



SUPERMARATON GÓR STOŁOWYCH 2018

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Maraton Gór Stołowych 2018
Organizator: Fundacja Maratony Górskie
Data: 2018-06-30
Miejsce: Karłów
Dystans: 50 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | CzechyEar 13.9km | CzechyEar 22.9km | PasterkaEar 33.7km | ParkingEar 40.9km | Skaly 47.7km | Czas netto 54km | Czas brutto 54km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------------------|-----------|------|---------------------|---------------------|-----------------------|----------------------|-----------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1 | MAJER Janusz | 361 | | M-40 | 1 | 01:13:27 | 02:09:16 | 03:08:13 | 04:00:59 | 04:46:15 | 05:30:39.00 | 05:30:41.00 | | 6:07 | 9.8 (100%) |
| 2 | KOSTERKIEWICZ Marcin | 103 | RYBAK PERSONAL TRAINER PTC PRZEMYSŁ | M-40 | 2 | 01:18:18 | 02:19:04 | 03:21:18 | 04:15:48 | 05:00:27 | 05:45:57.10 | 05:45:58.00 | +00:15:17 (4.4%) | 6:24 | 9.4 (95.9%) |
| 3 | STOLARZ Piotr | 170 | | M-40 | 3 | 01:14:34 | 02:11:52 | 03:13:34 | 04:13:42 | 05:01:08 | 05:48:58.70 | 05:49:03.15 | +00:18:22 (5.3%) | 6:27 | 9.3 (94.9%) |
| 4 | FUDAŁA Patrycjusz | 511 | KM PSP SOSNOWIEC | M-40 | 4 | 01:19:30 | 02:20:24 | 03:21:26 | 04:20:04 | 05:11:19 | 05:59:24.60 | 05:59:27.70 | +00:28:46 (8.0%) | 6:39 | 9 (91.8%) |
| 5 | TOPOLSKI Marcin | 524 | | M-40 | 5 | 01:20:22 | 02:21:09 | 03:24:41 | 04:26:29 | 05:20:47 | 06:10:07.90 | 06:10:11.80 | +00:39:30 (10.7%) | 6:51 | 8.8 (89.8%) |
| 6 | ZALEWSKI Dariusz | 342 | KWT | M-40 | 6 | 01:21:00 | 02:28:13 | 03:37:54 | 04:43:27 | 05:34:00 | 06:22:18.45 | 06:22:20.75 | +00:51:39 (13.5%) | 7:04 | 8.5 (86.7%) |
| 7 | HEŁMECKI Artur | 400 | | M-40 | 7 | 01:21:42 | 02:26:32 | 03:34:37 | 04:41:34 | 05:36:14 | 06:25:59.90 | 06:26:09.25 | +00:55:28 (14.4%) | 7:08 | 8.4 (85.7%) |
| 8 | NIEZGÓDKA Tomasz | 528 | | M-40 | 8 | 01:29:49 | 02:36:16 | 03:45:50 | 04:49:43 | 05:39:49 | 06:28:51.95 | 06:29:04.05 | +00:58:23 (15.0%) | 7:12 | 8.3 (84.7%) |
| 9 | BENDIG Wojciech | 306 | | M-40 | 9 | 01:30:38 | 02:36:05 | 03:39:30 | 04:44:57 | 05:37:39 | 06:29:51.15 | 06:30:23.20 | +00:59:42 (15.3%) | 7:13 | 8.3 (84.7%) |
| 10 | STEFANIAK Łukasz | 460 | | M-40 | 10 | 01:20:21 | 02:21:45 | 03:25:56 | 04:25:39 | 05:36:41 | 06:30:33.35 | 06:30:38.90 | +00:59:57 (15.4%) | 7:13 | 8.3 (84.7%) |
| 11 | JARMOLIŃSKI Piotr | 258 | WIECZORNE BIEGANIE W SZCZECINIE | M-40 | 11 | 01:30:15 | 02:38:32 | 03:49:17 | 04:51:44 | 05:44:07 | 06:35:34.70 | 06:35:42.85 | +01:05:01 (16.4%) | 7:19 | 8.2 (83.7%) |
| 12 | JANIK Rafał | 275 | GMINA STRZELCE OPOLSKIE | M-40 | 12 | 01:18:56 | 02:23:02 | 03:35:14 | 04:41:23 | 05:37:43 | 06:37:50.00 | 06:37:53.80 | +01:07:12 (16.9%) | 7:22 | 8.1 (82.7%) |
| 13 | KRZYSZTOŃ Tomasz | 327 | AMBITNI AMATORZY | M-40 | 13 | 01:30:30 | 02:40:03 | 03:50:06 | 04:55:40 | 05:47:58 | 06:38:46.05 | 06:38:51.80 | +01:08:10 (17.1%) | 7:23 | 8.1 (82.7%) |
| 14 | DANIELAK Michał | 451 | ORKIESTRA WOJSKOWA W TORUNIU | M-40 | 14 | 01:30:22 | 02:38:13 | 03:48:17 | 04:54:25 | 05:47:08 | 06:41:12.80 | 06:41:43.90 | +01:11:02 (17.7%) | 7:25 | 8.1 (82.7%) |
| 15 | GARCZYŃSKI Darek | 136 | | M-40 | 15 | 01:28:47 | 02:39:13 | 03:50:28 | 04:55:31 | 05:51:50 | 06:43:03.05 | 06:43:09.95 | +01:12:28 (18.0%) | 7:27 | 8 (81.6%) |
| 16 | NOWAK Wojtek | 10 | EXPLORADOR | M-40 | 16 | 01:30:26 | 02:37:55 | 03:47:36 | 04:54:30 | 05:48:43 | 06:42:48.10 | 06:43:17.15 | +01:12:36 (18.0%) | 7:27 | 8 (81.6%) |
| 17 | PRYSTASZ Krzysztof | 487 | OŁAWSKA GRUPA BIEGOWA | M-40 | 17 | 01:20:25 | 02:30:28 | 03:43:41 | 04:58:15 | 05:56:15 | 06:51:49.20 | 06:51:55.15 | +01:21:14 (19.7%) | 7:37 | 7.9 (80.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 54km | Czas brutto 54km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|------------------------------------|-----------|------|------------------|------------------|--------------------|-------------------|--------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | CzechyEar 13.9km | CzechyEar 22.9km | PasterkaEar 33.7km | ParkingEar 40.9km | Skaly 47.7km | | | | | |
| 18 | MURAWSKI Maciej | 318 | MIKI TEAM | M-40 | 18 | 01:30:19 | 02:38:47 | 03:51:26 | 05:00:40 | 05:58:19 | 06:52:50.90 | 06:53:14.15 | +01:22:33 (20.0%) | 7:38 | 7.8 (79.6%) |
| 19 | BUCHLA Marcin | 301 | GT RAT | M-40 | 19 | 01:30:05 | 02:44:11 | 03:58:14 | 05:05:45 | 06:02:22 | 06:56:54.00 | 06:56:57.35 | +01:26:16 (20.7%) | 7:43 | 7.8 (79.6%) |
| 20 | RATYŃSKI Marek | 117 | OTWOCKI TUPTACZ | M-40 | 20 | 01:25:05 | 02:38:21 | 03:50:14 | 05:07:16 | 06:00:15 | 06:57:26.30 | 06:57:35.45 | +01:26:54 (20.8%) | 7:43 | 7.8 (79.6%) |
| 21 | SOKOŁOWSKI Grzegorz | 394 | | M-40 | 21 | 01:26:57 | 02:36:35 | 03:50:54 | 05:02:07 | 05:59:57 | 06:58:00.25 | 06:58:02.55 | +01:27:21 (20.9%) | 7:44 | 7.8 (79.6%) |
| 22 | CWOJDZIŃSKI Piotr | 469 | NIGHT RUNNERS | M-40 | 22 | 01:30:26 | 02:42:11 | 03:57:58 | 05:07:43 | 06:04:27 | 06:57:48.20 | 06:58:03.85 | +01:27:22 (20.9%) | 7:44 | 7.8 (79.6%) |
| 23 | THIER Dominik | 119 | KS KANDAHAR | M-40 | 23 | 01:31:00 | 02:43:29 | 03:58:55 | 05:07:39 | 06:05:02 | 07:00:11.95 | 07:00:16.70 | +01:29:35 (21.3%) | 7:46 | 7.7 (78.6%) |
| 24 | KWOLIK Daniel | 491 | | M-40 | 24 | 01:24:20 | 02:35:35 | 03:52:18 | 05:04:49 | 06:07:18 | 07:06:44.25 | 07:06:57.40 | +01:36:16 (22.5%) | 7:54 | 7.6 (77.6%) |
| 25 | SZYL Marek | 105 | RUNNERS TEAM QUIBL | M-40 | 25 | 01:32:10 | 02:49:05 | 04:08:50 | 05:19:22 | 06:12:11 | 07:06:51.50 | 07:07:10.20 | +01:36:29 (22.6%) | 7:54 | 7.6 (77.6%) |
| 26 | KONRAD Artur | 27 | BRACIA TEAM ZAWIERCIE | M-40 | 26 | 01:34:14 | 02:53:20 | 04:08:24 | 05:19:24 | 06:21:17 | 07:17:16.25 | 07:17:28.95 | +01:46:47 (24.4%) | 8:05 | 7.4 (75.5%) |
| 27 | SKROK Krzysztof | 339 | RYKOWISKO | M-40 | 27 | 01:38:16 | 02:57:41 | 04:13:35 | 05:25:18 | 06:22:29 | 07:18:03.95 | 07:18:44.80 | +01:48:03 (24.6%) | 8:06 | 7.4 (75.5%) |
| 28 | KŁOSOWSKI Piotr | 313 | STRZEGOMSKA DWUNASTKA | M-40 | 28 | 01:29:10 | 02:37:55 | 03:58:15 | 05:16:14 | 06:20:47 | 07:18:32.65 | 07:18:55.30 | +01:48:14 (24.7%) | 8:07 | 7.4 (75.5%) |
| 29 | PAPROCKI Krzysztof | 52 | | M-40 | 29 | 01:33:33 | 02:50:00 | 04:11:53 | 05:24:27 | 06:23:15 | 07:18:49.85 | 07:19:10.70 | +01:48:29 (24.7%) | 8:07 | 7.4 (75.5%) |
| 30 | BEDNARZ Sebastian | 54 | | M-40 | 30 | 01:35:33 | 02:49:15 | 04:06:47 | 05:19:52 | 06:21:30 | 07:20:29.95 | 07:20:49.45 | +01:50:08 (25.0%) | 8:09 | 7.4 (75.5%) |
| 31 | MATUSZEWSKI Marek | 196 | RUNNER'S POWER | M-40 | 31 | 01:30:57 | 02:46:08 | 04:10:22 | 05:26:38 | 06:26:15 | 07:23:13.60 | 07:23:30.90 | +01:52:49 (25.4%) | 8:12 | 7.3 (74.5%) |
| 32 | SIKORA Michał | 326 | | M-40 | 32 | 01:35:02 | 02:53:14 | 04:11:28 | 05:26:31 | 06:29:04 | 07:24:12.95 | 07:24:54.10 | +01:54:13 (25.7%) | 8:13 | 7.3 (74.5%) |
| 33 | NOWINOWSKI Andrzej | 38 | KB MARATON TUREK | M-40 | 33 | 01:24:50 | 02:35:10 | 03:51:48 | 05:10:10 | 06:18:38 | 07:25:54.00 | 07:25:58.25 | +01:55:17 (25.9%) | 8:15 | 7.3 (74.5%) |
| 34 | MACKIEWICZ Artur | 295 | DŁUGOBIEGANIE | M-40 | 34 | 01:34:38 | 02:59:43 | 04:15:10 | 05:32:00 | 06:29:18 | 07:28:22.10 | 07:28:47.00 | +01:58:06 (26.3%) | 8:18 | 7.2 (73.5%) |
| 35 | HORYNA Daniel | 461 | OPOLANY | M-40 | 35 | 01:37:53 | 02:52:19 | 04:09:44 | 05:25:42 | 06:29:06 | 07:28:33.75 | 07:29:21.00 | +01:58:40 (26.4%) | 8:18 | 7.2 (73.5%) |
| 36 | KOWALCZYK Marek | 352 | KB TKKF PROMYK CIECHANÓW | M-40 | 36 | 01:38:46 | 02:53:23 | 04:12:14 | 05:29:25 | 06:31:36 | 07:32:08.80 | 07:32:49.20 | +02:02:08 (27.0%) | 8:22 | 7.2 (73.5%) |
| 37 | DZIUBA Piotr | 99 | | M-40 | 37 | 01:32:21 | 02:52:20 | 04:16:54 | 05:32:08 | 06:35:53 | 07:34:06.25 | 07:34:20.55 | +02:03:39 (27.2%) | 8:24 | 7.1 (72.4%) |
| 38 | GRYSKA Piotr | 508 | | M-40 | 38 | 01:37:50 | 02:58:25 | 04:15:47 | 05:35:37 | 06:35:08 | 07:34:29.45 | 07:34:34.50 | +02:03:53 (27.3%) | 8:24 | 7.1 (72.4%) |
| 39 | PLEWA Tomasz | 83 | | M-40 | 39 | 01:34:17 | 02:59:19 | 04:20:39 | 05:34:15 | 06:37:48 | 07:37:48.85 | 07:38:11.40 | +02:07:30 (27.8%) | 8:28 | 7.1 (72.4%) |
| 40 | KILIŃSKI Jacek | 364 | ELITE SPORTS | M-40 | 40 | 01:29:05 | 02:47:14 | 04:11:32 | 05:34:05 | 06:37:49 | 07:38:43.30 | 07:38:45.00 | +02:08:04 (27.9%) | 8:29 | 7.1 (72.4%) |
| 41 | CIRKO Arkadiusz | 189 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | M-40 | 41 | 01:33:49 | 02:50:08 | 04:15:27 | 05:37:08 | 06:39:15 | 07:38:05.10 | 07:38:58.45 | +02:08:17 (28.0%) | 8:28 | 7.1 (72.4%) |
| 42 | PAROL Artur | 424 | RAD | M-40 | 42 | 01:34:42 | 02:55:04 | 04:14:59 | 05:32:10 | 06:42:34 | 07:38:42.70 | 07:38:59.35 | +02:08:18 (28.0%) | 8:29 | 7.1 (72.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 54km | Czas brutto 54km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------|-----------|------|------------------|------------------|--------------------|-------------------|--------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | CzechyEar 13.9km | CzechyEar 22.9km | PasterkaEar 33.7km | ParkingEar 40.9km | Skaly 47.7km | | | | | |
| 43 | HICKIEWICZ Ludwik | 120 | BB RUNNERS | M-40 | 43 | 01:45:07 | 03:02:22 | 04:20:07 | 05:39:41 | 06:42:23 | 07:37:02.30 | 07:39:56.30 | +02:09:15 (28.1%) | 8:27 | 7.1 (72.4%) |
| 44 | KOŁODZIEJ Paweł | 236 | | M-40 | 44 | 01:42:07 | 03:06:33 | 04:25:52 | 05:41:43 | 06:43:52 | 07:39:00.00 | 07:39:57.45 | +02:09:16 (28.1%) | 8:30 | 7.1 (72.4%) |
| 45 | LIZAKOWSKI Piotr | 251 | NYHA IV SZCZECIN | M-40 | 45 | 01:41:18 | 03:01:48 | 04:24:48 | 05:39:19 | 06:44:44 | 07:43:30.80 | 07:44:18.65 | +02:13:37 (28.8%) | 8:35 | 7 (71.4%) |
| 46 | LESZCZYŃSKI Michał | 369 | SYBERIAN HUSKY TEAM | M-40 | 46 | 01:40:37 | 03:05:39 | 04:28:33 | 05:41:05 | 06:45:17 | 07:44:34.75 | 07:45:24.30 | +02:14:43 (28.9%) | 8:36 | 7 (71.4%) |
| 47 | MAJCHROWSKI Jacek | 41 | CKB TARNOBRZEG | M-40 | 47 | 01:37:51 | 03:00:42 | 04:25:17 | 05:42:20 | 06:48:18 | 07:46:03.45 | 07:46:22.65 | +02:15:41 (29.1%) | 8:37 | 7 (71.4%) |
| 48 | ŁUCZAK Paweł | 125 | | M-40 | 48 | 01:42:00 | 02:58:39 | 04:22:31 | 05:42:24 | 06:48:22 | 07:46:28.40 | 07:46:37.10 | +02:15:56 (29.1%) | 8:38 | 6.9 (70.4%) |
| 49 | PIERNIK Radosław | 219 | 6300 | M-40 | 49 | 01:34:09 | 02:52:59 | 04:14:36 | 05:33:30 | 06:39:10 | 07:46:57.25 | 07:47:36.55 | +02:16:55 (29.3%) | 8:38 | 6.9 (70.4%) |
| 50 | GIBALSKI Tomasz | 493 | OBORYGENI | M-40 | 50 | 01:43:15 | 03:05:37 | 04:24:41 | 05:44:49 | 06:48:48 | 07:47:50.70 | 07:47:58.05 | +02:17:17 (29.3%) | 8:39 | 6.9 (70.4%) |
| 51 | WŁOCH Sławomir | 145 | | M-40 | 51 | 01:32:11 | 02:53:32 | 04:16:21 | 05:36:31 | 06:43:10 | 07:47:52.20 | 07:48:00.95 | +02:17:19 (29.3%) | 8:39 | 6.9 (70.4%) |
| 52 | KOCIUMBAS Bartosz | 373 | | M-40 | 52 | 01:48:32 | 03:09:34 | 04:34:44 | 05:46:21 | 06:48:21 | 07:47:32.40 | 07:48:22.40 | +02:17:41 (29.4%) | 8:39 | 6.9 (70.4%) |
| 53 | KAYSIEWICZ Maciej | 532 | NATURAL BORN RUNNERS TEAM | M-40 | 53 | 01:33:28 | 02:56:52 | 04:18:10 | 05:37:14 | 06:43:48 | 07:48:38.25 | 07:48:51.55 | +02:18:10 (29.5%) | 8:40 | 6.9 (70.4%) |
| 54 | WIŚNIEWSKI Artur | 423 | INTRO | M-40 | 54 | 01:41:34 | 02:58:13 | 04:20:20 | 05:39:47 | 06:48:25 | 07:48:50.80 | 07:49:31.50 | +02:18:50 (29.6%) | 8:40 | 6.9 (70.4%) |
| 55 | STACHOWIAK Marek | 21 | ROKIETNICA BIEGA | M-40 | 55 | 01:37:43 | 02:59:29 | 04:19:34 | 05:40:01 | 06:44:26 | 07:50:52.75 | 07:51:36.45 | +02:20:55 (29.9%) | 8:43 | 6.9 (70.4%) |
| 56 | BUDZICH Wojciech | 288 | TKKF PROMYK CIECHANÓW | M-40 | 56 | 01:33:08 | 02:50:38 | 04:14:41 | 05:38:45 | 06:47:47 | 07:52:20.50 | 07:52:25.85 | +02:21:44 (30.0%) | 8:44 | 6.9 (70.4%) |
| 57 | GUZIK Robert | 432 | PEDRAFORCA | M-40 | 57 | 01:41:48 | 03:06:29 | 04:27:03 | 05:42:23 | 06:52:17 | 07:54:53.90 | 07:55:06.40 | +02:24:25 (30.4%) | 8:47 | 6.8 (69.4%) |
| 58 | SEWIOŁO Artur | 466 | | M-40 | 58 | 01:36:20 | 02:53:41 | 04:19:54 | 05:41:39 | 06:54:59 | 07:55:34.00 | 07:56:19.60 | +02:25:38 (30.6%) | 8:48 | 6.8 (69.4%) |
| 59 | KOZA Rafał | 248 | 6300 | M-40 | 59 | 01:36:21 | 03:03:41 | 04:30:13 | 05:50:13 | 06:55:09 | 07:56:42.45 | 07:57:20.95 | +02:26:39 (30.7%) | 8:49 | 6.8 (69.4%) |
| 60 | ŚPICA Leszek | 43 | RECEPTA NA ZDROWIE | M-40 | 60 | 01:44:08 | 03:03:11 | 04:23:53 | | 06:52:48 | 07:57:20.25 | 07:58:23.00 | +02:27:42 (30.9%) | 8:50 | 6.8 (69.4%) |
| 61 | TOMASZEK Sebastian | 12 | RUNNING ACADEMY | M-40 | 61 | 01:48:36 | 03:13:53 | 04:35:51 | 05:53:06 | 06:58:11 | 07:59:30.45 | 08:00:04.70 | +02:29:23 (31.1%) | 8:52 | 6.8 (69.4%) |
| 62 | SZYGENDA Sebastian | 16 | TIGER TEAM | M-40 | 62 | 01:44:11 | 03:06:30 | 04:28:49 | 05:45:35 | 06:51:40 | 07:59:32.35 | 08:00:13.15 | +02:29:32 (31.1%) | 8:52 | 6.8 (69.4%) |
| 63 | CYNIAK Marek | 40 | EVERRUN | M-40 | 63 | 01:34:57 | 03:02:18 | 04:29:40 | 05:46:26 | 06:51:06 | 08:02:19.10 | 08:02:33.40 | +02:31:52 (31.5%) | 8:55 | 6.7 (68.4%) |
| 64 | SUROWIEC Paweł | 101 | JURA.PL | M-40 | 64 | 01:39:56 | 03:07:45 | 04:31:15 | 05:53:28 | 07:02:10 | 08:02:23.40 | 08:02:37.50 | +02:31:56 (31.5%) | 8:55 | 6.7 (68.4%) |
| 65 | SADOWSKI Mieczysław | 252 | BIEGAJ RAZEM Z NAMI | M-40 | 65 | 01:39:58 | 03:07:47 | 04:31:16 | 05:53:29 | 07:02:16 | 08:02:23.95 | 08:02:37.55 | +02:31:56 (31.5%) | 8:56 | 6.7 (68.4%) |
| 66 | FIGEL Michał | 323 | MIKI TEAM | M-40 | 66 | 01:44:42 | 03:08:08 | 04:33:50 | 05:54:46 | 07:00:32 | 08:03:25.85 | 08:03:50.05 | +02:33:09 (31.7%) | 8:57 | 6.7 (68.4%) |
| 67 | NATKANIEC Krystian | 348 | JANJUL | M-40 | 67 | 01:41:12 | 03:10:21 | 04:37:03 | 05:57:38 | 07:01:43 | 08:04:10.95 | 08:04:30.70 | +02:33:49 (31.7%) | 8:57 | 6.7 (68.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 54km | Czas brutto 54km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------------------------|-----------|------|------------------|------------------|--------------------|-------------------|--------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | CzechyEar 13.9km | CzechyEar 22.9km | PasterkaEar 33.7km | ParkingEar 40.9km | Skaly 47.7km | | | | | |
| 68 | SZMAGAJ Marcin | 70 | SZWLA | M-40 | 68 | 01:48:38 | 03:15:01 | 04:39:34 | 05:59:06 | 07:06:09 | 08:04:10.20 | 08:04:44.95 | +02:34:03 (31.8%) | 8:57 | 6.7 (68.4%) |
| 69 | MNICH Tomasz | 204 | | M-40 | 69 | 01:47:10 | 03:13:58 | 04:39:13 | 05:58:34 | 07:04:46 | 08:04:42.35 | 08:05:27.75 | +02:34:46 (31.9%) | 8:58 | 6.7 (68.4%) |
| 70 | BALCERZAK Robert | 23 | KLUB BIEGACZA WARTA | M-40 | 70 | 01:43:05 | 03:12:12 | 04:40:20 | 05:56:27 | 07:01:57 | 08:05:49.60 | 08:06:13.35 | +02:35:32 (32.0%) | 8:59 | 6.7 (68.4%) |
| 71 | BOROWCZYK Marcin | 446 | | M-40 | 71 | 01:49:42 | 03:19:25 | 04:39:41 | 05:58:40 | 07:06:36 | 08:08:05.90 | 08:08:44.40 | +02:38:03 (32.3%) | 9:02 | 6.6 (67.3%) |
| 72 | HOFFMANN Grzegorz | 94 | | M-40 | 72 | 01:59:25 | 03:36:38 | 05:19:12 | 07:07:12 | | 08:10:34.00 | 08:11:18.40 | +02:40:37 (32.7%) | 9:05 | 6.6 (67.3%) |
| 73 | WOJTKOWIAK Mariusz | 374 | WWW.KAMILASUKNIE.PL | M-40 | 73 | 01:47:58 | 03:14:49 | 04:40:03 | 06:02:32 | 07:09:20 | 08:13:56.50 | 08:14:30.20 | +02:43:49 (33.1%) | 9:08 | 6.6 (67.3%) |
| 74 | WAŚ Grzegorz | 144 | RUNNERS CLUB WARSZAWA | M-40 | 74 | 01:48:49 | 03:12:27 | 04:39:34 | 06:04:36 | 07:15:10 | 08:18:34.40 | 08:19:25.40 | +02:48:44 (33.8%) | 9:13 | 6.5 (66.3%) |
| 75 | BŁACHNO Marcin | 160 | | M-40 | 75 | 01:53:53 | 03:24:48 | 04:46:14 | 06:08:32 | 07:17:29 | 08:18:39.55 | 08:19:32.15 | +02:48:51 (33.8%) | 9:14 | 6.5 (66.3%) |
| 76 | CZUBIEL Konrad | 58 | PKS GALOPUJĄCA SOCZEWICA | M-40 | 76 | 01:53:25 | 03:23:20 | 04:48:44 | 06:09:29 | 07:16:27 | 08:19:42.55 | 08:20:27.35 | +02:49:46 (33.9%) | 9:15 | 6.5 (66.3%) |
| 76 | BRZOZOWSKI Armand | 89 | PKS GALOPUJĄCA SOCZEWICA | M-40 | 77 | 01:53:25 | 03:23:18 | 04:48:43 | 06:09:29 | 07:16:30 | 08:19:41.50 | 08:20:27.35 | +02:49:46 (33.9%) | 9:15 | 6.5 (66.3%) |
| 78 | SALWA Krzysztof | 92 | SALCLAN-TEAM | M-40 | 78 | 01:41:11 | 03:07:07 | 04:36:57 | 06:02:45 | 07:11:51 | 08:20:29.90 | 08:20:48.85 | +02:50:07 (34.0%) | 9:16 | 6.5 (66.3%) |
| 79 | STEFANOWSKI Marcin | 32 | | M-40 | 79 | 01:41:07 | 03:09:37 | 04:39:41 | 06:04:42 | 07:16:01 | 08:21:14.35 | 08:21:35.00 | +02:50:54 (34.1%) | 9:16 | 6.5 (66.3%) |
| 80 | ROSZYK Przemek | 51 | | M-40 | 80 | 01:49:17 | 03:21:06 | 04:46:58 | 06:08:54 | 07:15:56 | 08:21:19.25 | 08:22:06.50 | +02:51:25 (34.1%) | 9:17 | 6.5 (66.3%) |
| 81 | MURAWICZ Paweł | 531 | | M-40 | 81 | 01:50:38 | 03:22:18 | 04:47:41 | 06:07:41 | 07:15:02 | 08:21:25.00 | 08:22:16.85 | +02:51:35 (34.2%) | 9:17 | 6.5 (66.3%) |
| 82 | OCHMAŃSKI Adam | 9 | EVERRUN | M-40 | 82 | 01:44:48 | 03:11:54 | 04:42:21 | 06:05:10 | 07:22:45 | 08:25:48.10 | 08:26:04.15 | +02:55:23 (34.7%) | 9:22 | 6.4 (65.3%) |
| 83 | RZEPKA Remigiusz | 392 | GREENBUD | M-40 | 83 | 01:41:43 | 03:06:26 | 04:37:54 | 06:07:44 | 07:21:08 | 08:26:17.35 | 08:26:39.05 | +02:55:58 (34.7%) | 9:22 | 6.4 (65.3%) |
| 84 | ANDRZEJEWSKI Marek | 371 | | M-40 | 84 | 01:51:33 | 03:26:56 | 04:53:37 | 06:16:18 | 07:21:26 | 08:28:45.65 | 08:29:30.35 | +02:58:49 (35.1%) | 9:25 | 6.4 (65.3%) |
| 85 | ŻURAWSKI Arkadiusz | 68 | | M-40 | 85 | 01:43:05 | 03:11:00 | 04:38:38 | 06:07:48 | 07:18:29 | 08:31:16.10 | 08:32:02.50 | +03:01:21 (35.4%) | 9:28 | 6.3 (64.3%) |
| 86 | MARCZEWSKI Sławomir | 149 | STOWARZYSZENIE LUDZI W BIEGU ŻŁOTÓW | M-40 | 86 | 01:49:54 | 03:21:45 | 04:48:46 | 06:15:16 | 07:26:54 | 08:34:02.65 | 08:34:38.60 | +03:03:57 (35.7%) | 9:31 | 6.3 (64.3%) |
| 87 | JANUSZ Tomasz | 390 | | M-40 | 87 | 01:45:23 | 03:09:47 | 04:42:02 | 06:06:27 | 07:17:28 | 08:36:12.20 | 08:36:46.50 | +03:06:05 (36.0%) | 9:33 | 6.3 (64.3%) |
| 88 | GWÓŹDŹ Michał | 202 | #CZELADZBIEGA | M-40 | 88 | 01:49:14 | 03:20:41 | 04:47:54 | 06:08:10 | 07:21:35 | 08:38:39.90 | 08:39:11.85 | +03:08:30 (36.3%) | 9:36 | 6.2 (63.3%) |
| 89 | WOJNAR Radek | 159 | PUNK PARROT | M-40 | 89 | 01:59:18 | 03:37:50 | 05:03:16 | 06:34:39 | 07:37:33 | 08:40:33.95 | 08:40:54.60 | +03:10:13 (36.5%) | 9:38 | 6.2 (63.3%) |
| 90 | MURCHA Paweł | 510 | | M-40 | 90 | 01:52:26 | 03:18:32 | 04:52:06 | 06:19:07 | 07:31:04 | 08:42:53.70 | 08:43:36.05 | +03:12:55 (36.8%) | 9:41 | 6.2 (63.3%) |
| 91 | DUDEK Konrad | 416 | BIEGANIEPOGODZINACH | M-40 | 91 | 01:53:41 | 03:26:58 | 05:04:02 | 06:29:36 | 07:39:28 | 08:46:30.05 | 08:47:02.95 | +03:16:21 (37.3%) | 9:45 | 6.2 (63.3%) |
| 92 | GRZELKA Tomasz | 150 | RUNNER'S POWER | M-40 | 92 | 01:53:48 | 03:34:54 | 05:03:27 | 06:30:43 | 07:44:01 | 08:47:14.20 | 08:47:41.60 | +03:17:00 (37.3%) | 9:45 | 6.1 (62.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 54km | Czas brutto 54km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------------|-----------|------|------------------|------------------|--------------------|-------------------|--------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | CzechyEar 13.9km | CzechyEar 22.9km | PasterkaEar 33.7km | ParkingEar 40.9km | Skaly 47.7km | | | | | |
| 93 | DOMURAD Sebastian | 473 | | M-40 | 93 | 01:41:14 | 03:25:54 | 04:52:43 | 06:26:17 | 07:41:53 | 08:47:48.95 | 08:48:15.40 | +03:17:34 (37.4%) | 9:46 | 6.1 (62.2%) |
| 94 | GRABIŃSKI Waldemar | 191 | ROGOZIŃSKI KLUB BIEGACZA | M-40 | 94 | 01:44:25 | 03:23:17 | 05:03:39 | 06:32:13 | 07:44:12 | 08:48:07.00 | 08:48:57.70 | +03:18:16 (37.5%) | 9:46 | 6.1 (62.2%) |
| 95 | DUDEK Krzysztof | 36 | STRZEGOMSKA DWUNASTKA | M-40 | 95 | 01:48:17 | 03:23:55 | 04:57:06 | 06:28:06 | 07:36:10 | 08:50:10.85 | 08:50:34.25 | +03:19:53 (37.7%) | 9:49 | 6.1 (62.2%) |
| 96 | GNIADK Tomasz | 134 | DABEX-BOLT | M-40 | 96 | 01:41:08 | 03:09:29 | 04:55:51 | 06:28:34 | 07:42:13 | 08:50:22.85 | 08:50:36.00 | +03:19:55 (37.7%) | 9:49 | 6.1 (62.2%) |
| 97 | JANKOWIAK Krzysztof | 112 | MARCO | M-40 | 97 | 01:53:48 | 03:34:53 | 05:03:36 | 06:30:41 | 07:44:15 | 08:50:08.45 | 08:50:36.30 | +03:19:55 (37.7%) | 9:49 | 6.1 (62.2%) |
| 98 | CZAPIGA Robert | 46 | PRORITA TEAM | M-40 | 98 | 01:57:06 | 03:32:26 | 05:04:05 | 06:32:43 | 07:42:13 | 08:50:43.75 | 08:51:23.35 | +03:20:42 (37.8%) | 9:49 | 6.1 (62.2%) |
| 99 | KANIEWSKI Wojciech | 405 | | M-40 | 99 | 01:52:10 | 03:27:48 | 04:59:48 | 06:32:29 | 07:46:59 | 08:52:14.50 | 08:52:51.05 | +03:22:10 (37.9%) | 9:51 | 6.1 (62.2%) |
| 100 | SYGIET Andrzej | 171 | | M-40 | 100 | 01:53:06 | 03:31:39 | 05:08:31 | 06:39:32 | 07:48:31 | 08:52:15.35 | 08:52:54.70 | +03:22:13 (37.9%) | 9:51 | 6.1 (62.2%) |
| 101 | CWOJDZIŃSKI Michał | 439 | GB WIELKOPOLSCY BIEGACZE | M-40 | 101 | 01:51:33 | 03:28:50 | 04:55:51 | 06:28:19 | 07:37:07 | 08:54:04.05 | 08:54:36.40 | +03:23:55 (38.1%) | 9:53 | 6.1 (62.2%) |
| 102 | TERLECKI Marcin | 413 | | M-40 | 102 | | | 05:03:15 | 06:35:15 | 07:48:00 | 08:55:15.00 | 08:55:15.00 | +03:24:34 (38.2%) | 9:54 | 6.1 (62.2%) |
| 103 | ŚWIĄTCZAK Adam | 239 | GOŃ BLIŹNIAKI! | M-40 | 103 | 01:52:46 | 03:28:09 | 05:03:58 | 06:28:47 | 07:43:37 | 08:54:36.15 | 08:55:16.75 | +03:24:35 (38.2%) | 9:54 | 6.1 (62.2%) |
| 104 | ŚWIĄTCZAK Maciej | 241 | GOŃ BLIŹNIAKI! | M-40 | 104 | 01:52:36 | 03:28:09 | 04:54:49 | 06:22:20 | 07:31:25 | 08:54:37.10 | 08:55:16.90 | +03:24:35 (38.2%) | 9:54 | 6.1 (62.2%) |
| 105 | RAJZER Mariusz | 415 | BODYKINETIC | M-40 | 105 | 01:40:33 | 03:15:44 | 04:52:17 | 06:27:47 | 07:43:44 | 08:55:15.50 | 08:55:20.00 | +03:24:39 (38.2%) | 9:54 | 6.1 (62.2%) |
| 106 | WOJTANOWICZ Marcin | 534 | | M-40 | 106 | 01:50:51 | 03:26:48 | 04:53:21 | 06:29:01 | 07:45:57 | 08:55:24.90 | 08:55:59.75 | +03:25:18 (38.3%) | 9:54 | 6.1 (62.2%) |
| 107 | OŚRÓDEK Piotr | 533 | BBL ZDUŃSKA WOLA | M-40 | 107 | 01:50:51 | 03:27:01 | 04:53:27 | 06:29:00 | 07:45:53 | 08:55:23.15 | 08:56:00.00 | +03:25:19 (38.3%) | 9:54 | 6.1 (62.2%) |
| 108 | KOZŁOWSKI Rafał | 336 | 1977 | M-40 | 108 | 01:54:38 | 03:37:48 | 05:09:13 | 06:38:42 | 07:49:33 | 08:59:45.05 | 09:00:41.00 | +03:30:00 (38.8%) | 9:59 | 6 (61.2%) |
| 109 | RESPONDEK Dariusz | 14 | | M-40 | 109 | 01:51:45 | 03:29:10 | 05:03:00 | 06:37:46 | 07:52:09 | 09:05:52.70 | 09:06:20.75 | +03:35:39 (39.5%) | 10:06 | 5.9 (60.2%) |
| 110 | OSTAPIŃSKI Wojtek | 111 | OSTRESROKI | M-40 | 110 | 01:53:53 | 03:33:46 | 05:11:13 | 06:35:29 | 07:51:02 | 09:06:10.25 | 09:06:58.40 | +03:36:17 (39.5%) | 10:06 | 5.9 (60.2%) |
| 111 | ZDYB Grzegorz | 233 | 44 WOJSKOWY ODDZIAŁ GOSPODARCZY | M-40 | 111 | 01:49:21 | 03:24:15 | 04:57:54 | 06:29:22 | 07:43:50 | 09:07:18.45 | 09:07:54.10 | +03:37:13 (39.6%) | 10:08 | 5.9 (60.2%) |
| 112 | TEKIELE Jacek | 137 | ŁĄCZKA TEAM LEGNICA | M-40 | 112 | 01:48:13 | 03:23:49 | 04:56:34 | 06:31:48 | 07:54:11 | 09:08:22.65 | 09:08:41.95 | +03:38:00 (39.7%) | 10:09 | 5.9 (60.2%) |
| 113 | ŁĄKOWSKI Zbigniew | 238 | SIEKIERKAOGRODY.PL | M-40 | 113 | 02:05:58 | 03:49:30 | 05:17:26 | 06:44:46 | 07:55:11 | 09:08:28.30 | 09:09:22.30 | +03:38:41 (39.8%) | 10:09 | 5.9 (60.2%) |
| 114 | CETLIN Maciej | 345 | DREAM RUN | M-40 | 114 | 01:52:02 | 03:28:50 | 05:04:12 | 06:39:35 | 08:00:02 | 09:15:16.00 | 09:16:02.40 | +03:45:21 (40.5%) | 10:16 | 5.8 (59.2%) |
| 115 | NAPIERAŁSKI Michał | 480 | ŻYGLIŃSKIE CHARTY | M-40 | 115 | 01:55:12 | 03:36:57 | 05:16:39 | 06:48:08 | 08:04:38 | 09:19:53.10 | 09:20:45.65 | +03:50:04 (41.0%) | 10:22 | 5.8 (59.2%) |
| 116 | SZAMBELAŃCZYK Maciej | 396 | POSNANIA TRI TEAM | M-40 | 116 | 01:58:46 | 03:35:41 | 05:04:46 | 06:37:12 | 08:00:12 | 09:20:55.55 | 09:21:37.30 | +03:50:56 (41.1%) | 10:23 | 5.8 (59.2%) |
| 117 | KOWALCZYK Mariusz | 109 | TIGER TEAM | M-40 | 117 | 02:01:07 | 03:43:42 | 05:22:41 | 06:55:35 | 08:09:32 | 09:23:50.00 | 09:24:31.85 | +03:53:50 (41.4%) | 10:26 | 5.7 (58.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------------|-----------|------|------------------|------------------|--------------------|-------------------|--------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | CzechyEar 13.9km | CzechyEar 22.9km | PasterkaEar 33.7km | ParkingEar 40.9km | Skaly 47.7km | 54km | 54km | | | |
| 118 | TARNAWSKI Andrzej | 522 | KB MCKIS JAWORZNO | M-40 | 118 | 02:02:38 | 03:55:08 | 05:26:38 | 07:00:05 | | 09:23:37.40 | 09:24:35.25 | +03:53:54 (41.4%) | 10:26 | 5.7 (58.2%) |
| 119 | BIECHOŃSKI Jarosław | 385 | FUNDACJA LAF | M-40 | 119 | 01:58:52 | 03:28:52 | 05:03:17 | 06:35:43 | | 09:28:16.20 | 09:29:12.40 | +03:58:31 (41.9%) | 10:31 | 5.7 (58.2%) |
| 120 | MIERZEJEWSKI Robert | 270 | CENTRUM SZKOLENIA WOJSK ŁĄDOWYCH | M-40 | 120 | 01:58:52 | 03:28:52 | 05:03:19 | 06:36:48 | 08:03:42 | 09:28:20.10 | 09:29:15.60 | +03:58:34 (41.9%) | 10:31 | 5.7 (58.2%) |
| 121 | BLAJCHERT Adam | 403 | | M-40 | 121 | 01:59:01 | 03:49:51 | 05:24:26 | 06:57:27 | 08:13:50 | 09:31:49.95 | 09:32:03.75 | +04:01:22 (42.2%) | 10:35 | 5.7 (58.2%) |
| 122 | WYSOKIŃSKI Dariusz | 486 | OBORYGENI | M-40 | 122 | 01:58:47 | 03:43:48 | 05:20:33 | 06:57:24 | 08:15:02 | 09:33:35.55 | 09:33:50.15 | +04:03:09 (42.4%) | 10:37 | 5.6 (57.1%) |
| 123 | GÓRNICKI Wojciech | 208 | ROAD RUNNER PIPI | M-40 | 123 | 01:53:24 | 03:27:51 | 05:15:59 | 06:53:23 | 08:14:37 | 09:35:23.00 | 09:36:06.40 | +04:05:25 (42.6%) | 10:39 | 5.6 (57.1%) |
| 124 | SKRZYPCZAK Radosław | 433 | ROUNDSPACE.PL | M-40 | 124 | 02:00:27 | 03:40:59 | 05:27:42 | 07:01:18 | 08:20:20 | 09:38:16.95 | 09:38:36.85 | +04:07:55 (42.8%) | 10:42 | 5.6 (57.1%) |
| 125 | WITKOWSKI Marek | 425 | 1971 | M-40 | 125 | 01:54:00 | 03:42:40 | 05:20:25 | 06:58:10 | 08:16:58 | 09:39:49.80 | 09:40:39.80 | +04:09:58 (43.1%) | 10:44 | 5.6 (57.1%) |
| 126 | MICHALAK Piotr | 104 | | M-40 | 126 | 02:10:04 | 03:54:02 | 05:28:01 | 07:02:55 | 08:19:02 | 09:44:51.90 | 09:45:46.80 | +04:15:05 (43.5%) | 10:49 | 5.5 (56.1%) |
| 127 | SROKA Jacek | 499 | | M-40 | 127 | 02:08:31 | 03:57:32 | 05:39:50 | 07:11:53 | 08:30:33 | 09:46:32.50 | 09:47:03.65 | +04:16:22 (43.7%) | 10:51 | 5.5 (56.1%) |
| 128 | KADECKI Marek | 287 | | M-40 | 128 | 02:06:44 | 03:56:22 | 05:34:03 | 07:16:31 | 08:34:28 | 09:47:54.90 | 09:48:30.30 | +04:17:49 (43.8%) | 10:53 | 5.5 (56.1%) |
| 129 | KASTNER Jochen | 485 | LT WEISENHEIM AM BERG | M-40 | 129 | 02:10:27 | 03:57:47 | 05:42:18 | 07:15:27 | 08:33:17 | 09:50:48.85 | 09:51:32.00 | +04:20:51 (44.1%) | 10:56 | 5.5 (56.1%) |
| 130 | STUDNICKI Paweł | 379 | | M-40 | 130 | 01:53:47 | 03:45:10 | 05:26:08 | 07:15:17 | 08:37:39 | 09:52:00.65 | 09:52:30.50 | +04:21:49 (44.2%) | 10:57 | 5.5 (56.1%) |
| 131 | TKACZEW Paweł | 271 | OBORYGENI | M-40 | 131 | 01:59:05 | 03:45:12 | 05:29:46 | 07:08:05 | 08:27:04 | 09:57:25.25 | 09:57:44.85 | +04:27:03 (44.7%) | 11:03 | 5.4 (55.1%) |
| 132 | OZIMINA Hubert | 214 | OBORYGENI | M-40 | 132 | 01:59:05 | 03:45:11 | 05:29:43 | 07:08:51 | 08:26:56 | 09:57:24.45 | 09:57:45.10 | +04:27:04 (44.7%) | 11:03 | 5.4 (55.1%) |
| 133 | FRĄCKOWIAK Jacek | 537 | RUNNER'S POWER | M-40 | 133 | 02:02:15 | 03:47:13 | 05:25:18 | 07:11:26 | 08:38:00 | 09:58:15.30 | 09:58:41.60 | +04:28:00 (44.8%) | 11:04 | 5.4 (55.1%) |
| 134 | MAŚLANIK Piotr | 350 | WIECZORNE BIEGANIE W SZCZECINIE | M-40 | 134 | 01:59:24 | 03:46:15 | 05:32:14 | 07:09:47 | 08:29:39 | 10:01:57.25 | 10:02:29.30 | +04:31:48 (45.1%) | 11:08 | 5.4 (55.1%) |
| 135 | SAMOLAK Maciek | 363 | MILITARIA TWIERDZA KŁODZKA | M-40 | 135 | 02:03:51 | 03:45:39 | 05:31:38 | 07:13:59 | 08:36:27 | 10:01:42.05 | 10:02:39.50 | +04:31:58 (45.1%) | 11:08 | 5.4 (55.1%) |
| 136 | WAŁEK Piotr | 33 | RUNNERS TEAM QUIBL | M-40 | 136 | 02:10:24 | 03:58:27 | 05:43:18 | 07:22:21 | 08:42:10 | 10:09:06.55 | 10:09:24.25 | +04:38:43 (45.7%) | 11:16 | 5.3 (54.1%) |
| 137 | DĄBROWSKI Ireneusz | 98 | RAJSPOORT ACTIVE | M-40 | 137 | 02:13:42 | 04:17:40 | 05:48:21 | 07:34:33 | 08:55:50 | 10:11:06.25 | 10:11:42.50 | +04:41:01 (45.9%) | 11:19 | 5.3 (54.1%) |
| 138 | KOLASIŃSKI Krzysztof | 395 | | M-40 | 138 | 01:59:54 | 03:53:34 | 05:36:24 | 07:19:26 | 08:50:30 | 10:11:39.65 | 10:12:42.80 | +04:42:01 (46.0%) | 11:19 | 5.3 (54.1%) |
| 139 | PAROL Grzegorz | 284 | | M-40 | 139 | 01:53:27 | 03:42:07 | 05:31:59 | 07:11:43 | 08:39:16 | 10:12:44.50 | 10:12:57.05 | +04:42:16 (46.1%) | 11:20 | 5.3 (54.1%) |
| 140 | RYCHLIKOWSKI Paweł | 442 | | M-40 | 140 | 02:16:06 | 04:03:29 | 05:46:31 | 07:28:31 | 08:52:09 | 10:13:17.45 | 10:14:04.55 | +04:43:23 (46.1%) | 11:21 | 5.3 (54.1%) |
| 141 | RZEPNIKOWSKI Michał | 56 | | M-40 | 141 | 02:16:56 | 04:20:51 | 05:56:31 | 07:32:02 | 08:55:55 | 10:14:25.40 | 10:15:23.65 | +04:44:42 (46.3%) | 11:22 | 5.3 (54.1%) |
| 142 | MAJKOWSKI Tomasz | 512 | | M-40 | 142 | 02:11:14 | 04:11:18 | 05:50:20 | 07:34:03 | 08:55:59 | 10:15:49.45 | 10:16:20.00 | +04:45:39 (46.3%) | 11:24 | 5.3 (54.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | CzechyEar 13.9km | CzechyEar 22.9km | PasterkaEar 33.7km | ParkingEar 40.9km | Skaly 47.7km | Czas netto 54km | Czas brutto 54km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------------------------|-----------|------|---------------------|---------------------|-----------------------|----------------------|-----------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 143 | PASIERBEK Witek | 329 | | M-40 | 143 | 02:01:35 | 03:43:34 | 05:30:32 | 07:20:21 | 08:47:13 | 10:20:52.50 | 10:21:41.10 | +04:51:00 (46.8%) | 11:29 | 5.2 (53.1%) |
| 144 | GMEREK Paweł | 471 | | M-40 | 144 | 02:33:25 | 04:26:07 | 06:04:58 | 07:42:46 | 09:05:10 | 10:27:13.10 | 10:27:38.00 | +04:56:57 (47.3%) | 11:36 | 5.2 (53.1%) |
| 145 | KLIKS Adam | 470 | | M-40 | 145 | 02:33:25 | 04:26:07 | 06:04:58 | 07:42:48 | 09:05:05 | 10:27:13.75 | 10:27:38.75 | +04:56:57 (47.3%) | 11:36 | 5.2 (53.1%) |
| 146 | MOŻEJKO Artur | 311 | POCANCEROWANI | M-40 | 146 | 01:58:17 | 04:00:47 | 05:54:38 | 07:45:39 | 09:10:09 | 10:39:25.40 | 10:39:40.30 | +05:08:59 (48.3%) | 11:50 | 5.1 (52.0%) |
| 147 | JAKUBOWSKI Wojciech | 221 | KB GEOTERMIA UNIEJÓW | M-40 | 147 | 02:01:53 | 03:54:41 | 05:47:50 | 07:43:36 | 09:12:18 | 10:40:58.05 | 10:41:55.00 | +05:11:14 (48.5%) | 11:52 | 5.1 (52.0%) |
| | LASOTA Arkadiusz | 37 | | M-40 | | 01:48:19 DNF | 03:22:23 DNF | 05:09:49 DNF | 05:45:54 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | ORŁOWSKI Daniel | 310 | BESTWHISKYMARKET.COM | M-40 | | 01:52:16 DNF | 03:36:38 DNF | 05:20:07 DNF | 07:01:50 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | ZARODA Zbyszek | 100 | BIEGAM BO MNIE LUDZKOŚĆ WQRWIA | M-40 | | 01:33:00 DNF | 02:48:57 DNF | 04:25:03 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | MANEL Mariusz | 45 | NETBOX BIEGA/ LESZNO LIMITS RUNNERS | M-40 | | 01:49:11 DNF | 03:38:32 DNF | 05:24:18 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | GAWRYSZEWSKI Michał | 162 | | M-40 | | 02:03:58 DNF | 03:58:20 DNF | 05:53:03 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | GÓRNIAK Łukasz | 17 | | M-40 | | 02:33:52 DNF | 04:15:47 DNF | 06:08:38 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | SZCZERBIAK Marcin | 22 | DRUŻYNA BSS | M-40 | | 02:17:20 DNF | 04:27:03 DNF | DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | ZAJĄC Krzysztof | 218 | ZP SZPIKI\WKURW_TEAM\BEZULTRADZIKI | M-40 | | 02:15:38 DNF | 04:38:39 DNF | DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |

Znaleziono 155 wynik(ów)