



ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

**Wydarzenie:** Zimowy Półmaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2024-01-20  
**Miejsce:** Kartów  
**Dystans:** 21 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	PAWLAK Bartosz	1005	TEAM PAWLAK	M-30	1	NIE	00:38:41	01:14:46	01:50:26.10	01:50:27.10		5:15	11.4 (100%)
2	ŻUCHOWSKI Daniel	1300		M-30	2	NIE	00:41:30	01:19:22	01:55:43.40	01:55:44.40	+00:05:17 (4.6%)	5:30	10.9 (95.6%)
3	SMOLIŃSKI Marcin	1311	STAJNIAK TEAM	M-30	3	NIE	00:41:33	01:19:28	01:57:24.95	01:57:25.95	+00:06:58 (5.9%)	5:35	10.7 (93.9%)
4	KOTARSKI Jarosław	1367	TRAIL IS OUR WAY	M-30	4	NIE	00:42:49	01:22:31	02:01:40.40	02:01:42.15	+00:11:15 (9.2%)	5:47	10.4 (91.2%)
5	BIELIŃSKI Maciek	1444		M-30	5	NIE	00:45:23	01:26:12	02:04:29.50	02:04:31.45	+00:14:04 (11.3%)	5:55	10.1 (88.6%)
6	DUTKOWSKI Mikołaj	1277	CX-80 POLSKA	M-30	6	NIE	00:44:46	01:26:02	02:05:32.65	02:05:34.70	+00:15:07 (12.0%)	5:58	10 (87.7%)
7	SOCHA Seweryn	1443	SII RUNNING TEAM/DZIKIE BOBRY	M-30	7	NIE	00:44:41	01:26:06	02:06:04.40	02:06:06.90	+00:15:39 (12.4%)	6:00	10 (87.7%)
8	GRUND Marek	1047	MAFIA TEAM LUBLINIEC	M-30	8	NIE	00:45:13	01:28:57	02:10:08.35	02:10:09.15	+00:19:42 (15.1%)	6:11	9.7 (85.1%)
9	HERCOG Jakub	1364		M-30	9	NIE	00:44:15	01:26:00	02:10:10.85	02:10:11.70	+00:19:44 (15.2%)	6:11	9.7 (85.1%)
10	STACHOWIAK Łukasz	1026	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	M-30	10	NIE	00:47:16	01:29:45	02:10:37.55	02:10:39.65	+00:20:12 (15.5%)	6:13	9.6 (84.2%)
11	SOŁTYSIK Kamil	1448		M-30	11	NIE	00:45:20	01:29:04	02:11:24.95	02:11:26.30	+00:20:59 (16.0%)	6:15	9.6 (84.2%)
12	MAJCHRZAK Maciej	1012	AW - SZYBCIEJ - TEAM	M-30	12	NIE	00:46:59	01:30:22	02:13:09.85	02:13:12.85	+00:22:45 (17.1%)	6:20	9.5 (83.3%)
13	WRZESIŃSKI Michał	1075	KSG DIRETA	M-30	13	TAK	00:49:53	01:34:43	02:17:30.90	02:17:32.30	+00:27:05 (19.7%)	6:32	9.2 (80.7%)
14	RUTKOWSKI Maciej	1312	ULTRA DIABŁY TEAM LUBRZA	M-30	14	NIE	00:49:17	01:34:10	02:19:46.20	02:19:48.10	+00:29:21 (21.0%)	6:39	9 (78.9%)
15	ROJEWSKI Paweł	1004	EVERRUN	M-30	15	NIE	00:52:00	01:37:04	02:21:56.00	02:22:01.40	+00:31:34 (22.2%)	6:45	8.9 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>ŁUSIAK Łukasz</b>	<b>1291</b>	KB SOBÓTKA	M-30	16	NIE	00:52:47	01:40:50	<b>02:27:12.45</b>	<b>02:27:14.95</b>	+00:36:47 (25.0%)	7:00	8.6 (75.4%)
17	<b>MARCINOWSKI Paweł</b>	<b>1310</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M-30	17	NIE	00:52:27	01:39:01	<b>02:27:36.15</b>	<b>02:27:42.45</b>	+00:37:15 (25.2%)	7:01	8.5 (74.6%)
18	<b>MATUS Robert</b>	<b>1481</b>	500 MILES	M-30	18	NIE	00:55:43	01:43:15	<b>02:28:38.00</b>	<b>02:28:53.05</b>	+00:38:25 (25.8%)	7:04	8.5 (74.6%)
19	<b>CHRESCIAK Bartosz</b>	<b>1305</b>		M-30	19	TAK	00:54:05	01:43:14	<b>02:31:09.55</b>	<b>02:31:11.60</b>	+00:40:44 (26.9%)	7:11	8.3 (72.8%)
20	<b>HOJAN Łukasz</b>	<b>1069</b>	FEHLAU RUN TEAM	M-30	20	NIE	00:55:58	01:44:53	<b>02:31:06.85</b>	<b>02:31:12.50</b>	+00:40:45 (27.0%)	7:11	8.3 (72.8%)
21	<b>SANKOWSKI Paweł</b>	<b>1095</b>		M-30	21	NIE	00:53:23	01:43:19	<b>02:31:10.50</b>	<b>02:31:13.80</b>	+00:40:46 (27.0%)	7:11	8.3 (72.8%)
22	<b>PAJĄK Alan</b>	<b>1352</b>		M-30	22	NIE	00:55:13	01:42:31	<b>02:31:04.85</b>	<b>02:31:16.55</b>	+00:40:49 (27.0%)	7:11	8.3 (72.8%)
23	<b>WIŚNIEWSKI Artur</b>	<b>1110</b>		M-30	23	NIE	00:56:27	01:44:50	<b>02:32:31.85</b>	<b>02:32:31.85</b>	+00:42:04 (27.6%)	7:15	8.3 (72.8%)
24	<b>MAZIK Wojciech</b>	<b>1231</b>	KW KRAKOW	M-30	24	TAK	00:57:28	01:46:13	<b>02:31:32.85</b>	<b>02:32:40.15</b>	+00:42:13 (27.7%)	7:12	8.3 (72.8%)
25	<b>GAWCZYŃSKI Jakub</b>	<b>1354</b>	TJ!	M-30	25	NIE	00:55:23	01:45:47	<b>02:32:43.85</b>	<b>02:32:47.90</b>	+00:42:20 (27.7%)	7:16	8.3 (72.8%)
26	<b>WITKOWSKI Wojciech</b>	<b>1451</b>		M-30	26	NIE	00:54:29	01:44:22	<b>02:32:47.30</b>	<b>02:32:51.35</b>	+00:42:24 (27.7%)	7:16	8.2 (71.9%)
27	<b>ORACZ Mateusz</b>	<b>1112</b>	BEZ LITOŚCI	M-30	27	NIE	00:54:57	01:45:20	<b>02:33:15.25</b>	<b>02:33:20.10</b>	+00:42:53 (28.0%)	7:17	8.2 (71.9%)
28	<b>PILETSKI Maksim</b>	<b>1388</b>	BIEGACZE STU MOSTÓW	M-30	28	NIE	00:56:09	01:44:43	<b>02:33:08.35</b>	<b>02:33:29.30</b>	+00:43:02 (28.0%)	7:17	8.2 (71.9%)
29	<b>PODGÓRNY Mariusz</b>	<b>1428</b>	TEAM OZIMEK / ULTRANIEPODLEGŁA	M-30	29	NIE	00:58:21	01:47:36	<b>02:36:56.75</b>	<b>02:37:05.80</b>	+00:46:38 (29.7%)	7:28	8 (70.2%)
30	<b>ANIOŁ Radosław</b>	<b>1342</b>		M-30	30	NIE	00:55:17	01:45:18	<b>02:37:01.95</b>	<b>02:37:09.95</b>	+00:46:42 (29.7%)	7:28	8 (70.2%)
31	<b>CZUB Piotr</b>	<b>1323</b>	GRUPA BIEGOWA BEZ GRANIC	M-30	31	NIE	00:57:23	01:46:02	<b>02:36:08.75</b>	<b>02:37:23.10</b>	+00:46:56 (29.8%)	7:26	8.1 (71.1%)
32	<b>GALINSKI Kamil</b>	<b>1294</b>		M-30	32	NIE	00:56:55	01:45:43	<b>02:38:14.30</b>	<b>02:38:22.40</b>	+00:47:55 (30.3%)	7:32	8 (70.2%)
33	<b>CEBULSKI Łukasz</b>	<b>1447</b>	CEBULA TEAM	M-30	33	NIE	00:59:45	01:50:22	<b>02:38:59.50</b>	<b>02:39:04.90</b>	+00:48:37 (30.6%)	7:34	7.9 (69.3%)
34	<b>PUTOWSKI Maciej</b>	<b>1183</b>	NIGHT RUNNERS	M-30	34	NIE	00:58:24	01:50:16	<b>02:39:40.75</b>	<b>02:39:45.90</b>	+00:49:18 (30.9%)	7:36	7.9 (69.3%)
35	<b>MITIS Marek</b>	<b>1290</b>		M-30	35	NIE	01:02:33	01:53:58	<b>02:40:07.55</b>	<b>02:40:29.45</b>	+00:50:02 (31.2%)	7:37	7.9 (69.3%)
36	<b>GULCZYŃSKI Tomasz</b>	<b>1040</b>		M-30	36	NIE	00:56:19	01:48:01	<b>02:40:43.85</b>	<b>02:40:47.00</b>	+00:50:19 (31.3%)	7:39	7.8 (68.4%)
37	<b>GĘDŁEK Łukasz</b>	<b>1393</b>	TRIWISE TRIATHLON TEAM	M-30	37	NIE	01:00:54	01:52:46	<b>02:41:15.65</b>	<b>02:41:50.00</b>	+00:51:22 (31.7%)	7:40	7.8 (68.4%)
38	<b>GORZELANY Rafał</b>	<b>1351</b>		M-30	38	NIE	00:58:37	01:52:32	<b>02:42:13.85</b>	<b>02:42:18.90</b>	+00:51:51 (32.0%)	7:43	7.8 (68.4%)

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39	<b>PRETORIUS Ruan</b>	<b>1489</b>		M-30	39	NIE	00:55:48	01:43:18	<b>02:43:11.50</b>	<b>02:43:25.40</b>	+00:52:58 (32.4%)	7:46	7.7 (67.5%)
40	<b>JANOWSKI Michał</b>	<b>1014</b>		M-30	40	NIE	01:01:59	01:55:36	<b>02:46:15.35</b>	<b>02:46:21.70</b>	+00:55:54 (33.6%)	7:55	7.6 (66.7%)
41	<b>GOLEC Paweł</b>	<b>1258</b>		M-30	41	NIE	00:58:31	01:52:32	<b>02:46:27.60</b>	<b>02:46:27.60</b>	+00:56:00 (33.6%)	7:55	7.6 (66.7%)
42	<b>WRÓBLEWSKI Adrian</b>	<b>1430</b>	STAJNIA CROSSFIT	M-30	42	NIE	00:58:23	01:50:49	<b>02:47:03.60</b>	<b>02:47:14.65</b>	+00:56:47 (34.0%)	7:57	7.5 (65.8%)
43	<b>POŁCZYŃSKI Paweł</b>	<b>1117</b>	STALOWA ŁYDA	M-30	43	NIE	01:01:56	01:55:28	<b>02:47:15.85</b>	<b>02:47:23.30</b>	+00:56:56 (34.0%)	7:57	7.5 (65.8%)
44	<b>BARAŃSKI Kacper</b>	<b>1379</b>	TOMICA COACHING	M-30	44	NIE	01:05:30	01:58:53	<b>02:47:50.75</b>	<b>02:48:22.30</b>	+00:57:55 (34.4%)	7:59	7.5 (65.8%)
45	<b>TRZPIOLA Tycjan</b>	<b>1194</b>	KURACJUSZE	M-30	45	NIE	01:01:40	01:56:16	<b>02:48:44.70</b>	<b>02:48:50.25</b>	+00:58:23 (34.6%)	8:02	7.5 (65.8%)
46	<b>KUCIAK Bartosz</b>	<b>1298</b>		M-30	46	NIE	01:04:45	01:58:51	<b>02:49:37.65</b>	<b>02:49:37.65</b>	+00:59:10 (34.9%)	8:04	7.4 (64.9%)
47	<b>LEWANDOWSKI Igor</b>	<b>1482</b>	CTS / ENVOLSWIMRUN	M-30	47	NIE	01:04:45	01:56:03	<b>02:50:22.85</b>	<b>02:50:49.50</b>	+01:00:22 (35.3%)	8:06	7.4 (64.9%)
48	<b>BLUMENFELD Jacek</b>	<b>1423</b>		M-30	48	NIE	01:03:29	01:57:19	<b>02:51:31.50</b>	<b>02:51:45.60</b>	+01:01:18 (35.7%)	8:10	7.3 (64.0%)
49	<b>PIEKARZ Damian</b>	<b>1116</b>	NSK RUNS	M-30	49	NIE	00:58:24	01:54:49	<b>02:51:53.60</b>	<b>02:51:57.15</b>	+01:01:30 (35.8%)	8:11	7.3 (64.0%)
50	<b>LUBIK Adam</b>	<b>1024</b>	CENTRUM RATOWNICTWA/ BIAŁOBRZESKI TEAM	M-30	50	TAK	01:01:46	01:58:30	<b>02:52:07.45</b>	<b>02:52:11.25</b>	+01:01:44 (35.9%)	8:11	7.3 (64.0%)
51	<b>WOJCIECHOWSKI Tadeusz</b>	<b>1398</b>	LULINEK	M-30	51	NIE	01:02:46	02:00:01	<b>02:55:28.30</b>	<b>02:55:36.40</b>	+01:05:09 (37.1%)	8:21	7.2 (63.2%)
52	<b>OLSAK Maksymilian</b>	<b>1263</b>		M-30	52	NIE	01:05:26	02:00:29	<b>02:55:33.15</b>	<b>02:56:07.05</b>	+01:05:39 (37.3%)	8:21	7.2 (63.2%)
53	<b>WÓJCICKI Piotr</b>	<b>1122</b>	WIERZBICKI RUNNING PROJECT	M-30	53	NIE	01:03:22	01:58:02	<b>02:56:32.15</b>	<b>02:56:39.85</b>	+01:06:12 (37.5%)	8:24	7.1 (62.3%)
54	<b>WIDŁAK Krzysztof</b>	<b>1407</b>	BIEGAM BEZ KLUBU	M-30	54	NIE	01:07:27	02:03:58	<b>02:56:46.75</b>	<b>02:57:39.00</b>	+01:07:11 (37.8%)	8:25	7.1 (62.3%)
55	<b>BRUKWICKI Michał</b>	<b>1085</b>		M-30	55	NIE	01:06:41	02:01:47	<b>02:57:27.55</b>	<b>02:58:15.05</b>	+01:07:47 (38.0%)	8:27	7.1 (62.3%)
56	<b>GRZEGORZEWSKI Adrian</b>	<b>1427</b>	MATNER RUNNING TEAM	M-30	56	NIE	01:13:51	02:06:26	<b>02:57:53.85</b>	<b>02:58:38.55</b>	+01:08:11 (38.2%)	8:28	7.1 (62.3%)
57	<b>PIETRZYKOWSKI Maciej</b>	<b>1412</b>	KARAŚ TRI&SWIM TEAM	M-30	57	NIE	01:08:13	02:04:43	<b>03:01:00.10</b>	<b>03:01:00.10</b>	+01:10:33 (39.0%)	8:37	7 (61.4%)
58	<b>KACZMAREK Łukasz</b>	<b>1380</b>	ORT	M-30	58	NIE	01:05:29	02:02:24	<b>03:02:13.45</b>	<b>03:02:17.80</b>	+01:11:50 (39.4%)	8:40	6.9 (60.5%)
59	<b>WITEK Tomasz</b>	<b>1162</b>		M-30	59	NIE	01:11:33	02:07:10	<b>03:01:44.60</b>	<b>03:02:31.55</b>	+01:12:04 (39.5%)	8:39	6.9 (60.5%)
60	<b>DIERING Tomasz</b>	<b>1228</b>	ROWERY MAŁGOŚKA	M-30	60	NIE	01:06:29	02:03:50	<b>03:02:52.70</b>	<b>03:02:52.70</b>	+01:12:25 (39.6%)	8:42	6.9 (60.5%)
61	<b>WOJTCZAK Michał</b>	<b>1223</b>		M-30	61	NIE	01:08:27	02:07:10	<b>03:03:50.15</b>	<b>03:03:56.00</b>	+01:13:28 (40.0%)	8:45	6.9 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
62	<b>NIEMIADOMSKI Marek</b>	<b>1218</b>	CROSS KRAPKOWICE	M-30	62	NIE	01:10:39	02:08:33	<b>03:04:15.10</b>	<b>03:05:12.95</b>	+01:14:45 (40.4%)	8:46	6.8 (59.6%)
63	<b>SIEPIELSKI Damian</b>	<b>1017</b>		M-30	63	NIE	01:09:16	02:09:40	<b>03:06:51.65</b>	<b>03:06:56.50</b>	+01:16:29 (40.9%)	8:53	6.7 (58.8%)
64	<b>WINKOWSKI Marek</b>	<b>1296</b>		M-30	64	NIE	01:12:27	02:09:01	<b>03:07:31.80</b>	<b>03:08:04.60</b>	+01:17:37 (41.3%)	8:55	6.7 (58.8%)
65	<b>STAWIŃSKI Michał</b>	<b>1185</b>		M-30	65	NIE	01:11:15	02:11:09	<b>03:10:28.40</b>	<b>03:10:47.00</b>	+01:20:19 (42.1%)	9:04	6.6 (57.9%)
66	<b>KUZNETSOV Sergei</b>	<b>1434</b>	HEPEXTA	M-30	66	NIE	01:05:16	02:05:20	<b>03:09:27.35</b>	<b>03:11:12.40</b>	+01:20:45 (42.2%)	9:01	6.7 (58.8%)
67	<b>GRUDNIEWSKI Jakub</b>	<b>1120</b>		M-30	67	NIE	01:11:55	02:11:27	<b>03:11:05.40</b>	<b>03:11:32.80</b>	+01:21:05 (42.3%)	9:05	6.6 (57.9%)
68	<b>ZARZECZNY Radosław</b>	<b>1041</b>		M-30	68	NIE	01:16:02	02:17:09	<b>03:12:12.30</b>	<b>03:12:12.30</b>	+01:21:45 (42.5%)	9:09	6.6 (57.9%)
69	<b>KARWOWSKI Maciej</b>	<b>1468</b>		M-30	69	NIE	01:24:01	02:20:45	<b>03:14:06.40</b>	<b>03:15:29.65</b>	+01:25:02 (43.5%)	9:14	6.5 (57.0%)
70	<b>RUKS Jaroslaw</b>	<b>1420</b>		M-30	70	NIE	01:10:38	02:12:18	<b>03:16:08.40</b>	<b>03:16:15.80</b>	+01:25:48 (43.7%)	9:20	6.4 (56.1%)
71	<b>WIĘCEK Michał</b>	<b>1329</b>		M-30	71	NIE	01:11:26	02:14:53	<b>03:18:36.65</b>	<b>03:18:43.50</b>	+01:28:16 (44.4%)	9:27	6.3 (55.3%)
72	<b>KOSTOWSKI Roman</b>	<b>1446</b>		M-30	72	NIE	01:13:43	02:16:41	<b>03:18:00.20</b>	<b>03:18:58.85</b>	+01:28:31 (44.5%)	9:25	6.4 (56.1%)
73	<b>GINTER Grzegorz</b>	<b>1008</b>	AZS COLLEGIUM MEDICUM UJ	M-30	73	NIE	01:13:19	02:16:51	<b>03:18:53.30</b>	<b>03:19:01.00</b>	+01:28:33 (44.5%)	9:28	6.3 (55.3%)
74	<b>WIĘCKOWSKI Wiktor</b>	<b>1322</b>	SII RUNNING TEAM	M-30	74	NIE	01:18:17	02:18:54	<b>03:17:58.55</b>	<b>03:19:37.80</b>	+01:29:10 (44.7%)	9:25	6.4 (56.1%)
75	<b>ANDRYSZCZAK Łukasz</b>	<b>1406</b>	BMW KLUB POZNAŃ	M-30	75	NIE	01:10:45	02:15:34	<b>03:19:39.30</b>	<b>03:19:42.70</b>	+01:29:15 (44.7%)	9:30	6.3 (55.3%)
76	<b>JANKOWSKI Adam</b>	<b>1062</b>	ULTRAWAY.PL RUNNING TEAM	M-30	76	NIE	01:15:34	02:19:35	<b>03:19:06.55</b>	<b>03:19:57.35</b>	+01:29:30 (44.8%)	9:28	6.3 (55.3%)
77	<b>STEFAŃSKI Mikołaj</b>	<b>1173</b>		M-30	77	NIE	01:10:53	02:14:24	<b>03:19:20.10</b>	<b>03:19:59.50</b>	+01:29:32 (44.8%)	9:29	6.3 (55.3%)
78	<b>PLUCHRAT Marcin</b>	<b>1029</b>		M-30	78	NIE	01:14:14	02:16:47	<b>03:20:23.65</b>	<b>03:21:02.00</b>	+01:30:34 (45.1%)	9:32	6.3 (55.3%)
79	<b>JASIŃSKI Maciej</b>	<b>1321</b>	SII RUNNING TEAM	M-30	79		01:19:29	02:21:06	<b>03:21:00.65</b>	<b>03:22:08.65</b>	+01:31:41 (45.4%)	9:34	6.3 (55.3%)
80	<b>ROMANOWSKI Krystian</b>	<b>1153</b>		M-30	80	NIE	01:25:24	02:29:01	<b>03:24:01.15</b>	<b>03:24:26.00</b>	+01:33:58 (46.0%)	9:42	6.2 (54.4%)
81	<b>SKORUPSKI Szymon</b>	<b>1151</b>	KURACJUSZE	M-30	81	NIE	01:16:51	02:20:20	<b>03:27:12.00</b>	<b>03:27:46.00</b>	+01:37:18 (46.8%)	9:52	6.1 (53.5%)
82	<b>RAJKOWSKI Łukasz</b>	<b>1440</b>	SCORPION KICKBOXING MMA	M-30	82	NIE	01:24:00	02:23:24	<b>03:30:45.20</b>	<b>03:31:43.05</b>	+01:41:15 (47.8%)	10:02	6 (52.6%)
83	<b>MARKISZ Kazimierz</b>	<b>1439</b>	SCORPION KICKBOXING MMA	M-30	83	NIE	01:24:03	02:23:27	<b>03:30:48.45</b>	<b>03:31:43.60</b>	+01:41:16 (47.8%)	10:02	6 (52.6%)
84	<b>WRZESZCZ Jakub</b>	<b>1065</b>		M-30	84	NIE	01:24:18	02:30:52	<b>03:37:21.40</b>	<b>03:38:28.10</b>	+01:48:01 (49.4%)	10:21	5.8 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	<b>SLIWA Bogumil</b>	<b>1255</b>		M-30	85	NIE	01:29:01	02:35:43	<b>03:47:35.05</b>	<b>03:47:35.05</b>	+01:57:07 (51.5%)	10:50	5.5 (48.2%)
86	<b>WOJTCZAK Bartosz</b>	<b>1192</b>	NIGHT RUNNERS	M-30	86	NIE	01:31:11	02:38:03	<b>03:46:53.25</b>	<b>03:48:00.25</b>	+01:57:33 (51.6%)	10:48	5.6 (49.1%)
87	<b>SZPERNALOWSKI Grzegorz</b>	<b>1374</b>	ING BANK ŚLĄSKI	M-30	87		01:22:25	02:33:36	<b>03:49:48.35</b>	<b>03:50:12.40</b>	+01:59:45 (52.0%)	10:56	5.5 (48.2%)
88	<b>SKOWRONEK Tomasz</b>	<b>1221</b>	OJ NIEFAJNIE	M-30	88	NIE	01:21:17	02:30:58	<b>03:54:41.10</b>	<b>03:55:20.80</b>	+02:04:53 (53.1%)	11:10	5.4 (47.4%)
89	<b>JANUĆ Wojciech</b>	<b>1320</b>	ARKA LEŚNA	M-30	89	NIE	01:35:09	02:44:41	<b>03:55:03.75</b>	<b>03:56:32.35</b>	+02:06:05 (53.3%)	11:11	5.4 (47.4%)
90	<b>PIETRZAK Tomasz</b>	<b>1319</b>	WILD TRAIL RUNNER	M-30	90	NIE	01:35:09	02:44:54	<b>03:55:03.55</b>	<b>03:56:32.40</b>	+02:06:05 (53.3%)	11:11	5.4 (47.4%)
91	<b>RUSIN Szymon</b>	<b>1036</b>		M-30	91	TAK	01:28:31	02:39:36	<b>03:57:18.75</b>	<b>03:57:46.95</b>	+02:07:19 (53.5%)	11:18	5.3 (46.5%)
92	<b>POLAŃSKI Mateusz</b>	<b>1167</b>		M-30	92	NIE	01:28:34	02:41:47	<b>03:58:24.25</b>	<b>03:58:52.25</b>	+02:08:25 (53.8%)	11:21	5.3 (46.5%)
93	<b>SZAJEK Arkadiusz</b>	<b>1487</b>	S. C. ARVATO	M-30	93	NIE	01:30:52	02:46:37	<b>04:01:46.95</b>	<b>04:02:35.10</b>	+02:12:08 (54.5%)	11:30	5.2 (45.6%)
94	<b>URBAN Artur</b>	<b>1160</b>		M-30	94	NIE	01:33:49	02:47:48	<b>04:07:13.15</b>	<b>04:08:47.95</b>	+02:18:20 (55.6%)	11:46	5.1 (44.7%)
95	<b>PASTWA Grzegorz</b>	<b>1473</b>		M-30	95	NIE	01:30:30	02:52:20	<b>04:10:48.05</b>	<b>04:11:13.25</b>	+02:20:46 (56.0%)	11:56	5 (43.9%)
96	<b>CHMIELEWSKI Mateusz</b>	<b>1454</b>		M-30	96	NIE	01:30:05	02:51:50	<b>04:15:59.70</b>	<b>04:16:16.65</b>	+02:25:49 (56.9%)	12:11	4.9 (43.0%)

Znaleziono 96 wynik(ów)