



# DZIKI GROŃ - 65 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** PIENINY ULTRA-TRAIL®  
**Organizator:** Fundacja Strefa Przygód  
**Data:** 2024-04-20  
**Miejsce:** Szczawnica  
**Dystans:** 64.6 km



Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie 14.5km		Bacówka na Obidzy 45.1km		Durbaszka 56.4km	Czas netto 64.6km		Czas brutto 64.6km		Różn	Tempo min/km	Tempo km/h
						14.5km	Rytko 23.2km	45.1km	56.4km		64.2km	64.6km	64.6km				
1	<b>GOC Paweł</b>	<b>3132</b>	RMT TEAM	M40	1	01:33:27	02:11:52	04:38:29	05:55:23	06:41:17	<b>06:42:12.35</b>	<b>06:42:16.60</b>		6:13	9.6 (100%)		
2	<b>ORZEŁ Michał</b>	<b>2115</b>	BANDA GRUDNIA	M40	2	01:32:33	02:12:57	04:40:01	05:57:12	06:44:39	<b>06:45:22.20</b>	<b>06:45:24.75</b>	+00:03:08 (0.8%)	6:16	9.6 (100%)		
3	<b>KOSAL Maciej</b>	<b>3395</b>		M40	3	01:42:37	02:23:42	04:53:32	06:08:57	06:54:49	<b>06:55:45.25</b>	<b>06:55:47.80</b>	+00:13:31 (3.3%)	6:26	9.3 (96.9%)		
4	<b>KOPCEWICZ Tomasz</b>	<b>3188</b>		M40	4	01:32:36	02:11:55	04:44:51	06:12:24	07:03:38	<b>07:04:44.15</b>	<b>07:04:46.25</b>	+00:22:29 (5.3%)	6:34	9.1 (94.8%)		
5	<b>KASZUBA Michał</b>	<b>3389</b>	GRUPA NOMAX	M40	5	01:38:18	02:17:33	04:50:54	06:14:51	07:04:05	<b>07:05:12.95</b>	<b>07:05:15.50</b>	+00:22:58 (5.4%)	6:34	9.1 (94.8%)		
6	<b>WÓJCIK Paweł</b>	<b>3076</b>	AZS UEK KRAKOW/KROKUS PRZYSZOWA	M40	6	01:39:10	02:20:42	04:58:22	06:21:22	07:09:27	<b>07:10:20.00</b>	<b>07:10:26.55</b>	+00:28:09 (6.5%)	6:39	9 (93.8%)		
7	<b>HŁADUŃSKI Łukasz</b>	<b>3361</b>		M40	7			04:55:14	06:17:47	07:09:34	<b>07:10:32.10</b>	<b>07:10:41.65</b>	+00:28:25 (6.6%)	6:39	9 (93.8%)		
8	<b>GOLONKA Paweł</b>	<b>3193</b>	GRZĄDZIEL TEAM / KS FORREST LIMANOWA	M40	8	01:39:30	02:23:28	04:59:02	06:23:58	07:13:45	<b>07:14:50.75</b>	<b>07:14:55.15</b>	+00:32:38 (7.5%)	6:43	8.9 (92.7%)		
9	<b>JÓZEFKO Arkadiusz</b>	<b>3033</b>	MARCIN ŚWIERC TEAM	M40	9	01:36:42	02:19:56	04:59:17	06:25:36	07:17:11	<b>07:18:11.40</b>	<b>07:18:14.90</b>	+00:35:58 (8.2%)	6:46	8.8 (91.7%)		
10	<b>MOSKALIK Tomasz</b>	<b>3069</b>	CIOBAN BRUMELOR	M40	10	01:42:18	02:26:29	05:06:41	06:27:55	07:18:53	<b>07:19:51.15</b>	<b>07:20:00.45</b>	+00:37:43 (8.6%)	6:48	8.8 (91.7%)		
11	<b>PIEKIELNY Mariusz</b>	<b>3248</b>		M40	11	01:40:21	02:21:26	05:12:11	06:37:22	07:28:33	<b>07:29:37.25</b>	<b>07:29:39.45</b>	+00:47:22 (10.5%)	6:57	8.6 (89.6%)		
12	<b>PODKAŃSKI Bartosz</b>	<b>3045</b>	GOPR KARKONOSZE	M40	12	01:39:28	02:26:22	05:07:25	06:37:51	07:33:23	<b>07:34:25.75</b>	<b>07:34:47.20</b>	+00:52:30 (11.5%)	7:02	8.5 (88.5%)		
13	<b>BAREIKIS Dziugas</b>	<b>3373</b>	WILD SOULS	M40	13	01:45:21	02:32:17	05:20:57	06:42:58	07:34:43	<b>07:35:38.95</b>	<b>07:35:47.45</b>	+00:53:30 (11.7%)	7:03	8.5 (88.5%)		
14	<b>STAŃCZAK Marcin</b>	<b>3275</b>	TKKF PŁOCK	M40	14	01:41:07	02:24:22	05:14:16	06:44:31	07:37:29	<b>07:38:32.25</b>	<b>07:38:36.00</b>	+00:56:19 (12.3%)	7:05	8.5 (88.5%)		
15	<b>SKOWROŃSKI Janusz</b>	<b>3049</b>	-	M40	15	01:47:55	02:35:13	05:31:35	07:01:48	07:51:25	<b>07:52:24.80</b>	<b>07:52:37.70</b>	+01:10:21 (14.9%)	7:18	8.2 (85.4%)		
16	<b>WARWAS Radosław</b>	<b>3405</b>		M40	16	01:43:25	02:36:33	05:28:22	07:01:34	07:53:03	<b>07:53:52.50</b>	<b>07:54:02.10</b>	+01:11:45 (15.1%)	7:20	8.2 (85.4%)		
17	<b>ORŁÓW Łukasz</b>	<b>3326</b>	KB MCKIS JAWORZNO	M40	17	01:42:42	02:28:19	05:27:00	06:57:50	07:52:59	<b>07:54:03.25</b>	<b>07:54:05.35</b>	+01:11:48 (15.1%)	7:20	8.2 (85.4%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko		Bacówka			Czas		Tempo min/km	Tempo km/h	
						Przehybie 14.5km	Rytró 23.2km	Obidzy 45.1km	Durbaszka 56.4km	64.2km	64.6km	64.6km			Różn
18	<b>FEDORCZAK Jacek</b>	<b>3117</b>	JACEK FEDORCZAK	M40	18	01:47:39	02:34:15	05:27:19	06:57:44	07:53:10	<b>07:54:14.95</b>	<b>07:54:20.00</b>	+01:12:03 (15.2%)	7:20	8.2 (85.4%)
19	<b>TUSZYŃSKI Zygmunt</b>	<b>3057</b>	PGE RUN OBRÓT	M40	19	01:52:24	02:43:42	05:39:46	07:11:27	08:07:56	<b>08:08:59.20</b>	<b>08:09:03.75</b>	+01:26:47 (17.7%)	7:34	7.9 (82.3%)
20	<b>MAĆKOWIAK Tomasz</b>	<b>3357</b>	CB163	M40	20	01:54:10	02:43:27	05:46:58	07:16:39	08:08:35	<b>08:09:43.05</b>	<b>08:09:52.20</b>	+01:27:35 (17.9%)	7:34	7.9 (82.3%)
21	<b>MATYSIAK Bartłomiej</b>	<b>3348</b>	JACEKBIEGA RUNNING TEAM	M40	21	01:54:05	02:43:59	05:46:23	07:16:20	08:12:10	<b>08:13:21.15</b>	<b>08:13:33.95</b>	+01:31:17 (18.5%)	7:38	7.9 (82.3%)
22	<b>ZIELIŃSKI Paweł</b>	<b>3051</b>	RUCH IZBICA / BANDA GRUDNIA	M40	22	01:44:25	02:31:58	05:44:35	07:21:45	08:18:39	<b>08:19:45.00</b>	<b>08:20:12.40</b>	+01:37:55 (19.6%)	7:44	7.8 (81.3%)
23	<b>DAJEK Łukasz</b>	<b>3204</b>	JEDZIBIEGAJ.PL	M40	23	01:51:38	02:39:59	05:45:20	07:24:21	08:19:50	<b>08:20:43.55</b>	<b>08:20:50.75</b>	+01:38:34 (19.7%)	7:45	7.7 (80.2%)
24	<b>ŁUKACKI Daniel</b>	<b>3218</b>		M40	24	01:52:55	02:43:52	05:46:19	07:24:13	08:19:55	<b>08:20:49.00</b>	<b>08:20:58.55</b>	+01:38:41 (19.7%)	7:45	7.7 (80.2%)
25	<b>CHRZAN Daniel</b>	<b>3318</b>	AA TARNÓW	M40	25	01:51:38	02:38:22	05:43:44	07:20:32	08:20:13	<b>08:21:13.50</b>	<b>08:21:53.00</b>	+01:39:36 (19.8%)	7:45	7.7 (80.2%)
26	<b>JANOWSKI Mariusz</b>	<b>3148</b>	MARCIN ŚWIERC TEAM	M40	26	01:50:38	02:39:51	05:46:36	07:27:03	08:26:10	<b>08:27:02.65</b>	<b>08:27:06.05</b>	+01:44:49 (20.7%)	7:50	7.6 (79.2%)
27	<b>GRACZ Paweł</b>	<b>3217</b>	ULTRA DIABŁY TEAM LUBRZA	M40	27	01:43:14	02:30:57	05:43:47	07:24:50	08:26:08	<b>08:27:14.30</b>	<b>08:27:24.95</b>	+01:45:08 (20.7%)	7:51	7.6 (79.2%)
28	<b>BUĆKO Marcin</b>	<b>3404</b>	DYNAMIT TEAM	M40	28	01:57:53	02:52:32	05:55:33	07:32:55	08:30:19	<b>08:31:30.85</b>	<b>08:31:34.80</b>	+01:49:18 (21.4%)	7:55	7.6 (79.2%)
29	<b>BALON Piotr</b>	<b>3385</b>	UKS GUZIKÓWKA KROSNO/BAKOMAT U(L)TRA TEAM	M40	29	01:46:54		05:48:39	07:32:18	08:33:21	<b>08:34:35.05</b>	<b>08:34:39.95</b>	+01:52:23 (21.8%)	7:57	7.5 (78.1%)
30	<b>KRUGLIAKOVAS Povilas</b>	<b>3169</b>	WILDSOULS	M40	30	01:53:11		06:00:40	07:39:46	08:34:04	<b>08:35:01.55</b>	<b>08:35:06.70</b>	+01:52:50 (21.9%)	7:58	7.5 (78.1%)
31	<b>PŁUDOWSKI Łukasz</b>	<b>3292</b>		M40	31	01:47:24	02:35:38	05:51:50	07:39:34	08:47:10	<b>08:48:18.25</b>	<b>08:48:23.90</b>	+02:06:07 (23.9%)	8:10	7.3 (76.0%)
32	<b>BARWICKI Marcin</b>	<b>3197</b>		M40	32	01:56:08	02:45:46	06:00:25	07:43:48	08:47:53	<b>08:49:08.40</b>	<b>08:49:34.25</b>	+02:07:17 (24.0%)	8:11	7.3 (76.0%)
33	<b>GAWRON Przemysław</b>	<b>3393</b>	SŁOŃCA JURY	M40	33	01:51:25	02:51:24	06:08:11	07:49:23	08:50:51	<b>08:51:50.85</b>	<b>08:52:21.10</b>	+02:10:04 (24.4%)	8:13	7.3 (76.0%)
34	<b>KLIMEK Przemysław</b>	<b>3071</b>	KLUB BIEGACZA AZS UEK	M40	34	01:56:06	02:47:55	06:08:46	07:54:04	08:52:57	<b>08:53:53.05</b>	<b>08:54:12.40</b>	+02:11:55 (24.7%)	8:15	7.3 (76.0%)
35	<b>ZDEB Maciej</b>	<b>3086</b>	WILK ULTRA TEAM	M40	35	01:59:13	02:53:18	06:06:07	07:50:28	08:53:32	<b>08:54:46.80</b>	<b>08:55:07.30</b>	+02:12:50 (24.8%)	8:16	7.2 (75.0%)
36	<b>SADKOWSKI Paweł</b>	<b>3370</b>		M40	36	01:58:20	02:55:14	06:15:42	08:02:15	09:00:36	<b>09:01:33.85</b>	<b>09:01:51.30</b>	+02:19:34 (25.8%)	8:22	7.2 (75.0%)
37	<b>KALISZ Adam</b>	<b>3021</b>	MOC DZIKA I SARNY STYL	M40	37	02:02:51	02:57:26	06:14:38	07:59:18	09:02:07	<b>09:03:15.90</b>	<b>09:04:12.80</b>	+02:21:56 (26.1%)	8:24	7.1 (74.0%)
38	<b>BURAS Michał</b>	<b>3315</b>	SALCLAN-TEAM	M40	38	01:57:08	02:56:07	06:13:36	08:04:43	09:07:43	<b>09:08:39.90</b>	<b>09:08:55.30</b>	+02:26:38 (26.7%)	8:29	7.1 (74.0%)
39	<b>SALWA Krzysztof</b>	<b>3252</b>	SALCLAN-TEAM	M40	39	01:57:11	02:56:07	06:13:34	08:04:41	09:07:44	<b>09:08:44.50</b>	<b>09:08:59.65</b>	+02:26:43 (26.7%)	8:29	7.1 (74.0%)
40	<b>JADZIEWICZ Jakub</b>	<b>3375</b>	PRORUNNING PROMOTION	M40	40	01:55:35	02:51:46	06:12:22	08:00:05	09:08:29	<b>09:09:38.05</b>	<b>09:09:48.10</b>	+02:27:31 (26.8%)	8:30	7.1 (74.0%)
41	<b>ŁUCJANEK Andrzej</b>	<b>3413</b>	KAJA TEAM	M40	41	01:54:35	02:48:51	06:12:38	08:03:46	09:11:23	<b>09:12:27.50</b>	<b>09:13:07.55</b>	+02:30:50 (27.3%)	8:33	7 (72.9%)
42	<b>ŁADA Marcin</b>	<b>3120</b>		M40	42	02:03:32	02:58:09	06:16:57	08:02:23	09:11:10	<b>09:12:34.35</b>	<b>09:13:09.60</b>	+02:30:53 (27.3%)	8:33	7 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko		Bacówka			Czas		Tempo min/km	Tempo km/h	
						na Przehybie 14.5km	Rytró 23.2km	Obidzy 45.1km	Durbaszka 56.4km	64.2km	64.6km	64.6km			Różn
43	<b>GRABOWSKI Bartłomiej</b>	<b>3265</b>	BEECITY	M40	43	01:57:35	02:49:29	06:25:00	08:12:03	09:14:06	<b>09:15:05.30</b>	<b>09:15:19.50</b>	+02:33:02 (27.6%)	8:35	7 (72.9%)
44	<b>GOŁOWICZ Rafał</b>	<b>3240</b>		M40	44	01:50:23	02:41:10	06:11:30	07:57:47	09:14:29	<b>09:15:55.10</b>	<b>09:16:08.60</b>	+02:33:52 (27.7%)	8:36	7 (72.9%)
45	<b>LADENBERGER Mateusz</b>	<b>3302</b>		M40	45	01:54:05	02:58:28	06:14:07	08:04:46	09:15:32	<b>09:16:49.45</b>	<b>09:16:54.60</b>	+02:34:38 (27.8%)	8:37	7 (72.9%)
46	<b>DRAS Marcin</b>	<b>3073</b>	RUCH IZBICA	M40	46	02:03:18	03:05:34	06:25:29	08:14:23	09:19:11	<b>09:20:15.70</b>	<b>09:20:43.55</b>	+02:38:26 (28.3%)	8:40	6.9 (71.9%)
47	<b>KOWALCZYK Aleksander</b>	<b>3026</b>		M40	47	01:59:13	03:06:24	06:27:11	08:17:45	09:19:33	<b>09:20:37.75</b>	<b>09:20:46.10</b>	+02:38:29 (28.3%)	8:40	6.9 (71.9%)
48	<b>WLAZŁOWSKI Radosław</b>	<b>3054</b>		M40	48	01:58:28	02:54:34	06:21:08	08:18:23	09:22:13	<b>09:23:19.65</b>	<b>09:23:30.80</b>	+02:41:14 (28.6%)	8:43	6.9 (71.9%)
49	<b>SIDOR Radosław</b>	<b>3213</b>	POSMAKUJ RUN TEAM	M40	49	01:57:26	02:52:06	06:06:14	08:20:05	09:22:05	<b>09:23:15.15</b>	<b>09:23:43.85</b>	+02:41:27 (28.6%)	8:43	6.9 (71.9%)
49	<b>SMERECKI Maciej</b>	<b>3228</b>	POSMAKUJ RUN TEAM	M40	49	02:06:26	03:02:11	06:32:05	08:20:39	09:22:05	<b>09:23:14.50</b>	<b>09:23:43.85</b>	+02:41:27 (28.6%)	8:43	6.9 (71.9%)
51	<b>ZYGMUNT Mateusz</b>	<b>3387</b>	SEMPER ACTIVE	M40	51	02:06:08	03:07:48	06:33:52	08:18:18	09:23:37	<b>09:24:38.75</b>	<b>09:25:00.85</b>	+02:42:44 (28.8%)	8:44	6.9 (71.9%)
52	<b>LADRA Ryszard</b>	<b>3374</b>	AG KOMPRESSOREN / KKM KALORYFER	M40	52	02:02:38	03:00:15	06:29:26	08:20:29	09:25:09	<b>09:26:07.50</b>	<b>09:26:14.00</b>	+02:43:57 (29.0%)	8:45	6.8 (70.8%)
53	<b>NOWAK Tomasz</b>	<b>3050</b>	BW BIEGACZE WYMIATACZE	M40	53	02:01:20	03:00:34	06:31:53	08:24:49	09:25:14	<b>09:26:09.65</b>	<b>09:26:19.70</b>	+02:44:03 (29.0%)	8:45	6.8 (70.8%)
54	<b>KOCIOŁOWICZ Łukasz</b>	<b>3342</b>	WOJTEK KOTARBA ULTRAWAY	M40	54	01:58:53	03:06:42	06:32:27	08:25:18	09:30:13	<b>09:31:23.75</b>	<b>09:31:30.10</b>	+02:49:13 (29.6%)	8:50	6.8 (70.8%)
55	<b>AMBROZIAK Rafał</b>	<b>3334</b>	ULTRA KUTNO	M40	55	02:03:23	03:00:27	06:32:04	08:24:23	09:30:05	<b>09:31:19.40</b>	<b>09:31:37.40</b>	+02:49:20 (29.6%)	8:50	6.8 (70.8%)
56	<b>LITWIN Michał</b>	<b>3131</b>		M40	56	01:53:10	02:47:52	06:21:43	08:22:23	09:32:23	<b>09:33:30.50</b>	<b>09:33:40.60</b>	+02:51:24 (29.9%)	8:52	6.8 (70.8%)
57	<b>KOWALKOWSKI Krzysztof</b>	<b>3368</b>	BROWERY TEAM	M40	57	01:58:29	02:54:35	06:22:06	08:17:28	09:32:30	<b>09:33:39.90</b>	<b>09:33:51.65</b>	+02:51:35 (29.9%)	8:52	6.8 (70.8%)
58	<b>SOŁTYSIAK Karol</b>	<b>3180</b>		M40	58	02:06:09	02:59:56	06:33:45	08:26:13	09:32:24	<b>09:33:44.90</b>	<b>09:33:59.40</b>	+02:51:42 (29.9%)	8:52	6.8 (70.8%)
59	<b>SAWCZYN Tomasz</b>	<b>3070</b>	DBS	M40	59	01:56:42	02:51:18	06:16:38	08:19:29	09:33:23	<b>09:34:38.90</b>	<b>09:34:49.25</b>	+02:52:32 (30.0%)	8:53	6.7 (69.8%)
60	<b>CZERNY Tomasz</b>	<b>3261</b>	AKTYWNE ZABRZE	M40	60	01:57:09	02:54:08	06:34:17	08:31:07	09:35:31	<b>09:36:47.45</b>	<b>09:36:54.55</b>	+02:54:37 (30.3%)	8:55	6.7 (69.8%)
61	<b>SZYMAŃSKI Maciej</b>	<b>3351</b>		M40	61	01:55:33	02:49:21	06:19:31	08:16:44	09:36:37	<b>09:38:10.25</b>	<b>09:38:45.10</b>	+02:56:28 (30.5%)	8:56	6.7 (69.8%)
62	<b>SZKLARCZYK Piotr</b>	<b>3290</b>	BRACTWO BIEGOWE BGK	M40	62	02:01:13	02:56:47	06:32:26	08:27:13	09:37:05	<b>09:38:30.25</b>	<b>09:38:50.70</b>	+02:56:34 (30.5%)	8:57	6.7 (69.8%)
63	<b>BĘLCZYKOWSKI Zbigniew</b>	<b>3271</b>	BRAVEHEART	M40	63	02:00:59	03:02:20	06:43:13	08:34:22	09:40:13	<b>09:41:22.35</b>	<b>09:41:45.85</b>	+02:59:29 (30.9%)	8:59	6.7 (69.8%)
64	<b>ŁYSIAK Michał</b>	<b>3161</b>	SZWAGRY DWA	M40	64	02:05:09	02:59:19	06:39:32	08:33:17	09:40:50	<b>09:41:45.30</b>	<b>09:41:59.10</b>	+02:59:42 (30.9%)	9:00	6.7 (69.8%)
65	<b>CZERNICKI Jakub</b>	<b>3208</b>		M40	65	02:03:27	03:02:19	06:32:53	08:35:03	09:41:29	<b>09:42:43.35</b>	<b>09:43:09.90</b>	+03:00:53 (31.0%)	9:01	6.7 (69.8%)
66	<b>WORZALA Wojciech</b>	<b>3129</b>	ULTRA WAY	M40	66	02:10:40	03:15:24	06:43:17	08:33:29	09:42:04	<b>09:43:18.00</b>	<b>09:43:41.70</b>	+03:01:25 (31.1%)	9:01	6.6 (68.8%)
67	<b>PIĘNKOSZ Wojciech</b>	<b>3369</b>	PGE ENERGETIC RUNNING/PODIUM	M40	67	01:59:52	03:01:24	06:39:44	08:37:16		<b>09:45:37.40</b>	<b>09:45:48.10</b>	+03:03:31 (31.3%)	9:03	6.6 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko		Bacówka			Czas netto 64.6km	Czas brutto 64.6km	Różn	Tempo min/km	Tempo km/h
						Przehybie 14.5km	Rytro 23.2km	Obidzy 45.1km	Durbaszka 56.4km	64.2km					
68	<b>SZCZĘŚNIAK Piotr</b>	<b>3135</b>	MASARNIA FIZJOTERAPIA I MASAŻ	M40	68	02:03:58	03:00:12	06:31:45	08:31:38		<b>09:51:50.75</b>	<b>09:52:15.80</b>	+03:09:59 (32.1%)	9:09	6.5 (67.7%)
69	<b>DZIADOSZ Paweł</b>	<b>3408</b>		M40	69	01:58:09	02:52:23	06:34:20	08:39:39		<b>09:53:03.20</b>	<b>09:53:13.15</b>	+03:10:56 (32.2%)	9:10	6.5 (67.7%)
70	<b>NOWOROLNIK Paweł</b>	<b>3314</b>	PĘDZĄCE MISIE	M40	70	02:06:44	03:08:55	06:49:00	08:44:09		<b>09:52:59.60</b>	<b>09:53:24.95</b>	+03:11:08 (32.2%)	9:10	6.5 (67.7%)
71	<b>MIREK Sławomir</b>	<b>3062</b>		M40	71	02:09:37	03:16:57	06:57:45	08:51:42		<b>09:56:59.55</b>	<b>09:57:07.15</b>	+03:14:50 (32.6%)	9:14	6.5 (67.7%)
72	<b>MYSIURA Daniel</b>	<b>3399</b>		M40	72	01:50:28	02:42:46	06:10:58	08:25:56		<b>09:57:52.40</b>	<b>09:58:05.20</b>	+03:15:48 (32.7%)	9:15	6.5 (67.7%)
73	<b>JÓŻWICKI Karol</b>	<b>3264</b>	PODLASKIE KOCURY	M40	73	02:06:15	03:03:57	06:48:58	08:47:48		<b>09:58:42.05</b>	<b>09:58:53.65</b>	+03:16:37 (32.8%)	9:16	6.5 (67.7%)
74	<b>BARTOSIEWICZ Adam</b>	<b>3377</b>	OCR POLSKA	M40	74	02:09:51	03:15:34	06:51:23	08:48:12		<b>09:59:37.85</b>	<b>10:00:00.15</b>	+03:17:43 (33.0%)	9:16	6.5 (67.7%)
75	<b>MARGOL Paweł</b>	<b>3270</b>		M40	75	02:07:17	03:05:50	06:40:29	08:45:37		<b>10:02:39.40</b>	<b>10:02:52.50</b>	+03:20:35 (33.3%)	9:19	6.4 (66.7%)
76	<b>KOZIOŁ Paweł</b>	<b>3221</b>	KOBZIAK	M40	76	02:18:25	03:21:36	06:56:08	08:53:01		<b>10:02:31.10</b>	<b>10:03:03.90</b>	+03:20:47 (33.3%)	9:19	6.4 (66.7%)
77	<b>GARSTKA Zbigniew</b>	<b>3309</b>		M40	77	02:06:14	03:14:03	06:54:47	08:49:34		<b>10:04:15.70</b>	<b>10:04:27.25</b>	+03:22:10 (33.4%)	9:21	6.4 (66.7%)
78	<b>BANASIAK Marcin</b>	<b>3019</b>	-	M40	78	01:44:31	02:35:21	06:30:37	08:40:56		<b>10:04:37.20</b>	<b>10:04:53.05</b>	+03:22:36 (33.5%)	9:21	6.4 (66.7%)
79	<b>NYKIEL Rafał</b>	<b>3332</b>	ULTRA DIABŁY TEAM LUBRZA	M40	79	02:06:01	03:09:33	06:52:23	08:57:35		<b>10:10:50.55</b>	<b>10:11:02.75</b>	+03:28:46 (34.2%)	9:27	6.3 (65.6%)
80	<b>NAWROCKI Arkadiusz</b>	<b>3379</b>		M40	80	02:09:21	03:09:31	06:48:24	08:48:49		<b>10:11:11.35</b>	<b>10:11:18.55</b>	+03:29:01 (34.2%)	9:27	6.3 (65.6%)
81	<b>ZOK Karol</b>	<b>3100</b>	SMUCIKONIE	M40	81	02:11:22	03:10:01	06:50:04	08:55:17		<b>10:17:42.90</b>	<b>10:18:13.45</b>	+03:35:56 (34.9%)	9:33	6.3 (65.6%)
82	<b>ANDRZEJEWSKI Lukasz</b>	<b>3047</b>	FTI RACE TEAM	M40	82	02:05:14	03:09:57	06:41:39	08:59:47		<b>10:18:33.40</b>	<b>10:18:41.00</b>	+03:36:24 (35.0%)	9:34	6.3 (65.6%)
83	<b>SZYMBORSKI Piotr</b>	<b>3386</b>		M40	83	02:02:10		06:47:57	08:58:26		<b>10:18:11.40</b>	<b>10:18:43.35</b>	+03:36:26 (35.0%)	9:34	6.3 (65.6%)
84	<b>PROKOPIUK Grzegorz</b>	<b>3022</b>	SZWAGRY DWA / BIEGAM NA TARCHOMINIE	M40	84	02:06:26	03:06:17	06:52:14	09:03:46		<b>10:20:01.65</b>	<b>10:20:15.75</b>	+03:37:59 (35.1%)	9:35	6.3 (65.6%)
85	<b>BIAŁEK Mirosław</b>	<b>3300</b>	WRONIECKI KLUB BIEGACZA	M40	85	02:12:53	03:21:31	07:02:20	09:02:09		<b>10:21:50.20</b>	<b>10:22:01.50</b>	+03:39:44 (35.3%)	9:37	6.2 (64.6%)
86	<b>BYLINOWSKI Oleg</b>	<b>3094</b>	GLIWICKIE TOWARZYSTWO TRATHLONOWE	M40	86	02:13:13	03:16:51	06:51:38	09:05:31		<b>10:21:42.80</b>	<b>10:22:17.00</b>	+03:40:00 (35.4%)	9:37	6.2 (64.6%)
87	<b>KWOLEK Marcin</b>	<b>3136</b>	TRENUJ Z BONNIE & CLYDE	M40	87	01:57:28	02:52:04	06:38:44	08:55:36		<b>10:22:21.90</b>	<b>10:22:41.85</b>	+03:40:25 (35.4%)	9:38	6.2 (64.6%)
88	<b>PITERA Paweł</b>	<b>3173</b>		M40	88	01:59:09	03:05:26	06:46:48	08:59:15		<b>10:23:13.75</b>	<b>10:23:26.85</b>	+03:41:10 (35.5%)	9:38	6.2 (64.6%)
89	<b>GERING Mariusz</b>	<b>3147</b>	BALTIC HUB TEAM	M40	89	02:12:21	03:15:18	07:03:38	09:16:50		<b>10:25:26.90</b>	<b>10:26:00.50</b>	+03:43:43 (35.7%)	9:40	6.2 (64.6%)
90	<b>NOWAK Piotr</b>	<b>3398</b>		M40	90	02:05:38	03:03:36	06:57:44	09:02:23		<b>10:30:22.80</b>	<b>10:30:56.70</b>	+03:48:40 (36.2%)	9:45	6.1 (63.5%)
91	<b>KOŁODZIEJ Mariusz</b>	<b>3105</b>		M40	91	02:13:33	03:20:33	07:08:40	09:14:35		<b>10:43:20.85</b>	<b>10:43:30.95</b>	+04:01:14 (37.5%)	9:57	6 (62.5%)
92	<b>KOWALCZYK Marcin</b>	<b>3116</b>		M40	92	02:06:32	03:15:16	07:12:31	09:22:39		<b>10:45:06.05</b>	<b>10:45:30.35</b>	+04:03:13 (37.7%)	9:59	6 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko		Bacówka			Czas		Tempo min/km	Tempo km/h	
						Przehybie 14.5km	Rytró 23.2km	Obidzy 45.1km	Durbaszka 56.4km	64.2km	netto 64.6km	brutto 64.6km			Różn
93	<b>TCHOŃ Tomasz</b>	<b>3216</b>	AA TARNÓW	M40	93	02:15:58	03:16:28	07:21:26	09:21:32		<b>10:45:19.65</b>	<b>10:45:59.40</b>	+04:03:42 (37.7%)	9:59	6 (62.5%)
94	<b>KARPIEISUK Adam</b>	<b>3137</b>	AKTYWNIE UZALEŻNIAMY	M40	94	02:08:19	03:12:16	07:14:14	09:27:42		<b>10:47:38.85</b>	<b>10:47:59.80</b>	+04:05:43 (37.9%)	10:01	6 (62.5%)
95	<b>RYSZCZYK Adam</b>	<b>3088</b>	RUN2BFREE	M40	95	02:17:17	03:29:38	07:11:00	09:29:34		<b>10:47:55.65</b>	<b>10:48:27.75</b>	+04:06:11 (38.0%)	10:01	6 (62.5%)
96	<b>RZĘDZIAN Marcin</b>	<b>3196</b>	ŁĘCZNA BIEGA	M40	96	02:07:50	03:10:38	07:03:56	09:26:58		<b>10:49:41.70</b>	<b>10:50:27.70</b>	+04:08:11 (38.2%)	10:03	6 (62.5%)
97	<b>KOSZCZUK Łukasz</b>	<b>3020</b>	NATIONALE-NEDERLANDEN RUNNING TEAM	M40	97	02:10:10	03:14:20	07:30:17	09:38:19		<b>10:50:14.05</b>	<b>10:50:42.65</b>	+04:08:26 (38.2%)	10:03	6 (62.5%)
98	<b>SKLORZ Paweł</b>	<b>3162</b>		M40	98	01:45:49	02:41:27	06:34:38	09:11:14		<b>10:58:39.55</b>	<b>10:58:48.25</b>	+04:16:31 (38.9%)	10:11	5.9 (61.5%)
99	<b>DECHNIK Łukasz</b>	<b>3231</b>		M40	99	02:10:49	03:21:08	07:17:34	09:32:02		<b>10:59:27.05</b>	<b>10:59:36.80</b>	+04:17:20 (39.0%)	10:12	5.9 (61.5%)
100	<b>KONIKIEWICZ Kamil</b>	<b>3111</b>		M40	100	02:18:40	03:24:21	07:27:16	09:45:41		<b>11:01:35.35</b>	<b>11:02:01.75</b>	+04:19:45 (39.2%)	10:14	5.9 (61.5%)
101	<b>WERESZCZYŃSKI Tomasz</b>	<b>3121</b>	AKTYWNIE UZALEŻNIAMY	M40	101	02:08:17	03:12:18	07:14:17	09:38:01		<b>11:07:36.60</b>	<b>11:07:57.25</b>	+04:25:40 (39.8%)	10:20	5.8 (60.4%)
102	<b>RAKOWSKI Krzysztof</b>	<b>3104</b>	RUNNERSI	M40	102	02:13:33	03:16:28	07:19:03	09:37:35		<b>11:07:47.80</b>	<b>11:08:04.40</b>	+04:25:47 (39.8%)	10:20	5.8 (60.4%)
103	<b>DĄBKOWSKI Tomasz</b>	<b>3206</b>	AKTYWNIE UZALEŻNIAMY	M40	103	02:16:37	03:29:18	07:29:17	09:48:38		<b>11:16:43.65</b>	<b>11:17:04.45</b>	+04:34:47 (40.6%)	10:28	5.7 (59.4%)
104	<b>GAJDUS Wiktor</b>	<b>3139</b>	BALTIC HUB TEAM	M40	104	02:16:23	03:26:53	07:28:45	09:52:15		<b>11:18:40.40</b>	<b>11:19:31.20</b>	+04:37:14 (40.8%)	10:30	5.7 (59.4%)
105	<b>KOŁODZIEJ Marcin</b>	<b>3108</b>	KRULOWIE ZYCIA	M40	105	02:13:35	03:17:42	07:21:49	09:46:37		<b>11:22:29.75</b>	<b>11:23:12.45</b>	+04:40:55 (41.1%)	10:33	5.7 (59.4%)
106	<b>TUREK Maciej</b>	<b>3229</b>	#PIWONAMECIE	M40	106	02:15:57		07:30:16	09:52:49		<b>11:26:13.60</b>	<b>11:26:47.90</b>	+04:44:31 (41.4%)	10:37	5.6 (58.3%)
107	<b>KOZŁOWSKI Paweł</b>	<b>3291</b>	HURAGAN LIGOTA	M40	107	02:18:23	03:25:34	07:38:19	09:58:09		<b>11:33:05.85</b>	<b>11:33:31.20</b>	+04:51:14 (42.0%)	10:43	5.6 (58.3%)
108	<b>OSTASZEWSKI Ireneusz</b>	<b>3119</b>		M40	108	01:58:25	03:04:22	07:42:08	10:06:08		<b>11:33:32.60</b>	<b>11:33:54.00</b>	+04:51:37 (42.0%)	10:44	5.6 (58.3%)
109	<b>TYC Mirosław</b>	<b>3303</b>	MOW JAWORZE/RYTM	M40	109	02:19:33	03:27:40	07:38:17	10:00:23		<b>11:33:37.70</b>	<b>11:34:10.15</b>	+04:51:53 (42.0%)	10:44	5.6 (58.3%)
110	<b>BARCZYŃSKI Rafał</b>	<b>3103</b>	KIEŁMINA MANIACS	M40	110	02:15:48	03:27:57	07:41:09	10:07:59		<b>11:34:19.35</b>	<b>11:35:01.10</b>	+04:52:44 (42.1%)	10:44	5.6 (58.3%)
111	<b>GŁĄBSKI Paweł</b>	<b>3268</b>		M40	111	02:16:09	03:32:58	07:31:11	09:55:25		<b>11:35:05.60</b>	<b>11:35:22.50</b>	+04:53:05 (42.1%)	10:45	5.6 (58.3%)
112	<b>WILK Marcin</b>	<b>3289</b>		M40	112	02:16:09	03:32:56	07:33:59	09:56:36		<b>11:35:05.05</b>	<b>11:35:22.75</b>	+04:53:06 (42.2%)	10:45	5.6 (58.3%)
112	<b>GAJOWNIK Błażej</b>	<b>3285</b>		M40	112	02:16:11	03:32:57	07:34:03	09:56:36		<b>11:35:05.45</b>	<b>11:35:22.75</b>	+04:53:06 (42.2%)	10:45	5.6 (58.3%)
114	<b>JARZYŃKA Artur</b>	<b>3238</b>	MTRUN	M40	114	02:32:32	03:37:26	07:51:35	10:03:32		<b>11:35:52.70</b>	<b>11:36:32.80</b>	+04:54:16 (42.2%)	10:46	5.6 (58.3%)
115	<b>ZAJKOWSKI Mariusz</b>	<b>3360</b>	STAJNIA BALONA	M40	115	02:13:02	03:20:24	07:31:21	09:55:50		<b>11:37:20.05</b>	<b>11:37:47.55</b>	+04:55:30 (42.4%)	10:47	5.6 (58.3%)
116	<b>SUCHOWIRSKI Rafał</b>	<b>3085</b>		M40	116	02:11:13	03:20:35	07:26:58	09:51:41		<b>11:37:46.95</b>	<b>11:38:19.95</b>	+04:56:03 (42.4%)	10:48	5.6 (58.3%)
117	<b>BADOWSKI Robert</b>	<b>3337</b>	PELORUNNERTTEAM	M40	117	02:16:34	03:25:07	07:45:30	10:04:41		<b>11:39:55.15</b>	<b>11:40:21.90</b>	+04:58:05 (42.6%)	10:50	5.5 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na		Bacówka na			Czas		Tempo min/km	Tempo km/h	
						Przehybie 14.5km	Rytko 23.2km	Obidzy 45.1km	Durbaszka 56.4km	64.2km	netto 64.6km	brutto 64.6km			Różn
118	<b>KOCZOROWSKI Marcin</b>	<b>3187</b>	TEAM ZABIEGANEDNI	M40	118	02:25:11	03:36:11	07:59:59	10:23:07		<b>11:48:38.80</b>	<b>11:49:07.10</b>	+05:06:50 (43.3%)	10:58	5.5 (57.3%)
119	<b>SŁOMKA Andrzej</b>	<b>3182</b>		M40	119	02:27:31	03:41:27	08:15:52	10:32:32		<b>11:55:06.65</b>	<b>11:55:30.75</b>	+05:13:14 (43.8%)	11:04	5.4 (56.3%)
120	<b>CABAJ Paweł</b>	<b>3205</b>	NATIONALE NEDERLANDEN RUNING TEAM	M40	120	02:10:09	03:14:21	07:36:21	10:19:52		<b>12:07:26.75</b>	<b>12:07:55.30</b>	+05:25:38 (44.7%)	11:15	5.3 (55.2%)
121	<b>OPALA Krzysztof</b>	<b>3294</b>	AUTISM FATHER	M40	121	02:13:21	03:23:21	07:45:13	10:27:50		<b>12:22:10.15</b>	<b>12:22:41.30</b>	+05:40:24 (45.8%)	11:29	5.2 (54.2%)
122	<b>KORDYSZEWSKI Marek</b>	<b>3134</b>	MGR	M40	122	02:19:13	03:23:15	07:52:47	10:37:18		<b>12:24:25.65</b>	<b>12:25:09.45</b>	+05:42:52 (46.0%)	11:31	5.2 (54.2%)
123	<b>STANIK Mariusz</b>	<b>3127</b>	KLUB BIEGACZA WARTA	M40	123	02:23:49	03:37:27	08:07:27	10:41:38		<b>12:24:44.10</b>	<b>12:25:21.60</b>	+05:43:05 (46.0%)	11:31	5.2 (54.2%)
124	<b>BRZESKI Marcin</b>	<b>3202</b>	PROJEKT 1000UP	M40	124	02:25:05	03:38:21	08:02:16	10:43:21		<b>12:25:20.45</b>	<b>12:25:58.40</b>	+05:43:41 (46.1%)	11:32	5.2 (54.2%)
125	<b>SZULC Rafał</b>	<b>3222</b>	PREGRES	M40	125	02:24:20	03:35:32	08:04:40	10:45:38		<b>12:37:34.55</b>	<b>12:37:49.25</b>	+05:55:32 (46.9%)	11:43	5.1 (53.1%)
126	<b>MAJOWSKI Marcin</b>	<b>3359</b>		M40	126	02:28:57	03:42:52	08:15:20	11:01:34		<b>12:43:37.95</b>	<b>12:44:07.90</b>	+06:01:51 (47.4%)	11:49	5.1 (53.1%)
127	<b>ZAJĄC Maciej</b>	<b>3046</b>	DREAM TRI TEAM	M40	127	02:15:48	03:32:44	08:02:58	10:53:41		<b>12:45:32.20</b>	<b>12:45:54.25</b>	+06:03:37 (47.5%)	11:51	5.1 (53.1%)
128	<b>GNIŁA Maciej</b>	<b>3150</b>	BIEGAM NA TARCHOMINIE	M40	128	02:14:20	03:28:29	07:55:47	10:50:34		<b>12:56:46.15</b>	<b>12:56:58.70</b>	+06:14:42 (48.2%)	12:01	5 (52.1%)
129	<b>KIERZEK Artur</b>	<b>3249</b>	BIEGACZE KOSMOSU	M40	129	02:36:01	03:54:33	08:41:23	11:27:35		<b>13:14:49.20</b>	<b>13:15:28.00</b>	+06:33:11 (49.4%)	12:18	4.9 (51.0%)
130	<b>BIAŁCZAK Tomasz</b>	<b>3273</b>		M40	130	02:29:20	03:48:55	08:43:18	11:33:34		<b>13:30:40.80</b>	<b>13:31:22.05</b>	+06:49:05 (50.4%)	12:32	4.8 (50.0%)
131	<b>LIMA Daniel</b>	<b>3142</b>		M40	131			06:33:38	08:38:19				+02:42:51	9:11	6.5 (67.7%)
132	<b>JAŁOWIEC Arkadiusz</b>	<b>3225</b>		M40	132	02:50:44	05:07:42						+02:56:28	13:15	4.5 (46.9%)
133	<b>MARCHEWKA Andrzej</b>	<b>3036</b>		M40	133	02:53:50	05:12:46						+03:01:32	13:28	4.5 (46.9%)
DNC	<b>TOMASZEWSKI Krzysztof</b>	<b>3133</b>	SPC	M40		02:44:50			04:27:29	05:42:47	<b>05:44:00.50</b>	<b>05:44:31.65</b>		0:00	11.3 (117.7%)
	<b>KUCHARCZYK Maciej</b>	<b>3312</b>	ANDRZEJOR	M40		01:43:02 DNF	02:24:10 DNF	05:07:53 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOCIOŁEK Witold</b>	<b>3038</b>	INŻYNIERIA BIEGANIA TEAM	M40		01:39:35 DNF	02:24:40 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TYRALA Karol</b>	<b>3181</b>		M40		02:23:00 DNF	03:35:27 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LOSOR Andrzej</b>	<b>3372</b>		M40		02:38:57 DNF	04:07:53 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 138 wynik(ów)