



# VIKINGS RUN - ELITE PRO RUN 10KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

VIII Vikings Run - UCZTA W VALHALLI  
Stowarzyszenie Vikings Run  
2024-05-18  
Smardzewice  
10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: ELITE PRO M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KALWAS Mateusz</b>	<b>28</b>	RUNMAGEDDON TEAM	ELITE PRO M	1	RUNMAGEDDON TEAM		<b>00:48:16.05</b>	<b>00:48:16.05</b>		4:49	12.4 (100%)
2	<b>KRÓL Piotr</b>	<b>24</b>	SOCIOS SILESIA	ELITE PRO M	2	SOCIOS SILESIA		<b>00:48:31.90</b>	<b>00:48:31.90</b>	+00:00:15 (0.5%)	4:51	12.4 (100%)
3	<b>OLICHOWSKI Mateusz</b>	<b>7</b>	NOTEĆ OCR CZARNKÓW	ELITE PRO M	3			<b>00:49:02.15</b>	<b>00:49:02.15</b>	+00:00:46 (1.6%)	4:54	12.2 (98.4%)
4	<b>JACIÓW Paweł</b>	<b>2</b>	WATAHA	ELITE PRO M	4	WATAHA		<b>00:49:45.00</b>	<b>00:49:45.00</b>	+00:01:28 (3.0%)	4:58	12.1 (97.6%)
5	<b>KONEWKA Jacek</b>	<b>18</b>	WARRIORS ŁÓDŹ	ELITE PRO M	5	Warriors Łódź		<b>00:50:20.10</b>	<b>00:50:20.10</b>	+00:02:04 (4.1%)	5:02	11.9 (96.0%)
6	<b>MAŁYJUREK Rafał</b>	<b>5</b>	CARBON SILESIA SPORT	ELITE PRO M	6	Carbon Silesia Sport		<b>00:50:24.30</b>	<b>00:50:24.30</b>	+00:02:08 (4.2%)	5:02	11.9 (96.0%)
7	<b>MARKOWSKI Fabian</b>	<b>9</b>	WATAHA	ELITE PRO M	7	WATAHA		<b>00:51:38.10</b>	<b>00:51:38.10</b>	+00:03:22 (6.5%)	5:09	11.6 (93.5%)
8	<b>BAK Daniel</b>	<b>23</b>	BIEGUN OCR TEAM	ELITE PRO M	8	Biegun OCR Team		<b>00:52:04.30</b>	<b>00:52:04.30</b>	+00:03:48 (7.3%)	5:12	11.5 (92.7%)
9	<b>LISOWSKI Grzegorz</b>	<b>142</b>	SOCIOS SILESIA	ELITE PRO M	9	SOCIOS SILESIA		<b>00:52:09.65</b>	<b>00:52:09.65</b>	+00:03:53 (7.5%)	5:12	11.5 (92.7%)
10	<b>MARUSZEWSKI Marcin</b>	<b>135</b>	CARBON SILESIA SPORT	ELITE PRO M	10	Carbon Silesia Sport		<b>00:53:02.85</b>	<b>00:53:02.85</b>	+00:04:46 (9.0%)	5:18	11.3 (91.1%)
11	<b>KONKOL Dominik</b>	<b>10</b>	CARBON SILESIA SPORT	ELITE PRO M	11	Carbon Silesia Sport		<b>00:53:32.00</b>	<b>00:53:32.00</b>	+00:05:15 (9.8%)	5:21	11.2 (90.3%)
12	<b>KALININ Jarosław</b>	<b>31</b>	EX TEAM	ELITE PRO M	12			<b>00:53:34.45</b>	<b>00:53:34.45</b>	+00:05:18 (9.9%)	5:21	11.2 (90.3%)
13	<b>SZYMAŃSKI Paweł</b>	<b>95</b>	SOCIOS SILESIA	ELITE PRO M	13	SOCIOS SILESIA		<b>00:53:40.00</b>	<b>00:53:40.00</b>	+00:05:23 (10.1%)	5:22	11.2 (90.3%)
14	<b>SKOWROŃSKI Błażej</b>	<b>13</b>	DZIK KOMANDO	ELITE PRO M	14	Dzik Komando		<b>00:54:15.00</b>	<b>00:54:15.00</b>	+00:05:58 (11.0%)	5:25	11.1 (89.5%)
15	<b>SEREDA Jakub</b>	<b>66</b>	WATAHA	ELITE PRO M	15	WATAHA		<b>00:54:39.50</b>	<b>00:54:39.50</b>	+00:06:23 (11.7%)	5:27	11 (88.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>FORMELA Piotr</b>	<b>32</b>	ACTIVE FLOW	ELITE PRO M	16	Active Flow		<b>00:55:03.45</b>	<b>00:55:03.45</b>	+00:06:47 (12.3%)	5:30	10.9 (87.9%)
17	<b>ILNICKI Dariusz</b>	<b>112</b>	NINJA CLUB KRAKÓW	ELITE PRO M	17	NINJA CLUB KRAKÓW		<b>00:55:19.60</b>	<b>00:55:19.60</b>	+00:07:03 (12.8%)	5:31	10.8 (87.1%)
18	<b>PUZDROWSKI Jarek</b>	<b>19</b>	BIEGUN OCR TEAM	ELITE PRO M	18	Biegun OCR Team		<b>00:55:22.40</b>	<b>00:55:22.40</b>	+00:07:06 (12.8%)	5:32	10.8 (87.1%)
19	<b>SZKURŁAT Tomasz</b>	<b>118</b>		ELITE PRO M	19	Power Training		<b>00:55:40.90</b>	<b>00:55:40.90</b>	+00:07:24 (13.3%)	5:34	10.8 (87.1%)
20	<b>BRZEZIŃSKI Bartosz</b>	<b>1</b>	RUNMAGEDDON TEAM	ELITE PRO M	20	RUNMAGEDDON TEAM		<b>00:55:44.40</b>	<b>00:55:44.40</b>	+00:07:28 (13.4%)	5:34	10.8 (87.1%)
21	<b>PSUT Kamil</b>	<b>82</b>		ELITE PRO M	21	Carbon Silesia Sport		<b>00:56:09.20</b>	<b>00:56:09.20</b>	+00:07:53 (14.0%)	5:36	10.7 (86.3%)
22	<b>BUDZISZ Krzysztof</b>	<b>177</b>	SOCIOS SILESIA	ELITE PRO MASTERS M	1	SOCIOS SILESIA		<b>00:56:14.40</b>	<b>00:56:14.40</b>	+00:07:58 (14.2%)	5:37	10.7 (86.3%)
23	<b>PISKAŁA Daniel</b>	<b>77</b>	POWER TRAINING	ELITE PRO M	22	Power Training		<b>00:56:15.10</b>	<b>00:56:15.10</b>	+00:07:59 (14.2%)	5:37	10.7 (86.3%)
24	<b>KURASZ Filip</b>	<b>120</b>	ACTIVE FLOW	ELITE PRO M	23	Active Flow		<b>00:56:49.30</b>	<b>00:56:49.30</b>	+00:08:33 (15.1%)	5:40	10.6 (85.5%)
25	<b>KOTALA Arkadiusz</b>	<b>62</b>	WATAHA	ELITE PRO M	24	WATAHA		<b>00:56:51.25</b>	<b>00:56:51.25</b>	+00:08:35 (15.1%)	5:41	10.6 (85.5%)
26	<b>MĘDYGRAŁ Krystian</b>	<b>92</b>	WATAHA	ELITE PRO M	25	WATAHA		<b>00:56:58.30</b>	<b>00:56:58.30</b>	+00:08:42 (15.3%)	5:41	10.5 (84.7%)
27	<b>MOCZKO Sebastian</b>	<b>158</b>	FIT MORE RYBNIK	ELITE PRO MASTERS M	2	FIT MORE RYBNIK		<b>00:57:14.05</b>	<b>00:57:14.05</b>	+00:08:58 (15.7%)	5:43	10.5 (84.7%)
28	<b>DOMINEK Grzegorz</b>	<b>144</b>	FIT MORE RYBNIK	ELITE PRO M	26	FIT MORE RYBNIK		<b>00:57:18.70</b>	<b>00:57:18.70</b>	+00:09:02 (15.8%)	5:43	10.5 (84.7%)
29	<b>PRYKOWSKI Tomasz</b>	<b>25</b>	GORĄCY POTOK TEAM	ELITE PRO M	27	Gorący Potok Team	00:02:30	<b>00:57:33.30</b>	<b>00:57:33.30</b>	+00:09:17 (16.1%)	5:30	10.9 (87.9%)
30	<b>RĘKAWEK Szymon</b>	<b>97</b>	BIEGUN OCR TEAM	ELITE PRO M	28	Biegun OCR Team		<b>00:57:48.45</b>	<b>00:57:48.45</b>	+00:09:32 (16.5%)	5:46	10.4 (83.9%)
31	<b>WIENDŁOCHA Paweł</b>	<b>143</b>	SOCIOS SILESIA	ELITE PRO M	29	SOCIOS SILESIA		<b>00:57:51.90</b>	<b>00:57:51.90</b>	+00:09:35 (16.6%)	5:47	10.4 (83.9%)
32	<b>TARKA Andrzej</b>	<b>176</b>	GORĄCY POTOK TEAM	ELITE PRO MASTERS M	3	Gorący Potok Team		<b>00:57:53.15</b>	<b>00:57:53.15</b>	+00:09:37 (16.6%)	5:47	10.4 (83.9%)
33	<b>MAŁYSIAK Jarosław</b>	<b>141</b>	NINJA CLUB KRAKÓW	ELITE PRO M	30	NINJA CLUB KRAKÓW		<b>00:58:14.15</b>	<b>00:58:14.15</b>	+00:09:58 (17.1%)	5:49	10.3 (83.1%)
34	<b>BAK Kuba</b>	<b>29</b>	BIEGUN OCR TEAM	ELITE PRO M	31	Biegun OCR Team		<b>00:58:17.50</b>	<b>00:58:17.50</b>	+00:10:01 (17.2%)	5:49	10.3 (83.1%)
35	<b>BUDNY Maksymilian</b>	<b>160</b>	SPARTAN TEAM KALETY	ELITE PRO M	32	Spartan Team Kalety		<b>00:58:23.55</b>	<b>00:58:23.55</b>	+00:10:07 (17.3%)	5:50	10.3 (83.1%)
36	<b>JARZĄBEK Dawid</b>	<b>119</b>	SOCIOS SILESIA	ELITE PRO M	33	SOCIOS SILESIA		<b>00:58:26.60</b>	<b>00:58:26.60</b>	+00:10:10 (17.4%)	5:50	10.3 (83.1%)
37	<b>KARCZ Oskar</b>	<b>58</b>	LEMON TEAM	ELITE PRO M	34	Lemon Team		<b>00:58:28.20</b>	<b>00:58:28.20</b>	+00:10:12 (17.4%)	5:50	10.3 (83.1%)
38	<b>DRZEWIECKI Filip</b>	<b>179</b>	MAD RUNNERS	ELITE PRO M	35	Mad Runners		<b>00:58:35.20</b>	<b>00:58:35.20</b>	+00:10:19 (17.6%)	5:51	10.2 (82.3%)

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39	<b>KUBER Andrzej</b>	<b>21</b>	EX TEAM	ELITE PRO M	36			<b>00:58:38.10</b>	<b>00:58:38.10</b>	+00:10:22 (17.7%)	5:51	10.2 (82.3%)
40	<b>OSETEK Paweł</b>	<b>4</b>	FIT MORE RYBNIK	ELITE PRO M	37			<b>00:59:15.95</b>	<b>00:59:15.95</b>	+00:10:59 (18.6%)	5:55	10.1 (81.5%)
41	<b>ŻAK Przemysław</b>	<b>91</b>	LEMON TEAM	ELITE PRO M	38	Lemon Team		<b>00:59:40.70</b>	<b>00:59:40.70</b>	+00:11:24 (19.1%)	5:58	10.1 (81.5%)
42	<b>HABER Patryk</b>	<b>83</b>	CARBON SILESIA SPORT	ELITE PRO M	39	Carbon Silesia Sport		<b>00:59:54.20</b>	<b>00:59:54.20</b>	+00:11:38 (19.4%)	5:59	10 (80.6%)
43	<b>WIŚNIEWSKI Daniel</b>	<b>171</b>		ELITE PRO MASTERS M	4			<b>01:00:01.00</b>	<b>01:00:01.00</b>	+00:11:44 (19.6%)	6:00	10 (80.6%)
44	<b>STROJNY Paweł</b>	<b>100</b>	LEMON TEAM	ELITE PRO M	40	Lemon Team		<b>01:00:02.25</b>	<b>01:00:02.25</b>	+00:11:46 (19.6%)	6:00	10 (80.6%)
45	<b>ŻURAWIK Rafał</b>	<b>33</b>	LEMON TEAM	ELITE PRO M	41	Lemon Team		<b>01:00:16.55</b>	<b>01:00:16.55</b>	+00:12:00 (19.9%)	6:01	10 (80.6%)
46	<b>KOZŁOWSKI Artur</b>	<b>74</b>	GORAŃY POTOK TEAM	ELITE PRO M	42	Gorący Potok Team		<b>01:00:19.00</b>	<b>01:00:19.00</b>	+00:12:02 (20.0%)	6:01	9.9 (79.8%)
47	<b>WUDKOWSKI Filip</b>	<b>56</b>	XRUNNERS	ELITE PRO M	43	xRunners		<b>01:00:59.75</b>	<b>01:00:59.75</b>	+00:12:43 (20.9%)	6:05	9.8 (79.0%)
48	<b>BERNACKI Krzysztof</b>	<b>109</b>	FIT MORE RYBNIK	ELITE PRO M	44	FIT MORE RYBNIK		<b>01:01:37.00</b>	<b>01:01:37.00</b>	+00:13:20 (21.7%)	6:09	9.7 (78.2%)
49	<b>PASTUSZKA Michał</b>	<b>102</b>		ELITE PRO M	45			<b>01:01:38.90</b>	<b>01:01:38.90</b>	+00:13:22 (21.7%)	6:09	9.7 (78.2%)
50	<b>PORĘBSKI Michał</b>	<b>106</b>	DZIK KOMANDO	ELITE PRO M	46	Dzik Komando		<b>01:01:43.65</b>	<b>01:01:43.65</b>	+00:13:27 (21.8%)	6:10	9.7 (78.2%)
51	<b>GRZEGORZYCA Damian</b>	<b>166</b>	DZIADY OCR	ELITE PRO MASTERS M	5	DZIADY OCR		<b>01:01:55.95</b>	<b>01:01:55.95</b>	+00:13:39 (22.1%)	6:11	9.7 (78.2%)
52	<b>KALINOWSKI Szymon</b>	<b>17</b>	VIKINGS RUN TEAM	ELITE PRO M	47			<b>01:02:21.70</b>	<b>01:02:21.70</b>	+00:14:05 (22.6%)	6:14	9.6 (77.4%)
53	<b>RURAŃSKI Rafał</b>	<b>148</b>	NACHILLUMORDO	ELITE PRO M	48	Na Chillu Mordo		<b>01:02:33.60</b>	<b>01:02:33.60</b>	+00:14:17 (22.8%)	6:15	9.6 (77.4%)
54	<b>FUCHS Bartosz</b>	<b>68</b>	NINJA CLUB KRAKÓW	ELITE PRO M	49	NINJA CLUB KRAKÓW		<b>01:02:34.55</b>	<b>01:02:34.55</b>	+00:14:18 (22.9%)	6:15	9.6 (77.4%)
55	<b>BERNACKI Grzegorz</b>	<b>131</b>	NOTEĆ OCR CZARNKÓW	ELITE PRO MASTERS M	6	NOTEĆ OCR CZARNKÓW		<b>01:02:43.90</b>	<b>01:02:43.90</b>	+00:14:27 (23.1%)	6:16	9.6 (77.4%)
56	<b>GAWIN Krzysztof</b>	<b>147</b>	NINIA CLUB KRAKÓW	ELITE PRO M	50	NINJA CLUB KRAKÓW		<b>01:02:52.20</b>	<b>01:02:52.20</b>	+00:14:36 (23.2%)	6:17	9.5 (76.6%)
57	<b>MAROŃ Tomasz</b>	<b>63</b>	KLONO TEAM	ELITE PRO M	51	Klono Team		<b>01:03:03.25</b>	<b>01:03:03.25</b>	+00:14:47 (23.5%)	6:18	9.5 (76.6%)
58	<b>RAJNICH Tomasz</b>	<b>173</b>	SPARTAN TEAM KALETY	ELITE PRO M	52	Spartan Team Kalety		<b>01:03:25.80</b>	<b>01:03:25.80</b>	+00:15:09 (23.9%)	6:20	9.5 (76.6%)
59	<b>WOJTAS Juiusz</b>	<b>8</b>	OSPRO NINJA ACADEMY	ELITE PRO M	53			<b>01:03:31.50</b>	<b>01:03:31.50</b>	+00:15:15 (24.0%)	6:21	9.4 (75.8%)
60	<b>KRYSZTOFIAK Damian</b>	<b>139</b>	UNITED RUNNERS	ELITE PRO M	54			<b>01:03:46.35</b>	<b>01:03:46.35</b>	+00:15:30 (24.3%)	6:22	9.4 (75.8%)
61	<b>WITKOWSKI Rafał</b>	<b>88</b>	WATAHA	ELITE PRO M	55	WATAHA		<b>01:04:12.90</b>	<b>01:04:12.90</b>	+00:15:56 (24.8%)	6:25	9.3 (75.0%)

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62	<b>KRZYŻOWSKI Grzegorz</b>	<b>12</b>	FIT MORE RYBNIK	ELITE PRO M	56	FIT MORE RYBNIK		<b>01:04:14.40</b>	<b>01:04:14.40</b>	+00:15:58 (24.9%)	6:25	9.3 (75.0%)
63	<b>BARAN Konrad</b>	<b>96</b>	WARRIORS ŁÓDŹ	ELITE PRO M	57	Warriors Łódź		<b>01:04:19.20</b>	<b>01:04:19.20</b>	+00:16:03 (25.0%)	6:25	9.3 (75.0%)
64	<b>ŁYPIK Jakub</b>	<b>98</b>	NINJA CLUB KRAKÓW	ELITE PRO M	58	NINJA CLUB KRAKÓW		<b>01:04:23.25</b>	<b>01:04:23.25</b>	+00:16:07 (25.0%)	6:26	9.3 (75.0%)
65	<b>WYLĘŻEK Mateusz</b>	<b>110</b>	CARBON SILESIA SPORT	ELITE PRO M	59	Carbon Silesia Sport		<b>01:05:06.85</b>	<b>01:05:06.85</b>	+00:16:50 (25.9%)	6:30	9.2 (74.2%)
66	<b>PIOTROWSKI Kamil</b>	<b>60</b>	WOLF TEAM	ELITE PRO M	60			<b>01:05:10.50</b>	<b>01:05:10.50</b>	+00:16:54 (25.9%)	6:31	9.2 (74.2%)
67	<b>CEREMUGA Robert</b>	<b>79</b>	CARBON SILESIA SPORT	ELITE PRO M	61	Carbon Silesia Sport		<b>01:05:11.60</b>	<b>01:05:11.60</b>	+00:16:55 (26.0%)	6:31	9.2 (74.2%)
68	<b>SZTANGA Jarosław</b>	<b>99</b>	SOCIOS SILESIA	ELITE PRO M	62	SOCIOS SILESIA		<b>01:05:18.25</b>	<b>01:05:18.25</b>	+00:17:02 (26.1%)	6:31	9.2 (74.2%)
69	<b>PATYK Tomasz</b>	<b>89</b>	BEFIT24TEAM	ELITE PRO M	63	BeFit24Team		<b>01:05:33.20</b>	<b>01:05:33.20</b>	+00:17:17 (26.4%)	6:33	9.2 (74.2%)
70	<b>BRZESKI Szczepan</b>	<b>145</b>	BEFIT24TEAM	ELITE PRO MASTERS M	7	BeFit24Team		<b>01:05:39.70</b>	<b>01:05:39.70</b>	+00:17:23 (26.5%)	6:33	9.1 (73.4%)
71	<b>SZUPRYCZYŃSKI Krzysztof</b>	<b>67</b>	XRUNNERS	ELITE PRO M	64	xRunners		<b>01:05:40.95</b>	<b>01:05:40.95</b>	+00:17:24 (26.5%)	6:34	9.1 (73.4%)
72	<b>PIWNIK Bartosz</b>	<b>86</b>	LEMON TEAM	ELITE PRO M	65	Lemon Team		<b>01:05:53.45</b>	<b>01:05:53.45</b>	+00:17:37 (26.7%)	6:35	9.1 (73.4%)
73	<b>KRĘGIELSKI Filip</b>	<b>20</b>	BIEGUN OCR TEAM	ELITE PRO M	66	Biegun OCR Team		<b>01:05:56.20</b>	<b>01:05:56.20</b>	+00:17:40 (26.8%)	6:35	9.1 (73.4%)
74	<b>NAWROCKI Piotr</b>	<b>115</b>	CARBON SILESIA SPORT	ELITE PRO M	67	Carbon Silesia Sport		<b>01:06:08.70</b>	<b>01:06:08.70</b>	+00:17:52 (27.0%)	6:36	9.1 (73.4%)
75	<b>WYROBEK Michał</b>	<b>6</b>		ELITE PRO M	68	CHEEKY MONKEY TEAM		<b>01:06:14.10</b>	<b>01:06:14.10</b>	+00:17:58 (27.1%)	6:37	9.1 (73.4%)
76	<b>PSOTA Leszek</b>	<b>134</b>	OCR-OWE PSOTKI	ELITE PRO M	69			<b>01:06:18.80</b>	<b>01:06:18.80</b>	+00:18:02 (27.2%)	6:37	9 (72.6%)
77	<b>PETELCZYC Piotr</b>	<b>169</b>	CARBON SILESIA SPORT	ELITE PRO MASTERS M	8	Carbon Silesia Sport		<b>01:06:20.85</b>	<b>01:06:20.85</b>	+00:18:04 (27.3%)	6:38	9 (72.6%)
78	<b>MACHERA Rafał</b>	<b>3</b>		ELITE PRO M	70			<b>01:06:22.85</b>	<b>01:06:22.85</b>	+00:18:06 (27.3%)	6:38	9 (72.6%)
79	<b>CIEŚLUKIEWICZ Damian</b>	<b>59</b>	OSPRO OCR	ELITE PRO M	71			<b>01:06:24.45</b>	<b>01:06:24.45</b>	+00:18:08 (27.3%)	6:38	9 (72.6%)
80	<b>KOŁAKOWSKI Krzysztof</b>	<b>78</b>	RUNMAGEDDON TEAM	ELITE PRO M	72	RUNMAGEDDON TEAM		<b>01:07:00.80</b>	<b>01:07:00.80</b>	+00:18:44 (28.0%)	6:42	9 (72.6%)
81	<b>SZUFLICKI Tymon</b>	<b>157</b>		ELITE PRO M	73			<b>01:07:02.00</b>	<b>01:07:02.00</b>	+00:18:45 (28.0%)	6:42	9 (72.6%)
82	<b>MITURA Dawid</b>	<b>116</b>	NACHILLUMORDO	ELITE PRO M	74			<b>01:07:08.55</b>	<b>01:07:08.55</b>	+00:18:52 (28.1%)	6:42	8.9 (71.8%)
83	<b>WIECZOREK Mateusz</b>	<b>72</b>	XRUNNERS	ELITE PRO M	75	xRunners		<b>01:07:15.20</b>	<b>01:07:15.20</b>	+00:18:59 (28.2%)	6:43	8.9 (71.8%)
84	<b>MECHTA Sebastian</b>	<b>27</b>		ELITE PRO MASTERS M	9	FIT MORE RYBNIK		<b>01:07:44.70</b>	<b>01:07:44.70</b>	+00:19:28 (28.8%)	6:46	8.9 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>KANIECKI Paweł</b>	<b>140</b>	WATAHA OCR PRZEMYSŁ	ELITE PRO M	76			<b>01:07:55.40</b>	<b>01:07:55.40</b>	+00:19:39 (28.9%)	6:47	8.8 (71.0%)
86	<b>NAWROCKI Michał</b>	<b>64</b>	XRUNNERS	ELITE PRO M	77	xRunners		<b>01:08:00.80</b>	<b>01:08:00.80</b>	+00:19:44 (29.0%)	6:48	8.8 (71.0%)
87	<b>OGIŃSKI Szymon</b>	<b>122</b>	WARRIORS ŁÓDŹ	ELITE PRO M	78	Warriors Łódź		<b>01:08:01.85</b>	<b>01:08:01.85</b>	+00:19:45 (29.1%)	6:48	8.8 (71.0%)
88	<b>CZERWONKA Piotr</b>	<b>22</b>	WATAHA	ELITE PRO M	79	WATAHA		<b>01:08:06.00</b>	<b>01:08:06.00</b>	+00:19:49 (29.1%)	6:48	8.8 (71.0%)
89	<b>KUCHARSKI Łukasz</b>	<b>137</b>	BIGYELLOWFOOT ADVENTURE TEAM	ELITE PRO M	80	BigYellowFoot Adventure Team		<b>01:08:23.25</b>	<b>01:08:23.25</b>	+00:20:07 (29.4%)	6:50	8.8 (71.0%)
90	<b>BŁĘDZKI Adam</b>	<b>108</b>		ELITE PRO M	81			<b>01:08:41.35</b>	<b>01:08:41.35</b>	+00:20:25 (29.7%)	6:52	8.7 (70.2%)
91	<b>PILAWSKI Ryszard</b>	<b>170</b>	NOTEĆ OCR CZARNKÓW	ELITE PRO MASTERS M	10	NOTEĆ OCR CZARNKÓW		<b>01:09:00.35</b>	<b>01:09:00.35</b>	+00:20:44 (30.1%)	6:54	8.7 (70.2%)
92	<b>SERAFIŃSKI Robert</b>	<b>165</b>	RAJSPORT ACTIVE	ELITE PRO MASTERS M	11	RAJSPORT ACTIVE		<b>01:09:21.85</b>	<b>01:09:21.85</b>	+00:21:05 (30.4%)	6:56	8.7 (70.2%)
93	<b>TAŃSKI Michał</b>	<b>133</b>	XRUNNERS	ELITE PRO MASTERS M	12	xRunners		<b>01:09:36.30</b>	<b>01:09:36.30</b>	+00:21:20 (30.7%)	6:57	8.6 (69.4%)
94	<b>KLEWANIEC Jakub</b>	<b>111</b>	CARBON SILESIA SPORT	ELITE PRO M	82	Carbon Silesia Sport		<b>01:09:44.90</b>	<b>01:09:44.90</b>	+00:21:28 (30.8%)	6:58	8.6 (69.4%)
95	<b>KRÓLEWSKI Karol</b>	<b>69</b>	BEFIT24TEAM	ELITE PRO M	83	BeFit24Team		<b>01:10:24.05</b>	<b>01:10:24.05</b>	+00:22:08 (31.4%)	7:02	8.5 (68.5%)
96	<b>GOLAŃSKI Piotr</b>	<b>90</b>	DZIK KOMANDO	ELITE PRO M	84	Dzik Komando		<b>01:10:46.50</b>	<b>01:10:46.50</b>	+00:22:30 (31.8%)	7:04	8.5 (68.5%)
97	<b>MIZGALSKI Jacek</b>	<b>163</b>	DZIADY OCR	ELITE PRO MASTERS M	13	DZIADY OCR		<b>01:11:03.25</b>	<b>01:11:03.25</b>	+00:22:47 (32.1%)	7:06	8.4 (67.7%)
98	<b>PIĘKOSZ Łukasz</b>	<b>15</b>	SOCIOS SILESIA	ELITE PRO M	85	SOCIOS SILESIA		<b>01:11:07.30</b>	<b>01:11:07.30</b>	+00:22:51 (32.1%)	7:06	8.4 (67.7%)
99	<b>FRAĆKOWIAK Krzysztof</b>	<b>117</b>	NOTEĆ OCR CZARNKÓW	ELITE PRO M	86	NOTEĆ OCR CZARNKÓW		<b>01:11:08.20</b>	<b>01:11:08.20</b>	+00:22:52 (32.1%)	7:06	8.4 (67.7%)
100	<b>KONIEC Mariusz</b>	<b>146</b>	CARBON SILESIA SPORT BY VITARADE	ELITE PRO M	87	Carbon Silesia Sport		<b>01:11:27.10</b>	<b>01:11:27.10</b>	+00:23:11 (32.4%)	7:08	8.4 (67.7%)
101	<b>KURTYKA Przemysław</b>	<b>75</b>		ELITE PRO M	88	FIT MORE RYBNIK		<b>01:11:50.35</b>	<b>01:11:50.35</b>	+00:23:34 (32.8%)	7:11	8.4 (67.7%)
102	<b>CEMPULIK Michał</b>	<b>93</b>	CARBON SILESIA SPORT	ELITE PRO M	89	Carbon Silesia Sport		<b>01:11:58.45</b>	<b>01:11:58.45</b>	+00:23:42 (32.9%)	7:11	8.3 (66.9%)
103	<b>ŁOŚ Feliks</b>	<b>162</b>	DZIK KOMANDO	ELITE PRO M	90	Dzik Komando		<b>01:12:37.85</b>	<b>01:12:37.85</b>	+00:24:21 (33.5%)	7:15	8.3 (66.9%)
104	<b>ZIARKOWSKI Mirosław</b>	<b>180</b>	FIT MORE RYBNIK	ELITE PRO MASTERS M	14	FIT MORE RYBNIK		<b>01:12:50.60</b>	<b>01:12:50.60</b>	+00:24:34 (33.7%)	7:17	8.2 (66.1%)
105	<b>JANISZEWSKI Grzegorz</b>	<b>164</b>		ELITE PRO MASTERS M	15	DZIADY OCR		<b>01:13:06.35</b>	<b>01:13:06.35</b>	+00:24:50 (34.0%)	7:18	8.2 (66.1%)
106	<b>MIROWSKI Jacek</b>	<b>107</b>	DZIK KOMANDO	ELITE PRO M	91	Dzik Komando		<b>01:13:13.10</b>	<b>01:13:13.10</b>	+00:24:57 (34.1%)	7:19	8.2 (66.1%)
107	<b>GENDERA Mateusz</b>	<b>151</b>	ACTIVE FLOW	ELITE PRO M	92	Active Flow		<b>01:13:20.90</b>	<b>01:13:20.90</b>	+00:25:04 (34.2%)	7:20	8.2 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>MOKSIK Jan</b>	<b>161</b>	FIT MORE RYBNIK	ELITE PRO MASTERS M	16	FIT MORE RYBNIK		<b>01:13:46.05</b>	<b>01:13:46.05</b>	+00:25:30 (34.6%)	7:22	8.1 (65.3%)
109	<b>KRÓL Kasjan</b>	<b>159</b>	SHARK CREW RYBNIK	ELITE PRO M	93	SHARK CREW RYBNIK		<b>01:13:54.25</b>	<b>01:13:54.25</b>	+00:25:38 (34.7%)	7:23	8.1 (65.3%)
110	<b>CIEŚLIŃSKI Szymon</b>	<b>70</b>		ELITE PRO M	94	SOCIOS SILESIA		<b>01:14:42.75</b>	<b>01:14:42.75</b>	+00:26:26 (35.4%)	7:28	8 (64.5%)
111	<b>NAJDEREK Michał</b>	<b>114</b>	NOTEĆ OCR CZARNKÓW	ELITE PRO M	95	NOTEĆ OCR CZARNKÓW		<b>01:14:58.35</b>	<b>01:14:58.35</b>	+00:26:42 (35.6%)	7:29	8 (64.5%)
112	<b>DALKIEWICZ Dariusz</b>	<b>168</b>		ELITE PRO MASTERS M	17	xRunners		<b>01:15:08.70</b>	<b>01:15:08.70</b>	+00:26:52 (35.8%)	7:30	8 (64.5%)
113	<b>FACISZEWSKI Adam</b>	<b>57</b>	LEMON TEAM	ELITE PRO M	96	Lemon Team		<b>01:15:40.70</b>	<b>01:15:40.70</b>	+00:27:24 (36.2%)	7:34	7.9 (63.7%)
114	<b>WIATROS Kamil</b>	<b>80</b>	LEMON TEAM	ELITE PRO M	97	Lemon Team		<b>01:15:59.60</b>	<b>01:15:59.60</b>	+00:27:43 (36.5%)	7:35	7.9 (63.7%)
115	<b>BARABAŚ Grzegorz</b>	<b>167</b>	FIT MORE RYBNIK	ELITE PRO MASTERS M	18	FIT MORE RYBNIK		<b>01:16:40.70</b>	<b>01:16:40.70</b>	+00:28:24 (37.1%)	7:40	7.8 (62.9%)
116	<b>RZEKIECKI Michał</b>	<b>113</b>	CHEEKY MONKEY TEAM	ELITE PRO M	98	CHEEKY MONKEY TEAM		<b>01:16:56.50</b>	<b>01:16:56.50</b>	+00:28:40 (37.3%)	7:41	7.8 (62.9%)
117	<b>ZIELIŃSKI Michał</b>	<b>174</b>		ELITE PRO M	99			<b>01:16:56.75</b>	<b>01:16:56.75</b>	+00:28:40 (37.3%)	7:41	7.8 (62.9%)
118	<b>ŁAWRENCZUK Paweł</b>	<b>16</b>	WOLF TEAM	ELITE PRO M	100	Wolf Team		<b>01:18:20.05</b>	<b>01:18:20.05</b>	+00:30:04 (38.4%)	7:50	7.7 (62.1%)
119	<b>KACPERSKI Jacek</b>	<b>149</b>		ELITE PRO M	101	Gorący Potok Team		<b>01:18:26.50</b>	<b>01:18:26.50</b>	+00:30:10 (38.5%)	7:50	7.6 (61.3%)
120	<b>SZAST Robert</b>	<b>132</b>		ELITE PRO M	102			<b>01:18:30.80</b>	<b>01:18:30.80</b>	+00:30:14 (38.5%)	7:51	7.6 (61.3%)
121	<b>CIUPEK Paweł</b>	<b>81</b>	BEFIT24TEAM	ELITE PRO M	103	BeFit24Team		<b>01:19:07.45</b>	<b>01:19:07.45</b>	+00:30:51 (39.0%)	7:54	7.6 (61.3%)
122	<b>KARBOWNICZEK Tomasz</b>	<b>136</b>	BEFIT24TEAM	ELITE PRO MASTERS M	19	BeFit24Team		<b>01:19:11.15</b>	<b>01:19:11.15</b>	+00:30:55 (39.0%)	7:55	7.6 (61.3%)
123	<b>POPIK Adam</b>	<b>94</b>	XRUNNERS	ELITE PRO M	104	xRunners		<b>01:19:24.35</b>	<b>01:19:24.35</b>	+00:31:08 (39.2%)	7:56	7.6 (61.3%)
124	<b>WOJTAS Kacper</b>	<b>11</b>	OSPRO NINJA ACADEMY	ELITE PRO M	105			<b>01:21:05.35</b>	<b>01:21:05.35</b>	+00:32:49 (40.5%)	8:06	7.4 (59.7%)
125	<b>ŁAPACZ Adam</b>	<b>175</b>	POWER TRAINING	ELITE PRO M	106	Power Training		<b>01:21:50.10</b>	<b>01:21:50.10</b>	+00:33:34 (41.0%)	8:11	7.3 (58.9%)
126	<b>KOMOROWSKI Mateusz</b>	<b>61</b>	POWER TRAINING	ELITE PRO M	107			<b>01:22:43.10</b>	<b>01:22:43.10</b>	+00:34:27 (41.6%)	8:16	7.3 (58.9%)
127	<b>ZIEMNICKI Tomasz</b>	<b>150</b>	FIT MORE RYBNIK	ELITE PRO MASTERS M	20	FIT MORE RYBNIK		<b>01:24:06.10</b>	<b>01:24:06.10</b>	+00:35:50 (42.6%)	8:24	7.1 (57.3%)
128	<b>GAŁUSZYŃSKI Łukasz</b>	<b>124</b>	ACTIVE FLOW	ELITE PRO M	108	Active Flow		<b>01:25:54.75</b>	<b>01:25:54.75</b>	+00:37:38 (43.8%)	8:35	7 (56.5%)
129	<b>ŚNIEŻKO-BŁOCKI Błażej</b>	<b>71</b>	NACHILLUMORDO	ELITE PRO M	109	Na Chillu Mordo		<b>01:26:47.40</b>	<b>01:26:47.40</b>	+00:38:31 (44.4%)	8:40	6.9 (55.6%)
130	<b>KURACH Stanisław</b>	<b>172</b>	DZIEDY OCR	ELITE PRO MASTERS M	21	DZIADY OCR		<b>01:27:28.10</b>	<b>01:27:28.10</b>	+00:39:12 (44.8%)	8:44	6.9 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	<b>NOJEK Arkadiusz</b>	<b>85</b>		ELITE PRO M	110	CHEEKY MONKEY TEAM		<b>01:27:28.15</b>	<b>01:27:28.15</b>	+00:39:12 (44.8%)	8:44	6.9 (55.6%)
132	<b>CZUBAK Zbigniew</b>	<b>178</b>		ELITE PRO MASTERS M	22			<b>01:27:47.75</b>	<b>01:27:47.75</b>	+00:39:31 (45.0%)	8:46	6.8 (54.8%)
133	<b>BYCZUK Mikołaj</b>	<b>14</b>		ELITE PRO M	111			<b>01:32:44.40</b>	<b>01:32:44.40</b>	+00:44:28 (48.0%)	9:16	6.5 (52.4%)
134	<b>SCHMIDT Paweł</b>	<b>156</b>	BEFIT24TEAM	ELITE PRO MASTERS M	23	BeFit24Team		<b>01:39:08.95</b>	<b>01:39:08.95</b>	+00:50:52 (51.3%)	9:54	6.1 (49.2%)
135	<b>KONDEJ Michał</b>	<b>76</b>	ACTIVE FLOW	ELITE PRO M	112	Active Flow		<b>01:54:29.35</b>	<b>01:54:29.35</b>	+01:06:13 (57.8%)	11:26	5.2 (41.9%)
136	<b>MIŁOŚ Tomasz</b>	<b>26</b>		ELITE PRO M	113	Active Flow		<b>02:05:36.25</b>	<b>02:05:36.25</b>	+01:17:20 (61.6%)	12:33	4.8 (38.7%)
137	<b>DRZEWIECKI Marcin</b>	<b>123</b>	MAD RUNNERS	ELITE PRO M	114	Mad Runners		<b>02:15:16.90</b>	<b>03:12:17.10</b>	+02:24:01 (74.9%)	13:31	4.4 (35.5%)

Znaleziono 137 wynik(ów)