



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PIENINY ULTRA-TRAIL®
Fundacja Strefa Przygód
2023-04-22
Szczawnica
44.1 km

WIELKA PREHYBA - 44 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km	Bacówka na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
1	WITEK Andrzej	1507	140MINUT.PL	M30	1	MP	MKS Siechnice	01:13:49	01:57:54	02:58:16	03:01:40	03:27:44	03:29:27.65	03:29:30.00		4:44	12.6 (100%)
2	RAJCA Michał	1513	HOKA GARMIN TEAM	M30	2	MP	SBG Salco Niepołomice	01:16:02	02:00:16	03:02:53	03:06:39	03:33:24	03:34:50.15	03:34:52.90	+00:05:22 (2.5%)	4:52	12.3 (97.6%)
3	BODURKA Krzysztof	1508	SALOMON TEAM	M30	3			01:16:58	02:01:21	03:04:50	03:08:25	03:34:59	03:36:23.65	03:36:25.60	+00:06:55 (3.2%)	4:54	12.2 (96.8%)
4	SKUPIEŃ Tomasz	1510		M30	4	MP	SKL Sucha Beskidzka		02:01:24	03:10:06	03:14:50	03:44:21	03:46:08.40	03:46:10.30	+00:16:40 (7.4%)	5:07	11.7 (92.9%)
5	KARWACZYŃSKI Roger	1553	AW-SZYBCIEJ-TEAM	M30	5			01:21:23	02:09:56	03:17:35	03:21:34	03:50:18	03:51:55.50	03:51:58.90	+00:22:28 (9.7%)	5:15	11.4 (90.5%)
6	ŻUCHOWSKI Daniel	2110	HOKA RUNNERS POLAND	M30	6	MP	LKB Rudnik	01:22:01	02:10:00	03:19:28	03:23:38	03:51:42	03:53:09.35	03:53:12.70	+00:23:42 (10.2%)	5:17	11.3 (89.7%)
7	ŚLIWKA Paweł	1704	RUNPROGRESS	M30	7	MP	MKS Brenna Górki	01:26:37	02:18:39	03:36:03	03:40:58	04:13:51	04:15:33.30	04:15:36.90	+00:46:06 (18.0%)	5:47	10.4 (82.5%)
8	BADOWSKI Aleksander	1968	AW - SZYBCIEJ - TEAM	M30	8	MP	MKS Polonia Warszawa	01:26:56	02:19:02	03:35:56	03:41:03	04:16:49	04:18:55.35	04:18:58.45	+00:49:28 (19.1%)	5:52	10.2 (81.0%)
9	DOMBROWSKI Maciej	1519	ON RUNNING	M30	9	MP	KKB MOSiR Krosno	01:21:06	02:13:13	03:36:26	03:41:28	04:17:21	04:19:09.50	04:19:12.60	+00:49:42 (19.2%)	5:52	10.2 (81.0%)
10	KANSY Sebastian	2001		M30	10			01:28:31	02:22:18	03:43:49	03:48:40	04:21:00	04:22:42.70	04:22:53.95	+00:53:23 (20.3%)	5:57	10.1 (80.2%)
11	WERNER Kamil	1593	DZIKI BIEG	M30	11			01:31:42	02:28:14	03:51:03	03:55:28	04:30:34	04:32:15.70	04:32:23.70	+01:02:53 (23.1%)	6:10	9.7 (77.0%)
12	NIEDŹWIADEK Kamil	1522	NIEDŹWIADKI RUNNING TEAM	M30	12	MP	KS AZS AWF Warszawa	01:31:59	02:28:06	03:52:04	03:57:19	04:32:46	04:34:30.80	04:34:35.00	+01:05:05 (23.7%)	6:13	9.6 (76.2%)
13	SELKE Radosław	1910	MORT!	M30	13	MP	UKS MTE Milanówek	01:30:37	02:28:19	03:55:22	04:00:08	04:36:10	04:37:43.90	04:37:47.30	+01:08:17 (24.6%)	6:17	9.5 (75.4%)
14	STANKIEWICZ Tomasz	1612	PLANYBIEGOWE.PL	M30	14	MP	KL Ziemia Kłodzka	01:35:31	02:31:10	03:59:35	04:04:58	04:42:48	04:44:45.75	04:44:50.75	+01:15:20 (26.5%)	6:27	9.3 (73.8%)
15	CHMIELOWIEC Daniel	2078	GORLICKA GRUPA BIEGOWA	M30	15			01:32:15	02:31:21	04:00:30	04:05:17	04:44:14	04:46:18.75	04:46:26.85	+01:16:56 (26.9%)	6:29	9.2 (73.0%)
16	KOZIOŁ Kamil	2122	G.O.A.T. TEAM MICHAŁOWICE	M30	16			01:31:56	02:29:37	04:04:23	04:10:18	04:47:26	04:49:05.75	04:49:10.05	+01:19:40 (27.6%)	6:33	9.2 (73.0%)
17	SZKOŁA Paweł	1809	TLENOWA RADOŚĆ TEAM	M30	17			01:35:07	02:35:00	04:03:01	04:09:45	04:48:02	04:50:26.20	04:50:31.45	+01:21:01 (27.9%)	6:35	9.1 (72.2%)
18	PAWLIKOWSKI Michał	2037		M30	18			01:25:14	02:15:35	03:48:24	03:54:30	04:51:03	04:53:24.50	04:53:27.85	+01:23:57 (28.6%)	6:39	9 (71.4%)
19	ZOŃ Arkadiusz	1936		M30	19			01:44:42	02:47:57	04:14:22	04:20:05	04:54:35	04:56:44.15	04:56:49.60	+01:27:19 (29.4%)	6:43	8.9 (70.6%)
20	JANUSZ Jakub	1938		M30	20			01:44:39	02:48:02	04:14:34	04:20:06	04:54:48	04:56:43.65	04:56:49.70	+01:27:19 (29.4%)	6:43	8.9 (70.6%)
21	PUŁKOWSKI Jakub	1963	#PYZANAGIGANCIE TEAM CAMELBAK POLSKA TORQ POLSKA	M30	21			01:36:53	02:36:41	04:10:05	04:16:24	04:57:35	04:59:20.85	04:59:24.90	+01:29:54 (30.0%)	6:47	8.8 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie	Bacówka na Obidzy	Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								14.7km	24.4km	37.2km	37.7km	43.6km	44.1km	44.1km			
22	SIWEK Michał	1907	NIEPOŁOMICE BIEGAJĄ	M30	22			01:39:27	02:38:58	04:11:39	04:14:47	05:00:07	05:02:02.40	05:02:09.40	+01:32:39 (30.7%)	6:50	8.8 (69.8%)
23	MOŻEJKO Artur	1959	NIEPOŁOMICE BIEGAJĄ	M30	23			01:44:39	02:48:38	04:21:24	04:26:58	05:04:01	05:05:55.85	05:06:13.35	+01:36:43 (31.6%)	6:56	8.6 (68.3%)
24	WIĘCŁAW Paweł	1840	WOLSKI KOLEKTYW BIEGOWY	M30	24			01:54:37	02:56:19	04:24:53	04:30:14	05:05:52	05:07:40.25	05:07:50.60	+01:38:20 (31.9%)	6:58	8.6 (68.3%)
25	MALSKI Tomasz	1947	WOLSKI KOLEKTYW BIEGOWY	M30	25			01:50:11	02:54:35	04:24:54	04:30:14	05:05:53	05:07:40.40	05:07:50.85	+01:38:20 (31.9%)	6:58	8.6 (68.3%)
26	RUSIN Krzysztof	1889		M30	26			01:38:34	02:39:01	04:19:58	04:26:10	05:06:22	05:08:17.80	05:08:23.05	+01:38:53 (32.1%)	6:59	8.6 (68.3%)
27	STASZELIS Krzysztof	2084	POCO LOCO ADVENTURE	M30	27			01:41:19	02:45:12	04:24:44	04:30:34	05:09:02	05:10:41.75	05:10:46.10	+01:41:16 (32.6%)	7:02	8.5 (67.5%)
28	FRANUSIAK Marek	1909		M30	28			01:54:13	02:57:34	04:27:01	04:32:32	05:09:18	05:10:55.60	05:11:09.40	+01:41:39 (32.7%)	7:03	8.5 (67.5%)
29	TURCHAN Łukasz	1667		M30	29			01:51:00	02:55:40	04:29:57	04:35:31	05:11:26	05:13:05.10	05:13:19.10	+01:43:49 (33.1%)	7:05	8.5 (67.5%)
30	GIERS Michał	1900		M30	30			01:52:31	02:57:25	04:30:43	04:35:20	05:12:00	05:13:37.05	05:13:50.85	+01:44:20 (33.2%)	7:06	8.4 (66.7%)
31	SWOBODA Sebastian	1982	TRAIL IS OUR WAY	M30	31			01:44:30	02:49:23	04:26:21	04:32:29	05:13:40	05:15:28.05	05:15:33.85	+01:46:03 (33.6%)	7:09	8.4 (66.7%)
32	KOLASA Przemysław	2157		M30	32			01:44:11	02:48:43	04:30:29	04:36:01	05:14:33	05:16:28.95	05:16:37.45	+01:47:07 (33.8%)	7:10	8.4 (66.7%)
33	ZOŁA Piotr	1541	PIODZO EXTREME	M30	33			01:41:22	02:42:40	04:27:23	04:34:04	05:15:41	05:17:43.45	05:17:52.65	+01:48:22 (34.1%)	7:12	8.3 (65.9%)
34	WÓJCIK Łukasz	1672	SZYBCIEJ NIE DAM RADY	M30	34			01:45:52	02:50:01	04:27:00	04:32:47	05:15:47	05:17:46.15	05:18:16.10	+01:48:46 (34.2%)	7:12	8.3 (65.9%)
35	FILIP Paweł	2127	MOCNA GRUPA CEZARA	M30	35			01:43:04	02:46:17	04:28:19	04:35:32	05:17:04	05:19:04.55	05:19:21.60	+01:49:51 (34.4%)	7:14	8.3 (65.9%)
36	ZAPAŁA Piotr	1933	DREAMRUN	M30	36			01:52:15	02:59:38	04:36:42	04:41:29	05:19:39	05:21:23.20	05:22:04.45	+01:52:34 (35.0%)	7:17	8.2 (65.1%)
37	GOCZAŁ Mateusz	1648	HOLICLINIC	M30	37			01:46:46	02:53:08	04:36:00	04:42:08	05:25:10	05:27:08.05	05:27:27.05	+01:57:57 (36.0%)	7:25	8.1 (64.3%)
38	PARWA Michał	1683	MAGAZYN NA SZCZYCIE	M30	38			01:51:52	03:01:35	04:41:35	04:47:03	05:25:41	05:27:33.60	05:27:42.60	+01:58:12 (36.1%)	7:25	8.1 (64.3%)
39	TRĄBICKI Adam	1949	SPREE - CZAPKA Z GŁOWĄ	M30	39			01:48:54	02:53:09	04:36:34	04:43:23	05:26:35	05:28:40.15	05:28:58.75	+01:59:28 (36.3%)	7:27	8.1 (64.3%)
40	POSADOWSKI Szymon	1544	AW SZYBCIEJ TEAM	M30	40			01:51:03	02:58:34	04:40:42	04:46:49	05:28:00	05:29:51.45	05:29:56.90	+02:00:26 (36.5%)	7:28	8 (63.5%)
41	WNĘK Marek	1820		M30	41			01:43:50	02:51:05	04:37:30	04:43:38	05:28:00	05:30:00.25	05:30:15.20	+02:00:45 (36.6%)	7:28	8 (63.5%)
42	TOKARSKI Szymon	2151		M30	42			01:40:23	02:47:47	04:35:29	04:41:04	05:28:28	05:30:28.05	05:30:36.55	+02:01:06 (36.6%)	7:29	8 (63.5%)
43	ROSIK Robert	1864		M30	43			01:45:17	02:50:53	04:39:42	04:46:04	05:29:08	05:31:07.05	05:31:16.05	+02:01:46 (36.8%)	7:30	8 (63.5%)
44	SARKA Bartłomiej	1989		M30	44			01:50:48	02:57:24	04:45:14	04:51:45	05:34:29	05:36:30.55	05:36:51.00	+02:07:21 (37.8%)	7:37	7.9 (62.7%)
45	KRAWIEC Sławomir	2005	SAINT-GOBAIN SQUAD/ INFINITY-GYM	M30	45			01:56:46	03:06:49	04:48:10	04:54:47	05:34:58	05:36:49.90	05:37:31.20	+02:08:01 (37.9%)	7:38	7.9 (62.7%)
46	STAŃCZAK Łukasz	1892	NAPRZÓD MŁOCINY	M30	46			01:47:59	02:55:54	04:46:15	04:52:13	05:36:00	05:37:57.55	05:38:06.85	+02:08:36 (38.0%)	7:39	7.8 (61.9%)
47	KŁOŚ Artur	2080	STAY INSANE	M30	47			01:48:15	02:57:26	04:45:23	04:52:27	05:38:04	05:40:46.50	05:40:52.55	+02:11:22 (38.5%)	7:43	7.8 (61.9%)
48	GIL Maciej	1656	140MINUT	M30	48			01:49:30	02:59:16	04:47:08	04:53:16	05:38:35	05:40:34.05	05:40:52.70	+02:11:22 (38.5%)	7:43	7.8 (61.9%)
49	GRABSKI Michał	1908	KOMBO KURCZAKI	M30	49			01:53:40	03:05:21	04:50:40	04:56:05	05:40:00	05:41:57.85	05:42:06.65	+02:12:36 (38.8%)	7:45	7.7 (61.1%)
50	DYDEK Kamil	1896	ALBO GRUBO ALBO WCALE	M30	50			01:46:28	02:54:32	04:51:41	04:57:31	05:41:19	05:43:25.85	05:43:38.85	+02:14:08 (39.0%)	7:47	7.7 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie	Bacówka na Obidzy	Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								14.7km	24.4km								
51	WARZECHA Kamil	2023	RMT TEAM	M30	51			01:48:12	02:56:06	04:48:22	04:55:14	05:43:52	05:45:40.55	05:45:49.15	+02:16:19 (39.4%)	7:50	7.7 (61.1%)
52	BIERNAT Mateusz	1736		M30	52			01:58:52	03:12:03	05:00:12	05:06:09	05:46:36	05:48:28.55	05:48:54.35	+02:19:24 (40.0%)	7:54	7.6 (60.3%)
53	JANIAK Norbert	1528		M30	53			01:40:05	02:48:36	04:45:27	04:52:35	05:46:57	05:49:20.10	05:49:25.55	+02:19:55 (40.0%)	7:55	7.6 (60.3%)
54	BASHFORD Marcus	1540		M30	54			01:55:57	03:08:13	04:57:45	05:03:56	05:46:44	05:48:36.55	05:49:27.10	+02:19:57 (40.0%)	7:54	7.6 (60.3%)
55	GDULA Jakub	1586	KAMIL LEŚNIAK FANPAGE TEAM	M30	55			01:57:50	03:07:23	04:56:21	05:03:02	05:47:19	05:49:39.85	05:49:54.30	+02:20:24 (40.1%)	7:55	7.6 (60.3%)
56	SZKODZIAK Mateusz	1862		M30	56			01:48:23	03:01:51	05:01:44	05:07:46	05:50:55	05:53:00.15	05:53:00.15	+02:23:30 (40.7%)	8:00	7.5 (59.5%)
57	UBYCH Mariusz	1712	FIZJO PLUS ACTIVE	M30	57			01:54:06	03:07:31	05:01:09	05:07:00	05:51:16	05:53:30.30	05:53:48.80	+02:24:18 (40.8%)	8:00	7.5 (59.5%)
58	BAGSIK Łukasz	2071	QTEAM	M30	58			01:53:05	03:05:51	05:03:40	05:09:50	05:52:16	05:54:13.75	05:54:55.80	+02:25:25 (41.0%)	8:01	7.5 (59.5%)
59	WANAT Mateusz	1957	PRZEDWOJEWSKI TEAM	M30	59			01:53:31	03:06:05	04:56:51	05:04:31	05:52:59	05:54:56.80	05:55:10.10	+02:25:40 (41.0%)	8:02	7.5 (59.5%)
60	HOJAN Łukasz	1614	FEHLAU RUN TEAM	M30	60			01:59:07	03:12:24	05:03:34	05:09:44	05:53:32	05:55:38.35	05:55:58.80	+02:26:28 (41.1%)	8:03	7.4 (58.7%)
61	BARAN Kamil	1599		M30	61			01:58:45	03:12:57	05:03:05	05:09:30	05:54:35	05:56:16.65	05:56:33.00	+02:27:03 (41.2%)	8:04	7.4 (58.7%)
62	CIEPŁY Maciej	1707		M30	62			01:47:49	03:05:04	05:03:45	05:10:15	05:54:47	05:56:31.65	05:56:37.85	+02:27:07 (41.3%)	8:05	7.4 (58.7%)
63	DITTMAR Bartosz	1875		M30	63			02:01:10	03:15:03	05:04:32	05:10:32	05:54:32	05:56:43.70	05:56:58.95	+02:27:28 (41.3%)	8:05	7.4 (58.7%)
64	MITAN Kamil	1825		M30	64			02:01:07	03:13:11	05:05:55	05:11:59	05:54:33	05:56:38.85	05:57:13.35	+02:27:43 (41.4%)	8:05	7.4 (58.7%)
65	TOPA Mateusz	2141		M30	65			01:53:43	03:04:25	05:02:38	05:08:52	05:54:47	05:56:50.75	05:57:14.70	+02:27:44 (41.4%)	8:05	7.4 (58.7%)
66	KLIMEK Marek	1904	ADIDAS RUNNERS WARSAW	M30	66			01:53:13	03:06:01	05:00:13	05:06:42	05:56:18	05:58:20.00	05:58:36.20	+02:29:06 (41.6%)	8:07	7.4 (58.7%)
67	MAJ Marek	2064		M30	67			01:58:08	03:14:37	05:10:45	05:16:33	05:57:15	05:59:08.15	05:59:50.15	+02:30:20 (41.8%)	8:08	7.4 (58.7%)
68	IWANEK Przemysław	1926	PLANYBIEGOWE.PL / BLACK HAT TEAM	M30	68			01:55:34	03:09:09	05:07:57	05:13:14	05:57:43	05:59:33.45	05:59:59.40	+02:30:29 (41.8%)	8:09	7.4 (58.7%)
69	SZAFRAŃSKI Dominik	1701	OBORNICKI KLUB LEKKOATLETYCZNY	M30	69			01:49:49	02:59:33	05:02:27	05:09:24	05:58:03	06:00:01.80	06:00:14.95	+02:30:44 (41.8%)	8:09	7.3 (57.9%)
70	DUCH Rafał	1719		M30	70			02:00:59	03:16:36	05:09:30	05:15:29	05:58:26	06:00:08.95	06:00:31.85	+02:31:01 (41.9%)	8:09	7.3 (57.9%)
71	JANKOWSKI Dawid	1698		M30	71			01:52:25	03:05:25	05:03:35	05:10:07	05:58:15	06:00:35.75	06:01:05.85	+02:31:35 (42.0%)	8:10	7.3 (57.9%)
72	SZKLARCZYK Dariusz	1668	MY ENDURANCE COACHING	M30	72			02:01:00	03:16:27	05:09:33	05:15:47	05:58:55	06:00:43.00	06:01:26.20	+02:31:56 (42.0%)	8:10	7.3 (57.9%)
73	NOWAK Filip	1680		M30	73			02:03:56	03:24:42	05:16:58	05:23:16	06:04:18	06:06:08.50	06:06:52.80	+02:37:22 (42.9%)	8:18	7.2 (57.1%)
74	VERHEYEN Kurt	1738		M30	74			01:58:56	03:13:14	05:11:37	05:18:02	06:06:25	06:08:55.00	06:09:16.25	+02:39:46 (43.3%)	8:21	7.2 (57.1%)
75	ADAMUS Jakub	1615		M30	75			02:05:36	03:22:45	05:17:41	05:23:57	06:07:11	06:09:04.60	06:09:24.75	+02:39:54 (43.3%)	8:22	7.2 (57.1%)
76	STRZELECKI Robert	2100	TEAM ZABIEGANEDNI	M30	76			02:06:33	03:24:19	05:19:23	05:26:14	06:10:59	06:13:25.10	06:13:42.80	+02:44:12 (43.9%)	8:28	7.1 (56.3%)
77	JEGER Piotr	2144	SKLEP BIEGACZA RUNNING TEAM	M30	77			02:02:50	03:18:57	05:17:07	05:23:41	06:11:10	06:13:28.45	06:14:17.10	+02:44:47 (44.0%)	8:28	7.1 (56.3%)
78	ROJEK Maciej	1899		M30	78			02:01:06	03:16:57	05:17:10	05:24:19	06:12:58	06:15:11.65	06:15:32.75	+02:46:02 (44.2%)	8:30	7.1 (56.3%)
79	CZERNECKI Jacek	1987	CARBON SILESIA SPORT	M30	79			01:53:56	03:10:03	05:21:24	05:27:24	06:13:21	06:15:29.70	06:15:57.80	+02:46:27 (44.3%)	8:30	7 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie	Bacówka na Obidzy	Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								14.7km	24.4km								
80	KOWALCZYK Mateusz	2101	MINUTKA TRAIL / PRZEWORSKA GRUPA BIEGOWA	M30	80			01:56:49	03:18:36	05:24:02	05:29:33	06:12:20	06:16:15.85	06:16:20.50	+02:46:50 (44.3%)	8:31	7 (55.6%)
81	MATAK Paweł	1906	ŁASUCH	M30	81			02:02:21	03:18:47	05:18:54	05:25:22	06:13:55	06:16:10.50	06:16:46.10	+02:47:16 (44.4%)	8:31	7 (55.6%)
82	SZMIDT Karol	2089	SZMIDT I SYN	M30	82			01:59:32	03:18:38	05:18:12	05:24:23	06:16:51	06:19:01.00	06:19:07.55	+02:49:37 (44.7%)	8:35	7 (55.6%)
83	SZCZUREK Jakub	1929		M30	83			02:03:01	03:19:46	05:25:33	05:31:41	06:16:01	06:18:33.75	06:19:23.55	+02:49:53 (44.8%)	8:35	7 (55.6%)
84	FEDOREK Dawid	2028		M30	84			02:10:33	03:32:16	05:34:10	05:39:43	06:19:38	06:21:37.45	06:22:07.50	+02:52:37 (45.2%)	8:39	6.9 (54.8%)
85	GIERSZEWSKI Maciek	1587	ZAŁOGA G	M30	85			02:04:52	03:23:15	05:23:22	05:29:57	06:20:02	06:22:22.40	06:22:31.70	+02:53:01 (45.2%)	8:40	6.9 (54.8%)
86	PIETRZAK Michał	1857	3	M30	86			02:01:35	03:17:31	05:26:44	05:34:08	06:21:27	06:23:46.05	06:24:10.45	+02:54:40 (45.5%)	8:42	6.9 (54.8%)
87	GRABOWSKI Mariusz	1874	KLUB FANÓW SUPER ZUZI	M30	87			02:07:00	03:27:05	05:28:11		06:22:20	06:24:34.75	06:24:59.15	+02:55:29 (45.6%)	8:43	6.9 (54.8%)
88	KONSEK Jacek	1608		M30	88			02:07:24	03:28:50	05:28:52	05:35:13	06:22:52	06:25:23.10	06:25:41.50	+02:56:11 (45.7%)	8:44	6.9 (54.8%)
89	ŻACZEK Łukasz	1654	JZDL	M30	89			01:57:48	03:19:56	05:29:23	05:37:02	06:25:24	06:27:06.20	06:27:28.45	+02:57:58 (45.9%)	8:46	6.8 (54.0%)
90	HRONOWSKI Jakub	1567		M30	90			02:02:42	03:17:54	05:24:41	05:31:22	06:28:03	06:29:46.50	06:29:58.25	+03:00:28 (46.3%)	8:50	6.8 (54.0%)
91	LIPIŃSKI Oskar	2079		M30	91			02:04:52	03:22:58	05:26:30	05:34:00	06:28:42	06:30:59.35	06:31:42.65	+03:02:12 (46.5%)	8:51	6.8 (54.0%)
92	MICHAŁOWSKI Piotr	1523		M30	92			02:07:46	03:24:38	05:31:08	05:37:53	06:29:10	06:31:32.75	06:31:53.80	+03:02:23 (46.5%)	8:52	6.8 (54.0%)
93	SYCHOWSKI Dawid	1675		M30	93			02:01:46	03:23:36	05:31:18	05:38:11	06:32:03	06:34:19.90	06:35:02.55	+03:05:32 (47.0%)	8:56	6.7 (53.2%)
94	KOZERA Bartłomiej	1708		M30	94			02:04:58	03:25:48	05:41:46	05:48:31	06:36:32	06:38:17.65	06:38:39.70	+03:09:09 (47.4%)	9:01	6.6 (52.4%)
95	ŚCIEGOSZ Daniel	1997	STANWEX II	M30	95			02:11:57	03:38:11	05:48:06	05:55:00	06:41:58	06:43:49.30	06:44:38.50	+03:15:08 (48.2%)	9:09	6.6 (52.4%)
96	LIKA Michał	1884		M30	96			02:01:10	03:23:46	05:46:57	05:53:37	06:43:35	06:45:42.55	06:46:10.75	+03:16:40 (48.4%)	9:11	6.5 (51.6%)
97	ILKOVIC Matus	1781		M30	97			02:05:38	03:26:36	05:50:30	05:57:36	06:43:44	06:47:34.85	06:47:45.80	+03:18:15 (48.6%)	9:14	6.5 (51.6%)
98	KOŁODZIEJ Marcin	1605	KRULOWIE ZYCIA	M30	98			02:12:17	03:30:49	05:46:02	05:52:56	06:45:54	06:48:13.40	06:49:01.05	+03:19:31 (48.8%)	9:15	6.5 (51.6%)
99	MAJDA Maciej	2088	MKL BRYGADA BESKIDÓW	M30	99			02:05:16	03:28:11	05:46:04	05:55:20	06:53:20	06:55:28.60	06:55:41.10	+03:26:11 (49.6%)	9:25	6.4 (50.8%)
100	KRÓL Łukasz	1918		M30	100			02:07:02	03:36:32	05:52:30	05:59:04	06:55:25	06:57:39.70	06:58:18.10	+03:28:48 (49.9%)	9:28	6.3 (50.0%)
101	KORPAK Adam	1747	PLOTWISE	M30	101			02:17:37	03:47:25	05:57:37	06:04:49	06:59:36	07:01:39.90	07:01:50.40	+03:32:20 (50.3%)	9:33	6.3 (50.0%)
102	BOŁDYS Paweł	1934	TRENER BIEGACZY RUNONLINE.PL	M30	102			02:15:12	03:39:28	05:57:39	06:05:01	07:00:12	07:02:40.25	07:02:51.70	+03:33:21 (50.5%)	9:35	6.3 (50.0%)
103	SZYDŁOWSKI Bogdan	1858	2ROWERY.COM.PL	M30	103			02:05:22	03:33:19	05:57:40	06:04:37	07:00:33	07:02:49.25	07:03:38.85	+03:34:08 (50.5%)	9:35	6.3 (50.0%)
104	AMBICKI Miłosz	1794	---	M30	104			02:20:21	03:55:14	06:12:03	06:17:54	07:02:22	07:04:25.50	07:05:12.00	+03:35:42 (50.7%)	9:37	6.2 (49.2%)
105	KUCIA Łukasz	2147	KB MARATON TUREK	M30	105			02:10:17	03:34:31	05:57:22	06:05:19	07:03:14	07:06:00.00	07:06:15.00	+03:36:45 (50.9%)	9:39	6.2 (49.2%)
106	SMURA Rafał	1919		M30	106			02:10:16	03:34:41	05:57:30	06:04:57	07:03:12	07:05:59.05	07:06:15.10	+03:36:45 (50.9%)	9:39	6.2 (49.2%)
107	NALEPA Paweł	1885	CHILLOUT CREW	M30	107			02:09:37	03:33:46	06:14:27	06:21:27		07:11:25.50	07:11:54.40	+03:42:24 (51.5%)	9:46	6.1 (48.4%)
108	KOZIŃSKI Wojciech	1723		M30	108			02:17:22	03:45:30	06:09:43	06:16:20		07:14:08.55	07:14:37.35	+03:45:07 (51.8%)	9:50	6.1 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie	Bacówka na Obidzy	Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								14.7km	24.4km								
109	LEŚNIAK Marcin	1967	STANWEX II	M30	109			02:28:17	04:06:36	06:14:59	06:21:43		07:14:02.30	07:14:46.20	+03:45:16 (51.8%)	9:50	6.1 (48.4%)
110	WOJTCZAK Michał	1839		M30	110			02:17:35	03:52:41	06:11:09	06:18:24		07:16:50.00	07:17:08.40	+03:47:38 (52.1%)	9:54	6.1 (48.4%)
111	SANIAK Przemysław	1767		M30	111			02:19:39	03:56:59	06:21:11	06:28:23		07:17:52.55	07:18:02.15	+03:48:32 (52.2%)	9:55	6 (47.6%)
112	WILMAN Andrzej	1950		M30	112			02:15:38	03:48:21	06:10:50	06:17:28		07:18:49.10	07:19:36.20	+03:50:06 (52.3%)	9:57	6 (47.6%)
113	ZARZECZNY Radosław	1888		M30	113			02:20:11	03:53:00	06:12:29	06:19:35		07:20:12.45	07:20:27.45	+03:50:57 (52.4%)	9:58	6 (47.6%)
114	KORPAK Piotr	1821		M30	114			01:59:42	03:22:43	06:00:32	06:05:59		07:27:41.95	07:27:49.20	+03:58:19 (53.2%)	10:09	5.9 (46.8%)
115	MITER Damian	1898	RUNNERSI	M30	115			02:16:02	03:42:46	06:18:59	06:27:19		07:29:17.30	07:29:25.80	+03:59:55 (53.4%)	10:11	5.9 (46.8%)
116	KOŚCIOŁEK Mariusz	1925	RUNNERSI	M30	116			02:16:05	03:51:02	06:19:01	06:27:22		07:29:18.60	07:29:26.15	+03:59:56 (53.4%)	10:11	5.9 (46.8%)
117	PARTYKA Gabriel	1834		M30	117			02:17:39	03:48:39	06:16:44	06:24:17		07:30:47.25	07:31:37.85	+04:02:07 (53.6%)	10:13	5.9 (46.8%)
118	WRÓBEL Tomasz	1782		M30	118			02:16:14	03:48:12	06:26:57	06:34:29		07:33:27.25	07:33:48.90	+04:04:18 (53.8%)	10:16	5.8 (46.0%)
119	NAWROT Łukasz	1969	BIEG Z CHRYSTUSEM	M30	119			02:16:33	03:54:49	06:25:13	06:32:09		07:34:34.55	07:35:08.60	+04:05:38 (54.0%)	10:18	5.8 (46.0%)
120	PIOTROWIAK Tomasz	1887	ENTOPI.PL	M30	120			02:16:25	03:57:29	06:31:05	06:37:07		07:36:28.70	07:37:22.60	+04:07:52 (54.2%)	10:21	5.8 (46.0%)
121	KORCZYŃSKI Daniel	2106		M30	121			02:20:16	04:05:26	06:29:43	06:37:05		07:37:34.90	07:37:49.90	+04:08:19 (54.2%)	10:22	5.8 (46.0%)
122	DZIADOŃ Łukasz	2509	BITKA ZA ZIVOT	M30	122			02:19:07	03:51:47	06:25:29	06:32:25		07:37:00.20	07:38:03.80	+04:08:33 (54.3%)	10:21	5.8 (46.0%)
123	KORAL Jakub	2067		M30	123			02:16:28	04:00:33	06:35:58	06:42:52		07:41:18.75	07:41:34.65	+04:12:04 (54.6%)	10:27	5.7 (45.2%)
124	SZYMCAK Dawid	2063		M30	124			02:25:24	04:06:52	06:36:49	06:44:46		07:47:05.80	07:47:37.00	+04:18:07 (55.2%)	10:35	5.7 (45.2%)
125	BĘBENEK Marcin	2150	KW KRAKÓW	M30	125			02:30:15	04:12:03	06:39:05	06:47:51		07:49:16.10	07:50:03.00	+04:20:33 (55.4%)	10:38	5.6 (44.4%)
126	PASIEKA Grzegorz	1757	SZTYWNE KULASY	M30	126			02:27:01	04:06:12	06:33:29	06:41:17		07:51:06.50	07:51:34.10	+04:22:04 (55.6%)	10:40	5.6 (44.4%)
127	WOJTYŁA Paweł	1526	AKS POLONIA WARSZAWA	M30	127			02:24:55	04:05:25	06:38:34	06:45:47		07:51:54.55	07:52:45.80	+04:23:15 (55.7%)	10:42	5.6 (44.4%)
128	WATORSKI Michał	1552		M30	128			02:19:36	04:00:02	06:34:37	06:43:33		07:56:02.80	07:56:34.65	+04:27:04 (56.0%)	10:47	5.6 (44.4%)
129	GÓRSKI Jakub	1638	RAPID RUNNERS TEAM	M30	129			02:30:38	04:11:54	06:50:30	06:54:16		08:01:31.75	08:02:01.80	+04:32:31 (56.5%)	10:55	5.5 (43.7%)
130	DĄBROWSKI Artur	2136		M30	130			02:32:59	04:14:16	06:49:05	06:57:13		08:02:38.30	08:03:22.30	+04:33:52 (56.7%)	10:56	5.5 (43.7%)
131	HETEL Adam	1763	KLUB BIEGACZA RTV EURO AGD	M30	131			02:36:46	04:16:21	06:48:25	06:56:39		08:02:41.80	08:03:32.40	+04:34:02 (56.7%)	10:56	5.5 (43.7%)
132	SZULC Rafał	1578	PREGRES	M30	132			02:23:16	04:08:27	06:53:49	07:01:05		08:03:28.90	08:03:56.90	+04:34:26 (56.7%)	10:57	5.5 (43.7%)
133	ŻYDEK Piotr	1713	CHSBD W RUCHU	M30	133			02:17:11	04:01:47	06:41:10	06:48:54		08:08:47.35	08:09:13.05	+04:39:43 (57.2%)	11:05	5.4 (42.9%)
134	STĘPIEŃ Piotr	1568		M30	134			02:32:58	04:23:24	06:52:34	07:00:05		08:14:15.30	08:15:13.40	+04:45:43 (57.7%)	11:12	5.4 (42.9%)
135	OLZACKI Piotr	1679		M30	135			02:24:41	04:04:05	06:44:54	06:52:32		08:20:32.70	08:21:07.40	+04:51:37 (58.2%)	11:20	5.3 (42.1%)
136	KĘDZIOREK Rafał	1975	TEAM ZABIEGANEDNI	M30	136			02:19:46	04:27:45	07:10:22	07:19:13		08:27:59.40	08:28:31.00	+04:59:01 (58.8%)	11:31	5.2 (41.3%)
137	KOZIEŁ Jarosław	1564	ŁÓDŹ KOCHA SPORT	M30	137			02:32:58	04:23:25	07:04:34	07:12:23		08:30:39.55	08:31:37.65	+05:02:07 (59.1%)	11:34	5.2 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km	Bacówka na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
138	KOZIEŁ Tadeusz	1570	SZCZĘŚCIARZ BIEGA	M30	138			02:27:54	04:10:06	07:13:04	07:18:46		08:31:44.55	08:32:39.25	+05:03:09 (59.1%)	11:36	5.2 (41.3%)
139	ZASŁONKA Paweł	1571		M30	139			02:28:10	04:10:16	07:12:58	07:19:02		08:31:44.70	08:32:39.30	+05:03:09 (59.1%)	11:36	5.2 (41.3%)
140	POKOTYCKI Denis	1641		M30	140			02:41:47	04:26:43	07:15:53	07:25:02		08:34:46.50	08:35:37.85	+05:06:07 (59.4%)	11:40	5.1 (40.5%)
141	KOŚCIUCH Kamil	1979	DZIKI Z WARSZAWY	M30	141			02:34:21	04:24:40	07:15:16	07:22:06		08:38:02.50	08:38:52.75	+05:09:22 (59.6%)	11:44	5.1 (40.5%)
142	OCHREMIAK Michał	1582	MOKOBIEGACZE	M30	142			02:44:58	04:31:36	07:20:19	07:25:05		08:38:48.50	08:39:29.75	+05:09:59 (59.7%)	11:45	5.1 (40.5%)
143	JAWORSKI Mateusz	2019		M30	143			02:36:37	04:30:44	07:16:25	07:24:39		08:39:02.85	08:39:38.30	+05:10:08 (59.7%)	11:46	5.1 (40.5%)
144	ŁAŻEŃSKI Rafał	1863		M30	144			02:39:56	04:44:37	07:31:34	07:38:12		08:52:48.45	08:53:22.85	+05:23:52 (60.7%)	12:04	5 (39.7%)
145	CIEŚLA Dawid	1861		M30	145			02:39:56	04:44:42	07:31:35	07:38:12		08:52:49.40	08:53:23.70	+05:23:53 (60.7%)	12:04	5 (39.7%)
	KUJAWSKI Bartek	2126	GRUPETTO GORLICE	M30				01:28:10 DNF	02:20:52 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STAJNIAK Bartłomiej	2033		M30		MP	AZS KU Politechniki Opolskiej Opole	01:18:41 DNF	02:16:18 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOBOS Tomasz	1517	METODA FELDENKRAISA	M30		MP	LKB Rudnik	01:21:05 DNF	02:22:06 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZABOLSKI Mateusz	1779	ZABOL TEAM	M30				02:06:18 DNF	03:24:33 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZDANOWSKI Łukasz	2058	WLKS NOWE IGANIE	M30		MP	WLKS Nowe Iganie	01:27:35 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GŁOWACKI Krzysztof	1577	WIDZEW RUNNING TEAM	M30				02:08:41 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CZERNAK Paweł	1511	BLACK HAT PRO	M30		MP	Black Hat Pro Warszawa	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 152 wynik(ów)