



**ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH**

**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-01-20  
**Miejsce:** Karłów  
**Dystans:** 21 km

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2018

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>BRÝDL Pavel</b>	<b>10</b>	ENERVIT YOKO XC LIFE TEAM	M-30	1	NIE	00:39:35	01:18:29	<b>01:59:37.95</b>	<b>01:59:40.30</b>		5:41	10.5
2	<b>PODGÓRSKI Bogusz</b>	<b>541</b>	EMITT RACE TEAM	M-30	2	NIE	00:46:45	01:31:04	<b>02:15:21.10</b>	<b>02:15:24.95</b>	+00:15:44	6:26	9.3
3	<b>SWOBODA Marek</b>	<b>378</b>	CRANBERRY TEAM	M-30	3	NIE	00:45:50	01:29:54	<b>02:15:32.70</b>	<b>02:15:49.25</b>	+00:16:08	6:27	9.3
4	<b>KAMMER Krzysztof</b>	<b>153</b>	PRO366	M-30	4	NIE	00:47:17	01:31:12	<b>02:16:41.85</b>	<b>02:16:45.40</b>	+00:17:05	6:30	9.2
5	<b>BADOWSKI Aleksander</b>	<b>406</b>	MARCIN ŚWIERC TEAM	M-30	5	NIE	00:45:20	01:31:22	<b>02:17:37.10</b>	<b>02:17:40.65</b>	+00:18:00	6:33	9.2
6	<b>BECZKOWSKI Łukasz</b>	<b>560</b>	UKS LUDWIKOWICE	M-30	6	NIE	00:45:12	01:30:58	<b>02:17:40.95</b>	<b>02:17:48.45</b>	+00:18:08	6:33	9.2
7	<b>URBAŃCZYK Grzegorz</b>	<b>465</b>	FOR RUN TEAM & ADRUNALINA	M-30	7	NIE	00:46:04	01:30:58	<b>02:18:04.00</b>	<b>02:18:04.00</b>	+00:18:23	6:34	9.1
8	<b>BUCZEK Bartłomiej</b>	<b>503</b>		M-30	8	NIE	00:46:47	01:31:40	<b>02:18:27.55</b>	<b>02:18:31.40</b>	+00:18:51	6:35	9.1
9	<b>MYSZCZYSZYN Łukasz</b>	<b>310</b>	ANTRACYT	M-30	9	NIE	00:46:48	01:32:10	<b>02:19:00.30</b>	<b>02:19:06.55</b>	+00:19:26	6:37	9.1
10	<b>DURKOWSKI Marcin</b>	<b>41</b>	OBORYGENI	M-30	10	NIE	00:46:53	01:32:29	<b>02:19:25.65</b>	<b>02:19:29.60</b>	+00:19:49	6:38	9
11	<b>PAZDAN Piotr</b>	<b>127</b>	KOWARY BIEGAJĄ	M-30	11	NIE	00:47:00	01:32:31	<b>02:19:56.05</b>	<b>02:19:56.05</b>	+00:20:15	6:39	9
12	<b>WILK Maciej</b>	<b>154</b>	RAMBO 3	M-30	12	NIE	00:45:07	01:30:30	<b>02:21:56.40</b>	<b>02:22:11.95</b>	+00:22:31	6:45	8.9
13	<b>RUTKOWSKI Dawid</b>	<b>502</b>	GRIZZLYTEAM	M-30	13	NIE	00:46:13	01:33:37	<b>02:23:46.00</b>	<b>02:23:49.20</b>	+00:24:08	6:50	8.8
14	<b>MAZURKIEWICZ Jerzy</b>	<b>49</b>	NIGHT RUNNERS WROCŁAW	M-30	14	NIE	00:50:52	01:37:44	<b>02:24:29.85</b>	<b>02:24:37.40</b>	+00:24:57	6:52	8.7
15	<b>GRYCZKA Mateusz</b>	<b>122</b>	NBR TEAM	M-30	15	NIE	00:47:39	01:35:45	<b>02:24:58.20</b>	<b>02:25:07.80</b>	+00:25:27	6:54	8.7
16	<b>OLKIS Rafał</b>	<b>294</b>	PRZEBIEGA.PL	M-30	16	NIE	00:51:13	01:36:49	<b>02:25:53.00</b>	<b>02:26:11.45</b>	+00:26:31	6:56	8.6
17	<b>WOLBACH Tomasz</b>	<b>179</b>	WOLNE ŚLIMAKI	M-30	17	NIE	00:51:26	01:38:11	<b>02:26:15.40</b>	<b>02:26:24.40</b>	+00:26:44	6:57	8.6
18	<b>GONCZARENKO Jarek</b>	<b>537</b>		M-30	18	NIE	00:48:05	01:36:09	<b>02:26:38.50</b>	<b>02:26:42.00</b>	+00:27:01	6:59	8.6
19	<b>BORZYSTOWSKI Patryk</b>	<b>384</b>	WIDZIALNI.PL	M-30	19	TAK	00:49:14	01:36:18	<b>02:28:22.90</b>	<b>02:28:40.05</b>	+00:28:59	7:03	8.5
20	<b>WYSOCKI Łukasz</b>	<b>486</b>		M-30	20	NIE	00:49:43	01:36:30	<b>02:29:31.15</b>	<b>02:29:37.75</b>	+00:29:57	7:07	8.4
21	<b>NOWAK Mariusz</b>	<b>224</b>		M-30	21	NIE	00:52:02	01:39:37	<b>02:29:46.80</b>	<b>02:29:54.60</b>	+00:30:14	7:07	8.4
22	<b>KOSTASZ Mariusz</b>	<b>138</b>	KB FAURECIA STOOR	M-30	22	NIE	00:50:36	01:39:03	<b>02:30:10.85</b>	<b>02:30:13.40</b>	+00:30:33	7:09	8.4
23	<b>SOCHA Seweryn</b>	<b>63</b>	DZIKIE BOBRY	M-30	23	NO	00:49:51	01:39:18	<b>02:31:57.90</b>	<b>02:32:06.10</b>	+00:32:25	7:14	8.3
24	<b>STASZELIS Krzysztof</b>	<b>566</b>	POCOLOCO AT	M-30	24	NIE	00:52:56	01:41:32	<b>02:31:50.25</b>	<b>02:32:10.10</b>	+00:32:29	7:13	8.3
25	<b>MIŚ Zbigniew</b>	<b>441</b>	PŁOMIEN ZAGORZYCE	M-30	25	NIE	00:46:25	01:36:51	<b>02:32:32.80</b>	<b>02:32:40.90</b>	+00:33:00	7:15	8.3
26	<b>TEKIELI Kacper</b>	<b>7</b>	PHZ	M-30	26	TAK	00:48:45	01:38:17	<b>02:35:07.10</b>	<b>02:35:09.65</b>	+00:35:29	7:23	8.1
27	<b>GODLEWSKI Krzysztof</b>	<b>534</b>	GVT	M-30	27	NIE	00:53:42	01:42:05	<b>02:34:46.05</b>	<b>02:35:17.50</b>	+00:35:37	7:22	8.1
28	<b>ORACZ Mateusz</b>	<b>311</b>	BEZ LITOŚCI / KALENJI TEAM POLAND	M-30	28	NIE	00:53:41	01:44:44	<b>02:34:56.10</b>	<b>02:35:19.05</b>	+00:35:38	7:22	8.1
29	<b>MICHALSKI Jakub</b>	<b>550</b>		M-30	29	NIE	00:55:54	01:45:00	<b>02:36:30.95</b>	<b>02:36:46.80</b>	+00:37:06	7:27	8.1
30	<b>GOŁĄB Mateusz</b>	<b>328</b>		M-30	30	NIE	00:55:46	01:44:54	<b>02:37:27.60</b>	<b>02:37:42.40</b>	+00:38:02	7:29	8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
31	<b>ŁAŻNIEWSKI Dawid</b>	<b>133</b>	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	31	NIE	00:54:22	01:44:33	<b>02:38:14.30</b>	<b>02:38:26.80</b>	+00:38:46	7:32	8
32	<b>URBANIAK Hubert</b>	<b>126</b>	ROZBIEGANYRAWCZ	M-30	32	NIE	00:52:05	01:42:16	<b>02:38:26.60</b>	<b>02:38:44.00</b>	+00:39:03	7:32	8
33	<b>PURCZYŃSKI Grzegorz</b>	<b>429</b>	DRZONKOWANKA	M-30	33	NIE	00:51:50	01:43:34	<b>02:39:14.35</b>	<b>02:39:19.40</b>	+00:39:39	7:34	7.9
34	<b>KOWALIK Mariusz</b>	<b>111</b>	NGB KŁOBUCK	M-30	34	TAK	00:54:40	01:46:08	<b>02:39:24.60</b>	<b>02:39:38.40</b>	+00:39:58	7:35	7.9
35	<b>MIKA Andrzej</b>	<b>67</b>		M-30	35	NIE	00:59:27	01:47:47	<b>02:39:00.90</b>	<b>02:39:40.20</b>	+00:39:59	7:34	7.9
36	<b>KARASIAK Piotr</b>	<b>266</b>		M-30	36	NO	00:55:59	01:44:37	<b>02:40:02.90</b>	<b>02:40:26.70</b>	+00:40:46	7:37	7.9
37	<b>STACHURSKI Piotr</b>	<b>172</b>	IM-POSSIBLE TEAM	M-30	37	NIE	00:48:05	01:37:43	<b>02:40:36.25</b>	<b>02:40:36.25</b>	+00:40:55	7:38	7.8
38	<b>SZOTA Robert</b>	<b>556</b>		M-30	38	NIE	00:56:05	01:47:19	<b>02:40:16.15</b>	<b>02:40:36.80</b>	+00:40:56	7:37	7.9
39	<b>DUBIEL Piotr</b>	<b>359</b>	WILD DOGS TEAM / SUDECKI KLUB WYSOKOGÓRSKI	M-30	39	TAK	00:56:11	01:46:26	<b>02:40:30.90</b>	<b>02:40:39.80</b>	+00:40:59	7:38	7.8
40	<b>WÓJCIK Robert</b>	<b>248</b>	NOA	M-30	40	NIE	00:52:48	01:43:19	<b>02:40:35.45</b>	<b>02:40:39.85</b>	+00:40:59	7:38	7.8
41	<b>FRANKIEWICZ Artur</b>	<b>392</b>		M-30	41	TAK	00:56:48	01:47:00	<b>02:40:22.15</b>	<b>02:40:40.05</b>	+00:40:59	7:38	7.9
42	<b>PIEUCH Marcin</b>	<b>149</b>	LACHO TEAM	M-30	42	NIE	00:56:29	01:47:23	<b>02:40:32.75</b>	<b>02:40:43.30</b>	+00:41:03	7:38	7.8
43	<b>NIEPALA Jacek</b>	<b>161</b>	OBORYGENI	M-30	43	NO	00:54:27	01:44:39	<b>02:40:45.10</b>	<b>02:40:53.50</b>	+00:41:13	7:39	7.8
44	<b>KOZIEŁ Tomasz</b>	<b>274</b>	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	44	NIE	00:55:00	01:45:47	<b>02:41:01.60</b>	<b>02:41:15.25</b>	+00:41:34	7:40	7.8
45	<b>SZUKAŁA Piotr</b>	<b>559</b>		M-30	45	TAK	00:57:55	01:47:19	<b>02:41:00.70</b>	<b>02:41:16.75</b>	+00:41:36	7:40	7.8
46	<b>ANTOSIAK Tomasz</b>	<b>74</b>	TRIATHLON MIETKÓW TEAM	M-30	46	NIE	00:56:15	01:47:57	<b>02:41:40.95</b>	<b>02:41:45.65</b>	+00:42:05	7:41	7.8
47	<b>DĄBROWICZ Jakub</b>	<b>107</b>		M-30	47	NIE	00:56:17	01:45:51	<b>02:42:03.55</b>	<b>02:42:16.00</b>	+00:42:35	7:43	7.8
48	<b>WIŚNIEWSKI Paweł</b>	<b>553</b>	RUN@BALANCE	M-30	48	NIE	00:50:55	01:42:01	<b>02:42:22.45</b>	<b>02:42:29.80</b>	+00:42:49	7:43	7.8
49	<b>SANKOWSKI Paweł</b>	<b>467</b>	PLACKI TEAM	M-30	49	NIE	00:56:13	01:46:58	<b>02:42:27.55</b>	<b>02:42:45.25</b>	+00:43:04	7:44	7.8
50	<b>DĄBROWSKI Jacek</b>	<b>302</b>	DĄBROWSKI BROTHERS	M-30	50	NIE	00:56:11	01:47:06	<b>02:42:54.15</b>	<b>02:43:01.90</b>	+00:43:21	7:45	7.7
51	<b>KRÓL Marcin</b>	<b>446</b>	OŚ RACING TEAM	M-30	51	NIE	00:56:18	01:47:47	<b>02:43:02.40</b>	<b>02:43:12.10</b>	+00:43:31	7:45	7.7
52	<b>ŚWIDA Adam</b>	<b>225</b>	GET RUN	M-30	52	NIE	00:58:16	01:50:48	<b>02:43:48.90</b>	<b>02:44:10.90</b>	+00:44:30	7:48	7.7
53	<b>ŁUCZAK Marcin</b>	<b>533</b>	RUN4ENERGY	M-30	53	NIE	00:56:08	01:48:22	<b>02:45:15.15</b>	<b>02:45:19.70</b>	+00:45:39	7:52	7.6
54	<b>FILIPOWSKI Krzysztof</b>	<b>251</b>	BBL ZIELONA GÓRA	M-30	54	NIE	00:57:33	01:49:07	<b>02:45:09.95</b>	<b>02:45:26.00</b>	+00:45:45	7:51	7.6
55	<b>VERHEYDEN Sam</b>	<b>201</b>	TMT	M-30	55	NIE	00:56:25	01:48:36	<b>02:45:51.45</b>	<b>02:46:09.65</b>	+00:46:29	7:53	7.6
56	<b>LACHOWSKI Robert</b>	<b>258</b>		M-30	56	NIE	00:58:29	01:50:21	<b>02:46:04.50</b>	<b>02:46:16.85</b>	+00:46:36	7:54	7.6
57	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>192</b>	ROCKY BALBOA RUNNING CLUB	M-30	57	NIE	00:55:13	01:46:04	<b>02:46:07.45</b>	<b>02:46:47.55</b>	+00:47:07	7:54	7.6
58	<b>FRAĆKOWIAK Dariusz</b>	<b>540</b>	EMITT RACE TEAM / SROKABIAŁOBOKA	M-30	58	NIE	00:57:54	01:49:26	<b>02:46:37.05</b>	<b>02:46:53.10</b>	+00:47:12	7:56	7.6
59	<b>URBAŃSKI Michał</b>	<b>442</b>	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	M-30	59	NIE	00:58:35	01:50:25	<b>02:47:39.80</b>	<b>02:47:53.15</b>	+00:48:12	7:59	7.5
60	<b>BŁASZKIEWICZ Bogusz</b>	<b>362</b>		M-30	60	NIE	00:55:37	01:49:36	<b>02:47:54.60</b>	<b>02:48:04.10</b>	+00:48:23	7:59	7.5
61	<b>KOPROWSKI Tomasz</b>	<b>64</b>	ZHP HUFIEC POZNAŃ NOWE	M-30	61	NIE	00:58:44	01:50:00	<b>02:47:25.00</b>	<b>02:48:12.10</b>	+00:48:31	7:58	7.5
62	<b>KLICHOWSKI Marek</b>	<b>51</b>	IFON.PL KOLARZ KLUB	M-30	62	NIE	00:59:22	01:52:03	<b>02:48:12.45</b>	<b>02:48:40.40</b>	+00:49:00	8:00	7.5
63	<b>RODAK Zbigniew</b>	<b>223</b>	STRZEGOMSKA DWUNASTKA	M-30	63	NIE	01:01:51	01:53:33	<b>02:49:25.15</b>	<b>02:50:18.30</b>	+00:50:38	8:04	7.4
64	<b>NOWAKOWSKI Sebastian</b>	<b>23</b>	RYSIE	M-30	64	TAK	01:00:59	01:52:58	<b>02:49:48.85</b>	<b>02:50:22.15</b>	+00:50:41	8:05	7.4
65	<b>CZARNIECKI Daniel</b>	<b>33</b>	THIS IS ENGLISH	M-30	65	NIE	00:58:47	01:52:00	<b>02:50:14.85</b>	<b>02:50:30.30</b>	+00:50:50	8:06	7.4
66	<b>HANDZIAK Tomasz</b>	<b>402</b>		M-30	66	NIE	01:02:38	01:56:30	<b>02:50:40.50</b>	<b>02:51:00.10</b>	+00:51:19	8:07	7.4
67	<b>PORĘBSKI Łukasz</b>	<b>453</b>		M-30	67	NIE	01:01:49	01:54:48	<b>02:50:29.30</b>	<b>02:51:05.30</b>	+00:51:25	8:07	7.4
68	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>399</b>		M-30	68	NIE	00:57:32	01:49:48	<b>02:51:52.75</b>	<b>02:52:08.65</b>	+00:52:28	8:11	7.3
69	<b>KUPCZYK Rafał</b>	<b>301</b>	ROZBIEGANY RAWCZ	M-30	69	NIE	00:57:23	01:51:04	<b>02:51:56.30</b>	<b>02:52:10.55</b>	+00:52:30	8:11	7.3
70	<b>ŁUCZAK Tomasz</b>	<b>121</b>	KB MARATON TUREK	M-30	70	NIE	00:59:40	01:52:54	<b>02:52:37.50</b>	<b>02:53:02.50</b>	+00:53:22	8:13	7.3
71	<b>LEŚNIEWSKI Andrzej</b>	<b>483</b>	FOR RUN TEAM	M-30	71	NIE	00:58:35	01:51:00	<b>02:53:11.60</b>	<b>02:53:16.75</b>	+00:53:36	8:14	7.3
72	<b>SZPINEK Marcin</b>	<b>437</b>	TUTU TEAM	M-30	72	NIE	00:58:53	01:52:49	<b>02:53:07.40</b>	<b>02:53:19.90</b>	+00:53:39	8:14	7.3
73	<b>TOL Kamil</b>	<b>434</b>	MAFIA TEAM LUBLINIEC	M-30	73	NIE	00:58:25	01:52:16	<b>02:53:08.05</b>	<b>02:53:20.75</b>	+00:53:40	8:14	7.3
74	<b>TRETIAK Mateusz</b>	<b>102</b>		M-30	74	NIE	01:00:48	01:54:38	<b>02:53:17.95</b>	<b>02:53:34.65</b>	+00:53:54	8:15	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
75	MAŚLANKA Andrzej	501		M-30	75	NIE	01:10:54	02:01:22	<b>02:52:36.15</b>	<b>02:53:39.70</b>	+00:53:59	8:13	7.3
76	ROJEWSKI Paweł	338		M-30	76	NIE	00:56:08	01:50:17	<b>02:54:27.90</b>	<b>02:54:41.20</b>	+00:55:00	8:18	7.2
77	LACKOWSKI Andrzej	56	AIKIDO UMK TORUN	M-30	77	NIE	00:54:42	01:49:04	<b>02:55:31.65</b>	<b>02:55:41.25</b>	+00:56:00	8:21	7.2
78	NOWAK Daniel	129	MKKK	M-30	78	NIE	01:02:37	01:56:25	<b>02:55:14.80</b>	<b>02:55:42.05</b>	+00:56:01	8:20	7.2
79	KURZAWSKI Piotr	489		M-30	79	NIE	01:06:36	01:59:24	<b>02:55:16.80</b>	<b>02:56:17.20</b>	+00:56:36	8:20	7.2
80	MICHALSKI Piotr	341		M-30	80	NIE	01:02:34	01:56:25	<b>02:56:11.95</b>	<b>02:56:37.95</b>	+00:56:57	8:23	7.2
81	DIERING Tomasz	549	ROWERY MAŁGOŚKA	M-30	81	NIE	01:02:17	01:56:27	<b>02:56:45.85</b>	<b>02:57:03.15</b>	+00:57:22	8:25	7.1
82	BACA Łukasz	191	RAMBO 3	M-30	82	NIE	01:02:35	01:59:52	<b>02:57:41.85</b>	<b>02:57:41.85</b>	+00:58:01	8:27	7.1
83	KURZAWIAK Grzegorz	365	KARŁÓW	M-30	83	NIE	01:01:47	01:55:50	<b>02:56:53.20</b>	<b>02:57:42.90</b>	+00:58:02	8:25	7.1
84	DĄBROWSKI Damian	367	MOTOINTEGRATOR RUNNING TEAM	M-30	84	NIE	01:00:32	01:55:09	<b>02:57:51.80</b>	<b>02:57:58.65</b>	+00:58:18	8:28	7.1
85	HETMAŃCZYK Jakub	119		M-30	85	NIE	01:04:34	02:00:01	<b>02:57:18.75</b>	<b>02:58:00.65</b>	+00:58:20	8:26	7.1
86	TYŚ Radek	517		M-30	86	NIE	01:01:45	01:56:35	<b>02:58:36.75</b>	<b>02:59:05.15</b>	+00:59:24	8:30	7.1
87	NIESPODZIANY Maciej	450	EXTREM OUTDOOR	M-30	87	NO	01:08:06	02:01:45	<b>02:58:38.65</b>	<b>02:59:28.40</b>	+00:59:48	8:30	7.1
88	POSPIESZNY Rafał	185		M-30	88	NIE	01:06:07	02:01:00	<b>02:59:29.30</b>	<b>03:00:09.20</b>	+01:00:28	8:32	7
89	TRZEPIZUR Dominik	130	NGB KŁOBUCK	M-30	89	NIE	01:04:43	02:01:59	<b>03:00:00.50</b>	<b>03:00:11.85</b>	+01:00:31	8:34	7
90	PYTKO Jarosław	286		M-30	90	NIE	00:58:33	01:55:06	<b>03:00:17.85</b>	<b>03:00:35.00</b>	+01:00:54	8:35	7
91	SZMANIA Jakub	561	HKT AZYMUT	M-30	91	NIE	01:08:12	02:02:00	<b>03:01:04.00</b>	<b>03:01:35.00</b>	+01:01:54	8:37	7
92	ORZECHOWSKI Daniel	171	I-SPORT	M-30	92	NIE	01:05:20	02:02:20	<b>03:02:23.75</b>	<b>03:02:47.75</b>	+01:03:07	8:41	6.9
93	MUCHA Piotr	115	FIZJOBIEGACZE SZCZECIN	M-30	93	NO	01:02:20	01:59:49	<b>03:02:20.10</b>	<b>03:02:51.00</b>	+01:03:10	8:41	6.9
94	RUTKOWSKI Krzysztof	100	FIZJOBIEGACZE SZCZECIN	M-30	94	NIE	01:02:19	01:59:58	<b>03:02:18.30</b>	<b>03:02:52.45</b>	+01:03:12	8:40	6.9
95	SZCZOTKA Łukasz	203		M-30	95	TAK	01:10:56	02:07:06	<b>03:02:24.40</b>	<b>03:02:57.45</b>	+01:03:17	8:41	6.9
96	KRASOWSKI Jakub	90	ATAK KRETA	M-30	96	NIE	00:59:53	01:58:32	<b>03:02:46.80</b>	<b>03:03:01.00</b>	+01:03:20	8:42	6.9
97	STANEK Bartosz	412	ŚMIGIEL	M-30	97	NIE	00:58:43	01:56:17	<b>03:03:09.05</b>	<b>03:03:32.50</b>	+01:03:52	8:43	6.9
98	LUBIK Adam	152	KSE ON-SIGHT, SPUCHLAKI TEAM	M-30	98	NIE	01:11:07	02:07:20	<b>03:03:36.60</b>	<b>03:03:36.60</b>	+01:03:56	8:44	6.9
99	MAZUR Andrzej	226	MARTOMBIKE	M-30	99	NIE	01:11:34	02:06:36	<b>03:03:25.15</b>	<b>03:04:11.85</b>	+01:04:31	8:44	6.9
100	PISZCZEK Krzysztof	148	KOCHAMTOROBIC	M-30	100	NIE	01:06:36	02:04:55	<b>03:05:47.05</b>	<b>03:06:27.85</b>	+01:06:47	8:50	6.8
101	OLEJNIK Piotr	563		M-30	101	NIE	01:05:19	02:03:26	<b>03:06:34.10</b>	<b>03:06:48.00</b>	+01:07:07	8:53	6.8
102	KROPIŚ Łukasz	92	HRMAX ŻORY	M-30	102	NIE	01:04:37	02:01:11	<b>03:06:29.60</b>	<b>03:07:07.65</b>	+01:07:27	8:52	6.8
103	KRZESIMOWSKI Damian	368		M-30	103	NIE	01:08:20	02:06:07	<b>03:07:24.70</b>	<b>03:07:50.30</b>	+01:08:10	8:55	6.7
104	ANTECKI Jacek	261		M-30	104	NIE	01:00:39	01:59:40	<b>03:07:49.25</b>	<b>03:08:17.65</b>	+01:08:37	8:56	6.7
105	GAWROŃSKI Roman	104	WKURW_TEAM	M-30	105	NIE	01:09:10	02:06:07	<b>03:08:14.85</b>	<b>03:09:00.00</b>	+01:09:19	8:57	6.7
106	GULCZYŃSKI Tomasz	178	KSE ON-SIGHT	M-30	106	NIE	01:07:49	02:05:26	<b>03:08:39.00</b>	<b>03:09:37.00</b>	+01:09:56	8:59	6.7
107	PANZ Krzysztof	391		M-30	107	TAK	01:02:04	02:00:01	<b>03:09:28.95</b>	<b>03:09:46.80</b>	+01:10:06	9:01	6.6
108	ŁUKASZCZUK Grzegorz	12		M-30	108	NIE	01:10:52	02:07:26	<b>03:09:42.65</b>	<b>03:10:43.30</b>	+01:11:03	9:02	6.6
109	KAPLIŃSKI Kamil	370		M-30	109	NIE	01:02:37	02:06:03	<b>03:10:57.45</b>	<b>03:11:03.85</b>	+01:11:23	9:05	6.6
110	TRZCIONKA Mirosław	27	PROFI AUTO SPORT TEAM	M-30	110	NIE	01:06:38	02:05:22	<b>03:11:04.35</b>	<b>03:11:45.75</b>	+01:12:05	9:05	6.6
111	SKAŁECKI Przemysław	112		M-30	111	NIE	01:11:45	02:10:38	<b>03:11:55.90</b>	<b>03:12:24.50</b>	+01:12:44	9:08	6.6
112	SMOLIŃSKI Piotr	255		M-30	112	NIE	01:08:17	02:10:43	<b>03:12:25.10</b>	<b>03:12:32.75</b>	+01:12:52	9:09	6.5
113	KULIBERDA Marcin	499		M-30	113	NIE	01:17:38	02:10:43	<b>03:11:54.50</b>	<b>03:12:57.95</b>	+01:13:17	9:08	6.6
114	RZADKOWSKI Lesław	416		M-30	114	NIE	01:07:16	02:07:25	<b>03:13:03.35</b>	<b>03:13:15.25</b>	+01:13:34	9:11	6.5
115	SKRZYPIEC Karol	515	ŻARÓW BIEGA	M-30	115	NIE	01:06:27	02:05:27	<b>03:12:54.85</b>	<b>03:13:27.85</b>	+01:13:47	9:11	6.5
116	JEDRUSZEK Damian	464		M-30	116	NO	01:10:49	02:08:38	<b>03:13:09.15</b>	<b>03:13:31.65</b>	+01:13:51	9:11	6.5
117	GLOS Łukasz	523		M-30	117	NIE	01:05:56	02:07:45	<b>03:13:30.25</b>	<b>03:13:51.00</b>	+01:14:10	9:12	6.5
118	POTOCZNY Łukasz	565		M-30	118	NIE	01:11:16	02:10:46	<b>03:13:22.75</b>	<b>03:13:53.15</b>	+01:14:12	9:12	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
119	ZIMNIAK Łukasz	344	KB SZERSZEŃ OLEŚNICA	M-30	119	NIE	01:09:57	02:08:58	<b>03:13:07.45</b>	<b>03:13:54.05</b>	+01:14:13	9:11	6.5
120	WELCHOWSKI Rafał	396		M-30	120	NIE	01:16:19	02:14:34	<b>03:13:43.35</b>	<b>03:14:34.25</b>	+01:14:53	9:13	6.5
121	ZAŁUSTOWICZ Maciej	209		M-30	121	NIE	01:11:16	02:10:32	<b>03:14:22.85</b>	<b>03:15:07.95</b>	+01:15:27	9:15	6.5
122	DOBROCHOWSKI Marek	44	STRZEGOMSKA DWUNASTKA	M-30	122	NIE	01:09:31	02:08:17	<b>03:14:14.25</b>	<b>03:15:08.65</b>	+01:15:28	9:14	6.5
123	TURNIAK Miłosz	85		M-30	123	NIE	01:10:06	02:10:46	<b>03:14:27.55</b>	<b>03:15:08.95</b>	+01:15:28	9:15	6.5
124	KRYSIŃSKI Maciej	395		M-30	124	NIE	01:10:21	02:06:48	<b>03:15:33.55</b>	<b>03:16:21.10</b>	+01:16:40	9:18	6.4
125	MARCINEK Łukasz	93	NIE TERAZ, POTEM	M-30	125	NIE	01:04:31	02:04:07	<b>03:15:54.75</b>	<b>03:16:21.30</b>	+01:16:41	9:19	6.4
126	KRAKOWSKI Krzysztof	278		M-30	126	NIE	01:00:24	02:04:19	<b>03:17:37.15</b>	<b>03:17:48.60</b>	+01:18:08	9:24	6.4
127	KURZYŃSKI Michał	459	EFEKT GOMBAO	M-30	127	NIE	01:12:56	02:10:38	<b>03:18:12.15</b>	<b>03:19:05.05</b>	+01:19:24	9:26	6.4
128	JANAS Dariusz	456		M-30	128	NO	01:12:55	02:10:36	<b>03:18:13.20</b>	<b>03:19:08.35</b>	+01:19:28	9:26	6.4
129	KOSOWSKI Damian	273	DELTA RUN	M-30	129	TAK	01:08:51	02:08:11	<b>03:18:55.35</b>	<b>03:19:43.50</b>	+01:20:03	9:28	6.3
130	GINTER Grzegorz	432	AZS COLLEGIUM MEDICUM UJ	M-30	130	NIE	01:15:26	02:16:00	<b>03:19:56.40</b>	<b>03:20:21.45</b>	+01:20:41	9:31	6.3
131	SULEJA Karol	38	KB MARATON TUREK	M-30	131	NIE	01:09:26	02:10:28	<b>03:20:24.50</b>	<b>03:20:49.10</b>	+01:21:08	9:32	6.3
132	POCIĘGIEL Michał	449	SKAWNA BIEGA	M-30	132	NIE	01:19:03	02:17:28	<b>03:20:14.20</b>	<b>03:21:15.20</b>	+01:21:34	9:32	6.3
133	GAWRYSZEWSKI Grzegorz	241	ESKALADA / UKA	M-30	133	TAK	01:08:13	02:13:49	<b>03:21:33.65</b>	<b>03:21:44.55</b>	+01:22:04	9:35	6.3
134	CZERWONKA Zbigniew	411	ESKADRA WROCŁAW	M-30	134	NIE	01:08:16	02:14:23	<b>03:21:41.50</b>	<b>03:22:05.30</b>	+01:22:25	9:36	6.2
135	BIŚTA Marcin	76		M-30	135	NIE	01:16:27	02:17:27	<b>03:22:18.80</b>	<b>03:22:58.25</b>	+01:23:17	9:38	6.2
136	STAWIŃSKI Michał	208		M-30	136	NO	01:10:23	02:11:52	<b>03:22:55.30</b>	<b>03:23:34.05</b>	+01:23:53	9:39	6.2
137	WOŹNIAK Sebastian	194	MOTOINTEGRATOR RUNNING TEAM	M-30	137	NO	01:09:03	02:14:15	<b>03:25:51.05</b>	<b>03:26:19.00</b>	+01:26:38	9:48	6.1
138	SZCZYGIĘŁ Damian	213	KOCHAMTOROBIĆ	M-30	138	NIE	01:11:30	02:14:15	<b>03:26:01.00</b>	<b>03:26:43.05</b>	+01:27:02	9:48	6.1
139	BALICKI Marcin	60		M-30	139	NIE	01:18:58	02:22:23	<b>03:26:46.15</b>	<b>03:27:11.15</b>	+01:27:30	9:50	6.1
140	RADOŁA Błażej	321		M-30	140	NIE		02:18:55	<b>03:28:06.45</b>	<b>03:28:06.45</b>	+01:28:26	9:54	6.1
141	BYKS Tomasz	57		M-30	141	NO	01:07:59	02:14:39	<b>03:27:58.15</b>	<b>03:28:07.35</b>	+01:28:27	9:54	6.1
142	MAĆKOWIAK Damian	509		M-30	142	NO	01:16:18	02:17:28	<b>03:28:39.75</b>	<b>03:29:39.35</b>	+01:29:59	9:56	6
143	WOJCIECHOWSKI Aleksander	548	ROWERY MAŁGOŚKA	M-30	143	NIE	01:10:18	02:18:09	<b>03:29:52.25</b>	<b>03:30:09.40</b>	+01:30:29	9:59	6
144	RUSIN Szymon	463		M-30	144	TAK	01:10:33	02:14:51	<b>03:29:58.40</b>	<b>03:30:27.95</b>	+01:30:47	9:59	6
145	PACANOWSKI Łukasz	187	PARA-NIE-DO-PARY	M-30	145	NIE			<b>03:31:57.60</b>	<b>03:31:57.60</b>	+01:32:17	10:05	5.9
146	NAGÓRSKI Robert	530		M-30	146	NIE	01:10:19	02:14:38	<b>03:32:40.20</b>	<b>03:32:57.45</b>	+01:33:17	10:07	5.9
147	GORZĄŁKA Mateusz	197	KRUK SA/ŻYCIE CZESTOCHOWY TEAM	M-30	147	NIE	01:16:46	02:20:46	<b>03:32:46.40</b>	<b>03:33:01.50</b>	+01:33:21	10:07	5.9
148	WOLSZCZAK Konrad	536	KLUB RUGBY MIEDZIOWI LUBIN	M-30	148	NIE	01:16:50	02:21:55	<b>03:33:23.35</b>	<b>03:33:57.30</b>	+01:34:17	10:09	5.9
149	STEC Adam	439		M-30	149	NIE	01:12:55	02:17:10	<b>03:33:48.60</b>	<b>03:34:30.30</b>	+01:34:50	10:10	5.9
150	BRACH Jakub	39		M-30	150	NIE	01:20:59	02:24:43	<b>03:33:46.80</b>	<b>03:34:34.10</b>	+01:34:53	10:10	5.9
151	WASZEK Sławomir	65	KARKONOSZ RUNNING TEAM	M-30	151	NIE	01:18:47	02:28:25	<b>03:34:57.95</b>	<b>03:35:25.05</b>	+01:35:44	10:14	5.9
152	LEWANDOWSKI Waldemar	535		M-30	152	NIE	01:15:06	02:20:10	<b>03:34:53.05</b>	<b>03:35:42.90</b>	+01:36:02	10:13	5.9
153	FIGUŁA Sławomir	423		M-30	153	NIE	01:20:43	02:24:24	<b>03:35:01.05</b>	<b>03:36:01.40</b>	+01:36:21	10:14	5.9
154	POŁCZYŃSKI Maciej	298	STALOWA ŁYDA	M-30	154	NIE	01:21:04	02:31:25	<b>03:35:10.20</b>	<b>03:36:12.10</b>	+01:36:31	10:14	5.9
155	KASPRZYK Emil	81		M-30	155	NIE	01:16:38	02:23:29	<b>03:36:30.35</b>	<b>03:37:21.95</b>	+01:37:41	10:18	5.8
156	KASPRZYK Kamil	47		M-30	156	NIE	01:16:43	02:23:28	<b>03:37:33.50</b>	<b>03:38:24.80</b>	+01:38:44	10:21	5.8
157	ZIELINSKI Damian	158		M-30	157	TAK	01:12:56	02:21:30	<b>03:40:02.95</b>	<b>03:40:38.25</b>	+01:40:57	10:28	5.7
158	ORDZIEJEWSKI Dominik	214		M-30	158	TAK	01:12:55	02:21:30	<b>03:40:10.75</b>	<b>03:40:45.45</b>	+01:41:05	10:29	5.7
159	PEŻYŃSKI Piotr	142		M-30	159	NIE	01:18:27	02:29:40	<b>03:45:25.70</b>	<b>03:46:03.50</b>	+01:46:23	10:44	5.6
160	JAROSZ Artur	461		M-30	160	NIE	01:17:20	02:28:56	<b>03:46:57.65</b>	<b>03:47:35.10</b>	+01:47:54	10:48	5.6
161	JERMAK Kamil	227		M-30	161	NO	01:18:52	02:29:13	<b>03:46:41.95</b>	<b>03:47:37.95</b>	+01:47:57	10:47	5.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
162	<b>JĘDRZEJCZYK Łukasz</b>	<b>174</b>		M-30	162	NIE	01:19:09	02:29:14	<b>03:46:42.35</b>	<b>03:47:38.55</b>	+01:47:58	10:47	5.6
163	<b>MARZEC Dominik</b>	<b>193</b>		M-30	163	NIE	01:21:09	02:29:33	<b>03:48:00.35</b>	<b>03:48:49.45</b>	+01:49:09	10:51	5.5
164	<b>ROZMUS Tomasz</b>	<b>528</b>		M-30	164	NIE	01:19:24	02:29:38	<b>03:49:15.35</b>	<b>03:49:54.15</b>	+01:50:13	10:55	5.5
165	<b>KOT Tomasz</b>	<b>288</b>		M-30	165	NIE	01:19:32	02:32:22	<b>03:52:03.70</b>	<b>03:52:45.75</b>	+01:53:05	11:03	5.4
166	<b>KASPRZAK Bartłomiej</b>	<b>244</b>	BEARD TEAM WROCŁAW	M-30	166	NIE	01:20:36	02:29:42	<b>03:55:14.40</b>	<b>03:56:09.70</b>	+01:56:29	11:12	5.4
167	<b>SKRZYPCZAK Patryk</b>	<b>400</b>	SPARTACUS	M-30	167	NIE	01:21:04	02:35:58	<b>03:57:31.90</b>	<b>03:58:25.25</b>	+01:58:44	11:18	5.3
168	<b>SPYCHAŁA Michał</b>	<b>397</b>	SPARTACUS	M-30	168	NIE	01:21:03	02:36:04	<b>03:57:35.65</b>	<b>03:58:27.95</b>	+01:58:47	11:18	5.3
169	<b>FURMAN Michał</b>	<b>34</b>	OCHAJO RUN&FRIENDS	M-30	169	NIE	01:37:25	03:00:10	<b>04:34:52.25</b>	<b>04:35:34.15</b>	+02:35:53	13:05	4.6

Znaleziono 169 wynik(ów)