



**SUPERMARATON  
GÓR  
STOŁOWYCH**

# SUPERMARATON GÓR STOŁOWYCH 2018

B4SPORT

**Event:**  
**Organiser:**  
**Date:**  
**Place:**  
**Distance:**

Maraton Gór Stołowych 2018  
Fundacja Maratony Górskie  
2018-06-30  
Karłów  
50 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: M-30

Place	Participant	Number	Club	Category	MCat	CzechyEar					Penalty/ bonus	Net time		Pace min/km	Pace km/h	
						13.9km	22.9km	33.7km	40.9km	47.7km		54km	54km			Gap
1	<b>MCCONNELL Andrew</b>	<b>538</b>		M-30	1	01:21:09	02:20:43	03:20:37	04:14:16	04:57:18		<b>05:40:30.95</b>	<b>05:40:32.65</b>		6:18	9.5 (100%)
2	<b>NOVOTNY Petr</b>	<b>536</b>	TAIWAN BEAST RUNNERS	M-30	2	01:13:37	02:08:29	03:11:14	04:10:35	04:59:12		<b>05:44:34.75</b>	<b>05:44:44.40</b>	+00:04:11 (1.2%)	6:22	9.4 (98.9%)
3	<b>KORPALSKI Tomasz</b>	<b>209</b>	BIEGAJ Z GŁOWĄ	M-30	3	01:23:15	02:22:33	03:22:37	04:15:58	05:00:34		<b>05:46:27.75</b>	<b>05:46:57.40</b>	+00:06:24 (1.8%)	6:24	9.4 (98.9%)
4	<b>ŁYJAK Błażej</b>	<b>434</b>	CHATA BIEGACZA K34	M-30	4	01:16:48	02:17:07	03:19:16	04:14:46	05:02:39		<b>05:47:28.00</b>	<b>05:47:32.15</b>	+00:06:59 (2.0%)	6:26	9.3 (97.9%)
5	<b>LANGNER Radosław</b>	<b>215</b>	VEGE RUNNERS	M-30	5	01:17:18	02:18:19	03:18:41	04:16:47	05:06:03		<b>05:51:47.95</b>	<b>05:51:57.60</b>	+00:11:24 (3.2%)	6:30	9.2 (96.8%)
6	<b>WOLBACH Tomasz</b>	<b>247</b>	WOLNE ŚLIMAKI	M-30	6	01:21:43	02:23:22	03:25:01	04:22:20	05:12:48		<b>06:00:45.75</b>	<b>06:00:52.95</b>	+00:20:20 (5.6%)	6:40	9 (94.7%)
7	<b>WASZEK Sławomir</b>	<b>254</b>	KARKONOSZ RUNNING TEAM	M-30	7	01:13:32	02:13:37	03:14:34	04:16:24	05:12:49		<b>06:01:35.05</b>	<b>06:01:45.30</b>	+00:21:12 (5.9%)	6:41	9 (94.7%)
8	<b>SZCZEPANIAK Marcin</b>	<b>50</b>	XRUNNERS	M-30	8	01:14:28	02:15:27	03:19:46	04:20:12	05:13:35		<b>06:01:58.45</b>	<b>06:02:00.15</b>	+00:21:27 (5.9%)	6:42	9 (94.7%)
9	<b>MACULEWICZ Mateusz</b>	<b>61</b>		M-30	9	01:21:38	02:23:42	03:27:24	04:27:19	05:18:21		<b>06:09:45.55</b>	<b>06:09:50.30</b>	+00:29:17 (7.9%)	6:50	8.8 (92.6%)
10	<b>KONVALINA Matěj</b>	<b>399</b>	ULTRA MOST	M-30	10	01:25:16	02:31:40	03:38:28	04:38:18	05:28:42		<b>06:16:30.90</b>	<b>06:16:37.95</b>	+00:36:05 (9.6%)	6:58	8.6 (90.5%)
11	<b>OLKIS Rafał</b>	<b>155</b>	PRZEBIEGA.PL	M-30	11	01:17:17	02:19:27	03:28:49	04:31:42	05:26:39		<b>06:17:41.15</b>	<b>06:17:45.60</b>	+00:37:12 (9.9%)	6:59	8.6 (90.5%)
12	<b>MYSZCZYSZYN Łukasz</b>	<b>172</b>	KUDOWA BIEGA	M-30	12	01:19:09	02:23:56	03:34:08	04:36:11	05:28:33		<b>06:18:27.20</b>	<b>06:18:36.10</b>	+00:38:03 (10.1%)	7:00	8.6 (90.5%)
13	<b>KOLMAJER Rafał</b>	<b>244</b>		M-30	13	01:18:41	02:22:55	03:32:38	04:41:09	05:35:30		<b>06:25:21.70</b>	<b>06:25:25.35</b>	+00:44:52 (11.6%)	7:08	8.4 (88.4%)
14	<b>ZAWORSKI Tomasz</b>	<b>226</b>		M-30	14	01:24:58	02:32:04	03:40:05	04:45:30	05:35:47		<b>06:25:48.00</b>	<b>06:25:53.80</b>	+00:45:21 (11.8%)	7:08	8.4 (88.4%)
15	<b>SZYDLIK Arkadiusz</b>	<b>129</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	15	01:19:38	02:22:29	03:32:06	04:35:45	05:35:07		<b>06:26:09.15</b>	<b>06:26:30.30</b>	+00:45:57 (11.9%)	7:09	8.4 (88.4%)
16	<b>DOMBROWSKI Jakub</b>	<b>389</b>	KRWAWE SUTY RUN&BIKE	M-30	16	01:26:36	02:33:59	03:41:49	04:42:25	05:36:00		<b>06:31:40.20</b>	<b>06:31:48.05</b>	+00:51:15 (13.1%)	7:15	8.3 (87.4%)
17	<b>ŚWIERAD Dariusz</b>	<b>35</b>	ASICS FRONTRUNNER POLSKA	M-30	17	01:19:55	02:21:07	03:25:59	04:33:53	05:33:45		<b>06:32:03.75</b>	<b>06:32:06.50</b>	+00:51:33 (13.2%)	7:15	8.3 (87.4%)
18	<b>MARGASIŃSKI Jacek</b>	<b>173</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-30	18	01:21:51	02:26:08	03:35:43	04:44:04	05:40:21		<b>06:33:17.05</b>	<b>06:33:20.95</b>	+00:52:48 (13.4%)	7:16	8.2 (86.3%)
19	<b>ZIĘBORAK Szymon</b>	<b>166</b>		M-30	19	01:20:25	02:29:43	03:37:52	04:46:09	05:44:15		<b>06:36:59.25</b>	<b>06:37:01.85</b>	+00:56:29 (14.2%)	7:21	8.2 (86.3%)

Place	Participant	Number	Club	Category	MCat	CzechyEar	CzechyEar	PasterkaEar	ParkingEar	Skaly	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						13.9km	22.9km	33.7km	40.9km	47.7km	54km	54km				
20	<b>MIKRUT Remigiusz</b>	<b>331</b>	CHEŁMNO BIEGA	M-30	20	01:30:24	02:40:10	03:50:12	04:55:29	05:46:41		<b>06:38:26.55</b>	<b>06:38:37.30</b>	+00:58:04 (14.6%)	7:22	8.1 (85.3%)
21	<b>KUCHARSKI Przemysław</b>	<b>382</b>	ROKIETNICA BIEGA	M-30	21	01:30:08	02:35:22	03:37:46	04:05:52	04:51:28	00:59:00	<b>06:40:19.85</b>	<b>06:41:03.00</b>	+01:00:30 (15.1%)	6:19	9.5 (100%)
22	<b>GOLIŃSKI Michał</b>	<b>168</b>		M-30	22	01:24:42	02:35:50	03:49:20	04:57:58	05:50:58		<b>06:42:25.00</b>	<b>06:42:34.30</b>	+01:02:01 (15.4%)	7:27	8.1 (85.3%)
23	<b>KORCZ Daniel</b>	<b>521</b>	KB MCKIS JAWORZNO	M-30	23	01:28:32	02:36:20	03:45:44	04:54:29			<b>06:42:11.50</b>	<b>06:42:34.30</b>	+01:02:01 (15.4%)	7:26	8.1 (85.3%)
24	<b>MACIĄG Grzegorz</b>	<b>81</b>		M-30	24	01:28:48	02:38:11	03:45:07	04:43:12	05:37:49		<b>06:43:02.55</b>	<b>06:43:14.40</b>	+01:02:41 (15.5%)	7:27	8 (84.2%)
25	<b>GAJDA Sebastian</b>	<b>194</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-30	25	01:24:08	02:36:28	03:50:02	04:57:01	05:52:43		<b>06:45:05.10</b>	<b>06:45:11.20</b>	+01:04:38 (16.0%)	7:30	8 (84.2%)
26	<b>JANIAK Przemysław</b>	<b>13</b>		M-30	26	01:20:22	02:26:44	03:34:30	04:51:58	05:50:19		<b>06:46:05.90</b>	<b>06:46:12.90</b>	+01:05:40 (16.2%)	7:31	8 (84.2%)
27	<b>PLUTA Daniel</b>	<b>404</b>	TEAM PLUTT	M-30	27	01:30:15	02:41:34	03:52:33	04:59:56	05:54:11		<b>06:46:04.05</b>	<b>06:46:18.10</b>	+01:05:45 (16.2%)	7:31	8 (84.2%)
28	<b>STRYCHARSKI Krystian</b>	<b>492</b>	AVE MARIA KIDS	M-30	28	01:26:56	02:38:07	03:55:00	05:02:42	05:56:10		<b>06:48:51.30</b>	<b>06:48:55.45</b>	+01:08:22 (16.7%)	7:34	7.9 (83.2%)
29	<b>MATEJA Mariusz</b>	<b>250</b>	RAT TEAM	M-30	29	01:27:14	02:40:37	03:54:14	05:02:10	05:58:24		<b>06:50:33.40</b>	<b>06:50:44.15</b>	+01:10:11 (17.1%)	7:36	7.9 (83.2%)
30	<b>KUSZTEŁAK Jacek</b>	<b>328</b>		M-30	30	01:28:57	02:41:20	03:53:58	05:03:37	06:01:00		<b>06:52:44.65</b>	<b>06:52:53.05</b>	+01:12:20 (17.5%)	7:38	7.8 (82.1%)
31	<b>RÓŻANOWSKI Łukasz</b>	<b>139</b>		M-30	31	01:27:21	02:37:08	03:50:29	04:57:57	05:57:50		<b>06:52:43.20</b>	<b>06:53:11.70</b>	+01:12:39 (17.6%)	7:38	7.9 (83.2%)
32	<b>SZAPORÓW Łukasz</b>	<b>337</b>	SPARTAN RACE TEAM GROUP PROSZOWICE	M-30	32	01:25:06	02:29:45	03:43:53	04:56:54	05:58:18		<b>06:54:40.75</b>	<b>06:54:42.90</b>	+01:14:10 (17.9%)	7:40	7.8 (82.1%)
33	<b>PIECUCH Marcin</b>	<b>164</b>	LACHO TEAM	M-30	33	01:28:09	02:39:56	03:56:17	05:02:39	05:59:23		<b>06:54:52.05</b>	<b>06:54:58.10</b>	+01:14:25 (17.9%)	7:40	7.8 (82.1%)
34	<b>LEWANDOWSKI Filip</b>	<b>176</b>		M-30	34	01:30:43	02:40:50	03:56:14	05:07:43	06:04:43		<b>07:01:00.10</b>	<b>07:01:21.65</b>	+01:20:49 (19.2%)	7:47	7.7 (81.1%)
35	<b>CHECHELSKI Przemysław</b>	<b>200</b>	TAURON TEAM	M-30	35	01:30:57	02:40:19	03:56:16	05:08:38	06:08:52		<b>07:06:29.45</b>	<b>07:06:51.30</b>	+01:26:18 (20.2%)	7:53	7.6 (80.0%)
36	<b>LAMPARSKI Łukasz</b>	<b>308</b>		M-30	36	01:32:12	02:48:33	04:00:46	05:12:23	06:11:40		<b>07:07:13.20</b>	<b>07:07:23.35</b>	+01:26:50 (20.3%)	7:54	7.6 (80.0%)
37	<b>OBIDOWSKI Łukasz</b>	<b>8</b>	NARAMOWICE BIEGAJĄ	M-30	37	01:29:27	02:42:21	03:58:35	05:09:46	06:09:36		<b>07:07:33.15</b>	<b>07:07:36.25</b>	+01:27:03 (20.4%)	7:55	7.6 (80.0%)
38	<b>EWERT-KRZEMIENIEWSKI Stanisław</b>	<b>504</b>		M-30	38	01:34:14	02:52:04	04:05:37	05:15:44	06:11:33		<b>07:08:20.60</b>	<b>07:09:09.45</b>	+01:28:36 (20.6%)	7:55	7.6 (80.0%)
39	<b>STROBIN Filip</b>	<b>449</b>		M-30	39	01:38:32	02:53:21	04:09:06	05:17:36	06:14:05		<b>07:08:53.55</b>	<b>07:09:15.75</b>	+01:28:43 (20.7%)	7:56	7.6 (80.0%)
40	<b>DEMYDA Michał</b>	<b>282</b>		M-30	40	01:27:41	02:36:58	03:51:10	05:02:54	06:08:42		<b>07:09:42.90</b>	<b>07:09:48.45</b>	+01:29:15 (20.8%)	7:57	7.5 (78.9%)
41	<b>RYNKIEWICZ Mateusz</b>	<b>67</b>	TEAM FIT TEST FAMILIJ	M-30	41	01:30:46	02:41:27	03:55:37	05:11:11	06:12:26		<b>07:11:35.60</b>	<b>07:11:40.95</b>	+01:31:08 (21.1%)	7:59	7.5 (78.9%)
42	<b>KOWALIK Mariusz</b>	<b>80</b>	NGB KŁOBUCK	M-30	42	01:24:39	02:37:41	03:57:39	05:11:08	06:11:58		<b>07:11:59.95</b>	<b>07:12:05.10</b>	+01:31:32 (21.2%)	8:00	7.5 (78.9%)
43	<b>MAKAREWICZ Wiktor</b>	<b>60</b>	ADIDAS RUNNERS WARSAW	M-30	43	01:34:58	02:49:13	04:04:01	05:14:28	06:10:43		<b>07:16:12.80</b>	<b>07:16:56.45</b>	+01:36:23 (22.1%)	8:04	7.4 (77.9%)
44	<b>KONRAD Marcin</b>	<b>29</b>	BRACIA TEAM ZAWIERCIE	M-30	44	01:34:14	02:53:20	04:08:29	05:19:33	06:21:18		<b>07:18:29.05</b>	<b>07:18:42.25</b>	+01:38:09 (22.4%)	8:07	7.4 (77.9%)
45	<b>NIEMCZYK Damian</b>	<b>391</b>	DREAM RUN	M-30	45	01:29:45	02:43:11	03:57:43	05:14:13	06:20:49		<b>07:19:13.55</b>	<b>07:19:36.65</b>	+01:39:04 (22.5%)	8:08	7.4 (77.9%)

Place	Participant	Number	Club	Category	MCat	CzechyEar	CzechyEar	PasterkaEar	ParkingEar	Skaly	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						13.9km	22.9km	33.7km	40.9km	47.7km		54km	54km			
46	<b>GÓRAL Grzesiek</b>	<b>520</b>	KB MCKIS JAWORZNO	M-30	46	01:32:33	02:42:50	04:00:27	05:15:55	06:19:48		<b>07:19:45.35</b>	<b>07:19:45.35</b>	+01:39:12 (22.6%)	8:08	7.4 (77.9%)
47	<b>GOŁĄB Mateusz</b>	<b>222</b>		M-30	47	01:33:11	02:46:59	04:05:10	05:19:38	06:22:10		<b>07:20:42.40</b>	<b>07:20:46.35</b>	+01:40:13 (22.7%)	8:09	7.4 (77.9%)
48	<b>KAŹMIERCZAK Piotr</b>	<b>346</b>	FILIPPIDES	M-30	48	01:35:08	02:50:11	04:10:27	05:23:14	06:24:29		<b>07:20:37.65</b>	<b>07:21:14.20</b>	+01:40:41 (22.8%)	8:09	7.4 (77.9%)
49	<b>DUDA Dawid</b>	<b>383</b>	REHAU TEAM	M-30	49	01:30:58	02:47:20	04:10:25	05:26:41	06:26:08		<b>07:21:07.30</b>	<b>07:21:26.00</b>	+01:40:53 (22.9%)	8:10	7.3 (76.8%)
50	<b>ROJEWSKI Paweł</b>	<b>225</b>		M-30	50	01:24:55	02:40:16	04:01:55		06:20:05		<b>07:21:31.30</b>	<b>07:21:34.80</b>	+01:41:02 (22.9%)	8:10	7.3 (76.8%)
51	<b>NOWAK Marcin</b>	<b>206</b>	BIEGNAŹY ZA PABLEM	M-30	51	01:36:19	02:53:20	04:13:23	05:28:19	06:27:55		<b>07:22:30.55</b>	<b>07:23:12.30</b>	+01:42:39 (23.2%)	8:11	7.3 (76.8%)
52	<b>IGNASZEWSKI Krzysztof</b>	<b>289</b>	RUNNER'S POWER	M-30	52	01:30:45	02:47:21	04:10:27	05:26:35	06:26:11		<b>07:23:12.65</b>	<b>07:23:30.55</b>	+01:42:57 (23.2%)	8:12	7.3 (76.8%)
53	<b>GÓRNICKI Tomasz</b>	<b>228</b>		M-30	53	01:36:30	02:57:38	04:15:51	05:28:36	06:29:26		<b>07:26:29.60</b>	<b>07:27:15.40</b>	+01:46:42 (23.9%)	8:16	7.3 (76.8%)
54	<b>SKRZYPCZAK Maciej</b>	<b>530</b>	RUNNER'S POWER	M-30	54	01:30:56	02:47:21	04:10:23	05:28:02	06:29:20		<b>07:28:42.85</b>	<b>07:29:01.10</b>	+01:48:28 (24.2%)	8:18	7.2 (75.8%)
55	<b>GOLEC Tomasz</b>	<b>455</b>		M-30	55	01:37:42	02:59:29	04:19:18	05:35:58	06:35:08		<b>07:30:15.00</b>	<b>07:30:48.65</b>	+01:50:16 (24.5%)	8:20	7.2 (75.8%)
56	<b>GRUNTOWSKI Mateusz</b>	<b>15</b>		M-30	56	01:36:30	02:57:48	04:23:20	05:36:06	06:34:03		<b>07:30:27.40</b>	<b>07:30:54.60</b>	+01:50:21 (24.5%)	8:20	7.2 (75.8%)
57	<b>ZIMKOWSKI Marcin</b>	<b>535</b>	KGHM ZG RUN	M-30	57	01:28:52	02:43:46	04:09:11	05:27:44	06:29:25		<b>07:30:50.35</b>	<b>07:31:01.30</b>	+01:50:28 (24.5%)	8:20	7.2 (75.8%)
58	<b>MICHALSKI Piotr</b>	<b>174</b>		M-30	58	01:36:42	02:55:00	04:15:34	05:30:32	06:33:50		<b>07:34:00.90</b>	<b>07:34:21.75</b>	+01:53:49 (25.1%)	8:24	7.1 (74.7%)
59	<b>KOZIEŁ Tomasz</b>	<b>240</b>	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	59	01:30:15	02:45:17	04:04:21	05:24:44	06:33:10		<b>07:36:04.05</b>	<b>07:36:34.60</b>	+01:56:01 (25.4%)	8:26	7.1 (74.7%)
60	<b>ADAMCZEWSKI Jakub</b>	<b>468</b>	NIGHT RUNNERS	M-30	60	01:37:22	02:58:08	04:25:34	05:45:11	06:41:36		<b>07:37:01.45</b>	<b>07:37:20.60</b>	+01:56:47 (25.5%)	8:27	7.1 (74.7%)
61	<b>OLSZAK Dariusz</b>	<b>276</b>		M-30	61	01:32:55	02:50:04	04:15:21	05:37:01	06:39:02		<b>07:37:57.95</b>	<b>07:38:56.20</b>	+01:58:23 (25.8%)	8:28	7.1 (74.7%)
62	<b>RÓŻAŃSKI Mateusz</b>	<b>266</b>		M-30	62	01:34:48	02:48:59	04:06:41	05:31:09	06:37:03		<b>07:38:38.25</b>	<b>07:39:06.90</b>	+01:58:34 (25.8%)	8:29	7.1 (74.7%)
63	<b>NOWOROLNIK Paweł</b>	<b>108</b>	PĘDŹĄCE MISIE	M-30	63	01:42:12	02:59:49	04:22:10	05:36:15	06:40:54		<b>07:38:49.00</b>	<b>07:39:28.00</b>	+01:58:55 (25.9%)	8:29	7.1 (74.7%)
64	<b>STARUCH Robert</b>	<b>65</b>	DABEX - BOLT	M-30	64	01:34:01	02:53:29	04:16:28	05:37:30	06:40:53		<b>07:39:37.20</b>	<b>07:39:49.90</b>	+01:59:17 (25.9%)	8:30	7 (73.7%)
65	<b>PORĘBSKI Łukasz</b>	<b>242</b>		M-30	65	01:40:29	03:03:24	04:23:04	05:36:40	06:40:03		<b>07:38:24.95</b>	<b>07:40:03.85</b>	+01:59:31 (26.0%)	8:29	7.1 (74.7%)
66	<b>TRZEPIZUR Dominik</b>	<b>91</b>	NGB KŁOBUCK	M-30	66	01:34:21	02:57:43	04:21:26	05:40:05	06:40:57		<b>07:41:42.50</b>	<b>07:41:56.75</b>	+02:01:24 (26.3%)	8:33	7 (73.7%)
67	<b>ŹMIJEWSKI Tomasz</b>	<b>294</b>		M-30	67	01:34:19	02:55:41	04:17:48	05:35:39	06:41:24		<b>07:42:56.75</b>	<b>07:43:04.55</b>	+02:02:31 (26.5%)	8:34	7 (73.7%)
68	<b>ZAŁUSTOWICZ Maciej</b>	<b>106</b>		M-30	68	01:45:10	03:09:01	04:29:44	05:44:37	06:47:17		<b>07:42:57.05</b>	<b>07:43:43.45</b>	+02:03:10 (26.6%)	8:34	7 (73.7%)
69	<b>SZCZĘŚNIAK Piotr</b>	<b>338</b>	MASARNIA POZNAŃ	M-30	69	01:32:16	02:58:32	04:15:31	05:35:31	06:41:31		<b>07:43:34.60</b>	<b>07:43:54.75</b>	+02:03:22 (26.6%)	8:35	7 (73.7%)
70	<b>WOJEWODA Maciej</b>	<b>464</b>	VEGE RUNNERS	M-30	70	01:46:27	03:08:49	04:29:59	05:44:36	06:47:21		<b>07:43:56.05</b>	<b>07:44:41.65</b>	+02:04:09 (26.7%)	8:35	7 (73.7%)
71	<b>RODAK Zbigniew</b>	<b>116</b>		M-30	71	01:34:00	02:51:54	04:16:39	05:34:50	06:39:32		<b>07:44:42.60</b>	<b>07:45:06.30</b>	+02:04:33 (26.8%)	8:36	7 (73.7%)
72	<b>WOŁCZEK Przemysław</b>	<b>259</b>	GRUPA BIEGOWA BEZ GRANIC	M-30	72	01:37:25	03:05:39	04:33:25	05:47:23	06:48:10		<b>07:45:56.55</b>	<b>07:46:18.60</b>	+02:05:45 (27.0%)	8:37	7 (73.7%)

Place	Participant	Number	Club	Category	MCat	CzechyEar	CzechyEar	PasterkaEar	ParkingEar	Skaly	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						13.9km	22.9km	33.7km	40.9km	47.7km		54km	54km			
73	<b>LESZCZYŃSKI Mateusz</b>	<b>362</b>		M-30	73	01:34:51	02:52:40	04:18:31	05:33:12	06:41:12		<b>07:46:04.80</b>	<b>07:46:20.25</b>	+02:05:47 (27.0%)	8:37	7 (73.7%)
74	<b>MUSIAŁ Szymon</b>	<b>59</b>	PRZEBIEGLI UNISŁAW	M-30	74	01:33:49	02:58:32	04:18:14	05:40:06	06:48:06		<b>07:47:28.85</b>	<b>07:47:39.85</b>	+02:07:07 (27.2%)	8:39	6.9 (72.6%)
75	<b>SZPINEK Marcin</b>	<b>243</b>	TUTU TEAM	M-30	75	01:34:14	02:55:10	04:16:53	05:38:52	06:45:35		<b>07:47:26.95</b>	<b>07:47:42.85</b>	+02:07:10 (27.2%)	8:39	6.9 (72.6%)
76	<b>KARP Pawel</b>	<b>501</b>		M-30	76	01:31:10	02:45:39	04:16:12	05:40:47	06:46:42		<b>07:47:36.60</b>	<b>07:48:17.00</b>	+02:07:44 (27.3%)	8:39	6.9 (72.6%)
77	<b>BARAŃSKI Piotr</b>	<b>185</b>	DELOITTE ADVENTURE TEAM	M-30	77	01:44:03	03:09:03	04:37:01	05:47:39	06:48:56		<b>07:48:10.50</b>	<b>07:48:53.35</b>	+02:08:20 (27.4%)	8:40	6.9 (72.6%)
78	<b>LATANOWICZ Bernard</b>	<b>302</b>		M-30	78	01:32:35	02:53:17	04:12:09	05:38:48	06:44:24		<b>07:49:11.95</b>	<b>07:49:22.50</b>	+02:08:49 (27.4%)	8:41	6.9 (72.6%)
79	<b>JADACH Grzegorz</b>	<b>283</b>		M-30	79	01:30:00	02:49:00	04:15:32	05:35:03	06:41:32		<b>07:50:02.30</b>	<b>07:50:08.10</b>	+02:09:35 (27.6%)	8:42	6.9 (72.6%)
80	<b>DUDEK Remigiusz</b>	<b>312</b>	ZIĘBICE	M-30	80	01:40:30	02:59:49	04:23:35	05:42:18	06:44:44		<b>07:49:53.45</b>	<b>07:50:08.90</b>	+02:09:36 (27.6%)	8:42	6.9 (72.6%)
81	<b>GOLA Radek</b>	<b>353</b>		M-30	81	01:41:11	03:06:30	04:30:36	05:47:19	06:48:34		<b>07:51:22.15</b>	<b>07:51:33.60</b>	+02:11:00 (27.8%)	8:43	6.9 (72.6%)
82	<b>PODLEWSKI Rafał</b>	<b>409</b>		M-30	82	01:53:22	03:19:03	04:36:12	05:51:19	06:51:01		<b>07:50:57.00</b>	<b>07:51:51.40</b>	+02:11:18 (27.8%)	8:43	6.9 (72.6%)
83	<b>PASIECZNIK Miłosz</b>	<b>265</b>	MUAY RUNNING TEAM	M-30	83	01:54:01	03:18:05	04:39:06	05:59:44	06:57:04		<b>07:52:04.40</b>	<b>07:52:48.30</b>	+02:12:15 (28.0%)	8:44	6.9 (72.6%)
84	<b>PIETRUCHA Maciej</b>	<b>261</b>	SZWAGRY TEAM	M-30	84	01:46:03	03:09:00	04:30:16	05:48:13	06:51:45		<b>07:52:38.45</b>	<b>07:53:26.80</b>	+02:12:54 (28.1%)	8:45	6.9 (72.6%)
85	<b>ŻEBRACKI Wojtek</b>	<b>444</b>		M-30	85	01:46:57	03:09:38	04:39:04	05:51:01	06:52:24		<b>07:53:27.05</b>	<b>07:53:42.10</b>	+02:13:09 (28.1%)	8:46	6.8 (71.6%)
86	<b>ŚWIDER Mariusz</b>	<b>74</b>	#CZELADZBIEGA	M-30	86	01:49:09	03:17:53	04:37:44	05:53:08	06:55:32		<b>07:56:02.50</b>	<b>07:56:36.30</b>	+02:16:03 (28.5%)	8:48	6.8 (71.6%)
87	<b>LACHOWSKI Robert</b>	<b>216</b>		M-30	87	01:26:23	02:50:40	04:18:17	05:39:48	06:48:07		<b>07:56:36.80</b>	<b>07:56:40.15</b>	+02:16:07 (28.6%)	8:49	6.8 (71.6%)
88	<b>GOLOVATIUK Sergii</b>	<b>264</b>		M-30	88	01:39:29	03:03:13	04:22:57	05:43:56	06:50:04		<b>07:57:51.50</b>	<b>07:58:47.80</b>	+02:18:15 (28.9%)	8:50	6.8 (71.6%)
89	<b>MIKUŁA Grzegorz</b>	<b>205</b>		M-30	89	01:30:07	02:53:22	04:21:28	05:44:56	06:53:42		<b>07:58:46.25</b>	<b>07:58:58.15</b>	+02:18:25 (28.9%)	8:51	6.8 (71.6%)
90	<b>MAZUREK Piotr</b>	<b>523</b>	KB MCKIS JAWORZNO	M-30	90	01:29:10	02:41:55	04:10:11	05:29:37	06:33:25		<b>07:59:09.25</b>	<b>07:59:31.50</b>	+02:18:58 (29.0%)	8:52	6.8 (71.6%)
91	<b>MATYJA Rafał</b>	<b>213</b>	LESZNOLIMITS RUNNERS	M-30	91	01:57:17	03:29:41	04:47:00	06:00:09	07:01:53		<b>08:02:19.30</b>	<b>08:03:02.15</b>	+02:22:29 (29.5%)	8:55	6.7 (70.5%)
92	<b>KOPACKI Grzegorz</b>	<b>90</b>	FOLLOWME - ZMIENIAMYFINANSE.PL	M-30	92	01:47:37	03:13:05	04:39:57	06:02:53	07:06:31		<b>08:07:30.70</b>	<b>08:08:18.55</b>	+02:27:45 (30.3%)	9:01	6.6 (69.5%)
93	<b>CALLAWAY John</b>	<b>490</b>		M-30	93	01:47:38	03:21:53	04:44:40	06:01:07	07:07:02		<b>08:09:41.95</b>	<b>08:10:11.50</b>	+02:29:38 (30.5%)	9:04	6.6 (69.5%)
94	<b>KOSIN Paweł</b>	<b>489</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-30	94	01:47:28	03:13:47	04:37:09	06:00:11	07:06:17		<b>08:11:10.05</b>	<b>08:11:31.00</b>	+02:30:58 (30.7%)	9:05	6.6 (69.5%)
95	<b>SPRYCHA Sławomir</b>	<b>82</b>	#CZELADZBIEGA	M-30	95	01:51:34	03:20:38	04:45:33	06:04:55	07:08:55		<b>08:11:06.80</b>	<b>08:11:39.85</b>	+02:31:07 (30.7%)	9:05	6.6 (69.5%)
96	<b>GALUSKIN Alexey</b>	<b>257</b>	GRUPA NOMAX	M-30	96	01:44:40	03:12:17	04:39:24	06:03:26	07:11:47		<b>08:13:13.55</b>	<b>08:13:41.90</b>	+02:33:09 (31.0%)	9:08	6.6 (69.5%)
97	<b>BRESZKA Tomek</b>	<b>11</b>	CAPTAIN AMERICA	M-30	97	01:49:11	03:11:55	04:35:05	06:03:02	07:12:06		<b>08:13:49.60</b>	<b>08:14:26.05</b>	+02:33:53 (31.1%)	9:08	6.6 (69.5%)
98	<b>URBASEK Łukasz</b>	<b>500</b>		M-30	98	01:49:03	03:24:17	04:51:13	06:07:09	07:13:26		<b>08:16:12.00</b>	<b>08:16:38.85</b>	+02:36:06 (31.4%)	9:11	6.5 (68.4%)
99	<b>WROBLEWSKI Tomasz</b>	<b>224</b>	POLKRYŚ TEAM	M-30	99	01:39:35	03:06:40	04:34:58	06:03:09	07:13:10		<b>08:18:41.85</b>	<b>08:19:12.90</b>	+02:38:40 (31.8%)	9:14	6.5 (68.4%)

Place	Participant	Number	Club	Category	MCat	CzechyEar	CzechyEar	PasterkaEar	ParkingEar	Skaly	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						13.9km	22.9km	33.7km	40.9km	47.7km		54km	54km			
100	KAJUT Wojtek	354	PADŁ NA RYJ TEAM	M-30	100	01:59:59	03:29:59	04:54:34	06:12:21	07:15:58		<b>08:19:25.35</b>	<b>08:20:17.80</b>	+02:39:45 (31.9%)	9:14	6.5 (68.4%)
101	LEŚNIAK Marcin	428	ZARAŻENI BÓLEM	M-30	101	01:46:13	03:16:56	04:43:06	06:04:27	07:16:27		<b>08:20:18.60</b>	<b>08:20:28.30</b>	+02:39:55 (32.0%)	9:15	6.5 (68.4%)
102	POLICKÝ Tomáš	234	POLIČÁTKA	M-30	102	01:41:33	03:09:19	04:35:55	05:57:40	07:11:46		<b>08:19:58.55</b>	<b>08:20:32.40</b>	+02:39:59 (32.0%)	9:15	6.5 (68.4%)
103	JAZY Szymon	177		M-30	103	01:46:33	03:19:30	04:48:22	06:11:24	07:16:23		<b>08:20:43.00</b>	<b>08:21:13.55</b>	+02:40:40 (32.1%)	9:16	6.5 (68.4%)
104	ROŚLICKI Jarosław	426	TMTEAM	M-30	104	01:42:42	03:07:38	04:40:36	06:04:28	07:17:52		<b>08:21:08.65</b>	<b>08:21:16.15</b>	+02:40:43 (32.1%)	9:16	6.5 (68.4%)
105	SKAŁECKI Przemysław	4		M-30	105	01:38:43	03:06:52	04:38:13	06:04:33	07:16:55		<b>08:21:13.90</b>	<b>08:21:17.45</b>	+02:40:44 (32.1%)	9:16	6.5 (68.4%)
106	PIOSIK Paweł	526		M-30	106	01:40:13	03:12:40	04:40:09	06:06:35	07:16:37		<b>08:23:49.25</b>	<b>08:24:18.35</b>	+02:43:45 (32.5%)	9:19	6.4 (67.4%)
107	BŁACH Piotr	142	EFIORITEAM	M-30	107	01:49:21	03:15:09	04:44:11	06:11:09	07:18:59		<b>08:26:41.40</b>	<b>08:27:18.55</b>	+02:46:45 (32.9%)	9:22	6.4 (67.4%)
108	WOŹNIAK Piotr	143		M-30	108	01:56:25	03:23:38	04:52:36	06:17:47	07:22:39		<b>08:26:48.70</b>	<b>08:27:39.45</b>	+02:47:06 (32.9%)	9:23	6.4 (67.4%)
109	ZUBOWICZ Jakub	246	ŻWAWĘ ŻUBRY/BZ WBK FAKTOR	M-30	109	01:50:49	03:23:33	04:52:28	06:16:51	07:24:25		<b>08:31:20.55</b>	<b>08:31:57.90</b>	+02:51:25 (33.5%)	9:28	6.3 (66.3%)
110	KRZOS Piotr	320		M-30	110	01:54:24	03:26:11	04:55:32	06:18:58	07:25:46		<b>08:32:15.45</b>	<b>08:33:09.15</b>	+02:52:36 (33.6%)	9:29	6.3 (66.3%)
111	MIKOŁAJCZYK Tomasz	148		M-30	111	01:54:28	03:31:27	05:01:29	06:28:28	07:32:49		<b>08:33:31.95</b>	<b>08:34:00.40</b>	+02:53:27 (33.7%)	9:30	6.3 (66.3%)
112	SZWEDA Tomasz	372	STOWARZYSZENIE LUDZI W BIEGU ŻŁOTÓW	M-30	112	01:50:03	03:21:46	04:48:55	06:15:07	07:27:09		<b>08:34:10.75</b>	<b>08:34:45.85</b>	+02:54:13 (33.8%)	9:31	6.3 (66.3%)
113	STASIK Aleksander	476		M-30	113	01:49:07	03:17:52	04:41:46	06:13:28	07:26:22		<b>08:34:26.70</b>	<b>08:35:06.30</b>	+02:54:33 (33.9%)	9:31	6.3 (66.3%)
114	FAERBER Marcin	436		M-30	114	01:41:41	03:06:04	04:39:46	06:09:29	07:18:27		<b>08:34:54.60</b>	<b>08:35:19.50</b>	+02:54:46 (33.9%)	9:32	6.3 (66.3%)
115	SZYDŁOWSKI Adrian	527		M-30	115	01:39:40	03:06:58	04:43:52	06:11:04	07:26:14		<b>08:35:28.50</b>	<b>08:35:51.05</b>	+02:55:18 (34.0%)	9:32	6.3 (66.3%)
116	FLIŚNIK Mirek	110	PKS GALOPUJĄCA SOCZEWICA	M-30	116	01:48:56	03:20:12	04:50:00	06:12:16	07:27:19		<b>08:35:53.85</b>	<b>08:36:42.15</b>	+02:56:09 (34.1%)	9:33	6.3 (66.3%)
117	STARZYŃSKI Tomek	465		M-30	117	01:52:05	03:20:30	04:47:23	06:13:51	07:24:27		<b>08:36:05.85</b>	<b>08:36:47.60</b>	+02:56:14 (34.1%)	9:33	6.3 (66.3%)
118	JAWORSKI Paweł	269		M-30	118	01:39:52	03:12:00	04:42:17	06:09:33	07:26:27		<b>08:36:45.05</b>	<b>08:36:51.70</b>	+02:56:19 (34.1%)	9:34	6.3 (66.3%)
119	ZIMNIAK Łukasz	175	KB SZERSZEŃ OELŚNICA	M-30	119	01:51:32	03:28:31	05:03:11	06:28:49	07:35:23		<b>08:36:16.60</b>	<b>08:37:02.45</b>	+02:56:29 (34.1%)	9:33	6.3 (66.3%)
120	KUPCZYK Rafał	121	ROZBIEGANY RAWICZ	M-30	120	01:42:35	03:12:42	04:45:07	06:13:27	07:21:07		<b>08:36:32.60</b>	<b>08:37:05.00</b>	+02:56:32 (34.1%)	9:33	6.3 (66.3%)
121	WOŹNIAK Sebastian	71	MOTOINTEGRATOR RUNNING TEAM	M-30	121	01:45:01	03:27:18	04:55:12	06:21:47	07:31:52		<b>08:37:44.05</b>	<b>08:37:51.85</b>	+02:57:19 (34.2%)	9:35	6.3 (66.3%)
122	KLICHOWSKI Marek	30	NAPIERACZE	M-30	122	01:45:00	03:27:18	04:55:12	06:21:41	07:31:44		<b>08:37:45.10</b>	<b>08:37:52.10</b>	+02:57:19 (34.2%)	9:35	6.3 (66.3%)
123	PILUJSKI Michał	297		M-30	123	01:53:23	03:23:50	04:54:44	06:19:18	07:28:18		<b>08:37:10.25</b>	<b>08:38:02.00</b>	+02:57:29 (34.3%)	9:34	6.3 (66.3%)
124	MESJASZ Marek	57	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M-30	124	01:53:42	03:30:52	04:52:23	06:22:45	07:31:54		<b>08:40:51.85</b>	<b>08:41:50.00</b>	+03:01:17 (34.7%)	9:38	6.2 (65.3%)
125	GODLEWSKI Jakub	262	RUNNERS TEAM QUIBL.	M-30	125	01:42:53	03:10:56	04:50:46	06:18:57	07:34:10		<b>08:42:35.70</b>	<b>08:42:55.55</b>	+03:02:22 (34.9%)	9:40	6.2 (65.3%)
126	SIOMA Konrad	88	ROKIETNICA BIEGA	M-30	126					07:28:47		<b>08:44:41.00</b>	<b>08:44:41.00</b>	+03:04:08 (35.1%)	9:42	6.2 (65.3%)

Place	Participant	Number	Club	Category	MCat	CzechyEar	CzechyEar	PasterkaEar	ParkingEar	Skaly	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						13.9km	22.9km	33.7km	40.9km	47.7km		54km	54km			
127	<b>KULIŃSKI Wojciech</b>	<b>317</b>	FC MI SIĘ NIE CHCE	M-30	127	01:56:54	03:25:12	04:57:19	06:27:09	07:38:09		<b>08:47:39.30</b>	<b>08:48:06.20</b>	+03:07:33 (35.5%)	9:46	6.1 (64.2%)
128	<b>ROGÓRZ Andrzej</b>	<b>472</b>		M-30	128	01:38:52	03:14:25	04:51:48	06:21:55	07:37:15		<b>08:48:56.40</b>	<b>08:49:11.95</b>	+03:08:39 (35.6%)	9:47	6.1 (64.2%)
129	<b>NIELIPIŃSKI Mateusz</b>	<b>422</b>		M-30	129	01:54:45	03:25:52	05:01:59	06:28:43	07:39:53		<b>08:49:54.65</b>	<b>08:50:36.80</b>	+03:10:04 (35.8%)	9:48	6.1 (64.2%)
130	<b>KORBUT Radosław</b>	<b>453</b>	KONIUCHY OCR	M-30	130	01:47:52	03:25:14	05:00:13	06:27:15	07:39:41		<b>08:52:55.85</b>	<b>08:53:12.00</b>	+03:12:39 (36.1%)	9:52	6.1 (64.2%)
131	<b>POWAŁOWSKI Marcin</b>	<b>273</b>	SŁYNNI KENJCYCY	M-30	131	01:52:34	03:28:58	05:04:40	06:38:04	07:45:10		<b>08:53:38.80</b>	<b>08:54:14.25</b>	+03:13:41 (36.3%)	9:52	6.1 (64.2%)
132	<b>MUSIAL Radoslaw</b>	<b>115</b>	DOLBY	M-30	132	01:49:42	03:22:37	05:03:11	06:37:11	07:48:10		<b>08:58:38.90</b>	<b>08:59:18.85</b>	+03:18:46 (36.9%)	9:58	6 (63.2%)
133	<b>NIEWIADA Maciej</b>	<b>66</b>	EXPLORADOR	M-30	133	01:54:34	03:31:19	05:03:10	06:36:22	07:50:04		<b>08:59:44.75</b>	<b>09:00:13.05</b>	+03:19:40 (37.0%)	9:59	6 (63.2%)
134	<b>ORDZIEJEWSKI Dominik</b>	<b>42</b>		M-30	134	01:51:22	03:36:35	05:15:08	06:44:21	07:54:12		<b>09:01:32.90</b>	<b>09:02:17.60</b>	+03:21:44 (37.2%)	10:01	6 (63.2%)
135	<b>ROZNER Artur</b>	<b>154</b>		M-30	135	01:57:58	03:36:51	05:06:12	06:34:45	07:48:04		<b>09:01:57.80</b>	<b>09:02:36.00</b>	+03:22:03 (37.2%)	10:02	6 (63.2%)
136	<b>MATUSZAK Krzysztof</b>	<b>28</b>		M-30	136	01:33:40	03:08:01	04:45:39	06:22:51	07:43:18		<b>09:06:37.80</b>	<b>09:06:54.80</b>	+03:26:22 (37.7%)	10:07	5.9 (62.1%)
137	<b>KRZEMIŃSKI Jacek</b>	<b>381</b>	POLDEK TEAM	M-30	137	01:47:53	03:27:53	04:59:50	06:34:44	07:52:23		<b>09:11:51.30</b>	<b>09:11:55.75</b>	+03:31:23 (38.3%)	10:13	5.9 (62.1%)
138	<b>KRÓL Franciszek</b>	<b>458</b>		M-30	138	01:47:56	03:25:26	05:03:56	06:43:37	08:02:49		<b>09:13:43.55</b>	<b>09:14:05.20</b>	+03:33:32 (38.5%)	10:15	5.9 (62.1%)
139	<b>CHROMICZ Krzysztof</b>	<b>157</b>		M-30	139	01:54:00	03:31:33	05:07:36	06:41:52	07:57:08		<b>09:14:50.85</b>	<b>09:15:50.05</b>	+03:35:17 (38.7%)	10:16	5.8 (61.1%)
140	<b>ŁUGOWSKI Karol</b>	<b>402</b>	MGR - MIŃSK GRUPA ROWEROWA	M-30	140	01:49:41	03:28:18	05:09:34	06:43:25	08:02:10		<b>09:24:56.85</b>	<b>09:25:30.85</b>	+03:44:58 (39.8%)	10:27	5.7 (60.0%)
141	<b>SETA Michał</b>	<b>355</b>	PADŁ NA RYJ TEAM	M-30	141	02:04:19	03:45:46	05:21:48	06:53:13	08:09:03		<b>09:26:08.20</b>	<b>09:27:01.25</b>	+03:46:28 (39.9%)	10:29	5.7 (60.0%)
142	<b>WASZAK Rafał</b>	<b>341</b>		M-30	142	01:44:52	03:24:33	05:07:47	06:42:22	08:04:13		<b>09:30:40.75</b>	<b>09:30:57.30</b>	+03:50:24 (40.4%)	10:34	5.7 (60.0%)
143	<b>GOŁĘBIEWSKI Piotrek</b>	<b>498</b>	BĘDZIN TEAM	M-30	143	01:59:56	03:49:26	05:23:51	07:00:56	08:19:46		<b>09:40:07.40</b>	<b>09:40:58.00</b>	+04:00:25 (41.4%)	10:44	5.6 (58.9%)
144	<b>JUDKOWIAK Michał</b>	<b>85</b>		M-30	144	01:59:00	03:45:06	05:25:43	07:06:05	08:23:15		<b>09:44:53.40</b>	<b>09:45:49.90</b>	+04:05:17 (41.9%)	10:49	5.5 (57.9%)
145	<b>ŚLIWIŃSKI Paweł</b>	<b>133</b>	BIEGAJĄCY ŚWIDNIK	M-30	145	01:54:08	03:39:56	05:24:38	07:01:22	08:19:37		<b>09:46:10.00</b>	<b>09:47:05.10</b>	+04:06:32 (42.0%)	10:51	5.5 (57.9%)
146	<b>MICHNIEWICZ Piotr</b>	<b>540</b>	GIT EKIPA	M-30	146	01:58:30	03:55:42	05:32:16	07:11:58	08:30:40		<b>09:47:36.85</b>	<b>09:47:55.10</b>	+04:07:22 (42.1%)	10:52	5.5 (57.9%)
147	<b>MAJCHERCZYK Mateusz</b>	<b>359</b>	CROSS BOX EVOLUTION	M-30	147	03:50:19		05:28:40	07:06:07	08:28:23		<b>09:50:08.00</b>	<b>09:50:08.00</b>	+04:09:35 (42.3%)	10:55	5.5 (57.9%)
148	<b>SAMOLAK Łukasz</b>	<b>316</b>	MILITARIA TWIERDZA KŁODZKA	M-30	148	02:03:54	03:57:53	05:39:13	07:15:20	08:39:51		<b>09:54:13.85</b>	<b>09:55:10.40</b>	+04:14:37 (42.8%)	11:00	5.5 (57.9%)
149	<b>KOWALEWSKI Łukasz</b>	<b>55</b>		M-30	149	02:06:15	03:54:00	05:33:19	07:11:10	08:31:44		<b>09:56:50.20</b>	<b>09:57:39.65</b>	+04:17:07 (43.0%)	11:03	5.4 (56.8%)
150	<b>OLEKSAK Grzegorz</b>	<b>24</b>		M-30	150	02:33:52	04:15:47	06:01:34	07:26:39	08:43:04		<b>10:02:20.75</b>	<b>10:03:10.50</b>	+04:22:37 (43.5%)	11:09	5.4 (56.8%)
151	<b>RZEPKA Daniel</b>	<b>408</b>	GREENBUD	M-30	151	02:10:15	03:59:09	05:50:57	07:34:39	08:56:57		<b>10:18:58.00</b>	<b>10:19:22.20</b>	+04:38:49 (45.0%)	11:27	5.2 (54.7%)
152	<b>SZUMLAS Marcin</b>	<b>293</b>	#SZUMITEAM	M-30	152	02:04:15	03:56:42	05:43:01	07:23:06	08:51:56		<b>10:20:50.10</b>	<b>10:21:07.10</b>	+04:40:34 (45.2%)	11:29	5.2 (54.7%)
153	<b>MACIĄG Grzegorz</b>	<b>367</b>		M-30	153	02:11:29	04:11:34	05:54:45	07:45:35	09:10:06		<b>10:39:26.45</b>	<b>10:39:41.90</b>	+04:59:09 (46.8%)	11:50	5.1 (53.7%)

Place	Participant	Number	Club	Category	MCat	CzechyEar	CzechyEar	PasterkaEar	ParkingEar	Skaly	Penalty/	Net	Czas	Gap	Pace	Pace	
						13.9km	22.9km	33.7km	40.9km	47.7km	bonus	time	brutto		min/km	km/h	
	<b>SYPNIEWSKI Marcin</b>	<b>286</b>	CSWLĄD POZNAŃ	M-30		01:28:49 DNF	02:38:27 DNF	03:51:07 DNF	05:09:20 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>POTOCKI Michał</b>	<b>279</b>	BIEG OPOLSKI	M-30		01:46:39 DNF	03:24:07 DNF	05:10:36 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>LEŚNIAK Tomasz</b>	<b>427</b>	THE FLASH IS COMING	M-30		01:46:44 DNF	03:29:44 DNF	05:49:15 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>OSAKOWICZ Mateusz</b>	<b>268</b>	MATEUSZ OSAKOWICZ	M-30		01:35:02 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)

Total 157 results.