



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2023-07-13
Place: Łądek-Zdrój
Distance: 33 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Classification: Senior II M - 30

Place	Participant	Number	Club	Category	MCat	A1 9km	D1 24km	Net time 33km	Czas brutto 33km	Gap	Pace min/km	Pace km/h
1	IVANIUTA Taras	6450	RESTARTNISA.SK	Senior II M - 30	1	00:46:55	02:00:07	02:41:27.80	02:41:29.65		4:53	12.3 (100%)
2	PRIADKA Marián	6495	SALOMON	Senior II M - 30	2		02:08:37	02:53:04.00	02:53:04.00	+00:11:34 (6.7%)	5:14	11.4 (92.7%)
3	GORZELAŃCZYK Jakub	6251	MKS SIECHNICE	Senior II M - 30	3	00:48:21	02:09:11	02:54:52.10	02:54:54.75	+00:13:25 (7.7%)	5:17	11.3 (91.9%)
4	BADOWSKI Aleksander	6388	AW - SZYBCIEJ - TEAM	Senior II M - 30	4	00:51:22	02:11:53	03:00:55.15	03:00:57.55	+00:19:27 (10.8%)	5:28	10.9 (88.6%)
5	MAREK Darek	6253	SCARPA TEAM POLAND / #R	Senior II M - 30	5	00:51:29	02:19:49	03:08:42.95	03:08:45.30	+00:27:15 (14.4%)	5:43	10.5 (85.4%)
6	SIWEK Michał	6086	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	6	00:54:11	02:24:24	03:16:38.05	03:16:41.90	+00:35:12 (17.9%)	5:57	10.1 (82.1%)
7	RASZKOWSKI Piotr	6426	ŚLĘZAK TEAM	Senior II M - 30	7	00:56:15	02:26:44	03:17:23.05	03:17:26.55	+00:35:56 (18.2%)	5:58	10 (81.3%)
8	RACZAK Maciej	6209	42K PRO TEAM	Senior II M - 30	8	00:58:40	02:29:08	03:18:16.55	03:18:21.90	+00:36:52 (18.6%)	6:00	10 (81.3%)
9	KILIAN Mateusz	6368		Senior II M - 30	9	00:57:40	02:28:49	03:21:37.30	03:21:42.15	+00:40:12 (19.9%)	6:06	9.8 (79.7%)
10	WALCZAK Paweł	6422		Senior II M - 30	10	00:57:01	02:35:45	03:30:54.05	03:30:58.95	+00:49:29 (23.5%)	6:23	9.4 (76.4%)
11	MONZO David	6064		Senior II M - 30	11	00:58:41	02:37:59	03:34:42.85	03:34:50.40	+00:53:20 (24.8%)	6:30	9.2 (74.8%)
12	BORZYSTOWSKI Patryk	6324		Senior II M - 30	12	00:55:23	02:32:11	03:37:11.90	03:37:15.15	+00:55:45 (25.7%)	6:34	9.1 (74.0%)
13	HARASIUK Adam	6436	AW - SZYBCIEJ - TEAM	Senior II M - 30	13	00:59:52	02:44:20	03:40:24.60	03:40:27.60	+00:58:57 (26.7%)	6:40	9 (73.2%)
14	RUDO Jakub	6312	ŁOCHOWSKA GRUPA BIEGOWA/ PGB SPORTOWA PACZKA	Senior II M - 30	14	00:58:47	02:44:32	03:43:07.00	03:43:12.05	+01:01:42 (27.6%)	6:45	8.9 (72.4%)
15	NOWACZYK Piotr	6169	MERIXSTUDIO RUNNING TEAM	Senior II M - 30	15	01:02:38	02:51:12	03:48:42.40	03:48:50.35	+01:07:20 (29.4%)	6:55	8.7 (70.7%)

Place	Participant	Number	Club	Category	MCat	A1 9km	D1 24km	Net time 33km	Czas brutto 33km	Gap	Pace min/km	Pace km/h
16	TARNOWSKI Krzysztof	6274	KW OPOLE	Senior II M - 30	16	00:58:42	02:45:18	03:51:57.50	03:52:04.65	+01:10:35 (30.4%)	7:01	8.5 (69.1%)
17	WOJCZUK Paweł	6261		Senior II M - 30	17	01:02:35	02:53:20	03:54:35.40	03:54:48.80	+01:13:19 (31.2%)	7:06	8.4 (68.3%)
18	ŁUCZKO Grzegorz	6457	NATURAL BORN RUNNERS TEAM	Senior II M - 30	18	01:04:35	02:55:03	03:58:16.95	03:58:24.25	+01:16:54 (32.3%)	7:13	8.3 (67.5%)
19	ŻBIK Bartosz	6158	SMART THERAPY	Senior II M - 30	19	00:59:45	02:53:33	04:02:52.00	04:03:04.70	+01:21:35 (33.6%)	7:21	8.2 (66.7%)
20	PREISNER Marcin	6490		Senior II M - 30	20	01:05:33	02:57:46	04:04:24.45	04:04:44.80	+01:23:15 (34.0%)	7:24	8.1 (65.9%)
21	TADEJA Jakub	6399		Senior II M - 30	21	01:05:55	02:59:24	04:04:55.60	04:05:12.55	+01:23:42 (34.1%)	7:25	8.1 (65.9%)
22	MENDYKA Łukasz	6454		Senior II M - 30	22	01:10:24	03:04:58	04:06:02.95	04:06:17.30	+01:24:47 (34.4%)	7:27	8 (65.0%)
23	DOLATA Marcin	6166		Senior II M - 30	23	01:03:54	03:03:24	04:06:37.05	04:06:41.35	+01:25:11 (34.5%)	7:28	8 (65.0%)
24	DEMKOWSKI Marcin	6357	AW - SZYBCIEJ - TEAM	Senior II M - 30	24	01:14:00	03:10:11	04:06:08.15	04:06:51.70	+01:25:22 (34.6%)	7:27	8 (65.0%)
25	MARCINOWSKI Paweł	6310	KLUB LEKKOATLETYCZNY ZIEMI KŁODZKIEJ	Senior II M - 30	25	01:02:48	02:58:59	04:10:08.25	04:10:17.40	+01:28:47 (35.5%)	7:34	7.9 (64.2%)
26	BIAŁCZYK Marcin	6284	MARATOŃCZYK POZNAŃ	Senior II M - 30	26	01:03:50	02:56:55	04:10:17.20	04:10:23.15	+01:28:53 (35.5%)	7:35	7.9 (64.2%)
27	MACZUŁAJTYS Łukasz	6366	KW WARSZAWA	Senior II M - 30	27	01:05:22	03:02:52	04:11:36.00	04:11:42.85	+01:30:13 (35.8%)	7:37	7.9 (64.2%)
28	KOWALCZYK Rafał	6141	SIGMA TECHNOLOGY & ENERGY SOLUTIONS SP. Z O.O.	Senior II M - 30	28	01:06:28	02:56:28	04:12:24.20	04:12:45.85	+01:31:16 (36.1%)	7:38	7.8 (63.4%)
29	URBAŃSKI Michał	6196	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	29	01:07:29	03:07:02	04:17:12.10	04:17:26.20	+01:35:56 (37.3%)	7:47	7.7 (62.6%)
30	PAJOR Bartosz	6071		Senior II M - 30	30	01:03:46	02:58:02	04:22:20.25	04:22:27.75	+01:40:58 (38.5%)	7:56	7.5 (61.0%)
31	PACEK Tomasz	6377	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	31	01:01:19	02:54:21	04:23:57.00	04:24:03.85	+01:42:34 (38.8%)	7:59	7.5 (61.0%)
32	BUDREWICZ Maciej	6125	BUDRYSY	Senior II M - 30	32	01:12:45	03:16:32	04:23:51.90	04:24:12.00	+01:42:42 (38.9%)	7:59	7.5 (61.0%)
33	TWORZYDŁO Piotr	6431	BEZPASIASTY ESKADRYL FANDANGO	Senior II M - 30	33	01:08:51	03:13:00	04:24:18.15	04:24:50.45	+01:43:20 (39.0%)	8:00	7.5 (61.0%)
34	JAGIELSKI Jerzy	6176	JKS SALAMANDRA	Senior II M - 30	34	01:08:03	03:14:46	04:24:52.30	04:25:17.25	+01:43:47 (39.1%)	8:01	7.5 (61.0%)
35	WYCHOWANIEC Paweł	6008		Senior II M - 30	35	01:07:09	03:21:14	04:27:54.55	04:28:03.70	+01:46:34 (39.8%)	8:07	7.4 (60.2%)
36	WANAT Mateusz	6351	PRZEDWOJEWSKI TEAM	Senior II M - 30	36	01:10:33	03:22:30	04:29:52.35	04:30:02.05	+01:48:32 (40.2%)	8:10	7.3 (59.3%)
37	JĘDRAŚ Rafał	6150		Senior II M - 30	37	01:19:03	03:24:43	04:29:20.75	04:30:50.15	+01:49:20 (40.4%)	8:09	7.4 (60.2%)
38	PAWŁOWSKI Dawid	6221	SKL SUCHA BESKIDZKA	Senior II M - 30	38	01:21:20	03:23:33	04:31:14.35	04:31:26.40	+01:49:56 (40.5%)	8:13	7.3 (59.3%)

Place	Participant	Number	Club	Category	MCat	A1		D1	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						9km	24km						
39	JACHIRA Patryk	6413	STAJNIAK TEAM	Senior II M - 30	39	01:07:59	03:23:19		04:30:47.65	04:31:27.90	+01:49:58 (40.5%)	8:12	7.3 (59.3%)
40	WALCZAK Damian	6286		Senior II M - 30	40	01:10:53	03:20:20		04:33:13.50	04:33:28.75	+01:51:59 (40.9%)	8:16	7.2 (58.5%)
41	GONSIOR Tomasz	6220		Senior II M - 30	41	01:13:21	03:22:36		04:34:05.00	04:34:49.35	+01:53:19 (41.2%)	8:18	7.2 (58.5%)
42	JANKOWSKI Krzysztof	6279		Senior II M - 30	42	01:16:26	03:25:12		04:38:03.10	04:38:29.25	+01:56:59 (42.0%)	8:25	7.1 (57.7%)
43	POLIWOZAK Patryk	6011		Senior II M - 30	43	01:10:44	03:23:36		04:38:54.25	04:39:06.45	+01:57:36 (42.1%)	8:27	7.1 (57.7%)
44	ŁATKA Mateusz	6376		Senior II M - 30	44	01:18:38	03:32:18		04:39:51.40	04:39:58.10	+01:58:28 (42.3%)	8:28	7.1 (57.7%)
45	OPPELN-BRONIKOWSKI Mateusz	6053	BY BYĆ W FORMIE	Senior II M - 30	45	01:11:54	03:18:49		04:39:45.35	04:40:03.95	+01:58:34 (42.3%)	8:28	7.1 (57.7%)
46	JOPA Maciej	6165		Senior II M - 30	46	01:16:23	03:28:45		04:40:26.60	04:40:32.55	+01:59:02 (42.4%)	8:29	7.1 (57.7%)
47	LEWANDOWSKI Wojciech	6362	DZIKIE ŻYCIE RUN TEAM	Senior II M - 30	47	01:15:38	03:19:59		04:40:52.55	04:41:07.85	+01:59:38 (42.6%)	8:30	7 (56.9%)
48	MÜLLER Marc	6484		Senior II M - 30	48	01:15:41	03:26:05		04:40:44.30	04:41:28.00	+01:59:58 (42.6%)	8:30	7.1 (57.7%)
49	MIKUĆ Cezary	6212	EUROCASH TEAM	Senior II M - 30	49	01:14:49	03:24:27		04:41:04.00	04:42:05.30	+02:00:35 (42.8%)	8:31	7 (56.9%)
50	DOMINIK Marcin	6463		Senior II M - 30	50	01:15:59	03:32:42		04:42:46.15	04:43:15.35	+02:01:45 (43.0%)	8:34	7 (56.9%)
51	BUŁAT Grzegorz	6298		Senior II M - 30	51	01:15:21	03:28:21		04:43:16.85	04:43:43.30	+02:02:13 (43.1%)	8:35	7 (56.9%)
52	WELTER Przemysław	6267	KB SZAMOTUŁY	Senior II M - 30	52	01:14:47	03:29:43		04:43:32.60	04:43:48.00	+02:02:18 (43.1%)	8:35	7 (56.9%)
53	CHEŁKOWSKI Bartosz	6080		Senior II M - 30	53	01:14:10	03:32:24		04:43:36.55	04:44:13.20	+02:02:43 (43.2%)	8:35	7 (56.9%)
54	GRZESIK Mateusz	6333	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior II M - 30	54	01:13:36	03:30:36		04:43:46.75	04:44:17.80	+02:02:48 (43.2%)	8:35	7 (56.9%)
55	STĘSIK Tomasz	6334	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior II M - 30	55	01:13:23	03:30:36		04:43:50.10	04:44:21.40	+02:02:51 (43.2%)	8:36	7 (56.9%)
56	KRZOS Piotr	6435		Senior II M - 30	56	01:19:23	03:33:44		04:43:39.90	04:44:51.90	+02:03:22 (43.3%)	8:35	7 (56.9%)
57	KONIECZNY Wojciech	6323	SII RUNNING TEAM	Senior II M - 30	57	01:20:56	03:31:54		04:43:32.85	04:45:03.20	+02:03:33 (43.3%)	8:35	7 (56.9%)
58	WIERZBIŃSKI Kamil	6339		Senior II M - 30	58	01:13:20	03:27:38		04:45:10.55	04:46:02.20	+02:04:32 (43.5%)	8:38	6.9 (56.1%)
59	OLESZOWSKI Marcin	6277		Senior II M - 30	59	01:07:26	03:19:05		04:46:18.00	04:46:32.20	+02:05:02 (43.6%)	8:40	6.9 (56.1%)
60	FORTAK Rafał	6031		Senior II M - 30	60	01:16:40	03:24:05		04:48:47.00	04:49:17.90	+02:07:48 (44.2%)	8:45	6.9 (56.1%)
61	FOLWARSKI Zbigniew	6121		Senior II M - 30	61	01:12:42	03:22:45		04:49:13.70	04:49:41.50	+02:08:11 (44.3%)	8:45	6.8 (55.3%)

Place	Participant	Number	Club	Category	MCat	A1 9km	D1 24km	Net time 33km	Czas brutto 33km	Gap	Pace min/km	Pace km/h
62	SŁUGOCKI Mateusz	6386		Senior II M - 30	62	01:19:42	03:33:58	04:49:33.20	04:50:06.35	+02:08:36 (44.3%)	8:46	6.8 (55.3%)
63	WRÓBLEWSKI Adrian	6058	ZGRUPKA PROMOBIL TEAM	Senior II M - 30	63	01:05:33	03:29:58	04:50:18.05	04:50:32.70	+02:09:03 (44.4%)	8:47	6.8 (55.3%)
64	TOMASZKIEWICZ Wojciech	6112	RUNFOREST	Senior II M - 30	64	01:13:39	03:30:16	04:50:27.75	04:50:38.15	+02:09:08 (44.4%)	8:48	6.8 (55.3%)
65	KAMROWSKI Dawid	6308		Senior II M - 30	65	01:16:40	03:34:40	04:50:07.30	04:50:50.85	+02:09:21 (44.5%)	8:47	6.8 (55.3%)
66	SŁABĘCKI Dawid	6247		Senior II M - 30	66	01:19:35	03:32:30	04:50:16.75	04:51:13.15	+02:09:43 (44.5%)	8:47	6.8 (55.3%)
67	ŁUCKA Artur	6231		Senior II M - 30	67	01:13:27	03:23:35	04:52:08.10	04:52:23.00	+02:10:53 (44.8%)	8:51	6.8 (55.3%)
68	JANOWICZ Wojtek	6419		Senior II M - 30	68	01:20:31	03:39:12	04:53:24.40	04:54:05.50	+02:12:35 (45.1%)	8:53	6.7 (54.5%)
69	WITKOWSKI Maciej	6449	HEXAPRO	Senior II M - 30	69	01:22:06	03:40:41	04:55:02.05	04:55:14.10	+02:13:44 (45.3%)	8:56	6.7 (54.5%)
70	BURA Tomasz	6108		Senior II M - 30	70	01:22:15	03:44:50	04:56:04.15	04:56:26.60	+02:14:56 (45.5%)	8:58	6.7 (54.5%)
71	SZPURA Emilian	6077	MARATOŃCZYK POZNAŃ	Senior II M - 30	71	01:23:32	03:43:20	04:56:37.50	04:57:47.85	+02:16:18 (45.8%)	8:59	6.7 (54.5%)
72	BEDNAREK Marcin	6177	MARATOŃCZYK POZNAŃ	Senior II M - 30	72	01:23:31	03:43:22	04:56:38.35	04:57:48.60	+02:16:18 (45.8%)	8:59	6.7 (54.5%)
73	LEJA Wojciech	6103	MATNER RUNNING TEAM	Senior II M - 30	73	01:09:03	03:41:30	05:00:03.75	05:00:39.25	+02:19:09 (46.3%)	9:05	6.6 (53.7%)
74	STRONCIWILK Piotr	6318	PIE RUN	Senior II M - 30	74	01:16:17	03:40:42	05:04:31.45	05:04:40.85	+02:23:11 (47.0%)	9:13	6.5 (52.8%)
75	PYRSZEL Michał	6373	AR ADIDAS RUNNERS POZNAŃ	Senior II M - 30	75	01:16:42	03:46:45	05:05:43.40	05:06:30.00	+02:25:00 (47.3%)	9:15	6.5 (52.8%)
76	WAWRZYNIAK Damian	6168		Senior II M - 30	76	01:12:15	03:50:51	05:06:16.40	05:06:46.25	+02:25:16 (47.4%)	9:16	6.5 (52.8%)
77	BUSŁOWSKI Piotr	6072		Senior II M - 30	77	01:21:59	04:00:31	05:07:32.90	05:08:09.95	+02:26:40 (47.6%)	9:19	6.4 (52.0%)
78	KUC Mariusz	6287		Senior II M - 30	78	01:18:24	03:48:04	05:07:02.45	05:08:10.45	+02:26:40 (47.6%)	9:18	6.4 (52.0%)
79	ROGSCH Damian	6262	RADZYMIN RUN TEAM	Senior II M - 30	79	01:12:02	03:47:28	05:09:34.45	05:09:43.35	+02:28:13 (47.9%)	9:22	6.4 (52.0%)
80	WOŹNIAK Jakub	6173		Senior II M - 30	80	01:26:52	04:01:26	05:13:32.90	05:14:33.25	+02:33:03 (48.7%)	9:30	6.3 (51.2%)
81	ZASIEK Amadeusz	6197		Senior II M - 30	81	01:23:22	03:56:53	05:15:18.40	05:15:36.65	+02:34:07 (48.8%)	9:33	6.3 (51.2%)
82	KUBCZAK Jan	6295		Senior II M - 30	82	01:19:29	03:58:03	05:16:12.75	05:16:21.45	+02:34:51 (49.0%)	9:34	6.3 (51.2%)
83	POLAK Bartosz	6416		Senior II M - 30	83	01:17:17	03:56:34	05:17:57.20	05:18:13.15	+02:36:43 (49.3%)	9:38	6.2 (50.4%)
84	NOCULA Cezary	6151		Senior II M - 30	84	01:24:32	04:00:30	05:19:55.45	05:20:33.50	+02:39:03 (49.6%)	9:41	6.2 (50.4%)

Place	Participant	Number	Club	Category	MCat	Net time			Czas brutto		Pace min/km	Pace km/h
						A1 9km	D1 24km	33km	33km	Gap		
85	NOWAK Michał	6192	DARŁOWO	Senior II M - 30	85	01:25:31	04:00:30	05:23:53.50	05:24:15.65	+02:42:46 (50.2%)	9:48	6.1 (49.6%)
86	KUZNIAK Szymon	6418		Senior II M - 30	86	01:30:59	04:00:10	05:25:55.20	05:26:51.80	+02:45:22 (50.6%)	9:52	6.1 (49.6%)
87	ZAKRZEWSKI Jędrzej	6331	ADIDAS RUNNERS POZNAŃ	Senior II M - 30	87	01:24:52	04:14:18	05:27:23.95	05:28:17.60	+02:46:47 (50.8%)	9:55	6 (48.8%)
88	WESOŁEK Daniel	6438	ADIDAS RUNNERS POZNAŃ	Senior II M - 30	88	01:13:49	03:52:05	05:30:29.00	05:31:15.65	+02:49:46 (51.2%)	10:00	6 (48.8%)
89	ŁUKASZEK Marek	6075	ŁUKASZKI TEAM	Senior II M - 30	89	01:28:59	04:05:42	05:30:03.20	05:31:22.10	+02:49:52 (51.3%)	10:00	6 (48.8%)
90	GÓRSKI Jakub	6035	RAPID RUNNERS TEAM	Senior II M - 30	90	01:23:01		05:31:30.65	05:31:55.85	+02:50:26 (51.3%)	10:02	6 (48.8%)
91	CHYLINŚKI Radek	6026	ANWILTEAM	Senior II M - 30	91	01:30:14	04:06:47	05:32:26.60	05:33:24.20	+02:51:54 (51.6%)	10:04	6 (48.8%)
92	BILSKI Przemysław	6390	KS MARATON OSTRÓW WLKP.	Senior II M - 30	92	01:27:06	04:10:23	05:33:18.90	05:34:17.75	+02:52:48 (51.7%)	10:06	5.9 (48.0%)
93	MŁYNARCZYK Adam	6400		Senior II M - 30	93	01:28:19	04:07:39	05:33:39.75	05:34:22.30	+02:52:52 (51.7%)	10:06	5.9 (48.0%)
94	MAZUREK Piotr	6001		Senior II M - 30	94	01:27:16	04:08:45	05:35:49.35	05:35:54.80	+02:54:25 (51.9%)	10:10	5.9 (48.0%)
95	MAZUR Tomasz	6195		Senior II M - 30	95	01:23:30	04:08:58	05:36:44.05	05:37:03.30	+02:55:33 (52.1%)	10:12	5.9 (48.0%)
96	JASKUŁA Łukasz	6050		Senior II M - 30	96	01:26:39	04:09:50	05:38:29.95	05:39:03.30	+02:57:33 (52.4%)	10:15	5.8 (47.2%)
97	KONIECZNY Tomasz	6291		Senior II M - 30	97	01:12:33	03:21:26	05:39:24.65	05:39:58.90	+02:58:29 (52.5%)	10:17	5.8 (47.2%)
98	ANDRZEJEWSKI Wojciech	6259		Senior II M - 30	98	01:25:37	04:00:20	05:39:58.85	05:40:32.95	+02:59:03 (52.6%)	10:18	5.8 (47.2%)
99	SALNIKOV Denis	6393		Senior II M - 30	99	01:25:18	04:06:13	05:43:26.40	05:44:04.85	+03:02:35 (53.1%)	10:24	5.8 (47.2%)
100	NAJDUK Daniel	6049	ROZBIEGANI CHOJNÓW	Senior II M - 30	100	01:28:30		05:43:16.50	05:44:30.05	+03:03:00 (53.1%)	10:24	5.8 (47.2%)
101	PAWLAK Robert	6356		Senior II M - 30	101	01:27:11	04:17:36	05:44:07.60	05:44:43.35	+03:03:13 (53.2%)	10:25	5.8 (47.2%)
102	JANISZEWSKI Filip	6317		Senior II M - 30	102	01:26:06	04:14:25	05:47:56.80	05:48:47.55	+03:07:17 (53.7%)	10:32	5.7 (46.3%)
103	MŁOTKOWSKI Michał	6128		Senior II M - 30	103	01:26:03	04:07:34	05:48:57.55	05:49:37.95	+03:08:08 (53.8%)	10:34	5.7 (46.3%)
104	GRADYS Kamil No	6111		Senior II M - 30	104	01:20:37	04:12:34	05:49:33.10	05:50:20.70	+03:08:51 (53.9%)	10:35	5.7 (46.3%)
104	GRADYS Arkadiusz	6215		Senior II M - 30	104	01:20:52	04:12:33	05:49:31.50	05:50:20.70	+03:08:51 (53.9%)	10:35	5.7 (46.3%)
106	GRADYS Konrad	6110		Senior II M - 30	106	01:21:21	04:12:34	05:49:31.60	05:50:21.25	+03:08:51 (53.9%)	10:35	5.7 (46.3%)
107	KALETA Erik	6205		Senior II M - 30	107	01:34:02	04:20:55	05:49:43.65	05:50:33.45	+03:09:03 (53.9%)	10:35	5.7 (46.3%)

Place	Participant	Number	Club	Category	MCat	A1 9km	D1 24km	Net time 33km	Czas brutto 33km	Gap	Pace min/km	Pace km/h
108	MARCINEK Marcin	6012	NULLPTR	Senior II M - 30	108	01:28:25	04:18:59	05:51:23.05	05:51:53.55	+03:10:23 (54.1%)	10:38	5.6 (45.5%)
109	MATYSIAK Paweł	6037	RUN DE GIRARD	Senior II M - 30	109	01:27:50	03:59:00	05:51:22.05	05:52:13.00	+03:10:43 (54.1%)	10:38	5.6 (45.5%)
110	SZUMNY Paweł	6199		Senior II M - 30	110	01:29:39	04:25:25	05:53:01.95	05:53:46.50	+03:12:16 (54.4%)	10:41	5.6 (45.5%)
111	CZARNECKI Piotr	6046	BIEGNIEMY DLA HANI STRYBUĆ	Senior II M - 30	111	01:31:23	04:25:45	05:52:32.80	05:53:53.70	+03:12:24 (54.4%)	10:40	5.6 (45.5%)
112	RYCHTER Maciej	6006	ONE STEP	Senior II M - 30	112	01:35:57	04:20:52	05:53:22.35	05:54:30.80	+03:13:01 (54.4%)	10:42	5.6 (45.5%)
113	MORAWIEC Jarosław	6105	GYPSY BROTHERS	Senior II M - 30	113	01:27:06	04:23:40	05:54:15.35	05:55:01.70	+03:13:32 (54.5%)	10:44	5.6 (45.5%)
114	JOŃCZYK Tomasz	6101	PROTECTOR BRZESKI	Senior II M - 30	114	01:32:00	04:20:43	05:56:04.25	05:56:51.60	+03:15:21 (54.7%)	10:47	5.6 (45.5%)
115	KOLENDA Mateusz	6134	DRIN TEAM	Senior II M - 30	115	01:35:53	04:44:49	05:58:23.05	05:59:27.75	+03:17:58 (55.1%)	10:51	5.5 (44.7%)
116	GMIŃSKI Dariusz	6178		Senior II M - 30	116	01:29:59	04:29:43	06:04:29.90	06:04:46.25	+03:23:16 (55.7%)	11:02	5.4 (43.9%)
117	MAZUR Wiktor	6140		Senior II M - 30	117	01:36:35	04:26:25	06:04:26.95	06:05:29.30	+03:23:59 (55.8%)	11:02	5.4 (43.9%)
118	SIEMIĄTKOWSKI Krzysztof	6383	#BIEGAMWOLNOALEDOKŁADNIE	Senior II M - 30	118	01:36:37	04:36:30	06:05:36.70	06:06:40.55	+03:25:10 (56.0%)	11:04	5.4 (43.9%)
119	JANKOWSKI Adam	6191		Senior II M - 30	119	01:43:48	04:43:52	06:09:31.10	06:10:26.90	+03:28:57 (56.4%)	11:11	5.4 (43.9%)
120	WODZYŃSKI Adam	6361	BIEGNIEMY DLA HANI STRYBUC	Senior II M - 30	120	01:31:23	04:30:17	06:10:52.30	06:12:11.75	+03:30:42 (56.6%)	11:14	5.3 (43.1%)
121	BARAN Przemysław	6048		Senior II M - 30	121	01:31:46	04:46:22	06:14:12.45	06:15:31.60	+03:34:01 (57.0%)	11:20	5.3 (43.1%)
122	GARCZYK Przemysław	6408	GALOPUJĄCE ŚLIMAKI	Senior II M - 30	122	01:37:56	04:39:57	06:17:44.75	06:18:21.05	+03:36:51 (57.3%)	11:26	5.2 (42.3%)
123	BORECKI Michał	6138		Senior II M - 30	123	01:40:22	04:45:59	06:25:01.30	06:27:55.70	+03:46:26 (58.4%)	11:40	5.1 (41.5%)
124	PIECHOTA Remigiusz	6186	KOŚCIAN TEAM/ONE STEP	Senior II M - 30	124	01:42:39	04:46:38	06:28:48.30	06:29:57.75	+03:48:28 (58.6%)	11:46	5.1 (41.5%)
125	ZASTAWNY Michał	6469		Senior II M - 30	125	01:29:42	04:50:11	06:31:49.75	06:33:04.50	+03:51:34 (58.9%)	11:52	5.1 (41.5%)
126	ORECKI Radosław	6219		Senior II M - 30	126	01:49:39	04:51:01	06:35:24.90	06:35:57.15	+03:54:27 (59.2%)	11:58	5 (40.7%)
127	LEMBICZ Dariusz	6133	DRIN TEAM	Senior II M - 30	127	01:43:00	04:53:11	06:34:59.25	06:36:07.45	+03:54:37 (59.2%)	11:58	5 (40.7%)
128	TARKA Konrad	6285	BIEGAJĄCE KREJZOLE	Senior II M - 30	128	01:40:58	04:51:45	06:43:48.35	06:45:00.75	+04:03:31 (60.1%)	12:14	4.9 (39.8%)
129	TROJNACKI Rafał	6067		Senior II M - 30	129	01:40:45	04:48:45	06:43:45.45	06:45:01.10	+04:03:31 (60.1%)	12:14	4.9 (39.8%)
130	KUJAWA Bartosz	6411		Senior II M - 30	130	01:48:15	04:51:01	06:47:34.45	06:48:46.95	+04:07:17 (60.5%)	12:21	4.9 (39.8%)

Place	Participant	Number	Club	Category	MCat	A1 9km	D1 24km	Net time 33km	Czas brutto 33km	Gap	Pace min/km	Pace km/h
	BEDNARZ Marcin	6028		Senior II M - 30		01:15:12 DNF	03:42:23 DNF	DNF	DNF		-	- (0.0%)
	PODGÓRNY Mariusz	6369	TEAM OZIMEK	Senior II M - 30		01:08:28 DNF	03:43:10 DNF	DNF	DNF		-	- (0.0%)
	SZYMAŃSKI Dawid	6206		Senior II M - 30		01:34:10 DNF	04:51:31 DNF	DNF	DNF		-	- (0.0%)

Total 133 results.