

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
1	CHYB Radosław	5435	RUN-PASSION.PL TEAM	Masters M - 40	1	01:02:06	02:12:10	03:15:04	04:14:09.05		5:38	10.6 (100%)
2	FIRLET Daniel	5469	HOSNET SKW IZERY BOGATYNIA	Masters M - 40	2	01:04:14	02:17:35	03:20:23	04:18:54.95	+00:04:45 (1.8%)	5:45	10.4 (98.1%)
3	GRONDYS Paweł	5429		Masters M - 40	3	01:06:56	02:21:40	03:27:18	04:33:10.35	+00:19:01 (7.0%)	6:04	9.9 (93.4%)
4	BANIAK Marcin	5366	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	4	01:05:37	02:23:08	03:31:53	04:40:07.30	+00:25:58 (9.3%)	6:13	9.6 (90.6%)
5	HYŻY Piotr	5006	BONNIE & CLYDE	Masters M - 40	5	01:13:15	02:35:03	03:40:37	04:43:08.95	+00:28:59 (10.2%)	6:17	9.5 (89.6%)
6	MATYSIAK Bartłomiej	5427	WILD ULTRA WARRIORS	Masters M - 40	6	01:08:54	02:28:58	03:40:32	04:44:11.60	+00:30:02 (10.6%)	6:18	9.5 (89.6%)
7	PROMIRSKI Norbert	5498		Masters M - 40	7	01:08:58	02:25:41	03:36:17	04:45:03.00	+00:30:53 (10.8%)	6:20	9.5 (89.6%)
8	HERCHEL Arkadiusz	5172		Masters M - 40	8	01:14:28	02:33:46	03:41:51	04:51:32.05	+00:37:23 (12.8%)	6:28	9.3 (87.7%)
9	RINK Jan	5138		Masters M - 40	9	01:15:07	02:38:27	03:52:33	05:00:32.60	+00:46:23 (15.4%)	6:40	9 (84.9%)
10	WIERBICKI Krystian	5287		Masters M - 40	10	01:20:12	02:50:10	04:01:53	05:03:04.25	+00:48:55 (16.1%)	6:44	8.9 (84.0%)
11	KĘPSKI Robert	5187		Masters M - 40	11	01:21:28	02:47:23	03:57:53	05:04:00.70	+00:49:51 (16.4%)	6:45	8.9 (84.0%)
12	LACH Sebastian	5372		Masters M - 40	12	01:19:51			05:05:04.40	+00:50:55 (16.7%)	6:46	8.9 (84.0%)
13	JANKOWSKI Sebastian	5477	WIELISZEW HERON TEAM	Masters M - 40	13	01:18:11	02:43:51	03:56:56	05:06:10.55	+00:52:01 (17.0%)	6:48	8.8 (83.0%)
14	SPYCHALSKI Adam	5313		Masters M - 40	14	01:10:14	02:37:18	03:50:30	05:06:28.30	+00:52:19 (17.1%)	6:48	8.8 (83.0%)
15	MATUŠKA Filip	5303	THERMO FISHER RUNNING TEAM	Masters M - 40	15	01:11:30	02:36:41	03:55:01	05:09:32.20	+00:55:23 (17.9%)	6:52	8.7 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
16	JĘDZURA Daniel	5349	BP RUNNING TEAM GLIWICE	Masters M - 40	16	01:17:10	02:42:54	03:58:49	05:09:42.40	+00:55:33 (17.9%)	6:52	8.7 (82.1%)
17	PAWŁOWSKI Tomasz	5203		Masters M - 40	17	01:16:31	02:37:57	03:50:08	05:11:02.05	+00:56:53 (18.3%)	6:54	8.7 (82.1%)
18	ŻURAWSKI Sławomir	5002	PGBSPORTOWAPACZKA	Masters M - 40	18	01:16:59	02:41:50	03:57:58	05:12:18.10	+00:58:09 (18.6%)	6:56	8.6 (81.1%)
19	HOŁOWACZ Andrzej	5345		Masters M - 40	19	01:16:38	02:48:06	04:03:02	05:16:13.80	+01:02:04 (19.6%)	7:01	8.5 (80.2%)
20	TOKARCZYK Marcin	5057	ATHLETICS NYSA	Masters M - 40	20	01:16:22	02:47:10	04:05:42	05:20:18.25	+01:06:09 (20.7%)	7:07	8.4 (79.2%)
21	ADAM Piotr	5416	WROCLAW MARATHON TEAM	Masters M - 40	21	01:19:07	02:49:24	04:08:47	05:22:12.45	+01:08:03 (21.1%)	7:09	8.4 (79.2%)
22	MOŁODECKI Paweł	5462		Masters M - 40	22	01:19:30	02:50:37	04:04:30	05:23:20.95	+01:09:11 (21.4%)	7:11	8.4 (79.2%)
23	WŁODARCZYK Jarosław	5431	ZORKA JELONKI RUNNING TEAM	Masters M - 40	23	01:12:30	02:41:12	04:01:49	05:23:36.85	+01:09:27 (21.5%)	7:11	8.3 (78.3%)
24	WUJDA Mirosław	5183	ERNI RULEZ	Masters M - 40	24	01:28:21	03:04:01	04:19:17	05:24:06.60	+01:09:57 (21.6%)	7:12	8.3 (78.3%)
25	SANCHIS Davy	5425	TOUT CHAILLES COURT	Masters M - 40	25	01:20:08	02:51:07	04:13:27	05:24:18.20	+01:10:09 (21.6%)	7:12	8.3 (78.3%)
26	BARANOWSKI Jacek	5496	JACEKBIEGA RUNNING TEAM	Masters M - 40	26	01:23:37	02:53:25	04:13:04	05:26:14.90	+01:12:05 (22.1%)	7:15	8.3 (78.3%)
27	CZAJKOWSKI Krzysztof	5159	KOŁO BIEGA	Masters M - 40	27	01:17:19	02:45:20	04:07:14	05:27:14.15	+01:13:05 (22.3%)	7:16	8.3 (78.3%)
28	BURZEC Tomasz	5438	HFB	Masters M - 40	28	01:17:55	02:51:32	04:11:10	05:31:19.80	+01:17:10 (23.3%)	7:21	8.1 (76.4%)
29	CHUDY Piotr	5224	KLIMA-ELEKTRO.PL	Masters M - 40	29	01:25:08	02:55:21	04:14:54	05:33:16.30	+01:19:07 (23.7%)	7:24	8.1 (76.4%)
30	LEWANDOWSKI Wojciech	5456		Masters M - 40	30	01:19:06	02:53:40	04:16:24	05:34:43.10	+01:20:34 (24.1%)	7:26	8.1 (76.4%)
31	LASOCKI Marcin	5103	12TRI.PL / TEAM ZABIEGANEDNI	Masters M - 40	31	01:16:44	02:47:02	04:11:20	05:35:46.65	+01:21:37 (24.3%)	7:27	8 (75.5%)
32	WASIAKOWSKI Norbert	5290	ORANGE POLSKA	Masters M - 40	32	01:21:41	02:48:38	04:08:11	05:37:35.60	+01:23:26 (24.7%)	7:30	8 (75.5%)
33	MAŚLAK Radomił	5413	STARE BABICE BIEGAJĄ	Masters M - 40	33	01:23:48	03:00:26	04:21:57	05:41:48.00	+01:27:38 (25.6%)	7:35	7.9 (74.5%)
34	CHOJECKI Paweł	5398	ZBUCKI RUCH	Masters M - 40	34	01:22:34	03:00:43	04:23:34	05:45:47.30	+01:31:38 (26.5%)	7:41	7.8 (73.6%)
35	BRUDEREK Tomasz	5333	PRIMUM CURRERE	Masters M - 40	35	01:25:18	03:04:29	04:27:31	05:47:15.00	+01:33:05 (26.8%)	7:43	7.8 (73.6%)
36	WANDEL Piotr	5105	PRO-RUN	Masters M - 40	36	01:26:31	03:03:00	04:27:01	05:49:18.20	+01:35:09 (27.2%)	7:45	7.7 (72.6%)
37	WOJCIECHOWSKI Dariusz	5468	KRAKOWIAK ULTRA TEAM	Masters M - 40	37	01:24:53	03:00:25	04:28:26	05:50:51.30	+01:36:42 (27.6%)	7:47	7.7 (72.6%)
38	KOWALCZYK Adam	5518		Masters M - 40	38	01:28:19	03:07:40	04:32:04	05:52:18.80	+01:38:09 (27.9%)	7:49	7.7 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
39	MICHAŁ Łubian	5371	CSIOZ	Masters M - 40	39	01:25:55	03:04:14	04:27:47	05:53:37.15	+01:39:28 (28.1%)	7:51	7.6 (71.7%)
40	WANSKI Michal	5347		Masters M - 40	40	01:28:34	03:02:51	04:28:21	05:54:29.95	+01:40:20 (28.3%)	7:52	7.6 (71.7%)
41	MŁYNARCZYK Krzysztof	5428		Masters M - 40	41	01:30:10	03:12:26	04:35:33	05:56:39.00	+01:42:29 (28.7%)	7:55	7.6 (71.7%)
42	CZERWIŃSKI Łukasz	5066	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	42	01:22:00	02:55:55	04:33:26	06:00:31.80	+01:46:22 (29.5%)	8:00	7.5 (70.8%)
43	HORDEY Yaroslav	5461	SPRINTERPRĄDY	Masters M - 40	43	01:17:30	02:45:34	04:45:13	06:01:00.50	+01:46:51 (29.6%)	8:01	7.5 (70.8%)
44	WOŹNIAK Paweł	5217	KLEP	Masters M - 40	44	01:20:09	03:01:17	04:29:52	06:01:42.65	+01:47:33 (29.7%)	8:02	7.5 (70.8%)
45	KIŃCZYK Tomasz	5488	TERMY JAKUBA	Masters M - 40	45	01:35:08	03:16:02	04:43:29	06:01:48.65	+01:47:39 (29.8%)	8:02	7.5 (70.8%)
46	KIEŁCZYŃSKI Rajmund	5023	OVER 40 TEAM	Masters M - 40	46	01:35:36	03:22:51	04:50:02	06:07:19.85	+01:53:10 (30.8%)	8:09	7.4 (69.8%)
47	ŚLIWKA Arkadiusz	5182	OLZA CIESZYN	Masters M - 40	47	01:27:22	03:10:40	04:41:48	06:09:57.30	+01:55:48 (31.3%)	8:13	7.3 (68.9%)
48	WIATER Tomasz	5042		Masters M - 40	48	01:19:53	02:52:25	04:35:12	06:12:08.65	+01:57:59 (31.7%)	8:16	7.3 (68.9%)
49	STELMACH Krzysztof	5206		Masters M - 40	49	01:32:20	03:13:57	04:45:17	06:15:41.85	+02:01:32 (32.4%)	8:20	7.2 (67.9%)
50	BODZIOCH Grzegorz	5011	GORLICKA GRUPA BIEGOWA	Masters M - 40	50	01:38:55	03:22:04	04:51:52	06:17:01.80	+02:02:52 (32.6%)	8:22	7.2 (67.9%)
51	SKURZYŃSKI Mariusz	5075		Masters M - 40	51	01:30:19	03:18:02	04:51:52	06:18:16.25	+02:04:07 (32.8%)	8:24	7.1 (67.0%)
52	DOBEK Tomasz	5297	BIEGAMPŁOCK TEAM	Masters M - 40	52	01:34:43	03:16:37	04:47:25	06:20:30.75	+02:06:21 (33.2%)	8:27	7.1 (67.0%)
53	ROSIECKI Marcin	5267		Masters M - 40	53	01:26:53	03:09:55	04:46:13	06:22:37.45	+02:08:28 (33.6%)	8:30	7.1 (67.0%)
54	ŁOAZA Krzysztof	5065	NIGHT RUNNERS PYSKOWICE	Masters M - 40	54	01:42:15	03:21:42	04:56:57	06:24:39.35	+02:10:30 (33.9%)	8:32	7 (66.0%)
55	GOŁUCKI Przemysław	5218		Masters M - 40	55	01:35:11	03:17:01	04:50:52	06:24:43.80	+02:10:34 (33.9%)	8:32	7 (66.0%)
56	KISIEL Krzysztof	5081	CYKLO KWIDZYN	Masters M - 40	56	01:36:22	03:22:37	04:59:11	06:25:25.15	+02:11:16 (34.1%)	8:33	7 (66.0%)
57	BATURO Artur	5226	MARCINOWICE TEAM	Masters M - 40	57	01:28:19	03:17:15	04:52:26	06:26:06.00	+02:11:56 (34.2%)	8:34	7 (66.0%)
58	JAWORSKI Łukasz	5249		Masters M - 40	58	01:37:49	03:20:34	04:57:19	06:26:29.60	+02:12:20 (34.2%)	8:35	7 (66.0%)
59	CHEĆIŃSKI Łukasz	5121		Masters M - 40	59	01:34:13	03:15:22	04:53:14	06:26:43.10	+02:12:34 (34.3%)	8:35	7 (66.0%)
60	KŁODA Dariusz	5018	DRUŻYNA SZPIKU	Masters M - 40	60	01:37:52	03:23:59	05:00:26	06:29:06.20	+02:14:57 (34.7%)	8:38	6.9 (65.1%)
61	ILKÓW Marcin	5307	NSK RUNS	Masters M - 40	61	01:27:12	03:10:44	04:51:38	06:30:47.05	+02:16:38 (35.0%)	8:41	6.9 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
62	KÓZKA Przem	5335	BIEGAM, BO NIE LUBIĘ	Masters M - 40	62	01:27:35	03:16:17	04:57:09	06:33:10.80	+02:19:01 (35.4%)	8:44	6.9 (65.1%)
63	KUŻEL Adrian	5147	LATAJACE GRZYFY	Masters M - 40	63	01:38:18	03:31:45	05:04:58	06:33:12.40	+02:19:03 (35.4%)	8:44	6.9 (65.1%)
64	CHYLIŃSKI Sławomir	5149	KASTA Z MAŁEGO MIASTA	Masters M - 40	64	01:38:20	03:31:54	05:05:08	06:33:20.30	+02:19:11 (35.4%)	8:44	6.9 (65.1%)
65	OLSZEWSKI Michał	5293		Masters M - 40	65	01:36:19	03:26:05	05:00:05	06:34:48.30	+02:20:39 (35.6%)	8:46	6.8 (64.2%)
66	ZAŁUSKI Piotr	5238	PECNA TEAM	Masters M - 40	66	01:39:13	03:27:03	05:11:16	06:35:30.35	+02:21:21 (35.7%)	8:47	6.8 (64.2%)
67	WIERZCHOŃ Michał	5033		Masters M - 40	67	01:32:58	03:22:55	05:03:15	06:35:37.15	+02:21:28 (35.8%)	8:47	6.8 (64.2%)
68	SZKÓDLIŃSKI Bartosz	5025	ODDYCHAJSWOBODNIE.PL	Masters M - 40	68	01:40:13	03:29:15	05:07:09	06:36:20.45	+02:22:11 (35.9%)	8:48	6.8 (64.2%)
69	SZYMANIK Pawel	5309	REEBOK RUN CREW	Masters M - 40	69	01:59:11	03:43:45	05:10:28	06:36:35.30	+02:22:26 (35.9%)	8:48	6.8 (64.2%)
70	SZYNDLAREWICZ Tomasz	5277	VOLVO POLSKA	Masters M - 40	70	01:32:18	03:25:03	05:04:35	06:36:59.60	+02:22:50 (36.0%)	8:49	6.8 (64.2%)
71	KARDAS Piotr	5155		Masters M - 40	71	01:37:24	03:23:37	05:05:46	06:40:24.40	+02:26:15 (36.5%)	8:53	6.7 (63.2%)
72	GRĘBOWICZ Andrzej	5476	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	72	01:36:07	03:28:57	05:10:38	06:40:43.85	+02:26:34 (36.6%)	8:54	6.7 (63.2%)
73	KOPYTEK Grzegorz	5048		Masters M - 40	73	01:40:28	03:31:29	05:09:08	06:42:04.20	+02:27:55 (36.8%)	8:56	6.7 (63.2%)
74	PTAK Jarek	5397		Masters M - 40	74	01:37:12	03:29:17	05:08:49	06:42:52.40	+02:28:43 (36.9%)	8:57	6.7 (63.2%)
75	PIJANKA Mariusz	5132		Masters M - 40	75	01:45:10	03:38:45	05:16:22	06:45:01.70	+02:30:52 (37.3%)	9:00	6.7 (63.2%)
76	GRZYB Krzysztof	5360		Masters M - 40	76	01:44:55	03:35:24	05:14:16	06:45:41.05	+02:31:32 (37.4%)	9:00	6.7 (63.2%)
77	KAROLCZAK Tomasz	5270	KILIŃSKIEGO TEAM	Masters M - 40	77	01:36:34	03:30:20	05:12:49	06:46:53.95	+02:32:44 (37.5%)	9:02	6.6 (62.3%)
78	FRAŃSKI Łukasz	5019	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	78	01:46:37	03:43:44	05:20:28	06:47:02.10	+02:32:53 (37.6%)	9:02	6.6 (62.3%)
79	BADOWSKI Sebastian	5145	SEBASTIAN BADOWSKI	Masters M - 40	79	01:39:57	03:36:00	05:14:21	06:48:05.85	+02:33:56 (37.7%)	9:04	6.6 (62.3%)
80	KUCZYŃSKI Szymon	5409		Masters M - 40	80	01:40:08	03:36:10	05:14:33	06:48:07.40	+02:33:58 (37.7%)	9:04	6.6 (62.3%)
81	KOPIEC Arkadiusz	5306		Masters M - 40	81	01:36:51	03:36:37	05:16:20	06:49:46.80	+02:35:37 (38.0%)	9:06	6.6 (62.3%)
82	SKRZYPIŃSKI Arkadiusz	5294	PSI PATROL	Masters M - 40	82	01:39:31	03:40:25	05:20:15	06:50:37.15	+02:36:28 (38.1%)	9:07	6.6 (62.3%)
83	HAPUNOWICZ Tomasz	5400	ZBUCKI RUCH	Masters M - 40	83	01:23:08	03:03:32	05:03:18	06:50:44.95	+02:36:35 (38.1%)	9:07	6.6 (62.3%)
84	KARBOWSKI Jarosław	5108		Masters M - 40	84	01:30:56	03:26:33	05:10:30	06:51:43.25	+02:37:34 (38.3%)	9:08	6.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km				
85	KURZACZ Orfeusz	5199	4 RUN TEAM PIŁA	Masters M - 40	85	01:38:12	03:33:43	05:16:17	06:52:59.95	+02:38:50 (38.5%)	9:10	6.5 (61.3%)	
86	BRUSS Krzysztof	5233	DRUŻYNA SZPIKU	Masters M - 40	86	01:39:54	03:36:08	05:19:59	06:53:42.55	+02:39:33 (38.6%)	9:11	6.5 (61.3%)	
87	NOZDRYN-PŁOTNICKI Bolesław	5330		Masters M - 40	87	01:42:05	03:43:32	05:22:36	06:54:15.25	+02:40:06 (38.6%)	9:12	6.5 (61.3%)	
88	ROLIŃSKI Radosław	5258		Masters M - 40	88	01:39:13	03:38:36	05:21:22	06:58:24.00	+02:44:14 (39.3%)	9:17	6.5 (61.3%)	
89	ZYGNER Sławomir	5069	R-TEAM RYDZYNA	Masters M - 40	89	01:34:25	03:28:49	05:17:04	06:58:52.40	+02:44:43 (39.3%)	9:18	6.4 (60.4%)	
90	GRESER Artur	5143	ORGANIC RACE TEAM	Masters M - 40	90	01:37:41	03:30:18	05:16:55	07:00:57.25	+02:46:48 (39.6%)	9:21	6.4 (60.4%)	
91	WIŚNIEWSKI Grzegorz	5434		Masters M - 40	91	01:29:15	03:17:54	05:00:58	07:01:26.40	+02:47:17 (39.7%)	9:21	6.4 (60.4%)	
92	WRZEŚNIAK Adam	5464	DZIKI Z PSIEGO POLA	Masters M - 40	92	01:33:31	03:30:38	05:16:56	07:01:34.25	+02:47:25 (39.7%)	9:22	6.4 (60.4%)	
93	SITAREK Grzegorz	5527		Masters M - 40	93	01:34:56	03:40:57	05:20:54	07:09:53.35	+02:55:44 (40.9%)	9:33	6.3 (59.4%)	
94	SZEWCZYK Mariusz	5228		Masters M - 40	94	01:57:12	04:00:42	05:37:06	07:11:14.45	+02:57:05 (41.1%)	9:35	6.3 (59.4%)	
95	WIJAS Mariusz	5251		Masters M - 40	95	01:49:37	03:49:13	05:37:06	07:11:52.25	+02:57:43 (41.2%)	9:35	6.3 (59.4%)	
96	HALESZCZUK Tomasz	5442	PRO-RUN WROCŁAW	Masters M - 40	96	01:41:12	03:40:07	05:27:45	07:12:32.20	+02:58:23 (41.2%)	9:36	6.2 (58.5%)	
97	DUKAŁA Arkadiusz	5418	NATIONALE-NEDERLANDEN TEAM	Masters M - 40	97	01:47:11	03:47:41	05:33:30	07:12:32.90	+02:58:23 (41.2%)	9:36	6.2 (58.5%)	
98	URBANIK Radek	5475		Masters M - 40	98	01:36:08	03:41:32	05:36:56	07:12:45.95	+02:58:36 (41.3%)	9:37	6.2 (58.5%)	
99	NIŻEWSKI Paweł	5465	KRAKOWIAK ULTRA TEAM	Masters M - 40	99	01:35:04	03:45:33	05:31:15	07:12:59.55	+02:58:50 (41.3%)	9:37	6.2 (58.5%)	
100	STRZYŻEWSKI Paweł	5193		Masters M - 40	100	01:45:17	03:48:21	05:33:30	07:14:54.25	+03:00:45 (41.6%)	9:39	6.2 (58.5%)	
101	BOROWICZ Marcin	5392	QUAY POZNAŃ	Masters M - 40	101	01:47:24	03:50:52	05:40:34	07:15:25.30	+03:01:16 (41.6%)	9:40	6.2 (58.5%)	
102	PLEWA Piotr	5257	4 RUN TEAM PIŁA	Masters M - 40	102	01:44:04	03:42:11	05:32:18	07:16:03.35	+03:01:54 (41.7%)	9:41	6.2 (58.5%)	
103	MORAWA Mateusz	5484	LACHO TEAM	Masters M - 40	103	01:54:11	04:07:10	05:49:16	07:16:21.45	+03:02:12 (41.8%)	9:41	6.2 (58.5%)	
104	TOKARCZYK Tomasz	5115	DRUŻYNA SZPIKU	Masters M - 40	104	01:42:48	03:41:04	05:31:06	07:17:26.40	+03:03:17 (41.9%)	9:43	6.2 (58.5%)	
105	HENECZKOWSKI Łukasz	5213	BORN TO RUN	Masters M - 40	105	01:37:21	03:41:52	05:35:52	07:18:28.30	+03:04:19 (42.0%)	9:44	6.2 (58.5%)	
106	MARMUROWICZ Krystian	5055	KOLOROWA DRUŻYNA NESSI	Masters M - 40	106	01:35:57	03:39:10	05:33:16	07:18:31.00	+03:04:21 (42.0%)	9:44	6.2 (58.5%)	
107	ILKIEWICZ Michał	5352	AMCIU	Masters M - 40	107	01:48:22	03:58:49	05:45:22	07:19:46.10	+03:05:37 (42.2%)	9:46	6.1 (57.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
108	LEWANDOWSKI Mariusz	5265	KKM MXTECH CYKLOTEAM	Masters M - 40	108	01:50:27	04:01:21	05:43:20	07:20:54.35	+03:06:45 (42.4%)	9:47	6.1 (57.5%)
109	KRUSZEWSKI Jacek	5117	MARKOWI BIEGACZE	Masters M - 40	109	01:45:10	03:47:20	05:37:44	07:21:19.45	+03:07:10 (42.4%)	9:48	6.1 (57.5%)
110	SIKORSKI Grzegorz	5197		Masters M - 40	110	01:41:44	03:41:20	05:34:53	07:22:04.60	+03:07:55 (42.5%)	9:49	6.1 (57.5%)
111	KUCHARSKI Jakub	5201	JKU1979	Masters M - 40	111	01:56:38	03:56:33	05:42:42	07:23:15.05	+03:09:06 (42.7%)	9:51	6.1 (57.5%)
112	ZIELINSKI Grzegorz	5308		Masters M - 40	112	01:57:03	03:59:57	05:52:27	07:25:37.10	+03:11:28 (43.0%)	9:54	6.1 (57.5%)
113	NOWAK Kornel	5078		Masters M - 40	113	01:37:59	04:04:38	05:46:52	07:26:03.85	+03:11:54 (43.0%)	9:54	6.1 (57.5%)
114	WIENER Marcin	5387	JESUS SAVES	Masters M - 40	114	01:43:20	03:55:46	05:50:47	07:26:08.75	+03:11:59 (43.0%)	9:54	6.1 (57.5%)
115	MAGDA Piotr	5026	NIGHT RUNNERS PYSKOWICE	Masters M - 40	115	01:45:38	03:48:02	05:44:08	07:28:36.45	+03:14:27 (43.3%)	9:58	6 (56.6%)
116	ŁATKOWSKI Łukasz	5331	GRUPA BIEGOWA CHTMO	Masters M - 40	116	01:51:42	03:57:17	05:52:27	07:30:07.70	+03:15:58 (43.5%)	10:00	6 (56.6%)
117	PIĄTEK Waldemar	5311		Masters M - 40	117	01:44:12	03:52:27	05:43:55	07:30:12.45	+03:16:03 (43.5%)	10:00	6 (56.6%)
118	SIWIASZCZYK Tomasz	5091		Masters M - 40	118	01:46:41	03:55:46	05:50:05	07:31:18.65	+03:17:09 (43.7%)	10:01	6 (56.6%)
119	SURDACKI Jerzy	5021	DRUŻYNA SZPIKU	Masters M - 40	119	01:40:10	03:45:03	05:39:13	07:33:49.30	+03:19:40 (44.0%)	10:05	5.9 (55.7%)
120	KURKUS Aleksander	5486	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	120	01:45:07	03:50:37	05:44:56	07:34:28.70	+03:20:19 (44.1%)	10:05	5.9 (55.7%)
121	BANAŚ Marcin	5368	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	121	01:48:54	03:59:47	05:58:49	07:35:26.05	+03:21:17 (44.2%)	10:07	5.9 (55.7%)
122	IWACHÓW Sławomir	5080	KKM / MXTECH KWIDZYN	Masters M - 40	122	01:50:19	04:01:04	05:49:19	07:39:15.10	+03:25:06 (44.7%)	10:12	5.9 (55.7%)
123	KONDRAKIEWICZ Rafał	5312		Masters M - 40	123	01:52:38	04:00:48	05:53:36	07:39:32.20	+03:25:23 (44.7%)	10:12	5.9 (55.7%)
124	GIENTKOWSKI Sławomir	5317		Masters M - 40	124	01:40:07	03:52:25	05:49:28	07:39:54.80	+03:25:45 (44.7%)	10:13	5.9 (55.7%)
125	JĘDRZAK Przemysław	5272	WYBIEGANI TEAM	Masters M - 40	125	01:43:45	03:46:11	05:43:22	07:41:00.40	+03:26:51 (44.9%)	10:14	5.9 (55.7%)
126	WÓDKIEWICZ Maciej	5070	WLKP MOUNTAINS ULTRA RUNNERS TEAM	Masters M - 40	126	01:50:40	03:59:40	05:58:50	07:43:35.60	+03:29:26 (45.2%)	10:18	5.8 (54.7%)
127	ROSZYK Tomasz	5038	TKKF MPK POZNAŃ	Masters M - 40	127	01:49:13	04:02:03	06:07:01	07:44:42.70	+03:30:33 (45.3%)	10:19	5.8 (54.7%)
128	KNOBLOCH Tomasz	5364	THE PINDOLS	Masters M - 40	128	01:46:13	03:49:23	05:40:45	07:46:59.50	+03:32:50 (45.6%)	10:22	5.8 (54.7%)
129	PYTLARCZYK Piotr	5204	KLUB BIEGACZA WARTA	Masters M - 40	129	01:55:32	04:09:14	06:05:14	07:55:14.50	+03:41:05 (46.5%)	10:33	5.7 (53.8%)
130	BĘBAS Paweł	5286		Masters M - 40	130	01:56:01	04:12:19	06:14:04	08:06:55.40	+03:52:46 (47.8%)	10:49	5.5 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
131	ŁACHAN Patryk	5100	WKURW_TEAM	Masters M - 40	131	01:56:01	04:22:02	06:26:10	08:13:13.20	+03:59:04 (48.5%)	10:57	5.5 (51.9%)
132	CHUDZIK Radosław	5453		Masters M - 40	132	01:33:52	04:20:37	06:10:19	08:13:23.20	+03:59:14 (48.5%)	10:57	5.5 (51.9%)
133	POPŁAWSKI Krzysiek	5022	DEPARTAMENT BIEGÓW GÓRSKICH	Masters M - 40	133	01:59:42	04:29:32	06:33:50	08:17:47.50	+04:03:38 (48.9%)	11:03	5.4 (50.9%)
134	GRZESIAK Rafał	5142	EMERYT	Masters M - 40	134	01:37:09	04:23:57	06:16:21	08:20:06.35	+04:05:57 (49.2%)	11:06	5.4 (50.9%)
135	BĄCZYK Adam	5421	MONIAGYM	Masters M - 40	135	02:00:02	04:18:36	06:24:59	08:25:46.15	+04:11:37 (49.7%)	11:14	5.3 (50.0%)
136	RYCHŁOWSKI Ryszard	5054		Masters M - 40	136	01:54:34	04:23:45	06:32:06	08:26:30.65	+04:12:21 (49.8%)	11:15	5.3 (50.0%)
137	SOKOŁOWSKI Artur	5324	TEAM ZABIEGANEDNI	Masters M - 40	137	01:52:35	04:21:30	06:34:06	08:35:27.20	+04:21:18 (50.7%)	11:27	5.2 (49.1%)
138	SIWEK Jarek	5144		Masters M - 40	138	02:16:44	04:51:52	06:55:41	08:44:48.30	+04:30:39 (51.6%)	11:39	5.1 (48.1%)
139	JASIŃSKI Paweł	5341	ZMASAKROWANI	Masters M - 40	139	02:01:44	04:23:35	06:34:11	08:46:12.75	+04:32:03 (51.7%)	11:41	5.1 (48.1%)
DQ	MORAWSKI Filip	5264	MARCINSWIERCTEAM	Masters M - 40		01:16:50 DQ	DQ	DQ	02:11:21.50 DQ		0:00	20.6 (194.3%)
	MAJEWSKI Artur	5177	DIRETA GNIEZNO	Masters M - 40		01:23:26 DNF	DNF	03:29:58 DNF	DNF		-	- (0.0%)
	KIEDOWSKI Artur	5424		Masters M - 40		01:28:24 DNF	DNF	03:28:08 DNF	DNF		-	- (0.0%)
	SITEK Arkadiusz	5452	AKTYWNI WĘGRÓW	Masters M - 40		01:31:08 DNF	03:19:24 DNF	DNF	DNF		-	- (0.0%)
	SMUSZ Grzegorz	5314		Masters M - 40		01:39:26 DNF	03:59:07 DNF	DNF	DNF		-	- (0.0%)
	LUZAR Rafal	5353		Masters M - 40		01:17:04 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 145 wynik(ów)