



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-07-14
Miejsce: Łądek-Zdrój
Dystans: 33 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	WITEK Andrzej	6463	140MINUT.PL	Senior II M - 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 (100%)
2	RAJCA Michał	6491	TRIMP	Senior II M - 30	2	00:00:00	00:45:13		02:00:47	02:50:57.85	02:50:57.85	+00:15:56 (9.3%)	5:10	11.6 (90.6%)
3	CZERNIAK Paweł	6498	KARKONOSZ RUNNING TEAM	Senior II M - 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 (10.6%)	5:15	11.4 (89.1%)
4	GRÜN Vojtěch	6443	SALOMON/SUUNTO	Senior II M - 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 (12.8%)	5:23	11.1 (86.7%)
5	KARWACZYŃSKI Roger	6118	RUNNING TEAM NASTOPY.PL	Senior II M - 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 (13.5%)	5:25	11 (85.9%)
6	LULIS Dawid	6055	ALTRA TEAM RED	Senior II M - 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 (16.2%)	5:36	10.7 (83.6%)
7	BONIEC Radosław	6132	NADLEŚNICTWO LIPINKI/140MINUT.PL	Senior II M - 30	7		00:50:12	01:28:56	02:14:16	03:07:10.60	03:07:10.60	+00:32:09 (17.2%)	5:40	10.6 (82.8%)
8	SZUMLAŃSKI Marcin	6309	PODHALAŃSKIE DZIKI - GORĄCY POTOK TEAM	Senior II M - 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 (25.7%)	6:19	9.5 (74.2%)
9	ŻWIRSKI Marcin	6164		Senior II M - 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 (26.9%)	6:25	9.3 (72.7%)
10	SUDOLSKI Jacek	6339	GUSTAW TEŻ BIEGA	Senior II M - 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 (27.3%)	6:27	9.3 (72.7%)
11	LASEK Jakub	6090	RMT TEAM	Senior II M - 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 (28.9%)	6:36	9.1 (71.1%)
12	GRABEK Maciej	6113	ŚLĘZAK TEAM	Senior II M - 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 (30.1%)	6:43	8.9 (69.5%)
13	WANOWSKI Przemysław	6467	#BIEGIEMWLAS	Senior II M - 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 (30.5%)	6:45	8.9 (69.5%)
14	SABAT Kamil	6025	140MINUT.PL	Senior II M - 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 (30.8%)	6:47	8.8 (68.8%)
15	KRZYŚKÓW Piotr	6281		Senior II M - 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 (31.0%)	6:48	8.8 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
16	MATENKA Kamil	6197	PACMAN RUNNING TEAM	Senior II M - 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 (31.3%)	6:50	8.8 (68.8%)
17	STOŃ Wojciech	6241		Senior II M - 30	17	00:00:10	01:05:05		02:46:12	03:45:49.20	03:45:49.20	+01:10:47 (31.4%)	6:50	8.8 (68.8%)
18	PACEK Tomasz	6370	FIZJOBEGACZE SZCZECIN	Senior II M - 30	18	00:00:10	01:07:06		02:46:28	03:47:16.30	03:47:16.30	+01:12:15 (31.8%)	6:53	8.7 (68.0%)
19	NOWACZYK Piotr	6227	MERIXSTUDIO RUNNING TEAM	Senior II M - 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 (32.6%)	6:58	8.6 (67.2%)
20	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 (32.8%)	6:59	8.6 (67.2%)
21	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 (33.0%)	7:00	8.6 (67.2%)
22	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 (33.8%)	7:05	8.5 (66.4%)
23	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 (34.0%)	7:06	8.4 (65.6%)
24	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 (34.5%)	7:10	8.4 (65.6%)
25	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 (34.7%)	7:11	8.3 (64.8%)
26	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 (35.1%)	7:14	8.3 (64.8%)
27	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 (35.7%)	7:18	8.2 (64.1%)
28	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 (36.3%)	7:22	8.1 (63.3%)
29	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 (36.9%)	7:26	8.1 (63.3%)
30	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 (37.2%)	7:29	8 (62.5%)
31	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 (37.6%)	7:31	8 (62.5%)
32	KUDREJ Grzegorz	6465	MOCNA GRUPA CEZARA	Senior II M - 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 (37.9%)	7:33	7.9 (61.7%)
33	MYSZKIEWICZ Paweł	6012	MOCNA GRUPA CEZARA	Senior II M - 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 (38.5%)	7:37	7.9 (61.7%)
34	SAJ Jakub	6362	DRUŻYNA Ż	Senior II M - 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 (38.9%)	7:41	7.8 (60.9%)
35	TOMCZAK Dariusz	6487		Senior II M - 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 (39.8%)	7:48	7.7 (60.2%)
36	JACHIRA Patryk	6464	STAJNIAKTEAM	Senior II M - 30	36		01:17:15	02:12:59	03:14:25	04:17:51.60	04:17:51.60	+01:42:50 (39.9%)	7:48	7.7 (60.2%)
37	ANDRZEJEWSKI Dominik	6280	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	37	00:00:38	01:11:25		03:08:37	04:21:41.05	04:21:41.05	+01:46:39 (40.8%)	7:55	7.6 (59.4%)
38	KOSIERADZKI Łukasz	6351		Senior II M - 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 (41.3%)	8:00	7.5 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
39	TOMCZYK Rafał	6078	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	39	00:00:10	01:10:21	02:02:12	03:10:39	04:24:15.90	04:24:15.90	+01:49:14 (41.3%)	8:00	7.5 (58.6%)
40	BŁASZCZAK Marek	6154	MOCNA GRUPA CEZARA	Senior II M - 30	40	00:00:19	01:09:44	02:04:16	03:12:33	04:25:36.30	04:25:36.30	+01:50:35 (41.6%)	8:02	7.5 (58.6%)
41	RUTKOWSKI Jakub	6260		Senior II M - 30	41	00:00:12	01:08:23	02:04:10	03:12:19	04:26:26.20	04:26:26.20	+01:51:24 (41.8%)	8:04	7.4 (57.8%)
42	FRERIKS Jeroen	6373	LEIDEN ATLETIEK	Senior II M - 30	42	00:00:48	01:24:17	02:16:27	03:21:40	04:29:27.55	04:29:27.55	+01:54:26 (42.5%)	8:09	7.3 (57.0%)
43	BUCZAK Jakub	6001		Senior II M - 30	43	00:00:01	01:13:50	02:08:56	03:17:25	04:30:57.85	04:30:57.85	+01:55:56 (42.8%)	8:12	7.3 (57.0%)
44	SAWICKI Bartosz	6158	DZIKIE DZIKI GORZÓW	Senior II M - 30	44	00:00:10	01:12:12	02:08:15	03:19:40	04:33:34.05	04:33:34.05	+01:58:32 (43.3%)	8:17	7.2 (56.3%)
45	KRAWCZYK Robert	6125		Senior II M - 30	45	00:00:12	01:13:23	02:07:51	03:16:54	04:34:06.40	04:34:06.40	+01:59:05 (43.4%)	8:18	7.2 (56.3%)
46	GAJDA Michał	6221		Senior II M - 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 (43.5%)	8:19	7.2 (56.3%)
47	TUREK Marcin	6414	KĘSY TEAM	Senior II M - 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 (44.2%)	8:25	7.1 (55.5%)
48	LISIAK Bartosz	6298	KB GEPARD MUROWANA GOŚLINA	Senior II M - 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 (44.3%)	8:26	7.1 (55.5%)
49	NOWAK Tomasz	6152	BW BIEGACZE WYMIATACZE	Senior II M - 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 (45.0%)	8:32	7 (54.7%)
50	MAKAREWICZ Wiktor	6276	KUDŁATE MAKARONY	Senior II M - 30	50	00:01:05	01:23:38		03:28:05	04:41:48.65	04:41:48.65	+02:06:47 (45.0%)	8:32	7 (54.7%)
51	GUZERA Tomasz	6244		Senior II M - 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 (45.3%)	8:35	7 (54.7%)
52	WAŚ Bartłomiej	6454	STG WARSZAWA	Senior II M - 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 (46.1%)	8:42	6.9 (53.9%)
53	BIEDA Bernard	6406	BUDIPOL	Senior II M - 30	53	00:02:07	01:27:55	02:26:53	03:37:25	04:47:51.80	04:47:51.80	+02:12:50 (46.1%)	8:43	6.9 (53.9%)
54	TORZEWSKI Przemysław	6475		Senior II M - 30	54	00:00:30	01:25:59	02:25:23	03:32:44	04:47:52.45	04:47:52.45	+02:12:51 (46.1%)	8:43	6.9 (53.9%)
55	STĘPNOWSKI Jakub	6420	UPACJENTA.PL	Senior II M - 30	55	00:01:17	01:27:41	02:23:59	03:30:20	04:49:50.65	04:49:50.65	+02:14:49 (46.5%)	8:46	6.8 (53.1%)
56	TOMAKA Maciej	6476	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	56	00:00:50	01:20:04	02:25:39	03:44:58	04:51:29.00	04:51:29.00	+02:16:27 (46.8%)	8:49	6.8 (53.1%)
57	SZOFER Adam	6245	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	57	00:01:01	01:29:46	02:26:12	03:36:29	04:51:41.10	04:51:41.10	+02:16:39 (46.9%)	8:50	6.8 (53.1%)
58	TRZPIOLA Tycjan	6013	KURACJUSZE	Senior II M - 30	58	00:00:21	01:16:11	02:17:30	03:32:56	04:51:44.90	04:51:44.90	+02:16:43 (46.9%)	8:50	6.8 (53.1%)
59	BUDZIAK Michał	6415		Senior II M - 30	59	00:00:04	01:13:19	02:11:19	03:30:54	04:53:37.50	04:53:37.50	+02:18:36 (47.2%)	8:53	6.7 (52.3%)
60	PAPAJ Jakub	6340		Senior II M - 30	60	00:00:09	01:10:50	02:09:25	03:31:54	04:55:06.00	04:55:06.00	+02:20:04 (47.5%)	8:56	6.7 (52.3%)
61	ZDAŃSKI Paweł	6180		Senior II M - 30	61	00:00:22	01:17:49		03:35:50	04:55:23.90	04:55:23.90	+02:20:22 (47.5%)	8:57	6.7 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
62	KAWA Hubert	6208	NKB CHYŻY NOWY TOMYŚL	Senior II M - 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 (47.8%)	9:00	6.7 (52.3%)
63	KONSEK Jacek	6048		Senior II M - 30	63	00:00:04	01:18:12		03:37:53	04:57:30.15	04:57:30.15	+02:22:28 (47.9%)	9:00	6.7 (52.3%)
64	HATALSKI Wojciech	6470	EKIPA JTM	Senior II M - 30	64	00:00:24	01:18:55		03:42:40	04:59:00.45	04:59:00.45	+02:23:59 (48.2%)	9:03	6.6 (51.6%)
65	KOWALCZYK Marcin	6293		Senior II M - 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 (48.3%)	9:05	6.6 (51.6%)
66	JOPA Maciej	6226		Senior II M - 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 (48.3%)	9:05	6.6 (51.6%)
67	CHMIELOWIEC Norbert	6514		Senior II M - 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 (48.5%)	9:07	6.6 (51.6%)
68	MIEDZIŃSKI Michał	6314	JKS SALAMANDRA	Senior II M - 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 (48.5%)	9:07	6.6 (51.6%)
69	RUŚKIEWICZ Wojciech Ruśkiewicz	6047	DELOITTE ADVENTURE TEAM	Senior II M - 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 (48.8%)	9:10	6.5 (50.8%)
70	MARNYSZ Michał	6153		Senior II M - 30	70	00:01:00	01:30:58	02:35:59	03:58:07	05:04:17.40	05:04:17.40	+02:29:16 (49.1%)	9:13	6.5 (50.8%)
71	DĄBROWSKI Michał	6428		Senior II M - 30	71	00:00:15	01:19:07	02:23:56	03:42:29	05:05:29.15	05:05:29.15	+02:30:27 (49.3%)	9:15	6.5 (50.8%)
72	PODBOROŻNY Karol	6251		Senior II M - 30	72	00:01:12	01:22:21	02:21:36	03:41:32	05:05:44.70	05:05:44.70	+02:30:43 (49.3%)	9:15	6.5 (50.8%)
73	MAŃKOWSKI Tomasz	6230	HOMAG RUN TEAM	Senior II M - 30	73	00:01:12	01:24:23	02:24:26	03:45:09	05:05:55.00	05:05:55.00	+02:30:53 (49.3%)	9:16	6.5 (50.8%)
74	JANKOWSKI Łukasz	6043	STAN UMYSŁU LEWIN BIEGA	Senior II M - 30	74	00:00:47	01:27:25		03:52:02	05:10:41.25	05:10:41.25	+02:35:39 (50.1%)	9:24	6.4 (50.0%)
75	ZIEWIEC Marcin	6111		Senior II M - 30	75	00:00:45	01:21:53	02:24:03	03:50:17	05:10:43.70	05:10:43.70	+02:35:42 (50.1%)	9:24	6.4 (50.0%)
76	BOIŃSKI Bartosz	6346	EUROCASH	Senior II M - 30	76	00:01:15	01:28:44	02:27:00	03:55:37	05:13:07.85	05:13:07.85	+02:38:06 (50.5%)	9:29	6.3 (49.2%)
77	LENART Jakub	6163		Senior II M - 30	77	00:00:38	01:23:56	02:27:19	03:47:15	05:15:42.25	05:15:42.25	+02:40:40 (50.9%)	9:34	6.3 (49.2%)
78	GMAJ Daniel	6250		Senior II M - 30	78	00:00:28	01:24:26	02:28:22	03:49:35	05:16:08.30	05:16:08.30	+02:41:07 (51.0%)	9:34	6.3 (49.2%)
79	NOBILE Riccardo	6449		Senior II M - 30	79	00:00:25	01:21:35		03:44:08	05:16:26.20	05:16:26.20	+02:41:24 (51.0%)	9:35	6.3 (49.2%)
80	MIŚTALSKI Damian	6451		Senior II M - 30	80	00:00:29	01:20:02	02:25:19	03:56:15	05:17:33.60	05:17:33.60	+02:42:32 (51.2%)	9:37	6.2 (48.4%)
81	BARANOWSKI Szymon	6091		Senior II M - 30	81	00:00:17	01:25:41	02:28:07	03:52:38	05:18:05.10	05:18:05.10	+02:43:03 (51.3%)	9:38	6.2 (48.4%)
82	PISKORZ Jarosław	6472		Senior II M - 30	82	00:00:58	01:34:46	02:40:49	04:00:00	05:18:33.55	05:18:33.55	+02:43:32 (51.3%)	9:39	6.2 (48.4%)
83	HORODYSKI Marek	6156		Senior II M - 30	83	00:00:45	01:23:42	02:29:24	03:53:48	05:18:38.15	05:18:38.15	+02:43:36 (51.3%)	9:39	6.2 (48.4%)
84	TOWPIK Piotr	6079		Senior II M - 30	84	00:00:49	01:23:02	02:27:42	03:53:09	05:18:49.55	05:18:49.55	+02:43:48 (51.4%)	9:39	6.2 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
85	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 (52.8%)	9:56	6 (46.9%)
86	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 (52.9%)	9:59	6 (46.9%)
87	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 (53.3%)	10:03	6 (46.9%)
88	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 (53.3%)	10:03	6 (46.9%)
89	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 (53.6%)	10:07	5.9 (46.1%)
90	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 (53.7%)	10:09	5.9 (46.1%)
91	BASEK Damian	6136	ALSTOM KATOWICE	Senior II M - 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 (53.9%)	10:11	5.9 (46.1%)
92	KUBICA Paweł	6270	GÓRYLASY / MKS SIECHNICE	Senior II M - 30	92	00:01:06	01:19:40		04:11:25	05:37:51.80	05:37:51.80	+03:02:50 (54.1%)	10:14	5.9 (46.1%)
93	JĘDRZEJCZAK Artur	6257		Senior II M - 30	93	00:00:33	01:31:38		04:13:58	05:38:31.45	05:38:31.45	+03:03:30 (54.2%)	10:15	5.8 (45.3%)
94	HAMPEL Patryk	6440	BODY POWER	Senior II M - 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 (54.3%)	10:16	5.8 (45.3%)
95	JASNOWSKI Paweł	6258	GOGOKLUB	Senior II M - 30	95	00:00:13	01:31:20		04:13:19	05:49:37.65	05:49:37.65	+03:14:36 (55.7%)	10:35	5.7 (44.5%)
96	CIĄPAŁA Jakub	6128	DZIKIE ŚWINIE	Senior II M - 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 (55.7%)	10:36	5.7 (44.5%)
97	NIEWIADOMSKI Marek	6082	CROSS KRAPKOWICE	Senior II M - 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 (56.1%)	10:41	5.6 (43.8%)
98	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 (56.2%)	10:43	5.6 (43.8%)
99	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 (57.0%)	10:55	5.5 (43.0%)
100	PODSIADŁY Maciej	6166	KS STASZEWSKY	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 (57.1%)	10:56	5.5 (43.0%)
101	STASZKO Łukasz	6537	HITACHI	Senior II M - 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 (58.9%)	11:26	5.2 (40.6%)
102	DAJCZER Jakub	6404		Senior II M - 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 (59.0%)	11:27	5.2 (40.6%)
103	KACPRZYCKI Tomasz	6162		Senior II M - 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 (60.2%)	11:47	5.1 (39.8%)
104	SZYMAŃSKI Jarosław	6253	1ON1 TEAM	Senior II M - 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 (60.4%)	11:51	5.1 (39.8%)
105	MILAN Grzegorz	6216		Senior II M - 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 (62.5%)	12:32	4.8 (37.5%)
	BIELA Konrad	6106	GOPR KARKONOSZE	Senior II M - 30		00:00:04 DNF	01:01:01 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)