

GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czeraniak 16km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	RZESZÓTKO Marcin	6237	BUFF TEAM POLAND	Senior II M - 30	1	00:42:49	01:14:58	01:58:07		02:34:45.20		4:41	12.8 (100%)
2	ŁOBODZIŃSKI Piotr	6279	LŁKS PREFBET ŚNIADOWO ŁOMŻA	Senior II M - 30	2	00:42:56	01:15:45	01:58:47		02:35:18.50	+00:00:33 (0.4%)	4:42	12.7 (99.2%)
3	DOMBROWSKI Maciej	6337	ATTIQ TEAM	Senior II M - 30	3	00:45:41	01:19:47	02:01:11		02:47:20.10	+00:12:34 (7.5%)	5:04	11.8 (92.2%)
4	HÜBL Radek	6301	RUNSPORT / SALOMON TEAM	Senior II M - 30	4	00:46:54	01:22:17	02:01:33		02:48:20.25	+00:13:35 (8.1%)	5:06	11.8 (92.2%)
5	MAREK Dariusz	6291	MONK SANDALS TEAM	Senior II M - 30	5	00:46:06	01:21:54			02:49:30.95	+00:14:45 (8.7%)	5:08	11.7 (91.4%)
6	BORAK Martin	6390	V12 TEAM	Senior II M - 30	6	00:49:37	01:27:22	02:09:33		02:57:22.70	+00:22:37 (12.8%)	5:22	11.2 (87.5%)
7	HLAVATÍK Jan	6096	PIVOVAR KONÍČEK	Senior II M - 30	7	00:50:27	01:30:01	02:13:06		02:59:05.35	+00:24:20 (13.6%)	5:25	11.1 (86.7%)
8	CZERNIAK Paweł	6079		Senior II M - 30	8	00:47:47	01:25:31	02:09:03		02:59:18.00	+00:24:32 (13.7%)	5:26	11 (85.9%)
9	RABIEJ Paweł	6220	GRUPA PRO	Senior II M - 30	9	00:52:28	01:29:53	02:15:41		03:01:10.90	+00:26:25 (14.6%)	5:29	10.9 (85.2%)
10	ONDRUCH Adam	6307		Senior II M - 30	10	00:49:46	01:27:22	02:11:47		03:01:59.45	+00:27:14 (15.0%)	5:30	10.9 (85.2%)
11	GARNIEWICZ Mateusz	6207	WSN POZNAŃ	Senior II M - 30	11	00:54:24	01:36:21	02:20:44		03:09:39.80	+00:34:54 (18.4%)	5:44	10.4 (81.3%)
12	SZPULARZ Adam	6156	CRAZY RUNNERS	Senior II M - 30	12	00:54:46	01:35:46	02:22:50		03:16:26.30	+00:41:41 (21.2%)	5:57	10.1 (78.9%)
13	KŁOSOWSKI Daniel	6182	BBŻ WAŁBRZYCH	Senior II M - 30	13	00:54:46	01:35:04	02:22:16		03:18:38.35	+00:43:53 (22.1%)	6:01	10 (78.1%)
14	KORPAŁSKI Tomasz	6029	STAJNIA BALONA	Senior II M - 30	14	00:57:51	01:39:34	02:25:53		03:19:25.40	+00:44:40 (22.4%)	6:02	9.9 (77.3%)
15	SIERADZKI Krzysztof	6244	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	15	00:54:31	01:37:49	02:25:21		03:19:39.80	+00:44:54 (22.5%)	6:03	9.9 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							
						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	netto 33km	Różn	Tempo min/km	Tempo km/h
16	ROSKOSZ Bartosz	6035	JELCZ TRIATHLON PROJECT	Senior II M - 30	16	00:53:47	01:36:24	02:24:05		03:21:19.45	+00:46:34 (23.1%)	6:06	9.8 (76.6%)
17	KAŻMIERCZYK Adam	6342		Senior II M - 30	17	00:57:51	01:40:51	02:27:52		03:26:02.80	+00:51:17 (24.9%)	6:14	9.6 (75.0%)
18	BAKALARZ Emil	6196	ULTRA ALPACAS TEAM	Senior II M - 30	18	00:56:56	01:41:35	02:30:32		03:28:35.10	+00:53:49 (25.8%)	6:19	9.5 (74.2%)
19	ŁĘŻNIAK Aleksander	6300	MONK SANDALS TEAM	Senior II M - 30	19	01:00:52	01:44:27	02:35:15		03:35:14.05	+01:00:28 (28.1%)	6:31	9.2 (71.9%)
20	WERNER Kamil	6055	BIEGAM NA TARCHOMINIE	Senior II M - 30	20	00:58:44	01:42:38	02:33:26		03:36:28.10	+01:01:42 (28.5%)	6:33	9.1 (71.1%)
21	UMAÑA Diego	6164	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	Senior II M - 30	21	00:59:48		02:36:59		03:38:58.80	+01:04:13 (29.3%)	6:38	9 (70.3%)
22	BALWIERCZAK Piotr	6225	NIGHT RUNNERS WROCŁAW	Senior II M - 30	22	01:03:08	01:48:49	02:40:52		03:41:24.45	+01:06:39 (30.1%)	6:42	8.9 (69.5%)
23	LISEK Andrzej	6333	LISEK	Senior II M - 30	23	00:59:42	01:44:14	02:37:54		03:42:27.10	+01:07:41 (30.4%)	6:44	8.9 (69.5%)
24	NOWAK Mariusz	6069	HRT	Senior II M - 30	24	01:03:09		02:43:18		03:42:32.65	+01:07:47 (30.5%)	6:44	8.9 (69.5%)
25	SŁOCIAK Rafał	6202	RAJSPOORT ACTIVE/PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	25	00:58:29	01:43:19	02:37:27		03:42:39.95	+01:07:54 (30.5%)	6:44	8.9 (69.5%)
26	ZEMBIK Łukasz	6305	KAMBODŻA	Senior II M - 30	26	00:54:25	01:37:09	02:32:27		03:43:46.95	+01:09:01 (30.8%)	6:46	8.8 (68.8%)
27	SOBCZAK Tomasz	6269	140MINUT.PL	Senior II M - 30	27	00:56:32	01:41:29	02:33:29		03:43:49.40	+01:09:04 (30.9%)	6:46	8.8 (68.8%)
28	WALCZAK Patryk	6028		Senior II M - 30	28	01:00:54	01:49:44	02:41:14		03:44:25.95	+01:09:40 (31.0%)	6:48	8.8 (68.8%)
29	MIERZWA Sławomir	6173	140MINUT.PL	Senior II M - 30	29	01:01:53	01:47:38	02:43:16		03:44:58.15	+01:10:12 (31.2%)	6:49	8.8 (68.8%)
30	MISZTAL Kamil	6284		Senior II M - 30	30	01:05:04	01:49:56	02:43:29		03:45:21.50	+01:10:36 (31.3%)	6:49	8.8 (68.8%)
31	ŚWIERCZ Szymon	6159	KGHM ZGRUN	Senior II M - 30	31	00:55:32	01:40:30	02:33:06		03:46:56.80	+01:12:11 (31.8%)	6:52	8.7 (68.0%)
32	STACHOWIAK Łukasz	6181	STR POZNAŃ / CITY TRAIL TEAM	Senior II M - 30	32	00:59:45	01:46:05	02:39:57		03:47:51.80	+01:13:06 (32.1%)	6:54	8.7 (68.0%)
33	WYROŚLAK Józef	6132	#SOBASTEAM	Senior II M - 30	33	01:00:20	01:46:59	02:41:25		03:48:52.85	+01:14:07 (32.4%)	6:56	8.7 (68.0%)
34	FLOREK Paweł	6222	RUNADDICTS	Senior II M - 30	34	01:02:59	01:52:39	02:45:32		03:49:48.15	+01:15:02 (32.7%)	6:57	8.6 (67.2%)
35	SZEWCZUK Piotr	6308		Senior II M - 30	35	01:05:17	01:51:09	02:45:56		03:50:01.65	+01:15:16 (32.7%)	6:58	8.6 (67.2%)
36	HADRYŚ Tomasz	6243		Senior II M - 30	36	01:03:39	01:52:19	02:44:48		03:50:04.55	+01:15:19 (32.7%)	6:58	8.6 (67.2%)
37	MOSIEK Piotr	6072		Senior II M - 30	37	01:04:58	01:53:45	02:47:13		03:50:56.80	+01:16:11 (33.0%)	6:59	8.6 (67.2%)
38	STUDZIŃSKI Mateusz	6109		Senior II M - 30	38	01:01:45	01:46:27	02:41:37		03:52:04.85	+01:17:19 (33.3%)	7:01	8.5 (66.4%)

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						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	netto 33km	Różn	Tempo min/km	Tempo km/h
39	ŻAK Adam	6376	KB LUPUS OLEŚNICA	Senior II M - 30	39	01:05:47	01:51:58	02:49:03		03:52:42.00	+01:17:56 (33.5%)	7:03	8.5 (66.4%)
40	LITWIN Michał	6037	LITEWIN	Senior II M - 30	40	00:59:16	01:48:22	02:44:21		03:53:13.85	+01:18:28 (33.6%)	7:04	8.5 (66.4%)
41	CHEREDNIKOV Stepan	6277	CITYZEN_	Senior II M - 30	41	01:04:03	01:53:42	02:53:31		04:00:39.55	+01:25:54 (35.7%)	7:17	8.2 (64.1%)
42	PELA Dariusz	6221	TMT TORUŃ	Senior II M - 30	42	01:04:29	01:53:05	02:51:45		04:01:38.10	+01:26:52 (36.0%)	7:19	8.2 (64.1%)
43	GRYSZKIEWICZ Paweł	6352	GVT	Senior II M - 30	43	01:05:07	01:58:21	02:56:42		04:03:56.85	+01:29:11 (36.6%)	7:23	8.1 (63.3%)
44	CZAPLA Seweryn	6174		Senior II M - 30	44	01:01:17		02:50:19		04:03:59.20	+01:29:14 (36.6%)	7:23	8.1 (63.3%)
45	BLASZKIEWICZ Bogusz	6195	STR POZNAŃ/DZIKIE BOBRY	Senior II M - 30	45	01:05:11	01:56:34			04:04:35.30	+01:29:50 (36.7%)	7:24	8.1 (63.3%)
46	MŁYNARSKI Mateusz	6140		Senior II M - 30	46	01:05:50	01:53:13	02:51:41		04:05:34.35	+01:30:49 (37.0%)	7:26	8.1 (63.3%)
47	LIPIŃSKI Hubert	6214	KS KANAŁEK	Senior II M - 30	47	01:07:40	01:58:44	02:58:08		04:05:46.45	+01:31:01 (37.0%)	7:26	8.1 (63.3%)
48	BATOR Michał	6179	#OJCIECNAGIGANCIE	Senior II M - 30	48	01:03:54		02:51:23		04:07:09.15	+01:32:23 (37.4%)	7:29	8 (62.5%)
49	SZAŁĄSNY Piotr	6170	TESTYOUTDOOROWE.PL	Senior II M - 30	49	01:09:45	02:03:04	03:00:10		04:08:14.00	+01:33:28 (37.7%)	7:31	8 (62.5%)
50	URBAŃSKI Michał	6016	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	50	01:08:30	01:59:49	02:59:15		04:08:18.40	+01:33:33 (37.7%)	7:31	8 (62.5%)
51	KOTYRBA Tomasz	6036	K_T_R_B	Senior II M - 30	51	01:05:57	01:55:22	02:45:29	00:20:00	04:09:51.00	+01:35:05 (38.1%)	6:57	8.6 (67.2%)
52	POLAŃSKI Bartosz	6192		Senior II M - 30	52	01:04:48	01:55:54	02:55:21		04:14:06.50	+01:39:21 (39.1%)	7:42	7.8 (60.9%)
53	PONIATOWSKI Seweryn	6034	TEBIA RUNNERS	Senior II M - 30	53	01:09:55	02:03:00	03:02:16		04:15:26.10	+01:40:40 (39.4%)	7:44	7.8 (60.9%)
54	HACZ Paweł	6386		Senior II M - 30	54	01:09:15	02:01:57	03:01:26		04:15:48.35	+01:41:03 (39.5%)	7:45	7.7 (60.2%)
55	BIEGAŃSKI Maciej	6242	ORTOSPOT	Senior II M - 30	55	01:09:04	02:00:33	03:01:53		04:18:13.55	+01:43:28 (40.1%)	7:49	7.7 (60.2%)
56	KRZYŚKÓW Piotr	6012		Senior II M - 30	56	01:07:12	02:00:06	03:00:58		04:19:02.65	+01:44:17 (40.3%)	7:50	7.6 (59.4%)
57	KILIAN Mateusz	6078	JÓZEFIŃSKA TEAM	Senior II M - 30	57	01:01:24	01:48:59	02:53:18		04:20:33.80	+01:45:48 (40.6%)	7:53	7.6 (59.4%)
58	PODWÓJCI Michał	6265	#BIEGAJZESLAWKIEM	Senior II M - 30	58	01:08:43	01:59:40	03:08:06		04:22:11.40	+01:47:26 (41.0%)	7:56	7.6 (59.4%)
59	SOKOŁOWSKI Adam	6030		Senior II M - 30	59	01:06:26	02:00:36	03:04:40		04:25:32.90	+01:50:47 (41.7%)	8:02	7.5 (58.6%)
60	SWATOWSKI Tomasz	6326	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Senior II M - 30	60	01:07:20	01:57:41	03:12:51		04:26:33.55	+01:51:48 (41.9%)	8:04	7.4 (57.8%)
61	KUBAS Krystian	6101	PRUSZCZBIEGA/STRASZYNULTRATEAM	Senior II M - 30	61	01:12:17	02:08:00	03:03:08		04:27:39.40	+01:52:54 (42.2%)	8:06	7.4 (57.8%)

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						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	netto 33km	Różn	Tempo min/km	Tempo km/h
62	HOŁYST Marcin	6379	CENTRUM FORMY 58100	Senior II M - 30	62	01:06:52	02:00:45	03:03:07		04:28:54.40	+01:54:09 (42.5%)	8:08	7.4 (57.8%)
63	NOWAKOWSKI Karol	6120		Senior II M - 30	63	01:14:14	02:12:30	03:16:55		04:28:59.00	+01:54:13 (42.5%)	8:09	7.4 (57.8%)
64	ZIELIŃSKI Dominik	6329		Senior II M - 30	64	01:10:45	02:06:32	03:10:04		04:30:12.15	+01:55:26 (42.7%)	8:11	7.3 (57.0%)
65	BYCZKOWSKI Dariusz	6061		Senior II M - 30	65	01:12:20	02:06:53	03:10:25		04:30:17.00	+01:55:31 (42.7%)	8:11	7.3 (57.0%)
66	KRUKOWSKI Łukasz	6067	MKS SIECHNICE	Senior II M - 30	66	01:12:53	02:11:14	03:18:23		04:34:31.75	+01:59:46 (43.6%)	8:19	7.2 (56.3%)
67	WALEŃSKI Maciej	6004		Senior II M - 30	67	01:09:45	02:08:30	03:15:27		04:35:29.95	+02:00:44 (43.8%)	8:20	7.2 (56.3%)
68	DREAS Jakub	6263	WĘDZIKOWSKITEAM / DZIKIE BOBRY	Senior II M - 30	68	01:13:13	02:09:44	03:16:49		04:35:54.55	+02:01:09 (43.9%)	8:21	7.2 (56.3%)
69	MARIN IRIGARAY Alberto	6075		Senior II M - 30	69	01:14:08	02:08:18	03:16:57		04:36:41.20	+02:01:56 (44.1%)	8:23	7.2 (56.3%)
70	PÓŁROLNICZAK Paweł	6340		Senior II M - 30	70	01:20:01	02:19:27	03:19:04		04:40:43.85	+02:05:58 (44.9%)	8:30	7.1 (55.5%)
71	STRZELCZYK Wiktor	6102	CARPATHIAN RUNNERS	Senior II M - 30	71	01:15:46	02:16:47	03:22:13		04:40:50.75	+02:06:05 (44.9%)	8:30	7.1 (55.5%)
72	GŁÓWKA Maciej	6014	ISOFIT.PL	Senior II M - 30	72	01:18:05		03:25:51		04:41:56.40	+02:07:11 (45.1%)	8:32	7 (54.7%)
73	MACHTAŁOWICZ Szymon	6022		Senior II M - 30	73	01:16:53	02:17:43	03:25:20		04:43:45.85	+02:09:00 (45.5%)	8:35	7 (54.7%)
74	KSIĄDZ Karol	6213		Senior II M - 30	74	01:19:21	02:15:21	03:25:17		04:45:06.90	+02:10:21 (45.7%)	8:38	6.9 (53.9%)
75	RYCHLEWICZ Tomasz	6019		Senior II M - 30	75	01:10:50	02:08:55	03:22:48		04:45:11.45	+02:10:26 (45.7%)	8:38	6.9 (53.9%)
76	PASZKE Maciej	6235	SKALPEL	Senior II M - 30	76		02:16:46	03:28:13		04:46:24.70	+02:11:39 (46.0%)	8:40	6.9 (53.9%)
77	PIWKO Mateusz	6138		Senior II M - 30	77	01:14:18	02:10:01	03:25:33		04:46:32.45	+02:11:47 (46.0%)	8:40	6.9 (53.9%)
78	RESZKA Marek	6026		Senior II M - 30	78	01:10:58	02:06:47	03:32:25		04:47:03.00	+02:12:17 (46.1%)	8:41	6.9 (53.9%)
79	PIĄTKIEWICZ Łukasz	6094	TOUR DE ZBÓJ	Senior II M - 30	79	01:16:48	02:15:50	03:26:04		04:47:29.05	+02:12:43 (46.2%)	8:42	6.9 (53.9%)
80	WALENDA Mateusz	6240	KS KANAŁEK	Senior II M - 30	80	01:08:19	02:09:37	03:20:59		04:48:25.05	+02:13:39 (46.3%)	8:44	6.9 (53.9%)
81	ZABŁOCKI Mateusz	6071		Senior II M - 30	81	01:18:19	02:18:12	03:27:22		04:49:25.85	+02:14:40 (46.5%)	8:46	6.8 (53.1%)
82	KOTKIEWICZ Karol	6066	LOTOS RUNNING TEAM	Senior II M - 30	82	01:12:15	02:12:27	03:26:22		04:52:27.50	+02:17:42 (47.1%)	8:51	6.8 (53.1%)
83	KNEBLOCH Kasper	6362	DZIK KOMANDO	Senior II M - 30	83	01:16:03	02:13:08	03:27:55		04:53:25.85	+02:18:40 (47.3%)	8:53	6.7 (52.3%)
84	STASZEWSKI Dariusz	6198		Senior II M - 30	84	01:20:38	02:22:27	03:35:09		04:56:18.65	+02:21:33 (47.8%)	8:58	6.7 (52.3%)

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						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	netto 33km	Różn	Tempo min/km	Tempo km/h
85	CHMURKO Michał	6246	BLACKSHEEPTeam	Senior II M - 30	85	01:17:37	02:18:43	03:32:02		04:57:19.95	+02:22:34 (48.0%)	9:00	6.7 (52.3%)
86	FRĄCKOWIAK Dariusz	6168		Senior II M - 30	86	01:09:35	02:09:23	03:18:34		04:58:33.35	+02:23:48 (48.2%)	9:02	6.6 (51.6%)
87	KRASUSKI Marcin	6227	MARCIN KRASUSKI	Senior II M - 30	87	01:16:19	02:15:13	03:28:02		04:58:57.00	+02:24:11 (48.2%)	9:03	6.6 (51.6%)
88	SKOCZEK Przemysław	6233		Senior II M - 30	88	01:12:42	02:13:46	03:32:52		05:01:42.65	+02:26:57 (48.7%)	9:08	6.6 (51.6%)
89	ZALIŃSKI Leszek	6189		Senior II M - 30	89	01:15:26		03:29:22		05:03:02.50	+02:28:17 (48.9%)	9:11	6.5 (50.8%)
90	KRZYŻEWSKI Roger	6136	INDYWIDUALNA PRAKTYKA LEKARSKA ROGER KRZYŻEWSKI	Senior II M - 30	90	01:21:08	02:21:59	03:39:45		05:06:50.60	+02:32:05 (49.6%)	9:17	6.5 (50.8%)
91	CZERNIAK Tobiasz	6250		Senior II M - 30	91	01:10:35	02:08:36	03:32:45		05:10:29.70	+02:35:44 (50.2%)	9:24	6.4 (50.0%)
92	POLAŃSKI Mateusz	6361		Senior II M - 30	92	01:15:35	02:17:01	03:37:05		05:12:11.05	+02:37:25 (50.4%)	9:27	6.3 (49.2%)
93	KURZYNIEC Łukasz	6197		Senior II M - 30	93	01:33:04		03:46:31		05:16:16.05	+02:41:30 (51.1%)	9:35	6.3 (49.2%)
94	DOBOSZ Leszek	6133		Senior II M - 30	94	01:23:51	02:30:18	03:41:50		05:16:52.70	+02:42:07 (51.2%)	9:36	6.2 (48.4%)
95	MATYLA Roman	6193		Senior II M - 30	95		02:36:15			05:17:56.00	+02:43:10 (51.3%)	9:38	6.2 (48.4%)
96	GODLEWSKI Adam	6236	SKALPEL	Senior II M - 30	96	01:18:04	02:23:06	03:37:00		05:18:26.20	+02:43:41 (51.4%)	9:38	6.2 (48.4%)
97	HAWRYLISZYN Jan	6194		Senior II M - 30	97	01:26:04	02:36:59	03:50:41		05:21:42.35	+02:46:57 (51.9%)	9:44	6.2 (48.4%)
98	CZARNIECKI Daniel	6171	TIE	Senior II M - 30	98	01:21:19	02:25:49	03:49:00		05:26:19.95	+02:51:34 (52.6%)	9:53	6.1 (47.7%)
99	PUZIO Maciej	6183		Senior II M - 30	99	01:22:17	02:29:45	03:47:00		05:30:52.90	+02:56:07 (53.2%)	10:01	6 (46.9%)
100	PIEKIELNIAK Rafał	6313	BIAŁE CZY CZARNE SKARPETKI?	Senior II M - 30	100	01:28:35	02:32:52	03:55:51		05:35:58.15	+03:01:12 (53.9%)	10:10	5.9 (46.1%)
101	PFAJFER Marek	6092	MARATONYPOLSKIE.PL TEAM	Senior II M - 30	101	01:31:06	02:37:00	03:55:38		05:37:57.35	+03:03:12 (54.2%)	10:14	5.9 (46.1%)
102	GRZYBEK Sławomir	6230		Senior II M - 30	102	01:26:52	02:39:56	04:06:20		05:41:35.85	+03:06:50 (54.7%)	10:21	5.8 (45.3%)
103	LOPATIN Ilya	6160		Senior II M - 30	103	01:36:42	02:42:18	04:05:58		05:48:04.80	+03:13:19 (55.5%)	10:32	5.7 (44.5%)
104	NETOLICKÝ Martin	6271		Senior II M - 30	104	01:37:45	02:47:29	04:07:00		05:49:10.85	+03:14:25 (55.7%)	10:34	5.7 (44.5%)
105	BARAN Jędrzej	6283	HASAJ TO!	Senior II M - 30	105	01:32:25	02:40:29	04:03:38		05:52:27.75	+03:17:42 (56.1%)	10:40	5.6 (43.8%)
106	TKACZ Rafał	6275	HASAJ TO!	Senior II M - 30	106	01:32:18	02:40:51	04:03:52		05:52:43.25	+03:17:58 (56.1%)	10:41	5.6 (43.8%)
107	CZUPRYNSKI Rafal	6090		Senior II M - 30	107	01:24:20	02:32:40	04:01:11		06:01:25.85	+03:26:40 (57.2%)	10:57	5.5 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
108	SEREDA Andrii	6135		Senior II M - 30	108	01:31:51	02:41:47	04:08:15		06:01:49.20	+03:27:04 (57.2%)	10:57	5.5 (43.0%)
109	ŁUKASIK Bartłomiej	6107		Senior II M - 30	109	01:40:39	03:01:06	04:25:49		06:06:10.45	+03:31:25 (57.7%)	11:05	5.4 (42.2%)
110	JANKOWSKI Rafał	6103	KOŁO BIEGA	Senior II M - 30	110	01:36:05	02:44:02	04:12:11		06:14:35.20	+03:39:50 (58.7%)	11:21	5.3 (41.4%)
111	ROŹKO Paweł	6131	TORNADO	Senior II M - 30	111	01:30:17	02:45:19	04:27:22		06:28:54.50	+03:54:09 (60.2%)	11:47	5.1 (39.8%)
112	SANTOS Phillipe	6317		Senior II M - 30	112	01:37:03	03:18:57	04:59:51		06:48:57.90	+04:14:12 (62.2%)	12:23	4.8 (37.5%)
113	GRUDNIEWSKI Jakub	6113		Senior II M - 30	113	01:43:41	03:00:40	04:39:37		06:48:58.70	+04:14:13 (62.2%)	12:23	4.8 (37.5%)
114	PIECZKA Wojciech	6025	WKURW_TEAM	Senior II M - 30	114	01:41:20	03:11:20	04:52:34		06:57:31.30	+04:22:46 (62.9%)	12:39	4.7 (36.7%)
115	KORTAS Sławomir	6331	DESTYLATOR	Senior II M - 30	115	01:49:08	03:20:43	05:04:57		07:01:26.65	+04:26:41 (63.3%)	12:46	4.7 (36.7%)
	BODURKA Krzysztof	6360	SALOMON SUUNTO TEAM POLAND	Senior II M - 30		00:43:00 DNF	DNF	02:05:32 DNF		DNF	-	-	- (0.0%)
	GAŁEK Aleksander	6178		Senior II M - 30		01:21:23 DNF	DNF	DNF		DNF	-	-	- (0.0%)

Znaleziono 117 wynik(ów)