



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT
INTELIŻENTNE ZAWODY SPORTOWE

Event: Zimowy Półmaraton Gór Stołowych
Organiser: Fundacja Maratony Górskie
Date: 2023-01-21
Place: Karlów
Distance: 21 km

B4SPORT
INTELIŻENTNE ZAWODY SPORTOWE

Classification: M-40

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Gap	Pace min/km	Pace km/h
1	BRÝDL Pavel	554	SALOMON/SUUNTO CZ	M-40	1	NIE	00:43:00	01:20:16	01:57:31.45		5:35	10.7 (100%)
2	JUREK Michał	43	MILMET MIEROSZÓW / SALOMON	M-40	2	NIE	00:43:49	01:22:03	01:58:17.60	+00:00:46 (0.7%)	5:37	10.7 (100%)
3	RUTKOWSKI Dawid	107	GRIZZLYTEAM/140MINUT.PL	M-40	3	TAK	00:45:34	01:27:12	02:06:50.25	+00:09:18 (7.3%)	6:02	9.9 (92.5%)
4	SZCZĘŚNIAK Piotr	455	GVT	M-40	4	NIE	00:46:32	01:28:38	02:09:02.25	+00:11:30 (8.9%)	6:08	9.8 (91.6%)
5	LINKOWSKI Michał	17	KB ILOVEZIEMEK / MARATOŃCZYK POZNAŃ	M-40	5	NIE	00:49:32	01:32:56	02:13:34.80	+00:16:03 (12.0%)	6:21	9.4 (87.9%)
6	KMIECIK Tomasz	211	GOPR SUDETY	M-40	6	TAK	00:47:25	01:29:52	02:17:12.45	+00:19:41 (14.3%)	6:32	9.2 (86.0%)
7	BOSAKIEWICZ Tomasz	223		M-40	7	NIE	00:51:00	01:35:20	02:18:05.25	+00:20:33 (14.9%)	6:34	9.1 (85.0%)
8	DŁUGOŁĘCKI Konrad	243	BIEGOWA ŚWIDNICA	M-40	8	NIE	00:54:48	01:42:37	02:28:05.80	+00:30:34 (20.6%)	7:03	8.5 (79.4%)
9	GRACZ Paweł	498	ULTRA DIABŁY TEAM LUBRZA	M-40	9	NIE	00:54:05	01:41:41	02:28:10.30	+00:30:38 (20.7%)	7:03	8.5 (79.4%)
10	OBUCHOWICZ Artur	265		M-40	10	NIE	00:56:57	01:43:51	02:29:53.80	+00:32:22 (21.6%)	7:08	8.4 (78.5%)
11	SŁYSZ Szymon	99	NSK RUNS	M-40	11	NIE	00:52:18	01:40:43	02:29:59.30	+00:32:27 (21.6%)	7:08	8.4 (78.5%)
12	CIĘŻKI Konrad	166	AKADEMIABIEGACZA.PL	M-40	12	NIE	00:55:22	01:43:44	02:30:36.45	+00:33:05 (22.0%)	7:10	8.4 (78.5%)
13	WALCZYK Łukasz	465	GVT BMC	M-40	13	TAK	00:56:30	01:45:15	02:30:39.40	+00:33:07 (22.0%)	7:10	8.4 (78.5%)
14	LESZCZYŃSKI Michał	103	SHT	M-40	14	NIE	00:54:04	01:43:43	02:31:53.75	+00:34:22 (22.6%)	7:13	8.3 (77.6%)
15	ZAWADZKI Rafał	502	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M-40	15	TAK	00:59:18	01:47:30	02:34:07.00	+00:36:35 (23.7%)	7:20	8.2 (76.6%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Gap	Pace min/km	Pace km/h
16	KURZAWIAK Grzegorz	3	KUDOWIANKA RUN	M-40	16	NIE	00:54:53	01:45:20	02:36:18.40	+00:38:46 (24.8%)	7:26	8.1 (75.7%)
17	CIRKO Arkadiusz	253	KGHM ZG RUN	M-40	17	NIE	00:55:20	01:45:14	02:36:22.35	+00:38:50 (24.8%)	7:26	8.1 (75.7%)
18	PALACZ Marcin	9		M-40	18	NIE	01:01:44	01:49:57	02:36:23.10	+00:38:51 (24.8%)	7:26	8.1 (75.7%)
19	MATUSZAK Robert	294	RSC BIKE RAWICZ	M-40	19	NIE	01:01:30	01:49:48	02:37:47.40	+00:40:15 (25.5%)	7:30	8 (74.8%)
20	TOŚ Sebastian	60		M-40	20	NIE	00:56:22	01:49:17	02:38:47.65	+00:41:16 (26.0%)	7:33	7.9 (73.8%)
21	JAKUBCZAK Konrad	39	DEBEŚCIAK	M-40	21	NIE	00:59:08	01:51:14	02:40:40.50	+00:43:09 (26.9%)	7:39	7.8 (72.9%)
22	PIWOŃSKI Adam	553		M-40	22	NIE	01:00:28	01:49:47	02:40:42.10	+00:43:10 (26.9%)	7:39	7.8 (72.9%)
23	DESKA Leszek	534	WWW.LESZEKBIEGA.PL	M-40	23	NIE	00:57:54	01:49:13	02:43:17.65	+00:45:46 (28.0%)	7:46	7.7 (72.0%)
24	WOJCIECHOWICZ Leszek	93	BIEGACZE Z PRZYLESIA	M-40	24	NIE	00:57:56	01:51:02	02:44:18.70	+00:46:47 (28.5%)	7:49	7.7 (72.0%)
25	RĘKOSIEWICZ Jakub	544		M-40	25	TAK	01:00:59	01:54:10	02:44:28.10	+00:46:56 (28.5%)	7:49	7.7 (72.0%)
26	BAL Bartosz	215	STREFASPORTU.PL MW.INVEST	M-40	26	NIE	01:02:46	01:54:45	02:45:43.30	+00:48:11 (29.1%)	7:53	7.6 (71.0%)
27	NIESPODZIANY Maciej	277	EXTREME OUTDOOR	M-40	27	NIE	01:00:01	01:51:46	02:46:03.90	+00:48:32 (29.2%)	7:54	7.6 (71.0%)
28	FLORCZAK Marek	515		M-40	28	NIE	01:06:33	01:56:21	02:47:23.25	+00:49:51 (29.8%)	7:58	7.5 (70.1%)
29	MARKIEWICZ Mariusz	168	DZIKIE DZIKI GORZÓW	M-40	29	NIE	01:00:24	01:53:45	02:47:27.65	+00:49:56 (29.8%)	7:58	7.5 (70.1%)
30	BACHURSKI Tomasz	526	AW-SZYBCIEJ-TEAM/KB HARCOWNIK	M-40	30	NIE	00:59:35	01:54:56	02:49:51.45	+00:52:20 (30.8%)	8:05	7.4 (69.2%)
31	SROKA Marcin	61	WLKP MOUNTAINS ULTRA	M-40	31	NIE	01:04:53	01:58:04	02:49:58.45	+00:52:27 (30.9%)	8:05	7.4 (69.2%)
32	PONIATOWSKI Seweryn	24	TEBIA RUNNERS	M-40	32	NIE	01:02:21	01:56:00	02:50:03.25	+00:52:31 (30.9%)	8:05	7.4 (69.2%)
33	ORNOWSKI Remigiusz	151	BIKEUUP	M-40	33	NIE	01:02:37	01:54:44	02:50:32.90	+00:53:01 (31.1%)	8:07	7.4 (69.2%)
34	KRAKOWSKI Krzysztof	219		M-40	34	NIE	01:00:46	01:54:57	02:53:22.05	+00:55:50 (32.2%)	8:15	7.3 (68.2%)
35	NAPIERAŁSKI Krzysztof	340	DZIKIE DZIKI GORZÓW	M-40	35	TAK	01:00:39	01:55:28	02:53:24.80	+00:55:53 (32.2%)	8:15	7.3 (68.2%)
36	NOWAK Marcin	127	TIMJESTTIM	M-40	36	NIE	01:09:58	02:03:49	02:53:42.50	+00:56:11 (32.3%)	8:16	7.3 (68.2%)
37	PARUCKI Michał	394	VEGE RUNNERS / LECH POZNAŃ	M-40	37	NIE	01:03:42	02:00:29	02:54:09.20	+00:56:37 (32.5%)	8:17	7.2 (67.3%)
38	KRZYWDZIŃSKI Bartłomiej	239		M-40	38	NIE	01:02:36	01:57:55	02:55:00.70	+00:57:29 (32.8%)	8:20	7.2 (67.3%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Gap	Pace min/km	Pace km/h
39	MARKOCKI Dominik	368	NOWAK TEAM	M-40	39	NIE	01:12:54	02:05:45	02:55:09.90	+00:57:38 (32.9%)	8:20	7.2 (67.3%)
40	KONDRACKI Jacek	300	KUNA W AGREŚCIE	M-40	40	NIE	01:06:15	02:03:24	02:55:50.65	+00:58:19 (33.2%)	8:22	7.2 (67.3%)
41	ANTECKI Jacek	170		M-40	41	NIE	01:01:57	02:00:04	02:56:30.35	+00:58:58 (33.4%)	8:24	7.1 (66.4%)
42	ŚLADEWSKI Grzegorz	508		M-40	42	NIE	01:01:26	01:57:22	02:57:09.30	+00:59:37 (33.7%)	8:26	7.1 (66.4%)
43	PODOLUK Marek	319		M-40	43	NIE	01:03:47	01:59:54	02:57:40.00	+01:00:08 (33.9%)	8:27	7.1 (66.4%)
44	JAGODZIŃSKI Paweł	125	3 TEAM KONIN / VIKMED KONIN	M-40	44	NIE	01:08:11	02:04:55	02:57:54.75	+01:00:23 (33.9%)	8:28	7.1 (66.4%)
45	SZERMENT Eryk	361	MAZURTEAM	M-40	45	NIE	01:08:34	02:04:11	02:57:58.35	+01:00:26 (34.0%)	8:28	7.1 (66.4%)
46	PIETRZYK Tomasz	5	LANIE NA ŚLĘŻY 140MINUTPL	M-40	46	NIE	01:04:48	02:03:20	03:00:23.70	+01:02:52 (34.9%)	8:35	7 (65.4%)
47	KRZESIMOWSKI Damian	72		M-40	47	NIE	01:04:30	02:03:14	03:01:07.85	+01:03:36 (35.1%)	8:37	7 (65.4%)
48	PODEJMA Grzegorz	388	LOS	M-40	48	NIE	01:12:46	02:07:26	03:01:30.10	+01:03:58 (35.2%)	8:38	6.9 (64.5%)
49	WŁODARCZYK Krzysztof	159	3 TEAM	M-40	49	NIE	01:09:15	02:08:20	03:01:53.15	+01:04:21 (35.4%)	8:39	6.9 (64.5%)
50	SYGIET Andrzej	382	HEDONIŚCI	M-40	50	NIE	01:08:32	02:08:40	03:02:29.05	+01:04:57 (35.6%)	8:41	6.9 (64.5%)
51	GÓRKA Piotr	200		M-40	51	NIE	01:08:28	02:05:47	03:02:56.05	+01:05:24 (35.8%)	8:42	6.9 (64.5%)
52	RZEPNIEWSKI Łukasz	193		M-40	52	NIE	01:12:56	02:09:48	03:03:06.80	+01:05:35 (35.8%)	8:43	6.9 (64.5%)
53	ĆWIKLIŃSKI Maciej	110	CITYZEN	M-40	53	NIE	01:12:01	02:08:56	03:03:15.60	+01:05:44 (35.9%)	8:43	6.9 (64.5%)
54	ROKICKI Dawid	358		M-40	54	NIE	01:06:38	02:03:54	03:03:30.85	+01:05:59 (36.0%)	8:44	6.9 (64.5%)
55	KOCJAN Paweł	46	KIDS RUN TEAM	M-40	55	NIE	01:13:01	02:08:02	03:03:32.80	+01:06:01 (36.0%)	8:44	6.9 (64.5%)
56	ADACH Dariusz	371	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	56	NIE	01:06:36	02:04:52	03:04:12.70	+01:06:41 (36.2%)	8:46	6.8 (63.6%)
57	RATAJCZAK Tomasz	335	PALETEAM	M-40	57	NIE	01:12:43	02:07:41	03:04:27.20	+01:06:55 (36.3%)	8:47	6.8 (63.6%)
58	KALINOWSKI Grzegorz	232	GVT	M-40	58	NIE	01:13:02	02:09:38	03:04:38.05	+01:07:06 (36.3%)	8:47	6.8 (63.6%)
59	BREWKA Wojciech	280		M-40	59	NIE	01:14:05	02:13:25	03:04:51.10	+01:07:19 (36.4%)	8:48	6.8 (63.6%)
60	ROZMIAREK Przemysław	35	BIEGAJĄCE KREJZOLE	M-40	60	NIE	01:16:19	02:14:20	03:05:40.90	+01:08:09 (36.7%)	8:50	6.8 (63.6%)
61	NAPIERAŁA Marcin	348	#BIEGIEMWLAS	M-40	61	NIE	01:10:30	02:10:35	03:05:41.45	+01:08:10 (36.7%)	8:50	6.8 (63.6%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Gap	Pace min/km	Pace km/h
62	ŁAPAWA Tomasz	443	JUTROSIŃSKI KLUB BIEGACZY	M-40	62	NIE	01:16:20	02:11:20	03:06:28.75	+01:08:57 (37.0%)	8:52	6.8 (63.6%)
63	BŁASZKOWIAK Błażej	194		M-40	63	NIE	01:18:26	02:14:00	03:06:31.95	+01:09:00 (37.0%)	8:52	6.8 (63.6%)
64	WARMUŁA Piotr	318	FUNTRI	M-40	64	NIE	01:14:56	02:12:24	03:07:06.75	+01:09:35 (37.2%)	8:54	6.7 (62.6%)
65	POGONOWSKI Tomasz	145	BIEGACZE Z PRZYLESIA	M-40	65	NIE	01:06:40	02:07:38	03:07:41.10	+01:10:09 (37.4%)	8:56	6.7 (62.6%)
66	STELMACH Piotr	386	WKTJ	M-40	66	TAK	01:07:15	02:07:41	03:08:41.90	+01:11:10 (37.7%)	8:59	6.7 (62.6%)
67	WOŹNIAK Łukasz	532		M-40	67	NIE	01:15:31	02:12:45	03:08:45.10	+01:11:13 (37.7%)	8:59	6.7 (62.6%)
68	GOS Piotr	37	#BIEGIEMWLAS	M-40	68	NIE	01:04:46	02:06:48	03:08:50.70	+01:11:19 (37.8%)	8:59	6.7 (62.6%)
69	WOŹNIAK Sebastian	247		M-40	69	NIE	01:10:12	02:09:17	03:08:51.85	+01:11:20 (37.8%)	8:59	6.7 (62.6%)
70	ŁĘKAWA Sebastian	230	140MINUT.PL	M-40	70	NIE	01:09:12	02:09:41	03:09:36.50	+01:12:05 (38.0%)	9:01	6.6 (61.7%)
71	KOWAŃSKI Tomasz	435	WEEKENDOWA GRUPA BIEGOWA	M-40	71	NIE	01:09:42	02:09:46	03:09:44.50	+01:12:13 (38.1%)	9:02	6.6 (61.7%)
72	GOZDUR Michał	80		M-40	72	NIE	01:12:33	02:14:19	03:10:20.30	+01:12:48 (38.3%)	9:03	6.6 (61.7%)
73	TANAŚ Adam	493	AMATOR BIEGANIA	M-40	73	NIE	01:09:45	02:09:21	03:13:24.90	+01:15:53 (39.2%)	9:12	6.5 (60.7%)
74	GÓRNICKI Tomasz	412		M-40	74	NIE	01:12:11	02:12:59	03:13:26.75	+01:15:55 (39.2%)	9:12	6.5 (60.7%)
75	ROŚLICKI Jarosław	262	DTR BIEGA/MARIO TEAM/UBEZPIECZENIA DLA AKTYWNYCH SP. Z O.O.	M-40	75	NIE	01:25:11	02:20:08	03:13:29.20	+01:15:57 (39.3%)	9:12	6.5 (60.7%)
76	DZIERŻANOWSKI Łukasz	267		M-40	76	NIE	01:13:37	02:14:50	03:13:30.20	+01:15:58 (39.3%)	9:12	6.5 (60.7%)
77	CHORAŻEWICZ Patryk	297	KUNA W AGREŚCIE	M-40	77	NIE	01:09:35	02:12:22	03:14:23.85	+01:16:52 (39.5%)	9:15	6.5 (60.7%)
78	KRAWIEC Piotr	271		M-40	78	NIE	01:12:06	02:13:41	03:14:30.95	+01:16:59 (39.6%)	9:15	6.5 (60.7%)
79	HRAB Wojciech	539	NIGHT RUNNERS	M-40	79	TAK	01:19:18	02:19:25	03:14:51.55	+01:17:20 (39.7%)	9:16	6.5 (60.7%)
80	ČERVENÝ David	83	B 612	M-40	80	NIE	01:09:59	02:13:56	03:16:09.00	+01:18:37 (40.1%)	9:20	6.4 (59.8%)
81	ZIELENKIEWICZ Marcin	96	FUNTRI	M-40	81	NIE	01:15:32	02:15:16	03:16:47.20	+01:19:15 (40.3%)	9:22	6.4 (59.8%)
82	JURDZIAK Jakub	364		M-40	82	NIE	01:16:00	02:16:14	03:16:50.25	+01:19:18 (40.3%)	9:22	6.4 (59.8%)
83	POŁCZYŃSKI Maciej	162	STALOWA ŁYDA	M-40	83	NIE	01:18:08	02:16:56	03:18:57.75	+01:21:26 (40.9%)	9:28	6.3 (58.9%)
84	PAWIŃSKI Artur	255	KW WARSZAWA	M-40	84	TAK	01:16:03	02:19:19	03:19:00.00	+01:21:28 (40.9%)	9:28	6.3 (58.9%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Gap	Pace min/km	Pace km/h
85	POCIĘGIEL Michał	439	SKAWINA BIEGA	M-40	85	NIE	01:14:53	02:17:19	03:19:12.30	+01:21:40 (41.0%)	9:29	6.3 (58.9%)
86	ANDRZEJCZAK Paweł	10		M-40	86	NIE	01:06:29	02:13:33	03:19:32.70	+01:22:01 (41.1%)	9:30	6.3 (58.9%)
87	GRYZ Jacek	308	SUNFIT STUDIO	M-40	87	NIE	01:16:56	02:20:10	03:19:45.60	+01:22:14 (41.2%)	9:30	6.3 (58.9%)
88	MŁYNARCZYK Krzysztof	148		M-40	88	NIE	01:11:57	02:14:29	03:19:48.70	+01:22:17 (41.2%)	9:30	6.3 (58.9%)
89	MAJEWSKI Witold	330		M-40	89	NIE	01:16:49	02:20:13	03:19:54.90	+01:22:23 (41.2%)	9:31	6.3 (58.9%)
90	KULA Piotr	329	PRZEBIEGŁY ANALITYK	M-40	90	NIE	01:13:05	02:17:28	03:20:07.20	+01:22:35 (41.3%)	9:31	6.3 (58.9%)
91	KRUSZEWSKI Jacek	454	MARKOWI BIEGACZE	M-40	91	NIE	01:16:44	02:19:04	03:20:33.65	+01:23:02 (41.4%)	9:33	6.3 (58.9%)
92	FILIPIAK Sebastian	1	EKIPA LIPA	M-40	92	NIE	01:18:26	02:18:10	03:20:37.30	+01:23:05 (41.4%)	9:33	6.3 (58.9%)
93	WOŹNY Krzysztof	353	SPORTOWY KAŻMIERZ	M-40	93	NIE	01:16:22	02:19:06	03:21:16.10	+01:23:44 (41.6%)	9:35	6.3 (58.9%)
94	PIATKOWSKI Michał	486	CROSSFIT MOKOTÓW	M-40	94	NIE	01:12:09	02:14:27	03:21:52.55	+01:24:21 (41.8%)	9:36	6.2 (57.9%)
95	PIDANTY Grzegorz	102	ZHR	M-40	95	NIE	01:15:48	02:18:49	03:21:54.05	+01:24:22 (41.8%)	9:36	6.2 (57.9%)
96	SAMOLAK Maciek	181	NSK RUNS	M-40	96	NIE	01:12:11	02:17:38	03:22:09.65	+01:24:38 (41.9%)	9:37	6.2 (57.9%)
97	WRONA Łukasz	370		M-40	97	NIE	01:18:25	02:20:44	03:22:30.70	+01:24:59 (42.0%)	9:38	6.2 (57.9%)
98	ŚLIWKA Radosław	485		M-40	98	NIE	01:16:58	02:23:18	03:22:51.85	+01:25:20 (42.1%)	9:39	6.2 (57.9%)
99	SKRZYPCZAK Michał	85		M-40	99	NIE	01:14:45	02:14:37	03:23:57.90	+01:26:26 (42.4%)	9:42	6.2 (57.9%)
100	TOMASZEWSKI Michał	260	BIEG OPOLSKI	M-40	100	NIE	01:21:44	02:22:50	03:23:59.90	+01:26:28 (42.4%)	9:42	6.2 (57.9%)
101	KUROWSKI Aleksander	292		M-40	101	NIE	01:12:59	02:17:38	03:31:31.45	+01:34:00 (44.4%)	10:04	6 (56.1%)
102	NOWAKOWSKI Leszek	354		M-40	102		01:23:32	02:27:45	03:32:57.60	+01:35:26 (44.8%)	10:08	5.9 (55.1%)
103	KOSTYK Grzegorz	50		M-40	103	NIE	01:23:14	02:30:54	03:33:05.55	+01:35:34 (44.8%)	10:08	5.9 (55.1%)
104	MICHALAK Ildar	433		M-40	104	NIE	01:12:26	02:18:05	03:33:46.50	+01:36:15 (45.0%)	10:10	5.9 (55.1%)
105	HRYCAJ Marcin	324	KB ODRA OPOLE	M-40	105	NIE	01:26:45	02:32:23	03:33:48.05	+01:36:16 (45.0%)	10:10	5.9 (55.1%)
106	SZYGENDA Sebastian	545	TIGER TEAM	M-40	106	NIE	01:20:11	02:25:43	03:34:08.40	+01:36:36 (45.1%)	10:11	5.9 (55.1%)
107	MARCZAK Maciej	533	KOMORNIKI MTB TEAM	M-40	107	NIE	01:20:06	02:25:07	03:34:57.90	+01:37:26 (45.3%)	10:14	5.9 (55.1%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Gap	Pace min/km	Pace km/h
108	PAWLAK Sławomir	441	#PAWLAKTEAM	M-40	108	NIE	01:19:20	02:28:12	03:35:42.95	+01:38:11 (45.5%)	10:16	5.8 (54.2%)
109	WIECZOREK Artur	227	BIEGACZE Z PRZYLESIA	M-40	109	NIE	01:23:36	02:30:47	03:35:43.95	+01:38:12 (45.5%)	10:16	5.8 (54.2%)
110	ANDRUSZKÓW Piotr	563		M-40	110	NIE	01:23:52	02:30:34	03:38:32.65	+01:41:01 (46.2%)	10:24	5.8 (54.2%)
111	TOMIAK Dominik	207	WOLSZTYŃSKA AKADEMIA BIEGOWA / NBTZ	M-40	111	NIE	01:24:05	02:32:29	03:38:43.65	+01:41:12 (46.3%)	10:24	5.8 (54.2%)
112	MROZIK Mariusz	339	DZIKIE DZIKI GORZÓW	M-40	112	NIE	01:18:41	02:29:58	03:39:36.60	+01:42:05 (46.5%)	10:27	5.7 (53.3%)
113	FIGUŁA Sławomir	176		M-40	113	NIE	01:22:07	02:30:51	03:40:05.40	+01:42:33 (46.6%)	10:28	5.7 (53.3%)
114	NOWACKI Łukasz	334	POGODNI	M-40	114	NIE	01:27:20	02:33:25	03:40:19.55	+01:42:48 (46.7%)	10:29	5.7 (53.3%)
115	PASTECKI Marcin	456		M-40	115	NIE	01:21:34	02:30:43	03:41:35.20	+01:44:03 (47.0%)	10:33	5.7 (53.3%)
116	SERWATKIEWICZ Grzegorz	523		M-40	116	NIE	01:18:19	02:27:12	03:43:05.40	+01:45:33 (47.3%)	10:37	5.6 (52.3%)
117	BEDNAREK Michał	469	CROSSELITE	M-40	117	NIE	01:23:20	02:32:20	03:44:06.25	+01:46:34 (47.6%)	10:40	5.6 (52.3%)
118	PASTERNAK Wojciech	352	POGODNI	M-40	118	NIE	01:28:12	02:33:51	03:44:23.65	+01:46:52 (47.6%)	10:41	5.6 (52.3%)
119	ZASOWSKI Rafał	489		M-40	119	NIE	01:21:38	02:35:22	03:45:24.80	+01:47:53 (47.9%)	10:44	5.6 (52.3%)
120	GÓRCZYŃSKI Rafał	152		M-40	120	NIE	01:18:37	02:27:44	03:46:30.50	+01:48:59 (48.1%)	10:47	5.6 (52.3%)
121	KOSZELA Michał	518	MISJAX.PL	M-40	121	NIE	01:27:32	02:37:03	03:47:29.10	+01:49:57 (48.3%)	10:49	5.5 (51.4%)
122	GOZDYRA Dariusz	542	RAZ SZCZECIN	M-40	122	NIE	01:19:18	02:31:56	03:48:00.10	+01:50:28 (48.5%)	10:51	5.5 (51.4%)
123	PRZYBYŁ Tomasz	317	NIGHT RUNNERS	M-40	123	NIE	01:27:24	02:37:56	03:49:04.30	+01:51:32 (48.7%)	10:54	5.5 (51.4%)
124	KASPERCZYK Engelbert	492		M-40	124	NIE	01:23:18	02:31:44	03:50:45.40	+01:53:13 (49.1%)	10:59	5.5 (51.4%)
125	ANGOWSKI Andrzej	409		M-40	125	NIE	01:33:01	02:45:52	03:51:07.20	+01:53:35 (49.2%)	11:00	5.5 (51.4%)
126	KOLAŚNIEWSKI Marek	218		M-40	126	TAK	01:25:49	02:37:47	03:51:14.60	+01:53:43 (49.2%)	11:00	5.4 (50.5%)
127	OSIADACZ Piotr	336	TRENING I GÓRY	M-40	127	NIE	01:25:12	02:33:43	03:51:53.35	+01:54:21 (49.3%)	11:02	5.4 (50.5%)
128	SOBAŃSKI Roman	64	TARNOWO PODGÓRNE BIEGA	M-40	128	NIE	01:27:05	02:40:52	03:52:41.10	+01:55:09 (49.5%)	11:04	5.4 (50.5%)
129	KRAWIEC Paweł	440	DAM RADEĘ	M-40	129	NIE	01:23:48	02:37:43	03:54:11.00	+01:56:39 (49.8%)	11:09	5.4 (50.5%)
130	KRAWCZYK Krystian	77	PINKY & MÓZG	M-40	130	NIE	01:38:23	02:45:49	03:55:00.20	+01:57:28 (50.0%)	11:11	5.4 (50.5%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Gap	Pace min/km	Pace km/h
131	WOJCIECHOWSKI Andrzej	362	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	M-40	131	NIE	01:24:00	02:39:25	03:57:26.25	+01:59:54 (50.5%)	11:18	5.3 (49.5%)
132	CZERWONKA Zbigniew Czerwonka	88		M-40	132	NIE	01:27:10	02:41:58	03:58:09.05	+02:00:37 (50.7%)	11:20	5.3 (49.5%)
133	CZEKALSKI Tomasz	139	NARAMOWICE BIEGAJĄ	M-40	133	NIE	01:31:50	02:47:25	03:59:14.00	+02:01:42 (50.9%)	11:23	5.3 (49.5%)
134	GIBOWSKI Lukasz	169		M-40	134	NIE	01:42:43	02:53:54	04:03:10.60	+02:05:39 (51.7%)	11:34	5.2 (48.6%)
135	LIS Mirosław	36		M-40	135	NIE	01:42:42	02:54:05	04:03:10.85	+02:05:39 (51.7%)	11:34	5.2 (48.6%)
136	KLUK Daniel	256		M-40	136	NIE	01:28:19	02:46:36	04:03:45.85	+02:06:14 (51.8%)	11:36	5.2 (48.6%)
137	ZAJĄC Krzysztof	31	WKURW_TEAM/BEZULTRADZIKI/ZAJĄCEHASAJĄCE	M-40	137	NIE	01:28:32	02:43:52	04:03:47.20	+02:06:15 (51.8%)	11:36	5.2 (48.6%)
138	PACIULON Krzysztof	401	ONE MAN RUNNING	M-40	138	NIE	01:45:02	02:52:42	04:05:16.25	+02:07:44 (52.1%)	11:40	5.1 (47.7%)
139	MICHAŁKIEWICZ Marek	68		M-40	139	NIE	01:33:57	02:51:27	04:05:38.90	+02:08:07 (52.2%)	11:41	5.1 (47.7%)
140	BORODYN Andrzej	185	FARTY PUSZCZY	M-40	140	NIE	01:23:38	02:43:40	04:07:15.55	+02:09:44 (52.5%)	11:46	5.1 (47.7%)
141	KMIECIK Mirosław	385	NIAGARA FITNESS KLUB	M-40	141	NIE	01:38:20	02:55:26	04:14:52.80	+02:17:21 (53.9%)	12:08	4.9 (45.8%)
142	RYGIELSKI Rafał	29		M-40	142	NIE	01:25:14	02:39:31	04:20:26.85	+02:22:55 (54.9%)	12:24	4.8 (44.9%)
143	MICHALAK Sławek	34	TEAM MICHALAK ROGALINEK	M-40	143	NIE	01:37:46	02:57:27	04:30:17.60	+02:32:46 (56.5%)	12:52	4.7 (43.9%)
144	STANKOWSKI Przemysław	57		M-40	144	NIE	01:45:02	03:11:57	04:40:28.40	+02:42:56 (58.1%)	13:21	4.5 (42.1%)
145	ZDAŃSKI Daniel	407		M-40	145	NIE	01:49:43	03:21:05	04:46:28.40	+02:48:56 (59.0%)	13:38	4.4 (41.1%)
	KLICH Tomasz	351		M-40		NIE	DNF	DNF	DNF		-	- (0.0%)

Total 146 results.