



Event:
Organiser:
Date:
Place:
Distance:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2022-02-19
Karpniki
60.5 km

SZEŚĆDZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN Mężczyźni

Place	Participant	Number	Club	Category	MCat	Zamek Bolczów 8km	Kolorowe Jeziora 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skały 56km	Net time 60.5km	Czas brutto 60.5km	Gap	Pace min/km	Pace km/h
1	SADOWSKI Paweł	844	DRÄXLMAIER.	M30	1	00:58:27	02:01:40	02:31:44	03:21:12	04:15:01	04:22:20	06:14:10	06:35:45.50	06:35:53.00		6:32	9.2 (100%)
2	JUDA Witold	839		M40	1	00:59:46	02:04:14	02:36:57	03:29:32	04:24:17	04:32:07	06:28:01	06:48:09.60	06:48:11.60	+00:12:18 (3.0%)	6:44	8.9 (96.7%)
3	GADZIMSKI Michał	837		M40	2	01:00:55	02:05:06	02:36:45	03:31:09	04:27:52	04:36:28	06:42:12	07:02:02.95	07:02:05.00	+00:26:12 (6.2%)	6:58	8.6 (93.5%)
4	BIELAWA Rafał	850	INOV8TEAMPOLSKA	M40	3	01:03:52	02:06:29	02:37:09	03:31:48	04:26:43	04:34:55	06:42:46	07:02:54.35	07:02:58.75	+00:27:05 (6.4%)	6:59	8.6 (93.5%)
5	KLINCEWICZ Cezary	840		M40	4	01:05:45	02:07:25	02:40:04	03:37:13	04:33:17	04:40:52	06:43:00	07:03:38.10	07:03:40.80	+00:27:47 (6.6%)	7:00	8.6 (93.5%)
6	PIOTROWSKI Marek	751	SKLEP BIEGACZA RUNNING TEAM / KILOMETRY POMOCY	M30	2	01:04:01	02:06:31	02:39:56	03:37:07	04:33:33	04:43:59	06:50:56	07:13:42.00	07:13:45.45	+00:37:52 (8.7%)	7:10	8.4 (91.3%)
7	ŁYJAK Błażej	796	RATEMYTRAIL	M40	5	01:04:04	02:07:27		03:33:29	04:32:21	04:42:22	06:50:56	07:13:41.95	07:13:53.40	+00:38:00 (8.8%)	7:10	8.4 (91.3%)
8	PIEKIELNY Mariusz	816		M40	6	01:05:50	02:08:51	02:42:46	03:40:43	04:38:56	04:48:29	06:53:37	07:17:00.80	07:17:00.80	+00:41:07 (9.4%)	7:13	8.3 (90.2%)
9	BODANKA Piotr	805	APAMA ACOUSTIC PROJECT	M40	7	01:04:08	02:07:29	02:42:53	03:40:34	04:37:46	04:45:02	06:58:40	07:20:32.35	07:20:35.80	+00:44:42 (10.1%)	7:16	8.2 (89.1%)
10	EICHNER Dominik	820		M20	1	01:05:53	02:14:23	02:50:06	03:47:37	04:47:53	04:57:36	07:01:16	07:23:40.50	07:23:43.00	+00:47:50 (10.8%)	7:20	8.2 (89.1%)
11	WIECZORKIEWICZ Zbigniew	759		M30	3	01:07:49	02:17:20	02:50:02	03:47:30	04:50:05	04:59:46	07:15:41	07:40:19.50	07:40:21.40	+01:04:28 (14.0%)	7:36	7.9 (85.9%)
12	FAJKS Marcin	744	BIEGOWYWIRUS	M40	8	01:02:32	02:08:20	02:45:07	03:46:02	04:53:38	05:03:40	07:22:35	07:46:38.40	07:46:41.65	+01:10:48 (15.2%)	7:42	7.8 (84.8%)
13	FARGANUS Robert	703	ZABIEGANI Z LEŚNEJ	M40	9	01:05:54	02:13:32		03:48:41	04:57:45	05:10:14	07:24:37	07:50:21.45	07:50:26.70	+01:14:33 (15.8%)	7:46	7.7 (83.7%)
14	NOWAK Marcin	808		M30	4	03:32:46			04:08:08	05:06:40	05:17:44	07:30:37	07:54:38.60	07:54:51.70	+01:18:58 (16.6%)	7:50	7.6 (82.6%)
15	ZDĄBŁARZ Marcin	766		M30	5	01:28:59	02:30:12	03:05:05	04:08:33	05:07:33	05:17:50	07:29:46	07:54:45.55	07:54:51.80	+01:18:58 (16.6%)	7:50	7.6 (82.6%)
16	BIAŁEK Marcin	712	SWEETTRAVEL	M30	6	01:14:47	02:28:46		04:10:28	05:15:54	05:28:50	07:32:08	07:56:30.25	07:56:52.60	+01:20:59 (17.0%)	7:52	7.6 (82.6%)
17	ZIMKOWSKI Marcin	775	KGHM ZG RUN	M30	7	01:05:50	02:17:19		04:03:36	05:10:12	05:20:23	07:45:41	08:07:22.90	08:07:25.20	+01:31:32 (18.8%)	8:03	7.4 (80.4%)
18	STEFANIAK Łukasz	765		M40	10	01:14:46	02:25:44		04:03:57	05:13:08	05:23:57	07:45:33	08:08:43.85	08:08:47.90	+01:32:54 (19.0%)	8:04	7.4 (80.4%)
19	PODBIELSKI Krystian	714	KAJA TEAM	M40	11	01:15:04	02:29:46		04:10:33	05:18:45	05:29:35	07:45:50	08:10:35.00	08:10:43.65	+01:34:50 (19.3%)	8:06	7.4 (80.4%)
20	SZCZĘŚNY Maciej	842		M40	12	01:11:20	02:23:13		04:05:12	05:11:16	05:21:33	07:54:28	08:17:16.70	08:17:25.10	+01:41:32 (20.4%)	8:13	7.3 (79.3%)
21	ŻAK Robert	782	TYGRIS & BIEDRONKA	M40	13	01:28:46	02:37:59		04:18:19	05:26:38	05:39:56	08:01:06	08:22:59.65	08:23:05.10	+01:47:12 (21.3%)	8:18	7.2 (78.3%)

Place	Participant	Number	Club	Category	MCat	Zamek Bolczów 8km	Kolorowe Jeziora 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skały 56km	Net time 60.5km	Czas brutto 60.5km	Gap	Pace min/km	Pace km/h
22	PACZUSKI Michał	813		M40	14	01:18:12	02:32:01	03:12:12	04:15:40	05:22:40	05:33:27	07:58:14	08:25:45.75	08:25:52.90	+01:49:59 (21.7%)	8:21	7.2 (78.3%)
23	STACHURA Damian	758		M30	8	01:05:57	02:14:28	02:51:40	03:56:33	05:09:42	05:21:00	08:01:21	08:27:42.30	08:27:47.85	+01:51:54 (22.0%)	8:23	7.1 (77.2%)
24	LIPOWICZ Łukasz	705		M40	15	01:28:50	02:34:27		04:16:16	05:22:59	05:34:40	08:05:13	08:31:25.70	08:31:31.25	+01:55:38 (22.6%)	8:27	7.1 (77.2%)
25	ŻYŻA Piotr	717	ATLETICS TEAM PRUSICE	M40	16	01:14:40	02:25:52		04:12:18	05:24:35	05:35:35	08:08:44	08:35:30.85	08:35:37.40	+01:59:44 (23.2%)	8:31	7 (76.1%)
26	STEPAK Włodzimierz	803		M50	1	01:28:41	02:34:01	03:12:41	04:20:01	05:28:51	05:40:52	08:09:57	08:36:03.70	08:36:22.80	+02:00:29 (23.3%)	8:31	7 (76.1%)
27	SZELUK Grzegorz	737	DZIEWIĘĆ SIŁ	M40	17	01:29:51	02:36:18		04:21:32	05:32:44	05:45:27	08:18:39	08:43:09.85	08:43:16.00	+02:07:23 (24.3%)	8:38	6.9 (75.0%)
28	DARMETKO Rafał	781		M30	9	01:14:59	02:29:09		04:14:58	05:26:26	05:40:08	08:26:57	08:44:06.90	08:44:14.20	+02:08:21 (24.5%)	8:39	6.9 (75.0%)
29	MENDYKA Łukasz	819	KB AKTYWNI ŚRODA WLKP.	M30	10	01:36:50	02:47:12		04:35:38	05:44:52	05:56:51	08:22:55	08:44:31.55	08:44:40.25	+02:08:47 (24.5%)	8:40	6.9 (75.0%)
30	DUBINSKAS Arunas	823		M40	18	01:29:36	02:36:27		04:23:49	05:34:02	05:47:38	08:26:11	08:44:49.55	08:45:09.00	+02:09:16 (24.6%)	8:40	6.9 (75.0%)
31	JANCZ Tomasz	753		M50	2	01:28:35	02:32:34		04:20:26	05:30:24	05:42:57	08:22:04	08:46:20.75	08:46:29.25	+02:10:36 (24.8%)	8:41	6.9 (75.0%)
32	CALICKI Łukasz	831	147ULTRA, NCDC	M40	19	01:28:44	02:31:22	03:13:12	04:21:02	05:31:30	05:44:10	08:26:17	08:47:30.90	08:47:35.25	+02:11:42 (25.0%)	8:43	6.9 (75.0%)
33	SKOWRON Radosław	743	WARCZĄC ODBYTEM	M40	20	01:35:04	02:40:22		04:30:19	05:41:00	05:53:19	08:21:18	08:47:48.75	08:48:07.15	+02:12:14 (25.0%)	8:43	6.9 (75.0%)
34	SKORUPIŃSKI Piotr	728		M40	21	01:30:04	02:35:47		04:23:47	05:35:19	05:47:26	08:27:53	08:48:48.30	08:48:55.70	+02:13:02 (25.2%)	8:44	6.9 (75.0%)
35	BURMAN Michał	704	AKTYWNI RAZEM	M40	22	01:14:55	02:29:02	03:11:18	04:21:59	05:35:10	05:47:53	08:27:36	08:50:19.80	08:50:24.95	+02:14:31 (25.4%)	8:45	6.8 (73.9%)
36	KRÓL Marcin	801		M40	23	01:37:29	02:52:33		04:39:37	05:48:33	06:02:13	08:31:51	08:58:55.75	08:59:16.65	+02:23:23 (26.6%)	8:54	6.7 (72.8%)
37	KASZKOWIAK Bogumil	800	WRONKI	M40	24	01:37:47	02:52:01		04:46:03	05:58:19	06:10:24	08:46:18	09:11:37.40	09:11:49.45	+02:35:56 (28.3%)	9:07	6.6 (71.7%)
38	DREGER Dariusz	792		M50	3	01:35:15	02:42:24		04:34:14	05:49:22	06:05:23	08:43:11	09:12:36.70	09:12:53.25	+02:37:00 (28.4%)	9:08	6.6 (71.7%)
39	SPECHT Mikołaj	833		M40	25	01:17:53	02:34:37		04:27:33	05:43:43	05:59:55	08:41:39	09:12:56.35	09:13:01.35	+02:37:08 (28.4%)	9:08	6.6 (71.7%)
40	ZAJĄC Sebastian	788	BIEGOWA ŚWIDNICA	M40	26	01:34:48	02:42:49		04:43:57	06:02:18	06:17:50	08:52:39	09:14:12.35	09:14:25.00	+02:38:32 (28.6%)	9:09	6.5 (70.7%)
41	CEBULA Grzegorz	760		M50	4	01:30:09	02:40:21		04:37:40	05:55:33	06:08:48	08:45:50	09:14:40.90	09:14:45.75	+02:38:52 (28.6%)	9:10	6.5 (70.7%)
42	DEINIUK Roman	755		M30	11	01:36:53	02:51:43		04:48:13	06:02:28	06:16:10	08:51:11	09:14:47.95	09:15:02.40	+02:39:09 (28.7%)	9:10	6.5 (70.7%)
43	RAJKOWSKI Tomasz	749	FC EIRE DIVISION	M30	12	01:37:04	02:51:50		04:48:37	06:01:29	06:19:01	08:53:48	09:22:36.80	09:22:44.70	+02:46:51 (29.7%)	9:17	6.5 (70.7%)
44	HETMAN Łukasz	780		M40	27	01:28:55	02:35:59		04:34:02		06:07:08	08:52:24	09:22:56.40	09:23:04.40	+02:47:11 (29.7%)	9:18	6.4 (69.6%)
45	JERKA Marek	858		M40	28	01:35:14	02:44:47		04:35:13	05:54:55	06:05:25	08:51:38	09:22:54.45	09:23:14.50	+02:47:21 (29.7%)	9:18	6.4 (69.6%)
46	GAŁKA Grzegorz	748		M40	29	01:36:44	02:47:18		04:36:07	05:53:14	06:07:15	08:57:59	09:28:56.70	09:29:14.25	+02:53:21 (30.5%)	9:24	6.4 (69.6%)
47	PAŻUCHA Wojciech	827		M40	30	01:34:52	02:41:12		04:45:06	05:57:55	06:12:43	09:01:57	09:34:18.30	09:34:41.10	+02:58:48 (31.1%)	9:29	6.3 (68.5%)
48	WOJCIECHOWSKI Dariusz	826	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M40	31	01:35:04	02:41:12		04:44:32	05:57:52	06:12:41	09:01:53	09:34:19.50	09:34:41.40	+02:58:48 (31.1%)	9:29	6.3 (68.5%)
49	GRUBICH Damian	732	PARKRUN GRUDZIĄDZ	M40	32	01:36:50	02:52:26		04:46:33	06:07:09	06:20:08	09:05:52	09:36:39.65	09:36:54.70	+03:01:01 (31.4%)	9:31	6.3 (68.5%)
50	DAWIDZIAK Arkadiusz	794	GARMIN WROCŁAW	M30	13	01:35:12	02:47:52		04:54:14	06:10:06	06:24:54	09:12:41	09:37:11.55	09:37:18.10	+03:01:25 (31.4%)	9:32	6.3 (68.5%)

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51	KACZOROWSKI Michał	757	KWIDZYN BIEGA	M30	14	01:45:18	03:00:42		04:59:12	06:14:02	06:35:47	09:10:56	09:37:33.85	09:37:54.60	+03:02:01 (31.5%)	9:32	6.3 (68.5%)
52	GOSTYŃSKI Krzysztof	741	RUCZAJ ULTRA TEAM	M40	33	01:38:43	03:03:15		05:03:31	06:19:06	06:29:02	09:18:08	09:41:52.80	09:42:17.10	+03:06:24 (32.0%)	9:37	6.2 (67.4%)
53	GIBAŁA Marcin	774	BIEGAM I POMAGAM	M50	5	01:30:05	02:47:04		04:42:46	06:04:04	06:22:25	09:12:16	09:42:13.05	09:42:26.25	+03:06:33 (32.0%)	9:37	6.2 (67.4%)
54	JARUS Andrzej	722	POLISH WINGS	M40	34	01:36:41	02:47:13		04:43:38	05:57:46	06:11:41	09:09:50	09:44:51.20	09:45:00.95	+03:09:07 (32.3%)	9:40	6.2 (67.4%)
55	PIETRUCHA Jakub	809		M30	15	01:40:26	02:58:12		04:56:59	06:15:58	06:32:54	09:22:41	09:47:04.60	09:47:29.00	+03:11:36 (32.6%)	9:42	6.2 (67.4%)
55	TEJWAN Leszek	799	STG WARSZAWA	M40	35	01:40:17	02:58:14		04:56:29	06:15:37	06:32:54	09:24:41	09:47:03.25	09:47:29.00	+03:11:36 (32.6%)	9:42	6.2 (67.4%)
57	KOCEMBA Kamil	742	KĘCKIE HARPAGANY	M30	16	01:35:01	02:50:15		04:59:27	06:27:13	06:50:23	09:21:30	09:47:28.85	09:47:38.40	+03:11:45 (32.6%)	9:42	6.2 (67.4%)
58	KRZYWDZIŃSKI Bartłomiej	711		M40	36	03:22:01			05:01:15	06:18:44	06:34:19	09:21:00	09:48:50.55	09:49:01.90	+03:13:08 (32.8%)	9:43	6.2 (67.4%)
59	WOŁOSZYN Mariusz	708	FUNDACJA PRZEJŚCIE KOTLINY	M50	6	01:28:49	02:57:55		04:58:36	06:21:12	06:36:49		09:49:59.60	09:50:08.60	+03:14:15 (32.9%)	9:45	6.2 (67.4%)
60	PATYK Mirek	770		M40	37	01:30:10	02:46:04		04:45:22	06:07:20	06:31:09	09:24:35	09:51:25.60	09:51:39.10	+03:15:46 (33.1%)	9:46	6.1 (66.3%)
61	PIEKARSKI Łukasz	754		M30	17	01:29:44	02:37:34		04:39:20	06:06:51	06:26:04	09:21:49	09:54:40.20	09:54:58.40	+03:19:05 (33.5%)	9:49	6.1 (66.3%)
62	SPYCHAŁSKI Zbigniew	762	TKKF KOLEJARZ BYDGOSZCZ	M60	1	01:29:47	02:37:35		04:38:13	06:07:03	06:26:04	09:22:19	09:54:40.05	09:54:58.45	+03:19:05 (33.5%)	9:49	6.1 (66.3%)
63	KONOPSKI Piotr	834		M30	18		03:00:43		04:58:32	06:13:46	06:35:46	09:25:34	09:55:33.65	09:55:55.15	+03:20:02 (33.6%)	9:50	6.1 (66.3%)
64	MILEWICZ Daniel	814		M30	19	01:37:10	02:59:47		05:05:30	06:22:59	06:34:20	09:25:25	09:57:10.75	09:57:21.80	+03:21:28 (33.7%)	9:52	6.1 (66.3%)
65	PROKOPIUK Grzegorz	747	SZWAGRY DWA	M40	38	01:36:46	02:51:28		04:57:43	06:17:05	06:34:52	09:26:35	10:01:36.30	10:01:46.50	+03:25:53 (34.2%)	9:56	6 (65.2%)
66	ZADROŻNY Piotr	829		M30	20	01:43:20	03:01:30		05:03:00	06:21:24	06:39:22	09:37:20	10:03:46.15	10:04:20.05	+03:28:27 (34.5%)	9:58	6 (65.2%)
67	GARSTKA Zbigniew	768		M40	39	01:37:00	02:54:17		04:56:09	06:20:31	06:36:01	09:35:31	10:04:18.60	10:04:32.60	+03:28:39 (34.5%)	9:59	6 (65.2%)
68	LIS Paweł	851		M40	40	01:35:03	02:47:30		04:54:46	06:19:42	06:38:12	09:38:05	10:06:04.00	10:06:30.85	+03:30:37 (34.7%)	10:01	6 (65.2%)
69	POTOCKI Maciej	802	ORANGE POLSKA	M50	7	01:39:04	03:01:05		05:09:31	06:28:27	06:45:52	09:37:30	10:07:10.90	10:07:21.80	+03:31:28 (34.8%)	10:02	6 (65.2%)
70	NARECKI Jarosław	710		M50	8	01:38:56	03:00:41		05:10:09	06:27:20	06:42:37	09:36:17	10:08:22.05	10:08:36.35	+03:32:43 (35.0%)	10:03	6 (65.2%)
71	DEC Mirosław	787	TRUCHT TEAM OPOLE	M40	41	01:45:03	03:03:38		05:08:18	06:24:50	06:41:51	09:37:05	10:08:31.90	10:08:53.95	+03:33:00 (35.0%)	10:03	6 (65.2%)
72	MATYSIAK Marcin	789	ULTRAWYRYP.PL	M40	42	01:37:40	02:56:17		05:01:37	06:24:35	06:44:53	09:39:10	10:09:01.80	10:09:16.75	+03:33:23 (35.0%)	10:03	6 (65.2%)
73	SZCZUREK Mariusz	783	AGROAS TEAM	M40	43	01:36:48	02:53:07		04:59:55	06:18:43	06:29:40	09:36:51	10:10:01.30	10:10:07.15	+03:34:14 (35.1%)	10:04	6 (65.2%)
74	FLASIŃSKI Michał	798		M30	21	01:37:45	03:01:14		05:06:11	06:24:03	06:41:46	09:41:43	10:14:49.15	10:15:06.25	+03:39:13 (35.6%)	10:09	5.9 (64.1%)
75	KŁOSEK Jacek	836	100 MARATHON CLUB POLAND	M30	22	01:45:27	03:09:14		05:15:52	06:36:56	06:51:22	09:46:37	10:17:26.40	10:17:43.95	+03:41:50 (35.9%)	10:12	5.9 (64.1%)
76	BOROWIAK Piotr	838		M40	44	01:45:34	03:09:14		05:15:22	06:37:01	06:51:28	09:47:19	10:17:26.25	10:17:44.05	+03:41:51 (35.9%)	10:12	5.9 (64.1%)
77	POMASKI Paweł	735	DOGOŃ GRODZISK MAZOWIECKI	M50	9	01:40:34	03:10:00		05:18:52	06:45:31	07:00:33	09:51:42	10:19:57.05	10:20:07.60	+03:44:14 (36.2%)	10:14	5.9 (64.1%)
78	ZIÓŁEK Rafał	824		M30	23	01:39:01	02:57:38		05:00:09	06:22:31	06:41:48	09:45:46	10:20:09.70	10:20:27.90	+03:44:34 (36.2%)	10:15	5.9 (64.1%)
79	ŁABĘDZKI Mariusz	701	STARGARD JA SIĘ NIE ŚCIGAM	M40	45	01:39:36	02:59:50		05:07:55	06:23:44	06:41:30	09:43:25	10:19:19.75	10:20:31.35	+03:44:38 (36.2%)	10:14	5.9 (64.1%)

Place	Participant	Number	Club	Category	MCat	Zamek Bolczów 8km	Kolorowe Jeziora 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skały 56km	Net time 60.5km	Czas brutto 60.5km	Gap	Pace min/km	Pace km/h
80	GAJEWSKI Sebastian	740	PIETRZYKOWICE	M30	24	01:38:11	02:59:48		05:08:18	06:23:51	06:41:31	09:44:24	10:19:20.35	10:20:31.50	+03:44:38 (36.2%)	10:14	5.9 (64.1%)
81	OCHOTA Rafał	720		M40	46	01:43:43	03:09:31		05:12:49	06:33:54	06:51:33	09:49:34	10:20:48.40	10:22:54.20	+03:47:01 (36.4%)	10:15	5.8 (63.0%)
82	WYSOCZAŃSKI Adrian	830		M40	47	01:47:05	03:22:40		05:35:21	07:06:21	07:27:54	09:58:20	10:25:14.55	10:25:21.65	+03:49:28 (36.7%)	10:20	5.8 (63.0%)
83	GOLBIAK Wojciech	849		M40	48	01:34:55	02:42:27		04:41:17	06:04:59	06:57:40	09:54:01	10:27:12.20	10:27:21.75	+03:51:28 (36.9%)	10:22	5.8 (63.0%)
84	KROCZYŃSKI Sławomir	772	DYWIZJON 102	M60	2	01:43:58	03:06:45		05:17:49	06:36:41	06:54:25	09:55:01	10:28:20.65	10:28:24.90	+03:52:31 (37.0%)	10:23	5.8 (63.0%)
85	RECZUCH Andrzej	771		M40	49	01:45:14	03:00:51		05:02:34	06:24:18	06:38:32	09:57:00	10:36:01.55	10:36:17.20	+04:00:24 (37.8%)	10:30	5.7 (62.0%)
86	MICHALSKI Dariusz	785		M30	25	01:40:28	03:00:58		05:07:52	06:32:45	06:53:10	10:05:20	10:39:12.35	10:39:23.85	+04:03:30 (38.1%)	10:33	5.7 (62.0%)
86	WOJCIECHOWSKI Paweł	769		M40	50	01:40:25	03:00:57		05:07:44	06:32:42	06:53:10	10:05:37	10:39:12.65	10:39:23.85	+04:03:30 (38.1%)	10:33	5.7 (62.0%)
88	WIŚNIEWSKI Artur	821	STG WARSZAWA	M40	51	01:45:14	03:08:04		05:19:46	06:49:04	07:03:19	10:05:50	10:42:05.80	10:42:27.30	+04:06:34 (38.4%)	10:36	5.7 (62.0%)
89	NOWACKI Adam	786		M20	2	01:37:09	02:58:36		05:10:08	06:35:22	06:56:04	10:07:39	10:42:31.80	10:42:39.95	+04:06:46 (38.4%)	10:37	5.6 (60.9%)
90	KOWALCZYK Paweł	733		M40	52	01:35:05	02:48:25		04:58:19	06:26:30	06:50:29	10:10:42	10:45:58.95	10:46:01.35	+04:10:08 (38.7%)	10:40	5.6 (60.9%)
91	GAŁEK Wojciech	706		M40	53	01:46:59	03:22:30		05:35:46	07:07:10	07:27:40	10:22:07	10:58:32.10	10:58:39.50	+04:22:46 (39.9%)	10:53	5.5 (59.8%)
92	WREMBEL Przemysław	793	RAPI POLSKA / NO PAIN NO GAIN	M40	54	01:37:56	03:06:03		05:21:20	06:50:12	07:09:58	10:24:00	10:58:29.05	10:58:42.10	+04:22:49 (39.9%)	10:53	5.5 (59.8%)
93	BEM Piotr	725		M40	55	01:37:59	03:05:58		05:16:53	06:48:54	07:09:42	10:32:28	11:11:25.10	11:11:33.10	+04:35:40 (41.0%)	11:05	5.4 (58.7%)
94	KATA Wiesław	709		M50	10	01:43:49	03:05:51		05:10:39	06:37:17	07:09:35	10:33:28	11:11:20.05	11:11:36.30	+04:35:43 (41.1%)	11:05	5.4 (58.7%)
95	LASKOWSKI Tomasz	779		M30	26	01:43:48	02:59:45		05:14:38	06:47:21	07:13:14	10:39:41	11:12:03.30	11:12:12.25	+04:36:19 (41.1%)	11:06	5.4 (58.7%)
96	GROCHOWSKI Wojciech	832	KLUB WYSOKOGÓRSKI WARSZAWA	M40	56	01:46:28	03:22:04		05:40:25	07:16:14	07:35:00	10:38:56	11:16:19.20	11:16:46.95	+04:40:53 (41.5%)	11:10	5.4 (58.7%)
97	KUDELSKI Ireneusz	843		M50	11	01:36:49	02:59:15		05:18:20	06:58:31	07:16:10	10:40:51	11:19:49.55	11:20:10.10	+04:44:17 (41.8%)	11:14	5.3 (57.6%)
98	KRUZEL Rafał	807		M50	12	01:46:40	03:23:03		05:36:49	07:12:37	07:29:25	10:42:54	11:20:51.65	11:21:01.80	+04:45:08 (41.9%)	11:15	5.3 (57.6%)
99	NÓŻKA Andrzej	859		M40	57	01:45:36	03:16:14		05:37:50	07:07:44	07:25:47	10:47:38	11:24:14.35	11:24:31.75	+04:48:38 (42.2%)	11:18	5.3 (57.6%)
100	KONKEL Marcin	718	ULTRA BEER RUNNERS	M40	58	01:46:37	03:22:12		05:40:51	07:09:24	07:34:32	10:50:49	11:28:36.40	11:29:09.30	+04:53:16 (42.6%)	11:22	5.3 (57.6%)
101	POBŁOCKI Jan	848		M60	3	01:50:10	03:37:10		06:00:26	07:28:27	07:44:55	10:55:34	11:35:24.95	11:35:41.25	+04:59:48 (43.1%)	11:29	5.2 (56.5%)
102	MELNYK Ivan	818		M30	27	01:47:15	03:36:24		05:53:52	07:23:59	07:47:48	11:00:10	11:35:39.35	11:35:58.80	+05:00:05 (43.1%)	11:29	5.2 (56.5%)
103	TREGUB Igor	817		M30	28	01:47:14	03:36:28		05:54:25	07:23:56	07:47:48	10:59:16	11:35:40.20	11:35:59.10	+05:00:06 (43.1%)	11:29	5.2 (56.5%)
104	PAJDOWSKI Andrzej	822	EKIPA LIPA	M50	13	01:50:08	03:35:31		06:08:08	07:44:00	08:00:34	11:15:40	11:45:44.70	11:46:08.00	+05:10:15 (43.9%)	11:39	5.1 (55.4%)
105	FILIPIAK Sebastian	707		M40	59	01:45:27	03:20:37		05:49:28	07:25:42	07:49:19	11:23:49	12:05:20.15	12:05:49.85	+05:29:56 (45.5%)	11:59	5 (54.3%)
106	GÓRCZYŃSKI Rafał	716		M40	60	01:45:35	03:20:43		05:49:40	07:25:59	07:49:56	11:24:00	12:05:33.25	12:05:58.20	+05:30:05 (45.5%)	11:59	5 (54.3%)
107	MARCINIAK Maciej	784		M40	61	01:37:43	03:03:10		05:20:33	07:07:30	07:34:04	11:19:52	12:07:37.55	12:07:47.30	+05:31:54 (45.6%)	12:01	5 (54.3%)
108	FURTAK Krzysztof	777	KTOŚ MUSI BYĆ OSTATNI	M60	4	01:47:05	03:36:48		06:05:59	07:43:36	08:02:52	11:37:02	12:25:00.30	12:25:14.50	+05:49:21 (46.9%)	12:18	4.9 (53.3%)

Place	Participant	Number	Club	Category	MCat	Zamek Bolczów 8km	Kolorowe Jeziora 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skały 56km	Net time 60.5km	Czas brutto 60.5km	Gap	Pace min/km	Pace km/h
109	JESCHKA Jerry	860		M50	14	01:48:45	03:37:05		06:11:02	07:48:33	08:17:12	11:45:17	12:25:30.85	12:26:13.10	+05:50:20 (46.9%)	12:19	4.9 (53.3%)
110	KASPERKIEWICZ Filip	736		M40	62	01:46:53			06:15:38	08:05:26	08:32:22	11:59:52	12:36:53.55	12:37:16.65	+06:01:23 (47.7%)	12:30	4.8 (52.2%)
111	DZISZKIEWICZ Grzegorz	841		M40	63	01:48:59	03:47:22		06:25:13	08:14:43	08:33:00	12:10:18	12:47:39.30	12:48:03.20	+06:12:10 (48.5%)	12:41	4.7 (51.1%)
112	SEMENIUK Konrad	729	RZEPIŃSCY BIEGACZE	M30	29	02:00:15	04:05:45		07:01:58	08:55:07	09:13:40	12:16:20	12:57:22.10	12:57:38.50	+06:21:45 (49.1%)	12:50	4.7 (51.1%)
113	JĘDROWSKI Ryszard	726	ULTRA RZEPIN	M40	64	02:00:08	04:05:39		07:01:57	08:55:07	09:18:04	13:42:03	14:35:13.40	14:35:34.00	+07:59:41 (54.8%)	14:27	4.1 (44.6%)
114	CIEŚLAK Łukasz	752	CIEŚLAK TEAM	M40	65	02:00:19	04:06:20		07:02:52	08:56:08	09:18:17	13:42:21	14:35:29.30	14:35:44.85	+07:59:51 (54.8%)	14:28	4.1 (44.6%)
	MIECHUR Bogumił	804	RUNEXTREME	M40		01:15:09 DNF	02:30:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KINCEL Krzysztof	815		M50		01:28:36 DNF	02:50:21 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 116 results.