



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2022-07-14  
Łądek-Zdrój  
68 km

## BIEG ULTRA TRAIL - 68 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

| Msc | Zawodnik           | Numer | Klub                          | Kategoria        | Mkat | Start<br>Łądek | A1<br>10km | D1<br>24km | B1<br>34km | B2<br>46km | A15<br>57km | Czas<br>netto<br>68km | Czas<br>brutto<br>68km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|-------------------------------|------------------|------|----------------|------------|------------|------------|------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | GLUSNEVS Didzis    | 4362  |                               | Senior II M - 30 | 1    | 00:00:04       | 00:51:37   | 02:14:26   | 03:10:40   | 04:30:43   | 05:40:57    | 06:40:04.75           | 06:40:04.75            |                      | 5:53            | 10.2<br>(100%) |
| 2   | GOC Paweł          | 4254  | RMT                           | Senior II M - 30 | 2    | 00:00:03       | 00:57:14   | 02:27:44   | 03:27:29   | 04:51:41   | 06:11:38    | 07:22:45.55           | 07:22:45.55            | +00:42:40<br>(9.6%)  | 6:30            | 9.2<br>(90.2%) |
| 3   | SOCHA Seweryn      | 4286  | SII RUNNING TEAM              | Senior II M - 30 | 3    | 00:00:29       | 01:00:47   | 02:36:18   | 03:40:05   | 05:07:52   | 06:25:56    | 07:35:23.10           | 07:35:23.10            | +00:55:18<br>(12.1%) | 6:41            | 9<br>(88.2%)   |
| 4   | TRULIS Modris      | 4399  | SUPERVARONI                   | Senior II M - 30 | 4    | 00:00:05       | 00:58:22   | 02:37:45   | 03:41:17   | 05:07:50   | 06:26:08    | 07:37:58.05           | 07:37:58.05            | +00:57:53<br>(12.6%) | 6:44            | 8.9<br>(87.3%) |
| 5   | URBAŃCZYK Grzegorz | 4365  | FOR RUN TEAM & ADRUNALINE     | Senior II M - 30 | 5    | 00:00:04       | 00:58:22   | 02:30:59   | 03:38:30   | 05:06:32   | 06:36:43    | 07:46:45.95           | 07:46:45.95            | +01:06:41<br>(14.3%) | 6:51            | 8.7<br>(85.3%) |
| 6   | BAKALARZ Emil      | 4274  |                               | Senior II M - 30 | 6    | 00:00:02       | 01:00:27   | 02:37:50   | 03:43:06   | 05:17:40   | 06:37:24    | 07:50:09.55           | 07:50:09.55            | +01:10:04<br>(14.9%) | 6:54            | 8.7<br>(85.3%) |
| 7   | MERKWA Wojciech    | 4325  | ZIOMKI                        | Senior II M - 30 | 7    | 00:00:07       | 01:00:54   | 02:39:22   | 03:46:47   | 05:19:50   | 06:43:57    | 07:57:48.95           | 07:57:48.95            | +01:17:44<br>(16.3%) | 7:01            | 8.5<br>(83.3%) |
| 8   | JAROWICZ Jakub     | 4091  |                               | Senior II M - 30 | 8    | 00:00:05       | 00:56:05   | 02:30:46   | 03:37:29   | 05:09:32   | 06:42:38    | 08:05:20.25           | 08:05:20.25            | +01:25:15<br>(17.6%) | 7:08            | 8.4<br>(82.4%) |
| 9   | ŠALIGA Jan         | 4410  | ŠALARUN                       | Senior II M - 30 | 9    | 00:00:36       | 01:04:34   | 02:48:54   | 03:58:05   | 05:35:04   | 07:00:25    | 08:16:39.05           | 08:16:39.05            | +01:36:34<br>(19.4%) | 7:18            | 8.2<br>(80.4%) |
| 10  | CIESIELSKI Michał  | 4328  | ADIDAS RUNNERS WARSAW         | Senior II M - 30 | 10   | 00:00:14       | 01:00:44   | 02:46:37   | 03:56:48   | 05:30:02   | 06:57:25    | 08:18:42.50           | 08:18:42.50            | +01:38:37<br>(19.8%) | 7:20            | 8.2<br>(80.4%) |
| 11  | GAŁUSZKA Filip     | 4112  | KOKOSZKA36TEAM                | Senior II M - 30 | 11   | 00:00:35       | 01:03:52   | 02:48:45   | 03:59:49   | 05:40:17   | 07:02:41    | 08:24:11.05           | 08:24:11.05            | +01:44:06<br>(20.6%) | 7:24            | 8.1<br>(79.4%) |
| 12  | POPIEL Andrzej     | 4194  | POPSMART.PL                   | Senior II M - 30 | 12   | 00:00:15       | 01:05:05   | 02:50:48   | 04:02:56   | 05:42:49   | 07:10:28    | 08:25:17.75           | 08:25:17.75            | +01:45:13<br>(20.8%) | 7:25            | 8.1<br>(79.4%) |
| 13  | JANUSZ Jakub       | 4126  |                               | Senior II M - 30 | 13   | 00:00:17       | 01:13:21   | 03:02:49   | 04:13:28   | 05:50:17   | 07:14:18    | 08:28:26.60           | 08:28:26.60            | +01:48:21<br>(21.3%) | 7:28            | 8<br>(78.4%)   |
| 14  | KURACH Paweł       | 4298  | SII RUNNING TEAM              | Senior II M - 30 | 14   | 00:00:30       | 01:12:15   | 03:07:44   | 04:18:14   | 05:52:23   | 07:13:24    | 08:30:20.15           | 08:30:20.15            | +01:50:15<br>(21.6%) | 7:30            | 8<br>(78.4%)   |
| 15  | WATROS Eryk        | 4212  | 31 BAZA LOTNICTWA TAKTYCZNEGO | Senior II M - 30 | 15   | 00:00:08       | 01:04:55   | 02:53:53   | 04:05:05   | 05:50:16   | 07:22:05    | 08:34:55.10           | 08:34:55.10            | +01:54:50<br>(22.3%) | 7:34            | 7.9<br>(77.5%) |
| 16  | MARUCHA Tomasz     | 4277  | DRUŻYNA Ż                     | Senior II M - 30 | 16   | 00:00:53       | 01:13:34   | 03:04:10   | 04:15:10   | 05:53:56   | 07:19:12    | 08:35:06.45           | 08:35:06.45            | +01:55:01<br>(22.3%) | 7:34            | 7.9<br>(77.5%) |

| Msc | Zawodnik                | Numer | Klub                             | Kategoria           | Mkat | Start           | A1       | D1       | B1       | B2       | A15      | Czas          | Czas           | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|----------------------------------|---------------------|------|-----------------|----------|----------|----------|----------|----------|---------------|----------------|----------------------|-----------------|----------------|
|     |                         |       |                                  |                     |      | Lądek<br>0.01km | 10km     | 24km     | 34km     | 46km     | 57km     | netto<br>68km | brutto<br>68km |                      |                 |                |
| 17  | KUŁAGA<br>Sebastian     | 4371  | MIRAZ RACE TEAM                  | Senior II M<br>- 30 | 17   | 00:00:34        | 01:16:33 | 03:06:21 | 04:13:32 | 05:51:19 | 07:22:58 | 08:36:23.50   | 08:36:23.50    | +01:56:18<br>(22.5%) | 7:35            | 7.9<br>(77.5%) |
| 18  | CHWEDCZUK<br>Robert     | 4232  | ŻÓRAWSKI TEAM                    | Senior II M<br>- 30 | 18   | 00:00:15        | 01:04:36 | 02:48:47 | 03:58:06 | 05:43:21 | 07:23:55 | 08:44:17.30   | 08:44:17.30    | +02:04:12<br>(23.7%) | 7:42            | 7.8<br>(76.5%) |
| 19  | WOŹNIAK Jerzy           | 4246  | #ZALINIAMETYTEAM                 | Senior II M<br>- 30 | 19   | 00:00:32        | 01:06:59 | 02:56:13 | 04:08:02 | 05:51:07 | 07:25:38 | 08:44:59.45   | 08:44:59.45    | +02:04:54<br>(23.8%) | 7:43            | 7.8<br>(76.5%) |
| 20  | JĘDRZEJKO<br>Dominik    | 4054  | BIEGAM SOBIE                     | Senior II M<br>- 30 | 20   | 00:00:03        | 01:07:00 | 02:58:45 | 04:08:53 | 05:56:02 | 07:34:53 | 08:56:12.25   | 08:56:12.25    | +02:16:07<br>(25.4%) | 7:53            | 7.6<br>(74.5%) |
| 21  | GROBOSZ Jan             | 4312  |                                  | Senior II M<br>- 30 | 21   | 00:00:21        | 01:15:03 | 03:06:51 | 04:14:19 | 05:53:21 | 07:33:06 | 09:02:04.25   | 09:02:04.25    | +02:21:59<br>(26.2%) | 7:58            | 7.5<br>(73.5%) |
| 22  | VOITIUK<br>Dmytro       | 4346  | SUPADUPAFLY                      | Senior II M<br>- 30 | 22   | 00:00:02        | 01:06:52 | 02:57:56 | 04:15:09 | 06:10:11 | 07:47:39 | 09:05:29.50   | 09:05:29.50    | +02:25:24<br>(26.7%) | 8:01            | 7.5<br>(73.5%) |
| 23  | WOŁKOWYCKI<br>Paweł     | 4403  | BIEGAM Z KAJĄ                    | Senior II M<br>- 30 | 23   | 00:00:37        | 01:16:52 | 03:18:51 | 04:35:22 | 06:21:54 | 07:51:27 | 09:12:16.95   | 09:12:16.95    | +02:32:12<br>(27.6%) | 8:07            | 7.4<br>(72.5%) |
| 24  | KUREK Michał            | 4343  |                                  | Senior II M<br>- 30 | 24   | 00:00:27        | 01:16:09 | 03:15:21 | 04:31:43 | 06:21:26 | 07:59:33 | 09:15:32.90   | 09:15:32.90    | +02:35:28<br>(28.0%) | 8:10            | 7.3<br>(71.6%) |
| 25  | LUBAŃSKI<br>Mateusz     | 4166  | KS BARYCZ MILICZ                 | Senior II M<br>- 30 | 25   | 00:00:18        | 01:13:06 | 03:09:42 | 04:26:26 | 06:16:05 | 07:55:10 | 09:19:22.10   | 09:19:22.10    | +02:39:17<br>(28.5%) | 8:13            | 7.3<br>(71.6%) |
| 26  | CIEMBOROWICZ<br>Karol   | 4354  | #KFD                             | Senior II M<br>- 30 | 26   | 00:00:41        | 01:19:56 | 03:19:59 | 04:37:23 | 06:21:29 | 07:56:30 | 09:19:25.25   | 09:19:25.25    | +02:39:20<br>(28.5%) | 8:13            | 7.3<br>(71.6%) |
| 27  | ANTKOWIAK<br>Michał     | 4178  | MUAY RUNNING TEAM                | Senior II M<br>- 30 | 27   | 00:00:33        | 01:19:49 | 03:22:51 | 04:40:33 | 06:26:12 | 07:57:28 | 09:19:28.10   | 09:19:28.10    | +02:39:23<br>(28.5%) | 8:13            | 7.3<br>(71.6%) |
| 28  | PIKOS Patryk            | 4136  |                                  | Senior II M<br>- 30 | 28   | 00:00:14        | 01:12:58 | 03:06:45 | 04:25:04 | 06:21:22 | 07:56:27 | 09:23:14.15   | 09:23:14.15    | +02:43:09<br>(29.0%) | 8:16            | 7.2<br>(70.6%) |
| 29  | KRAWCZYK<br>Karol       | 4373  | LENIWY INACZEJ                   | Senior II M<br>- 30 | 29   | 00:00:37        | 01:09:45 | 03:02:02 | 04:18:50 | 06:24:52 | 08:02:07 | 09:28:37.55   | 09:28:37.55    | +02:48:32<br>(29.6%) | 8:21            | 7.2<br>(70.6%) |
| 30  | PFITZENREUTER<br>Justin | 4258  |                                  | Senior II M<br>- 30 | 30   | 00:00:29        | 01:19:03 | 03:20:34 | 04:41:03 | 06:31:03 | 08:04:27 | 09:29:12.05   | 09:29:12.05    | +02:49:07<br>(29.7%) | 8:22            | 7.2<br>(70.6%) |
| 31  | KOMAR<br>Krystian       | 4192  | KOMARKI                          | Senior II M<br>- 30 | 31   | 00:00:09        | 01:12:07 | 03:07:59 | 04:28:00 | 06:29:25 | 08:03:42 | 09:29:59.95   | 09:29:59.95    | +02:49:55<br>(29.8%) | 8:22            | 7.2<br>(70.6%) |
| 32  | ZIEMBA Michał           | 4326  | ZIOMKI                           | Senior II M<br>- 30 | 32   | 00:00:08        | 01:12:40 | 03:18:13 | 04:37:13 | 06:30:23 | 08:10:44 | 09:32:12.15   | 09:32:12.15    | +02:52:07<br>(30.1%) | 8:24            | 7.1<br>(69.6%) |
| 33  | LANGE Paweł             | 4137  | ALSTOM KATOWICE                  | Senior II M<br>- 30 | 33   | 00:00:24        | 01:17:20 | 03:23:00 | 04:43:36 | 06:38:44 | 08:16:23 | 09:35:31.60   | 09:35:31.60    | +02:55:26<br>(30.5%) | 8:27            | 7.1<br>(69.6%) |
| 34  | SAJAK Kamil             | 4098  | ROZBIEGANE DOBCZYCE              | Senior II M<br>- 30 | 34   | 00:00:19        | 01:12:52 | 03:09:32 | 04:26:24 | 06:20:31 | 08:09:42 | 09:39:42.25   | 09:39:42.25    | +02:59:37<br>(31.0%) | 8:31            | 7<br>(68.6%)   |
| 35  | DZIOB Grzegorz          | 4173  | NIEPOŁOMICE BIEGAJĄ              | Senior II M<br>- 30 | 35   | 00:00:22        | 01:08:13 | 03:00:55 | 04:16:34 | 06:10:34 | 07:59:50 | 09:41:06.60   | 09:41:06.60    | +03:01:01<br>(31.2%) | 8:32            | 7<br>(68.6%)   |
| 36  | MIKLAS Jarek            | 4026  | OFF ROAD RUNNERS BENEFIT SYSTEMS | Senior II M<br>- 30 | 36   | 00:01:11        | 01:32:38 | 03:47:51 | 05:05:36 | 06:51:32 | 08:20:17 | 09:42:31.35   | 09:42:31.35    | +03:02:26<br>(31.3%) | 8:33            | 7<br>(68.6%)   |
| 37  | HEJZNER<br>Arkadiusz    | 4217  |                                  | Senior II M<br>- 30 | 37   | 00:00:14        | 01:09:27 | 03:06:29 | 04:22:05 | 06:13:50 | 08:08:18 | 09:42:50.65   | 09:42:50.65    | +03:02:45<br>(31.4%) | 8:34            | 7<br>(68.6%)   |
| 38  | GRZYBEK<br>Sławomir     | 4106  | BARTOSZ GORCZYCA RUNNING TEAM    | Senior II M<br>- 30 | 38   | 00:00:03        | 01:14:05 | 03:19:58 | 04:43:49 | 06:39:40 | 08:18:00 | 09:45:09.35   | 09:45:09.35    | +03:05:04<br>(31.6%) | 8:36            | 7<br>(68.6%)   |
| 39  | MELON<br>Krzysztof      | 4398  |                                  | Senior II M<br>- 30 | 39   | 00:00:59        | 01:25:33 | 03:27:31 | 04:46:54 | 06:39:37 | 08:16:47 | 09:45:41.70   | 09:45:41.70    | +03:05:36<br>(31.7%) | 8:36            | 7<br>(68.6%)   |
| 40  | PAWŁOWSKI<br>Paweł      | 4155  |                                  | Senior II M<br>- 30 | 40   | 00:01:04        | 01:22:36 | 03:23:55 | 04:42:13 | 06:30:53 | 08:20:40 | 09:45:50.15   | 09:45:50.15    | +03:05:45<br>(31.7%) | 8:36            | 7<br>(68.6%)   |

| Msc | Zawodnik                     | Numer       | Klub                        | Kategoria        | Mkat | Start           | A1       | D1       | B1       | B2       | A15      | Czas               | Czas               | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------------|-----------------------------|------------------|------|-----------------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                              |             |                             |                  |      | Lądek<br>0.01km | 10km     | 24km     | 34km     | 46km     | 57km     | netto<br>68km      | brutto<br>68km     |                      |                 |                |
| 41  | <b>RUDNICKI Krzysztof</b>    | <b>4306</b> |                             | Senior II M - 30 | 41   | 00:00:53        | 01:19:42 | 03:20:52 | 04:41:19 | 06:35:22 | 08:21:34 | <b>09:48:06.00</b> | <b>09:48:06.00</b> | +03:08:01<br>(32.0%) | 8:38            | 6.9<br>(67.6%) |
| 42  | <b>MATUSZEWSKI Łukasz</b>    | <b>4028</b> | BIEGOWY WARIAT RUNNING TEAM | Senior II M - 30 | 42   | 00:00:04        | 01:16:11 | 03:22:05 | 04:42:23 | 06:42:25 | 08:26:46 | <b>09:49:56.45</b> | <b>09:49:56.45</b> | +03:09:51<br>(32.2%) | 8:40            | 6.9<br>(67.6%) |
| 43  | <b>GAWCZYŃSKI Marcel</b>     | <b>4257</b> |                             | Senior II M - 30 | 43   | 00:00:38        | 01:23:43 | 03:27:46 | 04:53:16 | 06:43:35 | 08:23:30 | <b>09:50:11.35</b> | <b>09:50:11.35</b> | +03:10:06<br>(32.2%) | 8:40            | 6.9<br>(67.6%) |
| 44  | <b>WÓJCIK Michał</b>         | <b>4157</b> | GRUPA SUDECKA GOPR          | Senior II M - 30 | 44   | 00:00:11        | 01:14:46 | 03:21:49 | 04:43:57 | 06:40:37 | 08:21:14 | <b>09:50:20.15</b> | <b>09:50:20.15</b> | +03:10:15<br>(32.2%) | 8:40            | 6.9<br>(67.6%) |
| 45  | <b>KARLIK Łukasz</b>         | <b>4281</b> | ES TEAM                     | Senior II M - 30 | 45   | 00:00:28        | 01:17:56 | 03:23:09 | 04:46:55 | 06:45:14 | 08:22:33 | <b>09:52:42.75</b> | <b>09:52:42.75</b> | +03:12:38<br>(32.5%) | 8:42            | 6.9<br>(67.6%) |
| 46  | <b>PIELATOWSKI Adam</b>      | <b>4127</b> | DIRTY SPARROWS              | Senior II M - 30 | 46   | 00:01:00        | 01:24:53 | 03:33:19 | 04:54:23 | 06:53:43 | 08:33:13 | <b>09:55:32.85</b> | <b>09:55:32.85</b> | +03:15:28<br>(32.8%) | 8:45            | 6.9<br>(67.6%) |
| 47  | <b>DOBROWOLSKI Krzysztof</b> | <b>4100</b> | DZG RUNNERS                 | Senior II M - 30 | 47   | 00:00:06        | 01:07:47 | 03:09:25 | 04:36:21 | 06:43:06 | 08:27:42 | <b>09:55:35.85</b> | <b>09:55:35.85</b> | +03:15:31<br>(32.8%) | 8:45            | 6.9<br>(67.6%) |
| 48  | <b>KALETA Leszek</b>         | <b>4074</b> |                             | Senior II M - 30 | 48   | 00:00:33        | 01:23:50 | 03:25:45 | 04:45:32 | 06:39:50 | 08:26:01 | <b>09:58:17.00</b> | <b>09:58:17.00</b> | +03:18:12<br>(33.1%) | 8:47            | 6.8<br>(66.7%) |
| 49  | <b>MUS Paweł</b>             | <b>4162</b> | MASATEAM                    | Senior II M - 30 | 49   | 00:00:08        | 01:12:50 | 03:15:48 | 04:37:34 | 06:39:40 | 08:34:38 | <b>10:03:05.35</b> | <b>10:03:05.35</b> | +03:23:00<br>(33.7%) | 8:52            | 6.8<br>(66.7%) |
| 50  | <b>MRÓWKA Michał</b>         | <b>4002</b> | OBOZY GÓRSKIE               | Senior II M - 30 | 50   | 00:00:05        | 01:12:57 | 03:15:54 | 04:35:45 | 06:33:51 | 08:40:12 | <b>10:05:50.05</b> | <b>10:05:50.05</b> | +03:25:45<br>(34.0%) | 8:54            | 6.7<br>(65.7%) |
| 51  | <b>BURA Krystian</b>         | <b>4122</b> | #BIEGAJLESZNO               | Senior II M - 30 | 51   | 00:00:11        | 01:14:38 | 03:34:49 | 05:03:16 | 07:14:17 | 08:51:10 | <b>10:15:03.35</b> | <b>10:15:03.35</b> | +03:34:58<br>(35.0%) | 9:02            | 6.6<br>(64.7%) |
| 52  | <b>STASIW Przemysław</b>     | <b>4407</b> | ULTRA TRAIL FANATICS        | Senior II M - 30 | 52   | 00:00:18        | 01:10:16 | 03:27:53 | 04:57:26 | 07:03:19 | 08:50:02 | <b>10:15:48.15</b> | <b>10:15:48.15</b> | +03:35:43<br>(35.0%) | 9:03            | 6.6<br>(64.7%) |
| 53  | <b>URBAŃSKI Michał</b>       | <b>4282</b> | ŁĄDEK-ZDRÓJ RUNNERS         | Senior II M - 30 | 53   | 00:00:06        | 01:17:19 | 03:27:36 | 04:51:51 | 06:52:57 | 08:42:23 | <b>10:16:27.65</b> | <b>10:16:27.65</b> | +03:36:22<br>(35.1%) | 9:03            | 6.6<br>(64.7%) |
| 54  | <b>JOWSA Paweł</b>           | <b>4066</b> |                             | Senior II M - 30 | 54   | 00:01:05        | 01:34:40 | 03:50:18 | 05:20:28 | 07:23:09 | 09:03:36 | <b>10:33:27.00</b> | <b>10:33:27.00</b> | +03:53:22<br>(36.8%) | 9:18            | 6.4<br>(62.7%) |
| 55  | <b>LISIECKI Tomasz</b>       | <b>4060</b> |                             | Senior II M - 30 | 55   | 00:00:53        | 01:27:29 | 03:33:46 | 04:57:12 | 07:05:06 | 09:01:16 | <b>10:33:50.25</b> | <b>10:33:50.25</b> | +03:53:45<br>(36.9%) | 9:19            | 6.4<br>(62.7%) |
| 56  | <b>DUDA Dariusz</b>          | <b>4080</b> | MIRAZ RACE TEAM             | Senior II M - 30 | 56   | 00:00:38        | 01:21:30 | 03:35:15 | 05:05:04 | 07:13:24 | 09:02:40 | <b>10:35:45.35</b> | <b>10:35:45.35</b> | +03:55:40<br>(37.1%) | 9:20            | 6.4<br>(62.7%) |
| 57  | <b>HACUŚ Jacek</b>           | <b>4059</b> |                             | Senior II M - 30 | 57   | 00:00:09        | 01:18:07 | 03:32:10 | 05:00:39 | 07:05:37 | 09:01:34 | <b>10:37:32.35</b> | <b>10:37:32.35</b> | +03:57:27<br>(37.2%) | 9:22            | 6.4<br>(62.7%) |
| 58  | <b>KASPROWSKI Michał</b>     | <b>4309</b> | ZDOBYWCY GÓRSKICH SZCZYTÓW  | Senior II M - 30 | 58   | 00:00:55        | 01:20:38 | 03:33:25 | 05:05:35 | 07:12:06 | 09:10:57 | <b>10:42:51.15</b> | <b>10:42:51.15</b> | +04:02:46<br>(37.8%) | 9:27            | 6.3<br>(61.8%) |
| 59  | <b>NAWROT Marek</b>          | <b>4278</b> | BIEG Z CHRYSTUSEM!          | Senior II M - 30 | 59   | 00:00:25        | 01:16:03 | 03:27:39 | 04:51:02 | 06:59:35 | 09:04:17 | <b>10:44:36.25</b> | <b>10:44:36.25</b> | +04:04:31<br>(37.9%) | 9:28            | 6.3<br>(61.8%) |
| 60  | <b>KACZMAREK Mirosław</b>    | <b>4372</b> | RUNNER'S POWER ŚREM         | Senior II M - 30 | 60   | 00:00:25        | 01:21:28 | 03:44:20 | 05:16:27 | 07:21:46 | 09:12:30 | <b>10:46:37.60</b> | <b>10:46:37.60</b> | +04:06:32<br>(38.1%) | 9:30            | 6.3<br>(61.8%) |
| 61  | <b>GIERADA Mateusz</b>       | <b>4072</b> |                             | Senior II M - 30 | 61   | 00:00:36        | 01:25:13 | 03:45:07 | 05:14:02 | 07:24:37 | 09:18:34 | <b>10:55:30.30</b> | <b>10:55:30.30</b> | +04:15:25<br>(39.0%) | 9:38            | 6.2<br>(60.8%) |
| 62  | <b>KAŻMIERCZAK Adam</b>      | <b>4005</b> |                             | Senior II M - 30 | 62   | 00:01:01        | 01:29:29 | 03:44:54 | 05:11:17 | 07:16:28 | 09:11:13 | <b>11:04:24.60</b> | <b>11:04:24.60</b> | +04:24:19<br>(39.8%) | 9:46            | 6.1<br>(59.8%) |
| 63  | <b>ANSONS Karlis</b>         | <b>4193</b> | SUPERVARONI                 | Senior II M - 30 | 63   | 00:00:07        | 01:22:19 | 03:44:26 | 05:16:04 | 07:31:27 | 09:27:30 | <b>11:05:31.85</b> | <b>11:05:31.85</b> | +04:25:27<br>(39.9%) | 9:47            | 6.1<br>(59.8%) |
| 64  | <b>SOBCZYK Grzesiu</b>       | <b>4167</b> | WIELUŃ BIEGA                | Senior II M - 30 | 64   | 00:00:09        | 01:19:25 | 03:27:08 | 04:59:53 | 07:23:52 | 09:26:03 | <b>11:12:12.35</b> | <b>11:12:12.35</b> | +04:32:07<br>(40.5%) | 9:53            | 6.1<br>(59.8%) |

| Msc | Zawodnik                         | Numer       | Klub                       | Kategoria           | Mkat | Start           | A1       | D1       | B1       | B2       | A15      | Czas               | Czas               | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|-------------|----------------------------|---------------------|------|-----------------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                                  |             |                            |                     |      | Lądek<br>0.01km | 10km     | 24km     | 34km     | 46km     | 57km     | netto<br>68km      | brutto<br>68km     |                      |                 |                |
| 65  | <b>SZAJEK<br/>Arkadiusz</b>      | <b>4385</b> | ARVATO S.C. REP            | Senior II M<br>- 30 | 65   | 00:01:08        | 01:28:56 | 03:46:31 | 05:18:08 | 07:36:31 | 09:31:18 | <b>11:12:23.35</b> | <b>11:12:23.35</b> | +04:32:18<br>(40.5%) | 9:53            | 6.1<br>(59.8%) |
| 66  | <b>LIS Sebastian</b>             | <b>4044</b> | KB DĘBIEC                  | Senior II M<br>- 30 | 66   | 00:00:35        | 01:19:33 | 03:37:25 | 05:08:49 | 07:31:25 | 09:33:36 | <b>11:12:38.80</b> | <b>11:12:38.80</b> | +04:32:34<br>(40.5%) | 9:53            | 6.1<br>(59.8%) |
| 67  | <b>ŻUKOWSKI<br/>Karol</b>        | <b>4321</b> |                            | Senior II M<br>- 30 | 67   | 00:00:27        | 01:16:46 | 03:20:35 | 04:43:07 | 07:08:51 | 09:13:00 | <b>11:14:46.05</b> | <b>11:14:46.05</b> | +04:34:41<br>(40.7%) | 9:55            | 6<br>(58.8%)   |
| 68  | <b>MORAWSKI<br/>Maciej</b>       | <b>4331</b> | GULO GULO CLUB POLAND      | Senior II M<br>- 30 | 68   | 00:00:42        | 01:27:47 | 03:52:50 | 05:34:28 | 07:52:00 | 09:47:02 | <b>11:28:08.45</b> | <b>11:28:08.45</b> | +04:48:03<br>(41.9%) | 10:07           | 5.9<br>(57.8%) |
| 69  | <b>JUNIK Łukasz</b>              | <b>4031</b> | MOCNA GRUPA CEZARA         | Senior II M<br>- 30 | 69   | 00:00:56        | 01:34:30 | 03:55:01 | 05:27:18 | 07:45:03 | 09:45:29 | <b>11:28:31.45</b> | <b>11:28:31.45</b> | +04:48:26<br>(41.9%) | 10:07           | 5.9<br>(57.8%) |
| 70  | <b>KUŚ Jakub</b>                 | <b>4324</b> |                            | Senior II M<br>- 30 | 70   | 00:00:45        | 01:25:40 | 03:46:37 | 05:21:58 | 07:40:19 | 09:50:47 | <b>11:29:26.70</b> | <b>11:29:26.70</b> | +04:49:21<br>(42.0%) | 10:08           | 5.9<br>(57.8%) |
| 71  | <b>BASIAK Michał</b>             | <b>4265</b> |                            | Senior II M<br>- 30 | 71   | 00:00:34        | 01:21:27 | 03:38:35 | 05:13:30 | 07:21:33 | 09:39:09 | <b>11:37:09.50</b> | <b>11:37:09.50</b> | +04:57:04<br>(42.6%) | 10:15           | 5.9<br>(57.8%) |
| 72  | <b>CHOMICZ<br/>Andrzej</b>       | <b>4261</b> | NADAKTYWNI NOWE MIASTECZKO | Senior II M<br>- 30 | 72   | 00:01:00        | 01:36:18 | 04:13:22 | 05:46:02 | 07:55:52 | 09:50:19 | <b>11:37:34.55</b> | <b>11:37:34.55</b> | +04:57:29<br>(42.6%) | 10:15           | 5.8<br>(56.9%) |
| 73  | <b>RYŚNIK Błażej</b>             | <b>4260</b> |                            | Senior II M<br>- 30 | 73   | 00:00:52        | 01:33:24 | 03:58:40 | 05:36:56 | 07:54:24 | 09:50:20 | <b>11:38:33.55</b> | <b>11:38:33.55</b> | +04:58:28<br>(42.7%) | 10:16           | 5.8<br>(56.9%) |
| 74  | <b>SZWARC<br/>Grzegorz</b>       | <b>4196</b> | ARVATO S.C. REP            | Senior II M<br>- 30 | 74   | 00:01:09        | 01:34:28 | 04:00:11 | 05:31:26 | 07:52:45 | 09:49:26 | <b>11:40:50.80</b> | <b>11:40:50.80</b> | +05:00:46<br>(42.9%) | 10:18           | 5.8<br>(56.9%) |
| 75  | <b>CHYLIŃSKI<br/>Łukasz</b>      | <b>4004</b> | CLOCKWORK DRUID            | Senior II M<br>- 30 | 75   | 00:00:21        | 01:25:20 | 04:01:25 | 05:37:56 | 08:03:24 | 10:08:56 | <b>11:45:02.35</b> | <b>11:45:02.35</b> | +05:04:57<br>(43.3%) | 10:22           | 5.8<br>(56.9%) |
| 76  | <b>WACHNIENKO<br/>Błażej</b>     | <b>4021</b> | ŚLĘZAK TEAM                | Senior II M<br>- 30 | 76   | 00:00:32        | 01:27:33 | 03:49:01 | 05:22:58 | 07:43:32 | 09:55:19 | <b>11:47:01.85</b> | <b>11:47:01.85</b> | +05:06:57<br>(43.4%) | 10:23           | 5.8<br>(56.9%) |
| 77  | <b>DANOWSKI<br/>Jakub</b>        | <b>4273</b> |                            | Senior II M<br>- 30 | 77   | 00:00:45        | 01:37:24 | 04:14:57 | 05:48:53 | 08:10:52 | 10:12:25 | <b>11:50:42.75</b> | <b>11:50:42.75</b> | +05:10:38<br>(43.7%) | 10:27           | 5.7<br>(55.9%) |
| 78  | <b>KRAWIEC<br/>Dominik</b>       | <b>4123</b> |                            | Senior II M<br>- 30 | 78   | 00:00:35        | 01:27:28 | 03:54:53 | 05:30:26 | 07:46:08 | 10:13:04 | <b>11:51:20.15</b> | <b>11:51:20.15</b> | +05:11:15<br>(43.8%) | 10:27           | 5.7<br>(55.9%) |
| 79  | <b>ROZNIERSKI<br/>Łukasz</b>     | <b>4153</b> | KB SOBÓTKA                 | Senior II M<br>- 30 | 79   | 00:00:30        | 01:34:04 | 04:08:01 | 05:45:02 | 08:08:18 | 10:13:54 | <b>11:52:21.10</b> | <b>11:52:21.10</b> | +05:12:16<br>(43.8%) | 10:28           | 5.7<br>(55.9%) |
| 80  | <b>DĄBROWSKI<br/>Artur</b>       | <b>4400</b> |                            | Senior II M<br>- 30 | 80   | 00:00:47        | 01:47:45 | 04:20:48 | 05:55:12 | 08:13:38 | 10:08:24 | <b>11:57:39.30</b> | <b>11:57:39.30</b> | +05:17:34<br>(44.3%) | 10:33           | 5.7<br>(55.9%) |
| 81  | <b>RUTKOWSKI<br/>Mateusz</b>     | <b>4022</b> | WAKACYJNA DEMOLKA          | Senior II M<br>- 30 | 81   | 00:00:55        | 01:22:52 | 03:45:52 | 05:30:21 | 08:18:19 | 10:19:50 | <b>12:02:44.85</b> | <b>12:02:44.85</b> | +05:22:40<br>(44.6%) | 10:37           | 5.6<br>(54.9%) |
| 82  | <b>IWANIEK<br/>Przemysław</b>    | <b>4001</b> | BHU                        | Senior II M<br>- 30 | 82   | 00:00:42        | 01:25:32 | 03:42:29 | 05:17:03 | 07:51:21 | 10:12:54 | <b>12:03:02.10</b> | <b>12:03:02.10</b> | +05:22:57<br>(44.7%) | 10:37           | 5.6<br>(54.9%) |
| 83  | <b>DEMBY Michał</b>              | <b>4290</b> |                            | Senior II M<br>- 30 | 83   | 00:00:20        | 01:22:34 | 03:50:15 | 05:30:23 | 07:58:02 | 10:04:14 | <b>12:12:16.95</b> | <b>12:12:16.95</b> | +05:32:12<br>(45.4%) | 10:46           | 5.6<br>(54.9%) |
| 84  | <b>STRONIKOWSKI<br/>Wojciech</b> | <b>4190</b> | DRUŻYNA STASIA             | Senior II M<br>- 30 | 84   | 00:01:03        | 01:38:22 | 04:21:35 | 06:04:48 | 08:35:48 | 10:38:51 | <b>12:19:31.45</b> | <b>12:19:31.45</b> | +05:39:26<br>(45.9%) | 10:52           | 5.5<br>(53.9%) |
| 85  | <b>KOCHAŃSKI<br/>Tomasz</b>      | <b>4033</b> | PARKRUN GRUDZIĄDZ          | Senior II M<br>- 30 | 85   | 00:00:11        | 01:32:12 | 04:16:41 | 06:02:15 | 08:26:36 | 10:27:28 | <b>12:31:08.75</b> | <b>12:31:08.75</b> | +05:51:04<br>(46.7%) | 11:02           | 5.4<br>(52.9%) |
| 86  | <b>DOMAGAŁA<br/>Konrad</b>       | <b>4219</b> | KLUCZBORSKA GRUPA BIEGOWA  | Senior II M<br>- 30 | 86   | 00:00:57        | 01:37:40 | 04:17:31 | 05:54:44 | 08:26:28 | 10:40:33 | <b>12:33:37.30</b> | <b>12:33:37.30</b> | +05:53:32<br>(46.9%) | 11:04           | 5.4<br>(52.9%) |
| 87  | <b>MISTUR<br/>Szymon</b>         | <b>4023</b> |                            | Senior II M<br>- 30 | 87   | 00:00:23        | 01:30:28 | 04:06:53 | 05:51:04 | 08:22:18 | 10:28:28 | <b>12:34:42.30</b> | <b>12:34:42.30</b> | +05:54:37<br>(47.0%) | 11:05           | 5.4<br>(52.9%) |
| 88  | <b>KOSTRZEWSKI<br/>Maciej</b>    | <b>4003</b> | AAM RUNNING TEAM           | Senior II M<br>- 30 | 88   | 00:00:47        | 01:32:37 | 04:15:32 | 06:02:21 | 08:27:47 | 10:39:30 | <b>12:34:56.65</b> | <b>12:34:56.65</b> | +05:54:51<br>(47.0%) | 11:06           | 5.4<br>(52.9%) |

| Msc | Zawodnik                   | Numer       | Klub                       | Kategoria        | Mkat | Start<br>Ładek<br>0.01km | A1<br>10km      | D1<br>24km      | B1<br>34km      | B2<br>46km      | A15<br>57km | Czas<br>netto<br>68km | Czas<br>brutto<br>68km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------------|----------------------------|------------------|------|--------------------------|-----------------|-----------------|-----------------|-----------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 89  | <b>CHOLEWIŃSKI Rafał</b>   | <b>4182</b> | SUPADUPAFLY                | Senior II M - 30 | 89   | 00:00:43                 | 01:31:37        | 04:10:44        | 05:55:28        | 08:43:36        | 10:43:57    | <b>12:36:29.35</b>    | <b>12:36:29.35</b>     | +05:56:24<br>(47.1%) | 11:07           | 5.4<br>(52.9%) |
| 90  | <b>WIELICZKO Rafał</b>     | <b>4067</b> | ZONE RUNNERS               | Senior II M - 30 | 90   | 00:00:55                 | 01:42:01        | 04:27:16        | 06:13:58        | 08:37:47        | 10:28:50    | <b>12:41:36.80</b>    | <b>12:41:36.80</b>     | +06:01:32<br>(47.5%) | 11:12           | 5.4<br>(52.9%) |
| 91  | <b>NAJDUK Daniel</b>       | <b>4034</b> | ROZBIEGANI CHOJNÓW         | Senior II M - 30 | 91   | 00:00:39                 | 01:29:11        | 04:12:18        | 05:53:11        | 08:32:04        | 10:45:54    | <b>12:43:18.25</b>    | <b>12:43:18.25</b>     | +06:03:13<br>(47.6%) | 11:13           | 5.3<br>(52.0%) |
| 92  | <b>MILEWSKI Andrzej</b>    | <b>4107</b> | #TEAMKALDUN/#SRO-BIKE-TEAM | Senior II M - 30 | 92   | 00:00:57                 | 01:40:02        | 04:16:24        | 06:13:54        | 08:51:11        | 11:08:09    | <b>12:51:23.45</b>    | <b>12:51:23.45</b>     | +06:11:18<br>(48.1%) | 11:20           | 5.3<br>(52.0%) |
|     | <b>GILEWSKI Bartłomiej</b> | <b>4079</b> |                            | Senior II M - 30 |      | 00:01:13<br>DNF          | 01:41:21<br>DNF | 04:41:24<br>DNF | 06:39:10<br>DNF | 09:25:59<br>DNF | DNF         | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |
|     | <b>BRZĄKAŁSKI Krzysiek</b> | <b>4052</b> | PRZEDWOJEWSKI TEAM         | Senior II M - 30 |      | DNF                      | 00:57:28<br>DNF | 02:33:27<br>DNF | 03:54:52<br>DNF | DNF             | DNF         | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |
|     | <b>PODSADNY Bartosz</b>    | <b>4203</b> |                            | Senior II M - 30 |      | 00:00:33<br>DNF          | 01:30:25<br>DNF | 04:23:54<br>DNF | 06:18:09<br>DNF | DNF             | DNF         | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |
|     | <b>KOZERA Kamil</b>        | <b>4103</b> | HARPAGAN SOSNOWIEC         | Senior II M - 30 |      | 00:00:56<br>DNF          | 01:41:43<br>DNF | 04:43:21<br>DNF | 06:46:07<br>DNF | DNF             | DNF         | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |
|     | <b>PODLECKI Wojciech</b>   | <b>4143</b> | ROKIETNICA BIEGA           | Senior II M - 30 |      | 00:00:46<br>DNF          | 01:26:02<br>DNF | 04:29:51<br>DNF | DNF             | DNF             | DNF         | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |
|     | <b>PELC Tomasz</b>         | <b>4145</b> | DTR BIEGA / MARIO TEAM     | Senior II M - 30 |      | 00:00:47<br>DNF          | 01:31:10<br>DNF | 04:31:29<br>DNF | DNF             | DNF             | DNF         | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |

Znaleziono 98 wynik(ów)