



# CHYŻA DURBASZKA - 20 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** PIENINY ULTRA-TRAIL®  
**Organizator:** Fundacja Strefa Przygód  
**Data:** 2024-04-20  
**Miejsce:** Szczawnica  
**Dystans:** 20.6 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas		Różn	Tempo min/km	Tempo km/h
							12.4km	20.2km	netto 20.6km	brutto 20.6km			
1	<b>GOŁĘBIEWSKI Michał</b>	<b>1046</b>	DREAM-BIKE BIELAWA	M40	1		01:03:21	01:38:26	<b>01:39:15.95</b>	<b>01:39:17.95</b>		4:49	12.5 (100%)
2	<b>WOJSŁAW Bartłomiej</b>	<b>1098</b>		M40	2	MP	01:03:22	01:39:55	<b>01:40:50.00</b>	<b>01:40:52.45</b>	+00:01:34 (1.6%)	4:53	12.3 (98.4%)
3	<b>JACHYMIAK Robert</b>	<b>1131</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	3		01:04:58	01:41:14	<b>01:41:55.85</b>	<b>01:41:57.40</b>	+00:02:39 (2.6%)	4:56	12.1 (96.8%)
4	<b>GRUDZIEŃ Kamil</b>	<b>1103</b>	BANDA GRUDNIA	M40	4		01:05:55	01:41:26	<b>01:42:12.55</b>	<b>01:42:15.00</b>	+00:02:57 (2.9%)	4:57	12.1 (96.8%)
5	<b>TYNUS Grzegorz</b>	<b>555</b>	ELTYN	M40	5		01:10:45	01:49:43	<b>01:50:28.70</b>	<b>01:50:33.35</b>	+00:11:15 (10.2%)	5:21	11.2 (89.6%)
6	<b>KIEŁT Andrzej</b>	<b>607</b>	#ADAMCZERWIŃSKITEAM	M40	6		01:12:19	01:51:43	<b>01:52:30.60</b>	<b>01:52:41.00</b>	+00:13:23 (11.9%)	5:27	11 (88.0%)
7	<b>CZYŻKOWSKI Rafał</b>	<b>716</b>	CHŁOPAKI Z NIZIN	M40	7		01:11:55	01:52:53	<b>01:53:41.60</b>	<b>01:53:45.25</b>	+00:14:27 (12.7%)	5:31	10.9 (87.2%)
8	<b>PAŁKA Mariusz</b>	<b>841</b>	KB PARANTELA	M40	8		01:13:27	01:54:35	<b>01:55:21.75</b>	<b>01:55:24.95</b>	+00:16:07 (14.0%)	5:35	10.7 (85.6%)
9	<b>BUCZYŃSKI Adam</b>	<b>795</b>	NON STOP TRAIL	M40	9		01:12:30	01:54:37	<b>01:55:37.35</b>	<b>01:55:46.05</b>	+00:16:28 (14.2%)	5:36	10.7 (85.6%)
10	<b>SEDIVY Martin</b>	<b>573</b>	RUNNING A FITNESS PIENINY	M40	10		01:14:00	01:54:57	<b>01:55:45.90</b>	<b>01:55:49.40</b>	+00:16:31 (14.3%)	5:37	10.7 (85.6%)
11	<b>GRODZKI Sebastian</b>	<b>877</b>		M40	11		01:14:27	01:55:16	<b>01:56:09.15</b>	<b>01:56:13.05</b>	+00:16:55 (14.6%)	5:38	10.6 (84.8%)
12	<b>KORZONEK Marcin</b>	<b>1051</b>	SPRINT GORZYCE	M40	12		01:14:08	01:56:51	<b>01:57:41.20</b>	<b>01:57:45.50</b>	+00:18:27 (15.7%)	5:42	10.5 (84.0%)
13	<b>ALTEWĘGIER Jarosław</b>	<b>512</b>	AW - SZYBCIEJ - TEAM	M40	13		01:17:48	02:00:04	<b>02:00:58.40</b>	<b>02:01:04.65</b>	+00:21:46 (18.0%)	5:52	10.2 (81.6%)
14	<b>MAZGAJSKI Michał</b>	<b>872</b>		M40	14		01:18:27	02:01:19	<b>02:02:03.25</b>	<b>02:02:17.75</b>	+00:22:59 (18.8%)	5:55	10.1 (80.8%)
15	<b>KUCHARSKI Robert</b>	<b>1096</b>	BIEGAM NA STABŁOWICACH	M40	15		01:19:17	02:02:46	<b>02:03:36.20</b>	<b>02:03:47.25</b>	+00:24:29 (19.8%)	6:00	10 (80.0%)
16	<b>FIRLEJ Krzysztof</b>	<b>665</b>	SKAZANI NA ZWYCIĘSTWO	M40	16		01:18:20	02:03:41	<b>02:04:32.85</b>	<b>02:04:37.75</b>	+00:25:19 (20.3%)	6:02	9.9 (79.2%)
17	<b>GRABKA Rafał</b>	<b>983</b>		M40	17		01:18:57	02:03:30	<b>02:04:26.15</b>	<b>02:04:57.05</b>	+00:25:39 (20.5%)	6:02	9.9 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Schronisko pod Durbaszką		Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						Polski		12.4km	20.2km	20.6km	20.6km					
18	<b>PELA Dariusz</b>	<b>1166</b>	PURGA	M40	18			01:20:12	02:04:10	<b>02:05:04.40</b>	<b>02:05:21.40</b>	+00:26:03 (20.8%)	6:04	9.9 (79.2%)		
19	<b>LEMISIEWICZ Tomasz</b>	<b>893</b>		M40	19			01:21:31	02:05:19	<b>02:06:08.70</b>	<b>02:06:23.45</b>	+00:27:05 (21.4%)	6:07	9.8 (78.4%)		
20	<b>SIMKA Kamil</b>	<b>553</b>	FORREST GUMP TEAM	M40	20			01:22:11	02:06:38	<b>02:07:33.60</b>	<b>02:07:47.50</b>	+00:28:29 (22.3%)	6:11	9.7 (77.6%)		
21	<b>POLTORAK Sylwester</b>	<b>946</b>	EVIL TEAM	M40	21			01:17:06	02:09:10	<b>02:10:03.00</b>	<b>02:10:06.55</b>	+00:30:48 (23.7%)	6:18	9.5 (76.0%)		
22	<b>STAWICKI Jacek</b>	<b>854</b>	ŁÓDŹ KOCHA SPORT	M40	22			01:22:34	02:09:06	<b>02:09:55.15</b>	<b>02:10:27.65</b>	+00:31:09 (23.9%)	6:18	9.5 (76.0%)		
23	<b>ŚPIEWAK Radosław</b>	<b>700</b>	MŁYNARCZYK ENDURANCE TEAM	M40	23			01:24:07	02:09:22	<b>02:10:16.95</b>	<b>02:10:30.20</b>	+00:31:12 (23.9%)	6:19	9.5 (76.0%)		
24	<b>MIĄSIK Tomasz</b>	<b>592</b>	NONAME	M40	24			01:24:58	02:10:16	<b>02:11:07.20</b>	<b>02:11:17.75</b>	+00:31:59 (24.4%)	6:21	9.4 (75.2%)		
25	<b>KUBALA Łukasz</b>	<b>722</b>	ORT	M40	25			01:25:32	02:12:00	<b>02:12:47.40</b>	<b>02:13:05.65</b>	+00:33:47 (25.4%)	6:26	9.3 (74.4%)		
26	<b>ZASINA Sebastian</b>	<b>925</b>	RUBEZAHL TEAM	M40	26			01:25:00	02:12:33	<b>02:13:23.05</b>	<b>02:13:30.70</b>	+00:34:12 (25.6%)	6:28	9.3 (74.4%)		
27	<b>GRZEGOREK Paweł</b>	<b>599</b>	PIESKOMANDOS	M40	27			01:25:11	02:13:08	<b>02:13:59.90</b>	<b>02:14:05.70</b>	+00:34:47 (25.9%)	6:30	9.2 (73.6%)		
28	<b>KOPEĆ Paweł</b>	<b>566</b>	CZARNECKI RUN TEAM	M40	28			01:24:44	02:14:14	<b>02:15:11.00</b>	<b>02:15:17.30</b>	+00:35:59 (26.6%)	6:33	9.1 (72.8%)		
29	<b>GÓRKA Sebastian</b>	<b>1079</b>	NONAME	M40	29			01:26:15	02:15:11	<b>02:16:15.30</b>	<b>02:16:25.90</b>	+00:37:07 (27.2%)	6:36	9.1 (72.8%)		
30	<b>PACIA Sebastian</b>	<b>1008</b>		M40	30			01:29:50	02:19:17	<b>02:20:16.85</b>	<b>02:20:24.85</b>	+00:41:06 (29.3%)	6:48	8.8 (70.4%)		
31	<b>MENDYK Maciej</b>	<b>1218</b>		M40	31			01:28:08	02:19:49	<b>02:20:59.75</b>	<b>02:21:13.90</b>	+00:41:55 (29.7%)	6:50	8.8 (70.4%)		
32	<b>MISIŃSKI Paweł</b>	<b>865</b>		M40	32			01:30:10	02:20:52	<b>02:21:53.70</b>	<b>02:22:19.20</b>	+00:43:01 (30.2%)	6:53	8.7 (69.6%)		
33	<b>DZIEDZIC Grzegorz</b>	<b>570</b>	STAJNIAK TEAM	M40	33			01:30:48	02:21:19	<b>02:22:16.90</b>	<b>02:22:50.65</b>	+00:43:32 (30.5%)	6:54	8.7 (69.6%)		
34	<b>SKORUPKA Leszek</b>	<b>1030</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	34			01:30:48	02:21:26	<b>02:22:31.45</b>	<b>02:23:09.40</b>	+00:43:51 (30.6%)	6:55	8.7 (69.6%)		
35	<b>PILCH Wojciech</b>	<b>1155</b>	#ADAMCZERWIŃSKITEAM	M40	35			01:31:16	02:22:12	<b>02:23:02.75</b>	<b>02:23:11.45</b>	+00:43:53 (30.7%)	6:56	8.6 (68.8%)		
36	<b>GAIK Andrzej</b>	<b>864</b>	BRAK	M40	36			01:30:22	02:21:57	<b>02:23:00.10</b>	<b>02:23:27.25</b>	+00:44:09 (30.8%)	6:56	8.6 (68.8%)		
37	<b>RYBKOWSKI Hubert</b>	<b>779</b>	KTÓRĘDYNADMORSKIEOKO	M40	37			01:34:32	02:23:50	<b>02:24:42.75</b>	<b>02:24:50.25</b>	+00:45:32 (31.4%)	7:01	8.5 (68.0%)		
38	<b>BOŹEK Wojciech</b>	<b>1139</b>	NIEPOŁOMICE BIEGAJĄ	M40	38			01:30:28	02:23:56	<b>02:24:54.40</b>	<b>02:25:09.00</b>	+00:45:51 (31.6%)	7:02	8.5 (68.0%)		
39	<b>JASIURKOWSKI Daniel</b>	<b>1204</b>	FUNDACJA SPORTU WYCZYNOWEGO	M40	39			01:33:00	02:24:52	<b>02:25:54.40</b>	<b>02:26:04.95</b>	+00:46:47 (32.0%)	7:04	8.5 (68.0%)		
40	<b>ŻÓŁKOŚ Bronisław</b>	<b>783</b>	JEDLICKIE STOWARZYSZENIE SPORTOWO TURYSTYCZNE WOJTEK MTB	M40	40			01:31:47	02:26:13	<b>02:27:10.90</b>	<b>02:27:26.95</b>	+00:48:09 (32.7%)	7:08	8.4 (67.2%)		
41	<b>RZESZOTARSKI Tomasz</b>	<b>860</b>	KTÓRĘDYNADMORSKIEOKO	M40	41			01:34:40	02:26:49	<b>02:27:37.95</b>	<b>02:27:45.45</b>	+00:48:27 (32.8%)	7:09	8.4 (67.2%)		
42	<b>OSIAL Mariusz</b>	<b>886</b>	#SOBASTEAM	M40	42			01:33:56	02:27:01	<b>02:27:56.50</b>	<b>02:28:56.55</b>	+00:49:38 (33.3%)	7:10	8.4 (67.2%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Durbaszką		Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h	
						Polski	12.4km						
43	<b>PIECUCH Leszek</b>	<b>1060</b>	AZS AWF KRAKÓW MASTERS	M40	43		01:34:26	02:27:39	<b>02:28:31.95</b>	<b>02:29:00.10</b>	+00:49:42 (33.4%)	7:12	8.3 (66.4%)
44	<b>KUCHARÍK Peter</b>	<b>673</b>		M40	44		01:32:10		<b>02:29:10.50</b>	<b>02:29:10.50</b>	+00:49:52 (33.4%)	7:14	8.3 (66.4%)
45	<b>NOWOGRODZKI Mateusz</b>	<b>1117</b>	PORUNNE FURGANIE	M40	45		01:34:01	02:28:00	<b>02:29:00.05</b>	<b>02:29:12.30</b>	+00:49:54 (33.4%)	7:13	8.3 (66.4%)
46	<b>SYLWESTROWICZ Wojciech</b>	<b>703</b>	ŁÓDŹ KOCHA SPORT	M40	46		01:32:11	02:28:15	<b>02:29:12.65</b>	<b>02:29:46.20</b>	+00:50:28 (33.7%)	7:14	8.3 (66.4%)
47	<b>MAŁEK Paweł</b>	<b>1123</b>		M40	47		01:31:28	02:29:24	<b>02:30:36.00</b>	<b>02:30:54.35</b>	+00:51:36 (34.2%)	7:18	8.2 (65.6%)
48	<b>PIETRZYK Tomasz</b>	<b>653</b>	LANIE NA ŚLĘŻY	M40	48		01:35:27	02:30:15	<b>02:31:16.30</b>	<b>02:31:16.30</b>	+00:51:58 (34.4%)	7:20	8.2 (65.6%)
49	<b>SZCZEPANIAK Wojciech</b>	<b>1095</b>		M40	49		01:35:15	02:29:22	<b>02:30:22.35</b>	<b>02:31:26.30</b>	+00:52:08 (34.4%)	7:17	8.2 (65.6%)
50	<b>WYSPIAŃSKI Tomasz</b>	<b>1102</b>	KOSTERA TEAM	M40	50		01:36:39	02:29:50	<b>02:30:48.90</b>	<b>02:32:10.00</b>	+00:52:52 (34.7%)	7:19	8.2 (65.6%)
51	<b>RACUŁT Paweł</b>	<b>541</b>		M40	51		01:40:35	02:30:28	<b>02:31:22.50</b>	<b>02:32:32.40</b>	+00:53:14 (34.9%)	7:20	8.2 (65.6%)
52	<b>JARACZ Marcin</b>	<b>923</b>	DOMOWAENERGIA.COM.PL	M40	52		01:34:58	02:30:17	<b>02:31:17.70</b>	<b>02:32:37.55</b>	+00:53:19 (34.9%)	7:20	8.2 (65.6%)
53	<b>HAIDA Marcin</b>	<b>704</b>		M40	53		01:35:19	02:31:51	<b>02:32:58.00</b>	<b>02:33:15.15</b>	+00:53:57 (35.2%)	7:25	8.1 (64.8%)
54	<b>WALASIK Michał</b>	<b>707</b>		M40	54		01:35:45	02:32:01	<b>02:32:58.70</b>	<b>02:33:29.20</b>	+00:54:11 (35.3%)	7:25	8.1 (64.8%)
55	<b>LEWCZUK Norbert</b>	<b>1072</b>	BIEGACZE POMAGACZE/EDYTA LEWANDOWSKA TEAM	M40	55		01:35:58	02:33:18	<b>02:34:33.55</b>	<b>02:34:53.85</b>	+00:55:35 (35.9%)	7:30	8 (64.0%)
56	<b>SADŁOŃ Narcyz</b>	<b>1069</b>	KIRY ŚWIRY	M40	56		01:34:18	02:34:00	<b>02:35:18.65</b>	<b>02:35:24.15</b>	+00:56:06 (36.1%)	7:32	8 (64.0%)
57	<b>BROŻEK Jakub</b>	<b>695</b>		M40	57		01:37:43	02:33:38	<b>02:34:33.30</b>	<b>02:35:33.90</b>	+00:56:15 (36.2%)	7:30	8 (64.0%)
58	<b>WYDRZYŃSKI Marek</b>	<b>598</b>	SOCIOS SILESIA	M40	58		01:39:45	02:35:44	<b>02:37:14.65</b>	<b>02:37:27.40</b>	+00:58:09 (36.9%)	7:37	7.9 (63.2%)
59	<b>TYL Radosław</b>	<b>759</b>		M40	59		01:38:17	02:35:24	<b>02:36:36.20</b>	<b>02:37:43.95</b>	+00:58:26 (37.0%)	7:36	7.9 (63.2%)
60	<b>GRZYMALA Sebastian</b>	<b>903</b>	KB RTVEUROAGD	M40	60		01:39:52	02:37:50	<b>02:38:39.75</b>	<b>02:38:52.95</b>	+00:59:35 (37.5%)	7:42	7.8 (62.4%)
61	<b>STRĄK Robert</b>	<b>1035</b>		M40	61		01:39:22	02:37:50	<b>02:38:55.20</b>	<b>02:39:15.30</b>	+00:59:57 (37.6%)	7:42	7.8 (62.4%)
62	<b>STASIEWICZ Lukasz</b>	<b>1180</b>	TRINITYCLUB	M40	62		01:41:00	02:37:48	<b>02:38:42.75</b>	<b>02:39:25.75</b>	+01:00:07 (37.7%)	7:42	7.8 (62.4%)
63	<b>KIERAT Paweł</b>	<b>697</b>		M40	63		01:38:08	02:37:28	<b>02:38:51.90</b>	<b>02:39:52.95</b>	+01:00:35 (37.9%)	7:42	7.8 (62.4%)
64	<b>POREDA Daniel</b>	<b>723</b>	TEAM DWA OGNIE	M40	64		01:41:17	02:39:26	<b>02:40:38.65</b>	<b>02:41:39.25</b>	+01:02:21 (38.6%)	7:47	7.7 (61.6%)
65	<b>DĄBROWSKI Marek</b>	<b>822</b>	G.O.A.T. TEAM MICHAŁOWICE	M40	65		01:40:35	02:39:46	<b>02:40:57.75</b>	<b>02:41:52.65</b>	+01:02:34 (38.7%)	7:48	7.7 (61.6%)
66	<b>SLABY Jerzy</b>	<b>1112</b>		M40	66		01:41:00	02:41:01	<b>02:42:05.60</b>	<b>02:42:24.90</b>	+01:03:06 (38.9%)	7:52	7.6 (60.8%)
67	<b>DUDKO Adam</b>	<b>1011</b>		M40	67		01:40:08	02:41:03	<b>02:42:04.35</b>	<b>02:42:34.95</b>	+01:03:17 (38.9%)	7:52	7.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Durbaszką		Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h
						Polski	12.4km					
68	<b>STELMACH Dariusz</b>	<b>834</b>	BIEGANIE SZYDERCÓW	M40	68		01:44:07	02:42:28	<b>02:43:22.90</b>	<b>02:44:05.00</b>	+01:04:47 (39.5%)	7:55 7.6 (60.8%)
69	<b>KRAKOWSKI Wojciech</b>	<b>892</b>		M40	69		01:44:07	02:43:13	<b>02:44:21.20</b>	<b>02:45:02.20</b>	+01:05:44 (39.8%)	7:58 7.5 (60.0%)
70	<b>BLOCH Cezary</b>	<b>899</b>	P23	M40	70		01:45:33	02:43:06	<b>02:44:11.85</b>	<b>02:45:04.00</b>	+01:05:46 (39.8%)	7:58 7.5 (60.0%)
71	<b>ŻELAZNY Filip</b>	<b>588</b>		M40	71		01:43:04	02:43:13	<b>02:44:36.80</b>	<b>02:45:07.70</b>	+01:05:49 (39.9%)	7:59 7.5 (60.0%)
72	<b>FORNALSKI Tomasz</b>	<b>1061</b>		M40	72		01:42:03	02:44:18	<b>02:45:24.85</b>	<b>02:46:10.05</b>	+01:06:52 (40.2%)	8:01 7.5 (60.0%)
73	<b>GÓRSKI Jakub</b>	<b>1143</b>	RAPID RUNNERS TEAM	M40	73		01:45:37	02:44:48	<b>02:46:04.40</b>	<b>02:46:43.45</b>	+01:07:25 (40.4%)	8:03 7.4 (59.2%)
74	<b>WASILEWSKI Przemysław</b>	<b>1081</b>		M40	74		01:45:22	02:45:46	<b>02:47:03.50</b>	<b>02:47:51.85</b>	+01:08:33 (40.8%)	8:06 7.4 (59.2%)
75	<b>HARAŃ Krzysztof</b>	<b>761</b>	CHWILAMOMENTTEAM	M40	75		01:46:23	02:46:49	<b>02:47:53.50</b>	<b>02:48:46.50</b>	+01:09:28 (41.2%)	8:08 7.4 (59.2%)
76	<b>KWINTA Maciej</b>	<b>881</b>		M40	76		01:46:59	02:47:23	<b>02:48:26.65</b>	<b>02:48:51.75</b>	+01:09:33 (41.2%)	8:10 7.3 (58.4%)
77	<b>GRZYB Krzysztof</b>	<b>965</b>	KLUB BIEGACZA RTV EURO AGD/SMASHING PĄPKINS	M40	77		01:46:18	02:47:47	<b>02:49:04.45</b>	<b>02:49:25.10</b>	+01:10:07 (41.4%)	8:12 7.3 (58.4%)
78	<b>GUCWA Mirosław</b>	<b>1115</b>	LET'S GO WILD	M40	78		01:46:26	02:49:06	<b>02:50:07.60</b>	<b>02:50:21.75</b>	+01:11:03 (41.7%)	8:15 7.3 (58.4%)
79	<b>PIECHOWSKI Wiesiek</b>	<b>1049</b>		M40	79		01:47:11	02:49:04	<b>02:50:12.40</b>	<b>02:50:30.15</b>	+01:11:12 (41.8%)	8:15 7.3 (58.4%)
80	<b>MATYSZCZAK Krzysztof</b>	<b>1184</b>	KENKO/MASADA	M40	80		01:51:57	02:49:31	<b>02:50:19.45</b>	<b>02:51:09.00</b>	+01:11:51 (42.0%)	8:16 7.3 (58.4%)
81	<b>SOŚNICKI Jakub</b>	<b>711</b>	SPARTA LUBLIN	M40	81		01:49:13	02:50:25	<b>02:51:36.60</b>	<b>02:52:32.50</b>	+01:13:14 (42.4%)	8:19 7.2 (57.6%)
82	<b>KRÓL Marcin</b>	<b>557</b>		M40	82		01:55:46	02:54:18	<b>02:55:12.90</b>	<b>02:55:59.90</b>	+01:16:41 (43.6%)	8:30 7.1 (56.8%)
83	<b>ŻUROWSKI Łukasz</b>	<b>1092</b>	BBKS ŁAWECZKA WILANÓW	M40	83		01:52:21	02:55:35	<b>02:56:39.65</b>	<b>02:57:22.50</b>	+01:18:04 (44.0%)	8:34 7 (56.0%)
84	<b>DYDA Wojciech</b>	<b>727</b>		M40	84		01:51:23	02:55:23	<b>02:56:33.95</b>	<b>02:57:39.20</b>	+01:18:21 (44.1%)	8:34 7 (56.0%)
85	<b>SERAFIN Daniel</b>	<b>1197</b>		M40	85		01:55:05	02:56:54	<b>02:57:59.70</b>	<b>02:59:06.10</b>	+01:19:48 (44.6%)	8:38 6.9 (55.2%)
86	<b>PONIEWIERSKI Krzysiek</b>	<b>871</b>	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	M40	86		01:55:15	02:57:49	<b>02:58:56.80</b>	<b>02:59:17.20</b>	+01:19:59 (44.6%)	8:41 6.9 (55.2%)
87	<b>POPCZYK Piotr</b>	<b>1080</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M40	87		01:54:40	02:57:49	<b>02:58:44.90</b>	<b>02:59:23.15</b>	+01:20:05 (44.6%)	8:40 6.9 (55.2%)
88	<b>STAŚKO Seweryn</b>	<b>885</b>	UKS LIDER	M40	88		01:53:12	02:58:33	<b>02:59:37.95</b>	<b>03:00:03.50</b>	+01:20:45 (44.9%)	8:43 6.9 (55.2%)
89	<b>PIOTROWSKI Maciej</b>	<b>896</b>		M40	89		01:52:21	02:58:35	<b>02:59:50.60</b>	<b>03:00:38.20</b>	+01:21:20 (45.0%)	8:43 6.9 (55.2%)
90	<b>FERENC Stanisław</b>	<b>604</b>	ZRYW	M40	90		01:53:58	02:59:38	<b>03:00:41.40</b>	<b>03:00:49.05</b>	+01:21:31 (45.1%)	8:46 6.8 (54.4%)
91	<b>WIERZBICKI Michał</b>	<b>1145</b>	MORSY SWARZĘDZ	M40	91		01:58:04	02:58:54	<b>02:59:56.00</b>	<b>03:01:00.05</b>	+01:21:42 (45.1%)	8:44 6.9 (55.2%)
92	<b>FRĄCZEK Marcin</b>	<b>837</b>	IGT	M40	92		01:52:32	03:00:30	<b>03:01:36.05</b>	<b>03:02:23.50</b>	+01:23:05 (45.6%)	8:48 6.8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Durbaszką		Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h	
						Polski	12.4km						20.2km
93	<b>LEGUTKO Piotr</b>	<b>809</b>		M40	93		01:52:07	03:01:14	<b>03:02:37.80</b>	<b>03:03:16.25</b>	+01:23:58 (45.8%)	8:51	6.8 (54.4%)
94	<b>LUBOŃ Michał</b>	<b>798</b>	#GH	M40	94		01:55:49	03:01:30	<b>03:02:48.90</b>	<b>03:03:34.50</b>	+01:24:16 (45.9%)	8:52	6.8 (54.4%)
95	<b>GERVELE Arvydas</b>	<b>721</b>	WILD SOULS	M40	95		01:56:02	03:01:38	<b>03:02:40.25</b>	<b>03:03:50.95</b>	+01:24:33 (46.0%)	8:52	6.8 (54.4%)
96	<b>CUBER Michał</b>	<b>729</b>		M40	96		01:55:50	03:02:02	<b>03:03:11.05</b>	<b>03:04:03.75</b>	+01:24:45 (46.1%)	8:53	6.7 (53.6%)
97	<b>MIKUCKI Artur</b>	<b>524</b>		M40	97		01:59:53	03:02:50	<b>03:03:47.70</b>	<b>03:04:25.25</b>	+01:25:07 (46.2%)	8:55	6.7 (53.6%)
98	<b>FERLAK Jan</b>	<b>668</b>	NA SZLAKU LUTY	M40	98		01:57:28	03:02:34	<b>03:03:32.45</b>	<b>03:04:40.40</b>	+01:25:22 (46.2%)	8:54	6.7 (53.6%)
99	<b>MOLENDĄ Marcin</b>	<b>930</b>	SINE PEŁTO TEAM	M40	99		01:55:06	03:02:50	<b>03:04:06.35</b>	<b>03:04:42.15</b>	+01:25:24 (46.2%)	8:56	6.7 (53.6%)
100	<b>KAWA Dariusz</b>	<b>863</b>		M40	100		01:56:20	03:03:37	<b>03:04:38.30</b>	<b>03:05:29.60</b>	+01:26:11 (46.5%)	8:57	6.7 (53.6%)
101	<b>TEMPLER Marek</b>	<b>981</b>	TEAM ZABIEGANEDNI	M40	101		01:55:41	03:04:47	<b>03:05:50.50</b>	<b>03:06:49.00</b>	+01:27:31 (46.8%)	9:01	6.7 (53.6%)
102	<b>TYMBURSKI Michał</b>	<b>706</b>	SPARTA LUBLIN	M40	102		02:00:31	03:05:47	<b>03:07:04.95</b>	<b>03:08:09.05</b>	+01:28:51 (47.2%)	9:04	6.6 (52.8%)
102	<b>BUGAJCZYK Cezary</b>	<b>1182</b>		M40	102		01:57:17	03:05:56	<b>03:07:14.05</b>	<b>03:08:09.05</b>	+01:28:51 (47.2%)	9:05	6.6 (52.8%)
104	<b>PYSSA Bartosz</b>	<b>911</b>		M40	104		01:59:30	03:07:04	<b>03:08:27.70</b>	<b>03:09:04.50</b>	+01:29:46 (47.5%)	9:08	6.6 (52.8%)
105	<b>WITKOWSKI Krzysztof</b>	<b>734</b>		M40	105		01:54:39	03:08:13	<b>03:09:23.85</b>	<b>03:09:45.00</b>	+01:30:27 (47.7%)	9:11	6.5 (52.0%)
106	<b>SZYMCZAK Michał</b>	<b>853</b>	AKS WATAHA PABIANICE	M40	106		02:01:14	03:08:24	<b>03:09:37.80</b>	<b>03:10:14.40</b>	+01:30:56 (47.8%)	9:12	6.5 (52.0%)
107	<b>FRANKOWSKI Piotr</b>	<b>992</b>		M40	107		02:02:16	03:08:40	<b>03:09:45.75</b>	<b>03:10:40.60</b>	+01:31:22 (47.9%)	9:12	6.5 (52.0%)
108	<b>WOŁYNIĘC Paweł</b>	<b>1133</b>	BIEGACZE SPECJALNEJ TROSKI	M40	108		01:58:40	03:08:53	<b>03:10:04.00</b>	<b>03:10:46.55</b>	+01:31:28 (47.9%)	9:13	6.5 (52.0%)
109	<b>ŁĄCKI Marcin</b>	<b>612</b>		M40	109		02:08:24	03:12:48	<b>03:13:49.95</b>	<b>03:14:55.35</b>	+01:35:37 (49.1%)	9:24	6.4 (51.2%)
110	<b>ZYCHOWICZ Tomasz</b>	<b>973</b>		M40	110		01:59:52	03:13:43	<b>03:15:00.65</b>	<b>03:15:23.60</b>	+01:36:05 (49.2%)	9:27	6.3 (50.4%)
111	<b>FAL Piotr</b>	<b>913</b>		M40	111		01:56:18	03:15:26	<b>03:16:52.30</b>	<b>03:17:22.20</b>	+01:38:04 (49.7%)	9:33	6.3 (50.4%)
112	<b>OSOWIECKI Przemysław</b>	<b>926</b>		M40	112		02:05:09	03:15:11	<b>03:16:30.00</b>	<b>03:17:28.30</b>	+01:38:10 (49.7%)	9:32	6.3 (50.4%)
113	<b>SOKULSKI Marcin</b>	<b>671</b>	KASZANKI	M40	113		02:05:00	03:17:44	<b>03:19:04.10</b>	<b>03:19:40.85</b>	+01:40:22 (50.3%)	9:39	6.2 (49.6%)
114	<b>BŁASZCZAK Wojciech</b>	<b>698</b>	CHWILAMOMENTTEAM	M40	114		02:02:27	03:20:23	<b>03:21:45.00</b>	<b>03:22:39.05</b>	+01:43:21 (51.0%)	9:47	6.1 (48.8%)
115	<b>PŁAŻEWSKI Paweł</b>	<b>1085</b>	SII RUNNING TEAM	M40	115		02:08:30	03:23:36	<b>03:25:20.75</b>	<b>03:25:48.90</b>	+01:46:30 (51.8%)	9:58	6 (48.0%)
116	<b>JASIŃSKI Ireneusz</b>	<b>951</b>		M40	116		02:10:02	03:23:47	<b>03:25:08.70</b>	<b>03:26:16.95</b>	+01:46:59 (51.9%)	9:57	6 (48.0%)
117	<b>ŁUCZAK Michał</b>	<b>1167</b>	RAK'N'ROLL	M40	117		02:09:07	03:23:33	<b>03:25:32.70</b>	<b>03:26:29.20</b>	+01:47:11 (51.9%)	9:58	6 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Schronisko pod Durbaszką		Czas		Różn	Tempo min/km	Tempo km/h
						Polski		12.4km	20.2km	netto 20.6km	brutto 20.6km			
118	<b>MARIAŃSKI Marek</b>	<b>794</b>	RAGGABOMBA	M40	118			02:06:55	03:23:51	<b>03:25:28.10</b>	<b>03:26:30.90</b>	+01:47:12 (51.9%)	9:58	6 (48.0%)
119	<b>MATUSZEWSKI Michał</b>	<b>845</b>		M40	119			02:08:02	03:24:47	<b>03:26:03.40</b>	<b>03:26:57.90</b>	+01:47:39 (52.0%)	10:00	6 (48.0%)
120	<b>WIECZOREK Michał</b>	<b>829</b>		M40	120			02:09:57	03:28:52	<b>03:30:10.95</b>	<b>03:30:28.70</b>	+01:51:10 (52.8%)	10:12	5.9 (47.2%)
121	<b>CHOŁODY Łukasz</b>	<b>1044</b>	SPRINT GORZYCE	M40	121			02:16:12	03:31:10	<b>03:32:19.45</b>	<b>03:32:29.25</b>	+01:53:11 (53.3%)	10:18	5.8 (46.4%)
122	<b>PIETRASIEWICZ Tomasz</b>	<b>990</b>		M40	122			02:20:49	03:32:04	<b>03:33:20.95</b>	<b>03:34:06.15</b>	+01:54:48 (53.6%)	10:21	5.8 (46.4%)
123	<b>KRASNOWIECKI Łukasz</b>	<b>730</b>		M40	123			02:13:23	03:32:35	<b>03:33:53.95</b>	<b>03:34:48.15</b>	+01:55:30 (53.8%)	10:22	5.8 (46.4%)
124	<b>BIELAK Sebastian</b>	<b>932</b>		M40	124			02:15:12	03:32:35	<b>03:33:45.80</b>	<b>03:34:52.10</b>	+01:55:34 (53.8%)	10:22	5.8 (46.4%)
125	<b>MUSIALIK Tomasz</b>	<b>997</b>		M40	125			02:17:16	03:38:03	<b>03:39:01.25</b>	<b>03:39:57.55</b>	+02:00:39 (54.9%)	10:37	5.6 (44.8%)
126	<b>NARONOWICZ Paweł</b>	<b>1028</b>	GRUPA KRECIK	M40	126			02:20:46	03:39:03	<b>03:40:12.10</b>	<b>03:40:43.80</b>	+02:01:25 (55.0%)	10:41	5.6 (44.8%)
127	<b>WYKIEŃSKI Patryk</b>	<b>884</b>	TREKKING TEAM OSTROWIEC	M40	127			02:20:01	03:39:57	<b>03:41:24.45</b>	<b>03:41:40.70</b>	+02:02:22 (55.2%)	10:44	5.6 (44.8%)
128	<b>KUCZERA Łukasz</b>	<b>843</b>		M40	128			02:25:34	03:45:04	<b>03:46:12.60</b>	<b>03:47:11.55</b>	+02:07:53 (56.3%)	10:58	5.5 (44.0%)
129	<b>WOLEK Marcin</b>	<b>963</b>		M40	129			02:25:59	03:54:58	<b>03:57:38.20</b>	<b>03:58:36.95</b>	+02:19:19 (58.4%)	11:32	5.2 (41.6%)
130	<b>BADURA Adam</b>	<b>532</b>	KJ PROFIT ORZESZE	M40	130			02:28:51	04:02:35	<b>04:04:10.85</b>	<b>04:05:12.85</b>	+02:25:54 (59.5%)	11:51	5.1 (40.8%)
131	<b>LUDYNIA Krzysztof</b>	<b>828</b>	STG WARSZAWA	M40	131			02:12:54	04:04:16	<b>04:06:11.80</b>	<b>04:06:59.75</b>	+02:27:41 (59.8%)	11:57	5 (40.0%)
132	<b>KAWA Jacek</b>	<b>1010</b>	TTO OSTRWOWIEC ŚWIĘTOKRZYSKI	M40	132			02:44:37	04:20:06	<b>04:21:35.45</b>	<b>04:22:51.10</b>	+02:43:33 (62.2%)	12:41	4.7 (37.6%)
133	<b>SKOCZYŁAS Bartosz</b>	<b>905</b>	SPARTA LUBLIN	M40	133			02:39:50	04:21:09	<b>04:22:27.65</b>	<b>04:23:23.50</b>	+02:44:05 (62.3%)	12:44	4.7 (37.6%)
<b>Przekroczony limit czasu: 05:00:00</b>														
134	<b>MYKOWSKI Tadeusz</b>	<b>959</b>	AKTYWNI KOCIEWIACY	M40	134			03:29:01	05:46:52	<b>05:49:31.30</b>	<b>05:49:44.15</b>	+04:10:26 (71.6%)	16:58	3.5 (28.0%)

Znaleziono 134 wynik(ów)