



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2020

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

Klasyfikacja: M-40

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	BRÝDL Pavel	2	SALOMON CZ/WILLA SPA SCALIANO	M-40	1	NIE	00:38:14	01:07:20	01:42:34.60	01:42:35.95		4:53	12.3 (100%)
2	ANTOSIAK Tomasz	502	ANTONTEAM	M-40	2	NIE	00:40:17	01:12:27	01:50:53.75	01:50:56.75	+00:08:20 (7.5%)	5:16	11.4 (92.7%)
3	FIRLET Daniel	152	SUDECKI KLUB WYSOKOGÓRSKI & HOSNET	M-40	3	TAK	00:40:52	01:15:44	01:59:48.70	01:59:50.95	+00:17:15 (14.4%)	5:42	10.5 (85.4%)
4	KMIECIK Tomasz	58		M-40	4	TAK	00:41:13	01:16:24	02:03:02.20	02:03:06.15	+00:20:30 (16.7%)	5:51	10.2 (82.9%)
5	ŁYJAK Błażej	512	CHATA BIEGACZA K34	M-40	5	NO	00:45:31	01:22:45	02:05:47.05	02:05:47.05	+00:23:11 (18.4%)	5:59	10 (81.3%)
6	SZCZĘŚNIAK Piotr	469	GVT	M-40	6	NIE	00:46:08	01:22:52	02:06:09.70	02:06:15.45	+00:23:39 (18.7%)	6:00	10 (81.3%)
7	GAWLEWICZ Tomasz	243	GAWEŁKI TEAM /POZYTYWNE ZABIEGANI SANOK	M-40	7	TAK	00:45:18	01:22:35	02:07:48.85	02:07:58.45	+00:25:22 (19.8%)	6:05	9.9 (80.5%)
8	KRUPA Marcin	206	AKTYWNA NOWA RUDA	M-40	8	NIE	00:45:50	01:24:37	02:09:46.10	02:09:49.85	+00:27:13 (21.0%)	6:10	9.7 (78.9%)
9	KOZIEŁ Tomasz	547	KUDOWIANKA RUN	M-40	9	NIE	00:46:50	01:26:21	02:12:41.70	02:12:46.40	+00:30:10 (22.7%)	6:19	9.5 (77.2%)
10	DAMEC Aleksander	177	OCHAJORUN&FRIENDS	M-40	10	NIE	00:48:30	01:26:58	02:13:29.85	02:13:40.05	+00:31:04 (23.2%)	6:21	9.4 (76.4%)
11	CIRKO Arkadiusz	424	KGHM ZG RUN	M-40	11	NIE	00:49:12	01:28:11	02:15:12.55	02:15:18.15	+00:32:42 (24.2%)	6:26	9.3 (75.6%)
12	ŁUKOMSKI Maciej	238	ŁKW / SZAKALE BAŁUT ŁÓDŹ	M-40	12	TAK	00:51:07	01:30:51	02:15:45.45	02:15:54.20	+00:33:18 (24.5%)	6:27	9.3 (75.6%)
13	KASZYŃSKI Tomek	82		M-40	13	NIE	00:51:22	01:29:40	02:16:08.35	02:16:25.30	+00:33:49 (24.8%)	6:29	9.3 (75.6%)
14	KRAJEWSKI Wojtek	463		M-40	14	NIE	00:50:00	01:30:23	02:16:36.25	02:16:47.50	+00:34:11 (25.0%)	6:30	9.2 (74.8%)
15	BRONISZEWSKI Jarosław	132	MIEKOWO	M-40	15	NIE	00:49:54	01:29:36	02:17:15.80	02:17:18.65	+00:34:42 (25.3%)	6:32	9.2 (74.8%)
16	CIURASZKIEWICZ Andrzej	294		M-40	16	NIE	00:53:41	01:33:37	02:20:10.95	02:20:33.10	+00:37:57 (27.0%)	6:40	9 (73.2%)

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17	WIDZIAK Piotr	146	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	17	NIE	00:50:55	01:31:17	02:20:41.70	02:20:54.35	+00:38:18 (27.2%)	6:42	9 (73.2%)
18	BUCHLA Marcin	377		M-40	18	NIE	00:52:40	01:33:14	02:21:48.75	02:21:58.05	+00:39:22 (27.7%)	6:45	8.9 (72.4%)
19	WYSOCKI Łukasz	191		M-40	19	NO	00:52:27	01:34:24	02:22:08.15	02:22:24.25	+00:39:48 (28.0%)	6:46	8.9 (72.4%)
20	PALACZ Marcin	266		M-40	20	NIE	00:52:45	01:33:00	02:22:39.25	02:23:01.70	+00:40:25 (28.3%)	6:47	8.8 (71.5%)
21	BONIKOWSKI Tomasz	193		M-40	21	NIE	00:51:03	01:33:35	02:23:04.60	02:23:11.75	+00:40:35 (28.4%)	6:48	8.8 (71.5%)
22	ŁUCZYŃSKI Maciej	212	GAWRA	M-40	22	TAK	00:52:41	01:34:33	02:23:54.50	02:24:05.00	+00:41:29 (28.8%)	6:51	8.8 (71.5%)
23	STEC Piotr	99		M-40	23	NIE	00:52:52	01:33:53	02:24:28.55	02:24:32.70	+00:41:56 (29.0%)	6:52	8.7 (70.7%)
24	RATYŃSKI Marek	315	OTWOCKI TUPTACZ	M-40	24	NIE	00:52:18	01:33:40	02:25:02.55	02:25:06.65	+00:42:30 (29.3%)	6:54	8.7 (70.7%)
25	SAK Tomasz	197	ALPINIŚCI Z BOGATYNI	M-40	25	TAK	00:52:52	01:34:29	02:24:58.95	02:25:17.70	+00:42:41 (29.4%)	6:54	8.7 (70.7%)
26	FOLCIK Ziemowit	405	NIGHT RUNNERS WROCŁAW	M-40	26	NIE	00:52:52	01:33:46	02:25:13.65	02:25:23.55	+00:42:47 (29.4%)	6:54	8.7 (70.7%)
27	KARWACKI Grzegorz	136	KAT CROSS/GLOBUS	M-40	27	NIE	00:54:12	01:35:20	02:25:47.35	02:25:58.15	+00:43:22 (29.7%)	6:56	8.6 (69.9%)
28	URBAŃSKI Krzysztof	37	MARMEL TORUŃ	M-40	28	NIE	00:55:00	01:36:22	02:25:47.50	02:26:00.35	+00:43:24 (29.7%)	6:56	8.6 (69.9%)
29	KOŁODZIEJSKI Jarek	546	SAGE FOUNDATION	M-40	29	NIE	00:52:04	01:34:16	02:26:29.10	02:26:35.95	+00:44:00 (30.0%)	6:58	8.6 (69.9%)
30	FEICHTINGER Marek	438		M-40	30	NIE	00:54:22	01:37:15	02:27:08.05	02:27:19.00	+00:44:43 (30.4%)	7:00	8.6 (69.9%)
31	STANUCHIEWCZ Oskar	289		M-40	31	NIE	00:53:19	01:36:39	02:27:17.75	02:27:28.55	+00:44:52 (30.4%)	7:00	8.6 (69.9%)
32	TOŚ Sebastian	498		M-40	32	NIE	00:52:32	01:35:41	02:27:39.90	02:27:46.15	+00:45:10 (30.6%)	7:01	8.5 (69.1%)
33	GOS Piotr	452	NARAMOWICE BIEGAJĄ	M-40	33	NIE	00:55:19	01:37:08	02:29:03.30	02:29:13.20	+00:46:37 (31.2%)	7:05	8.5 (69.1%)
34	WOŁOSZYN Konrad	268		M-40	34	NIE	00:51:37	01:33:03	02:29:39.25	02:30:09.95	+00:47:34 (31.7%)	7:07	8.4 (68.3%)
35	PURCZYŃSKI Grzegorz	524		M-40	35	NIE	00:53:07	01:37:32	02:30:01.80	02:30:17.30	+00:47:41 (31.7%)	7:08	8.4 (68.3%)
36	ŁĄK Tomasz	272	NOA	M-40	36	NIE	00:50:26	01:34:23	02:30:59.70	02:31:06.70	+00:48:30 (32.1%)	7:11	8.3 (67.5%)
37	CISKI Piotr	442		M-40	37	NIE	00:54:07	01:37:14	02:31:25.50	02:31:31.90	+00:48:55 (32.3%)	7:12	8.3 (67.5%)
38	PODOLUK Marek	394		M-40	38	NIE	00:53:41	01:37:24	02:31:32.65	02:31:49.00	+00:49:13 (32.4%)	7:13	8.3 (67.5%)
39	KĄCKI Paweł	311	RĄCZE RACICZKI	M-40	39	NIE	00:55:45	01:36:59	02:31:56.55	02:32:20.55	+00:49:44 (32.7%)	7:14	8.3 (67.5%)

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40	DUDEK Krzysztof	157	STRZEGOMSKA DWUNASTKA	M-40	40	NIE	00:56:23	01:38:39	02:32:32.90	02:33:03.70	+00:50:27 (33.0%)	7:15	8.3 (67.5%)
41	MILER Marcin	150	06 KLEOFAS	M-40	41	NIE	00:56:11	01:39:06	02:33:23.40	02:33:44.75	+00:51:08 (33.3%)	7:18	8.2 (66.7%)
42	KOWALCZYK Paweł	436	KĘCKIEHARPAGANY	M-40	42	NIE	00:53:53	01:38:48	02:34:05.35	02:34:07.90	+00:51:31 (33.4%)	7:20	8.2 (66.7%)
43	KONOPNIAK Krzysztof	519	ROZBIEGANY RAWICZ	M-40	43	NIE	00:54:48	01:38:43	02:35:33.25	02:35:51.55	+00:53:15 (34.2%)	7:24	8.1 (65.9%)
44	KACZOR Marcin	510		M-40	44	TAK	00:56:14	01:40:06	02:35:49.20	02:36:15.60	+00:53:39 (34.3%)	7:25	8.1 (65.9%)
45	LESZCZYŃSKI Michał	400	SYBERIAN HUSKY TEAM	M-40	45	NIE	00:53:43	01:38:17	02:36:55.95	02:37:04.80	+00:54:28 (34.7%)	7:28	8 (65.0%)
46	HOSS Jan	402		M-40	46	NIE	00:56:49	01:41:15	02:37:39.15	02:37:45.35	+00:55:09 (35.0%)	7:30	8 (65.0%)
47	FRYBEL Damian	33	WOLSZTYŃSKA AKADEMIA BIEGOWA	M-40	47	NIE	01:00:05	01:44:37	02:37:39.35	02:38:00.25	+00:55:24 (35.1%)	7:30	8 (65.0%)
48	JARUS Andrzej	421	WKURW_TEAM	M-40	48	NIE	00:58:16	01:42:41	02:37:44.95	02:38:17.05	+00:55:41 (35.2%)	7:30	8 (65.0%)
49	DUDEK Mariusz	29		M-40	49	NIE	00:59:07	01:44:03	02:37:59.55	02:38:32.45	+00:55:56 (35.3%)	7:31	8 (65.0%)
50	ROŚLICKI Jarosław	461	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	50	NIE	00:55:13	01:40:05	02:38:45.50	02:39:02.30	+00:56:26 (35.5%)	7:33	7.9 (64.2%)
51	DZIUBA Piotr	324		M-40	51	NIE	00:58:33	01:43:13	02:38:53.55	02:39:13.95	+00:56:38 (35.6%)	7:33	7.9 (64.2%)
52	DURKIEWICZ Tomasz	129	DOM KULTURY JOGI	M-40	52	NIE	00:57:57	01:44:33	02:42:13.95	02:42:33.05	+00:59:57 (36.9%)	7:43	7.8 (63.4%)
53	KADŁUBOWSKI Piotr	112	KOTWICA BRZEG / SRC TEAM	M-40	53	NIE	00:57:31	01:44:22	02:42:42.55	02:43:12.10	+01:00:36 (37.1%)	7:44	7.7 (62.6%)
54	BEDNARZ Sebastian	148	OTM.B	M-40	54	NIE	00:58:17	01:44:35	02:43:13.75	02:43:33.55	+01:00:57 (37.3%)	7:46	7.7 (62.6%)
55	KRAŚNIEWSKI Jakub	493	PTB TRANZYT	M-40	55	NIE	00:54:12	01:42:37	02:43:54.05	02:44:08.55	+01:01:32 (37.5%)	7:48	7.7 (62.6%)
56	MUCHA Piotr	122	FIZJOBIEGACZE SZCZECIN	M-40	56	NIE	01:00:02	01:50:05	02:43:56.65	02:44:12.55	+01:01:36 (37.5%)	7:48	7.7 (62.6%)
57	SUDUŁ Jarosław	484	KLUB WIERZBICKI RUNNING PROJECT	M-40	57	NIE	01:02:25	01:46:42	02:43:56.10	02:44:25.65	+01:01:49 (37.6%)	7:48	7.7 (62.6%)
58	KIEŁBASA Paweł	254	GT RAT	M-40	58	NIE		01:45:37	02:45:56.00	02:45:56.00	+01:03:20 (38.2%)	7:54	7.6 (61.8%)
59	DELONG Sebastian	430	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	59	NIE	00:59:43	01:47:18	02:46:37.60	02:46:50.90	+01:04:14 (38.5%)	7:56	7.6 (61.8%)
60	ZGARDA Jacek	48	TMTEAM	M-40	60	NIE		01:49:39	02:46:59.15	02:46:59.15	+01:04:23 (38.6%)	7:57	7.5 (61.0%)
61	PAWIŃSKI Artur	533	ADIDAS RUNNERS WARSAW	M-40	61	NIE	01:04:26	01:49:41	02:46:12.25	02:47:07.55	+01:04:31 (38.6%)	7:54	7.6 (61.8%)
62	MICHAŁEK Marian	175		M-40	62	NIE	01:00:42	01:49:10	02:48:09.40	02:48:26.35	+01:05:50 (39.1%)	8:00	7.5 (61.0%)

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63	BRYNIARSKI Bartosz	544		M-40	63	NIE	01:00:27	01:49:42	02:49:49.15	02:50:16.25	+01:07:40 (39.7%)	8:05	7.4 (60.2%)
64	ANTECKI Jacek	397		M-40	64	NIE	01:00:00	01:48:58	02:49:56.95	02:50:18.65	+01:07:42 (39.8%)	8:05	7.4 (60.2%)
65	BUKAŁA Janusz	443	OTM.B	M-40	65	NIE	01:01:00	01:46:10	02:50:45.30	02:51:09.00	+01:08:33 (40.1%)	8:07	7.4 (60.2%)
66	WOŹNIAK Paweł	62	CROSSFIT LESZNO/ENDORFINA WSCHOWA	M-40	66	NIE	00:58:37	01:46:30	02:51:28.85	02:51:43.35	+01:09:07 (40.3%)	8:09	7.3 (59.3%)
67	CWOJDZIŃSKI Piotr	84	NIGHT RUNNERS/ NO PROBLAMA TEAM	M-40	67	NIE	00:59:12	01:48:05	02:51:02.20	02:51:45.45	+01:09:09 (40.3%)	8:08	7.4 (60.2%)
68	GÓRNY Aleksander	155	ZAKS TORUŃ	M-40	68	NIE	01:01:52	01:49:34	02:53:05.05	02:53:18.65	+01:10:42 (40.8%)	8:14	7.3 (59.3%)
69	MŁYNARCZYK Krzysztof	140	BIELAWA	M-40	69	NIE	01:03:55	01:52:35	02:54:58.20	02:55:10.30	+01:12:34 (41.4%)	8:19	7.2 (58.5%)
70	ROGÓRZ Andrzej	185		M-40	70	NIE	01:00:43	01:50:55	02:56:39.20	02:57:00.40	+01:14:24 (42.0%)	8:24	7.1 (57.7%)
71	FRANKIEWICZ Jakub	43	ANIOŁKI CHARLIEGO	M-40	71	NIE	01:04:07	01:53:07	02:56:26.05	02:57:08.35	+01:14:32 (42.1%)	8:24	7.1 (57.7%)
72	ROLICZ Tomasz	530		M-40	72	NIE	01:05:55	01:55:50	02:56:36.05	02:57:18.75	+01:14:42 (42.1%)	8:24	7.1 (57.7%)
73	ZATOŃ Adrian	276	GRUBE PARUWY	M-40	73	YES	01:06:18	01:55:20	02:57:25.50	02:57:57.75	+01:15:21 (42.3%)	8:26	7.1 (57.7%)
74	JAŻWIŃSKI Krzysztof	114	ROZBIEGANI ŻYCHLIN	M-40	74	NIE	01:05:55	01:56:28	02:57:55.80	02:58:18.90	+01:15:42 (42.5%)	8:28	7.1 (57.7%)
75	SZKUDŁO Oskar	500	BEZ BALASTU	M-40	75	NIE	01:07:07	01:57:06	02:58:46.65	02:58:53.65	+01:16:17 (42.6%)	8:30	7 (56.9%)
76	ŁABĘDZKI Mariusz	53	STARGARD JA SIĘ NIE ŚCIGAM	M-40	76	NIE	01:04:50	01:54:06	02:58:36.05	02:59:20.65	+01:16:44 (42.8%)	8:30	7.1 (57.7%)
77	ZYCHOWICZ Paweł	330	OTM.B	M-40	77	NIE	01:04:43	01:53:41	03:00:46.60	03:01:12.60	+01:18:36 (43.4%)	8:36	7 (56.9%)
78	ĆWIKLIŃSKI Maciej	496		M-40	78	NIE	01:04:47	01:55:03	03:01:34.35	03:02:02.60	+01:19:26 (43.6%)	8:38	6.9 (56.1%)
79	WRZESIŃSKI Piotr	488	GAPPAG TEAM	M-40	79	NIE	01:06:53	01:56:50	03:02:12.20	03:02:35.00	+01:19:59 (43.8%)	8:40	6.9 (56.1%)
80	PIDANTY Grzegorz	50	ZHR STRZEGOM	M-40	80	NIE	01:06:08	01:59:18	03:02:11.00	03:02:42.50	+01:20:06 (43.8%)	8:40	6.9 (56.1%)
81	BUSS Jakub	52	KUDOWIANKA RUN	M-40	81	NIE	01:12:09	02:03:42	03:02:26.95	03:03:14.95	+01:20:39 (44.0%)	8:41	6.9 (56.1%)
82	ZABŁOTNY Paweł	328		M-40	82	NIE	01:06:01	01:55:45	03:03:30.70	03:04:26.35	+01:21:50 (44.4%)	8:44	6.9 (56.1%)
83	MICHNIEWICZ Mariusz	307	ALPINIŚCI Z BOGATYNI	M-40	83	TAK	01:02:01	01:54:30	03:05:50.55	03:06:09.95	+01:23:34 (44.9%)	8:50	6.8 (55.3%)
84	ZDYB Grzegorz	115	BOHAR PALETY RUNNERS	M-40	84	NIE	01:07:15	01:59:36	03:05:51.55	03:06:40.60	+01:24:04 (45.0%)	8:51	6.8 (55.3%)
85	RABSZTYN Andrzej	353	TMTEAM	M-40	85	NIE	01:08:45	02:00:09	03:07:03.30	03:07:49.60	+01:25:13 (45.4%)	8:54	6.7 (54.5%)

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86	SKRZEK Marcin	173	PRO-RUN WROCŁAW	M-40	86	NIE	01:09:25	02:00:21	03:07:22.20	03:07:51.15	+01:25:15 (45.4%)	8:55	6.7 (54.5%)
87	KACZMAREK Karol	178	ROZBIEGANY RAWICZ	M-40	87	NIE	01:07:14	02:00:33	03:08:13.10	03:08:31.95	+01:25:56 (45.6%)	8:57	6.7 (54.5%)
88	KOLAŚNIEWSKI Marek	499		M-40	88	TAK	01:09:34	02:00:33	03:08:41.70	03:09:05.85	+01:26:29 (45.7%)	8:59	6.7 (54.5%)
89	JASICKI Krzysztof	240	NIEDZIELNI BIEGACZE	M-40	89	NIE	01:09:03	02:00:44	03:08:41.60	03:09:09.25	+01:26:33 (45.8%)	8:59	6.7 (54.5%)
90	BIECHOŃSKI Jarosław	102		M-40	90	NIE	01:12:12	02:02:08	03:09:24.95	03:10:16.45	+01:27:40 (46.1%)	9:01	6.7 (54.5%)
91	RZEŹNIK Mariusz	199	ROZBIEGANY RAWICZ	M-40	91	NIE	01:07:27	02:00:36	03:09:55.80	03:10:16.70	+01:27:40 (46.1%)	9:02	6.6 (53.7%)
92	MARMUROWICZ Krystian	170	KOLOROWA DRUŻYNA NESSI	M-40	92	NIE	01:09:52	02:02:23	03:12:05.85	03:12:34.30	+01:29:58 (46.7%)	9:08	6.6 (53.7%)
93	MNICH Tomasz	67		M-40	93	NIE	01:06:58	02:01:30	03:12:02.65	03:12:47.00	+01:30:11 (46.8%)	9:08	6.6 (53.7%)
94	WIJAS Robert	466	TRAINING LAB	M-40	94	NIE	01:06:21	01:59:15	03:12:35.40	03:13:18.05	+01:30:42 (46.9%)	9:10	6.5 (52.8%)
95	SZYMCZAK Tomasz	357	PRATT & WHITNEY KALISZ	M-40	95	NIE	01:12:59	02:06:17	03:14:02.55	03:14:50.15	+01:32:14 (47.3%)	9:14	6.5 (52.8%)
96	ŻMUDKA Bartek	142	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	96	NIE	01:09:03	02:04:36	03:15:34.10	03:15:50.10	+01:33:14 (47.6%)	9:18	6.4 (52.0%)
97	WYSOCKI Tomasz	36	OCHAJORUN&FRIENDS	M-40	97	NIE	01:08:57	02:04:44	03:15:34.55	03:15:51.00	+01:33:15 (47.6%)	9:18	6.4 (52.0%)
98	CZERNYSZ Grzegorz	257	SZWAGIERKOLASKA	M-40	98	NIE	01:12:59	02:05:47	03:15:08.55	03:16:05.25	+01:33:29 (47.7%)	9:17	6.5 (52.8%)
99	JANKOWSKI Maciej	35		M-40	99	NIE	01:11:13	02:04:56	03:15:32.75	03:16:21.65	+01:33:45 (47.7%)	9:18	6.4 (52.0%)
100	STEFANIAK Marcin	460	STR POZNAŃ	M-40	100	NIE	01:10:11	02:05:33	03:17:27.60	03:17:39.75	+01:35:03 (48.1%)	9:24	6.4 (52.0%)
101	JAKUBOWSKI Wojciech	296	KB GEOTERMIA UNIEJÓW	M-40	101	NIE	01:04:56	01:58:20	03:18:51.25	03:19:16.45	+01:36:40 (48.5%)	9:28	6.3 (51.2%)
102	BŁACHNO Marcin	277		M-40	102	NIE	01:08:35	02:04:21	03:19:29.45	03:20:13.30	+01:37:37 (48.8%)	9:30	6.3 (51.2%)
103	SUROWIEC Robert	501		M-40	103	NIE	01:12:59	02:07:53	03:21:48.60	03:22:22.85	+01:39:46 (49.3%)	9:36	6.2 (50.4%)
104	OCHMAŃSKI Adam	472	AGB TORFY	M-40	104	NIE	01:07:24	02:05:26	03:23:12.25	03:23:29.65	+01:40:53 (49.6%)	9:40	6.2 (50.4%)
105	JELINSKI Sebastian	369	NOA	M-40	105	NIE	01:14:45	02:10:56	03:23:29.90	03:24:00.35	+01:41:24 (49.7%)	9:41	6.2 (50.4%)
106	KULA Piotr	71	ZDEZORIENTOWANI	M-40	106	NIE	01:10:06	02:07:12	03:24:26.90	03:25:00.05	+01:42:24 (50.0%)	9:44	6.2 (50.4%)
107	KRUZEL Rafał	506	BIEGOWE MISIE	M-40	107	NIE	01:14:57	02:13:43	03:25:16.45	03:25:54.60	+01:43:18 (50.2%)	9:46	6.1 (49.6%)
108	GULINSKI Artur	218	218CREW	M-40	108	NO	01:11:52	02:06:14	03:25:08.20	03:26:00.60	+01:43:24 (50.2%)	9:46	6.1 (49.6%)

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	PACZKOWSKI Bartosz	145	218 CREW	M-40	109	NIE	01:11:57	02:06:59	03:25:11.45	03:26:03.10	+01:43:27 (50.2%)	9:46	6.1 (49.6%)
110	PRYSZCZ Mirosław	79		M-40	110	NIE	01:12:20	02:08:40	03:25:41.80	03:26:03.95	+01:43:28 (50.2%)	9:47	6.1 (49.6%)
111	KRUSZEWSKI Jacek	336	MUKAINADA RUNNING TEAM	M-40	111	NO	01:11:58	02:08:44	03:25:35.40	03:26:13.45	+01:43:37 (50.2%)	9:47	6.1 (49.6%)
112	CZOCHARA Robert	201	AMATOR	M-40	112	NIE	01:20:03	02:15:28	03:27:43.60	03:28:29.05	+01:45:53 (50.8%)	9:53	6.1 (49.6%)
113	GOSTEVS Filip	251		M-40	113	NIE	01:12:30	02:11:43	03:27:54.85	03:28:36.15	+01:46:00 (50.8%)	9:54	6.1 (49.6%)
114	MAŚLAK Jacek	321	POZYTYWNIIE ZABIEGANI SANOK	M-40	114	NIE	01:21:28	02:13:58	03:28:23.75	03:28:53.05	+01:46:17 (50.9%)	9:55	6 (48.8%)
115	ANDRZEJCZAK Paweł	19		M-40	115	NIE	01:06:17	02:04:48	03:29:41.45	03:29:58.50	+01:47:22 (51.1%)	9:59	6 (48.8%)
116	MIGDAŁ Adrian	425		M-40	116	NIE	01:16:53	02:14:29	03:30:25.80	03:31:10.75	+01:48:34 (51.4%)	10:01	6 (48.8%)
117	KURZAWIAK Wojciech	77	ZGÓRMYSYNY	M-40	117	TAK	01:19:51	02:20:44	03:35:47.80	03:36:15.15	+01:53:39 (52.6%)	10:16	5.8 (47.2%)
118	PRZYBYŁ Tomasz	541	NIGHT RUNNERS OSTRÓW WLKP	M-40	118	NIE	01:20:47	02:21:50	03:37:40.95	03:38:36.80	+01:56:00 (53.1%)	10:21	5.8 (47.2%)
119	STANKOWSKI Przemysław	458		M-40	119	NIE	01:17:13	02:15:25	03:39:42.80	03:40:12.60	+01:57:36 (53.4%)	10:27	5.7 (46.3%)
120	KORNAŚ Marcin	378	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	120	NIE	01:17:49	02:18:22	03:39:40.65	03:40:24.25	+01:57:48 (53.4%)	10:27	5.7 (46.3%)
121	SKONECZNY Artur	20		M-40	121	NIE	01:19:16	02:20:51	03:41:57.30	03:42:31.85	+01:59:55 (53.9%)	10:34	5.7 (46.3%)
122	BUJALSKI Szymon	381		M-40	122	NIE	01:20:08	02:18:36	03:43:12.55	03:43:47.85	+02:01:11 (54.2%)	10:37	5.6 (45.5%)
123	DĄBROWSKI Michał	97	TEAM ZABIEGANEDNI	M-40	123	NIE	01:14:51	02:18:41	03:43:06.15	03:43:51.30	+02:01:15 (54.2%)	10:37	5.6 (45.5%)
124	WYSOCKI Grzegorz	117		M-40	124	NIE	01:12:48	02:18:02	03:47:45.40	03:48:11.70	+02:05:35 (55.0%)	10:50	5.5 (44.7%)
125	MALINOWSKI Przemysław	219		M-40	125	NIE	01:20:06	02:22:23	03:50:16.00	03:50:30.80	+02:07:54 (55.5%)	10:57	5.5 (44.7%)
126	OLECHOWSKI Marcin	554	BRUBECK TEAM	M-40	126	NIE	01:22:03	02:28:39	03:52:56.85	03:53:34.70	+02:10:58 (56.1%)	11:05	5.4 (43.9%)
127	SOKOŁOWSKI Artur	64	TEAM ZABIEGANEDNI	M-40	127	NIE	01:25:28	02:31:15	04:00:30.45	04:01:22.25	+02:18:46 (57.5%)	11:27	5.2 (42.3%)
128	PISINGAS Mariusz	188	BIEGANIE TO MÓJ TRZEŻWY WYBÓR	M-40	128	NIE	01:27:40	02:37:54	04:06:37.75	04:06:58.65	+02:24:22 (58.5%)	11:44	5.1 (41.5%)
129	ZAJĄC Krzysztof	171		M-40	129	NIE	01:32:46	02:50:14	04:29:43.15	04:30:39.35	+02:48:03 (62.1%)	12:50	4.7 (38.2%)
130	GILEWSKI Artur	412	KUDOWIANKACYKLONPROALTEAM	M-40	130	NIE	00:50:26	01:30:07			+00:22:51	6:26	9.3 (75.6%)
	FRĄCZEK Marcin	358	TMTEAM	M-40		NIE	01:28:50 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 131 wynik(ów)