



SUPERMARATON  
GÓR  
STOŁOWYCH

**Wydarzenie:** Supermaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2024-06-22  
**Miejsce:** Karlów  
**Dystans:** 54.7 km

## SGS ULTRA 54KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| Msc | Zawodnik              | Numer | Klub                              | Kategoria | Mkat | Slavny<br>1<br>13.9km | Slavny<br>2<br>22.9km | Pasterka<br>33.7km | Parking<br>40.9km | Błędne<br>Skały<br>47.7km | Czas<br>netto<br>54.7km | Czas<br>brutto<br>54.7km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|-----------------------------------|-----------|------|-----------------------|-----------------------|--------------------|-------------------|---------------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 1   | JABŁOŃSKI Artur       | 1358  | DREAM RUN / NATIONALE NEDERLANDER | M-40      | 1    | 01:12:36              | 02:09:07              | 03:04:48           | 03:56:57          | 04:37:11                  | <b>05:28:55.00</b>      | <b>05:28:55.00</b>       |                      | 6:00            | 10<br>(100%)   |
| 2   | GÓRAL Grzegorz        | 1255  | HEJ HEJ GÓRALU                    | M-40      | 2    | 01:17:18              | 02:16:28              | 03:16:17           | 04:08:11          | 04:48:07                  | <b>05:41:50.55</b>      | <b>05:41:50.55</b>       | +00:12:55<br>(3.8%)  | 6:14            | 9.6<br>(96.0%) |
| 3   | GONCZARENKO Jarek     | 1281  | RUN100LOVE                        | M-40      | 3    | 01:17:16              | 02:15:45              | 03:17:53           | 04:14:19          | 04:58:49                  | <b>05:57:19.60</b>      | <b>05:57:19.60</b>       | +00:28:24<br>(8.0%)  | 6:31            | 9.2<br>(92.0%) |
| 4   | PILARSKI Tomasz       | 1251  | MARCIN ŚWIERC TEAM                | M-40      | 4    | 01:15:32              | 02:15:34              | 03:17:16           | 04:14:34          | 04:58:07                  | <b>05:57:32.80</b>      | <b>05:57:32.80</b>       | +00:28:37<br>(8.0%)  | 6:32            | 9.2<br>(92.0%) |
| 5   | MARKOWSKI Marcin      | 1175  | UKS KOMETA GLIWICE                | M-40      | 5    | 01:27:20              | 02:33:33              | 03:38:40           | 04:38:51          | 05:26:03                  | <b>06:26:49.20</b>      | <b>06:26:49.20</b>       | +00:57:54<br>(15.0%) | 7:04            | 8.5<br>(85.0%) |
| 6   | POGORZELSKI Krzysztof | 1250  | ŁYSOGÓRSKI                        | M-40      | 6    | 01:28:14              | 02:33:56              | 03:40:02           | 04:44:21          | 05:30:35                  | <b>06:30:51.85</b>      | <b>06:30:51.85</b>       | +01:01:56<br>(15.8%) | 7:08            | 8.4<br>(84.0%) |
| 7   | KRUPA Marcin          | 1052  | AKTYWNA NOWA RUDA                 | M-40      | 7    | 01:18:01              | 02:21:23              | 03:30:57           | 04:38:02          | 05:27:11                  | <b>06:32:55.40</b>      | <b>06:32:55.40</b>       | +01:04:00<br>(16.3%) | 7:10            | 8.4<br>(84.0%) |
| 8   | FISZER Sebastian      | 1280  | LESZ NO LIMITS RUNNERS            | M-40      | 8    | 01:25:14              | 02:33:00              | 03:38:27           | 04:42:01          | 05:33:06                  | <b>06:35:25.60</b>      | <b>06:35:25.60</b>       | +01:06:30<br>(16.8%) | 7:13            | 8.3<br>(83.0%) |
| 9   | JARZĘBOWICZ Paweł     | 1180  | ZADYSZKA OŚWIĘCIM                 | M-40      | 9    | 01:32:40              | 02:42:21              | 03:48:29           | 04:51:37          | 05:37:38                  | <b>06:38:03.85</b>      | <b>06:38:03.85</b>       | +01:09:08<br>(17.4%) | 7:16            | 8.2<br>(82.0%) |
| 10  | KRYSA Roman           | 1080  | WOLSKI KOLEKTYW BIEGOWY           | M-40      | 10   | 01:25:18              | 02:34:31              | 03:41:55           | 04:46:03          | 05:34:39                  | <b>06:38:42.40</b>      | <b>06:38:42.40</b>       | +01:09:47<br>(17.5%) | 7:17            | 8.2<br>(82.0%) |
| 11  | CICHOCKI Rafał        | 1011  | KAJ TA META                       | M-40      | 11   | 01:23:29              | 02:27:28              | 03:34:07           | 04:41:21          | 05:36:41                  | <b>06:41:12.60</b>      | <b>06:41:12.60</b>       | +01:12:17<br>(18.0%) | 7:20            | 8.2<br>(82.0%) |
| 12  | HOŁOWNIA Tomasz       | 1143  |                                   | M-40      | 12   | 01:25:39              | 02:30:03              | 03:39:12           | 04:48:49          | 05:39:44                  | <b>06:43:41.40</b>      | <b>06:43:41.40</b>       | +01:14:46<br>(18.5%) | 7:22            | 8.1<br>(81.0%) |
| 13  | ŚWIĄTEK Paweł         | 1204  | HRW                               | M-40      | 13   | 01:26:58              | 02:34:52              | 03:47:33           | 04:50:28          | 05:39:07                  | <b>06:46:22.65</b>      | <b>06:46:22.65</b>       | +01:17:27<br>(19.1%) | 7:25            | 8.1<br>(81.0%) |
| 14  | KURAS Przemysław      | 1090  | NUNEK SPITFIRE                    | M-40      | 14   | 01:31:55              | 02:44:37              | 03:55:34           | 04:59:34          | 05:46:44                  | <b>06:49:47.35</b>      | <b>06:49:47.35</b>       | +01:20:52<br>(19.7%) | 7:29            | 8<br>(80.0%)   |
| 15  | GIERSZEWSKI Jarosław  | 1272  | ZĄŁOGA G                          | M-40      | 15   | 01:32:36              | 02:43:16              | 03:52:28           | 04:56:05          | 05:45:05                  | <b>06:51:08.40</b>      | <b>06:51:08.40</b>       | +01:22:13<br>(20.0%) | 7:30            | 8<br>(80.0%)   |
| 16  | SZAŁKOWSKI Dawid      | 1346  | MARKOWI BIEGACZE                  | M-40      | 16   | 01:27:37              | 02:38:18              | 03:48:41           | 04:54:01          | 05:44:23                  | <b>06:51:14.95</b>      | <b>06:51:14.95</b>       | +01:22:19<br>(20.0%) | 7:31            | 8<br>(80.0%)   |

| Msc | Zawodnik                    | Numer       | Klub                                   | Kategoria | Mkat | Slavny      |             | Pasterka | Parking  | Błędne   | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-----------------------------|-------------|--|-----------|------|-------------|-------------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
|     |                             |             |  |           |      | 1<br>13.9km | 2<br>22.9km |          |          |          |                    |                    |                      |              |                |
| 17  | <b>LECNAR Jaromír</b>       | <b>1137</b> |  | M-40      | 17   | 01:24:36    | 02:27:33    | 03:40:29 | 04:53:20 | 05:45:04 | <b>06:55:16.05</b> | <b>06:55:16.05</b> | +01:26:21<br>(20.8%) | 7:35         | 7.9<br>(79.0%) |
| 18  | <b>IDOWIAK Łukasz</b>       | <b>1297</b> | OSIR PONIEC                            | M-40      | 18   | 01:32:39    | 02:43:55    | 03:54:15 | 04:58:20 | 05:50:41 | <b>07:00:06.60</b> | <b>07:00:06.60</b> | +01:31:11<br>(21.7%) | 7:40         | 7.8<br>(78.0%) |
| 19  | <b>PASTERNOK Marian</b>     | <b>1321</b> | BARTOSZ GORCZYCA TEAM                  | M-40      | 19   | 01:32:03    | 02:42:33    | 03:54:19 | 05:00:54 | 05:53:51 | <b>07:00:30.65</b> | <b>07:00:30.65</b> | +01:31:35<br>(21.8%) | 7:41         | 7.8<br>(78.0%) |
| 20  | <b>ZAJĄC Leszek</b>         | <b>1294</b> | LESZ NO LIMITS RUNNERS                 | M-40      | 20   | 01:32:35    | 02:45:30    | 04:01:20 | 05:09:03 | 05:59:52 | <b>07:05:06.45</b> | <b>07:05:06.45</b> | +01:36:11<br>(22.6%) | 7:46         | 7.7<br>(77.0%) |
| 21  | <b>KOGUT Maciej</b>         | <b>1177</b> |  | M-40      | 21   | 01:20:31    | 02:22:58    | 03:39:44 | 05:01:22 | 05:55:44 | <b>07:05:54.35</b> | <b>07:05:54.35</b> | +01:36:59<br>(22.8%) | 7:47         | 7.7<br>(77.0%) |
| 22  | <b>MYŚLIWIEC Robert</b>     | <b>1095</b> | WILD&FREE                              | M-40      | 22   | 01:22:37    | 02:34:51    | 03:50:01 | 05:02:48 | 05:58:33 | <b>07:07:05.10</b> | <b>07:07:05.10</b> | +01:38:10<br>(23.0%) | 7:48         | 7.7<br>(77.0%) |
| 23  | <b>TUREK Łukasz</b>         | <b>1174</b> | KOZICE GÓRSKIE/MORDOWNIK               | M-40      | 23   | 01:39:10    | 02:48:25    | 04:01:27 | 05:12:13 | 06:02:21 | <b>07:07:31.35</b> | <b>07:07:31.35</b> | +01:38:36<br>(23.1%) | 7:48         | 7.7<br>(77.0%) |
| 24  | <b>GAŚSIOR Krzysztof</b>    | <b>1196</b> | LAJKONIK                               | M-40      | 24   | 01:31:31    | 02:46:26    | 03:59:16 | 05:09:13 | 06:01:16 | <b>07:11:44.95</b> | <b>07:11:44.95</b> | +01:42:49<br>(23.8%) | 7:53         | 7.6<br>(76.0%) |
| 25  | <b>BODZIACHOWSKI Marcin</b> | <b>1178</b> | JACEKBIEGA RUNNING TEAM / ULTRAS LEGIA | M-40      | 25   | 01:39:43    | 02:53:41    | 04:08:17 | 05:17:16 | 06:10:50 | <b>07:12:43.60</b> | <b>07:12:43.60</b> | +01:43:48<br>(24.0%) | 7:54         | 7.6<br>(76.0%) |
| 26  | <b>JURDZIAK Jakub</b>       | <b>1325</b> | ULTRAWAY.PL RUNNING TEAM               | M-40      | 26   | 01:33:48    | 02:46:24    | 04:02:52 | 05:13:03 | 06:07:02 | <b>07:17:10.10</b> | <b>07:17:10.10</b> | +01:48:15<br>(24.8%) | 7:59         | 7.5<br>(75.0%) |
| 27  | <b>SZYDLIK Arkadiusz</b>    | <b>1288</b> | DOGOŃ GRODZISK MAZOWIECKI              | M-40      | 27   | 01:26:03    | 02:37:22    | 03:56:48 | 05:10:16 | 06:07:16 | <b>07:17:48.05</b> | <b>07:17:48.05</b> | +01:48:53<br>(24.9%) | 8:00         | 7.5<br>(75.0%) |
| 28  | <b>JOŃCZYK Rafal</b>        | <b>1315</b> | JACEKBIEGA RUNNING TEAM                | M-40      | 28   | 01:34:46    | 02:45:04    | 04:01:27 | 05:13:28 | 06:10:48 | <b>07:19:44.35</b> | <b>07:19:44.35</b> | +01:50:49<br>(25.2%) | 8:02         | 7.5<br>(75.0%) |
| 29  | <b>WYSOCZAŃSKI Adrian</b>   | <b>1322</b> |  | M-40      | 29   | 01:28:49    | 02:41:49    | 03:52:50 | 05:10:12 | 06:14:36 | <b>07:20:00.20</b> | <b>07:20:00.20</b> | +01:51:05<br>(25.2%) | 8:02         | 7.5<br>(75.0%) |
| 30  | <b>KISIECKI Damian</b>      | <b>1319</b> | HURAGAN LIGOTA                         | M-40      | 30   | 01:41:39    | 03:01:04    | 04:15:14 | 05:24:10 | 06:15:42 | <b>07:25:03.80</b> | <b>07:25:03.80</b> | +01:56:08<br>(26.1%) | 8:08         | 7.4<br>(74.0%) |
| 31  | <b>GRACZ Paweł</b>          | <b>1091</b> | ULTRA DIABŁY TEAM LUBRZA               | M-40      | 31   | 01:25:04    | 02:42:37    | 03:57:53 | 05:10:34 | 06:11:07 | <b>07:25:38.70</b> | <b>07:25:38.70</b> | +01:56:43<br>(26.2%) | 8:08         | 7.4<br>(74.0%) |
| 32  | <b>SZYMAŃSKI Tomasz</b>     | <b>1334</b> | VENUS                                  | M-40      | 32   | 01:39:03    | 02:54:04    | 04:09:37 | 05:20:48 | 06:14:40 | <b>07:26:14.65</b> | <b>07:26:14.65</b> | +01:57:19<br>(26.3%) | 8:09         | 7.4<br>(74.0%) |
| 33  | <b>WOJDA Bartosz</b>        | <b>1045</b> |  | M-40      | 33   | 01:39:13    | 02:54:09    | 04:09:56 | 05:18:23 | 06:10:34 | <b>07:27:26.40</b> | <b>07:27:26.40</b> | +01:58:31<br>(26.5%) | 8:10         | 7.3<br>(73.0%) |
| 34  | <b>ZIELIŃSKI Sławek</b>     | <b>1061</b> | #TEAMSZÓSTABE                          | M-40      | 34   | 01:33:03    | 02:45:27    | 04:00:57 | 05:12:21 | 06:10:33 | <b>07:29:19.00</b> | <b>07:29:19.00</b> | +02:00:24<br>(26.8%) | 8:12         | 7.3<br>(73.0%) |
| 35  | <b>MARCINIAK Maciej</b>     | <b>1117</b> |  | M-40      | 35   | 01:45:47    | 03:04:23    | 04:23:49 | 05:31:45 | 06:27:21 | <b>07:33:16.00</b> | <b>07:33:16.00</b> | +02:04:21<br>(27.4%) | 8:17         | 7.2<br>(72.0%) |
| 36  | <b>CUKIERDA Dariusz</b>     | <b>1176</b> |  | M-40      | 36   | 01:25:07    | 02:37:32    | 03:53:26 | 05:11:16 | 06:11:15 | <b>07:36:18.80</b> | <b>07:36:18.80</b> | +02:07:23<br>(27.9%) | 8:20         | 7.2<br>(72.0%) |
| 37  | <b>SIWAK Ryszard</b>        | <b>1195</b> | TEAM RYŚ SKI                           | M-40      | 37   | 01:38:57    | 02:58:03    | 04:15:28 | 05:27:06 | 06:21:22 | <b>07:36:32.40</b> | <b>07:36:32.40</b> | +02:07:37<br>(28.0%) | 8:20         | 7.2<br>(72.0%) |
| 38  | <b>KOSTRZEWA Wojciech</b>   | <b>1266</b> | ZADYSZKA OŚWIĘCIM                      | M-40      | 38   | 01:40:40    | 02:51:21    | 04:05:23 | 05:18:18 | 06:16:48 | <b>07:36:33.90</b> | <b>07:36:33.90</b> | +02:07:38<br>(28.0%) | 8:20         | 7.2<br>(72.0%) |
| 39  | <b>JARZĘBOWICZ Adam</b>     | <b>1078</b> | YAZOMB'S                               | M-40      | 39   | 01:37:07    | 02:54:16    | 04:19:02 | 05:31:39 | 06:29:47 | <b>07:44:00.00</b> | <b>07:44:00.00</b> | +02:15:05<br>(29.1%) | 8:28         | 7.1<br>(71.0%) |
| 40  | <b>SKWARSKI Darek</b>       | <b>1173</b> |  | M-40      | 40   | 01:40:50    | 02:57:26    | 04:16:08 | 05:33:02 | 06:31:33 | <b>07:46:32.40</b> | <b>07:46:32.40</b> | +02:17:37<br>(29.5%) | 8:31         | 7<br>(70.0%)   |

| Msc | Zawodnik                    | Numer       | Klub                                 | Kategoria | Mkat | Slavny   | Slavny   | Pasterka | Parking  | Błędne   | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-----------------------------|-------------|--------------------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
|     |                             |             |                                      |           |      | 1        | 2        |          |          | Skały    |                    |                    |                      |              |                |
| 41  | <b>BLASZCZYK Jakub</b>      | <b>1339</b> |                                      | M-40      | 41   | 01:42:00 | 03:02:31 | 04:24:55 | 05:41:09 | 06:37:01 | <b>07:48:53.80</b> | <b>07:48:53.80</b> | +02:19:58<br>(29.9%) | 8:34         | 7<br>(70.0%)   |
| 42  | <b>KAŃDUŁA Grzegorz</b>     | <b>1269</b> |                                      | M-40      | 42   | 01:51:43 | 03:13:11 | 04:30:49 | 05:44:18 | 06:38:51 | <b>07:52:27.10</b> | <b>07:52:27.10</b> | +02:23:32<br>(30.4%) | 8:38         | 6.9<br>(69.0%) |
| 43  | <b>ŚWIERK Piotr</b>         | <b>1330</b> | RADLINIOKI W BIEGU                   | M-40      | 43   | 01:33:32 | 02:56:15 | 04:10:12 | 05:29:15 | 06:34:12 | <b>07:52:45.40</b> | <b>07:52:45.40</b> | +02:23:50<br>(30.4%) | 8:38         | 6.9<br>(69.0%) |
| 44  | <b>BRZUSKA Lesław</b>       | <b>1033</b> |                                      | M-40      | 44   | 01:32:50 | 02:56:12 | 04:15:56 | 05:36:27 | 06:40:01 | <b>07:56:59.95</b> | <b>07:56:59.95</b> | +02:28:04<br>(31.0%) | 8:43         | 6.9<br>(69.0%) |
| 45  | <b>KRÓL Marcin</b>          | <b>1082</b> |                                      | M-40      | 45   | 01:40:25 | 03:01:04 | 04:27:47 | 05:46:20 | 06:45:38 | <b>07:59:17.40</b> | <b>07:59:17.40</b> | +02:30:22<br>(31.4%) | 8:45         | 6.8<br>(68.0%) |
| 46  | <b>JASIŃSKI Marcin</b>      | <b>1220</b> | ROGOZIŃSKI KLUB BIEGACZA             | M-40      | 46   | 01:39:11 | 02:56:05 | 04:19:18 | 05:43:53 | 06:46:16 | <b>07:59:17.80</b> | <b>07:59:17.80</b> | +02:30:22<br>(31.4%) | 8:45         | 6.8<br>(68.0%) |
| 47  | <b>SAMUŚ Dariusz</b>        | <b>1056</b> | BIESZCZADZKIE MORSY                  | M-40      | 47   | 01:27:26 | 02:46:13 | 04:16:21 | 05:38:33 | 06:39:08 | <b>08:02:08.15</b> | <b>08:02:08.15</b> | +02:33:13<br>(31.8%) | 8:48         | 6.8<br>(68.0%) |
| 48  | <b>KŁOS Julian</b>          | <b>1010</b> | RYKOWISKO TEAM                       | M-40      | 48   | 01:52:58 | 03:13:15 | 04:33:42 | 05:46:10 | 06:47:36 | <b>08:04:06.45</b> | <b>08:04:06.45</b> | +02:35:11<br>(32.1%) | 8:51         | 6.8<br>(68.0%) |
| 49  | <b>MUCHA Adam</b>           | <b>1286</b> | PORUNNE FURGANIE                     | M-40      | 49   | 01:52:24 | 03:19:21 | 04:39:29 | 05:54:49 | 06:51:19 | <b>08:04:15.45</b> | <b>08:04:15.45</b> | +02:35:20<br>(32.1%) | 8:51         | 6.8<br>(68.0%) |
| 50  | <b>MOSIO Grzegorz</b>       | <b>1077</b> |                                      | M-40      | 50   | 01:43:55 | 03:06:33 | 04:28:35 | 05:44:21 | 06:43:42 | <b>08:09:40.10</b> | <b>08:09:40.10</b> | +02:40:45<br>(32.8%) | 8:57         | 6.7<br>(67.0%) |
| 51  | <b>NYKIEL Rafał</b>         | <b>1282</b> | ULTRA DIABŁY TEAM LUBRZA             | M-40      | 51   | 01:45:05 | 03:08:15 | 04:30:34 | 05:50:51 | 06:51:16 | <b>08:09:44.10</b> | <b>08:09:44.10</b> | +02:40:49<br>(32.8%) | 8:57         | 6.7<br>(67.0%) |
| 52  | <b>MANCZENKO Eugeniusz</b>  | <b>1100</b> | SZWAGROPOL                           | M-40      | 52   | 01:40:51 | 03:08:35 | 04:37:48 | 05:56:36 | 06:56:57 | <b>08:11:02.75</b> | <b>08:11:02.75</b> | +02:42:07<br>(33.0%) | 8:58         | 6.7<br>(67.0%) |
| 53  | <b>SIKORSKI Dariusz</b>     | <b>1307</b> | INSERT TEAM                          | M-40      | 53   | 01:48:22 | 03:15:53 | 04:34:16 | 05:51:21 | 06:50:17 | <b>08:11:53.45</b> | <b>08:11:53.45</b> | +02:42:58<br>(33.1%) | 8:59         | 6.7<br>(67.0%) |
| 54  | <b>HOŁYST Marcin</b>        | <b>1050</b> | WAWRZYNTTEAM                         | M-40      | 54   | 01:38:59 | 03:01:32 | 04:27:22 | 05:48:05 | 06:48:35 | <b>08:13:09.95</b> | <b>08:13:09.95</b> | +02:44:14<br>(33.3%) | 9:00         | 6.7<br>(67.0%) |
| 55  | <b>GAWOT Piotr</b>          | <b>1264</b> |                                      | M-40      | 55   | 01:41:50 | 03:08:59 | 04:30:34 | 05:51:15 | 06:55:16 | <b>08:17:19.10</b> | <b>08:17:19.10</b> | +02:48:24<br>(33.9%) | 9:05         | 6.6<br>(66.0%) |
| 56  | <b>SZCZĘŚNIAK Piotr</b>     | <b>1226</b> | MASARNIA POZNAŃ FIZJOTERAPIA I MASAŻ | M-40      | 56   | 01:38:48 | 03:07:27 | 04:28:49 | 05:51:55 | 06:55:38 | <b>08:19:29.70</b> | <b>08:19:29.70</b> | +02:50:34<br>(34.2%) | 9:07         | 6.6<br>(66.0%) |
| 57  | <b>JASEK Mikołaj</b>        | <b>1186</b> |                                      | M-40      | 57   | 01:48:49 | 03:11:33 | 04:32:31 | 05:51:26 | 06:55:46 | <b>08:19:48.85</b> | <b>08:19:48.85</b> | +02:50:53<br>(34.2%) | 9:08         | 6.6<br>(66.0%) |
| 58  | <b>GAJLEWICZ Piotr</b>      | <b>1274</b> | WGO LEGAL                            | M-40      | 58   | 01:49:13 | 03:08:02 | 04:30:45 | 05:53:33 | 06:58:00 | <b>08:20:46.80</b> | <b>08:20:46.80</b> | +02:51:51<br>(34.3%) | 9:09         | 6.6<br>(66.0%) |
| 59  | <b>DOMINIAK Artur</b>       | <b>1006</b> |                                      | M-40      | 59   | 01:32:38 | 02:50:52 | 04:09:19 | 05:29:38 | 06:28:46 | <b>08:24:56.10</b> | <b>08:24:56.10</b> | +02:56:01<br>(34.9%) | 9:13         | 6.5<br>(65.0%) |
| 60  | <b>RADYK Jakub</b>          | <b>1020</b> | RADYK TEAM                           | M-40      | 60   | 01:49:02 | 03:15:08 | 04:42:07 | 06:06:00 | 07:05:41 | <b>08:25:33.85</b> | <b>08:25:33.85</b> | +02:56:38<br>(34.9%) | 9:14         | 6.5<br>(65.0%) |
| 61  | <b>MATWIEJCZYK Gabriel</b>  | <b>1098</b> |                                      | M-40      | 61   | 01:44:02 | 03:08:43 | 04:34:41 | 05:55:58 | 07:00:10 | <b>08:25:56.15</b> | <b>08:25:56.15</b> | +02:57:01<br>(35.0%) | 9:14         | 6.5<br>(65.0%) |
| 62  | <b>ŻUROWSKI Łukasz</b>      | <b>1181</b> | BBKS ŁAWECZKA                        | M-40      | 62   | 01:49:22 | 03:14:01 | 04:41:10 | 06:04:33 | 07:05:13 | <b>08:26:00.40</b> | <b>08:26:00.40</b> | +02:57:05<br>(35.0%) | 9:15         | 6.5<br>(65.0%) |
| 63  | <b>TORZEWSKI Przemysław</b> | <b>1323</b> |                                      | M-40      | 63   | 01:48:36 | 03:16:44 | 04:39:17 | 06:05:59 | 07:06:47 | <b>08:26:01.40</b> | <b>08:26:01.40</b> | +02:57:06<br>(35.0%) | 9:15         | 6.5<br>(65.0%) |
| 64  | <b>WYSOWSKI Wojtek</b>      | <b>1311</b> |                                      | M-40      | 64   | 01:55:40 | 03:23:33 | 04:50:11 | 06:07:29 | 07:06:51 | <b>08:26:05.50</b> | <b>08:26:05.50</b> | +02:57:10<br>(35.0%) | 9:15         | 6.5<br>(65.0%) |

| Msc | Zawodnik             | Numer | Klub                  | Kategoria | Mkat | Slavny   | Slavny   | Pasterka | Parking  | Błędne   | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-----------------------|-----------|------|----------|----------|----------|----------|----------|-------------|-------------|-------------------|--------------|-------------|
|     |                      |       |                       |           |      | 1        | 2        |          |          |          |             |             |                   |              |             |
| 65  | KURASIEWICZ Mariusz  | 1149  |                       | M-40      | 65   | 01:42:14 | 03:08:56 | 04:37:55 | 06:06:49 | 07:11:18 | 08:34:23.70 | 08:34:23.70 | +03:05:28 (36.1%) | 9:24         | 6.4 (64.0%) |
| 66  | KOWALCZYK Marcin     | 1123  |                       | M-40      | 66   | 01:47:08 | 03:17:17 | 04:39:57 | 06:01:50 | 07:07:47 | 08:34:24.85 | 08:34:24.85 | +03:05:29 (36.1%) | 9:24         | 6.4 (64.0%) |
| 67  | KURASZKIEWICZ Błażej | 1109  |                       | M-40      | 67   | 01:36:18 | 03:00:53 | 04:27:05 | 05:52:26 | 06:59:47 | 08:36:21.65 | 08:36:21.65 | +03:07:26 (36.3%) | 9:26         | 6.4 (64.0%) |
| 68  | JAKUBCZAK Konrad     | 1252  | DEBEŚCIAK             | M-40      | 68   | 01:38:30 | 02:58:29 | 04:20:21 | 05:53:31 | 07:04:50 | 08:37:58.85 | 08:37:58.85 | +03:09:03 (36.5%) | 9:28         | 6.3 (63.0%) |
| 69  | WARDZYŃSKI Łukasz    | 1335  |                       | M-40      | 69   | 01:35:59 | 03:07:13 | 04:39:28 | 06:08:12 | 07:12:53 | 08:40:10.85 | 08:40:10.85 | +03:11:15 (36.8%) | 9:30         | 6.3 (63.0%) |
| 70  | SYCHOWSKI Dawid      | 1083  |                       | M-40      | 70   | 01:48:51 | 03:17:49 | 04:44:16 | 06:13:25 | 07:14:58 | 08:43:09.85 | 08:43:09.85 | +03:14:14 (37.1%) | 9:33         | 6.3 (63.0%) |
| 71  | SIEMIENIUK Andrzej   | 1138  | RATUJMY CO SIĘ DA ♥♥♥ | M-40      | 71   | 01:38:59 | 03:08:44 | 04:41:26 | 06:11:40 | 07:17:51 | 08:44:30.45 | 08:44:30.45 | +03:15:35 (37.3%) | 9:35         | 6.3 (63.0%) |
| 72  | KARPIESIUK Adam      | 1041  | AKTYWNIE UZALEŻNIAMY  | M-40      | 72   | 01:51:29 | 03:19:30 | 04:46:47 | 06:15:19 | 07:19:05 | 08:45:43.90 | 08:45:43.90 | +03:16:48 (37.4%) | 9:36         | 6.2 (62.0%) |
| 73  | NOWOTKA Krzysztof    | 1003  | RYKOWISKO TEAM        | M-40      | 73   | 01:52:27 | 03:19:30 | 04:46:18 | 06:16:07 | 07:21:09 | 08:45:45.65 | 08:45:45.65 | +03:16:50 (37.4%) | 9:36         | 6.2 (62.0%) |
| 74  | DOLATOWSKI Łukasz    | 1150  |                       | M-40      | 74   | 01:51:16 | 03:20:23 | 04:51:31 | 06:17:46 | 07:24:09 | 08:48:39.90 | 08:48:39.90 | +03:19:44 (37.8%) | 9:39         | 6.2 (62.0%) |
| 75  | MORAWSKI Grzegorz    | 1343  |                       | M-40      | 75   | 01:45:30 | 03:19:33 | 04:48:53 | 06:16:14 | 07:23:37 | 08:49:20.95 | 08:49:20.95 | +03:20:25 (37.9%) | 9:40         | 6.2 (62.0%) |
| 76  | STRZECHOWSKI Dariusz | 1265  | RAJSPOORT ACTIVE      | M-40      | 76   | 02:03:59 | 03:39:47 | 05:10:54 | 06:33:41 | 07:32:09 | 08:50:51.15 | 08:50:51.15 | +03:21:56 (38.0%) | 9:42         | 6.2 (62.0%) |
| 77  | WAJDA Maciej         | 1338  | SPELEOCLUB WROCŁAW    | M-40      | 77   | 01:53:27 | 03:22:24 | 04:50:49 | 06:16:16 | 07:20:19 | 08:52:45.40 | 08:52:45.40 | +03:23:50 (38.3%) | 9:44         | 6.2 (62.0%) |
| 78  | BIECHOŃSKI Jarek     | 1114  |                       | M-40      | 78   | 01:51:40 | 03:21:02 | 04:57:40 | 06:23:30 | 07:29:44 | 08:53:01.95 | 08:53:01.95 | +03:24:06 (38.3%) | 9:44         | 6.2 (62.0%) |
| 79  | SITEK Arkadiusz      | 1193  | AKTYWNI WĘGRÓW        | M-40      | 79   | 01:48:58 | 03:22:34 | 04:55:17 | 06:23:17 | 07:29:36 | 08:57:44.50 | 08:57:44.50 | +03:28:49 (38.8%) | 9:49         | 6.1 (61.0%) |
| 80  | KOZŁOWSKI Rafał      | 1291  | RUNNERS KONIN         | M-40      | 80   | 01:57:58 | 03:32:44 | 05:04:07 | 06:30:56 | 07:34:31 | 09:01:31.00 | 09:01:31.00 | +03:32:36 (39.3%) | 9:53         | 6.1 (61.0%) |
| 81  | ZYCHOWICZ Zbigniew   | 1030  |                       | M-40      | 81   | 01:57:02 | 03:34:29 | 05:07:28 | 06:35:23 | 07:39:35 | 09:05:35.80 | 09:05:35.80 | +03:36:40 (39.7%) | 9:58         | 6 (60.0%)   |
| 82  | MACKO Mariusz        | 1182  |                       | M-40      | 82   | 01:50:09 | 03:20:13 | 04:53:04 | 06:21:33 | 07:34:15 | 09:05:45.60 | 09:05:45.60 | +03:36:50 (39.7%) | 9:58         | 6 (60.0%)   |
| 83  | JUROSZEK Józef       | 1213  |                       | M-40      | 83   | 02:01:41 | 03:41:13 | 05:05:38 | 06:35:48 | 07:43:35 | 09:06:01.20 | 09:06:01.20 | +03:37:06 (39.8%) | 9:58         | 6 (60.0%)   |
| 84  | HRYCAJ Marcin        | 1273  | KB ODRA OPOLE         | M-40      | 84   | 01:54:02 | 03:23:18 | 04:57:53 | 06:30:16 | 07:33:06 | 09:06:21.45 | 09:06:21.45 | +03:37:26 (39.8%) | 9:59         | 6 (60.0%)   |
| 85  | BRYLL Łukasz         | 1139  | SAGITTA TEAM          | M-40      | 85   | 01:44:29 | 03:18:00 | 04:51:27 | 06:22:03 | 07:31:51 | 09:07:16.85 | 09:07:16.85 | +03:38:21 (39.9%) | 10:00        | 6 (60.0%)   |
| 86  | POKRYWKA Arkadiusz   | 1032  |                       | M-40      | 86   | 01:50:38 | 03:18:49 | 04:52:43 | 06:31:10 | 07:44:44 | 09:16:55.70 | 09:16:55.70 | +03:48:00 (40.9%) | 10:10        | 5.9 (59.0%) |
| 87  | BENTKOWSKI Łukasz    | 1155  |                       | M-40      | 87   | 01:50:50 | 03:22:30 | 04:56:15 | 06:31:20 | 07:41:38 | 09:17:03.80 | 09:17:03.80 | +03:48:08 (41.0%) | 10:11        | 5.9 (59.0%) |
| 88  | MOSPINEK Jacek       | 1154  | SZAKALE BAŁUT ŁÓDŹ    | M-40      | 88   | 01:55:02 | 03:38:38 | 05:12:16 | 06:40:53 | 07:52:22 | 09:22:15.70 | 09:22:15.70 | +03:53:20 (41.5%) | 10:16        | 5.8 (58.0%) |

| Msc                                       | Zawodnik                    | Numer       | Klub                                    | Kategoria | Mkat | Slavny          | Slavny          | Pasterka        | Parking         | Błędne   | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|---|-----------------------------|-------------|---|-----------|------|-----------------|-----------------|-----------------|-----------------|----------|--------------------|--------------------|----------------------|--------------|----------------|
|   |                             |             |   |           |      | 1               | 2               |                 |                 |          |                    |                    |                      |              |                |
| 89  | <b>CZUBA Paweł</b>          | <b>1327</b> | BIEGANIE ZBLIŻA                         | M-40      | 89   | 02:03:30        | 03:43:41        | 05:13:19        | 06:49:24        | 07:59:46 | <b>09:31:36.10</b> | <b>09:31:36.10</b> | +04:02:41<br>(42.5%) | 10:26        | 5.7<br>(57.0%) |
| 90  | <b>MARKOWSKI Marek</b>      | <b>1092</b> | KS LENIWIEC                             | M-40      | 90   | 01:57:10        | 03:41:42        | 05:18:08        | 06:56:06        | 08:05:31 | <b>09:36:54.30</b> | <b>09:36:54.30</b> | +04:07:59<br>(43.0%) | 10:32        | 5.7<br>(57.0%) |
| 91  | <b>CYRAN Tadeusz</b>        | <b>1179</b> | EKM LUBUSKIE MORSY                      | M-40      | 91   | 02:04:50        | 03:46:44        | 05:25:42        | 06:59:59        | 08:10:22 | <b>09:44:01.15</b> | <b>09:44:01.15</b> | +04:15:06<br>(43.7%) | 10:40        | 5.6<br>(56.0%) |
| 92  | <b>LEŚNIAK Grzegorz</b>     | <b>1239</b> | DIRTY SPARROWS                          | M-40      | 92   | 01:48:59        | 03:25:08        | 05:05:48        | 06:48:07        | 08:03:26 | <b>09:44:03.10</b> | <b>09:44:03.10</b> | +04:15:08<br>(43.7%) | 10:40        | 5.6<br>(56.0%) |
| 93  | <b>SZTYPKA Konrad</b>       | <b>1131</b> | WKB MARATOŃCZYK WŁOCŁAWEK               | M-40      | 93   | 01:56:52        | 03:36:06        | 05:07:07        | 06:43:08        | 07:56:13 | <b>09:49:34.40</b> | <b>09:49:34.40</b> | +04:20:39<br>(44.2%) | 10:46        | 5.6<br>(56.0%) |
| 94  | <b>RUBINOWSKI Sebastian</b> | <b>1005</b> |   | M-40      | 94   | 02:07:33        | 03:53:32        | 05:30:49        | 07:05:16        | 08:15:00 | <b>09:51:04.00</b> | <b>09:51:04.00</b> | +04:22:09<br>(44.4%) | 10:48        | 5.6<br>(56.0%) |
| 95  | <b>KOZDRÓJ Marcin</b>       | <b>1051</b> |   | M-40      | 95   | 02:01:25        | 03:45:46        | 05:21:42        | 06:59:09        | 08:09:12 | <b>09:55:51.10</b> | <b>09:55:51.10</b> | +04:26:56<br>(44.8%) | 10:53        | 5.5<br>(55.0%) |
| 96  | <b>KUJAWA Mariusz</b>       | <b>1065</b> | KS ULTRA TEAM ŁÓDŹ                      | M-40      | 96   | 02:19:50        | 04:06:08        | 05:44:27        | 07:19:36        | 08:27:52 | <b>10:01:56.80</b> | <b>10:01:56.80</b> | +04:33:01<br>(45.4%) | 11:00        | 5.5<br>(55.0%) |
| 97  | <b>GÓRCZYŃSKI Rafał</b>     | <b>1215</b> |   | M-40      | 97   | 02:04:14        | 03:54:42        | 05:38:19        | 07:12:55        | 08:25:37 | <b>10:03:37.50</b> | <b>10:03:37.50</b> | +04:34:42<br>(45.5%) | 11:02        | 5.4<br>(54.0%) |
| 98  | <b>SZMOŁOWSKI Grzegorz</b>  | <b>1034</b> | FUNDACJA DZIĘKI TOBIE                   | M-40      | 98   | 02:04:23        | 03:47:40        | 05:26:43        | 07:08:07        | 08:23:26 | <b>10:03:39.35</b> | <b>10:03:39.35</b> | +04:34:44<br>(45.5%) | 11:02        | 5.4<br>(54.0%) |
| 99  | <b>WIŚNIEWSKI Maciej</b>    | <b>1148</b> |   | M-40      | 99   | 02:06:09        | 03:53:26        | 05:33:53        | 07:13:39        | 08:27:20 | <b>10:14:19.25</b> | <b>10:14:19.25</b> | +04:45:24<br>(46.5%) | 11:13        | 5.3<br>(53.0%) |
| 100                                       | <b>PANEK Piotr</b>          | <b>1015</b> | PATO BIEGI                              | M-40      | 100  | 01:53:48        | 03:43:41        | 05:47:22        | 07:32:58        | 08:46:12 | <b>10:23:12.95</b> | <b>10:23:12.95</b> | +04:54:17<br>(47.2%) | 11:23        | 5.3<br>(53.0%) |
| 101                                       | <b>IMBRYCZKOWSKI Borys</b>  | <b>1060</b> | ŚWIERCZEWO RUN                          | M-40      | 101  | 02:15:46        | 04:06:37        | 05:48:40        | 07:33:27        | 08:52:29 | <b>10:35:31.80</b> | <b>10:35:31.80</b> | +05:06:36<br>(48.2%) | 11:37        | 5.2<br>(52.0%) |
| 102                                       | <b>HERZOG Dobromir</b>      | <b>1302</b> |   | M-40      | 102  | 02:15:54        | 04:12:59        | 06:03:13        | 07:49:13        | 09:04:15 | <b>10:46:22.10</b> | <b>10:46:22.10</b> | +05:17:27<br>(49.1%) | 11:48        | 5.1<br>(51.0%) |
| 103                                       | <b>BRZOZOWSKI Marcin</b>    | <b>1071</b> |   | M-40      | 103  | 02:01:20        | 03:47:48        | 05:42:02        | 07:26:35        | 08:50:38 | <b>10:48:42.00</b> | <b>10:48:42.00</b> | +05:19:47<br>(49.3%) | 11:51        | 5.1<br>(51.0%) |
| <b>Przekroczony limit czasu: 11:00:00</b> |                             |             |   |           |      |                 |                 |                 |                 |          |                    |                    |                      |              |                |
| 104                                       | <b>GOLEK Seweryn Golek</b>  | <b>1009</b> | RNB TEAM POLANICA ZDROJ                 | M-40      | 104  | 02:10:21        | 03:58:17        | 05:54:01        | 07:57:22        | 09:24:24 | <b>11:34:10.00</b> | <b>11:34:10.00</b> | +06:05:15<br>(52.6%) | 12:41        | 4.7<br>(47.0%) |
|   | <b>NAGLAK Łukasz</b>        | <b>1136</b> | TLENOWA RADOŚĆ TEAM                     | M-40      |      | 01:31:38<br>DNF | 02:45:23<br>DNF | 04:00:38<br>DNF | 05:29:16<br>DNF | DNF      | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |
|   | <b>BORZYSTOWSKI Patryk</b>  | <b>1260</b> |   | M-40      |      | 01:16:48<br>DNF | 02:15:04<br>DNF | 03:17:09<br>DNF | DNF             | DNF      | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |
|   | <b>CZEKAŁSKI Tomasz</b>     | <b>1159</b> | NARAMOWICE BIEGAJĄ                      | M-40      |      | 02:04:52<br>DNF | 04:09:28<br>DNF | 06:01:30<br>DNF | DNF             | DNF      | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |
|   | <b>LIPKA Michał</b>         | <b>1309</b> | LIPKI RULEZ                             | M-40      |      | 02:08:58<br>DNF | 03:57:25<br>DNF | 06:10:58<br>DNF | DNF             | DNF      | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |
|   | <b>ZAJĄC Krzysztof</b>      | <b>1001</b> | BEZULTRADZIKI/ZAJĄCEHASAJĄCE/WKURW_TEAM | M-40      |      | 02:26:22<br>DNF | 04:28:40<br>DNF | 06:48:27<br>DNF | DNF             | DNF      | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |
|   | <b>WIDERA Adrian</b>        | <b>1118</b> | CHOOSE YOURSELF JAWORZNO                | M-40      |      | 02:22:31<br>DNF | 04:33:31<br>DNF | DNF             | DNF             | DNF      | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |
|   | <b>BOROWIAK Łukasz</b>      | <b>1285</b> |   | M-40      |      | 02:57:04<br>DNF | DNF             | DNF             | DNF             | DNF      | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |
|   | <b>PIOSIK Paweł</b>         | <b>1036</b> | RANKOR                                  | M-40      |      | DNF             | DNF             | DNF             | DNF             | DNF      | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |

Znaleziono 112 wynik(ów)