

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	MRAZEK Jan	5432	INOV-8 TEAM	Senior II M - 30	1	00:53:34	01:57:23	02:53:16	03:51:17.55	03:51:20.85		5:08	11.7 (100%)
2	TOMASIK Stanisław	5421	GORLICKA GRUPA BIEGOWA	Senior II M - 30	2	00:56:05	02:00:09	02:56:02	03:55:18.10	03:55:30.10	+00:04:09 (1.8%)	5:13	11.5 (98.3%)
3	ŻUCHOWSKI Daniel	5418	MUAY RUNNING TEAM	Senior II M - 30	3	00:57:14	02:05:28	03:07:08	04:08:19.35	04:08:21.60	+00:17:00 (6.8%)	5:31	10.9 (93.2%)
4	GLAPIAK Damian	5346	LLKS OSOWA SIEN	Senior II M - 30	4	00:54:09	02:01:04	03:04:04	04:12:15.10	04:12:17.80	+00:20:56 (8.3%)	5:36	10.7 (91.5%)
5	WOLBACH Tomasz	5307	WOLNE ŚLIMAKI	Senior II M - 30	5	01:03:09	02:15:32	03:18:30	04:22:49.15	04:22:53.55	+00:31:32 (12.0%)	5:50	10.3 (88.0%)
6	KWIATKOWSKI Michael	5041		Senior II M - 30	6	01:03:22	02:22:01	03:34:11	04:44:49.30	04:44:53.85	+00:53:33 (18.8%)	6:19	9.5 (81.2%)
7	KOSTASZ Mariusz	5451		Senior II M - 30	7	01:06:00	02:28:51	03:45:20	05:05:23.40	05:05:26.55	+01:14:05 (24.3%)	6:47	8.8 (75.2%)
8	POPIEL Andrzej	5241	POPSMART.PL	Senior II M - 30	8	01:10:15	02:37:47	03:54:01	05:12:05.50	05:12:09.90	+01:20:49 (25.9%)	6:56	8.7 (74.4%)
9	OLEJNIK Adam	5000	REFERICON	Senior II M - 30	9	01:16:08	02:47:54	04:02:18	05:14:32.60	05:14:40.05	+01:23:19 (26.5%)	6:59	8.6 (73.5%)
10	BLANIK Marek	5134		Senior II M - 30	10	01:19:39	02:51:37	04:03:50	05:14:06.65	05:14:40.20	+01:23:19 (26.5%)	6:58	8.6 (73.5%)
11	SZAFRAŃSKI Jan	5404	PANTHERS WROCŁAW	Senior II M - 30	11	01:12:01	02:38:38	03:56:53	05:16:32.35	05:16:47.40	+01:25:26 (27.0%)	7:02	8.5 (72.6%)
12	WITOSŁAWSKI Maciej	5227		Senior II M - 30	12	01:15:40	02:47:16	04:05:42	05:18:28.35	05:19:23.05	+01:28:02 (27.6%)	7:04	8.5 (72.6%)
13	ŚRODA Michał	5164	TMTEAM	Senior II M - 30	13	01:07:19	02:30:16	03:52:59	05:20:22.10	05:20:51.25	+01:29:30 (27.9%)	7:07	8.4 (71.8%)
14	KOTYRBA Tomasz	5155		Senior II M - 30	14	01:12:14	02:44:57	04:03:46	05:23:24.95	05:23:35.10	+01:32:14 (28.5%)	7:11	8.3 (70.9%)
15	SKURATKO Adrian	5158	RONAL POLSKA RUN	Senior II M - 30	15	01:09:04	02:36:17	03:57:21	05:24:26.00	05:24:30.25	+01:33:09 (28.7%)	7:12	8.3 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	ŁACH Seweryn	5408	BIEGAM DLA CIASTEK	Senior II M - 30	16	01:13:48	02:45:32	04:03:29	05:28:28.30	05:28:46.45	+01:37:25 (29.6%)	7:17	8.2 (70.1%)
17	BARANOWSKI Jacek	5302	JACEKBIEGA RUNNING TEAM	Senior II M - 30	17	01:17:32	02:49:33	04:07:01	05:29:13.45	05:29:26.15	+01:38:05 (29.8%)	7:18	8.2 (70.1%)
18	LISEK Andrzej	5330	LISEK	Senior II M - 30	18	01:12:34	02:44:00	04:06:59	05:31:52.65	05:32:40.75	+01:41:19 (30.5%)	7:22	8.1 (69.2%)
19	JĘCEK Maciej	5182	GET ADVISED MACIEJ JĘCEK	Senior II M - 30	19	01:13:39	02:44:29	04:08:01	05:32:30.25	05:32:41.80	+01:41:20 (30.5%)	7:23	8.1 (69.2%)
20	OLKIS Rafał	5253	PRZEBIEGA.PL	Senior II M - 30	20	01:09:04	02:38:20	04:05:19	05:32:47.05	05:32:50.70	+01:41:29 (30.5%)	7:23	8.1 (69.2%)
21	KOŁODZIEJ Andrzej	5023	TRIWAWA	Senior II M - 30	21	01:18:50	02:49:11	04:07:50	05:32:48.45	05:33:17.00	+01:41:56 (30.6%)	7:23	8.1 (69.2%)
22	CHMIELINSKI Piotr	5244		Senior II M - 30	22	01:10:40	02:38:51	04:01:11	05:35:01.10	05:35:41.70	+01:44:20 (31.1%)	7:26	8.1 (69.2%)
23	MIKA Andrzej	5281		Senior II M - 30	23	01:08:56	02:31:28	03:57:17	05:36:06.90	05:36:19.30	+01:44:58 (31.2%)	7:28	8 (68.4%)
24	IWASZCZYSZYN Tomasz	5242		Senior II M - 30	24	01:14:56	02:48:35	04:11:17	05:38:49.55	05:38:57.45	+01:47:36 (31.7%)	7:31	8 (68.4%)
25	SZUKAŁA Piotr	5005		Senior II M - 30	25	01:17:38	02:52:59	04:15:57	05:39:04.45	05:39:11.40	+01:47:50 (31.8%)	7:32	8 (68.4%)
26	PŁONOWSKI Maciej	5127		Senior II M - 30	26	01:13:05	02:44:04	04:06:55	05:39:09.95	05:40:12.85	+01:48:52 (32.0%)	7:32	8 (68.4%)
27	BARAN Mateusz	5420	GORLICKA GRUPA BIEGOWA	Senior II M - 30	27	01:16:02	02:52:47	04:17:04	05:45:18.05	05:45:48.60	+01:54:27 (33.1%)	7:40	7.8 (66.7%)
28	ZAŁUBSKI Jacek	5317	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	28	01:16:59	02:56:17	04:22:39	05:48:50.80	05:49:08.70	+01:57:47 (33.7%)	7:45	7.7 (65.8%)
29	MALENDOWICZ Przemysław	5130		Senior II M - 30	29	01:16:05	02:58:31	04:23:37	05:50:00.65	05:50:29.35	+01:59:08 (34.0%)	7:46	7.7 (65.8%)
30	ŚMIECHOWSKI Michał	5405	PANTHERS WROCŁAW	Senior II M - 30	30	01:14:10	02:53:14	04:20:49	05:50:29.65	05:50:44.80	+01:59:23 (34.0%)	7:47	7.7 (65.8%)
31	ZACHMYC Damian	5208		Senior II M - 30	31	01:13:43	02:45:53	04:22:06	05:50:56.95	05:51:50.15	+02:00:29 (34.2%)	7:47	7.7 (65.8%)
32	URBAŃSKI Michał	5370	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	32	01:17:05	02:53:47	04:20:51	05:53:57.55	05:54:12.05	+02:02:51 (34.7%)	7:51	7.6 (65.0%)
33	BOHDANOWICZ Krystian	5366	ATLAS RUNNING TEAM	Senior II M - 30	33	01:28:33	03:25:54	04:42:20	06:01:42.85	06:01:50.60	+02:10:29 (36.1%)	8:02	7.5 (64.1%)
34	JUNIK Łukasz	5038	MKS SIECHNICE	Senior II M - 30	34	01:33:46	03:25:00	04:43:58	06:03:02.00	06:03:27.95	+02:12:07 (36.3%)	8:04	7.4 (63.2%)
35	OSTROWSKI Sławomir	5059	FREE RUN	Senior II M - 30	35	01:20:51	02:55:54	04:26:47	06:05:07.20	06:05:40.20	+02:14:19 (36.7%)	8:06	7.4 (63.2%)
36	BŁASZKIEWICZ Bogusz	5422	DZIEKI BOBRY/STR POZNAN	Senior II M - 30	36	01:22:43	03:12:15	04:39:11	06:08:33.85	06:09:01.30	+02:17:40 (37.3%)	8:11	7.3 (62.4%)
37	ŁUKOWIAK Karol	5165	MUKS SZOK BOJANOWO	Senior II M - 30	37	01:20:43	03:04:36	04:40:10	06:09:17.85	06:09:21.60	+02:18:00 (37.4%)	8:12	7.3 (62.4%)
38	MISZCZAK Szymon	5441		Senior II M - 30	38	01:28:23	03:07:26	04:37:26	06:09:15.80	06:10:07.15	+02:18:46 (37.5%)	8:12	7.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
39	FUKS Michał	5186	GRUPA FUX	Senior II M - 30	39	01:24:19	03:09:26	04:37:25	06:13:10.95	06:13:24.95	+02:22:04 (38.0%)	8:17	7.2 (61.5%)
40	KOTKIEWICZ Karol	5260	LOTOS RUNNNING TEAM	Senior II M - 30	40	01:17:38	03:01:02	04:32:21	06:15:42.60	06:15:48.20	+02:24:27 (38.4%)	8:20	7.2 (61.5%)
41	SZUBIŃSKI Adam	5055	12 BRYGADA ZMECHANIZOWANA	Senior II M - 30	41	01:24:02	03:02:41	04:40:36	06:18:13.45	06:18:46.10	+02:27:25 (38.9%)	8:24	7.1 (60.7%)
42	DZIUBEK Michał	5106	W POGONI ZA DUCHEM	Senior II M - 30	42	01:27:57	03:10:44	04:50:34	06:18:21.15	06:19:12.60	+02:27:51 (39.0%)	8:24	7.1 (60.7%)
43	SKAŁECKI Przemysław Skąlecki	5042	WIERZBICKI RUNNING PROJECT	Senior II M - 30	43	01:28:55	03:16:03	04:47:57	06:22:44.55	06:22:48.50	+02:31:27 (39.6%)	8:30	7.1 (60.7%)
44	KWIKERT Adrian	5282		Senior II M - 30	44	01:26:15	03:11:34	04:40:24	06:23:14.35	06:23:56.60	+02:32:35 (39.7%)	8:30	7 (59.8%)
45	BUDYCH Arkadiusz	5226	RĄCZE LACZKI	Senior II M - 30	45	01:28:37	03:09:49	04:44:41	06:24:10.00	06:24:48.10	+02:33:27 (39.9%)	8:32	7 (59.8%)
46	GAŁEK Aleksander	5168	PRAGMATIQ.PL	Senior II M - 30	46	01:30:56	03:20:52	04:54:05	06:26:03.20	06:26:29.80	+02:35:08 (40.1%)	8:34	7 (59.8%)
47	KONIK Tomasz	5014	FORTIVA	Senior II M - 30	47	01:27:18	03:13:15	04:47:53	06:25:55.10	06:26:51.45	+02:35:30 (40.2%)	8:34	7 (59.8%)
48	CUKROWSKI Marcin	5197	BALLUFF RUNNING TEAM	Senior II M - 30	48	01:22:04	03:16:59	04:55:26	06:28:10.70	06:29:14.05	+02:37:53 (40.6%)	8:37	7 (59.8%)
49	KAKOSZKA Marcin	5039		Senior II M - 30	49	01:20:07	03:07:20	04:50:47	06:28:35.15	06:29:26.30	+02:38:05 (40.6%)	8:38	6.9 (59.0%)
50	SMYK Kamil	5163		Senior II M - 30	50	01:21:03	03:09:48	04:52:20	06:29:20.50	06:29:55.95	+02:38:35 (40.7%)	8:39	6.9 (59.0%)
51	KORF Tomasz	5022		Senior II M - 30	51	01:28:49	03:17:43	04:50:57	06:29:49.30	06:30:34.65	+02:39:13 (40.8%)	8:39	6.9 (59.0%)
52	ŁYSIAK Bartek	5335		Senior II M - 30	52	01:23:49	03:06:36	04:43:18	06:30:13.25	06:31:01.05	+02:39:40 (40.8%)	8:40	6.9 (59.0%)
53	PETRYKOWSKI Karol	5111	HASAJTO!	Senior II M - 30	53	01:28:58	03:12:06	04:55:40	06:31:08.60	06:31:13.40	+02:39:52 (40.9%)	8:41	6.9 (59.0%)
54	CIEŚLAK Krzysztof	5413	ULTRAFAZA	Senior II M - 30	54	01:29:26	03:24:53	04:59:17	06:31:22.60	06:31:30.50	+02:40:09 (40.9%)	8:41	6.9 (59.0%)
55	BAJDAK Łukasz	5389		Senior II M - 30	55	01:30:11	03:18:56	04:53:38	06:31:35.00	06:32:13.30	+02:40:52 (41.0%)	8:42	6.9 (59.0%)
56	WASIEWICZ Adam	5291	TRENERBIEGANIA.PL	Senior II M - 30	56	01:20:30	02:56:58	04:57:55	06:31:37.05	06:32:18.75	+02:40:57 (41.0%)	8:42	6.9 (59.0%)
57	KORDECKI Bartłomiej	5398	WCHSZT	Senior II M - 30	57	01:26:54	03:11:13	04:58:15	06:35:44.70	06:36:40.75	+02:45:19 (41.7%)	8:47	6.8 (58.1%)
58	KRUPIANIK Tomasz	5401		Senior II M - 30	58	01:28:28	03:17:58	04:54:00	06:37:12.80	06:38:10.05	+02:46:49 (41.9%)	8:49	6.8 (58.1%)
59	WNENT Bartosz	5453	SIŁAOGRA.PL	Senior II M - 30	59	01:20:42	03:16:22	04:54:22	06:38:09.30	06:38:14.90	+02:46:54 (41.9%)	8:50	6.8 (58.1%)
60	STACHOWIAK Łukasz	5388	STR POZNAŃ / DZIKIE BOBRY	Senior II M - 30	60	01:16:00	03:39:28	05:11:44	06:39:21.60	06:39:37.50	+02:48:16 (42.1%)	8:52	6.8 (58.1%)
61	GRZESZCZYK Michał	5079	EKOBIEGI	Senior II M - 30	61	01:24:04	03:17:45	04:56:45	06:39:59.20	06:40:29.45	+02:49:08 (42.2%)	8:53	6.8 (58.1%)

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62	LIS Tomasz	5308		Senior II M - 30	62	01:28:41	03:35:36	05:10:27	06:46:31.05	06:47:28.40	+02:56:07 (43.2%)	9:02	6.6 (56.4%)
63	KIŃCZYK Tomasz	5151	TERNY JAKUBA-OŁAWSKI PARK WODNY	Senior II M - 30	63	01:26:37	03:21:07	04:59:09	06:48:42.60	06:49:02.85	+02:57:42 (43.4%)	9:04	6.6 (56.4%)
64	ŠVÁBENSKÝ Jan	5364	TEAM JESENÍKY	Senior II M - 30	64	01:21:34	03:20:57	05:00:50	06:48:58.35	06:49:25.85	+02:58:05 (43.5%)	9:05	6.6 (56.4%)
65	CZYRNIA Andrzej	5220	RAJSPOORT ACTIVE	Senior II M - 30	65	01:28:24	03:47:15	05:11:14	06:49:35.50	06:50:35.65	+02:59:14 (43.7%)	9:06	6.6 (56.4%)
66	WRÓBEL Paweł	5105	MKS SIECHNICE	Senior II M - 30	66	01:33:46	03:41:06	05:18:36	06:50:47.75	06:51:14.00	+02:59:53 (43.7%)	9:07	6.6 (56.4%)
67	RUŚKIEWICZ Wojciech	5225	DELOITTE ADVENTURE TEAM	Senior II M - 30	67	01:20:45	03:20:52	04:58:55	06:52:24.75	06:52:54.55	+03:01:33 (44.0%)	9:09	6.5 (55.6%)
68	PODWÓJCI Michał	5354		Senior II M - 30	68	01:18:09	03:10:57	05:03:22	06:54:08.40	06:54:18.30	+03:02:57 (44.2%)	9:12	6.5 (55.6%)
69	GŁÓWKA Maciej	5138		Senior II M - 30	69	01:37:25	03:33:53	05:12:59	06:53:54.35	06:54:48.55	+03:03:27 (44.2%)	9:11	6.5 (55.6%)
70	SUSŁOWSKI Paweł	5452		Senior II M - 30	70	01:28:47	03:23:24	05:09:04	06:55:17.20	06:56:19.95	+03:04:59 (44.4%)	9:13	6.5 (55.6%)
71	SMURA Rafał	5261		Senior II M - 30	71	01:29:05	03:18:19	05:06:03	06:55:39.70	06:56:39.40	+03:05:18 (44.5%)	9:14	6.5 (55.6%)
72	SZYSZŁOWSKI Waldemar	5131		Senior II M - 30	72	01:28:11	03:33:02	05:13:12	06:58:25.80	06:59:38.20	+03:08:17 (44.9%)	9:17	6.5 (55.6%)
73	ŁOŻYŃSKI Kamil	5194	KW GLIWICE	Senior II M - 30	73	01:34:06	03:29:01	05:09:44	06:59:04.20	06:59:41.30	+03:08:20 (44.9%)	9:18	6.4 (54.7%)
74	KRAWCZYK Karol	5264		Senior II M - 30	74	01:15:41	03:13:39	05:02:48	07:00:07.45	07:00:26.65	+03:09:05 (45.0%)	9:20	6.4 (54.7%)
75	OSTROUCH Tymon	5248		Senior II M - 30	75	01:17:30	02:59:58	04:48:58	07:00:31.05	07:01:55.30	+03:10:34 (45.2%)	9:20	6.4 (54.7%)
76	GACEK Michał	5083	NOA	Senior II M - 30	76	01:16:24	03:14:39	04:59:12	07:04:08.85	07:04:13.90	+03:12:53 (45.5%)	9:25	6.4 (54.7%)
77	PIOTROWSKI Michał	5373		Senior II M - 30	77	01:27:54	03:29:47	05:16:55	07:03:43.70	07:04:22.80	+03:13:01 (45.5%)	9:24	6.4 (54.7%)
78	KUPIEC Maciej	5372		Senior II M - 30	78	01:27:51	03:29:46		07:04:13.80	07:04:52.80	+03:13:31 (45.5%)	9:25	6.4 (54.7%)
79	POPIELA Sebastian	5350	OPTYK BARTKOWIAK TEAM	Senior II M - 30	79	01:26:53	03:36:27	05:19:18	07:09:13.90	07:09:31.10	+03:18:10 (46.1%)	9:32	6.3 (53.8%)
80	WOŹNIAK Paweł	5344	CROSSFIT LESZNO	Senior II M - 30	80	01:26:55	03:36:29	05:19:21	07:09:16.00	07:09:32.60	+03:18:11 (46.1%)	9:32	6.3 (53.8%)
81	GRUNTOWSKI Mateusz	5114		Senior II M - 30	81	01:34:12	03:38:11	05:28:56	07:08:58.90	07:09:39.95	+03:18:19 (46.2%)	9:31	6.3 (53.8%)
82	MRÓZ Adrian	5217	UKS KUMA WAŁCZ	Senior II M - 30	82	01:34:35	03:40:27	05:20:55	07:10:09.75	07:10:34.50	+03:19:13 (46.3%)	9:33	6.3 (53.8%)
83	JASICKI Krzysztof	5063		Senior II M - 30	83	01:35:04	03:42:02	05:21:41	07:10:42.40	07:11:07.25	+03:19:46 (46.3%)	9:34	6.3 (53.8%)
84	CHĘCIŃSKI Łukasz	5160		Senior II M - 30	84	01:33:07	03:33:14	05:21:24	07:13:27.75	07:14:01.65	+03:22:40 (46.7%)	9:37	6.2 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
85	TKACZ Rafał	5110	HASAJTO!	Senior II M - 30	85	01:28:52	03:28:11	05:20:18	07:14:47.30	07:14:52.05	+03:23:31 (46.8%)	9:39	6.2 (53.0%)
86	BARAN Jędrzej	5115	HASAJTO!	Senior II M - 30	86	01:28:58	03:32:47	05:21:36	07:14:46.80	07:14:52.20	+03:23:31 (46.8%)	9:39	6.2 (53.0%)
87	DRYMEL Piotr	5189	DESTYLATOR	Senior II M - 30	87	01:53:53	03:52:52	05:42:20	07:13:45.45	07:14:56.80	+03:23:35 (46.8%)	9:38	6.2 (53.0%)
88	PASZKOWSKI Paweł	5204		Senior II M - 30	88	01:19:08	03:13:17	05:22:43	07:14:34.55	07:15:18.15	+03:23:57 (46.9%)	9:39	6.2 (53.0%)
89	JANKOWSKI Rafał	5436	KOŁO BIEGA	Senior II M - 30	89	01:33:48	03:42:24	05:25:59	07:16:29.70	07:16:52.25	+03:25:31 (47.0%)	9:42	6.2 (53.0%)
90	MRÓWCZYŃSKI Tomasz	5324	BIEGAJĄCE	Senior II M - 30	90	01:35:46	03:28:09	05:18:09	07:18:13.40	07:19:14.75	+03:27:53 (47.3%)	9:44	6.2 (53.0%)
91	BŁASZCZYK Mariusz	5202	SNG WILD DUCKS	Senior II M - 30	91	01:30:20	03:35:58	05:27:38	07:19:34.25	07:20:12.25	+03:28:51 (47.4%)	9:46	6.1 (52.1%)
92	KĘPSKI Grzegorz	5142	1984	Senior II M - 30	92	01:36:34	03:41:43	05:27:43	07:22:18.20	07:23:08.45	+03:31:47 (47.8%)	9:49	6.1 (52.1%)
93	SZYSZKA Marek	5159	STS BIEGATON	Senior II M - 30	93	01:29:39	03:46:05	05:29:46	07:24:48.75	07:24:57.75	+03:33:36 (48.0%)	9:53	6.1 (52.1%)
94	MORAWSKI Ryszard	5185		Senior II M - 30	94	01:35:21	03:41:56	05:31:49	07:26:32.20	07:27:11.75	+03:35:50 (48.3%)	9:55	6 (51.3%)
95	KRAKOWSKI Paweł	5399	GÓRA I CZAPALA TEAM	Senior II M - 30	95	01:27:34	03:42:20	05:32:27	07:27:24.05	07:28:26.05	+03:37:05 (48.4%)	9:56	6 (51.3%)
96	SYK Bartosz	5271		Senior II M - 30	96	01:50:23	04:09:45	05:52:11	07:36:09.35	07:37:29.85	+03:46:09 (49.4%)	10:08	5.9 (50.4%)
97	KULA Sebastian	5084		Senior II M - 30	97	01:26:18	03:28:07	05:36:52	07:41:41.35	07:42:23.00	+03:51:02 (50.0%)	10:15	5.8 (49.6%)
98	ŚPIEWAK Radosław	5016	BOHAR PALETY RUNNERS	Senior II M - 30	98	01:41:50	03:58:23	05:50:18	07:41:13.15	07:42:25.55	+03:51:04 (50.0%)	10:14	5.9 (50.4%)
99	GROSZAK Krzysztof	5429	KB NATURA BIEDRUSKO	Senior II M - 30	99	01:39:53	03:47:18	05:39:11	07:43:32.40	07:44:49.60	+03:53:28 (50.2%)	10:18	5.8 (49.6%)
100	SYNOWIEC Patryk	5201	DESTYLATOR	Senior II M - 30	100	01:47:48	03:52:53	05:42:18	07:43:44.10	07:44:54.90	+03:53:34 (50.2%)	10:18	5.8 (49.6%)
101	FUKS Szymon	5306	MCBIEGACZE	Senior II M - 30	101	01:28:43	03:37:35	05:33:07	07:48:47.80	07:49:45.50	+03:58:24 (50.8%)	10:25	5.8 (49.6%)
102	DROSZCZ Krzysztof	5002	BIGYELLOWFOOT ADVENTURE TEAM	Senior II M - 30	102	01:33:33	03:41:58	05:36:42	07:49:12.05	07:49:51.40	+03:58:30 (50.8%)	10:25	5.8 (49.6%)
103	MICHTA Bartłomiej	5153		Senior II M - 30	103	01:42:38	03:54:58	05:46:15	07:48:34.65	07:49:55.45	+03:58:34 (50.8%)	10:24	5.8 (49.6%)
104	DOMAGAŁA Konrad	5223	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	104	01:40:57	03:55:09	05:47:19	07:49:57.55	07:50:16.75	+03:58:55 (50.8%)	10:26	5.7 (48.7%)
105	WYSZOMIRSKI Adam	5334		Senior II M - 30	105	01:48:01	04:12:13	06:03:16	07:51:06.85	07:52:03.65	+04:00:42 (51.0%)	10:28	5.7 (48.7%)
106	WIŚNIEWSKI Marcin	5270		Senior II M - 30	106	01:41:36	04:04:06	06:03:19	08:06:09.60	08:07:36.10	+04:16:15 (52.6%)	10:48	5.6 (47.9%)
107	CZUBA Michał	5425		Senior II M - 30	107	01:40:56	03:55:11	05:55:03	08:24:25.70	08:24:44.80	+04:33:23 (54.2%)	11:12	5.4 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
108	GONCERZEWICZ Marek	5338	BASSET ROLLING TEAM	Senior II M - 30	108	01:37:55	04:05:06	06:11:33	08:26:38.55	08:27:17.95	+04:35:57 (54.4%)	11:15	5.3 (45.3%)
109	SZYMAŃSKI Paweł	7363	MUAY RUNNING TEAM	Senior II M - 30	109	01:53:51	04:32:50	06:42:30	08:49:17.95	08:50:34.00	+04:59:13 (56.4%)	11:45	5.1 (43.6%)
110	KORTAS Sławomir	5203	DESTYLATOR	Senior II M - 30	110	01:53:54	04:44:48				+02:48:33	12:56	4.6 (39.3%)
	GODYŃ Jan	5412	DELOITTE ADVENTURE CLUB	Senior II M - 30		01:21:28 DNF	03:08:29 DNF	04:53:34 DNF	DNF	DNF		-	- (0.0%)
	GŁOWACKI Krzysztof	5050	WIDZEW RUNNING TEAM	Senior II M - 30		01:28:34 DNF	03:32:41 DNF	DNF	DNF	DNF		-	- (0.0%)
	SERAFIŃCZUK Krzysztof	5343	HEXAWALL	Senior II M - 30		01:37:57 DNF	04:03:11 DNF	DNF	DNF	DNF		-	- (0.0%)
	DOBOSZ Leszek	5411		Senior II M - 30		01:36:02 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 114 wynik(ów)