

SGS LIGHT 21KM

B4SPORT



**SUPERMARATON
GÓR
STOŁOWYCH**

Wydarzenie: Supermaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2024-06-22
Miejsce: Kartów
Dystans: 23 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	2370	SALOMON CZ	M-40	1	00:39:04	01:11:24	01:56:08.15	01:56:08.15		5:31	10.8 (100%)
2	KOTARSKI Jarosław	2158	TRAIL IS OUR WAY	M-30	1	00:40:48	01:13:39	01:56:45.60	01:56:45.60	+00:00:37 (0.5%)	5:33	10.8 (100%)
3	NORBERT Michał	2274	KB SOBÓTKA	M-30	2	00:40:34	01:13:37	01:58:06.75	01:58:06.75	+00:01:58 (1.7%)	5:37	10.7 (99.1%)
4	GONCZAR Szymon	2286	INŻYNIERIA BIEGANIA	M-30	3	00:41:18	01:13:57	01:59:00.95	01:59:00.95	+00:02:52 (2.4%)	5:40	10.6 (98.1%)
5	TESLUK Kuba	2039	AW - SZYBCIEJ - TEAM	M-30	4	00:41:23	01:13:54	02:00:00.85	02:00:00.85	+00:03:52 (3.2%)	5:42	10.5 (97.2%)
6	SZYMAŃCZUK Jacek	2043	#BIEGIEMWLAS/NARAMOWICEBIEGAJĄ	M-30	5	00:40:40	01:14:29	02:02:28.50	02:02:28.50	+00:06:20 (5.2%)	5:49	10.3 (95.4%)
7	SAJDUDA Adam	2024	AW - SZYBCIEJ - TEAM	M-30	6	00:43:04	01:17:27	02:03:17.75	02:03:17.75	+00:07:09 (5.8%)	5:52	10.2 (94.4%)
8	STAWIŃSKI Michał	2110	AW SZYBCIEJ TEAM	M-30	7	00:43:50	01:19:46	02:08:11.35	02:08:11.35	+00:12:03 (9.4%)	6:06	9.8 (90.7%)
9	KAMIŃSKI Artur	2188	PRZEDWOJEWSKI TEAM	M-40	2	00:43:52		02:10:05.00	02:10:05.00	+00:13:56 (10.7%)	6:11	9.7 (89.8%)
10	MÓLL Kacper	2219		M-20	1	00:45:01	01:22:28	02:15:25.40	02:15:25.40	+00:19:17 (14.2%)	6:26	9.3 (86.1%)
11	MALEK Tomasz	2340		M-30	8	00:46:33	01:22:38	02:16:35.30	02:16:35.30	+00:20:27 (15.0%)	6:30	9.2 (85.2%)
12	RYŁKO Krzysztof	2371	ZADYSZKA OŚWIĘCIM	M-50	1	00:45:59	01:25:55	02:17:31.15	02:17:31.15	+00:21:23 (15.5%)	6:32	9.2 (85.2%)
13	PAJĄK Alan	2250	ZIELONA MANUFAKTURA	M-30	9	00:48:24	01:25:57	02:17:50.55	02:17:50.55	+00:21:42 (15.7%)	6:33	9.1 (84.3%)
14	KOZANECKI Przemysław	2327	WYBIEGAĆ MARZENIA TEAM	M-30	10	00:48:49	01:26:17	02:17:52.85	02:17:52.85	+00:21:44 (15.8%)	6:33	9.1 (84.3%)
15	GĄSIOROWSKI Jarek	2354	DAREK KRUCZKOWSKI TEAM - ADDED VALUE NIERUCHOMOŚCI	M-30	11	00:49:19	01:28:16	02:18:46.70	02:18:46.70	+00:22:38 (16.3%)	6:36	9.1 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	SZUKALSKI Krzysztof	2287	DTR BIEGA MARIO TEAM	M-40	3	00:46:55	01:25:36	02:19:14.10	02:19:14.10	+00:23:05 (16.6%)	6:37	9 (83.3%)
17	POCHYLSKI Radosław	2301	GRUNNERS	M-30	12	00:48:22	01:26:21	02:19:57.10	02:19:57.10	+00:23:48 (17.0%)	6:39	9 (83.3%)
18	MARSZAŁEK Kazimierz	2249	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	2	00:48:50	01:27:30	02:21:44.65	02:21:44.65	+00:25:36 (18.1%)	6:44	8.9 (82.4%)
19	PRZERWANEK Marek	2174		M-40	4	00:44:39	01:30:06	02:22:44.25	02:22:44.25	+00:26:36 (18.6%)	6:47	8.8 (81.5%)
20	SZCZENIOWSKI Jacek	2325	GOPR SUDETY	M-40	5	00:48:23	01:27:50	02:23:13.00	02:23:13.00	+00:27:04 (18.9%)	6:49	8.8 (81.5%)
21	KURAS Szymon	2145	NKB CHYŻY NOWY TOMYŚL	M-40	6	00:47:18	01:26:05	02:24:11.45	02:24:11.45	+00:28:03 (19.5%)	6:51	8.7 (80.6%)
22	HÁJEK Jakub	2268		M-50	3	00:51:50	01:31:12	02:24:12.75	02:24:12.75	+00:28:04 (19.5%)	6:52	8.7 (80.6%)
23	ŚRÓBKA Mateusz	2294		M-30	13	00:51:20	01:31:18	02:25:19.90	02:25:19.90	+00:29:11 (20.1%)	6:55	8.7 (80.6%)
24	CHAMALA Krzysztof	2063	WEEGREE	M-40	7	00:51:15	01:29:32	02:26:28.70	02:26:28.70	+00:30:20 (20.7%)	6:58	8.6 (79.6%)
25	BARTELA Mateusz	2198		M-20	2	00:50:12	01:29:31	02:27:06.40	02:27:06.40	+00:30:58 (21.1%)	7:00	8.6 (79.6%)
26	WOJTKOWIAK Stefan	2036	PIĄTKOWO NA BIEGOWO	M-50	4	00:51:36	01:32:52	02:28:09.60	02:28:09.60	+00:32:01 (21.6%)	7:03	8.5 (78.7%)
27	KŁODNICKI Krzysztof	2329		M-40	8	00:48:15	01:27:48	02:29:00.00	02:29:00.00	+00:32:51 (22.1%)	7:05	8.5 (78.7%)
28	KURZYŃSKI Piotr	2055	TEAM BEROTU	M-40	9	00:50:56	01:31:15	02:32:25.20	02:32:25.20	+00:36:17 (23.8%)	7:15	8.3 (76.9%)
29	PIWOŃSKI Adam	2359	TEAM#R	M-40	10	00:54:55	01:36:10	02:33:58.40	02:33:58.40	+00:37:50 (24.6%)	7:19	8.2 (75.9%)
30	ŁĄŻEWSKI Marcin	2181		M-50	5	00:53:07	01:35:24	02:34:20.20	02:34:20.20	+00:38:12 (24.8%)	7:20	8.2 (75.9%)
31	BŁASZCZAK Marek	2253	AW - SZYBCIEJ - TEAM	M-30	14	00:53:59	01:35:57	02:34:44.85	02:34:44.85	+00:38:36 (25.0%)	7:22	8.1 (75.0%)
32	TOMASZEWSKI Przemek	2281	RUN TEAM RYDZYNA	M-30	15	00:54:45	01:35:58	02:35:18.35	02:35:18.35	+00:39:10 (25.2%)	7:23	8.1 (75.0%)
33	WRÓBEL Marcin	2237		M-40	11	00:54:43	01:36:59	02:35:25.30	02:35:25.30	+00:39:17 (25.3%)	7:24	8.1 (75.0%)
34	KONIECZNY Wojciech	2183	SII RUNNING TEAM	M-40	12	00:54:41	01:36:53	02:38:47.50	02:38:47.50	+00:42:39 (26.9%)	7:33	7.9 (73.1%)
35	HÁJEK Jan	2283		M-50	6	00:54:50	01:37:48	02:38:49.20	02:38:49.20	+00:42:41 (26.9%)	7:33	7.9 (73.1%)
36	PILETSKI Maksim	2182		M-30	16	00:54:46	01:37:18	02:38:54.35	02:38:54.35	+00:42:46 (26.9%)	7:34	7.9 (73.1%)
37	SKAŁACKI Krzysztof	2330		M-40	13	00:54:28	01:36:44	02:40:16.00	02:40:16.00	+00:44:07 (27.5%)	7:37	7.9 (73.1%)
38	KORZENIOWSKI Wojciech	2088		M-50	7	00:53:06	01:36:47	02:40:48.00	02:40:48.00	+00:44:39 (27.8%)	7:39	7.8 (72.2%)

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39	WAKUŁA Bartłomiej	2135		M-30	17	00:57:43	01:37:08	02:40:50.55	02:40:50.55	+00:44:42 (27.8%)	7:39	7.8 (72.2%)
40	MOCHEGANI Andrea	2337		M-50	8	00:56:49	01:39:23	02:42:03.90	02:42:03.90	+00:45:55 (28.3%)	7:43	7.8 (72.2%)
41	BRONISZ Maciej	2104	DUSZKI GORZÓW WLKP	M-40	14	00:56:31	01:39:05	02:42:09.80	02:42:09.80	+00:46:01 (28.4%)	7:43	7.8 (72.2%)
42	KULIKOWSKI Maciej	2352		M-30	18	00:59:26	01:41:37	02:43:16.90	02:43:16.90	+00:47:08 (28.9%)	7:46	7.7 (71.3%)
43	STEC Adam	2279		M-40	15	00:57:15	01:41:35	02:43:33.10	02:43:33.10	+00:47:24 (29.0%)	7:47	7.7 (71.3%)
44	ŁUKASZEWSKI Kamil	2345	GB WIELKOPOLSCY BIEGACZE	M-30	19	00:59:28	01:42:52	02:43:40.25	02:43:40.25	+00:47:32 (29.0%)	7:47	7.7 (71.3%)
45	BOREK Jacek	2098		M-30	20	00:56:12	01:40:54	02:44:01.00	02:44:01.00	+00:47:52 (29.2%)	7:48	7.7 (71.3%)
46	SMOTER Wojciech	2368	STAL NYSA	M-40	16	00:57:17	01:42:23	02:44:31.30	02:44:31.30	+00:48:23 (29.4%)	7:50	7.7 (71.3%)
47	REGUŁA Piotr	2170		M-20	3	00:59:09	01:42:40	02:44:32.60	02:44:32.60	+00:48:24 (29.4%)	7:50	7.7 (71.3%)
48	FRANKOWSKI Andrzej	2246	FRANEK EXTREME TEAM	M-30	21	00:57:02	01:41:18	02:45:30.65	02:45:30.65	+00:49:22 (29.8%)	7:52	7.6 (70.4%)
49	KARWACKI Grzegorz	2208	KATCROS WAŁBRZYCH	M-50	9	00:56:53	01:41:24	02:45:55.20	02:45:55.20	+00:49:47 (30.0%)	7:54	7.6 (70.4%)
50	STACHOWIAK Jacek	2030		M-40	17	00:59:42	01:42:34	02:45:59.10	02:45:59.10	+00:49:50 (30.0%)	7:54	7.6 (70.4%)
51	PANUFNIK Tomasz	2317	AKS POLONIA WARSZAWA	M-40	18	01:04:08	01:46:49	02:46:02.80	02:46:02.80	+00:49:54 (30.1%)	7:54	7.6 (70.4%)
52	GRZEGORZEWSKI Adrian	2257	MATNER RUNNING TEAM	M-30	22	00:59:45	01:44:41	02:46:16.00	02:46:16.00	+00:50:07 (30.2%)	7:55	7.6 (70.4%)
53	JAGODZIŃSKI Robert	2155	JAGODA TEAM	M-50	10	01:03:15	01:47:23	02:46:33.00	02:46:33.00	+00:50:24 (30.3%)	7:55	7.6 (70.4%)
54	TROCKI Grzegorz	2261	TROCCYBIEGAJĄ	M-40	19	00:58:49	01:43:07	02:46:51.65	02:46:51.65	+00:50:43 (30.4%)	7:56	7.6 (70.4%)
55	ŁATWIŃSKI Łukasz	2305		M-30	23	00:58:09	01:43:08	02:46:53.90	02:46:53.90	+00:50:45 (30.4%)	7:56	7.6 (70.4%)
56	SKOCZYLAS Mateusz	2285	AW SZYBCIEJ TEAM	M-30	24	00:58:59	01:45:17	02:47:06.70	02:47:06.70	+00:50:58 (30.5%)	7:57	7.5 (69.4%)
57	WIĄCEK Marek	2093	MASTERS WROCŁAW	M-60	1	00:58:14	01:43:15	02:47:25.95	02:47:25.95	+00:51:17 (30.6%)	7:58	7.5 (69.4%)
58	STIRBYS Vaclovas	2375	RUNFACE VASTI	M-30	25	00:53:00	01:45:30	02:47:52.35	02:47:52.35	+00:51:44 (30.8%)	7:59	7.5 (69.4%)
59	JĘDRZEJCZAK Wojciech	2361		M-50	11	00:59:40	01:45:26	02:47:54.60	02:47:54.60	+00:51:46 (30.8%)	7:59	7.5 (69.4%)
60	ULANOWSKI Dawid	2273	PIECHOTĄ PO SCHODACH	M-30	26	01:01:41	01:46:17	02:48:01.35	02:48:01.35	+00:51:53 (30.9%)	8:00	7.5 (69.4%)
61	PODGÓRNY Mariusz	2344	TEAM OZIMEK / UTRANIEPODLEGŁA	M-30	27	00:54:09	01:38:59	02:48:58.80	02:48:58.80	+00:52:50 (31.3%)	8:02	7.5 (69.4%)

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62	ČERVENÝ David	2207		M-40	20	00:58:07	01:44:40	02:49:06.95	02:49:06.95	+00:52:58 (31.3%)	8:03	7.5 (69.4%)
63	RZECZKOWSKI Zbigniew	2355	WKS JB	M-50	12	00:55:41	01:40:57	02:49:15.15	02:49:15.15	+00:53:07 (31.4%)	8:03	7.4 (68.5%)
64	ŽUREK Stanisław	2248		M-40	21	01:04:15	01:47:48	02:49:42.70	02:49:42.70	+00:53:34 (31.6%)	8:04	7.4 (68.5%)
65	PARDAŁA Wojciech	2029		M-40	22	00:57:42	01:42:34	02:49:44.45	02:49:44.45	+00:53:36 (31.6%)	8:04	7.4 (68.5%)
66	KANIEWSKI Piotr	2091		M-30	28	00:59:07	01:44:45	02:49:56.90	02:49:56.90	+00:53:48 (31.7%)	8:05	7.4 (68.5%)
67	MARON-KABAŁA Bartosz	2346	#BIEGIEMWLAS	M-20	4	00:58:31	01:43:55	02:50:12.20	02:50:12.20	+00:54:04 (31.8%)	8:06	7.4 (68.5%)
68	CICHOŃ Maciej	2062		M-50	13	01:01:19	01:46:40	02:50:37.40	02:50:37.40	+00:54:29 (31.9%)	8:07	7.4 (68.5%)
69	GOLEC Paweł	2048		M-30	29	00:57:20	01:43:16	02:50:52.70	02:50:52.70	+00:54:44 (32.0%)	8:08	7.4 (68.5%)
70	KOLASIŃSKI Jakub	2358	DIRTY SPARROWS	M-30	30	00:58:13	01:44:42	02:50:59.40	02:50:59.40	+00:54:51 (32.1%)	8:08	7.4 (68.5%)
71	NUREK Łukasz	2065	PIWNE BRZUSZKI RACE TEAM	M-40	23	01:02:45	01:47:51	02:51:00.80	02:51:00.80	+00:54:52 (32.1%)	8:08	7.4 (68.5%)
72	BIALIK Jędrzej	2364	RUNNERS TEAM NYSA	M-40	24	00:59:22	01:46:04	02:51:11.80	02:51:11.80	+00:55:03 (32.2%)	8:09	7.4 (68.5%)
73	MAGIER Jerzy	2132		M-50	14	00:51:58	01:38:58	02:51:21.00	02:51:21.00	+00:55:12 (32.2%)	8:09	7.4 (68.5%)
74	FEICHTINGER Marek	2131		M-40	25	00:59:24	01:46:42	02:51:54.50	02:51:54.50	+00:55:46 (32.4%)	8:11	7.3 (67.6%)
75	CYBUL Marek	2027	TEAM DALI-DALI	M-40	26	00:59:44	01:44:47	02:51:55.10	02:51:55.10	+00:55:46 (32.4%)	8:11	7.3 (67.6%)
76	MAZUR Patryk	2215	AKADEMIA RUCHU	M-40	27	00:57:18	01:43:03	02:52:22.15	02:52:22.15	+00:56:14 (32.6%)	8:12	7.3 (67.6%)
77	BRONCZAK Tomasz	2225	LUBIĘPODGÓRKĘ	M-40	28	00:59:04	01:44:15	02:52:33.35	02:52:33.35	+00:56:25 (32.7%)	8:13	7.3 (67.6%)
78	KŁODAWSKI Marek	2247		M-40	29	00:57:14	01:44:40	02:53:43.15	02:53:43.15	+00:57:35 (33.1%)	8:16	7.3 (67.6%)
79	KUTARBA Dawid	2128	BRAK	M-40	30	01:01:00	01:47:01	02:53:44.45	02:53:44.45	+00:57:36 (33.2%)	8:16	7.3 (67.6%)
80	SOBAŃSKI Leszek	2171	SOBANTEAM	M-40	31	01:02:06	01:48:52	02:53:54.75	02:53:54.75	+00:57:46 (33.2%)	8:16	7.2 (66.7%)
81	ŁYSEK Nataniel	2169		M-20	5	01:06:55	01:51:28	02:54:07.05	02:54:07.05	+00:57:58 (33.3%)	8:17	7.2 (66.7%)
82	JAZ Ernest	2311	ENDORFINY WAŚOSZ	M-40	32	01:00:30	01:48:01	02:55:12.75	02:55:12.75	+00:59:04 (33.7%)	8:20	7.2 (66.7%)
83	SZULC Marcin	2308	BOLI BOLI	M-40	33	00:58:50	01:42:40	02:55:26.50	02:55:26.50	+00:59:18 (33.8%)	8:21	7.2 (66.7%)
84	BUGAJ Alan	2310		M-30	31	01:02:07	01:49:34	02:55:49.10	02:55:49.10	+00:59:40 (33.9%)	8:22	7.2 (66.7%)

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85	PRZYBYLA Sebastian	2075		M-30	32	01:06:35	01:52:45	02:56:32.40	02:56:32.40	+01:00:24 (34.2%)	8:24	7.1 (65.7%)
86	KUBABSKI Patryk	2202		M-30	33	01:02:16	01:49:50	02:57:49.30	02:57:49.30	+01:01:41 (34.7%)	8:28	7.1 (65.7%)
87	KOTARSKI Wiesław	2120	GRUPA AZOTY ZCH POLLICE	M-60	2	00:58:29	01:44:41	02:58:24.20	02:58:24.20	+01:02:16 (34.9%)	8:29	7.1 (65.7%)
88	PAWELEC Mariusz	2221	KB FORREST GUMP	M-50	15	01:00:54	01:49:31	02:58:25.05	02:58:25.05	+01:02:16 (34.9%)	8:29	7.1 (65.7%)
89	PRZYBYLSKI Paweł	2362		M-40	34	01:02:03	01:51:29	03:00:39.25	03:00:39.25	+01:04:31 (35.7%)	8:36	7 (64.8%)
90	KURIATA Bartłomiej	2372		M-50	16	01:04:43	01:53:07	03:01:01.30	03:01:01.30	+01:04:53 (35.8%)	8:37	7 (64.8%)
91	Haida Marcin	2052		M-40	35	01:00:47	01:49:49	03:02:03.80	03:02:03.80	+01:05:55 (36.2%)	8:40	6.9 (63.9%)
92	LUKAS Robert	2369		M-30	34	01:06:43	01:52:06	03:02:27.35	03:02:27.35	+01:06:19 (36.3%)	8:41	6.9 (63.9%)
93	MIEDZIŃSKI Michał	2159	JKS SALAMANDRA	M-40	36	01:00:58	01:50:32	03:02:31.15	03:02:31.15	+01:06:23 (36.4%)	8:41	6.9 (63.9%)
94	SMYK Sylwester	2178	AUTOLIV RUN TEAM	M-40	37	01:01:39	01:51:48	03:03:20.75	03:03:20.75	+01:07:12 (36.7%)	8:43	6.9 (63.9%)
95	NOVÁK Martin	2085	NOWIS TRAILRUNNER	M-30	35	01:03:11	01:53:17	03:03:43.90	03:03:43.90	+01:07:35 (36.8%)	8:44	6.9 (63.9%)
96	ANDRZEJEWSKI Michał	2172	SOBANTEAM	M-30	36	01:02:23	01:50:55	03:05:02.90	03:05:02.90	+01:08:54 (37.2%)	8:48	6.8 (63.0%)
97	STASIAK Łukasz	2280		M-40	38	01:03:12	01:53:28	03:05:04.65	03:05:04.65	+01:08:56 (37.3%)	8:48	6.8 (63.0%)
98	LING Robert	2149		M-40	39	01:04:33	01:53:50	03:05:51.40	03:05:51.40	+01:09:43 (37.5%)	8:51	6.8 (63.0%)
99	GRUCHOT Waldemar	2157		M-40	40	01:10:41	01:58:37	03:06:01.40	03:06:01.40	+01:09:53 (37.6%)	8:51	6.8 (63.0%)
100	BRASEL Marcin	2220	FIZJOBIEGACZE	M-50	17	01:06:42	01:55:52	03:06:22.30	03:06:22.30	+01:10:14 (37.7%)	8:52	6.8 (63.0%)
101	WAWRZYŃIAK Robert	2014	#BIEGIEMWLAS	M-40	41	01:08:59	01:58:21	03:06:41.30	03:06:41.30	+01:10:33 (37.8%)	8:53	6.7 (62.0%)
102	CIEŚLAK Krystian	2302		M-40	42	01:03:03	01:53:27	03:06:45.05	03:06:45.05	+01:10:36 (37.8%)	8:53	6.7 (62.0%)
103	COLAUTTI Enrico	2365	BAD ORGANIZER TEAM	M-50	18	01:05:06	01:56:27	03:07:10.05	03:07:10.05	+01:11:01 (38.0%)	8:54	6.7 (62.0%)
104	ZALEWSKI Piotr	2256	SLAVIC PAGAN	M-30	37	01:03:25	01:52:48	03:07:21.70	03:07:21.70	+01:11:13 (38.0%)	8:55	6.7 (62.0%)
105	WRZESZCZ Jakub	2326		M-30	38	01:07:03	01:57:37	03:07:22.70	03:07:22.70	+01:11:14 (38.0%)	8:55	6.7 (62.0%)
106	HOLAK Tomasz	2284	PAN KRACY ENTERTIMENT	M-50	19	01:05:04	01:55:28	03:08:09.80	03:08:09.80	+01:12:01 (38.3%)	8:57	6.7 (62.0%)
107	KUDREJ Grzegorz	2260		M-30	39	01:03:59	01:56:13	03:08:16.40	03:08:16.40	+01:12:08 (38.3%)	8:57	6.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	MAŁECKI Bartosz	2231		M-20	6	01:12:17	02:02:25	03:09:42.30	03:09:42.30	+01:13:34 (38.8%)	9:02	6.6 (61.1%)
109	KIELISZEK Dariusz	2222		M-30	40	01:09:47	01:59:13	03:09:56.95	03:09:56.95	+01:13:48 (38.9%)	9:02	6.6 (61.1%)
110	OLEJNIK Tomasz	2124		M-50	20	01:06:37	01:58:22	03:10:53.70	03:10:53.70	+01:14:45 (39.2%)	9:05	6.6 (61.1%)
111	WYRWICKI Przemek	2224		M-40	43	01:06:40	01:59:53	03:10:54.70	03:10:54.70	+01:14:46 (39.2%)	9:05	6.6 (61.1%)
112	BRODA Dominik	2322		M-30	41	01:04:20	01:56:12	03:11:20.40	03:11:20.40	+01:15:12 (39.3%)	9:06	6.6 (61.1%)
113	KACPRZAK Maciej	2227		M-20	7	01:17:23	02:06:01	03:12:11.15	03:12:11.15	+01:16:03 (39.6%)	9:09	6.6 (61.1%)
114	CUBER Michał	2230		M-40	44	01:07:03	01:57:51	03:13:00.45	03:13:00.45	+01:16:52 (39.8%)	9:11	6.5 (60.2%)
115	ŻUREK Damian	2152	SPINKO LESZNO	M-40	45	01:12:14	02:09:53	03:13:03.10	03:13:03.10	+01:16:54 (39.8%)	9:11	6.5 (60.2%)
116	MIERZEJEWSKI Robert	2097	CENTRUM SZKOLENIA WOJSK LĄDOWYCH W POZNANIU	M-50	21	01:09:15	02:01:46	03:13:36.75	03:13:36.75	+01:17:28 (40.0%)	9:13	6.5 (60.2%)
117	OLEKSA Robert	2339		M-50	22	01:06:53	01:58:43	03:14:00.30	03:14:00.30	+01:17:52 (40.1%)	9:14	6.5 (60.2%)
118	HYŻY Krzysztof	2068	PIWNE BRZUSZKI RACE TEAM	M-40	46	01:12:24	02:03:51	03:14:37.80	03:14:37.80	+01:18:29 (40.3%)	9:16	6.5 (60.2%)
119	WÓJCICKI Piotr	2121	WIERZBICKI RUNNING PROJECT	M-30	42	01:09:11	02:02:33	03:15:25.00	03:15:25.00	+01:19:16 (40.6%)	9:18	6.4 (59.3%)
120	WESOŁEK Daniel	2166	ADIDAS RUNNERS POZNAŃ	M-30	43	01:10:34	02:02:02	03:15:32.05	03:15:32.05	+01:19:23 (40.6%)	9:18	6.4 (59.3%)
121	IGRAS Łukasz	2276		M-40	47	01:13:15	02:05:32	03:16:01.40	03:16:01.40	+01:19:53 (40.8%)	9:20	6.4 (59.3%)
122	MIODEK Adrian	2288	DIRTY SPARROWS	M-40	48	01:06:17	01:58:39	03:16:05.95	03:16:05.95	+01:19:57 (40.8%)	9:20	6.4 (59.3%)
123	KOSTRUBIEC Maciej	2130	SII RUNNING TEAM	M-20	8	01:05:55	01:58:08	03:16:09.50	03:16:09.50	+01:20:01 (40.8%)	9:20	6.4 (59.3%)
124	SKOWROŃSKI Bartosz	2244	KAMIL LEŚNIAK TEAM	M-30	44	01:05:51	01:59:51	03:16:13.30	03:16:13.30	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
125	NOWAK Krystian	2314	NKB CHYŻY NOWY TOMYŚL	M-30	45	01:05:24	01:58:20	03:16:13.40	03:16:13.40	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
126	OLCZYK Krzysztof	2094	THERAMOVE	M-20	9	01:09:13	02:01:51	03:16:13.60	03:16:13.60	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
127	RUSZKIEWICZ Marcin	2214	ING BANK ŚLĄSKI	M-40	49	01:06:50	01:59:31	03:16:13.80	03:16:13.80	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
128	GILSKI Maciej	2240		M-20	10	01:10:54	02:01:40	03:16:20.95	03:16:20.95	+01:20:12 (40.9%)	9:20	6.4 (59.3%)
129	CHEŁCHOWSKI Mateusz	2315		M-30	46	01:09:07	02:01:44	03:17:42.95	03:17:42.95	+01:21:34 (41.3%)	9:24	6.4 (59.3%)
130	WILMAŃSKI Jakub	2087	BUBINKA TEAM	M-20	11	01:09:55	02:03:02	03:17:43.25	03:17:43.25	+01:21:35 (41.3%)	9:24	6.4 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	WALCZAK Tadeusz	2050	GAPS POLICE	M-50	23	01:06:45	02:02:13	03:17:44.70	03:17:44.70	+01:21:36 (41.3%)	9:24	6.4 (59.3%)
132	GANOWICZ Marcin	2053		M-30	47	01:08:25	02:05:00	03:18:17.60	03:18:17.60	+01:22:09 (41.4%)	9:26	6.4 (59.3%)
133	BAL Tomasz	2031		M-40	50	01:07:11	01:58:14	03:18:27.20	03:18:27.20	+01:22:19 (41.5%)	9:27	6.3 (58.3%)
134	KIEŁPIŃSKI Wojciech	2148		M-30	48	01:08:09	02:02:33	03:19:19.70	03:19:19.70	+01:23:11 (41.7%)	9:29	6.3 (58.3%)
135	ŻEMOJDZIN Marcin	2066	PIWNE BRZUSZKI RACE TEAM	M-40	51	01:12:21	02:05:16	03:19:57.60	03:19:57.60	+01:23:49 (41.9%)	9:31	6.3 (58.3%)
136	NOWAK Patryk	2312		M-30	49	01:04:43	01:57:54	03:21:33.70	03:21:33.70	+01:25:25 (42.4%)	9:35	6.3 (58.3%)
137	BELICA Daniel	2022		M-40	52	01:11:03	02:05:59	03:21:42.00	03:21:42.00	+01:25:33 (42.4%)	9:36	6.2 (57.4%)
138	JOPEK Tomasz	2101		M-40	53	01:01:21	01:50:04	03:21:43.10	03:21:43.10	+01:25:34 (42.4%)	9:36	6.2 (57.4%)
139	CZERWIŃSKI Paweł	2054	PSY PECONA	M-30	50	01:35:01	02:02:40	03:21:43.40	03:21:43.40	+01:25:35 (42.4%)	9:36	6.2 (57.4%)
140	SKRUDLIK Wojciech	2033	NIGHT RUNNERS	M-40	54	01:08:27	02:02:49	03:21:44.70	03:21:44.70	+01:25:36 (42.4%)	9:36	6.2 (57.4%)
141	BISKUPSKI Jakub	2332		M-50	24	01:10:26	02:06:00	03:22:04.10	03:22:04.10	+01:25:55 (42.5%)	9:37	6.2 (57.4%)
142	WILMAŃSKI Arkadiusz	2086		M-50	25	01:10:59	02:06:59	03:22:11.10	03:22:11.10	+01:26:02 (42.6%)	9:37	6.2 (57.4%)
143	DZIEJMA Wojciech	2252	MAXI PULPETOS	M-40	55	01:10:03	02:04:36	03:23:18.90	03:23:18.90	+01:27:10 (42.9%)	9:40	6.2 (57.4%)
144	SZYMAŃSKI Wojciech	2071		M-40	56	01:16:10	02:10:02	03:23:29.25	03:23:29.25	+01:27:21 (42.9%)	9:41	6.2 (57.4%)
145	OLSEN Helge	2300		M-50	26	01:18:10	02:15:21	03:25:35.90	03:25:35.90	+01:29:27 (43.5%)	9:47	6.1 (56.5%)
146	MICIUK Marcin	2271		M-40	57	01:11:09	02:04:24	03:26:15.40	03:26:15.40	+01:30:07 (43.7%)	9:49	6.1 (56.5%)
147	FISZER Jakub	2138	RUNCROSS ROZGARTY	M-40	58	01:08:49	02:02:29	03:27:01.15	03:27:01.15	+01:30:53 (43.9%)	9:51	6.1 (56.5%)
148	MATEJKO Radek	2144	GB GOPR	M-40	59	01:11:01	02:05:40	03:27:06.50	03:27:06.50	+01:30:58 (43.9%)	9:51	6.1 (56.5%)
149	KARCZEWSKI Daniel	2111		M-40	60	01:16:13	02:10:11	03:27:07.95	03:27:07.95	+01:30:59 (43.9%)	9:51	6.1 (56.5%)
150	ZYCH Krystian	2056		M-40	61	01:11:39	02:07:40	03:27:13.95	03:27:13.95	+01:31:05 (44.0%)	9:52	6.1 (56.5%)
151	ZAGÓRSKI Yann	2080	SZWAGROPOL	M-30	51	01:14:02	02:10:15	03:27:41.35	03:27:41.35	+01:31:33 (44.1%)	9:53	6.1 (56.5%)
152	PIETRYGAŁA Robert	2092	-	M-40	62	01:07:01	02:05:55	03:28:48.30	03:28:48.30	+01:32:40 (44.4%)	9:56	6 (55.6%)
153	TOWPIK Piotr	2081		M-40	63	01:08:23	02:05:23	03:28:50.60	03:28:50.60	+01:32:42 (44.4%)	9:56	6 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	STUPAK Paweł	2173		M-40	64	01:13:55	02:11:38	03:29:09.90	03:29:09.90	+01:33:01 (44.5%)	9:57	6 (55.6%)
155	GWIOŹDZIK Sławek	2239	ING BANK ŚLĄSKI	M-50	27	01:09:08	02:07:07	03:30:03.55	03:30:03.55	+01:33:55 (44.7%)	10:00	6 (55.6%)
156	RADZIWANOWSKI Leszek	2341	LIPOWA 1	M-40	65	01:13:09	02:09:29	03:30:48.70	03:30:48.70	+01:34:40 (44.9%)	10:02	6 (55.6%)
157	MARCISZ Karol	2190	KROTOSZYŃSKA GRUPA BIEGOWA	M-40	66	01:13:43	02:09:05	03:31:33.10	03:31:33.10	+01:35:24 (45.1%)	10:04	6 (55.6%)
158	WELS Mariusz	2275		M-30	52	01:12:14	02:06:04	03:31:37.85	03:31:37.85	+01:35:29 (45.1%)	10:04	6 (55.6%)
159	STANIEWSKI Michał	2161		M-30	53	01:16:35	02:12:30	03:33:08.30	03:33:08.30	+01:37:00 (45.5%)	10:08	5.9 (54.6%)
160	RABIEJ Kazimierz	2316	ROZBIEGANI CHOJNÓW	M-60	3	01:13:14	02:10:09	03:33:09.05	03:33:09.05	+01:37:00 (45.5%)	10:09	5.9 (54.6%)
161	CHORAZEWICZ Michał	2045		M-40	67	01:10:53	02:08:48	03:34:06.70	03:34:06.70	+01:37:58 (45.8%)	10:11	5.9 (54.6%)
162	MARKOWSKI Mateusz	2100	TRIGYM SZCZECIN	M-30	54	01:16:36	02:11:36	03:35:50.85	03:35:50.85	+01:39:42 (46.2%)	10:16	5.8 (53.7%)
163	LOBA Damian	2058	ŚWIERCZEWO RUN	M-50	28	01:17:41	02:15:36	03:39:24.90	03:39:24.90	+01:43:16 (47.1%)	10:26	5.7 (52.8%)
164	PALUSZKIEWICZ Rafał	2057	ŚWIERCZEWO RUN / SPP TEAM	M-40	68	01:17:33	02:15:40	03:39:25.00	03:39:25.00	+01:43:16 (47.1%)	10:26	5.7 (52.8%)
165	KAWALA Grzegorz	2139	ŚWIERCZEWO RUN	M-40	69	01:17:34	02:15:39	03:40:01.40	03:40:01.40	+01:43:53 (47.2%)	10:28	5.7 (52.8%)
166	SZYMAŃSKI Sławomir	2213	WKB	M-40	70	01:16:33	02:15:52	03:42:10.90	03:42:10.90	+01:46:02 (47.7%)	10:34	5.7 (52.8%)
167	GRABARA Adam	2321	ING BANK ŚLĄSKI	M-50	29	01:17:19	02:19:05	03:42:33.40	03:42:33.40	+01:46:25 (47.8%)	10:35	5.7 (52.8%)
168	BŁASZCZYK Łukasz	2006		M-30	55	01:19:03	02:15:03	03:43:37.40	03:43:37.40	+01:47:29 (48.1%)	10:38	5.6 (51.9%)
169	LEWANDOWSKI Artur	2176		M-40	71	01:16:52	02:15:12	03:44:27.35	03:44:27.35	+01:48:19 (48.3%)	10:41	5.6 (51.9%)
170	KRAWIEC Piotr	2297		M-40	72	01:17:22	02:16:59	03:44:55.10	03:44:55.10	+01:48:46 (48.4%)	10:42	5.6 (51.9%)
171	DON Robert	2108		M-50	30	01:16:30	02:15:54	03:45:44.40	03:45:44.40	+01:49:36 (48.6%)	10:44	5.6 (51.9%)
172	BASTA Grzegorz	2186	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-50	31	01:16:41	02:18:33	03:46:24.00	03:46:24.00	+01:50:15 (48.7%)	10:46	5.6 (51.9%)
173	SZPERNALOWSKI Grzegorz	2238	ING BANK ŚLĄSKI	M-30	56	01:13:36	02:14:49	03:47:43.10	03:47:43.10	+01:51:34 (49.0%)	10:50	5.5 (50.9%)
174	STACHOWIAK Krzysztof	2015		M-50	32	01:21:48	02:21:29	03:47:46.20	03:47:46.20	+01:51:38 (49.0%)	10:50	5.5 (50.9%)
175	SZPAKOWSKI Michał	2242	ING BANK ŚLĄSKI	M-50	33	01:13:53	02:15:30	03:48:07.40	03:48:07.40	+01:51:59 (49.1%)	10:51	5.5 (50.9%)
176	MAJAK Wojciech	2293		M-40	73	01:11:28	02:12:10	03:49:37.45	03:49:37.45	+01:53:29 (49.4%)	10:56	5.5 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	MIKOŁAJCZAK Tomasz	2151	SPINKO LESZNO	M-30	57	01:12:47	02:11:59	03:51:18.80	03:51:18.80	+01:55:10 (49.8%)	11:00	5.4 (50.0%)
178	GŁUSZCZAK Jerzy	2265	AKG ŁÓDŹ	M-60	4	01:15:12	02:17:56	03:53:05.30	03:53:05.30	+01:56:57 (50.2%)	11:05	5.4 (50.0%)
179	WIECZOREK Artur	2282	BIEGACZE Z PODLESIA.	M-40	74	01:17:23	02:25:16	03:53:05.60	03:53:05.60	+01:56:57 (50.2%)	11:05	5.4 (50.0%)
180	STAWARZ Paweł	2343	ELITARNY KLUB BIEGACZA	M-50	34	01:19:07	02:20:21	03:53:08.80	03:53:08.80	+01:57:00 (50.2%)	11:06	5.4 (50.0%)
181	BURCHARDT Sławomir	2079	CENTRUM SZKOLENIA WOJSK LĄDOWYCH W POZNANIU	M-50	35	01:18:07	02:21:17	03:54:32.45	03:54:32.45	+01:58:24 (50.5%)	11:10	5.4 (50.0%)
182	KULAK Paweł	2263		M-50	36	01:16:51	02:23:06	03:55:39.40	03:55:39.40	+01:59:31 (50.7%)	11:13	5.3 (49.1%)
183	KRUSZKA Jakub	2070		M-20	12	01:16:44	02:18:16	03:56:24.95	03:56:24.95	+02:00:16 (50.9%)	11:15	5.3 (49.1%)
184	ORŁOWSKI Daniel	2134	MILLSIDE DISTILLERY	M-40	75	01:21:03	02:25:00	03:57:47.20	03:57:47.20	+02:01:39 (51.2%)	11:19	5.3 (49.1%)
185	KEGEL Zbigniew	2026	PIĄTKOWO NA BIEGOWO	M-60	5	01:21:01	02:24:40	03:58:00.10	03:58:00.10	+02:01:51 (51.2%)	11:20	5.3 (49.1%)
186	POKORNY Tomasz	2272	ZAKOCHAJ SIĘ W BIEGANIU	M-50	37	01:21:52	02:25:04	03:58:06.75	03:58:06.75	+02:01:58 (51.2%)	11:20	5.3 (49.1%)
187	BRZEZIŃSKI Andrzej	2162	LANRUNS	M-60	6	01:19:08	02:27:10	04:01:50.30	04:01:50.30	+02:05:42 (52.0%)	11:30	5.2 (48.1%)
188	WALISZEWSKI Jakub	2292	ROWERY MAŁGOŚKA	M-30	58	01:25:14	02:29:02	04:01:55.95	04:01:55.95	+02:05:47 (52.0%)	11:31	5.2 (48.1%)
189	BRZOSTOWSKI Zbigniew	2187		M-60	7	01:23:04	02:27:45	04:04:59.55	04:04:59.55	+02:08:51 (52.6%)	11:39	5.1 (47.2%)
190	KRUSZKA Stanisław	2069		M-40	76	01:25:57	02:30:47	04:05:01.95	04:05:01.95	+02:08:53 (52.6%)	11:40	5.1 (47.2%)
191	DEMCZAR Jacek	2077	W STRONĘ ULTRA	M-50	38	01:25:03	02:29:40	04:05:47.60	04:05:47.60	+02:09:39 (52.8%)	11:42	5.1 (47.2%)
192	MÓLL Mateusz	2342		M-30	59	01:11:02	02:28:31	04:06:57.00	04:06:57.00	+02:10:48 (53.0%)	11:45	5.1 (47.2%)
193	KONIECZNY Marek	2143		M-40	77	01:23:07	02:29:05	04:09:57.30	04:09:57.30	+02:13:49 (53.5%)	11:54	5 (46.3%)
194	SOBCZAK Aleksander	2184	BIELAWSKA AKADEMIA BIEGANIA	M-40	78	01:22:57	02:33:36	04:13:34.20	04:13:34.20	+02:17:26 (54.2%)	12:04	5 (46.3%)
195	ADAMCZUK Piotr	2194		M-40	79	01:25:01	02:34:55	04:15:57.80	04:15:57.80	+02:19:49 (54.6%)	12:11	4.9 (45.4%)
196	SZYMAŃSKI Marek	2117	KB KAMIEŃ POMORSKI	M-40	80	01:27:42	02:35:53	04:16:14.30	04:16:14.30	+02:20:06 (54.7%)	12:12	4.9 (45.4%)
197	NOWAKOWSKI Robert	2216	BBL LEGNICA	M-50	39	01:29:08	02:35:26	04:16:15.05	04:16:15.05	+02:20:06 (54.7%)	12:12	4.9 (45.4%)
198	KOZŁOWSKI Krzysztof	2020	RUNCROSS ROZGARTY	M-30	60	01:31:51	02:41:17	04:21:24.25	04:21:24.25	+02:25:16 (55.6%)	12:26	4.8 (44.4%)
199	RYBAK Remigiusz	2197		M-30	61	01:31:10	02:44:51	04:23:52.00	04:23:52.00	+02:27:43 (56.0%)	12:33	4.8 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	KOZANECKI Adam	2122	SUPERMARATOŃCZYK KALISZ	M-50	40	01:25:57	02:37:27	04:26:00.40	04:26:00.40	+02:29:52 (56.3%)	12:40	4.7 (43.5%)
201	TOKARZ Paweł	2363		M-40	81	01:35:46	02:48:42	04:34:34.50	04:34:34.50	+02:38:26 (57.7%)	13:04	4.6 (42.6%)
202	DOLICHER Robert	2109		M-50	41		02:49:52	04:58:01.35	04:58:01.35	+03:01:53 (61.0%)	14:11	4.2 (38.9%)
	BUDZAJ Robert	2001		M-40		01:54:44 DNF	03:29:52 DNF	DNF	DNF		-	- (0.0%)
	JASICZAK Andrzej	2107		M-50		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 204 wynik(ów)