



HARDY ROLLING - 11 KM

B4SPORT

Event: PIENINY ULTRA-TRAIL®
Organiser: Fundacja Strefa Przygód
Date: 2023-04-22
Place: Szczawnica
Distance: 10.8 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: Premia Górska - Mężczyźni

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Net time 10.8km	Czas brutto 10.8km	Gap	Pace min/km	Pace km/h
1	ŁOBODZIŃSKI Piotr	212	BRAK SPONSORA	M30	2	MP	KS Prefbet-Sonarol	00:17:48	00:20:18	00:42:46.65	00:42:46.65	+00:00:00 (-359,900.0%)	3:57	15.2 (100%)
2	KUBICA Marcin	208	BUFF/ SALOMON	M20	1	MP	KS Sprint Bielsko-Biała	00:17:35	00:20:13	00:42:18.00	00:42:19.30	+00:00:08 (-340,677.3%)	3:54	15.3 (101%)
3	OLEJNIK Michał	388	WKS GRUNWALD POZNAŃ	M30	1	MP	WKS Grunwald Poznań	00:17:31	00:20:09	00:42:11.40	00:42:12.70	+00:00:08 (-340,569.6%)	3:54	15.4 (101.3%)
4	KACZOR Jan	437		M20	4	MP	WLKS Wrocław	00:18:52	00:21:40	00:46:33.25	00:46:34.60	+00:00:17 (-321,378.4%)	4:18	13.9 (91.4%)
5	TABOR Dominik	210	HOKA GARMIN TEAM/SBG SALCO	M20	2	MP	SBG Salco Niepołomice	00:18:07	00:20:55	00:43:51.35	00:43:51.35	+00:00:18 (-319,662.8%)	4:03	14.8 (97.4%)
6	LEPIARZ Sylwester	211	LKB RUDNIK	M30	3	MP	LKB Rudnik	00:17:51	00:20:44	00:45:11.55	00:45:13.10	+00:00:22 (-312,616.7%)	4:11	14.3 (94.1%)
7	ŻÓŁTEK Grzegorz	430	TC ORZEŁ SPYTKOWICE	M30	6			00:20:27	00:23:33	00:51:14.30	00:51:16.35	+00:00:36 (-290,147.6%)	4:44	12.6 (82.9%)
8	DUDCZAK Michał	213	THE NORTH FACE	M20	3	MP	LLKS Osowa Sień	00:18:43	00:21:49	00:45:49.65	00:45:50.90	+00:00:36 (-288,671.1%)	4:14	14.1 (92.8%)
9	BOROŃ Dariusz	463		M30	4	MP	UKS Lider Siercza	00:19:58	00:23:09	00:49:19.70	00:49:21.35	+00:00:40 (-282,912.3%)	4:33	13.1 (86.2%)
10	KUNZ Marcin	369	LACHO TEAM	M20	5			00:20:21	00:23:39	00:48:57.50	00:48:57.50	+00:00:48 (-272,332.4%)	4:31	13.2 (86.8%)
11	JANDURA Adrian	485	FLISACY PIENIŃSCY	M20	10			00:22:15	00:25:36	00:55:48.10	00:55:48.10	+00:00:52 (-267,134.9%)	5:10	11.6 (76.3%)
12	BROJ Marcel	378	BROJ TEAM ŻLINICE	M20	7	MP	AZS KU Politechniki Opolskiej Opole	00:20:26	00:23:50	00:51:17.60	00:51:20.35	+00:00:55 (-263,156.0%)	4:44	12.6 (82.9%)
13	DUDA Sebastian	319		M20	6	MP	UKS Trójka Mikołów	00:20:51	00:24:17	00:49:46.10	00:49:46.10	+00:00:56 (-261,622.9%)	4:36	13 (85.5%)
14	GABRYŚ Rafał	441	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M30	5	MP	MKL Brygada Beskidów Nowy Sącz	00:20:18	00:23:44	00:50:13.40	00:50:13.40	+00:00:56 (-261,495.9%)	4:38	12.9 (84.9%)

Mistrzostwa Polski Drużyna														
Place	Participant	Number	Club	Category	MCat	Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Net time 10.8km	Czas brutto 10.8km	Gap	Pace min/km	Pace km/h
15	WAŚKO Paweł	334	CENTRUM MASAŻU	M50	1			00:21:58	00:25:28	00:54:07.15	00:54:08.70	+00:01:00 (-256,272.7%)	5:00	12 (78.9%)
16	BUŻNIAK Arkadiusz	440	MKL BRYGADA BESKIDÓW	M30	7	MP	MKL Brygada Beskidów Nowy Sącz	00:22:01	00:25:34	00:52:24.90	00:52:24.90	+00:01:03 (-253,083.1%)	4:51	12.4 (81.6%)
17	TRACZ Łukasz	450	WWW.TRENINGFIZJOTERAPIA.PL	M30	10			00:22:13	00:25:47	00:53:37.10	00:53:37.10	+00:01:04 (-251,958.9%)	4:57	12.1 (79.6%)
18	CHŁANDA Sebastian	354	GRUPETTO GORLICE	M30	8	MP	ULKS Lipinki	00:21:22	00:25:01	00:52:28.60	00:52:32.40	+00:01:08 (-246,540.8%)	4:51	12.4 (81.6%)
19	KOZAK Tomasz	482		M20	13			00:25:09	00:28:50	00:59:01.15	00:59:01.15	+00:01:11 (-243,752.6%)	5:27	11 (72.4%)
20	KURZEJA Michał	487	MYENDURANCETEAM	M20	14			00:21:38	00:25:19	00:59:24.60	00:59:25.65	+00:01:11 (-243,422.2%)	5:30	10.9 (71.7%)
21	WRÓBEL Przemysław	322		M40	1			00:22:16	00:26:00	00:52:23.15	00:52:25.00	+00:01:13 (-241,026.8%)	4:51	12.4 (81.6%)
22	MATENKA Kamil	414	PACMAN RUNNING TEAM	M30	11			00:23:11	00:26:56	00:56:14.65	00:56:17.60	+00:01:14 (-240,488.9%)	5:12	11.5 (75.7%)
23	FLISIŃSKI Łukasz	419	ALPIN SPORT TEAM	M40	2			00:22:18	00:26:02	00:53:07.85	00:53:09.90	+00:01:14 (-239,953.4%)	4:55	12.2 (80.3%)
24	ZBOROWSKI Krzysztof	477		M40	6			00:24:12	00:27:57	00:59:26.55	00:59:29.75	+00:01:15 (-239,580.0%)	5:30	10.9 (71.7%)
25	KOCIOŁEK Witold	361	INŻYNIERIA BIEGANIA TEAM	M40	4	MP	UKS Lider Siercza	00:22:52	00:26:39	00:54:23.25	00:54:26.45	+00:01:16 (-237,887.6%)	5:02	11.9 (78.3%)
26	MALEC Łukasz	420	NIEDZICA TEAM	M30	9			00:21:45	00:25:32	00:52:38.95	00:52:41.00	+00:01:16 (-237,782.7%)	4:52	12.3 (80.9%)
27	BORZĘCKI Kacper	457	KS MURZASICHLE	M20	17			00:25:58	00:29:45	01:01:34.70	01:01:39.00	+00:01:16 (-237,730.2%)	5:42	10.5 (69.1%)
28	KRUPA Kamil	307		M30	22			00:31:03	00:34:51	01:14:38.35	01:14:59.60	+00:01:18 (-236,478.2%)	6:54	8.7 (57.2%)
29	MADEJSKI Sławomir	375	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	15			00:26:49	00:30:37	01:03:16.80	01:03:16.80	+00:01:18 (-236,167.3%)	5:51	10.2 (67.1%)
30	GUBAŁA Arkadiusz	371	GRUPETTO GORLICE	M20	11			00:23:12	00:27:00	00:56:10.35	00:56:14.15	+00:01:18 (-236,063.8%)	5:12	11.5 (75.7%)
31	OGÓREK Rafał	443	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M20	12	MP	MKL Brygada Beskidów Nowy Sącz	00:21:40	00:25:34	00:57:30.85	00:57:30.85	+00:01:24 (-230,115.6%)	5:19	11.3 (74.3%)
32	CHROBACZYŃSKI Rafał	229		M20	15			00:23:09	00:27:06	01:00:02.65	01:00:02.65	+00:01:26 (-227,973.6%)	5:33	10.8 (71.1%)
33	KRASULAK Daniel	389	WKS ŚLĄSK WROCŁAW	M40	3			00:22:25	00:26:22	00:54:10.15	00:54:12.70	+00:01:27 (-227,492.3%)	5:00	12 (78.9%)
34	FIRLEJ Marek	232	POWOLI DO CELU	M30	13			00:24:17	00:28:15	01:00:18.75	01:00:20.90	+00:01:28 (-226,155.5%)	5:35	10.7 (70.4%)
35	PACHUT Jerzy	215	ASICS FRONTRUNNER	M20	9	MP	KS Limanowa Forrest	00:21:52	00:25:53	00:55:15.25	00:55:17.10	+00:01:31 (-223,667.6%)	5:06	11.7 (77.0%)
36	STOŃ Wojciech	291	PACMAN RUNNING TEAM	M30	12			00:24:07	00:28:09	00:57:40.40	00:57:43.80	+00:01:31 (-222,973.4%)	5:20	11.2 (73.7%)
37	JANDURA Norbert	417		M20	16			00:24:54	00:29:00	01:01:09.70	01:01:14.30	+00:01:36 (-218,497.5%)	5:39	10.6 (69.7%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Net time 10.8km	Czas brutto 10.8km	Gap	Pace min/km	Pace km/h
						Polski	Drużyna							
38	PAŁKA Mariusz	424	KB PARANTELA	M40	5			00:24:31	00:28:40	00:59:14.50	00:59:16.75	+00:01:38 (-216,739.6%)	5:29	10.9 (71.7%)
39	PEŁDIAK Mateusz	454	KB ATHLETIC ZRĘCIN/ PAWKO RUNNER TEAM	M30	14			00:25:16	00:29:28	01:01:49.45	01:01:49.45	+00:01:41 (-214,624.3%)	5:43	10.5 (69.1%)
40	JARACZ Marcin	410	DOMOWAENERGIA.COM.PL	M40	26			00:42:39	00:47:00	01:46:16.30	01:46:31.00	+00:01:51 (-206,402.0%)	9:50	6.1 (40.1%)
41	ORDZOWIAŁY Piotr	429	SKL SUCHA BESKIDZKA	M50	2	MP	SKL Sucha Beskidzka	00:25:26	00:29:54	01:01:05.80	01:01:08.00	+00:01:58 (-201,161.4%)	5:39	10.6 (69.7%)
42	TELKA Paweł	412	UKSM EKIPA BIELACHY	M30	16	MP	UKSM Ekipa Bielachy Kielce	00:24:47	00:29:17	01:04:31.25	01:04:34.10	+00:02:00 (-199,080.1%)	5:58	10 (65.8%)
43	WYGONOWSKI Jacek	252	DZIKUR CREW	M50	4			00:30:35	00:35:10	01:16:03.55	01:16:22.05	+00:02:04 (-196,287.5%)	7:02	8.5 (55.9%)
44	WOŹNIAK Oskar	473	CKS BUDOWLANI CZĘSTOCHOWA	M20	21	MP	CKS Budowlani Częstochowa	00:28:04	00:32:41	01:16:00.10	01:16:13.05	+00:02:07 (-194,621.1%)	7:02	8.5 (55.9%)
45	MICHNA Kuba	416		M20	20			00:29:44	00:34:25	01:12:54.25	01:13:15.25	+00:02:11 (-191,644.0%)	6:45	8.9 (58.6%)
46	ANDRUSZEK Krystian	350		M20	18			00:28:25	00:33:10	01:08:32.70	01:08:37.00	+00:02:15 (-188,955.2%)	6:20	9.5 (62.5%)
47	ZAŁĘSKI Julian	283	OSTATNIE TCHNIENIE	M40	7			00:31:58	00:36:47	01:15:36.55	01:15:58.50	+00:02:19 (-186,276.4%)	7:00	8.6 (56.6%)
48	JAZUREK Paweł	324	PACMAN RUNNING TEAM	M30	24			00:29:59	00:34:49	01:16:52.60	01:16:59.35	+00:02:20 (-185,730.5%)	7:07	8.4 (55.3%)
49	CIECIOROWSKI Andrzej	741	OFF-ROAD RUNNERS	M40	14			00:32:21	00:37:12	01:24:23.40	01:24:43.10	+00:02:20 (-185,474.7%)	7:48	7.7 (50.7%)
50	KARPIEL Mateusz	442	MKL BRYGADA BESKIDÓW	M30	17			00:28:59	00:33:50	01:10:32.30	01:10:35.70	+00:02:20 (-185,378.9%)	6:31	9.2 (60.5%)
51	NIEMIEC Kamil	338		M20	25			00:34:40	00:39:32	01:26:12.95	01:26:21.85	+00:02:22 (-184,332.3%)	7:58	7.5 (49.3%)
52	HARAŃ Krzysztof	258	CHWILAMOMENTTEAM	M40	19			00:35:56	00:40:55	01:28:26.20	01:28:48.45	+00:02:29 (-180,321.5%)	8:11	7.3 (48.0%)
53	NOWAK Janusz	315		M40	10			00:33:26	00:38:25	01:19:33.45	01:19:56.85	+00:02:29 (-179,900.0%)	7:21	8.1 (53.3%)
54	GOŁDYN Michał	327	PROJEKT1000UP	M20	19			00:28:27	00:33:27	01:09:34.10	01:09:41.35	+00:02:30 (-179,779.9%)	6:26	9.3 (61.2%)
55	PIERZCHAŁA Artur	716		M30	18			00:28:56	00:33:56	01:10:56.35	01:11:09.10	+00:02:30 (-179,570.2%)	6:34	9.1 (59.9%)
56	STACHACZ Adrian	434	UNDERGROUND ATHLETIC	M30	20			00:29:24	00:34:25	01:12:53.65	01:13:08.10	+00:02:31 (-178,736.0%)	6:44	8.9 (58.6%)
57	STEC Paweł	467		M50	3			00:31:44	00:36:47	01:16:03.20	01:16:08.00	+00:02:33 (-177,939.0%)	7:02	8.5 (55.9%)
58	CHOCHLA Marcin	266	MONIA TEAM	M30	19			00:29:35	00:34:39	01:11:02.25	01:11:13.25	+00:02:34 (-177,411.5%)	6:34	9.1 (59.9%)
59	KARPIŃSKI Jarosław	115		M30	27			00:33:38	00:38:44	01:21:16.10	01:21:48.40	+00:02:36 (-176,020.2%)	7:31	8 (52.6%)
60	SZCZEPANIAK Wojciech	275		M40	9			00:33:22	00:38:32	01:17:52.30	01:18:12.80	+00:02:40 (-173,945.5%)	7:12	8.3 (54.6%)

Mistrzostwa Polski Drużyna													
Place	Participant	Number	Club	Category	MCat	Premia1 3.8km	Premia2 4.3km	Net time 10.8km	Czas brutto 10.8km	Gap	Pace min/km	Pace km/h	
61	PIĄTEK Jakub	484		M40	11	00:33:06	00:38:18	01:21:33.10	01:21:41.80	+00:02:42 (-172,580.1%)	7:33	7.9 (52.0%)	
62	SKWIRA Piotr	256	CHWILAMOMENTTEAM	M30	30	00:35:54	00:41:10	01:27:54.65	01:28:18.40	+00:02:46 (-170,558.2%)	8:08	7.4 (48.7%)	
63	WACH Robert	428	WACH	M30	28	00:30:47	00:36:05	01:21:52.90	01:21:57.50	+00:02:47 (-169,725.2%)	7:34	7.9 (52.0%)	
64	WŁODARCZYK Paweł	233		M40	15	00:35:27	00:40:45	01:24:48.90	01:25:13.15	+00:02:47 (-169,671.8%)	7:51	7.6 (50.0%)	
65	BIELICKI Filip	339	KW KRAKÓW	M30	29	00:35:24	00:40:43	01:24:32.65	01:24:39.40	+00:02:48 (-169,218.7%)	7:49	7.7 (50.7%)	
66	MIKOŁAJCZYK Łukasz	472		M40	12	00:32:37	00:37:57	01:22:54.20	01:23:05.55	+00:02:49 (-168,873.8%)	7:40	7.8 (51.3%)	
67	STRĄK Robert	381		M40	13	00:34:10	00:39:32	01:23:50.55	01:24:09.60	+00:02:51 (-167,717.0%)	7:45	7.7 (50.7%)	
68	KARASEK Mariusz	244		M50	7	00:37:47	00:43:09	01:35:01.40	01:35:23.10	+00:02:52 (-167,170.5%)	8:47	6.8 (44.7%)	
69	STACHYRA Bartłomiej	242		M20	31	00:38:08	00:43:30	01:35:22.80	01:35:22.80	+00:02:52 (-167,092.7%)	8:49	6.8 (44.7%)	
70	URMAŃSKI Marek	344		M30	23	00:30:54	00:36:16	01:15:42.65	01:15:46.95	+00:02:53 (-166,885.6%)	7:00	8.6 (56.6%)	
71	POŁUBOK Maurycy	474		M20	23	00:33:46	00:39:09	01:21:34.25	01:21:39.45	+00:02:53 (-166,808.1%)	7:33	7.9 (52.0%)	
72	PUDŁO Marcin	289	PACMAN RUNNING TEAM	M30	26	00:31:39	00:37:04	01:21:00.15	01:21:05.10	+00:02:54 (-166,036.8%)	7:29	8 (52.6%)	
73	WOLEK Marcin	331		M40	18	00:35:42	00:41:07	01:28:04.30	01:28:09.50	+00:02:54 (-166,011.2%)	8:09	7.4 (48.7%)	
74	JAŚKOWIEC Michał	316		M20	24	00:35:41	00:41:09	01:24:49.60	01:25:13.05	+00:02:57 (-164,490.3%)	7:51	7.6 (50.0%)	
75	RURAŃSKI Rafał	439		M40	16	00:33:47	00:39:16	01:26:14.40	01:26:19.60	+00:02:58 (-163,964.5%)	7:59	7.5 (49.3%)	
76	PĄCZEK Albert	321		M30	25	00:31:23	00:36:53	01:18:46.60	01:18:57.05	+00:02:59 (-163,466.9%)	7:17	8.2 (53.9%)	
77	MACH Olek	451		M30	21	00:29:59	00:35:29	01:13:22.20	01:13:23.85	+00:03:00 (-163,293.4%)	6:47	8.8 (57.9%)	
78	GRANEK Kacper	435		M20	27	00:34:15	00:39:56	01:26:43.95	01:27:09.95	+00:03:10 (-158,302.1%)	8:01	7.5 (49.3%)	
79	JURCZAK Ryszard	377	ARCELOR MITTAL	M70	1	00:41:02	00:46:43	01:41:01.25	01:41:08.35	+00:03:10 (-158,302.1%)	9:21	6.4 (42.1%)	
80	SKULIMA Szymon	448		M20	26	00:34:42	00:40:23	01:26:46.10	01:27:06.60	+00:03:11 (-157,953.9%)	8:02	7.5 (49.3%)	
81	KORZENIEWSKI Piotr	366		M30	33	00:38:22	00:44:04	01:35:19.90	01:35:48.95	+00:03:12 (-157,676.5%)	8:49	6.8 (44.7%)	
82	GARBACZ Adrian	468		M20	28	00:35:51	00:41:35	01:26:27.25	01:28:01.10	+00:03:14 (-156,530.8%)	8:00	7.5 (49.3%)	
83	TOBIASZ Sebastian	284	OSTATNIE TCHNIENIE	M40	17	00:33:22	00:39:07	01:27:55.70	01:28:03.85	+00:03:14 (-156,508.1%)	8:08	7.4 (48.7%)	
84	MASZKOWSKI Jakub	348	AZS UMCS LUBLIN	M20	22	00:34:52	00:40:37	01:18:24.10	01:18:28.10	+00:03:15 (-156,054.6%)	7:15	8.3 (54.6%)	

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Net time 10.8km	Czas brutto 10.8km	Gap	Pace min/km	Pace km/h
85	HORNIK Patryk	418		M20	29			00:35:49	00:41:35	01:27:41.95	01:29:16.30	+00:03:15 (-155,986.8%)	8:07	7.4 (48.7%)
86	MALINOWSKI Łukasz	423	ŻUBRY RACE TEAM	M40	8			00:32:30	00:38:16	01:16:35.90	01:16:39.60	+00:03:16 (-155,851.4%)	7:05	8.5 (55.9%)
87	SENDER Andrzej	285	TRIATHLON LUBLIN TEAM	M50	5			00:32:47	00:38:34	01:24:37.90	01:24:37.90	+00:03:16 (-155,558.8%)	7:50	7.7 (50.7%)
88	SŁOWIK Aleksander	505	LA SZOPA TEAM	M20	32			00:39:00	00:44:48	01:35:29.10	01:35:51.80	+00:03:18 (-154,732.0%)	8:50	6.8 (44.7%)
89	PAWLIK Michał	290	PACMAN RUNNING TEAM	M30	32			00:36:28	00:42:23	01:30:24.50	01:30:31.30	+00:03:24 (-152,088.5%)	8:22	7.2 (47.4%)
90	SKOCZEWSKI Marek	218	NAPRZÓD MŁOCINY	M50	8			00:40:15	00:46:12	01:46:14.90	01:46:39.15	+00:03:27 (-150,853.1%)	9:50	6.1 (40.1%)
91	GRĘDZIAK Kamil	326		M20	30			00:35:52	00:41:50	01:29:40.45	01:29:47.50	+00:03:27 (-150,642.1%)	8:18	7.2 (47.4%)
92	URBAN Mateusz	373		M30	31			00:35:52	00:41:50	01:29:40.10	01:29:47.60	+00:03:27 (-150,642.1%)	8:18	7.2 (47.4%)
93	SOJA Tomek	302	TOMEKSOJA08@WP.PL	M50	6			00:37:06	00:43:04	01:32:19.50	01:32:42.85	+00:03:28 (-150,389.7%)	8:32	7 (46.1%)
94	LUDYNIA Krzysztof	280		M40	20			00:39:08	00:45:08	01:30:32.20	01:30:39.25	+00:03:30 (-149,596.0%)	8:22	7.2 (47.4%)
95	WOLEK Maks	343		M20	33			00:37:17	00:43:17	01:35:47.00	01:35:53.10	+00:03:30 (-149,575.3%)	8:52	6.8 (44.7%)
96	KIERYSCH Paul	219		M40	25			00:40:00	00:46:12	01:41:25.35	01:41:48.90	+00:03:42 (-144,867.7%)	9:23	6.4 (42.1%)
97	KAMYCZEK Grzegorz	488		M30	35			00:39:08	00:45:21	01:37:00.45	01:37:18.40	+00:03:42 (-144,789.8%)	8:58	6.7 (44.1%)
98	ZELENÁK Kamil	340	ZAMAGURSKÍ BEŽCI	M40	21			00:38:16	00:44:33	01:33:06.05	01:33:25.95	+00:03:47 (-143,002.0%)	8:37	7 (46.1%)
99	ZIELIŃSKI Radosław	359	BASSET ROLLING TEAM	M40	22			00:37:44	00:44:06	01:35:20.95	01:35:46.65	+00:03:52 (-141,035.8%)	8:49	6.8 (44.7%)
100	BŁASZCZAK Wojciech	260	CHWILAMOMENT TEAM	M40	24			00:39:11	00:45:36	01:37:56.85	01:38:20.00	+00:03:55 (-139,845.5%)	9:04	6.6 (43.4%)
101	LUBOŃ Michał	455	#GH	M30	37			00:40:48	00:47:23	01:45:01.70	01:45:26.80	+00:04:05 (-136,392.0%)	9:43	6.2 (40.8%)
102	WALKOWSKI Tomasz	332	AKTYWNI KOCIEWIACY	M30	36			00:39:51	00:46:33	01:38:48.70	01:39:05.75	+00:04:12 (-134,015.9%)	9:08	6.6 (43.4%)
103	MAZURKIEWICZ Wojciech	305	GRUBOALBOWCALE	M30	34			00:37:11	00:43:57	01:36:25.85	01:36:47.35	+00:04:15 (-132,924.2%)	8:55	6.7 (44.1%)
104	WOJTOWICZ Zdzisław	458	NIEZRZESZONY	M70	2			00:43:25	00:50:11	01:57:03.30	01:57:11.70	+00:04:16 (-132,776.7%)	10:50	5.5 (36.2%)
105	KWIECIEŃ Mariusz	281		M30	38			00:45:15	00:52:10	01:48:53.35	01:49:23.75	+00:04:25 (-129,800.0%)	10:04	6 (39.5%)
106	WÓJCIK Paweł	481		M50	9			00:42:08	00:49:08	01:53:08.60	01:53:26.50	+00:04:29 (-128,514.4%)	10:28	5.7 (37.5%)
107	JĘDRASZAK Mateusz	271		M30	39			00:43:33	00:50:40	01:53:52.45	01:54:10.80	+00:04:37 (-126,032.6%)	10:32	5.7 (37.5%)
108	MAROSZEK Karol	330	BZJ TEAM	M30	41			00:50:26	00:57:42	02:10:07.40	02:10:34.65	+00:04:46 (-123,573.9%)	12:02	5 (32.9%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Net time 10.8km	Czas brutto 10.8km	Gap	Pace min/km	Pace km/h
109	SZCZEPKOWSKI Robert	1766		M40	23			00:38:46	00:46:04	01:36:51.25	01:37:05.70	+00:04:47 (-123,206.3%)	8:58	6.7 (44.1%)
110	KAŻMIERSKI Janusz	349	DAŚIĘ	M60	1			00:38:32	00:46:14	01:46:49.50	01:47:04.65	+00:05:12 (-116,526.3%)	9:53	6.1 (40.1%)
111	ŻELAŻEWSKI Michał	460		M30	40			00:49:47	00:57:38	02:03:27.45	02:03:27.45	+00:05:22 (-114,190.6%)	11:25	5.2 (34.2%)
112	MICHALIK Jacek	248	SŁOŃCA JURY	M40	27			00:51:30	00:59:27	02:10:35.85	02:10:42.95	+00:05:27 (-112,968.5%)	12:05	5 (32.9%)
113	ŁUSZCZYŃSKI Michał	562	SŁOŃCA JURY	M30	42			00:51:28	00:59:25	02:10:33.30	02:10:43.10	+00:05:27 (-112,909.2%)	12:05	5 (32.9%)
114	SZELUGA Aleksander	461		M30	43			00:55:21	01:03:49	02:21:56.80	02:22:18.95	+00:05:57 (-106,109.7%)	13:08	4.6 (30.3%)
115	ŚLIWA Maciej	431		M50	10			00:46:21	00:54:56	02:01:44.60	02:02:04.70	+00:06:04 (-104,665.4%)	11:16	5.3 (34.9%)
116	ŻYCHOWSKI Waldemar	466		M50	12			00:57:34	01:06:55	02:33:47.05	02:33:58.90	+00:06:52 (-95,891.5%)	14:14	4.2 (27.6%)
117	KOŚCIUCZYK Lesław	367		M50	11			00:55:54	01:05:21	02:27:10.95	02:27:40.50	+00:06:57 (-95,027.9%)	13:37	4.4 (28.9%)
118	MARCINIEC Łukasz	392	RAK'N'ROLL	M50	13			01:04:50	01:14:45	02:40:45.90	02:41:06.70	+00:07:24 (-90,588.6%)	14:53	4 (26.3%)
119	ŁUGOWSKI Paweł Ryszard	397	RAK&ROLL	M60	2			01:04:48	01:14:56	02:31:23.90	02:31:23.90	+00:07:38 (-88,590.1%)	14:01	4.3 (28.3%)

Total 119 results.