



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Supermaraton Gór Stołowych 2019
Fundacja Maratony Górskie
2019-06-29
Kartów
54 km

ULTRA SGS 54KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	Czas netto 53.6km	Czas brutto 53.6km	Różn	Tempo min/km	Tempo km/h
1	JABŁOŃSKI Artur	1	DREAM RUN	M-30	1	01:10:51	02:03:47	03:04:34	03:54:55	04:37:53	05:21:11.85	05:21:14.30		5:59	10 (100%)
2	SMOLIS Ivo	319		M-30	2	01:14:55	02:10:01	03:05:20	03:56:01	04:41:58	05:26:50.60	05:27:01.80	+00:05:47 (1.8%)	6:05	9.8 (98.0%)
3	KROSNY Sebastian	452	STS BIEGATON MIKOŁÓW	M-30	3	01:14:15	02:11:55	03:13:08	04:09:03	04:58:17	05:50:54.75	05:50:59.05	+00:29:44 (8.5%)	6:32	9.2 (92.0%)
4	STYCZEŃ Piotr	406	CK_BABCIEWOŻNIAKRUNNINGTEAM	M-30	4	01:14:19	02:14:12	03:16:11	04:14:50	05:05:50	05:52:43.35	05:52:48.10	+00:31:33 (8.9%)	6:34	9.1 (91.0%)
5	GONCZARENKO Jarek	117		M-30	5	01:13:40	02:10:17	03:11:45	04:09:38	05:00:30	05:53:40.85	05:53:44.05	+00:32:29 (9.2%)	6:35	9.1 (91.0%)
6	LISAK Krzysztof	493	XS SPORT NUTRITION	M-30	6	01:16:09	02:15:22	03:18:50	04:20:58	05:11:05	06:02:17.30	06:02:20.50	+00:41:06 (11.3%)	6:45	8.9 (89.0%)
7	SZAPORÓW Łukasz	285	INFINITY-GYM	M-30	7	01:18:44	02:18:15	03:22:53	04:22:43	05:13:42	06:03:45.25	06:03:51.20	+00:42:36 (11.7%)	6:47	8.8 (88.0%)
8	GÓRAL Grzegorz	472	HEJ HEJ GURALU!	M-30	8	01:20:23	02:24:25	03:31:18	04:34:03	05:24:04	06:09:24.30	06:09:26.90	+00:48:12 (13.0%)	6:53	8.7 (87.0%)
9	KORPALSKI Tomasz	240	BIEGAJ Z GŁOWA	M-30	9	01:21:32	02:25:14	03:29:02	04:29:07	05:20:55	06:11:09.75	06:11:16.30	+00:50:02 (13.5%)	6:55	8.7 (87.0%)
10	MYSZCZYSZYN Łukasz	233	KUDOWIANKA RUN	M-30	10	01:23:04	02:30:20	03:36:00	04:36:28	05:29:04	06:20:34.10	06:20:40.10	+00:59:25 (15.6%)	7:06	8.5 (85.0%)
11	KOSZYK Daniel	399	VISEGRAD MARATON RYTRO	M-30	11	01:22:02	02:26:47	03:37:49	04:40:05	05:32:10	06:23:52.15	06:23:54.60	+01:02:40 (16.3%)	7:09	8.4 (84.0%)
12	MAGALSKI Tomasz	73	KB KAMIEŃ POMORSKI	M-30	12	01:23:32	02:30:54	03:38:38	04:41:34	05:39:29	06:30:55.15	06:31:33.20	+01:10:18 (18.0%)	7:17	8.2 (82.0%)
13	DĄBROWICZ Jakub	221		M-30	13	01:22:54	02:30:28	03:40:09	04:44:29	05:38:35	06:32:16.15	06:32:37.05	+01:11:22 (18.2%)	7:19	8.2 (82.0%)
14	KUŚMIDER Jakub	539	PRZEMYSKI KLUB BIEGACZA	M-30	14	01:29:54	02:42:09	03:54:43	04:53:25	05:47:07	06:33:01.95	06:33:09.90	+01:11:55 (18.3%)	7:19	8.2 (82.0%)
15	MAZURKIEWICZ Jerzy	91		M-30	15	01:22:28	02:31:07	03:42:27	04:48:33	05:46:48	06:38:18.40	06:38:25.35	+01:17:11 (19.4%)	7:25	8.1 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy	Czechy	Pasterka	Parking	Skaly	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						13.3km	22.1km	32.8km	39.9km	46.7km	netto 53.6km	brutto 53.6km			
16	WOLUSZEWSKI Remigiusz	591		M-30	16	01:19:46	02:27:27	03:36:19	04:42:26	05:41:44	06:38:35.85	06:38:39.85	+01:17:25 (19.4%)	7:26	8.1 (81.0%)
17	WICHŁACZ Paweł	282	KB MANIAC POZNAŃ	M-30	17	01:26:23	02:35:01	03:48:16	04:53:15	05:51:13	06:43:16.95	06:43:33.50	+01:22:19 (20.4%)	7:31	8 (80.0%)
18	KOCIUBA Przemysław	293	TT SZCZECIN	M-30	18	01:24:52	02:34:49	03:46:56	04:52:56	05:48:25	06:45:33.00	06:45:56.25	+01:24:41 (20.9%)	7:33	7.9 (79.0%)
19	BUCZEK Bartłomiej	127		M-30	19	01:22:52	02:37:30	03:58:46	05:02:17	05:56:39	06:51:39.25	06:51:47.95	+01:30:33 (22.0%)	7:40	7.8 (78.0%)
20	KALINOWSKI Łukasz	83		M-30	20	01:26:54	02:38:39	03:49:39	04:58:00	05:54:43	06:52:45.65	06:52:56.80	+01:31:42 (22.2%)	7:42	7.8 (78.0%)
21	SZCZYRBOWSKI Michał	299	YOOBEE.PL	M-30	21	01:26:19	02:38:47	03:53:39	05:03:20	05:59:36	06:54:50.65	06:55:13.00	+01:33:58 (22.6%)	7:44	7.8 (78.0%)
22	JAKUBCZAK Karol	432	RUNEDA	M-30	22	01:26:24	02:39:05	03:54:47	05:05:26	06:00:07	06:55:11.25	06:55:16.35	+01:34:02 (22.6%)	7:44	7.7 (77.0%)
23	SOKOŁOWSKI Marcin	355		M-30	23	01:26:20	02:35:13	03:46:27	04:53:15	05:51:38	06:55:02.20	06:55:25.95	+01:34:11 (22.7%)	7:44	7.7 (77.0%)
24	MICHALSKI Piotr	201		M-30	24	01:29:56	02:40:44	03:56:01	05:05:26	06:03:22	07:00:32.50	07:00:41.70	+01:39:27 (23.6%)	7:50	7.6 (76.0%)
25	ZATOŃ Cezary	41	TRIACTIV RIDLEY	M-30	25	01:21:47	02:29:27	03:45:20	05:01:22	06:02:06	07:00:52.15	07:00:59.60	+01:39:45 (23.7%)	7:51	7.6 (76.0%)
26	NIERADA Marcin	218		M-30	26	01:34:48	02:47:34	04:00:43	05:09:16	06:06:40	07:00:42.45	07:01:06.45	+01:39:52 (23.7%)	7:50	7.6 (76.0%)
27	GRZEBIELUCH Łukasz	572		M-30	27	01:31:23	02:48:45	04:03:53	05:11:41	06:08:24	07:01:43.65	07:02:19.55	+01:41:05 (23.9%)	7:52	7.6 (76.0%)
28	WALCZAK Patryk	111	XRUNNERS	M-30	28	01:29:58	02:50:36	04:04:00	05:19:08	06:14:19	07:08:09.20	07:08:11.00	+01:46:56 (25.0%)	7:59	7.5 (75.0%)
29	ORZECHOWSKI Damian	291	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-30	29	01:36:15	02:52:22	04:05:38	05:13:43	06:10:31	07:08:05.90	07:08:23.15	+01:47:08 (25.0%)	7:59	7.5 (75.0%)
30	KACZMAREK Szymon	160	PODROZEJOZINA.PL	M-30	30	01:39:19	02:54:07	04:06:48	05:13:33	06:11:06	07:08:09.40	07:08:43.05	+01:47:28 (25.1%)	7:59	7.5 (75.0%)
31	MADOŃ Rafał	131		M-30	31	01:28:50	02:43:23	04:01:49	05:10:20	06:11:36	07:14:05.65	07:14:14.80	+01:53:00 (26.0%)	8:05	7.4 (74.0%)
32	GAJLUSZ Dawid	123	BIEGIEM PO MARZENIA TEAM	M-30	32	01:26:10	02:42:32	03:56:13	05:08:01	06:12:20	07:14:14.30	07:14:27.60	+01:53:13 (26.1%)	8:06	7.4 (74.0%)
33	JUKIEL Tomasz	439	BORNHOLM RUNNERS	M-30	33	01:31:39	02:48:18	04:07:25	05:22:04	06:23:00	07:20:56.00	07:21:21.25	+02:00:06 (27.2%)	8:13	7.3 (73.0%)
34	TUSZYŃSKI Zygmunt	431	PGE RUN OBRÓT	M-30	34	01:31:58	02:53:17	04:14:57	05:29:28	06:30:00	07:26:43.00	07:26:46.65	+02:05:32 (28.1%)	8:20	7.2 (72.0%)
35	ZAŁUSTOWICZ Maciej	35	BIEGIEM PO MARZENIA TEAM	M-30	35	01:33:26	02:54:14	04:14:17	05:29:42	06:29:52	07:26:43.65	07:26:57.25	+02:05:42 (28.1%)	8:20	7.2 (72.0%)
36	STROBIN Filip	384		M-30	36	01:42:22	02:56:42	04:13:43	05:25:41	06:27:17	07:26:38.55	07:27:20.00	+02:06:05 (28.2%)	8:19	7.2 (72.0%)
37	HUMERSKI Piotr	246		M-30	37	01:31:39	02:52:04	04:08:16	05:21:44	06:24:44	07:27:57.45	07:28:42.05	+02:07:27 (28.4%)	8:21	7.2 (72.0%)
38	POTOCKI Michał	275		M-30	38	01:40:23	03:00:15	04:23:22	05:34:02	06:31:07	07:29:02.00	07:29:31.65	+02:08:17 (28.5%)	8:22	7.2 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy	Czechy	Pasterka	Parking	Skaly	Czas	Czas	Różn	Tempo	Tempo
						13.3km	22.1km	32.8km	39.9km	46.7km	netto	brutto			
39	KOWALIK Marcin	525	RUN PGE OBRÓT	M-30	39	01:31:50	02:50:58	04:14:53	05:29:11	06:29:53	07:30:04.15	07:30:07.35	+02:08:53 (28.6%)	8:23	7.1 (71.0%)
40	KUCA Szymon	468	OLAWS ZŁOTORYJA	M-30	40	01:35:19	02:55:17	04:15:24	05:26:26	06:28:52	07:31:28.20	07:31:33.85	+02:10:19 (28.9%)	8:25	7.1 (71.0%)
41	KAPA Tomasz	324	#CZELADZBIEGA	M-30	41	01:31:10	02:44:35	03:58:23	05:20:41	06:22:42	07:30:56.95	07:31:44.55	+02:10:30 (28.9%)	8:24	7.1 (71.0%)
42	KUCIAK Bartosz	296		M-30	42	01:31:13	02:50:47	04:14:35	05:33:14	06:34:35	07:34:58.25	07:35:09.70	+02:13:55 (29.4%)	8:29	7.1 (71.0%)
43	LEWANDOWSKI Łukasz	267		M-30	43	01:33:58	02:54:28	04:16:28	05:30:34	06:32:39	07:37:33.90	07:37:46.10	+02:16:31 (29.8%)	8:32	7 (70.0%)
44	CHLASTA Jacek	368		M-30	44	01:38:44	02:56:27	04:13:09	05:28:55	06:34:06	07:37:24.95	07:38:09.10	+02:16:54 (29.9%)	8:32	7 (70.0%)
45	RUSZCZEWSKI Andrzej	110	VEGE RUNNERS	M-30	45	01:34:39	02:57:24	04:11:32	05:30:26	06:35:49	07:38:54.05	07:39:13.75	+02:17:59 (30.0%)	8:33	7 (70.0%)
46	FILUT Łukasz	521		M-30	46	01:33:44	02:53:17	04:14:20	05:32:54	06:36:48	07:40:48.70	07:40:54.00	+02:19:39 (30.3%)	8:35	7 (70.0%)
47	KÓŁKIEWICZ Jakub	568	DOGOŃ GRODZISK MAZOWIECKI	M-30	47	01:25:39	02:31:06	03:39:43	04:57:36	06:11:56	07:40:56.45	07:41:10.70	+02:19:56 (30.3%)	8:35	7 (70.0%)
48	JACHYMSKI Krzysztof	138	VEGE RUNNERS	M-30	48	01:30:56	02:48:41	04:08:51	05:29:34	06:37:10	07:45:21.25	07:45:43.60	+02:24:29 (31.0%)	8:40	6.9 (69.0%)
49	RYBARCZYK Kamil	37		M-30	49	01:38:40	03:00:17	04:25:33	05:43:57	06:46:49	07:48:08.20	07:48:26.50	+02:27:12 (31.4%)	8:44	6.9 (69.0%)
50	SŁONAWSKI Łukasz	387	PEGAZ	M-30	50	01:46:45	03:18:03	04:35:42	05:48:11	06:48:42	07:48:59.55	07:49:53.80	+02:28:39 (31.6%)	8:44	6.9 (69.0%)
51	MAKOLA Marek	302	NA SZCZYCIE GÓRY	M-30	51	01:47:10	03:09:47	04:31:47	05:45:45		07:49:12.25	07:49:55.40	+02:28:41 (31.6%)	8:45	6.9 (69.0%)
52	RODAK Zbigniew	322	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	52	01:32:47	02:56:06	04:21:19	05:39:57	06:47:41	07:50:11.60	07:50:36.35	+02:29:22 (31.7%)	8:46	6.8 (68.0%)
53	MATWIEJCZYK Gabriel	453	NO SAM NIE WIEM	M-30	53	01:35:31	03:01:53	04:31:43	05:48:55	06:51:42	07:51:23.05	07:51:31.20	+02:30:16 (31.9%)	8:47	6.8 (68.0%)
54	DURA Przemysław	243	DOBCZYCKI KLUB BIEGACZA	M-30	54	01:37:49	02:59:32	04:22:53	05:42:01	06:48:19	07:51:35.85	07:51:49.95	+02:30:35 (31.9%)	8:47	6.8 (68.0%)
55	ANUSZ Adam	154	ŻARÓW BIEGA	M-30	55	01:32:24	02:45:12	04:07:48	05:32:15	06:41:30	07:51:35.10	07:52:06.25	+02:30:51 (32.0%)	8:47	6.8 (68.0%)
56	JAMROZIAK Grzegorz	116	KB KAMIEŃ POMORSKI	M-30	56	01:35:20	02:55:45	04:17:45	05:36:09	06:41:39	07:52:16.40	07:52:55.55	+02:31:41 (32.1%)	8:48	6.8 (68.0%)
57	KOŁODZIEJ Andrzej	360	TRIWAWA	M-30	57	01:38:40	03:01:00	04:26:13	05:45:46	06:52:34	07:56:39.05	07:56:47.55	+02:35:33 (32.6%)	8:53	6.7 (67.0%)
58	RÓŻYC Norbert	310		M-30	58	01:43:13	03:10:25	04:36:54	05:51:09	06:54:35	07:56:44.80	07:57:06.65	+02:35:52 (32.7%)	8:53	6.7 (67.0%)
59	MILEWSKI Mateusz	250	BĘDZIE DOBRZE ALBO NIEDOBRZE	M-30	59	01:36:43	02:57:17	04:22:11	05:43:55	06:52:28	07:57:39.20	07:57:49.00	+02:36:34 (32.8%)	8:54	6.7 (67.0%)
60	CZELEJ Rafał	287	BIEGAJĄCY ŚWIDNIK	M-30	60	01:38:14	02:59:52	04:27:16	05:44:17	06:52:47	07:58:48.70	07:59:16.05	+02:38:01 (33.0%)	8:55	6.7 (67.0%)
61	WELTER Przemysław	518		M-30	61	01:31:02	02:53:57	04:19:33	05:44:28	06:54:50	07:59:49.85	08:00:09.70	+02:38:55 (33.1%)	8:57	6.7 (67.0%)

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						13.3km	22.1km	32.8km	39.9km	46.7km	netto 53.6km	brutto 53.6km			
62	STANISŁAWSKI Karol	148	RUNNER.PL	M-30	62	01:26:09	02:43:23	04:09:10	05:33:13	06:52:31	08:00:04.20	08:00:13.95	+02:38:59 (33.1%)	8:57	6.7 (67.0%)
63	MAJ Marek	409		M-30	63	01:42:23	03:06:14	04:33:00	05:55:32	06:58:52	07:59:56.25	08:00:45.70	+02:39:31 (33.2%)	8:57	6.7 (67.0%)
64	BOCHNAK Paweł	172		M-30	64	01:42:43	03:03:58	04:26:16	05:48:23	06:55:46	08:03:30.45	08:04:06.80	+02:42:52 (33.6%)	9:01	6.7 (67.0%)
65	RYNIEWICZ Bartłomiej	167	#DREAMTEAM	M-30	65	01:40:27	03:02:02	04:28:27	05:50:00	06:58:53	08:07:23.50	08:08:08.65	+02:46:54 (34.2%)	9:05	6.6 (66.0%)
66	SKRZEK Marcin	346	PRO-RUN WROCŁAW	M-30	66	01:43:35	03:13:30	04:36:28	05:59:06	07:04:22	08:11:41.55	08:12:23.85	+02:51:09 (34.8%)	9:10	6.5 (65.0%)
67	OKSIĘDZKI Tomasz Jan Oksiedzki	194	DELOITTE ADVENTURE TEAM	M-30	67	01:40:19	03:06:44	04:34:22	05:55:13	07:05:48	08:12:19.65	08:12:28.95	+02:51:14 (34.8%)	9:11	6.5 (65.0%)
68	TONDER Filip	120	TEAM A.F.A.M.	M-30	68	01:37:22	03:02:51	04:31:53	05:50:34	07:02:36	08:12:34.05	08:12:46.85	+02:51:32 (34.8%)	9:11	6.5 (65.0%)
69	ROŚLICKI Jarosław	216	UBEZPIECZENIA DLA AKTYWNYCH	M-30	69	01:34:11	02:55:26	04:28:57	05:54:28	07:05:10	08:13:24.30	08:13:29.95	+02:52:15 (34.9%)	9:12	6.5 (65.0%)
70	CHUDY Tobiasz	151	R-TEAM	M-30	70	01:40:33	03:00:37	04:29:09	05:51:33	07:04:32	08:13:22.65	08:14:16.30	+02:53:02 (35.0%)	9:12	6.5 (65.0%)
71	GROBELNY Rafał	318	WIELUŃ BIEGA	M-30	71	01:44:59	03:15:54	04:45:32	06:08:27	07:13:35	08:17:00.10	08:17:10.35	+02:55:56 (35.4%)	9:16	6.5 (65.0%)
72	MUSIAŁ Szymon	580		M-30	72	01:36:47	02:56:15	04:21:50	05:52:09	07:06:04	08:21:34.45	08:22:02.20	+03:00:47 (36.0%)	9:21	6.4 (64.0%)
73	KOSIN Paweł	309	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-30	73	01:50:10	03:13:58	04:38:21	06:04:05	07:11:09	08:23:17.30	08:23:41.75	+03:02:27 (36.2%)	9:23	6.4 (64.0%)
74	BARAŃSKI Piotr	64		M-30	74	01:42:05	03:16:23	04:46:29	06:06:26	07:20:14	08:24:24.00	08:24:50.50	+03:03:36 (36.4%)	9:24	6.4 (64.0%)
75	MURASZKIEWICZ Konrad	279		M-30	75	01:40:43	03:11:06	04:38:30	06:03:28	07:13:18	08:25:19.20	08:25:31.55	+03:04:17 (36.5%)	9:25	6.4 (64.0%)
76	KORBUT Radosław	208	CROSSFIT MGW	M-30	76	01:42:36	03:13:40	04:46:11	06:10:04		08:26:20.15	08:26:55.90	+03:05:41 (36.6%)	9:26	6.4 (64.0%)
77	CHORAŻYCZEWSKI Michał	398	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	77	01:43:03	03:15:33	04:44:13	06:09:49		08:27:40.85	08:28:14.90	+03:07:00 (36.8%)	9:28	6.3 (63.0%)
78	KURZAWIAK Grzegorz	265		M-30	78	01:41:15	03:08:28	04:36:26	05:59:39	07:15:46	08:31:19.70	08:31:53.45	+03:10:39 (37.2%)	9:32	6.3 (63.0%)
79	KOMORKIEWICZ Karol	477	RUNEDA/FINASTRA	M-30	79	01:41:16	03:07:14	04:34:49	06:05:37	07:20:17	08:31:52.70	08:32:06.60	+03:10:52 (37.3%)	9:33	6.3 (63.0%)
80	LUBOWIECKI Konrad	478	BIEGAJĄCY ŚWIDNIK	M-30	80	01:39:44	03:05:52	04:40:09	06:04:26	07:22:44	08:35:46.80	08:36:12.80	+03:14:58 (37.8%)	9:37	6.2 (62.0%)
81	IZYDORSKI Marcin	347		M-30	81	01:43:37	03:11:45	04:45:58	06:11:03	07:24:44	08:35:38.25	08:36:18.80	+03:15:04 (37.8%)	9:37	6.2 (62.0%)
82	ANTOLAK Roland	373		M-30	82	01:39:10	03:10:25	04:36:52	06:08:27	07:24:58	08:36:33.10	08:36:54.70	+03:15:40 (37.9%)	9:38	6.2 (62.0%)
83	NOWAK Michał	104	DRUŻYNA SZPIKU	M-30	83	01:41:43	03:13:29	04:51:21	06:16:21	07:28:21	08:37:38.80	08:37:52.10	+03:16:37 (38.0%)	9:39	6.2 (62.0%)
84	JUSZCZAK Michał	393	WRODZINIESIŁA	M-30	84	01:51:42	03:28:14	04:56:21	06:22:23	07:31:43	08:37:52.25	08:39:01.80	+03:17:47 (38.1%)	9:39	6.2 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy	Czechy	Pasterka	Parking	Skaly	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						13.3km	22.1km	32.8km	39.9km	46.7km	53.6km	53.6km			
85	SALIŃSKI Bartosz	563	WKURW_TEAM	M-30	85	01:53:18	03:27:55	04:58:46	06:22:50		08:38:47.80	08:39:54.05	+03:18:39 (38.2%)	9:40	6.2 (62.0%)
86	STEC Adam	22		M-30	86	01:46:50	03:18:19	04:50:21	06:14:37	07:31:39	08:44:25.95	08:45:12.45	+03:23:58 (38.8%)	9:47	6.1 (61.0%)
87	CZERNIAK Tobiasz	449		M-30	87	01:35:20	03:08:24	04:47:54	06:21:17	07:33:48	08:49:50.65	08:50:10.65	+03:28:56 (39.4%)	9:53	6.1 (61.0%)
88	OJCIEC Sebastian	509		M-30	88	01:43:35	03:24:11	04:59:23	06:28:11	07:34:57	08:49:47.25	08:50:10.95	+03:28:56 (39.4%)	9:53	6.1 (61.0%)
89	WIRKUS Piotr	74	BIGYELLOWFOOT ADVENTRUE TEAM	M-30	89	01:47:45	03:16:19	04:47:34	06:22:35	07:41:09	08:50:54.95	08:51:47.25	+03:30:32 (39.6%)	9:54	6.1 (61.0%)
90	KACZOR Łukasz	467	WILD BUCHAYS	M-30	90	01:53:09	03:29:09	05:05:55	06:29:48	07:41:01	08:51:45.20	08:52:23.95	+03:31:09 (39.7%)	9:55	6 (60.0%)
91	GADOMSKI Radosław	338	PKO BANK POLSKI	M-30	91	01:46:24	03:15:13	04:51:20	06:20:52	07:40:38	08:51:29.05	08:52:25.15	+03:31:10 (39.7%)	9:54	6.1 (61.0%)
92	DĄBROWSKI Jarosław	459	CB163	M-30	92	01:58:39	03:46:11	05:13:52	06:35:06	07:51:22	08:51:23.95	08:52:25.65	+03:31:11 (39.7%)	9:54	6.1 (61.0%)
93	PAWLICKI Karol	320	MKS SIECHNICE	M-30	93	02:01:02	03:35:56	05:07:13	06:29:20	07:39:51	08:52:14.45	08:53:05.05	+03:31:50 (39.7%)	9:55	6 (60.0%)
94	ZAWADZKI Przemek	358		M-30	94	01:49:09	03:27:57	05:01:02	06:32:03	07:46:33	08:56:00.55	08:56:30.95	+03:35:16 (40.1%)	10:00	6 (60.0%)
95	KRYSIAK Tomasz	58	WIECZORNE BIEGANIE W SZCZECINIE	M-30	95	01:38:37	03:21:08	04:59:40	06:35:33	07:52:01	08:59:29.80	08:59:39.15	+03:38:24 (40.5%)	10:03	6 (60.0%)
96	GOLEC Ireneusz	191	VEGE RUNNERS	M-30	96	01:46:45	03:28:59	05:08:12	06:38:35	07:51:12	09:01:20.90	09:01:39.25	+03:40:24 (40.7%)	10:05	5.9 (59.0%)
97	ROSZCZYN Dawid	463	CB163	M-30	97	01:58:38	03:46:10	05:13:54	06:35:05	07:51:30	09:02:21.05	09:03:23.45	+03:42:09 (40.9%)	10:07	5.9 (59.0%)
98	SPRAWKA Marcin	304		M-30	98	01:58:52	03:34:55	05:06:15	06:31:55	07:52:51	09:02:38.85	09:03:39.05	+03:42:24 (40.9%)	10:07	5.9 (59.0%)
99	SMOLARKIEWICZ Dawid	330	WIELUŃ BIEGA	M-30	99	01:41:02	03:14:32	04:49:12	06:26:20	07:48:44	09:05:14.65	09:05:26.40	+03:44:12 (41.1%)	10:10	5.9 (59.0%)
100	JANKOWSKI Marcin	418	FUFUFU TEAM	M-30	100	01:39:55	03:10:42	04:43:59	06:24:36	07:45:23	09:07:04.70	09:07:29.30	+03:46:15 (41.3%)	10:12	5.9 (59.0%)
101	GRZYWIŃSKI Bartosz	59		M-30	101	01:48:14	03:29:53	05:04:06	06:34:31	07:55:43	09:08:38.45	09:09:27.20	+03:48:12 (41.5%)	10:14	5.9 (59.0%)
102	HOŁOWNIA Tomasz	353	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	102	01:42:14	03:03:34	04:31:14	06:18:28	07:58:54	09:11:15.80	09:11:41.90	+03:50:27 (41.8%)	10:17	5.8 (58.0%)
103	GRZYWIŃSKI Wojtek	72		M-30	103	01:51:14	03:29:51	05:08:35	06:38:12	07:57:57	09:14:24.60	09:15:13.95	+03:53:59 (42.1%)	10:20	5.8 (58.0%)
104	SPŁAWSKI Michał	157	MSERWIS.PL	M-30	104	01:43:10	03:16:07	04:56:26	06:40:42	08:01:40	09:16:25.85	09:16:31.80	+03:55:17 (42.3%)	10:22	5.8 (58.0%)
105	PYŻANOWSKI Mariusz	92		M-30	105	01:54:22	03:36:29	05:15:06	06:52:00	08:05:18	09:18:45.15	09:19:32.65	+03:58:18 (42.6%)	10:25	5.8 (58.0%)
106	PAWLICKI Tomasz	202	VEGE RUNNERS	M-30	106	01:58:55	03:42:24	05:15:37	06:48:58	08:02:56	09:21:53.75	09:22:12.85	+04:00:58 (42.9%)	10:28	5.7 (57.0%)
107	SKOKOWSKI Tomasz	108	SUTTON RUNNERS	M-30	107	01:51:29	03:35:50	05:15:34	06:48:36	08:08:15	09:26:16.75	09:26:34.00	+04:05:19 (43.3%)	10:33	5.7 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy	Czechy	Pasterka	Parking	Skaly	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						13.3km	22.1km	32.8km	39.9km	46.7km	netto 53.6km	brutto 53.6km			
108	WITKO-BŁASZCZYK Sebastian	316		M-30	108	02:04:14	03:44:07	05:22:16	06:53:39	08:09:12	09:29:10.75	09:29:10.75	+04:07:56 (43.6%)	10:37	5.7 (57.0%)
109	STANIOS Kamil	331		M-30	109	01:53:31	03:41:29	05:26:47	07:01:55	08:17:16	09:32:07.95	09:32:29.05	+04:11:14 (43.9%)	10:40	5.6 (56.0%)
110	SZYMCZYSZYN Tomasz	503		M-30	110	02:04:35	03:46:21	05:33:57	07:04:29	08:16:13	09:32:58.00	09:33:31.90	+04:12:17 (44.0%)	10:41	5.6 (56.0%)
111	WÓJCIK Adrian	252	NIE MAM POMYSŁU	M-30	111	01:52:24	03:41:01	05:20:27	06:55:17	08:19:46	09:34:58.20	09:35:21.15	+04:14:06 (44.2%)	10:43	5.6 (56.0%)
112	KOŁEK Jacek	553		M-30	112	03:56:59		05:31:14	07:03:29	08:19:03	09:38:24.00	09:39:22.35	+04:18:08 (44.6%)	10:47	5.6 (56.0%)
113	LELONTKO Marcin	375	#CISNIJWIEPRZA	M-30	113	01:54:12	03:45:32	05:22:24	07:01:04	08:23:20	09:41:19.55	09:41:57.65	+04:20:43 (44.8%)	10:50	5.5 (55.0%)
114	BAGIŃSKI Jakub	505	WILD DOGS TEAM	M-30	114	02:04:27	03:47:27	05:21:32	06:54:45		09:42:00.10	09:42:52.10	+04:21:37 (44.9%)	10:51	5.5 (55.0%)
115	CZECHOWSKI Konrad	497		M-30	115	02:00:33	03:53:18	05:41:38	07:09:14	08:28:32	09:42:18.30	09:42:52.70	+04:21:38 (44.9%)	10:51	5.5 (55.0%)
116	OBLINSKI Krzysztof	484		M-30	116			05:28:36	06:59:58	08:21:08	09:44:40.60	09:44:40.60	+04:23:26 (45.1%)	10:54	5.5 (55.0%)
117	ŁAGOWSKI Hubert	210		M-30	117	01:59:05	03:38:49	05:21:24	07:01:43	08:25:55	09:45:37.05	09:46:26.60	+04:25:12 (45.2%)	10:55	5.5 (55.0%)
118	HATALSKI Wojciech	118		M-30	118	02:02:51	03:36:59	05:19:22	06:54:47	08:27:47	09:47:38.70	09:48:24.90	+04:27:10 (45.4%)	10:57	5.5 (55.0%)
119	JOŃCZYK Bartłomiej	473		M-30	119	01:57:24	03:48:03	05:35:37	07:08:34	08:27:49	09:47:51.95	09:48:32.75	+04:27:18 (45.4%)	10:58	5.5 (55.0%)
120	DĄBROWSKI Artur	390		M-30	120	02:01:29	03:57:06	05:35:34	07:12:58	08:30:43	09:51:30.05	09:51:49.75	+04:30:35 (45.7%)	11:02	5.4 (54.0%)
121	RZESZOT Łukasz	254	BIEGAM ŻEBY BARTEK MÓĞŁ BIEGAĆ	M-30	121	01:53:07	03:51:01	05:44:05	07:20:38	08:41:56	09:53:45.35	09:54:02.20	+04:32:47 (45.9%)	11:04	5.4 (54.0%)
122	SZUMLAS Marcin	28	#SZUMITEAM	M-30	122	02:04:15	03:56:34	05:37:05	07:13:34	08:34:27	09:54:40.75	09:55:27.10	+04:34:12 (46.1%)	11:05	5.4 (54.0%)
123	KAROLCZAK Piotr	5		M-30	123	01:40:16	03:13:23	04:52:01	06:48:29	08:04:11	09:59:11.85	09:59:31.60	+04:38:17 (46.4%)	11:10	5.4 (54.0%)
124	SZUMNY Paweł	247		M-30	124	01:59:01	03:48:11	05:41:23	07:22:58	08:48:17	10:08:27.15	10:09:21.55	+04:48:07 (47.3%)	11:21	5.3 (53.0%)
125	ZYWAR Michał Zywar	256		M-30	125	01:47:56	03:32:00	05:16:46	07:13:35	08:45:24	10:20:51.85	10:21:35.30	+05:00:21 (48.3%)	11:35	5.2 (52.0%)
	PIOTROWICZ Sławomir	261	DEAF RUUNES	M-30		02:04:53 DNF	03:58:26 DNF	05:42:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	IWANICKI Michał	457	ACCELERATING POLAND	M-30		01:38:01 DNF	02:52:37 DNF	04:12:50 DNF	05:41:38 DNF	DNF	DNF	DNF		-	- (0.0%)
	LEWKOWSKI Aleksander	427		M-30		01:51:37 DNF	03:36:33 DNF	05:18:44 DNF	07:12:12 DNF	DNF	DNF	DNF		-	- (0.0%)
	OKRÓJ Dawid	238		M-30		02:05:16 DNF	03:58:28 DNF	05:42:34 DNF	07:38:06 DNF	DNF	DNF	DNF		-	- (0.0%)
	PIOTROWSKI Krzysztof	46	LEGNICKIE MORSY	M-30		01:44:29 DNF	03:11:05 DNF	04:38:43 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	Czas netto 53.6km	Czas brutto 53.6km	Różn	Tempo min/km	Tempo km/h
	KUŹMICZ Wojciech	425		M-30		DNF	DNF	04:55:12 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŁUGOWSKI Karol	69		M-30		01:54:40 DNF	03:46:09 DNF	05:54:33 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAJĄC Andrzej	38	DRUŻYNA SZPIKU	M-30		02:15:11 DNF	04:21:26 DNF	06:11:45 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WRZOSEK Patryk	24	#CZELADZBIEGA	M-30		01:57:14 DNF	04:00:04 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	OLECHNOWICZ Maciej	95		M-30		02:11:44 DNF	04:18:19 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JURGIEL-ŻYŁA Przemysław	516		M-30		02:13:27 DNF	04:23:13 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ORDZIEJEWSKI Dominik	36		M-30		02:10:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIELINSKI Damian	176		M-30		02:10:58 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 138 wynik(ów)