



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT
INTELIWENTNE ZAWODY SPORTOWE

Event: Zimowy Półmaraton Gór Stołowych
Organiser: Fundacja Maratony Górskie
Date: 2024-01-20
Place: Kartów
Distance: 21 km

B4SPORT
INTELIWENTNE ZAWODY SPORTOWE

Classification: M-40

Place	Participant	Number	Club	Category	M	Cat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	JUREK Michał	1455	MILMET / SALOMON / SUUNTO	M-40	1		NIE	00:38:32	01:13:42	01:47:16.20	01:47:16.70		5:06	11.7 (100%)
2	PASIK Tomasz	1347	EDENRUN/WOLSZTYŃSKI KLUB BIEGOWY	M-40	2		NIE	00:39:49	01:16:42	01:53:51.95	01:53:52.80	+00:06:36 (5.8%)	5:25	11.1 (94.9%)
3	BADOWSKI Aleksander	1385	AW - SZYBCIEJ - TEAM	M-40	3		NIE	00:42:58	01:21:56	01:59:58.05	01:59:58.80	+00:12:42 (10.6%)	5:42	10.5 (89.7%)
4	BORZYSTOWSKI Patryk	1123		M-40	4		TAK	00:44:20	01:24:34	02:03:53.90	02:03:55.50	+00:16:38 (13.4%)	5:53	10.2 (87.2%)
5	SZCZĘŚNIAK Piotr	1189	WPUNKT TEAM	M-40	5		NIE	00:43:45	01:25:29	02:05:05.80	02:05:06.60	+00:17:49 (14.3%)	5:57	10.1 (86.3%)
6	SZCZEPANIAK Witold	1132		M-40	6		NIE	00:45:14	01:26:04	02:07:12.70	02:07:13.45	+00:19:56 (15.7%)	6:03	9.9 (84.6%)
7	GÓRAL Grzegorz	1204	HEJ HEJ GÓRALU	M-40	7		NIE	00:44:27	01:27:31	02:09:31.60	02:09:33.00	+00:22:16 (17.2%)	6:10	9.7 (82.9%)
8	LINKOWSKI Michał	1035	ILOVEZIEMEK	M-40	8		NIE	00:51:11	01:35:01	02:16:15.80	02:16:19.00	+00:29:02 (21.3%)	6:29	9.2 (78.6%)
9	GRACZ Paweł	1341	ULTRA DIABŁY TEAM LUBRZA	M-40	9		NIE	00:48:50	01:34:13	02:17:33.00	02:17:34.45	+00:30:17 (22.0%)	6:33	9.2 (78.6%)
10	BOSAKIEWICZ Tomasz	1239	AW SZYBCIEJ TEAM	M-40	10		NIE	00:50:00	01:35:22	02:18:06.45	02:18:09.25	+00:30:52 (22.3%)	6:34	9.1 (77.8%)
11	BEDNARZ Krzysztof	1138	PRZEDWOJEWSKI TEAM	M-40	11		NIE	00:47:38	01:33:43	02:19:44.35	02:19:47.20	+00:32:30 (23.3%)	6:39	9 (76.9%)
12	SŁYSZ Szymon	1072	NSK RUNS	M-40	12		NIE	00:48:56	01:34:35	02:19:44.25	02:19:48.00	+00:32:31 (23.3%)	6:39	9 (76.9%)
13	SZUKALSKI Krzysztof	1465		M-40	13		NIE	00:48:11	01:34:43	02:20:33.80	02:20:35.40	+00:33:18 (23.7%)	6:41	9 (76.9%)
14	BIENIEK Patryk	1416	TREC TEAM	M-40	14		NIE	00:54:09	01:41:11	02:27:08.70	02:27:12.40	+00:39:55 (27.1%)	7:00	8.6 (73.5%)
15	KMIECIK Tomasz	1227	GOPR SUDETY	M-40	15		TAK	00:44:48	01:28:22	02:27:18.80	02:27:20.20	+00:40:03 (27.2%)	7:00	8.6 (73.5%)
16	KUCHARSKI Robert	1395	BIEGAM NA STABŁOWICACH	M-40	16		NIE	00:56:26	01:41:39	02:24:08.00	02:27:27.65	+00:40:10 (27.2%)	6:51	8.7 (74.4%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
17	RODRIGO PEREIRA Oswald	1353	THE NORTH FACE POLSKA	M-40	17	TAK	00:53:22	01:41:58	02:28:03.20	02:28:06.30	+00:40:49 (27.6%)	7:03	8.5 (72.6%)
18	BERG Aleksander	1317		M-40	18	NIE	00:53:04	01:42:36	02:31:02.90	02:31:05.25	+00:43:48 (29.0%)	7:11	8.3 (70.9%)
19	PALACZ Marcin	1000		M-40	19	NIE	00:57:16	01:45:23	02:31:28.55	02:31:32.40	+00:44:15 (29.2%)	7:12	8.3 (70.9%)
20	KURASZ Szymon	1383		M-40	20	NIE	00:54:17	01:41:32	02:32:03.05	02:32:07.60	+00:44:50 (29.5%)	7:14	8.3 (70.9%)
21	LEMISIEWICZ Tomasz	1479		M-40	21	TAK	00:58:34	01:47:26	02:32:04.70	02:32:10.75	+00:44:54 (29.5%)	7:14	8.3 (70.9%)
22	TADUS Marcin	1466	DOMER SPORT TEAM	M-40	22	NIE	00:57:21	01:45:43	02:33:03.15	02:33:17.25	+00:46:00 (30.0%)	7:17	8.2 (70.1%)
23	BAL Bartosz	1045		M-40	23	NIE	00:55:33	01:45:34	02:35:24.00	02:35:24.00	+00:48:07 (31.0%)	7:24	8.1 (69.2%)
24	RUSOŁ Tomasz	1039		M-40	24	NIE	00:56:56	01:48:00	02:36:07.30	02:36:15.50	+00:48:58 (31.3%)	7:26	8.1 (69.2%)
25	PURCZYŃSKI Grzegorz	1475	DRZONKOWIANKA	M-40	25	NIE	00:57:08	01:48:34	02:37:29.75	02:37:34.00	+00:50:17 (31.9%)	7:29	8 (68.4%)
26	KRZYWDZIŃSKI Bartłomiej	1149		M-40	26	NIE	00:56:17	01:47:03	02:38:30.35	02:38:39.10	+00:51:22 (32.4%)	7:32	7.9 (67.5%)
27	PAWLICKI Paweł	1422	KPPSP JAROCIN	M-40	27	NIE	00:59:08	01:50:14	02:40:00.65	02:40:10.00	+00:52:53 (33.0%)	7:37	7.9 (67.5%)
28	DUNAJ Paweł	1182		M-40	28	NIE	00:58:12	01:50:56	02:40:46.40	02:40:53.50	+00:53:36 (33.3%)	7:39	7.8 (66.7%)
29	STUDNIAREK Tomasz	1459	BORN TO RUN CHOJNICKI	M-40	29	NIE	00:55:33	01:47:32	02:41:25.85	02:41:32.40	+00:54:15 (33.6%)	7:41	7.8 (66.7%)
30	BOHAREWICZ Paweł	1191	BOHAR PALETY TRANSPORT	M-40	30	NIE	00:58:25	01:50:54	02:41:32.60	02:41:37.15	+00:54:20 (33.6%)	7:41	7.8 (66.7%)
31	JAKUBCZAK Konrad	1048		M-40	31	NIE	00:57:40	01:51:02	02:42:14.60	02:42:17.10	+00:55:00 (33.9%)	7:43	7.8 (66.7%)
32	STEC Adam	1350		M-40	32	NIE	00:59:12	01:52:24	02:42:12.20	02:42:17.95	+00:55:01 (33.9%)	7:43	7.8 (66.7%)
33	PAJOR Bartosz	1076	GVT	M-40	33	NIE	00:55:52	01:48:53	02:43:08.60	02:43:13.35	+00:55:56 (34.3%)	7:46	7.7 (65.8%)
34	PONIATOWSKI Seweryn	1050	TEBIA RUNNERS	M-40	34	NIE	00:57:05	01:49:50	02:44:47.00	02:44:47.00	+00:57:30 (34.9%)	7:50	7.6 (65.0%)
35	SŁAWIK Andrzej	1010		M-40	35	NIE	01:00:09	01:52:40	02:44:44.60	02:45:47.05	+00:58:30 (35.3%)	7:50	7.6 (65.0%)
36	BUDREWICZ Dominik	1224	BUDRYSY	M-40	36	NIE			02:46:03.15	02:46:03.15	+00:58:46 (35.4%)	7:54	7.6 (65.0%)
37	PRZERWANEK Marek	1488		M-40	37	NIE	00:54:41	01:49:29	02:47:23.70	02:47:25.75	+01:00:09 (35.9%)	7:58	7.5 (64.1%)
38	KOCJAN Paweł	1006	KIDS RUN TEAM	M-40	38	NIE	01:01:52	01:57:32	02:48:11.30	02:48:17.65	+01:01:00 (36.3%)	8:00	7.5 (64.1%)
39	HAJDUGA Łukasz	1360	WIECZORNE BIEGANIE W OPOLU / TRAIL IS OUR WAY	M-40	39	NIE	01:05:18	01:58:12	02:47:32.40	02:48:20.75	+01:01:04 (36.3%)	7:58	7.5 (64.1%)
40	HAJNCE Lech	1280		M-40	40	NIE	01:00:01	01:54:09	02:48:48.75	02:48:48.75	+01:01:32 (36.5%)	8:02	7.5 (64.1%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
41	ANTECKI Jacek	1179		M-40	41	NIE	00:59:14	01:54:01	02:48:46.55	02:48:52.80	+01:01:36 (36.5%)	8:02	7.5 (64.1%)
42	KRZESIMOWSKI Damian	1020	ENERGENT POLSKA	M-40	42	NIE	01:01:24	01:56:24	02:49:21.10	02:49:27.40	+01:02:10 (36.7%)	8:03	7.4 (63.2%)
43	ROŚLICKI Jarosław	1104	DTR BIEGA / MARIO TEAM / UBEZPIECZENIA DLA AKTYWNYCH	M-40	43	NIE	00:58:48	01:54:58	02:50:04.15	02:50:07.15	+01:02:50 (36.9%)	8:05	7.4 (63.2%)
44	FEICHTINGER Marek	1453		M-40	44	NIE	01:00:10	01:56:10	02:50:01.60	02:50:08.45	+01:02:51 (36.9%)	8:05	7.4 (63.2%)
45	JASIŃSKI Marcin	1262	ROGOZIŃSKI KLUB BIEGACZA	M-40	45	NIE	00:58:15	01:52:50	02:50:04.70	02:50:09.85	+01:02:53 (37.0%)	8:05	7.4 (63.2%)
46	HETMAŃSKI Arkadiusz	1054	LOVELASY	M-40	46	NIE	01:00:58	01:55:31	02:53:02.00	02:53:38.20	+01:06:21 (38.2%)	8:14	7.3 (62.4%)
47	POMIANOWSKI Szymon	1346		M-40	47	NIE	01:08:25	02:00:42	02:53:31.00	02:53:55.90	+01:06:39 (38.3%)	8:15	7.3 (62.4%)
48	KAJSTURA Michał	1245		M-40	48	NIE	01:07:24	02:03:21	02:55:01.40	02:55:37.55	+01:08:20 (38.9%)	8:20	7.2 (61.5%)
49	ŚLIWKA Radosław	1269		M-40	49	NIE	01:02:57	02:01:30	02:55:48.30	02:55:50.20	+01:08:33 (39.0%)	8:22	7.2 (61.5%)
50	ŁAPAWA Tomasz	1199	JUTROSIŃSKI KLUB BIEGACZY	M-40	50	NIE	01:00:53	01:55:33	02:56:26.75	02:56:31.20	+01:09:14 (39.2%)	8:24	7.1 (60.7%)
51	MARKIEWICZ Mariusz	1180	DZIKIE DZIKI GORZÓW	M-40	51	NIE	01:03:24	01:58:36	02:56:32.80	02:56:42.40	+01:09:25 (39.3%)	8:24	7.1 (60.7%)
52	NAPIERALSKI Krzysztof	1424	DZIKIE DZIKI GORZÓW	M-40	52	NIE	01:03:19	01:57:59	02:56:34.10	02:56:42.75	+01:09:26 (39.3%)	8:24	7.1 (60.7%)
53	LEDNICKI Michał	1461	ARVATO S.C. REP	M-40	53	NIE	01:07:40	02:02:23	02:56:03.00	02:56:43.30	+01:09:26 (39.3%)	8:23	7.2 (61.5%)
54	JAMROZ Bartosz	1148		M-40	54	NIE	01:02:44	02:00:35	02:58:49.20	02:58:54.90	+01:11:38 (40.0%)	8:30	7 (59.8%)
55	KRAKOWSKI Krzysztof	1038		M-40	55	NIE	01:04:48	01:59:55	02:59:00.80	02:59:15.85	+01:11:59 (40.2%)	8:31	7 (59.8%)
56	STACHURSKI Daniel	1413	KARAŚ TRI&SWIM TEAM	M-40	56	NIE	01:08:08	02:04:26	03:00:03.20	03:00:10.95	+01:12:54 (40.5%)	8:34	7 (59.8%)
57	WŁODARCZYK Krzysztof	1037	3 TEAM	M-40	57	NIE	01:03:29	02:02:28	03:00:34.45	03:00:37.60	+01:13:20 (40.6%)	8:35	7 (59.8%)
58	JAZ Ernest	1405	ENDORFINY WĄSOSZ	M-40	58	NIE	01:04:05	02:02:24	03:00:36.55	03:00:45.15	+01:13:28 (40.6%)	8:36	7 (59.8%)
59	MAZUR Patryk	1397	AKADEMIA RUCHU	M-40	59	NIE	01:02:48	01:59:55	03:00:49.05	03:00:54.30	+01:13:37 (40.7%)	8:36	7 (59.8%)
60	BRYLL Łukasz	1144	SAGITTA TEAM	M-40	60	NIE	01:05:09	02:01:42	03:00:02.00	03:00:58.00	+01:13:41 (40.7%)	8:34	7 (59.8%)
61	JAGODZIŃSKI Paweł	1091	3 TEAM KONIN/VIKMED	M-40	61	NIE	01:06:13	02:06:25	03:01:54.60	03:01:58.10	+01:14:41 (41.0%)	8:39	6.9 (59.0%)
62	PODOLUK Marek	1240		M-40	62	NIE	01:00:02	01:59:11	03:03:05.60	03:03:05.60	+01:15:48 (41.4%)	8:43	6.9 (59.0%)
63	KORNASZEWSKI Maciej	1193	MERITUM	M-40	63	NIE	01:11:39	02:07:21	03:03:02.45	03:03:40.00	+01:16:23 (41.6%)	8:42	6.9 (59.0%)
64	ADACH Dariusz	1042	MEKASTO	M-40	64	NIE	01:06:17	02:05:50	03:03:13.15	03:03:53.25	+01:16:36 (41.7%)	8:43	6.9 (59.0%)

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65	PIETROŃ Jerzy	1467	ULTRA DZIADY	M-40	65	NIE	01:13:51	02:09:39	03:04:21.55	03:05:46.35	+01:18:29 (42.3%)	8:46	6.8 (58.1%)
66	SYCHOWSKI Dawid	1128		M-40	66		01:08:36	02:09:31	03:06:54.30	03:07:08.95	+01:19:52 (42.7%)	8:54	6.7 (57.3%)
67	ANDRZEJEWSKI Lukasz	1125	HIPOPOTAM FAST RUN	M-40	67	NIE	01:15:20	02:13:41	03:07:04.95	03:07:36.20	+01:20:19 (42.8%)	8:54	6.7 (57.3%)
68	NYCZ Łukasz	1099		M-40	68	NIE	01:08:16	02:04:41	03:08:02.65	03:08:02.65	+01:20:45 (43.0%)	8:57	6.7 (57.3%)
69	ZIEMKIEWICZ Jarek	1202	UKS RUNNING TEAM	M-40	69	NIE	01:16:46	02:12:52	03:06:56.30	03:08:08.50	+01:20:51 (43.0%)	8:54	6.7 (57.3%)
70	ŁUSIAK Przemysław	1309		M-40	70	NIE	01:01:13	01:53:45	03:08:47.05	03:08:55.85	+01:21:39 (43.2%)	8:59	6.7 (57.3%)
71	BURAKOWSKI Sebastian	1253		M-40	71	NIE	01:07:48	02:06:29	03:08:28.60	03:09:12.20	+01:21:55 (43.3%)	8:58	6.7 (57.3%)
72	GAŁKA Jacek	1332	VEGE RUNNERS / PURA VIDA TEAM / ULTRA DZIADY	M-40	72	NIE	01:17:38	02:16:31	03:08:27.25	03:09:51.40	+01:22:34 (43.5%)	8:58	6.7 (57.3%)
73	LIS Paweł	1452	CENTRUM FORMY 58100	M-40	73	NIE	01:02:38	02:05:01	03:11:16.45	03:11:27.20	+01:24:10 (44.0%)	9:06	6.6 (56.4%)
74	SMYK Sylwester	1336	AUTOLIV RUN TEAM	M-40	74	NIE	01:13:46	02:13:31	03:11:26.65	03:11:51.85	+01:24:35 (44.1%)	9:06	6.6 (56.4%)
75	BEKAS Jędrzej	1119	NIGHT RUNNERS POZNAŃ	M-40	75	NIE	01:10:09	02:12:46	03:13:16.70	03:13:34.40	+01:26:17 (44.6%)	9:12	6.5 (55.6%)
76	MŁYNARCZYK Krzysztof	1034		M-40	76	NIE	01:11:50	02:14:01	03:15:28.45	03:15:38.00	+01:28:21 (45.2%)	9:18	6.4 (54.7%)
77	PANZ Krzysztof	1425		M-40	77	NIE	01:02:17	02:05:28	03:15:36.30	03:15:54.10	+01:28:37 (45.2%)	9:18	6.4 (54.7%)
78	KOWAŃSKI Tomasz	1084		M-40	78	NIE	01:05:33	02:07:58	03:17:26.15	03:18:03.50	+01:30:46 (45.8%)	9:24	6.4 (54.7%)
79	NOWAK Łukasz	1328	BLOOD BROTHERS	M-40	79	NIE	01:11:27	02:14:54	03:18:37.35	03:18:43.60	+01:31:26 (46.0%)	9:27	6.3 (53.8%)
80	RUTKOWSKI Tomasz	1244	SKS OBORNIKI	M-40	80		01:18:22	02:18:13	03:16:27.70	03:18:45.30	+01:31:28 (46.0%)	9:21	6.4 (54.7%)
81	RZYHA Hubert	1418	RUNNER'S POWER/BANICI ULTRA	M-40	81	NIE	01:16:06	02:18:58	03:18:16.75	03:18:49.35	+01:31:32 (46.0%)	9:26	6.4 (54.7%)
82	RATAJCZAK Łukasz	1165	NIGHT RUNNERS	M-40	82	NIE	01:14:19	02:16:33	03:19:35.20	03:19:41.70	+01:32:25 (46.3%)	9:30	6.3 (53.8%)
83	MANISZEWSKI Mateusz	1376	ING BANK ŚLĄSKI	M-40	83		01:19:28	02:20:39	03:20:13.60	03:20:35.50	+01:33:18 (46.5%)	9:32	6.3 (53.8%)
84	ZELICH Łukasz	1131		M-40	84	NIE	01:10:09	02:13:02	03:20:20.35	03:20:37.70	+01:33:21 (46.5%)	9:32	6.3 (53.8%)
85	HAIDA Marcin	1216		M-40	85	NIE	01:15:43	02:16:03	03:20:13.45	03:20:41.15	+01:33:24 (46.5%)	9:32	6.3 (53.8%)
86	PIECHOTA Marcin	1315	DRUŻYNA SZPIKU	M-40	86	NIE	01:18:25	02:20:01	03:20:25.25	03:21:23.90	+01:34:07 (46.7%)	9:32	6.3 (53.8%)
87	TOMASZEWSKI Mirosław	1476	PERŁA	M-40	87	NIE	01:14:27	02:18:02	03:21:51.15	03:22:01.60	+01:34:44 (46.9%)	9:36	6.2 (53.0%)
88	SERWATKIEWICZ Grzegorz	1236		M-40	88	NIE	01:11:38	02:16:11	03:21:55.95	03:22:05.60	+01:34:48 (46.9%)	9:36	6.2 (53.0%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
89	KRUSZEWSKI Jacek	1111	MARKOWI BIEGACZE	M-40	89	NIE	01:14:09	02:17:44	03:22:22.55	03:22:32.70	+01:35:16 (47.0%)	9:38	6.2 (53.0%)
90	MIGDAŁ Adrian	1217		M-40	90	NIE	01:15:10	02:20:30	03:22:18.90	03:22:37.80	+01:35:21 (47.1%)	9:38	6.2 (53.0%)
91	DĄBROWIECKI Sławomir	1456		M-40	91	NIE	01:19:17	02:18:58	03:21:42.90	03:23:07.40	+01:35:50 (47.2%)	9:36	6.2 (53.0%)
92	TYMUL Jakub	1301	#TYMTRITEAM	M-40	92	NIE	01:18:43	02:20:48	03:22:35.80	03:23:08.45	+01:35:51 (47.2%)	9:38	6.2 (53.0%)
93	OLIŃSKI Paweł	1170		M-40	93	NIE	01:20:02	02:22:47	03:23:28.65	03:24:09.45	+01:36:52 (47.5%)	9:41	6.2 (53.0%)
94	NYCZ Bartłomiej	1096		M-40	94	NIE	01:15:43	02:17:03	03:24:04.15	03:24:33.55	+01:37:16 (47.6%)	9:43	6.2 (53.0%)
95	MIEDZIŃSKI Michał	1276	JKS SALAMANDRA	M-40	95	NIE	01:09:27	02:15:58	03:27:49.15	03:27:59.00	+01:40:42 (48.4%)	9:53	6.1 (52.1%)
96	WIECZOREK Artur	1307	BIEGACZE Z PRZYLESIA	M-40	96	NIE	01:17:25	02:20:14	03:27:45.25	03:28:00.05	+01:40:43 (48.4%)	9:53	6.1 (52.1%)
97	KIEŁBASA Paweł	1174	GT RAT	M-40	97	NIE	01:16:55	02:22:28	03:27:29.55	03:28:40.90	+01:41:24 (48.6%)	9:52	6.1 (52.1%)
98	SOWIŃSKI Robert	1205		M-40	98	NIE	01:15:33	02:21:25	03:27:31.90	03:28:46.00	+01:41:29 (48.6%)	9:52	6.1 (52.1%)
99	CHOJNACKI Mikołaj	1436	WARSAW RUN CLUB	M-40	99	NIE	01:19:24	02:20:31	03:28:53.70	03:29:47.85	+01:42:31 (48.9%)	9:56	6 (51.3%)
100	DUDZIŃSKI Wojciech	1306		M-40	100	NIE	01:23:15	02:27:12	03:31:14.05	03:32:06.70	+01:44:50 (49.4%)	10:03	6 (51.3%)
101	MAĆKOWSKI Mateusz	1093	NATURAL BORN COFFEE LOVERS	M-40	101	NIE	01:21:21	02:26:21	03:32:01.60	03:32:28.45	+01:45:11 (49.5%)	10:05	5.9 (50.4%)
102	KWIATKOWSKI Przemysław	1325		M-40	102	NIE	01:22:10	02:25:37	03:31:46.25	03:32:29.10	+01:45:12 (49.5%)	10:05	5.9 (50.4%)
103	BIAŁEK Marcin	1477		M-40	103	NIE	01:19:48	02:22:28	03:31:18.85	03:32:33.60	+01:45:16 (49.5%)	10:03	6 (51.3%)
104	SZYGENDA Sebastian	1326		M-40	104	NIE	01:22:13	02:25:38	03:32:26.55	03:33:07.40	+01:45:50 (49.7%)	10:06	5.9 (50.4%)
105	GIBOWSKI Lukasz	1152		M-40	105	NIE	01:20:44	02:26:46	03:33:39.30	03:34:49.65	+01:47:32 (50.1%)	10:10	5.9 (50.4%)
106	ZASOWSKI Rafał	1390		M-40	106	NIE		02:27:54	03:35:32.15	03:35:32.15	+01:48:15 (50.2%)	10:15	5.8 (49.6%)
107	LIS Mirosław	1147		M-40	107	NIE	01:20:46	02:26:55	03:35:01.20	03:36:09.25	+01:48:52 (50.4%)	10:14	5.9 (50.4%)
108	SIEMIENIUK Andrzej	1324	RATUJMY CO SIĘ DA ♥♥♥	M-40	108	NIE	01:22:40	02:26:47	03:36:02.60	03:36:50.85	+01:49:34 (50.5%)	10:17	5.8 (49.6%)
109	ŚCIEPIEŃ Krzysztof	1375	ING BANK ŚLĄSKI	M-40	109	NIE	01:18:53	02:24:00	03:38:04.30	03:38:31.10	+01:51:14 (50.9%)	10:23	5.8 (49.6%)
110	FIGUŁA Sławomir	1015		M-40	110	NIE	01:20:20	02:27:57	03:37:50.80	03:38:34.70	+01:51:18 (50.9%)	10:22	5.8 (49.6%)
111	TANAŚ Adam	1043	KLUB BIEGACZA SUPERMARATOŃCZYK	M-40	111	NIE	01:12:40	02:24:12	03:40:26.60	03:41:06.00	+01:53:49 (51.5%)	10:29	5.7 (48.7%)
112	CZUBIEL Konrad	1177		M-40	112	NIE	01:21:23	02:31:11	03:42:57.25	03:43:38.90	+01:56:22 (52.0%)	10:37	5.7 (48.7%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
113	GOLEK Seweryn Golek	1471		M-40	113	NIE	01:26:33	02:36:15	03:44:46.40	03:45:17.00	+01:58:00 (52.4%)	10:42	5.6 (47.9%)
114	KOPERSKI Jakub	1260	NIGHT RUNNERS	M-40	114	NIE	01:31:19	02:37:48	03:45:08.20	03:46:04.70	+01:58:48 (52.5%)	10:43	5.6 (47.9%)
115	TOMCZUK Bartosz	1268		M-40	115	NIE	01:27:55		03:48:42.75	03:48:42.75	+02:01:26 (53.1%)	10:53	5.5 (47.0%)
116	OGONOWSKI Michał	1359	AKADEMIA SPORTU MEDYK	M-40	116	NIE	01:34:32	02:45:31	03:48:31.10	03:49:36.70	+02:02:20 (53.3%)	10:52	5.5 (47.0%)
117	GÓRCZYŃSKI Rafał	1009		M-40	117	NIE	01:25:31	02:34:57	03:48:47.55	03:50:11.20	+02:02:54 (53.4%)	10:53	5.5 (47.0%)
118	KLIMEK Piotr	1421		M-40	118	NIE	01:24:28	02:34:48	03:50:21.10	03:51:24.15	+02:04:07 (53.6%)	10:58	5.5 (47.0%)
119	SAMOLAK Łukasz	1196	POMYŁKA TEAM	M-40	119	NIE	01:24:42	02:37:09	03:50:37.25	03:51:28.80	+02:04:12 (53.7%)	10:58	5.5 (47.0%)
120	SAMOLAK Maciek	1055	NSK RUNS	M-40	120	NIE	01:27:41	02:37:11	03:50:39.00	03:51:29.70	+02:04:13 (53.7%)	10:59	5.5 (47.0%)
121	NOWAK Łukasz	1382	WIECZORNE BIEGANIE W OPOLU	M-40	121	NIE	01:27:29	02:39:13	03:51:48.60	03:52:42.00	+02:05:25 (53.9%)	11:02	5.4 (46.2%)
122	POCIĘGIEL Michał	1001	SKAWINA BIEGA	M-40	122	NIE	01:19:55	02:33:31	03:52:16.95	03:53:26.00	+02:06:09 (54.0%)	11:03	5.4 (46.2%)
123	NOWACKI Łukasz	1058	POGODNI	M-40	123	NIE	01:30:15	02:38:47	03:53:56.25	03:55:26.80	+02:08:10 (54.4%)	11:08	5.4 (46.2%)
124	MOSZNY Szymon	1215		M-40	124	NIE	01:27:39	02:38:45	03:54:00.65	03:55:31.80	+02:08:15 (54.5%)	11:08	5.4 (46.2%)
125	SKWARNECKI Damian	1285	ŁODZIANKA TEAM	M-40	125	NIE	01:36:09	02:44:54	03:55:16.65	03:56:22.75	+02:09:06 (54.6%)	11:12	5.4 (46.2%)
126	SZEWczyk Adam	1235	ALPINPOL	M-40	126	NIE	01:22:53	02:40:10	03:57:36.05	03:57:36.05	+02:10:19 (54.8%)	11:18	5.3 (45.3%)
127	CZERWONKA Zbigniew Czerwotka	1057		M-40	127	NIE	01:25:17	02:37:23	03:56:27.15	03:57:49.20	+02:10:32 (54.9%)	11:15	5.3 (45.3%)
128	TOMASZEWSKI Krzysztof	1135	SPC	M-40	128	NIE	01:27:50	02:42:35	03:58:22.90	03:58:57.55	+02:11:40 (55.1%)	11:21	5.3 (45.3%)
129	HAMOT Artur	1366	ING BANK ŚLĄSKI	M-40	129		01:29:19	02:47:43	03:59:47.75	04:00:04.20	+02:12:47 (55.3%)	11:25	5.3 (45.3%)
130	MINIAK Marek	1234	I LOVE PRZYLESIE ALPINPOL	M-40	130	NIE	01:22:33	02:39:44	04:02:36.25	04:02:51.20	+02:15:34 (55.8%)	11:33	5.2 (44.4%)
131	KURZAWIAK Wojciech	1031	ZGÓRMYSYNY	M-40	131	TAK	01:26:02	02:46:48	04:02:33.05	04:03:04.20	+02:15:47 (55.9%)	11:33	5.2 (44.4%)
132	PASTERNAK Wojciech	1049	POGODNI	M-40	132	NIE	01:30:14	02:42:15	04:03:54.05	04:05:24.95	+02:18:08 (56.3%)	11:36	5.2 (44.4%)
133	HOFFMANN Grzegorz	1408	KOŚCIAN TEAM	M-40	133	NIE	01:30:56	02:47:53	04:05:14.20	04:06:41.55	+02:19:24 (56.5%)	11:40	5.1 (43.6%)
134	PIETRYGAŁA Robert	1334	-	M-40	134	NIE	01:37:20	02:59:20	04:17:03.85	04:17:56.90	+02:30:40 (58.4%)	12:14	4.9 (41.9%)
135	MALICKI Piotr	1158		M-40	135	NIE	01:43:48	03:02:36	04:19:07.25	04:20:26.55	+02:33:09 (58.8%)	12:20	4.9 (41.9%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
136	JANKOWSKI Marcin	1272	FUFUFU TEAM	M-40	136	NIE	01:38:09	03:01:06	04:20:09.55	04:21:03.55	+02:33:46 (58.9%)	12:23	4.8 (41.0%)
137	MAJERSKI Michał	1246		M-40	137	NIE	01:49:41	03:16:09	04:43:24.15	04:44:31.30	+02:57:14 (62.3%)	13:29	4.4 (37.6%)
	HOSS Jan	1348		M-40		NIE	01:02:30	DNF	DNF	DNF	DNF	-	- (0.0%)
	SOBALA Łukasz	1127	NIGHT RUNNERS	M-40		NIE	DNF	DNF	DNF	DNF		-	- (0.0%)
	SŁOWIŃSKI Damian	1113		M-40		NIE	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 140 results.