



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2019

B4SPORT

**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-01-19  
**Miejsce:** Karlów  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>BRYDL Pavel</b>	<b>12</b>		M-30	1	NIE	00:40:46	01:24:18	<b>02:16:31.31</b>	<b>02:16:32.35</b>		6:30	9.2 (100%)
2	<b>PIEKARZ Mariusz</b>	<b>315</b>	UKS LUDWIKOWICE	M-30	2	NIE	00:41:00	01:25:40	<b>02:18:37.13</b>	<b>02:18:39.20</b>	+00:02:06 (1.5%)	6:36	9.1 (98.9%)
3	<b>KOZIOŁ Damian</b>	<b>558</b>	MARCIN ŚWIERC TEAM	M-30	3		00:43:10	01:29:25	<b>02:21:39.50</b>	<b>02:21:41.50</b>	+00:05:09 (3.6%)	6:44	8.9 (96.7%)
4	<b>DOSTAL Jan</b>	<b>540</b>	VELLA NACHOD	M-30	4	NIE	00:42:07	01:28:24	<b>02:22:07.75</b>	<b>02:22:10.75</b>	+00:05:38 (4.0%)	6:46	8.9 (96.7%)
5	<b>MIEDZIEJEWSKI Andrzej</b>	<b>386</b>	WPRUNNING	M-30	5	NIE	00:44:48	01:30:45	<b>02:26:01.49</b>	<b>02:26:08.50</b>	+00:09:36 (6.6%)	6:57	8.6 (93.5%)
6	<b>GEZELA Mariusz</b>	<b>296</b>	TJ EUFORIABIEGACZA.PL	M-30	6	NIE	00:44:32	01:32:10	<b>02:26:53.19</b>	<b>02:26:58.20</b>	+00:10:25 (7.1%)	6:59	8.6 (93.5%)
7	<b>GONCZARENKO Jarek</b>	<b>497</b>		M-30	7	NIE	00:44:45	01:32:46	<b>02:28:12.78</b>	<b>02:28:15.85</b>	+00:11:43 (7.9%)	7:03	8.5 (92.4%)
8	<b>MIŚ Zbigniew</b>	<b>541</b>		M-30	8	NIE	00:48:00	01:35:57	<b>02:29:05.34</b>	<b>02:29:15.35</b>	+00:12:43 (8.5%)	7:05	8.5 (92.4%)
9	<b>ORZEL Michal</b>	<b>47</b>	ADIDAS RUNNERS WARSAW	M-30	9	NIE	00:45:43	01:34:10	<b>02:29:44.76</b>	<b>02:29:46.85</b>	+00:13:14 (8.8%)	7:07	8.4 (91.3%)
10	<b>SARNOWSKI Paweł</b>	<b>383</b>	ULTRASARNY	M-30	10	TAK	00:45:44	01:34:59	<b>02:32:25.80</b>	<b>02:32:28.85</b>	+00:15:56 (10.5%)	7:15	8.3 (90.2%)
11	<b>GRUND Marek</b>	<b>29</b>	MAFIA TEAM LUBLINIEC	M-30	11	NIE	00:46:32	01:36:05	<b>02:32:41.41</b>	<b>02:32:43.50</b>	+00:16:11 (10.6%)	7:16	8.3 (90.2%)
12	<b>WOLBACH Tomasz</b>	<b>337</b>	WOLNE ŚLIMAKI	M-30	12	NO	00:49:39	01:37:51	<b>02:33:18.64</b>	<b>02:33:28.65</b>	+00:16:56 (11.0%)	7:18	8.2 (89.1%)
13	<b>MILKOWSKI Rafał</b>	<b>51</b>	DECATHLON RYBNIK & PRZYJACIELE / OTK RZEŹNIK	M-30	13	NIE	00:47:48	01:37:00	<b>02:34:09.28</b>	<b>02:34:14.30</b>	+00:17:41 (11.5%)	7:20	8.2 (89.1%)
14	<b>DURKOWSKI Marcin</b>	<b>185</b>	SKLEP 'W FORMIE' / OBORYGENI	M-30	14	NIE	00:47:49	01:36:46	<b>02:35:36.79</b>	<b>02:35:40.80</b>	+00:19:08 (12.3%)	7:24	8.1 (88.0%)
15	<b>MAZURKIEWICZ Jerzy</b>	<b>92</b>	NIGHT RUNNERS WROCŁAW	M-30	15	NIE	00:47:33	01:37:50	<b>02:35:50.14</b>	<b>02:35:59.15</b>	+00:19:26 (12.5%)	7:25	8.1 (88.0%)
16	<b>ZATOŃ Cezary</b>	<b>69</b>	TRIACTIV RIDLEY	M-30	16	TAK	00:47:37	01:38:00	<b>02:37:33.69</b>	<b>02:37:36.70</b>	+00:21:04 (13.4%)	7:30	8 (87.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
17	<b>ŻARECKI Łukasz</b>	<b>392</b>		M-30	17	NIE	00:49:57	01:39:21	<b>02:38:50.54</b>	<b>02:38:59.55</b>	+00:22:27 (14.1%)	7:33	7.9 (85.9%)
18	<b>MYSZCZYSZYN Łukasz</b>	<b>98</b>	KUDOWA BIEGA	M-30	18	NIE	00:51:30	01:44:18	<b>02:39:39.04</b>	<b>02:39:43.05</b>	+00:23:10 (14.5%)	7:36	7.9 (85.9%)
19	<b>PODGÓRSKI Bogusz</b>	<b>307</b>	EMITT RACE TEAM	M-30	19	NIE	00:48:03	01:38:48	<b>02:39:41.27</b>	<b>02:39:47.35</b>	+00:23:15 (14.6%)	7:36	7.9 (85.9%)
20	<b>NIEPALA Jacek</b>	<b>64</b>	OBORYGENI	M-30	20	NIE	00:50:41	01:42:34	<b>02:42:40.49</b>	<b>02:42:45.50</b>	+00:26:13 (16.1%)	7:44	7.7 (83.7%)
21	<b>KAMMER Krzysztof</b>	<b>226</b>	PRO366	M-30	21	NIE	00:48:52	01:41:37	<b>02:45:08.49</b>	<b>02:45:10.55</b>	+00:28:38 (17.3%)	7:51	7.6 (82.6%)
22	<b>KUŁAK Piotr</b>	<b>483</b>	PASSION LIFE JOY	M-30	22	NIE	00:46:14	01:37:39	<b>02:46:29.69</b>	<b>02:46:31.75</b>	+00:29:59 (18.0%)	7:55	7.6 (82.6%)
23	<b>OLKIS Rafał</b>	<b>66</b>	PRZEBIEGA.PL	M-30	23	NIE	00:50:24	01:45:45	<b>02:50:35.26</b>	<b>02:50:43.30</b>	+00:34:10 (20.0%)	8:07	7.4 (80.4%)
24	<b>SZCZESZEK Robert</b>	<b>438</b>	RANO	M-30	24	NIE	00:51:08	01:45:50	<b>02:52:03.48</b>	<b>02:52:10.50</b>	+00:35:38 (20.7%)	8:11	7.3 (79.3%)
25	<b>TEKIELI Kacper</b>	<b>8</b>	KW TRÓJMIASTO	M-30	25	TAK	00:49:51	01:45:58	<b>02:52:17.00</b>	<b>02:52:18.05</b>	+00:35:45 (20.8%)	8:12	7.3 (79.3%)
26	<b>SMOLIS Ivo</b>	<b>449</b>		M-30	26	NIE	00:56:43	01:51:19	<b>02:53:18.39</b>	<b>02:53:39.40</b>	+00:37:07 (21.4%)	8:15	7.3 (79.3%)
27	<b>ŁĄTKA Piotr</b>	<b>459</b>		M-30	27	NIE	00:54:46	01:49:12	<b>02:53:43.75</b>	<b>02:53:56.85</b>	+00:37:24 (21.5%)	8:16	7.3 (79.3%)
28	<b>ORACZ Mateusz</b>	<b>188</b>	BEZ LITOŚCI/KALENJI BY DECATHLON	M-30	28	NIE	00:53:51	01:51:32	<b>02:54:39.64</b>	<b>02:54:46.70</b>	+00:38:14 (21.9%)	8:19	7.2 (78.3%)
29	<b>DUNAJ Paweł</b>	<b>494</b>	LITWIN TRIATHLON TEAM	M-30	29	NIE	00:55:22	01:48:25	<b>02:55:12.68</b>	<b>02:55:18.75</b>	+00:38:46 (22.1%)	8:20	7.2 (78.3%)
30	<b>ŁĄŻNIEWSKI Dawid</b>	<b>173</b>	EBIEGI.PL	M-30	30	NIE	00:53:59	01:52:11	<b>02:58:40.05</b>	<b>02:58:40.05</b>	+00:42:07 (23.6%)	8:30	7.1 (77.2%)
31	<b>ROWIŃSKI Michał</b>	<b>432</b>		M-30	31	NIE	00:54:53	01:54:07	<b>02:59:43.35</b>	<b>02:59:52.45</b>	+00:43:20 (24.1%)	8:33	7 (76.1%)
32	<b>MAJCHRZAK Maciej</b>	<b>104</b>		M-30	32	TAK	00:51:26	01:48:46	<b>02:59:58.28</b>	<b>03:00:07.35</b>	+00:43:35 (24.2%)	8:34	7 (76.1%)
33	<b>FRANKIEWICZ Artur</b>	<b>426</b>		M-30	33	TAK	00:56:10	01:55:06	<b>03:00:56.96</b>	<b>03:01:00.00</b>	+00:44:27 (24.6%)	8:37	7 (76.1%)
34	<b>ZIMKOWSKI Marcin</b>	<b>31</b>	KGHM ZG RUN	M-30	34	NIE	00:54:42	01:51:07	<b>03:02:25.27</b>	<b>03:02:37.35</b>	+00:46:05 (25.2%)	8:41	6.9 (75.0%)
35	<b>ANTOSIAK Tomasz</b>	<b>77</b>		M-30	35	NIE	00:58:26	01:57:14	<b>03:02:36.69</b>	<b>03:02:50.70</b>	+00:46:18 (25.3%)	8:41	6.9 (75.0%)
36	<b>MAZUR Andrzej</b>	<b>108</b>	MARTOMBIKE	M-30	36	NIE	00:56:28	01:55:16	<b>03:02:49.14</b>	<b>03:03:03.15</b>	+00:46:30 (25.4%)	8:42	6.9 (75.0%)
37	<b>LULEK Paweł</b>	<b>501</b>	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-30	37	TAK	00:55:34	01:55:26	<b>03:02:56.98</b>	<b>03:03:04.05</b>	+00:46:31 (25.4%)	8:42	6.9 (75.0%)
38	<b>OPAŁKA Damian</b>	<b>391</b>	MYRACE	M-30	38	NIE	00:51:04	01:49:13	<b>03:04:40.99</b>	<b>03:04:50.00</b>	+00:48:17 (26.1%)	8:47	6.8 (73.9%)
39	<b>SANKOWSKI Paweł</b>	<b>445</b>	PLACKI TEAM	M-30	39	NIE	00:56:54	01:56:27	<b>03:05:37.38</b>	<b>03:05:49.45</b>	+00:49:17 (26.5%)	8:50	6.8 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
40	<b>KURZAWIAK Grzegorz</b>	<b>80</b>	GRUPA BIEGOWA KAYSER AUTOMOTIVE SYSTEM	M-30	40	NIE	00:56:36	01:57:29	<b>03:06:50.54</b>	<b>03:07:00.55</b>	+00:50:28 (27.0%)	8:53	6.7 (72.8%)
41	<b>CHODOROWSKI Krzysztof</b>	<b>89</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	41	NIE	00:53:12	01:56:22	<b>03:09:44.62</b>	<b>03:09:49.70</b>	+00:53:17 (28.1%)	9:02	6.6 (71.7%)
42	<b>STACHOWIAK Łukasz</b>	<b>40</b>	STR POZNAŃ / DZIKIE BOBRY	M-30	42	NIE	00:56:30		<b>03:09:50.60</b>	<b>03:09:57.65</b>	+00:53:25 (28.1%)	9:02	6.6 (71.7%)
43	<b>PIECUCH Marcin</b>	<b>232</b>	LACHO TEAM	M-30	43	NIE	00:59:14	02:00:22	<b>03:09:58.79</b>	<b>03:10:14.80</b>	+00:53:42 (28.2%)	9:02	6.6 (71.7%)
44	<b>BOSAKIEWICZ Tomasz</b>	<b>465</b>	MAGBOS	M-30	44	NIE	00:56:55	01:57:57	<b>03:10:45.34</b>	<b>03:10:55.35</b>	+00:54:23 (28.5%)	9:05	6.6 (71.7%)
45	<b>JAKUBOWSKI Marcin</b>	<b>377</b>	GRUNWALD TEAM POZNAŃ	M-30	45	TAK	01:00:51	02:00:54	<b>03:10:38.75</b>	<b>03:11:05.85</b>	+00:54:33 (28.5%)	9:04	6.6 (71.7%)
46	<b>STANISŁAWSKI Karol</b>	<b>160</b>	RUNNER.PL	M-30	46	NIE	00:58:26	01:58:23	<b>03:11:15.89</b>	<b>03:11:28.90</b>	+00:54:56 (28.7%)	9:06	6.6 (71.7%)
47	<b>MICHALSKI Piotr</b>	<b>314</b>		M-30	47	NIE	01:01:23	02:01:42	<b>03:13:40.39</b>	<b>03:14:04.40</b>	+00:57:32 (29.6%)	9:13	6.5 (70.7%)
48	<b>BŁASZKIEWICZ Bogusz</b>	<b>151</b>	STR POZNAN	M-30	48	NIE	00:56:29	01:59:40	<b>03:14:22.95</b>	<b>03:14:31.00</b>	+00:57:58 (29.8%)	9:15	6.5 (70.7%)
49	<b>KRYSIŃSKI Maciej</b>	<b>240</b>		M-30	49	NIE	00:56:02	01:58:11	<b>03:14:21.14</b>	<b>03:14:33.15</b>	+00:58:00 (29.8%)	9:15	6.5 (70.7%)
50	<b>WÓJCIK Robert</b>	<b>376</b>	NOA	M-30	50	NIE	00:58:56	01:59:05	<b>03:14:23.14</b>	<b>03:14:40.15</b>	+00:58:07 (29.9%)	9:15	6.5 (70.7%)
51	<b>ROJEWSKI Paweł</b>	<b>242</b>	EVERRUN	M-30	51	NIE	00:58:26	02:00:48	<b>03:15:36.82</b>	<b>03:15:56.90</b>	+00:59:24 (30.3%)	9:18	6.4 (69.6%)
52	<b>HOŁYST Andrzej</b>	<b>25</b>	AKTYWNA NOWA RUDA	M-30	52	NIE	00:58:26	02:00:54	<b>03:15:48.29</b>	<b>03:16:01.35</b>	+00:59:29 (30.3%)	9:19	6.4 (69.6%)
53	<b>MAJEWICZ Filip</b>	<b>435</b>	JAKDOJADE	M-30	53	NIE	00:59:01	02:01:27	<b>03:15:36.08</b>	<b>03:16:03.15</b>	+00:59:30 (30.4%)	9:18	6.4 (69.6%)
54	<b>PAWELEC Mariusz</b>	<b>451</b>	KUDOWSCY MIŁOSNYCY BIEGANIA	M-30	54	NIE	00:56:22	02:01:56	<b>03:16:29.78</b>	<b>03:16:34.80</b>	+01:00:02 (30.5%)	9:21	6.4 (69.6%)
55	<b>SZOPA Krzysztof</b>	<b>117</b>	SISU-OWB TEAM	M-30	55	NIE	01:00:51	02:02:51	<b>03:16:18.80</b>	<b>03:16:41.90</b>	+01:00:09 (30.6%)	9:20	6.4 (69.6%)
56	<b>KOCEMBA Kamil</b>	<b>106</b>	KĘCKIE HARPAGANY	M-30	56	NIE	01:03:47	02:03:08	<b>03:17:12.56</b>	<b>03:17:30.60</b>	+01:00:58 (30.9%)	9:23	6.4 (69.6%)
57	<b>RUSIN Jakub</b>	<b>45</b>		M-30	57	NIE	00:59:32	02:03:43	<b>03:17:27.29</b>	<b>03:17:32.30</b>	+01:00:59 (30.9%)	9:24	6.4 (69.6%)
58	<b>HORAK Roland</b>	<b>283</b>	KĘCKIE HARPAGANY	M-30	58	NIE	01:02:52	02:04:50	<b>03:18:19.99</b>	<b>03:18:36.00</b>	+01:02:03 (31.2%)	9:26	6.4 (69.6%)
59	<b>MADOŃ Rafał</b>	<b>257</b>		M-30	59	NIE	01:03:15	02:05:44	<b>03:18:24.26</b>	<b>03:18:48.30</b>	+01:02:15 (31.3%)	9:26	6.4 (69.6%)
60	<b>HOŁOWNIA Tomasz</b>	<b>536</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	60	NIE	01:02:24	02:05:42	<b>03:19:23.64</b>	<b>03:19:37.65</b>	+01:03:05 (31.6%)	9:29	6.3 (68.5%)
61	<b>PRUCIAK Krzysztof</b>	<b>327</b>	LECYMY DURŚ	M-30	61	NIE	00:54:10	02:02:26	<b>03:20:49.23</b>	<b>03:20:54.25</b>	+01:04:21 (32.0%)	9:33	6.3 (68.5%)
62	<b>REJMAN Grzegorz</b>	<b>81</b>	DREAM RUN	M-30	62	NIE	01:01:32	02:05:55	<b>03:23:23.25</b>	<b>03:23:23.25</b>	+01:06:50 (32.9%)	9:41	6.2 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
63	<b>MASEWICZ Grzegorz</b>	<b>214</b>	KB ZOFANNA GORZÓW WLKP.	M-30	63	NIE	01:07:10	02:08:46	<b>03:22:53.29</b>	<b>03:23:24.30</b>	+01:06:51 (32.9%)	9:39	6.2 (67.4%)
64	<b>FEDER Marcin</b>	<b>354</b>		M-30	64	NIE	00:56:42	01:57:54	<b>03:23:23.84</b>	<b>03:23:33.85</b>	+01:07:01 (32.9%)	9:41	6.2 (67.4%)
65	<b>SZMIDT Karol</b>	<b>133</b>	SZMIDT I SYN	M-30	65	NIE	01:01:21	02:07:22	<b>03:23:32.54</b>	<b>03:23:38.55</b>	+01:07:06 (33.0%)	9:41	6.2 (67.4%)
66	<b>MARKIEWICZ Artur</b>	<b>172</b>	PODDĘBICKI KB ZDYSZANI.PL	M-30	66	NIE	00:59:21	02:06:39	<b>03:23:49.04</b>	<b>03:23:55.05</b>	+01:07:22 (33.0%)	9:42	6.2 (67.4%)
67	<b>HAWRYLISZYN Jan</b>	<b>311</b>		M-30	67	NIE	00:59:02	02:04:41	<b>03:24:18.09</b>	<b>03:24:24.10</b>	+01:07:51 (33.2%)	9:43	6.2 (67.4%)
68	<b>GULCZYŃSKI Tomasz</b>	<b>181</b>	KSE ON-SIGHT	M-30	68	NIE	01:01:39	02:05:48	<b>03:25:04.16</b>	<b>03:25:21.25</b>	+01:08:48 (33.5%)	9:45	6.1 (66.3%)
69	<b>SZPINEK Marcin</b>	<b>419</b>	TUTU TEAM	M-30	69	NIE	01:03:39	02:08:27	<b>03:24:58.44</b>	<b>03:25:22.50</b>	+01:08:50 (33.5%)	9:45	6.1 (66.3%)
70	<b>SZNAJDER Marcin</b>	<b>496</b>		M-30	70	NIE	01:03:26	02:09:26	<b>03:25:25.91</b>	<b>03:25:41.95</b>	+01:09:09 (33.6%)	9:46	6.1 (66.3%)
71	<b>MIKODA Igor</b>	<b>205</b>	KSE ON-SIGHT	M-30	71	NIE	01:01:21	02:05:54	<b>03:26:07.32</b>	<b>03:26:28.35</b>	+01:09:56 (33.9%)	9:48	6.1 (66.3%)
72	<b>DYSARZ Przemysław</b>	<b>136</b>	ALIANCE TECHNOLOGY FEHLAU RUN TEAM	M-30	72	NIE	01:05:29	02:09:04	<b>03:25:57.86</b>	<b>03:26:30.95</b>	+01:09:58 (33.9%)	9:48	6.1 (66.3%)
73	<b>HOSS Jan</b>	<b>417</b>		M-30	73	NIE	00:59:10	02:07:47	<b>03:26:27.64</b>	<b>03:26:31.65</b>	+01:09:59 (33.9%)	9:49	6.1 (66.3%)
74	<b>KAMIŃSKI Cezary</b>	<b>68</b>		M-30	74	NIE	01:05:22	02:09:07	<b>03:26:42.75</b>	<b>03:27:15.85</b>	+01:10:43 (34.1%)	9:50	6.1 (66.3%)
75	<b>ZATOŃ Adrian</b>	<b>479</b>		M-30	75	TAK	01:01:38	02:08:59	<b>03:28:25.34</b>	<b>03:28:33.35</b>	+01:12:01 (34.5%)	9:55	6 (65.2%)
76	<b>HETMANCZYK Jakub</b>	<b>109</b>	XIN CHAO RIDERS	M-30	76	TAK	01:05:51	02:11:53	<b>03:27:54.16</b>	<b>03:28:34.20</b>	+01:12:01 (34.5%)	9:54	6.1 (66.3%)
77	<b>SMOTER Damian</b>	<b>52</b>		M-30	77	NIE	01:04:18	02:09:25	<b>03:28:43.04</b>	<b>03:29:03.05</b>	+01:12:30 (34.7%)	9:56	6 (65.2%)
78	<b>SZOTA Robert</b>	<b>178</b>	SMT SZCZECIN	M-30	78	NIE	01:01:34	02:08:15	<b>03:29:08.59</b>	<b>03:29:31.60</b>	+01:12:59 (34.8%)	9:57	6 (65.2%)
79	<b>BIELNIK Maciej</b>	<b>342</b>	MOTURYSTYKA.PL	M-30	79	NIE	01:08:36	02:13:04	<b>03:30:25.99</b>	<b>03:31:14.00</b>	+01:14:41 (35.4%)	10:01	6 (65.2%)
80	<b>ŁUKASZCZUK Grzegorz</b>	<b>14</b>	DAREZTRI TEAM	M-30	80	NIE	00:58:27	02:07:13	<b>03:31:59.34</b>	<b>03:32:09.35</b>	+01:15:37 (35.6%)	10:05	5.9 (64.1%)
81	<b>SIOMA Konrad</b>	<b>339</b>	ROKIETNICA BIEGA	M-30	81	NIE	01:03:41	02:11:47	<b>03:31:52.44</b>	<b>03:32:10.45</b>	+01:15:38 (35.6%)	10:05	5.9 (64.1%)
82	<b>RODAK Zbigniew</b>	<b>334</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	82	NIE	01:02:22	02:10:21	<b>03:34:00.39</b>	<b>03:34:14.40</b>	+01:17:42 (36.3%)	10:11	5.9 (64.1%)
83	<b>BONIKOWSKI Mateusz</b>	<b>335</b>		M-30	83	NIE	01:01:06	02:10:59	<b>03:34:59.19</b>	<b>03:35:08.20</b>	+01:18:35 (36.5%)	10:14	5.9 (64.1%)
84	<b>BOCHNAK Paweł</b>	<b>87</b>		M-30	84	NIE	01:14:23	02:17:15	<b>03:34:48.64</b>	<b>03:35:19.65</b>	+01:18:47 (36.6%)	10:13	5.9 (64.1%)
85	<b>KOPCZYŃSKI Łukasz</b>	<b>269</b>	K-TEAM	M-30	85	NIE	01:03:19	02:13:10	<b>03:35:06.98</b>	<b>03:35:45.05</b>	+01:19:12 (36.7%)	10:14	5.9 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
86	<b>DUDEK Mariusz</b>	<b>262</b>	NIGHT RUNNERS	M-30	86	NIE	01:09:52	02:18:54	<b>03:34:59.19</b>	<b>03:35:45.20</b>	+01:19:12 (36.7%)	10:14	5.9 (64.1%)
87	<b>STRAŚ Jarosław</b>	<b>355</b>		M-30	87	TAK	01:14:26	02:20:39	<b>03:35:03.89</b>	<b>03:35:50.90</b>	+01:19:18 (36.7%)	10:14	5.9 (64.1%)
88	<b>WOJCIECHOWICZ Leszek</b>	<b>547</b>		M-30	88	NIE	01:01:52	02:12:49	<b>03:37:51.98</b>	<b>03:37:59.00</b>	+01:21:26 (37.4%)	10:22	5.8 (63.0%)
89	<b>WESOŁEK Daniel</b>	<b>393</b>		M-30	89	NIE	01:07:43	02:14:44	<b>03:37:58.14</b>	<b>03:38:40.15</b>	+01:22:07 (37.6%)	10:22	5.8 (63.0%)
90	<b>LUBIK Adam</b>	<b>128</b>	KSE ON-SIGHT, SPUCHLAKI TEAM	M-30	90	TAK	01:05:37	02:16:38	<b>03:39:02.00</b>	<b>03:39:24.10</b>	+01:22:51 (37.8%)	10:25	5.8 (63.0%)
91	<b>DREAS Jakub</b>	<b>196</b>	DZIKIE BOBRY/WĘDZIKOWSKITEAM	M-30	91	NIE	01:02:53	02:15:13	<b>03:39:22.74</b>	<b>03:39:33.75</b>	+01:23:01 (37.8%)	10:26	5.7 (62.0%)
92	<b>BIELNIK Dariusz</b>	<b>233</b>	BB RUNNERS	M-30	92	NIE	01:10:11	02:17:57	<b>03:39:02.59</b>	<b>03:39:50.60</b>	+01:23:18 (37.9%)	10:25	5.8 (63.0%)
93	<b>PIGUŁA Sebastian</b>	<b>291</b>	BIEGAMDLAZDROWIA. PL	M-30	93	NIE	01:08:38	02:17:36	<b>03:40:11.24</b>	<b>03:40:38.25</b>	+01:24:05 (38.1%)	10:29	5.7 (62.0%)
94	<b>POTOCZNY Łukasz</b>	<b>535</b>	EUFORIA BIEGACZA TEAM	M-30	94	NIE	01:09:49	02:18:35	<b>03:40:22.99</b>	<b>03:40:44.00</b>	+01:24:11 (38.1%)	10:29	5.7 (62.0%)
95	<b>KRAKOWSKI Krzysztof</b>	<b>49</b>		M-30	95	NIE	01:01:37	02:13:15	<b>03:41:23.93</b>	<b>03:41:41.95</b>	+01:25:09 (38.4%)	10:32	5.7 (62.0%)
96	<b>BUREK Bartosz</b>	<b>427</b>	JAKDOJADE	M-30	96	NIE	01:09:59	02:17:24	<b>03:41:54.18</b>	<b>03:42:43.25</b>	+01:26:10 (38.7%)	10:34	5.7 (62.0%)
97	<b>CZARNIECKI Daniel</b>	<b>27</b>	TIE	M-30	97	NIE	01:00:00	02:12:18	<b>03:42:54.74</b>	<b>03:43:05.75</b>	+01:26:33 (38.8%)	10:36	5.7 (62.0%)
98	<b>LEWANDOWSKI Paweł</b>	<b>343</b>		M-30	98	NIE	01:10:12	02:22:04	<b>03:43:22.68</b>	<b>03:43:44.70</b>	+01:27:12 (39.0%)	10:38	5.6 (60.9%)
99	<b>DENEKO Paweł</b>	<b>318</b>	PNB	M-30	99	NIE	01:08:39	02:21:20	<b>03:45:29.27</b>	<b>03:45:31.30</b>	+01:28:58 (39.5%)	10:44	5.6 (60.9%)
100	<b>RUKS Jarosław</b>	<b>141</b>		M-30	100	NO	01:09:49	02:20:51	<b>03:45:18.63</b>	<b>03:45:52.65</b>	+01:29:20 (39.6%)	10:43	5.6 (60.9%)
101	<b>SKRZYPIEC Karol</b>	<b>299</b>	ŻARÓW BIEGA	M-30	101	NIE	01:10:16	02:22:45	<b>03:48:06.46</b>	<b>03:48:29.50</b>	+01:31:57 (40.2%)	10:51	5.5 (59.8%)
102	<b>JEDRUSZEK Damian</b>	<b>344</b>	KUDOWSCY MIŁOSNOCY BIEGANIA	M-30	102	NO	00:59:26	02:12:14	<b>03:48:59.14</b>	<b>03:49:08.15</b>	+01:32:35 (40.4%)	10:54	5.5 (59.8%)
103	<b>KRZESIMOWSKI Damian</b>	<b>201</b>		M-30	103	NIE	01:10:01	02:23:27	<b>03:49:30.44</b>	<b>03:49:53.45</b>	+01:33:21 (40.6%)	10:55	5.5 (59.8%)
104	<b>SRODKA Bartłomiej</b>	<b>463</b>		M-30	104	NIE	01:10:12	02:22:38	<b>03:53:36.74</b>	<b>03:54:08.75</b>	+01:37:36 (41.7%)	11:07	5.4 (58.7%)
105	<b>WIŚNIEWSKI Artur</b>	<b>303</b>		M-30	105	NIE	01:09:59	02:22:41	<b>03:54:17.39</b>	<b>03:54:39.40</b>	+01:38:07 (41.8%)	11:09	5.4 (58.7%)
106	<b>CZERWONKA Zbigniew</b>	<b>206</b>	ESKADRA WROCLAW	M-30	106	NIE	01:14:46	02:29:21	<b>03:55:06.34</b>	<b>03:55:34.35</b>	+01:39:02 (42.0%)	11:11	5.4 (58.7%)
107	<b>RUSIN Szymon</b>	<b>210</b>		M-30	107	TAK	01:11:45	02:26:15	<b>03:55:42.89</b>	<b>03:56:09.90</b>	+01:39:37 (42.2%)	11:13	5.3 (57.6%)
108	<b>SUCHY Łukasz</b>	<b>229</b>	HIRERIGHT RUNNING TEAM	M-30	108	NIE	01:14:09	02:28:03	<b>03:55:32.71</b>	<b>03:56:11.75</b>	+01:39:39 (42.2%)	11:12	5.3 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
109	<b>PASTECKI Marcin</b>	<b>330</b>		M-30	109	NO	01:16:21	02:27:24	<b>03:55:24.35</b>	<b>03:56:19.40</b>	+01:39:47 (42.2%)	11:12	5.4 (58.7%)
110	<b>PONIATOWSKI Seweryn</b>	<b>152</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	110	NIE	01:14:19	02:29:25	<b>03:57:10.69</b>	<b>03:57:41.70</b>	+01:41:09 (42.6%)	11:17	5.3 (57.6%)
111	<b>TOL Kamil</b>	<b>125</b>	MAFIA TEAM LUBLINIEC	M-30	111	NIE	01:10:38	02:26:33	<b>03:57:36.24</b>	<b>03:57:55.25</b>	+01:41:22 (42.6%)	11:18	5.3 (57.6%)
112	<b>POŁCZYŃSKI Paweł</b>	<b>331</b>	STALOWA ŁYDA	M-30	112	NIE	01:09:12	02:28:53	<b>03:58:37.94</b>	<b>03:58:49.95</b>	+01:42:17 (42.8%)	11:21	5.3 (57.6%)
113	<b>SZYMCZYSZYN Tomasz</b>	<b>470</b>		M-30	113	NO	01:16:44	02:31:59	<b>03:58:30.19</b>	<b>03:58:55.20</b>	+01:42:22 (42.9%)	11:21	5.3 (57.6%)
114	<b>SZMANIA Jakub</b>	<b>241</b>	HKT AZYMUT	M-30	114	NIE	01:16:02	02:31:25	<b>03:58:47.57</b>	<b>03:59:23.60</b>	+01:42:51 (43.0%)	11:22	5.3 (57.6%)
115	<b>STOKŁOSA Michał</b>	<b>265</b>		M-30	115	NIE	01:16:48	02:32:08	<b>04:00:15.09</b>	<b>04:01:11.10</b>	+01:44:38 (43.4%)	11:26	5.2 (56.5%)
116	<b>BIEDRZYŃSKI Michał</b>	<b>266</b>		M-30	116	NO	01:15:48	02:31:51	<b>04:01:43.54</b>	<b>04:02:19.55</b>	+01:45:47 (43.7%)	11:30	5.2 (56.5%)
117	<b>MACHTAŁOWICZ Szymon</b>	<b>305</b>		M-30	117	NIE	01:14:31	02:31:35	<b>04:05:29.34</b>	<b>04:05:48.35</b>	+01:49:16 (44.5%)	11:41	5.1 (55.4%)
118	<b>MAJKA Tomasz</b>	<b>477</b>		M-30	118	NIE	01:15:34	02:36:33	<b>04:07:11.32</b>	<b>04:07:29.40</b>	+01:50:57 (44.8%)	11:46	5.1 (55.4%)
119	<b>GWOZDECKI Tomasz</b>	<b>252</b>		M-30	119	NIE	01:14:15	02:30:25	<b>04:07:29.75</b>	<b>04:08:07.85</b>	+01:51:35 (45.0%)	11:47	5.1 (55.4%)
120	<b>GINTER Grzegorz</b>	<b>279</b>	AZS COLLEGIUM MEDICUM UJ	M-30	120	NIE	01:13:55	02:35:57	<b>04:08:31.45</b>	<b>04:08:31.45</b>	+01:51:59 (45.1%)	11:50	5.1 (55.4%)
121	<b>TURNIAK Miłosz</b>	<b>32</b>	HIRERIGHT RUNNING TEAM	M-30	121	NIE	01:14:31	02:32:14	<b>04:10:31.09</b>	<b>04:11:09.10</b>	+01:54:36 (45.6%)	11:55	5 (54.3%)
122	<b>SYGNAT Marcin</b>	<b>75</b>		M-30	122	NIE	01:22:59	02:40:09	<b>04:11:09.84</b>	<b>04:11:49.85</b>	+01:55:17 (45.8%)	11:57	5 (54.3%)
123	<b>KOBYŁECKI Rafał</b>	<b>123</b>	RYŚIE	M-30	123	NIE	01:21:53	02:38:10	<b>04:11:34.79</b>	<b>04:12:21.80</b>	+01:55:49 (45.9%)	11:58	5 (54.3%)
124	<b>ROZNER Artur</b>	<b>153</b>		M-30	124	NO	01:15:45	02:40:24	<b>04:12:07.64</b>	<b>04:12:34.65</b>	+01:56:02 (45.9%)	12:00	5 (54.3%)
125	<b>WLAZŁOWSKI Michał</b>	<b>111</b>		M-30	125	NIE	01:19:25	02:37:29	<b>04:11:27.84</b>	<b>04:12:34.85</b>	+01:56:02 (45.9%)	11:58	5 (54.3%)
126	<b>STEC Adam</b>	<b>70</b>		M-30	126	NIE	01:16:40	02:37:12	<b>04:12:36.03</b>	<b>04:13:10.10</b>	+01:56:37 (46.1%)	12:01	5 (54.3%)
127	<b>GERLICH Bartłomiej</b>	<b>467</b>		M-30	127	NIE	01:12:54	02:30:52	<b>04:12:24.25</b>	<b>04:13:19.35</b>	+01:56:47 (46.1%)	12:01	5 (54.3%)
128	<b>MARZEC Dominik</b>	<b>272</b>		M-30	128	NIE	01:28:43	02:47:11	<b>04:12:48.94</b>	<b>04:13:34.95</b>	+01:57:02 (46.2%)	12:02	5 (54.3%)
129	<b>DOBROCHOWSKI Marek</b>	<b>297</b>	STRZEGOMSKA DWUNASTKA	M-30	129	NIE	01:13:55	02:33:24	<b>04:13:52.64</b>	<b>04:14:33.65</b>	+01:58:01 (46.4%)	12:05	5 (54.3%)
130	<b>PŁAZA Bartosz</b>	<b>275</b>	PŁAZA TEAM	M-30	130	NIE	01:23:36	02:40:02	<b>04:15:55.05</b>	<b>04:16:48.10</b>	+02:00:15 (46.8%)	12:11	4.9 (53.3%)
131	<b>JANKIEWICZ Michał</b>	<b>180</b>	RYŚIE	M-30	131	NIE	01:22:51	02:39:20	<b>04:16:52.15</b>	<b>04:17:38.20</b>	+02:01:05 (47.0%)	12:13	4.9 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
132	<b>FIGUŁA Sławomir</b>	<b>412</b>		M-30	132	NIE	01:27:41	02:43:41	<b>04:19:05.89</b>	<b>04:19:51.90</b>	+02:03:19 (47.5%)	12:20	4.9 (53.3%)
133	<b>TURKIEWICZ Dawid</b>	<b>538</b>	WOLIBÓRZ W BIEGU	M-30	133	NIE	01:19:37	02:39:52	<b>04:21:56.92</b>	<b>04:22:51.00</b>	+02:06:18 (48.1%)	12:28	4.8 (52.2%)
134	<b>STAWIŃSKI Michał</b>	<b>484</b>		M-30	134	NO	01:19:45	02:43:27	<b>04:25:02.56</b>	<b>04:25:47.60</b>	+02:09:15 (48.6%)	12:37	4.8 (52.2%)
135	<b>WELCHOWSKI Rafał</b>	<b>34</b>		M-30	135	NIE	01:22:23	02:48:26	<b>04:26:47.53</b>	<b>04:27:23.60</b>	+02:10:51 (48.9%)	12:42	4.7 (51.1%)
136	<b>POŁCZYŃSKI Maciej</b>	<b>333</b>	STALOWA ŁYDA	M-30	136	NIE	01:31:43	02:55:31	<b>04:33:10.04</b>	<b>04:34:08.05</b>	+02:17:35 (50.2%)	13:00	4.6 (50.0%)
137	<b>SKWARNECKI Damian</b>	<b>517</b>	RAZEM TRENUJEMY SPORT	M-30	137	NIE	01:28:28	02:54:43	<b>04:37:05.13</b>	<b>04:37:50.15</b>	+02:21:17 (50.9%)	13:11	4.5 (48.9%)
138	<b>NAGLIK Dominik</b>	<b>380</b>		M-30	138	TAK	01:26:26	02:53:27	<b>04:37:46.84</b>	<b>04:38:28.85</b>	+02:21:56 (51.0%)	13:13	4.5 (48.9%)
139	<b>GAWENDA Michał</b>	<b>509</b>		M-30	139	NIE	01:19:55	02:45:51	<b>04:38:01.46</b>	<b>04:38:35.55</b>	+02:22:03 (51.0%)	13:14	4.5 (48.9%)
140	<b>GAJDOWSKI Przemysław</b>	<b>384</b>		M-30	140	NIE	01:29:17	02:59:00	<b>04:42:05.18</b>	<b>04:43:00.20</b>	+02:26:27 (51.8%)	13:25	4.5 (48.9%)
141	<b>GIBAS Wojciech</b>	<b>168</b>	HIRERIGHT RUNNING TEAM	M-30	141	NO	01:30:45	03:01:54	<b>04:44:30.98</b>	<b>04:45:20.05</b>	+02:28:47 (52.1%)	13:32	4.4 (47.8%)
142	<b>FRAĆZEK Marcin</b>	<b>179</b>	TMTEAM	M-30	142	NIE	01:28:49	03:02:26	<b>04:47:02.79</b>	<b>04:47:44.80</b>	+02:31:12 (52.5%)	13:40	4.4 (47.8%)
<b>Przekroczony limit czasu: 05:00:00</b>													
143	<b>HETMANCZYK Maciej</b>	<b>223</b>	XIN CHAO RIDERS	M-30	143	NO	01:30:43	03:10:58	<b>05:03:37.72</b>	<b>05:04:27.75</b>	+02:47:55 (55.2%)	14:27	4.1 (44.6%)

Znaleziono 143 wynik(ów)