



**SUPERMARATON
GÓR
STOŁOWYCH**

Wydarzenie: Supermaraton Gór Stołowych 2020
Organizator: Fundacja Maratony Górskie
Data: 2020-06-27
Miejsce: Karłów
Dystans: 50 km

SGS ULTRA 50KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Czas netto 50km	Różn	Tempo min/km	Tempo km/h
1	CZERNIAK Paweł	447	KARKONOSZ RUNNING TEAM	M-30	1	01:10:32	02:25:25	03:28:50	04:53:16.30		5:51	10.2 (100%)
2	KOZIOŁ Damian	460	MARCINSWIERCTEAM	M-30	2	01:16:29	02:34:33	03:37:47	05:10:07.85	+00:16:51 (5.4%)	6:12	9.7 (95.1%)
3	JUREK Michał	43		M-30	3	01:17:10	02:41:00	03:51:01	05:16:18.95	+00:23:02 (7.3%)	6:19	9.5 (93.1%)
4	BRYSZ Michał	15	STOWARZYSZENIE BIEGACZY GÓRSKICH PODBIEG	M-30	4	01:16:42	02:38:04	03:45:37	05:17:20.60	+00:24:04 (7.6%)	6:20	9.5 (93.1%)
5	KROSNY Sebastian	215	STS BIEGATON MIKOŁÓW / LEŚNA SZARAŃCZA I ZAŁOGA GÓRSKA :D	M-30	5	01:20:36	02:44:25	03:55:41	05:27:39.30	+00:34:23 (10.5%)	6:33	9.2 (90.2%)
6	DYREK Michał	137	MOK MSZANA DOLNA	M-30	6	01:23:44	02:50:14	04:04:12	05:37:13.95	+00:43:57 (13.0%)	6:44	8.9 (87.3%)
7	WICHŁACZ Paweł	198	KB MANIAC POZNAŃ	M-30	7	01:26:40	02:59:05	04:10:47	05:38:43.65	+00:45:27 (13.4%)	6:46	8.9 (87.3%)
8	DEMBSKI Paweł	418	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	8	01:19:44	02:43:06	03:56:39	05:44:15.20	+00:50:58 (14.8%)	6:53	8.7 (85.3%)
9	LEMAŃSKI Damian	196		M-30	9	01:19:36	02:47:25	04:05:19	05:46:34.50	+00:53:18 (15.4%)	6:55	8.7 (85.3%)
10	POMORSKI Marcin	479	SZWLA STARGARD	M-30	10	01:22:41	02:51:56	04:06:36	05:46:36.30	+00:53:20 (15.4%)	6:55	8.7 (85.3%)
11	ZARODKIEWICZ Dawid	359	NAPRZÓD MŁODZINY / #TZD	M-30	11	01:23:45	02:53:14	04:11:48	05:51:42.95	+00:58:26 (16.6%)	7:02	8.5 (83.3%)
12	JANIK Mateusz	329		M-30	12	01:29:24	02:59:44	04:19:22	05:57:42.30	+01:04:26 (18.0%)	7:09	8.4 (82.4%)
13	KOZIEŁ Grzegorz	270	STS BIEGATON MIKOŁÓW	M-30	13	01:29:50	03:01:13	04:16:28	06:00:11.60	+01:06:55 (18.6%)	7:12	8.3 (81.4%)
14	HORZELA Błażej	493		M-30	14	01:16:47	02:40:34	04:02:57	06:02:25.15	+01:09:08 (19.1%)	7:14	8.3 (81.4%)
15	MIKA Andrzej	69	KLUB NIEDZIELNEGO BIEGACZA	M-30	15	01:24:45	03:00:08	04:23:38	06:05:52.85	+01:12:36 (19.8%)	7:19	8.2 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Czas		Tempo min/km	Tempo km/h
									netto 50km	Różn		
16	WALCZAK Patryk	177		M-30	16	01:23:19	03:02:32	04:20:15	06:07:19.30	+01:14:03 (20.2%)	7:20	8.2 (80.4%)
17	OLSZAK Dariusz	257	MSPORT TEAM	M-30	17	01:27:04	03:11:55	04:36:04	06:10:48.95	+01:17:32 (20.9%)	7:24	8.1 (79.4%)
18	KOCEMBA Kamil	4	KĘCKIE HARPAGANY	M-30	18	01:29:25	03:07:30	04:31:19	06:13:23.05	+01:20:06 (21.5%)	7:28	8 (78.4%)
19	MICHALSKI Piotr	24		M-30	19	01:28:06	03:02:45	04:23:58	06:15:16.90	+01:22:00 (21.9%)	7:30	8 (78.4%)
20	PABIS Szymon	473		M-30	20	01:35:28	03:17:08	04:38:56	06:16:51.30	+01:23:35 (22.2%)	7:32	8 (78.4%)
21	MICHALSKI Mateusz	354		M-30	21	01:34:55	03:12:04	04:35:26	06:19:31.90	+01:26:15 (22.7%)	7:35	7.9 (77.5%)
22	NOWICKI Tomasz	222	KLUB BIEGACZA FARTLEK	M-30	22	01:26:29	03:04:52	04:29:25	06:19:50.70	+01:26:34 (22.8%)	7:35	7.9 (77.5%)
23	KUŚMIDER Jakub	101	PRZEMYSKI KLUB BIEGACZA	M-30	23	01:28:05	03:00:56	04:17:49	06:21:30.15	+01:28:13 (23.1%)	7:37	7.9 (77.5%)
24	WYROBA Wojciech	33		M-30	24	01:31:04	03:11:35	04:34:49	06:23:55.75	+01:30:39 (23.6%)	7:40	7.8 (76.5%)
25	KRASIŃSKI Marcin	160	WOODWARD RUNNERS	M-30	25	01:30:33	03:11:44	04:34:23	06:24:43.15	+01:31:26 (23.8%)	7:41	7.8 (76.5%)
26	MIKUŁAN Mikołaj	97	U.S NAVY SEAL	M-30	26	01:33:56	03:13:32	04:37:11	06:24:57.85	+01:31:41 (23.8%)	7:41	7.8 (76.5%)
27	ZAWORSKI Tomasz	163		M-30	27	01:35:51	03:16:03	04:41:06	06:25:19.30	+01:32:03 (23.9%)	7:42	7.8 (76.5%)
28	BURYBA Jacek	218	KLUB BIEGACZA FARTLEK	M-30	28	01:35:17	03:21:23	04:49:49	06:30:21.35	+01:37:05 (24.9%)	7:48	7.7 (75.5%)
29	KAŁWA Leszek	360	WOLBROM TEAM	M-30	29	01:32:28	03:14:24	04:41:12	06:31:20.60	+01:38:04 (25.1%)	7:49	7.7 (75.5%)
30	SŁYSZ Szymon	41		M-30	30	01:24:08	03:03:07	04:37:02	06:32:33.20	+01:39:16 (25.3%)	7:51	7.6 (74.5%)
31	MARCINIAK Jakub	120	KOŹMIN BIEGA ULTRA RUNNERS	M-30	31	01:26:30	03:08:47	04:38:22	06:32:34.80	+01:39:18 (25.3%)	7:51	7.6 (74.5%)
32	JASTRZEBSKI Szymon	25		M-30	32	01:32:07	03:16:09	04:44:05	06:35:16.20	+01:41:59 (25.8%)	7:54	7.6 (74.5%)
33	CZERWIECKI Marcin	389	STS	M-30	33	01:24:56	03:10:14	04:37:23	06:35:37.80	+01:42:21 (25.9%)	7:54	7.6 (74.5%)
34	PASTERZ Piotr	262		M-30	34	01:35:27	03:16:56	04:45:22	06:36:48.60	+01:43:32 (26.1%)	7:56	7.6 (74.5%)
35	MAREK Paweł	155		M-30	35	01:29:32	03:08:43	04:37:14	06:39:09.65	+01:45:53 (26.5%)	7:58	7.5 (73.5%)
36	RUCIŃSKI Arkadiusz	367		M-30	36	01:31:23	03:08:00	04:33:17	06:39:28.20	+01:46:11 (26.6%)	7:59	7.5 (73.5%)
37	MYŚLIWIEC Przemysław	410	NEUROCHIRURGIE UNIV. KLINIKUM DRESDEN	M-30	37	01:26:15	03:12:09	04:44:34	06:40:06.10	+01:46:49 (26.7%)	8:00	7.5 (73.5%)
38	WOJCIECHOWSKI Przemysław	463	CHAMPIONMAN TEAM	M-30	38	01:27:35	03:07:57	04:40:29	06:43:25.65	+01:50:09 (27.3%)	8:04	7.4 (72.5%)

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									netto 50km			
39	SPYRKA Piotr	393	KLUB BIEGACZA FARTLEK	M-30	39	01:29:55	03:16:40	04:47:37	06:45:43.45	+01:52:27 (27.7%)	8:06	7.4 (72.5%)
40	NOWAK Mariusz	179	HRT	M-30	40	01:34:27	03:12:57	04:34:09	06:46:42.45	+01:53:26 (27.9%)	8:08	7.4 (72.5%)
41	RUDAWSKI Paweł	490		M-30	41	01:42:39	03:30:09	04:57:11	06:49:19.05	+01:56:02 (28.4%)	8:11	7.3 (71.6%)
42	ŚMICHURSKI Krzysztof	328	FIZJOTERAPIA BIEGACZA/WLKP MOUNTAINS ULTRA	M-30	42	01:31:22	03:15:06	04:45:00	06:49:22.50	+01:56:06 (28.4%)	8:11	7.3 (71.6%)
43	KWIECIEŃ Marek	404	MARKOWI BIEGACZE	M-30	43	01:35:19	03:20:28	04:50:05	06:50:50.05	+01:57:33 (28.6%)	8:13	7.3 (71.6%)
44	DURA Przemysław	60	DOBCZYCKI KLUB BIEGACZA	M-30	44	01:35:35	03:23:43	04:55:33	06:51:04.45	+01:57:48 (28.7%)	8:13	7.3 (71.6%)
45	PIECUCH Marcin	29	LACHO TEAM	M-30	45	01:34:48	03:23:55	04:56:20	06:53:11.25	+01:59:54 (29.0%)	8:15	7.3 (71.6%)
46	STPICZYŃSKI Marcin	22		M-30	46	01:43:41	03:33:50	05:03:20	06:54:14.10	+02:00:57 (29.2%)	8:17	7.2 (70.6%)
47	LEWANDOWSKI Łukasz	190		M-30	47	01:39:00	03:24:51	04:57:42	06:57:26.70	+02:04:10 (29.7%)	8:20	7.2 (70.6%)
48	ŁOŚ Tomasz	223	3T BIAŁYSTOK	M-30	48	01:41:28	03:35:17	05:03:23	06:58:40.95	+02:05:24 (30.0%)	8:22	7.2 (70.6%)
49	DAWIDZIAK Arkadiusz	321		M-30	49	01:37:14	03:29:47	05:05:36	07:01:29.80	+02:08:13 (30.4%)	8:25	7.1 (69.6%)
50	SZOTOWICZ Paweł	127	SZWLA STARGARD	M-30	50	01:42:13	03:30:40	05:03:13	07:04:33.25	+02:11:16 (30.9%)	8:29	7.1 (69.6%)
51	HOŁOWNIA Tomasz	151	GRUPA BIEGOWA "BEZ GRANIC"	M-30	51	01:35:23	03:17:50	04:51:07	07:08:15.40	+02:14:59 (31.5%)	8:33	7 (68.6%)
52	ROJEWSKI Paweł	122	EVERRUN	M-30	52	01:30:36	03:17:21	04:58:14	07:09:07.10	+02:15:50 (31.7%)	8:34	7 (68.6%)
53	LACHOWSKI Robert	205		M-30	53	01:32:53	03:20:03	05:02:01	07:12:46.00	+02:19:29 (32.2%)	8:39	6.9 (67.6%)
54	SMOLIŃSKI Piotr	433		M-30	54	01:46:41	03:42:48	05:19:29	07:13:06.00	+02:19:49 (32.3%)	8:39	6.9 (67.6%)
55	RĄCZKOWSKI Daniel	187	KB ZDYSZAAANI CHOCIANÓW	M-30	55	01:34:16	03:16:54	04:56:17	07:13:32.00	+02:20:15 (32.4%)	8:40	6.9 (67.6%)
56	URBASEK Łukasz	403		M-30	56	01:37:38	03:18:46	05:02:02	07:16:02.00	+02:22:45 (32.7%)	8:43	6.9 (67.6%)
57	MARUKIEWICZ Marek	200	BIEGAMDŁAZDROWIA.PL	M-30	57	01:39:57	03:36:43	05:13:42	07:16:19.75	+02:23:03 (32.8%)	8:43	6.9 (67.6%)
58	DAWIDZIAK Wojciech	306		M-30	58	01:37:06	03:29:18	05:10:35	07:16:47.25	+02:23:30 (32.9%)	8:44	6.9 (67.6%)
59	JĘDRYCHOWSKI Bartłomiej	439	KUDOWIANKA RUN	M-30	59	01:39:38	03:28:38	05:11:52	07:16:48.55	+02:23:32 (32.9%)	8:44	6.9 (67.6%)
60	SZYDLIK Arkadiusz	201	DOGOŃ GRODZISK MAZOWIECKI	M-30	60	01:36:09	03:26:44	05:02:16	07:16:52.20	+02:23:35 (32.9%)	8:44	6.9 (67.6%)
61	WELTER Przemysław	444	KB SZAMOTUŁY	M-30	61	01:33:19	03:26:56	05:08:42	07:19:47.00	+02:26:30 (33.3%)	8:47	6.8 (66.7%)

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62	OSIŃSKI Karol	214	PAŁUKI RUNNING TEAM	M-30	62	01:43:34	03:37:39	05:16:47	07:20:27.05	+02:27:10 (33.4%)	8:48	6.8 (66.7%)
63	MATCZAK Maciej	65	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M-30	63	01:39:37	03:37:00	05:19:49	07:21:19.60	+02:28:03 (33.5%)	8:49	6.8 (66.7%)
64	STOLAREK Sebastian	142	SPARTA RUNNERS	M-30	64	01:47:22	03:45:05	05:19:49	07:30:35.45	+02:37:19 (34.9%)	9:00	6.7 (65.7%)
65	JAŻNIEWICZ Artur	27	MLG	M-30	65	01:51:05	04:02:11	05:32:51	07:32:02.60	+02:38:46 (35.1%)	9:02	6.6 (64.7%)
66	CHMIELEWSKI Krzysztof	233	OUTDOOR TRAINING	M-30	66	01:41:36	03:36:33	05:27:55	07:38:46.60	+02:45:30 (36.1%)	9:10	6.5 (63.7%)
67	RYBAK Pawel	5		M-30	67	01:56:48	03:52:18	05:34:41	07:39:08.55	+02:45:52 (36.1%)	9:10	6.5 (63.7%)
68	SKAŁECKI Przemysław	64	SKAŁKI	M-30	68	01:50:31	03:52:25	05:30:55	07:40:58.80	+02:47:42 (36.4%)	9:13	6.5 (63.7%)
69	LEWKOWSKI Aleksander	207		M-30	69	01:43:31	03:38:01	05:22:39	07:41:22.30	+02:48:06 (36.4%)	9:13	6.5 (63.7%)
70	KUNA Wojciech	229		M-30	70	01:48:33	03:45:10	05:30:02	07:42:18.45	+02:49:02 (36.6%)	9:14	6.5 (63.7%)
71	SZYMANOWSKI Paweł	273		M-30	71	01:41:51	03:36:26	05:23:55	07:42:54.50	+02:49:38 (36.6%)	9:15	6.5 (63.7%)
72	GAWRON Tomasz	91		M-30	72	01:49:20	03:47:15	05:27:22	07:45:23.75	+02:52:07 (37.0%)	9:18	6.4 (62.7%)
73	SZYDŁOWSKI Adrian	320	PIERWSZYKILOMETR.BLOGSPOT.COM	M-30	73	01:45:24	03:46:40	05:35:14	07:52:51.10	+02:59:34 (38.0%)	9:27	6.3 (61.8%)
74	GRABARCZYK Mateusz	340	RADLINIOKI W BIEGU	M-30	74	01:51:22	03:51:27	05:40:43	07:53:40.70	+03:00:24 (38.1%)	9:28	6.3 (61.8%)
75	KARAWACKI Grzegorz	46	KĘCKIE HARPAGANY	M-30	75	01:55:07	04:07:30	05:52:28	07:53:54.75	+03:00:38 (38.1%)	9:28	6.3 (61.8%)
76	SZYMCZYSZYN Tomasz	21		M-30	76	01:49:04	03:43:38	05:31:08	07:54:04.00	+03:00:47 (38.1%)	9:28	6.3 (61.8%)
77	CYGAN Lukasz	191	KLUB SPORTOWY HAJIME / AMBITNY AMATOR	M-30	77	01:49:17	03:45:46	05:31:46	07:58:39.45	+03:05:23 (38.7%)	9:34	6.3 (61.8%)
78	RACZYŃSKI Bogusz	378	TIGERS TEAM	M-30	78	01:42:40	03:52:25	05:39:54	07:58:40.60	+03:05:24 (38.7%)	9:34	6.3 (61.8%)
79	PĘKAŁA Michał	408	POLARIS/BIEG OPOLSKI	M-30	79	01:48:33	03:49:36	05:32:31	08:00:05.55	+03:06:49 (38.9%)	9:36	6.2 (60.8%)
80	WRÓBLEWSKI Wojciech	162		M-30	80	01:36:20	03:44:32	05:53:06	08:02:07.95	+03:08:51 (39.2%)	9:38	6.2 (60.8%)
81	SKRĘTA Radosław	492	ŻARY RUNNERS TEAM	M-30	81	01:53:16	03:53:11	05:42:18	08:04:36.20	+03:11:19 (39.5%)	9:41	6.2 (60.8%)
82	ZIEWIEC Marcin	227		M-30	82	01:49:10	03:58:06	05:57:05	08:07:44.60	+03:14:28 (39.9%)	9:45	6.2 (60.8%)
83	RUMPEL Krzysztof	185	KS M.E.T.A.	M-30	83	01:45:24	03:49:50	05:46:08	08:08:53.45	+03:15:37 (40.0%)	9:46	6.1 (59.8%)
84	PAWŁOWSKI Tomek	292	SOKÓŁ WŁOSZAKOWICE	M-30	84	01:35:36	03:23:44	05:40:06	08:10:13.30	+03:16:57 (40.2%)	9:48	6.1 (59.8%)

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85	WEŁNIAK Przemysław	330	MOGILNO TEAM	M-30	85	01:39:49	03:33:00	05:33:09	08:10:57.60	+03:17:41 (40.3%)	9:49	6.1 (59.8%)
86	SOBAŃSKI Patryk	497	BIEGAM BO CHCĘ	M-30	86	01:40:51	03:44:30	05:41:28	08:11:45.10	+03:18:28 (40.4%)	9:50	6.1 (59.8%)
87	PINIARSKI Paweł	312	DPKJIP	M-30	87	01:49:45	04:02:30	05:56:43	08:13:08.95	+03:19:52 (40.5%)	9:51	6.1 (59.8%)
88	PIETRZOK Wojciech	3	NIGHT RUNNERS	M-30	88	01:50:02	03:56:17	05:47:51	08:14:05.00	+03:20:48 (40.6%)	9:52	6.1 (59.8%)
89	BARAŃSKI Piotr	153		M-30	89	01:47:59	03:52:33	05:39:19	08:15:01.35	+03:21:45 (40.8%)	9:54	6.1 (59.8%)
90	WIDAK Mateusz	71		M-30	90	01:50:22	04:01:37	05:49:35	08:18:17.85	+03:25:01 (41.1%)	9:57	6 (58.8%)
91	PROCHNO Piotr	169	ANWILTEAM	M-30	91	01:51:31	03:57:42	05:47:55	08:22:25.80	+03:29:09 (41.6%)	10:02	6 (58.8%)
92	NOWAK Łukasz	248	#CZELADZBIEGA	M-30	92	01:52:46	04:00:10	05:56:46	08:22:38.35	+03:29:22 (41.7%)	10:03	6 (58.8%)
93	TYRAK Dominik	342		M-30	93	01:50:08	04:06:04	06:01:25	08:25:16.45	+03:32:00 (42.0%)	10:06	5.9 (57.8%)
94	KOSEL Szczepan	161	KURACJUSZE	M-30	94	01:41:02	03:50:54	05:51:34	08:25:42.95	+03:32:26 (42.0%)	10:06	5.9 (57.8%)
95	PIETRZAK Mateusz	323		M-30	95	01:44:49	03:45:54	05:44:57	08:26:18.90	+03:33:02 (42.1%)	10:07	5.9 (57.8%)
96	JAWORSKI Paweł	483		M-30	96	01:47:44	03:56:17	05:51:29	08:27:12.90	+03:33:56 (42.2%)	10:08	5.9 (57.8%)
97	GINTER Grzegorz	432	AZS COLLEGIUM MEDICUM UJ	M-30	97	02:01:46	04:17:31	06:08:56	08:31:22.75	+03:38:06 (42.7%)	10:13	5.9 (57.8%)
98	WOŹNIAK Waldemar	287	EBIEGI.PL	M-30	98	01:59:39	04:24:26	06:20:41	08:42:33.10	+03:49:16 (43.9%)	10:27	5.7 (55.9%)
99	NAWROT Artur	466	DTR BIEGA/MARIO TEAM	M-30	99	01:42:29	04:01:25	06:07:39	08:46:40.55	+03:53:24 (44.3%)	10:32	5.7 (55.9%)
100	BLACHOWSKI Waldemar	421		M-30	100	01:54:39	04:12:17	06:21:49	08:51:13.70	+03:57:57 (44.8%)	10:37	5.6 (54.9%)
101	ŚRODA Sławomir	491	ULTRASZWAGRY	M-30	101	02:03:15	04:23:37	06:20:13	08:56:28.20	+04:03:11 (45.3%)	10:43	5.6 (54.9%)
102	FRAĆKOWIAK Dominik	280	ORZEŁ LIPNO	M-30	102	01:51:28	04:15:17	06:30:24	08:57:41.55	+04:04:25 (45.5%)	10:45	5.6 (54.9%)
103	FURMANIAK Mateusz	341	SPARTA RUNNERS	M-30	103	01:49:47	04:07:34	06:07:58	08:59:23.95	+04:06:07 (45.6%)	10:47	5.6 (54.9%)
104	MAKARENKOV Sergii	305	DOGOŃ GRODZISK MAZOWIECKI	M-30	104	01:52:16	04:28:29	06:33:53	09:01:11.80	+04:07:55 (45.8%)	10:49	5.5 (53.9%)
105	ROGOWSKI Tomasz	28	UMLAUT	M-30	105	01:56:53	04:23:52	06:29:15	09:02:38.15	+04:09:21 (46.0%)	10:51	5.5 (53.9%)
106	MATEJA Mariusz	44	RAT TEAM	M-30	106	01:47:18	04:08:07	06:18:32	09:05:42.05	+04:12:25 (46.3%)	10:54	5.5 (53.9%)
107	JERMAK Maciej	440	ZDROWY PROJEKT	M-30	107	01:53:32	04:31:03	06:32:46	09:08:57.30	+04:15:41 (46.6%)	10:58	5.5 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Czas		Tempo min/km	Tempo km/h
									netto 50km	Różn		
108	CZECHOWSKI Konrad	324		M-30	108	02:01:53	04:28:37	06:46:46	09:10:19.70	+04:17:03 (46.7%)	11:00	5.5 (53.9%)
109	WALAC Jacek	448	DOGOŃ GRODZISK MAZOWIECKI	M-30	109	02:02:17	04:23:27	06:25:11	09:11:58.05	+04:18:41 (46.9%)	11:02	5.4 (52.9%)
110	OSTROUCH Tymon	107	PARKRUN	M-30	110	02:02:10	04:15:12	06:28:38	09:12:13.75	+04:18:57 (46.9%)	11:02	5.4 (52.9%)
111	WRZOSEK Patryk	210		M-30	111	01:58:32	04:21:04	06:28:45	09:12:25.80	+04:19:09 (46.9%)	11:02	5.4 (52.9%)
112	SZMANIA Jakub	76	HKT AZYMUT	M-30	112	02:05:55	04:39:05	06:41:42	09:18:38.40	+04:25:22 (47.5%)	11:10	5.4 (52.9%)
113	WITKOWSKI Mateusz	443		M-30	113	01:58:44	04:22:49	06:41:39	09:20:13.20	+04:26:56 (47.7%)	11:12	5.4 (52.9%)
114	LELONTKO Marcin	16	#CIŚNIJWIEPRZA	M-30	114	01:55:37	04:12:58	06:32:38	09:23:06.40	+04:29:50 (47.9%)	11:15	5.3 (52.0%)
115	OLESIŃSKI Piotr	426	DRUŻYNA ORZECHA ŻYRARDÓW	M-30	115	01:52:29	04:30:20	06:38:29	09:25:17.45	+04:32:01 (48.1%)	11:18	5.3 (52.0%)
116	POLICKÝ Tomáš	495	KUDOWIANKA RUN	M-30	116	01:53:43	04:11:28	06:21:16	09:27:09.40	+04:33:53 (48.3%)	11:20	5.3 (52.0%)
117	POCIĘGIEL Michał	431	SKAWINA BIEGA	M-30	117	02:08:46	04:36:44	06:52:51	09:37:25.70	+04:44:09 (49.2%)	11:32	5.2 (51.0%)
118	ŚWINIARSKI Michał	298	KWAŚNE ŻELKI	M-30	118	01:50:19	04:23:58	06:56:28	09:51:45.20	+04:58:28 (50.4%)	11:50	5.1 (50.0%)
119	PODSADNY Bartosz	358		M-30	119	02:11:46	04:31:58	06:57:29	09:59:24.25	+05:06:07 (51.1%)	11:59	5 (49.0%)
120	MIŁKOWSKI Marcin	503		M-30	120	02:13:24	05:02:34	07:33:57	10:57:04.80	+06:03:48 (55.4%)	13:08	4.6 (45.1%)
LIM	PFAJFER Marek	176	SPÓJNIA BIAŁE BŁOTA	M-30		02:07:29	04:56:22	07:19:40	10:26:02.75		0:00	4.8 (47.1%)
	ŻAK Adam	485		M-30		01:28:23 DNF	03:01:39 DNF	04:39:15 DNF	DNF		-	- (0.0%)
	ROŚKIEWICZ Jerzy	394	IAG GBS	M-30		01:37:58 DNF	03:50:29 DNF	06:32:39 DNF	DNF		-	- (0.0%)
	SADOWSKI Rafał	350	KB SPARTAKUS BEŁCHATÓW	M-30		01:42:40 DNF	03:38:03 DNF	DNF	DNF		-	- (0.0%)
	PETRYKOWSKI Karol	243	HASAJTO!	M-30		01:55:12 DNF	03:57:56 DNF	DNF	DNF		-	- (0.0%)
	ORDZIEJEWSKI Dominik	32		M-30		02:16:45 DNF	05:04:14 DNF	DNF	DNF		-	- (0.0%)
	KURZAWIAK Grzegorz	9	GRUPA BIEGOWA KAYSER	M-30		01:46:38 DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAJĄC Andrzej	135	DRUŻYNA SZPIKU	M-30		02:31:31 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 128 wynik(ów)