



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2020

B4SPORT

**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-01-18  
**Miejsce:** Karlów  
**Dystans:** 21 km

**B4SPORT**  
INTELIĞENTNE 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>MISIAK Bartosz</b>	<b>520</b>	ALPIN SPORT HOKA ONE ONE TEAM	M-30	1	TAK	00:37:29	01:07:38	<b>01:42:41.20</b>	<b>01:42:43.65</b>		4:53	12.3 (100%)
2	<b>NORBERT Michał</b>	<b>30</b>	KB SOBÓTKA	M-30	2	NIE	00:38:17	01:09:57	<b>01:48:16.55</b>	<b>01:48:23.85</b>	+00:05:40 (5.2%)	5:09	11.6 (94.3%)
3	<b>RUTKOWSKI Dawid</b>	<b>310</b>	GRIZZLYTEAM	M-30	3	TAK	00:40:49	01:14:42	<b>01:55:33.30</b>	<b>01:55:36.20</b>	+00:12:52 (11.1%)	5:30	10.9 (88.6%)
4	<b>MIŚ Zbyszek</b>	<b>373</b>		M-30	4	NIE	00:40:12	01:14:39	<b>01:56:06.55</b>	<b>01:56:16.45</b>	+00:13:32 (11.7%)	5:31	10.9 (88.6%)
5	<b>GRUND Marek</b>	<b>47</b>	MAFIA TEAM LUBLINIEC	M-30	5	NIE	00:42:58	01:17:16	<b>01:57:16.35</b>	<b>01:57:19.85</b>	+00:14:36 (12.4%)	5:35	10.7 (87.0%)
6	<b>SWOBODA Marek</b>	<b>388</b>		M-30	6	NIE	00:41:56	01:16:50	<b>01:57:31.20</b>	<b>01:57:46.75</b>	+00:15:03 (12.8%)	5:35	10.7 (87.0%)
7	<b>SOCHA Seweryn</b>	<b>360</b>	DZIKIE BOBRY	M-30	7	NO	00:42:53	01:18:13	<b>01:58:20.80</b>	<b>01:58:30.45</b>	+00:15:46 (13.3%)	5:38	10.6 (86.2%)
8	<b>KROSNY Sebastian</b>	<b>457</b>	STS BIEGATON MIKOŁÓW	M-30	8	NIE	00:43:02	01:17:41	<b>01:58:41.05</b>	<b>01:58:44.40</b>	+00:16:00 (13.5%)	5:39	10.6 (86.2%)
9	<b>ZATOŃ Cezary</b>	<b>286</b>	TRIACTIV RIDLEY	M-30	9	TAK	00:42:56	01:19:05	<b>02:02:34.20</b>	<b>02:02:41.65</b>	+00:19:58 (16.3%)	5:50	10.3 (83.7%)
10	<b>PODGÓRSKI Bogusz</b>	<b>352</b>	PLACKI ZIEMNIACZANE Z CUKREM SĄ SPOKO	M-30	10	NIE	00:46:07	01:21:47	<b>02:04:03.25</b>	<b>02:04:06.45</b>	+00:21:22 (17.2%)	5:54	10.2 (82.9%)
11	<b>LULIS Dawid</b>	<b>522</b>		M-30	11	NIE	00:44:43	01:21:06	<b>02:04:13.40</b>	<b>02:04:20.10</b>	+00:21:36 (17.4%)	5:54	10.1 (82.1%)
12	<b>NIEPALA Jacek</b>	<b>147</b>	OBORYGENI	M-30	12	NIE	00:44:46	01:21:06	<b>02:04:21.35</b>	<b>02:04:27.25</b>	+00:21:43 (17.5%)	5:55	10.1 (82.1%)
13	<b>SZUKAŁA Piotr</b>	<b>168</b>		M-30	13	NIE	00:44:45	01:21:05	<b>02:04:35.75</b>	<b>02:04:39.85</b>	+00:21:56 (17.6%)	5:55	10.1 (82.1%)
14	<b>BALCAR Michał</b>	<b>525</b>	ČERVENÝ KOSTELEČ	M-30	14	NIE	00:42:49	01:18:41	<b>02:04:45.70</b>	<b>02:04:53.75</b>	+00:22:10 (17.7%)	5:56	10.1 (82.1%)
15	<b>MIKA Andrzej</b>	<b>231</b>		M-30	15	NIE	00:46:18	01:22:46	<b>02:06:10.35</b>	<b>02:06:16.40</b>	+00:23:32 (18.6%)	6:00	10 (81.3%)
16	<b>LACHOWSKI Robert</b>	<b>41</b>		M-30	16	NIE	00:45:29	01:22:46	<b>02:06:47.10</b>	<b>02:06:55.80</b>	+00:24:12 (19.1%)	6:02	9.9 (80.5%)

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>OLKIS Rafał</b>	<b>123</b>	ŚNIEŻNY RATEMYTRAIL.COM	M-30	17	NIE	00:44:59	01:22:00	<b>02:07:29.20</b>	<b>02:07:36.35</b>	+00:24:52 (19.5%)	6:04	9.9 (80.5%)
18	<b>HOLYST Andrzej</b>	<b>18</b>	GT RAT	M-30	18	NIE	00:47:06	01:25:00	<b>02:08:28.45</b>	<b>02:08:33.75</b>	+00:25:50 (20.1%)	6:07	9.8 (79.7%)
19	<b>ŁAGOŻNY Łukasz</b>	<b>348</b>	BRUBECK TEAM / POZYTYWNE ZABIEGANI SANOK	M-30	19	TAK	00:46:46	01:25:00	<b>02:08:51.45</b>	<b>02:08:54.95</b>	+00:26:11 (20.3%)	6:08	9.8 (79.7%)
20	<b>MAJCHRZAK Maciej</b>	<b>31</b>		M-30	20	TAK	00:44:29	01:22:27	<b>02:08:49.85</b>	<b>02:09:02.65</b>	+00:26:19 (20.4%)	6:08	9.8 (79.7%)
21	<b>WYRODEK Jakub</b>	<b>252</b>	TURBOPTYSIE	M-30	21	NIE	00:49:26	01:25:28	<b>02:08:59.15</b>	<b>02:09:47.35</b>	+00:27:03 (20.9%)	6:08	9.8 (79.7%)
22	<b>OLSZAK Dariusz</b>	<b>367</b>	MSPORT TEAM	M-30	22	NIE	00:47:19	01:26:04	<b>02:10:30.20</b>	<b>02:10:35.65</b>	+00:27:52 (21.3%)	6:12	9.7 (78.9%)
23	<b>ŚRODA Michał</b>	<b>283</b>	TMTEAM	M-30	23	NO	00:48:31	01:26:03	<b>02:10:56.80</b>	<b>02:11:17.90</b>	+00:28:34 (21.8%)	6:14	9.6 (78.0%)
24	<b>HEWELT Maciej</b>	<b>508</b>	SKLEP TURYSTYCZNY E-HORYZONT.PL	M-30	24	NIE	00:45:07	01:24:00	<b>02:12:11.00</b>	<b>02:12:14.00</b>	+00:29:30 (22.3%)	6:17	9.5 (77.2%)
25	<b>DUNAJ Paweł</b>	<b>411</b>	GT RAT	M-30	25	NIE	00:47:54	01:26:29	<b>02:13:44.75</b>	<b>02:13:47.95</b>	+00:31:04 (23.2%)	6:22	9.4 (76.4%)
26	<b>NOWAK Łukasz</b>	<b>343</b>	NOA / CS RUNNING TEAM	M-30	26	NIE	00:50:57	01:29:08	<b>02:13:34.90</b>	<b>02:14:10.80</b>	+00:31:27 (23.4%)	6:21	9.4 (76.4%)
27	<b>GOŁĄB Mateusz</b>	<b>534</b>	JURNE KNURY	M-30	27	NIE	00:47:42	01:27:20	<b>02:14:35.05</b>	<b>02:14:38.60</b>	+00:31:54 (23.7%)	6:24	9.4 (76.4%)
28	<b>ZAWOJAK Aleksander</b>	<b>423</b>	RONAL POLSKA RUN	M-30	28	NIE	00:48:12	01:28:29	<b>02:15:10.05</b>	<b>02:15:16.35</b>	+00:32:32 (24.1%)	6:26	9.3 (75.6%)
29	<b>JĘCEK Maciek</b>	<b>233</b>		M-30	29	NIE	00:49:09	01:27:17	<b>02:15:19.70</b>	<b>02:15:38.90</b>	+00:32:55 (24.3%)	6:26	9.3 (75.6%)
30	<b>MICHALSKI Piotr</b>	<b>100</b>		M-30	30	NO	00:49:11	01:27:53	<b>02:15:35.20</b>	<b>02:15:44.05</b>	+00:33:00 (24.3%)	6:27	9.3 (75.6%)
31	<b>BOSAKIEWICZ Tomasz</b>	<b>259</b>	OLAWS ZŁOTORYJA	M-30	31	NIE	00:50:20	01:29:35	<b>02:16:31.60</b>	<b>02:16:40.65</b>	+00:33:57 (24.8%)	6:30	9.2 (74.8%)
32	<b>ŁAŻNIOWSKI Dawid</b>	<b>202</b>	KUDOWIANKA RUN	M-30	32	NIE	00:48:36	01:28:24	<b>02:17:04.35</b>	<b>02:17:09.05</b>	+00:34:25 (25.1%)	6:31	9.2 (74.8%)
33	<b>MOCZULSKI Rafał</b>	<b>537</b>	KUDOWIANKA CYKLON PROAL TEAM	M-30	33	NIE	00:49:25	01:29:02	<b>02:18:39.10</b>	<b>02:18:43.80</b>	+00:36:00 (26.0%)	6:36	9.1 (74.0%)
34	<b>GRYSZKIEWICZ Paweł</b>	<b>490</b>	GVT	M-30	34	NIE	00:49:32	01:29:25	<b>02:18:52.70</b>	<b>02:18:57.75</b>	+00:36:14 (26.1%)	6:36	9.1 (74.0%)
35	<b>SANKOWSKI Paweł</b>	<b>477</b>		M-30	35	NIE	00:50:04	01:30:58	<b>02:21:18.55</b>	<b>02:21:29.55</b>	+00:38:45 (27.4%)	6:43	8.9 (72.4%)
36	<b>OPAŁKA Damian</b>	<b>351</b>	MYRACE	M-30	36	NIE	00:48:04	01:29:29	<b>02:21:25.55</b>	<b>02:21:32.10</b>	+00:38:48 (27.4%)	6:44	8.9 (72.4%)
37	<b>SŁYSZ Szymon</b>	<b>23</b>	NSK RUNS	M-30	37	NIE	00:49:02	01:28:59	<b>02:22:51.70</b>	<b>02:23:15.35</b>	+00:40:31 (28.3%)	6:48	8.8 (71.5%)
38	<b>MYŚLIWIEC Przemysław</b>	<b>504</b>	NEUROCHIRURGIE UNIV. KLINIKUM DRESDEN	M-30	38	NIE	00:48:40	01:29:30	<b>02:24:14.60</b>	<b>02:24:22.65</b>	+00:41:39 (28.8%)	6:52	8.7 (70.7%)
39	<b>LESIAK Tomasz</b>	<b>376</b>		M-30	39	NO	00:50:23	01:32:30	<b>02:24:16.65</b>	<b>02:24:24.45</b>	+00:41:40 (28.9%)	6:52	8.7 (70.7%)

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>LULEK Paweł</b>	<b>105</b>	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-30	40	TAK	00:50:32	01:32:48	<b>02:24:38.85</b>	<b>02:24:52.25</b>	+00:42:08 (29.1%)	6:53	8.7 (70.7%)
41	<b>BŁASZKIEWICZ Bogusz</b>	<b>383</b>	DZIKIE BOBRY/STR POZNAN	M-30	41	NIE	00:53:08	01:34:28	<b>02:24:56.25</b>	<b>02:25:07.05</b>	+00:42:23 (29.2%)	6:54	8.7 (70.7%)
42	<b>URBANIAK Hubert</b>	<b>214</b>	ROZBIEGANY RAWICZ	M-30	42	NIE	00:54:29	01:35:39	<b>02:25:11.85</b>	<b>02:25:31.85</b>	+00:42:48 (29.4%)	6:54	8.7 (70.7%)
43	<b>STANKIEWICZ Tomasz</b>	<b>279</b>	SREBRNOGÓRSKA EKIPA BIEGOWA	M-30	43	NIE	00:52:16	01:34:22	<b>02:26:13.65</b>	<b>02:26:27.05</b>	+00:43:43 (29.9%)	6:57	8.6 (69.9%)
44	<b>CHOROSTKOWSKI Bartosz</b>	<b>227</b>	CHATA BIEGACZA K34 ZAKOPANE	M-30	44	NIE	00:55:05	01:36:55	<b>02:27:25.65</b>	<b>02:27:49.35</b>	+00:45:05 (30.5%)	7:01	8.5 (69.1%)
45	<b>ORACZ Mateusz</b>	<b>299</b>	BEZ LITOŚCI	M-30	45	NIE	00:54:09	01:37:14	<b>02:27:48.45</b>	<b>02:27:55.60</b>	+00:45:11 (30.6%)	7:02	8.5 (69.1%)
46	<b>RODRIGUEZ ESTEVEZ Jesus</b>	<b>462</b>	GT RAT	M-30	46	NO	00:52:03	01:33:34	<b>02:28:22.35</b>	<b>02:28:25.25</b>	+00:45:41 (30.8%)	7:03	8.5 (69.1%)
47	<b>ŁUCZAK Marcin</b>	<b>419</b>		M-30	47	NIE	00:54:29	01:36:47	<b>02:28:17.35</b>	<b>02:28:36.15</b>	+00:45:52 (30.9%)	7:03	8.5 (69.1%)
48	<b>BRODA Dominik</b>	<b>54</b>		M-30	48	NIE	00:54:46	01:37:13	<b>02:28:22.35</b>	<b>02:28:45.00</b>	+00:46:01 (30.9%)	7:03	8.5 (69.1%)
49	<b>PIECUCH Marcin</b>	<b>92</b>	LACHO TEAM	M-30	49	NIE	00:56:02	01:37:53	<b>02:28:43.55</b>	<b>02:29:02.05</b>	+00:46:18 (31.1%)	7:04	8.5 (69.1%)
50	<b>GREGUŁA Maciej</b>	<b>453</b>		M-30	50	NIE	00:55:31	01:38:03	<b>02:31:27.45</b>	<b>02:31:52.25</b>	+00:49:08 (32.4%)	7:12	8.3 (67.5%)
51	<b>DROPEK Sławomir</b>	<b>416</b>		M-30	51	NIE	00:52:01	01:36:20	<b>02:32:18.75</b>	<b>02:32:24.65</b>	+00:49:41 (32.6%)	7:15	8.3 (67.5%)
52	<b>REJMAN Grzegorz</b>	<b>183</b>	#BIEGAMGRZEGORZREJMAN	M-30	52	NIE	00:53:38	01:36:01	<b>02:32:19.90</b>	<b>02:32:27.95</b>	+00:49:44 (32.6%)	7:15	8.3 (67.5%)
53	<b>KRAKOWSKI Krzysztof</b>	<b>78</b>		M-30	53	NIE	00:53:29	01:36:01	<b>02:32:26.60</b>	<b>02:32:34.35</b>	+00:49:50 (32.7%)	7:15	8.3 (67.5%)
54	<b>KLABISZ Dawid</b>	<b>179</b>		M-30	54	NIE	00:55:57	01:37:55	<b>02:32:21.80</b>	<b>02:32:41.70</b>	+00:49:58 (32.7%)	7:15	8.3 (67.5%)
55	<b>FRĄCKOWIAK Dariusz</b>	<b>375</b>		M-30	55	NIE	00:56:03	01:38:48	<b>02:33:35.50</b>	<b>02:33:43.95</b>	+00:51:00 (33.2%)	7:18	8.2 (66.7%)
56	<b>OLSZEWSKI Artur</b>	<b>543</b>	PARKRUN KATOWICE	M-30	56	NIE	00:57:36	01:41:15	<b>02:34:03.25</b>	<b>02:34:40.20</b>	+00:51:56 (33.6%)	7:20	8.2 (66.7%)
57	<b>CHRZANOWSKI Paweł</b>	<b>160</b>		M-30	57	NIE	00:54:26	01:38:48	<b>02:35:01.15</b>	<b>02:35:14.00</b>	+00:52:30 (33.8%)	7:22	8.1 (65.9%)
58	<b>LEWKOWSKI Aleksander</b>	<b>244</b>		M-30	58	NIE	00:56:02	01:38:46	<b>02:35:26.45</b>	<b>02:35:47.75</b>	+00:53:04 (34.1%)	7:24	8.1 (65.9%)
59	<b>HORAK Roland</b>	<b>440</b>	KĘCKIE HARPAGANY	M-30	59	NIE	00:58:33	01:41:27	<b>02:35:13.25</b>	<b>02:35:52.65</b>	+00:53:09 (34.1%)	7:23	8.1 (65.9%)
60	<b>KURZAWIAK Grzegorz</b>	<b>195</b>	GRUPA BIEGOWA KAYSER	M-30	60	NIE	00:54:17	01:40:35	<b>02:37:42.55</b>	<b>02:37:56.60</b>	+00:55:12 (35.0%)	7:30	8 (65.0%)
61	<b>SZNAJDER Paweł</b>	<b>187</b>	BUBBA&GUMP	M-30	61	NIE	00:56:23	01:40:50	<b>02:38:38.05</b>	<b>02:39:02.50</b>	+00:56:18 (35.4%)	7:33	7.9 (64.2%)
62	<b>ŚWIDERSKI Krzysztof</b>	<b>85</b>		M-30	62	NIE	00:55:55	01:40:53	<b>02:38:59.20</b>	<b>02:39:10.15</b>	+00:56:26 (35.5%)	7:34	7.9 (64.2%)

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
63	WERNO Bartłomiej	385		M-30	63	NIE	00:58:53	01:43:13	02:40:02.35	02:40:53.55	+00:58:09 (36.2%)	7:37	7.9 (64.2%)
64	MIKRUT Paweł	313		M-30	64	NIE	00:59:17	01:44:15	02:40:13.35	02:40:55.20	+00:58:11 (36.2%)	7:37	7.9 (64.2%)
65	FRIDRICH Marcin	403	TRAINING LAB	M-30	65	NIE	01:00:03	01:45:13	02:40:27.80	02:41:21.75	+00:58:38 (36.3%)	7:38	7.9 (64.2%)
66	SIERŻANT Paweł	470	PRZEDSIĘBIORSTWO KOMUNALNE PLESZEW	M-30	66	NIE	01:02:21	01:45:49	02:41:10.80	02:41:57.40	+00:59:13 (36.6%)	7:40	7.8 (63.4%)
67	KRYSIŃSKI Maciej	482		M-30	67	NIE	00:56:24	01:41:55	02:42:09.65	02:42:13.50	+00:59:29 (36.7%)	7:43	7.8 (63.4%)
68	SZAJEK Arkadiusz	372		M-30	68	NIE	01:01:02	01:45:12	02:41:22.40	02:42:14.10	+00:59:30 (36.7%)	7:41	7.8 (63.4%)
69	ZIEWIEC Marcin	538		M-30	69	NIE	00:58:47	01:43:24	02:41:37.25	02:42:19.40	+00:59:35 (36.7%)	7:41	7.8 (63.4%)
70	ROJEWSKI Paweł	337	EVERRUN	M-30	70	NIE	00:58:05	01:42:27	02:42:24.05	02:42:36.55	+00:59:52 (36.8%)	7:44	7.8 (63.4%)
71	SZYMCZYSZYN Tomasz	111		M-30	71	NIE	01:00:05	01:47:56	02:42:46.50	02:42:53.65	+01:00:10 (36.9%)	7:45	7.7 (62.6%)
72	MARTEKLAS Jan	44	NIGHT RUNNERS WROCŁAW	M-30	72	NIE	00:58:33	01:44:17	02:42:46.20	02:43:00.70	+01:00:17 (37.0%)	7:45	7.7 (62.6%)
73	LACKOWSKI Andrzej	404	AIKIDO UMK TORUŃ	M-30	73	NIE	00:54:29	01:41:15	02:43:16.15	02:43:21.90	+01:00:38 (37.1%)	7:46	7.7 (62.6%)
74	TYŚ Radek	335	NOWA RUDA BIEGA	M-30	74	NIE	00:56:07	01:42:43	02:43:32.85	02:43:40.60	+01:00:56 (37.2%)	7:47	7.7 (62.6%)
75	GALIŃSKI Kamil	221	KOTWICA BRZEG	M-30	75	NIE	00:57:27	01:44:15	02:43:05.75	02:43:42.55	+01:00:58 (37.3%)	7:46	7.7 (62.6%)
76	JANAS Dariusz	45	JANAS TEAM	M-30	76	NIE	00:56:04	01:42:17	02:43:57.90	02:44:07.20	+01:01:23 (37.4%)	7:48	7.7 (62.6%)
77	PONIATOWSKI Seweryn	46		M-30	77	NIE	00:58:17	01:44:55	02:45:01.25	02:45:34.45	+01:02:50 (38.0%)	7:51	7.6 (61.8%)
78	GULCZYŃSKI Tomasz	208	SPUHLAKI TEAM	M-30	78	NIE	00:57:30	01:45:24	02:46:30.60	02:46:50.70	+01:04:07 (38.4%)	7:55	7.6 (61.8%)
79	KOCEMBA Kamil	426	KĘCKIE HARPAGANY	M-30	79	NIE	01:00:31	01:45:28	02:46:07.15	02:46:54.25	+01:04:10 (38.5%)	7:54	7.6 (61.8%)
80	DIERING Tomasz	242	RM	M-30	80	NIE	01:02:32	01:47:54	02:46:24.90	02:46:55.80	+01:04:12 (38.5%)	7:55	7.6 (61.8%)
81	MARZEC Dominik	186		M-30	81	NIE	01:02:12	01:48:01	02:46:06.00	02:46:56.60	+01:04:12 (38.5%)	7:54	7.6 (61.8%)
82	ANTOSIAK Tomasz	445	TMTEAM	M-30	82	NIE	01:01:19	01:48:21	02:46:22.80	02:46:59.45	+01:04:15 (38.5%)	7:55	7.6 (61.8%)
83	IZYDORSKI Marcin	57		M-30	83	NIE	01:01:30	01:47:26	02:47:39.00	02:48:08.15	+01:05:24 (38.9%)	7:59	7.5 (61.0%)
84	IGNACIUK Paweł	11		M-30	84	NIE	01:01:51	01:48:11	02:48:35.95	02:48:58.10	+01:06:14 (39.2%)	8:01	7.5 (61.0%)
85	FERET Hubert	66		M-30	85	TAK	00:54:24	01:37:14	02:48:32.00	02:49:06.10	+01:06:22 (39.3%)	8:01	7.5 (61.0%)

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
86	<b>JURCZAK Szymon</b>	<b>8</b>		M-30	86	NIE	00:58:48	01:48:34	<b>02:49:33.85</b>	<b>02:49:38.15</b>	+01:06:54 (39.4%)	8:04	7.4 (60.2%)
87	<b>ANDRZEJEWSKI Drogosz</b>	<b>409</b>	RUNATTACK	M-30	87	NIE	00:53:15	01:39:54	<b>02:49:45.35</b>	<b>02:49:47.00</b>	+01:07:03 (39.5%)	8:05	7.4 (60.2%)
88	<b>DREAS Jakub</b>	<b>83</b>	WĘDZIKOWSKI TEAM / DZIKIE BOBRY	M-30	88	NIE	00:58:47	01:48:45	<b>02:51:01.05</b>	<b>02:51:11.45</b>	+01:08:27 (40.0%)	8:08	7.4 (60.2%)
89	<b>ADAMCZEWSKI Jakub</b>	<b>300</b>	NIGHT RUNNERS/ NBR TEAM	M-30	89	NIE	00:59:30	01:47:22	<b>02:50:25.35</b>	<b>02:51:12.90</b>	+01:08:29 (40.0%)	8:06	7.4 (60.2%)
90	<b>BARAŃSKI Piotr</b>	<b>317</b>		M-30	90	NIE	01:04:42	01:52:01	<b>02:51:32.40</b>	<b>02:52:09.95</b>	+01:09:26 (40.3%)	8:10	7.3 (59.3%)
91	<b>LUBIK Adam</b>	<b>104</b>		M-30	91	TAK	01:02:37	01:51:26	<b>02:52:12.65</b>	<b>02:52:34.65</b>	+01:09:51 (40.5%)	8:12	7.3 (59.3%)
92	<b>GRZESIAK Wojciech</b>	<b>120</b>	SPUHLAKI TEAM	M-30	92	NIE	01:00:06	01:48:03	<b>02:52:12.60</b>	<b>02:52:35.65</b>	+01:09:52 (40.5%)	8:12	7.3 (59.3%)
93	<b>POSADOWSKI Cyprian</b>	<b>552</b>		M-30	93	NIE	01:03:48	01:50:45	<b>02:52:46.20</b>	<b>02:53:42.90</b>	+01:10:59 (40.9%)	8:13	7.3 (59.3%)
94	<b>GAJDOWSKI Przemysław</b>	<b>14</b>		M-30	94	NIE	01:00:59	01:49:40	<b>02:53:46.50</b>	<b>02:54:13.30</b>	+01:11:29 (41.0%)	8:16	7.3 (59.3%)
95	<b>WÓJCIK Radosław</b>	<b>325</b>		M-30	95	NIE	00:57:01	01:46:13	<b>02:54:39.10</b>	<b>02:54:53.80</b>	+01:12:10 (41.3%)	8:19	7.2 (58.5%)
96	<b>PIETRZOK Wojciech</b>	<b>128</b>	NIGHT RUNNERS	M-30	96	NIE	01:04:39	01:52:19	<b>02:54:43.00</b>	<b>02:55:19.70</b>	+01:12:36 (41.4%)	8:19	7.2 (58.5%)
97	<b>TOL Kamil</b>	<b>527</b>	MAFIA TEAM LUBLINIEC	M-30	97	NIE	01:01:42	01:49:29	<b>02:56:18.60</b>	<b>02:56:55.30</b>	+01:14:11 (41.9%)	8:23	7.1 (57.7%)
98	<b>KURKOWIAK Krzysztof</b>	<b>295</b>	WKURW_TEAM	M-30	98	NIE	01:03:33	01:50:38	<b>02:56:38.30</b>	<b>02:56:55.60</b>	+01:14:11 (41.9%)	8:24	7.1 (57.7%)
99	<b>MIKOŁAJEC Piotr</b>	<b>374</b>		M-30	99	NIE	01:05:55	01:55:48	<b>02:56:21.85</b>	<b>02:57:19.05</b>	+01:14:35 (42.1%)	8:23	7.1 (57.7%)
100	<b>KURZYŃSKI Michał</b>	<b>69</b>	EFEKT GOMBAO	M-30	100	NIE	00:59:07	01:50:42	<b>02:57:46.35</b>	<b>02:57:54.45</b>	+01:15:10 (42.3%)	8:27	7.1 (57.7%)
101	<b>MACHTAŁOWICZ Szymon</b>	<b>89</b>		M-30	101	TAK	01:04:21	01:56:31	<b>02:57:35.75</b>	<b>02:57:58.05</b>	+01:15:14 (42.3%)	8:27	7.1 (57.7%)
102	<b>NOWAK Marcin</b>	<b>455</b>	TIM JEST TIM	M-30	102	NIE	01:05:57	01:54:12	<b>02:57:19.20</b>	<b>02:58:00.90</b>	+01:15:17 (42.3%)	8:26	7.1 (57.7%)
103	<b>BONIKOWSKI Mateusz</b>	<b>441</b>		M-30	103	NIE	01:02:40	01:52:19	<b>02:58:24.45</b>	<b>02:58:41.70</b>	+01:15:58 (42.5%)	8:29	7.1 (57.7%)
104	<b>SOBKOWIAK Marcin</b>	<b>127</b>	CROSSFATPOZNAŃ	M-30	104	NIE	01:08:21	01:58:31	<b>02:57:58.90</b>	<b>02:58:52.40</b>	+01:16:08 (42.6%)	8:28	7.1 (57.7%)
105	<b>SIKORSKI Dariusz</b>	<b>110</b>	INSERT TEAM	M-30	105	TAK	01:04:25	01:51:40	<b>02:58:28.80</b>	<b>02:58:56.60</b>	+01:16:12 (42.6%)	8:29	7.1 (57.7%)
106	<b>GAJEWSKI Sebastian</b>	<b>379</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-30	106	NIE	01:05:25	01:55:28	<b>02:58:38.35</b>	<b>02:59:23.30</b>	+01:16:39 (42.7%)	8:30	7.1 (57.7%)
107	<b>GINTER Grzegorz</b>	<b>523</b>	AZS COLLEGIUM MEDICUM UJ	M-30	107	NIE	01:03:42	01:53:45	<b>02:59:55.45</b>	<b>03:00:07.00</b>	+01:17:23 (43.0%)	8:34	7 (56.9%)
108	<b>POPIELA Sebastian</b>	<b>163</b>	BARTKOWIAK OPTYK TEAM	M-30	108	NIE	01:02:25	01:52:59	<b>03:00:26.95</b>	<b>03:00:40.95</b>	+01:17:57 (43.1%)	8:35	7 (56.9%)

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
109	<b>KOLIBABSKI Radosław</b>	<b>265</b>	HARDCOROWE WYCHYLYLYBYMY	M-30	109	NIE	01:05:52	01:53:11	<b>03:00:43.55</b>	<b>03:01:07.85</b>	+01:18:24 (43.3%)	8:36	7 (56.9%)
110	<b>POCIĘGIEL Michał</b>	<b>16</b>	SKAWINA BIEGA	M-30	110	NIE	01:08:41	01:57:39	<b>03:00:37.20</b>	<b>03:01:08.50</b>	+01:18:24 (43.3%)	8:36	7 (56.9%)
111	<b>DOBROCHOWSKI Marek</b>	<b>153</b>	STRZEGOMSKA DWUNASTKA	M-30	111	NIE	01:01:43	01:51:55	<b>03:01:01.30</b>	<b>03:01:32.50</b>	+01:18:48 (43.4%)	8:37	7 (56.9%)
112	<b>KRZESIMOWSKI Damian</b>	<b>282</b>		M-30	112	NIE	01:04:19	01:56:20	<b>03:01:40.15</b>	<b>03:01:53.40</b>	+01:19:09 (43.5%)	8:39	6.9 (56.1%)
113	<b>JANOWSKI Michał</b>	<b>387</b>		M-30	113	NIE	00:58:52	01:48:15	<b>03:02:11.00</b>	<b>03:02:36.90</b>	+01:19:53 (43.7%)	8:40	6.9 (56.1%)
114	<b>FIGUŁA Sławomir</b>	<b>256</b>		M-30	114	NIE	01:05:05	01:56:21	<b>03:02:33.90</b>	<b>03:02:48.75</b>	+01:20:05 (43.8%)	8:41	6.9 (56.1%)
115	<b>BUSS Konrad</b>	<b>9</b>	KUDOWIANKA RUN	M-30	115	NIE	01:11:57	02:03:42	<b>03:02:03.25</b>	<b>03:02:51.40</b>	+01:20:07 (43.8%)	8:40	6.9 (56.1%)
116	<b>MAĆKOWIAK Damian</b>	<b>262</b>		M-30	116	NO	01:02:54	01:54:50	<b>03:04:46.70</b>	<b>03:05:04.55</b>	+01:22:20 (44.5%)	8:47	6.8 (55.3%)
117	<b>KRAWIEC Piotr</b>	<b>349</b>	KOTWICA BRZEG	M-30	117	NIE	01:06:53	01:59:16	<b>03:05:43.30</b>	<b>03:06:16.25</b>	+01:23:32 (44.9%)	8:50	6.8 (55.3%)
118	<b>NETOLICKÝ Martin</b>	<b>548</b>		M-30	118	NIE	01:08:50	02:00:13	<b>03:05:45.80</b>	<b>03:06:43.10</b>	+01:23:59 (45.0%)	8:50	6.8 (55.3%)
119	<b>SYGNAT Marcin</b>	<b>49</b>		M-30	119	NIE	01:12:04	02:02:08	<b>03:06:48.05</b>	<b>03:07:19.95</b>	+01:24:36 (45.2%)	8:53	6.7 (54.5%)
120	<b>WESOŁEK Daniel</b>	<b>517</b>		M-30	120	NIE	01:04:14	01:55:40	<b>03:07:31.15</b>	<b>03:07:41.35</b>	+01:24:57 (45.3%)	8:55	6.7 (54.5%)
121	<b>KARAWACKI Grzegorz</b>	<b>119</b>	KĘCKIE HARPAGANY	M-30	121	NIE	01:05:53	01:55:40	<b>03:07:09.70</b>	<b>03:07:47.80</b>	+01:25:04 (45.3%)	8:54	6.7 (54.5%)
122	<b>SIEPIELSKI Damian</b>	<b>398</b>		M-30	122	NIE	01:07:20	01:58:58	<b>03:09:13.85</b>	<b>03:09:40.60</b>	+01:26:56 (45.8%)	9:00	6.7 (54.5%)
123	<b>URBANOWICZ Cezary</b>	<b>39</b>		M-30	123	NIE	01:12:24	02:02:10	<b>03:09:26.50</b>	<b>03:10:17.80</b>	+01:27:34 (46.0%)	9:01	6.7 (54.5%)
124	<b>STAWIŃSKI Michał</b>	<b>237</b>		M-30	124	NO	01:04:08	01:54:03	<b>03:09:57.35</b>	<b>03:10:25.00</b>	+01:27:41 (46.1%)	9:02	6.6 (53.7%)
125	<b>SOBAŁA Łukasz</b>	<b>518</b>	MORSY POZNAŃ	M-30	125	NIE	01:10:50	02:04:28	<b>03:09:51.85</b>	<b>03:10:32.35</b>	+01:27:48 (46.1%)	9:02	6.6 (53.7%)
126	<b>CZERWONKA Zbigniew</b>	<b>149</b>	ESKADRA WROCŁAW	M-30	126	NO	01:07:55	02:02:38	<b>03:14:27.50</b>	<b>03:14:39.65</b>	+01:31:56 (47.2%)	9:15	6.5 (52.8%)
127	<b>RUKS Jarosław</b>	<b>182</b>		M-30	127	NO	01:08:25	02:02:26	<b>03:14:08.00</b>	<b>03:14:58.00</b>	+01:32:14 (47.3%)	9:14	6.5 (52.8%)
128	<b>WOJCIECHOWSKI Aleksander</b>	<b>260</b>	RM	M-30	128	NIE	01:08:33	02:03:22	<b>03:17:12.20</b>	<b>03:17:43.70</b>	+01:35:00 (48.0%)	9:23	6.4 (52.0%)
129	<b>LEDNICKI Michał</b>	<b>513</b>		M-30	129	TAK	01:11:45	02:05:33	<b>03:16:52.40</b>	<b>03:17:44.90</b>	+01:35:01 (48.1%)	9:22	6.4 (52.0%)
130	<b>BALWIERCZAK Piotr</b>	<b>73</b>	NIGHT RUNNERS WROCŁAW / RMT TEAM	M-30	130	NIE	01:17:50	02:19:47	<b>03:18:22.30</b>	<b>03:18:59.10</b>	+01:36:15 (48.4%)	9:26	6.4 (52.0%)
131	<b>TURNIAK Miłosz</b>	<b>309</b>	HIRERIGHT RUNNING TEAM	M-30	131	NO	01:10:52	02:04:46	<b>03:18:32.80</b>	<b>03:19:18.85</b>	+01:36:35 (48.5%)	9:27	6.3 (51.2%)

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>SWIATEK Jarek</b>	<b>495</b>		M-30	132	NIE	01:18:14	02:09:21	<b>03:19:23.65</b>	<b>03:19:51.30</b>	+01:37:07 (48.6%)	9:29	6.3 (51.2%)
133	<b>SERWATKIEWICZ Grzegorz</b>	<b>395</b>		M-30	133	NIE	01:10:54	02:05:58	<b>03:21:58.20</b>	<b>03:22:22.90</b>	+01:39:39 (49.2%)	9:37	6.2 (50.4%)
134	<b>OLEJNIK Marcin</b>	<b>545</b>		M-30	134	NIE	01:11:54	02:09:52	<b>03:22:21.20</b>	<b>03:23:13.75</b>	+01:40:30 (49.5%)	9:38	6.2 (50.4%)
135	<b>BIS Marcin</b>	<b>339</b>	BBL GORZÓW WLKP.	M-30	135	NIE	01:11:20	02:08:14	<b>03:24:43.80</b>	<b>03:25:13.95</b>	+01:42:30 (49.9%)	9:44	6.2 (50.4%)
136	<b>RUSIN Szymon</b>	<b>26</b>		M-30	136	TAK	01:11:24	02:06:36	<b>03:25:25.40</b>	<b>03:25:53.35</b>	+01:43:09 (50.1%)	9:46	6.1 (49.6%)
137	<b>PŁUCIENNICZAK Bartosz</b>	<b>386</b>		M-30	137	NIE	01:09:59	02:02:19	<b>03:26:38.65</b>	<b>03:27:05.40</b>	+01:44:21 (50.4%)	9:50	6.1 (49.6%)
138	<b>POŁCZYŃSKI Maciej</b>	<b>341</b>	STALOWA ŁYDA	M-30	138	NIE	01:20:22	02:15:20	<b>03:28:49.40</b>	<b>03:29:38.65</b>	+01:46:55 (51.0%)	9:56	6 (48.8%)
139	<b>KARWAT Dawid</b>	<b>340</b>		M-30	139	NIE	01:19:28	02:19:16	<b>03:35:55.40</b>	<b>03:36:41.75</b>	+01:53:58 (52.6%)	10:16	5.8 (47.2%)
140	<b>HETMANCZYK Maciej</b>	<b>258</b>		M-30	140	YES	01:17:23	02:16:40	<b>03:38:23.55</b>	<b>03:39:13.35</b>	+01:56:29 (53.1%)	10:24	5.8 (47.2%)
141	<b>GIBAS Wojciech</b>	<b>275</b>		M-30	141	YES	01:22:54	02:22:27	<b>03:48:18.10</b>	<b>03:49:07.75</b>	+02:06:24 (55.2%)	10:52	5.5 (44.7%)
142	<b>RUSIN Jakub</b>	<b>10</b>		M-30	142	NIE	01:23:28	02:30:05	<b>04:04:09.30</b>	<b>04:04:42.45</b>	+02:21:58 (58.0%)	11:37	5.2 (42.3%)
143	<b>FLACZYŃSKI Michał</b>	<b>63</b>	IMENEL	M-30	143	NO	01:23:38	02:30:28	<b>04:04:10.85</b>	<b>04:04:42.90</b>	+02:21:59 (58.0%)	11:37	5.2 (42.3%)
144	<b>FURMAN Michał</b>	<b>76</b>	OCHAJORUN & FRIENDS	M-30	144	NIE	01:32:02	02:47:50	<b>04:28:16.00</b>	<b>04:28:41.50</b>	+02:45:57 (61.8%)	12:46	4.7 (38.2%)
145	<b>TATARATA Paweł</b>	<b>435</b>	TRAINING LAB	M-30	145	NIE	01:28:22	02:52:19	<b>04:35:33.45</b>	<b>04:36:26.20</b>	+02:53:42 (62.8%)	13:07	4.6 (37.4%)
	<b>TEKIELI Kacper</b>	<b>4</b>	POLAR SPORT / KW TRÓJMIASTO	M-30		TAK	00:56:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BOROWIECKI Krzysztof</b>	<b>184</b>	GT RAT	M-30		NIE	01:08:40 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 147 wynik(ów)