

GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 33 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN MĘŻCZYZN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	PRZEDWOJEWSKI Bartłomiej	6314	TEAM SALOMON	Senior I M - 20	1	00:40:30	01:10:47	01:51:07		02:26:21.00		4:26	13.5 (100%)
2	RZESZÓTKO Marcin	6237	BUFF TEAM POLAND	Senior II M - 30	1	00:42:49	01:14:58	01:58:07		02:34:45.20	+00:08:24 (5.4%)	4:41	12.8 (94.8%)
3	ŁOBODZIŃSKI Piotr	6279	LŁKS PREFBET ŚNIADOWO ŁOMŻA	Senior II M - 30	2	00:42:56	01:15:45	01:58:47		02:35:18.50	+00:08:57 (5.8%)	4:42	12.7 (94.1%)
4	KUBICA Marcin	6086	INOV-8 TEAM POLSKA	Senior I M - 20	2	00:42:39	01:14:50	01:57:56		02:35:23.90	+00:09:02 (5.8%)	4:42	12.7 (94.1%)
5	MACECEK Tomas	6288	BUFF/SALOMON TEAM	Senior I M - 20	3	00:45:15	01:20:36	02:01:06		02:43:04.85	+00:16:43 (10.3%)	4:56	12.1 (89.6%)
6	DOMBROWSKI Maciej	6337	ATTIQ TEAM	Senior II M - 30	3	00:45:41	01:19:47	02:01:11		02:47:20.10	+00:20:59 (12.5%)	5:04	11.8 (87.4%)
7	BRÝDL Pavel	6209	SALOMON/SUUNTO - MUAY RUNNING TEAM	Masters M - 40	1	00:44:54	01:19:55	02:01:07		02:48:10.85	+00:21:49 (13.0%)	5:05	11.8 (87.4%)
8	HÜBL Radek	6301	RUNSPORT / SALOMON TEAM	Senior II M - 30	4	00:46:54	01:22:17	02:01:33		02:48:20.25	+00:21:59 (13.1%)	5:06	11.8 (87.4%)
9	GLAPIAK Damian	6027	ADRUNALINE	Masters M - 40	2	00:45:42	01:21:30	02:02:10		02:48:59.90	+00:22:38 (13.4%)	5:07	11.7 (86.7%)
10	MAREK Dariusz	6291	MONK SANDALS TEAM	Senior II M - 30	5	00:46:06	01:21:54			02:49:30.95	+00:23:09 (13.7%)	5:08	11.7 (86.7%)
11	KRUPICHA Robert	6310	SALOMON TEAM CZ	Masters M - 40	3	00:45:40	01:18:42			02:51:10.80	+00:24:49 (14.5%)	5:11	11.6 (85.9%)
12	BORAK Martin	6390	V12 TEAM	Senior II M - 30	6	00:49:37	01:27:22	02:09:33		02:57:22.70	+00:31:01 (17.5%)	5:22	11.2 (83.0%)
13	HLAVATÍK Jan	6096	PIVOVAR KONÍČEK	Senior II M - 30	7	00:50:27	01:30:01	02:13:06		02:59:05.35	+00:32:44 (18.3%)	5:25	11.1 (82.2%)
14	CZERNIAK Paweł	6079		Senior II M - 30	8	00:47:47	01:25:31	02:09:03		02:59:18.00	+00:32:57 (18.4%)	5:26	11 (81.5%)
15	KALNINS Gvido	6382	SALOMON LATVIA SUUNTO LATVIA	Senior I M - 20	4	00:49:17	01:27:03	02:11:13		02:59:41.35	+00:33:20 (18.6%)	5:26	11 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/	Czas	Różn	Tempo	Tempo
						9km	16km	24km	bonifikata	netto		33km	min/km
16	PASIK Tomasz	6334		Masters M - 40	4	00:50:01	01:28:56	02:11:56		03:00:35.25	+00:34:14 (19.0%)	5:28	11 (81.5%)
17	RABIEJ Paweł	6220	GRUPA PRO	Senior II M - 30	9	00:52:28	01:29:53	02:15:41		03:01:10.90	+00:34:49 (19.2%)	5:29	10.9 (80.7%)
18	ONDRUCH Adam	6307		Senior II M - 30	10	00:49:46	01:27:22	02:11:47		03:01:59.45	+00:35:38 (19.6%)	5:30	10.9 (80.7%)
19	GARNIEWICZ Mateusz	6207	WSN POZNAŃ	Senior II M - 30	11	00:54:24	01:36:21	02:20:44		03:09:39.80	+00:43:18 (22.8%)	5:44	10.4 (77.0%)
20	GAZDA Vítězslav	6042		Masters M - 40	5	00:52:46	01:32:56	02:21:30		03:16:23.55	+00:50:02 (25.5%)	5:57	10.1 (74.8%)
21	SZPULARZ Adam	6156	CRAZY RUNNERS	Senior II M - 30	12	00:54:46	01:35:46	02:22:50		03:16:26.30	+00:50:05 (25.5%)	5:57	10.1 (74.8%)
22	DZALBS Edijs	6320	SCOTT RUNNING LATVIA SUUNTO LATVIA LATVIA TRAILRACE	Senior I M - 20	5	00:52:45	01:33:23	02:18:16		03:18:34.80	+00:52:13 (26.3%)	6:01	10 (74.1%)
23	KŁOSOWSKI Daniel	6182	BBŻ WAŁBRZYCH	Senior II M - 30	13	00:54:46	01:35:04	02:22:16		03:18:38.35	+00:52:17 (26.3%)	6:01	10 (74.1%)
24	KORPALSKI Tomasz	6029	STAJNIA BALONA	Senior II M - 30	14	00:57:51	01:39:34	02:25:53		03:19:25.40	+00:53:04 (26.6%)	6:02	9.9 (73.3%)
25	SIERADZKI Krzysztof	6244	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	15	00:54:31	01:37:49	02:25:21		03:19:39.80	+00:53:18 (26.7%)	6:03	9.9 (73.3%)
26	GARNEK Piotr	6166	VEGE RUNNERS	Masters M - 40	6	00:55:08		02:25:18		03:21:06.15	+00:54:45 (27.2%)	6:05	9.8 (72.6%)
27	ROSKOSZ Bartosz	6035	JELCZ TRIATHLON PROJECT	Senior II M - 30	16	00:53:47	01:36:24	02:24:05		03:21:19.45	+00:54:58 (27.3%)	6:06	9.8 (72.6%)
28	KNAP Mateusz	6377	DYNAFIT / TUTTU.PL	Senior I M - 20	6	00:52:46	01:34:31	02:23:50		03:23:18.55	+00:56:57 (28.0%)	6:09	9.7 (71.9%)
29	SZOPA Łukasz	6228	KARKONOSZ RUNNING TEAM	Masters M - 40	7	00:56:04	01:39:51	02:28:10		03:23:46.45	+00:57:25 (28.2%)	6:10	9.7 (71.9%)
30	MORAWA Mateusz	6348	LACHO TEAM	Masters M - 40	8	00:58:07	01:42:10	02:30:48		03:24:44.30	+00:58:23 (28.5%)	6:12	9.7 (71.9%)
31	SOKOŁOWSKI Marek	6095	ALPIN SPORT HOKA ONE ONE TEAM	Weteran I M - 50	1	00:57:16	01:41:18	02:29:19		03:25:32.90	+00:59:11 (28.8%)	6:13	9.6 (71.1%)
32	KAŹMIERCZYK Adam	6342		Senior II M - 30	17	00:57:51	01:40:51	02:27:52		03:26:02.80	+00:59:41 (29.0%)	6:14	9.6 (71.1%)
33	IRLIK Lucjan	6373		Senior I M - 20	7	00:57:12	01:40:23	02:28:26		03:26:07.65	+00:59:46 (29.0%)	6:14	9.6 (71.1%)
34	BAKALARZ Emil	6196	ULTRA ALPACAS TEAM	Senior II M - 30	18	00:56:56	01:41:35	02:30:32		03:28:35.10	+01:02:14 (29.8%)	6:19	9.5 (70.4%)
35	KOTKOWSKI Piotr	6287	DRUŻYNA SZPIKU / MARATONYPOLSKIE TEAM	Masters M - 40	9	00:57:12	01:38:22	02:30:14		03:34:02.00	+01:07:41 (31.6%)	6:29	9.3 (68.9%)
36	MOSZKOWICZ Paweł	6319	NAVIGATOR/WAWEL KRAKÓW	Weteran I M - 50	2	00:58:10	01:42:12	02:33:18		03:34:15.60	+01:07:54 (31.7%)	6:29	9.2 (68.1%)
37	ŁĘŻNIAK Aleksander	6300	MONK SANDALS TEAM	Senior II M - 30	19	01:00:52	01:44:27	02:35:15		03:35:14.05	+01:08:53 (32.0%)	6:31	9.2 (68.1%)
38	WERNER Kamil	6055	BIEGAM NA TARCHOMINIE	Senior II M - 30	20	00:58:44	01:42:38	02:33:26		03:36:28.10	+01:10:07 (32.4%)	6:33	9.1 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h	
						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	netto 33km			Różn
39	KARWACKI Maciej	6253		Senior I M - 20	8	00:58:41	01:44:06	02:35:12		03:36:40.95	+01:10:19 (32.5%)	6:33	9.1 (67.4%)
40	UMAÑA Diego	6164	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	Senior II M - 30	21	00:59:48		02:36:59		03:38:58.80	+01:12:37 (33.2%)	6:38	9 (66.7%)
41	TRZECIAKIEWICZ Mieczysław	6088	MLKS RADKÓW	Weteran I M - 50	3	01:00:44	01:48:22	02:40:27		03:40:04.00	+01:13:43 (33.5%)	6:40	9 (66.7%)
42	BALWIERCZAK Piotr	6225	NIGHT RUNNERS WROCŁAW	Senior II M - 30	22	01:03:08	01:48:49	02:40:52		03:41:24.45	+01:15:03 (33.9%)	6:42	8.9 (65.9%)
43	LISEK Andrzej	6333	LISEK	Senior II M - 30	23	00:59:42	01:44:14	02:37:54		03:42:27.10	+01:16:06 (34.2%)	6:44	8.9 (65.9%)
44	NOWAK Mariusz	6069	HRT	Senior II M - 30	24	01:03:09		02:43:18		03:42:32.65	+01:16:11 (34.2%)	6:44	8.9 (65.9%)
45	SŁOCIAK Rafał	6202	RAJSPOORT ACTIVE/PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	25	00:58:29	01:43:19	02:37:27		03:42:39.95	+01:16:18 (34.3%)	6:44	8.9 (65.9%)
46	ZEMBIK Łukasz	6305	KAMBODŻA	Senior II M - 30	26	00:54:25	01:37:09	02:32:27		03:43:46.95	+01:17:25 (34.6%)	6:46	8.8 (65.2%)
47	SOBCZAK Tomasz	6269	140MINUT.PL	Senior II M - 30	27	00:56:32	01:41:29	02:33:29		03:43:49.40	+01:17:28 (34.6%)	6:46	8.8 (65.2%)
48	SOBOTA Adam	6260		Senior I M - 20	9	01:01:53	01:49:06	02:42:43		03:44:25.80	+01:18:04 (34.8%)	6:48	8.8 (65.2%)
49	WALCZAK Patryk	6028		Senior II M - 30	28	01:00:54	01:49:44	02:41:14		03:44:25.95	+01:18:04 (34.8%)	6:48	8.8 (65.2%)
50	WALACIK Adam	6206		Senior I M - 20	10	00:58:45	01:45:45	02:38:03		03:44:39.70	+01:18:18 (34.9%)	6:48	8.8 (65.2%)
51	MIERZWA Sławomir	6173	140MINUT.PL	Senior II M - 30	29	01:01:53	01:47:38	02:43:16		03:44:58.15	+01:18:37 (34.9%)	6:49	8.8 (65.2%)
52	BRZOZOWSKI Jacek	6020		Masters M - 40	10	01:00:19	01:47:22	02:41:17		03:45:19.95	+01:18:58 (35.1%)	6:49	8.8 (65.2%)
53	MISZTAL Kamil	6284		Senior II M - 30	30	01:05:04	01:49:56	02:43:29		03:45:21.50	+01:19:00 (35.1%)	6:49	8.8 (65.2%)
54	GREIVELDINGER Gilles	6261	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Masters M - 40	11	00:58:57	01:45:23	02:41:44		03:46:48.90	+01:20:27 (35.5%)	6:52	8.7 (64.4%)
55	ŚWIERCZ Szymon	6159	KGHM ZGRUN	Senior II M - 30	31	00:55:32	01:40:30	02:33:06		03:46:56.80	+01:20:35 (35.5%)	6:52	8.7 (64.4%)
56	STACHOWIAK Łukasz	6181	STR POZNAŃ / CITY TRAIL TEAM	Senior II M - 30	32	00:59:45	01:46:05	02:39:57		03:47:51.80	+01:21:30 (35.8%)	6:54	8.7 (64.4%)
57	WYROŚLAK Józef	6132	#SOBASTEAM	Senior II M - 30	33	01:00:20	01:46:59	02:41:25		03:48:52.85	+01:22:31 (36.1%)	6:56	8.7 (64.4%)
58	FLOREK Paweł	6222	RUNADDICTS	Senior II M - 30	34	01:02:59	01:52:39	02:45:32		03:49:48.15	+01:23:27 (36.3%)	6:57	8.6 (63.7%)
59	SZEWCUK Piotr	6308		Senior II M - 30	35	01:05:17	01:51:09	02:45:56		03:50:01.65	+01:23:40 (36.4%)	6:58	8.6 (63.7%)
60	HADRYŚ Tomasz	6243		Senior II M - 30	36	01:03:39	01:52:19	02:44:48		03:50:04.55	+01:23:43 (36.4%)	6:58	8.6 (63.7%)
61	MOSIEK Piotr	6072		Senior II M - 30	37	01:04:58	01:53:45	02:47:13		03:50:56.80	+01:24:35 (36.6%)	6:59	8.6 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h	
						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	netto 33km			Różn
62	STUDZIŃSKI Mateusz	6109		Senior II M - 30	38	01:01:45	01:46:27	02:41:37		03:52:04.85	+01:25:43 (36.9%)	7:01	8.5 (63.0%)
63	ŻAK Adam	6376	KB LUPUS OLEŚNICA	Senior II M - 30	39	01:05:47	01:51:58	02:49:03		03:52:42.00	+01:26:21 (37.1%)	7:03	8.5 (63.0%)
64	LITWIN Michał	6037	LITEWIN	Senior II M - 30	40	00:59:16	01:48:22	02:44:21		03:53:13.85	+01:26:52 (37.3%)	7:04	8.5 (63.0%)
65	LASIKOWSKI Mateusz	6219	BIEGAJ POD OKIEM TRENERA	Senior I M - 20	11	01:03:33	01:49:00	02:46:27		03:54:42.65	+01:28:21 (37.6%)	7:06	8.4 (62.2%)
66	ROGALSKI Andrzej	6381	Q100TEAM	Masters M - 40	12	01:04:24	01:51:28	02:48:43		03:55:49.05	+01:29:28 (37.9%)	7:08	8.4 (62.2%)
67	KITA Michał	6047	PĘDZĄCY W MIEJSCU	Masters M - 40	13	00:54:34	01:43:43	02:48:07		03:57:50.60	+01:31:29 (38.5%)	7:12	8.3 (61.5%)
68	CHEREDNIKOV Stepan	6277	CITYZEN_	Senior II M - 30	41	01:04:03	01:53:42	02:53:31		04:00:39.55	+01:34:18 (39.2%)	7:17	8.2 (60.7%)
69	GIL Stanisław	6350	BIELAWSKA AKADEMIA BIEGANIA	Weteran II M - 60	1	01:05:41	01:55:42	02:55:53		04:01:01.30	+01:34:40 (39.3%)	7:18	8.2 (60.7%)
70	PELA Dariusz	6221	TMT TORUŃ	Senior II M - 30	42	01:04:29	01:53:05	02:51:45		04:01:38.10	+01:35:17 (39.4%)	7:19	8.2 (60.7%)
71	SŁADEK Patryk	6172	EX TEAM	Senior I M - 20	12	01:01:17	01:52:31	02:48:46		04:01:47.15	+01:35:26 (39.5%)	7:19	8.2 (60.7%)
72	GRYSZKIEWICZ Paweł	6352	GVT	Senior II M - 30	43	01:05:07	01:58:21	02:56:42		04:03:56.85	+01:37:35 (40.0%)	7:23	8.1 (60.0%)
73	CZAPLA Seweryn	6174		Senior II M - 30	44	01:01:17		02:50:19		04:03:59.20	+01:37:38 (40.0%)	7:23	8.1 (60.0%)
74	MANJURA Tomasz	6302	CSC ADVENTURE ACADEMY	Senior I M - 20	13	01:07:37	01:55:43	02:55:34		04:03:59.60	+01:37:38 (40.0%)	7:23	8.1 (60.0%)
75	BLASZKIEWICZ Bogusz	6195	STR POZNAŃ/DZIKIE BOBRY	Senior II M - 30	45	01:05:11	01:56:34			04:04:35.30	+01:38:14 (40.2%)	7:24	8.1 (60.0%)
76	CZAK Tomasz	6169	MULTIFIT	Masters M - 40	14	01:05:07	01:55:36	02:50:59		04:04:47.60	+01:38:26 (40.2%)	7:25	8.1 (60.0%)
77	ŻYŁKA Paweł	6367		Masters M - 40	15	01:06:49	01:59:30	03:00:15		04:04:49.50	+01:38:28 (40.2%)	7:25	8.1 (60.0%)
78	BURYŁO Krzysztof	6125	OBORYGENI	Senior I M - 20	14	01:02:30	01:50:23	02:48:25		04:04:56.85	+01:38:35 (40.3%)	7:25	8.1 (60.0%)
79	MŁYNARSKI Mateusz	6140		Senior II M - 30	46	01:05:50	01:53:13	02:51:41		04:05:34.35	+01:39:13 (40.4%)	7:26	8.1 (60.0%)
80	LIPIŃSKI Hubert	6214	KS KANAŁEK	Senior II M - 30	47	01:07:40	01:58:44	02:58:08		04:05:46.45	+01:39:25 (40.5%)	7:26	8.1 (60.0%)
81	SZARANIEC Sebastian	6251	T-MOBILE SPORT TEAM	Masters M - 40	16	01:04:39	01:53:04	02:51:48		04:06:17.90	+01:39:56 (40.6%)	7:27	8 (59.3%)
82	BATOR Michał	6179	#OJCIECNAGIGANCIE	Senior II M - 30	48	01:03:54		02:51:23		04:07:09.15	+01:40:48 (40.8%)	7:29	8 (59.3%)
83	ORCZYKOWSKI Bogdan	6280		Senior I M - 20	15	01:09:23	01:59:24	02:55:59		04:07:38.20	+01:41:17 (40.9%)	7:30	8 (59.3%)
84	SZAŁAŚNY Piotr	6170	TESTYOUTDOOROWE.PL	Senior II M - 30	49	01:09:45	02:03:04	03:00:10		04:08:14.00	+01:41:53 (41.0%)	7:31	8 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
85	URBAŃSKI Michał	6016	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	50	01:08:30	01:59:49	02:59:15		04:08:18.40	+01:41:57 (41.1%)	7:31	8 (59.3%)
86	PACIA Sebastian	6154		Masters M - 40	17	01:10:23	02:02:50	02:58:51		04:08:46.90	+01:42:25 (41.2%)	7:32	8 (59.3%)
87	MĘŻYKOWSKI Michał	6388		Masters M - 40	18	01:05:40	01:55:24	02:54:46		04:09:13.95	+01:42:52 (41.3%)	7:33	7.9 (58.5%)
88	KOTYRBA Tomasz	6036	K_T_R_B	Senior II M - 30	51	01:05:57	01:55:22	02:45:29	00:20:00	04:09:51.00	+01:43:30 (41.4%)	6:57	8.6 (63.7%)
89	ŻAKOWSKI Karol	6056	PORT RELAKS CREW	Masters M - 40	19	01:07:43	01:56:53	03:04:00		04:10:27.00	+01:44:06 (41.6%)	7:35	7.9 (58.5%)
90	STROZEK Bartek	6264		Masters M - 40	20	01:07:37	01:55:51	02:57:19		04:11:15.00	+01:44:54 (41.8%)	7:36	7.9 (58.5%)
91	POLAŃSKI Bartosz	6192		Senior II M - 30	52	01:04:48	01:55:54	02:55:21		04:14:06.50	+01:47:45 (42.4%)	7:42	7.8 (57.8%)
92	GRABOWSKI Artii	6394		Masters M - 40	21	01:06:25	02:00:57	03:01:48		04:14:40.90	+01:48:19 (42.5%)	7:43	7.8 (57.8%)
93	KAYSIEWICZ Maciej	6141	NATURAL BORN RUNNERS TEAM	Masters M - 40	22	01:06:12	02:01:45	03:01:01		04:15:13.95	+01:48:52 (42.7%)	7:44	7.8 (57.8%)
94	PONIATOWSKI Seweryn	6034	TEBIA RUNNERS	Senior II M - 30	53	01:09:55	02:03:00	03:02:16		04:15:26.10	+01:49:05 (42.7%)	7:44	7.8 (57.8%)
95	HACZ Paweł	6386		Senior II M - 30	54	01:09:15	02:01:57	03:01:26		04:15:48.35	+01:49:27 (42.8%)	7:45	7.7 (57.0%)
96	RĘKOSIEWICZ Jakub	6351	NOVITA	Masters M - 40	23	01:06:17	02:01:31	03:05:11		04:18:01.40	+01:51:40 (43.3%)	7:49	7.7 (57.0%)
97	GRZEGOREK Grzegorz	6327	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Masters M - 40	24		01:58:00			04:18:06.35	+01:51:45 (43.3%)	7:49	7.7 (57.0%)
98	BIEGAŃSKI Maciej	6242	ORTOSPOT	Senior II M - 30	55	01:09:04	02:00:33	03:01:53		04:18:13.55	+01:51:52 (43.3%)	7:49	7.7 (57.0%)
99	WANKIEWICZ Krzysztof	6268		Masters M - 40	25	01:10:35		03:05:02		04:18:19.65	+01:51:58 (43.3%)	7:49	7.7 (57.0%)
100	MAKOCKI Michał	6162	FORMOSA BEARS	Masters M - 40	26	01:12:41	02:08:29	03:05:41		04:18:32.20	+01:52:11 (43.4%)	7:50	7.7 (57.0%)
101	MUTRYNOWSKI Piotr	6155		Masters M - 40	27	01:14:40	02:06:46	03:11:05		04:18:52.00	+01:52:31 (43.5%)	7:50	7.6 (56.3%)
102	KRZYŚKÓW Piotr	6012		Senior II M - 30	56	01:07:12	02:00:06	03:00:58		04:19:02.65	+01:52:41 (43.5%)	7:50	7.6 (56.3%)
103	KILIAN Mateusz	6078	JÓZEFIŃSKA TEAM	Senior II M - 30	57	01:01:24	01:48:59	02:53:18		04:20:33.80	+01:54:12 (43.8%)	7:53	7.6 (56.3%)
104	PODWÓJCI Michał	6265	#BIEGAJZESLAWKIEM	Senior II M - 30	58	01:08:43	01:59:40	03:08:06		04:22:11.40	+01:55:50 (44.2%)	7:56	7.6 (56.3%)
105	HOFMAN Jakub	6339		Masters M - 40	28	01:09:50		03:08:03		04:22:11.80	+01:55:50 (44.2%)	7:56	7.6 (56.3%)
106	MAĆKOWSKI Mateusz	6065	NATURAL BORN COFFEE LOVERS	Masters M - 40	29	01:13:10	02:09:24	03:11:20		04:23:07.80	+01:56:46 (44.4%)	7:58	7.5 (55.6%)
107	SOKOŁOWSKI Adam	6030		Senior II M - 30	59	01:06:26	02:00:36	03:04:40		04:25:32.90	+01:59:11 (44.9%)	8:02	7.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
108	SWATOWSKI Tomasz	6326	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Senior II M - 30	60	01:07:20	01:57:41	03:12:51		04:26:33.55	+02:00:12 (45.1%)	8:04	7.4 (54.8%)
109	JÓŹWIAK Michał	6372		Masters M - 40	30	01:12:42	02:05:45	03:07:21		04:27:28.30	+02:01:07 (45.3%)	8:06	7.4 (54.8%)
110	KUBAS Krystian	6101	PRUSZCZBIEGA/STRASZYNULTRATEAM	Senior II M - 30	61	01:12:17	02:08:00	03:03:08		04:27:39.40	+02:01:18 (45.3%)	8:06	7.4 (54.8%)
111	NIKOLIN Andrzej	6121		Senior I M - 20	16	01:08:42	02:01:26	03:09:20		04:27:59.85	+02:01:38 (45.4%)	8:07	7.4 (54.8%)
112	HOLYST Marcin	6379	CENTRUM FORMY 58100	Senior II M - 30	62	01:06:52	02:00:45	03:03:07		04:28:54.40	+02:02:33 (45.6%)	8:08	7.4 (54.8%)
113	NOWAKOWSKI Karol	6120		Senior II M - 30	63	01:14:14	02:12:30	03:16:55		04:28:59.00	+02:02:38 (45.6%)	8:09	7.4 (54.8%)
114	ZIELIŃSKI Dominik	6329		Senior II M - 30	64	01:10:45	02:06:32	03:10:04		04:30:12.15	+02:03:51 (45.8%)	8:11	7.3 (54.1%)
115	BYCZKOWSKI Dariusz	6061		Senior II M - 30	65	01:12:20	02:06:53	03:10:25		04:30:17.00	+02:03:56 (45.9%)	8:11	7.3 (54.1%)
116	GROZIK Michał	6176	PORANNI BIEGACZE	Weteran I M - 50	4	01:08:29	02:03:26	03:08:30		04:30:33.55	+02:04:12 (45.9%)	8:11	7.3 (54.1%)
117	MARECKI Grzegorz	6231	KRAPKOWICE BIEGA	Masters M - 40	31	01:10:11	02:05:29	03:11:10		04:30:43.30	+02:04:22 (45.9%)	8:12	7.3 (54.1%)
118	ORDYNIEC Sławomir	6311	KB LEROY MERLIN	Senior I M - 20	17	01:06:36	01:57:51	02:55:13		04:30:59.20	+02:04:38 (46.0%)	8:12	7.3 (54.1%)
119	KRUKOWSKI Łukasz	6067	MKS SIECHNICE	Senior II M - 30	66	01:12:53	02:11:14	03:18:23		04:34:31.75	+02:08:10 (46.7%)	8:19	7.2 (53.3%)
120	POLACZEK Daniel	6127	IZBICKO W BIEGU	Senior I M - 20	18	01:10:53	02:03:15	03:10:14		04:34:46.70	+02:08:25 (46.7%)	8:19	7.2 (53.3%)
121	WALEŃSKI Maciej	6004		Senior II M - 30	67	01:09:45	02:08:30	03:15:27		04:35:29.95	+02:09:08 (46.9%)	8:20	7.2 (53.3%)
122	DREAS Jakub	6263	WĘDZIKOWSKITEAM / DZIKIE BOBRY	Senior II M - 30	68	01:13:13	02:09:44	03:16:49		04:35:54.55	+02:09:33 (47.0%)	8:21	7.2 (53.3%)
123	MARIN IRIGARAY Alberto	6075		Senior II M - 30	69	01:14:08	02:08:18	03:16:57		04:36:41.20	+02:10:20 (47.1%)	8:23	7.2 (53.3%)
124	PAŻUCHA Wojciech	6330		Masters M - 40	32	01:08:50	02:02:45	03:19:24		04:36:58.35	+02:10:37 (47.2%)	8:23	7.1 (52.6%)
125	KOŁODZIEJ Mariusz	6054	TMTEAM	Masters M - 40	33	01:12:10		03:17:45		04:39:18.40	+02:12:57 (47.6%)	8:27	7.1 (52.6%)
126	PÓŁROLNICZAK Paweł	6340		Senior II M - 30	70	01:20:01	02:19:27	03:19:04		04:40:43.85	+02:14:22 (47.9%)	8:30	7.1 (52.6%)
127	STRZELCZYK Wiktor	6102	CARPATHIAN RUNNERS	Senior II M - 30	71	01:15:46	02:16:47	03:22:13		04:40:50.75	+02:14:29 (47.9%)	8:30	7.1 (52.6%)
128	BARTOSIEWICZ Adam	6365		Masters M - 40	34	01:15:48	02:12:19	03:20:10		04:41:23.30	+02:15:02 (48.0%)	8:31	7 (51.9%)
129	GŁÓWKA Maciej	6014	ISOFIT.PL	Senior II M - 30	72	01:18:05		03:25:51		04:41:56.40	+02:15:35 (48.1%)	8:32	7 (51.9%)
130	TALAREK Robert	6335	SMT SZCZECIN	Masters M - 40	35	01:13:58	02:11:39	03:16:44		04:42:07.35	+02:15:46 (48.1%)	8:32	7 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/	Czas	Różn	Tempo	Tempo
						9km	16km	24km	bonifikata	netto		33km	min/km
131	PERENC Michał	6184	CARPATHIAN RUNNERS	Senior I M - 20	19	01:20:46	02:21:10	03:23:53		04:42:57.15	+02:16:36 (48.3%)	8:34	7 (51.9%)
132	MISIAK Artur	6356		Weteran I M - 50	5	01:12:42	02:10:22	03:19:57		04:43:25.65	+02:17:04 (48.4%)	8:35	7 (51.9%)
133	MACHTAŁOWICZ Szymon	6022		Senior II M - 30	73	01:16:53	02:17:43	03:25:20		04:43:45.85	+02:17:24 (48.4%)	8:35	7 (51.9%)
134	KRZESZOWIEC Jacek	6077		Masters M - 40	36	01:13:03	02:11:18	03:20:33		04:43:56.15	+02:17:35 (48.5%)	8:36	7 (51.9%)
135	JAŻWIŃSKI Krzysztof	6098	ROZBIEGANI ŻYCHLIN	Masters M - 40	37	01:17:03	02:17:47	03:25:30		04:44:12.05	+02:17:51 (48.5%)	8:36	7 (51.9%)
136	ZWOLIŃSKI Mariusz	6165		Masters M - 40	38	01:12:31	02:10:36	03:17:07		04:44:32.85	+02:18:11 (48.6%)	8:37	7 (51.9%)
137	DUPLA Konrad	6341		Masters M - 40	39	01:10:13	02:08:07	03:17:00		04:44:42.95	+02:18:21 (48.6%)	8:37	7 (51.9%)
138	KSIĄDZ Karol	6213		Senior II M - 30	74	01:19:21	02:15:21	03:25:17		04:45:06.90	+02:18:45 (48.7%)	8:38	6.9 (51.1%)
139	RYCHLEWICZ Tomasz	6019		Senior II M - 30	75	01:10:50	02:08:55	03:22:48		04:45:11.45	+02:18:50 (48.7%)	8:38	6.9 (51.1%)
140	KARCZ Tomasz	6393		Masters M - 40	40	01:10:06	02:07:59	03:14:48		04:46:14.10	+02:19:53 (48.9%)	8:40	6.9 (51.1%)
141	PASZKE Maciej	6235	SKALPEL	Senior II M - 30	76		02:16:46	03:28:13		04:46:24.70	+02:20:03 (48.9%)	8:40	6.9 (51.1%)
142	PIWKO Mateusz	6138		Senior II M - 30	77	01:14:18	02:10:01	03:25:33		04:46:32.45	+02:20:11 (48.9%)	8:40	6.9 (51.1%)
143	HUBKA Jerzy	6306	ZABRZAŃSKIE PARKOWE BIEGANIE	Weteran I M - 50	6	01:16:51	02:16:54	03:28:34		04:46:42.70	+02:20:21 (49.0%)	8:41	6.9 (51.1%)
144	RESZKA Marek	6026		Senior II M - 30	78	01:10:58	02:06:47	03:32:25		04:47:03.00	+02:20:42 (49.0%)	8:41	6.9 (51.1%)
145	TYLKOWSKI Filip	6285		Senior I M - 20	20	01:11:42	02:05:26	03:15:54		04:47:10.15	+02:20:49 (49.0%)	8:42	6.9 (51.1%)
146	PIĄTKIEWICZ Łukasz	6094	TOUR DE ZBÓJ	Senior II M - 30	79	01:16:48	02:15:50	03:26:04		04:47:29.05	+02:21:08 (49.1%)	8:42	6.9 (51.1%)
147	WALENDA Mateusz	6240	KS KANAŁEK	Senior II M - 30	80	01:08:19	02:09:37	03:20:59		04:48:25.05	+02:22:04 (49.3%)	8:44	6.9 (51.1%)
148	ZABŁOCKI Mateusz	6071		Senior II M - 30	81	01:18:19	02:18:12	03:27:22		04:49:25.85	+02:23:04 (49.4%)	8:46	6.8 (50.4%)
149	NESTEREWICZ Ryszard	6204	LKS ISKRA JASZKOWA	Weteran II M - 60	2	01:11:18	02:07:37	03:26:05		04:51:14.50	+02:24:53 (49.7%)	8:49	6.8 (50.4%)
150	KURCZEK Tomasz	6290		Masters M - 40	41	01:16:07	02:14:35	03:26:16		04:51:40.95	+02:25:19 (49.8%)	8:50	6.8 (50.4%)
151	KOTKIEWICZ Karol	6066	LOTOS RUNNING TEAM	Senior II M - 30	82	01:12:15	02:12:27	03:26:22		04:52:27.50	+02:26:06 (50.0%)	8:51	6.8 (50.4%)
152	KNEBLOCH Kasper	6362	DZIK KOMANDO	Senior II M - 30	83	01:16:03	02:13:08	03:27:55		04:53:25.85	+02:27:04 (50.1%)	8:53	6.7 (49.6%)
153	KANTOREK Piotr	6060		Masters M - 40	42	01:18:11	02:12:59	03:26:50		04:55:01.65	+02:28:40 (50.4%)	8:56	6.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
154	KNEZEVIC Srdjan	6123		Masters M - 40	43	01:18:23	02:13:15	03:27:02		04:55:14.00	+02:28:53 (50.4%)	8:56	6.7 (49.6%)
155	STASZEWSKI Dariusz	6198		Senior II M - 30	84	01:20:38	02:22:27	03:35:09		04:56:18.65	+02:29:57 (50.6%)	8:58	6.7 (49.6%)
156	BEDNARCZYK Paweł	6084	PZU SPORT TEAM	Masters M - 40	44	01:12:51	02:11:50	03:23:34		04:57:17.00	+02:30:56 (50.8%)	9:00	6.7 (49.6%)
157	CHMURKO Michał	6246	BLACKSHEEPTeam	Senior II M - 30	85	01:17:37	02:18:43	03:32:02		04:57:19.95	+02:30:58 (50.8%)	9:00	6.7 (49.6%)
158	STANIEK Sławomir	6245	BST	Masters M - 40	45	01:17:46	02:18:47	03:32:13		04:57:29.75	+02:31:08 (50.8%)	9:00	6.7 (49.6%)
159	NOWAK Sebastian	6357		Masters M - 40	46	01:19:30	02:19:55	03:34:13		04:58:08.15	+02:31:47 (50.9%)	9:02	6.6 (48.9%)
160	JANCZAK Piotr	6358		Masters M - 40	47	01:19:23	02:19:41	03:34:04		04:58:17.40	+02:31:56 (50.9%)	9:02	6.6 (48.9%)
161	FRAĆKOWIAK Dariusz	6168		Senior II M - 30	86	01:09:35	02:09:23	03:18:34		04:58:33.35	+02:32:12 (51.0%)	9:02	6.6 (48.9%)
162	KRASUSKI Marcin	6227	MARCIN KRASUSKI	Senior II M - 30	87	01:16:19	02:15:13	03:28:02		04:58:57.00	+02:32:36 (51.0%)	9:03	6.6 (48.9%)
163	WOLEK Jerzy	6234		Weteran II M - 60	3	01:18:38		03:32:34		05:00:46.90	+02:34:25 (51.3%)	9:06	6.6 (48.9%)
164	RELEWICZ Maciej	6021	WOLNE ŚLIMAKI	Masters M - 40	48	01:22:02	02:22:11	03:34:40		05:01:27.80	+02:35:06 (51.5%)	9:08	6.6 (48.9%)
165	SKOCZEK Przemysław	6233		Senior II M - 30	88	01:12:42	02:13:46	03:32:52		05:01:42.65	+02:35:21 (51.5%)	9:08	6.6 (48.9%)
166	ZALIŃSKI Leszek	6189		Senior II M - 30	89	01:15:26		03:29:22		05:03:02.50	+02:36:41 (51.7%)	9:11	6.5 (48.1%)
167	NEUMANN Jacek	6355	CENTRUM ŁĄKOWA 1	Weteran I M - 50	7	01:22:01	02:25:29	03:34:32		05:03:22.50	+02:37:01 (51.8%)	9:11	6.5 (48.1%)
168	WALCZAK Dariusz	6144	OLKUSZBIEGA	Masters M - 40	49	01:18:50	02:24:24	03:39:43		05:05:07.55	+02:38:46 (52.0%)	9:14	6.5 (48.1%)
169	RYSZCZYK Adam	6354	RUN2BFREE	Masters M - 40	50	01:29:19	02:28:51	03:39:19		05:05:52.45	+02:39:31 (52.2%)	9:16	6.5 (48.1%)
170	HELIOSZ Adam	6353	RUN2BFREE	Masters M - 40	51	01:29:30	02:28:57	03:39:32		05:06:01.90	+02:39:40 (52.2%)	9:16	6.5 (48.1%)
171	SZELAĞIEWICZ Arek	6175		Masters M - 40	52	01:19:43	02:22:47	03:38:51		05:06:11.20	+02:39:50 (52.2%)	9:16	6.5 (48.1%)
172	GIERASIMOWICZ Szymon	6239	TOTALSPORT.PL	Masters M - 40	53	01:22:14	02:24:09	03:37:44		05:06:11.65	+02:39:50 (52.2%)	9:16	6.5 (48.1%)
173	MAJ Marek	6151	ŚLĘZAK TEAM	Masters M - 40	54	01:20:41	02:23:23	03:37:49		05:06:27.55	+02:40:06 (52.2%)	9:17	6.5 (48.1%)
174	KRZYŻEWSKI Roger	6136	INDYWIDUALNA PRAKTYKA LEKARSKA ROGER KRZYŻEWSKI	Senior II M - 30	90	01:21:08	02:21:59	03:39:45		05:06:50.60	+02:40:29 (52.3%)	9:17	6.5 (48.1%)
175	KAMYSZ Robert	6292	KLUB WYSKOGÓRSKI KRAKÓW	Weteran I M - 50	8	01:19:15	02:19:14	03:34:18		05:07:22.95	+02:41:01 (52.4%)	9:18	6.4 (47.4%)
176	LEWANDOWSKI Leszek	6323	POWSTAŃCY Z KANAPY	Masters M - 40	55	01:24:05	02:28:56	03:44:13		05:07:44.50	+02:41:23 (52.4%)	9:19	6.4 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h	
						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	netto 33km			Różn
177	TRZASKACZ Tomasz	6347	OBORYGENI	Masters M - 40	56	01:31:50	02:30:14	03:38:28		05:08:25.45	+02:42:04 (52.5%)	9:20	6.4 (47.4%)
178	ZIÓŁKOWSKI Piotr	6105		Masters M - 40	57	01:21:17	02:22:20	03:37:33		05:08:28.55	+02:42:07 (52.6%)	9:20	6.4 (47.4%)
179	CZERNAK Tobiasz	6250		Senior II M - 30	91	01:10:35	02:08:36	03:32:45		05:10:29.70	+02:44:08 (52.9%)	9:24	6.4 (47.4%)
180	POLAŃSKI Mateusz	6361		Senior II M - 30	92	01:15:35	02:17:01	03:37:05		05:12:11.05	+02:45:50 (53.1%)	9:27	6.3 (46.7%)
181	TOMASZEWSKI Wojciech	6346		Senior I M - 20	21	01:22:08	02:29:35	03:44:43		05:12:13.35	+02:45:52 (53.1%)	9:27	6.3 (46.7%)
182	KURZYNIEC Łukasz	6197		Senior II M - 30	93	01:33:04		03:46:31		05:16:16.05	+02:49:55 (53.7%)	9:35	6.3 (46.7%)
183	DOBOSZ Leszek	6133		Senior II M - 30	94	01:23:51	02:30:18	03:41:50		05:16:52.70	+02:50:31 (53.8%)	9:36	6.2 (45.9%)
184	MATYLA Roman	6193		Senior II M - 30	95		02:36:15			05:17:56.00	+02:51:35 (54.0%)	9:38	6.2 (45.9%)
185	GODLEWSKI Adam	6236	SKALPEL	Senior II M - 30	96	01:18:04	02:23:06	03:37:00		05:18:26.20	+02:52:05 (54.0%)	9:38	6.2 (45.9%)
186	CHWALISZ Paweł	6190		Masters M - 40	58	01:18:39	02:19:54	03:41:25		05:20:00.50	+02:53:39 (54.3%)	9:41	6.2 (45.9%)
187	HAWRYLISZYN Jan	6194		Senior II M - 30	97	01:26:04	02:36:59	03:50:41		05:21:42.35	+02:55:21 (54.5%)	9:44	6.2 (45.9%)
188	KWIECIEŃ Robert	6085		Masters M - 40	59	01:21:24	02:25:57	03:46:10		05:22:30.25	+02:56:09 (54.6%)	9:46	6.1 (45.2%)
189	STEFANIAK Marcin	6011	STR POZNAŃ/PREFAWAAB	Masters M - 40	60	01:17:55	02:23:15	03:38:39		05:22:30.35	+02:56:09 (54.6%)	9:46	6.1 (45.2%)
190	SNIEGOCKI Paweł	6145	TARNOWO PODGÓRNE BIEGA	Masters M - 40	61	01:26:51	02:31:17	03:54:18		05:25:13.70	+02:58:52 (55.0%)	9:51	6.1 (45.2%)
191	WIŚNIEWSKI Tomasz	6032		Masters M - 40	62	01:21:13	02:29:06	03:51:07		05:25:53.40	+02:59:32 (55.1%)	9:52	6.1 (45.2%)
192	CZARNIECKI Daniel	6171	TIE	Senior II M - 30	98	01:21:19	02:25:49	03:49:00		05:26:19.95	+02:59:58 (55.2%)	9:53	6.1 (45.2%)
193	KOT Tomasz	6282		Masters M - 40	63	01:22:09	02:27:55	03:52:11		05:27:07.70	+03:00:46 (55.3%)	9:54	6.1 (45.2%)
194	KISIELIŃSKI Tomasz	6201		Weteran I M - 50	9	01:17:24	02:21:56	03:47:17		05:27:25.90	+03:01:04 (55.3%)	9:55	6 (44.4%)
195	GRZESIOK Wojciech	6395		Masters M - 40	64	01:17:25	02:17:31	03:43:59		05:30:32.45	+03:04:11 (55.7%)	10:00	6 (44.4%)
196	PUZIO Maciej	6183		Senior II M - 30	99	01:22:17	02:29:45	03:47:00		05:30:52.90	+03:04:31 (55.8%)	10:01	6 (44.4%)
197	GRZYBEK Tomasz	6111	KLUB GÓRSKI ŚWISTAK BIAŁY	Masters M - 40	65	01:19:59	02:23:11	03:45:12		05:32:12.15	+03:05:51 (55.9%)	10:04	6 (44.4%)
198	KRUTULSKI Michał	6112	KLUB GÓRSKI ŚWISTAK BIAŁY	Masters M - 40	66	01:20:08	02:23:04	03:45:18		05:32:22.85	+03:06:01 (56.0%)	10:04	6 (44.4%)
199	SOSNÓWKA Leszek	6153	KLUB SOSNOWY	Weteran I M - 50	10	01:22:07	02:25:14	03:47:31		05:33:30.30	+03:07:09 (56.1%)	10:06	5.9 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Tempo min/km	Tempo km/h		
						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata			netto 33km	Różn
200	MISZCZYK Marcin	6389		Masters M - 40	67	01:27:10	02:33:56	03:54:36		05:34:26.00	+03:08:05 (56.2%)	10:08	5.9 (43.7%)
201	PIEKIELNIAK Rafał	6313	BIAŁE CZY CZARNE SKARPETKI?	Senior II M - 30	100	01:28:35	02:32:52	03:55:51		05:35:58.15	+03:09:37 (56.4%)	10:10	5.9 (43.7%)
202	JAGACKI Piotr	6226	RYKOWISKO	Masters M - 40	68	01:21:36	02:32:01	03:55:27		05:35:59.55	+03:09:38 (56.4%)	10:10	5.9 (43.7%)
203	PFAJFER Marek	6092	MARATONYPOLSKIE.PL TEAM	Senior II M - 30	101	01:31:06	02:37:00	03:55:38		05:37:57.35	+03:11:36 (56.7%)	10:14	5.9 (43.7%)
204	FLORCZAK Bartosz	6321	BARTOSZ FLORCZAK - DIETETYK	Senior I M - 20	22	01:35:40	02:45:13	04:04:28		05:38:36.10	+03:12:15 (56.8%)	10:15	5.8 (43.0%)
205	BARANIECKI Zbigniew	6203	100 MCP	Weteran II M - 60	4	01:33:11	02:40:43	04:00:35		05:38:37.60	+03:12:16 (56.8%)	10:15	5.8 (43.0%)
206	FLORCZAK Zdzisław	6148	SIŁA OGRA	Weteran II M - 60	5	01:35:22	02:45:19	04:04:40		05:38:45.75	+03:12:24 (56.8%)	10:15	5.8 (43.0%)
207	KARCZEWSKI Tomasz	6318	10 MINUT PO PŁASKIM	Masters M - 40	69	01:19:41	02:31:34	03:56:04		05:39:35.35	+03:13:14 (56.9%)	10:17	5.8 (43.0%)
208	KRZEMIEN Bartosz	6128		Masters M - 40	70	01:28:02	02:34:26	04:03:34		05:41:27.55	+03:15:06 (57.1%)	10:20	5.8 (43.0%)
209	PIOTROWSKI Mariusz	6137		Masters M - 40	71	01:28:04	02:34:30	04:03:38		05:41:35.25	+03:15:14 (57.2%)	10:21	5.8 (43.0%)
210	GRZYBEK Sławomir	6230		Senior II M - 30	102	01:26:52	02:39:56	04:06:20		05:41:35.85	+03:15:14 (57.2%)	10:21	5.8 (43.0%)
211	KORECKI Marcin	6325	4FI16	Masters M - 40	72	01:24:44	02:28:46	04:00:53		05:42:09.65	+03:15:48 (57.2%)	10:22	5.8 (43.0%)
212	MADAJ Paweł	6062	BIEGAM, BO NIE LUBIĘ	Masters M - 40	73	01:27:32	02:38:39	03:56:37		05:42:21.80	+03:16:00 (57.3%)	10:22	5.8 (43.0%)
213	SMOLARCZYK Grzegorz	6211		Masters M - 40	74	01:30:36	02:50:08	04:05:14		05:43:42.20	+03:17:21 (57.4%)	10:24	5.8 (43.0%)
214	KRYSZTOFIAK Dawid	6266		Senior I M - 20	23	01:14:43	02:23:30	03:54:29		05:44:20.75	+03:17:59 (57.5%)	10:26	5.7 (42.2%)
215	NOWICKI Marek	6177	PORANNI BIEGACZE	Masters M - 40	75	01:35:46	02:57:00	04:03:19		05:44:39.75	+03:18:18 (57.5%)	10:26	5.7 (42.2%)
216	PLACKOWSKI Marcin	6296	GOSTYŃ	Senior I M - 20	24	01:19:32	02:25:47	03:56:49		05:47:56.15	+03:21:35 (57.9%)	10:32	5.7 (42.2%)
217	LOPATIN Ilya	6160		Senior II M - 30	103	01:36:42	02:42:18	04:05:58		05:48:04.80	+03:21:43 (58.0%)	10:32	5.7 (42.2%)
218	ŻURAWIK Marcin	6322	SAINT GOBAIN SQUAD	Masters M - 40	76	01:36:17	02:44:15	04:02:03		05:48:20.90	+03:21:59 (58.0%)	10:33	5.7 (42.2%)
219	SKÓRA Marcin	6276	EMES I PARTNERZY	Masters M - 40	77	01:29:19	02:31:03	04:01:59		05:48:35.35	+03:22:14 (58.0%)	10:33	5.7 (42.2%)
220	NETOLICKÝ Martin	6271		Senior II M - 30	104	01:37:45	02:47:29	04:07:00		05:49:10.85	+03:22:49 (58.1%)	10:34	5.7 (42.2%)
221	SUŁEK Tomek	6129		Masters M - 40	78	01:33:06		04:02:05		05:51:51.75	+03:25:30 (58.4%)	10:39	5.6 (41.5%)
222	BARAN Jędrzej	6283	HASAJ TO!	Senior II M - 30	105	01:32:25	02:40:29	04:03:38		05:52:27.75	+03:26:06 (58.5%)	10:40	5.6 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
223	MROZIŃSKI Albert	6051		Masters M - 40	79	01:46:03	02:55:57	04:09:23		05:52:38.20	+03:26:17 (58.5%)	10:41	5.6 (41.5%)
224	TKACZ Rafał	6275	HASAJ TO!	Senior II M - 30	106	01:32:18	02:40:51	04:03:52		05:52:43.25	+03:26:22 (58.5%)	10:41	5.6 (41.5%)
225	NOWOSAD Artur	6289		Masters M - 40	80	01:25:01	02:32:32	04:04:44		05:53:50.50	+03:27:29 (58.6%)	10:43	5.6 (41.5%)
226	MODRZYŃSKI Przemysław	6149		Weteran I M - 50	11	01:33:15	02:42:04	04:13:01		05:54:42.20	+03:28:21 (58.7%)	10:44	5.6 (41.5%)
227	SOBKOWIAK Sławomir	6295	WRONIECKI KLUB BIEGACZA	Masters M - 40	81	01:27:51	02:38:14	04:12:53		05:54:54.05	+03:28:33 (58.8%)	10:45	5.6 (41.5%)
228	SCHLAPPA Sebastian	6124	IZBICKO W BIEGU	Masters M - 40	82	01:29:37	02:46:35	04:09:09		05:55:05.05	+03:28:44 (58.8%)	10:45	5.6 (41.5%)
229	TOKARSKI Rafał	6375		Masters M - 40	83	01:34:54	02:49:56	04:01:50		05:56:22.55	+03:30:01 (58.9%)	10:47	5.6 (41.5%)
230	GONERA Kazimierz	6002	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	6	01:27:24	02:42:05	04:14:48		06:00:24.15	+03:34:03 (59.4%)	10:55	5.5 (40.7%)
231	CZUPRYNSKI Rafał	6090		Senior II M - 30	107	01:24:20	02:32:40	04:01:11		06:01:25.85	+03:35:04 (59.5%)	10:57	5.5 (40.7%)
232	SEREDA Andrii	6135		Senior II M - 30	108	01:31:51	02:41:47	04:08:15		06:01:49.20	+03:35:28 (59.6%)	10:57	5.5 (40.7%)
233	STASZCZUK Jarosław	6210	WATAHA- ŁĄCZY NAS BIEGANIE	Masters M - 40	84	01:36:00	02:53:52	04:11:26		06:02:06.40	+03:35:45 (59.6%)	10:58	5.5 (40.7%)
234	CYKOWSKI Wojciech	6344	KOMENDA MIEJSKA PAŃSTWOWEJ STRAŻY POŻARNEJ W OPOLU	Senior I M - 20	25	01:29:35	02:44:35	04:03:32		06:02:52.70	+03:36:31 (59.7%)	10:59	5.5 (40.7%)
235	ADAMSKI Bartłomiej	6272		Masters M - 40	85	01:34:52	02:55:24	04:20:22		06:04:58.90	+03:38:37 (59.9%)	11:03	5.4 (40.0%)
236	WALKER Stephen	6298		Senior I M - 20	26	01:44:42	03:00:17	04:22:27		06:05:22.00	+03:39:01 (59.9%)	11:04	5.4 (40.0%)
237	ŁUKASIK Bartłomiej	6107		Senior II M - 30	109	01:40:39	03:01:06	04:25:49		06:06:10.45	+03:39:49 (60.0%)	11:05	5.4 (40.0%)
238	KOTNIEWICZ Piotr	6391		Senior I M - 20	27	01:30:14	02:41:14	04:15:17		06:07:14.15	+03:40:53 (60.1%)	11:07	5.4 (40.0%)
239	PRZYBYLSKI Witek	6392	MUAY RUNNING TEAM	Masters M - 40	86	01:44:37	03:12:13	04:23:21		06:09:07.90	+03:42:46 (60.4%)	11:11	5.4 (40.0%)
240	CICHY Roman	6384	MUAY RUNNING TEAM	Masters M - 40	87	01:44:49	03:12:16	04:23:31		06:09:17.25	+03:42:56 (60.4%)	11:11	5.4 (40.0%)
241	STOŁOWSKI Robert	6294	AMICA	Masters M - 40	88	01:31:45	02:50:01	04:25:28		06:11:06.95	+03:44:45 (60.6%)	11:14	5.3 (39.3%)
242	KOWALSKI Ireneusz	6082		Weteran I M - 50	12	01:44:43	03:08:45	04:30:36		06:11:33.55	+03:45:12 (60.6%)	11:15	5.3 (39.3%)
243	KUREK Jarosław	6212	RAJ-D ORZESZE	Masters M - 40	89	01:30:45	02:50:23	04:21:29		06:12:21.50	+03:46:00 (60.7%)	11:17	5.3 (39.3%)
244	JANKOWSKI Rafał	6103	KOŁO BIEGA	Senior II M - 30	110	01:36:05	02:44:02	04:12:11		06:14:35.20	+03:48:14 (60.9%)	11:21	5.3 (39.3%)
245	FRAĆZEK Michał	6091	BNW WROCŁAW	Masters M - 40	90	01:30:30	02:50:43	04:28:30		06:18:56.60	+03:52:35 (61.4%)	11:29	5.2 (38.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
246	FRUCZ Jacek	6005		Weteran I M - 50	13	01:38:52	02:59:11	04:33:00		06:23:19.35	+03:56:58 (61.8%)	11:36	5.2 (38.5%)
247	ROŹKO Paweł	6131	TORNADO	Senior II M - 30	111	01:30:17	02:45:19	04:27:22		06:28:54.50	+04:02:33 (62.4%)	11:47	5.1 (37.8%)
248	ANDRZEJEWSKI Arkadiusz	6396		Masters M - 40	91	01:24:33	02:49:13	04:23:11		06:35:12.00	+04:08:51 (63.0%)	11:58	5 (37.0%)
249	IWANIUK Adam	6238	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	92	01:35:32	02:54:32	04:29:29		06:36:19.25	+04:09:58 (63.1%)	12:00	5 (37.0%)
250	PAKUŁA Arkadiusz	6059		Masters M - 40	93	01:42:24	03:09:55	04:51:10		06:45:48.15	+04:19:27 (63.9%)	12:17	4.9 (36.3%)
251	WOLEK Marcin	6232		Masters M - 40	94	01:46:00	03:02:59	04:50:32		06:46:32.00	+04:20:11 (64.0%)	12:19	4.9 (36.3%)
252	SANTOS Phillipe	6317		Senior II M - 30	112	01:37:03	03:18:57	04:59:51		06:48:57.90	+04:22:36 (64.2%)	12:23	4.8 (35.6%)
253	GRUDNIEWSKI Jakub	6113		Senior II M - 30	113	01:43:41	03:00:40	04:39:37		06:48:58.70	+04:22:37 (64.2%)	12:23	4.8 (35.6%)
254	PIETROWICZ Marek	6185		Weteran I M - 50	14	01:37:12	03:19:29	04:59:28		06:49:07.60	+04:22:46 (64.2%)	12:23	4.8 (35.6%)
255	GWIZDAŁA Daniel	6303		Masters M - 40	95	01:38:11	02:53:09	04:39:37		06:54:57.25	+04:28:36 (64.7%)	12:34	4.8 (35.6%)
256	PIECZKA Wojciech	6025	WKURW_TEAM	Senior II M - 30	114	01:41:20	03:11:20	04:52:34		06:57:31.30	+04:31:10 (64.9%)	12:39	4.7 (34.8%)
257	KORTAS Sławomir	6331	DESTYLATOR	Senior II M - 30	115	01:49:08	03:20:43	05:04:57		07:01:26.65	+04:35:05 (65.3%)	12:46	4.7 (34.8%)
258	KURDZIEL Tomasz	6167		Masters M - 40	96	01:40:08	03:15:43	05:18:18		07:13:59.00	+04:47:38 (66.3%)	13:09	4.6 (34.1%)
259	BESTRZYŃSKI Olech	6369	CZŁAPAK ROBAKOWO	Masters M - 40	97	01:54:24	03:19:08	05:05:08		07:14:42.75	+04:48:21 (66.3%)	13:10	4.6 (34.1%)
260	SADOWSKI Andrzej	6187	LZS DZIEWIĘTLICE	Weteran II M - 60	7	01:51:49	03:32:05	05:15:43		07:14:49.85	+04:48:28 (66.3%)	13:10	4.6 (34.1%)
261	BEREZIUK Michał	6100		Masters M - 40	98	01:52:01	03:32:06	05:15:53		07:15:00.80	+04:48:39 (66.4%)	13:10	4.6 (34.1%)
262	CZOCHARA Robert	6040		Masters M - 40	99	01:53:29	03:39:30	05:01:16		07:32:44.55	+05:06:23 (67.7%)	13:43	4.4 (32.6%)
263	PIECHACZEK Marek	6257	BOOTCAMP	Masters M - 40	100	02:01:26	03:51:45	05:25:58		07:36:33.05	+05:10:12 (67.9%)	13:50	4.3 (31.9%)
Przekroczony limit czasu: 08:30:00													
264	SZYMAŃSKI Paweł	6013	MUAY RUNNING TEAM	Masters M - 40	101	02:11:19	03:48:32	06:09:14		09:04:10.90	+06:37:49 (73.1%)	16:29	3.6 (26.7%)
	BODURKA Krzysztof	6360	SALOMON SUUNTO TEAM POLAND	Senior II M - 30		00:43:00 DNF	DNF	02:05:32 DNF		DNF	-	-	- (0.0%)
	GAŁEK Aleksander	6178		Senior II M - 30		01:21:23 DNF	DNF	DNF		DNF	-	-	- (0.0%)
	NAWROCKI Jarosław	6115		Weteran I M - 50		01:58:34 DNF	DNF	DNF		DNF	-	-	- (0.0%)
	CAUSIDIS Marek	6273	BUFF/SALOMON TEAM	Senior I M - 20		DNF	DNF	DNF		DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
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Znaleziono 268 wynik(ów)