



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

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

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

| Msc | Zawodnik           | Numer | Klub                                   | Kategoria           | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------|-------|----------------------------------------|---------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | WITEK Andrzej      | 6463  | 140MINUT.PL                            | Senior II M<br>- 30 | 1    | 00:00:00                 | 00:43:17  | 01:15:11         | 01:52:55   | 02:35:01.30           | 02:35:01.30            |                      | 4:41            | 12.8<br>(100%)  |
| 2   | PYSZEL Florian     | 6394  | PIEKIELNI WARSZAWA                     | Senior I M<br>- 20  | 1    | 00:00:00                 | 00:46:28  | 01:19:30         | 01:57:52   | 02:42:54.00           | 02:42:54.00            | +00:07:52<br>(4.8%)  | 4:56            | 12.2<br>(95.3%) |
| 3   | PETR Jiří          | 6448  | SALOMON/SUUNTO                         | Masters M<br>- 40   | 1    | 00:00:01                 | 00:43:56  | 01:16:01         | 01:57:21   | 02:43:15.50           | 02:43:15.50            | +00:08:14<br>(5.0%)  | 4:56            | 12.1<br>(94.5%) |
| 4   | FABIAN Marcel      | 6507  | SOCIOS SILESIA                         | Senior I M<br>- 20  | 2    | 00:00:00                 | 00:45:13  | 01:18:23         | 01:58:53   | 02:46:44.60           | 02:46:44.60            | +00:11:43<br>(7.0%)  | 5:03            | 11.9<br>(93.0%) |
| 5   | RAJCA Michał       | 6491  | TRIMP                                  | Senior II M<br>- 30 | 2    | 00:00:00                 | 00:45:13  |                  | 02:00:47   | 02:50:57.85           | 02:50:57.85            | +00:15:56<br>(9.3%)  | 5:10            | 11.6<br>(90.6%) |
| 6   | CZERNIAK Paweł     | 6498  | KARKONOSZ RUNNING TEAM                 | Senior II M<br>- 30 | 3    | 00:00:01                 | 00:46:27  | 01:22:07         | 02:03:34   | 02:53:27.60           | 02:53:27.60            | +00:18:26<br>(10.6%) | 5:15            | 11.4<br>(89.1%) |
| 7   | IVANIUTA Taras     | 6536  | RESTARTNISA.SK                         | Senior I M<br>- 20  | 3    | 00:00:00                 | 00:44:35  | 01:18:52         | 02:04:12   | 02:55:41.05           | 02:55:41.05            | +00:20:39<br>(11.8%) | 5:19            | 11.3<br>(88.3%) |
| 8   | GRÜN Vojtěch       | 6443  | SALOMON/SUUNTO                         | Senior II M<br>- 30 | 4    | 00:00:01                 | 00:46:44  | 01:23:03         | 02:07:32   | 02:57:41.60           | 02:57:41.60            | +00:22:40<br>(12.8%) | 5:23            | 11.1<br>(86.7%) |
| 9   | KARWACZYŃSKI Roger | 6118  | RUNNING TEAM NASTOPY.PL                | Senior II M<br>- 30 | 5    | 00:00:01                 | 00:49:13  | 01:26:37         | 02:10:04   | 02:59:14.05           | 02:59:14.05            | +00:24:12<br>(13.5%) | 5:25            | 11<br>(85.9%)   |
| 10  | LULIS Dawid        | 6055  | ALTRA TEAM RED                         | Senior II M<br>- 30 | 6    | 00:00:01                 | 00:50:15  | 01:28:36         | 02:13:58   | 03:05:02.55           | 03:05:02.55            | +00:30:01<br>(16.2%) | 5:36            | 10.7<br>(83.6%) |
| 11  | BONIEC Radosław    | 6132  | NADLEŚNICTWO LIPINKI/140MINUT.PL       | Senior II M<br>- 30 | 7    |                          | 00:50:12  | 01:28:56         | 02:14:16   | 03:07:10.60           | 03:07:10.60            | +00:32:09<br>(17.2%) | 5:40            | 10.6<br>(82.8%) |
| 12  | PAZDAN Piotr       | 6076  | RUNNING TEAM NASTOPY.PL /140MINUT.PL   | Masters M<br>- 40   | 2    | 00:00:01                 | 00:54:23  | 01:34:51         | 02:20:17   | 03:11:34.05           | 03:11:34.05            | +00:36:32<br>(19.1%) | 5:48            | 10.3<br>(80.5%) |
| 13  | DYJAK Robert       | 6099  | TAMWORTH ATHLETIC CLUB                 | Masters M<br>- 40   | 3    | 00:00:05                 | 00:54:21  | 01:34:56         | 02:20:54   | 03:11:53.70           | 03:11:53.70            | +00:36:52<br>(19.2%) | 5:48            | 10.3<br>(80.5%) |
| 14  | ŚWIERAD Krystian   | 6486  |                                        | Senior I M<br>- 20  | 4    | 00:00:03                 | 00:53:58  | 01:33:09         | 02:19:47   | 03:11:55.60           | 03:11:55.60            | +00:36:54<br>(19.2%) | 5:48            | 10.3<br>(80.5%) |
| 15  | GURGUL Sebastian   | 6119  | AROMAT NÓG                             | Masters M<br>- 40   | 4    | 00:00:03                 | 00:56:27  | 01:39:48         | 02:31:03   | 03:27:46.40           | 03:27:46.40            | +00:52:45<br>(25.4%) | 6:17            | 9.5<br>(74.2%)  |
| 16  | SZUMLAŃSKI Marcin  | 6309  | PODHALAŃSKIE DZIKI - GORĄCY POTOK TEAM | Senior II M<br>- 30 | 8    | 00:00:06                 | 00:58:53  | 01:42:51         | 02:35:10   | 03:28:39.90           | 03:28:39.90            | +00:53:38<br>(25.7%) | 6:19            | 9.5<br>(74.2%)  |

| Msc | Zawodnik                | Numer | Klub                                             | Kategoria           | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|--------------------------------------------------|---------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 17  | CHŁOPEK Rafał           | 6516  | EDB                                              | Weteran I<br>M - 50 | 1    | 00:00:04                 | 00:57:52  | 01:40:32         | 02:30:31   | 03:28:45.10           | 03:28:45.10            | +00:53:43<br>(25.7%) | 6:19            | 9.5<br>(74.2%) |
| 18  | BANIAK Marcin           | 6412  | G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE | Masters M<br>- 40   | 5    | 00:00:01                 | 00:54:32  | 01:38:38         | 02:29:45   | 03:29:22.05           | 03:29:22.05            | +00:54:20<br>(26.0%) | 6:20            | 9.5<br>(74.2%) |
| 19  | PASTOROVA<br>Petra      | 6545  |                                                  | Masters K<br>- 40   | 2    | 00:00:01                 | 00:54:07  | 01:35:52         | 02:26:26   | 03:29:26.85           | 03:29:26.85            | +00:54:25<br>(26.0%) | 6:20            | 9.5<br>(74.2%) |
| 20  | SZOSTEK Marek           | 6236  |                                                  | Senior I M<br>- 20  | 5    | 00:00:44                 | 01:02:19  | 01:43:17         | 02:34:33   | 03:31:38.90           | 03:31:38.90            | +00:56:37<br>(26.8%) | 6:24            | 9.4<br>(73.4%) |
| 21  | GAZDA Vítězslav         | 6188  | BENEŠOVSKÝ BĚŽECKÝ KLUB A TRENOVANIBEHU.CZ       | Masters M<br>- 40   | 6    | 00:00:04                 | 00:54:27  | 01:36:57         | 02:30:17   | 03:31:49.55           | 03:31:49.55            | +00:56:48<br>(26.8%) | 6:25            | 9.3<br>(72.7%) |
| 22  | ŽWIRSKI Marcin          | 6164  |                                                  | Senior II M<br>- 30 | 9    | 00:00:34                 | 00:55:33  | 01:35:06         | 02:29:08   | 03:32:12.35           | 03:32:12.35            | +00:57:11<br>(26.9%) | 6:25            | 9.3<br>(72.7%) |
| 23  | SUDOLSKI Jacek          | 6339  | GUSTAW TEŻ BIEGA                                 | Senior II M<br>- 30 | 10   | 00:00:09                 | 01:00:01  | 01:43:35         | 02:34:18   | 03:33:15.75           | 03:33:15.75            | +00:58:14<br>(27.3%) | 6:27            | 9.3<br>(72.7%) |
| 24  | LASEK Jakub             | 6090  | RMT TEAM                                         | Senior II M<br>- 30 | 11   | 00:00:01                 | 00:57:19  | 01:43:56         | 02:35:17   | 03:38:04.90           | 03:38:04.90            | +01:03:03<br>(28.9%) | 6:36            | 9.1<br>(71.1%) |
| 25  | NIWIŃSKI Maciej         | 6324  | VEGAN ZABIERZÓW BIEGA                            | Masters M<br>- 40   | 7    | 00:00:07                 | 00:58:04  | 01:43:07         | 02:37:53   | 03:40:42.70           | 03:40:42.70            | +01:05:41<br>(29.8%) | 6:41            | 9<br>(70.3%)   |
| 26  | GRABEK Maciej           | 6113  | ŚLĘZAK TEAM                                      | Senior II M<br>- 30 | 12   | 00:00:04                 | 00:57:23  | 01:39:37         | 02:37:26   | 03:41:42.25           | 03:41:42.25            | +01:06:40<br>(30.1%) | 6:43            | 8.9<br>(69.5%) |
| 27  | WANOWSKI<br>Przemysław  | 6467  | #BIEGIEMWLAS                                     | Senior II M<br>- 30 | 13   | 00:00:14                 | 01:00:11  | 01:45:21         | 02:41:09   | 03:43:11.65           | 03:43:11.65            | +01:08:10<br>(30.5%) | 6:45            | 8.9<br>(69.5%) |
| 28  | SABAT Kamil             | 6025  | 140MINUT.PL                                      | Senior II M<br>- 30 | 14   | 00:00:06                 | 00:58:16  | 01:45:56         | 02:44:18   | 03:43:59.90           | 03:43:59.90            | +01:08:58<br>(30.8%) | 6:47            | 8.8<br>(68.8%) |
| 29  | GAŚIOROWSKI<br>Jarosław | 6199  | ADDED VALUE TEAM                                 | Senior I M<br>- 20  | 6    | 00:00:11                 | 00:58:45  | 01:46:10         | 02:44:20   | 03:44:30.65           | 03:44:30.65            | +01:09:29<br>(31.0%) | 6:48            | 8.8<br>(68.8%) |
| 30  | KRZYŚKÓW Piotr          | 6281  |                                                  | Senior II M<br>- 30 | 15   | 00:00:07                 | 01:00:53  | 01:47:03         | 02:43:44   | 03:44:36.85           | 03:44:36.85            | +01:09:35<br>(31.0%) | 6:48            | 8.8<br>(68.8%) |
| 31  | DYCKOWSKI<br>Łukasz     | 6524  | KARKONOSZ RUNNING TEAM                           | Senior I M<br>- 20  | 7    | 00:00:08                 | 00:57:43  | 01:42:38         | 02:38:12   | 03:44:40.40           | 03:44:40.40            | +01:09:39<br>(31.0%) | 6:48            | 8.8<br>(68.8%) |
| 32  | MATENKA Kamil           | 6197  | PACMAN RUNNING TEAM                              | Senior II M<br>- 30 | 16   | 00:00:10                 | 01:05:05  | 01:52:16         | 02:46:30   | 03:45:48.40           | 03:45:48.40            | +01:10:47<br>(31.3%) | 6:50            | 8.8<br>(68.8%) |
| 33  | STOŃ Wojciech           | 6241  |                                                  | Senior II M<br>- 30 | 17   | 00:00:10                 | 01:05:05  |                  | 02:46:12   | 03:45:49.20           | 03:45:49.20            | +01:10:47<br>(31.4%) | 6:50            | 8.8<br>(68.8%) |
| 34  | FRYDLEWICZ<br>Zbigniew  | 6246  |                                                  | Weteran I<br>M - 50 | 2    | 00:00:02                 | 00:57:18  | 01:44:22         | 02:40:16   | 03:46:34.20           | 03:46:34.20            | +01:11:32<br>(31.6%) | 6:51            | 8.7<br>(68.0%) |
| 35  | PACEK Tomasz            | 6370  | FIZJOBEGACZE SZCZECIN                            | Senior II M<br>- 30 | 18   | 00:00:10                 | 01:07:06  |                  | 02:46:28   | 03:47:16.30           | 03:47:16.30            | +01:12:15<br>(31.8%) | 6:53            | 8.7<br>(68.0%) |
| 36  | KURZYŃSKI<br>Piotr      | 6036  | TEAM BEROTU                                      | Masters M<br>- 40   | 8    | 00:00:02                 | 01:00:30  | 01:45:48         | 02:41:22   | 03:48:00.00           | 03:48:00.00            | +01:12:58<br>(32.0%) | 6:54            | 8.7<br>(68.0%) |
| 37  | DAUKSZO Maciej          | 6317  |                                                  | Senior I M<br>- 20  | 8    | 00:00:05                 | 01:04:28  |                  | 02:49:45   | 03:48:35.45           | 03:48:35.45            | +01:13:34<br>(32.2%) | 6:55            | 8.7<br>(68.0%) |
| 38  | VESELÝ Pavel            | 6546  | HSK HORNÍ ROKYTNICE                              | Weteran I<br>M - 50 | 3    | 00:00:04                 | 01:02:47  | 01:49:12         | 02:46:55   | 03:49:08.90           | 03:49:08.90            | +01:14:07<br>(32.3%) | 6:56            | 8.6<br>(67.2%) |
| 39  | TOMASIAK Adam           | 6318  | KB HARCOWNIK                                     | Senior I M<br>- 20  | 9    | 00:00:03                 | 00:53:56  | 01:39:01         | 02:45:28   | 03:49:26.65           | 03:49:26.65            | +01:14:25<br>(32.4%) | 6:57            | 8.6<br>(67.2%) |
| 40  | NOWACZYK<br>Piotr       | 6227  | MERIXSTUDIO RUNNING TEAM                         | Senior II M<br>- 30 | 19   | 00:00:18                 | 01:04:41  | 01:49:07         | 02:46:56   | 03:50:09.30           | 03:50:09.30            | +01:15:08<br>(32.6%) | 6:58            | 8.6<br>(67.2%) |

| Msc | Zawodnik               | Numer | Klub                                | Kategoria        | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|-------------------------------------|------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 41  | SEVCIK Ondrej          | 6489  | SEVCIK.DEV                          | Senior II M - 30 | 20   | 00:00:06                 | 01:04:53  | 01:49:23         | 02:51:09   | 03:50:40.85           | 03:50:40.85            | +01:15:39<br>(32.8%) | 6:59            | 8.6<br>(67.2%) |
| 42  | KONRAD Artur           | 6466  | BRACIA TEAM ZAWIERCIE               | Masters M - 40   | 9    | 00:00:07                 | 01:04:56  | 01:51:19         | 02:48:46   | 03:50:42.80           | 03:50:42.80            | +01:15:41<br>(32.8%) | 6:59            | 8.6<br>(67.2%) |
| 43  | CICHOWSKI Wojciech     | 6238  | 140MINUT.PL                         | Senior II M - 30 | 21   | 00:00:19                 | 01:00:29  | 01:48:14         | 02:46:24   | 03:51:14.90           | 03:51:14.90            | +01:16:13<br>(33.0%) | 7:00            | 8.6<br>(67.2%) |
| 44  | LITKA Krzysztof        | 6439  | PZU SPORT TEAM                      | Masters M - 40   | 10   | 00:00:03                 | 01:01:36  | 01:47:56         | 02:44:02   | 03:52:04.70           | 03:52:04.70            | +01:17:03<br>(33.2%) | 7:01            | 8.5<br>(66.4%) |
| 45  | KUBLER Andrzej         | 6299  | MKL SZCZECIN                        | Masters M - 40   | 11   | 00:00:08                 | 01:02:07  | 01:50:35         | 02:49:01   | 03:52:07.90           | 03:52:07.90            | +01:17:06<br>(33.2%) | 7:02            | 8.5<br>(66.4%) |
| 46  | KOŁODZIEJ Roman        | 6296  |                                     | Masters M - 40   | 12   | 00:00:00                 | 01:01:25  | 01:49:52         | 02:46:55   | 03:53:32.85           | 03:53:32.85            | +01:18:31<br>(33.6%) | 7:04            | 8.5<br>(66.4%) |
| 47  | WYCHOWANIEC Paweł      | 6006  |                                     | Senior II M - 30 | 22   | 00:00:16                 | 01:02:16  |                  | 02:49:37   | 03:54:06.15           | 03:54:06.15            | +01:19:04<br>(33.8%) | 7:05            | 8.5<br>(66.4%) |
| 48  | GESS Mariusz           | 6085  | CZUBY Z GOLENIOWA                   | Masters M - 40   | 13   | 00:00:10                 | 01:05:11  | 01:54:10         | 02:52:22   | 03:54:06.80           | 03:54:06.80            | +01:19:05<br>(33.8%) | 7:05            | 8.5<br>(66.4%) |
| 49  | BIAŁY Adam             | 6187  |                                     | Masters M - 40   | 14   | 00:00:14                 | 01:05:11  | 01:52:30         | 02:50:18   | 03:54:47.20           | 03:54:47.20            | +01:19:45<br>(34.0%) | 7:06            | 8.4<br>(65.6%) |
| 50  | ANUSZ Adam             | 6431  | BECOMEONE                           | Senior II M - 30 | 23   | 00:00:06                 | 00:59:56  | 01:47:18         | 02:46:10   | 03:54:48.95           | 03:54:48.95            | +01:19:47<br>(34.0%) | 7:06            | 8.4<br>(65.6%) |
| 51  | LAMEK Andrzej          | 6357  | AKTYWNY OSTRZESZÓW                  | Weteran I M - 50 | 4    | 00:00:41                 | 01:05:49  | 01:55:10         | 02:50:40   | 03:55:28.75           | 03:55:28.75            | +01:20:27<br>(34.2%) | 7:08            | 8.4<br>(65.6%) |
| 52  | KLYSZCZ Michał         | 6074  | IZBICKO W BIEGU                     | Senior I M - 20  | 10   | 00:00:44                 | 01:05:34  | 01:53:14         | 02:48:32   | 03:56:20.95           | 03:56:20.95            | +01:21:19<br>(34.4%) | 7:09            | 8.4<br>(65.6%) |
| 53  | DUCHNOWSKI Łukasz      | 6504  | RUN TEAM TYGRYSY ORZYSZ             | Senior II M - 30 | 24   | 00:00:01                 | 00:59:44  | 01:48:58         | 02:47:19   | 03:56:39.90           | 03:56:39.90            | +01:21:38<br>(34.5%) | 7:10            | 8.4<br>(65.6%) |
| 54  | KAMIŃSKI Piotr         | 6494  | RUN YOUR TRAIL                      | Senior II M - 30 | 25   | 00:00:05                 | 00:59:19  | 01:45:01         | 02:44:21   | 03:57:24.65           | 03:57:24.65            | +01:22:23<br>(34.7%) | 7:11            | 8.3<br>(64.8%) |
| 55  | TOMASZKIEWICZ Wojciech | 6105  | RUN FOREST                          | Senior II M - 30 | 26   | 00:00:07                 | 01:02:27  | 01:53:12         | 02:52:28   | 03:58:51.10           | 03:58:51.10            | +01:23:49<br>(35.1%) | 7:14            | 8.3<br>(64.8%) |
| 56  | SZOSTEK Jakub          | 6235  |                                     | Senior I M - 20  | 11   | 00:00:44                 | 01:10:10  |                  | 02:57:45   | 03:59:27.25           | 03:59:27.25            | +01:24:25<br>(35.3%) | 7:15            | 8.3<br>(64.8%) |
| 57  | GRYGIEREK Roman        | 6060  | KLUB BIEGACZA FARTLEK               | Masters M - 40   | 15   | 00:00:02                 | 01:00:23  | 01:49:18         | 02:48:50   | 04:00:34.30           | 04:00:34.30            | +01:25:33<br>(35.6%) | 7:17            | 8.2<br>(64.1%) |
| 58  | ŻBIK Bartosz           | 6384  |                                     | Senior II M - 30 | 27   | 00:00:15                 | 01:00:54  | 01:48:49         | 02:50:20   | 04:01:04.70           | 04:01:04.70            | +01:26:03<br>(35.7%) | 7:18            | 8.2<br>(64.1%) |
| 59  | KAMENSKÝ Zdeněk        | 6368  |                                     | Senior I M - 20  | 12   | 00:00:12                 | 01:13:25  |                  | 02:58:57   | 04:02:39.35           | 04:02:39.35            | +01:27:38<br>(36.1%) | 7:21            | 8.2<br>(64.1%) |
| 60  | KOWALCZYK Rafał        | 6338  | SIGMA TECHNOLOGY & ENERGY SOLUTIONS | Senior II M - 30 | 28   | 00:00:27                 | 01:07:50  | 01:56:06         | 02:53:43   | 04:03:20.35           | 04:03:20.35            | +01:28:19<br>(36.3%) | 7:22            | 8.1<br>(63.3%) |
| 61  | DROBNIK Błażej         | 6294  | OPALENICKI KLUB BIEGACZA            | Senior II M - 30 | 29   | 00:00:02                 | 01:08:43  | 02:01:35         | 03:00:59   | 04:05:47.80           | 04:05:47.80            | +01:30:46<br>(36.9%) | 7:26            | 8.1<br>(63.3%) |
| 62  | WANAT Mateusz          | 6382  | PRZEDWOJEWSKI TEAM                  | Senior II M - 30 | 30   | 00:00:08                 | 01:05:14  | 01:56:44         | 02:56:59   | 04:07:02.65           | 04:07:02.65            | +01:32:01<br>(37.2%) | 7:29            | 8<br>(62.5%)   |
| 63  | BARCAL Richard         | 6307  | DOS AMIGOS                          | Masters M - 40   | 16   | 00:00:05                 | 01:01:39  | 01:50:22         | 02:49:35   | 04:07:25.55           | 04:07:25.55            | +01:32:24<br>(37.3%) | 7:29            | 8<br>(62.5%)   |
| 64  | RASZKOWSKI Piotr       | 6335  | ŚLĘZAK TEAM                         | Senior II M - 30 | 31   | 00:00:05                 | 01:10:55  |                  | 02:53:22   | 04:08:35.15           | 04:08:35.15            | +01:33:33<br>(37.6%) | 7:31            | 8<br>(62.5%)   |

| Msc | Zawodnik                | Numer | Klub                       | Kategoria           | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|----------------------------|---------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 65  | MICHALAK Rafał          | 6378  |                            | Senior I M<br>- 20  | 13   | 00:00:06                 | 01:10:09  | 01:57:08         | 03:01:12   | 04:08:38.80           | 04:08:38.80            | +01:33:37<br>(37.7%) | 7:32            | 8<br>(62.5%)   |
| 66  | KUDREJ<br>Grzegorz      | 6465  | MOCNA GRUPA CEZARA         | Senior II M<br>- 30 | 32   | 00:00:21                 | 01:06:35  | 02:00:45         | 03:01:34   | 04:09:31.45           | 04:09:31.45            | +01:34:30<br>(37.9%) | 7:33            | 7.9<br>(61.7%) |
| 67  | CHODKIEWICZ<br>Tomasz   | 6403  | W2 RUN TEAM                | Masters M<br>- 40   | 17   | 00:00:03                 | 01:05:16  | 01:57:46         | 03:00:31   | 04:10:13.50           | 04:10:13.50            | +01:35:12<br>(38.0%) | 7:34            | 7.9<br>(61.7%) |
| 68  | GÓRECKI<br>Krzysztof    | 6275  |                            | Senior I M<br>- 20  | 14   | 00:00:20                 | 01:13:08  |                  | 03:07:51   | 04:10:20.75           | 04:10:20.75            | +01:35:19<br>(38.1%) | 7:35            | 7.9<br>(61.7%) |
| 69  | GRZYBEK Antoni          | 6247  |                            | Weteran I<br>M - 50 | 5    | 00:00:15                 | 01:05:20  | 01:58:42         | 03:02:11   | 04:11:41.55           | 04:11:41.55            | +01:36:40<br>(38.4%) | 7:37            | 7.9<br>(61.7%) |
| 70  | MYSZKIEWICZ<br>Paweł    | 6012  | MOCNA GRUPA CEZARA         | Senior II M<br>- 30 | 33   | 00:00:19                 | 01:11:29  | 02:02:07         | 03:04:26   | 04:11:52.05           | 04:11:52.05            | +01:36:50<br>(38.5%) | 7:37            | 7.9<br>(61.7%) |
| 71  | STELMACH Piotr          | 6506  | RK ATHLETICS               | Masters M<br>- 40   | 18   | 00:00:06                 | 01:10:23  | 02:05:29         | 03:05:57   | 04:12:25.75           | 04:12:25.75            | +01:37:24<br>(38.6%) | 7:38            | 7.8<br>(60.9%) |
| 72  | KANIA Marian            | 6534  | LEDWOZIPIA                 | Masters M<br>- 40   | 19   | 00:00:08                 | 01:08:12  |                  | 03:05:24   | 04:13:00.80           | 04:13:00.80            | +01:37:59<br>(38.7%) | 7:40            | 7.8<br>(60.9%) |
| 73  | BUĆKO Marcin            | 6411  | KLUB BIEGACZA FARTLEK      | Masters M<br>- 40   | 20   | 00:00:03                 | 01:05:15  | 01:58:24         | 03:04:20   | 04:13:07.50           | 04:13:07.50            | +01:38:06<br>(38.8%) | 7:40            | 7.8<br>(60.9%) |
| 74  | SAJ Jakub               | 6362  | DRUŻYNA Ż                  | Senior II M<br>- 30 | 34   | 00:00:12                 | 01:06:00  | 01:58:32         | 02:59:48   | 04:13:34.65           | 04:13:34.65            | +01:38:33<br>(38.9%) | 7:41            | 7.8<br>(60.9%) |
| 75  | SENTYSZ Robert          | 6495  | SENLABS.PL                 | Masters M<br>- 40   | 21   | 00:00:03                 | 01:13:49  | 02:00:50         | 03:10:09   | 04:14:57.65           | 04:14:57.65            | +01:39:56<br>(39.2%) | 7:43            | 7.8<br>(60.9%) |
| 76  | KOSZAREK<br>Maciej      | 6308  |                            | Weteran I<br>M - 50 | 6    | 00:00:21                 | 01:08:08  | 02:02:41         | 03:05:29   | 04:15:00.85           | 04:15:00.85            | +01:39:59<br>(39.2%) | 7:43            | 7.8<br>(60.9%) |
| 77  | KURKA Adam              | 6266  |                            | Masters M<br>- 40   | 22   | 00:00:17                 | 01:06:31  | 01:55:02         | 02:51:33   | 04:15:22.25           | 04:15:22.25            | +01:40:20<br>(39.3%) | 7:44            | 7.8<br>(60.9%) |
| 78  | DUBOWICZ<br>Maciej      | 6347  | TRITON KONIN               | Senior I M<br>- 20  | 15   | 00:00:32                 | 01:12:38  | 02:06:16         | 03:09:17   | 04:15:32.05           | 04:15:32.05            | +01:40:30<br>(39.3%) | 7:44            | 7.7<br>(60.2%) |
| 79  | ZĄBEK Łukasz            | 6289  | 140MINUT.PL                | Masters M<br>- 40   | 23   | 00:00:05                 | 01:05:19  | 02:02:32         | 03:06:00   | 04:17:06.30           | 04:17:06.30            | +01:42:05<br>(39.7%) | 7:47            | 7.7<br>(60.2%) |
| 80  | TOMCZAK<br>Dariusz      | 6487  |                            | Senior II M<br>- 30 | 35   | 00:00:16                 | 01:13:07  | 02:05:46         | 03:08:49   | 04:17:36.55           | 04:17:36.55            | +01:42:35<br>(39.8%) | 7:48            | 7.7<br>(60.2%) |
| 81  | JACHIRA Patryk          | 6464  | STAJNIAKTEAM               | Senior II M<br>- 30 | 36   |                          | 01:17:15  | 02:12:59         | 03:14:25   | 04:17:51.60           | 04:17:51.60            | +01:42:50<br>(39.9%) | 7:48            | 7.7<br>(60.2%) |
| 82  | WALAS Andrzej           | 6265  | PRO-RUN WROCŁAW            | Senior I M<br>- 20  | 16   | 00:00:19                 | 01:08:46  | 01:59:40         | 03:00:06   | 04:18:33.90           | 04:18:33.90            | +01:43:32<br>(40.0%) | 7:50            | 7.7<br>(60.2%) |
| 83  | GMYREK Jacek            | 6178  |                            | Masters M<br>- 40   | 24   | 00:00:10                 | 01:10:56  |                  | 03:08:55   | 04:19:11.35           | 04:19:11.35            | +01:44:10<br>(40.2%) | 7:51            | 7.6<br>(59.4%) |
| 84  | DEL BOSQUE<br>Jorge     | 6334  |                            | Senior I M<br>- 20  | 17   | 00:00:05                 | 01:13:15  | 02:03:29         | 03:11:11   | 04:19:37.20           | 04:19:37.20            | +01:44:35<br>(40.3%) | 7:52            | 7.6<br>(59.4%) |
| 85  | BUDYCH Arek             | 6509  |                            | Masters M<br>- 40   | 25   | 00:00:42                 | 01:14:59  | 02:08:38         | 03:11:50   | 04:21:22.30           | 04:21:22.30            | +01:46:21<br>(40.7%) | 7:55            | 7.6<br>(59.4%) |
| 86  | ANDRZEJEWSKI<br>Dominik | 6280  | KB GEPARD MUROWANA GOŚLINA | Senior II M<br>- 30 | 37   | 00:00:38                 | 01:11:25  |                  | 03:08:37   | 04:21:41.05           | 04:21:41.05            | +01:46:39<br>(40.8%) | 7:55            | 7.6<br>(59.4%) |
| 87  | KRZEMIŃSKI<br>Marcin    | 6452  |                            | Masters M<br>- 40   | 26   | 00:00:04                 | 01:03:53  | 01:57:21         | 03:18:04   | 04:23:40.20           | 04:23:40.20            | +01:48:38<br>(41.2%) | 7:59            | 7.5<br>(58.6%) |
| 88  | KOSIERADZKI<br>Łukasz   | 6351  |                            | Senior II M<br>- 30 | 38   | 00:00:06                 | 01:12:03  | 02:06:57         | 03:14:10   | 04:24:07.80           | 04:24:07.80            | +01:49:06<br>(41.3%) | 8:00            | 7.5<br>(58.6%) |

| Msc | Zawodnik                       | Numer       | Klub                                 | Kategoria           | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------------|--------------------------------------|---------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 89  | <b>TOMCZYK Rafał</b>           | <b>6078</b> | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | Senior II M<br>- 30 | 39   | 00:00:10                 | 01:10:21  | 02:02:12         | 03:10:39   | <b>04:24:15.90</b>    | <b>04:24:15.90</b>     | +01:49:14<br>(41.3%) | 8:00            | 7.5<br>(58.6%) |
| 90  | <b>WOJTASIK Łukasz</b>         | <b>6056</b> | AKTYWNY OSTRZESZÓW                   | Masters M<br>- 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>     | +01:50:12<br>(41.6%) | 8:02            | 7.5<br>(58.6%) |
| 91  | <b>BŁASZCZAK Marek</b>         | <b>6154</b> | MOCNA GRUPA CEZARA                   | Senior II M<br>- 30 | 40   | 00:00:19                 | 01:09:44  | 02:04:16         | 03:12:33   | <b>04:25:36.30</b>    | <b>04:25:36.30</b>     | +01:50:35<br>(41.6%) | 8:02            | 7.5<br>(58.6%) |
| 92  | <b>KŁODA Dariusz</b>           | <b>6084</b> | DRUŻYNA SZPIKU                       | Masters M<br>- 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>     | +01:51:04<br>(41.7%) | 8:03            | 7.4<br>(57.8%) |
| 93  | <b>MORCINEK Marcin</b>         | <b>6529</b> | BLUSZCZA                             | Masters M<br>- 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>     | +01:51:17<br>(41.8%) | 8:04            | 7.4<br>(57.8%) |
| 94  | <b>RUTKOWSKI Jakub</b>         | <b>6260</b> |                                      | Senior II M<br>- 30 | 41   | 00:00:12                 | 01:08:23  | 02:04:10         | 03:12:19   | <b>04:26:26.20</b>    | <b>04:26:26.20</b>     | +01:51:24<br>(41.8%) | 8:04            | 7.4<br>(57.8%) |
| 95  | <b>SZCZEPANIK Łukasz</b>       | <b>6459</b> | MOCNA GRUPA CEZARA                   | Masters M<br>- 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>     | +01:51:28<br>(41.8%) | 8:04            | 7.4<br>(57.8%) |
| 96  | <b>HARASIMOWICZ Sławek</b>     | <b>6065</b> | GOLENIÓW                             | Masters M<br>- 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>     | +01:51:37<br>(41.9%) | 8:04            | 7.4<br>(57.8%) |
| 97  | <b>TEKIELI Jerzy</b>           | <b>6035</b> | TEKIELI FAMILY                       | Masters M<br>- 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>     | +01:52:34<br>(42.1%) | 8:06            | 7.4<br>(57.8%) |
| 98  | <b>CZYŻ Leszek</b>             | <b>6108</b> | FANTASTIC TEAM                       | Masters M<br>- 40   | 33   | 00:00:47                 | 01:15:45  |                  | 03:15:46   | <b>04:27:46.20</b>    | <b>04:27:46.20</b>     | +01:52:44<br>(42.1%) | 8:06            | 7.4<br>(57.8%) |
| 99  | <b>KOLAWA Piotr</b>            | <b>6083</b> | TRENUJZNAMI.PL                       | Masters M<br>- 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>     | +01:52:57<br>(42.2%) | 8:07            | 7.4<br>(57.8%) |
| 100 | <b>ŚPIEWAK Radosław</b>        | <b>6148</b> |                                      | Masters M<br>- 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>     | +01:53:56<br>(42.4%) | 8:09            | 7.4<br>(57.8%) |
| 101 | <b>FRERIKS Jeroen</b>          | <b>6373</b> | LEIDEN ATLETIEK                      | Senior II M<br>- 30 | 42   | 00:00:48                 | 01:24:17  | 02:16:27         | 03:21:40   | <b>04:29:27.55</b>    | <b>04:29:27.55</b>     | +01:54:26<br>(42.5%) | 8:09            | 7.3<br>(57.0%) |
| 102 | <b>KUREK Tomasz</b>            | <b>6348</b> | OPALENICKI KLUB BIEGACZA             | Masters M<br>- 40   | 36   | 00:00:02                 | 01:14:47  |                  | 03:17:11   | <b>04:30:48.55</b>    | <b>04:30:48.55</b>     | +01:55:47<br>(42.8%) | 8:12            | 7.3<br>(57.0%) |
| 103 | <b>SZCZESZEK Arkadiusz</b>     | <b>6133</b> |                                      | Masters M<br>- 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>     | +01:55:50<br>(42.8%) | 8:12            | 7.3<br>(57.0%) |
| 104 | <b>BUCZAK Jakub</b>            | <b>6001</b> |                                      | Senior II M<br>- 30 | 43   | 00:00:01                 | 01:13:50  | 02:08:56         | 03:17:25   | <b>04:30:57.85</b>    | <b>04:30:57.85</b>     | +01:55:56<br>(42.8%) | 8:12            | 7.3<br>(57.0%) |
| 105 | <b>KSIĄŻKIEWICZ Bartłomiej</b> | <b>6438</b> | ROCKY BALBOA                         | Masters M<br>- 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>     | +01:56:06<br>(42.8%) | 8:12            | 7.3<br>(57.0%) |
| 106 | <b>JANOSZ Paweł</b>            | <b>6185</b> |                                      | Senior I M<br>- 20  | 18   | 00:00:17                 | 01:11:34  | 02:06:10         | 03:18:07   | <b>04:31:54.85</b>    | <b>04:31:54.85</b>     | +01:56:53<br>(43.0%) | 8:14            | 7.3<br>(57.0%) |
| 107 | <b>CICHY Krzysztof</b>         | <b>6326</b> | GÓRAL Z MAZUR RUNNING TEAM           | Weteran I<br>M - 50 | 7    | 00:00:22                 | 01:15:03  | 02:11:31         | 03:23:43   | <b>04:31:55.75</b>    | <b>04:31:55.75</b>     | +01:56:54<br>(43.0%) | 8:14            | 7.3<br>(57.0%) |
| 108 | <b>MAJCHER Marcin</b>          | <b>6497</b> | 4T                                   | Masters M<br>- 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>     | +01:57:42<br>(43.2%) | 8:15            | 7.3<br>(57.0%) |
| 109 | <b>SAWICKI Bartosz</b>         | <b>6158</b> | DZIKIE DZIKI GORZÓW                  | Senior II M<br>- 30 | 44   | 00:00:10                 | 01:12:12  | 02:08:15         | 03:19:40   | <b>04:33:34.05</b>    | <b>04:33:34.05</b>     | +01:58:32<br>(43.3%) | 8:17            | 7.2<br>(56.3%) |
| 110 | <b>GONTKO Łukasz</b>           | <b>6417</b> |                                      | Masters M<br>- 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>     | +01:58:54<br>(43.4%) | 8:18            | 7.2<br>(56.3%) |
| 111 | <b>WOJCIESZYŃSKI Tomasz</b>    | <b>6409</b> | BBL GORZÓW                           | Masters M<br>- 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>     | +01:59:02<br>(43.4%) | 8:18            | 7.2<br>(56.3%) |
| 112 | <b>KRAWCZYK Robert</b>         | <b>6125</b> |                                      | Senior II M<br>- 30 | 45   | 00:00:12                 | 01:13:23  | 02:07:51         | 03:16:54   | <b>04:34:06.40</b>    | <b>04:34:06.40</b>     | +01:59:05<br>(43.4%) | 8:18            | 7.2<br>(56.3%) |

| Msc | Zawodnik              | Numer | Klub                       | Kategoria           | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|----------------------------|---------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 113 | GAJDA Michał          | 6221  |                            | Senior II M<br>- 30 | 46   | 00:00:21                 | 01:24:27  | 02:24:50         | 03:27:02   | 04:34:35.65           | 04:34:35.65            | +01:59:34<br>(43.5%) | 8:19            | 7.2<br>(56.3%) |
| 114 | DOMBROVSKIS<br>Juris  | 6425  | SUPERVAROŃI                | Masters M<br>- 40   | 42   | 00:00:46                 | 01:17:18  | 02:12:18         | 03:22:08   | 04:35:02.85           | 04:35:02.85            | +02:00:01<br>(43.6%) | 8:20            | 7.2<br>(56.3%) |
| 115 | JÓŹWIAK<br>Radosław   | 6203  | ŻARY RUNNERS TEAM          | Masters M<br>- 40   | 43   | 00:00:36                 | 01:15:54  | 02:09:30         | 03:18:50   | 04:35:15.00           | 04:35:15.00            | +02:00:13<br>(43.7%) | 8:20            | 7.2<br>(56.3%) |
| 116 | MAŁKOWSKI<br>Tomasz   | 6371  | GRUPA BIEGOWA 65           | Weteran I<br>M - 50 | 8    | 00:00:23                 | 01:11:36  | 02:05:51         | 03:14:25   | 04:35:35.45           | 04:35:35.45            | +02:00:34<br>(43.7%) | 8:21            | 7.2<br>(56.3%) |
| 117 | ZUGAJ Robert          | 6433  |                            | Masters M<br>- 40   | 44   | 00:00:15                 | 01:12:43  | 02:11:58         | 03:20:20   | 04:35:37.20           | 04:35:37.20            | +02:00:35<br>(43.8%) | 8:21            | 7.2<br>(56.3%) |
| 118 | SZALENIEC<br>Marcin   | 6054  | RUNNERS TEAM NYSA          | Masters M<br>- 40   | 45   | 00:00:33                 | 01:20:27  | 02:21:49         | 03:29:14   | 04:35:41.90           | 04:35:41.90            | +02:00:40<br>(43.8%) | 8:21            | 7.2<br>(56.3%) |
| 119 | GUZIK Bartosz         | 6206  | NKB CHYŻY NOWY TOMYŚL      | Masters M<br>- 40   | 46   | 00:00:02                 | 01:13:09  | 02:09:05         | 03:22:40   | 04:37:23.45           | 04:37:23.45            | +02:02:22<br>(44.1%) | 8:24            | 7.1<br>(55.5%) |
| 120 | JAKUSZEK<br>Krzysztof | 6184  | CEGIELNIA PIASKI           | Masters M<br>- 40   | 47   | 00:00:25                 | 01:17:40  | 02:13:42         | 03:21:50   | 04:37:55.85           | 04:37:55.85            | +02:02:54<br>(44.2%) | 8:25            | 7.1<br>(55.5%) |
| 121 | JAKUSZEK Paweł        | 6176  | PGB SPORTOWA PACZKA        | Masters M<br>- 40   | 48   | 00:00:26                 | 01:17:40  | 02:13:37         | 03:21:56   | 04:37:56.10           | 04:37:56.10            | +02:02:54<br>(44.2%) | 8:25            | 7.1<br>(55.5%) |
| 122 | TUREK Marcin          | 6414  | KĘSY TEAM                  | Senior II M<br>- 30 | 47   | 00:00:14                 | 01:17:39  | 02:13:54         | 03:23:03   | 04:38:01.45           | 04:38:01.45            | +02:03:00<br>(44.2%) | 8:25            | 7.1<br>(55.5%) |
| 123 | GŁADECKI<br>Sebastian | 6416  | KĘSY TEAM                  | Masters M<br>- 40   | 49   | 00:00:14                 | 01:17:37  | 02:13:58         | 03:23:10   | 04:38:01.60           | 04:38:01.60            | +02:03:00<br>(44.2%) | 8:25            | 7.1<br>(55.5%) |
| 124 | ŁOBOS Mariusz         | 6075  |                            | Weteran I<br>M - 50 | 9    | 00:00:24                 | 01:18:56  | 02:15:56         | 03:26:27   | 04:38:14.45           | 04:38:14.45            | +02:03:13<br>(44.3%) | 8:25            | 7.1<br>(55.5%) |
| 125 | LISIAK Bartosz        | 6298  | KB GEPARD MUROWANA GOŚLINA | Senior II M<br>- 30 | 48   | 00:00:34                 | 01:18:47  | 02:14:16         | 03:19:44   | 04:38:23.25           | 04:38:23.25            | +02:03:21<br>(44.3%) | 8:26            | 7.1<br>(55.5%) |
| 126 | KACZMAREK<br>Filip    | 6391  |                            | Senior I M<br>- 20  | 19   | 00:00:07                 | 01:11:00  | 02:04:50         | 03:16:00   | 04:38:55.65           | 04:38:55.65            | +02:03:54<br>(44.4%) | 8:27            | 7.1<br>(55.5%) |
| 127 | MAJKA Jarek           | 6109  | SYNANDOJCIEC               | Masters M<br>- 40   | 50   | 00:00:27                 | 01:12:41  | 02:08:52         | 03:20:00   | 04:40:57.40           | 04:40:57.40            | +02:05:56<br>(44.8%) | 8:30            | 7<br>(54.7%)   |
| 128 | NOWAK Tomasz          | 6152  | BW BIEGACZE WYMIATACZE     | Senior II M<br>- 30 | 49   | 00:00:57                 | 01:22:55  | 02:21:32         | 03:33:22   | 04:41:38.05           | 04:41:38.05            | +02:06:36<br>(45.0%) | 8:32            | 7<br>(54.7%)   |
| 129 | MAKAREWICZ<br>Wiktor  | 6276  | KUDŁATE MAKARONY           | Senior II M<br>- 30 | 50   | 00:01:05                 | 01:23:38  |                  | 03:28:05   | 04:41:48.65           | 04:41:48.65            | +02:06:47<br>(45.0%) | 8:32            | 7<br>(54.7%)   |
| 130 | TYL Radosław          | 6009  |                            | Masters M<br>- 40   | 51   | 00:00:41                 | 01:15:12  | 02:10:32         | 03:21:05   | 04:42:32.75           | 04:42:32.75            | +02:07:31<br>(45.1%) | 8:33            | 7<br>(54.7%)   |
| 131 | GAWRON<br>Tomasz      | 6223  |                            | Masters M<br>- 40   | 52   | 00:00:17                 | 01:14:38  | 02:07:58         | 03:14:38   | 04:43:04.35           | 04:43:04.35            | +02:08:03<br>(45.2%) | 8:34            | 7<br>(54.7%)   |
| 132 | GUZERA Tomasz         | 6244  |                            | Senior II M<br>- 30 | 51   | 00:01:08                 | 01:17:02  | 02:11:39         | 03:27:19   | 04:43:25.90           | 04:43:25.90            | +02:08:24<br>(45.3%) | 8:35            | 7<br>(54.7%)   |
| 133 | WALCZAK Piotr         | 6072  |                            | Masters M<br>- 40   | 53   | 00:00:56                 | 01:12:39  | 02:07:45         | 03:21:29   | 04:43:30.85           | 04:43:30.85            | +02:08:29<br>(45.3%) | 8:35            | 7<br>(54.7%)   |
| 134 | FILUT Łukasz          | 6349  |                            | Masters M<br>- 40   | 54   | 00:00:59                 | 01:14:55  | 02:11:07         | 03:20:47   | 04:44:40.85           | 04:44:40.85            | +02:09:39<br>(45.5%) | 8:37            | 7<br>(54.7%)   |
| 135 | WAŚ Bartłomiej        | 6454  | STG WARSZAWA               | Senior II M<br>- 30 | 52   | 00:00:14                 | 01:14:06  | 02:16:16         | 03:24:46   | 04:47:34.25           | 04:47:34.25            | +02:12:32<br>(46.1%) | 8:42            | 6.9<br>(53.9%) |
| 136 | MIĄSKO<br>Wojciech    | 6222  | 12TRI.PL                   | Weteran I<br>M - 50 | 10   | 00:00:45                 | 01:16:15  | 02:15:14         | 03:25:52   | 04:47:47.45           | 04:47:47.45            | +02:12:46<br>(46.1%) | 8:43            | 6.9<br>(53.9%) |

| Msc | Zawodnik                        | Numer       | Klub                     | Kategoria           | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|-------------|--------------------------|---------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 137 | <b>BIEDA Bernard</b>            | <b>6406</b> | BUDIPOL                  | Senior II M<br>- 30 | 53   | 00:02:07                 | 01:27:55  | 02:26:53         | 03:37:25   | <b>04:47:51.80</b>    | <b>04:47:51.80</b>     | +02:12:50<br>(46.1%) | 8:43            | 6.9<br>(53.9%) |
| 138 | <b>TORZEWSKI<br/>Przemysław</b> | <b>6475</b> |                          | Senior II M<br>- 30 | 54   | 00:00:30                 | 01:25:59  | 02:25:23         | 03:32:44   | <b>04:47:52.45</b>    | <b>04:47:52.45</b>     | +02:12:51<br>(46.1%) | 8:43            | 6.9<br>(53.9%) |
| 139 | <b>PITEK Tomasz</b>             | <b>6413</b> | 42K PRO TEAM             | Masters M<br>- 40   | 55   | 00:00:36                 | 01:17:36  |                  | 03:30:28   | <b>04:49:00.25</b>    | <b>04:49:00.25</b>     | +02:13:58<br>(46.4%) | 8:45            | 6.9<br>(53.9%) |
| 140 | <b>HRYCAJ Mariusz</b>           | <b>6059</b> | REBELLION OF FREE RUNERS | Masters M<br>- 40   | 56   | 00:00:06                 | 01:15:16  |                  | 03:30:23   | <b>04:49:38.35</b>    | <b>04:49:38.35</b>     | +02:14:37<br>(46.5%) | 8:46            | 6.8<br>(53.1%) |
| 141 | <b>STĘPNOWSKI<br/>Jakub</b>     | <b>6420</b> | UPACJENTA.PL             | Senior II M<br>- 30 | 55   | 00:01:17                 | 01:27:41  | 02:23:59         | 03:30:20   | <b>04:49:50.65</b>    | <b>04:49:50.65</b>     | +02:14:49<br>(46.5%) | 8:46            | 6.8<br>(53.1%) |
| 142 | <b>TECZA Robert</b>             | <b>6405</b> |                          | Weteran I<br>M - 50 | 11   | 00:00:12                 | 01:14:19  | 02:11:01         | 03:26:20   | <b>04:50:38.55</b>    | <b>04:50:38.55</b>     | +02:15:37<br>(46.7%) | 8:48            | 6.8<br>(53.1%) |
| 143 | <b>GRACZ Krzysztof</b>          | <b>6455</b> |                          | Masters M<br>- 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>     | +02:15:59<br>(46.7%) | 8:49            | 6.8<br>(53.1%) |
| 144 | <b>WIŚNIEWSKI<br/>Mariusz</b>   | <b>6432</b> |                          | Masters M<br>- 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>     | +02:16:02<br>(46.7%) | 8:49            | 6.8<br>(53.1%) |
| 145 | <b>TOMAKA Maciej</b>            | <b>6476</b> | TEAM KURORT ŁĄDEK-ZDRÓJ  | Senior II M<br>- 30 | 56   | 00:00:50                 | 01:20:04  | 02:25:39         | 03:44:58   | <b>04:51:29.00</b>    | <b>04:51:29.00</b>     | +02:16:27<br>(46.8%) | 8:49            | 6.8<br>(53.1%) |
| 146 | <b>KABAŁA Bartosz</b>           | <b>6002</b> | #BIEGIEMWLAS             | Senior I M<br>- 20  | 20   | 00:00:43                 | 01:18:45  |                  | 03:29:02   | <b>04:51:37.95</b>    | <b>04:51:37.95</b>     | +02:16:36<br>(46.8%) | 8:50            | 6.8<br>(53.1%) |
| 147 | <b>SZOFER Adam</b>              | <b>6245</b> | NKB CHYŻY NOWY TOMYŚL    | Senior II M<br>- 30 | 57   | 00:01:01                 | 01:29:46  | 02:26:12         | 03:36:29   | <b>04:51:41.10</b>    | <b>04:51:41.10</b>     | +02:16:39<br>(46.9%) | 8:50            | 6.8<br>(53.1%) |
| 148 | <b>KĘPIŃSKI Marek</b>           | <b>6305</b> |                          | Weteran I<br>M - 50 | 12   | 00:00:53                 | 01:23:37  |                  | 03:35:37   | <b>04:51:44.40</b>    | <b>04:51:44.40</b>     | +02:16:43<br>(46.9%) | 8:50            | 6.8<br>(53.1%) |
| 149 | <b>TRZPIOLA Tycjan</b>          | <b>6013</b> | KURACJUSZE               | Senior II M<br>- 30 | 58   | 00:00:21                 | 01:16:11  | 02:17:30         | 03:32:56   | <b>04:51:44.90</b>    | <b>04:51:44.90</b>     | +02:16:43<br>(46.9%) | 8:50            | 6.8<br>(53.1%) |
| 150 | <b>GAWROŃSKI<br/>Sebastian</b>  | <b>6386</b> |                          | Masters M<br>- 40   | 59   | 00:00:51                 | 01:21:45  |                  | 03:32:12   | <b>04:52:06.30</b>    | <b>04:52:06.30</b>     | +02:17:05<br>(46.9%) | 8:51            | 6.8<br>(53.1%) |
| 151 | <b>CEITEL Maciej</b>            | <b>6028</b> |                          | Masters M<br>- 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>     | +02:17:37<br>(47.0%) | 8:52            | 6.8<br>(53.1%) |
| 152 | <b>ZAŃKO Łukasz</b>             | <b>6286</b> | EXPLORADOR               | Masters M<br>- 40   | 61   | 00:00:35                 | 01:29:22  |                  | 03:37:52   | <b>04:53:15.55</b>    | <b>04:53:15.55</b>     | +02:18:14<br>(47.1%) | 8:53            | 6.8<br>(53.1%) |
| 153 | <b>SZACH Andrzej</b>            | <b>6485</b> | 22KBPG                   | Masters M<br>- 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>     | +02:18:16<br>(47.1%) | 8:53            | 6.8<br>(53.1%) |
| 154 | <b>CHOJNACKI<br/>Mikołaj</b>    | <b>6319</b> | WARSAW RUN CLUB          | Masters M<br>- 40   | 63   | 00:01:10                 | 01:22:17  |                  | 03:39:43   | <b>04:53:36.15</b>    | <b>04:53:36.15</b>     | +02:18:34<br>(47.2%) | 8:53            | 6.7<br>(52.3%) |
| 155 | <b>BUDZIAK Michał</b>           | <b>6415</b> |                          | Senior II M<br>- 30 | 59   | 00:00:04                 | 01:13:19  | 02:11:19         | 03:30:54   | <b>04:53:37.50</b>    | <b>04:53:37.50</b>     | +02:18:36<br>(47.2%) | 8:53            | 6.7<br>(52.3%) |
| 156 | <b>DUPLAGA Dawid</b>            | <b>6462</b> |                          | Senior I M<br>- 20  | 21   | 00:00:47                 | 01:08:16  | 02:04:40         | 03:22:08   | <b>04:53:48.25</b>    | <b>04:53:48.25</b>     | +02:18:46<br>(47.2%) | 8:54            | 6.7<br>(52.3%) |
| 157 | <b>CHILIMONIUK<br/>Mariusz</b>  | <b>6240</b> |                          | Masters M<br>- 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>     | +02:19:51<br>(47.4%) | 8:56            | 6.7<br>(52.3%) |
| 158 | <b>PAPAJ Jakub</b>              | <b>6340</b> |                          | Senior II M<br>- 30 | 60   | 00:00:09                 | 01:10:50  | 02:09:25         | 03:31:54   | <b>04:55:06.00</b>    | <b>04:55:06.00</b>     | +02:20:04<br>(47.5%) | 8:56            | 6.7<br>(52.3%) |
| 159 | <b>OLEJNIK<br/>Wojciech</b>     | <b>6322</b> | TRIGYM SZCZECIN          | Senior I M<br>- 20  | 22   | 00:01:04                 | 01:19:03  | 02:13:49         | 03:27:53   | <b>04:55:14.15</b>    | <b>04:55:14.15</b>     | +02:20:12<br>(47.5%) | 8:56            | 6.7<br>(52.3%) |
| 160 | <b>ZDAŃSKI Paweł</b>            | <b>6180</b> |                          | Senior II M<br>- 30 | 61   | 00:00:22                 | 01:17:49  |                  | 03:35:50   | <b>04:55:23.90</b>    | <b>04:55:23.90</b>     | +02:20:22<br>(47.5%) | 8:57            | 6.7<br>(52.3%) |

| Msc | Zawodnik                             | Numer | Klub                                | Kategoria            | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------------|-------|-------------------------------------|----------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 161 | REPCZYŃSKI<br>Mateusz<br>Repczyński  | 6015  |                                     | Senior I M<br>- 20   | 23   | 00:00:01                 | 01:13:51  | 02:13:26         | 03:29:35   | 04:56:09.55           | 04:56:09.55            | +02:21:08<br>(47.7%) | 8:58            | 6.7<br>(52.3%) |
| 162 | LISEK Janusz                         | 6066  | TEAM BEROTU                         | Masters M<br>- 40    | 65   | 00:00:25                 | 01:13:04  | 02:09:08         | 03:27:55   | 04:56:45.50           | 04:56:45.50            | +02:21:44<br>(47.8%) | 8:59            | 6.7<br>(52.3%) |
| 163 | MATUSZCZYK<br>Paweł                  | 6479  |                                     | Masters M<br>- 40    | 66   | 00:00:24                 | 01:16:06  | 02:16:21         | 03:39:10   | 04:57:00.60           | 04:57:00.60            | +02:21:59<br>(47.8%) | 9:00            | 6.7<br>(52.3%) |
| 164 | KAWA Hubert                          | 6208  | NKB CHYŻY NOWY TOMYŚL               | Senior II M<br>- 30  | 62   | 00:00:02                 | 01:17:15  | 02:17:36         | 03:33:12   | 04:57:06.10           | 04:57:06.10            | +02:22:04<br>(47.8%) | 9:00            | 6.7<br>(52.3%) |
| 165 | ZAWADZIŃSKI<br>Maciej                | 6209  | NKB CHYŻY NOWY TOMYŚL               | Masters M<br>- 40    | 67   | 00:00:02                 | 01:15:55  |                  | 03:33:10   | 04:57:06.25           | 04:57:06.25            | +02:22:04<br>(47.8%) | 9:00            | 6.7<br>(52.3%) |
| 166 | KONSEK Jacek                         | 6048  |                                     | Senior II M<br>- 30  | 63   | 00:00:04                 | 01:18:12  |                  | 03:37:53   | 04:57:30.15           | 04:57:30.15            | +02:22:28<br>(47.9%) | 9:00            | 6.7<br>(52.3%) |
| 167 | GRACZYK<br>Mateusz                   | 6424  |                                     | Senior I M<br>- 20   | 24   | 00:01:16                 | 01:24:28  | 02:23:29         | 03:38:29   | 04:58:22.55           | 04:58:22.55            | +02:23:21<br>(48.0%) | 9:02            | 6.6<br>(51.6%) |
| 168 | URBAŃCZYK<br>Mateusz                 | 6337  | KW SAKWA                            | Senior I M<br>- 20   | 25   | 00:01:12                 | 01:27:22  | 02:26:08         | 03:40:03   | 04:58:28.05           | 04:58:28.05            | +02:23:26<br>(48.1%) | 9:02            | 6.6<br>(51.6%) |
| 169 | DENYSENKO<br>Lech                    | 6027  | BDB TEAM KATOWICE                   | Weteran II<br>M - 60 | 1    | 00:00:32                 | 01:23:50  | 02:22:34         | 03:35:31   | 04:58:43.15           | 04:58:43.15            | +02:23:41<br>(48.1%) | 9:03            | 6.6<br>(51.6%) |
| 170 | MIKRUT Paweł                         | 6538  |                                     | Masters M<br>- 40    | 68   | 00:00:42                 | 01:24:36  | 02:25:36         | 03:41:19   | 04:58:45.65           | 04:58:45.65            | +02:23:44<br>(48.1%) | 9:03            | 6.6<br>(51.6%) |
| 171 | MOKRZYŃSKI<br>Marcin                 | 6421  | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | Masters M<br>- 40    | 69   | 00:00:50                 | 01:20:04  | 02:26:03         | 03:44:59   | 04:59:00.25           | 04:59:00.25            | +02:23:58<br>(48.2%) | 9:03            | 6.6<br>(51.6%) |
| 172 | HATALSKI<br>Wojciech                 | 6470  | EKIPA JTM                           | Senior II M<br>- 30  | 64   | 00:00:24                 | 01:18:55  |                  | 03:42:40   | 04:59:00.45           | 04:59:00.45            | +02:23:59<br>(48.2%) | 9:03            | 6.6<br>(51.6%) |
| 173 | OLEŃCZUK<br>Tomasz                   | 6030  | TT SZCZECIN                         | Masters M<br>- 40    | 70   | 00:00:45                 | 01:30:29  |                  | 03:43:56   | 04:59:06.45           | 04:59:06.45            | +02:24:05<br>(48.2%) | 9:03            | 6.6<br>(51.6%) |
| 174 | KOWALCZYK<br>Marcin                  | 6293  |                                     | Senior II M<br>- 30  | 65   | 00:01:00                 | 01:26:23  | 02:23:00         | 03:41:32   | 04:59:46.05           | 04:59:46.05            | +02:24:44<br>(48.3%) | 9:05            | 6.6<br>(51.6%) |
| 175 | ŁATWIŃSKI<br>Mateusz                 | 6161  | MOCNA GRUPA CEZARA                  | Senior I M<br>- 20   | 26   | 00:00:20                 | 01:18:02  | 02:22:00         | 03:40:18   | 04:59:50.80           | 04:59:50.80            | +02:24:49<br>(48.3%) | 9:05            | 6.6<br>(51.6%) |
| 176 | JOPA Maciej                          | 6226  |                                     | Senior II M<br>- 30  | 66   | 00:00:26                 | 01:16:17  | 02:15:53         | 03:36:37   | 04:59:50.90           | 04:59:50.90            | +02:24:49<br>(48.3%) | 9:05            | 6.6<br>(51.6%) |
| 177 | KOROSTYŃSKI<br>Damian                | 6392  |                                     | Masters M<br>- 40    | 71   | 00:00:51                 | 01:18:23  | 02:17:10         | 03:30:21   | 05:00:23.75           | 05:00:23.75            | +02:25:22<br>(48.4%) | 9:06            | 6.6<br>(51.6%) |
| 178 | CHMIELOWIEC<br>Norbert               | 6514  |                                     | Senior II M<br>- 30  | 67   | 00:00:26                 | 01:18:26  | 02:23:13         | 03:43:00   | 05:00:53.95           | 05:00:53.95            | +02:25:52<br>(48.5%) | 9:07            | 6.6<br>(51.6%) |
| 179 | MIEDZIŃSKI<br>Michał                 | 6314  | JKS SALAMANDRA                      | Senior II M<br>- 30  | 68   | 00:00:26                 | 01:16:15  | 02:25:07         | 03:41:08   | 05:01:12.95           | 05:01:12.95            | +02:26:11<br>(48.5%) | 9:07            | 6.6<br>(51.6%) |
| 180 | LESZCZYŃSKI<br>Paweł                 | 6541  | LASY WAWERSKIE                      | Weteran II<br>M - 60 | 2    | 00:00:58                 | 01:27:16  | 02:28:04         | 03:38:17   | 05:01:52.80           | 05:01:52.80            | +02:26:51<br>(48.6%) | 9:08            | 6.6<br>(51.6%) |
| 181 | WANKIEWICZ<br>Krzysztof              | 6194  |                                     | Masters M<br>- 40    | 72   | 00:00:40                 | 01:21:56  | 02:22:48         | 03:42:42   | 05:01:54.20           | 05:01:54.20            | +02:26:52<br>(48.7%) | 9:08            | 6.6<br>(51.6%) |
| 182 | GRZYB Krzysztof                      | 6195  | KLUB BIEGACZA EURO                  | Masters M<br>- 40    | 73   | 00:01:15                 | 01:31:42  |                  | 03:45:56   | 05:01:56.35           | 05:01:56.35            | +02:26:55<br>(48.7%) | 9:08            | 6.6<br>(51.6%) |
| 183 | RUŚKIEWICZ<br>Wojciech<br>Ruśkiewicz | 6047  | DELOITTE ADVENTURE TEAM             | Senior II M<br>- 30  | 69   | 00:00:35                 | 01:13:31  | 02:12:39         | 03:45:26   | 05:02:39.35           | 05:02:39.35            | +02:27:38<br>(48.8%) | 9:10            | 6.5<br>(50.8%) |



| Msc | Zawodnik                                               | Numer       | Klub                                | Kategoria            | Mkat | Start<br>Ładek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------------------------------|-------------|-------------------------------------|----------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 184 | <b>SZYMAŃSKI Michał</b>                                | <b>6457</b> | TENIS CENTRUM AS                    | Senior I M<br>- 20   | 27   | 00:01:07                 | 01:28:26  | 02:32:14         | 03:49:15   | <b>05:03:30.40</b>    | <b>05:03:30.40</b>     | +02:28:29<br>(48.9%) | 9:11            | 6.5<br>(50.8%) |
| 185 | <b>MARNYSZ Michał</b>                                  | <b>6153</b> |                                     | Senior II M<br>- 30  | 70   | 00:01:00                 | 01:30:58  | 02:35:59         | 03:58:07   | <b>05:04:17.40</b>    | <b>05:04:17.40</b>     | +02:29:16<br>(49.1%) | 9:13            | 6.5<br>(50.8%) |
| 186 | <b>KRÓLICKI Konrad</b>                                 | <b>6450</b> | STG WARSZAWA                        | Masters M<br>- 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>     | +02:29:28<br>(49.1%) | 9:13            | 6.5<br>(50.8%) |
| 187 | <b>STEBEL Piotr</b>                                    | <b>6249</b> | PRZEWODNIK                          | Weteran I<br>M - 50  | 13   | 00:00:27                 | 01:21:41  | 02:24:56         | 03:44:00   | <b>05:05:28.80</b>    | <b>05:05:28.80</b>     | +02:30:27<br>(49.3%) | 9:15            | 6.5<br>(50.8%) |
| 188 | <b>DĄBROWSKI Michał</b>                                | <b>6428</b> |                                     | Senior II M<br>- 30  | 71   | 00:00:15                 | 01:19:07  | 02:23:56         | 03:42:29   | <b>05:05:29.15</b>    | <b>05:05:29.15</b>     | +02:30:27<br>(49.3%) | 9:15            | 6.5<br>(50.8%) |
| 189 | <b>PODBOROŻNY Karol</b>                                | <b>6251</b> |                                     | Senior II M<br>- 30  | 72   | 00:01:12                 | 01:22:21  | 02:21:36         | 03:41:32   | <b>05:05:44.70</b>    | <b>05:05:44.70</b>     | +02:30:43<br>(49.3%) | 9:15            | 6.5<br>(50.8%) |
| 190 | <b>MICHAŁSKI Grzegorz</b>                              | <b>6350</b> | CAFFEDELMONDO                       | Masters M<br>- 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>     | +02:30:52<br>(49.3%) | 9:16            | 6.5<br>(50.8%) |
| 191 | <b>MAŃKOWSKI Tomasz</b>                                | <b>6230</b> | HOMAG RUN TEAM                      | Senior II M<br>- 30  | 73   | 00:01:12                 | 01:24:23  | 02:24:26         | 03:45:09   | <b>05:05:55.00</b>    | <b>05:05:55.00</b>     | +02:30:53<br>(49.3%) | 9:16            | 6.5<br>(50.8%) |
| 192 | <b>STEFANOWSKI Marcin</b>                              | <b>6436</b> | *****,***                           | Weteran I<br>M - 50  | 14   | 00:00:32                 | 01:19:05  | 02:23:10         | 03:41:09   | <b>05:07:34.75</b>    | <b>05:07:34.75</b>     | +02:32:33<br>(49.6%) | 9:19            | 6.4<br>(50.0%) |
| 193 | <b>KMIECIK Jakub</b>                                   | <b>6290</b> | TARNOWO PODGÓRNE BIEGA              | Masters M<br>- 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>     | +02:33:13<br>(49.7%) | 9:20            | 6.4<br>(50.0%) |
| 194 | <b>NOWAK Ireneusz</b>                                  | <b>6169</b> |                                     | Weteran I<br>M - 50  | 15   | 00:00:56                 | 01:22:01  | 02:24:18         | 03:40:54   | <b>05:08:15.90</b>    | <b>05:08:15.90</b>     | +02:33:14<br>(49.7%) | 9:20            | 6.4<br>(50.0%) |
| 195 | <b>BARAN Bogdan</b>                                    | <b>6397</b> | PRO-RUN WROCŁAW                     | Weteran II<br>M - 60 | 3    | 00:00:39                 | 01:27:00  | 02:27:33         | 03:42:30   | <b>05:08:16.95</b>    | <b>05:08:16.95</b>     | +02:33:15<br>(49.7%) | 9:20            | 6.4<br>(50.0%) |
| 196 | <b>STRYCZNIEWICZ Krzysztof</b><br><b>Stryczniewicz</b> | <b>6525</b> | 555                                 | Masters M<br>- 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>     | +02:33:43<br>(49.8%) | 9:21            | 6.4<br>(50.0%) |
| 197 | <b>SOBAŃSKI Roman</b>                                  | <b>6327</b> | TARNOWO PODGÓRNE BIEGA              | Masters M<br>- 40    | 78   | 00:00:18                 | 01:23:43  |                  | 03:43:00   | <b>05:09:15.15</b>    | <b>05:09:15.15</b>     | +02:34:13<br>(49.9%) | 9:22            | 6.4<br>(50.0%) |
| 198 | <b>NESTEREWICZ Ryszard</b>                             | <b>6518</b> | LKS ISKRA JASZKOWA                  | Weteran II<br>M - 60 | 4    | 00:00:38                 | 01:17:57  | 02:19:40         | 03:40:51   | <b>05:10:08.85</b>    | <b>05:10:08.85</b>     | +02:35:07<br>(50.0%) | 9:23            | 6.4<br>(50.0%) |
| 199 | <b>JANKOWSKI Łukasz</b>                                | <b>6043</b> | STAN UMYSŁU LEWIN BIEGA             | Senior II M<br>- 30  | 74   | 00:00:47                 | 01:27:25  |                  | 03:52:02   | <b>05:10:41.25</b>    | <b>05:10:41.25</b>     | +02:35:39<br>(50.1%) | 9:24            | 6.4<br>(50.0%) |
| 200 | <b>ZIEWIEC Marcin</b>                                  | <b>6111</b> |                                     | Senior II M<br>- 30  | 75   | 00:00:45                 | 01:21:53  | 02:24:03         | 03:50:17   | <b>05:10:43.70</b>    | <b>05:10:43.70</b>     | +02:35:42<br>(50.1%) | 9:24            | 6.4<br>(50.0%) |
| 201 | <b>STASZEWSKI Piotr</b>                                | <b>6528</b> |                                     | Weteran I<br>M - 50  | 16   | 00:01:11                 | 01:31:52  | 02:37:01         | 03:55:34   | <b>05:11:03.25</b>    | <b>05:11:03.25</b>     | +02:36:01<br>(50.2%) | 9:25            | 6.4<br>(50.0%) |
| 202 | <b>BRASEL Marcin</b>                                   | <b>6181</b> | TRIGYM SZCZECIN                     | Weteran I<br>M - 50  | 17   | 00:01:04                 | 01:20:07  | 02:17:51         | 03:40:44   | <b>05:12:10.05</b>    | <b>05:12:10.05</b>     | +02:37:08<br>(50.3%) | 9:27            | 6.3<br>(49.2%) |
| 203 | <b>SUSZCZYŃSKI Krzysztof</b>                           | <b>6096</b> | RUNNERS TEAM NYSA/ LUCEK PAZUR TEAM | Masters M<br>- 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>     | +02:37:24<br>(50.4%) | 9:28            | 6.3<br>(49.2%) |
| 204 | <b>IWACHÓW Sławomir</b>                                | <b>6544</b> | MXTECH KWIDZYN                      | Masters M<br>- 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>     | +02:37:34<br>(50.4%) | 9:28            | 6.3<br>(49.2%) |
| 205 | <b>LEWICKI Tomasz</b>                                  | <b>6159</b> | CAŁA OLEŚNICA BIEGA                 | Masters M<br>- 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>     | +02:37:54<br>(50.5%) | 9:28            | 6.3<br>(49.2%) |
| 206 | <b>WOJTKOWSKI Ireneusz</b>                             | <b>6399</b> | ASSECO ACTIVE TEAM                  | Weteran II<br>M - 60 | 5    | 00:00:37                 | 01:23:19  | 02:27:58         | 03:44:54   | <b>05:13:07.80</b>    | <b>05:13:07.80</b>     | +02:38:06<br>(50.5%) | 9:29            | 6.3<br>(49.2%) |

| Msc | Zawodnik                  | Numer       | Klub                       | Kategoria            | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|-------------|----------------------------|----------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 207 | <b>BOIŃSKI Bartosz</b>    | <b>6346</b> | EUROCASH                   | Senior II M<br>- 30  | 76   | 00:01:15                 | 01:28:44  | 02:27:00         | 03:55:37   | <b>05:13:07.85</b>    | <b>05:13:07.85</b>     | +02:38:06<br>(50.5%) | 9:29            | 6.3<br>(49.2%) |
| 208 | <b>CIENIUCH Piotr</b>     | <b>6333</b> |                            | Masters M<br>- 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>     | +02:38:35<br>(50.6%) | 9:30            | 6.3<br>(49.2%) |
| 209 | <b>SZWACZKA Sebastian</b> | <b>6419</b> | BW BIEGOWY WARIAT          | Masters M<br>- 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>     | +02:39:37<br>(50.7%) | 9:32            | 6.3<br>(49.2%) |
| 210 | <b>PRUSZCZYŃSKI Piotr</b> | <b>6126</b> |                            | Masters M<br>- 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>     | +02:39:48<br>(50.8%) | 9:32            | 6.3<br>(49.2%) |
| 211 | <b>ŁĘKAWA Sebastian</b>   | <b>6023</b> | 140MINUT.PL                | Masters M<br>- 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>     | +02:40:03<br>(50.8%) | 9:32            | 6.3<br>(49.2%) |
| 212 | <b>LENART Jakub</b>       | <b>6163</b> |                            | Senior II M<br>- 30  | 77   | 00:00:38                 | 01:23:56  | 02:27:19         | 03:47:15   | <b>05:15:42.25</b>    | <b>05:15:42.25</b>     | +02:40:40<br>(50.9%) | 9:34            | 6.3<br>(49.2%) |
| 213 | <b>GMAJ Daniel</b>        | <b>6250</b> |                            | Senior II M<br>- 30  | 78   | 00:00:28                 | 01:24:26  | 02:28:22         | 03:49:35   | <b>05:16:08.30</b>    | <b>05:16:08.30</b>     | +02:41:07<br>(51.0%) | 9:34            | 6.3<br>(49.2%) |
| 214 | <b>SPYCHAŁA Maciej</b>    | <b>6248</b> | WRONIECKI KLUB BIEGACZA    | Masters M<br>- 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>     | +02:41:11<br>(51.0%) | 9:34            | 6.3<br>(49.2%) |
| 215 | <b>NOBILE Riccardo</b>    | <b>6449</b> |                            | Senior II M<br>- 30  | 79   | 00:00:25                 | 01:21:35  |                  | 03:44:08   | <b>05:16:26.20</b>    | <b>05:16:26.20</b>     | +02:41:24<br>(51.0%) | 9:35            | 6.3<br>(49.2%) |
| 216 | <b>KĘPIŃSKI Michał</b>    | <b>6320</b> |                            | Senior I M<br>- 20   | 28   | 00:00:53                 | 01:26:52  | 02:28:30         | 03:50:41   | <b>05:16:46.95</b>    | <b>05:16:46.95</b>     | +02:41:45<br>(51.1%) | 9:35            | 6.3<br>(49.2%) |
| 217 | <b>MIŚTALSKI Damian</b>   | <b>6451</b> |                            | Senior II M<br>- 30  | 80   | 00:00:29                 | 01:20:02  | 02:25:19         | 03:56:15   | <b>05:17:33.60</b>    | <b>05:17:33.60</b>     | +02:42:32<br>(51.2%) | 9:37            | 6.2<br>(48.4%) |
| 218 | <b>RABIEJ Kazimierz</b>   | <b>6107</b> | ROZBIEGANI CHOJNÓW         | Weteran II<br>M - 60 | 6    | 00:00:39                 | 01:26:11  | 02:32:36         | 03:52:51   | <b>05:17:51.05</b>    | <b>05:17:51.05</b>     | +02:42:49<br>(51.2%) | 9:37            | 6.2<br>(48.4%) |
| 219 | <b>BARANOWSKI Szymon</b>  | <b>6091</b> |                            | Senior II M<br>- 30  | 81   | 00:00:17                 | 01:25:41  | 02:28:07         | 03:52:38   | <b>05:18:05.10</b>    | <b>05:18:05.10</b>     | +02:43:03<br>(51.3%) | 9:38            | 6.2<br>(48.4%) |
| 220 | <b>MUČA Māris</b>         | <b>6311</b> | LBNB                       | Weteran I<br>M - 50  | 18   | 00:01:21                 | 01:23:26  | 02:24:41         | 03:45:59   | <b>05:18:13.65</b>    | <b>05:18:13.65</b>     | +02:43:12<br>(51.3%) | 9:38            | 6.2<br>(48.4%) |
| 221 | <b>RZESZOWSKI Tomasz</b>  | <b>6323</b> | MIRAZ RACE TEAM            | Masters M<br>- 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>     | +02:43:23<br>(51.3%) | 9:38            | 6.2<br>(48.4%) |
| 222 | <b>PISKORZ Jarosław</b>   | <b>6472</b> |                            | Senior II M<br>- 30  | 82   | 00:00:58                 | 01:34:46  | 02:40:49         | 04:00:00   | <b>05:18:33.55</b>    | <b>05:18:33.55</b>     | +02:43:32<br>(51.3%) | 9:39            | 6.2<br>(48.4%) |
| 223 | <b>HORODYSKI Marek</b>    | <b>6156</b> |                            | Senior II M<br>- 30  | 83   | 00:00:45                 | 01:23:42  | 02:29:24         | 03:53:48   | <b>05:18:38.15</b>    | <b>05:18:38.15</b>     | +02:43:36<br>(51.3%) | 9:39            | 6.2<br>(48.4%) |
| 224 | <b>MICHALSKI Tomasz</b>   | <b>6120</b> |                            | Masters M<br>- 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>     | +02:43:36<br>(51.3%) | 9:39            | 6.2<br>(48.4%) |
| 225 | <b>KACZMARCZYK Bogdan</b> | <b>6267</b> | KB GEPARD MUROWANA GOŚLINA | Masters M<br>- 40    | 89   | 00:00:37                 | 01:27:16  |                  | 03:47:36   | <b>05:18:46.85</b>    | <b>05:18:46.85</b>     | +02:43:45<br>(51.4%) | 9:39            | 6.2<br>(48.4%) |
| 226 | <b>WALCZAK Tomasz</b>     | <b>6303</b> | PCH_RUN                    | Masters M<br>- 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>     | +02:43:46<br>(51.4%) | 9:39            | 6.2<br>(48.4%) |
| 227 | <b>TOWPIK Piotr</b>       | <b>6079</b> |                            | Senior II M<br>- 30  | 84   | 00:00:49                 | 01:23:02  | 02:27:42         | 03:53:09   | <b>05:18:49.55</b>    | <b>05:18:49.55</b>     | +02:43:48<br>(51.4%) | 9:39            | 6.2<br>(48.4%) |
| 228 | <b>SZELAĞIEWICZ Piotr</b> | <b>6355</b> |                            | Masters M<br>- 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>     | +02:43:53<br>(51.4%) | 9:39            | 6.2<br>(48.4%) |
| 229 | <b>STĘPIEŃ Łukasz</b>     | <b>6328</b> | JKS SALAMANDRA             | Masters M<br>- 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>     | +02:44:05<br>(51.4%) | 9:40            | 6.2<br>(48.4%) |
| 230 | <b>LERCH Krzysztof</b>    | <b>6387</b> |                            | Masters M<br>- 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>     | +02:45:03<br>(51.6%) | 9:41            | 6.2<br>(48.4%) |

| Msc | Zawodnik             | Numer | Klub                          | Kategoria         | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|-------------------------------|-------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 231 | LEWANDOWSKI Leszek   | 6354  | POWSTAŃCY Z KANAPY            | Masters M - 40    | 94   | 00:00:25                 | 01:31:13  | 02:37:58         | 03:55:45   | 05:20:10.15           | 05:20:10.15            | +02:45:08<br>(51.6%) | 9:42            | 6.2<br>(48.4%) |
| 232 | MROZIŃSKI Marcin     | 6407  | SPORT GENERATION TEAM         | Masters M - 40    | 95   | 00:00:20                 | 01:26:38  |                  | 03:53:30   | 05:21:33.45           | 05:21:33.45            | +02:46:32<br>(51.8%) | 9:44            | 6.2<br>(48.4%) |
| 233 | KASPRZYK Marcin      | 6201  |                               | Senior I M - 20   | 29   | 00:00:53                 | 01:35:50  | 02:38:20         | 03:56:41   | 05:21:39.10           | 05:21:39.10            | +02:46:37<br>(51.8%) | 9:44            | 6.2<br>(48.4%) |
| 234 | GROCHAŁA Wojciech    | 6167  | ZG POLKOWICE-SIEROSZOWICE     | Masters M - 40    | 96   | 00:02:20                 | 01:33:04  |                  | 03:57:32   | 05:24:02.85           | 05:24:02.85            | +02:49:01<br>(52.2%) | 9:49            | 6.1<br>(47.7%) |
| 235 | MATUSZAK Krzysztof   | 6088  | TRIGYM SZCZECIN/MATUSZAK TEAM | Masters M - 40    | 97   | 00:01:05                 | 01:26:36  | 02:31:58         | 03:54:53   | 05:24:07.05           | 05:24:07.05            | +02:49:05<br>(52.2%) | 9:49            | 6.1<br>(47.7%) |
| 236 | ŚNIEGOCKI Paweł      | 6231  | 4T/TARNOWO PODGÓRNE BIEGA     | Masters M - 40    | 98   | 00:00:17                 | 01:18:25  | 02:24:32         | 03:50:59   | 05:24:31.65           | 05:24:31.65            | +02:49:30<br>(52.2%) | 9:50            | 6.1<br>(47.7%) |
| 237 | BUŁANCIŃSKI Filip    | 6543  |                               | Masters M - 40    | 99   | 00:00:31                 | 01:27:10  |                  | 03:58:03   | 05:24:42.25           | 05:24:42.25            | +02:49:40<br>(52.3%) | 9:50            | 6.1<br>(47.7%) |
| 238 | JASKÓŁKA Rafał       | 6174  | VENUS - BRUK                  | Masters M - 40    | 100  | 00:00:29                 | 01:30:29  | 02:33:01         | 03:54:30   | 05:25:27.85           | 05:25:27.85            | +02:50:26<br>(52.4%) | 9:51            | 6.1<br>(47.7%) |
| 239 | JASKÓŁKA Hubert      | 6175  | VENUS - BRUK                  | Weteran II M - 60 | 7    | 00:00:29                 | 01:30:27  | 02:33:05         | 03:54:30   | 05:25:29.75           | 05:25:29.75            | +02:50:28<br>(52.4%) | 9:51            | 6.1<br>(47.7%) |
| 240 | NOWACZYŃSKI Maciej   | 6423  |                               | Senior I M - 20   | 30   | 00:01:16                 | 01:35:30  | 02:44:07         | 04:02:30   | 05:25:32.95           | 05:25:32.95            | +02:50:31<br>(52.4%) | 9:51            | 6.1<br>(47.7%) |
| 241 | KOSTYK Grzegorz      | 6115  |                               | Masters M - 40    | 101  | 00:00:25                 | 01:28:31  | 02:34:11         | 03:58:47   | 05:26:44.50           | 05:26:44.50            | +02:51:43<br>(52.6%) | 9:54            | 6.1<br>(47.7%) |
| 242 | ZIMOŃ Adam           | 6325  | INTEGRUM BROKER               | Masters M - 40    | 102  | 00:00:46                 | 01:29:20  | 02:34:08         | 03:57:03   | 05:27:51.45           | 05:27:51.45            | +02:52:50<br>(52.7%) | 9:56            | 6<br>(46.9%)   |
| 243 | KOCZOROWSKI Jakub    | 6492  |                               | Senior II M - 30  | 85   | 00:01:14                 | 01:33:55  | 02:41:22         | 04:01:33   | 05:28:19.25           | 05:28:19.25            | +02:53:17<br>(52.8%) | 9:56            | 6<br>(46.9%)   |
| 244 | DRYGAJŁO Tomasz      | 6151  |                               | Senior II M - 30  | 86   | 00:01:00                 | 01:30:59  |                  | 03:58:09   | 05:29:27.85           | 05:29:27.85            | +02:54:26<br>(52.9%) | 9:59            | 6<br>(46.9%)   |
| 245 | MATUŁA Przemysław    | 6375  | UMCS BIEGA                    | Weteran I M - 50  | 19   | 00:00:43                 | 01:26:17  | 02:31:43         | 03:53:00   | 05:29:53.10           | 05:29:53.10            | +02:54:51<br>(53.0%) | 9:59            | 6<br>(46.9%)   |
| 246 | SNOCHOWSKI Leszek    | 6263  | LESZEK TEAM                   | Weteran II M - 60 | 8    | 00:00:33                 | 01:24:12  | 02:32:51         | 03:56:55   | 05:31:13.00           | 05:31:13.00            | +02:56:11<br>(53.2%) | 10:02           | 6<br>(46.9%)   |
| 247 | BEDNARZ Patryk       | 6502  | GRZDYLNIA B1 TEAM             | Senior II M - 30  | 87   | 00:00:21                 | 01:21:34  |                  | 04:03:29   | 05:31:53.20           | 05:31:53.20            | +02:56:51<br>(53.3%) | 10:03           | 6<br>(46.9%)   |
| 248 | ŚWIĘCHOWICZ Michał   | 6503  |                               | Senior II M - 30  | 88   | 00:00:21                 | 01:21:37  |                  | 04:03:30   | 05:31:53.85           | 05:31:53.85            | +02:56:52<br>(53.3%) | 10:03           | 6<br>(46.9%)   |
| 249 | BOMBA Tomasz         | 6242  | PRO-RUN WROCŁAW               | Masters M - 40    | 103  | 00:00:35                 | 01:26:29  | 02:40:16         | 04:04:50   | 05:33:29.65           | 05:33:29.65            | +02:58:28<br>(53.5%) | 10:06           | 5.9<br>(46.1%) |
| 250 | KIEŁBASIEWICZ Dawid  | 6031  | MOYA RACING TEAM              | Senior I M - 20   | 31   | 00:00:06                 | 01:21:19  | 02:45:35         | 04:09:50   | 05:33:59.60           | 05:33:59.60            | +02:58:58<br>(53.6%) | 10:07           | 5.9<br>(46.1%) |
| 251 | SERBA Michał         | 6037  | KB SZAMOTUŁY                  | Senior II M - 30  | 89   | 00:00:58                 | 01:24:32  | 02:36:07         | 04:06:53   | 05:34:17.50           | 05:34:17.50            | +02:59:16<br>(53.6%) | 10:07           | 5.9<br>(46.1%) |
| 252 | SZMATLOCH Bartłomiej | 6345  | RETROBAJTEL                   | Senior II M - 30  | 90   | 00:00:29                 | 01:36:47  | 02:47:10         | 04:10:59   | 05:35:04.60           | 05:35:04.60            | +03:00:03<br>(53.7%) | 10:09           | 5.9<br>(46.1%) |
| 253 | SZMATLOCH Maciek     | 6343  | RETROBAJTEL                   | Masters M - 40    | 104  | 00:00:29                 | 01:36:48  | 02:47:35         | 04:11:03   | 05:35:08.00           | 05:35:08.00            | +03:00:06<br>(53.7%) | 10:09           | 5.9<br>(46.1%) |
| 254 | PIOTROWSKI Mariusz   | 6344  | PIEROŃSKIE HANYSY             | Masters M - 40    | 105  | 00:00:28                 | 01:36:26  | 02:47:00         | 04:10:56   | 05:35:10.75           | 05:35:10.75            | +03:00:09<br>(53.7%) | 10:09           | 5.9<br>(46.1%) |

| Msc | Zawodnik                  | Numer | Klub                         | Kategoria            | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|-------|------------------------------|----------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 255 | KMIECIKOWSKI<br>Jakub     | 6200  |                              | Senior I M<br>- 20   | 32   | 00:00:53                 | 01:35:52  | 02:41:06         | 04:06:11   | 05:35:24.65           | 05:35:24.65            | +03:00:23<br>(53.8%) | 10:09           | 5.9<br>(46.1%) |
| 256 | BASEK Damian              | 6136  | ALSTOM KATOWICE              | Senior II M<br>- 30  | 91   | 00:00:11                 | 01:29:51  | 02:43:40         | 04:20:31   | 05:36:23.65           | 05:36:23.65            | +03:01:22<br>(53.9%) | 10:11           | 5.9<br>(46.1%) |
| 257 | KUBICA Paweł              | 6270  | GÓRYLASY / MKS SIECHNICE     | Senior II M<br>- 30  | 92   | 00:01:06                 | 01:19:40  |                  | 04:11:25   | 05:37:51.80           | 05:37:51.80            | +03:02:50<br>(54.1%) | 10:14           | 5.9<br>(46.1%) |
| 258 | JĘDRZEJCZAK<br>Artur      | 6257  |                              | Senior II M<br>- 30  | 93   | 00:00:33                 | 01:31:38  |                  | 04:13:58   | 05:38:31.45           | 05:38:31.45            | +03:03:30<br>(54.2%) | 10:15           | 5.8<br>(45.3%) |
| 259 | HAMPEL Patryk             | 6440  | BODY POWER                   | Senior II M<br>- 30  | 94   | 00:00:11                 | 01:26:46  | 02:35:41         | 04:08:38   | 05:38:56.70           | 05:38:56.70            | +03:03:55<br>(54.3%) | 10:16           | 5.8<br>(45.3%) |
| 260 | KRZEMIEN<br>Bartosz       | 6356  |                              | Masters M<br>- 40    | 106  | 00:00:28                 | 01:36:37  | 02:47:05         | 04:10:59   | 05:39:26.40           | 05:39:26.40            | +03:04:25<br>(54.3%) | 10:17           | 5.8<br>(45.3%) |
| 261 | BARSZCZEWSKI<br>Sebastian | 6359  |                              | Masters M<br>- 40    | 107  | 00:01:08                 | 01:32:35  | 02:41:02         | 04:10:40   | 05:43:12.85           | 05:43:12.85            | +03:08:11<br>(54.8%) | 10:24           | 5.8<br>(45.3%) |
| 262 | KALIŃSKI<br>Krzysztof     | 6127  |                              | Masters M<br>- 40    | 108  | 00:00:39                 | 01:26:07  | 02:36:26         | 04:06:53   | 05:43:44.85           | 05:43:44.85            | +03:08:43<br>(54.9%) | 10:24           | 5.8<br>(45.3%) |
| 263 | MARIUSZ<br>Mazurkiewicz   | 6547  |                              | Weteran I<br>M - 50  | 20   | 00:00:54                 | 01:27:35  | 02:32:44         | 04:10:17   | 05:46:37.40           | 05:46:37.40            | +03:11:36<br>(55.3%) | 10:30           | 5.7<br>(44.5%) |
| 264 | NIERADKO<br>Arkadiusz     | 6271  |                              | Weteran I<br>M - 50  | 21   | 00:01:05                 | 01:38:19  | 02:48:43         | 04:19:26   | 05:46:45.80           | 05:46:45.80            | +03:11:44<br>(55.3%) | 10:30           | 5.7<br>(44.5%) |
| 265 | RZYSZKIEWICZ<br>Tomasz    | 6398  | PĘDZĄCE LENIWCE              | Masters M<br>- 40    | 109  | 00:00:42                 | 01:38:36  | 02:50:15         | 04:29:29   | 05:47:42.55           | 05:47:42.55            | +03:12:41<br>(55.4%) | 10:32           | 5.7<br>(44.5%) |
| 266 | JACZEWSKI<br>Arkadiusz    | 6316  |                              | Masters M<br>- 40    | 110  | 00:00:52                 | 01:28:22  | 02:41:49         | 04:13:32   | 05:47:47.70           | 05:47:47.70            | +03:12:46<br>(55.4%) | 10:32           | 5.7<br>(44.5%) |
| 267 | WENCEL<br>Jarosław        | 6279  | EXPLORADOR                   | Masters M<br>- 40    | 111  | 00:00:35                 | 01:29:23  | 02:31:15         | 04:09:51   | 05:48:30.10           | 05:48:30.10            | +03:13:28<br>(55.5%) | 10:33           | 5.7<br>(44.5%) |
| 268 | ZASADA Michał             | 6395  | NULL                         | Masters M<br>- 40    | 112  | 00:00:36                 | 01:42:02  | 02:55:25         | 04:16:58   | 05:48:38.20           | 05:48:38.20            | +03:13:36<br>(55.5%) | 10:33           | 5.7<br>(44.5%) |
| 269 | GIERADA<br>Ryszard        | 6067  |                              | Weteran I<br>M - 50  | 22   | 00:00:09                 | 01:26:59  | 02:33:22         | 04:08:50   | 05:48:38.75           | 05:48:38.75            | +03:13:37<br>(55.5%) | 10:33           | 5.7<br>(44.5%) |
| 270 | OZIMINA Hubert            | 6261  | OBORYGENI                    | Masters M<br>- 40    | 113  | 00:01:13                 | 01:34:17  | 02:44:44         | 04:09:14   | 05:49:05.90           | 05:49:05.90            | +03:14:04<br>(55.6%) | 10:34           | 5.7<br>(44.5%) |
| 271 | BRONOWICKI<br>Jarosław    | 6040  | DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC | Masters M<br>- 40    | 114  | 00:00:49                 | 01:37:11  | 02:45:04         | 04:36:04   | 05:49:27.45           | 05:49:27.45            | +03:14:26<br>(55.6%) | 10:35           | 5.7<br>(44.5%) |
| 272 | JASNOWSKI<br>Paweł        | 6258  | GOGOKLUB                     | Senior II M<br>- 30  | 95   | 00:00:13                 | 01:31:20  |                  | 04:13:19   | 05:49:37.65           | 05:49:37.65            | +03:14:36<br>(55.7%) | 10:35           | 5.7<br>(44.5%) |
| 273 | KISIAŁA Filip             | 6114  | TATA WOJTUSIA <3             | Masters M<br>- 40    | 115  | 00:00:54                 | 01:27:20  | 02:34:22         | 04:07:08   | 05:49:44.45           | 05:49:44.45            | +03:14:43<br>(55.7%) | 10:35           | 5.7<br>(44.5%) |
| 274 | CIĄPAŁA Jakub             | 6128  | DZIKIE ŚWINIE                | Senior II M<br>- 30  | 96   | 00:02:08                 | 01:37:45  | 02:43:31         | 04:10:45   | 05:50:07.00           | 05:50:07.00            | +03:15:05<br>(55.7%) | 10:36           | 5.7<br>(44.5%) |
| 275 | CZERWIŃSKI<br>Jarosław    | 6062  |                              | Weteran II<br>M - 60 | 9    | 00:00:24                 | 01:33:13  | 02:43:21         | 04:16:10   | 05:51:18.35           | 05:51:18.35            | +03:16:17<br>(55.9%) | 10:38           | 5.6<br>(43.8%) |
| 276 | DOBOSZ Leszek             | 6520  |                              | Masters M<br>- 40    | 116  | 00:01:13                 | 01:36:49  | 02:52:52         | 04:21:37   | 05:52:46.40           | 05:52:46.40            | +03:17:45<br>(56.1%) | 10:41           | 5.6<br>(43.8%) |
| 277 | NIEMIADOMSKI<br>Marek     | 6082  | CROSS KRAPKOWICE             | Senior II M<br>- 30  | 97   | 00:00:56                 | 01:29:43  | 02:35:14         | 04:19:28   | 05:53:01.50           | 05:53:01.50            | +03:18:00<br>(56.1%) | 10:41           | 5.6<br>(43.8%) |
| 278 | KOS Paweł                 | 6482  | EAZYMUT.PL                   | Weteran I<br>M - 50  | 23   | 00:00:31                 | 01:40:35  | 02:58:18         | 04:18:40   | 05:53:08.60           | 05:53:08.60            | +03:18:07<br>(56.1%) | 10:42           | 5.6<br>(43.8%) |

| Msc | Zawodnik                 | Numer | Klub                      | Kategoria         | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------|-------|---------------------------|-------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 279 | MIKLER Marcin            | 6117  |                           | Masters M - 40    | 117  | 00:00:22                 | 01:36:35  | 02:46:36         | 04:18:28   | 05:53:12.70           | 05:53:12.70            | +03:18:11<br>(56.1%) | 10:42           | 5.6<br>(43.8%) |
| 280 | SŁODKIEWICZ Piotr        | 6228  | KNEIPPTEAM                | Senior II M - 30  | 98   | 00:00:55                 | 01:29:24  | 02:41:52         | 04:14:58   | 05:53:44.30           | 05:53:44.30            | +03:18:43<br>(56.2%) | 10:43           | 5.6<br>(43.8%) |
| 281 | NOWAK Filip              | 6130  | NIGHT RUNNERS             | Masters M - 40    | 118  | 00:00:55                 | 01:35:53  | 02:47:57         | 04:21:45   | 05:53:57.75           | 05:53:57.75            | +03:18:56<br>(56.2%) | 10:43           | 5.6<br>(43.8%) |
| 282 | IGRAS Mieczysław         | 6396  | RUNNERS TEAM NYSA         | Weteran II M - 60 | 10   | 00:00:46                 | 01:34:00  | 02:53:47         | 04:24:10   | 05:55:53.65           | 05:55:53.65            | +03:20:52<br>(56.4%) | 10:47           | 5.6<br>(43.8%) |
| 283 | PRAGACZ Adam             | 6123  |                           | Senior I M - 20   | 33   | 00:01:15                 | 01:35:31  | 02:48:25         | 04:20:41   | 05:56:19.60           | 05:56:19.60            | +03:21:18<br>(56.5%) | 10:47           | 5.6<br>(43.8%) |
| 284 | KACZMAREK Łukasz         | 6315  |                           | Senior I M - 20   | 34   | 00:00:52                 | 01:27:17  |                  | 04:19:39   | 05:57:50.70           | 05:57:50.70            | +03:22:49<br>(56.7%) | 10:50           | 5.5<br>(43.0%) |
| 285 | WĄSIK Krzysztof          | 6285  |                           | Masters M - 40    | 119  | 00:00:23                 | 01:27:23  |                  | 04:11:41   | 05:58:05.05           | 05:58:05.05            | +03:23:03<br>(56.7%) | 10:51           | 5.5<br>(43.0%) |
| 286 | NOWAKOWSKI Wiesław       | 6165  | BIEGAM BO LUBIE           | Weteran II M - 60 | 11   | 00:00:14                 | 01:22:25  |                  | 04:10:06   | 05:59:36.05           | 05:59:36.05            | +03:24:34<br>(56.9%) | 10:53           | 5.5<br>(43.0%) |
| 287 | CHABŁO Daniel            | 6198  |                           | Masters M - 40    | 120  | 00:00:35                 | 01:30:57  | 02:51:29         | 04:24:56   | 05:59:47.35           | 05:59:47.35            | +03:24:46<br>(56.9%) | 10:54           | 5.5<br>(43.0%) |
| 288 | CHMIELEWSKI Mariusz      | 6234  | #STAJNIAKTEAM             | Senior II M - 30  | 99   | 00:00:37                 | 01:27:30  |                  | 04:20:08   | 06:00:30.10           | 06:00:30.10            | +03:25:28<br>(57.0%) | 10:55           | 5.5<br>(43.0%) |
| 289 | JÓZEF Marek              | 6269  |                           | Masters M - 40    | 121  | 00:00:19                 | 01:26:57  | 02:53:11         | 04:28:17   | 06:00:47.15           | 06:00:47.15            | +03:25:45<br>(57.0%) | 10:55           | 5.5<br>(43.0%) |
| 290 | PODSIADŁY Maciej         | 6166  | KS STASZEWCY              | Senior II M - 30  | 100  | 00:00:40                 | 01:41:37  | 02:52:29         | 04:25:03   | 06:01:06.05           | 06:01:06.05            | +03:26:04<br>(57.1%) | 10:56           | 5.5<br>(43.0%) |
| 291 | MODRAK Maciej            | 6020  | PARKRUN GRUDZIĄDZ         | Weteran I M - 50  | 24   | 00:01:09                 | 01:40:49  | 02:57:50         | 04:25:36   | 06:01:58.60           | 06:01:58.60            | +03:26:57<br>(57.2%) | 10:58           | 5.5<br>(43.0%) |
| 292 | BŁACHNIO Krzysztof       | 6139  | RAZ SZCZECIN              | Weteran I M - 50  | 25   | 00:00:11                 | 01:24:30  | 02:39:14         | 04:18:52   | 06:03:07.45           | 06:03:07.45            | +03:28:06<br>(57.3%) | 11:00           | 5.5<br>(43.0%) |
| 293 | MRÓZ Dariusz             | 6408  | MODLITWA BIEGANIA GRYFINO | Masters M - 40    | 122  | 00:00:28                 | 01:31:24  | 02:44:00         | 04:17:53   | 06:06:26.70           | 06:06:26.70            | +03:31:25<br>(57.7%) | 11:06           | 5.4<br>(42.2%) |
| 294 | FISZ Radosław            | 6535  |                           | Masters M - 40    | 123  | 00:01:05                 | 01:29:36  | 02:45:23         | 04:27:48   | 06:06:41.70           | 06:06:41.70            | +03:31:40<br>(57.7%) | 11:06           | 5.4<br>(42.2%) |
| 295 | MAJERSKI Michał          | 6218  |                           | Masters M - 40    | 124  | 00:00:55                 | 01:45:39  | 02:59:27         | 04:35:39   | 06:07:48.00           | 06:07:48.00            | +03:32:46<br>(57.9%) | 11:08           | 5.4<br>(42.2%) |
| 296 | FRĄCZEK Michał           | 6045  | BRONOWICE TEZ BIEGAJĄ BTB | Masters M - 40    | 125  |                          | 01:34:54  | 02:57:09         | 04:33:03   | 06:08:14.00           | 06:08:14.00            | +03:33:12<br>(57.9%) | 11:09           | 5.4<br>(42.2%) |
| 297 | ROGOŹNICKI Paweł         | 6086  | #ZALINIAMETY              | Masters M - 40    | 126  | 00:00:34                 | 01:30:23  | 02:40:45         | 04:24:36   | 06:10:00.85           | 06:10:00.85            | +03:34:59<br>(58.1%) | 11:12           | 5.4<br>(42.2%) |
| 298 | NIKOLAJUK Robert         | 6191  |                           | Masters M - 40    | 127  | 00:01:59                 | 01:51:41  | 03:09:49         | 04:49:58   | 06:15:03.65           | 06:15:03.65            | +03:40:02<br>(58.7%) | 11:21           | 5.3<br>(41.4%) |
| 299 | RUDNO-RUDZINSKI Grzegorz | 6521  |                           | Masters M - 40    | 128  | 00:00:20                 | 01:16:48  | 02:19:28         | 03:49:18   | 06:15:24.95           | 06:15:24.95            | +03:40:23<br>(58.7%) | 11:22           | 5.3<br>(41.4%) |
| 300 | TERPIŁOWSKI Arkadiusz    | 6046  |                           | Senior I M - 20   | 35   | 00:00:20                 | 01:17:54  | 02:22:30         | 03:49:18   | 06:15:25.05           | 06:15:25.05            | +03:40:23<br>(58.7%) | 11:22           | 5.3<br>(41.4%) |
| 301 | KORNAŚ Marcin            | 6032  | GÓRYLASY                  | Masters M - 40    | 129  | 00:01:07                 | 01:35:43  | 02:54:19         | 04:35:35   | 06:16:39.65           | 06:16:39.65            | +03:41:38<br>(58.8%) | 11:24           | 5.3<br>(41.4%) |

| Msc                                | Zawodnik                   | Numer | Klub                      | Kategoria           | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km       | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|------------------------------------|----------------------------|-------|---------------------------|---------------------|------|--------------------------|-----------------|------------------|------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 302                                | STASZKO Łukasz             | 6537  | HITACHI                   | Senior II M<br>- 30 | 101  | 00:00:49                 | 01:30:00        | 02:39:36         | 04:32:06   | 06:17:33.45           | 06:17:33.45            | +03:42:32<br>(58.9%) | 11:26           | 5.2<br>(40.6%) |
| 303                                | FIKTUS Paweł               | 6172  |                           | Masters M<br>- 40   | 130  | 00:00:49                 | 01:30:00        | 02:39:29         | 04:32:05   | 06:17:33.65           | 06:17:33.65            | +03:42:32<br>(58.9%) | 11:26           | 5.2<br>(40.6%) |
| 304                                | DAJCZER Jakub              | 6404  |                           | Senior II M<br>- 30 | 102  | 00:00:47                 | 01:29:59        | 02:39:40         | 04:32:06   | 06:18:04.10           | 06:18:04.10            | +03:43:02<br>(59.0%) | 11:27           | 5.2<br>(40.6%) |
| 305                                | MARTYNIAK<br>Rafał         | 6144  |                           | Masters M<br>- 40   | 131  | 00:00:53                 | 01:27:50        | 02:38:05         | 04:33:29   | 06:18:08.90           | 06:18:08.90            | +03:43:07<br>(59.0%) | 11:27           | 5.2<br>(40.6%) |
| 306                                | BEKAS Jędrzej              | 6011  | NIGHT RUNNERS             | Masters M<br>- 40   | 132  | 00:01:03                 | 01:45:06        | 03:06:02         | 04:41:50   | 06:25:38.90           | 06:25:38.90            | +03:50:37<br>(59.8%) | 11:41           | 5.1<br>(39.8%) |
| 307                                | KACPRZYCKI<br>Tomasz       | 6162  |                           | Senior II M<br>- 30 | 103  | 00:01:02                 | 01:47:17        | 03:04:34         | 04:46:16   | 06:29:01.25           | 06:29:01.25            | +03:53:59<br>(60.2%) | 11:47           | 5.1<br>(39.8%) |
| 308                                | SZYMAŃSKI<br>Jarosław      | 6253  | 1ON1 TEAM                 | Senior II M<br>- 30 | 104  | 00:00:20                 | 01:43:48        | 03:08:09         | 04:54:32   | 06:31:30.15           | 06:31:30.15            | +03:56:28<br>(60.4%) | 11:51           | 5.1<br>(39.8%) |
| 309                                | BALNER<br>Sebastian        | 6069  | -                         | Masters M<br>- 40   | 133  | 00:00:07                 | 01:25:23        | 02:50:41         | 04:39:59   | 06:33:25.10           | 06:33:25.10            | +03:58:23<br>(60.6%) | 11:55           | 5<br>(39.1%)   |
| 310                                | TARASZKIEWICZ<br>Krzysztof | 6004  |                           | Masters M<br>- 40   | 134  | 00:00:49                 | 01:39:13        | 03:08:27         | 04:47:02   | 06:34:16.30           | 06:34:16.30            | +03:59:15<br>(60.7%) | 11:56           | 5<br>(39.1%)   |
| 311                                | GRZESIAK Rafał             | 6008  | EMERYT                    | Masters M<br>- 40   | 135  | 00:00:49                 | 01:39:14        | 03:08:25         | 04:47:03   | 06:34:16.70           | 06:34:16.70            | +03:59:15<br>(60.7%) | 11:56           | 5<br>(39.1%)   |
| 312                                | GAWŁOWSKI<br>Arkadiusz     | 6471  | CZMOŃ NIGHT RUNNERS       | Weteran I<br>M - 50 | 26   | 00:00:19                 | 01:41:05        | 03:11:39         | 04:54:27   | 06:43:13.85           | 06:43:13.85            | +04:08:12<br>(61.6%) | 12:13           | 4.9<br>(38.3%) |
| 313                                | BESTRZYŃSKI<br>Olech       | 6515  | CZŁAPAK ROBAKOWO          | Weteran I<br>M - 50 | 27   | 00:00:37                 | 01:53:04        | 03:16:15         | 04:57:42   | 06:49:47.45           | 06:49:47.45            | +04:14:46<br>(62.2%) | 12:25           | 4.8<br>(37.5%) |
| 314                                | SCHMIDT Jacek              | 6007  | HERNIK TEAM               | Weteran I<br>M - 50 | 28   | 00:00:13                 | 01:41:58        | 03:04:52         | 04:59:10   | 06:51:28.55           | 06:51:28.55            | +04:16:27<br>(62.3%) | 12:28           | 4.8<br>(37.5%) |
| 315                                | MILAN Grzegorz             | 6216  |                           | Senior II M<br>- 30 | 105  | 00:01:33                 | 01:51:40        | 03:10:02         | 04:50:03   | 06:53:53.15           | 06:53:53.15            | +04:18:51<br>(62.5%) | 12:32           | 4.8<br>(37.5%) |
| 316                                | FIKSA Radosław             | 6361  |                           | Masters M<br>- 40   | 136  | 00:00:27                 | 01:44:42        | 03:08:58         | 04:50:22   | 06:57:00.30           | 06:57:00.30            | +04:21:59<br>(62.8%) | 12:38           | 4.7<br>(36.7%) |
| 317                                | CIUK Bartosz               | 6041  | BP RUNNING TEAM GLIWICE   | Weteran I<br>M - 50 | 29   | 00:01:03                 | 02:05:29        | 03:43:52         | 05:04:40   | 06:57:02.85           | 06:57:02.85            | +04:22:01<br>(62.8%) | 12:38           | 4.7<br>(36.7%) |
| Przekroczony limit czasu: 07:00:00 |                            |       |                           |                     |      |                          |                 |                  |            |                       |                        |                      |                 |                |
| 318                                | WALCZAK<br>Sławomir        | 6212  |                           | Weteran I<br>M - 50 | 30   | 00:01:31                 | 01:40:37        | 03:07:53         | 04:58:28   | 07:27:06.30           | 07:27:06.30            | +04:52:05<br>(65.3%) | 13:32           | 4.4<br>(34.4%) |
|                                    | KACZMARCZYK<br>Przemysław  | 6095  | 140MINUT.PL               | Senior I M<br>- 20  |      | 00:00:06<br>DNF          | 01:06:24<br>DNF | 02:02:30<br>DNF  | DNF        | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | SZCZEPANIAK<br>Sławomir    | 6510  | KS LENIWIEC               | Weteran I<br>M - 50 |      | 00:00:39<br>DNF          | 02:11:56<br>DNF | 03:55:38<br>DNF  | DNF        | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | BIELA Konrad               | 6106  | GOPR KARKONOSZE           | Senior II M<br>- 30 |      | 00:00:04<br>DNF          | 01:01:01<br>DNF | DNF              | DNF        | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | PIECHOWIAK<br>Bartosz      | 6531  | PIECHOWIAK-KROLIKOWSKI.PL | Senior I M<br>- 20  |      | 00:00:17<br>DNF          | 01:02:52<br>DNF | DNF              | DNF        | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | MOCZEK Tomasz              | 6366  | CROSS STRACEŃCÓW TEAM     | Masters M<br>- 40   |      | 00:00:03<br>DNF          | DNF             | DNF              | DNF        | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | KNOBLOCH<br>Tomasz         | 6022  | THE PINDOLS               | Masters M<br>- 40   |      | 00:00:58<br>DNF          | DNF             | DNF              | DNF        | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |

| Msc | Zawodnik       | Numer | Klub | Kategoria           | Mkat | Start<br>Łądek<br>0.01km | A1<br>9km | Czernica<br>14km | D1<br>24km | Czas<br>netto<br>33km | Czas<br>brutto<br>33km | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------|-------|------|---------------------|------|--------------------------|-----------|------------------|------------|-----------------------|------------------------|------|-----------------|---------------|
|     | ZIELONKA Marek | 6021  |      | Weteran I<br>M - 50 |      | 00:00:59<br>DNF          | DNF       | DNF              | DNF        | DNF                   | DNF                    |      | -               | -<br>(0.0%)   |

Znaleziono 325 wynik(ów)