

# BIEG ULTRA TRAIL - 68 KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-07-19  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 68 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	<b>WOLEK Szymon</b>	<b>324</b>	KS ŚCINKA	Senior II M - 30	1	00:53:57	02:05:18	03:09:04	04:24:54	05:35:49		<b>06:40:55.70</b>	<b>06:40:56.70</b>		5:53	10.2 (100%)
2	<b>TOMASIK Stanisław</b>	<b>413</b>	GORLICKA GRUPA BIEGOWA	Senior II M - 30	2	00:56:32	02:14:53	03:19:05	04:43:44	05:53:12		<b>07:02:33.70</b>	<b>07:02:43.35</b>	+00:21:46 (5.2%)	6:12	9.7 (95.1%)
3	<b>KOCZAJA Artur</b>	<b>6</b>		Senior II M - 30	3	00:56:22	02:12:48	03:18:05	04:43:17	05:58:52		<b>07:07:49.40</b>	<b>07:07:53.85</b>	+00:26:57 (6.3%)	6:17	9.5 (93.1%)
4	<b>BADOWSKI Aleksander</b>	<b>379</b>	TEAM MOUNTAIN FUEL POLSKA	Senior II M - 30	4	00:55:29	01:57:00	03:03:30	04:21:53	05:33:50	00:20:00	<b>07:10:45.95</b>	<b>07:10:48.65</b>	+00:29:51 (6.9%)	6:02	9.9 (97.1%)
5	<b>KOPCEWICZ Tomasz</b>	<b>349</b>		Senior II M - 30	5	00:57:13	02:16:39	03:25:10	04:52:49	06:11:55		<b>07:22:14.40</b>	<b>07:22:17.95</b>	+00:41:21 (9.3%)	6:30	9.2 (90.2%)
6	<b>GAPSKI Mateusz</b>	<b>219</b>		Senior II M - 30	6	00:55:59	02:13:23	03:16:34	04:43:29	06:00:12		<b>07:23:30.95</b>	<b>07:23:34.85</b>	+00:42:38 (9.6%)	6:31	9.2 (90.2%)
7	<b>JURGA Marcin</b>	<b>435</b>		Senior II M - 30	7	00:59:37	02:18:29	03:28:06	05:00:28	06:16:42		<b>07:29:06.45</b>	<b>07:29:18.25</b>	+00:48:21 (10.8%)	6:36	9.1 (89.2%)
8	<b>MARCINIAK Przemysław</b>	<b>13</b>	ATHLETICS NYSA	Senior II M - 30	8	00:59:36	02:17:11	03:27:47	04:57:34	06:21:13		<b>07:37:47.55</b>	<b>07:37:54.20</b>	+00:56:57 (12.4%)	6:43	8.9 (87.3%)
9	<b>HYŻY Piotr</b>	<b>23</b>	-	Senior II M - 30	9	01:10:34	02:41:13	03:55:02	05:25:51	06:41:42		<b>07:54:49.60</b>	<b>07:54:56.25</b>	+01:13:59 (15.6%)	6:58	8.6 (84.3%)
10	<b>BRYSZ Michał</b>	<b>336</b>		Senior II M - 30	10	01:03:44	02:27:17	03:40:03	05:09:13	06:38:47		<b>07:54:48.45</b>	<b>07:55:09.70</b>	+01:14:13 (15.6%)	6:58	8.6 (84.3%)
11	<b>KWIATKOWSKI Michael</b>	<b>383</b>		Senior II M - 30	11	01:01:09	02:24:19	03:38:38	05:19:03	06:42:12		<b>07:56:49.80</b>	<b>07:56:54.85</b>	+01:15:58 (15.9%)	7:00	8.6 (84.3%)
12	<b>SOBLIK Łukasz</b>	<b>388</b>		Senior II M - 30	12	01:04:48	02:30:57	03:49:07	05:20:38	06:43:20		<b>07:58:19.85</b>	<b>07:58:25.95</b>	+01:17:29 (16.2%)	7:02	8.5 (83.3%)
13	<b>TRĄMPCZYŃSKI Jakub</b>	<b>411</b>	AHOJBABY.PL	Senior II M - 30	13	01:00:47	02:22:44	03:36:04	05:14:06	06:41:20		<b>07:58:56.00</b>	<b>07:59:02.30</b>	+01:18:05 (16.3%)	7:02	8.5 (83.3%)
14	<b>SKOREK Adam</b>	<b>295</b>		Senior II M - 30	14	00:59:42	02:18:50	03:29:24	05:08:35	06:39:52		<b>07:59:42.60</b>	<b>07:59:46.45</b>	+01:18:49 (16.4%)	7:03	8.5 (83.3%)
15	<b>MCCONNELL Andrew</b>	<b>439</b>	RUN CREW	Senior II M - 30	15	01:01:24	02:23:01	03:42:45	05:13:08	06:41:27		<b>08:00:07.25</b>	<b>08:00:11.40</b>	+01:19:14 (16.5%)	7:03	8.5 (83.3%)
16	<b>HERDZINA Przemysław</b>	<b>410</b>		Senior II M - 30	16	01:04:30	02:24:14	03:36:05	05:10:33	06:39:57		<b>08:02:42.90</b>	<b>08:02:48.65</b>	+01:21:51 (17.0%)	7:05	8.5 (83.3%)
17	<b>RADZEVIČIUS Vaidotas</b>	<b>288</b>	RUNGLORIOUS BASTARDS	Senior II M - 30	17	01:04:00	02:26:35	03:42:38	05:21:04	06:45:40		<b>08:03:29.90</b>	<b>08:03:39.55</b>	+01:22:42 (17.1%)	7:06	8.4 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						A1 10km	D1 24km	B1 34km	B2 46km	A15 56km		netto 68km	brutto 68km			Różn
18	<b>SZAŁ Tomasz</b>	<b>213</b>	ETA UPS TEAM / NIE ZA DALEKO	Senior II M - 30	18	01:11:05	02:41:32	03:57:03	05:33:07	06:55:35		<b>08:12:35.65</b>	<b>08:13:09.45</b>	+01:32:12 (18.7%)	7:14	8.3 (81.4%)
19	<b>SNARSKI Bogdan</b>	<b>302</b>	ALBATROSY	Senior II M - 30	19	01:04:16	02:27:51	03:45:21	05:21:35	06:49:39		<b>08:13:34.80</b>	<b>08:13:42.95</b>	+01:32:46 (18.8%)	7:15	8.3 (81.4%)
20	<b>PERYKASZA Paweł</b>	<b>294</b>	MUAY RUNNING TEAM	Senior II M - 30	20	01:03:59	02:29:28	03:51:11	05:31:58	06:54:05		<b>08:16:22.60</b>	<b>08:16:26.45</b>	+01:35:29 (19.2%)	7:17	8.2 (80.4%)
21	<b>MYSZCZYSZYN Łukasz</b>	<b>71</b>	KUDOWA BIEGA	Senior II M - 30	21	01:04:22	02:29:10	03:44:15	05:23:11	06:56:00		<b>08:17:38.25</b>	<b>08:17:43.20</b>	+01:36:46 (19.4%)	7:19	8.2 (80.4%)
22	<b>RACZAK Maciej</b>	<b>364</b>		Senior II M - 30	22	01:03:39	02:22:58	03:34:02	05:03:16	06:35:26		<b>08:17:46.20</b>	<b>08:17:50.80</b>	+01:36:54 (19.5%)	7:19	8.2 (80.4%)
23	<b>ŁUCZKO Grzegorz</b>	<b>432</b>	NATURAL BORN RUNNERS	Senior II M - 30	23	01:05:36	02:28:12	03:45:35	05:24:38	06:58:47		<b>08:27:28.00</b>	<b>08:27:32.20</b>	+01:46:35 (21.0%)	7:27	8 (78.4%)
24	<b>LESZKO Adam</b>	<b>398</b>	3P	Senior II M - 30	24	01:09:01	02:41:06	03:55:35	05:33:10	06:58:21		<b>08:28:21.75</b>	<b>08:28:22.75</b>	+01:47:26 (21.1%)	7:28	8 (78.4%)
25	<b>NORBERT Michał</b>	<b>244</b>		Senior II M - 30	25	01:04:51	02:31:11	03:49:08	05:27:17	07:02:19		<b>08:28:20.05</b>	<b>08:28:30.95</b>	+01:47:34 (21.2%)	7:28	8 (78.4%)
26	<b>REJ Mirosław</b>	<b>7</b>	M&T WYJADACZE PARÓWKÓW	Senior II M - 30	26	01:10:44	02:40:52	03:59:04	05:39:41	07:11:26		<b>08:34:02.95</b>	<b>08:34:07.70</b>	+01:53:11 (22.0%)	7:33	7.9 (77.5%)
27	<b>SZKOŁA Wojciech</b>	<b>396</b>	NATURAL BORN RUNNERS	Senior II M - 30	27	01:20:24	02:53:45	04:14:14	05:52:55	07:20:58		<b>08:42:55.05</b>	<b>08:43:33.95</b>	+02:02:37 (23.4%)	7:41	7.8 (76.5%)
28	<b>CZERNIAWSKI Piotr</b>	<b>22</b>		Senior II M - 30	28	01:06:50	02:33:46	03:47:03	05:25:01	07:09:20		<b>08:46:54.65</b>	<b>08:46:59.85</b>	+02:06:03 (23.9%)	7:44	7.7 (75.5%)
29	<b>KAPUSTA Tomasz</b>	<b>248</b>	RUNNER'S POWER	Senior II M - 30	29	01:10:17	02:42:00	04:02:07	05:47:20	07:23:34		<b>08:54:10.60</b>	<b>08:54:26.35</b>	+02:13:29 (25.0%)	7:51	7.6 (74.5%)
30	<b>ORACZ Mateusz</b>	<b>291</b>	KALENJI BY DECATHLON	Senior II M - 30	30	01:10:59	02:47:57	04:07:22	05:57:08	07:34:54		<b>08:58:55.15</b>	<b>08:59:02.50</b>	+02:18:05 (25.6%)	7:55	7.6 (74.5%)
31	<b>KOSMOWSKI Wiesław</b>	<b>76</b>	FAMILY RUN & FUN	Senior II M - 30	31	01:13:04	02:50:49	04:14:25	05:59:54	07:37:29		<b>08:59:39.45</b>	<b>08:59:59.30</b>	+02:19:02 (25.7%)	7:56	7.6 (74.5%)
32	<b>MORAWA Mateusz</b>	<b>429</b>	LACHO TEAM	Senior II M - 30	32	01:09:36	02:37:52	03:57:51	05:52:18	07:29:51		<b>08:59:51.20</b>	<b>09:00:25.30</b>	+02:19:28 (25.8%)	7:56	7.6 (74.5%)
33	<b>LIPERTOWICZ Sebastian</b>	<b>200</b>	LOVELASY	Senior II M - 30	33	01:08:24	02:40:51	04:05:27	05:56:47	07:35:16		<b>09:00:23.50</b>	<b>09:00:30.85</b>	+02:19:34 (25.8%)	7:56	7.6 (74.5%)
34	<b>KRÓL Marcin</b>	<b>446</b>	OŚ RACING TEAM	Senior II M - 30	34	01:13:12	02:49:17	04:10:18	05:56:55	07:34:50		<b>09:07:08.40</b>	<b>09:07:31.50</b>	+02:26:34 (26.8%)	8:02	7.5 (73.5%)
35	<b>MOLENDĄ Maciej</b>	<b>447</b>	RONAL POLSKA RUN	Senior II M - 30	35	01:12:33	02:46:02	04:07:01	05:57:09	07:31:56		<b>09:07:15.75</b>	<b>09:07:55.35</b>	+02:26:58 (26.8%)	8:02	7.5 (73.5%)
36	<b>NOWAK Mariusz</b>	<b>423</b>		Senior II M - 30	36	01:04:12	02:30:25	03:42:59	05:24:06	07:07:28		<b>09:10:18.45</b>	<b>09:10:28.50</b>	+02:29:31 (27.2%)	8:05	7.4 (72.5%)
37	<b>PALIWODA Grzegorz</b>	<b>187</b>		Senior II M - 30	37	01:10:31	02:44:58	04:11:08	06:02:02	07:40:06		<b>09:14:44.80</b>	<b>09:15:00.75</b>	+02:34:04 (27.8%)	8:09	7.4 (72.5%)
38	<b>MAŁOLEPSZY Waldemar</b>	<b>275</b>	KS LENIWIEC	Senior II M - 30	38	01:05:28	02:28:45	03:43:20	05:34:21	07:30:24		<b>09:14:45.35</b>	<b>09:15:07.85</b>	+02:34:11 (27.8%)	8:09	7.4 (72.5%)
39	<b>KRZEMIŃSKI Tomasz</b>	<b>406</b>		Senior II M - 30	39	01:11:02	02:44:59	04:09:12	05:58:31	07:37:17		<b>09:16:34.30</b>	<b>09:16:46.90</b>	+02:35:50 (28.0%)	8:11	7.3 (71.6%)
40	<b>JAZŁOCKI Łukasz</b>	<b>357</b>	TWDW	Senior II M - 30	40	01:16:09	03:01:53	04:29:29	06:18:13	07:53:30		<b>09:19:17.35</b>	<b>09:19:36.05</b>	+02:38:39 (28.4%)	8:13	7.3 (71.6%)
41	<b>KACZMAREK Tomasz</b>	<b>54</b>	STREFA PSYCHOLOGII SPORTU	Senior II M - 30	41	01:15:09	02:57:08	04:21:50	06:15:28	07:50:08		<b>09:24:19.60</b>	<b>09:24:32.65</b>	+02:43:35 (29.0%)	8:17	7.2 (70.6%)
42	<b>TOMAKA Maciej</b>	<b>233</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	42	01:15:06	02:58:57	04:17:55	06:16:49	07:50:37		<b>09:25:04.60</b>	<b>09:25:57.80</b>	+02:45:01 (29.2%)	8:18	7.2 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km		68km	68km			
43	<b>DĄBROWSKI Marcin</b>	<b>265</b>	OBOZYBIEGOWE.PL	Senior II M - 30	43	01:05:34	02:35:15	03:52:42	05:44:47	07:26:10		<b>09:25:56.40</b>	<b>09:26:01.15</b>	+02:45:04 (29.2%)	8:19	7.2 (70.6%)
44	<b>BOCHENEK Krzysztof</b>	<b>144</b>		Senior II M - 30	44	01:18:03	02:56:55	04:20:01	06:06:34	07:45:44		<b>09:26:33.95</b>	<b>09:27:17.60</b>	+02:46:20 (29.3%)	8:19	7.2 (70.6%)
45	<b>ŻEBROWSKI Jakub</b>	<b>420</b>	ALBATROSY	Senior II M - 30	45	01:12:33	02:50:38	04:14:42	06:11:49	07:50:11		<b>09:30:15.85</b>	<b>09:30:24.35</b>	+02:49:27 (29.7%)	8:23	7.2 (70.6%)
46	<b>KROSNY Sebastian</b>	<b>208</b>	BODYDRY BIEGATON MIKOŁÓW	Senior II M - 30	46	02:00:50	03:25:20	04:40:29	06:20:33	07:55:52		<b>09:31:22.15</b>	<b>09:31:27.20</b>	+02:50:30 (29.8%)	8:24	7.1 (69.6%)
47	<b>MÓJTA Grzegorz</b>	<b>104</b>		Senior II M - 30	47	01:14:45	02:53:43	04:24:02	06:19:24	07:58:22		<b>09:32:15.95</b>	<b>09:32:35.30</b>	+02:51:38 (30.0%)	8:24	7.1 (69.6%)
48	<b>LACHERA Marek</b>	<b>430</b>	W POGONI ZA DUCHEM	Senior II M - 30	48	01:15:33	02:56:56	04:26:50	06:23:34	08:00:52		<b>09:32:55.30</b>	<b>09:33:09.55</b>	+02:52:12 (30.0%)	8:25	7.1 (69.6%)
49	<b>KIELASZEWSK Karol</b>	<b>215</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	49	01:21:21	02:56:12	04:20:18	06:10:17	07:48:45		<b>09:33:12.30</b>	<b>09:33:46.90</b>	+02:52:50 (30.1%)	8:25	7.1 (69.6%)
50	<b>GOŚCIŃSKI Sławomir</b>	<b>366</b>		Senior II M - 30	50	01:17:09	02:56:51	04:31:28	06:18:25	07:58:05		<b>09:34:27.65</b>	<b>09:35:13.80</b>	+02:54:17 (30.3%)	8:26	7.1 (69.6%)
51	<b>PIASECKI Rafał</b>	<b>355</b>	UKA WARSZAWA	Senior II M - 30	51	01:12:44	02:50:58	04:20:04	06:12:48	07:53:24		<b>09:35:57.10</b>	<b>09:36:02.80</b>	+02:55:06 (30.4%)	8:28	7.1 (69.6%)
52	<b>WIŚNIEWSKI Paweł</b>	<b>416</b>	RUN&BALANCE	Senior II M - 30	52	01:11:20	02:45:54	04:09:58	06:12:17	07:58:27		<b>09:39:05.50</b>	<b>09:39:06.50</b>	+02:58:09 (30.8%)	8:30	7 (68.6%)
53	<b>DUDEK Remigiusz</b>	<b>103</b>	ZIĘBICE	Senior II M - 30	53	01:12:44	02:51:21	04:20:26	06:18:35	08:04:19		<b>09:39:25.50</b>	<b>09:39:47.85</b>	+02:58:51 (30.8%)	8:31	7 (68.6%)
54	<b>MAJKOWSKI Jacek</b>	<b>77</b>		Senior II M - 30	54	01:23:14	03:08:37	04:36:48	06:23:00	08:02:27		<b>09:41:29.30</b>	<b>09:41:49.65</b>	+03:00:52 (31.1%)	8:33	7 (68.6%)
55	<b>CHOJNICKI Bartosz</b>	<b>368</b>		Senior II M - 30	55	01:20:57	03:06:44	04:31:32	06:26:25	08:08:45		<b>09:43:48.65</b>	<b>09:44:05.65</b>	+03:03:08 (31.4%)	8:35	7 (68.6%)
56	<b>MIKOŁAJCZYK Marcin</b>	<b>146</b>	HUSARIA RACE TEAM	Senior II M - 30	56	01:11:01	02:45:50	04:10:59	06:09:25	08:01:35		<b>09:47:03.70</b>	<b>09:47:24.85</b>	+03:06:28 (31.7%)	8:37	7 (68.6%)
57	<b>APOSTOŁ Paweł</b>	<b>363</b>		Senior II M - 30	57	01:12:32	02:55:15	04:33:46	06:30:55	08:11:24		<b>09:47:04.45</b>	<b>09:47:41.15</b>	+03:06:44 (31.8%)	8:38	6.9 (67.6%)
58	<b>ADAMCZAK Michał</b>	<b>173</b>		Senior II M - 30	58	01:17:21	02:59:11	04:27:50	06:24:48	08:08:10		<b>09:46:56.35</b>	<b>09:47:45.60</b>	+03:06:48 (31.8%)	8:37	7 (68.6%)
59	<b>KOCEMBA Askaniusz</b>	<b>269</b>	NARVAL - EKSPEDYCJE POLARNE	Senior II M - 30	59	01:15:33	02:52:23	04:14:08	06:28:11	08:12:37		<b>09:49:26.75</b>	<b>09:50:07.70</b>	+03:09:11 (32.1%)	8:40	6.9 (67.6%)
60	<b>GARCZYK Rafał</b>	<b>35</b>	PAN WUEFISTA TEAM	Senior II M - 30	60	01:21:57	02:59:36	04:26:12	06:20:53	08:04:52		<b>09:50:10.30</b>	<b>09:50:42.90</b>	+03:09:46 (32.1%)	8:40	6.9 (67.6%)
61	<b>KOSOWSKI Mateusz</b>	<b>397</b>	ANTYLEWAK	Senior II M - 30	61	01:21:52	03:02:08	04:26:18	06:17:49	08:11:53		<b>09:50:44.50</b>	<b>09:51:33.45</b>	+03:10:36 (32.2%)	8:41	6.9 (67.6%)
62	<b>SZEMIEL Maciej</b>	<b>183</b>		Senior II M - 30	62	01:07:22	02:38:43	04:08:13	06:09:11	07:58:27		<b>09:51:35.60</b>	<b>09:51:48.50</b>	+03:10:51 (32.3%)	8:42	6.9 (67.6%)
63	<b>REJMAN Grzegorz</b>	<b>32</b>	DREAM RUN	Senior II M - 30	63	01:16:32	03:03:37	04:37:22	06:39:19	08:22:11		<b>09:52:44.60</b>	<b>09:52:59.45</b>	+03:12:02 (32.4%)	8:43	6.9 (67.6%)
64	<b>DĄBKOWSKI Wojciech</b>	<b>52</b>		Senior II M - 30	64	01:11:42	02:48:11	04:18:20	06:26:12	08:08:28		<b>09:58:22.55</b>	<b>09:58:40.75</b>	+03:17:44 (33.0%)	8:47	6.8 (66.7%)
65	<b>PRUCIAK Krzysztof</b>	<b>65</b>	LECYMY DURŚ	Senior II M - 30	65	01:08:15	02:39:35	04:08:19	06:22:42	08:14:44		<b>09:59:05.45</b>	<b>09:59:09.05</b>	+03:18:12 (33.1%)	8:48	6.8 (66.7%)
66	<b>BARANOWSKI Michał</b>	<b>239</b>	MORALNI ZWYCIĘZCY	Senior II M - 30	66	01:17:27	02:57:46	04:31:31	06:34:35	08:21:00		<b>09:58:46.65</b>	<b>09:59:27.80</b>	+03:18:31 (33.1%)	8:48	6.8 (66.7%)
67	<b>CIEMBOROWICZ Karol</b>	<b>5</b>	#	Senior II M - 30	67	01:24:54	03:11:02	04:41:58	06:38:35	08:24:57		<b>09:58:35.70</b>	<b>09:59:42.50</b>	+03:18:45 (33.1%)	8:48	6.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km		68km	68km			
68	<b>KNYCHAŁA Hubert</b>	<b>356</b>		Senior II M - 30	68	01:21:05	03:03:59	04:34:37	06:34:06	08:18:12		<b>10:04:06.90</b>	<b>10:04:32.05</b>	+03:23:35 (33.7%)	8:53	6.8 (66.7%)
69	<b>BAJSON Grzegorz</b>	<b>350</b>	GIEBUŁTÓW CIŚNIE	Senior II M - 30	69	01:18:27	02:58:29	04:31:00	06:48:37	08:28:34		<b>10:10:17.30</b>	<b>10:11:05.65</b>	+03:30:08 (34.4%)	8:58	6.7 (65.7%)
70	<b>KRZOS Piotr</b>	<b>93</b>		Senior II M - 30	70	01:20:41	03:08:01	04:42:11	06:39:14	08:28:43		<b>10:10:35.45</b>	<b>10:11:29.15</b>	+03:30:32 (34.4%)	8:58	6.7 (65.7%)
71	<b>CELER Emil</b>	<b>392</b>		Senior II M - 30	71	01:08:00	02:43:26	04:16:05	06:24:41	08:17:09		<b>10:12:18.25</b>	<b>10:12:45.05</b>	+03:31:48 (34.6%)	9:00	6.7 (65.7%)
72	<b>JAKUSZEK Paweł</b>	<b>305</b>	CEGIELNIA PIASKI	Senior II M - 30	72	01:22:02	03:06:40	04:39:07	06:43:11	08:29:50		<b>10:14:10.25</b>	<b>10:15:00.85</b>	+03:34:04 (34.8%)	9:01	6.6 (64.7%)
73	<b>BUK Sławomir</b>	<b>45</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	73	01:19:36	03:06:54	04:42:33	06:40:17	08:23:56		<b>10:15:57.50</b>	<b>10:16:32.25</b>	+03:35:35 (35.0%)	9:03	6.6 (64.7%)
74	<b>SZCZESZEK Lukasz</b>	<b>217</b>		Senior II M - 30	74	01:21:38	03:10:59	04:49:46	06:50:39	08:33:15		<b>10:17:51.05</b>	<b>10:18:20.00</b>	+03:37:23 (35.2%)	9:05	6.6 (64.7%)
75	<b>LECHOWSKI Bartłomiej</b>	<b>37</b>	WKURW_TEAM	Senior II M - 30	75	01:21:14	03:11:35	04:49:29	06:46:15	08:34:39		<b>10:17:41.80</b>	<b>10:18:25.85</b>	+03:37:29 (35.2%)	9:05	6.6 (64.7%)
76	<b>POROWSKI Piotr</b>	<b>378</b>	MUAY RUNNING TEAM	Senior II M - 30	76	01:26:34	03:19:31	04:54:05	06:41:39	08:27:51		<b>10:18:33.60</b>	<b>10:18:59.60</b>	+03:38:02 (35.2%)	9:05	6.6 (64.7%)
77	<b>BAŤA Tomáš</b>	<b>261</b>	TEAM JESENÍKY	Senior II M - 30	77	01:08:24	02:44:40	04:19:27	06:27:31	08:20:48		<b>10:20:53.95</b>	<b>10:21:17.45</b>	+03:40:20 (35.5%)	9:07	6.6 (64.7%)
78	<b>ŠVÁBENSKÝ Jan</b>	<b>262</b>	TEAM JESENÍKY	Senior II M - 30	78	01:08:23	02:44:38	04:19:33	06:27:30	08:20:33		<b>10:20:54.45</b>	<b>10:21:17.70</b>	+03:40:21 (35.5%)	9:07	6.6 (64.7%)
79	<b>ZIEMBA Michal</b>	<b>263</b>	ZIOMKI	Senior II M - 30	79	01:15:34	02:54:47	04:25:33	06:31:58	08:26:46		<b>10:24:11.50</b>	<b>10:25:17.90</b>	+03:44:21 (35.9%)	9:10	6.5 (63.7%)
80	<b>MERKWA Wojciech</b>	<b>264</b>	ZIOMKI	Senior II M - 30	80	01:15:37	02:54:51	04:25:57	06:36:57	08:31:03		<b>10:24:13.25</b>	<b>10:25:19.05</b>	+03:44:22 (35.9%)	9:10	6.5 (63.7%)
81	<b>SZPULARZ Adam</b>	<b>333</b>	BAD - BIEGNĘ ALE DOKĄD	Senior II M - 30	81	01:21:19	03:13:02	04:46:27	06:51:30	08:42:03		<b>10:25:11.20</b>	<b>10:25:52.95</b>	+03:44:56 (35.9%)	9:11	6.5 (63.7%)
82	<b>HACZKIEWICZ Bartosz</b>	<b>307</b>	MILKY2017	Senior II M - 30	82	01:35:14	03:33:21	05:09:11	07:02:01	08:44:44		<b>10:25:03.80</b>	<b>10:26:00.75</b>	+03:45:04 (36.0%)	9:11	6.5 (63.7%)
83	<b>KOZERA Waldemar</b>	<b>387</b>		Senior II M - 30	83	01:22:06	03:05:28	04:41:37	06:56:01	08:47:01		<b>10:29:12.20</b>	<b>10:29:48.15</b>	+03:48:51 (36.3%)	9:15	6.5 (63.7%)
84	<b>SOBIERAJ Aleksander</b>	<b>332</b>	GRUPA BIEGOWA WALIM	Senior II M - 30	84	01:15:20	02:56:19	04:34:41	06:53:32	08:46:44		<b>10:31:27.40</b>	<b>10:31:48.85</b>	+03:50:52 (36.5%)	9:17	6.5 (63.7%)
85	<b>NOWAKOWSKI Leszek</b>	<b>97</b>		Senior II M - 30	85	01:19:24	03:04:20	04:42:19	06:53:05	08:42:20		<b>10:31:32.20</b>	<b>10:31:52.15</b>	+03:50:55 (36.5%)	9:17	6.5 (63.7%)
86	<b>CZERNIAK Tobiasz</b>	<b>362</b>	ANTONTEAM	Senior II M - 30	86	01:19:04	03:08:05	04:42:23	06:52:57	08:46:52		<b>10:37:06.40</b>	<b>10:37:44.05</b>	+03:56:47 (37.1%)	9:22	6.4 (62.7%)
87	<b>ŁABĘDZKI Mariusz</b>	<b>63</b>	STARGARD JA SIĘ NIE ŚCIGAM	Senior II M - 30	87	01:21:36	03:12:35	04:50:14	07:04:24	08:57:19		<b>10:48:02.30</b>	<b>10:48:34.35</b>	+04:07:37 (38.2%)	9:31	6.3 (61.8%)
88	<b>DĄBROWSKI Paweł</b>	<b>314</b>		Senior II M - 30	88	01:32:06	03:30:16	05:05:24	07:10:43	09:05:10		<b>10:52:57.80</b>	<b>10:53:53.35</b>	+04:12:56 (38.7%)	9:36	6.2 (60.8%)
89	<b>WAWRZAK Łukasz</b>	<b>282</b>	KLUB BIEGACZA WARTA	Senior II M - 30	89	01:15:35	02:55:36	04:33:40	07:10:38	09:05:45		<b>10:55:35.45</b>	<b>10:56:31.55</b>	+04:15:34 (38.9%)	9:38	6.2 (60.8%)
90	<b>BIAŁCZYK Marcin</b>	<b>279</b>	SKY IS THE LIMIT	Senior II M - 30	90	01:08:05	02:48:39	04:39:42	07:05:48	09:00:23		<b>10:59:02.85</b>	<b>10:59:13.85</b>	+04:18:17 (39.2%)	9:41	6.2 (60.8%)
91	<b>BARAŃCZAK Kamil</b>	<b>280</b>		Senior II M - 30	91	01:13:08	02:59:33	04:41:08	07:06:56	08:51:58		<b>10:59:02.70</b>	<b>10:59:14.30</b>	+04:18:17 (39.2%)	9:41	6.2 (60.8%)
92	<b>ZAJĄC Krystian</b>	<b>131</b>	DRUŻYNA BARTKA	Senior II M - 30	92	01:15:59	03:00:03	04:37:32	07:14:55	09:11:11		<b>11:01:41.45</b>	<b>11:02:12.90</b>	+04:21:16 (39.5%)	9:43	6.2 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km		68km	68km			
93	<b>OGRODNIK Tomasz</b>	<b>117</b>	NIGHT RUNNERS	Senior II M - 30	93	01:16:00	03:00:07	04:37:31	07:14:55	09:11:26		<b>11:01:43.55</b>	<b>11:02:14.45</b>	+04:21:17 (39.5%)	9:43	6.2 (60.8%)
94	<b>KWIATKOWSKI Paweł</b>	<b>196</b>		Senior II M - 30	94	01:11:48	02:47:25	04:19:29	06:30:34	08:50:58		<b>11:02:37.55</b>	<b>11:03:29.70</b>	+04:22:33 (39.6%)	9:44	6.2 (60.8%)
95	<b>WAROWNY Dawid</b>	<b>274</b>		Senior II M - 30	95	01:22:17	03:07:56	04:44:22	06:59:32	09:01:59		<b>11:04:47.10</b>	<b>11:05:41.55</b>	+04:24:44 (39.8%)	9:46	6.1 (59.8%)
96	<b>SZEWczyk Michał</b>	<b>259</b>	BBL ZDUŃSKA WOLA	Senior II M - 30	96	01:16:57	03:02:41	04:45:05	06:58:58	09:11:52		<b>11:08:47.30</b>	<b>11:09:19.90</b>	+04:28:23 (40.1%)	9:50	6.1 (59.8%)
97	<b>HALBTUCH Grzegorz</b>	<b>451</b>		Senior II M - 30	97	01:16:36	03:08:54	04:52:16	07:14:21	09:22:57		<b>11:14:29.35</b>	<b>11:14:59.85</b>	+04:34:03 (40.6%)	9:55	6 (58.8%)
98	<b>GODLEWSKI Jakub</b>	<b>88</b>	RUNNERS TEAM QUIBL	Senior II M - 30	98	01:25:30	03:26:03	04:57:59	07:15:35	09:20:15		<b>11:14:47.30</b>	<b>11:15:11.15</b>	+04:34:14 (40.6%)	9:55	6 (58.8%)
99	<b>ŚLEZIAK Tomek</b>	<b>367</b>	TECZA	Senior II M - 30	99	01:27:51	03:25:43	05:09:05	07:18:55	09:28:38		<b>11:22:47.00</b>	<b>11:23:33.65</b>	+04:42:36 (41.3%)	10:02	6 (58.8%)
100	<b>MAZIEC Roman</b>	<b>281</b>		Senior II M - 30	100	01:22:04	03:20:06	05:02:06	07:23:44	09:18:23		<b>11:25:04.35</b>	<b>11:25:33.40</b>	+04:44:36 (41.5%)	10:04	6 (58.8%)
101	<b>MIKUŚKIEWICZ Piotr</b>	<b>67</b>	RUN TEAM CHMIELNIK	Senior II M - 30	101	01:20:58	03:08:32	04:39:15	06:51:40	08:54:53		<b>11:25:33.10</b>	<b>11:25:53.60</b>	+04:44:56 (41.5%)	10:04	6 (58.8%)
102	<b>STANEK Bartosz</b>	<b>130</b>	ŚMIGIEL	Senior II M - 30	102	01:26:06	03:23:13	05:14:27	07:26:11	09:23:52		<b>11:25:58.70</b>	<b>11:26:38.70</b>	+04:45:42 (41.6%)	10:05	5.9 (57.8%)
103	<b>GURBIEL Tomasz</b>	<b>3</b>	ONEMAN TEAM	Senior II M - 30	103	01:23:45	03:12:28	04:51:58	07:09:02	09:30:56		<b>11:28:28.70</b>	<b>11:29:36.15</b>	+04:48:39 (41.9%)	10:07	5.9 (57.8%)
104	<b>SAMOLAK Łukasz</b>	<b>109</b>	MILITARIA TWIERDZA KŁODZKA	Senior II M - 30	104	01:25:07	03:24:24	05:08:49	07:35:24	09:35:30		<b>11:28:46.85</b>	<b>11:29:39.20</b>	+04:48:42 (41.9%)	10:07	5.9 (57.8%)
105	<b>SZURKOWSKI Michał</b>	<b>159</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	105	01:29:32	03:30:47	05:13:17	07:31:54	09:31:43		<b>11:32:06.85</b>	<b>11:32:33.80</b>	+04:51:37 (42.1%)	10:10	5.9 (57.8%)
106	<b>MAŁOLEPSZY Damian</b>	<b>276</b>	SPARTA ULTRA TEAM	Senior II M - 30	106	01:12:40	03:21:40	05:13:06	07:32:30	09:36:45		<b>11:36:40.95</b>	<b>11:37:19.05</b>	+04:56:22 (42.5%)	10:14	5.9 (57.8%)
107	<b>DZIENISZEWSKI Michał</b>	<b>249</b>		Senior II M - 30	107	01:24:31	03:17:15	05:04:33	07:36:30	09:50:15		<b>11:51:14.25</b>	<b>11:52:00.95</b>	+05:11:04 (43.7%)	10:27	5.7 (55.9%)
108	<b>WALCZUK Paweł</b>	<b>61</b>		Senior II M - 30	108	01:20:21	03:17:37	05:05:18	07:48:35	09:55:09		<b>11:52:17.65</b>	<b>11:52:50.85</b>	+05:11:54 (43.8%)	10:28	5.7 (55.9%)
109	<b>JANASZEK Michał</b>	<b>138</b>		Senior II M - 30	109	01:26:42	03:17:13	04:55:13	07:08:38	09:35:03		<b>11:51:56.95</b>	<b>11:52:59.90</b>	+05:12:03 (43.8%)	10:28	5.7 (55.9%)
110	<b>GŁUSZEK Tomasz</b>	<b>108</b>		Senior II M - 30	110	01:26:42	03:17:03	04:55:11	07:08:38	09:35:01		<b>11:51:57.85</b>	<b>11:53:00.20</b>	+05:12:03 (43.8%)	10:28	5.7 (55.9%)
111	<b>STROCZYŃSKI Paweł</b>	<b>303</b>		Senior II M - 30	111	01:33:20	03:39:11	05:27:28	07:50:13	09:55:21		<b>11:52:50.80</b>	<b>11:53:22.45</b>	+05:12:25 (43.8%)	10:28	5.7 (55.9%)
112	<b>KORF Tomasz</b>	<b>228</b>	JEŹDZCY APOKALIPSY	Senior II M - 30	112	01:18:41	03:16:27	05:00:33	07:47:57			<b>11:57:29.90</b>	<b>11:57:54.90</b>	+05:16:58 (44.2%)	10:33	5.7 (55.9%)
113	<b>KUBACKI Sebastian</b>	<b>337</b>	STAL NIEWIAÓDW	Senior II M - 30	113	01:22:12	03:08:43	04:54:16	07:22:11	09:38:43		<b>11:58:43.10</b>	<b>11:59:13.75</b>	+05:18:17 (44.3%)	10:34	5.7 (55.9%)
114	<b>RUTKOWSKI Adam</b>	<b>268</b>	WKW	Senior II M - 30	114	01:15:15	02:54:38	04:30:21	07:58:11	09:51:59		<b>12:04:33.30</b>	<b>12:05:00.75</b>	+05:24:04 (44.7%)	10:39	5.6 (54.9%)
115	<b>FOLARON Rafał</b>	<b>167</b>		Senior II M - 30	115	01:26:33	03:22:18	05:12:20	07:48:01	10:07:30		<b>12:09:29.40</b>	<b>12:10:22.05</b>	+05:29:25 (45.1%)	10:43	5.6 (54.9%)
116	<b>OLESZAK Jacek</b>	<b>121</b>		Senior II M - 30	116	01:20:39	03:24:05	05:29:28	07:53:45	10:10:57		<b>12:09:49.70</b>	<b>12:10:29.35</b>	+05:29:32 (45.1%)	10:43	5.6 (54.9%)
117	<b>GABRUK Michał</b>	<b>229</b>	JEŹDZCY APOKALIPSY	Senior II M - 30	117	01:18:56	03:16:33	05:07:01	07:52:42	10:02:01		<b>12:15:56.95</b>	<b>12:16:22.20</b>	+05:35:25 (45.6%)	10:49	5.5 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
118	KRYGER Szymon	374	ON SIGHT	Senior II M - 30	118	01:27:03	03:31:02	05:14:43	07:41:47	09:57:19		<b>12:16:21.30</b>	<b>12:16:22.30</b>	+05:35:25 (45.6%)	10:49	5.5 (53.9%)
119	KAZIMIERUK Grzegorz	176	OBOZYBIEGOWE.PL	Senior II M - 30	119	01:31:50	03:36:41	05:19:22	07:46:37	10:02:36		<b>12:18:06.15</b>	<b>12:18:48.00</b>	+05:37:51 (45.7%)	10:51	5.5 (53.9%)
120	JAROSŁAWSKI Marcin	258	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	120	01:15:52	03:09:02	04:59:45	07:32:49	09:50:03		<b>12:18:23.50</b>	<b>12:18:51.65</b>	+05:37:54 (45.7%)	10:51	5.5 (53.9%)
121	JADOWSKI Bartłomiej	278		Senior II M - 30	121	01:26:26	03:30:47	05:29:45	08:07:38	10:15:52		<b>12:20:59.60</b>	<b>12:21:20.85</b>	+05:40:24 (45.9%)	10:53	5.5 (53.9%)
122	KUCHARSKI Jakub	235	JKU1979	Senior II M - 30	122	01:25:46	03:22:06	05:12:44	07:52:16	10:11:57		<b>12:27:48.60</b>	<b>12:28:51.45</b>	+05:47:54 (46.5%)	10:59	5.5 (53.9%)
123	NIEWIAROWSKI Jarosław	358	BIEGIEM PO PIWO	Senior II M - 30	123	01:35:26	03:46:50	05:35:02	08:25:05	10:26:03		<b>12:31:26.45</b>	<b>12:32:22.15</b>	+05:51:25 (46.7%)	11:03	5.4 (52.9%)
124	ADAMSKI Łukasz	17	WIOCHA BIEGA	Senior II M - 30	124	01:31:04	03:41:31	05:39:45	08:23:05	10:36:23		<b>12:44:02.00</b>	<b>12:44:22.15</b>	+06:03:25 (47.5%)	11:14	5.3 (52.0%)
125	GODYŃ Jarosław	170	SPORT ID	Senior II M - 30	125	01:31:02	03:41:24	05:41:34	08:33:57	10:51:49		<b>12:56:09.50</b>	<b>12:56:33.20</b>	+06:15:36 (48.4%)	11:24	5.3 (52.0%)
<b>Przekroczony limit czasu: 13:00:00</b>																
126	ŚWITALSKI Andrzej	85	ŻYCIE CZĘSTOCHOWY TEAM/KAPITAN POLSKA	Senior II M - 30	126	01:32:18	03:50:58	05:52:12	08:38:22	10:53:29		<b>13:03:36.75</b>	<b>13:04:32.10</b>	+06:23:35 (48.9%)	11:31	5.2 (51.0%)
127	MAJEWSKI Jakub	56		Senior II M - 30	127	01:36:00	03:48:13	05:49:32	08:37:37	10:59:59		<b>13:15:00.35</b>	<b>13:15:14.95</b>	+06:34:18 (49.6%)	11:41	5.1 (50.0%)
128	ŻURAWIK Marcin	212	SAINT GOBAIN SQUAD	Senior II M - 30	128	01:34:47	03:49:46	05:48:07	08:38:45	11:01:30		<b>13:14:58.75</b>	<b>13:15:17.55</b>	+06:34:20 (49.6%)	11:41	5.1 (50.0%)
129	RZECZKOWSKI Piotr	156		Senior II M - 30	129	01:16:40	03:10:33	05:29:12	08:24:41	10:57:50		<b>13:31:48.80</b>	<b>13:32:04.10</b>	+06:51:07 (50.6%)	11:56	5 (49.0%)
DQ	MARCINIAK Maciej	169		Senior II M - 30		01:09:36 DQ	02:41:25 DQ	04:01:37 DQ	DQ	06:16:48 DQ		<b>07:38:40.10 DQ</b>	<b>DQ</b>	-	-	- (0.0%)
	SZLACHCIKOWSKI Arkadiusz	246	1985	Senior II M - 30		01:07:15 DNF	02:34:47 DNF	03:58:19 DNF	06:12:44 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	BONDZIAK Ernest	80	TOBIASZ KLUB HULIGAN	Senior II M - 30		01:35:02 DNF	03:39:20 DNF	05:39:10 DNF	08:41:30 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	NIEWIEJSKI Przemysław	179	RUNNING TEAM MILICZ	Senior II M - 30		01:12:31 DNF	02:49:44 DNF	04:34:53 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	SITAK Adam	380		Senior II M - 30		01:08:38 DNF	02:53:04 DNF	04:38:56 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	OLEKSIEWICZ Maurycy	319	SZAKALE BAŁUT ŁÓDŹ	Senior II M - 30		02:00:53 DNF	03:29:12 DNF	04:50:15 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	TOMCZYK Tomasz	445		Senior II M - 30		01:09:24 DNF	02:56:53 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	RAK Cezary	26	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30		01:42:49 DNF	05:03:48 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 137 wynik(ów)