



SUPERMARATON
GÓR
STOŁOWYCH

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

SGS ULTRA 50KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pasterka 14.4km | Parking 27.3km | Batorow 37.9km | Kara/ bonifikata | Czas netto 50km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-----------------------|-----------|------|--------------------|-------------------|-------------------|---------------------|-----------------------|----------------------|-----------------|----------------|
| 1 | GONCZARENKO Jarek | 136 | | M-40 | 1 | 01:16:32 | 02:35:28 | 03:40:51 | | 05:11:50.70 | | 6:14 | 9.6 (100%) |
| 2 | MYCA Paweł | 117 | WOLBROM TEAM | M-40 | 2 | 01:22:37 | 02:49:31 | 04:01:26 | | 05:33:23.75 | +00:21:33 (6.5%) | 6:40 | 9 (93.8%) |
| 3 | STOLARZ Piotr | 118 | AKTYWNA DĄBROWA | M-40 | 3 | 01:22:03 | 02:50:26 | 04:03:45 | | 05:34:43.05 | +00:22:52 (6.8%) | 6:41 | 9 (93.8%) |
| 4 | KITA Michał | 114 | PĘDZĄCY W MIEJSCU | M-40 | 4 | 01:19:52 | 02:46:52 | 03:59:25 | | 05:40:01.65 | +00:28:10 (8.3%) | 6:48 | 8.8 (91.7%) |
| 5 | ROGÓRZ Piotr | 501 | | M-40 | 5 | 01:23:36 | 02:49:15 | 04:05:00 | | 05:42:47.70 | +00:30:57 (9.0%) | 6:51 | 8.8 (91.7%) |
| 6 | BARTOSZEWSKI Grzegorz | 212 | LITWIN TRIATHLON TEAM | M-40 | 6 | 01:27:08 | 02:55:20 | 04:09:05 | | 05:44:18.95 | +00:32:28 (9.4%) | 6:53 | 8.7 (90.6%) |
| 7 | BADOWSKI Jerzy | 411 | TRI AMIGOS | M-40 | 7 | 01:25:41 | 02:54:06 | 04:07:09 | | 05:44:26.25 | +00:32:35 (9.5%) | 6:53 | 8.7 (90.6%) |
| 8 | SKROBAŃSKI Roman | 498 | | M-40 | 8 | 01:23:44 | 02:25:00 | 03:39:54 | 00:30:00 | 05:46:07.00 | +00:34:16 (9.9%) | 6:19 | 9.5 (99.0%) |
| 9 | KALIN Władysław | 496 | PRZEBIEGLI UNISŁAW | M-40 | 9 | 01:22:35 | 02:55:37 | 04:14:08 | | 05:52:11.25 | +00:40:20 (11.5%) | 7:02 | 8.5 (88.5%) |
| 10 | TOMASZEWSKI Mirosław | 508 | | M-40 | 10 | 01:33:00 | 02:40:51 | 04:04:13 | | 05:57:39.15 | +00:45:48 (12.8%) | 7:09 | 8.4 (87.5%) |
| 11 | SKOWROŃSKI Janusz | 462 | | M-40 | 11 | 01:27:38 | 03:05:32 | 04:19:27 | | 06:10:30.85 | +00:58:40 (15.8%) | 7:24 | 8.1 (84.4%) |
| 12 | ZAGÓRSKI Mariusz | 504 | | M-40 | 12 | 01:26:42 | 03:00:29 | 04:22:51 | | 06:11:39.90 | +00:59:49 (16.1%) | 7:25 | 8.1 (84.4%) |
| 13 | PODBIELSKI Krystian | 10 | KAJA TEAM | M-40 | 13 | 01:33:16 | 03:09:42 | 04:33:30 | | 06:12:05.55 | +01:00:14 (16.2%) | 7:26 | 8.1 (84.4%) |
| 14 | KARAMON Marcin | 231 | OPOLEBIEGA | M-40 | 14 | 01:31:52 | 03:10:38 | 04:34:08 | | 06:20:34.25 | +01:08:43 (18.1%) | 7:36 | 7.9 (82.3%) |
| 15 | ŻURAWSKI Sławomir | 57 | PGBSPORTOWAPACZKA | M-40 | 15 | 01:28:53 | 03:07:04 | 04:35:00 | | 06:21:30.65 | +01:09:39 (18.3%) | 7:37 | 7.9 (82.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pasterka | Parking | Batorow | Kara/ | Czas | Różn | Tempo | Tempo |
|-----|-----------------------|-------|-----------------------|-----------|------|----------|----------|----------|------------|--------------------|----------------------|-------|----------------|
| | | | | | | 14.4km | 27.3km | 37.9km | bonifikata | netto | | 50km | min/km |
| 16 | LIPIŃSKI Marek | 477 | | M-40 | 16 | 01:33:56 | 03:20:54 | 04:38:44 | | 06:23:38.45 | +01:11:47 (18.7%) | 7:40 | 7.8 (81.3%) |
| 17 | MALEC Artur | 467 | | M-40 | 17 | 01:29:11 | 03:06:40 | 04:36:30 | | 06:25:05.35 | +01:13:14 (19.0%) | 7:42 | 7.8 (81.3%) |
| 18 | ŁUCJANEK Andrzej | 109 | KAJA TEAM | M-40 | 18 | 01:33:09 | 03:09:34 | 04:33:26 | | 06:26:27.15 | +01:14:36 (19.3%) | 7:43 | 7.8 (81.3%) |
| 19 | POCHYLSKI Przemysław | 437 | ZGRUPKA TEAM | M-40 | 19 | 01:32:23 | 03:21:40 | 04:44:06 | | 06:27:43.15 | +01:15:52 (19.6%) | 7:45 | 7.7 (80.2%) |
| 20 | KOZŁOWSKI Leszek | 429 | | M-40 | 20 | 01:32:33 | 03:14:39 | 04:43:29 | | 06:32:04.70 | +01:20:14 (20.5%) | 7:50 | 7.7 (80.2%) |
| 21 | WIECZOREK Damian | 416 | | M-40 | 21 | 01:36:30 | 03:21:20 | 04:44:03 | | 06:32:51.40 | +01:21:00 (20.6%) | 7:51 | 7.6 (79.2%) |
| 22 | HEŁMECKI Artur | 399 | | M-40 | 22 | 01:27:59 | 03:08:42 | 04:41:51 | | 06:33:21.90 | +01:21:31 (20.7%) | 7:52 | 7.6 (79.2%) |
| 23 | ANDRZEJEWSKI Tomasz | 369 | MOGILNO TEAM | M-40 | 23 | 01:35:43 | 03:20:36 | 04:52:43 | | 06:37:23.10 | +01:25:32 (21.5%) | 7:56 | 7.5 (78.1%) |
| 24 | LISIECKI Tomasz | 291 | TRZYNASTKA PLUS | M-40 | 24 | 01:36:42 | 03:20:48 | 04:48:02 | | 06:38:07.20 | +01:26:16 (21.7%) | 7:57 | 7.5 (78.1%) |
| 25 | NOWACZYK Tomasz | 488 | KOŚCIAN TEAM | M-40 | 25 | 01:31:00 | 03:14:16 | 04:42:18 | | 06:38:22.95 | +01:26:32 (21.7%) | 7:58 | 7.5 (78.1%) |
| 26 | MIKOŁAJCZYK Krzysztof | 382 | | M-40 | 26 | 01:28:49 | 03:06:46 | 04:36:36 | | 06:41:11.30 | +01:29:20 (22.3%) | 8:01 | 7.5 (78.1%) |
| 27 | MATŁĄG Michał | 12 | KB MANIAC POZNAŃ | M-40 | 27 | 01:34:05 | 03:15:49 | 04:44:22 | | 06:42:17.30 | +01:30:26 (22.5%) | 8:02 | 7.5 (78.1%) |
| 28 | KOWALCZYK Paweł | 23 | KĘCKIE HARPAGANY | M-40 | 28 | 01:33:24 | 03:15:10 | 04:41:56 | | 06:42:26.30 | +01:30:35 (22.5%) | 8:02 | 7.5 (78.1%) |
| 29 | ADAM Piotr | 446 | WROCLAW MARATHON TEAM | M-40 | 29 | 01:32:48 | 03:15:01 | 04:44:31 | | 06:42:57.05 | +01:31:06 (22.6%) | 8:03 | 7.4 (77.1%) |
| 30 | SZCZEPANIK Robert | 192 | | M-40 | 30 | 01:35:22 | 03:22:54 | 04:52:38 | | 06:44:24.75 | +01:32:34 (22.9%) | 8:05 | 7.4 (77.1%) |
| 31 | PAPROCKI Krzysztof | 141 | | M-40 | 31 | 01:33:28 | 03:17:47 | 04:49:02 | | 06:46:39.05 | +01:34:48 (23.3%) | 8:07 | 7.4 (77.1%) |
| 32 | DZIUBA Piotr | 392 | | M-40 | 32 | 01:32:42 | 03:18:26 | 04:52:02 | | 06:46:41.25 | +01:34:50 (23.3%) | 8:08 | 7.4 (77.1%) |
| 33 | RAJEK Sebastian | 288 | | M-40 | 33 | 01:35:21 | 03:29:45 | 05:06:50 | | 06:47:03.85 | +01:35:13 (23.4%) | 8:08 | 7.4 (77.1%) |
| 34 | URBAŃSKI Krzysztof | 56 | MARMEL TORUŃ | M-40 | 34 | 01:37:41 | 03:26:44 | 04:54:51 | | 06:47:06.50 | +01:35:15 (23.4%) | 8:08 | 7.4 (77.1%) |
| 35 | HAJDUK Bartłomiej | 152 | SBG PODBIEG | M-40 | 35 | 01:34:15 | 03:18:46 | 04:49:54 | | 06:47:17.05 | +01:35:26 (23.4%) | 8:08 | 7.4 (77.1%) |
| 36 | CISKI Piotr | 249 | | M-40 | 36 | 01:43:59 | 03:32:33 | 04:59:53 | | 06:48:52.90 | +01:37:02 (23.7%) | 8:10 | 7.3 (76.0%) |
| 37 | ŻELICHOWSKI Artur | 138 | KĘCKIE HARPAGANY | M-40 | 37 | 01:36:30 | 03:18:58 | 04:55:28 | | 06:49:05.20 | +01:37:14 (23.8%) | 8:10 | 7.3 (76.0%) |
| 38 | BARTKOWIAK Rafał | 128 | | M-40 | 38 | 01:39:17 | 03:26:15 | 04:54:52 | | 06:50:55.15 | +01:39:04 (24.1%) | 8:13 | 7.3 (76.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pasterka 14.4km | Parking 27.3km | Batorow 37.9km | Kara/ bonifikata | Czas | | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---|-----------|------|--------------------|-------------------|-------------------|---------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | netto 50km | Różn | | |
| 39 | KAŁUŻNY Wojciech | 459 | BIEGOWA ŚWIDNICA | M-40 | 39 | 01:38:10 | 03:23:39 | 04:52:23 | | 06:53:54.20 | +01:42:03 (24.7%) | 8:16 | 7.2 (75.0%) |
| 40 | MARS Maksymilian | 79 | TRAILRUN | M-40 | 40 | 01:41:02 | 03:30:33 | 05:01:02 | | 06:53:56.05 | +01:42:05 (24.7%) | 8:16 | 7.2 (75.0%) |
| 41 | KRÓL Marcin | 125 | | M-40 | 41 | 01:39:15 | 03:29:34 | 04:59:11 | | 06:54:12.50 | +01:42:21 (24.7%) | 8:17 | 7.2 (75.0%) |
| 42 | PIOTROWSKI Krzysztof | 455 | | M-40 | 42 | 01:42:24 | 03:31:44 | 05:01:34 | | 06:57:09.10 | +01:45:18 (25.2%) | 8:20 | 7.2 (75.0%) |
| 43 | KOSIN Paweł | 221 | | M-40 | 43 | 01:41:56 | 03:34:41 | 05:04:46 | | 06:57:14.70 | +01:45:24 (25.3%) | 8:20 | 7.2 (75.0%) |
| 44 | PAŁKA Michał | 381 | #SLIMAKIBARCIN | M-40 | 44 | 01:44:08 | 03:33:39 | 05:04:23 | | 06:57:57.65 | +01:46:06 (25.4%) | 8:21 | 7.2 (75.0%) |
| 45 | GROCHOWSKI Tomasz | 337 | SPARTA RUNNERS | M-40 | 45 | 01:39:30 | 03:26:47 | 04:59:12 | | 06:58:19.20 | +01:46:28 (25.5%) | 8:22 | 7.2 (75.0%) |
| 46 | MAZUR Marcin | 383 | TKKF TRIATHLON DĄBROWA GÓRNICZA | M-40 | 46 | 00:49:19 | 02:38:19 | 04:14:49 | 00:40:00 | 06:59:46.00 | +01:47:55 (25.7%) | 7:35 | 7.9 (82.3%) |
| 47 | WEŁNIAK Bogusław | 397 | MOGILNO TEAM | M-40 | 47 | 01:39:18 | 03:25:31 | 04:57:11 | | 07:00:56.75 | +01:49:06 (25.9%) | 8:25 | 7.1 (74.0%) |
| 48 | BŁĘDOWSKI Mariusz | 82 | AAC FORD AUTO STYL WŁOCŁAWEK TEAM | M-40 | 48 | 01:37:35 | 03:32:02 | 05:08:57 | | 07:00:58.95 | +01:49:08 (25.9%) | 8:25 | 7.1 (74.0%) |
| 49 | JANIEC Robert | 245 | CZELADŹ BIEGA | M-40 | 49 | 01:41:24 | 03:31:14 | 05:08:32 | | 07:01:41.65 | +01:49:50 (26.0%) | 8:26 | 7.1 (74.0%) |
| 50 | MIKUŚKIEWICZ Piotr | 489 | 10 ŚWIĘTOKRZYSKA BRYGADA OBRONY TERYTORIALNEJ | M-40 | 50 | 01:34:33 | 03:23:10 | 04:50:47 | | 07:02:04.50 | +01:50:13 (26.1%) | 8:26 | 7.1 (74.0%) |
| 51 | TOPOLSKI Marcin | 290 | CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA | M-40 | 51 | 01:50:16 | 03:43:17 | 05:10:51 | | 07:04:38.55 | +01:52:47 (26.6%) | 8:29 | 7.1 (74.0%) |
| 52 | NOWICKI Zbigniew | 413 | TRI AMIGOS | M-40 | 52 | 01:46:34 | 03:48:18 | 05:18:55 | | 07:07:49.35 | +01:55:58 (27.1%) | 8:33 | 7 (72.9%) |
| 53 | KRÓL Przemysław | 126 | | M-40 | 53 | 01:41:05 | 03:31:49 | 05:05:12 | | 07:08:12.45 | +01:56:21 (27.2%) | 8:33 | 7 (72.9%) |
| 54 | SZOTOWICZ Sebastian | 436 | TT SZCZECIN | M-40 | 54 | 01:42:03 | 03:30:25 | 05:16:21 | | 07:11:14.95 | +01:59:24 (27.7%) | 8:37 | 7 (72.9%) |
| 55 | MAJKOWSKI Michał | 307 | | M-40 | 55 | 01:48:48 | 03:37:54 | 05:07:58 | | 07:11:23.60 | +01:59:32 (27.7%) | 8:37 | 7 (72.9%) |
| 56 | STRZYGOCKI Maciej | 322 | BLACK DEVILS | M-40 | 56 | 01:34:28 | 03:22:36 | 05:06:10 | | 07:12:34.15 | +02:00:43 (27.9%) | 8:39 | 6.9 (71.9%) |
| 57 | ZAKRZYNSKI Franciszek | 401 | | M-40 | 57 | 01:35:35 | 03:24:03 | 05:07:40 | | 07:13:09.45 | +02:01:18 (28.0%) | 8:39 | 6.9 (71.9%) |
| 58 | UCIEKLAK Dominik | 294 | | M-40 | 58 | 01:38:20 | 03:28:09 | 05:07:00 | | 07:13:35.65 | +02:01:44 (28.1%) | 8:40 | 6.9 (71.9%) |
| 59 | JANCZ Tomasz | 149 | | M-40 | 59 | 01:38:26 | 03:34:11 | 05:07:52 | | 07:15:21.30 | +02:03:30 (28.4%) | 8:42 | 6.9 (71.9%) |
| 60 | AUGUSTYNIAK Mariusz | 407 | CROSSFIT TEAM SUSZ | M-40 | 60 | 01:50:03 | 03:45:27 | 05:16:08 | | 07:15:27.95 | +02:03:37 (28.4%) | 8:42 | 6.9 (71.9%) |
| 61 | MALINOWSKI Adrian | 108 | CZELADŹ BIEGA / BIEGI W ROGOŹNIKU | M-40 | 61 | 01:36:39 | 03:25:03 | 05:02:29 | | 07:16:58.60 | +02:05:07 (28.6%) | 8:44 | 6.9 (71.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pasterka | Parking | Batorow | Kara/ bonifikata | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|--|-----------|------|----------|----------|----------|---------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | 14.4km | 27.3km | 37.9km | | netto 50km | | | |
| 62 | PASCHKE Roman | 124 | SHIPCUP | M-40 | 62 | 01:42:26 | 03:39:02 | 05:17:23 | | 07:17:16.85 | +02:05:26 (28.7%) | 8:44 | 6.9 (71.9%) |
| 63 | BASZAK Tomasz | 194 | SŁAOGRA | M-40 | 63 | 01:41:46 | 03:35:41 | 05:07:11 | | 07:21:36.00 | +02:09:45 (29.4%) | 8:49 | 6.8 (70.8%) |
| 64 | MORITZ Rafał | 89 | ŚLIMAKI BARCIN | M-40 | 64 | 01:52:25 | 03:47:15 | 05:22:20 | | 07:23:02.55 | +02:11:11 (29.6%) | 8:51 | 6.8 (70.8%) |
| 65 | SŁOWIŃSKI Karol | 481 | | M-40 | 65 | 01:48:08 | 03:41:50 | 05:24:46 | | 07:24:31.75 | +02:12:41 (29.8%) | 8:53 | 6.7 (69.8%) |
| 66 | KORBUT Radosław | 51 | CROSSFIT MGW | M-40 | 66 | 01:47:14 | 03:45:16 | 05:28:16 | | 07:24:59.00 | +02:13:08 (29.9%) | 8:53 | 6.7 (69.8%) |
| 67 | ZACIERKA Krystian | 509 | | M-40 | 67 | 01:47:30 | 03:47:44 | 05:23:38 | | 07:26:16.75 | +02:14:26 (30.1%) | 8:55 | 6.7 (69.8%) |
| 68 | GAWLEWICZ Tomasz | 386 | GAWELKI TEAM / POZYTYWNIIE ZABIEGANI SANOK | M-40 | 68 | 01:36:20 | 03:24:12 | 04:51:45 | | 07:26:39.25 | +02:14:48 (30.2%) | 8:55 | 6.7 (69.8%) |
| 69 | KADŁUBOWSKI Piotr | 115 | SRC TEAM / KOTWICA BRZEG | M-40 | 69 | 01:41:15 | 03:43:11 | 05:20:32 | | 07:27:59.50 | +02:16:08 (30.4%) | 8:57 | 6.7 (69.8%) |
| 70 | FEICHTINGER Marek | 156 | | M-40 | 70 | 01:45:09 | 03:36:46 | 05:19:34 | | 07:29:44.30 | +02:17:53 (30.7%) | 8:59 | 6.7 (69.8%) |
| 71 | JARUS Andrzej | 62 | WKURW_TEAM | M-40 | 71 | 01:42:08 | 03:44:13 | 05:21:19 | | 07:30:11.30 | +02:18:20 (30.7%) | 9:00 | 6.7 (69.8%) |
| 72 | KIERZEK Michał | 347 | | M-40 | 72 | 01:47:05 | 03:39:14 | 05:21:17 | | 07:35:06.25 | +02:23:15 (31.5%) | 9:06 | 6.6 (68.8%) |
| 73 | KASZUBA Łukasz | 144 | #CZELADZBIEGA | M-40 | 73 | 01:42:48 | 03:42:08 | 03:49:31 | | 07:36:19.40 | +02:24:28 (31.7%) | 9:07 | 6.6 (68.8%) |
| 74 | SOWA Mariusz | 344 | ŻARY RUNNERS TEAM | M-40 | 74 | 01:44:05 | 03:44:27 | 05:26:20 | | 07:37:21.90 | +02:25:31 (31.8%) | 9:08 | 6.6 (68.8%) |
| 75 | KONKIEWICZ Robert | 184 | GKB | M-40 | 75 | 01:46:57 | 03:47:54 | 05:33:44 | | 07:38:07.90 | +02:26:17 (31.9%) | 9:09 | 6.5 (67.7%) |
| 76 | DUDEK Mariusz | 7 | | M-40 | 76 | 01:44:41 | 03:42:16 | 05:28:14 | | 07:38:13.80 | +02:26:23 (31.9%) | 9:09 | 6.5 (67.7%) |
| 77 | ZAWIŚLAK Kazimierz | 377 | DZIKIE DZIKI | M-40 | 77 | 01:47:49 | 03:49:21 | 05:34:35 | | 07:39:13.25 | +02:27:22 (32.1%) | 9:11 | 6.5 (67.7%) |
| 78 | BŁACHNO Marcin | 116 | | M-40 | 78 | 01:41:50 | 03:37:40 | 05:21:18 | | 07:40:09.35 | +02:28:18 (32.2%) | 9:12 | 6.5 (67.7%) |
| 79 | KOPKA Tomasz | 103 | | M-40 | 79 | 01:47:23 | 03:42:09 | 05:26:44 | | 07:40:16.90 | +02:28:26 (32.2%) | 9:12 | 6.5 (67.7%) |
| 80 | GRZYWIŃSKI Bartosz | 457 | | M-40 | 80 | 01:38:29 | 03:38:18 | 05:19:52 | | 07:40:57.90 | +02:29:07 (32.3%) | 9:13 | 6.5 (67.7%) |
| 81 | WIERZBIŃSKI Karol | 45 | LATYFUNDYŚCI BIEGAJĄ | M-40 | 81 | 01:47:02 | 03:48:09 | 05:36:26 | | 07:41:40.20 | +02:29:49 (32.5%) | 9:14 | 6.5 (67.7%) |
| 82 | WALIGÓRSKI Tomasz | 402 | MARKOWI BIEGACZE | M-40 | 82 | 01:40:18 | 03:41:10 | 04:17:17 | | 07:42:06.75 | +02:30:16 (32.5%) | 9:14 | 6.5 (67.7%) |
| 83 | KRZEŚNIEWSKI Marcin | 143 | ROWEROWY ZAŁOM | M-40 | 83 | 01:35:35 | 03:31:55 | 05:23:02 | | 07:42:09.75 | +02:30:19 (32.5%) | 9:14 | 6.5 (67.7%) |
| 84 | SIKORA Michał | 75 | | M-40 | 84 | 01:43:41 | 03:43:07 | 05:25:52 | | 07:43:09.70 | +02:31:19 (32.7%) | 9:15 | 6.5 (67.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pasterka 14.4km | Parking 27.3km | Batorow 37.9km | Kara/ bonifikata | Czas | | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|----------------------------------|-----------|------|--------------------|-------------------|-------------------|---------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | netto 50km | Różn | | |
| 85 | PIDANTY Grzegorz | 195 | ZHR STRZEGOM | M-40 | 85 | 01:53:46 | 03:51:38 | 05:37:05 | | 07:45:32.20 | +02:33:41 (33.0%) | 9:18 | 6.4 (66.7%) |
| 86 | SAMBORSKI Bartosz | 486 | WKURW_TEAM | M-40 | 86 | 01:42:44 | 03:37:58 | 05:19:09 | | 07:45:39.45 | +02:33:48 (33.0%) | 9:18 | 6.4 (66.7%) |
| 87 | SZYMCZYK Michał | 454 | DRUŻYNA CHROBREGO | M-40 | 87 | 01:43:22 | 03:35:37 | 05:19:47 | | 07:45:45.70 | +02:33:55 (33.0%) | 9:18 | 6.4 (66.7%) |
| 88 | SROKA Marcin | 132 | ST RUNNERS | M-40 | 88 | 01:49:15 | 03:48:46 | 05:33:33 | | 07:46:28.85 | +02:34:38 (33.1%) | 9:19 | 6.4 (66.7%) |
| 89 | ROŚLICKI Jarosław | 20 | UBEZPIECZENIA DLA AKTYWNYCH | M-40 | 89 | 01:40:37 | 03:37:02 | 05:25:19 | | 07:46:55.00 | +02:35:04 (33.2%) | 9:20 | 6.4 (66.7%) |
| 90 | BELKIEWICZ Rafał | 58 | KABATY ULTRA | M-40 | 90 | 01:44:04 | 03:43:18 | 05:29:35 | | 07:48:23.00 | +02:36:32 (33.4%) | 9:22 | 6.4 (66.7%) |
| 91 | LESZCZYŃSKI Michał | 472 | SYBERIAN HUSKY TEAM | M-40 | 91 | 01:44:05 | 03:45:51 | 05:29:30 | | 07:49:13.05 | +02:37:22 (33.5%) | 9:23 | 6.4 (66.7%) |
| 92 | PISKORSKI Krzysztof | 267 | | M-40 | 92 | 01:54:14 | 03:58:13 | 05:45:18 | | 07:49:16.35 | +02:37:25 (33.5%) | 9:23 | 6.4 (66.7%) |
| 93 | PAKULSKI Marcin | 355 | | M-40 | 93 | 01:41:32 | 03:42:21 | 05:31:36 | | 07:50:40.85 | +02:38:50 (33.7%) | 9:24 | 6.4 (66.7%) |
| 94 | KUROWSKI Wojciech | 452 | #RAZEM | M-40 | 94 | 01:53:13 | 04:02:52 | 05:47:27 | | 07:50:51.80 | +02:39:01 (33.8%) | 9:25 | 6.4 (66.7%) |
| 95 | DEJA Dariusz | 178 | | M-40 | 95 | 01:51:15 | 03:55:37 | 05:41:43 | | 07:52:08.65 | +02:40:17 (34.0%) | 9:26 | 6.4 (66.7%) |
| 96 | PIETRZYK Tomasz | 1 | 140MINUT.PL | M-40 | 96 | 01:41:44 | 03:46:42 | 05:31:32 | | 07:53:13.80 | +02:41:23 (34.1%) | 9:27 | 6.3 (65.6%) |
| 97 | GRZEGORZEWSKI Konrad | 164 | 4FITER | M-40 | 97 | 01:50:10 | 03:51:27 | 05:39:18 | | 07:53:39.15 | +02:41:48 (34.2%) | 9:28 | 6.3 (65.6%) |
| 98 | WOJCIECHOWSKI Krzysztof | 336 | RADLINIOKI W BIEGU | M-40 | 98 | 01:51:19 | 03:51:39 | 05:39:04 | | 07:53:48.35 | +02:41:57 (34.2%) | 9:28 | 6.3 (65.6%) |
| 99 | POKRYWKA Arkadiusz | 106 | 4FITER | M-40 | 99 | 01:50:13 | 03:51:51 | 05:39:24 | | 07:53:50.55 | +02:41:59 (34.2%) | 9:28 | 6.3 (65.6%) |
| 100 | KOPEĆ Arkadiusz | 67 | WOLBROM TEAM | M-40 | 100 | 01:38:07 | 03:39:51 | 05:39:35 | | 07:54:18.50 | +02:42:27 (34.3%) | 9:29 | 6.3 (65.6%) |
| 101 | GOS Piotr | 180 | NARAMOWICE BIEGAJĄ | M-40 | 101 | 01:38:22 | 03:47:55 | 05:38:10 | | 07:54:34.10 | +02:42:43 (34.3%) | 9:29 | 6.3 (65.6%) |
| 102 | GANC Marcin | 379 | | M-40 | 102 | 01:50:18 | 03:53:26 | 04:37:49 | | 07:55:38.55 | +02:43:47 (34.4%) | 9:30 | 6.3 (65.6%) |
| 103 | MITEK Sergiusz | 188 | | M-40 | 103 | 01:43:59 | 03:48:36 | 05:41:11 | | 07:56:27.35 | +02:44:36 (34.5%) | 9:31 | 6.3 (65.6%) |
| 104 | MIERZEJEWSKI Robert | 511 | CENTRUM SZKOLENIA WOJSK LĄDOWYCH | M-40 | 104 | 01:49:05 | 03:50:57 | 05:39:24 | | 07:56:52.05 | +02:45:01 (34.6%) | 9:32 | 6.3 (65.6%) |
| 105 | ADAMSKI Piotr | 250 | PKBI TEAM | M-40 | 105 | 01:50:56 | 03:59:12 | 05:45:55 | | 08:02:35.85 | +02:50:45 (35.4%) | 9:39 | 6.2 (64.6%) |
| 106 | BOSAK Przemysław | 425 | MAGOREX | M-40 | 106 | 01:42:27 | 03:38:35 | 05:25:47 | | 08:02:57.15 | +02:51:06 (35.4%) | 9:39 | 6.2 (64.6%) |
| 107 | LASKOWSKI Tomasz | 112 | | M-40 | 107 | 01:43:39 | 03:44:07 | 05:34:00 | | 08:03:24.55 | +02:51:33 (35.5%) | 9:40 | 6.2 (64.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pasterka | Parking | Batorow | Kara/ bonifikata | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|------------------------------------|-----------|------|----------|----------|----------|---------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | 14.4km | 27.3km | 37.9km | | netto 50km | | | |
| 108 | LEWANDOWSKI Janusz | 500 | | M-40 | 108 | 01:45:13 | 03:53:18 | 05:48:19 | | 08:04:14.30 | +02:52:23 (35.6%) | 9:41 | 6.2 (64.6%) |
| 109 | FRAŃSKI Łukasz | 258 | NKB CHYŻY NOWY TOMYŚL | M-40 | 109 | 01:49:52 | 04:00:14 | 05:44:47 | | 08:04:16.55 | +02:52:25 (35.6%) | 9:41 | 6.2 (64.6%) |
| 110 | SADOWSKI Tomasz | 219 | CZELADZKI DUCH HARPAGANA | M-40 | 110 | 01:46:33 | 03:48:41 | 05:36:43 | | 08:08:05.70 | +02:56:15 (36.1%) | 9:45 | 6.1 (63.5%) |
| 111 | BIECHOŃSKI Jarosław | 211 | | M-40 | 111 | 01:41:09 | 03:40:30 | 05:38:14 | | 08:08:27.85 | +02:56:37 (36.2%) | 9:46 | 6.1 (63.5%) |
| 112 | WISNIEWSKI Robert | 353 | TEAM BIAŁOBRZEGI | M-40 | 112 | 01:49:11 | 03:56:57 | 05:50:30 | | 08:12:06.60 | +03:00:15 (36.6%) | 9:50 | 6.1 (63.5%) |
| 113 | CZARNY Mariusz | 154 | JAWORZNOŁBC | M-40 | 113 | 02:24:03 | 04:17:31 | 05:59:41 | | 08:12:09.45 | +03:00:18 (36.6%) | 9:50 | 6.1 (63.5%) |
| 114 | FRANKIEWICZ Jakub | 17 | ANIOŁKI CHARLIEGO | M-40 | 114 | 01:51:16 | 03:57:11 | 05:45:37 | | 08:14:12.40 | +03:02:21 (36.9%) | 9:53 | 6.1 (63.5%) |
| 115 | SMYKOWSKI Marcin | 309 | SMYKI NA START | M-40 | 115 | 01:56:43 | 04:08:02 | 06:00:53 | | 08:14:35.60 | +03:02:44 (36.9%) | 9:53 | 6.1 (63.5%) |
| 116 | BRZEZINA Krzysztof | 275 | | M-40 | 116 | 01:56:49 | 04:07:30 | 06:00:18 | | 08:15:27.75 | +03:03:37 (37.1%) | 9:54 | 6.1 (63.5%) |
| 117 | WOŹNIAK Paweł | 148 | CROSSFIT LESZNO/ ENDORFINA WSCHOWA | M-40 | 117 | 01:46:35 | 03:50:55 | 05:47:02 | | 08:16:10.65 | +03:04:19 (37.2%) | 9:55 | 6 (62.5%) |
| 118 | BUGANIK Tomasz | 453 | GMINA OSIECZNICA | M-40 | 118 | 01:46:45 | 03:35:30 | 05:18:49 | | 08:16:21.80 | +03:04:31 (37.2%) | 9:55 | 6 (62.5%) |
| 119 | JARZEMBOWSKI Tomasz | 63 | WLKP MOUNTAINS ULTRA | M-40 | 119 | 01:52:02 | 03:59:08 | 05:54:54 | | 08:18:22.75 | +03:06:32 (37.4%) | 9:58 | 6 (62.5%) |
| 120 | TOMASZEWSKI Dawid | 450 | WLKP MOUNTAINS ULTRA | M-40 | 120 | 01:52:01 | 03:59:06 | 05:54:54 | | 08:18:46.65 | +03:06:55 (37.5%) | 9:58 | 6 (62.5%) |
| 121 | SOBCZAK Mikołaj | 18 | WLKP MOUNTAINS ULTRA | M-40 | 121 | 01:52:28 | 03:58:57 | 05:55:11 | | 08:19:02.75 | +03:07:12 (37.5%) | 9:58 | 6 (62.5%) |
| 122 | SIEMIERNIK Dariusz | 465 | @WFTEAM_OCR KOSTRZYN NAD ODRĄ | M-40 | 122 | 01:43:43 | 03:46:02 | 05:43:57 | | 08:19:18.05 | +03:07:27 (37.5%) | 9:59 | 6 (62.5%) |
| 123 | ŠAMPALÍK Josef | 173 | PRASOPI PLZEŇ | M-40 | 123 | 02:07:10 | 04:12:37 | 06:05:26 | | 08:19:33.75 | +03:07:43 (37.6%) | 9:59 | 6 (62.5%) |
| 124 | LEWANDOWSKI Leszek | 6 | POWSTAŃCY Z KANAPY | M-40 | 124 | 01:53:15 | 04:05:41 | 05:59:52 | | 08:20:23.15 | +03:08:32 (37.7%) | 10:00 | 6 (62.5%) |
| 125 | ŁĄK Tomasz | 55 | NOA | M-40 | 125 | 01:42:19 | 03:51:19 | 05:54:29 | | 08:22:36.50 | +03:10:45 (38.0%) | 10:03 | 6 (62.5%) |
| 126 | CHUCHAŁA Paweł | 424 | MARKOWI BIEGACZE | M-40 | 126 | 01:42:52 | 03:43:46 | 05:38:38 | | 08:24:02.10 | +03:12:11 (38.1%) | 10:04 | 6 (62.5%) |
| 127 | MATYSZKIEWICZ Paweł | 482 | W POGONI ZA DUCHEM | M-40 | 127 | 01:56:38 | 04:08:34 | 06:02:32 | | 08:24:49.25 | +03:12:58 (38.2%) | 10:05 | 5.9 (61.5%) |
| 128 | KITLAS Dariusz | 470 | | M-40 | 128 | 01:57:44 | 04:02:56 | 05:55:47 | | 08:27:18.40 | +03:15:27 (38.5%) | 10:08 | 5.9 (61.5%) |
| 129 | SOBCZAK Michał | 391 | NIGHTRUNNERS WRZEŚNIA | M-40 | 129 | 01:53:06 | 04:01:12 | 06:03:08 | | 08:30:34.00 | +03:18:43 (38.9%) | 10:12 | 5.9 (61.5%) |
| 130 | SOSZYŃSKI Piotr | 480 | GAZELE NA STARCIE | M-40 | 130 | 01:53:14 | 03:59:59 | 05:55:39 | | 08:31:40.05 | +03:19:49 (39.1%) | 10:14 | 5.9 (61.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pasterka | Parking | Batorow | Kara/ bonifikata | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--|-----------|------|----------|----------|----------|---------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | 14.4km | 27.3km | 37.9km | | netto 50km | | | |
| 131 | RADZIWOŃ Krzysiek | 286 | GRUPA NIENACHALNIE HEROICZNA | M-40 | 131 | 01:57:17 | 04:14:44 | 04:45:02 | | 08:32:19.85 | +03:20:29 (39.1%) | 10:14 | 5.9 (61.5%) |
| 132 | MASŁO Andrzej | 134 | | M-40 | 132 | 01:56:12 | 04:07:24 | 06:04:23 | | 08:34:25.05 | +03:22:34 (39.4%) | 10:17 | 5.8 (60.4%) |
| 133 | CZARNECKI Krzysztof | 61 | | M-40 | 133 | 01:58:21 | 04:10:38 | 06:05:36 | | 08:34:44.15 | +03:22:53 (39.4%) | 10:17 | 5.8 (60.4%) |
| 134 | KOZERA Waldemar | 398 | OMA | M-40 | 134 | 01:49:21 | 04:05:06 | 06:11:22 | | 08:36:10.15 | +03:24:19 (39.6%) | 10:19 | 5.8 (60.4%) |
| 135 | SZCZUREK Mariusz | 400 | PZU SPORT TEAM | M-40 | 135 | 01:51:37 | 04:04:02 | 06:04:36 | | 08:37:05.55 | +03:25:14 (39.7%) | 10:20 | 5.8 (60.4%) |
| 136 | GADOMSKI Marcin | 510 | | M-40 | 136 | 02:05:27 | 04:18:05 | 06:16:14 | | 08:37:36.80 | +03:25:46 (39.8%) | 10:21 | 5.8 (60.4%) |
| 137 | PACŁAWSKI Paweł | 88 | | M-40 | 137 | 02:03:38 | 04:19:56 | 06:11:46 | | 08:38:00.05 | +03:26:09 (39.8%) | 10:21 | 5.8 (60.4%) |
| 138 | CZAPIGA Robert | 121 | ZAWSZE Z GŁOWĄ | M-40 | 138 | 01:52:39 | 03:58:20 | 05:57:21 | | 08:39:15.60 | +03:27:24 (39.9%) | 10:23 | 5.8 (60.4%) |
| 139 | MNICH Tomasz | 140 | | M-40 | 139 | 01:51:21 | 04:04:43 | 06:07:38 | | 08:39:52.50 | +03:28:01 (40.0%) | 10:23 | 5.8 (60.4%) |
| 140 | JASICKI Krzysztof | 87 | NIEDZIELNI BIEGACZE | M-40 | 140 | 01:56:08 | 04:13:35 | 06:14:15 | | 08:42:54.25 | +03:31:03 (40.4%) | 10:27 | 5.7 (59.4%) |
| 141 | KONIECZNY Bartosz | 130 | | M-40 | 141 | 01:50:09 | 03:57:26 | 06:11:30 | | 08:44:00.15 | +03:32:09 (40.5%) | 10:28 | 5.7 (59.4%) |
| 142 | BARANOWSKI Filip | 186 | | M-40 | 142 | 01:54:26 | 04:10:16 | 06:07:07 | | 08:46:11.35 | +03:34:20 (40.7%) | 10:31 | 5.7 (59.4%) |
| 143 | ŁABĘDZKI Mariusz | 428 | | M-40 | 143 | 02:02:00 | 04:30:50 | 06:28:15 | | 08:47:37.95 | +03:35:47 (40.9%) | 10:33 | 5.7 (59.4%) |
| 144 | PIETRYKOWSKI Norbert | 308 | VITALABO | M-40 | 144 | 01:56:54 | 04:16:20 | 06:14:16 | | 08:50:03.55 | +03:38:12 (41.2%) | 10:36 | 5.7 (59.4%) |
| 145 | ROGÓRZ Andrzej | 131 | | M-40 | 145 | 01:46:57 | 04:06:07 | 06:10:34 | | 08:50:06.00 | +03:38:15 (41.2%) | 10:36 | 5.7 (59.4%) |
| 146 | SZYMCZAK Marcin | 225 | | M-40 | 146 | 01:58:51 | 04:21:28 | 06:20:54 | | 08:54:06.85 | +03:42:16 (41.6%) | 10:40 | 5.6 (58.3%) |
| 147 | STOLARZ Grzegorz | 13 | NIEPOŁOMICE BIEGAJĄ | M-40 | 147 | 01:57:08 | 04:15:51 | 06:18:44 | | 08:56:51.20 | +03:45:00 (41.9%) | 10:44 | 5.6 (58.3%) |
| 148 | NOWAK Kornel | 277 | | M-40 | 148 | 01:56:57 | 04:07:43 | 06:14:59 | | 08:57:24.00 | +03:45:33 (42.0%) | 10:44 | 5.6 (58.3%) |
| 149 | GÓRSKI Marcin | 105 | MINISTERSTWO ZDROWIA | M-40 | 149 | 02:01:00 | 04:19:16 | 06:27:20 | | 08:58:58.85 | +03:47:08 (42.1%) | 10:46 | 5.6 (58.3%) |
| 150 | ZWALIŃSKI Marcin | 113 | MARMEL TORUŃ | M-40 | 150 | 01:52:12 | 04:04:49 | 06:18:11 | | 09:02:37.75 | +03:50:47 (42.5%) | 10:51 | 5.5 (57.3%) |
| 151 | GĄTKIEWICZ Paweł | 365 | ESKADRA KRAKÓW | M-40 | 151 | 01:52:48 | 04:01:00 | 06:18:01 | | 09:03:58.40 | +03:52:07 (42.7%) | 10:52 | 5.5 (57.3%) |
| 152 | DUDEK Krzysztof | 90 | STRZEGOMSKA DWUNASTKA | M-40 | 152 | 01:51:55 | 04:19:11 | 06:27:56 | | 09:14:19.25 | +04:02:28 (43.7%) | 11:05 | 5.4 (56.3%) |
| 153 | BOCIĄGA Paweł | 406 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | M-40 | 153 | 01:51:06 | 04:16:04 | 06:24:01 | | 09:16:08.35 | +04:04:17 (43.9%) | 11:07 | 5.4 (56.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pasterka | Parking | Batorow | Kara/ bonifikata | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------------------------|-----------|------|----------|----------|----------|---------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | 14.4km | 27.3km | 37.9km | | netto 50km | | | |
| 154 | WITKOWSKI Marek | 83 | | M-40 | 154 | 02:02:20 | 04:17:54 | 06:24:04 | | 09:16:09.00 | +04:04:18 (43.9%) | 11:07 | 5.4 (56.3%) |
| 155 | MARMUROWICZ Krystian | 157 | KOLOROWA DRUŻYNA NESSI | M-40 | 155 | 02:00:18 | 04:27:13 | 06:41:25 | | 09:23:23.85 | +04:11:33 (44.6%) | 11:16 | 5.3 (55.2%) |
| 156 | JASIŃSKI Marcin | 238 | ROGOZIŃSKI KLUB BIEGACZA | M-40 | 156 | 02:00:30 | 04:32:07 | 06:42:47 | | 09:27:40.85 | +04:15:50 (45.1%) | 11:21 | 5.3 (55.2%) |
| 157 | GRABIŃSKI Waldemar | 513 | | M-40 | 157 | 02:04:00 | 04:31:20 | 06:43:06 | | 09:27:50.45 | +04:15:59 (45.1%) | 11:21 | 5.3 (55.2%) |
| 158 | BOROWIEC Mariusz | 35 | RUN RUN OLESZYCE | M-40 | 158 | 02:19:31 | 04:48:11 | 06:50:07 | | 09:30:22.70 | +04:18:32 (45.3%) | 11:24 | 5.3 (55.2%) |
| 159 | HYSKI Mateusz | 505 | OKROKWIECEJ.PL | M-40 | 159 | 02:01:03 | 04:15:24 | 06:38:30 | | 09:33:33.20 | +04:21:42 (45.6%) | 11:28 | 5.2 (54.2%) |
| 160 | KORNAŚ Marcin | 2 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | M-40 | 160 | 02:13:34 | 04:56:07 | 07:03:57 | | 09:36:46.80 | +04:24:56 (45.9%) | 11:32 | 5.2 (54.2%) |
| 161 | MIGDAŁ Adrian | 119 | | M-40 | 161 | 02:02:54 | 04:31:00 | 06:46:00 | | 09:40:13.40 | +04:28:22 (46.3%) | 11:36 | 5.2 (54.2%) |
| 162 | ANDRZEJEWICZ Paweł | 338 | ŻARY RUNNERS TEAM | M-40 | 162 | 02:10:38 | 04:52:17 | 07:06:19 | | 09:43:52.45 | +04:32:01 (46.6%) | 11:40 | 5.1 (53.1%) |
| 163 | WOJDA Dariusz | 85 | POLISH WINGS | M-40 | 163 | 02:16:13 | 04:59:27 | 07:16:42 | | 09:46:12.50 | +04:34:21 (46.8%) | 11:43 | 5.1 (53.1%) |
| 164 | PLUTA Sebastian | 77 | DZIKIE MUSTANGI | M-40 | 164 | 02:20:09 | 04:54:12 | 06:59:17 | | 09:46:25.45 | +04:34:34 (46.8%) | 11:43 | 5.1 (53.1%) |
| 165 | BORUTA Marcin | 255 | #CZELADZBIEGA | M-40 | 165 | 01:57:11 | 04:18:03 | 06:36:37 | | 09:47:14.75 | +04:35:24 (46.9%) | 11:44 | 5.1 (53.1%) |
| 166 | NOWICKI Jarosław | 373 | | M-40 | 166 | 01:58:01 | 04:38:20 | 07:05:24 | | 10:08:26.00 | +04:56:35 (48.7%) | 12:10 | 4.9 (51.0%) |
| 167 | TOKARZEWSKI Dariusz | 271 | | M-40 | 167 | 02:00:52 | 04:49:46 | 07:16:09 | | 10:09:41.45 | +04:57:50 (48.9%) | 12:11 | 4.9 (51.0%) |
| 168 | KAWKA Damian | 384 | | M-40 | 168 | 02:07:34 | 04:37:40 | 07:14:09 | | 10:17:42.55 | +05:05:51 (49.5%) | 12:21 | 4.9 (51.0%) |
| 169 | GAJDA Jacek | 38 | | M-40 | 169 | 02:22:49 | 04:59:17 | 07:21:03 | | 10:20:56.50 | +05:09:05 (49.8%) | 12:25 | 4.8 (50.0%) |
| LIM | KRUSZKA Stanisław | 80 | | M-40 | | 02:02:49 | 05:00:37 | 07:36:52 | | 11:14:58.10 | | 0:00 | 4.4 (45.8%) |
| | ŁAGODA Łukasz | 364 | AKTIV REHABILITACJA | M-40 | | DNF | DNF | DNF | | DNF | | - | - (0.0%) |
| | ŻYTO Maciej | 412 | TRI AMIGOS | M-40 | | DNF | DNF | DNF | | DNF | | - | - (0.0%) |
| | KLEJSZTA Grzegorz | 252 | #CZELADZBIEGA | M-40 | | DNF | DNF | DNF | | DNF | | - | - (0.0%) |
| | FARON Marcin | 331 | SALT RUNNERS BOCHNIA | M-40 | | DNF | DNF | DNF | | DNF | | - | - (0.0%) |
| | ŁACHAN Patryk | 232 | WKURW_TEAM | M-40 | | DNF | DNF | DNF | | DNF | | - | - (0.0%) |
| | ZAJĄC Krzysztof | 19 | WKURW_TEAM/BEZULTRADZIKI | M-40 | | DNF | DNF | DNF | | DNF | | - | - (0.0%) |

Znaleziono 176 wynik(ów)