



Event:
Organiser:
Date:
Place:
Distance:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-15
Łądek-Zdrój
68 km

BIEG ULTRA TRAIL - 68 KM

B4SPORT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: Senior II M - 30

Place	Participant	Number	Club	Category	MCat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Net time 68km	Gap	Pace min/km	Pace km/h
1	SZUMLIŃSKI Piotr	4479	ATTIQ TEAM	Senior II M - 30	1	00:55:05	02:23:45	03:19:35	04:34:35	05:35:23	06:32:40.55		5:46	10.4 (100%)
2	GRZĄDZIEL Dominik	4392	ATTIQ TEAM	Senior II M - 30	2	00:55:24	02:27:49	03:26:47	04:44:43	05:48:03	06:48:48.25	+00:16:07 (3.9%)	6:00	10 (96.2%)
3	BIAŁOWAŚ Tomasz	4362	STAJNIA BALONA	Senior II M - 30	3	00:57:11	02:29:02	03:27:46	04:44:47	05:50:59	06:49:48.20	+00:17:07 (4.2%)	6:01	10 (96.2%)
4	WOLEK Szymon	4389		Senior II M - 30	4	00:59:42	02:30:47	03:28:46	04:51:53	05:56:52	06:56:37.70	+00:23:57 (5.7%)	6:07	9.8 (94.2%)
5	KARWACZYŃSKI Roger	4198		Senior II M - 30	5	00:55:14	02:25:59	03:27:10	04:47:08	05:57:32	07:01:25.50	+00:28:44 (6.8%)	6:11	9.7 (93.3%)
6	GAWLIK Sławek	4451	DYNAFIT TEAM POLAND	Senior II M - 30	6	00:55:03	02:23:52	03:26:07	05:03:52	06:17:10	07:23:40.30	+00:50:59 (11.5%)	6:31	9.2 (88.5%)
7	SMOLIŃSKI Marcin	4352	BIEGIEM PO MARZENIA TEAM	Senior II M - 30	7	00:58:30	02:26:53	03:27:29	04:57:13	06:21:42	07:32:01.85	+00:59:21 (13.1%)	6:38	9 (86.5%)
8	JASIŃSKI Piotr	4426		Senior II M - 30	8	01:00:35	02:39:53	03:42:01	05:10:24	06:28:58	07:39:23.55	+01:06:43 (14.5%)	6:45	8.9 (85.6%)
9	DUDA Konrad	4004	MY ENDURANCE TEAM	Senior II M - 30	9	01:00:40	02:40:10	03:42:04	05:10:26	06:30:38	07:41:53.95	+01:09:13 (15.0%)	6:47	8.8 (84.6%)
10	PASTUSZKA Paweł	4326	EX TEAM	Senior II M - 30	10	00:57:46	02:37:07	03:46:30	05:15:13	06:34:19	07:44:06.35	+01:11:25 (15.4%)	6:49	8.8 (84.6%)
11	MAŁEK Tomasz	4394		Senior II M - 30	11	00:58:27	02:35:17	03:43:49	05:17:15	06:38:28	07:53:50.95	+01:21:10 (17.1%)	6:58	8.6 (82.7%)
12	WIECZORKIEWICZ Zbigniew	4442		Senior II M - 30	12	01:05:29	02:50:35	04:00:33	05:30:41	06:46:37	07:57:32.40	+01:24:51 (17.8%)	7:01	8.5 (81.7%)
13	MARGASIŃSKI Jacek	4057	140MINUT.PL	Senior II M - 30	13	00:58:12	02:39:50	03:56:17	05:35:11	06:50:12	07:59:16.00	+01:26:35 (18.1%)	7:02	8.5 (81.7%)
14	KOWALCZYK Andrzej	4256	SPORTOWA PERSPEKTYWA / 42K.COM.PL	Senior II M - 30	14	01:00:27	02:36:57	03:41:47	05:13:36	06:43:20	07:59:46.00	+01:27:05 (18.2%)	7:03	8.5 (81.7%)
15	CHRUMKO Adam	4390	TJ MAGLA	Senior II M - 30	15	01:01:03	02:42:29	03:49:10	05:19:56	06:48:24	08:03:12.60	+01:30:32 (18.7%)	7:06	8.4 (80.8%)
16	DAMIAN Bieniek	4367		Senior II M - 30	16	01:04:17	02:50:01	03:57:09	05:31:52	06:56:21	08:09:02.25	+01:36:21 (19.7%)	7:11	8.3 (79.8%)
17	NIEDŹWIADEK Kamil	4450	NIEDŹWIADKI RUNNING TEAM	Senior II M - 30	17	01:06:02	02:50:11	04:03:40	05:41:10	07:10:11	08:26:22.15	+01:53:41 (22.5%)	7:26	8.1 (77.9%)
18	MÜLLER Christoph	4306	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	18	00:57:57	02:34:32	03:39:48	05:21:57	07:08:34	08:32:45.05	+02:00:04 (23.4%)	7:32	8 (76.9%)
19	BASISTA Wojciech	4215		Senior II M - 30	19	01:04:33	02:51:30	04:03:00	05:43:21	07:17:21	08:37:27.70	+02:04:47 (24.1%)	7:36	7.9 (76.0%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Gap	Pace min/km	Pace km/h
						10km	24km	34km	46km	57km	68km			
20	LIGIENZA Andrzej	4246	BIELAWSKA AKADEMIA BIEGOWA	Senior II M - 30	20	01:04:18	02:50:13	04:04:40	05:44:45	07:14:49	08:39:28.20	+02:06:47 (24.4%)	7:38	7.9 (76.0%)
21	DWORNIK Maciek	4165	WARCZĄCE SZPRYCHY	Senior II M - 30	21	01:04:23	02:51:25	04:03:30	05:48:09	07:23:32	08:47:37.90	+02:14:57 (25.6%)	7:45	7.7 (74.0%)
22	KACZMARCZYK Łukasz	4346		Senior II M - 30	22	01:04:15	02:51:48	04:06:30	05:49:55	07:23:18	08:47:44.10	+02:15:03 (25.6%)	7:45	7.7 (74.0%)
23	CIESIELSKI Michał	4347	ADIDAS RUNNERS WARSAW	Senior II M - 30	23	01:04:11	02:56:03	04:07:39	05:49:57	07:25:07	08:51:55.15	+02:19:14 (26.2%)	7:49	7.7 (74.0%)
24	RZADKOSZ Wojciech	4439		Senior II M - 30	24	01:07:10	03:05:32	04:20:35	05:58:52	07:32:41	08:52:30.95	+02:19:50 (26.3%)	7:49	7.7 (74.0%)
25	RACZKOWSKI Daniel	4247	KB ZDYSZAAANI CHOCIANÓW	Senior II M - 30	25	01:05:08	03:01:23	04:15:48	05:59:14	07:28:10	08:54:10.00	+02:21:29 (26.5%)	7:51	7.6 (73.1%)
26	PIETRZAK Jan	4412	WAWRZYNTTEAM	Senior II M - 30	26	01:09:33	03:04:31	04:16:40	05:57:53	07:27:28	08:54:19.05	+02:21:38 (26.5%)	7:51	7.6 (73.1%)
27	KRAKOWIAK Rafał	4400	KRAKOWIAK ULTRA TEAM	Senior II M - 30	27	01:11:39	03:10:13	04:22:08	06:05:58	07:36:12	08:58:06.25	+02:25:25 (27.0%)	7:54	7.6 (73.1%)
28	MIODUCHOWSKI Arkadiusz	4315		Senior II M - 30	28	01:03:39	02:50:22	04:04:36	05:52:42	07:29:42	08:58:43.50	+02:26:02 (27.1%)	7:55	7.6 (73.1%)
29	HOŁYST Marcin	4134	#WAWRZYNTTEAM	Senior II M - 30	29	01:11:15	03:07:08	04:17:37	06:04:57	07:32:35	09:04:27.35	+02:31:46 (27.9%)	8:00	7.5 (72.1%)
30	LADENBERGER Mateusz	4180	WAWRZYNTTEAM	Senior II M - 30	30	01:13:58	03:12:17	04:24:44	06:02:41	07:36:35	09:06:07.65	+02:33:27 (28.1%)	8:01	7.5 (72.1%)
31	ANUSZ Adam	4307	BECOME ONE	Senior II M - 30	31	01:06:28	02:59:30	04:14:51	06:01:39	07:36:28	09:06:18.95	+02:33:38 (28.1%)	8:02	7.5 (72.1%)
32	NOWAK Marcin	4398		Senior II M - 30	32	01:19:12	03:27:24	04:36:19	06:16:09	07:50:16	09:10:05.60	+02:37:25 (28.6%)	8:05	7.4 (71.2%)
33	LUPA Marcin	4305		Senior II M - 30	33	01:12:50	03:08:43	04:22:55	06:07:48	07:40:25	09:11:56.60	+02:39:16 (28.9%)	8:07	7.4 (71.2%)
34	ADAMCZYK Maciej	4124	SKRA PATEREK	Senior II M - 30	34	01:12:38	03:13:24	04:27:47	06:08:36	07:42:11	09:15:33.45	+02:42:52 (29.3%)	8:10	7.3 (70.2%)
35	WEINERT Artur	4028	RUNNER'S POWER	Senior II M - 30	35	01:14:53	03:13:22	04:29:06	06:12:07	07:46:34	09:18:30.55	+02:45:50 (29.7%)	8:12	7.3 (70.2%)
36	WYROŚLAK Józef	4105	JUICY RUNNER	Senior II M - 30	36	01:17:46	03:09:22	04:22:03	06:06:44	07:47:59	09:24:12.40	+02:51:31 (30.4%)	8:17	7.2 (69.2%)
37	MŁYNARSKI Mateusz	4268	TRITOGO	Senior II M - 30	37	01:09:37	03:08:26	04:21:05	06:08:13	07:40:24	09:27:23.35	+02:54:42 (30.8%)	8:20	7.2 (69.2%)
38	RUSOŁ Tomasz	4080	TROPEM ULTRA	Senior II M - 30	38	01:12:24	03:14:39	04:31:16	06:19:01	08:00:09	09:28:14.05	+02:55:33 (30.9%)	8:21	7.2 (69.2%)
39	KLIMA Dariusz	4327		Senior II M - 30	39	01:02:43	02:54:09	04:07:17	05:57:36	07:51:11	09:31:54.05	+02:59:13 (31.3%)	8:24	7.1 (68.3%)
40	URBAŃSKI Krzysztof	4478	ENGLISH OVER TEA	Senior II M - 30	40	01:09:27	03:07:36	04:28:14	06:18:07	08:08:01	09:37:24.05	+03:04:43 (32.0%)	8:29	7.1 (68.3%)
41	SZELA Łukasz	4329	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	41	01:20:05	03:22:15	04:40:02	06:28:11	08:11:49	09:41:45.20	+03:09:04 (32.5%)	8:33	7 (67.3%)
42	MRÓWKA Michał	4259	OBOZY GÓRSKIE	Senior II M - 30	42	01:11:25	03:12:56	04:29:30	06:23:41	08:10:44	09:43:39.40	+03:10:58 (32.7%)	8:34	7 (67.3%)
43	ŻOŁNACZ Maciej	4189		Senior II M - 30	43	01:19:40	03:26:20	04:43:28	06:31:06	08:08:37	09:47:26.80	+03:14:46 (33.2%)	8:38	6.9 (66.3%)
44	KAKOSZKA Marcin	4088	SALTY DOOG	Senior II M - 30	44	01:07:34	03:06:02	04:23:38	06:29:59	08:13:07	09:47:27.25	+03:14:46 (33.2%)	8:38	6.9 (66.3%)
45	WOJTYCZKA Wojciech	4437	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	45	01:15:18	03:20:11	04:34:58	06:24:20	08:11:20	09:51:29.30	+03:18:48 (33.6%)	8:41	6.9 (66.3%)
46	STANISZ Marcin	4006	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	46	01:16:40	03:44:51	04:55:03	06:39:41	08:23:22	09:52:35.90	+03:19:55 (33.7%)	8:42	6.9 (66.3%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Gap	Pace min/km	Pace km/h
						10km	24km	34km	46km	57km	68km			
47	MIŚ Mateusz	4052	SŁAWA	Senior II M - 30	47	01:16:17	03:23:32	04:41:56	06:38:32	08:28:18	10:00:07.55	+03:27:27 (34.6%)	8:49	6.8 (65.4%)
48	MAJOREK Krzysztof	4297		Senior II M - 30	48	01:19:23	03:29:49	04:51:30	06:49:06	08:29:19	10:01:49.15	+03:29:08 (34.8%)	8:51	6.8 (65.4%)
49	MIKUŁAN Mikołaj	4112		Senior II M - 30	49	01:18:26	03:27:12	04:50:24	06:46:02	08:30:04	10:04:52.15	+03:32:11 (35.1%)	8:53	6.7 (64.4%)
50	ŻARNIEWSKI Wojciech	4397	WOJCIECH ŻARNIEWSKI	Senior II M - 30	50	01:18:34	03:28:31	04:51:16	06:45:17	08:30:07	10:04:56.35	+03:32:15 (35.1%)	8:53	6.7 (64.4%)
51	SKWAREK Tomasz	4066	CARBON SILESIA SPORT	Senior II M - 30	51	01:16:19	03:24:08	04:47:47	06:43:39	08:34:12	10:04:58.35	+03:32:17 (35.1%)	8:53	6.7 (64.4%)
52	CAŁKA Krystian	4046	ULTRINO AMATEUR	Senior II M - 30	52	01:22:09	03:35:41	04:57:11	06:46:22	08:34:11	10:05:13.20	+03:32:32 (35.1%)	8:54	6.7 (64.4%)
53	ROMANKIEWICZ Maciej	4103	BAND4EVENT	Senior II M - 30	53	01:19:02	03:28:45	04:50:52	06:52:29	08:43:25	10:08:08.45	+03:35:27 (35.4%)	8:56	6.7 (64.4%)
54	GRZYBOWSKI Maciek	4137		Senior II M - 30	54	01:15:26	03:14:19	04:38:14	06:40:06	08:30:24	10:08:48.55	+03:36:08 (35.5%)	8:57	6.7 (64.4%)
55	MICHAŁOWSKI Maciej	4038	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	55	01:16:55	03:21:10	04:43:27	06:44:49	08:39:22	10:09:53.20	+03:37:12 (35.6%)	8:58	6.7 (64.4%)
56	TOMCZAK Dariusz	4323	HELL'S GYM OCR PĘPOWO	Senior II M - 30	56	01:17:47	03:24:12	04:47:21	06:53:03	08:35:50	10:10:23.85	+03:37:43 (35.7%)	8:58	6.7 (64.4%)
57	PAPROWICZ Wojciech	4129		Senior II M - 30	57	01:10:44	03:15:38	04:36:57	06:38:35	08:36:22	10:16:09.30	+03:43:28 (36.3%)	9:03	6.6 (63.5%)
58	BEDNAREK Sebastian	4349		Senior II M - 30	58	01:21:14	03:23:49	04:46:29	06:44:09	08:35:04	10:17:32.00	+03:44:51 (36.4%)	9:04	6.6 (63.5%)
59	BURZYŃSKI Łukasz	4285	BGC RUNNERS	Senior II M - 30	59	01:24:34	03:41:28	04:59:33	06:55:10	08:41:28	10:18:27.40	+03:45:46 (36.5%)	9:05	6.6 (63.5%)
60	PŁONKA Paweł	4104		Senior II M - 30	60	01:09:59	03:12:55	04:51:25	06:52:00	08:40:36	10:18:43.40	+03:46:02 (36.5%)	9:05	6.6 (63.5%)
61	FIGIEL Bartosz	4385		Senior II M - 30	61	01:16:50	03:34:04	04:57:05	06:56:34	08:51:34	10:23:30.20	+03:50:49 (37.0%)	9:10	6.5 (62.5%)
62	SŁYSZ Szymon	4350	NSK RUNS	Senior II M - 30	62	01:03:55	03:00:45	04:14:20	06:20:08	08:35:01	10:24:26.85	+03:51:46 (37.1%)	9:10	6.5 (62.5%)
63	PUPELIS Egidijus	4395	RUNNING PUNKS	Senior II M - 30	63	01:19:31	03:30:17	04:51:16	06:52:55	08:44:11	10:25:52.90	+03:53:12 (37.3%)	9:12	6.5 (62.5%)
64	NAGLAK Łukasz	4002	KOŹMIN BIEGA ULTRA RUNNERS	Senior II M - 30	64	01:26:56	03:45:04	05:10:41	07:05:50	08:55:59	10:27:21.30	+03:54:40 (37.4%)	9:13	6.5 (62.5%)
65	DUCH Rafał	4007		Senior II M - 30	65	01:29:22	03:48:44	05:15:54	07:11:20	09:00:04	10:29:50.70	+03:57:10 (37.7%)	9:15	6.5 (62.5%)
66	MARCINIAK Rafał	4175	8A.PL	Senior II M - 30	66	01:24:33	03:40:53	05:08:02	07:06:03	09:00:28	10:33:37.70	+04:00:57 (38.0%)	9:19	6.4 (61.5%)
67	PIWKO Mateusz	4003		Senior II M - 30	67	01:23:44	03:46:26	05:12:58	07:10:38	08:56:58	10:33:59.65	+04:01:19 (38.1%)	9:19	6.4 (61.5%)
68	JANUSZEWSKI Karol	4176	BIEGAM U KOLESI	Senior II M - 30	68	01:15:12	03:33:43	05:00:08	07:00:52	08:48:51	10:34:23.50	+04:01:42 (38.1%)	9:19	6.4 (61.5%)
69	SZCZEPAŃSKI Marcin	4338	STRZELIŃSKI KLUB BIEGACZA GRANIT	Senior II M - 30	69	01:13:10	03:29:01	04:55:47	07:01:15	08:58:16	10:37:50.50	+04:05:09 (38.4%)	9:22	6.4 (61.5%)
70	KŁOSEK Jacek	4281	100 MARATHON CLUB POLAND	Senior II M - 30	70	01:21:55	03:34:38	04:58:56	06:59:41	08:51:35	10:38:42.00	+04:06:01 (38.5%)	9:23	6.4 (61.5%)
71	PIĄTAS Paweł	4011		Senior II M - 30	71	01:16:17	03:34:49	04:58:19	07:01:19	08:57:54	10:39:20.05	+04:06:39 (38.6%)	9:24	6.4 (61.5%)
72	JANAS Wojciech	4253	BIELAWSKA AKADEMIA BIEGOWA	Senior II M - 30	72	01:16:13	03:23:05	04:46:54	07:01:27	08:58:23	10:39:20.20	+04:06:39 (38.6%)	9:24	6.4 (61.5%)
73	HOFFMAN David	4372		Senior II M - 30	73	01:23:51	03:37:07	05:01:30	07:02:31	08:54:57	10:39:52.75	+04:07:12 (38.6%)	9:24	6.4 (61.5%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Gap	Pace min/km	Pace km/h
						10km	24km	34km	46km	57km	68km			
74	KARLIK Łukasz	4206	ES TEAM	Senior II M - 30	74	01:24:21	03:40:45	05:09:11	07:14:12	09:02:00	10:40:40.70	+04:08:00 (38.7%)	9:25	6.4 (61.5%)
75	GAŁWA Dawid	4143		Senior II M - 30	75	01:19:45	03:42:07	05:11:44	07:18:38	09:11:18	10:44:11.80	+04:11:31 (39.0%)	9:28	6.3 (60.6%)
76	POROWSKI Piotr	4417	SAMSARA	Senior II M - 30	76	01:14:25	03:27:04	04:51:19	07:00:10	08:50:37	10:44:13.75	+04:11:33 (39.0%)	9:28	6.3 (60.6%)
77	BIAŁCZYK Marcin	4193	MARATOŃCZYK POZNAŃ	Senior II M - 30	77	01:12:50	03:21:50	04:49:18	06:56:20	09:00:47	10:47:09.15	+04:14:28 (39.3%)	9:31	6.3 (60.6%)
78	DITTMAR Bartosz	4255		Senior II M - 30	78	01:26:06	03:46:07	05:17:21	07:29:57	09:19:13	10:50:15.45	+04:17:34 (39.6%)	9:33	6.3 (60.6%)
79	SCHILLINGS Bart	4228		Senior II M - 30	79	01:13:41	03:16:17	04:39:00	06:47:57	08:58:00	10:52:41.40	+04:20:00 (39.8%)	9:35	6.3 (60.6%)
80	WÓJCIK Michał	4345	GRUPA SUDECKA GOPR	Senior II M - 30	80	01:16:05	03:26:36	04:51:48	07:01:59	09:07:01	10:58:08.75	+04:25:28 (40.3%)	9:40	6.2 (59.6%)
81	FALBA Karol	4396		Senior II M - 30	81	01:19:33	03:38:38	05:07:55	07:17:55	09:18:29	10:58:25.10	+04:25:44 (40.4%)	9:40	6.2 (59.6%)
82	OSTROUCH Tymon	4135	PARKRUN GORZÓW	Senior II M - 30	82	01:18:05	03:37:47	04:59:45	07:08:38	09:21:35	11:00:22.95	+04:27:42 (40.5%)	9:42	6.2 (59.6%)
83	NIKOLIN Andrzej	4267		Senior II M - 30	83	01:16:44	03:43:37	05:09:42	07:12:31	09:11:09	11:00:54.90	+04:28:14 (40.6%)	9:43	6.2 (59.6%)
84	KOŻBIELSKI Szymon	4324		Senior II M - 30	84	01:20:19	03:33:17	05:01:43	07:11:47	09:21:38	11:02:26.70	+04:29:46 (40.7%)	9:44	6.2 (59.6%)
85	PORAJ Paweł	4062		Senior II M - 30	85	01:24:03	03:52:36	05:19:16	07:25:15	09:32:12	11:05:47.80	+04:33:07 (41.0%)	9:47	6.1 (58.7%)
86	BIAŁEK Mirosław	4130	WRONIECKI KLUB BIEGACZA / PANDA TEAM	Senior II M - 30	86	01:22:47	03:42:39	05:10:00	07:20:15	09:20:35	11:06:45.50	+04:34:04 (41.1%)	9:48	6.1 (58.7%)
87	KULPA Dawid	4455	MAD RUNNERS	Senior II M - 30	87	01:21:18	03:37:04	05:06:56	07:28:05	09:32:55	11:10:00.05	+04:37:19 (41.4%)	9:51	6.1 (58.7%)
88	JUSZCZYK Łukasz	4214	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	88	01:21:54	03:40:27	05:12:27	07:24:12	09:25:34	11:15:38.55	+04:42:58 (41.9%)	9:56	6 (57.7%)
89	KRUPIANIK Tomasz	4361		Senior II M - 30	89	01:24:01	03:43:13	05:17:10	07:29:12	09:21:15	11:20:08.35	+04:47:27 (42.3%)	10:00	6 (57.7%)
90	TUSZNIÓ Grzegorz	4376		Senior II M - 30	90	01:24:00	03:43:06	05:15:15	07:41:06	09:48:23	11:23:43.30	+04:51:02 (42.6%)	10:03	6 (57.7%)
91	RAK Wojciech	4093	SII RUNNING TEAM	Senior II M - 30	91	01:16:27	03:30:28	05:03:04	07:30:26	09:39:52	11:24:54.55	+04:52:14 (42.7%)	10:04	6 (57.7%)
92	POŹNIAK Marcin	4039	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	92	01:20:22	03:44:54	05:17:36	07:30:06	09:45:41	11:33:39.15	+05:00:58 (43.4%)	10:12	5.9 (56.7%)
93	KRYSIAK Tomasz	4017	AMATORSKIE BIEGANIE W SZCZECINIE	Senior II M - 30	93	01:17:26	03:43:35	05:14:46	07:40:20	09:52:23	11:34:16.95	+05:01:36 (43.4%)	10:12	5.9 (56.7%)
94	MAŁOLEPSZY Damian	4449	SPARTA ULTRA TEAM	Senior II M - 30	94	01:12:05	03:25:59	05:02:52	07:41:19	09:48:02	11:35:37.25	+05:02:56 (43.6%)	10:13	5.9 (56.7%)
95	AMBROZIAK Mateusz	4235		Senior II M - 30	95	01:21:49	03:39:56	05:07:56	07:38:13	09:51:32	11:39:52.85	+05:07:12 (43.9%)	10:17	5.8 (55.8%)
96	OLIŃSKI Paweł	4051		Senior II M - 30	96	01:23:21	03:46:39	05:18:49	07:49:21	09:53:53	11:45:31.05	+05:12:50 (44.3%)	10:22	5.8 (55.8%)
97	DYSZKIEWICZ Tomasz	4197	ULTRA KUTNO	Senior II M - 30	97	01:30:59	03:57:43	05:26:57	07:53:03	09:55:05	11:45:38.85	+05:12:58 (44.4%)	10:22	5.8 (55.8%)
98	GAJEWSKI Sebastian	4410	STARGARD JA SIĘ NIE ŚCIGAM	Senior II M - 30	98	01:26:42	03:57:10	05:33:34	08:06:26	10:01:57	11:48:02.00	+05:15:21 (44.5%)	10:24	5.8 (55.8%)
99	PTASZYŃSKI Krzysztof	4236		Senior II M - 30	99	01:28:36	03:52:15	05:24:52	07:45:24	09:55:10	11:53:06.40	+05:20:25 (44.9%)	10:29	5.7 (54.8%)
100	WADER Wojciech	4474	WONDER TRAVEL	Senior II M - 30	100	01:22:58	04:02:00	05:36:20	07:58:26	09:59:16	11:53:23.70	+05:20:43 (45.0%)	10:29	5.7 (54.8%)

Place	Participant	Number	Club	Category	MCat	A1	D1	B1	B2	A15	Net time	Gap	Pace min/km	Pace km/h
						10km	24km	34km	46km	57km	68km			
101	JANKOWSKI Rafał	4428	KOŁO BIEGA	Senior II M - 30	101	01:26:37	03:59:52	05:30:43	08:04:06	10:13:49	11:56:24.15	+05:23:43 (45.2%)	10:32	5.7 (54.8%)
102	RUSZCZEWSKI Andrzej	4010	VEGE RUNNERS	Senior II M - 30	102	01:24:41	03:40:18	05:10:43	07:42:45	10:06:28	12:05:19.05	+05:32:38 (45.9%)	10:39	5.6 (53.8%)
103	GRABCZAK Jarosław	4082		Senior II M - 30	103	01:25:28	03:56:18	05:32:06	08:02:05	10:30:58	12:11:20.00	+05:38:39 (46.3%)	10:45	5.6 (53.8%)
104	JASAK Michał	4404	ROYAL RUNNERS TEAM	Senior II M - 30	104	01:27:18	04:25:24	06:03:12	08:27:51	10:31:49	12:15:27.70	+05:42:47 (46.6%)	10:48	5.5 (52.9%)
105	HAAS Przemysław	4022	BACKPACKING OKAPI TEAM	Senior II M - 30	105	01:27:14	04:00:48	05:35:28	07:57:33	10:04:04	12:19:18.10	+05:46:37 (46.9%)	10:52	5.5 (52.9%)
106	KWAŚNIOK Rafał	4040	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	106	01:32:53	04:18:54	05:41:52	08:08:31	10:39:24	12:19:28.85	+05:46:48 (46.9%)	10:52	5.5 (52.9%)
107	KONIECZNY Jacek	4075	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	107	01:31:24	04:07:34	05:48:04	08:15:25	10:39:12	12:21:13.95	+05:48:33 (47.0%)	10:54	5.5 (52.9%)
108	MILEWSKI Andrzej	4381	GRUPA CZWORGÓ (4GO)/#BIEGANIENIEOPIERDALANIE/#TEAMKALDUN/SRO-BIKE-TEAM	Senior II M - 30	108	01:26:29	04:00:33	05:40:12	08:17:57	10:32:23	12:21:29.50	+05:48:48 (47.0%)	10:54	5.5 (52.9%)
109	WYSZOMIRSKI Adam	4387		Senior II M - 30	109	01:35:10	04:21:02	05:59:48	08:26:36	10:35:23	12:23:55.35	+05:51:14 (47.2%)	10:56	5.5 (52.9%)
110	CICHOCKI Dawid	4475	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	110	01:16:45	03:48:40	05:28:53	07:59:16	10:39:21	12:28:49.90	+05:56:09 (47.6%)	11:00	5.4 (51.9%)
111	PODLECKI Wojciech	4012	ROKIETNICA BIEGA	Senior II M - 30	111	01:19:33	04:00:10	05:34:27	08:04:10	10:41:07	12:41:27.75	+06:08:47 (48.4%)	11:11	5.4 (51.9%)
112	LEWANDOWSKI Wojciech	4296	FUNTRI	Senior II M - 30	112	01:31:03	04:06:21	05:42:40	08:21:25	10:47:24	12:43:40.10	+06:10:59 (48.6%)	11:13	5.3 (51.0%)
113	KUŚ Tomasz	4123	MIRAZ RACE TEAM	Senior II M - 30	113	01:31:16	04:09:28	05:47:06	08:30:05	10:54:44	12:44:29.70	+06:11:49 (48.6%)	11:14	5.3 (51.0%)
114	CZYRNIA Andrzej	4087	RAJSPOORT ACTIVE	Senior II M - 30	114	01:18:19	03:56:11	05:21:51	08:04:07	10:31:47	12:46:07.20	+06:13:26 (48.7%)	11:15	5.3 (51.0%)
115	BOROWIK Łukasz	4084	CAŁA OLEŚNICA BIEGA	Senior II M - 30	115	01:37:21	04:31:07	06:09:47	08:41:44	10:56:22	12:49:24.95	+06:16:44 (49.0%)	11:18	5.3 (51.0%)
116	KUCHMECKI Maciej	4419		Senior II M - 30	116	01:28:48	04:10:39	05:54:20	08:29:30	10:43:28	12:55:25.40	+06:22:44 (49.4%)	11:24	5.3 (51.0%)
117	JANKOWIAK Karol	4071	KOŹMIN BIEGA ULTRA RUNNERS	Senior II M - 30	117	01:26:55	03:56:20	05:31:59	08:09:22	10:29:23	12:59:40.20	+06:26:59 (49.6%)	11:27	5.2 (50.0%)
118	TOMASZEWSKI Mariusz	4224		Senior II M - 30	118	01:46:52	04:52:17	06:41:17	09:42:18	11:30:47	13:03:54.75	+06:31:14 (49.9%)	11:31	5.2 (50.0%)
119	SAMOLAK Łukasz	4086	10 BLOG	Senior II M - 30	119	01:29:27	04:25:01	06:10:08	09:03:58	11:07:57	13:06:25.45	+06:33:44 (50.1%)	11:33	5.2 (50.0%)
120	JURKIEWICZ Dominik	4319		Senior II M - 30	120	01:27:15	04:04:38	05:46:46	08:24:12	10:58:45	13:09:25.20	+06:36:44 (50.3%)	11:36	5.2 (50.0%)
121	AMANOWICZ Łukasz	4379		Senior II M - 30	121	01:25:44	04:12:10	05:59:54	08:40:20	11:13:04	13:18:34.00	+06:45:53 (50.8%)	11:44	5.1 (49.0%)
122	FRĄCKOWIAK Dominik	4154		Senior II M - 30	122	01:28:56	04:14:33	06:06:48	08:53:29	11:14:34	13:25:56.55	+06:53:16 (51.3%)	11:51	5.1 (49.0%)
123	SMUGA Łukasz	4077	SZEREGOWY BIEGACZ	Senior II M - 30	123	01:36:35	04:30:21	06:17:25	08:51:29	11:15:51	13:25:59.80	+06:53:19 (51.3%)	11:51	5.1 (49.0%)
124	SAMBORSKI Piotr	4058	WKURW_TEAM	Senior II M - 30	124	01:38:44	04:32:01	06:24:13	09:10:50	11:19:36	13:29:34.55	+06:56:54 (51.5%)	11:54	5 (48.1%)
125	FERDYNUS Marcin	4429	SZYBKIE ŻÓŁWIE OPATÓW	Senior II M - 30	125	01:33:53	04:26:18	06:12:44	08:57:40	11:24:35	13:36:58.30	+07:04:17 (51.9%)	12:00	5 (48.1%)
	MIŚ Piotr	4024	DIEHL CONTROL RUNING TEAM	Senior II M - 30		01:29:40 DNF	04:03:12 DNF	05:44:21 DNF	08:26:23 DNF	DNF	DNF		-	- (0.0%)
	LATANOWICZ Bernard	4452		Senior II M - 30		01:24:53 DNF	03:59:39 DNF	05:44:48 DNF	08:53:23 DNF	DNF	DNF		-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Net time 68km	Gap	Pace min/km	Pace km/h
	SKROBEK Marcin	4132		Senior II	M - 30	01:37:31 DNF	04:19:44 DNF	06:17:30 DNF	08:58:18 DNF	DNF	DNF		-	- (0.0%)
	BAKALARZ Emil	4237	ULTRA ALPACAS	Senior II	M - 30	01:03:46 DNF	02:47:40 DNF	03:53:46 DNF	DNF	DNF	DNF		-	- (0.0%)
	KUŹNIAK Szymon	4242		Senior II	M - 30	01:25:20 DNF	03:59:36 DNF	05:44:19 DNF	DNF	DNF	DNF		-	- (0.0%)
	KĘPSKI Grzegorz	4139		Senior II	M - 30	01:38:37 DNF	04:41:40 DNF	06:44:29 DNF	DNF	DNF	DNF		-	- (0.0%)
	FORTUNA Norbert	4074	BARTOSZ GORCZYCA TEAM/ KGHM ZG RUN	Senior II	M - 30	01:01:26 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PIECUCH Marcin	4229		Senior II	M - 30	01:10:23 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WIELICZKO Rafał	4025	ZONE RUNNERS	Senior II	M - 30	01:36:17 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 134 results.