



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

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

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>HLAVATÍK Jan</b>	<b>6120</b>	JUMP SPORT FRÝDEK-MÍSTEK // KURACJUSZE Z WROCLAWIA	Senior II M - 30	1	00:49:58	02:14:49	<b>03:09:37.45</b>		5:44	10.4 (100%)
2	<b>LULIS Dawid</b>	<b>6055</b>	ALTRA TEAM RED	Senior II M - 30	2	00:51:39	02:20:47	<b>03:12:17.10</b>	+00:02:39 (1.4%)	5:49	10.3 (99.0%)
3	<b>JAKUBOWSKI Martin</b>	<b>6200</b>	HLK-92	Senior II M - 30	3	00:54:09	02:24:02	<b>03:20:18.40</b>	+00:10:40 (5.3%)	6:04	9.9 (95.2%)
4	<b>SZYMAŃSKI Paweł</b>	<b>6042</b>	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	4	00:54:47	02:10:09	<b>03:21:23.55</b>	+00:11:46 (5.8%)	6:06	9.8 (94.2%)
5	<b>MIESZCZAK Marcin</b>	<b>6423</b>		Senior II M - 30	5	00:49:20	02:17:53	<b>03:22:43.95</b>	+00:13:06 (6.5%)	6:08	9.8 (94.2%)
6	<b>STREIT Dawid</b>	<b>6009</b>		Senior II M - 30	6	00:53:36	02:27:32	<b>03:26:04.10</b>	+00:16:26 (8.0%)	6:14	9.6 (92.3%)
7	<b>DUDA Karol</b>	<b>6056</b>	PCH SPORT TEAM	Senior II M - 30	7	00:50:20	02:25:12	<b>03:26:17.45</b>	+00:16:40 (8.1%)	6:15	9.6 (92.3%)
8	<b>SZKOŁA Wojciech</b>	<b>6109</b>	NATURAL BORN RUNNERS	Senior II M - 30	8	00:56:10	02:32:51	<b>03:30:27.60</b>	+00:20:50 (9.9%)	6:22	9.4 (90.4%)
9	<b>KSIĄŻKIEWICZ Piotr</b>	<b>6489</b>	CITY TRAIL TEAM	Senior II M - 30	9	00:54:17	02:33:36	<b>03:35:02.75</b>	+00:25:25 (11.8%)	6:30	9.2 (88.5%)
10	<b>KURA Patryk</b>	<b>6060</b>		Senior II M - 30	10	00:57:26	02:42:13	<b>03:35:48.10</b>	+00:26:10 (12.1%)	6:32	9.2 (88.5%)
11	<b>SABAT Kamil</b>	<b>6008</b>	140MINUT.PL	Senior II M - 30	11	01:00:02	02:39:00	<b>03:37:12.25</b>	+00:27:34 (12.7%)	6:34	9.1 (87.5%)
12	<b>RAZIM Mateus</b>	<b>6289</b>		Senior II M - 30	12	00:59:12	02:38:46	<b>03:38:09.40</b>	+00:28:31 (13.1%)	6:36	9.1 (87.5%)
13	<b>BRZĄKAŁSKI Krzysiek</b>	<b>6044</b>		Senior II M - 30	13	00:56:15	02:38:03	<b>03:41:29.90</b>	+00:31:52 (14.4%)	6:42	8.9 (85.6%)
14	<b>LISEK Andrzej</b>	<b>6112</b>	LISEK	Senior II M - 30	14	01:00:51	02:39:11	<b>03:45:39.90</b>	+00:36:02 (16.0%)	6:50	8.8 (84.6%)
15	<b>WOJSŁAW Bartłomiej</b>	<b>6230</b>	GLKS MARCINOWICE	Senior II M - 30	15	00:53:47	02:36:08	<b>03:45:58.25</b>	+00:36:20 (16.1%)	6:50	8.8 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
16	<b>SIERADZKI Krzysztof</b>	<b>6303</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	16	00:55:48	02:37:45	<b>03:47:39.65</b>	+00:38:02 (16.7%)	6:53	8.7 (83.7%)
17	<b>SUDOLSKI Jacek</b>	<b>6157</b>	GUSTAW TEŻ BIEGA	Senior II M - 30	17	01:02:54	02:50:10	<b>03:50:40.90</b>	+00:41:03 (17.8%)	6:59	8.6 (82.7%)
18	<b>BOCZEK Leszek</b>	<b>6391</b>	ZAŁOGA GÓRSKA	Senior II M - 30	18	01:00:53	02:49:36	<b>03:52:39.75</b>	+00:43:02 (18.5%)	7:03	8.5 (81.7%)
19	<b>MOLIK Jakub</b>	<b>6364</b>	STR POZNAŃ	Senior II M - 30	19	01:05:28	02:57:15	<b>03:57:43.40</b>	+00:48:05 (20.2%)	7:12	8.3 (79.8%)
20	<b>OWCZARZAK Tomasz</b>	<b>6482</b>		Senior II M - 30	20	01:06:15	02:57:02	<b>03:59:30.70</b>	+00:49:53 (20.8%)	7:15	8.3 (79.8%)
21	<b>STACHOWIAK Łukasz</b>	<b>6402</b>	STR POZNAŃ / CITY TRAIL TEAM	Senior II M - 30	21	00:57:48	02:50:09	<b>03:59:38.10</b>	+00:50:00 (20.9%)	7:15	8.3 (79.8%)
22	<b>RASZKOWSKI Piotr</b>	<b>6269</b>	ŚLĘZAK TEAM   PIOTRBIEGACZ.PL	Senior II M - 30	22	01:01:31	02:47:28	<b>04:00:59.80</b>	+00:51:22 (21.3%)	7:18	8.2 (78.8%)
23	<b>PACEK Tomasz</b>	<b>6390</b>	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	23	01:04:17	02:55:52	<b>04:02:11.30</b>	+00:52:33 (21.7%)	7:20	8.2 (78.8%)
24	<b>NOWACKI Mateusz</b>	<b>6068</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	24	01:01:00	02:52:08	<b>04:02:48.15</b>	+00:53:10 (21.9%)	7:21	8.2 (78.8%)
25	<b>MOSIOŁEK Przemysław</b>	<b>6442</b>		Senior II M - 30	25	01:04:06	02:57:00	<b>04:05:07.55</b>	+00:55:30 (22.6%)	7:25	8.1 (77.9%)
26	<b>RESZKA Marek</b>	<b>6064</b>	#NIBYBIEGACZ	Senior II M - 30	26	01:06:03	02:54:00	<b>04:05:13.15</b>	+00:55:35 (22.7%)	7:25	8.1 (77.9%)
27	<b>CHODOROWSKI Krzysztof</b>	<b>6270</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	27	01:05:54	03:05:42	<b>04:08:30.35</b>	+00:58:52 (23.7%)	7:31	8 (76.9%)
28	<b>GLANOWSKI Marek</b>	<b>6098</b>		Senior II M - 30	28	01:00:56	03:02:44	<b>04:10:25.00</b>	+01:00:47 (24.3%)	7:35	7.9 (76.0%)
29	<b>ŚMIECHOWSKI Michał</b>	<b>6444</b>	PANTHERS WROCŁAW	Senior II M - 30	29	01:04:05	03:05:03	<b>04:12:39.65</b>	+01:03:02 (24.9%)	7:39	7.8 (75.0%)
30	<b>WOJNAROWICZ Paweł</b>	<b>6135</b>		Senior II M - 30	30	01:05:16	03:00:06	<b>04:13:01.30</b>	+01:03:23 (25.1%)	7:40	7.8 (75.0%)
31	<b>TOMASZKIEWICZ Wojciech</b>	<b>6161</b>	RUN FOREST	Senior II M - 30	31	01:07:41	02:59:36	<b>04:13:15.60</b>	+01:03:38 (25.1%)	7:40	7.8 (75.0%)
32	<b>SŁOCIAK Rafał</b>	<b>6285</b>	RAJSPOORT ACTIVE/PRZEDWOJEWSKI TEAM	Senior II M - 30	32	01:06:22	03:01:24	<b>04:13:58.70</b>	+01:04:21 (25.3%)	7:41	7.8 (75.0%)
33	<b>DĘBEK Łukasz</b>	<b>6280</b>		Senior II M - 30	33	01:06:50	02:59:10	<b>04:14:46.30</b>	+01:05:08 (25.6%)	7:43	7.8 (75.0%)
34	<b>ZARZYCKI Maciej</b>	<b>6191</b>	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	34	00:49:20	02:24:22	<b>04:16:35.10</b>	+01:06:57 (26.1%)	7:46	7.7 (74.0%)
35	<b>MAT Kamil</b>	<b>6433</b>		Senior II M - 30	35	01:09:01	02:59:47	<b>04:16:35.55</b>	+01:06:58 (26.1%)	7:46	7.7 (74.0%)
36	<b>STOŃ Wojciech</b>	<b>6432</b>		Senior II M - 30	36	01:09:03	02:59:47	<b>04:16:36.55</b>	+01:06:59 (26.1%)	7:46	7.7 (74.0%)
37	<b>WALCZAK Patryk</b>	<b>6306</b>		Senior II M - 30	37	01:00:14	03:00:30	<b>04:17:20.00</b>	+01:07:42 (26.3%)	7:47	7.7 (74.0%)
38	<b>LACHOWSKI Robert</b>	<b>6172</b>		Senior II M - 30	38	01:07:48	03:06:50	<b>04:17:29.80</b>	+01:07:52 (26.4%)	7:48	7.7 (74.0%)

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39	APANOV Andrey	6292		Senior II M - 30	39	01:14:40	03:18:23	<b>04:21:38.40</b>	+01:12:00 (27.5%)	7:55	7.6 (73.1%)
40	KNEBLOCH Kasper	6085	DZIK KOMANDO	Senior II M - 30	40	01:11:13	03:09:45	<b>04:22:13.90</b>	+01:12:36 (27.7%)	7:56	7.6 (73.1%)
41	MADOŃ Rafał	6075		Senior II M - 30	41	01:04:24	03:03:07	<b>04:24:08.40</b>	+01:14:30 (28.2%)	8:00	7.5 (72.1%)
42	PRZYSIWEK Patryk	6356		Senior II M - 30	42	01:09:39	03:17:38	<b>04:24:33.15</b>	+01:14:55 (28.3%)	8:01	7.5 (72.1%)
43	KARGUL Tomasz	6164	ŚWO	Senior II M - 30	43	01:04:29	03:04:30	<b>04:26:04.45</b>	+01:16:27 (28.7%)	8:03	7.4 (71.2%)
44	DEMKOWSKI Marcin	6384		Senior II M - 30	44	01:09:26	03:07:55	<b>04:27:00.35</b>	+01:17:22 (29.0%)	8:05	7.4 (71.2%)
45	CZAPIGA Grzegorz	6150	TECE INDUSTRIAL	Senior II M - 30	45	01:05:42	03:07:02	<b>04:27:43.50</b>	+01:18:06 (29.2%)	8:06	7.4 (71.2%)
46	KOTYRBA Tomasz	6236		Senior II M - 30	46	01:08:43	03:13:55	<b>04:29:54.70</b>	+01:20:17 (29.7%)	8:10	7.3 (70.2%)
47	MICHALEWSKI Paweł	6421		Senior II M - 30	47	01:10:11	03:16:45	<b>04:30:14.65</b>	+01:20:37 (29.8%)	8:11	7.3 (70.2%)
48	WANAT Mateusz	6178	PRZEDWOJEWSKI TEAM	Senior II M - 30	48	01:05:10	03:12:10	<b>04:30:37.10</b>	+01:20:59 (29.9%)	8:12	7.3 (70.2%)
49	GAŁECKI Robert	6352		Senior II M - 30	49	01:06:15	03:13:19	<b>04:30:52.30</b>	+01:21:14 (30.0%)	8:12	7.3 (70.2%)
50	HEJZNER Arek	6152		Senior II M - 30	50	01:07:41	03:16:54	<b>04:31:47.40</b>	+01:22:09 (30.2%)	8:14	7.3 (70.2%)
51	KOMAR Krystian	6273		Senior II M - 30	51	01:16:44	03:21:05	<b>04:32:57.35</b>	+01:23:19 (30.5%)	8:16	7.3 (70.2%)
52	BURA Krystian	6248	#BIEGAJLESZNO	Senior II M - 30	52	01:12:38	03:14:56	<b>04:33:58.00</b>	+01:24:20 (30.8%)	8:18	7.2 (69.2%)
53	MAKOWSKI Jarosław	6184	STAY INSANE	Senior II M - 30	53	01:10:20	03:11:45	<b>04:35:33.10</b>	+01:25:55 (31.2%)	8:21	7.2 (69.2%)
54	BEDNAREK Bartłomiej	6041	MKS SIECHNICE	Senior II M - 30	54	01:04:17	03:11:35	<b>04:37:41.60</b>	+01:28:04 (31.7%)	8:24	7.1 (68.3%)
55	BUŁAWA Szczepan	6525		Senior II M - 30	55	01:06:54	03:16:33	<b>04:38:44.55</b>	+01:29:07 (32.0%)	8:26	7.1 (68.3%)
56	MIROSHNYCHENKO Ruslan	6264		Senior II M - 30	56	01:10:30	03:24:55	<b>04:40:07.75</b>	+01:30:30 (32.3%)	8:29	7.1 (68.3%)
57	BŁASZCZAK Łukasz	6486		Senior II M - 30	57	01:15:57	03:21:36	<b>04:40:15.15</b>	+01:30:37 (32.3%)	8:29	7.1 (68.3%)
58	ŁYSIAK Bartek	6245		Senior II M - 30	58	01:11:16	03:20:18	<b>04:41:33.05</b>	+01:31:55 (32.7%)	8:31	7 (67.3%)
59	POŁĘĆ Leszek	6176	SBRT WROCŁAW	Senior II M - 30	59	01:14:51	03:31:14	<b>04:44:49.25</b>	+01:35:11 (33.4%)	8:37	7 (67.3%)
60	PILAREK Wojciech	6319		Senior II M - 30	60	01:13:40	03:21:14	<b>04:45:09.45</b>	+01:35:32 (33.5%)	8:38	6.9 (66.3%)
61	MARGASIŃSKI Michał	6114		Senior II M - 30	61	01:05:51	03:18:15	<b>04:46:06.85</b>	+01:36:29 (33.7%)	8:40	6.9 (66.3%)

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62	<b>BUDYNEK Tadeusz</b>	<b>6478</b>	ALVO RACING TEAM	Senior II M - 30	62	01:13:18	03:27:46	<b>04:47:28.70</b>	+01:37:51 (34.0%)	8:42	6.9 (66.3%)
63	<b>KOKOTT Marcin</b>	<b>6332</b>	140MINUT.PL	Senior II M - 30	63	01:08:42	03:25:18	<b>04:48:03.15</b>	+01:38:25 (34.2%)	8:43	6.9 (66.3%)
64	<b>NIKOLAJUK Robert</b>	<b>6014</b>		Senior II M - 30	64	01:25:46	03:47:14	<b>04:48:22.15</b>	+01:38:44 (34.2%)	8:44	6.9 (66.3%)
65	<b>ZIEWIEC Marcin</b>	<b>6122</b>		Senior II M - 30	65	01:12:51	03:33:11	<b>04:50:16.45</b>	+01:40:39 (34.7%)	8:47	6.8 (65.4%)
66	<b>MAŃKOWSKI Tomasz</b>	<b>6125</b>	WOJOWNICY WÓDY	Senior II M - 30	66	01:15:50	03:32:25	<b>04:51:51.55</b>	+01:42:14 (35.0%)	8:50	6.8 (65.4%)
67	<b>MADERA Michał</b>	<b>6276</b>	LECIMY TUTAJ	Senior II M - 30	67	01:11:52	03:33:03	<b>04:53:35.00</b>	+01:43:57 (35.4%)	8:53	6.7 (64.4%)
68	<b>DRAŃKO Piotr</b>	<b>6326</b>		Senior II M - 30	68	01:16:27	03:35:20	<b>04:54:51.60</b>	+01:45:14 (35.7%)	8:56	6.7 (64.4%)
69	<b>JARZĄBEK Michał</b>	<b>6155</b>	MRUNNERS	Senior II M - 30	69	01:13:51	03:38:46	<b>04:55:42.55</b>	+01:46:05 (35.9%)	8:57	6.7 (64.4%)
70	<b>PIĄTKIEWICZ Łukasz</b>	<b>6079</b>	MARCIN ŚWIERC TEAM	Senior II M - 30	70	01:18:05	03:34:07	<b>04:56:00.70</b>	+01:46:23 (35.9%)	8:58	6.7 (64.4%)
71	<b>GIL Maciej</b>	<b>6013</b>	VEGE RUNNERS	Senior II M - 30	71	01:14:38	03:32:18	<b>04:56:42.35</b>	+01:47:04 (36.1%)	8:59	6.7 (64.4%)
72	<b>WRÓBLEWSKI Wojciech</b>	<b>6491</b>		Senior II M - 30	72	01:11:57	03:35:31	<b>04:58:35.90</b>	+01:48:58 (36.5%)	9:02	6.6 (63.5%)
73	<b>ŚMICHURSKI Krzysztof</b>	<b>6099</b>	FIZJOTERAPIA BIEGACZA	Senior II M - 30	73	01:15:36	03:43:53	<b>04:59:28.90</b>	+01:49:51 (36.7%)	9:04	6.6 (63.5%)
74	<b>FELEDZIAK Wojciech</b>	<b>6202</b>		Senior II M - 30	74	01:15:40	03:41:00	<b>04:59:29.20</b>	+01:49:51 (36.7%)	9:04	6.6 (63.5%)
75	<b>STĘPNOWSKI Jakub</b>	<b>6365</b>	MEDIDESK	Senior II M - 30	75	01:22:57	03:42:22	<b>04:59:31.30</b>	+01:49:53 (36.7%)	9:04	6.6 (63.5%)
76	<b>ARENDRT Michał</b>	<b>6492</b>		Senior II M - 30	76	01:15:18	03:33:38	<b>04:59:53.00</b>	+01:50:15 (36.8%)	9:05	6.6 (63.5%)
77	<b>MAKAREWICZ Wiktor Makarewicz</b>	<b>6010</b>		Senior II M - 30	77	01:20:17	03:41:19	<b>05:01:41.20</b>	+01:52:03 (37.1%)	9:08	6.6 (63.5%)
78	<b>ANDRZEJCZAK Łukasz</b>	<b>6082</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	78	01:13:50	03:35:54	<b>05:02:34.85</b>	+01:52:57 (37.3%)	9:10	6.5 (62.5%)
79	<b>MAJKOWSKI Jacek</b>	<b>6084</b>		Senior II M - 30	79	01:21:16	03:35:21	<b>05:02:41.30</b>	+01:53:03 (37.4%)	9:10	6.5 (62.5%)
80	<b>SZUMIATO Jakub</b>	<b>6177</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	80	01:19:17	03:44:18	<b>05:03:08.85</b>	+01:53:31 (37.4%)	9:11	6.5 (62.5%)
81	<b>BURA Tomasz</b>	<b>6275</b>		Senior II M - 30	81	01:15:26	03:37:56	<b>05:03:10.15</b>	+01:53:32 (37.5%)	9:11	6.5 (62.5%)
82	<b>GIEŁAŻYS Tomek</b>	<b>6274</b>	KONESERZY WADOWICKICH KREMÓWEK - SEKCJA 2137	Senior II M - 30	82	01:23:05	03:50:15	<b>05:03:18.95</b>	+01:53:41 (37.5%)	9:11	6.5 (62.5%)
83	<b>KUCHARCZYK Kamil</b>	<b>6465</b>	TRI NOT TO DIE	Senior II M - 30	83	01:19:54	03:44:37	<b>05:03:48.05</b>	+01:54:10 (37.6%)	9:12	6.5 (62.5%)
84	<b>CEBULSKI Łukasz</b>	<b>6237</b>		Senior II M - 30	84	01:16:33	03:40:01	<b>05:04:01.10</b>	+01:54:23 (37.6%)	9:12	6.5 (62.5%)

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85	<b>STASIAK Łukasz</b>	<b>6074</b>	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II M - 30	85	01:19:44	03:40:09	<b>05:06:00.05</b>	+01:56:22 (38.0%)	9:16	6.5 (62.5%)
86	<b>LIPIŃSKI Oskar</b>	<b>6128</b>		Senior II M - 30	86	01:14:52	03:45:39	<b>05:08:17.80</b>	+01:58:40 (38.5%)	9:20	6.4 (61.5%)
87	<b>GRĘBA Damian</b>	<b>6256</b>	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	87	01:24:51	03:55:50	<b>05:10:16.65</b>	+02:00:39 (38.9%)	9:24	6.4 (61.5%)
88	<b>ROJEK Mateusz</b>	<b>6354</b>		Senior II M - 30	88	01:18:08	03:39:49	<b>05:11:59.05</b>	+02:02:21 (39.2%)	9:27	6.3 (60.6%)
89	<b>LAZAROWICZ Krzysztof</b>	<b>6294</b>		Senior II M - 30	89	01:17:22	03:48:02	<b>05:12:33.15</b>	+02:02:55 (39.3%)	9:28	6.3 (60.6%)
90	<b>NALEPKA Grzegorz</b>	<b>6355</b>		Senior II M - 30	90	01:18:18	03:35:36	<b>05:12:41.20</b>	+02:03:03 (39.4%)	9:28	6.3 (60.6%)
91	<b>WAWRZYŃIAK Krystian</b>	<b>6279</b>	OKB ODRA OPOLE	Senior II M - 30	91	01:21:46	03:55:04	<b>05:13:42.25</b>	+02:04:04 (39.6%)	9:30	6.3 (60.6%)
92	<b>BLACHA Krzysztof</b>	<b>6532</b>	TRASY-BIEGOWE.PL	Senior II M - 30	92	01:15:06	03:44:08	<b>05:14:52.20</b>	+02:05:14 (39.8%)	9:32	6.3 (60.6%)
93	<b>SKŁADANOWSKI Marek</b>	<b>6166</b>		Senior II M - 30	93	01:22:01	03:53:13	<b>05:15:44.50</b>	+02:06:07 (39.9%)	9:34	6.3 (60.6%)
94	<b>MITIS Marek</b>	<b>6022</b>		Senior II M - 30	94	01:24:43	03:49:57	<b>05:17:50.65</b>	+02:08:13 (40.3%)	9:37	6.2 (59.6%)
95	<b>SYCHOWSKI Dawid</b>	<b>6129</b>		Senior II M - 30	95	01:20:51	03:50:30	<b>05:18:03.40</b>	+02:08:25 (40.4%)	9:38	6.2 (59.6%)
96	<b>RYCHLEWICZ Tomasz</b>	<b>6170</b>		Senior II M - 30	96	01:17:23	03:54:34	<b>05:19:07.35</b>	+02:09:29 (40.6%)	9:40	6.2 (59.6%)
97	<b>JASIŃSKI Daniel</b>	<b>6226</b>		Senior II M - 30	97	01:14:20	03:55:57	<b>05:19:42.55</b>	+02:10:05 (40.7%)	9:41	6.2 (59.6%)
98	<b>WILCZEK Rafał</b>	<b>6538</b>	KLUB BIEGACZA JURAND	Senior II M - 30	98	01:16:01	03:49:10	<b>05:20:41.15</b>	+02:11:03 (40.9%)	9:43	6.2 (59.6%)
99	<b>LECH Grzegorz</b>	<b>6033</b>	KB ODRA OPOLE	Senior II M - 30	99	01:21:45	03:56:12	<b>05:21:01.00</b>	+02:11:23 (40.9%)	9:43	6.2 (59.6%)
100	<b>MIŚTALSKI Damian</b>	<b>6249</b>		Senior II M - 30	100	01:18:34	03:52:05	<b>05:22:25.45</b>	+02:12:48 (41.2%)	9:46	6.1 (58.7%)
101	<b>WÓJCIAK Łukasz</b>	<b>6090</b>	UMAWIANIENABIEGANIETEAM	Senior II M - 30	101	01:19:15	03:50:15	<b>05:22:26.40</b>	+02:12:48 (41.2%)	9:46	6.1 (58.7%)
102	<b>OLEJNIK Marcin</b>	<b>6520</b>	DZINKOWY DZIABĄG TEAM	Senior II M - 30	102	01:19:17	03:52:23	<b>05:22:50.15</b>	+02:13:12 (41.3%)	9:46	6.1 (58.7%)
103	<b>SAJEWICZ Piotr</b>	<b>6194</b>	TURBINA BAŁAKOWO	Senior II M - 30	103	01:18:53	03:50:46	<b>05:23:03.50</b>	+02:13:26 (41.3%)	9:47	6.1 (58.7%)
104	<b>ŻĘŁOBOWSKI Przemysław</b>	<b>6350</b>	BUŁKA Z PASZTETEM I KAKAŁO	Senior II M - 30	104	01:17:13	03:51:46	<b>05:25:55.10</b>	+02:16:17 (41.8%)	9:52	6.1 (58.7%)
105	<b>DUDA Dariusz</b>	<b>6102</b>	MIRAZ RACE TEAM	Senior II M - 30	105	01:19:42	03:53:06	<b>05:25:58.55</b>	+02:16:21 (41.8%)	9:52	6.1 (58.7%)
106	<b>LESIŃSKI Piotr</b>	<b>6417</b>	ATOS RACING TEAM	Senior II M - 30	106	01:27:12	03:56:40	<b>05:28:32.20</b>	+02:18:54 (42.3%)	9:57	6 (57.7%)
107	<b>PORZYCKI Tomasz</b>	<b>6353</b>		Senior II M - 30	107	01:21:49	03:52:03	<b>05:29:21.65</b>	+02:19:44 (42.4%)	9:58	6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
108	<b>KONIECZNY Przemysław</b>	<b>6327</b>		Senior II M - 30	108	01:19:52	03:56:25	<b>05:30:22.90</b>	+02:20:45 (42.6%)	10:00	6 (57.7%)
109	<b>MAZAN Wojciech</b>	<b>6069</b>		Senior II M - 30	109	01:27:47	04:03:16	<b>05:31:27.50</b>	+02:21:50 (42.8%)	10:02	6 (57.7%)
110	<b>RADOMSKI Bartosz</b>	<b>6398</b>		Senior II M - 30	110	01:21:03	04:01:29	<b>05:31:28.60</b>	+02:21:51 (42.8%)	10:02	6 (57.7%)
111	<b>JURSKI Szymon</b>	<b>6181</b>	KAZIKI	Senior II M - 30	111	01:26:23	04:05:47	<b>05:32:19.45</b>	+02:22:42 (42.9%)	10:04	6 (57.7%)
112	<b>GRUNTOWSKI Mateusz</b>	<b>6536</b>	NIEMO ADVENTURE	Senior II M - 30	112	01:27:16	04:02:47	<b>05:32:50.50</b>	+02:23:13 (43.0%)	10:05	5.9 (56.7%)
113	<b>ODZIMKOWSKI Marcin</b>	<b>6199</b>		Senior II M - 30	113	01:25:26	04:07:29	<b>05:34:42.70</b>	+02:25:05 (43.3%)	10:08	5.9 (56.7%)
114	<b>MSZYCA Maciej</b>	<b>6222</b>		Senior II M - 30	114	01:26:32	04:05:56	<b>05:38:54.20</b>	+02:29:16 (44.0%)	10:16	5.8 (55.8%)
115	<b>PONIATOWSKI Seweryn</b>	<b>6065</b>	TROPEM ULTRA	Senior II M - 30	115	01:22:52	04:01:02	<b>05:42:06.10</b>	+02:32:28 (44.6%)	10:22	5.8 (55.8%)
116	<b>GACH Marcin</b>	<b>6382</b>	DELTAKOMANDO HARDCOROWEGO BOBRA	Senior II M - 30	116	01:17:48	03:50:45	<b>05:42:24.15</b>	+02:32:46 (44.6%)	10:22	5.8 (55.8%)
117	<b>ZBOROWSKI Norbert</b>	<b>6394</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	117	01:20:32	04:22:41	<b>05:46:34.45</b>	+02:36:57 (45.3%)	10:30	5.7 (54.8%)
118	<b>PIETRZAK Krzysztof</b>	<b>6266</b>	BIEGAMBOLUBIĘ GORZÓW	Senior II M - 30	118	01:37:53	04:28:05	<b>05:56:19.15</b>	+02:46:41 (46.8%)	10:47	5.6 (53.8%)
119	<b>JOPA Maciej</b>	<b>6097</b>		Senior II M - 30	119	01:22:56	04:09:59	<b>05:57:50.45</b>	+02:48:13 (47.0%)	10:50	5.5 (52.9%)
120	<b>BURMISTRZ Bartosz</b>	<b>6246</b>	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	120	01:25:46	04:21:17	<b>05:58:57.40</b>	+02:49:19 (47.2%)	10:52	5.5 (52.9%)
121	<b>KOWALCZYK Marcin</b>	<b>6317</b>		Senior II M - 30	121	01:36:15	04:25:39	<b>05:59:47.30</b>	+02:50:09 (47.3%)	10:54	5.5 (52.9%)
122	<b>JAGODZIŃSKI Hubert</b>	<b>6255</b>	DZIK KOMANDO	Senior II M - 30	122	01:21:05	04:25:31	<b>06:01:39.30</b>	+02:52:01 (47.6%)	10:57	5.5 (52.9%)
123	<b>KACZMAREK Łukasz</b>	<b>6379</b>	DZIK KOMANDO	Senior II M - 30	123	01:10:24	04:25:34	<b>06:01:40.45</b>	+02:52:03 (47.6%)	10:57	5.5 (52.9%)
124	<b>WRÓBLEWSKI Witold</b>	<b>6483</b>		Senior II M - 30	124	01:17:03	04:18:55	<b>06:02:55.60</b>	+02:53:18 (47.8%)	10:59	5.5 (52.9%)
125	<b>WORONOWICZ Karol</b>	<b>6312</b>		Senior II M - 30	125	01:32:29	04:30:50	<b>06:03:29.80</b>	+02:53:52 (47.8%)	11:00	5.4 (51.9%)
126	<b>SKORUPSKI Szymon</b>	<b>6110</b>	KURACJUSZE	Senior II M - 30	126	01:22:49	04:35:43	<b>06:07:29.65</b>	+02:57:52 (48.4%)	11:08	5.4 (51.9%)
127	<b>PTASZYŃSKI Marcin</b>	<b>6311</b>		Senior II M - 30	127	01:27:41	04:23:58	<b>06:07:47.80</b>	+02:58:10 (48.4%)	11:08	5.4 (51.9%)
128	<b>KACZMAREK Maciej</b>	<b>6091</b>	TEAM BEROTU	Senior II M - 30	128	01:27:49	04:24:37	<b>06:10:40.55</b>	+03:01:03 (48.8%)	11:13	5.3 (51.0%)
129	<b>BARTKOWIAK Piotr</b>	<b>6117</b>	M-FIT RAWICZ	Senior II M - 30	129	01:34:19	04:34:21	<b>06:14:24.05</b>	+03:04:46 (49.4%)	11:20	5.3 (51.0%)
130	<b>HATAŁA Tomasz</b>	<b>6076</b>	BARCA	Senior II M - 30	130	01:27:48	04:31:48	<b>06:17:04.85</b>	+03:07:27 (49.7%)	11:25	5.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
131	<b>GAWLAK Robert</b>	<b>6169</b>	MNG / RYTM CZ-DZ	Senior II M - 30	131	01:28:11	04:30:26	<b>06:17:18.10</b>	+03:07:40 (49.7%)	11:26	5.2 (50.0%)
132	<b>ZARZECZNY Radosław</b>	<b>6003</b>	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	132	01:35:03	04:21:41	<b>06:17:37.55</b>	+03:08:00 (49.8%)	11:26	5.2 (50.0%)
133	<b>SZURKOWSKI Michał</b>	<b>6476</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	133	01:37:30	04:42:46	<b>06:19:20.55</b>	+03:09:43 (50.0%)	11:29	5.2 (50.0%)
134	<b>KRAWCZYK Krystian</b>	<b>6258</b>		Senior II M - 30	134	01:27:00	04:31:49	<b>06:20:24.10</b>	+03:10:46 (50.2%)	11:31	5.2 (50.0%)
135	<b>IWIŃSKI Marcin</b>	<b>6337</b>	WOLNE ŚLIMAKI	Senior II M - 30	135	01:35:24	04:47:39	<b>06:21:52.40</b>	+03:12:14 (50.3%)	11:34	5.2 (50.0%)
136	<b>MAŁECKI Kamil</b>	<b>6049</b>		Senior II M - 30	136	01:29:08	04:58:36	<b>06:31:41.55</b>	+03:22:04 (51.6%)	11:52	5.1 (49.0%)
137	<b>PATYRA Łukasz</b>	<b>6136</b>	GOMIND	Senior II M - 30	137	01:32:11	04:43:13	<b>06:31:57.70</b>	+03:22:20 (51.6%)	11:52	5.1 (49.0%)
138	<b>CHYLIŃSKI Bartosz</b>	<b>6497</b>		Senior II M - 30	138	01:33:32	05:02:43	<b>06:31:59.20</b>	+03:22:21 (51.6%)	11:52	5.1 (49.0%)
139	<b>BIS Marcin</b>	<b>6267</b>		Senior II M - 30	139	01:37:58	04:51:05	<b>06:38:43.05</b>	+03:29:05 (52.4%)	12:04	5 (48.1%)
140	<b>MAŃKOWSKI Bartosz</b>	<b>6507</b>	KUCHNIAMANKOWSKIEGO.PL	Senior II M - 30	140	01:37:12	05:06:08	<b>06:42:25.05</b>	+03:32:47 (52.9%)	12:11	4.9 (47.1%)
141	<b>WRONISZEWSKI Łukasz</b>	<b>6523</b>	1ON1 TEAM	Senior II M - 30	141	01:32:12	04:51:57	<b>06:44:16.75</b>	+03:34:39 (53.1%)	12:15	4.9 (47.1%)
142	<b>GRUDNIEWSKI Jakub</b>	<b>6138</b>		Senior II M - 30	142	01:36:54	05:04:19	<b>06:51:06.80</b>	+03:41:29 (53.9%)	12:27	4.8 (46.2%)
143	<b>CHORAŻY Łukasz</b>	<b>6179</b>	CAŁA OLEŚNICA BIEGA	Senior II M - 30	143	01:38:24	05:06:05	<b>07:01:54.30</b>	+03:52:16 (55.1%)	12:47	4.7 (45.2%)
144	<b>STRZELCZYK Paweł</b>	<b>6376</b>	CC 1916	Senior II M - 30	144	01:59:17	05:48:30	<b>07:39:25.25</b>	+04:29:47 (58.7%)	13:55	4.3 (41.3%)
	<b>POMIANOWSKI Szymon</b>	<b>6219</b>	KURACJUSZE	Senior II M - 30		01:17:17 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>BRÓŃSKI Krzysztof</b>	<b>6238</b>		Senior II M - 30		01:18:08 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>GULA Tomasz</b>	<b>6419</b>	GBY	Senior II M - 30		02:16:04 DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 147 wynik(ów)