



**SUPERMARATON
GÓR
STOŁOWYCH**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Supermaraton Gór Stołowych
Fundacja Maratony Górskie
2024-06-22
Karłów
54.7 km

SGS ULTRA 54KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

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INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: OPEN M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slavny 1 13.9km	Slavny 2 22.9km	Pasterka 33.7km	Parking 40.9km	Błędne Skały 47.7km	Czas netto 54.7km	Czas brutto 54.7km	Różn	Tempo min/km	Tempo km/h
1	GORZELAŃCZYK Jakub	1259	MKS SIECHNICE	M-30	1	01:10:31	02:00:56	02:52:02	03:36:58	04:12:18	04:57:51.90	04:57:51.90		5:26	11 (100%)
2	PYSZEL Florian	1310	ŚWIAT OKIEM BIEGOCZA	M-20	1	01:12:18		02:59:09	03:46:06	04:21:38	05:10:20.05	05:10:20.05	+00:12:28 (4.0%)	5:40	10.6 (96.4%)
3	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	05:28:55.00	05:28:55.00	+00:31:03 (9.4%)	6:00	10 (90.9%)
4	MAŁYGA Grzegorz	1214	RMT TEAM PRO	M-30	2	01:13:33	02:10:51	03:10:03	04:00:36	04:41:24	05:36:02.40	05:36:02.40	+00:38:10 (11.4%)	6:08	9.8 (89.1%)
5	GÓRAL Grzegorz	1255	HEJ HEJ GÓRALU	M-40	2	01:17:18	02:16:28	03:16:17	04:08:11	04:48:07	05:41:50.55	05:41:50.55	+00:43:58 (12.9%)	6:14	9.6 (87.3%)
6	GONCZARENKO Jarek	1281	RUN100LOVE	M-40	3	01:17:16	02:15:45	03:17:53	04:14:19	04:58:49	05:57:19.60	05:57:19.60	+00:59:27 (16.6%)	6:31	9.2 (83.6%)
7	PILARSKI Tomasz	1251	MARCIN ŚWIERC TEAM	M-40	4	01:15:32	02:15:34	03:17:16	04:14:34	04:58:07	05:57:32.80	05:57:32.80	+00:59:40 (16.7%)	6:32	9.2 (83.6%)
8	STACHOWIAK Łukasz	1349	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	M-30	3	01:21:36	02:23:32	03:25:55	04:23:06	05:03:43	06:02:45.30	06:02:45.30	+01:04:53 (17.9%)	6:37	9 (81.8%)
9	ADLER Łukasz	1289	LESZ NO LIMITS RUNNERS	M-30	4	01:23:41	02:25:44	03:29:02	04:23:19	05:07:43	06:02:54.70	06:02:54.70	+01:05:02 (17.9%)	6:38	9 (81.8%)
10	KOPIEC Przemek	1147		M-30	5	01:20:30	02:20:29	03:23:46	04:22:13	05:06:47	06:04:10.10	06:04:10.10	+01:06:18 (18.2%)	6:39	9 (81.8%)
11	PAROL Piotr	1084	INSTALACJE-ST.COM.PL	M-20	2	01:17:15	02:20:24	03:23:19	04:21:41	05:08:02	06:12:18.60	06:12:18.60	+01:14:26 (20.0%)	6:48	8.8 (80.0%)
12	TROJNAR Damian	1058	KS JANUSZE	M-30	6	01:24:29	02:30:54	03:38:35	04:39:24	05:26:01	06:26:47.90	06:26:47.90	+01:28:56 (23.0%)	7:04	8.5 (77.3%)
13	MARKOWSKI Marcin	1175	UKS KOMETA GLIWICE	M-40	5	01:27:20	02:33:33	03:38:40	04:38:51	05:26:03	06:26:49.20	06:26:49.20	+01:28:57 (23.0%)	7:04	8.5 (77.3%)
14	MALINOWSKI Dawid	1201		M-30	7	01:23:35	02:25:31	03:31:46	04:34:16	05:24:23	06:29:27.45	06:29:27.45	+01:31:35 (23.5%)	7:07	8.4 (76.4%)
15	POGORZELSKI Krzysztof	1250	ŁYSOGÓRSKI	M-40	6	01:28:14	02:33:56	03:40:02	04:44:21	05:30:35	06:30:51.85	06:30:51.85	+01:32:59 (23.8%)	7:08	8.4 (76.4%)
16	KRUPA Marcin	1052	AKTYWNA NOWA RUDA	M-40	7	01:18:01	02:21:23	03:30:57	04:38:02	05:27:11	06:32:55.40	06:32:55.40	+01:35:03 (24.2%)	7:10	8.4 (76.4%)
17	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	06:35:25.60	06:35:25.60	+01:37:33 (24.7%)	7:13	8.3 (75.5%)
18	JARZĘBOWICZ Paweł	1180	ZADYSZKA OŚWIĘCIM	M-40	9	01:32:40	02:42:21	03:48:29	04:51:37	05:37:38	06:38:03.85	06:38:03.85	+01:40:11 (25.2%)	7:16	8.2 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slawny	Slawny	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
19	KRYSA Roman	1080	WOLSKI KOLEKTYW BIEGOWY	M-40	10	01:25:18	02:34:31	03:41:55	04:46:03	05:34:39	06:38:42.40	06:38:42.40	+01:40:50 (25.3%)	7:17	8.2 (74.5%)
20	MARCINIAK Jakub	1161	TLENOWA RADOŚĆ TEAM	M-30	8	01:25:05	02:33:29	03:44:53	04:49:15	05:37:37	06:40:37.15	06:40:37.15	+01:42:45 (25.6%)	7:19	8.2 (74.5%)
21	CICHOCKI Rafał	1011	KAJ TA META	M-40	11	01:23:29	02:27:28	03:34:07	04:41:21	05:36:41	06:41:12.60	06:41:12.60	+01:43:20 (25.8%)	7:20	8.2 (74.5%)
22	FIJAŁKOWSKI Sebastian	1227		M-30	9	01:32:41	02:43:35	03:55:25	04:57:54	05:43:54	06:42:12.60	06:42:12.60	+01:44:20 (25.9%)	7:21	8.2 (74.5%)
23	HOŁOWNIA Tomasz	1143		M-40	12	01:25:39	02:30:03	03:39:12	04:48:49	05:39:44	06:43:41.40	06:43:41.40	+01:45:49 (26.2%)	7:22	8.1 (73.6%)
24	ŚWIĄTEK Paweł	1204	HRW	M-40	13	01:26:58	02:34:52	03:47:33	04:50:28	05:39:07	06:46:22.65	06:46:22.65	+01:48:30 (26.7%)	7:25	8.1 (73.6%)
25	KURAS Przemysław	1090	NUNEK SPITFIRE	M-40	14	01:31:55	02:44:37	03:55:34	04:59:34	05:46:44	06:49:47.35	06:49:47.35	+01:51:55 (27.3%)	7:29	8 (72.7%)
26	SZOPA Marek	1271	DZIKIE DZIKI GORZÓW WLKP.	M-50	1	01:27:41	02:37:22	03:49:09	04:56:18	05:44:33	06:50:34.80	06:50:34.80	+01:52:42 (27.5%)	7:30	8 (72.7%)
27	GIERSZEWSKI Jarosław	1272	ZAŁOGA G	M-40	15	01:32:36	02:43:16	03:52:28	04:56:05	05:45:05	06:51:08.40	06:51:08.40	+01:53:16 (27.6%)	7:30	8 (72.7%)
28	SZAŁKOWSKI Dawid	1346	MARKOWI BIEGACZE	M-40	16	01:27:37	02:38:18	03:48:41	04:54:01	05:44:23	06:51:14.95	06:51:14.95	+01:53:23 (27.6%)	7:31	8 (72.7%)
29	BIELECKI Sławomir	1192	NARAMOWICE BIEGAJĄ	M-30	10	01:22:50	02:30:03	03:42:29	04:54:35	05:45:02	06:51:46.50	06:51:46.50	+01:53:54 (27.7%)	7:31	8 (72.7%)
30	SZYMURA Wojciech	1244	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-50	2	01:25:17	02:35:24	03:47:32	04:55:21	05:45:32	06:52:32.00	06:52:32.00	+01:54:40 (27.8%)	7:32	8 (72.7%)
31	ŁOPATYŃSKI Ireneusz	1351	REMA SPORT TEAM	M-50	3	01:30:15	02:38:55	03:48:13	04:54:39	05:42:46	06:53:26.75	06:53:26.75	+01:55:34 (28.0%)	7:33	7.9 (71.8%)
32	LECJAR Jaromír	1137		M-40	17	01:24:36	02:27:33	03:40:29	04:53:20	05:45:04	06:55:16.05	06:55:16.05	+01:57:24 (28.3%)	7:35	7.9 (71.8%)
33	GUZIKIEWICZ Kamil	1057		M-30	11	01:24:41	02:37:24	03:46:37	04:52:26	05:43:49	06:56:16.15	06:56:16.15	+01:58:24 (28.4%)	7:36	7.9 (71.8%)
34	IDOWIAK Łukasz	1297	OSIR PONIEC	M-40	18	01:32:39	02:43:55	03:54:15	04:58:20	05:50:41	07:00:06.60	07:00:06.60	+02:02:14 (29.1%)	7:40	7.8 (70.9%)
35	PASTERNOK Marian	1321	BARTOSZ GORCZYCA TEAM	M-40	19	01:32:03	02:42:33	03:54:19	05:00:54	05:53:51	07:00:30.65	07:00:30.65	+02:02:38 (29.2%)	7:41	7.8 (70.9%)
36	DASZEWSKI Filip	1184		M-20	3	01:31:24	02:46:15	04:04:22	05:10:57	05:58:18	07:02:13.30	07:02:13.30	+02:04:21 (29.5%)	7:43	7.8 (70.9%)
37	SMUDA Krzysztof	1047	RUNNINGPERFORMANCE.PL	M-30	12	01:30:06	02:43:32	03:56:17	05:05:35	05:56:55	07:02:58.10	07:02:58.10	+02:05:06 (29.6%)	7:43	7.8 (70.9%)
38	ZAJĄC Leszek	1294	LESZ NO LIMITS RUNNERS	M-40	20	01:32:35	02:45:30	04:01:20	05:09:03	05:59:52	07:05:06.45	07:05:06.45	+02:07:14 (29.9%)	7:46	7.7 (70.0%)
39	KOGUT Maciej	1177		M-40	21	01:20:31	02:22:58	03:39:44	05:01:22	05:55:44	07:05:54.35	07:05:54.35	+02:08:02 (30.1%)	7:47	7.7 (70.0%)
40	MYŚLIWIEC Robert	1095	WILD&FREE	M-40	22	01:22:37	02:34:51	03:50:01	05:02:48	05:58:33	07:07:05.10	07:07:05.10	+02:09:13 (30.3%)	7:48	7.7 (70.0%)
41	TUREK Łukasz	1174	KOZICE GÓRSKIE/MORDOWNIK	M-40	23	01:39:10	02:48:25	04:01:27	05:12:13	06:02:21	07:07:31.35	07:07:31.35	+02:09:39 (30.3%)	7:48	7.7 (70.0%)
42	GAŚSIOR Krzysztof	1196	LAJKONIK	M-40	24	01:31:31	02:46:26	03:59:16	05:09:13	06:01:16	07:11:44.95	07:11:44.95	+02:13:53 (31.0%)	7:53	7.6 (69.1%)
43	BODZIACHOWSKI Marcin	1178	JACEKBIEGA RUNNING TEAM / ULTRAS LEGIA	M-40	25	01:39:43	02:53:41	04:08:17	05:17:16	06:10:50	07:12:43.60	07:12:43.60	+02:14:51 (31.2%)	7:54	7.6 (69.1%)
44	ŚWIERKOWSKI Krzysztof	1320		M-20	4	01:34:26	02:52:45	04:09:12	05:16:22	06:05:49	07:13:50.20	07:13:50.20	+02:15:58 (31.3%)	7:55	7.6 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slavny	Slavny	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
45	JURDZIAK Jakub	1325	ULTRAWAY.PL RUNNING TEAM	M-40	26	01:33:48	02:46:24	04:02:52	05:13:03	06:07:02	07:17:10.10	07:17:10.10	+02:19:18 (31.9%)	7:59	7.5 (68.2%)
46	SZYDLIK Arkadiusz	1288	DOGOŃ GRODZISK MAZOWIECKI	M-40	27	01:26:03	02:37:22	03:56:48	05:10:16	06:07:16	07:17:48.05	07:17:48.05	+02:19:56 (32.0%)	8:00	7.5 (68.2%)
47	WOŹNIAK Grzegorz	1243	WOLSKI KOLEKTYW BIEGOWY	M-30	13	01:33:06	02:47:43	04:02:21	05:17:13	06:10:56	07:19:24.75	07:19:24.75	+02:21:32 (32.2%)	8:01	7.5 (68.2%)
48	JOŃCZYK Rafał	1315	JACEKBIEGA RUNNING TEAM	M-40	28	01:34:46	02:45:04	04:01:27	05:13:28	06:10:48	07:19:44.35	07:19:44.35	+02:21:52 (32.3%)	8:02	7.5 (68.2%)
49	WYSOCZAŃSKI Adrian	1322		M-40	29	01:28:49	02:41:49	03:52:50	05:10:12	06:14:36	07:20:00.20	07:20:00.20	+02:22:08 (32.3%)	8:02	7.5 (68.2%)
50	KUBER Andrzej	1108	EX TEAM	M-30	14	01:38:40	02:55:01	04:08:59	05:17:33	06:11:43	07:20:00.75	07:20:00.75	+02:22:08 (32.3%)	8:02	7.5 (68.2%)
51	CZERWONKA Bartosz	1267	TIUGO TECHNOLOGIES	M-30	15	01:35:56	02:51:59	04:07:17	05:19:59	06:14:23	07:20:22.15	07:20:22.15	+02:22:30 (32.4%)	8:03	7.5 (68.2%)
52	TKACZ Tobiasz	1347		M-20	5	01:39:07	02:56:31	04:09:57	05:16:44	06:12:57	07:21:31.30	07:21:31.30	+02:23:39 (32.5%)	8:04	7.4 (67.3%)
53	KUPIŃSKI Cezary	1254	MOCNA GRUPA CEZARA	M-50	4	01:39:08	02:58:28	04:12:20	05:24:47	06:15:09	07:23:41.55	07:23:41.55	+02:25:49 (32.9%)	8:06	7.4 (67.3%)
54	ŚWIAT Paweł	1128	RNB TEAM POLANICA ZDRÓJ	M-30	16	01:31:46	02:48:40	04:06:49	05:16:57	06:10:47	07:23:54.30	07:23:54.30	+02:26:02 (32.9%)	8:06	7.4 (67.3%)
55	KNOT Jędrzej	1168		M-30	17	01:37:39	02:48:29	04:02:29	05:14:28	06:10:37	07:24:56.50	07:24:56.50	+02:27:04 (33.1%)	8:08	7.4 (67.3%)
56	KISIECKI Damian	1319	HURAGAN LIGOTA	M-40	30	01:41:39	03:01:04	04:15:14	05:24:10	06:15:42	07:25:03.80	07:25:03.80	+02:27:11 (33.1%)	8:08	7.4 (67.3%)
57	GRACZ Paweł	1091	ULTRA DIABŁY TEAM LUBRZA	M-40	31	01:25:04	02:42:37	03:57:53	05:10:34	06:11:07	07:25:38.70	07:25:38.70	+02:27:46 (33.2%)	8:08	7.4 (67.3%)
58	SZYMAŃSKI Tomasz	1334	VENUS	M-40	32	01:39:03	02:54:04	04:09:37	05:20:48	06:14:40	07:26:14.65	07:26:14.65	+02:28:22 (33.3%)	8:09	7.4 (67.3%)
59	GRZESZAK Rafał	1276	DOGOŃ GRODZISK MAZOWIECKI	M-50	5	01:33:55	02:47:34	04:02:39	05:15:03	06:11:01	07:27:22.35	07:27:22.35	+02:29:30 (33.4%)	8:10	7.3 (66.4%)
60	WOJDA Bartosz	1045		M-40	33	01:39:13	02:54:09	04:09:56	05:18:23	06:10:34	07:27:26.40	07:27:26.40	+02:29:34 (33.4%)	8:10	7.3 (66.4%)
61	JARMUŻEK Paweł	1146		M-50	6	01:33:31	02:50:11	04:09:18	05:22:27	06:17:16	07:27:54.70	07:27:54.70	+02:30:02 (33.5%)	8:11	7.3 (66.4%)
62	CHORAZKIEWICZ Damian	1312		M-30	18	01:35:20	02:51:37	04:08:06	05:20:06	06:14:53	07:29:16.85	07:29:16.85	+02:31:24 (33.7%)	8:12	7.3 (66.4%)
63	ZIELIŃSKI Sławek	1061	#TEAMSZÓSTABE	M-40	34	01:33:03	02:45:27	04:00:57	05:12:21	06:10:33	07:29:19.00	07:29:19.00	+02:31:27 (33.7%)	8:12	7.3 (66.4%)
64	LEWANDOWSKI Janusz	1070	KS SPRINT BIELSKO-BIAŁA	M-50	7	01:40:43	02:58:59	04:15:22	05:27:31	06:21:26	07:29:58.90	07:29:58.90	+02:32:07 (33.8%)	8:13	7.3 (66.4%)
65	ZYGNER Sławek	1216	ULTRA DZIADEK	M-50	8	01:36:49		04:10:15	05:25:19	06:18:43	07:32:38.05	07:32:38.05	+02:34:46 (34.2%)	8:16	7.3 (66.4%)
66	CIEŚLA Bartosz	1313		M-30	19	01:26:32	02:43:58	04:04:26	05:22:46	06:18:13	07:33:11.10	07:33:11.10	+02:35:19 (34.3%)	8:17	7.2 (65.5%)
67	ABUCEWICZ Marek	1283	ADIDAS RUNNERS WARSAW	M-50	9	01:42:17	03:04:03	04:15:58	05:27:27	06:23:32	07:33:13.85	07:33:13.85	+02:35:21 (34.3%)	8:17	7.2 (65.5%)
68	GIBAŁA Marcin	1350	BIEGAM DLA ALI I HANI	M-50	10	01:39:05	02:58:25	04:15:50	05:27:29	06:24:45	07:33:15.45	07:33:15.45	+02:35:23 (34.3%)	8:17	7.2 (65.5%)
69	MARCINIAK Maciej	1117		M-40	35	01:45:47	03:04:23	04:23:49	05:31:45	06:27:21	07:33:16.00	07:33:16.00	+02:35:24 (34.3%)	8:17	7.2 (65.5%)
70	KOZŁOWSKI Leszek	1355		M-50	11	01:36:06	02:53:46	04:14:17	05:26:56	06:21:44	07:34:20.30	07:34:20.30	+02:36:28 (34.4%)	8:18	7.2 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slawny	Slawny	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
71	URBANIAK Piotr	1240	CROCODIGY	M-30	20	01:40:47		04:13:43	05:25:10	06:19:48	07:36:04.30	07:36:04.30	+02:38:12 (34.7%)	8:20	7.2 (65.5%)
72	CUKIERDA Dariusz	1176		M-40	36	01:25:07	02:37:32	03:53:26	05:11:16	06:11:15	07:36:18.80	07:36:18.80	+02:38:26 (34.7%)	8:20	7.2 (65.5%)
73	SIWAK Ryszard	1195	TEAM RYŚ SKI	M-40	37	01:38:57	02:58:03	04:15:28	05:27:06	06:21:22	07:36:32.40	07:36:32.40	+02:38:40 (34.8%)	8:20	7.2 (65.5%)
74	KOSTRZEWA Wojciech	1266	ZADYSZKA OŚWIĘCIM	M-40	38	01:40:40	02:51:21	04:05:23	05:18:18	06:16:48	07:36:33.90	07:36:33.90	+02:38:42 (34.8%)	8:20	7.2 (65.5%)
75	SANKOWSKI Jacek	1292	PLACKI TEAM	M-30	21	01:32:09	02:45:24	04:00:10	05:18:31	06:26:24	07:43:39.85	07:43:39.85	+02:45:47 (35.8%)	8:28	7.1 (64.5%)
76	GOSTYŃSKI Krzysztof	1194	RUCZAJ ULTRA TEAM	M-50	12	01:51:42	03:14:31	04:29:43	05:40:13	06:34:03	07:43:42.75	07:43:42.75	+02:45:50 (35.8%)	8:28	7.1 (64.5%)
77	JARZĘBOWICZ Adam	1078	YAZOMB'S	M-40	39	01:37:07	02:54:16	04:19:02	05:31:39	06:29:47	07:44:00.00	07:44:00.00	+02:46:08 (35.8%)	8:28	7.1 (64.5%)
78	SKWARSKI Darek	1173		M-40	40	01:40:50	02:57:26	04:16:08	05:33:02	06:31:33	07:46:32.40	07:46:32.40	+02:48:40 (36.2%)	8:31	7 (63.6%)
79	PRETORIUS Petrus Johannes	1348		M-30	22	01:42:39	03:02:37	04:19:22	05:31:24	06:30:06	07:48:52.55	07:48:52.55	+02:51:00 (36.5%)	8:34	7 (63.6%)
80	BLASZCZYK Jakub	1339		M-40	41	01:42:00	03:02:31	04:24:55	05:41:09	06:37:01	07:48:53.80	07:48:53.80	+02:51:01 (36.5%)	8:34	7 (63.6%)
81	GAJDOWSKI Przemysław	1037	PRZEMO TEAM	M-30	23	01:36:56	02:58:53	04:16:56	05:36:26	06:39:59	07:48:54.70	07:48:54.70	+02:51:02 (36.5%)	8:34	7 (63.6%)
82	KAŃDUŁA Grzegorz	1269		M-40	42	01:51:43	03:13:11	04:30:49	05:44:18	06:38:51	07:52:27.10	07:52:27.10	+02:54:35 (37.0%)	8:38	6.9 (62.7%)
83	PIESIK Jarosław	1221	WOLSZTYŃSKI KLUB BIEGOWY	M-60	1	01:49:44	03:10:52	04:29:01	05:44:50	06:39:52	07:52:30.10	07:52:30.10	+02:54:38 (37.0%)	8:38	6.9 (62.7%)
84	ŚWIERK Piotr	1330	RADLINIOKI W BIEGU	M-40	43	01:33:32	02:56:15	04:10:12	05:29:15	06:34:12	07:52:45.40	07:52:45.40	+02:54:53 (37.0%)	8:38	6.9 (62.7%)
85	LASKOWSKI Lukasz	1345	SZYBKIE PEDAŁY	M-30	24	01:57:12	03:21:05	04:42:08	05:51:12	06:41:31	07:53:39.10	07:53:39.10	+02:55:47 (37.1%)	8:39	6.9 (62.7%)
86	KUNCEWICZ Gracjan	1185		M-20	6	01:48:59	03:16:49	04:32:29	05:44:58	06:40:53	07:54:39.45	07:54:39.45	+02:56:47 (37.2%)	8:40	6.9 (62.7%)
87	BRZUSKA Lesław	1033		M-40	44	01:32:50	02:56:12	04:15:56	05:36:27	06:40:01	07:56:59.95	07:56:59.95	+02:59:08 (37.6%)	8:43	6.9 (62.7%)
88	GIERSZEWSKI Maciek	1002	ZĄŁOGA G	M-30	25	01:53:06	03:15:08	04:37:30	05:51:27	06:46:52	07:58:38.85	07:58:38.85	+03:00:46 (37.8%)	8:45	6.9 (62.7%)
89	KRÓL Marcin	1082		M-40	45	01:40:25	03:01:04	04:27:47	05:46:20	06:45:38	07:59:17.40	07:59:17.40	+03:01:25 (37.9%)	8:45	6.8 (61.8%)
90	JASIŃSKI Marcin	1220	ROGOZIŃSKI KLUB BIEGACZA	M-40	46	01:39:11	02:56:05	04:19:18	05:43:53	06:46:16	07:59:17.80	07:59:17.80	+03:01:25 (37.9%)	8:45	6.8 (61.8%)
91	KOWALCZYK Krzysztof	1268	AW SZYBCIEJ TEAM	M-30	26	01:35:13	02:54:23	04:15:07	05:39:44	06:42:57	08:00:57.40	08:00:57.40	+03:03:05 (38.1%)	8:47	6.8 (61.8%)
92	BLICHARZ Jarosław	1038	GAPS POLICE	M-50	13	01:42:25	03:03:05	04:24:18	05:41:46	06:41:13	08:01:58.30	08:01:58.30	+03:04:06 (38.2%)	8:48	6.8 (61.8%)
93	SAMUŚ Dariusz	1056	BIESZCZADZKIE MORSY	M-40	47	01:27:26	02:46:13	04:16:21	05:38:33	06:39:08	08:02:08.15	08:02:08.15	+03:04:16 (38.2%)	8:48	6.8 (61.8%)
94	MENDELSKI Paweł	1164	POZNAŃCZYK	M-30	27	01:38:33	03:02:55	04:30:33	05:50:17	06:47:23	08:03:15.20	08:03:15.20	+03:05:23 (38.4%)	8:50	6.8 (61.8%)
95	KŁOS Julian	1010	RYKOWISKO TEAM	M-40	48	01:52:58	03:13:15	04:33:42	05:46:10	06:47:36	08:04:06.45	08:04:06.45	+03:06:14 (38.5%)	8:51	6.8 (61.8%)
96	MUCHA Adam	1286	PORUNNE FURGANIE	M-40	49	01:52:24	03:19:21	04:39:29	05:54:49	06:51:19	08:04:15.45	08:04:15.45	+03:06:23 (38.5%)	8:51	6.8 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slawny	Slawny	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
97	STYGAR Mateusz	1333		M-30	28	01:39:38	03:05:13	04:22:30	05:41:09	06:41:42	08:04:43.75	08:04:43.75	+03:06:51 (38.6%)	8:51	6.8 (61.8%)
98	ZARODA Zbigniew	1121	TRITON KONIN	M-50	14	01:39:04	02:59:09	04:20:19	05:37:27	06:37:04	08:06:13.25	08:06:13.25	+03:08:21 (38.7%)	8:53	6.8 (61.8%)
99	WODZIEŃ Andrzej	1352	KLUB PAKOTEAM	M-50	15	01:43:51	03:06:02	04:28:21	05:47:51	06:46:35	08:09:17.80	08:09:17.80	+03:11:25 (39.1%)	8:56	6.7 (60.9%)
100	RADZIKOWSKI Łukasz	1167	KS POSNANIA	M-30	29	01:56:50	03:24:26	04:44:10	06:06:39	06:59:22	08:09:20.85	08:09:20.85	+03:11:28 (39.1%)	8:56	6.7 (60.9%)
101	MOSIO Grzegorz	1077		M-40	50	01:43:55	03:06:33	04:28:35	05:44:21	06:43:42	08:09:40.10	08:09:40.10	+03:11:48 (39.2%)	8:57	6.7 (60.9%)
102	NYKIEL Rafał	1282	ULTRA DIABŁY TEAM LUBRZA	M-40	51	01:45:05	03:08:15	04:30:34	05:50:51	06:51:16	08:09:44.10	08:09:44.10	+03:11:52 (39.2%)	8:57	6.7 (60.9%)
103	PIETRUCHA Jakub	1212	STG WARSZAWA	M-30	30	01:42:20	03:08:35	04:37:48	05:56:32	06:56:56	08:10:03.50	08:10:03.50	+03:12:11 (39.2%)	8:57	6.7 (60.9%)
104	MANCZENKO Eugeniusz	1100	SZWAGROPOL	M-40	52	01:40:51	03:08:35	04:37:48	05:56:36	06:56:57	08:11:02.75	08:11:02.75	+03:13:10 (39.3%)	8:58	6.7 (60.9%)
105	SIKORSKI Dariusz	1307	INSERT TEAM	M-40	53	01:48:22	03:15:53	04:34:16	05:51:21	06:50:17	08:11:53.45	08:11:53.45	+03:14:01 (39.4%)	8:59	6.7 (60.9%)
106	HOŁYST Marcin	1050	WAWRZYNTTEAM	M-40	54	01:38:59	03:01:32	04:27:22	05:48:05	06:48:35	08:13:09.95	08:13:09.95	+03:15:18 (39.6%)	9:00	6.7 (60.9%)
107	KAŻMIERCZAK Mikołaj	1054	#DP	M-20	7	01:39:17	02:54:03	04:22:41	05:45:26	06:49:12	08:13:23.65	08:13:23.65	+03:15:31 (39.6%)	9:01	6.7 (60.9%)
108	ZIMNY Tomasz	1284	FARTY PUSZCZY	M-60	2	01:44:49	03:09:42	04:31:03	05:51:11	06:51:08	08:13:35.40	08:13:35.40	+03:15:43 (39.7%)	9:01	6.6 (60.0%)
109	PIASKOWSKI Mateusz	1241	KLUB MARATOŃCZYKA V LO W POZNANIU/ GANG FIZOLI	M-30	31	01:38:48	03:05:57	04:28:49	05:51:56	06:55:38	08:17:14.65	08:17:14.65	+03:19:22 (40.1%)	9:05	6.6 (60.0%)
110	GAWOT Piotr	1264		M-40	55	01:41:50	03:08:59	04:30:34	05:51:15	06:55:16	08:17:19.10	08:17:19.10	+03:19:27 (40.1%)	9:05	6.6 (60.0%)
111	POTOCZNY Mirosław	1093	CZARNA TĘCZA/TRAIL RUNNERS JAWORZNO	M-50	16	01:46:08	03:12:52	04:38:22	06:00:50	07:02:04	08:17:31.70	08:17:31.70	+03:19:39 (40.1%)	9:05	6.6 (60.0%)
112	JĘDRAŚ Rafał	1342		M-30	32	01:52:46	03:24:19	04:49:16	06:06:23	07:04:25	08:18:02.80	08:18:02.80	+03:20:10 (40.2%)	9:06	6.6 (60.0%)
113	SPACHACZ Łukasz	1197		M-30	33	01:40:59	03:07:26	04:32:17	05:53:55	06:56:23	08:18:29.20	08:18:29.20	+03:20:37 (40.2%)	9:06	6.6 (60.0%)
114	SZCZĘŚNIAK Piotr	1226	MASARNIA POZNAŃ FIZJOTERAPIA I MASAŻ	M-40	56	01:38:48	03:07:27	04:28:49	05:51:55	06:55:38	08:19:29.70	08:19:29.70	+03:21:37 (40.4%)	9:07	6.6 (60.0%)
115	JASEK Mikołaj	1186		M-40	57	01:48:49	03:11:33	04:32:31	05:51:26	06:55:46	08:19:48.85	08:19:48.85	+03:21:56 (40.4%)	9:08	6.6 (60.0%)
116	HAŁGAS Piotr	1043	TANOWO ULTRA RUN	M-30	34	01:46:53	03:15:45	04:39:54	06:01:49	07:04:38	08:20:07.60	08:20:07.60	+03:22:15 (40.4%)	9:08	6.6 (60.0%)
117	GAJLEWICZ Piotr	1274	WGO LEGAL	M-40	58	01:49:13	03:08:02	04:30:45	05:53:33	06:58:00	08:20:46.80	08:20:46.80	+03:22:54 (40.5%)	9:09	6.6 (60.0%)
118	KUŁACH Maciej	1305	MISIA CHATA ZAKOPANE	M-50	17	01:45:44	03:15:54	04:42:00	06:07:26	07:06:49	08:22:38.95	08:22:38.95	+03:24:47 (40.7%)	9:11	6.5 (59.1%)
119	GAWROŃSKI Ireneusz	1073	AMATOR	M-60	3	01:52:02	03:21:05	04:48:38	06:07:22	07:04:38	08:24:03.60	08:24:03.60	+03:26:11 (40.9%)	9:12	6.5 (59.1%)
120	DOMINIAK Artur	1006		M-40	59	01:32:38	02:50:52	04:09:19	05:29:38	06:28:46	08:24:56.10	08:24:56.10	+03:27:04 (41.0%)	9:13	6.5 (59.1%)
121	KOCZOROWSKI Dawid	1115		M-30	35	01:32:35	02:50:52	04:09:19	05:29:37	06:28:48	08:24:56.75	08:24:56.75	+03:27:04 (41.0%)	9:13	6.5 (59.1%)
122	RADYK Jakub	1020	RADYK TEAM	M-40	60	01:49:02	03:15:08	04:42:07	06:06:00	07:05:41	08:25:33.85	08:25:33.85	+03:27:41 (41.1%)	9:14	6.5 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slawny	Slawny	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
123	MATWIEJCZYK Gabriel	1098		M-40	61	01:44:02	03:08:43	04:34:41	05:55:58	07:00:10	08:25:56.15	08:25:56.15	+03:28:04 (41.1%)	9:14	6.5 (59.1%)
124	MIELNIK Michał	1162	PANICZE	M-30	36	01:56:52	03:24:22	04:44:14	06:04:00	07:05:50	08:25:57.25	08:25:57.25	+03:28:05 (41.1%)	9:14	6.5 (59.1%)
125	ŻUROWSKI Łukasz	1181	BBKS ŁAWECZKA	M-40	62	01:49:22	03:14:01	04:41:10	06:04:33	07:05:13	08:26:00.40	08:26:00.40	+03:28:08 (41.1%)	9:15	6.5 (59.1%)
126	TORZEWSKI Przemysław	1323		M-40	63	01:48:36	03:16:44	04:39:17	06:05:59	07:06:47	08:26:01.40	08:26:01.40	+03:28:09 (41.1%)	9:15	6.5 (59.1%)
127	WYSOWSKI Wojtek	1311		M-40	64	01:55:40	03:23:33	04:50:11	06:07:29	07:06:51	08:26:05.50	08:26:05.50	+03:28:13 (41.1%)	9:15	6.5 (59.1%)
128	JASIK Wojciech	1172		M-30	37	01:48:22	03:12:45	04:38:37	06:04:24	07:07:06	08:26:25.20	08:26:25.20	+03:28:33 (41.2%)	9:15	6.5 (59.1%)
129	RAKOWSKI Przemysław	1079	SYNERGIA CROSSCAMP	M-30	38	01:42:35	03:09:44	04:40:37	06:06:57	07:09:15	08:28:05.80	08:28:05.80	+03:30:13 (41.4%)	9:17	6.5 (59.1%)
130	SZYMANOWSKI Paweł	1031		M-30	39	01:49:00	03:19:10	04:40:54	06:02:31	07:04:37	08:28:37.15	08:28:37.15	+03:30:45 (41.4%)	9:17	6.5 (59.1%)
131	BYLINIAK Piotr	1202		M-30	40	01:55:02	03:21:17	04:46:10	06:08:09	07:13:55	08:28:38.75	08:28:38.75	+03:30:46 (41.4%)	9:17	6.5 (59.1%)
132	LASEK Mikołaj	1094	PAN WUEFISTA	M-30	41	01:40:44	03:02:46	04:28:11	05:50:42	06:57:43	08:28:47.10	08:28:47.10	+03:30:55 (41.5%)	9:18	6.5 (59.1%)
133	BOROWSKI Piotr	1008		M-50	18	01:51:47	03:21:16	04:44:02	06:06:33	07:08:42	08:32:18.40	08:32:18.40	+03:34:26 (41.9%)	9:21	6.4 (58.2%)
134	WOJCIECHOWSKI Cyprian	1232		M-20	8	02:03:47	03:32:54	04:55:34	06:11:41	07:10:10	08:32:28.50	08:32:28.50	+03:34:36 (41.9%)	9:22	6.4 (58.2%)
135	SZYRNER Szymon	1127	KS KROTOSZ KROTOSZYN	M-50	19	01:47:15	03:12:53	04:40:11	06:07:21	07:09:22	08:32:29.20	08:32:29.20	+03:34:37 (41.9%)	9:22	6.4 (58.2%)
136	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	+03:36:31 (42.1%)	9:24	6.4 (58.2%)
137	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	+03:36:32 (42.1%)	9:24	6.4 (58.2%)
138	SADOWSKI Kamil	1063	TANOWO ULTRA RUN	M-30	42	01:49:01		04:42:10	06:02:36	07:07:55	08:35:58.65	08:35:58.65	+03:38:06 (42.3%)	9:25	6.4 (58.2%)
139	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	+03:38:29 (42.3%)	9:26	6.4 (58.2%)
140	BAGSIK Lukasz	1112		M-30	43	01:42:08	03:08:37	04:32:28	06:02:56	07:10:41	08:37:58.25	08:37:58.25	+03:40:06 (42.5%)	9:28	6.3 (57.3%)
141	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	+03:40:06 (42.5%)	9:28	6.3 (57.3%)
142	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	+03:42:18 (42.7%)	9:30	6.3 (57.3%)
143	KILIŃSKI Jacek	1246		M-50	20	01:43:01	03:06:04	04:36:19	06:08:07	07:15:22	08:41:44.60	08:41:44.60	+03:43:52 (42.9%)	9:32	6.3 (57.3%)
144	BADURA Wojtek	1290	KS KANDAHAR	M-50	21	01:53:17	03:23:18	04:53:00	06:14:24	07:17:56	08:42:13.75	08:42:13.75	+03:44:21 (43.0%)	9:32	6.3 (57.3%)
145	STĘPIEŃ Kamil	1229	TUPTUŚ	M-30	44	01:52:56	03:26:24	04:54:47	06:16:48	07:22:54	08:42:20.80	08:42:20.80	+03:44:28 (43.0%)	9:32	6.3 (57.3%)
146	PACHOLSKI Łukasz	1308	125 BLP	M-30	45	02:01:28	03:31:12	04:57:26	06:20:37	07:23:01	08:42:51.55	08:42:51.55	+03:44:59 (43.0%)	9:33	6.3 (57.3%)
147	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	+03:45:17 (43.1%)	9:33	6.3 (57.3%)
148	PALKA Andrzej	1135	BLACK HAT TEAM	M-30	46	01:46:19	03:14:45	04:51:58	06:15:20	07:20:29	08:44:23.85	08:44:23.85	+03:46:31 (43.2%)	9:35	6.3 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slavny	Slavny	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
149	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	+03:46:38 (43.2%)	9:35	6.3 (57.3%)
150	BRODAKI Wiesław	1119		M-60	4	01:43:01	03:07:32	04:47:50	06:11:21	07:16:37	08:44:35.70	08:44:35.70	+03:46:43 (43.2%)	9:35	6.3 (57.3%)
151	KARPIESIUK Adam	1041	AKTYWNIEMIE 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	+03:47:52 (43.3%)	9:36	6.2 (56.4%)
152	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	+03:47:53 (43.3%)	9:36	6.2 (56.4%)
153	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	+03:50:48 (43.7%)	9:39	6.2 (56.4%)
154	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	+03:51:29 (43.7%)	9:40	6.2 (56.4%)
155	KOWALSKI Andrzej	1341		M-60	5	01:49:15	03:18:48	04:50:27	06:21:14	07:24:38	08:50:43.00	08:50:43.00	+03:52:51 (43.9%)	9:42	6.2 (56.4%)
156	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	+03:52:59 (43.9%)	9:42	6.2 (56.4%)
157	SZCZEPANIAK Marcel	1263	W KUPIE SIŁA	M-30	47	02:04:05	03:39:42	05:10:55	06:34:18	07:32:09	08:50:55.20	08:50:55.20	+03:53:03 (43.9%)	9:42	6.2 (56.4%)
158	SKRZYPCZAK Michał	1007	LS RECYCLING TEAM	M-50	22	01:53:22	03:23:38	04:53:22	06:21:11	07:29:41	08:51:22.75	08:51:22.75	+03:53:30 (43.9%)	9:42	6.2 (56.4%)
159	BERAN Jan	1344	VITKOV	M-50	23	01:55:49	03:35:19	05:02:54	06:28:09	07:29:58	08:51:57.30	08:51:57.30	+03:54:05 (44.0%)	9:43	6.2 (56.4%)
160	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	+03:54:53 (44.1%)	9:44	6.2 (56.4%)
161	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	+03:55:10 (44.1%)	9:44	6.2 (56.4%)
162	KOTLARZ Artur	1337		M-30	48	01:52:33	03:32:47	05:08:48	06:29:20	07:29:05	08:54:51.75	08:54:51.75	+03:56:59 (44.3%)	9:46	6.1 (55.5%)
163	NOWAK Krzysztof	1262		M-50	24	01:48:34	03:18:29	04:52:20	06:21:09	07:26:04	08:55:16.15	08:55:16.15	+03:57:24 (44.4%)	9:47	6.1 (55.5%)
164	WOJCIESZYŃSKI Tomasz	1340	BBL	M-50	25	01:45:42	03:17:13	04:49:46	06:17:13	07:27:57	08:55:46.80	08:55:46.80	+03:57:54 (44.4%)	9:47	6.1 (55.5%)
165	NOWACKI Adam	1165	STG WARSZAWA	M-20	9	01:44:20	03:10:48	04:45:48	06:17:45	07:26:44	08:55:48.95	08:55:48.95	+03:57:57 (44.4%)	9:47	6.1 (55.5%)
166	FEODORÓW Wojciech	1188	RESHAPERUNNERS	M-50	26	01:50:01	03:20:46	04:51:56	06:16:50	07:26:03	08:56:32.55	08:56:32.55	+03:58:40 (44.5%)	9:48	6.1 (55.5%)
167	SITEK Arkadiusz	1193	AKTYWNIEMIE 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	+03:59:52 (44.6%)	9:49	6.1 (55.5%)
168	LUBELCZYK Grzegorz	1107	SPELEOCLUB WROCŁAW	M-50	27	01:49:16	03:20:49	04:51:49	06:19:08	07:27:47	08:57:45.45	08:57:45.45	+03:59:53 (44.6%)	9:49	6.1 (55.5%)
169	GIEL Jarosław	1076	NKB CHYŻY NOWY TOMYŚL	M-30	49	01:57:12	03:21:03	04:42:46	06:17:44	07:26:17	08:58:16.05	08:58:16.05	+04:00:24 (44.7%)	9:50	6.1 (55.5%)
170	WALASIK Damian	1027	BLACKDEVILS	M-20	10	01:53:37	03:24:58	05:01:19	06:30:58	07:38:01	09:00:01.40	09:00:01.40	+04:02:09 (44.8%)	9:52	6.1 (55.5%)
171	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	+04:03:39 (45.0%)	9:53	6.1 (55.5%)
172	BAZYLEWICZ Wojciech	1133	BLACKDEVILS	M-20	11	01:53:38	03:25:01	05:01:18	06:31:10	07:38:04	09:03:52.85	09:03:52.85	+04:06:00 (45.2%)	9:56	6 (54.5%)
173	SZPAŁA Jakub	1296	BUTTONS TEAM	M-20	12	02:00:04	03:31:47	05:02:48	06:28:07	07:33:48	09:04:54.05	09:04:54.05	+04:07:02 (45.3%)	9:57	6 (54.5%)
174	BOGUCKI Sławomir	1223		M-60	6	01:51:12	03:33:54	05:07:17	06:34:28	07:37:00	09:05:31.55	09:05:31.55	+04:07:39 (45.4%)	9:58	6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slawny	Slawny	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
175	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	+04:07:43 (45.4%)	9:58	6 (54.5%)
176	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	+04:07:53 (45.4%)	9:58	6 (54.5%)
177	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	+04:08:09 (45.4%)	9:58	6 (54.5%)
178	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	+04:08:29 (45.5%)	9:59	6 (54.5%)
179	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	+04:09:24 (45.6%)	10:00	6 (54.5%)
180	RUDZKI Martin	1199	PIAST LUTYNIA	M-30	50	01:55:01	03:31:00	04:59:09	06:28:00	07:35:18	09:12:15.40	09:12:15.40	+04:14:23 (46.1%)	10:05	5.9 (53.6%)
181	KOSTOWSKI Roman	1044		M-30	51	01:52:40	03:27:34	05:02:47	06:33:07	07:42:08	09:13:17.10	09:13:17.10	+04:15:25 (46.2%)	10:06	5.9 (53.6%)
182	PRZEDASZEK Łukasz	1141		M-30	52	01:55:16	03:30:22	05:04:27	06:34:25	07:39:40	09:14:41.10	09:14:41.10	+04:16:49 (46.3%)	10:08	5.9 (53.6%)
183	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	+04:19:03 (46.5%)	10:10	5.9 (53.6%)
184	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	+04:19:11 (46.5%)	10:11	5.9 (53.6%)
185	ŠTENCEL Jiří	1336	FULNEK	M-60	7	01:49:05	03:21:29	05:02:39	06:35:33	07:43:27	09:19:15.85	09:19:15.85	+04:21:23 (46.7%)	10:13	5.9 (53.6%)
186	PINDEL Piotr	1067	ŁOWCY PIEROŻKÓW	M-30	53	01:59:22	03:38:38	05:12:17	06:40:52	07:52:31	09:20:12.10	09:20:12.10	+04:22:20 (46.8%)	10:14	5.9 (53.6%)
187	MONIAKOWSKI Adam	1295	BUTTONS TEAM	M-50	28	02:00:32	03:35:31	05:11:45	06:41:21	07:49:49	09:22:12.55	09:22:12.55	+04:24:20 (47.0%)	10:16	5.8 (52.7%)
188	KUNDZICZ Leo	1258		M-30	54	01:52:07	03:26:46	05:11:13	06:45:33	07:56:38	09:22:14.15	09:22:14.15	+04:24:22 (47.0%)	10:16	5.8 (52.7%)
189	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	+04:24:23 (47.0%)	10:16	5.8 (52.7%)
190	WIERZCHOŃ Michał	1299	MR.DOC	M-50	29	01:56:48	03:34:47	05:08:23	06:41:11	07:53:00	09:22:16.70	09:22:16.70	+04:24:24 (47.0%)	10:16	5.8 (52.7%)
191	KUŚ Mateusz	1219		M-30	55	01:54:03	03:26:33	05:11:06	06:45:34	07:57:01	09:22:33.65	09:22:33.65	+04:24:41 (47.1%)	10:17	5.8 (52.7%)
192	PRZYBYLSKI Adrian	1140		M-20	13	01:44:05	03:18:40	05:02:17	06:42:46	07:52:03	09:24:25.10	09:24:25.10	+04:26:33 (47.2%)	10:19	5.8 (52.7%)
193	IWANÓW Kryspin	1211		M-30	56	01:39:48	03:23:41	05:02:14	06:37:25	07:49:08	09:25:50.70	09:25:50.70	+04:27:58 (47.4%)	10:20	5.8 (52.7%)
194	POLIWOCZAK Patryk	1222		M-30	57	01:45:16	03:16:47	04:50:01	06:34:22	07:43:51	09:27:32.65	09:27:32.65	+04:29:40 (47.5%)	10:22	5.8 (52.7%)
195	CZUBA Paweł	1327	BIEGANIE ZBLIŻA	M-40	89	02:03:30	03:43:41	05:13:19	06:49:24	07:59:46	09:31:36.10	09:31:36.10	+04:33:44 (47.9%)	10:26	5.7 (51.8%)
196	JAKUBOWSKI Paweł	1021		M-50	30	02:00:10	03:32:48	05:04:45	06:38:50	07:54:14	09:32:29.35	09:32:29.35	+04:34:37 (48.0%)	10:27	5.7 (51.8%)
197	STAWIŃSKI Michał	1029		M-30	58	01:50:34	03:16:29	04:50:56	06:25:47	07:39:38	09:33:05.60	09:33:05.60	+04:35:13 (48.0%)	10:28	5.7 (51.8%)
198	DUBIŃSKI Jarosław	1019	BBL ZDUŃSKA WOLA	M-50	31	02:03:45	03:43:19	05:19:37	06:58:20	08:05:52	09:36:30.85	09:36:30.85	+04:38:38 (48.3%)	10:32	5.7 (51.8%)
199	MARKOWSKI Marek	1092	KS LENIWIEC	M-40	90	01:57:10	03:41:42	05:18:08	06:56:06	08:05:31	09:36:54.30	09:36:54.30	+04:39:02 (48.4%)	10:32	5.7 (51.8%)
200	PIDANTY Grzegorz	1016	ZHR STRZEGOM	M-50	32	02:04:05	03:48:45	05:29:12	06:59:59	08:05:48	09:40:21.30	09:40:21.30	+04:42:29 (48.7%)	10:36	5.7 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slawny	Slawny	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
201	STASZEWSKI Piotr	1207	PRO366	M-50	33	01:55:24	03:41:22	05:19:07	06:58:49	08:06:28	09:43:13.10	09:43:13.10	+04:45:21 (48.9%)	10:39	5.6 (50.9%)
202	CYRAN Tadeusz	1179	EKM LUBUSKIE MORSY	M-40	91	02:04:50	03:46:44	05:25:42	06:59:59	08:10:22	09:44:01.15	09:44:01.15	+04:46:09 (49.0%)	10:40	5.6 (50.9%)
203	LEŚNIAK Grzegorz	1239	DIRTY SPARROWS	M-40	92	01:48:59	03:25:08	05:05:48	06:48:07	08:03:26	09:44:03.10	09:44:03.10	+04:46:11 (49.0%)	10:40	5.6 (50.9%)
204	JESIONOWSKI Piotr	1075	DOM JESIONÓW	M-20	14	03:15:22		04:56:28	06:42:43	07:57:30	09:44:43.45	09:44:43.45	+04:46:51 (49.1%)	10:41	5.6 (50.9%)
205	SKWAREK Marcin	1110		M-30	59	02:03:25	03:43:46	05:13:52	06:48:26	08:03:15	09:46:06.10	09:46:06.10	+04:48:14 (49.2%)	10:42	5.6 (50.9%)
206	SOSNÓWKA Bartosz	1144	KLUB SOSNOWY	M-30	60	02:03:33	03:43:50	05:14:06	06:50:28	08:03:57	09:46:08.15	09:46:08.15	+04:48:16 (49.2%)	10:42	5.6 (50.9%)
207	MIREK Waldemar	1200	EASY RUN	M-60	8	01:57:54	03:43:40	05:26:00	07:03:15	08:12:49	09:46:32.30	09:46:32.30	+04:48:40 (49.2%)	10:43	5.6 (50.9%)
208	SZWEDOWICZ Bartosz	1074		M-50	34	02:02:57	03:53:00	05:34:06	07:06:43	08:13:25	09:47:57.90	09:47:57.90	+04:50:06 (49.3%)	10:44	5.6 (50.9%)
209	SZTYPKA Konrad	1131	WKB MARATOŃCZYK WŁOCŁAWEK	M-40	93	01:56:52	03:36:06	05:07:07	06:43:08	07:56:13	09:49:34.40	09:49:34.40	+04:51:42 (49.5%)	10:46	5.6 (50.9%)
210	SWOROWSKI Maciej	1217	WOLSZTYŃSKI KLUB BIEGOWY	M-50	35	02:08:49	03:52:46	05:35:10	07:08:28	08:18:00	09:50:45.70	09:50:45.70	+04:52:53 (49.6%)	10:47	5.6 (50.9%)
211	RUBINOWSKI Sebastian	1005		M-40	94	02:07:33	03:53:32	05:30:49	07:05:16	08:15:00	09:51:04.00	09:51:04.00	+04:53:12 (49.6%)	10:48	5.6 (50.9%)
212	KOZDRÓJ Marcin	1051		M-40	95	02:01:25	03:45:46	05:21:42	06:59:09	08:09:12	09:55:51.10	09:55:51.10	+04:57:59 (50.0%)	10:53	5.5 (50.0%)
213	MELSON Maciej	1157	SZAKALE BAŁUT ŁÓDŹ	M-30	61	02:04:35	03:54:32	05:30:07	07:08:21	08:23:26	09:56:35.85	09:56:35.85	+04:58:43 (50.1%)	10:54	5.5 (50.0%)
214	FRAĆKOWIAK Dominik	1324		M-30	62	01:52:22	03:34:06	05:14:18	06:58:23	08:13:26	09:58:29.90	09:58:29.90	+05:00:38 (50.2%)	10:56	5.5 (50.0%)
215	JACHYMSKI Jacek	1249	AKG ŁÓDŹ	M-60	9	02:11:51	03:56:05	05:37:39	07:10:58	08:25:07	10:01:20.55	10:01:20.55	+05:03:28 (50.5%)	10:59	5.5 (50.0%)
216	KUJAWA Mariusz	1065	KS ULTRA TEAM ŁÓDŹ	M-40	96	02:19:50	04:06:08	05:44:27	07:19:36	08:27:52	10:01:56.80	10:01:56.80	+05:04:04 (50.5%)	11:00	5.5 (50.0%)
217	GÓRCZYŃSKI Rafał	1215		M-40	97	02:04:14	03:54:42	05:38:19	07:12:55	08:25:37	10:03:37.50	10:03:37.50	+05:05:45 (50.7%)	11:02	5.4 (49.1%)
218	SZMOŁOWSKI Grzegorz	1034	FUNDACJA DZIĘKI TOBIE	M-40	98	02:04:23	03:47:40	05:26:43	07:08:07	08:23:26	10:03:39.35	10:03:39.35	+05:05:47 (50.7%)	11:02	5.4 (49.1%)
219	BARANOWSKI Robert	1248		M-50	36	01:52:49	03:32:42	05:13:03	07:05:27	08:25:28	10:14:16.80	10:14:16.80	+05:16:24 (51.5%)	11:13	5.3 (48.2%)
220	WIŚNIEWSKI Maciej	1148		M-40	99	02:06:09	03:53:26	05:33:53	07:13:39	08:27:20	10:14:19.25	10:14:19.25	+05:16:27 (51.5%)	11:13	5.3 (48.2%)
221	CIEŚŁOK Adam	1048	KLUB SPORTOWY M.E.T.A.	M-30	63	02:11:50	03:54:54	05:33:49	07:19:14	08:37:06	10:20:56.55	10:20:56.55	+05:23:04 (52.0%)	11:21	5.3 (48.2%)
222	WYBRANIEC Michał	1013	PATO BIEGI	M-30	64	01:53:52	03:44:05	05:31:26	07:29:12	08:45:53	10:21:32.85	10:21:32.85	+05:23:40 (52.1%)	11:21	5.3 (48.2%)
223	MAŁKOWSKI Iwo	1024	ANTIDOTUM	M-30	65	01:55:03	03:44:17	05:26:04	07:09:17	08:30:17	10:21:42.65	10:21:42.65	+05:23:50 (52.1%)	11:21	5.3 (48.2%)
224	PANEK Piotr	1015	PATO BIEGI	M-40	100	01:53:48	03:43:41	05:47:22	07:32:58	08:46:12	10:23:12.95	10:23:12.95	+05:25:21 (52.2%)	11:23	5.3 (48.2%)
225	BUDZIŃSKI Krzysztof	1331	STOWARZYSZENIE SPORTOWE FENIKS PRZY ELEKTROWNI OPOLE	M-50	37	02:08:21	03:53:03	05:35:19	07:18:27	08:34:48	10:28:51.50	10:28:51.50	+05:30:59 (52.6%)	11:29	5.2 (47.3%)
226	IMBRYCZKOWSKI Borys	1060	ŚWIERCZEWO RUN	M-40	101	02:15:46	04:06:37	05:48:40	07:33:27	08:52:29	10:35:31.80	10:35:31.80	+05:37:39 (53.1%)	11:37	5.2 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Slavný	Slavný	Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						1	2								
						13.9km	22.9km	33.7km	40.9km	47.7km	54.7km	54.7km			
227	MORAWSKI Marcin	1171		M-50	38	02:11:40	03:59:59	05:48:44	07:31:38	08:49:39	10:39:45.10	10:39:45.10	+05:41:53 (53.4%)	11:41	5.1 (46.4%)
228	CZUBA Robert	1158	ORANGE POLSKA	M-50	39	02:10:41	04:01:59	05:48:51	07:37:33	09:00:03	10:44:41.20	10:44:41.20	+05:46:49 (53.8%)	11:47	5.1 (46.4%)
229	HERZOG Dobromir	1302		M-40	102	02:15:54	04:12:59	06:03:13	07:49:13	09:04:15	10:46:22.10	10:46:22.10	+05:48:30 (53.9%)	11:48	5.1 (46.4%)
230	BRZOZOWSKI Marcin	1071		M-40	103	02:01:20	03:47:48	05:42:02	07:26:35	08:50:38	10:48:42.00	10:48:42.00	+05:50:50 (54.1%)	11:51	5.1 (46.4%)
231	SUWAJ Roman	1053	HORACY	M-60	10	02:12:12	04:07:57	05:59:17	07:55:26	09:08:12	10:52:02.90	10:52:02.90	+05:54:11 (54.3%)	11:55	5 (45.5%)
232	KITLAS Dariusz	1357	BSB	M-50	40	02:14:01	04:04:24	06:00:37	07:51:53	09:07:11	10:56:06.60	10:56:06.60	+05:58:14 (54.6%)	11:59	5 (45.5%)
Przekroczony limit czasu: 11:00:00															
233	GOLEK Seweryn Golek	1009	RNB TEAM POLANICA ZDROJ	M-40	104	02:10:21	03:58:17	05:54:01	07:57:22	09:24:24	11:34:10.00	11:34:10.00	+06:36:18 (57.1%)	12:41	4.7 (42.7%)
DQ	RZEPKA Remigiusz	1153		M-50		DQ	DQ	DQ	02:50:04 DQ	DQ	DQ	DQ			(0.0%)
DQ	RYCHLEWICZ Artur	1132		M-20		DQ	DQ	DQ	03:03:21 DQ	DQ	DQ	DQ			(0.0%)
	KAMIŃSKI Marek	1332		M-30		01:27:14 DNF	02:51:03 DNF	04:06:25 DNF	05:27:16 DNF	DNF	DNF	DNF		-	- (0.0%)
	NAGLAK Łukasz	1136	TLENOWA RADOŚĆ TEAM	M-40		01:31:38 DNF	02:45:23 DNF	04:00:38 DNF	05:29:16 DNF	DNF	DNF	DNF		-	- (0.0%)
	BORZYSTOWSKI Patryk	1260		M-40		01:16:48 DNF	02:15:04 DNF	03:17:09 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CZAPIGA Robert	1017	ZAWSZE Z GŁOWĄ	M-50		02:06:23 DNF	03:52:11 DNF	05:50:25 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CZEKALSKI Tomasz	1159	NARAMOWICE BIEGAJĄ	M-40		02:04:52 DNF	04:09:28 DNF	06:01:30 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LIPKA Michał	1309	LIPKI RULEZ	M-40		02:08:58 DNF	03:57:25 DNF	06:10:58 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAJĄC Krzysztof	1001	BEZULTRADZIKI/ZAJĄCEHASAJĄCE/WKURW_TEAM	M-40		02:26:22 DNF	04:28:40 DNF	06:48:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WIDERA Adrian	1118	CHOOSE YOURSELF JAWORZNO	M-40		02:22:31 DNF	04:33:31 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOCH Piotr	1111		M-50		02:31:31 DNF	04:51:56 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JUSZCZAK Łukasz	1102		M-30		01:26:55 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KARKOSZ Andrzej	1170		M-30		01:44:04 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BOROWIAK Łukasz	1285		M-40		02:57:04 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PIOSIK Paweł	1036	RANKOR	M-40		DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 248 wynik(ów)