

CZTERDZIESTKA, OPEN Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
68	PTAK ADAM	140	PIĄTKOWO NA BIEGOWO	POTASZE	POL	M50	12	M 68	00:47:01	01:52:06	02:58:10	05:30:13	07:22:51.25	07:23:05.60	10:10	5.9
69	BUJAK PAWEŁ	103	WI RUN	ŚREM	POL	M30	18	M 69	00:41:47	01:38:17	02:37:18	05:21:20	07:24:16.30	07:24:22.00	10:12	5.9
70	BARANOWSKI ADAM	8	TEMPO WAŁBRZYCH	WAŁBRZYCH	POL	M50	13	M 70	00:41:35	01:40:25	02:47:11	05:28:22	07:27:27.20	07:27:34.95	10:17	5.8
71	SYCHOWSKI DAWID	15		WROCLAW	POL	M40	32	M 71	00:42:54	01:44:12	02:47:22	05:30:16	07:28:38.55	07:28:48.15	10:18	5.8
72	LIS WOJCIECH	21	WIERZBICKI RUNNING PROJECT	WAWRÓW	POL	M40	33	M 72	00:44:19	01:47:11	02:49:34	05:24:52	07:29:06.85	07:29:22.85	10:19	5.8
73	TOPOROWSKI DARIUSZ	129	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	WAŁBRZYCH	POL	M30	19	M 73	00:42:14	01:41:16	02:42:07	05:21:21	07:32:09.70	07:32:21.40	10:23	5.8
74	ZIEMNIAK MARCIN	59		WARSZAWA	POL	M30	20	M 74	00:46:03	01:47:52	02:53:44	05:30:25	07:35:03.60	07:35:16.05	10:27	5.7
75	BORECKI MICHAŁ	29		LEGNICA	POL	M30	21	M 75	00:46:20	01:47:39	02:47:37	05:31:17	07:35:15.45	07:35:36.35	10:27	5.7
76	STAMM TOMASZ	78		POZNAŃ	POL	M50	14	M 76	00:44:41	01:49:37	02:56:31	05:36:09	07:38:02.55	07:38:11.10	10:31	5.7
77	STRONIKOWSKI KAMIL	6	DRUŻYNA STASIA	SZCZECIN	POL	M40	34	M 77	00:48:19	01:52:06	02:56:53	05:38:52	07:46:37.15	07:46:55.00	10:43	5.6
78	ZIÓŁKOWSKI ROBERT	62		BIELAWA	POL	M40	35	M 78	00:48:52	01:51:39	02:54:04	05:42:14	07:47:50.35	07:48:13.70	10:45	5.6
79	OLEKSIAK PAWEŁ	130	SAMOTNY WILK	WROCLAW	POL	M40	36	M 79	00:44:10	01:44:28	02:46:51	05:38:07	07:54:09.60	07:54:25.70	10:54	5.5
80	STANEK BARTOSZ	94	PLEWISKA BIEGAJA	PLEWISKA	POL	M30	22	M 80	00:44:15	01:43:01	02:42:58	05:40:19	07:55:27.40	07:55:40.15	10:55	5.5
81	MAZUREK WOJCIECH	139		LESZNO	POL	M40	37	M 81	00:46:14	01:45:40	02:47:58	05:38:05	07:57:08.85	07:57:24.50	10:58	5.5
82	LIS SEBASTIAN	71		POZNAŃ	POL	M30	23	M 82	00:45:25	01:44:39	02:47:20	05:42:16	07:57:14.00	07:57:29.15	10:58	5.5
83	KLUKOWSKI KAMIL	39		WROCLAW	POL	M40	38	M 83	00:41:07	01:38:29	02:40:07	05:40:10	07:58:17.40	07:58:25.45	10:59	5.5
84	CIĘŻKOWSKI MICHAŁ	120		NOWA WIEŚ KROLEWSKA	POL	M40	39	M 84	00:49:30	01:53:31	03:03:47	05:54:20	08:03:15.50	08:03:37.80	11:06	5.4
85	MAJOWSKI MARCIN	89		BYTOM	POL	M40	40	M 85	00:48:59	01:54:50	03:04:47	06:07:42	08:18:10.85	08:18:27.95	11:27	5.2
86	FRĄCZKOWIAK MICHAŁ	64		GORZÓW WIELKOPOLSKI	POL	M30	24	M 86	00:52:03	01:58:00	03:07:47	06:06:27	08:20:05.70	08:20:18.00	11:29	5.2
87	BASTA GRZEGORZ	3	BIEGAM BO LUBIĘ LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	M50	15	M 87	00:51:11	02:01:22	03:14:19	06:27:06	08:43:47.70	08:44:03.90	12:02	5
88	DUSZYŃSKI JACEK	68	EDIT TEAM ZGORZELEC	ZGORZELEC	POL	M50	16	M 88	00:47:41	01:53:54	03:04:49	06:17:13	08:48:36.50	08:48:45.45	12:09	4.9
89	KOLCZYŃSKI JAROSŁAW	51	10N1 RUNNING TEAM	EMINÓW	POL	M40	41	M 89	00:49:27	01:57:57	03:08:49	06:16:53	08:50:18.15	08:50:34.90	12:11	4.9
90	RYSZCZYK ADAM	92		WROCLAW	POL	M40	42	M 90	00:52:31	02:01:21	03:17:01		08:55:41.65	08:55:57.75	12:18	4.9
91	OZIMEK PRZEMYSŁAW	11		PRZEWORNO	POL	M30	25	M 91	00:53:11	02:04:46	03:23:23	06:40:05	09:02:18.15	09:02:35.35	12:28	4.8
92	DONAJ ADAM	9		KOŚCIAN	POL	M50	17	M 92	00:57:18	02:07:16	03:24:35	06:50:52	09:22:15.40	09:22:35.65	12:55	4.6
93	NESVADBA MICHAŁ	134		JABLONEC NAD NISOU	CZE	M40	43	M 93	01:03:52	02:28:28	03:51:04	06:56:36	09:24:09.75	09:24:25.00	12:58	4.6
94	PLASZCZYK BARTŁOMIEJ	135		GŁOGÓW	POL	M40	44	M 94	00:53:59	02:13:36	03:43:05	07:03:56	09:31:57.35	09:32:07.65	13:08	4.6
95	NOWAK MACIEJ	75	MIĘJSKA KONDYCJA/ SPEED FEET 16	POZNAŃ	POL	M50	18	M 95	01:03:27	02:24:25	03:43:11	07:05:39	09:39:51.45	09:40:05.00	13:19	4.5
	BUGAJNY DAMIAN	110	SUPERMARATON KALISZ	KALISZ	POL	M50			00:51:44 DNF	01:57:21 DNF	03:00:40 DNF	05:55:54 DNF	DNF	DNF	-	-
	MAŁEK TOMASZ	119	GORZELAS RUNNING CLUB	GOSTYŃ	POL	M30			00:32:13 DNF	01:17:15 DNF	DNF	DNF	DNF	DNF	-	-
	DWOJAK FILIP	98	TOMICA COACHING	JANOWICE WIELKIE	POL	M20			00:31:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-

CZTERDZIESTKA, M20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	MILEWSKI DOMINIK	121	BAGIENNY GÓRAL TEAM	PŁOCK	POL	M20	1	M 2	00:26:58	01:06:09	01:45:25	03:05:15	04:03:33.70	04:03:35.95	5:35	10.7
2	ŻURAW WIKTOR	63		WROCLAW	POL	M20	2	M 5	00:30:20	01:10:04	01:52:06	03:26:18	04:35:52.75	04:35:55.40	6:20	9.5
3	DYDYŃSKI DAWID	149		LUBIN	POL	M20	3	M 7	00:30:53	01:13:43	01:58:14	03:35:33	04:50:41.85	04:50:54.80	6:40	9
4	KASPRZAK PIOTR	17		JELENIA GÓRA	POL	M20	4	M 8	00:31:50	01:14:48	01:58:51	03:42:00	05:01:36.85	05:01:40.50	6:56	8.7
5	KRZYŻAŃSKI MIESZKO	73		ZGORZELEC	POL	M20	5	M 15	00:41:41	01:33:57	02:25:50	04:14:11	05:33:22.50	05:33:29.10	7:39	7.8
6	GABACZEWSKI GRACJAN	147		LUBIN	POL	M20	6	M 16	00:33:20	01:20:17	02:15:29	04:09:18	05:39:48.15	05:40:00.35	7:48	7.7
7	PETER MACIEJ	27		WROCLAW	POL	M20	7	M 34	00:33:29	01:18:02	02:16:46	04:42:09	06:21:40.05	06:21:55.30	8:46	6.8
	DWOJAK FILIP	98	TOMICA COACHING	JANOWICE WIELKIE	POL	M20			00:31:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-

CZTERDZIESTKA, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
36	OLEKSIAK PAWEŁ	130	SAMOTNY WILK	WROCŁAW	POL	M40	36	M 79	00:44:10	01:44:28	02:46:51	05:38:07	07:54:09.60	07:54:25.70	10:54	5.5
37	MAZUREK WOJCIECH	139		LESZNO	POL	M40	37	M 81	00:46:14	01:45:40	02:47:58	05:38:05	07:57:08.85	07:57:24.50	10:58	5.5
38	KLUKOWSKI KAMIL	39		WROCŁAW	POL	M40	38	M 83	00:41:07	01:38:29	02:40:07	05:40:10	07:58:17.40	07:58:25.45	10:59	5.5
39	CIĘŻKOWSKI MICHAŁ	120		NOWA WIEŚ KROLEWSKA	POL	M40	39	M 84	00:49:30	01:53:31	03:03:47	05:54:20	08:03:15.50	08:03:37.80	11:06	5.4
40	MAJOWSKI MARCIN	89		BYTOM	POL	M40	40	M 85	00:48:59	01:54:50	03:04:47	06:07:42	08:18:10.85	08:18:27.95	11:27	5.2
41	KOLCZYŃSKI JAROSŁAW	51	1ON1 RUNNING TEAM	EMINÓW	POL	M40	41	M 89	00:49:27	01:57:57	03:08:49	06:16:53	08:50:18.15	08:50:34.90	12:11	4.9
42	RYSZCZYK ADAM	92		WROCŁAW	POL	M40	42	M 90	00:52:31	02:01:21	03:17:01		08:55:41.65	08:55:57.75	12:18	4.9
43	NESVADBA MICHAŁ	134		JABLONEC NAD NISOU	CZE	M40	43	M 93	01:03:52	02:28:28	03:51:04	06:56:36	09:24:09.75	09:24:25.00	12:58	4.6
44	PLASZCZYK BARTŁOMIEJ	135		GŁOGÓW	POL	M40	44	M 94	00:53:59	02:13:36	03:43:05	07:03:56	09:31:57.35	09:32:07.65	13:08	4.6

CZTERDZIESTKA, K50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	SKIBIŃSKA ALDONA	67		CZARNKÓW	POL	K50	1	K 18	00:41:14	01:36:41	02:33:53		07:02:44.85	07:02:51.95	9:43	6.2
2	PTAK DOROTA	141	PIĄTKOWO NA BIEGOWO	POTASZE	POL	K50	2	K 22	00:47:03	01:52:08	02:58:13	05:30:39	07:22:51.75	07:23:05.45	10:10	5.9
3	TERETYKA DOROTA	70	BANICI ULTRA	KAMIONKI	POL	K50	3	K 28	00:45:34	01:53:35	02:56:52	05:35:14	07:36:04.35	07:36:15.15	10:29	5.7
4	KORBANEK EMILIA	55	OWOC BIEGA TEAM	POZNAŃ	POL	K50	4	K 30	00:50:53	01:56:43	03:05:41	05:57:38	07:57:04.05	07:57:18.90	10:58	5.5
5	PIETRZYKOWSKA MONIKA	45		RUSIEC	POL	K50	5	K 35	00:59:48	02:23:09	03:41:22	06:52:54	09:25:53.85	09:26:10.65	13:00	4.6
6	MERKLINGHAUS-KOBER MONIKA	66	SPEED FEET '16 / MIEJSKA KONDYCJA	KOŚCIAN	POL	K50	6	K 36	01:03:27	02:24:21	03:43:07	07:10:12	09:39:42.60	09:39:56.60	13:19	4.5

CZTERDZIESTKA, M50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	KŁOPOTEK MARCIN	33	EXTREMALNE FAMYLY	GRYFINO	POL	M50	1	M 14	00:34:28	01:22:51	02:12:30	04:04:32	05:27:48.15	05:27:51.00	7:32	8
2	GŁOWIŃSKI ROBERT	72	KOMORNICKA GRUPA BIEGOWA GRZMOT	KOMORNIKI	POL	M50	2	M 23	00:38:08	01:28:20	02:18:03	04:18:59	05:53:19.45	05:53:27.05	8:07	7.4
3	HRUSZOWIEC PAWEŁ	42	PAN COGITO S.C.	WOŁÓW	POL	M50	3	M 29			02:23:38	04:37:10	06:10:15.00	06:10:16.00	8:30	7
4	WIKTOROWICZ TOMASZ	77		DZIWIŚZÓW	POL	M50	4	M 35	00:39:22	01:33:55	02:27:31	04:38:18	06:21:42.75	06:21:56.65	8:46	6.8
5	SUDUŁ JAREK	128	WIERZBIKI RUNNING PROJECT	GORZÓW WIELKOPOL	POL	M50	5	M 47	00:39:30	01:34:30	02:29:38	04:53:01	06:43:53.60	06:44:00.85	9:17	6.5
6	WOJCIESZYŃSKI TOMASZ	137	BBL GORZÓW	BACZYNA	POL	M50	6	M 52	00:39:45	01:34:30	02:29:30	04:57:21	06:48:53.45	06:49:01.05	9:23	6.4
7	NIEDZIELA MARCIN	136	FAT MAMA'S SPORT CLUB	BYTOM	POL	M50	7	M 53	00:44:40	01:42:54	02:40:50	05:04:50	06:51:38.45	06:51:56.10	9:27	6.3
8	SZYMCZYK MICHAŁ	60		SZPROTAWA	POL	M50	8	M 59	00:41:51	01:37:26	02:36:57	05:08:20	07:00:49.55	07:00:58.55	9:40	6.2
9	KOBYŁKA MAREK	40	SUPERMARATON KALISZ	KALISZ	POL	M50	9	M 61	00:45:09	01:45:24	02:42:17	05:16:51	07:13:41.15	07:14:00.25	9:58	6
10	SZELAĞIEWICZ AREK	47	CI OD RUDEGO KOTA	SZCZECIN	POL	M50	10	M 63	00:42:28	01:43:47	02:42:11	05:20:59	07:15:10.65	07:15:24.20	10:00	6
11	BUSZKOWSKI FILIP	108	SPORTOWY KAŻMIERZ	GAJ WIELKI	POL	M50	11	M 64	00:44:27	01:45:43	02:43:12	05:21:43	07:15:46.70	07:15:59.95	10:01	6
12	PTAK ADAM	140	PIĄTKOWO NA BIEGOWO	POTASZE	POL	M50	12	M 68	00:47:01	01:52:06	02:58:10	05:30:13	07:22:51.25	07:23:05.60	10:10	5.9
13	BARANOWSKI ADAM	8	TEMPO WAŁBRZYCH	WAŁBRZYCH	POL	M50	13	M 70	00:41:35	01:40:25	02:47:11	05:28:22	07:27:27.20	07:27:34.95	10:17	5.8
14	STAMM TOMASZ	78		POZNAŃ	POL	M50	14	M 76	00:44:41	01:49:37	02:56:31	05:36:09	07:38:02.55	07:38:11.10	10:31	5.7
15	BASTA GRZEGORZ	3	BIEGAM BO LUBIĘ LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	M50	15	M 87	00:51:11	02:01:22	03:14:19	06:27:06	08:43:47.70	08:44:03.90	12:02	5
16	DUSZYŃSKI JACEK	68	EDIT TEAM ZGORZELEC	ZGORZELEC	POL	M50	16	M 88	00:47:41	01:53:54	03:04:49	06:17:13	08:48:36.50	08:48:45.45	12:09	4.9
17	DONAJ ADAM	9		KOŚCIAN	POL	M50	17	M 92	00:57:18	02:07:16	03:24:35	06:50:52	09:22:15.40	09:22:35.65	12:55	4.6
18	NOWAK MACIEJ	75	MIEJSKA KONDYCJA/ SPEED FEET 16	POZNAŃ	POL	M50	18	M 95	01:03:27	02:24:25	03:43:11	07:05:39	09:39:51.45	09:40:05.00	13:19	4.5
	BUGAJNY DAMIAN	110	SUPERMARATON KALISZ	KALISZ	POL	M50			00:51:44 DNF	01:57:21 DNF	03:00:40 DNF	05:55:54 DNF	DNF	DNF	-	-

CZTERDZIESTKA, M60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	KORZYCKI TADEUSZ	113	AMATOR	SOSNÓWKA	POL	M60	1	M 43	00:41:12	01:33:42	02:30:38	04:48:11	06:37:59.30	06:38:07.95	9:08	6.6