

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PIENINY ULTRA-TRAIL®
Fundacja Strefa Przygód
2024-04-20
Szczawnica
43.7 km

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km	Bacówka na Obidzy 24.4km	Schronisko pod Durbaszką 35.5km	43.7km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
1	POCZWARDOWSKI Kamil	2575	SZCZUTOWO BIEGA	M40	1			01:15:13	01:57:44	02:58:11	03:37:29	03:38:21.25	03:38:23.00		4:57	12.1 (100%)
2	PAWŁOWSKI Arkadiusz	2159		M40	2			01:21:45	02:08:48	03:10:34	03:49:33	03:50:24.50	03:50:27.30	+00:12:04 (5.2%)	5:13	11.5 (95.0%)
3	WERNER Kamil	2005	DZIKI BIEG	M40	3	MP	Black Hat Pro Warszawa	01:22:45	02:10:41	03:16:06	03:56:35	03:57:18.10	03:57:26.00	+00:19:03 (8.0%)	5:22	11.2 (92.6%)
4	BADOWSKI Aleksander	2784	AW - SZYBCIEJ - TEAM	M40	4			01:24:57	02:14:03	03:16:51	03:57:29	03:58:24.20	03:58:26.05	+00:20:03 (8.4%)	5:24	11.1 (91.7%)
5	MAZAN Piotr	2452	FINISZ RYMANÓW	M40	5			01:25:24	02:14:43	03:19:29	03:59:45	04:00:33.90	04:00:38.15	+00:22:15 (9.2%)	5:27	11 (90.9%)
6	TAJCHMAN Jarosław	2815	AKADEMIA BIEGACZA MATYLDA KOWAL	M40	6			01:30:00	02:21:25	03:32:18	04:14:19	04:15:01.20	04:15:09.35	+00:36:46 (14.4%)	5:46	10.4 (86.0%)
7	RUSEK Marcin	2335	KS LIMANOWA FORREST	M40	7	MP	KS Limanowa Forrest	01:31:46	02:24:41	03:32:34	04:14:32	04:15:23.90	04:15:29.60	+00:37:06 (14.5%)	5:47	10.4 (86.0%)
8	SENDOR Piotr	2409		M40	8			01:31:20	02:22:59	03:32:40	04:16:55	04:17:55.85	04:18:00.45	+00:39:37 (15.4%)	5:50	10.3 (85.1%)
9	BRAZAUSKAS Aurimas	2913	WILD SOULS	M40	9			01:28:58	02:21:28	03:32:26	04:17:47	04:18:42.20	04:18:58.80	+00:40:35 (15.7%)	5:51	10.2 (84.3%)
10	BANIAK Marcin	2624	G.O.A.T. TEAM MICHAŁOWICE	M40	10			01:30:08	02:22:42	03:33:41	04:19:08	04:20:02.90	04:20:09.35	+00:41:46 (16.1%)	5:53	10.2 (84.3%)
11	ZAKRZYŃSKI Paweł	2274		M40	11			01:33:58	02:25:33	03:37:02	04:20:59	04:21:47.80	04:21:52.95	+00:43:29 (16.6%)	5:56	10.1 (83.5%)
12	NARWOJSZ Arek	2074	INŻYNIERIA BIEGANIA	M40	12			01:35:30	02:28:42	03:40:40	04:23:49	04:24:42.70	04:24:52.90	+00:46:29 (17.6%)	6:00	10 (82.6%)
13	WOJEWODA Marcin	4091	KOŁO BIEGA	M40	13			01:30:05	02:23:30	03:36:42	04:24:01	04:24:52.55	04:24:54.60	+00:46:31 (17.6%)	6:00	10 (82.6%)
14	SZCZUREK Dominik	2989	KS DALIN MYŚLENICE	M40	14			01:34:26	02:30:10	03:42:52	04:29:45	04:30:36.90	04:30:48.50	+00:52:25 (19.4%)	6:08	9.8 (81.0%)
15	POLAŃSKI Tomasz	2762		M40	15			01:32:19	02:31:42	03:46:04	04:33:38	04:34:41.80	04:34:43.85	+00:56:20 (20.5%)	6:13	9.6 (79.3%)
16	DEMBSKI Paweł	2185	RATE MY TRAIL TEAM PRO	M40	16			01:35:15	02:30:25	03:47:15	04:34:29	04:35:12.25	04:35:17.15	+00:56:54 (20.7%)	6:14	9.6 (79.3%)
17	PTAK Mateusz	2504	TRAIL IS OUR WAY	M40	17			01:35:30	02:29:47	03:46:14	04:34:28	04:35:18.75	04:35:23.45	+00:57:00 (20.7%)	6:14	9.6 (79.3%)
18	CZUWAJ Andrzej	2725	ZADYSZKA OŚWIĘCIM	M40	18			01:36:02	02:30:13	03:46:51	04:34:58	04:36:00.20	04:36:11.85	+00:57:48 (20.9%)	6:15	9.6 (79.3%)
19	ZIĘBORAK Szymon	2001		M40	19			01:34:15	02:29:43	03:46:04	04:37:01	04:37:51.90	04:37:51.90	+00:59:28 (21.4%)	6:18	9.5 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa			Schronisko	Bacówka	Schronisko	Czas netto	Czas brutto	Tempo min/km	Tempo km/h	
						Polski	Drużyna	na Przehybie 14.7km	na Obidzy 24.4km	pod Durbaszką 35.5km	43.7km					Różn
20	STAŃCZAK Szymon	2832	STAŃCZAK TEAM	M40	20			01:37:38	02:33:23	03:47:27	04:37:15	04:38:17.50	04:38:26.35	+01:00:03 (21.6%)	6:18	9.5 (78.5%)
21	PAROL Rafał	2045	ADIDAS RUNNERS	M40	21			01:31:25	02:25:25	03:44:00	04:37:45	04:38:52.65	04:38:56.05	+01:00:33 (21.7%)	6:19	9.5 (78.5%)
22	ŁUSZCZAK Kamil	2956	STAY INSANE	M40	22			01:43:14	02:42:08	03:54:35	04:40:00	04:40:52.25	04:41:15.70	+01:02:52 (22.4%)	6:22	9.4 (77.7%)
23	KRZYSZTOŃ Marcin	2174	GMP LASZY - KRAŚNIK	M40	23			01:38:33	02:34:37	03:52:54	04:40:13	04:41:06.45	04:41:19.65	+01:02:56 (22.4%)	6:22	9.4 (77.7%)
24	KAPŁON Piotr	2719	INFINITI GYM ŁUKASZ SZAPORÓW	M40	24			01:37:20	02:34:06	03:53:06	04:41:11	04:42:03.55	04:42:24.65	+01:04:01 (22.7%)	6:23	9.4 (77.7%)
25	BOSAKIEWICZ Tomasz	2114		M40	25			01:36:08	02:34:12	03:51:26	04:42:17	04:43:23.65	04:43:29.45	+01:05:06 (23.0%)	6:25	9.3 (76.9%)
26	WASIEWICZ Adam	2243	NIE MÓJ CYRK, MOJE MAŁPY	M40	26			01:33:47	02:30:26	03:50:19	04:44:35	04:45:35.05	04:45:49.75	+01:07:26 (23.6%)	6:28	9.3 (76.9%)
27	OBRAŁ Szymon	2188	BRONKO DZIK	M40	27			01:35:54	02:34:11	03:56:18	04:45:14	04:46:14.35	04:46:39.10	+01:08:16 (23.8%)	6:29	9.2 (76.0%)
28	PIASECKI Łukasz	2792	ZBŁAZ TEAM	M40	28			01:38:03	02:35:31	03:57:57	04:45:45	04:46:35.85	04:46:46.45	+01:08:23 (23.8%)	6:29	9.2 (76.0%)
29	KRUPA Przemysław	2200	STAŃCZAK TEAM	M40	29			01:36:14	02:32:19	03:52:38	04:45:52	04:46:49.20	04:47:03.20	+01:08:40 (23.9%)	6:30	9.2 (76.0%)
30	GARGALOVIĆ Ján	2138	ČERGOVRUN	M40	30			01:40:14	02:38:50	03:57:59	04:47:40	04:48:30.30	04:49:10.65	+01:10:47 (24.5%)	6:32	9.2 (76.0%)
31	KURAS Przemysław	2633	NUNEK SPITFIRE	M40	31			01:44:48	02:45:29	04:06:26	04:52:55	04:53:50.70	04:54:03.35	+01:15:40 (25.7%)	6:39	9 (74.4%)
32	SAJEWSKI Przemek	2184	KALINOWSKI TEAM	M40	32			01:39:57	02:40:51	04:04:01	04:53:35	04:54:37.30	04:54:42.30	+01:16:19 (25.9%)	6:40	9 (74.4%)
33	GALA Grzegorz	2087	SCHENKER TECHNOLOGY CENTER RUNNERS	M40	33			01:40:46	02:41:21	04:04:15	04:53:55	04:54:52.60	04:55:16.70	+01:16:53 (26.0%)	6:41	9 (74.4%)
34	KOSTECKI Igor	2018	WCHSZT	M40	34			01:39:36	02:38:44	04:00:06	04:54:31	04:55:44.30	04:56:13.40	+01:17:50 (26.3%)	6:42	8.9 (73.6%)
35	CZEMERYS Piotr	2822	RUCH IZBICA	M40	35			01:41:08	02:40:52	04:03:10	04:54:54	04:56:18.20	04:56:37.60	+01:18:14 (26.4%)	6:43	8.9 (73.6%)
36	ŻAK Adam	2813	KB LUPUS OLEŚNICA	M40	36			01:37:07	02:36:31	04:02:05	04:55:19	04:56:27.80	04:56:41.35	+01:18:18 (26.4%)	6:43	8.9 (73.6%)
37	POGORZELSKI Krzysztof	2975	ŁYSOGÓRSKI	M40	37			01:40:28	02:40:00	04:02:32	04:56:03	04:57:00.90	04:57:10.30	+01:18:47 (26.5%)	6:44	8.9 (73.6%)
38	FLĄDRO Daniel	2095		M40	38			01:37:19	02:36:21	04:04:06	04:56:27	04:57:31.55	04:57:39.45	+01:19:16 (26.6%)	6:44	8.9 (73.6%)
39	SZYBILSKI Daniel	2225	DAREDEVILS TT / TYCZYŃSKI TT	M40	39			01:41:03	02:40:54	04:04:52	04:57:52	04:58:54.75	04:59:14.55	+01:20:51 (27.0%)	6:46	8.9 (73.6%)
40	WŁODARCZYK Michał	2290	EVERRUN	M40	40			01:42:03	02:44:48	04:08:30	04:58:56	04:59:55.60	04:59:55.60	+01:21:32 (27.2%)	6:48	8.8 (72.7%)
41	MINOROWSKI Maciej	2734	K.N.N.R.	M40	41			01:38:58	02:37:00	04:00:42	04:59:05	04:59:59.50	05:00:58.75	+01:22:35 (27.4%)	6:48	8.8 (72.7%)
42	DYŚ Paweł	2286		M40	42			01:39:08	02:39:27	04:04:13	05:01:19	05:02:33.95	05:02:45.50	+01:24:22 (27.9%)	6:51	8.7 (71.9%)
43	CITUK Grzegorz	2467	42K PRO/VIKING TEAM	M40	43			01:44:19	02:46:52	04:12:44	05:05:18	05:06:09.35	05:06:32.95	+01:28:09 (28.8%)	6:56	8.6 (71.1%)
44	PRUSAK Piotr	2788	GORĄCY POTOK TEAM	M40	44			01:34:21	02:31:01	04:08:11	05:06:04	05:07:31.35	05:07:34.00	+01:29:11 (29.0%)	6:58	8.6 (71.1%)
45	AGRES Paweł	2117	STAY INSANE	M40	45			01:44:44	02:47:46	04:12:38	05:05:39	05:06:41.65	05:07:36.00	+01:29:13 (29.0%)	6:57	8.6 (71.1%)
46	ZAMBRZYCKI Maciej	2678	RESHAPE RUNNERS	M40	46			01:47:11	02:50:36	04:15:24	05:06:46	05:07:37.50	05:07:47.30	+01:29:24 (29.0%)	6:58	8.6 (71.1%)
47	ANTOŃCZAK Marek	2391	RUCH IZBICA	M40	47			01:41:17	02:42:18	04:15:06	05:08:53	05:10:00.35	05:10:21.65	+01:31:58 (29.6%)	7:01	8.5 (70.2%)

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						Polski	Drużyna	na Przehybie 14.7km	na Obidzy 24.4km	pod Durbaszką 35.5km						43.7km
48	KARCZ Grzegorz	2888	BĘDUSKA BRYGADA BIEGOWA	M40	48			01:44:55	02:50:11	04:19:39	05:09:35	05:10:26.15	05:10:35.30	+01:32:12 (29.7%)	7:02	8.5 (70.2%)
49	JAREMA Maciej	2735	LOKOMOTIV MAJDAN	M40	49			01:45:24	02:47:26	04:13:43	05:08:46	05:09:56.55	05:10:56.00	+01:32:33 (29.8%)	7:01	8.5 (70.2%)
50	MALINOWSKI Marek	2282	UKS LIDER SIERCZA	M40	50	MP	UKS Lider Siercza	01:49:07	02:51:32	04:16:52	05:10:04	05:10:56.40	05:12:18.90	+01:33:55 (30.1%)	7:03	8.5 (70.2%)
51	MACIEJEWSKI Rafał	2615		M40	51			01:41:36	02:38:54	04:10:55	05:10:19	05:11:22.05	05:12:38.55	+01:34:15 (30.1%)	7:03	8.5 (70.2%)
52	JASTRZĘBSKI Szymon	2873		M40	52			01:43:18	02:49:21	04:19:18	05:11:49	05:12:50.20	05:12:55.30	+01:34:32 (30.2%)	7:05	8.5 (70.2%)
53	KRZESIŃSKI Dariusz	2667	ORANGE POLSKA	M40	53			01:42:10	02:46:52	04:16:50	05:11:56	05:13:03.40	05:13:20.60	+01:34:57 (30.3%)	7:05	8.5 (70.2%)
54	PILCH Piotr	2978	BARANIA GÓRA	M40	54			01:40:10	02:42:18	04:09:07	05:12:33	05:13:42.55	05:13:44.45	+01:35:21 (30.4%)	7:06	8.4 (69.4%)
55	POŁUBOK Kajetan	2096		M40	55			01:45:17	02:49:34	04:19:05	05:12:37	05:13:49.80	05:13:56.00	+01:35:33 (30.4%)	7:06	8.4 (69.4%)
56	FUKS Szymon	2502	MCBIEGACZE	M40	56			01:44:56	02:46:44	04:17:43	05:13:19	05:14:21.50	05:14:35.15	+01:36:12 (30.6%)	7:07	8.4 (69.4%)
57	SARNIAK Marcin	2109	MPK WYBIEGANIA	M40	57			01:44:33	02:48:58	04:16:41	05:14:58	05:15:53.70	05:16:09.90	+01:37:46 (30.9%)	7:09	8.4 (69.4%)
58	WÓJTOWICZ Piotr	2865	PODIUM	M40	58			01:49:55	02:52:04	04:18:59	05:14:50	05:15:47.70	05:16:52.35	+01:38:29 (31.1%)	7:09	8.4 (69.4%)
59	KUŚMIERZAK Piotr	2857	PRZEDWOJEWSKI TEAM	M40	59			01:45:14	02:48:00	04:18:02	05:16:55	05:18:04.90	05:18:26.40	+01:40:03 (31.4%)	7:12	8.3 (68.6%)
60	BARTOSZ Marek	2070	JCI RUNNING TEAM	M40	60			01:51:53	02:57:23	04:24:00	05:17:18	05:18:21.00	05:18:51.25	+01:40:28 (31.5%)	7:13	8.3 (68.6%)
61	BASAĞ Marek	2962		M40	61			01:49:42	02:52:21	04:24:39	05:19:10	05:20:21.95	05:20:50.20	+01:42:27 (31.9%)	7:15	8.3 (68.6%)
62	KARCZ Tomasz	2558	TEALTREE.PL	M40	62			01:44:31	02:48:09	04:22:11	05:19:57	05:21:15.85	05:21:19.80	+01:42:56 (32.0%)	7:17	8.2 (67.8%)
63	MIREK Grzegorz	2963		M40	63			01:44:56	02:47:45	04:22:41	05:21:08	05:21:56.05	05:22:23.25	+01:44:00 (32.3%)	7:18	8.2 (67.8%)
64	WOJTAS Piotr	2301	TRAIL IS OUR WAY	M40	64			01:48:33	02:54:14	04:23:13	05:21:14	05:22:05.10	05:22:24.05	+01:44:01 (32.3%)	7:18	8.2 (67.8%)
65	CZAJKOWSKI Krzysztof	2704		M40	65			01:48:34	02:57:39	04:25:42	05:21:48	05:22:42.85	05:23:22.25	+01:44:59 (32.5%)	7:19	8.2 (67.8%)
66	KORECKI Andrzej	2777	ŁOCHOWO TRAIL TEAM	M40	66	MP	UKS Czapla Błota	01:46:01	02:48:01	04:24:57	05:22:51	05:23:39.20	05:23:41.75	+01:45:18 (32.5%)	7:20	8.2 (67.8%)
67	KUŹMIŃSKI Piotr	2441	ABB	M40	67			01:50:33	02:53:08	04:23:48	05:23:03	05:24:12.55	05:24:28.85	+01:46:05 (32.7%)	7:21	8.2 (67.8%)
68	KORCZ Daniel	2869	TERVEL BIEGACZ GÓRSKI / BESTTEXT.PL	M40	68			01:42:41	02:43:48	04:18:46	05:24:01	05:24:57.60	05:25:04.35	+01:46:41 (32.8%)	7:22	8.1 (66.9%)
69	FILIPEK Paweł	2860	BIEGUSIEM.PL / AW - SZYBCIEJ TEAM	M40	69			01:39:39	02:41:02	04:18:35	05:23:43	05:25:02.10	05:25:13.50	+01:46:50 (32.9%)	7:22	8.1 (66.9%)
70	REIMUS Maciej	2851	AKTYWNI KOCIEWIACY	M40	70			01:47:55	02:53:26	04:25:32	05:23:59	05:25:03.65	05:25:15.85	+01:46:52 (32.9%)	7:22	8.1 (66.9%)
71	BRZUSKA Lesław	2252		M40	71			01:43:54	02:50:25	04:28:39	05:24:52	05:26:01.05	05:26:06.60	+01:47:43 (33.0%)	7:23	8.1 (66.9%)
72	TWARDOWSKI Bartosz	2398		M40	72			01:46:39	02:53:47	04:28:18	05:27:37	05:28:43.40	05:28:50.10	+01:50:27 (33.6%)	7:27	8 (66.1%)
73	WÓJCIK Łukasz	2056	NIEMCE TEAM / SZYBCIEJ NIE DAM RADY	M40	73			01:48:03	02:56:39	04:28:29	05:27:42	05:28:45.10	05:29:53.00	+01:51:30 (33.8%)	7:27	8 (66.1%)
74	MIŚKIEWICZ Mariusz	2137	STAŃCZAK TEAM	M40	74			01:26:55	02:21:14	04:02:42	05:28:45	05:30:00.30	05:30:02.35	+01:51:39 (33.8%)	7:28	8 (66.1%)

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						na Przehybie 14.7km	na Obidzy 24.4km	pod Durbaszką 35.5km	43.7km	44.1km	44.1km						
75	KALETA Karol	2472		M40	75				01:52:27	02:59:49	04:31:14	05:28:05	05:28:59.35	05:30:02.90	+01:51:39 (33.8%)	7:27	8 (66.1%)
76	ORŁOWSKI Jakub	2971	OTS	M40	76				01:52:06	03:00:01	04:34:24	05:28:55	05:29:58.80	05:30:19.70	+01:51:56 (33.9%)	7:28	8 (66.1%)
77	KUKLA Maciej	2537		M40	77				01:42:58	02:49:59	04:32:21	05:31:07	05:31:59.85	05:32:19.40	+01:53:56 (34.3%)	7:31	8 (66.1%)
78	PŁAZA Radosław	2766	BARUNOWCE	M40	78				01:49:33	02:54:44	04:35:50	05:32:16	05:33:25.30	05:33:43.15	+01:55:20 (34.6%)	7:33	7.9 (65.3%)
79	GRUCELA Przemek	2303	RUN LOVING ANIMALS	M40	79				01:48:18	02:53:49	04:32:54	05:32:55	05:33:44.45	05:33:52.35	+01:55:29 (34.6%)	7:34	7.9 (65.3%)
80	KRUK Tomasz	2757		M40	80				01:49:10	02:57:26	04:33:29	05:33:14	05:34:20.35	05:34:40.45	+01:56:17 (34.7%)	7:34	7.9 (65.3%)
81	ULIČNÝ Slavomir	2123	CERGOVRUN	M40	81				01:50:56	02:56:40	04:36:06	05:33:22	05:34:17.90	05:35:02.60	+01:56:39 (34.8%)	7:34	7.9 (65.3%)
82	SZKLARCZYK Dariusz	2061	MY ENDURANCE COACHING	M40	82				01:53:08	03:01:13	04:38:06	05:33:44	05:34:44.20	05:35:17.60	+01:56:54 (34.9%)	7:35	7.9 (65.3%)
83	KISIECKI Damian	2230	HURAGAN LIGOTA	M40	83				01:53:35	02:59:32	04:33:08	05:33:41	05:34:55.55	05:35:27.45	+01:57:04 (34.9%)	7:35	7.9 (65.3%)
84	GALL Rafał	2982	RAMASPORT.PL	M40	84				01:59:17	03:06:13	04:34:38	05:33:40	05:34:42.65	05:35:32.10	+01:57:09 (34.9%)	7:35	7.9 (65.3%)
85	BARTECKI Tomasz	2445	#NIMA	M40	85				01:53:08	03:01:02	04:36:18	05:34:37	05:35:42.05	05:35:49.50	+01:57:26 (35.0%)	7:36	7.9 (65.3%)
86	BIJATOWSKI Adrian	2686	MADA RUNNERS	M40	86				01:53:48	03:03:04	04:38:09	05:34:55	05:35:48.80	05:35:58.30	+01:57:35 (35.0%)	7:36	7.9 (65.3%)
87	WYKA Mariusz	2552	LEGIA	M40	87				01:45:42	02:50:06	04:30:07	05:34:15	05:35:25.80	05:36:17.00	+01:57:54 (35.1%)	7:36	7.9 (65.3%)
88	GRASELA Ernest	2912	BESKIDZKIE RYSIE RUNNING TEAM	M40	88				01:45:06	02:50:43	04:34:53	05:35:44	05:36:58.85	05:37:08.25	+01:58:45 (35.2%)	7:38	7.9 (65.3%)
89	DĄBROWSKI Łukasz	2750	TREKKING TEAM OSTROWIEC	M40	89				01:51:53	02:58:28	04:36:37	05:35:35	05:36:43.30	05:37:21.80	+01:58:58 (35.3%)	7:38	7.9 (65.3%)
90	GONDOR Jarosław	2275	UKS LIDER	M40	90				01:54:43	03:06:17	04:42:12	05:35:27	05:36:15.90	05:37:36.70	+01:59:13 (35.3%)	7:37	7.9 (65.3%)
91	JÓZEF Tomasz	2079	ULTRAJÓZKI / TOMOBI	M40	91				01:44:54	02:50:22	04:37:29	05:36:57	05:37:54.15	05:38:06.65	+01:59:43 (35.4%)	7:39	7.8 (64.5%)
92	WALCZYK Mikołaj	2456	KOKO GO!	M40	92				01:57:37	03:06:16	04:39:28	05:36:24	05:37:29.30	05:38:20.40	+01:59:57 (35.5%)	7:39	7.8 (64.5%)
93	WOCHOWSKI Tomasz	2008		M40	93				01:50:05	02:58:11	04:38:53	05:37:10	05:38:08.00	05:38:22.90	+01:59:59 (35.5%)	7:40	7.8 (64.5%)
94	KOWALCZYK Robert	2951	ŁĘCZNA BIEGA / CEDRUS TEAM	M40	94				01:51:23	03:02:19	04:39:35	05:37:28	05:38:25.80	05:39:08.35	+02:00:45 (35.6%)	7:40	7.8 (64.5%)
95	STOLIŃSKI Przemysław	2636	PRZEMEKSTOLINSKI@O2.PL	M40	95				01:53:35	03:01:24	04:38:24	05:38:25	05:39:35.65	05:39:53.60	+02:01:30 (35.7%)	7:42	7.8 (64.5%)
96	KOŁEK Maciej	2896	LUX MED SPORTS TEAM	M40	96				01:48:54	03:04:00	04:41:07	05:38:31	05:39:41.65	05:40:03.60	+02:01:40 (35.8%)	7:42	7.8 (64.5%)
97	RYS Paweł	2714		M40	97				01:52:49	02:59:49	04:41:08	05:38:12	05:40:03.05	05:41:03.65	+02:02:40 (36.0%)	7:42	7.8 (64.5%)
98	SZTYLKO Michał	2036		M40	98				01:52:37	02:59:25	04:40:59	05:40:00	05:40:55.35	05:42:13.25	+02:03:50 (36.2%)	7:43	7.8 (64.5%)
99	ZABRZEWSKI Patryk	2406	KLUB WYSOKOGÓRSKI JASTRZĘBIE ZDRÓJ	M40	99				01:48:44	03:02:54	04:39:59	05:41:37	05:42:33.40	05:42:44.60	+02:04:21 (36.3%)	7:46	7.7 (63.6%)
100	KRZEŚNIAK Karol	2642	G.O.A.T. TEAM MICHAŁOWICE	M40	100				01:56:56	03:09:07	04:45:53	05:41:54	05:42:51.15	05:43:12.85	+02:04:49 (36.4%)	7:46	7.7 (63.6%)
101	PITEK Tomasz	2556	42K PRO TEAM	M40	101				01:55:03	03:02:37	04:41:11	05:41:39	05:42:33.40	05:43:18.35	+02:04:55 (36.4%)	7:46	7.7 (63.6%)
102	SZYMULA Janusz	2051		M40	102				01:55:51	03:05:19	04:44:20	05:42:07	05:43:11.60	05:43:32.45	+02:05:09 (36.4%)	7:46	7.7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Schronisko	Bacówka	Schronisko	Czas		Różn	Tempo min/km	Tempo km/h	
						Przehybie na 14.7km	Obidzy na 24.4km	Durbaszka pod 35.5km	43.7km	netto 44.1km	brutto 44.1km					
103	KOZYRA Krzysztof	2988	WILK TEAM	M40	103			01:53:21	03:03:29	04:40:42	05:42:27	05:43:22.35	05:43:59.65	+02:05:36 (36.5%)	7:47	7.7 (63.6%)
104	ŻARNIEWSKI Wojciech	2170	GÓRAL Z MAZUR RUNNING TEAM	M40	104			01:56:52	03:07:22	04:44:18	05:42:49	05:43:51.95	05:44:11.10	+02:05:48 (36.6%)	7:47	7.7 (63.6%)
105	GUŁAŚ Daniel	2297	LEPIEJ PÓŹNO NIŻ WCALE	M40	105			01:52:25	03:01:09	04:39:44	05:42:44	05:43:58.40	05:44:20.75	+02:05:57 (36.6%)	7:47	7.7 (63.6%)
106	JASICKI Krzysztof	2893	RUNHOGS TYCHY	M40	106			02:05:39	03:16:14	04:49:05	05:42:36	05:43:34.05	05:44:29.40	+02:06:06 (36.6%)	7:47	7.7 (63.6%)
107	KOŁODZIEJ Zbigniew	2460	KOZICE GÓRSKIE	M40	107			02:05:35	03:15:32	04:46:42	05:42:50	05:43:39.05	05:44:40.80	+02:06:17 (36.6%)	7:47	7.7 (63.6%)
108	KNAPIK Przemysław	2348	HEINEKEN KRAKOW / TRIWISE	M40	108			01:56:18	03:06:48	04:41:45	05:43:39	05:44:44.70	05:45:05.10	+02:06:42 (36.7%)	7:49	7.7 (63.6%)
109	HETMANCZYK Jakub	2457		M40	109			01:56:12	03:06:12	04:43:15	05:43:17	05:44:17.80	05:45:07.25	+02:06:44 (36.7%)	7:48	7.7 (63.6%)
110	KRAWCZYK Michał	4098		M40	110			01:59:07	03:09:05	04:47:12	05:43:50	05:44:55.80	05:45:22.65	+02:06:59 (36.8%)	7:49	7.7 (63.6%)
111	BARANOWSKI Jacek	2196	JACEKBIEGA RUNNING TEAM	M40	111			01:49:00	02:56:49	04:36:41	05:43:10	05:44:50.70	05:45:23.40	+02:07:00 (36.8%)	7:49	7.7 (63.6%)
112	KNAP Tomasz	2737		M40	112			01:54:06	03:02:39	04:42:58	05:43:21	05:44:28.30	05:45:28.65	+02:07:05 (36.8%)	7:48	7.7 (63.6%)
113	SOBCZAK Grzegorz	2276		M40	113			01:55:40	03:09:22	04:43:07	05:44:23	05:45:17.30	05:46:22.70	+02:07:59 (37.0%)	7:49	7.7 (63.6%)
114	PODOLSKI Marek	2698	BIEGAMYRAZEM.PL	M40	114			01:59:54	03:12:37	04:47:35	05:45:50	05:46:56.05	05:47:27.05	+02:09:04 (37.1%)	7:52	7.6 (62.8%)
115	DROŹDZIEL Mariusz	2985		M40	115			01:58:26	03:07:48	04:45:19	05:46:22	05:47:25.80	05:47:55.90	+02:09:32 (37.2%)	7:52	7.6 (62.8%)
116	KOSMAŁA Przemek	2216	MARCINSWIERCTEAM	M40	116			01:50:39	03:01:23	04:44:39	05:47:14	05:48:24.55	05:48:38.30	+02:10:15 (37.4%)	7:54	7.6 (62.8%)
117	KOBYLIŃSKI Łukasz	2463		M40	117			01:56:17	03:06:51	04:47:47	05:46:22	05:47:15.80	05:48:40.90	+02:10:17 (37.4%)	7:52	7.6 (62.8%)
118	MAGDA Łukasz	2954	DRUŻYNA ORZECHA	M40	118			01:53:52	03:08:25	04:52:09	05:48:06	05:49:16.00	05:50:07.50	+02:11:44 (37.6%)	7:55	7.6 (62.8%)
119	KWIATEK Tomasz	2489	CZARNKÓWEK SOCIAL RUNNING CLUB	M40	119			01:57:49	03:07:26	04:47:25	05:49:01	05:50:00.60	05:50:33.00	+02:12:10 (37.7%)	7:56	7.6 (62.8%)
120	SALA Paweł	2183	MIZUNO-TURBACZ TEAM	M40	120			02:04:03	03:12:04	04:49:25	05:49:28	05:50:29.95	05:50:37.30	+02:12:14 (37.7%)	7:56	7.5 (62.0%)
121	NALEPA Szymon	2201	RUNNINGPERFORMANCE.PL	M40	121			02:04:37	03:18:17	04:49:53	05:50:33	05:51:25.20	05:52:38.20	+02:14:15 (38.1%)	7:58	7.5 (62.0%)
122	PIĄTOŃ Piotr	2856		M40	122			02:05:20	03:14:57	04:54:25	05:51:36	05:52:33.10	05:53:56.70	+02:15:33 (38.3%)	7:59	7.5 (62.0%)
123	RAJNER Krzysztof	2781	ULTRA KOSZALIN	M40	123			01:59:58	03:11:15	04:50:27	05:52:56	05:54:05.80	05:54:34.80	+02:16:11 (38.4%)	8:01	7.5 (62.0%)
124	JEZIORSKI Zbyszek	2193		M40	124			01:57:59	03:13:57	04:52:04	05:53:05	05:54:14.80	05:54:41.00	+02:16:18 (38.4%)	8:01	7.5 (62.0%)
125	RUKUSZEWICZ Wawrzyniec	2477	DZIKIE GRUBASY SZATANA	M40	125			01:59:53	03:12:20	04:55:51	05:52:56	05:54:05.65	05:55:00.35	+02:16:37 (38.5%)	8:01	7.5 (62.0%)
126	ZAGÓRSKI Krzysztof	2369	KS WINO	M40	126			01:55:44	03:07:51	04:48:53	05:53:02	05:54:12.85	05:55:04.85	+02:16:41 (38.5%)	8:01	7.5 (62.0%)
127	SUMIŃSKI Artur	2207		M40	127			02:00:36	03:12:53	04:52:35	05:53:25	05:54:24.75	05:55:07.50	+02:16:44 (38.5%)	8:02	7.5 (62.0%)
128	PIVODA Petr	2663	POZDŇNÍ SBĚR	M40	128			01:58:44	03:13:53	04:56:44	05:53:35	05:54:39.10	05:55:14.90	+02:16:51 (38.5%)	8:02	7.5 (62.0%)
129	JAKUBOWSKI Zbyszek	2293		M40	129			01:54:47	03:09:16	04:50:47	05:53:25	05:54:54.60	05:55:16.55	+02:16:53 (38.5%)	8:02	7.5 (62.0%)
130	MARUSZAK Artur	2641	JÓZEFOSŁAW	M40	130			01:51:41	03:03:36	04:49:57	05:53:18	05:54:33.75	05:55:17.45	+02:16:54 (38.5%)	8:02	7.5 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Schronisko	Bacówka	Schronisko	Czas		Różn	Tempo min/km	Tempo km/h	
						Przehybie na 14.7km	Obidzy na 24.4km	Durbaszka pod 35.5km	43.7km	netto 44.1km	brutto 44.1km					
131	PAJĄK Marek	2514	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M40	131			01:57:18	03:14:51	04:59:12	05:53:31	05:54:35.40	05:55:24.00	+02:17:01 (38.6%)	8:02	7.5 (62.0%)
132	WALECKI Jarosław	2288		M40	132			01:52:35	03:06:30	04:55:59	05:54:09	05:55:13.20	05:55:37.45	+02:17:14 (38.6%)	8:03	7.4 (61.2%)
133	SYCHOWSKI Dawid	2562		M40	133			01:56:23	03:08:38	04:51:52	05:56:11	05:57:16.55	05:58:03.55	+02:19:40 (39.0%)	8:06	7.4 (61.2%)
134	WESOŁOWSKI Robert	2372	DOBRA POLSKA CEBULA	M40	134			01:58:10	03:15:38	04:56:49	05:59:50	06:01:01.50	06:01:22.70	+02:22:59 (39.6%)	8:11	7.3 (60.3%)
135	PARZNIIEWSKI Maciej	2709	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	135			01:54:15	03:12:20	05:00:29	06:00:24	06:01:21.75	06:02:06.60	+02:23:43 (39.7%)	8:11	7.3 (60.3%)
136	LISIK Wojciech	2448	KS WINO	M40	136			01:55:45	03:10:13	04:56:16	06:00:42	06:01:50.75	06:02:42.95	+02:24:19 (39.8%)	8:12	7.3 (60.3%)
137	MARUT Artur	2977	FITNESS FREAKS	M40	137			02:00:57	03:16:20	05:01:00	06:01:23	06:02:30.55	06:03:54.15	+02:25:31 (40.0%)	8:13	7.3 (60.3%)
138	BRODECKI Artur	2469	BIEGOLAS KOSZALIN	M40	138			02:06:16	03:21:39	05:02:48	06:02:18	06:03:06.80	06:03:54.75	+02:25:31 (40.0%)	8:14	7.3 (60.3%)
139	IWANIEC Dariusz	2330	BIEGOLAS KOSZALIN	M40	139			02:06:23	03:21:43	05:02:39	06:02:23	06:03:14.70	06:03:57.20	+02:25:34 (40.0%)	8:14	7.3 (60.3%)
140	JANCZAK Paweł	2572	KOŁO BIEGA	M40	140			01:49:02	03:01:50	04:59:25	06:05:02	06:06:16.10	06:06:28.25	+02:28:05 (40.4%)	8:18	7.2 (59.5%)
141	BACHURSKI Tomasz	2421	KB HARCOWNIK/AW-SZYBCIEJ	M40	141			02:02:07	03:17:38	05:04:04	06:04:22	06:05:25.40	06:06:28.60	+02:28:05 (40.4%)	8:17	7.2 (59.5%)
142	SOKOŁOWSKI Sławomir	2299	BESKID MAŁY JEST WSPANIAŁY	M40	142			02:00:54	03:14:32	04:58:22	06:04:43	06:05:52.70	06:06:35.85	+02:28:12 (40.4%)	8:17	7.2 (59.5%)
143	ZAREMBA Justas	2240	WILD SOULS	M40	143			02:02:55	03:19:01	05:03:53	06:05:03	06:06:04.40	06:06:57.05	+02:28:34 (40.5%)	8:18	7.2 (59.5%)
144	KARCZMARCZYK Tomasz	2032		M40	144			01:59:58	03:15:13	05:02:07	06:06:02	06:07:06.45	06:08:16.15	+02:29:53 (40.7%)	8:19	7.2 (59.5%)
145	KLOCH Dawid	2915	MEDIAFLEX	M40	145			02:00:21	03:13:44	05:03:08	06:06:13	06:07:15.90	06:08:24.95	+02:30:01 (40.7%)	8:19	7.2 (59.5%)
146	BARON Łukasz	2782		M40	146			01:59:02	03:17:21	05:04:46	06:08:55	06:10:04.35	06:10:37.65	+02:32:14 (41.1%)	8:23	7.2 (59.5%)
147	GAJEWSKI Jacek	2809	DOGOŃ GRODZISK MAZOWIECKI	M40	147			02:05:58	03:23:32	05:09:39	06:09:19	06:10:28.90	06:11:09.60	+02:32:46 (41.2%)	8:24	7.1 (58.7%)
148	TEODOROWICZ Sylwester	2212		M40	148			02:06:49	03:22:07	05:03:32	06:08:36	06:09:56.85	06:11:13.85	+02:32:50 (41.2%)	8:23	7.2 (59.5%)
149	JURECZKO Szymon	2826		M40	149			02:00:04	03:15:11	05:03:38	06:10:21	06:11:14.30	06:12:04.10	+02:33:41 (41.3%)	8:25	7.1 (58.7%)
150	PRZEPERSKI Krzysztof	2497		M40	150			02:06:15	03:21:35	05:05:54	06:09:38	06:10:41.10	06:12:12.35	+02:33:49 (41.3%)	8:24	7.1 (58.7%)
151	KAJUT Sylwester	2625	AKTYWNI KOCIEWIACY	M40	151			01:52:25	03:03:00	05:05:29	06:09:34	06:10:41.90	06:12:12.55	+02:33:49 (41.3%)	8:24	7.1 (58.7%)
152	OSTROWSKI Rafał	2353	AKTYWNIE - UZALEŻNIAMY	M40	152			02:03:06	03:24:17	05:13:35	06:11:18	06:12:17.30	06:12:42.00	+02:34:19 (41.4%)	8:26	7.1 (58.7%)
153	STOGOWSKI Grzegorz	2517	PENDOLINO TEAM	M40	153			01:57:13	03:14:40	05:06:57	06:11:36	06:12:45.30	06:13:38.60	+02:35:15 (41.6%)	8:27	7.1 (58.7%)
154	HEWIG Damian	2557	FEROX RUN ENERGY	M40	154			02:01:51	03:14:10	05:03:50	06:12:11	06:13:24.70	06:14:00.85	+02:35:37 (41.6%)	8:28	7.1 (58.7%)
155	KOZŁOWSKI Daniel	2354	AKTYWNIE UZALEŻNIAMY	M40	155			01:58:55	03:15:31	05:06:37	06:13:04	06:14:14.45	06:14:38.80	+02:36:15 (41.7%)	8:29	7.1 (58.7%)
156	PRĘDKI Mirosław	2086		M40	156			02:12:15	03:32:52	05:14:43	06:13:18	06:14:15.40	06:15:45.10	+02:37:22 (41.9%)	8:29	7.1 (58.7%)
157	STASZCZYK Michał	2846		M40	157			02:03:48	03:21:32	05:10:00	06:14:18	06:15:17.10	06:15:46.60	+02:37:23 (41.9%)	8:30	7.1 (58.7%)
158	KRZOS Piotr	2617		M40	158			02:09:49	03:28:24	05:10:40	06:14:33	06:15:44.90	06:17:07.30	+02:38:44 (42.1%)	8:31	7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Schronisko	Bacówka	Schronisko	Czas		Różn	Tempo min/km	Tempo km/h	
						Przehybie na 14.7km	Obidzy na 24.4km	Durbaszka pod 35.5km	43.7km	netto 44.1km	brutto 44.1km					
159	KUREK Tomasz	2371	OPALENICKI KLUB BIEGACZA	M40	159			02:07:41	03:27:08	05:13:36	06:15:17	06:16:30.60	06:17:40.30	+02:39:17 (42.2%)	8:32	7 (57.9%)
160	KASICA Arkadiusz	2639	MIĘDZYRZECKIE GAZELE	M40	160			01:59:12	03:12:28	05:09:15	06:16:54	06:17:39.50	06:18:20.40	+02:39:57 (42.3%)	8:33	7 (57.9%)
161	TYLIŃSKI Jacek	2941	SŁOŃCE JURY	M40	161			01:56:16	03:18:24	05:08:09	06:17:10	06:18:21.95	06:18:47.85	+02:40:24 (42.3%)	8:34	7 (57.9%)
162	MIROCHA Łukasz	2366	FIU FIU TEAM	M40	162			02:03:30	03:28:37	05:14:32	06:16:43	06:17:50.25	06:18:56.90	+02:40:33 (42.4%)	8:34	7 (57.9%)
163	ZEBATY Marek	2438		M40	163			02:12:37	03:27:15	05:12:50	06:17:09	06:18:15.15	06:19:34.30	+02:41:11 (42.5%)	8:34	7 (57.9%)
164	SZEWCZYK Wiesław	2979	ŁUKOWICA TO MY	M40	164			01:57:47	03:15:31	05:11:44	06:20:08	06:21:21.00	06:21:31.80	+02:43:08 (42.8%)	8:38	6.9 (57.0%)
165	PAWLAK Piotr	2835	MIĘDZYRZECKIE GAZELE	M40	165			01:59:12	03:12:38	05:09:16	06:20:48	06:21:35.30	06:22:15.60	+02:43:52 (42.9%)	8:39	6.9 (57.0%)
166	WIECHETEK Artur	2550	STG WARSZAWA	M40	166			02:09:07	03:31:01	05:18:37	06:20:44	06:21:49.35	06:22:55.75	+02:44:32 (43.0%)	8:39	6.9 (57.0%)
167	SCHULLER Norbert	2749	SWEP REPRE	M40	167			02:04:10	03:24:13	05:17:00	06:22:10	06:23:16.60	06:23:41.70	+02:45:18 (43.1%)	8:41	6.9 (57.0%)
168	MROZOWSKI Paweł	2165	KINGRUNNER	M40	168			02:04:01	03:25:01	05:15:50	06:24:15	06:25:25.60	06:25:25.60	+02:47:02 (43.3%)	8:44	6.9 (57.0%)
169	KOWALSKI Krzysztof	2209	2K	M40	169			02:00:06	03:22:30	05:12:21	06:24:11	06:25:17.90	06:25:28.25	+02:47:05 (43.3%)	8:44	6.9 (57.0%)
170	POPŁAWSKI Przemek	2855		M40	170			02:14:52	03:36:50	05:24:03	06:23:27	06:24:19.80	06:25:42.70	+02:47:19 (43.4%)	8:42	6.9 (57.0%)
171	GAJDECKI Tomek	2166	ACCENTURE	M40	171			02:04:58	03:23:10	05:17:04	06:24:36	06:25:44.60	06:26:15.40	+02:47:52 (43.5%)	8:44	6.9 (57.0%)
172	ZALEWSKI Paweł	2660	ROPUCH	M40	172			02:04:51	03:25:14	05:23:26	06:24:25	06:25:16.00	06:26:17.45	+02:47:54 (43.5%)	8:44	6.9 (57.0%)
173	KUŁAKOWSKI Dawid	2490	BIEGOLAS KOSZALIN	M40	173			02:10:52	03:33:41	05:21:40	06:24:38	06:25:32.65	06:26:18.55	+02:47:55 (43.5%)	8:44	6.9 (57.0%)
174	KOPER Marcin	2786		M40	174			01:59:30	03:18:28	05:21:08	06:30:19	06:31:28.60	06:31:28.60	+02:53:05 (44.2%)	8:52	6.8 (56.2%)
175	PUCHALSKI Tomasz	2632		M40	175			02:09:23	03:34:18	05:25:11	06:29:38	06:30:49.25	06:31:55.20	+02:53:32 (44.3%)	8:51	6.8 (56.2%)
176	MANISZEWSKI Mateusz	2909	ING BANK ŚLĄSKI	M40	176			02:09:50	03:30:25	05:22:07	06:29:45	06:30:58.05	06:32:00.85	+02:53:37 (44.3%)	8:51	6.8 (56.2%)
177	LIPCZYŃSKI Tomasz	2343	AKTYWNIEMIE UZALEŻNIAMY	M40	177			02:04:02	03:28:19	05:24:30	06:31:30	06:32:37.25	06:33:02.35	+02:54:39 (44.4%)	8:54	6.7 (55.4%)
178	CHOMA Marek	2767	PĘDZACE LENIWCE	M40	178			02:07:46	03:29:26	05:27:50	06:32:45	06:33:41.90	06:34:58.90	+02:56:35 (44.7%)	8:55	6.7 (55.4%)
179	HAŁAS Marcin	2921	TEAM MX SKÓRCZ	M40	179			02:02:45	03:25:45	05:28:49	06:35:32	06:36:44.75	06:36:58.85	+02:58:35 (45.0%)	8:59	6.7 (55.4%)
180	MIKOLAJCZYK Łukasz	2732		M40	180			02:09:49	03:29:47	05:23:46	06:35:10	06:36:37.85	06:37:43.20	+02:59:20 (45.1%)	8:59	6.7 (55.4%)
181	RUTKOWSKI Artur	2965	RYKOWISKO TEAM	M40	181			02:09:09	03:29:39	05:21:55	06:36:38	06:38:07.20	06:38:15.65	+02:59:52 (45.2%)	9:01	6.6 (54.5%)
182	RASZOWSKI Marek	2871		M40	182			02:05:54	03:29:12	05:25:18	06:36:30	06:37:36.40	06:38:17.60	+02:59:54 (45.2%)	9:00	6.7 (55.4%)
183	WOJEWODA Marcin	2433	KOŁO BIEGA	M40	183			02:12:10	03:31:01	05:31:13	06:36:34	06:37:32.05	06:38:36.25	+03:00:13 (45.2%)	9:00	6.7 (55.4%)
184	RĄCZKA Piotr	2521	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M40	184			02:12:19	03:39:01	05:35:56	06:40:24	06:41:23.65	06:42:14.15	+03:03:51 (45.7%)	9:06	6.6 (54.5%)
185	DUTKIEWICZ Leszek	2519		M40	185			02:10:13	03:32:42	05:28:07	06:39:43	06:40:45.85	06:42:18.00	+03:03:55 (45.7%)	9:05	6.6 (54.5%)
186	SERKOWSKI Marcin	2127	RCAGG7	M40	186			02:11:50	03:35:18	05:27:42	06:41:20	06:42:32.05	06:43:03.55	+03:04:40 (45.8%)	9:07	6.6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa			Schronisko	Bacówka	Schronisko	Czas netto	Czas brutto	Tempo min/km	Tempo km/h		
						Przehybie na 14.7km	Obidzy na 24.4km	Durbaszka pod 35.5km	43.7km	Różn							
187	WARDZYŃSKI Mateusz	2009		M40	187				02:13:22	03:35:30	05:31:56	06:40:28	06:41:54.20	06:43:07.50	+03:04:44 (45.8%)	9:06	6.6 (54.5%)
188	MNICH Zbigniew	2356		M40	188				02:06:31	03:27:40	05:25:32	06:41:10	06:42:25.55	06:43:07.65	+03:04:44 (45.8%)	9:07	6.6 (54.5%)
189	SULEWSKI Maciej	2583	BIEGAM BO LUBIĘ OSTROŁĘKA/CROSSBOX OSTROŁĘKA	M40	189				02:10:16	03:40:06	05:38:56		06:46:46.20	06:47:42.90	+03:09:19 (46.4%)	9:13	6.5 (53.7%)
190	OLIŃSKI Paweł	2040		M40	190				02:11:38	03:35:16	05:36:28		06:48:18.75	06:49:22.90	+03:10:59 (46.7%)	9:15	6.5 (53.7%)
191	ORZEŁ Daniel	2957		M40	191				02:13:01	03:40:26	05:42:48		06:50:33.05	06:52:04.15	+03:13:41 (47.0%)	9:18	6.4 (52.9%)
192	MARTONAK Martin	2748		M40	192				02:06:08	03:30:51	05:31:13		06:51:40.30	06:52:06.35	+03:13:43 (47.0%)	9:20	6.4 (52.9%)
193	WÓJCICKI Marcin	2588	ŁĘCZNA BIEGA	M40	193				02:09:15	03:30:40	05:33:34		06:51:39.55	06:52:18.15	+03:13:55 (47.0%)	9:20	6.4 (52.9%)
194	ZAWARTOWSKI Dawid	2363	MAVERICKS	M40	194				02:10:21	03:34:36	05:34:22		06:51:24.60	06:52:35.45	+03:14:12 (47.1%)	9:19	6.4 (52.9%)
195	LEMBOWICZ Grzegorz	2808	JESTEM OD ROMKA	M40	195				02:17:55	03:45:54	05:42:22		06:51:41.80	06:52:51.75	+03:14:28 (47.1%)	9:20	6.4 (52.9%)
196	HOBZDA Piotr	2305	#MYJUZSWOJEZROBILI	M40	196				02:08:32	03:33:07	05:36:16		06:52:52.50	06:53:21.00	+03:14:58 (47.2%)	9:21	6.4 (52.9%)
197	MLAK Dariusz	2903		M40	197				02:02:53	03:26:48	05:26:37		06:54:08.60	06:55:20.10	+03:16:57 (47.4%)	9:23	6.4 (52.9%)
198	SWIDER Dominik	2935	HALNYTEAM	M40	198				02:11:15	03:39:44	05:41:08		06:54:51.35	06:55:52.45	+03:17:29 (47.5%)	9:24	6.4 (52.9%)
199	KUKIEŁA Tomasz	2325	BIEGOLAS KOSZALIN	M40	199				02:11:02	03:38:49	05:40:50		06:55:20.55	06:56:08.80	+03:17:45 (47.5%)	9:25	6.4 (52.9%)
200	NAWROT Łukasz	2926	BIEG Z CHRYSTUSEM	M40	200				02:03:05	03:29:13	05:40:30		06:55:13.65	06:56:11.35	+03:17:48 (47.5%)	9:24	6.4 (52.9%)
201	KOŚCIUCZUK Łukasz	2186	FUNDACJA RAK'N'ROLL	M40	201				02:16:54	03:42:24	05:41:37		06:57:00.20	06:58:35.40	+03:20:12 (47.8%)	9:27	6.3 (52.1%)
202	KOZDRÓJ Marcin	2742		M40	202				02:17:41	03:43:51	05:40:14		06:58:02.35	06:58:57.20	+03:20:34 (47.9%)	9:28	6.3 (52.1%)
203	KAMIŃSKI Piotr	2711		M40	203				02:21:06	03:44:57	05:45:53		06:58:54.65	06:59:04.95	+03:20:41 (47.9%)	9:29	6.3 (52.1%)
204	MATRACKI Sebastian	2603	TREKKING TEAM OSTROWIEC	M40	204				02:11:22	03:37:13	05:40:36		06:58:58.90	06:59:35.50	+03:21:12 (48.0%)	9:30	6.3 (52.1%)
205	BIENIEK Krzysztof	2849	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	M40	205				01:59:59	03:37:16	05:40:43		06:58:58.05	06:59:35.70	+03:21:12 (48.0%)	9:30	6.3 (52.1%)
206	CZERWONKO Jakub	2291	#MYJUZSWOJEZROBILI	M40	206				02:15:33	03:41:28	05:42:37		06:59:10.60	06:59:40.40	+03:21:17 (48.0%)	9:30	6.3 (52.1%)
207	ORZEŁ Wojciech	2864	DZIKI Z WARSZAWY	M40	207				02:14:55	03:42:09	05:41:56		06:58:19.10	06:59:50.20	+03:21:27 (48.0%)	9:29	6.3 (52.1%)
208	CHOJNACKI Mikołaj	2547	WARSAW RUN CLUB	M40	208				02:09:54	03:43:56	05:56:50		07:00:05.95	07:00:36.20	+03:22:13 (48.1%)	9:31	6.3 (52.1%)
209	SZYDŁOWSKI Bogdan	2590	2ROWERY.COM.PL	M40	209				02:02:51	03:29:49	05:42:08		06:59:27.40	07:00:43.05	+03:22:20 (48.1%)	9:30	6.3 (52.1%)
210	STAHOVEC Martin	2794	MARAS TEAM	M40	210				02:19:49	03:51:23	05:47:30		07:02:24.35	07:03:09.60	+03:24:46 (48.4%)	9:34	6.3 (52.1%)
211	SKÓRA Wojciech	2659		M40	211				02:17:27	03:47:13	05:48:33		07:04:09.90	07:04:38.00	+03:26:15 (48.6%)	9:37	6.2 (51.2%)
212	BOGDAN Jarosław	2563		M40	212				02:14:06	03:45:25	05:57:19		07:10:36.55	07:11:35.20	+03:33:12 (49.4%)	9:45	6.1 (50.4%)
213	DREWNIAK Krzysztof	4097		M40	213				02:21:49	03:55:30	05:59:40		07:10:26.25	07:11:58.90	+03:33:35 (49.4%)	9:45	6.1 (50.4%)
214	PIERZCHAŁA Jacek	2152		M40	214				02:18:21	03:43:56	05:52:31		07:11:54.50	07:13:09.25	+03:34:46 (49.6%)	9:47	6.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Schronisko	Bacówka	Schronisko	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						na Przehybie 14.7km	na Obidzy 24.4km	pod Durbaszką 35.5km	43.7km	44.1km					
215	PIELECHA Rafał	2976		M40	215			02:04:20	03:32:37	05:34:27	07:13:14.55	07:14:18.55	+03:35:55 (49.7%)	9:49	6.1 (50.4%)
216	JASIŃSKI Krzysztof	2478	RUNAWAYS	M40	216			02:07:32	03:45:54	05:56:14	07:13:09.70	07:14:18.85	+03:35:55 (49.7%)	9:49	6.1 (50.4%)
217	PEŁKA Michał	2250		M40	217			02:11:43	03:36:42	05:50:06	07:13:07.70	07:14:29.70	+03:36:06 (49.7%)	9:49	6.1 (50.4%)
218	HELIOSZ Adam	2365		M40	218			02:15:59	03:43:26	05:53:16	07:13:30.70	07:14:32.70	+03:36:09 (49.7%)	9:49	6.1 (50.4%)
219	GARGALOVIC Marian	2779	ČERGOVRUN	M40	219			02:10:09	03:35:33	05:41:41	07:14:57.65	07:15:41.00	+03:37:18 (49.9%)	9:51	6.1 (50.4%)
220	JELEŃ Tomasz	2500	TRIWISE TRIATHLON TEAM/AZS AWF KRAKÓW	M40	220			02:16:01	03:43:29	05:48:47	07:15:43.95	07:16:34.95	+03:38:11 (50.0%)	9:52	6.1 (50.4%)
221	SZCZEPAŃSKI Paweł	2635	TRAILTHERAPY	M40	221			02:26:40	03:59:17	05:55:07	07:16:10.65	07:16:44.55	+03:38:21 (50.0%)	9:53	6.1 (50.4%)
222	ŚLACZKA Arkadiusz	2375	FINISZ RYMANÓW	M40	222			02:20:30	03:44:23	05:58:53	07:16:01.45	07:16:50.60	+03:38:27 (50.0%)	9:53	6.1 (50.4%)
223	PISKORSKI Piotr	2604	ENDO GOLUB-DOBZYŃ	M40	223			02:16:54	03:50:53	05:57:02	07:16:07.65	07:17:04.25	+03:38:41 (50.0%)	9:53	6.1 (50.4%)
224	LIPINA Rafał	2795		M40	224			02:25:25	03:55:29	05:58:13	07:17:25.05	07:18:55.20	+03:40:32 (50.2%)	9:55	6 (49.6%)
225	GRINIG Arkadiusz	2453		M40	225			02:19:16	03:47:23	05:54:49	07:20:47.20	07:22:15.80	+03:43:52 (50.6%)	9:59	6 (49.6%)
226	GWÓZDŹ Maciej	2593	ŁOJCE BIEGNO	M40	226			02:21:26	03:51:37	06:05:02	07:20:50.70	07:22:23.95	+03:44:00 (50.6%)	9:59	6 (49.6%)
227	WRÓBEL Grzegorz	2221	BYLE DO METY	M40	227			02:18:17	03:49:28	05:58:52	07:21:54.05	07:22:27.75	+03:44:04 (50.6%)	10:01	6 (49.6%)
228	RZEPIŃSKI Łukasz	2602		M40	228			02:13:12	03:47:56	06:06:24	07:22:09.05	07:22:52.40	+03:44:29 (50.7%)	10:01	6 (49.6%)
229	CYRAN Grzegorz	2591	ŁOJCE BIEGNO	M40	229			02:21:25	03:51:40	06:05:02	07:23:01.75	07:24:35.65	+03:46:12 (50.9%)	10:02	6 (49.6%)
230	BARYCZA Bogumił	2394		M40	230			02:02:39	03:34:17	06:01:30	07:24:07.30	07:24:40.40	+03:46:17 (50.9%)	10:04	6 (49.6%)
231	KOŁDYS Łukasz	2887		M40	231			02:18:03	03:55:36	06:02:16	07:23:57.55	07:25:23.25	+03:47:00 (51.0%)	10:04	6 (49.6%)
232	PRZYDATEK Tomasz	2574	TREKKING TEAM OSTROWIEC	M40	232			02:30:21	04:04:51	06:13:41	07:26:33.25	07:27:11.85	+03:48:48 (51.2%)	10:07	5.9 (48.8%)
233	KALINOWSKI Adam	2033		M40	233			02:17:42	03:50:27	06:05:49	07:29:57.10	07:31:07.50	+03:52:44 (51.6%)	10:12	5.9 (48.8%)
234	HEBA Tomasz	2682	OSTROBIEC	M40	234			02:14:49	03:53:40	06:12:46	07:33:19.70	07:34:24.50	+03:56:01 (51.9%)	10:16	5.8 (47.9%)
235	MAZUR Łukasz	2696		M40	235			02:14:49	03:53:40	06:12:34	07:33:19.55	07:34:24.65	+03:56:01 (51.9%)	10:16	5.8 (47.9%)
236	KAŁA Jacek	2937	JACEK TEAM	M40	236			02:23:49	04:03:54	06:14:50	07:34:07.90	07:35:28.30	+03:57:05 (52.1%)	10:17	5.8 (47.9%)
237	WAJDOWICZ Ignacy	2424	SPRÓCHNIALI HERKULESI	M40	237			02:24:45	04:03:40	06:14:03	07:34:15.05	07:35:30.35	+03:57:07 (52.1%)	10:18	5.8 (47.9%)
238	CZYŻ Piotr	2339		M40	238			02:22:28	03:55:25	06:13:42	07:35:12.00	07:36:36.80	+03:58:13 (52.2%)	10:19	5.8 (47.9%)
239	RZESZOT Łukasz	2592	#TEAMSZÓSTABE	M40	239			02:19:54	03:54:42	06:21:41	07:36:56.90	07:37:49.30	+03:59:26 (52.3%)	10:21	5.8 (47.9%)
240	ZWOLIŃSKI Gabriel	2897	HURAGAN LIGOTA	M40	240			02:23:48	04:00:10	06:17:58	07:39:40.45	07:40:19.90	+04:01:56 (52.6%)	10:25	5.8 (47.9%)
241	RYBUS Maciej	2613	GRABSKIEGO TEAM	M40	241			02:23:58	04:03:06	06:19:39	07:40:54.15	07:42:05.40	+04:03:42 (52.7%)	10:27	5.7 (47.1%)
242	NOWAK Karol	2647		M40	242			02:27:16	04:03:59	06:18:20	07:40:51.50	07:42:13.80	+04:03:50 (52.8%)	10:27	5.7 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Schronisko	Bacówka	Schronisko	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
						na Przehybie 14.7km	na Obidzy 24.4km	pod Durbaszką 35.5km	43.7km						
243	ŚMIGIELSKI Marek	2450		M40	243			02:27:54	04:04:14	06:16:51	07:43:22.00	07:44:35.00	+04:06:12 (53.0%)	10:30	5.7 (47.1%)
244	KĘSIK Michał	2397	ZDARTE PODESZWY	M40	244			02:23:24	03:55:51	06:07:20	07:44:13.05	07:45:44.45	+04:07:21 (53.1%)	10:31	5.7 (47.1%)
245	KSIĄŻEK Tomasz	2837		M40	245			02:36:28	04:13:10	06:29:02	07:44:45.95	07:45:58.45	+04:07:35 (53.1%)	10:32	5.7 (47.1%)
246	FIC Radosław	2923		M40	246			02:15:08	03:59:33	06:21:37	07:45:37.60	07:46:01.65	+04:07:38 (53.1%)	10:33	5.7 (47.1%)
247	STYPUŁKOWSKI Dariusz	2479	RUNAWAYS	M40	247			02:18:24	03:55:36	06:12:10	07:45:08.80	07:46:18.45	+04:07:55 (53.2%)	10:32	5.7 (47.1%)
248	WALASIK Piotr	2700		M40	248			02:14:54	03:46:11	06:13:08	07:46:17.15	07:47:33.65	+04:09:10 (53.3%)	10:34	5.7 (47.1%)
249	KOWALSKI Tomasz	2390	KB PACE	M40	249			02:23:30	04:10:51	06:27:27	07:48:17.95	07:49:27.00	+04:11:04 (53.5%)	10:37	5.7 (47.1%)
250	ZAWADZKI Piotr	2022		M40	250			02:22:50	04:03:24	06:25:23	07:55:16.80	07:56:05.65	+04:17:42 (54.1%)	10:46	5.6 (46.3%)
251	SOKOŁOWSKI Artur	2947	TEAM ZABIEGANEDNI	M40	251			02:22:57	04:00:17	06:22:47	07:56:41.75	07:57:33.55	+04:19:10 (54.3%)	10:48	5.6 (46.3%)
252	TOKARSKI Rafał	2178		M40	252			02:33:28	04:13:32	06:36:52	07:56:57.80	07:57:42.05	+04:19:19 (54.3%)	10:48	5.5 (45.5%)
253	CAGARA Dawid	2657		M40	253			02:11:37	03:57:30	06:22:22	08:01:00.40	08:02:21.80	+04:23:58 (54.7%)	10:54	5.5 (45.5%)
254	HOBİK Tomasz	2559		M40	254			02:28:06	04:17:17	06:48:18	08:06:54.20	08:07:05.90	+04:28:42 (55.2%)	11:02	5.4 (44.6%)
255	ADAMCZYK Łukasz	1436	3XL	M40	255			02:17:47	04:13:15	06:41:27	08:06:18.20	08:07:13.65	+04:28:50 (55.2%)	11:01	5.4 (44.6%)
256	RACIBORSKI Filip	2480		M40	256			02:14:15	04:00:49	06:29:20	08:06:56.50	08:07:27.10	+04:29:04 (55.2%)	11:02	5.4 (44.6%)
257	CIBORSKI Jakub	2474	TESTERZY GLEBY	M40	257			02:29:12	04:08:25	06:35:54	08:08:31.85	08:09:43.55	+04:31:20 (55.4%)	11:04	5.4 (44.6%)
258	PAŁKA Łukasz	2805	3XL	M40	258			02:17:37	04:13:24	06:41:24	08:15:37.05	08:16:32.05	+04:38:09 (56.0%)	11:14	5.3 (43.8%)
259	ŚLIWOWSKI Marcin	2317	STARE WILKI	M40	259			02:32:28	04:39:18	06:55:52	08:15:34.00	08:16:50.10	+04:38:27 (56.0%)	11:14	5.3 (43.8%)
260	SZMOŁOWSKI Grzegorz	2393	KILOMETRYZBIERAMY & MALUJEMY UŚMIECHY	M40	260			02:37:39	04:30:12	06:56:25	08:17:25.10	08:18:05.30	+04:39:42 (56.2%)	11:16	5.3 (43.8%)
261	TUREK Przemysław	2958		M40	261			02:40:09	04:26:20	06:41:40	08:18:38.65	08:20:14.15	+04:41:51 (56.3%)	11:18	5.3 (43.8%)
262	SZCZEPKOWSKI Robert	2702		M40	262			02:28:45	04:11:35	06:37:29	08:21:02.60	08:21:22.75	+04:42:59 (56.4%)	11:21	5.3 (43.8%)
263	MRÓZ Artur	2776	PĘDZĄCE LENIWCE	M40	263			02:18:08	04:02:47	06:36:05	08:20:39.55	08:21:59.10	+04:43:36 (56.5%)	11:21	5.3 (43.8%)
264	JĘDRAS Łukasz	2459		M40	264			02:38:15	04:21:03	06:49:17	08:22:04.45	08:23:04.00	+04:44:41 (56.6%)	11:23	5.3 (43.8%)
265	SZPILA Robert	2541		M40	265			02:22:28	04:05:12	06:30:21	08:22:30.60	08:23:15.20	+04:44:52 (56.6%)	11:23	5.3 (43.8%)
266	KASPROWICZ Grzegorz	2449		M40	266			02:29:05	04:10:58	06:45:18	08:21:52.65	08:23:25.30	+04:45:02 (56.6%)	11:22	5.3 (43.8%)
267	SZYSZKA Michał	2443		M40	267			02:29:06	04:11:06	06:45:19	08:21:53.15	08:23:25.70	+04:45:02 (56.6%)	11:22	5.3 (43.8%)
268	BERNAT Sebastian	2272	STARE WILKI	M40	268			02:35:59	04:26:06	07:05:11	08:34:15.45	08:35:32.20	+04:57:09 (57.6%)	11:39	5.1 (42.1%)
269	BARNAŚ Arkadiusz	2804		M40	269			02:48:20	04:32:09	06:58:41	08:37:26.40	08:38:40.80	+05:00:17 (57.9%)	11:43	5.1 (42.1%)
270	ŻERKO Marcin	2222		M40	270			03:08:12	04:46:46	07:18:25	08:42:07.75	08:43:24.55	+05:05:01 (58.3%)	11:50	5.1 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Schronisko	Bacówka	Schronisko	Czas		Różn	Tempo min/km	Tempo km/h	
						Polski	Drużyna	na Przehybie 14.7km	na Obidzy 24.4km	pod Durbaszką 35.5km	43.7km	netto 44.1km				brutto 44.1km
271	ZAPAŚNIK Michał	2486	BIEGIEM PO WINO	M40	271			02:31:06	04:09:48	06:43:59		08:47:04.05	08:48:16.55	+05:09:53 (58.7%)	11:57	5 (41.3%)
271	KIFNER Hubert	2485	BIEGIEM PO WINO	M40	271			02:31:06	04:09:52	06:43:58		08:47:03.75	08:48:16.55	+05:09:53 (58.7%)	11:57	5 (41.3%)
273	MISIOROWSKI Marcin	2304	STARE WILKI	M40	273			02:35:59	04:39:11	07:13:09		08:50:24.00	08:51:41.05	+05:13:18 (58.9%)	12:01	5 (41.3%)
274	LATAŁA Wojciech	2007	LEŚNE GRUBASY	M40	274			02:52:48	04:39:48	07:14:52		08:51:47.90	08:53:21.70	+05:14:58 (59.1%)	12:03	5 (41.3%)
275	ADAMSKI Marcin	2118		M40	275			02:29:22	04:18:57	06:48:33		08:52:56.05	08:54:24.85	+05:16:01 (59.1%)	12:05	5 (41.3%)
276	PASIK Tomasz	2150	WOLSZTYŃSKI KLUB BIEGOWY	M40	276			01:23:15						+00:08:01	5:39	10.6 (87.6%)
277	BAŚ Mateusz	3540	LENIWCE	M40	277			02:49:27						+01:35:08	11:31	5.2 (43.0%)
278	ŚLUSARCZYK Tomek	3551	MOUNTAIN RUNNING GUIDES	M40	278			02:56:02						+01:41:55	11:58	5 (41.3%)
	KRAICZICZEK Krzysztof	2151	RRUNNERS	M40				01:56:14 DNF	03:02:55 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 279 wynik(ów)