



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

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

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

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>PETR Jiří</b>	<b>6448</b>	SALOMON/SUUNTO	Masters M - 40	1	00:00:01	00:43:56	01:16:01	01:57:21	<b>02:43:15.50</b>	<b>02:43:15.50</b>		4:56	12.1 (100%)
2	<b>PAZDAN Piotr</b>	<b>6076</b>	RUNNING TEAM NASTOPY.PL /140MINUT.PL	Masters M - 40	2	00:00:01	00:54:23	01:34:51	02:20:17	<b>03:11:34.05</b>	<b>03:11:34.05</b>	+00:28:18 (14.8%)	5:48	10.3 (85.1%)
3	<b>DYJAK Robert</b>	<b>6099</b>	TAMWORTH ATHLETIC CLUB	Masters M - 40	3	00:00:05	00:54:21	01:34:56	02:20:54	<b>03:11:53.70</b>	<b>03:11:53.70</b>	+00:28:38 (14.9%)	5:48	10.3 (85.1%)
4	<b>GURGUL Sebastian</b>	<b>6119</b>	AROMAT NÓG	Masters M - 40	4	00:00:03	00:56:27	01:39:48	02:31:03	<b>03:27:46.40</b>	<b>03:27:46.40</b>	+00:44:30 (21.4%)	6:17	9.5 (78.5%)
5	<b>BANIAK Marcin</b>	<b>6412</b>	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	5	00:00:01	00:54:32	01:38:38	02:29:45	<b>03:29:22.05</b>	<b>03:29:22.05</b>	+00:46:06 (22.0%)	6:20	9.5 (78.5%)
6	<b>GAZDA Vítězslav</b>	<b>6188</b>	BENEŠOVSKÝ BĚŽECKÝ KLUB A TRENOVANIBEHU.CZ	Masters M - 40	6	00:00:04	00:54:27	01:36:57	02:30:17	<b>03:31:49.55</b>	<b>03:31:49.55</b>	+00:48:34 (22.9%)	6:25	9.3 (76.9%)
7	<b>NIWIŃSKI Maciej</b>	<b>6324</b>	VEGAN ZABIERZÓW BIEGA	Masters M - 40	7	00:00:07	00:58:04	01:43:07	02:37:53	<b>03:40:42.70</b>	<b>03:40:42.70</b>	+00:57:27 (26.0%)	6:41	9 (74.4%)
8	<b>KURZYŃSKI Piotr</b>	<b>6036</b>	TEAM BEROTU	Masters M - 40	8	00:00:02	01:00:30	01:45:48	02:41:22	<b>03:48:00.00</b>	<b>03:48:00.00</b>	+01:04:44 (28.4%)	6:54	8.7 (71.9%)
9	<b>KONRAD Artur</b>	<b>6466</b>	BRACIA TEAM ZAWIERCIE	Masters M - 40	9	00:00:07	01:04:56	01:51:19	02:48:46	<b>03:50:42.80</b>	<b>03:50:42.80</b>	+01:07:27 (29.2%)	6:59	8.6 (71.1%)
10	<b>LITKA Krzysztof</b>	<b>6439</b>	PZU SPORT TEAM	Masters M - 40	10	00:00:03	01:01:36	01:47:56	02:44:02	<b>03:52:04.70</b>	<b>03:52:04.70</b>	+01:08:49 (29.7%)	7:01	8.5 (70.2%)
11	<b>KUBLER Andrzej</b>	<b>6299</b>	MKL SZCZECIN	Masters M - 40	11	00:00:08	01:02:07	01:50:35	02:49:01	<b>03:52:07.90</b>	<b>03:52:07.90</b>	+01:08:52 (29.7%)	7:02	8.5 (70.2%)
12	<b>KOŁODZIEJ Roman</b>	<b>6296</b>		Masters M - 40	12	00:00:00	01:01:25	01:49:52	02:46:55	<b>03:53:32.85</b>	<b>03:53:32.85</b>	+01:10:17 (30.1%)	7:04	8.5 (70.2%)
13	<b>GESS Mariusz</b>	<b>6085</b>	CZUBY Z GOLENIOWA	Masters M - 40	13	00:00:10	01:05:11	01:54:10	02:52:22	<b>03:54:06.80</b>	<b>03:54:06.80</b>	+01:10:51 (30.3%)	7:05	8.5 (70.2%)
14	<b>BIAŁY Adam</b>	<b>6187</b>		Masters M - 40	14	00:00:14	01:05:11	01:52:30	02:50:18	<b>03:54:47.20</b>	<b>03:54:47.20</b>	+01:11:31 (30.5%)	7:06	8.4 (69.4%)
15	<b>GRYGIEREK Roman</b>	<b>6060</b>	KLUB BIEGACZA FARTLEK	Masters M - 40	15	00:00:02	01:00:23	01:49:18	02:48:50	<b>04:00:34.30</b>	<b>04:00:34.30</b>	+01:17:18 (32.1%)	7:17	8.2 (67.8%)
16	<b>BARCAL Richard</b>	<b>6307</b>	DOS AMIGOS	Masters M - 40	16	00:00:05	01:01:39	01:50:22	02:49:35	<b>04:07:25.55</b>	<b>04:07:25.55</b>	+01:24:10 (34.0%)	7:29	8 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
17	<b>CHODKIEWICZ Tomasz</b>	<b>6403</b>	W2 RUN TEAM	Masters M - 40	17	00:00:03	01:05:16	01:57:46	03:00:31	<b>04:10:13.50</b>	<b>04:10:13.50</b>	+01:26:58 (34.8%)	7:34	7.9 (65.3%)
18	<b>STELMACH Piotr</b>	<b>6506</b>	RK ATHLETICS	Masters M - 40	18	00:00:06	01:10:23	02:05:29	03:05:57	<b>04:12:25.75</b>	<b>04:12:25.75</b>	+01:29:10 (35.3%)	7:38	7.8 (64.5%)
19	<b>KANIA Marian</b>	<b>6534</b>	LEDWOZIPIA	Masters M - 40	19	00:00:08	01:08:12		03:05:24	<b>04:13:00.80</b>	<b>04:13:00.80</b>	+01:29:45 (35.5%)	7:40	7.8 (64.5%)
20	<b>BUĆKO Marcin</b>	<b>6411</b>	KLUB BIEGACZA FARTLEK	Masters M - 40	20	00:00:03	01:05:15	01:58:24	03:04:20	<b>04:13:07.50</b>	<b>04:13:07.50</b>	+01:29:52 (35.5%)	7:40	7.8 (64.5%)
21	<b>SENTYSZ Robert</b>	<b>6495</b>	SENLABS.PL	Masters M - 40	21	00:00:03	01:13:49	02:00:50	03:10:09	<b>04:14:57.65</b>	<b>04:14:57.65</b>	+01:31:42 (36.0%)	7:43	7.8 (64.5%)
22	<b>KURKA Adam</b>	<b>6266</b>		Masters M - 40	22	00:00:17	01:06:31	01:55:02	02:51:33	<b>04:15:22.25</b>	<b>04:15:22.25</b>	+01:32:06 (36.1%)	7:44	7.8 (64.5%)
23	<b>ZĄBEK Łukasz</b>	<b>6289</b>	140MINUT.PL	Masters M - 40	23	00:00:05	01:05:19	02:02:32	03:06:00	<b>04:17:06.30</b>	<b>04:17:06.30</b>	+01:33:50 (36.5%)	7:47	7.7 (63.6%)
24	<b>GMYREK Jacek</b>	<b>6178</b>		Masters M - 40	24	00:00:10	01:10:56		03:08:55	<b>04:19:11.35</b>	<b>04:19:11.35</b>	+01:35:55 (37.0%)	7:51	7.6 (62.8%)
25	<b>BUDYCH Arek</b>	<b>6509</b>		Masters M - 40	25	00:00:42	01:14:59	02:08:38	03:11:50	<b>04:21:22.30</b>	<b>04:21:22.30</b>	+01:38:06 (37.5%)	7:55	7.6 (62.8%)
26	<b>KRZEMIŃSKI Marcin</b>	<b>6452</b>		Masters M - 40	26	00:00:04	01:03:53	01:57:21	03:18:04	<b>04:23:40.20</b>	<b>04:23:40.20</b>	+01:40:24 (38.1%)	7:59	7.5 (62.0%)
27	<b>WOJTASIK Łukasz</b>	<b>6056</b>	AKTYWNY OSTRZESZÓW	Masters M - 40	27	00:00:10	01:10:07	02:06:32	03:12:12	<b>04:25:13.75</b>	<b>04:25:13.75</b>	+01:41:58 (38.4%)	8:02	7.5 (62.0%)
28	<b>KŁODA Dariusz</b>	<b>6084</b>	DRUŻYNA SZPIKU	Masters M - 40	28	00:00:20	01:11:57	02:06:02	03:10:28	<b>04:26:05.35</b>	<b>04:26:05.35</b>	+01:42:49 (38.6%)	8:03	7.4 (61.2%)
29	<b>MORCINEK Marcin</b>	<b>6529</b>	BLUSZCZA	Masters M - 40	29	00:00:26	01:09:48	02:04:47	03:13:33	<b>04:26:19.25</b>	<b>04:26:19.25</b>	+01:43:03 (38.7%)	8:04	7.4 (61.2%)
30	<b>SZCZEPANIK Łukasz</b>	<b>6459</b>	MOCNA GRUPA CEZARA	Masters M - 40	30	00:00:51	01:13:52	02:08:03	03:16:02	<b>04:26:29.95</b>	<b>04:26:29.95</b>	+01:43:14 (38.7%)	8:04	7.4 (61.2%)
31	<b>HARASIMOWICZ Sławek</b>	<b>6065</b>	GOLENIÓW	Masters M - 40	31	00:00:38	01:16:59	02:12:31	03:15:37	<b>04:26:38.95</b>	<b>04:26:38.95</b>	+01:43:23 (38.8%)	8:04	7.4 (61.2%)
32	<b>TEKIELI Jerzy</b>	<b>6035</b>	TEKIELI FAMILY	Masters M - 40	32	00:00:56	01:14:15	02:05:08	03:09:20	<b>04:27:35.55</b>	<b>04:27:35.55</b>	+01:44:20 (39.0%)	8:06	7.4 (61.2%)
33	<b>CZYŻ Leszek</b>	<b>6108</b>	FANTASTIC TEAM	Masters M - 40	33	00:00:47	01:15:45		03:15:46	<b>04:27:46.20</b>	<b>04:27:46.20</b>	+01:44:30 (39.0%)	8:06	7.4 (61.2%)
34	<b>KOLAWA Piotr</b>	<b>6083</b>	TRENUJZNAMI.PL	Masters M - 40	34	00:00:35	01:13:32	02:08:34	03:14:54	<b>04:27:58.70</b>	<b>04:27:58.70</b>	+01:44:43 (39.1%)	8:07	7.4 (61.2%)
35	<b>ŚPIEWAK Radosław</b>	<b>6148</b>		Masters M - 40	35	00:00:29	01:16:55	02:10:56	03:15:11	<b>04:28:58.15</b>	<b>04:28:58.15</b>	+01:45:42 (39.3%)	8:09	7.4 (61.2%)
36	<b>KUREK Tomasz</b>	<b>6348</b>	OPALENICKI KLUB BIEGACZA	Masters M - 40	36	00:00:02	01:14:47		03:17:11	<b>04:30:48.55</b>	<b>04:30:48.55</b>	+01:47:33 (39.7%)	8:12	7.3 (60.3%)
37	<b>SZCZESZEK Arkadiusz</b>	<b>6133</b>		Masters M - 40	37	00:00:16	01:10:45	02:06:38	03:15:55	<b>04:30:51.75</b>	<b>04:30:51.75</b>	+01:47:36 (39.7%)	8:12	7.3 (60.3%)
38	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>6438</b>	ROCKY BALBOA	Masters M - 40	38	00:00:03	01:03:55	01:57:16	03:18:05	<b>04:31:07.95</b>	<b>04:31:07.95</b>	+01:47:52 (39.8%)	8:12	7.3 (60.3%)
39	<b>MAJCHER Marcin</b>	<b>6497</b>	4T	Masters M - 40	39	00:00:18	01:07:54	01:59:24	03:13:08	<b>04:32:43.60</b>	<b>04:32:43.60</b>	+01:49:28 (40.1%)	8:15	7.3 (60.3%)
40	<b>GONTKO Łukasz</b>	<b>6417</b>		Masters M - 40	40	00:00:46	01:19:11	02:12:06	03:23:06	<b>04:33:56.15</b>	<b>04:33:56.15</b>	+01:50:40 (40.4%)	8:18	7.2 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
41	<b>WOJCIESZYŃSKI Tomasz</b>	<b>6409</b>	BBL GORZÓW	Masters M - 40	41	00:00:10	01:12:12	02:08:23	03:19:41	<b>04:34:03.80</b>	<b>04:34:03.80</b>	+01:50:48 (40.4%)	8:18	7.2 (59.5%)
42	<b>DOMBROVSKIS Juris</b>	<b>6425</b>	SUPERVAROŃI	Masters M - 40	42	00:00:46	01:17:18	02:12:18	03:22:08	<b>04:35:02.85</b>	<b>04:35:02.85</b>	+01:51:47 (40.6%)	8:20	7.2 (59.5%)
43	<b>JÓZWIAK Radosław</b>	<b>6203</b>	ŻARY RUNNERS TEAM	Masters M - 40	43	00:00:36	01:15:54	02:09:30	03:18:50	<b>04:35:15.00</b>	<b>04:35:15.00</b>	+01:51:59 (40.7%)	8:20	7.2 (59.5%)
44	<b>ZUGAJ Robert</b>	<b>6433</b>		Masters M - 40	44	00:00:15	01:12:43	02:11:58	03:20:20	<b>04:35:37.20</b>	<b>04:35:37.20</b>	+01:52:21 (40.8%)	8:21	7.2 (59.5%)
45	<b>SZALENIEC Marcin</b>	<b>6054</b>	RUNNERS TEAM NYSA	Masters M - 40	45	00:00:33	01:20:27	02:21:49	03:29:14	<b>04:35:41.90</b>	<b>04:35:41.90</b>	+01:52:26 (40.8%)	8:21	7.2 (59.5%)
46	<b>GUZIK Bartosz</b>	<b>6206</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	46	00:00:02	01:13:09	02:09:05	03:22:40	<b>04:37:23.45</b>	<b>04:37:23.45</b>	+01:54:07 (41.1%)	8:24	7.1 (58.7%)
47	<b>JAKUSZEK Krzysztof</b>	<b>6184</b>	CEGIELNIA PIASKI	Masters M - 40	47	00:00:25	01:17:40	02:13:42	03:21:50	<b>04:37:55.85</b>	<b>04:37:55.85</b>	+01:54:40 (41.3%)	8:25	7.1 (58.7%)
48	<b>JAKUSZEK Paweł</b>	<b>6176</b>	PGB SPORTOWA PACZKA	Masters M - 40	48	00:00:26	01:17:40	02:13:37	03:21:56	<b>04:37:56.10</b>	<b>04:37:56.10</b>	+01:54:40 (41.3%)	8:25	7.1 (58.7%)
49	<b>GŁADECKI Sebastian</b>	<b>6416</b>	KĘSY TEAM	Masters M - 40	49	00:00:14	01:17:37	02:13:58	03:23:10	<b>04:38:01.60</b>	<b>04:38:01.60</b>	+01:54:46 (41.3%)	8:25	7.1 (58.7%)
50	<b>MAJKA Jarek</b>	<b>6109</b>	SYNANDOJCIEC	Masters M - 40	50	00:00:27	01:12:41	02:08:52	03:20:00	<b>04:40:57.40</b>	<b>04:40:57.40</b>	+01:57:41 (41.9%)	8:30	7 (57.9%)
51	<b>TYL Radosław</b>	<b>6009</b>		Masters M - 40	51	00:00:41	01:15:12	02:10:32	03:21:05	<b>04:42:32.75</b>	<b>04:42:32.75</b>	+01:59:17 (42.2%)	8:33	7 (57.9%)
52	<b>GAWRON Tomasz</b>	<b>6223</b>		Masters M - 40	52	00:00:17	01:14:38	02:07:58	03:14:38	<b>04:43:04.35</b>	<b>04:43:04.35</b>	+01:59:48 (42.3%)	8:34	7 (57.9%)
53	<b>WALCZAK Piotr</b>	<b>6072</b>		Masters M - 40	53	00:00:56	01:12:39	02:07:45	03:21:29	<b>04:43:30.85</b>	<b>04:43:30.85</b>	+02:00:15 (42.4%)	8:35	7 (57.9%)
54	<b>FILUT Łukasz</b>	<b>6349</b>		Masters M - 40	54	00:00:59	01:14:55	02:11:07	03:20:47	<b>04:44:40.85</b>	<b>04:44:40.85</b>	+02:01:25 (42.7%)	8:37	7 (57.9%)
55	<b>PITEK Tomasz</b>	<b>6413</b>	42K PRO TEAM	Masters M - 40	55	00:00:36	01:17:36		03:30:28	<b>04:49:00.25</b>	<b>04:49:00.25</b>	+02:05:44 (43.5%)	8:45	6.9 (57.0%)
56	<b>HRYCAJ Mariusz</b>	<b>6059</b>	REBELLION OF FREE RUNERS	Masters M - 40	56	00:00:06	01:15:16		03:30:23	<b>04:49:38.35</b>	<b>04:49:38.35</b>	+02:06:22 (43.6%)	8:46	6.8 (56.2%)
57	<b>GRACZ Krzysztof</b>	<b>6455</b>		Masters M - 40	57	00:00:29	01:14:52	02:13:06	03:26:25	<b>04:51:01.20</b>	<b>04:51:01.20</b>	+02:07:45 (43.9%)	8:49	6.8 (56.2%)
58	<b>WIŚNIEWSKI Mariusz</b>	<b>6432</b>		Masters M - 40	58	00:00:13	01:16:49	02:19:32	03:32:47	<b>04:51:03.60</b>	<b>04:51:03.60</b>	+02:07:48 (43.9%)	8:49	6.8 (56.2%)
59	<b>GAWROŃSKI Sebastian</b>	<b>6386</b>		Masters M - 40	59	00:00:51	01:21:45		03:32:12	<b>04:52:06.30</b>	<b>04:52:06.30</b>	+02:08:50 (44.1%)	8:51	6.8 (56.2%)
60	<b>CEITEL Maciej</b>	<b>6028</b>		Masters M - 40	60	00:00:58	01:28:12	02:27:23	03:38:08	<b>04:52:39.10</b>	<b>04:52:39.10</b>	+02:09:23 (44.2%)	8:52	6.8 (56.2%)
61	<b>ZAŃKO Łukasz</b>	<b>6286</b>	EXPLORADOR	Masters M - 40	61	00:00:35	01:29:22		03:37:52	<b>04:53:15.55</b>	<b>04:53:15.55</b>	+02:10:00 (44.3%)	8:53	6.8 (56.2%)
62	<b>SZACH Andrzej</b>	<b>6485</b>	22KBPG	Masters M - 40	62	00:00:14	01:13:29	02:19:09	03:35:06	<b>04:53:17.50</b>	<b>04:53:17.50</b>	+02:10:02 (44.3%)	8:53	6.8 (56.2%)
63	<b>CHOJNACKI Mikołaj</b>	<b>6319</b>	WARSAW RUN CLUB	Masters M - 40	63	00:01:10	01:22:17		03:39:43	<b>04:53:36.15</b>	<b>04:53:36.15</b>	+02:10:20 (44.4%)	8:53	6.7 (55.4%)
64	<b>CHILIMONIUK Mariusz</b>	<b>6240</b>		Masters M - 40	64	00:01:03	01:28:32	02:28:50	03:41:03	<b>04:54:52.85</b>	<b>04:54:52.85</b>	+02:11:37 (44.6%)	8:56	6.7 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
65	LISEK Janusz	6066	TEAM BEROTU	Masters M - 40	65	00:00:25	01:13:04	02:09:08	03:27:55	<b>04:56:45.50</b>	<b>04:56:45.50</b>	+02:13:30 (45.0%)	8:59	6.7 (55.4%)
66	MATUSZCZYK Paweł	6479		Masters M - 40	66	00:00:24	01:16:06	02:16:21	03:39:10	<b>04:57:00.60</b>	<b>04:57:00.60</b>	+02:13:45 (45.0%)	9:00	6.7 (55.4%)
67	ZAWADZIŃSKI Maciej	6209	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	67	00:00:02	01:15:55		03:33:10	<b>04:57:06.25</b>	<b>04:57:06.25</b>	+02:13:50 (45.1%)	9:00	6.7 (55.4%)
68	MIKRUT Paweł	6538		Masters M - 40	68	00:00:42	01:24:36	02:25:36	03:41:19	<b>04:58:45.65</b>	<b>04:58:45.65</b>	+02:15:30 (45.4%)	9:03	6.6 (54.5%)
69	MOKRZYŃSKI Marcin	6421	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	69	00:00:50	01:20:04	02:26:03	03:44:59	<b>04:59:00.25</b>	<b>04:59:00.25</b>	+02:15:44 (45.4%)	9:03	6.6 (54.5%)
70	OLEŃCZUK Tomasz	6030	TT SZCZECIN	Masters M - 40	70	00:00:45	01:30:29		03:43:56	<b>04:59:06.45</b>	<b>04:59:06.45</b>	+02:15:50 (45.4%)	9:03	6.6 (54.5%)
71	KOROSTYŃSKI Damian	6392		Masters M - 40	71	00:00:51	01:18:23	02:17:10	03:30:21	<b>05:00:23.75</b>	<b>05:00:23.75</b>	+02:17:08 (45.7%)	9:06	6.6 (54.5%)
72	WANKIEWICZ Krzysztof	6194		Masters M - 40	72	00:00:40	01:21:56	02:22:48	03:42:42	<b>05:01:54.20</b>	<b>05:01:54.20</b>	+02:18:38 (45.9%)	9:08	6.6 (54.5%)
73	GRZYB Krzysztof	6195	KLUB BIEGACZA EURO	Masters M - 40	73	00:01:15	01:31:42		03:45:56	<b>05:01:56.35</b>	<b>05:01:56.35</b>	+02:18:40 (45.9%)	9:08	6.6 (54.5%)
74	KRÓLICKI Konrad	6450	STG WARSZAWA	Masters M - 40	74	00:00:14	01:17:44	02:22:12	03:39:13	<b>05:04:29.35</b>	<b>05:04:29.35</b>	+02:21:13 (46.4%)	9:13	6.5 (53.7%)
75	MICHAŁSKI Grzegorz	6350	CAFFEDELMONDO	Masters M - 40	75	00:01:17	01:23:27	02:23:41	03:41:13	<b>05:05:53.65</b>	<b>05:05:53.65</b>	+02:22:38 (46.6%)	9:16	6.5 (53.7%)
76	KMIECIK Jakub	6290	TARNOWO PODGÓRNE BIEGA	Masters M - 40	76	00:00:18	01:15:52	02:16:18	03:33:04	<b>05:08:14.65</b>	<b>05:08:14.65</b>	+02:24:59 (47.0%)	9:20	6.4 (52.9%)
77	STRYCZNIIEWICZ Krzysztof	6525	555	Masters M - 40	77	00:00:54	01:28:54	02:29:20	03:51:05	<b>05:08:44.45</b>	<b>05:08:44.45</b>	+02:25:28 (47.1%)	9:21	6.4 (52.9%)
78	SOBAŃSKI Roman	6327	TARNOWO PODGÓRNE BIEGA	Masters M - 40	78	00:00:18	01:23:43		03:43:00	<b>05:09:15.15</b>	<b>05:09:15.15</b>	+02:25:59 (47.2%)	9:22	6.4 (52.9%)
79	SUSZCZYŃSKI Krzysztof	6096	RUNNERS TEAM NYSA/ LUCEK PAZUR TEAM	Masters M - 40	79	00:00:44	01:24:40	02:28:18	03:48:51	<b>05:12:25.90</b>	<b>05:12:25.90</b>	+02:29:10 (47.7%)	9:28	6.3 (52.1%)
80	IWACHÓW Sławomir	6544	MXTECH KWIDZYN	Masters M - 40	80	00:00:42	01:30:10	02:36:03	03:56:00	<b>05:12:35.95</b>	<b>05:12:35.95</b>	+02:29:20 (47.8%)	9:28	6.3 (52.1%)
81	LEWICKI Tomasz	6159	CAŁA OLEŚNICA BIEGA	Masters M - 40	81	00:00:36	01:27:20	02:28:39	03:50:02	<b>05:12:55.75</b>	<b>05:12:55.75</b>	+02:29:40 (47.8%)	9:28	6.3 (52.1%)
82	CIENIUCH Piotr	6333		Masters M - 40	82	00:01:03	01:33:05	02:33:13	03:51:18	<b>05:13:36.30</b>	<b>05:13:36.30</b>	+02:30:20 (47.9%)	9:30	6.3 (52.1%)
83	SZWACZKA Sebastian	6419	BW BIEGOWY WARIAT	Masters M - 40	83	00:00:43	01:29:57	02:37:09	03:56:20	<b>05:14:38.45</b>	<b>05:14:38.45</b>	+02:31:22 (48.1%)	9:32	6.3 (52.1%)
84	PRUSZCZYŃSKI Piotr	6126		Masters M - 40	84	00:00:33	01:22:07	02:31:39	03:51:13	<b>05:14:50.20</b>	<b>05:14:50.20</b>	+02:31:34 (48.1%)	9:32	6.3 (52.1%)
85	ŁĘKAWA Sebastian	6023	140MINUT.PL	Masters M - 40	85	00:00:36	01:23:40	02:32:10	03:50:46	<b>05:15:05.20</b>	<b>05:15:05.20</b>	+02:31:49 (48.2%)	9:32	6.3 (52.1%)
86	SPYCHAŁA Maciej	6248	WRONIECKI KLUB BIEGACZA	Masters M - 40	86	00:00:29	01:32:34	02:39:49	03:56:31	<b>05:16:12.65</b>	<b>05:16:12.65</b>	+02:32:57 (48.4%)	9:34	6.3 (52.1%)
87	RZESZOWSKI Tomasz	6323	MIRAZ RACE TEAM	Masters M - 40	87	00:00:02	01:19:49	02:24:14	03:48:06	<b>05:18:24.85</b>	<b>05:18:24.85</b>	+02:35:09 (48.7%)	9:38	6.2 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
88	<b>MICHALSKI Tomasz</b>	<b>6120</b>		Masters M - 40	88	00:00:46	01:28:11	02:29:59	03:53:47	<b>05:18:38.25</b>	<b>05:18:38.25</b>	+02:35:22 (48.8%)	9:39	6.2 (51.2%)
89	<b>KACZMARCZYK Bogdan</b>	<b>6267</b>	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	89	00:00:37	01:27:16		03:47:36	<b>05:18:46.85</b>	<b>05:18:46.85</b>	+02:35:31 (48.8%)	9:39	6.2 (51.2%)
90	<b>WALCZAK Tomasz</b>	<b>6303</b>	PCH_RUN	Masters M - 40	90	00:00:03	01:22:13	02:23:35	03:54:28	<b>05:18:47.30</b>	<b>05:18:47.30</b>	+02:35:31 (48.8%)	9:39	6.2 (51.2%)
91	<b>SZELAĞIEWICZ Piotr</b>	<b>6355</b>		Masters M - 40	91	00:00:30	01:24:14	02:25:54	03:50:10	<b>05:18:55.00</b>	<b>05:18:55.00</b>	+02:35:39 (48.8%)	9:39	6.2 (51.2%)
92	<b>STĘPIEŃ Łukasz</b>	<b>6328</b>	JKS SALAMANDRA	Masters M - 40	92	00:00:26	01:16:12	02:25:50	03:58:57	<b>05:19:06.55</b>	<b>05:19:06.55</b>	+02:35:51 (48.8%)	9:40	6.2 (51.2%)
93	<b>LERCH Krzysztof</b>	<b>6387</b>		Masters M - 40	93	00:00:12	01:19:16	02:22:20	03:49:03	<b>05:20:04.75</b>	<b>05:20:04.75</b>	+02:36:49 (49.0%)	9:41	6.2 (51.2%)
94	<b>LEWANDOWSKI Leszek</b>	<b>6354</b>	POWSTAŃCY Z KANAPY	Masters M - 40	94	00:00:25	01:31:13	02:37:58	03:55:45	<b>05:20:10.15</b>	<b>05:20:10.15</b>	+02:36:54 (49.0%)	9:42	6.2 (51.2%)
95	<b>MROZIŃSKI Marcin</b>	<b>6407</b>	SPORT GENERATION TEAM	Masters M - 40	95	00:00:20	01:26:38		03:53:30	<b>05:21:33.45</b>	<b>05:21:33.45</b>	+02:38:17 (49.2%)	9:44	6.2 (51.2%)
96	<b>GROCHAŁA Wojciech</b>	<b>6167</b>	ZG POLKOWICE-SIEROSZOWICE	Masters M - 40	96	00:02:20	01:33:04		03:57:32	<b>05:24:02.85</b>	<b>05:24:02.85</b>	+02:40:47 (49.6%)	9:49	6.1 (50.4%)
97	<b>MATUSZAK Krzysztof</b>	<b>6088</b>	TRIGYM SZCZECIN/MATUSZAK TEAM	Masters M - 40	97	00:01:05	01:26:36	02:31:58	03:54:53	<b>05:24:07.05</b>	<b>05:24:07.05</b>	+02:40:51 (49.6%)	9:49	6.1 (50.4%)
98	<b>ŚNIEGOCKI Paweł</b>	<b>6231</b>	4T/TARNOWO PODGÓRNE BIEGA	Masters M - 40	98	00:00:17	01:18:25	02:24:32	03:50:59	<b>05:24:31.65</b>	<b>05:24:31.65</b>	+02:41:16 (49.7%)	9:50	6.1 (50.4%)
99	<b>BUŁANCIŃSKI Filip</b>	<b>6543</b>		Masters M - 40	99	00:00:31	01:27:10		03:58:03	<b>05:24:42.25</b>	<b>05:24:42.25</b>	+02:41:26 (49.7%)	9:50	6.1 (50.4%)
100	<b>JASKÓŁKA Rafał</b>	<b>6174</b>	VENUS - BRUK	Masters M - 40	100	00:00:29	01:30:29	02:33:01	03:54:30	<b>05:25:27.85</b>	<b>05:25:27.85</b>	+02:42:12 (49.8%)	9:51	6.1 (50.4%)
101	<b>KOSTYK Grzegorz</b>	<b>6115</b>		Masters M - 40	101	00:00:25	01:28:31	02:34:11	03:58:47	<b>05:26:44.50</b>	<b>05:26:44.50</b>	+02:43:29 (50.0%)	9:54	6.1 (50.4%)
102	<b>ZIMOŃ Adam</b>	<b>6325</b>	INTEGRUM BROKER	Masters M - 40	102	00:00:46	01:29:20	02:34:08	03:57:03	<b>05:27:51.45</b>	<b>05:27:51.45</b>	+02:44:35 (50.2%)	9:56	6 (49.6%)
103	<b>BOMBA Tomasz</b>	<b>6242</b>	PRO-RUN WROCŁAW	Masters M - 40	103	00:00:35	01:26:29	02:40:16	04:04:50	<b>05:33:29.65</b>	<b>05:33:29.65</b>	+02:50:14 (51.0%)	10:06	5.9 (48.8%)
104	<b>SZMATLOCH Maciek</b>	<b>6343</b>	RETROBAJTEL	Masters M - 40	104	00:00:29	01:36:48	02:47:35	04:11:03	<b>05:35:08.00</b>	<b>05:35:08.00</b>	+02:51:52 (51.3%)	10:09	5.9 (48.8%)
105	<b>PIOTROWSKI Mariusz</b>	<b>6344</b>	PIEROŃSKIE HANYSY	Masters M - 40	105	00:00:28	01:36:26	02:47:00	04:10:56	<b>05:35:10.75</b>	<b>05:35:10.75</b>	+02:51:55 (51.3%)	10:09	5.9 (48.8%)
106	<b>KRZEMIEŃ Bartosz</b>	<b>6356</b>		Masters M - 40	106	00:00:28	01:36:37	02:47:05	04:10:59	<b>05:39:26.40</b>	<b>05:39:26.40</b>	+02:56:10 (51.9%)	10:17	5.8 (47.9%)
107	<b>BARSZCZEWSKI Sebastian</b>	<b>6359</b>		Masters M - 40	107	00:01:08	01:32:35	02:41:02	04:10:40	<b>05:43:12.85</b>	<b>05:43:12.85</b>	+02:59:57 (52.4%)	10:24	5.8 (47.9%)
108	<b>KALIŃSKI Krzysztof</b>	<b>6127</b>		Masters M - 40	108	00:00:39	01:26:07	02:36:26	04:06:53	<b>05:43:44.85</b>	<b>05:43:44.85</b>	+03:00:29 (52.5%)	10:24	5.8 (47.9%)
109	<b>RZYSZKIEWICZ Tomasz</b>	<b>6398</b>	PĘDZĄCE LENIWCE	Masters M - 40	109	00:00:42	01:38:36	02:50:15	04:29:29	<b>05:47:42.55</b>	<b>05:47:42.55</b>	+03:04:27 (53.0%)	10:32	5.7 (47.1%)
110	<b>JACZEWSKI Arkadiusz</b>	<b>6316</b>		Masters M - 40	110	00:00:52	01:28:22	02:41:49	04:13:32	<b>05:47:47.70</b>	<b>05:47:47.70</b>	+03:04:32 (53.1%)	10:32	5.7 (47.1%)
111	<b>WENCEL Jarosław</b>	<b>6279</b>	EXPLORADOR	Masters M - 40	111	00:00:35	01:29:23	02:31:15	04:09:51	<b>05:48:30.10</b>	<b>05:48:30.10</b>	+03:05:14 (53.2%)	10:33	5.7 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
112	ZASADA Michał	6395	NULL	Masters M - 40	112	00:00:36	01:42:02	02:55:25	04:16:58	<b>05:48:38.20</b>	<b>05:48:38.20</b>	+03:05:22 (53.2%)	10:33	5.7 (47.1%)
113	OZIMINA Hubert	6261	OBORYGENI	Masters M - 40	113	00:01:13	01:34:17	02:44:44	04:09:14	<b>05:49:05.90</b>	<b>05:49:05.90</b>	+03:05:50 (53.2%)	10:34	5.7 (47.1%)
114	BRONOWICKI Jarosław	6040	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters M - 40	114	00:00:49	01:37:11	02:45:04	04:36:04	<b>05:49:27.45</b>	<b>05:49:27.45</b>	+03:06:11 (53.3%)	10:35	5.7 (47.1%)
115	KISIAŁA Filip	6114	TATA WOJTUSIA <3	Masters M - 40	115	00:00:54	01:27:20	02:34:22	04:07:08	<b>05:49:44.45</b>	<b>05:49:44.45</b>	+03:06:28 (53.3%)	10:35	5.7 (47.1%)
116	DOBOSZ Leszek	6520		Masters M - 40	116	00:01:13	01:36:49	02:52:52	04:21:37	<b>05:52:46.40</b>	<b>05:52:46.40</b>	+03:09:30 (53.7%)	10:41	5.6 (46.3%)
117	MIKLER Marcin	6117		Masters M - 40	117	00:00:22	01:36:35	02:46:36	04:18:28	<b>05:53:12.70</b>	<b>05:53:12.70</b>	+03:09:57 (53.8%)	10:42	5.6 (46.3%)
118	NOWAK Filip	6130	NIGHT RUNNERS	Masters M - 40	118	00:00:55	01:35:53	02:47:57	04:21:45	<b>05:53:57.75</b>	<b>05:53:57.75</b>	+03:10:42 (53.9%)	10:43	5.6 (46.3%)
119	WAŚIK Krzysztof	6285		Masters M - 40	119	00:00:23	01:27:23		04:11:41	<b>05:58:05.05</b>	<b>05:58:05.05</b>	+03:14:49 (54.4%)	10:51	5.5 (45.5%)
120	CHABŁO Daniel	6198		Masters M - 40	120	00:00:35	01:30:57	02:51:29	04:24:56	<b>05:59:47.35</b>	<b>05:59:47.35</b>	+03:16:31 (54.6%)	10:54	5.5 (45.5%)
121	JÓZEF Marek	6269		Masters M - 40	121	00:00:19	01:26:57	02:53:11	04:28:17	<b>06:00:47.15</b>	<b>06:00:47.15</b>	+03:17:31 (54.7%)	10:55	5.5 (45.5%)
122	MRÓZ Dariusz	6408	MODLITWA BIEGANIA GRYFINO	Masters M - 40	122	00:00:28	01:31:24	02:44:00	04:17:53	<b>06:06:26.70</b>	<b>06:06:26.70</b>	+03:23:11 (55.4%)	11:06	5.4 (44.6%)
123	FISZ Radosław	6535		Masters M - 40	123	00:01:05	01:29:36	02:45:23	04:27:48	<b>06:06:41.70</b>	<b>06:06:41.70</b>	+03:23:26 (55.5%)	11:06	5.4 (44.6%)
124	MAJERSKI Michał	6218		Masters M - 40	124	00:00:55	01:45:39	02:59:27	04:35:39	<b>06:07:48.00</b>	<b>06:07:48.00</b>	+03:24:32 (55.6%)	11:08	5.4 (44.6%)
125	FRĄCZEK Michał	6045	BRONOWICE TEZ BIEGAJĄ BTB	Masters M - 40	125		01:34:54	02:57:09	04:33:03	<b>06:08:14.00</b>	<b>06:08:14.00</b>	+03:24:58 (55.7%)	11:09	5.4 (44.6%)
126	ROGOŹNICKI Paweł	6086	#ZALINIAMIETY	Masters M - 40	126	00:00:34	01:30:23	02:40:45	04:24:36	<b>06:10:00.85</b>	<b>06:10:00.85</b>	+03:26:45 (55.9%)	11:12	5.4 (44.6%)
127	NIKOLAJUK Robert	6191		Masters M - 40	127	00:01:59	01:51:41	03:09:49	04:49:58	<b>06:15:03.65</b>	<b>06:15:03.65</b>	+03:31:48 (56.5%)	11:21	5.3 (43.8%)
128	RUDNO-RUDZINSKI Grzegorz	6521		Masters M - 40	128	00:00:20	01:16:48	02:19:28	03:49:18	<b>06:15:24.95</b>	<b>06:15:24.95</b>	+03:32:09 (56.5%)	11:22	5.3 (43.8%)
129	KORNAŚ Marcin	6032	GÓRYLASY	Masters M - 40	129	00:01:07	01:35:43	02:54:19	04:35:35	<b>06:16:39.65</b>	<b>06:16:39.65</b>	+03:33:24 (56.7%)	11:24	5.3 (43.8%)
130	FIKTUS Paweł	6172		Masters M - 40	130	00:00:49	01:30:00	02:39:29	04:32:05	<b>06:17:33.65</b>	<b>06:17:33.65</b>	+03:34:18 (56.8%)	11:26	5.2 (43.0%)
131	MARTYNIAK Rafał	6144		Masters M - 40	131	00:00:53	01:27:50	02:38:05	04:33:29	<b>06:18:08.90</b>	<b>06:18:08.90</b>	+03:34:53 (56.8%)	11:27	5.2 (43.0%)
132	BEKAS Jędrzej	6011	NIGHT RUNNERS	Masters M - 40	132	00:01:03	01:45:06	03:06:02	04:41:50	<b>06:25:38.90</b>	<b>06:25:38.90</b>	+03:42:23 (57.7%)	11:41	5.1 (42.1%)
133	BALNER Sebastian	6069	-	Masters M - 40	133	00:00:07	01:25:23	02:50:41	04:39:59	<b>06:33:25.10</b>	<b>06:33:25.10</b>	+03:50:09 (58.5%)	11:55	5 (41.3%)
134	TARASZKIEWICZ Krzysztof	6004		Masters M - 40	134	00:00:49	01:39:13	03:08:27	04:47:02	<b>06:34:16.30</b>	<b>06:34:16.30</b>	+03:51:00 (58.6%)	11:56	5 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
135	<b>GRZESIAK Rafał</b>	<b>6008</b>	EMERYT	Masters M - 40	135	00:00:49	01:39:14	03:08:25	04:47:03	<b>06:34:16.70</b>	<b>06:34:16.70</b>	+03:51:01 (58.6%)	11:56	5 (41.3%)
136	<b>FIKSA Radosław</b>	<b>6361</b>		Masters M - 40	136	00:00:27	01:44:42	03:08:58	04:50:22	<b>06:57:00.30</b>	<b>06:57:00.30</b>	+04:13:44 (60.8%)	12:38	4.7 (38.8%)
	<b>MOCZEK Tomasz</b>	<b>6366</b>	CROSS STRACEŃCÓW TEAM	Masters M - 40		00:00:03 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KNOBLOCH Tomasz</b>	<b>6022</b>	THE PINDOLS	Masters M - 40		00:00:58 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 138 wynik(ów)