



# SILESIA HIGHLAND MARATHON

B4SPORT

**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Qualifit  
2016-07-30  
Nowa Wieś  
42 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

| Msc | Zawodnik                  | Numer      | Klub                          | Kategoria | Mkat | Kary | Czas startu | 9.5km    | 18km     | 32km     | Czas netto 42km    | Czas brutto 42km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------|------------|-------------------------------|-----------|------|------|-------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>FARON Robert</b>       | <b>236</b> | SALCO SPORT TEAM              | M40       | 1    |      | 00:00:03    | 00:39:34 | 01:13:20 | 02:17:53 | <b>03:07:55.30</b> | <b>03:07:58.55</b> |                   | 4:28         | 13.4 (100%)  |
| 2   | <b>GORCZYCA Bartosz</b>   | <b>73</b>  | SALCO SPORT TEAM              | M18       | 1    |      | 00:00:01    | 00:39:32 | 01:13:21 | 02:19:50 | <b>03:11:31.15</b> | <b>03:11:32.60</b> | +00:03:35 (1.9%)  | 4:33         | 13.2 (98.5%) |
| 3   | <b>RYBAK Sergii</b>       | <b>241</b> |                               | M30       | 1    |      | 00:00:01    | 00:39:33 | 01:13:17 | 02:17:47 | <b>03:13:42.95</b> | <b>03:13:44.20</b> | +00:05:47 (3.0%)  | 4:36         | 13 (97.0%)   |
| 4   | <b>KUNERT Kamil</b>       | <b>262</b> |                               | M30       | 2    |      | 00:00:02    | 00:39:32 | 01:14:35 | 02:24:11 | <b>03:15:20.10</b> | <b>03:15:22.20</b> | +00:07:24 (3.8%)  | 4:39         | 12.9 (96.3%) |
| 5   | <b>KOSEK Paweł</b>        | <b>274</b> | WWW.PAWELKOSEK.COM            | M18       | 2    |      | 00:00:00    |          |          |          | <b>03:21:13.00</b> | <b>03:21:13.00</b> | +00:13:17 (6.6%)  | 4:47         | 12.5 (93.3%) |
| 6   | <b>JAGIEŁA Adam</b>       | <b>206</b> | KRS TKKF JASTRZĄB RUDA ŚLĄSKA | M40       | 2    |      | 00:00:02    | 00:39:33 | 01:14:35 | 02:25:31 | <b>03:24:54.60</b> | <b>03:24:57.30</b> | +00:16:59 (8.3%)  | 4:52         | 12.3 (91.8%) |
| 7   | <b>KASZUBA Michał</b>     | <b>211</b> | GRUPA NOMAX                   | M40       | 3    |      | 00:00:03    | 00:39:36 | 01:21:28 | 02:32:45 | <b>03:26:50.20</b> | <b>03:26:53.35</b> | +00:18:54 (9.1%)  | 4:55         | 12.2 (91.0%) |
| 8   | <b>GNIEWEK Jarek</b>      | <b>278</b> | BESKRES                       | M30       | 3    |      | 00:00:01    | 00:39:34 | 01:14:16 | 02:23:15 | <b>03:28:15.60</b> | <b>03:28:17.35</b> | +00:20:20 (9.8%)  | 4:57         | 12.1 (90.3%) |
| 9   | <b>STOLARZ Piotr</b>      | <b>246</b> |                               | M30       | 4    |      | 00:00:01    | 00:42:23 | 01:21:29 | 02:32:57 | <b>03:33:11.45</b> | <b>03:33:13.35</b> | +00:25:16 (11.9%) | 5:04         | 11.8 (88.1%) |
| 10  | <b>CICHOŃ Roman</b>       | <b>137</b> |                               | M30       | 5    |      | 00:00:09    | 00:42:20 | 01:21:22 | 02:32:50 | <b>03:37:08.55</b> | <b>03:37:17.95</b> | +00:29:13 (13.5%) | 5:10         | 11.6 (86.6%) |
| 11  | <b>KOZIOŁ Krzysztof</b>   | <b>170</b> |                               | M40       | 4    |      | 00:00:03    | 00:42:18 | 01:21:40 | 02:33:28 | <b>03:49:52.80</b> | <b>03:49:56.05</b> | +00:41:57 (18.3%) | 5:28         | 11 (82.1%)   |
| 12  | <b>BŁAŻUTYCZ Paweł</b>    | <b>208</b> | KS KROTOSZ - KROTOSZYN        | M40       | 5    |      | 00:00:04    | 00:42:19 | 01:32:28 | 02:49:47 | <b>03:50:41.90</b> | <b>03:50:46.20</b> | +00:42:46 (18.5%) | 5:29         | 10.9 (81.3%) |
| 13  | <b>CZECH Robert</b>       | <b>165</b> | AZS-AWF KRAKÓW MASTERS        | M30       | 6    |      | 00:00:05    | 00:48:21 | 01:31:08 | 02:49:45 | <b>03:52:54.50</b> | <b>03:53:00.00</b> | +00:44:59 (19.3%) | 5:32         | 10.8 (80.6%) |
| 14  | <b>MAŁKIEWICZ Dariusz</b> | <b>160</b> | PGB SPORTOWA PACZKA           | M40       | 6    |      | 00:00:06    | 00:45:10 | 01:32:28 | 02:53:15 | <b>04:00:26.70</b> | <b>04:00:32.70</b> | +00:52:31 (21.8%) | 5:43         | 10.5 (78.4%) |

| Msc | Zawodnik             | Numer | Klub                             | Kategoria | Mkat | Kary | Czas startu | 9.5km    | 18km     | 32km     | Czas netto 42km | Czas brutto 42km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|----------------------------------|-----------|------|------|-------------|----------|----------|----------|-----------------|------------------|-------------------|--------------|--------------|
| 15  | ZIUZIAŃSKI Roman     | 167   |                                  | M30       | 7    |      | 00:00:03    | 00:45:06 | 01:32:31 | 02:50:24 | 04:00:58.50     | 04:01:02.05      | +00:53:03 (22.0%) | 5:44         | 10.5 (78.4%) |
| 16  | LASKA Michał         | 141   | NIGHT RUNNERS GLIWICE            | M18       | 3    |      | 00:00:09    | 00:49:05 | 01:32:50 |          | 04:02:45.00     | 04:02:54.40      | +00:54:49 (22.6%) | 5:46         | 10.4 (77.6%) |
| 17  | GAWEŁ Bogdan         | 186   | FESTIWAL BIEGOWY W KRYNICY-ZDRÓJ | M60       | 1    |      | 00:00:02    | 00:50:13 | 01:35:07 | 02:57:24 | 04:03:08.65     | 04:03:11.30      | +00:55:13 (22.7%) | 5:47         | 10.4 (77.6%) |
| 18  | BIELIŃSKI Piotr      | 260   |                                  | M18       | 4    |      | 00:00:02    | 00:41:14 | 01:32:26 | 02:48:03 | 04:04:12.80     | 04:04:15.15      | +00:56:17 (23.1%) | 5:48         | 10.3 (76.9%) |
| 19  | SOBCZAK Mirosław     | 245   |                                  | M50       | 1    |      | 00:00:05    | 00:47:45 | 01:31:03 | 02:53:34 | 04:04:16.35     | 04:04:21.65      | +00:56:21 (23.1%) | 5:48         | 10.3 (76.9%) |
| 20  | WĘGLARCZYK Krzysztof | 187   | FORMA WODZISŁAW ŚLĄSKI           | M30       | 8    |      | 00:00:04    | 00:50:24 | 01:35:17 | 02:57:13 | 04:05:05.55     | 04:05:09.75      | +00:57:10 (23.3%) | 5:50         | 10.3 (76.9%) |
| 21  | WYLĘŻEK Paweł        | 198   | SPORTOWE PIEKARY                 | M18       | 5    |      | 00:00:07    | 00:43:50 | 01:32:26 | 02:53:34 | 04:07:16.40     | 04:07:23.70      | +00:59:21 (24.0%) | 5:53         | 10.2 (76.1%) |
| 22  | WYŁUPEK Tomasz       | 142   | POZYTYWNE ZAKRĘCENI              | M40       | 7    |      | 00:00:10    | 00:51:15 |          | 03:02:50 | 04:08:19.45     | 04:08:29.50      | +01:00:24 (24.3%) | 5:54         | 10.1 (75.4%) |
| 23  | SKWORC Grzegorz      | 169   |                                  | M18       | 6    |      | 00:00:03    | 00:44:51 | 01:32:33 | 03:01:21 | 04:09:47.70     | 04:09:50.75      | +01:01:52 (24.8%) | 5:56         | 10.1 (75.4%) |
| 24  | KLIMCZEWSKI Andrzej  | 122   | FOREVER YOUNG ŁÓDŹ               | M50       | 2    |      | 00:00:03    | 00:48:56 | 01:32:55 | 02:58:54 | 04:09:51.25     | 04:09:54.90      | +01:01:55 (24.8%) | 5:56         | 10.1 (75.4%) |
| 25  | DOBIJA Andrzej       | 193   | NIEZRZESZONY                     | M50       | 3    |      | 00:00:02    | 00:42:58 | 01:27:15 | 02:57:52 | 04:14:17.10     | 04:14:19.80      | +01:06:21 (26.1%) | 6:03         | 9.9 (73.9%)  |
| 26  | ALKER Adam           | 180   |                                  | M30       | 9    |      | 00:00:02    | 00:40:23 | 01:19:01 | 03:00:42 | 04:17:50.15     | 04:17:52.55      | +01:09:54 (27.1%) | 6:08         | 9.8 (73.1%)  |
| 27  | GRUND Marek          | 205   | MAFIA TEAM LUBLINIEC             | M18       | 7    |      | 00:00:03    | 00:44:01 | 01:32:57 | 03:05:23 | 04:20:47.40     | 04:20:50.45      | +01:12:52 (27.9%) | 6:12         | 9.7 (72.4%)  |
| 28  | KWIECIAK Jarosław    | 195   | POGORIA BIEGA                    | M60       | 2    |      | 00:00:04    | 00:42:24 | 01:21:36 | 02:40:19 | 04:21:26.10     | 04:21:30.30      | +01:13:30 (28.1%) | 6:13         | 9.6 (71.6%)  |
| 29  | PERYKASZA Paweł      | 189   | NR+                              | M30       | 10   |      | 00:00:04    | 00:46:17 | 01:31:09 | 03:03:44 | 04:23:37.15     | 04:23:41.95      | +01:15:41 (28.7%) | 6:16         | 9.6 (71.6%)  |
| 30  | SUROWIEC Michał      | 171   | RUNNERS WOJKOWICE TEAM           | M30       | 11   |      | 00:00:04    | 00:44:17 | 01:27:07 | 03:08:00 | 04:26:13.30     | 04:26:17.40      | +01:18:18 (29.4%) | 6:20         | 9.5 (70.9%)  |
| 31  | KOBYLIŃSKI Tomasz    | 140   | WKB META LUBLINIEC               | M40       | 8    |      | 00:00:09    | 00:48:12 | 01:31:17 | 02:57:34 | 04:33:01.10     | 04:33:11.00      | +01:25:05 (31.2%) | 6:30         | 9.2 (68.7%)  |
| 32  | MADEJCZYK Karol      | 125   |                                  | M18       | 8    |      | 00:00:05    | 00:53:33 | 01:41:28 | 03:14:21 | 04:36:48.70     | 04:36:54.25      | +01:28:53 (32.1%) | 6:35         | 9.1 (67.9%)  |
| 33  | SINDERA Mirosław     | 164   | TKKF CZELADŹ                     | M50       | 4    |      | 00:00:02    | 00:52:36 | 01:41:31 | 03:14:26 | 04:37:15.15     | 04:37:17.85      | +01:29:19 (32.2%) | 6:36         | 9.1 (67.9%)  |
| 34  | ABRAHAMOWICZ Jakub   | 194   | RYBNICKA GRUPA BIEGOWA           | M18       | 9    |      | 00:00:06    | 00:51:09 | 01:38:14 | 03:11:43 | 04:37:25.35     | 04:37:32.00      | +01:29:30 (32.3%) | 6:36         | 9.1 (67.9%)  |
| 35  | MAŚLANKA Marcin      | 202   |                                  | M30       | 12   |      | 00:00:05    | 00:46:20 | 01:33:21 | 03:12:51 | 04:37:25.45     | 04:37:31.05      | +01:29:30 (32.3%) | 6:36         | 9.1 (67.9%)  |
| 36  | MICHALSKI Jarosław   | 199   | HETMAN TARNOWSKIE GÓRY           | M30       | 13   |      | 00:00:11    | 00:55:11 | 01:51:04 | 03:27:15 | 04:38:36.70     | 04:38:48.05      | +01:30:41 (32.6%) | 6:38         | 9 (67.2%)    |
| 37  | BRODA Wojciech       | 197   |                                  | M40       | 9    |      | 00:00:04    | 00:48:25 | 01:35:50 | 03:17:34 | 04:42:31.05     | 04:42:35.75      | +01:34:35 (33.5%) | 6:43         | 8.9 (66.4%)  |

| Msc | Zawodnik              | Numer | Klub                      | Kategoria | Mkat | Kary | Czas     |          |          |          | Czas netto 42km | Czas brutto 42km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|---------------------------|-----------|------|------|----------|----------|----------|----------|-----------------|------------------|-------------------|--------------|-------------|
|     |                       |       |                           |           |      |      | startu   | 9.5km    | 18km     | 32km     |                 |                  |                   |              |             |
| 38  | KAJDAK Dawid          | 131   |                           | M30       | 14   |      | 00:00:08 | 00:51:28 | 01:50:24 | 03:30:13 | 04:46:13.50     | 04:46:22.05      | +01:38:18 (34.3%) | 6:48         | 8.8 (65.7%) |
| 39  | TRZEPIZUR Dominik     | 253   |                           | M18       | 10   |      | 00:00:03 | 00:44:17 | 01:33:47 | 03:24:37 | 04:51:04.15     | 04:51:07.45      | +01:43:08 (35.4%) | 6:55         | 8.7 (64.9%) |
| 40  | PITAS Andrzej         | 201   | ZAPIERDALACZE             | M40       | 10   |      | 00:00:17 | 00:50:07 | 01:35:21 | 03:24:15 | 04:51:21.85     | 04:51:39.25      | +01:43:26 (35.5%) | 6:56         | 8.6 (64.2%) |
| 41  | URBAŃCZYK Karol       | 120   | NIGHT RUNNERS GLIWICE     | M18       | 11   |      | 00:00:08 | 00:49:07 | 01:35:54 | 03:18:36 | 04:51:40.25     | 04:51:49.20      | +01:43:44 (35.6%) | 6:56         | 8.6 (64.2%) |
| 42  | GUTOWSKI Dariusz      |       |                           | M40       | 11   |      | 00:00:04 | 00:50:16 | 01:38:14 | 03:24:41 | 04:53:49.85     | 04:53:53.95      | +01:45:54 (36.0%) | 6:59         | 8.6 (64.2%) |
| 43  | KARWAT Robert         | 204   | AT SPORT                  | M40       | 12   |      | 00:00:12 | 00:53:29 | 01:42:15 | 03:24:01 | 04:53:51.55     | 04:54:03.80      | +01:45:56 (36.1%) | 6:59         | 8.6 (64.2%) |
| 44  | KOŹLIK Jacek          | 127   |                           | M40       | 13   |      | 00:00:07 | 00:50:26 | 01:35:44 | 03:36:53 | 04:56:26.45     | 04:56:33.90      | +01:48:31 (36.6%) | 7:03         | 8.5 (63.4%) |
| 45  | BOROJA Drago          | 273   | 40LATEK ELMAX             | M60       | 3    |      | 00:00:02 | 00:54:57 | 01:48:56 | 03:30:26 | 04:56:38.85     | 04:56:41.20      | +01:48:43 (36.7%) | 7:03         | 8.5 (63.4%) |
| 46  | KUBISZ Tomasz         | 1976  |                           | M40       | 14   |      | 00:00:11 | 00:51:32 | 01:51:24 | 03:34:12 | 04:57:07.75     | 04:57:19.60      | +01:49:12 (36.8%) | 7:04         | 8.5 (63.4%) |
| 47  | GRUSZKA Paweł         | 181   |                           | M40       | 15   |      | 00:00:09 | 00:55:11 | 01:49:49 | 03:30:13 | 04:58:10.20     | 04:58:20.00      | +01:50:14 (37.0%) | 7:05         | 8.5 (63.4%) |
| 48  | ŁYSCARZ Józef         | 134   | WSKRZESZENIE NIC MARATONU | M30       | 15   |      | 00:00:14 | 00:56:48 | 01:48:40 | 03:32:37 | 04:58:25.35     | 04:58:40.25      | +01:50:30 (37.0%) | 7:06         | 8.4 (62.7%) |
| 49  | CISEK Mirosław Tomasz | 143   | KONDYCJA                  | M40       | 16   |      | 00:00:05 | 00:53:55 | 01:41:57 | 03:16:30 | 04:58:27.65     | 04:58:33.25      | +01:50:32 (37.0%) | 7:06         | 8.4 (62.7%) |
| 50  | GŁODKOWSKI Łukasz     | 155   |                           | M30       | 16   |      | 00:00:05 | 00:55:05 | 01:44:44 | 03:28:37 | 04:58:35.30     | 04:58:40.30      | +01:50:40 (37.1%) | 7:06         | 8.4 (62.7%) |
| 51  | POTĘGA Grzegorz       | 136   |                           | M40       | 17   |      | 00:00:04 | 00:54:13 | 01:44:45 | 03:28:41 | 04:58:46.30     | 04:58:50.85      | +01:50:51 (37.1%) | 7:06         | 8.4 (62.7%) |
| 52  | CAŁKIEWICZ Marcin     | 116   | POWER TRAINING            | M40       | 18   |      | 00:00:12 | 00:54:27 | 01:51:57 | 03:36:51 | 05:00:02.70     | 05:00:15.60      | +01:52:07 (37.4%) | 7:08         | 8.4 (62.7%) |
| 53  | OKAJ Krzysztof        | 148   | RUNAWAYS                  | M30       | 17   |      | 00:00:09 | 00:56:06 | 01:51:05 | 03:37:46 | 05:00:48.35     | 05:00:57.40      | +01:52:53 (37.5%) | 7:09         | 8.4 (62.7%) |
| 54  | KURZEJA Artur         | 124   | G.A.K.                    | M40       | 19   |      | 00:00:13 | 00:57:21 | 01:51:56 | 03:34:51 | 05:01:07.30     | 05:01:20.35      | +01:53:12 (37.6%) | 7:10         | 8.4 (62.7%) |
| 55  | MAKOS Adam            | 161   | SILESIA RUNNING TEAM      | M40       | 20   |      | 00:00:16 | 00:56:26 | 01:48:07 | 03:34:57 | 05:04:09.95     | 05:04:26.15      | +01:56:14 (38.2%) | 7:14         | 8.3 (61.9%) |
| 56  | PRACKI Dariusz        | 177   | -                         | M30       | 18   |      | 00:00:11 | 00:56:49 | 01:51:18 | 03:37:18 | 05:04:32.70     | 05:04:43.80      | +01:56:37 (38.3%) | 7:15         | 8.3 (61.9%) |
| 57  | ROSIŃSKI Zbigniew     | 256   |                           | M50       | 5    |      | 00:00:12 | 01:01:47 | 01:58:27 | 03:43:12 | 05:04:53.85     | 05:05:06.60      | +01:56:58 (38.4%) | 7:15         | 8.3 (61.9%) |
| 58  | KAWIAK Wojciech       | 150   |                           | M30       | 19   |      | 00:00:14 | 00:56:02 | 01:50:55 | 03:24:01 | 05:06:01.05     | 05:06:15.45      | +01:58:05 (38.6%) | 7:17         | 8.2 (61.2%) |
| 59  | LIGUDZIŃSKI Andrzej   | 188   | ZA GARŚĆ BANANÓW          | M40       | 21   |      | 00:00:17 | 00:55:50 | 01:51:02 | 03:43:00 | 05:06:54.20     | 05:07:11.65      | +01:58:58 (38.8%) | 7:18         | 8.2 (61.2%) |
| 60  | KĘSICKI Robert        | 279   |                           | M30       | 20   |      | 00:00:05 | 00:50:12 | 01:35:52 | 03:20:10 | 05:07:31.25     | 05:07:36.65      | +01:59:35 (38.9%) | 7:19         | 8.2 (61.2%) |

| Msc | Zawodnik            | Numer | Klub                   | Kategoria | Mkat | Kary | Czas     |          |          |          | Czas netto 42km | Czas brutto 42km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|------------------------|-----------|------|------|----------|----------|----------|----------|-----------------|------------------|-------------------|--------------|-------------|
|     |                     |       |                        |           |      |      | startu   | 9.5km    | 18km     | 32km     |                 |                  |                   |              |             |
| 61  | BACIA Błażej        | 135   | RUNNERS WOJKOWICE TEAM | M18       | 12   |      | 00:00:03 | 00:51:04 | 01:47:33 | 03:43:22 | 05:07:57.65     | 05:08:01.35      | +02:00:02 (39.0%) | 7:19         | 8.2 (61.2%) |
| 62  | GOŁĄBEK Piotr       | 115   |                        | M30       | 21   |      | 00:00:12 | 00:56:07 | 01:48:38 | 03:38:07 | 05:13:47.30     | 05:14:00.20      | +02:05:52 (40.1%) | 7:28         | 8 (59.7%)   |
| 63  | BOROWIAK Piotr      | 145   |                        | M40       | 22   |      | 00:00:10 | 00:55:25 | 01:51:30 | 03:37:48 | 05:13:49.90     | 05:13:59.90      | +02:05:54 (40.1%) | 7:28         | 8 (59.7%)   |
| 64  | GABAŁA Michał       | 184   | W POGONI ZA DUCHEM     | M30       | 22   |      | 00:00:08 | 00:55:23 | 01:51:06 | 03:37:07 | 05:14:26.55     | 05:14:35.00      | +02:06:31 (40.2%) | 7:29         | 8 (59.7%)   |
| 65  | KRYZIA Grzegorz     | 159   | W POGONI ZA DUCHEM     | M40       | 23   |      | 00:00:08 | 00:55:45 | 01:51:03 | 03:37:10 | 05:14:26.80     | 05:14:34.95      | +02:06:31 (40.2%) | 7:29         | 8 (59.7%)   |
| 66  | ZOK Karol           | 139   | MORSY Z CHECHŁA RODEM  | M30       | 23   |      | 00:00:14 | 00:53:54 | 01:51:00 | 03:49:15 | 05:24:24.50     | 05:24:38.55      | +02:16:29 (42.1%) | 7:43         | 7.8 (58.2%) |
| 67  | GUBAŁA Krzysztof    | 152   |                        | M40       | 24   |      | 00:00:11 | 00:55:05 | 01:51:30 | 03:43:11 | 05:27:22.75     | 05:27:34.70      | +02:19:27 (42.6%) | 7:47         | 7.7 (57.5%) |
| 68  | KUROWSKI Michał     | 146   |                        | M18       | 13   |      | 00:00:11 | 01:08:16 | 02:11:31 | 03:58:55 | 05:28:30.85     | 05:28:42.05      | +02:20:35 (42.8%) | 7:49         | 7.7 (57.5%) |
| 69  | PODOLSKI Bartłomiej | 200   | TS GWAREK              | M30       | 24   |      | 00:00:11 | 00:55:10 | 01:51:04 | 03:37:50 | 05:30:09.30     | 05:30:21.00      | +02:22:14 (43.1%) | 7:51         | 7.6 (56.7%) |
| 70  | NOWAK Bartosz       | 149   | BIEGAM BO CHCĘ         | M30       | 25   |      | 00:00:16 | 00:56:54 | 01:56:53 | 03:54:20 | 05:34:34.45     | 05:34:51.20      | +02:26:39 (43.8%) | 7:57         | 7.5 (56.0%) |
| 71  | GAIDA Jan           | 121   |                        | M50       | 6    |      | 00:00:11 | 00:56:44 | 01:51:04 | 03:58:18 | 05:34:53.15     | 05:35:04.50      | +02:26:57 (43.9%) | 7:58         | 7.5 (56.0%) |
| 72  | KRAUSE Dariusz      | 119   |                        | M40       | 25   |      | 00:00:05 | 00:57:23 | 01:57:25 | 04:03:00 | 05:35:42.20     | 05:35:48.10      | +02:27:46 (44.0%) | 7:59         | 7.5 (56.0%) |
| 73  | WOLNY Maciej        | 129   | PANEWNICKIE LISY       | M40       | 26   |      | 00:00:05 | 00:57:12 | 01:51:05 | 03:43:16 | 05:38:32.05     | 05:38:37.90      | +02:30:36 (44.5%) | 8:03         | 7.4 (55.2%) |
| 74  | FURMAN Paweł        | 174   | PANEWNICKIE LISY       | M30       | 26   |      | 00:00:04 | 00:57:14 | 01:51:02 | 03:43:16 | 05:38:33.10     | 05:38:37.95      | +02:30:37 (44.5%) | 8:03         | 7.4 (55.2%) |
| 75  | WASIOŁKA Adam       | 151   | CIASTKI TEAM           | M40       | 27   |      | 00:00:04 | 00:57:16 | 01:50:59 | 03:43:19 | 05:38:33.20     | 05:38:38.05      | +02:30:37 (44.5%) | 8:03         | 7.4 (55.2%) |
| 76  | POPIELNICKI Marcin  | 173   |                        | M40       | 28   |      | 00:00:08 | 00:57:48 | 01:56:40 | 03:57:44 | 05:41:15.15     | 05:41:24.00      | +02:33:19 (44.9%) | 8:07         | 7.4 (55.2%) |
| 77  | LIGOCKI Szymon      | 132   |                        | M18       | 14   |      | 00:00:06 | 00:55:59 | 01:51:07 | 03:54:29 | 05:41:20.95     | 05:41:26.95      | +02:33:25 (44.9%) | 8:07         | 7.4 (55.2%) |
| 78  | FRUCZ Jacek         | 162   | #NAZWA?                | M40       | 29   |      | 00:00:07 | 00:58:08 | 02:00:40 | 04:03:43 | 05:41:33.20     | 05:41:40.75      | +02:33:37 (45.0%) | 8:07         | 7.4 (55.2%) |
| 79  | KUGLARZ Ryszard     | 203   |                        | M30       | 27   |      | 00:00:07 | 00:51:22 | 01:41:09 | 03:38:04 | 05:42:03.70     | 05:42:11.55      | +02:34:08 (45.1%) | 8:08         | 7.4 (55.2%) |
| 80  | SMUDA Ryszard       | 130   |                        | M50       | 7    |      | 00:00:13 | 01:02:03 | 01:59:48 | 03:59:15 | 05:45:46.70     | 05:46:00.15      | +02:37:51 (45.7%) | 8:13         | 7.3 (54.5%) |
| 81  | BYLICA Tomasz       | 154   | ULTRAS RUN             | M40       | 30   |      | 00:00:10 | 01:04:23 | 02:12:13 | 04:07:02 | 05:49:22.90     | 05:49:33.70      | +02:41:27 (46.2%) | 8:19         | 7.2 (53.7%) |
| 82  | HYPŚ Waldemar       | 176   |                        | M50       | 8    |      | 00:00:07 | 01:04:43 | 02:09:36 | 04:14:18 | 05:53:32.65     | 05:53:39.90      | +02:45:37 (46.8%) | 8:25         | 7.1 (53.0%) |
| 83  | BIELICKI Miro       | 213   |                        | M40       | 31   |      | 00:00:15 | 01:01:49 | 02:15:21 | 04:23:46 | 06:03:37.25     | 06:03:52.45      | +02:55:41 (48.3%) | 8:39         | 6.9 (51.5%) |

| Msc | Zawodnik              | Numer | Klub                      | Kategoria | Mkat | Kary | Czas startu | 9.5km        | 18km         | 32km     | Czas netto 42km | Czas brutto 42km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|---------------------------|-----------|------|------|-------------|--------------|--------------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 84  | KORUMBEL Artur        | 114   | AMBITNI AMATORZY          | M40       | 32   |      | 00:00:16    | 01:04:19     | 02:08:41     | 04:21:45 | 06:04:01.65     | 06:04:18.15      | +02:56:06 (48.4%) | 8:40         | 6.9 (51.5%) |
| 85  | URBAŃSKI Józef        | 196   | KKB MOSIR KROSNO          | M50       | 9    |      | 00:00:14    | 01:01:11     | 02:13:57     | 04:24:16 | 06:07:18.30     | 06:07:32.70      | +02:59:23 (48.8%) | 8:44         | 6.9 (51.5%) |
| 86  | MICHALAK Marcin       | 163   | CZORNE HANYSY             | M40       | 33   |      | 00:00:13    | 01:00:48     | 02:15:21     | 04:29:19 | 06:22:42.40     | 06:22:56.15      | +03:14:47 (50.9%) | 9:06         | 6.6 (49.3%) |
| 87  | TWARDZIK Grzegorz     | 257   |                           | M40       | 34   |      | 00:00:15    | 01:01:48     | 02:15:22     | 04:34:01 | 06:28:10.80     | 06:28:26.40      | +03:20:15 (51.6%) | 9:14         | 6.5 (48.5%) |
| 88  | SZATON Bogusław       | 138   | MOSIR TKKF SATURN CZELADŹ | M40       | 35   |      | 00:00:09    | 01:03:40     | 02:11:02     | 04:34:08 | 06:28:17.55     | 06:28:26.65      | +03:20:22 (51.6%) | 9:14         | 6.5 (48.5%) |
| 89  | MADEJ Józef           | 192   | ZADYSZKA OŚWIĘCIM         | M60       | 4    |      | 00:00:08    | 01:15:23     | 02:31:20     | 04:55:24 | 06:52:30.85     | 06:52:38.90      | +03:44:35 (54.4%) | 9:49         | 6.1 (45.5%) |
|     | MUSTAPHA EI Quartassy | 230   |                           | M18       |      |      | DNF         | 00:39:32 DNF | 01:13:17 DNF | DNF      | DNF             | DNF              |                   | -            | - (0.0%)    |

Znaleziono 90 wynik(ów)