0%) |
| 248 | SZCZERBAL Agnieszka        | 4090  | TKKF MPK POZNAŃ                       | Masters K - 40   | 22   | 01:38:31   | 04:17:22   | 06:09:06   | 08:38:17   | 10:42:07    | 12:44:42.60           | +06:13:44<br>(48.9%) | 11:14           | 5.3<br>(51.0%) |
| 249 | RULAK Jerzy                | 4273  |                                       | Senior II M - 30 | 77   | 01:42:54   | 04:02:07   | 06:04:32   | 08:30:57   | 10:41:20    | 12:45:12.30           | +06:14:13<br>(48.9%) | 11:15           | 5.3<br>(51.0%) |
| 250 | JASTRZAB-STANDERSKA Joanna | 4310  |                                       | Masters K - 40   | 23   | 01:34:07   | 04:06:15   | 06:04:18   | 08:31:47   | 10:42:12    | 12:46:02.15           | +06:15:03<br>(49.0%) | 11:15           | 5.3<br>(51.0%) |
| 251 | MASŁO Andrzej              | 4006  |                                       | Masters M - 40   | 90   | 01:41:55   | 04:19:44   | 06:13:37   | 08:43:22   | 10:44:55    | 12:46:10.75           | +06:15:12<br>(49.0%) | 11:16           | 5.3<br>(51.0%) |
| 252 | DARSKI Rafał               | 4144  | RECAMIERE                             | Weteran I M - 50 | 19   | 01:34:58   | 04:13:53   | 06:28:58   | 08:57:20   | 11:07:45    | 12:47:27.30           | +06:16:28<br>(49.1%) | 11:17           | 5.3<br>(51.0%) |
| 253 | HANSZ Donat                | 4066  | NETBOX BIEGA                          | Senior I M - 20  | 12   | 01:34:14   | 04:09:22   | 06:18:16   | 09:09:08   | 11:08:54    | 12:51:24.95           | +06:20:26<br>(49.3%) | 11:20           | 5.3<br>(51.0%) |
| 254 | GÓRCZYŃSKI Rafał           | 4105  |                                       | Masters M - 40   | 91   | 01:40:30   | 04:16:26   | 06:22:37   | 08:53:10   | 11:04:48    | 12:52:13.10           | +06:21:14<br>(49.4%) | 11:21           | 5.3<br>(51.0%) |
| 255 | PIĄTEK Tomasz              | 4297  | WILD BUCHAYS                          | Masters M - 40   | 92   | 01:33:42   | 04:04:55   | 06:04:00   | 08:41:16   | 11:03:47    | 12:56:28.50           | +06:25:29<br>(49.6%) | 11:25           | 5.3<br>(51.0%) |
| 256 | KORNAŚ Marcin              | 4001  | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | Masters M - 40   | 93   | 01:37:21   | 04:32:14   | 06:29:08   | 09:13:44   | 11:06:02    | 12:57:01.55           | +06:26:02<br>(49.7%) | 11:25           | 5.3<br>(51.0%) |
| 257 | GARBACZ Damian             | 4070  |                                       | Senior II M - 30 | 78   | 01:31:25   | 04:10:29   | 06:08:00   | 08:38:25   | 10:56:16    | 12:58:32.00           | +06:27:33<br>(49.8%) | 11:26           | 5.2<br>(50.0%) |
| 258 | MIELCZAREK Grzegorz        | 4048  |                                       | Weteran I M - 50 | 20   | 01:23:13   | 03:50:03   | 05:48:21   | 08:36:44   | 10:41:25    | 12:58:50.95           | +06:27:52<br>(49.8%) | 11:27           | 5.2<br>(50.0%) |
| 259 | SULIGA Paweł               | 4010  |                                       | Masters M - 40   | 94   | 01:38:39   | 04:18:47   | 06:18:08   | 09:06:07   | 11:15:00    | 12:59:53.85           | +06:28:55<br>(49.9%) | 11:28           | 5.2<br>(50.0%) |
| 260 | NOWAK Bartosz              | 4204  | POMIOTY SZATANA                       | Senior II M - 30 | 79   | 01:35:35   | 04:13:40   | 06:20:50   | 08:59:38   | 11:06:34    | 13:02:08.40           | +06:31:09<br>(50.0%) | 11:30           | 5.2<br>(50.0%) |
| 261 | WIÓREK Maciej              | 4196  | TEAM BIEGOWY SZCZECINEK               | Senior II M - 30 | 80   | 01:35:15   | 03:57:33   | 06:06:34   | 08:56:46   | 10:55:50    | 13:02:38.35           | +06:31:39<br>(50.0%) | 11:30           | 5.2<br>(50.0%) |
| 262 | POLIWKI-KISIEL Małgorzata  | 4209  | TEAM BIEGOWY SZCZECINEK               | Senior II K - 30 | 20   | 01:30:46   | 03:55:30   | 06:07:10   | 08:57:18   | 10:54:25    | 13:03:13.95           | +06:32:15<br>(50.1%) | 11:31           | 5.2<br>(50.0%) |
| 263 | MAKSELON Maciej            | 4202  |                                       | Senior II M - 30 | 81   | 01:40:42   | 04:03:12   | 06:07:20   | 08:57:28   | 10:54:13    | 13:03:23.15           | +06:32:24<br>(50.1%) | 11:31           | 5.2<br>(50.0%) |
| 264 | HALINIAK Marek             | 4053  | NKB CHYŻY NOWY TOMYŚL                 | Masters M - 40   | 95   | 01:39:19   | 04:07:50   | 06:15:18   | 08:45:08   | 11:03:33    | 13:03:52.55           | +06:32:53<br>(50.1%) | 11:31           | 5.2<br>(50.0%) |
| 265 | JUROWSKA Agata             | 4240  | ACTIV RUN ŁASK                        | Senior II K - 30 | 21   | 01:38:21   | 04:37:08   | 06:38:45   | 09:08:46   | 11:14:56    | 13:06:33.30           | +06:35:34<br>(50.3%) | 11:34           | 5.2<br>(50.0%) |
| 266 | KISIELEWSKA Katarzyna      | 4238  | ACTIV RUN ŁASK                        | Masters K - 40   | 24   | 01:38:30   | 04:37:18   | 06:38:58   | 09:08:55   | 11:15:06    | 13:06:42.65           | +06:35:44<br>(50.3%) | 11:34           | 5.2<br>(50.0%) |
| 267 | KUNKEL Anna                | 4165  | PGB SPORTOWA PACZKA                   | Masters K - 40   | 25   | 01:48:39   | 04:41:06   | 06:49:18   | 09:23:41   | 11:25:48    | 13:09:12.70           | +06:38:14<br>(50.5%) | 11:36           | 5.2<br>(50.0%) |
| 268 | DOMAGAŁA Konrad            | 4107  | KLUCZBORSKA GRUPA BIEGOWA             | Senior II M - 30 | 82   | 01:32:17   | 04:01:09   | 05:53:46   | 08:08:31   | 10:30:05    | 13:15:27.25           | +06:44:28<br>(50.8%) | 11:41           | 5.1<br>(49.0%) |

| Msc                                | Zawodnik               | Numer | Klub                                       | Kategoria        | Mkat | Czas       |            |            |            |             |               |                      |                 |                |  |
|------------------------------------|------------------------|-------|--------------------------------------------|------------------|------|------------|------------|------------|------------|-------------|---------------|----------------------|-----------------|----------------|--|
|                                    |                        |       |                                            |                  |      | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | netto<br>68km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |  |
| 269                                | SIUDZIŃSKA Anna        | 4259  | DRUŻYNA LISKA                              | Masters K - 40   | 26   | 01:41:42   | 04:30:22   | 06:39:58   | 09:18:36   | 11:27:38    | 13:19:16.60   | +06:48:18<br>(51.1%) | 11:45           | 5.1<br>(49.0%) |  |
| 270                                | BARTOSZEK Dawid        | 4162  |                                            | Senior I M - 20  | 13   | 01:35:16   | 04:00:29   | 06:14:47   | 09:12:52   | 11:15:06    | 13:24:33.70   | +06:53:35<br>(51.4%) | 11:49           | 5.1<br>(49.0%) |  |
| 271                                | TRZEBSKI Adam          | 4161  |                                            | Senior II M - 30 | 83   | 01:35:07   | 04:04:58   | 06:14:56   | 09:13:03   | 11:15:36    | 13:24:46.05   | +06:53:47<br>(51.4%) | 11:50           | 5.1<br>(49.0%) |  |
| 272                                | KONARSKA Aleksandra    | 4229  | WIERZBICKI RUNNING PROJECT                 | Senior II K - 30 | 22   | 01:45:47   | 04:29:54   | 06:49:00   | 09:36:35   | 11:34:36    | 13:27:46.60   | +06:56:48<br>(51.6%) | 11:52           | 5.1<br>(49.0%) |  |
| 273                                | OLECHNOWICZ Magda      | 4228  | BBL GORZÓW WLKP.                           | Masters K - 40   | 27   | 01:46:07   | 04:30:32   | 06:49:22   | 09:33:56   | 11:34:55    | 13:28:05.90   | +06:57:07<br>(51.6%) | 11:53           | 5<br>(48.1%)   |  |
| 274                                | CHRZUSZCZ Anna         | 4270  |                                            | Senior II K - 30 | 23   | 01:46:16   | 04:30:38   | 06:49:29   | 09:34:02   | 11:35:04    | 13:28:14.90   | +06:57:16<br>(51.6%) | 11:53           | 5<br>(48.1%)   |  |
| 275                                | KĘPSKI Grzegorz        | 4035  |                                            | Senior II M - 30 | 84   | 01:42:43   | 04:24:54   | 06:28:31   | 09:07:31   | 11:23:36    | 13:30:01.50   | +06:59:02<br>(51.7%) | 11:54           | 5<br>(48.1%)   |  |
| 276                                | LENARCZYK Michał       | 4155  | BIESZCZADZKI WAGABUNDA                     | Senior II M - 30 | 85   | 01:39:25   | 04:15:48   | 06:10:25   | 08:54:55   | 11:10:47    | 13:31:31.70   | +07:00:33<br>(51.8%) | 11:56           | 5<br>(48.1%)   |  |
| 277                                | LENARCZYK Marcin       | 4154  | BIESZCZADZKI WAGABUNDA                     | Senior II M - 30 | 86   | 01:39:35   | 04:15:57   | 06:10:34   | 08:55:05   | 11:11:01    | 13:31:40.85   | +07:00:42<br>(51.8%) | 11:56           | 5<br>(48.1%)   |  |
| 278                                | JAKIMKO Monika         | 4175  | LZS LIPA                                   | Masters K - 40   | 28   | 01:44:19   | 04:35:25   | 06:46:37   | 09:33:59   | 11:45:15    | 13:35:18.10   | +07:04:19<br>(52.0%) | 11:59           | 5<br>(48.1%)   |  |
| 279                                | STRZAŁKOWSKA Urszula   | 4147  | BBL OPOLE                                  | Senior II K - 30 | 24   | 01:40:20   | 04:26:20   | 06:37:26   | 09:23:35   | 11:42:17    | 13:39:00.30   | +07:08:01<br>(52.3%) | 12:02           | 5<br>(48.1%)   |  |
| 280                                | KLAWIKOWSKI Maciej     | 4184  |                                            | Masters M - 40   | 96   | 01:52:47   | 04:28:30   | 06:40:05   | 09:25:56   | 11:44:28    | 13:40:43.15   | +07:09:44<br>(52.4%) | 12:04           | 5<br>(48.1%)   |  |
| 281                                | MACKIEWICZ Dorota      | 4220  | 12TRI.PL                                   | Masters K - 40   | 29   | 01:49:10   | 04:53:25   | 07:07:59   | 09:47:53   | 11:53:16    | 13:42:19.20   | +07:11:20<br>(52.5%) | 12:05           | 5<br>(48.1%)   |  |
| 282                                | MARCINIAK Anna         | 4038  |                                            | Masters K - 40   | 30   | 01:41:31   | 04:38:37   | 06:47:29   | 09:32:14   | 11:39:53    | 13:48:02.10   | +07:17:03<br>(52.8%) | 12:10           | 4.9<br>(47.1%) |  |
| 283                                | SZYGENDA Waldemar      | 4239  |                                            | Weteran I M - 50 | 21   | 01:48:39   | 04:39:39   | 06:53:10   | 09:39:03   | 11:57:01    | 13:53:58.65   | +07:23:00<br>(53.1%) | 12:15           | 4.9<br>(47.1%) |  |
| 284                                | MIĘTEK Agnieszka       | 4050  |                                            | Masters K - 40   | 31   | 01:59:13   | 05:03:31   | 07:11:14   | 09:56:22   | 12:10:53    | 14:00:16.60   | +07:29:18<br>(53.5%) | 12:21           | 4.9<br>(47.1%) |  |
| 285                                | MIĘTEK Dariusz         | 4049  |                                            | Masters M - 40   | 97   | 01:59:22   | 05:03:43   | 07:11:24   | 09:56:30   | 12:11:01    | 14:01:12.05   | +07:30:13<br>(53.5%) | 12:22           | 4.9<br>(47.1%) |  |
| 286                                | MACKIEWICZ Magdalena   | 4004  | DŁUGOBIEGANIE                              | Masters K - 40   | 32   | 01:43:48   | 04:40:38   | 06:57:43   | 09:37:37   | 11:54:12    | 14:18:56.30   | +07:47:57<br>(54.5%) | 12:37           | 4.7<br>(45.2%) |  |
| 287                                | SZYMANKIEWICZ Edyta    | 4068  | CROSS STRACEŃCÓW TEAM                      | Masters K - 40   | 33   | 01:49:07   | 04:45:57   | 07:03:00   | 09:43:08   | 11:59:26    | 14:24:14.90   | +07:53:16<br>(54.8%) | 12:42           | 4.7<br>(45.2%) |  |
| Przekroczony limit czasu: 14:30:00 |                        |       |                                            |                  |      |            |            |            |            |             |               |                      |                 |                |  |
| 288                                | MUCHAJER Dawid         | 4152  | CSWLĄD                                     | Masters M - 40   | 98   | 01:33:12   | 04:20:37   | 06:25:52   | 09:18:29   | 12:01:41    | 14:39:24.85   | +08:08:26<br>(55.5%) | 12:55           | 4.6<br>(44.2%) |  |
| 289                                | PRUCHNIEWSKA Agnieszka | 4063  | ROKIETNICA BIEGA                           | Masters K - 40   | 34   | 01:33:19   | 04:20:45   | 06:26:01   | 09:18:37   | 12:01:46    | 14:39:32.45   | +08:08:33<br>(55.5%) | 12:56           | 4.6<br>(44.2%) |  |
| 290                                | NADOBNIK Beata         | 4123  | TARNOWO PODGÓRNE BIEGA / SPORTOWY KĄŻMIERZ | Masters K - 40   | 35   | 01:44:56   | 04:47:27   | 06:59:58   | 09:51:53   | 12:10:35    | 14:46:50.05   | +08:15:51<br>(55.9%) | 13:02           | 4.6<br>(44.2%) |  |
| 291                                | NATKANIEC Grażyna      | 4087  | LZS LIPA                                   | Weteran K - 50   | 4    | 01:40:48   | 04:34:28   | 06:46:43   | 09:39:00   | 12:19:10    | 14:49:14.30   | +08:18:15<br>(56.0%) | 13:04           | 4.6<br>(44.2%) |  |

| Msc | Zawodnik                         | Numer       | Klub                           | Kategoria           | Mkat | A1<br>10km      | D1<br>24km      | B1<br>34km      | B2<br>46km      | A15<br>57km     | Czas<br>netto<br>68km     | Różn      | Tempo<br>min/km | Tempo<br>km/h    |
|-----|----------------------------------|-------------|--------------------------------|---------------------|------|-----------------|-----------------|-----------------|-----------------|-----------------|---------------------------|-----------|-----------------|------------------|
| 292 | <b>RURKA Grzegorz<br/>Rurka</b>  | <b>4060</b> | SAMBIEGAM                      | Weteran I<br>M - 50 | 22   | 01:45:19        |                 |                 |                 |                 |                           | +00:48:14 | 10:31           | 5.7<br>(54.8%)   |
| DQ  | <b>MASIAREK Maciej</b>           | <b>4195</b> |                                | Senior I M<br>- 20  |      | 01:00:53<br>DQ  | 02:30:45<br>DQ  | 03:33:52<br>DQ  | DQ              | DQ              | <b>04:33:53.80<br/>DQ</b> |           | 0:00            | 14.9<br>(143.3%) |
|     | <b>BUJLIS Eugeniusz</b>          | <b>4151</b> | DZIARALNIA WROCŁAW             | Masters M<br>- 40   |      | 01:26:56<br>DNF | 04:07:17<br>DNF | 06:24:03<br>DNF | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>JASTRZĄBEK<br/>Marek</b>      | <b>4041</b> | OBORNICKI KLUB LEKKOATLETYCZNY | Senior II M<br>- 30 |      | 01:23:36<br>DNF | 03:27:45<br>DNF | 05:04:17<br>DNF | 07:14:55<br>DNF | 09:31:54<br>DNF | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>FALISZEWSKI<br/>Sebastian</b> | <b>4003</b> |                                | Masters M<br>- 40   |      | 01:30:05<br>DNF | 03:51:00<br>DNF | 06:01:52<br>DNF | 08:58:05<br>DNF | 11:10:15<br>DNF | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>SAMBORSKI Piotr</b>           | <b>4198</b> | WKURW_TEAM                     | Senior II M<br>- 30 |      | 01:42:33<br>DNF | 04:40:14<br>DNF | 06:34:23<br>DNF | 09:05:00<br>DNF | 11:39:13<br>DNF | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>MULARCZYK<br/>Marta</b>       | <b>4047</b> | WKURW_TEAM                     | Senior II K<br>- 30 |      | 01:42:42<br>DNF | 04:40:23<br>DNF | 06:34:33<br>DNF | 09:05:08<br>DNF | 11:39:22<br>DNF | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>KORZHUN<br/>Aliaksandr</b>    | <b>4212</b> | KAMIENNOGÓRSKA GRUPA BIEGOWA   | Senior II M<br>- 30 |      | 01:43:20<br>DNF | 04:37:54<br>DNF | 06:58:57<br>DNF | 10:14:22<br>DNF | 13:56:54<br>DNF | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>STEFAŃSKI<br/>Krystian</b>    | <b>4250</b> | KS KANAŁEK                     | Senior II M<br>- 30 |      | 01:07:01<br>DNF | 02:50:41<br>DNF | 04:01:34<br>DNF | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>ZDZIARSKI<br/>Tomasz</b>      | <b>4249</b> |                                | Masters M<br>- 40   |      | 01:35:59<br>DNF | 04:14:08<br>DNF | 06:07:42<br>DNF | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>JESIOŁOWSKI<br/>Robert</b>    | <b>4022</b> |                                | Weteran I<br>M - 50 |      | 01:35:04<br>DNF | 04:06:46<br>DNF | 06:16:16<br>DNF | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>KINDRA Marek</b>              | <b>4011</b> | FC KACZOR LUBIN                | Masters M<br>- 40   |      | 01:33:48<br>DNF | 04:08:58<br>DNF | 06:46:09<br>DNF | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>JANKOWSKI Tom</b>             | <b>4062</b> | QCE SPARTY                     | Masters M<br>- 40   |      | 01:40:28<br>DNF | 04:40:51<br>DNF | 06:52:51<br>DNF | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>WARSKI Patryk</b>             | <b>4252</b> |                                | Senior II M<br>- 30 |      | 01:11:14<br>DNF | 03:13:37<br>DNF | DNF             | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>ŁUKASZCZYK<br/>Andrzej</b>    | <b>4180</b> |                                | Weteran I<br>M - 50 |      | 01:32:58<br>DNF | 04:20:16<br>DNF | DNF             | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>ZAJĄC Aga</b>                 | <b>4186</b> | 77CATS                         | Masters K<br>- 40   |      | 01:59:17<br>DNF | 05:30:35<br>DNF | DNF             | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>STANKIEWICZ<br/>Tomasz</b>    | <b>4181</b> |                                | Senior II M<br>- 30 |      | 01:34:18<br>DNF | DNF             | DNF             | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>KRUPIŃSKA Wiola</b>           | <b>4241</b> | TRUCHT TARCHOMIN TEAM          | Senior I K -<br>20  |      | 01:51:28<br>DNF | DNF             | DNF             | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>PRZYBYŁAK<br/>Michał</b>      | <b>4208</b> | WLKP MOUNTAINS ULTRA           | Masters M<br>- 40   |      | DNF             | DNF             | DNF             | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |
|     | <b>ASŁANOWICZ<br/>Marcin</b>     | <b>4093</b> |                                | Masters M<br>- 40   |      | DNF             | DNF             | DNF             | DNF             | DNF             | <b>DNF</b>                |           | -               | - (0.0%)         |