



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

SUPERMARATON GÓR STOŁOWYCH 2017

Maraton Gór Stołowych
Stowarzyszenie TKKF Kompas
2017-07-01
Pasterka
50 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
1	JABŁOŃSKI Artur	332	DREAM RUN	M-30	1	00:41:17	01:32:02	02:21:41	03:08:42	03:47:16	04:34:17.80	04:34:21.05		5:29	10.9 (100%)
2	BĘTKOWSKI Piotr	478	CITY TRAIL TEAM	M-30	2	00:43:09	01:36:24	02:31:10	03:19:24	03:59:06	04:38:28.35	04:38:31.15	+00:04:10 (1.5%)	5:34	10.8 (99.1%)
3	SNOCHOWSKI Jacob	445	ABOVE2000 / TEAM MOUNTAIN FUEL UK	M-30	3	00:42:48	01:35:09	02:30:38	03:23:35	04:08:36	04:52:48.60	04:52:51.60	+00:18:30 (6.3%)	5:51	10.2 (93.6%)
4	WIŚNIEWSKI Piotr	444	DYNAFIT TUTTU.PL	M-30	4	00:43:51	01:39:41	02:36:32	03:29:21	04:14:19	04:58:44.55	04:58:48.65	+00:24:27 (8.2%)	5:58	10 (91.7%)
5	WILK Maciej	409	RAMBO 3	M-30	5	00:44:01	01:39:31	02:36:24	03:34:54	04:23:20	05:08:48.75	05:09:02.40	+00:34:41 (11.2%)	6:10	9.7 (89.0%)
6	KSIĄŻKIEWICZ Piotr	419	CITY TRAIL TEAM	M-30	6	00:45:08	01:40:40	02:38:43	03:33:35	04:23:00	05:16:52.40	05:16:55.30	+00:42:34 (13.4%)	6:20	9.5 (87.2%)
7	GÓRAL Grzegorz	412	TADZIKI	M-30	7	00:46:08	01:44:34	02:49:42	03:47:04	04:35:22	05:21:59.90	05:22:05.65	+00:47:44 (14.8%)	6:26	9.3 (85.3%)
8	GONCZARENKO Jarek	406		M-30	8	00:46:34	01:43:23	02:46:34	03:49:45	04:41:42	05:37:30.80	05:37:35.80	+01:03:14 (18.7%)	6:45	8.9 (81.7%)
9	WOJCZUK Kornel	14	DZIKIE ŻYCIE RUNTEAM	M-30	9	00:48:35	01:46:46	02:51:40	03:54:10	04:48:00	05:38:32.45	05:38:47.95	+01:04:26 (19.0%)	6:46	8.9 (81.7%)
10	PRZYBYLSKI Łukasz	100	KLUB SPORTOWY SHOOTBOXER	M-30	10	00:49:48	01:49:43	02:54:32	03:56:47	04:50:19	05:40:08.10	05:40:13.85	+01:05:52 (19.4%)	6:48	8.8 (80.7%)
11	WOLBACH Tomasz	131		M-30	11	00:54:45	01:56:32	02:59:50	04:01:04	04:51:10	05:41:57.95	05:42:09.05	+01:07:48 (19.8%)	6:50	8.8 (80.7%)
12	ŚWIDA Adam	438	GET RUN	M-30	12	00:52:09	01:56:38	03:05:26	04:07:12	04:54:42	05:44:33.75	05:44:38.30	+01:10:17 (20.4%)	6:53	8.7 (79.8%)
13	JEDWABNY Piotr	3		M-30	13	00:53:21	01:57:43	03:04:37	04:05:05	04:57:44	05:48:22.00	05:48:39.00	+01:14:17 (21.3%)	6:58	8.6 (78.9%)
14	MAKOWSKI Maciej	34	KORONA PABIANICE	M-30	14	00:52:13	01:54:54	03:04:18	04:07:39	04:59:44	05:48:57.60	05:49:09.60	+01:14:48 (21.4%)	6:58	8.6 (78.9%)
15	JANIK Rafał	292	GMINA STRZELCE OPOLSKIE	M-30	15	00:47:43	01:49:39	02:58:33	04:01:51	04:56:27	05:51:25.00	05:51:25.00	+01:17:03 (21.9%)	7:01	8.5 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
16	CZERNIAWSKI Piotr	122		M-30	16	00:52:18	01:53:24	03:00:18	04:03:25	04:57:25	05:52:10.45	05:52:16.20	+01:17:55 (22.1%)	7:02	8.5 (78.0%)
17	ANDRES Kamil	432	KS JANUSZE	M-30	17	00:55:05	01:58:22	03:00:44	04:04:19	04:59:00	05:52:07.60	05:52:39.55	+01:18:18 (22.2%)	7:02	8.5 (78.0%)
18	SZENDZIELARZ Marcin	392		M-30	18	00:50:03	01:52:55	03:02:15	04:07:36	05:00:49	05:52:36.80	05:52:41.80	+01:18:20 (22.2%)	7:03	8.5 (78.0%)
19	GRUCEL Sławomir	134		M-30	19	00:52:45	01:58:45	03:03:49	04:07:07	04:59:39	05:52:28.30	05:52:43.35	+01:18:22 (22.2%)	7:02	8.5 (78.0%)
20	TURIF Jarek	408		M-30	20	00:45:47	01:44:23	02:50:50	04:00:13	05:01:14	05:56:52.70	05:56:56.45	+01:22:35 (23.1%)	7:08	8.4 (77.1%)
21	WICHŁACZ Paweł	324	KB MANIAC POZNAŃ	M-30	21	01:00:50	02:10:56	03:23:21	04:26:58	05:16:32	06:02:54.60	06:03:28.30	+01:29:07 (24.5%)	7:15	8.3 (76.1%)
22	CZERWIECKI Marcin	254		M-30	22	00:48:23	01:51:40	02:59:06	04:10:29	05:06:30	06:03:47.45	06:03:53.95	+01:29:32 (24.6%)	7:16	8.2 (75.2%)
23	KURCZYK Tomasz	106		M-30	23	00:48:01	01:52:21	03:06:02	04:15:53	05:10:58	06:04:18.95	06:04:24.05	+01:30:03 (24.7%)	7:17	8.2 (75.2%)
24	BAŁATKA Krzysztof	88	AZS WSGK KUTNO	M-30	24	00:49:49	01:52:56	03:05:00	04:21:36	05:15:19	06:06:09.30	06:06:13.25	+01:31:52 (25.1%)	7:19	8.2 (75.2%)
25	WINIARSKI Andrzej	57	DXTREEM RUNNING	M-30	25	00:55:28	02:01:15	03:11:47	04:19:17	05:14:20	06:10:31.40	06:10:40.40	+01:36:19 (26.0%)	7:24	8.1 (74.3%)
26	KOZINOGA Mateusz	426	FSL VERUS AOK.PL TEAM	M-30	26	01:05:33	02:21:59	03:32:59	04:33:55	05:22:47	06:11:24.20	06:11:46.60	+01:37:25 (26.2%)	7:25	8.1 (74.3%)
27	KRAUSE Kuba	424	WWW.BIEGANIE.PL	M-30	27	00:52:52	02:00:07	03:11:35	04:19:25	05:16:05	06:11:45.10	06:11:49.35	+01:37:28 (26.2%)	7:26	8.1 (74.3%)
28	MIKRUT Remigiusz	286		M-30	28	00:58:21	02:09:50	03:20:30	04:25:10	05:19:01	06:11:46.30	06:11:56.65	+01:37:35 (26.2%)	7:26	8.1 (74.3%)
29	SARATA Kuba	13	ADVENTURE: GLOBE	M-30	29	01:00:53	02:14:48	03:28:14	04:31:25	05:22:13	06:12:04.75	06:12:20.30	+01:37:59 (26.3%)	7:26	8.1 (74.3%)
30	SIEROCIN Jakub	297	KDATP	M-30	30	00:58:46	02:06:34	03:17:30	04:23:01	05:18:20	06:12:25.85	06:12:48.25	+01:38:27 (26.4%)	7:26	8.1 (74.3%)
31	MATWIEJCZYK Gabriel	369	HTTP://COACHINGWBIEGU.PL	M-30	31	00:52:53	02:00:58	03:14:18	04:21:50	05:18:09	06:14:34.25	06:14:43.20	+01:40:22 (26.8%)	7:29	8 (73.4%)
32	SIKORA Adam	220		M-30	32	01:01:50	02:07:39	03:16:26	04:23:21	05:19:34	06:14:44.20	06:14:44.20	+01:40:23 (26.8%)	7:29	8 (73.4%)
33	KSIĄDZYNA Rafał	362	JELENIOGÓRSKI KLUB JASKINIOWY	M-30	33	00:58:35	02:06:40	03:22:22	04:28:28	05:22:09	06:16:33.15	06:16:58.30	+01:42:37 (27.2%)	7:31	8 (73.4%)
34	MAZURKIEWICZ Jerzy	394	NIGHT RUNNERS WROCŁAW	M-30	34	01:00:34	02:08:35	03:22:53	04:27:13	05:23:31	06:16:49.95	06:17:08.05	+01:42:47 (27.3%)	7:32	8 (73.4%)
35	KUNICKI Konrad	210	NOA	M-30	35	00:52:51	01:56:48	03:05:32	04:14:08	05:13:18	06:18:14.15	06:18:17.35	+01:43:56 (27.5%)	7:33	7.9 (72.5%)
36	SCHULZ Krzysztof	277		M-30	36	00:58:40	02:10:31	03:24:24	04:33:23	05:30:11	06:20:51.30	06:21:08.90	+01:46:47 (28.0%)	7:37	7.9 (72.5%)
37	DRYNDA Rafał	323	KB FLORIAN ZAJĄCZKI DRUGIE	M-30	37	01:01:26	02:17:18	03:31:01	04:35:01	05:29:07	06:21:02.15	06:21:25.60	+01:47:04 (28.1%)	7:37	7.9 (72.5%)
38	PIECUCH Marcin	91	LACHO TEAM	M-30	38	00:54:31	02:03:20	03:11:49	04:21:49	05:25:18	06:23:41.90	06:23:50.25	+01:49:29 (28.5%)	7:40	7.8 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.4km	17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
39	SKOREK Karol	96		M-30	39	00:56:41	02:02:09	03:14:52	04:24:27	05:26:51	06:23:56.75	06:24:09.50	+01:49:48 (28.6%)	7:40	7.8 (71.6%)
40	ORZECHOWSKI Damian	24	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-30	40	00:58:22	02:12:03	03:24:36	04:34:58	05:32:08	06:26:18.00	06:26:23.10	+01:52:02 (29.0%)	7:43	7.8 (71.6%)
41	GAJEWSKI Marcin	258		M-30	41	00:57:20	02:07:44	03:22:59	04:31:31	05:29:39	06:26:23.05	06:26:30.65	+01:52:09 (29.0%)	7:43	7.8 (71.6%)
42	BROL Marcin	167	SPORT W WIELKIM MIEŚCIE	M-30	42	00:52:39	01:57:26	03:12:29	04:29:52	05:30:16	06:26:31.75	06:26:36.30	+01:52:15 (29.0%)	7:43	7.8 (71.6%)
43	KRÓL Marcin	252	OŚ RACING TEAM	M-30	43	01:00:36	02:11:59	03:28:18	04:36:35	05:33:10	06:27:40.00	06:27:52.30	+01:53:31 (29.3%)	7:45	7.7 (70.6%)
44	KACZMAREK Szymon	414	PODROZEJOZINA.PL	M-30	44	01:05:07	02:18:11	03:29:57	04:33:58	05:34:52	06:31:43.25	06:32:04.25	+01:57:43 (30.0%)	7:50	7.7 (70.6%)
45	JANUSZKIEWICZ Michał	473		M-30	45	00:55:34	02:03:42	03:18:47	04:33:07	05:34:28	06:32:22.00	06:32:22.00	+01:58:00 (30.1%)	7:50	7.6 (69.7%)
46	KAMIŃSKI Cezary	228		M-30	46	01:04:30	02:16:14	03:28:09	04:41:44	05:38:49	06:32:33.90	06:32:57.90	+01:58:36 (30.2%)	7:51	7.6 (69.7%)
47	MATEJA Mariusz	187	RAT TEAM	M-30	47	00:54:20	02:03:31	03:19:35	04:36:50	05:35:38	06:32:52.60	06:33:03.25	+01:58:42 (30.2%)	7:51	7.6 (69.7%)
48	VLACH Jaromir	272	VELKÝ OSEK	M-30	48	01:07:57	02:29:23	03:43:47	04:47:15	05:40:08	06:32:36.15	06:33:11.75	+01:58:50 (30.2%)	7:51	7.6 (69.7%)
49	MAZUREK Mariusz	7		M-30	49	00:57:18	02:10:28	03:24:33	04:37:31	05:37:28	06:34:31.35	06:34:49.15	+02:00:28 (30.5%)	7:53	7.6 (69.7%)
50	BUKOWSKI Marcin	467	SPARTANIE DZIECIOM	M-30	50	00:59:33	02:19:03	03:33:21	04:45:43	05:40:17	06:34:39.50	06:35:10.35	+02:00:49 (30.6%)	7:53	7.6 (69.7%)
51	KŁOS Sławomir	16	NOA	M-30	51	00:52:59	02:03:10	03:20:10	04:38:23	05:39:52	06:35:21.45	06:35:25.25	+02:01:04 (30.6%)	7:54	7.6 (69.7%)
52	WIĘCEK Przemysław	55	KĘCKIE HARPAGANY	M-30	52	00:57:14	02:13:06	03:29:03	04:41:58	05:40:40	06:35:45.80	06:36:05.15	+02:01:44 (30.7%)	7:54	7.6 (69.7%)
53	HINC Janusz	216	GEMINI TEAM	M-30	53	00:59:52	02:14:39	03:28:33	04:41:10	05:40:26	06:36:38.20	06:36:53.25	+02:02:32 (30.9%)	7:55	7.6 (69.7%)
54	GROCHAŁA Tomasz	149	4BINŽ	M-30	54	01:00:55	02:17:17	03:34:29	04:45:33	05:42:56	06:38:15.90	06:38:35.60	+02:04:14 (31.2%)	7:57	7.5 (68.8%)
55	PEŻYŃSKI Piotr	239		M-30	55	00:58:38	02:09:47	03:25:28	04:36:47	05:37:47	06:38:29.05	06:39:01.55	+02:04:40 (31.2%)	7:58	7.5 (68.8%)
56	WITEK Łukasz	103		M-30	56	00:55:57	02:06:49	03:19:57	04:36:24	05:38:14	06:40:24.65	06:40:30.40	+02:06:09 (31.5%)	8:00	7.5 (68.8%)
57	EWERT-KRZEMIENIEWSKI Stasiek	285		M-30	57	01:05:06	02:23:47	03:38:00	04:49:05	05:44:51	06:40:25.85	06:40:42.75	+02:06:21 (31.5%)	8:00	7.5 (68.8%)
58	DYSARZ Przemysław	124		M-30	58	01:04:49	02:15:54	03:31:19	04:43:53	05:42:14	06:40:53.05	06:41:16.65	+02:06:55 (31.6%)	8:01	7.5 (68.8%)
59	NIEMCZYK Damian	221	DREAM RUN	M-30	59	00:55:20	02:06:41	03:21:44	04:41:48	05:43:23	06:42:23.20	06:42:31.60	+02:08:10 (31.8%)	8:02	7.5 (68.8%)
60	KRASINSKI Marcin	198	WOODWARD RUNNERS	M-30	60	00:58:32	02:12:01	03:29:39	04:42:45	05:42:54	06:43:47.30	06:43:59.00	+02:09:37 (32.1%)	8:04	7.4 (67.9%)
61	WYRODEK Jakub	63	TURBOPTYSIE	M-30	61	01:09:50	02:25:57	03:42:04	04:53:18	05:51:37	06:43:48.45	06:44:22.85	+02:10:01 (32.2%)	8:04	7.4 (67.9%)

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62	FELTOWICZ Jacek	479		M-30	62	00:59:59	02:16:43	03:33:37	04:46:21	05:45:27	06:44:28.20	06:44:48.05	+02:10:27 (32.2%)	8:05	7.4 (67.9%)
63	TUTKA Maksymilian	431	K S JANUSZE	M-30	63	01:00:09	02:12:04	03:28:42	04:44:30	05:45:10	06:45:19.55	06:45:51.55	+02:11:30 (32.4%)	8:06	7.4 (67.9%)
64	GÓRSKI Mariusz	129	-	M-30	64	00:53:16	02:01:42	03:18:41	04:34:10	05:41:53	06:45:59.70	06:46:04.20	+02:11:43 (32.4%)	8:07	7.4 (67.9%)
65	KIEDROWSKI Bartosz	246	LUBIĘ KLOPSY	M-30	65	01:05:30	02:21:38	03:37:41	04:46:37	05:46:46	06:48:19.25	06:48:43.25	+02:14:22 (32.9%)	8:09	7.3 (67.0%)
66	SANKOWSKI Paweł	366		M-30	66	01:01:34	02:17:17	03:30:21	04:44:49	05:49:42	06:50:53.75	06:51:09.15	+02:16:48 (33.3%)	8:13	7.3 (67.0%)
67	PAWŁOWSKI Witold	169	BAMBARYŁA TEAM	M-30	67	01:01:11	02:12:55	03:27:01	04:38:38	05:44:30	06:51:58.50	06:52:08.10	+02:17:47 (33.4%)	8:14	7.3 (67.0%)
68	ZAWIŚLAK Kazimierz	4	DZIKIE DZIKI	M-30	68	01:02:15	02:20:47	03:42:37	04:58:07	05:55:55	06:52:36.95	06:52:45.30	+02:18:24 (33.5%)	8:15	7.3 (67.0%)
69	GALUSKIN Alexey	284	GRUPA NOMAX	M-30	69	01:04:18	02:20:04	03:36:38	04:53:23	05:56:34	06:53:31.35	06:53:45.05	+02:19:24 (33.7%)	8:16	7.3 (67.0%)
70	SKWARSKI Darek	336	KIBOLE W BIEGU	M-30	70	01:05:57	02:25:27	03:46:16	05:00:03	05:56:54	06:55:39.10	06:55:58.00	+02:21:36 (34.0%)	8:18	7.2 (66.1%)
71	OBIDZIŃSKI Adam	346	KASZUBSKA PONIEWIERKA	M-30	71	01:03:49	02:21:21	03:43:49	04:57:31		06:55:54.10	06:56:20.05	+02:21:59 (34.1%)	8:19	7.2 (66.1%)
72	LACHOWSKI Robert	65		M-30	72	01:03:56	02:20:37	03:44:38	05:01:21	06:00:48	06:56:43.15	06:57:22.45	+02:23:01 (34.3%)	8:20	7.2 (66.1%)
73	WACHOWIAK Krzysztof	319		M-30	73	01:00:50	02:14:33	03:31:37	04:50:31	05:56:05	06:59:42.65	06:59:58.65	+02:25:37 (34.7%)	8:23	7.1 (65.1%)
74	JAŹDZEWSKI Sebastian	68	KB GOCH BYTÓW	M-30	74	01:02:56	02:21:13	03:46:32	05:01:05	06:03:46	07:03:33.40	07:03:44.45	+02:29:23 (35.3%)	8:28	7.1 (65.1%)
75	OLSZEWSKI Jacek	163	CHEMADEX	M-30	75	01:08:55	02:30:43	03:48:22	05:05:00	06:07:00	07:03:54.95	07:04:23.45	+02:30:02 (35.4%)	8:28	7.1 (65.1%)
76	SPACHACZ Łukasz	367	ALTOM GNIEZNO	M-30	76	01:01:41	02:16:50	03:36:05	04:58:24	06:03:26	07:03:53.60	07:04:25.25	+02:30:04 (35.4%)	8:28	7.1 (65.1%)
77	STROBIN Filip	352		M-30	77	01:05:54	02:20:11	03:39:08	05:00:07	06:02:38	07:04:16.10	07:04:49.50	+02:30:28 (35.4%)	8:29	7.1 (65.1%)
78	KWOLIK Daniel	477		M-30	78	01:04:44	02:20:20	03:44:41	05:05:09	06:07:24	07:04:47.10	07:05:13.65	+02:30:52 (35.5%)	8:29	7.1 (65.1%)
79	KAZIMIERZ Rafał	18	NOA	M-30	79	00:57:02	02:06:46	03:28:42	04:55:48	06:03:03	07:05:24.55	07:05:30.20	+02:31:09 (35.5%)	8:30	7.1 (65.1%)
80	WESOŁOWSKI Maciej	71		M-30	80	01:07:22	02:24:47	03:44:30	05:03:49	06:06:16	07:07:10.30	07:07:28.25	+02:33:07 (35.8%)	8:32	7 (64.2%)
81	WOJCIESZEK Andrzej	234	GEMINI SOPOT TEAM	M-30	81	01:00:36	02:17:03	03:34:35	04:56:33	06:03:36	07:07:19.50	07:07:34.25	+02:33:13 (35.8%)	8:32	7 (64.2%)
82	SADŁO Tomasz	321	KOLEGIUM SĘDZIÓW ZABRZE	M-30	82	00:59:24	02:17:35	03:41:11	05:02:27	06:05:41	07:09:17.15	07:09:24.05	+02:35:03 (36.1%)	8:35	7 (64.2%)
83	BARTKOWIAK Michał	373	CITYTRAIL TEAM	M-30	83	01:05:32	02:20:33	03:37:58	04:54:14	06:05:38	07:11:05.95	07:11:29.55	+02:37:08 (36.4%)	8:37	7 (64.2%)
84	MARYNICZ Łukasz	340		M-30	84	00:56:38	02:17:27	03:41:27	05:01:30	06:11:46	07:11:36.05	07:11:45.90	+02:37:24 (36.5%)	8:37	7 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy	Czechy	Pasterka	Parking	Skaly	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						8.4km	17.4km	28km	35km	42km	netto 50km	brutto 50km			
85	ROJEWSKI Paweł	70		M-30	85	01:01:43	02:20:56	03:40:53	05:04:50	06:10:39	07:11:09.00	07:11:48.10	+02:37:27 (36.5%)	8:37	7 (64.2%)
86	MAZGAJ Michał	5	NOA	M-30	86	01:02:32	02:24:32	03:48:58	05:10:14	06:15:52	07:12:57.15	07:12:57.15	+02:38:36 (36.6%)	8:39	6.9 (63.3%)
87	OLESZAK Piotr	442	STREFA CHILOUT'U / I LOVE ZIEMEK	M-30	87	00:58:58	02:12:53	03:30:26	04:55:54	06:07:19	07:13:05.45	07:13:14.85	+02:38:53 (36.7%)	8:39	6.9 (63.3%)
88	POKRYWKA Arkadiusz	240		M-30	88	01:05:17	02:28:17	03:51:27	05:11:01	06:11:35	07:13:51.00	07:14:15.25	+02:39:54 (36.8%)	8:40	6.9 (63.3%)
89	KRZESZOWSKI Marcin	199		M-30	89	00:59:56	02:22:02	03:52:22	05:08:33	06:13:41	07:17:17.30	07:17:25.00	+02:43:03 (37.3%)	8:44	6.9 (63.3%)
90	MARCHEWKA Daniel	51		M-30	90	00:57:00	02:13:30	03:39:41	05:04:04	06:13:56	07:17:27.35	07:17:33.45	+02:43:12 (37.3%)	8:44	6.9 (63.3%)
91	PARA Jakub	79	LESZNO LIMITS RUNNERS	M-30	91	01:01:37	02:18:51	03:42:20	05:05:23	06:13:40	07:17:50.25	07:17:50.25	+02:43:29 (37.3%)	8:45	6.9 (63.3%)
92	OLEŚ Rafał	161	MARATONCZYK SZCZYTNICA	M-30	92	01:00:59	02:17:17	03:44:38	05:09:22	06:19:01	07:21:20.80	07:21:41.35	+02:47:20 (37.9%)	8:49	6.8 (62.4%)
93	BANAŚ Maciej	160		M-30	93	01:04:50	02:23:27	03:46:41	05:07:15	06:15:17	07:22:19.45	07:22:31.90	+02:48:10 (38.0%)	8:50	6.8 (62.4%)
94	DUDA Konrad	156		M-30	94	01:02:23	02:21:08	03:45:02	05:02:29	06:10:53	07:22:20.90	07:22:32.50	+02:48:11 (38.0%)	8:50	6.8 (62.4%)
95	BRZOZOWSKI Michał	147		M-30	95	01:11:41	02:34:53	03:59:08	05:12:46	06:22:39	07:21:57.40	07:22:38.65	+02:48:17 (38.0%)	8:50	6.8 (62.4%)
96	GRYCZ Darek	245	FUNBIKERUN.PL	M-30	96	01:01:07	02:16:11	03:39:50	05:04:33	06:21:03	07:22:31.15	07:22:39.85	+02:48:18 (38.0%)	8:51	6.8 (62.4%)
97	KOCH Michał	127		M-30	97	01:01:57	02:16:35	03:35:58	05:05:21	06:24:33	07:24:15.85	07:24:23.55	+02:50:02 (38.3%)	8:53	6.8 (62.4%)
98	KOZIEŁ Łukasz	371	KSRG ZG RUDNA	M-30	98	01:05:43	02:27:09	03:46:53	05:06:40	06:19:17	07:24:42.50	07:25:09.80	+02:50:48 (38.4%)	8:53	6.7 (61.5%)
99	RABSCH Bartek	81		M-30	99	01:07:54	02:31:32	03:56:33	05:19:09	06:22:54	07:28:27.90	07:28:46.60	+02:54:25 (38.9%)	8:58	6.7 (61.5%)
100	MAŃKOWSKI Krzysztof	358	DRUŻYNA WILKA / MAKERUNEASIER.PL	M-30	100	01:02:57	02:20:56	03:47:56	05:16:38	06:26:18	07:29:32.10	07:29:54.85	+02:55:33 (39.0%)	8:59	6.7 (61.5%)
101	KORCZYK Ryszard	47	KĘCKIE HARPAGANY	M-30	101	01:11:30	02:47:12	04:09:41	05:30:34	06:31:07	07:30:29.55	07:30:56.85	+02:56:35 (39.2%)	9:00	6.7 (61.5%)
102	JAŚNIEWICZ Wojciech	77	NIE MA LIPY SWARZĘDZ TEAM	M-30	102	01:05:28	02:26:23	03:50:46	05:13:57	06:24:40	07:31:01.85	07:31:23.60	+02:57:02 (39.2%)	9:01	6.7 (61.5%)
103	CZAJKA Krzysztof	2	ŻOLIBORSKI KLUB SPORTOWY	M-30	103	01:06:27	02:27:38	03:53:22	05:17:45	06:26:48	07:31:25.00	07:31:25.00	+02:57:03 (39.2%)	9:01	6.6 (60.6%)
104	SKAZA Adam	381	JEDNOSTKA WOJSKOWA BRZEG	M-30	104	01:05:52	02:26:04	03:53:59	05:28:47	06:32:23	07:31:52.20	07:32:14.80	+02:57:53 (39.3%)	9:02	6.6 (60.6%)
105	KRACZKOWSKI Przemysław	108		M-30	105	01:07:30	02:32:11	03:58:15	05:25:30	06:38:04	07:37:35.80	07:38:10.45	+03:03:49 (40.1%)	9:09	6.6 (60.6%)
106	LEWANDOWSKI Paweł	446		M-30	106	00:59:15	02:10:54	03:39:42	05:11:02	06:24:09	07:39:20.40	07:39:54.30	+03:05:33 (40.3%)	9:11	6.5 (59.6%)
107	KOSIN Paweł	49	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-30	107	01:03:57	02:26:41	03:51:36	05:19:33	06:26:59	07:40:10.40	07:40:28.10	+03:06:07 (40.4%)	9:12	6.5 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy	Czechy	Pasterka	Parking	Skaly	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						8.4km	17.4km	28km	35km	42km	netto 50km	brutto 50km			
108	ADAMCZAK Mariusz	459	PETARDA	M-30	108	00:57:34	02:14:13	03:47:47	05:16:39	06:30:50	07:42:46.60	07:42:51.25	+03:08:30 (40.7%)	9:15	6.5 (59.6%)
109	MIĘDZIK Jacek	115	SĄSIAD TEAM	M-30	109	01:10:59	02:34:53	03:59:08	05:24:46	06:39:24	07:42:23.30	07:42:53.40	+03:08:32 (40.7%)	9:14	6.5 (59.6%)
110	DAWID Mariusz	151	KURP TEAM	M-30	110	01:05:01	02:38:53	04:05:08	05:33:11	06:44:11	07:46:54.90	07:47:22.50	+03:13:01 (41.3%)	9:20	6.4 (58.7%)
111	GAŁKA Marcin	142		M-30	111	01:14:59	02:50:20	04:19:10	05:37:44	06:43:03	07:50:08.10	07:50:46.00	+03:16:24 (41.7%)	9:24	6.4 (58.7%)
112	RADTKE Rafał	137	KB GOCH BYTÓW	M-30	112	01:10:10	02:35:10	04:00:29	05:28:18	06:41:52	07:50:55.80	07:51:07.85	+03:16:46 (41.8%)	9:25	6.4 (58.7%)
113	MICHALSKI Piotr	361		M-30	113	01:11:30	02:38:41	04:09:07	05:33:26	06:43:23	07:52:37.60	07:53:16.90	+03:18:55 (42.0%)	9:27	6.3 (57.8%)
114	OSICA Łukasz	264		M-30	114	01:08:33	02:35:25	04:10:08	05:40:58	06:50:11	08:00:22.05	08:01:05.25	+03:26:44 (43.0%)	9:36	6.2 (56.9%)
115	STEC Adam	337	FC MI SIĘ NIE CHCE	M-30	115	01:08:03	02:34:10	04:08:40	05:36:20	06:48:12	08:01:51.40	08:02:26.65	+03:28:05 (43.1%)	9:38	6.2 (56.9%)
116	SKOTNICZNY Piotr	360	KKB DYSTANS KRAKOW	M-30	116	01:17:02	02:55:12	04:28:37	05:50:45	07:02:30	08:03:22.35	08:04:00.25	+03:29:39 (43.3%)	9:40	6.2 (56.9%)
117	KONEFAŁ Włodzimierz	347	REMBERTÓW TEAM	M-30	117	01:07:40	02:35:22	04:07:13	05:41:40	06:54:04	08:05:14.15	08:05:40.85	+03:31:19 (43.5%)	9:42	6.2 (56.9%)
118	BARAŃSKI Piotr	263		M-30	118	01:08:01	02:38:27	04:14:07	05:40:32	06:53:23	08:05:25.00	08:05:49.30	+03:31:28 (43.5%)	9:42	6.2 (56.9%)
119	MOTYLEWSKI Tomasz	283	SKS	M-30	119	01:10:45	02:43:44	04:10:37	05:42:20	06:52:14	08:05:54.15	08:06:38.00	+03:32:16 (43.6%)	9:43	6.2 (56.9%)
120	KOWALSKI Łukasz	45		M-30	120	01:08:29	02:33:40	04:03:38	05:36:11	06:48:48	08:08:00.70	08:08:40.70	+03:34:19 (43.9%)	9:45	6.1 (56.0%)
121	PISKORZ Ireneusz	418		M-30	121	01:01:59	02:23:23	04:00:28	05:37:18	06:53:49	08:08:30.40	08:08:45.35	+03:34:24 (43.9%)	9:46	6.1 (56.0%)
122	BĘBENISTA Roman	385	TRENUJMY.COM	M-30	122	01:17:42	02:54:45	04:24:31	05:49:13	06:55:44	08:09:22.45	08:10:00.85	+03:35:39 (44.0%)	9:47	6.1 (56.0%)
123	SZYDŁOWSKI Adrian	178		M-30	123	01:13:44	02:47:22	04:16:16	05:47:38	06:55:46	08:10:15.15	08:10:43.65	+03:36:22 (44.1%)	9:48	6.1 (56.0%)
124	LEŚNIAK Tomasz	67	KRZYWDA TEAM	M-30	124	01:04:57	02:33:06	04:11:59	05:44:49	06:59:06	08:10:36.75	08:10:47.70	+03:36:26 (44.1%)	9:48	6.1 (56.0%)
125	JARZYNA Szymon	148	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	125	01:15:40	02:57:06	04:31:45	05:54:49	07:00:00	08:12:07.50	08:12:42.60	+03:38:21 (44.3%)	9:50	6.1 (56.0%)
126	KUBACKI Marek	472		M-30	126	01:11:45	02:45:34	04:11:02	05:42:08	06:53:38	08:15:07.45	08:15:18.65	+03:40:57 (44.6%)	9:54	6.1 (56.0%)
127	DWORAKOWSKI Tomasz	10		M-30	127	01:07:43	02:32:18	04:01:15	05:35:32	06:52:36	08:15:03.40	08:15:28.75	+03:41:07 (44.6%)	9:54	6.1 (56.0%)
128	MARJAŃSKI Tomasz	300	KS PIDRINA GDYNIA	M-30	128	01:09:29	02:36:21	04:08:54	05:41:08	07:01:25	08:18:37.90	08:19:15.25	+03:44:54 (45.0%)	9:58	6 (55.0%)
129	ZAWISKI Tomasz	255		M-30	129	01:13:24	02:42:55	04:20:22	05:57:46	07:10:01	08:19:38.95	08:20:20.95	+03:45:59 (45.2%)	9:59	6 (55.0%)
130	ŁUGOWSKI Karol	458		M-30	130	01:10:36	02:40:05	04:13:59	06:02:20	07:13:19	08:28:13.05	08:28:47.55	+03:54:26 (46.1%)	10:09	5.9 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
131	KOLMAJER Rafał	23	RUN BYDGOSZCZ	M-30	131	01:12:00	02:50:30	04:32:49	06:02:58	07:11:45	08:31:14.30	08:31:22.00	+03:57:00 (46.3%)	10:13	5.9 (54.1%)
132	MICHALAK Sebastian	299	GEPARDY	M-30	132	01:12:55	02:48:59	04:25:41	05:59:49	07:11:59	08:33:07.45	08:33:40.60	+03:59:19 (46.6%)	10:15	5.8 (53.2%)
133	BUDKIEWICZ Łukasz	48	JACEKBIEGA RUNNING TEAM	M-30	133	01:11:06	02:42:02	04:19:32	06:02:19	07:16:01	08:38:33.05	08:39:10.60	+04:04:49 (47.2%)	10:22	5.8 (53.2%)
134	CIECHORSKI Andrzej	231	DRUŻYNA SZPIKU	M-30	134	01:16:15	02:59:47	04:44:16	06:22:10	07:28:42	08:39:02.35	08:39:45.35	+04:05:24 (47.2%)	10:22	5.8 (53.2%)
135	WIERZBICKI Mirosław	207	NYSA BIEGA	M-30	135	01:14:36	03:01:41	04:41:56	06:25:19	07:34:38	08:46:47.45	08:47:21.00	+04:12:59 (48.0%)	10:32	5.7 (52.3%)
136	BYRCZEK Michał	342		M-30	136	01:09:05	02:39:19	04:23:43	06:06:12	07:18:40	08:50:38.80	08:50:57.20	+04:16:36 (48.3%)	10:36	5.7 (52.3%)
137	CIECHOMSKI Bartłomiej	384		M-30	137	01:17:30	02:56:53	04:40:20	06:27:23	07:37:58	08:52:49.60	08:53:32.60	+04:19:11 (48.6%)	10:39	5.6 (51.4%)
138	JAWORSKI Piotr	20		M-30	138	01:11:16	02:42:56	04:26:30	06:17:21	07:33:42	08:55:55.90	08:56:32.05	+04:22:11 (48.9%)	10:43	5.6 (51.4%)
139	KAŁŁAUR Krzysztof	296		M-30	139	01:16:54	03:05:25	04:49:05	06:35:59	08:05:01	09:28:28.85	09:28:59.25	+04:54:38 (51.8%)	11:22	5.3 (48.6%)
	KRZYSZTOŃ Tomasz	325	AMBITNI AMATORZY	M-30		00:55:34 DNF	02:09:05 DNF	03:26:44 DNF	04:55:26 DNF	DNF	DNF	DNF		-	- (0.0%)
	SEGIET Paweł	12	SILESIA RUNNERS CLUB	M-30		01:00:37 DNF	02:13:22 DNF	03:41:42 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SMOLAN Marcin	464		M-30		01:07:01 DNF	02:23:54 DNF	03:43:24 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PIOSIK Paweł	242	RANKOR	M-30		01:04:53 DNF	02:28:22 DNF	03:55:43 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ROGÓRZ Andrzej	179		M-30		01:05:55 DNF	02:40:45 DNF	04:32:17 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BIELAWIEC Bartłomiej	416	BIAŁOSTOCKA SEKTA BIEGACZY	M-30		01:01:01 DNF	02:39:42 DNF	04:51:13 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LEŚNIAK Marcin	78	ROZBIEGANY SULEJÓWEK	M-30		01:07:15 DNF	02:44:57 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHROMIŃSKI Maciej	429		M-30		01:24:41 DNF	03:22:53 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIELIŃSKI Andrzej	316	EKO-OKNA RUNNERS	M-30		01:25:29 DNF	03:28:50 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 148 wynik(ów)