



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
Miejsce: Łądek-Zdrój
Dystans: 33 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN MĘŻCZYZN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	PAULEN Andrej	6534	KAMZÍK 1000+	Senior I M - 20	1	00:43:00	01:56:09		02:38:42.95		4:48	12.5 (100%)
2	WITEK Andrzej	6147	140MINUT.PL	Senior I M - 20	2	00:44:25	01:58:44		02:44:54.00	+00:06:11 (3.8%)	4:59	12 (96.0%)
3	IVANIUTA Taras	6529	REŠTARTNI SA.SK	Senior I M - 20	3	00:45:16	02:02:12		02:50:04.65	+00:11:21 (6.7%)	5:09	11.6 (92.8%)
4	LEŚNIAK Kamil	6544	SALCO GARMIN TEAM	Senior I M - 20	4	00:47:55	02:07:22		02:54:36.30	+00:15:53 (9.1%)	5:17	11.3 (90.4%)
5	MILEWSKI Dominik	6406	RYKOWISKO TEAM	Senior I M - 20	5	00:48:00	02:07:34		02:59:51.25	+00:21:08 (11.8%)	5:27	11 (88.0%)
6	GRUN Wojtech	6542	SALOMON SUNTO	Senior I M - 20	6	00:48:15	02:11:46		03:07:30.20	+00:28:47 (15.4%)	5:40	10.6 (84.8%)
7	HLAVATÍK Jan	6120	JUMP SPORT FRÝDEK-MÍSTEK // KURACJUSZE Z WROCLAWIA	Senior II M - 30	1	00:49:58	02:14:49		03:09:37.45	+00:30:54 (16.3%)	5:44	10.4 (83.2%)
8	GRONOSTAJ Grzegorz	6522		Masters M - 40	1	00:51:22	02:16:08		03:10:11.35	+00:31:28 (16.5%)	5:45	10.4 (83.2%)
9	LULIS Dawid	6055	ALTRA TEAM RED	Senior II M - 30	2	00:51:39	02:20:47		03:12:17.10	+00:33:34 (17.5%)	5:49	10.3 (82.4%)
10	ZEBATKA Lary	6479		Masters M - 40	2	00:51:40	02:20:46	00:10:00	03:12:49.60	+00:34:06 (17.7%)	5:32	10.8 (86.4%)
11	JAKUBOWSKI Martin	6200	HLK-92	Senior II M - 30	3	00:54:09	02:24:02		03:20:18.40	+00:41:35 (20.8%)	6:04	9.9 (79.2%)
12	SZYMAŃSKI Paweł	6042	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	4	00:54:47	02:10:09		03:21:23.55	+00:42:40 (21.2%)	6:06	9.8 (78.4%)
13	MIESZCZAK Marcin	6423		Senior II M - 30	5	00:49:20	02:17:53		03:22:43.95	+00:44:01 (21.7%)	6:08	9.8 (78.4%)
14	NICPOŃ Sebastian	6509	KARKONOSZ RUNNING TEAM	Senior I M - 20	7	00:50:24	02:26:53		03:23:03.60	+00:44:20 (21.8%)	6:09	9.8 (78.4%)
15	STREIT Dawid	6009		Senior II M - 30	6	00:53:36	02:27:32		03:26:04.10	+00:47:21 (23.0%)	6:14	9.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
16	DUDA Karol	6056	PCH SPORT TEAM	Senior II M - 30	7	00:50:20	02:25:12		03:26:17.45	+00:47:34 (23.1%)	6:15	9.6 (76.8%)
17	WASZEK Sławomir	6193		Masters M - 40	3	00:56:24	02:31:21		03:27:47.60	+00:49:04 (23.6%)	6:17	9.5 (76.0%)
18	SZKOŁA Wojciech	6109	NATURAL BORN RUNNERS	Senior II M - 30	8	00:56:10	02:32:51		03:30:27.60	+00:51:44 (24.6%)	6:22	9.4 (75.2%)
19	KSIĄŻKIEWICZ Piotr	6489	CITY TRAIL TEAM	Senior II M - 30	9	00:54:17	02:33:36		03:35:02.75	+00:56:19 (26.2%)	6:30	9.2 (73.6%)
20	KURA Patryk	6060		Senior II M - 30	10	00:57:26	02:42:13		03:35:48.10	+00:57:05 (26.5%)	6:32	9.2 (73.6%)
21	SABAT Kamil	6008	140MINUT.PL	Senior II M - 30	11	01:00:02	02:39:00		03:37:12.25	+00:58:29 (26.9%)	6:34	9.1 (72.8%)
22	RAZIM Mateus	6289		Senior II M - 30	12	00:59:12	02:38:46		03:38:09.40	+00:59:26 (27.2%)	6:36	9.1 (72.8%)
23	TABER Konrad	6466	ACTIVE PROSPERIA	Senior I M - 20	8	00:55:23	02:36:35		03:41:14.00	+01:02:31 (28.3%)	6:42	8.9 (71.2%)
24	BRZĄKALSKI Krzysiek	6044		Senior II M - 30	13	00:56:15	02:38:03		03:41:29.90	+01:02:46 (28.3%)	6:42	8.9 (71.2%)
25	SENTYSZ Robert	6477		Masters M - 40	4	00:54:14	02:35:37		03:43:02.45	+01:04:19 (28.8%)	6:45	8.9 (71.2%)
26	MASIAREK Maciej	6504		Senior I M - 20	9	00:57:58	02:41:20		03:44:17.90	+01:05:34 (29.2%)	6:47	8.8 (70.4%)
27	NIEDBAŁA Mateusz	6540	SNOWDOG TRAILTEAM	Masters M - 40	5	01:00:04	02:48:11		03:45:37.25	+01:06:54 (29.7%)	6:50	8.8 (70.4%)
28	LISEK Andrzej	6112	LISEK	Senior II M - 30	14	01:00:51	02:39:11		03:45:39.90	+01:06:56 (29.7%)	6:50	8.8 (70.4%)
29	WOJSŁAW Bartłomiej	6230	GLKS MARCINOWICE	Senior II M - 30	15	00:53:47	02:36:08		03:45:58.25	+01:07:15 (29.8%)	6:50	8.8 (70.4%)
30	SIERADZKI Krzysztof	6303	PRZEDWOJEWSKI TEAM	Senior II M - 30	16	00:55:48	02:37:45		03:47:39.65	+01:08:56 (30.3%)	6:53	8.7 (69.6%)
31	MIRECKI Tomasz	6362	140MINUT.PL	Masters M - 40	6	01:01:39	02:44:19		03:50:17.90	+01:11:34 (31.1%)	6:58	8.6 (68.8%)
32	SUDOLSKI Jacek	6157	GUSTAW TEŻ BIEGA	Senior II M - 30	17	01:02:54	02:50:10		03:50:40.90	+01:11:57 (31.2%)	6:59	8.6 (68.8%)
33	BALIGA Cezary	6315		Senior I M - 20	10	01:01:37	02:50:57		03:50:53.20	+01:12:10 (31.3%)	6:59	8.6 (68.8%)
34	BOCZEK Leszek	6391	ZĄŁOGA GÓRSKA	Senior II M - 30	18	01:00:53	02:49:36		03:52:39.75	+01:13:56 (31.8%)	7:03	8.5 (68.0%)
35	POŻAK Grzegorz	6015		Masters M - 40	7	01:04:35	02:53:52		03:53:36.10	+01:14:53 (32.1%)	7:04	8.5 (68.0%)
36	SIKORA Michał	6422	BLUSZCZA	Masters M - 40	8	01:02:18	02:50:25		03:53:49.10	+01:15:06 (32.1%)	7:05	8.5 (68.0%)
37	PAJDOSZ Rafał	6282	KB BIAŁA BIEGA	Masters M - 40	9	01:05:42	02:50:27		03:54:08.20	+01:15:25 (32.2%)	7:05	8.5 (68.0%)
38	KUTYBA Mariusz	6460	WOLNE ŚLIMAKI	Masters M - 40	10	01:02:18	02:48:25		03:54:44.40	+01:16:01 (32.4%)	7:06	8.4 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
39	MOLIK Jakub	6364	STR POZNAŃ	Senior II M - 30	19	01:05:28	02:57:15		03:57:43.40	+01:19:00 (33.2%)	7:12	8.3 (66.4%)
40	GAZDA Vítězslav	6158	BENEŠOVSKÝ BĚŽECKÝ KLUB A TŘENOVANIBEHU.CZ	Masters M - 40	11	00:56:04	02:40:33		03:57:57.05	+01:19:14 (33.3%)	7:12	8.3 (66.4%)
41	ORCZYKOWSKI Bogdan	6286		Senior I M - 20	11	01:04:44	02:53:29		03:58:54.35	+01:20:11 (33.6%)	7:14	8.3 (66.4%)
42	OWCZARZAK Tomasz	6482		Senior II M - 30	20	01:06:15	02:57:02		03:59:30.70	+01:20:47 (33.7%)	7:15	8.3 (66.4%)
43	STACHOWIAK Łukasz	6402	STR POZNAŃ / CITY TRAIL TEAM	Senior II M - 30	21	00:57:48	02:50:09		03:59:38.10	+01:20:55 (33.8%)	7:15	8.3 (66.4%)
44	RASZKOWSKI Piotr	6269	ŚLĘZAK TEAM PIOTRBIEGACZ.PL	Senior II M - 30	22	01:01:31	02:47:28		04:00:59.80	+01:22:16 (34.1%)	7:18	8.2 (65.6%)
45	BUŁACZ Jacek	6268	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	Masters M - 40	12	00:57:58	02:51:19		04:01:13.40	+01:22:30 (34.2%)	7:18	8.2 (65.6%)
46	PACEK Tomasz	6390	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	23	01:04:17	02:55:52		04:02:11.30	+01:23:28 (34.5%)	7:20	8.2 (65.6%)
47	NOWACKI Mateusz	6068	PRZEDWOJEWSKI TEAM	Senior II M - 30	24	01:01:00	02:52:08		04:02:48.15	+01:24:05 (34.6%)	7:21	8.2 (65.6%)
48	MOSIOŁEK Przemysław	6442		Senior II M - 30	25	01:04:06	02:57:00		04:05:07.55	+01:26:24 (35.3%)	7:25	8.1 (64.8%)
49	RESZKA Marek	6064	#NIBYBIEGACZ	Senior II M - 30	26	01:06:03	02:54:00		04:05:13.15	+01:26:30 (35.3%)	7:25	8.1 (64.8%)
50	- -	6171		Weteran I M - 50	1	01:05:53	03:03:09		04:05:35.65	+01:26:52 (35.4%)	7:26	8.1 (64.8%)
51	WEYNA Bartosz	6126		Masters M - 40	13	01:05:17	02:58:42		04:06:13.15	+01:27:30 (35.5%)	7:27	8 (64.0%)
52	CHODOROWSKI Krzysztof	6270	PRZEDWOJEWSKI TEAM	Senior II M - 30	27	01:05:54	03:05:42		04:08:30.35	+01:29:47 (36.1%)	7:31	8 (64.0%)
53	GLANOWSKI Marek	6098		Senior II M - 30	28	01:00:56	03:02:44		04:10:25.00	+01:31:42 (36.6%)	7:35	7.9 (63.2%)
54	OWCZAREK Szymon	6039		Masters M - 40	14	01:05:55	03:01:38		04:11:42.90	+01:32:59 (36.9%)	7:37	7.9 (63.2%)
55	URBAŃCZAK Kacper	6360		Senior I M - 20	12	01:04:56	03:02:43		04:12:38.75	+01:33:55 (37.2%)	7:39	7.8 (62.4%)
56	ŚMIECHOWSKI Michał	6444	PANTHERS WROCŁAW	Senior II M - 30	29	01:04:05	03:05:03		04:12:39.65	+01:33:56 (37.2%)	7:39	7.8 (62.4%)
57	WOJNAROWICZ Paweł	6135		Senior II M - 30	30	01:05:16	03:00:06		04:13:01.30	+01:34:18 (37.3%)	7:40	7.8 (62.4%)
58	TOMASZKIEWICZ Wojciech	6161	RUN FOREST	Senior II M - 30	31	01:07:41	02:59:36		04:13:15.60	+01:34:32 (37.3%)	7:40	7.8 (62.4%)
59	SŁOCIAK Rafał	6285	RAJSPOORT ACTIVE/PRZEDWOJEWSKI TEAM	Senior II M - 30	32	01:06:22	03:01:24		04:13:58.70	+01:35:15 (37.5%)	7:41	7.8 (62.4%)
60	DROGOŚ Kajetan	6457		Senior I M - 20	13	01:06:38	02:59:48		04:14:13.20	+01:35:30 (37.6%)	7:42	7.8 (62.4%)
61	SZUKAŁA Michał	6316		Senior I M - 20	14		02:50:55		04:14:16.30	+01:35:33 (37.6%)	7:42	7.8 (62.4%)

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									netto 33km	Różn		
62	DĘBEK Łukasz	6280		Senior II M - 30	33	01:06:50	02:59:10		04:14:46.30	+01:36:03 (37.7%)	7:43	7.8 (62.4%)
63	MIKULSKI Tomasz	6036	UKS FILIPIDES TERESIN	Senior I M - 20	15	00:54:52	02:34:13		04:16:29.80	+01:37:46 (38.1%)	7:46	7.7 (61.6%)
64	ZARZYCKI Maciej	6191	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	34	00:49:20	02:24:22		04:16:35.10	+01:37:52 (38.1%)	7:46	7.7 (61.6%)
65	MAT Kamil	6433		Senior II M - 30	35	01:09:01	02:59:47		04:16:35.55	+01:37:52 (38.1%)	7:46	7.7 (61.6%)
66	STOŃ Wojciech	6432		Senior II M - 30	36	01:09:03	02:59:47		04:16:36.55	+01:37:53 (38.1%)	7:46	7.7 (61.6%)
67	WALCZAK Patryk	6306		Senior II M - 30	37	01:00:14	03:00:30		04:17:20.00	+01:38:37 (38.3%)	7:47	7.7 (61.6%)
68	LACHOWSKI Robert	6172		Senior II M - 30	38	01:07:48	03:06:50		04:17:29.80	+01:38:46 (38.4%)	7:48	7.7 (61.6%)
69	ANTONOWICZ Wojciech	6388		Weteran I M - 50	2	01:09:07	03:14:05		04:19:52.15	+01:41:09 (38.9%)	7:52	7.6 (60.8%)
70	KULAS Łukasz	6499	SOLO	Masters M - 40	15	01:10:53	03:16:44		04:21:17.20	+01:42:34 (39.3%)	7:55	7.6 (60.8%)
71	APANOV Andrey	6292		Senior II M - 30	39	01:14:40	03:18:23		04:21:38.40	+01:42:55 (39.3%)	7:55	7.6 (60.8%)
72	CZERWINSKI Dominik	6397	ALVO RACING TEAM	Masters M - 40	16	01:10:39	03:10:29		04:22:05.80	+01:43:22 (39.4%)	7:56	7.6 (60.8%)
73	STRUK Maciej	6429	AĘ TRI CLUB	Masters M - 40	17	01:05:39	03:01:56		04:22:08.90	+01:43:25 (39.5%)	7:56	7.6 (60.8%)
74	KNEBLOCH Kasper	6085	DZIK KOMANDO	Senior II M - 30	40	01:11:13	03:09:45		04:22:13.90	+01:43:30 (39.5%)	7:56	7.6 (60.8%)
75	ANTOSIAK Tomasz	6148	FUNTRI	Masters M - 40	18	01:11:41	03:13:18		04:22:16.50	+01:43:33 (39.5%)	7:56	7.5 (60.0%)
76	GEZELA Robert	6032	EUFORIA BIEGACZA TEAM	Masters M - 40	19	01:07:05	03:08:34		04:23:40.15	+01:44:57 (39.8%)	7:59	7.5 (60.0%)
77	MADOŃ Rafał	6075		Senior II M - 30	41	01:04:24	03:03:07		04:24:08.40	+01:45:25 (39.9%)	8:00	7.5 (60.0%)
78	MĘŻYKOWSKI Michał	6456	FORMA NA SZCZYT	Masters M - 40	20	01:05:28	03:06:11		04:24:22.95	+01:45:40 (40.0%)	8:00	7.5 (60.0%)
79	PRZYSIWEK Patryk	6356		Senior II M - 30	42	01:09:39	03:17:38		04:24:33.15	+01:45:50 (40.0%)	8:01	7.5 (60.0%)
80	HASSAK Maciej	6027	GKC GORLICE	Masters M - 40	21	01:08:47	03:11:14		04:25:57.35	+01:47:14 (40.3%)	8:03	7.4 (59.2%)
81	KARGUL Tomasz	6164	ŚWO	Senior II M - 30	43	01:04:29	03:04:30		04:26:04.45	+01:47:21 (40.3%)	8:03	7.4 (59.2%)
82	GĄSIOROWSKI Jarosław	6414		Senior I M - 20	16	01:08:57	03:20:18		04:26:07.50	+01:47:24 (40.4%)	8:03	7.4 (59.2%)
83	JASZCZUK Robert	6251	GYMCITY BEŁCHATÓW	Masters M - 40	22	01:09:40	03:11:22		04:26:09.65	+01:47:26 (40.4%)	8:03	7.4 (59.2%)
84	DEMKOWSKI Marcin	6384		Senior II M - 30	44	01:09:26	03:07:55		04:27:00.35	+01:48:17 (40.6%)	8:05	7.4 (59.2%)

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85	CZAPIGA Grzegorz	6150	TECE INDUSTRIAL	Senior II M - 30	45	01:05:42	03:07:02		04:27:43.50	+01:49:00 (40.7%)	8:06	7.4 (59.2%)
86	MADERA Andrzej	6329		Masters M - 40	23	01:08:19	03:04:53		04:28:41.00	+01:49:58 (40.9%)	8:08	7.4 (59.2%)
87	SITEK Arkadiusz	6215	AKTYWNI WĘGRÓW	Masters M - 40	24	01:08:36	03:13:36		04:28:41.15	+01:49:58 (40.9%)	8:08	7.4 (59.2%)
88	SPECHT Mikołaj	6513		Masters M - 40	25	01:09:55	03:12:41		04:29:04.70	+01:50:21 (41.0%)	8:09	7.4 (59.2%)
89	RUDNY Rafał	6524	RUDNYRUNNINGTEAM	Masters M - 40	26	00:47:19	03:14:12		04:29:37.10	+01:50:54 (41.1%)	8:10	7.3 (58.4%)
90	GDULA Jakub	6070	KAMIL LEŚNIAK FANPAGE TEAM	Senior I M - 20	17	01:07:42	03:11:19		04:29:45.70	+01:51:02 (41.2%)	8:10	7.3 (58.4%)
91	KOTYRBA Tomasz	6236		Senior II M - 30	46	01:08:43	03:13:55		04:29:54.70	+01:51:11 (41.2%)	8:10	7.3 (58.4%)
92	MICHALEWSKI Paweł	6421		Senior II M - 30	47	01:10:11	03:16:45		04:30:14.65	+01:51:31 (41.3%)	8:11	7.3 (58.4%)
93	WANAT Mateusz	6178	PRZEDWOJEWSKI TEAM	Senior II M - 30	48	01:05:10	03:12:10		04:30:37.10	+01:51:54 (41.4%)	8:12	7.3 (58.4%)
94	GAŁECKI Robert	6352		Senior II M - 30	49	01:06:15	03:13:19		04:30:52.30	+01:52:09 (41.4%)	8:12	7.3 (58.4%)
95	HEJZNER Arek	6152		Senior II M - 30	50	01:07:41	03:16:54		04:31:47.40	+01:53:04 (41.6%)	8:14	7.3 (58.4%)
96	KOMAR Krystian	6273		Senior II M - 30	51	01:16:44	03:21:05		04:32:57.35	+01:54:14 (41.9%)	8:16	7.3 (58.4%)
97	NOWAK Sebastian	6510		Masters M - 40	27	01:16:38	03:31:57		04:33:41.30	+01:54:58 (42.0%)	8:17	7.2 (57.6%)
98	BURA Krystian	6248	#BIEGAJLESZNO	Senior II M - 30	52	01:12:38	03:14:56		04:33:58.00	+01:55:15 (42.1%)	8:18	7.2 (57.6%)
99	CHRZANOWSKI Paweł	6458		Masters M - 40	28	01:09:28	03:23:14		04:34:28.00	+01:55:45 (42.2%)	8:19	7.2 (57.6%)
100	KOPECKI Michał	6450		Senior I M - 20	18	01:07:33	03:17:15		04:35:19.50	+01:56:36 (42.4%)	8:20	7.2 (57.6%)
101	MAKOWSKI Jarosław	6184	STAY INSANE	Senior II M - 30	53	01:10:20	03:11:45		04:35:33.10	+01:56:50 (42.4%)	8:21	7.2 (57.6%)
102	MITUŚ Wojtek	6521		Masters M - 40	29	01:36:36	04:04:03		04:36:39.00	+01:57:56 (42.6%)	8:23	7.2 (57.6%)
103	BEDNAREK Bartłomiej	6041	MKS SIECHNICE	Senior II M - 30	54	01:04:17	03:11:35		04:37:41.60	+01:58:58 (42.8%)	8:24	7.1 (56.8%)
104	BUŁAWA Szczepan	6525		Senior II M - 30	55	01:06:54	03:16:33		04:38:44.55	+02:00:01 (43.1%)	8:26	7.1 (56.8%)
105	CZAJKOWSKI Adam	6454		Masters M - 40	30	01:11:56	03:26:29		04:39:47.70	+02:01:04 (43.3%)	8:28	7.1 (56.8%)
106	MIROSHNYCHENKO Ruslan	6264		Senior II M - 30	56	01:10:30	03:24:55		04:40:07.75	+02:01:24 (43.3%)	8:29	7.1 (56.8%)
107	BŁASZCZAK Łukasz	6486		Senior II M - 30	57	01:15:57	03:21:36		04:40:15.15	+02:01:32 (43.4%)	8:29	7.1 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
108	ŚLAŚKI Bartosz	6378	DZIK KOMANDO	Senior I M - 20	19	01:10:21	03:15:14		04:41:23.80	+02:02:40 (43.6%)	8:31	7 (56.0%)
109	ŁYSIAK Bartek	6245		Senior II M - 30	58	01:11:16	03:20:18		04:41:33.05	+02:02:50 (43.6%)	8:31	7 (56.0%)
110	KOCIUMBAS Bartosz	6007	KB SOBÓTKA	Masters M - 40	31	01:07:41	03:23:32		04:42:48.55	+02:04:05 (43.9%)	8:34	7 (56.0%)
111	KABAŁA Bartosz	6211	#TEAMBIEGIWLP	Senior I M - 20	20	01:08:10	03:19:40		04:43:29.05	+02:04:46 (44.0%)	8:35	7 (56.0%)
112	KOŁODZIEJ Roman	6503	PERFEKTA KARLOWICE	Masters M - 40	32	01:08:34	03:27:30		04:44:32.50	+02:05:49 (44.2%)	8:37	7 (56.0%)
113	NOWAK Łukasz	6300		Masters M - 40	33	01:11:24	03:26:18		04:44:35.90	+02:05:52 (44.2%)	8:37	7 (56.0%)
114	SCHUBERT Valdemar	6547	BK LUDGEROVICE	Masters M - 40	34	01:08:37	03:23:59		04:44:46.50	+02:06:03 (44.3%)	8:37	7 (56.0%)
115	POŁEĆ Leszek	6176	SBRT WROCŁAW	Senior II M - 30	59	01:14:51	03:31:14		04:44:49.25	+02:06:06 (44.3%)	8:37	7 (56.0%)
116	KRZEPKOWSKI Radosław	6494	ADIDAS RUNNERS WARSAW	Masters M - 40	35	01:17:57	03:30:34		04:45:02.05	+02:06:19 (44.3%)	8:38	6.9 (55.2%)
117	PILAREK Wojciech	6319		Senior II M - 30	60	01:13:40	03:21:14		04:45:09.45	+02:06:26 (44.3%)	8:38	6.9 (55.2%)
118	MARCHWICKI Maciej	6195		Senior I M - 20	21	01:10:36	03:18:52		04:45:19.55	+02:06:36 (44.4%)	8:38	6.9 (55.2%)
119	WITKOWSKI Wojciech	6059		Senior I M - 20	22	01:08:49	03:21:29		04:45:51.95	+02:07:09 (44.5%)	8:39	6.9 (55.2%)
120	MARGASIŃSKI Michał	6114		Senior II M - 30	61	01:05:51	03:18:15		04:46:06.85	+02:07:23 (44.5%)	8:40	6.9 (55.2%)
121	BUDYNEK Tadeusz	6478	ALVO RACING TEAM	Senior II M - 30	62	01:13:18	03:27:46		04:47:28.70	+02:08:45 (44.8%)	8:42	6.9 (55.2%)
122	STEBEL Bartosz	6512	MEBLE SARBB	Masters M - 40	36	01:12:03	03:28:03		04:47:43.70	+02:09:00 (44.8%)	8:43	6.9 (55.2%)
123	KOKOTT Marcin	6332	140MINUT.PL	Senior II M - 30	63	01:08:42	03:25:18		04:48:03.15	+02:09:20 (44.9%)	8:43	6.9 (55.2%)
124	NIKOLAJUK Robert	6014		Senior II M - 30	64	01:25:46	03:47:14		04:48:22.15	+02:09:39 (45.0%)	8:44	6.9 (55.2%)
125	ZIEWIEC Marcin	6122		Senior II M - 30	65	01:12:51	03:33:11		04:50:16.45	+02:11:33 (45.3%)	8:47	6.8 (54.4%)
126	RAJTAR Robert	6472	BRYGADA RR ROBERT RAJTAR	Masters M - 40	37	01:40:23			04:50:27.10	+02:11:44 (45.4%)	8:48	6.8 (54.4%)
127	MAŃKOWSKI Tomasz	6125	WOJOWNICY WÓDY	Senior II M - 30	66	01:15:50	03:32:25		04:51:51.55	+02:13:08 (45.6%)	8:50	6.8 (54.4%)
128	MADERA Michał	6276	LECIMY TUTAJ	Senior II M - 30	67	01:11:52	03:33:03		04:53:35.00	+02:14:52 (45.9%)	8:53	6.7 (53.6%)
129	KUCHARSKI Tomasz	6487	ALVO RACING TEAM	Masters M - 40	38	01:13:20	03:18:10		04:53:57.75	+02:15:14 (46.0%)	8:54	6.7 (53.6%)
130	DRAŃKO Piotr	6326		Senior II M - 30	68	01:16:27	03:35:20		04:54:51.60	+02:16:08 (46.2%)	8:56	6.7 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	D1 24km					
131	KAMIŃSKI Arkadiusz	6029	ION1 TEAM	Masters M - 40	39	01:19:26	03:36:42		04:55:09.00	+02:16:26 (46.2%)	8:56	6.7 (53.6%)
132	JARZĄBEK Michał	6155	MRUNNERS	Senior II M - 30	69	01:13:51	03:38:46		04:55:42.55	+02:16:59 (46.3%)	8:57	6.7 (53.6%)
133	BIELECKI Tomasz	6449	FAST BIKE GNIEZNO	Senior I M - 20	23	01:22:42	03:40:45		04:55:43.80	+02:17:00 (46.3%)	8:57	6.7 (53.6%)
134	PIĄTKIEWICZ Łukasz	6079	MARCIN ŚWIERC TEAM	Senior II M - 30	70	01:18:05	03:34:07		04:56:00.70	+02:17:17 (46.4%)	8:58	6.7 (53.6%)
135	MAJCHER Marcin	6514		Masters M - 40	40	01:16:33	03:38:50		04:56:40.85	+02:17:57 (46.5%)	8:59	6.7 (53.6%)
136	GIL Maciej	6013	VEGE RUNNERS	Senior II M - 30	71	01:14:38	03:32:18		04:56:42.35	+02:17:59 (46.5%)	8:59	6.7 (53.6%)
137	ŁATWIŃSKI Łukasz	6349	MOCNA GRUPA CEZARA	Senior I M - 20	24	01:20:02	03:39:47		04:57:15.10	+02:18:32 (46.6%)	9:00	6.7 (53.6%)
138	CHWAŁA Przemysław	6265	POWOLNY	Masters M - 40	41	01:19:20	03:40:39		04:58:08.45	+02:19:25 (46.8%)	9:02	6.6 (52.8%)
139	MOKRZYŃSKI Marcin	6121	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	42	01:12:55	03:34:57		04:58:10.00	+02:19:27 (46.8%)	9:02	6.6 (52.8%)
140	SKRZYŃSKI Andrzej	6434	KS STASZEWSKY	Weteran I M - 50	3	01:14:46	03:30:21		04:58:13.55	+02:19:30 (46.8%)	9:02	6.6 (52.8%)
141	WRÓBLEWSKI Wojciech	6491		Senior II M - 30	72	01:11:57	03:35:31		04:58:35.90	+02:19:52 (46.8%)	9:02	6.6 (52.8%)
142	GUZY Radosław	6197		Senior I M - 20	25	01:19:11	03:39:37		04:59:10.15	+02:20:27 (46.9%)	9:03	6.6 (52.8%)
143	BYLINA Bartosz	6377		Masters M - 40	43	01:13:02	03:35:12		04:59:20.45	+02:20:37 (47.0%)	9:04	6.6 (52.8%)
144	SŁOMIAN Mikołaj	6493		Senior I M - 20	26	01:22:51	03:42:55		04:59:28.60	+02:20:45 (47.0%)	9:04	6.6 (52.8%)
145	ŚMICHURSKI Krzysztof	6099	FIZJOTERAPIA BIEGACZA	Senior II M - 30	73	01:15:36	03:43:53		04:59:28.90	+02:20:45 (47.0%)	9:04	6.6 (52.8%)
146	FELEDZIAK Wojciech	6202		Senior II M - 30	74	01:15:40	03:41:00		04:59:29.20	+02:20:46 (47.0%)	9:04	6.6 (52.8%)
147	STĘPNOWSKI Jakub	6365	MEDIDESK	Senior II M - 30	75	01:22:57	03:42:22		04:59:31.30	+02:20:48 (47.0%)	9:04	6.6 (52.8%)
148	JANCAK Piotr	6511		Masters M - 40	44	01:16:33	03:31:57		04:59:39.80	+02:20:56 (47.0%)	9:04	6.6 (52.8%)
149	ARENDRT Michał	6492		Senior II M - 30	76	01:15:18	03:33:38		04:59:53.00	+02:21:10 (47.1%)	9:05	6.6 (52.8%)
150	IZDEBSKI Tomasz	6339		Masters M - 40	45	01:14:22	03:32:07		05:00:28.85	+02:21:45 (47.2%)	9:06	6.6 (52.8%)
151	ŁUCZAK Maciej	6321	BANDA RYCHA	Masters M - 40	46	01:19:46	03:43:04		05:00:31.75	+02:21:48 (47.2%)	9:06	6.6 (52.8%)
152	KUŚMIREK Grzegorz	6506		Masters M - 40	47	01:24:38	03:40:30		05:00:50.90	+02:22:07 (47.2%)	9:06	6.6 (52.8%)
153	PEDYNKOWSKI Radek	6163	BIEGAM U KOLESI	Masters M - 40	48	01:18:11	03:35:14		05:00:54.15	+02:22:11 (47.3%)	9:07	6.6 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
154	MAKAREWICZ Wiktor Makarewicz	6010		Senior II M - 30	77	01:20:17	03:41:19		05:01:41.20	+02:22:58 (47.4%)	9:08	6.6 (52.8%)
155	JAKUSZEK Krzysztof	6241	CEGIELNIA PIASKI	Masters M - 40	49	01:25:00	03:43:56		05:01:52.00	+02:23:09 (47.4%)	9:08	6.6 (52.8%)
156	ANDRZEJCZAK Łukasz	6082	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	78	01:13:50	03:35:54		05:02:34.85	+02:23:51 (47.5%)	9:10	6.5 (52.0%)
157	MAJKOWSKI Jacek	6084		Senior II M - 30	79	01:21:16	03:35:21		05:02:41.30	+02:23:58 (47.6%)	9:10	6.5 (52.0%)
158	KOBYŁECKI Bartosz	6546		Masters M - 40	50	01:13:19	03:41:50		05:02:58.85	+02:24:15 (47.6%)	9:10	6.5 (52.0%)
159	SZUMIATO Jakub	6177	PRZEDWOJEWSKI TEAM	Senior II M - 30	80	01:19:17	03:44:18		05:03:08.85	+02:24:25 (47.6%)	9:11	6.5 (52.0%)
160	BURA Tomasz	6275		Senior II M - 30	81	01:15:26	03:37:56		05:03:10.15	+02:24:27 (47.6%)	9:11	6.5 (52.0%)
161	GIEŁAŻYS Tomek	6274	KONESERZY WADOWICKICH KREMÓWEK - SEKCJA 2137	Senior II M - 30	82	01:23:05	03:50:15		05:03:18.95	+02:24:36 (47.7%)	9:11	6.5 (52.0%)
162	KOZŁOWSKI Wojciech	6488		Weteran I M - 50	4	01:15:56	03:40:27		05:03:39.85	+02:24:56 (47.7%)	9:12	6.5 (52.0%)
163	KUCHARCZYK Kamil	6465	TRI NOT TO DIE	Senior II M - 30	83	01:19:54	03:44:37		05:03:48.05	+02:25:05 (47.8%)	9:12	6.5 (52.0%)
164	CEBULSKI Łukasz	6237		Senior II M - 30	84	01:16:33	03:40:01		05:04:01.10	+02:25:18 (47.8%)	9:12	6.5 (52.0%)
165	MIĄSKO Wojciech	6190	12TRI.PL	Weteran I M - 50	5	01:18:10	03:30:55		05:04:06.25	+02:25:23 (47.8%)	9:12	6.5 (52.0%)
166	GONET Grzegorz	6527		Masters M - 40	51	01:17:28	03:40:32		05:05:32.65	+02:26:49 (48.1%)	9:15	6.5 (52.0%)
167	RELEWICZ Maciej	6455	WOLNE ŚLIMAKI	Masters M - 40	52	01:23:32	03:44:21		05:05:46.45	+02:27:03 (48.1%)	9:15	6.5 (52.0%)
168	STASIAK Łukasz	6074	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II M - 30	85	01:19:44	03:40:09		05:06:00.05	+02:27:17 (48.1%)	9:16	6.5 (52.0%)
169	NESTEREWICZ Ryszard	6473	LKS ISKRA JASZKOWA	Weteran II M - 60	1	01:11:35	03:39:18		05:06:16.10	+02:27:33 (48.2%)	9:16	6.5 (52.0%)
170	SAMBORSKI Bartosz	6037		Masters M - 40	53	01:18:17	03:41:30		05:06:33.45	+02:27:50 (48.2%)	9:17	6.5 (52.0%)
171	SZARSKI Jacek	6452	KAPCIOCHY	Senior I M - 20	27	01:13:58	03:40:50		05:06:59.20	+02:28:16 (48.3%)	9:18	6.4 (51.2%)
172	BUBICZ Krzysztof	6061	BIEGAJĄCY ŚWIDNIK	Masters M - 40	54	01:25:31	03:54:10		05:07:32.35	+02:28:49 (48.4%)	9:19	6.4 (51.2%)
173	LIPIŃSKI Oskar	6128		Senior II M - 30	86	01:14:52	03:45:39		05:08:17.80	+02:29:34 (48.5%)	9:20	6.4 (51.2%)
174	GRĘBA Damian	6256	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	87	01:24:51	03:55:50		05:10:16.65	+02:31:33 (48.8%)	9:24	6.4 (51.2%)
175	SZYMAŃSKI Łukasz	6213		Masters M - 40	55	01:17:16	03:46:18		05:10:25.65	+02:31:42 (48.9%)	9:24	6.4 (51.2%)
176	BÍBRLÍK David	6528	BKLUDEGEŘOVICE	Masters M - 40	56	01:15:02	03:43:04		05:10:54.40	+02:32:11 (49.0%)	9:25	6.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
177	WICHROWSKI Michal	6431		Senior I M - 20	28	01:16:45	03:40:43		05:11:13.55	+02:32:30 (49.0%)	9:25	6.4 (51.2%)
178	ROJEK Mateusz	6354		Senior II M - 30	88	01:18:08	03:39:49		05:11:59.05	+02:33:16 (49.1%)	9:27	6.3 (50.4%)
179	DENYSENKO Lech	6023	BDB TEAM KATOWICE	Weteran II M - 60	2	01:22:46	03:46:11		05:12:07.20	+02:33:24 (49.1%)	9:27	6.3 (50.4%)
180	WÓJCIK Karol	6463	NIEWYCHOWANI FIZYCZNIE	Senior I M - 20	29	01:19:03	03:45:44		05:12:18.10	+02:33:35 (49.2%)	9:27	6.3 (50.4%)
181	LAZAROWICZ Krzysztof	6294		Senior II M - 30	89	01:17:22	03:48:02		05:12:33.15	+02:33:50 (49.2%)	9:28	6.3 (50.4%)
182	NALEPKA Grzegorz	6355		Senior II M - 30	90	01:18:18	03:35:36		05:12:41.20	+02:33:58 (49.2%)	9:28	6.3 (50.4%)
183	WAWRZYNIAK Krystian	6279	OKB ODRA OPOLE	Senior II M - 30	91	01:21:46	03:55:04		05:13:42.25	+02:34:59 (49.4%)	9:30	6.3 (50.4%)
184	BLACHA Krzysztof	6532	TRASY-BIEGOWE.PL	Senior II M - 30	92	01:15:06	03:44:08		05:14:52.20	+02:36:09 (49.6%)	9:32	6.3 (50.4%)
185	KUBISIAK Dariusz	6132		Weteran I M - 50	6	01:16:10	03:51:08		05:15:13.00	+02:36:30 (49.6%)	9:33	6.3 (50.4%)
186	SKŁADANOWSKI Marek	6166		Senior II M - 30	93	01:22:01	03:53:13		05:15:44.50	+02:37:01 (49.7%)	9:34	6.3 (50.4%)
187	POJDA Grzegorz	6231	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	57	01:22:21	03:53:43		05:16:06.55	+02:37:23 (49.8%)	9:34	6.3 (50.4%)
188	BYSTŘIČAN Jiří	6545	BKLUDEGEŘOVICE	Weteran I M - 50	7	01:15:10	03:50:24		05:17:00.35	+02:38:17 (49.9%)	9:36	6.2 (49.6%)
189	MITIS Marek	6022		Senior II M - 30	94	01:24:43	03:49:57		05:17:50.65	+02:39:07 (50.1%)	9:37	6.2 (49.6%)
190	SYCHOWSKI Dawid	6129		Senior II M - 30	95	01:20:51	03:50:30		05:18:03.40	+02:39:20 (50.1%)	9:38	6.2 (49.6%)
191	RYCHLEWICZ Tomasz	6170		Senior II M - 30	96	01:17:23	03:54:34		05:19:07.35	+02:40:24 (50.3%)	9:40	6.2 (49.6%)
192	WOJTKOWSKI Ireneusz	6260	ASSECO ACTIVE TEAM	Weteran II M - 60	3	01:19:33	03:48:24		05:19:11.15	+02:40:28 (50.3%)	9:40	6.2 (49.6%)
193	DOLIWKA Paweł	6361	LUBAWA KOCHA BIEGAĆ/BIEGAM UKOLESI	Masters M - 40	58	01:15:16	03:46:51		05:19:36.05	+02:40:53 (50.3%)	9:41	6.2 (49.6%)
194	JASIŃSKI Daniel	6226		Senior II M - 30	97	01:14:20	03:55:57		05:19:42.55	+02:40:59 (50.4%)	9:41	6.2 (49.6%)
195	WIATER Tomasz	6012		Masters M - 40	59	01:09:35	03:44:17		05:19:55.45	+02:41:12 (50.4%)	9:41	6.2 (49.6%)
196	WILCZEK Rafał	6538	KLUB BIEGACZA JURAND	Senior II M - 30	98	01:16:01	03:49:10		05:20:41.15	+02:41:58 (50.5%)	9:43	6.2 (49.6%)
197	LECH Grzegorz	6033	KB ODRA OPOLE	Senior II M - 30	99	01:21:45	03:56:12		05:21:01.00	+02:42:18 (50.6%)	9:43	6.2 (49.6%)
198	MICHALSKI Grzegorz	6229	CAFFEDELMONDO.PL	Masters M - 40	60	01:20:00	03:49:28		05:22:19.45	+02:43:36 (50.8%)	9:46	6.1 (48.8%)
199	MIŚTALSKI Damian	6249		Senior II M - 30	100	01:18:34	03:52:05		05:22:25.45	+02:43:42 (50.8%)	9:46	6.1 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
200	WÓJCIAK Łukasz	6090	UMAWIANIENABIEGANIETEAM	Senior II M - 30	101	01:19:15	03:50:15		05:22:26.40	+02:43:43 (50.8%)	9:46	6.1 (48.8%)
201	OLEJNIK Marcin	6520	DZINKOWY DZIABAĞ TEAM	Senior II M - 30	102	01:19:17	03:52:23		05:22:50.15	+02:44:07 (50.8%)	9:46	6.1 (48.8%)
202	SAJEWICZ Piotr	6194	TURBINA BAŁAKOWO	Senior II M - 30	103	01:18:53	03:50:46		05:23:03.50	+02:44:20 (50.9%)	9:47	6.1 (48.8%)
203	WOLEK Jerzy	6459		Weteran II M - 60	4	01:20:09	03:56:06		05:24:04.30	+02:45:21 (51.0%)	9:49	6.1 (48.8%)
204	STACHOWIAK Marek	6058	ROKIETNICA BIEGA	Masters M - 40	61	01:18:09	03:55:39		05:25:05.35	+02:46:22 (51.2%)	9:51	6.1 (48.8%)
205	WIĘCKOWSKI Tomasz	6516	KB ORANGE POLSKA/OBORYGENI	Weteran I M - 50	8	01:11:50	03:56:48		05:25:33.30	+02:46:50 (51.2%)	9:51	6.1 (48.8%)
206	ŻĘŁOBOWSKI Przemysław	6350	BUŁKA Z PASZTETEM I KAKAŁO	Senior II M - 30	104	01:17:13	03:51:46		05:25:55.10	+02:47:12 (51.3%)	9:52	6.1 (48.8%)
207	DUDA Dariusz	6102	MIRAZ RACE TEAM	Senior II M - 30	105	01:19:42	03:53:06		05:25:58.55	+02:47:15 (51.3%)	9:52	6.1 (48.8%)
208	LESIŃSKI Piotr	6417	ATOS RACING TEAM	Senior II M - 30	106	01:27:12	03:56:40		05:28:32.20	+02:49:49 (51.7%)	9:57	6 (48.0%)
209	PORZYCKI Tomasz	6353		Senior II M - 30	107	01:21:49	03:52:03		05:29:21.65	+02:50:38 (51.8%)	9:58	6 (48.0%)
210	KONIECZNY Przemysław	6327		Senior II M - 30	108	01:19:52	03:56:25		05:30:22.90	+02:51:39 (52.0%)	10:00	6 (48.0%)
211	MISIAK Patryk	6101	CHOMIKI Z KOPYTEM	Masters M - 40	62	01:28:22	04:11:43		05:31:05.30	+02:52:22 (52.1%)	10:01	6 (48.0%)
212	MAZAN Wojciech	6069		Senior II M - 30	109	01:27:47	04:03:16		05:31:27.50	+02:52:44 (52.1%)	10:02	6 (48.0%)
213	RADOMSKI Bartosz	6398		Senior II M - 30	110	01:21:03	04:01:29		05:31:28.60	+02:52:45 (52.1%)	10:02	6 (48.0%)
214	JURSKI Szymon	6181	KAZIKI	Senior II M - 30	111	01:26:23	04:05:47		05:32:19.45	+02:53:36 (52.2%)	10:04	6 (48.0%)
215	GRUNTOWSKI Mateusz	6536	NIEMO ADVENTURE	Senior II M - 30	112	01:27:16	04:02:47		05:32:50.50	+02:54:07 (52.3%)	10:05	5.9 (47.2%)
216	ZNAMIEC Marcin	6451	ULTRA KSP	Masters M - 40	63	01:24:55	03:51:19		05:33:03.80	+02:54:20 (52.3%)	10:05	5.9 (47.2%)
217	KUBIAK Dariusz	6299	KKKLEGNICA	Weteran II M - 60	5	01:17:37	04:00:24		05:33:24.15	+02:54:41 (52.4%)	10:06	5.9 (47.2%)
218	ODZIMKOWSKI Marcin	6199		Senior II M - 30	113	01:25:26	04:07:29		05:34:42.70	+02:55:59 (52.6%)	10:08	5.9 (47.2%)
219	LEWANDOWSKI Leszek	6201	POWSTAŃCY Z KANAPY	Masters M - 40	64	01:25:45	04:01:29		05:35:11.40	+02:56:28 (52.6%)	10:09	5.9 (47.2%)
220	SOBOLEWSKI Bartłomiej	6252		Weteran II M - 60	6	01:20:22	03:55:34		05:37:14.30	+02:58:31 (52.9%)	10:13	5.9 (47.2%)
221	STEFANOWSKI Marcin	6324	***** ***	Masters M - 40	65	01:25:24	04:03:14		05:37:37.50	+02:58:54 (53.0%)	10:13	5.9 (47.2%)
222	MSZYCA Maciej	6222		Senior II M - 30	114	01:26:32	04:05:56		05:38:54.20	+03:00:11 (53.2%)	10:16	5.8 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
223	NOZDRYN-PŁOTNICKI Bolesław	6127		Masters M - 40	66	01:24:46	04:12:50		05:40:58.90	+03:02:15 (53.5%)	10:19	5.8 (46.4%)
224	PONIATOWSKI Seweryn	6065	TROPEM ULTRA	Senior II M - 30	115	01:22:52	04:01:02		05:42:06.10	+03:03:23 (53.6%)	10:22	5.8 (46.4%)
225	GACH Marcin	6382	DELTAKOMANDO HARDCOROWEGO BOBRA	Senior II M - 30	116	01:17:48	03:50:45		05:42:24.15	+03:03:41 (53.6%)	10:22	5.8 (46.4%)
226	KRAWCZYK Mirosław	6106	MJMETAL OŚWIĘCIM	Weteran II M - 60	7	01:32:34	04:12:10		05:42:50.30	+03:04:07 (53.7%)	10:23	5.8 (46.4%)
227	SZCZEPKOWSKI Paweł	6340	ARTEQUIPMENT.	Weteran II M - 60	8	01:32:16	04:16:10		05:43:05.75	+03:04:22 (53.7%)	10:23	5.8 (46.4%)
228	STACHAK Krzysztof	6410	MIRAZ RACE TEAM	Masters M - 40	67	01:25:31	04:16:21		05:43:14.00	+03:04:31 (53.8%)	10:24	5.8 (46.4%)
229	MACIEJEWSKI Robert	6526	BIEGAM BO LUBIĘ	Masters M - 40	68	01:28:05	04:08:46		05:44:30.30	+03:05:47 (53.9%)	10:26	5.7 (45.6%)
230	STAŃCZAK Paweł	6443	BEAUTYSPORT	Weteran I M - 50	9	01:24:07	04:07:17		05:45:37.30	+03:06:54 (54.1%)	10:28	5.7 (45.6%)
231	ZBOROWSKI Norbert	6394	GRUNWALD TEAM POZNAŃ	Senior II M - 30	117	01:20:32	04:22:41		05:46:34.45	+03:07:51 (54.2%)	10:30	5.7 (45.6%)
232	WOZNIAK Damian	6034	CHOMIKI Z KOPYTEM	Masters M - 40	69	01:29:39	04:16:25		05:47:10.90	+03:08:27 (54.3%)	10:31	5.7 (45.6%)
233	RYCZYŃSKI Jacek	6108		Masters M - 40	70	01:29:13	04:27:35		05:49:12.85	+03:10:29 (54.6%)	10:34	5.7 (45.6%)
234	WITKOWSKI Witold	6436		Masters M - 40	71	01:18:43	03:57:58		05:51:11.55	+03:12:28 (54.8%)	10:38	5.6 (44.8%)
235	STEFANIAK Marcin	6111	STR/PREFAWAAB	Masters M - 40	72	01:21:43	04:09:35		05:51:33.40	+03:12:50 (54.9%)	10:39	5.6 (44.8%)
236	ZYCHOWICZ Zbigniew	6149	SBRT WROCŁAW	Masters M - 40	73	01:22:05	04:14:58		05:52:03.10	+03:13:20 (54.9%)	10:40	5.6 (44.8%)
237	MATUSZCZYK Marek	6214	RYBNICKA GRUPA BIEGOWA	Masters M - 40	74	01:27:57	04:18:03		05:53:40.05	+03:14:57 (55.1%)	10:43	5.6 (44.8%)
238	PARZYCH Wojciech	6216	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	75	01:27:57	04:18:03		05:53:41.40	+03:14:58 (55.1%)	10:43	5.6 (44.8%)
239	PIETRZAK Krzysztof	6266	BIEGAMBOLUBIĘ GORZÓW	Senior II M - 30	118	01:37:53	04:28:05		05:56:19.15	+03:17:36 (55.5%)	10:47	5.6 (44.8%)
240	KOPYRA Tomasz	6320		Masters M - 40	76	01:29:14	04:10:55		05:56:27.80	+03:17:44 (55.5%)	10:48	5.6 (44.8%)
241	KOŁACZ Mariusz	6296	LAFIRYNDY I GAMONIE	Weteran I M - 50	10	01:35:10	04:25:10		05:57:30.75	+03:18:47 (55.6%)	10:50	5.5 (44.0%)
242	JOPA Maciej	6097		Senior II M - 30	119	01:22:56	04:09:59		05:57:50.45	+03:19:07 (55.6%)	10:50	5.5 (44.0%)
243	BURMISTRZ Bartosz	6246	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	120	01:25:46	04:21:17		05:58:57.40	+03:20:14 (55.8%)	10:52	5.5 (44.0%)
244	KOWALCZYK Marcin	6317		Senior II M - 30	121	01:36:15	04:25:39		05:59:47.30	+03:21:04 (55.9%)	10:54	5.5 (44.0%)
245	PAWELEC Radosław	6305		Weteran II M - 60	9	01:29:59	04:23:38		06:00:55.30	+03:22:12 (56.0%)	10:56	5.5 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 33km	Różn		
246	JAGODZIŃSKI Hubert	6255	DZIK KOMANDO	Senior II M - 30	122	01:21:05	04:25:31		06:01:39.30	+03:22:56 (56.1%)	10:57	5.5 (44.0%)
247	KACZMAREK Łukasz	6379	DZIK KOMANDO	Senior II M - 30	123	01:10:24	04:25:34		06:01:40.45	+03:22:57 (56.1%)	10:57	5.5 (44.0%)
248	KASZUBSKI Marek	6137		Masters M - 40	77	01:20:07			06:02:16.05	+03:23:33 (56.2%)	10:58	5.5 (44.0%)
249	WRÓBLEWSKI Witold	6483		Senior II M - 30	124	01:17:03	04:18:55		06:02:55.60	+03:24:12 (56.3%)	10:59	5.5 (44.0%)
250	WORONOWICZ Karol	6312		Senior II M - 30	125	01:32:29	04:30:50		06:03:29.80	+03:24:46 (56.3%)	11:00	5.4 (43.2%)
251	MAZUR Marek	6385		Masters M - 40	78	01:21:53	04:19:57		06:04:27.70	+03:25:44 (56.5%)	11:02	5.4 (43.2%)
252	PACIOREK Paweł	6440	THE ONE AND LONELY	Masters M - 40	79	01:27:24	04:17:25		06:05:14.80	+03:26:31 (56.5%)	11:04	5.4 (43.2%)
253	KONCA Mariusz	6005	KB OŻARÓW MAZOWIECKI BIEGA	Masters M - 40	80	01:32:36	04:32:15		06:06:21.30	+03:27:38 (56.7%)	11:06	5.4 (43.2%)
254	GRZELKA Tomasz	6001	RUNNER'S POWER	Masters M - 40	81	01:25:06	04:29:25		06:07:25.40	+03:28:42 (56.8%)	11:08	5.4 (43.2%)
255	SKORUPSKI Szymon	6110	KURACJUSZE	Senior II M - 30	126	01:22:49	04:35:43		06:07:29.65	+03:28:46 (56.8%)	11:08	5.4 (43.2%)
256	PTASZYŃSKI Marcin	6311		Senior II M - 30	127	01:27:41	04:23:58		06:07:47.80	+03:29:04 (56.8%)	11:08	5.4 (43.2%)
257	KACZMAREK Maciej	6091	TEAM BEROTU	Senior II M - 30	128	01:27:49	04:24:37		06:10:40.55	+03:31:57 (57.2%)	11:13	5.3 (42.4%)
258	GAJEWSKI Paweł	6290	BEAUTY SPORT	Weteran I M - 50	11	01:38:49	04:39:07		06:12:13.10	+03:33:30 (57.4%)	11:16	5.3 (42.4%)
259	STANISZEWSKI Maciek	6040		Masters M - 40	82	01:23:04	04:37:06		06:13:55.60	+03:35:12 (57.6%)	11:19	5.3 (42.4%)
260	BECHTA Bechta	6144	ADIDAS RUNNERS WARSAW	Senior I M - 20	30	01:30:26	04:32:31		06:14:19.90	+03:35:36 (57.6%)	11:20	5.3 (42.4%)
261	BARTKOWIAK Piotr	6117	M-FIT RAWICZ	Senior II M - 30	129	01:34:19	04:34:21		06:14:24.05	+03:35:41 (57.6%)	11:20	5.3 (42.4%)
262	HATAŁA Tomasz	6076	BARCA	Senior II M - 30	130	01:27:48	04:31:48		06:17:04.85	+03:38:21 (57.9%)	11:25	5.3 (42.4%)
263	GAWLAK Robert	6169	MNG / RYTM CZ-DZ	Senior II M - 30	131	01:28:11	04:30:26		06:17:18.10	+03:38:35 (57.9%)	11:26	5.2 (41.6%)
264	ZARZECZNY Radosław	6003	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	132	01:35:03	04:21:41		06:17:37.55	+03:38:54 (58.0%)	11:26	5.2 (41.6%)
265	KAMIŃSKI Łukasz	6162		Masters M - 40	83	01:31:35	04:40:18		06:18:53.30	+03:40:10 (58.1%)	11:28	5.2 (41.6%)
266	KOCZOROWSKI Marcin	6426	TEAM ZABIEGANEDNI	Masters M - 40	84	01:38:24	04:38:10		06:19:19.30	+03:40:36 (58.2%)	11:29	5.2 (41.6%)
267	SZURKOWSKI Michał	6476	GRUNWALD TEAM POZNAŃ	Senior II M - 30	133	01:37:30	04:42:46		06:19:20.55	+03:40:37 (58.2%)	11:29	5.2 (41.6%)
268	DOBOSZ Leszek	6371		Masters M - 40	85	01:37:29	04:42:47		06:19:21.50	+03:40:38 (58.2%)	11:29	5.2 (41.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
269	POPCZYK Piotr	6154		Masters M - 40	86	01:34:34	04:48:18		06:19:35.40	+03:40:52 (58.2%)	11:30	5.2 (41.6%)
270	KRAWCZYK Krystian	6258		Senior II M - 30	134	01:27:00	04:31:49		06:20:24.10	+03:41:41 (58.3%)	11:31	5.2 (41.6%)
271	IWIŃSKI Marcin	6337	WOLNE ŚLIMAKI	Senior II M - 30	135	01:35:24	04:47:39		06:21:52.40	+03:43:09 (58.4%)	11:34	5.2 (41.6%)
272	BOŹKIEWICZ Jacek	6234		Masters M - 40	87	01:32:42	04:56:09		06:22:27.05	+03:43:44 (58.5%)	11:35	5.2 (41.6%)
273	PNIEWSKI Rafał	6047	1ON1 TEAM	Weteran I M - 50	12	01:37:08	04:39:50		06:31:22.20	+03:52:39 (59.4%)	11:51	5.1 (40.8%)
274	MAŁECKI Kamil	6049		Senior II M - 30	136	01:29:08	04:58:36		06:31:41.55	+03:52:58 (59.5%)	11:52	5.1 (40.8%)
275	PATYRA Łukasz	6136	GOMIND	Senior II M - 30	137	01:32:11	04:43:13		06:31:57.70	+03:53:14 (59.5%)	11:52	5.1 (40.8%)
276	CHYLIŃSKI Bartosz	6497		Senior II M - 30	138	01:33:32	05:02:43		06:31:59.20	+03:53:16 (59.5%)	11:52	5.1 (40.8%)
277	MATLAK Grzegorz	6413	3M RUNNING TEAM	Masters M - 40	88	01:27:11	04:50:31		06:32:28.65	+03:53:45 (59.6%)	11:53	5 (40.0%)
278	KAMIONOWSKI Mariusz-Jacek	6471		Weteran I M - 50	13	01:37:54	05:01:16		06:33:40.85	+03:54:57 (59.7%)	11:55	5 (40.0%)
279	SALAŁAMACHA Stanisław	6186	BIAŁA BIEGA	Weteran II M - 60	10	01:35:46	05:00:39		06:35:30.15	+03:56:47 (59.9%)	11:59	5 (40.0%)
280	LEŚNIEWSKI Tomek	6297	LAFIRYNDY I GAMONIE	Masters M - 40	89	01:40:33	05:08:11		06:38:41.85	+03:59:58 (60.2%)	12:04	5 (40.0%)
281	BIS Marcin	6267		Senior II M - 30	139	01:37:58	04:51:05		06:38:43.05	+04:00:00 (60.2%)	12:04	5 (40.0%)
282	PROCHOŃ Krzysztof	6180		Weteran I M - 50	14	01:51:26	04:50:28		06:38:55.95	+04:00:13 (60.2%)	12:05	5 (40.0%)
283	MROZIŃSKI Albert	6242		Masters M - 40	90	01:32:54	04:58:13		06:39:45.85	+04:01:02 (60.3%)	12:06	5 (40.0%)
284	ZAWIS Marek	6235		Weteran I M - 50	15	01:33:19	04:52:47		06:41:36.10	+04:02:53 (60.5%)	12:10	4.9 (39.2%)
285	MAŃKOWSKI Bartosz	6507	KUCHNIAMANKOWSKIEGO.PL	Senior II M - 30	140	01:37:12	05:06:08		06:42:25.05	+04:03:42 (60.6%)	12:11	4.9 (39.2%)
286	MAŃKOWSKI Dariusz	6508	KUCHNIAMANKOWSKIEGO.PL	Weteran I M - 50	16	01:36:51	05:06:46		06:42:25.60	+04:03:42 (60.6%)	12:11	4.9 (39.2%)
287	HOFFMANN Grzegorz	6165	KOŚCIAN TEAM	Masters M - 40	91	01:35:37	04:58:26		06:43:01.25	+04:04:18 (60.6%)	12:12	4.9 (39.2%)
288	RÓG Adam	6204	BIEGAM BO LUBIĘ INOWROCŁAW	Masters M - 40	92	01:30:46	04:51:53		06:44:11.85	+04:05:28 (60.7%)	12:14	4.9 (39.2%)
289	WRONISZEWSKI Łukasz	6523	1ON1 TEAM	Senior II M - 30	141	01:32:12	04:51:57		06:44:16.75	+04:05:33 (60.7%)	12:15	4.9 (39.2%)
290	SZYMAŃSKI Roman	6386	BUKOWSKI KLUB BIEGACZA	Weteran I M - 50	17	01:35:26	05:04:11		06:45:51.40	+04:07:08 (60.9%)	12:17	4.9 (39.2%)
291	KROMER Ludwik	6119		Weteran II M - 60	11	01:38:03	05:05:24		06:47:04.75	+04:08:21 (61.0%)	12:20	4.9 (39.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
292	PLASZCZAK Jarosław	6174		Masters M - 40	93	01:39:12	05:06:02		06:48:18.95	+04:09:36 (61.1%)	12:22	4.8 (38.4%)
293	DENKOWSKI Wojciech	6054	BP RUNNING TEAM GLIWICE	Weteran I M - 50	18	01:44:49	05:01:52		06:48:52.75	+04:10:09 (61.2%)	12:23	4.8 (38.4%)
294	JOŃCZYK Jerzy	6239	TUP TUP	Weteran I M - 50	19	01:38:34	05:02:13		06:49:26.75	+04:10:43 (61.2%)	12:24	4.8 (38.4%)
295	MYŚLIWIEC Andrzej	6203		Weteran II M - 60	12	01:12:24	05:04:39		06:50:46.80	+04:12:03 (61.4%)	12:26	4.8 (38.4%)
296	GRUDNIEWSKI Jakub	6138		Senior II M - 30	142	01:36:54	05:04:19		06:51:06.80	+04:12:23 (61.4%)	12:27	4.8 (38.4%)
297	GŁUSZCZAK Jerzy	6498		Weteran II M - 60	13	01:49:39	05:11:27		06:54:06.50	+04:15:23 (61.7%)	12:32	4.8 (38.4%)
298	MUCHA-KRUCZYŃSKI Wacław	6405	MUKK "QENPI"	Weteran II M - 60	14	01:43:57	05:06:33		06:57:15.35	+04:18:32 (62.0%)	12:38	4.7 (37.6%)
299	ZGÓRSKI Maciej	6048	WKURW_TEAM	Masters M - 40	94	01:37:50	05:19:12		06:57:50.85	+04:19:07 (62.0%)	12:39	4.7 (37.6%)
300	DUDA Wojciech	6253	SKAWINA BIEGA	Masters M - 40	95	01:44:55	05:07:27		06:59:46.70	+04:21:03 (62.2%)	12:43	4.7 (37.6%)
301	CHORAŻY Łukasz	6179	CAŁA OLEŚNICA BIEGA	Senior II M - 30	143	01:38:24	05:06:05		07:01:54.30	+04:23:11 (62.4%)	12:47	4.7 (37.6%)
302	DRABARZ Jacek	6278		Masters M - 40	96	01:36:46	05:08:32		07:01:54.80	+04:23:11 (62.4%)	12:47	4.7 (37.6%)
303	KONIECZNY Piotr	6024	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	97	01:48:26	05:23:39		07:06:47.90	+04:28:04 (62.8%)	12:55	4.6 (36.8%)
304	BESTRZYŃSKI Olech	6374	CZŁAPAK ROBAKOWO	Weteran I M - 50	20	01:51:46	05:08:36		07:33:39.00	+04:54:56 (65.0%)	13:44	4.4 (35.2%)
305	STRZELCZYK Paweł	6376	CC 1916	Senior II M - 30	144	01:59:17	05:48:30		07:39:25.25	+05:00:42 (65.5%)	13:55	4.3 (34.4%)
Przekroczony limit czasu: 08:30:00												
306	WALCZAK Sławomir	6490		Weteran I M - 50	21	01:53:11	06:04:05		08:31:52.10	+05:53:09 (69.0%)	15:30	3.9 (31.2%)
307	SZCZEPANIAK Sławomir	6415	KS LENIWIEC	Weteran I M - 50	22	02:12:04	06:12:48		08:40:53.85	+06:02:10 (69.5%)	15:47	3.8 (30.4%)
	CICHY Krzysztof	6416		Weteran I M - 50		01:08:17 DNF	03:11:21 DNF		DNF		-	- (0.0%)
	SNIEGOCKI Paweł	6083	TARNOWO PODGÓRNE BIEGA/ 4T	Masters M - 40		01:18:00 DNF	03:53:52 DNF		DNF		-	- (0.0%)
	KACZMAREK Radosław	6130	RADZIKI	Weteran I M - 50		01:22:27 DNF	04:06:50 DNF		DNF		-	- (0.0%)
	DANILUK Krzysztof	6530	BREAKING3	Masters M - 40		00:58:39 DNF	DNF		DNF		-	- (0.0%)
	POMIANOWSKI Szymon	6219	KURACJUSZE	Senior II M - 30		01:17:17 DNF	DNF		DNF		-	- (0.0%)
	BRÓŃSKI Krzysztof	6238		Senior II M - 30		01:18:08 DNF	DNF		DNF		-	- (0.0%)
	SĄSIADK Sławomir	6080	FEHLAU RUN TEAM	Weteran I M - 50		01:29:13 DNF	DNF		DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
	GIERCZAK Piotr	6185	ES TEAM	Masters M - 40		01:32:18 DNF	DNF		DNF	-	-	(0.0%)
	KAMIŃSKI Tomasz	6446	RESTAURACJA MAKARON	Weteran I M - 50		01:35:56 DNF	DNF		DNF	-	-	(0.0%)
	CZERNIK Andrzej	6401		Weteran II M - 60		01:50:57 DNF	DNF		DNF	-	-	(0.0%)
	GULA Tomasz	6419	GBY	Senior II M - 30		02:16:04 DNF	DNF		DNF	-	-	(0.0%)

Znaleziono 318 wynik(ów)