

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: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
1	KOZIOŁ Damian	5489	MARCINSWIERCTEAM	Senior II M - 30	1	01:01:31	02:07:41	03:02:18	03:55:58.30		5:14	11.4 (100%)
2	ŻUCHOWSKI Daniel	5523	MUAY RUNNING TEAM	Senior II M - 30	2	01:01:23	02:07:30	03:03:55	03:56:01.05	+00:00:02 (0.0%)	5:14	11.4 (100%)
3	SZUMLIŃSKI Piotr	5503	ATTIQ TEAM	Senior II M - 30	3	01:01:14	02:08:37	03:04:46	03:56:03.80	+00:00:05 (0.0%)	5:14	11.4 (100%)
4	SOBCZAK Daniel	5190	KB SOBÓTKA	Senior II M - 30	4	01:01:51	02:14:12	03:12:11	04:08:12.30	+00:12:14 (4.9%)	5:30	10.9 (95.6%)
5	BIAŁOWĄS Tomasz	5480	STAJNIA BALONA	Senior II M - 30	5	01:01:57	02:10:23	03:09:33	04:08:50.20	+00:12:51 (5.2%)	5:31	10.9 (95.6%)
6	ŚWIDA Adam	5181	MFINANSE	Senior II M - 30	6	01:04:56	02:15:11	03:19:34	04:17:41.25	+00:21:42 (8.4%)	5:43	10.5 (92.1%)
7	JUREK Michał	5007		Senior II M - 30	7	01:05:11	02:17:31	03:20:52	04:19:29.20	+00:23:30 (9.1%)	5:45	10.4 (91.2%)
8	TERZONI Christian	5164	PANDA TEAM	Senior II M - 30	8	01:03:03	02:15:11	03:17:49	04:21:11.70	+00:25:13 (9.7%)	5:48	10.3 (90.4%)
9	DEMBSKI Paweł	5188	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	9	01:05:43	02:18:49	03:21:25	04:21:24.30	+00:25:26 (9.7%)	5:48	10.3 (90.4%)
10	MÜLLER Christoph	5375	ZEULENRODA PRESSTECHNIK	Senior II M - 30	10	01:01:14	02:16:19	03:19:17	04:22:06.95	+00:26:08 (10.0%)	5:49	10.3 (90.4%)
11	BRYSZ Michał	5212	SBG PODBIEG	Senior II M - 30	11	01:05:08	02:18:47	03:20:48	04:22:30.20	+00:26:31 (10.1%)	5:50	10.3 (90.4%)
12	FLISIŃSKI Łukasz	5383		Senior II M - 30	12	00:59:48	02:27:51	03:24:21	04:23:52.10	+00:27:53 (10.6%)	5:51	10.2 (89.5%)
13	JAGIELSKI Łukasz	5404	LESZNO LIMITS RUNNERS	Senior II M - 30	13	01:03:17	02:17:17	03:26:26	04:31:25.15	+00:35:26 (13.1%)	6:01	9.9 (86.8%)
14	GRUCEL Sławomir	5513		Senior II M - 30	14	01:10:24	02:27:13	03:32:09	04:34:49.10	+00:38:50 (14.1%)	6:06	9.8 (86.0%)
15	LASEK Jakub	5310	KW OPOLE	Senior II M - 30	15	01:09:21	02:26:12	03:36:37	04:43:59.25	+00:48:00 (16.9%)	6:18	9.5 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
16	SZAFRAŃSKI Jan	5511	PANTHERS WROCŁAW	Senior II M - 30	16	01:13:13	02:33:22	03:41:17	04:48:10.35	+00:52:12 (18.1%)	6:24	9.4 (82.5%)
17	CHMIELOWIEC Daniel	5051	GORLICKA GRUPA BIEGOWA	Senior II M - 30	17	01:11:03	02:33:57	03:47:03	04:53:21.60	+00:57:23 (19.6%)	6:31	9.2 (80.7%)
18	SIUDEK Robert	5516	MARCIN ŚWIERC TEAM	Senior II M - 30	18	01:13:57	02:35:05	03:47:37	04:53:48.55	+00:57:50 (19.7%)	6:31	9.2 (80.7%)
19	KLIMA Dariusz	5391		Senior II M - 30	19	01:12:26	02:35:32	03:48:32	04:55:24.40	+00:59:26 (20.1%)	6:33	9.1 (79.8%)
20	POPIEL Andrzej	5106	POPSMART.PL	Senior II M - 30	20	01:13:55	02:39:35	03:55:04	05:05:50.75	+01:09:52 (22.8%)	6:47	8.8 (77.2%)
21	WANIOWSKI Jan Jakub	5403		Senior II M - 30	21	01:15:09	02:38:45	03:53:02	05:07:16.40	+01:11:18 (23.2%)	6:49	8.8 (77.2%)
22	SOBOLEWSKI Dariusz	5444	BOREL MARATHON TEAM	Senior II M - 30	22	01:25:13			05:12:58.30	+01:17:00 (24.6%)	6:57	8.6 (75.4%)
23	BERG Aleksander	5179		Senior II M - 30	23	01:13:07	02:37:54	03:56:34	05:13:20.30	+01:17:22 (24.7%)	6:57	8.6 (75.4%)
24	JAKUBOWSKI Marcin	5005	GRUNWALD TEAM POZNAŃ	Senior II M - 30	24	01:25:05	02:50:26	04:03:45	05:13:48.45	+01:17:50 (24.8%)	6:58	8.6 (75.4%)
25	WOŁOSZ Kacper	5382	BLUE RUNNER	Senior II M - 30	25	01:19:04	02:44:33	04:01:05	05:18:37.90	+01:22:39 (25.9%)	7:04	8.5 (74.6%)
26	POPRAWSKI Paweł	5517		Senior II M - 30	26	01:17:49	02:42:25	03:55:58	05:19:14.20	+01:23:15 (26.1%)	7:05	8.5 (74.6%)
27	NOWAK Marcin	5474	KRAKOWIAK ULTRA TEAM	Senior II M - 30	27	01:19:00	02:52:33	04:17:35	05:31:42.25	+01:35:43 (28.9%)	7:22	8.1 (71.1%)
28	STROF Marcin	5274	EKO-OKNA RUNNERS	Senior II M - 30	28	01:20:21	02:50:21	04:11:39	05:34:11.20	+01:38:12 (29.4%)	7:25	8.1 (71.1%)
29	GRUSZKA Janusz	5450	KITA TEAM	Senior II M - 30	29	01:19:21	02:51:38	04:14:29	05:36:26.15	+01:40:27 (29.9%)	7:28	8 (70.2%)
30	BABIARZ Jacek	5451	KITA TEAM	Senior II M - 30	30	01:19:33	02:51:49	04:15:11	05:36:37.95	+01:40:39 (29.9%)	7:28	8 (70.2%)
31	BOROWIEC Bartosz	5247	PRO-RUN WROCŁAW	Senior II M - 30	31	01:19:22	02:51:56	04:14:23	05:39:02.40	+01:43:04 (30.4%)	7:32	8 (70.2%)
32	BIEL Sławomir	5196		Senior II M - 30	32	01:20:50	02:57:41	04:22:31	05:43:08.20	+01:47:09 (31.2%)	7:37	7.9 (69.3%)
33	RŮŽIČKA Lukáš	5519	RUNSPORT TEAM	Senior II M - 30	33	01:25:45	02:59:39	04:18:13	05:43:23.00	+01:47:24 (31.3%)	7:37	7.9 (69.3%)
34	ŚMIECHOWSKI Michał	5514	PANTHERS WROCŁAW	Senior II M - 30	34	01:13:59	02:43:48	04:16:59	05:45:05.70	+01:49:07 (31.6%)	7:40	7.8 (68.4%)
35	SKWAREK Marcin	5340	SMASHING PĄPKINS	Senior II M - 30	35	01:22:31	02:59:29	04:25:10	05:47:16.75	+01:51:18 (32.1%)	7:43	7.8 (68.4%)
36	GAŁECKI Robert	5437	HFB	Senior II M - 30	36	01:17:44	02:51:22	04:23:27	05:50:34.95	+01:54:36 (32.7%)	7:47	7.7 (67.5%)
37	PARANDYK Krystian	5417		Senior II M - 30	37	01:25:33	03:06:33	04:31:05	05:51:10.70	+01:55:12 (32.8%)	7:48	7.7 (67.5%)
38	POCIEJOWSKI Fryderyk	5099		Senior II M - 30	38	01:22:28	02:59:15	04:25:52	05:53:38.65	+01:57:40 (33.3%)	7:51	7.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
39	PIKOS Patryk	5083		Senior II M - 30	39	01:19:04	02:52:31	04:25:06	05:54:25.75	+01:58:27 (33.4%)	7:52	7.6 (66.7%)
40	GWOZDECKI Tomasz	5125	ZWYCZUCIEMSMAKU.PL	Senior II M - 30	40	01:21:59	03:01:59	04:31:05	05:54:35.60	+01:58:37 (33.5%)	7:52	7.6 (66.7%)
41	SNARSKI Piotr	5394	ADIDAS RUNNERS WARSAW	Senior II M - 30	41	01:27:19	03:05:36	04:34:31	05:54:39.75	+01:58:41 (33.5%)	7:52	7.6 (66.7%)
42	BIAŁEK Mirosław	5168	WRONIECKI KLUB BIEGACZA - PANDA TEAM	Senior II M - 30	42	01:28:59	03:10:16	04:37:05	05:55:01.20	+01:59:02 (33.5%)	7:53	7.6 (66.7%)
43	PUDELKO Roman	5419		Senior II M - 30	43	01:30:11	03:13:02	04:39:26	05:57:43.65	+02:01:45 (34.0%)	7:56	7.5 (65.8%)
44	BARAŃSKI Paweł	5354	WIECHLICE RUN	Senior II M - 30	44	01:27:28	03:03:26	04:34:51	05:59:13.00	+02:03:14 (34.3%)	7:58	7.5 (65.8%)
45	WRÓBLEWSKI Radosław	5243	VELUX	Senior II M - 30	45	01:35:08	03:15:11	04:37:10	05:59:55.25	+02:03:56 (34.4%)	7:59	7.5 (65.8%)
46	KARCZEWSKI Andrzej	5363		Senior II M - 30	46				06:00:00.00	+02:04:01 (34.5%)	8:00	7.5 (65.8%)
47	JARNOT Konrad	5194	BIEGAM W KATO ;)	Senior II M - 30	47	01:35:53	03:13:40	04:39:33	06:01:14.30	+02:05:16 (34.7%)	8:01	7.5 (65.8%)
48	PASZKIEWICZ Józef	5390		Senior II M - 30	48	01:28:38	03:04:09	04:32:57	06:01:24.35	+02:05:26 (34.7%)	8:01	7.5 (65.8%)
49	STYK Marek	5205		Senior II M - 30	49	01:30:46	03:03:59	04:33:13	06:01:29.45	+02:05:31 (34.7%)	8:02	7.5 (65.8%)
50	STASIAK Włodzimierz Stasiak	5040	PRO-RUN WROCŁAW	Senior II M - 30	50	01:26:22	03:07:00	04:37:31	06:01:58.15	+02:05:59 (34.8%)	8:02	7.5 (65.8%)
51	BIŃCZARSKI Patryk	5060		Senior II M - 30	51	01:28:47	03:11:50	04:41:22	06:02:22.10	+02:06:23 (34.9%)	8:03	7.5 (65.8%)
52	RUDNICKI Krzysztof	5343		Senior II M - 30	52	01:30:13	03:14:31	04:42:19	06:05:38.10	+02:09:39 (35.5%)	8:07	7.4 (64.9%)
53	POŁAWSKI Piotr	5432	PGB SPORTOWA PACZKA	Senior II M - 30	53	01:34:27	03:24:10	04:50:24	06:09:18.35	+02:13:20 (36.1%)	8:12	7.3 (64.0%)
54	ANTOSIAK Tomasz	5501	TMTEAM	Senior II M - 30	54	01:26:41	03:12:26	04:43:33	06:09:52.35	+02:13:54 (36.2%)	8:13	7.3 (64.0%)
55	GORALEWSKI Mateusz	5162		Senior II M - 30	55				06:13:12.00	+02:17:13 (36.8%)	8:17	7.2 (63.2%)
56	WIERZBICKI Daniel	5241	EBIEGI.PL	Senior II M - 30	56	01:37:30	03:27:38	04:56:36	06:13:17.40	+02:17:19 (36.8%)	8:17	7.2 (63.2%)
57	WERNO Bartłomiej	5271		Senior II M - 30	57	01:26:35	03:02:35	04:34:33	06:13:44.55	+02:17:46 (36.9%)	8:18	7.2 (63.2%)
58	GŁOWACKI Krzysztof	5126		Senior II M - 30	58	01:23:52	03:10:03	04:52:29	06:24:02.35	+02:28:04 (38.6%)	8:32	7 (61.4%)
59	GINTER Grzegorz	5436	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	59	01:37:04	03:24:42	04:55:25	06:24:22.15	+02:28:23 (38.6%)	8:32	7 (61.4%)
60	KWIATKOWSKI Tomasz	5275	KWIDZYN BIEGA	Senior II M - 30	60	01:37:41	03:25:52	04:56:32	06:26:02.35	+02:30:04 (38.9%)	8:34	7 (61.4%)
61	MARCINIAK Rafał	5410		Senior II M - 30	61	01:33:30	03:22:51	04:58:37	06:26:50.50	+02:30:52 (39.0%)	8:35	7 (61.4%)

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62	GMAJ Daniel	5128	1983	Senior II M - 30	62	01:39:07	03:23:19	04:55:00	06:27:22.25	+02:31:23 (39.1%)	8:36	7 (61.4%)
63	JANISZEWSKI Dominik	5061		Senior II M - 30	63	01:37:31	03:22:55	05:01:09	06:27:34.05	+02:31:35 (39.1%)	8:36	7 (61.4%)
64	SAJEWICZ Grzegorz	5320		Senior II M - 30	64	01:48:48	03:32:53	05:02:38	06:29:48.90	+02:33:50 (39.5%)	8:39	6.9 (60.5%)
65	KLOSEK Jacek	5502	INSTAL-TECH TEAM	Senior II M - 30	65	01:40:10	03:26:28	04:58:37	06:30:44.70	+02:34:46 (39.6%)	8:41	6.9 (60.5%)
66	GIEL Jarosław	5096	NKB CHYŻY	Senior II M - 30	66	01:38:33	03:30:49	05:09:09	06:35:13.70	+02:39:15 (40.3%)	8:46	6.8 (59.6%)
67	LEŚNIAK Marcin	5137	ZARAŻENI BÓLEM	Senior II M - 30	67	01:35:55	03:29:48	05:06:18	06:39:01.60	+02:43:03 (40.9%)	8:52	6.8 (59.6%)
68	ZMYŚŁOWSKI Piotr	5276	KKM MXTECH CYKLOTEAM	Senior II M - 30	68	01:34:50	03:22:37	05:02:39	06:40:30.15	+02:44:31 (41.1%)	8:54	6.7 (58.8%)
69	STANISZ Marcin	5216	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	69	01:42:06	03:21:33	05:04:08	06:40:35.05	+02:44:36 (41.1%)	8:54	6.7 (58.8%)
70	PORCZYK Zbigniew	5478	POWER TRAINING	Senior II M - 30	70	01:21:53	03:57:40	05:23:35	06:42:44.50	+02:46:46 (41.4%)	8:57	6.7 (58.8%)
71	CZUBA Michał	5490		Senior II M - 30	71	01:38:36	03:33:40	05:09:45	06:42:56.75	+02:46:58 (41.4%)	8:57	6.7 (58.8%)
72	KRAKOWIAK Rafał	5467	KRAKOWIAK ULTRA TEAM	Senior II M - 30	72	01:18:37	04:05:56	05:30:04	06:44:40.00	+02:48:41 (41.7%)	8:59	6.7 (58.8%)
73	SZELA Łukasz	5163	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	73	01:43:41	03:38:40	05:13:12	06:44:53.80	+02:48:55 (41.7%)	8:59	6.7 (58.8%)
74	JASAK Michał	5449	ROYAL RUNNERS TEAM	Senior II M - 30	74	01:36:16	03:34:23	05:18:43	06:45:01.70	+02:49:03 (41.7%)	9:00	6.7 (58.8%)
75	OLIŃSKI Paweł	5016	KIBOLE W BIEGU	Senior II M - 30	75	01:38:17	03:29:08	05:10:28	06:49:29.40	+02:53:31 (42.4%)	9:06	6.6 (57.9%)
76	LAZAROWICZ Krzysztof	5079		Senior II M - 30	76	01:45:34	03:42:09	05:18:02	06:50:28.20	+02:54:29 (42.5%)	9:07	6.6 (57.9%)
77	STACHURA Damian	5455		Senior II M - 30	77	01:07:08	04:11:51	05:30:40	06:54:57.70	+02:58:59 (43.1%)	9:13	6.5 (57.0%)
78	OSTROUCH Tymon	5049	PARKRUN	Senior II M - 30	78	01:29:28	03:07:38	05:30:44	06:55:12.20	+02:59:13 (43.2%)	9:13	6.5 (57.0%)
79	LECKI Seweryn	5370	TEAM BIEGOWY SZCZECINEK	Senior II M - 30	79	01:33:30	03:31:55	05:18:20	06:56:28.05	+03:00:29 (43.3%)	9:15	6.5 (57.0%)
80	MISTUR Szymon	5030		Senior II M - 30	80	01:39:33	03:33:52	05:15:51	06:56:38.40	+03:00:40 (43.4%)	9:15	6.5 (57.0%)
81	SMUGA Łukasz	5318	SZEREGOWY BIEGACZ	Senior II M - 30	81	01:47:44	03:42:08	05:25:56	06:56:43.20	+03:00:44 (43.4%)	9:15	6.5 (57.0%)
82	LIPIŃSKI Oskar	5192		Senior II M - 30	82	01:49:50	03:36:54	05:19:22	06:57:43.55	+03:01:45 (43.5%)	9:16	6.5 (57.0%)
83	SAJEWICZ Piotr	5300	TURBINA BAŁAKOWO	Senior II M - 30	83	01:42:54	03:40:28	05:25:57	06:58:03.05	+03:02:04 (43.6%)	9:17	6.5 (57.0%)
84	BURA Tomasz	5107		Senior II M - 30	84	01:38:20	03:30:17	05:21:45	07:01:19.30	+03:05:21 (44.0%)	9:21	6.4 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	Różn		
85	SZCZEPANKIEWICZ Marcin	5301	PCC ULTRA RUNNERS	Senior II M - 30	85	01:33:40	03:30:47	05:16:14	07:01:45.35	+03:05:47 (44.1%)	9:22	6.4 (56.1%)
86	STRONIKOWSKI Wojciech	5524	MUAY RUNNING TEAM	Senior II M - 30	86	01:49:40	03:40:50	05:20:18	07:02:32.15	+03:06:33 (44.2%)	9:23	6.4 (56.1%)
87	WALAC Jacek	5479	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	87	01:45:20	03:42:49	05:29:38	07:04:23.70	+03:08:25 (44.4%)	9:25	6.4 (56.1%)
88	IHNATOWICZ Łukasz	5414		Senior II M - 30	88	01:34:00	03:33:42	05:22:31	07:05:09.25	+03:09:10 (44.5%)	9:26	6.4 (56.1%)
89	PABIJAŃCZYK Damian	5396		Senior II M - 30	89	01:39:13	03:41:22	05:23:21	07:06:03.75	+03:10:05 (44.6%)	9:28	6.3 (55.3%)
90	KWAŚNIOK Rafał	5020	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	90	01:52:02	03:46:02	05:34:22	07:06:49.45	+03:10:51 (44.7%)	9:29	6.3 (55.3%)
91	SZELA Tomasz	5235	KKSW LUBIN TAE-KWON DO	Senior II M - 30	91	01:43:53	03:42:04	05:33:48	07:11:03.30	+03:15:05 (45.3%)	9:34	6.3 (55.3%)
92	WÓJCIAK Łukasz	5039	UMAWIANIENABIEGANIETEAM	Senior II M - 30	92	01:39:13	03:45:52	05:36:44	07:11:31.70	+03:15:33 (45.3%)	9:35	6.3 (55.3%)
93	HAAS Przemysław	5008	BACKPACKING OKAPI TEAM	Senior II M - 30	93	01:57:23	03:55:19	05:36:53	07:13:56.85	+03:17:58 (45.6%)	9:38	6.2 (54.4%)
94	KOBLAŃSKI Tomasz	5133	FITNESS PIEKARY LEGNICA	Senior II M - 30	94	01:38:44	03:30:35	05:14:05	07:14:22.60	+03:18:24 (45.7%)	9:39	6.2 (54.4%)
95	YÜCE Gökhan	5153	VELESBITOS	Senior II M - 30	95	01:55:16	03:53:33	05:41:24	07:15:31.55	+03:19:33 (45.8%)	9:40	6.2 (54.4%)
96	SZYSZKA Marek	5244	STS BIEGATON MIKOŁÓW	Senior II M - 30	96	01:52:00	03:54:39	05:37:37	07:19:41.90	+03:23:43 (46.3%)	9:46	6.1 (53.5%)
97	POCIĘGIEL Michał	5426	SKAWINA BIEGA	Senior II M - 30	97	01:47:48	03:58:12	05:43:31	07:21:07.05	+03:25:08 (46.5%)	9:48	6.1 (53.5%)
98	POŹNIAK Marcin	5380	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	98	01:45:16	03:46:19	05:39:36	07:21:07.60	+03:25:09 (46.5%)	9:48	6.1 (53.5%)
99	SOSNÓWKA Bartosz	5342	KLUB SOSNOWY	Senior II M - 30	99	01:50:03	03:51:57	05:44:36	07:23:17.00	+03:27:18 (46.8%)	9:51	6.1 (53.5%)
100	DĄBROWSKI Artur	5285		Senior II M - 30	100	01:39:23	03:44:38	05:38:18	07:23:53.00	+03:27:54 (46.8%)	9:51	6.1 (53.5%)
101	NOWAK Maciej	5029		Senior II M - 30	101	01:44:51	03:57:06	05:48:21	07:27:04.60	+03:31:06 (47.2%)	9:56	6 (52.6%)
102	BARAN Jakub	5401	LEMIESZ TEAM	Senior II M - 30	102	01:50:19	04:01:51	05:50:28	07:34:26.05	+03:38:27 (48.1%)	10:05	5.9 (51.8%)
103	CHORAŻYCZEWSKI Michał	5135	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	103	01:56:51	04:01:49	05:57:56	07:37:36.70	+03:41:38 (48.4%)	10:10	5.9 (51.8%)
104	TATYS Łukasz	5207		Senior II M - 30	104	02:11:41	04:27:05	06:06:24	07:40:59.40	+03:45:01 (48.8%)	10:14	5.9 (51.8%)
105	KAMIŃSKI Łukasz	5151		Senior II M - 30	105	01:50:18	04:01:54	06:01:32	07:44:54.20	+03:48:55 (49.2%)	10:19	5.8 (50.9%)
106	IGNASZEWSKI Michał	5009	DRUŻYNA SZPIKU	Senior II M - 30	106	01:48:26	04:01:13	06:06:14	07:48:12.10	+03:52:13 (49.6%)	10:24	5.8 (50.9%)
107	GAJDA Grzegorz	5470		Senior II M - 30	107	01:51:58	04:04:17	06:09:14	07:53:07.10	+03:57:08 (50.1%)	10:30	5.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
108	FOLARON Rafał	5509		Senior II M - 30	108	01:43:45	03:49:42	06:02:11	07:54:31.40	+03:58:33 (50.3%)	10:32	5.7 (50.0%)
109	MALINOWSKI Konrad	5339		Senior II M - 30	109	01:49:49	03:57:06	05:58:40	07:59:25.25	+04:03:26 (50.8%)	10:39	5.6 (49.1%)
110	WIELICZKO Rafał	5063		Senior II M - 30	110	01:56:57	04:14:22	06:21:46	08:04:32.00	+04:08:33 (51.3%)	10:46	5.6 (49.1%)
111	GUZIK Tomasz	5255		Senior II M - 30	111	01:46:36	04:02:23	06:07:22	08:07:41.30	+04:11:43 (51.6%)	10:50	5.5 (48.2%)
112	TOMANEK Bartosz	5507	SSW PRAGMATIC SOLUTIONS	Senior II M - 30	112	01:34:27	03:40:36	06:00:40	08:13:14.50	+04:17:16 (52.2%)	10:57	5.5 (48.2%)
113	DOMAGAŁA Tomasz	5245	DOMAGAŁA	Senior II M - 30	113	02:03:16	04:21:51	06:26:18	08:16:27.10	+04:20:28 (52.5%)	11:01	5.4 (47.4%)
114	SKROBEK Marcin	5292		Senior II M - 30	114	01:59:38	04:15:25	06:18:59	08:24:44.05	+04:28:45 (53.2%)	11:12	5.3 (46.5%)
115	WÓJCIK Łukasz	5225	CYTRYNOWE CURRY???	Senior II M - 30	115	01:59:02	04:35:56	06:43:04	08:49:27.85	+04:53:29 (55.4%)	11:45	5.1 (44.7%)
116	KAMIŃSKI Marek	5337	STRZELIŃSKI KLUB BIEGACZA	Senior II M - 30	116	01:58:10	04:40:26	06:56:16	09:07:15.60	+05:11:17 (56.9%)	12:09	4.9 (43.0%)
117	PLASZCZYK Bartłomiej	5491	4 RBLOG	Senior II M - 30	117	02:00:09	04:46:40	07:00:53	09:10:47.55	+05:14:49 (57.2%)	12:14	4.9 (43.0%)
118	MIŚKIEWICZ Wojciech	5412		Senior II M - 30	118	02:12:44	05:07:48	07:29:58	09:48:34.85	+05:52:36 (59.9%)	13:04	4.6 (40.4%)
DQ	ŁĘCKI Piotr	5487	BP RUNNING TEAM GLIWICE	Senior II M - 30		01:18:21 DQ	DQ	DQ	02:14:00.10 DQ		0:00	20.1 (176.3%)
DQ	GORZELANY Rafał	5346		Senior II M - 30		01:23:11 DQ	DQ	DQ	02:30:37.10 DQ		0:00	17.9 (157.0%)
	KUBICKI Piotr	5237	KOŚCIAN TEAM	Senior II M - 30		01:55:41 DNF	04:32:51 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 121 wynik(ów)