

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
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	FLISIŃSKI Łukasz	5679	ALPIN SPORT HOKA ONE ONE TEAM	Masters M - 40	1	00:58:36	02:08:09	03:08:27	04:01:11.00		5:21	11.2 (100%)
2	PITUCH Grzegorz	5682	KS WYSOKA	Masters M - 40	2	00:58:46	02:08:39	03:08:41	04:05:02.15	+00:03:51 (1.6%)	5:26	11 (98.2%)
3	RYŁKO Krzysztof	5410	KS KANDAHAR/ZADYSZKA OŚWIĘCIM	Masters M - 40	3	01:09:24	02:24:38	03:30:02	04:35:00.05	+00:33:49 (12.3%)	6:06	9.8 (87.5%)
4	JANKOWSKI Grzegorz	5348		Masters M - 40	4	01:04:55	02:20:55	03:27:11	04:35:02.00	+00:33:51 (12.3%)	6:06	9.8 (87.5%)
5	BANIAK Marcin	5513	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	5	01:02:39	02:20:28	03:35:28	04:41:21.15	+00:40:10 (14.3%)	6:15	9.6 (85.7%)
6	KACZMAREK Tomasz	5255	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	6	01:07:40	02:27:38	03:40:34	04:44:10.10	+00:42:59 (15.1%)	6:18	9.5 (84.8%)
7	ŻURAWSKI Sławomir	5078	PGBSPORTOWAPACZKA	Masters M - 40	7	01:09:08	02:29:44	03:39:54	04:44:14.80	+00:43:03 (15.1%)	6:18	9.5 (84.8%)
8	WAŚKO Paweł	5341	CENTRUM MASAŻU	Masters M - 40	8	01:06:21	02:28:20	03:43:23	04:53:58.05	+00:52:47 (18.0%)	6:31	9.2 (82.1%)
9	HOŁOWACZ Andrzej	5757		Masters M - 40	9	01:12:13	02:32:40	03:47:42	04:58:34.45	+00:57:23 (19.2%)	6:38	9 (80.4%)
10	ADAM Piotr	5575	WROCLAW MARATHON TEAM	Masters M - 40	10	01:10:27	02:34:12	04:06:22	05:10:35.85	+01:09:24 (22.3%)	6:54	8.7 (77.7%)
11	ŁOPATYŃSKI Irek	5148	REMA SPORT TEAM	Masters M - 40	11	01:11:58	02:36:45	04:01:02	05:12:41.00	+01:11:30 (22.9%)	6:56	8.6 (76.8%)
12	SZYMURA Wojciech	5233		Masters M - 40	12	01:10:00	02:37:49	03:57:48	05:13:46.60	+01:12:35 (23.1%)	6:58	8.6 (76.8%)
13	KARPOWICZ Rafal	5214		Masters M - 40	13	01:08:45	02:34:02	03:56:57	05:14:08.10	+01:12:57 (23.2%)	6:58	8.6 (76.8%)
14	FLĄDRO Daniel	5417		Masters M - 40	14	01:06:51	02:29:32	03:55:39	05:16:00.80	+01:14:49 (23.7%)	7:01	8.5 (75.9%)
15	MACHALSKI Sebastian	5016	KCK	Masters M - 40	15	01:11:33	02:36:41	03:58:03	05:18:00.90	+01:16:49 (24.2%)	7:04	8.5 (75.9%)

Czas netto 45km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Różn	Tempo min/km	Tempo km/h
16	MIKOŁAJCZYK Krzysztof	5508		Masters M - 40	16	01:14:08	02:44:39	04:05:33	+01:18:47 (24.6%)	7:06	8.4 (75.0%)
17	MALEC Artur	5509		Masters M - 40	17	01:14:13	02:45:30	04:05:24	+01:18:47 (24.6%)	7:06	8.4 (75.0%)
18	WUJDA Mirosław	5292	ERNI RULEZ	Masters M - 40	18	01:27:05	02:57:08	04:17:59	+01:21:15 (25.2%)	7:09	8.4 (75.0%)
19	FISZER Sebastian	5200		Masters M - 40	19	01:24:47	02:48:17	04:06:44	+01:21:32 (25.3%)	7:10	8.4 (75.0%)
20	BIAŁY Adam	5254		Masters M - 40	20	01:16:16	02:47:06	04:06:48	+01:22:56 (25.6%)	7:12	8.3 (74.1%)
21	MAJEWSKI Piotr	5235	FIZJOBIEGACZE SZCZECIN	Masters M - 40	21	01:08:06	02:35:13	04:02:41	+01:25:55 (26.3%)	7:16	8.3 (74.1%)
22	RATYŃSKI Marek	5552	OTWOCKI TUPTACZ	Masters M - 40	22	01:12:21	02:40:22	04:09:05	+01:28:03 (26.7%)	7:18	8.2 (73.2%)
23	WIZA Tomasz	5060	TKKF MPK POZNAŃ	Masters M - 40	23	01:25:47	02:59:23	04:20:25	+01:34:30 (28.2%)	7:27	8 (71.4%)
24	GRACZ Krzysztof	5714		Masters M - 40	24	01:21:36	02:53:07	04:18:53	+01:36:14 (28.5%)	7:29	8 (71.4%)
25	SKRABURSKI Piotr	5665	AKADEMIA KARATE TRADYCYJNEGO W SOPOCIE	Masters M - 40	25	01:24:07	02:56:55	04:16:31	+01:36:28 (28.6%)	7:30	8 (71.4%)
26	GRZEGORZEK Marcin	5160		Masters M - 40	26	01:18:45	02:52:15	04:18:16	+01:36:52 (28.7%)	7:30	8 (71.4%)
27	BURDA Maciej	5583	MARATOŃCZYK POZNAŃ	Masters M - 40	27	01:15:33	02:45:43	04:15:00	+01:37:16 (28.7%)	7:31	8 (71.4%)
28	BUJALSKI Szymon	5328		Masters M - 40	28	01:22:47	02:56:29	04:19:56	+01:37:56 (28.9%)	7:32	8 (71.4%)
29	PODGÓRSKI Tomasz	5537		Masters M - 40	29	01:19:25	02:50:10	04:17:04	+01:40:34 (29.4%)	7:35	7.9 (70.5%)
30	GOLAŃSKI Maciej	5430	POZRUNIACY	Masters M - 40	30	01:26:30	03:04:38	04:29:25	+01:40:44 (29.5%)	7:35	7.9 (70.5%)
31	KORCZYŃSKI Łukasz	5320	BIEGOWA POGORZAŁA	Masters M - 40	31	01:25:11	02:58:14	04:23:49	+01:40:50 (29.5%)	7:36	7.9 (70.5%)
32	TARGOSZ Piotr	5376	SPRINTEX TEAM	Masters M - 40	32	01:11:49	02:44:02	04:13:48	+01:40:57 (29.5%)	7:36	7.9 (70.5%)
33	ZIELIŃSKI Przemysław	5443	BEZ KLUBU	Masters M - 40	33	01:26:05	03:04:24	04:29:30	+01:43:43 (30.1%)	7:39	7.8 (69.6%)
34	DYSARZ Przemysław	5334		Masters M - 40	34	01:25:45	02:58:17	04:26:14	+01:48:52 (31.1%)	7:46	7.7 (68.8%)
35	GAŁĘZYKA Rafał	5576	EUROVENT ATHLETICS	Masters M - 40	35	01:19:36	02:58:18	04:31:12	+01:49:49 (31.3%)	7:48	7.7 (68.8%)
36	JABŁOŃSKI Jakub	5520	PRO366	Masters M - 40	36	01:23:48	02:59:03	04:28:52	+01:49:50 (31.3%)	7:48	7.7 (68.8%)
37	BRUDEREK Tomasz	5514	PRIMUM CURRERE	Masters M - 40	37	01:22:42	03:01:13	04:31:18	+01:52:25 (31.8%)	7:51	7.6 (67.9%)
38	MIRSKI Maciej	5662		Masters M - 40	38	01:20:35	02:58:24	04:31:59	+01:52:28 (31.8%)	7:51	7.6 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
39	ŚPIEWAK Radosław	5198	BOHAR PALETY RUN & TRAVEL ZIELONA GÓRA	Masters M - 40	39	01:28:58	03:06:05	04:33:36	05:56:56.90	+01:55:45 (32.4%)	7:55	7.6 (67.9%)
40	MATYJANKA Piotr	5378		Masters M - 40	40	01:29:02	03:09:09	04:36:52	05:58:02.85	+01:56:51 (32.6%)	7:57	7.5 (67.0%)
41	GALA Grzegorz	5681	STC RUNNERS	Masters M - 40	41	01:28:30	03:07:44	04:52:04	05:58:47.80	+01:57:36 (32.8%)	7:58	7.5 (67.0%)
42	PILECKI Łukasz	5095	CAŁA OLEŚNICA BIEGA	Masters M - 40	42	01:26:53	03:05:07	04:40:50	05:59:07.95	+01:57:56 (32.8%)	7:58	7.5 (67.0%)
43	BETLEJ Mikołaj	5691	NOA	Masters M - 40	43	01:24:52	03:08:22	04:43:01	06:00:08.00	+01:58:57 (33.0%)	8:00	7.5 (67.0%)
44	OLEJNICZAK Piotr	5054		Masters M - 40	44	01:26:03	03:02:50	04:39:26	06:03:30.55	+02:02:19 (33.7%)	8:04	7.4 (66.1%)
45	HRYCAJ Marcin	5229	KB ODRA OPOLE	Masters M - 40	45	01:22:14	03:03:48	04:40:37	06:03:57.85	+02:02:46 (33.7%)	8:05	7.4 (66.1%)
46	ŁUKACKI Daniel	5157		Masters M - 40	46	01:27:30	03:08:39	04:42:28	06:06:40.70	+02:05:29 (34.2%)	8:08	7.4 (66.1%)
47	LEWANDOWSKI Grzegorz	5144	GOLENIÓW	Masters M - 40	47	01:25:48	03:05:15	04:41:35	06:09:01.05	+02:07:50 (34.6%)	8:12	7.3 (65.2%)
48	ZGARDA Jacek	5486	FUNTRI	Masters M - 40	48	01:29:51	03:15:44	04:48:10	06:09:52.15	+02:08:41 (34.8%)	8:13	7.3 (65.2%)
49	BUSS Jakub	5140	KUDOWIANKA RUN	Masters M - 40	49	01:30:55	03:11:42	04:46:02	06:13:20.80	+02:12:09 (35.4%)	8:17	7.2 (64.3%)
50	WYSOCZAŃSKI Adrian	5026	PIETRZYKOWICE	Masters M - 40	50	01:16:59	02:59:19	04:40:47	06:13:52.85	+02:12:41 (35.5%)	8:18	7.2 (64.3%)
51	BARWICKI Marcin	5379		Masters M - 40	51	01:29:09	03:14:37	04:48:39	06:14:34.55	+02:13:23 (35.6%)	8:19	7.2 (64.3%)
52	MALINOWSKI Marek	5325		Masters M - 40	52	01:30:41	03:12:21	04:48:08	06:15:43.00	+02:14:32 (35.8%)	8:20	7.2 (64.3%)
53	GABRYEL Piotr	5588		Masters M - 40	53	01:28:46	03:15:08	04:48:56	06:16:22.00	+02:15:11 (35.9%)	8:21	7.2 (64.3%)
54	JASIURKOWSKI Daniel	5166	IGEKA	Masters M - 40	54	01:29:42	03:14:00	04:51:15	06:17:07.00	+02:15:56 (36.0%)	8:22	7.2 (64.3%)
55	RÓG Krzysztof	5664	KB ZDYSZAAANI CHOCIANÓW	Masters M - 40	55	01:22:55	03:02:12	04:42:52	06:17:21.80	+02:16:10 (36.1%)	8:23	7.2 (64.3%)
56	MRÓZ Marcin	5718	STR POZNAŃ / DZIKIE BOBRY	Masters M - 40	56	01:27:19	03:08:11	04:50:12	06:17:21.95	+02:16:10 (36.1%)	8:23	7.2 (64.3%)
57	SZYSZŁO Tomasz	5042	POZYTYWNIIE ZABIEGANI SANOK	Masters M - 40	57	01:27:16	03:12:19	04:47:52	06:17:50.55	+02:16:39 (36.2%)	8:23	7.1 (63.4%)
58	MAJEWSKI Artur	5531		Masters M - 40	58	01:27:16	03:12:13	04:47:45	06:18:12.60	+02:17:01 (36.2%)	8:24	7.1 (63.4%)
59	ROSIECKI Marcin	5045		Masters M - 40	59	01:24:32	03:03:50	04:44:00	06:18:40.80	+02:17:29 (36.3%)	8:24	7.1 (63.4%)
60	SAMBORSKI Bartosz	5037	FIZJO-MED BARTOSZ SAMBORSKI	Masters M - 40	60	01:35:20	03:22:07	04:56:01	06:20:18.80	+02:19:07 (36.6%)	8:27	7.1 (63.4%)
61	KAPĄŁKA Adrian	5627	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	61	01:29:42	03:13:44	04:50:40	06:23:18.05	+02:22:07 (37.1%)	8:31	7 (62.5%)

Czas netto 45km												
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62	PODLEŚNY Tomasz	5595	DELOITTE ADVENTURE TEAM	Masters M - 40	62	01:27:46	03:12:58	04:52:58	+02:22:13 (37.1%)	8:31	7 (62.5%)	
63	JAMRÓZ Wojciech	5600	KW GLIWICE	Masters M - 40	63	01:25:06	03:04:50	04:47:01	+02:24:20 (37.4%)	8:34	7 (62.5%)	
64	MILCZAREK Dominik	5683		Masters M - 40	64	01:28:34	03:10:47	04:52:58	+02:25:33 (37.6%)	8:35	7 (62.5%)	
65	WAWRZY尼亚K Mariusz	5419		Masters M - 40	65	01:22:56	03:06:15	04:59:29	+02:26:27 (37.8%)	8:36	7 (62.5%)	
66	KITOWSKI Bartosz	5558	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	Masters M - 40	66	01:31:19	03:20:21	04:58:46	+02:28:25 (38.1%)	8:39	6.9 (61.6%)	
67	KOTRA Jacek	5678	LAKOWA 1	Masters M - 40	67	01:26:17	03:13:30	04:56:24	+02:28:49 (38.2%)	8:40	6.9 (61.6%)	
68	NOWIK Łukasz	5767		Masters M - 40	68	01:33:38	03:25:53	05:03:41	+02:29:11 (38.2%)	8:40	6.9 (61.6%)	
69	RYCHTYK Dawid	5673	140MINUT.PL	Masters M - 40	69	01:23:11	03:13:31	05:06:26	+02:30:42 (38.5%)	8:42	6.9 (61.6%)	
70	BEDNARCZYK Paweł	5024	PZU SPORT TEAM	Masters M - 40	70	01:28:44	03:15:43	04:59:42	+02:30:47 (38.5%)	8:42	6.9 (61.6%)	
71	HENECZKOWSKI Łukasz	5413	BORN TO RUN	Masters M - 40	71	01:26:04	03:11:15	04:56:38	+02:32:38 (38.8%)	8:45	6.9 (61.6%)	
72	CHRZĄSZCZ Damian	5092	VEGE RUNNERS	Masters M - 40	72	01:28:42	03:16:35	05:01:47	+02:32:52 (38.8%)	8:45	6.9 (61.6%)	
73	ŻOŁY尼亚K Szymon	5698		Masters M - 40	73	01:28:15	03:12:38	04:57:25	+02:33:38 (38.9%)	8:46	6.8 (60.7%)	
74	BROMIRSKI Maciej	5716	NYSA UNIWERSYTET	Masters M - 40	74	01:15:31	03:02:36	04:57:41	+02:33:59 (39.0%)	8:46	6.8 (60.7%)	
75	JAROSŁAWSKI Marcin	5735	KB-HARCOWNIK	Masters M - 40	75	01:35:20	03:09:13	04:53:04	+02:34:17 (39.0%)	8:47	6.8 (60.7%)	
76	ZAŁUSKI Piotr	5297	PECNA TEAM	Masters M - 40	76	01:29:15	03:15:51	05:05:30	+02:37:16 (39.5%)	8:51	6.8 (60.7%)	
77	WOJTCZAK Krzysztof	5474	WKB PIAST WROCŁAW	Masters M - 40	77	01:28:20	03:21:12	05:09:22	+02:37:21 (39.5%)	8:51	6.8 (60.7%)	
78	BATURO Artur	5571	MARCINOWICE TEAM	Masters M - 40	78	01:26:22	03:14:47	05:17:32	+02:37:43 (39.5%)	8:51	6.8 (60.7%)	
79	ANTKOWICZ Marcin	5594		Masters M - 40	79	01:29:51	03:16:27	05:04:46	+02:38:09 (39.6%)	8:52	6.8 (60.7%)	
80	JELEŃ Marek	5330	PARKRUN CHRZANÓW	Masters M - 40	80	01:26:53	03:10:29	04:55:49	+02:38:19 (39.6%)	8:52	6.8 (60.7%)	
81	KACZOR Marcin	5635	ADJ	Masters M - 40	81	01:34:48	03:26:30	05:10:32	+02:40:38 (40.0%)	8:55	6.7 (59.8%)	
82	LISOWSKI Grzegorz	5582		Masters M - 40	82	01:30:46	03:20:39	05:05:44	+02:40:47 (40.0%)	8:55	6.7 (59.8%)	
83	KOWALIŃSKI Marek	5639	SPARTA ULTRA TEAM	Masters M - 40	83	01:30:11	03:19:45	05:03:30	+02:41:00 (40.0%)	8:56	6.7 (59.8%)	
84	PODJUK Juliusz	5738	FRIENDS GOSTYŃ	Masters M - 40	84	01:29:29	03:23:07	05:14:29	+02:41:08 (40.1%)	8:56	6.7 (59.8%)	

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85	MALEŃSKI Andrzej	5759		Masters M - 40	85	01:24:01	03:15:05	05:03:17	06:43:31.35	+02:42:20 (40.2%)	8:58	6.7 (59.8%)
86	MUSIAŁ Witold	5483	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	86	01:31:45	03:24:12	05:10:08	06:44:33.35	+02:43:22 (40.4%)	8:59	6.7 (59.8%)
87	IWASZKOWSKI Andrzej	5022		Masters M - 40	87	01:24:53	03:12:36	05:05:15	06:44:47.35	+02:43:36 (40.4%)	8:59	6.7 (59.8%)
88	TELEON Piotr	5569	PROSPER CAPITAL TEAM	Masters M - 40	88	01:24:03	03:15:04	05:14:00	06:45:03.60	+02:43:52 (40.5%)	9:00	6.7 (59.8%)
89	SZARADOWSKI Piotr	5118	BIEGOWA ŚWIDNICA	Masters M - 40	89	01:28:15	03:17:00	05:00:13	06:45:45.20	+02:44:34 (40.6%)	9:01	6.7 (59.8%)
90	BARCZAK Tomasz	5458	RUN TEAM MILEJÓW	Masters M - 40	90	01:35:24	03:35:06	05:20:47	06:47:20.30	+02:46:09 (40.8%)	9:03	6.6 (58.9%)
91	TOKARCZYK Tomasz	5253	DRUŻYNA SZPIKU	Masters M - 40	91	01:27:23	03:15:54	05:01:50	06:47:45.80	+02:46:34 (40.9%)	9:03	6.6 (58.9%)
92	KAPCZYNSKI Paweł	5279		Masters M - 40	92	01:43:56	03:41:13	05:14:28	06:49:04.40	+02:47:53 (41.0%)	9:05	6.6 (58.9%)
93	PACŁAWSKI Paweł	5143	TWÓJ DOM S.C.	Masters M - 40	93	01:32:24	03:30:03	05:14:32	06:49:25.50	+02:48:14 (41.1%)	9:05	6.6 (58.9%)
94	KRZESZOWIEC Jacek	5300		Masters M - 40	94	01:28:06	03:13:28	05:04:55	06:49:29.00	+02:48:18 (41.1%)	9:05	6.6 (58.9%)
95	MAZEPA Tomasz	5088	TOMEK M.S OŁAWA	Masters M - 40	95	01:37:51	03:32:09	05:16:28	06:49:53.60	+02:48:42 (41.2%)	9:06	6.6 (58.9%)
96	KUTRZYK Przemysław	5086		Masters M - 40	96	01:29:06	03:27:37	05:12:09	06:50:35.05	+02:49:24 (41.3%)	9:07	6.6 (58.9%)
97	CYTRYŃSKI Mariusz	5532		Masters M - 40	97	01:27:22	03:15:06	05:08:19	06:50:45.50	+02:49:34 (41.3%)	9:07	6.6 (58.9%)
98	GORĄCZNIAK Maciej	5043	PENER Z JEŻYC	Masters M - 40	98	01:37:25	03:29:24	05:16:10	06:51:26.95	+02:50:15 (41.4%)	9:08	6.6 (58.9%)
99	ŁUBIAN Michał	5633	CENTRUM E-ZDROWIA	Masters M - 40	99	01:27:55	03:18:52	05:13:49	06:51:37.40	+02:50:26 (41.4%)	9:08	6.6 (58.9%)
100	MARKOWSKI Michał	5301		Masters M - 40	100	01:34:19	03:25:56	05:17:10	06:51:41.60	+02:50:30 (41.4%)	9:08	6.6 (58.9%)
101	RUCIŃSKI Adam	5057		Masters M - 40	101	01:40:29	03:37:06	05:19:20	06:52:02.40	+02:50:51 (41.5%)	9:09	6.6 (58.9%)
102	SIPIERA Tomasz	5097	GRUPALUKTRANS.PL	Masters M - 40	102	01:29:23	03:23:35	05:17:04	06:52:35.50	+02:51:24 (41.5%)	9:10	6.5 (58.0%)
103	MOSZ Tomasz	5313	W POGONI ZA DUCHEM	Masters M - 40	103	01:33:55	03:29:11	05:15:58	06:52:44.00	+02:51:33 (41.6%)	9:10	6.5 (58.0%)
104	JANKA Krzysztof	5450	EUROCASH	Masters M - 40	104	01:37:48	03:29:54	05:19:37	06:54:26.05	+02:53:15 (41.8%)	9:12	6.5 (58.0%)
105	KONIECZNY Bartosz	5192		Masters M - 40	105	01:30:19	03:19:10	05:05:53	06:54:49.55	+02:53:38 (41.9%)	9:13	6.5 (58.0%)
106	PIJANKA Mariusz	5358		Masters M - 40	106	01:34:32	03:27:09	05:09:32	06:55:05.75	+02:53:54 (41.9%)	9:13	6.5 (58.0%)
107	- -	5355		Masters M - 40	107	01:24:50	03:08:45	04:59:07	06:55:36.35	+02:54:25 (42.0%)	9:14	6.5 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
108	GRZYMAŁA Sebastian	5315	KLUB BIEGACZA RTVEUROAGD	Masters M - 40	108	01:28:08	03:43:23	05:31:00	06:58:29.20	+02:57:18 (42.4%)	9:17	6.5 (58.0%)
109	GAWROŃSKI Roman	5083	36 MINUT WRZEŚNIA	Masters M - 40	109	01:30:11	03:18:59	05:13:08	06:58:40.45	+02:57:29 (42.4%)	9:18	6.4 (57.1%)
110	JAŻOWNIK Jacek	5150		Masters M - 40	110	01:27:19	03:19:00	05:13:09	06:58:41.50	+02:57:30 (42.4%)	9:18	6.4 (57.1%)
111	SZUSTER Mariusz	5128		Masters M - 40	111	01:34:36	03:28:20	05:20:46	07:01:15.95	+03:00:04 (42.7%)	9:21	6.4 (57.1%)
112	PODWÓJCI Michał	5618		Masters M - 40	112	01:24:47	03:09:35	05:08:24	07:01:38.50	+03:00:27 (42.8%)	9:22	6.4 (57.1%)
113	GIERASIMOWICZ Szymon	5186	TOTALSPORT.PL	Masters M - 40	113	01:35:40	03:36:04	05:23:01	07:02:08.90	+03:00:57 (42.9%)	9:22	6.4 (57.1%)
114	SKRZYPCZYŃSKI Marcin	5019	TETRYCY PLUS	Masters M - 40	114	01:36:13	03:29:45	05:25:19	07:03:28.10	+03:02:17 (43.0%)	9:24	6.4 (57.1%)
115	ROSZYK Tomasz	5155	TKKF MPK POZNAŃ	Masters M - 40	115	01:35:27	03:29:56	05:26:51	07:03:28.75	+03:02:17 (43.0%)	9:24	6.4 (57.1%)
116	PEŁCZYŃSKI Maciej	5742		Masters M - 40	116	01:36:52	03:35:31	05:26:44	07:04:30.30	+03:03:19 (43.2%)	9:26	6.4 (57.1%)
117	PIASKOWSKI Marcin	5414	BIEGAM BO LUBIĘ KROSNO ODRZAŃSKIE	Masters M - 40	117	01:36:15	03:29:44	05:25:20	07:05:37.05	+03:04:26 (43.3%)	9:27	6.3 (56.3%)
118	KRZEPKOWSKI Radosław	5470	ADIDAS RUNNERS WARSAW	Masters M - 40	118	01:39:17	03:39:41	05:29:51	07:05:44.35	+03:04:33 (43.3%)	9:27	6.3 (56.3%)
119	LEWANDOWSKI Rafał	5629	SPC	Masters M - 40	119	01:28:57	03:28:04	05:20:40	07:07:17.15	+03:06:06 (43.6%)	9:29	6.3 (56.3%)
120	ZWOLIŃSKI Mariusz	5195		Masters M - 40	120	01:33:18	03:29:43	05:20:40	07:07:46.90	+03:06:35 (43.6%)	9:30	6.3 (56.3%)
121	KUBIAK Przemysław	5502	STRZEGOMSKA DWUNASTKA	Masters M - 40	121	01:38:27	03:38:58	05:26:45	07:08:09.60	+03:06:58 (43.7%)	9:30	6.3 (56.3%)
122	OLSZEWSKI Jacek	5654	ONE MAN IRONBEERMAN CLUB	Masters M - 40	122	01:38:00	03:42:13	05:32:03	07:08:31.15	+03:07:20 (43.7%)	9:31	6.3 (56.3%)
123	SOBIESZCZAŃSKI Bartłomiej	5012	MTB MEBLOPOL	Masters M - 40	123	01:31:37	03:34:45	05:18:38	07:08:58.20	+03:07:47 (43.8%)	9:31	6.3 (56.3%)
124	JAGIEŁŁO Konrad	5454	RUN TEAM MILEJÓW	Masters M - 40	124	01:35:21	03:42:29	05:29:58	07:10:20.75	+03:09:09 (44.0%)	9:33	6.3 (56.3%)
125	KOWALSKI Krzysztof	5055	STS BIEGATON MIKOŁÓW	Masters M - 40	125	01:43:30	03:44:59	05:38:48	07:10:22.45	+03:09:11 (44.0%)	9:33	6.3 (56.3%)
126	KRECHOWIEC Marcin	5106		Masters M - 40	126	01:35:40	03:31:48	05:26:16	07:11:26.35	+03:10:15 (44.1%)	9:35	6.3 (56.3%)
127	CYGAN Krzysztof	5610		Masters M - 40	127	01:35:25	03:32:55	05:27:25	07:11:34.75	+03:10:23 (44.1%)	9:35	6.3 (56.3%)
128	FISZ Radosław	5765		Masters M - 40	128	01:32:10	03:22:55	05:28:38	07:11:35.55	+03:10:24 (44.1%)	9:35	6.3 (56.3%)
129	OZIMINA Hubert	5190	OBORYGENI	Masters M - 40	129	01:36:36	03:35:36	05:30:09	07:11:58.60	+03:10:47 (44.2%)	9:35	6.3 (56.3%)
130	ROGOCZ Maciej	5590	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	130	01:32:36	03:33:06	05:34:56	07:13:17.30	+03:12:06 (44.3%)	9:37	6.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
131	ŻELEZNY Maciej	5647		Masters M - 40	131	01:37:12	03:41:47	05:35:25	07:13:49.25	+03:12:38 (44.4%)	9:38	6.2 (55.4%)
132	BAKOWSKI Tomasz	5110	CAMP-RUN	Masters M - 40	132	01:39:48	03:41:42	05:33:19	07:14:37.20	+03:13:26 (44.5%)	9:39	6.2 (55.4%)
133	FALISZEWSKI Sebastian	5288		Masters M - 40	133	01:35:11	03:41:33	05:37:11	07:14:58.70	+03:13:47 (44.6%)	9:39	6.2 (55.4%)
134	MASŁOWSKI Robert	5480		Masters M - 40	134	01:27:24	03:15:53	05:24:10	07:15:10.70	+03:13:59 (44.6%)	9:40	6.2 (55.4%)
135	ROŻEK Gerard	5603	OLECKO BIEGA	Masters M - 40	135	01:33:52	03:37:45	05:38:35	07:15:52.75	+03:14:41 (44.7%)	9:41	6.2 (55.4%)
136	KLOZA Mariusz	5113	NIGHT RUNNERS PYSKOWICE	Masters M - 40	136	01:38:02	03:40:51	05:30:27	07:16:04.40	+03:14:53 (44.7%)	9:41	6.2 (55.4%)
137	WIŚNIEWSKI Grzegorz	5530		Masters M - 40	137	01:30:27	03:19:21	05:18:46	07:16:49.20	+03:15:38 (44.8%)	9:42	6.2 (55.4%)
138	WIŚNIEWSKI Tomasz	5156		Masters M - 40	138	01:37:04	03:39:45	05:40:45	07:17:53.75	+03:16:42 (44.9%)	9:43	6.2 (55.4%)
139	SZKLARSKI Przemysław	5740	CARBON SILESIA SPORT	Masters M - 40	139	01:26:47	03:24:37	05:26:11	07:18:49.40	+03:17:38 (45.0%)	9:45	6.2 (55.4%)
140	SOBAŃSKI Roman	5395	TARNOWO PODGÓRNE BIEGA	Masters M - 40	140	01:37:21	03:39:03	05:33:26	07:19:38.80	+03:18:27 (45.1%)	9:46	6.1 (54.5%)
141	PAKUŁA Włodzimierz	5366		Masters M - 40	141	01:42:04	03:50:53	05:54:05	07:22:17.60	+03:21:06 (45.5%)	9:49	6.1 (54.5%)
142	WINCZURA Leszek	5650		Masters M - 40	142	01:39:50	03:42:25	05:38:37	07:22:19.80	+03:21:08 (45.5%)	9:49	6.1 (54.5%)
143	DUDEK Mariusz	5250		Masters M - 40	143	01:30:31	03:29:20	05:36:30	07:23:27.60	+03:22:16 (45.6%)	9:51	6.1 (54.5%)
144	ZAKRZEWICZ Marcin	5204	KTB KUNY	Masters M - 40	144	01:26:53	03:23:27	05:35:36	07:25:06.85	+03:23:55 (45.8%)	9:53	6.1 (54.5%)
145	HALESZCZUK Tomasz	5291		Masters M - 40	145	01:35:21	03:34:20	05:30:43	07:25:33.00	+03:24:22 (45.9%)	9:54	6.1 (54.5%)
146	PILONIS Paweł	5071	BIEGOSTACJA	Masters M - 40	146	01:21:48	03:20:17	05:37:42	07:25:37.05	+03:24:26 (45.9%)	9:54	6.1 (54.5%)
147	MITAS Damian	5711	CIDRY LOTAJOM	Masters M - 40	147	01:36:37	03:35:27	05:30:49	07:25:52.55	+03:24:41 (45.9%)	9:54	6.1 (54.5%)
148	BARSZCZEWSKI Sebastian	5114		Masters M - 40	148	01:41:50	03:52:29	05:51:08	07:27:31.35	+03:26:20 (46.1%)	9:56	6 (53.6%)
149	KWIECIEŃ Robert	5442		Masters M - 40	149	01:36:31	03:39:30	05:43:25	07:27:46.75	+03:26:35 (46.1%)	9:57	6 (53.6%)
150	ZAJKOWSKI Michał	5136	VEGE RUNNERS	Masters M - 40	150	01:41:08	03:44:22	05:39:49	07:28:30.25	+03:27:19 (46.2%)	9:58	6 (53.6%)
151	ZAREMBA Piotr	5209		Masters M - 40	151	01:36:18	03:46:48	05:52:44	07:29:31.90	+03:28:20 (46.3%)	9:59	6 (53.6%)
152	KOWAL Ireneusz	5750		Masters M - 40	152	01:35:39	03:50:45	05:50:05	07:29:57.75	+03:28:46 (46.4%)	9:59	6 (53.6%)
153	STROIŃSKI Wojciech	5746	LESZ NO LIMITS RUNNERS	Masters M - 40	153	01:35:33	03:50:46	05:50:11	07:29:59.40	+03:28:48 (46.4%)	9:59	6 (53.6%)

Czas netto 45km												
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
154	KOWALSKI Grzegorz	5222	W POGONI ZA DUCHEM	Masters M - 40	154	01:26:21	03:47:14	05:51:59	07:30:53.70	+03:29:42 (46.5%)	10:01	6 (53.6%)
155	DECHNIK Łukasz	5139	I W GÓRĘ I W DÓŁ	Masters M - 40	155	01:36:21	03:43:58	05:44:48	07:31:24.60	+03:30:13 (46.6%)	10:01	6 (53.6%)
156	PIETRZAK Marek	5497		Masters M - 40	156			05:24:15	07:31:40.00	+03:30:29 (46.6%)	10:02	6 (53.6%)
157	KARCZEWSKI Tomasz	5275	OSP PUSZCZYKOWO	Masters M - 40	157	01:37:33	03:37:50	05:36:09	07:33:16.75	+03:32:05 (46.8%)	10:04	6 (53.6%)
158	JAKUBOWSKI Rafał	5171	LEŚNE DZIKI / R-TEAM RYDZYNA	Masters M - 40	158	01:39:12	03:42:56	05:39:49	07:35:52.25	+03:34:41 (47.1%)	10:07	5.9 (52.7%)
159	BEDNARKIEWICZ Bartosz	5365		Masters M - 40	159	01:34:34	03:39:12	05:37:43	07:36:15.75	+03:35:04 (47.1%)	10:08	5.9 (52.7%)
160	CHWALISZ Paweł	5604		Masters M - 40	160	01:40:28	03:49:08	05:56:27	07:42:35.00	+03:41:24 (47.9%)	10:16	5.8 (51.8%)
161	ROGOWSKI Sławomir	5333	MTB KOŁO TEAM	Masters M - 40	161	01:40:25	03:51:03	05:57:03	07:43:22.80	+03:42:11 (48.0%)	10:17	5.8 (51.8%)
162	MATYSIAK Karol	5692	OSH	Masters M - 40	162	01:42:51	03:42:23	05:58:03	07:43:42.35	+03:42:31 (48.0%)	10:18	5.8 (51.8%)
163	PODHAJNY Piotr	5471	ROZBIEGANI CHOJNÓW	Masters M - 40	163	01:41:15	03:45:44	05:52:18	07:43:59.90	+03:42:48 (48.0%)	10:18	5.8 (51.8%)
164	GOSPODAREK Łukasz	5018	DRUŻYNA STASIA	Masters M - 40	164	01:44:48	03:55:19	05:58:41	07:45:38.35	+03:44:27 (48.2%)	10:20	5.8 (51.8%)
165	SZELĄG Piotr	5134	TURBO JEŻE TEAM	Masters M - 40	165	01:44:42	03:58:00	06:00:35	07:46:54.20	+03:45:43 (48.3%)	10:22	5.8 (51.8%)
166	PIEKARSKI Andrzej	5717	45	Masters M - 40	166	01:52:44	04:07:59	06:04:42	07:49:14.50	+03:48:03 (48.6%)	10:25	5.8 (51.8%)
167	SOLAREWICZ Andrzej	5259	KGB	Masters M - 40	167	01:40:44	03:54:50	06:04:56	07:49:30.25	+03:48:19 (48.6%)	10:26	5.8 (51.8%)
168	ZAWADA Maciej Marcin Zawada	5152	KGB	Masters M - 40	168	01:40:52	03:54:59	06:05:03	07:49:41.60	+03:48:30 (48.7%)	10:26	5.7 (50.9%)
169	RYMARSKI Arkadiusz	5280		Masters M - 40	169	01:43:03	03:53:30	05:58:13	07:49:58.10	+03:48:47 (48.7%)	10:26	5.7 (50.9%)
170	TUREK Paweł	5708		Masters M - 40	170	01:52:41	04:07:59	06:04:44	07:50:01.55	+03:48:50 (48.7%)	10:26	5.7 (50.9%)
171	ŁAGODA Łukasz	5519	AKTIV REHABILITACJA	Masters M - 40	171	01:48:45	03:56:32	05:58:33	07:50:13.95	+03:49:02 (48.7%)	10:26	5.7 (50.9%)
172	GIŻEWSKI Grzegorz	5373		Masters M - 40	172	01:42:02	03:57:45	06:03:51	07:50:32.30	+03:49:21 (48.7%)	10:27	5.7 (50.9%)
173	KAROLAK Karol	5351	M.I.L.A.	Masters M - 40	173	01:38:12	03:51:22	05:53:28	07:51:27.75	+03:50:16 (48.8%)	10:28	5.7 (50.9%)
174	KRYSIAK Łukasz	5013	PIĄTKOWO NA BIEGOWO	Masters M - 40	174	01:34:31	04:02:03	06:07:08	07:52:23.65	+03:51:12 (48.9%)	10:29	5.7 (50.9%)
175	POPIELSKI Grzegorz	5033	ROZBIEGANI CHOJNÓW	Masters M - 40	175	01:43:22	03:53:56	05:52:07	07:53:03.20	+03:51:52 (49.0%)	10:30	5.7 (50.9%)
176	CZUB Łukasz	5211		Masters M - 40	176	01:32:51	03:46:35	05:58:57	07:53:29.10	+03:52:18 (49.1%)	10:31	5.7 (50.9%)

Czas netto												
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
177	MASZKOWSKI Piotr	5702	OBORYGENI	Masters M - 40	177	01:40:02	03:46:53	06:01:29	07:54:43.25	+03:53:32 (49.2%)	10:32	5.7 (50.9%)
178	NOWACKI Łukasz	5705	MAŁA I NIEDŹWIEDŹ	Masters M - 40	178	01:40:46	03:57:20	06:10:29	07:54:54.15	+03:53:43 (49.2%)	10:33	5.7 (50.9%)
179	DZIEDZIŃSKI Szymon	5452		Masters M - 40	179	01:35:32	03:44:17	05:56:03	07:55:18.85	+03:54:07 (49.3%)	10:33	5.7 (50.9%)
180	ROSOLSKI Paweł	5188		Masters M - 40	180	01:41:29	03:59:44	06:05:37	07:58:28.10	+03:57:17 (49.6%)	10:37	5.6 (50.0%)
181	KUŚMIDER Michał	5671	TAŃCZĄCE MUCHOMORKI	Masters M - 40	181	01:36:26	03:55:52	06:12:55	07:58:31.60	+03:57:20 (49.6%)	10:38	5.6 (50.0%)
182	BĄCZYK Adam	5236	MONIA GYM	Masters M - 40	182	01:35:26	03:49:13	05:59:59	07:58:40.85	+03:57:29 (49.6%)	10:38	5.6 (50.0%)
183	GABRYSIAK Mariusz	5763	WIELUN BIEGA	Masters M - 40	183	01:52:55	04:11:51	06:22:08	07:59:58.50	+03:58:47 (49.8%)	10:39	5.6 (50.0%)
184	JAWORSKI Sylwek	5206		Masters M - 40	184	01:37:32	03:41:49	06:02:04	08:00:02.15	+03:58:51 (49.8%)	10:40	5.6 (50.0%)
185	CHROSTEK Adam	5638		Masters M - 40	185	01:51:31	04:07:58	06:16:10	08:00:35.15	+03:59:24 (49.8%)	10:40	5.6 (50.0%)
186	BANAŚ Marcin	5075		Masters M - 40	186	01:42:39	03:56:41	06:15:31	08:04:44.30	+04:03:33 (50.2%)	10:46	5.6 (50.0%)
187	NIEDŹWIEDŹ Grzegorz	5655	STS BIEGATON MIKOŁÓW	Masters M - 40	187	01:45:21	04:05:54	06:18:20	08:11:41.30	+04:10:30 (50.9%)	10:55	5.5 (49.1%)
188	CIEMNY Wojciech	5098	NIGHT RUNNERS PYSKOWICE	Masters M - 40	188	01:45:01	04:04:04	06:26:31	08:16:12.35	+04:15:01 (51.4%)	11:01	5.4 (48.2%)
189	ZNAMIEC Marcin	5184	ULTRA KSP	Masters M - 40	189	01:55:02	04:10:04	06:16:50	08:17:50.75	+04:16:39 (51.6%)	11:03	5.4 (48.2%)
190	DOMAGALSKI Krzysztof	5723	NIGHT RUNNERS PYSKOWICE	Masters M - 40	190	01:45:31	04:10:20	06:28:03	08:19:32.65	+04:18:21 (51.7%)	11:06	5.4 (48.2%)
191	JĘDRYCHOWSKI Przemysław	5374		Masters M - 40	191	01:45:58	04:11:14	06:16:37	08:21:47.10	+04:20:36 (51.9%)	11:09	5.4 (48.2%)
192	NETOLICKÝ Martin	5276		Masters M - 40	192	01:43:39	04:00:04	06:22:55	08:25:37.10	+04:24:26 (52.3%)	11:14	5.3 (47.3%)
193	BAKAŁA Łukasz	5142		Masters M - 40	193	01:43:57	04:13:34	06:28:45	08:31:35.60	+04:30:24 (52.9%)	11:22	5.3 (47.3%)
194	POKORNY Tomasz	5432		Masters M - 40	194	01:45:38	03:54:48	06:15:17	08:33:23.15	+04:32:12 (53.0%)	11:24	5.3 (47.3%)
195	BĘBAS Paweł	5165		Masters M - 40	195	01:41:46	03:53:25	06:17:39	08:37:20.10	+04:36:09 (53.4%)	11:29	5.2 (46.4%)
196	MARKIEWICZ Tomasz	5424	RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM"	Masters M - 40	196	01:47:38	04:19:22	06:40:08	08:39:17.85	+04:38:06 (53.6%)	11:32	5.2 (46.4%)
197	KUCZYŃSKI Marcin	5004	KGHM ZG RUN	Masters M - 40	197	01:48:25	04:15:00	06:38:34	08:43:24.35	+04:42:13 (53.9%)	11:37	5.2 (46.4%)
198	ALEKSANDROWICZ Łukasz	5745	SPARTANIE DZIECIOM	Masters M - 40	198	01:56:20	04:22:36	06:39:51	08:44:03.85	+04:42:52 (54.0%)	11:38	5.2 (46.4%)
199	BUBICZ Krzysztof	5115	BIEGAJĄCY ŚWIDNIK	Masters M - 40	199	02:13:00	04:56:01	07:12:08	08:48:33.45	+04:47:22 (54.4%)	11:44	5.1 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
200	MZYK Fabian	5609	STS BIEGATON MIKOŁÓW	Masters M - 40	200	01:49:22	04:19:51	06:45:16	08:54:08.80	+04:52:57 (54.8%)	11:52	5.1 (45.5%)
201	KOŚNY Damian	5074	GIT	Masters M - 40	201	01:56:33	04:37:51	07:01:30	09:12:30.35	+05:11:19 (56.3%)	12:16	4.9 (43.8%)
202	SARNOWSKI Maciej	5099	TKKF MPK POZNAŃ	Masters M - 40	202	01:55:31	04:42:52	07:14:28	09:20:35.20	+05:19:24 (57.0%)	12:27	4.8 (42.9%)
203	GIENTKOWSKI Sławomir	5342		Masters M - 40	203	01:45:55	04:30:17	07:13:09	09:30:48.50	+05:29:37 (57.7%)	12:41	4.7 (42.0%)
	ROSKOSZ Michał	5438	KAC RUNNING TEAM	Masters M - 40		01:05:12 DNF	02:22:26 DNF	03:55:01 DNF	DNF		-	- (0.0%)
	DANILUK Andrzej	5360		Masters M - 40		02:22:57 DNF	05:37:27 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 205 wynik(ów)