



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2018

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-01-20
Miejsce: Karlów
Dystans: 21 km

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	10	ENERVIT YOKO XC LIFE TEAM	M-30	1	NIE	00:39:35	01:18:29	01:59:37.95	01:59:40.30		5:41	10.5 (100%)
2	PODGÓRSKI Bogusz	541	EMITT RACE TEAM	M-30	2	NIE	00:46:45	01:31:04	02:15:21.10	02:15:24.95	+00:15:44 (11.6%)	6:26	9.3 (88.6%)
3	SWOBODA Marek	378	CRANBERRY TEAM	M-30	3	NIE	00:45:50	01:29:54	02:15:32.70	02:15:49.25	+00:16:08 (11.9%)	6:27	9.3 (88.6%)
4	KAMMER Krzysztof	153	PRO366	M-30	4	NIE	00:47:17	01:31:12	02:16:41.85	02:16:45.40	+00:17:05 (12.5%)	6:30	9.2 (87.6%)
5	BADOWSKI Aleksander	406	MARCIN ŚWIERC TEAM	M-30	5	NIE	00:45:20	01:31:22	02:17:37.10	02:17:40.65	+00:18:00 (13.1%)	6:33	9.2 (87.6%)
6	BECZKOWSKI Łukasz	560	UKS LUDWIKOWICE	M-30	6	NIE	00:45:12	01:30:58	02:17:40.95	02:17:48.45	+00:18:08 (13.2%)	6:33	9.2 (87.6%)
7	URBAŃCZYK Grzegorz	465	FOR RUN TEAM & ADRUNALINA	M-30	7	NIE	00:46:04	01:30:58	02:18:04.00	02:18:04.00	+00:18:23 (13.3%)	6:34	9.1 (86.7%)
8	BUCZEK Bartłomiej	503		M-30	8	NIE	00:46:47	01:31:40	02:18:27.55	02:18:31.40	+00:18:51 (13.6%)	6:35	9.1 (86.7%)
9	MYSZCZYSZYN Łukasz	310	ANTRACYT	M-30	9	NIE	00:46:48	01:32:10	02:19:00.30	02:19:06.55	+00:19:26 (14.0%)	6:37	9.1 (86.7%)
10	DURKOWSKI Marcin	41	OBORYGENI	M-30	10	NIE	00:46:53	01:32:29	02:19:25.65	02:19:29.60	+00:19:49 (14.2%)	6:38	9 (85.7%)
11	PAZDAN Piotr	127	KOWARY BIEGAJĄ	M-30	11	NIE	00:47:00	01:32:31	02:19:56.05	02:19:56.05	+00:20:15 (14.5%)	6:39	9 (85.7%)
12	WILK Maciej	154	RAMBO 3	M-30	12	NIE	00:45:07	01:30:30	02:21:56.40	02:22:11.95	+00:22:31 (15.8%)	6:45	8.9 (84.8%)
13	RUTKOWSKI Dawid	502	GRIZZLYTEAM	M-30	13	NIE	00:46:13	01:33:37	02:23:46.00	02:23:49.20	+00:24:08 (16.8%)	6:50	8.8 (83.8%)
14	MAZURKIEWICZ Jerzy	49	NIGHT RUNNERS WROCŁAW	M-30	14	NIE	00:50:52	01:37:44	02:24:29.85	02:24:37.40	+00:24:57 (17.3%)	6:52	8.7 (82.9%)
15	GRYCZKA Mateusz	122	NBR TEAM	M-30	15	NIE	00:47:39	01:35:45	02:24:58.20	02:25:07.80	+00:25:27 (17.5%)	6:54	8.7 (82.9%)
16	OLKIS Rafał	294	PRZEBIEGA.PL	M-30	16	NIE	00:51:13	01:36:49	02:25:53.00	02:26:11.45	+00:26:31 (18.1%)	6:56	8.6 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
17	WOLBACH Tomasz	179	WOLNE ŚLIMAKI	M-30	17	NIE	00:51:26	01:38:11	02:26:15.40	02:26:24.40	+00:26:44 (18.3%)	6:57	8.6 (81.9%)
18	GONCZARENKO Jarek	537		M-30	18	NIE	00:48:05	01:36:09	02:26:38.50	02:26:42.00	+00:27:01 (18.4%)	6:59	8.6 (81.9%)
19	BORZYSTOWSKI Patryk	384	WIDZIALNI.PL	M-30	19	TAK	00:49:14	01:36:18	02:28:22.90	02:28:40.05	+00:28:59 (19.5%)	7:03	8.5 (81.0%)
20	WYSOCKI Łukasz	486		M-30	20	NIE	00:49:43	01:36:30	02:29:31.15	02:29:37.75	+00:29:57 (20.0%)	7:07	8.4 (80.0%)
21	NOWAK Mariusz	224		M-30	21	NIE	00:52:02	01:39:37	02:29:46.80	02:29:54.60	+00:30:14 (20.2%)	7:07	8.4 (80.0%)
22	KOSTASZ Mariusz	138	KB FAURECIA STOOR	M-30	22	NIE	00:50:36	01:39:03	02:30:10.85	02:30:13.40	+00:30:33 (20.3%)	7:09	8.4 (80.0%)
23	SOCHA Seweryn	63	DZIKIE BOBRY	M-30	23	NO	00:49:51	01:39:18	02:31:57.90	02:32:06.10	+00:32:25 (21.3%)	7:14	8.3 (79.0%)
24	STASZELIS Krzysztof	566	POCOLOCO AT	M-30	24	NIE	00:52:56	01:41:32	02:31:50.25	02:32:10.10	+00:32:29 (21.4%)	7:13	8.3 (79.0%)
25	MIŚ Zbigniew	441	PŁOMIEŃ ZAGORZYCE	M-30	25	NIE	00:46:25	01:36:51	02:32:32.80	02:32:40.90	+00:33:00 (21.6%)	7:15	8.3 (79.0%)
26	TEKIELI Kacper	7	PHZ	M-30	26	TAK	00:48:45	01:38:17	02:35:07.10	02:35:09.65	+00:35:29 (22.9%)	7:23	8.1 (77.1%)
27	GODLEWSKI Krzysztof	534	GVT	M-30	27	NIE	00:53:42	01:42:05	02:34:46.05	02:35:17.50	+00:35:37 (22.9%)	7:22	8.1 (77.1%)
28	ORACZ Mateusz	311	BEZ LITOŚCI / KALENJI TEAM POLAND	M-30	28	NIE	00:53:41	01:44:44	02:34:56.10	02:35:19.05	+00:35:38 (23.0%)	7:22	8.1 (77.1%)
29	MICHALSKI Jakub	550		M-30	29	NIE	00:55:54	01:45:00	02:36:30.95	02:36:46.80	+00:37:06 (23.7%)	7:27	8.1 (77.1%)
30	GOŁĄB Mateusz	328		M-30	30	NIE	00:55:46	01:44:54	02:37:27.60	02:37:42.40	+00:38:02 (24.1%)	7:29	8 (76.2%)
31	ŁĄŻNIEWSKI Dawid	133	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	31	NIE	00:54:22	01:44:33	02:38:14.30	02:38:26.80	+00:38:46 (24.5%)	7:32	8 (76.2%)
32	URBANIAK Hubert	126	ROZBIEGANYRAWICZ	M-30	32	NIE	00:52:05	01:42:16	02:38:26.60	02:38:44.00	+00:39:03 (24.6%)	7:32	8 (76.2%)
33	PURCZYŃSKI Grzegorz	429	DRZONKOWIANKA	M-30	33	NIE	00:51:50	01:43:34	02:39:14.35	02:39:19.40	+00:39:39 (24.9%)	7:34	7.9 (75.2%)
34	KOWALIK Mariusz	111	NGB KŁOBUCK	M-30	34	TAK	00:54:40	01:46:08	02:39:24.60	02:39:38.40	+00:39:58 (25.0%)	7:35	7.9 (75.2%)
35	MIKA Andrzej	67		M-30	35	NIE	00:59:27	01:47:47	02:39:00.90	02:39:40.20	+00:39:59 (25.1%)	7:34	7.9 (75.2%)
36	KARASIAK Piotr	266		M-30	36	NO	00:55:59	01:44:37	02:40:02.90	02:40:26.70	+00:40:46 (25.4%)	7:37	7.9 (75.2%)
37	STACHURSKI Piotr	172	IM-POSSIBLE TEAM	M-30	37	NIE	00:48:05	01:37:43	02:40:36.25	02:40:36.25	+00:40:55 (25.5%)	7:38	7.8 (74.3%)
38	SZOTA Robert	556		M-30	38	NIE	00:56:05	01:47:19	02:40:16.15	02:40:36.80	+00:40:56 (25.5%)	7:37	7.9 (75.2%)
39	DUBIEL Piotr	359	WILD DOGS TEAM / SUDECKI KLUB WYSOKOGÓRSKI	M-30	39	TAK	00:56:11	01:46:26	02:40:30.90	02:40:39.80	+00:40:59 (25.5%)	7:38	7.8 (74.3%)

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40	WÓJCIK Robert	248	NOA	M-30	40	NIE	00:52:48	01:43:19	02:40:35.45	02:40:39.85	+00:40:59 (25.5%)	7:38	7.8 (74.3%)
41	FRANKIEWICZ Artur	392		M-30	41	TAK	00:56:48	01:47:00	02:40:22.15	02:40:40.05	+00:40:59 (25.5%)	7:38	7.9 (75.2%)
42	PIECUCH Marcin	149	LACHO TEAM	M-30	42	NIE	00:56:29	01:47:23	02:40:32.75	02:40:43.30	+00:41:03 (25.5%)	7:38	7.8 (74.3%)
43	NIEPALA Jacek	161	OBORYGENI	M-30	43	NO	00:54:27	01:44:39	02:40:45.10	02:40:53.50	+00:41:13 (25.6%)	7:39	7.8 (74.3%)
44	KOZIEŁ Tomasz	274	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	44	NIE	00:55:00	01:45:47	02:41:01.60	02:41:15.25	+00:41:34 (25.8%)	7:40	7.8 (74.3%)
45	SZUKAŁA Piotr	559		M-30	45	TAK	00:57:55	01:47:19	02:41:00.70	02:41:16.75	+00:41:36 (25.8%)	7:40	7.8 (74.3%)
46	ANTOSIAK Tomasz	74	TRIATHLON MIETKÓW TEAM	M-30	46	NIE	00:56:15	01:47:57	02:41:40.95	02:41:45.65	+00:42:05 (26.0%)	7:41	7.8 (74.3%)
47	DĄBROWICZ Jakub	107		M-30	47	NIE	00:56:17	01:45:51	02:42:03.55	02:42:16.00	+00:42:35 (26.3%)	7:43	7.8 (74.3%)
48	WIŚNIEWSKI Paweł	553	RUN@BALANCE	M-30	48	NIE	00:50:55	01:42:01	02:42:22.45	02:42:29.80	+00:42:49 (26.4%)	7:43	7.8 (74.3%)
49	SANKOWSKI Paweł	467	PLACKI TEAM	M-30	49	NIE	00:56:13	01:46:58	02:42:27.55	02:42:45.25	+00:43:04 (26.5%)	7:44	7.8 (74.3%)
50	DĄBROWSKI Jacek	302	DĄBROWSKI BROTHERS	M-30	50	NIE	00:56:11	01:47:06	02:42:54.15	02:43:01.90	+00:43:21 (26.6%)	7:45	7.7 (73.3%)
51	KRÓL Marcin	446	OŚ RACING TEAM	M-30	51	NIE	00:56:18	01:47:47	02:43:02.40	02:43:12.10	+00:43:31 (26.7%)	7:45	7.7 (73.3%)
52	ŚWIDA Adam	225	GET RUN	M-30	52	NIE	00:58:16	01:50:48	02:43:48.90	02:44:10.90	+00:44:30 (27.1%)	7:48	7.7 (73.3%)
53	ŁUCZAK Marcin	533	RUN4ENERGY	M-30	53	NIE	00:56:08	01:48:22	02:45:15.15	02:45:19.70	+00:45:39 (27.6%)	7:52	7.6 (72.4%)
54	FILIPOWSKI Krzysztof	251	BBL ZIELONA GÓRA	M-30	54	NIE	00:57:33	01:49:07	02:45:09.95	02:45:26.00	+00:45:45 (27.7%)	7:51	7.6 (72.4%)
55	VERHEYDEN Sam	201	TMT	M-30	55	NIE	00:56:25	01:48:36	02:45:51.45	02:46:09.65	+00:46:29 (28.0%)	7:53	7.6 (72.4%)
56	LACHOWSKI Robert	258		M-30	56	NIE	00:58:29	01:50:21	02:46:04.50	02:46:16.85	+00:46:36 (28.0%)	7:54	7.6 (72.4%)
57	KSIĄŻKIEWICZ Bartłomiej	192	ROCKY BALBOA RUNNING CLUB	M-30	57	NIE	00:55:13	01:46:04	02:46:07.45	02:46:47.55	+00:47:07 (28.3%)	7:54	7.6 (72.4%)
58	FRĄCKOWIAK Dariusz	540	EMITT RACE TEAM / SROKABIAŁOBOKA	M-30	58	NIE	00:57:54	01:49:26	02:46:37.05	02:46:53.10	+00:47:12 (28.3%)	7:56	7.6 (72.4%)
59	URBAŃSKI Michał	442	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	M-30	59	NIE	00:58:35	01:50:25	02:47:39.80	02:47:53.15	+00:48:12 (28.7%)	7:59	7.5 (71.4%)
60	BŁASZKIEWICZ Bogusz	362		M-30	60	NIE	00:55:37	01:49:36	02:47:54.60	02:48:04.10	+00:48:23 (28.8%)	7:59	7.5 (71.4%)
61	KOPROWSKI Tomasz	64	ZHP HUFIEC POZNAŃ NOWE	M-30	61	NIE	00:58:44	01:50:00	02:47:25.00	02:48:12.10	+00:48:31 (28.9%)	7:58	7.5 (71.4%)
62	KLICHOWSKI Marek	51	IFON.PL KOLARZ KLUB	M-30	62	NIE	00:59:22	01:52:03	02:48:12.45	02:48:40.40	+00:49:00 (29.1%)	8:00	7.5 (71.4%)

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63	RODAK Zbigniew	223	STRZEGOMSKA DWUNASTKA	M-30	63	NIE	01:01:51	01:53:33	02:49:25.15	02:50:18.30	+00:50:38 (29.7%)	8:04	7.4 (70.5%)
64	NOWAKOWSKI Sebastian	23	RYSIE	M-30	64	TAK	01:00:59	01:52:58	02:49:48.85	02:50:22.15	+00:50:41 (29.8%)	8:05	7.4 (70.5%)
65	CZARNIECKI Daniel	33	THIS IS ENGLISH	M-30	65	NIE	00:58:47	01:52:00	02:50:14.85	02:50:30.30	+00:50:50 (29.8%)	8:06	7.4 (70.5%)
66	HANDZIAK Tomasz	402		M-30	66	NIE	01:02:38	01:56:30	02:50:40.50	02:51:00.10	+00:51:19 (30.0%)	8:07	7.4 (70.5%)
67	PORĘBSKI Łukasz	453		M-30	67	NIE	01:01:49	01:54:48	02:50:29.30	02:51:05.30	+00:51:25 (30.1%)	8:07	7.4 (70.5%)
68	JĘDRYCHOWSKI Bartłomiej	399		M-30	68	NIE	00:57:32	01:49:48	02:51:52.75	02:52:08.65	+00:52:28 (30.5%)	8:11	7.3 (69.5%)
69	KUPCZYK Rafał	301	ROZBIEGANY RAWICZ	M-30	69	NIE	00:57:23	01:51:04	02:51:56.30	02:52:10.55	+00:52:30 (30.5%)	8:11	7.3 (69.5%)
70	ŁUCZAK Tomasz	121	KB MARATON TUREK	M-30	70	NIE	00:59:40	01:52:54	02:52:37.50	02:53:02.50	+00:53:22 (30.8%)	8:13	7.3 (69.5%)
71	LEŚNIEWSKI Andrzej	483	FOR RUN TEAM	M-30	71	NIE	00:58:35	01:51:00	02:53:11.60	02:53:16.75	+00:53:36 (30.9%)	8:14	7.3 (69.5%)
72	SZPINEK Marcin	437	TUTU TEAM	M-30	72	NIE	00:58:53	01:52:49	02:53:07.40	02:53:19.90	+00:53:39 (31.0%)	8:14	7.3 (69.5%)
73	TOL Kamil	434	MAFIA TEAM LUBLINIEC	M-30	73	NIE	00:58:25	01:52:16	02:53:08.05	02:53:20.75	+00:53:40 (31.0%)	8:14	7.3 (69.5%)
74	TRETIAK Mateusz	102		M-30	74	NIE	01:00:48	01:54:38	02:53:17.95	02:53:34.65	+00:53:54 (31.1%)	8:15	7.3 (69.5%)
75	MAŚLANKA Andrzej	501		M-30	75	NIE	01:10:54	02:01:22	02:52:36.15	02:53:39.70	+00:53:59 (31.1%)	8:13	7.3 (69.5%)
76	ROJEWSKI Paweł	338		M-30	76	NIE	00:56:08	01:50:17	02:54:27.90	02:54:41.20	+00:55:00 (31.5%)	8:18	7.2 (68.6%)
77	LACKOWSKI Andrzej	56	AIKIDO UMK TORUN	M-30	77	NIE	00:54:42	01:49:04	02:55:31.65	02:55:41.25	+00:56:00 (31.9%)	8:21	7.2 (68.6%)
78	NOWAK Daniel	129	MKKK	M-30	78	NIE	01:02:37	01:56:25	02:55:14.80	02:55:42.05	+00:56:01 (31.9%)	8:20	7.2 (68.6%)
79	KURZAWSKI Piotr	489		M-30	79	NIE	01:06:36	01:59:24	02:55:16.80	02:56:17.20	+00:56:36 (32.1%)	8:20	7.2 (68.6%)
80	MICHALSKI Piotr	341		M-30	80	NIE	01:02:34	01:56:25	02:56:11.95	02:56:37.95	+00:56:57 (32.2%)	8:23	7.2 (68.6%)
81	DIERING Tomasz	549	ROWERY MAŁGOŚKA	M-30	81	NIE	01:02:17	01:56:27	02:56:45.85	02:57:03.15	+00:57:22 (32.4%)	8:25	7.1 (67.6%)
82	BACA Łukasz	191	RAMBO 3	M-30	82	NIE	01:02:35	01:59:52	02:57:41.85	02:57:41.85	+00:58:01 (32.7%)	8:27	7.1 (67.6%)
83	KURZAWIAK Grzegorz	365	KARŁÓW	M-30	83	NIE	01:01:47	01:55:50	02:56:53.20	02:57:42.90	+00:58:02 (32.7%)	8:25	7.1 (67.6%)
84	DĄBROWSKI Damian	367	MOTOINTEGRATOR RUNNING TEAM	M-30	84	NIE	01:00:32	01:55:09	02:57:51.80	02:57:58.65	+00:58:18 (32.8%)	8:28	7.1 (67.6%)
85	HETMAŃCZYK Jakub	119		M-30	85	NIE	01:04:34	02:00:01	02:57:18.75	02:58:00.65	+00:58:20 (32.8%)	8:26	7.1 (67.6%)

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86	TYŚ Radek	517		M-30	86	NIE	01:01:45	01:56:35	02:58:36.75	02:59:05.15	+00:59:24 (33.2%)	8:30	7.1 (67.6%)
87	NIESPODZIANY Maciej	450	EXTREM OUTDOOR	M-30	87	NO	01:08:06	02:01:45	02:58:38.65	02:59:28.40	+00:59:48 (33.3%)	8:30	7.1 (67.6%)
88	POSPIESZNY Rafał	185		M-30	88	NIE	01:06:07	02:01:00	02:59:29.30	03:00:09.20	+01:00:28 (33.6%)	8:32	7 (66.7%)
89	TRZEPIZUR Dominik	130	NGB KŁOBUCK	M-30	89	NIE	01:04:43	02:01:59	03:00:00.50	03:00:11.85	+01:00:31 (33.6%)	8:34	7 (66.7%)
90	PYTKO Jarosław	286		M-30	90	NIE	00:58:33	01:55:06	03:00:17.85	03:00:35.00	+01:00:54 (33.7%)	8:35	7 (66.7%)
91	SZMANIA Jakub	561	HKT AZYMUT	M-30	91	NIE	01:08:12	02:02:00	03:01:04.00	03:01:35.00	+01:01:54 (34.1%)	8:37	7 (66.7%)
92	ORZECHOWSKI Daniel	171	I-SPORT	M-30	92	NIE	01:05:20	02:02:20	03:02:23.75	03:02:47.75	+01:03:07 (34.5%)	8:41	6.9 (65.7%)
93	MUCHA Piotr	115	FIZJOBIEGACZE SZCZECIN	M-30	93	NO	01:02:20	01:59:49	03:02:20.10	03:02:51.00	+01:03:10 (34.6%)	8:41	6.9 (65.7%)
94	RUTKOWSKI Krzysztof	100	FIZJOBIEGACZE SZCZECIN	M-30	94	NIE	01:02:19	01:59:58	03:02:18.30	03:02:52.45	+01:03:12 (34.6%)	8:40	6.9 (65.7%)
95	SZCZOTKA Łukasz	203		M-30	95	TAK	01:10:56	02:07:06	03:02:24.40	03:02:57.45	+01:03:17 (34.6%)	8:41	6.9 (65.7%)
96	KRASOWSKI Jakub	90	ATAK KRETA	M-30	96	NIE	00:59:53	01:58:32	03:02:46.80	03:03:01.00	+01:03:20 (34.6%)	8:42	6.9 (65.7%)
97	STANEK Bartosz	412	ŚMIGIEL	M-30	97	NIE	00:58:43	01:56:17	03:03:09.05	03:03:32.50	+01:03:52 (34.8%)	8:43	6.9 (65.7%)
98	LUBIK Adam	152	KSE ON-SIGHT, SPUCHŁAKI TEAM	M-30	98	NIE	01:11:07	02:07:20	03:03:36.60	03:03:36.60	+01:03:56 (34.8%)	8:44	6.9 (65.7%)
99	MAZUR Andrzej	226	MARTOMBIKE	M-30	99	NIE	01:11:34	02:06:36	03:03:25.15	03:04:11.85	+01:04:31 (35.0%)	8:44	6.9 (65.7%)
100	PISZCZEK Krzysztof	148	KOCHAMTOROBIC	M-30	100	NIE	01:06:36	02:04:55	03:05:47.05	03:06:27.85	+01:06:47 (35.8%)	8:50	6.8 (64.8%)
101	OLEJNIK Piotr	563		M-30	101	NIE	01:05:19	02:03:26	03:06:34.10	03:06:48.00	+01:07:07 (35.9%)	8:53	6.8 (64.8%)
102	KROPISZ Łukasz	92	HRMAX ŻORY	M-30	102	NIE	01:04:37	02:01:11	03:06:29.60	03:07:07.65	+01:07:27 (36.0%)	8:52	6.8 (64.8%)
103	KRZESIMOWSKI Damian	368		M-30	103	NIE	01:08:20	02:06:07	03:07:24.70	03:07:50.30	+01:08:10 (36.3%)	8:55	6.7 (63.8%)
104	ANTECKI Jacek	261		M-30	104	NIE	01:00:39	01:59:40	03:07:49.25	03:08:17.65	+01:08:37 (36.4%)	8:56	6.7 (63.8%)
105	GAWROŃSKI Roman	104	WKURW_TEAM	M-30	105	NIE	01:09:10	02:06:07	03:08:14.85	03:09:00.00	+01:09:19 (36.7%)	8:57	6.7 (63.8%)
106	GULCZYŃSKI Tomasz	178	KSE ON-SIGHT	M-30	106	NIE	01:07:49	02:05:26	03:08:39.00	03:09:37.00	+01:09:56 (36.9%)	8:59	6.7 (63.8%)
107	PANZ Krzysztof	391		M-30	107	TAK	01:02:04	02:00:01	03:09:28.95	03:09:46.80	+01:10:06 (36.9%)	9:01	6.6 (62.9%)
108	ŁUKASZCZUK Grzegorz	12		M-30	108	NIE	01:10:52	02:07:26	03:09:42.65	03:10:43.30	+01:11:03 (37.3%)	9:02	6.6 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
109	KAPLIŃSKI Kamil	370		M-30	109	NIE	01:02:37	02:06:03	03:10:57.45	03:11:03.85	+01:11:23 (37.4%)	9:05	6.6 (62.9%)
110	TRZCIONKA Mirosław	27	PROFI AUTO SPORT TEAM	M-30	110	NIE	01:06:38	02:05:22	03:11:04.35	03:11:45.75	+01:12:05 (37.6%)	9:05	6.6 (62.9%)
111	SKAŁECKI Przemysław	112		M-30	111	NIE	01:11:45	02:10:38	03:11:55.90	03:12:24.50	+01:12:44 (37.8%)	9:08	6.6 (62.9%)
112	SMOLIŃSKI Piotr	255		M-30	112	NIE	01:08:17	02:10:43	03:12:25.10	03:12:32.75	+01:12:52 (37.8%)	9:09	6.5 (61.9%)
113	KULIBERDA Marcin	499		M-30	113	NIE	01:17:38	02:10:43	03:11:54.50	03:12:57.95	+01:13:17 (38.0%)	9:08	6.6 (62.9%)
114	RZADKOWSKI Lesław	416		M-30	114	NIE	01:07:16	02:07:25	03:13:03.35	03:13:15.25	+01:13:34 (38.1%)	9:11	6.5 (61.9%)
115	SKRZYPIEC Karol	515	ŻARÓW BIEGA	M-30	115	NIE	01:06:27	02:05:27	03:12:54.85	03:13:27.85	+01:13:47 (38.1%)	9:11	6.5 (61.9%)
116	JEDRUSZEK Damian	464		M-30	116	NO	01:10:49	02:08:38	03:13:09.15	03:13:31.65	+01:13:51 (38.2%)	9:11	6.5 (61.9%)
117	GLOS Łukasz	523		M-30	117	NIE	01:05:56	02:07:45	03:13:30.25	03:13:51.00	+01:14:10 (38.3%)	9:12	6.5 (61.9%)
118	POTOCZNY Łukasz	565		M-30	118	NIE	01:11:16	02:10:46	03:13:22.75	03:13:53.15	+01:14:12 (38.3%)	9:12	6.5 (61.9%)
119	ZIMNIAK Łukasz	344	KB SZERSZEŃ OLEŚNICA	M-30	119	NIE	01:09:57	02:08:58	03:13:07.45	03:13:54.05	+01:14:13 (38.3%)	9:11	6.5 (61.9%)
120	WELCHOWSKI Rafał	396		M-30	120	NIE	01:16:19	02:14:34	03:13:43.35	03:14:34.25	+01:14:53 (38.5%)	9:13	6.5 (61.9%)
121	ZAŁUSTOWICZ Maciej	209		M-30	121	NIE	01:11:16	02:10:32	03:14:22.85	03:15:07.95	+01:15:27 (38.7%)	9:15	6.5 (61.9%)
122	DOBROCHOWSKI Marek	44	STRZEGOMSKA DWUNASTKA	M-30	122	NIE	01:09:31	02:08:17	03:14:14.25	03:15:08.65	+01:15:28 (38.7%)	9:14	6.5 (61.9%)
123	TURNIAK Miłosz	85		M-30	123	NIE	01:10:06	02:10:46	03:14:27.55	03:15:08.95	+01:15:28 (38.7%)	9:15	6.5 (61.9%)
124	KRYSIŃSKI Maciej	395		M-30	124	NIE	01:10:21	02:06:48	03:15:33.55	03:16:21.10	+01:16:40 (39.1%)	9:18	6.4 (61.0%)
125	MARCINEK Łukasz	93	NIE TERAZ, POTEM	M-30	125	NIE	01:04:31	02:04:07	03:15:54.75	03:16:21.30	+01:16:41 (39.1%)	9:19	6.4 (61.0%)
126	KRAKOWSKI Krzysztof	278		M-30	126	NIE	01:00:24	02:04:19	03:17:37.15	03:17:48.60	+01:18:08 (39.5%)	9:24	6.4 (61.0%)
127	KURZYŃSKI Michał	459	EFEKT GOMBAO	M-30	127	NIE	01:12:56	02:10:38	03:18:12.15	03:19:05.05	+01:19:24 (39.9%)	9:26	6.4 (61.0%)
128	JANAS Dariusz	456		M-30	128	NO	01:12:55	02:10:36	03:18:13.20	03:19:08.35	+01:19:28 (39.9%)	9:26	6.4 (61.0%)
129	KOSOWSKI Damian	273	DELTA RUN	M-30	129	TAK	01:08:51	02:08:11	03:18:55.35	03:19:43.50	+01:20:03 (40.1%)	9:28	6.3 (60.0%)
130	GINTER Grzegorz	432	AZS COLLEGIUM MEDICUM UJ	M-30	130	NIE	01:15:26	02:16:00	03:19:56.40	03:20:21.45	+01:20:41 (40.3%)	9:31	6.3 (60.0%)
131	SULEJA Karol	38	KB MARATON TUREK	M-30	131	NIE	01:09:26	02:10:28	03:20:24.50	03:20:49.10	+01:21:08 (40.4%)	9:32	6.3 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
132	POCIEGIEL Michał	449	SKAWINA BIEGA	M-30	132	NIE	01:19:03	02:17:28	03:20:14.20	03:21:15.20	+01:21:34 (40.5%)	9:32	6.3 (60.0%)
133	GAWRYSZEWSKI Grzegorz	241	ESKALADA / UKA	M-30	133	TAK	01:08:13	02:13:49	03:21:33.65	03:21:44.55	+01:22:04 (40.7%)	9:35	6.3 (60.0%)
134	CZERWONKA Zbigniew	411	ESKADRA WROCŁAW	M-30	134	NIE	01:08:16	02:14:23	03:21:41.50	03:22:05.30	+01:22:25 (40.8%)	9:36	6.2 (59.0%)
135	BIŚTA Marcin	76		M-30	135	NIE	01:16:27	02:17:27	03:22:18.80	03:22:58.25	+01:23:17 (41.0%)	9:38	6.2 (59.0%)
136	STAWIŃSKI Michał	208		M-30	136	NO	01:10:23	02:11:52	03:22:55.30	03:23:34.05	+01:23:53 (41.2%)	9:39	6.2 (59.0%)
137	WOŹNIAK Sebastian	194	MOTOINTEGRATOR RUNNING TEAM	M-30	137	NO	01:09:03	02:14:15	03:25:51.05	03:26:19.00	+01:26:38 (42.0%)	9:48	6.1 (58.1%)
138	SZCZYGIEŁ Damian	213	KOCHAMTOROBIĆ	M-30	138	NIE	01:11:30	02:14:15	03:26:01.00	03:26:43.05	+01:27:02 (42.1%)	9:48	6.1 (58.1%)
139	BALICKI Marcin	60		M-30	139	NIE	01:18:58	02:22:23	03:26:46.15	03:27:11.15	+01:27:30 (42.2%)	9:50	6.1 (58.1%)
140	RADOŁA Błażej	321		M-30	140	NIE		02:18:55	03:28:06.45	03:28:06.45	+01:28:26 (42.5%)	9:54	6.1 (58.1%)
141	BYKS Tomasz	57		M-30	141	NO	01:07:59	02:14:39	03:27:58.15	03:28:07.35	+01:28:27 (42.5%)	9:54	6.1 (58.1%)
142	MAĆKOWIAK Damian	509		M-30	142	NO	01:16:18	02:17:28	03:28:39.75	03:29:39.35	+01:29:59 (42.9%)	9:56	6 (57.1%)
143	WOJCIECHOWSKI Aleksander	548	ROWERY MAŁGOŚKA	M-30	143	NIE	01:10:18	02:18:09	03:29:52.25	03:30:09.40	+01:30:29 (43.1%)	9:59	6 (57.1%)
144	RUSIN Szymon	463		M-30	144	TAK	01:10:33	02:14:51	03:29:58.40	03:30:27.95	+01:30:47 (43.1%)	9:59	6 (57.1%)
145	PACANOWSKI Łukasz	187	PARA-NIE-DO-PARY	M-30	145	NIE			03:31:57.60	03:31:57.60	+01:32:17 (43.5%)	10:05	5.9 (56.2%)
146	NAGÓRSKI Robert	530		M-30	146	NIE	01:10:19	02:14:38	03:32:40.20	03:32:57.45	+01:33:17 (43.8%)	10:07	5.9 (56.2%)
147	GORZAŁKA Mateusz	197	KRUK SA/ŻYCIE CZESTOCHOWY TEAM	M-30	147	NIE	01:16:46	02:20:46	03:32:46.40	03:33:01.50	+01:33:21 (43.8%)	10:07	5.9 (56.2%)
148	WOLSZCZAK Konrad	536	KLUB RUGBY MIEDZIOWI LUBIN	M-30	148	NIE	01:16:50	02:21:55	03:33:23.35	03:33:57.30	+01:34:17 (44.1%)	10:09	5.9 (56.2%)
149	STEC Adam	439		M-30	149	NIE	01:12:55	02:17:10	03:33:48.60	03:34:30.30	+01:34:50 (44.2%)	10:10	5.9 (56.2%)
150	BRACH Jakub	39		M-30	150	NIE	01:20:59	02:24:43	03:33:46.80	03:34:34.10	+01:34:53 (44.2%)	10:10	5.9 (56.2%)
151	WASZEK Sławomir	65	KARKONOSZ RUNNING TEAM	M-30	151	NIE	01:18:47	02:28:25	03:34:57.95	03:35:25.05	+01:35:44 (44.4%)	10:14	5.9 (56.2%)
152	LEWANDOWSKI Waldemar	535		M-30	152	NIE	01:15:06	02:20:10	03:34:53.05	03:35:42.90	+01:36:02 (44.5%)	10:13	5.9 (56.2%)
153	FIGUŁA Sławomir	423		M-30	153	NIE	01:20:43	02:24:24	03:35:01.05	03:36:01.40	+01:36:21 (44.6%)	10:14	5.9 (56.2%)
154	POŁCZYŃSKI Maciej	298	STAŁOWA ŁYDA	M-30	154	NIE	01:21:04	02:31:25	03:35:10.20	03:36:12.10	+01:36:31 (44.6%)	10:14	5.9 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
155	KASPRZYK Emil	81		M-30	155	NIE	01:16:38	02:23:29	03:36:30.35	03:37:21.95	+01:37:41 (44.9%)	10:18	5.8 (55.2%)
156	KASPRZYK Kamil	47		M-30	156	NIE	01:16:43	02:23:28	03:37:33.50	03:38:24.80	+01:38:44 (45.2%)	10:21	5.8 (55.2%)
157	ZIELINSKI Damian	158		M-30	157	TAK	01:12:56	02:21:30	03:40:02.95	03:40:38.25	+01:40:57 (45.8%)	10:28	5.7 (54.3%)
158	ORDZIEJEWSKI Dominik	214		M-30	158	TAK	01:12:55	02:21:30	03:40:10.75	03:40:45.45	+01:41:05 (45.8%)	10:29	5.7 (54.3%)
159	PEŻYŃSKI Piotr	142		M-30	159	NIE	01:18:27	02:29:40	03:45:25.70	03:46:03.50	+01:46:23 (47.1%)	10:44	5.6 (53.3%)
160	JAROSZ Artur	461		M-30	160	NIE	01:17:20	02:28:56	03:46:57.65	03:47:35.10	+01:47:54 (47.4%)	10:48	5.6 (53.3%)
161	JERMAK Kamil	227		M-30	161	NO	01:18:52	02:29:13	03:46:41.95	03:47:37.95	+01:47:57 (47.4%)	10:47	5.6 (53.3%)
162	JĘDRZEJCZYK Łukasz	174		M-30	162	NIE	01:19:09	02:29:14	03:46:42.35	03:47:38.55	+01:47:58 (47.4%)	10:47	5.6 (53.3%)
163	MARZEC Dominik	193		M-30	163	NIE	01:21:09	02:29:33	03:48:00.35	03:48:49.45	+01:49:09 (47.7%)	10:51	5.5 (52.4%)
164	ROZMUS Tomasz	528		M-30	164	NIE	01:19:24	02:29:38	03:49:15.35	03:49:54.15	+01:50:13 (47.9%)	10:55	5.5 (52.4%)
165	KOT Tomasz	288		M-30	165	NIE	01:19:32	02:32:22	03:52:03.70	03:52:45.75	+01:53:05 (48.6%)	11:03	5.4 (51.4%)
166	KASPRZAK Bartłomiej	244	BEARD TEAM WROCŁAW	M-30	166	NIE	01:20:36	02:29:42	03:55:14.40	03:56:09.70	+01:56:29 (49.3%)	11:12	5.4 (51.4%)
167	SKRZYPCZAK Patryk	400	SPARTACUS	M-30	167	NIE	01:21:04	02:35:58	03:57:31.90	03:58:25.25	+01:58:44 (49.8%)	11:18	5.3 (50.5%)
168	SPYCHAŁA Michał	397	SPARTACUS	M-30	168	NIE	01:21:03	02:36:04	03:57:35.65	03:58:27.95	+01:58:47 (49.8%)	11:18	5.3 (50.5%)
169	FURMAN Michał	34	OCHAJO RUN&FRIENDS	M-30	169	NIE	01:37:25	03:00:10	04:34:52.25	04:35:34.15	+02:35:53 (56.6%)	13:05	4.6 (43.8%)

Znaleziono 169 wynik(ów)