



**SUPERMARATON  
GÓR  
STOŁOWYCH**

# PÓŁMARATON GÓR STOŁOWYCH 2018

B4SPORT

**Wydarzenie:** Maraton Gór Stołowych 2018  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2018-07-01  
**Miejsce:** Karlów  
**Dystans:** 21 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>BRYDL Pavel</b>	<b>493</b>	SPA SCALIANO/XC LIFE TEAM	M-30	1	00:35:43	01:08:56	<b>01:43:45.85</b>	<b>01:43:47.75</b>		4:56	12.1 (100%)
2	<b>NÁPRAVNÍK Jan</b>	<b>396</b>		M-30	2	00:36:30	01:10:39	<b>01:45:57.00</b>	<b>01:45:57.00</b>	+00:02:09 (2.0%)	5:02	11.9 (98.3%)
3	<b>BALCAR Michal</b>	<b>405</b>		M-30	3	00:40:38	01:18:25	<b>01:57:04.55</b>	<b>01:57:07.00</b>	+00:13:19 (11.4%)	5:34	10.8 (89.3%)
4	<b>MALINOWSKI Mateusz</b>	<b>232</b>		M-30	4	00:42:15	01:20:03	<b>01:58:34.25</b>	<b>01:58:42.00</b>	+00:14:54 (12.6%)	5:38	10.6 (87.6%)
5	<b>PYZIK Krzysztof</b>	<b>174</b>	VEGESLONIK TEAM / FIZJOBIEGACZE SZCZECIN	M-30	5	00:42:21	01:20:10	<b>02:00:12.80</b>	<b>02:00:16.45</b>	+00:16:28 (13.7%)	5:43	10.5 (86.8%)
6	<b>SMOLIS Ivo</b>	<b>393</b>		M-30	6	00:43:06	01:21:27	<b>02:00:16.40</b>	<b>02:00:23.50</b>	+00:16:35 (13.8%)	5:43	10.5 (86.8%)
7	<b>KOPYCZOK Michał</b>	<b>76</b>	TYSŁAWA TEAM	M-30	7	00:43:05	01:22:15	<b>02:00:43.95</b>	<b>02:00:46.60</b>	+00:16:58 (14.1%)	5:44	10.4 (86.0%)
8	<b>NOWAK Mariusz</b>	<b>476</b>		M-30	8	00:43:22	01:22:12	<b>02:01:29.90</b>	<b>02:01:33.00</b>	+00:17:45 (14.6%)	5:47	10.4 (86.0%)
9	<b>SOCKI Paweł</b>	<b>222</b>	KAUA	M-30	9	00:45:17	01:25:00	<b>02:08:08.75</b>	<b>02:08:17.25</b>	+00:24:29 (19.1%)	6:06	9.8 (81.0%)
10	<b>ZATOŃ Cezary</b>	<b>339</b>		M-30	10	00:44:30	01:25:27	<b>02:08:06.60</b>	<b>02:08:29.60</b>	+00:24:41 (19.2%)	6:06	9.8 (81.0%)
11	<b>MAZIAR Artur</b>	<b>488</b>		M-30	11	00:44:59	01:26:59	<b>02:10:36.35</b>	<b>02:10:43.20</b>	+00:26:55 (20.6%)	6:13	9.6 (79.3%)
12	<b>BOROWIAK Adam</b>	<b>291</b>		M-30	12	00:46:13	01:26:55	<b>02:10:53.70</b>	<b>02:11:00.35</b>	+00:27:12 (20.8%)	6:14	9.6 (79.3%)
13	<b>KOLKA Piotr</b>	<b>234</b>	KB MCKIS JAWORZNO	M-30	13	00:48:18	01:30:03	<b>02:12:06.65</b>	<b>02:12:19.70</b>	+00:28:31 (21.6%)	6:17	9.5 (78.5%)
14	<b>SMUDA Krzysztof</b>	<b>483</b>		M-30	14	00:47:17	01:29:05	<b>02:11:46.45</b>	<b>02:12:25.35</b>	+00:28:37 (21.6%)	6:16	9.6 (79.3%)
15	<b>SZCZĘSNY Maciej</b>	<b>279</b>	DAJ MI CIASTKO!	M-30	15	00:47:29	01:29:37	<b>02:13:02.65</b>	<b>02:13:11.95</b>	+00:29:24 (22.1%)	6:20	9.5 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>WOŹNIAK Piotr</b>	<b>231</b>		M-30	16	00:47:59	01:30:17	<b>02:13:55.75</b>	<b>02:14:27.05</b>	+00:30:39 (22.8%)	6:22	9.4 (77.7%)
17	<b>ŁUŻNIAK Wojciech</b>	<b>471</b>	POCO LOCO ADVENTURE / JKJ	M-30	17	00:48:13	01:31:01	<b>02:14:41.10</b>	<b>02:14:46.95</b>	+00:30:59 (23.0%)	6:24	9.4 (77.7%)
18	<b>MIKA Andrzej</b>	<b>331</b>		M-30	18	00:48:39	01:32:01	<b>02:16:33.60</b>	<b>02:16:39.10</b>	+00:32:51 (24.0%)	6:30	9.2 (76.0%)
19	<b>LULEK Paweł</b>	<b>284</b>		M-30	19	00:46:41		<b>02:17:17.25</b>	<b>02:17:21.20</b>	+00:33:33 (24.4%)	6:32	9.2 (76.0%)
20	<b>GŁÓD Mateusz</b>	<b>96</b>		M-30	20	00:45:44	01:30:56	<b>02:17:45.20</b>	<b>02:17:49.10</b>	+00:34:01 (24.7%)	6:33	9.1 (75.2%)
21	<b>DUBIEL Piotr</b>	<b>235</b>	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	M-30	21	00:49:01	01:33:30	<b>02:17:51.95</b>	<b>02:17:57.10</b>	+00:34:09 (24.8%)	6:33	9.1 (75.2%)
22	<b>SZCZYGIEŁ Łukasz</b>	<b>461</b>	NOGAMIDOGORY.PL	M-30	22	00:50:17	01:33:19	<b>02:18:34.00</b>	<b>02:19:07.70</b>	+00:35:19 (25.4%)	6:35	9.1 (75.2%)
23	<b>MIKUŁAN Mikołaj</b>	<b>357</b>	U.S NAVY SEAL	M-30	23	00:47:59	01:32:07	<b>02:21:00.05</b>	<b>02:21:05.15</b>	+00:37:17 (26.4%)	6:42	8.9 (73.6%)
24	<b>KLESZCZ Tomek</b>	<b>319</b>	NIGHT RUNNERS WROCŁAW	M-30	24	00:50:17	01:35:21	<b>02:20:59.55</b>	<b>02:21:05.50</b>	+00:37:17 (26.4%)	6:42	8.9 (73.6%)
25	<b>JANOWSKI Witek</b>	<b>108</b>		M-30	25	00:52:30	01:35:51	<b>02:21:46.85</b>	<b>02:21:58.50</b>	+00:38:10 (26.9%)	6:45	8.9 (73.6%)
26	<b>DU CZYŃSKI Maciej</b>	<b>413</b>	VEGE RUNNERS	M-30	26	00:55:27	01:37:32	<b>02:21:55.85</b>	<b>02:22:40.85</b>	+00:38:53 (27.3%)	6:45	8.9 (73.6%)
27	<b>STAR CZYŃSKI Tomasz</b>	<b>224</b>	TEAM AKTYWNY STĘSZEW	M-30	27	00:47:59	01:33:18	<b>02:24:36.85</b>	<b>02:24:42.40</b>	+00:40:54 (28.3%)	6:53	8.7 (71.9%)
28	<b>KURZAWIAK Grzegorz</b>	<b>247</b>	KARŁÓW	M-30	28	00:49:05	01:36:25	<b>02:24:44.10</b>	<b>02:24:47.40</b>	+00:40:59 (28.3%)	6:53	8.7 (71.9%)
29	<b>MELNYK Ivan</b>	<b>308</b>		M-30	29	00:52:25	01:39:29	<b>02:24:40.90</b>	<b>02:25:15.10</b>	+00:41:27 (28.5%)	6:53	8.7 (71.9%)
30	<b>WOŁOSZYN Piotr</b>	<b>310</b>		M-30	30	00:52:10	01:37:05	<b>02:25:08.95</b>	<b>02:25:25.60</b>	+00:41:37 (28.6%)	6:54	8.7 (71.9%)
31	<b>MAĆKOWSKI Tomasz</b>	<b>188</b>	IDKFA IDDQD	M-30	31	00:51:40	01:39:07	<b>02:25:39.40</b>	<b>02:25:46.10</b>	+00:41:58 (28.8%)	6:56	8.6 (71.1%)
32	<b>WĘGRZYŃSKI Paweł</b>	<b>8</b>	ITMBW KRAKÓW	M-30	32	00:52:15	01:38:56	<b>02:26:07.60</b>	<b>02:26:21.65</b>	+00:42:33 (29.1%)	6:57	8.6 (71.1%)
33	<b>MAJ Marek</b>	<b>353</b>		M-30	33	00:55:41	01:40:14	<b>02:26:07.55</b>	<b>02:26:49.15</b>	+00:43:01 (29.3%)	6:57	8.6 (71.1%)
34	<b>PIECZARA Krzysztof</b>	<b>239</b>	KB MCKIS JAWORZNO	M-30	34	00:53:27	01:39:57	<b>02:26:23.40</b>	<b>02:26:52.45</b>	+00:43:04 (29.3%)	6:58	8.6 (71.1%)
35	<b>KALITA Damian</b>	<b>494</b>		M-30	35	00:53:11	01:38:28	<b>02:26:54.95</b>	<b>02:27:24.25</b>	+00:43:36 (29.6%)	6:59	8.6 (71.1%)
36	<b>GLUZA Sebastian</b>	<b>478</b>	RUN-LOG	M-30	36	00:51:51		<b>02:28:16.55</b>	<b>02:28:16.55</b>	+00:44:28 (30.0%)	7:03	8.5 (70.2%)
37	<b>MARKIEWICZ Artur</b>	<b>374</b>	PODDĘBICKI K.B. ZDYSZANI.PL	M-30	37	00:54:41	01:40:37	<b>02:28:16.60</b>	<b>02:28:29.50</b>	+00:44:41 (30.1%)	7:03	8.5 (70.2%)
38	<b>CICHOCKI Marcin</b>	<b>439</b>		M-30	38	00:50:08	01:36:21	<b>02:28:29.30</b>	<b>02:28:49.85</b>	+00:45:02 (30.3%)	7:04	8.5 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 21km	brutto 21km			
39	<b>NAJDEREK Maciej</b>	<b>317</b>	NAJDERKI4	M-30	39	00:51:12	01:40:16	<b>02:29:00.25</b>	<b>02:29:06.65</b>	+00:45:18 (30.4%)	7:05	8.5 (70.2%)
40	<b>KONIČEK Filip</b>	<b>424</b>	SRTG RYCHNOV NAD KNĚŽNOU	M-30	40	00:47:04	01:39:12	<b>02:30:01.85</b>	<b>02:30:07.80</b>	+00:46:20 (30.9%)	7:08	8.4 (69.4%)
41	<b>JANAS Dariusz</b>	<b>90</b>		M-30	41	00:53:15	01:39:05	<b>02:30:23.40</b>	<b>02:30:42.05</b>	+00:46:54 (31.1%)	7:09	8.4 (69.4%)
42	<b>SIERPIŃSKI Mateusz</b>	<b>327</b>	TRAINING LAB	M-30	42	00:56:46	01:42:35	<b>02:30:35.90</b>	<b>02:31:19.35</b>	+00:47:31 (31.4%)	7:10	8.4 (69.4%)
43	<b>KACZMAREK Tomasz</b>	<b>46</b>	STREFA PSYCHOLOGII SPORTU	M-30	43	00:54:30	01:41:29	<b>02:31:21.45</b>	<b>02:31:33.30</b>	+00:47:45 (31.5%)	7:12	8.3 (68.6%)
44	<b>NOWAKOWSKI Sebastian</b>	<b>245</b>	RYSIE	M-30	44	00:53:45	01:42:09	<b>02:31:22.10</b>	<b>02:31:34.40</b>	+00:47:46 (31.5%)	7:12	8.3 (68.6%)
45	<b>DZIEDZIC Marcin</b>	<b>298</b>	KB MCKIS JAWORZNO	M-30	45	00:53:10	01:39:26	<b>02:31:24.75</b>	<b>02:31:53.10</b>	+00:48:05 (31.7%)	7:12	8.3 (68.6%)
46	<b>BOSAKIEWICZ Tomasz</b>	<b>468</b>	MAGBOS DOMY Z DREWNA	M-30	46	00:53:21	01:41:06	<b>02:32:57.90</b>	<b>02:33:05.45</b>	+00:49:17 (32.2%)	7:17	8.2 (67.8%)
47	<b>ZAWORSKI Tomasz</b>	<b>68</b>		M-30	47	00:53:19	01:43:04	<b>02:33:04.30</b>	<b>02:33:08.85</b>	+00:49:21 (32.2%)	7:17	8.2 (67.8%)
48	<b>WYWROT Grzegorz</b>	<b>221</b>		M-30	48	00:54:19	01:43:14	<b>02:32:57.65</b>	<b>02:33:16.90</b>	+00:49:29 (32.3%)	7:17	8.2 (67.8%)
49	<b>SKRZYPIEC Karol</b>	<b>492</b>	ŻARÓW BIEGA	M-30	49	00:56:56	01:44:36	<b>02:33:13.45</b>	<b>02:33:48.35</b>	+00:50:00 (32.5%)	7:17	8.2 (67.8%)
50	<b>OPAŁKA Damian</b>	<b>305</b>	MYRACE	M-30	50	00:45:52	01:39:03	<b>02:33:45.95</b>	<b>02:33:50.35</b>	+00:50:02 (32.5%)	7:19	8.2 (67.8%)
51	<b>MIKRUT Paweł</b>	<b>19</b>		M-30	51	00:55:41	01:44:20	<b>02:34:19.80</b>	<b>02:34:42.95</b>	+00:50:55 (32.9%)	7:20	8.2 (67.8%)
52	<b>LEWANDOWSKI Waldemar</b>	<b>261</b>		M-30	52	00:54:27	01:43:17	<b>02:35:42.65</b>	<b>02:35:49.00</b>	+00:52:01 (33.4%)	7:24	8.1 (66.9%)
53	<b>NICPOŃ Sebastian</b>	<b>89</b>		M-30	53	00:56:26	01:45:07	<b>02:36:28.35</b>	<b>02:36:48.60</b>	+00:53:00 (33.8%)	7:27	8.1 (66.9%)
54	<b>RADECKI Paweł</b>	<b>208</b>		M-30	54	00:56:54	01:45:03	<b>02:37:16.90</b>	<b>02:37:54.45</b>	+00:54:06 (34.3%)	7:29	8 (66.1%)
55	<b>HENEL Marcin</b>	<b>363</b>		M-30	55	01:01:08	01:49:56	<b>02:38:34.90</b>	<b>02:38:53.50</b>	+00:55:05 (34.7%)	7:33	7.9 (65.3%)
56	<b>KUCZKOWSKI Krzysztof</b>	<b>325</b>	TRAINING LAB	M-30	56	00:52:20	01:41:01	<b>02:38:11.70</b>	<b>02:38:54.00</b>	+00:55:06 (34.7%)	7:32	8 (66.1%)
57	<b>MICHAŁOWICZ Marek</b>	<b>164</b>		M-30	57	00:55:34	01:45:13	<b>02:38:46.90</b>	<b>02:38:57.95</b>	+00:55:10 (34.7%)	7:33	7.9 (65.3%)
58	<b>KRYSIEWICZ Marcin</b>	<b>162</b>	RUN-LOG	M-30	58	00:55:43	01:46:01	<b>02:38:36.25</b>	<b>02:38:58.25</b>	+00:55:10 (34.7%)	7:33	7.9 (65.3%)
59	<b>KSIĄŻKIEWICZ Jacek</b>	<b>414</b>	CITY TRAIL TEAM	M-30	59	00:59:33	01:48:42	<b>02:38:52.80</b>	<b>02:39:14.30</b>	+00:55:26 (34.8%)	7:33	7.9 (65.3%)
60	<b>OLSZAK Kuba</b>	<b>404</b>		M-30	60	00:56:06	01:46:49	<b>02:39:30.15</b>	<b>02:39:35.40</b>	+00:55:47 (35.0%)	7:35	7.9 (65.3%)
61	<b>ROŻKO Sebastian</b>	<b>137</b>	GRYF-INO TEAM	M-30	61	00:58:35	01:50:29	<b>02:40:18.60</b>	<b>02:40:53.55</b>	+00:57:05 (35.5%)	7:38	7.9 (65.3%)

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62	<b>WALCZAK Maciej</b>	<b>186</b>		M-30	62	01:01:50	01:50:10	<b>02:41:52.15</b>	<b>02:42:21.75</b>	+00:58:34 (36.1%)	7:42	7.8 (64.5%)
63	<b>FIRAZA Łukasz</b>	<b>112</b>	NAPIERACZE	M-30	63	01:00:32	01:51:41	<b>02:42:38.65</b>	<b>02:43:24.15</b>	+00:59:36 (36.5%)	7:44	7.7 (63.6%)
64	<b>WOŹNICA Adrian</b>	<b>407</b>	GRUPA NOMAX	M-30	64	00:57:08	01:47:54	<b>02:43:37.75</b>	<b>02:43:56.20</b>	+01:00:08 (36.7%)	7:47	7.7 (63.6%)
65	<b>SZAREK Rafał</b>	<b>233</b>	KB MCKIS JAWORZNO	M-30	65	00:58:15	01:49:28	<b>02:44:29.35</b>	<b>02:44:43.10</b>	+01:00:55 (37.0%)	7:50	7.7 (63.6%)
66	<b>CZARNIECKI Daniel</b>	<b>140</b>	TIE-THIS IS ENGLISH	M-30	66	00:59:28	01:50:03	<b>02:44:26.20</b>	<b>02:44:49.55</b>	+01:01:01 (37.0%)	7:49	7.7 (63.6%)
67	<b>JAKUBCZAK Konrad</b>	<b>32</b>	DEBEŚCIAK	M-30	67	00:52:52	01:43:59	<b>02:45:31.75</b>	<b>02:45:46.40</b>	+01:01:58 (37.4%)	7:52	7.6 (62.8%)
68	<b>TELEGUJ Michał</b>	<b>290</b>	TEZA BHP	M-30	68	00:58:44	01:53:37	<b>02:46:12.15</b>	<b>02:46:41.80</b>	+01:02:54 (37.7%)	7:54	7.6 (62.8%)
69	<b>POLIŃSKI Robert</b>	<b>328</b>	TRAINING LAB	M-30	69	01:02:01	01:52:15	<b>02:46:29.40</b>	<b>02:47:12.15</b>	+01:03:24 (37.9%)	7:55	7.6 (62.8%)
70	<b>TREGUB Igor</b>	<b>309</b>	KAPITOSZKA	M-30	70	01:03:50	01:59:19	<b>02:46:42.10</b>	<b>02:47:16.65</b>	+01:03:28 (37.9%)	7:56	7.6 (62.8%)
71	<b>MAJEWSKI Marek</b>	<b>335</b>	TRAINING LAB	M-30	71	01:01:28	01:52:21	<b>02:46:58.25</b>	<b>02:47:42.85</b>	+01:03:55 (38.1%)	7:57	7.5 (62.0%)
72	<b>KUPCZYŃSKI Igor</b>	<b>470</b>		M-30	72	01:00:01	01:52:45	<b>02:47:27.10</b>	<b>02:48:05.25</b>	+01:04:17 (38.2%)	7:58	7.5 (62.0%)
73	<b>STANKIEWICZ Piotr</b>	<b>198</b>	GRUPA SZALONYCH ROWERZYSTÓW	M-30	73	01:04:34	01:56:22	<b>02:48:48.50</b>	<b>02:49:31.15</b>	+01:05:43 (38.8%)	8:02	7.5 (62.0%)
74	<b>TROCHIMCZYK Marcin</b>	<b>419</b>		M-30	74	01:04:31	01:57:54	<b>02:48:48.95</b>	<b>02:49:32.45</b>	+01:05:44 (38.8%)	8:02	7.5 (62.0%)
75	<b>PIĄTEK Dawid</b>	<b>336</b>	TRAINING LAB	M-30	75	01:02:03	01:52:58	<b>02:51:32.70</b>	<b>02:52:16.50</b>	+01:08:28 (39.7%)	8:10	7.3 (60.3%)
76	<b>HINC Marcin</b>	<b>347</b>		M-30	76	01:06:49	01:59:33	<b>02:52:53.10</b>	<b>02:53:11.35</b>	+01:09:23 (40.1%)	8:13	7.3 (60.3%)
77	<b>PONIATOWSKI Seweryn</b>	<b>75</b>	RUCHOCK RUNNING TEAM	M-30	77	01:00:25	01:55:17	<b>02:52:27.95</b>	<b>02:53:11.40</b>	+01:09:23 (40.1%)	8:12	7.3 (60.3%)
78	<b>MATOSZKA Arkadiusz</b>	<b>330</b>	TRAINING LAB	M-30	78	01:00:40	01:52:27	<b>02:52:32.40</b>	<b>02:53:13.75</b>	+01:09:26 (40.1%)	8:12	7.3 (60.3%)
79	<b>PODZEREK Maciej</b>	<b>434</b>	WAKE TEAM GNIEZNO	M-30	79	01:06:24	01:58:31	<b>02:52:32.65</b>	<b>02:53:14.50</b>	+01:09:26 (40.1%)	8:13	7.3 (60.3%)
80	<b>MOŚCICKI Grzegorz</b>	<b>12</b>	NA CITO	M-30	80	01:03:21	01:58:45	<b>02:53:25.05</b>	<b>02:54:05.65</b>	+01:10:17 (40.4%)	8:15	7.3 (60.3%)
81	<b>SIKORA Łukasz</b>	<b>408</b>	GRUPA NOMAX	M-30	81	01:00:58	01:57:06	<b>02:54:56.20</b>	<b>02:55:15.40</b>	+01:11:27 (40.8%)	8:19	7.2 (59.5%)
82	<b>GRUSZKA Karol</b>	<b>315</b>	TRAINING LAB	M-30	82	01:03:49	01:55:12	<b>02:55:00.10</b>	<b>02:55:45.00</b>	+01:11:57 (40.9%)	8:20	7.2 (59.5%)
83	<b>SOSIŃSKI Tomasz</b>	<b>293</b>	NAPIERACZE	M-30	83	01:03:04	01:59:49	<b>02:57:36.40</b>	<b>02:58:22.80</b>	+01:14:35 (41.8%)	8:27	7.1 (58.7%)
84	<b>DOBROCHOWSKI Marek</b>	<b>13</b>	STRZEGOMSKA DWUNASTKA	M-30	84	01:02:38	01:58:58	<b>02:59:36.25</b>	<b>02:59:42.90</b>	+01:15:55 (42.2%)	8:33	7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	<b>OWCZAREK Maciej</b>	<b>400</b>	TEAM BIEGAJ POD OKIEM TRENERA	M-30	85	01:05:53	02:04:36	<b>02:59:45.95</b>	<b>03:00:20.60</b>	+01:16:32 (42.4%)	8:33	7 (57.9%)
86	<b>JANKIEWICZ Michał</b>	<b>139</b>	RYSIE	M-30	86	01:06:23	02:03:43	<b>03:01:02.95</b>	<b>03:01:02.95</b>	+01:17:15 (42.7%)	8:37	7 (57.9%)
87	<b>HADRYSIAK Adam</b>	<b>113</b>	NAPIERACZE	M-30	87	01:05:17	02:02:54	<b>03:02:07.75</b>	<b>03:02:52.45</b>	+01:19:04 (43.2%)	8:40	6.9 (57.0%)
88	<b>KAPA Tomasz</b>	<b>55</b>	CZELADZBIEGA	M-30	88	01:04:06	02:01:46	<b>03:04:10.65</b>	<b>03:04:26.75</b>	+01:20:39 (43.7%)	8:46	6.8 (56.2%)
89	<b>NOWAK Łukasz</b>	<b>5</b>	#CZELADZBIEGA	M-30	89	01:05:20	02:03:39	<b>03:03:54.85</b>	<b>03:04:27.00</b>	+01:20:39 (43.7%)	8:45	6.9 (57.0%)
90	<b>HOLKO Daniel</b>	<b>466</b>		M-30	90	01:05:21	02:04:13	<b>03:05:33.65</b>	<b>03:06:04.80</b>	+01:22:17 (44.2%)	8:50	6.8 (56.2%)
91	<b>BAK Piotr</b>	<b>381</b>	NAPIERACZE	M-30	91	01:05:58	02:04:38	<b>03:06:46.95</b>	<b>03:06:46.95</b>	+01:22:59 (44.4%)	8:53	6.7 (55.4%)
92	<b>TOMCZAK Mikołaj</b>	<b>375</b>		M-30	92	01:09:23	02:08:48	<b>03:07:37.40</b>	<b>03:07:37.40</b>	+01:23:49 (44.7%)	8:56	6.7 (55.4%)
93	<b>CHMIELECKI Paweł</b>	<b>194</b>	TRAWA TEAM	M-30	93	01:05:49	02:04:31	<b>03:07:22.15</b>	<b>03:07:48.05</b>	+01:24:00 (44.7%)	8:55	6.7 (55.4%)
94	<b>JEŻEWSKI Adam</b>	<b>391</b>	ETISOFT RUNNING TEAM	M-30	94	01:02:08	02:07:02	<b>03:08:22.45</b>	<b>03:08:29.70</b>	+01:24:41 (44.9%)	8:58	6.7 (55.4%)
95	<b>LEŚNIAK Marcin</b>	<b>166</b>	ZARAŻENI BÓLEM	M-30	95	01:07:22	02:13:36	<b>03:09:27.90</b>	<b>03:09:32.40</b>	+01:25:44 (45.2%)	9:01	6.7 (55.4%)
96	<b>BITKA Stanisław</b>	<b>51</b>	NA CITO	M-30	96	01:08:31	02:11:31	<b>03:13:38.80</b>	<b>03:14:20.15</b>	+01:30:32 (46.6%)	9:13	6.5 (53.7%)
97	<b>PACIOREK Paweł</b>	<b>416</b>	CORALIKI RUN CLUB	M-30	97	01:07:15	02:10:15	<b>03:13:57.30</b>	<b>03:14:40.05</b>	+01:30:52 (46.7%)	9:14	6.5 (53.7%)
98	<b>CHLEBOWSKI Krzysztof</b>	<b>60</b>	BIEGACZA KOMPANIA PIWOWARSKA	M-30	98	01:10:53	02:10:55	<b>03:16:05.40</b>	<b>03:16:41.40</b>	+01:32:53 (47.2%)	9:20	6.4 (52.9%)
99	<b>BABICKI Adam</b>	<b>323</b>		M-30	99	01:14:38	02:16:35	<b>03:22:25.65</b>	<b>03:23:07.00</b>	+01:39:19 (48.9%)	9:38	6.2 (51.2%)
100	<b>ŁAGOWSKI Hubert</b>	<b>320</b>		M-30	100	01:14:42	02:16:52	<b>03:22:30.50</b>	<b>03:23:10.35</b>	+01:39:22 (48.9%)	9:38	6.2 (51.2%)
101	<b>GEŁEJ Marcin</b>	<b>287</b>	DOM PACHNĄCY ŻYWICĄ	M-30	101	01:14:36	02:16:49	<b>03:23:24.05</b>	<b>03:24:10.05</b>	+01:40:22 (49.2%)	9:41	6.2 (51.2%)
102	<b>KWAPISZEWSKI Marcin</b>	<b>442</b>	BRIDGESTONE	M-30	102	01:11:31	02:19:42	<b>03:24:25.30</b>	<b>03:25:06.20</b>	+01:41:18 (49.4%)	9:44	6.2 (51.2%)
103	<b>GOLON Leszek</b>	<b>216</b>	RUN PASJA	M-30	103	01:14:27	02:22:34	<b>03:27:06.40</b>	<b>03:27:28.15</b>	+01:43:40 (50.0%)	9:51	6.1 (50.4%)
104	<b>TRZPIOLA Tycjan</b>	<b>189</b>	KURACJUSZE	M-30	104	01:11:45	02:20:31	<b>03:30:43.70</b>	<b>03:31:11.05</b>	+01:47:23 (50.9%)	10:02	6 (49.6%)
105	<b>MATYSEK Przemysław</b>	<b>333</b>		M-30	105	01:08:03	02:14:20	<b>03:31:54.55</b>	<b>03:32:36.55</b>	+01:48:48 (51.2%)	10:05	5.9 (48.8%)
106	<b>STRAMEK Lukasz</b>	<b>318</b>	CROSSFIT TROJMIASTO	M-30	106	01:11:45	02:22:28	<b>03:32:22.80</b>	<b>03:32:39.85</b>	+01:48:52 (51.2%)	10:06	5.9 (48.8%)
107	<b>TATARATA Paweł</b>	<b>348</b>	TRAINING LAB	M-30	107	01:10:37	02:16:36	<b>03:32:03.55</b>	<b>03:32:48.30</b>	+01:49:00 (51.2%)	10:05	5.9 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	<b>JUREK Jaromir</b>	<b>379</b>		M-30	108	01:17:34	02:26:48	<b>03:35:27.65</b>	<b>03:35:53.30</b>	+01:52:05 (51.9%)	10:15	5.8 (47.9%)
109	<b>GAŃSKI Filip</b>	<b>368</b>		M-30	109	01:10:42	02:19:45	<b>03:35:52.90</b>	<b>03:36:00.65</b>	+01:52:12 (51.9%)	10:16	5.8 (47.9%)
110	<b>SYK Bartosz</b>	<b>106</b>		M-30	110	01:17:10	02:35:40	<b>03:46:47.80</b>	<b>03:46:47.80</b>	+02:03:00 (54.2%)	10:47	5.6 (46.3%)

Znaleziono 110 wynik(ów)