



ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2018

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

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

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-40

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>DYBEK Paweł</b>	<b>9</b>	SALOMON SUUNTO TEAM POLAND	M-40	1	NIE	00:43:01	01:27:50	<b>02:11:33.50</b>	<b>02:11:35.65</b>		6:15	9.6 (100%)
2	<b>NASKRĘT Sławomir</b>	<b>555</b>	SKLEPBIEGACZA.PL	M-40	2	NIE	00:43:42	01:29:23	<b>02:16:31.25</b>	<b>02:16:33.65</b>	+00:04:58 (3.6%)	6:30	9.2 (95.8%)
3	<b>KAPROŃ Sebastian</b>	<b>488</b>		M-40	3	NIE	00:45:18	01:31:19	<b>02:18:37.00</b>	<b>02:18:40.55</b>	+00:07:04 (5.1%)	6:36	9.1 (94.8%)
4	<b>KITA Michał</b>	<b>252</b>	PĘDZĄCY W MIEJSCU	M-40	4	TAK	00:45:27	01:31:24	<b>02:19:09.30</b>	<b>02:19:13.40</b>	+00:07:37 (5.5%)	6:37	9.1 (94.8%)
5	<b>SZOPA Marek</b>	<b>176</b>	TEAM KOPEĆ	M-40	5	NIE	00:49:38	01:35:05	<b>02:22:02.55</b>	<b>02:22:08.30</b>	+00:10:32 (7.4%)	6:45	8.9 (92.7%)
6	<b>PIASECKI Mariusz</b>	<b>237</b>		M-40	6	NIE	00:46:52	01:32:59	<b>02:22:59.35</b>	<b>02:23:03.05</b>	+00:11:27 (8.0%)	6:48	8.8 (91.7%)
7	<b>KRUPA Marcin</b>	<b>333</b>	AKTYWNA NOWA RUDA	M-40	7	NIE	00:48:27	01:37:37	<b>02:28:13.75</b>	<b>02:28:20.90</b>	+00:16:45 (11.3%)	7:03	8.5 (88.5%)
8	<b>IGNACZAK Marcin</b>	<b>78</b>	FILLCO - IFB BROKER	M-40	8	NIE	00:51:42	01:38:46	<b>02:28:48.90</b>	<b>02:28:52.30</b>	+00:17:16 (11.6%)	7:05	8.5 (88.5%)
9	<b>PRYSTASZ Krzysztof</b>	<b>551</b>	OŁAWSKA GRUPA BIEGOWA	M-40	9	NIE	00:49:49	01:37:44	<b>02:29:00.80</b>	<b>02:29:05.50</b>	+00:17:29 (11.7%)	7:05	8.5 (88.5%)
10	<b>GEZELA Robert</b>	<b>312</b>	EUFORIABIEGACZA.PL	M-40	10	NIE	00:48:43	01:38:00	<b>02:29:39.90</b>	<b>02:29:42.85</b>	+00:18:07 (12.1%)	7:07	8.4 (87.5%)
11	<b>NIEZGÓDKA Tomasz</b>	<b>398</b>		M-40	11	NIE	00:50:36	01:38:53	<b>02:30:09.90</b>	<b>02:30:16.15</b>	+00:18:40 (12.4%)	7:09	8.4 (87.5%)
12	<b>KOZŁOWSKI Gabriel</b>	<b>292</b>	BÓBR TŁUSZCZ	M-40	12	NIE	00:55:30	01:43:15	<b>02:30:10.90</b>	<b>02:30:21.55</b>	+00:18:45 (12.5%)	7:09	8.4 (87.5%)
13	<b>PIĄTKOWSKI Przemysław</b>	<b>212</b>	TEAM KOPEĆ	M-40	13	NIE	00:51:24	01:41:24	<b>02:32:26.10</b>	<b>02:32:30.20</b>	+00:20:54 (13.7%)	7:15	8.3 (86.5%)
14	<b>JARMOLIŃSKI Piotr</b>	<b>468</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-40	14	NIE	00:51:48	01:41:40	<b>02:33:33.15</b>	<b>02:33:38.85</b>	+00:22:03 (14.4%)	7:18	8.2 (85.4%)
15	<b>WAHL Daniel</b>	<b>330</b>	T.S. AKS CHORZÓW	M-40	15	TAK	00:53:43	01:43:12	<b>02:34:21.25</b>	<b>02:34:25.80</b>	+00:22:50 (14.8%)	7:21	8.2 (85.4%)
16	<b>BUCHLA Marcin</b>	<b>494</b>	GT RAT	M-40	16	NIE	00:55:02	01:43:56	<b>02:34:26.10</b>	<b>02:34:33.15</b>	+00:22:57 (14.9%)	7:21	8.2 (85.4%)
17	<b>SOBOL Tomasz</b>	<b>348</b>		M-40	17	NIE	00:52:10	01:42:07	<b>02:34:41.40</b>	<b>02:34:47.35</b>	+00:23:11 (15.0%)	7:22	8.1 (84.4%)
18	<b>HALADYN Łukasz</b>	<b>94</b>	AURATREE	M-40	18	TAK	00:51:50	01:40:50	<b>02:34:47.50</b>	<b>02:34:52.85</b>	+00:23:17 (15.0%)	7:22	8.1 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
19	<b>JĄŁOCHA Tomek</b>	<b>256</b>		M-40	19	NIE	00:53:42	01:42:38	<b>02:35:01.75</b>	<b>02:35:14.55</b>	+00:23:38 (15.2%)	7:22	8.1 (84.4%)
20	<b>STAWIARSKI Tomasz</b>	<b>317</b>	KOWARY BIEGAJĄ	M-40	20	NIE	00:52:48	01:43:18	<b>02:36:17.60</b>	<b>02:36:24.30</b>	+00:24:48 (15.9%)	7:26	8.1 (84.4%)
21	<b>SKALSKI Radosław</b>	<b>79</b>	KB AKTYWNI KONIN	M-40	21	NIE	00:54:12	01:43:28	<b>02:36:47.05</b>	<b>02:36:47.05</b>	+00:25:11 (16.1%)	7:27	8 (83.3%)
22	<b>LINKOWSKI Michał</b>	<b>427</b>	KB ILOVEZIEMEK	M-40	22	NIE	00:53:53	01:44:59	<b>02:37:10.20</b>	<b>02:37:14.70</b>	+00:25:39 (16.3%)	7:29	8 (83.3%)
23	<b>THIER Dominik</b>	<b>422</b>	KS KANDAHAR	M-40	23	TAK	00:51:28	01:42:22	<b>02:37:34.65</b>	<b>02:37:39.35</b>	+00:26:03 (16.5%)	7:30	8 (83.3%)
24	<b>UGOREK Jarosław</b>	<b>42</b>	TEAM KOPEĆ	M-40	24	NIE	00:53:02	01:43:27	<b>02:38:43.55</b>	<b>02:38:43.55</b>	+00:27:07 (17.1%)	7:33	7.9 (82.3%)
25	<b>JABŁOŃSKI Paweł</b>	<b>379</b>	KUDOWSCY MIŁOŚNICZY BIEGANIA	M-40	25	NIE	00:55:46	01:45:49	<b>02:39:25.75</b>	<b>02:39:39.40</b>	+00:28:03 (17.6%)	7:35	7.9 (82.3%)
26	<b>WALENDA Arkadiusz</b>	<b>409</b>	VEGE ULTRA RUNNERS	M-40	26	NIE	00:53:24	01:44:03	<b>02:40:15.65</b>	<b>02:40:23.60</b>	+00:28:47 (18.0%)	7:37	7.9 (82.3%)
27	<b>FRĄCKOWIAK Michał</b>	<b>558</b>	CZERWONAK BIEGA	M-40	27	NIE	00:54:27	01:46:44	<b>02:40:53.80</b>	<b>02:41:00.65</b>	+00:29:25 (18.3%)	7:39	7.8 (81.3%)
28	<b>STANKIEWICZ Paweł</b>	<b>557</b>	CZERWONAK BIEGA	M-40	28	NIE	00:54:23	01:46:45	<b>02:40:53.50</b>	<b>02:41:00.95</b>	+00:29:25 (18.3%)	7:39	7.8 (81.3%)
29	<b>ŁUCZAK Paweł</b>	<b>220</b>		M-40	29	TAK	00:58:15	01:48:58	<b>02:41:23.55</b>	<b>02:41:51.95</b>	+00:30:16 (18.7%)	7:41	7.8 (81.3%)
30	<b>DZIUBA Piotr</b>	<b>175</b>		M-40	30	NIE	00:54:44	01:45:51	<b>02:42:06.80</b>	<b>02:42:14.70</b>	+00:30:39 (18.9%)	7:43	7.8 (81.3%)
31	<b>SADOWSKI Tomasz</b>	<b>309</b>	KOSSMATE ŻUKI	M-40	31	NIE	00:59:14	01:49:17	<b>02:42:10.05</b>	<b>02:42:28.35</b>	+00:30:52 (19.0%)	7:43	7.8 (81.3%)
32	<b>KOWALCZYK Paweł</b>	<b>125</b>	KĘCKIE HARPAGANY	M-40	32	NIE	00:53:22	01:45:31	<b>02:43:05.80</b>	<b>02:43:08.70</b>	+00:31:33 (19.3%)	7:46	7.7 (80.2%)
33	<b>PRZYPOLSKI Paweł</b>	<b>40</b>	IM-POSSIBLE TEAM	M-40	33	NIE	00:52:45	01:45:04	<b>02:43:07.80</b>	<b>02:43:15.25</b>	+00:31:39 (19.4%)	7:46	7.7 (80.2%)
34	<b>DARMOCHWAŁ Leszek</b>	<b>20</b>	DZIKIE BOBRY	M-40	34	NO	00:57:07	01:48:15	<b>02:43:45.85</b>	<b>02:43:45.85</b>	+00:32:10 (19.6%)	7:47	7.7 (80.2%)
35	<b>ZARODA Zbyszek</b>	<b>145</b>		M-40	35	NIE	00:56:11	01:48:06	<b>02:43:59.20</b>	<b>02:44:02.50</b>	+00:32:26 (19.8%)	7:48	7.7 (80.2%)
36	<b>DUC-SYPOSZ Aureliusz</b>	<b>462</b>		M-40	36	NIE	00:59:17	01:49:31	<b>02:44:20.15</b>	<b>02:44:37.10</b>	+00:33:01 (20.1%)	7:49	7.7 (80.2%)
37	<b>KOCIK Marcin</b>	<b>532</b>	FATBOY SPRINT	M-40	37	NIE	00:59:18	01:49:29	<b>02:44:20.35</b>	<b>02:44:55.65</b>	+00:33:20 (20.2%)	7:49	7.7 (80.2%)
38	<b>STEC Piotr</b>	<b>361</b>		M-40	38	NIE	00:58:10	01:47:50	<b>02:44:49.95</b>	<b>02:45:25.35</b>	+00:33:49 (20.4%)	7:50	7.6 (79.2%)
39	<b>SIERZPUTOWSKI Robert</b>	<b>260</b>	NASIELSK BASZTA TEAM	M-40	39	NIE	01:02:46	01:52:38	<b>02:44:29.15</b>	<b>02:45:25.75</b>	+00:33:50 (20.5%)	7:49	7.7 (80.2%)
40	<b>STELMASZCZYK Bartłomiej</b>	<b>270</b>	SCOUT TAEM	M-40	40	NIE	00:58:04	01:50:53	<b>02:45:48.35</b>	<b>02:46:01.70</b>	+00:34:26 (20.7%)	7:53	7.6 (79.2%)
41	<b>NOWAK Adam</b>	<b>525</b>	TAB2	M-40	41	TAK	00:56:27	01:48:59	<b>02:45:56.05</b>	<b>02:46:14.25</b>	+00:34:38 (20.8%)	7:54	7.6 (79.2%)
42	<b>PALACZ Marcin</b>	<b>37</b>	OPTIMA CARDIO	M-40	42	NIE	00:56:23	01:49:02	<b>02:46:43.40</b>	<b>02:47:09.85</b>	+00:35:34 (21.3%)	7:56	7.6 (79.2%)
43	<b>BEDNARZ Sebastian</b>	<b>83</b>		M-40	43	NIE	00:57:33	01:49:07	<b>02:47:14.90</b>	<b>02:47:30.65</b>	+00:35:55 (21.4%)	7:57	7.5 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
44	<b>TOŚ Sebastian</b>	<b>332</b>		M-40	44	NIE	00:55:38	01:49:34	<b>02:47:31.90</b>	<b>02:47:38.00</b>	+00:36:02 (21.5%)	7:58	7.5 (78.1%)
45	<b>OLSZEWSKI Tomasz</b>	<b>507</b>	KSRG ZG RUDNA	M-40	45	NIE	01:00:16	01:51:46	<b>02:48:13.70</b>	<b>02:48:59.60</b>	+00:37:23 (22.1%)	8:00	7.5 (78.1%)
46	<b>STANUCHIEWICZ Oskar</b>	<b>500</b>		M-40	46	NIE	01:00:11	01:50:22	<b>02:48:44.15</b>	<b>02:49:15.50</b>	+00:37:39 (22.3%)	8:02	7.5 (78.1%)
47	<b>BONIKOWSKI Tomasz</b>	<b>199</b>		M-40	47	NIE	00:56:52	01:50:03	<b>02:49:09.70</b>	<b>02:49:30.50</b>	+00:37:54 (22.4%)	8:03	7.4 (77.1%)
48	<b>ROSOCHACZ Krzysztof</b>	<b>394</b>		M-40	48	NIE	00:55:46	01:48:54	<b>02:48:59.15</b>	<b>02:49:36.30</b>	+00:38:00 (22.4%)	8:02	7.5 (78.1%)
49	<b>PLONKOWSKI Sebastian</b>	<b>103</b>		M-40	49	NIE	01:00:35	01:52:14	<b>02:49:20.95</b>	<b>02:49:36.50</b>	+00:38:00 (22.4%)	8:03	7.4 (77.1%)
50	<b>KARWACKI Grzegorz</b>	<b>471</b>	GLOBUS	M-40	50	TAK	01:02:05	01:54:03	<b>02:49:16.20</b>	<b>02:49:38.05</b>	+00:38:02 (22.4%)	8:03	7.4 (77.1%)
51	<b>STRZYGOCKI Maciej</b>	<b>110</b>		M-40	51	NIE	01:00:16	01:50:11	<b>02:49:06.45</b>	<b>02:49:38.45</b>	+00:38:02 (22.4%)	8:03	7.5 (78.1%)
52	<b>WÓJCIK Marcin</b>	<b>282</b>	FLOWERPOWERUN KOWARYB	M-40	52	TAK	00:56:25	01:49:40	<b>02:49:26.30</b>	<b>02:49:42.50</b>	+00:38:06 (22.5%)	8:04	7.4 (77.1%)
53	<b>BOCIAN Ryszard</b>	<b>283</b>	KW TORUŃ	M-40	53	TAK	00:58:17	01:52:05	<b>02:49:45.50</b>	<b>02:49:56.80</b>	+00:38:21 (22.6%)	8:05	7.4 (77.1%)
54	<b>URBAŃSKI Krzysztof</b>	<b>89</b>	KROK ZA GROSZ	M-40	54	NIE	00:59:37	01:52:52	<b>02:49:45.15</b>	<b>02:49:58.95</b>	+00:38:23 (22.6%)	8:05	7.4 (77.1%)
55	<b>SPECHT Mikołaj</b>	<b>234</b>		M-40	55	NIE	01:00:24	01:52:39	<b>02:49:33.40</b>	<b>02:50:05.05</b>	+00:38:29 (22.6%)	8:04	7.4 (77.1%)
56	<b>KAMIENNIK Sebastian</b>	<b>491</b>		M-40	56	NIE	01:00:32	01:53:21	<b>02:49:31.25</b>	<b>02:50:05.40</b>	+00:38:29 (22.6%)	8:04	7.4 (77.1%)
57	<b>SALACH Radosław</b>	<b>346</b>	MOCNI NA STARCIE	M-40	57	NIE	01:01:38	01:52:45	<b>02:50:15.35</b>	<b>02:50:47.60</b>	+00:39:11 (23.0%)	8:06	7.4 (77.1%)
58	<b>PAPROCKI Krzysztof</b>	<b>87</b>		M-40	58	NIE	01:01:51	01:55:19	<b>02:51:45.80</b>	<b>02:52:19.15</b>	+00:40:43 (23.6%)	8:10	7.3 (76.0%)
59	<b>JARUGA Marcin</b>	<b>424</b>	KB MARATON TUREK	M-40	59	NIE	01:01:49	01:55:37	<b>02:52:41.40</b>	<b>02:53:02.10</b>	+00:41:26 (23.9%)	8:13	7.3 (76.0%)
60	<b>KURZAWINSKI Marcin</b>	<b>73</b>	KB MARATON TUREK	M-40	60	NIE	01:01:49	01:55:43	<b>02:52:42.50</b>	<b>02:53:02.40</b>	+00:41:26 (24.0%)	8:13	7.3 (76.0%)
61	<b>KRAWCZYK Krzysztof</b>	<b>97</b>	KB MARATON TUREK	M-40	61	NIE	01:00:37	01:54:01	<b>02:52:39.80</b>	<b>02:53:02.70</b>	+00:41:27 (24.0%)	8:13	7.3 (76.0%)
62	<b>MNICH Tomasz</b>	<b>376</b>		M-40	62	NIE	01:01:20	01:55:24	<b>02:52:41.95</b>	<b>02:53:03.05</b>	+00:41:27 (24.0%)	8:13	7.3 (76.0%)
63	<b>OPOWICZ Rafał</b>	<b>289</b>		M-40	63	NIE	01:00:39	01:52:43	<b>02:52:41.70</b>	<b>02:53:14.60</b>	+00:41:38 (24.0%)	8:13	7.3 (76.0%)
64	<b>STACHURSKI Daniel</b>	<b>353</b>	EMERYCI I RENCIEŚCI	M-40	64	NIE	01:00:38	01:53:52	<b>02:52:48.70</b>	<b>02:53:17.55</b>	+00:41:41 (24.1%)	8:13	7.3 (76.0%)
65	<b>ZGARDA Jacek</b>	<b>26</b>	TMTEAM	M-40	65	NO	00:57:47	01:53:09	<b>02:53:26.60</b>	<b>02:53:31.95</b>	+00:41:56 (24.2%)	8:15	7.3 (76.0%)
66	<b>JASTRZĘBSKI Leszek</b>	<b>196</b>	PUSZCZYK BUKOWY	M-40	66	NIE	01:04:20	01:56:55	<b>02:53:15.40</b>	<b>02:53:55.60</b>	+00:42:19 (24.3%)	8:15	7.3 (76.0%)
67	<b>MRÓZ Marcin</b>	<b>147</b>	DZIKIE BOBRY	M-40	67	NIE	00:58:45	01:54:52	<b>02:54:17.05</b>	<b>02:54:27.40</b>	+00:42:51 (24.6%)	8:17	7.2 (75.0%)
68	<b>GRABIŃSKI Waldemar</b>	<b>354</b>	ROGOZIŃSKI KLUB BIEGACZA	M-40	68	NIE	01:01:58	01:55:41	<b>02:55:19.30</b>	<b>02:56:16.60</b>	+00:44:40 (25.3%)	8:20	7.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
69	<b>KACZMAREK Karol</b>	<b>173</b>	ROZBIEGANYRAWICZ	M-40	69	NIE	01:00:40	01:53:52	<b>02:56:15.00</b>	<b>02:56:37.65</b>	+00:45:02 (25.5%)	8:23	7.1 (74.0%)
70	<b>BISOWSKI Mariusz</b>	<b>323</b>	KOZY W UCHU	M-40	70	NIE	01:06:34	02:00:07	<b>02:55:55.25</b>	<b>02:56:38.95</b>	+00:45:03 (25.5%)	8:22	7.2 (75.0%)
71	<b>LEWANDOWSKI Wojciech</b>	<b>204</b>		M-40	71	NIE	00:58:20	01:51:51	<b>02:56:21.40</b>	<b>02:56:42.45</b>	+00:45:06 (25.5%)	8:23	7.1 (74.0%)
72	<b>BALCERZAK Robert</b>	<b>31</b>	KLUB BIEGACZA WARTA	M-40	72	NIE	01:00:21	01:55:18	<b>02:56:36.55</b>	<b>02:56:57.90</b>	+00:45:22 (25.6%)	8:24	7.1 (74.0%)
73	<b>MŁYNARCZYK Krzysztof</b>	<b>418</b>		M-40	73	NIE	01:00:32	01:56:26	<b>02:57:41.25</b>	<b>02:58:01.15</b>	+00:46:25 (26.1%)	8:27	7.1 (74.0%)
74	<b>BRZEZIŃSKI Marcin</b>	<b>269</b>		M-40	74	NIE	00:58:25	01:56:15	<b>02:59:22.90</b>	<b>02:59:34.35</b>	+00:47:58 (26.7%)	8:32	7 (72.9%)
75	<b>SZYSZKOWSKI Rafal</b>	<b>167</b>		M-40	75	NIE	01:02:40	02:00:19	<b>02:59:35.90</b>	<b>02:59:55.75</b>	+00:48:20 (26.9%)	8:33	7 (72.9%)
76	<b>KOWALSKI Bogusław</b>	<b>216</b>	KLUB WYSOKOGÓRSKI W TORUNIU	M-40	76	TAK	01:01:48	01:58:07	<b>02:59:59.20</b>	<b>02:59:59.20</b>	+00:48:23 (26.9%)	8:34	7 (72.9%)
77	<b>PRZYBYŁ Tomasz</b>	<b>243</b>	NIGHT RUNNERS	M-40	77	NIE	01:02:22	01:58:42	<b>02:59:53.70</b>	<b>03:00:19.95</b>	+00:48:44 (27.0%)	8:33	7 (72.9%)
78	<b>KOWALEWSKI Grzegorz</b>	<b>505</b>		M-40	78	NIE	01:01:43	02:00:05	<b>03:00:12.00</b>	<b>03:00:22.05</b>	+00:48:46 (27.0%)	8:34	7 (72.9%)
79	<b>BINKOWSKI Marcin</b>	<b>469</b>		M-40	79	NIE	01:00:30	01:58:04	<b>03:00:22.90</b>	<b>03:00:32.50</b>	+00:48:56 (27.1%)	8:35	7 (72.9%)
80	<b>TYRALSKI Dominik</b>	<b>543</b>	POLSAT BIEGA	M-40	80	NIE	01:05:45	02:00:19	<b>03:00:05.10</b>	<b>03:00:34.05</b>	+00:48:58 (27.1%)	8:34	7 (72.9%)
81	<b>LESZKO Jacek</b>	<b>326</b>	LESZTEK SKALAK TEAM	M-40	81	NIE	01:09:36		<b>03:00:45.65</b>	<b>03:00:45.65</b>	+00:49:10 (27.2%)	8:36	7 (72.9%)
82	<b>KWOLIK Daniel</b>	<b>1</b>	WIELKA ORKIESTRA ŚWIĄTECZNEJ POMOCY	M-40	82	NIE	01:01:52	01:57:07	<b>02:59:52.45</b>	<b>03:00:51.15</b>	+00:49:15 (27.2%)	8:33	7 (72.9%)
83	<b>KOŁODZIEJ Mariusz</b>	<b>77</b>	TMT	M-40	83	NIE	01:00:49	01:58:21	<b>03:01:28.20</b>	<b>03:01:33.25</b>	+00:49:57 (27.5%)	8:38	6.9 (71.9%)
84	<b>STEFANOWSKI Marcin</b>	<b>84</b>		M-40	84	NIE	01:06:11	02:02:16	<b>03:01:04.25</b>	<b>03:01:37.00</b>	+00:50:01 (27.5%)	8:37	7 (72.9%)
85	<b>ŻMUDKA Bartek</b>	<b>68</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	85	NIE	01:03:15	02:02:05	<b>03:01:51.85</b>	<b>03:02:01.75</b>	+00:50:26 (27.7%)	8:39	6.9 (71.9%)
86	<b>SURMACZ Rafał</b>	<b>519</b>	CARDIORUNNERS	M-40	86	NIE	01:04:02	02:00:06	<b>03:01:58.55</b>	<b>03:02:12.80</b>	+00:50:37 (27.8%)	8:39	6.9 (71.9%)
87	<b>WYSOCKI Tomasz</b>	<b>131</b>	OCHAJORUN & FRIENDS	M-40	87	NIE	01:05:04	02:02:05	<b>03:02:06.70</b>	<b>03:02:15.50</b>	+00:50:39 (27.8%)	8:40	6.9 (71.9%)
88	<b>WACHOWSKI Robert</b>	<b>45</b>		M-40	88	NIE	01:06:46	02:01:20	<b>03:01:35.95</b>	<b>03:02:19.40</b>	+00:50:43 (27.8%)	8:38	6.9 (71.9%)
89	<b>GÓRNY Aleksander</b>	<b>151</b>	KROK ZA GROSZ	M-40	89	NIE	01:03:44	02:00:34	<b>03:02:27.55</b>	<b>03:02:27.55</b>	+00:50:51 (27.9%)	8:41	6.9 (71.9%)
90	<b>FLIS Dariusz</b>	<b>447</b>	BORN TO RUN	M-40	90	NIE	01:07:47	02:01:27	<b>03:02:53.20</b>	<b>03:03:51.15</b>	+00:52:15 (28.4%)	8:42	6.9 (71.9%)
91	<b>CZAJA Maciej</b>	<b>14</b>	MINICLASSIC.PL	M-40	91	NIE	01:06:09	02:01:08	<b>03:03:59.55</b>	<b>03:04:37.75</b>	+00:53:02 (28.7%)	8:45	6.8 (70.8%)
92	<b>SZOŁTYSEK Wojciech</b>	<b>128</b>	CHAJORUN & FRIENDS	M-40	92	NIE	01:05:29	02:02:08	<b>03:04:30.65</b>	<b>03:04:38.85</b>	+00:53:03 (28.7%)	8:47	6.8 (70.8%)
93	<b>JAŻOWNIK Jacek</b>	<b>36</b>	WKURW_TEAM	M-40	93	NO	01:08:07	02:02:30	<b>03:04:13.70</b>	<b>03:04:58.15</b>	+00:53:22 (28.9%)	8:46	6.8 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
94	ZERZÁN Dominik	202	NÁCHOD	M-40	94	NIE	00:58:56	01:58:27	03:06:45.80	03:06:50.50	+00:55:14 (29.6%)	8:53	6.7 (69.8%)
95	KONOPNIAK Krzysztof	297	ROZBIEGANY RAWICZ	M-40	95	NIE	01:01:36	01:59:50	03:07:28.80	03:07:51.10	+00:56:15 (29.9%)	8:55	6.7 (69.8%)
96	WRZESIŃSKI Piotr	481	GAPPAG TEAM	M-40	96	NIE	01:03:26	02:01:53	03:07:46.35	03:07:59.95	+00:56:24 (30.0%)	8:56	6.7 (69.8%)
97	KAMIŃSKI Paweł	485		M-40	97	NIE	01:00:34	01:58:11	03:08:18.20	03:08:29.95	+00:56:54 (30.2%)	8:58	6.7 (69.8%)
98	SADOWY Rafał	482		M-40	98	NIE	01:04:42	02:05:22	03:08:18.30	03:08:43.80	+00:57:08 (30.3%)	8:58	6.7 (69.8%)
99	DUDEK Krzysztof	182	STRZEGOMSKA DWUNASTKA	M-40	99	NIE	01:06:38	02:03:13	03:08:20.05	03:09:12.25	+00:57:36 (30.4%)	8:58	6.7 (69.8%)
100	SOKOŁOWSKI Marcin	358	KW OPOLE	M-40	100	TAK	01:10:47	02:07:05	03:08:50.05	03:09:46.20	+00:58:10 (30.7%)	8:59	6.7 (69.8%)
101	SZYMAŃSKI Marcin	444	OŁAWSKA GRUPA BIEGOWA	M-40	101	NIE	01:09:05	02:05:39	03:08:54.90	03:09:49.95	+00:58:14 (30.7%)	8:59	6.7 (69.8%)
102	KADŁUBOWSKI Piotr	460	KOTWICA BRZEG / AUTOGAZEXPERT RUNNERS TEAM	M-40	102	NIE	01:04:49	02:02:19	03:10:10.35	03:10:32.05	+00:58:56 (30.9%)	9:03	6.6 (68.8%)
103	CYRULEWSKI Rafał	268		M-40	103	NIE			03:10:33.55	03:10:33.55	+00:58:57 (30.9%)	9:04	6.6 (68.8%)
104	ICIEK Mariusz	477	AKTYWNI KAMIENSK	M-40	104	NIE	01:14:25	02:10:19	03:10:02.50	03:10:56.65	+00:59:21 (31.1%)	9:02	6.6 (68.8%)
105	GRZESIAK Rafał	374		M-40	105	NIE	01:06:04	02:05:45	03:10:29.45	03:11:04.75	+00:59:29 (31.1%)	9:04	6.6 (68.8%)
106	SKRZYPCZAK Mirosław	513	BALANSTEAM KATOWICE	M-40	106	TAK	01:05:19	02:05:30	03:12:36.70	03:12:52.00	+01:01:16 (31.8%)	9:10	6.5 (67.7%)
107	DURKIEWICZ Tomasz	177	DOM KULTURY JOGI	M-40	107	NIE	01:10:25	02:10:15	03:12:13.95	03:12:55.15	+01:01:19 (31.8%)	9:09	6.6 (68.8%)
108	MADEJ Jan	377		M-40	108	NIE	01:06:00	02:05:49	03:12:21.35	03:12:56.15	+01:01:20 (31.8%)	9:09	6.5 (67.7%)
109	ZEGARSKI Arkadiusz	478		M-40	109	NIE	01:07:02	02:07:11	03:12:34.45	03:12:57.55	+01:01:21 (31.8%)	9:10	6.5 (67.7%)
110	KUCHARSKI Piotr	514	DESZCZNO WARRIORS	M-40	110	NIE	01:14:47	02:10:54	03:12:08.85	03:12:59.15	+01:01:23 (31.8%)	9:09	6.6 (68.8%)
111	HENECZKOWSKI Łukasz	457	BORN TO RUN	M-40	111	NIE	01:11:01	02:06:20	03:13:40.45	03:14:39.65	+01:03:04 (32.4%)	9:13	6.5 (67.7%)
112	JAROSŁAWSKI Mariusz	72	TERMY JAKUBA - OŁAWSKI PARK WODNY...WROCŁAWSKI KLUB WYSOKOGÓRSKI	M-40	112	TAK	01:07:54	02:08:33	03:14:50.85	03:15:01.40	+01:03:25 (32.5%)	9:16	6.5 (67.7%)
113	KOZIŃSKI Piotr	240		M-40	113	NIE	01:09:18	02:10:19	03:17:52.55	03:18:23.15	+01:06:47 (33.7%)	9:25	6.4 (66.7%)
114	CZARNECKI Krzysztof	50		M-40	114	NIE	01:15:29	02:15:08	03:18:20.20	03:19:09.15	+01:07:33 (33.9%)	9:26	6.4 (66.7%)
115	FRANKIEWICZ Jakub	322		M-40	115	NIE	01:14:28	02:14:28	03:19:06.60	03:20:00.30	+01:08:24 (34.2%)	9:28	6.3 (65.6%)
116	FILIPIAK Sebastian	13		M-40	116	NIE	01:11:24	02:11:55	03:19:07.85	03:20:02.55	+01:08:26 (34.2%)	9:28	6.3 (65.6%)
117	ROSTEK Mariusz	230	KB MARATON TUREK	M-40	117	NIE	01:09:26	02:10:29	03:20:20.60	03:20:47.40	+01:09:11 (34.5%)	9:32	6.3 (65.6%)
118	KANECKI Mirosław	159	KOWARY BIEGAJĄ	M-40	118	NIE	01:15:05	02:15:35	03:19:52.25	03:20:53.25	+01:09:17 (34.5%)	9:31	6.3 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
119	<b>ADAMCZYK Marcin</b>	<b>52</b>		M-40	119	NIE	01:14:44	02:17:38	<b>03:21:50.65</b>	<b>03:22:09.35</b>	+01:10:33 (34.9%)	9:36	6.2 (64.6%)
120	<b>BŁACHNO Marcin</b>	<b>315</b>		M-40	120	NIE	01:13:03	02:15:20	<b>03:21:39.70</b>	<b>03:22:32.75</b>	+01:10:57 (35.0%)	9:36	6.2 (64.6%)
121	<b>ZYCH Herbert</b>	<b>492</b>		M-40	121	NIE	01:10:59	02:14:01	<b>03:22:19.45</b>	<b>03:22:44.05</b>	+01:11:08 (35.1%)	9:38	6.2 (64.6%)
122	<b>WAWRZYNIAK Rafał</b>	<b>529</b>	RELAX KONIN	M-40	122	NIE	01:07:54	02:13:44	<b>03:22:59.75</b>	<b>03:23:27.00</b>	+01:11:51 (35.3%)	9:40	6.2 (64.6%)
123	<b>KRUZEL Rafał</b>	<b>200</b>	BIEGOWE MISIE	M-40	123	NIE	01:15:00	02:17:04	<b>03:22:49.55</b>	<b>03:23:32.50</b>	+01:11:56 (35.3%)	9:39	6.2 (64.6%)
124	<b>WYSOCKI Grzegorz</b>	<b>497</b>	MORSY TUREK	M-40	124	NIE	01:14:55	02:16:32	<b>03:23:02.55</b>	<b>03:23:36.00</b>	+01:12:00 (35.4%)	9:40	6.2 (64.6%)
125	<b>KOLAŚNIEWSKI Marek</b>	<b>340</b>		M-40	125	TAK	01:15:36	02:17:10	<b>03:23:30.60</b>	<b>03:23:54.50</b>	+01:12:18 (35.5%)	9:41	6.2 (64.6%)
126	<b>KOSMALA Piotr</b>	<b>458</b>	GÓRSKA GRUPA BIEGOWA/ QUADYBIELSKO.PL	M-40	126	NIE	01:04:56	02:11:41	<b>03:24:29.10</b>	<b>03:24:46.40</b>	+01:13:10 (35.7%)	9:44	6.2 (64.6%)
127	<b>HOFFMANN Grzegorz</b>	<b>232</b>		M-40	127	NIE	01:16:43	02:18:10	<b>03:26:09.70</b>	<b>03:27:03.35</b>	+01:15:27 (36.4%)	9:49	6.1 (63.5%)
128	<b>RYZIŃSKI Ryszard</b>	<b>455</b>		M-40	128	NIE	01:18:30	02:20:13	<b>03:26:25.00</b>	<b>03:27:08.70</b>	+01:15:33 (36.5%)	9:49	6.1 (63.5%)
129	<b>GOLEMBKA Karol</b>	<b>324</b>		M-40	129	NIE		02:20:00	<b>03:28:09.70</b>	<b>03:28:09.70</b>	+01:16:34 (36.8%)	9:54	6.1 (63.5%)
130	<b>GRODZKI Piotr</b>	<b>448</b>		M-40	130	NIE		02:10:45	<b>03:28:47.90</b>	<b>03:28:47.90</b>	+01:17:12 (37.0%)	9:56	6 (62.5%)
131	<b>RZEŹNIK Mariusz</b>	<b>229</b>	ROZBIEGANY RAWICZ	M-40	131	NIE	01:09:20	02:15:08	<b>03:28:23.85</b>	<b>03:28:49.85</b>	+01:17:14 (37.0%)	9:55	6 (62.5%)
132	<b>NOWAK Cyprian</b>	<b>163</b>		M-40	132	NIE	01:19:31	02:23:42	<b>03:29:56.85</b>	<b>03:30:12.70</b>	+01:18:37 (37.4%)	9:59	6 (62.5%)
133	<b>RUPNIK Janusz</b>	<b>114</b>	KB MARATON TUREK	M-40	133	NIE	01:18:46	02:24:38	<b>03:30:08.60</b>	<b>03:30:30.35</b>	+01:18:54 (37.5%)	10:00	6 (62.5%)
134	<b>PIASKOWSKI Krzysztof</b>	<b>386</b>		M-40	134	NIE	01:04:41	02:13:38	<b>03:30:38.75</b>	<b>03:30:49.30</b>	+01:19:13 (37.6%)	10:01	6 (62.5%)
135	<b>BARANOWSKI Filip</b>	<b>105</b>		M-40	135	NIE	01:10:42	02:13:40	<b>03:30:02.00</b>	<b>03:30:58.85</b>	+01:19:23 (37.6%)	10:00	6 (62.5%)
136	<b>SROKA Jacek</b>	<b>369</b>		M-40	136	NIE	01:18:22	02:23:35	<b>03:31:43.50</b>	<b>03:32:30.20</b>	+01:20:54 (38.1%)	10:04	6 (62.5%)
137	<b>NARECKI Jarosław</b>	<b>82</b>		M-40	137	NIE	01:12:52	02:20:19	<b>03:32:57.85</b>	<b>03:33:29.85</b>	+01:21:54 (38.4%)	10:08	5.9 (61.5%)
138	<b>FILIPIAK Paweł</b>	<b>55</b>		M-40	138	NIE	01:15:57	02:19:52	<b>03:33:13.00</b>	<b>03:33:55.95</b>	+01:22:20 (38.5%)	10:09	5.9 (61.5%)
139	<b>SEDLAK Robert</b>	<b>355</b>		M-40	139	NIE	01:09:56	02:20:01	<b>03:34:45.65</b>	<b>03:34:57.55</b>	+01:23:21 (38.8%)	10:13	5.9 (61.5%)
140	<b>KACZÓREK Robert</b>	<b>495</b>		M-40	140	NIE	01:15:36	02:23:01	<b>03:35:15.55</b>	<b>03:36:03.45</b>	+01:24:27 (39.1%)	10:15	5.9 (61.5%)
141	<b>MILER Tomasz</b>	<b>403</b>	BIEGAM BO KRZYCZY	M-40	141	NIE	01:14:42	02:24:00	<b>03:37:41.95</b>	<b>03:38:00.85</b>	+01:26:25 (39.6%)	10:22	5.8 (60.4%)
142	<b>KORZENIOWSKI Krzysztof</b>	<b>343</b>	MARATON LESZNO	M-40	142	NIE	01:16:53	02:23:29	<b>03:37:17.45</b>	<b>03:38:02.85</b>	+01:26:27 (39.6%)	10:20	5.8 (60.4%)
143	<b>BIECHOŃSKI Jarosław</b>	<b>61</b>	FUNDACJA LAF	M-40	143	NIE	01:10:10	02:16:30	<b>03:39:12.30</b>	<b>03:39:40.15</b>	+01:28:04 (40.1%)	10:26	5.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
144	<b>BIAŁY Sebastian</b>	<b>526</b>	POLICZMYSIE.PL	M-40	144	NO	01:09:55	02:25:21	<b>03:46:08.10</b>	<b>03:46:23.35</b>	+01:34:47 (41.9%)	10:46	5.6 (58.3%)
145	<b>DĄBROWSKI Ireneusz</b>	<b>88</b>	RAJSPORTACTIVE	M-40	145	NIE	01:19:20	02:30:07	<b>03:48:15.55</b>	<b>03:49:07.20</b>	+01:37:31 (42.6%)	10:52	5.5 (57.3%)
146	<b>ANDRZEJCZAK Paweł</b>	<b>504</b>		M-40	146	NIE	01:20:50	02:33:53	<b>03:53:49.75</b>	<b>03:54:47.40</b>	+01:43:11 (44.0%)	11:08	5.4 (56.3%)
147	<b>BRYSIAK Ziemowit</b>	<b>218</b>		M-40	147	NIE	01:25:21	02:37:08	<b>03:54:12.75</b>	<b>03:54:57.55</b>	+01:43:21 (44.0%)	11:09	5.4 (56.3%)
148	<b>WAJTRYT Krzysztof</b>	<b>235</b>	CORACLUB.EU	M-40	148	NIE	01:23:26	02:36:18	<b>03:55:20.25</b>	<b>03:56:24.00</b>	+01:44:48 (44.3%)	11:12	5.4 (56.3%)
149	<b>POPIOŁEK Grzegorz</b>	<b>246</b>	DELTA RUN	M-40	149	NIE	01:16:06	02:28:43	<b>03:56:41.55</b>	<b>03:57:29.70</b>	+01:45:54 (44.6%)	11:16	5.3 (55.2%)
150	<b>ZAJĄC Krzysztof</b>	<b>101</b>	ZP SZPIKI\WKURW_TEAM\BEZULTRADZIKI	M-40	150	NIE	01:24:35	02:36:22	<b>03:56:58.10</b>	<b>03:58:01.05</b>	+01:46:25 (44.7%)	11:17	5.3 (55.2%)
151	<b>GRZELCZYK Piotr</b>	<b>415</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M-40	151	NIE	01:29:38	02:42:35	<b>03:59:50.60</b>	<b>04:00:27.15</b>	+01:48:51 (45.3%)	11:25	5.3 (55.2%)
152	<b>MALINOWSKI Przemysław</b>	<b>363</b>		M-40	152	NIE	01:25:32	02:40:59	<b>04:02:38.30</b>	<b>04:03:34.45</b>	+01:51:58 (46.0%)	11:33	5.2 (54.2%)
153	<b>CHROMIŃSKI Maciej</b>	<b>366</b>		M-40	153	NIE	01:24:11	02:43:03	<b>04:02:57.70</b>	<b>04:03:49.95</b>	+01:52:14 (46.0%)	11:34	5.2 (54.2%)
154	<b>MAJKOWSKI Tomasz</b>	<b>393</b>		M-40	154	NIE	01:27:13	02:44:34	<b>04:09:00.20</b>	<b>04:09:49.00</b>	+01:58:13 (47.3%)	11:51	5.1 (53.1%)
155	<b>WARA-WĄSOWSKI Maciej</b>	<b>372</b>		M-40	155	NIE	01:23:24	02:42:43	<b>04:14:50.70</b>	<b>04:15:40.65</b>	+02:04:05 (48.5%)	12:08	4.9 (51.0%)
156	<b>JAKUBOWSKI Wojciech</b>	<b>407</b>	KB GEOTERMIA UNIEJÓW	M-40	156	NIE		02:22:40			+00:54:47	10:11	5.9 (61.5%)

Znaleziono 156 wynik(ów)