

BIEG ULTRA TRAIL - 68 KM

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

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

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	DOMBROWSKI Maciej	4131	RUNNING.CHEF / WAY2CHAMP	Senior II M - 30	1	00:56:18	02:10:03	03:09:38	04:23:02	05:27:22	06:30:47.55	06:30:49.55		5:44	10.4 (100%)
2	WOLEK Szymon	4334		Senior II M - 30	2	00:54:51	02:08:45	03:08:31	04:24:10	05:30:19	06:34:08.95	06:34:13.35	+00:03:23 (0.9%)	5:47	10.4 (100%)
3	GAWLIK Sławek	4067	MARCINŚWIERCTEAM	Senior II M - 30	3	00:56:20		03:11:23	04:35:27	05:49:21	06:54:24.75	06:54:26.60	+00:23:37 (5.7%)	6:05	9.8 (94.2%)
4	BRYSZ Michał	4040		Senior II M - 30	4	00:59:39	02:17:40	03:22:08	04:44:41	06:03:19	07:13:34.05	07:13:42.15	+00:42:52 (9.9%)	6:22	9.4 (90.4%)
5	OLEKSIEWICZ Maurycy	4166		Senior II M - 30	5	00:54:27	02:09:04	03:10:04	04:53:43	06:09:42	07:16:22.95	07:16:26.70	+00:45:37 (10.5%)	6:25	9.3 (89.4%)
6	PERYKASZA Paweł	4296	GRUPALUKTRANS.PL	Senior II M - 30	6	01:02:50	02:23:52	03:30:27	04:57:56	06:08:27	07:16:22.05	07:16:29.30	+00:45:39 (10.5%)	6:25	9.3 (89.4%)
7	BIELIŃSKI Maciek	4056		Senior II M - 30	7	00:55:45	02:09:35	03:13:06	04:44:42	06:05:46	07:24:11.25	07:24:15.45	+00:53:25 (12.0%)	6:31	9.2 (88.5%)
8	ŻARECKI Łukasz	4379		Senior II M - 30	8	00:56:09	02:10:41	03:15:09	04:42:44	06:03:03	07:27:11.80	07:27:14.60	+00:56:25 (12.6%)	6:34	9.1 (87.5%)
9	GEPPERT Jakub	4342	ADRUNALINE RUNNING TEAM	Senior II M - 30	9	01:01:55	02:23:12	03:31:42	05:05:52	06:19:54	07:36:55.95	07:37:03.05	+01:06:13 (14.5%)	6:43	8.9 (85.6%)
10	SOCHA Seweryn	4345	DZIKIE BOBRY/STR POZNAŃ	Senior II M - 30	10	00:59:52	02:22:08	03:33:24	05:02:57	06:22:55	07:42:38.75	07:42:40.30	+01:11:50 (15.5%)	6:48	8.8 (84.6%)
11	RAZIM Mateusz	4117		Senior II M - 30	11	01:03:58	02:28:46	03:37:40	05:10:42	06:30:08	07:42:42.75	07:42:46.15	+01:11:56 (15.5%)	6:48	8.8 (84.6%)
12	MATYSIAK Bartłomiej	4122	JACEKBIEGA RUNNING TEAM	Senior II M - 30	12	01:01:42	02:27:30	03:43:53	05:16:13	06:34:10	07:48:33.75	07:48:42.70	+01:17:53 (16.6%)	6:53	8.7 (83.7%)
13	DĄBROWICZ Jakub	4059		Senior II M - 30	13	00:59:48	02:20:56	03:31:11	05:14:39	06:35:25	07:54:49.85	07:54:54.15	+01:24:04 (17.7%)	6:58	8.6 (82.7%)
14	SOBLIK Łukasz	4114		Senior II M - 30	14	01:01:48	02:26:45	03:39:24	05:16:17	06:40:11	08:05:41.00	08:05:46.85	+01:34:57 (19.5%)	7:08	8.4 (80.8%)
15	SIERADZKI Krzysztof	4008		Senior II M - 30	15	01:01:00	02:23:03	03:34:02	05:13:41	06:40:18	08:08:52.85	08:09:03.55	+01:38:14 (20.1%)	7:11	8.3 (79.8%)
16	SOLARSKI Sergiusz	4217	1981	Senior II M - 30	16	01:03:02	02:27:05	03:38:39	05:19:27	06:43:48	08:11:30.95	08:11:34.40	+01:40:44 (20.5%)	7:13	8.3 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
17	MÜLLER Christoph	4314		Senior II M - 30	17	00:57:53	02:19:11	03:28:22	05:03:43	06:52:07	08:17:39.25	08:17:43.85	+01:46:54 (21.5%)	7:19	8.2 (78.8%)
18	ZAWADZKI Andrzej	4377	MKS SIECHNICE	Senior II M - 30	18	01:03:00	02:27:01	03:43:03	05:27:03	06:56:51	08:24:28.60	08:24:35.95	+01:53:46 (22.5%)	7:25	8.1 (77.9%)
19	OSIURAK Łukasz	4249	1985	Senior II M - 30	19	01:05:47	02:33:02	03:49:19	05:31:46	07:02:48	08:29:41.40	08:30:14.00	+01:59:24 (23.4%)	7:29	8 (76.9%)
20	DYREK Mateusz	4353		Senior II M - 30	20	01:05:53	02:36:45	03:50:20	05:38:43	07:04:02	08:31:16.75	08:31:40.00	+02:00:50 (23.6%)	7:31	8 (76.9%)
21	VALLEJO Eduardo	4386	JACEKBIEGA RUNNING TEAM	Senior II M - 30	21	01:01:18	02:28:37	03:51:17	05:40:39	07:08:08	08:36:42.05	08:36:50.75	+02:06:01 (24.4%)	7:35	7.9 (76.0%)
22	LATOS Marcin	4127	EUROCLEAR RUNNING TEAM	Senior II M - 30	22	01:09:30	02:42:48	04:02:41	05:48:56	07:16:06	08:38:11.70	08:38:28.00	+02:07:38 (24.6%)	7:37	7.9 (76.0%)
23	KUSZTEŁAK Jacek	4315	ZIEMO&WIT TEAM	Senior II M - 30	23	01:07:45	02:38:52	03:58:29	05:44:35	07:09:40	08:38:23.40	08:38:41.90	+02:07:52 (24.7%)	7:37	7.9 (76.0%)
24	MARCINIAK Maciej	4365		Senior II M - 30	24	01:10:08	02:48:10	04:05:14	05:52:56	07:12:46	08:39:58.60	08:40:22.60	+02:09:33 (24.9%)	7:38	7.8 (75.0%)
25	ZAWORSKI Tomasz	4257		Senior II M - 30	25	01:08:29	02:39:09	04:02:27	05:48:26	07:12:03	08:41:54.80	08:42:03.35	+02:11:13 (25.1%)	7:40	7.8 (75.0%)
26	RUSZCZEWSKI Andrzej	4068	VEGE RUNNERS	Senior II M - 30	26	01:14:34	02:46:57	04:05:26	05:51:35	07:14:31	08:44:03.05	08:44:35.85	+02:13:46 (25.5%)	7:42	7.8 (75.0%)
27	NOWAK Mariusz	4358	HRT	Senior II M - 30	27	01:13:28	02:45:51	04:00:43	05:44:06	07:13:50	08:45:43.55	08:45:52.50	+02:15:02 (25.7%)	7:43	7.8 (75.0%)
28	PIĘTA Marcin	4025	GRUPA PANA TOLKA / #SOBASTEAM	Senior II M - 30	28	01:03:25	02:33:11	03:50:35	05:44:55	07:17:08	08:52:02.80	08:52:03.80	+02:21:14 (26.5%)	7:49	7.7 (74.0%)
29	STANISŁAWSKI Karol	4022	RUNNER.PL	Senior II M - 30	29	01:07:40	02:38:10	03:54:11	05:44:49	07:17:01	08:51:57.05	08:52:04.10	+02:21:14 (26.5%)	7:49	7.7 (74.0%)
30	ROSOLSKI Dawid	4143		Senior II M - 30	30	01:06:03	02:37:34	04:11:46	06:07:43	07:40:58	09:11:52.85	09:12:00.55	+02:41:11 (29.2%)	8:06	7.4 (71.2%)
31	JANIK Andrzej	4112	KOMPUTRONIK CHOJNICE	Senior II M - 30	31	01:17:30	02:49:00	04:11:26	06:14:57	07:46:52	09:15:44.70	09:16:49.20	+02:45:59 (29.8%)	8:10	7.3 (70.2%)
32	ŚMICHURSKI Krzysztof	4039	FIZJOTERAPIA BIEGACZA/PRO 366	Senior II M - 30	32	01:13:56	02:46:27	04:11:29	06:08:02	07:42:30	09:18:05.95	09:18:26.05	+02:47:36 (30.0%)	8:12	7.3 (70.2%)
33	STANISŁAWSKI Jacek	4123	DOKOLASWIATA.CO	Senior II M - 30	33	01:09:57	02:41:15	04:00:42	05:55:50	07:39:25	09:19:20.95	09:19:21.95	+02:48:32 (30.1%)	8:13	7.3 (70.2%)
34	WYWROT Grzegorz	4060		Senior II M - 30	34	01:16:53	02:55:40	04:18:59	06:22:25	07:50:07	09:18:41.80	09:19:27.55	+02:48:38 (30.1%)	8:12	7.3 (70.2%)
35	JURASZ Wojciech	4346	MŁÓCKARNIA	Senior II M - 30	35	01:05:13	02:35:59	03:58:40	05:59:51	07:38:01	09:20:51.55	09:21:14.25	+02:50:24 (30.4%)	8:14	7.3 (70.2%)
36	WALEŃSKI Maciej	4312	PROTON	Senior II M - 30	36	01:09:33	02:46:52	04:13:31	06:19:34	07:50:32	09:20:49.05	09:21:25.90	+02:50:36 (30.4%)	8:14	7.3 (70.2%)
37	WALCZAK Patryk	4287	XRUNNERS	Senior II M - 30	37	01:06:15	02:39:11	04:10:19	06:09:00	07:47:07	09:21:22.80	09:21:27.30	+02:50:37 (30.4%)	8:15	7.3 (70.2%)
38	MUSIELAK Marek	4206	KUPA WIARY TEJ	Senior II M - 30	38	01:24:55	03:06:59	04:29:29	06:18:58	07:50:41	09:21:05.50	09:21:36.10	+02:50:46 (30.4%)	8:15	7.3 (70.2%)
39	KŁOSOWSKI Kamil	4062		Senior II M - 30	39	01:09:34	02:43:55	04:06:52	06:01:50	07:42:24	09:22:05.05	09:22:22.30	+02:51:32 (30.5%)	8:15	7.3 (70.2%)
40	KUCA Szymon	4208	OLAWS ZŁOTORYJA	Senior II M - 30	40	01:14:34	02:51:32	04:10:32	06:01:06	07:39:55	09:23:23.15	09:23:29.30	+02:52:39 (30.6%)	8:17	7.2 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
41	KLABISZ Dawid	4372		Senior II M - 30	41	01:07:38	02:42:39	04:08:10	06:06:48	07:41:07	09:23:43.95	09:23:54.20	+02:53:04 (30.7%)	8:17	7.2 (69.2%)
42	BIAŁCZYK Marcin	4280	SKY IS THE LIMIT	Senior II M - 30	42	01:07:18	02:39:47	04:06:26	06:18:02	07:48:53	09:22:55.00	09:24:05.05	+02:53:15 (30.7%)	8:16	7.2 (69.2%)
43	MAZURCZAK Łukasz	4251		Senior II M - 30	43	01:15:46	02:52:37	04:15:02	06:14:11	07:47:57	09:26:56.75	09:28:12.95	+02:57:23 (31.2%)	8:20	7.2 (69.2%)
44	SEWERYN Grzegorz	4082	BIEGOWA KUŹNIA	Senior II M - 30	44	01:12:20	02:47:19	04:19:10	06:19:39	07:53:55	09:28:42.95	09:29:03.75	+02:58:14 (31.3%)	8:21	7.2 (69.2%)
45	MYŚLIŃSKI Marcin	4168		Senior II M - 30	45	01:14:15	02:54:34	04:15:51	06:24:19	07:59:10	09:35:55.45	09:36:07.70	+03:05:18 (32.2%)	8:28	7.1 (68.3%)
46	DAWIDZIAK Arkadiusz	4205		Senior II M - 30	46	01:09:57	02:45:37	04:12:59	06:19:11	07:54:30	09:37:51.85	09:38:01.95	+03:07:12 (32.4%)	8:29	7.1 (68.3%)
47	STANGIERSKI Adam	4292		Senior II M - 30	47	01:26:48	03:07:15	04:34:46	06:41:35	08:06:42	09:42:19.10	09:43:45.35	+03:12:55 (33.0%)	8:33	7 (67.3%)
48	BATOR Michał	4149	#SOBASTEAM	Senior II M - 30	48	01:10:57	02:48:05	04:14:54	06:20:46	07:59:42	09:48:15.10	09:48:29.70	+03:17:40 (33.6%)	8:39	6.9 (66.3%)
49	TOMAKA Maciej	4274	KURORT ŁĄDEK ZDRÓJ TEAM	Senior II M - 30	49	01:19:08	03:04:16	04:29:19	06:46:11	08:15:01	09:49:31.80	09:50:45.40	+03:19:55 (33.8%)	8:40	6.9 (66.3%)
50	KOBYŁECKI Bartosz	4411		Senior II M - 30	50	01:14:25	02:53:18	04:22:08	06:28:28	08:11:09	09:53:58.45	09:54:42.80	+03:23:53 (34.3%)	8:44	6.9 (66.3%)
51	ZIMNY Piotr	4360	SAINT-GOBAIN SQUAD	Senior II M - 30	51	01:17:02	02:59:30	04:30:14	06:34:41	08:22:32	09:55:02.70	09:55:52.10	+03:25:02 (34.4%)	8:45	6.9 (66.3%)
52	MATUSZEWSKI Nikodem Matuszewski	4364		Senior II M - 30	52	01:25:03	03:08:31	04:42:02	06:42:46	08:16:04	09:55:30.20	09:56:39.60	+03:25:50 (34.5%)	8:45	6.9 (66.3%)
53	PARWA Michał	4107	BIEGIEM NA ROWER	Senior II M - 30	53	01:17:29	02:57:33	04:33:17	06:47:45	08:21:35	10:03:44.10	10:04:10.70	+03:33:21 (35.3%)	8:52	6.8 (65.4%)
54	JAŻNIEWICZ Artur	4219	MLG	Senior II M - 30	54	01:18:30	03:06:23	04:50:07	06:56:58	08:31:55	10:06:19.05	10:06:31.05	+03:35:41 (35.6%)	8:54	6.7 (64.4%)
55	KRZOS Piotr	4158		Senior II M - 30	55	01:25:29	03:08:21	04:42:51	06:43:29	08:24:36	10:07:20.25	10:08:33.65	+03:37:44 (35.8%)	8:55	6.7 (64.4%)
56	WALKOW Tomasz	4283	DOVER ROAD RUNNERS	Senior II M - 30	56	01:10:33	02:49:28	04:22:13	06:48:57	08:29:54	10:13:20.90	10:13:34.20	+03:42:44 (36.3%)	9:01	6.7 (64.4%)
57	JEŻAK Jakub	4347	SPARTANIE DZIECIOM	Senior II M - 30	57	01:19:38	03:06:42	04:40:32	06:48:17	08:32:01	10:13:41.70	10:13:45.70	+03:42:56 (36.3%)	9:01	6.6 (63.5%)
58	SIENKIEWICZ Grzegorz	4055	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	58	01:26:53	03:16:45	04:43:54	06:46:58	08:30:51	10:13:50.15	10:14:24.55	+03:43:35 (36.4%)	9:01	6.6 (63.5%)
59	STANKIEWICZ Tomasz	4128		Senior II M - 30	59	01:07:20	02:40:57	04:07:34	06:18:40	08:08:22	10:16:16.60	10:16:20.80	+03:45:31 (36.6%)	9:03	6.6 (63.5%)
60	PUZANOWSKI Piotr	4169		Senior II M - 30	60	01:12:47	02:52:50	04:27:07	06:45:16	08:28:49	10:18:07.90	10:19:19.45	+03:48:29 (36.9%)	9:05	6.6 (63.5%)
61	MICHALAK Wojciech Michalak	4306	GIZDY PIEROŃSKIE	Senior II M - 30	61	01:18:04	03:02:49	04:36:28	07:01:59	08:47:27	10:29:31.30	10:29:54.70	+03:59:05 (38.0%)	9:15	6.5 (62.5%)
62	TYŚ Radek	4164		Senior II M - 30	62	01:17:46	03:06:07	04:46:09	07:03:52	08:44:31	10:33:14.80	10:33:51.25	+04:03:01 (38.3%)	9:18	6.4 (61.5%)
63	AL-JEABORY Mahdi	4250		Senior II M - 30	63	01:21:47	03:12:07	04:47:38	06:51:49	08:47:20	10:34:25.00	10:34:46.70	+04:03:57 (38.4%)	9:19	6.4 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
64	ŻMUDZIŃSKI Krzysztof	4261		Senior II M - 30	64	01:19:34	03:09:32	04:50:28	07:07:19	08:51:27	10:37:00.10	10:37:34.80	+04:06:45 (38.7%)	9:22	6.4 (61.5%)
65	SERYLAK Tadeusz	4367	ST RUN TEAM	Senior II M - 30	65	01:10:32	02:53:23	04:22:23	06:47:36	08:40:54	10:43:47.20	10:44:29.70	+04:13:40 (39.4%)	9:28	6.3 (60.6%)
66	OSTROWSKI Paweł	4381		Senior II M - 30	66	01:18:58	03:08:26	04:44:52	07:01:13	08:43:41	10:44:21.20	10:44:32.10	+04:13:42 (39.4%)	9:28	6.3 (60.6%)
67	KUŹMIŃSKI Piotr	4103	AGB TORFY	Senior II M - 30	67	01:26:51	03:13:24	04:50:43	07:10:46	08:55:07	10:45:28.50	10:45:52.05	+04:15:02 (39.5%)	9:29	6.3 (60.6%)
68	SZAŁAŚNY Piotr	4007	TESTYOUTDOOROWE.PL	Senior II M - 30	68	01:20:06	03:09:06	04:44:20	07:18:07	09:06:15	10:48:07.70	10:48:26.70	+04:17:37 (39.7%)	9:31	6.3 (60.6%)
69	SZWARC Paweł	4211	AKADEMIA MISTRZÓW SPORTU / RUN BYDGOSZCZ	Senior II M - 30	69	01:23:51	03:16:48	04:51:22	07:09:34	08:54:45	10:49:20.45	10:50:18.35	+04:19:28 (39.9%)	9:32	6.3 (60.6%)
70	RUSOŁ Tomasz	4088		Senior II M - 30	70	01:09:42	02:48:32	04:23:53	06:56:54	08:40:31	10:50:54.95	10:51:34.25	+04:20:44 (40.0%)	9:34	6.3 (60.6%)
71	GŁUSZEK Tomasz	4129		Senior II M - 30	71	01:17:41	02:58:59	04:30:29	06:49:50	08:46:17	10:50:39.60	10:51:36.20	+04:20:46 (40.0%)	9:34	6.3 (60.6%)
72	JEDRZEJEK Łukasz	4324	DFDS POLSKA RUNNING TEAM	Senior II M - 30	72	01:22:21	03:12:54	04:45:10	06:47:14	08:46:12	10:53:13.40	10:54:23.25	+04:23:33 (40.3%)	9:36	6.2 (59.6%)
73	CHORAŻY Łukasz	4125	CAŁA OLEŚNICA BIEGA	Senior II M - 30	73	01:19:18		04:38:02	07:02:47	08:56:58	10:54:41.95	10:55:50.05	+04:25:00 (40.4%)	9:37	6.2 (59.6%)
74	HETMAŃSKI Arek	4069	LOVELASY	Senior II M - 30	74	01:17:01	03:06:05	04:42:15	07:01:31	08:54:53	10:57:25.65	10:57:32.40	+04:26:42 (40.6%)	9:40	6.2 (59.6%)
75	DYSARZ Jan	4382	BROWAR FORTUNA	Senior II M - 30	75	01:18:34	03:01:47	04:38:49	07:05:09	08:59:17	11:01:18.30	11:01:35.25	+04:30:45 (40.9%)	9:43	6.2 (59.6%)
76	WIŚNIEWSKI Dominik	4263		Senior II M - 30	76	01:20:56	03:09:11	04:47:14	07:13:18	09:04:16	11:02:10.00	11:02:23.65	+04:31:34 (41.0%)	9:44	6.2 (59.6%)
77	WILK Krzysztof	4106	WILKI	Senior II M - 30	77	01:26:26	03:18:32	05:09:30	07:25:46	09:11:36	11:02:02.10	11:03:17.30	+04:32:27 (41.1%)	9:44	6.2 (59.6%)
78	BURCZYK Klaudiusz	4258		Senior II M - 30	78	01:20:49	03:11:35	04:48:55	07:14:00	09:09:12	11:03:27.10	11:04:02.70	+04:33:13 (41.1%)	9:45	6.1 (58.7%)
79	RÓŻANOWSKI Szymon	4357		Senior II M - 30	79					09:02:38	11:08:37.75	11:08:40.75	+04:37:51 (41.6%)	9:49	6.1 (58.7%)
80	GAŚCZAK Michał	4378	RUNHOGS TYCHY	Senior II M - 30	80	01:25:18	03:14:24	04:55:06	07:15:09	09:05:55	11:11:10.30	11:12:20.65	+04:41:31 (41.9%)	9:52	6.1 (58.7%)
81	KOWALCZYK Marcin	4184		Senior II M - 30	81	01:16:57	03:07:17	04:40:40	07:04:17	09:01:17	11:12:33.25	11:13:07.40	+04:42:17 (41.9%)	9:53	6.1 (58.7%)
82	RAK Cezary	4310	HARDCOROWE WYCHYLYBYMY	Senior II M - 30	82	01:21:10	03:19:33	05:13:26	07:51:54	10:04:03	11:19:02.60	11:19:20.80	+04:48:31 (42.5%)	9:59	6 (57.7%)
83	ŚRÓDKA Bartłomiej	4026	DŹĘDAJE WYKŁĘCI	Senior II M - 30	83	01:22:26	03:09:24	04:46:03	07:14:16	09:20:04	11:22:26.85	11:23:14.55	+04:52:25 (42.8%)	10:02	6 (57.7%)
84	GŁADYSZEWSKI Jacek	4302	MCBIEGACZE	Senior II M - 30	84	01:26:51	03:29:35	05:10:05	07:35:55	09:35:50	11:23:13.70	11:23:38.90	+04:52:49 (42.8%)	10:02	6 (57.7%)
85	SITAK Adam	4071		Senior II M - 30	85	01:08:33	02:46:28	04:25:29	07:20:12	09:11:24	11:24:00.90	11:25:05.75	+04:54:16 (43.0%)	10:03	6 (57.7%)
86	STACHURSKI Paweł	4279		Senior II M - 30	86	01:10:58	02:53:38	04:34:25	07:12:55	09:03:58	11:25:09.15	11:25:21.40	+04:54:31 (43.0%)	10:04	6 (57.7%)
87	POMIANOWSKI Szymon	4015	KURACJUSZE	Senior II M - 30	87	01:14:48	03:10:00	05:02:36	07:45:27	09:31:40	11:24:36.30	11:25:30.50	+04:54:40 (43.0%)	10:04	6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
88	KOSMALA Szymon	4120		Senior II M - 30	88	01:22:11	03:14:12	04:55:17	07:37:34	09:29:20	11:27:50.60	11:28:27.60	+04:57:38 (43.2%)	10:06	5.9 (56.7%)
89	KĘDZIELEWSKI Łukasz	4277	WIECZORNE BIEGANIE W SZCZECINIE	Senior II M - 30	89	01:21:25	03:15:57	04:56:42	07:26:07	09:27:50	11:28:25.20	11:29:10.90	+04:58:21 (43.3%)	10:07	5.9 (56.7%)
90	CHWIAŁKOWSKI Łukasz	4093		Senior II M - 30	90	01:23:15	03:11:22	04:54:40	07:31:57	09:30:15	11:28:23.15	11:29:25.10	+04:58:35 (43.3%)	10:07	5.9 (56.7%)
91	GAJDOWSKI Przemysław	4284		Senior II M - 30	91	01:23:01	03:21:10	05:01:08	07:34:31	09:33:30	11:29:40.85	11:30:57.00	+05:00:07 (43.4%)	10:08	5.9 (56.7%)
92	JAZY Szymon	4098	1984	Senior II M - 30	92	01:28:55	03:35:28	05:19:24	07:56:34	09:49:21	11:33:05.35	11:33:26.15	+05:02:36 (43.6%)	10:11	5.9 (56.7%)
93	BABIAK Bartosz	4139		Senior II M - 30	93	01:23:13	03:18:56	05:09:26	07:47:43	09:34:59	11:32:58.85	11:34:04.05	+05:03:14 (43.7%)	10:11	5.9 (56.7%)
94	ZEGARMISTRZ Grzegorz	4189		Senior II M - 30	94	01:25:11	03:12:21	04:45:01	07:20:05	09:23:56	11:33:24.55	11:34:47.00	+05:03:57 (43.7%)	10:11	5.9 (56.7%)
95	BACA Bartosz	4145	ZŁOTE KLOCKI NA SZNURKU	Senior II M - 30	95	01:27:19	03:32:12	05:36:34	07:58:23	09:47:54	11:37:22.20	11:37:56.05	+05:07:06 (44.0%)	10:15	5.9 (56.7%)
96	PELJAK Mariusz	4132		Senior II M - 30	96	01:29:48	03:34:46	05:21:03	07:53:03	09:48:48	11:40:17.35	11:41:14.55	+05:10:25 (44.3%)	10:17	5.8 (55.8%)
97	KRÓL Mieczysław	4366	POLSKA	Senior II M - 30	97	01:19:33	03:13:46	04:58:01	07:26:00	09:23:10	11:41:20.10	11:42:13.50	+05:11:23 (44.3%)	10:18	5.8 (55.8%)
98	MĄCZYŃSKI Wiktor	4124		Senior II M - 30	98	01:17:51	03:04:45	04:51:46	07:46:09	09:43:20	11:46:44.85	11:47:25.20	+05:16:35 (44.8%)	10:23	5.8 (55.8%)
99	DOMIŃCZYK Jakub	4229	LEGIONY WILKÓW	Senior II M - 30	99	01:17:50	03:04:46	04:51:45	07:46:05	09:43:17	11:46:44.80	11:47:25.60	+05:16:36 (44.8%)	10:23	5.8 (55.8%)
100	BORKOWSKI Łukasz	4095	RAKFAKJU	Senior II M - 30	100	01:26:09	03:25:03	05:09:20	07:36:48	09:43:50	11:48:12.05	11:48:41.45	+05:17:51 (44.9%)	10:24	5.8 (55.8%)
101	GAŁKA Marcin	4009		Senior II M - 30	101	01:33:26	03:36:44	05:17:53	07:46:38	09:47:32	11:49:24.40	11:50:19.45	+05:19:29 (45.0%)	10:25	5.8 (55.8%)
102	KOLIBABSKI Radosław	4259	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	102	01:17:01	03:13:21	05:03:34	07:51:53	09:45:32	11:56:33.65	11:56:52.65	+05:26:03 (45.5%)	10:32	5.7 (54.8%)
103	KILIMNIK Tomasz	4303	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	103	01:17:02	03:19:37	05:07:54	07:51:51	09:48:03	11:56:34.75	11:56:54.30	+05:26:04 (45.5%)	10:32	5.7 (54.8%)
104	ŁAGODA Łukasz	4343	AKTIV REHABILITACJA	Senior II M - 30	104	01:27:28	03:27:47	05:19:29	07:56:16	09:52:58	11:58:14.10	11:58:50.30	+05:28:00 (45.6%)	10:33	5.7 (54.8%)
105	MIERZYŃSKI Rafał	4325	BIEGING TEAM ZELÓW	Senior II M - 30	105	01:22:06	03:19:01	05:05:13	07:45:40	09:31:17	12:03:43.00	12:04:28.70	+05:33:39 (46.1%)	10:38	5.6 (53.8%)
106	MIERZYŃSKI Rafał	4165	BIEGING TEAM ZELÓW	Senior II M - 30	106	01:22:05	03:19:01	05:05:12	07:46:26	09:47:16	12:03:44.85	12:04:31.10	+05:33:41 (46.1%)	10:38	5.6 (53.8%)
107	BARADZIEJ Bartłomiej	4072	TERMINAL LOGISTYCZNY PROMONT	Senior II M - 30	107	01:25:13	03:16:37	05:07:39	07:56:38	09:53:52	12:04:14.80	12:05:29.55	+05:34:40 (46.1%)	10:39	5.6 (53.8%)
108	BOROWIEC Bartek	4050	PRO-RUN WROCŁAW	Senior II M - 30	108	01:23:12	03:15:41	05:09:04	08:10:20	09:58:02	12:07:47.55	12:08:28.90	+05:37:39 (46.4%)	10:42	5.6 (53.8%)
109	KOZIOŁ Paweł	4243		Senior II M - 30	109	01:32:12	03:40:26	05:36:57	08:25:19	10:17:27	12:09:09.10	12:10:29.50	+05:39:39 (46.5%)	10:43	5.6 (53.8%)
110	SZYMAŃSKI Mariusz	4197		Senior II M - 30	110	01:26:28	03:24:55	05:21:19	08:04:20	10:05:11	12:12:42.00	12:13:21.75	+05:42:32 (46.7%)	10:46	5.6 (53.8%)
111	OLSZEWSKI Michał	4159		Senior II M - 30	111	01:23:55	03:16:40	05:05:22	07:48:16	10:05:09	12:19:39.70	12:19:54.30	+05:49:04 (47.2%)	10:52	5.5 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
112	ARGIER Łukasz	4265	BIEGIEM PO MARZENIA	Senior II M - 30	112	01:30:05	03:33:33	05:26:26	08:16:13	10:15:23	12:24:22.25	12:25:18.25	+05:54:28 (47.6%)	10:56	5.5 (52.9%)
113	KASPRZAK Damian	4253		Senior II M - 30	113	01:25:29	03:41:48	05:39:56	08:28:59	10:24:30	12:33:30.40	12:33:52.55	+06:03:03 (48.2%)	11:04	5.4 (51.9%)
114	DANOWSKI Jakub	4175		Senior II M - 30	114	01:27:40	03:26:23	05:20:08	08:13:02	10:15:54	12:38:16.80	12:39:07.25	+06:08:17 (48.5%)	11:09	5.4 (51.9%)
115	PILUJSKI Michał	4218		Senior II M - 30	115	01:27:49	03:25:51	05:22:36	08:14:03	10:22:25	12:38:20.65	12:39:09.40	+06:08:19 (48.5%)	11:09	5.4 (51.9%)
116	LEWCZUK Norbert	4252	BIEGACZE POMAGACZE	Senior II M - 30	116	01:27:03	03:25:40	05:18:16	08:03:56	10:07:41	12:41:46.30	12:42:51.20	+06:12:01 (48.8%)	11:12	5.4 (51.9%)
117	GIERLACH Jacek	4256	STOPA SŁUPSK	Senior II M - 30	117	01:26:05	03:22:29	04:59:50	07:40:37	10:04:35	12:47:14.50	12:47:59.45	+06:17:09 (49.1%)	11:16	5.3 (51.0%)
Przekroczony limit czasu: 13:00:00															
118	TRZPIOLA Tycjan	4030	KURACJUSZE	Senior II M - 30	118	01:33:26	03:48:04	05:49:52	08:38:45	10:41:43	13:01:10.05	13:02:01.75	+06:31:12 (50.0%)	11:29	5.2 (50.0%)
119	WALCZUK Paweł	4207		Senior II M - 30	119	01:27:49	03:40:36	05:47:41	08:40:15	10:34:46	13:04:01.70	13:04:19.60	+06:33:30 (50.2%)	11:31	5.2 (50.0%)
120	SZCZAWINSKI Bartosz	4354		Senior II M - 30	120	01:29:29	03:40:40	05:56:11	08:42:47	11:11:42	13:51:41.70	13:53:00.25	+07:22:10 (53.1%)	12:13	4.9 (47.1%)
	BEDNARZ Jakub	4043	DRUŻYNA SZPIKU	Senior II M - 30		01:02:34 DNF	02:49:07 DNF	04:26:04 DNF	06:44:26 DNF	08:21:48 DNF	DNF	DNF	-	-	- (0.0%)
	KUŹNIAK Szymon	4210		Senior II M - 30		01:26:22 DNF	03:20:37 DNF	05:03:51 DNF	07:58:57 DNF	10:48:16 DNF	DNF	DNF	-	-	- (0.0%)
	MARZEC Łukasz	4225	1982	Senior II M - 30		01:15:58 DNF	02:50:25 DNF	04:27:42 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KACZOROWSKI Michał	4173		Senior II M - 30		01:12:39 DNF	02:57:51 DNF	04:49:36 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KOWALSKI Adam	4286		Senior II M - 30		01:27:19 DNF	03:32:26 DNF	05:36:41 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NETOLICKÝ Martin	4006		Senior II M - 30		01:36:39 DNF	03:49:57 DNF	05:53:25 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JAKUBAS Grzegorz	4320	BB RUNNERS	Senior II M - 30		01:04:36 DNF	02:46:37 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CZEKALSKI Tomasz	4097	AGB NYGUS	Senior II M - 30		01:27:23 DNF	04:06:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	HOSS Jan	4036		Senior II M - 30		01:18:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 129 wynik(ów)